



# Family Food in 2005-06

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# Preface

- 1 In producing Family Food 2005-06 Defra have been assisted by the Family Food Committee, the Food Standards Agency, the Office for National Statistics and The Department of Health. The Family Food Committee provided editorial advice, advice on nutrient intakes including dietary reference values set by the Committee On Medical Aspects of food policy (COMA) and advice on estimation of free food.
- 2 The figures are sourced from the Expenditure and Food Survey, a survey that is also the data source for the Office for National Statistics' Family Spending report. The survey started in April 2001, having been preceded by the National Food Survey and the Family Expenditure Survey. In 2005-06 the Expenditure and Food Survey collected the diaries of 16085 people within 6785 households across the United Kingdom. Each household member over the age of seven years kept a diary of all their expenditure over a 2 week period. Note that the diaries record expenditure and quantities of purchases of food and drink rather than consumption of food and drink. Mis-reporting is a problem with all dietary surveys but is considered to be lower in the Expenditure and Food Survey due on the one hand to its focus on expenditure and on the other hand that everyone over seven years old completes a diary.
- 3 The Expenditure and Food Survey is effectively a continuation of the Family Expenditure Survey extended to record quantities of purchases. Estimates from the National Food Survey from 1974 to 2000 have been adjusted by aligning estimates for the year 2000 with corresponding estimates from the Family Expenditure Survey. Whilst estimates of household consumption from the National Food Survey have been adjusted a break in the series in 2001-02 remains and should be borne in mind when interpreting reported changes between the years up to 2000 and the years 2001-02 and beyond.
- 4 Reliable estimates of food and drink eaten out start in 2001-02 when the National Food Survey was replaced by the Expenditure and Food Survey. Less reliable estimates of food and drink eaten out are available from the National Food Survey back to 1994. Confectionery, alcoholic drinks and soft drinks brought home are included in household food from 1992 onwards. In 1996 the survey was extended to include Northern Ireland.
- 5 Items of food and drink are defined as either household or eating out. Household covers all food that is brought into the household. Eating out covers all food that never enters the household.

## Further information

- 6 An electronic version of Family Food 2005-06 and accompanying datasets can be found free of charge on the family food page of the statistics section of the Defra website at: <http://statistics.defra.gov.uk/esg/publications/efs/default.asp>
- 7 The Defra team producing this report and managing the quality of the food statistics would welcome feedback to [familyfood@defra.gsi.gov.uk](mailto:familyfood@defra.gsi.gov.uk)
- 8 Family Spending 2005-06 is available from the Office for National Statistics' website at: <http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=361&Pos=1&ColRank=1&Rank=272>



# Executive Summary

- 1 Family Food 2005-06 is the latest in a series of annual reports published by Defra on food and drink purchases in the United Kingdom based on the Expenditure and Food Survey. The report presents trends in purchases by type of food and converts these into energy and nutrient intakes based on a database of nutrient values provided by the Food Standards Agency.
- 2 The year 2005-06 is remarkable in that it shows a substantial increase in purchases of fruit and vegetables and a large drop in purchases of confectionery. These are two key pointers towards healthier diet and it will be interesting to see if these mark the start of emerging trends. Conversely the survey also reveals a small increase in average energy intake per person and that intakes of fat and saturated fatty acids remain well above recommended limits.
- 3 In this edition of Family Food improved quality measures of the UK level estimates are introduced. Firstly standard errors for latest year changes are used to indicate statistically significant changes. Secondly a trend indicator for presence of linear trend over the latest four years is introduced. This trend measure improves interpretability for users of the tables although there is no substitute for plotting estimates and observing the sometimes complex trends graphically.
- 4 This edition also sees significant revisions that introduce estimates of free food and unspecified meals from 2001-02 onwards. The annex describes the method and impact of the revisions which increases estimates of eating out by about 50 per cent.

## Expenditure in 2005-06

- 5 Expenditure on food and drink rose by a little less than inflation in 2005-06. Inflation as measured by the all items retail price index averaged 2.6 per cent between April 2005 and March 2006. Expenditure on food and drink rose by 1.7 per cent. Expenditure on household food and drink rose by 2.2 per cent. Expenditure on food and drink eaten out rose by 0.7 per cent.

## Quantities Purchased in 2005-06

- 6 Quantities of fruit and vegetables (excluding potatoes) purchased for the household were 7.7 per cent higher in 2005-06 compared with 2004-05, the largest rise in the last twenty years. In particular quantities of fruit (including pure fruit juice) for the household were up by more than 10 per cent in 2005-06. Eating out purchases of fruit are also on an upward trend.
- 7 Quantities of confectionery purchased for the household fell by 6.1 per cent in 2005-06, following small rises in recent years. Quantities of confectionery recorded in the survey as eating out also fell in 2005-06 and are on a declining trend.
- 8 Household purchases of butter rose by 8.3 per cent while household purchases of fish rose by 5.7 per cent. There were notable increases in household purchases of cheese and eggs. There were also increases in 2005-06 of household purchases of cereals and potatoes, both going against recent declining trends.

- 9 Household purchases of beers were down 11 per cent continuing the downward trend. Household purchases of soft drinks were down by 6.2 per cent in 2005-06.

### Energy and nutrient intakes in 2005-06

- 10 Energy intake from all food and drink is estimated to have been 1.0 per cent higher - a small increase that goes against the long term downward trend. Energy intake from food and drink recorded as eating out fell by 2.9 per cent in 2005-06 and accounted for roughly 12 per cent of energy intake (11 per cent if alcohol is excluded).
- 11 Estimated average intake of vitamin C rose by 6.8 per cent, in keeping with the rise in purchases of fruit and vegetables. Estimated intake of fibre was 3.4 per cent higher due to increased purchases of fruit and vegetables.
- 12 Non-milk extrinsic sugar intake, measured by its percentage contribution to food energy intake, dropped to 14.4 per cent in 2005-06 (from 14.8 per cent in 2004-05). This is the first appreciable drop since 1994.

### Regional and demographic patterns

- 13 Across the countries of the UK, England had the highest purchases of fruit and vegetables, Northern Ireland the highest purchases of potatoes, Scotland the highest purchases of soft drinks and Wales the highest purchases of alcoholic drinks.
- 14 Across the regions of England London has the lowest average intake of sodium (excluding sodium from table salt) and the lowest percentages of food energy from fat and non-milk extrinsic sugars. Expenditure on alcoholic drinks, including both household and eating out purchases, was highest across the North West and Yorkshire and the Humber. Household purchases of fruit and vegetables excluding fresh and processed potatoes were highest in the South West.
- 15 The demographic analyses are a potentially rich source of information but the tables are difficult to interpret. The problem is that there are correlations between demographic characteristics and household composition. For example households where the reference person is aged over 75 generally have few children. Even the income quintiles reveal a strong correlation with number of children. Thus many of the apparent differences are due to different household make-up.
- 16 Household members in the lowest income quintile had the lowest intakes of alcohol but also the lowest intakes of vitamin C. Adult only households spent 6.8 per cent more than the UK average on food and drink eaten at home and 23 per cent more on eating out. Members of households where the Household Reference Person was aged under thirty spent 42 per cent of their food and drink budget on eating out while the 75 and over group spent only 19 per cent of their food and drink budget on eating out. Intakes of most vitamins and minerals were lowest in households where the Household Reference Person ceased full time education at the age of 16. The percentage of food energy derived from saturated fatty acids decreased as the age at which the Household Reference Person left full-time education increased. Household purchases of fruit and vegetables were lower in households where the Household Reference Person was classified as Never worked and long-term unemployed than in the households where the Household Reference Person was in employment.



# Chapter 1 Family Food in 2005-06

## Headlines for the UK

In 2005-06, compared with 2004-05,

- Energy intake from all food and drink is estimated to have been 1.0 per cent higher - a small increase that goes against the long term downward trend. Energy intake from food and drink recorded as eating out fell by 2.9 per cent.
- Quantities of fruit and vegetables (excluding potatoes) purchased for the household were 7.7 per cent higher in 2005-06, the largest rise in the last twenty years. In particular, quantities of fruit (including pure fruit juice) purchased for the household were up by more than 10 per cent in 2005-06. Eating out purchases of fruit are also on an upward trend.
- Estimated average intake of vitamin C rose by 6.8 per cent, in keeping with the rise in purchases of fruit and vegetables.
- Estimated intake of fibre was 3.4 per cent higher due to increased purchases of fruit and vegetables.
- Quantities of confectionery purchased for the household fell by 6.1 per cent in 2005-06, following small rises in recent years. Quantities of confectionery recorded in the survey as eating out also fell in 2005-06 and are on a declining trend.
- Total expenditure on all food and drink rose by 1.7 per cent to £34.97 per person per week, slightly below the RPI rise of 2.6 per cent.
- Expenditure on household food and drink rose by 2.2 per cent to £23.56 per person per week.
- Expenditure on food and drink recorded as eating out rose by 0.7 per cent to £11.41 pence per person per week. Eating out expenditure on food was unchanged, a fall in real terms.
- Household expenditure rose by 12.9 per cent on fruit, by 9.6 per cent on butter, by 6.3 per cent on vegetables (excluding potatoes), by 5.3 per cent on fish, by 5.1 per cent on cheese, by 5.0 per cent on eggs and by 4.9 per cent on milk.
- Household expenditure fell by 7.7 per cent on confectionery and by 5.7 per cent on soft drinks.

- 1 This chapter looks at the results of the 2005-06 Expenditure and Food Survey and compares estimated intakes, purchases and expenditure on food and drink in the United Kingdom with the previous year. Longer term trends are presented in later chapters.

## Energy intake in 2005-06

- 2 Table 1.1 shows estimates of energy and nutrient intakes in the UK in 2005-06 derived from food and drink purchases including energy from alcoholic drinks. Statistical significance of short term trends and changes is shown for quantities and expenditure but is not available for derived energy and nutrient intakes.

Table 1.1 Estimated UK average energy and nutrient intakes from food and drink in 2005-06 (a)

		Household food	Food eaten out	All food and drink	% change since last year	% from food eaten out
<i>intake per person per day</i>						
Energy	kcal	2 082	280	2 362	+ 1.0	11.9
	MJ	8.8	1.2	9.9	+ 1.0	11.8
Energy excluding alcohol	kcal	2 032	255	2 287	- 2.2	11.2
Vegetable protein	g	28.3				
Animal protein	g	43.7				
Total Protein	g	72.0	9.8	81.8	+ 1.3	11.9
Fat	g	84.8	12.1	96.9	+ 1.0	12.5
Fatty acids:						
Saturates	g	33.4	3.8	37.2	+ 0.9	10.2
Mono-unsaturates	g	30.7	5.0	35.7	+ 1.0	13.9
Poly-unsaturates	g	14.9	2.5	17.4	+ 1.4	14.3
Cholesterol	mg	236	39	275	+ 1.9	14.1
Carbohydrate (b)	g	262	29	290	+ 1.2	9.9
Total sugars	g	123	12	134	- 0.3	8.7
Non-milk extrinsic sugars	g	79	9	88	- 2.0	10.4
Starch	g	139	17	156	+ 2.4	10.9
Fibre (c)	g	13.8	1.8	15.6	+ 3.4	11.5
Alcohol	g	7.1	3.5	10.7	- 1.8	33.3
Calcium	mg	921	81	1 002	+ 1.3	8.0
Iron	mg	11.5	1.3	12.7	+ 2.0	10.1
Zinc	mg	8.6	1.1	9.7	+ 1.9	11.6
Magnesium	mg	265	33	297	+ 2.7	11.0
Sodium (d)	g	2.74	0.35	3.09	+ 0.6	11.3
Potassium	g	2.94	0.40	3.35	+ 2.1	12.0
Thiamin	mg	1.60	0.21	1.82	+ 2.1	11.8
Riboflavin	mg	1.83	0.17	1.99	+ 1.0	8.4
Niacin equivalent	mg	31.2	4.9	36.2	+ 0.9	13.6
Vitamin B <sub>6</sub>	mg	2.2	0.4	2.6	+ 1.5	14.8
Vitamin B <sub>12</sub>	µg	6.0	0.6	6.6	+ 1.5	9.5
Folate	µg	267	45	312	+ 2.6	14.6
Vitamin C	mg	69	9	78	+ 6.8	11.9
Vitamin A:						
Retinol	µg	477	50	527	+ 1.0	9.5
β-carotene	µg	1 891	380	2 272	+ 2.3	16.7
Retinol equivalent	µg	796	113	909	+ 1.2	12.5
Vitamin D	µg	2.89	0.35	3.25	0.0	10.9
Vitamin E	mg	10.92	1.79	12.71	+ 1.6	14.1
<i>contributions to energy intake from food &amp; drink excluding alcohol</i>						
Fat	%	37.6	42.7	38.1	- 0.1	
Fatty acids:						
Saturates	%	14.8	13.4	14.6	- 0.2	
Mono-unsaturates	%	13.6	17.5	14.0	- 0.2	
Poly-unsaturates	%	6.6	8.8	6.8	+ 0.3	
Carbohydrate	%	48.3	42.1	47.6	0.0	
Non-milk extrinsic sugars	%	14.5	13.4	14.4	- 3.1	
Protein	%	14.2	15.3	14.3	+ 0.2	

(a) Contributions from pharmaceutical sources are not recorded by the Survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

**3** Energy intake from all food and drink is estimated to have been 1.0 per cent higher - a small increase that goes against the long term downward trend apparent in chart 2.2. Previously energy intake had fallen by 1.8 per cent in 2004-05 and by 1.2 per cent in 2003-04. There is a long term downward trend in average energy intake per person apparent since the mid sixties and it is unclear whether this increase marks a real change from this trend (refer chart 2.2). This increase is due to an increase of 1.6 per cent in energy intake from household food purchases.

- 4 Energy intake from food and drink recorded as eating out fell by 2.9 per cent in 2005-06, having fallen by 5 per cent in the previous year. Energy intake from eating out is 10 per cent lower now than it was in 2001-02. Eating out is estimated to have contributed 12 per cent of total energy intake (11 per cent if alcohol is excluded).
- 5 Free food is estimated to have contributed 23 per cent of energy intake from eating out in 2004-05. Estimates of free food and unspecified meals are subject to greater uncertainty, as described in the annex.

### Nutrient intakes in 2005-06

- 6 With an increase in average energy intake of 1.0 per cent there are associated increases in average nutrient intakes. However, changes in intakes are generally small from year to year and not statistically significant.
- 7 Vitamin C intake is estimated to have risen by 6.8 per cent since 2004-05. This rise is driven by increased purchases of fruit and vegetables. Fibre intake is estimated to have risen by 3.4 per cent, again driven by the increase in fruit and vegetables. The largest falls are in intakes of non-milk extrinsic sugars (NMES) and alcohol. Longer term trends are presented in Chapter 5.
- 8 The percentages of food energy contributed by macronutrients are key indicators described in chapter 2. In 2005-06, as in previous years, the percentages of food energy contributed by the various macronutrients were above the recommended limits.

### Intakes from eating out in 2005-06

- 9 In general nutrient intakes from eating out were lower in 2005-06 than a year previously, in line with the fall of 2.9 per cent in energy intake from eating out.
- 10 The contribution to average daily energy intake from eating out was 12 per cent. The eating out contribution to alcohol intake was 33 per cent. The eating out contribution to intakes of  $\beta$ -carotene, vitamin B6 and folate were higher at 17 per cent, 15 per cent and 15 per cent. The eating out contribution to intakes of calcium and riboflavin were lower, both at 8 per cent.

### Purchased quantities

- 11 Table 1.2 shows UK estimates of purchased quantities of food and drink in 2005-06 that are brought home (household purchases) and estimates of purchased quantities of food and drink not brought home (eating out purchases).
- 12 There is an estimated 7.7 per cent increase in household purchases of fruit and vegetables (excluding potatoes), with an 11 per cent increase in household purchases of fruit (which includes fruit juice) and a 4.5 per cent increase in household purchases of vegetables.
- 13 Household purchases of butter rose by 8.3 per cent and household purchases of fish rose by 5.7 per cent. There were notable increases in household purchases of cheese and eggs. There were also increases in 2005-06 of household purchases of cereals and potatoes, both going against recent declining trends.

Table 1.2 Quantities of UK food and drink purchases in 2005-06

		2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
Number of households in sample		6 927	6 798	6 785				
Number of persons in sample		16 586	16 257	16 085				
<b>Household Purchases</b>								
		<i>grams per person per week unless otherwise stated</i>						
Milk and cream	ml	2 006	1 996	2 027	✓✓✓	+ 1.6		
Liquid whole milk	ml	572	497	475	✓✓	- 4.4		↘
Cheese		112	110	116	✓✓✓	+ 5.1		
Carcase meat		230	229	226	✓✓✓	- 1.5		
Other meat and meat products		820	820	821	✓✓✓	+ 0.1		
Fish		155	158	167	✓✓✓	+ 5.7	yes	↗
Eggs	no.	1.66	1.56	1.61	✓✓✓	+ 3.2		
Fats		190	182	183	✓✓✓	+ 0.8		
Butter		37	35	38	✓✓	+ 8.3	yes	
Sugar and preserves		146	134	129	✓✓✓	- 3.3		↘
Fresh and processed potatoes		873	822	842	✓✓✓	+ 2.5		↘
Fruit and vegetables excluding potatoes		2 307	2 274	2 448	✓✓✓	+ 7.7	yes	↗
Vegetables excluding potatoes		1 101	1 106	1 156	✓✓✓	+ 4.5	yes	↗
Fruit		1 206	1 168	1 292	✓✓✓	+ 10.6	yes	↗
Fresh apples		172	173	179	✓✓✓	+ 3.7		
Pure fruit juices		333	280	350	✓✓✓	+ 25.0	yes	
Cereals		1 671	1 577	1 626	✓✓✓	+ 3.1	yes	↘
Bread		757	695	701	✓✓✓	+ 0.8		↘
Beverages		58	56	57	✓✓✓	+ 1.4		
Soft drinks (d)	ml	1 757	1 832	1 718	✓✓✓	- 6.2	yes	
Confectionery		127	131	123	✓✓✓	- 6.1	yes	
Alcoholic drinks	ml	726	763	739	✓✓✓	- 3.1		
Beers	ml	112	96	85	✓	- 11.0		↘
Lagers and continental beers	ml	268	299	291	✓✓	- 2.7		
<b>Eating Out Purchases</b>								
		<i>grams per person per week unless otherwise stated</i>						
Indian, Chinese & Thai meals or dishes		29	33	30	✓	- 8.2		
Meat and meat products		95	91	86	✓✓✓	- 5.4	yes	↘
Fish and fish products		14	14	14	✓✓	+ 3.5		
Cheese and egg dishes and pizza		26	25	23	✓✓	- 7.6		↘
Potatoes		85	80	74	✓✓✓	- 6.3	yes	↘
Vegetables		34	33	31	✓✓	- 5.9		↘
Sandwiches		86	81	80	✓✓✓	- 1.8		↘
Ice cream, desserts and cakes		32	29	28	✓✓✓	- 3.3		↘
Beverages	ml	147	141	135	✓✓	- 4.6		↘
Soft drinks including milk drinks	ml	387	357	351	✓✓✓	- 1.9		↘
Confectionery		22	18	17	✓✓	- 6.9		↘
Alcoholic drinks	ml	704	616	597	✓✓	- 3.1		↘

(a) Relative Standard Error: 3 ticks: &lt; 2.5%, 2 ticks: 2.5% - 5%, 1 tick: 5% - 10%, no ticks: 10% - 20%, cross: &gt;20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

(d) converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

**14** Household purchases of beers were down 11 per cent continuing the downward trend. Household purchases of soft drinks and confectionery were both down 6 per cent in 2005-06. Eating out purchases of confectionery were down by 7 per cent.

**15** There are general downward trends in purchases of eating out food and drink. Quantities of cheese, egg and pizza dishes (eating out) are estimated to have dropped by 8 per cent in 2005-06 and appear to be on a downward trend. Quantities of eating out potatoes are reliably estimated to be 6 per cent down and on a downward trend. Quantities of confectionery (eating out) are estimated to be down 7 per cent and on a downward trend. Note that there are reported cases of large changes that are unreliable such as the 8 per cent fall in purchased quantities of Indian, Chinese and Thai meals or dishes.

- 16 Purchased quantities of alcoholic drinks were down 3.1 per cent for the household and also down 3.1 per cent for eating out. Eating out purchases are on a downward trend.

## Expenditure on food and drink

- 17 The average expenditure on all food and drink in the UK was an average of £34.97 per person per week in 2005-06. Table 1.3 shows the estimated expenditure for various types of food and drink in the UK in 2005-06. Overall expenditure on food and drink is estimated to have been 1.7 per cent higher than in the previous year, but with the all items RPI rising by 2.6 per cent this was almost a 1 per cent drop in real terms.
- 18 Expenditure on food and drink eaten out was 0.7 per cent higher in 2005-06 which in real terms was down by almost 2 per cent. Expenditure on alcoholic drinks purchased for consumption outside the home was 2.1 per cent higher which in real terms is slightly lower than in the previous year.

Table 1.3 Expenditure on food and drink in the UK

	2002-03	2004-05	2005-06	RSE (a)	% change since 2003-04	sig (b)	trend (c)
Number of households in sample	6 927	6 798	6 785				
Number of persons in sample	16 586	16 257	16 085				
<b>Household Expenditure</b>							
					<i>pence per person per week unless otherwise stated</i>		
Milk and cream	147	156	164	✓✓✓	+ 4.9	yes	↗
Liquid whole milk	29	26	25	✓✓	- 0.7		↘
Cheese	58	60	63	✓✓✓	+ 5.1	yes	↗
Carcase meat	106	114	114	✓✓✓	+ 0.2		↗
Other meat and meat products	364	380	381	✓✓✓	+ 0.2		↗
Fish	93	99	104	✓✓✓	+ 5.3	yes	↗
Eggs	17	18	19	✓✓✓	+ 5.0	yes	↗
Fats	37	37	38	✓✓✓	+ 2.0		
Butter	11	11	12	✓✓	+ 9.6	yes	↗
Sugar and preserves	16	17	17	✓✓✓	- 0.4		↗
Fresh and processed potatoes	99	102	101	✓✓✓	- 1.2		
Fruit and vegetables excluding potatoes	330	349	382	✓✓✓	+ 9.5	yes	↗
Vegetables excluding potatoes	170	182	194	✓✓✓	+ 6.3	yes	↗
Fruit	159	167	188	✓✓✓	+ 12.9	yes	↗
Fresh apples	21	21	21	✓✓✓	+ 1.3		
Pure fruit juices	27	23	30	✓✓✓	+ 34.8	yes	↗
Cereals	366	376	388	✓✓✓	+ 3.3	yes	↗
Bread	88	93	97	✓✓✓	+ 4.4	yes	↗
Beverages	42	42	41	✓✓✓	- 1.2		
Soft drinks (d)	74	81	77	✓✓✓	- 5.7	yes	
Confectionery	77	84	78	✓✓✓	- 7.7	yes	
Alcoholic drinks	249	266	265	✓✓✓	- 0.2		
Beers	20	18	16	✓	- 10.6		↘
Lagers and continental beers	45	49	47	✓✓	- 2.8		
Household expenditure on food and non-alcoholic drink	1 942	2 039	2 091	✓✓✓	+ 2.6	yes	↗
<b>Total household expenditure on food and drink</b>	<b>2 191</b>	<b>2 305</b>	<b>2 356</b>	<b>✓✓✓</b>	<b>+ 2.2</b>	<b>yes</b>	<b>↗</b>
<b>Eating Out Expenditure</b>							
					<i>pence per person per week unless otherwise stated</i>		
Total expenditure on alcoholic drink eaten out	373	354	362	✓✓	+ 2.1		
Total expenditure on food and drink eaten out (excluding alcoholic drinks)	726	779	779	✓✓✓	0.0		↗
<b>Total expenditure on food and drink eaten out</b>	<b>1 099</b>	<b>1 133</b>	<b>1 141</b>	<b>✓✓✓</b>	<b>+ 0.7</b>		<b>↗</b>
<b>Total expenditure on all food and drink</b>	<b>3 290</b>	<b>3 438</b>	<b>3 497</b>	<b>✓✓✓</b>	<b>+ 1.7</b>		<b>↗</b>

(a) Relative Standard Error: 3 ticks: < 2.5%, 2 ticks: 2.5% - 5%, 1 tick: 5% - 10%, no ticks: 10% - 20%, cross: >20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

(d) converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

- 19** Expenditure on food and drink for the household in 2005-06 was £23.56 per person per week in the UK, which was 2.2 per cent higher than the previous year but 0.4 per cent lower in real terms.
- 20** Expenditure on household purchases was up for fruit, vegetables, milk, cheese, fish, eggs, butter and cereals. In particular expenditure on fruit, both fresh and processed, was 13 per cent higher in 2005-06.
- 21** Expenditure on household purchases was down for confectionery, soft drinks, alcoholic drinks, beverages and potatoes. Expenditure on confectionery for the household was 7.7 per cent lower and on soft drinks 5.7 per cent lower than in 2004-05.
- 22** The retail price index rose by 2.6 per cent between 2004-05 and 2005-06. Food prices rose by 1.1 per cent and catering prices by 3.0 per cent in 2005-06. The main food price rises in 2005-06 were for milk, coffee and hot drinks (but not tea) and confectionery all of which rose by over the RPI. The main price falls were for potatoes, poultry, oils and fats and lamb. Prices for fruit and vegetables moved broadly in line with RPI.

## Comparison with Reference Nutrient Intakes

- 23** Nutrient intakes derived from the survey are compared with Reference Nutrient Intakes<sup>1</sup>. These Reference Nutrient Intakes (RNIs) represent the best estimate of the amount of a nutrient that is enough, or more than enough, for about 97 per cent of people in a group. If average intake of a group is at the level of the RNI, then the risk of deficiency in the group is very small.
- 24** Energy intake is compared against the Estimated Average Requirement (EAR) for a group. Estimates of energy requirements for different populations are termed EARs and are defined as the energy intake estimated to meet the average requirements of the group. About half the people in the group will usually need more energy than the EAR and half the people in the group will usually need less.
- 25** The reference nutrient intakes and estimated average requirements and the calculation are described in a technical note accessible from the Family Food web page, <http://statistics.defra.gov.uk/esg/publications/efs/default.asp>.
- 26** Table 1.4 shows average UK energy and nutrient intakes from food and drink per person per day as percentages of the weighted RNIs for 2005-06. An allowance of 10 per cent is made for wastage of household food and drink (e.g. food left on the plate). For food and drink eaten out no allowance is made for waste.
- 27** When interpreting the figures it should be noted that the RNIs were set in 1991 and that energy requirements are currently under review. There could also be an impact due to mis-reporting of food purchases. In addition intakes from dietary supplements are not included and the figures for sodium do not include any allowance for table salt that may be added to food during cooking or before consumption.
- 28** Average energy intake was 3 per cent higher than the EAR, although energy intake excluding energy from alcohol was 1 per cent below the EAR. Potassium is the only nutrient with estimated intake below the RNI. Vitamin B12 intake is estimated to be over four times the RNI

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<sup>1</sup> Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

Table 1.4 Energy and nutrient intake in the UK in 2005-06 as a percentage of weighted Reference Nutrient Intakes (a)

		Nutrient intakes in 2005-06			Intake as a percentage of weighted Reference Nutrient Intake (a)		
		Household	Eaten Out	Total	Household (b)	Eaten Out	Total
<i>per person per day</i>							
Energy (c)	kcal	2 082	280	2 362	89	13	103
Energy excluding alcohol (c)	kcal	2 032	230	2 262	87	12	99
Protein	g	72.0	9.8	81.8	142	21	163
Calcium	mg	921	81	1 002	120	12	132
Iron	mg	11.5	1.3	12.7	100	12	112
Zinc	mg	8.6	1.1	9.7	97	14	111
Magnesium	mg	265	33	297	90	12	102
Sodium (d)	g	2.74	0.35	3.09	165	23	188
Potassium	g	2.94	0.40	3.35	83	13	96
Thiamin	mg	1.60	0.21	1.82	172	26	197
Riboflavin	mg	1.83	0.17	1.99	144	15	159
Niacin equivalent	mg	31.2	4.9	36.2	202	35	237
Vitamin B <sub>6</sub>	mg	2.2	0.4	2.6	163	31	194
Vitamin B <sub>12</sub>	µg	6.0	0.6	6.6	390	45	435
Folate	µg	267	45	312	127	24	151
Vitamin C	mg	69	9	78	162	24	186
Vitamin A (retinol equivalent)	µg	796	113	909	115	18	133

(a) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO, 1991

(b) After deduction of a 10 per cent allowance for wastage

(c) Estimated Average Requirement

(d) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day.

while intakes of sodium, thiamin, niacin equivalent, vitamin B<sub>6</sub> and vitamin C are all estimated to be about double the RNI.

- 29** Trends in levels of intakes are generally very slow. Intake of sodium (excluding table salt) has fallen by 5 per cent since 2000 although it rose slightly in 2005-06. Intake of vitamin A has halved since 1985, although some of this decline is due to a downward revision in the vitamin A content of liver.





## Chapter 2 Key Trends Informing Policy

### Headlines for 2005-06

In 2005-06, compared with 2004-05,

- Quantities of fruit and vegetables (excluding potatoes) purchased for the household were 7.7 per cent higher in 2005-06, the largest rise in the last twenty years. In particular quantities of fruit (including pure fruit juice) for the household were up by more than 10 per cent in 2005-06. Eating out purchases of fruit are also on an upward trend.
- Non-milk extrinsic sugar intake, measured by its percentage contribution to food energy intake, dropped to 14.4 per cent in 2005-06 (from 14.8 per cent in 2004-05). This is the first appreciable drop since 1994.
- There was a small rise in sodium intake (excluding sodium from table salt) in 2005-06 of 0.6 per cent to 3.09 grams per person per day. This small rise in sodium may not be statistically significant.
- Fat intake, measured by its percentage contribution to food energy intake, dropped very slightly to 38.1 per cent. The energy contribution from saturated fatty acids dropped to 14.6 per cent.

**1** While many people eat well, a large number do not, particularly among the more disadvantaged and vulnerable in society. In particular, a significant proportion of the population consumes less than the recommended amount of fruit and vegetables and fibre but more than the recommended amount of fat, saturated fatty acids, salt and sugar. Such a diet could contribute to ill health and premature death. This chapter looks at key indicators of diet.

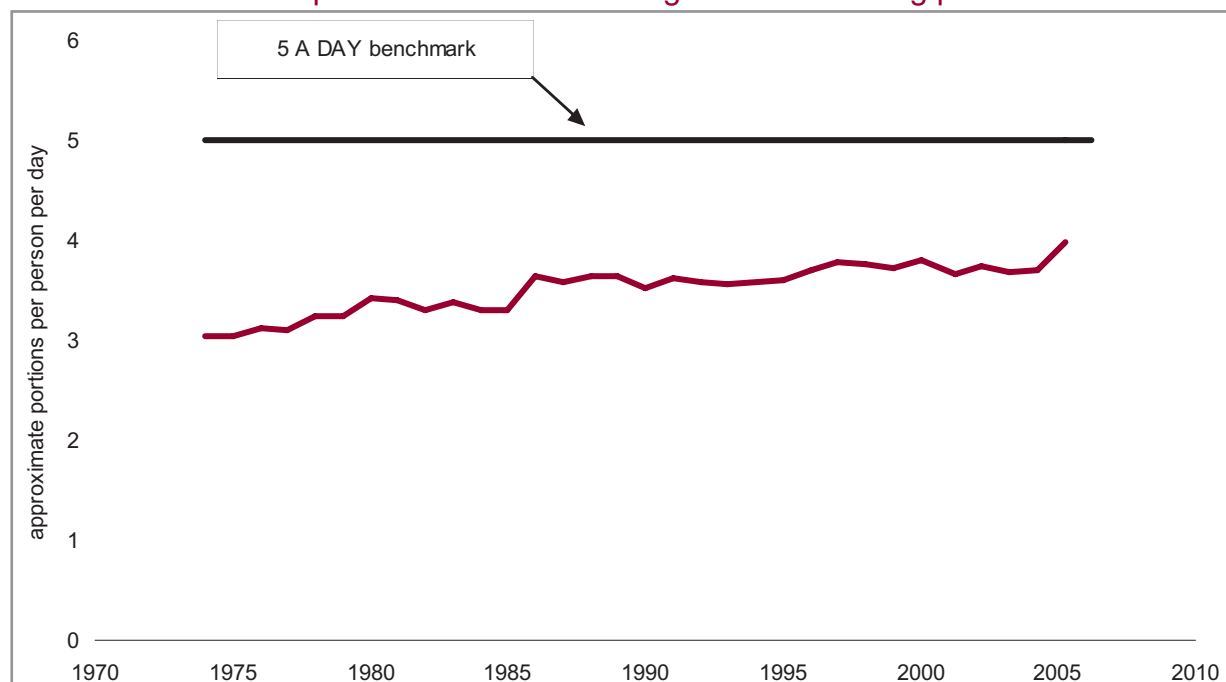
### Fruit and vegetables

**2** The estimates of purchases of fruit and vegetables excluding potatoes are used by government to monitor trends in consumption of fruit and vegetables in support of the 5 A DAY policy to encourage people to eat more fruit and vegetables. The Health Survey for England is a separate data source that provides more detailed estimates for England.

**3** Purchased quantities of fruit and vegetables excluding potatoes rose by 7.7 per cent in 2005-06 compared to 2004-05. This is the largest rise in the last twenty years and provides clear evidence of increased purchases. Chart 2.1 shows the trend since 1974 and the 5 A DAY target for purchases. The level of purchases rose from the 1970s up to 1997 and then remained fairly static until 2005-06. In 2005-06 it rose by 7.7 per cent to 2448 grams purchased per person per week.

**4** Assuming 80 grams per portion, 5 A DAY consumption for a week is 2800 grams of fruit and vegetables. Allowing ten per cent for wastage 5 A DAY consumption requires purchases of 3080 grams per person per week. From the survey we estimated that purchases of fruit and vegetables were an average of 2448 grams per person per week. This is 79 per cent of the 5 A DAY target and equivalent to 4.0 portions per person per day after wastage. In 1974 purchases were 61 per cent of this benchmark target, equivalent to 3.0 portions per day.

