



## **Top line analysis of NDNS Y12-15 [2019-2023 combined data set]**

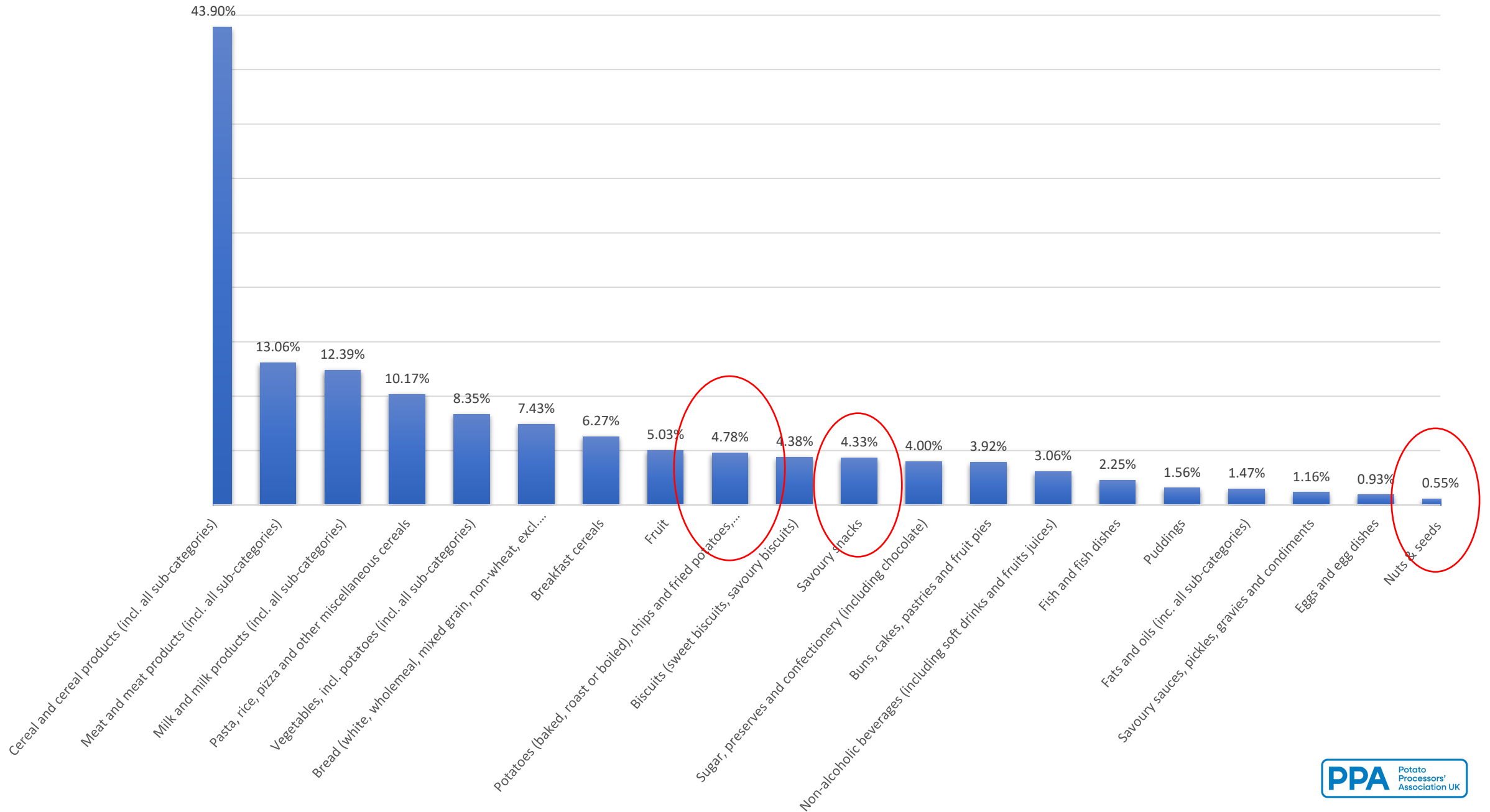
published 11 June 2025

Includes savoury snacks, potatoes, nuts and seeds  
