



**Abertay
University**

**Food
Standards
Scotland**
**Inbhe
Bìdh Alba**

Project Number: FSS/2020/057

Estimation of food and nutrient intakes from Living Costs and Food survey data in Scotland 2001-2018

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Advised by

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Summary Results of Food Goals 2001-2018

Food	Scottish Dietary Goal	2001-2003	2016-2018	Change between 2001-2003 & 2016-2018
Fruit and Vegetables (g/day)	At least 5 portions per person per day (> 400 g/day)	256	265	No Change
Oil rich fish (g/week)	One portion per person (140g) per week	29	33	No Change
Red Meat (g/day)	Average intake of red and processed meat to be pegged at around 70g per person per day	65	55	↓**

Significance Level: *P≤0.01; **P<0.001

This work was funded by Food Standards Scotland (project FSS/2020/057). Data from DEFRA, ONS and the UK Data Archive .

Summary Results of Nutrient Goals 2001-2018

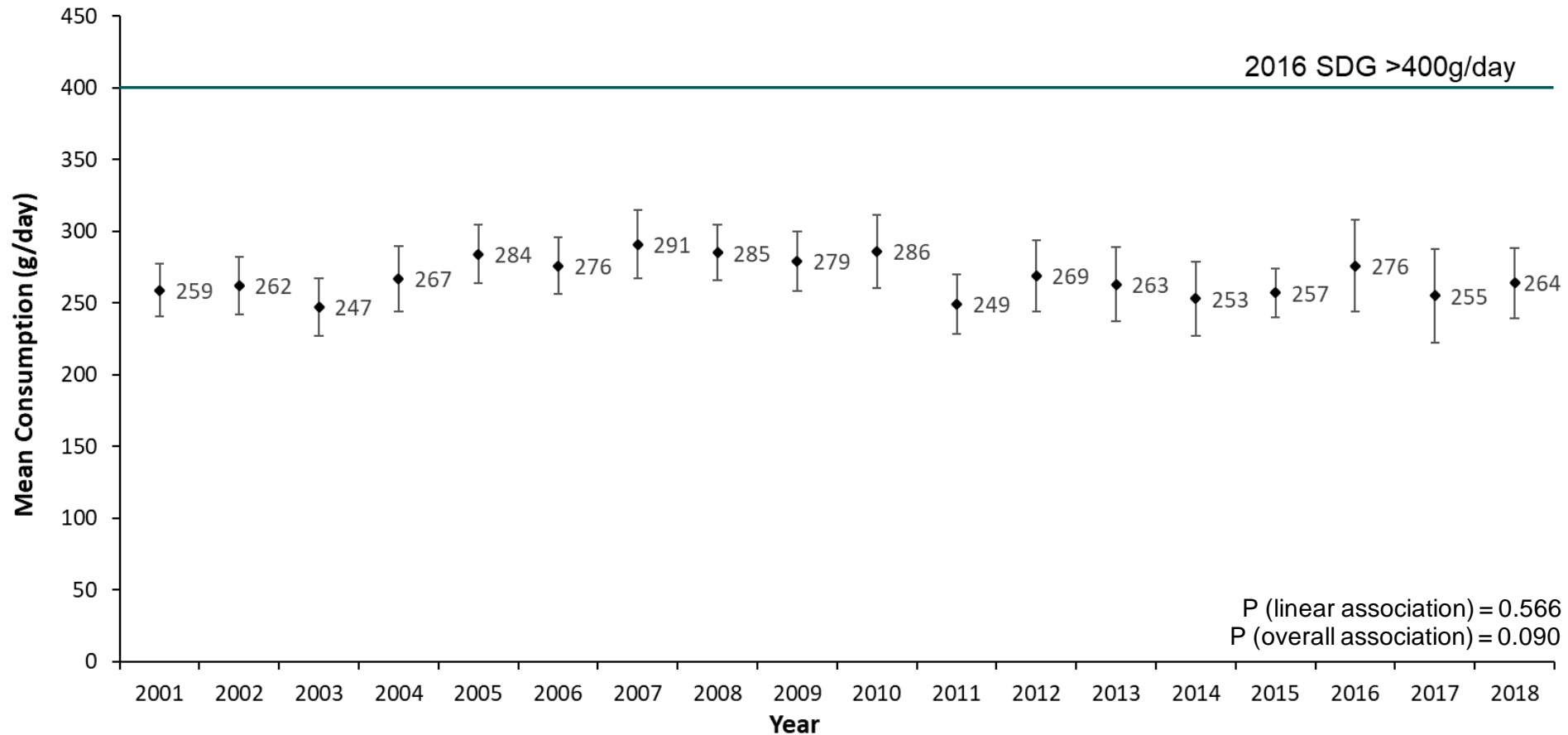
Nutrient	Scottish Dietary Goal	2001-2003	2016-2018	Change between 2001-2003 & 2016-2018
Energy density (kcal/100g)	Average energy density of the diet to be 125 kcal/100g	171	172	No Change
Fat (% food energy)	≤35% food energy	38.8	39.7	↑*
Saturated Fat (% food energy)	≤11% of food energy	15.6	15.4	No Change
Free Sugars (% total energy)	≤5% of total energy in adults and children over 2 years ¹	15.1	13.4	↓**
Fibre (g/day)	Increase in average consumption of AOAC fibre to 30g/day ¹	16.4	15.6	↓*
Carbohydrate (% total energy)	50% of total energy with no more than 5% total energy from free sugars ¹	45.2	44.3	No Change

¹ 2016 Scottish Dietary Goals

Significance Level: *P≤0.01; **P<0.001

Fruit and vegetables*

Mean [95% CI] consumption by year 2001-2018 compared to the 2016 Scottish Dietary Goal (>400g/day)



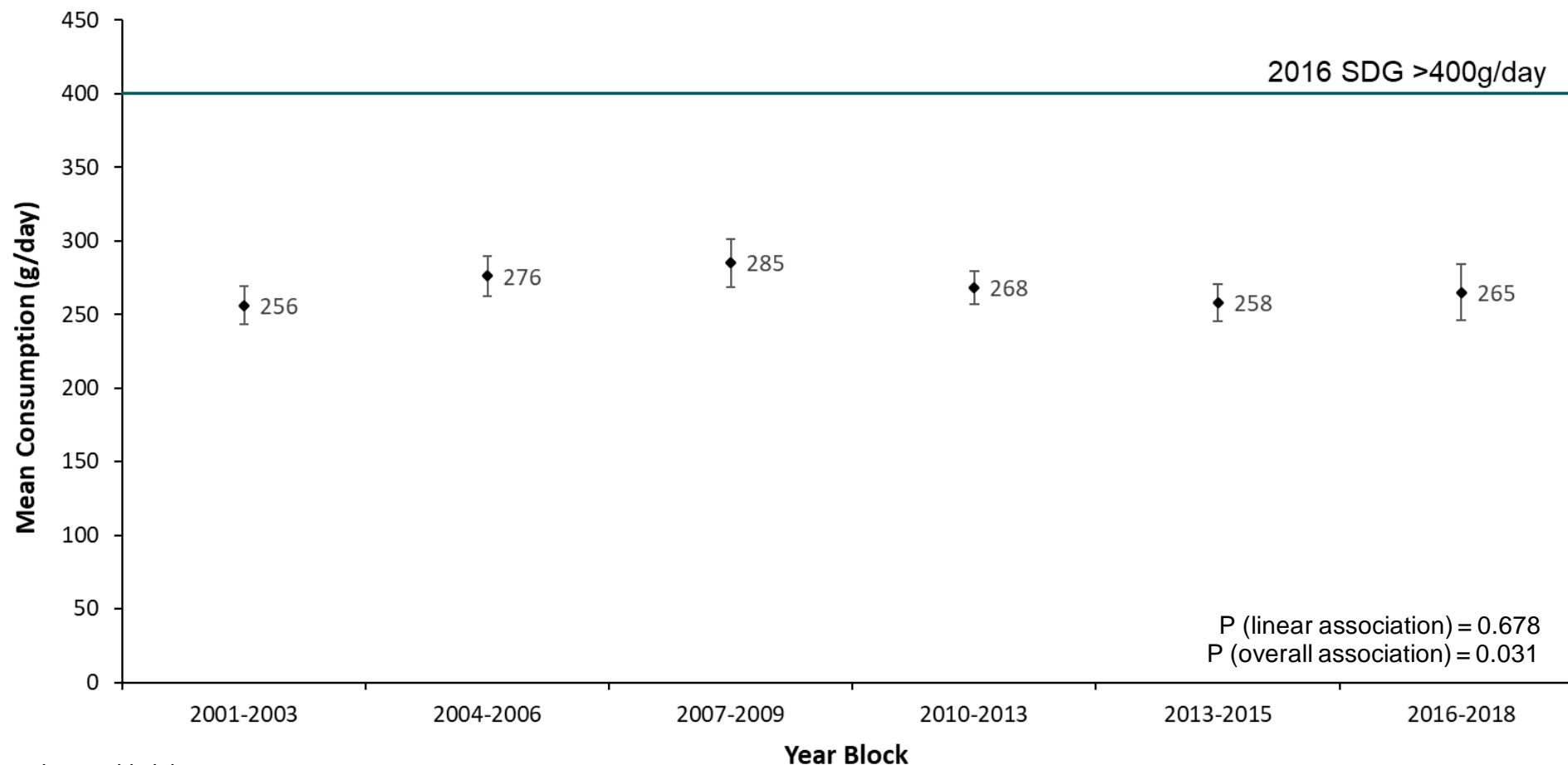
*Fruit includes fruit and vegetable juice

*Vegetables includes beans and pulses

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Fruit and vegetables*

Mean [95% CI] consumption by 3-year block 2001-2018 compared to the 2016 Scottish Dietary Goal (>400g/day)

