

Fair Food Price Caps

Analysis of 2024 Scottish Health Survey data

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Abbreviations

EIQ	Equivalized Income Quintile
FSS	Food Standards Scotland
HFSS	High fat, sugar or salt
SACN	Scientific Advisory Committee on Nutrition
SHeS	Scottish Health Survey
SIMD	Scottish Index of Multiple Deprivation

Executive summary

The Scottish National Party has proposed the introduction of statutory price ceilings on a basket of essential food items to help address the rising cost of living. To support consideration of foods that may be appropriate for inclusion, Food Standards Scotland undertook additional analysis of 2024 Scottish Health Survey dietary data to identify commonly consumed foods within the Eatwell Guide food groups.

Consumption was assessed using several measures, including frequency of consumption, the proportion of the population consuming each food category, and average intake (g/person/day). The analysis was based on dietary data from 2,200 adults who completed at least one 24-hour dietary recall.

Key findings

- Within starchy carbohydrate foods, high fibre breakfast cereals accounted for the largest share of average intake (13.9% of total intake), while white bread was consumed by the highest proportion of the population (45.7%).
- Within vegetables and fruit, fruit accounted for the largest share of average intake (38.1%), while vegetables (not raw) were consumed by the highest proportion of the population (52.6%).
- Within protein foods, chicken and turkey dishes accounted for the largest share of average intake (30.2%) and were also consumed by the highest proportion of the population (38.8%).
- Within dairy and alternatives, semi-skimmed milk accounted for the largest share of average intake (42.8%) and was consumed by the highest proportion of the population (46.5%).
- Within oils and spreads, reduced-fat non-polyunsaturated spreads accounted for the largest share of average intake (54.7%) and were consumed by the highest proportion of the population (13.3%).
- Although excluded from the Eatwell Guide recommendations, butter was consumed by 34.8% of the population and average intake (2.9 g/person/day) exceeded that of any oils and spreads category included in the analyses.
- Frequently consumed individual foods included bananas, carrots, toast made with white bread, roast chicken, and semi-skimmed milk.

The findings provide an evidence base on the foods that make a substantial contribution to dietary intake in Scotland and may support consideration of potential items for inclusion in any future food price cap proposals, alongside other policy, nutritional and implementation considerations.

Introduction

The Scottish National Party (SNP) has proposed the introduction of statutory price ceilings on a basket of essential food items, to help address the rising cost of living. Further analysis of the 2024 Scottish Health Survey (SHeS) dietary data was conducted by Food Standards Scotland (FSS) to support the identification of the most consumed foods within each of the Eatwell Guide food groups.

In line with initial advice regarding the approach to selecting items for inclusion within a food price cap, this analysis excluded discretionary food groups. Discretionary foods and drinks are those that are typically high in fat, sugar or salt (HFSS), low in nutritional value, and are not required as part of a healthy diet. A small number of additional categories were also excluded where they were considered lower priority, not aligned with dietary recommendations, targeted at young children, or not suitable for analysis.

The average intake of excluded categories (g/person/day), and the rationale for exclusion, are provided in Appendix 1. The total average intake of excluded categories was 191g excluding liquids. In comparison, the average intake of the included food categories totalled 571.4 g/person/day (excluding liquids¹), meaning that excluded categories accounted for approximately a quarter of total intake. Liquids were removed to allow a more meaningful comparison of food intakes, as their high volume can disproportionately skew estimates of total intake in grams.

To identify foods that make the greatest contribution to dietary intake, the analysis examined consumption frequency, the prevalence of consumption within the population, and the quantity consumed (total grams and average g/person/day). This was conducted within Eatwell Guide food groups (e.g. starchy carbohydrate foods, vegetables and fruit, protein foods, dairy and alternatives, and oils and spreads).

Food level data, the most granular level available, was used for frequency and total grams analyses (e.g. bananas were the most frequently consumed fruit). Food category data was used for prevalence of consumption and average g/person/day (e.g. average grams of fruit per person per day was 70g).

Results were calculated for the total population and analysed by Scottish Index of Multiple Deprivation (SIMD) quintile and equivalised household income quintile, with the Intake24 scaling variable applied as a survey weight. Weightings and demographic splits could only be applied to food category level analyses. No minimum cell size threshold was applied, and some demographic groups had small sample sizes, particularly minority ethnic groups. No statistical testing was undertaken, therefore results should be interpreted descriptively and not as evidence of statistically significant differences between population groups.

Summary of findings

- High fibre breakfast cereals accounted for the largest share of average starchy carbohydrate foods intake (g/person/day) (13.9%), while white bread was consumed by the highest proportion of the population (45.7%).
- Vegetable and fruit intake was lower among those living in more deprived areas, with similar differences observed after excluding fruit juice and smoothies.

¹ Note – liquids excluded for comparative purposes were fruit juice and smoothies; semi skimmed, whole, skimmed and one percent milk; and other milk and cream

- Fruit accounted for the largest share of average vegetables and fruit intake (g/person/day) (37.3%), while vegetables (not raw)² were consumed by the highest proportion of the population (52.6%).
- Within the protein foods category, chicken and turkey dishes accounted for the largest share of average intake (g/person/day) (30.2%) and were also consumed by the highest proportion of the population (38.8%).
- Eggs and egg dishes accounted for a relatively small proportion of total average protein food consumption, with other eggs and egg dishes contributing 9.9% of total intake and manufactured egg products contributing a further 1.4%.
- Semi-skimmed milk accounted for the largest share of average dairy and alternatives intake (g/person/day) (42.8%) and was consumed by the highest proportion of the population (46.5%).
- Reduced-fat non-polyunsaturated spreads accounted for the largest share of average oils and spreads intake (g/person/day) (54.7%) and were consumed by the highest proportion of the population (13.3%).
- Bananas (n=760), carrots (n=227), semi-skimmed milk (n=4,079), toast made with white bread (n=543), and roast chicken with the skin removed (n=102) were among the most frequently consumed individual food items.

Results

Average consumption per person, per day by Eatwell Guide category

This section presents results for average consumption (g/person/day) and the percentage of the total population consuming each food category, grouped by Eatwell Guide category. Analyses were conducted using food category level data, grouped as described in Appendix 2 (e.g. the vegetables and fruit Eatwell Guide category included the salad and other raw vegetables; vegetables (not raw); fruit; fruit juice; and smoothies 100% fruit and/or juice food categories).

Detailed average intake estimates for all food categories, including analyses by SIMD quintile, equivalised income quintile and consumers only, are provided in Appendix 3.

Starchy carbohydrate foods

Figure 1 provides a breakdown of the proportion of total average starchy carbohydrate food consumption (g/person/day) contributed by each food category in the total population. High fibre breakfast cereals made the greatest contribution to starchy carbohydrate food intake, accounting for 13.9% of total average consumption. Similar contributions were found for other potatoes, potato salads and dishes (13.6%), rice (13.2%), and white bread (13%).

