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FAMILY FOOD IN 2001/02

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This report presents results from the Expenditure and Food Survey for consumption, expenditure and nutritional intakes in the United Kingdom for 2001/02. Adjusted National Food Survey results for 1996/97 to 2000/01 are included for comparison. First results for the United Kingdom were published in a Statistics Notice on 28th April 2003. This report includes more details including demographic breakdowns based on government office region, household composition, income quintiles, age of household reference person, age at which household reference person ceased full time education, occupation, ethnic origin and economic status of household reference person.

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1: HEADLINE RESULTS INCLUDING FRUIT AND VEGETABLES

Introduction

This report contains detailed statistics on expenditure, consumption and nutritional content of food brought into households within the UK between April 2001 and March 2002. It is based upon the food and drink components of the Expenditure and Food Survey (EFS). These statistics provide more detail than and revise the first results which were published on 28th April 2003. It is the first detailed report on food items from the Expenditure and Food Survey.

The Expenditure and Food Survey started in April 2001 and collects expenditure on and weight of food brought into the home. It also collects details of meals eaten out. In 2001/02 the sample size was nearly 7000 households in Great Britain and over 500 in Northern Ireland. The Expenditure and Food Survey replaced both the Family Expenditure Survey and the National Food Survey. It is run in the same way as the Family Expenditure Survey but has been extended to record detailed information on food and drink.

This report covers only food and drink that is brought into the home, including takeaways that are brought home and confectionery, alcoholic and soft drinks that are brought home. Throughout the report household food refers to food and drink brought into households. Statistics on food eaten out will be published in the next report. Previous statistics, based upon the National Food Survey (NFS), showed that food eaten out for each of the years 1995 to 2000 amounted to about 11 per cent of overall food consumption.

Results from the Expenditure and Food Survey as reported here differ, in some cases substantially, from corresponding results from the National Food Survey for past years published in previous reports. It is not valid to treat these differences as trends in diet because they are largely due to under-recording in the National Food Survey.

However, estimates from the National Food Survey covering the financial years of 1996/97 through to 2000/01 have been provisionally adjusted to be broadly comparable with the estimates from the Expenditure and Food Survey. These adjusted data allow us to construct time series for consumption and nutritional intakes, but the differences between estimates for 2000/01, based upon NFS, and estimates for 2001/02, based upon EFS, are less reliable than for other years. Details of the method of adjustment are given in Section 5.

All tables, many with fuller details, 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>

Expenditure in 2001/02

In 2001/02 in the UK average expenditure on household food (excluding alcoholic drinks, soft drinks and confectionery) rose by 3.5 per cent to £17.55 per person per week. Spending on alcoholic drinks, soft drinks and confectionery for home consumption added a further £3.97 to the average expenditure per person per week.

Expenditure within most food groups increased in 2001/02 compared to the previous year. The largest increases in expenditure were for soft drinks (12 per cent) and meat and meat products (9.0 per cent), the latter due to an increase in expenditure on prepared meat products rather than carcass meat. Spending fell on fats and oils (-6.0 per cent), sugar and preserves (-11 per cent), and beverages (-16 per cent). In comparison with the high level of spending recorded in 2000/01 expenditure on alcoholic drinks and confectionery fell but remained above the estimates for 1999/00. The share of food expenditure between food groups has not changed significantly since 1996/97.

Table 1.1 United Kingdom expenditure by main food groups - 1996/97 to 2001/02

	<i>pence per person per week</i>					
	1996/97	1997/98	1998/99	1999/00	2000/01	2001/02
Milk and cream	144	145	139	139	143	144
Cheese	55	53	51	53	54	57
Meat and meat products	408	408	402	404	420	458
Fish	86	75	78	89	90	93
Eggs	18	16	16	16	16	17
Fats and oils	42	39	38	37	39	36
Sugar and preserves	23	22	20	18	17	15
Vegetables and vegetable products	239	242	258	254	257	271
Fruit and fruit products	128	135	140	143	148	150
Cereal products	335	329	333	340	348	357
Beverages	55	56	60	51	52	44
Miscellaneous	95	99	101	105	112	113
Total food	1628	1620	1636	1649	1696	1755
Soft drinks	57	56	58	62	64	72
Alcoholic drinks	204	205	230	223	263	244
Confectionery	73	70	71	68	85	81
Total all food and drink	1961	1951	1995	2002	2109	2152

Consumption in 2001/02

Consumption of food as reported in this notice is based upon expenditure and assumes no waste. The weight of food is measured as it enters the household, not at the point of consumption. For example the weight as reported for consumption of bananas includes the weight of banana skins. Assuming that the levels of wastage remain steady, or change only slightly, actual trends in food consumption are approximated well by food consumption based on purchase weight as reported here.

In 2001/02 consumption of milk and cream was 6.2 per cent lower than in the previous year, with supply and prices affected by foot and mouth disease. Consumption of cheese continued to rise slowly. Meat prices were higher but consumption still rose slightly. Fish consumption dropped by 4.1 per cent but still cost consumers 3.0 per cent more. The decline in sugar consumption (excluding confectionery) continued, down 33 per cent since

1996. Consumption of fruit fell by 4.1 per cent and that of vegetables by 6.6 per cent, maybe due to increased prices since expenditure on fruit and vegetables rose by 4.5 per cent. Consumption of cereals dropped by 7.6 per cent in 2001/02. Consumption of miscellaneous products rose mainly due to an increase in consumption of ice cream. Consumption of soft drinks continued to rise, up 7.0 per cent in 2001/02. Consumption of alcoholic drinks dropped back from a high level in 2000/01 but remains 14 per cent above the level of consumption in 1999/00. Consumption of confectionery dropped back to its level in 1999/00 from a high level in 2000/01, but expenditure on confectionery remains 19 per cent above the level in 1999/00 due to increased prices. Detailed analysis on consumption is provided in Chapter two.

Table 1.2 United Kingdom consumption by main food groups, 1996/97– 2001/02

	<i>grams per person per week, unless otherwise stated</i>					
	1996/97	1997/98	1998/99	1999/00	2000/01	2001/02
Milk and cream (ml or eq ml)	2169	2183	2123	2112	2156	2023
Cheese	112	106	103	106	110	112
Meat and meat products	986	979	978	964	1016	1032
Fish	174	163	161	156	163	157
Eggs (number)	1.77	1.60	1.62	1.58	1.62	1.65
Fats and oils	237	209	202	200	201	196
Sugar and preserves	219	203	188	169	173	147
Vegetables and vegetable products	2279	2202	2172	2117	2140	1999
Fruit and fruit products	1118	1146	1144	1140	1206	1156
Cereal products	1860	1770	1738	1747	1790	1655
Beverages	76	72	73	68	71	60
Miscellaneous	533	543	538	559	600	648
Soft drinks ^(a) (ml)	1592	1565	1514	1593	1630	1744
Alcoholic drinks (ml)	667	667	658	645	799	735
Confectionery	139	133	131	128	152	128

(a) Converted to unconcentrated equivalent

Fruit and Vegetables (excluding potatoes)

More details are provided here for consumption of fruit and vegetables because it has been chosen as one of eleven headline indicators within the Sustainable Food and Farming Strategy. It is one of three headline indicators for the social outcome named “better public health through improved nutrition and workplace health and safety”.

Part of the strategy involves the Food and Health Action Plan, being developed by the Department of Health, which will include indicators and supporting statistics. The measure of fruit and vegetable consumption in this report is presently being used as the headline indicator in the Food and Health Action Plan.

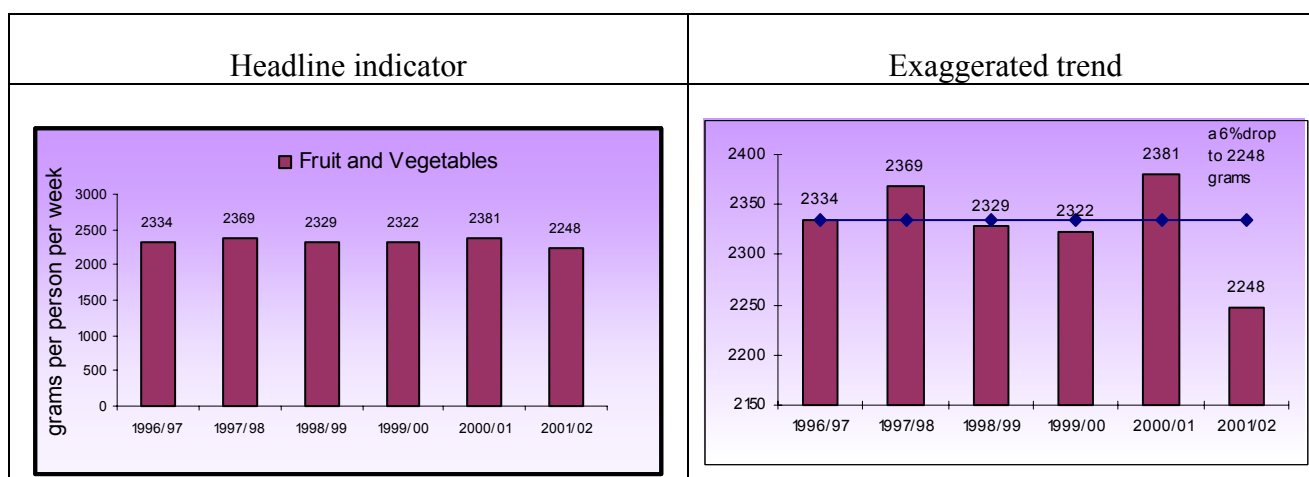
The 5 A Day programme aims to increase fruit and vegetable consumption by addressing the main barriers to increasing consumption through improving access to and availability of fruit and vegetables, and improving attitudes and awareness. The programme includes the National School Fruit Scheme, local 5 A DAY community initiatives and a communication programme.

The fruit and vegetable indicator presented here ties in broadly with the 5 A Day definition by excluding fresh and processed potatoes. However, it excludes fruit and vegetables not brought into the household, for example fruit and vegetables provided through a workplace canteen. The estimates are primarily for the household, because the survey measures food brought into the household and not food consumed by individuals, but they are averaged to give consumption per person in grams per week.

The consumption of fruit and vegetables (excluding potatoes) between 1996/97 and 2001/02 shows no discernible trend over time. There is an estimated drop in consumption of fruit and vegetables (excluding potatoes) in 2001/02 of 5.6 per cent. The sampling errors in the survey indicate that the true consumption in 2001/02 is between 2189 and 2307 grams per person per week (as measured by the 95 per cent confidence interval). Extra uncertainty is added by non-sampling errors due to the change in survey method which can't be quantified. Despite these uncertainties there appears to have been a drop in consumption of fruit and vegetables in 2001/02, which may have been due to higher prices for fruit and vegetables as recorded in the retail price index.

Each of the top five components of fruit and vegetables (excluding potatoes) is estimated to have decreased in 2001/02. This supports the conclusion of a decline in consumption.

Chart 1.3 Household consumption of fruit and vegetables (excluding potatoes)



The left chart shows that consumption over time is stable. The second chart presents the same information but visually exaggerates the differences between the years by only showing consumption over 2150 grams per person per week. It shows no clear trend over time but does show the drop in 2001/02, which is thought to be due to higher prices.

Note that the contribution each type of fruit and vegetable makes to the indicator is simply its purchase weight. In principle one could improve the indicator by taking into account the amount of normal wastage, such as peelings. The consumption statistics are averages over all persons including children; it is not possible to show children consumption separately because the data is collected at household level.

Recent trends in the largest contributing items to household consumption of fruit and vegetables (excluding potatoes) show that since 1996/97:

- Fruit juices, which make up 15 per cent of overall consumption, have an increasing trend but consumption is estimated to have fallen in 2001/02 by 9.1 per cent. This

reflects a consumer trend towards consumption of soft drinks containing some fruit juice as an ingredient.

- Bananas, which make up 9.0 per cent of overall consumption, have an increasing trend but consumption is estimated to have fallen in 2001/02 by 4.4 per cent.
- Apples, which make up 7.8 per cent of overall consumption, have a slowly decreasing trend in consumption.
- Canned beans, which make up 4.6 per cent of overall consumption, have a decreasing trend and consumption is estimated to have fallen in 2001/02 by 20 per cent. The estimated drop of 20 per cent in 2001/02 may be overstated due to the process of adjusting National Food Survey data to make it compatible with Expenditure and Food Survey data. Baked beans could not be separated from other vegetable products when deriving the adjustments and it is possible that the adjustment reflects under-recording in the National Food Survey of more expensive but less weighty items.
- Carrots, which make up 4.5 per cent of overall consumption, have no discernible trend except that consumption is estimated to have fallen in 2001/02 by 11 per cent.
- Onions, shallots and leeks, which make up 4.3 per cent of overall consumption, have no discernible trend in consumption.
- Fresh tomatoes, which make up 4.3 per cent of overall consumption, have no discernible trend in consumption
- Citrus fruit, which make up 5.9 per cent of overall consumption, shows no discernible trend but there is a gradual switch from oranges to other citrus fruits.
- Fresh green vegetables, which make up 10 per cent of overall consumption, have a decreasing trend and consumption is estimated to have fallen in 2001/02 by 7.0 per cent.
- Processed vegetables excluding baked beans, which make up 11 per cent of overall consumption, have a decreasing trend and consumption is estimated to have fallen in 2001/02 by 12 per cent.
- Whilst consumption of fresh vegetables has been declining there are some categories that are increasing such as fresh leafy salads and mushrooms.

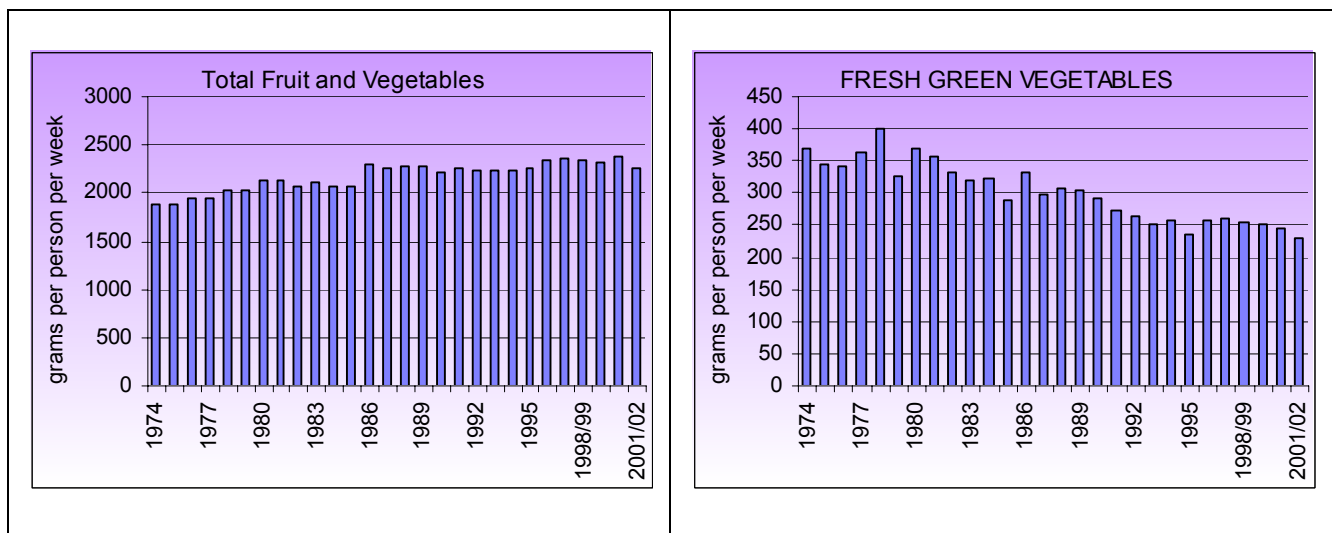
Table 1.4 Household consumption of fruit and vegetables (excluding potatoes)

