

Appendix K Conversion of previous survey data to four-day estimates

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K.1 Introduction

The NDNS rolling programme dietary assessment has been conducted over a period of four days. Previous NDNS dietary assessments were conducted over seven days (adults aged 19 to 64 years¹ and young people aged four to 18 years²) or four days and corrected to seven days (children aged 1.5 to 4.5 years³ and adults aged 65 years and over⁴). This is pertinent because day-to-day variability for each individual means that diary duration may have an impact on survey estimates, in particular: percentage consumers; upper and lower 2.5th percentiles; percentages falling above/below Lower Reference Nutrient Intakes (LRNI) and other guideline values. For example the percentage of consumers of any given food group will be lower over a four-day diary than over a seven-day diary. For this reason, although the quantities of foods consumed were re-weighted to be representative of seven days, the per cent consumers in the written reports represented consumers over a four-day period in both the four-day surveys (children aged 1.5 to 4.5 years³ and adults aged 65 years and over⁴). Day-to-day variability may also impact on consumer only means but does not affect population means. Population means are only affected if there is a systematic bias related to diary duration (e.g. fall off in recording over time due to fatigue). Thus, in order to compare seven-day and four-day data on an equal footing it is necessary to re-analyse existing seven-day data on a four day basis.

K.2 Methods

The existing seven day data was re-analysed on a four day basis for the previous NDNS of young people aged four to 18 years² and NDNS of adults aged 19 to 64 years.¹ The original four-day dietary data for free-living adults from the previous NDNS of adults aged 65 years and over⁴ is used in this report without re-analysis, as the days of the week in that survey were considered sufficiently balanced to be comparable to Years 1 and 2 of the

current survey. However it should be noted that the spread of days in the previous NDNS of adults aged 65 years and over⁴ was not completely even. It should be noted that the previous NDNS of children aged 1.5 to 4.5 years has not been recalculated for this report.

K.2.1 Methods for converting NDNS surveys of adults aged 19 to 64 years¹ and of young people aged four to 18 years²

The seven-day records from the NDNS surveys of adults aged 19 to 64 years¹ and of young people aged four to 18 years² were re-analysed on a four-day basis. The following considerations were applied when deciding which four days to sample from the seven-day record for each individual.

- i) Each day of the week to appear equally in the new data
- ii) Choose the first four days from the seven-day diary for each individual
- iii) Choose consecutive days for each individual

However it was not possible to satisfy all these criteria because the start days were not evenly distributed by day of the week. Table K1 shows the distribution of start days by day of the week in the NDNS survey of adults aged 19 to 64 years.¹

Table K1	
Distribution of start days by day of the week in the NDNS survey of adults aged 19 to 64 years (2000/01)¹	
Day of week	Number of diary start days
Sunday	56
Monday	121
Tuesday	379
Wednesday	366
Thursday	348
Friday	279
Saturday	175
<i>Total</i>	<i>1724</i>

Table K2 below shows how the four diary days were selected for each individual to ensure that criteria i) and iii) above were always satisfied while criteria ii) was met as closely as possible.

Table K2

Allocation to start day for four-days analysis in NDNS survey of adults aged 19 to 64 years (2000/01)¹

Original start day	Re-allocated start day							Total
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sunday	56							56
Monday		121						121
Tuesday			246		66	67		379
Wednesday				246	23	26	71	366
Thursday	190				158			348
Friday		125				154		279
Saturday							175	175
Total	246	246	246	246	247	247	246	1724

For example, of the 379 individuals who started on a Tuesday, a random 246 were chosen to represent Tuesday starters and the remaining 133 were re-allocated to other start days of the week. This process was repeated for each day of the week so that an even spread of start days was achieved overall. The random element in the process would introduce variability, if only completed once. Hence, the bootstrap method of resampling was used to obtain 100 independent randomisations. Parameter estimates were taken from each bootstrap sample and were averaged over all bootstrap samples.

This method was similarly applied to the NDNS survey of young people aged four to 18 years, conducted in 1997 (see table K3).²

Table K3

Allocation to start day for four-days analysis in NDNS survey of young people aged four to 18 years (1997)²

Original start day	Re-allocated start day							Total
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sunday	54							54
Monday		46						46
Tuesday			243		53	137		433
Wednesday				243	16	41	125	425
Thursday	189				174			363
Friday		197				165		362
Saturday							118	118
Total	243	243	243	243	243	243	243	1701

These processes were carried out for the food and nutrient data in the two surveys, to generate new figures for consumption of food groups, percentage consumers of foods and percentage below LRNI for vitamins and minerals. The nutrient intakes and percentage below LRNI and dietary targets are reported for the older surveys alongside the new data in Tables 5.23-5.28 (chapter 5). The food consumption data is reported for the previous NDNS surveys in tables K.1a,b,c and K.2 a,b,c.

¹ Henderson L, Gregory J, Swan G. National Diet and Nutrition Survey: adults aged 19 to 64 years. Volume 1: Types and quantities of food consumed. London: TSO, 2002.
Henderson L, Gregory J, Irving K, Swan G. National Diet and Nutrition Survey: adults aged 19 to 64 years. Volume 2: Energy, protein, carbohydrate, fat and alcohol intake. London: TSO, 2002.
Henderson L, Irving K, Gregory J, Bates CJ, Prentice A, Perks J, Swan G, Farron M. National Diet and Nutrition Survey: adults aged 19 to 64 years. Volume 3: Vitamin and mineral intake and urinary analytes. London: TSO, 2003.
Rustin D, Hoare J, Henderson L, Gregory J, Bates CJ, Prentice A, Birch M. National Diet and Nutrition Survey: adults aged 19 to 64 years. Volume 4: Nutritional status (anthropometry and blood analytes), blood pressure and physical activity. London: TSO, 2004
Hoare J, Henderson L, Bates CJ, Prentice A, Birch M, Swan G, Farron M. National Diet and Nutrition Survey: adults aged 19 to 64 years. Volume 5: Summary report. London: TSO, 2004

² Gregory JR, Lowe S, Bates CJ, Prentice A, Jackson LV, Smithers G, Wenlock R, Farron H. National Diet and Nutrition Survey: young people aged four to 18 years. Volume 1: Report of the diet and nutrition survey. London: TSO, 2000.
Walker A, Gregory J, Bradnock G, Nunn J, & White D. National Diet and Nutrition Survey: young people aged four to 18 years. Volume 2: Report of the oral health survey. London: TSO, 2000.