² Note – vegetables (not raw) does not include potatoes which is captured within starchy carbohydrate foods. Sweet potatoes are included within vegetables.

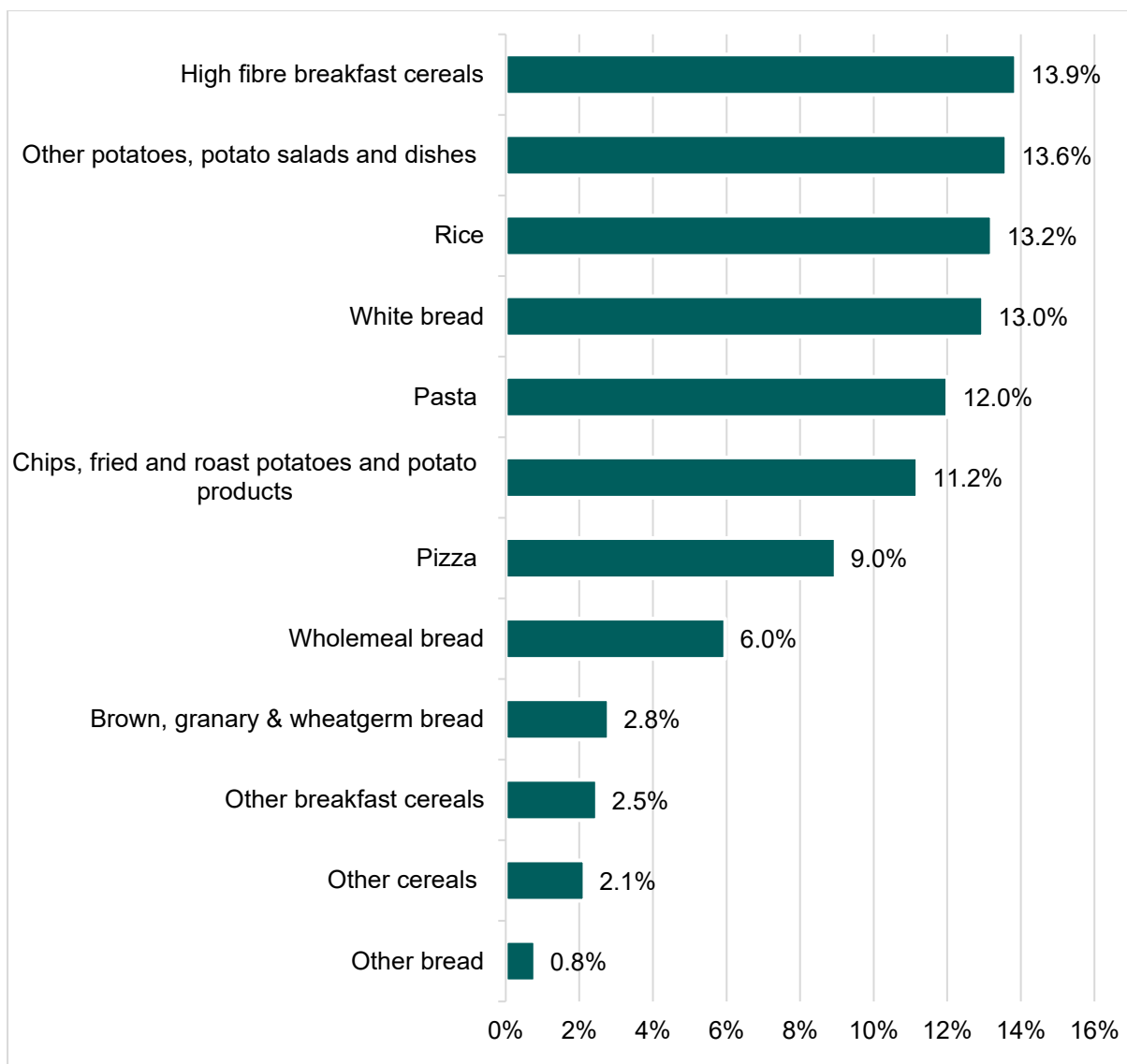


Figure 1. Proportion of total average starchy carbohydrate food consumption (g/person/day) contributed by each food category.

Proportion of consumers

Among starchy carbohydrate food categories, white bread was consumed by the highest percentage of the population (45.7%), followed by high fibre breakfast cereals (32.4%) and chips, fried and roast potatoes, and potato products (29.2%).

Differences by socioeconomic group

Mean intakes of high fibre breakfast cereals and wholemeal bread were generally lower among more deprived groups. Mean intake of high fibre breakfast cereals in the most deprived SIMD quintile (17.8 g/day), where 23.0% of individuals consumed these foods, was almost half that observed in the least deprived quintile (32.3 g/day), where 37.8% consumed them. In contrast, mean white bread intake was higher in the most deprived quintile (30.4 g/day) than in the least deprived quintile (26.6 g/day).

Vegetables and fruit

Figure 2 shows the contribution of each food category to total average vegetables and fruit consumption (g/person/day) in the total population. Fruit contributed the largest proportion of vegetables and fruit intake (37.3%), followed by vegetables (not raw) (31.5%), fruit juice and smoothies (20.6%) and salad and other raw vegetables (10.7%).

It is important to note that, as this is presented as a proportion by weight, liquids such as fruit juice and smoothies may skew the overall results. When fruit juice and smoothies were excluded, fruit accounted for 46.9% of total vegetable and fruit intake, while vegetables (not raw) contributed 39.6%, and salad and other raw vegetables accounted for 13.5%.

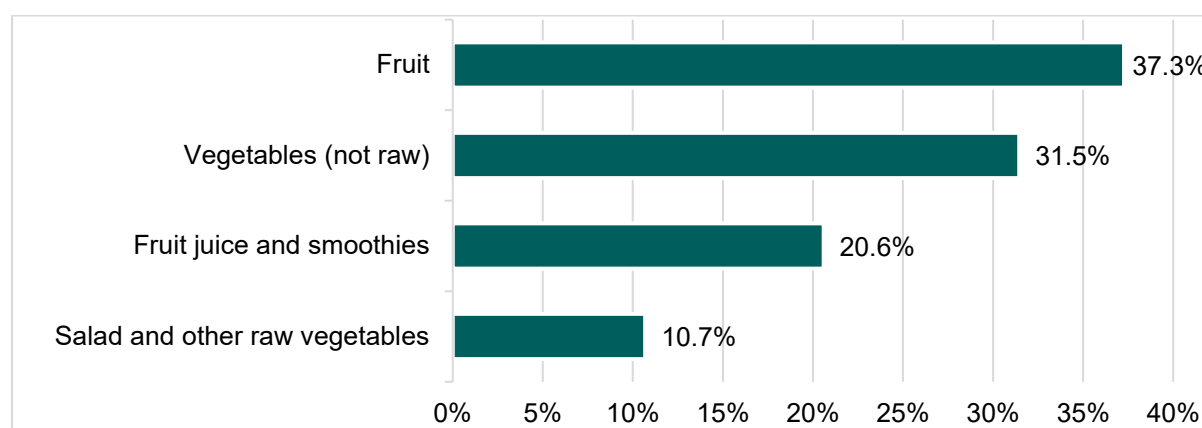


Figure 2. Proportion of total average vegetable and fruit consumption (g/person/day) contributed by each food category.

