

**Top line analysis of NDNS Y12-15 [2019-2023 combined data set], published 11 June 2025**  
**Savoury snacks, potatoes, nuts and seeds**  
**Contributions to Energy, Saturates, Total Fat and Sodium intakes by age, relative to other categories.**

**Top contributors to Energy Intake**

**Children 4-10**

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	43.90%
2	Meat and meat products (incl. all sub-categories)	13.06%
3	Milk and milk products (incl. all sub-categories)	12.39%
4	Pasta, rice, pizza and other miscellaneous cereals	10.17%
5	Vegetables, incl. potatoes (incl. all sub-categories)	8.35%
6	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	7.43%
7	Breakfast cereals	6.27%
8	Fruit	5.03%
9	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	4.78%
10	Biscuits (sweet biscuits, savoury biscuits)	4.38%
11	Savoury snacks	4.33%
12	Sugar, preserves and confectionery (including chocolate)	4.00%
13	Buns, cakes, pastries and fruit pies	3.92%
14	Non-alcoholic beverages (including soft drinks and fruits juices)	3.06%
15	Fish and fish dishes	2.25%
16	Puddings	1.56%
17	Fats and oils (inc. all sub-categories)	1.47%
18	Savoury sauces, pickles, gravies and condiments	1.16%
19	Eggs and egg dishes	0.93%
20	Nuts & seeds	0.55%
21	Soups	0.40%
22	Alcoholic beverages (incl. all sub-categories)	0.00%

**Children 11-18**

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	44.41%
2	Meat and meat products (incl. all sub-categories)	16.47%
3	Pasta, rice, pizza and other miscellaneous cereals	14.19%
4	Milk and milk products (incl. all sub-categories)	8.96%
5	Vegetables, incl. potatoes (incl. all sub-categories)	8.10%
6	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	7.05%
7	Sugar, preserves and confectionery (including chocolate)	5.48%
8	Breakfast cereals	5.02%
9	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	4.91%
10	Biscuits (sweet biscuits, savoury biscuits)	3.98%
11	Non-alcoholic beverages (including soft drinks and fruits juices)	3.87%
12	Savoury snacks	3.86%

13	Buns, cakes, pastries and fruit pies	3.59%
14	Fruit	2.60%
15	Fish and fish dishes	1.49%
16	Savoury sauces, pickles, gravies and condiments	1.48%
17	Puddings	1.19%
18	Fats and oils (inc. all sub-categories)	1.17%
19	Eggs and egg dishes	1.00%
20	Nuts & seeds	0.51%
21	Soups	0.26%
22	Alcoholic beverages (incl. all sub-categories)	0.07%

#### Adults 19-64

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	37.92%
2	Meat and meat products (incl. all sub-categories)	14.89%
3	Pasta, rice, pizza and other miscellaneous cereals	10.46%
4	Vegetables, incl. potatoes (incl. all sub-categories)	9.44%
5	Milk and milk products (incl. all sub-categories)	8.79%
6	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	8.16%
7	Sugar, preserves and confectionery (including chocolate)	5.12%
8	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	4.14%
9	Breakfast cereals	4.10%
10	Alcoholic beverages (incl. all sub-categories)	3.67%
11	Fruit	3.54%
12	Biscuits (sweet biscuits, savoury biscuits)	3.36%
13	Buns, cakes, pastries and fruit pies	3.30%
14	Non-alcoholic beverages (including soft drinks and fruits juices)	2.96%
15	Savoury snacks	2.76%
16	Fish and fish dishes	2.61%
17	Fats and oils (inc. all sub-categories)	1.97%
18	Eggs and egg dishes	1.93%
19	Savoury sauces, pickles, gravies and condiments	1.78%
20	Nuts & seeds	1.22%
21	Puddings	0.83%
22	Soups	0.67%

#### Adults 65-74

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	38.08%
2	Meat and meat products (incl. all sub-categories)	13.57%
3	Milk and milk products (incl. all sub-categories)	11.55%
4	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	9.92%
5	Vegetables, incl. potatoes (incl. all sub-categories)	9.14%
6	Breakfast cereals	7.12%