³ Gregory JR, Collins DL, Davies PSW, Hughes JM, Clarke PC. National Diet and Nutrition Survey: children aged 1 ½ to 4 ½ years. Volume 1: Report of the diet and nutrition survey. London: HMSO, 1995.
Hinds K, Gregory JR. National Diet and Nutrition Survey: children aged 1½ to 4½ years. Volume 2: Report of dental survey. London: HMSO, 1995.

⁴ 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. London: TSO, 1998.
Steele JG, Sheiham A, Marcenes W, Walls AWG. National Diet and Nutrition Survey: people aged 65 years and over. Volume 2: Report of the oral health survey. London: TSO, 1998.

Appendix K: List of tables

Foods consumed in past NDNS surveys: NDNS Young People aged 4-18 years (1997), NDNS Adults aged 19-64 years (2000/01) and NDNS People aged 65 years and over (1994/95)

- K.1a Re-analysed data based on four days: total quantities of food consumed (grams) per day: males (including non-consumers), by NDNS survey and age.
- K.1b Re-analysed data based on four days: total quantities of food consumed (grams) per day: females (including non-consumers), by NDNS survey and age.
- K.1c Re-analysed data based on four days: total quantities of food consumed (grams) per day: all (including non-consumers), by NDNS survey and age.
- K.2a Re-analysed data based on four days: total quantities of food consumed (grams) per day: male consumers, by NDNS survey and age.
- K.2b Re-analysed data based on four days: total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age.
- K.2c Re-analysed data based on four days: total quantities of food consumed (grams) per day: all consumers, by NDNS survey and age.

Table K.1a

Re-analysed data based on four days: total quantities of food consumed (grams) per day: males (including non-consumers), by NDNS survey and age

Males aged 4 years and over

Food group	Survey and age group (years)									
	1997 NDNS Young People						2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a	
	Boys		11-18		Total boys		Men		65+	
	4-10		11-18		Total boys		19-64		65+	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Cereals and cereal products										
Pasta, rice, pizza and other miscellaneous cereals	53	55	81	82	67	71	81	90	20	34
White bread	59	43	79	59	68	52	82	69	66	59
Wholemeal bread	7	18	7	22	7	20	19	41	28	46
Brown, granary and wheatgerm bread, other breads ^b	6	16	11	25	9	21	22	40	16	38
High fibre breakfast cereals	17	28	16	31	16	30	25	59	40	73
Other breakfast cereals	19	18	21	27	20	23	8	18	7	14
Biscuits	21	20	18	26	20	23	14	26	17	20
Buns, cakes, pastries and fruit pies	27	31	27	38	27	34	25	40	42	42
Puddings	23	36	15	34	19	36	15	36	30	45
Milk and milk products ^c										
Whole milk (3.8% fat)	124	156	67	124	96	144	57	138	101	155
Semi skimmed milk (1.8 % fat)	92	138	135	170	113	156	144	165	110	155
Skimmed milk (0.5% fat)	4	24	6	32	5	29	24	103	25	82
Other milk and cream	12	42	14	46	13	44	8	41	5	27
Cheese	8	11	11	16	9	14	17	24	14	15
Yoghurt, fromage frais and other dairy desserts	32	41	22	36	27	39	21	45	12	30
Ice cream	13	19	13	29	13	24	7	17	8	16
Eggs and egg dishes	8	15	12	21	10	18	22	29	20	24
Fat spreads										
Butter	2	4	2	5	2	5	4	8	6	11
Margarine and other fats and oils ^d	1	2	2	5	2	4	2	5	2	7
Reduced fat spread polyunsaturated (41-75%)	3	5	3	6	3	6	3	8	5	10
Reduced fat spread not polyunsaturated (41-75%)	2	8	2	6	2	7	4	9	3	9
Low fat spread polyunsaturated (18-39%)	1	3	1	3	1	3	1	6	1	6
Low fat spread not polyunsaturated (18-39%)	1	2	1	4	1	3	1	4	2	7

National Diet and Nutrition Survey: Headline results from Years 1 and 2 (combined)
of the Rolling Programme (2008/2009 - 2009/10)

Table K.1a (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: males (including non-consumers), by NDNS survey and age

Males aged 4 years and over

Food group	Survey and age group (years)									
	1997 NDNS Young People					2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a		
	Boys		11-18		Total boys		Men		65+	
4-10						19-64		65+		
Mean	sd	Mean	sd	Mean	sd	Mean	sd	Mean	sd	
Meat and meat products										
Bacon and ham	7	12	13	21	10	17	19	24	17	19
Beef, veal and dishes	14	29	25	44	19	37	41	62	31	44
Lamb and dishes	5	17	10	30	7	24	9	28	9	22
Pork and dishes	4	13	8	19	6	16	12	28	9	20
Coated chicken and turkey	10	16	11	23	11	20	7	20	1	7
Chicken and turkey dishes	16	26	34	47	25	39	54	69	20	32
Liver and liver dishes	0	2	1	4	0	3	2	11	3	10
Burgers and kebabs	6	14	16	32	11	25	10	28	2	6
Sausages	14	20	15	22	15	21	13	25	8	15
Meat pies and pastries	10	18	18	34	14	27	19	35	20	35
Other meat and meat dishes	0	0	0	0	0	0	9	34	9	19
Fish and fish dishes										
White fish coated or fried including fish fingers	10	16	8	18	9	17	11	21	15	23
Other white fish, shellfish or fish dishes	2	9	5	19	3	15	10	27	10	20
Oily fish (including canned tuna) ^e	3	10	4	12	4	11	13	28	13	26
Vegetables, potatoes										
Salad and other raw vegetables	10	18	14	24	12	21	35	44	30	39
Vegetables (not raw) including vegetable dishes	51	47	68	64	59	56	105	83	92	60
Chips, fried and roast potatoes and potato products	55	49	82	70	68	61	57	57	34	41
Other potatoes, potato salads and dishes	35	36	47	54	41	47	59	61	85	62
Savoury snacks	16	14	17	17	17	15	8	14	2	5
Nuts and seeds	1	4	2	7	1	6	2	10	1	6
Fruit	64	65	44	68	54	67	94	119	97	92

Table K.1a (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: males (including non-consumers), by NDNS survey and age