Proportion of consumers

Vegetables (not raw) were consumed by the highest proportion of the population (52.6%), with a similar proportion consuming fruit (50.2%). A lower proportion of the population consumed salad and other raw vegetables (29.5%) and fruit juice and smoothies (18.3%).

Differences by socioeconomic group

Overall vegetable and fruit intake (including fruit juice and smoothies) tended to be higher among those living in less deprived areas, increasing from 146.1 g/day in the most deprived SIMD quintile to 209g/day in the least deprived quintile. A similar trend was observed when fruit juice and smoothies were excluded.

Mean intakes of most vegetable and fruit categories were lower among those with lower incomes. A lower proportion of individuals in the lowest income quintile consumed fruit (39.6%), with a mean intake of 51.3 g/day, compared with 61.1% in the highest income quintile, where mean intake was 88.2 g/day. Salad and other raw vegetable intake was also considerably lower in the lowest income quintile (10.9 g/day) than in the highest income quintile (33.5 g/day). Average fruit juice and smoothie intake was highest in the second-lowest income quintile (56.1 g/day), compared with 38.9 g/day in the highest income quintile.

Protein foods

Figure 3 shows the contribution of each food category to total average protein foods consumption (g/person/day) in the total population. Chicken and turkey dishes was the predominant food category, contributing 30.2% of total intake for the protein food group, with beef, veal and dishes accounting for 17.2%. Eggs and egg dishes accounted for a relatively small proportion of total average protein food consumption, with other eggs and egg dishes contributing 9.9% of total intake and manufactured egg products contributing a further 1.4%.

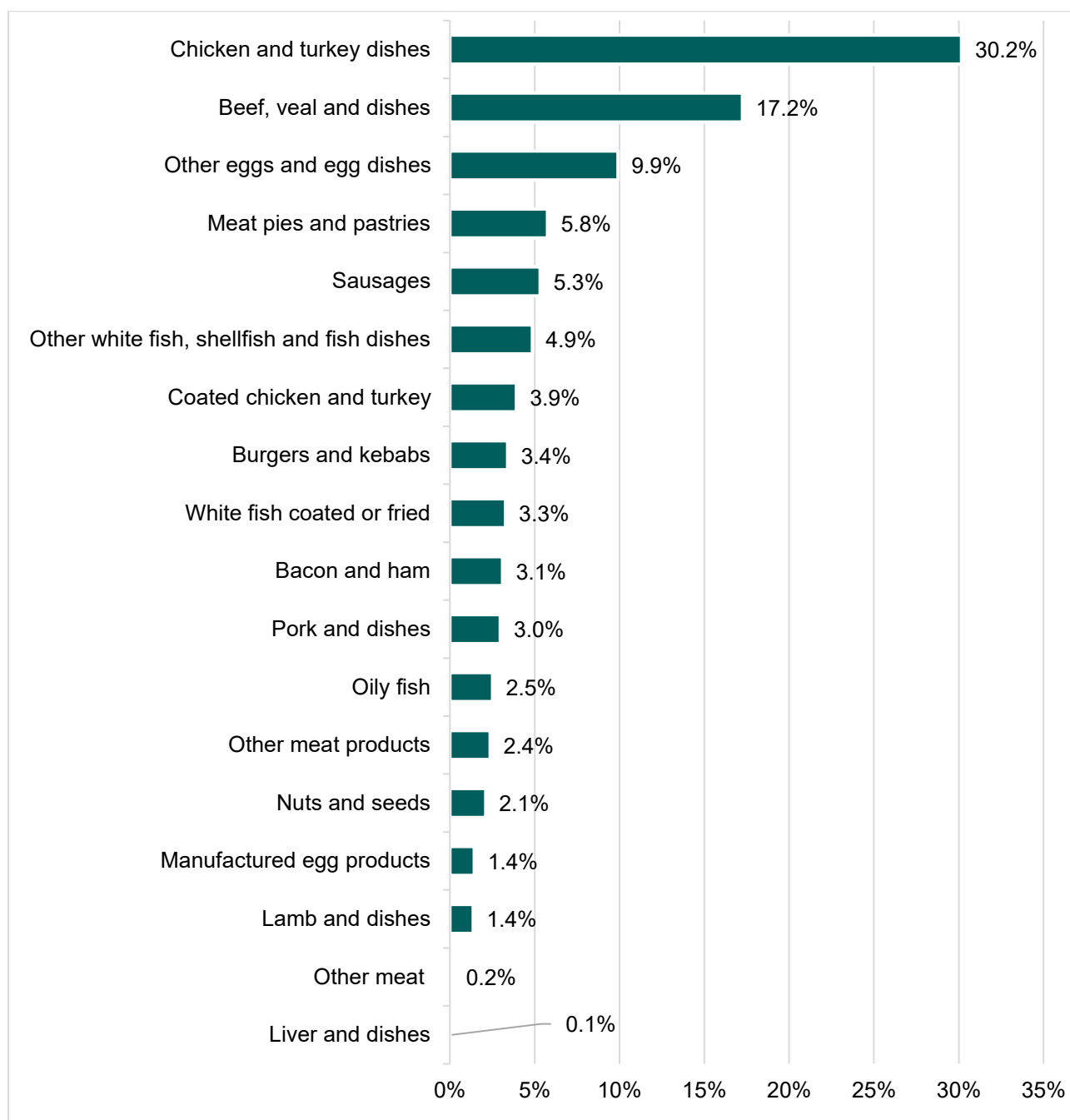


Figure 3. Proportion of total average protein food consumption (g/person/day) contributed by each food category.

Proportion of consumers

Chicken and turkey dishes was the protein food category consumed by the highest proportion of the population (38.8%), followed by eggs and egg dishes (25.3%) and beef, veal and dishes (24.1%).

Differences by socioeconomic group

Mean intakes of beef, fish, and nuts and seeds were generally lower among lower income groups and those living in more deprived areas. Lower income groups tended to have higher intakes of coated chicken and turkey, with mean intake almost twice as high in the lowest income quintile (10.4 g/person/day) as in the highest income quintile (5.6 g/person/day).

Dairy and alternatives

Figure 4 provides a breakdown of the proportion of total average dairy and alternatives consumption (g/person/day) contributed by each food category in the total population. Semi-skimmed milk accounted for the greatest proportion of intake (42.8%), followed by other milk and cream (15.8%), whole milk (14.8%), and yoghurt (13.4%). It is important to note that, as this is presented as a proportion by weight, liquids such as milk may skew the overall results.