Chart 2.1 Household purchases of fruit and vegetables excluding potatoes



- 5 The Department of Health takes the policy lead on public health. According to the Department of Health's 2005 Health Survey for England adults aged 16 and over consumed an average of 3.7 portions per day. Reported daily consumption of five or more portions of fruit and vegetables increased between 2001 and 2005 from 22 per cent to 26 per cent for men and from 25 per cent to 30 per cent for women.
- 6 The 3.7 portions equates to consumption of 2068 grams per adult (16 and over) per week in England. The Expenditure and Food Survey estimate of quantities purchased in 2005-06 was 2448 grams per person per week which, after allowing 10 per cent for wastage, gives an estimate of consumption of 2203 grams per person per week in the UK. This simplistic estimate is 6.5 per cent higher than that from the Health Survey for England. This may be because the Expenditure and Food Survey estimate included all purchases of fruit juice as opposed to the first 80 grams and/or that the estimate that 10 per cent of fruit and vegetables is wasted may be too low. The Health Survey for England estimate is for adults only whilst the Expenditure and Food Survey estimate is a population average including children. Differences in survey coverage and time period will also have had some effect.
- 7 Table 2.1 shows more details of the rise in purchases. The rise in consumption since the 1970s is observable in both fresh and processed fruit. The long term decline apparent in fresh green vegetable purchases since the mid seventies may have stopped and there is a positive trend in purchases of other fresh vegetables.
- 8 Consumers are influenced by prices of produce. In 2005-06 the overall price of fruit (fresh and processed) was 2.0 per cent higher and the overall price of vegetables was 2.8 per cent higher. These price changes are broadly in line with RPI and didn't deter people from spending more on fruit and vegetables.

Table 2.1 Quantities of household purchases of fruit and vegetables in the UK (a)

	1975	1990	2000	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>average grams per person per week unless otherwise stated</i>										
Fruit and vegetables excluding potatoes	1 868	2 170	2 336	2 307	2 274	2 448	✓✓✓	+ 7.7	yes	↗
Fruit	738	962	1 189	1 206	1 168	1 292	✓✓✓	+ 10.6	yes	↗
Fresh fruit	511	624	765	794	805	856	✓✓✓	+ 6.3	yes	↗
Processed fruit	228	338	424	413	363	437	✓✓✓	+ 20.3	yes	
Pure fruit juices	ml 42	225	332	333	280	350	✓✓✓	+ 25.0	yes	
Fresh green vegetables	341	287	246	231	225	235	✓✓✓	+ 4.3		
Other fresh vegetables	405	475	506	505	536	567	✓✓✓	+ 5.9	yes	↗
Processed vegetables excluding potatoes	385	446	395	365	345	354	✓✓✓	+ 2.6		
Fresh and processed potatoes	1 378	1 199	1 002	873	822	842	✓✓✓	+ 2.5		↘

(a) Relative Standard Error: 3 ticks: < 2.5%, 2 ticks: 2.5% - 5%, 1 tick: 5% - 10%, no ticks: 10% - 20%, cross: >20%, - not available

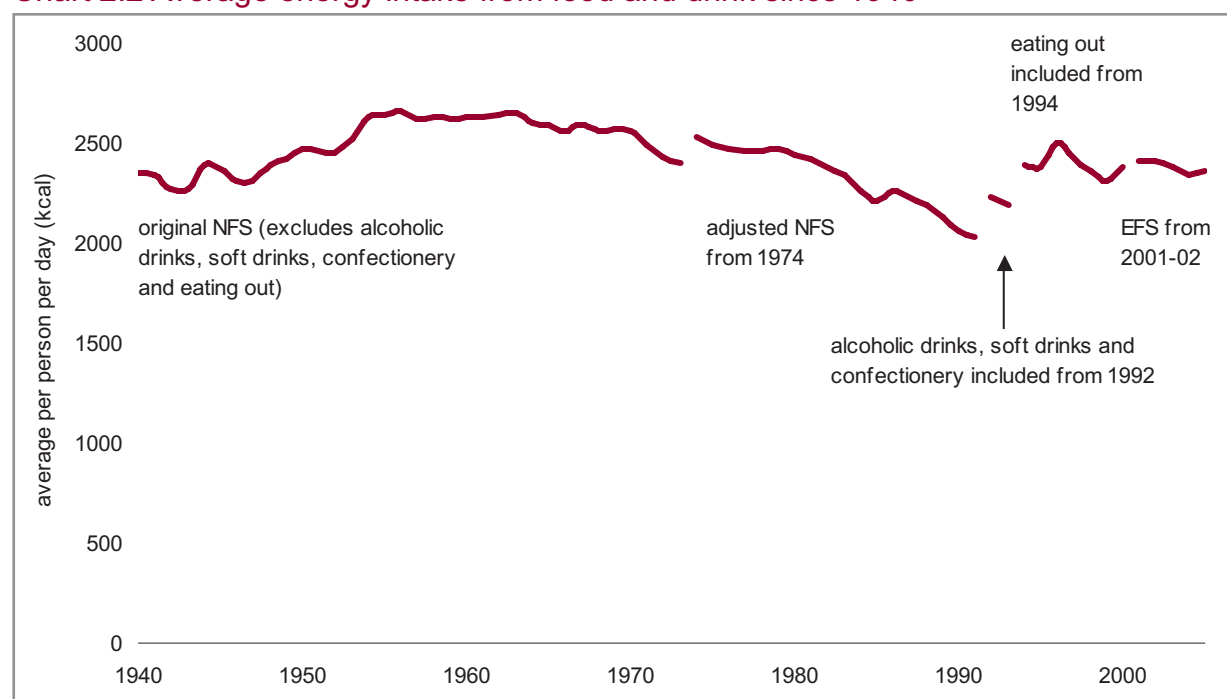
(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

## Energy intake

- 9** The Expenditure and Food Survey and the National Food Survey provide the best long term trends available in energy intake per person in the UK (Great Britain before 1996). These trends are important in terms of government policies to improve health. Over the long term changes in energy intake largely reflect changes in energy expenditure and therefore physical activity.
- 10** Although the long term trend in energy intake from food and drink is downwards energy intake is estimated to have risen by 1.0 per cent in 2005-06 - a small increase that goes against the

Chart 2.2 Average energy intake from food and drink since 1940



long term downward trend. Chart 2.2 shows the long term trend in average energy intake. The series has gradually broadened in scope from household food excluding alcoholic drinks, soft drinks and confectionery in 1940 to all food and drink from 2001-02 onwards. However the downward trend since 1964 is visible in all components of the chart.

- 11 Table 2.2 shows values of the various different forms of estimate of energy intake based on the National Food Survey and the Expenditure and Food Survey. The most important changes in the surveys are highlighted but in reality smaller changes occur each year as factors used to convert purchases into intakes are periodically reviewed and updated.
- 12 Historical estimates of household purchases between 1974 and 2000 have been adjusted to align with the level of estimates from the Family Expenditure Survey in 2000. These estimates of household purchases are broadly comparable with estimates of household purchases from the Expenditure and Food Survey which commenced in April 2001.
- 13 The aligned estimates are generally higher than the original ones and indicate that the scaling has partially corrected for under-reporting in the National Food Survey. Under-reporting is likely to be lower in the Expenditure and Food Survey because it does not focus on diet but on expenditure across the board and is largely based on till receipts. However it is necessary to be aware that there is a change in methodology which makes the estimate of the year on year change unreliable between 2000 and 2001-02.
- 14 The combined series at the bottom of the table is shown because it is the best estimate for each individual year but it is not a valid time series because of the changes in definition from year to year. Combining year on year changes of estimates on like bases suggests that average energy intake per person was at least 20 per cent lower in 2005-06 than in 1974.

**Table 2.2 Different estimates of energy intake as the surveys evolve**

		1940	1974	1990	1992	1995	2000	2001-02	2003-04	2004-05	2005-06
		<i>kcal per person per day</i>									
<b>National Food Survey</b>	excluding asc (a)	2 355	2 320	1 870	1 860	1 780	1 750				
	Including asc (a)					1 881	1 881				
	Aligned with EFS (b)		2 534	2 058	2 225	2 143	2 152				
	NFS eating out						230				
<b>EFS (c)</b>	Household							2 098	2 079	2 050	2 082
	Eating out							310	303	288	280
	omined							2 409	2 381	2 338	2 362
<b>Combined series (d)</b>	Household	2 355	2 534	2 058	2 225	2 143	2 152	2 098	2 079	2 050	2 082
	Eating out					240	230	310	303	288	280
	HH + EO (e)	2 355	2 534	2 058	2 225	2 383	2 382	2 409	2 381	2 338	2 362

(a) "asc" is alcoholic drinks, soft drinks and confectionery

(b) includes alcoholic drinks, soft drinks and confectionery from 1992 onwards

(c) Expenditure and Food Survey

(d) uses fullest information available each year

(e) this is the series with breaks shown in chart 2.2

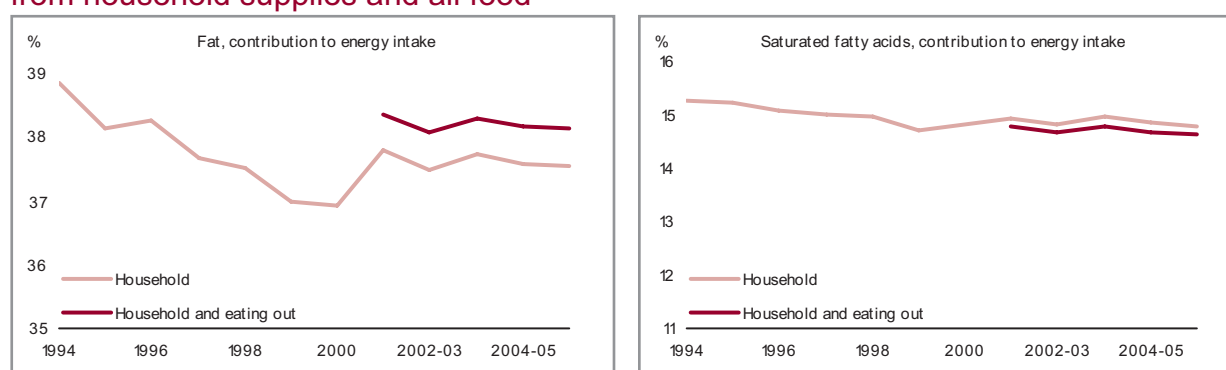
## Fat and saturated fatty acids

- 15 The percentage of food energy (i.e. excluding alcohol) contributed by macronutrients is a valuable measure allowing comparisons between groups with different levels of energy expenditure and/or intake. Population average intakes of both fat and saturated fatty acids exceed the recommendations set in 1991 by COMA of 35 percent and 11 per cent of food energy intake respectively.

**16** The percentage of food energy intake obtained from fat in household food has been in decline from 38.8 per cent in 1994 to 36.9 per cent in 2000. It has been relatively stable since 2001-02 and is estimated to have contributed 37.6 per cent of food energy intake in 2005-06. When eating out is included this rises to 38.1 per cent. The recommendation is that total fat should contribute no more than 35 per cent of food energy intake for the population on average.

**17** The percentage of food energy derived from saturated fatty acids in household food fell from 15.3 per cent in 1994 to 14.8 per cent in 2000. It has been relatively stable since 2001-02 and is estimated to have been 14.8 per cent in 2005-06. When eating out is included this falls slightly to 14.6 per cent. The recommendation is that saturated fatty acids should contribute no more than 11 per cent of food energy intake for the population on average.

**Chart 2.3 Intakes of fat and saturated fatty acids as a percentage of food energy intake from household supplies and all food**



Macronutrient	Dietary Reference Value recommended by COMA	Percentage of food energy intake in 2005-06	DRV exceeded by
Fat	35	38.1	9%
Saturated fatty acids	11	14.6	33%

## Non-milk extrinsic sugars and sodium

**18** The percentage of food energy (i.e. excluding alcohol) contributed by the various macronutrients is a valuable measure allowing comparisons between groups with different levels of energy expenditure and/or intake. Intakes by many people of non-milk extrinsic sugars (mainly the sugars added during processing or at the table) are above the 1991 recommendations of COMA. The recommendation is that non-milk extrinsic sugars should contribute no more than 11 per cent of food energy intake for the population on average. The survey provides long term trends in intakes derived from food and drink purchases.

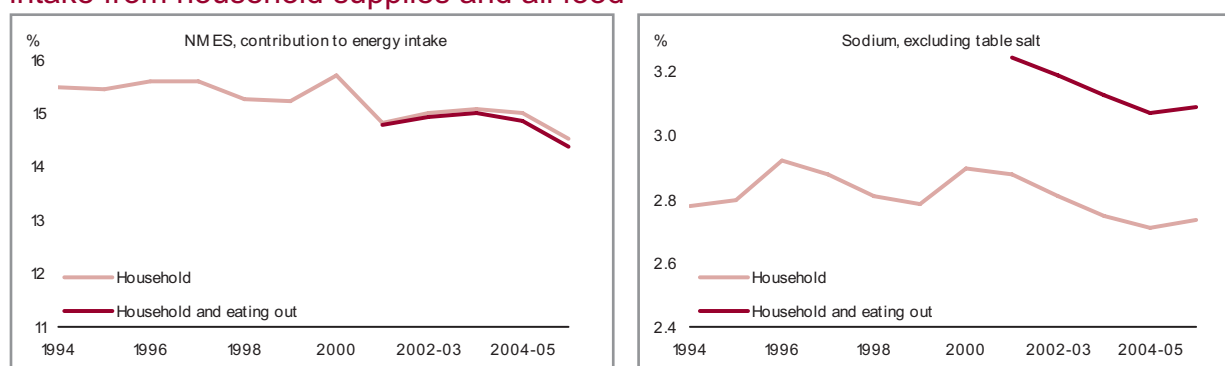
**19** In 2005-06 the intake of non-milk extrinsic sugars, NMES, fell by 2.0 per cent. The percentage of food energy obtained from NMES dropped from 14.8 to 14.4 per cent. This remains above the recommended level of 11 per cent, but it is the first appreciable drop since 1994. The contribution of NMES to energy intake hardly changed between 1994 and 2000. The recorded drop in 2001 is unreliable because it coincided with a major change in the survey.

**20** There was a small rise in sodium intake (excluding sodium from table salt) from household and eating out in 2005-06 of 0.6 per cent. This increase is small and may not be statistically significant. Due to the way the results are processed it is not possible to say whether this change is likely to be due to sampling errors. Previously there was a downward trend since 2000 in intake of sodium.

**21** In the report on Nutritional Aspects of Cardiovascular Disease COMA recommended an intake of salt of 6 grams per day or less for adults. This is equivalent to an intake of 2.4 grams of sodium per day. This recommendation was endorsed by the Scientific Advisory Committee on Nutrition in its recent report Salt and Health. Despite excluding sodium from table salt the survey estimate of population average intake of sodium exceeds the recommendation by 16 per cent. Sodium from table salt is excluded from the estimates because purchases of table salt are not closely related to consumption.

**22** The Health Survey for England, run by the Department of Health, provides more complete trends in sodium intake since it measures sodium levels based on urine tests as opposed to sodium content in food purchases that exclude sodium in table salt. The National Diet and Nutrition Survey run by the Food Standards Agency provides the best estimates of sodium intake by analysing all urine excreted in a 24 hour period. Further information on sodium intake is available at <http://www.food.gov.uk/science/dietarysurveys/urinary>.

**Chart 2.4 Non-milk extrinsic sugars as a percentage of food energy intake and sodium intake from household supplies and all food**



Macronutrient	Dietary Reference Value recommended by COMA	Percentage of food energy intake in 2005-06	DRV exceeded by
NMES	11	14.4	31%
Sodium	2.4g	3.09g	16%

## Chapter 3 Trends in Household Purchases

### Headlines

In 2005-06, compared with 2004-05, UK household purchased quantities of

- whole milk fell by 4.4 per cent
- skimmed milk rose by 3 per cent
- yoghurts and fromage frais rose by 7.3 per cent
- natural cheese rose by 7.5 per cent
- processed cheese fell by 12 per cent
- uncooked poultry rose by 7.7 per cent
- other fresh vegetables rose by 5.9 per cent
- fresh fruit rose by 6.3 per cent
- wholemeal bread rose by 21 per cent
- white bread fell by 4.9 per cent
- oatmeal and oat products rose by 32 per cent
- soft drinks fell by 6.2 per cent
- alcoholic drinks fell by 3.1 per cent

- 1 Other changes shown in the following tables may be due to sampling error or changes in the way the coding is performed.
- 2 This section presents trends in quantities of purchased quantities of food and drink for household supplies, which includes all food and drink brought into the household. Eating out purchases are covered in chapter 6. The weights and volumes of food and drink apply to when they enter the household.
- 3 Purchased quantities differ from actual food and drink consumption for a number of reasons e.g. food may be discarded during food preparation (e.g. vegetable peelings), food may be left on the plate at the end of a meal or food may become inedible before it can be consumed and is therefore thrown away. Food purchased by the household may also be consumed by visitors to the house. Purchased quantities are recorded in the form in which they are bought. For example purchased quantities of flour, fat, eggs and sugar are recorded as such, even if they are later used to bake a cake. If a ready-made cake is bought then it is recorded as cake.
- 4 Throughout the chapter figures used prior to 2001-02 are adjusted National Food Survey estimates. The adjustments brought the results of the National Food Survey in line with the Expenditure and Food Survey, and tended to increase estimates of food and drink purchases. The largest adjustments were for confectionery, alcoholic drinks, beverages and sugar and



preserves. Adjustments for eggs and carcase meat resulted in reduced National Food Survey estimates. Details of the adjustments to the National Food Survey estimates can be found in Family Food 2002-03 and amongst the methodological documents accessible from the Family Food web page.

- 5 More detailed series for 1974 to 2005-06 can be found on the Defra website. For trends in UK household consumption the most appropriate dataset to use is:  
<http://statistics.defra.gov.uk/esg/publications/efs/datasets/efscons.xls>

## Milk, cream and cheese

- 6 There is an on-going switch from wholemilk to semi-skimmed milk, shown in Chart 3.1. In 2005-06 purchased quantities of liquid wholemilk were 4.4 per cent down whilst purchased

Table 3.1 UK household purchased quantities of milk, cream and cheese

	1974	1995	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>millilitres per person per week unless otherwise stated</i>									
<b>Total milk and cream</b>	<b>2 978</b>	<b>2 245</b>	<b>2 006</b>	<b>1 996</b>	<b>2 027</b>	✓✓✓	+ 1.6		
Liquid wholemilk	2 687	818	572	497	475	✓✓	- 4.4		↘
Skimmed milks:	5	1 127	1 085	1 133	1 167	✓✓✓	+ 3.0		↗
Fully-skimmed	2	210	166	158	159	✓✓	+ 0.7		
Semi and other skimmed	3	916	919	975	1 008	✓✓✓	+ 3.3		↗
Other milks and dairy desserts (d) eq. ml	238	137	167	159	163	✓✓	+ 2.4		
Yoghurt and fromage frais	33	145	163	187	201	✓✓✓	+ 7.3	yes	↗
Cream	15	18	20	19	21	✓✓	+ 11.0	yes	
<b>Total cheese</b>	<b>g 105</b>	<b>108</b>	<b>112</b>	<b>110</b>	<b>116</b>	✓✓✓	+ 5.1		
Natural cheese	g 97	98	99	96	104	✓✓	+ 7.5	yes	
Processed cheese	g 8	10	12	14	12	✓✓	- 11.5	yes	

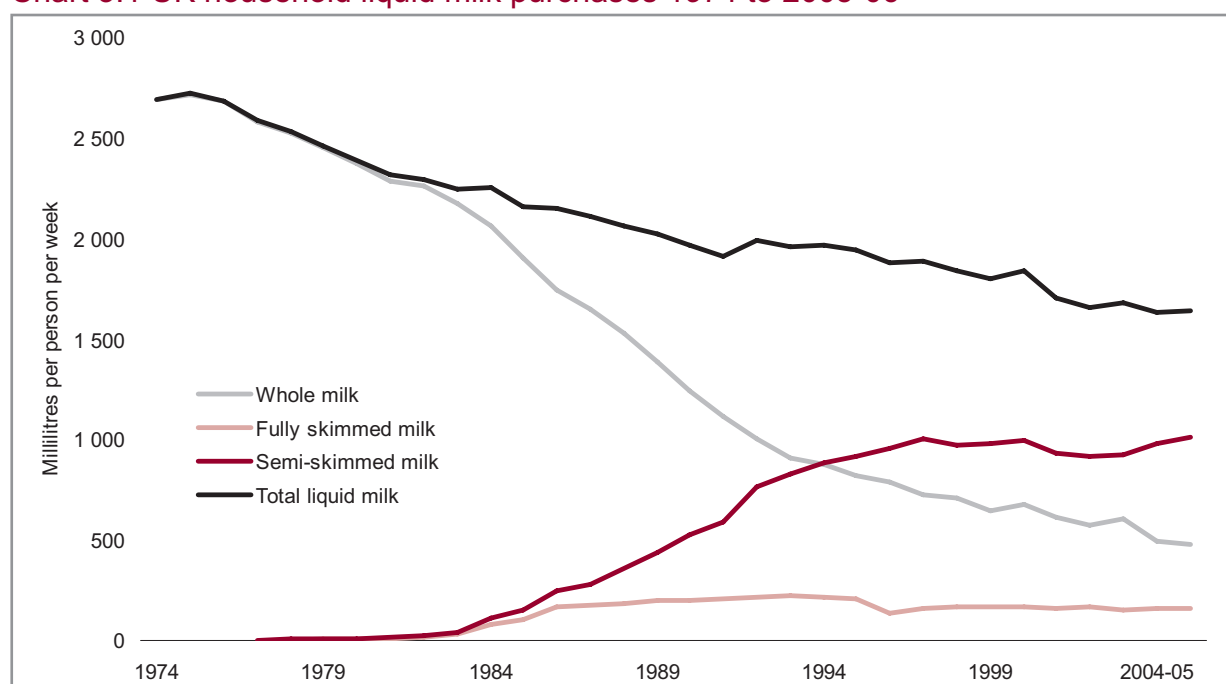
(a) Relative standard error. 3 ticks <2.5%, 2 ticks <5%, 1 tick <10%, no ticks <20%, 1 cross >20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

(d) Includes condensed, infant and instant milks

Chart 3.1 UK household liquid milk purchases 1974 to 2005-06





quantities of semi-skimmed milk were 3.0 per cent up. Semi-skimmed milk now accounts for over 61 per cent of liquid milk purchases. In 1980 there were almost no purchases of semi-skimmed milk.

- 7** Purchased quantities of yoghurt and fromage frais in 2005-06 were 7.3 per cent higher than in 2004-05 at an average of 201 millilitres per person per week, continuing an increasing trend. Purchased quantities of cream were significantly higher in 2005-06, up by 11 per cent.
- 8** Purchased quantities of cheese were slightly higher in 2005-06 with a switch from processed cheese to natural cheese.

## Meat, fish and eggs

- 9** There was no significant change in overall purchased quantities of other meat and meat products in 2005-06. Purchased quantities of carcase meat fell by 1.5 per cent, with falls in purchases of beef and veal and pork balanced by a modest increase in purchased quantities of mutton and lamb. Purchased quantities of other meat and meat products did not continue the upward trend seen since 1974, rising by just 0.1 per cent. Within this category there was a shift in purchasing from uncooked to cooked bacon and ham, and a fall of 2.4 per cent in purchased quantities of cooked poultry was outweighed by a rise of 7.7 per cent in purchased quantities of uncooked poultry.

Table 3.2 UK household purchased quantities of meat, fish and eggs

	1974	1995	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>grams per person per week unless otherwise stated</i>									
<b>Total meat and meat products</b>	<b>1 023</b>	<b>986</b>	<b>1 050</b>	<b>1 049</b>	<b>1 046</b>	✓✓✓	- 0.2		
<b>Carcase</b>	<b>393</b>	<b>235</b>	<b>230</b>	<b>229</b>	<b>226</b>	✓✓✓	- 1.5		
Beef and veal	189	109	118	123	120	✓✓✓	- 2.3		
Mutton and lamb	113	54	51	50	53	✓	+ 6.1		↘
Pork	91	71	61	56	52	✓✓	- 6.7		↘
<b>Other meat and meat products</b>	<b>630</b>	<b>751</b>	<b>820</b>	<b>820</b>	<b>821</b>	✓✓✓	+ 0.1		
Bacon and ham, uncooked	116	74	69	70	68	✓✓✓	- 3.1		
Bacon and ham, cooked (d)	25	37	45	43	44	✓✓✓	+ 2.4		
Poultry, uncooked	127	194	199	197	212	✓✓✓	+ 7.7	yes	↗
Poultry, cooked (d)	5	23	45	49	48	✓✓	- 2.4		
Ready meals & convenience meat products	27	106	157	155	152	✓✓✓	- 2.2		
Other	329	317	305	305	296	✓✓✓	- 2.8		↘
<b>Total fish</b>	<b>123</b>	<b>147</b>	<b>155</b>	<b>158</b>	<b>167</b>	✓✓✓	+ 5.7	yes	↗
White, fresh chilled & frozen	44	37	33	26	26	✓	- 0.7		↘
Herrings & other blue fish, fresh chilled & frozen	3	4	6	6	8		+ 19.4		
Salmon, fresh chilled & frozen	2	6	9	10	12	✓✓	+ 14.5		↗
Blue fish, dried salted & smoked	6	4	5	6	6	✓	+ 8.8		
White fish, dried salted & smoked	5	5	4	4	4	✓	- 7.7		
Shellfish	2	6	11	11	12	✓	+ 6.9		
Takeaway fish	20	14	11	11	10	✓✓	- 14.0	yes	
Salmon, canned	6	8	6	6	6	✓	- 7.9		
Other canned or bottled fish	12	23	29	30	33	✓✓	+ 9.0		↗
Ready meals	23	30	38	45	49	✓✓✓	+ 9.6	yes	↗
Takeaway fish meals	2	11	3	2	3	✓	+ 23.8	yes	
<b>Eggs</b>	no. <b>3.7</b>	<b>1.7</b>	<b>1.7</b>	<b>1.6</b>	<b>1.6</b>	✓✓✓	+ 3.2		

(a) Relative standard error. 3 ticks <2.5%, 2 ticks <5%, 1 tick <10%, no ticks <20%, 1 cross >20%, - not available

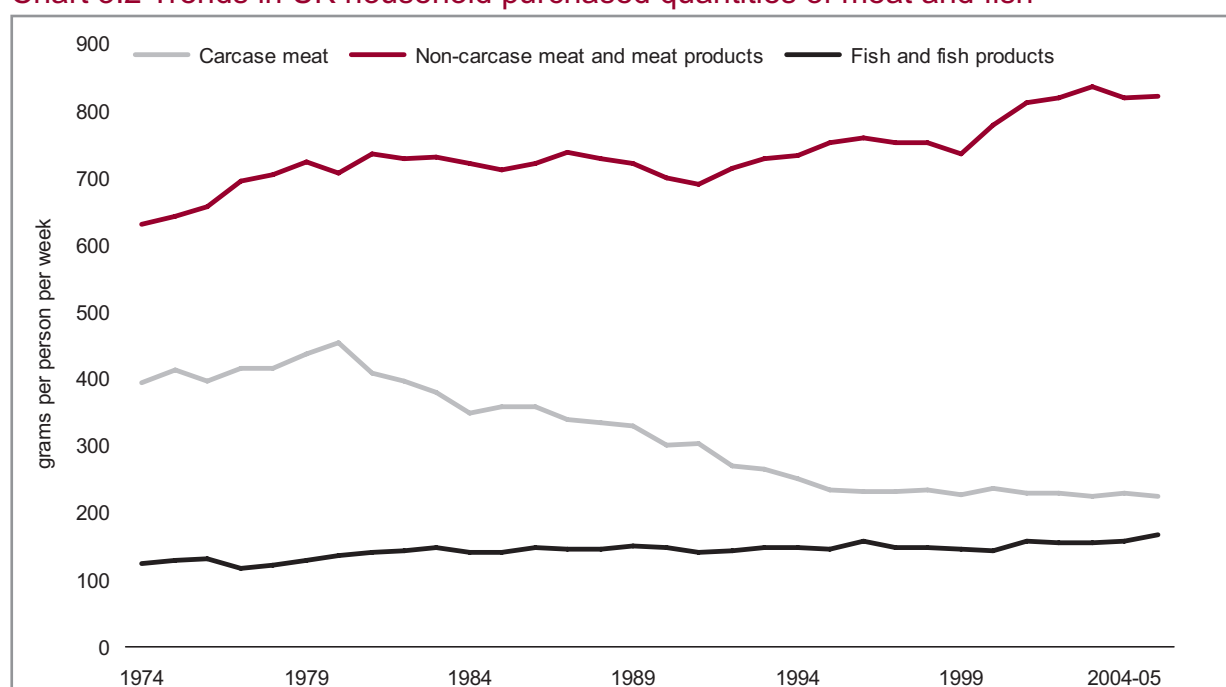
(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

(d) Excludes canned

- 10** In 2005-06 there was an overall rise of 5.7 per cent in purchased quantities of fish, accounted for by a 19 per cent rise in purchases of fresh, chilled and frozen herrings and other oily fish, and a 14 per cent rise in fresh chilled or frozen salmon. Purchased quantities of fish-based ready meals, rose by 9.6 per cent from 45 to 49 grams per person per week.
- 11** There was no significant change in purchased quantities of eggs in 2005-06 compared to the previous year.
- 12** Chart 3.2 illustrates the long-term trends in household purchased quantities of meat and fish.

**Chart 3.2 Trends in UK household purchased quantities of meat and fish**



## Fats

- 13** Total purchased quantities of fats and oils were little-changed in 2005-06 from 2004-05 (see table 3.3).

**Table 3.3 UK household purchased quantities of fats and oils**

	1974	1995	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>grams per person per week unless otherwise stated</i>									
<b>Total fats and oils</b>	<b>316</b>	<b>227</b>	<b>190</b>	<b>182</b>	<b>183</b>	✓✓✓	<b>+ 0.8</b>		
Butter	147	34	37	35	38	✓✓	+ 8.3	yes	
Margarine	78	43	13	11	20	✓✓	+ 83.5	yes	↗
Low fat and reduced fat spreads	1	75	70	68	55	✓✓✓	- 18.6	yes	↘
Reduced fat spreads	0	48	55	44	39	✓✓	- 10.8	yes	↘
Low fat spreads	1	27	15	23	16	✓✓	- 33.5	yes	↗
Vegetable and salad oils ml	22	52	56	55	58	✓✓	+ 4.8		
Other fats and oils (including lard)	66	22	14	13	12	✓✓	- 5.0		↘

(a) Relative standard error. 3 ticks <2.5%, 2 ticks <5%, 1 tick < 10%, no ticks <20%, 1 cross >20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

- 14** Since 1974 purchased quantities of butter, margarine and other fats (including lard) have to a large extent been replaced by purchases of low fat spreads, reduced fat spreads and vegetable and salad oils. Purchased quantities of butter fell by 74 per cent from the level in 1974, and purchases of margarine fell by 75 per cent. Purchased quantities of low fat and reduced fat spreads increased from negligible quantities in 1974 to an average of 55 grams per person per week in 2005-06, though this figure reflected a 19 per cent fall in purchased quantities from 2004-05 levels.

## Sugar and preserves

- 15** Household purchased quantities of sugar and preserves were 3.3 per cent lower in 2005-06 than in 2004-05 (see table 3.4). Purchased quantities of sugar in 2005-06 were 79 per cent lower than in 1974 and purchases of honey, preserves, syrup and treacle were 54 per cent lower.

**Table 3.4 UK household purchased quantities of sugar and preserves**

	1974	1995	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>grams per person per week</i>									
<b>Total sugar and preserves</b>	<b>535</b>	<b>212</b>	<b>146</b>	<b>134</b>	<b>129</b>	✓✓✓	- 3.3		↘
Sugar	458	169	111	99	94	✓✓	- 5.3		↘
Honey, preserves, syrup & treacle	76	44	35	34	35	✓✓	+ 2.6		

(a) Relative standard error. 3 ticks <2.5%, 2 ticks <5%, 1 tick < 10%, no ticks <20%, 1 cross >20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

## Fruit and vegetables

- 16** Purchased quantities of fresh potatoes were 3.1 per cent higher in 2005-06 than in 2004-05, and purchases of processed potato products were 1 per cent higher. Between 1974 and 2005-06 purchased quantities of fresh potatoes fell by 55 per cent, with a rise of 115 per cent in purchases of processed potatoes over the same period.
- 17** Total vegetable consumption excluding fresh and processed potatoes was 4.5 per cent higher in 2005-06 than in 2004-05 at 1156 grams per person per week. Fresh green vegetable purchases rose by 4.3 per cent at 235 grams per person per week, whilst other fresh vegetable purchases increased by 5.9 per cent to 567 grams per person per week. Purchased quantities of frozen vegetables were similar to 2004-05 at 68 grams per person per week. Purchased quantities of other vegetables (mainly processed tomatoes, peas and beans and vegetable ready meals) were 2.6 per cent higher at 286 grams per person per week.
- 18** In 2005-06 vegetable purchases (excluding fresh and processed potatoes) were slightly higher than in 1974. Purchased quantities of fresh green vegetables were 36 per cent lower but purchases of other fresh vegetables were 40 per cent higher. During this period purchased quantities of fresh cabbage declined markedly, while cauliflowers tended to maintain their popularity. Purchased quantities of frozen vegetables and canned, bottled, dried and other processed vegetables declined over the same period. Chart 3.3 shows the long term trends in purchased quantities of fresh and processed potatoes, fresh vegetables, frozen vegetables and other vegetable products.