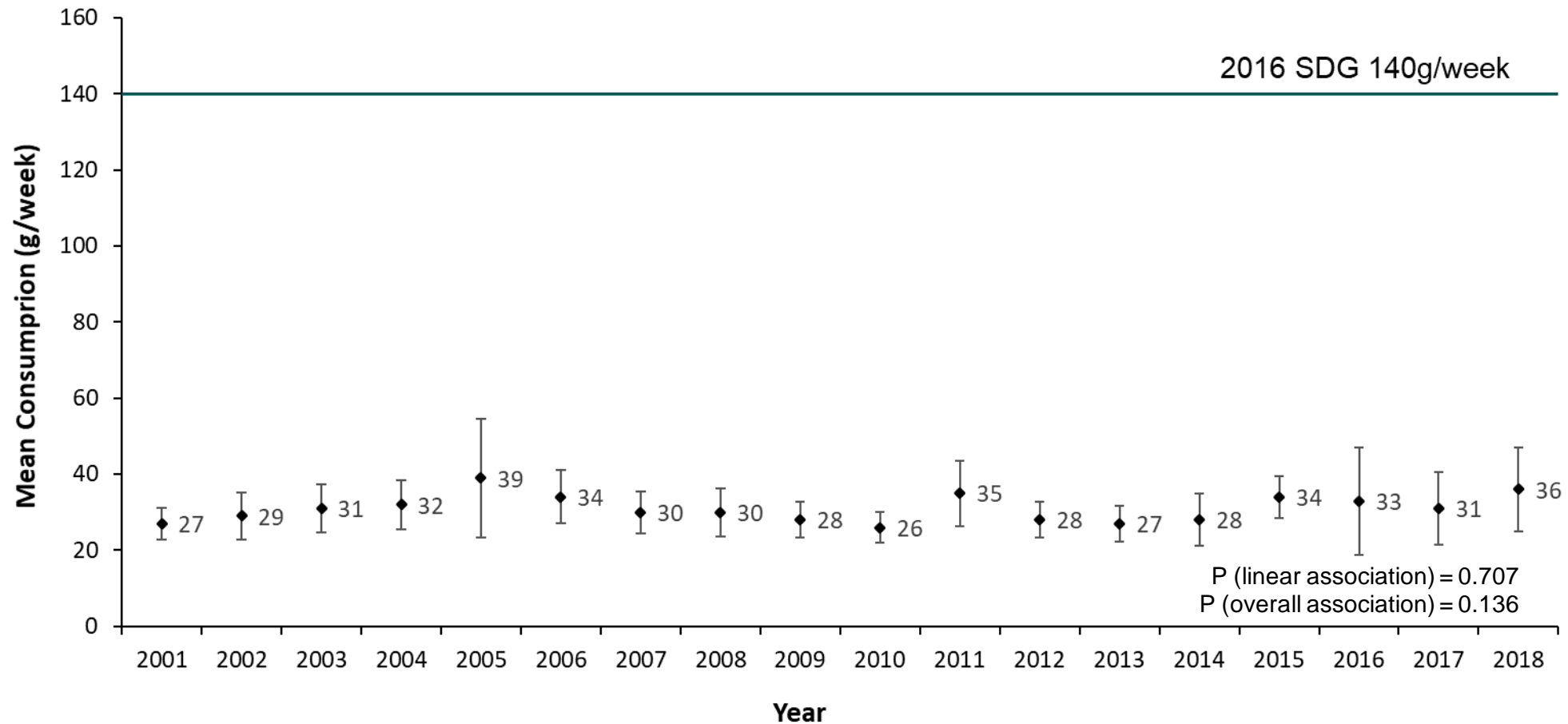


*Fruit includes fruit and vegetable juice

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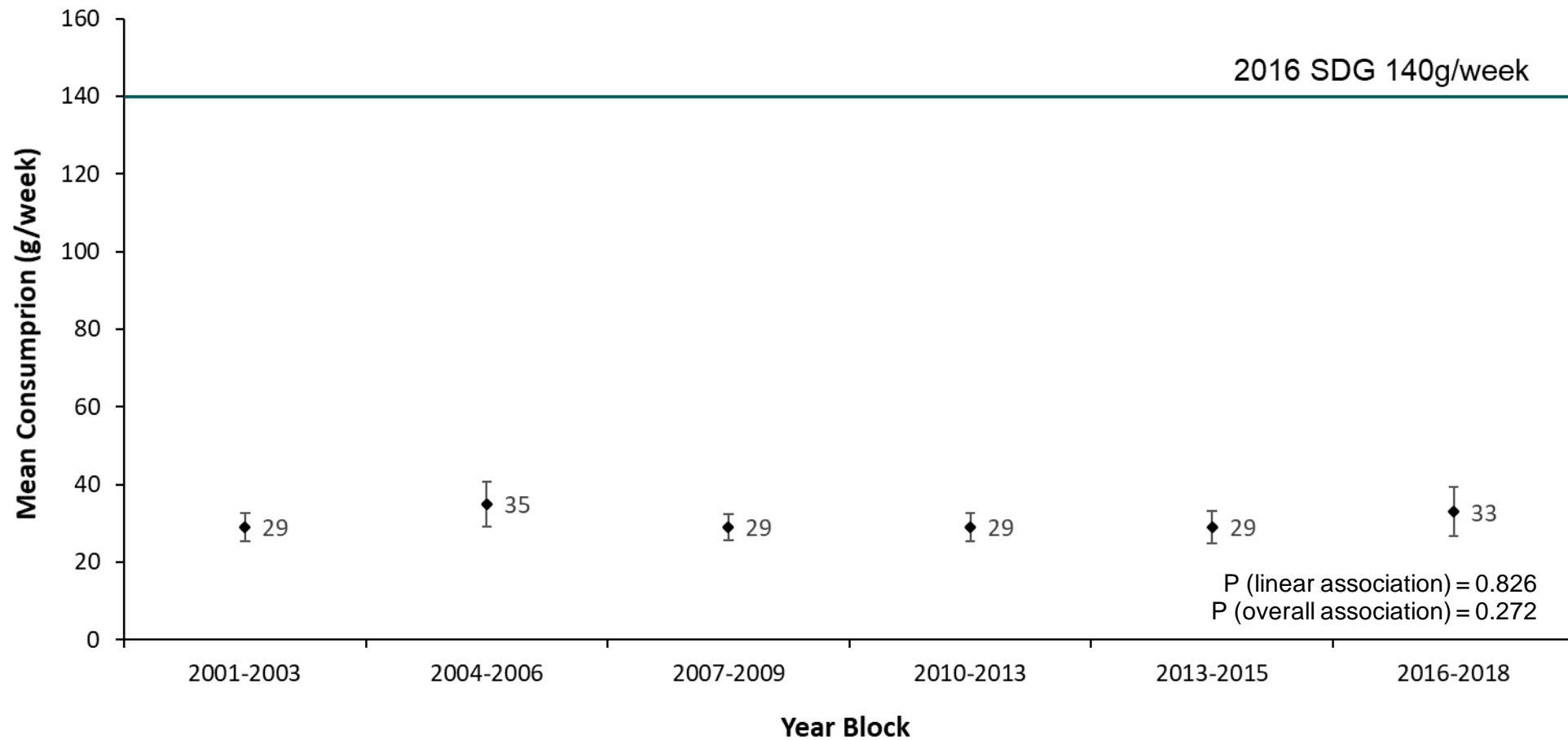
Oil rich fish

Mean [95% CI] consumption by year 2001-2018
compared to the 2016 Scottish Dietary Goal (140g/week)



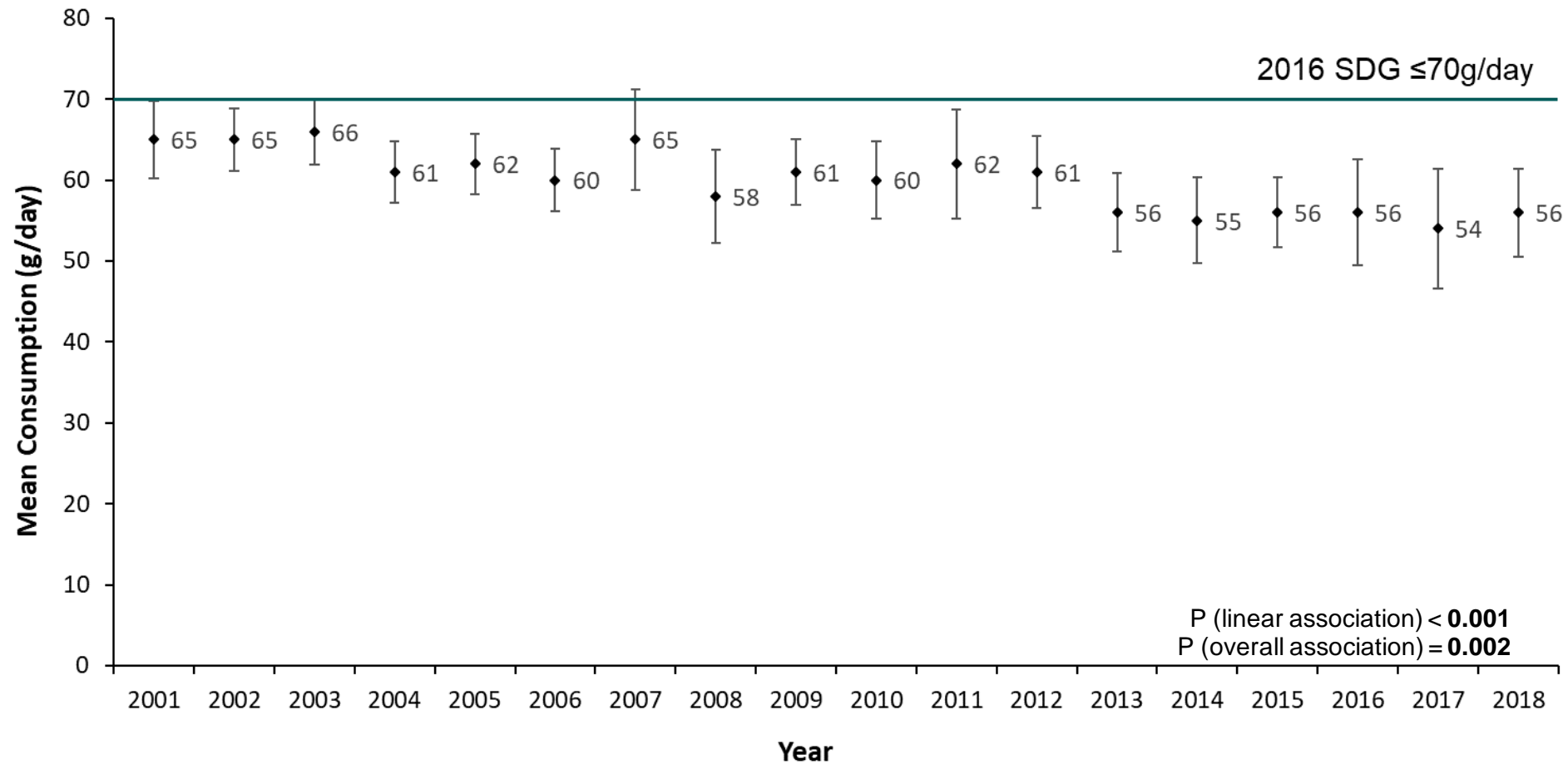
Oil rich fish

Mean [95% CI] consumption by 3-year block 2001-2018 compared to the 2016 Scottish Dietary Goal (140g/week)



Red and processed meat*

Mean [95% CI] consumption by year 2001-2018
compared to the 2016 Scottish Dietary Goal ($\leq 70\text{g/day}$)

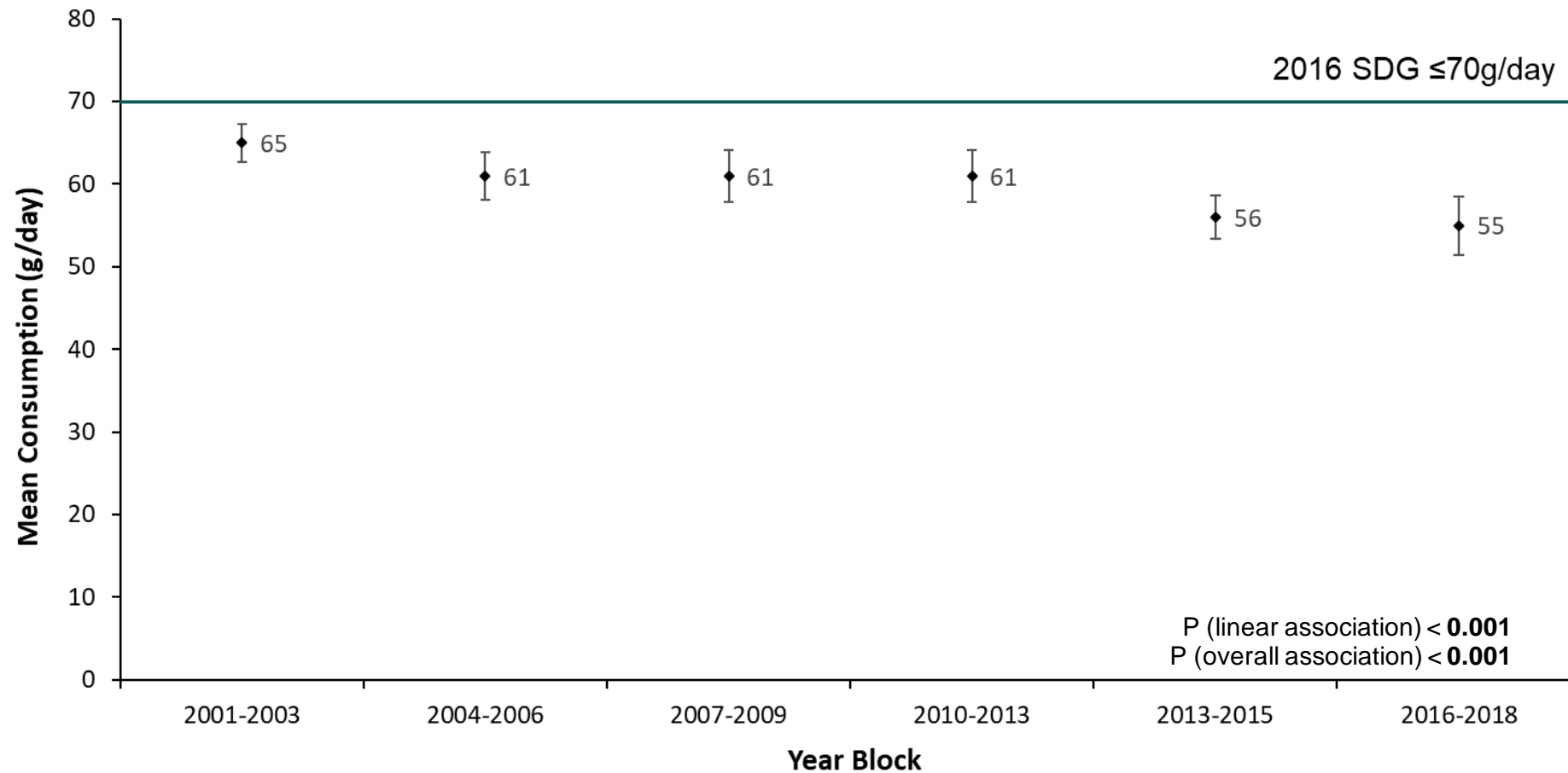


*Meat portion only (includes processed red meat products e.g., sausages, meat pies, burgers, and pate)

