



Ministry of Agriculture,
Fisheries and Food

National Food Survey 1997

Annual Report
on
Food Expenditure, Consumption and
Nutrient Intakes

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Preface

The National Food Survey (NFS) has provided information on household food purchases and the nutritional value of the domestic diet in Great Britain since 1940. In 1994 the survey was extended to cover eating out in Great Britain. In 1996, the household food part of the survey was extended to cover Northern Ireland and this has enabled some results to be presented for the United Kingdom.

The Survey provides comparisons of food consumption and expenditure in 1997 with that from the previous year, and a decade ago, as well as developments in respect of nutrient intake and 'eating out'. This report contains a special section which looks at the impact of income on the pattern of food expenditure, consumption and nutrient intakes. This is followed by a section showing the results of a multivariate analysis conducted by Professor Andrew Chesher, a member of the NFS Committee, and Dr Valerie Lechene (Institut National de la Recherche Agronomique (INRA), Paris and University College London), on the associations between net family income and food expenditure.

The Ministry of Agriculture, Fisheries and Food is grateful to the households which participated in the Survey and to those organisations responsible for the fieldwork, notably the Office for National Statistics and the Northern Ireland Statistics and Research Agency. Thanks are also due to the National Food Survey Committee, whose advice on the conduct of the survey is invaluable. A particular mention should be made of the contribution of Dr John Beaumont who retired from the Committee at the end of 1996/97 having served for thirteen years. Thanks are also due to the staff of the Ministry's NFS Branch and Nutrition Unit who manage the large and complex datasets and compile this report.

John M Slater

Chairman - National Food Survey Committee

The National Food Survey Committee 1997/98

John SLATER BSc, MS, PhD
Ministry of Agriculture, Fisheries and Food, Chairman

Caroline BOLTON-SMITH, BSc, PhD
University of Dundee

Jim BURNS, BA, MSc
University of Reading

Professor Andrew CHESHER, BSocSc
University of Bristol

Susan CHURCH, BSc
Ministry of Agriculture, Fisheries and Food

Stuart PLATT, BSc
Ministry of Agriculture, Fisheries and Food

Robert PRICE, BSc
Food and Drink Federation

Tom STAINER, BA, Dip (Agric)
Department of Agriculture for Northern Ireland

Roger WHITEHEAD, CBE, BSc, MA, PhD, FIBiol
MRC Dunn Nutrition Group

Professor Martin WISEMAN, MB, FRCP, FRCPath
Department of Health

Secretary

Stan SPELLER, FIS
Ministry of Agriculture, Fisheries and Food

Report of the National Food Survey Committee 1997/98

The National Food Survey (NFS) Committee provides advice to MAFF on all aspects of the Survey. The Committee met in March 1998 to consider analyses of the data, to review the content of the annual report and assess current and future developments.

The 1997 report is the first to present the results based on the smaller, better designed sample of households, which was introduced from the beginning of 1997. Details of the sample design and its effect on results are given in Appendix A.

A Government Statistical Service (GSS) review of major statistical surveys concluded in 1997 that the overlap between the National Food Survey and the Family Expenditure Survey (FES), run by the Office for National Statistics (ONS), should be investigated. The Committee agreed at its meeting in March 1998 that MAFF and ONS should further consider the possibility of eliminating the overlap using the FES as the basis for a combined data collection programme. However the Committee expressed their concerns about the potential impact of such a strategy on the level of detail and the accuracy of the NFS results. A small-scale pilot study was carried out in the summer of 1998 to further test the viability of combined data collection. The results are being assessed.

Following a recommendation from the Committee, a pilot study has been commissioned by MAFF's Nutrition Unit to test methodology to quantify and describe food purchased but not consumed. The study will make recommendations for a full survey with the aim of improving the precision and accuracy of NFS-based estimates of nutrient intakes.

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Section 1

Summary of Results and Introduction

Expenditure

- In 1997 average expenditure in Great Britain on household food was £ 14.68 per person per week. This was only 1.2 per cent higher than in 1996 and the second smallest annual increase for over twenty years. Expenditure inclusive of soft and alcoholic drinks and confectionery (home consumption) was £ 16.71 per person per week, 1.5 per cent higher than in 1996.
- Expenditure on food and drink eaten out was £6.61 per person per week in 1997, up 1.2 per cent on 1996 and representing 28 per cent of the combined total of home and eating out expenditure on food and drink of £23.32.

Consumption

- Household consumption of milk and cream rose by 4 per cent in 1997 as a 6 per cent rise for low fat milk more than offset, in absolute terms, an 8 per cent fall for whole milk.
- After falling by 17 per cent in 1996, following the BSE crisis, home consumption of carcass beef recovered by 9 per cent in 1997. Averaged over the year, its level was back in line with the declining long-term trend. Per capita expenditure on beef in 1997 was up 11 per cent on that for 1996.
- Household consumption of mutton and lamb fell 15 by per cent and primary poultry consumption fell by 5 per cent from their BSE-related highs of 1996. There was no significant change in pork consumption in 1997 and, overall, consumption of carcass meat was virtually the same as in 1996.
- There was an 8 per cent rise in the consumption of meat and meat products eaten out in 1997, as the market began to recover from the BSE crisis.
- Household consumption of fish fell by 5 per cent following a 7 per cent rise to its highest level for over twenty years in 1996.
- Household consumption (measured by purchases) of sugar fell by 11 per cent in 1997 after its first rise (of 5 per cent) for over twenty years in 1996.
- Following its first increase for ten years in 1996, consumption of oils and fats fell back in 1997 in line with its declining long-term trend.
- Household consumption of fresh green vegetables rose by 8 per cent in 1997 whilst consumption of other fresh vegetables rose by just under 2 per cent.

Although consumption of fresh green vegetables was 12 per cent lower than in 1987, this was nearly offset in absolute terms, by other fresh vegetables which were 5 per cent higher than ten years ago.

- Household consumption of fresh fruit and fruit juice was up by 5 per cent on 1996 and by 27 per cent on 1987.
- Household consumption of eggs (5 per cent) and potatoes (7 per cent) fell in 1997 while consumption of bread remained fairly steady.

Nutrient intakes

- Energy intake fell again in 1997 (to 1790 kcal), after an unexpected rise in 1996. However this was still slightly higher than the 1995 value (of 1780 kcal). The fall in 1997 was accompanied by a slight decrease in assessed intakes of several nutrients.
- The percentage of food energy derived from fat continued to decline, from 39.7 per cent in 1996 to 39.1 per cent in 1997. The proportion of food energy derived from saturated fatty acids was 15.3 per cent in 1997 compared with 15.4 per cent in 1996

Introduction

The annual report on the National Food Survey has provided national data on food expenditure, consumption and nutrient intakes since 1950. This edition presents the data for 1997, and includes comparisons with both one and ten years ago. As in last year's report, it would have been possible to base this year's report on results for the United Kingdom, rather than Great Britain, because the Survey was extended to Northern Ireland in January 1996. However, in order to preserve continuity and to present comparisons with earlier years, most data presented are for Great Britain. Nevertheless some United Kingdom and Northern Ireland data are included. Detailed results for Northern Ireland are published by the Department of Agriculture for Northern Ireland and are obtainable from the Northern Ireland National Food Survey Section in Belfast (01232 – 524455).

The results for Great Britain are derived from the responses of a random sample of some 6,000 private households throughout the country. Each of the participating households recorded details of all items of food brought into the home for human consumption during the course of a week. Soft drinks, alcoholic drinks and confectionery brought into the home were also covered. Some information on the numbers of meals eaten outside the home, but not the content or cost of such meals, was recorded for all the households. In addition, a half of the selected households in Great Britain recorded details of all meals, snacks and drinks consumed outside the home.

As the data presented in this report are based on a sample, they are subject to sampling error and small changes over time or differences between groups should not necessarily be regarded as statistically significant. Appendix A contains details of the structure and methodology of the Survey, including sampling errors. A glossary of terms is given at the end of the report.

The main household consumption and expenditure data for 1997 are presented in Section 2 and Appendix B of this report. They show averages per person per week for each major type of food.

Data for Great Britain as a whole are followed by analyses of these data according to various geographical and household characteristics. These provide some insight into patterns of consumption and expenditure in different types of households, but need to be interpreted with some care as an observed difference cannot necessarily be attributed solely to the classification difference under consideration. For example, differences in the level of expenditure between income groups may, in part, reflect differences in the numbers and ages of household members and the number of meals eaten outside the home.

It is important to note that the NFS classifies food in the form in which it is acquired by consumers and that, in the case of household food, food purchased (together with own-produced and free food consumed) is used as a proxy for consumption. As a result of the first point, NFS data on the consumption of a particular commodity excludes any of that commodity which is consumed in other

forms e.g. sugar consumed as chocolate is “chocolate” in the NFS and pork consumed in pork pies is coded as “meat pies”, not as pork.

The summary of nutrient intake data for household food and drink are presented in Section 3 with reference to the Tables in Appendix B. Section 4 and Appendix C present expenditure, consumption and nutrient intake data derived from the Eating Out component of the Survey. Section 5 presents an analysis of food expenditure, consumption and nutrient intakes by net family income which is a more appropriate measure of the resources available to a household than the usual measure of gross income group of the head of household used elsewhere in the report. The final section (6), presents the results of a multivariate analysis of the relationship between food budget shares, income and other household demographic factors.

Background

An estimated £53 billion was spent on household food (excluding alcoholic drinks) in 1997. This was an increase of 1.8 per cent on 1996 and compares with an increase of 6.8 per cent for total consumers’ expenditure. As a result, expenditure on food as a percentage of total consumers’ expenditure continued to decline (Table 1.1).

Table 1.1 Consumers’ expenditure in the United Kingdom at current prices

	1987		1996		1997	
	£ b	%	£ b	%	£ b	%
Expenditure on household food	34.4	13.0	52.3	11.0	53.2	10.5
Total consumers’ expenditure	265.3	100.0	473.8	100.0	506.1	100.0
Related series:						
Expenditure on alcoholic drinks	17.5	6.6	28.0	5.9	29.2	5.8
Expenditure on catering (meals and accommodation)	17.9	6.7	40.7	8.6	44.7	8.8

Source: Office for National Statistics

Retail food prices, as measured by the annual average Retail Prices Index, rose by only 0.1 per cent between 1996 and 1997, the first time the increase between successive annual averages has been under 1 per cent since 1960 (Figure 1.2). The all items index increased by 3.1 per cent. Over the last ten years, food prices have shown a marked decline relative to retail prices in general so that real food prices have fallen by 9.3 per cent in that time (Figure 1.3).

Figure 1.2 Annual percentage changes in the Retail Price Index: All items and Food

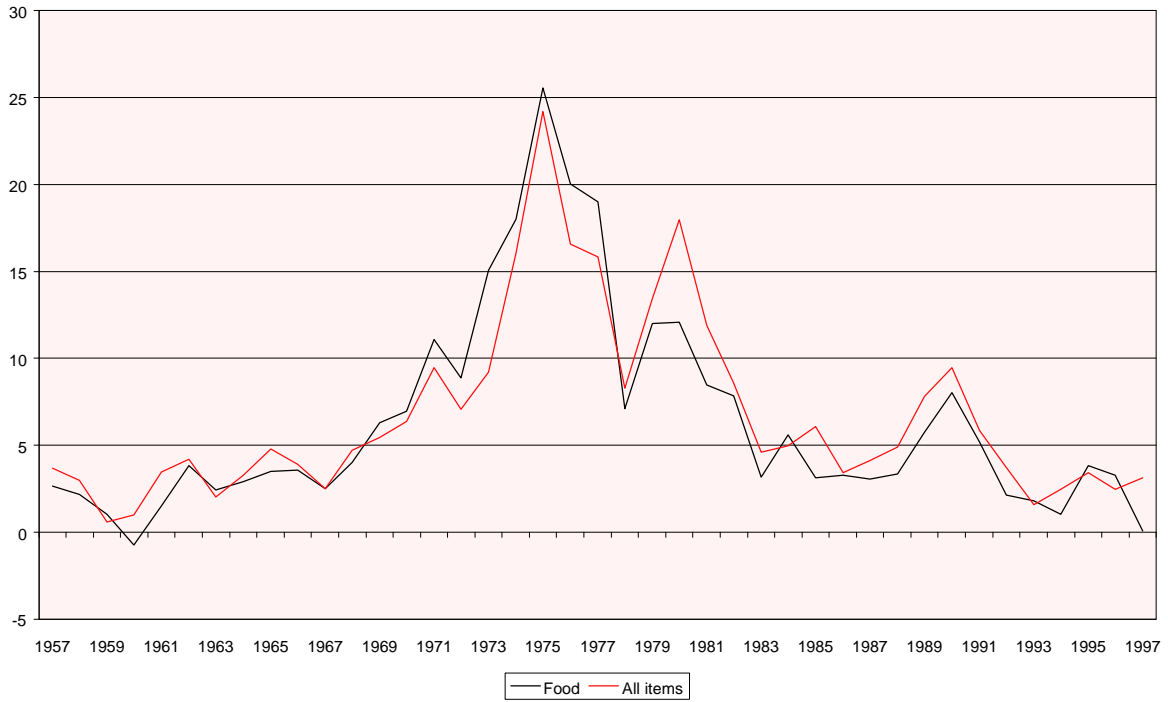
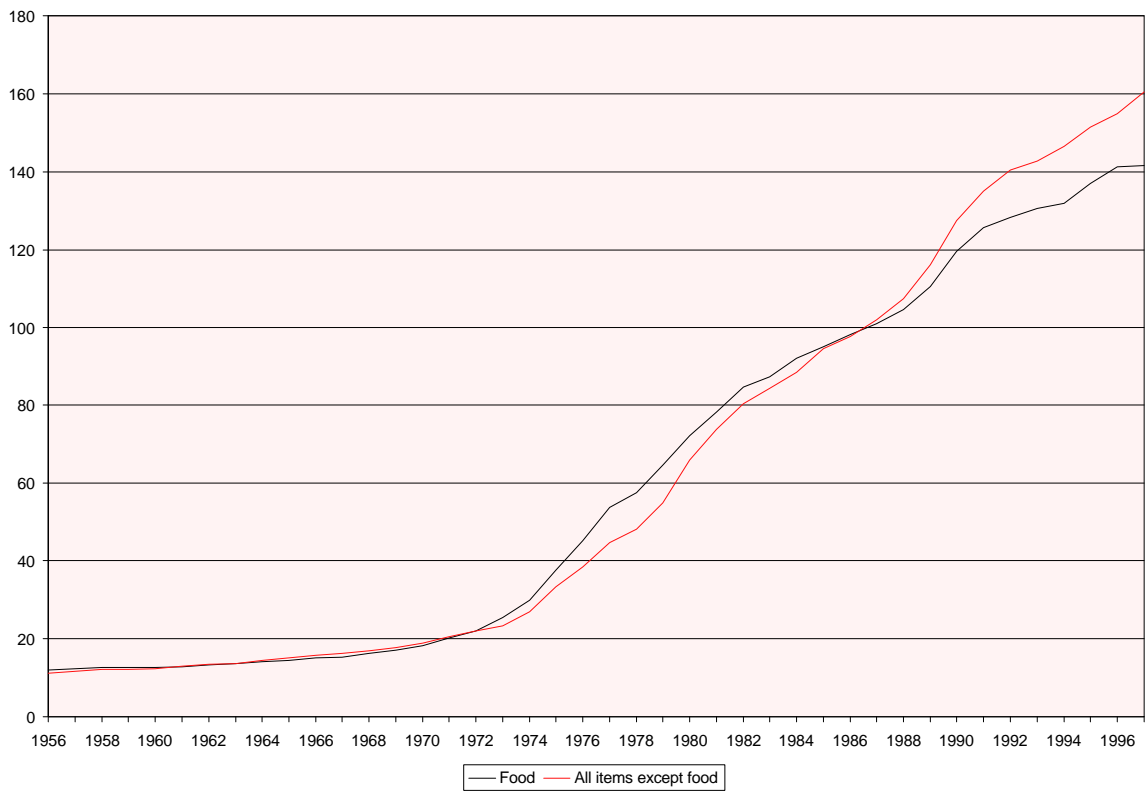


Figure 1.3 Retail prices for food, and for other items (Jan 1987 = 100)



Section 2

Household Food: Expenditure and Consumption

This Section presents results for food brought into the home i.e. household food, and a short section on the number of meals eaten outside the home. As in past years, results of the Survey are given for Great Britain. However, with the inclusion of Northern Ireland in the Survey as from January 1996, some United Kingdom results, particularly on expenditure, are included for comparison. In 1997 average expenditure on household food in Great Britain rose by 1.2 per cent to £14.68 per person per week (Table 2.1). The notional value of supplies from gardens, allotments and free sources, at 17 pence per person per week, was close to the corresponding figure for 1996. Spending on alcoholic and soft drinks and confectionery added a further £2.03 to the average expenditure per person per week. Details of consumption and expenditure by food code are given in Appendix Table B1 and B7 respectively.

Table 2.1

Household food expenditure and total value of food obtained for consumption

per person per week

	Expenditure			Value of garden and allotment produce, etc. ^(a)		Value of consumption ^(b)		
	1996	1997	Change	1996	1997	1996	1997	Change
Food	£	£	%	£	£	£	£	%
1st Quarter	14.14	14.59	3	0.11	0.11	14.25	14.70	3
2nd Quarter	14.60	14.97	3	0.10	0.11	14.70	15.08	3
3rd Quarter	14.73	14.19	-3	0.32	0.32	15.05	14.51	-4
4th Quarter	14.60	14.96	2	0.18	0.12	14.78	15.08	2
Yearly average	14.51	14.68	1.2	0.18	0.17	14.69	14.85	1.1
Soft drinks	0.51	0.52	2	0.51	0.52	2
Alcoholic drinks	1.14	1.20	5	1.14	1.20	5
Confectionery	0.30	0.31	3	0.30	0.31	3
Total food and drink (GB)	16.46	16.71	1.5	0.18	0.18	16.64	16.89	1.5
Total food and drink (UK)	16.46	16.67	1.3	0.19	0.18	16.65	16.85	1.2

(a) valued at average prices paid for comparable purchases.

(b) expenditure on food purchased for consumption in the home plus the estimated value of garden and allotment produce, etc.

The estimate of total household expenditure on food, soft drinks and confectionery (but not including alcoholic drinks) in the United Kingdom, at £15.49 per person per week, was lower than that shown by the Family Expenditure Survey estimate of £42.56 per household per week given an average number of persons per household of 2.43.

The 1.2 per cent rise in expenditure on household food in Great Britain reflected a 2.3 per cent increase in prices and a 1.1 per cent fall in the volume of food purchased Per capita expenditure on convenience foods rose by 1.6 per cent in 1997, in spite of a 1.1 per cent fall in the volume of convenience foods purchased (Figure 2.3). Further details of the average prices paid for individual food items are given in Appendix Table B2.

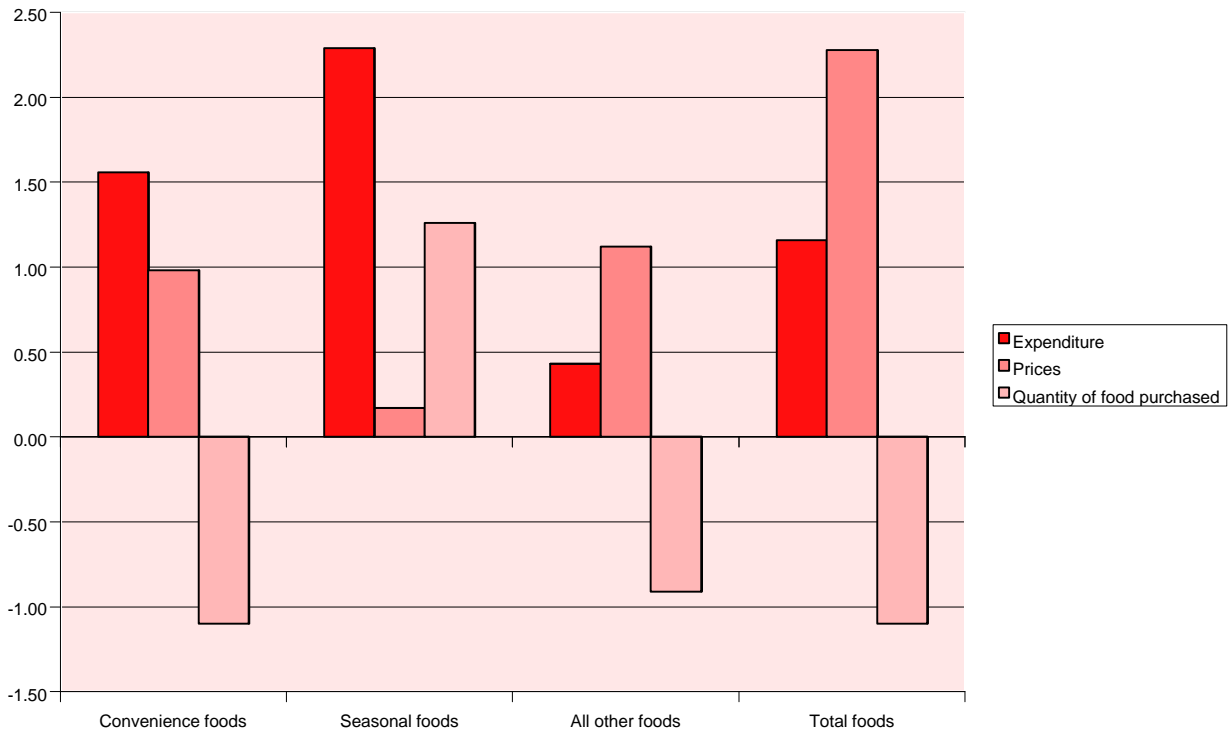
Table 2.2
Family Expenditure Survey estimates of expenditure on food in the United Kingdom

	1996	1997	% change
Expenditure on household food ^(a)	42.28	42.56	0.7
Persons per household	2.46	2.43	-1.2
Estimated expenditure per person per week	17.19	17.51	1.9

(a) £ per household per week spent on food including soft drinks, chocolate and sugar confectionery.

Source: Office for National Statistics, The Family Expenditure Survey.

Figure 2.3
Percentage changes in expenditure, prices and quantity of food in 1997, compared with 1996.



National Averages

This sub-section gives 1997 consumption and expenditure results for Great Britain with comparisons with those for 1987 and 1996 (Tables 2.4 to 2.13 and Table B1). Per capita expenditure on household food increased by 1.2 per cent in 1997. Apart from 1994, this is the lowest annual increase in expenditure on household food in over twenty years. Expenditure on fish, eggs, fats and oils, sugar and preserves, vegetables (including potatoes) and beverages all fell as falls in consumption more than offset rises in price. Apart from alcoholic drink, fruit was the only food group to show a rise in consumption in 1997. This was achieved despite a 3 per cent rise in fruit prices. Expenditure as a share of total food expenditure increased between 1987 and 1997 for fruit and cereals (Figure 2.5.

Table 2.4 Consumption and expenditure for main food groups

		Consumption			Expenditure		
		1987	1996	1997	1987	1996	1997
		(grams) ^(a)			(pence)		
Milk and cream	(ml or eq ml)	2314	2106	2095	108.0	138.8	138.3
Cheese		116	111	109	34.1	53.8	55.0
Meat and meat products		1050	943	940	292.0	384.4	393.7
Fish		144	154	146	52.3	75.0	74.7
Eggs	(no)	2.88	1.87	1.78	20.6	18.4	17.7
Fats and oils		285	227	203	33.4	39.7	37.7
Sugar and preserves		265	185	169	17.4	19.3	18.2
Vegetables		2328	2118	2061	138.6	220.1	214.4
Fruit		882	1023	1068	74.1	116.3	125.6
Cereals (incl' bread)		1557	1561	1518	167.9	264.9	268.3
Beverages		77	64	59	41.8	46.3	44.2
Miscellaneous		na	na	na	40.6	74.5	80.2
Total food		na	na	na	£10.22	£14.51	£14.68
Soft drinks	(ml)	450	884	891	19.7	50.8	51.9
Alcoholic drinks	(ml)	na	386	391	na	114.5	120.3
Confectionery		na	58	57	na	29.6	30.5
Total all food and drink (GB)		na	na	na	na	£16.46	£16.71
Total all food (UK)		na	na	na	na	£14.53	£14.67
Total all food and drink (UK)		na	na	na	na	£16.46	£16.67

(a) except where otherwise stated

Milk, cream and cheese

Home consumption of whole milk continued to decline in 1997. Consumption of semi-skimmed milk, which overtook whole milk in 1995, continued to increase. Fully-skimmed milk only partially recovered from its fall in 1996 (Tables 2.6 and B1).

Figure 2.5 Composition of expenditure on household food

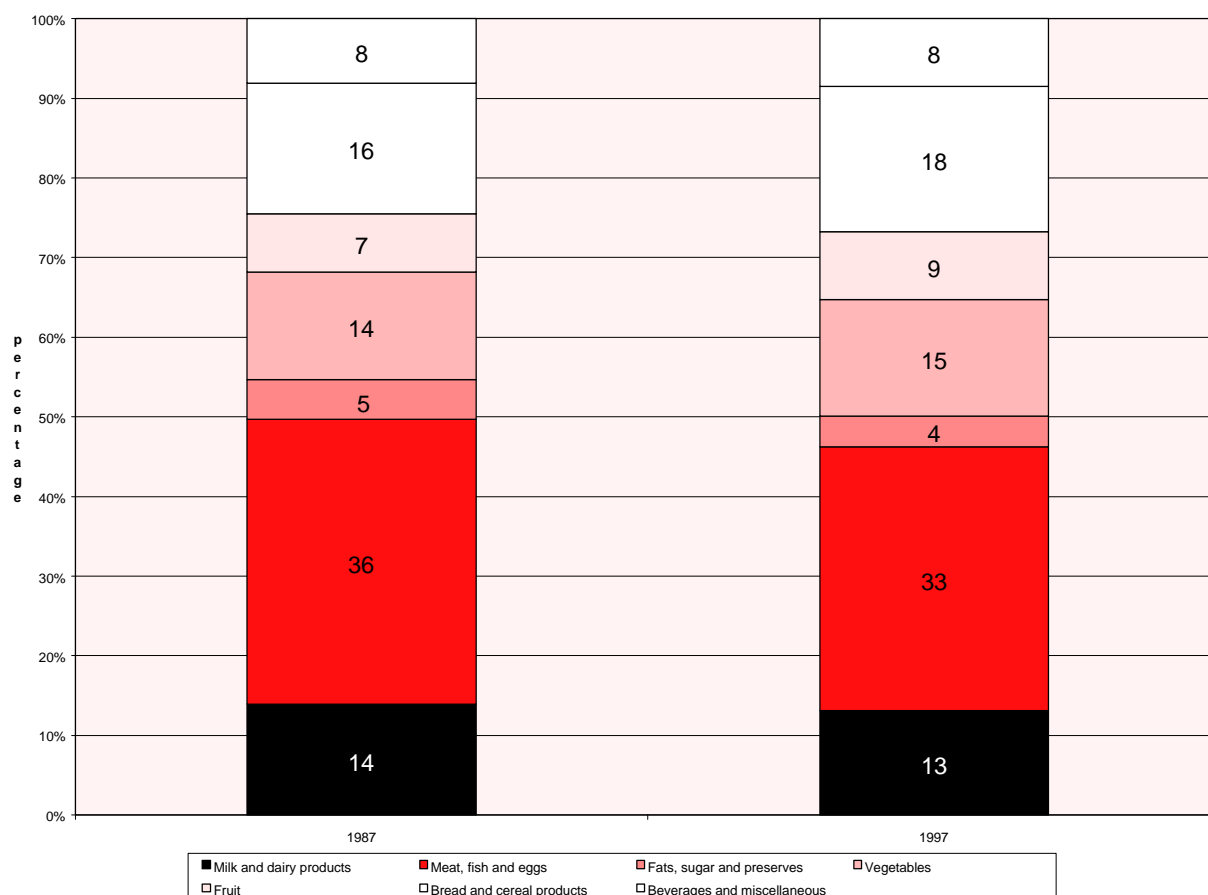


Table 2.6 Consumption and expenditure for milk and cheese

	<i>per person per week</i>						
	Consumption			Expenditure			
	1987	1996	1997	1987	1996	1997	
	(millitres) ^(a)			(pence)			
MILK AND CREAM							
Liquid whole milk, full price	1589	750 ^(b)	684	68.4	37.2 ^(b)	35.2	
Welfare and school milk	46	26	28	0.1	0.3	0.4	
Low fat milks	447	1072 ^(b)	1136	18.8	56.8 ^(b)	57.4	
Dairy desserts and other milk	(eq ml)	135	113	104	6.1	13.6	14.1
Yoghurt and fromage frais		81	128	128	10.8	26.0	26.8
Cream		15	18	16	3.9	5.0	4.4
Total milk and cream, (GB)	2314	2106	2095	108.1	138.8	138.3	
Total milk and cream, (UK)	na	2106	2101	na	139.0	138.7	
CHEESE							
Natural	(g)	108	99	98	31.4	47.9	49.6
Processed	(g)	8	12	11	2.8	5.9	5.4
Total cheese, (GB)	(g)	116	111	109	34.2	53.8	55.0
Total cheese, (UK)	(g)	na	108	106	na	53.4	54.7

(a) except where otherwise stated

(b) these estimates replace those given in Table 2.6 of the 1996 report

Meat, fish and eggs

Per capita household consumption of carcass meat was virtually unchanged in 1997, with a 15 per cent reduction in mutton and lamb being offset, in absolute terms, by a 9 per cent increase in the consumption of beef and little change for pork. The fall for mutton and lamb was from a high point in 1996 (relative to the long-term downward trend) to about the same level as in 1994 and 1995. The rise for beef was the first for many years but was from a very low 1996 level; consumption in 1997 was back in line with the downward long-term trend. Purchases of uncooked poultry fell from their peak (reached in 1996) to a level above 1995 and 1994 but the same as 1993. Purchases of uncooked bacon and ham and eggs both fell again after a few years of relative stability. Consumption of frozen convenience meat-based meals increased by 15 per cent in 1997 after a 17 per cent fall in 1996 interrupted the long-term upward trend. Consumption of fish fell by 5 per cent in 1997 following a 7 per cent rise in 1996. Meat consumption in 1996 was affected by the announcement in March of that year of a possible link between Bovine Spongiform Encephalopathy and Creutzfeldt-Jakob Disease.

Table 2.7 Consumption and expenditure for meat, fish and eggs

	Consumption			Expenditure		
	1987	1996	1997	1987	1996	1997
	(grams) ^(a)			(pence)		
<i>per person per week</i>						
MEAT						
Beef and veal	192	101	110	69.3	49.0	54.6
Mutton and lamb	75	66	56	22.9	28.7	26.2
Pork	90	73	75	25.0	30.4	28.8
Total carcass meat	357	240	241	117.2	108.2	109.5
Bacon and ham, uncooked	99	77	72	29.8	37.7	36.2
Poultry, uncooked	218	233	221	41.2	68.5	68.7
Other meat and meat products	376	393	406	104.7	169.9	179.3
Total meat, (GB)	1050	943	940	292.8	384.4	393.7
Total meat, (UK)	na	944	940	na	385.6	394.4
FISH						
Fresh	33	32	31	12.1	16.6	16.8
Processed and shell	14	18	17	6.5	12.4	11.9
Prepared including fish products	52	53	53	20.9	26.0	26.0
Frozen, including fish products	44	50	46	14.0	20.1	20.0
Total fish, (GB)	144	154	146	53.4	75.0	74.7
Total fish, (UK)	na	153	145	na	74.7	74.2
EGGS, (GB)	(no)	2.88	1.87	1.78	20.6	18.41
EGGS, (UK)	(no)	na	1.88	1.81	na	18.46

(a) except where otherwise stated

Fats and oils

Following its first increase for ten years in 1996, consumption of oils and fats fell back in line with its declining long-term trend in 1997. The main fall was in margarine (28 per cent) which continued to fall sharply. Consumption of butter has stabilised at its lower level in the last few years after falling for some time.

Conversely consumption of low and reduced-fat spreads has stabilised after a long period of increase.

Table 2.8 Consumption and expenditure for fats and oils

	<i>per person per week</i>					
	Consumption			Expenditure		
	1987	1996	1997	1987	1996	1997
FATS:		(grams) ^(a)			(pence)	
Butter	61	39	38	12.0	11.9	11.8
Margarine	113	36	26	10.1	3.9	2.8
Low fat and reduced fat spreads	31	79	77	4.8	14.4	14.3
Vegetable and salad oils (ml)	39	55	48	2.8	6.9	6.5
Other fats and oils (mainly lard)	42	16	14	3.6	2.6	2.3
Total fats, (GB)	285	227	203	33.4	39.7	37.7
Total fats, (UK)	na	227	203	na	39.9	37.8

(a) except where otherwise stated

Sugar and preserves

Following an unexpected increase in 1996, purchases of sugar and preserves fell by 9 per cent in 1997. Consumption fell by over a third between 1987 and 1997.

Table 2.9 Consumption and expenditure for sugar and preserves

	<i>per person per week</i>					
	Consumption			Expenditure		
	1987	1996	1997	1987	1996	1997
SUGAR AND PRESERVES:		(grams)			(pence)	
Sugar	212	144	128	11.2	11.1	9.6
Honey, preserves, syrup and treacle	54	41	41	6.3	8.2	8.6
Total sugar and preserves, (GB)	265	185	169	17.4	19.3	18.2
Total sugar and preserves, (UK)	na	185	168	na	19.4	18.2

Vegetables and fruit

Household consumption of fresh potatoes fell by 7 per cent in 1997. Consumption was 30 per cent lower than ten years ago. Consumption of fresh green vegetables rose for the second year in succession but was still 12 per cent below that of 1987. Other fresh vegetables continued their upward trend with a 2 per cent rise in 1997. Consumption of both frozen and non-frozen potato products fell in 1997 interrupting their upward trend. Conversely, consumption of other frozen vegetable products was unchanged, interrupting its slow downward trend. Other processed products which consist largely of canned vegetables (e.g. baked beans) also fell in 1997 continuing the fluctuations seen in recent years. Consumption of fresh fruit was up 4 per cent in 1997 and fruit juices by 3 per cent.

Bread, cereals and cereal products

After falling between 1987 and 1991, household consumption of bread remained fairly constant including a small fall in 1997. Within the total, consumption of white bread and wholemeal bread was down slightly in 1997 but brown bread was

up in contrast to its recent downward trend. Consumption of cereals other than bread was generally down from the unexpectedly high levels of 1996 but still higher than in 1995. Within this total, cakes and pastries were up on 1996 (and 1995).

Table 2.10 Consumption and expenditure for vegetables and fruit

	Consumption			Expenditure		
	1987	1996	1997	1987	1996	1997
	(grams) ^(a)			(pence)		
VEGETABLES:						
Fresh potatoes	1071	805	745	24.0	31.3	25.6
Fresh green	285	233	251	16.6	27.5	30.9
Other fresh	474	489	497	37.8	57.3	58.8
Frozen potato products	75	113	106	5.6	13.3	10.9
Other frozen vegetables	116	94	94	11.1	15.2	15.4
Potato products, not frozen	62	92	90	19.5	40.2	38.8
Other vegetables, not frozen	299	293	278	24.1	35.3	34.0
Total vegetables, (GB)	2382	2118	2061	138.6	220.1	214.4
Total vegetables, (UK)	na	2126	2067	na	219.8	213.7
FRUIT:						
Fresh	575	686	712	47.5	79.6	87.0
Fruit juices (ml)	204	258	277	12.0	20.0	21.7
Other fruit products	103	79	79	14.6	16.7	16.9
Total fruit, (GB)	882	1023	1068	74.2	116.3	125.6
Total fruit, (UK)	na	1016	1056	na	115.8	124.5

(a) except where otherwise stated

(b) including vegetable products

Beverages and miscellaneous foods

Household consumption of both tea and coffee fell in 1997 and thus remain below their 1987 levels. Consumption of mineral water continued to increase markedly and consumption of ice-cream and ice-cream products was again close to its 1995 and 1996 peaks.

Table 2.11 Consumption and expenditure for bread, cereals and cereal products

	Consumption			Expenditure		
	1987	1996	1997	1987	1996	1997
	(grams)			(pence)		
BREAD:						
White bread	453	441	431	26.3	28.9	28.4
Brown bread	104	71	80	7.6	6.3	6.8
Wholemeal bread	134	99	91	9.5	8.1	7.3
Other bread (includes rolls and prepared sandwiches)	176	142	145	18.3	27.7	28.6
Total bread, GB	868	752	746	61.7	71.0	71.2
Total bread, UK	na	757	749	na	71.7	71.6
OTHER CEREALS AND CEREAL PRODUCTS:						
Flour	111	70	54	3.7	2.7	2.1
Cakes and pastries	75	87	93	19.2	28.9	30.9
Buns, scones and tea-cakes	31	47	43	4.9	9.7	9.2
Biscuits	151	150	138	26.8	39.3	37.9
Oatmeal and oat products	14	13	16	2.2	1.6	1.8
Breakfast cereals	125	140	135	20.8	36.2	35.6
Cereal convenience foods	95	149	144	18.6	49.6	51.6
Other cereals	86	155	149	10.2	25.9	28.0
Total cereals including bread, GB	1557	1561	1518	168.3	264.9	268.3
Total cereals, including bread, UK	na	1566	1519	na	266.2	269.0

Drinks and confectionery brought home

As with other estimates in this Section, estimates for drinks and confectionery shown in Table 2.13 refer only to household consumption and exclude those purchases not taken home or not brought to the attention of the main diary keeper or the interviewer. After rising for many years, home consumption of soft drinks fell in 1996. In 1997 it rose but only slightly as an increase for low-calorie drinks was partially offset by falls for other drinks. The volume of alcoholic drinks consumed in the home increased in 1997 but only marginally as increases for lager, beer and wine were partially offset by decreases for cider and perry.

Table 2.12 Consumption and expenditure for beverages and miscellaneous foods

	<i>per person per week</i>					
	Consumption			Expenditure		
	1987	1996	1997	1987	1996	1997
	(grams) ^(a)			(pence)		
BEVERAGES:						
Tea	48	38	36	17.3	18.1	17.9
Coffee	19	17	14	21.9	24.2	22.3
Cocoa and drinking chocolate	5	3	3	1.5	1.3	1.3
Branded food drinks	4	5	5	1.2	2.7	2.7
Total beverages, (GB)	77	64	59	41.9	46.3	44.2
Total beverages, (UK)	na	64	59	na	46.0	43.9
MISCELLANEOUS:						
Mineral water (ml)	22	104	125	0.8	4.4	5.2
Soups, canned, dehydrated and powdered	83	75	73	7.8	10.9	11.0
Pickles and sauces	60	84	92	7.9	19.3	22.1
Ice-cream and ice-cream products	90	107	105	8.5	15.7	15.6
Other foods ^(b) (ml)	52	na	45	15.7	24.2	26.3
Total miscellaneous, (GB)	na	na	na	40.7	74.5	80.2
Total miscellaneous, (UK)	na	na	na	na	74.4	79.8

(a) except where otherwise stated

(b) including spreads, salt and other miscellaneous food items

Table 2.13 Consumption and expenditure for drinks and confectionery brought home

	<i>per person per week</i>					
	Consumption			Expenditure		
	1987	1996	1997	1987	1996	1997
	(millilitres)			(pence)		
SOFT DRINKS ^(a)						
Concentrated	102	103	101	6.5	9.6	9.4
Unconcentrated	290	490	483	11.0	25.5	25.2
Low-calorie concentrated ^(c)	(b)	34	40	(b)	2.7	3.6
Low-calorie unconcentrated ^(b)	58	257	266	2.2	12.9	13.7
All soft drinks, (GB)	858	1432	1454	19.7	50.8	51.9
All soft drinks, (UK)	na	1443	1460	na	51.5	52.5
ALCOHOLIC DRINKS:						
Lager and beer ^(d)	na	200	210	na	31.9	34.3
Wine	na	111	120	na	45.3	51.4
Other	na	74	60	na	37.2	34.7
Total alcoholic drinks, (GB)	na	386	391	na	114.5	120.3
Total alcoholic drinks, (UK)	na	380	383	na	112.9	118.0
	(grams)			(pence)		
CONFECTIONERY						
Chocolate confectionery	na	41	41	na	21.9	23.1
Mints and boiled sweets	na	14	13	na	6.0	5.9
Other	na	4	3	na	1.6	1.5
Total confectionery, (GB)	na	58	57	na	29.6	30.5
Total confectionery, (UK)	na	58	57	na	29.4	30.3

(a) excluding pure fruit juices which are recorded in the Survey under fruit products

(b) low calorie concentrated soft drinks are included in low-calorie unconcentrated drinks in 1987

(c) converted to unconcentrated equivalent

(d) including low alcohol lager and beers

Meals eaten outside the home

The number of meals bought and eaten outside of the home are shown in Table 2.14 and Appendix Table B3. The average number of mid-day meals not taken from household stocks and the number of all meals eaten out per person per week was higher in 1997 than in recent years. This was also true of the number of school meals recorded for children aged 5 years to 14 years. (Figure 2.15 and Appendix B, Table B4). In 1997, 25 per cent of mid-day meals of children aged 5 years to 14 years were school meals, 5 per cent other food not taken from household stocks, 27 per cent packed lunches and 44 per cent meals taken at home. Some households would have been in the sample during school holidays; these are included in these results.

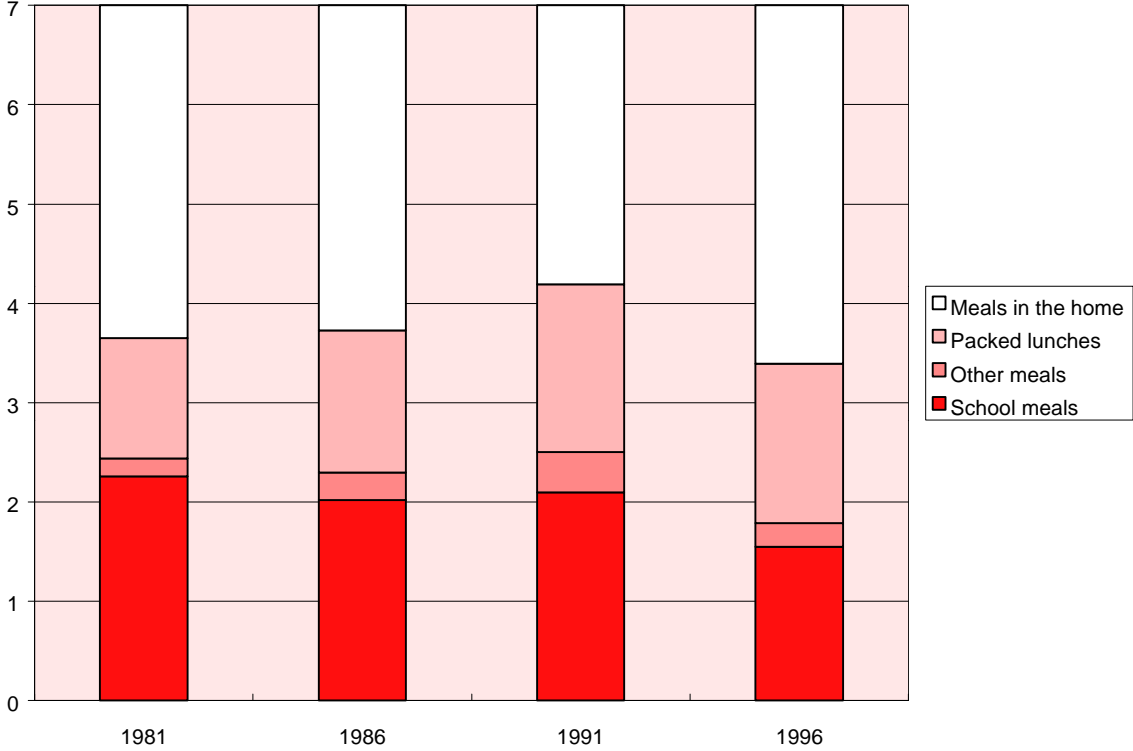
Table 2.14 Number of meals out (not from household supply)

	<i>per person per week</i>		
	1992	1996	1997
Mid-day meals out	1.72	1.73 ^(a)	1.80
All meals out ^(b)	2.78	2.92	3.07

(a) based on April 1996 to March 1997

(b) based on a pattern of three meals consumed a day

Figure 2.15 Average number of mid-day meals per week per child aged 5 to 14 years by source of meal, 1981 to 1997



Regional Comparisons

The National Food Survey is designed to be representative of the United Kingdom as a whole, but it also provides regional comparisons. Practical considerations limit the number of separate areas from each region which can be surveyed in any one year (see Appendix A, Table A2). For this reason, comparisons between regions and comparisons between years for the same region, must be interpreted with a degree of caution. Differences in relative prices and in various other factors including the propensity to eat away from the home also affect the comparisons for household food.

As indicated in last year's report Government Office Regions (GOR) are now being used for Government Statistics in place of the old Standard Statistical Regions (SSR). Table 5.9 of that report showed the relationship between GOR and SSR and Table 5.8 gave estimates of average household expenditure on food and drink in 1996 for the six new GOR which do not coincide with SSR. (Yorkshire and Humberside, East Midlands, West Midlands and South West regions are unaffected).

Regional figures for total weekly expenditure on household food and drink in 1997 ranged from £14.70 per person per week in the North East to £18.40 in the South East. (Table 2.16). Per capita expenditure in Northern Ireland was below that of the other three countries.

Relative to the average for the whole of England, households in the North East, North West (including Merseyside) and Yorkshire and Humberside all recorded higher than average consumption of other meat and meat products, fresh potatoes and processed vegetables. Lower than average consumption was recorded for cheese, carcass meat and fruit in the North East and fats and oils and fresh vegetables in the North West (including Merseyside). Households in the two Midland regions consumed more sugar and preserves, processed vegetables and bread but less fish per capita than the average household in England. Eastern region households consumed less than average of most foods except bread (which was only slightly above average), soft drinks, alcoholic drinks and confectionery (home consumption). Greater London, the South East and South West all consumed more (non-green) fresh vegetables and fruit than the average household in England. Greater London showed lower than average consumption of milk and cream, other meat and meat products, sugar and preserves, processed vegetables and bread.

On average households in Scotland, Wales and Northern Ireland consumed more milk and cream, bread and soft drinks than the average household in England. Households in Wales also consumed more other meat and meat products, fats and oils, sugar and preserves, potatoes and vegetables than the average for England while those in Scotland and Northern Ireland consumed more eggs than the average for England.