Males aged 4 years and over

Food group	Survey and age group (years)									
	1997 NDNS Young People						2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a	
	Boys		11-18		Total boys		Men		65+	
	4-10	sd	Mean	sd	Mean	sd	19-64	sd	Mean	sd
Sugar preserves and confectionery										
Sugars, including table sugar, preserves and sweet spreads	7	9	11	14	9	12	20	28	28	28
Sugar confectionery	15	23	12	27	14	25	2	8	1	5
Chocolate confectionery	16	17	22	26	19	22	10	19	4	12
Non-alcoholic beverages										
Fruit juice	50	95	60	114	55	105	52	100	24	56
Soft drinks, not low calorie	246	241	341	337	292	295	133	228	39	94
Soft drinks, low calorie	217	250	178	271	198	261	83	211	11	48
Tea, coffee and water	124	162	257	312	188	255	1025	596	1177	529
Alcoholic beverages										
Spirits and liqueurs	0	0	1	10	1	7	6	23	9	27
Wine	0	1	1	11	1	8	52	121	22	70
Beer, lager, cider and perry	0	1	79	306	39	217	439	675	193	414
Miscellaneous										
Soup, manufactured/retail and homemade	10	27	11	37	10	32	26	66	35	67
Savoury sauces, pickles, gravies and condiments	14	16	22	25	18	21	29	31	21	24
<i>Bases (unweighted)</i>	440		416		856		833		632	

^a Table K.1a only contains data from the free-living group in the 1994/95 NDNS people aged 65 years and over.^b Table K.1a includes 'other breads' in the same food group as 'brown, granary and wheatgerm bread', however chapter 5 tables have 'other breads' as a separate food group.^c Table K.1a does not include '1% fat milk' as this product was not on the market at the time of previous NDNS^d Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.^e Table K.1a includes 'canned tuna' in the "Oily fish (including canned tuna)" food group, however chapter 5 tables have 'canned tuna' in the "other white fish, shellfish or fish dishes and canned tuna" food group.

Table K.1b

Re-analysed data based on four days: total quantities of food consumed (grams) per day: females (including non-consumers), by NDNS survey and age

Females aged 4 years and over

Food group	Survey and age group (years)									
	1997 NDNS Young People						2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a	
	Girls			Total girls			Women			
	4-10		11-18		Total girls		19-64		65+	
Mean	sd	Mean	sd	Mean	sd	Mean	sd	Mean	sd	
Cereals and cereal products										
Pasta, rice, pizza and other miscellaneous cereals	48	51	70	69	60	63	60	66	14	27
White bread	49	34	60	43	55	40	51	47	46	44
Wholemeal bread	7	18	6	17	7	17	14	26	22	35
Brown, granary and wheatgerm bread, other breads ^b	6	14	10	20	8	18	16	28	11	26
High fibre breakfast cereals	11	19	10	21	11	20	20	36	26	48
Other breakfast cereals	14	16	12	20	13	18	7	15	5	10
Biscuits	20	19	13	17	16	18	11	15	14	16
Buns, cakes, pastries and fruit pies	21	23	22	30	22	27	20	28	29	30
Puddings	21	32	13	27	17	30	12	30	23	37
Milk and milk products ^c										
Whole milk (3.8% fat)	99	127	42	91	69	113	44	105	112	154
Semi skimmed milk (1.8 % fat)	72	110	85	120	79	116	115	142	98	155
Skimmed milk (0.5% fat)	4	27	9	45	7	38	36	95	16	63
Other milk and cream	9	30	10	33	9	32	8	34	6	31
Cheese	9	12	12	16	11	14	14	17	10	14
Yoghurt, fromage frais and other dairy desserts	33	39	21	34	27	37	26	45	21	40
Ice cream	13	20	9	18	11	19	6	15	7	16
Eggs and egg dishes	10	16	9	17	9	16	16	23	14	19
Fat spreads										
Butter	2	4	1	4	1	4	3	6	7	10
Margarine and other fats and oils ^d	1	3	2	4	2	4	1	3	2	5
Reduced fat spread polyunsaturated (41-75%)	3	5	3	6	3	5	1	5	4	8
Reduced fat spread not polyunsaturated (41-75%)	2	4	2	5	2	5	3	6	2	6
Low fat spread polyunsaturated (18-39%)	1	2	1	3	1	3	1	4	1	5
Low fat spread not polyunsaturated (18-39%)	1	2	1	3	1	2	1	3	1	5

National Diet and Nutrition Survey, Headline results from Years 1 and 2 (combined) of the Rolling Programme (2008/2009 - 2009/10)

Table K.1b (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: females (including non-consumers), by NDNS survey and age

Females aged 4 years and over

Food group	Survey and age group (years)									
	1997 NDNS Young People						2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a	
	Girls			Total girls			Women			
	4-10	sd	11-18	sd	Mean	sd	19-64	sd	65+	sd
Mean	sd	Mean	sd	Mean	sd	Mean	sd	Mean	sd	
Meat and meat products										
Bacon and ham	7	12	7	14	7	13	11	16	12	15
Beef, veal and dishes	15	28	21	41	18	35	29	47	26	40
Lamb and dishes	5	17	5	18	5	17	6	21	6	15
Pork and dishes	4	13	6	16	5	15	7	18	7	16
Coated chicken and turkey	9	16	12	22	11	20	6	17	1	7
Chicken and turkey dishes	19	28	26	36	23	33	39	51	18	31
Liver and liver dishes	0	3	0	3	0	3	1	7	2	8
Burgers and kebabs	5	12	9	21	7	17	5	19	2	7
Sausages	10	15	9	19	10	17	6	15	6	14
Meat pies and pastries	8	16	11	22	10	20	9	22	12	23
Other meat and meat dishes	0	0	0	1	0	1	4	15	5	12
Fish and fish dishes										
White fish coated or fried including fish fingers	9	14	7	14	8	14	8	17	12	18
Other white fish, shellfish or fish dishes	3	10	4	15	3	13	9	25	9	20
Oily fish (including canned tuna) ^e	3	9	5	14	4	12	14	27	8	15
Vegetables, potatoes										
Salad and other raw vegetables	14	22	21	32	18	28	43	50	28	37
Vegetables (not raw) including vegetable dishes	50	46	66	59	59	54	91	80	80	59
Chips, fried and roast potatoes and potato products	49	39	64	56	57	50	39	44	24	30
Other potatoes, potato salads and dishes	33	36	42	46	38	42	55	55	62	48
Savoury snacks	16	13	16	15	16	14	6	10	1	4
Nuts and seeds	1	4	1	4	1	4	2	8	0	2
Fruit	69	64	54	81	61	74	103	115	96	93

