

## Latest NDNS data for salt – Adults aged 19-64 (2011)

The report of the second NDNS rolling programme, combining data from 2008 – 2010 (i.e. the first two years of the rolling programme combined), was published on July 21<sup>st</sup> 2011. It breaks data down for adults aged 19-64 and 65+ and children aged 18mth-3yr, 4-10 yr and 11-18yr.

The rolling programme provides detailed food consumption data essential to support government activities related to health. It is the primary method for monitoring salt and saturated fats intakes and is also key to monitoring progress on diet and nutrition objectives of UK health departments.

The data does not include any discretionary salt added at the table or during cooking and therefore total salt intake is an underestimate. Urinary sodium analysis, the most accurate method of measuring salt intake, is expected to be published in 2012 and will give a more accurate representation of actual salt intake.

### Adults aged 19-64

#### Average daily sodium intakes (mg) from food (excludes discretionary salt)

| Year | Total boys | Total girls | Men 16-64 | Women 16-64 | All 16-64 | Men 65+ | Women 65+ | All 65+ |
|------|------------|-------------|-----------|-------------|-----------|---------|-----------|---------|
| 2011 | 2309       | 1944        | 2732      | 2029        | 2380      | 2393    | 1889      | 2110    |
| 2010 | 2404       | 1990        | 2800      | 2038        | 2419      |         |           |         |
| 2003 |            |             | 3313      | 2302        |           |         |           |         |

#### Top contributors to average daily sodium intakes, by food category, for adults aged 19-64 and 65+ (percentage contribution)

| Category                        | 65yrs+ 2011 | 19-64yrs 2011 | 19-64yrs 2003 |
|---------------------------------|-------------|---------------|---------------|
| Cereal and cereal products      | 32%         | 31%           | 35%           |
| Meat and meat products          | 24%         | 27%           | 26%           |
| Vegetables, potatoes            | 7%          | 9%            | n/a           |
| Miscellaneous                   | 11%         | 9%            | n/a           |
| Milk and Milk products          | 11%         | 9%            | 8%            |
| Fish and Fish dishes            | 7%          | 5%            | 4%            |
| Fat spreads                     | 4%          | 3%            | 3%            |
| Egg and egg dishes              | 2%          | 2%            | 2%            |
| Savoury Snacks                  | 1%          | 2%            | 2%            |
| Fruit                           | 1%          | 1%            | 0%            |
| Sugar, preserves, confectionary | 0%          | 1%            | 1%            |

**Top contributors to average daily sodium intakes, by food sub-category, for adults aged 19-64 and 65+ (percentage contribution)**

| <b>Sub-category</b>                                   | <b>65yrs+<br/>2011</b> | <b>19-64yrs<br/>2011</b> | <b>19-64yrs<br/>2003</b> |
|---|------------------------|--------------------------|--------------------------|
| Bread *   | 19%                    | 18%                      | 21%                      |
| Bacon & Ham   | 8%                     | 7%                       | 8%                       |
| Pasta, rice and other miscellaneous cereals           | 2%                     | 6%                       | n/a                      |
| Vegetables (not raw) including vegetable dishes       | 5%                     | 6%                       | n/a                      |
| Chicken and turkey dishes (incl. coated) *            | 3%                     | 6%                       | 5%                       |
| Savoury sauces, pickles, gravies and condiments       | 4%                     | 5%                       | n/a                      |
| Sausages  | 3%                     | 4%                       | 3%                       |
| Biscuits, Buns, Cakes, Pies, puddings, Pastries *     | 7%                     | 4%                       | 4%                       |
| Cheese  | 5%                     | 4%                       | 4%                       |
| Beef, veal dishes                                     | 3%                     | 4%                       | 3%                       |
| Other white fish, shellfish or fish dishes incl. tuna | 3%                     | 3%                       | n/a                      |
| Fat Spreads *   | 4%                     | 3%                       | 3%                       |
| Soup, manufactured/retail, homemade                   | 5%                     | 3%                       | n/a                      |
| Milk *  | 4%                     | 3%                       | 3%                       |
| Soups   | 5%                     | 3%                       |                          |
| Breakfast Cereals                                     | 4%                     | 2%                       | 5%                       |
| Savoury Snacks  | 1%                     | 2%                       | 2%                       |
| Meat Pies & Pastries                                  | 3%                     | 2%                       | 2%                       |
| Eggs and egg dishes                                   | 2%                     | 2%                       | 2%                       |