Table 2.16 Consumption and expenditure for selected foods, by Government Office Region, 1997

	Regions of England									England	Wales	Scotland	N Ireland
	North East	North West and Mersey-side	Yorkshire And the Humber	East Midlands	West Midlands	East	Greater London	South East	South West				
Number of respondents	754	1764	1310	1058	1406	1439	1566	2162	1363	12822	843	1347	1938
CONSUMPTION	grams, unless otherwise stated, per person per week												
Milk and cream ml	1963	2236	2140	2218	2031	1943	1844	2045	2235	2073	2285	2184	2325
Cheese	92	109	98	116	103	109	105	124	114	109	103	104	82
Carcase meat	202	233	275	221	275	243	242	222	272	244	233	220	286
Other meat and meat products	715	725	724	650	662	670	619	719	717	690	798	723	644
Fish	137	137	164	133	133	139	179	158	146	149	132	131	112
Eggs no	2.04	1.78	1.98	1.75	1.67	1.67	1.83	1.53	1.79	1.75	1.77	1.99	2.11
Fats and oils	191	181	255	234	204	194	201	199	202	205	234	160	220
Sugar and preserves	167	155	169	195	200	165	144	160	182	169	212	145	145
Vegetables	2056	2103	2275	1924	2022	1926	1996	2113	2035	2055	2601	1778	2248
Of which:													
Fresh potatoes	758	867	916	609	718	637	652	707	665	728	1172	647	1166
Fresh green vegetables	220	216	294	238	241	252	249	280	300	256	286	174	157
Other fresh vegetables	468	437	518	464	454	489	573	530	549	501	537	434	402
Potato products	211	204	177	208	213	202	154	209	176	194	191	218	205
Other processed vegetables	399	379	370	405	396	346	368	387	345	376	415	305	318
Fruit	902	985	1038	1043	987	977	1239	1180	1188	1076	1076	990	669
Bread	726	801	737	745	789	744	620	713	745	735	822	806	857
Other cereals	714	719	818	773	701	666	987	788	784	777	768	723	746
Beverages	64	64	63	54	67	57	57	61	57	60	69	43	50
Soft drinks ml	895	860	800	890	998	929	745	853	715	851	953	1232	1079
Alcoholic drinks ml	347	362	420	464	366	445	393	415	349	397	373	351	111
Confectionery	52	46	47	64	66	62	51	61	59	56	61	61	42
EXPENDITURE	pence per person per week												
Milk and cream	122.6	143.1	141.4	144.3	133.2	128.2	129.0	145.2	147.9	138.2	140.0	138.3	150.3
Cheese	41.8	54.4	45.2	56.4	50.8	56.4	56.8	66.2	60.3	55.6	50.1	52.5	41.3
Carcase meat	82.2	107.3	119.0	94.6	106.8	110.4	114.9	110.2	120.4	109.1	105.6	115.7	140.5
Other meat and meat Products	264.9	284.5	272.5	258.2	257.9	282.8	264.5	316.2	282.5	279.5	300.7	318.1	278.3
Fish	68.1	69.3	80.9	62.1	64.7	72.5	99.6	83.5	73.4	76.2	58.6	70.2	56.6
Eggs	18.5	16.4	18.2	16.1	17.2	17.2	20.7	16.3	18.4	17.6	17.3	18.6	20.4
Fats and oils	34.1	33.8	41.5	39.0	37.2	32.9	42.5	39.4	41.3	38.0	41.1	31.7	43.6
Sugar and preserves	15.3	16.5	17.3	20.1	18.3	16.9	17.6	19.9	19.8	18.1	21.3	17.1	19.0
Vegetables	187.9	197.8	204.1	202.8	194.9	216.7	245.5	242.4	214.9	215.2	218.1	204.0	190.1
Fruit	99.4	114.4	116.5	112.6	107.2	114.8	158.7	149.1	141.2	126.9	117.7	117.5	87.7
Bread	70.8	75.9	72.2	66.6	66.2	69.2	66.8	72.0	68.5	70.1	76.8	77.9	88.9
Other cereals	191.1	179.4	201.4	201.2	169.7	186.3	219.8	215.3	201.3	197.2	190.3	201.6	204.1
Beverages	48.5	46.6	45.2	36.7	44.0	44.6	43.2	45.8	45.5	44.6	50.8	35.8	36.7
Other foods	64.4	71.7	77.3	74.6	70.6	79.0	90.4	91.3	87.8	80.1	79.8	81.2	68.9
Total food	£13.10	£14.10	£14.53	£13.85	£13.39	£14.28	£15.70	£16.13	£15.23	£14.66	£14.68	£14.80	£14.26
Soft drinks	45.8	48.1	43.3	51.8	50.8	53.2	51.6	55.2	41.7	49.6	43.5	79.3	73.5
Alcoholic drinks	90.5	109.8	124.6	140.9	105.8	122.6	138.5	137.8	119.9	123.0	90.9	113.0	37.4
Confectionery	23.6	23.0	23.1	34.4	36.4	34.4	29.8	33.7	29.5	30.1	33.9	32.9	22.3
Total all food and drink	£14.70	£15.91	£16.44	£16.12	£15.32	£16.38	£17.90	£18.40	£17.14	£16.69	£16.36	£17.05	£15.60

Income Group Comparisons

Average household consumption and expenditure for different head of household income groups in 1997 is shown in Table 2.17. The sample distribution of households by income group always differs slightly from the target distribution and from that of previous years (Appendix Table A4). This means that estimates of food consumption and expenditure will not always be entirely comparable with those of earlier years. Some consistent patterns of food purchasing between households with differing levels of income are, however, revealed in the results which are given in more detail by type of food in Appendix Tables B5 and B6. The composition of the survey sample in terms of income groups is shown in Appendix Table A3. Section 5 of this report provides an analysis by net family income, which is a more comprehensive measure of the financial resources available to a household. Households in which the head of household was earning less than £150 per week (D) spent £2.59 (15 per cent) per person per week less on food and drink than the average expenditure per capita over all households. The difference reduces to £1.85 (13 per cent) if drinks and confectionery are excluded. Nevertheless these households consumed more per capita than the average households on a range of foods, including milk and cream, meat and meat products, eggs, sugar and preserves, fresh potatoes, processed vegetables and cereals (including bread).

Table 2.17 Consumption and expenditure for selected foods by income group, 1997

	<i>per person per week^(a)</i>							
	INCOME GROUP ^(a)							
	Gross weekly income of head of household							
	Households with one or more earners				Households without an earner		OAP	
A	B	C	D	E1	E2			
Number of respondents	1338	4784	4337	825	1252	1564	912	
CONSUMPTION	(grams unless otherwise stated)							
Milk and cream	(ml or eq ml)	1814	1950	2058	2245	2433	2310	2481
Cheese		107	113	107	91	129	96	107
Meat and meat products		855	900	920	1023	1091	971	1035
Fish		147	129	132	153	231	138	198
Eggs	(no)	1.38	1.45	1.67	1.91	2.46	2.37	2.47
Fats and oils		154	169	191	201	302	244	301
Sugar and preserves		103	121	158	192	247	252	305
Fruit		1453	1078	904	801	1535	829	1235
Vegetables		1921	1908	2037	2103	2490	2214	2303
Of which:								
Fresh potatoes		595	622	757	892	837	963	926
Fresh green vegetables		253	228	223	216	399	223	372
Other fresh vegetables		597	489	455	414	697	413	543
Potato products		161	207	220	214	152	199	123
Other processed vegetables		315	362	382	367	405	416	339*
Cereals (including bread)		1377	1445	1525	1595	1735	1532	1679
Beverages		43	50	52	54	95	72	99
Other foods		611	469	401	326	509	384	400
Soft drinks	(ml)	827	969	972	896	745	850	451
Alcoholic drinks	(ml)	521	474	355	235	549	238	124
Confectionery		56	61	58	45	59	47	59

(a) Definition: A £610 and over, B £310 and under £610, C £150 and under £310, D under £150, E1 £150 and over, E2 under £150.

Table 2.17 continued

pence per person per week

	INCOME GROUP ^(a)						
	Gross weekly income of head of household						
	Households with one or more earner				Households without an earner		
	A	B	C	D	E1	E2	OAP
EXPENDITURE							
Milk and cream	148.9	134.9	131.7	125.5	167.8	128.7	159.6
Cheese	63.3	57.8	51.8	41.9	71.9	43.6	52.1
Meat and meat products	455.2	398.3	368.2	373.2	464.7	342.0	410.3
Fish	95.4	67.9	60.9	70.0	128.4	60.1	101.3
Eggs	15.9	14.7	16.1	17.3	26.3	22.1	24.1
Fats and oils	37.4	33.1	34.1	33.1	56.8	39.4	53.7
Sugar and preserves	16.0	14.3	15.8	18.8	28.8	22.5	31.3
Fruit	197.9	126.5	100.9	86.9	188.5	92.7	136.7
Vegetables	274.6	225.1	199.5	177.2	252.5	178.7	181.9
Cereals (including bread)	308.4	278.5	255.5	241.8	310.7	222.9	261.2
Beverages	38.3	39.9	37.9	36.8	77.2	46.1	63.0
Other foods	102.2	88.0	73.9	60.5	92.4	62.1	68.7
Total food	£17.54	£14.79	£13.46	£12.83	£18.66	£12.61	£15.44
Soft drinks	59.5	59.0	53.9	46.3	43.0	43.6	26.2
Alcoholic drinks	216.8	140.9	90.2	60.2	208.6	63.4	45.0
Confectionery	33.8	33.8	30.0	22.7	32.6	23.3	28.1
Total food and drink (GB)	£20.64	£17.13	£15.20	£14.12	£21.50	£13.91	£16.43
Total food and drink (UK)	£20.62	£17.02	£15.12	£14.39	£20.89	£13.85	£16.80

(a) definition: A £610 and over, B £310 and under £610, C £150 and under £310, D under £150, E1 £150 and over, E2 under £150.

Households where the head was earning £610 per week or more consumed less of each of these but more than the average of fresh vegetables, fruit, “other foods” (which includes mineral water, ice cream, soups, pickles and sauces), confectionery, soft drinks, alcoholic drinks (home consumption).

Pensioner households (OAP) consumed above average amounts of most food groups and were the largest (or equal largest) consumers of milk and cream, eggs, fats and oils, sugar and preserves and beverages.

Analysis by Household Composition

The size and composition of a household has a significant effect on household food consumption and expenditure. Table 2.18 shows total expenditure per person per week and consumption for groups of foods classified by the numbers of adults and children in the household. Appendix Table B7 shows expenditure by household composition and detailed food type. Per capita expenditure on food was highest in households with one or two adults and no children, any further increase in household size resulting in lower average spending on food per capita.

Table 2.18 Consumption of selected foods by household composition, 1997

		<i>grams per person per week</i> ^(a)										
Number of adults	1		Households with 2					3	3 or more		4 or more	
	0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0	
Number of respondents	1545	901	4000	1461	2468	1065	487	1170	1150	204	561	
Milk and cream	ml or eq ml	2403	2002	2186	2093	2001	1921	1923	2097	1990	1699	1928
Cheese		140	77	131	100	96	79	66	117	95	74	105
Carcase meat		227	167	296	212	196	164	255	325	251	182	234
Other meat and meat products		755	587	800	670	608	549	639	779	724	488	685
Fish		194	91	208	128	99	98	101	156	101	131	128
Eggs	(no)	2.61	1.56	2.08	1.45	1.31	1.47	1.28	1.96	1.62	1.67	1.54
Fats and oils		239	172	258	180	145	134	165	247	170	214	209
Sugar and preserves		234	96	219	122	101	133	161	227	165	149	142
Fresh potatoes		801	794	863	682	548	559	689	972	759	302	770
Fresh green vegetables		299	136	366	217	164	146	115	314	225	126	230
Other fresh vegetables		589	334	661	457	375	319	309	610	410	401	461
Potato products		166	243	168	201	235	204	220	180	222	148	193
Other processed vegetables		413	335	410	353	334	316	384	390	380	339	311
Fresh fruit		972	390	963	633	554	479	356	851	526	505	535
Fruit juices	(ml)	289	197	295	296	271	241	171	268	300	356	338
Other fruit and fruit products		413	228	415	354	315	283	220	362	349	411	398
Bread		908	631	822	681	642	637	624	833	760	528	756
Other cereals		869	658	811	682	755	625	850	750	839	1319	634
of which:												
breakfast cereals		152	125	145	111	142	132	125	132	129	151	95
biscuits, cakes, etc		338	217	302	243	261	205	245	291	270	220	274
Tea		58	24	48	28	22	23	22	45	30	41	26
Coffee		20	7	19	14	9	11	11	19	13	3	10
Other beverages		12	1	11	6	6	4	4	9	6	11	9
Other foods		487	331	547	439	387	317	321	457	444	272	431
Total food expenditure		£17.43	£10.52	£17.93	£14.20	£12.39	£10.90	£9.68	£16.41	£13.58	£10.55	£13.54
Soft drinks	(ml)	741	1053	745	935	996	952	1012	773	1173	894	946
Alcoholic drinks	(ml)	556	138	561	4.3	323	221	125	375	307	146	252
Confectionery		66	49	58	55	64	62	44	53	50	69	32
Total food and drink expenditure (GB)		£20.08	£11.74	£20.55	£16.21	£14.22	£12.27	£10.58	£18.27	£15.42	£11.66	£15.18
Total food and drink expenditure (UK)		£20.05	£11.73	£20.50	£16.27	£14.19	£12.45	£10.32	£18.13	£15.36	£12.28	£15.21

(a) except where otherwise stated

Figure 2.19

Expenditure on main food groups per person, by number of people in adult-only households, 1997
pence per person per week

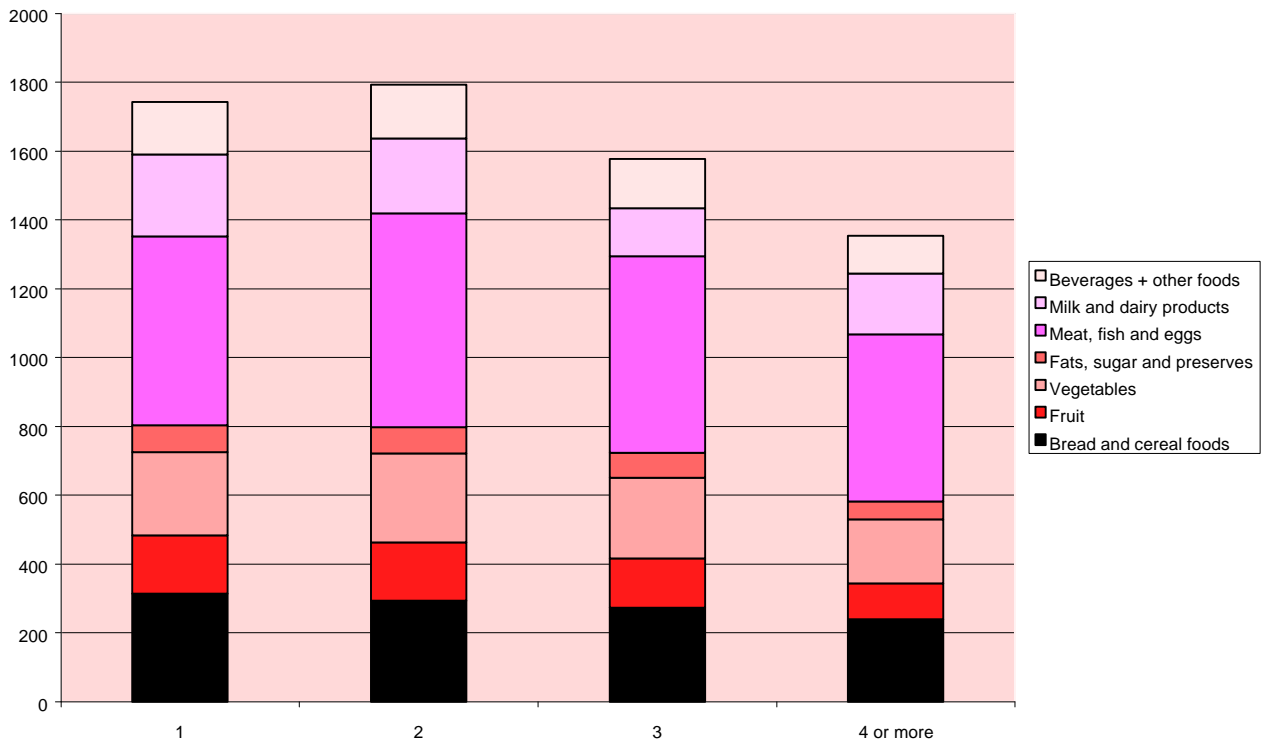
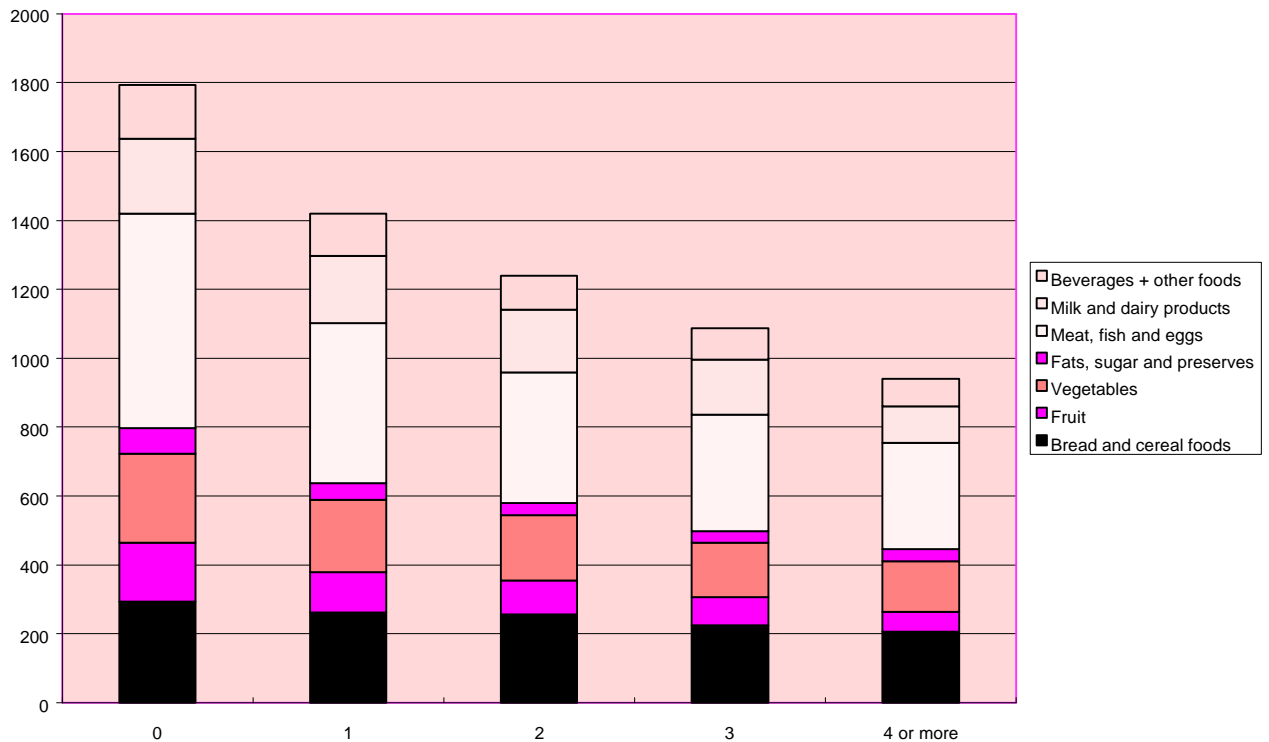


Figure 2.20

Expenditure on main food groups per person, by number of children in two-adult households, 1997
pence per person per week



As in 1996, for adult-only households, per capita expenditure on food was highest where there were two adults (Figure 2.19). However for milk and cream, cheese, eggs, bread and other cereals per capita expenditure was highest in one-adult households before declining with each additional adult (Table B7). For carcass meat and soft drinks, both per capita expenditure and consumption were lower in one adult-only households than in all larger adult-only households.

Figure 2.20 (which is based on Table B7) illustrates comparisons of expenditure between households with two adults and differing numbers of children. The greatest reduction in expenditure per person occurs between adult-only households and the households with one child. An exception to this, as in earlier years, was the higher (home) consumption of soft drinks by two-adult households with children than such households without children. Per capita expenditure on most foods declined gradually with addition of extra children to the household.

The reduced per capita expenditure observed in households with children may be attributed to various factors, including the lower food requirements of younger children, potential economies of scale, and reduced wastage in larger households. There may also be some effect due to less income being available for spending on each person, especially if the presence of children is associated with a decrease in the number of income-earning adults. As the relationship between household size and per capita expenditure may be influenced by a number of factors, the data do not lend themselves to simple interpretation.

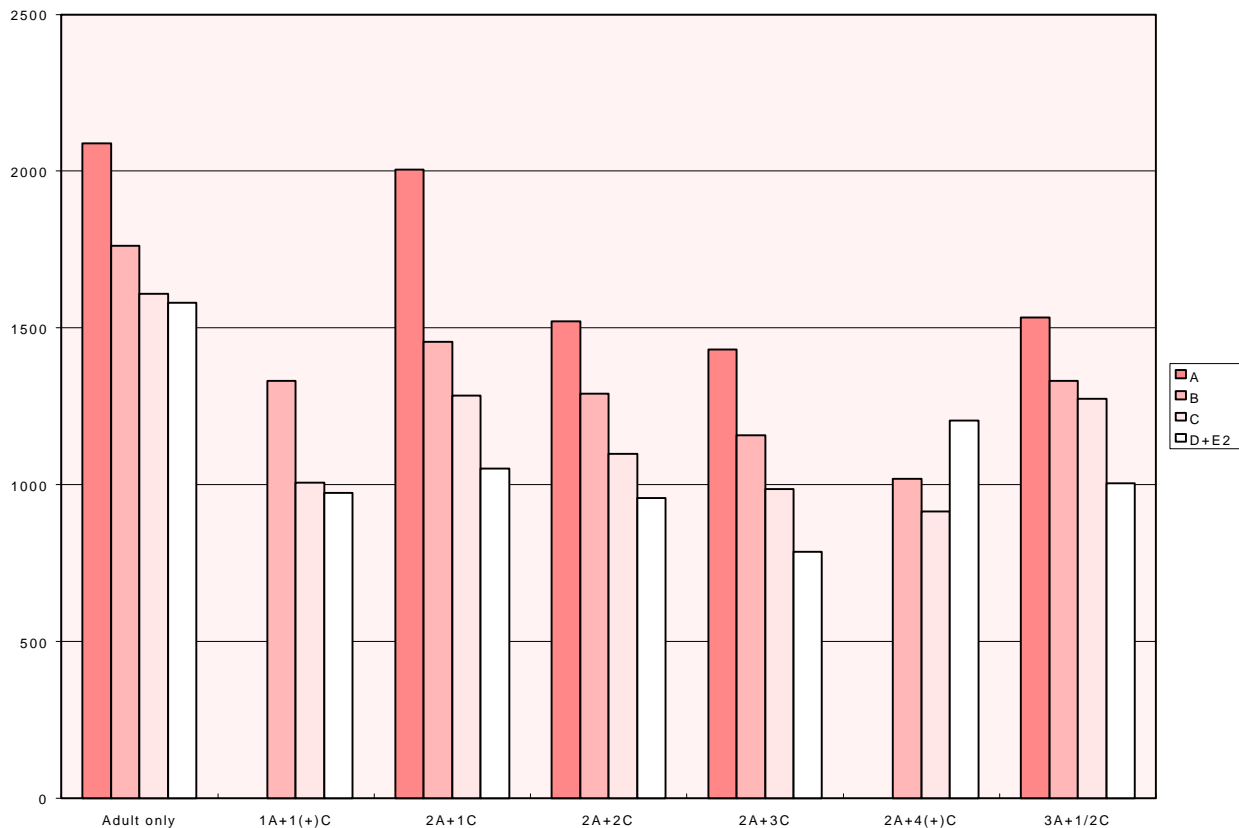
Analysis by Household Composition and Income

Average expenditure on household food showed greater variation per person between households of different composition, particularly those with and without children, than between those in the income groups illustrated in Figure 2.21 (see also Appendix Table B8). The decrease in per capita expenditure with declining income generally held for each household type. The highest average weekly per capita expenditure on food and drink was £25.52 for adult-only households in the highest head of household income group (A) and the lowest was £8.30 in households with two adults and 3 children in the lowest income group.

Figure 2.21

Household food expenditure per head, by certain household composition groups within income groups, 1997.

pence per person per week



(a) expenditure is not shown for households with one adult and one or more children for income group A and 2 adults and 4 or more children as there are fewer than ten such households in the sample.

Analysis by Age of Main Diary Keeper

The main diary keeper is that person within the household who is mainly responsible for the purchase of food and for the provision of meals. The age of this person is often related to the composition of the household and, to a lesser extent, its income group and level of eating out. The survey results by age of the main diary keeper therefore have to be interpreted with caution.

Consumption of milk and cream, carcass meat, fish, eggs, sugar and preserves, butter, fresh potatoes, fresh green vegetables and beverages all rose steadily with the age of the main diary keeper generally to a peak in the 65 to 74 age group but 75 years and over for sugar and preserves and butter. Consumption of most other foods, including low fat milk, reduced fat spreads and fresh fruit, also rose with age initially but peaked in the 55 to 64 age group. The exceptions were consumption of whole milk, which was lower for the 35 to 54 age group than for

most of the other groups and processed vegetables which peaked in that age group and alcoholic drinks

Table 2.22

Consumption and expenditure for selected foods by age of main diary keeper, 1997

	per person per week						
	Age of main diary-keeper						
	Under 25	25-34	35-44	45-54	55-64	65-74	75 plus
Number of respondents	688	3412	4102	2995	1724	1339	732
CONSUMPTION (grams) ^(a)							
Milk and cream (ml or eq ml)	1555	1921	1970	2114	2406	2547	2478
Of which:							
Wholemilk	636	790	681	537	701	841	1116
Low fat milk	734	856	1074	1350	1422	1419	1076
Cheese	92	80	103	131	139	121	99
Carcase meat	106	170	223	285	329	334	245
Of which:							
Beef and veal	56	84	104	132	144	145	87
Mutton and lamb	30	38	52	56	81	92	73
Pork	20	48	67	98	105	98	85
Other meats and meat products	485	595	675	788	857	788	641
Fish	75	109	110	162	212	240	201
Eggs (no)	1.28	1.31	1.54	1.90	2.36	2.73	2.13
Fats	117	139	171	223	290	311	279
Of which:							
Butter	14	22	26	43	61	72	77
Margarine	23	16	22	26	33	46	40
Low fat spreads	9	17	18	24	30	29	35
Reduced fat spreads	35	36	49	63	84	73	54
Sugar and preserves	63	89	142	179	262	276	338
Fresh potatoes	420	586	690	831	952	979	836
Fresh green vegetables	87	146	189	299	403	427	357
Other fresh vegetables	268	374	428	584	737	631	505
Potato products	207	212	225	200	162	144	110
Other processed vegetables	319	330	384	310	426	347	321
Fruit and fruit products	601	750	906	1289	1506	1399	1333
Of which:							
Fresh fruit	321	475	578	855	1059	1009	971
Fruit juices (ml)	255	237	273	353	310	240	196
Cereals	1262	1255	1502	1618	1773	1759	1619
Of which:							
Bread	600	611	713	812	931	883	742
Breakfast cereals	104	114	134	142	145	168	156
Beverages	24	31	48	69	91	96	106
Of which:							
Tea	17	18	29	40	61	61	66
Soft drinks (ml)	921	865	1093	974	768	567	405
Alcoholic drinks (ml)	351	399	389	442	391	353	258
Of which:							
Beers	59	66	59	89	102	130	61
Lagers and continental beers	168	173	149	121	80	58	35
Wine	67	100	126	169	137	73	72
Confectionery	44	49	61	58	61	60	64

(a) except where otherwise stated

Table 2.22 *continued*

	<i>per person per week</i>						
	Age of main diary-keeper						
	Under 25	25-34	35-44	45-54	55-64	65-74	75 plus
EXPENDITURE	(pence)						
Milk and cream	94.2	124.3	127.5	143.9	162.2	168.8	170.6
Of which:							
Wholemilk	28.2	35.7	33.0	27.7	37.3	47.0	64.6
Low fat milk	36.2	41.1	52.7	69.5	74.2	72.2	61.7
Cheese	45.9	39.0	51.2	68.2	72.0	63.2	51.2
Carcase meat	44.6	72.4	93.2	133.1	159.1	162.7	126.5
Other meat and meat products	212.5	249.1	263.3	328.6	346.8	311.7	256.8
Fish	30.1	52.2	53.3	87.3	111.8	127.7	105.0
Eggs	14.8	12.1	14.8	19.0	24.2	28.7	21.6
Fats	19.9	24.2	29.2	43.1	57.7	59.2	55.9
Of which:							
Butter	4.1	6.7	7.9	12.8	19.2	22.2	23.8
Margarine	2.3	1.8	2.1	3.0	3.9	5.1	4.6
Reduced and low fat spreads	8.6	3.1	12.3	16.3	21.9	19.3	17.1
Sugar and preserves	6.5	9.3	14.2	20.1	29.0	30.7	37.5
Fresh potatoes	16.4	19.8	21.9	30.3	32.4	35.5	28.5
Fresh green vegetables	12.3	19.8	24.3	39.2	45.4	45.7	42.1
Other fresh vegetables	38.4	49.1	51.0	69.0	80.2	68.1	54.4
Processed vegetables	92.9	101.6	105.9	109.5	95.6	76.2	64.7
Fruit and fruit products	64.5	86.0	105.0	150.1	183.2	172.8	158.9
Cereals	220.9	236.4	263.3	299.6	289.8	285.4	280.8
Beverages	17.5	24.2	35.5	53.4	68.4	69.7	69.0
Miscellaneous (expenditure only)	57.1	74.1	75.6	92.2	91.2	86.1	69.4
Total Food (GB)	£9.88	£11.93	£13.29	£16.87	£18.49	£17.92	£15.93
Total Food (UK)	£9.89	£12.00	£13.20	£16.73	£18.32	£18.05	£15.87
Soft drinks	58.3	49.4	60.9	59.9	44.8	33.2	25.9
Alcoholic drinks	92.5	100.5	114.3	139.9	137.9	127.0	126.6
Confectionery	25.3	26.2	32.4	33.0	31.4	31.5	32.1
Total food and drink (GB)	£11.64	£13.69	£15.37	£19.19	£20.63	£19.84	£17.77
Total food and drink (UK)	£11.57	£13.76	£15.17	£18.93	£20.35	£19.90	£17.67

Section 3

Household food: Nutrient intakes

National averages

This section of the report summarises the information on the nutritional value of the food brought into homes throughout Great Britain in 1997, and compares results with selected earlier years. In addition, following the inclusion of Northern Ireland in the National Food Survey from 1996, information is presented on nutrient intakes for the UK as a whole. More details of nutrient intakes in 1997 are given in Appendix Tables B9 to B12; Table B9 shows average intakes of a wide range of nutrients, while Tables B10 to B12 show similar information for households in different regions and income groups and with different household compositions. For each category of household, intakes are given not only in absolute amounts but, where possible, they are also compared with the Reference Nutrient Intakes (RNIs) published by the Department of Health in 1991¹. In addition, each table shows the amounts of selected nutrients provided by soft and alcoholic drinks and confectionery. The contributions made by selected foods to average intakes of a number of nutrients are shown in Appendix Table B13. Information on food and drink consumed out of the home and their contribution to the average intake of energy and nutrients is provided in Section 4. A special analysis giving further information on nutrient intakes for households in different income groups is included in Section 5. Contributions to nutrient intakes from pharmaceutical sources in the form of dietary supplements are not recorded in the survey.

Energy

The energy content of the average British household diet, excluding soft and alcoholic drinks, and confectionery, was 1,790 kcal per person per day, lower than the 1,850 kcal recorded in 1996 but comparable with the 1,780 kcal recorded in 1995 and in line with the recent downward trend in energy intake (Appendix Table B9, which also gives values in MJoules). The energy contribution of soft and alcoholic drinks and confectionery brought home in 1997 raised the average energy intake to 1,900 kcal per person per day compared with 1,960 kcal in 1996. Energy intakes for the United Kingdom as a whole (i.e. including Northern Ireland) were the same as those for Britain.

Compared with 1996, the largest decreases were seen for fats (-25 kcal), cereals (-14 kcal), sugars and preserves (-11 kcal) and vegetables (-8 kcal) (Table 3.1).

¹ Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

Table 3.1 Contributions made by groups of foods to GB household energy intake in selected years

	<i>kcal per person per day</i>		
	1987	1996	1997
Milk and milk products	212	187	185
Cheese	64	59	56
Meat and meat products	321	263	260
Fish	31	28	27
Eggs	30	20	19
Fats	299	223	198
Sugar and preserves	140	97	88
Vegetables	191	198	190
Fruit	72	79	80
Cereals	630	642	628
Other foods	49	56	57
Total food	2039	1852	1788
Soft drinks ^(a)	na	45	45
Alcoholic drinks ^(a)	na	28	30
Confectionery ^(a)	na	37	36
Total food and drink	na	1962	1900

a) Information on soft and alcoholic drinks and confectionery has only been collected since 1992. Previous estimates were based on supply figures and are not comparable.

Energy content of the household food supply has decreased considerably over the last 10 years with the largest changes in the contribution from fats (-101 kcal in 1997 compared with 1987) meat and meat products (-61 kcal), sugars and preserves (-52 kcal) and milk and milk products (-27 kcal).

Fats, carbohydrate and fibre

The total fat content of the food brought into the home in GB decreased from 82 g per person per day in 1996 to 78 g per person per day in 1997. Intake of saturated fatty acids also decreased, from 31.6 g per person per day in 1996 to 30.3 g per person per day in 1997. Intakes for the UK as a whole were very similar.

Since there was also a decrease in energy intake between 1996 and 1997, the average proportion of food energy obtained from total fat and saturated fatty acids fell, less sharply, to 39.1 per cent and 15.3 per cent respectively (Table 3.2). This shows further progress towards the population average targets recommended in *Dietary Reference Values*¹, which were for the proportion of food energy from total fat to be no more than 35 per cent and that from saturated fatty acids to be 11 per cent. When the contributions from soft and alcoholic drinks and confectionery were included, the average proportion of food energy obtained from total fat and saturated fatty acids were 37.6 per cent and 14.8 per cent respectively. The comparable targets for total energy are 33 per cent and 10 per cent respectively.

¹ Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

Table 3.2 Trends in percentage energy from fat and saturated fatty acids

	<i>percentage of food energy</i> ^(a)	
	Fat	Saturated fatty acids
1986	42.6	17.7
1987	42.2	17.4
1988	42.0	17.2
1989	41.9	17.1
1990	41.6	16.6
1991	41.4	16.4
1992	41.7	16.3
1993	41.3	16.1
1994	40.5	15.7
1995	39.8	15.6
1996	39.7	15.4
1997	39.1	15.3

(a) excluding soft and alcoholic drinks and confectionery

The average carbohydrate content of the household food supply (excluding soft and alcoholic drinks and confectionery) in 1997 was 221 g per person per day (in both GB and the UK), compared with 228 g per person per day in 1996. Soft and alcoholic drinks contributed a further 18 g bringing the average daily intake to 239 g. Intake of fibre, expressed as non-starch polysaccharide, in the average household diet was 12.4 g per person per day, (12.3 g in the UK), the same as in 1996.

Minerals and vitamins

The average intake from household food in 1997 of a range of vitamins and minerals, both with and without the additional contributions made by soft and alcoholic drinks and confectionery, is set out in Appendix Table B9. These are compared with intakes in 1995 and 1996, in Britain, and the Reference Nutrient Intakes (RNIs). The intakes of many minerals and vitamins in 1997 decreased compared with those in 1996, as might be expected with the decrease in energy intake. However, some increases were seen, notably for riboflavin, and especially vitamin B12, as a result of the incorporation of new analytical data for milk into the nutrient databank for the National Food Survey.

The average daily intake remained well above the RNI for calcium. Average intakes of iron and zinc were very close to the RNI while those of magnesium and potassium were somewhat below the RNI. The average daily intake of sodium from household food, excluding the contribution from table salt, was 176 per cent of the RNI. Average intakes of vitamins in 1997 were well above the RNIs, where these have been set, for all age groups.

Regional, Income Group and Household Composition differences

Nutrient intakes in 1997 in households in different regions and income groups, and with different household compositions, are shown in Appendix Tables B10 to B12. The main sections of these tables do not include the contributions from soft or alcoholic drinks or from confectionery, but their contributions to energy, fat, total carbohydrate and alcohol intake are shown in section (iv) of each table. As in previous years, the variations in nutrient intakes were generally smaller than the variations in dietary patterns (shown in Appendix Tables B5 to B8) because foods of broadly similar nutritional value tend to be substituted for one another.

Table B10 shows nutrient intake by Government Office Regions (GORs) for the first time. Energy intake was highest in Wales and lowest in Scotland while the proportion of food energy derived from fat was highest in Northern Ireland and lowest in Wales. Amongst other nutrients, intakes of vitamin C, β -carotene and alcohol were lowest in Northern Ireland. Within England, energy intake was highest in Yorkshire and the Humber and lowest in the North-East. The proportion of food energy obtained from fat was also highest in Yorkshire and Humberside but lowest in London.

Differences in nutrient intakes between households of different income groups are shown in Table B11. Amongst the households with earners, energy intake was higher in the two lower income groups (C and D) than in the two higher income groups (A and B). The highest income households, however, derived the greatest proportion of their food energy from fat and saturated fatty acids. There was little clear relationship between the intakes of most minerals and vitamins and the income of the head of household, except for vitamin C where intake was greatest in the highest income groups, in both households with and without an earner. Where intakes were below the RNI, they tended to be low across most, if not all, income groups. However, for iron and zinc the higher income group amongst households without an earner had intakes above the RNI whereas the lower income group was below the RNI. As in previous years, differences in nutrient intakes varied more with the composition of the household (Table B12) than between regions or income groups. As expected, households that contained only adults generally had the highest average daily intake of energy per person, reflecting the lower energy requirements of children. However, in many cases, the average intakes expressed as a percentage of the Estimated Average Requirement (EAR)¹ (which takes account of the different requirements of the survey population) were also lower in households with children than in adult only households. With the exception of households with 4 adults, adult only households also tended to have higher intakes of minerals and vitamins, both in absolute terms and when expressed as a percentage of the RNI.

¹ Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

Section 4

Eating Out: Expenditure, Consumption and Nutrient Intakes

Introduction

The Eating Out (EO) part of the National Food Survey (NFS) complements the household part by recording information about household members' food and drink consumption and expenditure which is additional to that brought home and recorded in the Main Survey. Eating out is defined as consumption of food and drink outside the home that is not obtained from the household's stocks. It therefore covers a range of situations from, for example, food purchased from fast food outlets at lunchtime through to a formal evening meal in a restaurant. However, food consumed outside the home but taken from household supplies, such as picnics and packed lunches, is covered within the main part of the Survey rather than the EO part. The recording of expenditure on food and drink is restricted to personal expenditure; expenditure for business purposes is excluded. Similarly expenditure on food and drink purchased with other goods or services, e.g. with accommodation, entertainment or school fees, is not included unless it is separately identifiable.

The EO survey is carried out on a sub-sample of the Main Survey households in Great Britain; Northern Ireland is not included. Half of the addresses selected in each of the postcode sectors covered by the Main Survey are also included in the EO survey. A description of the structure of the EO survey is given in Appendix A. This shows that the 1997 EO Survey was based on 2,734 households (Tables A6 and A9), compared with 6,065 households in the Main Survey in Great Britain (Tables A1 and A3).

This difference in sample size is reflected in higher percentage standard errors for the EO survey (2.9% for expenditure on food and drink) than for the Main Survey (0.9 per cent) (Tables A5 and A10). Non-sampling errors are also larger on the EO survey than the Main Survey. Firstly there is some evidence of under-recording and this may vary over time. This is particularly the case for alcoholic drink consumption, for which it is notoriously difficult to obtain reliable information. Secondly there are likely to be some differences in the choice of food code from the 1600 available in the Eating-Out Survey. In 1996 new survey contractors took over the fieldwork for the survey, and the inevitable changes in coding practice which occurred mean that some comparisons of detailed food codes between 1996 and 1997 and earlier years are subject to additional, un-quantifiable errors.

Expenditure and consumption

National Averages

Expenditure

Table 4.1 shows the main expenditure results for both the Eating Out Survey and the household survey for the four published years of the Eating Out Survey to date. Appendix Table A10 shows sampling errors for 1997 EO expenditure estimates. The national average expenditure on food and drink consumed outside the home in 1997 was £6.61 per person per week, a slight, but not statistically significant, increase on 1996. Expenditure on household food and drink also increased slightly. As in 1996, expenditure on food and drink eaten out in 1997 represented 28 per cent of total food and drink expenditure. Expenditure on alcoholic drinks outside the home fell in 1997 while that consumed at home rose.

Table 4.1 Expenditure on eating out and household food and drink

Source:	<i>£ per person per week</i>				
	1994	1995	1996	1997	% change 96/97
Food and drink eaten out	5.47	5.83	6.53	6.61	1.2
Household food and drink	14.83	15.63	16.46	16.71	1.5
Total	20.57	21.46	22.99	23.32	1.4
of which alcoholic drinks:					
Consumed out	1.49	1.52	1.70	1.58	-7
Consumed at home	0.92	1.08	1.14	1.20	5
Total	2.41	2.6	2.84	2.78	-2

Comparison with FES expenditure results

Information on household expenditure, including eating out, is also available from the Family Expenditure Survey (FES). However, there are some methodological differences between the FES and the EO survey which mean that some adjustments have to be made to normally published data in order to make more meaningful comparisons. In particular the EO survey results in Table 4.2 have been restricted to average expenditure by those aged over 16 years.

Table 4.2 Family Expenditure Survey comparisons of expenditure on eating out 1997

		<i>£ per person (aged 16 yrs or more) per week</i>				
		Jan - Mar	Apr - Jun	Jul - Sep	Oct - Dec	Yearly Average
Food, soft drinks and confectionery	EO	5.93	5.58	6.21	6.32	6.01
	FES	6.09	7.14	7.40	7.32	6.98
Alcoholic drinks	EO	2.20	2.37	1.81	1.76	2.03
	FES ^(a)	3.75	4.26	4.69	4.76	4.35
Total food and drink	EO	8.13	7.96	8.02	8.08	8.05
	FES	9.84	11.40	12.09	12.07	11.33

(a) includes only alcohol bought at licensed premises

Table 4.2 shows that National Food Survey estimates for expenditure on eating out have been consistently lower than those of the FES, notably for alcoholic drinks in which the EO survey produces an annual estimate less than half of the FES. There are several possible factors for the differences in the estimates. Perhaps of greatest importance, the FES requires more active co-operation of all members of a

household aged 16 or over in record-keeping and offers a monetary incentive to each diary-keeper, which is only paid if all members agree to co-operate. The FES may also include slightly more money spent by adults on children, which the EO survey may record against the children if they actually made the purchase. The two-week recording period of the FES may also affect the averages per week.

Consumption

Table 4.3 shows average per capita consumption on food and drink eaten outside the home for the four published years of the Eating Out survey to date. There is currently not enough historical information to ascertain trends with any certainty as the introduction of a new fieldwork contractor in 1996 added a new error component to the estimates and affected results from that year onwards to some extent. Standard errors for the 1997 estimates are given in Appendix A, Table A10. These are particularly important when interpreting the detailed consumption estimates given in Table C1 but are also relevant to the other statistics in this Section, including those in Table 4.3.

Table 4.3 Average consumption of food and drink eaten out, 1997

	<i>grams per person per week, unless otherwise stated</i>			
	1994	1995	1996	1997
Number of respondents	8620	8751	8425	6430
Ethnic foods	28	26	32	38
Meat and meat products	109	108	99	107
Fish and fish products	(a)	(a)	23	23
Cheese and egg dishes and pizza	27	26	28	27
Potatoes and vegetables	(a)	(a)	179	192
Salads	(a)	(a)	17	22
Rice, pasta and noodles	20	18	24	27
Soup (ml)	18	16	17	16
Breakfast cereals	1	1	1	1
Fruit (fresh and processed)	17	17	18	22
Yoghurt	6	4	5	6
Bread	13	14	14	14
Sandwiches	36	37	35	50
Rolls	25	26	24	31
Sandwiches/rolls extras	9	10	7	8
Beverages (ml)	383	389	392	406
Ice creams, desserts and cakes	57	49	51	56
Biscuits	6	5	12	11
Crisps, nuts and snacks	10	9	12	11
Other foods	34	31	32	31
Soft drinks, including milk (ml)	310	330	336	348
Alcoholic drinks (ml)	539	535	483	490
Confectionery	21	19	23	19

(a) comparative data not available

Consumption of meat and meat products outside of the home was back up to its 1995 level in 1997 after dropping by 8 per cent in 1996 when the main BSE crisis occurred (Table 4.3). Consumption of steak, hamburgers and meat-based dishes such as casserole, lasagne and chilli con carne, all three of which fell in 1996, recovered in 1997 but only partially. Consumption of meat pies remained at its lower 1996 level while consumption of roasted or fried chicken or turkey, which increased in 1996, remained at its higher level in 1997 (Table C1).

Per capita consumption of potatoes and vegetables eaten out increased by 7 per cent on the previous year. Within this, potatoes were up 4 per cent and vegetables up 13 per cent. Consumption of fruit increased in 1997, reflecting small recorded increases in consumption of fresh oranges, bananas and fruit salads.

Consumption of ethnic foods (outside the home) increased in 1997, particularly Chinese dishes. Consumption of sandwiches, rolls and salads also increased, though the extent of the increases look rather high and should be treated with caution. Per capita consumption of beverages increased each year over the period from 1994 though the differences between adjacent years were not statistically significant. As in 1996, tea had a share of 56 per cent and coffee a share of 41 per cent of beverages consumed out of the home. Recorded consumption of soft drinks also increased each year from 1994 but the individual differences were not statistically significant.

Results by Household characteristics

Regional Comparisons

Table 4.4 shows consumption and expenditure on food and drink eaten out in 1997 by Government Office Region. These regions have replaced the old Standard Statistical Regions used to present regional results in previous reports. Eating out results are obtained from a subset of those households chosen for the Main Survey sample. This subset, like the main sample, is designed to be representative of Great Britain as a whole. However, since a limited number of areas are covered within each region during a year, comparisons between regions and between years should be interpreted with caution.

On average persons in England consumed more fruit, sandwiches, desserts and beverages outside the home than persons in Scotland or Wales. The highest consuming regions within England were fruit (London), sandwiches (EM), desserts (SW) and beverages (EM). Soup and rolls and crisps, nuts and savoury snacks, soft drinks and confectionery were all consumed more in Scotland than in any other region. In Wales per capita consumption of meat and meat products, potatoes and alcoholic drink was higher than in the other two countries taken as a whole, though the highest consumption of alcoholic drink was in the North East region of England and Yorkshire and Humberside.

Total per capita expenditure on food and drink eaten out in 1997 was highest in the South East and London. The South West region, which was unaffected by the transition to the new regional definitions, has now shown below average expenditure each year from 1994. Expenditure on alcoholic drinks was generally above average in the northern regions of England and in Wales and Scotland.

Table 4.4 Average consumption and expenditure on food and drink eaten out by region, 1997

	Regions of England											Wales	Scotland
	North East	Mersey-side and North West	Yorkshire and the Humber	East Midlands	West Midlands	Eastern	London	South East	South West	England			
Number of respondents	344	739	481	401	622	597	624	1001	617	5426	621	383	
Consumption	<i>grams per person per week, except where otherwise stated</i>												
Ethnic meals	34	37	33	26	41	44	55	39	29	38	33	41	
Meat/meat products	113	110	120	117	82	117	104	104	97	106	133	100	
Fish/fish products	24	21	31	27	17	19	27	24	23	23	19	26	
Cheese and egg dishes and pizza	29	30	25	24	24	32	38	27	22	28	24	17	
Pots and vegetables	211	194	235	213	175	190	174	188	180	193	230	160	
Salads	19	26	17	20	13	23	23	22	25	21	27	21	
Rice, pasta and noodles	32	25	18	16	21	27	39	27	29	26	33	28	
Soup (ml)	14	18	10	14	10	12	15	16	15	14	11	33	
Fruit, fresh and processed	12	20	23	20	11	15	36	26	28	22	18	20	
Yoghurt	13	7	5	4	7	4	6	3	6	6	4	5	
Bread	11	12	14	16	9	12	22	15	14	14	11	12	
Sandwiches	46	46	55	80	44	43	69	52	40	52	33	47	
Rolls	26	17	19	29	25	31	32	34	23	27	34	63	
Beverages	345	365	397	514	277	453	437	538	441	426	322	283	
Ice creams, desserts and cakes	50	52	64	58	43	61	62	59	66	57	50	49	
Biscuits	10	13	12	17	9	6	11	11	10	11	8	9	
Crisps, nuts and snacks	11	8	11	10	11	12	11	10	8	10	9	17	
Other foods	57	34	42	44	29	38	42	43	35	39	47	42	
Soft drinks, including milk (ml)	369	301	313	305	310	377	369	345	278	329	407	469	
Alcoholic drinks	637	521	658	562	504	386	385	468	442	492	593	403	
Confectionery	15	12	20	26	17	20	17	22	16	18	17	28	
Expenditure												£ per person per week	
All food and drink	6.91	5.99	6.71	6.74	5.36	6.22	7.61	7.96	5.50	6.62	6.37	6.68	
Of which:													
Alcoholic drinks	1.89	1.59	1.76	2.01	1.49	1.33	1.29	1.65	1.28	1.56	1.70	1.70	

Income Group Comparisons

Table 4.5 shows consumption and expenditure on food and drink eaten out in 1997 by the income group of the head of household. As in the household survey, generally consumption increased with the income group of the head of household for those households with an earner. The most notable exception was alcoholic

Table 4.5

Average consumption and expenditure on food and drink eaten out by income group, 1997

	Income group								All house- holds
	Gross weekly income of head of household								
	Households with one or more earners				Households without an earner				
	£820 and over	£595 and under £820	£310 and under £595	£150 and under £310	Under £150	£150 and over	Under £150	OAP	
A1	A2	B	C	D	E1	E2	OAP		
Number of respondents	289	310	2061	1777	320	624	621	428	6430
Consumption	Grams per person per week, except where otherwise stated								
Ethnic meals	89	69	52	32	26	13	23	6	38
Meat/meat products	155	129	134	112	81	69	66	41	107
Fish/fish products	46	32	24	23	12	28	14	13	23
Cheese and egg dishes and pizza	48	44	34	24	19	26	15	2	27
Pots and vegetables	268	236	222	184	160	184	144	96	192
Salads	45	27	32	17	11	19	5	7	22
Rice, pasta and noodles	62	36	33	27	13	14	21	4	27
Soup (ml)	23	24	18	14	11	21	8	7	16
Fruit, fresh and processed	60	41	26	17	13	20	10	6	22
Yoghurt	13	9	7	6	1	3	3	...	6
Bread	28	20	18	14	11	10	4	3	14
Sandwiches	108	91	58	54	37	30	20	10	50
Rolls	42	36	48	32	17	6	12	5	31
Beverages (ml)	657	711	569	422	227	182	82	97	406
Ice creams, desserts and cakes	89	73	62	48	41	69	45	34	56
Biscuits	14	21	15	9	11	8	3	1	11
Crisps, nuts and snacks	9	14	14	12	12	6	6	...	11
Other foods	64	50	49	37	33	35	25	19	40
Soft drinks, including milk (ml)	460	449	453	376	360	172	200	33	348
Alcoholic drinks (ml)	376	512	625	486	435	286	506	226	490
Confectionery	22	21	28	18	25	6	15	1	19
Expenditure	<i>£ per person per week</i>								
All food and drink	11.72	10.61	8.57	5.96	4.50	5.01	3.43	1.98	6.61
Of which:									
Alcoholic drinks	1.49	1.39	2.17	1.54	1.01	0.82	1.51	0.70	1.58

drinks, where households in income group B recorded the highest consumption. Beers and lagers made up around 70 per cent of consumption (in volume terms) in the top two income groups and around 90 per cent in the others. Wine accounted for around 25 per cent in income groups A1 and A2 and generally less than 10 per cent in the other groups. This pattern is reflected in the expenditure estimate for alcoholic drinks.

