

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

Alison Lennox, Ashley Olson and Clifton Gay

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 (LRNIs) 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, the four-day estimates for percentage consumers were reported in both the four-day surveys in spite of the other corrections to seven days. 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.

K2. Method

The seven-day records from the NDNS surveys of adults aged 19 to 64 years and of young people aged four to 18 years 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) To ensure that each day of the week appeared equally in the new dataset
- ii) As far as possible to choose the first four days from the seven day diary for each individual

iii) To 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. The following table shows the distribution of start days by day of the week in the NDNS survey of adults aged 19 to 64 years.

Day of week	Number of diary start days
Sunday	56
Monday	121
Tuesday	379
Wednesday	366
Thursday	348
Friday	279
Saturday	175
Total	1724

The table 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.

Allocation to start day for four-days analysis in NDNS survey of adults aged 19 to 64 years (2000/01)								
Original start day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
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.

	Allocation to start day for four-days analysis in NDNS survey of young people aged four to 18 years (1997)							
Original start day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Sunday	54							54
Monday		46						46
Tuesday			243		53	137		433
Wednesday				243	16	41	125	425
Thursday	189				174			363
Friday		197				165		262
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, percentage below LRNI for vitamins and minerals and for the dietary targets of percentage below 11% food energy (below 10% total energy) for saturated fatty acids and non-milk extrinsic sugars (NMES). 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 older surveys in tables K.1a,b,c and K.2 a,b,c.

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- 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 4 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 4 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) and NDNS Adults aged 19-64 years (2000/01)

- 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

Food group	Survey and age group (years)							
	1997 NDNS Young People						2000/01 NDNS Adults	
	Boys		11-18		Total boys		Men	
	4-10		Mean	sd	Mean	sd	19-64	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Cereals and cereal products								
Pasta, rice and other miscellaneous cereals	53	55	81	82	67	71	81	90
White bread	59	43	79	59	68	52	82	69
Wholemeal bread	7	18	7	22	7	20	19	41
Brown, granary and wheatgerm bread/other breads	6	16	11	25	9	21	22	40
Wholegrain and high fibre breakfast cereals	17	28	16	31	16	30	25	59
Other breakfast cereals	19	18	21	27	20	23	8	18
Biscuits	21	20	18	26	20	23	14	26
Buns, cakes, pastries and fruit pies	27	31	27	38	27	34	25	40
Milk and milk products								
Whole milk (3.8% fat)	124	156	67	124	96	144	57	138
Semi skimmed milk (1.8 % fat)	92	138	135	170	113	156	144	165
Skimmed milk (0.5% fat)	4	24	6	32	5	29	24	103
Cheese	8	11	11	16	9	14	17	24
Yoghurt, fromage frais and other dairy desserts	32	41	22	36	27	39	21	45
Ice cream	13	19	13	29	13	24	7	17
Eggs and egg dishes								
	8	15	12	21	10	18	22	29

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 4-64 years

Food group	Survey and age group (years)							
	1997 NDNS Young People				2000/01 NDNS Adults			
	Boys		11-18		Total boys		Men	
	4-10		11-18				19-64	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Fat spreads								
Butter	2	4	2	5	2	5	4	8
Polyunsaturated margarine	0	1	1	3	0	2	0	2
Margarine and other cooking fats NOT polyunsaturated	1	2	2	4	1	3	2	5
Reduced fat spread (41-60% fat)	5	9	6	8	5	9	7	11
Low fat spread (20-49% fat)	1	4	2	5	2	5	2	7
Meat and meat products								
Bacon and ham	7	12	13	21	10	17	19	24
Beef, veal and dishes	14	29	25	44	19	37	41	62
Lamb and dishes	5	17	10	30	7	24	9	28
Pork and dishes	4	13	8	19	6	16	12	28
Coated chicken and turkey	10	16	11	23	11	20	7	20
Chicken and turkey dishes	16	26	34	47	25	39	54	69
Burgers and kebabs	6	14	16	32	11	25	10	28
Sausages	14	20	15	22	15	21	13	25
Meat pies and pastries	10	18	18	34	14	27	19	35
Fish and fish dishes								
White fish coated or fried including fish fingers	10	16	8	18	9	17	11	21
Other white fish, shellfish or fish dishes	2	9	5	19	3	15	10	27
Oily fish (including canned tuna)	3	10	4	12	4	11	13	28