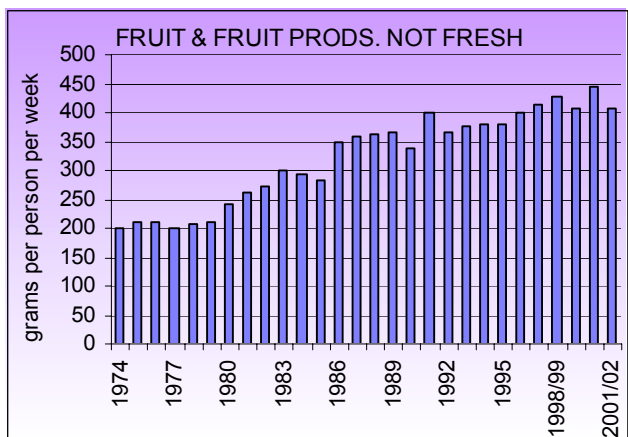
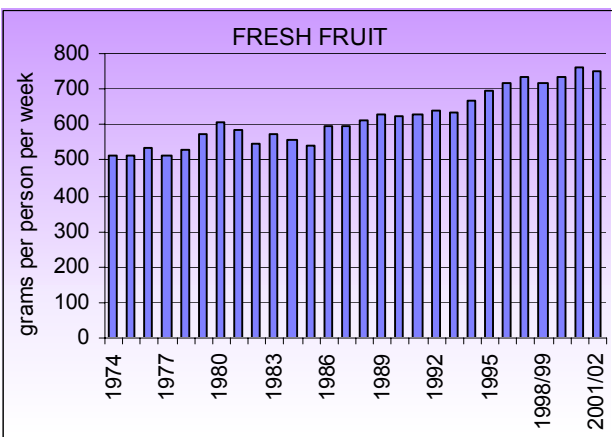
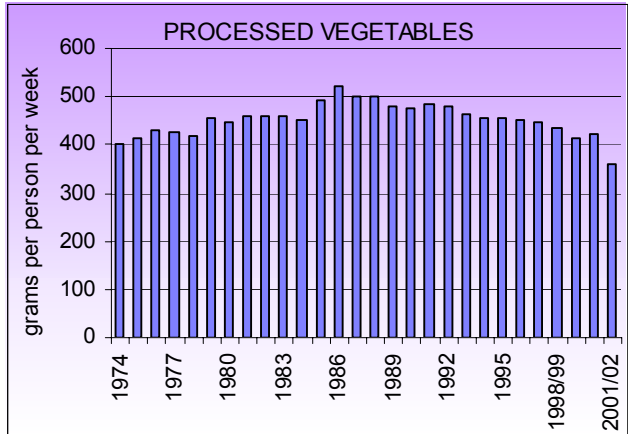
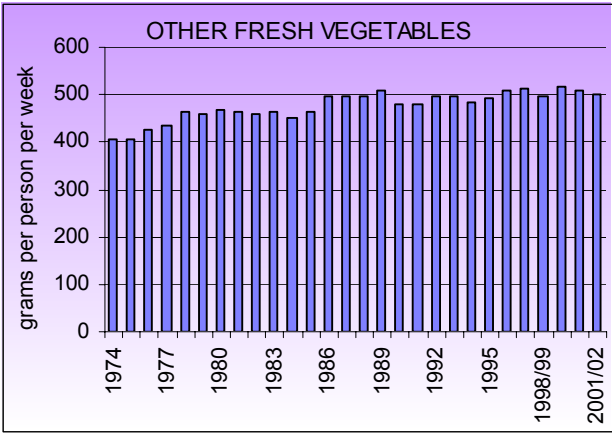
	<i>grams per person per week, unless otherwise stated</i>					
	1996/97	1997/98	1998/99	1999/00	2000/01	2001/02 ^(a)
Fruit and Vegetables	2334	2369	2329	2322	2381	2248
Fruit	1118	1146	1144	1140	1206	1156
Fresh vegetables	766	776	751	769	754	731
Fresh green vegetables	256	262	253	252	246	229
processed vegetables	450	447	434	413	421	360
processed vegetables excl. baked beans	317	314	301	295	293	258
Fruit juices (ml)	307	327	347	324	360	327
Bananas	195	202	201	208	212	203
Apples	183	187	180	178	182	175
Baked beans in sauce	133	133	133	118	128	102
Carrots	112	119	116	113	114	102
Onions, shallots, leeks	101	99	95	99	96	98
Tomatoes	101	102	99	103	99	97
Other citrus fruit	68	78	72	74	80	78
Cauliflower	84	91	89	81	81	73
Stone fruits	54	48	43	58	61	65
Lettuce and leafy salads	60	60	55	60	63	63
Oranges	64	64	62	50	57	55

(a) The difference between 2001/02 and 2000/01 is less reliable than usual due to changes in the underlying data collection.

Longer term trends in consumption of fruit and vegetables show similar patterns in the dominant components to the trends over the last five years. Total consumption of fruit and vegetables has been rising slowly, masking a steep decline in “fresh green vegetables” and steep rises in consumption of “fresh fruit” and “processed fruit and fruit products”.

The longer term trends have been calculated by applying the scaling factors, see section 5, to National Food Survey data back to 1974. It is considered that there was some under-reporting in the National Food Survey. The method assumes that the level of under-reporting was constant over time and preserves the trends previously reported in the National Food Survey.





2: NUTRITIONAL CONTENT OF HOUSEHOLD FOOD AND DRINKS

National averages

This section of the report summarises the information on the nutritional value of the food and drink brought into homes throughout the United Kingdom in 2001/02, and compares results with adjusted estimates from the discontinued National Food Survey (NFS) for selected earlier years. Information on food and drink eaten out and its contribution to the average intake of nutrients is not included here. Contributions to nutrient intake from pharmaceutical sources in the form of dietary supplements are not recorded in the survey.

Note that due to the change in underlying data source from the National Food Survey to the Expenditure and Food Survey estimated changes in intake between 2000/01 and 2001/02 are less reliable than usual. Apparent changes in nutrient intake are likely to be at least partly attributable to the discontinuity between the two surveys and the methodology used for adjusting the NFS estimates, and so should be treated with caution. Section 5 describes the method used to adjust the National Food Survey estimates.

Nutrient intakes in this and following sections include the contributions from soft drinks, alcoholic drinks and confectionery brought into the home unless otherwise stated.

Energy

The energy content of the average UK household diet is estimated to have been 2,089 kcal per person per day in 2001/02. This is 4.9 per cent lower than the adjusted estimate (based on the National Food Survey) for 2000/01, which was unusually high. This suggests a resumption of the downward trend in energy intake seen in recent years prior to 2000/01. The estimates also indicate a reduction in intake of most nutrients. The only recorded increases in 2001/02 are for mono-unsaturated fatty acids and for cholesterol.

Energy content of the household food supply has decreased considerably over the last 5 years with the largest changes in the contribution from cereals down 89 kcal in 2001/02 compared with adjusted estimates for 1996/97; fats down 38 kcal; sugars and preserves down 38 kcal.

Fats, carbohydrate and fibre

The total fat content of the food and drink brought into the home in the UK during 2001/02 was unchanged compared with the adjusted estimates from 2000/01 at 86g per person per day. Intake of saturated fatty acids was also almost unchanged at 33.9g per person per day.

The estimated average proportions of energy obtained from total fat and saturated fatty acids were 36.9 per cent and 14.6 per cent respectively in 2001/02. These estimates are higher than the adjusted estimates for 2000/01 based on the National Food Survey. However because of the discontinuity between the two sets of data, caution is needed in any interpretation of this finding as a reversal of the recent downward trend in intakes of fat and saturated fatty acids as a percentage of energy. The recent National Diet and Nutrition Survey of adults aged 19-64 years carried out in 2000/01 (see Section 6 for more details) found that the proportion of food energy from fat and from saturated fat had fallen compared with the previous survey of this age group in 1986/87. However it should be

noted that the NDNS measures food consumption of individuals whereas this survey measures food entering the household for consumption.

The average carbohydrate content of food and drink brought into the home in 2001/02 was 263g per person per day, compared with the adjusted estimate of 286g per person per day in 2000/01. Intake of fibre, expressed as non-starch polysaccharide, in the average household diet was 13.3g per person per day, an apparent decrease compared with the adjusted estimate from 2000/01 (14.6g).

Minerals and vitamins

The average intake from household food and drink in 2001/02 of a range of vitamins and minerals, including contributions made by soft and alcoholic drinks and confectionery, is set out in Table 2.1. These are compared with adjusted estimates of intakes from 1996/97 to 2000/01, in the UK. The intakes of all minerals and vitamins in 2001/02 decreased compared with those in 2000/01, as might be expected with the decrease in energy intake. For example, vitamin C intake was 67mg/day in 2001/02 compared with an adjusted estimate of 71mg/day in 2000/01 and β -carotene intake was 1762 μ g/day in 2001/02 compared with an adjusted estimate of 1908 μ g/day in 2000/01.

Table 2.1 Nutritional value of household food and drink in the UK ^(a)

		1996/97	1997/98	1998/99	1999/00	2000/01	2001/02
						<i>intake per person per day</i>	
Energy	(kcal)	2269	2167	2118	2104	2197	2089
	(MJ)	9.5	9.1	8.9	8.8	9.2	8.8
Total Protein	(g)	72.1	71.1	70.8	70.4	73.9	71.3
Animal Protein	(g)	42.7	42.1	41.8	41.6	43.7	43.3
Fat	(g)	92.6	87.1	84.4	83.1	85.9	85.7
Fatty acids							
of which saturates	(g)	36.5	34.7	33.7	33.0	34.3	33.9
mono-unsaturates	(g)	33.2	30.9	29.9	29.5	30.5	30.8
poly-unsaturates	(g)	16.5	15.3	14.8	14.8	15.2	15.2
Cholesterol	(mg)	248	242	235	230	236	237
Carbohydrate ^(b)	(g)	293	280	274	274	286	263
of which total sugars	(g)	134	129	125	124	132	122
non-milk extr sugars	(g)	91	87	84	82	89	81
starch	(g)	159	150	148	149	153	140
Fibre ^(c)	(g)	14.3	14.3	13.9	13.9	14.6	13.3
Alcohol	(g)	6.4	6.4	6.5	6.7	8.0	6.9
Calcium	(mg)	918	909	898	908	974	933
Iron	(mg)	12.0	11.8	11.7	11.7	12.3	11.0
Zinc	(mg)	8.7	8.5	8.3	8.4	9.0	8.5
Magnesium	(mg)	275	269	266	264	277	257
Sodium ^(d)	(g)	3.01	2.94	2.90	2.88	2.99	2.87
Potassium	(g)	3.00	2.97	2.95	2.92	3.06	2.88
Thiamin	(mg)	1.63	1.56	1.55	1.54	1.65	1.49
Riboflavin	(mg)	1.86	1.96	1.91	1.92	2.01	1.84
Niacin Equivalent	(mg)	30.1	29.5	29.6	29.7	32.0	30.3
Vitamin B6	(mg)	2.3	2.2	2.2	2.2	2.4	2.2
Vitamin B12	(µg)	5.5	7.6	7.2	6.9	6.2	5.9
Folate	(µg)	285	280	275	272	288	256
Vitamin C	(mg)	67	69	69	68	71	67
Vitamin A:							
retinol	(µg)	603	563	512	520	535	509
β-carotene	(µg)	1863	1932	1888	1876	1908	1762
retinol equivalent	(µg)	914	884	827	832	854	803
Vitamin D	(µg)	3.69	3.66	3.54	3.46	3.64	3.28
Vitamin E	(mg)	12.08	11.39	11.00	11.16	11.56	11.32
					<i>as a percentage of total food and drink energy</i>		
Fat	(%)	36.7	36.2	35.8	35.6	35.2	36.9
saturated fatty acids	(%)	14.5	14.4	14.3	14.1	14.0	14.6
Carbohydrate ^(b)	(%)	48.5	48.4	48.5	48.8	48.8	47.1

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

Table 2.2 Contributions made by groups of foods and drinks to UK household energy intake

per person per day	1996/97		2000/01		2001/02	
	kcal	% ^(a)	kcal	% ^(a)	kcal	% ^(a)
Milk and cream ^(b)	192	8	189	9	180	9
Cheese	59	3	58	3	58	3
Meat and meat products	274	12	274	12	283	14
Fish	32	1	30	1	29	1
Eggs	19	1	18	1	18	1
Fats	234	10	197	9	195	9
Sugar and preserves	114	5	89	4	76	4
Vegetables	221	10	208	9	204	10
Fruit	88	4	90	4	89	4
Cereal products	779	34	753	34	690	33
Other foods	69	3	71	3	75	4
Total food	2081		1978		1898	
Soft drinks	50	2	54	2	59	3
Alcoholic drinks	50	2	68	3	54	3
Confectionery	87	4	97	4	78	4
Total food and drink	2269	100	2197	100	2089	100

(a) Percentage contribution to total food and drinks energy

(b) Milk and cream includes yoghurt, fromage frais and dairy desserts

Table 2.3 Trends in percentage energy from fat and saturated fatty acids^(a)

per person per day	Fat		Saturated fatty acids	
	grams	% ^(b)	grams	% ^(b)
1996/97	92.6	36.7	36.5	14.5
1997/98	87.1	36.2	34.7	14.4
1998/99	84.4	35.8	33.7	14.3
1999/00	83.1	35.6	33.0	14.1
2000/01	85.9	35.2	34.3	14.0
2001/02	85.7	36.9	33.9	14.6

(a) Includes contribution from soft and alcoholic drinks and confectionery

(b) Percentage contribution to total food and drink energy

3: HOUSEHOLD CONSUMPTION AND EXPENDITURE BY MAIN FOOD GROUPS

This Section presents recent trends in expenditure and consumption of food brought into the home, for households in the United Kingdom. Consumption of food is based upon expenditure and assumes no waste. The weight of food is measured as it enters the household, not at the point of consumption.

Milk, cream and cheese

Household consumption of milk and cream (including yoghurts and dairy desserts) is estimated to have been 6.2 per cent lower in 2001/02 than in the previous year. The consumption of liquid whole milk in 2001/02 is estimated to have been 6.0 per cent down continuing its steady decline and is now 17 per cent lower than in 1996/97. Consumption of fully-skimmed milks is estimated to have fallen by 4.0 per cent in 2001/02. Consumption of semi skimmed and other skimmed milks is estimated to have been down by 10 per cent. However, changes in the underlying data collection in 2001/02 mean that the estimated change between 2000/01 and 2001/02 is less reliable than in other years and could be exaggerated. Nevertheless this represents a marked reduction in comparison to the stable trend in consumption of skimmed milks in recent years. Prices were higher for milk in 2001, possibly connected with supply shortages due to Foot and Mouth Disease. Consumption of dairy desserts and other milks (excluding condensed, infant and instant milks) are estimated to have risen by 26 per cent in 2001/02, whilst consumption of yoghurt and fromage frais is estimated to have remained at a similar level to that recorded in 2000/01.

Table 3.1 UK consumption and expenditure for milk, cream and cheese

	Consumption			Expenditure		
	millilitres per person per week ^(a)			pence per person per week		
	1996-97	2000-01	2001-02	1996-97	2000-01	2001-02
Total milk and cream	2169	2156	2023	144.0	142.6	143.9
Liquid wholemilk, full price	722	636	598	37.5	31.2	30.2
Skimmed milks:	1156	1205	1091	59.6	58.1	53.9
Fully-skimmed	146	166	160	7.3	7.4	7.4
Semi and other skimmed	1010	1039	931	52.3	50.7	46.4
Other milks and dairy desserts ^(b) (eq ml)	115	121	153	14.2	17.4	23.1
Yoghurt and fromage frais	132	151	154	27.1	31.3	31.5
Cream	19	18	20	5.2	4.7	5.3
Total cheese (g)	112	110	112	54.8	53.7	56.8
Natural cheese (g)	100	99	100	48.8	47.8	50.3
Processed cheese (g)	12	12	12	6.1	5.9	6.5

(a) Except where otherwise stated

(b) Here includes, condensed, infant, and instant milks but excludes soya milk

Meat, fish and eggs

Household consumption of beef and veal fell by 8.5 per cent in 2001/02. Consumption of lamb, mutton and pork remained at a similar level to 2000/01. There was reduced household consumption of uncooked poultry (-11 per cent) and bacon and ham (-9.8 per cent). Consumption of meat-based ready meals, including takeaways consumed in the household, increased by 15 per cent in comparison to 2000/01, which represents a 70 per cent increase compared to 1996/97.

Household consumption of fish and fish products fell by 4.1 per cent in 2001/02. Overall consumption of fresh, frozen and dried fish remains similar to the previous year. Consumption of fresh, chilled or frozen white fish has declined by 21.7 per cent since 1996/97. Egg consumption rose by 1.9 per cent in 2001/02.

Table 3.2 UK consumption and expenditure for meat, fish and eggs

	Consumption			Expenditure		
	grams per person per week ^(a)			pence per person per week		
	1996-97	2000-01	2001-02	1996-97	2000-01	2001-02
Total meat and meat products	986	1016	1032	408.1	420.3	458.3
Carcase	231	240	229	105.9	104.3	103.4
Beef and veal	99	129	118	48.7	56.8	56.0
Mutton and lamb	60	49	51	27.1	23.5	23.7
Pork	71	62	61	30.1	24.1	23.7
Non-carcase	755	776	803	302.2	316.0	354.9
Bacon and ham, uncooked	84	75	68	41.8	38.6	36.6
Bacon and ham, cooked ^(b)	39	45	45	24.1	29.7	31.3
Poultry, uncooked	249	231	206	75.2	72.5	63.0
Poultry, cooked ^(c)	27	42	43	14.9	19.8	23.5
Ready meals	85	126	145	39.3	55.8	64.5
Other	270	256	296	106.8	99.5	136.0
Total fish	174	163	157	85.7	90.0	92.7
White, fcf ^{(d)(e)}	46	34	36	22.4	20.8	20.8
Herrings & other blue fish, fcf ^(d)	6	7	6	3.3	3.4	3.8
Salmon, fcf ^{(d)(e)}		10	9		7.8	6.9
Blue fish, dss ^(f)	5	6	5	3.5	4.1	4.1
White fish, dss ^(f)	8	6	4	4.2	3.7	2.6
Shellfish	8	8	10	6.6	7.1	8.4
Takeaway fish	13	9	11	9.7	8.1	12.9
Salmon, canned	9	6	6	4.1	3.3	3.4
Other canned or bottled fish	26	31	29	7.4	8.9	9.1
Ready meals	38	44	36	16.0	20.5	15.7
Takeaway fish meals	4	2	4	3.9	2.1	5.0
Eggs (no)	1.77	1.62	1.65	17.7	16.3	16.7

(a) Except where otherwise stated

(d) Fresh, chilled and frozen

(b) Includes canned

(e) Salmon was included in white fish in 1996-97

(c) Excludes canned

(f) Dried, salted and smoked

Fats and oils

Household consumption of fats and oils for 2001/02 fell by 2.5 per cent in comparison to 2000/01. This was mainly due to reduced consumption of margarine which fell by 43 per cent compared to 2000/01. In contrast the consumption of vegetable and salad oils increased by 15 per cent.

Table 3.3 UK consumption and expenditure for fats and oils

	Consumption			Expenditure		
	grams per person per week ^(a)			pence per person per week		
	1996-97	2000-01	2001-02	1996-97	2000-01	2001-02
Total fats and oils	237	201	196	41.8	38.6	36.3
Butter	42	43	41	12.9	12.6	11.5
Margarine	35	22	13	3.8	2.6	1.5
Low fat and reduced fat spreads	83	74	72	15.3	14.6	13.8
Reduced fat spreads	57	53	58	10.7	10.3	10.7
Low fat spreads	26	21	14	4.7	4.2	3.0
Vegetable and salad oils (ml)	59	50	58	7.1	7.0	7.1
Other fats and oils (mainly lard)	18	11	13	2.7	1.8	2.4

(a) Except where otherwise stated

Sugar and preserves

Continuing a long term downward trend consumption of sugar and preserves fell by 15 per cent in 2001/02. This excludes sugar in confectionery and other processed products.