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Red and processed meat*

Mean [95% CI] consumption by 3-year block 2001-2018 compared to the 2016 Scottish Dietary Goal ($\leq 70\text{g/day}$)

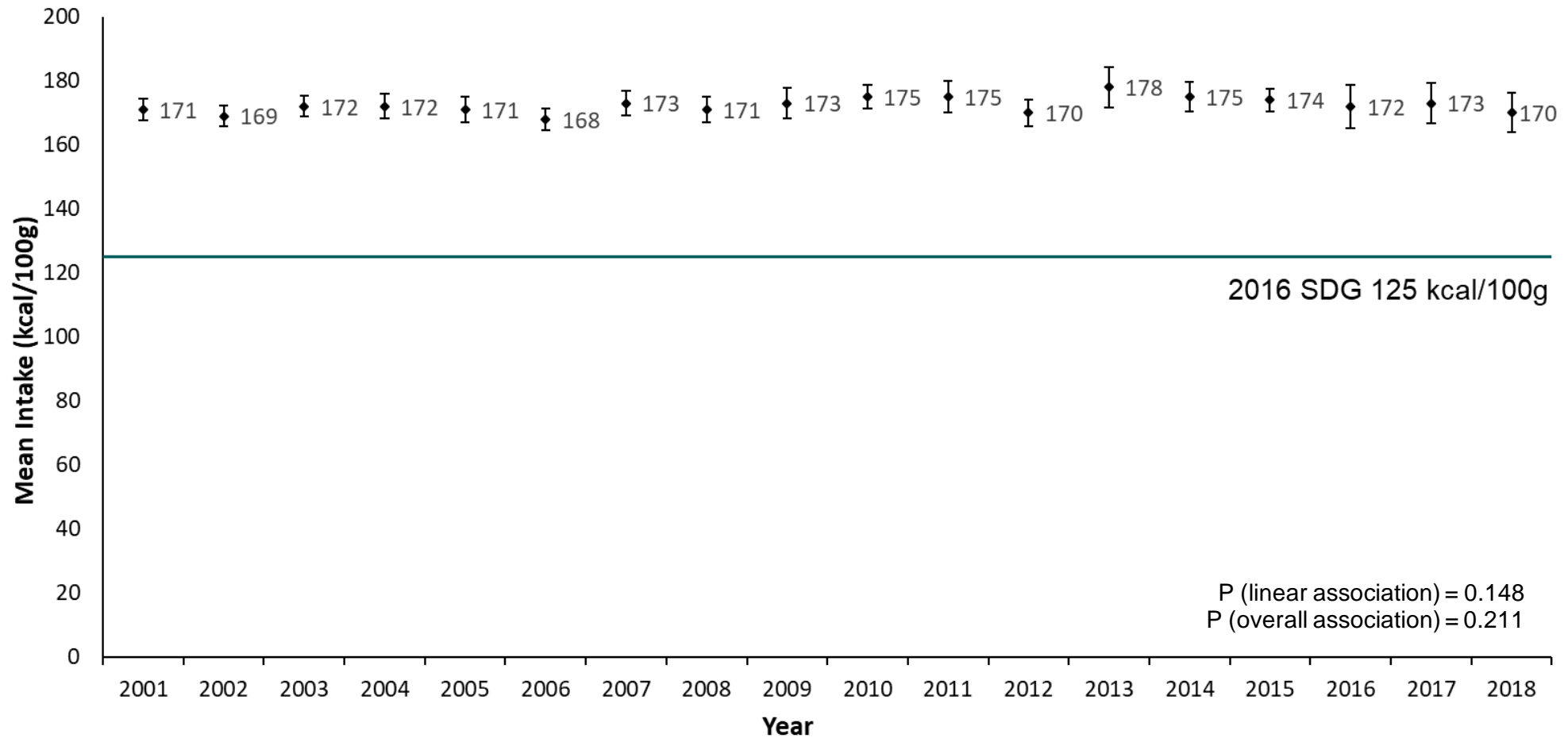


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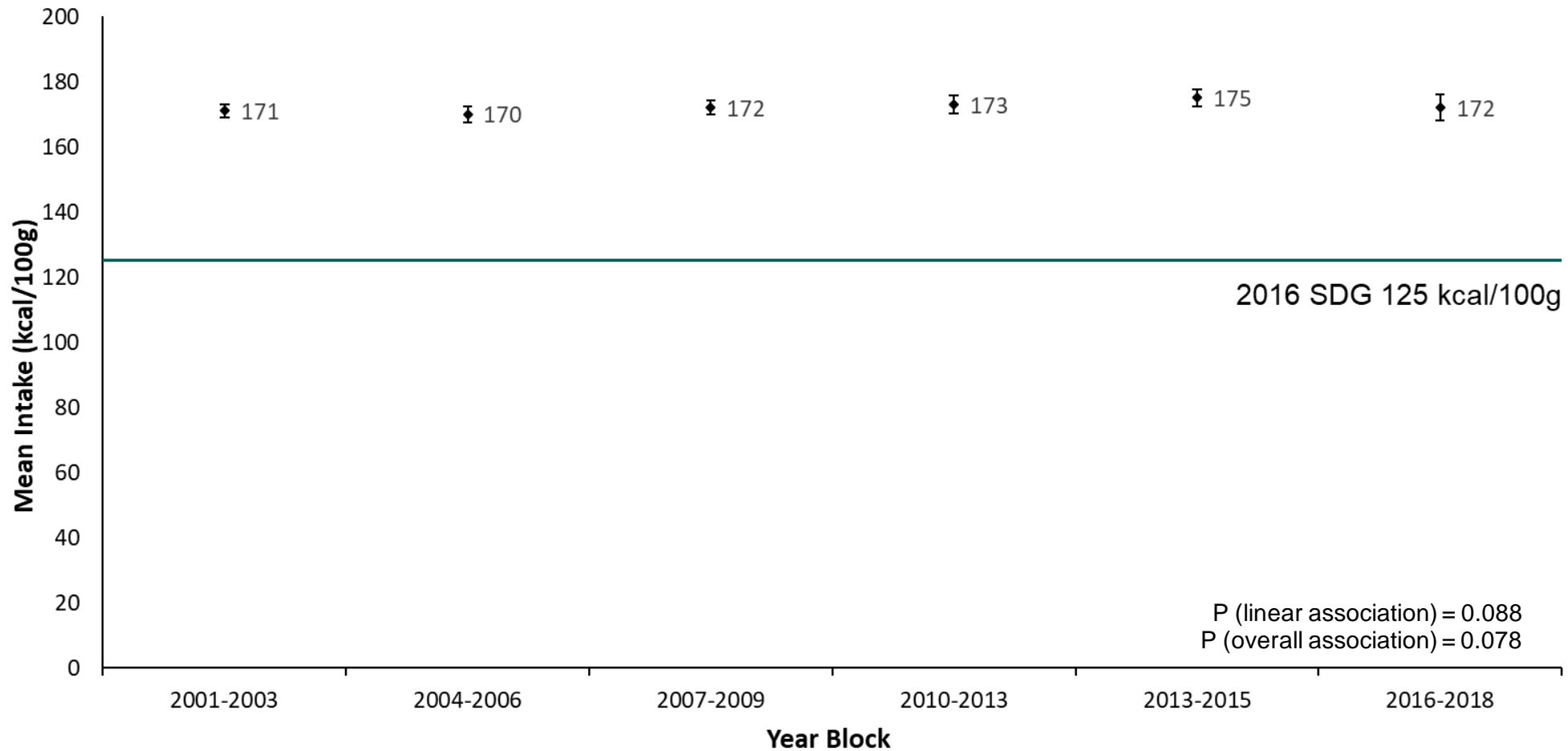
Energy density (food and milk)

Mean [95% CI] consumption by year 2001-2018
compared to the 2016 Scottish Dietary Goal (125 kcal/100g)



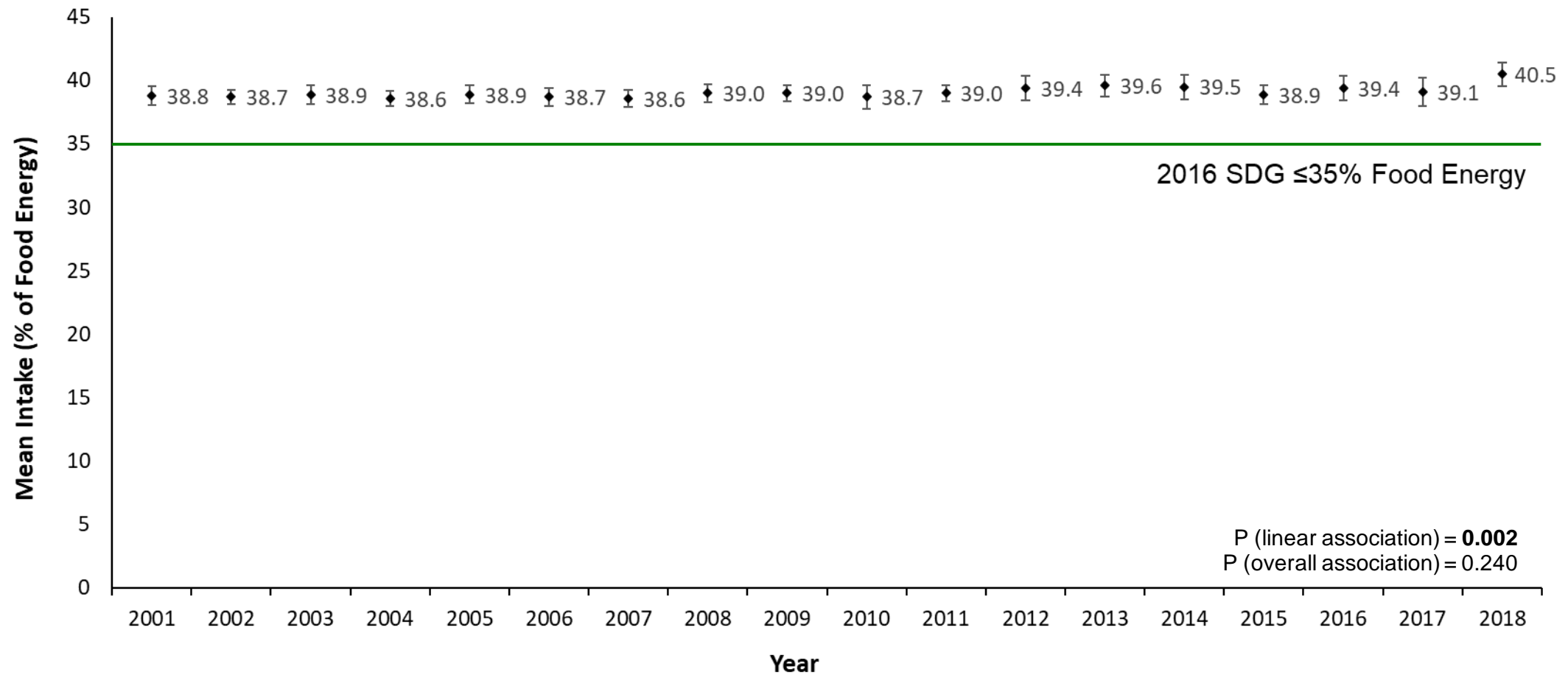
Energy density (food and milk)