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 4-64 years

Food group	Survey and age group (years)							
	1997 NDNS Young People				2000/01 NDNS Adults			
	Boys		11-18		Total boys		Men	
	4-10	sd	Mean	sd	Mean	sd	19-64	Sd
	Mean	sd	Mean	sd	Mean	sd	Mean	Sd
Vegetables, potatoes								
Salad and other raw vegetables	10	18	14	24	12	21	35	44
Vegetables (not raw) including vegetable dishes	51	47	68	64	59	56	105	83
Chips, fried and roast potatoes and potato products	55	49	82	70	68	61	57	57
Other potatoes, potato salads and dishes	35	36	47	54	41	47	59	61
Savoury snacks	16	14	17	17	17	15	8	14
Nuts and seeds	1	4	2	7	1	6	2	10
Fruit	64	65	44	68	54	67	94	119
Sugar preserves and confectionery								
Sugars, including table sugar, preserves and sweet spreads	7	9	11	14	9	12	20	28
Sugar confectionery	15	23	12	27	14	25	2	8
Chocolate confectionery	16	17	22	26	19	22	10	19
Beverages								
Fruit juice	50	95	60	114	55	105	52	100
Soft drinks, not low calorie	246	241	341	337	292	295	133	228
Soft drinks, low calorie	217	250	178	271	198	261	83	211
Tea, coffee and water	124	162	257	312	188	255	1025	596
<i>Bases (unweighted)</i>	<i>440</i>		<i>416</i>		<i>856</i>		<i>833</i>	

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 4-64 years

Food group	Survey and age group (years)							
	1997 NDNS Young People						2000/01 NDNS Adults	
	Girls		11-18		Total girls		Women	
	4-10		Mean	sd	Mean	sd	19-64	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Cereals and cereal products								
Pasta, rice and other miscellaneous cereals	48	51	70	69	60	63	60	66
White bread	49	34	60	43	55	40	51	47
Wholemeal bread	7	18	6	17	7	17	14	26
Brown, granary and wheatgerm bread/other breads	6	14	10	20	8	18	16	28
Wholegrain and high fibre breakfast cereals	11	19	10	21	10	20	20	36
Other breakfast cereals	14	16	12	19	13	18	7	15
Biscuits	20	19	13	17	16	18	11	15
Buns, cakes, pastries and fruit pies	21	23	22	30	22	27	19	28
Milk and milk products								
Whole milk (3.8% fat)	99	127	42	91	69	113	44	105
Semi skimmed milk (1.8 % fat)	72	110	85	119	79	115	115	142
Skimmed milk (0.5% fat)	4	27	9	45	7	38	36	95
Cheese	9	12	12	16	11	14	14	17
Yoghurt, fromage frais and other dairy desserts	33	39	21	34	27	37	26	45
Ice cream	13	20	9	18	11	19	6	15
Eggs and egg dishes								
	10	16	9	17	9	16	16	23