Those in the lowest earning group for households without an earner (group E2 which is mainly households whose income comes mostly from state benefits)

generally consumed less than the lowest earning group for households with an earner (D), with the exception of fish and fish products, rice, pasta and noodles and most notably alcoholic drinks. As in previous years, these households (E2) consumed markedly less tea, coffee and sandwiches and rolls.

Expenditure on food and drink eaten out followed the same pattern as consumption. Those in the highest earning group spent two and a half times more on food and drink as those in the lowest earning group, compared with three times more in 1996. For alcoholic drinks, respondents from households in income group B recorded the highest expenditure, over twice as much as the lowest earning group. Pensioner households (OAP), which are households without an earner and whose income is mainly derived from the state pension or a state benefit paid instead of a state pension, spent much less than any other group on eating outside the home.

Household composition

Table 4.6 shows average consumption and expenditure on food and drink eaten out for respondents in households with different compositions. Eating out consumption of beverages and alcoholic drinks was higher in adult-only households, whilst that of soft drinks was highest in households with children, with consumption falling with increasing numbers of children. This effect on per capita consumption by children was also clear in the estimates of consumption of confectionery and ice creams, desserts and cakes, as in previous years. Consumption of potatoes and vegetables was high in households with one adult and one or more children, a characteristic seen in all of the previous years of the survey. Potato chips accounted for 50 per cent of consumption of potatoes and vegetables by these households, a higher proportion than for other households with children. With the exception of households with 4 or more adults, chips represented a lower proportion of consumption in adult-only households. For meat products and fish, consumption for different household compositions generally followed the pattern seen in previous years.

Total expenditure on food and drink eaten out was again highest in adult-only households in 1997, with expenditure declining in households with children as the number of children increased. Average per capita expenditure on alcoholic drinks in 1997 was much higher in adult-only households.

Table 4.6

Average consumption and expenditure on food and drink eaten out by household composition, 1997

Number of adults	Households with										
	1		2					3			4
Number of children	0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0
Number of respondents	710	386	1832	628	1157	477	192	407	381	69	191
Consumption	<i>grams per person per week</i>										
Ethnic meals	49	26	42	40	40	10	11	39	41	31	63
Meat/meat products	94	131	87	140	115	86	76	107	126	130	181
Fish/fish products	28	19	25	24	19	22	14	23	22	30	31
Cheese and egg dishes and pizza	22	37	23	31	28	19	38	24	30	54	30
Pots and vegetables	210	239	174	206	188	183	187	159	192	254	246
Salads	20	13	25	21	18	18	4	26	36	22	32
Rice, pasta and noodles	23	40	22	29	32	23	22	22	33	14	42
Soup (ml)	18	8	19	19	15	7	1	18	13	14	19
Fruit, fresh and processed	24	23	23	25	19	17	11	22	17	22	33
Yoghurt	4	10	5	3	8	3	9	5	6	2	8
Bread	11	10	16	19	13	8	5	17	14	11	17
Sandwiches	47	45	51	53	50	32	23	54	66	37	92
Rolls	24	24	27	42	27	25	9	54	36	25	68
Beverages (ml)	442	128	542	381	365	212	48	457	461	230	560
Ice creams, desserts and cakes	59	81	45	55	61	70	68	48	48	87	44
Biscuits	15	9	9	14	11	11	4	8	10	7	15
Crisps, nuts and snacks	7	17	8	11	11	10	10	11	18	18	18
Other foods	43	41	41	52	36	25	25	46	39	16	55
Soft drinks, including milk (ml)	222	452	267	462	344	389	268	361	535	467	540
Alcoholic drinks (ml)	788	67	633	393	246	125	51	677	617	324	1434
Confectionery	13	32	10	21	27	19	39	13	28	20	21
Expenditure	<i>£ per person per week</i>										
All food and drink	7.45	3.11	8.13	6.92	5.03	3.47	1.67	7.55	7.70	4.62	13.76
Of which:											
Alcoholic drinks	2.4	0.12	2.16	1.19	0.76	0.27	0.13	2.09	1.97	0.82	4.95

Results by Personal Characteristics

Gender

Table 4.7 shows consumption and expenditure on food and drink eaten out in 1997 by the gender of the respondent. This table shows much the same picture as previous years, with males consuming more of each category of food with the exception of salads, fruit and yoghurt. As in 1996, males consumed markedly more meat and meat products and potatoes and vegetables per capita than females. They also consumed almost five times more alcoholic drinks by volume, 40 per cent more beverages and 6 per cent more soft drinks. Consumption of crisps, nuts and savoury snacks; ice cream, desserts and cakes and biscuits was about the same for males and females.

Total expenditure on all food and drink eaten outside the home showed a similar pattern to previous years. Males spent 80 per cent more than females on all food and drink, and over four times as much as females on alcoholic drinks.

Table 4.7

Consumption and expenditure on food and drink eaten out by age, 1997

	Age group									All households
	Under 5	5 - 14	15 - 24	25 - 34	35 - 44	45 - 54	55 - 64	65 - 74	75 and over	
Number of respondents	431	933	641	951	942	868	660	626	374	6426
Consumption	<i>grams per person per week, except where otherwise stated</i>									
Ethnic meals	9	22	66	61	63	51	16	9	4	38
Meat/meat products	50	147	171	130	124	107	59	48	50	107
Fish/fish products	9	24	22	24	25	30	23	23	18	23
Cheese and egg dishes and pizza	9	46	39	35	32	23	12	11	5	27
Pots and vegetables	79	303	230	205	189	205	132	121	142	192
Salads	7	11	17	23	35	41	22	12	8	22
Rice, pasta and noodles	18	48	35	36	29	26	11	6	4	27
Soup (ml)	3	4	18	18	25	22	19	15	6	16
Fruit, fresh and processed	14	22	19	27	23	37	13	12	11	22
Yoghurt	1	11	7	6	7	6	3	1	-	6
Bread	3	8	18	22	20	19	11	8	3	14
Sandwiches	8	23	73	98	73	60	33	20	8	50
Rolls	3	14	72	47	49	38	14	5	2	31
Beverages (ml)	5	8	303	636	768	746	428	168	117	406
Ice creams, desserts and cakes	35	121	41	48	47	52	38	35	63	56
Biscuits	7	13	19	11	13	14	5	4	1	11
Crisps, nuts and snacks	7	16	30	16	10	5	1	1	1	11
Other foods	15	40	47	52	49	45	30	29	28	40
Soft drinks, including milk (ml)	204	531	846	481	310	251	132	79	16	348
Alcoholic drinks (ml)	-	1	980	736	677	673	497	361	117	490
Confectionery	15	39	52	24	14	8	3	2	2	19
Expenditure	<i>£ per person per week</i>									
All food and drink	0.18	2.05	10.34	10.11	9.64	9.02	5.64	4.37	2.37	6.61
Of which:										
Alcoholic drinks	3.40	2.55	2.10	2.02	1.42	1.19	0.36	1.58

Table 4.8

Average consumption and expenditure on food and drink eaten out by gender, 1997

	Male	Female	All persons
Number of respondents	3034	3396	6430
Consumption	<i>grams per person per week, except where otherwise stated</i>		
Ethnic meals	45	32	38
Meat/meat products	131	86	107
Fish/fish products	25	22	23
Cheese and egg dishes and pizza	31	22	27
Pots and vegetables	214	172	192
Salads	19	24	22
Rice, pasta and noodles	31	23	27
Soup (ml)	17	14	16
Fruit, fresh and processed	21	22	22
Yoghurt	5	6	6
Bread	15	12	14
Sandwiches	58	44	50
Rolls	36	26	31
Beverages (ml)	478	342	406
Ice creams, desserts and cakes	57	55	56
Biscuits	11	11	11
Crisps, nuts and snacks	11	10	11
Other foods	41	39	40
Soft drinks, including milk (ml)	358	338	348
Alcoholic drinks (ml)	843	173	490
Confectionery	21	18	19
Expenditure	<i>£ per person per week</i>		
All food and drink	8.65	4.78	6.61
Of which:			
Alcoholic drinks	2.65	0.62	1.58

Age Group

Table 4.8 shows average consumption and expenditure by the age group of the respondent. Burgers, sausages and sausage rolls, meat pies and pasties accounted for the peak consumption of meat and meat products being for respondents of 15 to 24 years. The peak consumption of potatoes and vegetables by this age group was due to consumption of chips. Consumption of fruit outside the home varied more with age but was generally higher between the ages of 5 years and 54 years and lower for respondents older than 54 years. Not surprisingly, consumption of sandwiches and rolls was high for those ages covering most of the working population, i.e. 15 to 54 years, tailing off for those older than 54 years. Consumption of ice creams, desserts and cakes was over twice as high as any other age group amongst 5 to 14 year olds, but respondents between 15 years and 24 years consumed the most confectionery. Consumption of soft and alcoholic drinks peaked amongst 15 to 24 year olds, whereas that of beverages was highest amongst 35 to 44 year olds.

Average expenditure on food and drink consumed outside the home rose with age to a peak in the 15 to 24 year age group, before declining steadily. As in previous years, this pattern was repeated in the estimates of expenditure on alcoholic drinks.

Eating Out: Nutrient intakes

National averages

Table 4.9 shows the energy and nutrient intakes from food eaten out, including and excluding soft and alcoholic drinks and confectionery, for 1995 to 1997. Intakes have generally remained quite constant although the proportion of energy derived from fat and saturated fatty acids has fallen between 1995 and 1997.

Table 4.9
Nutritional value of food and drink eaten out 1995 to 1997

	Nutritional value of food and drink eaten out						
	excluding soft and alcoholic drinks and confectionery ^(b)			including soft and alcoholic drinks and confectionery ^(b)			
		(i) Intake per person per day					
	1995	1996	1997	1995	1996	1997	
Energy	kcal	190	200	215	240	255	265
	MJ	0.8	0.8	0.9	1.0	1.1	1.1
Protein	g	6.6	6.7	7.4	6.9	7.1	7.7
Fat	g	11	11	11	11	11	12
Fatty acids:							
saturated	g	4.0	4.1	4.2	4.4	4.5	4.5
monounsaturated	g	4.0	4.1	4.2	4.2	4.3	4.4
polyunsaturated	g	1.9	1.9	2.0	1.9	1.9	2.1
Cholesterol	mg	32	32	34	33	33	34
Carbohydrate	g	24	21	22	24	28	29
of which							
total sugars	g	5	7	7	12	14	14
non-milk extrinsic sugars	g	3	5	5	9	11	11
starch	g	13	14	15	13	14	15
Fibre ^(a)	g	1.1	1.2	1.3	1.2	1.2	1.3
Alcohol	g	-	-	...	2.9	2.8	2.9
Calcium	mg	56	56	62	71	73	77
Iron	mg	0.9	1.0	1.1	1.1	1.1	1.2
Zinc	mg	0.8	0.8	0.9	0.9	0.9	0.9
Magnesium	mg	21	22	24	30	30	32
Sodium	g	0.27	0.27	0.30	0.28	0.29	0.31
Potassium	g	0.26	0.27	0.29	0.32	0.32	0.34
Thiamin	mg	0.13	0.14	0.15	0.13	0.14	0.15
Riboflavin	mg	0.10	0.10	0.11	0.14	0.14	0.15
Niacin equivalent	mg	2.9	3.0	3.4	3.5	3.5	3.8
Vitamin B6	mg	0.2	0.2	0.2	0.3	0.3	0.3
Vitamin B12	µg	0.4	0.4	0.5	0.5	0.5	0.5
Folate	µg	21	21	22	30	28	30
Vitamin C	mg	5	5	6	8	8	9
Vitamin A:							
retinol	µg	79	59	64	80	61	66
β-carotene	µg	173	167	190	188	185	208
total (retinol equivalent)	µg	107	87	96	112	92	100
Vitamin D	µg	0.24	0.23	0.30	0.24	0.23	0.30
Vitamin E	mg	1.14	1.19	1.27	1.21	1.26	1.33
				(ii) as a percentage of energy ^(b)			
Fat		50.3	47.8	46.9	41.8	40.3	39.7
of which:							
saturated fatty acids		19.2	18.1	17.6	16.4	15.7	15.3
Carbohydrate		35.7	38.8	39.2	38.2	41.0	41.0
Alcohol		-	-	-	8.4	7.6	7.7

(a) as non-starch polysaccharides

(b) in the first set of columns, as a percentage of food and drink excluding contributions from soft and alcoholic drinks and confectionery. In the second set of columns, as a percentage of total energy from eating and drinking out which includes energy from all these sources including alcohol

Eighty per cent of the energy from food and drink eaten out came from food (including beverages) while ten per cent came from alcoholic drinks, six per cent

from confectionery and five per cent from soft drinks. Food groups contributing most to energy intake were potatoes and vegetables; meats; sandwiches and rolls; alcoholic drinks; and puddings and cakes. The same groups, with the exception of alcoholic drinks, were the main contributors to fat intake.

Results by Household Characteristics

Region

The average intake of energy and nutrients from food and drink consumed outside the home varied little between England, Wales and Scotland (Table 4.10¹). Within the regions of England, however, energy intake varied from 225 kcal per person per day in the West Midlands to 295 kcal per person per day in the East Midlands. The proportion of energy derived from fat and saturated fatty acids was highest in the Eastern region (40.8 per cent and 16.0 per cent respectively) and lowest in the West Midlands (37.9 per cent and 14.5 per cent respectively), reflecting differences in alcohol intake.

Income group

Table 4.11¹ shows how energy and nutrient intake from food and drink consumed out of the home varies with the income group of the head of household. In general, energy and nutrient intakes were greater in higher income groups in both households with one or more earners and households without an earner. Members of OAP households had the lowest average intake of energy and nutrients. Those in the highest income groups obtained the greatest proportion of energy from fat and saturated fatty acids but the least proportion of energy from alcohol, both in households with and without an earner.

Household composition

The average daily intake of energy and nutrients from food and drink consumed outside the home by those in households of different compositions are shown in Table 4.12¹. As in previous years, energy intake was highest in households with four or more adults and no children (425 kcal per person per day) and lowest in households with two adults and four or more children (195 kcal per person per day). Households with one adult and one or more children obtained the greatest proportion of energy from fat while households with four or more adults and no children obtained the lowest proportion of energy from fat. Alcohol intake and the percentage of energy derived from alcohol were markedly higher in adult-only households than in households containing children.

¹ Which includes contributions from soft and alcoholic drinks and confectionery

Table 4.10 Nutritional value of food and drink eaten out by region, 1997

		Regions of England									England	Wales	Scotland
		North East	North West & Merseyside	Yorkshire And the Humber	East Midlands	West Midlands	Eastern	London	South East	South West			
		(i) Intake per person per day											
Energy	kcal	275	250	280	295	225	270	280	270	240	265	280	285
	MJ	1.2	1.1	1.2	1.2	0.9	1.1	1.2	1.1	1.0	1.1	1.2	1.2
Protein	g	7.7	7.4	7.9	8.6	6.5	7.9	8.7	8.0	6.9	7.7	7.9	8.1
Fat	g	12	11	12	13	9	12	13	12	11	12	12	13
Fatty acids:													
saturated	g	4.5	4.2	4.6	5.1	3.6	4.8	4.9	4.7	4.1	4.5	4.5	4.9
monounsaturated	g	4.6	4.2	4.7	4.9	3.5	4.6	4.7	4.4	4.0	4.3	4.7	4.7
polyunsaturated	g	2.2	2.0	2.2	2.3	1.7	2.1	2.2	2.0	1.9	2.0	2.2	2.2
Cholesterol	mg	34	33	35	39	27	36	39	36	32	35	33	35
Carbohydrate	g	30	27	30	32	25	30	31	30	26	29	30	32
Of which:													
total sugar	g	14	13	14	16	12	15	14	15	13	14	14	15
non-milk extrinsic sugar	g	11	10	11	13	10	12	11	12	10	11	11	12
starch	g	16	14	16	16	13	15	17	15	13	15	16	17
Fibre ^(a)	g	1.3	1.3	1.4	1.5	1.2	1.3	1.5	1.4	1.2	1.3	1.4	1.3
Alcohol	g	3.7	3.0	3.6	3.2	2.9	2.4	2.7	2.8	2.5	2.9	3.4	2.7
Calcium	mg	83	72	79	86	67	82	84	77	72	77	78	82
Iron	mg	1.1	1.1	1.2	1.3	1.0	1.2	1.3	1.2	1.1	1.2	1.2	1.2
Zinc	mg	0.9	0.9	0.9	1.0	0.8	0.9	1.0	0.9	0.8	0.9	0.9	1.0
Magnesium	mg	34	30	34	35	28	31	34	33	30	32	33	31
Sodium	g	0.32	0.29	0.32	0.36	0.26	0.33	0.34	0.32	0.28	0.31	0.31	0.34
Potassium	g	0.35	0.33	0.37	0.37	0.29	0.34	0.35	0.35	0.32	0.34	0.37	0.33
Thiamin	mg	0.15	0.15	0.16	0.17	0.14	0.16	0.17	0.15	0.14	0.15	0.17	0.16
Riboflavin	mg	0.16	0.14	0.16	0.16	0.13	0.14	0.15	0.15	0.14	0.15	0.15	0.14
Niacin equivalent	mg	3.9	3.7	4.1	4.3	3.3	3.8	4.2	4.0	3.5	3.8	4.0	3.8
Vitamin B6	mg	0.3	0.3	0.3	0.3	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3
Vitamin B12	µg	0.5	0.5	0.7	0.6	0.5	0.5	0.6	0.6	0.5	0.6	0.5	0.5
Folate	µg	32	29	34	32	27	29	31	30	27	30	32	27
Vitamin C	mg	8	9	9	9	8	10	10	9	9	9	11	9
Vitamin A:													
retinol	µg	56	55	93	63	49	61	77	82	56	67	64	59
β-carotene	µg	219	204	228	239	172	194	202	242	205	212	194	187
total (retinol equivalent)	µg	92	89	131	103	77	94	110	122	90	102	97	91
Vitamin D	µg	0.30	0.29	0.32	0.36	0.23	0.30	0.33	0.32	0.27	0.30	0.29	0.31
Vitamin E	mg	1.42	1.28	1.41	1.48	1.08	1.31	1.43	1.33	1.21	1.31	1.43	1.42
		(ii) As a percentage of total energy											
Fat		39.1	39.9	39.1	39.8	37.9	40.8	40.4	39.4	40.1	39.7	39.7	40.0
Of which:													
saturated fatty acids		14.5	15.0	14.6	15.3	14.5	16.0	15.8	15.5	15.4	15.3	14.6	15.7
Carbohydrate		40.2	39.9	40.6	41.0	41.3	41.4	40.8	41.4	41.1	40.9	40.4	42.0
Alcohol		9.5	8.4	9.1	7.6	9.1	6.1	6.6	7.3	7.2	7.7	8.5	6.6

(a) as non-starch polysaccharides

Table 4.11

Nutritional value of food and drink eaten out by income group, 1997

		Income groups						
		Gross weekly income of head of household						
		Households with one or more earners				Households without an earner		
		£610 and over	£310 and under £610	£150 and under £310	Less than £150	£150 or more	Less than £150	OAP
		A	B	C	D	E1	E2	
		(i) Intake per person per day						
Energy	kcal	370	335	270	220	185	165	80
	MJ	1.6	1.4	1.1	0.9	0.8	0.7	0.3
Protein	g	12	10	8	6	6	4	2
Fat	g	17	15	12	10	8	7	3
Fatty acids:								
saturated	g	6.6	5.7	4.5	3.7	3.1	2.4	1.3
monounsaturated	g	6.2	5.5	4.5	3.7	3.2	2.6	1.3
polyunsaturated	g	3.0	2.5	2.1	1.7	1.5	1.2	0.6
Cholesterol	mg	55	43	33	25	27	17	11
Carbohydrate	g	40	37	29	24	20	18	8
Of which:								
total sugars	g	18	18	14	12	9	9	3
non-milk extrinsic sugars	g	14	15	11	10	7	7	2
starch	g	22	19	15	12	11	9	4
Fibre ^(a)	g	2.0	1.6	1.3	1.1	1.1	0.8	0.4
Alcohol	g	3.2	3.7	2.8	2.4	1.8	2.9	1.3
Calcium	mg	113	99	76	63	56	46	22
Iron	mg	1.8	1.5	1.1	0.9	0.9	0.6	0.3
Zinc	mg	1.4	1.2	0.9	0.7	0.6	0.5	0.3
Magnesium	mg	46	41	31	25	22	20	9
Sodium	g	0.47	0.40	0.31	0.25	0.21	0.18	0.08
Potassium	g	0.48	0.43	0.34	0.27	0.25	0.21	0.11
Thiamin	mg	0.23	0.19	0.15	0.12	0.11	0.09	0.05
Riboflavin	mg	0.21	0.19	0.14	0.12	0.11	0.09	0.05
Niacin equivalent	mg	5.9	4.9	3.8	2.9	2.6	2.2	1.2
Vitamin B6	mg	0.4	0.3	0.3	0.2	0.2	0.2	0.1
Vitamin B12	µg	0.9	0.7	0.5	0.4	0.4	0.3	0.2
Folate	µg	40	37	29	24	22	21	10
Vitamin C	mg	12	11	9	7	7	6	3
Vitamin A:								
retinol	µg	103	78	64	56	67	26	28
β-carotene	µg	315	253	178	157	202	135	124
total (retinol equivalent)	µg	156	120	94	82	101	48	49
Vitamin D	µg	0.52	0.37	0.29	0.23	0.24	0.15	0.08
Vitamin E	mg	1.94	1.64	1.35	1.09	1.00	0.79	0.37
		(ii) As a percentage of total energy						
Fat		40.9	39.5	40.1	39.8	40.6	35.8	38.6
of which:								
saturated fatty acids		16.0	15.4	15.3	15.3	15.2	13.0	14.7
Carbohydrate		40.1	41.3	41.1	41.7	40.4	41.4	37.4
Alcohol		6.0	7.6	7.4	7.7	6.8	12.3	11.8

(a) as non-starch polysaccharides

Table 4.12

Nutritional value of food and drink eaten out by household composition

		Households with											
No of adults		1			2				3	3 or more		4 or more	
No of children		0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0	
		(i) Intake per person per day											
Energy		kcal	260	280	245	300	260	215	195	285	320	300	425
	MJ	1.1	1.2	1.0	1.3	1.1	0.9	0.8	1.2	1.3	1.3	1.8	
Protein	g	7	8	7	9	8	6	5	8	9	8	12	
Fat	g	11	13	11	14	12	9	9	12	14	14	17	
Fatty acids													
saturated	g	4.3	4.7	4.2	5.2	4.6	3.5	3.1	4.9	5.4	4.8	6.8	
monounsaturated	g	4.0	5.0	3.9	5.1	4.6	3.7	3.4	4.7	5.3	5.3	6.5	
polyunsaturated	g	1.9	2.4	1.9	2.3	2.1	1.7	1.6	2.1	2.5	2.6	3.0	
Cholesterol	mg	35	32	35	40	33	24	19	40	37	30	52	
Carbohydrate	g	27	34	25	34	30	26	25	30	35	35	43	
of which:													
total sugars	g	13	16	12	16	14	13	12	14	17	16	21	
non-milk extrinsic sugars	g	10	13	10	13	11	10	10	12	15	13	17	
starch	g	14	18	13	18	16	13	13	16	18	19	22	
Fibre ^(a)	g	1.3	1.5	1.2	1.5	1.4	1.2	1.1	1.3	1.5	1.7	1.9	
Alcohol	g	4.7	0.5	3.8	2.3	1.5	0.8	0.3	3.9	3.5	1.6	8.3	
Calcium	mg	75	84	71	90	78	63	57	80	91	82	116	
Iron	mg	1.2	1.2	1.1	1.3	1.2	0.9	0.8	1.2	1.3	1.3	1.8	
Zinc	mg	0.9	1.0	0.8	1.0	0.9	0.7	0.6	0.9	1.1	1.0	1.5	
Magnesium	mg	33	29	32	35	30	24	21	33	38	34	53	
Sodium	g	0.29	0.33	0.29	0.37	0.32	0.25	0.22	0.34	0.36	0.36	0.51	
Potassium	g	0.34	0.35	0.33	0.38	0.33	0.27	0.24	0.33	0.40	0.39	0.52	
Thiamin	mg	0.15	0.17	0.14	0.18	0.16	0.13	0.12	0.15	0.17	0.20	0.22	
Riboflavin	mg	0.16	0.13	0.15	0.16	0.14	0.10	0.09	0.16	0.17	0.13	0.24	
Niacin equivalent	mg	3.9	3.5	3.9	4.3	3.6	2.8	2.1	4.1	4.5	3.7	6.6	
Vitamin B6	mg	0.3	0.3	0.3	0.3	0.2	0.2	0.2	0.3	0.3	0.3	0.5	
Vitamin B12	µg	0.6	0.4	0.6	0.6	0.5	0.4	0.3	0.6	0.6	0.5	0.9	
Folate	µg	33	27	30	32	27	21	20	32	35	34	50	
Vitamin C	mg	8	12	8	11	9	9	7	8	10	11	12	
Vitamin A:													
retinol	µg	94	43	71	68	62	35	28	73	73	38	68	
β-carotene	µg	276	200	222	206	176	147	106	201	211	204	307	
total (retinol equivalent)	µg	140	76	108	103	91	59	46	106	108	71	120	
Vitamin D	µg	0.27	0.30	0.30	0.35	0.29	0.22	0.17	0.33	0.33	0.27	0.51	
Vitamin E	mg	1.22	1.54	1.21	1.51	1.35	1.10	1.06	1.36	1.59	1.63	1.93	
		(ii) As a percentage of total energy											
Fat		37.8	41.6	39.1	40.3	41.2	40.1	40.6	39.5	39.5	40.9	36.6	
of which:													
saturated fatty acids		14.9	15.0	15.4	15.5	15.6	14.8	14.6	15.4	15.2	14.4	14.3	
Carbohydrate		38.3	45.3	38.1	42.2	42.9	45.8	47.8	39.6	41.6	44.5	38.2	
Alcohol		12.6	1.2	10.8	5.4	4.0	2.6	0.9	9.6	7.7	3.8	13.7	

(a) as non-starch polysaccharides

Table 4.13 Nutritional value of food and drink eaten out by age and gender, 1997

		Households with													
		Infants	Children				Males				Females				All
		under 1	1 to 3	4 to 6	7 to 10	11 to 14	15 to 18	19 to 50	51+	11 to 14	15 to 18	19 to 50		51+	Persons
												not pregnant	Pregnant		
		(i) Intake per person per day													
Energy	kcal	10	110	220	275	360	395	430	190	375	365	275	225	125	265
	MJ	...	0.5	0.9	1.1	1.5	1.6	1.8	0.8	1.6	1.5	1.2	0.9	0.5	1.1
Protein	g	0.3	3.2	6.5	8.3	9.3	10.2	12.4	5.4	9.6	9.5	8.3	6.9	4.0	7.7
Fat	g	...	5	10	12	16	17	18	8	17	16	13	10	6	12
Fatty acids															
saturated	g	0.1	1.8	3.4	4.4	5.6	6.2	7.1	3.0	6.4	6.1	5.0	4.0	2.3	4.5
monounsaturated	g	0.1	1.9	3.9	4.9	6.7	6.8	6.8	2.9	6.7	6.0	4.6	3.9	2.1	4.4
polyunsaturated	g	...	0.8	1.8	2.3	3.2	3.2	3.1	1.4	3.0	2.9	2.2	1.8	1.0	2.1
Cholesterol	mg	1	11	22	31	31	34	59	26	33	33	38	28	20	34
Carbohydrate	g	1	14	29	34	46	47	43	19	49	45	30	27	13	29
of which:															
total sugars	g	1	7	14	16	23	23	21	9	25	23	14	13	6	14
non-milk extrinsic sugars	g	1	5	11	12	19	20	17	7	21	19	11	10	5	11
starch	g	...	7	15	19	23	23	22	10	24	22	16	14	7	15
Fibre (a)	g	0.1	0.6	1.4	1.7	1.9	1.9	1.9	0.9	2.0	1.8	1.4	1.1	0.7	1.3
Alcohol	g	-	3.1	7.8	4.3	...	2.1	2.2	0.4	0.8	2.9
Calcium	mg	5	36	71	88	100	110	120	54	113	113	81	68	36	77
Iron	mg	0.1	0.4	1.0	1.2	1.4	1.5	1.8	0.8	1.5	1.4	1.3	1.0	0.6	1.2
Zinc	mg	...	0.4	0.8	1.0	1.1	1.3	1.5	0.6	1.1	1.1	1.0	0.8	0.4	0.9
Magnesium	mg	2	12	24	29	37	44	55	26	37	39	33	25	14	32
Sodium	g	0.02	0.13	0.27	0.34	0.37	0.44	0.51	0.21	0.41	0.41	0.33	0.27	0.15	0.31
Potassium	g	0.02	0.14	0.30	0.37	0.43	0.47	0.54	0.26	0.44	0.41	0.35	0.27	0.17	0.34
Thiamin	mg	0.01	0.07	0.14	0.18	0.24	0.24	0.23	0.11	0.24	0.21	0.16	0.13	0.08	0.15
Riboflavin	mg	0.01	0.06	0.10	0.13	0.14	0.19	0.26	0.13	0.16	0.16	0.14	0.11	0.07	0.15
Niacin equivalent	mg	0.1	1.4	2.6	3.4	3.8	4.8	6.8	3.0	4.0	4.3	4.1	3.2	1.9	3.8
Vitamin B6	mg	...	0.1	0.2	0.3	0.3	0.4	0.5	0.3	0.3	0.3	0.2	0.2	0.1	0.3
Vitamin B12	µg	...	0.2	0.3	0.5	0.4	0.6	1.0	0.5	0.5	0.5	0.5	0.4	0.3	0.5
Folate	µg	1	10	22	27	34	41	52	26	35	35	28	22	13	30
Vitamin C	mg	1	7	12	13	14	13	11	6	15	13	9	10	5	9
Vitamin A:															
retinol	µg	1	15	27	39	42	67	108	71	67	52	70	37	49	66
β-carotene	µg	11	87	184	203	210	167	280	191	205	175	229	117	177	208
total (retinol equivalent)	µg	3	30	57	73	77	94	155	103	101	81	108	57	78	100
Vitamin D	µg	0.01	0.09	0.2	0.3	0.28	0.31	0.48	0.22	0.33	0.34	0.34	0.26	0.19	0.30
Vitamin E	mg	0.03	0.55	1.15	1.46	2.07	2.00	1.95	0.88	2.00	1.97	1.46	1.17	0.68	1.33
		(ii) As a percentage of total energy													
Fat		24.5	39.9	39.6	41.0	41.3	39.5	38.0	36.6	40.9	39.3	41.5	41.7	43.1	39.7
of which:															
saturated fatty acids		12.4	14.9	13.9	14.5	14.0	14.3	14.9	13.9	15.2	15.0	16.5	16.2	17.0	15.3
Carbohydrate		61.6	48.5	48.6	46.8	48.3	44.6	37.7	36.5	48.8	46.3	40.9	44.7	39.6	41.0
Alcohol		5.4	12.7	15.5	...	4.0	5.5	1.3	4.4	7.7

(a) as non-starch polysaccharides

Results by Personal Characteristics

Age and gender

The differences seen in the amounts of food and drink consumed outside the home by those in different age groups and by males and females are reflected in the average intakes of energy and nutrients shown in Table 4.13. The age and gender groupings are generally those identified as having distinct nutritional requirements in *Dietary Reference Values*².

The intake of energy increased in children up to 10 years. In females, energy intake peaked in the 11 to 14 year age group (375 kcal per person per day) and then declined with increasing age. In males energy intakes continued to rise, peaking in the 19 to 50 year age group (430 kcal per person per day).

Girls and boys aged 11 to 14 years had similar energy intakes. In older age groups, in general, males had a much higher intake of energy and nutrients from food and drink eaten out than females. The intake of alcohol, in particular, was higher amongst men than women with the result that in most cases men obtained more of their energy from alcohol and less from fat. The intake of non-milk extrinsic sugars was highest in the 11 to 18 year age groups for both males and females, reflecting a higher intake from soft drinks and confectionery than that found for other age groups.

Household food and eating out: nutrient intakes

National averages

Table 4.14 shows the contribution made by food and drink from all sources to intake of energy and a range of nutrients. It thus covers food, alcoholic and soft drinks and confectionery from both household supplies³ and eating out. Table 4.15 shows the nutrient intakes from food and drink from all sources, expressed as a percentage of the Reference Nutrient Intakes (RNI), for 1995 to 1997. For this calculation, wastage of 10 per cent of all nutrients has been deducted from the intakes based on household purchases of food (except alcoholic and soft drinks and confectionery), but no allowance for wastage has been deducted from the recorded eating out intakes.

The energy intake from all sources was 2175 kcal per person per day. About 12 per cent of energy was obtained from food and drink consumed outside the home. It should be noted that additional energy (and other nutrients) would have been

² Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

³ The energy and nutrients from household food and drink are the averages of the households participating in the Eating Out Survey and differ slightly from those for all households shown in Section 3 (and Appendix Table B9).

derived from food and drink consumed but under-recorded in the survey, in particular alcoholic drinks.

The contribution of food and drink eaten out to total fat intake was about 13 per cent while the contribution to total intakes of protein and carbohydrate were about 11 per cent. The contribution of eating out to the total intake of minerals ranged from 8 per cent for calcium to 12 per cent for magnesium. Eating Out contributed between 7 per cent (vitamin D) and 13 per cent (niacin equivalent) of the total intake of vitamins.

The average daily intakes of nutrients as a proportion of RNIs were broadly similar in 1997 compared with 1996. The biggest change was seen for vitamin B12 as a result of new analytical data for milk. Intakes of most minerals (except magnesium and potassium) and all vitamins were above the RNI when the contribution from food and drink consumed outside the home was taken into account.

The proportion of energy derived from fat and saturated fatty acids was higher in food eaten out (39.7 per cent and 15.3 per cent respectively) than in household food (37.3 per cent and 14.8 per cent respectively). The overall proportion of energy from fat and saturated fatty acids contributed by food and drink from all sources decreased from 39.3 per cent and 15.3 per cent respectively in 1994 to 37.5 per cent and 14.9 per cent respectively, in 1997.

Table 4.14 Nutritional value of food and drink from all sources as a percentage of RNI ^(a, b), 1995 to 1997

	1995	1996	1997
Energy ^(c)	92	98	96
Protein	142	149	149
Calcium	118	122	122
Iron	95	102	101
Zinc	98	101	101
Magnesium	90	96	95
Sodium	174	179	177
Potassium	83	88	88
Thiamin	161	175	169
Riboflavin	138	144	154
Niacin equivalent	193	205	204
Vitamin B6	169	176	175
Vitamin B12	333	331	518
Folate	131	138	137
Vitamin C	156	163	176
Vitamin A (retinol equivalent)	164	143	137

(a) Reference Nutrient Intakes from Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

(b) based on the intakes and requirements of the population in the Eating Out extension

(c) as a percentage of Estimated Average Requirements

Table 4.15 Nutritional value of food and drink from all sources out for Eating out households, 1997

		Household food and drink ^(a)	Eating Out	Food and drink from all sources	Percent obtained from eating out
			(i) intake per person per day		
Energy	kcal	1910	265	2175	12
	MJ	8.0	1.1	9.1	12
Protein	g	65.6	7.7	73.3	11
Fat	g	79	12	91	13
Fatty acids:					
saturated	g	31.4	4.5	35.9	13
monounsaturated	g	28.0	4.4	32.4	14
polyunsaturated	g	13.8	2.1	15.9	13
Cholesterol	mg	235	34	270	13
Carbohydrate					
of which:	g	241	29	270	11
total sugars	g	109	14	123	11
non-milk extrinsic sugars	g	70	11	81	14
starch	g	132	15	147	10
Fibre ^(b)	g	12.5	1.3	13.9	10
Alcohol	g	3.9	2.9	6.9	43
Calcium	mg	838	77	915	8
Iron	mg	10.2	1.2	11.4	10
Zinc	mg	7.8	0.9	8.7	10
Magnesium	mg	238	32	270	12
Sodium	g	2.62	0.31	2.93	11
Potassium	g	2.69	0.34	3.03	11
Thiamin	mg	1.39	0.15	1.54	10
Riboflavin	mg	1.76	0.15	1.91	8
Niacin equivalent	mg	26.9	3.8	30.7	13
Vitamin B6	mg	2.0	0.3	2.3	12
Vitamin B12	µg	7.2	0.5	7.8	7
Folate	µg	250	30	280	11
Vitamin C	mg	64	9	73	12
Vitamin A:					
retinol	µg	522	66	588	10
β-carotene	µg	1807	208	2015	10
total (retinol equivalent)	µg	823	100	923	10
Vitamin D	µg	3.44	0.30	3.74	7
Vitamin E	mg	10.10	1.33	11.43	10
			(ii) As a percentage of total energy		
Fat		37.3	39.7	37.5	
of which:					
saturated fatty acids		14.8	15.3	14.9	
Carbohydrate		47.5	41.0	46.6	
Alcohol		1.5	7.7	2.2	

(a) including soft and alcoholic drinks and confectionery but based only on information from households participating in the Eating Out Survey.

(b) as non starch polysaccharide

Section 5

Analysis of Household Food Expenditure and Consumption by Income

Introduction

This Section gives results of the Main Survey on household food classified by the household's Net Family Income per person. Income here covers income from any source and is measured after all pay deductions have been made. It is a more comprehensive measure of the resources available to a family than the income of the head of household used in Section 2. The first part of the Section provides results for which households have been classified by Net Family Income per person divided into decile groups. This is followed by analyses in which income (in quintile groups) is cross-classified with other factors that impact on the pattern of spending on food and drink. The variables analysed are expenditure (£ per person per week and as a percentage of income), consumption and nutrient intakes. For expenditure and consumption only food and drink entering the home is considered. Food eaten out in any form (e.g. snack, canteen, formal dinner) is excluded except food taken from household stocks such as packed lunches. However, for nutrient intakes expressed as a percentage of Dietary Reference Values allowance is made of eating out. Section 6 of this report gives estimates of the effects of changes in income (including elasticities) and household demographic factors on food budget shares based on a multivariate analysis.

In order to ensure that the cross-classifications are reliable, data have been combined over the three-year period 1995-97 and changes over time are examined by comparison with the three-year period 1985-1987. The sample size for 1995-97 is 54,000 persons (this is after the sample for 1997 has been weighted by a factor of 1.35 to allow for the smaller sample introduced in 1997). For the period from 1985 to 1987, the sample is much smaller (33,000 persons) due to lower response rates on the question of income than those achieved in recent years.

In 1995-97, the response rate on Net Family Income was 89 per cent, compared with 57 per cent in 1985-87. The breakdown of the samples given in Table 5.1 suggests that the 1995-97 sample used in this Section is reasonably close to the full sample. For the earlier period, the sample contains more families with children and more persons under 34 years than the full sample.

The income groups used in the tables in this Section are either deciles or quintiles. The decile groups are chosen so that 10 per cent of households in the sample fall into each income per person group. In 1995-97, the average income per person (including children and other non-earners) varied from £37 per week in the lowest decile group to £341 in the highest group; the average was £121 per person per week (Table 5.2).

Table 5.1 Percentage composition of the sample providing Net Family Income compared with the whole sample

	Persons				Percent			
	1985-87		1995-97		1985-87		1995-97	
	Whole sample	Households returning a family income value	Whole sample	Households returning a family income value	Whole sample	Households returning a family income value	Whole sample	Households returning a family income value
All Great-Britain households	58361	33187	60599	53826	100	100	100	100
Wales	3255	1743	3647	3250	5.6	5.3	6	6
Scotland	5617	3273	5484	4972	9.6	9.9	9.1	9.2
England	49489	28171	51468	45604	84.8	84.9	84.9	84.7
North East	3620	2443	3366	3043	6.2	7.4	5.6	5.7
North West	6282	3491	5649	4732	10.8	10.5	9.3	8.8
Merseyside	409	292	1653	1446	0.7	0.9	2.7	2.7
Yorks and the Humber	6351	3586	5384	4846	10.9	10.8	8.9	9
East Midlands	3671	1825	4742	4243	6.3	5.5	7.8	7.9
West Midlands	5247	3356	5734	5028	9	10.1	9.5	9.3
Eastern	5580	3111	5234	4676	9.6	9.4	8.6	8.7
London	6219	3133	5960	5285	10.7	9.4	9.8	9.8
South East	7592	4797	8728	7902	13	14.5	14.4	14.7
South West	4518	2137	5018	4402	7.7	6.4	8.3	8.2
Household composition								
1+ A	24738	13264	29011	25015	42.4	40	47.9	46.5
1A 1+C	1954	1261	3329	3165	3.3	3.8	5.5	5.9
2A 1C	6192	4044	6209	5630	10.6	12.2	10.2	10.5
2A 2C	11924	7700	10366	9516	20.4	23.2	17.1	17.7
2A 3C	4655	3010	4434	4132	8	9.1	7.3	7.7
2A 4+C	1710	1048	1828	1705	2.9	3.2	3	3.2
3+A 1+C	7188	2860	5423	4662	12.3	8.6	8.9	8.7
Age of main diary keeper								
Under 25	3796	2719	3034	2753	6.5	8.2	5	5.1
25-34	14076	9573	14370	13473	24.1	28.8	23.7	25
35-44	16786	9206	16045	14543	28.8	27.7	26.5	27
45-54	9695	4172	11814	10093	16.6	12.6	19.5	18.8
55-64	7210	3492	7106	5915	12.4	10.5	11.7	11
65-74	4697	2723	5342	4544	8	8.2	8.8	8.4
75 and over	2100	1302	2809	2465	3.6	3.9	4.6	4.6
Age unknown	1	0	79	39	0	0	0.1	0.1
Housing tenure								
Owners	39392	21632	43717	38275	67.5	65.2	72.1	71.1
Rented privately	4203	2257	5958	5443	7.2	6.8	9.8	10.1
Social/rented sector	14766	9298	10924	10108	25.3	28	18	18.8
Benefits (a)								
Benefits	1763	1066	8914	8430	3	3.2	14.7	15.7
No benefits	56598	32121	51685	45395	97	96.8	85.3	84.3
Employment status of head of household								
Unemployed	4151	2535	4405	3941	7.1	7.6	7.3	7.3
Employed	54210	30652	56195	49885	92.9	92.4	92.7	92.7

(a) Income support or Family Credit

Table 5.2 Composition of the sample providing Net Family Income by income decile and quintile group

Decile	Persons ^(a)		Net family income per person ^(b)	
	1985-87	1995-97	1985-87	1995-97
1	4971	7438	21	37
2	3683	5717	31	58
3	3245	5259	36	71
4	2750	5746	41	85
5	3310	5662	46	100
6	3532	5436	53	119
7	3523	5253	63	140
8	3221	4972	76	169
9	2664	4478	97	213
10	2288	3863	147	341
All	33187	53826	56	121
Quintile				
1	8654	13155	26	46
2	5995	11005	39	78
3	6842	11099	50	110
4	6744	10225	70	154
5	4952	8341	120	272

(a) Weighted number for 1997

(b) £ per person per week including children and other non-earners

Expenditure

Table 5.3 shows expenditure per person per week in each of the 10 income groups and the average over all persons (for which income was supplied). Taking food and drink as a whole in 1995-97, household expenditure per person increased without exception from one income group to the next. Looking at the extremes, the bottom 10 per cent of households in terms of income per person spent around £10 per person per week (36 per cent below the average) while the top 10 per cent spent around £25 per person per week (51 per cent above the average of around £16). The shortfall in expenditure for the bottom income group was largest for alcoholic drink (71 per cent below average), fruit (53 per cent), cheese (45 per cent) and fish (44 per cent). The shortfall was lowest for eggs but it was still 17 per cent below average. Those in the second (to bottom) decile spent £13 per person per week on food and drink, 26 per cent more per person than those in the lowest decile.

Comparisons between now and ten years ago have to be treated with caution because they may be influenced by the lower response rate in the earlier period. With this in mind, the picture described above is not very different from ten years ago except that the shortfalls for the lowest income groups and the margins over the average for the highest income groups were not as marked. Taking food (excluding drinks and confectionery) as a whole (Figure 5.4), spending by the lowest income group was 27 per cent below the mean (34 per cent now) and spending by the top 10 per cent of earners was 30 per cent over average ten years ago, compared with 43 per cent now.