Mean [95% CI] consumption by 3-year block 2001-2018 compared to the 2016 Scottish Dietary Goal (125 kcal/100g)



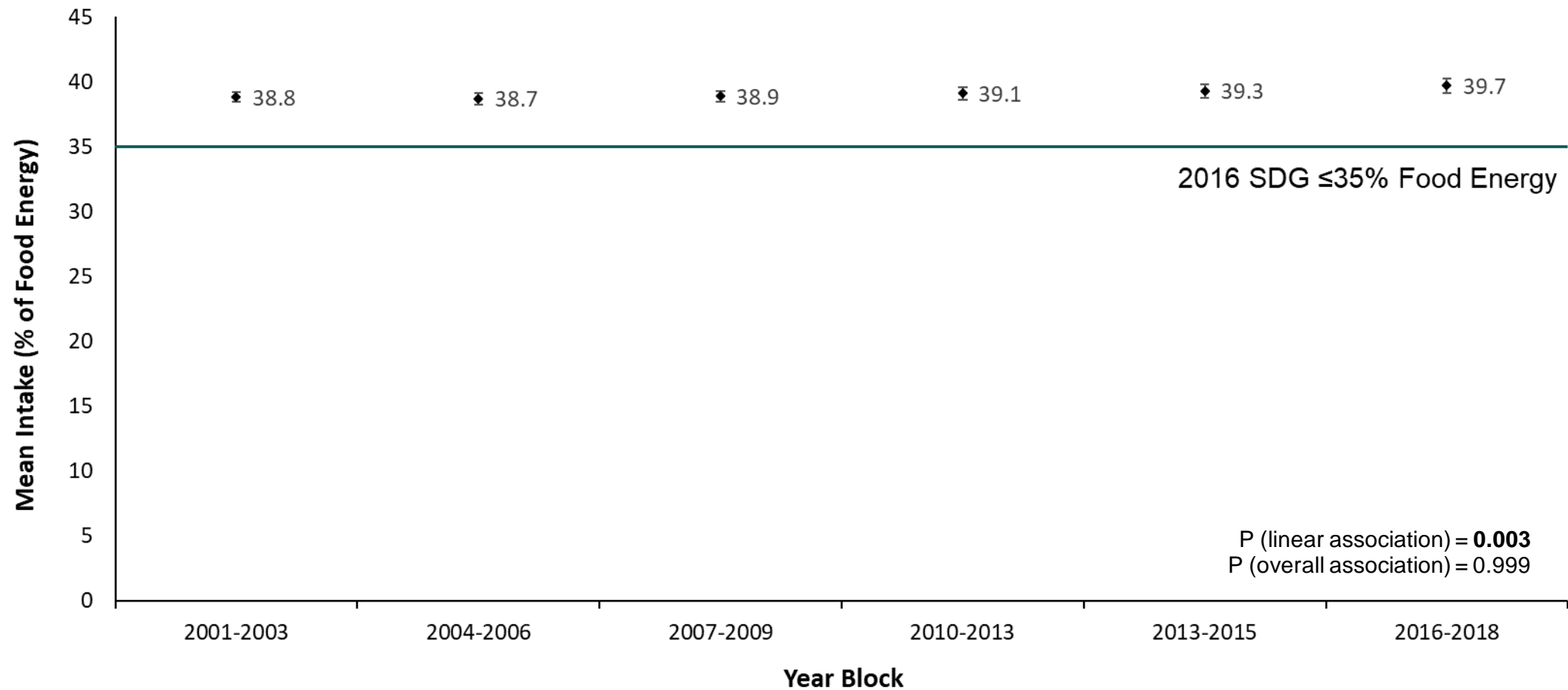
Fat

Mean [95% CI] intake by year 2001-2018
compared to the 2016 Scottish Dietary Goal ($\leq 35\%$ food energy)



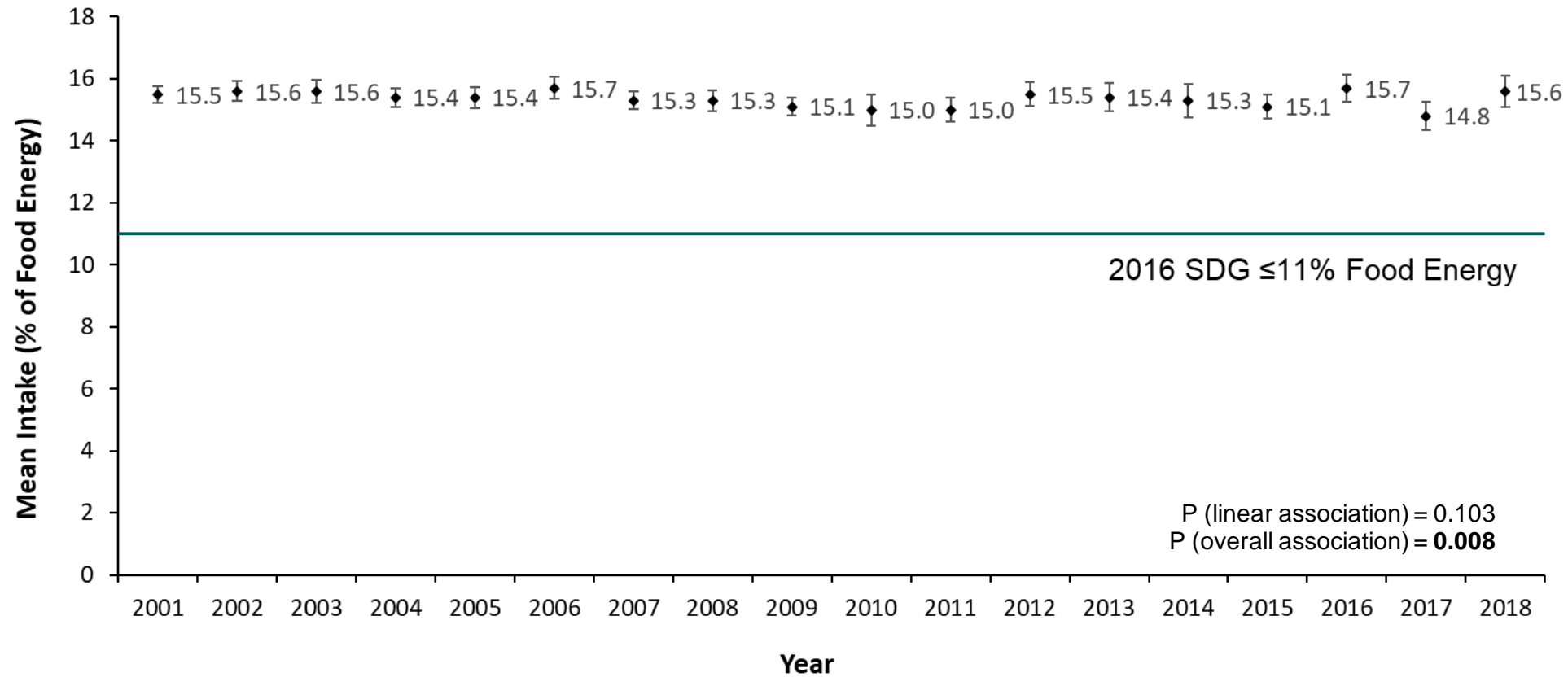
Fat

Mean [95% CI] intake by 3-year block 2001-2018
compared to the 2016 Scottish Dietary Goal ($\leq 35\%$ food energy)



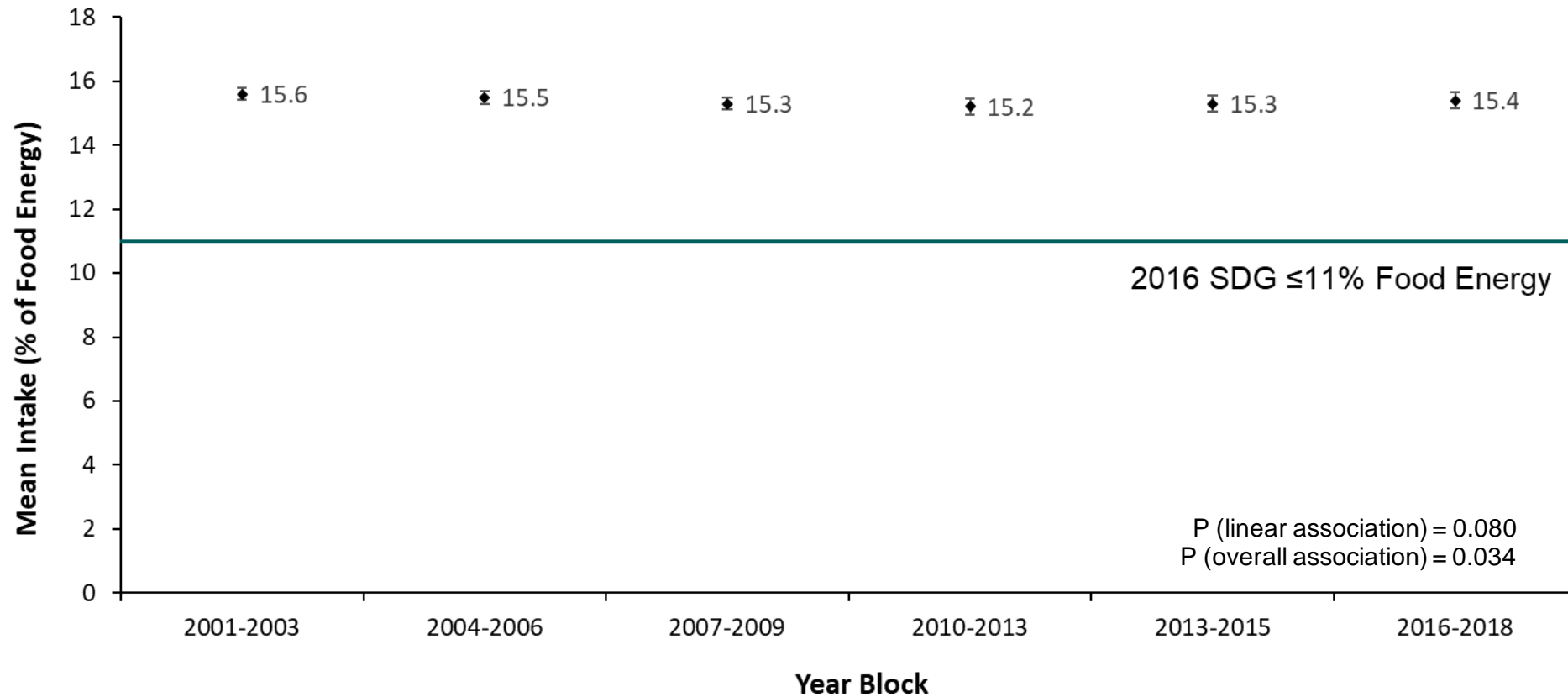
Saturated fat

Mean [95% CI] intake by year 2001-2018
compared to the 2016 Scottish Dietary Goal ($\leq 11\%$ food energy)