National Diet and Nutrition Survey. Headline results from Years 1 and 2 (combined) of the Rolling Programme (2008/2009 - 2009/10)

Table K.1b (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: females (including non-consumers), by NDNS survey and age

Females aged 4 years and over

Food group	Survey and age group (years)									
	1997 NDNS Young People						2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a	
	Girls			Total girls			Women			
	4-10	sd	11-18	sd	Mean	sd	19-64	sd	65+	sd
	Mean		Mean		Mean		Mean		Mean	
Sugar preserves and confectionery										
Sugars, including table sugar, preserves and sweet spreads	7	8	8	11	7	10	12	19	17	22
Sugar confectionery	14	23	8	21	11	22	3	12	1	4
Chocolate confectionery	14	16	18	22	16	20	9	15	3	8
Non-alcoholic beverages										
Fruit juice	56	92	60	105	58	99	47	87	25	55
Soft drinks, not low calorie	220	204	247	249	234	229	94	182	36	93
Soft drinks, low calorie	202	230	144	216	171	225	98	222	10	50
Tea, coffee and water	124	159	285	303	210	259	1018	601	1018	425
Alcoholic beverages										
Spirits and liqueurs	0	0	1	6	0	4	5	16	2	10
Wine	0	2	4	29	2	21	53	100	14	37
Beer, lager, cider and perry	0	1	37	156	20	115	87	272	20	93
Miscellaneous										
Soup, manufactured/retail and homemade	10	28	17	40	14	35	25	55	28	55
Savoury sauces, pickles, gravies and condiments	13	15	22	25	18	22	23	25	17	20
Bases (unweighted)	397		448		845		891		643	

^a Table K.1b only contains data from the free-living group in the 1994/95 NDNS people aged 65 years and over.^b Table K.1b includes 'other breads' in the same food group as 'brown, granary and wheatgerm bread', however chapter 5 tables have 'other breads' as a separate food group.^c Table K.1b does not include '1% fat milk' as this product was not on the market at the time of previous NDNS.^d Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.^e Table K.1b includes 'canned tuna' in the "Oily fish (including canned tuna)" food group, however chapter 5 tables have 'canned tuna' in the "other white fish, shellfish or fish dishes and canned tuna" food group.

Table K.1c

Re-analysed data based on four days: total quantities of food consumed (grams) per day: all (including non-consumers), by NDNS survey and age

Aged 4 years and over

Food Group	Survey and age group (years)							
	1997 NDNS Young People				2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a	
	4-10		11-18		19-64		65+	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Cereals and cereal products								
Pasta, rice, pizza and other miscellaneous cereals	51	53	75	76	69	79	17	30
White bread	54	39	69	52	64	60	54	52
Wholemeal bread	7	18	7	19	16	34	25	40
Brown, granary and wheatgerm bread, other breads ^b	6	15	11	23	19	34	13	32
High fibre breakfast cereals	14	25	13	26	22	48	32	60
Other breakfast cereals	16	17	17	24	8	16	6	12
Biscuits	20	19	16	22	12	21	15	18
Buns, cakes, pastries and fruit pies	24	28	24	34	22	34	34	36
Puddings	22	34	14	31	14	33	26	41
Milk and milk products ^c								
Whole milk (3.8% fat)	112	144	54	109	50	121	108	154
Semi skimmed milk (1.8 % fat)	83	126	109	148	128	153	103	155
Skimmed milk (0.5% fat)	4	25	8	40	31	99	20	72
Other milk and cream	11	37	12	40	8	37	6	30
Cheese	9	12	11	16	15	21	11	14
Yoghurt, fromage frais and other dairy desserts	33	40	22	35	24	45	17	36
Ice cream	13	19	11	24	6	16	8	16
Eggs and egg dishes	9	15	10	19	19	26	17	21
Fat spreads								
Butter	2	4	2	4	3	7	7	11
Margarine and other fats and oils ^d	1	3	2	5	2	4	2	6
Reduced fat spread polyunsaturated (41-75%)	3	5	3	6	2	6	4	9
Reduced fat spread not polyunsaturated (41-75%)	2	6	2	6	3	8	2	7
Low fat spread polyunsaturated (18-39%)	1	3	1	3	1	5	1	5
Low fat spread not polyunsaturated (18-39%)	1	2	1	3	1	4	2	6

Table K.1c (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: all (including non-consumers), by NDNS survey and age

Aged 4 years and over

Food Group	Survey and age group (years)								
	1997 NDNS Young People				2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a		
	4-10		11-18		19-64		65+		
	Mean	sd	Mean	sd	Mean	sd	Mean	sd	
Meat and meat products									
Bacon and ham	7	12	10	18	14	20	14	17	
Beef, veal and dishes	14	28	23	42	34	54	28	41	
Lamb and dishes	5	17	7	25	7	25	7	18	
Pork and dishes	4	13	7	17	9	23	8	17	
Coated chicken and turkey	10	16	11	23	6	18	1	7	
Chicken and turkey dishes	17	27	30	42	45	60	19	31	
Liver and liver dishes	0	3	0	3	2	9	3	9	
Burgers and kebabs	6	13	13	27	8	24	2	7	
Sausages	12	18	12	20	10	20	7	14	
Meat pies and pastries	9	17	14	28	13	29	16	29	
Other meat and meat dishes	0	0	0	1	6	26	6	15	
Fish and fish dishes									
White fish coated or fried including fish fingers	9	15	7	16	9	19	13	21	
Other white fish, shellfish or fish dishes	2	10	4	17	9	26	10	20	
Oily fish (including canned tuna) ^e	3	10	5	13	13	27	10	21	
Vegetables, potatoes									
Salad and other raw vegetables	12	20	18	28	39	48	29	38	
Vegetables (not raw) including vegetable dishes	51	46	67	61	97	82	85	60	
Chips, fried and roast potatoes and potato products	52	45	73	64	47	51	28	36	
Other potatoes, potato salads and dishes	34	36	44	50	57	58	71	55	
Savoury snacks	16	13	16	16	7	12	1	5	
Nuts and seeds	1	4	1	6	2	9	1	4	
Fruit	66	64	49	75	99	117	96	93	

Table K.1c (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: all (including non-consumers), by NDNS survey and age