Table 5.3

Expenditure for main food groups by Net Family Income per person

pence per person per week

Decile	1	2	3	4	5	6	7	8	9	10	Average
1985-87 (at current prices) ^(a)											
Milk and cream	81.8	100.0	103.5	111.3	107.8	109.0	108.0	112.0	113.8	110.9	104.2
Cheese	20.1	25.8	28.1	28.6	29.7	34.0	34.5	39.1	46.6	52.1	32.4
Meat and meat products	192.2	247.8	251.3	266.7	263.5	290.0	289.9	331.1	355.9	361.3	276.5
Fish	27.8	41.9	45.5	46.8	46.4	48.4	48.2	57.2	62.1	73.0	47.6
Eggs	17.8	19.6	22.1	21.8	20.2	21.2	19.5	21.5	22.7	21.5	20.5
Fats and oils	25.7	34.7	36.0	37.0	34.5	36.4	36.1	37.3	39.7	37.6	34.8
Sugar and preserves	14.7	19.5	19.6	20.5	17.8	17.3	16.7	16.9	17.1	16.4	17.5
Vegetables	101.1	108.4	114.3	118.3	121.8	127.2	130.3	145.1	158.6	173.0	126.4
Fruit	32.1	46.1	53.8	58.1	60.8	68.3	70.7	82.9	97.3	120.3	65.0
Cereals (incl. bread)	130.0	147.0	155.4	157.8	158.3	163.2	166.1	174.9	177.9	183.9	158.8
Beverages	28.5	38.6	41.5	41.7	41.8	40.4	43.2	48.0	51.9	52.2	41.6
Miscellaneous	30.3	33.7	37.2	36.4	36.3	39.6	39.6	43.8	49.3	49.2	38.5
Total food (£)	7.02	8.63	9.08	9.45	9.39	9.95	10.03	11.10	11.93	12.51	9.64
1995-97 (at current prices)											
Milk and cream	104.0	129.4	141.7	139.7	141.0	147.6	148.6	154.3	152.3	155.4	139.2
Cheese	29.0	39.9	47.2	47.2	52.3	53.7	60.8	67.8	70.3	83.3	52.8
Meat and meat products	248.3	310.8	337.9	351.9	382.5	412.3	414.9	443.6	479.0	529.3	379.1
Eggs	14.7	16.4	17.9	17.4	18.6	17.1	18.6	19.1	19.2	20.5	17.7
Fats and oils	25.1	32.9	38.2	37.5	38.8	38.8	41.3	43.6	43.1	44.8	37.6
Sugar and preserves	14.6	18.7	19.4	18.1	18.5	18.8	18.8	17.4	18.2	19.5	18.0
Vegetables	149.9	176.9	184.5	198.0	210.8	223.6	234.7	254.3	278.3	325.0	216.3
Fruit	54.5	77.5	94.6	97.4	112.5	124.6	125.2	152.4	169.3	222.4	116.2
Cereals (incl. bread)	187.1	225.7	243.2	258.6	263.3	275	281.6	302.7	307	327.5	261.2
Beverages	26.5	39.7	43.2	43.1	45.4	49.1	48.8	51.5	53.8	60.2	44.8
Miscellaneous	44.9	59.3	63.3	65.7	75.8	80.8	80.9	92.1	102.2	122.0	75.5
Total food (£)	9.4	11.8	13.0	13.4	14.3	15.2	15.6	16.9	17.9	20.4	14.3
Soft drinks	41.1	44.4	45.0	48.2	53.1	54.7	56.2	59.1	62.2	59.9	51.5
Confectionery	20.6	26.1	29.4	29.5	30.8	32.7	31.1	34.2	34.1	33.0	29.6
Alcoholic drinks	33.3	47.5	66.0	75.8	82.8	113.2	142.6	171.0	209.5	331.4	115.3
Total food and drink (£)	10.34	13.01	14.36	14.89	15.97	17.16	17.86	19.52	20.95	24.64	16.28

(a) the all items Retail Price Index was 56 per cent higher in 1995-97 than in 1985-87

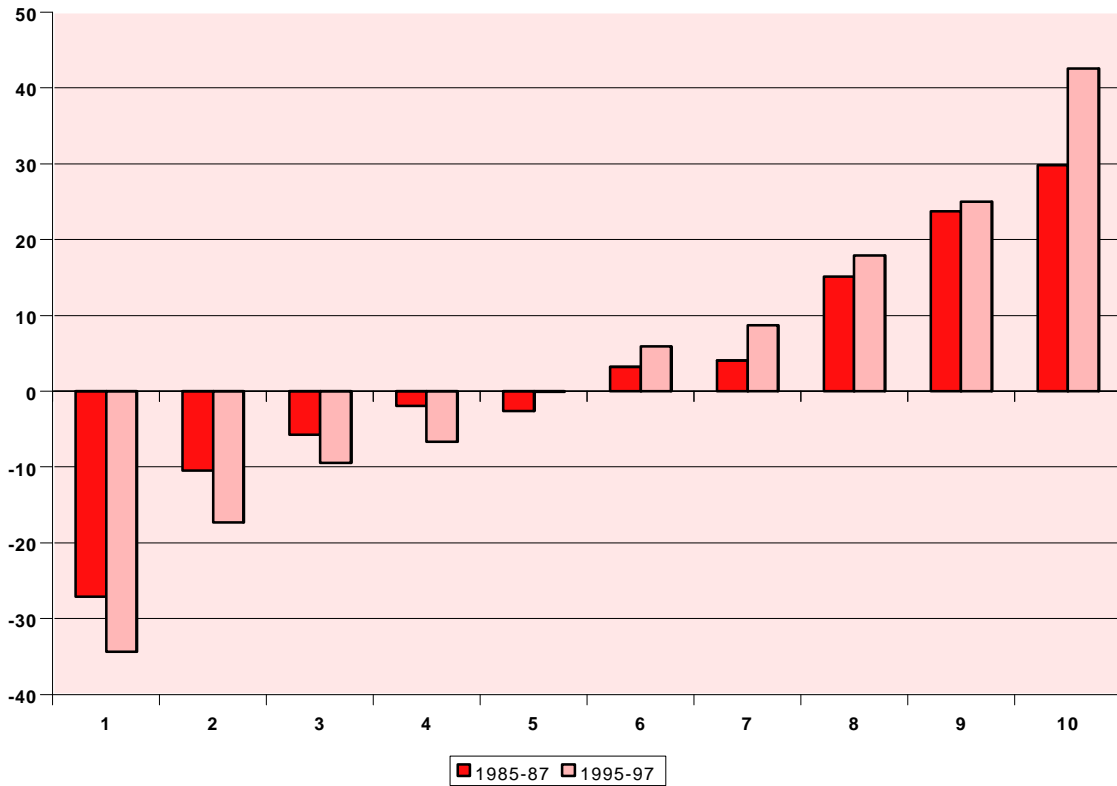
In 1985-87, as in 1995-97, the shortfall on spending by the bottom income group was greatest for fruit (51 per cent below average), fish (42 per cent) and cheese (38 per cent); data on alcoholic drinks were not collected. The shortfall was lowest for eggs but it was still 13 per cent below average. Those in the second (to bottom) income group spent, 23 per cent more on food per person than those in the lowest income group.

Table 5.4

Expenditure on food and drink per £1,000 of Net Family Income per person

Decile	<i>£ per £1,000 of income</i>										
	1	2	3	4	5	6	7	8	9	10	Average
1985-87 (at current prices)											
Milk and cream	38	32	28	27	24	20	17	15	12	8	24
Cheese	9	8	8	7	6	6	5	5	5	4	7
Meat/meat products	89	79	69	66	57	54	46	43	37	25	60
Fish	13	13	13	12	10	9	8	7	6	5	10
Eggs	8	6	6	5	4	4	3	3	2	1	5
Fats and oils	12	11	10	9	8	7	6	5	4	3	8
Sugar and preserves	7	6	5	5	4	3	3	2	2	1	4
Vegetables	47	35	31	29	27	24	21	19	16	12	28
Fruit	15	15	15	14	13	13	11	11	10	8	13
Cereals (incl. bread)	61	47	43	39	34	31	26	23	18	13	36
Beverages	13	12	11	10	9	8	7	6	5	4	9
Miscellaneous	14	11	10	9	8	7	6	6	5	3	8
Total food	327	277	250	233	205	186	159	145	123	85	210
1995-97 (at current prices)											
Milk and cream	28	22	20	16	14	12	11	9	7	5	16
Cheese	8	7	7	6	5	5	4	4	3	2	5
Meat/meat products	68	54	47	41	38	35	30	26	22	16	40
Fish	11	10	9	7	7	6	6	5	5	4	7
Eggs	4	3	3	2	2	1	1	1	1	1	2
Fats and oils	7	6	5	4	4	3	3	3	2	1	4
Sugar and preserves	4	3	3	2	2	2	1	1	1	1	2
Vegetables	41	31	26	23	21	19	17	15	13	10	23
Fruit	15	13	13	11	11	11	9	9	8	7	11
Cereals (in cl.)	51	39	34	30	26	23	20	18	14	10	28
Beverages	7	7	6	5	5	4	3	3	3	2	5
Miscellaneous	12	10	9	8	8	7	6	5	5	4	8
Total food	257	205	182	157	142	128	111	100	84	60	151
Soft drinks	11	8	6	6	5	5	4	3	3	2	6
Confectionery	6	5	4	3	3	3	2	2	2	1	3
Alcoholic drinks	9	8	9	9	8	10	10	10	10	10	9
Total food and drink	283	225	201	175	159	145	127	115	98	72	169

Figure 5.5 Household food expenditure by decile group ^(a), percentage deviation from Great Britain average



a) based on Net Family Income per person

In 1995-97, expenditure as a percentage of income (food budget shares) fell with each increasing income group for each food group in both years (Table 5.5, which shows expenditure per £1,000 of income). Households in the lowest income group spent 28 per cent of their income on household food and drink compared with an average of 17 per cent. Those in the upper two income groups spent less than 10 per cent of their income on household food and drink. In 1985-87 persons in the lowest income group spent 33 per cent of their income on household food (excluding drinks and confectionery) compared with an average of 21 per cent over all households and 26 per cent in 1995-97. Those in the two highest income groups spent less than 13 per cent of their income on household food.

Unit Values (prices)

Table 5.6 shows that unit values (average prices paid) for food in each of the fifteen standard main food groups generally increased with income. This could be because lower earners buy different products to high earners within each of these very wide food groups. It might also be that they buy cheaper brands of essentially the same products. A specific example of this is the higher purchasing of old potatoes and lower purchasing of new potatoes by households in the lower income

group compared with the average. Looking at the majority (215) of detailed food codes used in the Survey (see Appendix, Table B2), nearly 90 per cent showed that the lowest income households paid less than the average for the particular types of food.

Table 5.6

Average prices ^(a) paid for main food groups by Net Family Income per person, 1995-97

Decile	Pence per kg (or litre)										Average
	1	2	3	4	5	6	7	8	9	10	
Milk and cream (per litre)	52	60	62	64	66	68	69	72	74	80	66
Cheese	418	442	456	460	475	470	489	505	520	573	475
Meat/meat products	307	357	367	376	391	406	420	448	476	522	398
Fish	374	438	467	461	480	484	519	543	552	623	484
Eggs (per egg)	8.3	9.0	9.1	9.4	9.6	9.9	10.2	10.4	10.9	12.0	9.7
Fats and oils	129	154	160	173	166	181	184	195	213	239	175
Sugar and preserves	82	94	97	97	101	105	110	110	121	147	104
Vegetables	83	89	92	96	98	104	111	117	124	149	104
Fruit	97	103	106	106	108	112	114	116	122	137	111
Cereals (incl. bread)	135	151	154	161	169	178	180	192	199	223	171
Beverages	622	656	641	684	722	745	773	781	818	872	721
Miscellaneous	164	173	172	174	188	175	181	193	176	175	177
Soft drinks	47	51	51	52	56	58	60	63	65	69	56
Confectionery	481	487	496	494	518	504	520	543	556	609	516
Alcoholic drinks	210	226	247	255	277	278	300	312	327	366	273

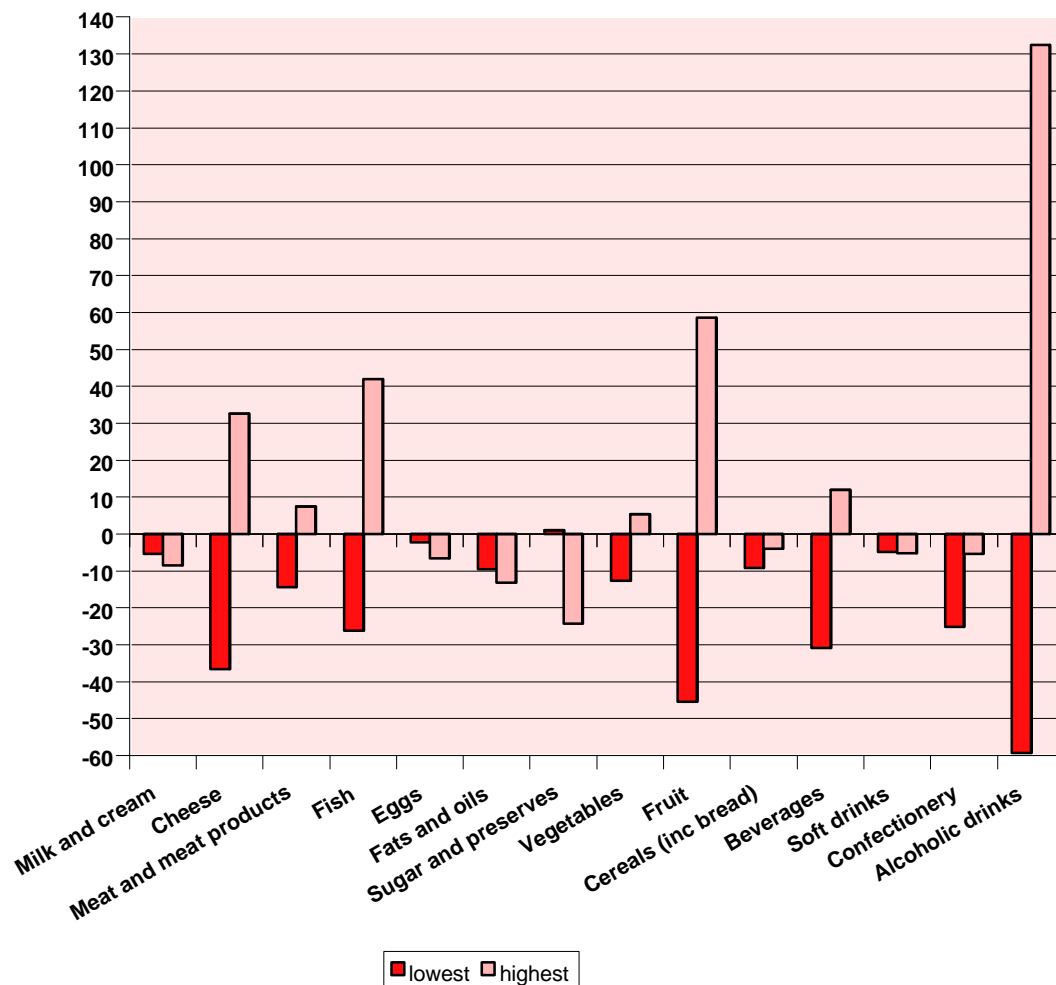
(a) these "prices" are unit values calculated by dividing aggregate per capita expenditure on the food group by the corresponding quantity. They are only indicative of prices paid by persons in different income groups

Table 5.7

Consumption for main food groups by Net Family Income per person

Decile	Grams per person per week										Average	
	1	2	3	4	5	6	7	8	9	10		
1985-87												
Milk and cream	(ml or eq ml)	2214	2365	2404	2524	2417	2425	2356	2397	2370	2219	2363
Cheese		74	94	102	103	108	121	119	136	153	164	113
Meat/meat products		839	988	984	1015	1003	1079	1047	1160	1257	1145	1034
Fish		98	140	144	138	141	143	137	161	168	182	141
Eggs	(no)	2.81	3.01	3.30	3.24	2.91	3.03	2.75	2.96	3.04	2.73	2.97
Fats and oils		249	301	304	308	291	300	292	292	303	270	289
Sugar and preserves		261	330	325	336	290	276	267	264	243	224	283
Fresh potatoes		1345	1227	1008	1126	1197	1117	1016	1137	943	732	1112
Other vegetables		1042	1179	1234	1192	1248	1301	1357	1471	1541	1606	1290
Fruit		409	599	696	721	773	867	877	1015	1114	1367	800
Cereals (incl. bread)		1498	1602	1623	1607	1560	1580	1567	1592	1571	1476	1567
Beverages		56	79	83	83	79	75	79	82	88	77	77
Miscellaneous		259	279	313	303	287	310	299	323	359	377	305
1995 97												
Milk and cream	(ml or eq ml)	2006	2142	2269	2187	2125	2172	2138	2144	2056	1939	2120
Cheese		69	90	104	103	110	114	124	134	135	145	110
Meat/meat products		809	870	921	935	979	1015	989	991	1006	1013	944
Fish		109	128	138	132	148	152	159	164	175	209	147
Eggs	(no)	1.78	1.82	1.96	1.85	1.93	1.73	1.83	1.83	1.77	1.70	1.82
Fats and oils		195	214	239	217	233	215	225	224	203	187	215
Sugar and preserves		177	199	200	186	183	180	171	157	150	133	176
Fresh potatoes		801	820	792	799	839	795	720	720	749	619	773
Other vegetables		1007	1158	1214	1261	1305	1355	1388	1450	1506	1669	1296
Fruit		560	755	891	920	1037	1113	1098	1310	1390	1626	1025
Cereals (incl. bread)		1386	1491	1577	1603	1554	1545	1562	1580	1543	1466	1527
Beverages		43	61	67	63	63	66	63	66	66	69	62
Miscellaneous		273	343	368	378	404	463	448	477	579	699	426
Soft drinks	(ml)	868	877	877	928	947	944	934	935	960	864	912
Confectionery		43	54	59	60	60	65	60	63	61	54	57
Alcoholic drinks	(ml)	159	210	267	298	298	407	476	547	640	906	390

Figure 5.8 Household consumption by food group, percentage deviations from Great Britain average for lowest and highest decile ^(a), 1995 – 97



a) based on Net Family Income per person

Consumption

The increases in unit values with income mean that increases in consumption by income group were not as extreme as those in expenditure. Even so, consumption of fruit by the lowest income group was 45 per cent below average in 1995-97 and only a third of that by the top income group (Table 5.7 and Figure 5.8). Consumption by the lowest income group in 1995-97 was 5 per cent or less below the average for all households for milk and milk products, eggs and soft drinks while for sugar and preserves consumption was just above average. Conversely, the top income group consumed less milk, eggs, fats and oils, sugar and preserves, fresh potatoes, cereals, soft drinks and confectionery (at home) than average.

The only food groups that showed an increase in consumption between 1985-87 and 1995-97 were fish (up 4 per cent), fruit (28 per cent) and the group of miscellaneous foods (39 per cent). These increases occurred for both low-income

households and the average for all households, though the magnitudes varied. Although the increases for fish (11 per cent) and fruit (37 per cent) were higher for households in the lowest decile than the average, their consumption of both foods is still much lower than the average (26 per cent below for fish and 45 per cent for fruit). For fresh and processed vegetables (including potatoes), consumption by low-income households fell by 24 per cent over the ten years while the average by all households fell by 14 per cent. As a result, recorded consumption by the lowest decile is now 13 per cent below the average for all households compared with being close to the average ten years ago. The main components of this fall relative to all households were a drop in the consumption of fresh vegetables (to 41 per cent below average from 35 per cent below) and of fresh potatoes (to 4 per cent above average from 21 per cent above). Another significant change for low-income households relative to all households was an increase in the relative consumption of sugar and preserves (to just above average in 1995-97, from 7 per cent below average in 1985-87). This reflected a 32 per cent decrease in consumption by those in the lowest income decile compared with a 38 per cent fall averaged over all households.

For over 80 per cent of detailed food codes, consumption by the lowest income group in 1995-97 was below the average for all households (with the median weight consumed being 40 per cent below average). A selection of these foods is shown in Table 5.9. Conversely Table 5.10 shows a selection of the remaining 20 per cent of food codes for which the lowest income group consumed considerably more than the average of all households. Persons in households in the lowest income group consumed more whole milk but less skimmed milks than average; more lamb but less beef, pork and poultry; more beef sausages, frozen burgers and frozen meat pies pasties and puddings but less bacon and ham; more white bread but less brown and wholemeal bread; more dried rice and canned pasta but fewer cakes and biscuits.

The only type of fruit or vegetable consumed more by persons in the lowest income group than the average were canned peas and baked beans. The low-income group also consumed more fresh potatoes and frozen potato products than average but were they on the average for non-frozen potato products, such as crisps.

Factors other than income

The above results need to be interpreted with care as the differences between income groups may be due to differences in other factors such as propensity to eat non-household food, household composition and the age of the main diary keeper. This sub-section provides some data on variations in expenditure and in consumption by these other factors (except eating out) looking at them one at a time cross-classified with income. In order to maintain a sufficiently large sample size in each cell, households in the sample have been divided into only five equal income-per-person groups (quintiles) in the cross-classifications with the other factors (Table 5.9).

Table 5.11 shows that expenditure on food and drink increased with family income per head for virtually all of the sub-groups shown. How does expenditure

for the lowest income group vary according to these other factors? Expenditure by the lowest quintile group varied from £10.75 per person per week in the North East to £12.37 in Scotland; from £9.80 for families with 2 adults and 3 or more children to £14.56 for adult-only households; from £9.54 for under 25s to £15.09 for 55-64 year olds; from £10.83 for those in social supported housing to £12.38 owning their own dwelling; from £10.59 for households receiving Income Support or Family Credit to £12.28 not receiving them and from £10.73 for households with an unemployed head of household (at time of survey) to £11.74 per person per week for those with an employed head of household.

Even within a single income-other factor combination (such as those in the last paragraph) expenditure on food may be influenced by variations in the other factors. The multivariate analysis presented in Section 6 enables comparisons of expenditure to be made on the basis of varying only one factor at a time. Thus in 1995-97, an adult-only household with certain characteristics is estimated to have spent 8 per cent of its income on food compared with 14 per cent by a two-adult, two-children family identical in other respects (Table 6.5).

Analysis of the lists (not shown) for sub-groups (based on the household demographic factors) of low income households shows that the foods consumed more by households in the lowest income quintile are similar to those shown in Table 5.10 (for the lowest decile) whatever the region, household composition etc. The main exception to this was for households in the lowest quintile with at least one person receiving Income Support or Family Credit. For these households above average consumption was recorded only for lamb (just), dried rice and canned pasta. Even whole milk consumption was below average for these households (excluding welfare and school milk). Those with an unemployed head of household recorded significantly above average consumption of "other cereals" (including pasta) but only just above average consumption of whole milk.

Table 5.9

Selected foods consumed less by lowest income group than by all households, 1995-97

Decile	Grams per person per week										Average
	1	2	3	4	5	6	7	8	9	10	
Skimmed milks (ml)	705	970	1025	1122	1149	1216	1238	1275	1281	1255	1099
Yoghurt (ml)	63	87	101	103	107	125	123	135	154	154	111
Beef	82	101	109	103	118	112	114	120	132	116	109
Pork	51	67	73	70	77	91	79	80	74	72	73
Poultry	199	189	210	214	240	235	248	228	233	259	223
Bacon and ham	74	106	117	112	121	125	124	127	117	114	112
Low-fat spreads	18	23	23	24	26	28	29	27	25	26	25
Reduced fat spreads	38	51	56	54	59	55	58	54	54	41	52
New potatoes (Jan-Aug)	159	202	170	169	191	215	179	181	188	162	181
Cabbages (fresh)	34	61	68	64	65	62	59	60	53	55	57
Cauliflowers (fresh)	42	64	71	75	79	85	87	93	99	100	77
Leafy salads (fresh)	29	42	47	50	56	61	63	71	73	86	55
Carrots (fresh)	64	104	104	116	112	130	130	126	117	127	111
Cucumbers (fresh)	22	27	30	30	35	35	39	41	43	47	34
Tomatoes (fresh)	52	80	90	81	94	100	102	115	122	138	94
Peas (frozen)	23	33	36	40	42	38	41	40	41	38	37
Oranges (fresh)	34	55	65	53	63	63	60	64	90	104	62
Apples (fresh)	105	144	164	174	184	198	192	215	226	237	178
Pears (fresh)	21	33	40	38	47	46	50	51	62	59	43
Stone fruit (fresh)	23	21	35	30	40	45	48	63	69	101	44
Grapes (fresh)	13	21	29	32	37	41	36	45	44	59	34
Bananas (fresh)	103	146	174	172	185	200	200	238	245	260	185
Fruit juices	154	182	199	239	258	285	278	355	359	439	263
Brown bread	45	62	76	76	77	80	78	86	93	114	76
Wholemeal bread	38	89	88	94	103	104	103	110	115	128	94
Buns, scones & teacakes	24	37	41	46	43	51	47	48	46	45	42
Cakes & pastries	52	83	94	95	97	99	99	98	93	90	88
Sweet biscuits	68	81	89	83	76	73	75	71	68	54	75
Low calorie soft drinks, unconc'	153	213	215	258	266	288	296	320	348	363	263
Mineral waters (ml)	34	53	63	77	74	120	132	131	207	339	111
Confectionery	43	54	59	60	60	65	60	63	61	54	57
Alcoholic drinks (ml)	159	210	267	298	298	407	476	547	640	906	390

Table 5.10

Selected foods consumed more by lowest income group than by all households, 1995-97

Decile	Grams per person per week										
	1	2	3	4	5	6	7	8	9	10	Average
Liquid whole milk, full price (ml)	978	912	976	811	705	664	625	579	470	384	736
Milk liquid, welfare (ml)	104	7	5	4	0	1	0	0	0	0	16
Milk liquid, school (ml)	38	22	16	12	11	10	9	6	5	2	15
Infant milk (eq ml)	58	52	45	39	35	35	22	23	18	19	36
Lamb	68	54	55	52	53	66	60	56	50	68	58
Frozen burgers	28	22	21	21	17	18	12	11	11	9	18
Other canned meat ^(a)	48	41	39	41	31	34	31	23	26	21	35
Sausages, uncooked, beef	23	24	23	21	19	16	13	12	10	9	18
Frozen meat pies/puddings	18	16	16	18	16	13	9	16	10	7	14
Vegetable & salad oils	64	44	63	48	55	44	52	50	41	48	52
Sugar	154	158	157	147	139	136	128	117	105	85	136
Old potatoes (Jan-Aug)	384	373	344	346	359	325	290	278	301	236	330
Frozen chips/other potato products	124	113	106	123	103	116	106	106	100	67	108
Peas, canned	47	39	41	35	33	35	35	29	26	15	35
Baked beans, in sauce	134	113	117	115	120	107	110	103	105	81	112
Bread, white sliced standard	377	342	316	297	270	249	229	217	176	112	270
Other breakfast cereals	46	40	37	39	41	39	36	34	31	30	38
Dried rice ^(b)	135	38	38	63	51	28	45	51	41	43	57
Canned pasta	56	41	38	43	37	31	29	30	24	15	36
Soft drinks unconc' (ml)	547	504	513	515	528	509	491	481	498	415	505
Soft drinks conc (ml)	120	113	119	113	111	109	108	90	85	61	105
Low calorie soft drinks conc (ml)	47	47	31	41	43	38	39	45	30	25	39

Table 5.11

Expenditure on food and drink for main food groups by Net Family Income per person, 1995-97

Quintile of net family income per person	£ per person per week					Average
	1	2	3	4	5	
All households (GB)	11.50	14.64	16.55	18.67	22.66	16.28
Wales	11.64	15.00	16.53	19.69	21.97	15.96
Scotland	12.37	15.42	16.18	18.92	22.66	16.41
England	11.39	14.52	16.60	18.58	22.70	16.28
North East	10.75	14.96	15.87	17.04	20.96	15.02
North West	11.36	14.31	16.49	18.12	22.78	16.08
Merseyside	10.90	15.90	17.92	19.46	24.29	16.21
Yorks & Humberside	11.29	14.05	16.04	18.97	21.83	15.37
East Midlands	11.49	14.90	16.90	18.29	21.82	16.13
West Midlands	11.07	14.52	16.36	18.32	21.80	15.66
Eastern	10.87	14.39	16.45	18.77	23.14	16.29
London	12.01	15.30	17.25	17.75	23.40	17.12
South East	12.04	13.86	16.93	19.69	22.77	17.41
South West	11.52	14.46	16.34	18.64	23.64	16.24
Household composition						
1+A	14.86	17.10	18.29	19.91	23.14	19.45
1A 1+C	10.59	13.35	15.64	17.12	19.76	11.76
2A 1C	11.15	14.50	15.69	17.06	21.10	15.64
2A 2C	10.88	13.21	15.19	16.81	19.40	13.89
2A 3C	9.85	12.15	13.79	14.51	18.97	11.57
2A 4+C	9.75	11.67	12.05	16.84	...	10.27
3+A 1+C	11.48	13.23	15.48	16.67	20.01	14.28
Age of main diary keeper						
Under 25	9.54	11.49	12.82	14.61	16.70	11.95
25-34	10.10	12.48	13.68	15.97	19.75	13.37
35-44	11.33	13.48	15.95	17.49	22.62	15.25
45-54	13.69	16.12	17.28	19.43	23.78	18.86
55-64	15.09	18.45	19.27	21.56	26.00	20.38
65-74	14.96	17.33	19.87	22.27	25.36	19.26
75 and over	14.00	15.90	17.76	19.18	22.49	17.00
Age unknown	12.29	15.93	14.82	22.64	26.68	21.74
Housing tenure						
Owners	12.38	14.71	16.66	18.80	22.86	17.36
Rented privately	11.03	13.83	16.12	17.13	21.54	14.48
Social/rented sector	10.83	14.80	16.07	18.56	19.33	13.13
Benefit status ^(a)						
IS/FIS	10.59	14.60	15.97	19.96	27.36	12.06
Neither	12.28	14.64	16.58	18.64	22.63	17.06
Employment status of HOH						
Unemployed	10.73	15.17	16.09	23.28	25.15	12.14
Employed	11.74	14.61	16.56	18.61	22.65	16.60

(a) Income Support or Family Credit

Nutrient intakes

Differences in the consumption of foods by net family income have been outlined earlier in this chapter. This section summarises the effects of these differences on the nutritional value of household food. In general, differences in nutrient intake tend to be smaller than the variation in dietary patterns and less likely to show clear trends, because there is a tendency for foods of broadly similar nutritional value to be substituted for one another. There are, however, some notable exceptions.

It is important to recognise the limitations of the National Food Survey when interpreting apparent differences in nutrient intake between sub-groups of the population. Firstly, actual intakes do not take account of differences in household composition (e.g. relative numbers of adults and children), foods eaten outside the home and wastage of edible food. However, expression of nutrient intakes as a proportion of Dietary Reference Values (DRVs)¹ does overcome these drawbacks to some extent by taking account of each of these factors (see Appendix A for more details). It is therefore more informative to use this measure, where available, when describing differences between income groups. Where DRVs are not available, nutrient density (intake per unit energy) can provide a useful comparison between groups.

Secondly, the very broad food groupings (codes) used in the National Food Survey, which are broad in comparison with many dietary surveys, may hide some real differences in nutrient intakes between income and other sub-groups because the nutrient conversion factors cannot differentiate between different foods within a food code. To use a hypothetical example, for fruit juice, there is an assumption that all income groups purchase orange, apple, pineapple and other types of fruit juice in the same proportion, although this may not be correct in practice.

Nutritional value of household food by decile of income in 1995-1997 is shown in Table 5.12. Nutrients obtained from alcoholic and soft drinks and confectionery are not taken into account in the main section of the table but their contribution to intakes of energy, total fat, carbohydrate and alcohol are shown in section (iv). Contributions of different foods to intakes of selected nutrients in each decile are shown in Appendix Tables D1 to D8.

Energy

The energy content of the household diet by decile of net family income did not follow any clear patterns, although those in the lowest decile did have markedly lower intakes of energy (1610 kcal/person/day) than average (1810 kcal/person/day) or any other income groups (this contrasts with analyses by income group of head of household, in which, for households with one or more earners, those in the lowest income group had the highest energy intakes). This difference still existed when energy was expressed in terms of the Estimated

¹ Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991.

Average Requirement (82 per cent compared with the average of 87 per cent), suggesting that it cannot be attributed solely to differences in household composition and eating out. Foods for which contribution to energy intake was higher in the highest decile than in the lowest decile include cheese, meats, fish, and fruit and nuts (Appendix Table D1).

Intakes of all other nutrients tended to reflect differences in energy intake making interpretation difficult, a problem overcome, in part at least, by comparing intakes as a proportion of DRVs or nutrient density (intake per 1000 kcal or as a percentage of energy).

Fats, protein, carbohydrate, fibre and alcohol

As for energy, the biggest variations between actual intake (per person per day) were generally between those in the bottom decile compared with the average and other income groups.

For fat and fatty acids, this was still the case when intakes are expressed as percentage contributions to energy. For example, the proportion of food energy obtained from total fat and saturated fatty acids were 38.8 per cent and 14.7 per cent respectively in the lowest decile compared with the average of 39.3 per cent and 15.4 per cent respectively.

Protein intake per person per day and per 1000 kcal was lowest in the bottom decile of income but when expressed as a percentage of the Reference Nutrient Intake (RNI)¹, those in the second lowest decile had the lowest intakes.

Again for total carbohydrate, those in the bottom decile of income had the lowest intakes per person (204 g/day compared with the average of 223 g/day). However, those in this group obtained the highest proportion of energy from total carbohydrate (47.5 per cent compared with the average of 46.2 per cent). This difference is attributed to a higher proportion of starch rather than sugars (29.9 per cent of energy in lowest decile compared with the average of 27.4 per cent). For fibre (non-starch polysaccharide) on the other hand, there was a clear trend for increasing intakes with income, both per person per day and per 1000 kcal. This can largely be attributed to the differences in consumption of fruit and vegetables.

There was a marked trend in alcohol intake between income groups, increasing from 1.2 g per person per day in the lowest decile to 9.5 g per person per day in the highest decile. This is attributed only in part to differences in household composition between the groups.

Minerals and vitamins

Amongst minerals, intakes were above the RNI in all groups for calcium and sodium but for iron, zinc, magnesium and potassium, intakes were below the RNI in some or all income groups. (If average intakes in a group are at or above the RNI, the likelihood of deficiency in a group is small. As the average intakes in a group fall below the RNI, there is an increasing possibility that some members of the group may be deficient. However, this needs to be confirmed by biological measures).

For calcium, the clearest differences were seen when intakes were expressed as a percentage of the RNI, when there was a definite trend towards increasing intake with income group, from 107 per cent of the RNI in the lowest decile to 128 per cent in the highest decile. This reflects differences in consumption of several foods but notably cheese, which contributed 63 mg calcium in the bottom decile compared with 115 mg in the top decile of income.

Iron and zinc followed a similar trend with intakes rising from 79 per cent and 88 per cent respectively of the RNI in the lowest decile to 109 per cent and 108 per cent in the highest decile. The iron intake of those in the bottom decile was markedly lower than average (95 per cent of the RNI) or any other income group. The differences for both iron and zinc largely reflect consumption of meat and meat products and cereals, which are good sources of these nutrients, in each group. A similar pattern was seen for magnesium and less markedly so for sodium and potassium, in each case intakes of those in the bottom decile being lower than average. Intakes of all vitamins were above the RNI in all groups indicating that the likelihood of deficiency is small. In most cases but to varying degrees, intakes, expressed as a percentage of RNI, of those in the lowest decile were below average and lower than all other income groups.

Variation between income groups was particularly marked for vitamin C where intake was 105 per cent of the RNI for those in the lowest decile compared with 209 per cent in the highest decile. This can be attributed to differences in the consumption of fruit and fresh vegetables. The contribution of fruit to vitamin C intake was three times higher in the highest decile (46 mg per person per day) than in the lowest decile (15 mg per person per day). Amongst vitamins for which no RNI is available, marked variation was apparent for β -carotene. Intake was 1110 μg per person per day for those in the lowest decile compared with 2040 μg per person per day in the highest decile, with the variation largely attributed to the contribution from carrots alone (497 μg and 995 μg per person per day respectively). Clear trends were less apparent for vitamins D and E, when expressed per 1000 kcal. However, for vitamin D, intake in the lowest decile was markedly lower than average or any other income group.

Changes over time

Table 5.13 shows changes in the nutritional value of household food between 1985-1987 and 1995-1997, for selected nutrients for which historic data are available. To enable comparison, these are expressed as a percentage of Dietary Reference Values¹ for both time periods even though these values were not set until 1991. Figures 5.14 and 5.15 show this information presented graphically as percentage deviations from the average for Great Britain for the lowest and highest decile of income. Intakes of most, but not all, nutrients decreased across all income groups during this period reflecting the general decrease in energy intake from household food. The most marked change was for vitamin A. In general, changes were similar across most income groups, and where differences in the magnitude of change did exist, there were no clear trends. However, the difference in intake between the lowest and highest deciles was larger in 1995-97 than in 1985-87 for iron, sodium, thiamin, niacin equivalent and folate.

Table 5.12

Nutritional value of household food by Net Family Income per person, 1995 - 1997

Decile		1	2	3	4	5	6	7	8	9	10	all
No of people		7438	5717	5259	5746	5662	5436	5253	4972	4478	3863	53826
		1	2	3	4	5	6	7	8	9	10	all
Energy	kcal	1610	1750	1860	1840	1870	1850	1850	1890	1860	1800	1810
	MJ	6.8	7.3	7.8	7.7	7.8	7.8	7.8	7.9	7.8	7.6	7.6
Total Protein	g	54.6	60.5	64.4	64.4	66.0	67.2	67.3	68.5	68.8	68.4	64.4
Animal Protein	g	32.8	36.7	39.4	39.1	40.5	41.7	41.6	42.2	42.1	42.5	39.4
Fat	g	69	77	83	80	83	81	82	84	81	79	79
Fatty acids:												
saturated	g	26.3	30.1	32.2	31.3	31.8	32.0	31.8	32.8	32.0	31.0	30.9
monounsaturated	g	25.5	27.7	29.9	28.7	29.9	29.2	29.3	29.8	28.7	28.1	28.6
polyunsaturated	g	12.8	13.3	14.8	14.0	15.0	14.3	14.8	15.0	14.2	14.4	14.2
Cholesterol	mg	199	219	237	230	238	236	238	242	240	242	230
Carbohydrate	g	204	218	229	230	228	227	226	230	227	216	223
of which:												
Total sugars	g	75	88	94	92	93	95	93	95	94	92	91
Non-milk extrinsic sugars	g	45	52	55	54	53	54	52	52	51	48	51
starch	g	129	130	135	138	135	132	133	135	133	124	132
Fibre ^(a)	g	9.6	11.4	11.9	12.1	12.5	12.7	12.7	13.3	13.7	13.7	12.2
Calcium	mg	700	790	850	830	830	840	850	860	850	830	820
Iron	mg	8.2	9.4	9.9	10.0	10.1	10.2	10.2	10.5	10.7	10.7	9.9
Zinc	mg	6.6	7.3	7.7	7.7	7.9	8.0	8.0	8.2	8.2	8.2	7.7
Magnesium	mg	182	209	221	223	229	235	234	243	249	252	225
Sodium ^(d)	g	2.16	2.48	2.60	2.63	2.66	2.69	2.69	2.75	2.75	2.67	2.58
Potassium	g	2.13	2.40	2.54	2.56	2.62	2.69	2.66	2.77	2.82	2.84	2.57
Thiamin	mg	1.14	1.32	1.38	1.39	1.44	1.46	1.44	1.49	1.50	1.49	1.39
Riboflavin	mg	1.40	1.55	1.67	1.66	1.66	1.70	1.70	1.73	1.72	1.71	1.64
Niacin equivalent	mg	21.7	24.0	25.6	25.8	26.7	27.3	27.2	27.9	28.2	28.6	26.0
Vitamin B6	mg	1.7	1.9	1.9	2.0	0.0	0.0	2.0	2.0	2.1	2.0	1.9
Vitamin B12	µg	4.5	4.8	5.5	5.4	5.3	5.6	5.7	5.8	5.8	6.2	5.4
Folate	µg	202	228	242	247	250	253	252	264	264	267	244
Vitamin C	mg	38	46	50	52	55	58	57	65	69	77	55
Vitamin A:												
retinol	µg	500	550	640	630	600	630	650	650	610	610	600
β-carotene	µg	1110	1540	1570	1680	1720	1860	1860	1940	1890	2040	1680
total (retinol equivalent)	µg	680	810	900	910	890	940	960	970	920	950	880
Vitamin D	µg	2.72	3.16	3.31	3.26	3.47	3.44	3.43	3.41	3.30	3.24	3.25
Vitamin E	mg	9.11	9.62	10.61	10.11	10.81	10.28	10.66	10.85	10.35	10.20	10.21
(ii) As a percentage of Reference Nutrient Intake ^(b)												
Energy ^(c)		82	84	89	88	89	88	88	90	90	89	87
Protein		140	136	143	144	145	147	144	148	148	150	144
Calcium		107	113	121	120	119	122	122	127	127	128	120
Iron		79	90	95	95	97	98	98	102	104	109	95
Zinc		88	91	96	97	98	100	99	103	105	108	98
Magnesium		78	81	84	85	87	88	87	91	94	97	86
Sodium ^(d)		164	168	174	178	178	180	177	183	184	183	176
Potassium		79	78	80	82	83	84	82	86	87	90	83
Thiamin		146	157	164	166	170	173	170	177	180	184	167
Riboflavin		133	137	146	146	145	149	147	152	152	155	145
Niacin equivalent		167	173	184	186	191	196	194	200	204	212	189
Vitamin B6		154	152	156	160	163	164	159	166	170	170	161
Vitamin B12		367	352	397	394	386	403	401	411	419	457	395
Folate		120	123	128	132	133	134	132	138	141	146	132
Vitamin C		105	118	128	134	144	151	148	169	181	209	144
Vitamin A (retinol equivalent)		118	130	144	146	142	151	154	157	150	159	144

Table 5.12, (continued)

		(iii) As a percentage of food energy										
Fat		38.8	39.3	40.0	39.0	39.9	39.5	39.7	39.8	39.1	39.6	39.3
of which:												
saturated fatty acids		14.7	15.5	15.5	15.3	15.3	15.5	15.4	15.6	15.5	15.5	15.4
Carbohydrate		47.5	46.7	46.0	46.8	45.8	45.8	45.6	45.6	45.9	45.0	46.2
		(iv) Contributions to selected nutrients from soft and alcoholic drinks and confectionery										
Energy	kcal	90	90	100	110	110	120	120	130	140	110	
	MJ	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.5
Fat	g	1	1	2	2	2	2	2	2	2	2	2
Carbohydrate	g	18	18	19	19	19	19	19	18	18	16	18
Alcohol	g	1.2	1.7	2.3	2.6	2.8	3.7	4.4	5.4	6.3	9.5	3.6

a) as non-starch polysaccharide

b) Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

c) as a percentage of Estimated Average Requirement

d) excludes contribution from table salt

Table 5.13 Changes in Nutritional value of household food by Net Family Income

Decile	as a percentage of Reference Nutrient Intake ^(a)										
	1	2	3	4	5	6	7	8	9	10	average
1985-1987											
Energy ^(b)	92	96	98	99	97	98	96	100	102	99	98
Protein	150	148	150	150	151	155	150	156	161	157	152
Calcium	116	122	125	126	125	127	126	131	136	139	126
Iron	92	104	106	106	104	106	105	109	115	116	105
Sodium ^(c)	182	176	178	178	179	182	175	182	188	184	180
Thiamin	154	157	158	161	162	163	161	167	170	168	161
Riboflavin	145	150	155	160	156	160	156	162	170	169	157
Niacin equivalent	178	187	192	195	195	200	195	206	217	214	196
Folate	119	120	121	121	125	126	122	131	133	132	124
Vitamin C	108	117	125	129	139	151	151	170	183	219	144
Vitamin A (retinol equivalent)	187	215	217	219	205	219	211	216	233	236	214
1995-1997											
Energy ^(b)	82	84	89	88	89	88	88	90	90	89	87
Protein	140	136	143	144	145	147	144	148	148	150	144
Calcium	107	113	121	120	119	122	122	127	127	128	120
Iron	79	90	95	95	97	98	96	102	104	109	95
Sodium ^(c)	164	168	174	178	178	180	177	183	184	183	176
Thiamin	146	157	164	166	170	173	170	177	180	184	167
Riboflavin	133	137	146	146	145	149	147	152	152	155	145
Niacin equivalent	167	173	184	186	191	196	194	200	204	212	189
Folate	120	123	128	132	133	134	132	138	141	146	132
Vitamin C	105	118	128	134	144	151	148	169	181	209	144
Vitamin A (retinol equivalent)	118	130	144	146	142	151	154	157	150	159	144

a) Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

b) as a percentage of Estimated Average Requirement

c) excludes contribution from table salt

Figure 5.14 Intakes as a percentage of Reference Nutrient Intake, percentage deviation from Great Britain average for lowest and highest decile (a), 1985-87

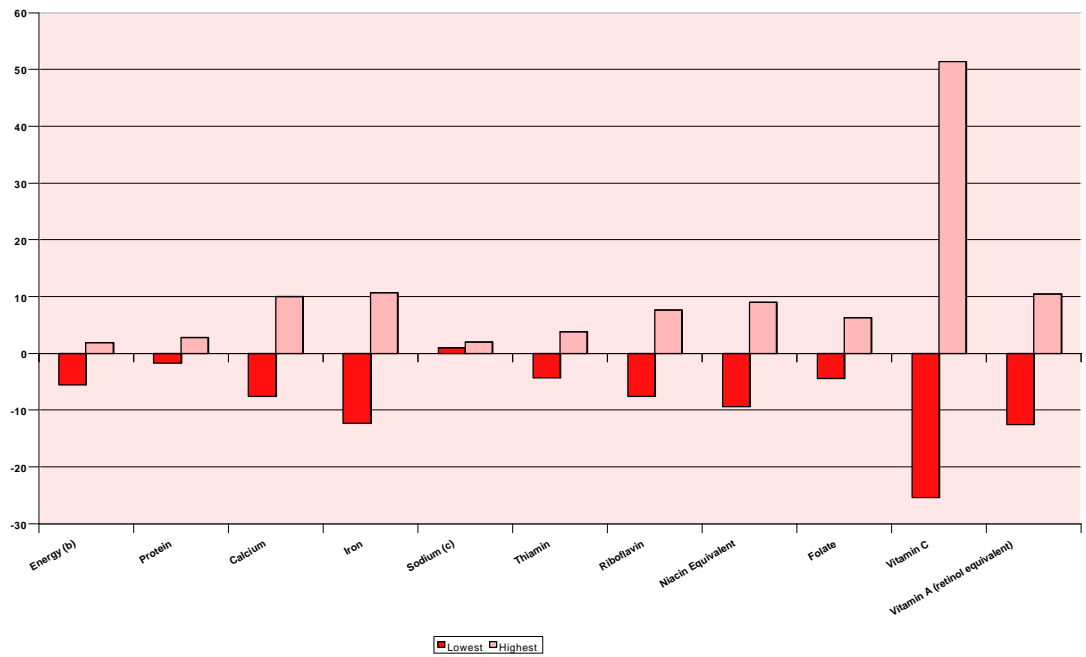
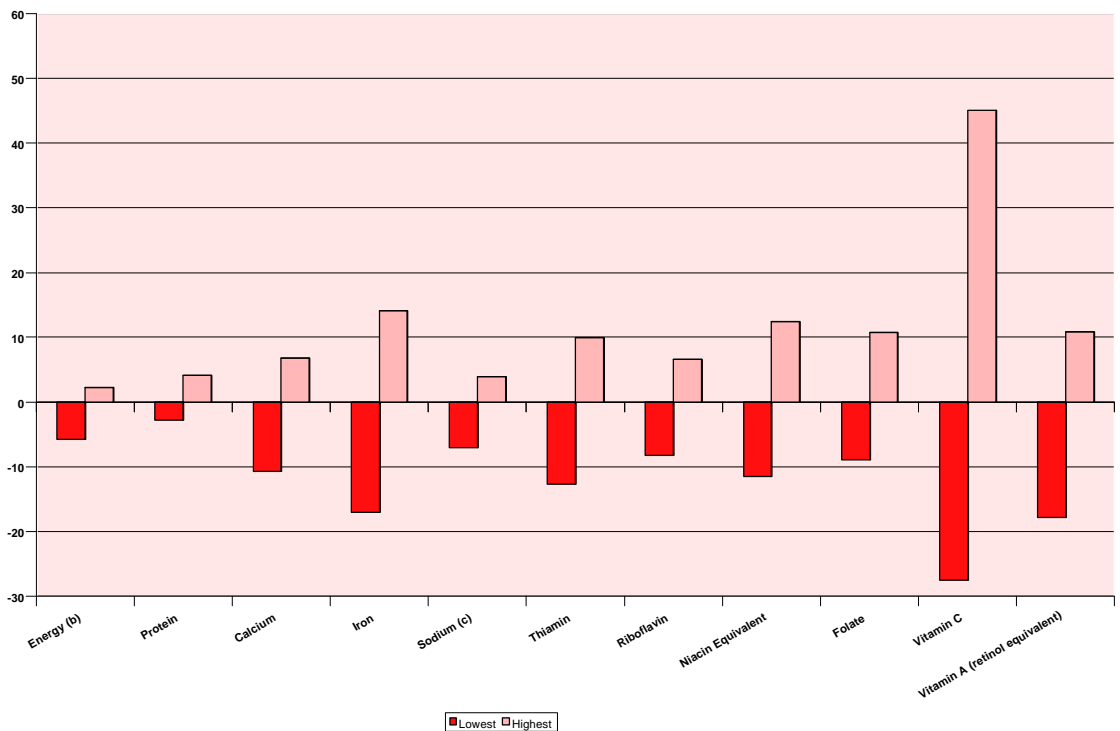


Figure 5.15 Intakes as a percentage of Reference Nutrient Intake – percentage deviation from Great Britain average for lowest and highest decile ^(a), 1995-97



- a) based on Net Family Income per person
- b) as a percentage of Estimated Average Requirement.
- c) excludes sodium from table salt.

Section 6

Variations in Family Budget Shares by Net Family Income

Andrew Chesher and Valérie Lechene

Introduction

Section 5 provided tables showing average food expenditures classified by levels of net family income and each of a number of household characteristics considered in turn. This Section gives the results of a multivariate analysis of the food expenditure data in which net family income and all the household characteristics appear simultaneously. Household characteristics are correlated with one another (for example Income Support or Family Credit receipt is more common in some household composition types than in others). This analysis gives a view of the independent effects of income and each of the household characteristics.

Food expenditures

Data

The food expenditure data used here are total expenditures on food entering the household supply. Expenditures on confectionery, soft drinks and alcoholic beverages are excluded, as are foods obtained and eaten outside the home. The family income data in both periods are adjusted to December 1997 prices using the monthly Retail Price Index series. After excluding households not providing information on family income and other explanatory variables, the Survey produced information on 12,400 and 19,500 households for the periods 1985-87 and 1995-97 respectively. The exclusion of certain households means that some estimates in this Section may differ from those given in the rest of the report.

Household expenditures on twelve groups of foods and total expenditure on the twelve food groups are studied (see Table 6.1). The modelling is done and many of the results are presented, in terms of *food budget shares*, that is the proportions of net weekly family income that are spent on each of the food groups individually and in total.

Model

The model applied to individual household data is based on the Working-Leser Engel curve in which food expenditures as proportions of income are specified as a linear function of the logarithm of income. The Working-Leser specification has been used to estimate income elasticities presented in previous NFS reports¹ and has been found in many studies to perform well in capturing income dependence in

¹ See for example "Household Food Consumption and Expenditure 1988", Annual Report of the National Food Survey Committee, HMSO, London: 1989.

expenditures. The extended form used here includes a quadratic term in log income which improves the fit of the model² at the higher end of the income distribution.