Table 3.4 UK consumption and expenditure for sugar and preserves

	Consumption			Expenditure		
	grams per person per week			pence per person per week		
	1996-97	2000-01	2001-02	1996-97	2000-01	2001-02
Total sugar and preserves	219	173	147	23.4	17.3	15.5
Sugar	168	133	112	13.1	8.4	7.4
Honey, preserves, syrup & treacle	51	40	35	10.3	8.9	8.1

Fruit and vegetables

Consumption of fruit and vegetables was generally lower in 2001/02 probably in response to higher prices.

Consumption of cauliflowers declined by 10 per cent and that of cabbage by 6.9 per cent in 2001/02 compared to the previous year. Consumption of leafy salad remained at a similar level to 2000/01. Consumption of carrots fell by 11 per cent while consumption of tomatoes, onions, leeks and shallots, cucumber and mushrooms stayed virtually the same. Household consumption of miscellaneous fresh vegetables (such as stem vegetables, marrows, courgettes and aubergines) rose by 10 per cent in 2001/02.

Household consumption of processed vegetables (excluding potatoes) fell by 14 per cent comparing 2001/02 with 2000/01. This represents reductions in consumption of both canned and frozen produce although consumption of ready meals and convenience vegetable products increased by 13 per cent.

Household consumption of fresh potatoes declined in 2001/02 by 10 per cent although expenditure rose due to higher retail prices. Consumption of processed potatoes rose by 5.8 per cent.

Household consumption of fresh fruit fell slightly in 2001/02 compared to the previous year but this did not represent a statistically significant reduction. Within this total, consumption of apples fell by 3.8 per cent and bananas by 4.4 per cent. There was a 9.1 per cent year-on-year reduction in consumption of fruit juices in 2001/02 reflecting a consumer trend towards consumption of soft drinks containing some fruit juice as an ingredient.

Table 3.5 UK consumption and expenditure for vegetables and fruit

	Consumption			Expenditure		
	grams per person per week ^(a)			pence per person per week		
	1996-97	2000-01	2001-02	1996-97	2000-01	2001-02
Total vegetables	2279	2140	1999	239.4	256.9	271.0
Fresh potatoes	820	719	647	28.7	34.8	35.7
Fresh green	256	246	229	28.8	36.6	39.6
Fresh cabbages	62	50	47	4.0	4.1	4.3
Fresh cauliflowers	84	81	73	8.1	8.0	8.9
Other fresh	509	508	502	59.3	68.2	75.5
Fresh carrots	112	114	102	6.0	6.5	6.8
Onions, leeks & shallots	101	96	98	8.2	9.2	10.5
Fresh tomatoes	101	99	97	12.8	16.2	16.6
Miscellaneous other fresh	71	76	83	13.4	17.2	21.2
Processed potatoes	244	246	260	63.2	60.3	68.3
All frozen vegetables	108	97	71	17.8	16.0	9.9
Other vegetables, not frozen	342	324	289	41.6	41.0	42.1
Total fruit	1118	1206	1156	128.2	148.2	149.5
Fresh fruit	719	761	750	84.3	98.6	101.9
Fresh apples	183	182	175	19.7	19.9	19.3
Fresh bananas	195	212	203	17.9	21.4	21.9
Fruit juices (ml)	307	360	327	23.9	29.7	26.7
Other fruit products	93	85	79	19.9	20.0	20.9

(a) Except where otherwise stated

Bread, cereals and cereal products

Household consumption of bread fell by 2.0 per cent in comparison with the previous year. Consumption of white bread, the largest component of bread consumption, declined by 1.1 per cent. Consumption of wholemeal bread, other bread and “rolls and sandwiches” saw increases of 5.2 per cent, 12 per cent and 10 per cent respectively. Consumption of brown bread, a small component of bread consumption, saw a large reduction of 45 per cent. Consumption of flour decreased by 25 per cent in 2001/02, back to a similar level to the 1999/00 estimate.

In 2001/02 the consumption of cereal products (excluding bread) decreased by 12 per cent compared with 2000/01. Within this total, the household consumption of cakes, buns and biscuits fell by 3.2 per cent. Consumption of rice declined by 11 per cent. Adjusted estimates aren't yet available for earlier years for pasta, pizzas and breakfast cereals.

Table 3.6 UK consumption and expenditure for bread, cereals and cereal products

	Consumption			Expenditure		
	grams per person per week			pence per person per week		
	1996-97	2000-01	2001-02	1996-97	2000-01	2001-02
Total cereals including bread	1860	1790	1655	335.0	348.4	357.5
Bread	816	784	769	77.5	79.3	86.2
White bread	478	461	456	31.5	32.1	32.4
Brown bread	82	65	36	7.3	5.8	3.2
Wholemeal bread	103	100	106	8.6	8.8	9.2
Rolls and sandwiches	82	78	86	16.6	16.1	21.3
Other bread	75	84	94	16.2	19.5	25.9
Cereals excluding bread	1044	1006	886	257.5	269.1	271.2
Flour	72	73	55	2.8	3.2	2.4
Cakes and pastries	137	132	139	45.6	46.3	50.3
Buns, scones and tea-cakes	59	54	37	12.7	12.2	8.2
Biscuits	194	178	166	51.8	49.1	48.9
Oatmeal and oat products ^(a)			12			1.6
Breakfast cereals ^(a)			133			35.3
Rice	119	85	76	20.0	18.5	21.7
Pasta ^(a)			89			14.9
Pizza ^(a)			67			44.4
Other cereals ^(a)			113			43.7

(a) Historical data not available

Beverages and miscellaneous foods

In line with the other results presented in this report, the estimates for drinks and confectionery shown in Table 3.7 refer only to household consumption and exclude those purchases not taken home.

Household consumption of tea fell by 18 per cent compared with the previous year. Household consumption of coffee fell by 12 per cent. Household consumption of mineral water maintained an upward trend recording a 5.3 per cent increase on the previous year and a 41 per cent increase in comparison with 1996/97. Household consumption of ice-cream and ice-cream products rose by 47 per cent in 2001/02.

Table 3.7 UK consumption and expenditure for beverages and miscellaneous foods

	Consumption			Expenditure		
	grams per person per week ^(a)			pence per person per week		
	1996-97	2000-01	2001-02	1996-97	2000-01	2001-02
Total beverages	76	71	60	55.0	52.2	43.8
Tea	46	42	34	22.0	21.6	17.8
Coffee	20	19	16	28.3	26.2	21.8
Cocoa and drinking chocolate	4	5	5	1.6	2.3	2.5
Branded food drinks	6	6	4	3.2	2.2	1.7
Total miscellaneous	533	600	648	95.0	111.9	113.2
Mineral water (ml)	140	187	197	5.9	7.2	7.6
Soups	91	94	83	13.1	14.8	12.9
Pickles and sauces	108	134	121	25.2	33.8	31.6
Ice-cream & ice-cream products (ml)	133	124	182	20.0	20.7	21.8
Other foods ^(b)	61	60	65	30.9	35.3	39.4

(a) Except where otherwise stated

(b) Including, salt and other miscellaneous food items

Soft and alcoholic drinks and confectionery

In line with the other results presented in this report, the estimates for drinks and confectionery shown in Table 3.8 refer only to household consumption and exclude those purchases not taken home.

Household consumption of soft drinks, after adjusting to un-concentrated equivalents, was 7.0 per cent higher in 2001/02 compared to the previous year. Household consumption of concentrated drinks (unadjusted) increased by 10 per cent, of ready-to-drink soft drinks by 9.7 per cent and of low-calorie ready-to-drink soft drinks by 4.0 per cent in 2001/02. Household consumption of lager and beer reduced by 7.0 per cent in 2001/02 but consumption still remains higher than it was in 1999/00. Wine consumption fell by 17 per cent compared with 2000/01 although the level of consumption in 2000/01 was relatively high. Confectionery consumption fell by 16 per cent in 2001/02 back to the same level recorded in 1999/00. Household consumption of solid chocolate and chocolate coated bars fell by 25 per cent in 2001/02.

Table 3.8 UK consumption and expenditure for drinks and confectionery

	Consumption			Expenditure		
	millilitres per person per week			pence per person per week		
	1996-97	2000-01	2001-02	1996-97	2000-01	2001-02
Total soft drinks ^{(a)(b)}	1592	1630	1744	56.9	64.5	72.0
Concentrated	114	110	122	10.6	10.4	10.5
Ready to drink	542	599	657	28.7	34.5	41.5
Low-calorie, concentrated	37	32	29	3.0	2.9	2.6
Low-calorie, ready to drink	293	322	335	14.6	16.6	17.4
Total alcoholic drinks	667	799	735	204.0	263.2	244.2
Lager and beer ^(c)	344	415	386	55.7	68.3	65.4
Wine	204	268	222	84.0	124.7	106.5
Other	120	116	127	64.2	70.2	72.3
	grams per person per week			pence per person per week		
Total confectionery	139	152	128	72.6	85.0	80.8
Chocolate confectionery	97	112	85	54.5	65.5	57.2
Mints and boiled sweets	34	33	37	14.5	15.9	18.7
Other	7	6	6	3.6	3.6	4.9

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

(b) Converted to unconcentrated equivalent

(c) Including low alcohol lager and beers

Takeaway foods

Takeaway foods brought into the home are and always have been included in household consumption but have not been separately identifiable in previous years. Estimates for 2001/02 shown in the table.

Table 3.9 UK consumption and expenditure for takeaway foods

	Consumption 2001/02 grams	Expenditure 2001/02 pence
Meat	per person per week	
Chicken	4.0	5.1
Meat pies & pasties	2.9	2.0
Burger & bun	5.6	5.7
Kebabs	7.3	5.9
Sausages & saveloys	1.8	1.6
Meat Based meals	31.4	40.6
Miscellaneous meats	0.1	0.2
Fish		
Fish	10.8	12.9
Fish products	0.7	0.7
Fish based meals	3.1	4.3
Vegetables		
Chips	41.7	18.6
Vegetable takeaway products	8.5	7.2
Bread		
Sandwiches	2.3	2.7
Breads	1.4	2.8
Other cereals		
Pastries	0.8	0.8
Rice	17.7	13.0
Pasta & noodles	0.6	0.7
Pizza	17.9	22.5
Crisps and other savoury snacks	0.7	1.6
Miscellaneous		
Soups	0.3	0.3
Sauces and mayonnaise	0.4	1.3
Ice cream & ice cream products	1.4	0.9
Confectionery	0.1	0.2

4: DEMOGRAPHIC ANALYSES

This section includes more demographic breakdowns than in previous reports. Care in interpretation is required because the sampling errors in these tables can be high, especially where the sample size is small. The sample size is given at the top of each column as an indication of the reliability of the figures.

Nutrient intakes in this and following sections include the contributions from soft drinks, alcoholic drinks and confectionery brought into the home unless otherwise stated.

Household food: national and regional comparisons

The Expenditure and Food Survey is designed to be representative of the United Kingdom population as a whole, but it also provides country and regional comparisons. However since sampling error at regional level is higher regional comparisons should be interpreted with a degree of caution. Differences in relative prices and in other factors such as household composition, income and the propensity to eat out also affect the comparisons for household food.

Table 4.1 shows that consumption of milk and cream, carcass meat and other cereals (cereals excluding bread) varies little between the regions, the ratio of consumption in the highest consuming region to consumption in the lowest consuming region being 1.2. Consumption of vegetables as a whole does not vary much between regions with the ratio of highest to lowest being 1.3. Consumption of vegetables is lowest in Scotland and highest in Wales. However this total masks marked differences in the consumption of different vegetables in different regions. Consumption of fresh potatoes in Northern Ireland is more than double consumption in London whereas for fresh green vegetables consumption in Northern Ireland is less than half of that in the South West.

Table 4.2 shows consumption and expenditure of selected foods by country; table 4.4 shows consumption and expenditure of selected foods by Government Office Region in England. Household consumption of alcoholic drinks is highest in Wales and lowest in Northern Ireland. Due to different prices and different purchasing patterns, household expenditure on alcoholic drinks is higher in Scotland than in Wales even though household consumption is considerably higher in Wales. Within England household consumption of alcoholic drinks is highest in the North East and lowest in London. However household expenditure on alcoholic drinks is highest in the North West and lowest in the West Midlands.

Consumption of fruit was highest in England (1,186 grams per person per week) and lowest in Northern Ireland (843 grams per person per week). Within England, fruit consumption was highest in the South West (1,440 grams per person per week) and lowest in Yorkshire and Humberside (945 grams per person per week).

Total expenditure on household food varied little between countries. Variation within England was more pronounced with £19.01 spent on household food per person per week in the South East and £15.76 spent in the North East.

As in previous years, the variations in nutrient intakes are generally smaller than the variations in dietary patterns because foods of broadly similar nutritional value tend to be substituted for one another.

Table 4.3 compares energy and nutrient intakes across UK countries. Total energy intake, (when the contribution from soft and alcoholic drinks and confectionery is included), the proportion of energy derived from fat and intakes of some other nutrients are highest in Wales. The lowest energy intake is in England while the lowest proportion of energy derived from fat is in Northern Ireland. For many other nutrients, intakes are lowest in either England or Scotland but many of these differences are unlikely to be statistically significant.

Table 4.5 compares energy and nutrient intakes across England. Within England, total energy intake (when the contribution from soft and alcoholic drinks and confectionery is included) was highest in the East and lowest in London. The proportion of energy obtained from fat was highest in London and lowest in the North East.

Table 4.1 Highest and lowest consuming regions - 2001/02

	Lowest	Highest	Ratio of lowest to highest consumption
CONSUMPTION			
Milk and cream	<i>London</i>	<i>South West</i>	1.2
of which Skimmed milks	<i>London</i>	<i>South West</i>	1.4
Cheese	<i>N. Ireland</i>	<i>East Midlands</i>	1.8
Carcase meat	<i>North East</i>	<i>N. Ireland</i>	1.2
Other meat and meat products	<i>London</i>	<i>Wales</i>	1.4
Fish	<i>N. Ireland</i>	<i>Wales</i>	1.4
Fats and oils	<i>North East</i>	<i>Wales</i>	1.5
Sugar and preserves	<i>London</i>	<i>Wales</i>	1.5
Vegetables	<i>Scotland</i>	<i>Wales</i>	1.3
of which Fresh potatoes	<i>London</i>	<i>N. Ireland</i>	2.1
Fresh green vegetables	<i>N. Ireland</i>	<i>South West</i>	2.2
Other fresh vegetables	<i>N. Ireland</i>	<i>South West</i>	1.6
Processed potatoes	<i>London</i>	<i>Wales</i>	1.5
Other processed vegetables	<i>Scotland</i>	<i>East Midlands</i>	1.2
Fruit ^(a)	<i>N. Ireland</i>	<i>South West</i>	1.7
of which Fresh fruit	<i>N. Ireland</i>	<i>South West</i>	1.8
Bread	<i>London</i>	<i>N. Ireland</i>	1.6
Other cereals	<i>West Midlands</i>	<i>South West</i>	1.2
Beverages	<i>Scotland</i>	<i>South West</i>	1.4
Soft drinks ^(b)	<i>London</i>	<i>Scotland</i>	1.4
Alcoholic drinks	<i>N. Ireland</i>	<i>Wales</i>	1.9
Confectionery	<i>London</i>	<i>North East</i>	1.5
EXPENDITURE			
Total food and drink	<i>North East</i>	<i>South East</i>	1.2

(a) Includes fruit juices

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

Table 4.2 Consumption and expenditure for selected foods by country – 2001/02

	England	Wales	Scotland	N Ireland
Number of households in sample	5965	355	622	531
Average age of HRP	51	50	50	51
Average number of adults per household	1.9	1.9	1.8	2.0
Average number of children per household	0.6	0.5	0.5	0.7
Average weekly income of HRP	£385	£314	£317	£289
CONSUMPTION	<i>grams per person per week unless stated otherwise</i>			
Milk and cream (ml)	2017	1950	2072	2173
Cheese	114	106	108	75
Carcase meat	230	230	206	253
Other meat and meat products	789	979	847	777
Fish	158	173	141	120
Eggs (no)	1.64	1.65	1.78	1.73
Fats and oils	195	234	176	201
Sugar and preserves	146	173	139	131
Vegetables	1997	2274	1780	2203
<i>of which</i>				
Fresh potatoes	625	863	595	1075
Fresh green vegetables	239	235	156	128
Other fresh vegetables	517	479	424	361
Processed potatoes	253	312	285	302
Other processed vegetables	363	385	321	338
Fruit ^(a)	1186	1018	1046	843
Bread	748	845	845	1000
Other cereals	889	859	874	882
Beverages	61	65	49	51
Soft drinks ^(b) (ml)	1696	1928	2078	1835
Alcoholic drinks (ml)	730	944	748	488
Confectionery	127	131	132	137
EXPENDITURE	<i>pence per person per week</i>			
Milk and cream	144.3	136.6	142.6	151.1
Cheese	57.9	50.3	55.5	39.6
Carcase meat	103.0	97.7	101.1	130.0
Other meat and meat products	346.9	410.9	393.8	377.9
Fish	94.8	86.3	83.4	71.6
Eggs	16.6	16.5	17.5	17.3
Fats and oils	35.9	42.1	36.0	39.0
Sugar and preserves	15.3	17.7	15.6	15.5
Vegetables	272.9	276.0	251.8	262.1
Fruit ^(a)	153.4	127.8	136.6	113.3
Bread	84.1	87.7	98.0	111.7
Other cereals	269.9	261.5	284.7	287.5
Beverages	44.4	48.9	37.9	35.9
Other foods	113.9	105.3	111.5	110.7
Total food	£17.53	£17.65	£17.66	£17.63
Soft drinks	68.7	74.0	96.7	93.8
Alcoholic drinks	241.4	266.0	282.1	176.2
Confectionery	80.9	76.8	81.3	82.9
Total all food and drink	£21.44	£21.82	£22.26	£21.16