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 4-64 years

Food group	Survey and age group (years)							
	1997 NDNS Young People						2000/01 NDNS Adults	
	Girls		11-18		Total girls		Women	
	4-10		11-18		Mean	sd	19-64	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Fat spreads								
Butter	2	4	1	4	1	4	3	6
Polyunsaturated margarine	0	1	0	1	0	1	0	1
Margarine and other cooking fats NOT polyunsaturated	1	3	1	3	1	3	1	3
Reduced fat spread (41-60% fat)	4	6	4	7	4	7	4	7
Low fat spread (20-49% fat)	1	3	2	4	2	4	2	5
Meat and meat products								
Bacon and ham	7	12	7	14	7	13	11	16
Beef, veal and dishes	15	28	21	41	18	35	29	47
Lamb and dishes	5	17	5	18	5	17	6	21
Pork and dishes	4	13	6	16	5	15	7	18
Coated chicken and turkey	9	16	12	22	11	20	6	17
Chicken and turkey dishes	19	28	26	36	23	33	39	51
Burgers and kebabs	5	12	9	21	7	17	5	19
Sausages	10	15	9	19	10	17	6	15
Meat pies and pastries	8	16	11	22	10	20	9	22
Fish and fish dishes								
White fish coated or fried including fish fingers	9	14	7	14	8	14	8	17
Other white fish, shellfish or fish dishes	3	10	4	15	3	13	9	25
Oily fish (including canned tuna)	3	9	5	14	4	12	14	27

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 4-64 years

Food group	Survey and age group (years)							
	1997 NDNS Young People						2000/01 NDNS Adults	
	Girls				Total girls		Women	
	4-10		11-18				19-64	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Vegetables, potatoes								
Salad and other raw vegetables	14	22	21	31	18	28	43	50
Vegetables (not raw) including vegetable dishes	50	46	66	59	59	54	91	80
Chips, fried and roast potatoes and potato products	49	39	64	56	57	50	39	44
Other potatoes, potato salads and dishes	33	36	42	46	38	42	55	55
Savoury snacks	16	13	16	15	16	14	6	10
Nuts and seeds	1	4	1	4	1	4	2	8
Fruit	69	64	54	80	61	73	104	115
Sugar, preserves and confectionery								
Sugars, including table sugars, preserves and sweet spreads	7	8	8	11	7	10	12	20
Sugar confectionery	14	23	8	21	11	22	3	12
Chocolate confectionery	14	16	18	22	16	20	9	15
Beverages								
Fruit juice	56	92	60	105	58	99	47	87
Soft drinks, not low calorie	220	204	246	249	233	229	94	182
Soft drinks, low calorie	202	230	144	216	171	225	97	223
Tea, coffee and water	124	159	286	302	211	259	1019	601
<i>Bases (unweighted)</i>	397		448		845		891	

Table K.1c

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

Aged 4-64 years

Food group	Survey and age group (years)					
	1997 NDNS Young People				2000/01 NDNS Adults	
	4-10		11-18		19-64	
	Mean	sd	Mean	sd	Mean	sd
Cereals and cereal products						
Pasta, rice and other miscellaneous cereals	51	53	75	76	69	79
White bread	54	39	69	52	64	60
Wholemeal bread	7	18	7	19	16	34
Brown, granary and wheatgerm bread/other breads	6	15	11	23	19	34
Wholegrain and high fibre breakfast cereals	14	25	13	26	22	48
Other breakfast cereals	16	17	16	24	8	16
Biscuits	20	19	16	22	12	21
Buns, cakes, pastries and fruit pies	24	28	24	34	22	34
Milk and milk products						
Whole milk (3.8% fat)	112	144	54	109	50	121
Semi skimmed milk (1.8 % fat)	83	126	109	148	128	153
Skimmed milk (0.5% fat)	4	25	8	40	31	99
Cheese	9	12	11	16	15	21
Yoghurt, fromage frais and other dairy desserts	33	40	22	35	24	45
Ice cream	13	19	11	24	6	16
Eggs and egg dishes						
	9	15	10	19	19	26

Table K.1c (continued)