Table 3.5 UK household purchased quantities of fruit and vegetables

	1974	1995	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>grams per person per week unless otherwise stated</i>									
<b>Total vegetables including potatoes</b>	<b>2 578</b>	<b>2 227</b>	<b>1 973</b>	<b>1 927</b>	<b>1 998</b>	✓✓✓	<b>+ 3.6</b>	<b>yes</b>	
Fresh potatoes	1 318	810	617	570	587	✓✓✓	+ 3.1		↘
Processed potatoes	119	267	256	252	255	✓✓✓	+ 1.0		
<b>Total vegetables excluding potatoes</b>	<b>1 141</b>	<b>1 150</b>	<b>1 101</b>	<b>1 106</b>	<b>1 156</b>	✓✓✓	<b>+ 4.5</b>	<b>yes</b>	↗
Fresh green vegetables	364	233	231	225	235	✓✓✓	+ 4.3		
Fresh cabbages	129	62	45	45	46		+ 0.9		
Fresh cauliflowers	87	78	76	72	79	✓✓✓	+ 9.9	yes	
Other fresh vegetables	404	486	505	536	567	✓✓✓	+ 5.9	yes	↗
Fresh carrots	87	114	99	104	107	✓✓✓	+ 3.1		↗
Onions, leeks & shallots	87	93	100	102	112	✓✓	+ 10.3	yes	↗
Fresh tomatoes	106	98	96	99	99	✓✓✓	+ 0.3		
Miscellaneous other fresh vegetables	24	60	86	99	114	✓✓✓	+ 14.4	yes	↗
All frozen vegetables (d)	72	115	71	66	68	✓✓	+ 2.6		↘
Other vegetables, not frozen (e)	300	316	294	279	286	✓✓✓	+ 2.6		
<b>Total fruit</b>	<b>731</b>	<b>1 068</b>	<b>1 206</b>	<b>1 168</b>	<b>1 292</b>	✓✓✓	<b>+ 10.6</b>	<b>yes</b>	↗
Fresh fruit	515	693	794	805	856	✓✓✓	+ 6.3	yes	↗
Fresh apples	207	190	172	173	179	✓✓✓	+ 3.7		
Fresh bananas	84	184	208	217	225	✓✓✓	+ 3.8		↗
Pure fruit juices (f)	ml 34	272	333	280	350	✓✓✓	+ 25.0	yes	
Other fruit products	182	103	80	83	87	✓✓✓	+ 4.2		↗

(a) Relative standard error. 3 ticks <2.5%, 2 ticks <5%, 1 tick < 10%, no ticks <20%, 1 cross >20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

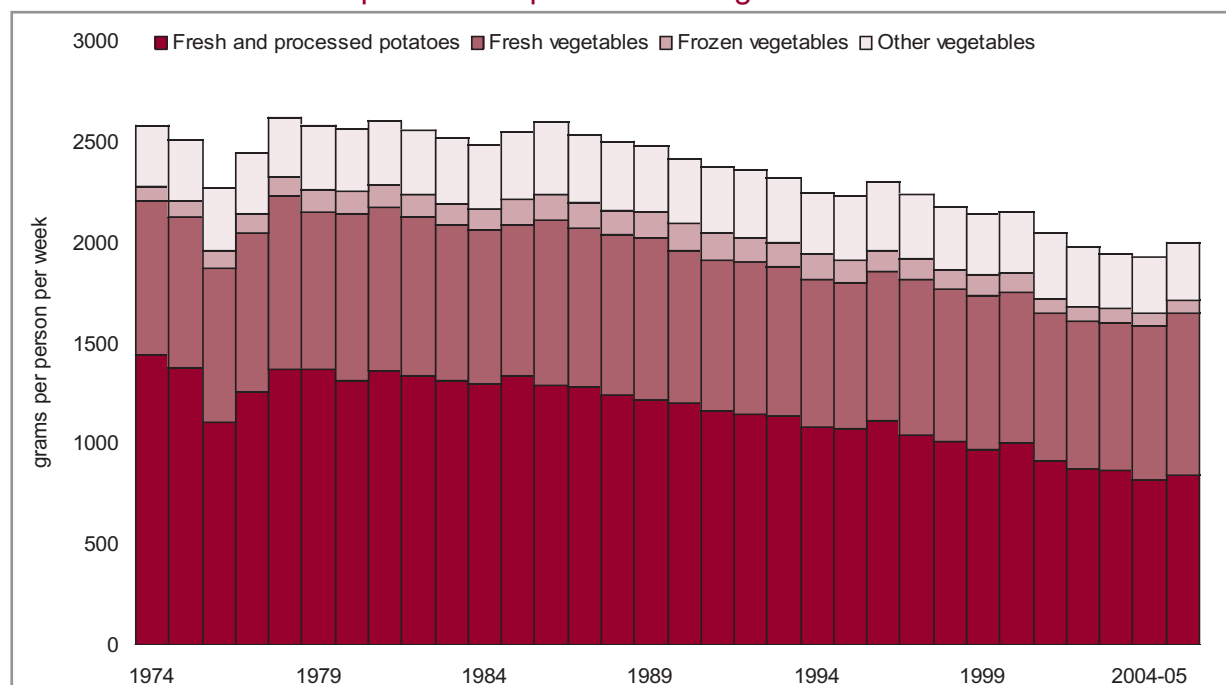
(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

(d) Excludes potato products

(e) Mainly processed tomatoes, peas and beans and ready meals

(f) 2004-05 and later quantities cannot be compared with previous years due to improvements in product coding. The fall in purchased quantity may also be partly due to possible shifts in consumer preference toward fruit juice drinks

Chart 3.3 UK household purchased quantities of vegetables



- 19** In 2005-06 household purchased quantities of fresh fruit rose by 6.3 per cent compared to the previous year. The figures for fruit juice cannot be compared directly with figures for recent years. During 2005-06 the procedures for coding pure fruit juice, fruit drinks and other soft drinks were improved. Fewer drinks were classified as pure fruit juice as a result of these changes.
- 20** Total purchased quantities of fruit were almost 77 per cent higher in comparison with 1974. Purchased quantities of fresh fruit rose by 66 per cent over the same period. Fruit juice purchases in 2005-06 were more than ten times greater than in 1974.
- 21** The following chart shows how the types of fresh fruit being purchased have changed between 1974 and 2005-06. In 1974 apples, pears and citrus fruits accounted for about three-quarters of fresh fruit purchases. In 2005-06 these fruits accounted for less than half of the purchased quantities of fresh fruit. Purchased quantities of bananas, stone fruits and soft fruits all increased.

**Chart 3.4 Comparison of purchased quantities of fresh fruit in 1974 and 2005-06**



## Bread, cereals and cereal products

- 22** Household purchased quantities of bread were relatively unchanged in 2005-06 compared to 2004-05. The market share of white bread continued to decline, with purchased quantities down by 4.9 per cent. Brown bread purchases declined by 8.8 per cent, while purchased quantities of wholemeal bread rose by 21 per cent to 145 grams per person per week.
- 23** Between 1974 and 2005-06 household bread purchases fell by 31 per cent. White bread purchased quantities fell by 61 per cent and brown bread purchases fell by 37 per cent over the same period. Purchased quantities of wholemeal bread on the other hand were more than eight times higher in 2005-06 than in 1974.
- 24** Purchased quantities of cereals and cereal products rose by 4.8 per cent in 2005-06, with a significant rise in purchases of rice, pasta and oatmeal and oat products. Since 1974 the largest increases in household purchases have been in rice, pasta and pizza, with purchased quantities of flour falling by more than 63 per cent.

Table 3.6 UK household purchased quantities of bread, cereals and cereal products

	1974	1995	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>grams per person per week</i>									
<b>Total cereals including bread</b>	<b>1 842</b>	<b>1 652</b>	<b>1 671</b>	<b>1 577</b>	<b>1 626</b>	✓✓✓	<b>+ 3.1</b>	<b>yes</b>	↘
<b>Bread</b>	<b>1 019</b>	<b>818</b>	<b>757</b>	<b>695</b>	<b>701</b>	✓✓✓	<b>+ 0.8</b>		↘
White bread	860	478	431	353	336	✓✓✓	- 4.9	yes	↘
Brown bread	65	86	46	45	41	✓✓	- 8.8		
Wholemeal bread	17	102	100	120	145	✓✓✓	+ 21.1	yes	↗
Rolls and sandwiches	56	89	89	85	80	✓✓✓	- 6.0	yes	↘
Other bread	21	64	91	92	99	✓✓✓	+ 7.3	yes	↗
<b>Cereals excluding bread</b>	<b>823</b>	<b>834</b>	<b>914</b>	<b>882</b>	<b>925</b>	✓✓✓	<b>+ 4.8</b>	<b>yes</b>	
Flour	162	60	61	55	60	✓	+ 8.9		
Cakes and pastries	158	159	134	126	130	✓✓✓	+ 2.9		
Buns, scones and tea-cakes	30	40	41	47	46	✓✓✓	- 1.4		↗
Biscuits	214	181	174	165	165	✓✓✓	- 0.1		↘
Oatmeal and oat products	13	10	13	14	19	✓✓	+ 32.5	yes	↗
Breakfast cereals	77	127	132	131	135	✓✓✓	+ 3.4		
Rice	17	58	84	79	90	✓	+ 14.3		
Pasta	31	33	88	81	89	✓✓✓	+ 9.7	yes	
Pizza	0	51	66	69	74	✓✓	+ 7.3		↗
Other cereals	121	116	121	116	117	✓✓✓	+ 1.4		

(a) Relative standard error. 3 ticks &lt;2.5%, 2 ticks &lt;5%, 1 tick &lt; 10%, no ticks &lt;20%, 1 cross &gt;20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

## Beverages and miscellaneous foods

**25** There was little change in household purchased quantities of beverages in 2005-06 in comparison to 2004-05, at an average of 57 grams per person per week (see table 3.7). Since 1974 purchased quantities of beverages have fallen by nearly 50 per cent.

**26** There was little change in purchases of miscellaneous foods and drinks in 2005-06. There were small increases in purchased quantities of soups, pickles and sauces, and other foods. Mineral waters, ice cream and ice cream products show the largest increases in purchased quantities between 1974 and 2005-06.

Table 3.7 UK purchased quantities of beverages and miscellaneous foods and drinks

	1974	1995	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>grams per person per week unless otherwise stated</i>									
<b>Total beverages</b>	<b>107</b>	<b>74</b>	<b>58</b>	<b>56</b>	<b>57</b>	✓✓✓	<b>+ 1.4</b>		
Tea	68	42	34	31	33	✓✓	+ 4.0		
Coffee	20	17	16	17	16	✓✓	- 5.1		
Cocoa and drinking chocolate	10	5	4	4	5	✓	+ 15.3		
Branded food drinks	9	9	4	4	3	✓	- 5.9		
<b>Total miscellaneous</b>	<b>291</b>	<b>498</b>	<b>670</b>	<b>697</b>	<b>710</b>	✓✓✓	<b>+ 1.8</b>		↗
Mineral water ml	0	151	210	251	253	✓✓	+ 0.6		↗
Soups	105	69	83	81	86	✓✓	+ 6.0		
Pickles and sauces	52	95	123	120	125	✓✓✓	+ 4.9		
Ice-cream & ice-cream products ml	44	131	186	177	174	✓✓	- 1.4		↘
Other foods	90	52	66	68	71	✓✓✓	+ 4.0		↗

(a) Relative standard error. 3 ticks &lt;2.5%, 2 ticks &lt;5%, 1 tick &lt; 10%, no ticks &lt;20%, 1 cross &gt;20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

## Soft and alcoholic drinks and confectionery

- 27** In line with the rest of this chapter the figures shown in table 3.8 are for purchased quantities of drinks and confectionery for household supplies, which includes all food and drink brought into the household. Eating out purchases are covered in chapter 6. Soft drinks, alcoholic drinks and confectionery were not part of the National Food Survey in 1974, so figures are only shown for 1995 onwards in table 3.8.
- 28** Pure fruit juices are recorded in the survey as fruit products (see table 3.5). During 2005-06 the procedures for coding pure fruit juice, fruit drinks and other soft drinks were improved. Fewer drinks were classified as pure fruit juice as a result of these changes.
- 29** Household purchased quantities of alcoholic drinks were 3.1 per cent lower in 2005-06 than in 2004-05. Between 1995 and 2005-06 household purchased quantities of alcoholic drinks rose by 18 per cent.
- 30** Household purchases of confectionery were 6.1 per cent lower in 2005-06 with chocolate-coated filled bars showing a significant fall in consumption of 10 per cent but compared with 1994 the change is a fall of only 1.1 per cent.

**Table 3.8 UK household purchased quantities of soft and alcoholic drinks and confectionery**

	1995	2002-03	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>millilitres per person per week</i>								
<b>Total soft drinks (d) (e)</b>	<b>1 654</b>	<b>1 757</b>	<b>1 832</b>	<b>1 718</b>	<b>✓✓✓</b>	<b>- 6.2</b>	<b>yes</b>	
Concentrated (e)	602	587	626	600	✓✓	- 4.1		
Ready to drink	548	678	765	676	✓✓✓	- 11.7	yes	
Low-calorie, concentrated (e)	240	153	135	132	✓	- 2.6		↘
Low-calorie, ready to drink	264	339	306	310	✓✓	+ 1.3		↘
<b>Total alcoholic drinks (average for whole population)</b>	<b>627</b>	<b>726</b>	<b>763</b>	<b>739</b>	<b>✓✓✓</b>	<b>- 3.1</b>		
Beer (f)	131	112	96	85	✓	- 11.0		↘
Lager and continental beer (f)	207	268	299	291	✓✓	- 2.7		
Wine	162	220	249	249	✓✓	- 0.2		↗
Other (g)	127	125	118	114	✓✓	- 3.5		↘
<b>Estimated average alcoholic drink purchases by people aged 14 or over</b>								
<b>Total</b>	-	<b>878</b>	<b>920</b>	<b>890</b>	-	<b>- 3.3</b>	-	-
Beer (f)	-	135	115	102	-	- 11.3	-	-
Lager and continental beer (f)	-		361	350	-	- 2.9	-	-
Wine	-	266	301	299	-	- 0.5	-	-
Other (g)	-	151	142	137	-	- 3.8	-	-
<i>grams per person per week</i>								
<b>Total confectionery</b>	<b>124</b>	<b>126</b>	<b>131</b>	<b>123</b>	<b>✓✓✓</b>	<b>- 6.1</b>	<b>yes</b>	
Solid chocolate	28	26	29	30	✓✓	+ 1.2		↗
Chocolate coated bars/sweets	58	56	59	53	✓✓	- 10.2	yes	
Mints and boiled sweets	32	37	35	33	✓✓	- 5.0		↘
Other	6	6	6	6	✓✓	- 6.9		

(a) Relative standard error. 3 ticks <2.5%, 2 ticks <5%, 1 tick < 10%, no ticks <20%, 1 cross >20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

(d) Excluding pure fruit juices which are recorded in the survey under fruit products

(e) Converted to unconcentrated equivalent

(f) Including low alcohol lager and beers

(g) Including ciders, perrys, fortified wines, spirits, liqueurs and alcoholic carbonates



## Takeaway foods brought home

- 31** Takeaway foods brought home are meals brought home that are ready to eat without cooking or heating. The items have already been covered in previous tables in this chapter, e.g. meat pies and pasties in table 3.2. A small number of items may be missed out of this section because they are not clearly identifiable as takeaway foods on the respondents diaries. The amounts are generally small because they are shown as averages over the whole population but many people don't make such purchases.
- 32** There was little overall change in purchased quantities of UK takeaway food in 2005-06. Meat based meals (e.g. Indian and Chinese takeaways), chips, rice and pizza accounted for most of the purchases (see table 3.9).
- 33** Purchased quantities of takeaway meat based meals, rice and pizza rose considerably between 1974 and 2005-06, while sales of takeaway fish fell.

Table 3.9 UK takeaway food purchased quantities brought home

	1975	1995	2002-03	2003-04	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>grams per person per week</i>										
<b>Total Meat</b>	<b>17</b>	<b>69</b>	<b>65</b>	<b>65</b>	<b>66</b>	<b>65</b>	✓✓✓	- 2.1		
Chicken	1	3	6	5	6	6	✓	+ 5.1		
Meat pies & pasties	2	6	4	3	3	3	✓	- 16.4		
Burger & bun	1	6	6	6	6	6	✓	- 3.4		
Kebabs	2	7	9	9	9	9	✓	- 4.0		
Sausages & saveloys	0	2	3	3	3	2	✓	- 7.3		
Meat Based meals	11	45	38	40	39	39	✓✓	- 1.0		
Miscellaneous meats	0	1	0	0	0	0	×	0.0		
<b>Total Fish</b>	<b>22</b>	<b>25</b>	<b>14</b>	<b>13</b>	<b>14</b>	<b>13</b>	✓✓	- 7.5		
Fish	20	14	11	11	11	10	✓✓	- 14.0	yes	
Fish products	0	1	1	1	1	1		+ 22.9		
Fish based meals	2	10	2	2	2	2	✓	+ 24.2		
<b>Total Vegetables</b>	<b>50</b>	<b>55</b>	<b>57</b>	<b>57</b>	<b>58</b>	<b>55</b>	✓✓	- 5.1		
Chips	48	46	48	46	46	43	✓✓	- 6.8		↘
Vegetable takeaway products	2	8	9	10	11	12	✓	+ 1.8		↗
<b>Total Bread</b>	-	-	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	✓	+ 4.6		
Sandwiches	1	2	3	3	3	3	✓	- 6.8		
Breads	-	-	2	2	2	2	✓	+ 21.3		↗
<b>Total Other cereals</b>	-	-	<b>41</b>	<b>42</b>	<b>44</b>	<b>45</b>	✓✓	+ 3.3		↗
Pastries	-	-	1	1	1	1		- 2.2		
Rice	7	11	20	20	21	20	✓✓	- 4.4		
Pasta & noodles	-	-	1	1	1	1		+ 32.7		
Pizza	0	12	18	19	20	22	✓	+ 10.6		↗
Crisps and other savoury snacks	1	1	1	1	1	1	✓	+ 6.5		
<b>Total Miscellaneous</b>	-	-	<b>3</b>	<b>4</b>	<b>4</b>	<b>3</b>	✓	- 12.6		
Soups	-	-	0	0	0	1		+ 40.8		
Sauces and mayonnaise	2	4	1	1	1	1	✓	- 13.9		
Ice cream & ice cream products	-	-	2	2	2	2		- 23.4		
Confectionery	-	-	0	0	0	0	×	+ 0.9		

(a) Relative standard error. 3 ticks <2.5%, 2 ticks <5%, 1 tick < 10%, no ticks <20%, 1 cross >20%, - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details



## Chapter 4 Trends in Household Expenditure

### Headlines

In 2005-06, when compared to 2004-05, average UK expenditure on:

- food and drink brought home was £23.56 per person per week, 0.4% lower in real terms
- food and non-alcoholic drinks brought home was £20.91 per person per week
- alcoholic drinks brought home was £2.65 per person per week

**1** This section presents trends in household expenditure on food and drink that are brought into the home in the United Kingdom. Purchases may differ from actual food and drink consumption for a number of reasons e.g. food may be discarded during food preparation (e.g. vegetable peelings), food may be left on the plate at the end of a meal or food may become inedible before it can be consumed and is therefore thrown away. Purchases are recorded in the form in which they are bought. For example purchases of flour, fat, eggs and sugar are recorded as such, even if they are later used to bake a cake. If a ready-made cake is bought then it is recorded as cake.

**2** Throughout the chapter figures used prior to 2001-02 are adjusted National Food Survey estimates. The adjustments brought the results of the National Food Survey into line with the Expenditure and Food Survey and tended to increase estimates of expenditure on food and drink. The largest adjustments were for confectionery, alcoholic drinks, beverages and sugar and preserves. Adjustments for eggs and carcase meat resulted in reduced National Food Survey estimates. Details of the adjustments to the National Food Survey estimates can be found in Family Food 2002-03

**3** More detailed series for 1974 to 2005-06 can be found on the Defra website. The most appropriate dataset to use for trends in UK household expenditure is:  
<http://statistics.defra.gov.uk/esg/publications/efs/datasets/ukexp.xls>

### Expenditure from 1974 to 2005-06 at current prices

**4** Table 4.1 shows the trend in UK expenditure on food and drink at current prices. Trends shown at current prices reflect changes due to inflation as well as actual changes in expenditure.

**5** Eating out data are only available from 1994 onwards. Data for food and drink eaten out are based on the National Food Survey and are considered less reliable than data based on the Expenditure and Food Survey (2001-02 onwards). This is especially true for data on alcohol consumed outside the home.

**6** In 2005-06 average UK expenditure on food and drink (including alcoholic drinks) was £34.97 per person per week, 1.7 per cent higher than a year previously. Expenditure on alcoholic drink in 2005-06 rose by 1.1 per cent and expenditure on food and non-alcoholic drink rose by 1.9 per cent.

Table 4.1 Trends in UK expenditure on food and drink at current prices

	1975(a)(c)	1985(a)(c)	1995(b)	2000(b)	2002-03	2003-04	2004-05	2005-06
<i>£ per person per week</i>								
Household food and drink			18.44	20.83	21.91	22.67	23.05	23.56
Food and drink eaten out			5.83(d)	7.36(d)	10.99	11.00	11.33	11.41
All food and drink			24.27	28.19	32.90	33.67	34.38	34.97
Household food & drink exc. alcohol	4.03	9.91	16.64	18.44	19.42	20.02	20.39	20.91
Food and drink eaten out exc. alcohol			4.31(d)	5.70(d)	7.26	7.39	7.79	7.79
All food and drink exc. alcohol			20.95	24.14	26.68	27.41	28.18	28.70
% eaten out			21%	24%	27%	27%	28%	27%
Household alcoholic drink			1.80	2.39	2.49	2.65	2.66	2.65
Eaten out alcoholic drink			1.52(d)	1.66(d)	3.73	3.60	3.54	3.62
All alcoholic drink			3.32	4.05	6.21	6.25	6.20	6.27
% eaten out			46%	41%	60%	58%	57%	58%

(a) Great Britain only

(b) Estimates on eating out in 1995 and 2000 are based on National Food Survey which was considered less reliable

(c) Excludes confectionery, soft and alcoholic drinks

(d) Whilst National Food Survey food purchases were adjusted, eating out figures were not

## Expenditure from 1974 to 2005-06 in real terms

7 Table 4.2 shows expenditure on food and drink in real terms from 1975 to 2005-06. The figures have been derived by deflating expenditure in current prices by the Retail Price Index. The figures do not represent a volume index for which the expenditure figures would have to be deflated using a price index for food only.

8 Figures for expenditure on all food and drink are not available from 1975 to 1993 because information on eating out was not collected in the National Food Survey before 1994.

Table 4.2 Trends in UK expenditure on food and drink in real terms at 2005-06 prices

	1975(a)(c)	1985(a)(c)	1995(a)(b)	2002-03	2003-04	2004-05	2005-06
<i>£ per person per week</i>							
Retail price index (1975 = 100)	100	277	436	519	534	550	565
Household food and drink			23.26	23.83	23.99	23.66	23.56
Food and drink eaten out			7.36(d)				
All food and drink			30.62	35.79	35.63	35.29	34.97
Household food & drink exc. alcohol	21.52	19.11	21.00	21.13	21.19	20.93	20.91
Food and drink eaten out exc. alcohol			5.44(d)	7.90	7.82	8.00	7.79
All food and drink exc. alcohol			26.44	29.03	29.01	28.92	28.70
% eaten out			21%	27%	27%	28%	27%
Household alcoholic drink			2.27	2.71	2.80	2.73	2.65
Eaten out alcoholic drink			1.92(d)	4.05	3.81	3.64	3.62
All alcoholic drink			4.18	6.76	6.62	6.36	6.27
% eaten out			46%	60%	58%	57%	58%

(a) Great Britain only

(b) Estimates on eating out in 1995 are based on National Food Survey which was considered less reliable

(c) Excludes confectionery, soft and alcoholic drinks

(d) Whilst National Food Survey food purchases were adjusted, eating out figures were not

9 Between 1995 and 2005-06 real terms expenditure on all food and drink increased by 14 per cent due to increased expenditure on eating out. Household expenditure has increased in real terms by only 1.3 per cent since 1995 while expenditure on food and drink eaten out rose in real terms by 55 per cent from £7.36 to £11.41 per person per week at 2005-06 prices.

10 Expenditure on food and drink excluding alcohol has risen by 8.6 per cent in real terms between 1995 and 2005-06. Household expenditure fell in real terms by 0.4 per cent over the period, while eating out expenditure rose in real terms by 43 per cent.

- 11** Expenditure on alcoholic drinks rose by almost 50 per cent in real terms between 1995 and 2005-06. Figures for expenditure on alcoholic drinks consumed outside the home prior to 2001-02 should be treated with caution because the results of the National Food Survey are thought to have under-recorded expenditure more than the Expenditure and Food Survey does. Expenditure on alcoholic drinks consumed outside the home has fallen slightly each year from 2002-03 to 2005-06.
- 12** The proportion of expenditure on eating out, excluding alcoholic drinks, has been around 27 per cent each year from 2002-03 to 2005-06. The proportion of expenditure spent on alcoholic drinks outside the home has fallen slightly each year from 60 per cent in 2002-03 to 58 per cent in 2005-06.

## Prices

- 13** Food prices have tended to lag behind the Retail Price Index and fruit and vegetable prices have tended to lag behind the overall food price index. In 2001-02 there was an unusual rise in the price of fruit and vegetables which may explain the drop in consumption that year. Fruit prices fell slightly in 2004-05 and although in 2005-06 they have raised slightly they have not yet returned to 2003-04 levels. Vegetable prices rose in 2003-04, fell slightly in 2004-05 and in 2005-06 have returned to 2003-04 levels.

Chart 4.1 Prices changes since 1975 (1975 = 100)

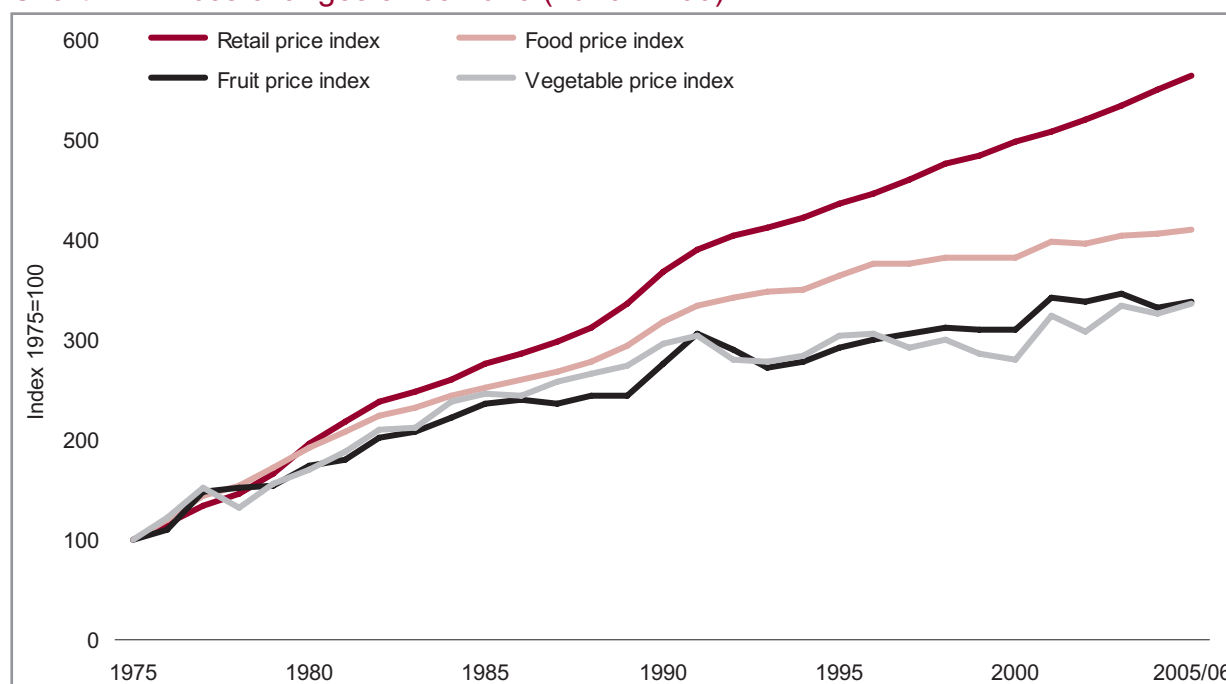


Table 4.3 Price indices (1975=100)

	Retail price index	Food price index	Fruit price index	Vegetable price index
1975	100	100	100	100
1985	277	253	236	245
1995	436	364	291	303
2000	498	381	310	280
2001-02	508	397	342	325
2002-03	519	396	339	309
2003-04	534	404	346	335
2004-05	550	405	332	326
2005-06	565	410	339	335



# Chapter 5 Trends in Household Nutrient Intakes

## Headlines

In 2005-06, estimated average intakes of

- energy from household purchases of food and drink (excluding alcohol) rose by 1.6 per cent when compared with 2004-05 but fell by 2.8 per cent when compared with 1995
- fibre from household purchases was 4.3 per cent higher compared with 2004-05 and 7.4 per cent higher when compared with 1995
- sodium intake (excluding sodium from table salt) from household purchases rose by 1.0 per cent compared with 2004-05 but fell by 2.1 per cent when compared with 1995
- Vitamin C from household purchases was 7.9 per cent higher compared with 2004-05 and 9.9 per cent higher compared with 1995
- intakes of zinc, magnesium and potassium derived from household purchases were below recommended levels

In 2005-06, as a percentage of food and drink energy excluding alcohol, estimated average intakes of

- saturated fatty acids from household purchases decreased by 0.4 per cent compared with 2004-05 and decreased by 2.8 per cent compared with 1995
- poly-unsaturated fatty acids from household purchases increased by 0.5 per cent compared with 2004-05 and rose by 3.9 per cent compared with 1995
- carbohydrate from household purchases were the same as 2004-05 and decreased by 0.6 per cent compared with 1995
- non-milk extrinsic sugars from household purchases fell 3.4 per cent compared with 2004-05 and fell by 6.1 per cent compared with 1995
- protein from household purchases increased by 0.2 per cent compared with 2004-05 and increased by 9.1 per cent compared with 1995

**1** This chapter looks at the energy and nutrient intakes derived from household purchases of food and drink from 1994 onwards. The figures are based on adjusted National Food Survey results up to 2000 and Expenditure and Food Survey results from 2001-02 onwards. For more detail on how the adjustments to the National Food Survey results were carried out see Family Food in 2002-03.

**2** More detailed series for all years from 1974 onwards can be found on the Defra website along with estimates for some types of food and some nutritional intakes going back to 1940. These series, in particular those for energy, non-milk extrinsic sugars, fat and alcohol, are affected by the inclusion since 1992 of the contributions from alcoholic drinks, confectionery and soft drinks brought into the household. Because of these breaks in the series this chapter concentrates on trends that have emerged over the last ten years.

- 3 Table 5.1 shows energy and nutrient intakes from household food and drink since 1994. It also shows average intakes of fat, fatty acids, carbohydrate and protein as percentages of energy excluding alcohol intake and average energy and nutrient intakes as percentages of weighted reference nutrient intake<sup>1</sup>.

Table 5.1 Estimated intakes from household food and drink (a)

		1995	2000	2004-05	2005-06	% change since 2004-05
<i>intake per person per day</i>						
Energy	kcal	2143	2152	2 050	2 082	+ 1.6
	MJ	9.0	9.0	8.6	8.8	+ 1.6
Energy excluding alcohol	kcal	2103	2101	1 999	2 032	+ 1.6
Vegetable Protein	g	26.7	29.1	27.5	28.3	+ 2.9
Animal Protein	g	41.6	42.9	43.2	43.7	+ 1.2
Total Protein	g	68.3	72.0	70.7	72.0	+ 1.8
Fat	g	89	86	83	85	+ 1.6
Fatty acids:						
Saturates	g	35.5	34.6	33.0	33.4	+ 1.3
Mono-unsaturates	g	32.8	30.8	30.2	30.7	+ 1.6
Poly-unsaturates	g	14.9	14.9	14.6	14.9	+ 2.1
Cholesterol	mg	239	236	231	236	+ 2.5
Carbohydrate (b)	g	272	277	257	262	+ 1.7
Total sugars	g	129	131	123	123	+ 0.1
Non-milk extrinsic sugars	g	87	88	80	79	- 1.8
Starch	g	143	145	134	139	+ 3.1
Fibre (c)	g	12.8	13.9	13	14	+ 4.3
Alcohol	g	5.7	7.2	7.2	7.1	- 1.5
Calcium	mg	893	967	906	921	+ 1.7
Iron	mg	10.8	11.5	11.2	11.5	+ 2.6
Zinc	mg	8.2	8.7	8.4	8.6	+ 2.5
Magnesium	mg	253	266	256	265	+ 3.4
Sodium (d)	g	2.80	2.90	2.71	2.74	+ 1.0
Potassium	g	2.84	3.01	2.86	2.94	+ 2.8
Thiamin	mg	1.45	1.55	1.56	1.60	+ 2.9
Riboflavin	mg	1.74	1.93	1.80	1.83	+ 1.4
Niacin equivalent	mg	27.8	30.6	30.8	31.2	+ 1.5
Vitamin B6	mg	2.1	2.3	2.2	2.2	+ 2.2
Vitamin B12	µg	5.1	6.3	5.9	6.0	+ 2.0
Folate	µg	256	269	257	267	+ 3.6
Vitamin C	mg	63	70	64	69	+ 7.9
Vitamin A:						
Retinol	µg	1027	613	470	477	+ 1.5
β-carotene	µg	1824	1906	1 833	1 891	+ 3.2
Retinol equivalent	µg	1330	931	782	796	+ 1.7
Vitamin D	µg	3.09	3.43	2.89	2.89	+ 0.3
Vitamin E	mg	10.96	11.45	10.67	10.92	+ 2.3
<i>as a percentage of food and drink energy excluding alcohol</i>						
Fat	%	38.1	36.9	37.6	37.6	- 0.1
Fatty acids:						
Saturates	%	15.2	14.8	14.8	14.8	- 0.4
Mono-unsaturates	%	14.0	13.2	13.6	13.6	- 0.1
Poly-unsaturates	%	6.4	6.4	6.6	6.6	+ 0.5
Carbohydrate	%	48.6	49.4	48.3	48.3	0.0
Non-milk extrinsic sugars	%	15.5	15.7	15.0	14.5	- 3.4
Protein	%	13.0	13.7	14.1	14.2	+ 0.2

continued

1 Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

Table 5.1 continued

		1995	2000	2004-05	2005-06	% change since 2004-05
<i>as a percentage of weighted reference nutrient intake (e)</i>						
Energy (f)	%	93	89	88	89	+ 1.6
Energy excluding alcohol (f)	%	91	87	86	87	+ 1.6
Protein	%	136	137	139	142	+ 1.8
Calcium	%	119	116	118	120	+ 1.9
Iron	%	96	95	97	100	+ 2.7
Zinc	%	96	92	94	97	+ 2.6
Magnesium	%	88	88	87	90	+ 3.3
Sodium (d) (g)	%	170	170	182	165	- 9.7
Potassium	%	81	82	88	83	- 5.4
Thiamin	%	149	155	167	172	+ 2.9
Riboflavin	%	139	145	142	144	+ 1.4
Niacin equivalent	%	178	185	199	202	+ 1.5
Vitamin B <sub>6</sub>	%	148	157	159	163	+ 2.2
Vitamin B <sub>12</sub>	%	353	484	383	390	+ 1.9
Folate	%	125	123	123	127	+ 3.6
Vitamin C	%	154	158	150	162	+ 7.9
Vitamin A (retinol equivalent)	%	194	133	113	115	+ 1.7

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

(e) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

(f) As a percentage of Estimated Average Requirement

(g) The RNI does not take account of the new recommendations from the SACN report of Salt and Health 15th May 2003 for an average of no more than 6 grams per day of salt, equivalent to 2.4 grams of sodium per day.

## Energy

- 4 Average energy intake from household food and drink (excluding alcohol) in 2005-06 showed an increase of 1.6 per cent on 2004-05 data to 2032 kcal per person per day. This is still a decline on the 1994 energy intake of 2101 kcal per person per day (see also chart 2.2).

## Protein, fat and cholesterol

- 5 Average intake of protein from household food rose by 1.8 per cent on 2004-05 figures to 72.0 grams per person per day in 2005-06. This follows a 4 year decline to a low of 70.7 grams per person per day in 2004-05.
- 6 Compared with 2004-05 there was a small increase in the average intake of fat in 2005-06 to 84.5 grams per person per day, mirroring the intakes of protein and reflecting the rise in energy intake. Since 1994 there has been little change in the proportions of saturated, mono-unsaturated and poly-unsaturated fatty acids that make up the total intake of fatty acids.
- 7 The percentage of food energy intake derived from fat has remained stable over the last few years at 38 per cent but remains above the 35 per cent recommended by COMA in 1991 (see also the "Fat intake and saturated fatty acid intake" section of Chapter 2). The percentage of food energy intake derived from saturated fatty acids was 14.8 per cent in 2005-06 which is also higher than the 11 per cent recommendation made by COMA in 1991.
- 8 The average intake of cholesterol rose by 2.5 per cent in 2005-06 compared with the previous year to 236 milligrams per person per day.