7	Pasta, rice, pizza and other miscellaneous cereals	5.98%
8	Fruit	5.05%
9	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	4.28%
10	Sugar, preserves and confectionery (including chocolate)	4.11%
11	Biscuits (sweet biscuits, savoury biscuits)	3.97%
12	Alcoholic beverages (incl. all sub-categories)	3.66%
13	Fish and fish dishes	3.39%
14	Buns, cakes, pastries and fruit pies	3.26%
15	Fats and oils (inc. all sub-categories)	2.96%
16	Eggs and egg dishes	1.76%
17	Non-alcoholic beverages (including soft drinks and fruits juices)	1.56%
18	Savoury sauces, pickles, gravies and condiments	1.53%
19	Savoury snacks	1.23%
20	Puddings	1.13%
21	Nuts & seeds	1.09%
22	Soups	1.00%

#### Adults 75+

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	39.13%
2	Milk and milk products (incl. all sub-categories)	13.59%
3	Meat and meat products (incl. all sub-categories)	12.63%
4	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	9.47%
5	Vegetables, incl. potatoes (incl. all sub-categories)	7.97%
6	Breakfast cereals	7.67%
7	Fruit	4.96%
8	Biscuits (sweet biscuits, savoury biscuits)	4.94%
9	Buns, cakes, pastries and fruit pies	4.93%
10	Pasta, rice, pizza and other miscellaneous cereals	4.23%
11	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	4.15%
13	Sugar, preserves and confectionery (including chocolate)	3.56%
12	Fish and fish dishes	3.56%
14	Alcoholic beverages (incl. all sub-categories)	3.32%
15	Fats and oils (inc. all sub-categories)	3.23%
16	Non-alcoholic beverages (including soft drinks and fruits juices)	2.10%
17	Eggs and egg dishes	1.58%
18	Puddings	1.35%
19	Savoury sauces, pickles, gravies and condiments	1.22%
20	Savoury snacks	1.17%
21	Soups	1.08%
22	Nuts & seeds	0.89%

## Top contributors to Total Fat intake

### Children 4-10

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	33.80%
2	Meat and meat products (incl. all sub-categories)	17.42%
3	Milk and milk products (incl. all sub-categories)	16.96%
4	Vegetables, incl. potatoes (incl. all sub-categories)	7.51%
5	Pasta, rice, pizza and other miscellaneous cereals	7.11%
6	Savoury snacks	6.23%
7	Biscuits (sweet biscuits, savoury biscuits)	5.22%
8	Buns, cakes, pastries and fruit pies	4.59%
9	Fats and oils (inc. all sub-categories)	4.55%
10	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	4.51%
11	Sugar, preserves and confectionery (including chocolate)	4.19%
12	Fish and fish dishes	2.97%
13	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	2.85%
14	Breakfast cereals	2.50%
15	Eggs and egg dishes	1.88%
16	Savoury sauces, pickles, gravies and condiments	1.65%
17	Puddings	1.62%
18	Nuts & seeds	1.22%
19	Fruit	0.99%
20	Soups	0.45%
21	Non-alcoholic beverages (including soft drinks and fruits juices)	0.08%
22	Alcoholic beverages (incl. all sub-categories)	0.00%

### Children 11-18

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	35.56%
2	Meat and meat products (incl. all sub-categories)	21.30%
3	Milk and milk products (incl. all sub-categories)	12.03%
4	Pasta, rice, pizza and other miscellaneous cereals	10.58%
5	Vegetables, incl. potatoes (incl. all sub-categories)	7.89%
6	Sugar, preserves and confectionery (including chocolate)	5.88%
7	Savoury snacks	5.45%
8	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	4.83%
9	Biscuits (sweet biscuits, savoury biscuits)	4.52%
10	Buns, cakes, pastries and fruit pies	4.31%
11	Fats and oils (inc. all sub-categories)	3.51%
12	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	3.01%
13	Breakfast cereals	2.50%
14	Savoury sauces, pickles, gravies and condiments	2.24%
15	Fish and fish dishes	2.00%
16	Eggs and egg dishes	1.92%