When milk categories were excluded, yoghurt accounted for 71.3% of total dairy and alternatives intake, while cheese contributed 25.7%, and fromage fraais and other dairy desserts accounted for 3%.

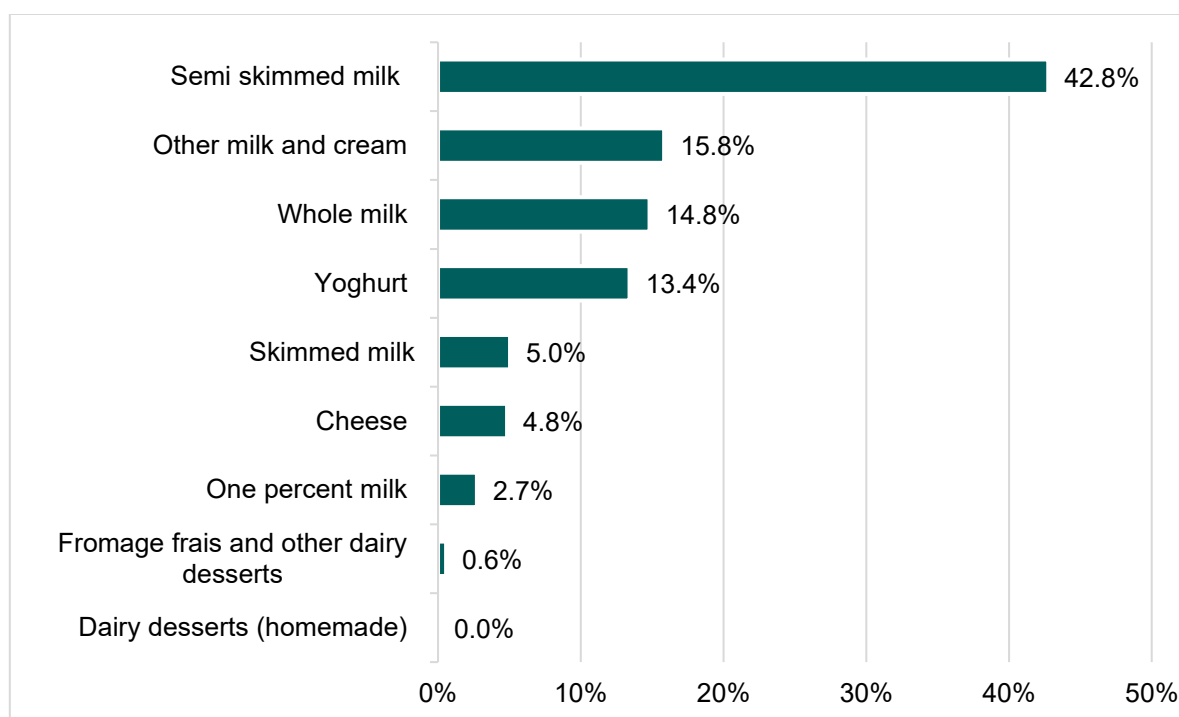


Figure 4. Proportion of total average dairy and alternatives consumption (g/person/day) contributed by each food category.

Proportion of consumers

Within the dairy and alternatives category, semi-skimmed milk had the highest proportion of consumers (46.5%), followed by cheese (33.0%) and yoghurt (23.7%).

Differences by socioeconomic group

Mean intakes of semi-skimmed milk, cheese and yoghurt were generally lower among lower income groups and those living in more deprived areas. For example, average yoghurt intake was almost half that observed in the highest income quintile (20.4 g/person/day compared with 36.9 g/person/day). Similarly, the proportion of individuals consuming yoghurt increased from 16.6% in the most deprived areas to 31.6% in the least deprived areas. In contrast, whole milk intakes tended to be higher among lower income groups, with mean intake of 21.2 g/person/day in the lowest income quintile compared with 13.1 g/person/day in the highest income quintile.

Oils and spreads

Figure 5 shows the contribution of different oils and spreads categories to total average consumption (g/person/day) in the total population. Reduced fat non polyunsaturated spreads (54.7%) and reduced fat polyunsaturated spreads (21%) accounted for more than three quarters of all oils and spreads consumed. All other oil and spread categories contributed less than 10% of total intake.

Butter was excluded from the overall oils and spreads analyses, as the Eatwell Guide recommends choosing lower-fat spreads instead of butter. However, separate analyses showed that average butter consumption was 2.9 g per person per day, exceeding the average intake of all oils and spreads categories presented in Table 3.5, the highest of which was reduced fat spread not polyunsaturated (1.1 g/day).

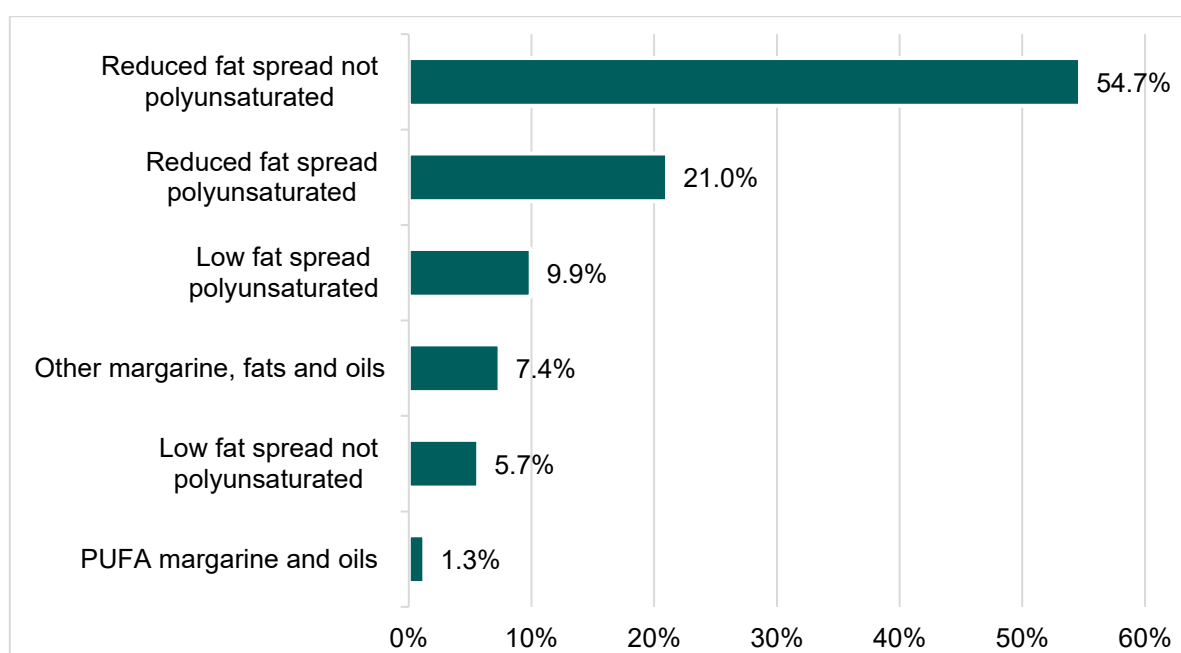


Figure 5. Proportion of total average oils and spreads consumption (g/person/day) contributed by each food category.