## Carbohydrate, non-milk extrinsic sugars and starch

- 9 The decline in the average intake of carbohydrate from household food and drink which began in 2000 took an upward turn in 2005-06 with an increase of 1.7 per cent on the previous year to 262 grams per person per day, in line with the rise in energy intake. Since 1994 there has been an overall 3.1 per cent fall in the average intake of carbohydrate, but there has been little change in the percentage of food energy intake derived from carbohydrate.
- 10 The average intake of non-milk extrinsic sugars (principally added sugars) from household food and drink fell by 1.8 per cent compared with 2004-05 to 79 grams per person per day in 2005-06. This represented 14.5 per cent of food energy intake in 2005-06 which is above the 11 per cent recommendation made by COMA in 1991. There was also a 3.1 per cent rise in the average intake of starch to 139 grams per person per day.

## Fibre

- 11 In 2005-06 there was a slight increase in the average intake of fibre to 13.8 grams per person per day (expressed as non-starch polysaccharides) from household food, but there is no trend.

## Alcohol

- 12 The average intake of alcohol from household food and drink decreased by 1.5 per cent in 2005-06 to 7.1 grams per person per day compared with 7.2 grams the previous year.

## Minerals

- 13 All minerals show a slight increase in intake from household food on 2004-05 figures in line with the increase in energy. Magnesium showed the biggest increase of 3.4 per cent to 265 milligrams per person per day.
- 14 The average intake of sodium (excluding sodium from table salt) started to fall in 2001-02 and this trend continued until 2005-06 when there was a slight increase of 1 per cent to an average intake of 2.74 grams of sodium per person per day.

## Vitamins

- 15 Intakes of all vitamins from household food increased in 2005-06 from 2004-05 in line with the increase in energy. Vitamin C showed the biggest rise of 7.9 per cent to 69 milligrams per person per day. This was mainly due to an increase in purchases of fruit and vegetables.

## Contributions by household food types to intakes

- 16 Table 5.2 shows how different types of household food and drink purchases contributed to estimated intakes of selected macronutrients and micronutrients in 2005-06.
  - The major sources of energy were bread and other cereal products, and other meat and meat products
  - Purchases of fats and oils provided the main source of fat followed by other meat and meat products and milk and cream



- Calcium came mainly from milk and cream, cheese and bread. Iron came mainly from bread and other cereal products (including fortified breakfast cereals)
- Non-milk extrinsic sugars came mainly from purchases of sugar and preserves, soft drinks and confectionery
- Sodium (excluding that from table salt) came mainly from other meat and meat products, bread, and food in the “other food” category (mainly sauces)
- Vitamin C came mainly from processed and fresh fruit (including fruit juice), whilst  $\beta$ -carotene came mainly from vegetables
- Vitamin A intake came mainly from other fresh vegetables, other meat and meat products and fats.

**Table 5.2 Estimated intakes from different types of household food in 2005-06**

	Energy	Fat	Saturated fatty acids	Calcium	Iron	Non-milk extrinsic sugars	Sodium	Folate	Vitamin C	$\beta$ -carotene	Vitamin A (Retinol equiv.)
	kcal	grams	grams	mg	mg	grams	mg	$\mu$ g	mg	$\mu$ g	$\mu$ g
Milk and cream (a)	180	7.9	4.9	355	0.2	3.0	138	19.6	3.9	43	93
Cheese	60	5.0	3.2	99	0.0	0.0	118	5.1	0.0	22	55
Carcase meat	62	4.2	1.8	2	0.4	0.0	19	3.1	0.0	0	1
Other meat and meat products	221	13.9	5.0	32	1.2	0.1	592	12.0	2.3	77	152
Fish	33	1.6	0.4	16	0.2	0.0	84	3.4	0.1	5	4
Eggs	18	1.3	0.4	7	0.2	0.0	16	5.8	0.0	0	22
Fats	178	19.5	5.9	4	0.0	0.2	102	0.0	0.0	80	153
Sugar and preserves	66	0.0	0.0	3	0.1	17.4	4	0.1	0.4	1	0
Fresh potatoes	50	0.1	0.0	4	0.3	0.0	5	22.7	4.1	0	0
Fresh green vegetables	6	0.1	0.0	10	0.2	0.0	2	17.1	3.0	85	14
Other fresh vegetables	18	0.2	0.0	15	0.3	0.0	9	18.3	5.6	1 037	173
Processed vegetables	130	5.5	1.8	25	0.9	1.0	248	20.2	6.5	268	49
Fresh fruit	51	0.4	0.1	13	0.2	0.0	3	9.3	17.4	36	6
Processed fruit	53	2.0	0.4	11	0.3	6.5	15	11.3	18.1	11	2
Bread	230	2.5	0.6	144	1.9	0.1	500	30.3	0.0	1	5
Flour	29	0.1	0.0	11	0.2	0.0	0	2.0	0.0	0	0
Cakes, buns and pastries	83	3.3	1.4	18	0.3	6.0	74	2.6	0.1	3	10
Biscuits	113	5.2	2.6	24	0.5	5.7	87	2.6	0.0	0	0
Other cereal products (b)	229	4.4	1.5	66	2.9	4.4	256	52.5	0.3	43	20
Beverages	6	0.1	0.0	6	0.2	0.7	7	10.1	0.0	0	2
Other food (c)	75	4.1	1.4	22	0.4	5.9	417	12.0	0.7	99	17
Soft drinks	60	0.0	0.0	9	0.0	15.9	17	2.3	6.5	75	13
Confectionery	77	3.2	1.8	19	0.2	10.7	17	1.4	0.0	6	5
Alcoholic drinks	55	0.0	0.0	7	0.3	1.1	7	2.5	0.0	0	0
<b>Total household intake</b>	<b>2 082</b>	<b>85</b>	<b>33</b>	<b>921</b>	<b>11</b>	<b>79</b>	<b>2 738</b>	<b>267</b>	<b>69</b>	<b>1 891</b>	<b>796</b>
	<i>percentage of total intake per person per day from household purchases</i>										
	%	%	%	%	%	%	%	%	%	%	%
Milk and cream (a)	9	9	15	39	2	4	5	7	6	2	12
Cheese	3	6	9	11	0	0	4	2	0	1	7
Carcase meat	3	5	5	0	4	0	1	1	0	0	0
Other meat and meat products	11	16	15	3	10	0	22	4	3	4	19
Fish	2	2	1	2	2	0	3	1	0	0	1
Eggs	1	2	1	1	2	0	1	2	0	0	3
Fats	9	23	18	0	0	0	4	0	0	4	19
Sugar and preserves	3	0	0	0	1	22	0	0	1	0	0
Fresh potatoes	2	0	0	0	2	0	0	9	6	0	0
Fresh green vegetables	0	0	0	1	2	0	0	6	4	4	2
Other fresh vegetables	1	0	0	2	3	0	0	7	8	55	22
Processed vegetables	6	7	5	3	8	1	9	8	9	14	6

continued

Table 5.2 continued

	Energy	Fat	Saturated fatty acids	Calcium	Iron	Non-milk extrinsic sugars	Sodium	Folate	Vitamin C	β-carotene	Vitamin A (Retinol equiv.)
	<i>percentage of total intake per person per day from household purchases</i>										
	%	%	%	%	%	%	%	%	%	%	%
Fresh fruit	2	1	0	1	2	0	0	3	25	2	1
Processed fruit	3	2	1	1	2	8	1	4	26	1	0
Bread	11	3	2	16	16	0	18	11	0	0	1
Flour	1	0	0	1	2	0	0	1	0	0	0
Cakes, buns and pastries	4	4	4	2	3	8	3	1	0	0	1
Biscuits	5	6	8	3	4	7	3	1	0	0	0
Other cereal products (b)	11	5	5	7	26	6	9	20	0	2	3
Beverages	0	0	0	1	2	1	0	4	0	0	0
Other food (c)	4	5	4	2	3	7	15	4	1	5	2
Soft drinks	3	0	0	1	0	20	1	1	9	4	2
Confectionery	4	4	5	2	2	14	1	1	0	0	1
Alcoholic drinks	3	0	0	1	2	1	0	1	0	0	0

(a) Includes all whole and skimmed liquid and instant milks, yoghurt and fromage frais, milk desserts and cream.

(b) Includes oatmeal and oat products, breakfast cereals, canned milk puddings, other puddings such as sponge puddings and pies, rice, cereal-based invalid foods, slimming foods, infant foods, frozen cakes and pastries, pasta, pizza, cereal convenience foods such as cake, pudding and dessert mixes, custard powder, other cereals such as barley, cous cous, corn and tapioca.

(c) Includes mineral or spring waters, baby foods, soups, other takeaway food brought home, meals on wheels, salad dressings and other spreads & dressings, pickles, sauces, takeaway sauces and mayonnais, stock cubes and meat & yeast extracts, jelly squares or crystals, ice cream (all types), salt, artificial sweeteners, vinegar, spices and dried herbs, bisto, gravy granules, stuffing mix, baking powder, yeast, fruit, herbal and instant teas, and soya and novel protein foods.

## Chapter 6 Food and Drink Purchased for Consumption Outside the Home

### Headlines

In 2005-06, compared with 2004-05,

- average weekly expenditure on all food and drink purchased for consumption outside the home rose by 0.7 per cent to £11.41 per person
- average intake of energy (excluding alcohol) from food and drink purchased for consumption outside the home decreased by 2.9 per cent
- average intake of energy from food and drink purchased for consumption outside the home has decreased by 9.8 per cent since 2001-02
- people derived an average of 11.2 per cent of their energy intake (excluding alcohol) from food and drink purchased for consumption outside the home
- purchases of alcoholic drinks for consumption outside the home fell by 3.1 per cent
- purchases of fresh and processed potatoes eaten out fell by 6.3 per cent
- purchases of confectionery eaten out fell by 6.9 per cent
- purchases of fresh and processed fruit eaten out rose by 9.9 per cent
- purchases of fish and fish products eaten out rose by 3.5 per cent

- 1** This section shows detailed information on food and drink purchased for consumption outside the home (i.e. 'eaten out') from the Expenditure and Food Survey from 2001-02 onwards. Eating out can be defined in terms of where the food is consumed or in terms of who prepares it. For this report eating out is defined as all food and drink that is consumed having never been taken into the household. For example restaurant meals, canteen meals, fast food outlets, sandwiches, pub drinks to name but a few.
- 2** Whilst year on year changes can look quite large it should be remembered that 'eating out' purchases account for less than 10 per cent of total purchases of food and drink. Note that free food and unspecified meals have now been added to data from 2001-02. This includes meals such as, free school meals, and free meals at work. This has increased estimates of eating out by approximately 50 percent. An explanation of this calculation can be found in the annex to this report.
- 3** Further estimates are available from the National Food Survey from 1994 to 2000 but these are considered to be of lower quality due to problems with data collection. These data are still of value at aggregated levels and as an indication of trends over time. They have been used in table 6.3 to compile estimates of intakes of energy, fat and non-milk extrinsic sugars (mainly added sugars) from eating out.

## Purchases of food and drink for consumption outside the home

**4** Table 6.1 shows both the quantity of food and drink purchased for consumption outside the home and the total expenditure. The average quantity of alcoholic drinks purchased for consumption outside the home was 597 millilitres per person per week in 2005-06. This represented a 3.1 per cent drop compared to the previous year and continues the downward trend. There was an associated 2.4 per cent drop in intake of alcohol – see Table 6.2. As in previous years purchases of soft drinks were substantially lower than purchases of alcoholic drinks. The quantity of soft drinks purchased for consumption outside the home decreased by 1.9 per cent in 2005-06 to an average of 351 millilitres per person per week. Purchases of beverages (mainly tea and coffee) fell by 4.6 per cent to 135 millilitres per person per week in 2005-06. All purchases of drinks for consumption outside the home are continuing on a downward trend.

**5** Purchases of meat and meat products eaten out fell by 5.4 per cent between 2004-05 and 2005-06, from 91 to 86 grams per person per week. Purchases of potatoes and potato products eaten out fell by 6.3 per cent over the same period, from 80 to 74 grams per person per week. Purchases of sandwiches eaten out fell by 1.8 per cent from 81 to 80 grams per person per week.

Table 6.1 UK average purchases of food and drink for consumption outside the home

		2001-02	2002-03	2003-04	2004-05	2005-06	RSE (a)	% change since 2004-05	sig (b)	trend (c)
<i>grams per person per week unless otherwise stated</i>										
Alcoholic drinks										
average across whole population	ml	733	704	664	616	597	✓✓	- 3.1		↘
average excluding under 14's	ml	894	851	804	745	719	✓✓	- 3.4		↘
Soft drinks inc. milk drinks	ml	381	387	394	357	351	✓✓✓	- 1.9		↘
Beverages	ml	155	147	142	141	135	✓✓	- 4.6		↘
Meat and meat products		94	95	97	91	86	✓✓✓	- 5.4	yes	↘
Potatoes		88	85	83	80	74	✓✓✓	- 6.3	yes	↘
Sandwiches		83	86	84	81	80	✓✓✓	- 1.8		↘
Vegetables		34	34	34	33	31	✓✓	- 5.9		↘
Ice cream, desserts and cakes		31	32	29	29	28	✓✓✓	- 3.3		↘
Cheese and egg dishes and pizza		25	26	26	25	23	✓✓	- 7.6		↘
Indian, Chinese & Thai meals or dishes		22	29	29	33	30	✓	- 8.2		
Salads		16	17	18	20	20	✓✓	- 0.2		↗
Confectionery		23	22	22	18	17	✓✓	- 6.9		↘
Rice, pasta and noodles		15	15	14	15	15	✓✓	- 5.1		
Other food products		150	140	136	130	130	✓✓	- 0.4		
Fish and fish products		15	14	14	14	14	✓✓	+ 3.5		
Soups		10	11	10	10	11	✓✓	+ 2.9		
Crisps, nuts and snacks		13	12	12	10	10	✓✓	+ 3.7		↘
Bread		9.1	9.2	8.8	8.5	8.4	✓✓	- 0.8		
Fruit		9.7	9.9	11.4	13.0	14.3	✓✓	+ 9.9		↗
Biscuits		3.7	3.4	3.6	3.3	3.2	✓✓	- 3.8		
Yoghurt		2.9	3.3	2.7	2.9	2.5	✓	- 12.3		↘
Breakfast cereals		0.2	0.2	0.2	0.4	0.3		- 17.1		↗
<i>£ per person per week unless otherwise specified</i>										
Food and non-alcoholic drinks		7.05	7.26	7.39	7.79	7.79	✓✓✓	0.0		
Alcoholic drinks		3.71	3.73	3.60	3.54	3.62	✓✓	+ 2.1		
Total expenditure		10.76	10.99	11.00	11.33	11.41	✓✓✓	+ 0.7		

(a) Relative Standard Error: 3 ticks: < 2.5%, 2 ticks: 2.5% - 5%, 1 tick: 5% - 10%, no ticks: 10% - 20%, cross: >20%; - not available

(b) "yes" if the change since last year is statistically significant (if the change is more than twice its standard error)

(c) an arrow indicates a statistically significant linear trend since 2002-03, see website for more details

- 6** The largest increase in purchases between 2004-05 and 2005-06 was for fresh and processed fruit, a rise of 9.9 per cent. Both fresh and processed fruit and salads purchased for consumption outside the home show upward trends from 2002-03.
- 7** Expenditure on food and non-alcoholic drinks purchased for consumption outside the home remained the same in 2005-06 compared with the previous year at an average of £7.79 per person per week. Expenditure on alcoholic drinks purchased for consumption outside the home was 2.1 per cent higher in 2005-06, rising from an average of £3.54 to £3.62 per person per week.

### Estimated nutrient intakes from food and drink purchased for consumption outside the home

- 8** Table 6.2 shows nutrient intakes from food and drink purchased for consumption outside the home. In 2005-06 compared to 2004-05 there was a fall in estimated intakes of all nutrients from food and drink purchased for consumption outside the home. This reflects the overall decrease in purchases of food and drink purchased for consumption outside the home as seen in table 6.1. The largest decrease in nutrient intake, in percentage terms, was the 3.9 per cent fall in non-milk extrinsic sugars from 9.5 to 9.1 grams per person per day, reflecting the drop in purchases of confectionery and soft drinks for consumption outside the home.
- 9** The percentage of food energy derived from fat for food eaten out was 42.7 per cent. This showed a slight increase of 0.3 per cent on the previous year. This was significantly higher than the 37.6 per cent of food energy derived from fat for food from household supplies.

**Table 6.2 UK energy and nutrient intakes from food and drink purchased for consumption outside the home (a)**

		2001-02	2002-03	2003-04	2004-05	2005-06	% change since 2004-05
		<i>average intake per person per day</i>					
Energy	kcal	310	309	303	288	280	- 2.9
	MJ	1.30	1.29	1.27	1.21	1.17	- 2.9
Energy excluding alcohol	kcal	281	280	275	263	255	- 2.9
Total Protein	g	10.4	10.4	10.3	10.0	9.8	- 2.6
Fat	g	13.2	13.2	13.0	12.4	12.1	- 2.7
Fatty acids							
Saturates	g	4.2	4.2	4.1	3.9	3.8	- 2.5
Mono-unsaturates	g	5.4	5.4	5.3	5.1	5.0	- 2.8
Poly-unsaturates	g	2.7	2.7	2.7	2.6	2.5	- 2.8
Cholesterol	mg	41.3	41.5	41.5	39.6	38.8	- 2.1
Carbohydrate (b)	g	32.0	31.8	31.2	29.6	28.7	- 3.3
Total sugars	g	13.6	13.5	13.2	12.1	11.6	- 3.6
Non-milk extrinsic sugars	g	10.8	10.7	10.5	9.5	9.1	- 3.9
Starch	g	18.3	18.3	18.0	17.6	17.0	- 3.1
Fibre (c)	g	1.95	1.91	1.88	1.83	1.78	- 2.6
Alcohol	g	4.3	4.1	3.9	3.6	3.5	- 2.4
Calcium	mg	88	89	86	83	81	- 3.1
Iron	mg	1.34	1.36	1.35	1.33	1.29	- 3.2
Zinc	mg	1.22	1.21	1.18	1.15	1.12	- 2.5
Magnesium	mg	37	36	35	34	33	- 2.7
Sodium (d)	g	0.37	0.38	0.37	0.36	0.35	- 2.9
Potassium	g	0.46	0.44	0.44	0.41	0.40	- 2.6
Thiamin	mg	0.24	0.23	0.23	0.22	0.21	- 2.9
Riboflavin	mg	0.19	0.18	0.18	0.17	0.17	- 3.2

continued

Table 6.2 continued

		2001-02	2002-03	2003-04	2004-05	2005-06	% change since 2004-05
		<i>average intake per person per day</i>					
Niacin equivalent	mg	5.4	5.3	5.2	5.1	4.9	- 2.8
Vitamin B <sub>6</sub>	mg	0.44	0.42	0.41	0.39	0.38	- 2.7
Vitamin B <sub>12</sub>	µg	0.69	0.69	0.68	0.65	0.63	- 2.7
Folate	µg	51	50	49	47	45	- 2.7
Vitamin C	mg	11.5	10.0	9.9	9.5	9.4	- 1.0
Vitamin A							
Retinol	µg	54	55	55	52	50	- 3.6
β-carotene	µg	473	408	398	388	380	- 1.9
Total (retinol equivalent)	µg	133	123	121	116	113	- 2.7
Vitamin D	µg	0.37	0.38	0.38	0.36	0.35	- 2.5
Vitamin E	mg	1.96	1.95	1.92	1.84	1.79	- 2.6
		<i>as a percentage of total food &amp; drink energy excluding alcohol</i>					
Fat	%	42.5	42.5	42.6	42.6	42.7	+ 0.3
Fatty acids							
Saturates	%	13.6	13.5	13.5	13.4	13.4	+ 0.4
Mono-unsaturates	%	17.4	17.4	17.4	17.5	17.5	+ 0.1
Poly-unsaturates	%	8.6	8.6	8.7	8.8	8.8	+ 0.1
Carbohydrate	%	42.7	42.6	42.5	42.3	42.1	- 0.4
Non-milk extrinsic sugars	%	14.4	14.4	14.3	13.5	13.4	- 1.0
Protein	%	14.9	14.9	15.0	15.2	15.3	+ 0.4
		<i>as a percentage of weighted reference nutrient intake (e)</i>					
Energy (f)	%	15	15	18	14	13	- 2.9
Energy excluding alcohol (f)	%	13	13	17	13	12	- 2.9
Protein	%	23	23	30	22	21	- 2.6
Calcium	%	13	13	16	12	12	- 2.9
Iron	%	13	13	17	13	12	- 3.1
Zinc	%	15	15	20	14	14	- 2.4
Magnesium	%	14	14	17	13	12	- 2.7
Sodium (d) (g)	%	25	25	33	24	23	- 2.9
Potassium	%	14	14	19	13	13	- 2.7
Thiamin	%	29	28	38	26	26	- 2.9
Riboflavin	%	17	16	20	15	15	- 3.2
Niacin equivalent	%	39	38	48	36	35	- 2.8
Vitamin B <sub>6</sub>	%	36	35	45	32	31	- 2.7
Vitamin B <sub>12</sub>	%	50	50	66	47	45	- 2.8
Folate	%	28	27	35	25	24	- 2.7
Vitamin C	%	30	26	36	25	24	- 1.0
Vitamin A (retinol equivalent)	%	22	20	28	19	18	- 2.6

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

(e) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

(f) As a percentage of Estimated Average Requirement

(g) The RNI does not take account of the new recommendations from the SACN report of Salt and Health 15th May 2003 e.g. that adults should have an average of no more than 6 grams of salt per day, equivalent to 2.4 grams of sodium per day.

## Intakes from 'eating out' since 1994

**10** Table 6.3 shows how intakes of energy and macronutrients from eating out differ from those from household food. It shows intakes of energy, energy excluding alcohol, fat, saturated fatty acids, non-milk extrinsic sugars and alcohol from household food and drink and food and drink eaten out.

**11** Figures from 1994 to 2000 are based on the National Food Survey. Whilst eating out figures from 1994 to 2000 are considered to be of poor quality due to problems with data collection the data are still of value at aggregated levels and as an indication of trends over time.

- 12** Figures from 2001-02 onwards are from the Expenditure and Food Survey. The annual change between 2000 and 2001-02 is less reliable than annual changes for other years due to the change in data source, particularly for eating out. The National Food Survey results for household food were adjusted to be broadly comparable to the latest results based on the Expenditure and Food Survey but the results for eating out were not adjusted.
- 13** Eating out accounted for 11.9 per cent of total energy intake (including alcohol) in 2005-06, compared with 12.3 per cent in 2004-05. There appeared to be a slight downward trend across the five years of data from the Expenditure and Food Survey. The apparent rise from 9.7 per cent in 2000 to 12.9 per cent in 2001-02 was probably due to the break in the series. The EFS has a more robust data collection method of recording food eaten out than the NFS. Also the inclusion of free food and other unspecified meals added to eating out data from 2001-02 onwards will have contributed to the jump.
- 14** Fat and non-milk extrinsic sugar intakes from both household food and drink and food and drink consumed outside the home have all remained fairly stable since 2001-02. Estimates of fat intake from eating out are higher in the Expenditure and Food Survey than in the National Food Survey (which is consistent with energy intake). The apparent rise from 10.4 per cent in 2000 was due to the break in the eating out series and the new inclusion of estimates for free food and unspecified meals in all EFS data. Eating out accounted for 12.5 per cent of fat intake and 10.4 per cent of non-milk extrinsic sugars in 2005-06.
- 15** Purchases of alcohol for consumption outside the home were severely under-reported in the National Food Survey and are still under-reported on the Expenditure and Food Survey, though to a lesser extent. However the trends do indicate that alcohol intake from food and drink purchased for consumption outside the home fell from 1997 onwards.

**Table 6.3 Eating out contributions to selected intakes in the UK (a)(b)**

		from National Food Survey							from Expenditure and Food Survey				
		1994	1995	1996	1997	1998	1999	2000	2001-02	2002-03	2003-04	2004-05	2005-06
<i>averages per person per day</i>													
<b>Energy</b>													
eating out	kcal	250	240	255	265	260	255	230	310	309	303	288	280
household	kcal	2 137	2 143	2 241	2 168	2 102	2 056	2 152	2 098	2 101	2 079	2 050	2 082
% from eating out	%	10.5	10.1	10.2	10.9	11.0	11.0	9.7	12.9	12.8	12.7	12.3	11.9
<b>Energy excluding alcohol</b>													
eating out	kcal	230	220	235	245	242	238	214	281	280	275	263	255
household	kcal	2 101	2 103	2 200	2 126	2 060	2 012	2 101	2 050	2 052	2 027	1 999	2 032
% from eating out	%	9.9	9.5	9.7	10.3	10.5	10.6	9.2	12.0	12.0	12.0	11.6	11.2
<b>Fat</b>													
eating out	g	12	11	11	12	12	11	10	13	13	13	12	12
household	g	91	89	93	89	86	83	86	86	85	85	83	85
% from eating out	%	11.7	11.0	10.5	11.9	12.3	11.7	10.4	13.3	13.4	13.3	13.0	12.5
<b>Saturated fatty acids</b>													
eating out	g	5	4	5	5	5	5	4	4	4	4	4	4
household	g	36	36	37	35	34	33	35	34	34	34	33	33
% from eating out	%	11.4	11.0	10.9	11.3	11.6	12.0	10.4	11.1	11.1	10.9	10.6	10.2
<b>Non-milk extrinsic sugars</b>													
eating out	g	9	9	11	11	11	10	10	11	11	10	9	9
household	g	87	87	91	88	84	82	88	81	82	82	80	79
% from eating out	%	9.4	9.6	10.7	11.1	11.6	10.9	10.2	11.7	11.6	11.4	10.6	10.4
<b>Alcohol</b>													
eating out	g	3	3	3	3	3	2	2	4	4	4	4	4
household	g	5	6	6	6	6	6	7	7	7	7	7	7
% from eating out	%	36.5	33.7	31.9	32.6	30.1	27.6	24.2	38.0	37.3	34.7	33.5	33.3

(a) Household estimates have been adjusted to be comparable across the two surveys but eating out estimates have not been adjusted.

(b) Consumption of alcoholic drinks outside the home was severely under-reported in the National Food Survey.



## Contributions to intakes by type of food and drink purchased for consumption outside the home

**16** Table 6.4 shows how different types of food and drink purchased for consumption outside the home contributed to intakes of selected macronutrients and micronutrients in 2005-06. Most of the intake of energy and nutrients from eating out was in the form of other food products of which 95 per cent is unspecified meals. See the annex on the estimation of unspecified meals for more information on how this has been calculated.

**Table 6.4 Intakes by different types of food and drink purchased for consumption outside the home in 2005-06**

	Energy	Fat	Saturated fatty acids	Calcium	Iron	Non-milk extrinsic sugars	Sodium	Folate	Vitamin C	β-carotene	Vitamin A (Retinol equiv.)
	kcal	grams	grams	mg	mg	grams	mg	µg	mg	µg	µg
<i>average per person per day</i>											
Indian, Chinese and Thai meals or dishes	14	0.7	0.1	4	0.1	0.2	25.8	1.2	0.1	6.7	1.5
Meat and meat Products	28	1.6	0.6	8	0.2	0.0	62.3	2.2	0.2	29.5	14.4
Fish and fish products	4	0.2	0.0	1	0.0	0.0	5.4	0.4	0.0	0.1	0.5
Cheese and egg dishes and pizza	8	0.5	0.2	5	0.0	0.0	11.5	2.3	0.1	4.8	5.1
Potatoes	19	0.8	0.1	1	0.1	0.0	3.5	5.0	1.6	0.5	0.6
Vegetables	3	0.1	0.0	2	0.0	0.0	9.3	1.6	0.3	48.1	8.3
Salads	2	0.1	0.0	1	0.0	0.0	2.6	0.8	0.5	20.5	3.9
Rice, pasta and noodles	3	0.0	0.0	0	0.0	0.0	0.8	0.1	0.0	0.2	0.1
Soups	1	0.0	0.0	0	0.0	0.0	6.8	0.3	0.0	0.3	0.0
Breakfast cereals	0	0.0	0.0	0	0.0	0.0	0.3	0.1	0.0	0.0	0.0
Fruit	1	0.0	0.0	0	0.0	0.0	0.0	0.1	0.2	0.9	0.2
Yoghurt	0	0.0	0.0	1	0.0	0.0	0.2	0.0	0.0	0.0	0.0
Bread	4	0.2	0.1	1	0.0	0.0	7.3	0.3	0.0	1.0	1.8
Sandwiches	23	1.1	0.3	13	0.1	0.0	50.2	2.6	0.2	14.6	7.6
Other food products	87	4.8	1.3	23	0.5	0.2	129.0	18.2	4.5	246.6	62.1
Beverages	2	0.1	0.0	2	0.0	0.1	1.3	0.4	0.0	0.4	0.6
Soft drinks including milk	15	0.1	0.1	6	0.0	3.5	3.2	0.6	1.0	1.0	1.0
Alcoholic drinks	34	0.0	0.0	6	0.0	2.3	6.3	8.1	0.4	0.2	0.0
Confectionery	10	0.4	0.2	3	0.0	1.5	2.2	0.1	0.0	0.6	0.3
Ice cream, desserts and cakes	13	0.7	0.3	3	0.0	0.8	9.7	0.4	0.1	3.9	5.2
Biscuits	2	0.1	0.0	1	0.0	0.1	0.9	0.1	0.0	0.1	0.0
Crisps, nuts and snacks	7	0.5	0.2	0	0.0	0.1	10.9	0.5	0.1	0.4	0.1
<b>All Food &amp; Drink Eaten Out</b>	<b>280</b>	<b>12.1</b>	<b>3.8</b>	<b>81</b>	<b>1.3</b>	<b>9.1</b>	<b>349.5</b>	<b>45.4</b>	<b>9.4</b>	<b>380.4</b>	<b>113.3</b>
<i>As a percentage of total intake per person per day from food and drink purchased for consumption outside the home</i>											
	%	%	%	%	%	%	%	%	%	%	%
Indian, Chinese and Thai meals or dishes	5	6	3	4	11	2	7	3	1	2	1
Meat and meat Products	10	14	17	10	12	0	18	5	2	8	13
Fish and fish products	2	2	1	2	1	0	2	1	0	0	0
Cheese and egg dishes and pizza	3	4	4	6	4	0	3	5	1	1	4
Potatoes	7	6	3	1	5	0	1	11	17	0	1
Vegetables	1	1	1	2	4	1	3	4	4	13	7
Salads	1	1	1	2	2	0	1	2	5	5	3
Rice, pasta and noodles	1	0	0	0	1	0	0	0	0	0	0
Soups	0	0	0	0	0	0	2	1	0	0	0
Breakfast cereals	0	0	0	0	0	0	0	0	0	0	0
Fruit	0	0	0	0	0	0	0	0	3	0	0
Yoghurt	0	0	0	1	0	0	0	0	0	0	0
Bread	2	2	3	2	1	0	2	1	0	0	2
Sandwiches	8	9	9	16	10	0	14	6	3	4	7
Other food products	31	40	35	28	37	3	37	40	48	65	55

continued



Table 6.4 continued

	Energy	Fat	Saturated fatty acids	Calcium	Iron	Non-milk extrinsic sugars	Sodium	Folate	Vitamin C	β-carotene	Vitamin A (Retinol equiv.)
<i>As a percentage of total intake per person per day from food and drink purchased for consumption outside the home</i>											
	%	%	%	%	%	%	%	%	%	%	%
Beverages	1	1	1	3	1	2	0	1	0	0	1
Soft drinks including milk	5	1	1	8	1	38	1	1	11	0	1
Alcoholic drinks	12	0	0	7	4	25	2	18	4	0	0
Confectionery	4	3	6	4	2	17	1	0	0	0	0
Ice cream, desserts and cakes	5	6	8	4	3	9	3	1	1	1	5
Biscuits	1	1	1	1	1	2	0	0	0	0	0
Crisps, nuts and snacks	3	4	5	1	1	1	3	1	1	0	0



# Chapter 7 Geographic Comparisons

## Headlines

Over the three year period April 2003 to March 2006,

in the countries of the UK,

- quantities of fruit and vegetables (excluding fresh and processed potatoes) purchased for the household were highest in England and lowest in Northern Ireland
- quantities of fresh and processed potatoes purchased for the household were highest in Northern Ireland and lowest in Scotland
- Scottish households purchased the most soft drinks
- expenditure on alcoholic drinks (i.e. including both household and eating out purchases) was highest in England and lowest in Northern Ireland

in the regions of England,

- household purchases of fruit and vegetables (excluding fresh and processed potatoes) were highest in the South West and lowest in the North East
- expenditure on alcoholic drinks (i.e. including both household and eating out purchases) was highest across the North West and Yorkshire and the Humber and lowest in the East
- when eating out, households in London purchased the most Indian, Chinese and Thai meals, Yorkshire and the Humber purchased the most fish and fish products and the East Midlands purchased the most vegetables and potatoes
- eating out expenditure as a percentage of overall food and drink spending was highest in London at 38 per cent and lowest in the East at 31 per cent. England as a whole was 33 per cent
- London has the lowest dietary intake of sodium (excluding table salt) and the lowest percentage of energy intake from saturated fat and NMES (Non-milk extrinsic sugars).

- 1 This section presents estimates for the four countries of the United Kingdom and the nine Government Office Regions of England. To improve reliability, the figures shown in the tables are all averages of the estimates for 2003-04, 2004-05 and 2005-06. The total sample size for the three years is given at the top of each column as an indication of the reliability of the figures. Differences in relative prices and household income should also be born in mind when interpreting the data.
- 2 Although the figures for the countries and regions are averages for a three year period, useful comparisons can still be made with the annual 2005-06 averages for the UK as a whole.
- 3 The purchases and expenditure tables contain data from both household food and drink and eating out. The energy and nutrient intake tables not only include the combined intakes from

food brought into the home and eaten out but also the contributions from soft drinks, alcoholic drinks and confectionery.