(a) Includes fruit juices

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

Table 4.3 Nutritional value of household food and drink by country - 2001/02 ^(a)

	England	Wales	Scotland	N Ireland
Number of households in sample	5965	355	622	531
Average age of HRP	51	50	50	51
Average number of adults per household	1.9	1.9	1.8	2.0
Average number of children per household	0.6	0.5	0.5	0.7
Average weekly income of HRP	£385	£314	£317	£289
			<i>(i) intake per person per day</i>	
Energy (kcal)	2078	2235	2093	2155
(MJ)	8.7	9.4	8.8	9.1
Total protein (g)	70.9	75.9	71.8	73.5
Animal protein (g)	43.1	46.3	43.6	43.6
Fat (g)	85	93	84	86
Fatty acids				
saturated (g)	33.7	36.4	34.3	34.9
monounsaturated (g)	30.7	33.7	30.1	30.7
polyunsaturated (g)	15.2	16.6	14.3	14.7
Cholesterol (mg)	236	253	239	238
Carbohydrate ^(b) (g)	261	277	264	281
of which				
total sugars (g)	122	128	122	121
non-milk extrinsic sugars (g)	80	87	82	81
starch (g)	139	148	142	159
Fibre ^(c) (g)	13.3	13.9	12.6	13.7
Calcium (mg)	929	951	957	973
Iron (mg)	10.9	11.5	10.8	11.3
Zinc (mg)	8	9	8	9
Magnesium (mg)	256	268	254	257
Sodium ^(d) (g)	2.83	3.13	3.05	3.07
Potassium (g)	2.87	3.08	2.80	2.94
Thiamin (mg)	1.48	1.59	1.49	1.59
Riboflavin (mg)	1.84	1.87	1.83	1.86
Niacin equivalent (mg)	30.2	32.8	30.5	30.8
Vitamin B6 (mg)	2.2	2.4	2.2	2.4
Vitamin B12 (µg)	5.9	5.9	5.9	5.7
Folate (µg)	257	268	245	261
Vitamin C (mg)	68	64	63	58
Vitamin A				
retinol (µg)	515	489	496	429
β-carotene (µg)	1788	1792	1586	1495
total (retinol equivalent) (µg)	812	787	760	678
Vitamin D (µg)	3.28	3.73	3.07	3.20
Vitamin E (mg)	11.35	12.51	10.44	11.10
			<i>(ii) as a percentage of total food and drink energy</i>	
Fat	37.0	37.4	36.3	36.0
of which saturated fatty acids	14.6	14.7	14.7	14.6
Carbohydrate ^(b)	47.1	46.4	47.3	48.8

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

Table 4.4 Consumption and expenditure for selected foods by Government Office Region in England - 2001/02 ^(a)

	North East	North West ^(b)	York-shire and the Humber	East Midlands	West Midlands	East	London	South East	South West
Number of households in sample	314	852	599	536	645	640	678	1035	666
Average age of HRP	50	51	51	52	51	51	46	51	53
Average number of adults per househ.	1.9	1.9	1.8	1.9	1.8	1.9	1.8	1.9	1.8
Average number of children per househ.	0.6	0.6	0.5	0.5	0.7	0.6	0.6	0.5	0.5
Average weekly income of HRP	£300	£321	£309	£365	£346	£397	£482	£476	£375
CONSUMPTION	<i>grams per person per week unless stated otherwise</i>								
Milk and cream (ml)	1896	2085	2093	2142	1977	2056	1831	1952	2184
Cheese	97	106	99	132	104	124	104	129	126
Carcase meat	206	238	230	226	246	243	210	231	238
Other meat and meat products	795	825	800	838	841	823	695	771	761
Fish	146	154	155	153	142	169	171	160	163
Eggs (no)	1.82	1.56	1.71	1.57	1.59	1.6	1.71	1.56	1.74
Fats and oils	158	212	175	207	206	200	207	182	190
Sugar and preserves	138	152	160	148	165	154	112	147	149
Vegetables	2001	1947	1932	2085	2101	2030	1843	2009	2124
of which Fresh potatoes	700	652	602	662	690	621	512	607	674
Fresh green vegetables	200	197	214	260	256	265	229	252	275
Other fresh vegetables	448	458	486	515	480	537	557	554	561
Processed potatoes	301	273	250	255	310	242	205	238	250
Other processed vegetables	352	367	380	393	364	364	341	358	365
Fruit ^(c)	979	1064	945	1137	1005	1301	1344	1275	1440
Bread	790	772	769	814	823	770	644	710	731
Other cereals	836	888	861	908	805	928	920	886	935
Beverages	54	59	57	63	65	66	52	62	68
Soft drinks ^(d) (ml)	1927	1602	1563	1734	1785	1994	1448	1769	1638
Alcoholic drinks (ml)	878	853	866	751	672	705	566	687	729
Confectionery	142	129	129	140	139	135	97	126	128
EXPENDITURE	<i>pence per person per week</i>								
Milk and cream	132.2	140.5	134.4	153.4	134.7	153.5	136.4	154.1	153.7
Cheese	47.0	48.9	44.6	60.3	50.3	68.1	56.8	72.5	62.4
Carcase meat	83.6	104.2	97.3	103.9	106.1	112.6	97.4	106.5	105.6
Other meat and meat	329.9	350.6	328.6	359.4	354.3	363.4	326.6	370.5	324.3
Fish	85.6	83.7	88.4	90.8	81.7	102.6	108.3	104.1	94.6
Eggs	16.2	14.8	13.8	15.7	16.3	16.0	19.1	17.2	18.6
Fats and oils	29.7	34.6	31.1	39.7	34.3	38.0	37.8	37.2	37.4
Sugar and preserves	12.3	14.5	15.0	15.6	14.0	17.7	13.8	17.1	16.3
Vegetables	241.6	249.1	245.4	277.8	261.6	282.2	301.3	293.4	271.9
Fruit ^(c)	115.8	130.7	112.2	142.6	124.4	168.3	188.4	178.2	176.5
Bread	88.1	90.2	88.5	88.3	83.7	81.8	80.3	82.8	76.4
Other cereals	255.4	260.2	256.5	263.7	241.3	291.6	280.8	290.7	266.1
Beverages	38.4	43.4	42.6	47.7	46.4	50.0	34.8	46.8	50.0
Other foods	99.9	104.5	100.6	119.4	97.0	124.8	120.3	129.7	113.5
Total food	£15.76	£16.70	£15.99	£17.78	£16.46	£18.71	£18.02	£19.01	£17.67
Soft drinks	79.9	66.1	58.3	69.0	67.4	77.0	66.5	76.0	60.0
Alcoholic drinks	222.0	260.2	240.1	245.4	207.1	229.7	236.2	255.9	257.1
Confectionery	83.3	79.1	79.7	90.5	85.8	84.4	67.1	84.1	81.4
Total all food and drink	£19.61	£20.76	£19.77	£21.83	£20.06	£22.62	£21.72	£23.17	£21.66

(a) See table 5.1 in 'Family Spending' 2001 edition, HMSO, ISBN 0 11 621478 3, ISSN 0965-1403

(b) Throughout this report Merseyside Government Office Region is included under 'North West'

(c) Includes fruit juices

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

Table 4.5 Nutritional value of household food and drink by Government Office Region in England - 2001/02 ^(a)

	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West
Number of households in sample	314	852	599	536	645	640	678	1035	666
Average age of HRP	50	51	51	52	51	51	46	51	53
Average number of adults in househ.	1.9	1.9	1.8	1.9	1.8	1.9	1.8	1.9	1.8
Average number of children in househ.	0.6	0.6	0.5	0.5	0.7	0.6	0.6	0.5	0.5
Average weekly income of HRP	£300	£321	£309	£365	£346	£397	£482	£476	£375
	<i>(i) intake per person per day</i>								
Energy (kcal)	1943	2052	1959	2119	2039	2122	1919	2023	2111
(MJ)	8.2	8.6	8.2	8.9	8.6	8.9	8.1	8.5	8.9
Total protein (g)	66.4	69.6	67.3	72.2	68.7	71.9	64.2	68.4	71.4
Animal protein (g)	40.3	42.7	41.3	44.1	41.9	43.9	38.5	41.6	43.6
Fat (g)	77	85	79	87	83	87	80	83	86
Fatty acids									
saturated (g)	31.4	33.0	31.7	35.0	32.7	34.9	30.0	33.4	34.9
monounsaturated (g)	27.6	30.3	28.3	31.1	29.9	31.3	28.7	29.7	30.6
polyunsaturated (g)	13.0	15.5	13.5	15.2	14.9	15.2	15.6	14.4	14.6
Cholesterol (mg)	226	229	226	237	227	239	220	229	239
Carbohydrate ^(b) (g)	248	255	248	266	258	268	241	254	267
of which total sugars (g)	118	120	119	125	123	131	108	124	129
non-milk extr. sugars (g)	81	79	80	83	83	87	69	82	82
starch (g)	130	136	129	141	135	137	133	130	138
Fibre ^(c) (g)	12.3	12.7	12.2	13.4	12.9	13.6	12.4	13.2	14.0
Calcium (mg)	892	926	909	984	918	961	824	909	973
Iron (mg)	10.2	10.7	10.3	11.1	10.8	11.3	10.1	10.8	11.3
Zinc (mg)	7.9	8.3	8.1	8.6	8.2	8.6	7.8	8.3	8.6
Magnesium (mg)	240	251	241	258	246	263	237	254	265
Sodium ^(d) (g)	2.82	2.89	2.86	2.97	2.86	2.99	2.48	2.83	2.90
Potassium (g)	2.70	2.79	2.68	2.90	2.79	2.92	2.62	2.82	3.00
Thiamin (mg)	1.39	1.47	1.40	1.51	1.47	1.52	1.38	1.46	1.54
Riboflavin (mg)	1.71	1.83	1.77	1.90	1.82	1.92	1.69	1.83	1.95
Niacin equivalent (mg)	28.2	29.7	28.3	30.6	29.5	30.8	27.4	29.3	30.3
Vitamin B6 (mg)	2.0	2.1	2.0	2.2	2.1	2.2	2.0	2.1	2.2
Vitamin B12 (µg)	5.7	5.7	5.7	5.9	5.6	6.1	5.4	5.7	6.1
Folate (µg)	235	247	236	263	255	268	243	258	273
Vitamin C (mg)	62	62	57	67	62	72	73	68	72
Vitamin A									
retinol (µg)	481	460	488	494	545	550	487	548	534
β-carotene (µg)	1653	1733	1698	1787	1692	1847	1640	1819	1888
total (retinol equivalent) (µg)	756	748	771	792	827	858	760	850	848
Vitamin D (µg)	2.95	3.36	3.07	3.31	3.26	3.52	3.01	3.21	3.33
Vitamin E (mg)	9.35	11.42	9.86	11.14	11.02	11.34	11.24	10.59	11.01
	<i>(ii) as a percentage of total food and drink energy</i>								
Fat	35.8	37.1	36.2	37.0	36.7	37.0	37.4	37.0	36.6
of which saturated fatty acids	14.5	14.5	14.5	14.8	14.4	14.8	14.1	14.9	14.9
Carbohydrate ^(b)	47.9	46.6	47.5	47.1	47.5	47.4	47.1	47.2	47.4

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

Household food: income quintile comparisons

Table 4.6 shows average household consumption and expenditure by income quintile, based on total net weekly household income. Table 4.7 shows average nutritional value of household food by income quintile. Quintile 1 contains the households with the lowest incomes while quintile 5 contains households with the highest incomes.

Household consumption of cheese, fish, fresh vegetables (excluding fresh potatoes), fruit and fruit products and alcoholic drinks rises with higher incomes. Consumption of whole milk, fats and oils, sugar and preserves generally decline with rising income. It is important to note that on average households in the lowest income quintile have more children, an average of 1.0 children per household compared to an average of 0.2 children per household in the highest income quintile.

Consumption of milk and cream is highest in households in the 3rd quintile due to a high consumption of skimmed milks. Small amounts of skimmed milk and large amounts of whole milk are consumed in the 1st quintile.

Consumption of fresh fruit and fruit juices was lowest in the 1st income quintile; it is less than half that in the 5th income quintile. There is a similar pattern for consumption of fresh vegetables excluding potatoes. Households in the 5th income quintile consume 22 per cent less fresh and processed potatoes than the average for the UK.

Households in the 1st income quintile spent £15.97 per person per week on household food and drink in 2001/02. This is £5.55 or 26 per cent less than the average expenditure per person over all households in the United Kingdom (£21.52). Households in the 5th income quintile spent £28.52 per person per week which is 32 per cent higher than the average. This is partly explained by the higher proportion of children in the 1st income quintile.

Households in the 1st income quintile are the lowest consumers of skimmed milk, cheese, fish, meat, butter, fruit, vegetables, breakfast cereals, beverages and alcoholic drinks but consume more liquid whole milk and processed potatoes. They have the lowest energy and fat intakes but the highest percentage of energy from fat.

Households in the 2nd income quintile have the highest consumption of fats and oils, sugar and preserves, fresh potatoes and bread. This is due in part to these households having the highest average age and probably reflects a more 'traditional' diet.

Households in the 3rd income quintile purchase most carcass meat, eggs and soft drinks and obtain the highest energy and fat intake.

Households in the 4th income quintile have the highest consumption of non-carcass meats and meat products and butter.

Households in the 5th income quintile consume the most cheese, fish, fresh fruit, fruit juice, fresh vegetables, breakfast cereals and alcoholic drinks.

Intakes of total energy (when the contribution from soft and alcoholic drinks and confectionery is included) and most nutrients are lowest in income quintile 1 (the lowest income quintile). Energy intake is highest in income quintile 3 (the middle income quintile). The highest intakes of most vitamins and minerals are in income quintile 5 (the highest income quintile). For fibre and some vitamins and minerals intakes increase through each income group. The percentage of energy derived from fat decreases with increasing income.

Table 4.6 Consumption and expenditure for selected foods by income quintile^(a) - 2001/02

INCOME QUINTILES	Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5
	(Lowest Income)				(Highest Income)
Number of households in sample	1527	1485	1484	1492	1485
Average age of HRP	48	56	52	50	47
Average number of adults per household	1.8	1.9	2.0	2.0	1.8
Average number of children per household	1.1	0.6	0.6	0.3	0.2
CONSUMPTION	<i>grams per person per week, unless otherwise stated</i>				
Milk and cream (ml)	1932	2118	2203	1973	1872
<i>Of which</i>					
Wholemilk (ml)	814	689	614	478	340
Skimmed milks (ml)	861	1110	1209	1149	1151
Cheese	85	95	113	127	147
Carcase meat	189	225	253	239	243
<i>of which</i>					
Beef and veal	92	115	131	130	123
Mutton and lamb	49	42	55	51	58
Pork	49	67	67	59	62
Other meats and meat products	725	796	847	853	800
<i>of which</i>					
Bacon and ham uncooked	54	74	72	71	70
Bacon and ham, cooked, incl. canned	37	44	47	53	47
Poultry, uncooked	185	198	218	213	217
Poultry, cooked, not canned	36	44	45	48	42
Fish	126	151	153	166	193
Eggs (no)	1.6	1.57	1.76	1.67	1.65
Fats and oils	208	213	196	185	174
<i>of which</i>					
Butter	31	41	44	45	43
Margarine	16	14	14	9	9
Low fat spreads	15	15	15	14	13
Reduced fat spreads	55	65	61	59	47
Sugar and preserves	160	165	149	133	123
Fruit and fruit products	793	1037	1109	1309	1631
<i>of which</i>					
Fresh fruit	505	689	729	835	1056
Fruit juices (ml)	236	264	295	387	483
Vegetables	1829	2010	2089	2061	2020
<i>of which</i>					
Fresh potatoes	660	713	700	631	510
Fresh green vegetables	161	220	242	261	273
Other fresh vegetables	365	455	503	552	671
Processed potatoes	295	275	278	247	194
Other processed vegetables	349	346	366	371	372
Cereals (including bread)	1589	1703	1683	1688	1612
<i>of which</i>					
Bread	746	811	783	780	720
Breakfast cereals	117	136	133	137	143
Beverages	52	61	62	62	63
<i>of which</i>					
Tea	33	36	34	37	31
Soft drinks ^(b)	1793	1809	1902	1671	1505
Alcoholic drinks	446	595	692	909	1108
<i>of which</i>					
Beers	71	116	109	112	141
Lagers and continental beers	182	238	280	341	370
Wine	81	128	193	294	455
Confectionery	119	134	138	129	119
EXPENDITURE	<i>pence per person per week</i>				
Total food expenditure	£13.39	£16.12	£17.65	£19.17	£22.43
Total food and drink expenditure	£15.97	£19.27	£21.40	£23.86	£28.52

(a) Based on total net weekly household income per head

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

Table 4.7 Nutritional value of household food and drink by income quintile ^(a) - 2001/02 ^(b)