Contributions to Energy, Saturates, Total Fat and Sodium intakes by  
age, relative to other categories

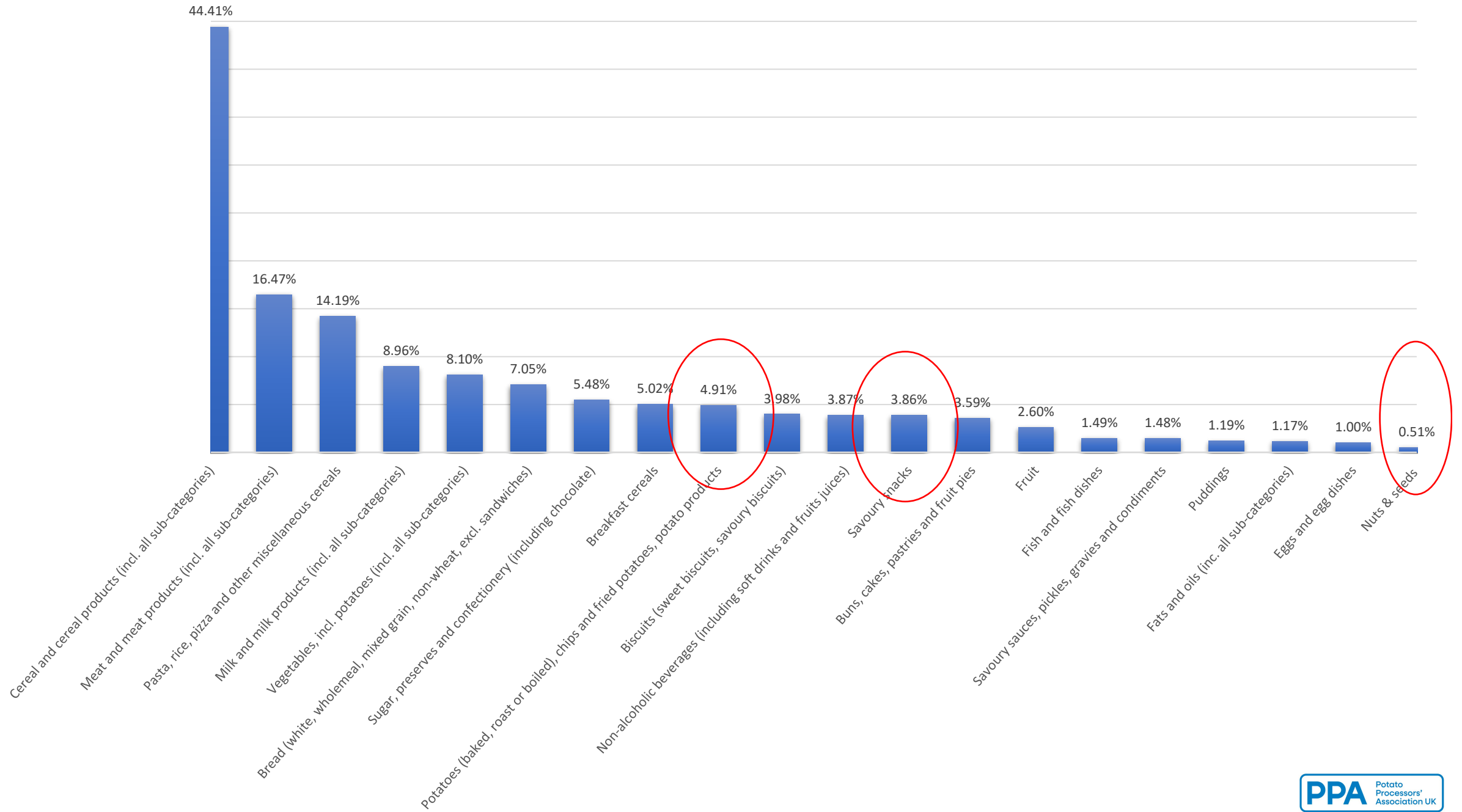
Issued on 17/10/2025

[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].