- 4 For a more detailed breakdown of the data in respect of the countries and regions please refer to the datasets which are published on the Defra website at:  
<http://statistics.defra.gov.uk/esg/publications/efs/datasets/default.asp>

## United Kingdom countries

### Household

- 5 Tables 7.1 and 7.2 show that there was little variation between the countries in household purchases of milk and cream, other meat and meat products, eggs, fats and oils, total cereals, beverages, soft drinks and confectionery. For these products the ratio of purchases per person in the highest purchasing country to that in the lowest purchasing country was 1.2 or less. Households in England purchased the most cheese, fish, fruit, vegetables (excluding potatoes) and beverages, and households in Northern Ireland purchased the least. Households in Northern Ireland purchased more than one and a half times the quantity of fresh and processed potatoes than households in Scotland. Wales had the highest purchased quantities

Table 7.1 Highest and lowest countries (average April 2003 to March 2006)

	Lowest	Highest	Ratio of lowest to highest
<b>Household purchases</b>			
Milk and cream	Scotland	N. Ireland	1.1
Cheese	N. Ireland	England	1.5
Carcase meat	Scotland	Wales	1.3
Other meat and meat products	N. Ireland	Wales	1.1
Fish	N. Ireland	England	1.4
Eggs	Wales	Scotland	1.1
Fats and oils	Scotland	Wales	1.2
Sugar and preserves	N. Ireland	Wales	1.3
Potatoes	Scotland	N. Ireland	1.6
Vegetables (excluding potatoes)	N. Ireland	England	1.3
Fruit	N. Ireland	England	1.3
Total cereals	Wales	N. Ireland	1.1
Beverages	N. Ireland	England	1.2
Soft drinks	England	Scotland	1.2
Alcoholic drinks	N. Ireland	Wales	1.6
Confectionery	England	Wales	1.2
<b>Eating out purchases</b>			
Indian, Chinese and Thai meals	Wales	England	1.4
Meat and meat products	Scotland	Wales	1.4
Fish and fish products	N. Ireland	England	1.5
Cheese and egg dishes and pizza	N. Ireland	England	1.5
Potatoes	Scotland	Wales	1.4
Vegetables (excluding potatoes)	Scotland	Wales	1.7
Sandwiches	N. Ireland	Scotland	1.4
Ice creams, desserts and cakes	Wales	N. Ireland	1.5
Soft drinks including milk	England	Scotland	1.2
Alcoholic drinks	N. Ireland	Wales	1.4
Confectionery	England	N. Ireland	1.5
<b>Household expenditure</b>			
Total all food & drink excluding alcohol	Wales	N. Ireland	1.0
Total alcoholic drinks	N. Ireland	Scotland	1.4
Total all food & drink	Wales	Scotland	1.0
<b>Eating out expenditure</b>			
Total all food & drink excluding alcohol	Wales	N. Ireland	1.2
Total alcoholic drinks	Scotland	England	1.2
Total all food & drink	Scotland	England	1.1

of fats and oils while Scotland purchased the least. The quantity of alcoholic drinks purchased for the household was highest in Wales, over one and a half times more than in Northern Ireland. However, household expenditure on alcoholic drinks was highest in Scotland. Total expenditure on household food and drink varied little between countries.

## Eating Out

- 6** English households had the highest eating out purchases of Indian, Chinese and Thai meals, fish and fish products, cheese and egg dishes and pizza, and beverages and the lowest levels for purchases of confectionery and soft drinks including milk. Northern Ireland households had lowest levels for all above items apart from Indian, Chinese and Thai meals but had the highest eating out purchases of confectionery and ice creams, desserts and cakes. The quantity of vegetables, potatoes and meat and meat products purchased for consumption outside the home was highest in Wales and lowest in Scotland. Households in Scotland purchased nearly one and a half times more sandwiches to eat outside the home than households in Northern Ireland. Scottish households purchased the most soft drinks whilst Welsh households purchased the largest quantity of alcoholic drink for consumption outside the home. There was little variation between the countries in expenditure on food and drink purchased for consumption outside the home, which generally represented just under a third of the overall expenditure on food and drink.

**Table 7.2 Selected foods by country (average April 2003 to March 2006)**

		England	Wales	Scotland	Northern Ireland
Number of households in sample		16 199	1 050	1 706	1 676
Average age of HRP		52	52	52	50
Average number of adults per household		1.9	1.9	1.8	1.9
Average number of children per household		0.5	0.5	0.5	0.7
Average gross weekly household income (£)		601	490	532	501
<b>Household purchases</b>		<i>grams per person per week unless otherwise stated</i>			
Milk and cream	ml	2 015	2 091	2 000	2 151
Cheese		115	106	107	78
Carcass meat		228	243	194	239
Other meat and meat products		818	916	852	817
Fish		164	146	142	115
Eggs	no.	2.0	1.5	1.6	1.5
Fats and oils		184	199	172	186
Sugar and preserves		133	153	127	115
Potatoes		828	977	780	1 216
Vegetables excluding potatoes		1 145	1 083	907	859
Fruit		1 243	1 113	1 104	977
Total cereals		1 601	1 593	1 611	1 743
Beverages	ml	57	55	50	46
Soft drinks (a)	ml	1 768	2 175	2 209	1 839
Alcoholic drinks	ml	766	852	785	519
Confectionery		125	147	144	134
<b>Eating out purchases</b>		<i>grams per person per week unless otherwise stated</i>			
Indian, Chinese & Thai meals or dishes		31	23	29	27
Meat and meat products		91	110	80	100
Fish and fish products		14	13	13	9
Cheese and egg dishes and pizza		25	24	20	17
Potatoes		78	97	71	92
Vegetables excluding potatoes		34	35	20	27
Sandwiches		82	69	90	64
Ice creams, desserts and cakes		29	22	30	33
Beverages		143	126	125	100
Soft drinks including milk	ml	357	384	435	431
Alcoholic drinks	ml	641	665	506	487
Confectionery		18	19	23	26

continued

Table 7.2 continued

	England	Wales	Scotland	Northern Ireland
<b>Household expenditure</b>				<i>pence per person per week</i>
Milk and cream	159	154	152	161
Cheese	62	52	59	43
Carcase meat	113	113	103	130
Other meat and meat products	375	398	414	428
Fish	102	80	90	74
Eggs	19	16	19	17
Fats and oils	37	38	37	37
Sugar and preserves	17	18	16	15
Potatoes	99	111	108	139
Vegetables excluding potatoes	190	161	153	144
Fruit	177	150	157	140
Total cereals	375	361	392	428
Beverages	42	40	39	34
All other foods	122	120	124	118
Soft drinks	77	84	105	93
Alcoholic drinks	266	258	288	201
Confectionery	80	89	92	79
Total all food & drink excluding alcohol	2 045	1 987	2 060	2 080
Total all food & drink	2 310	2 245	2 347	2 281
<b>Eating out expenditure</b>				<i>pence per person per week</i>
Total all food & drink excluding alcohol	775	683	716	790
Total alcoholic drinks	365	346	312	331
Total all food & drink	1 140	1 029	1 028	1 120

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

## Intakes

7 Table 7.3 shows that intakes of energy (including alcohol) and many nutrients were higher in Wales than in any other country, although when the contribution made by alcohol is excluded, households in Northern Ireland had the highest energy intakes. Households in England had the highest intakes of vitamin C, reflecting the higher quantities of fruit purchased by English households. The percentage contribution of fat to energy intake was equal highest in England and Wales but lowest in Northern Ireland, although the percentage contribution to energy intake from saturated fat was highest in Scotland. The percentage contribution of carbohydrate to the energy intake was highest in Northern Ireland and equal lowest in England and Wales; however the percentage contribution of NMES to energy intake was highest in Wales. The percentage contribution of protein to energy intake was highest in England and Wales and lowest in Northern Ireland.

Table 7.3 Energy and nutrient intakes by country (average April 2003 to March 2006)

		England	Wales	Scotland	Northern Ireland
Number of households in sample		16 199	1 050	1 706	1 676
Average age of HRP		52	52	52	50
Average number of adults per household		1.9	1.9	1.8	1.9
Average number of children per household		0.5	0.5	0.5	0.7
Average gross weekly household income (£)		601	490	532	501
<b>Total Energy and Nutrient Intake (a)</b>					<i>intake per person per day</i>
Energy	kcal	2 357	2 413	2 355	2 393
	MJ	9.9	10.1	9.9	10.1
Energy intake excluding alcohol	kcal	2 280	2 333	2 278	2 336
Total Protein	g	81.3	83.3	80.2	82.0
Fat	g	97	99	96	98
Fatty acids:					
Saturates	g	37.1	38.2	37.9	38.3
Mono-unsaturates	g	35.6	36.5	35.3	36.1
Poly-unsaturates	g	17.4	17.6	16.7	17.1

continued

Table 7.3 continued

		England	Wales	Scotland	Northern Ireland
Cholesterol	mg	275	280	272	271
Carbohydrate (b)	g	289	295	291	300
Total sugars	g	135	142	137	132
Non-milk extrinsic sugars	g	89	96	93	88
Starch	g	154	153	154	167
Fibre (c)	g	15.3	15.3	14.5	15.3
Alcohol	g	11	11	11	8
Calcium	mg	1 001	1 018	1 004	1 012
Iron	mg	12.6	12.8	12.3	12.8
Zinc	mg	9.6	9.8	9.4	9.6
Magnesium	mg	293	296	285	285
Sodium (d)	g	3.07	3.19	3.22	3.19
Potassium	g	3.31	3.39	3.19	3.34
Thiamin	mg	1.79	1.84	1.75	1.89
Riboflavin	mg	2.00	2.08	1.95	2.00
Niacin equivalent	mg	36.02	37.20	35.37	35.99
Vitamin B <sub>6</sub>	mg	2.58	2.74	2.51	2.78
Vitamin B <sub>12</sub>	µg	6.66	7.28	6.49	6.22
Folate	µg	309	313	290	308
Vitamin C	mg	77	74	72	71
Vitamin A:					
Retinol	µg	540	614	519	448
β-carotene	µg	2 244	2 323	2 071	2 150
Retinol equivalent	µg	919	1 007	868	813
Vitamin D	µg	3.28	3.44	3.07	3.11
Vitamin E	mg	12.80	13.15	12.17	12.65
<i>percentage contributions of macronutrients to energy intake excluding alcohol</i>					
Fat	%	38.2	38.2	38.1	37.8
Fatty acids:					
Saturates	%	14.7	14.7	15.0	14.8
Mono-unsaturates	%	14.1	14.1	14.0	13.9
Poly-unsaturates	%	6.9	6.8	6.6	6.6
Carbohydrate	%	47.5	47.5	47.8	48.1
Non-milk extrinsic sugars	%	14.7	15.4	15.2	14.2
Protein	%	14.3	14.3	14.1	14.0
<i>as a percentage of weighted reference nutrient intake (f)</i>					
Energy (e)	%	104	106	105	106
Energy excluding alcohol (e)	%	100	103	102	104
Protein	%	164	169	166	171
Calcium	%	133	135	134	134
Iron	%	113	114	110	112
Zinc	%	111	114	111	113
Magnesium	%	102	103	101	101
Sodium (d)	%	197	197	203	217
Potassium	%	99	98	95	105
Thiamin	%	198	204	198	211
Riboflavin	%	161	167	159	163
Niacin equivalent	%	240	247	240	242
Vitamin B <sub>6</sub>	%	196	207	196	214
Vitamin B <sub>12</sub>	%	442	485	440	424
Folate	%	153	155	147	155
Vitamin C	%	186	180	180	176
Vitamin A (retinol equivalent)	%	138	150	134	124

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

## England regions

### Household

- 8** Tables 7.4 and 7.5 show that there was little regional difference in the quantities of household purchases of carcase meat, fish, eggs, fats and oils, vegetables (excluding potatoes) and total cereals. The largest regional differences were for purchases of alcoholic drinks and confectionery. Households in the North West purchased over one and a half times the quantity of alcoholic drinks purchased by London households. London households purchased the lowest quantities of most types of food and drink apart from carcase meat, fish, eggs, fats and oils and fruit and vegetables (excluding potatoes). Households in the North East purchased the least carcase meat and fruit and vegetables (excluding potatoes) but the most other meat and meat products, fish, soft drinks and confectionery. Purchases of vegetables (excluding potatoes) and fruit were highest in the South West and the East respectively.
- 9** Households in the North East region spent 9.4 per cent less than the average for UK households on food and drink purchases for the home whereas households in the South East spent 5.9 per cent more than the UK figure of £23.56 per person per week. For the UK as a whole 11 per cent of the household food and drink budget was spent on alcoholic drinks. In the North West 13 per cent of the budget was spent on alcoholic drinks compared with 10.4 per cent in London.

### Eating out

- 10** There was a large regional difference in the quantity of Indian, Chinese and Thai meals eaten out. The quantity purchased per person per week in London was over two and a half times the quantity purchased in the North East. London also had the highest purchases of cheese, egg and pizza dishes. Yorkshire and the Humber showed the highest purchases of fish and fish products, sandwiches and alcoholic drinks purchased for consumption outside the home. Combining household and 'eating out' purchases of alcoholic drinks it was households across the North of the country i.e. North West, North East and Yorkshire and The Humber who had the highest levels.
- 11** London spent the most on food and non-alcoholic drinks for consumption outside the home and the North East spent the least. Yorkshire and the Humber spent the most on alcoholic drinks for consumption outside the home and the East spent the least. When comparing eating out expenditure with the UK figure of £11.41 per person per week, households in the West Midlands spent 12 per cent less (£10.00) whereas households in London spent 19 per cent more (£13.54).
- 12** There was a wider variation than at country level in eating out expenditure as a percentage of overall food and drink spending with 38 per cent of the total being spent on eating out in London compared with 31 per cent in the East. For the United Kingdom as a whole, eating out expenditure represented 33 per cent of the total.



Table 7.4 Highest and lowest regions (average April 2003 to March 2006)

	Lowest	Highest	Ratio of lowest to highest
<b>Household purchases</b>			
Milk and cream	London	East Midlands	1.3
Cheese	London	East	1.4
Carcase meat	North East	West Midlands	1.2
Other meat and meat products	London	North East	1.4
Fish	South West	North East	1.2
Eggs	West Midlands	South West	1.1
Fats and oils	Yorkshire & the Humber	East Midlands	1.1
Sugar and preserves	London	East Midlands	1.3
Potatoes	London	West Midlands	1.4
Vegetables (exlcuding potatoes)	North East	South West	1.2
Fruit	North East	East	1.4
Total cereals	London	East Midlands	1.1
Beverages	London	East	1.3
Soft drinks	London	North East	1.3
Alcoholic drinks	London	North West	1.6
Confectionery	London	North East	1.5
<b>Eating out purchases</b>			
Indian, Chinese and Thai meals	North East	London	2.7
Meat and meat products	South East	East Midlands	1.2
Fish and fish products	West Midlands	Yorkshire & the Humber	1.6
Potatoes	South East	East Midlands	1.3
Vegetables (exlcuding potatoes)	North East	East Midlands	1.5
Sandwiches	South West	Yorkshire & the Humber	1.3
Ice creams, desserts and cakes	West Midlands	South West	1.3
Beverages	North East	South East	1.3
Soft drinks including milk	South West	North East	1.4
Alcoholic drinks	East	Yorkshire & the Humber	1.6
Confectionery	South West	North East	1.3
<b>Household expenditure</b>			
Total all food & drink excluding alcohol	North East	South East	1.2
Total alcoholic drinks	North East	South West	1.3
Total all food & drink	North East	South East	1.2
<b>Eating out expenditure</b>			
Total all food & drink excluding alcohol	North East	London	1.6
Total alcoholic drinks	East	Yorkshire & the Humber	1.4
Total all food & drink	West Midlands	London	1.4

Table 7.5 Selected foods by region (average April 2003 to March 2006)

		England	North East	North West	Yorkshire and The Humber	East Midlands
Number of households in sample		16 199	848	2 186	1 745	1 478
Average age of HRP		52	52	51	52	52
Average number of adults per household		1.9	1.8	1.8	1.8	1.9
Average number of children per household		0.5	0.5	0.5	0.5	0.5
Average gross weekly household income (£)		601	441	530	525	556
<b>Household purchases</b>		<i>grams per person per week unless otherwise stated</i>				
Milk and cream	ml	2 015	2 090	2 099	2 038	2 182
Cheese		115	102	110	105	126
Carcase meat		228	203	230	213	218
Other meat and meat products		818	954	888	818	868
Fish		164	175	161	165	160
Eggs	no.	1.6	1.6	1.5	1.5	1.6
Fats and oils		184	179	190	172	195
Sugar and preserves		133	125	140	134	144
Potatoes		828	889	864	825	911
Vegetables excluding potatoes		1 145	1 017	1 034	1 048	1 219
Fruit		1 243	976	1 116	1 104	1 253
Total cereals		1 601	1 640	1 642	1 563	1 687
Beverages	ml	57	50	54	58	61
Soft drinks (a)	ml	1 768	1 987	1 735	1 700	1 963
Alcoholic drinks	ml	766	868	886	838	829
Confectionery		125	144	125	134	139
<b>Eating out purchases</b>		<i>grams per person per week unless otherwise stated</i>				
Indian, Chinese and Thai meals		31	16	26	27	37
Meat and meat products		91	91	95	96	100
Fish and fish products		14	14	13	18	14
Cheese and egg dishes and pizza		25	26	23	27	25
Potatoes		78	84	83	90	90
Vegetables excluding potatoes		34	29	32	40	42
Sandwiches		82	78	84	96	84
Ice creams, desserts and cakes		29	27	26	30	28
Beverages		143	117	132	143	152
Soft drinks including milk	ml	357	425	371	366	394
Alcoholic drinks	ml	641	815	770	860	662
Confectionery		18	21	19	18	20
<b>Household expenditure</b>		<i>pence per person per week</i>				
Milk and cream		159	154	160	152	167
Cheese		62	49	56	53	63
Carcase meat		113	93	113	102	108
Other meat and meat products		375	384	393	357	381
Fish		102	97	90	101	93
Eggs		19	16	17	17	18
Fats and oils		37	35	36	33	37
Sugar and preserves		17	13	16	15	17
Potatoes		99	110	104	102	103
Vegetables excluding potatoes		190	144	164	159	180
Fruit		177	130	151	146	160
Total cereals		375	376	369	369	383
Beverages		42	36	40	42	42
All other foods		122	103	120	105	116
Soft drinks		77	76	77	71	78
Alcoholic drinks		266	234	291	256	265
Confectionery		80	83	77	81	84
Total all food & drink excluding alcohol		2 045	1 901	1 984	1 906	2 032
Total all food & drink		2 310	2 134	2 276	2 162	2 297
<b>Eating out expenditure</b>		<i>pence per person per week</i>				
Total all food & drink excluding alcohol		775	620	707	727	757
Total alcoholic drinks		365	388	396	429	364
Total all food & drink		1 140	1 008	1 102	1 156	1 121

continued

Table 7.5 continued

		West Midlands	East	London	South East	South West
Number of households in sample		1 650	1 815	1 871	2 722	1 884
Average age of HRP		52	52	49	52	53
Average number of adults per household		1.9	1.9	1.9	1.8	1.9
Average number of children per household		0.6	0.5	0.6	0.5	0.5
Average gross weekly household income (£)		557	644	745	702	568
<b>Household purchases</b>		<i>grams per person per week unless otherwise stated</i>				
Milk and cream	ml	1 933	2 071	1 706	2 040	2 141
Cheese		107	134	93	124	134
Carcase meat		238	227	237	234	232
Other meat and meat products		824	833	692	801	804
Fish		156	173	173	166	151
Eggs	no.	1.5	1.6	1.7	1.6	1.7
Fats and oils		178	187	176	188	187
Sugar and preserves		143	129	115	130	139
Potatoes		912	877	650	789	868
Vegetables excluding potatoes		1 098	1 188	1 181	1 203	1 249
Fruit		1 106	1 409	1 303	1 366	1 349
Total cereals		1 595	1 665	1 471	1 587	1 642
Beverages	ml	59	63	46	62	62
Soft drinks (a)	ml	1 933	1 901	1 530	1 739	1 684
Alcoholic drinks	ml	705	747	570	758	815
Confectionery		131	136	93	122	129
<b>Eating out purchases</b>		<i>grams per person per week unless otherwise stated</i>				
Indian, Chinese & Thai meals or dishes		30	28	44	37	21
Meat and meat products		84	86	97	82	90
Fish and fish products		12	15	16	13	14
Cheese and egg dishes and pizza		24	25	31	23	23
Potatoes		79	76	73	68	75
Vegetables excluding potatoes		33	31	33	33	37
Sandwiches		75	77	93	78	73
Ice creams, desserts and cakes		26	31	31	30	32
Beverages		135	145	145	155	146
Soft drinks including milk	ml	333	338	414	313	301
Alcoholic drinks	ml	637	524	535	545	585
Confectionery		20	18	17	17	16
<b>Household expenditure</b>		<i>pence per person per week</i>				
Milk and cream		147	166	140	171	172
Cheese		56	72	55	72	72
Carcase meat		112	116	120	119	119
Other meat and meat products		365	396	338	391	374
Fish		92	114	113	113	94
Eggs		17	19	21	20	20
Fats and oils		34	37	36	41	39
Sugar and preserves		16	17	16	18	18
Potatoes		106	102	82	97	98
Vegetables excluding potatoes		167	202	219	221	206
Fruit		148	198	203	209	195
Total cereals		354	400	360	387	379
Beverages		40	46	35	48	46
All other foods		111	127	129	135	130
Soft drinks		78	83	83	76	71
Alcoholic drinks		237	255	234	295	299
Confectionery		81	86	64	83	83
Total all food & drink excluding alcohol		1 924	2 181	2 014	2 199	2 117
Total all food & drink		2 161	2 436	2 248	2 494	2 417
<b>Eating out expenditure</b>		<i>pence per person per week</i>				
Total all food & drink excluding alcohol		673	763	967	828	761
Total alcoholic drinks		328	308	386	344	355
Total all food & drink		1 000	1 071	1 354	1 171	1 116

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

## Intakes

- 13** Table 7.6 compares the energy and nutrient intakes across the regions. Energy intake and the intakes of most nutrients, including sodium, were lowest in London. Intakes of energy, protein, fat, carbohydrate and most minerals and vitamins were highest in the East Midlands. Intake of vitamin A was highest in the South West and lowest in the West Midlands which also had the lowest intakes of vitamin E. The intake of vitamin C was lowest in the North East and highest in the East, slightly ahead of South East, South West, London and the East Midlands which reflects the differences between the regions in purchases of fruit.
- 14** There was very little variation across the regions in the percentage contributions of macronutrients to energy intake (excluding alcohol), but London had the lowest percentage contributions of saturated fats, and NMES.

Table 7.6 Energy and nutrient intakes by region (average April 2003 to March 2006)

	England	North East	North West	Yorkshire and The Humber	East Midlands	West Midlands	East	London	South East	South West
Number of households in sample	16 199	848	2 186	1 745	1 478	1 650	1 815	1 871	2 722	1 884
Average age of HRP	52	52	51	52	52	52	52	49	52	53
Average number of adults per household	1.9	1.8	1.8	1.8	1.9	1.9	1.9	1.9	1.8	1.9
Average number of children per household	0.5	0.5	0.5	0.5	0.5	0.6	0.5	0.6	0.5	0.5
Average gross weekly household income (£)	601	441	530	525	556	557	644	745	702	568
<b>Total energy and nutrient intakes (a)</b>										
Energy	2 357	2 395	2 394	2 321	2 471	2 307	2 433	2 209	2 355	2 414
	kcal									
Energy excluding alcohol	2 280	2 314	2 306	2 237	2 389	2 233	2 363	2 147	2 279	2 332
Total Protein	81.3	82.8	83.1	80.0	84.3	79.0	83.8	77.2	81.2	82.6
Fat	97	99	98	95	101	94	100	91	98	99
	g									
Fatty acids:										
Saturates	37.1	38.7	37.4	36.8	39.0	36.2	38.9	32.9	38.0	38.8
	g									
Mono-unsaturates	35.6	36.6	35.9	34.8	37.1	34.4	36.9	33.9	35.8	36.3
	g									
Poly-unsaturates	17.4	17.3	17.6	16.8	18.1	16.5	17.9	17.6	17.4	17.4
	g									
Cholesterol	275	281	276	270	281	264	283	266	276	282
	mg									
Carbohydrate (b)	289	290	292	284	304	287	300	272	286	295
	g									
Total sugars	135	136	135	134	145	135	142	121	136	141
	g									
Non-milk extrinsic sugars	89	92	90	89	97	91	93	78	88	91
	g									
Starch	154	154	157	150	159	151	157	151	150	154
	g									
Fibre (c)	15.3	14.8	14.9	14.8	15.9	14.8	15.9	14.7	15.5	16.1
	g									
Alcohol	11	12	13	12	12	11	10	9	11	12
	g									
Calcium	1 001	1 025	1 022	997	1 072	980	1 050	881	1 006	1 043
	mg									
Iron	12.6	12.5	12.6	12.4	13.2	12.3	13.1	11.9	12.8	13.1
	mg									
Zinc	9.6	9.7	9.7	9.4	9.9	9.3	9.9	9.1	9.6	9.8
	mg									
Magnesium	293	290	293	288	304	283	305	274	298	305
	mg									
Sodium (d)	3.07	3.24	3.19	3.07	3.26	3.00	3.18	2.69	3.10	3.13
	g									
Potassium	3.31	3.28	3.33	3.27	3.45	3.23	3.44	3.11	3.35	3.44
	g									
Thiamin	1.79	1.76	1.82	1.76	1.88	1.75	1.86	1.67	1.81	1.86
	mg									
Riboflavin	2.00	2.02	2.03	2.00	2.11	1.93	2.09	1.81	2.03	2.08
	mg									
Niacin equivalent	36.02	36.77	36.92	35.71	37.24	35.03	37.06	34.14	35.95	36.47
	mg									
Vitamin B <sub>6</sub>	2.58	2.62	2.63	2.56	2.71	2.55	2.67	2.42	2.55	2.64
	mg									
Vitamin B <sub>12</sub>	6.66	7.21	6.78	6.74	6.90	6.19	6.94	6.21	6.66	6.76
	µg									
Folate	309	299	304	303	324	298	323	295	313	322
	µg									
Vitamin C	77	69	73	71	80	72	82	80	80	80
	mg									
Vitamin A:										
Retinol	540	571	521	546	565	474	571	504	563	574
	µg									
β-carotene	2 244	2 179	2 182	2 164	2 353	2 122	2 327	2 146	2 338	2 382
	µg									
Retinol equivalent	919	940	890	911	963	832	965	865	957	975
	µg									
Vitamin D	3.28	3.36	3.40	3.16	3.52	3.21	3.41	2.98	3.29	3.34
	µg									
Vitamin E	12.80	12.67	12.97	12.48	13.45	12.30	13.16	12.66	12.72	12.90
	mg									

continued

Table 7.6 continued

		England	North East	North West	Yorkshire and The Humber	East Midlands	West Midlands	East	London	South East	South West
<b>Total energy and nutrient intakes (a) continued</b>											
Fat	%	38.2	38.6	38.1	38.1	38.1	37.7	38.3	38.0	38.7	38.4
Fatty acids:											
Saturates	%	14.7	15.0	14.6	14.8	14.7	14.6	14.8	13.8	15.0	15.0
Mono-unsaturates	%	14.1	14.2	14.0	14.0	14.0	13.9	14.0	14.2	14.0	14.0
Poly-unsaturates	%	6.9	6.7	6.9	6.7	6.8	6.6	6.8	7.4	6.9	6.7
Carbohydrate	%	47.5	47.1	47.5	47.6	47.8	48.2	47.5	47.6	47.1	47.5
Non-milk extrinsic sugars	%	14.7	15.0	14.6	15.0	15.2	15.3	14.8	13.6	14.5	14.7
Protein	%	14.3	14.3	14.4	14.3	14.1	14.1	14.2	14.4	14.2	14.2
<i>Percentage contributions of macronutrients to energy intake excluding alcohol</i>											
Energy (e)	%	104	106	105	102	108	102	106	98	104	106
Energy excluding alcohol (e)	%	100	102	101	98	105	98	103	95	100	102
Protein	%	164	167	168	161	170	161	168	158	164	165
Calcium	%	133	136	136	132	141	130	138	118	133	138
Iron	%	113	111	948	111	118	110	116	106	114	117
Zinc	%	111	113	113	109	115	108	114	107	111	114
Magnesium	%	102	101	102	100	105	99	105	96	103	105
Sodium (d)	%	197	199	214	192	201	191	199	171	205	201
Potassium	%	99	95	103	95	100	96	100	92	102	102
Thiamin	%	198	195	200	194	207	193	204	187	200	204
Riboflavin	%	161	163	163	160	169	155	167	146	162	166
Niacin equivalent	%	240	246	245	237	247	233	244	229	240	241
Vitamin B <sub>6</sub>	%	196	199	200	194	204	193	201	186	193	199
Vitamin B <sub>12</sub>	%	442	478	452	447	458	414	459	417	441	444
Folate	%	153	148	151	150	160	148	158	148	154	158
Vitamin C	%	186	168	176	172	193	174	197	195	192	192
Vitamin A (retinol equivalent)	%	138	141	133	136	144	125	143	131	143	145

As a percentage of weighted reference nutrient intake (f)

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

## Chapter 8 Demographic Comparisons

### Headlines

Over the three year period April 2003 to March 2006,

- household members in the lowest income quintile had the lowest intakes of alcohol but also the lowest intakes of vitamin C
- adult only households spent 6.8 per cent more than the UK average on food and drink eaten at home and 23 per cent more on eating out
- members of households where the Household Reference Person was aged under thirty spent 42 per cent of their food and drink budget on eating out while the 75 and over group spent only 19 per cent of their food and drink budget on eating out
- intakes of most vitamins and minerals were lowest in households where the Household Reference Person ceased full time education at the age of 16
- the percentage of food energy derived from saturated fatty acids decreased as the age at which the Household Reference Person left full-time education increased
- household purchases of fruit and vegetables were lower in households where the Household Reference Person was classified as “Never worked and long-term unemployed” than in the households where the Household Reference Person was in employment

- 1** This section contains comparisons based on the characteristics of the household or the Household Reference Person (HRP).
- 2** From 2001-02 the concept of Household Reference Person (HRP) was adopted on all government-sponsored surveys replacing the concept of head of household. The HRP is the person who:
  - owns the household accommodation, or
  - is legally responsible for the rent of the accommodation, or
  - has the household accommodation by virtue of their employment or personal relationship to the owner who is not a member of the household.
- 3** If more than one person meet these criteria the HRP will be the one with the higher income. If the incomes are the same then the eldest is chosen.
- 4** A degree of caution is required in interpreting the data because the sampling errors at these levels can be high, especially where the sample size is small. The total sample size across the three years is given at the top of each column as an indication of the reliability of the figures. Due to the risk of sampling errors these comparisons have been averaged over the three years ended 31st March 2006. The possible relationships between household characteristics should also be considered when interpreting the figures e.g. there may be links between age of the household reference person, the composition of their household, their occupation and income.

- 5 Although the figures for the comparisons based on the characteristics of the household or the Household Reference Person are averages for a three year period, useful comparisons can still be made with the annual 2005-06 averages for the UK as a whole.
- 6 The purchases and expenditure tables contain data from both household food and drink and eating out. The energy and nutrient intake tables not only include the combined intakes from food brought into the home and eaten out but also the contributions from soft drinks, alcoholic drinks and confectionery.
- 7 For a more detailed breakdown of the data please refer to the datasets which are published on the Defra website at: <http://statistics.defra.gov.uk/esg/publications/efs/datasets/default.asp>

### Income quintiles

- 8 Income quintile is based on gross weekly household income. The first income quintile contains the lowest income households. The fifth or highest income quintile contains the households with the highest income. There are 5 quintiles in all, each representing twenty per cent of the population of households.
- 9 Table 8.1 shows average purchased quantities and expenditure for the three years from April 2003 to March 2006 for both household and food and drink eaten out.
- 10 Table 8.2 shows the average daily energy and nutrient intake from all food and drink by income quintile.
- 11 When interpreting the data, account should be taken of the average age of the Household Reference Person and average numbers of adults and children in the households. Increased income correlates with an increase in the number of adults and children in a household.
- 12 Certain foods showed a marked variation in purchasing habits across the income quintiles 1 to 5. Household purchases of milk and cream, fats and oils, sugars and preserves, cereals, potatoes and beverages showed a clear decline across the income quintiles from quintile 1 (lowest income) to quintile 5 (highest income). Household purchases of cheese, fruit and alcoholic drinks showed the opposite trend. Expenditure on eating out increased across the quintiles, with households in the lowest income quintile spending £5.47 per person per week compared with £16.70 per person per week in households in the highest income quintile.
- 13 Intakes of alcohol increased across the income quintiles culminating in an average of 13 grams per person per day in households in the highest income quintile. Intakes of vitamin C followed the same pattern with the highest income quintile showing an average of 84 milligrams per person per day 19 per cent higher than quintile 1.

### First (lowest) income quintile households

- 14 For food and drink brought into the home, households in the first income quintile purchased the largest quantities of other meat and meat products, eggs, sugar and preserves, milk and cream, cereals and beverages but purchased the lowest amounts of carcass meat, fruit and vegetables (excluding potatoes), soft drinks and alcoholic drinks.
- 15 Members of these households also had the lowest purchases and expenditure of food and drink eaten outside the home with only 21 per cent of the total food and drink expenditure being



spent on eating out, compared with 39 per cent in fifth (i.e. highest) income quintile households. First income quintile households spent 13 per cent less than the UK average on household food and drink but 52 per cent less on food and drink eaten out.

- 16** Household members in the first income quintile had the lowest intakes of alcohol but also the lowest intakes of vitamin C, the latter probably as a result of the low quantities of fruit purchased by these households. Intakes of niacin equivalent and  $\beta$ -carotene were also lowest in first income quintile households. In contrast, average intakes of calcium, vitamin B12 and vitamin A were highest in this quintile reflecting the high purchased quantities of other meat and meat products and of milk and cream. Energy intakes from saturated fatty acids as a percentage of total energy intakes were highest in this group at 15.0 per cent

### Second income quintile households

- 17** Household purchases of all carcase meat, fish, fats and oils, potatoes and confectionery, were highest in second income quintile households whilst household purchases of cheese were lowest. Members of these households spent 7.4 per cent less on household food and drink and 34 per cent less on food and drink eaten out than the UK average. 26 per cent of the total food and drink expenditure in second income quintile homes was spent on eating out compared to the UK average of 33 per cent. Households in the second income quintile had the highest average energy intake and the highest intakes of vitamin D, vitamin E and zinc.

### Third income quintile households

- 18** Households in the third income quintile spent 6 per cent less than the UK average on household food and drink and 13 per cent less on eating out. However, spending on eating out represented 31 per cent of the total food and drink expenditure in these households, the closest equivalent to the UK average of 33 per cent. Daily per capita intakes of energy and many nutrients in third income quintile households was comparable with that in the UK as a whole.

### Fourth income quintile households

- 19** Purchases for home consumption of fish and beverages were lowest in fourth income quintile households whilst household purchases of soft drinks were highest in this quintile. Members of these households spent 3.4 per cent less on household food and drink and 5.5 per cent more on food and drink eaten out than the UK average. In fourth income quintile households, eating out expenditure represented 35 per cent of the total food and drink expenditure whereas for the UK as a whole the proportion was 33 per cent. Fourth income quintile household members had the lowest daily per capita intakes of energy and all vitamins and minerals except niacin equivalent and vitamin B6.

### Fifth (highest) income quintile households

- 20** Households in the fifth income quintile had the highest household purchases of cheese, fruit and vegetables (excluding potatoes) and alcoholic drinks and the lowest household purchases of milk and cream, other meat and meat products, eggs, sugar and preserves, fats and oils, fresh and processed potatoes, total cereals and confectionery. Fifth income quintile households spent 13 per cent of the household food and drink budget on alcoholic drinks compared with the average for the UK of 11 per cent.