INCOME QUINTILES	Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5
	(Lowest Income)			(Highest Income)	
Number of households in sample	1527	1485	1484	1492	1485
Average age of HRP	48	56	52	50	47
Average number of adults per household	1.8	1.9	2.0	2.0	1.8
Average number of children per household	1.1	0.6	0.6	0.3	0.2
	<i>(i) intake per person per day</i>				
Energy (kcal)	1968	2119	2157	2133	2078
(MJ)	8.3	8.9	9.1	9.0	8.7
Total protein (g)	64.1	70.9	74.4	74.2	73.7
Animal protein (g)	38.1	43.0	45.9	45.3	44.8
Fat (g)	82	87	89	87	84
Fatty acids					
saturated (g)	31.3	34.5	35.9	34.7	33.0
monounsaturated (g)	29.6	31.4	31.9	31.2	30.0
polyunsaturated (g)	15.3	15.6	15.2	15.1	14.6
Cholesterol (mg)	214	234	251	246	241
Carbohydrate ^(c) (g)	253	270	271	264	254
of which total sugars (g)	114	127	128	123	120
non-milk extrinsic sugars (g)	79	86	85	80	75
starch (g)	139	143	142	142	133
Fibre ^(d) (g)	11.8	13.2	13.5	13.8	14.3
Calcium (mg)	862	948	984	948	929
Iron (mg)	9.8	10.9	11.3	11.4	11.6
Zinc (mg)	7.6	8.4	8.8	8.8	8.8
Magnesium (mg)	226	253	264	268	278
Sodium ^(e) (g)	2.60	2.87	2.99	3.00	2.90
Potassium (g)	2.56	2.86	2.99	2.99	3.04
Thiamin (mg)	1.34	1.49	1.54	1.55	1.57
Riboflavin (mg)	1.67	1.86	1.95	1.88	1.88
Niacin equivalent (mg)	27.0	30.0	31.7	31.6	31.9
Vitamin B6 (mg)	2.0	2.2	2.3	2.2	2.2
Vitamin B12 (µg)	5.4	5.8	6.2	6.0	6.1
Folate (µg)	227	255	264	268	274
Vitamin C (mg)	55	63	66	72	81
Vitamin A					
retinol (µg)	451	482	538	534	551
β-carotene (µg)	1466	1711	1855	1896	1930
total (retinol equivalent) (µg)	695	767	847	849	872
Vitamin D (µg)	3.01	3.42	3.41	3.32	3.27
Vitamin E (mg)	11.35	11.75	11.36	11.25	10.85
	<i>(ii) as a percentage of total food and drink energy</i>				
Fat	37.3	37.1	37.1	36.7	36.2
of which saturated fatty acids	14.3	14.7	15.0	14.6	14.3
Carbohydrate ^(c)	48.3	47.8	47.1	46.5	45.8

(a) Based on total net weekly household income per head

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

(c) Available carbohydrate, calculated as monosaccharide

(d) As non-starch polysaccharides

(e) Excludes sodium from table salt

Household food: household composition comparisons

The size and composition of a household has a significant effect on household food consumption, expenditure and nutrient intakes. Table 4.8 shows consumption and total expenditure per person per week for groups of foods classified by the numbers of adults and children in the household.

As in previous years expenditure per person on food is highest in households with one or two adults and no children. Average expenditure per person decreases as the number of people per household increases. Taken as a whole, households with children spend 22 per cent less per person on food and drink than the average UK household and, on average, consume lower amounts in every food group with the exception of soft drinks.

Expenditure per person on all household food and drink (£25.75) is highest in one person (adult) households. However for carcass meat, fish, fresh potatoes, fresh vegetables and soft and alcoholic drinks expenditure per person is highest in households with two adults only.

The reduced expenditure per person observed in households with children may be attributed to various factors, including the lower food requirements of younger children, potential economies of scale, and reduced wastage in larger households. There may also be some effect due to less income being available for spending on each person, especially if the presence of children is associated with a decrease in the number of income-earning adults.

Table 4.9 shows that nutrient intake varies more with the composition of the household than between regions or income groups. As expected, households that contain only adults have the highest average daily intake of total energy per person (when the contribution from soft and alcoholic drinks and confectionery is included), reflecting the lower energy requirements of children. Consequently, adult only households also tend to have higher intakes of vitamins and minerals.

Table 4.8 Consumption and expenditure of selected foods by household composition - 2001/02 ^(a)

Number of adults Number of children	Households with										
	1 0	1 1+	2 0	2 1	2 2	2 3	2 4+	3 0	3 1 or 2	3 3+	4+
Number of households in sample	2022	538	2410	601	753	235	89	372	257	49	143
Average age of HRP	59	35	56	39	39	39	38	53	47	45	48
Average income of HRP	£264	£248	£369	£457	£566	£521	£488	£403	£429	£379	£374
CONSUMPTION	<i>grams per person per week unless otherwise stated</i>										
Milk and cream (ml)	2517	1769	2158	2057	1763	1733	1721	2096	1890	1538	1837
Cheese	135	83	128	113	95	88	66	127	100	68	119
Carcase meat	256	140	301	202	167	158	137	254	207	184	258
Other meat and meat prod.	962	661	871	806	662	667	618	887	770	590	895
Fish	217	92	211	119	117	88	105	171	103	136	148
Eggs (no)	2.29	1.26	2.00	1.46	1.14	1.09	1.02	1.76	1.45	1.21	1.89
Fats and oils	245	151	231	164	151	131	131	219	211	185	198
Sugar and preserves	225	117	185	108	84	91	136	170	122	120	128
Vegetables	2149	1533	2413	1932	1595	1511	1394	2217	1962	1587	2017
of which Fresh potatoes	679	510	783	627	496	470	448	730	657	592	670
Fresh green vegetables	282	110	326	184	152	134	91	297	183	132	200
Other fresh vegetables	565	284	673	482	399	299	227	561	428	400	452
Processed potatoes	227	324	231	269	256	281	320	265	335	208	271
Other processed vegetables	395	305	400	369	292	328	309	365	359	254	425
Fruit ^(b)	1569	746	1469	1030	966	777	650	1139	902	685	1002
Bread	954	662	827	728	624	668	624	871	710	586	834
Other cereals	965	766	936	834	848	827	791	888	870	868	940
Beverages	91	38	77	49	38	37	28	75	44	32	54
Soft drinks ^(c) (ml)	1380	2066	1502	1884	1837	2152	2003	1819	1872	2513	1832
Alcoholic drinks (ml)	781	302	998	767	664	467	321	728	614	239	728
Confectionery	131	116	131	123	136	123	133	127	127	124	110
EXPENDITURE	<i>pence per person per week</i>										
Milk and cream	176.6	113.7	156.8	153.3	132.8	115.6	109.2	149.3	126.2	103.3	126.0
Cheese	69.2	38.4	66.6	57.9	50.4	41.8	30.9	64.6	46.0	31.1	53.9
Carcase meat	116.3	50.7	142.1	91.8	73.2	65.3	52.9	123.0	87.9	69.9	111.5
Other meat and meat prod.	426.7	263.9	392.1	357.8	305.4	287.5	235.0	395.1	332.8	241.8	382.3
Fish	131.0	42.8	132.8	70.3	66.3	48.6	47.0	106.8	54.5	55.2	82.1
Eggs	23.5	11.3	21.0	15.2	11.6	10.5	8.4	17.9	13.7	9.8	17.0
Fats and oils	50.5	21.5	46.9	31.1	25.9	22.3	18.3	41.4	31.4	24.5	32.8
Sugar and preserves	24.8	9.1	21.5	12.0	9.2	8.4	10.2	16.8	10.4	9.6	11.3
Vegetables	304.1	204.0	319.3	278.8	233.4	206.2	171.5	286.8	254.1	172.2	263.7
Fruit	210.1	86.7	196.5	135.5	123.2	93.9	73.0	142.7	107.7	78.4	125.0
Bread	109.4	66.2	96.4	82.9	72.2	68.1	56.2	96.4	80.4	55.4	87.7
Other cereals	290.2	223.3	283.1	286.6	264.8	245.5	220.2	288.2	259.8	205.8	276.1
Beverages	69.2	26.7	57.4	36.9	28.3	26.7	18.1	53.0	30.3	23.3	33.2
Other foods	123.8	82.7	130.9	118.6	102.6	93.1	73.7	120.9	101.1	82.3	106.4
Total food	£21.26	£12.41	£20.64	£17.29	£14.99	£13.33	£11.25	£19.03	£15.36	£11.62	£17.09
Soft drinks	60.7	83.2	64.3	78.8	72.0	76.2	66.4	82.0	82.3	86.7	77.4
Alcoholic drinks	302.7	97.3	352.0	233.0	201.4	143.9	94.6	240.8	162.1	55.6	215.0
Confectionery	85.8	71.9	82.4	79.1	84.6	79.8	78.1	80.9	78.2	72.8	70.4
Total food and drink	£25.75	£14.93	£25.62	£21.19	£18.57	£16.33	£13.64	£23.07	£18.59	£13.78	£20.72

(a) See table 4.1 in 'Family Spending' 2001 edition, HMSO, ISBN 0 11 621478 3, ISSN 0965-1403

(b) Includes fruit juices

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

Table 4.9 Nutritional value of household food and drink by household composition - 2001/02 ^(a)

No of adults No of children	HOUSEHOLDS WITH										
	1 0	1 1 +	2 0	2 1	2 2	2 3	2 4 +	3 0	3+ 1 or 2	3+ 3 +	4 + 0
Number of households in sample	2022	538	2410	601	753	235	89	372	257	49	143
Average age of HRP	59	35	56	39	39	39	38	53	47	45	48
Average weekly income of HRP	£264	£248	£369	£457	£566	£521	£488	£403	£429	£379	£374
<i>(i) intake per person per day</i>											
Energy (kcal)	2432	1738	2313	1967	1806	1757	1730	2217	2019	1776	2165
(MJ)	10.2	7.3	9.7	8.3	7.6	7.4	7.3	9.3	8.5	7.5	9.1
Total protein (g)	84.4	56.7	80.9	67.9	59.6	57.9	54.2	77.0	66.3	55.9	74.9
Animal protein (g)	51.8	33.4	49.9	41.3	35.5	34.0	31.9	47.3	39.7	32.9	45.0
Fat (g)	100	70	95	80	74	70	69	91	86	71	90
Fatty acids											
saturated (g)	40.0	27.4	37.6	32.1	29.1	28.4	27.7	36.4	32.9	26.3	34.8
monounsaturated (g)	35.8	25.5	34.2	28.9	26.5	25.2	24.8	32.8	30.9	25.5	32.6
polyunsaturated (g)	16.9	12.8	16.7	14.0	13.2	12.0	11.9	16.1	16.3	14.4	16.7
Cholesterol (mg)	295	180	276	220	188	180	170	260	216	174	251
Carbohydrate ^(b) (g)	303	229	284	247	231	231	233	277	253	241	269
of which total sugars (g)	146	104	136	114	106	105	109	129	112	109	114
non-milk extr. sugars (g)	94	73	87	74	71	73	79	86	76	78	76
starch (g)	157	124	148	133	125	125	124	147	141	132	155
Fibre ^(c) (g)	15.7	10.5	15.4	12.4	11.2	10.9	9.9	14.0	12.3	10.4	13.2
Calcium (mg)	1116	795	1017	905	805	805	767	999	886	727	919
Iron (mg)	13.0	9.0	12.3	10.4	9.6	9.4	8.7	11.5	9.9	8.7	10.9
Zinc (mg)	10.1	6.7	9.6	8.1	7.1	6.9	6.5	9.1	7.8	6.7	8.9
Magnesium (mg)	307	202	295	243	219	209	191	271	233	191	257
Sodium ^(d) (g)	3.36	2.43	3.14	2.76	2.43	2.50	2.35	3.15	2.65	2.21	3.03
Potassium (g)	3.40	2.29	3.32	2.75	2.41	2.30	2.14	3.08	2.66	2.16	2.86
Thiamin (mg)	1.72	1.24	1.67	1.44	1.29	1.30	1.19	1.56	1.37	1.25	1.53
Riboflavin (mg)	2.24	1.53	2.06	1.77	1.58	1.56	1.50	1.94	1.66	1.41	1.76
Niacin equivalent (mg)	35.2	24.5	34.3	29.3	25.8	25.3	23.2	32.6	27.9	24.4	31.1
Vitamin B6 (mg)	2.4	1.8	2.5	2.1	1.9	1.9	1.7	2.3	2.1	1.9	2.2
Vitamin B12 (µg)	7.4	4.8	6.7	5.4	4.8	4.5	5.0	6.2	5.2	4.6	5.8
Folate (µg)	307	201	300	240	214	206	189	277	225	197	248
Vitamin C (mg)	80	52	77	66	59	53	48	69	60	49	61
Vitamin A											
retinol (µg)	688	354	608	488	390	364	382	565	414	303	476
β-carotene (µg)	2018	1211	2073	1746	1480	1337	1032	2077	1609	1560	1638
total (retinol equivalent) (µg)	1024	556	953	779	637	587	555	911	682	563	749
Vitamin D (µg)	4.10	2.57	3.83	3.16	2.71	2.54	2.49	3.47	2.75	3.00	2.96
Vitamin E (mg)	12.64	9.76	12.30	10.65	10.02	9.14	9.03	11.88	12.16	10.85	11.98
<i>(ii) as a percentage of total food and drink energy</i>											
Fat	36.8	36.4	36.9	36.8	36.7	36.0	35.8	37.1	38.2	35.9	37.6
of which sat. fatty acids	14.8	14.2	14.6	14.7	14.5	14.5	14.4	14.8	14.7	13.3	14.5
Carbohydrate ^(b)	46.7	49.4	46.0	47.1	48.0	49.3	50.6	46.8	46.9	50.8	46.6

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

Household food: age of Household Reference Person comparisons

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 as an emolument or perquisite or
- has the household accommodation by virtue of some relationship to the owner who is not a member of the household.

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.

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 65 and over, leading to higher average energy intakes per person. The survey results by age of the HRP should therefore be interpreted with caution.

Expenditure on household food increases with age up to and including the “65 and under 75” HRP age group. However, expenditure on total food and drink reaches its highest level within the “50 and under 65” HRP age group. Households within the “under 30” HRP age group spend 17 per cent less per person on food and drink than the average over all households. By contrast, households with a HRP of “50 and under 65” spend 18 per cent more than the average.

Consumption of milk and cream, meat and meat products, fish, all fats, sugar and preserves, fresh vegetables, fresh fruit, all cereals and confectionery is lowest in households in the “under 30” HRP age group. Households within the “40 and under 50” HRP age group consume the most processed potatoes, soft drinks and confectionery. The highest consumption of alcohol is by households in the “50 and under 65” HRP age group, together with cheese, other meats and meat products, processed vegetables (excluding potatoes) and fruit juices. The most milk and cream, carcass meat, eggs, fats, all fresh vegetables (including potatoes) and fresh fruit, bread and beverages is consumed by households where the HRP is in the “65 and under 75” age group. Households in the “over 75” HRP age group have the highest consumption of fish, sugar and preserves and breakfast cereals but consume the lowest amounts of cheese, processed vegetables (including potatoes) and both soft and alcoholic drinks.

Households in the “65 and under 75” HRP age group have the highest intake of energy and most nutrients, partly due to the low number of children in these households. Those in the “under 30” HRP age group have the lowest energy and nutrient intake.

Table 4.10 Consumption and expenditure for selected foods by age of household reference person - 2001/02 ^(a)

Age Group of Household Reference Person	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	776	1574	1435	1894	980	814
Average number of adults per household	1.8	1.8	2.2	2.0	1.7	1.4
Average number of children per household	0.6	1.3	1.0	0.2	0.0	0.0
Average weekly income of HRP	£306	£451	£480	£387	£239	£187
CONSUMPTION	<i>grams per person per week unless stated otherwise</i>					
Milk and cream (ml)	1703	1799	1847	2235	2564	2488
<i>of which</i> Wholemilk (ml)	644	612	502	563	725	747
Skimmed milks (ml)	718	855	1047	1346	1472	1308
Cheese	98	104	109	136	115	94
Carcase meat	121	148	229	312	329	275
<i>of which</i> Beef and veal	67	83	119	162	152	121
Mutton and lamb	26	25	49	69	81	84
Pork	27	41	61	81	96	69
Other meats and meat products	663	694	817	939	921	758
<i>of which</i> Bacon and ham, uncooked	33	45	61	92	111	91
Bacon and ham, cooked incl. canned	31	34	44	57	58	59
Poultry, uncooked	155	162	226	251	250	161
Poultry, cooked, not canned	37	37	41	51	54	40
Fish	109	113	131	202	222	233
Eggs (no)	1.30	1.27	1.53	1.97	2.38	1.97
Fats	129	144	182	238	291	264
<i>of which</i> Butter	14	24	32	56	76	71
Margarine	7	10	11	14	21	20
Low fat spreads	10	10	13	19	20	21
Reduced fat spreads	37	45	55	69	83	72
Sugar and preserves	90	92	117	184	247	275
Fresh potatoes	394	458	619	833	940	804
Fresh green vegetables	108	142	193	316	387	351
Other fresh vegetables	347	383	462	649	707	550
Processed potatoes	256	272	284	265	231	167
Other processed vegetables	318	334	360	426	367	296
Fruit and fruit products	805	890	1055	1436	1620	1457
<i>of which</i> Fresh fruit	441	535	652	981	1144	1049
Fruit juices (ml)	314	313	344	356	323	254
Cereals	1433	1456	1607	1858	1996	1747
<i>of which</i> Bread	632	653	741	902	950	806
Cakes and pastries	72	89	106	154	197	214
Buns, scones and teacakes	24	30	36	40	50	51
Biscuits	105	146	162	182	221	211
Cereal convenience foods	62	67	74	77	74	54
Breakfast cereals	105	122	135	145	147	151
Beverages	35	38	50	80	100	88
<i>of which</i> Tea	20	20	27	46	62	57
Soft drinks ^(b) (ml)	1720	1875	2028	1656	1434	1045
Alcoholic drinks (ml)	701	729	804	863	535	417
<i>of which</i> Beers (ml)	89	82	128	134	102	88
Lagers and continental beers (ml)	402	330	312	257	103	86
Wine (ml)	140	207	236	293	204	135
Confectionery	88	119	143	132	139	140