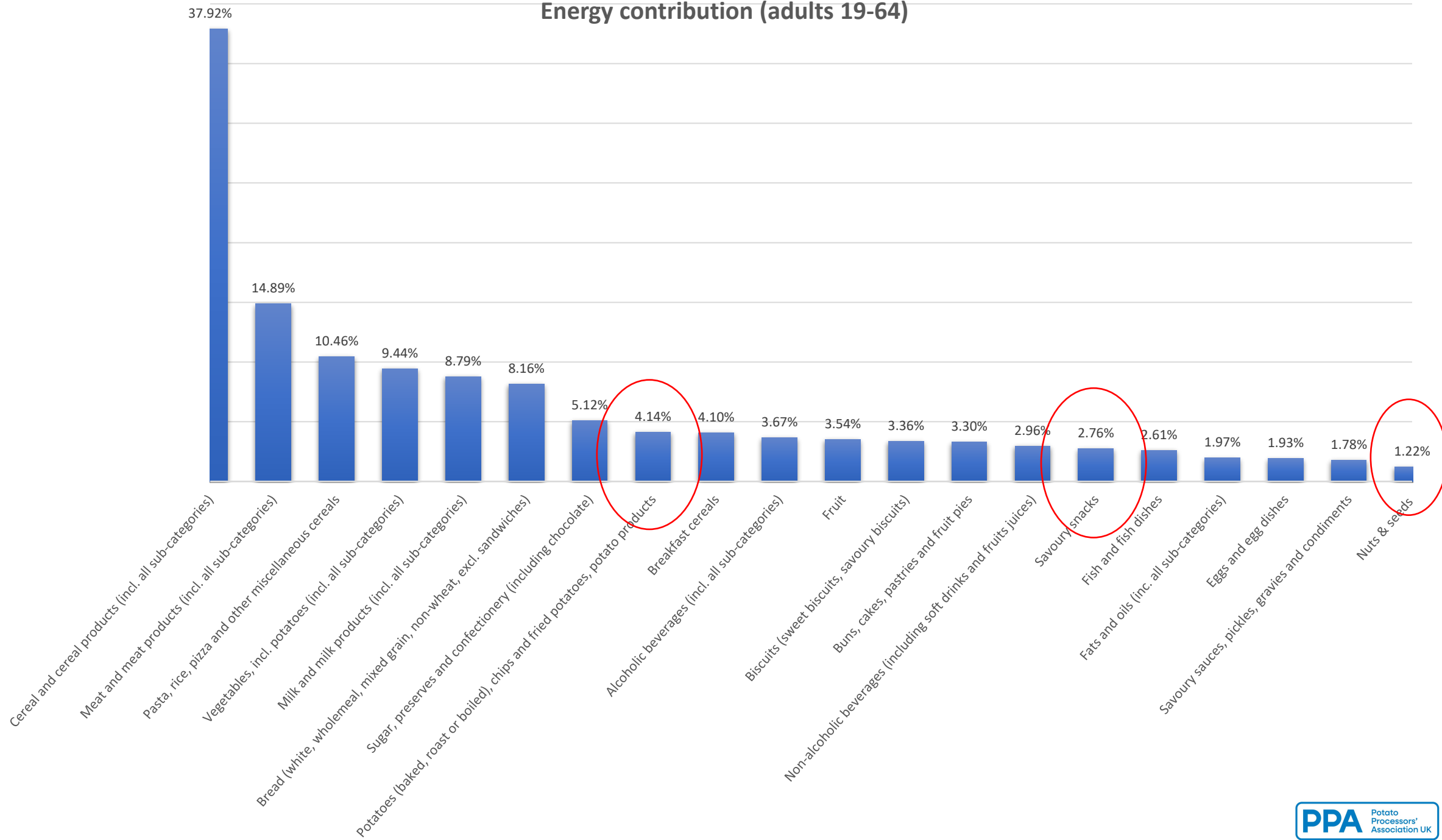
# Energy contribution (children 4-10)



