



Volume 1

# The National Diet & Nutrition Survey: adults aged 19 to 64 years

## Types and quantities of foods consumed

A survey carried out in Great Britain on behalf of the Food Standards Agency and the Departments of Health by the Social Survey Division of the Office for National Statistics and Medical Research Council Human Nutrition Research

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and deaths there.

This report has been produced by the Social  
Survey Division of the Office for National  
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Statistics Code of Practice.

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## Foreword

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This survey, of a national sample of adults aged 19 to 64 years, is one of a programme of national surveys with the aim of gathering information about the dietary habits and nutritional status of the British population. The results of the survey will be used to develop nutrition policy and to contribute to the evidence base for Government advice on healthy eating.

This report, covering foods consumed, is the first in a series to be published on the findings of this survey. Further reports covering nutrient intakes and nutritional status will be published in 2003.

The work described in this series of reports results from a successful collaboration between the Food Standards Agency and the Department of Health, which jointly funded the collection of the survey data, with the Office for National Statistics and the Medical Research Council Resource Centre Human Nutrition Research.

We warmly welcome this first report of the latest survey in the National Diet and Nutrition Survey programme and express our thanks to all the respondents who took part.



Sir John Krebs  
Chairman  
Food Standards Agency



Hazel Blears  
Minister for Public Health  
Department of Health

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## Authors' acknowledgements

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- Professor Angus Walls for his contribution to the oral health component and briefing the interviewers on the procedures for the self-tooth and amalgam-filling count;
- Professor Chris Skinner and Dr David Holmes at the University of Southampton for an independent review of response to this NDNS and an assessment of non-response bias;
- the professional staff at the Food Standards Agency and the Department of Health, in particular Jamie Blackshaw, Susan Church, Michael Day, Melanie Farron, Tom Murray, Dr John Pascoe, Dr Roger Skinner and Alette Weaver of the Food Standards Agency; Richard Bond, Tony Boucher, Ian Cooper, Dr Sheela Reddy and Robert Wenlock of the Department of Health.

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## Notes to the tables

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### Tables showing percentages

In general, percentages are shown if the base is 30 or more. Where a base number is less than 30, actual numbers are shown within square brackets.

The row or column percentages may add to 99% or 101% because of rounding and weighting.

The varying positions of the bases in the tables denote the presentation of different types of information. Where the base is at the foot of the table, the whole distribution is presented and the individual percentages add to between 99% and 101%. Where the base is given in a column, the figures refer to the proportion of respondents who had the attribute being discussed, and the complementary proportion, to add to 100%, is not shown in the table.

In tables showing cumulative percentages the row labelled 'All' is always shown as 100%. The proportion of cases falling above the upper limit of the previous band can be calculated by subtracting from 100 the proportion in the previous band. Actual maximum values are not shown in tables of cumulative percentages, since they could vary for different subgroups being considered within the same tables.

Unless shown as a separate group, or stated in the text or a footnote to a table, estimates have been calculated for the total number of respondents in the subgroup, excluding those not answering. Base numbers shown in the tables are the total number of respondents in the subgroup, including those not answering.

The total column may include cases from small subgroups not shown separately elsewhere on the tables, therefore the individual column bases may not add to the base in the total column.

### Conventions

The following conventions have been used in the tables:

- .. data not available
- category not applicable; no cases
- 0 values less than 0.5%
- [ ] numbers inside square brackets are the actual numbers of cases, when the base is fewer than 30.

### Tables showing descriptive statistics – mean, percentiles, standard deviation of the mean

These are shown in tables to an appropriate number of decimal places.

### Significant differences

Differences commented on in the text are shown as being significant at the 95% or 99% confidence levels ( $p < 0.05$  and  $p < 0.01$ ). Throughout this volume, the terms 'significant' and 'statistically significant' are used interchangeably. Where differences are shown or described as being 'not statistically significant' or 'ns', this indicates  $p > 0.05$ . The formulae used to test for significant differences are given in Appendix B, pages 69–73.

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Where differences between subgroups are compared for a number of variables, for example differences between respondents in different age groups in their consumption of whole milk, the significance level shown ( $p < 0.05$  or  $p < 0.01$ ) applies to all comparisons, unless otherwise stated.

### Standard deviations

Standard deviations for estimates of mean values are shown in the tables and have been calculated for a simple random sample design. In testing for the significant difference between two sample estimates, proportions or means, the sampling error calculated as for a simple random design was multiplied by an assumed design factor of 1.5, to allow for the complex sample design. The reader is referred to Appendix B for an account of the method of calculating true standard errors and for tables of design factors for the main variables and subgroups used throughout this volume. In general, design factors were below 1.5 and therefore there will be some differences in sample proportions and means not commented on in the text that are significantly different, at least at the  $p < 0.05$  level.

### Weighting

Unless otherwise stated, all proportions and means presented in the tables in the substantive chapters in this volume are taken from data weighted to compensate for the differential probabilities of selection and non-response. Base numbers are presented weighted. All base numbers are given in italics. See Appendix C for unweighted base numbers, and Appendix D of the Technical Report online for more details on the weighting: accessible at <http://www.food.gov.uk/science/> (verified November 2002).





# 1 Background, research design and response

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This volume presents the initial findings on food intake from a survey of the diet and nutrition of adults aged 19 to 64 years living in private households in Great Britain, carried out between July 2000 and June 2001. It is the first volume in a series that will cover food and nutrient intake data derived from the analyses of dietary records, and data on nutritional status from physical measurements including anthropometric data, blood pressure, physical activity and the analyses of the blood and urine samples<sup>1</sup>. This first part of the report describes the background to the National Diet and Nutrition Survey (NDNS) of adults aged 19 to 64 years, its main aims, research designs and methodologies and response. The main part of this report covers the quantities of foods consumed by respondents, including an analysis of the number of portions of fruit and vegetables consumed, and differences by age, sex, region and household benefit status.

The Technical Report containing the methodological chapters and appendices is available online<sup>2</sup>. Like previous surveys in the NDNS programme, a copy of the survey database, containing the full data set will be deposited following publication of the final summary volume with The Data Archive at the University of Essex. Independent researchers who wish to carry out their own analyses should apply to the Archive for access<sup>3</sup>.

## 1.1 The National Diet and Nutrition Survey programme

The survey forms part of the National Diet and Nutrition Survey programme, which was set up jointly by the Ministry of Agriculture, Fisheries and Food<sup>4</sup> and the Department of Health in 1992 following the successful Dietary and Nutritional Survey of British Adults aged 16 to 64 years carried out in 1986/87 (1986/87 Adults Survey)<sup>5</sup>. MAFF's responsibility for the NDNS programme has now transferred to the Food Standards Agency.

The NDNS programme aims to provide comprehensive, cross-sectional information on the dietary habits and nutritional status of the population of Great Britain. The results of the surveys within the programme are used to develop nutrition policy at a national and local level, and to contribute to the evidence base for Government advice on healthy eating.

The NDNS programme is intended to:

- provide detailed quantitative information on the food and nutrient intakes, sources of nutrients and nutritional status of the population under study as a basis for Government policy;
- describe the characteristics of individuals with intakes of specific nutrients that are above and below the national average;
- provide a database to enable the calculation of likely dietary intakes of natural toxicants, contaminants, additives and other food chemicals for risk assessment;
- measure blood and urine indices that give evidence of nutritional status or dietary biomarkers, and to relate these to dietary, physiological and social data;
- provide height, weight and other measurements of body size on a representative sample of individuals and examine their relationship to social, dietary, health and anthropometric data as well as data from blood analyses;

- monitor the diet of the population under study to establish the extent to which it is adequately nutritious and varied;
- monitor the extent of deviation of the diet of specified groups of the population from that recommended by independent experts as optimum for health, in order to act as a basis for policy development;
- help determine possible relationships between diet and nutritional status and risk factors in later life;
- assess physical activity levels of the population under study; and
- provide information on oral health in relation to dietary intake and nutritional status.

This cross-sectional study of adults aged 19 to 64 years is part of a planned programme of surveys covering representative samples of defined age groups of the population. The surveys of older adults, pre-school children, and young people have been published<sup>6,7,8</sup>. The last national survey of diet and nutrition in adults was the 1986/87 Adults Survey.

## 1.2 The sample design and selection

A nationally representative sample of adults aged 19 to 64 years living in private households was required. The sample was selected using a multi-stage random probability design, with postal sectors as first stage units. The sampling frame included all postal sectors within mainland Great Britain; selections were made from the small users' Postcode Address File. The frame was stratified by 1991 Census variables. A total of 152 postal sectors were selected as first stage units, with probability proportional to the number of postal delivery points, and 38 sectors were allocated to each of four fieldwork waves. The allocation took account of the need to have approximately equal numbers of households in each wave of fieldwork and for each wave to be nationally representative. From each postal sector 40 addresses were randomly selected<sup>9</sup>.

Eligibility was defined as being aged between 19 and 64 and not pregnant or breastfeeding at the time of the doorstep sift<sup>10</sup>. Where there was more than one adult between the ages of 19 and 64 years living in the same household, only one was selected at random to take part in the survey<sup>11</sup>. A more detailed account of the sample design is given in Appendix D of the Technical Report<sup>2</sup>. In

keeping with the Social Survey Division of ONS (SSD) normal fieldwork procedures, a letter was sent to each household in the sample in advance of the interviewer calling, telling them briefly about the survey (see Appendix A of the Technical Report<sup>2</sup>).

As in previous surveys in the NDNS series, fieldwork covered a 12-month period, to cover any seasonality in eating behaviour and in the nutrient content of foods; for example, full fat milk. The 12-month fieldwork period was divided into four fieldwork waves, each of three months duration<sup>12</sup>. The fieldwork waves were:

Wave 1: July to September 2000

Wave 2: October to December 2000

Wave 3: January to March 2001

Wave 4: April to June 2001

Feasibility work carried out between September and December 1999 by the SSD and the Medical Research Council Human Nutrition Research (HNR) tested all the components of the survey and made recommendations for revisions for the mainstage. For a subgroup of the feasibility study sample, the validity of the dietary recording methodology was tested using the doubly labelled water methodology to compare energy expenditure against reported energy intake. Further details of the design and results of the feasibility study are summarised in Appendix C of the Technical Report<sup>2</sup>.

Ethics approval was gained for the feasibility and mainstage survey from a Multi-centre Research Ethics Committee (MREC), and National Health Service Local Research Ethics Committees covering each of the 152 sampled areas (see Appendix N of the Technical Report<sup>2</sup>).

## 1.3 The components of the survey

The survey design included: an interview to provide information about the socio-demographic circumstances of the respondent and their household, medication, and eating and drinking habits; a weighed dietary record of all food and drink consumed over seven consecutive days; a record of bowel movements for the same seven days; a record of physical activity over the same seven days; physical measurements of the respondent (height, weight, waist and hip circumferences); blood pressure measurements; and a request for a sample of blood and a 24-hour urine collection. Respondents were also

asked to do a self-count of the number of teeth and amalgam fillings they had, and provide a sample of tap water from the home for analysis of fluoride.

### 1.3.1 The dietary and post-dietary record interview

The interview comprised two parts. An initial face-to-face interview using computer-assisted personal interviewing methods (CAPI) to collect information about: the respondent's household, their usual dietary behaviour, consumption of artificial sweeteners, herbal teas and other drinks; any foods that were avoided and the reasons for doing so, including vegetarianism and dieting behaviours; the use of salt at the table and in cooking; and the use of fluoride preparations and dietary supplements. Information was also collected on: the respondent's health status; their smoking and drinking habits; socio-economic characteristics; and, for women in defined age groups, the use of the contraceptive pill, menopausal state and use of hormone replacement therapy.

There was also a short interview, using CAPI, conducted at the end of the seven dietary recording days (post-dietary record interview). Respondents were asked about any problems they experienced in keeping the diary, whether their consumption of specific foods had changed during the seven days and whether they had been unwell at all during the recording period. Respondents were also asked to complete an eating restraint questionnaire, using computer-assisted self-interviewing (CASI) or on paper. Information was also collected on prescribed medications taken during the seven days.

The interview questionnaire is reproduced in Appendix A of the Technical Report<sup>2</sup>.

### 1.3.2 The dietary record

The survey used a weighed intake methodology since its main aims were to provide detailed quantitative information on the range and distribution of intakes of foods and nutrients for respondents aged 19 to 64 years in Great Britain, and to investigate relationships between nutrient intakes, physical activity levels and various nutritional status and health measures. The advantages and disadvantages of this method and the factors affecting the choice are discussed in Appendix F of the Technical Report<sup>2</sup>.

In deciding to use a weighed intake methodology, the period over which to collect information needed to be long enough to give reliable information on usual food consumption, balanced against the likelihood of poor compliance if the recording period was lengthy. The feasibility study concluded that it was possible to collect dietary information for a seven-day period from respondents and that the quality of information would be acceptable (see Appendix C of the Technical Report<sup>2</sup>).

Information which would be of use to the interviewer when checking the dietary record was also collected: for example, on respondents' usual eating pattern on weekdays and at weekends; and on the types of certain common food items eaten, such as milk, bread and fat. This information was recorded on a paper form rather than in the CAPI program, so that the interviewer could use it to check diary entries during the recording period (see F7, Appendix A of the Technical Report<sup>2</sup>).

Respondents were asked to keep a weighed record of all food and drink they consumed, both in and out of the home, over seven consecutive days. Each respondent was issued with a set of accurately calibrated Soehnle Quanta digital food scales and two recording diaries: the 'Home Record' diary for use when it was possible for foods to be weighed, generally foods eaten in the home; and a smaller 'Eating and Drinking Away From Home' diary (the 'Eating Out' diary) for use when foods could not be weighed, generally foods eaten away from home. The respondent was also issued with a pocket-sized notebook for recording any of this information in circumstances where they were reluctant or it was inappropriate to carry the 'Eating Out' diary. The instruction and recording pages from these documents relating to the dietary information are included in Appendix A of the Technical Report<sup>2</sup>.

The respondent, together with any other household member who might be involved in keeping the diary, for example their spouse or partner, was shown by the interviewer how to use the scales to weigh food and drinks, how to weigh and record leftovers, and how to record any food that was spilt or otherwise lost and so could not be re-weighed.

The 'Home Record' diary was the main recording and coding document. For each item consumed over the seven days a description of the item was recorded, including the brand name of the

product and, where appropriate, the method of preparation. Also recorded was the weight served and the weight of any leftovers, the time food was eaten, whether it was eaten at home or elsewhere, and whether fruit and vegetables were home grown, defined as being grown in the household's own garden or allotment. The person who did the weighing, the respondent or someone else, was also recorded for each food item and, for each day, the respondent was asked to indicate whether they were 'well' or 'unwell'.

Respondents who completed a full seven-day dietary record were given a £10 gift voucher by the interviewer, as a token of appreciation. It was made clear that receiving the voucher was not dependent on co-operation with any other component of the survey, in particular, consenting to provide a blood sample.

Respondents started to record their consumption in the diaries as soon as the interviewer had explained the procedure and left the home, although the seven-day recording period started from midnight. The interviewer called back approximately 24 hours after placing the diaries in order to check that the items were being recorded correctly, to give encouragement and to re-motivate where appropriate. Everything consumed by the respondent had to be recorded, including medicines taken by mouth, vitamin and mineral supplements, and drinks of water. Respondents were encouraged to weigh everything they could, including takeaway meals brought into the home to eat. Where a served item could not be weighed, respondents were asked to record a description of the portion size, using standard household measures, or to describe the size of the item in some other way. Each separate item of food in a served portion needed to be weighed separately in order that the nutrient composition of each food item could be calculated. In addition, recipes for all home-made dishes were collected.

The amount of salt used either at the table or in cooking was not weighed, however questions on the use of salt in the cooking of the respondent's food and their use of salt at the table were asked at the dietary interview. All other sauces, pickles and dressings were recorded.

Vitamin and mineral supplements and artificial sweeteners were recorded as units consumed: for example, one Boots Vitamin C tablet 200mg, one teaspoon of Canderel Spoonful.

A large amount of detail needed to be recorded in the dietary record to enable similar foods prepared and cooked by different methods to be coded correctly, as such foods will have different nutrient compositions. Information could also be needed on cooking method, preparation and packaging as well as an exact description of the item before it could be accurately coded. Details on the recording of leftovers and spillage are given in Appendix F of the Technical Report<sup>2</sup>. An aide-memoire on using the scales and recording in the 'Home Diary' was left with respondents (see W1 and W2, Appendix A of the Technical Report<sup>2</sup>).

The 'Eating Out' diary was intended to be used only when it was not possible to weigh the food items. In such cases, respondents were asked to write down as much information as possible about each food item consumed, particularly the portion size and an estimate of the amount of any left over. Prices, descriptions, brand names, place of purchase, and the time and place where the food was consumed were all recorded. In certain circumstances, interviewers were allowed to purchase duplicate items which they would then weigh.

Where the respondent consumed food or drink items provided by their workplace or college, the interviewer was required to visit the workplace/college canteen to collect further information from the catering manager about, for example, cooking methods, portion sizes and types of fats used. The information was recorded on a 'catering questionnaire', which included standard questions on portion sizes and cooking methods, and had provision for recording information on specific items that the respondent had consumed (see Appendix A of the Technical Report<sup>2</sup>).

At each visit to the household, interviewers checked the diary entries with the respondent to ensure that they were complete and all the necessary detail had been recorded. Reasons for any apparent omission of meals were probed by the interviewers and noted on the diaries. If the interviewers probing uncovered food items that had been consumed but not recorded, these were added to the diary at the appropriate place. Before returning the coded diaries to ONS headquarters, interviewers were asked to make an assessment of the quality of the dietary record, in particular the extent to which they considered that the diary was an accurate reflection of the respondent's actual diet.

Interviewers were trained in and responsible for coding the food diaries so they could readily identify the level of detail needed for different food items and probe for missing detail at later visits to the household. A food code list, giving code numbers for about 3,500 items and a full description of each item, was prepared by nutritionists at the Food Standards Agency and the ONS, for use by the interviewers. As fieldwork progressed, further codes were added to the food code list for home-made recipe dishes and new products found in the dietary record. A page from the food code list is reproduced in Appendix A of the Technical Report<sup>2</sup>.

Brand information was collected for all food items bought pre-wrapped, as some items, such as biscuits, confectionery and breakfast cereals, could not be food coded correctly unless the brand was known. Brand information was only coded for artificial sweeteners, bottled waters, herbal teas and herbal drinks, and soft drinks and fruit juices, to ensure adequate differentiation of these items. Food source codes were also allocated to each meal in order to identify food obtained and consumed outside the home. The contribution to total nutrient intake by foods from different sources could then be calculated.

After the interviewers had coded the entries in the dietary records, ONS headquarters coding and editing staff checked the documents. ONS nutritionists carried out initial checks for completeness of the dietary records, dealt with specific queries from interviewers and coding staff, and advised on and checked the quality of coding, with advice from Food Standards Agency nutritionists. They were also responsible for converting descriptions of portion sizes to weights, and checking that the appropriate codes for recipes and new products had been used. Computer checks for completeness and consistency of information were run on the dietary and questionnaire data. Following completion of these checks and calculations, the information from the dietary record was linked to the nutrient databank; nutrient intakes were thereby calculated from quantities of food consumed. This nutrient databank, which was compiled by the Food Standards Agency, holds information on 56 nutrients for each of the 6,000 food codes. Further details of the nutrient databank are provided in Appendix H of the Technical Report<sup>2</sup>. Each food code used was also allocated to one of 115 subsidiary food groups; these were aggregated into 57 main food groups

and further aggregated into 11 food types (see Appendix G of the Technical Report<sup>2</sup>).

## 1.4 Response and weighting

Table 1.1 shows response to the dietary interview and dietary record overall and by fieldwork wave. Of the 5,673 addresses<sup>13</sup> (see Chapter 2 of the Technical Report<sup>2</sup>) issued to the interviewers, 35% were ineligible for the survey. This high rate of ineligibility is mainly due to the exclusion of those aged under 19 years and those aged 65 or over. Just over one-third of the eligible sample, 37%, refused outright to take part in the survey. Only 2% of the eligible sample were not contacted. Overall, 61% of the eligible sample completed the dietary interview, including 47% who completed a full seven-day dietary record. Overall, 77% of those who completed the dietary interview completed a full seven-day dietary record.

While there has been a general fall in response to government social surveys over the last decade<sup>14</sup>, the level of refusal to this NDNS was higher than expected. Steps were taken at an early stage to improve response, and included reissuing non-productive cases<sup>15</sup>, developing the interviewer training to address further response issues, providing general guidance on approaching and explaining the survey to respondents, and increased support to the interviewers and their managers. This met with some success, so that in Wave 4 a higher proportion of the eligible sample, 67%, completed the dietary interview compared with previous waves, 56% to 60%. Those who completed the dietary record had a similar demographic profile, by sex, age and social class of the Household Reference Person as those who completed the dietary interview. (see also Chapter 2 of the Technical Report<sup>2</sup>).

The potential for bias in any dataset increases as the level of non-response increases. This is because there is an increased risk that little or no information will be collected on particular subgroups within the study population. An independent evaluation of the potential impact of non-response bias was undertaken by the University of Southampton<sup>16</sup>. The authors concluded that there was no evidence to suggest serious non-response bias, although this should be interpreted with caution as bias estimates were based upon assumptions about the total refusals and non-contacts for whom there was very little information. The authors recommended



population-based weighting by sex, age and region. Indeed, without weighting for the differential response effect, estimates for different groups would be biased estimates because, in particular, they under-represent men and the youngest age group. To correct for this, the data presented in this volume and the other volumes of this survey have been weighted using a combined weight, based on differential sampling probabilities and differential non-response. Bases in tables are weighted bases scaled back to the number of cases in the responding and diary samples. Unweighted bases are given in Appendix C on page 74. Further details of the weighting procedures are given in Appendix D of the Technical Report<sup>2</sup>.

In summary, the estimates presented in this report result from weighting the data as effectively as possible using the available information. However, results should be interpreted with caution, particularly where the sample sizes are low. The reader should note that the sample size in Scotland is particularly low and therefore standard errors may be large (see Appendix B, pages 69–73, for further details on standard errors).

(Table 1.1)

## References and endnotes

- 1 The other volumes in this series will cover:
  - (i) Macronutrient intakes (energy, protein, carbohydrates, fats & fatty acids and alcohol), to be published in early 2003;
  - (ii) Micronutrient intakes (vitamins and minerals, including analysis of urinary analytes), to be published in spring 2003;
  - (iii) Nutritional status (blood pressure, anthropometry, blood analytes and physical activity), to be published in summer 2003;
  - (iv) Summary report, providing a summary of the key findings from the four volumes, to be published in autumn 2003.
- 2 The Technical Report is available online at <http://www.food.gov.uk/science/> (verified November 2002).
- 3 For further information about the archived data contact:
 

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Website: [www.data-archive.ac.uk](http://www.data-archive.ac.uk)
- 4 Responsibility for this survey and the National Diet and Nutrition Survey programme transferred from the Ministry of Agriculture, Fisheries and Food to the Food Standards Agency on its establishment in April 2000.
- 5 Gregory J, Foster K, Tyler H, Wiseman M. *The Dietary and Nutritional Survey of British Adults*. HMSO (London, 1990).
- 6 Finch S, Doyle W, Lowe C, Bates CJ, Prentice A, Smithers G, Clarke PC. *National Diet and Nutrition Survey: people aged 65 years and over. Volume 1: Report of the diet and nutrition survey*. TSO (London, 1998).
- 7 Gregory JR, Collins DL, Davies PSW, Hughes JM, Clarke PC. *National Diet and Nutrition Survey: children aged 1½ to 4½ years. Volume 1: Report of the diet and nutrition survey*. HMSO (London, 1995).
- 8 Gregory JR, Lowe S, Bates CJ, Prentice A, Jackson LV, Smithers G, Wenlock R, Farron M. *National Diet and Nutrition Survey: young people aged 4 to 18 years. Volume 1: Report of the diet and nutrition survey*. TSO (London, 2000).
- 9 Initially 30 addresses were selected within each postal sector. Results from Wave 1 indicated a higher level of age-related ineligibles than expected and a much lower response rate. In order to increase the actual number of diaries completed and to give interviewers enough work an extra 10 addresses were selected for Waves 2, 3 and 4.
- 10 The diet and physiology of pregnant or breastfeeding women is likely to be so different from those of other similarly aged women as to possibly distort the results. Further, as the number of pregnant or breastfeeding women identified within the overall sample of 2000 would not be adequate for analysis as a single group, it was decided that they should be regarded as ineligible for interview.
- 11 Selecting only one eligible adult per household reduces the burden of the survey on the household and therefore reduces possible detrimental effects on co-operation and data quality. It also reduces the clustering of the sample associated with similar dietary behaviour within the same household and improves the precision of the estimates.
- 12 As in some cases fieldwork extended beyond the end of the three-month fieldwork wave, or cases were re-allocated to another fieldwork wave, cases have been allocated to a wave for analysis purposes as follows. Any case started more than four weeks after the end of the official fieldwork wave has been allocated to the actual quarter in which it started. For example, all cases allocated to Wave 1 and started July to October 2000 appear as Wave 1 cases. Any case allocated to Wave 1 and started in November 2000 or later appears in a subsequent wave; for example a case allocated to Wave 1 which started in November 2000 is counted as Wave 2. All cases in Wave 4 (April to June 2001) had been started by the end of July 2001.
- 13 Initially 1,140 addresses were issued per wave. This was increased in Wave 2 to 1,520 addresses, 40 in each quota of work. In Wave 3, 27 addresses were withdrawn. These were unapproachable due to access restrictions in place because of the foot-and-mouth disease outbreak.
- 14 Martin J and Matheson J (1999) Responses to declining response rates on government surveys. *Survey Methodology Bulletin* 45, pp 33-7. July 1999.
- 15 Non-productive cases are those where the interviewer was unable to make contact with the selected household or respondent (non-contacts) and where the household or selected respondent refused to take part in the survey (refusals). Addresses that were returned to the office coded as refusals or non-contacts were considered for reissue. Where it was thought that a non-productive case might result in at least a dietary interview (for example, where the selected respondent had said they were too busy at the time of the original call but would be available at a later date) these addresses were issued to interviewers working in subsequent waves of fieldwork.

- <sup>16</sup> Skinner CJ and Holmes D (2001) *The 2000–01 National Diet and Nutrition Survey of Adults Aged 19–64 years: The Impact of Non-response*. University of Southampton. Reproduced as Appendix E of the Technical Report (see note 2).

Table 1.1

**Response to the dietary interview and seven-day dietary record by wave of fieldwork\***

|                               | Wave of fieldwork         |     |                             |     |                          |     |                       |     | All  |     |
|-------------------------------|---------------------------|-----|-----------------------------|-----|--------------------------|-----|-----------------------|-----|------|-----|
|                               | Wave 1:<br>July–September |     | Wave 2:<br>October–December |     | Wave 3:<br>January–March |     | Wave 4:<br>April–June |     | No.  | %   |
|                               | No.                       | %   | No.                         | %   | No.                      | %   | No.                   | %   |      |     |
| <b>Set sample = 100%</b>      | 1098                      | 100 | 1397                        | 100 | 1450                     | 100 | 1728                  | 100 | 5673 | 100 |
| Ineligible                    | 382                       | 35  | 514                         | 37  | 515                      | 36  | 558                   | 32  | 1969 | 35  |
| <b>Eligible sample = 100%</b> | 716                       | 100 | 883                         | 100 | 935                      | 100 | 1170                  | 100 | 3704 | 100 |
| Non-contacts                  | 12                        | 2   | 24                          | 3   | 23                       | 2   | 30                    | 3   | 89   | 2   |
| Refusals                      | 271                       | 38  | 369                         | 42  | 364                      | 39  | 360                   | 31  | 1364 | 37  |
| Co-operation with:            |                           |     |                             |     |                          |     |                       |     |      |     |
| dietary interview             | 433                       | 60  | 490                         | 56  | 548                      | 59  | 780                   | 67  | 2251 | 61  |
| seven-day dietary record      | 325                       | 45  | 385                         | 44  | 429                      | 46  | 585                   | 50  | 1724 | 47  |

Note: \* For productive cases, fieldwork wave is defined as the wave (quarter) in which the dietary interview took place; for unproductive cases, fieldwork wave is the wave in which the case was issued (or reissued).





## 2 Types and quantities of foods consumed

### 2.1 Introduction

This chapter presents data on the foods consumed by respondents in the survey. Most of the information is taken from the seven-day weighed intake dietary records, but some tables are based on information collected in the dietary interview; these include tables showing the consumption of artificial sweeteners, dietary supplements and milk, and whether the respondent reported being vegetarian or vegan.

### 2.2 Dietary interview data

#### 2.2.1 Access to amenities

Nearly all the respondents taking part in the survey were living in households with a separate kitchen; only 1% of men and women were in accommodation with a shared kitchen. Most households had access to a range of amenities for the storage and preparation of food, such as a freezer, 96%, and microwave oven, 91%. Women aged 25 to 34 years were less likely than those aged 50 to 64 years to have access to a microwave oven ( $p < 0.05$ ). There were no other significant differences in access to amenities by age for men or women. For 88% of men and 85% of women the household had the use of a car or van. The proportions with access to a separate kitchen and to a freezer were close to those for a subsample of households from the 2000 General Household Survey (GHS)<sup>1</sup>. However, NDNS respondents were more likely than the 2000 GHS sample to have access to a microwave and a car or van ( $p < 0.01$ ).

(Table 2.1)

#### 2.2.2 Current milk consumption

In the dietary interview<sup>2</sup>, 45% of men and 56% of women said that they did not have milk as a drink ( $p < 0.01$ ). The proportions not drinking milk increased with age for both men and women. For men aged 19 to 24 years, 25% said they did not drink milk compared with 59% of those aged 50 to 64 years ( $p < 0.01$ ). For women, the proportion not drinking milk increased from 34% among the youngest age group to 51% among those aged 25 to 34 years, 57% among those aged 35 to 49 years and to 66% among those aged 50 to 64 years (19 to 24 years compared with 25 to 34:  $p < 0.05$ ; 19 to 24 years compared with 35 to 64:  $p < 0.01$ ).

Semi-skimmed cow's milk was reported as the usual milk for the highest proportion of men and women across all age groups. Men were more likely than women to report drinking semi-skimmed milk, 35% and 27% respectively, and whole milk, 18% and 12% (semi-skimmed milk:  $p < 0.01$ ; whole milk:  $p < 0.05$ ).

A much smaller proportion of respondents said that they did not have milk on cereal or in milk puddings than said they did not have milk as a drink: 18% of men and 13% of women said they never used milk on cereal or in puddings. Semi-skimmed milk was the usual milk used on cereals and in puddings for the highest proportion of men and women, 55% and 53% respectively. Whole milk was the usual milk for 22% of men and 19% of women, and skimmed for 7% and 16% respectively.

(Tables 2.2 and 2.3)

### 2.2.3 Artificial sweeteners

During the dietary interview, respondents were asked about their use of artificial sweeteners in tea, coffee and cooking. Overall, 5% of respondents reported using artificial sweeteners in tea, 6% in coffee, and 4% in cooking. Women were more likely than men to use artificial sweeteners in tea and in cooking ( $p<0.05$ ). The highest reported use of artificial sweeteners was by women aged 50 to 64 years in coffee, 11% of whom used artificial sweeteners in this way.

The use of artificial sweeteners in tea by men increased with age, from none in the youngest age group to 4% among men aged 35 to 49, and to 6% among men aged 50 to 64 years ( $p<0.01$ ). A similar pattern is evident for the use of artificial sweeteners in coffee for men, increasing from none in the youngest age group to 4% among those aged 25 to 34, and 5% among those aged 35 to 49 years, to 7% among the oldest group of men (19 to 24 compared with 25 to 34:  $p<0.05$ ; 19 to 24 compared with 35 to 64:  $p<0.01$ ). Women aged 19 to 24 years were less likely than the oldest group of women to have used artificial sweeteners in coffee, 3% and 11% respectively ( $p<0.05$ ).

(Table 2.4)

### 2.2.4 Dietary supplements

Respondents were asked at the dietary interview if they were taking any extra vitamins, minerals, including fluoride, or other dietary supplements or herbal preparations, including prescribed or non-prescribed supplements. Those who reported taking supplements were asked to give a description of the product, including the brand name and strength, form, dose and frequency. Women were significantly more likely than men to report taking supplements; 40% and 29% respectively ( $p<0.01$ ). Among women, 55% of those aged 50 to 64 years reported taking dietary supplements: this was higher than for all other groups of women ( $p<0.01$ ). There were no other significant age-related trends.

The proportions taking supplements were higher among respondents from a non-manual than a manual home background for both men and women ( $p<0.01$ ).

Of those taking supplements, cod liver oil and other fish-based supplements were taken by the highest proportion of respondents, 39%. Men were significantly more likely than women to be taking these types of supplements, 46% and

34% respectively ( $p<0.05$ ). Multivitamins and multiminerals were taken by 35% of those taking supplements, 34% of men and 35% of women. Vitamin C only supplements were taken by 17% of respondents, as were non-nutrient supplements, such as ginseng, St Johns Wort, Echinacea and garlic. Overall, 14% of supplement-takers reported taking evening primrose oil-type supplements, but women were more likely to be taking these than men: 23% compared with 2% ( $p<0.01$ ). Of supplement-takers, 12% reported taking multivitamins with no minerals, and the same proportion minerals only (excluding fluoride or iron only). Just under 10% of those who reported taking dietary supplements said they took vitamins with iron, and a similar proportion reported taking single vitamin supplements other than Vitamin C. Iron only supplements were taken by 2%, as were Vitamins A, C and D; fluoride supplements were taken by 1% of those taking supplements.

Prescribed folic acid was taken by 2%, and non-prescribed folic acid by 6%, of women taking supplements. Among women of childbearing age who were not pregnant and reported taking supplements, 10% of those aged 19 to 24, 7% of those aged 25 to 34, and 6% of those aged 35 to 49 years reported taking non-prescribed folic acid.

The youngest group of men and women were significantly less likely than those aged 50 to 64 years to be taking cod liver oil and other fish-based supplements ( $p<0.01$ ). In addition, women aged 19 to 24 years were less likely than the oldest group to report taking evening primrose oil-type supplements, non-nutrient and 'other' types of supplements (evening primrose oil and 'other' supplements:  $p<0.05$ ; non-nutrient supplements:  $p<0.01$ ).

(Tables 2.5 and 2.6)

### 2.2.5 Dieting

All respondents were asked whether they were currently dieting to lose weight. Women were more likely to say they were dieting than men, with 24% of women and 10% of men reporting that, at the time of the interview, they were dieting to lose weight ( $p<0.01$ ). Women aged 25 to 49 years were significantly more likely than men of the same age to report being on a diet ( $p<0.01$ ). There were no significant age differences for men or women in the proportions who reported dieting to lose weight.

(Table 2.7)

### 2.2.6 Vegetarian/vegan

During the dietary interview, respondents were asked whether they were vegetarian or vegan. Overall, 5% of respondents reported being vegetarian or vegan. Women were more likely to report being vegetarian or vegan than men, 7% compared with 2% ( $p < 0.01$ ). The difference between men and women was most marked among those aged 25 to 34 years, where 11% of women but only 1% of men reported being vegetarian or vegan ( $p < 0.01$ ). The proportions showed almost no variation by age among men, but among women decreased significantly from about 11% among those aged 19 to 34, to about 4% among those aged 35 to 64 years ( $p < 0.05$ ). There were no differences in the proportion of respondents saying they were vegetarian or vegan by social class of the Household Reference Person (HRP).

Respondents who reported being vegetarian or vegan were asked what foods they avoided. All respondents said they avoided red meat, 92% avoided white meat and 48% did not eat fish. About one-third, 29%, said they avoided all animal products, and a fifth, 21%, said they avoided eating eggs.

Asked why they became vegetarian or vegan, 51% said it was for moral or ethical reasons, 29% for health reasons, and 25% because they did not like the taste of meat. Other less frequently mentioned reasons included religious beliefs, and cost or convenience. (Table not shown.)

Nearly two-thirds of respondents said they had never obtained any information about vegetarian and vegan diets. Of those that had obtained some information, the main sources were Vegetarian and Vegan Societies, or a doctor. Other less frequently mentioned sources of information included dietitians and nutritionists. (Table not shown.)

(Tables 2.8 and 2.9)

## 2.3 Foods consumed

### 2.3.1 Deriving food consumption data from the seven-day weighed intake dietary records

Every food item recorded in the dietary record, including those eaten away from home, was allocated an individual food code according to a coding frame based on 6,000 codes. This level of aggregation separates foods that are nutritionally

different and, for some food types, separates at brand level. However, the data are more easily presented and interpreted when similar types of foods are grouped.

Each of the approximately 6,000 food codes used in the survey was allocated by the Food Standards Agency to one of 115 subsidiary food groups; these in turn can be aggregated into 57 food groups, and then into 11 food types. A complete list of food types, food groups and subsidiary food groups (with examples of the foods included in each subsidiary food group) is given in Appendix G of the Technical Report<sup>3</sup>. Consumption data for artificial sweeteners, dietary supplements and medicines are not shown in the tables since these items were recorded in tablets or teaspoons rather than as gram weights.

For each respondent completing a seven-day dietary record, the gram quantity of each food item consumed was calculated from the weight served and the weight, if any, left over. Food item data were then aggregated to subsidiary food group level and the total gram weight of all the items in the subsidiary food group consumed over the seven diary days was calculated. Diaries with fewer than seven days were excluded from the analysis.

The tables report consumption of most foods and drinks as served. Drinks that are made up with water such as instant coffee and dilutable squashes are recorded as the concentrate or powder/granules and water separately. In order to report consumption of these types of drinks as served, the tap water used as a diluent is coded in the same food group as the associated food. For example, water used to dilute low calorie fruit squash is coded to the low calorie concentrated soft drinks group. The consumption of tap water not used as a diluent is shown as a separate group in the tables. Tea and fresh coffee are recorded and reported as infusion. Where milk has been used to make up powdered beverages, the milk is coded to the appropriate milk group and the dry weight beverage to the beverages group. Thus the total fluid consumption of respondents can be estimated from the tables in this report.

The tables derived from the dietary records show the mean and median amounts of foods consumed in seven days for men and women separately, except for Table 2.14 which shows men and women combined. In Tables 2.11(a) and

2.11(b) these averages are based on *all* respondents who kept a dietary record, that is including both *consumers and non-consumers* of each food item. Other tables show mean and median amounts calculated for *consumers* of the item only and the percentage of respondents who consumed each item. Table 2.14 shows mean and median amounts consumed for all consumers and all respondents, for men and women combined.

### 2.3.2 Types of foods consumed by respondents and variation by sex

Tables 2.10(a) and (b) show the proportions of men and women consuming different foods during the seven-day dietary recording period. Table 2.10(c) summarises the differences between men and women, and the reader is referred to this table for the statistical significance levels of the differences commented on below.

The foods consumed by the largest proportions of respondents were: white bread, by 93% of men and 89% of women; savoury sauces, pickles, gravies & condiments, 94% and 91%; and 'other potatoes & potato dishes', for example boiled, mashed and jacket potatoes, 83% and 84%.

Within the cereal-based food group, white bread was consumed by the greatest proportion of respondents, 93% of men and 89% of women. This was followed by biscuits, which were consumed by 63% of men and 68% of women. More than half the men and women who completed a dietary record had eaten white bread, biscuits, buns, cakes & pastries, rice, pasta and 'other bread', for example brown bread, bagels and continental breads. Half the women had eaten whole grain & high fibre breakfast cereals. Wholemeal bread was consumed by 33% of men and 39% of women, and soft grain bread by 3% and 2% respectively. Men were more likely than women to have eaten white bread. There were no other significant differences in the proportion of men and women consuming cereal and cereal-based foods.

Nearly three-quarters of men and women, 74% and 73% respectively, consumed semi-skimmed milk, compared with just over a third, 36% and 35%, who consumed whole milk. Women were more likely than men to have had skimmed milk, 22% compared with 15%. Cheese other than cottage cheese was consumed by 78% of men

and 73% of women. Women were more likely than men to have eaten cottage cheese, fromage frais and yogurt. A higher proportion of men than women had eaten eggs during the recording period.

Butter was the most commonly consumed fat for spreading, consumed by 40% of men and 42% of women. This was followed by 'other', that is non-polyunsaturated reduced fat spreads, consumed by 37% of men and 33% of women. Men were more likely than women to have consumed non-polyunsaturated soft margarine, 32% compared with 23%. These proportions represent the use of fats as spreads, and do not include their use in cooking.

Chicken & turkey dishes were consumed by the largest proportion of respondents, 82% of men and 77% of women, followed by bacon & ham, eaten by 77% of men and 64% of women. Men were generally more likely to have eaten most types of meat and meat products than women (bacon & ham, beef, veal & dishes, pork & dishes, liver, liver products & dishes, burgers & kebabs, sausages, meat pies & pastries and 'other meat & meat products', for example game, haggis and corned beef). Indeed, the only meat products that men were no more likely than women to have eaten were coated chicken & turkey, chicken & turkey dishes and lamb & dishes.

Bananas were the most commonly consumed fruit, eaten by 49% of men and 56% of women, followed by apples & pears, which were eaten by 49% of men and 54% of women. During the seven-day recording period, only 25% of men and 30% of women recorded eating any citrus fruits. Women were more likely than men to have eaten 'other fruit', for example plums, grapes and soft fruits, 51% and 37% respectively.

The group of vegetables consumed by the greatest proportion of respondents was 'other vegetables', which includes, for example, mushrooms, cauliflower, onions and peppers, eaten by 81% of men and 80% of women, and 'other raw' & salad vegetables, excluding raw tomatoes and raw carrots, eaten by 76% and 81% respectively. Raw tomatoes were eaten by 67% of men and 70% of women, leafy green vegetables by 49% and 56%, cooked carrots by 57% and 56%, and peas by 59% of men and 52% of women. Men were more likely than women to have eaten baked beans, 48% and 41% respectively. There were no other significant differences between men and women in the

proportions consuming specific types of vegetables.