Proportion of consumers and differences by socioeconomic group

Reduced-fat non-polyunsaturated spreads were also the oils and spreads category consumed by the highest proportion of the population (13.3%). Differences in intake by income and deprivation were generally small.

Separate analyses showed butter to be consumed by 34.8% of the population.

Frequency of food item consumption by category

This section presents results for the most frequently consumed individual food items, in addition to those contributing the greatest overall quantity (grams) consumed within each Eatwell Guide category. As this analysis was conducted on food level data, food categories were grouped into larger categories where appropriate, as outlined in Appendix 2 (e.g. food categories for higher fibre breakfast cereals and other breakfast cereals were combined for analyses of breakfast cereals overall).

Starchy carbohydrate foods

Table 4.1 in Appendix 4 presents the top five food items by frequency of consumption and total weight consumed within each starchy carbohydrate food category (overall survey total grams).

- Within pasta, rice and other miscellaneous cereals, white basmati rice was the most frequently consumed item (n=216) and contributed the greatest total weight (29,387g).
- For bread, toast made with white bread was the most frequently consumed item (n=543) and contributed the greatest total weight (32,613g).
- Within overall breakfast cereals, Weetabix/Wheat biscuits were the most frequently consumed item (n=198), whilst porridge made with semi-skimmed milk contributed the greatest total weight (35,552g).
- For potatoes, oven chips were the most frequently consumed item (n=231) and baked potatoes/jacket potatoes with the skin eaten contributed the greatest total weight (27,611g).

Vegetables and fruit

Table 4.2 in Appendix 4 presents the top five food items by frequency of consumption and total weight consumed within the vegetables and fruit category.

- Within vegetables, carrots were the most frequently consumed item (n=227), whilst fresh tomatoes contributed the greatest total weight (21,274g).
- For fruit, bananas were the most frequently consumed item (n=760) and also contributed the greatest total weight (89,393g).
- Within fruit juices and smoothies, 100% orange juice was the most frequently consumed item (n=290) and the largest contributor to total weight (62,058g).

Protein foods

Table 4.3 in Appendix 4 presents the top five food items by frequency of consumption and total weight consumed within each protein food category.

- Within eggs and egg dishes, boiled eggs were the most frequently consumed item (n=185) and scrambled eggs contributed the greatest total weight (17,243g).
- For red and processed meat, ham (not smoked) and grilled pork sausages were the most frequently consumed items (n=129 and 126 respectively). Homemade spaghetti bolognese contributed the greatest total weight (26,016g).
- Within the white meat category, roast chicken with the skin removed (n=102) and homemade chicken curry (n=101) were the most frequently consumed foods, with homemade chicken curry contributing the greatest total weight (21,003g).
- For meat pies and pastries, sausage rolls were the most frequently consumed item (n=52), followed by individual steak pies (n=40), which also contributed the greatest total weight (9,418g).
- Grilled or oven-baked salmon was both the most frequently consumed fish item (n=85) and the largest contributor to total weight (8,836g).
- Within nuts and seeds, crunchy peanut butter (n=69) was the most frequently consumed item and unsalted mixed nuts contributed the greatest total weight (1,702g).

Dairy and alternatives

Table 4.4 in Appendix 4 presents the top five food items by frequency of consumption and total weight consumed within each dairy and alternatives category.

- Semi-skimmed milk was the most frequently consumed milk item (n=4,079) and also contributed the greatest total weight (264,160g).
- Cheddar cheese was the most frequently consumed cheese item (n=493) and contributed the greatest total weight (13,832g).
- Within the yoghurt, fromage frais and other dairy desserts category, natural Greek-style yoghurt was the most frequently consumed item (n=174), while fruit yoghurt contributed the greatest total weight (16,278g).

Oils and spreads

Table 4.5 in Appendix 4 presents the top five food items by frequency of consumption and total weight consumed within the oils and spreads category.

- Lightest spreadable butter was the most frequently consumed item (n=114) and contributed the greatest total weight (1,029g).

Separate analyses showed that salted butter was the most frequently consumed butter item (n=853), followed by unsalted butter (n=318) and spreadable salted butter (n=275).

Conclusion

This analysis identified the foods and food categories that contribute most substantially to dietary intake among adults in Scotland using 2024 Scottish Health Survey dietary data. The findings highlight commonly consumed foods across the Eatwell Guide food groups and provide an evidence base to inform consideration of foods that may be suitable for inclusion within any future food price cap proposals. Differences observed by deprivation and income also demonstrate the continuing social gradient in dietary intakes across Scotland.

Appendix 1 – Average intake of excluded categories (g/person/day) and rationale for exclusion

Food category code(s)	Average intake of excluded categories (g/person/day)	Recipe main food group	Reason for exclusion
7	14.9	Biscuits	Discretionary
8	13.9	Buns, cakes, pastries and fruit pies	Discretionary
9	5.1	Puddings	Discretionary
17	2.9	Butter	Excluded from oils and spreads analyses due to Eatwell Guide recommendations to choose lower-fat spreads instead of butter. Butter analysed separately.
42	8.7	Crisps and savoury snacks	Discretionary
41	7.6	Sugars, preserves and sweet spreads	Discretionary
43	1.8	Sugar confectionery	Discretionary
44	7.6	Chocolate confectionery	Discretionary
53	3.5	Ice cream	Discretionary
57	111.1	Soft drinks, not diet	Discretionary
47	2.0	Spirits and liqueurs	Discretionary
48	25.3	Wine	Discretionary
49	48.5	Beer lager cider and perry	Discretionary
52	0.1	Commercial toddler foods and drinks	Marketed specifically for infants and young children and not needed to meet nutritional requirements
55	0.0	Artificial sweeteners	Excluded in line with SACN recommendations on non-sugar sweeteners
58	177.7	Soft drinks, diet	Hydration. Not included as the analysis was limited to the main Eatwell Guide food groups due to time and resource constraints
51	1122.7	Tea, coffee and water	Hydration. Not included as the analysis was limited to the main Eatwell Guide food groups due to time and resource constraints
50	61.1	Miscellaneous	Containing many items across multiple categories which would require disaggregation into individual food groups
62	63.7	Sandwiches	Unable to disaggregate sandwich components into individual ingredients
Total	191 g/person/day – excluding liquids (food category codes 47, 48, 49, 51, 57 and 58)		