17	Puddings	1.28%
18	Nuts & seeds	1.09%
19	Fruit	0.73%
20	Soups	0.29%
21	Non-alcoholic beverages (including soft drinks and fruits juices)	0.07%
22	Alcoholic beverages (incl. all sub-categories)	0.00%

#### Adults 19-64

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	29.89%
2	Meat and meat products (incl. all sub-categories)	19.40%
3	Milk and milk products (incl. all sub-categories)	12.00%
4	Vegetables, incl. potatoes (incl. all sub-categories)	9.36%
5	Pasta, rice, pizza and other miscellaneous cereals	7.55%
6	Fats and oils (inc. all sub-categories)	5.69%
7	Sugar, preserves and confectionery (including chocolate)	4.30%
8	Savoury snacks	4.10%
9	Biscuits (sweet biscuits, savoury biscuits)	3.87%
10	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	3.86%
11	Buns, cakes, pastries and fruit pies	3.82%
12	Eggs and egg dishes	3.73%
13	Fish and fish dishes	3.63%
14	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	3.43%
15	Savoury sauces, pickles, gravies and condiments	2.79%
16	Nuts & seeds	2.63%
17	Breakfast cereals	2.09%
18	Fruit	1.33%
19	Puddings	0.94%
20	Soups	0.71%
21	Non-alcoholic beverages (including soft drinks and fruits juices)	0.11%
22	Alcoholic beverages (incl. all sub-categories)	0.01%

#### Adults 65-74

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	28.73%
2	Meat and meat products (incl. all sub-categories)	18.16%
3	Milk and milk products (incl. all sub-categories)	15.47%
4	Fats and oils (inc. all sub-categories)	8.77%
5	Vegetables, incl. potatoes (incl. all sub-categories)	8.11%
6	Pasta, rice, pizza and other miscellaneous cereals	7.55%
7	Fish and fish dishes	5.04%
8	Biscuits (sweet biscuits, savoury biscuits)	4.42%
9	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	3.97%
10	Breakfast cereals	3.92%

11	Eggs and egg dishes	3.48%
12	Buns, cakes, pastries and fruit pies	3.28%
13	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	2.99%
14	Sugar, preserves and confectionery (including chocolate)	2.71%
15	Savoury sauces, pickles, gravies and condiments	2.44%
16	Nuts & seeds	2.29%
17	Savoury snacks	1.87%
18	Fruit	1.48%
19	Soups	1.15%
20	Puddings	1.12%
21	Non-alcoholic beverages (including soft drinks and fruits juices)	0.58%
22	Alcoholic beverages (incl. all sub-categories)	0.06%

#### Adults 75+

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	29.63%
2	Milk and milk products (incl. all sub-categories)	18.39%
3	Meat and meat products (incl. all sub-categories)	16.93%
4	Fats and oils (inc. all sub-categories)	9.58%
5	Vegetables, incl. potatoes (incl. all sub-categories)	6.67%
6	Biscuits (sweet biscuits, savoury biscuits)	5.54%
7	Buns, cakes, pastries and fruit pies	4.96%
8	Fish and fish dishes	4.95%
9	Breakfast cereals	3.95%
10	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	3.76%
11	Eggs and egg dishes	3.17%
12	Pasta, rice, pizza and other miscellaneous cereals	3.06%
13	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	2.66%
14	Sugar, preserves and confectionery (including chocolate)	2.52%
15	Nuts & seeds	2.05%
16	Savoury snacks	1.83%
17	Savoury sauces, pickles, gravies and condiments	1.66%
18	Puddings	1.26%
19	Fruit	1.23%
20	Soups	1.15%
21	Alcoholic beverages (incl. all sub-categories)	0.19%
22	Non-alcoholic beverages (including soft drinks and fruits juices)	0.06%