'Other potatoes & potato dishes', for example boiled, mashed and jacket potatoes, were consumed by 83% of men and 84% of women. The next most commonly consumed potato-based item was potato chips, eaten by a higher proportion of men than women, 75% compared with 67%. Savoury snacks were eaten by 55% of men and 57% of women.

Over half of all respondents, 54% of men and 57% of women, had eaten chocolate confectionery during the seven-day dietary recording period, and about a fifth, 20% of men and 25% of women, had eaten sugar confectionery. Men were more likely than women to have consumed table sugar, 60% compared with 48%. The difference in the use of table sugar may be associated with the differences between the sexes in their reported use of sugar in tea and in coffee (see Table 2.4, page 00).

Among soft drinks, men and women were most likely to have drunk carbonated soft drinks not low calorie, 52% and 42%, and fruit juice, 43% of men and 47% of women. While men were more likely than women to have drunk carbonated soft drinks not low calorie, women were more likely than men to have drunk low calorie carbonated soft drinks.

Beer & lager were the most commonly consumed alcoholic drinks among men, drunk by 66%, but less commonly by women, 24%. For women, wine was the most commonly consumed alcoholic drink, with 45% drinking this compared with 36% of men. In addition to these differences, men were more likely than women to have drunk cider & perry, while women were more likely to have drunk liqueurs and alco-pops.

Both tea and coffee were drunk by nearly three-quarters of respondents, tea by 77% of both men and women, and coffee by 72% of men and 70% of women. A significantly higher proportion of women than men recorded drinking herbal tea, tap water and 'other beverages', for example, drinking chocolate and malted drinks.

(Tables 2.10(a), (b) and (c))

### 2.3.3 Variation in the foods eaten by age group

The data clearly show that there were differences in the foods consumed by respondents in different age groups (see Tables 2.10(a) and (b)

and, for a summary of the differences, with significance values, Table 2.10(c)).

The greatest age differences in foods consumed for men and women is between those aged 19 to 24 years and those aged 50 to 64 years. The discussion will focus on the foods consumed by these two age groups.

Men and women aged 19 to 24 years were more likely than those aged 50 to 64 to have consumed coated chicken & turkey, burgers & kebabs, savoury snacks, carbonated soft drinks not low calorie and alco-pops. For example, nearly two-thirds of men, and one-third of women, aged 19 to 24 years had eaten burgers & kebabs during the recording period, compared with one in ten of the oldest group of men and women. The proportion drinking alco-pops decreased from 21% of women and 16% of men aged 19 to 24 years, to 2% of women and none of the men aged 50 to 64 years. The proportion drinking carbonated soft drinks not low calorie, decreased from 92% and 64% of men and women aged 19 to 24 to 33% and 32% of those aged 50 to 64.

In addition, the youngest group of men was more likely than men aged 50 to 64 to have consumed pasta, pizza and potato chips; and the youngest group of women was more likely than the oldest group to have drunk concentrated soft drinks, both low calorie and not low calorie, and beer & lager.

A much greater number of foods were less likely to have been eaten by the youngest age group than the oldest age group. For nearly half of the fruit and vegetable types (peas, leafy green vegetables, tomatoes not raw, apples & pears, citrus fruits, bananas, canned fruit in juice and 'other fruit' – for example plums, grapes and soft fruits) a significantly lower proportion of men and women aged 19 to 24 years had consumed the item compared with the oldest age group. For example, 30% of men and 43% of women aged 19 to 24 years had consumed leafy green vegetables compared with 64% of men and 70% of women aged 50 to 64 years. In the youngest age group, 25% of men and 28% of women had consumed bananas compared with 59% of men and 69% of women in the oldest age group. Additionally, among men, those in the youngest age group were less likely than those in the oldest age group to have eaten raw carrots, green beans, and 'other potato & potato dishes', for example boiled, mashed and jacket potatoes.



Women aged 19 to 24 years were less likely than those aged 50 to 64 years to have eaten raw tomatoes, cooked carrots and canned fruit in syrup.

Other foods that were less likely to have been consumed by the youngest group of men and women compared with the oldest group were wholemeal bread, whole grain & high fibre breakfast cereals, fruit pies, eggs, oily fish, preserves, low alcohol & alcohol free beer & lager, and coffee. For example, 18% of men and 38% of women aged 19 to 24 had consumed oily fish compared with 54% of men and 58% of women aged 50 to 64 years. The youngest group of men was also less likely than those aged 50 to 64 years to have consumed 'other cereal-based puddings' (for example trifle and cheesecakes), whole and skimmed milk, cottage cheese, pork & pork dishes, liver, liver products & liver dishes and wine. Women aged 19 to 24 years were less likely than those aged 50 to 64 years to have eaten buns, cakes & pastries, cream, egg dishes, coated and/or fried white fish, 'other white fish & fish dishes' and soup, and to have drunk fortified wine and herbal tea.

(Tables 2.10(a), (b) and (c))

### 2.3.4 Quantities of foods consumed

Tables 2.11(a) and (b) show the average (mean) quantities of foods consumed by all respondents in the survey. In these tables the means are calculated including non-consumers: those who did not record consuming any of the food during the seven-day dietary recording period. The data are shown separately for men and women within the four age bands. Table 2.11(c) summarises the differences between men and women in average amounts eaten, and shows significance values.

For many food items, men ate significantly larger mean amounts than women. In all age groups, men consumed larger mean amounts of bacon & ham and beer & lager than women in the same age group. For example, among those aged 19 to 24 years, men consumed an average of 125g of bacon & ham during the seven-day recording period compared with 62g by women. Indeed, within each age group, men consumed almost twice as much bacon & ham as women. Among those aged 50 to 64 years, men consumed 2357g of beer & lager, almost 16 times as much as consumed by women (145g). From the age of 25 years, men consumed a larger mean amount of white bread, eggs, chicken & turkey dishes,

meat pies & pastries, sausages, potato chips and table sugar than women from the same age group. There were relatively few foods that were consumed in greater quantities by women than by men. Women, apart from those aged 25 to 34 years, ate significantly larger mean amounts of 'other fruit', for example plums, grapes and soft fruits, than the same aged men.

(Tables 2.11(a), (b) and (c))

Tables 2.10(a) and (b) give mean and median consumption figures based only on those consuming the food item: 'consumers'. For a number of food items in this NDNS, the actual number of respondents consuming the item is too small to allow reliable interpretation of mean values and results of significance tests of differences in mean amounts consumed. Differences in the amounts consumed by those aged 19 to 24 years compared with those aged 50 to 64 years were, therefore, assessed for statistical significance for only those food items consumed by at least 30 respondents in both age groups.

Compared with the oldest group of men and women, consumers aged 19 to 24 years ate significantly larger mean amounts of potato chips, and consumed more than double the amount of savoury snacks and carbonated soft drinks not low calorie ( $p < 0.01$ ). For example, the youngest group of men and women respectively consumed 528g and 434g of potato chips during the dietary recording period compared with 341g and 247g by those aged 50 to 64 years. In addition, the youngest men consumed at least double the mean amount of pizza and baked beans than those aged 50 to 64 years; and the youngest group of women consumed more pasta than the oldest group of women ( $p < 0.01$ ).

Conversely, men and women aged 50 to 64 years consumed significantly larger mean amounts of buns, cakes & pastries, semi-skimmed milk, 'other raw' & salad vegetables (excluding raw tomatoes and raw carrots), leafy green vegetables, 'other vegetables' (for example, mushrooms, cauliflower, onions and peppers), apples & pears and tea than those aged 19 to 24 years (buns, cakes & pastries and 'other raw' & salad vegetables:  $p < 0.05$ ; all others:  $p < 0.01$ ). For example, the oldest group of men and women consumed 498g and 482g respectively of apples & pears during the dietary recording period compared with 251g and 283g by those aged 19 to 24 years. The amount of tea consumed by the

oldest group of men and women was more than double that consumed by the youngest group. In addition, the oldest group of men consumed significantly larger mean amounts of raw tomatoes, peas, cooked carrots, 'other potatoes & potato dishes' (for example boiled, mashed and jacket potatoes) and table sugar than those aged 19 to 24 years (peas:  $p < 0.05$ ; all others:  $p < 0.01$ ). Compared to the youngest group of women, the oldest group consumed significantly larger mean amounts of whole grain & high fibre breakfast cereals and butter (whole grain & high fibre breakfast cereals:  $p < 0.05$ ; butter:  $p < 0.01$ ).

Generally, the food items eaten in significantly larger amounts by the youngest group of men and women were also more likely to be eaten by this age group than by those aged 50 to 64 years. The same pattern was true for those food items eaten in significantly larger amounts by the oldest group of men and women.

(Tables 2.10(a) and (b))

### 2.3.5 Variation in the foods eaten by region

Tables 2.12(a) and (b) show the proportions of men and women in each region who consumed different types of food in the seven-day dietary recording period<sup>4</sup>. There were differences, for both men and women, in the proportions consuming different foods according to the region in which they lived: the greatest number of significant differences was between respondents living in London and the South East and those living in other regions. There were, however, no consistent differences in eating patterns between regions. For example, respondents in no one region were more likely to have consumed cereal and cereal-based products and less likely to have consumed fruit and vegetables than those in other regions. The main differences between regions are summarised in Table 2.12(c), and the reader is referred to this table for regional comparisons of differences and significance values. The commentary reports on the foods that show the most marked differences ( $p < 0.01$ ) in consumption by men and women in the different regions. The reader should note that the sample size in Scotland is particularly low and, therefore, standard errors may be large (for further details on standard errors, see Appendix B, page 69–73).

Women living in Scotland were more likely than all other women to have consumed soup. For example, 70% of women in Scotland had

consumed soup compared with 30% of women in Central and South West regions of England and in Wales. Men living in Scotland were more likely than those in the Northern region, and in Central and South West regions of England and in Wales to have drunk tap water during the dietary recording period.

Men living in the Northern region were more likely than those in London and the South East to have eaten meat pies & pastries. Women in the Northern region were more likely, along with those in Central and South West regions of England and in Wales, and London and the South East, to have consumed 'other cereals', for example bran, oats and Yorkshire puddings, compared with women in Scotland.

A significantly higher proportion of men living in Central and South West regions of England and in Wales ate potato chips than those in London and the South East, and drank concentrated soft drinks not low calorie compared with men in Scotland. Men in this region, and those in London and the South East, were also more likely than those in Scotland to have consumed 'other milk', for example soya milk, evaporated and condensed milk. Women living in Central and South West regions of England and in Wales were more likely than those in Scotland to have eaten peas.

Men living in London and the South East were more likely to have consumed butter than those in the Northern region, and bottled water and vegetable dishes compared with men in any other region. They were also more likely to have consumed nuts & seeds than men in Scotland, and 'other bread', for example brown bread, bagels and continental breads, compared with men in the Northern region, and in Central and South West regions of England and in Wales. Women living in London and the South East were more likely to have consumed vegetable dishes, green beans and nuts & seeds, and to have drunk herbal tea, compared with those in the Northern region.

(Tables 2.12(a), (b) and (c))

### 2.3.6 Variation in the foods eaten by household receipt of benefits

Tables 2.13(a) and (b) show the proportions of respondents consuming different types of food, and the mean and median amounts consumed according to whether the household was in receipt of certain state benefits<sup>5</sup>. The principal

differences in the foods consumed by respondents, according to whether the household was in receipt of benefits or not, are summarised in Table 2.13(c), and the reader is referred to this table for the statistical significance of the differences commented on below.

Overall, Table 2.13(c) shows clearly that there is a comparatively wide range of foods that were less likely to have been eaten by respondents from benefit households. In contrast there are relatively few foods that respondents from benefit households were more likely to eat compared with those living in non-benefit households. There are also more differences by household benefit status for women than men.

Table sugar was the only food item to have been consumed by a higher proportion of both men and women in benefit households compared with those in non-benefit households. This was consumed by 74% of men and 58% of women in benefit households, and by 58% of men and 46% of women in non-benefit households. Additionally, women living in benefit households were more likely than women in non-benefit households to have consumed whole milk, 49% and 32%, burgers & kebabs, 27% and 16%, and meat pies & pastries, 44% and 30%.

The number of foods that were less likely to have been eaten by those in benefit households than those in non-benefit households was much greater. For both men and women, soft grain bread, 'other bread' (for example brown bread, bagels and continental breads), whole grain & high fibre breakfast cereals, cream, cottage cheese, yogurt, shellfish, and oily fish were less likely to have been consumed by those in benefit households than those in non-benefit households. Additionally, a lower proportion of women in households in receipt of benefits had consumed pasta, wholemeal bread, biscuits, buns, cakes & pastries, 'other cereal-based puddings' (for example trifle and cheesecakes), skimmed milk, cheese other than cottage cheese, ice cream, butter and other oils & cooking fats not polyunsaturated. The only type of meat and meat product to show any difference by household benefit status was chicken & turkey dishes, with men in benefit households less likely to have consumed this than those in non-benefit households.

Respondents from households receiving benefits were less likely to have eaten many types of fruit and vegetables than respondents from non-

benefit households. Both men and women in benefit households were less likely than those in non-benefit households to have eaten 'other raw' & salad vegetables (that is excluding raw tomatoes and raw carrots), leafy green vegetables, vegetable dishes, apples & pears, bananas and 'other fruit', for example plums, grapes and soft fruits. Additionally a lower proportion of men from households in receipt of benefits recorded eating nuts & seeds and drinking fruit juice, than did men from non-benefit households. Raw carrots, raw tomatoes, green beans, cooked carrots, 'other vegetables' (for example, mushrooms, cauliflower, onions and peppers) and citrus fruits were less likely to have been eaten by women in benefit households than those in households not in receipt of benefits. Indeed, among women the only fruit and vegetables that were no less likely to have been consumed by benefit households were peas, baked beans, tomatoes not raw, and fruit in fruit juice or syrup.

The proportion of men and women who had drunk wine was significantly lower for those in households in receipt of benefits compared with those in non-benefit households, as was the proportion of men and women who had drunk bottled water and tap water. Compared with those in non-benefit households, men in benefit households were also less likely to have drunk fortified wine, beer & lager and herbal teas; women from benefit households were less likely to have had low calorie carbonated soft drinks and 'other beverages', for example drinking chocolate and malted drinks.

(Tables 2.13(a), (b) and (c))

## 2.4 Fruit and vegetables consumed

### 2.4.1 Introduction

Earlier in the chapter we looked at consumption of fruit and vegetables at the subsidiary food group level (see sections 2.3.1 to 2.3.6). This gave information on the proportion of respondents who consumed different types of fruit and vegetables, and the mean and median amounts consumed over the seven-day dietary recording period. This section looks at the number of portions, and the mean and median amounts of all fruit and all vegetables consumed daily.



### 2.4.2 Background

A key feature of the Government's framework for reducing early deaths from coronary heart disease and cancer, and reducing health inequalities among the general population is to improve access to and increase the consumption of fruit and vegetables. The World Health Organization (WHO) and the UK's Committee on Medical Aspects of Food and Nutrition (COMA) policy recommend eating at least five portions (400g) of fruit and vegetables a day. This recommendation forms the basis of the five-a-day programme, part of the action intended to achieve these targets<sup>6</sup>.

Information collected by the NDNS allows the analysis of consumption of fruit and vegetables among British adults aged 19 to 64, and provides a baseline for evaluating the impact of the five-a-day programme among this age group.

### 2.4.3 Deriving fruit and vegetable consumption data from the seven-day weighed intake dietary records

Fruit and vegetable consumption in the NDNS sample is examined using the definition of fruit and vegetables used within the five-a-day programme. Thus, most fruit and vegetables count, but starchy, staple vegetables, such as potatoes, yams and cassavas, do not. Fruit and vegetable juices count, as do pulses and beans, but not rice. Fresh, cooked, frozen, chilled, canned and dried forms of fruit and vegetables all count, as do fruit and vegetables in selected composite dishes, such as stews and fruit pies.

Given the detailed information collected about fruit and vegetable consumption in the NDNS, it is possible to construct a number of variables to describe fruit and vegetable consumption. The main analytic variable, which is shown in the tables and on which the commentary mainly focuses, is:

Daily consumption of fruit and vegetables, including those in selected composite dishes<sup>7</sup>: including all fruit juice consumed as one portion only and, similarly all baked beans and other pulses consumed as one portion only<sup>8</sup>.

Additional variables have been calculated. These consider fruit and vegetables separately, with and without composite dishes. Variables have been calculated for fruit to: (i) exclude fruit juice; (ii) count all fruit juice consumed as one portion only; and (iii) count all portions of fruit juice.

Variables for vegetables have been calculated to: (i) exclude baked beans and other pulses; (ii) count all baked beans and other pulses consumed as one portion only; and (iii) count all portions of baked beans and other pulses. Appendix A (see page 51–68) gives more detail on the derivation of these variables. Tables showing the proportions consuming fruit and vegetables, and the quantities consumed for all variables by sex and age, region, and household receipt of benefits are also given in Appendix A (Tables A2(a) to A8). It is possible to see from these tables the proportions of respondents who ate fruit, the proportions who ate vegetables, and the differences that the inclusion of composite dishes, and all portions of fruit juice and baked beans and other pulses, make to the amounts of fruit and vegetables consumed daily.

The recommendation is that five portions or 400g of fruit and vegetables are consumed daily. This equates to approximately 80g per portion<sup>9</sup>, and is the definition of a 'portion' used in these analyses. For composite fruit dishes, only fruit pies have been included, not other fruit dishes such as fruit crumbles and yogurts: for fruit pies, the fruit contribution has been estimated as 45% of the total weight consumed. For composite vegetable dishes, the vegetable contribution has been estimated as 40% of the total weight consumed.

### 2.4.4 Portions of fruit and vegetables consumed

Tables 2.15(a) to 2.17(c) show distributions and the average (mean) number of portions of fruit and vegetables, including composite dishes, consumed in a day for all respondents including non-consumers. Tables 2.15(a), 2.16(a) and 2.17(a) show portions for fruit and vegetables combined, including all fruit juice consumed as one portion only and all baked beans and other pulses consumed as one portion only. Tables 2.15(b), 2.16(b) and 2.17(b) show portions of fruit, including all fruit juice consumed as one portion only, and Tables 2.15(c), 2.16(c) and 2.17(c) show portions of vegetables, including all baked beans and other pulses consumed as one portion only.

### 2.4.5 Portions of fruit and vegetables consumed by sex and age of respondent

Table 2.15(a) shows the average number of portions of fruit and vegetables consumed daily by sex and age, Table 2.15(b) shows the average

number of portions of fruit only, and Table 2.15(c) vegetables only.

On average, men and women consumed fewer than three portions of fruit and vegetables a day: 2.7 for men and 2.9 for women (medians 2.2 and 2.4). The portions consumed comprise an average of around one and a half portions of fruit, 1.3 for men and 1.5 for women (medians 0.9 and 1.0) and one and a half portions of vegetables a day, 1.4 and 1.4 respectively (medians 1.2 and 1.2). There were no significant differences in the mean number of portions of fruit, vegetables, or fruit and vegetables combined consumed by sex.

For both men and women, those aged 19 to 24 years consumed a lower mean number of portions of fruit and vegetables combined than those aged 50 to 64 years ( $p < 0.01$ ). For example, the youngest men consumed an average of 1.3 portions of fruit and vegetables a day during the recording period, compared with 3.6 portions by the oldest group of men (medians 1.3 and 3.4). The youngest group of women consumed an average of 1.8 portions of fruit and vegetables, while those aged 50 to 64 consumed an average of 3.8 portions (medians 1.6 and 3.3). This age difference in the mean number of portions consumed was also true for fruit and vegetables when considered separately ( $p < 0.01$ ).

Generally median values are much lower than mean values, indicating that mean values are affected by the relatively small number of respondents who ate lots of fruit and vegetables. For example, the mean and median number of portions of fruit and vegetables consumed by men were 2.7 and 2.2 respectively.

Overall, 13% of men and 15% of women consumed five or more portions of fruit and vegetables a day. Only 1% of men and none of the women who kept a seven-day dietary record consumed five or more portions of vegetables, and 3% of both men and women consumed five or more portions of fruit a day.

The proportion of men and women eating five or more portions of fruit and vegetables a day increased with age. For example, none of the men and 4% of women aged 19 to 24 years had consumed five or more portions of fruit and vegetables, compared with 24% of men and 22% of women aged 50 to 64 years ( $p < 0.01$ ).

When fruit and vegetables are considered separately, it is evident that the age differences in the proportions consuming five or more portions

of fruit and vegetables derive mainly from differences in the consumption of fruit (see Tables 2.15(b) and 2.15(c)). For example, men aged 19 to 34 years were less likely than those aged 50 to 64 years to have consumed five or more portions of fruit (25 to 34:  $p < 0.05$ ; 19 to 24:  $p < 0.01$ ). Women aged 19 to 24 years were less likely than those aged 35 to 64 to have had at least five portions of fruit a day (35 to 49:  $p < 0.05$ ; 50 to 64:  $p < 0.01$ ). There were no age differences in the proportions who had consumed five or more portions of vegetables.

Overall, only 1% of men and women recorded eating no fruit or vegetables during the seven-day dietary recording period and only 2% no vegetables. There were no significant age differences in the proportions that had eaten no fruit or vegetables. This was also true for vegetables alone. However, there were differences in the proportions that had consumed no fruit. Over one fifth, 21%, of men had eaten no fruit during the seven-day dietary recording period, compared with 15% of women ( $p < 0.05$ ). The proportion of men who had eaten no fruit during the dietary recording period declined with age, from 45% of those aged 19 to 24 years to 11% of those aged 50 to 64 years ( $p < 0.01$ ). A similar pattern is evident for women, with 27% of the youngest group and 5% of the oldest group having eaten no fruit ( $p < 0.01$ ).

(Tables 2.15(a), (b) and (c))

#### 2.4.6 Portions of fruit and vegetables consumed by region

Tables 2.16(a) to 2.16(c) show the average number of portions of fruit and vegetables consumed by region. There were no significant regional differences for men or women in the mean number of portions of fruit and vegetables consumed. The mean number of portions consumed ranged from 2.6 for men and 2.7 for women in the Northern region, to 3.0 and 3.2 respectively for men and women living in London and the South East. There were also no significant differences by region in the mean number of portions of fruit consumed. However, women living in London and the South East consumed a higher mean number of portions of vegetables than women in Scotland and the Northern region (Northern:  $p < 0.05$ ; Scotland:  $p < 0.01$ ).

There were no significant regional differences in the proportion of men and women who

consumed five or more portions of fruit and vegetables a day, or in the proportion who had eaten no fruit and vegetables. This was also true when consumption of fruit and vegetables were considered separately.

(Tables 2.16(a), (b) and (c))

#### 2.4.7 Portions of fruit and vegetables consumed by household receipt of benefits

Table 2.17(a) shows that men and women living in households in receipt of state benefits consumed a significantly lower mean number of portions of fruit and vegetables than those in non-benefit households. For example, men in benefit households consumed an average of 2.1 portions of fruit and vegetables a day, compared with 2.8 by men in non-benefit households ( $p < 0.05$ ). Women in benefit households consumed an average of 1.9 portions of fruit and vegetables a day, compared with 3.1 portions for women in non-benefit households ( $p < 0.01$ ).

Women in benefit households were less likely than those in non-benefit households to have consumed five or more portions of fruit and vegetables a day: 4% and 17% respectively ( $p < 0.01$ ). There was no significant difference for men by household benefit status.

When considering fruit and vegetables separately, there were no significant differences by benefit status in the proportion of men and women who consumed five or more portions of either fruit or vegetables. However, women in benefit households did consume a lower mean number of portions of vegetables than those in non-benefit households ( $p < 0.01$ ).

About a third, 35% of men and 30% of women, in benefit households had eaten no fruit during the seven-day dietary recording period, compared with 19% and 12% of men and women in non-benefit households (men:  $p < 0.05$ ; women:  $p < 0.01$ ). A much smaller proportion had eaten no vegetables: 4% of men and 6% of women in benefit households, and 2% of men and 1% of women in non-benefit households (men: ns; women:  $p < 0.05$ ).

(Tables 2.17(a), (b) and (c))

## References and endnotes

- 1 The General Household Survey (GHS) is a multi-purpose continuous survey carried out by the Social Survey Division of the Office for National Statistics (ONS) which collects information on a range of topics from people living in private households in Great Britain. The 2000 GHS was carried out between April 2000 and March 2001: the set sample size was 13,250, and the response rate was 67%. Comparison data is from households containing at least one person aged 19 to 64 years: 6,411 unweighted, and 19,572,762 weighted and grossed.
- 2 The interview questionnaire is reproduced in Appendix A of the Technical Report, which can be found at <http://www.food.gov.uk/science> (verified November 2002).
- 3 The subsidiary food groups include infant formula, commercial infant drinks and commercial infant foods; none of the respondents in the survey consumed any of the food items in these subgroups in the seven-day recording period and therefore these subsidiary food groups are omitted from the tables. Examples of the foods included in each subsidiary food is given in Appendix G of the Technical Report, available online at <http://www.food.gov.uk/science/> (verified November 2002).
- 4 The areas included in each of the four analysis 'regions' are given in the response chapter, Chapter 2 of the Technical Report, online at <http://www.food.gov.uk/science> (verified November 2002). Definitions of 'regions' are given in the glossary (see Appendix D).
- 5 Households receiving benefits are those where someone in the respondent's household was currently receiving Working Families Tax Credit or had, in the previous 14 days, drawn Income Support or (Income-related) Job Seeker's Allowance. Definitions of 'household' and 'benefits (receiving)' are given in the glossary (see Appendix D).
- 6 The five-a-day programme is being developed by the Department of Health, in conjunction with the Food Standards Agency, the Department of the Environment, Food and Rural Affairs (DEFRA), the Department for Education and Skills (DfES) and the Health Development Agency. Consumer, health, education and parent organisations are also involved along with the food industry. More information can be obtained online at <http://www.doh.gov.uk/fiveaday/> (verified November 2002).
- 7 Composite dishes included in the analysis of fruit and vegetable consumption were: for fruit, fruit pies; and for vegetables, vegetable dishes (including vegetable lasagne, cauliflower cheese and vegetable samosas). See also Appendix A.
- 8 Part of the recommendations is that a variety of fruit and vegetables should be eaten. It would be relatively easy to consume 3 to 4 glasses of fruit juice a day, providing five portions, but this would not encourage the variety in intake that is recommended.
- 9 In calculating compliance with Government recommendations to eat at least five portions of a variety of fruit and vegetables a day, a glass (150ml) of fruit or vegetable juice is considered one portion. Fruit or vegetable juice can only contribute one portion towards five-a-day, even if more than one glass of 100% is consumed. The portion size of fruit juice used for these analyses was 80g. However, the analyses in this chapter are based on the definition of fruit and vegetables in which all fruit juice consumed in a day (one portion or over) is counted as one portion only, the use of 80g or 150ml to define a portion will have little impact on the results in terms of measuring compliance with Government recommendations.

Table 2.1

**Household access to amenities and domestic appliances**

| Amenities and domestic appliances | Responding sample |            |            |            |             |                     |            |            |            |             |             | GHS2000*    |
|-----------------------------------|-------------------|------------|------------|------------|-------------|---------------------|------------|------------|------------|-------------|-------------|-------------|
|                                   | Men aged (years): |            |            |            | All men     | Women aged (years): |            |            |            | All women   | All NDNS    |             |
|                                   | 19-24             | 25-34      | 35-49      | 50-64      |             | 19-24               | 25-34      | 35-49      | 50-64      |             |             |             |
| With a separate kitchen           | 100               | 99         | 99         | 100        | 99          | 99                  | 99         | 99         | 100        | 99          | 99          | 100**       |
| Owns or has use of:               |                   |            |            |            |             |                     |            |            |            |             |             |             |
| refrigerator                      | 98                | 96         | 97         | 97         | 97          | 98                  | 97         | 95         | 97         | 96          | 96          | ..          |
| deep freezer or fridge freezer    | 95                | 96         | 96         | 95         | 96          | 96                  | 96         | 97         | 97         | 97          | 96          | 95          |
| microwave oven                    | 89                | 89         | 92         | 90         | 90          | 89                  | 87         | 92         | 94         | 91          | 91          | 86          |
| car or van                        | 79                | 90         | 90         | 89         | 88          | 78                  | 82         | 89         | 85         | 85          | 86          | 80          |
| <b>Base</b>                       | <b>142</b>        | <b>287</b> | <b>330</b> | <b>330</b> | <b>1088</b> | <b>136</b>          | <b>275</b> | <b>415</b> | <b>337</b> | <b>1163</b> | <b>2251</b> | <b>6411</b> |

Note: \* 2000 General Household Survey; weighted data from a subsample of households containing at least one adult aged 19 to 64 years.

\*\* General Household Survey data on separate kitchens refers to those households with a separate kitchen not in a bedsit.

.. Does not apply; not asked in the General Household Survey.

Table 2.2

**Type of milk respondent usually had as a drink by sex and age of respondent**

| Type of milk respondent usually had as a drink | Responding sample |            |            |            |             |                     |            |            |            |             |             |
|--|-------------------|------------|------------|------------|-------------|---------------------|------------|------------|------------|-------------|-------------|
|  | Men aged (years): |            |            |            | All men     | Women aged (years): |            |            |            | All women   | All         |
|  | 19-24             | 25-34      | 35-49      | 50-64      |             | 19-24               | 25-34      | 35-49      | 50-64      |             |             |
| Did not have milk as a drink                   | 25                | 35         | 49         | 59         | 45          | 34                  | 51         | 57         | 66         | 56          | 51          |
| Whole cow's milk                               | 29                | 24         | 13         | 11         | 18          | 19                  | 14         | 12         | 9          | 12          | 15          |
| Semi-skimmed cow's milk                        | 45                | 40         | 35         | 26         | 35          | 42                  | 29         | 26         | 20         | 27          | 31          |
| Skimmed cow's milk                             | 2                 | 4          | 4          | 5          | 4           | 5                   | 6          | 7          | 6          | 6           | 5           |
| Powdered milk                                  | -                 | -          | -          | -          | -           | -                   | -          | 0          | 0          | 0           | 0           |
| Soya alternative (soya milk)                   | -                 | -          | -          | -          | -           | -                   | 1          | -          | -          | 0           | 0           |
| Goat's milk                                    | -                 | 0          | -          | -          | 0           | -                   | -          | 0          | 0          | 0           | 0           |
| Other type of milk                             | 2                 | 1          | 1          | 0          | 1           | -                   | 1          | 0          | -          | 0           | 1           |
| <b>Base*</b>                                   | <b>142</b>        | <b>287</b> | <b>330</b> | <b>330</b> | <b>1088</b> | <b>136</b>          | <b>275</b> | <b>415</b> | <b>337</b> | <b>1163</b> | <b>2251</b> |

Note: \* Percentages add to more than 100 as some respondents usually drank more than one type of milk.

Table 2.3

**Type of milk respondent usually used on breakfast cereal and in puddings by sex and age of respondent**

| Type of milk respondent usually had on cereal and in puddings | Responding sample |            |            |            |             |                     |            |            |            |             |             |
|---|-------------------|------------|------------|------------|-------------|---------------------|------------|------------|------------|-------------|-------------|
|   | Men aged (years): |            |            |            | All men     | Women aged (years): |            |            |            | All women   | All         |
|   | 19-24             | 25-34      | 35-49      | 50-64      |             | 19-24               | 25-34      | 35-49      | 50-64      |             |             |
| Did not have any milk   | 23                | 16         | 17         | 16         | 18          | 16                  | 14         | 13         | 12         | 13          | 15          |
| Whole cow's milk  | 22                | 28         | 18         | 22         | 22          | 22                  | 20         | 20         | 16         | 19          | 21          |
| Semi-skimmed cow's milk                                       | 54                | 51         | 60         | 53         | 55          | 57                  | 51         | 53         | 54         | 53          | 54          |
| Skimmed cow's milk  | 2                 | 6          | 7          | 10         | 7           | 6                   | 16         | 17         | 19         | 16          | 12          |
| Powdered milk   | -                 | -          | 0          | 1          | 0           | -                   | 0          | -          | 0          | 0           | 0           |
| Soya alternative (soya milk)                                  | -                 | 1          | -          | 0          | 0           | -                   | 1          | 1          | 2          | 1           | 1           |
| Other type of milk  | -                 | -          | 0          | -          | 0           | -                   | 1          | 1          | 0          | 1           | 0           |
| <b>Base*</b>  | <b>142</b>        | <b>287</b> | <b>330</b> | <b>330</b> | <b>1088</b> | <b>136</b>          | <b>275</b> | <b>415</b> | <b>337</b> | <b>1163</b> | <b>2251</b> |

Note: \* Percentages add to more than 100 as some respondents for example, usually had more than one type of milk on cereal.

Table 2.4

**Use of sugar and artificial sweeteners by sex and age of respondent**

| Responding sample          | Percentages       |            |            |            |             |                     |            |            |            |             |             |
|----------------------------|-------------------|------------|------------|------------|-------------|---------------------|------------|------------|------------|-------------|-------------|
|                            | Men aged (years): |            |            |            | All men     | Women aged (years): |            |            |            | All women   | All         |
|                            | 19–24             | 25–34      | 35–49      | 50–64      |             | 19–24               | 25–34      | 35–49      | 50–64      |             |             |
| <b>Tea drinking</b>        |                   |            |            |            |             |                     |            |            |            |             |             |
| Drinks tea:                |                   |            |            |            |             |                     |            |            |            |             |             |
| with sugar                 | 61                | 42         | 41         | 34         | 42          | 37                  | 27         | 22         | 17         | 24          | 32          |
| with artificial sweetener  | -                 | 3          | 4          | 6          | 4           | 4                   | 5          | 8          | 9          | 7           | 5           |
| unsweetened                | 21                | 35         | 43         | 48         | 39          | 37                  | 48         | 54         | 60         | 52          | 46          |
| Does not drink tea         | 18                | 20         | 13         | 12         | 15          | 22                  | 20         | 16         | 14         | 17          | 16          |
| <b>Coffee drinking</b>     |                   |            |            |            |             |                     |            |            |            |             |             |
| Drinks coffee:             |                   |            |            |            |             |                     |            |            |            |             |             |
| with sugar                 | 53                | 49         | 44         | 41         | 46          | 31                  | 28         | 24         | 27         | 27          | 36          |
| with artificial sweetener  | -                 | 4          | 5          | 7          | 5           | 3                   | 5          | 9          | 11         | 8           | 6           |
| unsweetened                | 11                | 35         | 36         | 37         | 33          | 22                  | 36         | 49         | 48         | 42          | 38          |
| Does not drink coffee      | 36                | 12         | 16         | 15         | 17          | 44                  | 31         | 18         | 14         | 23          | 20          |
| <b>In cooking</b>          |                   |            |            |            |             |                     |            |            |            |             |             |
| Uses artificial sweeteners | 1                 | 3          | 3          | 4          | 3           | 3                   | 6          | 6          | 7          | 6           | 4           |
| <b>Base</b>                | <b>142</b>        | <b>287</b> | <b>330</b> | <b>330</b> | <b>1088</b> | <b>136</b>          | <b>275</b> | <b>415</b> | <b>337</b> | <b>1163</b> | <b>2251</b> |

Table 2.5

**Whether respondent reported currently taking dietary supplements (including fluoride) by sex and age of respondent and social class of household reference person**

| Responding sample   | Percentages                    |             |
|---|--------------------------------|-------------|
|   | Percentage taking supplements* | Base        |
| <b>Sex and age of respondent</b>  |                                |             |
| Men aged (years):   |                                |             |
| 19–24   | 22                             | 142         |
| 25–34   | 28                             | 287         |
| 35–49   | 29                             | 330         |
| 50–64   | 34                             | 330         |
| All men   | 29                             | 1088        |
| Women aged (years):   |                                |             |
| 19–24   | 31                             | 136         |
| 25–34   | 34                             | 275         |
| 35–49   | 36                             | 415         |
| 50–64   | 55                             | 337         |
| All women   | 40                             | 1163        |
| <b>Sex of respondent and social class of household reference person</b> |                                |             |
| Men:  |                                |             |
| Non-manual  | 35                             | 603         |
| Manual  | 22                             | 460         |
| All men**   | 29                             | 1088        |
| Women:  |                                |             |
| Non-manual  | 49                             | 631         |
| Manual  | 30                             | 486         |
| All women**   | 40                             | 1163        |
| <b>All</b>  | <b>35</b>                      | <b>2251</b> |

Note: \* Includes women taking prescribed folic acid.

\*\*Includes those for whom a social class could not be assigned.

Table 2.6

### Dietary supplements reported in the dietary interview as being taken by sex and age of respondent

Those reporting in the dietary interview taking supplements

Percentages\*

| Dietary supplement                             | Men aged (years): |           |           |            | All men    | Women aged (years): |           |            |            | All women  | All        |
|--|-------------------|-----------|-----------|------------|------------|---------------------|-----------|------------|------------|------------|------------|
|  | 19-24**           | 25-34     | 35-49     | 50-64      |            | 19-24               | 25-34     | 35-49      | 50-64      |            |            |
| Fluoride only                                  | -                 | 2         | -         | 1          | 1          | -                   | -         | 1          | -          | 0          | 1          |
| Cod liver oil and other fish-based supplements | [2]               | 43        | 45        | 59         | 46         | 13                  | 10        | 32         | 53         | 34         | 39         |
| Evening primrose oil type supplements          | -                 | 1         | 3         | 2          | 2          | 7                   | 18        | 26         | 27         | 23         | 14         |
| Vitamin C only                                 | [1]               | 16        | 23        | 20         | 18         | 20                  | 19        | 18         | 14         | 17         | 17         |
| Other single vitamins, not vitamin C           | -                 | 3         | 9         | 7          | 6          | 10                  | 10        | 9          | 13         | 11         | 9          |
| Vitamins A, C and D only                       | -                 | 2         | -         | 1          | 1          | 10                  | 5         | 4          | 1          | 3          | 2          |
| Vitamins with iron                             | [6]               | 4         | 9         | 8          | 8          | 20                  | 11        | 6          | 5          | 8          | 8          |
| Iron only                                      | -                 | -         | 3         | 2          | 2          | 3                   | 4         | 3          | 1          | 2          | 2          |
| Prescribed folic acid***                       | ..                | ..        | ..        | ..         | ..         | 1                   | 1         | 2          | 2          | 2          | ..         |
| Non-prescribed folic acid only                 | -                 | -         | -         | 1          | 0          | 10                  | 7         | 6          | 4          | 6          | 3          |
| Multivitamins and multiminerals                | [11]              | 44        | 31        | 28         | 34         | 25                  | 37        | 40         | 32         | 35         | 35         |
| Multivitamins, no minerals                     | [1]               | 15        | 17        | 8          | 12         | 17                  | 7         | 10         | 12         | 11         | 12         |
| Minerals only, not fluoride or iron only       | [1]               | 6         | 12        | 8          | 9          | 8                   | 7         | 10         | 24         | 15         | 12         |
| Non-nutrient supplements****                   | [1]               | 8         | 12        | 24         | 15         | 5                   | 15        | 19         | 25         | 19         | 17         |
| Other*****                                     | [10]              | 10        | 7         | 17         | 14         | 10                  | 21        | 17         | 30         | 22         | 19         |
| <b>Base</b>                                    | <b>27</b>         | <b>79</b> | <b>93</b> | <b>108</b> | <b>306</b> | <b>40</b>           | <b>88</b> | <b>145</b> | <b>171</b> | <b>444</b> | <b>750</b> |

Note: \* Percentages add up to more than 100 as some respondents were taking more than one type of supplement.

\*\* Square brackets enclosing numbers denote the actual numbers of cases, when the base is fewer than 30.

\*\*\* This was asked in a separate question of women only.

\*\*\*\* This includes: ginseng, ginkgo, garlic, St Johns Wort, Aloe, Saw Palmetto, Red Clover, Hawthorn, Echinacea, Goldenseal, and Echinacea and Goldenseal.

\*\*\*\*\* This includes, for example, glucosamine sulphate, royal jelly and milk thistle.

Table 2.7

### Percentage of respondents who reported dieting to lose weight by sex and age of respondent

| Responding sample                | Percentages                                 |             |
|----------------------------------|---|-------------|
|                                  | Percentage reporting dieting to lose weight | Base        |
| <b>Sex and age of respondent</b> |   |             |
| Men aged (years):                |   |             |
| 19-24                            | 9   | 142         |
| 25-34                            | 6   | 287         |
| 35-49                            | 12  | 330         |
| 50-64                            | 13  | 330         |
| All men                          | 10  | 1088        |
| Women aged (years):              |   |             |
| 19-24                            | 21  | 136         |
| 25-34                            | 28  | 275         |
| 35-49                            | 25  | 415         |
| 50-64                            | 20  | 337         |
| All women                        | 24  | 1163        |
| <b>All</b>                       | <b>17</b>                                   | <b>2251</b> |

Table 2.8

**Percentage of respondents who reported being vegetarian or vegan at the time of the dietary interview by sex and age of respondent and social class of the household reference person**

| Responding sample                                 | Percentages                                    |      |
|---|--|------|
|   | Percentage reporting being vegetarian or vegan | Base |
| <b>Sex and age of respondent</b>                  |  |      |
| Men aged (years):                                 |  |      |
| 19–24   | 3  | 142  |
| 25–34   | 1  | 287  |
| 35–49   | 3  | 330  |
| 50–64   | 2  | 330  |
| All men   | 2  | 1088 |
| Women aged (years):                               |  |      |
| 19–24   | 12   | 136  |
| 25–34   | 11   | 275  |
| 35–49   | 5  | 415  |
| 50–64   | 4  | 337  |
| All women   | 7  | 1163 |
| <b>Social class of household reference person</b> |  |      |
| Non-manual  | 6  | 1235 |
| Manual  | 4  | 946  |
| <b>All*</b>                                       | 5  | 2251 |

Note: \*Includes those for whom a social class could not assigned.