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

Aged 4-64 years

Food group	Survey and age group (years)					
	1997 NDNS Young People				2000/01 NDNS Adults	
	4-10		11-18		19-64	
	Mean	sd	Mean	sd	Mean	sd
Fat spreads						
Butter	2	4	2	4	3	7
Polyunsaturated margarine	0	1	0	2	0	2
Margarine and other cooking fats NOT polyunsaturated	1	3	2	4	1	4
Reduced fat spread (41-60% fat)	5	8	5	8	6	9
Low fat spread (20-49% fat)	1	4	2	5	2	6
Meat and meat products						
Bacon and ham	7	12	10	18	14	20
Beef, veal and dishes	14	28	23	42	34	54
Lamb and dishes	5	17	7	25	7	25
Pork and dishes	4	13	7	17	9	23
Coated chicken and turkey	10	16	11	23	6	18
Chicken and turkey dishes	17	27	30	42	45	60
Burgers and kebabs	6	13	12	27	8	24
Sausages	12	18	12	21	10	20
Meat pies and pastries	9	17	14	28	13	29
Fish and fish dishes						
White fish coated or fried including fish fingers	9	15	7	16	9	19
Other white fish, shellfish or fish dishes	2	10	4	17	9	26
Oily fish (including canned tuna)	3	10	5	13	13	27

Table K.1c (continued)

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

Aged 4-64 years

Food group	Survey and age group (years)					
	1997 NDNS Young People				2000/01 NDNS Adults	
	4-10		11-18		19-64	
	Mean	sd	Mean	sd	Mean	sd
Vegetables, potatoes						
Salad and other raw vegetables	12	20	18	28	39	48
Vegetables (not raw) including vegetable dishes	51	46	67	61	97	82
Chips, fried and roast potatoes and potato products	52	45	73	64	47	51
Other potatoes, potato salads and dishes	34	36	44	50	57	58
Savoury snacks	16	13	16	16	7	12
Nuts and seeds	1	4	1	6	2	9
Fruit	66	64	49	75	99	117
Sugar, preserves and confectionery						
Sugars, including table sugar, preserves and sweet spreads	7	9	9	12	15	24
Sugar confectionery	14	23	10	24	2	11
Chocolate confectionery	15	16	20	24	9	17
Beverages ^b						
Fruit juice	52	94	60	109	49	93
Soft drinks, not low calorie	234	225	291	298	111	205
Soft drinks, low calorie	210	241	160	244	91	217
Tea, coffee and water	124	161	272	307	1021	599
<i>Bases (unweighted)</i>	837		864		1724	

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 4-64 years

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

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 4-64 years

Food group	Survey and age group (years)											
	1997 NDNS Young People									2000/01 NDNS Adults		
	Boys						Total boys			Men		
	4-10		%	11-18		%	Mean	Median	%	19-64		%
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
Polyunsaturated margarine	3	3	5	9	5	6	6	4	6	6	3	6
Margarine and other cooking fats NOT polyunsaturated	4	4	19	6	4	27	5	4	23	6	4	29
Reduced fat spread (41-60% fat)	9	7	53	11	9	50	10	8	52	14	11	51
Low fat spread (20-49% fat)	7	6	21	10	8	21	8	7	21	13	9	17
Meat and meat products												
Bacon and ham	16	12	43	24	16	54	20	14	49	29	23	64
Beef, veal and dishes	42	32	34	65	53	39	54	41	36	84	68	49
Lamb and dishes	29	21	18	57	40	17	42	26	18	58	38	15
Pork and dishes	25	20	18	33	25	23	30	22	20	51	38	23
Coated chicken and turkey	26	22	38	40	32	28	32	25	33	48	42	15
Chicken and turkey dishes	31	21	53	55	41	61	43	30	57	82	64	66
Burgers and kebabs	25	22	24	50	46	32	39	29	28	53	43	20
Sausages	26	20	55	32	25	46	29	22	50	35	28	39
Meat pies and pastries	30	25	32	52	40	34	41	32	33	59	50	32