(a) See table 2.9 in 'Family Spending' 2001 edition, HMSO, ISBN 0 11 621478 3, ISSN 0965-1403

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

Table 4.10 continued ^(a)

Age Group of Household Reference Person	Under 30	30 and under	40 and under	50 and under	65 and under	75 and over
Number of households in sample	776	1574	1435	1894	980	814
Average number of adults per household	1.8	1.8	2.2	2.0	1.7	1.4
Average number of children per household	0.6	1.3	1.0	0.2	0.0	0.0
Average weekly income of HRP	£306	£451	£480	£387	£239	£187
EXPENDITURE	<i>grams per person per week unless stated otherwise</i>					
Milk and cream	118.5	127.4	132.2	161.2	180.7	176.0
<i>of which</i>						
Whole milk	30.2	29.0	24.5	29.7	38.7	44.2
Low fat milk	33.6	39.8	50.8	68.0	74.5	71.7
Cheese	47.8	51.3	54.8	70.8	59.0	48.1
Carcass meat	53.3	63.5	99.4	143.9	155.0	135.0
Other meat and meat products	325.9	311.3	359.8	409.4	376.7	332.0
Fish	61.9	64.0	75.0	123.9	138.0	140.4
Eggs	12.6	12.2	14.2	21.0	24.7	22.3
Fats	18.8	25.3	31.7	47.5	55.3	56.2
<i>of which</i>						
Butter	3.9	7.0	9.0	15.9	20.8	21.1
Margarine	1.0	1.2	1.3	1.6	2.4	2.4
Reduced and low fat spreads	8.0	9.7	12.0	17.7	21.0	20.6
Sugar and preserves	8.5	9.4	11.7	19.7	27.5	30.8
Fresh potatoes	23.0	25.3	33.5	46.5	51.2	43.6
Fresh green vegetables	22.7	28.6	37.1	52.4	55.8	49.8
Other fresh vegetables	60.1	63.8	72.5	94.3	88.2	71.7
Processed potatoes	70.6	73.6	75.6	67.5	56.5	39.0
Other processed vegetables	49.5	49.2	52.7	58.9	48.3	45.2
Fruit and fruit products	99.1	114.5	136.7	186.4	212.4	190.8
Cereals	358.3	334.5	358.2	378.4	375.5	344.5
Beverages	25.2	29.5	37.9	59.4	67.3	61.4
Miscellaneous (expenditure only)	103.1	104.6	112.7	131.5	114.9	98.1
Total food	£14.59	£14.88	£16.96	£20.73	£20.87	£18.85
Soft drinks	73.7	76.3	81.6	71.2	59.7	40.7
Alcoholic drinks	202.3	220.1	245.5	313.0	222.7	191.8
Confectionery	58.3	77.1	88.1	85.0	83.4	85.7
Total food and drink	£17.93	£18.61	£21.11	£25.42	£24.53	£22.03

(a) See table 4.1 in 'Family Spending' 2001 edition, HMSO, ISBN 0 11 621478 3, ISSN 0965-1403

Table 4.11 Nutritional value of household food and drink by age group of household reference person - 2001/02 ^(a)

Age Group of Household Reference Person	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	776	1574	1435	1894	980	814
Average number of adults per household	1.8	1.8	2.2	2	1.7	1.4
Average number of children per househ.	0.6	1.3	1.0	0.2	0.0	0.0
Average weekly income of HRP	£306	£451	£480	£387	£239	£187
	<i>(i) intake per person per day</i>					
Energy (kcal)	1673	1789	2037	2407	2578	2284
(MJ)	7.0	7.5	8.6	10.1	10.8	9.6
Total Protein (g)	56.7	60.1	69.3	84.2	87.7	75.9
Animal Protein (g)	33.1	35.8	42.1	51.8	54.1	47.4
Fat (g)	66	73	84	99	108	94
Fatty acids:						
saturates (g)	25.2	28.8	32.7	39.2	43.4	39.0
mono-unsaturates (g)	23.9	26.2	30.3	35.7	38.7	33.6
poly-unsaturates (g)	12.7	12.9	15.0	17.4	18.7	15.5
Cholesterol (mg)	176	191	225	284	315	274
Carbohydrate ^(b) (g)	217	227	256	297	322	290
of which total sugars (g)	94	104	118	139	156	151
non-milk extr sugars (g)	63	69	80	90	101	99
starch (g)	123	124	138	158	166	139
Fibre ^(c) (g)	10.3	11.2	12.6	15.7	16.8	14.8
Calcium (mg)	772	822	896	1060	1134	1019
Iron (mg)	8.7	9.5	10.7	12.7	13.4	11.9
Zinc (mg)	6.7	7.2	8.2	10.0	10.4	9.1
Magnesium (mg)	205	219	248	302	315	277
Sodium ^(d) (g)	2.38	2.52	2.83	3.31	3.36	2.91
Potassium (g)	2.23	2.41	2.77	3.42	3.62	3.15
Thiamin (mg)	1.21	1.30	1.46	1.72	1.80	1.58
Riboflavin (mg)	1.46	1.58	1.76	2.12	2.31	2.11
Niacin Equivalent (mg)	24.1	25.8	30.0	35.7	36.6	31.0
Vitamin B6 (mg)	1.7	1.9	2.2	2.6	2.6	2.3
Vitamin B12 (µg)	4.5	5.0	5.5	7.0	7.5	6.7
Folate (µg)	194	211	243	306	332	296
Vitamin C (mg)	54	57	64	78	83	72
Vitamin A						
retinol (µg)	332	413	456	627	716	645
β-carotene (µg)	1244	1396	1674	2228	2267	1961
retinol equivalent (µg)	540	645	735	997	1093	971
Vitamin D (µg)	2.46	2.69	3.06	3.87	4.42	3.98
Vitamin E (mg)	9.59	9.84	11.18	12.83	13.77	11.57
	<i>(ii) as a percentage of total food and drink energy</i>					
Fat	35.6	36.6	37.0	37.0	37.7	37.2
of which saturated fatty acids	13.6	14.5	14.5	14.7	15.1	15.4
Carbohydrate ^(b)	48.6	47.6	47.0	46.3	46.8	47.6

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

Household food: age at which Household Reference Person ceased full time education comparisons

The age of the HRP is often related to the age of the HRP, 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 in the aged 14 and under category there are fewer children on average and the average age of the HRP is much older. The survey results by age at which HRP ceased full time education should therefore be interpreted with caution.

Households in which the HRP ceased full time education at “age 19 to under 22” had the highest expenditure per head (£19.30) on food in 2001/02. However, when taking all food and drink into account, the highest expenditure was by households where full time education of the HRP ceased at “aged 22 or over”, and these households also spent the most on household consumption of alcoholic drinks.

Consumption of milk and cream, fish, eggs, fats and oils, sugar and preserves, fresh potatoes, fresh green vegetables, bread, other cereals, beverages and confectionery in 2001/02 was highest in those households where the HRP ceased full time education at the age of 14 or under. Consumption of processed vegetables (including potatoes), soft and alcoholic drinks was lowest in these households. The highest consumption of carcass meat, meat and meat products and processed vegetables was in households where the HRP ceased full time education at age 15. The lowest consumption of all fresh vegetables (excluding potatoes) and fruit but highest consumption of soft drinks was in households where the HRP ceased full time education at age 16 years. Consumption of other fresh fruit and vegetables was highest and consumption of all meat and meat products was lowest in households where the HRP ceased full time education at age 22 or more. Households where the HRP ceased full time education at age 19 to 21 consumed most cheese, all other foods and alcohol.

Table 4.13 compares energy and nutrient intakes according to at which age the HRP ceased full time education. Total energy intake (when the contribution from soft and alcoholic drinks and confectionery is included) and intakes of the majority of other nutrients are highest in those households where the HRP ceased full time education at aged 14 and under.

Table 4.12 Consumption and expenditure for selected foods by age of household reference person ceased full time education – 2001/02 ^(a)

Age which Household Reference Person ceased full time education	Aged 14 and under	Aged 15	Aged 16	Aged 17 and under 19	Aged 19 and under 22	Aged 22 and over
Number of households in sample	1049	1512	2241	1250	673	700
Average age of HRP	74	56	44	45	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	0.4	0.8	0.6	0.7	0.6
Average weekly income of HRP	£165	£263	£343	£445	£557	£687
CONSUMPTION	<i>grams per person per week unless otherwise stated</i>					
Milk and cream (ml)	2527	2204	1903	1914	1926	1924
Cheese	99	109	102	115	138	135
Carcase meat	282	290	210	216	215	178
Other meat and meat products	859	940	806	783	698	640
Fish	220	171	131	152	157	165
Eggs (no)	2.16	1.84	1.52	1.59	1.59	1.47
Fats and oils	276	219	180	182	165	192
Sugar and preserves	271	180	128	114	120	114
Vegetables	2344	2261	1883	1938	1873	1864
<i>of which</i> Fresh potatoes	909	818	616	580	513	460
Fresh green vegetables	343	253	191	210	233	235
Other fresh vegetables	548	502	414	544	568	636
Processed potatoes	208	292	304	256	205	172
Other processed vegetables	337	395	358	348	355	362
Fruit ^(b)	1344	1065	915	1228	1479	1531
Bread	911	896	755	704	697	631
Other cereals	990	896	825	902	909	921
Beverages	95	70	53	54	52	50
Soft drinks ^(c) (ml)	1311	1793	1929	1853	1695	1369
Alcoholic drinks (ml)	362	764	740	790	877	820
Confectionery	142	139	130	134	112	95
EXPENDITURE	<i>pence per person per week</i>					
Milk and cream	168.3	147.1	132.3	142.3	152.3	152.1
Cheese	48.3	51.4	47.9	62.3	74.5	79.6
Carcase meat	128.7	125.0	90.4	99.0	102.5	95.7
Other meat and meat products	347.9	381.5	349.7	370.8	353.5	310.8
Fish	124.7	96.1	72.7	93.4	105.4	111.5
Eggs	21.9	17.3	13.7	17.0	18.3	18.6
Fats and oils	52.0	39.1	30.4	35.7	36.6	38.3
Sugar and preserves	28.2	16.7	11.8	13.7	16.6	15.9
Vegetables	245.0	258.2	242.3	276.9	297.0	306.0
<i>of which</i> Fresh potatoes	37.2	32.5	25.0	26.0	25.6	22.9
Fresh green vegetables	45.7	36.4	32.2	40.9	50.7	52.3
Other fresh vegetables	68.6	66.0	59.2	86.9	99.3	112.7
Processed potatoes	50.3	74.6	78.4	68.2	58.6	51.1
Other processed vegetables	43.2	48.6	47.6	54.9	62.8	67.0
Fruit ^(b)	171.9	128.7	113.5	164.0	202.3	215.7
Bread	92.2	92.7	81.2	84.2	88.5	87.1
Other cereals	256.8	258.2	256.8	288.8	294.8	301.7
Beverages	61.8	48.8	38.4	41.2	42.4	43.1
Other foods	98.9	102.6	105.8	122.2	136.8	136.1
Total food	£18.57	£17.72	£15.95	£18.20	£19.30	£19.19
Soft drinks	49.7	74.1	76.6	78.1	70.7	66.9
Alcoholic drinks	156.2	221.9	210.4	280.2	322.0	354.6
Confectionery	83.4	83.4	80.0	86.2	77.1	71.4
Total all food and drink	£21.46	£21.52	£19.62	£22.64	£24.00	£24.12

(a) See table 3.7 in 'Family Spending' 2001 edition, HMSO, ISBN 0 11 621478 3, ISSN 0965-1403

(b) Includes fruit juices

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

Table 4.13 Nutritional value of household food and drink by age household reference person ceased full time education - 2001/02 ^(a)

Age which Household Reference Person ceased full time education	Aged 14 and under	Aged 15	Aged 16	Aged 17 and under	Aged 19 and under	Aged 22 and over
Number of households in sample	1049	1512	2241	1250	673	700
Average age of HRP	74	56	44	45	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	0.4	0.8	0.6	0.7	0.6
Average weekly income of HRP	£165	£263	£343	£445	£557	£687
<i>(i) intake per person per day</i>						
Energy (kcal)	2417	2282	1993	2035	2005	1962
(MJ)	10.2	9.6	8.4	8.6	8.4	8.2
Total Protein (g)	81.1	79.1	67.6	69.7	68.9	66.1
Animal Protein (g)	50.0	49.1	40.9	42.1	41.3	38.9
Fat (g)	100	94	82	83	80	81
Fatty acids						
saturates (g)	40.0	37.8	32.2	32.6	32.2	31.1
mono-unsaturates (g)	35.8	34.0	29.7	29.8	28.5	29.0
poly-unsaturates (g)	17.3	16.1	14.8	14.8	13.8	15.1
Cholesterol (mg)	288	269	221	229	223	213
Carbohydrate ^(b) (g)	309	285	250	256	253	243
of which						
total sugars (g)	151	133	115	118	119	113
non-milk extr sugars (g)	101	90	78	77	76	70
starch (g)	157	151	135	138	134	130
Fibre ^(c) (g)	15.2	14.1	12.3	13.1	13.5	13.5
Calcium (mg)	1078	1016	886	903	915	884
Iron (mg)	12.3	11.7	10.3	10.9	11.0	10.9
Zinc (mg)	9.6	9.4	8.0	8.3	8.3	8.0
Magnesium (mg)	287	274	241	255	260	256
Sodium ^(d) (g)	3.10	3.18	2.82	2.80	2.72	2.56
Potassium (g)	3.30	3.13	2.70	2.83	2.84	2.78
Thiamin (mg)	1.66	1.60	1.40	1.48	1.50	1.48
Riboflavin (mg)	2.16	2.01	1.73	1.80	1.80	1.76
Niacin Equivalent (mg)	33.3	33.4	28.9	30.2	29.5	28.3
Vitamin B6 (mg)	2.4	2.4	2.1	2.2	2.1	2.0
Vitamin B12 (µg)	7.0	6.6	5.5	5.7	5.6	5.5
Folate (µg)	306	276	236	252	255	256
Vitamin C (mg)	73	65	59	69	77	78
Vitamin A						
retinol (µg)	645	579	459	505	467	488
β-carotene (µg)	1981	1871	1606	1790	1826	1807
retinol equivalent (µg)	975	890	726	803	771	789
Vitamin D (µg)	4.08	3.66	3.09	3.11	3.14	3.01
Vitamin E (mg)	12.68	11.95	11.09	11.11	10.36	11.30
<i>(ii) as a percentage of total food and drink energy</i>						
Fat	37.2	37.2	37.1	36.6	35.9	37.0
of which saturated fatty acids	14.9	14.9	14.6	14.4	14.5	14.2
Carbohydrate ^(b)	47.9	46.8	47.1	47.1	47.3	46.5

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

Household food: ethnic origin of Household Reference Person comparisons

Comparisons between households based on the ethnic origin of the Household Reference Person (HRP) have to be looked at with caution in view of the fact that 95 per cent of the total sample were 'white' HRP households. Nevertheless, the comparison shows that the ethnic origin of the HRP is associated with patterns in household food purchases.

Households where the HRP is classified as "white" spent £17.80 on household food in 2001/02 compared to an expenditure of £12.65 for those classified as "Asian/Asian British". Households classified as "white" also spent higher amounts on alcoholic drinks and confectionery.

Households classified as "Asian/Asian British" consumed most milk and cream, fats and oils and other cereals (excluding bread) but least carcass meat, fish and fruit. Households classified as "Black/Black British" consumed the highest amounts of non-carcass meat and meat products, fish, eggs, processed vegetables and soft drinks but the lowest amounts of milk and cream and fresh green vegetables. Most carcass meat, fresh fruit and vegetables was eaten in households classified as "Chinese/Other" which also had the lowest consumption of fresh potatoes, processed vegetables, bread and soft drinks. Consumption of other meat and meat products, eggs, fats and oils, other fresh vegetables and other cereals (excluding bread) was lowest in households classified as "Mixed race". Households classified as "white" consumed the highest amounts of cheese, fresh and processed potatoes, bread, confectionery and alcoholic drinks.

Households classified as "White", "Asian/Asian British" and "Black/Black British" had the highest energy intakes (when the contribution from soft and alcoholic drinks and confectionery is included) than "Mixed" or "Chinese/Other" households. The proportion of energy derived from fat was highest in "Black/Black British" households. Intakes of many nutrients were highest in "White" households. "Mixed" households had lowest intakes of energy and many nutrients.