Table 2.9

**Types of foods avoided by respondents who said they were vegetarian or vegan**

| Those who said they were vegetarian or vegan            | Percentages |
|---|-------------|
| <b>Types of food avoided</b>                            | All         |
| Red meat  | 100         |
| White meat  | 92          |
| Fish  | 48          |
| Eggs  | 21          |
| Milk  | 5           |
| Other dairy products (e.g. butter/cheese)               | 10          |
| All animal products                                     | 29          |
| Other   | 7           |
| <b>Base, number of vegetarian or vegan respondents*</b> | <b>106</b>  |

Note: \* Percentages add to more than 100 as some respondents reported avoiding more than one type of food.



Table 2.10(a)

**Total quantities (grams) of food consumed in seven days by age of respondent:  
men consumers**

| Type of food                   | Men consumers aged (years): |        |             |       |        |             |       |        |             |       |        |             | All men |        |             |      |             |             |
|--------------------------------|-----------------------------|--------|-------------|-------|--------|-------------|-------|--------|-------------|-------|--------|-------------|---------|--------|-------------|------|-------------|-------------|
|                                | 19–24                       |        |             | 25–34 |        |             | 35–49 |        |             | 50–64 |        |             | Mean    |        | Median      |      | % consumers |             |
|                                | Mean                        | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean    | Median | % consumers | Mean | Median      | % consumers |
|                                | g                           | g      |             | g     | g      |             | g     | g      |             | g     | g      |             | g       | g      |             | g    | g           |             |
| Pasta                          | 425                         | 337    | 66          | 463   | 376    | 58          | 382   | 330    | 52          | 356   | 284    | 42          | 406     | 332    | 52          |      |             |             |
| Rice                           | 394                         | 334    | 54          | 476   | 300    | 59          | 418   | 300    | 58          | 373   | 300    | 46          | 420     | 300    | 54          |      |             |             |
| Pizza                          | 479                         | 406    | 49          | 422   | 325    | 37          | 322   | 300    | 26          | 233   | 209    | 19          | 370     | 300    | 30          |      |             |             |
| Other cereals                  | 135                         | 92     | 29          | 138   | 80     | 31          | 108   | 78     | 37          | 101   | 64     | 30          | 117     | 80     | 32          |      |             |             |
| White bread                    | 600                         | 486    | 94          | 610   | 507    | 94          | 639   | 560    | 94          | 629   | 566    | 90          | 623     | 536    | 93          |      |             |             |
| Wholemeal bread                | *                           | *      | 19          | 450   | 380    | 29          | 376   | 289    | 36          | 363   | 320    | 40          | 381     | 308    | 33          |      |             |             |
| Soft grain bread               | *                           | *      | 3           | *     | *      | 1           | *     | *      | 2           | *     | *      | 5           | *       | *      | 3           |      |             |             |
| Other bread                    | 233                         | 160    | 44          | 317   | 225    | 50          | 264   | 160    | 53          | 256   | 160    | 51          | 272     | 176    | 51          |      |             |             |
| Whole grain & high fibre       |                             |        |             |       |        |             |       |        |             |       |        |             |         |        |             |      |             |             |
| b'fast cereals                 | *                           | *      | 21          | 381   | 182    | 47          | 316   | 233    | 45          | 401   | 251    | 55          | 361     | 218    | 46          |      |             |             |
| Other b'fast cereals           | 156                         | 104    | 35          | 128   | 102    | 41          | 168   | 113    | 36          | 195   | 154    | 30          | 161     | 111    | 35          |      |             |             |
| Biscuits                       | 132                         | 52     | 49          | 145   | 86     | 62          | 157   | 89     | 64          | 150   | 95     | 70          | 149     | 88     | 63          |      |             |             |
| Fruit pies                     | *                           | *      | 5           | 138   | 110    | 14          | *     | *      | 12          | 184   | 122    | 20          | 165     | 113    | 14          |      |             |             |
| Buns, cakes & pastries         | 193                         | 158    | 50          | 200   | 140    | 53          | 246   | 196    | 60          | 295   | 207    | 65          | 246     | 177    | 58          |      |             |             |
| Cereal-based milk puddings     | *                           | *      | 11          | *     | *      | 11          | 224   | 142    | 18          | 252   | 200    | 21          | 248     | 200    | 16          |      |             |             |
| Sponge-type puddings           | *                           | *      | 6           | *     | *      | 5           | *     | *      | 5           | *     | *      | 8           | 165     | 110    | 6           |      |             |             |
| Other cereal-based puddings    | *                           | *      | 6           | 194   | 170    | 18          | 201   | 170    | 23          | 241   | 170    | 23          | 217     | 170    | 19          |      |             |             |
| Whole milk                     | *                           | *      | 19          | 997   | 604    | 42          | 1190  | 767    | 36          | 996   | 601    | 38          | 1031    | 628    | 36          |      |             |             |
| Semi-skimmed milk              | 983                         | 718    | 77          | 1163  | 1048   | 78          | 1435  | 1250   | 76          | 1502  | 1345   | 68          | 1318    | 1102   | 74          |      |             |             |
| Skimmed milk                   | *                           | *      | 5           | *     | *      | 12          | 910   | 689    | 17          | 1082  | 1004   | 19          | 1171    | 742    | 15          |      |             |             |
| Cream                          | *                           | *      | 16          | *     | *      | 13          | 57    | 44     | 24          | 71    | 50     | 25          | 55      | 35     | 20          |      |             |             |
| Other milk                     | *                           | *      | 12          | 314   | 82     | 17          | *     | *      | 9           | *     | *      | 10          | 331     | 150    | 12          |      |             |             |
| Cottage cheese                 | -                           | -      | -           | *     | *      | 2           | *     | *      | 3           | *     | *      | 4           | *       | *      | 3           |      |             |             |
| Other cheese                   | 150                         | 125    | 63          | 147   | 98     | 79          | 144   | 124    | 79          | 145   | 115    | 82          | 146     | 112    | 78          |      |             |             |
| Fromage frais                  | *                           | *      | 2           | *     | *      | 0           | *     | *      | 2           | *     | *      | 4           | *       | *      | 2           |      |             |             |
| Yogurt                         | 307                         | 267    | 28          | 427   | 373    | 29          | 422   | 289    | 32          | 405   | 388    | 37          | 404     | 329    | 32          |      |             |             |
| Other dairy desserts           | *                           | *      | 5           | *     | *      | 5           | *     | *      | 10          | *     | *      | 9           | 144     | 115    | 8           |      |             |             |
| Ice cream                      | *                           | *      | 17          | 179   | 129    | 23          | 151   | 120    | 32          | 176   | 139    | 29          | 166     | 122    | 27          |      |             |             |
| Eggs                           | 225                         | 185    | 49          | 188   | 134    | 68          | 186   | 134    | 67          | 196   | 139    | 74          | 194     | 138    | 67          |      |             |             |
| Egg dishes                     | *                           | *      | 10          | *     | *      | 11          | 145   | 120    | 14          | 188   | 143    | 21          | 185     | 140    | 15          |      |             |             |
| Butter                         | 66                          | 35     | 37          | 38    | 30     | 38          | 66    | 48     | 42          | 83    | 58     | 40          | 64      | 40     | 40          |      |             |             |
| Block margarine                | *                           | *      | 1           | -     | -      | -           | *     | *      | 0           | *     | *      | 0           | *       | *      | 0           |      |             |             |
| Soft margarine,                |                             |        |             |       |        |             |       |        |             |       |        |             |         |        |             |      |             |             |
| not polyunsaturated            | 39                          | 40     | 31          | 26    | 20     | 40          | 32    | 20     | 30          | 33    | 18     | 28          | 31      | 20     | 32          |      |             |             |
| Polyunsaturated margarine      | *                           | *      | 5           | *     | *      | 3           | *     | *      | 3           | *     | *      | 3           | *       | *      | 3           |      |             |             |
| Polyunsaturated oils           | *                           | *      | 4           | *     | *      | 2           | *     | *      | 6           | *     | *      | 5           | 10      | 5      | 4           |      |             |             |
| Other oils & cooking fats,     |                             |        |             |       |        |             |       |        |             |       |        |             |         |        |             |      |             |             |
| not polyunsaturated            | *                           | *      | 13          | *     | *      | 11          | 12    | 8      | 15          | 14    | 8      | 19          | 14      | 9      | 15          |      |             |             |
| Polyunsaturated low fat spread | *                           | *      | 7           | *     | *      | 13          | 54    | 33     | 13          | 87    | 58     | 15          | 82      | 50     | 13          |      |             |             |
| Other low fat spread           | *                           | *      | 3           | *     | *      | 7           | *     | *      | 9           | *     | *      | 9           | 71      | 45     | 8           |      |             |             |
| Polyunsaturated                |                             |        |             |       |        |             |       |        |             |       |        |             |         |        |             |      |             |             |
| reduced fat spread             | *                           | *      | 19          | 63    | 31     | 19          | 70    | 50     | 26          | 99    | 68     | 24          | 81      | 55     | 23          |      |             |             |
| Other reduced fat spread       | 89                          | 96     | 39          | 81    | 58     | 46          | 97    | 70     | 31          | 77    | 65     | 35          | 85      | 64     | 37          |      |             |             |
| Bacon & ham                    | 187                         | 133    | 67          | 165   | 140    | 78          | 171   | 135    | 78          | 188   | 153    | 81          | 177     | 141    | 77          |      |             |             |
| Beef, veal & dishes            | 483                         | 404    | 66          | 431   | 310    | 70          | 441   | 371    | 68          | 423   | 342    | 66          | 438     | 347    | 68          |      |             |             |
| Lamb & dishes                  | *                           | *      | 24          | 333   | 246    | 22          | 262   | 180    | 22          | 217   | 150    | 29          | 253     | 172    | 24          |      |             |             |
| Pork & dishes                  | *                           | *      | 19          | 216   | 162    | 32          | 235   | 158    | 37          | 246   | 176    | 39          | 231     | 168    | 34          |      |             |             |
| Coated chicken & turkey        | 222                         | 164    | 39          | 201   | 181    | 31          | 216   | 198    | 26          | 181   | 163    | 13          | 207     | 170    | 25          |      |             |             |
| Chicken & turkey dishes        | 436                         | 361    | 80          | 501   | 423    | 81          | 526   | 439    | 79          | 386   | 280    | 86          | 463     | 369    | 82          |      |             |             |
| Liver, liver products & dishes | *                           | *      | 5           | *     | *      | 10          | 143   | 84     | 13          | 139   | 105    | 15          | 133     | 100    | 12          |      |             |             |
| Burgers & kebabs               | 295                         | 223    | 66          | 292   | 244    | 44          | 232   | 179    | 32          | *     | *      | 11          | 261     | 205    | 33          |      |             |             |
| Sausages                       | 222                         | 190    | 55          | 166   | 140    | 58          | 167   | 131    | 58          | 154   | 117    | 49          | 170     | 134    | 55          |      |             |             |
| Meat pies & pastries           | 328                         | 213    | 40          | 298   | 221    | 47          | 291   | 222    | 47          | 306   | 260    | 48          | 302     | 235    | 46          |      |             |             |
| Other meat & meat products     | 135                         | 114    | 28          | 187   | 92     | 26          | 184   | 125    | 32          | 212   | 128    | 36          | 189     | 120    | 31          |      |             |             |
| Coated and/or fried white fish | 202                         | 180    | 31          | 203   | 177    | 30          | 195   | 170    | 38          | 203   | 172    | 43          | 200     | 175    | 36          |      |             |             |
| Other white fish & dishes      | *                           | *      | 14          | *     | *      | 9           | 194   | 148    | 16          | 299   | 210    | 26          | 244     | 171    | 17          |      |             |             |
| Shellfish                      | *                           | *      | 8           | 105   | 64     | 15          | 122   | 77     | 23          | 148   | 80     | 19          | 135     | 80     | 18          |      |             |             |
| Oily fish                      | *                           | *      | 18          | 195   | 148    | 33          | 215   | 150    | 45          | 194   | 141    | 54          | 198     | 140    | 41          |      |             |             |
| Raw carrots                    | *                           | *      | 5           | *     | *      | 9           | 69    | 40     | 13          | 70    | 45     | 18          | 78      | 45     | 12          |      |             |             |
| Other raw & salad vegetables   | 107                         | 71     | 73          | 153   | 110    | 79          | 184   | 125    | 75          | 197   | 149    | 76          | 170     | 115    | 76          |      |             |             |
| Raw tomatoes                   | 97                          | 79     | 56          | 157   | 121    | 61          | 159   | 105    | 66          | 180   | 146    | 77          | 159     | 119    | 67          |      |             |             |
| Peas                           | 117                         | 92     | 42          | 130   | 84     | 53          | 152   | 103    | 62          | 172   | 125    | 67          | 150     | 103    | 59          |      |             |             |



Table 2.10(a) continued

**Total quantities (grams) of food consumed in seven days by age of respondent: men consumers**

Grams and percentages

| Type of food  | Men consumers aged (years): |        |             |       |        |             |       |        |             |       |        |             | All men |        |             |  |
|---|-----------------------------|--------|-------------|-------|--------|-------------|-------|--------|-------------|-------|--------|-------------|---------|--------|-------------|--|
|   | 19-24                       |        |             | 25-34 |        |             | 35-49 |        |             | 50-64 |        |             |         |        |             |  |
|   | Mean                        | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean    | Median | % consumers |  |
| Green beans   | g                           | g      | 15          | g     | g      | 13          | g     | g      | 21          | g     | g      | 31          | g       | g      | 21          |  |
| Baked beans   | 503                         | 377    | 48          | 256   | 208    | 53          | 312   | 230    | 48          | 233   | 202    | 44          | 299     | 215    | 48          |  |
| Leafy green vegetables                                  | 102                         | 87     | 30          | 125   | 95     | 36          | 139   | 108    | 55          | 188   | 140    | 64          | 153     | 108    | 49          |  |
| Carrots – not raw                                       | 81                          | 80     | 50          | 104   | 84     | 49          | 112   | 90     | 57          | 119   | 98     | 67          | 109     | 88     | 57          |  |
| Tomatoes – not raw                                      | *                           | *      | 7           | 154   | 86     | 21          | 126   | 96     | 28          | 157   | 106    | 34          | 143     | 99     | 26          |  |
| Vegetable dishes  | *                           | *      | 23          | 350   | 173    | 32          | 436   | 301    | 26          | 267   | 218    | 27          | 335     | 200    | 28          |  |
| Other vegetables  | 155                         | 115    | 66          | 216   | 164    | 79          | 232   | 160    | 85          | 294   | 239    | 84          | 239     | 178    | 81          |  |
| Potato chips  | 528                         | 428    | 86          | 415   | 353    | 77          | 380   | 311    | 76          | 341   | 265    | 68          | 401     | 330    | 75          |  |
| Other fried/roast potatoes & products                   | 269                         | 250    | 34          | 240   | 200    | 40          | 217   | 200    | 43          | 244   | 210    | 46          | 237     | 200    | 42          |  |
| Potato products – not fried                             | *                           | *      | 8           | *     | *      | 9           | *     | *      | 6           | *     | *      | 8           | 167     | 160    | 8           |  |
| Other potatoes & potato dishes                          | 411                         | 363    | 72          | 442   | 321    | 79          | 495   | 420    | 85          | 547   | 489    | 90          | 489     | 420    | 83          |  |
| Savoury snacks  | 146                         | 101    | 63          | 112   | 96     | 66          | 101   | 75     | 57          | 76    | 50     | 40          | 106     | 77     | 55          |  |
| Apples & pears  | 251                         | 237    | 31          | 393   | 328    | 40          | 444   | 364    | 55          | 498   | 383    | 59          | 437     | 351    | 49          |  |
| Citrus fruits   | *                           | *      | 10          | 265   | 200    | 20          | 350   | 277    | 29          | 292   | 218    | 31          | 299     | 225    | 25          |  |
| Bananas   | *                           | *      | 25          | 312   | 246    | 42          | 381   | 299    | 55          | 390   | 302    | 59          | 363     | 291    | 49          |  |
| Canned fruit in juice                                   | *                           | *      | 1           | *     | *      | 5           | 134   | 80     | 12          | 253   | 120    | 12          | 183     | 90     | 9           |  |
| Canned fruit in syrup                                   | *                           | *      | 4           | *     | *      | 0           | *     | *      | 7           | *     | *      | 9           | 236     | 195    | 6           |  |
| Other fruit   | *                           | *      | 8           | 285   | 167    | 28          | 258   | 155    | 43          | 354   | 255    | 52          | 303     | 185    | 37          |  |
| Nuts & seeds  | *                           | *      | 8           | 93    | 30     | 24          | 81    | 50     | 24          | 82    | 50     | 21          | 81      | 50     | 21          |  |
| Table sugar   | 108                         | 68     | 72          | 167   | 124    | 63          | 204   | 120    | 58          | 193   | 148    | 55          | 176     | 116    | 60          |  |
| Preserves   | *                           | *      | 18          | 45    | 34     | 26          | 69    | 43     | 38          | 93    | 60     | 49          | 74      | 45     | 36          |  |
| Sweet spreads, fillings & icings                        | *                           | *      | 12          | *     | *      | 8           | *     | *      | 6           | *     | *      | 4           | 34      | 20     | 7           |  |
| Sugar confectionery                                     | *                           | *      | 20          | 49    | 28     | 21          | 77    | 34     | 24          | 64    | 42     | 15          | 73      | 41     | 20          |  |
| Chocolate confectionery                                 | 171                         | 106    | 62          | 138   | 96     | 61          | 131   | 93     | 58          | 108   | 82     | 42          | 134     | 92     | 54          |  |
| Fruit juice   | 792                         | 441    | 33          | 632   | 512    | 41          | 929   | 706    | 42          | 798   | 627    | 48          | 795     | 595    | 43          |  |
| Concentrated soft drinks – not low calorie, as consumed | *                           | *      | 25          | 1092  | 589    | 30          | 1269  | 673    | 22          | 1216  | 722    | 15          | 1262    | 720    | 22          |  |
| Carbonated soft drinks – not low calorie                | 2260                        | 2230   | 92          | 1486  | 788    | 64          | 995   | 579    | 44          | 729   | 455    | 33          | 1389    | 730    | 52          |  |
| Ready to drink soft drinks – not low calorie            | *                           | *      | 24          | 480   | 378    | 14          | *     | *      | 11          | *     | *      | 9           | 545     | 375    | 13          |  |
| Concentrated soft drinks – low calorie, as consumed     | *                           | *      | 12          | 1831  | 1505   | 15          | 1535  | 562    | 15          | *     | *      | 9           | 1690    | 734    | 13          |  |
| Carbonated soft drinks – low calorie                    | *                           | *      | 26          | 1854  | 999    | 30          | 1245  | 908    | 30          | 1109  | 628    | 22          | 1390    | 846    | 27          |  |
| Ready to drink soft drinks – low calorie                | -                           | -      | -           | *     | *      | 0           | *     | *      | 1           | *     | *      | 1           | *       | *      | 1           |  |
| Liqueurs  | *                           | *      | 2           | *     | *      | 3           | *     | *      | 3           | *     | *      | 3           | *       | *      | 3           |  |
| Spirits   | *                           | *      | 21          | *     | *      | 11          | 242   | 83     | 21          | 214   | 109    | 25          | 197     | 92     | 19          |  |
| Wine  | *                           | *      | 19          | 784   | 650    | 30          | 899   | 633    | 43          | 1102  | 625    | 41          | 917     | 607    | 36          |  |
| Fortified wine  | *                           | *      | 3           | *     | *      | 3           | *     | *      | 4           | *     | *      | 8           | 293     | 131    | 5           |  |
| Low alcohol & alcohol-free wine                         | -                           | -      | -           | -     | -      | -           | *     | *      | 1           | *     | *      | 0           | *       | *      | 0           |  |
| Beer & lager  | 4164                        | 2844   | 68          | 5049  | 3261   | 68          | 3760  | 2736   | 70          | 3937  | 2840   | 60          | 4213    | 2870   | 66          |  |
| Low alcohol & alcohol-free beer & lager                 | -                           | -      | -           | *     | *      | 4           | *     | *      | 4           | *     | *      | 4           | *       | *      | 3           |  |
| Cider & perry   | *                           | *      | 5           | *     | *      | 10          | *     | *      | 8           | *     | *      | 4           | 2741    | 1183   | 7           |  |
| Low alcohol cider & perry                               | -                           | -      | -           | -     | -      | -           | *     | *      | 0           | -     | -      | -           | *       | *      | 0           |  |
| Alco-pops   | *                           | *      | 16          | *     | *      | 5           | *     | *      | 2           | -     | -      | -           | 1948    | 1116   | 4           |  |
| Coffee, as consumed                                     | 1980                        | 1982   | 56          | 2942  | 2079   | 76          | 3603  | 2740   | 74          | 3017  | 2594   | 75          | 3074    | 2379   | 72          |  |
| Tea, as consumed  | 2083                        | 1312   | 68          | 2981  | 2420   | 73          | 3780  | 3044   | 80          | 4853  | 3864   | 82          | 3735    | 3024   | 77          |  |
| Herbal tea, as consumed                                 | *                           | *      | 6           | *     | *      | 8           | *     | *      | 5           | *     | *      | 7           | 1033    | 548    | 6           |  |
| Bottled water   | *                           | *      | 15          | 1900  | 1190   | 25          | 1924  | 1110   | 25          | 1083  | 738    | 23          | 1656    | 1042   | 23          |  |
| Tap water   | 1867                        | 1229   | 53          | 2527  | 1336   | 56          | 2112  | 1223   | 58          | 2178  | 1040   | 64          | 2209    | 1197   | 59          |  |
| Other beverages, dry weight                             | *                           | *      | 12          | *     | *      | 10          | *     | *      | 11          | 134   | 65     | 15          | 177     | 80     | 12          |  |
| Soup  | *                           | *      | 22          | 457   | 395    | 32          | 522   | 375    | 32          | 669   | 459    | 37          | 560     | 400    | 32          |  |
| Savoury sauces, pickles, gravies & condiments           | 188                         | 158    | 91          | 211   | 162    | 94          | 209   | 180    | 94          | 214   | 162    | 94          | 209     | 164    | 94          |  |
| <b>Base = number of respondents</b>                     |                             |        | <b>108</b>  |       |        | <b>219</b>  |       |        | <b>253</b>  |       |        | <b>253</b>  |         |        | <b>833</b>  |  |

Note: \* Number of consumers is less than 30 and too small to calculate mean/median values reliably.

Table 2.10(b)

**Total quantities (grams) of food consumed in seven days by age of respondent:  
women consumers**

| Type of food                   | Women consumers aged (years): |        |             |       |        |             |       |        |             |       |        |             | All women |        |             |  |
|--------------------------------|-------------------------------|--------|-------------|-------|--------|-------------|-------|--------|-------------|-------|--------|-------------|-----------|--------|-------------|--|
|                                | 19-24                         |        |             | 25-34 |        |             | 35-49 |        |             | 50-64 |        |             |           |        |             |  |
|                                | Mean                          | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean      | Median | % consumers |  |
|                                | g                             | g      |             | g     | g      |             | g     | g      |             | g     | g      |             | g         | g      |             |  |
| Pasta                          | 417                           | 408    | 64          | 333   | 288    | 60          | 338   | 265    | 50          | 266   | 212    | 46          | 330       | 261    | 53          |  |
| Rice                           | 241                           | 200    | 51          | 342   | 236    | 58          | 371   | 268    | 53          | 303   | 200    | 42          | 332       | 228    | 51          |  |
| Pizza                          | 276                           | 234    | 36          | 271   | 210    | 30          | 221   | 173    | 21          | 218   | 179    | 19          | 245       | 200    | 24          |  |
| Other cereals                  | 88                            | 67     | 32          | 106   | 76     | 32          | 95    | 75     | 36          | 78    | 68     | 31          | 92        | 73     | 33          |  |
| White bread                    | 473                           | 387    | 92          | 388   | 352    | 91          | 387   | 338    | 91          | 393   | 348    | 82          | 400       | 348    | 89          |  |
| Wholemeal bread                | *                             | *      | 15          | 249   | 198    | 35          | 238   | 182    | 43          | 236   | 197    | 47          | 236       | 192    | 39          |  |
| Soft grain bread               | *                             | *      | 1           | *     | *      | 1           | *     | *      | 1           | *     | *      | 4           | *         | *      | 2           |  |
| Other bread                    | 264                           | 187    | 48          | 229   | 150    | 55          | 213   | 163    | 54          | 210   | 138    | 50          | 221       | 153    | 53          |  |
| Whole grain & high fibre       |                               |        |             |       |        |             |       |        |             |       |        |             |           |        |             |  |
| b'fast cereals                 | 195                           | 151    | 34          | 200   | 121    | 41          | 272   | 187    | 52          | 333   | 239    | 62          | 274       | 188    | 50          |  |
| Other b'fast cereals           | 147                           | 82     | 38          | 127   | 99     | 45          | 136   | 88     | 36          | 129   | 95     | 31          | 133       | 95     | 37          |  |
| Biscuits                       | 89                            | 55     | 56          | 92    | 59     | 66          | 114   | 77     | 69          | 113   | 75     | 73          | 106       | 72     | 68          |  |
| Fruit pies                     | *                             | *      | 3           | *     | *      | 9           | *     | *      | 9           | 146   | 110    | 17          | 137       | 110    | 11          |  |
| Buns, cakes & pastries         | 144                           | 127    | 34          | 180   | 151    | 63          | 179   | 137    | 65          | 221   | 156    | 67          | 190       | 145    | 62          |  |
| Cereal-based milk puddings     | *                             | *      | 12          | *     | *      | 7           | 205   | 151    | 16          | 219   | 192    | 20          | 210       | 162    | 15          |  |
| Sponge-type puddings           | *                             | *      | 1           | *     | *      | 4           | *     | *      | 5           | *     | *      | 4           | 163       | 117    | 4           |  |
| Other cereal-based puddings    | *                             | *      | 15          | 213   | 125    | 16          | 174   | 125    | 23          | 213   | 171    | 27          | 202       | 144    | 22          |  |
| Whole milk                     | 1128                          | 640    | 32          | 755   | 519    | 43          | 958   | 592    | 34          | 763   | 555    | 32          | 866       | 555    | 35          |  |
| Semi-skimmed milk              | 767                           | 502    | 67          | 941   | 866    | 71          | 1150  | 966    | 74          | 1226  | 1132   | 74          | 1082      | 929    | 73          |  |
| Skimmed milk                   | *                             | *      | 15          | 802   | 761    | 18          | 1255  | 1123   | 22          | 1290  | 1094   | 26          | 1179      | 1004   | 22          |  |
| Cream                          | *                             | *      | 13          | 40    | 30     | 18          | 77    | 45     | 19          | 57    | 43     | 29          | 60        | 39     | 21          |  |
| Other milk                     | *                             | *      | 17          | *     | *      | 11          | 342   | 238    | 12          | 400   | 93     | 14          | 344       | 248    | 13          |  |
| Cottage cheese                 | *                             | *      | 6           | *     | *      | 10          | *     | *      | 5           | *     | *      | 9           | 172       | 141    | 8           |  |
| Other cheese                   | 125                           | 92     | 63          | 116   | 92     | 78          | 110   | 91     | 71          | 109   | 83     | 77          | 113       | 90     | 73          |  |
| Fromage frais                  | *                             | *      | 1           | *     | *      | 5           | *     | *      | 6           | *     | *      | 6           | 143       | 100    | 5           |  |
| Yogurt                         | 398                           | 267    | 30          | 338   | 300    | 39          | 401   | 307    | 42          | 457   | 373    | 44          | 404       | 300    | 40          |  |
| Other dairy desserts           | *                             | *      | 10          | *     | *      | 11          | 135   | 102    | 10          | *     | *      | 10          | 130       | 104    | 10          |  |
| Ice cream                      | *                             | *      | 28          | 144   | 120    | 26          | 136   | 113    | 26          | 145   | 120    | 31          | 145       | 114    | 28          |  |
| Eggs                           | 188                           | 136    | 42          | 126   | 107    | 53          | 145   | 115    | 59          | 149   | 119    | 69          | 146       | 117    | 59          |  |
| Egg dishes                     | *                             | *      | 7           | 143   | 110    | 15          | 152   | 121    | 17          | 170   | 146    | 19          | 158       | 137    | 16          |  |
| Butter                         | 30                            | 18     | 35          | 38    | 24     | 39          | 44    | 27     | 43          | 59    | 40     | 47          | 46        | 27     | 42          |  |
| Block margarine                | -                             | -      | -           | *     | *      | 1           | -     | -      | -           | *     | *      | 1           | *         | *      | 0           |  |
| Soft margarine,                |                               |        |             |       |        |             |       |        |             |       |        |             |           |        |             |  |
| not polyunsaturated            | *                             | *      | 22          | 22    | 14     | 25          | 26    | 18     | 23          | 26    | 14     | 22          | 24        | 14     | 23          |  |
| Polyunsaturated margarine      | *                             | *      | 1           | *     | *      | 1           | *     | *      | 2           | *     | *      | 3           | *         | *      | 2           |  |
| Polyunsaturated oils           | *                             | *      | 4           | *     | *      | 2           | *     | *      | 4           | *     | *      | 4           | 7         | 6      | 4           |  |
| Other oils & cooking fats,     |                               |        |             |       |        |             |       |        |             |       |        |             |           |        |             |  |
| not polyunsaturated            | *                             | *      | 9           | 11    | 8      | 18          | 12    | 7      | 13          | 9     | 7      | 12          | 11        | 8      | 14          |  |
| Polyunsaturated low fat spread | *                             | *      | 13          | 57    | 42     | 15          | 61    | 45     | 10          | 44    | 30     | 12          | 53        | 37     | 12          |  |
| Other low fat spread           | *                             | *      | 7           | *     | *      | 12          | 46    | 30     | 11          | *     | *      | 9           | 46        | 32     | 10          |  |
| Polyunsaturated                |                               |        |             |       |        |             |       |        |             |       |        |             |           |        |             |  |
| reduced fat spread             | *                             | *      | 13          | 48    | 31     | 20          | 45    | 27     | 19          | 64    | 56     | 19          | 50        | 31     | 19          |  |
| Other reduced fat spread       | 70                            | 53     | 41          | 41    | 31     | 33          | 60    | 48     | 35          | 63    | 42     | 27          | 58        | 40     | 33          |  |
| Bacon & ham                    | 99                            | 89     | 63          | 126   | 95     | 58          | 115   | 89     | 64          | 122   | 99     | 70          | 118       | 94     | 64          |  |
| Beef, veal & dishes            | 456                           | 362    | 51          | 327   | 300    | 54          | 351   | 291    | 61          | 351   | 300    | 59          | 357       | 300    | 58          |  |
| Lamb & dishes                  | *                             | *      | 16          | 184   | 142    | 17          | 246   | 149    | 18          | 176   | 123    | 29          | 197       | 130    | 21          |  |
| Pork & dishes                  | *                             | *      | 20          | 148   | 116    | 26          | 189   | 157    | 30          | 185   | 151    | 28          | 178       | 144    | 27          |  |
| Coated chicken & turkey        | 229                           | 167    | 34          | 171   | 154    | 26          | 179   | 164    | 26          | 168   | 153    | 14          | 183       | 164    | 24          |  |
| Chicken & turkey dishes        | 329                           | 306    | 80          | 375   | 330    | 73          | 409   | 309    | 74          | 305   | 256    | 81          | 360       | 300    | 77          |  |
| Liver, liver products & dishes | *                             | *      | 4           | *     | *      | 3           | *     | *      | 8           | *     | *      | 10          | 97        | 80     | 7           |  |
| Burgers & kebabs               | 307                           | 205    | 34          | 232   | 204    | 22          | 178   | 162    | 18          | *     | *      | 8           | 216       | 177    | 18          |  |
| Sausages                       | 138                           | 103    | 41          | 133   | 96     | 36          | 117   | 94     | 37          | 118   | 84     | 31          | 124       | 94     | 35          |  |
| Meat pies & pastries           | 222                           | 160    | 29          | 181   | 145    | 30          | 202   | 159    | 35          | 191   | 162    | 33          | 196       | 155    | 33          |  |
| Other meat & meat products     | *                             | *      | 22          | *     | *      | 13          | 123   | 83     | 20          | 153   | 107    | 29          | 129       | 85     | 21          |  |
| Coated and/or fried white fish | *                             | *      | 24          | 141   | 150    | 30          | 171   | 155    | 32          | 168   | 155    | 41          | 162       | 152    | 33          |  |
| Other white fish & dishes      | *                             | *      | 10          | *     | *      | 11          | 229   | 183    | 18          | 232   | 178    | 28          | 220       | 181    | 18          |  |
| Shellfish                      | *                             | *      | 16          | 131   | 76     | 20          | 144   | 85     | 23          | 181   | 100    | 21          | 151       | 90     | 21          |  |
| Oily fish                      | 176                           | 128    | 38          | 167   | 122    | 37          | 180   | 124    | 48          | 217   | 156    | 58          | 190       | 133    | 47          |  |
| Raw carrots                    | *                             | *      | 12          | 48    | 33     | 17          | 68    | 49     | 19          | 57    | 40     | 15          | 62        | 40     | 16          |  |
| Other raw & salad vegetables   | 141                           | 101    | 72          | 188   | 115    | 84          | 214   | 153    | 82          | 203   | 148    | 80          | 197       | 136    | 81          |  |
| Raw tomatoes                   | 131                           | 77     | 57          | 155   | 113    | 69          | 179   | 146    | 69          | 181   | 150    | 79          | 170       | 136    | 70          |  |
| Peas                           | 125                           | 70     | 37          | 99    | 77     | 47          | 117   | 77     | 55          | 115   | 90     | 58          | 113       | 80     | 52          |  |

Table 2.10(b) continued

**Total quantities (grams) of food consumed in seven days by age of respondent:  
women consumers**

Grams and percentages

| Type of food  | Women consumers aged (years): |        |             |       |        |             |       |        |             |       |        |             | All women |        |             |
|---|-------------------------------|--------|-------------|-------|--------|-------------|-------|--------|-------------|-------|--------|-------------|-----------|--------|-------------|
|   | 19-24                         |        |             | 25-34 |        |             | 35-49 |        |             | 50-64 |        |             |           |        |             |
|   | Mean                          | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean      | Median | % consumers |
|   | g                             | g      |             | g     | g      |             | g     | g      |             | g     | g      |             | g         | g      |             |
| Green beans   | *                             | *      | 20          | 98    | 87     | 15          | 99    | 85     | 19          | 114   | 90     | 33          | 103       | 86     | 22          |
| Baked beans   | 198                           | 167    | 45          | 225   | 194    | 46          | 205   | 168    | 41          | 192   | 155    | 35          | 206       | 167    | 41          |
| Leafy green vegetables                                  | 96                            | 68     | 43          | 123   | 86     | 45          | 148   | 105    | 56          | 181   | 150    | 70          | 150       | 107    | 56          |
| Carrots – not raw                                       | 83                            | 60     | 42          | 91    | 61     | 45          | 100   | 88     | 58          | 117   | 80     | 68          | 103       | 80     | 56          |
| Tomatoes – not raw                                      | *                             | *      | 10          | 136   | 101    | 24          | 125   | 85     | 22          | 96    | 70     | 28          | 118       | 85     | 23          |
| Vegetable dishes  | 338                           | 197    | 30          | 439   | 287    | 41          | 461   | 290    | 32          | 317   | 208    | 27          | 406       | 259    | 33          |
| Other vegetables  | 131                           | 110    | 75          | 212   | 159    | 78          | 214   | 175    | 82          | 243   | 194    | 82          | 213       | 162    | 80          |
| Potato chips  | 434                           | 350    | 76          | 302   | 241    | 72          | 271   | 227    | 66          | 247   | 202    | 62          | 294       | 233    | 67          |
| Other fried/roast potatoes & products                   | 166                           | 150    | 43          | 155   | 121    | 39          | 179   | 150    | 42          | 179   | 150    | 44          | 172       | 150    | 42          |
| Potato products – not fried                             | *                             | *      | 8           | *     | *      | 4           | *     | *      | 5           | *     | *      | 4           | 115       | 82     | 5           |
| Other potatoes & potato dishes                          | 455                           | 363    | 78          | 415   | 354    | 77          | 431   | 365    | 87          | 494   | 417    | 88          | 449       | 375    | 84          |
| Savoury snacks  | 108                           | 88     | 76          | 92    | 75     | 69          | 73    | 54     | 57          | 51    | 35     | 39          | 80        | 60     | 57          |
| Apples & pears  | 283                           | 259    | 40          | 365   | 272    | 50          | 348   | 250    | 54          | 482   | 312    | 61          | 390       | 291    | 54          |
| Citrus fruits   | *                             | *      | 22          | 301   | 192    | 22          | 326   | 203    | 31          | 363   | 209    | 40          | 327       | 200    | 30          |
| Bananas   | 291                           | 300    | 28          | 300   | 259    | 52          | 344   | 259    | 56          | 379   | 304    | 69          | 344       | 277    | 56          |
| Canned fruit in juice                                   | *                             | *      | 3           | *     | *      | 7           | *     | *      | 7           | 176   | 134    | 14          | 169       | 117    | 8           |
| Canned fruit in syrup                                   | *                             | *      | 2           | *     | *      | 3           | *     | *      | 4           | *     | *      | 10          | 165       | 121    | 5           |
| Other fruit   | 306                           | 186    | 41          | 256   | 151    | 40          | 362   | 208    | 52          | 502   | 353    | 63          | 387       | 216    | 51          |
| Nuts & seeds  | *                             | *      | 17          | 54    | 26     | 19          | 69    | 31     | 19          | 58    | 28     | 23          | 62        | 32     | 20          |
| Table sugar   | 90                            | 69     | 45          | 103   | 53     | 50          | 129   | 70     | 48          | 118   | 40     | 47          | 115       | 54     | 48          |
| Preserves   | *                             | *      | 21          | 60    | 42     | 36          | 52    | 34     | 41          | 57    | 39     | 45          | 55        | 36     | 39          |
| Sweet spreads, fillings & icings                        | *                             | *      | 11          | *     | *      | 7           | *     | *      | 8           | *     | *      | 5           | 29        | 20     | 7           |
| Sugar confectionery                                     | 61                            | 46     | 31          | 49    | 31     | 24          | 54    | 30     | 27          | 89    | 45     | 21          | 63        | 35     | 25          |
| Chocolate confectionery                                 | 118                           | 77     | 60          | 111   | 83     | 58          | 106   | 72     | 62          | 94    | 59     | 50          | 106       | 71     | 57          |
| Fruit juice   | 701                           | 454    | 50          | 625   | 437    | 50          | 690   | 456    | 44          | 766   | 566    | 47          | 697       | 500    | 47          |
| Concentrated soft drinks – not low calorie, as consumed | 1055                          | 639    | 38          | 1132  | 502    | 23          | 704   | 364    | 20          | 846   | 468    | 14          | 915       | 455    | 21          |
| Carbonated soft drinks – not low calorie                | 1848                          | 1151   | 64          | 895   | 614    | 47          | 853   | 513    | 38          | 706   | 332    | 32          | 1012      | 568    | 42          |
| Ready to drink soft drinks – not low calorie            | *                             | *      | 20          | 601   | 514    | 15          | 727   | 552    | 13          | *     | *      | 11          | 644       | 500    | 14          |
| Concentrated soft drinks – low calorie, as consumed     | *                             | *      | 27          | 1491  | 696    | 19          | *     | *      | 9           | *     | *      | 8           | 1172      | 625    | 13          |
| Carbonated soft drinks – low calorie                    | 2305                          | 1240   | 35          | 1806  | 1152   | 50          | 1271  | 754    | 34          | 1066  | 580    | 26          | 1521      | 885    | 36          |
| Ready to drink soft drinks – low calorie                | *                             | *      | 4           | *     | *      | 2           | *     | *      | 3           | *     | *      | 2           | *         | *      | 2           |
| Liqueurs  | *                             | *      | 10          | *     | *      | 8           | *     | *      | 8           | *     | *      | 6           | 72        | 50     | 8           |
| Spirits   | *                             | *      | 27          | 116   | 73     | 18          | 139   | 69     | 19          | 162   | 92     | 23          | 139       | 88     | 21          |
| Wine  | 636                           | 479    | 37          | 710   | 610    | 45          | 752   | 611    | 46          | 842   | 625    | 49          | 759       | 600    | 45          |
| Fortified wine  | *                             | *      | 3           | *     | *      | 6           | *     | *      | 9           | *     | *      | 11          | 216       | 125    | 8           |
| Low alcohol & alcohol-free wine                         | *                             | *      | 1           | *     | *      | 1           | *     | *      | 0           | *     | *      | 0           | *         | *      | 1           |
| Beer & lager  | 2593                          | 1421   | 34          | 1654  | 1150   | 33          | 1658  | 1019   | 25          | 1153  | 574    | 13          | 1731      | 1136   | 24          |
| Low alcohol & alcohol-free beer & lager                 | -                             | -      | -           | *     | *      | 2           | *     | *      | 1           | *     | *      | 3           | *         | *      | 2           |
| Cider & perry   | *                             | *      | 2           | *     | *      | 3           | *     | *      | 3           | *     | *      | 4           | *         | *      | 3           |
| Alco-pops   | *                             | *      | 21          | *     | *      | 12          | *     | *      | 6           | *     | *      | 2           | 1258      | 825    | 8           |
| Coffee, as consumed                                     | 2041                          | 1651   | 50          | 1991  | 1742   | 60          | 2621  | 1896   | 75          | 2516  | 1668   | 81          | 2411      | 1752   | 70          |
| Tea, as consumed  | 2094                          | 1631   | 69          | 3069  | 2383   | 76          | 4064  | 3442   | 78          | 4428  | 3878   | 80          | 3737      | 3124   | 77          |
| Herbal tea, as consumed                                 | *                             | *      | 4           | *     | *      | 11          | 1392  | 972    | 15          | 1567  | 1113   | 14          | 1348      | 1024   | 12          |
| Bottled water   | *                             | *      | 21          | 1675  | 747    | 32          | 1778  | 1013   | 24          | 1281  | 662    | 30          | 1566      | 943    | 27          |
| Tap water   | 2059                          | 1335   | 71          | 2449  | 1399   | 77          | 2346  | 1537   | 72          | 2630  | 1628   | 72          | 2420      | 1430   | 73          |
| Other beverages, dry weight                             | *                             | *      | 10          | 121   | 35     | 20          | 167   | 49     | 19          | 69    | 46     | 21          | 120       | 41     | 19          |
| Soup  | *                             | *      | 25          | 493   | 441    | 32          | 487   | 381    | 34          | 515   | 393    | 44          | 487       | 399    | 35          |
| Savoury sauces, pickles, gravies & condiments           | 151                           | 131    | 91          | 174   | 131    | 89          | 187   | 150    | 92          | 158   | 115    | 93          | 171       | 132    | 91          |
| <b>Base = number of respondents</b>                     |                               |        | <b>104</b>  |       |        | <b>210</b>  |       |        | <b>318</b>  |       |        | <b>259</b>  |           |        | <b>891</b>  |

Note: \* Number of consumers is less than 30 and too small to calculate mean/median values reliably.