Estimates of the coefficients in this model are calculated for all food and for each of twelve food groups. The form of the equation estimated is as follows.

$$w = \mathbf{a} + \mathbf{b} \log(i/m) + \mathbf{g} \log(i/m)^2 + \mathbf{d} \log(m) + \mathbf{e}$$

Here w is food expenditure as a proportion of net family income, i is net family income per week, both in December 1997 prices, m is the number of household members. The term ε is an unobserved component capturing across household variation in tastes and characteristics, recording errors and transitory deviations of recorded purchases from long run rates of expenditure caused by purchasing for and consumption from household stores. The term α is a linear combination of household characteristics and other variables, namely the age of the main diary keeper and indicators identifying:

- in which of the 36 months in each period the household responded,
- region of residence distinguishing 12 Government Office Regions (GOR),
- housing tenure distinguishing public housing renters, private renters and home owners (with and without mortgages),
- household composition distinguishing 7 household types³.
- whether the head of household is unemployed, whether the household is in receipt of Income Support or Family Credit and whether the household is freezer owning.

The coefficients β , γ and δ , and those appearing in α are specific to food groups and tend to change over time, reflecting changes in tastes and in relative prices of foods and other goods. The coefficients β and γ measure the sensitivity of food shares to income per person with household size and composition, region etc., held constant. A widely used summary measure of income sensitivity, reported below, is the *income elasticity* which gives the percentage change in expenditure associated with a 1 per cent increment in income per person, other household characteristics held constant. For the model used here the income elasticity is as follows:

$$h = 1 + \frac{1}{w} (\mathbf{b} + 2\mathbf{g} \log(i/m))$$

which, note, varies with both food share and income per person. If a household has a level of income and food budget share such that the income elasticity for that food is negative, then for that household the food is called, by economists, an “inferior good” on which expenditure is decreasing as income per person increases.

² The properties of this formulation of the Engel curve are studied in the context of an economic model of consumer behaviour in “Quadratic Engel Curves and Consumer Demand”, Banks, J., Blundell, R.W., and A. Lewbel, *The Review of Economics and Statistics*, Vol.79, 527-539, 1997.

³ The household composition types are: (1) adults only, (2) 1 adult and children, (3) 2 adults, 1 child, (4) 2 adults, 2 children, (5) 2 adults, 3 children, (6) 2 adults more than 3 children, (7) 3 or more adults and children.

If the income elasticity is positive then expenditure on the food increases as income rises. If the income elasticity is positive but less than one then the food is a “normal good” and expenditure on the food increases with income per person but the percentage increase in expenditure is less than the percentage increase in income. If the income elasticity is greater than one, the food is a “luxury” and the percentage increase in expenditure on the food is greater than the percentage increase in income.

Results

Income

Table 6.1 shows the mean food budget shares⁴ expressed as percentages of income for all food and for the twelve food groups in the two periods. Between 1985-87 and 1995-97 the percentage of net family income spent on food fell by about one quarter, from 21 per cent to 15 per cent, a decline present to a greater or lesser extent for each food group. Food budget shares for eggs, fats and sugar fell by around 50 per cent but the decline for cheese, fruit and vegetables was much smaller. Changes in relative prices and in tastes are probably responsible for some of these large shifts. Another possible cause is the general increase in real income over the period. The effect of income on food budget shares is the focus of the analysis set out now.

The table also shows the estimated income elasticities with standard errors⁵ for all food and for the twelve food groups, evaluated at the survey average budget shares (w) in each period and survey average log income per person ($\log(i/m)$). The results suggest that for low and moderate-income households all twelve food groups are “normal”, that income elasticities generally decline as income increases and that for high income households some food groups are “inferior”. None of these generally broadly defined food groups are “luxuries” though there are probably individual foods within these groups which are of this type⁶.

In both periods studied, at the average shares and for the income levels used in the computation, all foods, with the single exception of sugar in 1995-97, are “normal” goods, for which expenditure increases as income increases but at a slower rate. In both periods the most income sensitive food groups are cheese, meat, fish, fruit, vegetables (including potatoes) and the foods in the miscellaneous category⁷. For these food groups a 1 per cent increase in income is associated with an increase in expenditure of between 0.20 per cent and 0.42 per cent in 1985-87 and between 0.18 per cent and 0.32 per cent in 1995-97. The least income sensitive food groups are eggs, fats and sugar for which a 1 per cent increase in income per

⁴ In each case the standard error of these means is less than 0.1 per cent of the value of the mean food share.

⁵ Heteroskedasticity robust standard errors are used to perform these tests as described in “A Heteroskedasticity-Consistent Covariance Matrix Estimator and a Direct Test for Heteroskedasticity”, Halbert White, *Econometrica*, Vol. 48, 817-838, 1980. An interval centred on the estimated elasticity with width equal to four times the reported standard error captures the unknown elasticity with probability approximately 0.95.

⁶ For example fillet steak, lobsters and delicatessen foods.

⁷ This category includes baby foods, spreads and dressings, pickles and sauces and ice cream and related products.

person is associated with an increase in expenditure of between 0.05 per cent and 0.13 per cent in 1985-87 and between -0.06 per cent and 0.04 per cent in 1995-97.

Table 6.1 Average food budget shares ^(a) and estimated income elasticities ^(b)

	Mean shares ^(a)		1985-87		1995-97	
	1985-87	1995-97	Elasticity	Std. Err	Elasticity	Std. Err
Milk and cream	2.3	1.5	0.14	0.02	0.10	0.03
Cheese	0.7	0.5	0.33	0.05	0.23	0.04
Meat and meat products	6.1	4.0	0.26	0.03	0.23	0.04
Fish	1.1	0.8	0.30	0.04	0.18	0.09
Eggs	0.5	0.2	0.08	0.03	0.01	0.05
Fats and oils	0.8	0.4	0.13	0.03	0.04	0.06
Sugar and preserves	0.4	0.2	0.05	0.04	-0.06	0.05
Vegetables (inc. potatoes)	2.7	2.2	0.20	0.02	0.24	0.03
Fruit	1.3	1.2	0.42	0.05	0.32	0.03
Cereals (inc. bread)	3.5	2.8	0.17	0.02	0.16	0.04
Beverages	1.0	0.5	0.23	0.04	0.19	0.05
Miscellaneous	0.8	0.8	0.26	0.04	0.28	0.06
All food	21.2	15.1	0.22	0.02	0.20	0.03

(a) percentage of net family income spent on food.

(b) calculated at survey average budget shares and log income per person for period covered.

(c) Std Err = standard error.

Table 6.2 shows the estimated values of the coefficients (β and γ) on log income per person and its square in the two periods. For many of the food groups these are quite stable over time. For these foods most of the change across time in the elasticities reported in Table 6.1 is due to changes in the term α , caused by changes in tastes and relative prices, and to increases in real income between 1985-87 and 1995-97.

Table 6.2 Estimates of model coefficients for log income per head (β) and its square (γ)

	Log income per person (β)				Squared log income per person (γ)			
	1985-87		1995-97		1985-87		1995-97	
	Estimate	Std Err	Estimate	Std Err	Estimate	Std Err	Estimate	Std Err
Milk and cream	-0.055	0.004	-0.058	0.006	0.004	0.000	0.005	0.001
Cheese	-0.011	0.003	-0.015	0.003	0.001	0.000	0.001	0.000
Meat and meat products	-0.129	0.014	-0.128	0.026	0.009	0.001	0.010	0.003
Fish	-0.016	0.003	-0.033	0.012	0.001	0.000	0.003	0.001
Eggs	-0.015	0.001	-0.009	0.001	0.001	0.000	0.001	0.000
Fats and oils	-0.019	0.002	-0.018	0.004	0.001	0.000	0.001	0.000
Sugar and preserves	-0.014	0.001	-0.011	0.001	0.001	0.000	0.001	0.000
Vegetables (inc. potatoes)	-0.070	0.006	-0.072	0.008	0.005	0.001	0.006	0.001
Fruit	-0.013	0.006	-0.027	0.004	0.001	0.001	0.002	0.000
Cereals (inc. bread)	-0.103	0.006	-0.109	0.017	0.008	0.001	0.009	0.002
Beverages	-0.016	0.003	-0.015	0.004	0.001	0.000	0.001	0.000
Miscellaneous	-0.017	0.003	-0.025	0.007	0.001	0.000	0.002	0.001
All food	-0.479	0.033	-0.520	0.082	0.035	0.003	0.042	0.008

The income sensitivity of food expenditures varies with the level of income. Table 6.3 shows, for 1985-87 and 1995-97, estimated income elasticities for households with income per person at each of the quintile values of income per person for these periods⁸. These are the estimated levels of income per person which separate the poorest 20 per cent, 40 per cent, 60 per cent and 80 per cent of households in the sample.

All food groups have positive elasticities at the lowest of the incomes considered, indicating increasing expenditure as income per person rises among low income households. Many of the elasticities decrease with income⁹. For some foods (eggs, fat and sugar) the income elasticities become negative at the highest income level. In both periods the income elasticities for fruit are relatively insensitive to income per person with expenditure rising quite substantially with income at all levels of income. A 1 per cent increase in income is associated with an increase in expenditure on fruit of between about 0.30 per cent and 0.45 per cent depending on the period considered.

⁸ The food budget shares for the calculations underlying Table 6.3 are predictions at the quintile income values from nonparametric kernel regressions of food shares on log income per person.

⁹ In the period 1995-97 some of the elasticities rise as the highest income level is attained. The values here are greatly affected by low food expenditures by some high income households in this period, probably reflecting relatively high levels of eating out. Note that the accuracy of the elasticity estimates for high income households in 1995-97 is relatively low.

Table 6.3 Estimated income elasticities and standard errors at quintile boundaries ^(a) of income per person

	Elasticity	Std Err	Elasticity	Std Err	Elasticity	Std Err	Elasticity	Std Err
1985-87								
Milk and cream	0.26	0.02	0.19	0.02	0.03	0.02	-0.14	0.02
Cheese	0.38	0.06	0.34	0.06	0.30	0.04	0.21	0.04
Meat and meat products	0.31	0.03	0.28	0.03	0.17	0.03	0.15	0.03
Fish	0.38	0.05	0.39	0.04	0.21	0.04	0.11	0.05
Eggs	0.18	0.04	0.15	0.04	-0.12	0.04	-0.23	0.05
Fats and oils	0.26	0.03	0.22	0.03	0.01	0.03	-0.24	0.04
Sugar and preserves	0.21	0.04	0.17	0.04	-0.16	0.05	-0.48	0.06
Vegetables (inc. potatoes)	0.22	0.03	0.18	0.03	0.13	0.02	0.10	0.03
Fruit	0.44	0.07	0.48	0.06	0.41	0.04	0.32	0.04
Cereals (inc. bread)	0.19	0.03	0.17	0.02	0.06	0.02	0.01	0.02
Beverages	0.36	0.04	0.32	0.04	0.12	0.04	-0.06	0.05
Miscellaneous	0.31	0.05	0.28	0.04	0.16	0.04	0.13	0.04
All food	0.28	0.02	0.25	0.02	0.13	0.02	0.07	0.02
Quintile boundaries of Income (Dec 1997 £/person/wk)	56.20		70.11		94.63		138.38	
1995-97								
Milk and cream	0.16	0.05	0.06	0.04	-0.02	0.02	-0.02	0.04
Cheese	0.25	0.07	0.23	0.05	0.18	0.03	0.22	0.05
Meat and meat products	0.21	0.08	0.19	0.06	0.17	0.03	0.22	0.06
Fish	0.20	0.17	0.16	0.12	0.17	0.05	0.34	0.13
Eggs	0.06	0.07	-0.01	0.06	-0.19	0.05	-0.18	0.07
Fats and oils	0.15	0.11	0.02	0.09	-0.07	0.04	-0.03	0.10
Sugar and preserves	0.10	0.06	-0.12	0.06	-0.30	0.05	-0.33	0.09
Vegetables (inc. potatoes)	0.20	0.05	0.18	0.03	0.15	0.02	0.28	0.03
Fruit	0.35	0.05	0.33	0.04	0.29	0.03	0.35	0.03
Cereals (inc. bread)	0.15	0.07	0.13	0.05	0.07	0.03	0.19	0.06
Beverages	0.29	0.09	0.21	0.07	0.11	0.04	0.01	0.08
Miscellaneous	0.20	0.12	0.25	0.08	0.23	0.04	0.40	0.08
All food	0.20	0.06	0.17	0.04	0.13	0.02	0.21	0.05
Quintile boundaries of Income (Dec 1997 £/person/wk)	69.41		97.51		135.64		196.37	

(a) quintile income boundaries divide households into lowest 20%, 40%, 60% and 80% of income per person.

Household demographic characteristics

Tables 6.4 and 6.5 show the effect of variations in selected household characteristics on food budget shares, net family income per person held fixed,

except where noted. Many of the demographic characteristics take statistically significant coefficients indicated by bold-faced entries in these tables. In this multivariate analysis, a coefficient on a household characteristic measures the independent effect of the characteristic with other characteristics and income held fixed.

To allow better appreciation of the scale of these effects, the last row in each table shows predicted average food budget shares expressed as a percentage of income for the base case household which has two adults, two children, is not a freezer owner, is not in receipt of Income Support or Family Credit and has an employed head of household. Income per person and the age of main diary keeper are chosen to match those of typical two-adult, two-child households found in the Survey in the two periods, namely ages 34 and 36 years and net family incomes £69 and £89 per person per week (at December 1997 prices) in respectively 1985-87 and 1995-97.

Region

The region coefficients reported in Tables 6.4 and 6.5 measure food expenditures as a percentage of income for the 12 Government Office Regions as deviations from estimated average food budget shares for Great Britain. Food budget shares are generally a little above the national average in London in both periods, particularly for fish, vegetables (including potatoes) and fruit. There are few other stable regional differentials except perhaps for Scotland where meat expenditures, relative to income, tend to be relatively high and expenditures on vegetables (including potatoes) tend to be relatively low. The strong estimated positive association between income and all food and meat expenditures found for Merseyside households in 1985-87 is based on data from less than 100 households and so is somewhat unreliable. The 1995-97 figures which are based on around 500 households are more reliable.

Household composition

The household composition coefficients in the fitted model measure food budget shares relative to a four person household with two adults and two children. The figures in Tables 6.4 and 6.5 derived from these coefficients show the impact of household composition on food shares of income *with net family income fixed* rather than income per person, thus allowing fully for the different sizes of households of the different composition types.

Many of these household composition effects are statistically significant and some are of substantial magnitude. In both periods households with less than two children have lower food budget shares than the base case two-adult two-child household, particularly so for milk, meat, vegetables and cereals. Households with more than two children tend to have larger food budget shares for these foods and for all foods. In both periods, the percentage of income spent on food is between 6 and 8 percentage points less for a household with no children than for a household with two adults and two children. Conversely, for a household with two adults and four or more children, the percentage of income spent on food is between 4 and 6

percentage points more than for a household with two adults and two children. As shown in the table, the latter has a total food budget share of around 13 per cent to 18 per cent of net family income depending on the period considered.

Other household characteristics

Freezer owners have slightly higher food budget shares than non-owners, possibly reflecting differences in tastes for foods, possibly reflecting higher wastage. Non-home-owning households tend to have slightly lower food budget shares than home-owning households. For most food groups, households in receipt of Income Support or Family Credit or with unemployed head of household do not have significantly different food budget shares than other households once other household characteristics are controlled. One exception is that in 1995-97 households on Income Support or Family Credit spent less of their income on fruit than those not receiving these benefits.

Summary

The association between income and food expenditures is found to be strong but varies across foods in its intensity. For example expenditure on fruit is greatly affected by income while expenditures on eggs and cereals are not. Among low-income households expenditures on most foods increase quite quickly as income rises but this sensitivity is attenuated in higher income households. There are striking differences in expenditures across household composition types but only weak relationships between food expenditures, receipt of benefit and the presence of an unemployed head of household.

Table 6.4 Effects on food budget shares of variations in household characteristics, 1985-87

estimated changes from base case ^(a) in percentages of income spent on foods

Characteristics (a)	All food	Milk	Cheese	Meat	Fish	Eggs	Fats	Sugar	Vegetables	Fruit	Cereals	Beverages	Misc.
Unemployed	-0.52	0.18	0.00	-0.26	0.05	-0.04	-0.01	-0.06	-0.38	0.23	-0.01	-0.14	-0.09
Public renter	-0.35	-0.22	-0.07	0.31	0.02	0.05	-0.03	0.01	0.16	-0.48	-0.16	0.05	0.00
Private renter	-0.87	-0.17	-0.02	-0.21	-0.04	-0.01	-0.07	-0.04	0.02	-0.14	-0.18	0.02	-0.03
No children	-8.19	-1.33	-0.18	-1.98	-0.21	-0.15	-0.28	-0.18	-1.07	-0.43	-1.80	-0.18	-0.41
1 Adult 1+ children	-4.32	-0.74	-0.09	-1.47	-0.24	-0.06	-0.31	-0.15	-0.38	-0.12	-0.58	-0.14	-0.04
2 Adult 1 child	-2.74	-0.38	-0.06	-0.58	-0.11	-0.06	-0.11	-0.08	-0.37	-0.12	-0.67	-0.09	-0.10
2 Adult 3 children	2.01	0.41	0.05	0.36	0.00	0.11	0.07	0.08	0.23	0.04	0.57	0.03	0.04
2 Adult 4+ children	6.49	1.21	0.14	0.94	0.14	0.15	0.31	0.24	0.77	0.42	1.79	0.13	0.25
3+ Adult 1+ children	3.72	0.25	0.11	1.24	0.18	0.16	0.27	0.11	0.59	-0.15	0.68	0.24	0.05
Income Support/Family Credit	-0.33	-0.05	-0.04	0.26	-0.02	-0.04	0.01	-0.02	-0.03	-0.09	-0.31	0.01	0.01
Freezer	1.24	0.09	0.06	0.62	0.04	0.02	0.07	-0.02	0.12	0.18	-0.03	0.09	0.01
North East	0.44	-0.21	-0.15	0.02	0.15	0.09	0.02	-0.04	0.17	-0.03	0.38	0.06	-0.02
North West	-0.01	0.01	-0.04	0.42	-0.04	-0.05	0.01	0.01	-0.09	-0.17	0.01	0.01	-0.09
Merseyside ^(b)	2.59	-0.03	-0.06	1.69	0.28	0.01	0.29	0.08	-0.17	-0.19	0.40	0.15	0.13
Yorkshire & The Humber	-1.00	-0.09	-0.14	-0.34	0.14	0.01	-0.05	0.00	-0.14	-0.20	-0.08	-0.02	-0.09
East Midlands	-0.94	0.21	0.02	-0.56	-0.06	-0.06	0.04	0.01	-0.27	-0.19	0.04	-0.02	-0.10
West Midlands	-0.54	0.01	0.06	-0.16	-0.10	-0.08	-0.03	0.04	0.00	-0.12	-0.09	0.00	-0.07
Eastern	0.07	0.04	0.03	-0.03	0.00	-0.03	-0.02	-0.01	0.02	0.05	-0.10	0.00	0.13
London	1.67	0.12	0.05	0.44	0.16	0.05	0.01	0.00	0.41	0.47	-0.02	-0.04	0.04
South East	-0.61	0.07	0.07	-0.59	-0.09	-0.03	-0.02	-0.02	0.07	0.09	-0.23	0.02	0.06
South West	-0.40	0.02	0.12	-0.32	-0.08	0.01	-0.03	-0.02	-0.06	0.03	-0.05	0.01	-0.03
Wales	-0.34	-0.04	-0.07	0.00	-0.03	0.00	0.08	0.02	0.01	-0.14	-0.09	-0.01	-0.07
Scotland	1.14	-0.13	0.02	0.88	-0.06	0.12	0.04	0.01	-0.23	0.04	0.34	-0.01	0.13
Base household													
% of income spent	18.13	2.28	0.64	4.22	0.80	0.32	0.48	0.32	3.01	1.24	3.50	0.48	0.83

(a) in relation to the characteristics shown in the table, the base case: (i) has an employed head of household (ii) is home owning (iii) consists of two adults and two children (iv) is not in receipt of Income Support nor Family Credit (v) has no freezer and (vi) lives in Great Britain.

(b) Merseyside is based on less than 100 households.

(c) bold face entries are significantly different from zero at the 5% level.

Table 6.5 Effects on food budget shares of variations in household characteristics, 1995-97

estimated changes from base case ^(a) in percentages of income spent on foods

Characteristics (a)	All food	Milk	Cheese	Meat	Fish	Eggs	Fats	Sugar	Vegetables	Fruit	Cereals	Beverages	Misc.
Unemployed	-0.01	0.17	0.00	-0.36	0.11	-0.04	0.00	0.00	-0.14	0.12	0.11	0.02	0.00
Public renter	-1.51	-0.26	-0.13	0.00	-0.06	-0.01	-0.05	-0.02	-0.19	-0.41	-0.26	-0.02	-0.12
Private renter	-1.44	-0.16	-0.03	-0.26	-0.10	-0.02	-0.04	-0.02	-0.25	-0.19	-0.27	-0.08	-0.02
No children	-6.14	-0.96	-0.18	-1.44	-0.10	-0.07	-0.14	-0.09	-0.86	-0.39	-1.51	-0.10	-0.30
1 Adult 1+ children	-5.03	-0.46	-0.20	-1.50	-0.46	-0.08	-0.20	-0.17	-0.47	-0.23	-0.94	-0.17	-0.16
2 Adult 1 child	-2.36	-0.30	-0.08	-0.45	-0.03	-0.03	-0.04	-0.04	-0.33	-0.22	-0.72	-0.01	-0.10
2 Adult 3 children	1.24	0.20	0.05	0.19	0.05	0.03	0.08	0.06	0.14	0.02	0.28	0.07	0.08
2 Adult 4+ children	4.25	0.52	-0.01	1.12	0.13	0.08	0.13	0.12	0.70	0.23	0.99	0.11	0.14
3+ Adult 1+ children	3.12	0.16	0.09	1.03	0.29	0.07	0.14	0.08	0.41	0.08	0.55	0.10	0.13
Income Support/Family Credit	-0.92	-0.07	-0.06	-0.20	-0.05	0.00	-0.06	0.02	0.05	-0.24	-0.21	0.02	-0.11
Freezer	0.94	0.10	0.02	0.52	-0.01	0.01	0.02	-0.01	0.14	0.12	-0.07	0.03	0.08
North East	-0.72	-0.04	-0.12	-0.32	0.06	0.01	-0.02	-0.03	-0.17	-0.14	0.09	0.04	-0.08
North West	-0.36	0.08	-0.06	0.01	-0.05	-0.02	-0.04	-0.02	-0.12	-0.09	-0.02	0.00	-0.03
Merseyside ^(b)	0.53	0.02	-0.05	0.57	0.13	0.03	-0.02	-0.04	-0.04	-0.23	0.21	-0.04	-0.02
Yorkshire & The Humber	-0.43	0.00	-0.08	-0.10	0.01	-0.01	-0.01	-0.01	-0.09	-0.11	0.00	-0.03	-0.01
East Midlands	-0.26	0.02	0.04	-0.14	-0.08	-0.02	0.02	0.00	-0.03	-0.03	0.01	0.00	-0.05
West Midlands	-0.41	-0.09	0.05	-0.05	-0.05	-0.03	0.01	0.01	0.05	-0.10	-0.17	0.01	-0.06
Eastern	-0.03	0.03	0.03	0.07	0.03	0.00	-0.02	0.00	0.04	-0.06	-0.16	0.00	0.01
London	1.08	-0.05	0.00	0.04	0.19	0.04	0.02	0.01	0.28	0.43	0.09	-0.04	0.06
South East	0.30	0.04	0.06	-0.05	-0.03	0.00	0.01	0.00	0.13	0.07	0.02	0.01	0.04
South West	0.02	0.05	0.04	-0.15	-0.05	0.00	0.02	0.03	-0.03	0.10	-0.09	0.04	0.06
Wales	0.08	-0.02	-0.02	0.13	-0.05	-0.02	0.05	0.01	0.05	-0.04	-0.03	0.01	0.01
Scotland	0.04	-0.05	-0.01	0.30	-0.03	0.01	-0.04	0.00	-0.24	-0.09	0.18	-0.02	0.01
Base household % of income spent	13.92	1.49	0.57	3.17	0.60	0.12	0.30	0.15	2.25	1.23	2.91	0.37	0.77

(a) in relation to the characteristics shown in the table, the base case: (i) has an employed head of household (ii) is home owning (iii) consists of two adults and two children (iv) is not in receipt of Income Support nor Family Credit (v) has no freezer and (vi) lives in Great Britain.

(b) Merseyside is based on less than 500 households.

(c) bold face entries are significantly different from zero at the 5% level.

Appendix A

Structure of the Survey

Introduction

The National Food Survey is a continuous sampling enquiry into the domestic food consumption and expenditure of private households in the United Kingdom (since the introduction of Northern Ireland into the Survey in January 1996). Each household, which participates, does so voluntarily, and without payment, for one week only. By regularly changing the households surveyed, information is obtained continuously throughout the year, apart from a short break over the Christmas period.

Household food and drink

Structure of the sample for Great Britain

The sample for the National Food Survey is selected so as to be representative of mainland Britain (including Anglesey and the Isle of Wight, but not the Scilly Isles, the area north of the Caledonian Canal nor the islands off the Scottish mainland). The size and design of the sample changed from January 1997. From that month, the primary sampling units are postcode sectors and addresses are drawn from the Small Users Postcode Address File (PAF). The sample is stratified by three variables: the 24 regions that comprise the Government Office Regions Metropolitan split, the proportions of heads of household in Socio-Economic Groups 1-5 or 13 (in 3 bands), and the proportions of households with no car. 372 postcode sectors are selected annually with probability proportional to the size of the sector (measured as the number of addresses in England and Wales and by multiple output indicator, which gives the number of households, in Scotland) and allocated equally to months. Each year half of the selected sectors are retained from the previous year's sample, and half replaced by a new selection from the same stratum. The counties and Local Authority Districts containing the 372 sectors used in 1997 are shown in Table A2.

Within each selected postcode sector, 28 addresses are sampled. In England and Wales up to two extra households are selected per address, up to a maximum of four extra households per postcode sector. In Scotland the 28 addresses are selected with probability proportional to the multiple output indicator and then one household is selected at each address. The field periods used by interviewers are calendar months. Interviewers are instructed to spread the diary periods evenly throughout the field period.

In 1997, 10,416 addresses were selected at the second stage of sampling. When visited, a few of these addresses were found to be institutions or other establishments not eligible for inclusion in the Survey; others were unoccupied or had been demolished. In addition, some addresses were found to contain more than the allowable number of households (see above). After allowing for these factors, the estimated number of eligible households in the Survey was 9,279. In some households the prospective diary keeper was interviewed, but refused to give any information; a number of other diary keepers answered a questionnaire, relating to household composition, occupation, etc, but declined to keep a week's record; a further group undertook to keep a record but did not in fact complete it. Finally, some records were lost or rejected at the editing stage. The result was a responding sample of 6,065 individual households, representing 65 per cent of the eligible sample. Details are as follows:-

Table A1
Responding sample to the Main Survey in Great Britain ^(a), 1997

	Households	Households selected (%)
Number of households at the addresses selected in the sample	9279	100
Non-contact	411	4
Interview refused or not practicable	2072	22
Diary keeper answered a questionnaire but declined to keep a week's record	731	8
Total non-productive	3214	35
Number of responding households	6065	65

(a) the sample in Northern Ireland consisted of 677 responding households

Table A3 shows how the achieved sample of 6,065 households in Great Britain was distributed according to various characteristics recorded in the Survey. It includes a breakdown of the number of persons in the sample by Government Office Regions now being used for the Survey. The following groups were either more or less prevalent (proportionally) in the 1997 sample than in recent years:

- fewer income group D and pensioner households but more A1, B and E1.
- fewer households with 2 adults and 1-3 children but more with 1 adult and no children
- fewer persons aged 25-34 but more 45-54 and 75+.

In terms of age and region, the 1997 distribution of respondents is slightly closer than the 1996 sample to the estimated population distribution. However the main shortfall remains in London which has 10.6 per cent of the 1997 sample compared with 12.8 per cent in the population (and 9.2 per cent in the 1996 sample). However, by calculating the difference between 1996 results weighted according to the 1996 sample (i.e. as published in 1996) and according to the 1997 sample, it has been shown that the effect of these changes in sample on final results is minimal.

Table A5 shows standard errors for estimates of per capita expenditure and consumption (person per week) by food group in 1997. For expenditure on all food and drink the percentage standard error is 1.0 per cent. This is the same as in 1996 indicating that the reduction in the sample size in 1997 was offset by the better sample design. By food group, the standard errors are more often than not very slightly higher in 1997 for both expenditure and consumption. However these estimates are themselves subject to sampling variations.

Information collected

The person, male or female, principally responsible for domestic food arrangements provides information about each household. That person is referred to as the main “diary keeper”. The main diary keeper keeps a record, with guidance from an interviewer, of all food, intended for human consumption, entering the home each day for seven days. The Main Survey therefore excludes any meals out (except those based on food from the household supply, e.g. picnics, packed lunches, etc.) and pet food. The Survey also covers soft and alcoholic drinks and chocolate and sugar confectionery brought home, although these are items which are typically likely to be purchased by individual household members for their own consumption without coming to the attention of the main diary keeper.

The following details are noted for each food item: the description, quantity (in either imperial or metric units) and – in respect of purchases – the cost. Food items obtained free from a farm or other business owned by the household member or from the hedgerow, a garden or allotment is recorded only at the time it is used. To avoid the double counting of purchases, gifts of food and drink are excluded if a donating household bought them.

As well as the details about foods entering the household, the diary keeper also notes which persons (including visitors) are present at each meal together with a description of the type (but not the quantities) of food served. This enables an approximate check to be made between the foods served and those acquired during the week. Records are also kept of the number and nature (whether lunch, dinner, etc.) of the meals obtained outside the home by each member of the household; this is used in the nutritional calculations – see below. The quantity of school milk consumed by children is also recorded.

On a separate questionnaire, details are entered of the characteristics of the family and its members. However names are not collected and the identities of both the persons and the addresses are strictly confidential; only those who were involved respectively with selecting the sample and carrying out the fieldwork know them. They are not divulged to the Ministry of Agriculture, Fisheries and Food who are responsible for analysing and reporting the Survey results.

As the main part of the Survey records only the quantities of food entering the household, and not the amount actually consumed by individuals, it cannot provide meaningful frequency distributions of households classified according to levels of food eaten or of nutrient intake. However, averaged over sufficient households, the quantities recorded should equate to consumption (in the widest sense, including waste food that is discarded or fed to pets) provided purchasing

habits are not disturbed by participation in the Survey and there is no net accumulation or depletion of household food stocks.

Nutritional analysis

The energy value and nutrient content of food obtained for consumption in the home¹ are evaluated using special tables of food composition. The nutrient conversion factors are mainly based on values given in *The Composition of Foods*², and its supplements. The conversion factors are revised each year to reflect changes as a result of any new methods of food production, handling and fortification, and also to take account of changes in the structure of the food categories used in the Survey e.g. changes in the relative importance of the many products grouped under the heading of “reduced fat spreads”. The nutrient factors used make allowance for inedible materials such as the bones in meat and the outer leaves and skins of vegetables. For certain foods, such as potatoes and carrots, allowance is also made for seasonal variations in the wastage and/or nutrient content. Further allowances are made for the expected cooking losses of thiamin and vitamin C; average thiamin retention factors are applied to appropriate food items within each major food group and the (weighted) average loss over the *whole* diet is estimated to be about 20 per cent. The losses of vitamin C are set at 75 per cent for green vegetables and 50 per cent for other vegetables. However, no allowance is made for wastage of edible food, except when the adequacy of the diet is being assessed in comparison with recommended intakes (see below). In that context, the assumption is made that, in each type of household, 10 per cent of all foods and hence of all nutrients available for consumption is either lost through wastage or spoilage in the kitchen or on the plate, or is fed to domestic pets/live-stock³.

The energy content of the food is calculated from the protein, fat, available carbohydrate (as monosaccharide) and alcohol contents using the respective conversion factors (4, 9, 3.75 and 7 kcal per gram). It is expressed both in kilocalories and megajoules (1,000 kcal = 4.184 MJ). Niacin is expressed as niacin equivalent, which includes one-sixtieth of the tryptophan content of the protein in the food. Vitamin A activity is expressed as micrograms of retinol equivalent, that is the sum of the weights of retinol and one-sixth of the β -carotene. Fatty acids are grouped according to the number of double bonds present, that is into saturated, monounsaturated (both *cis* and *trans*) and polyunsaturated fatty acids. For the diet as a whole, the fatty acids constitute about 95 per cent of the weight of the fat. This proportion varies slightly for individual foods, being lower for dairy fats with their greater content of short-chain acids and a little higher for most other foods.

¹ See Glossary

² B Holland, A. A Welch, I D Unwin, D H Buss, A A Paul and D A T Southgate, *McCance and Widdowson's The Composition of Foods* 5th edition, Royal Society of Chemistry and Ministry of Agriculture, Fisheries and Food, Royal Society of Chemistry, 1991

³ An enquiry into the amounts of potentially edible food which are thrown away or fed to pets in Great Britain recorded an average wastage of about 6 per cent of household food supplies (see R W Wenlock, D H Buss, B J Derry and E J Dixon, *British Journal of Nutrition*, 43, 1980, pp 53-70). However, this was considered likely to be a minimum estimate, and the conventional Survey deduction of 10 per cent was retained thereby preserving continuity with previous years.

The nutritional results are tabulated in two main ways for each category of households in the Survey:

- a) *Per person (per day)*. This presentation is directly comparable to the per person (per week) presentation in Section 2 of this Report of the amounts of food obtained. However, it has some drawbacks where the interpretation of nutrient intakes is concerned. It does not take into account contributions made by meals consumed outside the home or by foods outside of the diary keepers' purview (e.g. confectionery or drinks bought for household consumption without the knowledge of the diary keeper). Nor is any allowance made for the wastage of edible food. The average per person can also be misleading. For example, average per capita energy intakes in families with small children are invariably less than those for wholly adult households but this does not by itself indicate that the former are less well nourished because, on average, children have a smaller absolute need for energy.
- b) *As a proportion of Dietary Reference Values published by the Department of Health⁴*. Some of the above drawbacks are overcome in this presentation. It involves comparing intakes with household needs after the age, sex and possible pregnancy of each member have been taken into account. Allowance is also made for meals eaten outside the home and for the presence of visitors by re-defining, in effect, the number of people consuming the household food – *not* by adding or subtracting estimates of the nutrient content of the meals in question. Moreover, for these comparisons, the estimated energy and nutrient contents are reduced throughout by 10 per cent to allow for wastage of edible food. This difference should be borne in mind when comparing these results with the nutritional intakes per person.

⁴ Department of Health. *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*. Report on Health and Social Subjects No 41, HMSO, 1991

Table A2 Districts surveyed in 1997

Government Office Region	Coverage of regions by county/unitary authority	Districts containing Post-Code sectors selected for the 1997 sample
England:		
North East	Hartlepool UA, Middlesbrough UA, Redcar & Cleveland UA, Stockton-on-Tees UA, Darlington UA, Durham, Northumberland, Tyne-and-Wear	Gateshead, Newcastle-upon-Tyne, North & South Tyneside, Sunderland, Blyth Valley, Chester-le-Street, Darlington, Durham, Middlesbrough, Sedgfield, Stockton-on-Tees, Tynedale
North West and Merseyside	Cumbria, Cheshire, Lancashire, Greater Manchester, Merseyside	Bury, Manchester, Oldham, Rochdale, Salford, Stockport, Tameside, Trafford, Wigan, Blackpool, Carlisle, Chester, Crewe, Ellesmere Port, Halton, Lancaster, Macclesfield, Preston, South Lakeside, Vale Royal, Wyre, Liverpool, Sefton, St Helens, Wirral
Yorkshire and the Humber	City of Kingston upon Hull UA, East Riding of Yorkshire UA, North East Lincolnshire UA, North Lincolnshire UA, York UA, North Yorkshire, South Yorkshire, West Yorkshire	Barnsley, Bradford, Kirklees, Leeds, Rotherham, Sheffield, Wakefield, Booth Ferry, Glanford, Grimsby, Hambleton, Harrogate, Kingston-upon-Hull, Ryedale
East Midlands	Derby UA, Derbyshire, Leicester UA, Rutland UA, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire	Bassetlaw, Charnwood, Chesterfield, Derby, E Lindsey, Erewash, Harborough, Leicester, Mansfield, N W Leicestershire, Northampton, N E Derbyshire, Nottingham, Oadby & Wigston, S Kesteven, S Northamptonshire, Wellingborough
West Midlands	Hereford and Worcester, Shropshire, Stoke-on-Trent UA, Staffordshire, Warwickshire, West Midlands	Birmingham, Coventry, Dudley Solihull, Walsall, Wolverhampton, Bromsgrove, Malvern Hills, N Warwickshire, Nuneaton, S Staffordshire, Stafford, Staffordshire Moorlands, Stoke-on-Trent, Stratford-on-Avon, The Wrekin, Warwick, Wychavon
Eastern	Cambridgeshire, Norfolk, Suffolk, Luton UA, Bedfordshire, Essex, Hertfordshire	Basildon, Chelmsford, Dacorum, Hertsmere, Luton, Rochford, S Bedfordshire, St Albans, Stevenage, Thurrock, Babergh, Cambridge, Fenland, Forset Heath, Gt Yarmouth, Huntingdon, Ipswich, Maldon, Mid Suffolk, N & S Bedfordshire St Edmundsbury, Suffolk Coastal, Uttlesford
London	Greater London	Camden, City & Westminster, Hammersmith, Haringey, Lambeth, Lewisham, Southwark, Tower Hamlets, Wandsworth, Barking, Barnet, Bexley, Brent, Bromley, Croydon, Ealing, Haringey, Hounslow, Kingston-upon-Thames, Merton, Waltham Forest.
South West	Bath and North East Somerset UA, City of Bristol UA, North Somerset UA, South Gloucestershire UA, Cornwall, Devon, Bournemouth UA, Poole UA, Dorset, Gloucestershire, Somerset, Swindon UA, Wiltshire	Bath, Bournemouth, Bristol, Carrick, Christchurch, Cotswold, E Devon, Gloucester, N Devon, Penwith, Plymouth, Poole, Restormel, S Hams, Taunton Deane, Teignbridge, Thamesdown, Wansdyke, W Dorset, Wimbourne, Woodspring

Table A2 continued

Government Office Region	Coverage of regions by county/unitary authority	Districts containing Post-Code sectors selected for the 1997 sample
South East	Berkshire, Milton Keynes UA, Buckinghamshire, Brighton and Hove UA, East Sussex, Portsmouth UA, Southampton UA, Hampshire, Isle of Wight UA, Kent, Oxfordshire, West Sussex, Surrey	Bracknell, Crawley, Dartford, Elmbridge, Epsom, Gillingham, Mid Sussex, Mole Valley, Reading, Reigate, Rochester-upon-Medway, Surrey Heath, Tonbridge, Waverley, Woking, Wycombe, Arun, Aylesbury Vale, Brighton, Canterbury, Cherwell, Chichester, E Hampshire, Eastleigh, Gosport, Hove, Lewes, Medina, Milton Keynes, New Forest, Rother, Shepway, Southampton, Thanet.
Wales	The whole of Wales	Arfon, Cardiff, Lliw Valley, Neath, Newport, Rhondda, Swansea, Torfaen, Vale of Glamorgan, Alyn & Deeside, Ceredigion, Delyn, Dinefwr, Llanelli, Montgomery, Wrexham Maelor.
Scotland	The whole of Scotland excluding the area north of the Caledonian Canal and the islands off the Scottish mainland	Aberdeen, Gordon, Kincardine & Deeside, Moray, Perth & Kinross, Dunfermlin, E Lothian, Edinburgh, Falkirk, Kirkcaldy, Mid Lothian, W Lothian, Glasgow, Argyll & Bute, Cunningham, Hamilton, Inverclyde, Kyle & Carrick, Monklands, Motherwell, Renfrew, Roxburgh, Wigtown

Table A3 Composition of the sample responding to the Main Survey, 1997

	Households		Persons		Average number of persons per household	% of households owning a		
	Number	%	Number	%		Deep-freezer	Micro-wave	
All Households (GB)	6065	100	15012	100	2.48	91	77	
Analysis by region								
Wales	335	5.5	843	5.6	2.52	89	77	
Scotland	550	9.1	1347	9.0	2.45	89	77	
England	5180	85.4	12822	85.4	2.48	94	81	
North East	319	5.3	754	5.0	2.36	92	78	
Merseyside and North West	748	12.3	1764	11.8	2.36	92	77	
Yorkshire and Humberside	503	8.3	1310	8.7	2.60	93	81	
East Midlands	423	7.0	1058	7.0	2.50	88	68	
West Midlands	545	9.0	1406	9.4	2.58	93	76	
Eastern	555	9.2	1439	9.6	2.59	93	75	
Greater London	642	10.6	1566	10.4	2.44	92	77	
South East	876	14.4	2162	14.4	2.47	93	82	
South West	569	9.4	1363	9.1	2.40	89	80	
Northern Ireland ^(a)	677		1938		2.86	86	79	
Analysis by income group^(b)								
A1	180	3.0	564	3.8	3.13	95	88	
A2	247	4.1	774	5.2	3.13	97	89	
B	1654	27.3	4784	31.9	2.89	96	85	
C	1530	25.2	4337	28.9	2.83	94	84	
D	333	5.5	825	5.5	2.48	88	79	
E1	671	11.1	1252	8.3	1.87	92	70	
E2	785	12.9	1564	10.4	1.99	85	63	
OAP	665	11.0	912	6.1	1.37	80	57	
Analysis by household composition^(c)								
No of Adults	No of children							
1	0	1545	25.5	1545	10.3	1.00	79	61
1	1 or more	321	5.3	901	6.0	2.81	89	80
2	0	2000	33.0	4000	26.6	2.00	95	79
2	1	487	8.0	1461	9.7	3.00	96	87
2	2	617	10.2	2468	16.4	4.00	98	86
2	3	213	3.5	1065	7.1	5.00	98	85
2	4 or more	76	1.3	487	3.2	6.41	99	86
3	0	390	6.4	1170	7.8	3.00	97	87
3 or more	1 or 2	252	4.2	1150	7.7	4.56	99	89
3 or more	3 or more	29	0.5	204	1.4	7.03	100	76
4 or more	0	135	2.2	561	3.7	4.16	99	90
Analysis by ownership of dwelling								
Unfurnished, Council	1175	19.4	2847	19.0	2.42	85	66	
Unfurnished, other, rented	297	4.9	668	4.4	2.25	82	67	
Furnished, rented	244	4.0	422	2.8	1.73	75	68	
Rent free	41	0.7	84	0.6	2.05	78	83	
Owns outright	1630	26.9	3150	21.0	1.93	93	73	
Owns with mortgage	2659	43.8	7797	51.9	2.93	96	86	
Shared ownership	19	0.3	44	0.3	2.32	89	89	
Analysis by age of main diary keeper								
Age under 25	330	5.4	688	4.6	2.08	83	73	
25 - 34	1180	19.5	3412	22.7	2.89	93	82	
35 - 44	1195	19.7	4102	27.3	3.43	95	85	
45 - 54	1128	18.6	2995	20.0	2.66	95	86	
55 - 64	863	14.2	1724	11.5	2.00	94	78	
65 - 74	802	13.2	1339	8.9	1.67	89	69	
75 and over	557	9.2	732	4.9	1.31	79	46	
Age unrecorded	10	0.2	20	0.1	2.00	80	50	

(a) Northern Ireland is not included elsewhere in this table. The sample size for Northern Ireland is proportionally bigger than that for Great Britain. This is allowed for when compiling the estimates for the United Kingdom shown in some tables in Section 2 of this report.

(b) for definition of income groups see Table A4 of this Appendix and Glossary.

(c) see 'adult' and 'child' in the Glossary.

Table A4

Distribution of the 1997 sample responding to the Main Survey according to income group of the head of household

Income Group	Gross weekly income of head of household ^(a)	Number of households	% in whole sample	percentage of households in groups A1 to D	
				realised	target
Households with one or more earner ^(b)					
A1	£855 or more	180	3.0	4.6	3
A2	£610 but less than £855	247	4.0	6.3	7
B	£310 but less than £610	1654	27.3	41.9	40
C	£150 but less than £310	1530	25.2	38.8	40
D	Less than £150	333	5.5	8.4	10
Total A to D		3944	65.0	100	100
Households without an earner ^(b)					
E1	£150 or more	671	11.1		
E2	Less than £150	785	12.9		
Pensioner households ^(c)					
OAP		665	11.0		
Total all households		6065	100		

(a) or of the principle earner if the head of the household was below £150 (the upper limit for group D).

(b) by convention, the short-term unemployed are classified as 'earners', until they have been out of work for more than a year.

(c) see Glossary.

Table A5

Standard errors by household food group, 1997

		Expenditure (pence)			Consumption (grams unless otherwise stated)		
		Mean	Standard error	SE(%)	Mean	Standard error	SE(%)
Milk and cream	ml	138.3	1.5	1.1	2093	19.9	1.0
Cheese		55.0	1.1	1.9	108	2.0	1.8
Carcass meat		109.5	2.5	2.2	241	6.2	2.6
Beef and veal		54.6	1.7	3.2	110	3.5	3.1
Mutton and lamb		26.2	1.1	4.4	56	3.0	5.4
Pork		28.7	0.9	3.2	74	3.0	4.1
Bacon and ham, uncooked		36.2	0.9	2.5	72	2.1	2.9
Poultry, uncooked		68.7	1.8	2.6	220	5.5	2.5
Other meat and meat products		179.2	2.7	1.5	406	6.2	1.5
Fish		74.7	1.8	2.4	146	3.3	2.3
Eggs (No)		17.7	0.4	2.4	1.78	0.0	2.2
Fats and oils		37.6	0.7	1.8	203	4.7	2.3
Sugar and preserves		18.2	0.5	2.4	169	4.7	2.8
Vegetables		214.4	2.5	1.2	2061	27.4	1.3
Fruit		125.6	2.3	1.8	1067	17.7	1.7
Cereals (incl. bread)		268.3	3.3	1.2	1518	19.3	1.3
Beverages		44.1	0.9	2.1	59	1.3	2.3
Other foods		80.2	1.4	1.7	443	9.3	2.1
Total food (£)		14.68	0.14	0.9	na	na	na
Soft drinks	ml	51.9	1.1	2.1	890	19.0	2.1
Alcoholic drinks	ml	120.3	5.0	4.2	391	18.1	4.6
Confectionery		30.5	1.2	4.0	58	2.0	3.4
Total food and drink (£)		16.71	0.17	1.0	na	na	na

Food and drink eaten out

The eating out (EO) part of the National Food Survey aims to collect information on expenditure and consumption of food and drink eaten outside the home, to supplement the information on household food and drink collected in the Main Survey. The results complete the assessment of all food and drink consumed by households in Great Britain (and expenditure, although only that by persons and not purchased on business). It is not run in Northern Ireland.

Structure of the sample

The Eating Out Survey is conducted on a sub-sample of half of the households selected for the main sample in Great Britain. For the main part (as described above), the primary sampling units are postcode sectors, with 28 addresses being sampled within these sectors, and up to four extra households where multi-household addresses are discovered. The households selected for inclusion in the Eating Out sample are the even-numbered addresses from the 28 (and any extra) households in the postcode sectors, i.e. address numbers 2, 4, 6, etc. Before the new sample design was introduced in January 1997, the Eating Out Survey was conducted on 26 of the 52 Local Authority Districts selected for the main sample. The response to the Eating Survey is shown in Table A6. No eating out data is accepted unless the household diary has been completed satisfactorily, in order to cross check certain entries and emphasise the completeness of records taken together. Households where one or more members initially decline to keep an eating out diary are excluded from the Eating Out Survey, although those households may still keep a household diary. Those households that complete the household diary and eating out diary for each member are said to have responded fully (56 per cent of the eligible sample). Households that complete a main diary and return satisfactory eating out records for some, but not all, members are partial respondents. These records have been included in the analysis, giving a total response rate to the Eating Out Survey of 59 per cent of eligible households. The composition of the sample is given in Tables A8 and A9. Standard errors for expenditure and consumption estimates in 1996 and 1997 are given in Table A10. For expenditure on all food and drink, the percentage standard error is 2.9 per cent. This is lower than in 1996 (3.6 per cent) indicating that the reduction in the sample size in 1997 was more than offset by the better sample design.

Information collected

Participating households are asked to carry out the Main Survey in the normal way, with the main diary keeper recording household food. Each member of the household over the age of 11, including visitors staying with the household, is additionally given a diary to record all personal consumption of, and expenditure on, snacks, meals, confectionery and drinks eaten outside the home (not from household supplies). The diaries cover both food eaten by the respondent and food paid for by the respondent but consumed by others. The eating out of children under 11 is recorded and separately identified in the main diary keeper's diary.