Aged 4 years and over

Food Group	Survey and age group (years)							
	1997 NDNS Young People				2000/01 NDNS Adults		1994/95 NDNS people aged 65 years and over ^a	
	4-10		11-18		19-64		65+	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Sugar preserves and confectionery								
Sugars, including table sugar, preserves and sweet spreads	7	9	9	12	15	24	22	25
Sugar confectionery	14	23	10	24	2	11	1	4
Chocolate confectionery	15	16	20	24	9	17	3	10
Non-alcoholic beverages								
Fruit juice	52	94	60	110	49	93	24	56
Soft drinks, not low calorie	234	225	292	298	111	204	37	94
Soft drinks, low calorie	210	241	160	244	91	217	10	49
Tea, coffee and water	124	161	272	307	1021	599	1085	478
Alcoholic beverages								
Spirits and liqueurs	0	0	1	8	6	20	5	19
Wine	0	1	3	22	53	110	18	54
Beer, lager, cider and perry	0	1	57	242	243	523	93	291
Miscellaneous								
Soup, manufactured/retail and homemade	10	27	14	38	26	60	31	60
Savoury sauces, pickles, gravies and condiments	14	16	22	25	25	28	19	22
<i>Bases (unweighted)</i>	<i>837</i>		<i>864</i>		<i>1724</i>		<i>1275</i>	

^a Table K.1c only contains data from the free-living group in the 1994/95 NDNS people aged 65 years and over.

^b Table K.1c includes 'other breads' in the same food group as 'brown, granary and wheatgerm bread', however chapter 5 tables have 'other breads' as a separate food group.

^c Table K.1c does not include '1% fat milk' as this product was not on the market at the time of previous NDNS.

^d Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

^e Table K.1c includes 'canned tuna' in the "Oily fish (including canned tuna)" food group, however chapter 5 tables have 'canned tuna' in the "other white fish, shellfish or fish dishes and canned tuna" food group.

Table K.2a

Re-analysed data based on four days: total quantities of food consumed (grams) per day: male consumers, by NDNS survey and age

Male consumers aged 4 years and over

Food Group	Survey and age group (years)														
	1997 NDNS Young People									2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a Men		
	Boys						Total boys			Men					
	4-10		%	11-18		%	Total boys		%	19-64		%	65+		%
Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	
Cereals and cereal products															
Pasta, rice, pizza and other miscellaneous cereals	65	50	82	100	76	81	82	62	82	108	84	75	49	40	41
White bread	64	57	93	85	76	92	74	64	92	95	83	85	88	82	74
Wholemeal bread	35	26	19	45	35	16	39	32	18	69	54	27	72	62	38
Brown, granary and wheatgerm bread, other breads ^b	28	20	23	41	32	28	34	26	26	54	38	41	63	47	26
High fibre breakfast cereals	33	24	51	39	29	40	36	25	45	59	39	42	79	45	51
Other breakfast cereals	25	23	73	36	31	58	30	25	66	30	25	28	23	20	31
Biscuits	24	20	85	28	20	67	26	20	76	27	17	54	24	19	70
Buns, cakes, pastries and fruit pies	37	30	71	44	33	61	40	31	66	50	36	50	57	47	72
Puddings	52	43	45	58	44	26	54	43	36	65	51	23	68	54	45
Milk and milk products ^c															
Whole milk (3.8% fat)	202	170	62	175	136	38	192	161	50	179	120	32	188	163	54
Semi skimmed milk (1.8 % fat)	190	155	49	218	183	62	206	170	55	203	168	71	235	213	47
Skimmed milk (0.5% fat)	100	69	4	108	91	6	105	80	5	178	131	14	208	192	12
Other milk and cream	63	44	19	75	53	18	69	50	19	38	11	21	47	21	12
Cheese	15	11	52	21	17	53	18	13	53	26	20	67	20	16	68
Yoghurt, fromage frais and other dairy desserts	54	42	60	55	44	41	54	43	51	69	57	31	58	45	21
Ice cream	28	23	44	39	29	33	33	24	38	34	29	20	27	21	30
Eggs and egg dishes	24	19	35	30	24	39	27	22	37	39	30	56	33	29	61

Table K.2a (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: male consumers, by NDNS survey and age

Male consumers aged 4 years and over

Food Group	Survey and age group (years)														
	1997 NDNS Young People									2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	Boys						Total boys			Men			Men		
	4-10		%	11-18		%	Mean	Median	consumers	19-64		%	65+		%
Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	
Fat spreads															
Butter	7	5	24	8	5	20	7	5	22	11	8	33	17	16	38
Margarine and other fats and oils ^d	4	4	24	7	5	32	6	4	28	6	4	33	12	8	21
Reduced fat spread polyunsaturated (41-75% fat)	8	6	32	10	7	32	9	7	32	13	10	21	17	14	33
Reduced fat spread non polyunsaturated (41-75% fat)	10	7	24	12	10	21	11	8	23	14	11	32	19	15	13
Low fat spread polyunsaturated (18-39% fat)	7	6	13	8	7	12	8	6	12	13	9	11	16	13	8
Low fat spread not polyunsaturated (18-39% fat)	7	5	8	11	9	9	9	7	9	12	8	7	17	15	12
Meat and meat products															
Bacon and ham	16	12	43	24	16	54	20	14	49	29	23	64	25	21	67
Beef, veal and dishes	42	32	34	65	53	39	54	41	36	84	68	49	59	48	52
Lamb and dishes	29	21	18	57	40	17	42	26	18	58	38	15	39	30	23
Pork and dishes	25	20	18	33	25	23	30	22	20	51	38	23	37	31	24
Coated chicken and turkey	26	22	38	40	32	28	32	25	33	48	42	15	34	33	4
Chicken and turkey dishes	31	21	53	55	41	61	43	30	57	82	64	66	47	37	43
Liver and liver dishes	10	9	3	15	10	3	12	9	3	31	24	7	26	21	11
Burgers and kebabs	25	22	24	50	46	32	39	29	28	53	43	20	23	21	7
Sausages	26	20	55	32	25	46	29	22	50	35	28	39	27	24	29
Meat pies and pastries	30	25	32	52	40	34	41	32	33	59	50	32	54	44	38
Other meat and meat dishes	5	4	0	5	5	0	5	4	0	41	25	21	28	20	30
Fish and fish dishes															
White fish coated or fried including fish fingers	24	19	40	35	29	24	28	23	33	45	43	23	41	38	37
Other white fish, shellfish or fish dishes	28	22	8	42	32	11	36	27	10	46	35	21	39	35	25
Oily fish (including canned tuna) ^e	19	14	16	24	16	16	22	16	16	42	31	31	39	30	34