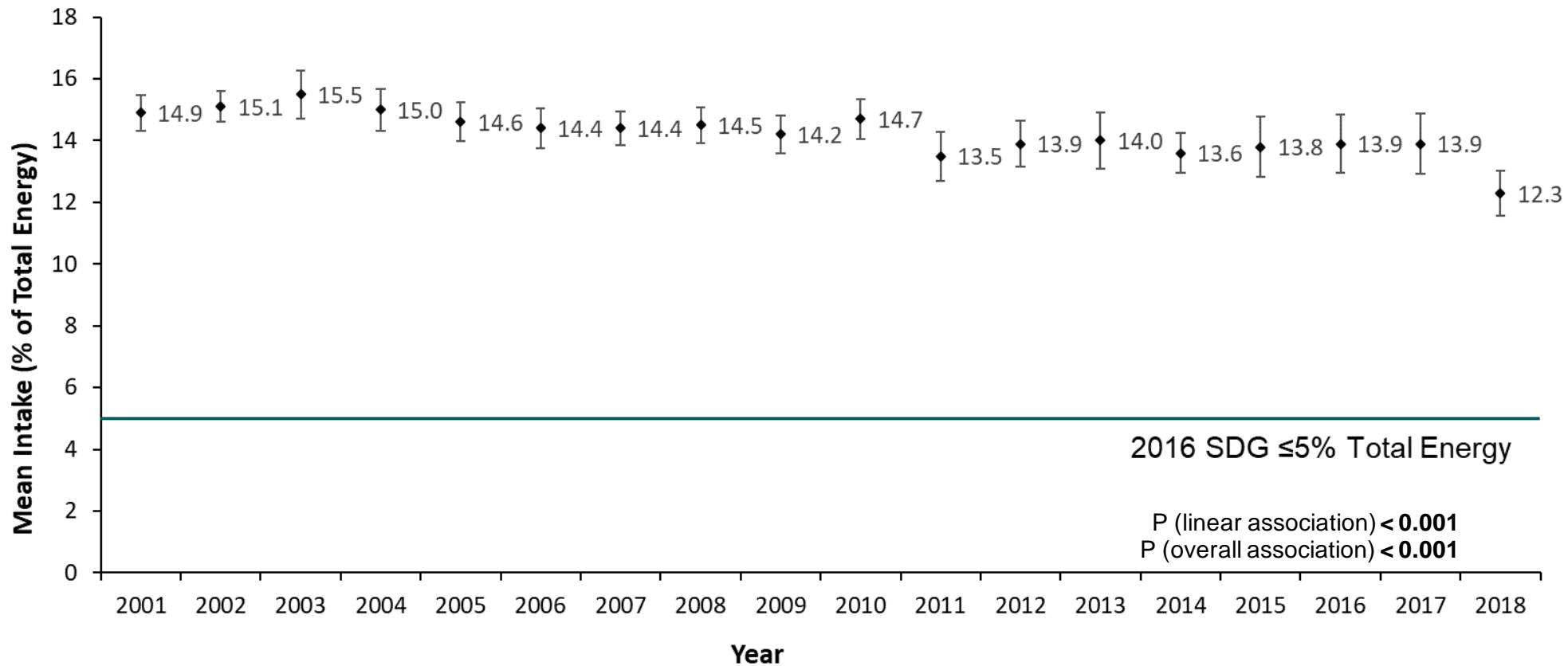
Saturated fat

Mean [95% CI] intake by 3-year block 2001-2018 compared to the 2016 Scottish Dietary Goal ($\leq 11\%$ food energy)



Free sugars*

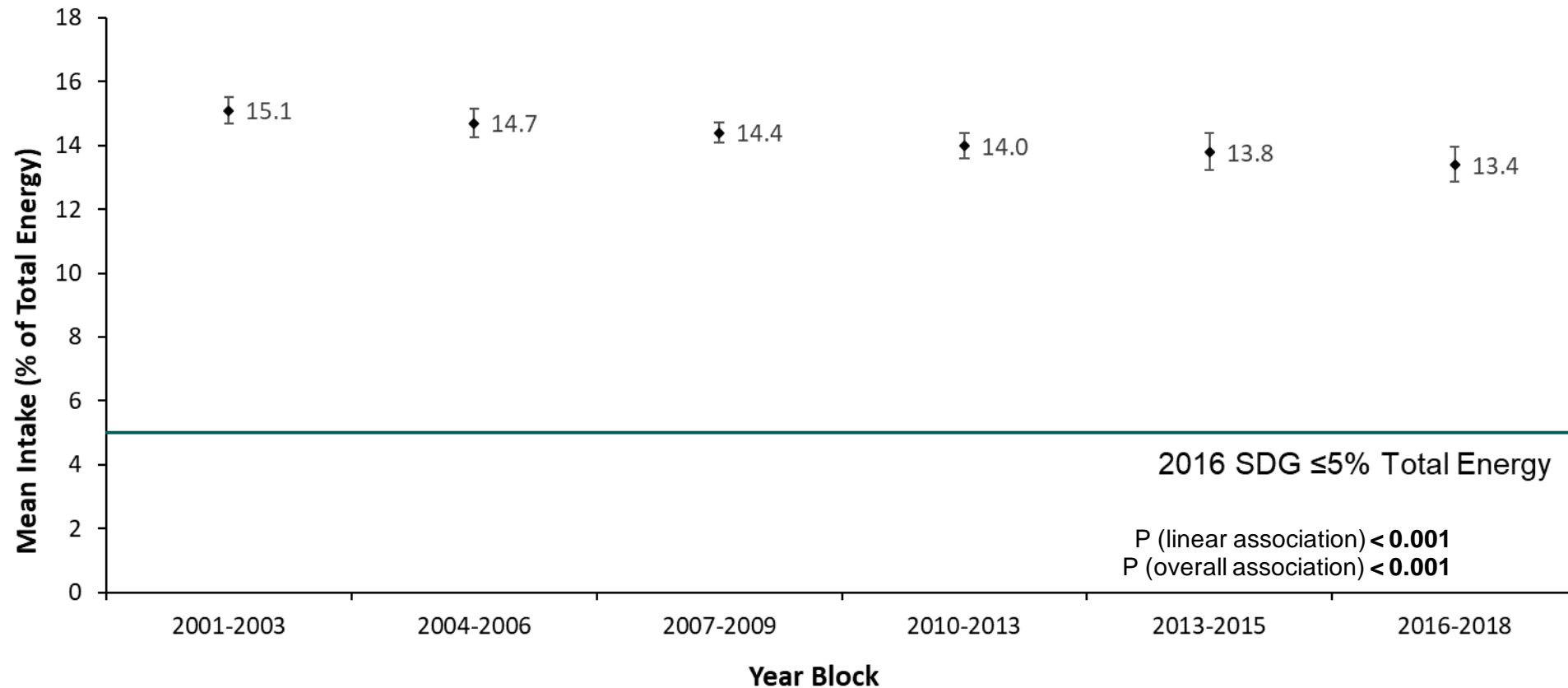
Mean [95% CI] intake by year 2001-2018
compared to the 2016 Scottish Dietary Goal ($\leq 11\%$ food energy)



*Free sugars are all added sugars in any form; all sugars naturally present in fruit and vegetable juices, purées and pastes and similar products in which the structure has been broken down; all sugars in drinks (except for dairy-based drinks); and lactose and galactose added as ingredients. NMES figures provided as a proxy for free sugars.

Free sugars*

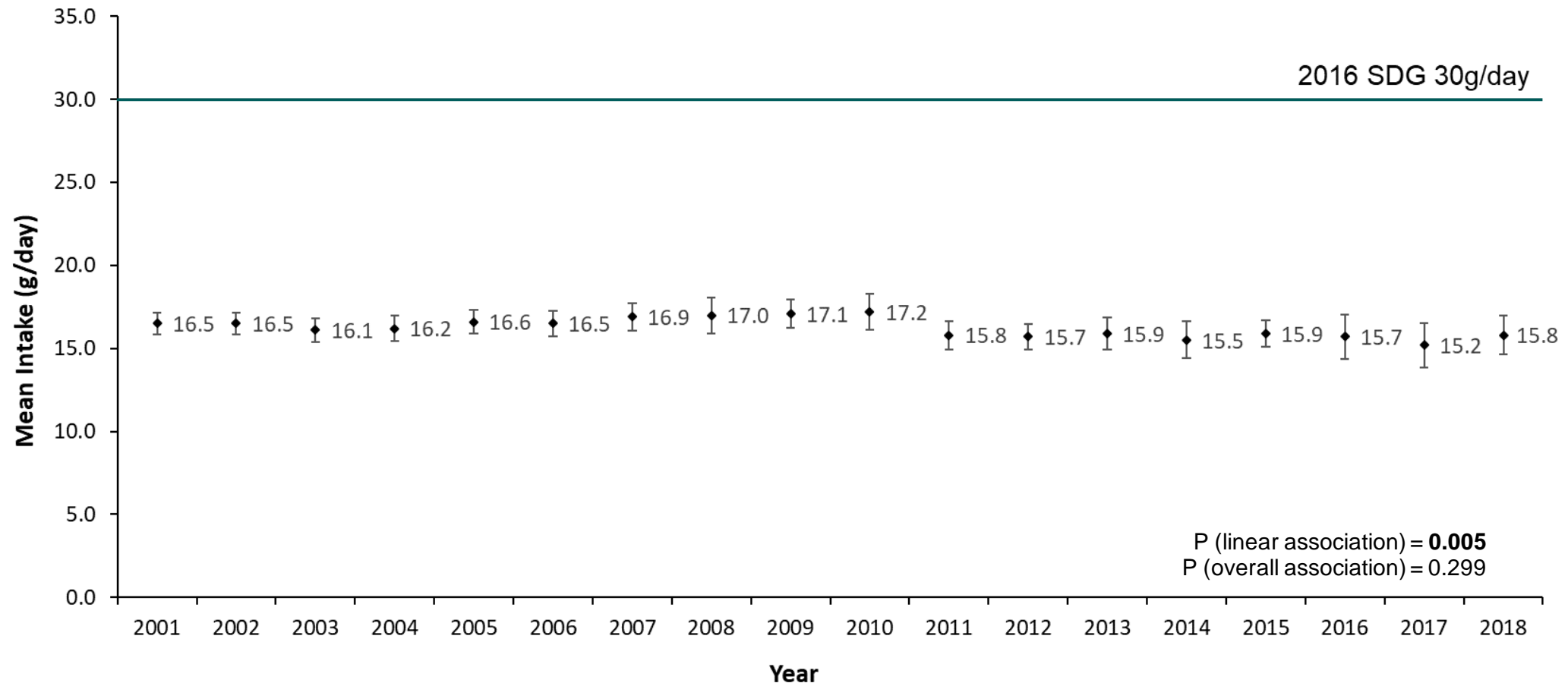
Mean [95% CI] intake by 3-year block 2001-2018
compared to the 2016 Scottish Dietary Goal ($\leq 11\%$ food energy)



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Fibre*

Mean [95% CI] intake by year 2001-2018
compared to the 2016 Scottish Dietary Goal (30g/day)