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 4-64 years

Food group	Survey and age group (years)											
	1997 NDNS Young People									2000/01 NDNS Adults		
	Boys			11-18			Total boys			Men		
	4-10		%	Mean	Median	%	Mean	Median	%	19-64		%
	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers
Fish and fish dishes												
White fish coated or fried including fish fingers	24	19	40	35	29	24	28	23	33	45	43	23
Other white fish, shellfish or fish dishes	28	22	8	42	32	11	36	27	10	46	35	21
Oily fish (including canned tuna)	19	14	16	24	16	16	22	16	16	42	31	31
Vegetables, potatoes												
Salad and other raw vegetables	25	18	39	31	25	45	28	22	42	51	40	69
Vegetables (not raw) including vegetable dishes	59	48	86	78	61	87	68	54	86	114	96	92
Chips, fried and roast potatoes and potato products	62	50	89	92	77	89	77	62	89	80	69	71
Other potatoes, potato salads and dishes	48	40	72	72	56	66	59	47	69	87	74	68
Savoury snacks	20	18	84	22	19	77	21	18	80	19	15	44
Nuts and seeds	9	6	15	15	9	11	11	7	13	16	10	14
Fruit	83	67	77	78	60	56	81	65	67	135	101	70
Sugar, preserves and confectionery												
Sugars, including table sugar, preserves and sweet spreads	10	8	75	15	11	72	12	9	74	29	20	68
Sugar confectionery	23	16	64	28	17	43	25	16	53	13	6	15
Chocolate confectionery	22	18	74	31	24	72	27	20	73	24	16	42

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 4-64 years

Food group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults					
	Boys						Men					
	4-10		%	11-18		%	Total boys		%	19-64		%
	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers
Beverages												
Fruit juice	121	83	41	160	120	38	139	105	39	144	113	36
Soft drinks, not low calorie	294	235	83	392	310	87	342	264	85	259	161	51
Soft drinks, low calorie	315	262	69	319	230	56	317	251	63	301	193	28
Tea, coffee and water	177	119	70	324	221	79	253	168	74	1036	939	99
<i>Bases (unweighted)</i>	440			416			856			833		

Table K.2b

Total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age

Female consumers aged 4-64 years

Food group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults					
	Girls						Women					
	4-10		%	11-18		%	Total girls		%	19-64		%
Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	
Cereals and cereal products												
Pasta, rice and other miscellaneous cereals	60	48	81	85	69	82	74	57	82	84	67	71
White bread	53	49	92	66	60	91	60	54	92	63	56	81
Wholemeal bread	32	22	21	31	23	20	32	23	21	42	36	32
Brown, granary and wheatgerm bread	24	18	25	30	22	33	28	20	29	40	30	41
Other breads												
Wholegrain and high fibre breakfast cereals	24	18	48	29	20	34	26	19	40	43	30	46
Other breakfast cereals	20	16	66	27	21	45	23	18	55	23	17	29
Biscuits	24	20	85	20	15	64	22	18	74	19	14	56
Buns, cakes, pastries and fruit pies	31	26	67	37	28	59	34	27	63	39	30	50
Milk and milk products												
Whole milk (3.8% fat)	167	140	59	125	87	34	151	123	46	140	106	31
Semi skimmed milk (1.8 % fat)	144	112	50	140	110	61	142	111	56	169	143	68
Skimmed milk (0.5% fat)	69	42	7	131	112	7	103	70	7	178	155	20
Cheese	15	12	62	20	15	60	18	13	61	21	16	63
Yoghurt, fromage frais and other dairy desserts	53	43	63	53	41	40	53	43	51	69	58	38
Ice cream	27	20	48	29	22	31	28	21	39	29	22	19

Table K.2b (continued)