National Diet and Nutrition Survey. Headline results from Years 1 and 2 (combined) of the Rolling Programme (2008/2009 - 2009/10)

Table K.2a (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: male consumers, by NDNS survey and age

Male consumers aged 4 years and over

Food Group	Survey and age group (years)														
	1997 NDNS Young People						2000/01 NDNS Adults						1994/95 NDNS people aged 65 years and over ^a		
	Boys			11-18			Total boys			Men			Men		
4-10	%	11-18	%	Total boys		%	19-64	%	65+	%					
Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	
Vegetables, potatoes															
Salad and other raw vegetables	25	18	39	31	25	45	28	22	42	51	40	69	50	41	61
Vegetables (not raw) including vegetable dishes	59	48	86	78	61	87	68	54	86	114	96	92	97	86	95
Chips, fried and roast potatoes and potato products	62	50	89	92	77	89	77	62	89	80	69	71	56	45	61
Other potatoes, potato salads and dishes	48	40	72	72	56	66	59	47	69	87	74	68	96	86	88
Savoury snacks	20	18	84	22	19	77	21	18	80	19	15	44	12	8	14
Nuts and seeds	9	6	15	15	9	11	11	7	13	16	10	14	12	8	9
Fruit	83	67	77	78	60	56	81	65	67	135	101	70	123	111	79
Sugar preserves and confectionery															
Sugars, including table sugar, preserves and sweet spreads	10	8	75	15	11	72	12	9	74	29	20	68	34	29	83
Sugar confectionery	23	16	64	28	17	43	25	16	53	13	6	15	13	8	6
Chocolate confectionery	22	18	74	31	24	72	27	20	73	24	16	42	19	14	23
Non-alcoholic beverages															
Fruit juice	121	83	41	160	120	38	139	105	39	144	113	36	101	90	24
Soft drinks, not low calorie	294	235	84	392	310	87	342	264	85	259	161	51	139	100	28
Soft drinks, low calorie	315	263	69	319	230	56	317	251	63	301	193	28	135	100	8
Tea, coffee and water	177	119	70	324	221	79	253	168	74	1036	939	99	1177	1087	100

Table K.2a (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: male consumers, by NDNS survey and age

Male consumers aged 4 years and over

Food Group	Survey and age group (years)														
	1997 NDNS Young People									2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	Boys			11-18			Total boys			Men			Men		
	4-10	%	11-18	%	Total boys	%	19-64	%	65+	%					
	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers
Alcoholic beverages															
Spirits and liqueurs	3	4	0	45	17	2	40	17	1	37	20	17	42	32	22
Wine	17	20	0	56	43	2	51	30	1	173	123	30	102	70	21
Beer, lager, cider and perry	16	2	0	545	332	15	531	290	7	735	484	60	519	287	37
Miscellaneous															
Soup, manufactured/retail and homemade	61	55	16	85	69	13	72	58	14	116	93	23	110	83	32
Savoury sauces, pickles, gravies and condiments	18	13	78	27	20	81	22	16	79	33	25	86	26	20	83
<i>Bases (unweighted)</i>	440			416			856			833			632		

^a Table K.2a only contains data from the free-living group in the 1994/95 NDNS people aged 65 years and over.^b Table K.2a includes 'other breads' in the same food group as 'brown, granary and wheatgerm bread', however chapter 5 tables have 'other breads' as a separate food group.^c Table K.2a does not include '1% fat milk' as this product was not on the market at the time of previous NDNS.^d Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.^e Table K.2a includes 'canned tuna' in the "Oily fish (including canned tuna)" food group, however chapter 5 tables have 'canned tuna' in the "other white fish, shellfish or fish dishes and canned tuna" food group.

Table K.2b

Re-analysed data based on four days: total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age

Female consumers aged 4 years and over

Food Group	Survey and age group (years)														
	1997 NDNS Young people									2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	Girls			11-18			Total girls			Women			Women		
	4-10	%	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers
Cereals and cereal products															
Pasta, rice, pizza and other miscellaneous cereals	60	48	81	85	68	83	73	57	82	84	67	71	38	31	37
White bread	53	49	92	66	60	91	60	54	92	63	56	81	62	56	73
Wholemeal bread	32	22	21	31	23	20	32	23	21	42	36	32	56	50	40
Brown, granary and wheatgerm bread, other breads ^b	24	18	25	30	22	33	28	20	30	40	30	41	47	36	23
High fibre breakfast cereals	24	18	48	29	20	34	26	19	40	43	30	46	51	32	50
Other breakfast cereals	20	16	66	27	21	45	23	18	55	23	17	29	19	15	27
Biscuits	24	20	85	20	15	64	22	18	74	19	14	56	20	17	71
Buns, cakes, pastries and fruit pies	31	26	67	37	28	59	34	27	63	39	30	50	42	35	69
Puddings	49	40	42	49	41	27	49	40	34	55	44	23	59	48	40
Milk and milk products ^c															
Whole milk (3.8% fat)	167	140	59	125	87	34	151	123	46	140	106	32	182	157	62
Semi skimmed milk (1.8 % fat)	144	112	50	140	110	61	142	110	56	169	143	68	229	206	43
Skimmed milk (0.5% fat)	69	42	7	131	112	7	103	70	7	178	155	20	174	160	9
Other milk and cream	49	33	19	55	28	17	52	28	18	36	11	23	36	15	17
Cheese	15	12	62	20	15	60	18	13	61	21	16	63	16	12	61
Yoghurt, fromage frais and other dairy desserts	53	43	63	53	41	40	53	43	51	69	58	38	66	55	32
Ice cream	27	20	48	29	22	31	28	21	39	29	22	19	27	20	26
Eggs and egg dishes	24	21	40	25	18	35	25	20	37	32	27	49	26	18	55

