

# Nutrition research

The FSA is responsible for some nutrition policy in Northern Ireland along with the Department of Health.

To help develop and inform nutrition policy, the FSA commission research to understand what consumers are eating, what food they are buying and their thoughts and knowledge on healthy eating and nutrition. This research is shared widely with our stakeholders.

## Food and drink consumption

### National Diet and Nutrition Survey

The National Diet and Nutrition Survey Rolling Programme is a continuous cross-sectional survey, designed to assess the diet, nutrient intake and nutritional status of the general population aged 1.5 years and over living in private households in the UK.

- [Reports for Northern Ireland](#)
- [Blood folate concentrations report for the UK](#)

## Food and drink shopping

### Kantar

The FSA commissioned Kantar Fast Moving Consumer Goods Purchase Panels (Kantar) to provide Northern Ireland purchasing data. Kantar collects data on all food and drink purchases brought into the home (including in store and online shopping).

- [Northern Ireland Take Home Food and Drink Purchases \(2016, 2019, 2020\)](#)
- [Northern Ireland Take Home Food and Drink Purchases \(2014 and 2018\)](#)

## Food Poverty

### The Cost of a Healthy Food Basket

The FSA have a role in monitoring food insecurity. Since 2014, [safefood](#) and the FSA have presented the cost of the minimum essential food basket for four household types every two years, adjusted to reflect food costs at that time. These reports demonstrate the average weekly cost of healthy food and the level of household income that may need to be spent on attaining this minimum standard.

- [What is the cost of a healthy food basket in Northern Ireland in 2014?](#)
- [What is the cost of a healthy food basket in Northern Ireland in 2016?](#)
- [What is the cost of a healthy food basket in Northern Ireland in 2018?](#)
- [What is the cost of a healthy food basket in Northern Ireland in 2020?](#)
- [What is the cost of a healthy food basket in Northern Ireland in 2022?](#)

# Consumers attitudes, knowledge and behaviour towards food

## Food and You 2

Food and You 2 is our flagship survey with consumers in England, Wales and Northern Ireland. The research is conducted biannually and covers topics such as food safety in the home, food shopping, eating out, food security, healthy eating, concerns about food, and trust in the FSA and food supply chain.

[Food and You 2](#)

### Northern Ireland

- [Food Security in Northern Ireland](#) (PDF)
- [Food and You 2 Northern Ireland Wave 1 to 2 Key Findings](#) (PDF)
- [Food and You 2: Northern Ireland Wave 3-4 Key Findings](#)

## Making Food Better

This research is commissioned by the FSA as part of the Making Food Better programme. The programme aims to support Northern Ireland food businesses to make the food environment healthier through reducing calories, saturated fat, sugar, and salt in the food they produce, sell or serve, reducing portion size, providing nutritional information and delivering responsible promotions.

### Eating Well Choosing Better Tracking Survey

This survey monitors consumer understanding and knowledge of recommended daily calorie intake, use of traffic light labels, attitudes towards reformulation and calorie information and awareness of campaign communications delivered by the Food Standards Agency in Northern Ireland.

- [Eating Well Choosing Better Tracking Survey - Wave 4](#)
- [Eating Well Choosing Better Tracking Survey - Wave 5](#)
- [Eating Well Choosing Better Tracking Survey - Wave 6](#)
- [Eating Well Choosing Better Tracking Survey - Wave 7](#)
- [Eating Well Choosing Better Tracking Survey - Wave 8](#)

### Consumer Perceptions of Reformulation

Independent research exploring Northern Ireland consumers' perceptions of product reformulation (to reduce levels of sugar, saturated fat, salt) and reduction in portion size by the Northern Ireland food industry.

[Northern Ireland consumer perceptions of reformulation of food](#)

### Food and Drink Manufacturers View on Front of Pack Nutrition Labelling

The FSA commissioned independent research to explore the views of food and drink manufacturers in Northern Ireland on front of pack nutritional labelling including the impact of this labelling on manufacturers reformulation efforts.

[Food and drink manufacturers views on front of pack nutritional labelling](#)

## **Nutrition Sampling Research**

The FSA in partnership with local councils sampled foods which are a priority for reduction and reformulation as part of the Making Food Better programme.

- [A survey on the nutritional content of and portion size of scones \(PDF\)](#)
- [A survey on the nutritional content and portion size of cheesecake \(PDF\)](#)