Appendix 2 – Food categories and analysis groupings

Analysis groupings	Food category code(s)	Food category for average g/person/day and % consumers
STARCHY CARBOHYDRATE FOODS		
Pasta, rice and other miscellaneous cereals	1C	Pizza
	1D	Pasta (manufactured products and ready meals)
	1E	Pasta (other, including homemade dishes)
	1F	Rice (manufactured products and ready meals)
	1G	Rice (other, including homemade dishes)
	1R	Other cereals
Bread	2	White bread
	3	Wholemeal bread
	59	Brown, granary and wheatgerm bread
	4	Other breads
Breakfast cereals	5	High fibre breakfast cereals
	6	Other breakfast cereals
Potatoes	38	Chips, fried and roast potatoes and potato products
	39	Other potatoes, potato salads and dishes
VEGETABLES AND FRUIT		
Vegetables	36	Salad and other raw vegetables
	37	Vegetables (not raw)
Fruit	40	Fruit
Fruit juice and smoothies	45R	Fruit juice
	61R	Smoothies (100% fruit and/or juice)
DAIRY AND ALTERNATIVES		
Milk	10	Whole milk
	11	Semi-skimmed milk
	60	1% milk
	12	Skimmed milk
	13	Other milk and cream
Cheese	14	Cheese
Yoghurt, fromage frais and other dairy desserts	15B	Yoghurt
	15C	Fromage frais and other dairy desserts
	15D	Dairy desserts (homemade)
PROTEIN FOODS		
Eggs and egg dishes	16C	Manufactured egg products including ready meals
	16D	Other eggs and egg dishes including homemade

Red and processed meat	22	Bacon and ham
	23	Beef, veal and dishes
	24	Lamb and dishes
	25	Pork and dishes
	32A	Other meat products (manufactured, including ready meals)
	32B	Other meat (including homemade recipe dishes)
	28	Liver, products and dishes
	29	Burgers and kebabs
	30	Sausages
White meat	26	Coated chicken and turkey manufactured
	27	Chicken and turkey dishes
Meat pies and pastries	31	Meat pies and pastries
Fish	33	White fish coated or fried
	34	Other white fish, shellfish and fish dishes
	35	Oily fish
Nuts and seeds	56	Nuts and seeds
OILS AND SPREADS		
Oils and spreads	18	Polyunsaturated margarine and oils
	19A	Polyunsaturated low-fat spread
	19R	Low-fat spread (not polyunsaturated)
	20	Margarine and other cooking fats and oils (not polyunsaturated)
	21A	Reduced-fat spread (polyunsaturated)
	21B	Reduced-fat spread (not polyunsaturated)

Appendix 3 – Percentage consumers (%) and average intake of food categories (g/person/day) by population group; split by Equivalized Income Quintile³ (EIQ) and Scottish Index of Multiple Deprivation (SIMD)

Table 3.1. Percentage consumers (%) and average intake of starchy carbohydrate food categories (g/person/day) in the total population, consumers only, EIQ and SIMD quintiles.

Food category	Total (g)	Consumers only (g)	Consumers (%)	Equivalised Income Quintiles (OECD score)						Scottish Index of Multiple Deprivation (SIMD)				
				NA	Bottom quintile	4th quintile	3rd quintile	2nd quintile	Top quintile	1	2	3	4	5
Brown, granary and wheatgerm bread	5.9	47.2	12.5	8.7	5.5	4.7	5.1	4.8	7.5	4.7	6.3	5.4	5.8	7.0
High fibre breakfast cereals	29.2	90.0	32.4	27.5	23.2	29.0	32.9	30.2	31.1	17.8	28.2	31.2	34.2	32.3
Other bread	1.7	49.6	3.4	2.5	1.7	1.0	2.6	1.1	1.6	1.0	1.5	1.5	1.7	2.6
Other breakfast cereals	5.2	32.9	15.8	3.9	3.9	9.3	4.4	4.1	5.2	4.6	5.2	3.6	4.8	7.6
Other potatoes, potato salads and dishes	28.6	104.7	27.3	28.2	26.9	24.9	33.1	31.7	26.5	25.3	23.0	38.7	31.8	23.7
White bread	27.3	59.7	45.7	27.0	31.1	26.0	31.9	20.9	28.2	30.4	24.8	25.7	29.4	26.6
Wholemeal bread	12.5	52.4	24.0	12.4	8.5	10.3	15.2	14.7	13.6	9.2	11.8	12.5	13.1	15.3
Chips, fried and roast potatoes and potato products	23.5	104.7	29.2	23.5	27.1	27.5	28.0	17.6	19.1	34.1	21.0	18.3	24.2	21.7
Pizza	18.9	177.6	10.6	22.2	23.9	17.5	10.6	23.8	15.7	18.6	23.6	16.4	15.6	20.4
Pasta	25.2	119.6	21.1	12.5	28.6	33.2	24.6	24.6	23.9	20.8	38.5	20.5	23.1	23.7
Rice	27.8	113.1	24.6	45.0	21.7	26.2	27.9	29.4	22.2	28.6	37.8	23.2	23.1	27.1
Other cereals	4.5	57.3	7.9	3.7	3.4	3.9	4.3	8.0	2.8	3.0	6.2	5.7	4.6	3.1

³ Equivalised household income quintile (households grouped into five income bands after adjustment for household size and composition). Income bands were: NA (not available, don't know or refused); (Top quintile (≥£65,000); 2nd quintile (£44,200 to <£65,000); 3rd quintile (£29,900 to <£44,200); 4th quintile (£21,300 to <£29,900); and Bottom quintile (£0 to <£21,300).

Table 3.2. Percentage consumers (%) and average intake of vegetable and fruit food categories (g/person/day) in the total population, consumers only, EIQ and SIMD quintiles.

Food category	Total (g)	Consumers only (g)	Consumers (%)	Equivalised Income Quintiles (OECD score)						Scottish Index of Multiple Deprivation (SIMD)				
				NA	Bottom quintile	4th quintile	3rd quintile	2nd quintile	Top quintile	1	2	3	4	5
Fruit	70.7	141.0	50.2	66.2	51.3	50.6	74.2	87.2	88.2	53.0	60.3	72.2	80.5	83.0
Fruit juice & smoothies	39.1	213.6	18.3	26.9	36.6	56.1	40.9	32.0	38.9	30.6	49.8	33.6	42.8	38.2
Salad and other raw vegetables	20.3	68.7	29.5	17.4	10.9	13.7	19.4	23.7	33.5	13.4	12.8	22.5	28.1	22.7
Vegetables (not raw)	59.7	113.5	52.6	55.4	38.2	59.8	62.8	68.3	68.7	49.1	52.0	63.4	66.3	65.0

Table 3.3. Percentage consumers (%) and average intake of protein food categories (g/person/day) in the total population, consumers only, EIQ and SIMD quintiles.