Table A6 Responding sample to the Eating Survey, 1997

	Households	Households selected (%)
Number of households at the addresses selected in the sample	4618	100
Number that could not be visited for operational reasons	-	-
Number visited but no contact made	206	4
Main Survey requirements		
Interview refused or not practicable	1040	23
Diary keeper answered a questionnaire but declined to keep a week's record	403	9
Number of responding households for Main Survey data	2969	64
Eating Out requirements		
Main Survey diary and interview complete: some valid EO diaries	171	4
Main Survey diary and interview complete: all valid EO diaries	2563	56
Total responding EO households	2734	59

The following details are recorded in the eating out diary for each food item; the description, the number and size of certain items (where possible), the cost (where the respondent paid), the type of outlet where it was bought, and whether it was consumed on or off the premises. In addition, respondents also note for themselves each day which meals were eaten out, and which eaten at home or at another home, so as to provide a check for the eating out record in the main (household) diary.

The scheme for analysing the types of food eaten out is necessarily much more complex than that for the Main Survey, since many more foods comprise a number of ingredients and quantities are not collected. There are approximately 1600 individual food codes for eating out, compared with around 230 for household food, many meals and snacks contain items that must be coded separately in order to allow an accurate estimate of consumption and nutrient intakes to be made, for example chicken, gravy, roast potatoes and one or more types of vegetable in a roast chicken dinner. However, it may not be possible to put a cost on every item, so the expenditure may be attributed to a complete dish (course) or to a whole meal or snack code. Where prices are given for individual or component items, these are generally attributed to the item.

For estimating consumption and nutrient intakes, each food code is assigned both a portion size and values for energy and nutrients. Portion sizes were obtained from a variety of sources including catering outlets, MAFFs *Food Portion Size* book, the Dietary and Nutritional Survey of British Adults and package weights. For those foods obtained from a chain outlet or fast food outlet, or other foods with a fairly standard portion size, it is possible to be reasonably confident of the data used. For foods from other restaurants and eating places, the best estimates of portion sizes are made and these are reviewed annually.

The variety of types of foods and drink that are obtained for eating out causes some problems when estimating consumption and nutrient intakes. Estimated portion sizes and nutrient values may vary significantly for similar products. Some foods have a range of codes according to the approximate size of the

portion, e.g. a small, standard or large chocolate bar or portion of chips, although others have a single average portion size which is applied in all cases (regardless of the age or gender of the consumer). Interviewers often need to probe for more precise details, such as whether a food was 'low fat' or whether a beverage had sugar added. Such probing is not always possible, or may not provide the detail desired, so some assumption must be made in coding the item. In 1997, 12 per cent of all food and drink items eaten out had some unspecified detail for which an assumption was made.

A number of efforts are made to reduce the possibility of expenditure or consumption being overlooked or omitted by respondents, including the completion of a daily summary grid indicating where main meals and snacks were eaten, if at all. Some respondents record no eating out at all over the survey week and these records are accepted unless there is a reason to suspect under-recording or it appears strongly inconsistent with the meal record kept by the main diary keeper in the household diary. Table A7 shows the percentage of people in the Eating out part of the Survey for whom no expenditure was recorded classified by the income group of the head of household. Generally, those in lower income groups were more likely to record no expenditure on eating out, particularly for food and soft drinks. 42 per cent of all respondents spent no money on food and drink eaten out.

Table A7 Percentage of people in the EO Survey with no EO expenditure in the survey week, by income group of the head of household, 1997

Income group	Percentage with no EO spending on:				
	Food	Soft drinks	Confectionery	Alcohol	Any food or drink
A1	35	74	83	80	30
A2	35	71	84	80	31
B	36	71	80	79	31
C	46	78	85	85	41
D	53	78	86	88	48
E1	58	91	95	86	54
E2	68	87	90	89	61
OAP	72	97	100	92	68
Total	47	78	86	84	42

The Eating Survey was conducted for two years on a trial basis before results were first published in the 1994 annual report. In that time it underwent a number of methodological changes to improve data quality. The Family Expenditure Survey conducted by the Office for National Statistics provides an alternative source of information on the eating out expenditure of households and this appears to record higher levels of spending, particularly on alcoholic drinks. The results of the Eating Out Survey are monitored on a quarterly basis and further improvements in data quality and completeness are being sought.

Nutritional analysis

A separate nutrient database has been created for the Eating Out Survey, based largely on MAFF's Nutrient Databank for the National Diet and Nutrition Survey (NDNS) programme, with additional composite or recipe dishes being created where necessary. Each food code is assigned both a portion size and a total of 44 nutrients, including energy, protein, carbohydrates, fat and fatty acids, alcohol and a range of vitamins and minerals. These values are estimated using *The Composition of Foods* and its supplements, together with information gained from manufacturers and fast food and restaurant chains for specific products. The nutrient values used make allowance for inedible materials such as bones in meat but no allowance has been made for food wastage since there is as yet no reliable information on the proportion of food wasted when eaten out. Both the nutrient information and the portion size assigned to each food are reviewed annually and updated as appropriate.

The nutritional results have been tabulated in the same way as for the Main Survey and in addition by age and gender since, unlike the Main Survey, the eating out information was collected by individuals and can be related to age and gender subgroups. The nutritional results from the Eating Out Survey have been added to the nutritional results from the Main Survey (plus soft and alcoholic drinks and confectionery) for households completing the Eating Out Survey, in order to express the total nutrient intakes as a proportion of the Dietary Reference Values. For this analysis the Reference Nutrient Intakes (RNIs) for the individual nutrients and the Estimated Average Requirement (EAR) for energy were weighted for the population in the Eating Out Survey. These weighted reference values will differ from those used in the analysis of the Main Survey because of the difference in composition of the two populations. For the comparisons between total intakes and the RNIs, the estimated intakes of energy and nutrients in the component coming from the Main Survey (excluding soft and alcoholic drinks and confectionery) are reduced by 10 per cent to allow for wastage of edible food.

Table A8 Composition of the sample responding to the Eating Out Survey by age and gender, 1997

Age	<i>number of people</i>		
	Male	Female	Total
Unknown	1	3	4
0-4	226	205	431
5-14	453	480	933
15-24	292	349	641
25-34	420	531	961
35-44	452	490	942
45-54	423	445	868
55-64	329	334	660
65-74	290	336	626
75+	148	226	374
Total	3034	3396	6430

Table A9 Composition of the sample of households responding to the Eating Out Survey, 1997

	Households ^(a)		Persons ^(b)		Average number ^(b) of persons per household	
	Number	%	Number	%		
All Households	2734	100	6430	100	2.35	
Analysis by region						
Wales	159	5.8	383	6.0	2.41	
Scotland	257	9.4	621	9.7	2.42	
England	2318	84.8	5426	84.4	2.34	
North East	154	5.6	344	5.3	2.23	
Merseyside and North West	330	12.1	739	11.5	2.24	
Yorkshire and Humberside	203	7.4	481	7.5	2.37	
East Midlands	176	6.4	401	6.2	2.28	
West Midlands	254	9.3	622	9.7	2.45	
Eastern	240	8.8	597	9.3	2.49	
Greater London	274	10.0	624	9.7	2.28	
South East	419	15.3	1001	15.6	2.39	
South West	268	9.8	617	9.6	2.30	
Analysis by income group						
A1	103	3.8	289	4.5	2.81	
A2	108	4.0	310	4.8	2.87	
B	735	26.9	2061	32.1	2.80	
C	665	24.3	1777	27.6	2.67	
D	142	5.2	320	5.0	2.25	
E1	332	12.1	624	9.7	1.88	
E2	329	12.0	621	9.7	1.89	
OAP	320	11.7	428	6.7	1.34	
Analysis by household composition						
Number of adults			Number of children			
1	0	710	26.0	710	11.0	1.00
1	1 or more	144	5.3	386	6.0	2.68
2	0	935	34.2	1832	28.5	1.96
2	1	218	8.0	628	9.8	2.88
2	2	298	10.9	1157	18.0	3.88
2	3	98	3.6	477	7.4	4.87
2	4 or more	32	1.2	192	3.0	6.00
3	0	145	5.3	407	6.3	2.81
3 or more	1 or 2	53	1.9	191	3.0	3.60
3 or more	3 or more	90	3.3	381	5.9	4.23
4 or more	0	11	0.4	69	1.1	6.27
Analysis by ownership of dwelling						
Unfurnished, council	509	18.6	1159	18.0	2.28	
Unfurnished, other, rented	134	4.9	280	4.4	2.09	
Furnished, rented	93	3.4	172	2.7	1.85	
Rent free	16	0.6	29	0.5	1.81	
Owns outright	757	27.7	1406	21.9	1.86	
Owns with mortgage	1217	44.5	3364	52.3	2.76	
Shared ownership	8	0.3	20	0.3	2.50	

(a) fully or partially responding households

(b) number of persons for whom satisfactory diaries completed

Table A10

Standard errors for selected Eating Out results, 1996 and 1997

	1996			1997		
	Mean	Standard error (a)	SE (%)	Mean	Standard error	SE (%)
Consumption (grams):						
Ethnic foods	32	2.9	8.8	38	2.8	7.3
Meat and meat products	99	2.5	3.5	107	3.6	3.4
Fish and fish products	23	1.1	5.0	23	1.0	4.1
Cheese and egg dishes and pizza	28	1.4	4.9	27	1.2	4.5
Potatoes and vegetables	179	6.1	3.4	192	5.3	2.8
Salads	17	1.5	8.6	22	1.3	5.8
Rice, pasta and noodles	24	1.7	6.9	27	1.5	5.7
Soup (ml)	17	2.0	11.9	16	1.1	7.0
Baby food	106.7	...	0.2	53.4
Breakfast cereal	1	0.1	12.1	1	0.2	18.1
Fruit (fresh and processed)	18	1.1	5.9	22	1.4	6.3
Yoghurt	5	0.5	9.3	6	0.5	9.6
Bread	14	0.8	5.5	14	0.7	4.7
Sandwiches	35	1.9	5.5	50	3.0	6.1
Rolls	24	2.0	8.5	31	1.6	5.4
Sandwich/roll extras	7	0.4	5.9	8	0.4	4.4
Miscellaneous foods (e.g. sauces, butter)	17	1.0	5.7	18	0.8	4.4
Other additions (e.g. sugar, salt, cream)	15	0.8	5.4	13	0.9	6.9
Beverages	392	20.2	5.1	406	15.7	3.9
Ice creams, desserts and cakes	51	2.0	3.9	56	2.1	3.8
Biscuits	12	0.9	7.4	11	0.9	8.2
Crisps, nuts and snacks	12	0.6	5.4	11	0.5	4.3
Soft drinks including milk (ml)	336	11.9	3.6	348	10.9	3.1
Alcoholic drinks (ml)	483	24.2	5.0	491	25.4	5.2
Confectionery	23	1.2	5.2	19	1.0	5.3
Expenditure (£)						
Total food and drink	6.53	0.23	3.6	6.61	0.19	2.9
of which:						
Alcoholic drink	1.70	0.08	5.0	1.58	0.08	5.3

(a) standard errors for 1996 are slightly different to those published in the 1996 report, as they have been calculated using a more accurate technique which takes the sample design into account.

Appendix B

Supplementary Tables for the Main Survey

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Table B1

Household consumption of individual foods: quarterly and annual national averages, 1997

grams per person per week, unless otherwise stated

	Consumption					Purchases	Percentage of all households purchasing each type of food during survey week
	Jan/ March	April/ June	July/ Sept	Oct/ Dec	Yearly Average	Yearly Average	
MILK AND CREAM							
Liquid wholemilk, full price ^(a) (ml)	667	705	757	607	684	671	38
Welfare milk (ml)	12	14	8	13	12	1	...
School milk (ml)	15	20	11	19	16	10	2
Low fat milk ^(a) (ml)	1137	1105	1121	1182	1136	1131	64
Condensed milks (eq ml)	20	20	13	18	18	18	4
Infant milks (eq ml)	43	37	21	30	33	31	1
Instant milks (eq ml)	13	14	7	13	12	12	1
Other milks / dairy desserts ^(a) (ml)	35	45	42	40	41	39	15
Yoghurt and fromage frais ^(a) (ml)	124	131	131	126	128	128	38
Cream (ml)	15	16	16	17	16	16	13
Total milk and cream	2081	2107	2127	2065	2095	2057	93
CHEESE							
Natural ^(a)	100	99	95	97	98	98	52
Processed	12	10	11	10	11	11	12
Total cheese	112	109	106	107	109	108	57
MEAT AND MEAT PRODUCTS							
Carcase meat							
Beef and veal ^(a)	117	112	98	114	110	110	32
Mutton and lamb ^(a)	55	61	56	52	56	55	15
Pork ^(a)	81	67	66	84	75	72	23
Total carcase meat	253	241	220	250	241	237	50
Liver ^(a)	4	4	4	7	5	5	3
Offal, other liver	3	2	1	1	2	2	1
Bacon and ham, uncooked	76	73	63	77	72	72	37
Bacon and ham, cooked including canned	37	40	47	41	41	41	36
Cooked poultry, not canned	27	31	38	35	33	33	19
Corned meat	14	14	14	10	13	13	11
Other cooked meat, not canned	6	7	9	8	7	7	9
Other canned meats and meat products	34	35	34	26	32	32	12
Broiler chicken, and parts uncooked, Including frozen ^(a)	144	145	132	120	136	135	29
Other poultry, uncooked	85	76	66	114	85	84	14
Rabbit and other meats	1	...	2	1	1	1	...
Sausages, uncooked, pork	50	52	47	49	49	49	21
Sausages, uncooked, beef	14	10	19	15	14	14	6
Meat pies and sausage rolls, ready to eat ^(a)	16	20	22	24	21	21	13
Frozen convenience meats and meat products	75	81	73	80	77	77	24
Pate / delicatessen type sausage ^(a)	10	10	9	9	9	9	10
Other meat products	104	100	93	106	101	100	39
Total other meat and meat products	700	700	672	725	699	697	86
Total meat and meat products	953	941	892	975	940	934	88
FISH							
White, filleted, fresh	17	15	14	18	16	15	8
White, unfiletted, fresh	3	2	2	1	2	2	...
White, uncooked, frozen	19	21	17	16	18	18	8
Herring, filleted, fresh	...	1	1
Herring, unfiletted, fresh	...	1
Fat, fresh, other than herring	11	16	13	10	13	12	5
White, processed	7	7	4	4	6	5	3
Fat, processed, filleted	3	2	2	2	2	2	2
Fat, processed, unfiletted	2	2	2	2	2	2	2
Shellfish	6	6	7	8	7	7	4
Cooked fish	11	11	10	12	11	11	6
Canned salmon	6	8	9	7	8	8	6
Other canned/bottled fish	25	22	23	21	23	23	15
Fish products, not frozen ^(a)	12	11	11	10	11	11	9
Frozen convenience fish products	28	29	27	27	28	28	13
Total fish	151	153	141	139	146	144	54

Table B1 continued

grams per person per week, unless otherwise stated

	Consumption					Purchases	Percentage of all households purchasing each type of food during survey week	
	Jan/ March	April/ June	July/ Sept	Oct/ Dec	Yearly Average	Yearly Average		
EGGS	(no)	2.01	1.72	1.69	1.69	1.78	1.74	42
FATS								
Butter ^(a)		35	41	35	41	38	38	22
Margarine ^(a)		28	28	20	27	26	26	10
Lard and compound cooking fat		12	7	7	10	9	9	4
Vegetable and salad oils (ml)		63	38	47	45	48	48	9
Other fats ^(a)		80	80	81	86	82	82	33
Total fats		219	193	190	209	203	203	58
SUGAR AND PRESERVES								
Sugar		121	129	132	130	128	128	23
Jams, jellies and fruit curds		21	19	19	18	19	19	10
Marmalade		13	14	14	13	14	13	7
Syrup, treacle		4	2	2	4	3	3	1
Honey		6	5	5	6	5	5	3
Total sugar and preserves		165	170	172	170	169	169	35
VEGETABLES								
Fresh potatoes ^(a)		850	697	666	769	745	724	54
Fresh green vegetables								
Cabbage, fresh		62	56	54	64	59	55	16
Brussels sprouts, fresh		36	4	3	43	21	21	9
Cauliflower, fresh		79	96	82	80	84	82	27
Leafy salad, fresh		42	70	75	41	57	55	32
Peas, fresh		2	6	13	2	6	4	3
Beans, fresh		6	13	36	12	17	10	6
Other fresh green vegetables		6	9	4	6	6	6	3
Total fresh green vegetables		233	253	268	249	251	234	58
Other fresh vegetables								
Carrots, fresh		126	105	101	129	115	113	37
Turnip and swede fresh		41	25	19	39	31	30	10
Other root vegetables, fresh		33	13	15	27	22	20	10
Onions, shallots, leeks, fresh		111	86	96	95	97	90	34
Cucumber, fresh		25	43	44	26	35	34	22
Mushrooms, fresh		40	38	30	34	36	36	28
Tomatoes, fresh		78	109	116	84	97	90	42
Miscellaneous fresh vegetables		63	68	71	58	65	90	42
Total other fresh vegetables		517	488	491	493	497	475	73
Processed vegetables								
Tomatoes, canned/bottled		54	51	35	39	45	45	15
Canned peas		30	32	29	31	31	31	13
Canned beans ^(a)		121	130	122	116	122	122	32
Canned vegetables other than pulses, potatoes or tomatoes		26	31	29	28	28	28	13
Dried pulses, other than air dried		7	4	5	3	5	5	2
Air dried vegetables		1	1	...	1	1	1	1
Vegetable juices (ml)		5	7	7	9	7	7	4
Chips, excluding frozen		26	27	24	32	27	27	15
Instant potato		1	1	1	1	1	1	1
Canned potato		8	8	9	7	8	8	2
Potato products, not frozen ^(a)		48	54	55	59	54	54	39
Other vegetable products ^(a)		33	48	41	35	39	39	24
Frozen peas		36	41	38	37	38	38	10
Frozen beans		8	8	7	9	8	8	2
Frozen chips and other frozen convenience potato products		101	115	102	106	106	106	18
All frozen vegetables and vegetable products, nse		50	55	42	44	48	47	13
Total processed vegetables		556	611	546	557	568	567	77
Total vegetables, excluding potatoes and potato products		1121	1149	1114	1094	1120	1080	
Total all vegetables		2156	2049	1971	2068	2061	2000	92

Table B1 continued

Grams per person per week, unless otherwise stated

	Consumption					Purchases	Percentage of all households purchasing each type of food during survey week
	Jan/ March	April/ June	July/ Sept	Oct/ Dec	Yearly Average	Yearly Average	
FRUIT							
Fresh							
Oranges	82	73	46	46	62	62	13
Other citrus fruit	97	61	43	102	75	75	22
Apples	180	189	165	182	179	173	43
Pears	53	48	35	51	47	46	15
Stoned fruit	18	54	102	13	47	44	14
Grapes	39	29	39	40	37	37	15
Soft fruit, other than grapes	8	38	32	4	21	17	8
Bananas	188	217	189	186	195	195	50
Rhubarb	3	5	4	...	3	1	1
Other fresh fruit	33	47	73	31	46	46	12
Total fresh fruit	702	761	727	655	712	696	72
Other fruit and fruit products							
Canned peaches, pears and pineapple	21	21	21	21	21	21	9
Other canned/bottled fruit	24	22	23	23	23	23	9
Dried fruit/dried fruit products	16	14	12	29	18	18	7
Frozen fruit/fruit products	3	2	1	2	2	1	1
Nuts and nut products	13	11	12	22	15	15	11
Fruit juices (ml)	261	283	292	274	277	277	30
Total other fruit and fruit products	337	353	362	371	356	354	46
Total fruit	1039	1114	1089	1026	1068	1050	78
CEREALS							
White bread, standard loaves, unsliced							
	69	56	60	63	62	62	15
White bread, standard loaves, sliced							
	223	237	201	207	217	217	33
White bread premium loaves							
	125	131	137	152	136	136	22
White bread softgrain loaves							
	16	17	16	15	16	16	3
Brown bread							
	83	84	72	80	80	79	
Wholemeal bread							
	92	98	87	85	91	90	
Other bread ^(a)							
	133	159	153	135	145	145	50
Total bread	740	782	725	737	746	745	88
Flour							
	51	46	55	64	54	54	7
Buns, scones and teacakes							
	50	39	38	45	43	43	24
Crispbread							
	5	6	5	4	5	5	5
Cakes and pastries							
	87	86	90	110	93	92	41
Biscuits, other than chocolate biscuits ^(a)							
	80	77	81	89	82	82	40
Chocolate biscuits							
	52	50	45	57	51	51	29
Oatmeal and oatmeal products							
	22	11	11	21	16	16	5
Breakfast cereals ^(a)							
	134	139	142	124	135	135	39
Canned milk puddings							
	32	23	22	30	27	27	10
Other puddings							
	6	3	3	10	6	6	3
Rice							
	108	73	61	60	75	75	17
Cereal based invalid foods (including 'slimming' foods)							

Infant cereal foods							
	2	2	1	2	2	2	1
Frozen convenience cereal foods							
	50	42	48	52	48	48	19
Cereal convenience foods, including canned, nse							
	97	102	95	89	96	96	41
Other cereal foods							
	42	43	36	36	39	39	15
Total cereals	1558	1524	1457	1532	1518	1515	94
BEVERAGES							
Tea							
	37	37	34	39	36	36	26
Coffee, beans and ground							
	3	4	3	4	3	3	3
Coffee, instant							
	10	13	10	12	11	11	18
Coffee, essence (ml)							
	---	---	---	---	---	---	...
Cocoa and drinking chocolate							
	4	2	2	4	3	3	2
Branded food drinks							
	6	5	4	5	5	5	4
Total beverages	61	60	53	64	59	59	41

Table B1 continued

grams per person per week, unless otherwise stated

	Consumption					Purchases	Percentage of all households purchasing each type of food during survey week
	Jan/ March	April/ June	July/ Sept	Oct/ Dec	Yearly Average	Yearly Average	
MISCELLANEOUS							
Mineral water (ml)	119	128	152	100	125	125	9
Baby food, canned and bottled	7	6	6	6	6	6	2
Soups, canned	86	55	48	92	70	70	20
Soups, dehydrated and powdered	3	3	1	3	3	3	5
Spreads and dressings ^(a)	18	27	24	21	22	22	13
Pickles and sauces	94	93	80	103	92	92	34
Meat and yeast extracts	5	3	3	4	4	4	7
Table jellies, squares and crystals	3	3	3	3	3	3	3
Ice cream, mousse (ml)	44	56	68	43	53	53	8
Ice cream products and other frozen dairy foods ^(a) (ml)	36	55	73	42	52	52	13
Salt	13	9	8	8	10	10	3
Novel protein foods	4	6	6	5	5	5	2
SOFT DRINKS							
Soft drinks, concentrated (ml)	94	115	110	84	101	101	15
Soft drinks, ready to drink (ml)	432	485	541	476	483	430	34
Low calorie soft drinks, Concentrated (ml)	34	49	44	34	40	40	15
Low calorie soft drinks ready to Drink (ml)	253	272	264	277	266	266	19
Total soft drinks	813	920	959	871	891	887	52
ALCOHOLIC DRINKS							
Low alcohol beers, lagers and Ciders (ml)	4	1	4	5	4	4	...
Beers (ml)	74	46	90	102	78	78	6
Lagers and continental beers (ml)	80	149	166	117	128	128	8
Ciders and perry (ml)	20	31	22	28	25	25	2
Wine (ml)	101	126	123	132	120	119	16
LA wine, wine and spirit with Additions (ml)	7	5	6	11	7	7	2
Fortified wines (ml)	6	9	9	17	10	10	2
Spirits (ml)	14	13	15	19	15	15	4
Liqueurs (ml)	1	4	...	3	2	2	...
Alcopops (ml)	2	1	2	1	1	1	...
Total alcoholic drinks	309	385	436	436	391	390	8
CONFECTIONERY							
Solid chocolate	12	11	10	16	12	12	13
Chocolate coated/filled bars/sweets	27	23	26	40	29	29	21
Chewing gum	1	1	...	1	1	1	2
Mints and boiled sweets ^(a)	14	14	13	12	13	13	13
Fudge, toffee, caramels	2	2	2	2	2	2	2
Total confectionery	56	50	52	70	57	57	36

(a) these foods are given in greater detail in this table under 'Supplementary classifications'.

Table B1 continued

grams per person per week, unless otherwise stated

Supplementary classification ^(b)	Consumption					Purchases	Percentage of all households purchasing each type of food during survey week
	Jan/ March	April/ June	July/ Sept	Oct/ Dec	Yearly Average	Yearly Average	
MILK AND CREAM							
Liquid wholemilk, full price ^(a)							
UHT (ml)	16	15	18	11	15	14	1
Sterilised (ml)	22	30	22	33	27	27	2
Other (ml)	629	660	695	564	643	630	35
Total liquid wholemilk, full price	667	705	435	607	684	671	38
Low fat milks (ml)							
Fully skimmed (ml)	169	175	148	140	158	158	11
Semi and other skimmed (ml)	968	930	973	1042	978	973	57
Total skimmed milks	1137	1105	1121	1182	1136	1131	64
Other milks and dairy desserts							
Dairy desserts (ml)	22	21	26	22	23	23	13
Other milks (ml)	14	23	16	18	18	17	3
Total other milks	35	45	42	40	41	39	15
Yoghurt and fromage frais							
Yoghurt (ml)	107	115	113	109	111	111	35
Fromage frais (ml)	17	16	18	17	17	17	8
Total yoghurt and fromage frais	124	131	131	126	128	128	38
CHEESE							
Natural hard:							
Cheddar and Cheddar type	66	68	60	62	64	64	38
Other UK varieties or foreign equivalents	12	12	14	14	13	13	10
Edam and other continental	6	6	7	7	6	6	7
Cottage	7	6	6	5	6	6	5
Other natural soft	8	8	7	9	8	8	9
Total natural cheese	100	99	95	97	98	98	52
CARCASE MEAT							
Beef joints (including sides) on the bone	5	4	2	7	5	5	1
Joints, boned	20	19	18	18	19	19	4
Steak, less expensive varieties	27	19	16	21	21	21	8
Steak, more expensive varieties	24	24	21	27	24	24	10
Minced	40	43	37	36	39	39	16
Other beef and veal	1	4	3	4	3	3	1
Total beef and veal	117	112	98	114	110	110	32
Mutton	1	2	3	...	2	2	...
Lamb joints (including sides)	26	36	30	30	31	30	6
Chops (including cutlets and fillets)	14	14	16	14	15	15	7
All other	14	10	7	8	9	9	3
Total mutton and lamb	55	61	56	52	56	55	15
Pork joints (including sides)	26	19	22	34	25	25	4
Chops	27	26	23	26	26	26	11
Fillets and steaks	12	10	9	9	10	10	5
All other	16	12	12	15	14	14	5
Total pork	81	67	66	84	75	75	23
OTHER MEAT AND MEAT PRODUCTS							
Liver: Ox	1	1	1	1	...
Lambs	2	2	2	3	2	2	2
Pigs	1	2	1	3	2	2	1
Other	1
Total liver	4	4	4	7	5	5	3

Table B1 continued

grams per person per week, unless otherwise stated

Supplementary classification ^(b)	Consumption					Purchases	Percentage of all households purchasing each type of food during survey week
	Jan/ March	April/ June	July/ Sept	Oct/ Dec	Yearly Average	Yearly Average	
OTHER MEATS AND MEAT PRODUCTS							
Bacon and ham, uncooked:							
Joints (including sides and steaks cut from the joint)	20	23	23	32	24	24	10
Rashers, pre-packed	34	35	27	32	32	32	20
Rashers, not pre-packed	22	15	13	13	16	16	10
Total bacon and ham, uncooked	76	73	63	77	72	72	37
Cooked poultry, not purchased in cans	26	28	33	31	29	29	18
Takeaway cooked poultry	2	2	5	4	3	3	2
Total cooked poultry, not purchased in cans	27	31	38	35	33	33	19
Other Poultry, uncooked, including frozen:							
Chicken other than broilers	62	54	43	56	54	53	7
Turkey	20	18	20	50	27	27	8
All other	2	4	2	8	4	4	1
Total poultry, uncooked, including frozen	85	76	66	114	85	84	29
Meat pies and sausage rolls, ready to eat							
Meat pies	12	14	13	15	13	13	9
Sausage rolls, ready to eat	4	6	9	10	7	7	5
Total meat pies and sausage rolls, ready to eat	16	20	22	24	21	21	13
Frozen convenience meats or frozen convenience meat products:							
Burgers	13	17	17	17	16	16	7
Meat pies, pasties, puddings, Other frozen convenience meats	46	49	45	48	47	47	18
Total frozen convenience meats or frozen convenience meat products	75	81	73	80	77	77	24
Pate and delicatessen-type sausages							
Pate	3	3	3	3	3	3	4
Delicatessen-type sausages	6	7	6	6	6	6	6
Total pate and delicatessen-type sausages	10	10	9	9	9	9	10
Other meat products							
Meat pastes and spreads	1	1	1	2	1	1	3
Meat pies, pasties and puddings	27	25	26	31	27	27	13
Takeaway meat pies, pasties and puddings	1	2	1	1	1	1	1
Ready meals	23	25	23	26	24	24	11
Takeaway ready meals	33	26	22	26	27	27	11
Other meat products, not specified elsewhere	18	21	20	21	20	20	12
Total other meat products	104	100	93	106	101	100	39
FISH							
Fish products, not frozen:							
Fish products, not frozen	8	8	8	7	8	8	7
Takeaway fish products	4	3	3	3	3	3	2
Total fish products, not frozen	12	11	11	10	11	11	9

Table B1 continued

grams per person per week, unless otherwise stated

Supplementary classification ^(b)	Consumption					Purchases	Percentage of all households purchasing each type of food during survey week
	Jan/ March	April/ June	July/ Sept	Oct/ Dec	Yearly Average	Yearly Average	
FATS							
Butter; New Zealand	11	11	14	10	11	11	6
Danish	6	7	5	9	7	7	5
UK	9	12	7	13	10	10	6
Other	10	10	9	9	10	10	6
Total butter	35	41	35	41	38	38	22
Margarine: Soft	23	24	17	23	22	22	8
Other	5	4	3	4	4	4	2
Total margarine	28	28	20	27	26	26	10
Other fats:							
Reduced fat spreads	52	57	53	56	55	55	22
Low-fat spreads	23	18	23	23	22	22	10
Suet and dripping	2	1	1	1	1	1	1
Other fats	3	4	5	6	4	4	3
Total other fats	80	80	81	86	82	82	33
VEGETABLES							
Potatoes							
Previous years crop purchased							
Jan-Aug	752	451	148	-	341	337	na
Current years crop purchased							
Jan-Aug	99	246	281	-	158	149	na
Sept-Dec	-	-	236	769	247	238	na
Total potatoes	850	697	666	769	745	724	54
Beans, canned							
Baked beans in sauce	112	118	112	105	112	112	29
Other canned beans and pulses	9	12	9	11	11	11	5
Total beans canned	121	130	122	116	122	122	32
Potato products, not frozen							
Crisps and potato snacks	43	49	49	55	49	49	38
Other potato products, not frozen	5	5	6	4	5	5	4
Total potato products, not frozen	48	54	55	59	54	54	39
Other vegetable products:							
Other vegetable products	28	43	38	31	35	35	21
Other vegetables, takeaway	5	3	3	4	4	4	4
Total other vegetable products	33	48	41	35	39	39	24
CEREALS							
Other bread:							
Rolls (excluding starch reduced rolls)	59	80	73	66	69	69	28
Malt bread and fruit bread	6	6	9	5	7	7	4
Vienna bread and French bread	30	33	32	30	31	31	15
Starch reduced bread and rolls	7	4	7	4	6	6	2
Sandwiches	6	5	6	5	5	5	4
Other	25	30	25	24	26	26	14
Total other bread	133	159	153	135	145	145	50
Biscuits, other than chocolate							
Sweet biscuits other than chocolate	69	66	71	78	71	71	35
Unsweetened biscuits	10	12	11	11	11	11	10
Total biscuits other than chocolate	80	77	81	89	82	82	40

Table B1 continued

grams per person per week, unless otherwise stated

Supplementary classification ^(b)	Consumption					Purchases	Percentage of all households purchasing each type of food during survey week
	Jan/ March	April/ June	July/ Sept	Oct/ Dec	Yearly Average	Yearly Average	
CEREALS							
Breakfast cereals							
Muesli	15	13	18	14	15	15	4
Other high-fibre breakfast cereals	56	63	58	53	58	58	21
Sweetened breakfast cereals	28	29	28	29	28	28	12
Other breakfast cereals	36	34	38	28	34	34	14
Total breakfast cereals	134	139	142	124	135	135	39
Rice							
Dried rice	89	60	47	44	60	60	10
Cooked rice	19	13	14	15	15	15	8
Total rice	108	73	61	60	75	75	17
Frozen convenience cereal foods							
Cakes and pastries	15	11	13	16	14	14	6
Other	36	31	35	37	35	35	15
Total frozen cereal convenience foods, not specified elsewhere	50	42	48	52	48	48	19
Cereal convenience foods (including canned) not specified elsewhere:							
Canned pasta	35	37	32	27	33	33	11
Cakes, puddings and dessert mixes	8	6	5	10	7	7	7
Cereal snacks	11	11	12	12	11	11	12
Pizza	16	15	17	14	15	15	7
Takeaway pizza	3	7	4	4	5	5	2
Other cereal convenience foods	25	26	25	22	25	25	18
Total cereal convenience foods, including canned, nse	97	102	95	89	96	96	41
MISCELLANEOUS							
Spreads and dressings							
Salad dressings	15	24	22	17	20	20	12
Other spreads and dressings	2	3	2	4	3	3	2
Total spreads and dressings	18	27	24	21	22	22	13
Ice-cream products and other frozen dairy foods							
Ice-cream products (ml)	31	43	57	38	42	42	10
Other frozen dairy foods (ml)	5	12	16	4	9	9	4
Total ice-cream products and other frozen dairy foods	36	55	73	42	52	52	13
CONFECTIONERY							
Mints and boiled sweets:							
Hard pressed mints	2	1	1	2	2	2	3
Boiled sweets	12	13	12	11	12	12	11
Total mints and boiled sweets	14	14	13	12	13	13	13

(b) supplementary data for certain foods in greater detail than shown elsewhere in the table; the totals for each main food are repeated for ease of reference

Table B2Average prices paid^(a) for household foods, 1995 – 1997

	<i>pence per kg^(b)</i>		
	Average prices paid		
	1995	1996	1997
MILK AND CREAM			
Liquid wholemilk, full price	54.4	52.9	52.4
Low fat milks	52.0	51.5	50.7
Infant milks	92.9	82.2	93.1
Instant milks	40.1	52.6	50.0
Other milks	159.3	234.0	185.0
Yoghurt and fromage frais	199.8	203.9	210.1
Cream	286.2	284.3	276.9
CHEESE			
Natural	452.0	482.0	507.8
Processed	465.5	496.1	503.9
MEAT AND MEAT PRODUCTS			
Carcase meat			
Beef and veal	487.9	484.8	496.8
Mutton and lamb	414.9	441.0	473.3
Pork	350.3	418.3	397.9
Other meat and meat products			
Liver	239.8	232.5	255.0
Offals, other than liver	264.6	317.1	291.1
Bacon and ham, uncooked	427.0	493.1	500.7
Bacon and ham, cooked, including canned	587.9	612.4	635.4
Cooked poultry, not purchased in cans	524.1	541.1	521.0
Corned meat	302.1	309.1	291.2
Other cooked meat not purchased in cans	628.0	609.9	685.2
Other canned meat/canned meat products	191.6	195.0	177.1
Broiler chicken, uncooked, including frozen	267.2	313.4	336.9
Other poultry, uncooked, including frozen	216.8	273.6	275.1
Rabbit and other meats	275.7	472.1	440.0
Sausages, uncooked, pork	257.3	270.7	279.1
Sausages, uncooked, beef	203.0	233.9	228.1
Meat pies and sausage rolls, ready to eat	327.9	358.2	351.4
Other frozen convenience meats and meat products	354.5	369.4	381.7
Pate and delicatessen type sausages	518.8	519.4	545.9
Other meat products	589.8	564.5	602.0
FISH			
White, filleted, fresh	557.4	540.0	547.3
White, unfilleted, fresh	416.8	345.7	436.4
White, uncooked, frozen	462.4	466.9	493.0
Herring, filleted, fresh	184.8	346.6	327.4
Herring, unfilleted, fresh	296.6	271.8	272.0
Fat, fresh, other than herring	583.0	573.5	617.2
White, processed	548.9	496.3	555.0
Fat, processed, filleted	603.4	481.4	460.1
Fat, processed, unfilleted	428.3	879.6	986.1
Shellfish	960.4	842.9	831.3
Cooked fish	780.3	751.7	757.0
Canned salmon	494.7	447.8	438.6
Other canned/bottled fish	279.3	278.7	284.2
Fish products, not frozen	725.7	689.5	732.3
Frozen convenience fish products	362.2	363.1	402.3
EGGS			
	9.6	10.1	10.1
FATS			
Butter	288.0	304.8	308.4
Margarine	109.7	107.8	109.6
Low fat and dairy spreads	83.8	182.6	187.2
Vegetable and salad oils	113.1	123.9	133.7
Other fats	190.7	214.3	162.6

Table B2 continued

	<i>pence per kg</i> ^(b)		
	Average prices paid		
	1995	1996	1997
SUGAR AND PRESERVES			
Sugar	70.4	77.2	74.9
Jams, jellies and fruit curd	188.4	201.1	205.5
Marmalade	172.7	188.6	188.0
Syrup, treacle	163.6	161.2	180.3
Honey	283.7	304.2	321.5
VEGETABLES			
Potatoes	49.0	40.3	35.4
Fresh vegetables			
Cabbages	72.0	73.8	70.4
Brussels sprouts	99.6	94.2	93.7
Cauliflowers	112.7	105.0	102.5
Leafy salad	171.1	182.8	204.3
Peas	308.4	341.8	292.5
Beans	266.7	249.7	285.2
Other green vegetables	256.9	193.6	198.3
Carrots	54.2	57.1	52.1
Turnips and swedes	56.4	67.6	59.0
Other root vegetables	140.2	119.8	125.9
Onions, shallots, leeks	98.7	86.1	94.1
Cucumbers	139.4	130.3	125.3
Mushrooms	278.1	277.7	270.1
Tomatoes	130.8	141.5	134.0
Miscellaneous fresh vegetables	211.5	203.5	226.5
Processed vegetables			
Tomatoes, canned/bottled	53.7	52.7	51.4
Canned peas	75.3	81.4	83.3
Canned beans	61.7	63.5	63.6
Canned vegetables, other than pulses	128.2	126.6	123.0
Dried pulses, other than air dried	124.9	136.7	129.5
Air-dried vegetables	336.6	396.7	434.7
Vegetable juices	154.0	176.4	183.6
Chips, excluding frozen	346.2	382.0	360.5
Instant potato	312.7	338.3	349.3
Canned potatoes	82.5	84.1	77.0
Potato products, not frozen	507.9	512.9	519.3
Other vegetable products	388.6	381.5	401.6
Frozen peas	120.4	137.7	133.0
Frozen beans	130.5	163.9	156.0
Frozen chips and other convenience potato products	125.4	117.4	103.0
All frozen vegetables/vegetable products, not specified elsewhere	169.8	180.3	192.6
FRUIT			
Fresh			
Oranges	94.4	98.5	96.7
Other citrus fruit	114.0	125.1	120.1
Apples	103.4	111.3	112.3
Pears	106.3	106.9	102.1
Stone fruit	194.2	161.7	190.1
Grapes	236.8	221.0	247.7
Soft fruit, other than grapes	309.9	311.0	306.4
Bananas	87.2	91.7	100.1
Rhubarb	109.4	131.7	124.9
Other fresh fruit	105.3	111.8	119.5
Other fruit and fruit products			
Canned peaches, pears and pineapple	97.4	106.3	103.5
Other canned or bottled fruit	141.2	155.5	155.1
Dried fruit and dried fruit products	235.3	248.0	256.7
Frozen fruits and frozen fruit products	395.8	240.4	350.9
Nuts and nut products	385.1	390.8	416.5
Fruit juices	73.9	77.5	78.2

Table B2 continued

	<i>pence per kg^(b)</i>		
	Average prices paid		
	1995	1996	1997
CEREALS			
White bread, standard loaves, unsliced	98.0	86.2	87.4
White bread, standard loaves, sliced	52.7	57.2	55.1
White bread, sliced, premium	72.1	73.3	73.2
White bread, sliced, soft-grain	69.3	70.6	70.3
Brown bread	89.1	89.0	86.0
Wholemeal bread	81.8	81.5	80.6
Other bread	193.7	195.3	198.0
Flour	40.6	38.8	39.9
Buns, scones and teacakes	208.2	209.3	214.4
Cakes and pastries	324.5	332.1	334.6
Crisp-bread	283.2	277.4	298.1
Biscuits, other than chocolate	203.1	217.9	233.7
Chocolate biscuits	345.2	340.0	338.9
Oatmeal and oat products	109.0	125.7	113.5
Breakfast cereals	252.5	258.9	264.0
Canned milk puddings	104.2	119.0	116.3
Other puddings	380.2	387.3	408.3
Rice	212.1	171.7	196.6
Cereal based invalid foods (including 'slimming' foods)	1474.6	942.4	n/a
Infant cereal foods	911.5	619.1	983.1
Frozen convenience cereal foods	340.1	347.0	364.0
Cereal convenience foods, including canned, not specified elsewhere	361.3	328.0	355.4
Other cereal foods	127.3	147.8	161.0
BEVERAGES			
Tea	462.5	471.7	489.9
Coffee, beans and ground	819.3	855.8	960.5
Coffee, instant	1697.5	1577.9	1674.7
Coffee, essences	496.4	452.8	556.5
Cocoa and drinking chocolate	344.2	388.6	437.1
Branded food drinks	516.4	509.8	531.6
MISCELLANEOUS			
Mineral water	41.9	42.7	41.5
Baby foods, canned/bottled	303.4	326.9	329.4
Soups, canned	112.3	119.3	128.8
Soups, dehydrated and powdered	741.2	671.4	763.4
Spreads and dressings	244.8	254.9	269.7
Pickles and sauces	218.4	230.9	240.1
Meat and yeast extracts	850.2	792.6	869.1
Table jellies, squares and crystals	274.2	259.4	264.5
Ice-cream, mousse	108.6	104.2	97.9
Ice-cream products and other frozen dairy foods	252.9	217.8	202.5
Salt	57.7	61.0	63.9
Novel protein foods	519.4	473.9	631.7
SOFT DRINKS			
Soft drinks, concentrated	87.0	93.3	93.8
Soft drinks, ready to drink	48.8	52.2	52.5
Low-calorie soft drinks, concentrated	78.0	78.7	89.8
Low-calorie soft drinks, ready to drink	48.1	50.6	51.4
ALCOHOLIC DRINKS			
Low alcohol beers, lagers and ciders	81.7	118.1	158.5
Beers	164.0	169.4	177.9
Lagers and continental beers	149.8	155.1	155.0
Ciders and perry	135.2	137.5	131.9
Wine	400.6	410.7	430.4
Low alcohol wine, wines and spirits with additions	343.2	268.1	289.5
Fortified wines	512.9	520.5	600.1
Spirits	1372.2	1330.9	1356.3
Liqueurs	1427.2	1030.9	1094.2
Alcopops	n/a	n/a	275.1

Table B2 continued

	<i>pence per kg^(b)</i>		
	Average prices paid		
	1995	1996	1997
CONFECTIONERY			
Solid chocolate	537.2	570.5	573.6
Chocolate coated/filled bars and sweets	530.0	527.2	563.1
Chewing gum	970.4	779.3	1001.7
Mints and boiled sweets	433.6	421.4	441.8
Fudge, toffee and caramels	441.4	433.2	454.5

(a) it should be noted that since the results for household consumption presented in this Report include both purchases and 'free' food, average prices paid cannot in general be derived by dividing the expenditure on a particular food by average consumption.

(b) pence per kg, except for the following; per litre of milk, yoghurt, cream, vegetable and salad oils, vegetable juices, coffee essence, ice-cream, ice-cream products and other frozen dairy food, soft drinks, alcoholic drinks; per equivalent litre of condensed, dried and instant milk; per egg.

Table B3
Meals eaten outside the home, 1997

		<i>per person per week</i>			
		Meals not from the household supply		Net balance ^(a)	
		Mid-day meals	All meals out ^(b)	Persons	Visitors
All households (GB)		1.80	3.07	0.85	0.05
Analysis by GOR					
North East		1.93	3.00	0.86	0.06
Merseyside and North West		1.91	3.06	0.86	0.04
Yorkshire and Humberside		1.91	3.01	0.86	0.05
East Midlands		1.72	2.88	0.86	0.04
West Midlands		1.68	2.82	0.86	0.04
Eastern		1.81	3.15	0.85	0.05
Greater London		2.17	3.59	0.83	0.05
South East		1.76	3.01	0.86	0.05
South West		1.63	2.90	0.86	0.05
England		1.84	3.06	0.86	0.05
Scotland		1.91	3.29	0.84	0.05
Wales		1.77	2.86	0.86	0.05
Northern Ireland		1.97	3.05	0.86	0.04
Analysis by income group of HOH					
A1		2.70	4.47	0.78	0.07
A2		2.41	4.03	0.81	0.04
B		2.16	3.69	0.83	0.04
C		1.87	3.10	0.85	0.05
D		1.56	2.60	0.88	0.04
E1		1.29	2.04	0.90	0.06
E2		1.36	2.14	0.90	0.05
OAPs (all)		0.84	1.46	0.93	0.05
Analysis by household composition					
Number of adults	Number of children				
1	0	1.68	3.00	0.85	0.09
1	1 or more	2.50	3.97	0.81	0.06
2	0	1.48	2.61	0.87	0.05
2	1	2.11	3.57	0.83	0.04
2	2	1.95	3.12	0.85	0.03
2	3	1.91	2.85	0.87	0.03
2	4 or more	1.79	2.35	0.89	0.04
3	0	1.77	3.11	0.85	0.05
3 or more	1 or 2	2.12	3.39	0.84	0.03
3 or more	3 or more	2.01	3.03	0.86	0.02
4 or more	0	1.99	3.82	0.82	0.04
Analysis by age of main diary-keeper					
Under 25		2.37	4.24	0.79	0.06
25 – 34		2.18	3.66	0.83	0.04
35 – 44		2.13	3.44	0.84	0.04
45 – 54		1.92	3.19	0.85	0.06
55 – 64		1.21	2.11	0.90	0.07
65 – 74		0.92	1.66	0.92	0.05
75 and over		0.94	1.48	0.93	0.03
Analysis by house tenure					
Unfurnished; council		1.62	2.44	0.89	0.05
Other rented		1.87	3.15	0.85	0.05
Furnished; rented		2.37	4.40	0.78	0.05
Rent free		2.00	3.60	0.83	0.06
Owned outright		1.30	2.26	0.89	0.05
Owned with mortgage		2.10	3.54	0.83	0.05
Shared ownership		1.52	2.84	0.86	0.05
Analysis by ownership of deep freezer/microwave					
Microwave only		2.06	3.54	0.83	0.04
Freezer only		1.59	2.63	0.88	0.04
Household with a deep freezer and microwave		1.88	3.15	0.85	0.05
Households owning neither		1.73	2.88	0.87	0.05

(a) see Glossary

(b) based on a pattern of three meals per day

Table B4

Average number of mid-day meals per week, by source, per child aged 5 – 14 years, 1997

		<i>per person per week</i>			
		Meals not from the household supply		Meals from the household supply	
		School meals	other meals out	Packed meals	Other
All households (GB)		1.72	0.35	1.88	3.05
Analysis by region					
North		1.94	0.64	1.22	3.20
Yorkshire and Humberside		2.35	0.41	1.66	2.58
North West		2.14	0.24	1.67	2.95
East Midlands		1.55	0.38	2.11	2.96
West Midlands		1.91	0.24	1.81	3.04
South West		1.48	0.21	2.40	2.91
South East/East Anglia		1.45	0.33	2.12	3.10
England		1.73	0.32	1.94	3.01
Scotland		1.44	0.46	1.31	3.79
Wales		1.96	0.65	1.82	2.57
Northern Ireland		2.28	0.26	1.27	3.19
Analysis by income group of HOH					
A1		1.78	0.18	1.59	3.45
A2		1.28	0.44	2.44	2.84
B		2.12	0.39	2.12	2.37
C		1.53	0.41	2.12	2.94
D		1.82	0.45	1.63	3.10
E1		3.23	0.12	0.33	3.32
E2		2.58	0.15	1.09	3.18
OAPs (all) ^(a)					
Analysis by household composition					
Number of adults	Number of children				
1	1 or more	2.29	0.35	1.33	3.03
2	1	1.55	0.45	1.99	3.01
2	2	1.35	0.40	2.36	2.89
2	3	1.80	0.25	1.85	3.10
2	4 or more	1.84	0.27	1.74	3.15
3 or more	1 or 2	1.78	0.46	1.41	3.35
3 or more	3 or more	2.28	0.25	0.68	3.79
Analysis by age of main diary-keeper					
Under 25		2.23	0.23	1.13	3.41
25 – 34		1.67	0.39	1.96	2.98
35 – 44		1.75	0.34	1.83	3.08
45 – 54		1.50	0.31	2.09	3.10
55 – 64		2.69	0.42	1.08	2.81
65 – 74 ^(a)		n/a	n/a	n/a	n/a
75 and over ^(a)		n/a	n/a	n/a	n/a
Analysis by house tenure					
Unfurnished; council		2.21	0.30	1.39	3.10
Other rented		1.57	0.23	1.75	3.45
Furnished; rented		1.94	0.50	1.72	2.84
Rent free		2.38	0.85	1.77	2.00
Owned outright		1.70	0.44	1.62	3.24
Owned with mortgage		1.51	0.37	2.12	3.00
Shared ownership		0.80	0.60	3.00	2.60
Analysis by ownership of deep freezer					
Household with a deep freezer		1.70	0.36	1.89	3.05
Households not owning a deep freezer		2.50	0.15	1.30	3.05

(a) estimates are not shown as these household groups contain samples of fewer than 20 children aged 5 to 14 years.