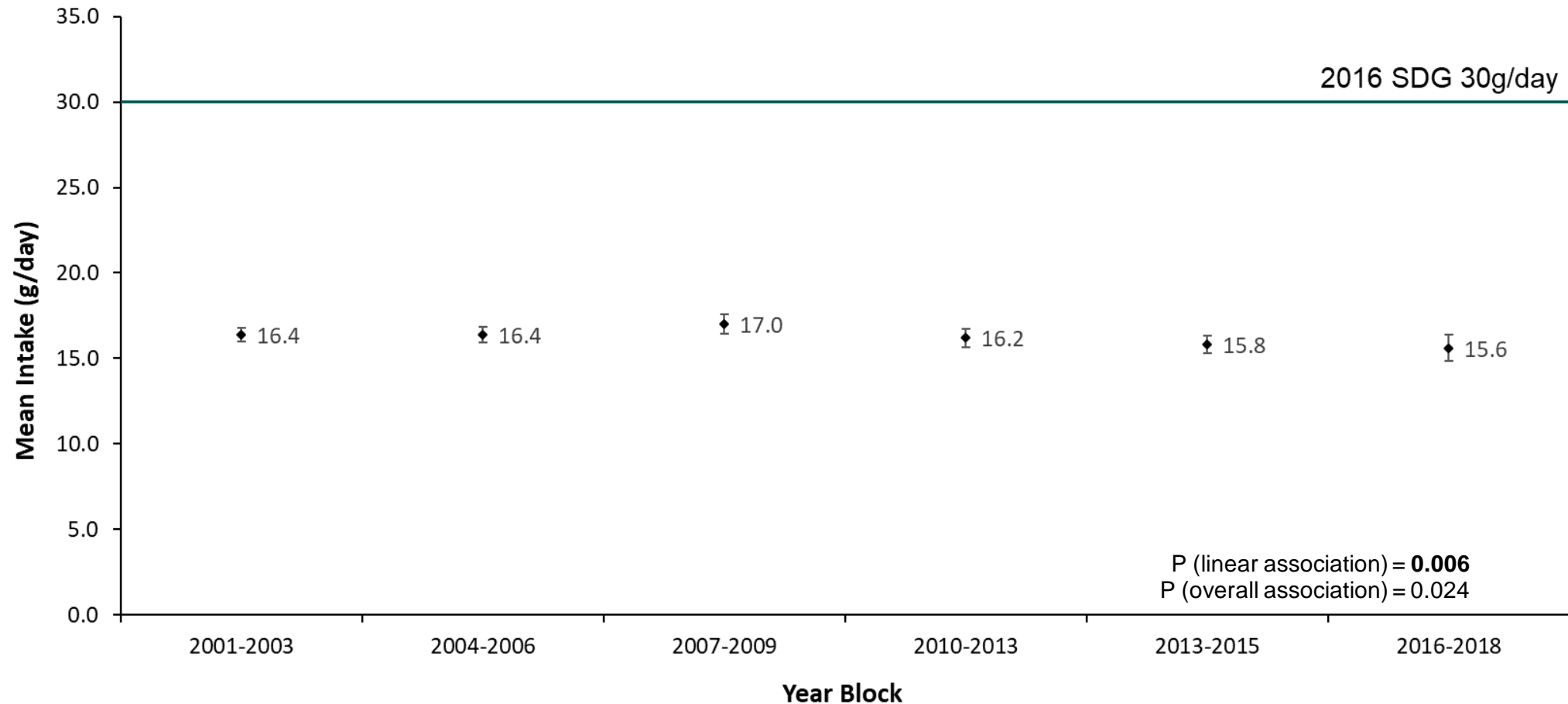


*Fibre as measured by American Association of Analytical Chemists (AOAC) method (AOAC fibre is estimated as NSP multiplied by 1.33).

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Fibre*

Mean [95% CI] intake by 3-year block 2001-2018 compared to the 2016 Scottish Dietary Goal (30g/day)

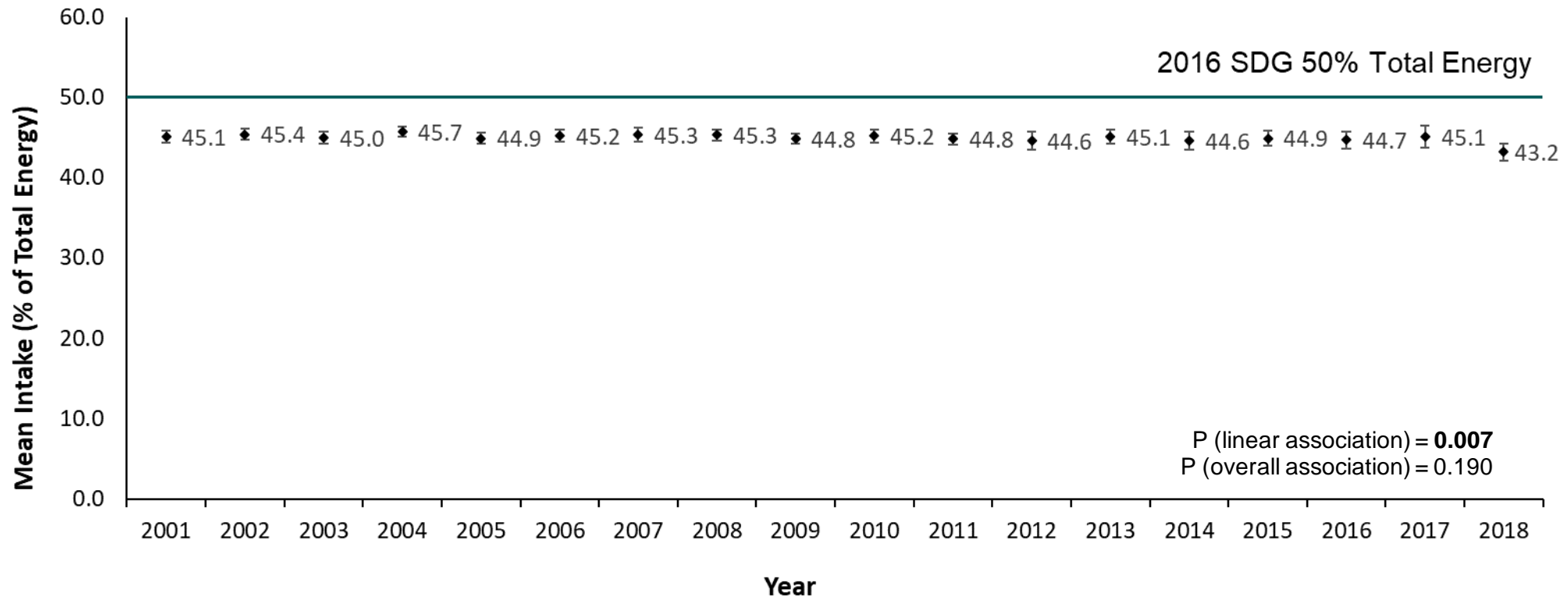


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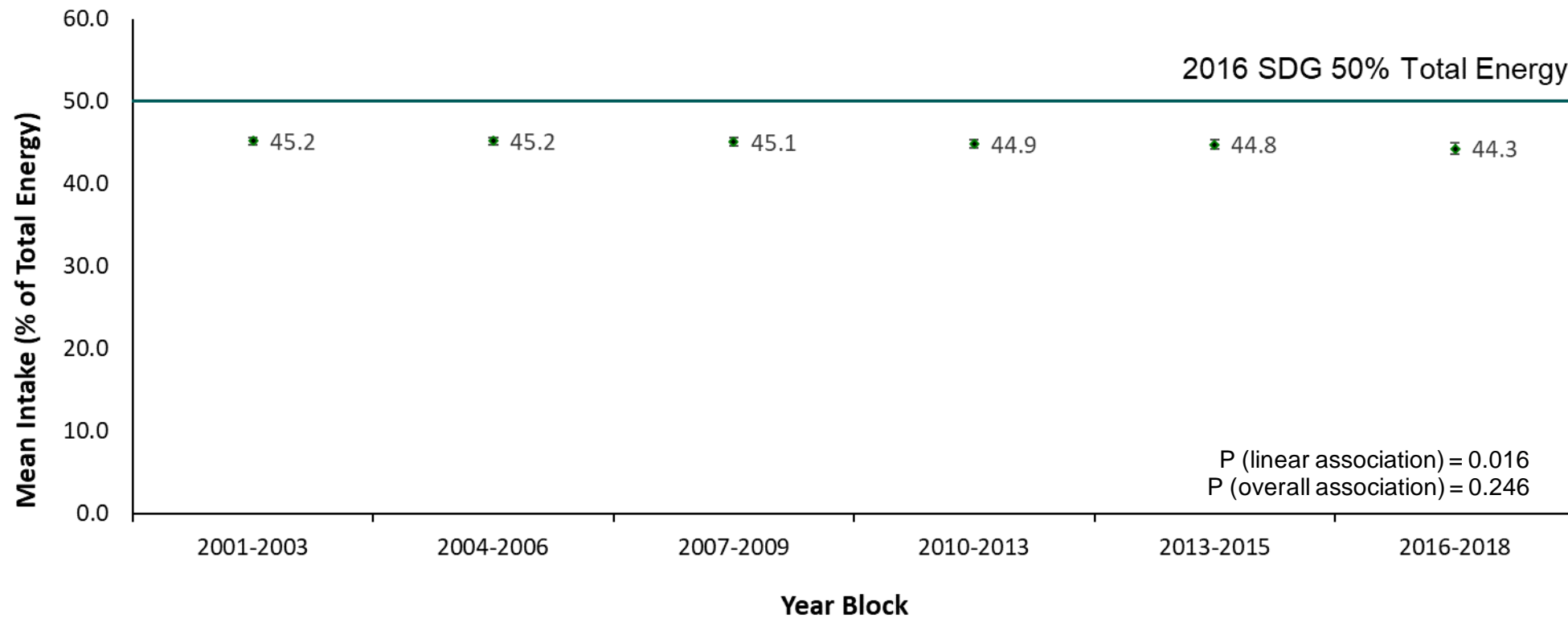
Carbohydrates

Mean [95% CI] intake by year 2001-2018
compared to the 2016 Scottish Dietary Goal (50% total energy)



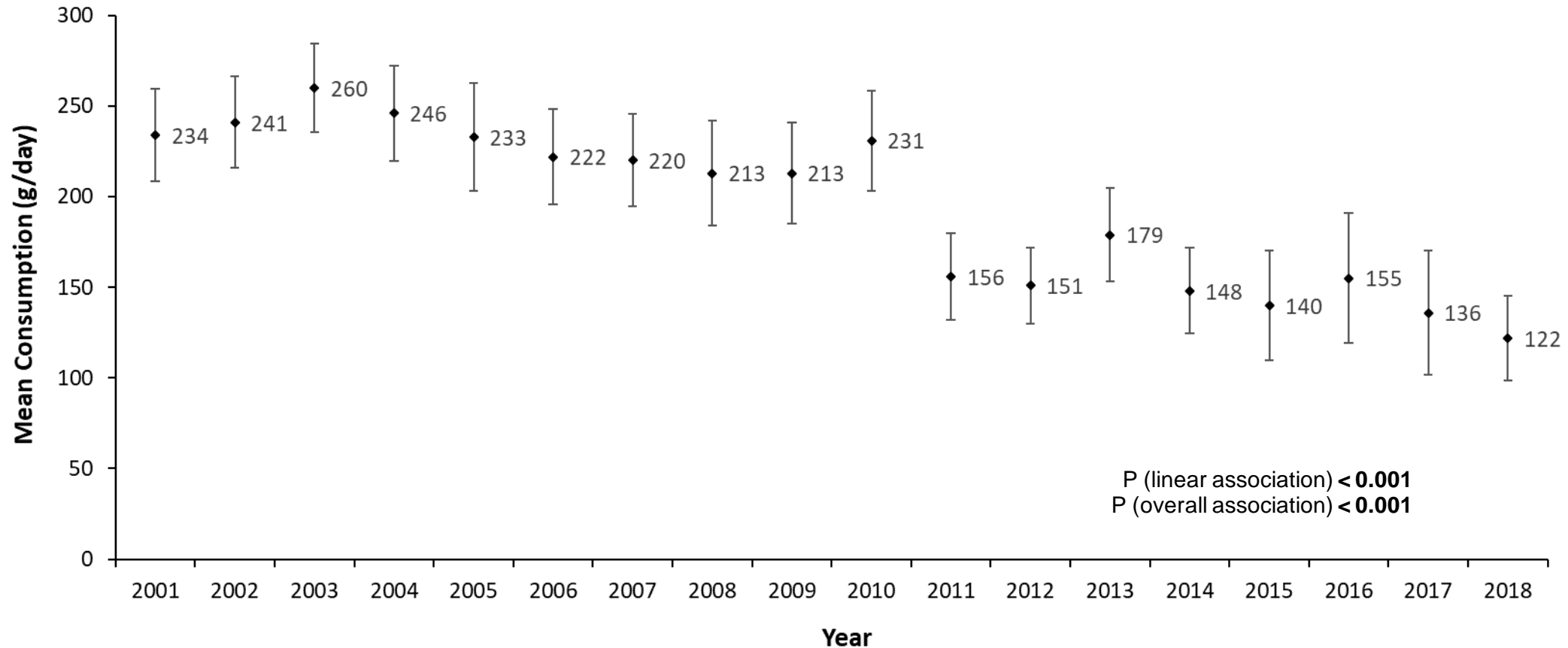
Carbohydrates

Mean [95% CI] intake by 3-year block 2001-2018
compared to the 2016 Scottish Dietary Goal (50% total energy)