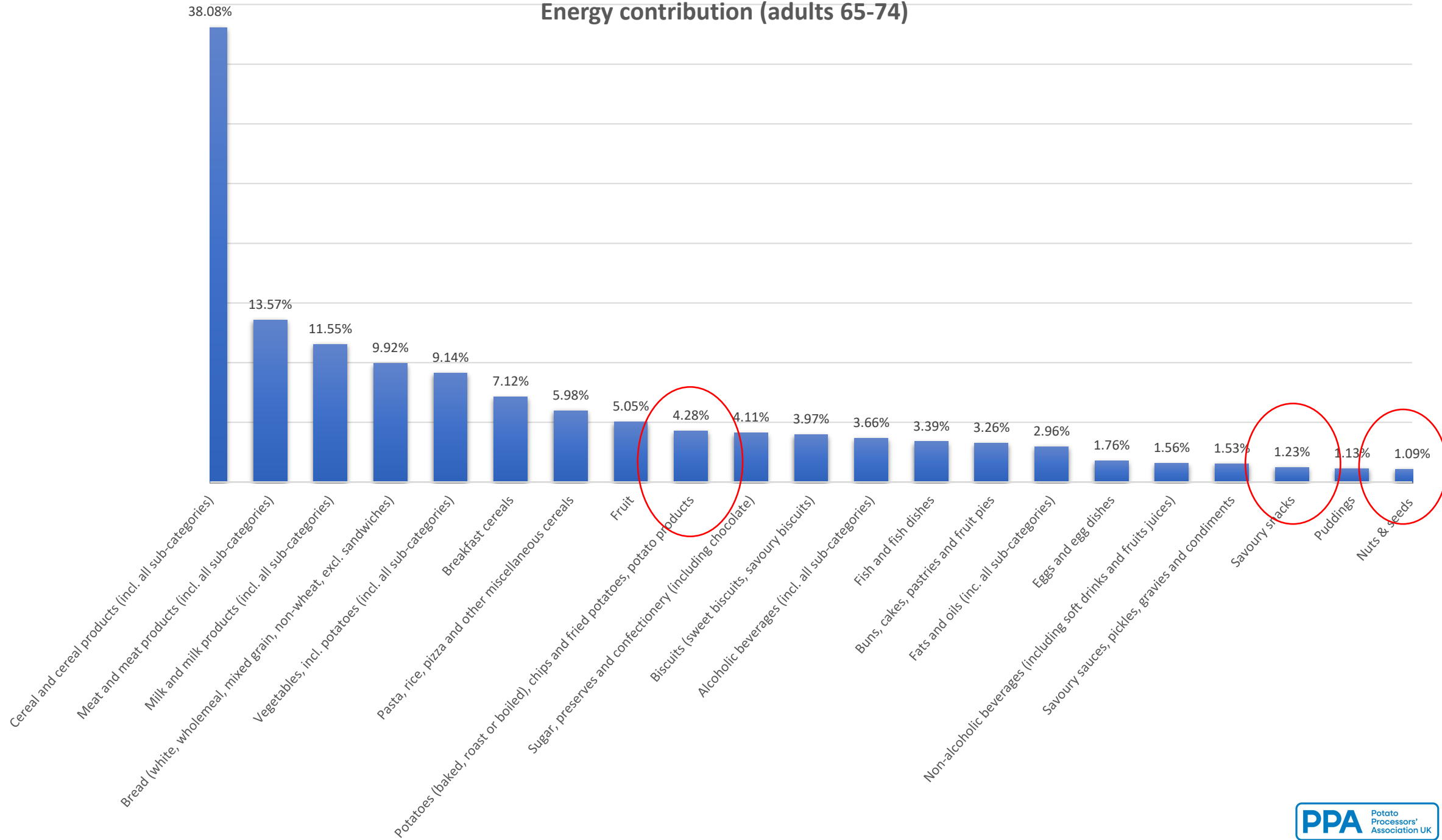
# Energy contribution (children 11-18)