\* some sub-categories combined to increase ease of reading, and to more easily make conclusions and comparisons to previous NDNS reports. E.g. white, wholemeal, granary and other breads. High fibre and other cereals. Biscuits, cakes/buns/pastries and puddings.

**Points of interest**

**1. Cereal & cereal products**

- As a category cereal products remain the biggest contributor of salt to the diet. It dropped by 11% from 35% in 2003 to 31% in 2011
- Breakfast cereal has dropped by 60% (5% - 2% in 2011), meaning it is no longer the third largest contributor of salt to the diet
- New sub-category of 'pasta, rice and other miscellaneous cereals' was added in 2010/2011 and provides 6% of sodium in 2011 making it the second biggest contributor in this category
- Bread remains the biggest contributor in this category and to the total diet. It dropped from 21% - 18% (14% reduction) between 2003 and 2011.
- In the elderly this category is also biggest contributor overall at 32%. In the 65yrs+ there is a smaller contribution from Pasta, rice and other miscellaneous cereals (2% vs 6%), but more from Biscuits, Buns, Cakes, Pies, puddings, Pastries (7% vs 4%) and more from breakfast cereals (4% vs 2%).

## 2. Meat & meat products

- As a category remains the second largest contributor to the diet. It increased from 26% in 2003 to 27% in 2011.
- Bacon and ham has dropped slightly from 8% in 2003 to 7% in 2011, still the second largest contributor to the diet
- Sausages increased from 3% in 2003 to 4% in 2011
- In the elderly this category is also the second biggest contributor. Bacon and ham contribute more than in younger adults (8% vs 7%). Chicken and turkey dishes contribute less (3% vs 6%), as do sausages and Beef, veal and dishes while pies and pastries contribute slightly more.

## 3. Vegetables, Potatoes

- New category combining chips and other potato products with salad, raw vegetables, cooked vegetables and vegetable dishes. It is the third highest contributing category at 9% in 2011
- The category makes a smaller contribution to the 65+ age group (7% vs 9% and ranking around 5<sup>th</sup> vs 3<sup>rd</sup>)

## 4. Milk & Cheese products

- Milk and milk products rose from 8% in 2003 to 9% in 2011. The subcategories milk and cheese remained the same however; 4% for cheese and 3% for milk
- In the elderly it is the joint third biggest contributor and higher than in younger adults (11% vs 9%)

## 5. Fish and fish dishes

- Increased from 4% in 2003 to 5% in 2011
- Category now broken down into coated/fried white fish and fish fingers, other white fish, shellfish and tuna and oily fish
- The greatest contributor in the fish category is the sub category 'other white fish, shellfish and canned tuna' at 3% in 2011.
- This category makes a greater contribution in the elderly than in younger adults (7% vs 5%)

## 6. Miscellaneous

- The miscellaneous category which was previously excluded (in 2010) has now (in 2011) been broken down into soups (contributing 3%), sauces/condiments/pickles (5%) and drinks made from powder (1%). The sauces category contributes a substantial amount ranking 6<sup>th</sup> overall.
- In the elderly this is the joint third biggest contributor and higher than in younger adults (11% vs 9%). Soup makes a greater contribution than in younger adults (5% vs 3%)

## Other notes

- Much greater break down of data than in 2003, with most categories having more sub-categories.
- The data does not include salt added at the table or during cooking
- Milk is a natural source of sodium