Table 2.10(c)

**Main differences in the eating behaviour of respondents by sex and age group****Foods more likely to be eaten by:**

| All men (compared with women)   | Men aged 19–24 years <sup>1</sup>   | Men aged 50–64 years <sup>2</sup>            |
|---------------------------------|-------------------------------------|--|
| white bread*                    | pasta*                              | wholemeal bread*                             |
| eggs*                           | pizza**                             | whole grain & high fibre breakfast cereals** |
| soft margarine not pufa**       | coated chicken & turkey**           | fruit pies**                                 |
| bacon & ham**                   | burgers & kebabs**                  | other cereal-based puddings**                |
| beef, veal & dishes**           | potato chips*                       | whole milk*                                  |
| pork & dishes*                  | savoury snacks*                     | skimmed milk**                               |
| liver, liver products & dishes* | carbonated soft drinks nlc**        | cottage cheese*                              |
| burgers & kebabs**              | alco-pops*                          | eggs*  |
| sausages**                      |                                     | pork & dishes*                               |
| meat pies & pastries**          |                                     | liver, liver products & dishes*              |
| other meat & meat products**    |                                     | oily fish**                                  |
| baked beans*                    |                                     | raw carrots*                                 |
| potato chips*                   |                                     | peas*  |
| table sugar**                   |                                     | green beans*                                 |
| carbonated soft drinks nlc**    |                                     | leafy green vegetables**                     |
| beer & lager**                  |                                     | tomatoes – not raw**                         |
| cider & perry*                  |                                     | other potatoes and potato dishes*            |
|                                 |                                     | apples & pears**                             |
|                                 |                                     | citrus fruits**                              |
|                                 |                                     | bananas**                                    |
|                                 |                                     | canned fruit in juice**                      |
|                                 |                                     | other fruit**                                |
|                                 |                                     | preserves**                                  |
|                                 |                                     | wine*  |
|                                 |                                     | low alcohol and alcohol-free beer & lager*   |
|                                 |                                     | coffee*                                      |
| All women (compared with men)   | Women aged 19–24 years <sup>1</sup> | Women aged 50–64 years <sup>2</sup>          |
| skimmed milk*                   | coated chicken & turkey*            | wholemeal bread**                            |
| cottage cheese**                | burgers & kebabs**                  | whole grain & high fibre breakfast cereals** |
| fromage frais*                  | savoury snacks**                    | fruit pies**                                 |
| yogurt*                         | carbonated soft drinks nlc**        | buns, cakes & pastries**                     |
| other fruit**                   | concentrated soft drinks nlc**      | cream*                                       |
| carbonated soft drinks lc*      | concentrated soft drinks lc*        | eggs**                                       |
| liqueurs**                      | beer & lager*                       | egg dishes*                                  |
| wine**                          | alco-pops**                         | coated and/or fried white fish*              |
| alco-pops*                      |                                     | other white fish & dishes**                  |
| herbal tea**                    |                                     | oily fish*                                   |
| tap water**                     |                                     | raw tomatoes*                                |
| other beverages*                |                                     | peas*  |
|                                 |                                     | leafy green vegetables**                     |
|                                 |                                     | carrots – not raw**                          |
|                                 |                                     | tomatoes – not raw**                         |
|                                 |                                     | apples & pears*                              |
|                                 |                                     | citrus fruits*                               |
|                                 |                                     | bananas**                                    |
|                                 |                                     | canned fruit in juice*                       |
|                                 |                                     | canned fruit in syrup*                       |
|                                 |                                     | other fruit*                                 |
|                                 |                                     | preserves**                                  |
|                                 |                                     | fortified wine*                              |
|                                 |                                     | low alcohol and alcohol-free beer & lager*   |
|                                 |                                     | coffee**                                     |
|                                 |                                     | herbal tea*                                  |
|                                 |                                     | soup*  |

Note: <sup>1</sup> Compared with same sex aged 50 to 64 years

<sup>2</sup> Compared with same sex aged 19 to 24 years

\*  $p < 0.05$

\*\*  $p < 0.01$

pufa: polyunsaturated

nlc: not low calorie

lc: low calorie

Table 2.11(a)

**Total quantities (grams) of food consumed in seven days by age of respondent: men, including non-consumers**

Grams

| Type of food                                   | All men aged (years): |      |       |      |       |      |       |      | All men |      |
|--|-----------------------|------|-------|------|-------|------|-------|------|---------|------|
|  | 19-24                 |      | 25-34 |      | 35-49 |      | 50-64 |      | Mean    | sd   |
|  | Mean                  | sd   | Mean  | sd   | Mean  | sd   | Mean  | sd   |         |      |
|  | g                     | g    | g     | g    | g     | g    | g     | g    | g       | g    |
| Pasta  | 280                   | 325  | 266   | 346  | 198   | 275  | 151   | 241  | 212     | 297  |
| Rice   | 211                   | 271  | 280   | 454  | 243   | 405  | 171   | 321  | 226     | 382  |
| Pizza  | 236                   | 315  | 154   | 283  | 84    | 171  | 45    | 107  | 110     | 224  |
| Other cereals                                  | 39                    | 93   | 43    | 118  | 40    | 81   | 30    | 75   | 38      | 92   |
| White bread                                    | 565                   | 410  | 570   | 435  | 604   | 440  | 566   | 459  | 578     | 441  |
| Wholemeal bread                                | 54                    | 129  | 131   | 294  | 136   | 262  | 146   | 241  | 127     | 253  |
| Soft grain bread                               | 5                     | 31   | 1     | 10   | 3     | 25   | 35    | 212  | 12      | 119  |
| Other bread                                    | 103                   | 167  | 160   | 235  | 140   | 247  | 132   | 233  | 138     | 231  |
| Whole grain & high fibre b'fast cereals        | 54                    | 161  | 177   | 691  | 144   | 230  | 223   | 391  | 165     | 440  |
| Other b'fast cereals                           | 54                    | 113  | 52    | 87   | 61    | 117  | 58    | 120  | 57      | 110  |
| Biscuits                                       | 65                    | 137  | 90    | 135  | 101   | 177  | 104   | 156  | 95      | 156  |
| Fruit pies                                     | 6                     | 28   | 20    | 62   | 20    | 65   | 37    | 97   | 23      | 73   |
| Buns, cakes & pastries                         | 97                    | 139  | 106   | 156  | 147   | 205  | 191   | 263  | 143     | 209  |
| Cereal-based milk puddings                     | 34                    | 110  | 28    | 110  | 40    | 121  | 53    | 132  | 40      | 120  |
| Sponge-type puddings                           | 7                     | 25   | 8     | 36   | 8     | 46   | 15    | 71   | 10      | 51   |
| Other cereal-based puddings                    | 18                    | 91   | 35    | 87   | 46    | 103  | 56    | 130  | 42      | 108  |
| Whole milk                                     | 130                   | 333  | 421   | 929  | 426   | 1161 | 384   | 802  | 373     | 923  |
| Semi-skimmed milk                              | 755                   | 1007 | 902   | 960  | 1095  | 1142 | 1015  | 1193 | 976     | 1100 |
| Skimmed milk                                   | 48                    | 306  | 218   | 1269 | 150   | 502  | 206   | 599  | 172     | 789  |
| Cream  | 3                     | 7    | 5     | 17   | 14    | 36   | 18    | 44   | 11      | 33   |
| Other milk                                     | 55                    | 172  | 55    | 318  | 25    | 140  | 34    | 225  | 39      | 228  |
| Cottage cheese                                 | -                     | -    | 3     | 26   | 5     | 45   | 7     | 55   | 4       | 41   |
| Other cheese                                   | 94                    | 126  | 116   | 162  | 114   | 110  | 120   | 132  | 114     | 134  |
| Fromage frais                                  | 5                     | 40   | 1     | 8    | 4     | 32   | 5     | 34   | 4       | 30   |
| Yogurt   | 85                    | 181  | 123   | 242  | 136   | 362  | 149   | 258  | 130     | 283  |
| Other dairy desserts                           | 6                     | 28   | 7     | 29   | 13    | 48   | 16    | 66   | 11      | 48   |
| Ice cream                                      | 27                    | 77   | 42    | 103  | 49    | 92   | 52    | 110  | 45      | 99   |
| Eggs   | 109                   | 156  | 128   | 158  | 125   | 144  | 145   | 159  | 130     | 154  |
| Egg dishes                                     | 20                    | 73   | 25    | 102  | 20    | 61   | 40    | 97   | 27      | 87   |
| Butter   | 24                    | 76   | 14    | 27   | 28    | 52   | 34    | 67   | 26      | 56   |
| Block margarine                                | 1                     | 5    | -     | -    | 0     | 6    | 0     | 1    | 0       | 4    |
| Soft margarine, not polyunsaturated            | 12                    | 21   | 11    | 19   | 9     | 27   | 9     | 28   | 10      | 25   |
| Polyunsaturated margarine                      | 3                     | 14   | 1     | 8    | 2     | 17   | 1     | 5    | 1       | 12   |
| Polyunsaturated oils                           | 0                     | 1    | 0     | 3    | 1     | 3    | 1     | 5    | 0       | 4    |
| Other oils & cooking fats, not polyunsaturated | 3                     | 13   | 1     | 5    | 2     | 7    | 3     | 10   | 2       | 8    |
| Polyunsaturated low fat spread                 | 8                     | 44   | 13    | 50   | 7     | 27   | 13    | 43   | 11      | 41   |
| Other low fat spread                           | 1                     | 8    | 5     | 29   | 5     | 22   | 9     | 40   | 6       | 29   |
| Polyunsaturated reduced fat spread             | 19                    | 44   | 12    | 45   | 19    | 43   | 24    | 66   | 18      | 52   |
| Other reduced fat spread                       | 34                    | 58   | 37    | 72   | 30    | 69   | 27    | 51   | 31      | 64   |
| Bacon & ham                                    | 125                   | 139  | 128   | 128  | 133   | 139  | 153   | 153  | 137     | 141  |
| Beef, veal & dishes                            | 315                   | 334  | 302   | 376  | 299   | 352  | 281   | 335  | 296     | 351  |
| Lamb & dishes                                  | 45                    | 95   | 73    | 203  | 58    | 150  | 62    | 139  | 61      | 157  |
| Pork & dishes                                  | 39                    | 94   | 69    | 132  | 87    | 167  | 95    | 195  | 79      | 161  |
| Coated chicken & turkey                        | 85                    | 158  | 62    | 110  | 58    | 117  | 24    | 70   | 52      | 112  |
| Chicken & turkey dishes                        | 345                   | 335  | 405   | 458  | 419   | 408  | 334   | 361  | 380     | 401  |
| Liver, liver products & dishes                 | 3                     | 23   | 12    | 46   | 18    | 68   | 21    | 64   | 15      | 58   |
| Burgers & kebabs                               | 192                   | 224  | 128   | 217  | 73    | 194  | 15    | 61   | 86      | 187  |
| Sausages                                       | 121                   | 174  | 96    | 125  | 98    | 124  | 75    | 117  | 93      | 130  |
| Meat pies & pastries                           | 131                   | 227  | 139   | 207  | 137   | 215  | 148   | 217  | 140     | 215  |
| Other meat & meat products                     | 37                    | 73   | 49    | 167  | 58    | 127  | 78    | 203  | 59      | 160  |
| Coated and/or fried white fish                 | 63                    | 109  | 61    | 114  | 74    | 116  | 86    | 122  | 73      | 117  |
| Other white fish & dishes                      | 24                    | 74   | 19    | 74   | 31    | 91   | 77    | 183  | 41      | 124  |
| Shellfish                                      | 20                    | 80   | 15    | 51   | 28    | 80   | 28    | 93   | 24      | 78   |
| Oily fish                                      | 23                    | 66   | 64    | 134  | 97    | 185  | 105   | 158  | 81      | 155  |
| Raw carrots                                    | 5                     | 33   | 9     | 33   | 9     | 36   | 13    | 40   | 10      | 36   |
| Other raw & salad vegetables                   | 78                    | 100  | 121   | 166  | 137   | 180  | 150   | 189  | 129     | 172  |
| Raw tomatoes                                   | 55                    | 70   | 96    | 152  | 106   | 146  | 138   | 149  | 106     | 143  |
| Peas   | 49                    | 81   | 70    | 106  | 94    | 128  | 115   | 145  | 88      | 125  |

Table 2.11(a) continued

**Total quantities (grams) of food consumed in seven days by age of respondent: men, including non-consumers**

| Type of food  | All men aged (years): |            |       |            |       |            |       |            | All men |            |
|---|-----------------------|------------|-------|------------|-------|------------|-------|------------|---------|------------|
|   | 19–24                 |            | 25–34 |            | 35–49 |            | 50–64 |            | Mean    | sd         |
|   | Mean                  | sd         | Mean  | sd         | Mean  | sd         | Mean  | sd         |         |            |
|   | g                     | g          | g     | g          | g     | g          | g     | g          | g       | g          |
| Green beans   | 11                    | 27         | 11    | 33         | 22    | 54         | 42    | 93         | 24      | 63         |
| Baked beans   | 241                   | 390        | 135   | 188        | 150   | 230        | 104   | 163        | 144     | 234        |
| Leafy green vegetables                                  | 30                    | 57         | 46    | 83         | 76    | 103        | 121   | 141        | 76      | 112        |
| Carrots – not raw                                       | 40                    | 47         | 51    | 68         | 63    | 91         | 79    | 86         | 62      | 80         |
| Tomatoes – not raw                                      | 6                     | 28         | 32    | 109        | 36    | 85         | 54    | 166        | 37      | 118        |
| Vegetable dishes  | 48                    | 108        | 112   | 287        | 116   | 337        | 72    | 177        | 93      | 260        |
| Other vegetables  | 101                   | 124        | 171   | 191        | 196   | 231        | 247   | 233        | 193     | 215        |
| Potato chips  | 455                   | 355        | 319   | 312        | 289   | 286        | 233   | 271        | 302     | 306        |
| Other fried/roast potatoes & products                   | 92                    | 146        | 95    | 141        | 94    | 138        | 111   | 157        | 99      | 146        |
| Potato products – not fried                             | 22                    | 79         | 12    | 46         | 10    | 46         | 11    | 48         | 13      | 52         |
| Other potatoes & potato dishes                          | 295                   | 271        | 351   | 349        | 418   | 360        | 494   | 370        | 407     | 356        |
| Savoury snacks  | 92                    | 124        | 75    | 85         | 58    | 93         | 31    | 55         | 58      | 89         |
| Apples & pears  | 76                    | 139        | 158   | 277        | 242   | 368        | 296   | 435        | 215     | 355        |
| Citrus fruits   | 14                    | 45         | 53    | 146        | 103   | 234        | 91    | 201        | 75      | 189        |
| Bananas   | 71                    | 163        | 129   | 215        | 210   | 308        | 229   | 313        | 176     | 278        |
| Canned fruit in juice                                   | 2                     | 19         | 7     | 41         | 16    | 72         | 30    | 154        | 16      | 97         |
| Canned fruit in syrup                                   | 8                     | 50         | 2     | 28         | 13    | 69         | 24    | 107        | 13      | 74         |
| Other fruit   | 19                    | 78         | 79    | 234        | 110   | 232        | 185   | 320        | 113     | 256        |
| Nuts and seeds  | 1                     | 5          | 22    | 69         | 20    | 58         | 17    | 62         | 17      | 59         |
| Table sugar   | 77                    | 103        | 105   | 174        | 118   | 215        | 105   | 166        | 106     | 178        |
| Preserves   | 12                    | 33         | 12    | 27         | 26    | 59         | 46    | 79         | 26      | 59         |
| Sweet spreads, fillings & icings                        | 2                     | 8          | 5     | 26         | 1     | 6          | 1     | 9          | 2       | 15         |
| Sugar confectionery                                     | 26                    | 92         | 10    | 30         | 19    | 55         | 10    | 33         | 15      | 51         |
| Chocolate confectionery                                 | 107                   | 174        | 84    | 116        | 76    | 111        | 45    | 80         | 73      | 116        |
| Fruit juice   | 264                   | 685        | 258   | 481        | 393   | 752        | 385   | 624        | 339     | 643        |
| Concentrated soft drinks – not low calorie, as consumed | 436                   | 1144       | 324   | 823        | 275   | 990        | 184   | 692        | 281     | 891        |
| Carbonated soft drinks – not low calorie                | 2063                  | 1963       | 946   | 1437       | 441   | 875        | 243   | 584        | 725     | 1309       |
| Ready to drink soft drinks – not low calorie            | 163                   | 403        | 65    | 205        | 50    | 220        | 50    | 216        | 69      | 249        |
| Concentrated soft drinks – low calorie, as consumed     | 240                   | 1007       | 278   | 910        | 232   | 906        | 137   | 668        | 216     | 857        |
| Carbonated soft drinks – low calorie                    | 325                   | 879        | 557   | 1671       | 376   | 985        | 242   | 793        | 376     | 1153       |
| Ready to drink soft drinks – low calorie                | -                     | -          | 2     | 27         | 4     | 38         | 10    | 127        | 5       | 74         |
| Liqueurs  | 1                     | 3          | 4     | 40         | 3     | 21         | 4     | 38         | 3       | 31         |
| Spirits   | 16                    | 38         | 19    | 74         | 50    | 166        | 52    | 178        | 38      | 141        |
| Wine  | 101                   | 276        | 236   | 516        | 385   | 706        | 454   | 986        | 330     | 735        |
| Fortified wine  | 10                    | 78         | 7     | 61         | 17    | 172        | 20    | 118        | 14      | 122        |
| Low alcohol & alcohol-free wine                         | -                     | -          | -     | -          | 5     | 68         | 1     | 10         | 2       | 38         |
| Beer & lager  | 2806                  | 3565       | 3451  | 4467       | 2637  | 3467       | 2357  | 3639       | 2788    | 3833       |
| Low alcohol & alcohol-free beer & lager                 | -                     | -          | 37    | 205        | 110   | 1184       | 24    | 162        | 51      | 667        |
| Cider & perry   | 238                   | 2555       | 188   | 788        | 303   | 1780       | 71    | 408        | 194     | 1422       |
| Low alcohol cider & perry                               | -                     | -          | -     | -          | 6     | 128        | -     | -          | 2       | 70         |
| Alco-pops   | 450                   | 1304       | 52    | 266        | 14    | 131        | -     | -          | 76      | 514        |
| Coffee, as consumed                                     | 1091                  | 1592       | 2233  | 2891       | 2646  | 3106       | 2285  | 2399       | 2226    | 2721       |
| Tea, as consumed  | 1404                  | 1743       | 2164  | 2394       | 3040  | 2887       | 3792  | 3737       | 2879    | 3071       |
| Herbal tea, as consumed                                 | 40                    | 183        | 46    | 184        | 36    | 222        | 122   | 655        | 65      | 399        |
| Bottled water   | 276                   | 903        | 463   | 1315       | 478   | 1379       | 243   | 612        | 377     | 1122       |
| Tap water   | 988                   | 1742       | 1409  | 2857       | 1239  | 2246       | 1383  | 2616       | 1295    | 2479       |
| Other beverages, dry weight                             | 27                    | 101        | 25    | 137        | 18    | 97         | 20    | 80         | 22      | 105        |
| Soup  | 123                   | 250        | 143   | 256        | 165   | 376        | 249   | 503        | 179     | 384        |
| Savoury sauces, pickles, gravies & condiments           | 171                   | 137        | 199   | 198        | 196   | 157        | 202   | 187        | 195     | 176        |
| <b>Base = number of respondents</b>                     |                       | <b>108</b> |       | <b>219</b> |       | <b>253</b> |       | <b>253</b> |         | <b>833</b> |

Table 2.11(b)

**Total quantities (grams) of food consumed in seven days by age of respondent: women, including non-consumers**

Grams

| Type of food                                   | All women aged (years): |      |       |     |       |     |       |      | All women |     |
|--|-------------------------|------|-------|-----|-------|-----|-------|------|-----------|-----|
|  | 19-24                   |      | 25-34 |     | 35-49 |     | 50-64 |      | Mean      | sd  |
|  | Mean                    | sd   | Mean  | sd  | Mean  | sd  | Mean  | sd   |           |     |
|  | g                       | g    | g     | g   | g     | g   | g     | g    | g         | g   |
| Pasta  | 270                     | 270  | 198   | 248 | 169   | 246 | 123   | 222  | 174       | 246 |
| Rice   | 123                     | 174  | 199   | 293 | 196   | 327 | 127   | 237  | 168       | 282 |
| Pizza  | 100                     | 171  | 81    | 168 | 46    | 115 | 42    | 104  | 59        | 135 |
| Other cereals                                  | 28                      | 63   | 34    | 75  | 34    | 82  | 24    | 48   | 31        | 70  |
| White bread                                    | 438                     | 531  | 353   | 253 | 353   | 272 | 323   | 295  | 354       | 317 |
| Wholemeal bread                                | 24                      | 72   | 88    | 166 | 102   | 171 | 110   | 170  | 92        | 163 |
| Soft grain bread                               | 1                       | 9    | 3     | 39  | 2     | 19  | 6     | 37   | 3         | 30  |
| Other bread                                    | 127                     | 219  | 126   | 191 | 116   | 164 | 106   | 177  | 117       | 181 |
| Whole grain & high fibre b'fast cereals        | 66                      | 133  | 82    | 189 | 142   | 245 | 205   | 298  | 137       | 245 |
| Other b'fast cereals                           | 56                      | 111  | 56    | 96  | 49    | 104 | 40    | 84   | 49        | 98  |
| Biscuits                                       | 50                      | 82   | 61    | 81  | 79    | 105 | 82    | 98   | 72        | 96  |
| Fruit pies                                     | 3                       | 19   | 10    | 39  | 13    | 45  | 24    | 72   | 14        | 52  |
| Buns, cakes & pastries                         | 49                      | 93   | 114   | 131 | 117   | 140 | 148   | 180  | 117       | 149 |
| Cereal-based milk puddings                     | 19                      | 57   | 16    | 87  | 33    | 100 | 44    | 114  | 30        | 98  |
| Sponge-type puddings                           | 2                       | 21   | 9     | 61  | 9     | 48  | 5     | 25   | 7         | 44  |
| Other cereal-based puddings                    | 41                      | 197  | 35    | 128 | 41    | 90  | 60    | 120  | 44        | 125 |
| Whole milk                                     | 353                     | 1035 | 322   | 625 | 326   | 810 | 242   | 546  | 304       | 733 |
| Semi-skimmed milk                              | 516                     | 652  | 670   | 776 | 850   | 990 | 906   | 1066 | 785       | 941 |
| Skimmed milk                                   | 198                     | 681  | 145   | 397 | 282   | 667 | 340   | 766  | 257       | 651 |
| Cream  | 7                       | 36   | 7     | 20  | 15    | 54  | 17    | 39   | 13        | 42  |
| Other milk                                     | 56                      | 143  | 30    | 128 | 40    | 179 | 57    | 311  | 45        | 214 |
| Cottage cheese                                 | 9                       | 40   | 16    | 62  | 11    | 57  | 15    | 62   | 13        | 58  |
| Other cheese                                   | 78                      | 118  | 90    | 93  | 78    | 79  | 84    | 84   | 83        | 89  |
| Fromage frais                                  | 2                       | 18   | 7     | 44  | 9     | 43  | 8     | 47   | 7         | 42  |
| Yogurt   | 119                     | 250  | 131   | 211 | 168   | 279 | 201   | 328  | 163       | 278 |
| Other dairy desserts                           | 12                      | 42   | 14    | 51  | 13    | 53  | 13    | 46   | 13        | 49  |
| Ice cream                                      | 48                      | 120  | 38    | 83  | 35    | 80  | 46    | 90   | 40        | 89  |
| Eggs   | 79                      | 133  | 67    | 91  | 87    | 112 | 103   | 113  | 86        | 111 |
| Egg dishes                                     | 12                      | 49   | 21    | 64  | 26    | 77  | 32    | 84   | 25        | 74  |
| Butter   | 10                      | 20   | 15    | 31  | 19    | 34  | 27    | 48   | 19        | 37  |
| Block margarine                                | -                       | -    | 0     | 1   | 0     | 0   | 0     | 2    | 0         | 1   |
| Soft margarine, not polyunsaturated            | 5                       | 13   | 5     | 17  | 6     | 14  | 6     | 21   | 6         | 17  |
| Polyunsaturated margarine                      | 0                       | 2    | 0     | 3   | 2     | 18  | 1     | 11   | 1         | 12  |
| Polyunsaturated oils                           | 0                       | 2    | 0     | 1   | 0     | 2   | 0     | 2    | 0         | 2   |
| Other oils & cooking fats, not polyunsaturated | 1                       | 5    | 2     | 6   | 2     | 7   | 1     | 4    | 1         | 6   |
| Polyunsaturated low fat spread                 | 5                       | 20   | 9     | 31  | 6     | 25  | 5     | 18   | 6         | 24  |
| Other low fat spread                           | 1                       | 2    | 6     | 20  | 5     | 22  | 5     | 22   | 5         | 20  |
| Polyunsaturated reduced fat spread             | 3                       | 9    | 10    | 28  | 9     | 27  | 12    | 34   | 9         | 28  |
| Other reduced fat spread                       | 29                      | 56   | 14    | 27  | 21    | 43  | 17    | 42   | 19        | 41  |
| Bacon & ham                                    | 62                      | 71   | 73    | 100 | 74    | 94  | 86    | 93   | 76        | 93  |
| Beef, veal & dishes                            | 233                     | 305  | 175   | 230 | 214   | 256 | 208   | 273  | 205       | 261 |
| Lamb & dishes                                  | 25                      | 75   | 30    | 86  | 44    | 158 | 50    | 110  | 40        | 122 |
| Pork & dishes                                  | 35                      | 95   | 39    | 88  | 57    | 121 | 52    | 101  | 48        | 105 |
| Coated chicken & turkey                        | 78                      | 142  | 44    | 92  | 48    | 97  | 24    | 74   | 43        | 98  |
| Chicken & turkey dishes                        | 264                     | 235  | 273   | 290 | 304   | 351 | 249   | 232  | 276       | 293 |
| Liver, liver products & dishes                 | 3                       | 15   | 4     | 27  | 7     | 32  | 10    | 36   | 6         | 31  |
| Burgers & kebabs                               | 104                     | 264  | 50    | 127 | 32    | 85  | 11    | 43   | 39        | 126 |
| Sausages                                       | 56                      | 94   | 48    | 89  | 43    | 73  | 37    | 81   | 44        | 82  |
| Meat pies & pastries                           | 65                      | 129  | 55    | 113 | 71    | 150 | 63    | 113  | 64        | 129 |
| Other meat & meat products                     | 22                      | 73   | 14    | 58  | 25    | 72  | 44    | 105  | 27        | 81  |
| Coated and/or fried white fish                 | 37                      | 79   | 41    | 75  | 56    | 95  | 69    | 96   | 54        | 90  |
| Other white fish & dishes                      | 18                      | 66   | 21    | 65  | 40    | 121 | 65    | 136  | 40        | 111 |
| Shellfish                                      | 22                      | 67   | 26    | 86  | 33    | 91  | 38    | 145  | 31        | 106 |
| Oily fish                                      | 68                      | 152  | 63    | 114 | 86    | 152 | 126   | 180  | 90        | 155 |
| Raw carrots                                    | 11                      | 45   | 8     | 30  | 12    | 40  | 8     | 28   | 10        | 35  |
| Other raw & salad vegetables                   | 102                     | 132  | 158   | 203 | 176   | 197 | 162   | 182  | 159       | 189 |
| Raw tomatoes                                   | 74                      | 118  | 106   | 139 | 124   | 149 | 143   | 151  | 120       | 145 |
| Peas   | 46                      | 147  | 46    | 74  | 64    | 99  | 68    | 86   | 59        | 97  |

Table 2.11(b) continued

**Total quantities (grams) of food consumed in seven days by age of respondent: women, including non-consumers**

| Type of food  | Grams                   |            |       |            |       |            |       |            |           |            |
|---|-------------------------|------------|-------|------------|-------|------------|-------|------------|-----------|------------|
|   | All women aged (years): |            |       |            |       |            |       |            | All women |            |
|   | 19–24                   |            | 25–34 |            | 35–49 |            | 50–64 |            | Mean      | sd         |
| Mean  | sd                      | Mean       | sd    | Mean       | sd    | Mean       | sd    | Mean       | sd        |            |
|   | g                       | g          | g     | g          | g     | g          | g     | g          | g         | g          |
| Green beans   | 16                      | 40         | 14    | 45         | 19    | 49         | 37    | 77         | 23        | 58         |
| Baked beans   | 89                      | 154        | 103   | 154        | 84    | 145        | 68    | 121        | 84        | 142        |
| Leafy green vegetables                                  | 41                      | 67         | 55    | 91         | 82    | 113        | 126   | 143        | 84        | 117        |
| Carrots – not raw                                       | 35                      | 57         | 41    | 68         | 58    | 69         | 79    | 96         | 57        | 78         |
| Tomatoes – not raw                                      | 13                      | 47         | 33    | 80         | 28    | 75         | 27    | 63         | 27        | 70         |
| Vegetable dishes  | 101                     | 246        | 182   | 357        | 147   | 349        | 87    | 244        | 132       | 314        |
| Other vegetables  | 98                      | 99         | 166   | 191        | 176   | 189        | 199   | 202        | 171       | 187        |
| Potato chips  | 327                     | 326        | 217   | 248        | 180   | 201        | 152   | 176        | 198       | 230        |
| Other fried/roast potatoes & products                   | 72                      | 97         | 60    | 104        | 76    | 123        | 78    | 117        | 72        | 114        |
| Potato products – not fried                             | 9                       | 37         | 2     | 14         | 4     | 23         | 7     | 43         | 5         | 31         |
| Other potatoes & potato dishes                          | 353                     | 360        | 320   | 298        | 375   | 306        | 433   | 345        | 376       | 325        |
| Savoury snacks  | 83                      | 80         | 64    | 73         | 41    | 56         | 20    | 34         | 45        | 62         |
| Apples & pears  | 113                     | 173        | 183   | 280        | 188   | 290        | 294   | 447        | 209       | 337        |
| Citrus fruits   | 47                      | 113        | 66    | 177        | 100   | 229        | 146   | 297        | 99        | 233        |
| Bananas   | 81                      | 165        | 156   | 228        | 194   | 278        | 260   | 295        | 191       | 267        |
| Canned fruit in juice                                   | 4                       | 27         | 9     | 79         | 12    | 96         | 24    | 80         | 14        | 82         |
| Canned fruit in syrup                                   | 6                       | 45         | 3     | 18         | 5     | 33         | 19    | 71         | 8         | 47         |
| Other fruit   | 127                     | 295        | 103   | 233        | 188   | 344        | 318   | 479        | 198       | 372        |
| Nuts and seeds  | 11                      | 56         | 10    | 34         | 14    | 48         | 13    | 41         | 12        | 44         |
| Table sugar   | 41                      | 83         | 51    | 107        | 63    | 162        | 56    | 135        | 55        | 135        |
| Preserves   | 8                       | 21         | 22    | 44         | 21    | 39         | 26    | 45         | 21        | 41         |
| Sweet spreads, fillings & icings                        | 3                       | 10         | 2     | 7          | 3     | 17         | 1     | 8          | 2         | 12         |
| Sugar confectionery                                     | 19                      | 42         | 12    | 37         | 14    | 41         | 19    | 106        | 16        | 66         |
| Chocolate confectionery                                 | 70                      | 124        | 65    | 89         | 65    | 96         | 47    | 81         | 60        | 94         |
| Fruit juice   | 353                     | 527        | 316   | 492        | 301   | 558        | 358   | 619        | 327       | 558        |
| Concentrated soft drinks – not low calorie, as consumed | 409                     | 1085       | 258   | 761        | 144   | 462        | 114   | 540        | 193       | 665        |
| Carbonated soft drinks – not low calorie                | 1194                    | 1648       | 421   | 719        | 321   | 735        | 230   | 649        | 420       | 913        |
| Ready to drink soft drinks – not low calorie            | 102                     | 245        | 92    | 265        | 95    | 351        | 72    | 292        | 88        | 303        |
| Concentrated soft drinks – low calorie, as consumed     | 195                     | 444        | 284   | 1252       | 111   | 714        | 95    | 501        | 157       | 807        |
| Carbonated soft drinks – low calorie                    | 800                     | 2196       | 892   | 1652       | 433   | 1003       | 281   | 849        | 540       | 1352       |
| Ready to drink soft drinks – low calorie                | 8                       | 43         | 10    | 80         | 11    | 81         | 4     | 31         | 8         | 66         |
| Liqueurs  | 6                       | 28         | 7     | 29         | 6     | 30         | 3     | 16         | 5         | 26         |
| Spirits   | 32                      | 82         | 20    | 66         | 27    | 99         | 37    | 113        | 29        | 95         |
| Wine  | 234                     | 425        | 318   | 547        | 347   | 569        | 410   | 682        | 345       | 587        |
| Fortified wine  | 4                       | 30         | 16    | 157        | 18    | 103        | 22    | 87         | 17        | 109        |
| Low alcohol & alcohol-free wine                         | 5                       | 44         | 8     | 74         | 2     | 32         | 2     | 36         | 4         | 47         |
| Beer & lager  | 864                     | 1935       | 549   | 1193       | 407   | 1240       | 145   | 587        | 418       | 1210       |
| Low alcohol & alcohol-free beer & lager                 | -                       | -          | 6     | 50         | 6     | 59         | 18    | 160        | 9         | 96         |
| Cider & perry   | 69                      | 535        | 49    | 336        | 65    | 820        | 19    | 123        | 48        | 551        |
| Alco-pops   | 337                     | 953        | 95    | 330        | 82    | 403        | 22    | 270        | 97        | 467        |
| Coffee, as consumed                                     | 1014                    | 1709       | 1201  | 1729       | 1978  | 2498       | 2044  | 2883       | 1701      | 2418       |
| Tea, as consumed  | 1438                    | 1865       | 2314  | 2658       | 3162  | 3349       | 3541  | 3258       | 2870      | 3099       |
| Herbal tea, as consumed                                 | 24                      | 150        | 108   | 402        | 208   | 798        | 222   | 780        | 167       | 669        |
| Bottled water   | 316                     | 785        | 537   | 1608       | 433   | 1276       | 385   | 960        | 430       | 1238       |
| Tap water   | 1471                    | 2025       | 1885  | 2647       | 1688  | 2328       | 1900  | 2989       | 1771      | 2581       |
| Other beverages, dry weight                             | 11                      | 58         | 24    | 101        | 32    | 163        | 15    | 43         | 22        | 113        |
| Soup  | 89                      | 215        | 159   | 290        | 164   | 306        | 227   | 386        | 172       | 321        |
| Savoury sauces, pickles, gravies & condiments           | 138                     | 114        | 155   | 142        | 172   | 165        | 147   | 138        | 157       | 147        |
| <b>Base = number of respondents</b>                     |                         | <b>104</b> |       | <b>210</b> |       | <b>318</b> |       | <b>259</b> |           | <b>891</b> |



Table 2.11(c)

**Main differences in the total quantity of foods consumed by men and women, including non-consumers****Greater quantity eaten by:**

| All men   | All women                     |
|---|-------------------------------|
| rice*   | cottage cheese*               |
| pizza**   | other raw & salad vegetables* |
| white bread**                                   | other fruit**                 |
| wholemeal bread*                                | herbal tea**                  |
| biscuits*                                       | tap water**                   |
| semi-skimmed milk*                              |                               |
| other cheese**                                  |                               |
| eggs**  |                               |
| soft margarine, not pufa**                      |                               |
| pufa reduced fat spread**                       |                               |
| other reduced fat spread**                      |                               |
| bacon & ham**                                   |                               |
| bacon, veal & dishes**                          |                               |
| lamb & dishes*                                  |                               |
| pork & dishes**                                 |                               |
| chicken & turkey dishes**                       |                               |
| liver, liver products & dishes*                 |                               |
| burgers & kebabs**                              |                               |
| sausages**                                      |                               |
| meat pies & pastries**                          |                               |
| other meat & meat products**                    |                               |
| coated and/or fried white fish*                 |                               |
| peas**  |                               |
| baked beans**                                   |                               |
| potato chips**                                  |                               |
| other fried/roast potatoes & products**         |                               |
| potato products – not fried*                    |                               |
| savoury snacks*                                 |                               |
| table sugar**                                   |                               |
| carbonated soft drinks nlc**                    |                               |
| beer & lager**                                  |                               |
| coffee*   |                               |
| savoury sauces, pickles, gravies & condiments** |                               |

**Greater quantity eaten by men aged (compared with women in same age group):**

| 19–24 years   | 25–34 years                  | 35–49 years                  | 50–64 years                                    |
|---------------|------------------------------|------------------------------|--|
| pizza*        | white bread**                | pizza*                       | white bread**                                  |
| bacon & ham*  | eggs**                       | white bread**                | other cheese*                                  |
| beer & lager* | other reduced fat spread**   | semi-skimmed milk*           | eggs*  |
|               | bacon & ham**                | other cheese**               | bacon & ham**                                  |
|               | beef, veal & dishes*         | eggs*                        | pork & dishes*                                 |
|               | chicken & turkey dishes*     | pufa reduced fat spread*     | chicken & turkey dishes*                       |
|               | burgers & kebabs**           | bacon & ham**                | sausages**                                     |
|               | sausages**                   | beef, veal & dishes*         | meat pies & pastries**                         |
|               | meat pies & pastries**       | chicken & turkey dishes**    | peas**   |
|               | potato chips*                | burgers & kebabs*            | potato chips**                                 |
|               | table sugar*                 | sausages**                   | table sugar*                                   |
|               | carbonated soft drinks nlc** | meat pies & pastries**       | preserves*                                     |
|               | beer & lager**               | other meat & meat products** | beer & lager**                                 |
|               | coffee**                     | peas*                        | savoury sauces, pickles, gravies & condiments* |
|               |                              | baked beans**                |  |
|               |                              | potato chips**               |  |
|               |                              | table sugar*                 |  |
|               |                              | beer & lager**               |  |
|               |                              | coffee*                      |  |

**Greater quantity eaten by women aged (compared with men in same age group):**

| 19–24 years  | 25–34 years | 35–49 years   | 50–64 years  |
|--------------|-------------|---------------|--------------|
| other fruit* |             | skimmed milk* | other fruit* |
|              |             | other fruit*  |              |
|              |             | alco-pops*    |              |
|              |             | herbal teas** |              |

Note: \*  $p < 0.05$ \*\*  $p < 0.01$ 

nlc: not low calorie

pufa: polyunsaturated

Table 2.12(a)