## Top contributors to Saturated Fat intake

### Children 4-10

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	35.87%
2	Milk and milk products (incl. all sub-categories)	26.95%
3	Meat and meat products (incl. all sub-categories)	14.96%
4	Pasta, rice, pizza and other miscellaneous cereals	7.27%
5	Biscuits (sweet biscuits, savoury biscuits)	6.60%
6	Fats and oils (inc. all sub-categories)	6.23%
7	Sugar, preserves and confectionery (including chocolate)	4.94%
8	Buns, cakes, pastries and fruit pies	4.86%
9	Vegetables, incl. potatoes (incl. all sub-categories)	4.03%
10	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	2.33%
11	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	2.23%
12	Breakfast cereals	2.04%
13	Puddings	1.72%
14	Savoury snacks	1.70%
15	Eggs and egg dishes	1.63%
16	Fish and fish dishes	1.27%
18	Nuts & seeds	0.69%
17	Savoury sauces, pickles, gravies and condiments	0.69%
19	Fruit	0.65%
20	Soups	0.25%
21	Non-alcoholic beverages (including soft drinks and fruits juices)	0.11%
22	Alcoholic beverages (incl. all sub-categories)	0.00%

### Children 11-18

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	37.45%
2	Milk and milk products (incl. all sub-categories)	19.66%
3	Meat and meat products (incl. all sub-categories)	19.06%
4	Pasta, rice, pizza and other miscellaneous cereals	10.78%
5	Sugar, preserves and confectionery (including chocolate)	7.45%
6	Biscuits (sweet biscuits, savoury biscuits)	5.70%
7	Buns, cakes, pastries and fruit pies	5.13%
8	Fats and oils (inc. all sub-categories)	5.12%
9	Vegetables, incl. potatoes (incl. all sub-categories)	4.42%
10	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	2.65%
11	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	2.51%
12	Breakfast cereals	1.80%
13	Eggs and egg dishes	1.77%
14	Savoury snacks	1.64%
15	Puddings	1.39%
16	Savoury sauces, pickles, gravies and condiments	1.04%

17	Fish and fish dishes	0.93%
18	Nuts & seeds	0.58%
19	Fruit	0.51%
20	Soups	0.21%
21	Non-alcoholic beverages (including soft drinks and fruits juices)	0.10%
22	Alcoholic beverages (incl. all sub-categories)	0.00%

#### Adults 19-64

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	31.11%
2	Milk and milk products (incl. all sub-categories)	19.77%
3	Meat and meat products (incl. all sub-categories)	18.26%
4	Fats and oils (inc. all sub-categories)	7.62%
5	Pasta, rice, pizza and other miscellaneous cereals	7.43%
6	Sugar, preserves and confectionery (including chocolate)	5.98%
7	Vegetables, incl. potatoes (incl. all sub-categories)	5.44%
8	Biscuits (sweet biscuits, savoury biscuits)	4.87%
9	Buns, cakes, pastries and fruit pies	4.38%
10	Eggs and egg dishes	3.36%
11	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	2.64%
12	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	2.45%
13	Fish and fish dishes	2.00%
14	Breakfast cereals	1.90%
15	Nuts & seeds	1.50%
16	Savoury sauces, pickles, gravies and condiments	1.48%
17	Puddings	1.35%
18	Savoury snacks	1.33%
19	Fruit	0.97%
20	Soups	0.45%
21	Non-alcoholic beverages (including soft drinks and fruits juices)	0.19%
22	Alcoholic beverages (incl. all sub-categories)	0.02%

#### Adults 65-74

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	28.08%
2	Milk and milk products (incl. all sub-categories)	24.57%
3	Meat and meat products (incl. all sub-categories)	17.01%
5	Fats and oils (inc. all sub-categories)	10.61%
6	Pasta, rice, pizza and other miscellaneous cereals	7.43%
7	Biscuits (sweet biscuits, savoury biscuits)	5.24%
8	Vegetables, incl. potatoes (incl. all sub-categories)	4.83%
9	Sugar, preserves and confectionery (including chocolate)	3.81%
10	Breakfast cereals	3.55%
11	Buns, cakes, pastries and fruit pies	3.24%

12	Eggs and egg dishes	2.93%
13	Fish and fish dishes	2.74%
14	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	2.52%
15	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	1.93%
16	Puddings	1.38%
17	Savoury sauces, pickles, gravies and condiments	1.37%
18	Nuts & seeds	1.27%
19	Fruit	1.02%
20	Soups	0.79%
21	Savoury snacks	0.66%
22	Non-alcoholic beverages (including soft drinks and fruits juices)	0.12%
22	Alcoholic beverages (incl. all sub-categories)	0.11%