Table K.2b (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age

Female consumers aged 4 years and over

Food Group	Survey and age group (years)														
	1997 NDNS Young People									2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	Girls			Total girls			Women			Women					
	4-10	%	consumers	11-18	%	consumers	19-64	%	consumers	65+	%	consumers			
Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	
Fat spreads															
Butter	6	5	24	6	5	24	6	5	24	8	6	36	14	12	48
Margarine and other fats and oils ^d	5	4	26	5	4	31	5	4	29	4	3	26	10	6	18
Reduced fat spread polyunsaturated (41-75% fat)	7	6	35	8	6	34	8	6	35	9	7	15	14	12	26
Reduced fat spread not polyunsaturated (41-75% fat)	7	6	22	9	7	17	8	6	19	10	7	29	15	14	12
Low fat spread polyunsaturated (18-39% fat)	5	4	12	8	6	12	7	5	12	9	7	10	15	13	7
Low fat spread not polyunsaturated (18-39% fat)	6	5	12	6	5	11	6	5	11	8	6	9	12	9	11
Meat and meat products															
Bacon and ham	15	10	48	17	12	41	16	12	44	21	16	51	19	15	61
Beef, veal and dishes	42	34	35	61	47	35	52	39	35	70	58	41	56	43	47
Lamb and dishes	30	21	18	41	30	13	35	24	15	46	31	13	29	23	20
Pork and dishes	22	18	18	32	25	19	27	21	19	39	30	17	30	26	22
Coated chicken and turkey	26	21	36	39	34	30	32	27	32	39	37	16	28	24	5
Chicken and turkey dishes	32	23	58	44	34	59	39	28	59	64	50	61	42	33	43
Liver and liver dishes	12	8	3	14	10	3	13	9	3	24	20	5	24	23	9
Burgers and kebabs	23	22	23	39	30	24	31	26	23	45	40	12	24	21	7
Sausages	21	16	48	27	20	34	23	18	41	27	22	23	25	22	24
Meat pies and pastries	27	20	29	37	34	30	32	27	29	41	36	22	41	38	30
Other meat and meat dishes	1	2	0	8	4	1	6	3	1	29	19	13	22	19	22
Fish and fish dishes															
White fish coated or fried including fish fingers	23	20	38	30	25	22	26	21	29	37	35	21	33	30	35
Other white fish, shellfish or fish dishes	25	21	11	32	23	11	29	23	11	42	30	21	39	38	24
Oily fish (including salmon and tuna)	16	15	20	25	19	20	21	15	20	38	29	35	26	21	31

National Diet and Nutrition Survey. Headline results from Years 251 and 2 (combined) of the Rolling Programme (2008/2009 - 2009/10)

Table K.2b (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age

Female consumers aged 4 years and over

Food Group	Survey and age group (years)															
	1997 NDNS Young People									2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a			
	Girls			11-18			Total girls			Women			Women			
4-10	% consumers		Mean	Median	% consumers		Mean	Median	% consumers		19-64	% consumers		65+	% consumers	
Mean	Median		Mean	Median	Mean	Median	Mean	Median	Mean	Median	Mean	Median	Mean	Median	Mean	Median
Vegetables, potatoes																
Salad and other raw vegetables	27	22	51	34	25	61	31	23	56	58	44	74	45	37	62	
Vegetables (not raw) including vegetable dishes	55	45	92	74	59	89	65	51	90	99	81	91	84	71	96	
Chips, fried and roast potatoes and potato products	55	46	89	77	67	83	66	54	86	59	50	65	43	36	57	
Other potatoes, potato salads and dishes	46	36	72	64	54	65	55	45	68	77	66	72	72	64	86	
Savoury snacks	19	17	87	20	17	78	19	17	82	14	12	46	9	7	15	
Nuts and seeds	8	5	10	9	6	10	8	6	10	13	7	14	8	6	5	
Fruit	83	68	83	84	60	65	83	64	73	137	104	75	117	98	82	
Sugar preserves and confectionery																
Sugars, including table sugar, preserves and sweet spreads	9	7	75	12	9	67	10	7	71	19	12	62	23	17	74	
Sugar confectionery	22	15	63	20	11	41	21	14	51	13	7	19	12	8	6	
Chocolate confectionery	20	17	70	27	20	68	24	18	69	19	14	45	14	11	21	
Non-alcoholic beverages																
Fruit juice	125	101	44	136	101	44	131	101	44	125	101	37	91	74	27	
Soft drinks, not low calorie	260	206	85	307	244	80	284	224	82	212	134	44	129	84	28	
Soft drinks, low calorie	278	205	73	258	186	56	269	200	64	273	165	36	136	75	7	
Tea, coffee and water	176	132	71	350	271	82	274	193	77	1029	946	99	1018	953	100	

Table K.2b (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age

Female consumers aged 4 years and over

Food Group	Survey and age group (years)														
	1997 NDNS Young People									2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	Girls			11-18			Total girls			Women			Women		
	4-10		%	11-18		%	Total girls		%	19-64		%	65+		%
Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	
Alcoholic beverages															
Spirits and liqueurs	.	.	0	21	17	4	21	17	2	28	17	18	23	18	10
Wine	13	5	1	80	50	5	72	36	3	142	111	37	73	63	20
Beer, lager, cider and perry	23	24	0	347	225	11	337	222	6	365	220	24	205	142	10
Miscellaneous															
Soup, manufactured/retail and homemade	63	52	16	81	71	21	73	63	19	99	81	25	96	76	30
Savoury sauces, pickles, gravies and condiments	17	13	78	27	20	82	23	15	80	27	19	85	20	14	85
<i>Bases (unweighted)</i>	397			448			845			891			643		

^a Table K.2b only contains data from the free-living group in the 1994/95 NDNS people aged 65 years and over.^b Table K.2b includes 'other breads' in the same food group as 'brown, granary and wheatgerm bread', however chapter 5 tables have 'other breads' as a separate food group.^c Table K.2b does not include '1% fat milk' as this product was not on the market at the time of previous NDNS.^d Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.^e Table K.2b includes 'canned tuna' in the "Oily fish (including canned tuna)" food group, however chapter 5 tables have 'canned tuna' in the "other white fish, shellfish or fish dishes and canned tuna" food group.