**Total quantities (grams) of food consumed in seven days by region:  
men consumers**

Grams and percentages

| Type of food                                   | Region   |        |             |          |        |             |                               |        |             |                           |        |             |
|--|----------|--------|-------------|----------|--------|-------------|-------------------------------|--------|-------------|---------------------------|--------|-------------|
|  | Scotland |        |             | Northern |        |             | Central, South West and Wales |        |             | London and the South East |        |             |
|  | Mean     | Median | % consumers | Mean     | Median | % consumers | Mean                          | Median | % consumers | Mean                      | Median | % consumers |
|  | g        | g      |             | g        | g      |             | g                             | g      |             | g                         | g      |             |
| Pasta  | 466      | 447    | 66          | 343      | 298    | 42          | 415                           | 340    | 51          | 423                       | 337    | 59          |
| Rice   | 462      | 311    | 57          | 359      | 300    | 52          | 387                           | 322    | 47          | 488                       | 300    | 63          |
| Pizza  | *        | *      | 29          | 362      | 303    | 32          | 401                           | 299    | 29          | 339                       | 300    | 30          |
| Other cereals                                  | *        | *      | 18          | 134      | 80     | 39          | 112                           | 79     | 28          | 113                       | 80     | 35          |
| White bread                                    | 562      | 503    | 94          | 680      | 617    | 95          | 658                           | 574    | 93          | 538                       | 470    | 90          |
| Wholemeal bread                                | *        | *      | 35          | 384      | 320    | 33          | 439                           | 383    | 33          | 309                       | 212    | 34          |
| Soft grain bread                               | *        | *      | 6           | *        | *      | 3           | *                             | *      | 2           | *                         | *      | 3           |
| Other bread                                    | 313      | 212    | 48          | 242      | 160    | 42          | 273                           | 176    | 47          | 281                       | 177    | 65          |
| Whole grain & high fibre b'fast cereals        | 317      | 252    | 52          | 287      | 195    | 38          | 394                           | 222    | 47          | 392                       | 245    | 50          |
| Other b'fast cereals                           | 168      | 151    | 46          | 167      | 133    | 38          | 155                           | 100    | 36          | 160                       | 115    | 28          |
| Biscuits                                       | 153      | 86     | 62          | 118      | 72     | 65          | 172                           | 100    | 65          | 151                       | 93     | 61          |
| Fruit pies                                     | *        | *      | 12          | 132      | 111    | 14          | 171                           | 116    | 14          | 188                       | 125    | 14          |
| Buns, cakes & pastries                         | 180      | 117    | 55          | 236      | 139    | 52          | 278                           | 222    | 62          | 230                       | 169    | 60          |
| Cereal-based milk puddings                     | *        | *      | 22          | 227      | 173    | 13          | 276                           | 214    | 20          | 236                       | 200    | 13          |
| Sponge-type puddings                           | *        | *      | 3           | *        | *      | 3           | *                             | *      | 7           | *                         | *      | 8           |
| Other cereal-based puddings                    | *        | *      | 22          | 226      | 173    | 19          | 232                           | 174    | 20          | 212                       | 159    | 19          |
| Whole milk                                     | *        | *      | 40          | 1103     | 776    | 37          | 1002                          | 554    | 37          | 807                       | 361    | 33          |
| Semi-skimmed milk                              | 1574     | 1403   | 75          | 1252     | 1051   | 70          | 1302                          | 1089   | 77          | 1328                      | 1022   | 74          |
| Skimmed milk                                   | *        | *      | 14          | 1054     | 732    | 21          | 1675                          | 1149   | 13          | *                         | *      | 11          |
| Cream  | *        | *      | 25          | 61       | 40     | 15          | 45                            | 30     | 20          | 67                        | 45     | 24          |
| Other milk                                     | *        | *      | 2           | *        | *      | 10          | 267                           | 233    | 14          | 355                       | 161    | 14          |
| Cottage cheese                                 | *        | *      | 3           | *        | *      | 2           | *                             | *      | 2           | *                         | *      | 4           |
| Other cheese                                   | 143      | 111    | 77          | 144      | 106    | 74          | 144                           | 118    | 77          | 150                       | 107    | 84          |
| Fromage frais                                  | *        | *      | 2           | *        | *      | 2           | *                             | *      | 3           | *                         | *      | 2           |
| Yogurt   | *        | *      | 32          | 496      | 375    | 34          | 334                           | 270    | 29          | 374                       | 318    | 34          |
| Other dairy desserts                           | *        | *      | 8           | *        | *      | 7           | *                             | *      | 8           | *                         | *      | 8           |
| Ice cream                                      | *        | *      | 26          | 143      | 120    | 19          | 172                           | 125    | 30          | 174                       | 129    | 31          |
| Eggs   | 206      | 149    | 66          | 162      | 123    | 67          | 207                           | 160    | 71          | 204                       | 135    | 63          |
| Egg dishes                                     | *        | *      | 17          | 165      | 155    | 14          | 204                           | 140    | 16          | 178                       | 122    | 13          |
| Butter   | *        | *      | 32          | 68       | 48     | 29          | 80                            | 47     | 40          | 53                        | 36     | 53          |
| Block margarine                                | -        | -      | -           | *        | *      | 0           | *                             | *      | 1           | -                         | -      | -           |
| Soft margarine, not polyunsaturated            | *        | *      | 28          | 36       | 21     | 36          | 34                            | 20     | 28          | 25                        | 21     | 35          |
| Polyunsaturated margarine                      | *        | *      | 3           | *        | *      | 3           | *                             | *      | 3           | *                         | *      | 3           |
| Polyunsaturated oils                           | *        | *      | 2           | *        | *      | 3           | *                             | *      | 4           | *                         | *      | 6           |
| Other oils & cooking fats, not polyunsaturated | *        | *      | 9           | *        | *      | 11          | 16                            | 10     | 15          | 16                        | 9      | 20          |
| Polyunsaturated low fat spread                 | *        | *      | 14          | 102      | 47     | 17          | 77                            | 59     | 12          | *                         | *      | 10          |
| Other low fat spread                           | *        | *      | 18          | *        | *      | 8           | *                             | *      | 7           | *                         | *      | 6           |
| Polyunsaturated reduced fat spread             | *        | *      | 30          | 82       | 63     | 29          | 86                            | 76     | 17          | 67                        | 52     | 22          |
| Other reduced fat spread                       | *        | *      | 29          | 76       | 57     | 37          | 103                           | 77     | 42          | 65                        | 52     | 33          |
| Bacon & ham                                    | 191      | 164    | 77          | 187      | 155    | 84          | 180                           | 147    | 76          | 156                       | 124    | 73          |
| Beef, veal & dishes                            | 418      | 380    | 80          | 452      | 350    | 74          | 440                           | 316    | 63          | 428                       | 350    | 65          |
| Lamb & dishes                                  | *        | *      | 17          | 250      | 149    | 20          | 241                           | 153    | 22          | 272                       | 181    | 33          |
| Pork & dishes                                  | *        | *      | 23          | 197      | 150    | 35          | 215                           | 169    | 39          | 263                       | 183    | 30          |
| Coated chicken & turkey                        | *        | *      | 29          | 227      | 200    | 24          | 183                           | 158    | 24          | 212                       | 167    | 27          |
| Chicken & turkey dishes                        | 515      | 370    | 85          | 429      | 350    | 82          | 456                           | 351    | 83          | 493                       | 406    | 80          |
| Liver, liver products & dishes                 | *        | *      | 11          | 112      | 100    | 13          | 113                           | 80     | 10          | *                         | *      | 12          |
| Burgers & kebabs                               | *        | *      | 32          | 199      | 194    | 30          | 259                           | 205    | 35          | 314                       | 230    | 33          |
| Sausages                                       | 215      | 172    | 54          | 170      | 123    | 57          | 153                           | 120    | 56          | 180                       | 150    | 51          |
| Meat pies & pastries                           | 263      | 209    | 54          | 325      | 274    | 56          | 312                           | 246    | 46          | 265                       | 200    | 35          |
| Other meat & meat products                     | 182      | 118    | 46          | 220      | 114    | 33          | 191                           | 117    | 28          | 155                       | 128    | 29          |
| Coated and/or fried white fish                 | *        | *      | 44          | 225      | 170    | 32          | 187                           | 180    | 41          | 194                       | 180    | 32          |
| Other white fish & dishes                      | *        | *      | 18          | 197      | 166    | 14          | 242                           | 170    | 15          | 229                       | 203    | 22          |
| Shellfish                                      | *        | *      | 12          | 109      | 79     | 16          | 176                           | 121    | 16          | 120                       | 71     | 23          |
| Oily fish                                      | *        | *      | 38          | 206      | 130    | 42          | 192                           | 140    | 37          | 199                       | 164    | 45          |
| Raw carrots                                    | *        | *      | 11          | *        | *      | 12          | 80                            | 64     | 12          | 53                        | 39     | 13          |
| Other raw & salad vegetables                   | 166      | 106    | 72          | 165      | 105    | 73          | 154                           | 112    | 77          | 192                       | 141    | 80          |
| Raw tomatoes                                   | 166      | 128    | 58          | 166      | 115    | 69          | 155                           | 119    | 66          | 155                       | 122    | 67          |
| Peas   | 131      | 125    | 55          | 169      | 110    | 57          | 158                           | 120    | 63          | 126                       | 89     | 56          |

Table 2.12(a) continued

**Total quantities (grams) of food consumed in seven days by region: men consumers**

Grams and percentages

| Type of food  | Region   |        |             |          |        |             |                               |        |             |                           |        |             |
|---|----------|--------|-------------|----------|--------|-------------|-------------------------------|--------|-------------|---------------------------|--------|-------------|
|   | Scotland |        |             | Northern |        |             | Central, South West and Wales |        |             | London and the South East |        |             |
|   | Mean     | Median | % consumers | Mean     | Median | % consumers | Mean                          | Median | % consumers | Mean                      | Median | % consumers |
|   | g        | g      |             | g        | g      |             | g                             | g      |             | g                         | g      |             |
| Green beans   | *        | *      | 12          | 89       | 75     | 16          | 121                           | 90     | 22          | 121                       | 90     | 26          |
| Baked beans   | 203      | 142    | 48          | 299      | 230    | 51          | 324                           | 227    | 50          | 291                       | 200    | 44          |
| Leafy green vegetables                                  | *        | *      | 38          | 148      | 106    | 47          | 139                           | 106    | 50          | 166                       | 120    | 54          |
| Carrots – not raw                                       | 110      | 89     | 47          | 107      | 88     | 58          | 110                           | 86     | 63          | 110                       | 86     | 50          |
| Tomatoes – not raw                                      | *        | *      | 31          | 123      | 91     | 26          | 131                           | 109    | 25          | 137                       | 86     | 24          |
| Vegetable dishes  | *        | *      | 17          | 320      | 185    | 24          | 259                           | 140    | 22          | 398                       | 265    | 41          |
| Other vegetables  | 249      | 177    | 80          | 205      | 159    | 81          | 230                           | 180    | 78          | 280                       | 208    | 84          |
| Potato chips  | 447      | 397    | 80          | 393      | 309    | 76          | 445                           | 364    | 81          | 327                       | 233    | 66          |
| Other fried/roast potatoes & products                   | *        | *      | 26          | 224      | 200    | 34          | 240                           | 203    | 45          | 247                       | 220    | 50          |
| Potato products – not fried                             | *        | *      | 15          | *        | *      | 6           | *                             | *      | 8           | *                         | *      | 7           |
| Other potatoes & potato dishes                          | 543      | 517    | 86          | 493      | 409    | 87          | 487                           | 388    | 81          | 473                       | 426    | 83          |
| Savoury snacks  | *        | *      | 40          | 103      | 76     | 54          | 100                           | 80     | 62          | 119                       | 81     | 53          |
| Apples & pears  | 513      | 417    | 54          | 425      | 366    | 46          | 398                           | 320    | 49          | 473                       | 357    | 51          |
| Citrus fruits   | *        | *      | 35          | 295      | 230    | 24          | 327                           | 198    | 21          | 284                       | 233    | 28          |
| Bananas   | 336      | 280    | 54          | 352      | 292    | 48          | 378                           | 289    | 45          | 365                       | 294    | 53          |
| Canned fruit in juice                                   | *        | *      | 6           | *        | *      | 11          | *                             | *      | 10          | *                         | *      | 5           |
| Canned fruit in syrup                                   | *        | *      | 11          | *        | *      | 6           | *                             | *      | 5           | *                         | *      | 4           |
| Other fruit   | *        | *      | 40          | 249      | 169    | 32          | 283                           | 191    | 34          | 332                       | 219    | 45          |
| Nuts and seeds  | *        | *      | 9           | 67       | 54     | 16          | 92                            | 47     | 21          | 73                        | 30     | 29          |
| Table sugar   | 183      | 82     | 46          | 198      | 149    | 56          | 190                           | 137    | 66          | 135                       | 85     | 60          |
| Preserves   | *        | *      | 31          | 85       | 48     | 34          | 69                            | 47     | 36          | 64                        | 43     | 38          |
| Sweet spreads, fillings & icings                        | *        | *      | 3           | *        | *      | 5           | *                             | *      | 8           | *                         | *      | 8           |
| Sugar confectionery                                     | *        | *      | 15          | 65       | 33     | 23          | 67                            | 40     | 15          | 79                        | 42     | 25          |
| Chocolate confectionery                                 | 102      | 82     | 46          | 124      | 86     | 57          | 145                           | 98     | 55          | 136                       | 92     | 53          |
| Fruit juice   | 706      | 512    | 46          | 823      | 744    | 35          | 712                           | 507    | 40          | 876                       | 584    | 52          |
| Concentrated soft drinks – not low calorie, as consumed | *        | *      | 9           | 1372     | 882    | 18          | 1317                          | 714    | 31          | 1157                      | 696    | 19          |
| Carbonated soft drinks – not low calorie                | 1564     | 750    | 55          | 1406     | 834    | 47          | 1421                          | 712    | 54          | 1288                      | 660    | 55          |
| Ready to drink soft drinks – not low calorie            | *        | *      | 8           | *        | *      | 10          | 558                           | 375    | 13          | 568                       | 320    | 17          |
| Concentrated soft drinks – low calorie, as consumed     | *        | *      | 14          | *        | *      | 11          | 1430                          | 722    | 15          | 1931                      | 1441   | 12          |
| Carbonated soft drinks – low calorie                    | *        | *      | 37          | 1741     | 791    | 25          | 1321                          | 883    | 27          | 1203                      | 828    | 26          |
| Ready to drink soft drinks – low calorie                | *        | *      | 2           | *        | *      | 1           | *                             | *      | 1           | *                         | *      | 1           |
| Liqueurs  | *        | *      | 2           | *        | *      | 3           | *                             | *      | 3           | *                         | *      | 3           |
| Spirits   | *        | *      | 23          | 204      | 75     | 15          | 182                           | 90     | 21          | 136                       | 81     | 20          |
| Wine  | *        | *      | 32          | 861      | 614    | 32          | 713                           | 500    | 32          | 1119                      | 650    | 45          |
| Fortified wine  | *        | *      | 5           | *        | *      | 2           | *                             | *      | 4           | *                         | *      | 9           |
| Low alcohol & alcohol-free wine                         | -        | -      | -           | *        | *      | 1           | *                             | *      | 1           | -                         | -      | -           |
| Beer & lager  | 3812     | 3763   | 68          | 4820     | 3259   | 71          | 4095                          | 2837   | 64          | 3812                      | 2296   | 64          |
| Low alcohol & alcohol-free beer & lager                 | *        | *      | 3           | *        | *      | 3           | *                             | *      | 4           | *                         | *      | 4           |
| Cider & perry   | *        | *      | 2           | *        | *      | 9           | *                             | *      | 10          | *                         | *      | 4           |
| Low alcohol cider & perry                               | -        | -      | -           | *        | *      | 0           | -                             | -      | -           | -                         | -      | -           |
| Alco-pops   | *        | *      | 2           | *        | *      | 3           | *                             | *      | 4           | *                         | *      | 5           |
| Coffee, as consumed                                     | 2808     | 2329   | 74          | 3636     | 3150   | 70          | 2944                          | 2353   | 72          | 2785                      | 2104   | 75          |
| Tea, as consumed  | 3085     | 2712   | 68          | 3998     | 3328   | 74          | 3979                          | 3209   | 84          | 3301                      | 2802   | 74          |
| Herbal tea, as consumed                                 | *        | *      | 5           | *        | *      | 3           | *                             | *      | 5           | *                         | *      | 12          |
| Bottled water   | *        | *      | 12          | 1690     | 1437   | 16          | 1365                          | 1000   | 19          | 1888                      | 1191   | 36          |
| Tap water   | 2481     | 1653   | 80          | 1796     | 1031   | 51          | 2411                          | 1343   | 53          | 2235                      | 1210   | 67          |
| Other beverages, dry weight                             | *        | *      | 11          | *        | *      | 9           | 136                           | 82     | 13          | 154                       | 72     | 15          |
| Soup  | 732      | 565    | 51          | 496      | 383    | 27          | 499                           | 393    | 29          | 600                       | 485    | 36          |
| Savoury sauces, pickles, gravies & condiments           | 140      | 122    | 94          | 197      | 164    | 93          | 221                           | 183    | 95          | 222                       | 178    | 93          |
| <b>Base = number of respondents</b>                     |          |        | <b>65</b>   |          |        | <b>234</b>  |                               |        | <b>294</b>  |                           |        | <b>240</b>  |

Note: \* Number of consumers is less than 30 and too small to calculate mean/median values reliably.

Table 2.12(b)

**Total quantities (grams) of food consumed in seven days by region:  
women consumers**

Grams and percentages

| Type of food                                   | Region   |        |             |          |        |             |                               |        |             |                           |        |             |
|--|----------|--------|-------------|----------|--------|-------------|-------------------------------|--------|-------------|---------------------------|--------|-------------|
|  | Scotland |        |             | Northern |        |             | Central, South West and Wales |        |             | London and the South East |        |             |
|  | Mean     | Median | % consumers | Mean     | Median | % consumers | Mean                          | Median | % consumers | Mean                      | Median | % consumers |
|  | g        | g      |             | g        | g      |             | g                             | g      |             | g                         | g      |             |
| Pasta  | 385      | 297    | 61          | 334      | 266    | 51          | 311                           | 250    | 52          | 333                       | 260    | 54          |
| Rice   | 296      | 258    | 52          | 275      | 200    | 45          | 289                           | 218    | 50          | 424                       | 265    | 56          |
| Pizza  | *        | *      | 33          | 250      | 189    | 24          | 218                           | 187    | 20          | 250                       | 220    | 28          |
| Other cereals                                  | *        | *      | 9           | 98       | 80     | 37          | 76                            | 70     | 39          | 115                       | 70     | 30          |
| White bread                                    | 364      | 337    | 91          | 411      | 351    | 90          | 400                           | 361    | 88          | 398                       | 323    | 87          |
| Wholemeal bread                                | *        | *      | 36          | 215      | 182    | 43          | 246                           | 183    | 37          | 245                       | 204    | 38          |
| Soft grain bread                               | *        | *      | 5           | *        | *      | 3           | *                             | *      | 2           | *                         | *      | 1           |
| Other bread                                    | 181      | 122    | 47          | 206      | 143    | 55          | 243                           | 160    | 53          | 218                       | 160    | 53          |
| Whole grain & high fibre b'fast cereals        | 316      | 166    | 47          | 250      | 181    | 52          | 257                           | 174    | 50          | 307                       | 209    | 48          |
| Other b'fast cereals                           | 109      | 91     | 47          | 136      | 96     | 35          | 142                           | 82     | 36          | 127                       | 107    | 37          |
| Biscuits                                       | 104      | 82     | 64          | 99       | 63     | 66          | 108                           | 78     | 69          | 110                       | 73     | 69          |
| Fruit pies                                     | *        | *      | 8           | *        | *      | 13          | 156                           | 133    | 9           | 124                       | 102    | 11          |
| Buns, cakes & pastries                         | 150      | 128    | 65          | 187      | 142    | 55          | 198                           | 156    | 63          | 193                       | 135    | 66          |
| Cereal-based milk puddings                     | *        | *      | 15          | 229      | 190    | 15          | 188                           | 145    | 14          | 229                       | 198    | 14          |
| Sponge-type puddings                           | *        | *      | 3           | *        | *      | 4           | *                             | *      | 4           | *                         | *      | 5           |
| Other cereal-based puddings                    | *        | *      | 24          | 179      | 125    | 22          | 220                           | 164    | 22          | 181                       | 130    | 22          |
| Whole milk                                     | *        | *      | 41          | 869      | 687    | 37          | 821                           | 558    | 33          | 970                       | 470    | 35          |
| Semi-skimmed milk                              | 1209     | 1033   | 71          | 1104     | 1022   | 73          | 1072                          | 876    | 76          | 1045                      | 924    | 69          |
| Skimmed milk                                   | *        | *      | 12          | 1123     | 1003   | 26          | 1235                          | 1085   | 24          | 1165                      | 906    | 17          |
| Cream  | *        | *      | 14          | 70       | 33     | 17          | 54                            | 45     | 23          | 65                        | 40     | 23          |
| Other milk                                     | *        | *      | 14          | 328      | 174    | 13          | 278                           | 192    | 11          | 420                       | 305    | 15          |
| Cottage cheese                                 | *        | *      | 8           | *        | *      | 10          | *                             | *      | 8           | *                         | *      | 5           |
| Other cheese                                   | 126      | 115    | 74          | 109      | 79     | 69          | 114                           | 100    | 74          | 110                       | 85     | 76          |
| Fromage frais                                  | *        | *      | 6           | *        | *      | 5           | *                             | *      | 6           | *                         | *      | 3           |
| Yogurt   | *        | *      | 38          | 456      | 440    | 42          | 385                           | 296    | 39          | 381                       | 260    | 40          |
| Other dairy desserts                           | *        | *      | 11          | *        | *      | 9           | *                             | *      | 9           | 117                       | 96     | 13          |
| Ice cream                                      | *        | *      | 24          | 134      | 116    | 25          | 158                           | 120    | 29          | 138                       | 104    | 29          |
| Eggs   | 137      | 111    | 50          | 140      | 119    | 62          | 141                           | 111    | 59          | 159                       | 128    | 58          |
| Egg dishes                                     | *        | *      | 18          | 166      | 154    | 14          | 142                           | 119    | 15          | 158                       | 119    | 18          |
| Butter   | 48       | 27     | 45          | 46       | 28     | 39          | 44                            | 24     | 45          | 48                        | 30     | 41          |
| Block margarine                                | *        | *      | 3           | -        | -      | -           | *                             | *      | 0           | *                         | *      | 0           |
| Soft margarine, not polyunsaturated            | *        | *      | 27          | 36       | 24     | 23          | 20                            | 14     | 22          | 21                        | 15     | 23          |
| Polyunsaturated margarine                      | *        | *      | 2           | *        | *      | 2           | *                             | *      | 4           | *                         | *      | 1           |
| Polyunsaturated oils                           | *        | *      | 5           | *        | *      | 2           | *                             | *      | 3           | *                         | *      | 5           |
| Other oils & cooking fats, not polyunsaturated | *        | *      | 18          | *        | *      | 10          | 9                             | 9      | 13          | 13                        | 9      | 16          |
| Polyunsaturated low fat spread                 | *        | *      | 14          | 50       | 35     | 17          | 41                            | 31     | 9           | 68                        | 57     | 12          |
| Other low fat spread                           | *        | *      | 14          | *        | *      | 13          | 41                            | 34     | 10          | *                         | *      | 7           |
| Polyunsaturated reduced fat spread             | *        | *      | 14          | 63       | 37     | 17          | 44                            | 28     | 18          | 45                        | 29     | 21          |
| Other reduced fat spread                       | *        | *      | 23          | 50       | 34     | 28          | 64                            | 56     | 39          | 56                        | 37     | 33          |
| Bacon & ham                                    | 116      | 77     | 54          | 121      | 96     | 69          | 108                           | 89     | 68          | 128                       | 95     | 59          |
| Beef, veal & dishes                            | 432      | 349    | 54          | 341      | 299    | 61          | 364                           | 301    | 59          | 343                       | 290    | 53          |
| Lamb & dishes                                  | *        | *      | 9           | 177      | 121    | 20          | 177                           | 132    | 20          | 234                       | 138    | 25          |
| Pork & dishes                                  | *        | *      | 20          | 183      | 154    | 22          | 168                           | 142    | 32          | 188                       | 120    | 28          |
| Coated chicken & turkey                        | *        | *      | 35          | 158      | 138    | 24          | 193                           | 167    | 24          | 192                       | 165    | 19          |
| Chicken & turkey dishes                        | 376      | 288    | 77          | 337      | 285    | 76          | 366                           | 320    | 80          | 367                       | 270    | 73          |
| Liver, liver products & dishes                 | *        | *      | 5           | *        | *      | 7           | *                             | *      | 7           | *                         | *      | 7           |
| Burgers & kebabs                               | *        | *      | 15          | 167      | 122    | 19          | 248                           | 194    | 20          | 208                       | 202    | 15          |
| Sausages                                       | *        | *      | 33          | 117      | 87     | 37          | 119                           | 97     | 38          | 131                       | 94     | 31          |
| Meat pies & pastries                           | *        | *      | 35          | 194      | 158    | 39          | 190                           | 155    | 31          | 217                       | 161    | 29          |
| Other meat & meat products                     | *        | *      | 24          | 116      | 80     | 24          | 130                           | 79     | 20          | 117                       | 73     | 19          |
| Coated and/or fried white fish                 | *        | *      | 29          | 163      | 148    | 40          | 164                           | 150    | 35          | 163                       | 165    | 27          |
| Other white fish & dishes                      | *        | *      | 26          | 194      | 178    | 18          | 210                           | 170    | 17          | 252                       | 170    | 18          |
| Shellfish                                      | *        | *      | 18          | 157      | 100    | 18          | 131                           | 70     | 22          | 175                       | 91     | 23          |
| Oily fish                                      | *        | *      | 44          | 192      | 140    | 44          | 145                           | 100    | 46          | 241                       | 164    | 53          |
| Raw carrots                                    | *        | *      | 8           | 60       | 30     | 16          | 58                            | 30     | 15          | 68                        | 46     | 20          |
| Other raw & salad vegetables                   | 144      | 97     | 83          | 203      | 141    | 77          | 188                           | 128    | 79          | 214                       | 146    | 85          |
| Raw tomatoes                                   | 170      | 138    | 70          | 166      | 137    | 66          | 150                           | 119    | 70          | 194                       | 153    | 75          |
| Peas   | *        | *      | 33          | 116      | 78     | 57          | 124                           | 97     | 58          | 95                        | 68     | 45          |

Table 2.12(b) continued

**Total quantities (grams) of food consumed in seven days by region:  
women consumers**

Grams and percentages

| Type of food  | Region   |        |             |          |        |             |                               |        |             |                           |        |             |
|---|----------|--------|-------------|----------|--------|-------------|-------------------------------|--------|-------------|---------------------------|--------|-------------|
|   | Scotland |        |             | Northern |        |             | Central, South West and Wales |        |             | London and the South East |        |             |
|   | Mean     | Median | % consumers | Mean     | Median | % consumers | Mean                          | Median | % consumers | Mean                      | Median | % consumers |
|   | g        | g      |             | g        | g      |             | g                             | g      |             | g                         | g      |             |
| Green beans   | *        | *      | 17          | 108      | 90     | 14          | 107                           | 90     | 22          | 95                        | 66     | 31          |
| Baked beans   | *        | *      | 32          | 213      | 174    | 44          | 213                           | 168    | 43          | 193                       | 154    | 37          |
| Leafy green vegetables                                  | 134      | 95     | 48          | 150      | 105    | 53          | 144                           | 103    | 57          | 162                       | 125    | 58          |
| Carrots – not raw                                       | *        | *      | 41          | 104      | 85     | 57          | 103                           | 78     | 62          | 104                       | 80     | 51          |
| Tomatoes – not raw                                      | *        | *      | 26          | 98       | 78     | 21          | 129                           | 85     | 22          | 116                       | 85     | 24          |
| Vegetable dishes  | *        | *      | 24          | 293      | 161    | 26          | 352                           | 233    | 31          | 534                       | 334    | 42          |
| Other vegetables  | 225      | 173    | 71          | 205      | 158    | 79          | 206                           | 152    | 82          | 225                       | 180    | 82          |
| Potato chips  | 262      | 210    | 64          | 319      | 253    | 72          | 317                           | 256    | 70          | 242                       | 200    | 61          |
| Other fried/roast potatoes & products                   | *        | *      | 27          | 151      | 120    | 34          | 168                           | 150    | 46          | 191                       | 162    | 48          |
| Potato products – not fried                             | *        | *      | 6           | *        | *      | 5           | *                             | *      | 4           | *                         | *      | 5           |
| Other potatoes & potato dishes                          | 454      | 465    | 86          | 429      | 361    | 87          | 468                           | 396    | 85          | 442                       | 354    | 79          |
| Savoury snacks  | 76       | 53     | 58          | 79       | 57     | 55          | 76                            | 60     | 58          | 86                        | 74     | 55          |
| Apples & pears  | 451      | 256    | 52          | 432      | 300    | 45          | 363                           | 281    | 55          | 381                       | 302    | 59          |
| Citrus fruits   | *        | *      | 38          | 360      | 233    | 29          | 266                           | 161    | 31          | 368                       | 228    | 29          |
| Bananas   | 315      | 218    | 64          | 344      | 255    | 52          | 345                           | 292    | 53          | 351                       | 292    | 58          |
| Canned fruit in juice                                   | *        | *      | 21          | *        | *      | 7           | 210                           | 123    | 9           | *                         | *      | 6           |
| Canned fruit in syrup                                   | *        | *      | 11          | *        | *      | 5           | *                             | *      | 5           | *                         | *      | 4           |
| Other fruit   | 379      | 279    | 59          | 432      | 213    | 43          | 379                           | 201    | 50          | 370                       | 211    | 58          |
| Nuts and seeds  | *        | *      | 12          | 46       | 33     | 14          | 53                            | 28     | 20          | 78                        | 44     | 28          |
| Table sugar   | *        | *      | 42          | 115      | 54     | 55          | 143                           | 59     | 46          | 89                        | 51     | 47          |
| Preserves   | *        | *      | 42          | 60       | 40     | 32          | 55                            | 36     | 42          | 50                        | 33     | 40          |
| Sweet spreads, fillings & icings                        | *        | *      | 5           | *        | *      | 5           | *                             | *      | 7           | *                         | *      | 9           |
| Sugar confectionery                                     | *        | *      | 24          | 67       | 45     | 20          | 69                            | 30     | 27          | 55                        | 34     | 27          |
| Chocolate confectionery                                 | 106      | 72     | 73          | 116      | 77     | 51          | 104                           | 60     | 60          | 99                        | 80     | 56          |
| Fruit juice   | 910      | 683    | 53          | 598      | 482    | 44          | 703                           | 441    | 45          | 708                       | 526    | 50          |
| Concentrated soft drinks – not low calorie, as consumed | *        | *      | 24          | 702      | 397    | 19          | 968                           | 552    | 23          | 1019                      | 458    | 20          |
| Carbonated soft drinks – not low calorie                | *        | *      | 39          | 1012     | 568    | 45          | 1129                          | 599    | 41          | 878                       | 601    | 40          |
| Ready to drink soft drinks - not low calorie            | *        | *      | 18          | *        | *      | 12          | 679                           | 501    | 16          | *                         | *      | 11          |
| Concentrated soft drinks – low calorie, as consumed     | *        | *      | 11          | 986      | 721    | 15          | 758                           | 406    | 13          | 1355                      | 679    | 14          |
| Carbonated soft drinks – low calorie                    | 1665     | 1184   | 45          | 1536     | 965    | 33          | 1432                          | 744    | 37          | 1580                      | 713    | 33          |
| Ready to drink soft drinks – low calorie                | -        | -      | -           | *        | *      | 3           | *                             | *      | 2           | *                         | *      | 3           |
| Liqueurs  | *        | *      | 17          | *        | *      | 5           | *                             | *      | 8           | *                         | *      | 7           |
| Spirits   | *        | *      | 29          | 152      | 100    | 19          | 132                           | 69     | 20          | 136                       | 75     | 22          |
| Wine  | 989      | 726    | 45          | 808      | 750    | 39          | 688                           | 507    | 47          | 757                       | 559    | 49          |
| Fortified wine  | *        | *      | 15          | *        | *      | 4           | *                             | *      | 7           | *                         | *      | 10          |
| Low alcohol & alcohol-free wine                         | -        | -      | -           | *        | *      | 2           | *                             | *      | 1           | -                         | -      | -           |
| Beer & lager  | *        | *      | 14          | 2103     | 1435   | 33          | 1600                          | 1099   | 23          | 1472                      | 764    | 20          |
| Low alcohol & alcohol-free beer & lager                 | -        | -      | -           | *        | *      | 3           | *                             | *      | 1           | *                         | *      | 2           |
| Cider & perry   | *        | *      | 5           | *        | *      | 3           | *                             | *      | 4           | *                         | *      | 1           |
| Alco-pops   | *        | *      | 5           | *        | *      | 6           | 995                           | 660    | 10          | *                         | *      | 7           |
| Coffee, as consumed                                     | 2310     | 1756   | 71          | 2801     | 1956   | 74          | 2406                          | 1744   | 70          | 2081                      | 1474   | 68          |
| Tea, as consumed  | 3534     | 3315   | 74          | 3987     | 3501   | 76          | 4031                          | 3367   | 78          | 3211                      | 2800   | 77          |
| Herbal tea, as consumed                                 | *        | *      | 12          | *        | *      | 5           | 1814                          | 1462   | 13          | 1086                      | 685    | 18          |
| Bottled water   | *        | *      | 26          | 1525     | 1116   | 23          | 1372                          | 755    | 24          | 1793                      | 837    | 35          |
| Tap water   | 1877     | 1264   | 79          | 2212     | 1211   | 70          | 2271                          | 1362   | 71          | 2882                      | 2007   | 78          |
| Other beverages, dry weight                             | *        | *      | 12          | 94       | 25     | 13          | 134                           | 48     | 20          | 112                       | 40     | 23          |
| Soup  | 606      | 516    | 70          | 524      | 400    | 38          | 419                           | 394    | 30          | 463                       | 300    | 31          |
| Savoury sauces, pickles, gravies & condiments           | 123      | 92     | 88          | 186      | 143    | 95          | 176                           | 134    | 94          | 164                       | 127    | 87          |
| <b>Base = number of respondents</b>                     |          |        | <b>66</b>   |          |        | <b>229</b>  |                               |        | <b>327</b>  |                           |        | <b>268</b>  |

Note: \* Number of consumers is less than 30 and too small to calculate mean/median values reliably.

Table 2.12(c)

## Main differences in the eating behaviour of respondents by sex and region – summary table

| Food type and sub-group                           | Men                    |                                | Women                  |                          |
|---|------------------------|--------------------------------|------------------------|--------------------------|
|   | Less likely to eat in: | Compared with:                 | Less likely to eat in: | Compared with:           |
| <b>Cereals and cereal products</b>                |                        |                                |                        |                          |
| pasta   | N                      | Sc*, L & SE*                   |                        |                          |
| rice  | CSW & W                | L & SE*                        |                        |                          |
| other bread                                       | N, CSW & W             | L & SE**                       |                        |                          |
| other cereals                                     | Sc                     | N*                             | Sc                     | N**, CSW & W**, L & SE** |
| <b>Milk, milk products, eggs &amp; egg dishes</b> |                        |                                |                        |                          |
| skimmed milk                                      | L & SE                 | N*                             |                        |                          |
| other milk  | Sc                     | N*, CSW & W**, L & SE**        |                        |                          |
| ice cream   | N                      | L & SE*                        |                        |                          |
| <b>Fats</b>                                       |                        |                                |                        |                          |
| butter  | N<br>CSW & W           | L & SE**<br>L & SE*            |                        |                          |
| other reduced fat spread                          |                        |                                | Sc, N                  | CSW & W*                 |
| <b>Meat and meat products</b>                     |                        |                                |                        |                          |
| lamb & dishes                                     | N                      | L & SE*                        | Sc                     | L & SE*                  |
| meat pies & pastries                              | L & SE                 | N**                            |                        |                          |
| <b>Fish &amp; fish dishes</b>                     |                        |                                |                        |                          |
| coated &/or fried white fish                      |                        |                                | L & SE                 | N*                       |
| <b>Vegetables</b>                                 |                        |                                |                        |                          |
| carrots – raw                                     |                        |                                | Sc                     | L & SE*                  |
| peas  |                        |                                | Sc                     | N*, CSW & W**            |
|   |                        |                                | L & SE                 | CSW & W*                 |
| green beans                                       |                        |                                | N                      | L & SE**                 |
| carrots – not raw                                 | L & SE                 | CSW & W*                       | Sc                     | CSW & W*                 |
| vegetable dishes                                  | Sc, N, CSW & W         | L & SE**                       | Sc                     | L & SE*                  |
|   |                        |                                | N                      | L & SE**                 |
| potato chips                                      | L & SE                 | CSW & W**                      |                        |                          |
| other fried & roast potatoes & products           | Sc, N                  | L & SE*                        | Sc                     | CSW & W*, L & SE*        |
|   |                        |                                | N                      | L & SE*                  |
| savoury snacks                                    | Sc                     | CSW & W*                       |                        |                          |
| <b>Fruit &amp; nuts</b>                           |                        |                                |                        |                          |
| apples & pears                                    |                        |                                | N                      | L & SE*                  |
| canned fruit in juice                             |                        |                                | L & SE                 | Sc*                      |
| other fruit                                       |                        |                                | N                      | L & SE*                  |
| nuts & seeds                                      | Sc                     | L & SE**                       | Sc                     | L & SE*                  |
|   | N                      | L & SE*                        | N                      | L & SE**                 |
| <b>Sugars, preserves &amp; confectionery</b>      |                        |                                |                        |                          |
| sugar confectionery                               | CSW & W                | L & SE*                        |                        |                          |
| chocolate confectionery                           |                        |                                | N, L & SE              | Sc*                      |
| <b>Beverages</b>                                  |                        |                                |                        |                          |
| fruit juice                                       | N                      | L & SE*                        |                        |                          |
| concentrated soft drinks nlc                      | Sc                     | CSW & W**                      |                        |                          |
|   | N, L & SE              | CSW & W*                       |                        |                          |
| ready-to-drink soft drinks lc                     |                        |                                | Sc                     | L & SE*                  |
| beer & lager                                      |                        |                                | Sc, L & SE             | N*                       |
| cider & perry                                     | Sc                     | CSW & W*                       |                        |                          |
| wine  | CSW & W                | L & SE*                        |                        |                          |
| fortified wine                                    | N                      | L & SE*                        |                        |                          |
| herbal tea, as consumed                           | N, CSW & W             | L & SE*                        | N                      | CSW & W*, L & SE**       |
| tap water   | N<br>CSW & W           | Sc**, L & SE*<br>Sc**, L & SE* |                        |                          |
| bottled water                                     | Sc, N, CSW & W         | L & SE**                       | N, CSW & W             | L & SE*                  |
| <b>Miscellaneous</b>                              |                        |                                |                        |                          |
| soup  | N                      | Sc*                            | N, CSW & W,<br>L & SE  | Sc**                     |
| savoury sauces, pickles, gravies & condiments     |                        |                                | L & SE                 | N*, CSW & W*             |

Note: Sc: Scotland N: Northern CSW & W: Central, South West and Wales L & SE: London and the South East

\*  $p < 0.05$

\*\*  $p < 0.01$

pu: polyunsaturated

nlc: not low calorie

lc: low calorie

Table 2.13(a)

**Total quantities (grams) of food consumed in seven days by whether someone in respondent's household was receiving certain benefits: men consumers**

Grams and percentages

| Type of food                                   | Whether receiving benefits |        |                |                        |        |                |
|--|----------------------------|--------|----------------|------------------------|--------|----------------|
|  | Receiving benefits         |        |                | Not receiving benefits |        |                |
|  | Mean                       | Median | %<br>consumers | Mean                   | Median | %<br>consumers |
|  | g                          | g      |                | g                      | g      |                |
| Pasta  | 455                        | 323    | 44             | 400                    | 333    | 54             |
| Rice   | 513                        | 310    | 50             | 407                    | 300    | 55             |
| Pizza  | *                          | *      | 19             | 379                    | 300    | 31             |
| Other cereals                                  | 88                         | 80     | 28             | 121                    | 80     | 33             |
| White bread                                    | 706                        | 632    | 94             | 610                    | 522    | 93             |
| Wholemeal bread                                | *                          | *      | 23             | 373                    | 305    | 35             |
| Soft grain bread                               | -                          | -      | -              | *                      | *      | 3              |
| Other bread                                    | 218                        | 148    | 32             | 277                    | 178    | 54             |
| Whole grain & high fibre b'fast cereals        | 338                        | 259    | 30             | 363                    | 210    | 48             |
| Other b'fast cereals                           | 154                        | 105    | 33             | 162                    | 118    | 36             |
| Biscuits                                       | 145                        | 96     | 59             | 150                    | 87     | 64             |
| Fruit pies                                     | *                          | *      | 13             | 172                    | 117    | 14             |
| Buns, cakes & pastries                         | 186                        | 136    | 52             | 254                    | 184    | 59             |
| Cereal-based milk puddings                     | *                          | *      | 14             | 247                    | 200    | 17             |
| Sponge-type puddings                           | *                          | *      | 3              | 167                    | 110    | 7              |
| Other cereal-based puddings                    | *                          | *      | 15             | 216                    | 170    | 20             |
| Whole milk                                     | 1251                       | 864    | 48             | 985                    | 591    | 34             |
| Semi-skimmed milk                              | 1036                       | 822    | 64             | 1354                   | 1148   | 76             |
| Skimmed milk                                   | *                          | *      | 12             | 1166                   | 747    | 15             |
| Cream  | *                          | *      | 9              | 55                     | 34     | 22             |
| Other milk                                     | *                          | *      | 14             | 357                    | 161    | 12             |
| Cottage cheese                                 | -                          | -      | -              | *                      | *      | 3              |
| Other cheese                                   | 139                        | 97     | 69             | 147                    | 116    | 80             |
| Fromage frais                                  | *                          | *      | 2              | *                      | *      | 2              |
| Yogurt   | *                          | *      | 18             | 414                    | 350    | 34             |
| Other dairy desserts                           | *                          | *      | 5              | 150                    | 118    | 8              |
| Ice cream                                      | *                          | *      | 21             | 167                    | 120    | 28             |
| Eggs   | 222                        | 138    | 70             | 189                    | 139    | 67             |
| Egg dishes                                     | *                          | *      | 7              | 189                    | 140    | 16             |
| Butter   | 71                         | 36     | 32             | 63                     | 40     | 41             |
| Block margarine                                | *                          | *      | 1              | *                      | *      | 0              |
| Soft margarine, not polyunsaturated            | 35                         | 20     | 27             | 31                     | 20     | 33             |
| Polyunsaturated margarine                      | *                          | *      | 2              | *                      | *      | 3              |
| Polyunsaturated oils                           | *                          | *      | 5              | 11                     | 5      | 4              |
| Other oils & cooking fats, not polyunsaturated | *                          | *      | 13             | 14                     | 8      | 15             |
| Polyunsaturated low fat spread                 | *                          | *      | 11             | 81                     | 50     | 13             |
| Other low fat spread                           | *                          | *      | 7              | 75                     | 51     | 8              |
| Polyunsaturated reduced fat spread             | *                          | *      | 22             | 82                     | 55     | 23             |
| Other reduced fat spread                       | 88                         | 54     | 45             | 84                     | 66     | 36             |
| Bacon & ham                                    | 197                        | 166    | 65             | 174                    | 138    | 79             |
| Beef, veal & dishes                            | 453                        | 333    | 67             | 436                    | 350    | 68             |
| Lamb & dishes                                  | *                          | *      | 17             | 242                    | 175    | 25             |
| Pork & dishes                                  | *                          | *      | 26             | 234                    | 168    | 35             |
| Coated chicken & turkey                        | *                          | *      | 26             | 202                    | 170    | 25             |
| Chicken & turkey dishes                        | 498                        | 441    | 65             | 459                    | 361    | 84             |
| Liver, liver products & dishes                 | *                          | *      | 8              | 133                    | 100    | 12             |
| Burgers & kebabs                               | 340                        | 206    | 35             | 248                    | 204    | 33             |
| Sausages                                       | 172                        | 152    | 58             | 170                    | 129    | 54             |
| Meat pies & pastries                           | 310                        | 237    | 54             | 300                    | 235    | 45             |
| Other meat & meat products                     | 177                        | 105    | 39             | 191                    | 125    | 30             |
| Coated and/or fried white fish                 | 225                        | 170    | 46             | 195                    | 180    | 35             |
| Other white fish & dishes                      | *                          | *      | 14             | 243                    | 170    | 17             |
| Shellfish                                      | *                          | *      | 6              | 134                    | 80     | 19             |
| Oily fish                                      | *                          | *      | 26             | 200                    | 140    | 43             |
| Raw carrots                                    | *                          | *      | 10             | 76                     | 49     | 13             |
| Other raw & salad vegetables                   | 148                        | 100    | 58             | 172                    | 119    | 79             |
| Raw tomatoes                                   | 154                        | 95     | 58             | 160                    | 121    | 68             |
| Peas   | 192                        | 143    | 61             | 144                    | 100    | 59             |



