

Latest NDNS data for salt– Children aged 18 months – 18 years (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 21st 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 will provide 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.

Sodium will be reported as part of this rolling programme but has not been included yet due to the sample size being too small.

Breakdown by category

Top contributors to average daily sodium intakes, by food category, for children (percentage contribution)

	2011 data for 1.5-3 year olds	2011 data for 4-10 year olds	2011 data for 11-18 year olds
Cereal & cereal products	34%	37%	37%
Meat & meat products	19%	23%	27%
Milk & milk products	18%	11%	8%
Vegetables, potatoes	9%	9%	7%
Fish & fish dishes	3%	4%	2%
Eggs & egg dishes	2%	1%	1%
Fat spreads	3%	3%	2%
Savoury snacks	3%	4%	5%
Sugars, preservatives & confectionary	1%	1%	1%
Fruit	1%	1%	0%
Miscellaneous	6%	6%	7%

Breakdown by sub-category

Top contributors to average daily sodium intakes, by food sub-category, for children, (percentage contribution)

Sub-category	2011 data for 1.5-3 year olds	2011 data for 4-10 year olds	2011 data for 11-18 year olds
Bread *	16%	17%	17%
Milk *	11%	4%	4%
Pasta, rice and other miscellaneous cereals	8*	8%	11%
Sausages	6%	6%	4%

Vegetables (not raw) including vegetable dishes	7%	6%	5%
Breakfast Cereals	4%	5%	3%
Biscuits, Buns, Cakes, Pastries *	5%	6%	4%
Cheese	5%	4%	4%
Chicken and turkey dishes (incl. coated) *	4%	4%	7%
Savoury Snacks	3%	4%	5%
Fat Spreads *	3%	3%	2%
Eggs and egg dishes	2%	1%	1%
Bacon & Ham	3%	5%	6%
Meat Pies & Pastries	2%	2%	2%
Beef, veal and dishes	2%	2%	3%

* some sub-categories combined to increase ease of reading, and to more easily make conclusions and comparisons to previous NDNS reports.

Differences between 2000 and 2011 data for 4-10year olds.

NDNS 2000 and 2011 data for key food categories for the 4-10year age group, (percentage contribution to average intakes)		
	2011 data	2000 data
Cereal & cereal products	37%	40%
Meat & meat products	23%	21%
Milk & milk products	11%	9%

Based on NDNS data from 2000 a 7.5% reduction in the contribution of cereal & cereal products to the 4-10 year old diet can be seen. Nearly a 10% increase in the contribution of meat to the 4-10 year old diet can be seen as well as a 22% increase in the contribution of milk and milk products.

Cereals and cereal products

- Bread contribution increased by 21% from 14% to 17%. It is the highest individual contributor in this category and overall
- Breakfast cereal intake has reduced from 9% to 5%
- The second highest contributor in this category is 'pasta, rice and miscellaneous cereals' at 8%. This sub-category was not included in previous surveys so no comparison can be made

Meat & meat products

- Sausage contribution has increased by nearly 20% from 6% to 7%. Sausages are the highest contributor in this category
- Bacon & Ham have also increased by 25% (from 4% to 5%).

Milk & milk products

- Milk has fallen by 20% from 5% to 4%
- Cheese has increased from 3% to 4% and contributes as much as milk