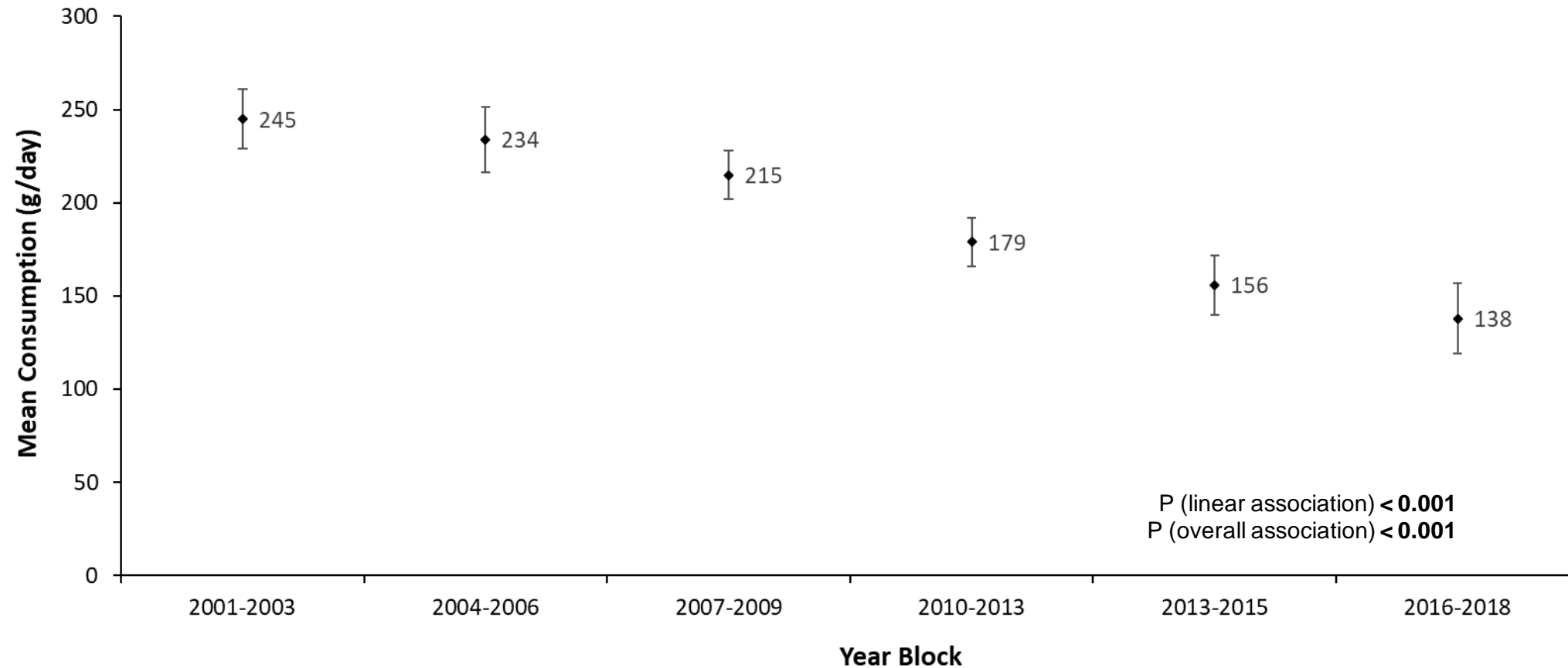
Sugar-containing soft drinks

Mean [95% CI] consumption by year 2001-2018



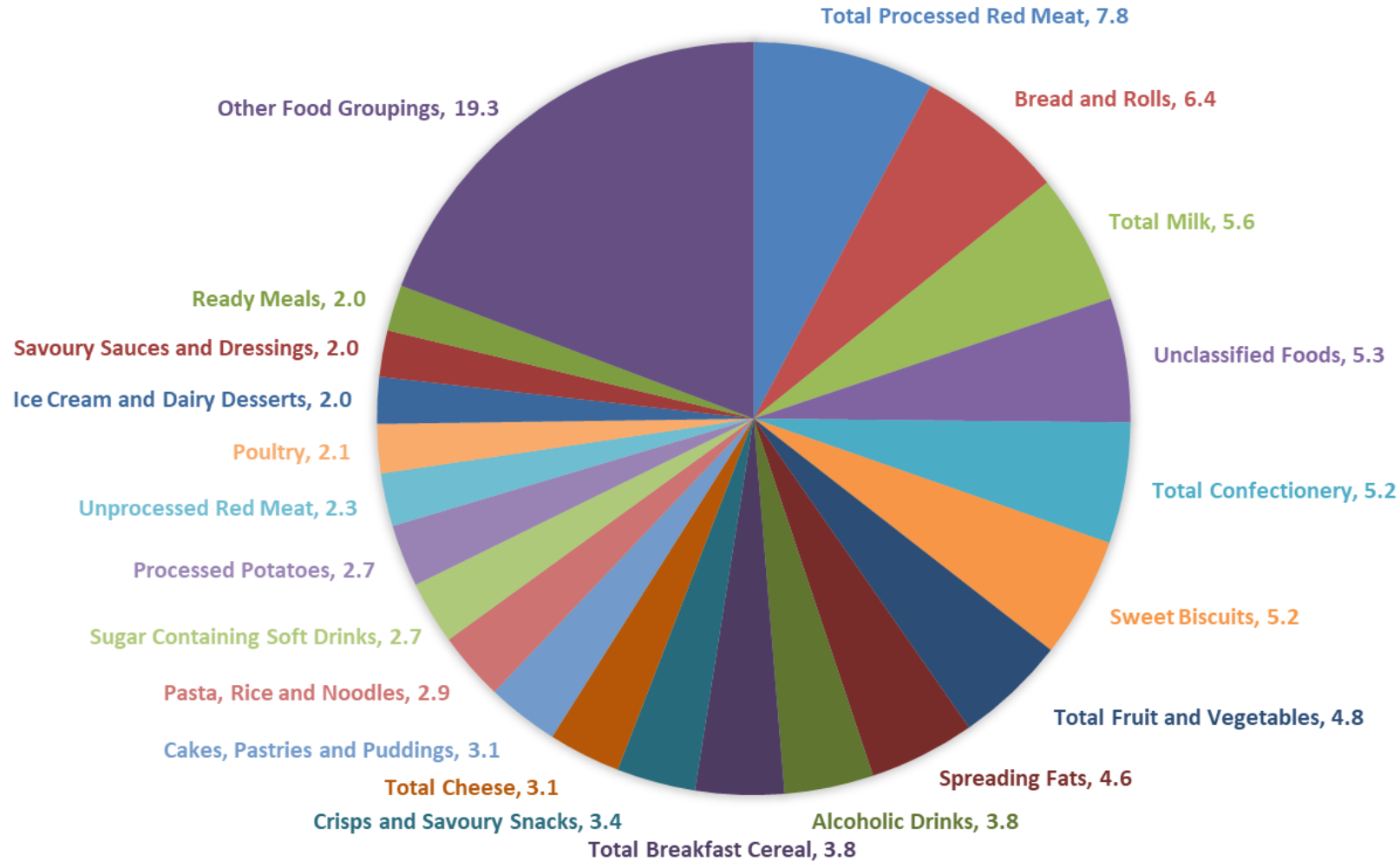
Sugar-containing soft drinks

Mean [95% CI] consumption by 3-year block 2001-2018

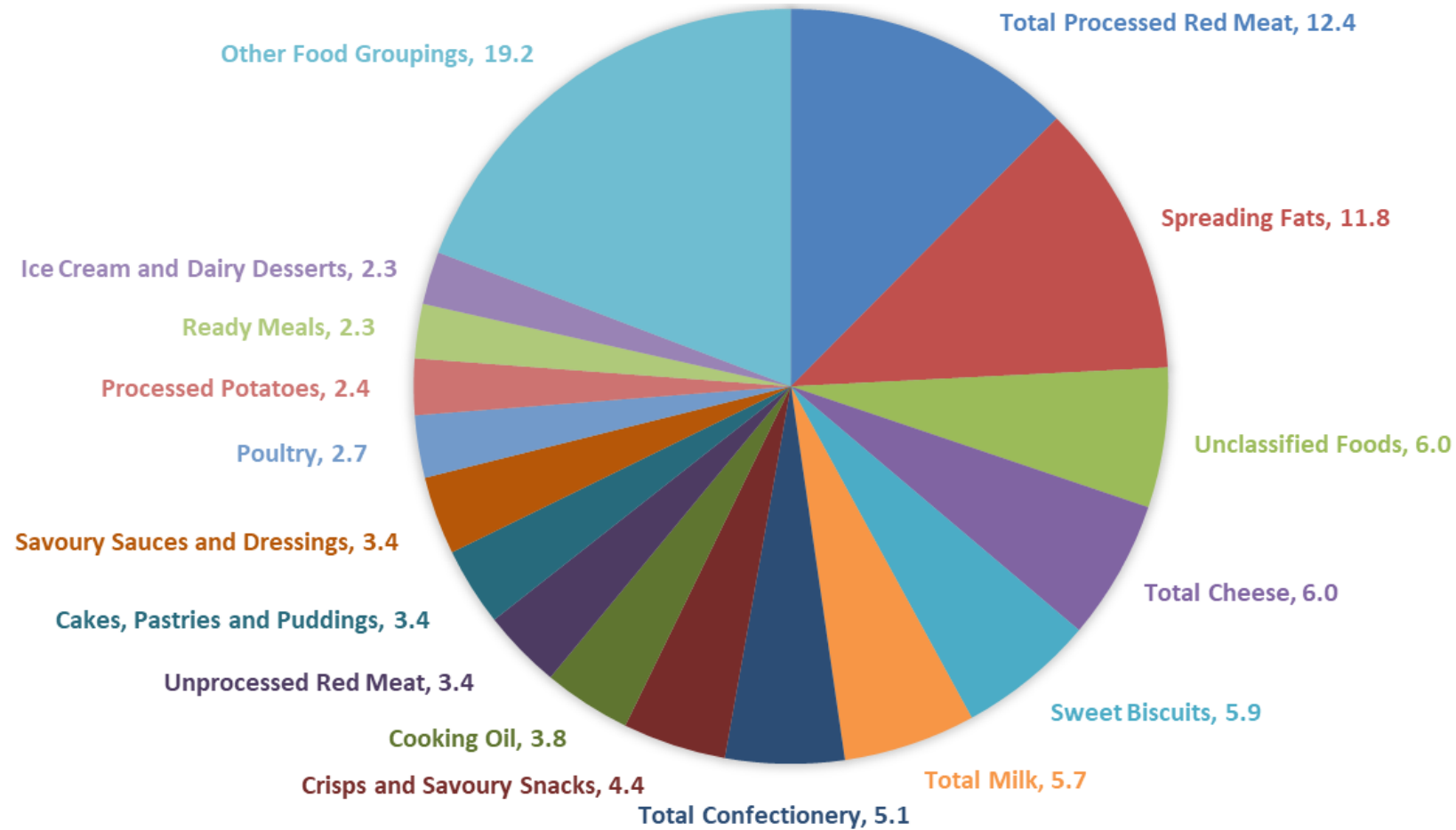


Percentage (%) contribution to: ENERGY

(2016-2018)