Table 2.13(a) continued

**Total quantities (grams) of food consumed in seven days by whether someone in respondent's household was receiving certain benefits: men consumers**

Grams and percentages

| Type of food  | Whether receiving benefits |        |             |                        |        |             |
|---|----------------------------|--------|-------------|------------------------|--------|-------------|
|   | Receiving benefits         |        |             | Not receiving benefits |        |             |
|   | Mean                       | Median | % consumers | Mean                   | Median | % consumers |
|   | g                          | g      |             | g                      | g      |             |
| Green beans   | *                          | *      | 15          | 113                    | 90     | 22          |
| Baked beans   | 293                        | 211    | 51          | 300                    | 217    | 48          |
| Leafy green vegetables                                  | 145                        | 104    | 35          | 154                    | 109    | 52          |
| Carrots – not raw                                       | 113                        | 85     | 52          | 109                    | 88     | 58          |
| Tomatoes – not raw                                      | *                          | *      | 25          | 139                    | 89     | 26          |
| Vegetable dishes  | *                          | *      | 16          | 327                    | 200    | 29          |
| Other vegetables  | 218                        | 156    | 71          | 242                    | 181    | 82          |
| Potato chips  | 479                        | 450    | 83          | 387                    | 324    | 74          |
| Other fried/roast potatoes & products                   | 214                        | 192    | 32          | 240                    | 200    | 43          |
| Potato products – not fried                             | *                          | *      | 5           | 162                    | 160    | 8           |
| Other potatoes & potato dishes                          | 523                        | 447    | 75          | 485                    | 413    | 84          |
| Savoury snacks  | 122                        | 82     | 45          | 104                    | 75     | 57          |
| Apples & pears  | 455                        | 386    | 31          | 436                    | 345    | 52          |
| Citrus fruits   | *                          | *      | 16          | 301                    | 206    | 26          |
| Bananas   | 348                        | 271    | 32          | 364                    | 292    | 51          |
| Canned fruit in juice                                   | *                          | *      | 14          | 158                    | 88     | 8           |
| Canned fruit in syrup                                   | *                          | *      | 10          | 239                    | 176    | 5           |
| Other fruit   | *                          | *      | 15          | 304                    | 185    | 41          |
| Nuts & seeds  | *                          | *      | 10          | 77                     | 48     | 23          |
| Table sugar   | 206                        | 153    | 74          | 170                    | 107    | 58          |
| Preserves   | 72                         | 41     | 30          | 75                     | 47     | 36          |
| Sweet spreads, fillings & icings                        | *                          | *      | 2           | 35                     | 27     | 7           |
| Sugar confectionery                                     | *                          | *      | 20          | 71                     | 35     | 20          |
| Chocolate confectionery                                 | 159                        | 98     | 50          | 130                    | 91     | 55          |
| Fruit juice   | 681                        | 721    | 28          | 806                    | 594    | 45          |
| Concentrated soft drinks – not low calorie, as consumed | *                          | *      | 26          | 1298                   | 688    | 22          |
| Carbonated soft drinks – not low calorie                | 1680                       | 876    | 58          | 1339                   | 704    | 51          |
| Ready to drink soft drinks – not low calorie            | *                          | *      | 7           | 548                    | 375    | 13          |
| Concentrated soft drinks – low calorie, as consumed     | *                          | *      | 16          | 1894                   | 1209   | 12          |
| Carbonated soft drinks – low calorie                    | *                          | *      | 25          | 1421                   | 754    | 27          |
| Ready-to-drink soft drinks – low calorie                | *                          | *      | 1           | *                      | *      | 1           |
| Liqueurs  | *                          | *      | 3           | *                      | *      | 3           |
| Spirits   | *                          | *      | 13          | 198                    | 92     | 20          |
| Wine  | *                          | *      | 15          | 935                    | 625    | 39          |
| Fortified wine  | *                          | *      | 1           | 299                    | 132    | 5           |
| Low alcohol & alcohol-free wine                         | *                          | *      | 1           | *                      | *      | 0           |
| Beer & lager  | 3576                       | 2290   | 45          | 4275                   | 2969   | 69          |
| Low alcohol & alcohol-free beer & lager                 | *                          | *      | 3           | *                      | *      | 3           |
| Cider & perry   | *                          | *      | 7           | 2502                   | 1151   | 7           |
| Low alcohol cider & perry                               | -                          | -      | -           | *                      | *      | 0           |
| Alco-pops   | *                          | *      | 1           | 1948                   | 1107   | 4           |
| Coffee, as consumed                                     | 3799                       | 2575   | 66          | 2975                   | 2333   | 73          |
| Tea, as consumed  | 3588                       | 3229   | 75          | 3756                   | 3019   | 77          |
| Herbal tea, as consumed                                 | *                          | *      | 2           | 1057                   | 581    | 7           |
| Bottled water   | *                          | *      | 8           | 1600                   | 1000   | 25          |
| Tap water   | 2205                       | 1130   | 45          | 2210                   | 1200   | 61          |
| Other beverages, dry weight                             | *                          | *      | 8           | 167                    | 80     | 13          |
| Soup  | 561                        | 400    | 28          | 560                    | 402    | 33          |
| Savoury sauces, pickles, gravies & condiments           | 160                        | 117    | 87          | 215                    | 177    | 94          |
| <b>Base = number of respondents</b>                     |                            |        | <b>110</b>  |                        |        | <b>723</b>  |

Note: \* Number of consumers is less than 30 and too small to calculate mean/median values reliably.

Table 2.13(b)

**Total quantities (grams) of food consumed in seven days by whether someone in respondent's household was receiving certain benefits: women consumers**

Grams and percentages

| Type of food                                   | Whether receiving benefits |        |                |                        |        |                |
|--|----------------------------|--------|----------------|------------------------|--------|----------------|
|  | Receiving benefits         |        |                | Not receiving benefits |        |                |
|  | Mean                       | Median | %<br>consumers | Mean                   | Median | %<br>consumers |
|  | g                          | g      |                | g                      | g      |                |
| Pasta  | 358                        | 304    | 39             | 326                    | 253    | 56             |
| Rice   | 359                        | 228    | 47             | 327                    | 229    | 51             |
| Pizza  | 311                        | 231    | 22             | 233                    | 188    | 25             |
| Other cereals                                  | 84                         | 80     | 31             | 94                     | 70     | 34             |
| White bread                                    | 402                        | 359    | 93             | 399                    | 342    | 88             |
| Wholemeal bread                                | 258                        | 220    | 22             | 234                    | 188    | 43             |
| Soft grain bread                               | -                          | -      | -              | *                      | *      | 3              |
| Other bread                                    | 227                        | 159    | 38             | 221                    | 153    | 56             |
| Whole grain & high fibre b'fast cereals        | 197                        | 141    | 36             | 285                    | 192    | 53             |
| Other b'fast cereals                           | 150                        | 115    | 37             | 130                    | 92     | 37             |
| Biscuits                                       | 111                        | 78     | 57             | 106                    | 70     | 70             |
| Fruit pies                                     | *                          | *      | 8              | 140                    | 110    | 11             |
| Buns, cakes & pastries                         | 173                        | 133    | 49             | 193                    | 147    | 64             |
| Cereal-based milk puddings                     | *                          | *      | 12             | 212                    | 159    | 15             |
| Sponge-type puddings                           | *                          | *      | 3              | 169                    | 117    | 4              |
| Other cereal-based puddings                    | *                          | *      | 11             | 204                    | 142    | 24             |
| Whole milk                                     | 1086                       | 869    | 49             | 797                    | 460    | 32             |
| Semi-skimmed milk                              | 998                        | 755    | 64             | 1097                   | 944    | 74             |
| Skimmed milk                                   | *                          | *      | 14             | 1212                   | 1011   | 23             |
| Cream  | *                          | *      | 8              | 62                     | 40     | 24             |
| Other milk                                     | *                          | *      | 11             | 339                    | 229    | 13             |
| Cottage cheese                                 | *                          | *      | 3              | 167                    | 141    | 8              |
| Other cheese                                   | 105                        | 80     | 62             | 114                    | 93     | 76             |
| Fromage frais                                  | *                          | *      | 3              | 145                    | 100    | 6              |
| Yogurt   | 293                        | 203    | 25             | 418                    | 310    | 43             |
| Other dairy desserts                           | *                          | *      | 8              | 137                    | 106    | 11             |
| Ice cream                                      | *                          | *      | 19             | 147                    | 112    | 29             |
| Eggs   | 134                        | 120    | 54             | 148                    | 116    | 60             |
| Egg dishes                                     | *                          | *      | 11             | 148                    | 120    | 17             |
| Butter   | 40                         | 22     | 26             | 47                     | 29     | 45             |
| Block margarine                                | *                          | *      | 1              | *                      | *      | 0              |
| Soft margarine, not polyunsaturated            | *                          | *      | 18             | 23                     | 14     | 24             |
| Polyunsaturated margarine                      | *                          | *      | 5              | *                      | *      | 2              |
| Polyunsaturated oils                           | *                          | *      | 4              | *                      | *      | 4              |
| Other oils & cooking fats, not polyunsaturated | *                          | *      | 7              | 11                     | 8      | 15             |
| Polyunsaturated low fat spread                 | *                          | *      | 11             | 51                     | 37     | 12             |
| Other low fat spread                           | *                          | *      | 11             | 49                     | 39     | 10             |
| Polyunsaturated reduced fat spread             | *                          | *      | 18             | 51                     | 29     | 18             |
| Other reduced fat spread                       | 57                         | 40     | 35             | 58                     | 40     | 33             |
| Bacon & ham                                    | 105                        | 87     | 61             | 120                    | 94     | 65             |
| Beef, veal & dishes                            | 372                        | 340    | 53             | 354                    | 300    | 58             |
| Lamb & dishes                                  | *                          | *      | 19             | 173                    | 128    | 21             |
| Pork & dishes                                  | 148                        | 120    | 23             | 183                    | 146    | 28             |
| Coated chicken & turkey                        | 194                        | 167    | 25             | 181                    | 159    | 23             |
| Chicken & turkey dishes                        | 371                        | 271    | 73             | 357                    | 305    | 77             |
| Liver, liver products & dishes                 | *                          | *      | 4              | 95                     | 80     | 7              |
| Burgers & kebabs                               | 211                        | 195    | 27             | 217                    | 166    | 16             |
| Sausages                                       | 120                        | 103    | 43             | 125                    | 90     | 34             |
| Meat pies & pastries                           | 223                        | 161    | 44             | 189                    | 150    | 30             |
| Other meat & meat products                     | 185                        | 115    | 22             | 118                    | 80     | 21             |
| Coated and/or fried white fish                 | 162                        | 152    | 33             | 162                    | 152    | 33             |
| Other white fish & dishes                      | *                          | *      | 15             | 217                    | 178    | 19             |
| Shellfish                                      | *                          | *      | 13             | 146                    | 91     | 23             |
| Oily fish                                      | 164                        | 127    | 27             | 193                    | 133    | 51             |
| Raw carrots                                    | *                          | *      | 9              | 63                     | 40     | 18             |
| Other raw & salad vegetables                   | 136                        | 84     | 66             | 206                    | 144    | 84             |
| Raw tomatoes                                   | 118                        | 86     | 50             | 177                    | 144    | 75             |
| Peas   | 122                        | 89     | 48             | 112                    | 79     | 53             |

Table 2.13(b) continued

**Total quantities (grams) of food consumed in seven days by whether someone in respondent's household was receiving certain benefits: women consumers**

Grams and percentages

| Type of food  | Whether receiving benefits |        |             |                        |        |             |
|---|----------------------------|--------|-------------|------------------------|--------|-------------|
|   | Receiving benefits         |        |             | Not receiving benefits |        |             |
|   | Mean                       | Median | % consumers | Mean                   | Median | % consumers |
|   | 9                          | 9      |             | 9                      | 9      |             |
| Green beans   | *                          | *      | 11          | 101                    | 84     | 25          |
| Baked beans   | 230                        | 182    | 39          | 202                    | 167    | 41          |
| Leafy green vegetables                                  | 159                        | 124    | 40          | 149                    | 105    | 59          |
| Carrots – not raw                                       | 95                         | 73     | 46          | 104                    | 80     | 58          |
| Tomatoes – not raw                                      | *                          | *      | 17          | 116                    | 85     | 24          |
| Vegetable dishes  | 509                        | 287    | 20          | 394                    | 257    | 35          |
| Other vegetables  | 175                        | 145    | 69          | 220                    | 171    | 82          |
| Potato chips  | 370                        | 300    | 75          | 276                    | 210    | 66          |
| Other fried/roast potatoes & products                   | 178                        | 154    | 33          | 171                    | 150    | 44          |
| Potato products – not fried                             | *                          | *      | 4           | 113                    | 88     | 5           |
| Other potatoes & potato dishes                          | 385                        | 348    | 75          | 461                    | 385    | 85          |
| Savoury snacks  | 85                         | 63     | 61          | 78                     | 60     | 56          |
| Apples & pears  | 359                        | 201    | 42          | 395                    | 308    | 56          |
| Citrus fruits   | *                          | *      | 19          | 337                    | 213    | 33          |
| Bananas   | 279                        | 239    | 39          | 352                    | 279    | 59          |
| Canned fruit in juice                                   | *                          | *      | 7           | 173                    | 120    | 9           |
| Canned fruit in syrup                                   | *                          | *      | 5           | 170                    | 122    | 5           |
| Other fruit   | 414                        | 159    | 25          | 385                    | 217    | 57          |
| Nuts & seeds  | *                          | *      | 14          | 57                     | 30     | 21          |
| Table sugar   | 186                        | 102    | 58          | 97                     | 45     | 46          |
| Preserves   | 40                         | 24     | 21          | 56                     | 37     | 42          |
| Sweet spreads, fillings & icings                        | *                          | *      | 5           | 28                     | 20     | 7           |
| Sugar confectionery                                     | *                          | *      | 16          | 64                     | 35     | 27          |
| Chocolate confectionery                                 | 115                        | 70     | 49          | 104                    | 71     | 59          |
| Fruit juice   | 851                        | 548    | 39          | 672                    | 478    | 49          |
| Concentrated soft drinks – not low calorie, as consumed | 807                        | 295    | 20          | 935                    | 479    | 21          |
| Carbonated soft drinks – not low calorie                | 1336                       | 810    | 49          | 931                    | 524    | 40          |
| Ready to drink soft drinks – not low calorie            | *                          | *      | 10          | 669                    | 501    | 14          |
| Concentrated soft drinks – low calorie, as consumed     | *                          | *      | 12          | 1244                   | 626    | 14          |
| Carbonated soft drinks – low calorie                    | 1238                       | 902    | 25          | 1559                   | 883    | 38          |
| Ready-to-drink soft drinks – low calorie                | *                          | *      | 3           | *                      | *      | 2           |
| Liqueurs  | *                          | *      | 5           | 67                     | 50     | 8           |
| Spirits   | 134                        | 90     | 20          | 140                    | 78     | 21          |
| Wine  | 687                        | 495    | 20          | 765                    | 606    | 51          |
| Fortified wine  | *                          | *      | 7           | 186                    | 116    | 8           |
| Low alcohol & alcohol-free wine                         | *                          | *      | 1           | *                      | *      | 1           |
| Beer & lager  | 2299                       | 1435   | 27          | 1603                   | 1045   | 24          |
| Low alcohol & alcohol-free beer & lager                 | *                          | *      | 1           | *                      | *      | 2           |
| Cider & perry   | *                          | *      | 4           | *                      | *      | 3           |
| Alco-pops   | *                          | *      | 11          | 1100                   | 660    | 7           |
| Coffee, as consumed                                     | 3173                       | 2022   | 65          | 2270                   | 1668   | 72          |
| Tea, as consumed  | 3855                       | 2486   | 70          | 3716                   | 3201   | 78          |
| Herbal tea, as consumed                                 | *                          | *      | 7           | 1381                   | 1032   | 13          |
| Bottled water   | *                          | *      | 14          | 1602                   | 976    | 30          |
| Tap water   | 2123                       | 1192   | 64          | 2472                   | 1587   | 75          |
| Other beverages, dry weight                             | *                          | *      | 11          | 121                    | 43     | 20          |
| Soup  | 424                        | 294    | 29          | 498                    | 400    | 36          |
| Savoury sauces, pickles, gravies & condiments           | 146                        | 112    | 88          | 176                    | 135    | 92          |
| <b>Base = number of respondents</b>                     |                            |        | <b>150</b>  |                        |        | <b>741</b>  |

Note: \* Number of consumers is less than 30 and too small to calculate mean/median values reliably.

Table 2.13(c)

**Main differences in the eating behaviour of respondents by household receipt of benefits – summary table**

| <b>Foods less likely to be eaten by:</b> | Households in receipt of benefits (compared with those not receiving)   |
|--|---|
| <b>Men</b>                               | soft grain bread**<br>other bread**<br>whole grain & high fibre breakfast cereals*<br>cream**<br>cottage cheese**<br>yogurt*<br>chicken & turkey dishes**<br>shellfish**<br>oily fish*<br>other raw & salad vegetables**<br>leafy green vegetables*<br>vegetable dishes*<br>apples & pears**<br>bananas**<br>other fruit**<br>nuts & seeds*<br>sweet spreads, fillings & icings*<br>fruit juice*<br>wine**<br>fortified wine*<br>beer & lager**<br>herbal teas*<br>bottled water**<br>tap water*  |
| <b>Women</b>                             | pasta**<br>wholemeal bread**<br>soft grain bread**<br>other bread**<br>whole grain & high fibre breakfast cereals**<br>biscuits*<br>buns, cakes & pastries**<br>other cereal-based puddings**<br>skimmed milk*<br>cream**<br>cottage cheese*<br>other cheese*<br>yogurt**<br>ice-cream*<br>butter**<br>other oils & cooking fats not pufa*<br>shellfish*<br>oily fish**<br>raw carrots*<br>other raw & salad vegetables**<br>raw tomatoes**<br>green beans**<br>leafy green vegetables**<br>carrots – not raw*<br>vegetable dishes**<br>other vegetables*<br>other fried/roast potatoes or products*<br>other potatoes & potato dishes*<br>apples & pears*<br>citrus fruits**<br>bananas**<br>other fruit**<br>preserves**<br>sugar confectionery*<br>carbonated soft drinks lc*<br>wine**<br>bottled water**<br>tap water*<br>other beverages* |
| <b>Foods more likely to be eaten by:</b> | Households in receipt of benefits (compared with those not receiving)   |
| <b>Men</b>                               | table sugar*  |
| <b>Women</b>                             | whole milk**<br>burgers & kebabs*<br>meat pies & pastries*<br>table sugar*  |

Note: \*  $p < 0.05$ \*\*  $p < 0.01$ 

pufa: polyunsaturated

nlc: not low calorie lc: low calorie

Table 2.14

**Total quantities (grams) of food consumed in seven days: consumers and all respondents**

Grams and percentages

| Type of food                                     | Consumers |        |             | All, including non-consumers |      |
|--|-----------|--------|-------------|------------------------------|------|
|  | Mean      | Median | % consumers | Mean                         | sd   |
|  | g         | g      |             | g                            | g    |
| Pasta  | 366       | 295    | 53          | 193                          | 272  |
| Rice   | 376       | 273    | 52          | 196                          | 335  |
| Pizza  | 312       | 236    | 27          | 84                           | 185  |
| Other cereals                                    | 104       | 80     | 33          | 34                           | 81   |
| White bread                                      | 510       | 421    | 91          | 462                          | 398  |
| Wholemeal bread                                  | 300       | 226    | 36          | 109                          | 212  |
| Soft grain bread                                 | 298       | 114    | 3           | 8                            | 86   |
| Other bread                                      | 245       | 160    | 52          | 127                          | 207  |
| Whole grain & high fibre b'fast cereals          | 314       | 198    | 48          | 151                          | 353  |
| Other b'fast cereals                             | 146       | 103    | 36          | 53                           | 104  |
| Biscuits   | 126       | 78     | 66          | 83                           | 129  |
| Fruit pies                                       | 153       | 110    | 12          | 19                           | 63   |
| Buns, cakes & pastries                           | 216       | 155    | 60          | 130                          | 181  |
| Cereal-based milk puddings                       | 229       | 185    | 15          | 35                           | 109  |
| Sponge-type puddings                             | 164       | 110    | 5           | 8                            | 47   |
| Other cereal-based puddings                      | 209       | 168    | 21          | 43                           | 117  |
| Whole milk                                       | 947       | 602    | 36          | 337                          | 831  |
| Semi-skimmed milk                                | 1198      | 1011   | 73          | 877                          | 1025 |
| Skimmed milk                                     | 1176      | 944    | 18          | 215                          | 722  |
| Cream  | 58        | 37     | 21          | 12                           | 38   |
| Other milk                                       | 338       | 198    | 12          | 42                           | 221  |
| Cottage cheese                                   | 168       | 121    | 5           | 9                            | 51   |
| Other cheese                                     | 129       | 100    | 76          | 98                           | 114  |
| Fromage frais                                    | 150       | 110    | 4           | 6                            | 37   |
| Yogurt   | 404       | 319    | 36          | 147                          | 281  |
| Other dairy desserts                             | 136       | 107    | 9           | 12                           | 49   |
| Ice cream  | 155       | 120    | 27          | 42                           | 94   |
| Eggs   | 170       | 125    | 63          | 107                          | 135  |
| Egg dishes                                       | 170       | 140    | 15          | 26                           | 80   |
| Butter   | 54        | 35     | 41          | 22                           | 47   |
| Block margarine                                  | *         | *      | 0           | 0                            | 3    |
| Soft margarine, not polyunsaturated              | 28        | 19     | 27          | 8                            | 21   |
| Polyunsaturated margarine                        | 46        | 25     | 3           | 1                            | 12   |
| Polyunsaturated oils                             | 9         | 5      | 4           | 0                            | 3    |
| Other oils and cooking fats, not polyunsaturated | 13        | 8      | 14          | 2                            | 7    |
| Polyunsaturated low fat spread                   | 67        | 42     | 13          | 8                            | 34   |
| Other low fat spread                             | 56        | 39     | 9           | 5                            | 25   |
| Polyunsaturated reduced fat spread               | 66        | 42     | 21          | 14                           | 42   |
| Other reduced fat spread                         | 72        | 51     | 35          | 25                           | 54   |
| Bacon & ham                                      | 149       | 117    | 71          | 105                          | 122  |
| Beef, veal & dishes                              | 399       | 320    | 62          | 249                          | 311  |
| Lamb & dishes                                    | 226       | 150    | 22          | 51                           | 140  |
| Pork & dishes                                    | 207       | 153    | 30          | 63                           | 136  |
| Coated chicken & turkey                          | 195       | 167    | 24          | 48                           | 105  |
| Chicken & turkey dishes                          | 411       | 329    | 79          | 326                          | 353  |
| Liver, liver products & dishes                   | 119       | 86     | 9           | 11                           | 46   |
| Burgers & kebabs                                 | 244       | 204    | 25          | 61                           | 160  |
| Sausages   | 151       | 117    | 45          | 68                           | 111  |
| Meat pies & pastries                             | 256       | 202    | 39          | 101                          | 180  |
| Other meat & meat products                       | 164       | 110    | 26          | 43                           | 126  |
| Coated and/or fried white fish                   | 181       | 170    | 35          | 63                           | 104  |
| Other white fish & dishes                        | 231       | 176    | 18          | 40                           | 118  |
| Shellfish  | 144       | 81     | 19          | 28                           | 94   |
| Oily fish  | 194       | 137    | 44          | 86                           | 155  |
| Raw carrots                                      | 69        | 44     | 14          | 10                           | 36   |
| Other raw & salad vegetables                     | 184       | 125    | 78          | 144                          | 181  |
| Raw tomatoes                                     | 165       | 128    | 69          | 113                          | 144  |
| Peas   | 132       | 94     | 55          | 73                           | 113  |

Table 2.14 continued

**Total quantities (grams) of food consumed in seven days: consumers and all respondents**

Grams and percentages

| Type of food  | Consumers |        |             | All, including non-consumers |      |
|---|-----------|--------|-------------|------------------------------|------|
|   | Mean      | Median | % consumers | Mean                         | sd   |
|   | g         | g      |             | g                            | g    |
| Green beans   | 108       | 90     | 22          | 23                           | 60   |
| Baked beans   | 255       | 199    | 44          | 113                          | 194  |
| Leafy green vegetables                                  | 152       | 108    | 53          | 80                           | 115  |
| Carrots – not raw                                       | 106       | 85     | 56          | 59                           | 79   |
| Tomatoes – not raw                                      | 131       | 85     | 24          | 32                           | 97   |
| Vegetable dishes  | 374       | 233    | 30          | 113                          | 290  |
| Other vegetables  | 226       | 170    | 80          | 182                          | 202  |
| Potato chips  | 348       | 270    | 71          | 248                          | 274  |
| Other fried/roast potatoes & products                   | 203       | 175    | 42          | 85                           | 131  |
| Potato products – not fried                             | 146       | 120    | 6           | 9                            | 42   |
| Other potatoes & potato dishes                          | 469       | 396    | 84          | 391                          | 341  |
| Savoury snacks  | 92        | 72     | 56          | 52                           | 77   |
| Apples & pears  | 412       | 316    | 51          | 212                          | 346  |
| Citrus fruits   | 315       | 203    | 28          | 87                           | 213  |
| Bananas   | 352       | 283    | 52          | 184                          | 272  |
| Canned fruit in juice                                   | 176       | 107    | 8           | 15                           | 89   |
| Canned fruit in syrup                                   | 201       | 141    | 5           | 11                           | 62   |
| Other fruit   | 353       | 204    | 44          | 157                          | 324  |
| Nuts & seeds  | 71        | 41     | 20          | 15                           | 52   |
| Table sugar   | 148       | 86     | 54          | 80                           | 159  |
| Preserves   | 64        | 40     | 37          | 24                           | 50   |
| Sweet spreads, fillings & icings                        | 32        | 20     | 7           | 2                            | 13   |
| Sugar confectionery                                     | 67        | 37     | 23          | 15                           | 59   |
| Chocolate confectionery                                 | 119       | 81     | 56          | 66                           | 106  |
| Fruit juice   | 742       | 546    | 45          | 333                          | 601  |
| Concentrated soft drinks – not low calorie, as consumed | 1087      | 568    | 22          | 236                          | 784  |
| Carbonated soft drinks – not low calorie                | 1215      | 660    | 47          | 567                          | 1132 |
| Ready to drink soft drinks – not low calorie            | 598       | 404    | 13          | 79                           | 278  |
| Concentrated soft drinks – low calorie, as consumed     | 1417      | 669    | 13          | 186                          | 832  |
| Carbonated soft drinks – low calorie                    | 1466      | 848    | 31          | 461                          | 1262 |
| Ready to drink soft drinks – low calorie                | 379       | 302    | 2           | 6                            | 70   |
| Liqueurs  | 82        | 50     | 5           | 4                            | 29   |
| Spirits   | 166       | 90     | 20          | 34                           | 119  |
| Wine  | 826       | 605    | 41          | 338                          | 662  |
| Fortified wine  | 244       | 125    | 6           | 16                           | 116  |
| Low alcohol & alcohol-free wine                         | *         | *      | 1           | 3                            | 43   |
| Beer & lager  | 3516      | 2260   | 44          | 1563                         | 3043 |
| Low alcohol & alcohol-free beer & lager                 | 1148      | 574    | 3           | 29                           | 469  |
| Cider & perry   | 2336      | 1141   | 5           | 119                          | 1067 |
| Low alcohol cider & perry                               | *         | *      | 0           | 1                            | 49   |
| Alco-pops   | 1480      | 990    | 6           | 87                           | 490  |
| Coffee, as consumed                                     | 2736      | 2037   | 71          | 1954                         | 2581 |
| Tea, as consumed  | 3736      | 3059   | 77          | 2875                         | 3085 |
| Herbal tea, as consumed                                 | 1246      | 893    | 9           | 118                          | 558  |
| Bottled water   | 1606      | 1000   | 25          | 404                          | 1183 |
| Tap water   | 2330      | 1344   | 66          | 1541                         | 2543 |
| Other beverages, dry weight                             | 142       | 51     | 16          | 22                           | 109  |
| Soup  | 521       | 400    | 34          | 176                          | 353  |
| Savoury sauces, pickles, gravies & condiments           | 190       | 150    | 92          | 175                          | 163  |
| <b>Base = number of respondents</b>                     |           |        | <b>1724</b> |                              |      |

Note: \* Number of consumers is less than 30 and too small to calculate mean/median values reliably.

Table 2.15(a)

**Proportion of respondents consuming portions of fruit and vegetables, including composite dishes\*, by number of portions consumed and sex and age of respondent: fruit and vegetables (all fruit juice counted as one portion; all baked beans and other pulses counted as one portion)**

Cumulative percentages

| Average daily number of portions of fruit and vegetables consumed | Men aged (years): |            |            |            | All men    | Women aged (years): |            |            |            | All women  | All         |
|---|-------------------|------------|------------|------------|------------|---------------------|------------|------------|------------|------------|-------------|
|   | 19–24             | 25–34      | 35–49      | 50–64      |            | 19–24               | 25–34      | 35–49      | 50–64      |            |             |
|   | cum %             | cum %      | cum %      | cum %      |            | cum %               | cum %      | cum %      | cum %      |            |             |
| None  | 6                 | 1          | 0          | 1          | 1          | 2                   | 1          | 1          | 0          | 1          | 1           |
| Less than one portion   | 38                | 27         | 14         | 7          | 18         | 36                  | 19         | 16         | 7          | 16         | 17          |
| Less than two portions  | 86                | 54         | 36         | 29         | 45         | 64                  | 46         | 41         | 20         | 39         | 42          |
| Less than three portions  | 95                | 76         | 59         | 45         | 64         | 83                  | 71         | 61         | 44         | 61         | 62          |
| Less than four portions   | 95                | 86         | 75         | 60         | 76         | 96                  | 82         | 73         | 60         | 74         | 75          |
| Less than five portions   | 100               | 93         | 86         | 76         | 87         | 96                  | 91         | 83         | 78         | 85         | 86          |
| All   |                   | 100        | 100        | 100        | 100        | 100                 | 100        | 100        | 100        | 100        | 100         |
| <b>Base</b>   | <b>108</b>        | <b>219</b> | <b>253</b> | <b>253</b> | <b>833</b> | <b>104</b>          | <b>210</b> | <b>318</b> | <b>259</b> | <b>891</b> | <b>1724</b> |
| Mean number of portions consumed (average value)                  | 1.3               | 2.2        | 3.0        | 3.6        | 2.7        | 1.8                 | 2.4        | 2.9        | 3.8        | 2.9        | 2.8         |
| Median number of portions consumed                                | 1.3               | 1.8        | 2.6        | 3.4        | 2.2        | 1.6                 | 2.1        | 2.4        | 3.3        | 2.4        | 2.3         |
| Standard deviation  | 1.03              | 1.61       | 1.87       | 2.21       | 1.99       | 1.33                | 1.71       | 1.98       | 2.20       | 2.02       | 2.01        |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table 2.15(b)

**Proportion of respondents consuming portions of fruit, including composite dishes\*, by number of portions consumed and sex and age of respondent: fruit (all fruit juice counted as one portion)**

Cumulative percentages

| Average daily number of portions of fruit consumed | Men aged (years): |            |            |            | All men    | Women aged (years): |            |            |            | All women  | All         |
|--|-------------------|------------|------------|------------|------------|---------------------|------------|------------|------------|------------|-------------|
|  | 19–24             | 25–34      | 35–49      | 50–64      |            | 19–24               | 25–34      | 35–49      | 50–64      |            |             |
|  | cum %             | cum %      | cum %      | cum %      |            | cum %               | cum %      | cum %      | cum %      |            |             |
| None   | 45                | 27         | 15         | 11         | 21         | 27                  | 17         | 17         | 5          | 15         | 18          |
| Less than one portion                              | 79                | 63         | 46         | 38         | 52         | 59                  | 54         | 48         | 26         | 44         | 48          |
| Less than two portions                             | 95                | 82         | 71         | 64         | 75         | 86                  | 84         | 71         | 56         | 71         | 73          |
| Less than three portions                           | 96                | 91         | 83         | 81         | 86         | 94                  | 91         | 85         | 71         | 84         | 85          |
| Less than four portions                            | 100               | 99         | 93         | 89         | 94         | 100                 | 97         | 93         | 87         | 93         | 94          |
| Less than five portions                            |                   | 99         | 97         | 94         | 97         |                     | 98         | 98         | 94         | 97         | 97          |
| All  |                   | 100        | 100        | 100        | 100        |                     | 100        | 100        | 100        | 100        | 100         |
| <b>Base</b>  | <b>108</b>        | <b>219</b> | <b>253</b> | <b>253</b> | <b>833</b> | <b>104</b>          | <b>210</b> | <b>318</b> | <b>259</b> | <b>891</b> | <b>1724</b> |
| Mean number of portions consumed (average value)   | 0.5               | 1.0        | 1.5        | 1.8        | 1.3        | 0.9                 | 1.1        | 1.4        | 2.2        | 1.5        | 1.4         |
| Median number of portions consumed                 | 0.2               | 0.6        | 1.1        | 1.5        | 0.9        | 0.6                 | 0.8        | 1.0        | 1.8        | 1.1        | 1.0         |
| Standard deviation                                 | 0.73              | 1.13       | 1.53       | 1.71       | 1.48       | 1.02                | 1.22       | 1.42       | 1.75       | 1.51       | 1.50        |

Note: \* Composite dishes were for fruit: fruit pies.



Table 2.15(c)

**Proportion of respondents consuming portions of vegetables, including composite dishes\*, by number of portions consumed and sex and age of respondent: vegetables (all baked beans and other pulses counted as one portion)**

Cumulative percentages

| Average daily number of portions of fruit consumed | Men aged (years): |            |            |            | All men    | Women aged (years): |            |            |            | All women  | All         |
|--|-------------------|------------|------------|------------|------------|---------------------|------------|------------|------------|------------|-------------|
|  | 19-24             | 25-34      | 35-49      | 50-64      |            | 19-24               | 25-34      | 35-49      | 50-64      |            |             |
|  | cum %             | cum %      | cum %      | cum %      |            | cum %               | cum %      | cum %      | cum %      |            |             |
| None   | 8                 | 2          | 0          | 1          | 2          | 3                   | 2          | 1          | 1          | 2          | 2           |
| Less than one portion                              | 64                | 48         | 35         | 21         | 38         | 69                  | 46         | 38         | 23         | 39         | 38          |
| Less than two portions                             | 98                | 86         | 80         | 62         | 78         | 92                  | 83         | 77         | 74         | 80         | 79          |
| Less than three portions                           | 100               | 98         | 92         | 89         | 94         | 100                 | 95         | 93         | 94         | 95         | 94          |
| Less than four portions                            |                   | 99         | 99         | 97         | 98         |                     | 99         | 99         | 99         | 99         | 99          |
| Less than five portions                            |                   | 99         | 100        | 99         | 99         |                     | 100        | 100        | 100        | 100        | 100         |
| All  |                   | 100        |            | 100        | 100        |                     |            |            |            |            |             |
| <b>Base</b>  | <b>108</b>        | <b>219</b> | <b>253</b> | <b>253</b> | <b>833</b> | <b>104</b>          | <b>210</b> | <b>318</b> | <b>259</b> | <b>891</b> | <b>1724</b> |
| Mean number of portions consumed (average value)   | 0.8               | 1.2        | 1.4        | 1.8        | 1.4        | 0.9                 | 1.2        | 1.4        | 1.6        | 1.4        | 1.4         |
| Median number of portions consumed                 | 0.7               | 1.0        | 1.3        | 1.6        | 1.2        | 0.7                 | 1.1        | 1.3        | 1.5        | 1.2        | 1.2         |
| Standard deviation                                 | 0.60              | 0.84       | 0.86       | 0.98       | 0.92       | 0.60                | 0.88       | 0.92       | 0.88       | 0.89       | 0.91        |

Note: \* Composite dishes were for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table 2.16(a)

**Proportion of respondents consuming portions of fruit and vegetables, including composite dishes\*, by number of portions consumed and region and sex of respondent: fruit and vegetables (all fruit juice counted as one portion; all baked beans and other pulses counted as one portion)**

Cumulative percentages

| Average daily number of portions of fruit and vegetables consumed | Sex of respondent and region |            |                               |                           |           |            |                               |                           | All         |
|---|------------------------------|------------|-------------------------------|---------------------------|-----------|------------|-------------------------------|---------------------------|-------------|
|   | Men                          |            |                               |                           | Women     |            |                               |                           |             |
|   | Scotland                     | Northern   | Central, South West and Wales | London and the South East | Scotland  | Northern   | Central, South West and Wales | London and the South East |             |
|   | cum %                        | cum %      | cum %                         | cum %                     | cum %     | cum %      | cum %                         | cum %                     | cum %       |
| None  | -                            | 2          | 1                             | 1                         | 1         | 2          | 1                             | 0                         | 1           |
| Less than one portion   | 18                           | 19         | 20                            | 17                        | 17        | 25         | 13                            | 12                        | 17          |
| Less than two portions  | 44                           | 47         | 48                            | 40                        | 35        | 46         | 40                            | 32                        | 42          |
| Less than three portions  | 67                           | 67         | 67                            | 56                        | 60        | 65         | 63                            | 54                        | 62          |
| Less than four portions   | 73                           | 77         | 78                            | 72                        | 65        | 76         | 78                            | 70                        | 75          |
| Less than five portions   | 83                           | 88         | 90                            | 83                        | 84        | 83         | 87                            | 85                        | 86          |
| All   | 100                          | 100        | 100                           | 100                       | 100       | 100        | 100                           | 100                       | 100         |
| <b>Base</b>   | <b>65</b>                    | <b>234</b> | <b>294</b>                    | <b>240</b>                | <b>66</b> | <b>229</b> | <b>327</b>                    | <b>268</b>                | <b>1724</b> |
| Mean number of portions consumed (average value)                  | 2.9                          | 2.6        | 2.6                           | 3.0                       | 3.0       | 2.7        | 2.8                           | 3.2                       | 2.8         |
| Median number of portions consumed                                | 2.4                          | 2.1        | 2.1                           | 2.6                       | 2.7       | 2.2        | 2.3                           | 2.9                       | 2.3         |
| Standard deviation  | 2.36                         | 1.88       | 1.88                          | 2.08                      | 1.99      | 2.13       | 1.89                          | 2.08                      | 2.01        |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table 2.16(b)

**Proportion of respondents consuming portions of fruit, including composite dishes\*, by number of portions consumed and region and sex of respondent: fruit (all fruit juice counted as one portion)**

Cumulative percentages

| Average daily number of portions of fruit consumed | Sex of respondent and region |            |                               |                           |           |            |                               |                           | All         |
|--|------------------------------|------------|-------------------------------|---------------------------|-----------|------------|-------------------------------|---------------------------|-------------|
|  | Men                          |            |                               |                           | Women     |            |                               |                           |             |
|  | Scotland                     | Northern   | Central, South West and Wales | London and the South East | Scotland  | Northern   | Central, South West and Wales | London and the South East |             |
|  | cum %                        | cum %      | cum %                         | cum %                     | cum %     | cum %      | cum %                         | cum %                     | cum %       |
| None   | 12                           | 22         | 25                            | 17                        | 10        | 20         | 13                            | 13                        | 18          |
| Less than one portion                              | 48                           | 57         | 57                            | 43                        | 39        | 50         | 46                            | 38                        | 48          |
| Less than two portions                             | 73                           | 76         | 77                            | 71                        | 59        | 75         | 75                            | 67                        | 73          |
| Less than three portions                           | 81                           | 85         | 89                            | 85                        | 73        | 83         | 85                            | 85                        | 85          |
| Less than four portions                            | 91                           | 94         | 94                            | 95                        | 90        | 91         | 95                            | 93                        | 94          |
| Less than five portions                            | 94                           | 99         | 97                            | 97                        | 96        | 95         | 98                            | 98                        | 97          |
| All  | 100                          | 100        | 100                           | 100                       | 100       | 100        | 100                           | 100                       | 100         |
| <b>Base</b>  | <b>65</b>                    | <b>234</b> | <b>294</b>                    | <b>240</b>                | <b>66</b> | <b>229</b> | <b>327</b>                    | <b>268</b>                | <b>1724</b> |
| Mean number of portions consumed (average value)   | 1.6                          | 1.2        | 1.2                           | 1.5                       | 1.8       | 1.4        | 1.4                           | 1.6                       | 1.4         |
| Median number of portions consumed                 | 1.1                          | 0.6        | 0.7                           | 1.1                       | 1.5       | 1.0        | 1.1                           | 1.4                       | 1.0         |
| Standard deviation                                 | 1.81                         | 1.37       | 1.44                          | 1.52                      | 1.57      | 1.65       | 1.37                          | 1.52                      | 1.50        |

Note: \* Composite dishes were for fruit: fruit pies.