Table B5

Household food consumption of main food groups by income group, 1997

grams per person per week, except where otherwise stated

		Income group								
		Gross weekly income of head of household								
		Households with one or more earners					Households without an earner		OAP	
		£855 and over	£610 and under £855	£610 and over	£310 and under £610	£150 and under £310	Under £150	£150 and over	Under £150	
		A1	A2	All A	B	C	D	E1	E2	
MILK AND CREAM										
Liquid wholemilk, full price	ml	525	410	459	520	692	915	788	979	982
Welfare and school milk	ml	20	18	19	13	23	38	14	116	-
Low fat milks	ml	901	1099	1016	1172	1102	1098	1331	1019	1247
Yoghurt and Fromage frais	ml	180	155	165	135	124	96	161	93	101
Other milks and dairy desserts	ml	146	138	131	95	102	88	108	93	134
Cream	ml	34	18	25	15	13	10	31	10	17
Total milk and cream		1806	1821	1814	1950	2058	2245	2433	2310	2481
CHEESE										
Natural		98	97	97	102	95	80	119	86	97
Processed		7	11	9	11	12	11	10	10	10
Total cheese		105	108	107	113	107	91	129	96	107
MEAT										
Beef and veal		105	108	106	106	110	139	115	96	131
Mutton and lamb		75	35	52	42	49	58	94	76	83
Pork		69	82	76	69	69	91	100	70	86
Total carcase meat		249	225	235	217	227	288	310	242	304
Bacon and ham, uncooked		59	61	60	62	65	82	105	80	117
Poultry, uncooked		259	199	223	221	208	222	259	228	207
Other meats and meat products		340	332	337	400	420	431	417	421	407
Total meat and meat products		907	817	855	900	920	1023	1091	971	1035
FISH										
Fresh		45	30	37	24	27	23	67	31	48
Processed and shell		21	23	21	14	13	18	31	15	22
Prepared, including fish products		55	60	57	50	47	55	73	41	65
Frozen, including fish products		36	26	30	40	45	58	60	52	63
Total fish and fish products		156	140	147	129	132	153	231	138	198
EGGS										
Eggs purchased	no	1.26	1.48	1.38	1.45	1.67	1.91	2.46	2.37	2.47
Eggs purchased	no	1.19	1.38	1.30	1.41	1.64	1.91	2.46	2.36	2.44
FATS										
Butter		41	35	37	31	36	30	63	38	65
Margarine		5	20	14	19	25	23	40	36	49
Low fat and dairy spreads		62	50	55	73	72	78	93	83	101
Vegetable and salad oils	ml	57	28	40	37	46	57	72	68	57
Other fats		10	6	8	9	12	14	32	20	30
Total fats		174	139	154	169	191	201	302	244	301
SUGAR AND PRESERVES										
Sugar		59	60	60	84	128	150	183	207	231
Honey, preserves, syrup and treacle		64	29	43	37	30	42	64	45	74
Total sugar and preserves		123	89	103	121	158	192	247	252	305
VEGETABLES										
Fresh potatoes		595	595	595	622	757	892	837	963	926
Fresh green		263	246	253	228	223	216	399	223	372
Other fresh		633	571	597	489	455	414	697	413	543
Frozen, including vegetable products		141	154	149	190	213	232	220	215	186
Other processed, including vegetable products		341	318	327	379	389	349	337	400	276
Total vegetables		1973	1884	1921	1908	2037	2103	2490	2214	2303

Table B5 continued

grams per person per week, except where otherwise stated

		Income group								
		Gross weekly income of head of household						Households without an earner		OAP
		Households with one or more earners						£150 and over	Under £150	
		£855 and over	£610 and under £855	£610 and over	£310 and under £610	£150 and under £310	Under £150	£150 and over	Under £150	
		A1	A2	All A	B	C	D	E1	E2	
FRUIT										
Fresh		936	882	905	703	599	537	1104	572	872
Other, including fruit products		72	70	71	65	61	66	145	81	155
Fruit juices	ml	515	449	477	310	244	198	286	176	208
Total fruit		1523	1401	1453	1078	904	801	1535	829	1235
CEREALS										
White bread, standard loaves		119	227	182	245	290	336	269	394	316
Softgrain and premium loaves		124	121	123	148	171	173	136	144	142
Brown bread		69	76	73	68	77	95	107	67	134
Wholegrain bread		89	85	87	83	79	63	123	108	139
Other breads		163	177	171	156	147	104	153	102	136
Total bread		565	686	635	700	765	772	787	815	867
Flour		36	21	27	33	51	76	105	66	103
Cakes		152	118	133	127	131	130	182	119	183
Biscuits		123	113	117	132	135	132	181	133	169
Oatmeal and oat products		17	10	13	8	15	16	33	21	31
Breakfast cereals		138	147	143	138	120	123	176	127	142
Other cereals		363	270	310	307	308	345	271	251	184
Total cereals		1394	1365	1378	1445	1525	1594	1735	1532	1679
BEVERAGES										
Tea		22	19	20	29	33	39	55	49	67
Coffee		17	15	16	14	13	9	25	14	17
Cocoa and drinking chocolate		1	5	3	3	2	...	5	4	5
Branded food drinks		6	1	3	5	4	6	10	5	11
Total beverages		47	39	43	50	52	54	95	72	99
MISCELLANEOUS										
Soups, canned, dehydrated and powdered		81	59	68	72	62	50	101	81	103
Mineral water	ml	426	211	302	136	92	43	144	90	73
Ice-cream and other frozen dairy food		92	92	92	102	99	109	136	91	117
Other foods		162	130	143	152	142	120	127	120	107
Total miscellaneous		761	492	605	462	395	322	504	382	400
SOFT DRINKS										
Concentrated	ml	74	86	81	109	110	80	72	120	70
Ready to drink	ml	540	386	451	471	564	511	424	494	248
Low calorie, volume as purchased	ml	284	303	295	388	298	304	250	236	133
Total soft drinks	ml	898	775	827	969	972	896	745	850	451
ALCOHOLIC DRINKS										
Lager and beer	ml	252	203	210	256	199	138	251	155	55
Wine	ml	284	237	257	156	87	38	167	45	33
Others	ml	35	44	53	62	71	58	132	38	36
Total alcoholic drinks	ml	571	484	521	474	355	235	549	238	124
CONFECTIONERY										
Chocolate confectionery		50	38	43	46	41	33	40	31	34
Mints and boiled sweets		8	14	11	13	13	10	15	13	19
Other		2	1	2	2	2	3	5	3	7
Total confectionery		60	53	56	61	58	45	59	47	59

Table B6

Household expenditure on main food groups by income group, 1997

pence per person per week

	Income group								
	Gross weekly income of head of household								
	Households with one or more earners						Households without an earner		OAP
£855 and over	£610 and under £855	£610 and over	£310 and under £610	£150 and under £310	Under £150	£150 and over	Under £150		
A1	A2	All A	B	C	D	E1	E2		
MILK AND CREAM									
Liquid wholemilk, full price	29.9	22.0	25.3	26.4	35.2	41.3	42.5	49.4	54.8
Welfare and school milk	0.7	0.7	0.7	0.5	0.5	0.4	...	0.6	-
Low fat milks	49.4	59.3	55.1	59.8	54.1	51.4	69.0	49.4	66.4
Yoghurt and fromage frais	42.9	34.0	37.7	29.5	25.0	19.0	32.8	18.0	19.9
Other milks and dairy desserts	23.7	22.2	22.8	14.7	13.4	10.7	14.5	8.4	13.6
Cream	9.8	5.2	7.2	3.9	3.6	2.7	8.8	3.0	4.9
Total milk and cream	156.4	143.4	148.9	134.9	131.7	125.5	167.8	128.7	159.6
CHEESE									
Natural	59.6	57.4	58.3	52.1	45.9	37.0	66.7	39.2	47.0
Processed	3.2	6.2	5.0	5.7	5.9	4.9	5.2	4.4	5.1
Total cheese	62.9	63.6	63.3	57.8	51.8	41.9	71.9	43.6	52.1
MEAT									
Beef and veal	73.5	63.3	67.6	53.3	51.2	55.4	66.0	42.2	63.0
Mutton and lamb	53.5	17.1	32.4	19.6	21.4	21.8	42.8	32.2	44.6
Pork	31.3	35.2	33.6	26.5	26.0	31.6	39.2	26.6	33.2
Total carcass meat	158.3	115.5	133.6	99.4	98.7	108.8	148.0	101.0	140.7
Bacon and ham, uncooked	37.5	33.0	34.9	33.0	32.9	37.2	51.1	32.6	55.7
Poultry, uncooked	104.6	81.7	91.4	74.2	60.2	58.7	84.7	55.7	56.6
Other meats and meat products	212.3	216.1	195.3	191.7	176.3	168.4	180.8	152.6	157.2
Total meat and meat products	512.7	413.3	455.2	398.3	368.2	373.1	464.7	342.0	410.3
FISH									
Fresh	28.3	21.7	24.5	12.8	12.3	11.7	36.7	15.4	27.6
Processed and shell	22.4	20.6	21.3	10.9	8.4	10.3	24.0	7.7	12.5
Prepared, including fish products	30.8	35.2	33.4	25.5	22.2	24.2	39.2	18.1	32.7
Frozen, including fish products	19.7	13.6	16.2	18.7	18.0	23.8	28.5	18.8	28.4
Total fish and fish products	101.2	91.1	95.4	67.9	60.9	70.0	128.4	60.1	101.3
EGGS									
Eggs purchased	15.2	16.4	15.9	14.7	16.1	17.3	26.3	22.1	24.1
FATS									
Butter	14.0	11.2	12.4	9.7	10.9	8.7	19.4	11.3	19.6
Margarine	0.7	2.3	1.6	2.1	2.7	2.5	4.5	3.7	5.6
Low fat and dairy spreads	12.8	9.7	11.0	14.1	13.2	14.1	17.4	15.3	18.9
Vegetable and salad oils	12.5	8.9	10.4	5.6	5.5	5.5	11.0	6.4	4.9
Other fats	2.2	1.8	1.9	1.7	1.9	2.4	4.4	2.7	4.7
Total fats	42.1	33.8	37.4	33.1	34.1	33.1	56.8	39.4	53.7
SUGAR AND PRESERVES									
Sugar	5.0	5.0	5.0	6.7	9.5	10.8	14.3	13.9	16.6
Honey, preserves, syrup and treacle	16.1	7.4	11.0	7.6	6.2	8.0	14.4	8.6	14.7
Total sugar and preserves	21.1	12.4	16.0	14.3	15.7	18.8	28.7	22.5	31.3
VEGETABLES									
Fresh potatoes	30.5	26.5	28.2	23.5	24.1	25.0	31.6	26.5	30.3
Fresh green vegetables	54.4	45.1	49.0	30.2	24.7	21.7	48.1	23.0	35.6
Other fresh vegetables	94.3	86.1	89.6	61.8	49.9	41.9	80.8	43.2	51.0
Frozen, including vegetable products	22.5	23.6	23.1	25.8	26.9	27.0	31.8	25.2	24.4
Other processed, including vegetable products	87.3	82.8	84.7	83.8	73.9	61.6	60.2	60.8	40.6
Total vegetables	289.0	264.1	274.6	225.1	199.5	177.2	252.5	178.7	181.9

Table B6 continued

pence per person per week

	Income group								
	Gross weekly income of head of household								
	Households with one or more earners						Households without an earner		OAP
£855 and over	£610 and under £855	£610 and over	£310 and under £610	£150 and under £310	Under £150	£150 and over	Under £150		
A1	A2	All A	B	C	D	E1	E2		
FRUIT									
Fresh	141.2	120.4	129.2	88.1	70.6	60.4	130.7	66.5	97.0
Other, including fruit products	25.0	20.1	22.2	15.6	13.0	12.0	31.5	13.6	23.9
Fruit juices	53.7	41.3	46.5	22.8	17.3	14.6	26.3	12.6	15.8
Total fruit	219.9	181.8	197.9	126.5	100.9	86.9	188.5	92.7	136.7
CEREALS									
White bread, standard loaves	9.7	15.7	13.2	14.7	17.0	19.8	19.7	23.4	23.9
Softgrain and premium loaves	9.5	8.7	9.0	10.7	12.0	12.9	10.1	10.8	11.3
Brown bread	7.1	6.7	6.9	6.0	6.2	6.6	9.8	5.7	12.4
Wholegrain bread	9.4	6.9	8.0	6.4	6.0	4.5	10.9	8.3	12.2
Other breads	40.9	36.8	38.6	31.1	27.6	19.2	32.4	20.1	24.0
Total bread	76.7	74.8	75.6	68.9	68.8	63.1	82.9	68.3	83.8
Flour	1.3	1.0	1.1	1.3	2.0	2.7	4.5	2.8	4.1
Cakes	50.4	37.5	43.0	38.4	37.1	34.9	58.1	32.2	53.1
Biscuits	39.4	36.7	37.8	37.9	36.2	34.2	51.2	31.3	41.8
Oatmeal and oat products	2.5	1.8	2.1	0.9	1.7	1.9	3.6	2.1	3.4
Breakfast cereals	39.1	39.7	39.4	37.4	32.2	32.0	43.7	31.3	35.9
Other cereals	123.9	98.8	109.4	93.6	77.5	73.0	66.6	54.9	39.1
Total cereals	333.3	290.3	308.4	278.4	255.5	241.8	310.6	222.9	261.2
BEVERAGES									
Tea	14.9	10.3	12.3	14.2	15.6	18.2	30.1	21.9	31.5
Coffee	23.8	22.2	22.9	21.7	19.4	15.3	40.0	20.1	24.6
Cocoa and drinking chocolate	0.5	1.9	1.3	1.3	0.9	0.3	2.2	1.6	1.8
Branded food drinks	3.4	0.8	1.9	2.6	1.9	2.9	4.9	2.5	5.1
Total beverages	42.6	35.2	38.3	39.8	37.9	36.7	77.2	46.1	63.0
MISCELLANEOUS									
Soups, canned, dehydrated and powdered	14.7	10.8	12.5	11.2	8.8	6.3	17.1	9.6	16.0
Mineral water	19.4	9.9	13.9	5.6	3.8	1.4	5.5	3.0	3.2
Ice-cream and other frozen dairy foods	23.3	14.9	18.5	16.2	14.7	12.8	18.7	14.4	13.7
Other foods	65.7	51.3	57.4	55.0	46.6	39.9	56.5	38.1	50.5
Total miscellaneous	123.2	87.0	102.2	88.0	73.8	60.5	92.4	62.1	56.7
Total Food	£19.20	£16.33	£17.54	£14.79	£13.46	£12.83	£18.66	£12.61	£15.44
SOFT DRINKS									
Concentrated	9.0	9.7	9.4	10.5	9.9	6.3	7.6	9.7	6.6
Ready to drink	32.6	26.0	28.7	25.9	28.1	22.3	23.8	22.6	11.9
Low calorie, volume as purchased	21.8	20.9	21.3	22.6	15.9	17.6	11.5	11.2	7.7
Total soft drinks	63.4	56.6	59.5	59.0	53.9	46.2	42.9	43.6	26.2
ALCOHOLIC DRINKS									
Lager and beer	39.7	45.2	42.9	42.0	30.4	21.0	43.6	23.2	9.3
Wine	156.3	121.2	136.0	64.2	33.7	15.7	72.1	15.7	9.6
Others	31.9	42.4	37.9	34.8	26.1	23.5	93.9	24.4	26.1
Total alcoholic drinks	227.9	208.8	216.8	140.9	90.2	60.2	208.6	63.4	45.0
CONFECTIONERY									
Chocolate confectionery	34.6	22.2	27.5	26.5	22.8	16.6	24.3	15.9	17.2
Mints and boiled sweets	3.6	6.5	5.3	5.8	5.8	4.9	6.8	5.8	8.0
Other	1.4	0.7	1.0	1.5	1.3	1.2	1.6	1.6	2.9
Total confectionery	39.7	29.4	33.8	33.8	30.0	22.7	32.6	23.3	28.1
Total food and drink	£22.50	£19.27	£20.64	£17.13	£15.20	£14.12	£21.50	£13.91	£16.43

Table B7

Household food expenditure on main food groups by household composition, 1997

pence per person per week

Number of adults	Households with											
	1		2					3	3 or more		4 or more	All households
Number of children	0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0	
MILK AND CREAM												
Liquid wholemilk, full price	51.1	35.5	31.2	34.0	36.3	38.3	49.1	28.6	29.5	25.3	27.3	35.1
Welfare and school milk	-	1.2	-	0.4	1.2	1.0	0.8	-	0.3	0.6	-	0.4
Low fat milks	64.7	45.4	69.9	53.2	46.2	38.9	34.9	66.5	58.9	42.0	64.9	57.4
Yoghurt and fromage frais	28.7	20.1	28.8	32.9	28.9	25.6	12.0	25.5	22.8	25.6	20.6	26.8
Other milks and dairy desserts	15.6	10.6	12.0	21.0	17.7	15.6	8.4	13.2	10.6	13.6	8.0	9.5
Cream	5.8	1.1	7.0	3.5	3.5	2.2	1.6	5.1	3.0	0.3	3.4	4.4
Total milk and cream	165.9	113.9	149.0	145.1	133.7	121.7	106.9	138.8	125.1	107.4	124.2	138.3
CHEESE												
Natural	65.7	30.6	63.9	45.0	42.2	32.7	23.7	53.7	42.8	26.3	46.9	49.6
Processed	5.6	3.7	5.8	6.1	5.6	4.7	3.8	6.0	4.6	5.4	6.0	5.4
Total cheese	71.3	34.3	69.9	51.1	47.7	37.4	27.5	59.7	47.5	31.7	52.9	55.0
MEAT												
Beef and veal	51.1	32.4	71.5	49.7	39.0	42.4	27.5	83.7	54.5	10.5	62.8	54.6
Mutton and lamb	30.3	13.4	36.3	17.0	16.9	13.8	47.6	26.7	29.6	53.2	14.6	26.2
Pork	27.8	19.8	37.9	27.6	21.6	19.2	12.0	39.6	28.3	7.0	33.4	28.7
Total carcass meat	109.2	65.6	145.7	94.3	77.5	75.5	87.7	150.0	112.5	70.6	110.8	109.5
Bacon and ham, uncooked	45.9	21.4	48.2	29.8	23.6	24.2	19.0	49.3	36.3	8.8	40.6	36.2
Poultry, uncooked	66.9	47.0	84.8	67.2	59.5	50.1	54.5	80.1	65.9	50.5	75.0	68.7
Other meats and meat products	202.0	140.3	208.5	221.5	159.1	130.6	104.7	242.1	183.7	107.8	175.5	179.3
Total meat and meat products	423.9	274.3	487.2	382.9	319.7	280.3	265.3	472.2	398.4	229.0	401.9	393.7
FISH												
Fresh	23.1	3.4	30.1	11.1	8.4	9.0	8.4	20.2	9.5	7.1	10.9	16.8
Processed and shell	15.4	4.6	19.7	11.3	8.6	7.1	0.3	10.2	6.9	7.7	9.5	11.9
Prepared, including fish products	35.6	16.9	35.9	24.9	17.8	14.6	12.9	26.8	21.4	20.4	25.1	26.0
Frozen, including fish products	25.3	11.3	27.1	18.6	12.6	15.1	11.8	24.9	12.9	30.8	21.9	20.0
Total fish and fish products	99.3	36.2	112.7	66.0	47.5	45.9	33.5	82.1	50.6	66.0	67.4	74.7
EGGS (purchased)												
	26.2	14.6	21.4	14.9	12.3	13.0	9.8	20.5	15.1	23.9	15.8	17.7
FATS												
Butter	18.1	5.3	16.7	8.3	6.7	6.0	5.0	16.5	10.2	6.0	13.5	11.8
Margarine	3.7	2.4	3.6	2.2	2.1	1.9	2.0	3.3	2.3	1.9	3.3	2.8
Low fat and dairy spreads	17.0	10.0	18.2	14.3	11.8	8.7	8.5	17.4	2.9	3.7	15.2	14.3
Vegetable and salad oils	7.2	5.0	8.9	6.5	3.5	5.1	5.6	7.2	5.9	9.9	3.8	6.5
Other fats	3.5	2.4	3.3	2.0	1.1	0.8	0.2	3.0	1.9	2.6	2.0	2.3
Total fats	49.5	25.1	50.7	33.4	25.3	22.5	21.3	47.4	31.4	24.1	37.8	37.6
SUGAR AND PRESERVES												
Sugar	12.9	5.7	12.3	7.0	5.7	7.0	10.0	13.0	9.6	8.2	8.9	9.6
Honey, preserves, syrup and treacle	14.5	3.9	12.4	7.0	5.1	3.9	2.5	11.5	6.7	6.0	6.0	8.6
Total sugar and preserves	27.4	9.7	24.7	14.0	10.8	10.9	12.6	24.4	16.4	14.2	14.9	18.2
VEGETABLES												
Fresh potatoes	30.0	21.7	32.2	25.0	18.4	17.1	16.9	33.1	23.3	9.0	24.5	25.6
Fresh green	39.8	15.8	46.2	27.2	21.3	17.1	10.3	34.8	24.8	18.2	26.7	30.9
Other fresh	71.0	37.4	79.7	56.3	45.4	38.3	32.7	67.9	45.2	42.1	51.1	58.7
Frozen, including vegetable products	28.6	25.2	28.4	26.7	27.2	19.5	20.5	26.4	25.8	19.3	22.2	26.3
Other processed, including vegetable products	74.3	74.6	72.2	75.9	76.9	65.1	66.7	71.7	78.6	57.2	61.4	72.8
Total vegetables	243.7	174.7	258.7	211.1	189.2	157.1	147.1	233.9	197.7	145.8	185.9	214.3

Table B7 continued

pence per person per week

Number of adults	Households with											
	1		2					3	3 or more		4 or more	All house-holds
Number of children	0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0	
FRUIT												
Fresh	118.4	47.6	119.6	78.6	69.4	58.7	37.8	101.9	60.6	46.9	65.8	87.0
Other, including fruit products	24.9	5.6	25.4	14.9	9.7	8.3	8.9	21.4	12.6	11.5	12.9	16.9
Fruit juices	25.9	14.4	24.8	23.7	19.6	17.2	11.1	21.2	19.4	22.7	25.7	21.7
Total fruit	169.2	67.6	169.8	117.2	98.7	84.2	57.7	144.5	92.7	81.2	104.4	125.6
CEREALS												
White bread, standard loaves	22.5	15.0	19.4	14.7	13.5	14.5	18.4	19.1	18.0	10.0	19.4	17.4
Softgrain and premium loaves	11.2	12.1	11.2	10.9	10.3	10.0	8.5	12.3	11.8	10.6	12.1	11.1
Brown bread	12.7	3.5	9.3	4.8	4.0	3.1	2.1	8.7	6.0	5.9	5.7	6.8
Wholegrain bread	13.5	2.9	10.7	5.6	4.7	4.4	2.3	8.1	4.7	1.5	3.6	7.3
Other breads	36.4	17.5	33.7	28.6	25.2	24.1	13.2	32.6	26.5	12.7	27.1	28.6
Total bread	96.3	51.1	84.3	64.7	57.8	56.1	44.4	80.8	66.9	40.7	67.9	71.2
Flour	3.4	1.2	2.9	0.9	1.1	1.1	3.4	3.2	1.1	6.3	2.2	2.1
Cakes	52.4	27.7	48.3	34.9	34.4	28.0	18.6	47.6	38.9	22.4	41.8	40.1
Biscuits	43.5	30.4	39.6	37.6	38.2	31.5	38.1	38.0	37.4	29.9	37.2	37.9
Oatmeal and oat products	3.4	0.7	2.9	1.0	0.9	0.9	0.8	1.6	35.2	0.8	1.5	1.8
Breakfast cereals	38.6	34.9	35.8	31.1	39.5	35.6	32.9	34.8	34.0	37.1	28.6	35.6
Other cereals	76.1	72.0	80.0	91.6	84.4	71.8	68.4	66.8	93.2	109.2	59.9	79.6
Total cereals	410.0	269.0	378.1	326.4	314.0	281.1	251.1	353.6	373.7	287.1	307.0	339.5
BEVERAGES												
Tea	28.5	10.8	24.9	14.4	10.4	10.5	9.1	22.1	14.2	16.6	12.8	17.9
Coffee	31.7	10.4	29.6	21.7	13.7	16.5	17.2	29.0	19.5	6.5	16.6	22.3
Cocoa and drinking chocolate	2.0	0.6	1.6	1.1	1.4	0.7	1.0	0.6	1.0	2.0	1.4	1.3
Branded food drinks	3.7	2.3	4.0	1.9	1.5	1.2	0.5	3.9	1.8	2.8	2.5	2.7
Total beverages	65.9	24.1	60.0	39.2	26.9	28.8	27.9	55.6	36.5	27.9	33.3	44.1
MISCELLANEOUS												
Soups, canned, dehydrated and powdered	16.8	6.5	14.7	11.3	7.6	5.1	3.4	15.4	7.5	5.9	6.85	11.0
Mineral water ml	5.4	3.4	7.5	5.6	3.8	2.6	2.5	4.4	5.2	2.1	5.5	5.2
Ice-cream and other frozen dairy foods	15.6	11.3	17.8	14.2	15.3	15.5	7.8	14.7	16.1	16.8	19.8	15.6
Other foods	50.8	37.9	63.3	52.2	44.8	39.8	37.7	54.3	56.8	32.4	31.1	34.8
Total miscellaneous	86.4	59.1	103.3	83.3	71.5	63.0	51.4	88.8	85.6	57.2	76.7	80.2
Total food	£17.43	£10.52	£17.93	£14.20	£12.39	£10.90	£9.68	£16.41	£13.58	£10.55	£13.54	£14.68
SOFT DRINKS												
Concentrated	7.5	12.6	7.4	10.5	11.6	10.6	11.7	7.6	10.7	6.6	10.1	9.4
Ready to drink	22.9	30.4	22.7	30.2	23.4	24.6	20.1	21.3	35.9	28.2	26.9	25.2
Low calorie, concentrated	2.5	3.4	2.1	4.5	5.0	5.9	4.7	2.0	4.4	4.7	4.3	3.6
Low calorie, ready to drink	11.9	13.2	13.4	14.1	16.7	9.9	7.5	18.1	12.7	6.0	14.8	13.7
Total soft drinks	44.9	59.6	45.6	59.3	56.7	51.0	43.9	49.0	63.8	45.5	56.3	51.9
ALCOHOLIC DRINKS												
Lager and beer	47.8	10.5	44.6	40.3	27.6	23.1	10.8	30.5	29.9	22.8	22.7	33.7
Wine	71.4	16.7	74.4	49.5	48.8	21.0	7.7	51.3	38.4	5.2	43.8	51.4
Others	66.6	10.9	65.2	22.1	15.9	9.1	5.7	24.9	24.8	3.3	23.0	35.2
Total alcoholic drinks	185.8	38.1	184.2	111.8	92.4	53.2	24.2	106.6	93.1	31.3	89.5	120.3
CONFECTIONERY												
Chocolate confectionery	25.4	19.1	23.4	24.3	25.5	27.1	15.6	23.4	20.9	19.4	11.9	23.1
Mints and boiled sweets	7.2	4.3	6.4	5.1	6.4	4.5	6.3	5.4	5.0	13.4	4.4	5.9
Other	2.2	1.2	1.9	0.7	1.5	1.2	0.1	1.4	1.4	1.3	1.2	1.5
Total confectionery	34.8	24.5	31.7	30.1	33.5	32.7	22.0	30.2	27.3	34.1	17.5	30.5
Total food and drink	£20.08	£11.74	£20.55	£16.21	£14.22	£12.27	£10.58	£18.27	£15.42	£11.66	£15.18	£16.71

Table B8

Household food consumption by household composition groups, within income groups: selected food items, 1997

grams per person per week, unless otherwise stated

		Income group A				
		Adults only	Households with 2 adults and			3 or more adults
			1 child	2 children	3 children	1 or more children
Milk and cream	ml or eq ml	1806	1979	1939	1977	1389
Cheese		118	130	105	79	88
Carcase meat		304	297	164	180	221
Other meats and meat products		745	620	540	443	655
Fish		197	165	123	80	128
Eggs	no	1.56	1.99	0.97	1.41	1.13
Fats		213	145	110	124	113
Sugar and preserves		160	96	56	49	103
Potatoes		787	589	409	337	653
Fresh green vegetables		334	298	214	159	185
Other fresh vegetables		773	687	496	444	439
Processed vegetables		474	527	497	404	522
Fresh fruit		1118	850	844	674	757
Other fruit and fruit products		536	608	596	520	511
Bread		689	629	554	649	621
Other cereals		728	780	797	722	690
Tea		26	22	17	24	12
Coffee		24	14	9	10	14
Cocoa and drinking chocolate		3	2	7	5	1
Branded food drinks		4	6	1	5	2
FOOD EXPENDITURE		£20.89	£20.04	£15.21	£14.31	£15.32
Soft drinks		851	928	683	1058	778
Alcoholic drinks		851	518	408	224	261
Confectionery		54	47	59	74	41
FOOD AND DRINK EXPENDITURE		£25.52	£22.92	£17.71	£16.35	£17.20

		Income group B						
		Adults only	1 adult	Households with 2 adults and			3 or more adults	
			1 or more children	1 child	2 children	3 children	4 or more children	
							1 or more children	
Milk and cream		1935	1898	2006	1988	1860	1921	1933
Cheese		136	113	89	105	88	94	101
Carcase meat		256	162	161	213	156	193	209
Other meats and meat products		762	454	684	616	575	559	717
Fish		176	89	117	97	116	87	79
Eggs		1.74	1.30	1.22	1.25	1.31	0.99	1.42
Fats		201	123	156	147	133	146	163
Sugar and preserves		140	90	90	108	113	129	127
Potatoes		744	410	589	519	500	954	515
Fresh green vegetables		292	181	222	166	181	116	225
Other fresh vegetables		641	438	469	385	360	202	397
Processed vegetables		558	559	563	576	551	601	604
Fresh fruit		906	765	657	560	556	397	550
Other fruit and fruit products		404	365	404	326	314	251	437
Bread		769	593	649	648	698	654	668
Other cereals		754	701	747	756	668	688	769
Tea		34	32	28	21	23	35	31
Coffee		19	11	13	10	15	12	12
Cocoa and drinking chocolate		2	3	2	3	2	7	3
Branded food drinks		6	6	3	5	3	-	3
FOOD EXPENDITURE		£17.63	£13.32	£14.56	£12.90	£11.57	£10.19	£13.31
Soft drinks		837	860	978	1087	952	1050	1157
Alcoholic drinks		692	326	492	319	247	291	289
Confectionery		58	37	60	75	59	35	54
FOOD AND DRINK EXPENDITURE		£20.60	£15.37	£16.90	£14.93	£12.93	£11.30	£15.21

Table B8 continued

	<i>grams per person per week, unless otherwise stated</i>						
	Income group C						
	Adults only	1 adult	Households with				3 or more adults
	1 or more children	1 child	2 children	3 children	4 or more children	1 or more children	
Milk and cream	2055	1923	2203	2062	1971	1886	2070
Cheese	131	74	108	87	80	59	86
Carcase meat	271	114	204	169	149	177	276
Other meats and meat Products	777	485	672	614	545	628	700
Fish	165	118	126	83	70	165	114
Eggs	1.97	0.80	1.41	1.43	1.42	1.19	1.76
Fats	232	85	204	146	123	105	193
Sugar and preserves	197	42	138	111	101	96	191
Potatoes	864	541	733	578	728	519	797
Fresh green vegetables	300	158	199	147	108	87	213
Other fresh vegetables	587	365	397	332	265	225	423
Processed vegetables	646	528	572	588	532	501	593
Fresh fruit	786	614	605	435	384	272	471
Other fruit and fruit products	391	312	267	202	198	182	278
Bread	867	618	738	684	593	571	750
Other cereals	408	660	642	727	591	667	1111
Tea	39	17	32	26	26	13	38
Coffee	15	6	15	9	10	11	11
Cocoa and drinking chocolate	2	2	2	3	2	1	1
Branded food drinks	5	1	4	1	-	2	4
FOOD EXPENDITURE	£16.09	£10.07	£12.85	£10.99	£9.68	£9.14	£12.74
Soft drinks	880	997	918	1012	1002	1015	1268
Alcoholic drinks	456	112	327	335	206	42	322
Confectionery	55	75	57	54	74	43	61
FOOD AND DRINK EXPENDITURE	£18.17	£11.51	£14.48	£12.42	£10.96	£9.90	£14.47

	<i>grams per person per week, unless otherwise stated</i>						
	Income group D and E2						
	Adults only	1 adult	Households with				3 or more adults
	1 or more children	1 child	2 children	3 children	4 or more children	1 or more children	
Milk and cream	2506	2051	1988	1902	1931	2844	2361
Cheese	120	69	79	63	60	68	82
Carcase meat	299	151	303	225	190	549	266
Other meats and meat Products	837	609	648	653	618	824	565
Fish	186	78	129	131	130	54	142
Eggs	2.70	1.82	1.38	1.73	2.01	1.63	1.70
Fats	279	149	221	190	155	418	174
Sugar and preserves	283	100	199	95	351	517	276
Potatoes	989	967	970	822	662	813	886
Fresh green vegetables	308	114	164	136	145	161	193
Other fresh vegetables	515	296	419	256	195	650	341
Processed vegetables	632	596	491	501	534	992	514
Fresh fruit	808	290	447	467	273	296	190
Other fruit and fruit products	354	167	143	177	163	308	118
Bread	948	641	657	605	587	609	972
Other cereals	804	640	449	784	455	1490	1050
Tea	67	24	21	26	22	33	40
Coffee	17	7	9	7	6	13	6
Cocoa and drinking chocolate	3	-	-	-	-	6	13
Branded food drinks	8	5	-	-	1	-	4
FOOD EXPENDITURE	£15.80	£9.73	£10.51	£9.58	£7.85	£12.04	£10.04
Soft drinks	729	1106	837	930	723	1548	780
Alcoholic drinks	344	117	214	167	46	162	179
Confectionery	57	42	33	40	24	49	14
FOOD AND DRINK EXPENDITURE	£17.48	£10.78	£11.69	£10.48	£8.30	£13.06	£10.83

Table B9

Nutritional value of household food: national averages 1995 - 1997

		1995	1996	1997 GB	1997 GB ^(a)	1997 UK	1997 UK ^(a)
(i) Intake per person per day							
Energy	(kcal)	1780	1850	1790	1900	1790	1900
	(MJ)	7.5	7.8	7.5	8.0	7.5	8.0
Total protein	(g)	63.0	65.0	64.7	65.3	64.8	65.3
Animal protein	(g)	39.1	39.8	39.5	39.9	39.5	39.9
Fat	(g)	78	82	78	79	78	79
Fatty acids:							
Saturated	(g)	30.8	31.6	30.3	31.2	30.5	31.2
Monounsaturated	(g)	28.7	29.3	27.5	28.1	27.5	28.1
Polyunsaturated	(g)	13.4	14.8	14.0	14.1	14.0	14.1
Cholesterol	(mg)	226	233	233	234	235	235
Carbohydrate ^(b)	(g)	218	228	221	239	221	239
of which:							
total sugars	(g)	90	92	90	107	89	107
non-milk extrinsic sugars	(g)	51	53	51	68	50	68
starch	(g)	128	136	131	131	131	131
Fibre ^(c)	(g)	11.6	12.4	12.4	12.4	12.3	12.4
Alcohol	(g)	-	-	-	3.7	-	3.7
Calcium	(mg)	810	820	820	840	820	840
Iron	(mg)	9.5	10.1	9.9	10.1	9.9	10.1
Zinc	(mg)	7.6	7.8	7.7	7.7	7.7	7.8
Magnesium	(mg)	218	229	226	236	225	235
Sodium ^(g)	(g)	2.51	2.62	2.58	2.61	2.58	2.61
Potassium	(g)	2.51	2.60	2.60	2.66	2.60	2.66
Thiamin	(mg)	1.34	1.44	1.37	1.37	1.37	1.38
Riboflavin	(mg)	1.57	1.60	1.73	1.76	1.73	1.77
Niacin equivalent	(mg)	25.3	26.5	26.0	26.7	26.0	26.7
Vitamin B6	(mg)	1.9	2.0	1.9	2.0	2.0	2.0
Vitamin B12	(μ g)	4.5	4.3	7.2	7.3	7.2	7.3
Folate	(μ g)	237	248	247	250	246	250
Vitamin C	(μ g)	52	55	58	63	57	62
Vitamin A:							
retinol	(μ g)	740	580	530	530	520	530
β -carotene	(μ g)	1640	1680	1740	1790	1710	1790
total (retinol equivalent)	(μ g)	1010	860	820	830	810	830
Vitamin D ^(d)	(μ g)	2.96	3.35	3.40	3.40	3.38	3.39
Vitamin E	(mg)	9.50	10.68	10.15	10.26	10.14	10.26
(ii) As a percentage of Reference Nutrient Intake ^(e)							
Energy (f)		85	89	86	92	87	92
Protein		140	145	145	146	145	146
Calcium		118	120	120	123	120	123
Iron		92	97	96	98	96	98
Zinc		96	98	98	99	98	99
Magnesium		83	88	87	91	87	90
Sodium ^(g)		170	177	176	177	176	178
Potassium		80	83	83	85	83	85
Thiamin		161	173	165	166	165	166
Riboflavin		139	141	154	157	154	157
Niacin equivalent		183	192	190	194	190	194
Vitamin B6		198	162	161	168	162	170
Vitamin B12		328	317	529	535	529	535
Folate		127	133	133	135	133	135
Vitamin C		136	143	153	165	149	162
Vitamin A (retinol equivalent)		164	139	134	136	132	133
(iii) As a percentage of food energy							
Fat		39.8	39.7	39.1	37.6	39.2	37.6
of which:							
saturated fatty acids		15.6	15.4	15.3	14.8	15.0	14.8
Carbohydrate		46.0	46.2	46.4	47.3	46.3	47.3

a) columns include soft and alcoholic drinks and confectionery

b) available carbohydrate, calculated as monosaccharide

c) as non-starch polysaccharide

d) contributions from pharmaceutical sources of this (or any other) vitamin are not recorded by the Survey

e) Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991. Before comparison with the Reference Nutrient Intakes ten percent has first been deducted from each absolute intake given above to allow for wastage, and an allowance has also been made for meals not taken from the domestic food supply.

f) as a percentage of Estimated Average Requirement.

g) excludes sodium from table salt

Table B10

Nutritional value of household food by region, 1997

		Regions of England									England	Wales	Scotland	Northern Ireland
		North East	Merseyside and North West	Yorkshire and the Humber	East Midlands	West Midlands	Eastern	Greater London	South East	South West				
Energy	(kcal)	1680	1750	1900	1830	1750	1700	1800	1810	1840	1790	1930	1720	1810
	(MJ)	7.0	7.3	7.9	7.7	7.4	7.1	7.6	7.6	7.7	7.5	8.1	7.2	7.6
Total protein	(g)	62.1	65.3	67.8	63.3	63.2	61.7	63.3	65.0	67.1	64.5	69.1	64.5	65.2
Animal protein	(g)	38.1	40.1	41.7	38.4	38.5	37.9	36.9	39.6	41.7	39.3	41.8	39.8	39.9
Fat	(g)	73	74	85	82	75	75	74	80	81	78	82	74	79
Fatty acids:														
Saturated	(g)	28.9	29.4	31.9	31.8	29.1	28.7	28.4	31.4	32.4	30.2	32.1	29.8	31.9
Monounsaturated	(g)	25.9	26.1	31.0	29.1	26.6	26.9	26.1	28.1	28.3	27.6	29.2	26.1	27.7
Polyunsaturated	(g)	12.4	12.8	16.5	14.9	13.6	14.4	14.2	14.3	14.0	14.0	15.0	12.3	14.0
Cholesterol	(mg)	232	232	247	235	223	222	228	232	248	233	242	234	246
Carbohydrate	(g)	206	217	227	222	220	204	232	220	225	220	243	211	221
of which:														
total sugars	(g)	83	86	92	94	91	85	83	92	98	89	100	84	82
non-milk extrinsic sugars	(g)	48	47	52	55	54	49	45	52	56	51	58	46	44
Starch	(g)	123	131	135	128	128	119	150	128	127	131	143	127	139
Fibre ^(a)	(g)	11.7	12.4	13.1	12.0	12.1	11.3	12.4	12.9	12.9	12.4	13.7	11.5	12.1
Calcium	(mg)	770	830	840	840	800	780	760	830	860	820	880	810	820
Iron	(mg)	9.5	9.9	10.4	9.8	9.5	9.3	9.7	10.1	10.2	9.9	10.6	9.7	10.0
Zinc	(mg)	7.3	7.7	8.1	7.5	7.4	7.2	7.7	7.7	8.0	7.6	8.2	7.7	7.8
Magnesium	(mg)	215	228	234	218	218	213	226	232	235	225	245	218	219
Sodium	(g)	2.28	2.63	2.66	2.58	2.53	2.47	2.30	2.63	2.68	2.56	2.81	2.64	2.61
Potassium	(g)	2.50	2.60	2.74	2.51	2.55	2.44	2.54	2.66	2.69	2.60	2.89	2.48	2.57
Thiamin	(mg)	1.30	1.39	1.45	1.34	1.35	1.29	1.33	1.38	1.42	1.36	1.50	1.31	1.39
Riboflavin	(mg)	1.64	1.79	1.81	1.77	1.68	1.63	1.61	1.74	1.81	1.73	1.84	1.68	1.76
Niacin equivalent	(mg)	25.4	26.2	27.3	25.2	25.3	25.1	25.3	26.3	27.1	26.0	27.9	25.4	25.9
Vitamin B6	(mg)	1.9	2.0	2.1	1.9	1.9	1.8	1.9	1.9	2.0	1.9	2.2	1.9	2.1
Vitamin B12	(µg)	7.0	7.4	7.8	7.6	6.7	7.0	6.8	7.1	7.6	7.2	7.7	7.1	7.1
Folate	(µg)	233	247	263	242	239	232	248	255	254	247	273	225	241
Vitamin C	(g)	55	56	58	57	57	53	63	62	61	58	58	53	44
Vitamin A														
Retinol	(µg)	470	500	570	670	510	580	460	560	550	540	560	440	460
β-carotene	(µg)	1790	1720	1780	1590	1740	1610	1720	1820	1880	1740	2010	1590	1430
total (retinol equivalent)	(µg)	760	790	870	940	800	850	740	860	870	830	890	700	700
Vitamin D	(µg)	3.37	3.37	3.47	3.64	3.44	3.29	3.19	3.42	3.47	3.40	3.85	3.10	3.28
Vitamin E	(mg)	8.82	9.21	11.68	10.99	10.08	10.45	10.02	10.60	10.14	10.25	10.91	8.71	10.06

Table B10, continued

	Regions of England										Wales	Scotland	Northern Ireland
	North East	Merseyside and North West	Yorkshire and the Humber	East Midlands	West Midlands	Eastern	London	South East	South West	England			
	(ii) as a percentage of Reference Nutrient Intake ^(b)												
Energy ^(c)	80	85	91	88	85	82	89	86	88	86	91	84	88
Protein	135	147	151	142	143	139	146	143	147	144	151	146	148
Calcium	110	123	123	124	117	115	114	121	125	120	126	121	121
Iron	89	97	100	94	92	91	95	98	100	95	102	94	97
Zinc	91	99	102	95	95	92	100	97	100	97	102	100	99
Magnesium	80	88	90	84	84	82	89	88	89	86	92	85	85
Sodium	167	180	181	176	173	170	161	177	180	174	187	182	181
Potassium	77	85	87	81	82	79	83	84	84	83	91	80	84
Thiamin	154	169	174	161	163	156	165	164	169	165	177	160	168
Riboflavin	143	160	161	157	150	146	147	153	158	153	160	152	158
Niacin equivalent	182	192	198	183	185	184	189	190	195	189	199	187	190
Vitamin B6	153	166	171	154	157	150	164	160	160	160	178	156	176
Vitamin B12	497	543	569	558	496	515	511	513	548	527	556	525	529
Folate	122	134	141	132	130	126	137	136	135	133	144	123	132
Vitamin C	142	148	151	150	149	140	169	162	158	153	166	142	118
Vitamin A (retinol equivalent)	122	129	140	152	131	139	124	138	139	135	143	116	115
	(iii) as a percentage of food energy												
Fat	39.1	38.2	40.6	40.4	38.5	40.1	37.3	39.7	39.5	39.2	38.4	38.7	39.6
of which:													
saturated fatty acids	15.5	15.2	15.1	15.7	14.9	15.2	14.2	15.6	15.8	15.2	14.9	15.6	15.9
Carbohydrate	46.1	46.8	45.0	45.7	47.1	45.3	48.6	45.8	45.9	46.3	47.2	46.2	45.9
	(iv) contribution to selected nutrients from soft and alcoholic drinks and confectionery												
Energy	(kcal)	100	100	100	120	130	120	100	120	100	110	120	100
	(MJ)	0.4	0.5	0.4	0.5	0.6	0.5	0.4	0.5	0.4	0.5	0.4	0.4
Fat	(g)	2	1	1	2	2	2	1	2	2	2	2	1
Carbohydrate	(g)	16	18	16	19	23	19	16	19	16	18	20	21
Alcohol	(g)	3.0	3.6	3.8	4.2	3.5	4.1	3.6	4.2	3.7	3.8	3.5	1.1