Food category	Total (g)	Consumers only (g)	Consumers (%)	Equivalised Income Quintiles (OECD score)						Scottish Index of Multiple Deprivation (SIMD)				
				NA	Bottom quintile	4th quintile	3rd quintile	2nd quintile	Top quintile	1	2	3	4	5
Bacon and ham	5.4	38.8	14.0	4.8	4.9	5.6	4.7	6.1	6.0	4.4	5.2	4.8	5.8	6.6
Beef, veal and dishes	30.2	125.4	24.1	31.9	31.2	21.2	29.7	30.6	37.1	20.2	31.7	30.8	32.5	34.1
Burgers and kebabs	6.0	113.2	5.3	7.8	6.0	5.9	6.6	4.8	5.6	8.8	9.8	3.6	3.3	5.2
Chicken and turkey dishes	52.9	136.3	38.8	57.8	58.6	47.8	47.2	53.9	53.7	54.4	62.1	50.2	54.2	45.0
Coated chicken and turkey	6.9	82.0	8.4	7.0	10.4	5.2	7.1	6.4	5.6	9.8	6.1	5.0	7.4	6.5
Manufactured egg products	2.5	97.5	2.6	0.8	1.2	3.3	4.8	2.7	1.6	0.7	5.6	0.4	4.1	1.7
Other eggs and egg dishes	17.4	74.3	23.4	22.1	17.3	11.4	21.6	11.8	22.5	14.4	15.3	14.7	21.3	20.3
Lamb and dishes	2.4	93.1	2.6	4.1	0.5	3.2	2.2	1.4	3.6	2.8	1.5	1.4	3.8	2.4
Liver and dishes	0.2	21.1	1.0	0.1	0.2	0.3	0.5	0.1	0.1	0.0	0.3	0.2	0.3	0.2
Meat pies and pastries	10.1	110.8	9.1	9.2	11.2	11.7	10.7	10.3	7.2	9.9	9.5	13.3	9.5	8.2
Nuts and seeds	3.7	26.0	14.2	1.6	3.3	2.1	5.3	4.6	4.3	2.7	3.7	3.4	3.9	4.5
Oily fish	4.4	62.6	7.0	4.6	3.3	2.4	4.1	5.7	5.9	3.3	2.3	3.5	6.6	5.9
Other meat products (manufactured)	4.2	52.3	7.9	5.9	4.9	4.9	3.0	3.5	3.5	6.6	4.4	3.3	3.6	3.3
Other meat (homemade recipe dishes)	0.3	56.4	0.5	0.0	0.5	0.1	0.1	0.4	0.4	0.0	0.5	0.3	0.4	0.2
Other white fish, shellfish and fish dishes	8.5	87.8	9.7	6.4	6.4	4.9	10.2	8.3	13.8	6.6	6.1	9.2	9.0	11.0
Pork and dishes	5.2	89.6	5.8	3.9	6.2	5.1	6.4	4.3	5.2	4.8	5.1	5.6	4.2	6.2
Sausages	9.3	70.3	13.3	8.1	7.6	15.2	8.4	7.1	9.3	8.7	7.6	8.6	12.7	8.8
White fish coated or fried	5.7	80.3	7.2	5.9	6.3	5.2	7.2	4.1	6.1	6.3	6.0	5.0	5.5	6.0

Table 3.4. Percentage consumers (%) and average intake of dairy and alternative food categories (g/person/day) in the total population, consumers only, EIQ and SIMD quintiles.

Food category	Total (g)	Consumers only (g)	Consumers (%)	Equivalent Income Quintiles (OECD score)						Scottish Index of Multiple Deprivation (SIMD)				
				NA	Bottom quintile	4th quintile	3rd quintile	2nd quintile	Top quintile	1	2	3	4	5
Whole milk	26.1	180.4	14.5	36.8	21.2	65.9	12.6	13.3	13.1	21.5	49.0	20.0	18.6	22.8
Semi-skimmed milk	75.4	162.2	46.5	61.0	69.3	94.5	75.6	67.5	80.0	61.0	64.3	67.6	86.5	93.1
One percent milk	4.8	142.6	3.4	0.3	4.9	7.8	2.6	3.3	8.4	5.8	2.6	4.3	4.1	7.0
Skimmed milk	8.9	102.3	8.7	4.2	7.3	8.1	9.8	12.3	9.2	10.8	8.5	6.9	8.5	10.0
Other milk and cream	27.9	151.0	18.5	31.4	29.3	27.0	28.0	18.1	36.5	25.3	34.5	24.1	25.8	29.9
Cheese	8.5	25.9	33.0	6.9	6.1	7.0	8.2	11.1	10.6	6.1	7.5	8.8	9.6	10.1
Yoghurt	23.7	99.6	23.7	14.6	20.4	18.7	17.6	28.6	36.9	19.0	13.6	18.5	34.1	31.0
Fromage frais and other dairy desserts	1.0	71.7	1.4	1.7	0.5	0.7	1.5	0.2	1.7	1.5	1.7	1.1	0.4	0.5
Dairy desserts (homemade)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Table 3.5. Percentage consumers (%) and average intake of oil and spread food categories (g/person/day) in the total population, consumers only, EIQ and SIMD quintiles.

Food category	Total (g)	Consumers only (g)	Consumers (%)	Equivalent Income Quintiles (OECD score)						Scottish Index of Multiple Deprivation (SIMD)				
				NA	Bottom quintile	4th quintile	3rd quintile	2nd quintile	Top quintile	1	2	3	4	5
PUFA margarine and oils	0.0	12.6	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
Low fat spread polyunsaturated	0.2	7.5	2.6	0.3	0.0	0.1	0.2	0.3	0.2	0.4	0.0	0.1	0.1	0.3
Low fat spread not polyunsaturated	0.1	5.8	1.9	0.1	0.1	0.1	0.2	0.0	0.1	0.1	0.1	0.1	0.1	0.2
Other margarine, fats and oils	0.1	12.2	1.2	0.3	0.0	0.0	0.1	0.2	0.2	0.1	0.1	0.3	0.2	0.1
Reduced fat spread polyunsaturated	0.4	8.2	5.0	0.7	0.3	0.3	0.5	0.4	0.4	0.4	0.3	0.3	0.6	0.5
Reduced fat spread not polyunsaturated	1.1	8.0	13.3	1.2	1.1	1.1	1.5	0.7	0.9	1.2	1.1	1.1	1.0	0.9

Appendix 4 – Top five food items by frequency of consumption and total grams consumed

Table 4.1. Top five food items by frequency of consumption and total grams consumed: Starchy carbohydrate foods