Table 2.16(c)

**Proportion of respondents consuming portions of vegetables, including composite dishes\*, by number of portions consumed and region and sex of respondent: vegetables (all baked beans and other pulses counted as one portion)**

Cumulative percentages

| Average daily number of portions of vegetables consumed | Sex of respondent and region |            |                               |                           |           |            |                               |                           | All         |
|---|------------------------------|------------|-------------------------------|---------------------------|-----------|------------|-------------------------------|---------------------------|-------------|
|   | Men                          |            |                               |                           | Women     |            |                               |                           |             |
|   | Scotland                     | Northern   | Central, South West and Wales | London and the South East | Scotland  | Northern   | Central, South West and Wales | London and the South East |             |
|   | cum %                        | cum %      | cum %                         | cum %                     | cum %     | cum %      | cum %                         | cum %                     | cum %       |
| None  | -                            | 3          | 1                             | 2                         | 1         | 3          | 2                             | 0                         | 2           |
| Less than one portion                                   | 45                           | 37         | 40                            | 35                        | 51        | 45         | 42                            | 28                        | 38          |
| Less than two portions                                  | 86                           | 82         | 77                            | 74                        | 90        | 81         | 79                            | 76                        | 79          |
| Less than three portions                                | 94                           | 95         | 95                            | 91                        | 98        | 96         | 95                            | 92                        | 94          |
| Less than four portions                                 | 96                           | 99         | 98                            | 99                        | 100       | 100        | 100                           | 98                        | 99          |
| Less than five portions                                 | 96                           | 99         | 100                           | 100                       |           |            |                               | 100                       | 100         |
| All   | 100                          | 100        |                               |                           |           |            |                               |                           |             |
| <b>Base</b>   | <b>65</b>                    | <b>234</b> | <b>294</b>                    | <b>240</b>                | <b>66</b> | <b>229</b> | <b>327</b>                    | <b>268</b>                | <b>1724</b> |
| Mean number of portions consumed (average value)        | 1.3                          | 1.3        | 1.4                           | 1.5                       | 1.1       | 1.3        | 1.3                           | 1.5                       | 1.4         |
| Median number of portions consumed                      | 1.0                          | 1.2        | 1.2                           | 1.3                       | 1.0       | 1.1        | 1.2                           | 1.3                       | 1.2         |
| Standard deviation                                      | 1.10                         | 0.89       | 0.87                          | 0.95                      | 0.74      | 0.86       | 0.87                          | 0.95                      | 0.91        |

Note: \* Composite dishes were for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table 2.17(a)

**Proportion of respondents consuming portions of fruit and vegetables, including composite dishes\*, by number of portions consumed and whether someone in respondent's household was receiving certain benefits and sex of respondent: fruit and vegetables (all fruit juice counted as one portion; all baked beans and other pulses counted as one portion)**

Cumulative percentages

| Average daily number of portions of fruit and vegetables consumed | Sex of respondent and whether receiving benefits |                        |                    |                        | All         |
|---|--|------------------------|--------------------|------------------------|-------------|
|   | Men  |                        | Women              |                        |             |
|   | Receiving benefits                               | Not receiving benefits | Receiving benefits | Not receiving benefits |             |
|   | cum %  | cum %                  | cum %              | cum %                  | cum %       |
| None  | 3  | 1                      | 4                  | 0                      | 1           |
| Less than one portion   | 27   | 17                     | 36                 | 12                     | 17          |
| Less than two portions  | 65   | 42                     | 67                 | 33                     | 42          |
| Less than three portions  | 81   | 61                     | 83                 | 56                     | 62          |
| Less than four portions   | 88   | 74                     | 88                 | 71                     | 75          |
| Less than five portions   | 91   | 86                     | 96                 | 83                     | 86          |
| All   | 100  | 100                    | 100                | 100                    | 100         |
| <b>Base</b>   | <b>110</b>                                       | <b>723</b>             | <b>150</b>         | <b>741</b>             | <b>1724</b> |
| Mean number of portions consumed (average value)                  | 2.1  | 2.8                    | 1.9                | 3.1                    | 2.8         |
| Median number of portions consumed                                | 1.6  | 2.4                    | 1.4                | 2.8                    | 2.3         |
| Standard deviation  | 1.97   | 1.97                   | 1.72               | 2.02                   | 2.01        |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table 2.17(b)

**Proportion of respondents consuming portions of fruit, including composite dishes\*, by number of portions consumed and whether someone in respondent's household was receiving certain benefits and sex of respondent: fruit (all fruit juice counted as one portion)**

Cumulative percentages

| Average daily number of portions of fruit consumed | Sex of respondent and whether receiving benefits |                        |                    |                        | All         |
|--|--|------------------------|--------------------|------------------------|-------------|
|  | Men  |                        | Women              |                        |             |
|  | Receiving benefits                               | Not receiving benefits | Receiving benefits | Not receiving benefits |             |
|  | cum %  | cum %                  | cum %              | cum %                  | cum %       |
| None   | 35   | 19                     | 30                 | 12                     | 18          |
| Less than one portion                              | 70   | 50                     | 66                 | 40                     | 48          |
| Less than two portions                             | 86   | 73                     | 86                 | 68                     | 73          |
| Less than three portions                           | 92   | 85                     | 92                 | 82                     | 85          |
| Less than four portions                            | 95   | 94                     | 97                 | 92                     | 94          |
| Less than five portions                            | 96   | 97                     | 98                 | 97                     | 97          |
| All  | 100  | 100                    | 100                | 100                    | 100         |
| <b>Base</b>  | <b>110</b>                                       | <b>723</b>             | <b>150</b>         | <b>741</b>             | <b>1724</b> |
| Mean number of portions consumed (average value)   | 0.9  | 1.4                    | 0.9                | 1.6                    | 1.4         |
| Median number of portions consumed                 | 0.4  | 1.0                    | 0.5                | 1.2                    | 1.0         |
| Standard deviation                                 | 1.34   | 1.49                   | 1.40               | 1.50                   | 1.50        |

Note: \* Composite dishes were for fruit: fruit pies.

Table 2.17(c)

**Proportion of respondents consuming portions of vegetables, including composite dishes\*, by number of portions consumed and whether someone in respondent's household was receiving certain benefits and sex of respondent: vegetables (all baked beans and other pulses counted as one portion)**

Cumulative percentages

| Average daily number of portions of vegetables consumed | Sex of respondent and whether receiving benefits |                        |                    |                        | All         |
|---|--|------------------------|--------------------|------------------------|-------------|
|   | Men  |                        | Women              |                        |             |
|   | Receiving benefits                               | Not receiving benefits | Receiving benefits | Not receiving benefits |             |
|   | cum %  | cum %                  | cum %              | cum %                  | cum %       |
| None  | 4  | 2                      | 6                  | 1                      | 2           |
| Less than one portion                                   | 49   | 36                     | 59                 | 35                     | 38          |
| Less than two portions                                  | 87   | 77                     | 94                 | 76                     | 79          |
| Less than three portions                                | 93   | 94                     | 100                | 94                     | 94          |
| Less than four portions                                 | 100  | 98                     |                    | 99                     | 99          |
| Less than five portions                                 |  | 99                     |                    | 100                    | 100         |
| All   |  | 100                    |                    |                        |             |
| <b>Base</b>   | <b>110</b>                                       | <b>723</b>             | <b>150</b>         | <b>741</b>             | <b>1724</b> |
| Mean number of portions consumed (average value)        | 1.2  | 1.4                    | 0.9                | 1.4                    | 1.4         |
| Median number of portions consumed                      | 1.0  | 1.2                    | 0.9                | 1.3                    | 1.2         |
| Standard deviation                                      | 0.85   | 0.93                   | 0.70               | 0.90                   | 0.91        |

Note: \* Composite dishes were for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

## Appendix A Fruit and vegetables

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### 1 Definitions

Fruit and vegetable intake was defined in a number of different ways. In total 18 variables were derived. For each variable, the average daily intake in grams and the average daily number of portions consumed were calculated. The following sections explain the derivation of these variables and Table A1 provides a summary of each variable.

#### 1.1 Fruit and fruit juice

Fruit comprised food groups apples & pears, citrus fruits, bananas, canned fruit in juice, canned fruit in syrup, and 'other fruit' (for example plums, grapes and soft fruits), together with fruit juice. Fruit juice includes vegetable juices. Quantities consumed in each of these food groups over the seven-day dietary recording period were added and then divided by seven to give an average daily intake of fruit in grams. This was then divided by 80 to give an average daily number of portions consumed.

Fruit juice was not included in the first variable calculated for fruit. In the second variable, only one portion of fruit juice a day was included, however much was consumed. Thus, if the respondent consumed a daily average of at least 80g of fruit juice this counted as one portion and a value of 80g was added to the average daily amount of fruit consumed. The third definition includes all fruit juice, irrespective of the amount consumed.

These three variables were calculated excluding and then including composite dishes, in this instance, fruit pies. As fruit is not the only component of fruit pies, the fruit contribution from fruit pies was estimated as 45% of the total weight, including the pastry. Fruit contained in other products such as yogurts, jams, fruit smoothies, sponge puddings, cakes, breakfast cereals and crumbles was not included in the derivation of fruit intake.

#### 1.2 Vegetables and pulses

Vegetables comprised food groups raw carrots, raw tomatoes, 'other raw' & salad vegetables, peas, green beans, leafy green vegetables, carrots – not raw, tomatoes – not raw, 'other vegetables' and baked beans. In line with the definitions used in the five-a-day programme, potatoes and similar starchy staples (such as plantain and yam) do not count towards vegetable intake and are excluded from these derivations. The 'other vegetables' food group includes vegetables such as mushrooms, cauliflower, onions and peppers, as well as starchy staple vegetables and soya-based food items that are used as meat alternatives. As these soya-based foods and starchy staple vegetables do not count towards intake of vegetables in this context, these items<sup>1</sup> were excluded at food code level. The food groups peas and 'other vegetables' include pulses, and these are not included in all the derivations of vegetable intake. New groups were therefore derived which excluded pulses, and which comprised pulses only.

Quantities consumed in each of these food groups over the seven-day dietary recording period were added together and then divided by seven to give an average daily intake of vegetables in grams. This was then divided by 80 to give an average daily number of portions consumed.

Baked beans and other pulses were not included in the first variable calculated for vegetables. In the second variable, one portion only of baked beans and other pulses was included. Thus, if the respondent consumed a daily average of at least 80g of baked beans and other pulses this would count as one portion and a value of 80g added to the average daily amount of vegetables consumed. The third definition includes all baked beans and other pulses consumed, irrespective of the amount.

These three variables were calculated excluding composite dishes, and then including composite dishes, in this instance, vegetable dishes. As vegetables are not the only component in vegetable dishes (for example potatoes in vegetable curry) the vegetable contribution from vegetable dishes was estimated as 40% of the consumed weight. Vegetables contained in other products such as soups, quiches, omelettes, pizzas and meat dishes (for example stews and casseroles) and tomato ketchup were not included in the derivation of vegetable intake.

### 1.3 Fruit and vegetables

The same definitions were used in the calculations of combined fruit and vegetable intake. The first derivation of fruit and vegetables excludes fruit juice and baked beans and other pulses; the second includes one portion only of fruit juice and baked beans and other pulses; and the third definition includes all fruit juice and baked beans and other pulses.

## 2 Quantities of fruit and vegetables consumed

Tables A2(a) to A7(b) show the proportion of respondents consuming fruit and vegetables during the seven-day dietary recording period, together with the mean and median amounts consumed daily by all respondents including non-consumers, and by consumers only. Data are presented for men and women by age group, by region and by receipt of benefits. Table A8 shows mean and median amounts consumed for all consumers and all respondents, for men and women combined.

These tables show consumption of fruit and vegetables for each of the 18 different variables (as discussed earlier on pages 16–19, and shown in Table A1). They, therefore, allow the reader to see the proportions of respondents who ate fruit, the proportions who ate vegetables, and the differences that the inclusion of composite dishes

and all portions of fruit juice, baked beans and other pulses make to the amounts of fruit and vegetables consumed daily.

## References and endnotes

- <sup>1</sup> The excluded food items from the 'other vegetables' category were:
- green bananas
  - yam
  - plantain
  - soya mince
  - soya bean curd tofu
  - bacon flavoured TVP strips
  - Cheatin' meats (eg ham, chicken)
  - Quorn

Table A1

**Summary of fruit, vegetable, and fruit and vegetable variables**

| Variable   | Included foods  | Excluded foods   |
|--|---|--|
| <b>Fruit</b>   |   |  |
| (1) Fruit  | Apples and pears<br>Citrus fruits<br>Bananas<br>Canned fruit in juice<br>Canned fruit in syrup<br>Other fruit e.g. grapes and plums   | Fruit juice<br>Composite dishes (fruit pies)   |
| (2) Fruit including 1 portion fruit juice  | As (1) above<br>One portion of fruit juice (80g)  | Fruit juice if less than average of 80g consumed daily<br>Fruit juice in excess of 80g consumed daily<br>Composite dishes (fruit pies)   |
| (3) Fruit including all fruit juice  | As (1) above<br>All fruit juice   | Composite dishes (fruit pies)  |
| (4) Fruit including composite dishes   | As (1) above<br>Fruit pies, 45% total weight  | Fruit juice  |
| (5) Fruit including composite dishes and 1 portion fruit juice   | As (2) above<br>Fruit pies, 45% total weight  | Fruit juice if less than average of 80g consumed daily<br>Fruit juice in excess of 80g consumed daily  |
| (6) Fruit including composite dishes and all fruit juice   | As (3) above<br>Fruit pies, 45% total weight  |  |
| <b>Vegetables</b>  |   |  |
| (7) Vegetables   | Raw carrots<br>Raw tomatoes<br>Other raw and salad vegetables<br>Peas<br>Green beans<br>Leafy green vegetables<br>Carrots – not raw<br>Tomatoes – not raw<br>Other vegetables | From other vegetables*:<br>Green bananas<br>Yam<br>Plantain<br>Soya mince<br>Soya bean curd tofu<br>Bacon flavoured TVP strips<br>Cheatin' meats (eg ham)<br>Quorn<br>Baked beans<br>Pulses (from peas and other vegetables) |
| (8) Vegetables including 1 portion baked beans and other pulses  | As (7) above<br>One portion of baked beans and other pulses   | Baked beans and other pulses if less than average of 80g consumed daily<br>Baked beans and other pulses in excess of 80g consumed daily<br>Composite dishes (vegetable dishes)   |
| (9) Vegetables including all baked beans and other pulses  | As (7) above<br>All baked beans and other pulses  | Composite dishes (vegetable dishes)  |
| (10) Vegetables including composite dishes   | As (7) above<br>Vegetable dishes, 40% total weight  | Baked beans<br>Pulses  |
| (11) Vegetables including composite dishes and 1 portion baked beans and other pulses                              | As (8) above<br>Vegetable dishes, 40% total weight  | Baked beans and other pulses if less than average of 80g consumed daily<br>Baked beans and other pulses in excess of 80g consumed daily  |
| (12) Vegetables including composite dishes and all baked beans and other pulses                                    | As (9) above<br>Vegetable dishes, 40% total weight  |  |
| <b>Fruit and vegetables</b>  |   |  |
| (13) Fruit and vegetables  | (1) and (7) above combined  | As for (1) and (7) above   |
| (14) Fruit and vegetables including 1 portion fruit juice and/or baked beans and other pulses                      | (2) and (8) above combined  | As for (2) and (8) above   |
| (15) Fruit and vegetables including all fruit juice and baked beans and other pulses                               | (3) and (9) above combined  | As for (3) and (9) above   |
| (16) Fruit and vegetables including composite dishes   | (4) and (10) above combined   | As for (4) and (10) above  |
| (17) Fruit and vegetables including composite dishes and 1 portion fruit juice and/or baked beans and other pulses | (5) and (11) above combined   | As for (5) and (11) above  |
| (18) Fruit and vegetables including composite dishes and all fruit juice and baked beans and other pulses          | (6) and (12) above combined   | As for (6) and (12) above  |

Note: \* These items were excluded from all derivations of vegetable intake.



Table A2(a)

**Average daily amount (grams) of fruit and vegetables consumed by age of respondent: men, including non-consumers**

| Fruit and vegetables  | All men aged (years): |            |       |            |       |            |       |            | All men |            |
|---|-----------------------|------------|-------|------------|-------|------------|-------|------------|---------|------------|
|   | 19–24                 |            | 25–34 |            | 35–49 |            | 50–64 |            | Mean    | sd         |
|   | Mean                  | sd         | Mean  | sd         | Mean  | sd         | Mean  | sd         |         |            |
|   | g                     | g          | g     | g          | g     | g          | g     | g          | g       | g          |
| <b>Excluding composite dishes:</b>  |                       |            |       |            |       |            |       |            |         |            |
| Fruit, no fruit juice   | 27                    | 42         | 61    | 76         | 99    | 110        | 122   | 123        | 87      | 105        |
| Fruit including one portion fruit juice   | 38                    | 58         | 76    | 89         | 118   | 122        | 143   | 137        | 104     | 118        |
| Fruit including all fruit juice   | 65                    | 110        | 98    | 113        | 155   | 165        | 177   | 170        | 135     | 153        |
| Vegetables, no baked beans/pulses   | 53                    | 42         | 85    | 65         | 102   | 62         | 136   | 76         | 102     | 71         |
| Vegetables including one portion baked beans and other pulses   | 62                    | 47         | 88    | 65         | 108   | 66         | 138   | 77         | 106     | 72         |
| Vegetables including all baked beans and other pulses   | 88                    | 69         | 105   | 68         | 125   | 70         | 151   | 78         | 123     | 75         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 80                    | 70         | 146   | 113        | 202   | 133        | 258   | 162        | 188     | 144        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 102                   | 83         | 164   | 125        | 228   | 146        | 282   | 174        | 211     | 156        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 153                   | 133        | 203   | 151        | 280   | 185        | 328   | 205        | 258     | 188        |
| <b>Including composite dishes*:</b>   |                       |            |       |            |       |            |       |            |         |            |
| Fruit, no fruit juice   | 28                    | 42         | 62    | 77         | 100   | 110        | 124   | 123        | 88      | 106        |
| Fruit including one portion fruit juice   | 38                    | 58         | 78    | 90         | 120   | 122        | 146   | 137        | 106     | 119        |
| Fruit including all fruit juice   | 65                    | 110        | 99    | 114        | 157   | 165        | 180   | 170        | 137     | 154        |
| Vegetables, no baked beans/pulses   | 56                    | 42         | 92    | 67         | 109   | 65         | 140   | 78         | 107     | 72         |
| Vegetables including one portion baked beans and other pulses   | 65                    | 48         | 94    | 67         | 115   | 69         | 142   | 78         | 111     | 74         |
| Vegetables including all baked beans and other pulses   | 91                    | 70         | 111   | 69         | 132   | 72         | 155   | 79         | 128     | 76         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 84                    | 70         | 154   | 116        | 210   | 136        | 264   | 165        | 195     | 147        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 105                   | 82         | 172   | 128        | 236   | 150        | 288   | 177        | 218     | 159        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 156                   | 134        | 211   | 155        | 288   | 189        | 335   | 208        | 265     | 191        |
| <b>Base = number of respondents</b>   |                       | <b>108</b> |       | <b>219</b> |       | <b>253</b> |       | <b>253</b> |         | <b>833</b> |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A2(b)

**Average daily amount (grams) of fruit and vegetables consumed by age of respondent: women, including non-consumers**

Grams

| Fruit and vegetables  | All women aged (years): |            |       |            |       |            |       |            | All women |            |
|---|-------------------------|------------|-------|------------|-------|------------|-------|------------|-----------|------------|
|   | 19–24                   |            | 25–34 |            | 35–49 |            | 50–64 |            | Mean      | sd         |
|   | Mean                    | sd         | Mean  | sd         | Mean  | sd         | Mean  | sd         |           |            |
|   | g                       | g          | g     | g          | g     | g          | g     | g          | g         | g          |
| <b>Excluding composite dishes:</b>  |                         |            |       |            |       |            |       |            |           |            |
| Fruit, no fruit juice   | 54                      | 67         | 74    | 88         | 98    | 105        | 151   | 136        | 103       | 113        |
| Fruit including one portion fruit juice   | 73                      | 81         | 90    | 97         | 114   | 114        | 171   | 140        | 120       | 120        |
| Fruit including all fruit juice   | 104                     | 110        | 120   | 120        | 141   | 141        | 203   | 167        | 150       | 146        |
| Vegetables, no baked beans/pulses   | 62                      | 46         | 87    | 68         | 104   | 69         | 120   | 67         | 100       | 68         |
| Vegetables including one portion baked beans and other pulses   | 63                      | 46         | 89    | 68         | 105   | 70         | 121   | 68         | 101       | 69         |
| Vegetables including all baked beans and other pulses   | 75                      | 52         | 103   | 69         | 117   | 72         | 130   | 68         | 113       | 70         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 116                     | 94         | 162   | 127        | 202   | 147        | 272   | 170        | 203       | 153        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 136                     | 106        | 182   | 135        | 220   | 155        | 294   | 173        | 222       | 160        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 179                     | 134        | 223   | 153        | 258   | 178        | 333   | 198        | 262       | 181        |
| <b>Including composite dishes*:</b>   |                         |            |       |            |       |            |       |            |           |            |
| Fruit, no fruit juice   | 54                      | 67         | 75    | 88         | 99    | 104        | 153   | 136        | 104       | 113        |
| Fruit including one portion fruit juice   | 73                      | 81         | 91    | 97         | 115   | 114        | 172   | 140        | 121       | 121        |
| Fruit including all fruit juice   | 105                     | 110        | 120   | 120        | 142   | 141        | 204   | 168        | 151       | 146        |
| Vegetables, no baked beans/pulses   | 67                      | 47         | 98    | 70         | 112   | 72         | 125   | 70         | 107       | 71         |
| Vegetables including one portion baked beans and other pulses   | 68                      | 48         | 99    | 71         | 114   | 73         | 126   | 71         | 109       | 71         |
| Vegetables including all baked beans and other pulses   | 81                      | 52         | 114   | 73         | 125   | 75         | 135   | 71         | 120       | 73         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 122                     | 94         | 173   | 129        | 211   | 149        | 278   | 173        | 211       | 155        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 142                     | 106        | 193   | 137        | 229   | 158        | 300   | 176        | 231       | 162        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 185                     | 133        | 234   | 155        | 267   | 181        | 340   | 201        | 271       | 184        |
| <b>Base = number of respondents</b>   |                         | <b>104</b> |       | <b>210</b> |       | <b>318</b> |       | <b>259</b> |           | <b>891</b> |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A3(a)

**Average daily amount (grams) of fruit and vegetables consumed by age of respondent: men consumers**

| Fruit and vegetables  | Men consumers aged (years): |        |             |       |        |             |       |        |             |
|---|-----------------------------|--------|-------------|-------|--------|-------------|-------|--------|-------------|
|   | 19–24                       |        |             | 25–34 |        |             | 35–49 |        |             |
|   | Mean                        | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers |
|   | g                           | g      |             | g     | g      |             | g     | g      |             |
| <b>Excluding composite dishes:</b>  |                             |        |             |       |        |             |       |        |             |
| Fruit, no fruit juice   | 58                          | 48     | 46          | 90    | 68     | 68          | 119   | 92     | 83          |
| Fruit including one portion fruit juice   | 72                          | 57     | 53          | 108   | 80     | 71          | 141   | 107    | 84          |
| Fruit including all fruit juice   | 110                         | 74     | 59          | 124   | 86     | 79          | 180   | 132    | 86          |
| Vegetables, no baked beans/pulses   | 58                          | 47     | 93          | 87    | 76     | 98          | 103   | 93     | 100         |
| Vegetables including one portion baked beans and other pulses   | 67                          | 60     | 93          | 90    | 78     | 98          | 109   | 96     | 100         |
| Vegetables including all baked beans and other pulses   | 91                          | 82     | 96          | 106   | 98     | 99          | 125   | 111    | 100         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 87                          | 65     | 93          | 149   | 130    | 99          | 202   | 178    | 100         |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 108                         | 111    | 94          | 166   | 142    | 99          | 228   | 201    | 100         |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 158                         | 127    | 96          | 204   | 165    | 100         | 281   | 247    | 100         |
| <b>Including composite dishes*:</b>   |                             |        |             |       |        |             |       |        |             |
| Fruit, no fruit juice   | 57                          | 48     | 49          | 87    | 63     | 72          | 120   | 91     | 84          |
| Fruit including one portion fruit juice   | 70                          | 56     | 56          | 106   | 80     | 74          | 141   | 109    | 85          |
| Fruit including all fruit juice   | 107                         | 59     | 61          | 125   | 85     | 79          | 181   | 133    | 87          |
| Vegetables, no baked beans/pulses   | 61                          | 53     | 93          | 94    | 83     | 98          | 109   | 97     | 100         |
| Vegetables including one portion baked beans and other pulses   | 70                          | 67     | 93          | 96    | 86     | 98          | 115   | 102    | 100         |
| Vegetables including all baked beans and other pulses   | 94                          | 87     | 96          | 113   | 101    | 99          | 132   | 118    | 100         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 90                          | 68     | 93          | 156   | 134    | 99          | 210   | 186    | 100         |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 112                         | 111    | 94          | 174   | 150    | 99          | 236   | 208    | 100         |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 162                         | 138    | 96          | 212   | 173    | 100         | 289   | 247    | 100         |
| <b>Base = number of respondents</b>   |                             |        | 108         |       |        | 219         |       |        | 253         |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Grams and percentages

| <b>All men</b> |        |                       |      |        |                       |  |
|----------------|--------|-----------------------|------|--------|-----------------------|--|
| 50-64          |        |                       |      |        |                       |  |
| Mean           | Median | %<br><i>consumers</i> | Mean | Median | %<br><i>consumers</i> |  |
| g              | g      |                       | g    | g      |                       |  |
| 141            | 120    | 87                    | 115  | 84     | 75                    | <b>Excluding composite dishes:</b>   |
| 163            | 137    | 88                    | 134  | 98     | 78                    | Fruit, no fruit juice  |
| 201            | 155    | 88                    | 166  | 122    | 81                    | Fruit including one portion fruit juice  |
| 137            | 124    | 99                    | 104  | 90     | 98                    | Fruit including all fruit juice  |
|                |        |                       |      |        |                       | Vegetables, no baked beans/pulses  |
| 139            | 125    | 99                    | 108  | 94     | 98                    | Vegetables including one portion baked beans<br>and other pulses   |
| 152            | 140    | 100                   | 124  | 113    | 99                    | Vegetables including all baked beans and other pulses  |
| 260            | 234    | 99                    | 192  | 155    | 98                    | Fruit and vegetables, no fruit juice or<br>baked beans/pulses  |
| 283            | 264    | 100                   | 214  | 175    | 99                    | Fruit and vegetables (including one portion fruit juice,<br>and/or one portion baked beans and other pulses) |
| 329            | 295    | 100                   | 260  | 215    | 99                    | Fruit and vegetables (including all fruit juice<br>and all baked beans and other pulses)                     |
|                |        |                       |      |        |                       | <b>Including composite dishes*:</b>  |
| 142            | 120    | 88                    | 114  | 83     | 77                    | Fruit, no fruit juice  |
| 164            | 137    | 88                    | 134  | 98     | 79                    | Fruit including one portion fruit juice  |
| 202            | 158    | 89                    | 166  | 123    | 82                    | Fruit including all fruit juice  |
| 142            | 128    | 99                    | 109  | 94     | 98                    | Vegetables, no baked beans/pulses  |
| 143            | 128    | 99                    | 113  | 98     | 98                    | Vegetables including one portion baked beans<br>and other pulses   |
| 156            | 144    | 100                   | 130  | 119    | 99                    | Vegetables including all baked beans<br>and other pulses   |
| 266            | 237    | 99                    | 198  | 162    | 98                    | Fruit and vegetables, no fruit juice or<br>baked beans/pulses  |
| 290            | 271    | 100                   | 221  | 180    | 99                    | Fruit and vegetables (including one portion fruit juice,<br>and/or one portion baked beans and other pulses) |
| 336            | 305    | 100                   | 267  | 219    | 99                    | Fruit and vegetables (including all fruit juice<br>and all baked beans and other pulses)                     |
|                |        | 253                   |      |        | 833                   | <b>Base = number of respondents</b>  |

Table A3(b)

**Average daily amount (grams) of fruit and vegetables consumed by age of respondent: women consumers**

| Fruit and vegetables  | Women consumers aged (years): |        |             |       |        |             |       |        |             |
|---|-------------------------------|--------|-------------|-------|--------|-------------|-------|--------|-------------|
|   | 19–24                         |        |             | 25–34 |        |             | 35–49 |        |             |
|   | Mean                          | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers |
|   | g                             | g      |             | g     | g      |             | g     | g      |             |
| <b>Excluding composite dishes:</b>  |                               |        |             |       |        |             |       |        |             |
| Fruit, no fruit juice   | 79                            | 58     | 69          | 93    | 63     | 80          | 122   | 93     | 80          |
| Fruit including one portion fruit juice   | 101                           | 82     | 73          | 110   | 84     | 82          | 139   | 112    | 82          |
| Fruit including all fruit juice   | 131                           | 98     | 80          | 137   | 97     | 87          | 167   | 141    | 84          |
| Vegetables, no baked beans/pulses   | 66                            | 51     | 94          | 90    | 72     | 97          | 106   | 95     | 98          |
| Vegetables including one portion baked beans and other pulses   | 67                            | 53     | 94          | 92    | 78     | 97          | 107   | 95     | 98          |
| Vegetables including all baked beans and other pulses   | 78                            | 63     | 96          | 105   | 90     | 99          | 119   | 108    | 98          |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 121                           | 99     | 96          | 164   | 129    | 99          | 204   | 170    | 99          |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 140                           | 109    | 97          | 185   | 163    | 99          | 222   | 185    | 99          |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 181                           | 135    | 99          | 225   | 191    | 100         | 260   | 218    | 99          |
| <b>Including composite dishes*:</b>   |                               |        |             |       |        |             |       |        |             |
| Fruit, no fruit juice   | 78                            | 57     | 70          | 92    | 65     | 81          | 122   | 91     | 81          |
| Fruit including one portion fruit juice   | 101                           | 86     | 73          | 110   | 84     | 83          | 138   | 111    | 83          |
| Fruit including all fruit juice   | 132                           | 98     | 80          | 138   | 97     | 88          | 167   | 140    | 85          |
| Vegetables, no baked beans/pulses   | 70                            | 58     | 97          | 100   | 86     | 98          | 114   | 105    | 99          |
| Vegetables including one portion baked beans and other pulses   | 71                            | 64     | 97          | 102   | 88     | 98          | 115   | 106    | 99          |
| Vegetables including all baked beans and other pulses   | 82                            | 70     | 98          | 115   | 103    | 99          | 126   | 115    | 99          |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 126                           | 105    | 97          | 175   | 144    | 99          | 213   | 175    | 99          |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 145                           | 126    | 98          | 195   | 169    | 99          | 231   | 195    | 99          |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 187                           | 166    | 99          | 234   | 202    | 100         | 269   | 227    | 99          |
| <b>Base = number of respondents</b>   |                               |        | <b>104</b>  |       |        | <b>210</b>  |       |        | <b>318</b>  |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Grams and percentages

| <b>All women</b> |        |                       |      |        |                       |  |
|------------------|--------|-----------------------|------|--------|-----------------------|--|
| <b>50-64</b>     |        |                       |      |        |                       |  |
| Mean             | Median | %<br><i>consumers</i> | Mean | Median | %<br><i>consumers</i> |  |
| g                | g      |                       | g    | g      |                       |  |
| 163              | 136    | 93                    | 124  | 90     | 83                    | <b>Excluding composite dishes:</b>   |
| 181              | 145    | 94                    | 142  | 114    | 85                    | Fruit, no fruit juice  |
| 213              | 173    | 95                    | 171  | 133    | 88                    | Fruit including one portion fruit juice  |
| 121              | 112    | 99                    | 102  | 91     | 98                    | Fruit including all fruit juice  |
|                  |        |                       |      |        |                       | Vegetables, no baked beans/pulses  |
| 122              | 112    | 99                    | 103  | 93     | 98                    | Vegetables including one portion baked beans<br>and other pulses   |
| 131              | 129    | 100                   | 114  | 105    | 98                    | Vegetables including all baked beans and other pulses  |
| 272              | 237    | 100                   | 205  | 170    | 99                    | Fruit and vegetables, no fruit juice or<br>baked beans/pulses  |
| 294              | 263    | 100                   | 225  | 187    | 99                    | Fruit and vegetables (including one portion fruit juice,<br>and/or one portion baked beans and other pulses) |
| 334              | 299    | 100                   | 264  | 223    | 99                    | Fruit and vegetables (including all fruit juice<br>and all baked beans and other pulses)                     |
|                  |        |                       |      |        |                       | <b>Including composite dishes*:</b>  |
| 164              | 135    | 93                    | 124  | 90     | 84                    | Fruit, no fruit juice  |
| 182              | 152    | 95                    | 142  | 113    | 85                    | Fruit including one portion fruit juice  |
| 214              | 180    | 95                    | 171  | 133    | 88                    | Fruit including all fruit juice  |
| 126              | 121    | 99                    | 109  | 98     | 98                    | Vegetables, no baked beans/pulses  |
| 127              | 121    | 99                    | 110  | 99     | 98                    | Vegetables including one portion baked beans<br>and other pulses   |
| 136              | 133    | 100                   | 121  | 110    | 99                    | Vegetables including all baked beans<br>and other pulses   |
| 279              | 244    | 100                   | 213  | 173    | 99                    | Fruit and vegetables, no fruit juice or<br>baked beans/pulses  |
| 301              | 265    | 100                   | 233  | 196    | 99                    | Fruit and vegetables (including one portion fruit juice,<br>and/or one portion baked beans and other pulses) |
| 340              | 306    | 100                   | 272  | 230    | 100                   | Fruit and vegetables (including all fruit juice<br>and all baked beans and other pulses)                     |
|                  |        | 259                   |      |        | 891                   | <b>Base = number of respondents</b>  |

Table A4(a)

**Average daily amount (grams) of fruit and vegetables consumed by region: men, including non-consumers**

| Fruit and vegetables  | Region   |           |          |            |                               |            |                           |            | Grams |
|---|----------|-----------|----------|------------|-------------------------------|------------|---------------------------|------------|-------|
|   | Scotland |           | Northern |            | Central, South West and Wales |            | London and the South East |            |       |
|   | Mean     | sd        | Mean     | sd         | Mean                          | sd         | Mean                      | sd         |       |
|   | g        | g         | g        | g          | g                             | g          | g                         | g          | g     |
| <b>Excluding composite dishes:</b>  |          |           |          |            |                               |            |                           |            |       |
| Fruit, no fruit juice   | 109      | 129       | 79       | 97         | 80                            | 101        | 97                        | 109        |       |
| Fruit including one portion fruit juice   | 126      | 143       | 96       | 110        | 95                            | 115        | 118                       | 121        |       |
| Fruit including all fruit juice   | 156      | 172       | 120      | 146        | 120                           | 143        | 162                       | 164        |       |
| Vegetables, no baked beans/pulses   | 102      | 89        | 98       | 69         | 100                           | 66         | 107                       | 73         |       |
| Vegetables including one portion baked beans and other pulses   | 103      | 89        | 102      | 71         | 106                           | 68         | 110                       | 74         |       |
| Vegetables including all baked beans and other pulses   | 116      | 87        | 120      | 74         | 124                           | 73         | 126                       | 76         |       |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 211      | 176       | 177      | 134        | 180                           | 138        | 204                       | 151        |       |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 229      | 188       | 201      | 149        | 202                           | 148        | 228                       | 162        |       |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 272      | 215       | 240      | 185        | 245                           | 175        | 288                       | 195        |       |
| <b>Including composite dishes*:</b>   |          |           |          |            |                               |            |                           |            |       |
| Fruit, no fruit juice   | 111      | 131       | 80       | 97         | 81                            | 102        | 98                        | 109        |       |
| Fruit including one portion fruit juice   | 127      | 145       | 97       | 110        | 97                            | 115        | 120                       | 122        |       |
| Fruit including all fruit juice   | 157      | 174       | 121      | 146        | 122                           | 143        | 164                       | 164        |       |
| Vegetables, no baked beans/pulses   | 105      | 88        | 102      | 69         | 104                           | 68         | 116                       | 75         |       |
| Vegetables including one portion baked beans and other pulses   | 106      | 88        | 106      | 71         | 110                           | 70         | 119                       | 76         |       |
| Vegetables including all baked beans and other pulses   | 119      | 86        | 124      | 74         | 128                           | 74         | 135                       | 79         |       |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 216      | 176       | 182      | 136        | 185                           | 141        | 215                       | 154        |       |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 234      | 189       | 206      | 151        | 207                           | 151        | 239                       | 166        |       |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 276      | 216       | 246      | 186        | 250                           | 178        | 299                       | 200        |       |
| <b>Base = number of respondents</b>   |          | <b>65</b> |          | <b>234</b> |                               | <b>294</b> |                           | <b>240</b> |       |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.