Table K.2c

Re-analysed data based on four days: total quantities of food consumed (grams) per day: consumers, by NDNS survey and age

Consumers aged 4 years and over

Food Group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	4-10		%	11-18		%	19-64		%	65+		%
	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers
Cereals and cereal products												
Pasta, rice, pizza and other miscellaneous cereals	62	49	81	92	73	82	95	75	73	43	36	39
White bread	59	53	92	75	66	92	78	66	83	73	67	74
Wholemeal bread	33	23	20	37	28	18	53	42	30	62	56	39
Brown, granary and wheatgerm bread, other breads ^b	26	19	24	35	25	31	46	34	41	54	42	24
High fibre breakfast cereals	29	20	49	34	24	37	50	34	44	63	38	50
Other breakfast cereals	23	20	70	32	26	51	26	19	29	21	18	28
Biscuits	24	20	85	24	18	65	22	15	55	22	17	71
Buns, cakes, pastries and fruit pies	35	28	69	41	30	60	44	33	50	49	40	70
Puddings	51	42	43	53	43	26	60	48	23	63	51	42
Milk and milk products ^c												
Whole milk (3.8% fat)	186	155	60	151	109	36	157	113	32	184	161	58
Semi skimmed milk (1.8 % fat)	168	140	49	178	142	61	185	153	69	232	208	45
Skimmed milk (0.5% fat)	81	50	5	121	93	7	178	148	17	190	170	11
Other milk and cream	56	37	19	65	45	18	37	11	22	40	18	14
Cheese	15	12	57	20	16	57	23	18	65	18	14	64
Yoghurt, fromage frais and other dairy desserts	53	42	61	54	44	40	69	58	35	63	53	27
Ice cream	28	21	46	34	25	32	31	25	19	27	20	28
Eggs and egg dishes	24	20	37	28	21	37	36	29	52	29	25	58

Table K.2c (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: consumers, by NDNS survey and age

Consumers aged 4 years and over

Food Group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	4-10		%	11-18		%	19-64		%	65+		%
	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers
Fat spreads												
Butter	6	5	24	7	5	22	10	7	35	15	13	43
Margarine and other fats and oils ^d	5	4	25	6	4	31	5	4	29	11	7	19
Reduced fat spread polyunsaturated (41-75% fat)	8	6	34	9	7	33	11	8	18	15	14	29
Reduced fat spread not polyunsaturated (41-75% fat)	9	6	23	10	8	19	12	8	30	17	15	13
Low fat spread polyunsaturated (18-39% fat)	6	5	12	8	6	12	11	7	10	16	13	7
Low fat spread not polyunsaturated (18-39% fat)	6	5	10	8	7	10	10	7	8	14	13	12
Meat and meat products												
Bacon and ham	15	12	45	21	14	47	25	19	57	22	17	64
Beef, veal and dishes	42	33	34	63	50	37	77	63	44	57	45	49
Lamb and dishes	30	21	18	50	34	15	51	35	14	33	25	21
Pork and dishes	24	19	18	32	25	21	45	36	20	33	28	23
Coated chicken and turkey	26	22	37	40	33	29	43	40	15	30	28	4
Chicken and turkey dishes	31	23	55	49	37	60	72	56	63	44	34	43
Liver and liver dishes	11	8	3	14	10	3	28	21	6	25	23	10
Burgers and kebabs	24	22	23	45	39	28	49	42	15	23	21	7
Sausages	24	19	52	30	23	40	32	24	30	26	22	26
Meat pies and pastries	28	23	31	45	36	32	51	40	26	47	39	33
Other meat and meat dishes	4	2	0	7	4	1	36	23	17	25	20	26
Fish and fish dishes												
White fish coated or fried including fish fingers	24	20	39	32	28	23	41	41	22	37	33	36
Other white fish, shellfish or fish dishes	26	22	9	37	27	11	44	32	21	39	38	24
Oily fish (including canned tuna) ^e	17	11	18	25	18	18	40	29	34	32	25	32

Table K.2c (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: consumers, by NDNS survey and age

Consumers aged 4 years and over

Food Group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	4-10		%	11-18		%	19-64		%	65+		%
	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers
Vegetables, potatoes												
Salad and other raw vegetables	26	20	45	33	25	53	55	42	71	47	39	62
Vegetables (not raw) including vegetable dishes	57	46	89	76	60	88	106	88	92	89	77	96
Chips, fried and roast potatoes and potato products	58	49	89	84	72	86	69	56	68	48	41	59
Other potatoes, potato salads and dishes	47	37	72	68	55	66	81	69	70	82	73	87
Savoury snacks	19	17	85	21	17	77	16	13	45	10	7	14
Nuts and seeds	8	6	13	12	8	10	15	9	14	10	7	7
Fruit	83	68	80	81	60	61	136	103	73	120	101	81
Sugar preserves and confectionery												
Sugars, including table sugar, preserves and sweet spreads	9	7	75	13	10	69	24	15	65	28	22	78
Sugar confectionery	23	15	63	24	14	42	13	7	17	13	8	6
Chocolate confectionery	21	18	72	29	22	70	21	15	44	16	12	22
Non-alcoholic beverages												
Fruit juice	123	93	43	147	110	41	133	108	37	95	79	26
Soft drinks, not low calorie	278	218	84	349	275	84	234	144	47	133	89	28
Soft drinks, low calorie	297	239	71	288	212	56	284	177	32	135	92	8
Tea, coffee and water	177	125	70	338	246	80	1032	942	99	1085	1015	100

Table K.2c (continued)

Re-analysed data based on four days: total quantities of food consumed (grams) per day: consumers, by NDNS survey and age

Consumers aged 4 years and over

Food Group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults			1994/95 NDNS people aged 65 years and over ^a		
	4-10		%	11-18		%	19-64		%	65+		%
	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers
Alcoholic beverages												
Spirits and liqueurs	3	4	0	29	17	3	32	18	17	35	22	15
Wine	14	20	1	74	49	4	154	113	34	86	63	20
Beer, lager, cider and perry	19	24	0	458	284	13	611	375	40	437	251	21
Miscellaneous												
Soup, manufactured/retail and homemade	62	55	16	83	71	17	106	88	24	102	78	31
Savoury sauces, pickles, gravies and condiments	17	13	78	27	20	82	30	21	85	22	16	84
<i>Bases (unweighted)</i>	837			864			1724			1275		

^a Table K.2c only contains data from the free-living group in the 1994/95 NDNS people aged 65 years and over.

^b Table K.2c includes 'other breads' in the same food group as 'brown, granary and wheatgerm bread', however chapter 5 tables have 'other breads' as a separate food group.

^c Table K.2c does not include '1% fat milk' as this product was not on the market at the time of previous NDNS.

^d Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

^e Table K.2c includes 'canned tuna' in the "Oily fish (including canned tuna)" food group, however chapter 5 tables have 'canned tuna' in the "other white fish, shellfish or fish dishes and canned tuna" food group.