**21** These households had the highest purchased quantities and expenditure on food and drink eaten outside the home with 39 per cent of the total food and drink expenditure being spent on eating out, compared to the UK average of 33 per cent. Fifth income quintile household food and drink expenditure was 11 per cent above the UK average. In contrast, expenditure on food and drink eaten out was 46 per cent higher.

**22** Fifth income quintile households obtained the lowest percentage of energy from NMES and also had the highest intakes of energy, alcohol, sodium, vitamin C and  $\beta$ -carotene.

**Table 8.1 Income quintile analysis of purchases and expenditure (average April 2003 to March 2006)**

		Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5
Number of households in sample		4 189	4 296	4 216	4 078	3 852
Average age of HRP		59	58	50	46	46
Average number of adults per household		1.2	1.6	1.9	2.2	2.4
Average number of children per household		0.3	0.4	0.6	0.7	0.7
Lower boundary (gross w'kly h'hld income (£))		0	206	364	596	915
<b>Household purchases</b>		<i>grams per person per week unless otherwise stated</i>				
Milk and cream	ml	2 326	2 242	2 063	1 903	1 815
Cheese		107	103	111	111	125
Carcase meat		213	253	223	218	227
Other meat and meat products		856	829	835	831	798
Fish		172	175	153	148	162
Eggs	no.	2.0	1.7	1.6	1.5	1.4
Fats and oils		225	227	189	161	153
Sugar and preserves		194	171	140	108	96
Potatoes		920	962	881	822	719
Vegetables excluding potatoes		1 071	1 144	1 101	1 074	1 160
Fruit		1 125	1 200	1 152	1 144	1 388
Total cereals		1 715	1 702	1 615	1 554	1 532
Beverages		73	70	54	48	49
Soft drinks (a)	ml	1 585	1 711	1 921	1 954	1 828
Alcoholic drinks	ml	554	641	767	834	876
Confectionery		125	136	132	129	121
<b>Eating out purchases</b>		<i>grams per person per week unless otherwise stated</i>				
Indian, Chinese & Thai meals or dishes		10	16	26	31	52
Meat and meat products		53	70	90	102	113
Fish and fish products		9	13	13	14	17
Cheese and egg dishes and pizza		13	17	23	27	33
Potatoes		54	67	80	87	91
Vegetables excluding potatoes		21	28	31	34	41
Sandwiches		33	47	70	92	126
Ice creams, desserts and cakes		18	23	29	31	36
Beverages	ml	89	109	135	154	172
Soft drinks including milk	ml	211	251	356	423	473
Alcoholic drinks	ml	380	468	603	711	782
Confectionery		12	14	20	21	23
<b>Household expenditure</b>		<i>pence per person per week</i>				
Milk and cream		163	164	157	152	158
Cheese		53	53	57	59	74
Carcase meat		100	121	108	104	125
Other meat and meat products		342	350	367	390	421
Fish		95	101	91	89	115
Eggs		22	19	18	17	18
Fats and oils		43	43	37	32	35
Sugar and preserves		22	20	17	14	15
Potatoes		98	102	106	104	98
Vegetables excluding potatoes		153	166	168	177	230
Fruit		151	164	157	156	216
Total cereals		345	358	364	380	412
Beverages		48	48	39	37	40

continued

Table 8.1 continued

	Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5
<b>Household expenditure</b> continued				<i>pence per person per week</i>	
All other foods	105	108	114	124	143
Soft drinks	65	71	82	86	86
Alcoholic drinks	170	211	252	273	348
Confectionery	73	82	80	82	84
Total all food & drink excluding alcohol	1 876	1 971	1 963	2 004	2 271
Total all food & drink	2 046	2 182	2 215	2 277	2 618
<b>Eating out expenditure</b>				<i>pence per person per week</i>	
Total all food & drink excluding alcohol	367	516	663	801	1 161
Total alcoholic drinks	181	233	326	402	508
Total all food & drink	547	749	988	1 203	1 670

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

Table 8.2 Income quintile analysis of intakes from all food and drink (average April 2003 to March 2006)

		Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5
Number of households in sample		4 189	4 296	4 216	4 078	3 852
Average age of HRP		59	58	50	46	46
Average number of adults per household		1.2	1.6	1.9	2.2	2.4
Average number of children per household		0.3	0.4	0.6	0.7	0.7
Lower boundary (gross w'kly h'hold income (£))		0	206	364	596	915
<b>Total energy and nutrient intake (a)</b>					<i>intakes per person per day</i>	
Energy	kcal	2 380	2 442	2 370	2 301	2 346
	MJ	10.0	10.3	10.0	9.7	9.9
Energy excluding alcohol	kcal	2 329	2 378	2 295	2 218	2 255
Total Protein	g	81.1	83.0	80.8	79.7	82.3
Fat	g	99	102	97	94	96
Fatty acids:						
Saturates	g	38.7	39.0	37.4	36.0	36.6
Mono-unsaturates	g	36.3	37.3	35.7	34.4	35.3
Poly-unsaturates	g	17.5	18.3	17.5	16.7	17.2
Cholesterol	mg	287	284	272	264	274
Carbohydrate (b)	g	296	302	293	282	284
Total sugars	g	140	142	137	131	132
Non-milk extrinsic sugars	g	93	94	92	88	86
Starch	g	156	160	155	150	152
Fibre (c)	g	15.0	15.6	15.1	14.8	15.6
Alcohol	g	7	9	11	12	13
Calcium	mg	1 055	1 044	1 006	973	977
Iron	mg	12.4	12.8	12.5	12.4	12.9
Zinc	mg	9.7	9.9	9.5	9.3	9.6
Magnesium	mg	287	297	289	286	299
Sodium (d)	g	3.07	3.10	3.09	3.07	3.13
Potassium	g	3.30	3.41	3.29	3.22	3.34
Thiamin	mg	1.78	1.82	1.78	1.76	1.83
Riboflavin	mg	2.10	2.10	2.00	1.93	1.96
Niacin equivalent	mg	34.7	35.9	35.7	35.8	37.2
Vitamin B6	mg	2.5	2.6	2.6	2.6	2.6
Vitamin B12	µg	7.3	7.1	6.7	6.3	6.4
Folate	µg	305	315	304	298	315
Vitamin C	mg	71	75	74	74	84
Vitamin A:						
Retinol	µg	630	587	552	486	504
β-carotene	µg	2 120	2 261	2 182	2 160	2 367
Retinol equivalent	µg	990	970	921	850	902
Vitamin D	µg	3.45	3.48	3.28	3.13	3.16
Vitamin E	mg	12.85	13.40	12.97	12.30	12.58

continued

Table 8.2 continued

		Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5
<b>Total energy and nutrient intake (a)</b> continued		<i>as a percentage of total food &amp; drink energy excluding alcohol</i>				
Fat	%	38.4	38.4	38.1	37.9	38.2
Fatty acids:						
Saturates	%	15.0	14.8	14.7	14.6	14.6
Mono-unsaturates	%	14.0	14.1	14.0	14.0	14.1
Poly-unsaturates	%	6.8	6.9	6.9	6.8	6.9
Carbohydrate	%	47.7	47.6	47.8	47.7	47.2
Non-milk extrinsic sugars	%	14.9	14.8	15.0	14.8	14.3
Protein	%	13.9	14.0	14.1	14.4	14.6
		<i>as a percentage of weighted reference nutrient intake (f)</i>				
Energy (e)	%	102	103	103	101	102
Energy excluding alcohol (e)	%	100	100	99	97	98
Protein	%	159	162	165	166	169
Calcium	%	139	137	131	126	125
Iron	%	99	105	105	104	107
Zinc	%	114	115	111	110	112
Magnesium	%	100	102	101	100	103
Sodium (d)	%	204	220	199	198	198
Potassium	%	101	109	99	98	100
Thiamin	%	192	195	197	200	206
Riboflavin	%	157	157	157	155	156
Niacin equivalent	%	231	235	236	239	246
Vitamin B6	%	194	200	200	200	204
Vitamin B12	%	491	474	457	432	436
Folate	%	129	136	142	146	153
Vitamin C	%	157	168	174	177	201
Vitamin A (retinol equivalent)	%	141	139	135	128	135

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day.

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

## Household composition

- 23** The size and composition of a household, together with the age of the HRP and average gross weekly household income, have a significant effect on food purchases, expenditure and energy and nutrient intakes.
- 24** Table 8.3 shows purchased quantities and expenditure per capita for both household and food and drink eaten out by household composition as averages for the three years ended 31st March 2006.
- 25** Table 8.4 shows the daily energy and nutrient intake per capita from all food and drink by household composition as averages for the three years ended 31st March 2006.

## Adult only households

- 26** Household food and drink purchases and expenditure was highest in all food categories for households with one, two or three adults and no children except for the purchase of soft drinks. On average, adult only households spent 6.8 per cent more than the UK average on food and

drink eaten at home and 23 per cent more on eating out. Expenditure on food and drink (excluding alcohol) eaten at home remained highest in one adult households but when alcohol drinks were included, two adult households had the highest household expenditure. Households with 4 or more adults and no children had the highest spend on eating out which accounted for 44 per cent of the household's total food and drink expenditure and was 40 per cent higher than the UK average. As expected, households that contain only adults had the highest average daily intake of energy per person and, as a consequence, higher intakes of all nutrients.

## Households with children

**27** Households with children continued to have the lowest levels of household and eating out purchases in all foods, with the exception of soft drinks bought for the household and soft drinks and confectionery purchased outside the home. On average, households with children spent 24 per cent less than the UK average on food and drink eaten at home and 29 per cent less on eating out. The lowest levels of total food and drink spending were in households with 2 adults and 4 or more children, where household expenditure was 34 per cent less and eating out expenditure 51 per cent less than the UK average.

**28** Households with 3 children had the lowest energy intake per person which reflects the lower energy requirements of children. In addition, these households had the lowest intakes of many nutrients.

**Table 8.3 Household composition analysis of purchases and expenditure (average April 2003 to March 2006)**

	Adult	1		2					3 or more			4 or more
	Children	0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0
Number of households in sample		5 730	1 344	6 834	1 534	1 918	615	202	1 127	766	116	442
Average age of HRP		60	36	56	39	39	39	39	54	47	44	49
Average gross weekly household income (£)		291	298	619	764	835	823	739	846	932	957	1 115
Household purchases												
		grams per person per week unless otherwise stated										
Milk and cream	ml	2 454	1 814	2 213	1 944	1 838	1 725	1 713	2 062	1 806	1 841	1 655
Cheese		128	85	134	107	102	78	74	126	96	54	115
Carcase meat		223	146	296	187	170	162	174	272	234	221	206
Other meat and meat products		964	698	926	772	713	655	661	897	821	586	787
Fish		228	96	209	125	113	110	112	169	116	134	147
Eggs	no.	2.1	1.2	1.9	1.3	1.2	1.1	1.3	1.7	1.4	1.3	1.6
Fats and oils		234	133	227	145	130	124	151	206	183	169	181
Sugar and preserves		195	93	175	93	86	85	116	142	111	83	113
Potatoes		863	727	990	758	710	656	728	943	798	695	902
Vegetables excluding potatoes		1 302	767	1 441	973	863	745	695	1 222	960	841	1 042
Fruit		1 583	768	1 540	1 018	1 005	858	818	1 288	1 023	821	995
Total cereals		1 863	1 381	1 763	1 470	1 438	1 409	1 430	1 669	1 561	1 318	1 535
Beverages		87	35	76	41	35	30	31	64	39	37	51
Soft drinks (a)	ml	1 495	2 231	1 581	1 989	2 024	1 994	1 978	1 864	2 124	1 729	1 873
Alcoholic drinks	ml	839	345	997	820	661	498	359	875	571	449	714
Confectionery		142	115	138	122	130	128	128	119	118	103	97
Eating out purchases												
		grams per person per week unless otherwise stated										
Indian, Chinese & Thai meals or dishes		30	15	37	28	24	19	16	35	37	28	44
Meat and meat products		89	80	86	91	89	78	73	98	123	91	128
Fish and fish products		18	7	19	12	10	8	9	15	13	7	13
Cheese and egg dishes and pizza		21	23	22	26	27	25	24	25	29	18	33
Potatoes		81	76	79	76	78	69	72	80	91	72	91
Vegetables excluding potatoes		46	18	42	30	24	18	18	37	27	14	34

continued

Table 8.3 continued

	Adult Children	1		2					3 or more			4 or more	
		0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0	
Eating out purchases continued													
grams per person per week unless otherwise stated													
Sandwiches		77	54	85	91	74	56	45	107	97	65	112	
Ice creams, desserts and cakes		28	26	32	28	30	28	31	29	27	21	22	
Beverages	ml	184	52	184	130	100	81	43	170	107	54	164	
Soft drinks including milk	ml	229	457	267	398	407	415	411	418	552	489	537	
Alcoholic drinks	ml	823	158	777	455	339	193	182	1 010	739	273	1 220	
Confectionery		8	35	9	20	27	31	34	14	30	39	18	
Household expenditure													
pence per person per week													
Milk and cream		197	122	178	158	148	128	120	157	133	121	128	
Cheese		70	42	74	58	56	41	37	67	47	27	55	
Carcase meat		119	61	156	92	83	71	73	137	107	80	105	
Other meat and meat products		448	289	433	376	340	285	260	419	360	233	367	
Fish		139	50	139	79	70	55	50	108	66	56	83	
Eggs		25	13	23	15	14	11	13	19	15	12	17	
Fats and oils		51	22	49	30	25	22	23	42	30	24	32	
Sugar and preserves		26	10	23	11	11	9	13	18	12	8	13	
Potatoes		101	101	106	104	98	91	91	105	104	87	103	
Vegetables excluding potatoes		225	119	241	172	145	116	101	195	151	109	164	
Fruit		238	100	229	145	136	111	97	177	132	96	135	
Total cereals		424	319	408	374	357	322	297	395	369	267	353	
Beverages		64	24	56	30	27	22	19	47	28	22	38	
All other foods		140	98	143	123	109	91	86	125	108	65	113	
Soft drinks		71	91	73	89	82	81	80	84	92	75	88	
Alcoholic drinks		313	111	385	256	207	152	106	285	169	149	213	
Confectionery		90	70	89	79	82	79	78	73	73	67	62	
Total all food & drink excluding alcohol		2 427	1 532	2 423	1 936	1 783	1 537	1 438	2 167	1 825	1 349	1 857	
Total all food & drink		2 740	1 643	2 808	2 192	1 990	1 690	1 544	2 452	1 994	1 497	2 070	
Eating out expenditure													
pence per person per week													
Total all food & drink excluding alcohol		778	484	903	741	678	564	462	858	811	549	905	
Total alcoholic drinks		452	106	459	265	193	112	92	558	408	175	696	
Total all food & drink		1 230	590	1 362	1 007	871	677	555	1 417	1 219	724	1 602	

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

Table 8.4 Household composition analysis of intakes from all food and drink (average April 2003 to March 2006)

	Adult	1		2					3 or more			4 or more
	Children	0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0
Number of households in sample		5 730	1 344	6 834	1 534	1 918	615	202	1 127	766	116	442
Average age of HRP		60	36	56	39	39	39	39	54	47	44	49
Average gross weekly household income (£)		291	298	619	764	835	823	739	846	932	957	1 115
Total energy and nutrient intakes (a)									intakes per person per day			
Energy	kcal	2 634	2 103	2 616	2 180	2 091	1 976	2 120	2 478	2 334	1 988	2 297
	MJ	11.1	8.8	11.0	9.2	8.8	8.3	8.9	10.4	9.8	8.4	9.7
Energy excluding alcohol	kcal	2 541	2 073	2 511	2 113	2 038	1 938	2 091	2 380	2 270	1 950	2 205
Total Protein	g	91.3	71.0	91.8	74.7	70.7	65.9	69.0	86.8	78.6	66.8	79.8
Fat	g	108	89	107	90	86	80	89	101	97	83	93
Fatty acids:												
Saturates	g	42.3	33.5	41.5	34.4	33.5	31.1	33.6	38.8	36.1	29.9	34.2
Mono-unsaturates	g	39.2	33.2	39.2	33.1	31.5	29.5	33.2	37.2	36.3	30.9	34.6
Poly-unsaturates	g	18.8	16.1	19.0	16.1	15.0	14.1	16.3	18.3	18.5	16.4	18.1
Cholesterol	mg	320	237	316	245	231	215	235	292	261	227	264
Carbohydrate (b)	g	321	264	315	269	262	255	271	299	288	250	279
Total sugars	g	155	120	150	124	123	116	123	139	131	111	124
Non-milk extrinsic sugars	g	100	84	96	82	84	79	87	92	91	75	85
Starch	g	166	144	165	144	139	139	147	160	156	139	154
Fibre (c)	g	17.3	13.2	17.4	13.9	13.2	12.2	12.8	15.9	14.1	12.3	14.8
Alcohol	g	13	4	15	10	8	5	4	14	9	6	13
Calcium	mg	1 157	891	1 111	930	900	831	842	1 053	944	817	950
Iron	mg	14.3	10.8	14.3	11.7	11.2	10.4	10.9	13.0	11.8	10.4	12.1
Zinc	mg	10.8	8.4	10.8	8.8	8.3	7.7	8.1	10.2	9.2	7.9	9.3
Magnesium	mg	339.4	243.0	335.1	267.2	252.2	229.5	236.2	312.3	272.0	230.2	284.8
Sodium (d)	g	3.49	2.81	3.43	2.91	2.77	2.52	2.63	3.29	2.95	2.23	3.03
Potassium	g	3.77	2.87	3.79	3.03	2.85	2.62	2.74	3.52	3.08	2.69	3.19
Thiamin	mg	2.00	1.61	2.02	1.66	1.60	1.49	1.59	1.86	1.69	1.46	1.73
Riboflavin	mg	2.36	1.72	2.28	1.82	1.75	1.63	1.68	2.09	1.83	1.67	1.83
Niacin equivalent	mg	39.9	31.0	40.7	33.2	31.4	29.1	30.4	38.8	35.1	29.3	36.0
Vitamin B6	mg	2.8	2.3	2.9	2.4	2.3	2.2	2.3	2.8	2.5	2.2	2.6
Vitamin B12	µg	8.1	5.9	7.7	5.9	5.6	5.3	5.5	7.0	6.1	5.7	6.0
Folate	µg	352	264	355	277	264	242	258	327	282	251	300
Vitamin C	mg	86	67	87	71	68	61	62	79	72	63	69
Vitamin A:												
Retinol	µg	705	415	682	470	402	356	367	558	459	492	439
β-carotene	µg	2 473	2 048	2 591	2 051	1 932	1 783	1 890	2 341	2 037	1 774	1 993
Retinol equivalent	µg	1 125	758	1 120	816	726	655	683	954	802	790	774
Vitamin D	µg	3.98	2.62	3.82	3.08	2.68	2.49	2.56	3.43	2.93	2.58	3.08
Vitamin E	mg	13.82	11.90	13.79	12.13	11.12	10.55	11.84	13.38	13.48	12.07	13.24
as a percentage of total food & drink energy excluding alcohol												
Fat	%	38.2	38.5	38.4	38.2	37.8	37.2	38.3	38.3	38.6	38.2	38.1
Fatty acids:												
Saturates	%	15.0	14.6	14.9	14.6	14.8	14.4	14.5	14.7	14.3	13.8	14.0
Mono-unsaturates	%	13.9	14.4	14.1	14.1	13.9	13.7	14.3	14.1	14.4	14.3	14.1
Poly-unsaturates	%	6.7	7.0	6.8	6.8	6.6	6.5	7.0	6.9	7.3	7.6	7.4
Carbohydrate	%	47.5	47.8	47.0	47.7	48.3	49.3	48.5	47.2	47.5	48.1	47.4
Non-milk extrinsic sugars	%	14.7	15.1	14.4	14.6	15.4	15.4	15.6	14.4	15.0	14.4	14.4
Protein	%	14.4	13.7	14.6	14.1	13.9	13.6	13.2	14.6	13.8	13.7	14.5
as a percentage of weighted reference nutrient intake (f)												
Energy (e)	%	113	106	111	99	96	93	100	103	99	90	95
Energy excluding alcohol (e)	%	109	105	106	96	94	91	99	99	96	88	91
Protein	%	168	186	168	162	164	161	174	159	155	150	146
Calcium	%	150	126	144	127	125	116	117	136	118	106	122
Iron	%	139	92	133	100	98	93	98	117	96	88	103
Zinc	%	122	113	120	107	100	95	101	113	105	95	104
Magnesium	%	109	101	108	99	98	92	96	100	92	85	92
Sodium (d)	%	242	203	200	193	190	178	188	189	178	148	175
Potassium	%	114	105	101	95	96	93	100	93	87	87	85

continued



Table 8.4 continued

	Adult	1		2					3 or more			4 or more
	Children	0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0
<b>Total energy and nutrient intakes (a) continued</b>												
						<i>as a percentage of weighted reference nutrient intake (f)</i>						
Thiamin	%	212	209	213	191	186	178	192	195	181	168	179
Riboflavin	%	181	160	173	153	151	143	149	158	145	141	139
Niacin equivalent	%	260	240	261	229	219	207	219	244	225	201	223
Vitamin B <sub>6</sub>	%	200	212	206	191	188	182	198	197	188	177	184
Vitamin B <sub>12</sub>	%	490	476	468	419	419	417	441	426	400	414	368
Folate	%	161	155	163	145	145	137	148	151	138	134	140
Vitamin C	%	196	188	199	176	176	162	170	184	173	162	162
Vitamin A (retinol equivalent)	%	160	136	158	127	117	108	116	135	119	126	111

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day.

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

## Age group of Household Reference Person

- 29** The age of the HRP is often related to the composition of the household and, to a lesser extent, its income group and level of eating out. In particular it is necessary to consider the average number of children per household before interpreting the results. For example, there are practically no children in households where the HRP is aged between 65 and 74, leading to higher average energy intakes per person than in households with children. The survey results by the HRP age group should therefore be interpreted with caution: for example, purchases of soft drinks were highest in the 65 to 74 group, which could be due to visits by grandchildren.
- 30** Table 8.5 shows the purchased quantities and expenditure for both household and food and drink eaten out by HRP age group as averages for the three years ended 31st March 2006.
- 31** Table 8.6 shows the daily energy and nutrient intake from all food and drink by HRP age group as averages for the three years ended 31st March 2006.

## Household and eating out

- 32** As expected, household purchases of most food items rose steadily with the age of the HRP to a peak in the 65 and under 75 age group. The exceptions were soft drinks which peaked with the 40 and under 50 age group, cheese, alcoholic drinks and other meat and meat products which peaked with households where the HRP was aged 50 and under 65. The purchases of food and drink items for consumption outside the home showed more variation across the age groups but overall purchases of most food and drink items eaten out was lowest in the 75 and over age group.

## Household reference person aged less than thirty

- 33** Purchased quantities of all household food items were lowest in households where the HRP was aged under 30 except for cheese, soft drinks and alcohol. For food items eaten outside the home, households in this group purchased the most sandwiches, soft drinks and alcoholic drinks.



- 34** The per capita spend in households where the HRP was aged less than 30 was £18.46 on food and drink for home consumption which was 22 per cent less than the UK average for all households. In these households, 11 per cent of the household expenditure was spent on alcoholic drinks for home consumption.
- 35** Members of households with a HRP aged less than thirty had the highest spend on food and drink eaten out at £13.18 per person per week, which represented 42 per cent of their total expenditure on all food and drink, and was 16 per cent above the UK average. Intakes of energy and all nutrients are lowest in this age group.

### Household reference person aged between thirty and under forty

- 36** Households where the HRP is aged 30 and under 40 spent £19.77 per person per week on food and drink for home consumption which was 16 per cent lower than the UK average. Expenditure on food and drink eaten out was 5.3 per cent lower than for all UK households and as a percentage of total food and drink spending was 35 per cent, compared with the UK average of 33 per cent.

### Household reference person aged between forty and under fifty

- 37** Compared with other HRP age groups, the households where the HRP was between 40 and 50 tended to have the highest average gross weekly income per household. These households purchased the most soft drinks for home consumption. When eating out they purchased the most in half of the categories. Weekly per capita spending on eating out at £11.85 was 35 per cent of the total food and drink budget.

### Household reference person aged between fifty and under sixty-five

- 38** Purchased quantities of and expenditure on alcoholic drinks brought into the home was highest in households where the HRP was aged 50 and under 65. These households purchased the highest quantities of cheese, other meat and meat products for household consumption plus vegetables (excluding potatoes) and beverages when eating out. The percentage of energy (excluding alcohol) derived from fat was highest in this group as were intakes of sodium and vitamin E. Combined food and drink expenditure was highest for this group at £40.25, of which £13.00 was spent on eating out. This represented 32 per cent of the total. The weekly per capita household expenditure at £27.25 on all food and drink was 16 per cent higher than the UK average.

### Household reference person aged between sixty-five and under seventy-five

- 39** Purchased quantities for home consumption of most food items, apart from cheese, other meat and meat products, sugar, beverages, soft drinks and alcohol, was highest in households where the HRP is aged 65 and under 75. Higher intakes can be attributed to the lower proportion of children in these households. Members of households in this HRP age group had the highest energy intake and highest intakes in almost all vitamins and minerals. Member's expenditure on food and drink brought into the home was £27.01, which was 15 per cent more than the average for all UK households. Expenditure on eating out, at £8.82, was 25 per cent of the total spend on food and drink.

## Household reference person aged seventy-five and over

- 40** Members of households in the aged 75 and over group purchased the largest quantities of sugar and beverages and the lowest quantities of soft and alcoholic drinks.
- 41** Expenditure on household food and drink, at £23.97, was similar to the UK average for all households whereas expenditure on food and drink eaten out at £5.49 was 52 per cent below the UK average and represented only 19 per cent of the total expenditure on all food and drink. The percentage of energy (excluding alcohol) derived from saturated fatty acids and non-milk extrinsic sugars was highest in this group.

**Table 8.5 Age of Household Reference Person analysis of purchases and expenditure (average April 2003 to March 2006)**

		under 30	30 and under 40	40 and under 50	50 and under 65	65 and under 75	75 and over
Number of households in sample		1 884	3 964	4 257	5 251	2 813	2 462
Average number of adults per household		1.7	1.8	2.2	2.0	1.7	1.4
Average number of children per household		0.6	1.2	1.0	0.1	0.0	0.0
Average gross weekly household income (£)		502	685	774	646	356	264
<b>Household purchases</b>		<i>grams per person per week unless otherwise stated</i>					
Milk and cream	ml	1 648	1 793	1 834	2 222	2 595	2 473
Cheese		102	97	108	136	124	102
Carcase meat		126	164	211	292	325	266
Other meat and meat products		669	706	842	958	925	793
Fish		100	119	136	198	239	230
Eggs	no.	1.2	1.2	1.4	1.9	2.2	2.0
Fats and oils		119	134	163	222	273	257
Sugar and preserves		81	86	107	161	215	238
Potatoes		654	676	807	1 004	1 075	910
Vegetables excluding potatoes		799	868	1 018	1 395	1 503	1 208
Fruit		857	938	1 093	1 466	1 686	1 576
Total cereals		1 350	1 409	1 567	1 760	1 915	1 784
Beverages		32	36	45	73	89	92
Soft drinks (a)		1 915	1 873	2 119	1 795	1 488	1 099
Alcoholic drinks		687	724	777	941	681	482
Confectionery		86	113	136	136	153	140
<b>Eating out purchases</b>		<i>grams per person per week unless otherwise stated</i>					
Indian, Chinese and Thai meals		33	32	37	32	19	9
Meat and meat products		106	97	109	89	58	44
Fish and fish products		11	12	13	17	19	15
Cheese and egg dishes and pizza		29	28	31	22	13	7
Potatoes		80	80	89	79	68	54
Vegetables excluding potatoes		30	30	32	38	34	31
Sandwiches		103	86	97	88	38	21
Ice creams, desserts and cakes		25	29	32	30	28	22
Beverages	ml	100	126	137	169	159	117
Soft drinks including milk	ml	499	427	478	321	139	69
Alcoholic drinks	ml	843	480	631	840	520	238
Confectionery		19	23	30	14	4	2
<b>Household expenditure</b>		<i>pence per person per week</i>					
Milk and cream		121	141	142	176	203	198
Cheese		51	53	58	74	68	56
Carcase meat		58	76	101	153	164	145
Other meat and meat products		328	337	389	438	397	354
Fish		57	68	82	128	150	149
Eggs		14	14	16	22	26	24
Fats and oils		22	25	31	46	59	57
Sugar and preserves		9	11	12	21	28	33
Potatoes		95	95	106	110	104	84
Vegetables excluding potatoes		145	155	171	229	219	180
Fruit		111	132	151	216	242	226

continued

Table 8.5 continued

	under 30	30 and under 40	40 and under 50	50 and under 65	65 and under 75	75 and over
<b>Household expenditure</b> continued <i>pence per person per week</i>						
Total cereals	355	354	379	401	399	366
Beverages	23	27	33	56	63	61
All other foods	116	111	120	136	127	117
Soft drinks	84	82	91	83	65	48
Alcoholic drinks	203	223	251	351	290	217
Confectionery	56	72	87	87	94	84
Total all food & drink excluding alcohol	1 643	1 754	1 970	2 374	2 411	2 180
Total all food & drink	1 846	1 977	2 221	2 725	2 701	2 397
<b>Eating out expenditure</b> <i>pence per person per week</i>						
Total all food & drink excluding alcohol	793	774	832	838	623	427
Total alcoholic drinks	526	307	353	462	259	122
Total all food & drink	1 318	1 081	1 185	1 300	882	549

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

Table 8.6 Age of Household Reference Person analysis of intakes from all food and drink (average April 2003 to March 2006)

		under 30	30 and under 40	40 and under 50	50 and under 65	65 and under 75	75 and over
Number of households in sample							
		1 884	3 964	4 257	5 251	2 813	2 462
Average number of adults per household							
		1.7	1.8	2.2	2.0	1.7	1.4
Average number of children per household							
		0.6	1.2	1.0	0.1	0.0	0.0
Average gross weekly household income (£)							
		502	685	774	646	356	264
<b>Total energy and nutrient intake (a)</b> <i>intakes per person per day</i>							
Energy	kcal	2 058	2 134	2 371	2 642	2 702	2 413
	MJ	8.7	9.0	10.0	11.1	11.4	10.1
Energy excluding alcohol	g	1 985	2 073	2 298	2 540	2 622	2 359
Total Protein	g	70.7	73.4	81.2	92.9	93.7	81.4
Fat	g	84	88	98	109	111	100
Fatty acids:							
Saturates	g	30.9	33.3	37.3	41.6	44.1	40.7
Mono-unsaturates	g	31.3	32.9	36.3	40.0	40.4	35.8
Poly-unsaturates	g	15.8	16.2	17.8	19.5	19.1	16.3
Cholesterol	mg	230	243	271	317	330	296
Carbohydrate (b)							
Total sugars	g	111	117	134	149	162	154
Non-milk extrinsic sugars	g	75	78	92	97	103	99
Starch	g	141	145	156	168	170	149
Fibre (c)	g	13.1	13.7	15.0	17.4	18.0	15.9
Alcohol	g	10	9	10	15	11	8
Calcium	mg	876	897	978	1 121	1 177	1 068
Iron	mg	10.7	11.4	12.5	14.2	14.8	13.1
Zinc	mg	8.3	8.7	9.5	11.0	11.1	9.7
Magnesium	mg	250	259	287	337	342	299
Sodium (d)	g	2.80	2.83	3.15	3.47	3.38	2.99
Potassium	g	2.85	2.96	3.26	3.82	3.90	3.41
Thiamin	mg	1.60	1.66	1.80	2.01	2.06	1.83
Riboflavin	mg	1.66	1.76	1.93	2.26	2.45	2.23
Niacin equivalent	mg	31.7	32.7	36.3	41.3	40.7	34.3
Vitamin B <sub>6</sub>	mg	2.3	2.4	2.6	3.0	2.9	2.5
Vitamin B <sub>12</sub>	µg	5.4	5.8	6.4	7.7	8.2	7.6
Folate	µg	267	277	302	353	368	323
Vitamin C	mg	70	70	75	86	89	77
Vitamin A:							
Retinol	µg	382	430	480	659	734	738
β-carotene	µg	1 945	2 095	2 256	2 615	2 624	2 190
Retinol equivalent	µg	708	781	859	1 100	1 181	1 112
Vitamin D	µg	2.69	2.85	3.04	3.76	4.18	3.76
Vitamin E	mg	11.78	12.01	13.04	14.23	13.85	11.93

continued

Table 8.6 continued

		under 30	30 and under 40	40 and under 50	50 and under 65	65 and under 75	75 and over
<b>Total energy and nutrient intake (a) continued</b>		<i>as a percentage of total food and drink energy excluding alcohol</i>					
Fat	%	37.9	38.4	38.4	38.5	38.2	38.0
Fatty acids:							
Saturates	%	14.0	14.4	14.6	14.7	15.1	15.5
Mono-unsaturates	%	14.2	14.3	14.2	14.2	13.9	13.7
Poly-unsaturates	%	7.1	7.0	7.0	6.9	6.5	6.2
Carbohydrate	%	47.8	47.5	47.5	46.9	47.5	48.2
Non-milk extrinsic sugars	%	14.3	14.1	15.0	14.3	14.8	15.7
Protein	%	14.3	14.2	14.1	14.6	14.3	13.8
		<i>as a percentage of weighted reference nutrient intake (f)</i>					
Energy (e)	%	93	97	101	112	117	106
Energy excluding alcohol (e)	%	90	94	97	108	113	103
Protein	%	152	165	163	172	172	150
Calcium	%	125	125	124	143	152	138
Iron	%	92	99	100	132	151	135
Zinc	%	101	104	107	121	124	110
Magnesium	%	93	99	98	109	110	96
Sodium (d)	%	186	191	191	202	200	235
Potassium	%	89	96	94	102	104	111
Thiamin	%	181	189	192	213	220	197
Riboflavin	%	140	150	153	173	187	171
Niacin equivalent	%	216	224	232	264	266	228
Vitamin B6	%	183	192	195	210	207	177
Vitamin B12	%	383	422	423	475	500	459
Folate	%	140	147	146	163	168	146
Vitamin C	%	171	176	181	198	202	175
Vitamin A (retinol equivalent)	%	109	122	127	155	166	158

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

## Age at which Household Reference Person ceased full-time education

- 42** The age at which the HRP ceased full-time education is related to the age of the HRP, the composition of the household and, given that graduates tend to earn more than non-graduates, the household income. It should be noted that in households in the aged 14 and under group there are fewer adults and children and the average age of the HRP is much older. These factors, and how they apply to each particular age group, should be taken into account when interpreting the results.
- 43** Table 8.7 shows averages for the three years ended 31st March 2006 of purchases and expenditure for both household and food and drink eaten out by HRP education age group.
- 44** Table 8.8 shows the averages for the three years ended 31st March 2006 of daily energy and nutrient intake from all food and drink by HRP education age group.