Table A4(b)

**Average daily amount (grams) of fruit and vegetables consumed by region: women, including non-consumers**

Grams

| Fruit and vegetables  | Region   |           |          |            |                               |            |                           |            |
|---|----------|-----------|----------|------------|-------------------------------|------------|---------------------------|------------|
|   | Scotland |           | Northern |            | Central, South West and Wales |            | London and the South East |            |
|   | Mean     | sd        | Mean     | sd         | Mean                          | sd         | Mean                      | sd         |
|   | g        | g         | g        | g          | g                             | g          | g                         | g          |
| <b>Excluding composite dishes:</b>  |          |           |          |            |                               |            |                           |            |
| Fruit, no fruit juice   | 121      | 110       | 98       | 124        | 97                            | 99         | 110                       | 118        |
| Fruit including one portion fruit juice   | 145      | 126       | 113      | 132        | 114                           | 110        | 128                       | 121        |
| Fruit including all fruit juice   | 191      | 178       | 136      | 147        | 142                           | 137        | 160                       | 144        |
| Vegetables, no baked beans/pulses   | 84       | 60        | 96       | 66         | 99                            | 66         | 108                       | 72         |
| Vegetables including one portion baked beans and other pulses   | 85       | 60        | 97       | 67         | 101                           | 67         | 109                       | 74         |
| Vegetables including all baked beans and other pulses   | 94       | 60        | 110      | 68         | 113                           | 69         | 120                       | 75         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 205      | 142       | 194      | 161        | 196                           | 142        | 218                       | 162        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 232      | 158       | 212      | 169        | 215                           | 149        | 238                       | 165        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 285      | 206       | 245      | 182        | 255                           | 172        | 280                       | 184        |
| <b>Including composite dishes*:</b>   |          |           |          |            |                               |            |                           |            |
| Fruit, no fruit juice   | 121      | 110       | 99       | 124        | 98                            | 100        | 111                       | 118        |
| Fruit including one portion fruit juice   | 145      | 126       | 114      | 132        | 114                           | 110        | 129                       | 121        |
| Fruit including all fruit juice   | 192      | 178       | 137      | 148        | 143                           | 137        | 161                       | 144        |
| Vegetables, no baked beans/pulses   | 88       | 59        | 100      | 68         | 105                           | 69         | 121                       | 75         |
| Vegetables including one portion baked beans and other pulses   | 89       | 59        | 101      | 69         | 107                           | 70         | 122                       | 76         |
| Vegetables including all baked beans and other pulses   | 98       | 59        | 114      | 70         | 119                           | 72         | 132                       | 78         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 210      | 143       | 199      | 163        | 203                           | 144        | 231                       | 164        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 236      | 159       | 218      | 170        | 222                           | 152        | 252                       | 166        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 289      | 206       | 251      | 184        | 262                           | 175        | 293                       | 186        |
| <b>Base = number of respondents</b>   |          | <b>66</b> |          | <b>229</b> |                               | <b>327</b> |                           | <b>268</b> |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A5(a)

**Average daily amount (grams) of fruit and vegetables consumed by region: men consumers**

Grams and percentages

| Fruit and vegetables  | Region   |        |             |          |        |             |                               |        |             |                           |        |             |
|---|----------|--------|-------------|----------|--------|-------------|-------------------------------|--------|-------------|---------------------------|--------|-------------|
|   | Scotland |        |             | Northern |        |             | Central, South West and Wales |        |             | London and the South East |        |             |
|   | Mean     | Median | % consumers | Mean     | Median | % consumers | Mean                          | Median | % consumers | Mean                      | Median | % consumers |
|   | g        | g      |             | g        | g      |             | g                             | g      |             | g                         | g      |             |
| <b>Excluding composite dishes:</b>  |          |        |             |          |        |             |                               |        |             |                           |        |             |
| Fruit, no fruit juice   | 128      | 97     | 86          | 109      | 73     | 73          | 110                           | 78     | 72          | 122                       | 93     | 79          |
| Fruit including one portion fruit juice   | 148      | 111    | 86          | 128      | 92     | 75          | 129                           | 89     | 74          | 143                       | 111    | 82          |
| Fruit including all fruit juice   | 181      | 133    | 86          | 152      | 98     | 79          | 154                           | 115    | 78          | 188                       | 141    | 86          |
| Vegetables, no baked beans/pulses   | 102      | 81     | 100         | 101      | 92     | 97          | 102                           | 88     | 98          | 109                       | 94     | 98          |
| Vegetables including one portion baked beans and other pulses   | 103      | 81     | 100         | 105      | 95     | 97          | 108                           | 94     | 99          | 112                       | 99     | 98          |
| Vegetables including all baked beans and other pulses   | 116      | 94     | 100         | 121      | 114    | 100         | 126                           | 114    | 99          | 128                       | 118    | 99          |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 211      | 158    | 100         | 181      | 143    | 98          | 183                           | 146    | 98          | 206                       | 179    | 99          |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 229      | 188    | 100         | 204      | 161    | 98          | 204                           | 170    | 99          | 232                       | 205    | 99          |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 272      | 218    | 100         | 242      | 190    | 100         | 247                           | 211    | 99          | 291                       | 254    | 99          |
| <b>Including composite dishes*:</b>   |          |        |             |          |        |             |                               |        |             |                           |        |             |
| Fruit, no fruit juice   | 126      | 90     | 88          | 106      | 73     | 76          | 109                           | 76     | 74          | 123                       | 91     | 80          |
| Fruit including one portion fruit juice   | 146      | 110    | 88          | 125      | 90     | 78          | 129                           | 92     | 75          | 144                       | 117    | 83          |
| Fruit including all fruit juice   | 178      | 132    | 89          | 151      | 97     | 81          | 154                           | 113    | 79          | 190                       | 143    | 86          |
| Vegetables, no baked beans/pulses   | 105      | 83     | 100         | 105      | 96     | 97          | 106                           | 90     | 98          | 119                       | 103    | 98          |
| Vegetables including one portion baked beans and other pulses   | 106      | 83     | 100         | 110      | 97     | 97          | 111                           | 100    | 99          | 122                       | 108    | 98          |
| Vegetables including all baked beans and other pulses   | 119      | 97     | 100         | 125      | 120    | 100         | 129                           | 119    | 99          | 137                       | 124    | 99          |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 216      | 166    | 100         | 187      | 156    | 98          | 188                           | 150    | 98          | 218                       | 192    | 99          |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 234      | 192    | 100         | 210      | 169    | 98          | 209                           | 172    | 99          | 243                       | 211    | 99          |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 276      | 218    | 100         | 247      | 197    | 100         | 252                           | 213    | 99          | 302                       | 266    | 99          |
| <b>Base = number of respondents</b>   |          |        | 65          |          |        | 234         |                               |        | 294         |                           |        | 240         |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A5(b)

**Average daily amount (grams) of fruit and vegetables consumed by region: women consumers**

Grams and percentages

| Fruit and vegetables  | Region   |        |             |          |        |             |                               |        |             |                           |        |             |
|---|----------|--------|-------------|----------|--------|-------------|-------------------------------|--------|-------------|---------------------------|--------|-------------|
|   | Scotland |        |             | Northern |        |             | Central, South West and Wales |        |             | London and the South East |        |             |
|   | Mean     | Median | % consumers | Mean     | Median | % consumers | Mean                          | Median | % consumers | Mean                      | Median | % consumers |
|   | g        | g      |             | g        | g      |             | g                             | g      |             | g                         | g      |             |
| <b>Excluding composite dishes:</b>  |          |        |             |          |        |             |                               |        |             |                           |        |             |
| Fruit, no fruit juice   | 135      | 93     | 89          | 126      | 88     | 78          | 114                           | 82     | 85          | 132                       | 109    | 83          |
| Fruit including one portion fruit juice   | 162      | 139    | 89          | 144      | 99     | 79          | 131                           | 103    | 86          | 149                       | 129    | 86          |
| Fruit including all fruit juice   | 208      | 158    | 91          | 164      | 117    | 83          | 160                           | 117    | 89          | 180                       | 154    | 89          |
| Vegetables, no baked beans/pulses   | 86       | 78     | 97          | 99       | 90     | 97          | 101                           | 88     | 98          | 110                       | 101    | 98          |
| Vegetables including one portion baked beans and other pulses   | 87       | 79     | 97          | 100      | 90     | 97          | 102                           | 90     | 98          | 112                       | 101    | 98          |
| Vegetables including all baked beans and other pulses   | 95       | 92     | 98          | 111      | 100    | 99          | 115                           | 105    | 98          | 122                       | 112    | 98          |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 210      | 175    | 97          | 198      | 155    | 98          | 198                           | 166    | 99          | 219                       | 188    | 100         |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 237      | 212    | 97          | 216      | 171    | 98          | 217                           | 176    | 99          | 240                       | 216    | 100         |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 288      | 224    | 98          | 247      | 197    | 100         | 257                           | 215    | 99          | 282                       | 259    | 100         |
| <b>Including composite dishes*:</b>   |          |        |             |          |        |             |                               |        |             |                           |        |             |
| Fruit, no fruit juice   | 134      | 93     | 89          | 126      | 86     | 79          | 115                           | 83     | 85          | 131                       | 108    | 84          |
| Fruit including one portion fruit juice   | 161      | 139    | 89          | 144      | 100    | 80          | 132                           | 102    | 87          | 148                       | 129    | 87          |
| Fruit including all fruit juice   | 207      | 157    | 92          | 164      | 116    | 83          | 160                           | 116    | 90          | 181                       | 154    | 89          |
| Vegetables, no baked beans/pulses   | 89       | 79     | 98          | 103      | 91     | 97          | 107                           | 95     | 98          | 121                       | 107    | 100         |
| Vegetables including one portion baked beans and other pulses   | 90       | 81     | 98          | 104      | 92     | 97          | 109                           | 98     | 98          | 122                       | 107    | 100         |
| Vegetables including all baked beans and other pulses   | 99       | 95     | 98          | 115      | 102    | 100         | 121                           | 109    | 98          | 133                       | 118    | 100         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 212      | 170    | 98          | 202      | 159    | 99          | 206                           | 170    | 99          | 232                       | 196    | 100         |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 239      | 214    | 98          | 221      | 175    | 99          | 224                           | 183    | 99          | 252                       | 232    | 100         |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 292      | 225    | 98          | 251      | 203    | 100         | 264                           | 225    | 99          | 294                       | 270    | 100         |
| <b>Base = number of respondents</b>   |          |        | 66          |          |        | 229         |                               |        | 327         |                           |        | 268         |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A6(a)

**Average daily amount (grams) of fruit and vegetables consumed by whether someone in respondent's household was receiving certain benefits: men, including non-consumers**

| Fruit and vegetables  | Whether receiving benefits |            |                        |            |
|---|----------------------------|------------|------------------------|------------|
|   | Receiving benefits         |            | Not receiving benefits |            |
|   | Mean                       | sd         | Mean                   | sd         |
|   | g                          | g          | g                      | g          |
| <b>Excluding composite dishes:</b>  |                            |            |                        |            |
| Fruit, no fruit juice   | 57                         | 95         | 91                     | 106        |
| Fruit including one portion fruit juice   | 70                         | 107        | 110                    | 119        |
| Fruit including all fruit juice   | 84                         | 126        | 143                    | 156        |
| Vegetables, no baked beans/pulses   | 87                         | 65         | 104                    | 71         |
| Vegetables including one portion baked beans and other pulses   | 91                         | 66         | 108                    | 73         |
| Vegetables including all baked beans and other pulses   | 109                        | 71         | 125                    | 76         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 144                        | 143        | 195                    | 143        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 163                        | 155        | 219                    | 155        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 194                        | 171        | 268                    | 188        |
| <b>Including composite dishes*:</b>   |                            |            |                        |            |
| Fruit, no fruit juice   | 58                         | 96         | 93                     | 106        |
| Fruit including one portion fruit juice   | 71                         | 108        | 111                    | 120        |
| Fruit including all fruit juice   | 85                         | 127        | 145                    | 156        |
| Vegetables, no baked beans/pulses   | 91                         | 67         | 109                    | 73         |
| Vegetables including one portion baked beans and other pulses   | 95                         | 68         | 114                    | 74         |
| Vegetables including all baked beans and other pulses   | 113                        | 72         | 130                    | 77         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 150                        | 144        | 202                    | 146        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 168                        | 158        | 226                    | 158        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 199                        | 173        | 275                    | 192        |
| <b>Base = number of respondents</b>   |                            | <b>110</b> |                        | <b>723</b> |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A6(b)

**Average daily amount (grams) of fruit and vegetables consumed by whether someone in respondent's household was receiving certain benefits: women, including non-consumers**

Grams

| Fruit and vegetables  | Whether receiving benefits |            |                        |            |
|---|----------------------------|------------|------------------------|------------|
|   | Receiving benefits         |            | Not receiving benefits |            |
|   | Mean                       | sd         | Mean                   | sd         |
|   | g                          | g          | g                      | g          |
| <b>Excluding composite dishes:</b>  |                            |            |                        |            |
| Fruit, no fruit juice   | 60                         | 104        | 112                    | 113        |
| Fruit including one portion fruit juice   | 74                         | 112        | 129                    | 120        |
| Fruit including all fruit juice   | 108                        | 156        | 158                    | 142        |
| Vegetables, no baked beans/pulses   | 67                         | 53         | 106                    | 69         |
| Vegetables including one portion baked beans and other pulses   | 69                         | 55         | 108                    | 70         |
| Vegetables including all baked beans and other pulses   | 81                         | 57         | 119                    | 71         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 128                        | 128        | 218                    | 154        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 144                        | 136        | 238                    | 160        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 188                        | 177        | 277                    | 179        |
| <b>Including composite dishes*:</b>   |                            |            |                        |            |
| Fruit, no fruit juice   | 61                         | 104        | 112                    | 113        |
| Fruit including one portion fruit juice   | 75                         | 112        | 130                    | 120        |
| Fruit including all fruit juice   | 108                        | 156        | 159                    | 142        |
| Vegetables, no baked beans/pulses   | 73                         | 54         | 114                    | 72         |
| Vegetables including one portion baked beans and other pulses   | 75                         | 56         | 115                    | 72         |
| Vegetables including all baked beans and other pulses   | 86                         | 58         | 127                    | 74         |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 134                        | 129        | 227                    | 156        |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 150                        | 137        | 247                    | 162        |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 195                        | 179        | 286                    | 181        |
| <b>Base = number of respondents</b>   |                            | <b>150</b> |                        | <b>741</b> |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A7(a)

**Average daily amount (grams) of fruit and vegetables consumed by whether someone in respondent's household was receiving certain benefits: men consumers**

Grams and percentages

| Fruit and vegetables  | Whether receiving benefits |        |                |                        |        |                |
|---|----------------------------|--------|----------------|------------------------|--------|----------------|
|   | Receiving benefits         |        |                | Not receiving benefits |        |                |
|   | Mean                       | Median | %<br>consumers | Mean                   | Median | %<br>consumers |
|   | g                          | g      |                | g                      | g      |                |
| <b>Excluding composite dishes:</b>  |                            |        |                |                        |        |                |
| Fruit, no fruit juice   | 97                         | 58     | 59             | 117                    | 87     | 78             |
| Fruit including one portion fruit juice   | 110                        | 73     | 64             | 138                    | 105    | 80             |
| Fruit including all fruit juice   | 124                        | 69     | 68             | 172                    | 130    | 83             |
| Vegetables, no baked beans/pulses   | 92                         | 79     | 94             | 106                    | 91     | 98             |
| Vegetables including one portion baked beans and other pulses   | 95                         | 85     | 96             | 110                    | 96     | 98             |
| Vegetables including all baked beans and other pulses   | 110                        | 102    | 99             | 126                    | 115    | 99             |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 152                        | 112    | 95             | 197                    | 165    | 99             |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 169                        | 133    | 96             | 221                    | 186    | 99             |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 195                        | 152    | 99             | 270                    | 230    | 99             |
| <b>Including composite dishes*:</b>   |                            |        |                |                        |        |                |
| Fruit, no fruit juice   | 94                         | 54     | 62             | 116                    | 87     | 80             |
| Fruit including one portion fruit juice   | 110                        | 75     | 64             | 137                    | 106    | 81             |
| Fruit including all fruit juice   | 124                        | 74     | 68             | 171                    | 130    | 84             |
| Vegetables, no baked beans/pulses   | 96                         | 84     | 94             | 111                    | 97     | 98             |
| Vegetables including one portion baked beans and other pulses   | 99                         | 87     | 96             | 116                    | 101    | 98             |
| Vegetables including all baked beans and other pulses   | 114                        | 106    | 99             | 132                    | 121    | 99             |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 157                        | 112    | 95             | 205                    | 172    | 99             |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 174                        | 133    | 96             | 228                    | 193    | 99             |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 200                        | 154    | 99             | 277                    | 233    | 99             |
| <b>Base = number of respondents</b>   |                            |        | <b>110</b>     |                        |        | <b>723</b>     |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A7(b)

**Average daily amount (grams) of fruit and vegetables consumed by whether someone in respondent's household was receiving certain benefits: women consumers**

Grams and percentages

| Fruit and vegetables  | Whether receiving benefits |        |             |                        |        |             |
|---|----------------------------|--------|-------------|------------------------|--------|-------------|
|   | Receiving benefits         |        |             | Not receiving benefits |        |             |
|   | Mean                       | Median | % consumers | Mean                   | Median | % consumers |
|   | g                          | g      |             | g                      | g      |             |
| <b>Excluding composite dishes:</b>  |                            |        |             |                        |        |             |
| Fruit, no fruit juice   | 90                         | 48     | 67          | 130                    | 99     | 86          |
| Fruit including one portion fruit juice   | 107                        | 76     | 69          | 148                    | 119    | 88          |
| Fruit including all fruit juice   | 148                        | 89     | 73          | 175                    | 138    | 91          |
| Vegetables, no baked beans/pulses   | 73                         | 63     | 92          | 108                    | 99     | 99          |
| Vegetables including one portion baked beans and other pulses   | 75                         | 65     | 92          | 109                    | 99     | 99          |
| Vegetables including all baked beans and other pulses   | 85                         | 77     | 95          | 120                    | 110    | 99          |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 135                        | 97     | 95          | 219                    | 185    | 99          |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 152                        | 111    | 95          | 239                    | 208    | 100         |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 195                        | 140    | 97          | 278                    | 236    | 100         |
| <b>Including composite dishes*:</b>   |                            |        |             |                        |        |             |
| Fruit, no fruit juice   | 90                         | 48     | 68          | 130                    | 99     | 87          |
| Fruit including one portion fruit juice   | 107                        | 74     | 71          | 148                    | 118    | 88          |
| Fruit including all fruit juice   | 146                        | 86     | 74          | 175                    | 138    | 91          |
| Vegetables, no baked beans/pulses   | 78                         | 69     | 94          | 115                    | 104    | 99          |
| Vegetables including one portion baked beans and other pulses   | 80                         | 70     | 94          | 116                    | 106    | 99          |
| Vegetables including all baked beans and other pulses   | 89                         | 83     | 97          | 128                    | 118    | 99          |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 140                        | 103    | 96          | 228                    | 194    | 100         |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 157                        | 116    | 96          | 248                    | 220    | 100         |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 200                        | 147    | 97          | 286                    | 244    | 100         |
| <b>Base = number of respondents</b>   |                            |        | <b>150</b>  |                        |        | <b>741</b>  |

Note \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.

Table A8

**Average daily amount (grams) of fruit and vegetables consumed: consumers and all respondents**

| Fruit and vegetables  | Grams and percentages |        |             |                             |     |
|---|-----------------------|--------|-------------|-----------------------------|-----|
|   | Consumers             |        |             | All including non-consumers |     |
|   | Mean                  | Median | % consumers | Mean                        | sd  |
|   | g                     | g      |             | g                           | g   |
| <b>Excluding composite dishes:</b>  |                       |        |             |                             |     |
| Fruit, no fruit juice   | 120                   | 87     | 79          | 95                          | 109 |
| Fruit including one portion fruit juice   | 138                   | 108    | 81          | 113                         | 120 |
| Fruit including all fruit juice   | 169                   | 128    | 84          | 143                         | 150 |
| Vegetables, no baked beans/ pulses  | 103                   | 90     | 98          | 101                         | 69  |
| Vegetables including one portion baked beans and other pulses   | 106                   | 93     | 98          | 103                         | 70  |
| Vegetables including all baked beans and other pulses   | 119                   | 108    | 99          | 118                         | 73  |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 199                   | 161    | 98          | 196                         | 149 |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 220                   | 182    | 99          | 217                         | 158 |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 262                   | 219    | 99          | 260                         | 184 |
| <b>Including composite dishes*:</b>   |                       |        |             |                             |     |
| Fruit, no fruit juice   | 120                   | 87     | 81          | 96                          | 110 |
| Fruit including one portion fruit juice   | 138                   | 108    | 82          | 114                         | 120 |
| Fruit including all fruit juice   | 169                   | 129    | 85          | 144                         | 150 |
| Vegetables, no baked beans/ pulses  | 109                   | 96     | 98          | 107                         | 72  |
| Vegetables including one portion baked beans and other pulses   | 112                   | 99     | 98          | 110                         | 72  |
| Vegetables including all baked beans and other pulses   | 125                   | 114    | 99          | 124                         | 75  |
| Fruit and vegetables, no fruit juice or baked beans/pulses  | 206                   | 169    | 99          | 203                         | 152 |
| Fruit and vegetables (including one portion fruit juice, and/or one portion baked beans and other pulses) | 227                   | 189    | 99          | 225                         | 161 |
| Fruit and vegetables (including all fruit juice and all baked beans and other pulses)                     | 269                   | 225    | 99          | 268                         | 187 |
| <b>Base = number of respondents</b>   |                       |        | <b>1724</b> |                             |     |

Note: \* Composite dishes were for fruit: fruit pies, and for vegetables: vegetable dishes, including for example vegetable lasagne, cauliflower cheese and vegetable samosas.



## Appendix B Sampling errors and statistical methods

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### 1 Sampling errors

This section examines the sources of error associated with survey estimates and presents sampling errors of survey estimates, referred to as standard errors, and design factors for a number of key variables shown in this volume. It should be noted that tables showing standard errors in the main part of this volume have assumed a simple random sample design. In testing for the significance of the differences between two survey estimates, proportions or means, the standard error calculated as for a simple random sample design was multiplied by an assumed, conservative, design factor of 1.5 to allow for the complex sample design.

The estimates presented in the main part of this volume are based on data weighted to correct for differential sampling probability and for differential non-response. The sampling errors presented in this appendix were calculated after applying a weight to compensate for differential sampling probability and differential non-response. The sample was also post-stratified, so that it matched the population distribution in terms of age, sex and region<sup>1</sup>.

#### 1.1 The accuracy of survey results

Survey results are subject to various sources of error. The total error in a survey estimate is the difference between the estimate derived from the data collected and the true value for the population. It can be thought of as being comprised of random and systematic errors, and each of these two main types of error can be subdivided into error from a number of different sources.

##### 1.1.1 Random error

Random error is the part of the total error which would be expected to average zero if a number of repeats of the same survey were carried out based on different samples from the same population.

An important component of random error is sampling error, which arises because the estimate is based on a survey rather than a census of the population. The results of this or any other survey would be expected to vary from the true population values. The amount of variation depends on both the size of the sample and the sample design.

Random error may also arise from other sources such as the respondent's interpretation of the questions. As with all surveys carried out by the Social Survey Division (SSD), considerable efforts were made on this survey to minimise these effects through interviewer training and through feasibility work; however, it is likely some effects will remain that are not possible to quantify.

##### 1.1.2 Systematic error

Systematic error, or bias, applies to those sources of error that will not average to zero over a number of repeats of the survey. The category includes, for example, bias due to omission of certain parts of the population from the sampling frame, or bias due to interviewer or coder

variation. A substantial effort is put into avoiding systematic errors but it is likely that some will remain.

Non-response bias is a systematic error that is of particular concern. It occurs if non-respondents to the survey, or to particular elements of the survey, differ significantly in some respect from respondents, so that the responding sample is not representative of the total population. Non-response can be minimised by training interviewers in how to deal with potential refusals and in strategies to minimise non-contacts. However, a certain level of non-response is inevitable in any voluntary survey. The resulting bias is, however, dependent not only on the absolute level of non-response, but on the extent to which non-respondents differ from respondents in terms of the measures that the survey aims to estimate.

Although respondents were encouraged to take part in all components of the survey, some refused certain components. The Response Chapter of the Technical Report<sup>2</sup> examines the characteristics of groups responding to the different parts of the survey package. The analysis of the region, sex and age profile of respondents compared with population estimates showed evidence of some response bias. In particular, there was an under representation of men and of people aged 19 to 24 years. The data for the main part of this volume (and all subsequent volumes) were therefore weighted for differential non-response by sex, age and region.

## 1.2 Standard errors for estimates for the NDNS of adults aged 19 to 64 years

As described in Chapter 1 and Appendix D of the Technical Report<sup>2</sup>, this survey used a complex sample design, which involved both clustering and stratification. In considering the accuracy of estimates, standard errors calculated on the basis of a simple random sample design will be incorrect because of the complex sample design.

This dietary survey sample was clustered using postcode sectors as primary sampling units (PSUs). Clustering can increase standard errors if there is a lot of variation in characteristics between the PSUs, but little variation within them. By contrast, stratification tends to reduce standard errors especially where the stratification factors are correlated to the survey estimate. Stratifying the sample ensures that certain sections of the population are represented in the

sample. The main stratifier used on this survey was Standard Statistical Region (SSR). The PSUs were further stratified by population density, socio-economic group and car ownership (see Appendix D of the Technical Report<sup>2</sup>).

In a complex sample design, the size of the standard error of any estimate depends on how the characteristic of interest is spread within and between PSUs and strata: this is taken into account by pairing up adjacent PSUs from the same strata. The squared differences in the estimates between successive PSUs from the same strata are calculated and summed to produce the standard error.

The majority of estimates in this survey take the form of ratio estimates, either means or proportions. The formula to calculate the standard error of these is:

$$se(r) = \frac{1}{x} [\text{var}(y) + r^2 \text{var}(x) - 2r \text{cov}(y, x)]^{1/2}$$

where the ratio  $r = y/x$ .

The method explicitly allows for the fact that the percentages and means are actually ratios of two survey estimates, both of which are subject to random error. The value  $se(r)$  is the estimate of the standard error of the ratio,  $r$ , expressed in terms of  $se(y)$  and  $se(x)$  which are the estimated standard errors of  $y$  and  $x$ , and  $\text{cov}(y, x)$  which is their estimated covariance. The resulting estimate is slightly biased and only valid if the denominator is not too variable<sup>3</sup>. The ratio means for age groups have standard errors equal to zero for the full sample, because both the numerator and the denominator have been set to equal the population totals and thus cannot vary for any selected sample.

The method of standard error estimation compares the successive differences between totals of the characteristic of interest for adjacent PSUs (postal sectors)<sup>4</sup>. The characteristic is the numerator (for example, the average number of portions of fruit and vegetables consumed daily), and the sample size is the denominator in the ratio estimate<sup>5</sup>. The ordering of PSUs reflects the ranking of postal sectors on the stratifiers used in the sample design.

Tables B1 and B2 give standard errors, taking account of the complex sample design used on this survey, for the key variables presented in this volume. Standard errors for estimates of socio-demographic subgroups, such as household benefit status and region, are shown separately

for men and women to reflect the way they are presented in the main part of the report. Standard errors are presented for the responding sample and the diary sample.

### 1.3 Estimating standard errors for other survey estimates

Although standard errors can be calculated readily by computer, there are practical problems in presenting a large number of survey estimates. One solution is to calculate standard errors for selected variables and, from these, identify design factors appropriate for the specific survey design and for different types of survey variable. The standard error of other survey measures can then be estimated using an appropriate design factor, together with the sampling error assuming a simple random sample.

#### 1.3.1 The Design Factor (*deft*)

The effect of a complex sample design can be quantified by comparing the observed variability in the sample with the expected variability had the survey used a simple random sample. The most commonly used statistic is the design factor (*deft*), which is calculated as a ratio of the standard error for a survey estimate allowing for the full complexity of the sample design (including weighting), to the standard error assuming that the result has come from a simple random sample. The *deft* can be used as a multiplier to the standard error based on a simple random sample,  $se(p)_{srs}$ , to give the standard error of the complex design,  $se(p)$ , by using the following formula:

$$se(p) = deft \times se(p)_{srs}$$

Tables B1 and B2 show *deft* values for certain measures for all respondents and for those who completed a seven-day dietary record. The level of *deft* varies between survey variables, reflecting the degree to which the characteristic is clustered within PSUs or is distributed between strata. Variables that are highly correlated to the post-strata should also have reduced *deft* values. For a single variable, the level of the *deft* can also vary according to the size of the subgroup on which the estimate is based because smaller subgroups can be less affected by clustering.

Table B1 shows the *deft* values for a range of socio-demographic variables for the responding sample; and analogous variables in Table B2 for the diary sample. Table B2 also gives the *deft* value for the main analytic variable for fruit and

vegetable intake. For the socio-demographic variables, where geographic clustering would be expected, in both tables, six out of ten of the design factors for men and eight out of ten for women are less than 1.2. Design factors of this order are considered to be small and they indicate that, in this survey, the characteristic is not markedly clustered geographically. For two of the ten socio-demographic variables *deft* values are above 1.5 for both sexes. The *deft* value for the average daily number of portions of fruit and vegetables, including composite dishes and one portion of fruit juice and/or baked beans and other pulses, consumed is less than 1.2 for both men and women.

(Tables B1 and B2)

#### 1.3.2 Testing differences between means and proportions

Standard errors can be used to test whether an observed difference between two proportions or means in the sample is likely to be entirely due to sampling error. An estimate for the standard error of a difference between percentages assuming a simple random sample is:

$$se_1(p_1 - p_2) = \sqrt{[(p_1 q_1 / n_1) + (p_2 q_2 / n_2)]}$$

where  $p_1$  and  $p_2$  are the observed percentages for the two subsamples,  $q_1$  and  $q_2$  are respectively  $(100 - p_1)$  and  $(100 - p_2)$ , and  $n_1$  and  $n_2$  are the subsample sizes.

The equivalent formula for the standard error of the difference between the means for subsamples 1 and 2 is:

$$se_2(diff) = \sqrt{(se_1^2 + se_2^2)}$$

Allowance for the complex sample design is then made by multiplying the standard errors  $se_1$  and  $se_2$  from the above formula by their appropriate *deft* values.

In this volume the calculation of the difference between proportions and means assumed a *deft* value of 1.5 across all survey estimates. The calculation of complex sampling errors and design factors for key characteristics show that this was a conservative estimate for some characteristics for some age and sex groups, but was an optimistic estimate for other characteristics. Therefore there will be some differences in sample proportions and means that are not commented on in the text, but that are significantly different, at least at the  $p < 0.05$  level. Equally, there will be some differences that are described as significant in the text, but that are

not significantly different when the complex sampling design is taken into account. An indication of the characteristics for which significance tests are likely to provide false-positives or false-negatives can be gained by looking at the size of the *deft* values in the tables in this appendix.

Confidence intervals can be calculated around a survey estimate using the standard error for that estimate. For example, the 95% confidence interval is calculated as 1.96 times the standard error on either side of the estimated proportion or mean value. At the 95% confidence level, over many repeats of the survey under the same conditions, 95% of these confidence intervals would contain the population estimate. However, when assessing the results of a survey, it is usual to assume that there is only a 5% chance that the true population value will fall outside the 95% confidence interval calculated for the survey estimate.

## References and endnotes

<sup>1</sup> Weighting for different sampling probabilities results in larger sampling errors than for an equal-probability sample without weights. However, using population totals to control for differential non-response tends to lead to a reduction in the errors. The method used to calculate the sampling errors identifies the weighting for unequal sampling probabilities and to the population separately, and adjusts the sampling errors accordingly.

<sup>2</sup> The Technical Report, including its Appendices, is available online at: <http://www.food.gov.uk/science/> (last verified November 2002).

<sup>3</sup> This variability of the denominator can be measured by the coefficient of variation of  $x$ , denoted by  $cv(x)$ , which is the standard error of  $x$  expressed as a proportion of  $x$ :

$$cv(x) = \frac{se(x)}{x}$$

It has been suggested that the ratio estimator should not be used if  $cv(x)$  is greater than 0.2. For the standard errors produced here, the denominators for the ratios were 'number of men' and 'number of women'. Both of these totals were constant, determined by the post-stratification and, therefore, there is no variation in these denominators and hence the  $cv$  of the denominator will be zero.

<sup>4</sup> The calculation of standard errors and design factors for this survey used the software package Stata. For further details of the method of calculation see: Elliot D (1999). A comparison of software for producing sampling errors on social surveys. *Survey Methodology Bulletin* 44, pp 27–36. January 1999.

<sup>5</sup> For a survey of this kind, the sample size is subject to random fluctuation, both within each PSU and overall. This is because the number of adults identified in each PSU is dependent on which households are sampled and there will be differing amounts of non-response. There is more control in the (weighted) sample sizes of subgroups such as age and sex since these variables were used as post-stratifiers.

Table B1

**True standard errors and design factors for socio-demographic characteristics of the responding sample by sex of respondent**

| Responding sample                     | Numbers |                      |               |       |                      |               |
|---------------------------------------|---------|----------------------|---------------|-------|----------------------|---------------|
|                                       | Men     |                      |               | Women |                      |               |
|                                       | % (p)   | Standard error of p* | Design factor | % (p) | Standard error of p* | Design factor |
| <b>Age group</b>                      |         |                      |               |       |                      |               |
| 19–24 years                           | 13      | 0.00                 | 0.00          | 12    | 0.00                 | 0.00          |
| 25–34 years                           | 26      | 0.00                 | 0.00          | 24    | 0.00                 | 0.00          |
| 35–49 years                           | 30      | 0.00                 | 0.00          | 36    | 0.00                 | 0.00          |
| 50–64 years                           | 30      | 0.00                 | 0.00          | 29    | 0.00                 | 0.00          |
| <b>Region</b>                         |         |                      |               |       |                      |               |
| Scotland                              | 9       | 0.90                 | 1.06          | 8     | 0.83                 | 1.03          |
| Northern                              | 28      | 1.04                 | 0.76          | 25    | 0.87                 | 0.68          |
| Central, South West England and Wales | 34      | 2.29                 | 1.60          | 37    | 2.17                 | 1.54          |
| London and the South East             | 29      | 2.22                 | 1.61          | 30    | 2.17                 | 1.61          |
| <b>Household receipt of benefits</b>  |         |                      |               |       |                      |               |
| Receiving benefits                    | 14      | 1.29                 | 1.24          | 18    | 1.33                 | 1.17          |
| Not receiving benefits                | 86      | 1.29                 | 1.24          | 82    | 1.33                 | 1.17          |
| <b>Sample size</b>                    |         | <b>1088</b>          |               |       | <b>1163</b>          |               |

Note: \* The ratio means for age groups for the responding sample have standard errors equal to zero because both the numerator and the denominator have been set to equal the population totals and thus cannot vary for any selected sample.

Table B2

**True standard errors and design factors for socio-demographic characteristics of the diary sample and average daily intake of fruit and vegetables, including composite dishes, by sex of respondent: fruit and vegetables (all fruit juice counted as one portion; all baked beans and other pulses counted as one portion)**

| Diary sample   | Numbers |                     |               |        |                     |               |      |
|--|---------|---------------------|---------------|--------|---------------------|---------------|------|
|  | Men     |                     |               | Women  |                     |               |      |
|  | % (p)   | Standard error of p | Design factor | % (p)  | Standard error of p | Design factor |      |
| <b>Age group</b>   |         |                     |               |        |                     |               |      |
| 19–24 years  | 12      | 0.85                | 0.75          | 11     | 0.70                | 0.68          |      |
| 25–34 years  | 25      | 1.01                | 0.67          | 24     | 0.79                | 0.56          |      |
| 35–49 years  | 31      | 0.78                | 0.49          | 36     | 0.81                | 0.50          |      |
| 50–64 years  | 32      | 0.94                | 0.58          | 29     | 0.78                | 0.51          |      |
| <b>Region</b>  |         |                     |               |        |                     |               |      |
| Scotland   | 8       | 0.89                | 0.97          | 7      | 0.84                | 0.99          |      |
| Northern   | 27      | 1.37                | 0.89          | 24     | 1.23                | 0.86          |      |
| Central and South West England and Wales   | 36      | 2.65                | 1.59          | 38     | 2.79                | 1.72          |      |
| London and South East  | 29      | 2.45                | 1.55          | 31     | 2.64                | 1.71          |      |
| <b>Household receipt of benefits</b>   |         |                     |               |        |                     |               |      |
| Receiving benefits   | 13      | 1.46                | 1.24          | 17     | 1.46                | 1.17          |      |
| Not receiving benefits   | 87      | 1.46                | 1.24          | 83     | 1.46                | 1.17          |      |
|  |         | Standard error of r | Design factor | Mean r | Standard error of r | Design factor |      |
| Fruit and vegetables (all fruit juice counted as one per portion; all baked beans and other pulses counted as one per portion) |         | 2.77                | 0.07          | 1.04   | 2.90                | 0.07          | 1.10 |
| <b>Sample size</b>   |         | <b>833</b>          |               |        | <b>891</b>          |               |      |

## Appendix C Unweighted base numbers

Table C1

### Unweighted base numbers: dietary interview and seven-day dietary record by sex of respondent

|                                       | Numbers           |  |
|---------------------------------------|-------------------|--|
|                                       | Dietary interview | Seven-day weighed<br>intake dietary record |
| <b>Age</b>                            |                   |  |
| Men aged (years):                     |                   |  |
| 19–24                                 | 86                | 61   |
| 25–34                                 | 219               | 160  |
| 35–49                                 | 394               | 303  |
| 50–64                                 | 309               | 242  |
| All men                               | 1008              | 766  |
| Women aged (years):                   |                   |  |
| 19–24                                 | 109               | 78   |
| 25–34                                 | 277               | 211  |
| 35–49                                 | 487               | 379  |
| 50–64                                 | 370               | 290  |
| All women                             | 1243              | 958  |
| <b>Region</b>                         |                   |  |
| Men                                   |                   |  |
| Scotland                              | 80                | 53   |
| Northern                              | 267               | 195  |
| Central, South West and Wales         | 337               | 274  |
| London and the South East             | 324               | 244  |
| Women                                 |                   |  |
| Scotland                              | 111               | 70   |
| Northern                              | 341               | 256  |
| Central, South West and Wales         | 436               | 350  |
| London and the South East             | 355               | 282  |
| <b>Household receipt of benefits*</b> |                   |  |
| Men                                   |                   |  |
| Receiving benefits                    | 145               | 106  |
| Not receiving benefits                | 863               | 660  |
| Women                                 |                   |  |
| Receiving benefits                    | 283               | 199  |
| Not receiving benefits                | 960               | 759  |
| <b>All</b>                            | <b>2251</b>       | <b>1724</b>                                |

Note: \* Receipt of benefits was asked of the respondent about themselves, their partner or anyone else in the household. Benefits asked about were Working Families Tax Credit, Income Support and (Income-related) Job Seeker's Allowance.

## Appendix D Glossary of abbreviations, terms and survey definitions

|                      |  |
|----------------------|--|
| Benefits (receiving) | Receipt of Working Families Tax Credit by the respondent or anyone in their household at the time of the interview, or receipt of Income Support, or (Income-related) Job Seeker's Allowance by the respondent or anyone in their household in the 14 days prior to the date of interview.   |
| COMA                 | The Committee on Medical Aspects of Food and Nutrition Policy.   |
| CAPI                 | Computer-assisted personal interviewing.   |
| CASI                 | Computer-assisted self-interviewing. The respondent is given the opportunity to enter their responses directly on to a laptop computer. This technique is used to collect data of a sensitive or personal nature, for example, contraception.  |
| Cum %                | Cumulative percentage (of a distribution).   |
| DH                   | The Department of Health.  |
| Diary sample         | Respondents for whom a seven-day dietary record was obtained.  |
| dna                  | Does not apply.  |
| GHS                  | The General Household Survey: a continuous, multi-purpose household survey, carried out by the Social Survey Division of ONS on behalf of a number of government departments.  |
| HNR                  | Medical Research Council Human Nutrition Research, Cambridge.  |
| Household            | The standard definition used in most surveys carried out by the Social Survey Division, ONS, and comparable with the 1991 Census definition of a household was used in this survey. A household is defined as a single person or group of people who have the accommodation as their only or main residence and who either share one main meal a day or share the living accommodation. See McCrossan E. <i>A handbook for interviewers</i> . HMSO (London, 1991).                       |
| HRP                  | Household Reference Person. This is the member of the household in whose name the accommodation is owned or rented, or is otherwise responsible for the accommodation. In households with a <i>sole</i> householder, that person is the household reference person; in households with <i>joint</i> householders, the person with the <i>highest</i> income is taken as the household reference person – if both householders have exactly the same income, the <i>older</i> is taken as |

the household reference person. This differs from Head of Household in that female householders with the highest income are now taken as the HRP and, in the case of joint householders, income then age (rather than sex then age) is used to define the HRP.

|             |   |
|-------------|---|
| lc          | low calorie.  |
| MAFF        | The Ministry of Agriculture, Fisheries and Food.  |
| Mean        | The average value.  |
| Median      | see Percentiles.  |
| MRC         | The Medical Research Council.   |
| na          | Not available, not applicable.  |
| NDNS        | The National Diet and Nutrition Survey.   |
| nlc         | Not low calorie.  |
| No.         | Number (of cases).  |
| ONS         | Office for National Statistics.   |
| PAF         | Postcode Address File: the sampling frame for the survey.   |
| Percentiles | The percentiles of a distribution divide it into equal parts. The median of a distribution divides it into two equal parts, such that half the cases in the distribution fall (or have a value) above the median, and the other half fall (or have a value) below the median.   |
| Portion     | A portion of fruit or vegetables is equivalent to 80g consumed weight.  |
| PSU         | Primary Sampling Unit: for this survey, postcode sectors.   |
| Region      | Based on the 'Standard regions' and grouped as follows: <ul style="list-style-type: none"> <li><b>Scotland</b></li> <li><b>Northern</b> <ul style="list-style-type: none"> <li>North</li> <li>Yorkshire and Humberside</li> <li>North West</li> </ul> </li> <li><b>Central, South West and Wales</b> <ul style="list-style-type: none"> <li>East Midlands</li> <li>West Midlands</li> <li>East Anglia</li> <li>South West</li> <li>Wales</li> </ul> </li> <li><b>London and the South East</b> <ul style="list-style-type: none"> <li>London</li> <li>South East</li> </ul> </li> </ul> |

The regions of England are as constituted after local government reorganisation on 1 April 1974.



|                      |   |
|----------------------|---|
|                      | The regions as defined in terms of counties are listed in Chapter 2 of the Technical Report, online at: <a href="http://www.food.gov.uk/science/">http://www.food.gov.uk/science/</a> (last verified November 2002).                    |
| Responding sample    | Respondents who completed the dietary interview and may/may not have co-operated with other components of the survey.   |
| SD/Std Dev           | Standard deviation. An index of variability that is calculated as the square root of the variance, and is expressed in the same units used to calculate the mean (see mean).  |
| se                   | Standard error. An indication of the reliability of an estimate of a population parameter, which is calculated by dividing the standard deviation of the estimate by the square root of the sample size (see <i>also</i> SD/Std Dev).   |
| SSD                  | The Social Survey Division of the Office for National Statistics.   |
| Wave; Fieldwork wave | The three-month period in which fieldwork was carried out.<br><p style="margin-left: 40px;">Wave 1: July to September 2000<br/> Wave 2: October to December 2000<br/> Wave 3: January to March 2001<br/> Wave 4: April to June 2001</p> |
| WHO                  | World Health Organization.  |

## Appendix E List of tables

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- 2.15 Proportion of respondents consuming portions of fruit and vegetables, including composite dishes, by number of portions consumed and sex and age of respondent

- (a) fruit and vegetables (all fruit juice counted as one portion; all baked beans and other pulses counted as one portion)
  - (b) fruit (all fruit juice counted as one portion)
  - (c) vegetables (all baked beans and other pulses counted as one portion)
- 2.16 Proportion of respondents consuming portions of fruit and vegetables, including composite dishes, by number of portions consumed and region and sex of respondent
- (a) fruit and vegetables (all fruit juice counted as one portion; all baked beans and other pulses counted as one portion)
  - (b) fruit (all fruit juice counted as one portion)
  - (c) vegetables (all baked beans and other pulses counted as one portion)
- 2.17 Proportion of respondents consuming portions of fruit and vegetables, including composite dishes, by number of portions consumed and whether someone in respondent's household was receiving certain benefits and sex of respondent
- (a) fruit and vegetables (all fruit juice counted as one portion; all baked beans and other pulses counted as one portion)
  - (b) fruit (all fruit juice counted as one portion)
  - (c) vegetables (all baked beans and other pulses counted as one portion)

## Appendix A: Fruit and vegetables

### Tables

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## Appendix C: Unweighted base numbers

### Tables

- C1 Unweighted base numbers: dietary interview and seven-day dietary record by sex of respondent