Food category	Top food items by frequency of consumption	Frequency (n)	Top food items by total grams consumed	Total grams (g)
Pasta, rice and other miscellaneous cereals	White basmati rice	216	White basmati rice	29,387
	White rice (long-grain)	99	Cheese and tomato pizza	21,558
	Pasta shapes, white/tricolore	85	White rice (long-grain)	15,143
	Cheese and tomato pizza	74	Meat pizza	13,227
	Brown rice	56	Pasta shapes, white/tricolore	13,066
Bread	Toast, white bread	543	Toast, white bread	32,613
	Toast, wholemeal bread	412	Toast, wholemeal bread	21,790
	Bread roll, white	257	Bread roll, white	19,781
	Toast, multiseed wholemeal bread	218	Toast, multiseed wholemeal bread	12,224
	Wholemeal bread	113	Wholemeal bread	8,151
Breakfast cereals	Weetabix/Wheat biscuits	198	Porridge, made with semi-skimmed milk	35,552
	Porridge, made with semi-skimmed milk	163	Porridge, made with water	27,015
	Porridge, made with water	137	Porridge, made with whole milk	9,404
	Bran Flakes (supermarket brands)	60	Porridge, made with half milk and half water	8,773
	Cornflakes (supermarket brands)	58	Weetabix/Wheat biscuits	7,391
Potatoes	Oven chips	231	Baked potato/jacket potato (skin eaten)	27,611
	New potatoes (skins eaten)	157	Oven chips	22,934
	Chips, fried	126	New potatoes (skins eaten)	22,857
	Baked potato/jacket potato (skin eaten)	126	Mashed potato with butter	20,417
	Potatoes	118	Potatoes	17,782

Table 4.2. Top five food items by frequency of consumption and total grams consumed: Vegetables and fruit

Food category	Top food items by frequency of consumption	Frequency (n)	Top food items by total grams consumed	Total grams (g)
Vegetables	Carrots	227	Tomato, fresh	21,274
	Cherry tomatoes	215	Baked beans	16,356
	Tomato, fresh	199	Cherry tomatoes	14,426
	Peas, cooked from frozen	160	Side salad (no dressing)	12,211
	Side salad (no dressing)	152	Broccoli, boiled	11,746
Fruit	Banana	760	Banana	89,393
	Apple, skin eaten	428	Apple, skin eaten	56,038
	Blueberries/bilberries	291	Orange	19,124
	Strawberries	217	Tangerines/mandarins/clementines/satsumas	17,553
	Tangerines/mandarins/clementines/satsumas	179	Strawberries	13,965
Fruit juice and smoothies	Orange juice, 100% fruit	290	Orange juice, 100% fruit	62,058
	Apple juice	109	Apple juice	24,580
	Freshly squeezed orange juice	45	Freshly squeezed orange juice	9,118
	Freshly squeezed lemon juice	38	Red berry fruit smoothie	8,638
	Red berry fruit smoothie	27	Apple and mango juice	5,464

Table 4.3. Top five food items by frequency of consumption and total grams consumed: Protein foods

Food category	Top food items by frequency of consumption	Frequency (n)	Top food items by total grams consumed	Total grams (g)
Eggs and egg dishes	Boiled egg	185	Scrambled egg	17,243
	Scrambled egg	144	Boiled egg	16,012
	Fried egg	137	Fried egg	10,584
	Poached egg	80	Poached egg	7,484
	Omelette, plain	22	Omelette, with cheese	4,068
Red and processed meat	Ham, not smoked	129	Spaghetti bolognese, homemade	26,016
	Pork sausage, grilled	126	Pork sausage, grilled	11,643
	Bacon, unsmoked, grilled (fat removed)	76	Chilli con carne	9,882

	Spaghetti bolognese, homemade	75	Beef lasagne	7,399
	Ham, smoked	53	Ham, not smoked	6,190
White meat	Roast chicken (skin not eaten)	102	Chicken curry, homemade	21,003
	Chicken curry, homemade	101	Chicken fajita	11,040
	Roast/grilled chicken breast (skin not eaten)	82	Roast chicken (skin not eaten)	9,350
	Chicken breast, fried	66	Chicken breast, fried	9,340
	Chicken goujon/nugget/dipper	52	Roast/grilled chicken breast (skin not eaten)	9,229
Meat pies and pastries	Sausage roll	52	Individual steak pie	9,418
	Individual steak pie	40	Sausage roll	6,782
	Steak pie, slice from large pie	25	Steak pie, slice from large pie	6,361
	Minced beef pie	21	Minced beef pie	3,963
	Scotch pie	21	Scotch pie	2,831
Fish	Salmon, grilled or oven baked	85	Salmon, grilled or oven baked	8,836
	Salmon, cold smoked	38	Cod/haddock in batter, takeaway	5,137
	Fish fillet in breadcrumbs/batter	37	Fish fillet in breadcrumbs/batter	5,106
	Tuna, canned in brine	36	Fish fingers	3,411
	Prawns/shrimps, boiled	35	Tuna, canned in brine	2,769
Nuts and seeds	Peanut butter, crunchy	69	Mixed nuts, unsalted	1,702
	Peanut butter, smooth	66	Almonds	1,636
	Mixed nuts, unsalted	63	Peanut butter, crunchy	1,488
	Almonds	55	Peanut butter, smooth	1,165
	Chia seeds	47	Peanuts, salted	892

Table 4.4. Top five food items by frequency of consumption and total grams consumed: Dairy and alternatives

Food category	Top food items by frequency of consumption	Frequency (n)	Top food items by total grams consumed	Total grams (g)
Milk	Semi-skimmed milk	4,079	Semi-skimmed milk	264,160
	Whole milk	913	Whole milk	68,741
	Skimmed milk	776	Milk, cow's/dairy, type unknown	58,987
	Milk, cow's/dairy, type unknown	624	Skimmed milk	39,677
	Oat milk	262	Oat milk	20,054
Cheese	Cheddar cheese	493	Cheddar cheese	13,832

	Parmesan cheese	87	Cottage cheese	3,541
	Soft cheese, full-fat (e.g. Philadelphia)	51	Soft cheese, full-fat (e.g. Philadelphia)	1,993
	Processed cheese slices	40	Parmesan cheese	1,645
	Cheese spread/triangle (e.g. Dairylea)	33	Mozzarella cheese	1,457
Yoghurt, fromage frais and other dairy desserts	Natural yoghurt, Greek-style	174	Fruit yoghurt	16,278
	Fruit yoghurt	126	Natural yoghurt, Greek-style	14,149
	Natural yoghurt	87	High protein natural yoghurt, low fat	10,965
	Greek-style yoghurt, low fat	73	Fruit yoghurt, low fat	9,156
	High protein natural yoghurt, low fat	73	Greek-style yoghurt, low fat	8,803

Table 4.5. Top five food items by frequency of consumption and total grams consumed: Oils and spreads

Food category	Top food items by frequency of consumption	Frequency (n)	Top food items by total grams consumed	Total grams (g)
Oils and spreads	Lightest spreadable butter (e.g. Lurpak, Sainsbury's Buttersoft Light)	114	Lightest spreadable butter (e.g. Lurpak, Sainsbury's Buttersoft Light)	1,029
	Reduced fat spreadable butter (e.g. Lurpak Light)	85	Reduced fat spreadable butter (e.g. Lurpak Light)	681
	Flora Light spread/margarine	75	Flora Light spread/margarine	642
	Buttery-taste spread/margarine (e.g. I Can't Believe It's Not Butter)	64	Olive oil	626
	Flora Buttery spread/margarine	60	Buttery-taste spread/margarine (e.g. I Can't Believe It's Not Butter)	585