Table 4.14 Consumption and expenditure for selected foods by ethnic origin of household reference person - 2001/02

Ethnic Origin of Household Reference Person	Asian/ Asian British	Black/ Black British	Chinese and other	Mixed	White
Number of households in sample	131	119	54	40	6997
Average age of HRP	41	43	43	41	51
Average number of adults per household	2.4	1.6	1.8	1.9	1.8
Average number of children per household	1.2	0.9	0.7	0.7	0.6
Average weekly income of HRP	£345	£325	£358	£403	£371
CONSUMPTION	<i>grams per person per week unless otherwise stated</i>				
Milk and cream (ml)	2128	1438	1855	1517	2031
Cheese	61	54	79	76	116
Carcase meat	136	218	289	160	231
Other meat and meat products	565	823	597	502	812
Fish	123	227	219	156	156
Eggs (no)	1.87	2.13	1.96	1.36	1.63
Fats and oils	318	300	202	171	188
Sugar and preserves	126	147	125	136	146
Vegetables	1624	1761	1790	1615	2015
of which					
Fresh potatoes	314	386	289	448	665
Fresh green vegetables	172	168	285	198	232
Other fresh vegetables	625	515	740	447	497
Processed potatoes	171	249	165	178	264
Other processed vegetables	343	442	312	343	357
Fruit ^(a)	996	1311	1581	1399	1161
Bread	534	538	517	697	780
Other cereals	1265	1054	971	829	868
Beverages	43	65	28	50	60
Soft drinks ^(b) (ml)	1568	1891	981	1200	1764
Alcoholic drinks (ml)	191	379	244	335	777
Confectionery	76	61	87	80	131
EXPENDITURE	<i>pence per person per week</i>				
Milk and cream	127.3	93.5	121.5	110.9	146.0
Cheese	26.4	25.1	39.7	47.7	58.9
Carcase meat	51.6	79.8	121.2	78.0	104.9
Other meat and meat products	162.6	265.1	247.7	231.1	363.6
Fish	53.7	99.9	103.9	93.7	93.8
Eggs	17.4	17.3	20.6	14.8	16.6
Fats and oils	36.3	34.8	32.2	30.5	36.3
Sugar and preserves	11.3	12.6	11.0	19.7	15.6
Vegetables	236.1	225.4	285.3	247.3	273.3
Fruit ^(a)	124.4	148.4	210.6	181.6	151.1
Bread	57.3	52.0	56.1	81.9	88.0
Other cereals	260.3	249.6	237.9	243.7	272.3
Beverages	24.2	35.6	21.0	30.5	44.6
Other foods	75.6	92.7	96.5	113.3	114.9
Total food	£12.65	£14.32	£16.05	£15.25	£17.80
Soft drinks	71.6	82.1	45.4	46.4	72.3
Alcoholic drinks	62.6	148.5	75.8	154.7	258.2
Confectionery	52.2	35.8	56.2	56.9	82.9
Total all food and drink	£14.51	£16.98	£17.83	£17.83	£21.93

(a) Includes fruit juices

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

Table 4.15 Nutritional value of household food and drink by ethnic origin of household reference person - 2001/02 ^(a)

Ethnic Origin of Household Reference Person	Asian/Asian British	Black/Black British	Chinese and other	Mixed	White
Number of households in sample	131	119	54	40	6997
Average age of HRP	41	43	43	41	51
Average number of adults per househ.	2.4	1.6	1.8	1.9	1.8
Average number of children per househ.	1.2	0.9	0.7	0.7	0.6
Average weekly income of HRP	£345	£325	£358	£403	£371
<i>(i) intake per person per day</i>					
Energy (kcal)	2081	2069	1861	1751	2088
(MJ)	8.8	8.7	7.8	7.4	8.8
Total Protein (g)	62.0	66.2	64.7	57.4	71.6
Animal Protein (g)	33.8	40.1	39.5	32.1	43.7
Fat (g)	87	88	75	70	85
Fatty acids					
saturates (g)	28.2	26.7	26.5	26.0	34.2
mono-unsaturates (g)	31.4	33.3	28.9	25.2	30.7
poly-unsaturates (g)	21.7	22.5	14.5	13.8	14.7
Cholesterol (mg)	203	234	226	181	238
Carbohydrate ^(b) (g)	276	261	243	231	262
of which total sugars (g)	99	112	105	103	123
non-milk extr sugars (g)	61	78	64	66	82
starch (g)	178	149	138	129	138
Fibre ^(c) (g)	12.1	12.3	11.8	11.9	13.3
Calcium (mg)	827	710	742	733	942
Iron (mg)	9.1	10.3	9.7	9.1	11.1
Zinc (mg)	7.5	7.9	7.7	6.9	8.5
Magnesium (mg)	221	239	223	217	259
Sodium ^(d) (g)	1.83	2.17	2.03	2.29	2.92
Potassium (g)	2.37	2.62	2.54	2.36	2.90
Thiamin (mg)	1.25	1.35	1.36	1.27	1.50
Riboflavin (mg)	1.54	1.60	1.66	1.44	1.86
Niacin Equivalent (mg)	24.0	29.7	28.2	23.9	30.6
Vitamin B6 (mg)	1.8	2.1	2.0	1.7	2.2
Vitamin B12 (µg)	4.9	5.7	6.1	4.5	5.9
Folate (µg)	211	242	242	216	258
Vitamin C (mg)	58	80	77	67	67
Vitamin A					
retinol (µg)	353	414	629	375	515
β-carotene (µg)	1589	1406	1579	1560	1775
retinol equivalent (µg)	618	648	895	635	811
Vitamin D (µg)	1.98	3.87	3.24	2.72	3.32
Vitamin E (mg)	15.31	16.37	10.53	10.02	11.04
<i>(ii) as a percentage of total food and drink energy</i>					
Fat	37.7	38.4	36.4	35.9	36.8
of which saturated fatty acids	12.2	11.6	12.8	13.4	14.7
Carbohydrate ^(b)	49.8	47.3	49.0	49.6	47.0

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

Household food: occupation of Household Reference Person comparisons

The expenditure on food and drink in 2001/02 was highest at £25.87 per person in households where the household reference person (HRP) was in the category “Higher Professional Occupation” and lowest at £16.79 per person per week in the category “never worked and long-term unemployed”. The “higher professional” households consumed most cheese, fish, fruit and cereals (excluding bread) but lower amounts of non-carcass meat and meat products and potatoes (fresh and processed). The “never worked and long-term unemployed” households consumed the lowest amounts of cheese, carcass meat, vegetables (but within this total the highest amount of processed vegetables other than potatoes), soft and alcoholic drinks and confectionery.

Table 4.17 shows that there are no clear patterns in energy intakes according to the occupation of the HRP. Highest intakes of vitamins and minerals are found mostly in households where the occupation of the HRP is “Small Employers and Own Account Workers” or “Higher Professional Occupations”. Lowest intakes of vitamins and minerals are in those households where the HRP is classified as “Never Worked and Long Term Unemployed”.

Table 4.16 Consumption and Expenditure for selected foods by occupation of household reference person – 2001/02

	Large Employers and Higher Managerial Occupations	Small Employers and Own Account Workers	Higher Professional Occupations	Intermediate Occupations	Lower Managerial and Professional Occupations	Lower Supervisory and Technical Occupations	Never Worked and Long Term Unemployed	Routine Occupations	Semi-Routine Occupations
Number of households in sample	448	424	328	1273	518	149	523	575	412
Average age of HRP	41	40	42	42	43	39	44	43	47
Average number of adults per househ.	2.02	1.82	2.03	2.03	2.17	1.94	2.08	1.89	2.12
Average number of children per househ.	0.69	0.60	0.91	0.65	0.77	0.72	0.72	0.76	0.76
Average weekly income of HRP	£781	£358	£909	£542	£382	£134	£279	£285	£394
CONSUMPTION									
<i>grams per person per week unless otherwise stated</i>									
Milk and cream (ml)	1890	1952	1924	1844	1798	1977	1885	1878	1854
Cheese	123	119	142	115	132	103	76	96	94
Carcase meat	214	244	198	204	212	221	168	214	224
Other meat and meat	732	848	672	838	752	863	735	847	844
Fish	134	155	157	140	151	132	140	117	137
Eggs (no)	1.38	1.66	1.45	1.70	1.37	1.55	1.52	1.60	1.54
Fats and oils	147	194	148	177	157	173	237	204	192
Sugar and preserves	82	152	104	109	95	125	139	130	132
Vegetables	1885	1976	1851	1870	1852	1961	1849	2008	1905
of which									
Fresh potatoes	498	626	448	558	538	618	615	746	661
Fresh green vegetables	240	241	233	185	218	195	131	182	178
Other fresh vegetables	626	491	617	491	521	440	387	376	393
Processed potatoes	197	250	184	279	234	324	288	335	326
Other processed vegetables	324	366	369	358	340	384	427	369	347
Fruit ^(a)	1346	1077	1575	1053	1267	878	783	790	891
Bread	653	776	666	727	696	807	742	854	765
Other cereals	882	847	929	865	866	860	926	815	832
Beverages	40	64	52	50	51	53	46	51	47
Soft drinks ^(b) (ml)	1828	1727	1631	1936	1839	1945	1592	2036	1980
Alcoholic drinks (ml)	826	805	890	755	968	813	605	734	728
Confectionery	123	135	120	126	128	131	81	135	123
EXPENDITURE									
<i>pence per person per week</i>									
Milk and cream	154.4	142.2	154.8	133.5	140.1	134.2	114.5	124.1	126.3
Cheese	69.8	62.7	85.9	54.5	69.5	48.9	36.4	42.0	43.4
Carcase meat	109.3	112.0	106.7	86.4	99.7	95.9	58.6	86.5	88.1
Other meat and meat	371.6	400.5	359.4	356.3	373.1	372.0	283.4	343.7	345.5
Fish	93.7	100.0	114.0	75.1	97.4	72.2	64.9	60.1	69.1
Eggs	17.0	16.3	18.2	13.6	15.9	13.2	12.6	15.2	13.9
Fats and oils	35.5	39.0	35.1	31.2	32.1	29.7	30.8	31.9	29.8
Sugar and preserves	12.6	15.7	16.2	10.7	11.7	11.5	10.1	11.5	12.1
Vegetables	324.4	280.4	334.2	262.1	290.2	253.8	222.5	244.0	241.5
Fruit ^(a)	198.1	140.4	223.1	129.1	171.6	103.5	95.0	92.2	103.1
Bread	91.4	90.6	90.4	81.8	86.3	89.0	75.7	82.3	79.6
Other cereals	310.4	287.6	330.6	280.7	297.5	263.4	247.7	244.8	241.7
Beverages	36.7	46.8	45.2	36.8	39.3	40.2	27.8	35.8	34.3
Other foods	130.7	120.8	151.4	108.8	133.5	105.7	98.4	89.9	94.0
Total food	£19.56	£18.55	£20.65	£16.61	£18.58	£16.33	£13.78	£15.04	£15.22
Soft drinks	79.3	70.8	74.5	84.6	80.0	78.2	71.1	77.2	78.0
Alcoholic drinks	331.1	264.1	359.5	242.6	339.5	207.1	175.4	190.8	184.0
Confectionery	92.7	87.9	87.9	80.4	84.7	76.1	54.5	78.5	72.2
Total all food and drink	£24.59	£22.78	£25.87	£20.68	£23.62	£19.95	£16.79	£18.50	£18.56

(a) Includes fruit juices

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

Table 4.17 Nutritional value of household food and drink by occupation of household reference person - 2001/02 ^(a)

	Large Employers and Higher Managerial Occupations	Small Employers and Own Account Workers	Higher Professional Occupations	Pro-Intermediate Occupations	Lower Managerial and Professional Occupations	Lower Supervisory and Technical Occupations	Never Worked and Long Term Unemployed	Routine Occupations	Semi-Routine Occupations
Number of households in sample	448	424	328	1273	518	149	523	575	412
Average age of HRP	41	40	42	42	43	39	44	43	47
Average number of adults per househ.	2.02	1.82	2.03	2.03	2.17	1.94	2.08	1.89	2.12
Average number of children per househ.	0.69	0.60	0.91	0.65	0.77	0.72	0.72	0.76	0.76
Average weekly income of HRP	£781	£358	£909	£542	£382	£134	£279	£285	£394
	<i>(i) intake per person per day</i>								
Energy (kcal)	1916	2081	1978	1998	1964	2060	1983	2077	2025
(MJ)	8.1	8.7	8.3	8.4	8.3	8.7	8.3	8.7	8.5
Total Protein (g)	66.7	72.2	68.3	69.0	68.1	71.1	64.8	69.1	68.4
Animal Protein (g)	40.4	44.5	40.3	42.1	41.1	43.0	37.4	41.5	41.5
Fat (g)	77	86	78	82	79	85	82	87	84
Fatty acids									
saturates (g)	31.0	34.2	31.7	31.9	31.5	33.2	29.2	33.8	31.9
mono-unsaturates (g)	27.5	30.9	28.0	29.8	28.2	30.5	30.3	31.6	30.5
poly-unsaturates (g)	12.9	15.1	13.4	15.1	13.8	15.1	17.5	15.9	15.8
Cholesterol (mg)	213	243	217	230	216	230	207	228	222
Carbohydrate ^(b) (g)	240	258	250	249	245	259	252	260	255
of which									
total sugars (g)	112	122	117	114	114	118	102	116	114
non-milk extr sugars (g)	71	82	74	76	74	80	68	80	78
starch (g)	128	136	132	134	131	141	149	143	141
Fibre ^(c) (g)	13.0	13.0	13.7	12.6	12.8	12.8	12.5	12.4	12.2
Calcium (mg)	873	926	918	891	884	928	841	909	875
Iron (mg)	10.7	10.8	11.2	10.6	10.7	10.7	10.0	10.4	10.1
Zinc (mg)	8.0	8.5	8.2	8.2	8.1	8.4	7.9	8.2	8.0
Magnesium (mg)	246	256	263	244	251	251	234	243	238
Sodium ^(d) (g)	2.66	2.93	2.71	2.86	2.76	2.96	2.59	2.94	2.78
Potassium (g)	2.73	2.87	2.85	2.73	2.76	2.81	2.58	2.75	2.69
Thiamin (mg)	1.47	1.47	1.53	1.48	1.45	1.48	1.31	1.43	1.38
Riboflavin (mg)	1.78	1.81	1.81	1.78	1.74	1.81	1.66	1.72	1.68
Niacin Equivalent (mg)	29.3	30.8	29.6	29.8	29.4	30.5	27.0	29.5	29.2
Vitamin B6 (mg)	2.1	2.2	2.1	2.1	2.1	2.2	2.0	2.1	2.1
Vitamin B12 (µg)	5.4	5.8	5.7	5.7	5.4	5.8	5.4	5.5	5.3
Folate (µg)	252	251	261	241	246	244	227	237	232
Vitamin C (mg)	74	64	81	63	69	59	56	56	59
Vitamin A									
retinol (µg)	478	506	521	494	459	502	425	477	417
β-carotene (µg)	1979	1860	1887	1826	1718	1715	1386	1504	1489
retinol equivalent (µg)	807	816	835	798	745	787	655	728	665
Vitamin D (µg)	2.80	3.26	3.14	3.02	3.05	3.13	2.79	3.05	3.11
Vitamin E (mg)	9.59	11.29	10.16	11.26	10.37	11.30	12.72	11.82	11.77
	<i>(ii) as a percentage of total food and drink energy</i>								
Fat	36.0	37.2	35.7	37.2	36.1	36.9	37.4	37.8	37.2
of which saturated fatty acids	14.6	14.8	14.4	14.4	14.4	14.5	13.2	14.6	14.2
Carbohydrate ^(b)	46.9	46.5	47.4	46.7	46.8	47.1	47.6	46.9	47.3

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

Household food: economic status of Household Reference Person comparisons

The economic status of the HRP is often related to the age of the HRP and the composition of the household. In particular it is necessary to consider the average number of children per household before interpreting the results. For example in the retired category there are practically no children. The survey results by economic status of HRP should therefore be interpreted with caution.

Although the survey indicates that household food and drink consumption, expenditure and nutrient intakes are related to the economic status of the household reference person (HRP), these results have to be looked at bearing in mind other factors such as the age of the HRP, the composition of the household and weekly income. Note that the sample size and therefore the precision of the estimates is small for households classified to "Government Training Scheme".

The highest expenditure per person on food and drink at £23.62 was in households classified as "self employed". However, households classified as "ILO unemployed" spent 13 per cent of the HRP weekly income on household food and drink, compared to those classified as "self employed" and "full time employee", where the percentages were 4.3 and 4.0 respectively.

Consumption of milk and cream, all meat and meat products, fish, all fresh vegetables (including potatoes), fruit, bread, other cereals, beverages and confectionery was highest in households where the HRP was economically inactive and had reached minimum pension age. Households classified as "ILO unemployed" consumed the most fats and oils, processed vegetables (including potatoes) and soft drinks and the least amounts of fresh vegetables and confectionery. Households classified as "full time employee" had the highest home consumption of alcoholic drinks and those classified as "self employed" consumed the most cheese.

Table 4.19 compares energy and nutrient intakes according to the economic status of the HRP. Households where the HRP is 'Retired' have the highest total energy intake (when the contribution from soft and alcoholic drinks and confectionery is included) and the highest intakes of most other nutrients.