Total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age

Female consumers aged 4-64 years

Food group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults					
	Girls						Women					
	4-10		%	11-18		%	Total girls		%	19-64		%
Mean	Median	Mean		Median	Mean		Median	Mean		Median		
Eggs and egg dishes	24	21	40	25	18	35	25	20	37	32	27	49
Fat spreads												
Butter	6	5	24	6	5	23	6	5	24	8	6	36
Polyunsaturated margarine	5	4	5	5	4	4	5	4	5	4	2	4
Margarine and other cooking fats NOT polyunsaturated	5	4	21	5	4	28	5	4	25	4	3	24
Reduced fat spread (41-60% fat)	8	7	53	9	7	49	8	7	51	10	8	43
Low fat spread (20-49% fat)	6	5	23	7	6	23	7	5	23	9	7	18
Meat and meat products												
Bacon and ham	15	10	48	17	12	41	16	12	44	21	16	51
Beef, veal and dishes	42	34	35	61	48	35	52	39	35	70	58	41
Lamb and dishes	30	21	18	41	30	13	35	24	15	46	31	13
Pork and dishes	22	18	18	32	25	19	27	21	19	39	30	17
Coated chicken and turkey	26	21	36	39	34	30	32	26	32	39	38	16
Chicken and turkey dishes	32	23	58	44	34	60	39	28	59	64	50	61
Burgers and kebabs	23	22	23	39	30	23	31	26	23	45	40	12
Sausages	21	16	48	27	20	34	23	18	41	27	22	23
Meat pies and pastries	27	20	29	37	34	30	32	27	29	41	36	22

Table K.2b (continued)

Total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age

Female consumers aged 4-64 years

Food group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults					
	Girls						Total girls			Women		
	4-10			11-18						19-64		
	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers
Fish and fish dishes												
White fish coated or fried including fish fingers	23	20	38	30	25	22	26	21	29	37	35	21
Other white fish, shellfish or fish dishes	25	21	11	32	23	11	29	23	11	42	30	21
Oily fish (including canned tuna)	16	11	21	25	19	20	21	15	20	38	29	35
Vegetables, potatoes												
Salad and other raw vegetables	27	22	51	34	24	61	31	23	56	59	44	74
Vegetables (not raw) including vegetable dishes	55	45	92	74	59	89	65	51	90	99	81	91
Chips, fried and roast potatoes and potato products	55	46	89	77	67	84	66	54	86	59	50	65
Other potatoes, potato salads and dishes	46	36	72	64	54	65	55	45	68	77	66	72
Savoury snacks	19	17	87	20	17	78	19	17	82	14	12	45
Nuts and seeds	8	5	10	9	6	10	8	6	10	13	7	14
Fruit	83	68	83	84	59	65	83	64	73	137	104	76
Sugar, preserves and confectionery												
Sugars, including table sugar, preserves and sweet spreads	9	7	75	12	9	67	10	7	71	19	12	62
Sugar confectionery	22	15	63	20	12	41	21	14	51	13	7	19
Chocolate confectionery	20	17	70	27	20	68	24	18	69	19	14	45

Table K.2b (continued)

Total quantities of food consumed (grams) per day: female consumers, by NDNS survey and age

Female consumers aged 4-64 years

Food group	Survey and age group (years)											
	1997 NDNS Young People						2000/01 NDNS Adults					
	Girls						Women					
	4-10		%	11-18		%	Total girls		%	19-64		%
Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	Mean	Median	consumers	
Beverages ^b												
Fruit juice	125	101	44	136	100	44	131	101	44	125	101	37
Soft drinks, not low calorie	260	206	85	306	242	80	284	223	82	212	135	44
Soft drinks, low calorie	278	204	73	258	186	56	269	200	64	273	165	36
Tea, coffee and water	176	132	71	351	273	82	275	194	77	1030	947	99
<i>Bases (unweighted)</i>	397			448			845			891		