#### Adults 75+

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	28.90%
2	Milk and milk products (incl. all sub-categories)	27.65%
3	Meat and meat products (incl. all sub-categories)	14.97%
4	Fats and oils (inc. all sub-categories)	11.85%
5	Biscuits (sweet biscuits, savoury biscuits)	6.56%
6	Buns, cakes, pastries and fruit pies	5.00%
7	Vegetables, incl. potatoes (incl. all sub-categories)	3.64%
8	Sugar, preserves and confectionery (including chocolate)	3.52%
9	Breakfast cereals	3.23%
10	Pasta, rice, pizza and other miscellaneous cereals	2.69%
11	Fish and fish dishes	2.69%
12	Eggs and egg dishes	2.53%
14	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	2.08%
15	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	1.89%
16	Puddings	1.55%
17	Savoury sauces, pickles, gravies and condiments	1.09%
18	Nuts & seeds	0.88%
19	Fruit	0.75%
20	Soups	0.67%
21	Savoury snacks	0.52%
21	Alcoholic beverages (incl. all sub-categories)	0.23%
22	Non-alcoholic beverages (including soft drinks and fruits juices)	0.10%

## Top contributors to Sodium intake

### Children 4-10

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	43.80%
2	Meat and meat products (incl. all sub-categories)	18.03%
3	Milk and milk products (incl. all sub-categories)	11.01%
4	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	10.02%
5	Pasta, rice, pizza and other miscellaneous cereals	9.47%
6	Vegetables, incl. potatoes (incl. all sub-categories)	6.87%
7	<b>Savoury snacks</b>	<b>5.06%</b>
8	Savoury sauces, pickles, gravies and condiments	4.36%
9	Breakfast cereals	3.45%
10	Fish and fish dishes	3.36%
11	Biscuits (sweet biscuits, savoury biscuits)	2.86%
12	Buns, cakes, pastries and fruit pies	2.36%
13	Non-alcoholic beverages (including soft drinks and fruits juices)	2.16%
14	<b>Potatoes (baked, roast or boiled), chips and fried potatoes, potato products</b>	<b>1.84%</b>
15	Soups	1.72%
16	Eggs and egg dishes	1.32%
17	Sugar, preserves and confectionery (including chocolate)	0.88%
18	Fats and oils (inc. all sub-categories)	0.84%
19	Puddings	0.83%
20	Fruit	0.38%
21	<b>Nuts &amp; seeds</b>	<b>0.20%</b>
22	Alcoholic beverages (incl. all sub-categories)	0.00%

### Children 11-18

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	45.97%
2	Meat and meat products (incl. all sub-categories)	21.35%
3	Pasta, rice, pizza and other miscellaneous cereals	13.98%
4	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	9.27%
5	Milk and milk products (incl. all sub-categories)	8.85%
6	Vegetables, incl. potatoes (incl. all sub-categories)	5.85%
7	Savoury sauces, pickles, gravies and condiments	5.01%
8	<b>Savoury snacks</b>	<b>4.03%</b>
9	Breakfast cereals	2.65%
10	Biscuits (sweet biscuits, savoury biscuits)	2.44%
11	Fish and fish dishes	2.27%
12	Buns, cakes, pastries and fruit pies	2.24%
13	<b>Potatoes (baked, roast or boiled), chips and fried potatoes, potato products</b>	<b>1.89%</b>
14	Non-alcoholic beverages (including soft drinks and fruits juices)	1.81%
15	Sugar, preserves and confectionery (including chocolate)	1.31%
16	Eggs and egg dishes	1.28%

17	Soups	1.10%
18	Fats and oils (inc. all sub-categories)	0.69%
19	Puddings	0.56%
20	Fruit	0.26%
21	Nuts & seeds	0.14%
22	Alcoholic beverages (incl. all sub-categories)	0.03%

