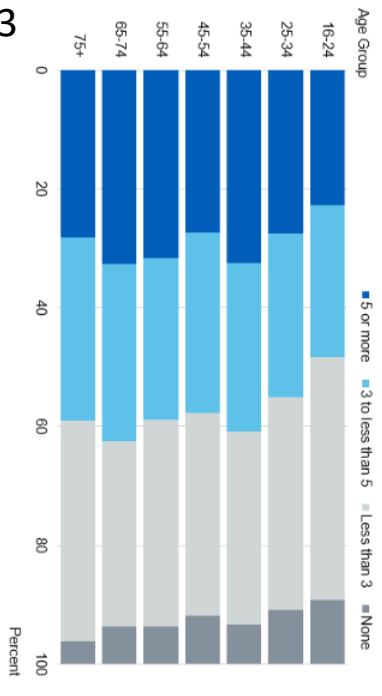
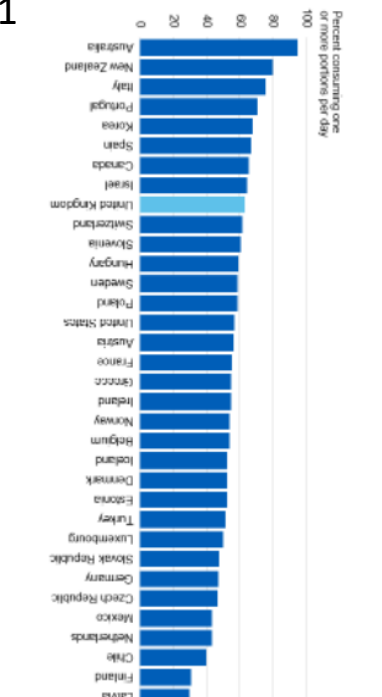
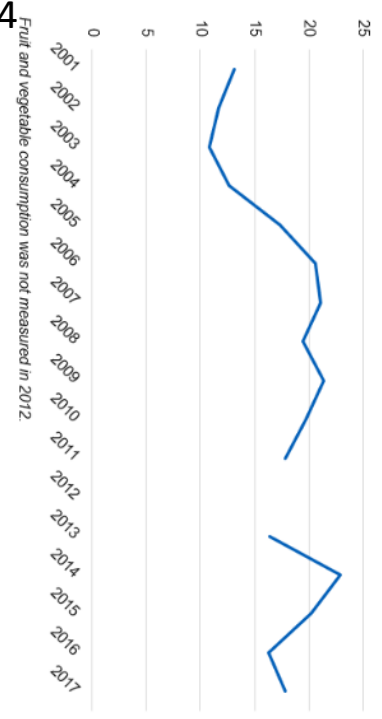


D1 Health Survey for England (HSE): number of portions of fruit and vegetables consumed by adults between 2009 and 2017	C3  Age Group ■ 5 or more ■ 3 to less than 5 ■ Less than 3 ■ None Percent	A5 Consumption varied with age, young people aged 16 to 24 consumed on average the lowest number of portions of fruit and vegetables, 3.3 a day, and were the least likely age group to eat their five a day recommendation, 23%.
D2 Daily vegetable consumption, UK comparison with other Organisation for Economic Co-operation and Development countries	C1  Percent consuming one or more portions per day Australia, New Zealand, Italy, Portugal, Korea, Spain, Canada, Israel, United Kingdom, Switzerland, Slovenia, Hungary, Sweden, Poland, United States, Austria, France, Greece, Ireland, Norway, Belgium, Iceland, Denmark, Estonia, Turkey, Luxembourg, Slovak Republic, Germany, Czech Republic, Mexico, Netherlands, Chile, Finland, Latvia	A3 Amongst OECD countries, the UK reported the 9th (of 34) highest proportion of the population consuming at least one portion of fruit per day (63%). Australia reported the highest proportion with 99%, whilst Finland and Latvia reported less than 35%.
D3 Health Survey for England (HSE): proportion of children consuming 5 or more portions a day	C4  Percent Fruit and vegetable consumption was not measured in 2012. 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017	A1 In 2017, 18% of children aged between 5 and 15 ate the recommended five or more portions of fruit and vegetables a day. Results were similar for boys and girls.

D4	C2	A6																
Health Survey for England (HSE): number of portions of fruit and vegetables consumed by children in 2017	<table border="1"><thead><tr><th>Portions</th><th>Percentage</th></tr></thead><tbody><tr><td>Less than 1</td><td>10%</td></tr><tr><td>1 to less than 3</td><td>40%</td></tr><tr><td>3 to less than 5</td><td>32%</td></tr><tr><td>5 or more (recommended)</td><td>18%</td></tr></tbody></table>	Portions	Percentage	Less than 1	10%	1 to less than 3	40%	3 to less than 5	32%	5 or more (recommended)	18%	More children consumed fewer than 3 portions a day (51%) than met the recommended 5 portions (18%).						
Portions	Percentage																	
Less than 1	10%																	
1 to less than 3	40%																	
3 to less than 5	32%																	
5 or more (recommended)	18%																	
D5	C6	A4																
Public Health England: National Diet and Nutrition Survey, 2014/15 and 2015/16 and time trend and income analyses to 2017 intake of free sugars.	<table border="1"><thead><tr><th>Age group / gender</th><th>Mean intake (%)</th></tr></thead><tbody><tr><td>Children 1.5-3</td><td>10</td></tr><tr><td>Children 4-10</td><td>12</td></tr><tr><td>Children 11-18</td><td>12</td></tr><tr><td>Men 19-64</td><td>12</td></tr><tr><td>Men 65+</td><td>12</td></tr><tr><td>Women 19-64</td><td>12</td></tr><tr><td>Women 65+</td><td>12</td></tr></tbody></table>	Age group / gender	Mean intake (%)	Children 1.5-3	10	Children 4-10	12	Children 11-18	12	Men 19-64	12	Men 65+	12	Women 19-64	12	Women 65+	12	Mean intake of free sugars exceeded the government recommendation of providing no more than 5% of total calorie intake in all age groups.
Age group / gender	Mean intake (%)																	
Children 1.5-3	10																	
Children 4-10	12																	
Children 11-18	12																	
Men 19-64	12																	
Men 65+	12																	
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D6	C5	A2																
Public Health England: National Diet and Nutrition Survey, 2014/15 and 2015/16 and time trend and income analyses to 2017 intake of oily fish.	<table border="1"><thead><tr><th>Age group / gender</th><th>Mean intake (grams/day)</th></tr></thead><tbody><tr><td>Children 1.5-3</td><td>2</td></tr><tr><td>Children 4-10</td><td>2</td></tr><tr><td>Children 11-18</td><td>2</td></tr><tr><td>Men 19-64</td><td>8</td></tr><tr><td>Men 65+</td><td>15</td></tr><tr><td>Women 19-64</td><td>8</td></tr><tr><td>Women 65+</td><td>10</td></tr></tbody></table>	Age group / gender	Mean intake (grams/day)	Children 1.5-3	2	Children 4-10	2	Children 11-18	2	Men 19-64	8	Men 65+	15	Women 19-64	8	Women 65+	10	Mean consumption of oily fish for all age groups was well below the recommended level of at least one portion per week (equivalent to 20 grams per day).
Age group / gender	Mean intake (grams/day)																	
Children 1.5-3	2																	
Children 4-10	2																	
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