Table 4.18 Consumption and expenditure for selected foods by economic status of household reference person - 2001/02 ^(a)

	ECONOMICALLY ACTIVE					ECONOMICALLY INACTIVE	
	Em- plovees full time	Em- plovees part time	Self em- ployed	ILO un- em- ployed	Govt Training Scheme	Retired	Other
Number of households in sample	3334	552	547	189	5	1812	1034
Average age of HRP	42	45	47	41	43	74	46
Average number of adults per househ.	2.1	1.8	2.1	1.7	1.4	1.5	1.7
Average number of children per househ.	0.7	0.7	0.7	0.9	1.0	0.0	0.8
Average weekly income of HRP	£503	£311	£555	£130	£114	£207	£202
CONSUMPTION	<i>grams per person per week unless otherwise stated</i>						
Milk and cream (ml)	1992	1860	1869	2586	2656	1943	2382
Cheese	119	138	116	104	112	81	102
Carcase meat	232	232	212	178	551	204	267
Other meat and meat products	763	793	799	795	550	786	828
Fish	152	148	139	225	318	142	196
Eggs (no)	1.7	1.6	1.5	2.3	1.8	1.7	2.0
Fats and oils	191	235	168	198	232	316	244
Sugar and preserves	126	128	114	104	386	157	226
Vegetables	1935	2030	1894	1976	2480	2063	2239
of which							
Fresh potatoes	580	665	578	659	899	782	805
Fresh green vegetables	235	217	204	245	192	135	292
Other fresh vegetables	507	488	487	568	497	376	547
Processed potatoes	261	286	266	199	306	345	240
Other processed vegetables	353	374	360	305	586	425	356
Fruit ^(b)	1230	1134	1091	1179	1421	776	1314
Bread	747	857	735	800	871	806	837
Other cereals	907	851	855	1030	894	982	941
Beverages	57	53	40	90	163	66	83
Soft drinks ^(c) (ml)	1923	1893	1841	2483	1463	1782	1450
Alcoholic drinks (ml)	601	1127	846	238	409	617	511
Confectionery	128	119	128	122	181	92	132
EXPENDITURE	<i>pence per person per week</i>						
Milk and cream	143.7	134.7	137.2	192.5	209.6	115.9	161.1
Cheese	60.2	67.8	59.7	58.0	45.2	34.6	50.5
Carcase meat	100.6	100.9	96.4	80.8	357.9	74.1	121.7
Other meat and meat products	331.6	359.2	370.6	343.0	224.4	274.0	333.8
Fish	91.4	86.0	84.5	137.5	213.1	65.4	112.9
Eggs	18.5	16.3	14.8	29.9	21.9	14.5	20.2
Fats and oils	36.7	43.3	31.6	46.5	40.4	37.5	45.8
Sugar and preserves	14.1	14.5	12.2	12.2	33.0	12.0	23.4
Vegetables	271.3	282.0	277.4	275.8	238.1	223.1	259.8
Fruit ^(b)	155.5	149.2	142.7	162.8	205.7	87.2	167.9
Bread	85.1	92.4	86.1	83.5	114.3	69.5	87.7
Other cereals	280.3	256.9	283.1	282.5	273.1	216.2	248.2
Beverages	43.9	42.6	38.4	55.5	80.0	34.5	56.3
Other foods	117.7	112.4	118.6	108.5	141.3	80.4	102.6
Total food	£17.51	£17.58	£17.53	£18.69	£21.98	£13.39	£17.92
Soft drinks	74.3	83.1	77.7	92.9	89.5	75.4	57.2
Alcoholic drinks	215.1	314.7	273.2	88.8	216.6	167.0	190.9
Confectionery	84.7	71.9	82.2	90.2	101.5	55.0	79.2
Total all food and drink	£21.25	£22.28	£21.87	£21.41	£26.05	£16.37	£21.19

(a) See table 3.1 in 'Family Spending' 2001 edition, HMSO, ISBN 0 11 621478 3, ISSN 0965-1403

(b) Includes fruit juices

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

Table 4.19 Nutritional value of household food and drink by economic status of household reference person - 2001/02 ^(a)

	ECONOMICALLY ACTIVE					ECONOMICALLY INACTIVE	
	Em- plovees full time	Em- plovees part time	Self em- ployed	ILO un- em- ployed	Govt Training Scheme	Retired	Other
Number of households in sample	3334	552	547	189	5	1812	1034
Average age of HRP	42	45	47	41	43	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	0.7	0.7	0.9	1.0	0.0	0.8
Average weekly income of HRP	£503	£311	£555	£130	£114	£207	£202
<i>(i) intake per person per day</i>							
Energy (kcal)	1988	2014	2046	2209	1846	2446	2092
(MJ)	8.4	8.5	8.6	9.3	7.8	10.3	8.8
Total Protein (g)	68.5	68.2	71.1	69.5	54.9	82.5	70.5
Animal Protein (g)	41.3	41.1	43.7	40.3	32.5	51.3	42.7
Fat (g)	81	83	85	96	72	102	85
Fatty acids							
saturates (g)	31.8	32.8	33.8	33.5	32.9	41.5	33.5
mono-unsaturates (g)	29.0	29.7	30.4	35.4	24.5	36.4	30.9
poly-unsaturates (g)	14.3	14.5	14.9	21.2	9.7	17.3	15.2
Cholesterol (mg)	219	226	241	229	205	296	238
Carbohydrate ^(b) (g)	249	255	252	274	256	307	268
of which total sugars (g)	114	120	119	109	132	154	122
non-milk extr sugars (g)	75	80	79	73	99	100	83
starch (g)	135	135	132	165	124	153	146
Fibre ^(c) (g)	12.7	12.7	13.0	13.1	10.1	15.8	12.9
Calcium (mg)	891	913	912	904	824	1088	941
Iron (mg)	10.6	10.4	10.8	10.7	8.1	12.7	10.7
Zinc (mg)	8.1	8.1	8.4	8.5	6.7	9.8	8.4
Magnesium (mg)	248	246	255	253	194	298	250
Sodium ^(d) (g)	2.81	2.78	2.85	2.79	2.16	3.16	2.80
Potassium (g)	2.75	2.77	2.83	2.81	2.24	3.41	2.85
Thiamin (mg)	1.45	1.44	1.45	1.40	1.05	1.70	1.46
Riboflavin (mg)	1.75	1.77	1.79	1.76	1.43	2.23	1.84
Niacin Equivalent (mg)	29.5	29.3	30.2	29.2	21.9	34.0	29.8
Vitamin B6 (mg)	2.1	2.1	2.1	2.2	1.5	2.5	2.2
Vitamin B12 (µg)	5.4	5.7	5.8	5.7	4.2	7.2	6.1
Folate (µg)	243	245	250	248	174	314	250
Vitamin C (mg)	65	66	67	59	31	78	61
Vitamin A							
retinol (µg)	463	516	519	459	368	685	475
β-carotene (µg)	1699	1705	1873	1446	1521	2121	1594
retinol equivalent (µg)	746	800	831	700	621	1037	741
Vitamin D (µg)	3.01	3.19	3.23	3.13	2.83	4.26	3.24
Vitamin E (mg)	10.73	10.92	11.08	15.18	8.16	12.83	11.41
<i>(ii) as a percentage of total food and drink energy</i>							
Fat	36.5	36.9	37.3	39.3	35.2	37.6	36.8
of which saturated fatty acids	14.4	14.7	14.9	13.6	16.1	15.2	14.4
Carbohydrate ^(b)	47.0	47.4	46.2	46.5	52.0	47.1	48.1

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

(b) Available carbohydrate, calculated as monosaccharide

(c) As non-starch polysaccharides

(d) Excludes sodium from table salt

5: METHOD OF ADJUSTING NATIONAL FOOD SURVEY ESTIMATES

The Surveys

Estimates of household food from the Expenditure and Food Survey are not directly compatible with historic estimates from the National Food Survey. To obtain time series of trends in consumption of food we have provisionally adjusted estimates from the National Food Survey from 1996/97 onwards to be compatible with estimates from the new Expenditure and Food Survey.

The National Food Survey is the data source from 1940 up until March 2001. The Expenditure and Food Survey started in April 2001 and is now the main data source. There was no overlapping period in which both surveys were running.

The Expenditure and Food Survey replaced both the National Food Survey and the Family Expenditure Survey. The Expenditure and Food Survey extends the Family Expenditure Survey to include detailed information on food and drink. It is assumed that estimates from the Expenditure and Food Survey are compatible with estimates from the Family Expenditure Survey but not with estimates from the National Food Survey. Therefore estimates from the National Food Survey were adjusted to make them broadly compatible with estimates from the Family Expenditure Survey.

The Method

The method was based on estimates of household expenditure on food and drink covering the calendar year 2000 from both the National Food Survey and the Family Expenditure Survey. Estimates were made for each combination of sixty five food codes, eight income groups, thirteen Government Office Regions, eight age groups of main diary keeper and eleven types of household composition. The estimates were derived in two steps:

Step 1: Construction of an interim adjusted household level dataset

Each of the values in the National Food Survey for expenditure on a type of food were adjusted by multiplying by a factor for income, a factor for region, a factor for age, and a factor for household composition. This converted the original values into values compatible with the Family Expenditure Survey. These multiplicative factors were derived based on the data for the calendar year 2000 using regression techniques.

Step 2: Construction of robust scaling factors:

The adjusted household level data was aggregated to produce estimates of average consumption per person for each of the food groups shown in the table below. These estimates were compared with original estimates from the unadjusted data of the National Food Survey. The twenty four ratios (last column) of these pairs of estimates are used as simplified adjustment factors that are applied to the original National Food Survey. The interim adjusted dataset in step one is discarded.

Table 5.1 Provisional adjustment factors applied to National Food Survey data

	Consumption, average per person per week in 2000		Provisional Adjustment Factors
	unadjusted	adjusted	
Liquid Wholemilk, Inc School & Welfare	674	679	1.0068
Other Milk & Cream	1413	1488	1.0530
Total Cheese	109	110	1.0049
All Carcase Meat	248	237	0.9570
All Non-Carcase Meat And Meat Products	721	777	1.0782
All Fish	141	157	1.1126
Eggs	2	1.64	0.9302
All Fats	188	198	1.0568
Sugar And Preserves	139	170	1.2232
Potatoes	720	731	1.0150
Fresh Green Vegetables	238	249	1.0502
Other Fresh Vegetables	489	511	1.0434
All Processed Vegetables	547	659	1.2051
Fresh Fruit	741	765	1.0325
Fruit & Fruit Prods. Not Fresh	370	433	1.1707
All Bread	723	781	1.0796
Flour	66	70	1.0570
Biscuits, Cakes, Buns, Crispbreads	274	353	1.2889
Cereals, Excl.	448	581	1.2985
Bread,Buns,Cakes,Biscuits			
Beverages	57	71	1.2344
Miscellaneous	478	595	1.2455
Soft Drinks (Unadjusted)	983	1065	1.0839
Confectionery	64	152	2.3865
Alcoholic Drinks	430	744	1.7319

Robustness

The factors are based on data covering the calendar year 2000. This period was chosen because the most important objective was to make National Food Survey (NFS) estimates for 2000 compatible with Expenditure and Food Survey (EFS) estimates for 2001/02 by removing the break in the time series.

These factors are applied to each year back to 1996/97. By using only this one set of factors (based on 2000 year data) for every year back to 1996/97 the trends in the National Food Survey are retained at food group level and below. However, the trends at more aggregated levels will differ.

The adjustments are robust. The second stage of the method avoids large adjustments which arose when detailed multiplicative factors based on 2000 data were applied to earlier years' data. Problems sometimes arose when food codes changed. There were

also instances where a combination of characteristics was present in the data that was not present in 2000, the year on which the factors were based.

The factors for some items are rather large, e.g. 2.3865 for confectionery. In this case the NFS estimates are more than doubled to become compatible with EFS. The general explanation is that NFS under-recorded items to varying degrees. To understand the difference requires a detailed analysis of the survey mechanisms is required, but it is apparent that under the NFS small confectionery items and alcoholic drinks were sometimes omitted from the diaries.

Applying the factors

The derived factors are then applied to all minor food codes within each food group in order to achieve the compatible NFS time series. The consumption factors have been used in this estimation process for both consumption and expenditure as these were found to be more stable than the expenditure factors.

For estimates of nutrient intake the consumption data is adjusted before applying nutrient content factors.

6: RELATED NATIONAL STATISTICS

Family Spending

The Expenditure and Food Survey also underlies the ONS publication “Family Spending”. The estimate of household expenditure on food and non-alcoholic drinks reported in “Family Spending” of £41.80 per household per week is not entirely consistent with the estimates published here. Both are based on the same survey data but they are weighted in different ways to become representative of households (for Family Spending) or people (for Family Food). A crude conversion from per person to per household is possible based on the average number of people per household, but this results in a less precise estimate for households than that given in Family Spending.

Family Spending can be obtained from the national statistics website at <http://www.nationalstatistics.gov.uk/StatBase/Product.asp?vlnk=361&Pos=1&ColRank=1&Rank=272>.

Table 6.1 Reconciliation of Family Food and Family Spending

Table 6.1 Reconciliation of Family Food and Family Spending		
Family Spending Estimate of Expenditure on food and non-alcoholic drink ^(a)	£41.80	per household per week
Family Food Estimate of Expenditure on all food and drink	£21.52	per person per week
less alcoholic drink	£2.44	per person per week
less takeaways brought home	£1.53	per person per week
equals adjusted expenditure ^(b)	£17.55	per person per week
survey person count	18122	
survey household count	7473	
persons per household in the survey	2.425	
adjusted expenditure on food and drink ^(b)	£42.57	per household per week

(a) excludes takeaway food

(b) covers the same food and drink items as the Family Spending estimate

Food price indices

The ONS publish indices of food prices which form part of the retail price index (RPI). Food prices rose according to the food components of the retail price index by 3.6 per cent between April 2001 and March 2002, the period covered by the Expenditure and Food Survey.

From the Expenditure and Food Survey one can derive an implied price by dividing the estimate of expenditure on household food by the corresponding estimate of consumption. This is more appropriately called a unit value because it measures the value per unit of whatever was purchased. It will show an increase if the items purchased are of higher quality than previously, even when there is no change in the prices of individual items of the same quality.

When compared to the previous year (based on National Food Survey) the unit value from the Expenditure and Food Survey shows an 8.4 per cent rise in the price of household food in 2001/02. This is more than double the rise in the food component of the retail price index. Large discrepancies include bread, cereals, beef, sweets and chocolates which are all estimated to have increased in unit value by more than their corresponding component in the RPI. This suggests a consumer switch to higher quality products.

The unit value of fruit and vegetables increased in 2001/02 by less than the corresponding component in the RPI. This suggests a switch to lower quality produce possibly in response to higher prices.

Table 6.2 Price changes between 200/01 and 2001/02

percentage changes	unit value prices in EFS	prices from RPI
ALL ITEMS RPI		1.5
ALL ITEMS EXCEPT FOOD		1.2
FOOD	8.4	3.6
SEASONAL FOOD	9.7	11.8
BREAD	11.0	2.9
CEREALS	17.5	0.6
BISCUITS & CAKES	7.3	2.6
BEEF	7.8	0.2
LAMB	-1.7	5.7
PORK	0.7	4.2
BACON	5.2	9.3
POULTRY	3.1	3.0
FISH	7.4	2.0
BUTTER	-3.7	-0.7
CHEESE	3.8	4.6
EGGS	0.4	-0.8
MILK	7.6	6.5
TEA	0.5	3.4
COFFEE & HOT DRINKS	-0.5	0.0
SOFT DRINKS	3.9	-0.4
SUGAR & PRESERVES	5.7	2.0
SWEETS & CHOCOLATES	12.9	1.7
POTATOES	14.0	5.0
VEGETABLES	11.1	15.1
FRUIT	5.2	8.8
of which FRESH FRUIT	4.9	9.9

Consumer Trends

The ONS publishes estimates of household final consumption expenditure including expenditure on food and drink within its flagship publication Consumer Trends. The food estimates are based upon the Expenditure and Food Survey but are not fully compatible with the estimates presented here. They are adjusted to be compatible with National Accounts. They also differ in that they show total expenditure over a specified period as opposed to average expenditure per person per week.

The Health Survey for England

The Department of Health collects data annually about the population living in private households in England in an interview survey called the Health Survey for England (HSE). It is designed to be nationally representative of people of different age, sex, geographic area and socio-demographic circumstances. Interviewing on the HSE is conducted throughout the year to take account of seasonal differences.

Since 2001 the survey has had a core module collecting data on consumption of fruit and vegetables in adults and children. It provides estimates of fruit and vegetables consumed in the 24 hour period prior to the interview.

Unlike the EFS, the survey collects consumption directly rather than based upon expenditure, which has the benefit of avoiding the problem of waste (amounts purchased but not consumed). The data however is collected retrospectively based on the respondents recollections. The Government's 5 A DAY programme recommends consumption of at least 5 portions of fruit and vegetables per day excluding potatoes. Each portion should contain at least 80g of fruit and vegetables (400g/day) equating to 2800g per week. The Health Survey for England estimated that adults in England consumed 2016 grams per person per week. This compares with an estimate from the Expenditure and Food Survey for the UK of 2248 grams per person per week which includes children aged 7 and over and covers the whole of the UK.

Details of the Health Survey for England 2001 can be found via the national statistics website at <http://www.nationalstatistics.gov.uk> or from the Department of Health's website at <http://www.doh.gov.uk/public/hse01.htm>.

The National Diet and Nutrition Survey

The latest National Diet and Nutrition Survey (NDNS) run by the Food Standards Agency and the Department of Health covered adults in Great Britain aged 19-64 years and was carried out in 2000/01. Although not designated as National Statistics, the NDNS programme aims to provide comprehensive cross sectional information on dietary habits and nutritional status of the population of Great Britain. The survey design included an interview to provide socio-demographic circumstances, medication and eating and drinking habits of the respondent and their household. In particular the survey included a weighed dietary record of all food consumed over seven consecutive days.

Details of the NDNS survey can be found via the national statistics website at: http://www.statistics.gov.uk/ssd/surveys/national_diet_nutrition_survey_adults.asp

Standard errors

Table 6.3 shows the standard errors and 95 per cent confidence interval for estimates of UK consumption of selected foods.

Table 6.3 Standard errors and confidence intervals for estimates of UK consumptions – 2001/02

		Consumption	Standard Error	95 % Confidence Interval	
				Lower limit	Upper limit
<i>grams per person per week unless stated otherwise</i>					
Milk and cream	(ml)	2023	30	1965	2081
Cheese		112	2	108	117
Carcase meat		229	5	220	238
Other meat and meat products		803	11	781	825
Fish		157	3	151	162
Eggs	(no)	1.65	0.04	1.58	1.72
Fats and Oils		196	4	188	203
Sugar and preserves		147	3	141	153
Fresh potatoes		647	13	622	672
Fresh green vegetables		229	4	221	237
Other fresh vegetables		502	9	485	520
Processed potatoes		260	4	252	268
Other processed vegetables		360	6	348	372
Fruit		1156	19	1120	1193
Bread		769	11	748	789
Other cereals (excluding bread)		886	13	861	911
Beverages		60	1	57	62
Soft drinks	(ml)	1142	22	1099	1186
Alcoholic drinks	(ml)	735	19	697	773
Confectionry		128	2	123	133