(a) as non-starch polysaccharides

(b) Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

(c) as a percentage of Estimated Average Requirement

Table B11 Nutritional value of household food by income group, 1997

		Income groups						
		Gross weekly income of head of household						
		Households with one or more earner			Households without an earner			
		£610 and over	£310 and under £610	£150 and under £310	Under £150	£150 and over	Under £150	OAP
		A	B	C	D	E1	E2	
		(i) Intake per person per day						
Energy	(kcal)	1610	1670	1750	1850	2190	1870	1890
	(MJ)	6.8	7.0	7.3	7.7	9.2	7.8	7.9
Total protein	(g)	59.7	61.5	63.5	67.3	77.2	66.1	73.2
Animal protein	(g)	36.1	37.3	38.3	41.5	48.0	40.6	45.8
Fat	(g)	69	72	75	78	98	82	93
Fatty acids:								
Saturated	(g)	27.3	28.3	29.5	30.3	38.4	31.2	36.8
Monounsaturated	(g)	24.4	25.6	26.8	28.1	34.8	29.1	32.7
Polyunsaturated	(g)	12.5	13.0	13.6	14.3	17.6	15.2	16.2
Cholesterol	(mg)	209	212	224	240	302	254	291
Carbohydrate, of which:	(g)	198	204	218	232	266	232	258
total sugars	(g)	82	81	84	88	118	97	118
non-milk extrinsic sugars	(g)	43	44	48	51	68	59	72
Starch	(g)	117	123	134	143	148	134	140
Fibre ^(a)	(g)	12.2	11.9	11.9	11.7	15.5	12.3	14.2
Calcium	(mg)	730	780	800	840	980	850	950
Iron	(mg)	9.6	9.4	9.5	9.8	12.1	9.9	11.3
Zinc	(mg)	7.1	7.3	7.5	8.0	9.2	7.8	8.8
Magnesium	(mg)	217	215	218	222	276	228	258
Sodium	(g)	2.32	2.51	2.55	2.59	2.96	2.63	2.87
Potassium	(g)	2.48	2.47	2.51	2.60	3.20	2.66	2.96
Thiamin	(mg)	1.31	1.31	1.32	1.37	1.67	1.36	1.55
Riboflavin	(mg)	1.59	1.63	1.65	1.78	2.12	1.82	2.05
Niacin equivalent	(mg)	24.8	24.9	25.3	26.7	31.5	26.1	28.8
Vitamin B6	(µg)	1.8	1.8	1.9	2.0	2.3	2.0	2.2
Vitamin B12	(µg)	6.8	6.6	6.9	7.9	8.7	7.6	8.8
Folate	(µg)	240	230	235	243	312	254	294
Vitamin C	(g)	71	57	53	50	76	51	63
Vitamin A:								
Retinol	(µg)	510	460	500	570	690	590	760
β-carotene	(µg)	1890	1730	1640	1590	2220	1480	2000
total (retinol equivalent)	(µg)	830	750	770	840	1050	840	1090
Vitamin D	(µg)	2.98	3.08	3.22	3.39	4.67	3.60	4.42
Vitamin E	(mg)	9.09	9.58	9.85	10.02	12.62	10.93	11.50
		(ii) As a percentage of Reference Nutrient Intake ^(b)						
Energy ^(c)		84	83	84	88	99	89	94
Protein		147	144	143	149	153	146	138
Calcium		116	118	118	121	132	121	125
Iron		96	91	91	93	121	94	117
Zinc		98	96	96	100	107	97	102
Magnesium		92	86	84	85	94	86	85
Sodium		173	179	175	175	179	175	166
Potassium		88	83	81	83	90	83	78
Thiamin		170	163	159	162	187	160	170
Riboflavin		154	150	147	156	171	158	161
Niacin equivalent		194	187	183	191	215	186	197
Vitamin B6		165	158	158	166	174	161	157
Vitamin B12		548	511	511	574	567	544	545
Folate		142	130	128	130	151	134	136
Vitamin C		203	157	141	130	182	127	146
Vitamin A (retinol equivalent)		146	127	126	134	157	132	158
		(iii) As a percentage of food energy						
Fat		38.8	39.1	38.8	38.3	39.3	39.3	39.8
of which:								
Saturated fatty acids		15.3	15.3	15.1	14.8	15.7	15.0	15.8
Carbohydrates		46.3	46.1	46.7	47.1	46.5	46.5	46.2
		(iv) Contribution to selected nutrients from soft and alcoholic drinks and confectionery						
Energy	(kcal)	120	120	110	90	120	100	80
	(MJ)	0.5	0.5	0.5	0.5	0.5	0.4	0.3
Fat	(g)	2	2	2	1	2	1	1
Carbohydrate	(g)	17	19	20	16	17	18	13
Alcohol	(g)	5.4	4.5	3.0	1.9	6.4	2.2	1.6

(a) As non-starch polysaccharides

(b) Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

(c) as a percentage of Estimated Average Requirement

Table B12

Nutritional value of household food by household composition, 1997

		Households with										
No of adults		1		2				3	3 or more		4 or more	
No of children		0	1 or more	0	1	2	3	4 or more	0	1 or 2	3 or more	0
		(i) Intake per person per day										
		2060	1500	2030	1630	1560	1440	1650	1970	1770	1800	1670
Energy	(kcal)	2060	1500	2030	1630	1560	1440	1650	1970	1770	1800	1670
	(MJ)	8.6	6.3	8.5	6.8	6.6	6.0	6.9	8.2	7.4	7.6	7.0
Total protein	(g)	74.3	52.7	74.2	59.8	56.5	51.5	57.3	72.0	64.0	55.3	42.5
Animal protein	(g)	44.8	32.0	45.9	37.1	33.9	31.1	34.1	44.4	38.3	29.1	37.6
Fat	(g)	88	67	89	72	67	61	70	86	74	69	74
Fatty acids:												
saturated	(g)	35.3	25.7	34.7	27.9	26.7	24.0	26.4	33.1	29.0	23.6	29.5
monounsaturated	(g)	30.6	24.2	31.7	25.7	23.8	21.6	25.1	30.5	26.3	25.2	26.1
polyunsaturated	(g)	15.3	12.4	16.4	13.1	11.7	10.9	13.1	15.9	13.1	15.2	13.2
Cholesterol	(mg)	287	192	275	210	193	181	193	261	219	180	222
Carbohydrate	(g)	257	180	245	196	195	181	210	241	226	253	200
of which:												
total sugars	(g)	110	67	106	80	74	72	76	102	84	77	80
non-milk extrinsic sugars	(g)	63	36	60	43	40	42	46	59	49	47	46
starch	(g)	148	114	140	116	121	108	134	139	142	177	120
Fibre ^(a)	(g)	14.9	9.6	14.6	11.0	10.7	9.7	10.3	13.9	11.6	10.4	10.8
Calcium	(mg)	970	700	910	770	740	690	720	870	780	690	770
Iron	(mg)	11.6	8.0	11.3	8.9	8.8	8.2	8.7	10.9	9.5	8.8	8.8
Zinc	(mg)	8.9	6.2	8.8	7.0	6.7	6.1	6.8	8.5	7.6	6.9	7.0
Magnesium	(mg)	271	179	261	207	196	180	188	249	216	191	204
Sodium	(g)	2.97	2.20	2.90	2.41	2.31	2.12	2.20	2.84	2.57	2.01	2.44
Potassium	(g)	3.0	2.2	3.0	2.4	2.2	2.1	2.2	2.9	2.5	2.1	2.4
Thiamin	(mg)	1.59	1.11	1.56	1.23	1.21	1.11	1.15	1.53	1.33	1.19	1.25
Riboflavin	(mg)	2.04	1.49	1.94	1.59	1.56	1.47	1.51	1.84	1.64	1.45	1.55
Niacin equivalent	(mg)	29.3	21.2	30.0	24.1	22.8	20.8	22.7	29.3	25.6	21.1	24.2
Vitamin B6	(mg)	2.2	1.7	2.2	1.8	1.7	1.6	1.7	2.2	1.9	1.7	1.8
Vitamin B12	(µg)	8.7	5.9	8.4	6.7	6.1	5.6	6.1	7.6	7.0	5.2	6.8
Folate	(µg)	296	198	291	217	212	194	197	276	235	218	217
Vitamin C	(g)	69	42	70	55	49	45	40	65	54	51	54
Vitamin A:												
retinol	(µg)	700	380	690	450	420	380	360	600	420	260	520
β-carotene	(µg)	2090	1300	2080	1690	1440	1350	1060	2100	1590	930	1750
total (retinol equivalent)	(µg)	1050	600	1030	730	660	600	540	950	690	420	810
Vitamin D	(µg)	4.05	2.64	4.14	3.14	2.88	2.59	2.91	3.7	2.88	2.36	3.11
Vitamin E	(mg)	11.06	8.94	11.80	9.66	8.65	8.09	9.53	11.1	9.34	10.79	9.44
		(ii) As a percentage of Reference Nutrient Intake ^(b)										
Energy ^(c)		94	84	92	83	81	74	83	90	84	91	80
Protein		146	151	146	144	147	138	153	145	142	138	129
Calcium		133	111	127	120	115	107	108	125	111	103	115
Iron		116	75	111	85	86	80	83	105	86	83	84
Zinc		107	90	104	95	91	82	89	103	97	92	90
Magnesium		93	83	90	86	86	80	82	88	82	79	76
Sodium		180	175	178	179	177	166	168	179	174	148	162
Potassium		83	86	85	85	84	81	85	84	79	74	73
Thiamin		179	155	176	157	157	145	145	175	159	152	149
Riboflavin		167	154	158	151	152	143	143	154	146	138	137
Niacin equivalent		203	179	205	184	177	162	173	202	183	161	174
Vitamin B6		164	165	167	157	155	144	155	169	160	151	145
Vitamin B12		563	525	550	538	511	487	517	515	513	420	480
Folate		143	125	142	127	128	119	118	139	127	128	115
Vitamin C		168	123	172	153	140	128	111	162	143	144	142
Vitamin A (retinol equivalent)		159	112	156	126	116	107	92	147	113	73	132
		(iii) As a percentage of food energy										
Fat		38.5	40.5	39.8	39.9	38.7	38.3	38.1	39.3	37.6	34.6	40.1
Of which:												
saturated fatty acids		15.4	15.5	15.4	15.4	15.4	15.0	14.4	15.1	14.7	11.8	15.9
Carbohydrate		47.0	45.4	45.5	45.4	46.8	47.3	47.9	46.0	47.9	53.0	45.2
		(iv) Contribution to selected nutrients from soft and alcoholic drinks and confectionery										
Energy	(kcal)	120	100	120	110	110	110	90	90	110	150	90
	(MJ)	0.5	0.4	0.5	0.5	0.5	0.5	0.4	0.4	0.5	0.4	0.4
Fat		2	1	2	2	2	2	1	1	1	1	1
Carbohydrate		17	21	17	19	20	20	20	15	22	20	16
Alcohol	(g)	5.5	1.3	5.8	3.4	2.8	1.7	1.0	3.5	2.9	0.9	2.6

(a) as non-starch polysaccharides

(b) Department of Health, *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, HMSO, 1991

(c) as a percentage of Estimated Average Requirement

Table B13

Contribution made by selected foods to the nutritional value of household food: national averages, 1997

	Energy	Fat	Fatty Acids		Total sugars ^(a)	<i>per person per day</i>	
			Saturated	Poly-unsaturated		Starch ^(b)	Fibre ^(c)
						kcal	g
Milk and milk products	185	8.5	5.4	0.3	17.0	0.1	...
of which: whole milk	71	4.3	2.7	0.1	4.7	-	-
low fat milks	77	2.3	1.6	0.1	8.1	-	-
yoghurt	14	0.3	0.1	...	2.5	-	-
Cheese	56	4.6	2.9	0.2	0.1	-	-
Meat and meat products	260	17.5	6.6	2.1	0.8	4.4	0.3
of which: carcase meat	67	4.7	1.9	0.4	-	-	-
poultry, uncooked	40	2.6	0.7	0.5	-	-	-
bacon and ham	33	2.4	0.9	0.3	-	-	-
offal	-	-	-
Fish	27	1.3	0.3	0.4	...	0.8	...
Eggs	19	1.4	0.4	0.2	-	-	-
Fats	198	21.8	6.7	6.1	0.3
of which: butter	40	4.5	3.0	0.1	-	-	-
margarine	27	3.0	0.8	0.7	...	-	-
low fat and dairy spreads	60	6.5	1.5	2.4	0.1	-	-
vegetable and salad oils	57	6.3	0.7	2.7	-	-	-
Sugar and preserves	88	23.3	0.1	...
Vegetables	190	4.9	1.6	1.3	6.7	26.2	4.7
Of which: fresh potatoes	61	0.1	...	0.1	0.9	13.3	0.9
fresh green vegetables	7	0.2	...	0.1	0.6	0.1	0.5
other fresh vegetables	15	0.2	...	0.1	2.7	0.2	0.9
frozen vegetables	27	0.7	0.2	0.2	0.5	3.8	0.8
canned vegetables	19	0.1	...	0.1	1.3	2.3	0.8
Fruit	80	1.4	0.3	0.4	15.8	0.5	1.4
Of which: fresh fruit	42	0.3	0.1	0.1	9.4	0.4	1.1
fruit juices	15	-	3.7	-	...
Cereals	628	13.6	5.3	2.2	19.3	97.5	5.6
Of which: white bread (standard loaves)	89	0.6	0.1	0.2	1.1	17.8	0.6
brown and wholemeal	53	0.6	0.1	0.2	0.5	9.8	1.1
cakes, pastries and biscuits	162	7.0	3.3	0.7	10.6	13.1	0.7
breakfast cereals	69	0.5	0.1	0.2	3.6	11.7	1.5
Other foods	57	2.5	0.8	0.8	6.4	1.3	0.3
Total food GB	1789	77.6	30.3	14.0	89.5	130.9	12.4
Total food UK	1789	77.6	30.4	14.0	89.3	131.1	12.4
Soft drinks	45	-	-	-	11.9	-	-
Alcoholic drinks	30	-	0.8	-	-
Confectionery	36	1.5	0.8	0.1	5.2	0.3	0.1
Total food and drink GB	1899	79.1	31.2	14.1	107.4	131.2	12.4
Total food and drink UK	1898	79.1	31.2	14.1	107.2	131.4	12.4

(a) includes sucrose, glucose, fructose, lactose and other simple sugars, as their monosaccharide equivalents

(b) as its monosaccharide equivalent

(c) as non-starch polysaccharides

Table B13 continued

	<i>per person per day</i>					
	Calcium	Iron	Sodium ^(d)	Vitamin C	Vitamin A ^(e)	Vitamin D
	mg	mg	mg	mg	µg	µg
Milk and milk products	370	0.2	139	5.5	95	0.2
of which: whole milk	124	0.1	45	1.8	34	...
Low fat milks	202	0.1	72	2.9	35	...
yoghurt	26	...	12	0.2	2	...
Cheese	94	...	108	-	51	...
Meat and meat products	27	1.4	552	1.8	184	0.6
of which: carcass meat	2	0.4	20	-	1	0.2
poultry, uncooked	1	0.1	15	-	5	0.1
bacon and ham	1	0.1	229	0.1	-	0.1
offal	-
Fish	16	0.2	67	...	4	0.6
Eggs	7	0.2	18	-	25	0.2
Fats	5	...	140	...	182	1.2
of which: butter	1	...	41	-	48	...
margarine	28	-	30	0.3
low fat and dairy spreads	3	...	70	...	102	0.8
vegetable and salad oils	-	-	-	-	-	-
Sugar and preserves	3	0.1	4	0.5	...	-
Vegetables	51	1.7	245	20.2	239	...
of which: fresh potatoes	4	0.3	8	5.5	-	-
fresh green vegetables	11	0.2	2	3.4	16	-
other fresh vegetables	13	0.3	9	5.2	174	-
frozen vegetables	6	0.3	14	3.5	27	...
canned vegetables	11	0.3	115	0.8	12	-
Fruit	19	0.4	13	28.2	7	-
of which: fresh fruit	11	0.2	2	13.3	5	-
fruit juices	4	0.1	4	14.1	1	-
Cereals	204	5.1	1000	1.5	21	0.5
of which: white bread (standard loaves)	41	0.6	210	-	-	-
brown and wholemeal	19	0.7	135	-	-	-
cakes, pastries and biscuits	35	0.7	128	...	7	...
breakfast cereals	9	1.6	121	1.3	-	0.4
Other foods	23	0.5	296	0.5	14	...
Total food GB	818	9.9	2582	58.2	821	3.4
Total food UK	818	9.9	2583	57.8	818	3.4
Soft drinks	6	...	15	4.6	8	-
Alcoholic drinks	4	0.1	3	-	...	-
Confectionery	8	0.1	8	-	2	-
Total food and drink GB	836	10.1	2609	62.8	832	3.4
Total food and drink UK	836	10.1	2609	62.5	818	3.4

(d) excludes sodium from table salt

(e) retinol equivalent

Appendix C

Supplementary Tables for the Eating Out Survey

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C2	Consumption of food eaten out by age and gender, 1997	130

Table C1 Consumption of individual foods eaten out, 1995 to 1997*grams per person per week, unless otherwise stated*

	Consumption			
	1994	1995	1996	1997
Ethnic foods	28	26	32	38
<i>of which:</i> Chinese dishes	10	9	13	17
Curry	13	12	10	12
Indian dishes	3	3	7	7
Meat and meat products	109	108	99	107
<i>of which:</i> Bacon, gammon or ham	5	6	6	7
Steak	5	5	3	4
Hamburger or cheeseburger	16	17	13	15
Meat pies (pastry and potato based)	21	19	15	15
Roast beef, pork, lamb, and chops	5	4	4	4
Meat based dish (e.g. casserole, lasagne, chilli con carne)	19	17	12	15
Sausages (including sausage rolls, toad in the hole)	19	19	19	19
Chicken or turkey (roasted or fried)	15	16	21	22
Fish and fish products	(a)	(a)	23	23
<i>of which:</i> White fish	(a)	(a)	11	12
Cheese and egg dishes and pizza	5	26	28	27
<i>of which:</i> Cheese pie or pastry	11	3	5	4
Pizza	4	10	12	11
Eggs	(a)	5	6	7
Potatoes and vegetables	(a)	(a)	179	192
<i>of which:</i> Potato chips	(a)	(a)	69	68
Boiled or mashed potatoes	21	18	21	22
Roast or sautéed potatoes	12	11	11	13
Jacket potatoes	12	9	8	11
Other potato dishes	8	7	5	5
Peas, sweetcorn or mange tout	12	11	10	11
Green vegetables	13	11	11	12
Carrots	8	8	7	8
Tomatoes	2	3	5	5
Beans (not green, e.g. broad beans, baked beans, chick peas)	13	13	14	14
Vegetable products (e.g. mushy peas, nut roast, humous)	9	7	8	10
Salads	(a)	(a)	17	22
Rice, pasta and noodles	20	18	24	27
<i>of which:</i> Rice	10	9	12	13
Pasta or noodles	10	9	12	13
Soup	(ml) 18	16	17	16
<i>of which:</i> Vegetable based soup (including tomato)	(ml) 12	11	10	9
Baby food
Breakfast cereal	1	1	1	1
Fruit (fresh and processed)	17	17	18	22
<i>of which:</i> Apples	5	4	5	5
Bananas	3	3	3	4
Yoghurt	6	4	5	6
Bread	13	14	14	14
<i>of which:</i> Bread roll, french stick, or baguette	5	5	5	4
White bread toasted or untoasted	4	5	5	5

Table C1 continued

grams per person per week, unless otherwise stated

	Consumption			
	1994	1995	1996	1997
Sandwiches	36	37	35	50
<i>of which:</i> Meat based sandwich	11	11	11	15
Fish based sandwich	7	7	6	9
Cheese based sandwich	8	8	7	9
Egg based sandwich	3	3	3	4
Poultry based sandwich	4	4	4	6
Rolls	25	26	24	31
<i>of which:</i> Meat based roll	11	11	11	14
Fish based roll	3	3	3	4
Cheese based roll	5	5	5	6
Sandwich/roll extras	9	10	7	8
<i>of which:</i> Salad fillings (e.g. coleslaw, mayonnaise)	7	7	5	5
Miscellaneous foods	16	16	17	18
<i>of which:</i> Butter	4	4	4	4
Savoury sauces (e.g. gravy, tomato ketchup)	8	8	7	8
Other additions	18	15	15	13
<i>of which:</i> Milk based additions (e.g. custard, cream)	14	12	12	10
Ice creams, desserts and cakes	57	49	51	56
<i>of which:</i> Ice creams	8	7	8	7
Cream cakes or buns, and dairy desserts (e.g. cheesecake, trifle)	7	6	7	6
Milk puddings	3	2	3	7
Pies and puddings	17	13	13	15
Buns, scone and other cakes	20	18	19	20
Biscuits	6	5	12	11
Crisps, nuts and snacks	10	9	12	11
<i>of which:</i> Crisps and potato snacks	8	7	9	8
Beverages	(ml) 383	389	392	406
<i>of which:</i> Coffee	(ml) 223	212	219	229
Tea	(ml) 149	164	161	167
Soft drinks including milk	(ml) 310	330	336	348
<i>of which:</i> Mineral water	(ml) 16	24	23	30
Pure fruit juices	(ml) 24	26	22	25
Fruit juice drink or squash	(ml) 39	38	43	48
Carbonated drink	(ml) 197	208	216	214
Milk as a drink	(ml) 16	15	19	16
Milk-based drinks (e.g. milkshake)	(ml) 10	10	12	12
Alcoholic drinks	(ml) 539	535	483	490
<i>of which:</i> Low alcohol beer or cider	(ml) 4	4	7	4
Beers	(ml) 295	281	251	238
Lagers and continental beer	(ml) 178	183	167	185
Ciders and perry	(ml) 20	22	21	16
Wine - full strength	(ml) 22	24	24	30
Wine or spirit with mixer, low alcohol wine	(ml) 14	15	8	12
Confectionery	21	19	23	19
<i>of which:</i> Chocolate coated bar or sweet	12	11	12	11

(a) comparable data not available in 1994 and 1995

Table C2
Consumption of food eaten out by age and gender, 1997

grams per person per week, unless otherwise stated

	Children				Males				Females				
	Infants under 1	1 to 3	4 to 6	7 to 10	11 to 14	15 to 18	19 to 50	51+	11 to 14	15 to 18	19 to 50 not pregnant	19 to 50 pregnant	51+
Number of people	91	268	272	399	152	147	182	159	1299	909	1461	47	1044
Ethnic foods	-	8	26	21	23	25	78	21	17	31	55	20	12
Meat products	-	61	116	153	144	194	174	70	152	108	93	104	52
Fish dishes and products	-	10	23	29	19	14	27	27	15	25	25	13	20
Cheese/egg dishes and pizza	-	9	32	39	63	45	40	14	56	40	24	20	10
Potatoes and vegetables	7	89	247	311	318	263	231	163	292	199	178	136	124
Salads	-	10	5	14	13	11	26	17	9	16	34	17	22
Rice, pasta and noodles	-	22	49	55	39	24	39	14	30	33	28	20	7
Soup (ml)	-	2	3	5	4	13	22	20	4	22	20	19	13
Baby food	28	-	-	-	-	-	-	-	-	-	-	-	-
Breakfast cereal	-	1	-	1	2	1	1	1	1	3	...
Fruit (fresh and processed)	3	16	23	22	15	14	29	15	26	21	26	32	16
Yoghurt	-	2	12	11	8	5	5	3	10	8	8	6	2
Bread	-	5	5	9	6	12	24	11	11	14	17	18	9
Sandwiches	-	11	8	17	24	55	98	33	53	68	65	38	23
Rolls	-	4	4	5	28	40	63	17	30	69	40	49	9
Sandwich/roll extras	-	1	...	2	3	10	15	5	6	16	13	13	3
Miscellaneous foods	1	3	11	14	13	16	24	15	24	23	22	9	14
Other additions	-	5	20	21	15	9	13	13	25	9	11	14	12
Beverages (ml)	8	5	5	5	8	139	830	383	17	161	568	212	276
Ice creams, desserts and cakes	3	39	100	133	101	47	47	44	118	38	49	43	43
Biscuits	...	9	8	11	21	9	14	5	17	19	14	3	5
Crisps, nuts and snacks	1	8	10	10	23	27	15	2	32	37	11	7	2
Soft/milk drinks (ml)	34	250	364	409	723	820	442	112	776	842	402	563	101
Alcoholic drinks (ml)	-	-	-	-	4	550	1375	760	3	305	298	50	98
Confectionery	1	12	25	22	80	67	21	3	66	67	17	33	3

Appendix D

Supplementary Tables for Income Data

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Table D1:**Contribution made by selected foods to household intakes of energy by decile 1995-97**

Decile ^(a)	1	2	3	4	5	6	7	8	9	10	All
No of people (weighted)	7438	5717	5259	5746	5662	5436	5253	4972	4478	3863	53826
	<i>Per person per day</i>										
ENERGY (kcal)											
Milk and milk products	183	189	202	192	185	189	186	185	178	171	186
of which: whole milk	111	94	99	82	71	67	63	58	47	39	76
low fat milks	48	65	68	74	76	81	82	84	84	82	73
Cheese	37	48	56	55	58	60	65	70	69	73	58
Meat and meat products	225	247	257	263	271	280	271	274	277	275	262
of which: carcass meat	56	63	67	63	70	75	71	71	72	71	67
poultry, uncooked	34	32	36	37	42	41	43	39	41	47	39
other meats and meat products	135	152	154	163	159	164	156	163	164	156	156
Fish	20	25	27	25	28	29	30	30	33	39	28
Eggs	19	20	21	20	21	19	20	20	19	18	20
Fats	199	213	240	213	230	207	217	219	195	181	212
of which: low fat and dairy spreads	43	59	64	62	67	65	68	64	62	51	60
vegetable and salad oils	75	52	74	56	65	51	62	59	48	56	61
Sugar and preserves	96	105	105	98	95	93	88	81	76	66	92
Vegetables	187	192	187	196	200	199	192	196	198	179	193
of which: fresh potatoes	66	67	65	65	69	65	59	59	61	51	63
potato products	49	51	48	52	52	53	50	53	50	42	50
fresh green vegetables	3	5	5	6	6	6	6	7	7	8	6
other fresh vegetables	10	12	13	14	15	15	16	17	18	21	15
other vegetables and vegetable products	59	57	56	59	59	60	60	60	62	58	59
Fruit	42	57	69	69	80	85	85	99	105	121	78
of which: fresh fruit	22	30	37	37	41	44	44	51	55	63	41
fruit juice	9	10	11	13	14	16	15	20	20	24	15
Cereals	564	605	647	656	639	631	645	654	642	612	627
of which: White bread	157	158	158	156	140	142	136	129	116	90	141
Brown and wholemeal bread	26	47	51	53	56	57	56	61	65	75	53
Cakes, pastries and biscuits	122	159	176	175	171	173	172	173	165	143	162
Breakfast cereals	58	67	67	71	69	70	70	73	74	74	69
Other foods	39	51	53	53	59	61	58	63	65	67	56
Total food	1611	1751	1863	1840	1866	1855	1855	1891	1859	1803	1810
Total food and drink	1698	1844	1967	1946	1973	1970	1972	2015	1988	1945	1920

a) based on Net Family Income per person

Table D2:**Contribution made by selected foods to household intakes of fat by decile 1995-97**

Decile ^(a)	1	2	3	4	5	6	7	8	9	10	All
No of people (weighted)	7438	5717	5259	5746	5662	5436	5253	4972	4478	3863	53826
	<i>Per person per day</i>										
FAT (g)											
Milk and milk products	9.3	9.1	9.8	9.0	8.5	8.5	8.3	8.1	7.7	7.4	8.7
of which: whole milk	6.8	5.7	6.0	5.0	4.3	4.1	3.8	3.5	2.9	2.3	4.6
low fat milks	1.5	2.0	2.1	2.3	2.4	2.5	2.5	2.5	2.5	2.4	2.2
Cheese	3.1	4.0	4.6	4.5	4.9	5.0	5.3	5.8	5.7	6.1	4.8
Meat and meat products	15.5	17.1	17.7	18.1	18.5	19.1	18.4	18.4	18.6	18.5	17.9
of which: carcass meat	3.9	4.4	4.7	4.4	4.8	5.3	5.0	5.0	5.0	4.9	4.7
poultry, uncooked other meats and meat products	2.2	2.1	2.4	2.4	2.7	2.6	2.8	2.5	2.7	3.2	2.5
Fish	9.4	10.6	10.6	11.3	11.0	11.2	10.6	11.0	11.0	10.5	10.7
Eggs	0.9	1.2	1.3	1.2	1.3	1.4	1.4	1.4	1.6	1.9	1.3
Fats	1.4	1.5	1.6	1.5	1.5	1.4	1.5	1.5	1.4	1.4	1.5
of which: low fat and dairy spreads	22.0	23.4	26.4	23.4	25.3	22.7	23.8	24.0	21.4	19.8	23.3
vegetable and salad oils	4.7	6.4	6.9	6.7	7.3	7.0	7.3	6.9	6.7	5.5	6.5
Sugar and preserves	8.3	5.8	8.2	6.2	7.2	5.7	6.9	6.5	5.4	6.3	6.7
Vegetables	-	-	-	-	-	-	-	-	-	-	-
of which: Potato products other vegetables and vegetable products	4.5	4.7	4.5	4.9	5.0	5.1	4.9	5.2	5.2	4.8	4.9
Fruit	2.9	3.0	2.8	3.0	3.0	3.1	2.9	3.1	2.9	2.4	2.9
Cereals	1.3	1.3	1.3	1.4	1.4	1.5	1.5	1.6	1.7	1.8	1.5
of which: Cakes, pastries and biscuits	0.8	0.8	1.1	1.1	1.5	1.5	1.6	1.7	1.9	2.3	1.4
Other foods	10.3	12.5	13.6	13.9	13.7	14.0	14.1	14.5	14.5	14.0	13.3
	5.4	6.9	7.6	7.5	7.3	7.4	7.4	7.4	7.0	6.0	7.0
	1.7	2.2	2.2	2.3	2.5	2.7	2.5	2.9	2.8	3.0	2.4
Total food	69.5	76.5	82.8	79.7	82.7	81.4	81.8	83.6	80.8	79.3	79.4
Total food and drink	70.5	77.8	84.3	81.3	84.2	83.1	83.3	85.3	82.4	80.8	80.8

a) based on Net Family Income per person

Table D3:

Contribution made by selected foods to household intakes of vitamin C by decile 1995-97

Decile ^(a)	1	2	3	4	5	6	7	8	9	10	All
No of people (weighted)	7438	5717	5259	5746	5662	5436	5253	4972	4478	3863	53826
	<i>Per person per day</i>										
VITAMIN C (mg)											
Milk and milk products	3.7	3.7	4.0	3.8	3.6	3.7	3.5	3.6	3.5	3.4	3.7
Cheese	-	-	-	-	-	-	-	-	-	-	-
Meat and meat products	1.8	2.0	2.0	2.0	1.9	1.9	1.8	1.8	1.9	1.8	1.9
Fish	-	-	-	-	-	-	-	-	0.1	0.1	...
Eggs	-	-	-	-	-	-	-	-	-	-	-
Fats	-	-	-	-	0.1	0.1	0.1	0.1	0.1	0.1	...
Sugar and preserves	0.3	0.5	0.5	0.4	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Vegetables	15.7	18.1	18.6	19.4	20.3	20.6	20.5	21.6	22.5	23.0	19.7
of which: fresh potatoes	5.8	6.1	6.0	6.0	6.3	6.0	5.5	5.6	5.7	4.8	5.8
potato products	1.2	1.1	1.2	1.1	1.1	1.2	1.2	1.1	1.1	0.9	1.1
fresh green vegetables	1.4	2.2	2.6	2.7	2.7	2.9	2.9	3.1	3.1	3.4	2.6
other fresh vegetables	2.9	3.9	4.4	4.4	4.8	5.2	5.5	6.2	6.7	8.1	5.0
other vegetables and vegetable products	4.4	4.8	4.5	5.2	5.4	5.3	5.3	5.7	5.8	5.7	5.2
Fruit	14.8	19.5	22.7	24.0	27.1	29.3	29.0	35.1	38.2	46.2	27.3
of which: fresh fruit	6.6	9.6	11.7	11.1	13.1	13.9	14.1	16.1	19.0	22.8	13.1
fruit juice	7.9	9.3	10.1	12.2	13.2	14.5	14.2	18.1	18.3	22.3	13.4
Cereals	1.2	1.3	1.4	1.4	1.4	1.4	1.4	1.5	1.4	1.4	1.4
Other foods	0.4	0.4	0.4	0.4	0.5	0.5	0.4	0.5	0.5	0.5	0.4
Total food	37.8	45.6	49.6	51.5	55.4	58.0	57.3	64.6	68.7	76.9	54.9
Total food and drink	43.2	50.8	54.7	56.7	60.7	63.2	62.3	69.4	73.4	80.8	59.9

a) based on Net Family Income per person

Table D4:Contribution made by selected foods to household intakes of β carotene by decile 1995-97

Decile (a)	1	2	3	4	5	6	7	8	9	10	All
No of people (weighted)	7438	5717	5259	5746	5662	5436	5253	4972	4478	3863	53826
	<i>Per person per day</i>										
β Carotene (μ g)											
Milk and milk products	48	47	52	47	45	46	45	44	43	41	46
Cheese	20	26	30	29	31	32	34	37	37	40	31
Meat and meat products	22	23	27	24	26	31	29	34	43	43	29
Fish	1	2	2	2	2	2	2	3	3	4	2
Eggs	-	-	-	-	-	-	-	-	-	-	-
Fats	66	89	95	92	99	95	98	96	94	83	90
of which: low fat and dairy spreads	38	53	57	55	60	58	60	57	55	46	53
Sugar and preserves	-	1	1	1	1	1	1	1	1	1	1
Vegetables	873	1261	1264	1386	1391	1531	1535	1583	1522	1671	1370
of which: fresh green vegetables	40	59	67	68	74	79	79	88	88	109	72
other vegetables and vegetable products	577	925	935	1025	1010	1158	1169	1167	1107	1230	1004
Fruit	25	31	36	36	44	47	49	60	62	77	44
of which: fresh fruit	20	23	27	27	34	36	38	48	49	62	35
Cereals	19	20	20	23	24	24	23	26	27	25	23
Other foods	39	44	45	44	52	49	48	53	60	56	48
Total food	1114	1543	1571	1684	1716	1858	1565	1937	1892	2041	1684
Total food and drink	1175	1601	1631	1742	1773	1914	1921	1984	1937	2075	1738

a) based on Net Family Income per person

Table D5:

Contribution made by selected foods to household intakes of folate by decile 1995-97

Decile ^(a)	1	2	3	4	5	6	7	8	9	10	All
No of people (weighted)	7438	5717	5259	5746	5662	5436	5253	4972	4478	3863	53826
	<i>Per person per day</i>										
FOLATE (µg)											
Milk and milk products	19	20	22	21	21	21	21	21	20	19	21
Cheese	3	4	5	5	5	5	6	7	7	7	5
Meat and meat products	11	12	14	13	13	14	14	14	14	15	13
Fish	2	3	3	3	3	3	3	3	4	4	3
Eggs	6	7	7	7	7	6	7	7	6	6	7
Fats	-	-	-	-	-	-	-	-	-	-	-
Sugar and preserves	-	-	-	-	-	-	-	-	-	-	-
Vegetables	66	74	76	79	82	81	81	83	86	84	78
of which:											
fresh potatoes	29	29	28	28	30	28	25	25	26	22	27
potato products	3	3	3	3	3	3	3	4	3	3	3
fresh green vegetables	9	14	16	16	17	18	18	19	19	21	16
other fresh vegetables	9	11	12	13	14	15	16	17	19	22	14
other vegetables and vegetable products	17	17	17	18	19	18	19	18	18	17	18
Fruit	8	11	13	14	16	17	16	20	21	25	15
Cereals	70	76	79	82	81	82	82	83	83	83	80
of which:											
White bread	14	14	14	14	13	14	13	13	12	10	13
Brown and wholemeal bread	5	9	10	10	11	11	11	12	12	14	10
Cakes, pastries and biscuits	3	5	5	5	5	5	5	5	5	5	5
Breakfast cereals	34	36	35	37	37	37	36	37	36	37	36
Other foods	15	20	23	23	21	23	22	23	22	23	21
Total food	202	228	242	247	250	253	252	261	264	267	244
Total food and drink	204	231	245	250	253	257	256	266	269	273	248

a) based on Net Family Income per person

Table D6:

Contribution made by selected foods to household intakes of iron by decile 1995-97

Decile ^(a)	1	2	3	4	5	6	7	8	9	10	All
No of people (weighted)	7438	5717	5259	5746	5662	5436	5253	4972	4478	3863	53826
	Per person per day										
IRON (mg)											
Milk and milk products	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Cheese	-	-	-	-	-	-	0.1	0.1	0.1	0.1	...
Meat and meat products	1.2	1.3	1.4	1.4	1.4	1.4	1.5	1.5	1.5	1.6	1.4
of which: carcass meat	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4
poultry, uncooked	0.1	0.1	0.1	0.1	0.2	0.1	0.2	0.1	0.1	0.2	0.1
other meats and meat products	0.8	0.8	0.9	0.9	0.9	1.0	0.9	0.9	1.0	0.9	0.9
Fish	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.2
Eggs	0.2	0.3	0.3	0.3	0.3	0.2	0.3	0.3	0.2	0.2	0.3
Fats	-	-	-	-	-	-	-	-	-	-	-
Sugar and preserves	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Vegetables	1.5	1.6	1.6	1.6	1.7	1.7	1.7	1.7	1.8	1.7	1.6
of which: fresh potatoes	0.3	0.4	0.3	0.3	0.4	0.3	0.3	0.3	0.3	0.3	0.3
potato products	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.1	0.2
fresh green vegetables	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.2
other fresh vegetables	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.3
other vegetables and vegetable products	0.8	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.7
Fruit	0.2	0.3	0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.6	0.4
Cereals	4.2	5.0	5.2	5.3	5.2	5.3	5.3	5.4	5.4	5.2	5.1
of which: White bread	1.1	1.1	1.1	1.1	1.0	1.0	1.0	0.9	0.8	0.7	1.0
Brown and wholemeal bread	0.3	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.8	0.9	0.6
Cakes, pastries and biscuits	0.5	0.7	0.8	0.8	0.7	0.8	0.8	0.8	0.7	0.6	0.7
Breakfast cereals	1.4	1.6	1.6	1.7	1.7	1.7	1.7	1.8	1.8	1.8	1.7
Other foods	0.3	0.4	0.4	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.5
Total food	8.2	9.4	9.9	10.0	10.1	10.2	10.2	10.5	10.7	10.7	9.9
Total food and drink	8.3	9.5	10.0	10.2	10.3	10.5	10.5	10.8	11.0	11.2	10.1

a) based on Net Family Income per person

Table D7:**Contribution made by selected foods to household intakes of calcium by decile 1995-97**

Decile (a)	1	2	3	4	5	6	7	8	9	10	All
No of people (weighted)	7438	5717	5259	5746	5662	5436	5253	4972	4478	3863	53826
	<i>Per person per day</i>										
CALCIUM (mg)											
Milk and milk products	345	370	394	381	371	380	375	377	363	343	370
of which: whole milk	191	161	171	141	122	115	108	100	81	66	131
low fat milks	125	172	182	199	203	216	220	226	227	223	195
Cheese	63	81	93	91	97	100	107	114	112	115	95
Meat and meat products	25	27	26	29	28	28	27	28	29	27	27
of which: other meats and meat products	21	23	23	25	24	24	24	24	25	24	24
Fish	11	13	14	15	16	17	17	18	20	23	16
Eggs	7	8	8	8	8	7	8	8	7	7	8
Fats	3	4	5	5	5	5	5	5	5	4	5
Sugar and preserves	3	4	4	4	4	3	3	3	3	3	3
Vegetables	40	45	47	48	51	51	52	54	55	58	49
Fruit	9	13	16	16	19	20	19	23	25	30	18
Cereals	174	200	219	212	206	207	210	209	202	188	202
of which: White bread	78	79	80	79	71	73	70	66	60	47	71
Brown and wholemeal bread	10	16	18	19	20	20	20	22	23	27	19
Cakes, pastries and biscuits	26	34	37	38	36	37	37	37	36	31	35
Breakfast cereals	5	7	8	8	8	9	9	10	10	11	8
Other foods	17	22	22	23	25	26	24	26	27	27	23
Total food	698	787	849	831	829	845	848	863	849	827	817
Total food and drink	711	802	866	849	846	864	867	884	870	849	835

a) based on Net Family Income per person

Table D8:

Contribution made by selected foods to household intakes of zinc by decile 1995-97

Decile ^(a)	1	2	3	4	5	6	7	8	9	10	All
No of people (weighted)	7438	7517	5259	5746	5662	5436	5253	4972	4478	3863	53826
	<i>Per person per day</i>										
ZINC (mg)											
Milk and milk products	1.2	1.3	1.4	1.3	1.3	1.3	1.3	1.3	1.3	1.2	1.3
of which: whole milk	0.7	0.6	0.6	0.5	0.4	0.4	0.4	0.4	0.3	0.2	0.5
low fat milks	0.4	0.6	0.6	0.7	0.7	0.7	0.7	0.8	0.8	0.8	0.7
Cheese	0.2	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4
Meat and meat products	2.1	2.2	2.4	2.4	2.4	2.5	2.4	2.4	2.5	2.4	2.4
of which: carcass meat	0.8	0.9	0.9	0.9	1.0	1.0	1.0	1.0	1.0	1.0	0.9
poultry, uncooked other meats and meat products	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3
Fish	1.0	1.1	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.1	1.2
Eggs	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.1
Fats	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Sugar and preserves	-	-	-	-	-	-	-	-	-	-	-
Vegetables	-	-	-	-	-	-	-	-	-	-	-
Fruit	0.7	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8
Cereals	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.2
Of which: White bread	1.7	1.9	2.0	2.1	2.1	2.1	2.2	2.2	2.3	2.2	2.1
Brown and wholemeal bread	0.4	0.4	0.4	0.4	0.3	0.4	0.3	0.3	0.3	0.2	0.4
Cakes, pastries and biscuits	0.2	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.6	0.4
Breakfast cereals	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3
Other foods	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4
Other foods	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3
Total food	6.6	7.3	7.7	7.7	7.9	8.0	8.0	8.2	8.2	8.2	7.7
Total food and drink	6.6	7.3	7.8	7.8	7.9	8.1	8.0	8.2	8.3	8.3	7.8

a) based on Net Family Income per person

Glossary

Glossary of terms used in the Survey

Adult A person of 18 years of age or over, however, solely for purposes of classifying households according to their composition, heads of household and diary-keepers under 18 years of age are regarded as adults.

Average consumption For the main Survey, the aggregate amount of *household food obtained for consumption* by the households in the sample divided by the total number of persons in the sample. For the eating out extension, the aggregate amount of *eating out consumption* by the people in the extension sample divided by the number of people in the extension sample.

Average expenditure For the main Survey, the aggregate amount spent by the households in the sample divided by the total number of persons in the sample. For the eating out extension, the aggregate eating out expenditure by the people in the extension sample, divided by the number of people in the extension sample.

Average price The aggregate expenditure by the households in the sample on an item in the Survey Classification of foods, divided by the aggregate quantity of that item purchased by these households. It is therefore, more strictly an 'average unit value'.

Child A person under 18 years of age; however, solely for purposes of classifying households according to their composition, heads of household and diary-keepers under 18 years of age are regarded as adults.

Composite meals and snacks For the eating out extension, these are defined as meals or snacks for which a cost can only be given for a number of foods together. A cost is given for the whole meal, and the individual components are recorded for use in calculating consumption and nutritional values.

Convenience foods Those processed foods for which the degree of preparation has been carried to an advanced stage by the manufacturer and which may be used as labour-saving alternatives to less highly processed products. The convenience foods distinguished by the Survey are cooked and canned meats, meat products (other than uncooked sausages), cooked and canned fish, fish products, canned vegetables, vegetable products, canned fruit, fruit juices, cakes and pastries, biscuits, breakfast cereals, instant coffee and coffee essences, baby foods, canned soups, dehydrated soups, ice-cream, and all frozen foods which fulfil the requirements of the previous sentence.

Eating out consumption Individual consumption outside the home of all food and drink not obtained from household stocks, regardless of who paid for the food or drink.

Eating Out expenditure Individual expenditure on all food and drink purchased for *eating out consumption*, whether for consumption by the purchaser or others or both. Expenditure on food and drink for ‘business’ purposes, i.e. that which is to be reclaimed as business expenses, is not included.

Eating Out extension An additional section of the National Food Survey which asks half of the main survey households to record their *eating out consumption* and *eating out expenditure*.

Garden and allotment produce, etc Food which entered the household without payment, and was consumed during the week of participation in the Survey. It includes supplies obtained from a garden, allotment or farm, or from an employer, but not gifts of food from one household in Great Britain to another if such food has been purchased by the donating household. (See also *Value of garden and allotment produced, etc*).

Household For the Survey purposes, this is defined as a group of persons living in the same dwelling and sharing common catering arrangements.

Household food obtained for consumption Food purchases from all sources (including purchases in bulk) made by households during their week of participation in the Survey and intended for human consumption during that week or later, plus any *garden or allotment produce, etc* which households actually consumed while participating in the Survey, but excluding sweets, alcohol, soft drinks and meals or snacks purchased for *eating out consumption*. For an individual household, the quantity of food thus obtained for consumption, or estimates of nutrient intake derived from it, may differ from actual consumption because of changes in household stocks during the week and because of wastage. Averaged over a sufficiently large group of households and a sufficiently long period of time, increases in household stocks might reasonably be expected to differ only slightly from depletions.

Income group Households are grouped into eight income groups (A1, A2, B, C, D, E1, E2 and OAP) according to the ascertained or estimated gross income of the head of the household or of the principal earner in the household (if the weekly income of the head is less than the amount defining the upper limit to income group D). Households without an earner (E1 and E2) are those with no person normally working more than ten hours a week, however of these, *Pensioner Households* and those with at least one person unemployed for less than a year are not counted as households without an earner.

Intake See Food obtained for consumption.

Main Survey The core part of the National Food Survey, for which the main estimates of *average consumption* and *average expenditure for household food obtained for consumption* are derived.

Meals For the eating out extension, a meal is an eating occasion which cannot be described by a single food item code, but which includes a main dish. In addition a meal must be served and consumed on the premises of one of the following types of outlet: respondent's workplace, school, restaurant, public house, catering facilities on trains, buses or aeroplanes, meals on wheels or other catering facilities such as hospitals, football grounds, etc. A meal is distinct from a meal occasion, which is defined as breakfast, mid-day or evening meal or other eating or drinking occasion and may comprise a meal or drink or snack or any combination of these.

Net balance The net balance for an individual (a member of the household or a visitor) is a measure of the proportion of the individuals' food needs which are met by meals eaten in the home by that individual during the Survey week. Each meal is given a weight in proportion to its normal importance, the relative weights currently used being breakfast 3, mid-day meal 4, evening meal 7. These weights were changed during 1991; previously, separate weights for tea (2) and supper (5) were used if two evening meals were taken; now a light tea or supper is disregarded in this calculation. The net balance is used when relating nutrient intakes to reference intakes (based on age and sex etc).

Nutrients In addition to the energy value of food expressed in terms of kilocalories and megajoules (4,184 megajoules = 1,000 kilocalories), the food is evaluated in terms of the following nutrients:

Protein (animal and total), fat (including the component saturated, monosaturated and polyunsaturated fatty acids), carbohydrate (including total sugars, non-milk extrinsic sugars and starch), fibre (as non-starch polysaccharides), calcium, iron, zinc, magnesium, sodium, potassium, vitamin A (retinol, B-carotene, retinol equivalent), thiamin, riboflavin, niacin equivalent, folate, vitamins B6, B12, C, D and E, cholesterol, copper, manganese, phosphorus, biotin and pantothenic acid.

Pensioner households (OAP) Households in which at least three-quarters of total income is derived from state retirement pensions or similar pensions and/or supplementary pensions or allowances paid in supplementation or instead of such pensions. Such households will include at least one person over the state retirement age.

Person An individual of any age who, during the week of the Survey, spends at least four nights in the household ('at home') and has at least one meal a day from the household food supply on at least four days, except that if he/she is the head of the household, or the diary-keeper, he or she is regarded as a person irrespective of the above conditions.

Price index A price index of Fisher 'Ideal' type is used; this index is the geometric means of two indices with weights relating to the earlier and later periods respectively or, in the case of non-temporal comparisons (e.g. regional, type of area, income group and household composition), with

weights relating to the group under consideration and the national average respectively.

Quantity index This index is also of the Fisher 'Ideal' type. The price and quantity indices together thus account for the whole of the expenditure difference between the two periods or groups being compared.

Real price The price of an item in relation to the price of all goods and services. The term is used when referring to changes in the price of an item over a period of time. The real prices quoted in this report are obtained by dividing the *average price* paid at a point in time by the Index of Retail Prices (All Items) at that time.

Regions Government Office Regions except that Merseyside is combined with the North West because of its relatively small sample size.

Seasonal foods Those foods which regularly exhibit a marked seasonal variation in price or in consumption; for the purposes of the Survey these are deemed to be eggs, fresh and processed fish, shellfish, potatoes, fresh vegetables and fresh fruit.

Snacks For the eating out extension, snacks are all eating out occasions other than those classified as meals (but including any eating out occasion referred to as snack by the respondent even if this also fulfils the meal definition). They may be from any outlet and contain any food item or combination of items.

Value of consumption Expenditure plus *value of garden and allotment produce, etc.*

Value of garden and allotment produce, etc The value imputed to such supplies received by a group of households is derived from the average prices currently paid by the group for corresponding purchases. This appears to be the only practicable method of valuing these supplies, even though if the households concerned had not had access to them, they would probably not have consumed as much of these foods, and would therefore have spent less on them than the estimated value of their consumption (though they might have spent more on other foods). Free school milk and free welfare milk are valued at the average price paid by the group for full price milk. (See also *Garden and allotment produce, etc.*).

Symbols and conventions used

Symbols The following are used throughout:

. - = nil

... = less than half the final digit shown

na or blank = not available or not applicable

Rounding of figures In tables where figures have been rounded to the nearest final digit, there may be an apparent slight discrepancy between the sum of the constituent items and the total shown.

Additional Information

Analyses of Survey data providing more detail and, in some cases, more-up-to-date information than published in this report are available directly from the Ministry of Agriculture, Fisheries and Food. These analyses are of three main types:

i) Compendium of supplementary NFS results

ii) Standard analyses

Quarterly national averages - available approximately 10 weeks after the end of each survey period

Analyses of components of selected food codes

iii) Ad hoc analyses

Ad hoc analyses can be undertaken to meet the special requirements of organisations, subject to resources being available

The latest NFS Statistics News Release, selected annual NFS data and a range of other statistics can be found under the heading “statistics” on the World Wide Web at <http://www.maff.gov.uk>

Further details regarding additional Survey information are available from:

**National Food Survey Branch
Ministry of Agriculture, Fisheries and Food
Room 513, West Block
Whitehall Place
London SW1A 2HH**