#### Adults 19-64

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	38.96%
2	Meat and meat products (incl. all sub-categories)	19.44%
3	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	10.35%
4	Pasta, rice, pizza and other miscellaneous cereals	9.38%
5	Milk and milk products (incl. all sub-categories)	9.32%
6	Vegetables, incl. potatoes (incl. all sub-categories)	7.56%
7	Savoury sauces, pickles, gravies and condiments	6.85%
8	Fish and fish dishes	4.17%
9	Savoury snacks	2.82%
10	Soups	2.72%
11	Eggs and egg dishes	2.70%
12	Biscuits (sweet biscuits, savoury biscuits)	2.27%
13	Breakfast cereals	2.03%
14	Buns, cakes, pastries and fruit pies	1.96%
15	Non-alcoholic beverages (including soft drinks and fruits juices)	1.71%
16	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	1.16%
17	Fats and oils (inc. all sub-categories)	1.07%
18	Sugar, preserves and confectionery (including chocolate)	0.82%
19	Fruit	0.55%
20	Alcoholic beverages (incl. all sub-categories)	0.54%
21	Puddings	0.35%
22	Nuts & seeds	0.25%

#### Adults 65-74

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	38.92%
2	Meat and meat products (incl. all sub-categories)	18.25%
3	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	14.05%
4	Milk and milk products (incl. all sub-categories)	12.40%
5	Vegetables, incl. potatoes (incl. all sub-categories)	6.65%
6	Fish and fish dishes	5.81%
7	Savoury sauces, pickles, gravies and condiments	5.78%
8	Pasta, rice, pizza and other miscellaneous cereals	5.38%
9	Soups	3.92%
10	Breakfast cereals	3.08%

11	Biscuits (sweet biscuits, savoury biscuits)	2.72%
12	Eggs and egg dishes	2.35%
13	Fats and oils (inc. all sub-categories)	1.99%
14	Buns, cakes, pastries and fruit pies	1.96%
15	Savoury snacks	1.29%
16	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	0.80%
17	Fruit	0.63%
18	Non-alcoholic beverages (including soft drinks and fruits juices)	0.59%
19	Puddings	0.52%
20	Alcoholic beverages (incl. all sub-categories)	0.52%
21	Sugar, preserves and confectionery (including chocolate)	0.49%
22	Nuts & seeds	0.13%

#### Adults 75+

Rank	Food Category/Sub-category	Percentage contribution
1	Cereal and cereal products (incl. all sub-categories)	38.92%
2	Meat and meat products (incl. all sub-categories)	18.25%
3	Bread (white, wholemeal, mixed grain, non-wheat, excl. sandwiches)	14.05%
4	Milk and milk products (incl. all sub-categories)	12.40%
5	Vegetables, incl. potatoes (incl. all sub-categories)	6.65%
6	Fish and fish dishes	5.81%
7	Savoury sauces, pickles, gravies and condiments	5.78%
8	Pasta, rice, pizza and other miscellaneous cereals	5.38%
9	Soups	3.92%
10	Breakfast cereals	3.08%
11	Biscuits (sweet biscuits, savoury biscuits)	2.72%
12	Eggs and egg dishes	2.35%
13	Fats and oils (inc. all sub-categories)	1.99%
14	Buns, cakes, pastries and fruit pies	1.96%
15	Savoury snacks	1.29%
16	Potatoes (baked, roast or boiled), chips and fried potatoes, potato products	0.80%
17	Fruit	0.63%
18	Non-alcoholic beverages (including soft drinks and fruits juices)	0.59%
19	Puddings	0.52%
20	Alcoholic beverages (incl. all sub-categories)	0.52%
21	Sugar, preserves and confectionery (including chocolate)	0.49%
22	Nuts & seeds	0.13%

[Note: The category 'Chips, fried and roast potatoes and potato products' has been renamed as 'Potatoes (baked, roast or boiled), chips and fried potatoes, potato products' and encompasses a wide range of products, but excludes the subcategories 'Starchy roots and tubers' and 'Potato, starchy roots and tuber products and dishes'. It is a sub-category of vegetables. There is no separation in the headline data between origin e.g. home cooked, takeaway, restaurant].