## Household

- 45** Household purchases of most types of food apart from cheese, fruit and vegetables (excluding potatoes), soft drinks and alcoholic drinks tend to be highest in households where the HRP

ceased full time education aged 15 or under. Households where the HRP ceased full-time education aged 22 or over purchased the most household fruit and vegetables (excluding potatoes) but the least fats, sugar, other meat and meat products, potatoes, cereals and confectionery.

- 46** Households in the aged 16 group spent the least per person per week on food and drink brought into the home. At £21.35 this was 9.4 per cent below the UK average. The highest expenditure on household food and drink was in households in the aged 22 or over group where the average weekly per capita spend was 7.6 per cent more than the average for all UK households.

## Eating out

- 47** The quantity of food and drink eaten out tended to be highest in households where the HRP ceased full-time education aged 22 or older and lowest in households where the HRP ceased full-time education aged 14 or under. Households in the aged 15 group purchased the most alcoholic drinks for consumption outside the home.
- 48** Households in the aged 14 and under group spent £5.76 per person per week on food and drink for consumption outside the home which was 49 per cent lower than the UK average. The highest expenditure on food and drink for consumption outside the home was in households in the aged 22 or over group where the average weekly per capita spend of £14.98 was 31 per cent more than the average for all UK households.

## Intakes

- 49** The percentage of food energy derived from saturated fatty acids was highest in households where the HRP ceased full-time education aged 14 or under. Average energy intake and the intakes of fat, carbohydrate and sodium were lowest in households where the HRP ceased full-time education aged 22 and over. The intake of vitamin C and  $\beta$ -carotene was highest in this group. Intakes of most vitamins and minerals were lowest in the aged 16 group. The percentage of energy (excluding alcohol) derived from saturated fatty acids was highest where the HRP ceased full-time education aged under 15.

**Table 8.7 Age at which the Household Reference Person ceased full-time education analysis of purchases and expenditure (average April 2003 to March 2006)**

		Aged 14 & under	Aged 15	Aged 16	Aged 17 & under 19	Aged 19 & under 22	Aged 22 & over
<b>Household purchases</b>		<i>grams per person per week unless otherwise stated</i>					
Number of households in sample		2 618	4 168	6 351	3 544	2 028	1 970
Average age of HRP		74	58	46	46	45	44
Average number of adults per household		1.5	1.9	1.9	1.9	1.9	1.9
Average number of children per household		0.1	0.3	0.8	0.7	0.6	0.6
Average gross weekly household income (£)		244	407	535	633	811	1 021
Milk and cream	ml	2 539	2 265	1 919	1 950	1 820	1 929
Cheese		98	119	103	111	135	125
Carcase meat		287	280	208	213	200	205
Other meat and meat products		865	978	847	792	716	666
Fish		209	177	137	156	167	172
Eggs	no.	2.1	1.8	1.4	1.5	1.6	1.6
Fats and oils		272	229	161	175	161	158
Sugar and preserves		224	173	115	120	109	104
Potatoes		1 009	1 082	857	782	674	578

continued

Table 8.7 continued

		Aged 14 & under	Aged 15	Aged 16	Aged 17 & under 19	Aged 19 & under 22	Aged 22 & over
<b>Household purchases</b> continued		<i>grams per person per week unless otherwise stated</i>					
Vegetables excluding potatoes		1 206	1 231	968	1 106	1 152	1 285
Fruit		1 394	1 173	988	1 244	1 461	1 588
Total cereals		1 858	1 766	1 543	1 562	1 553	1 509
Beverages		87	74	49	50	48	48
Soft drinks (a)	ml	1 369	1 886	2 067	1 873	1 649	1 455
Alcoholic drinks	ml	494	800	775	804	780	797
Confectionery		138	148	132	122	114	103
<b>Eating out purchases</b>		<i>grams per person per week unless otherwise stated</i>					
Indian, Chinese and Thai meals		9	21	27	34	47	48
Meat and meat products		49	81	102	100	94	89
Fish and fish products		13	14	13	14	16	18
Cheese and egg dishes and pizza		9	19	26	26	28	31
Potatoes		56	75	85	81	81	79
Vegetables excluding potatoes		28	31	30	33	38	40
Sandwiches		23	65	79	92	108	114
Ice creams, desserts and cakes		21	24	27	32	35	36
Beverages	ml	109	146	136	139	150	152
Soft drinks including milk	ml	112	296	422	408	398	390
Alcoholic drinks	ml	372	754	644	614	596	550
Confectionery		5	15	23	21	19	18
<b>Household expenditure</b>		<i>pence per person per week</i>					
Milk and cream		188	168	146	158	155	165
Cheese		50	60	53	61	77	76
Carcass meat		147	138	99	106	107	110
Other meat and meat products		363	414	383	379	376	347
Fish		127	104	81	96	109	122
Eggs		24	20	16	18	19	20
Fats and oils		55	44	31	35	36	36
Sugar and preserves		28	19	13	16	17	17
Potatoes		95	116	111	99	87	77
Vegetables excluding potatoes		167	174	156	190	223	252
Fruit		189	158	134	178	221	247
Total cereals		364	379	366	386	396	389
Beverages		55	51	36	38	40	41
All other foods		111	116	111	127	142	144
Soft drinks		59	80	86	84	79	74
Alcoholic drinks		193	256	233	287	326	340
Confectionery		80	89	80	80	80	76
Total all food & drink excluding alcohol		2 102	2 129	1 902	2 052	2 165	2 196
Total all food & drink		2 295	2 385	2 135	2 339	2 492	2 536
<b>Eating out expenditure</b>		<i>pence per person per week</i>					
Total all food & drink excluding alcohol		404	609	707	842	991	1 107
Total alcoholic drinks		172	372	350	376	412	392
Total all food & drink		576	981	1 057	1 218	1 404	1 498

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks



**Table 8.8 Age at which the Household Reference Person ceased full-time education analysis of intakes from all food and drink (average April 2003 to March 2006)**

		Aged 14 & under	Aged 15	Aged 16	Aged 17 & under 19	Aged 19 & under 22	Aged 22 & over
Number of households in sample		2 385	4 182	6 175	3 660	2 087	2 034
Average age of HRP		75	59	46	47	44	44
Average number of adults per household		1.5	1.9	1.9	1.9	1.9	2.0
Average number of children per household		0.1	0.2	0.8	0.7	0.6	0.6
Average weekly income of HRP (£)		252	411	554	650	847	1 020
<b>Total energy and nutrient intake (a)</b>		<i>intakes per person per day</i>					
Energy	kcal	2 515	2 578	2 293	2 333	2 293	2 248
	MJ	10.6	10.8	9.6	9.8	9.6	9.5
Energy excluding alcohol	kcal	2 459	2 495	2 220	2 254	2 211	2 169
Total Protein	g	85	89	79	80	79	79
Fat	g	105	107	94	96	93	91
Fatty acids:							
Saturates	g	41.5	41.4	36.3	36.5	35.5	34.4
Mono-unsaturates	g	38.0	39.2	34.8	35.3	34.4	33.3
Poly-unsaturates	g	18.1	18.9	16.8	17.5	16.9	16.5
Cholesterol	mg	306	306	263	269	266	261
Carbohydrate (b)	g	314	314	282	286	281	277
Total sugars	g	153	148	132	133	129	127
Non-milk extrinsic sugars	g	100	99	90	88	83	78
Starch	g	160	165	150	152	152	150
Fibre (c)	g	15.9	16.2	14.3	15.1	15.4	15.9
Alcohol	g	8	12	10	11	12	11
Calcium	mg	1 104	1 102	968	979	967	965
Iron	mg	13.3	13.5	12.0	12.6	12.5	12.7
Zinc	mg	10.1	10.5	9.2	9.4	9.3	9.3
Magnesium	mg	303	317	278	289	291	297
Sodium (d)	g	3.10	3.42	3.08	3.04	2.97	2.84
Potassium	g	3.47	3.63	3.17	3.26	3.24	3.29
Thiamin	mg	1.88	1.92	1.73	1.79	1.78	1.79
Riboflavin	mg	2.28	2.22	1.91	1.96	1.89	1.93
Niacin equivalent	mg	36.1	39.4	35.1	35.8	35.3	35.0
Vitamin B6	mg	2.6	2.8	2.5	2.6	2.5	2.5
Vitamin B12	µg	7.8	7.5	6.3	6.5	6.3	6.3
Folate	µg	329	334	290	305	306	310
Vitamin C	mg	76	75	69	78	86	89
Vitamin A:							
Retinol	µg	696	641	486	518	511	498
β-carotene	µg	2 182	2 366	2 069	2 271	2 308	2 419
Retinol equivalent	µg	1 069	1 043	835	900	899	904
Vitamin D	µg	3.79	3.76	3.07	3.14	3.13	3.06
Vitamin E	mg	13.11	13.89	12.43	12.86	12.32	12.15
		<i>as a percentage of total food &amp; drink energy excluding alcohol</i>					
Fat	%	38.4	38.5	38.2	38.3	38.0	37.6
Fatty acids:							
Saturates	%	15.2	14.9	14.7	14.6	14.5	14.3
Mono-unsaturates	%	13.9	14.1	14.1	14.1	14.0	13.8
Poly-unsaturates	%	6.6	6.8	6.8	7.0	6.9	6.9
Carbohydrate	%	47.8	47.2	47.6	47.5	47.7	47.9
Non-milk extrinsic sugars	%	15.2	14.9	15.2	14.6	14.1	13.5
Protein	%	13.8	14.3	14.2	14.2	14.4	14.6
		<i>as a percentage of weighted reference nutrient intake (f)</i>					
Energy (e)	%	110	112	102	104	101	100
Energy excluding alcohol (e)	%	107	108	98	100	97	96
Protein	%	159	171	164	166	163	163
Calcium	%	143	143	129	131	129	130
Iron	%	133	126	105	110	109	111
Zinc	%	115	120	108	111	109	110

continued

Table 8.8 continued

		Aged 14 & under	Aged 15	Aged 16	Aged 17 & under 19	Aged 19 & under 22	Aged 22 & over
<b>Total energy and nutrient intake (a)</b>		<i>as a percentage of weighted reference nutrient intake (f)</i>					
Magnesium	%	99	105	99	102	102	105
Sodium (d)	%	214	206	197	193	203	180
Potassium	%	104	101	96	98	102	98
Thiamin	%	203	208	193	199	197	200
Riboflavin	%	176	173	156	160	153	156
Niacin equivalent	%	239	258	235	240	235	235
Vitamin B6	%	189	208	196	198	192	192
Vitamin B12	%	481	476	433	438	422	430
Folate	%	152	158	147	154	153	157
Vitamin C	%	174	176	171	191	208	216
Vitamin A (retinol equivalent)	%	153	152	128	137	136	138

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

## Ethnic origin of Household Reference Person

**50** Comparisons based on the ethnic origin of the household reference person show that patterns in certain household food and drink purchases and in eating out can be linked to the ethnic origin of the HRP. However, when interpreting the results it should be noted that 95 per cent of the sample were white HRP households.

**51** Table 8.9 shows averages of purchases and expenditure for both household and food and drink eaten out by ethnic origin of the HRP for the three years ended 31st March 2006.

**52** Table 8.10 shows the averages for daily energy and nutrient intakes from all food and drink by ethnic origin of the HRP for the three years ended 31st March 2006.

## Household

**53** For household food and drink, White HRP households purchased the highest quantities of milk and cream, cheese, other meat and meat products, potatoes, beverages, soft drinks, alcoholic drinks and confectionery. Black HRP households purchased the most fish and fruit. Asian HRP households purchased the most fats and oils and total cereals. Members of Mixed HRP households had the highest purchased quantities of carcass meat, eggs, sugar and preserves. Members of Chinese HRP households purchased the most vegetables (excluding potatoes).

**54** Household food and drink expenditure was highest in White HRP households where £23.83 was the average spend. This was 1.1 per cent more than the UK average for all households. In comparison, Asian HRP households spent £14.92 per person per week which was 37 per cent less than the UK average.



## Eating out

- 55** When eating out Chinese and other HRP households purchased the highest quantities of Indian, Chinese or Thai meals, as well as fish and fish products. Asian HRP purchased the highest quantities of cheese and egg dishes and pizza whilst mixed HRP purchased the most soft drinks including milk. For all other types of food and drink purchased for consumption outside the home it was White HRP households which purchased the highest quantities.
- 56** White HRP households had the highest eating out expenditure at an average of £11.72 per person per week. Whereas Asian HRP households spent the least amount on eating out at £5.31 this 54 per cent less than the average for all UK households.

## Intakes

- 57** For intakes, White HRP households had the highest daily per capita intakes of energy and most nutrients. In addition these households had the highest percentages of energy (excluding alcohol) derived from saturated fatty acids. Asian & Asian British households had the lowest intakes of many vitamins and minerals in addition to having the lowest percentage of energy (excluding alcohol) derived from protein. Black & Black British had the lowest percentage of energy derived from saturated fat. Asian & Asian British and Chinese & Other households derive a much lower percentage energy contribution from NMES than other households.

**Table 8.9 Ethnic origin of Household Reference Person analysis of purchases and expenditure (average April 2003 to March 2006)**

		Asian/Asian British	Black/Black British	Chinese and others	Mixed	White
Number of households in sample		512	384	104	105	18 131
Average age of HRP		43	44	42	40	52
Average number of adults per household		2.3	1.8	2.0	1.7	1.8
Average number of children per household		1.2	0.9	0.7	1.0	0.5
Average gross weekly household income (£)		643	474	569	400	589
<b>Household purchases</b>		<i>grams per person per week unless otherwise stated</i>				
Milk and cream	ml	1 961	1 365	1 243	1 526	2 049
Cheese		46	43	78	83	120
Carcase meat		212	225	253	282	226
Other meat and meat products		427	664	656	761	849
Fish		129	180	140	135	163
Eggs	no.	1.7	1.8	2.3	2.3	1.6
Fats and oils		283	174	177	184	178
Sugar and preserves		126	137	104	179	133
Potatoes		449	434	467	667	866
Vegetables excluding potatoes		1 081	1 075	1 263	1 082	1 119
Fruit		1 138	1 384	1 224	1 298	1 226
Total cereals		1 670	1 405	1 378	1 443	1 605
Beverages		27	33	40	43	59
Soft drinks (a)	ml	1 456	1 718	938	1 659	1 856
Alcoholic drinks	ml	165	294	205	605	823
Confectionery		75	63	68	76	133
<b>Eating out purchases</b>		<i>grams per person per week unless otherwise stated</i>				
Indian, Chinese and Thai meals		31	15	57	17	31
Meat and meat products		55	91	75	89	93
Fish and fish products		12	10	23	7	14
Cheese and egg dishes and pizza		25	16	25	24	25
Potatoes		59	63	68	64	81
Vegetables excluding potatoes		22	19	21	32	34
Sandwiches		54	42	75	68	85

continued

Table 8.9 continued

		Asian/ Asian British	Black/ Black British	Chinese and others	Mixed	White
<b>Eating out purchases</b> continued		<i>grams per person per week unless otherwise stated</i>				
Ice creams, desserts and cakes		17	20	27	21	30
Beverages	ml	50	51	87	92	148
Soft drinks including milk	ml	280	341	345	370	370
Alcoholic drinks	ml	92	158	190	461	663
Confectionery		17	18	14	16	19
<b>Household expenditure</b>		<i>pence per person per week</i>				
Milk and cream		130	97	96	117	162
Cheese		22	21	39	42	65
Carcass meat		81	85	113	103	115
Other meat and meat products		167	235	256	314	395
Fish		58	93	92	84	102
Eggs		18	19	24	23	18
Fats and oils		37	26	26	32	37
Sugar and preserves		14	15	15	19	17
Potatoes		66	61	61	86	104
Vegetables excluding potatoes		156	150	210	164	188
Fruit		149	160	166	161	176
Total cereals		314	269	265	353	383
Beverages		16	19	34	27	43
All other foods		77	92	90	103	126
Soft drinks		76	91	54	84	80
Alcoholic drinks		65	108	115	193	285
Confectionery		45	41	43	48	85
Total all food & drink excluding alcohol		1 427	1 474	1 583	1 760	2 097
Total all food & drink		1 492	1 582	1 698	1 954	2 383
<b>Eating out expenditure</b>		<i>pence per person per week</i>				
Total all food & drink excluding alcohol		468	472	705	607	793
Total alcoholic drinks		62	102	122	267	379
Total all food & drink		531	573	826	874	1 172

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

Table 8.10 Ethnic origin of Household Reference Person analysis of intakes from all food and drink (average April 2003 to March 2006)

		Asian/ Asian British	Black/ Black British	Chinese and others	Mixed	White
Number of households in sample		512	384	104	105	18 131
Average age of HRP		43	44	42	40	52
Average number of adults per household		2.3	1.8	2.0	1.7	1.8
Average number of children per household		1.2	0.9	0.7	1.0	0.5
Average gross weekly household income (£)		643	474	569	400	589
<b>Total energy and nutrient intake (a)</b>		<i>intakes per person per day</i>				
Energy	kcal	2 210	2 015	2 025	2 221	2 376
	MJ	9.3	8.5	8.5	9.3	10.0
Energy excluding alcohol	kcal	2 194	1 988	2 001	2 165	2 294
Total Protein	g	67.1	68.4	72.0	77.1	82.3
Fat	g	93	80	85	92	98
Fatty acids:						
Saturates	g	30.1	26.2	28.2	32.3	38.0
Mono-unsaturates	g	34.8	30.7	32.6	34.7	35.8
Poly-unsaturates	g	22.2	17.4	18.2	18.4	17.1
Cholesterol	mg	222	237	264	283	278
Carbohydrate (b)	g	289	265	253	275	290
Total sugars	g	109	115	98	129	138
Non-milk extrinsic sugars	g	69	79	60	89	91
Starch	g	180	150	155	146	152
Fibre (c)	g	13.7	12.8	13.4	14.1	15.3
Alcohol	g	2	4	3	8	12

continued

Table 8.10 continued

		Asian/ Asian British	Black/ Black British	Chinese and others	Mixed	White
<b>Total energy and nutrient intake (a) continued</b>		<i>intakes per person per day</i>				
Calcium	mg	841	696	707	848	1 021
Iron	mg	10.2	10.7	10.4	11.6	12.8
Zinc	mg	8.0	8.1	8.5	9.1	9.7
Magnesium	mg	234	235	242	265	297
Sodium (d)	g	1.89	2.11	2.10	2.77	3.19
Potassium	g	2.66	2.68	2.80	3.06	3.36
Thiamin	mg	1.44	1.50	1.50	1.66	1.82
Riboflavin	mg	1.57	1.56	1.52	1.75	2.04
Niacin equivalent	mg	27.3	30.9	31.3	34.8	36.6
Vitamin B <sub>6</sub>	mg	2.1	2.2	2.2	2.4	2.6
Vitamin B <sub>12</sub>	µg	5.3	5.4	5.6	5.9	6.8
Folate	µg	247	266	267	290	312
Vitamin C	mg	67	83	73	79	77
Vitamin A:						
Retinol	µg	381	369	424	389	556
β-carotene	µg	1 879	1 764	2 113	2 038	2 268
Retinol equivalent	µg	694	665	778	734	939
Vitamin D	µg	2.12	3.06	2.60	3.25	3.33
Vitamin E	mg	15.79	12.54	12.70	13.63	12.58
<i>as a percentage of total food &amp; drink energy excluding alcohol</i>						
Fat	%	38.3	36.2	38.2	38.1	38.3
Fatty acids:						
Saturates	%	12.3	11.9	12.7	13.4	14.9
Mono-unsaturates	%	14.3	13.9	14.7	14.4	14.0
Poly-unsaturates	%	9.1	7.9	8.2	7.6	6.7
Carbohydrate	%	49.5	50.0	47.4	47.6	47.4
Non-milk extrinsic sugars	%	11.8	14.9	11.3	15.4	14.9
Protein	%	12.2	13.8	14.4	14.2	14.3
<i>as a percentage of weighted reference nutrient intake (f)</i>						
Energy (e)	%	100	92	90	101	104
Energy excluding alcohol (e)	%	99	91	89	98	101
Protein	%	147	150	150	169	166
Calcium	%	115	96	95	118	135
Iron	%	90	94	90	102	114
Zinc	%	97	99	101	110	112
Magnesium	%	87	87	86	99	103
Sodium (d)	%	127	154	134	183	202
Potassium	%	85	90	84	97	99
Thiamin	%	166	174	170	191	201
Riboflavin	%	132	132	124	147	163
Niacin equivalent	%	188	214	210	239	243
Vitamin B <sub>6</sub>	%	166	178	171	194	199
Vitamin B <sub>12</sub>	%	377	384	385	422	449
Folate	%	131	140	135	152	154
Vitamin C	%	168	208	180	197	185
Vitamin A (retinol equivalent)	%	110	107	120	116	141

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

## Socio-economic classification of Household Reference Person

- 58** Unlike most other comparisons in this chapter, the socio-economic classification of the HRP bears little relation to the age of the HRP and the household composition. However, the socio-economic classification of the HRP is strongly related to the average gross weekly household income and this should not be overlooked when interpreting the results.
- 59** Table 8.11 shows averages of purchases and expenditure for both household and food and drink eaten out by the socio-economic classification of the HRP for the three years ended 31st March 2006.
- 60** Table 8.12 shows the averages for daily energy and nutrient intakes from all food and drink by the socio-economic classification of the HRP for the three years ended 31st March 2006.

## Household

- 61** The households where the HRP was in the Higher professional category purchased the most cheese, fruit and vegetables (excluding potatoes). The small employer & own account workers category purchased the largest quantities of carcase meat, fish, total cereals and beverages. Households where the HRP was in the Never worked & long-term unemployed category had the highest purchases of milk and cream, eggs, fats and sugar and preserves but the lowest purchases of all meat, fish, vegetables (excluding potatoes), fruit, alcohol and confectionery.
- 62** Weekly expenditure on household food and drink was highest at £27.28 per person in households where the HRP was in the category Large employer, higher managerial. This was 16 per cent more than the UK average for all households. The lowest per capita expenditure was in households where the HRP was in the category Never worked and long-term unemployed and at £15.94 was 32 per cent lower than the UK average.

## Eating out

- 63** Purchased quantities of most food items eaten out were highest in households where the HRP was in the Large employer, higher managerial or in the Higher professional categories. Purchases of alcoholic drinks were highest in households where the HRP was classified as Small employer and own account workers. Households where the HRP was in the Never worked and long-term unemployed category purchased the lowest quantities of most food items eaten out.
- 64** The lowest weekly expenditure per person on food and drink for consumption outside the home was £5.35 in households where the HRP was in the Never worked and long-term unemployed category. This was 53% less than the UK average and represented 25% of total food and drink expenditure. The highest weekly expenditure on food and drink for consumption outside the home was in households where the HRP was in the Large employer, higher managerial category where the average weekly spend per person was £17.35. This was 52 per cent higher than the UK average and represented 39 per cent of the total food and drink budget in those households.

## Intakes

- 65** Average intakes of energy and most nutrients were lowest in households where the HRP was in the Intermediate or never worked category. Energy intake was highest in households where the HRP was in the Lower supervisory category. The highest intakes of a number of vitamins and minerals were found mostly in households where the HRP was classified as Large employer, higher managerial & professional. The Never worked and long term unemployed category showed the highest percentage of energy derived from fat.

Table 8.11 Socio-economic classification of Household Reference Person analysis of purchases and expenditure average April 2003 to March 2006

		Large employer, higher managerial & professional	Small employer & own account worker	Higher professional	Intermediate	Lower professional, managerial, higher technical & supervisory	Lower supervisory & technical occupations	Never worked & long term unemployed	Routine	Semi-routine
Number of households in sample		913	1 300	1 326	1 262	3 845	1 472	454	1 561	1 704
Average age of HRP		44	48	43	43	44	43	40	45	44
Average number of adults per household		2.1	2.1	2.0	1.8	2.0	2.1	1.7	2.0	1.9
Average number of children per household		0.8	0.8	0.7	0.6	0.6	0.7	1.1	0.7	0.7
Average gross weekly household income £		1 316	653	1 139	574	843	611	218	481	460
<b>Household purchases</b>										
							<i>grams per person per week unless otherwise stated</i>			
Milk and cream	ml	1 916	1 967	1 901	1 926	1 826	1 843	1 980	1 930	1 977
Cheese		126	112	130	116	121	111	106	98	100
Carcass meat		228	257	210	197	212	202	176	212	196
Other meat and meat products		769	838	754	779	795	889	737	887	865
Fish		159	167	160	145	152	134	113	138	126
Eggs	no.	1.4	1.6	1.4	1.4	1.4	1.4	1.7	1.5	1.5
Fats and oils		140	182	148	158	152	170	206	186	176
Sugar and preserves		83	136	101	106	94	118	147	136	123
Potatoes		678	874	644	791	737	877	871	950	887
Vegetables excluding potatoes		1 158	1 106	1 195	1 037	1 135	992	823	966	964
Fruit		1 430	1 128	1 548	1 102	1 295	947	767	910	909
Total cereals		1 519	1 607	1 507	1 554	1 534	1 586	1 580	1 569	1 591
Beverages		50	52	49	50	49	48	50	48	46
Soft drinks (a)	ml	1 752	1 814	1 583	1 937	1 870	2 266	2 024	2 046	2 075
Alcoholic drinks	ml	933	769	925	714	875	936	422	720	688
Confectionery		129	123	114	124	126	132	109	132	121
<b>Eating out purchases</b>										
							<i>grams per person per week unless otherwise stated</i>			
Indian, Chinese and Thai meals		49	29	53	34	46	27	16	22	23
Meat and meat products		105	104	96	91	105	117	73	103	95
Fish and fish products		19	14	19	12	15	11	6	12	11
Cheese and egg dishes and pizza		31	29	32	28	29	29	22	25	24
Potatoes		88	84	86	83	88	91	58	81	81
Vegetables excluding potatoes		41	32	43	32	37	32	12	28	28
Sandwiches		128	87	133	101	110	84	39	70	71
Ice creams, desserts and cakes		41	30	37	32	33	29	17	25	24
Beverages	ml	189	110	169	131	150	162	53	141	139
Soft drinks including milk	ml	441	385	428	422	438	446	433	423	419
Alcoholic drinks	ml	657	782	619	678	702	762	261	777	616
Confectionery		23	22	19	23	22	22	22	26	21

continued

Table 8.11 continued

	Large employer, higher managerial & professional	Small employer & own account worker	Higher professional	Intermediate	Lower professional, managerial, higher technical & supervisory	Lower supervisory & technical occupations	Never worked & long term unemployed	Routine	Semi-routine
									<i>pence per person per week</i>
<b>Household expenditure</b>									
Milk and cream	171	155	166	151	152	141	124	139	141
Cheese	77	61	78	60	68	55	47	48	48
Carcass meat	130	126	115	95	111	93	73	96	88
Other meat and meat products	423	398	400	362	400	402	274	375	360
Fish	120	100	114	85	102	75	55	74	66
Eggs	19	18	19	17	17	15	16	15	15
Fats and oils	36	36	35	31	33	30	28	31	30
Sugar and preserves	14	17	17	13	13	13	14	13	13
Potatoes	93	106	88	101	99	116	104	115	109
Vegetables excluding potatoes	336	294	329	280	308	265	211	250	250
Fruit	235	158	239	155	190	121	94	114	116
Total cereals	412	388	409	383	396	376	293	344	357
Beverages	42	39	41	37	39	34	30	32	32
All other foods	155	123	146	123	135	114	82	103	101
Soft drinks	82	81	80	84	87	92	89	86	84
Alcoholic drinks	387	260	387	246	315	249	100	185	198
Confectionery	88	77	82	79	86	81	64	79	71
Total all food & drink excluding alcohol	2 341	2 071	2 271	1 952	2 137	1 908	1 494	1 798	1 772
Total all food & drink	2 728	2 331	2 657	2 198	2 452	2 157	1 594	1 983	1 970
<b>Eating out expenditure</b>									<i>pence per person per week</i>
Total all food & drink excluding alcohol	1 268	811	1 162	784	964	717	400	602	594
Total alcoholic drinks	467	444	419	398	445	392	135	375	337
Total all food & drink	1 735	1 255	1 580	1 182	1 409	1 109	535	977	930

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

Table 8.12 Socio-economic classification of Household Reference Person analysis of intakes from all food and drink (average April 2003 to March 2006)

	Large employer, higher managerial & professional	Small employer & own account worker	Higher professional	Intermediate	Lower professional, managerial, higher technical & supervisory	Lower supervisory & technical occupations	Never worked & long term unemployed	Routine	Semi-routine
Number of households in sample	913	1 300	1 326	1 262	3 845	1 472	454	1 561	1 704
Average age of HRP	44	48	43	43	44	43	40	45	44
Average number of adults per household	2.1	2.1	2.0	1.8	2.0	2.1	1.7	2.0	1.9
Average number of children per household	0.8	0.8	0.7	0.6	0.6	0.7	1.1	0.7	0.7
Average gross weekly household income £	1 316	653	1 139	574	843	611	218	481	460
<b>Total energy and nutrient intake (a)</b>									
Energy	kcal	2 323	2 368	2 251	2 300	2 373	2 348	2 341	2 322
Energy excluding alcohol	MJ	9.8	10.0	9.5	9.7	10.0	9.9	9.8	9.8
Total Protein	kcal	2 231	2 286	2 175	2 213	2 290	2 316	2 271	2 255
Fat	g	84.6	87.0	82.0	83.8	85.1	79.1	84.1	83.6
Fatty acids:	g	94	98	91	94	98	100	97	96
Saturates	g	36.6	37.6	34.8	35.8	37.1	36.2	36.6	36.3
Mono-unsaturates	g	34.8	35.8	33.3	34.5	36.2	37.6	36.0	35.5
Poly-unsaturates	g	16.6	17.5	16.5	16.8	17.8	19.4	18.0	17.5
Cholesterol	mg	271	279	252	266	267	272	266	264
Carbohydrate (b)	g	281	288	280	280	290	294	288	287
Total sugars	g	131	134	130	129	134	125	134	130
Non-milk extrinsic sugars	g	84	90	86	85	92	87	92	89
Starch	g	150	154	150	150	155	169	154	156
Fibre (c)	g	15.6	14.8	14.3	15.2	14.8	14.0	14.3	14.4
Alcohol	g	13	12	11	12	12	4	10	10
Calcium	mg	987	985	965	967	986	989	974	979
Iron	mg	13.1	12.4	12.1	12.6	12.3	11.4	12.0	11.9
Zinc	mg	9.6	9.6	9.0	9.4	9.5	9.4	9.3	9.3
Magnesium	mg	302	288	278	292	289	260	278	276
Sodium (d)	g	3.13	3.04	3.03	3.09	3.22	2.84	3.11	3.06
Potassium	g	3.35	3.25	3.13	3.27	3.25	3.14	3.18	3.16
Thiamin	mg	1.86	1.77	1.72	1.80	1.75	1.69	1.72	1.71
Riboflavin	mg	1.99	1.97	1.91	1.93	1.90	1.84	1.92	1.89
Niacin equivalent	mg	37.1	36.5	34.4	36.2	36.4	33.4	35.2	34.9
Vitamin B <sub>6</sub>	mg	2.6	2.6	2.5	2.6	2.6	2.5	2.6	2.5
Vitamin B <sub>12</sub>	µg	6.5	6.6	6.2	6.3	6.3	6.4	6.5	6.3
Folate	µg	317	305	292	307	294	288	291	287
Vitamin C	mg	86	74	72	80	69	70	67	67

continued



Table 8.12 continued

Total energy and nutrient intake (a)									
		Large employer, higher managerial & professional	Small employer & own account worker	Higher professional	Intermediate	Lower professional, managerial, higher technical & supervisory	Lower supervisory & technical occupations	Never worked & long term unemployed	
									intakes per person per day
Vitamin A:									
Retinol	µg	508	538	495	487	501	486	463	510
β-carotene	µg	2 399	2 117	2 393	2 088	2 303	2 160	2 020	2 038
Retinol equivalent	µg	910	893	897	839	888	851	803	854
Vitamin D	µg	3.12	3.30	3.10	3.03	3.13	3.22	2.87	3.15
Vitamin E	mg	12.12	12.85	12.18	12.28	12.34	13.17	14.22	13.37
as a percentage of total food & drink energy excluding alcohol									
Fat	%	38.1	38.4	37.9	37.6	38.0	38.4	38.8	38.5
Fatty acids:									
Saturates	%	14.8	14.8	14.6	14.4	14.6	14.6	14.1	14.5
Mono-unsaturates	%	14.0	14.1	13.9	13.8	14.0	14.2	14.6	14.3
Poly-unsaturates	%	6.7	6.9	6.8	6.8	6.8	7.0	7.5	7.1
Carbohydrate	%	47.2	47.3	47.6	48.3	47.5	47.4	47.6	47.5
Non-milk extrinsic sugars	%	14.1	14.8	14.1	14.9	14.3	15.1	14.0	15.3
Protein	%	15.2	15.2	15.2	15.1	15.2	14.9	13.7	14.8
as a percentage of weighted reference nutrient intake (f)									
Energy (e)	%	103	103	101	99	101	104	109	102
Energy excluding alcohol (e)	%	99	99	97	96	97	100	108	99
Protein	%	172	165	165	158	164	167	180	162
Calcium	%	133	129	132	129	128	131	136	128
Iron	%	114	109	113	103	109	108	101	105
Zinc	%	113	109	110	106	110	111	117	108
Magnesium	%	108	100	105	98	102	102	100	97
Sodium (d)	%	199	188	190	189	193	203	194	193
Potassium	%	101	95	99	92	96	97	104	94
Thiamin	%	208	192	201	191	199	194	203	189
Riboflavin	%	162	157	158	155	156	154	159	154
Niacin equivalent	%	248	238	240	230	240	241	238	233
Vitamin B <sub>6</sub>	%	204	196	196	190	198	200	211	196
Vitamin B <sub>12</sub>	%	445	443	427	416	423	432	477	440
Folate	%	161	150	157	145	153	149	159	145
Vitamin C	%	212	178	214	175	194	171	184	164
Vitamin A (retinol equivalent)	%	139	132	137	127	134	129	134	129

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991



## Economic status of Household Reference Person

- 66** The economic status of the HRP is generally related to the age of the HRP, the household income and the household composition. The data shown in this analysis should be interpreted with some caution given that in households where the HRP is retired there are practically no children. In addition, the sample size for households where the HRP is on a Government Training Scheme is small which has a bearing on the precision of the estimates.
- 67** Table 8.13 shows the averages of purchases and expenditure for both food and drink purchased for the household and for consumption outside the home by economic activity of HRP for the three years ended 31st March 2006.
- 68** Table 8.14 shows the averages of daily energy and nutrient intake from all food and drink by economic activity of HRP for the three years ended 31st March 2006.