Table K.2c

Total quantities of food consumed (grams) per day: all consumers, by age

Consumers aged 4-64 years

Food group	Survey and age group (years)								
	1997 NDNS Young People						2000/01 NDNS Adults		
	4-10			11-18			19-64		
	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers
Cereals and cereal products									
Pasta, rice and other miscellaneous cereals	62	49	81	92	73	82	95	75	73
White bread	59	53	92	75	66	92	78	66	83
Wholemeal bread	33	23	20	37	28	18	53	42	30
Brown, granary and wheatgerm bread	26	19	24	35	25	31	46	34	41
Other breads									
Wholegrain and high fibre breakfast cereals	29	20	49	34	24	37	50	34	44
Other breakfast cereals	23	20	70	32	26	51	26	19	29
Biscuits	24	20	85	24	18	65	22	15	55
Buns, cakes, pastries and fruit pies	35	28	69	41	31	60	44	33	50
Milk and milk products									
Whole milk (3.8% fat)	186	155	60	151	110	36	158	113	32
Semi skimmed milk (1.8 % fat)	168	140	49	178	143	61	185	153	69
Skimmed milk (0.5% fat)	81	50	5	121	93	7	178	148	17
Cheese	15	12	57	20	16	57	23	18	65
Yoghurt, fromage frais and other dairy desserts	53	42	61	54	44	40	69	58	35
Ice cream	28	21	46	34	25	32	31	25	19
Eggs and egg dishes	24	20	37	28	21	37	36	29	52

Table K.2c (continued)

Total quantities of food consumed (grams) per day: all consumers, by age

Consumers aged 4-64 years

Food group	Survey and age group (years)								
	1997 NDNS Young People						2000/01 NDNS Adults		
	4-10			11-18			19-64		
	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers
Fat spreads									
Butter	6	5	24	7	5	22	10	7	35
Polyunsaturated margarine	4	3	5	7	4	5	5	3	5
Margarine and other cooking fats NOT polyunsaturated	5	4	20	6	4	27	5	4	26
Reduced fat spread (41-60% fat)	9	7	53	10	8	49	12	9	46
Low fat spread (20-49% fat)	6	5	22	8	7	22	11	7	18
Meat and meat products									
Bacon and ham	15	12	45	21	14	47	25	19	57
Beef, veal and dishes	42	33	34	63	50	37	77	63	44
Lamb and dishes	30	21	18	50	34	15	51	35	14
Pork and dishes	24	19	18	32	25	21	45	36	20
Coated chicken and turkey	26	22	37	40	33	29	43	40	15
Chicken and turkey dishes	31	23	55	49	37	60	72	56	63
Burgers and kebabs	24	22	23	45	39	28	49	42	15
Sausages	24	19	52	30	23	40	32	24	30
Meat pies and pastries	28	23	31	45	36	32	51	40	26
Fish and fish dishes									
White fish coated or fried including fish fingers	24	20	39	32	28	23	41	41	22
Other white fish, shellfish or fish dishes	26	22	9	37	27	11	44	32	21
Oily fish (including canned tuna)	17	11	18	25	18	18	40	29	34

Table K.2c (continued)

Total quantities of food consumed (grams) per day: all consumers, by age

Consumers aged 4-64 years

Food group	Survey and age group (years)								
	1997 NDNS Young People						2000/01 NDNS Adults		
	4-10			11-18			19-64		
	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
Vegetables (not raw) including vegetable dishes	57	46	89	76	60	88	106	88	92
Chips, fried and roast potatoes and potato products	58	49	89	84	72	86	69	56	67
Other potatoes, potato salads and dishes	47	37	72	68	55	66	81	69	70
Savoury snacks	19	17	85	21	17	77	16	13	45
Nuts and seeds	8	6	13	12	8	10	15	9	14
Fruit	83	68	80	81	60	61	136	103	73
Sugar, preserves and confectionery									
Sugars, including table sugar, preserves and sweet spreads	9	7	75	13	10	69	24	15	65
Sugar confectionery	23	15	63	24	14	42	13	7	17
Chocolate confectionery	21	18	72	29	22	70	21	15	44
Beverages									
Fruit juice	123	93	43	147	110	41	133	108	37
Soft drinks, not low calorie	278	218	84	349	274	83	235	144	47
Soft drinks, low calorie	297	239	71	287	212	56	284	177	32
Tea, coffee and water	177	125	70	338	246	80	1033	942	99
<i>Bases (unweighted)</i>	<i>448</i>			<i>845</i>			<i>891</i>		