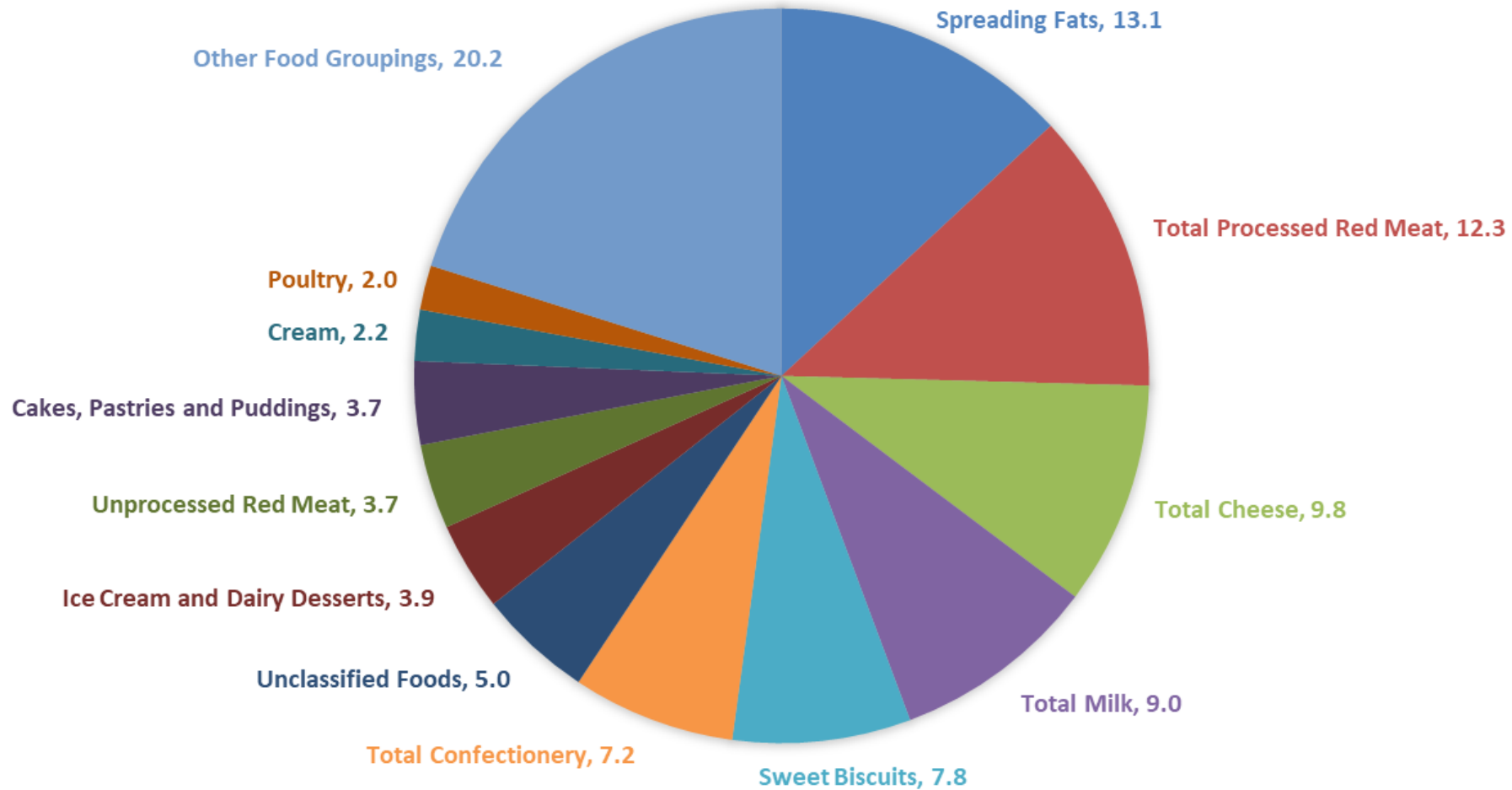


Percentage (%) contribution to: FAT (2016-2018)



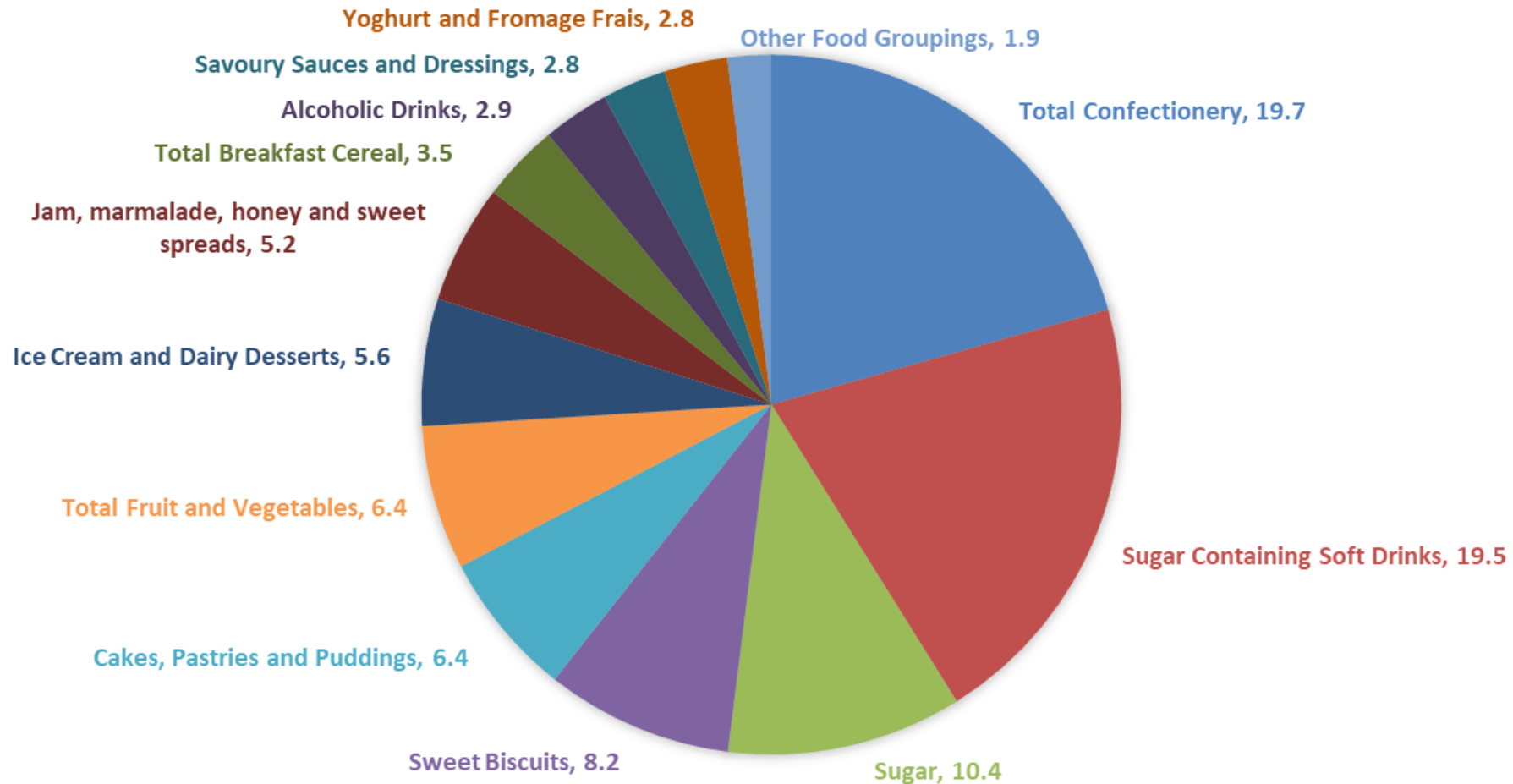
Percentage (%) contribution to: SATURATED FAT

(2016-2018)



Percentage (%) contribution to: FREE SUGARS*

(2016-2018)

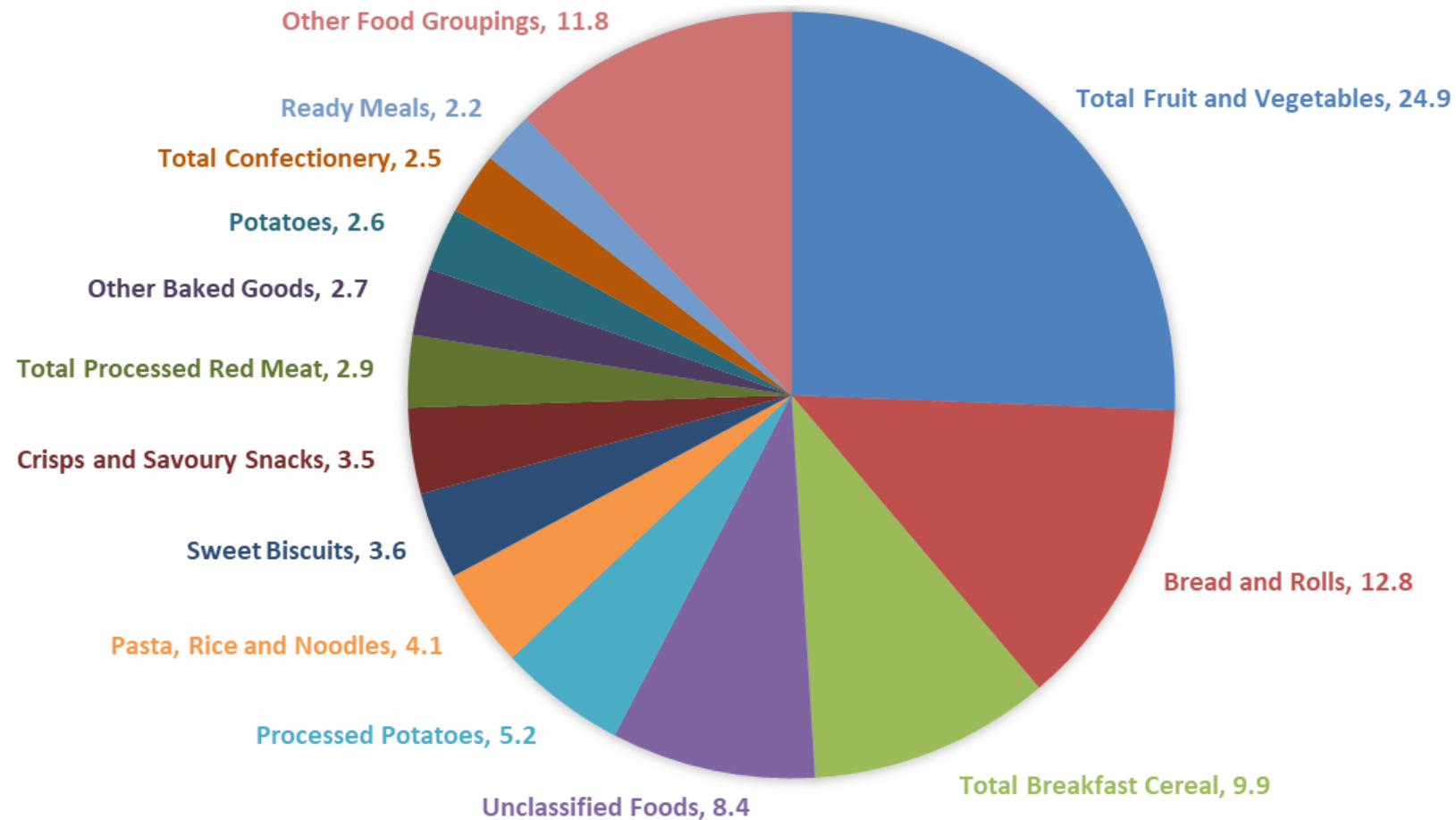


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Percentage (%) contribution to: FIBRE*

(2016-2018)



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