## Household

- 69** Household purchases of most food items was highest in households where the HRP was retired, but purchases of cheese, other meat and meat products, fats and oils, potatoes and soft drinks were highest in households where the HRP was attending a Government Training Scheme. It was households where the HRP was a full-time employee that purchased the most alcoholic drinks but the least eggs, fats and oils, and potatoes.
- 70** The highest expenditure on food and drink brought home at £25.69 per person per week was in households where the HRP was retired, which represented 78 per cent of their total weekly expenditure on all food and drink and was 9 per cent higher than the UK average for all households.
- 71** Households where the HRP was attending a Government Training Scheme had the lowest per capita weekly expenditure on household food and drink at £17.06, which represented 80 per cent of their total weekly expenditure and was 28 per cent lower than the UK average.

## Eating out

- 72** Households where the HRP was a full-time employee were the highest purchasers of all food and drink for consumption outside the home apart from fish and fish products, alcoholic drinks and confectionery. The weekly per person eating out expenditure in these households was £13.51 which was 37 per cent of their total weekly expenditure on all food and drink and was 18 per cent higher than the UK average for all households.
- 73** Households where the HRP was on a Government Training Scheme had the lowest purchases of food and drink for consumption outside the home. This category also spent the least on food and drink for consumption outside the home at £4.35 per person per week. This was 20 per cent of their total food and drink expenditure and 28 per cent less than the UK average.

## Intakes

- 74** Households where the HRP was on a Government Training Scheme had the highest energy intake, intakes of fat and saturated fatty acids, carbohydrate and sodium. Households where the HRP was retired had the highest intakes of vitamin A and vitamin D. Households where the

HRP was a part-time employee had the lowest intakes for most vitamins and minerals. Households where the HRP was unemployed had the lowest levels of vitamin C and fibre.

**Table 8.13 Economic activity of Household Reference Person analysis of purchases and expenditure (average April 2003 to March 2006)**

		Economically active					Economically inactive	
		Full time employees	Part time employees	Self employed	Un-employed	Gov't Training Scheme	Retired	Other
Number of households in sample		8 933	1 655	1 608	378	17	5 262	2 778
Average age of HRP		42	46	48	40	39	74	46
Average number of adults per household		2.1	1.8	2.1	1.7	1.4	1.5	1.7
Average number of children per household		0.7	0.8	0.8	0.7	0.6	0.0	0.7
Average gross weekly household income £		829	509	803	248	155	291	300
<b>Household purchases</b>		<i>grams per person per week unless otherwise stated</i>						
Milk and cream	ml	1 838	2 002	1 947	2 064	1 780	2 554	2 106
Cheese		114	112	119	142	161	114	98
Carcase meat		206	206	250	195	137	298	217
Other meat and meat products		821	791	824	830	983	870	809
Fish		141	143	175	136	110	235	141
Eggs	no.	1.4	1.6	1.5	1.8	2.0	2.1	1.7
Fats and oils		154	169	180	182	360	266	200
Sugar and preserves		101	116	128	146	75	225	149
Potatoes		774	826	839	992	1 329	1 004	892
Vegetables excluding potatoes		1 053	1 069	1 168	985	688	1 374	1 024
Fruit		1 165	1 154	1 259	826	860	1 633	952
Total cereals		1 543	1 571	1 604	1 668	1 753	1 861	1 536
Beverages		47	48	54	59	32	91	54
Soft drinks (a)	ml	1 967	1 862	1 754	2 025	3 542	1 324	1 922
Alcoholic drinks	ml	851	661	808	765	316	592	684
Confectionery		127	124	122	105	145	151	112
<b>Eating out purchases</b>		<i>grams per person per week unless otherwise stated</i>						
Indian, Chinese & Thai meals or dishes		40	25	38	18	3	13	16
Meat and meat products		110	87	98	77	60	51	70
Fish and fish products		15	13	15	7	8	17	10
Cheese and egg dishes and pizza		30	25	30	25	10	10	17
Potatoes		89	81	81	64	59	61	62
Vegetables excluding potatoes		37	29	32	20	10	32	23
Sandwiches		108	73	92	46	94	29	49
Ice creams, desserts and cakes		32	31	31	18	2	25	21
Beverages	ml	163	115	122	72	104	139	85
Soft drinks including milk	ml	453	393	387	373	358	107	339
Alcoholic drinks	ml	731	530	760	527	144	394	499
Confectionery		22	23	21	22	18	3	20
<b>Household expenditure</b>		<i>pence per person per week</i>						
Milk and cream		150	152	159	131	132	201	142
Cheese		62	59	69	62	67	61	50
Carcase meat		104	97	128	87	35	156	97
Other meat and meat products		397	349	409	301	349	379	331
Fish		89	88	114	63	49	148	76
Eggs		16	17	19	18	21	25	18
Fats and oils		31	32	38	29	46	58	34
Sugar and preserves		13	14	18	16	7	30	16
Potatoes		103	102	104	105	139	95	103
Vegetables excluding potatoes		187	173	210	134	108	201	151
Fruit		166	159	189	101	92	234	129
Total cereals		387	364	403	329	286	386	325
Beverages		36	36	42	38	15	63	37
All other foods		128	113	131	94	110	123	101
Soft drinks		87	82	81	74	119	58	82
Alcoholic drinks		285	229	302	185	58	259	206
Confectionery		83	78	79	63	73	91	68

continued

Table 8.13 continued

	Economically active					Economically inactive	
	Full time employees	Part time employees	Self employed	Un-employed	Gov't Training Scheme	Retired	Other
<b>Household expenditure</b> continued							
	<i>pence per person per week</i>						
Total all food & drink excluding alcohol	2 039	1 914	2 191	1 647	1 648	2 310	1 760
Total all food & drink	2 324	2 144	2 493	1 832	1 706	2 569	1 966
<b>Eating out expenditure</b>							
	<i>pence per person per week</i>						
Total all food & drink excluding alcohol	915	680	909	462	376	523	500
Total alcoholic drinks	436	300	448	282	59	194	257
Total all food & drink	1 351	980	1 356	743	435	717	757

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

Table 8.14 Economic activity of Household Reference Person analysis of intakes from all food and drink (average April 2003 to March 2006)

		Economically active					Economically inactive	
		Full time employees	Part time employees	Self employed	Un-employed	Gov't Training Scheme	Retired	Other
Number of households in sample		8 933	1 655	1 608	378	17	5 262	2 778
Average age of HRP		42	46	48	40	39	74	46
Average number of adults per household		2.1	1.8	2.1	1.7	1.4	1.5	1.7
Average number of children per household		0.7	0.8	0.8	0.7	0.6	0.0	0.7
Average gross weekly household income £		829	509	803	248	155	291	300
Total energy and nutrient intake (a)		intakes per person per day						
Energy	kcal	2 305	2 289	2 371	2 403	2 831	2 572	2 335
	MJ	9.7	9.6	10.0	10.1	11.9	10.8	9.8
Energy excluding alcohol	kcal	2 222	2 222	2 286	2 340	2 811	2 503	2 273
Total Protein	g	79.8	78.5	82.0	82.4	86.2	88.0	79.9
Fat	g	94	94	97	100	140	106	98
Fatty acids:								
Saturates	g	35.9	35.9	37.5	38.2	50.6	42.6	36.7
Mono-unsaturates	g	34.7	34.5	35.8	37.4	52.5	38.3	36.5
Poly-unsaturates	g	16.9	16.9	17.5	18.1	28.3	17.8	18.3
Cholesterol	mg	263	261	278	282	315	314	273
Carbohydrate (b)	g	282	284	288	295	321	319	285
Total sugars	g	131	131	134	129	136	159	130
Non-milk extrinsic sugars	g	87	86	89	89	94	102	88
Starch	g	151	153	154	166	184	160	155
Fibre (c)	g	14.8	14.8	15.1	14.5	16.4	17.0	14.7
Alcohol	g	12	10	12	9	3	10	9
Calcium	mg	968	982	988	1 066	1 121	1 129	997
Iron	mg	12.4	12.1	12.6	11.9	13.4	14.0	12.0
Zinc	mg	9.3	9.2	9.6	9.9	10.7	10.5	9.5
Magnesium	mg	287	280	294	283	291	323	279
Sodium (d)	g	3.11	2.98	3.05	3.12	3.96	3.21	2.99
Potassium	g	3.22	3.19	3.30	3.31	3.60	3.68	3.25
Thiamin	mg	1.77	1.74	1.78	1.75	1.99	1.95	1.74
Riboflavin	mg	1.91	1.93	1.98	1.98	1.96	2.35	1.98
Niacin equivalent	mg	35.9	34.5	36.8	35.5	37.5	37.8	34.8
Vitamin B6	mg	2.6	2.5	2.6	2.6	3.0	2.7	2.6
Vitamin B12	µg	6.2	6.4	6.6	7.0	6.9	7.9	7.0
Folate	µg	299	294	309	297	314	347	298
Vitamin C	mg	76	73	78	70	86	83	71
Vitamin A:								
Retinol	µg	483	484	541	506	655	734	547
β-carotene	µg	2 211	2 133	2 205	2 093	2 392	2 413	2 179
Retinol equivalent	µg	855	843	912	857	1 053	1 146	915
Vitamin D	µg	3.09	3.10	3.29	3.08	3.85	3.97	3.13
Vitamin E	mg	12.53	12.52	12.79	13.26	22.36	12.97	13.42

continued

Table 8.14 continued

		Economically active					Economically inactive	
		Full time employees	Part time employees	Self employed	Un-employed	Gov't Training Scheme	Retired	Other
Total energy and nutrient intake (a) continued		as a percentage of total food & drink energy excluding alcohol						
Fat	%	38.0	37.9	38.4	38.6	44.9	38.1	38.9
Fatty acids:								
Saturates	%	14.5	14.5	14.8	14.7	16.2	15.3	14.5
Mono-unsaturates	%	14.0	14.0	14.1	14.4	16.8	13.8	14.5
Poly-unsaturates	%	6.9	6.9	6.9	7.0	9.1	6.4	7.3
Carbohydrate	%	47.6	47.9	47.3	47.3	42.8	47.8	47.0
Non-milk extrinsic sugars	%	14.7	14.5	14.5	14.2	12.6	15.3	14.5
Protein	%	14.4	14.1	14.4	14.1	12.3	14.1	14.1
		as a percentage of weighted reference nutrient intake (f)						
Energy (e)	%	101	103	103	106	130	112	106
Energy excluding alcohol (e)	%	97	100	99	103	129	109	103
Protein	%	163	165	165	173	193	162	171
Calcium	%	129	130	130	143	160	146	135
Iron	%	107	105	110	105	116	144	109
Zinc	%	109	110	109	116	134	119	114
Magnesium	%	101	99	102	102	111	104	102
Sodium (d)	%	195	186	188	200	264	218	194
Potassium	%	95	95	96	101	117	109	100
Thiamin	%	195	196	194	196	232	210	200
Riboflavin	%	154	158	158	161	169	180	164
Niacin equivalent	%	237	234	240	236	261	250	240
Vitamin B <sub>6</sub>	%	197	195	196	202	241	194	203
Vitamin B <sub>12</sub>	%	420	436	441	483	499	481	484
Folate	%	150	147	152	153	171	158	155
Vitamin C	%	185	180	187	175	222	189	179
Vitamin A (retinol equivalent)	%	130	129	135	133	170	162	143

(a) Contributions from pharmaceutical sources are not recorded by the survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) (i) Excludes sodium from table salt (ii) The RNI for sodium is the amount that is sufficient for 97 per cent of the population. In May 2003 the Scientific Advisory Committee on Nutrition made recommendations about the maximum amount of salt that people should be eating, i.e. that the average salt intake for adults should be no more than 6 grams per day, equivalent to 2.4 grams of sodium per day

(e) As a percentage of Estimated Average Requirement

(f) Department of Health, 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom', HMSO 1991

# Annex: Revisions

- 1 Significant revisions have been made that affect estimates from 2001-2 to 2004-05.
- 2 The revisions introduce estimates of free food into both eating out and household food. Historically free food was included in estimates of household food from the National Food Survey and the revisions to the current estimates of household food bring them into line. However the main impact is on estimates of eating out where free food has a far greater impact.
- 3 The revisions also introduce quantity and nutrient content for a range of unspecified food purchases. For these the expenditure was already included but due to lack of knowledge about the foods no quantity or nutrient content had been included. Now estimates have been made to complete the picture, based on averages of other food purchases recorded in the survey.

## Types of food introduced

- 4 The revisions are made by introducing the following categories of food and drink:
- 5 For the household
  - Free welfare milk
  - Meals on wheels – paid for or free
- 6 Eating out
  - Free school milk
  - Free fruit and vegetables in schools
  - Free school meals
  - Paid for school meals
  - Free meals provided by employer
  - Free tea/coffee/soft drinks provided by employer
  - Food purchased on business that gets paid for by the employer
  - Indian buffet/shared meal/indian meal not specified
  - Chinese/Thai buffet, shared meal or meal not specified
  - All other ethnic meals
  - Salad buffet/buffet meal where items not specified
  - Sandwiches & rolls not specified
  - Meal - not specified eg 'meal' or 'meal at work'
  - Soft drink where pure juice/juice drink not specified
- 7 For each type of free food there is a different method of estimation using information that is available from the survey. In some cases information from expenditure and number of occurrences is available. In other cases only information on the number of occurrences is available. In other cases the only information available is that there has been at least one occurrence in the last week.

## Effect on estimates of energy intake

- 8 The overall effect of the revisions is made clear by examining the change to estimated energy intakes.
- 9 For household food the effect is very small. It was only a 0.1 per cent in 2002-03 to 2004-05 (1 to 2 Kcals out of 2000 Kcals). The revision is slightly larger in 2001-02 due to additional revisions to a few portion sizes for that year.
- 10 For eating out the effect is far greater. Roughly 100 Kcals are added per person per day increasing the previously published estimates by some 50 per cent.
- 11 The combined effect on household and eating out is an increase in energy intake of 99 Kcals or 4.4 per cent from 2239 to 2338 Kcals per person per day in 2004-05.

Table 9.1 Energy intake per person

	2001-02	2002-03	2003-04	2004-05
	<i>average intake per person per day, Kcals</i>			
<b>Household</b>				
Original intake	2 089	2 099	2 077	2 048
Revised intake	2 098	2 101	2 079	2 050
Additional energy	9	2	2	1
<b>Eating out</b>				
Original intake	212	210	205	191
Revised intake	310	310	303	288
Additional energy	99	100	98	98

- 12 The largest impact on eating out comes from free work meals, although these are declining. The survey evidence is from a question asking how many free work meals were received in the last two weeks. A second large impact is from free school meals which, according to the survey, are also declining.
- 13 The third largest impact is from unspecified meals for which there is an increasing trend. These are meals recorded in the survey respondents two weekly diaries that give few details. They are coded as
  - Indian buffet or shared meal or unspecified Indian meal,
  - Chinese or Thai buffet or shared meal or unspecified Chinese or Thai meal,
  - All other ethnic meals,
  - Salad buffet or buffet meal where items not specified,
  - Unspecified sandwiches or rolls,
  - Unspecified meal e.g. 'meal', 'school meal' or 'meal at work',
  - Soft drink where pure juice or juice drink not specified.

Table 9.2 Eating out energy intakes

	2001-02	2002-03	2003-04	2004-05
<i>average intake per person per day, Kcal</i>				
Business food refund	1	2	1	1
Free school fruit	0	0	0	0
Free school meal	27	26	23	21
Free school milk	1	1	1	1
Free work meal	45	42	42	34
Paid for school meal	9	7	8	9
Unspecified meals	19	22	25	32

## Effect on estimates of nutrient intakes

**14** The main effect is to raise the level of eating out nutrient intakes by about 50 per cent. However there are wide variations from nutrient to nutrient.

**15** Eating out intakes of fibre, beta carotene, retinol equivalent are all more than doubled. Eating out intakes of thiamin and vitamin C are almost doubled. The effect on combined household and eating out intakes is largest for beta carotene, which is increased by 13 per cent.

Table 9.3 UK revised average energy and nutrient intakes from food and drink in 2004-05 (a)

		Household food	Food eaten out	All food and drink	% HH revision	% EO revision	% combined revision
<i>intake per person per day</i>							
Energy	kcal	2 050	288	2 338	+ 0.1	+ 51	+ 4.4
Total Protein	g	70.7	10.0	80.7	+ 0.1	+ 72	+ 5.6
Fat	g	83.5	12.4	95.9	+ 0.1	+ 72	+ 5.8
Fatty acids:							
Saturates	g	33.0	3.9	36.9	+ 0.1	+ 55	+ 4.0
Mono-unsaturates	g	30.2	5.1	35.3	+ 0.1	+ 83	+ 7.1
Poly-unsaturates	g	14.6	2.6	17.2	0.0	+ 84	+ 7.3
Cholesterol	mg	231	40	270	+ 0.1	+ 72	+ 6.6
Carbohydrate (b)	g	257	30	287	0.0	+ 44	+ 3.3
Total sugars	g	123	12	135	+ 0.1	+ 13	+ 1.1
Non-milk extrinsic sugars	g	80	9	90	0.0	+ 3	+ 0.3
Starch	g	134	18	152	0.0	+ 79	+ 5.4
Fibre (c)	g	13.2	1.8	15.0	0.0	+ 107	+ 6.7
Alcohol	g	7.2	3.6	10.8	0.0	0	+ 0.1
Calcium	mg	906	83	989	+ 0.2	+ 47	+ 3.0
Iron	mg	11.2	1.3	12.5	0.0	+ 75	+ 4.8
Zinc	mg	8.4	1.1	9.5	+ 0.1	+ 73	+ 5.5
Magnesium	mg	256	34	290	+ 0.1	+ 51	+ 4.2
Sodium (d)	g	2.71	0.36	3.07	0.0	+ 70	+ 5.1
Potassium	g	2.86	0.41	3.28	+ 0.1	+ 70	+ 5.6
Thiamin	mg	1.56	0.22	1.78	0.0	+ 97	+ 6.6
Riboflavin	mg	1.80	0.17	1.97	+ 0.2	+ 50	+ 3.2
Niacin equivalent	mg	30.8	5.1	35.8	+ 0.1	+ 56	+ 5.4
Vitamin B <sub>6</sub>	mg	2.2	0.4	2.6	+ 0.1	+ 67	+ 6.6
Vitamin B <sub>12</sub>	µg	5.9	0.6	6.5	+ 0.3	+ 71	+ 4.6
Folate	µg	257	47	304	+ 0.1	+ 72	+ 6.9
Vitamin C	mg	64	9	73	+ 0.1	+ 91	+ 6.6
Vitamin A:							
Retinol	µg	470	52	522	+ 0.1	+ 68	+ 4.3
β-carotene	µg	1 833	388	2 221	0.0	+ 179	+ 12.7
Retinol equivalent	µg	782	116	899	+ 0.1	+ 116	+ 7.6
Vitamin D	µg	2.89	0.36	3.25	0.0	+ 58	+ 4.3
Vitamin E	mg	10.67	1.84	12.51	0.0	+ 72	+ 6.6

(a) Contributions from pharmaceutical sources are not recorded by the Survey

(b) Available carbohydrate, calculated as monosaccharide equivalent

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt



- 16 Even though energy intake has been revised upwards intakes of alcohol and NMES are hardly changed by the revisions.

### Effect on key indicators

- 17 The effect of the revisions is similar in each year so it hardly affects trends in key indicators, but absolute levels are changed.
- 18 The downward trend in energy intake from 2002-03 to 2004-05 remains. The percentage of energy provided by fat in the diet is increased marginally from 37.7 to 38.2 per cent. The recommended level is 35 per cent. The percentage of energy provided by saturated fatty acids in the diet is decreased marginally from 14.8 to 14.7 per cent. The recommended level is 11 per cent.
- 19 The percentage of energy provided by non-milk extrinsic sugars in the diet is decreased from 15.5 to 14.8 per cent in 2004-05. The recommended level is 11 per cent. The large decrease in the estimate is due to an increase in eating out energy intake without an increase in eating out NMES arising because the estimates of free business meals and unspecified meals only include a main course.

**Table 9.4 Revisions to contributions to energy intake from food and drink excluding alcohol in 2004-05**

	Household food	Food eaten out	All food and drink	Unrevised household	Unrevised eating out	Unrevised all food and drink
<i>as a percentage of total food and drink energy excluding alcohol</i>						
Fat	37.6	42.6	38.2	37.6	39.3	37.7
Fatty acids:						
Saturates	14.8	13.4	14.7	14.8	13.7	14.8
Mono-unsaturates	13.6	17.5	14.1	13.6	15.2	13.7
Poly-unsaturates	6.6	8.8	6.8	6.6	7.6	6.7
Carbohydrate	48.3	42.3	47.6	48.3	46.7	48.2
Non-milk extrinsic sugars	15.0	13.5	14.8	15.0	20.8	15.5
Protein	14.1	15.2	14.3	14.1	14.1	14.1

- 20 Sodium intake, excluding table salt, is increased by 5 per cent from 2.92 to 3.07 grams per person per day in 2004-05. The change is in line with the overall change in energy intake (refer table 9.3).

### Method for free school fruit

- 21 Survey respondents are asked "have any of your children had any free fruit?". The answers are recorded as "yes" or "no". There are no follow up questions asking the number of pieces of fruit received, the types of fruit received, or the number of children receiving the fruit. It has been assumed that where a household gets free fruit any children aged between 4 and 6 in that household will receive the fruit. It has been assumed that 10 pieces of fruit will be given to each child over a two week period. A portion size for free fruit of 60 grams is assumed.
- 22 The effect on the estimates is very small. The largest change comes in 2004-05 with an increase of 4.5 grams of fruit per person per week. This is the equivalent of an extra 0.003 kcal per person per day.



Table 9.5 School fruit per person per week

	2001-02	2002-03	2003-04	2004-05
	<i>grams per person per week unless otherwise stated</i>			
Excluding free fruit	8.6	8.4	8.1	8.4
Including free fruit	9.7	9.9	11.4	13.0
Increase	1.1	1.5	3.3	4.5
% increase	12%	18%	40%	54%

### Method for free school meals

- 23** Respondents are asked “have your children had any school meals?”. If the answer is “yes” the respondent is then asked if the meal was paid for. If the meals were free then the number of children receiving free meals and the number of meals received over the last 7 days is recorded. If the meals were paid for some additional information on the cost of the meal is also obtained.
- 24** These unspecified meals have been assumed to comprise a main dish, a portion of potatoes and a portion of vegetables or salad. They have been assumed not to include a dessert. Averaging over all possible main dishes, all types of potatoes and all types of vegetable and salad leads to a combined portion size of 410 grams for the meal. This is the same size as assumed for unspecified adult meals.
- 25** Free school meals have the second largest impact on the estimates. The effect is to increase energy intake by 30 Kcals per person per day in 2004-05, which is a ten per cent increase on eating out.

Table 9.6 School meals, purchases and energy

		2001-02	2002-03	2003-04	2004-05
		<i>grams per person per week unless otherwise stated</i>			
Quantity free		37.4	37.1	32.2	29.2
Quantity paid for		12.3	9.2	11.4	12.3
<b>Total quantity</b>		<b>49.7</b>	<b>46.4</b>	<b>43.7</b>	<b>41.5</b>
Energy in free	Kcal per day	26.7	26.5	23.0	20.8
Energy in paid for	Kcal per day	8.7	6.6	8.2	8.8
<b>Total energy</b>	<b>Kcal per day</b>	<b>35.4</b>	<b>33.1</b>	<b>31.1</b>	<b>29.6</b>

### Method for free milk

- 26** Respondents are asked “have you had any free school/welfare milk?”. If the answer is yes the respondents are asked which children/people have received milk and the number of bottles / cartons they received in one week.
- 27** Free school milk is treated as eating out whilst welfare milk is treated as household. A portion size for free milk of 250 ml is assumed, in line with the recommendations for how much free milk can be given out per person per day.
- 28** The existing eating out nutrient conversion factors for “milk as drink” are used for free school milk. There are already existing nutrient conversion factors for welfare milk (which were used with the National Food Survey data).

Table 9.7 Estimates of free milk

	2001-02	2002-03	2003-04	2004-05
	<i>ml per person per week</i>			
School milk	7	10	10	5
Welfare milk	10	16	17	12

### Method for free work meals

- 29** Respondents are asked “have you received any free food/drink from your employer?”. If the answer is “yes” the respondent is then asked how many meals they received in the last 7 days.
- 30** There is a large range in the number of free meals people say they have received in the last 7 days. Some people say they have received as many as 21 meals (the equivalent of 3 meals per day for each of the 7 days). Further analysis reveals that the occupations of these people tend to be in the catering industry, marketing and sales managers and secondary school professionals. The people who received the highest number of meals in total were seafarers, armed forces personnel, ship personnel etc.

Table 9.8 Free work meals

		2001-02	2002-03	2003-04	2004-05
		<i>grams per person per week unless otherwise stated</i>			
Quantity		62	59	59	47
Energy	kcal per day	45	42	42	34

- 31** These unspecified meals have been assumed to comprise a main dish, a portion of potatoes and a portion of vegetables or salad. They have been assumed not to include a dessert. Averaging over all possible main dishes, all types of potatoes and all types of vegetable and salad leads to a combined portions size of 410 grams for the meal.

### Method for business refund meals

- 32** When someone buys food and then reclaims the cost from their employer the amount of food bought is not itemised in either the household or eating out parts of the diary. The same assumptions are made as in free work meals.
- 33** The following table shows the effect of including food bought whilst on business. Purchases increase by 3 to 4 grams per person per week and energy intake increases by just over 1 kcal per person per day.

Table 9.9 Business refund meals

		2001-02	2002-03	2003-04	2004-05
		<i>grams per person per week unless otherwise stated</i>			
Increase in purchases		3.4	4.4	3.2	3.6
Increase in energy intakes	kcal per day	1.0	1.7	1.3	1.3

## Method for unspecified meals

- 34** Seven food/drink codes were not given a portion size or a nutrient profile when the Expenditure and Food Survey was introduced in 2001-02. Without a portion size these types of food have not previously been included in calculations of quantities of food or of energy and nutrient intakes. In 2004-05 the survey recorded 1534 occurrences of “unspecified meal e.g. meal, school meal or meal at work”.

Description	Occurrences
Indian buffet or shared meal or unspecified Indian meal	83
Chinese or Thai buffet or shared meal or unspecified Chinese or Thai meal	180
All other ethnic meals	39
Salad buffet or buffet meal where items not specified	35
Unspecified sandwiches or rolls	1 672
Unspecified meal e.g. 'meal', 'school meal' or 'meal at work'	1 534
Soft drink where pure juice or juice drink not specified	3

- 35** The reason for these omissions was that little was known about the content of these meals. Now, with several years of survey data available it has been possible to use data on similar categories where quantities have been provided or estimated and to construct average quantities and average nutrient profiles for unspecified meals.

- 36** The estimated portion sizes are constructed from related codes as follows:

	Portion size, grams	Based on
Indian buffet or shared meal or unspecified Indian meal	690	Indian curry + side (samosas) + naan + rice
Chinese or Thai buffet or shared meal or unspecified Chinese or Thai meal	660	Chinese/Thai main course + side (spring roll) + fried rice
All other ethnic meals	675	Average of Chinese/Indian meal
Salad buffet or buffet meal where items not specified	410	Main dish + potatoes + 1 portion of vegetable/salad
Unspecified sandwiches or rolls	180	Average of all other sandwiches
Unspecified meal e.g. 'meal', 'school meal' or 'meal at work'	410	Main dish + potatoes + 1 portion of vegetable/salad
Soft drink where pure juice or juice drink not specified	330	Average size of can of drink

- 37** The estimated nutrient profiles are weighted averages of the nutrient profiles for possible meal components. For example the main dish in Unspecified meal e.g. 'meal', 'school meal' or 'meal at work' is an average of some 47 possible main dishes where the weights are the numbers of occurrences in the 2002-03 data. Full details can be found on the website at <http://statistics.defra.gov.uk/esg/publications/efs/default.asp>. The resulting nutrient profiles for each type of unspecified food are:

**Table 9.10 Nutrient profiles for types of unspecified food**

		Indian meal	Chinese/Thai meal	Other ethnic meals	Salad	Sandwiches & rolls	Soft drink	Meal - not specified
Energy	kcal	740	592	631	17	205	41	499
Vegetable protein	g	27.9	23.3	24.5	0.8	10.1	0.0	21.5
Total Protein	g							
Fat	g	23.5	33.9	31.2	0.3	10.2	0.0	27.0
Fatty acids:								
Saturates	g	3.5	6.6	5.8	0.1	3.0	0.0	7.3
Mono-unsaturates	g	11.1	16.9	15.4	0.0	2.7	0.0	12.1
Poly-unsaturates	g	7.2	8.6	8.2	0.2	3.6	0.0	5.9

continued

Table 9.10 continued

		Indian meal	Chinese/ Thai meal	Other ethnic meals	Salad	Sandwiches & rolls	Soft drink	Meal - not specified
Cholesterol	mg	51	89	79	0	33	0	88
Carbohydrate (a)	g	111	51	67	3	20	11	45
Total sugars	g	7	12	11	3	2	11	7
Non-milk extrinsic sugars	g	1	9	7	0	0	11	1
Starch	g	104	39	56	0	18	0	39
Fibre (b)	g	6.3	4.2	4.7	1.1	1.1	0.0	5.1
Alcohol	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Calcium	mg	288	111	158	18	115	6	125
Iron	mg	5.8	5.1	5.3	0.6	1.1	0.0	2.8
Zinc	mg	2.1	1.7	1.8	0.1	1.0	0.0	2.6
Magnesium	mg	65	45	51	8	21	1	61
Sodium	g	1.34	1.05	1.13	0.01	0.45	0.01	0.73
Potassium	g	0.62	0.43	0.48	0.22	0.19	1.00	0.96
Thiamin	mg	0.45	0.25	0.31	0.08	0.19	0.00	0.60
Riboflavin	mg	0.23	0.23	0.23	0.01	0.12	0.00	0.30
Niacin equivalent	mg	13.5	10.0	10.9	0.8	4.8	0.0	9.3
Vitamin B <sub>6</sub>	mg	0.6	0.4	0.4	0.1	0.2	0.0	0.9
Vitamin B <sub>12</sub>	µg	0.2	1.0	0.8	0.0	0.5	0.0	1.4
Folate	µg	73	59	62	27	23	0	108
Vitamin C	mg	2	3	3	20	2	0	27
Vitamin A:								
Retinol	µg	11	22	19	0	46	0	118
β-carotene	µg	137	201	184	840	127	0	1 464
Retinol equivalent	µg	34	55	49	140	67	0	362
Vitamin D	µg	0.23	0.66	0.54	0.00	0.61	0.00	0.70
Vitamin E	mg	3.37	5.21	4.72	0.79	3.64	0.00	3.81

(a) Available carbohydrate, calculated as monosaccharide equivalent

(b) As non-starch polysaccharides

# The Family Food Committee

We are extremely grateful to the Family Food Committee whose advice on the conduct of the Expenditure and Food Survey and the form of the annual report is invaluable.

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# Development Issues

The Defra team in conjunction with the Family Food Committee have agreed the following development issues:

- (1) assess non-response bias related to diet,
- (2) increase response to a minimum of 60 per cent,
- (3) improve the 10 per cent estimate for wasted quantities of purchases,
- (4) incorporation of free food,
- (5) timeliness of results,
- (6) updating portion sizes,
- (7) updating and accuracy of nutrient profiles,
- (8) accuracy of reporting,
- (9) lack of standard errors.

## Progress made in 2006-07

### **(1) assess non-response bias related to diet**

No work was carried out in 2006-07.

### **(2) increase response to a minimum of 60 per cent**

Response on the EFS continues to be a concern with rates in Great Britain being below 60 per cent. The response rate for the 2005-06 survey was 57%, the same as for the 2004-05 survey. A major contributory factor in explaining this low response is interviewer capacity and a number of initiatives to address the retention/recruitment problem have been introduced by the ONS.

### **(3) improve the 10 per cent estimate for wasted quantities of purchases**

A proposed household bin survey organised by WRAP (Waste & Resources Action Programme) was cancelled after media stories about identity theft and intelligent bins. However WRAP intends to run a small diary survey of a few hundred households as well as a compositional analysis of bins in Scotland. The committee members agreed that the assumed 10 per cent wastage probably underestimated and that new data was needed.

### **(4) incorporation of free food**

Estimates of free food have been incorporated into the survey results with revisions back to 2001-02. The estimation method is described in the report and in a technical note on the website.

### **(5) timeliness of results**

Timeliness of the UK statistics notice for the survey year 2005-06 was one month later than a year previously with publication in January 2007. Timeliness of this annual report "Family Food 2005-06" was the same as the previous year with publication in May 2007.

**(6) updating portion sizes**

No work was carried out in 2006-07.

**(7) updating and accuracy of nutrient profiles**

No updates were made to nutrient profiles for the 2005-06 survey year. The Food Standards Agency provides nutrient profiles for the Expenditure and Food Survey. Each food code used in the survey is made up of a number of individual sub-codes to which nutrient and market share data are assigned. The sub-codes that make up a food code represent those foods which contribute a significant proportion of the food code in terms of market share, and have a different nutrient composition to the other sub-codes that comprise a food code. For example, the food code fruit juice comprises a number of sub-codes including grapefruit, orange, pineapple and apple juices. A nutrient profile is calculated for each food code from a weighted average of the sub-codes based on relative market share.

**(8) accuracy of reporting**

Defra checks continue to identify no more than 0.5 per cent of codings as errors. This is considered acceptable.

**(9) lack of standard errors**

Approximate standard errors are now calculated for all standard estimates from the survey. Statistical significance of short term trend and statistical significance of latest year change have been introduced into the quantity and expenditure tables in the report.

**Plans for 2007**

For (1) with the assistance of the ONS we aim to explore correlations between non-response (including non-contact addresses) and regional and possibly demographic variables.

For (2) the ONS are considering a set of interim measures to lessen the impact of interviewer capacity problems including significantly reducing interview reissues. Reissuing addresses where no contact was made to interviewers in subsequent months tends to add only around 1 per cent to the response rates for each survey. However, identifying and allocating these reissues is resource intensive and this time could be more productively spent allocating initial cases and supporting interviews to secure contact.

For (3) we aim to play an active role as a stakeholder in work planned by WRAP on estimating consumer food waste.

For (5) we are reverting to producing Family Food based on a calendar year, with publication of 2006 data aimed for December 2007.

For (6) we intend to explore options for updating portion sizes.

For (7) we intend to put in place a programme of updates to the market shares used to construct nutrient profiles for our 250 household food codes. The market shares are used to average over base level nutrient profiles that relate to products covered by particular household food codes.



# Link To Family Food Datasets On The Defra Website

Datasets for the Family Food publication can be accessed through the web at <http://statistics.defra.gov.uk/esg/publications/efs/default.asp>

Information is available on purchases, expenditure and nutrient intakes for both household and eating out. Datasets available are:

- United Kingdom
- UK regions
- Gross income quintile
- Household composition
- Age group of household reference person
- Age at which household reference person ceased full-time education
- Ethnic origin of household reference person
- Socio-economic classification of household reference person
- Economic activity of household reference person