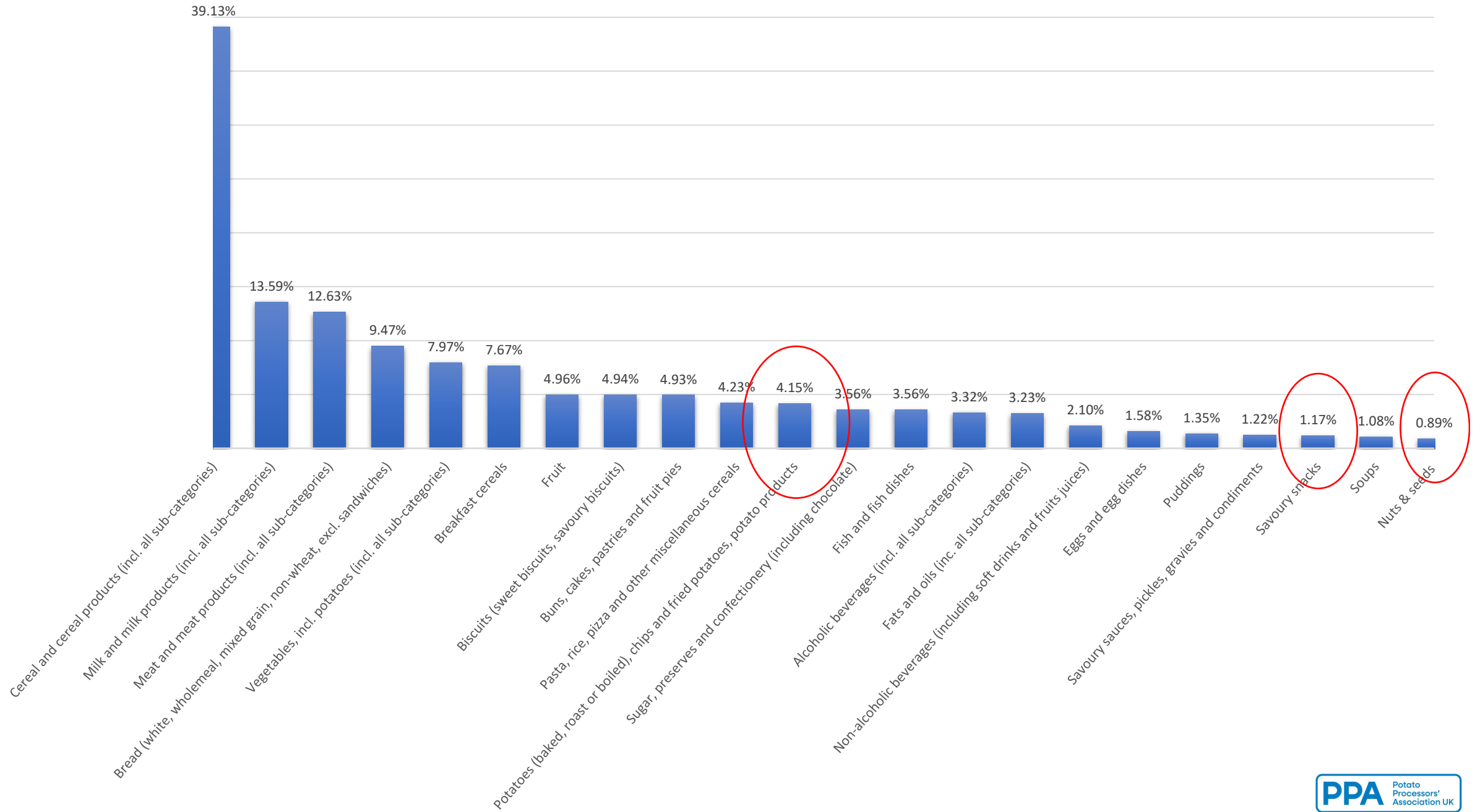
# Energy contribution (adults 19-64)



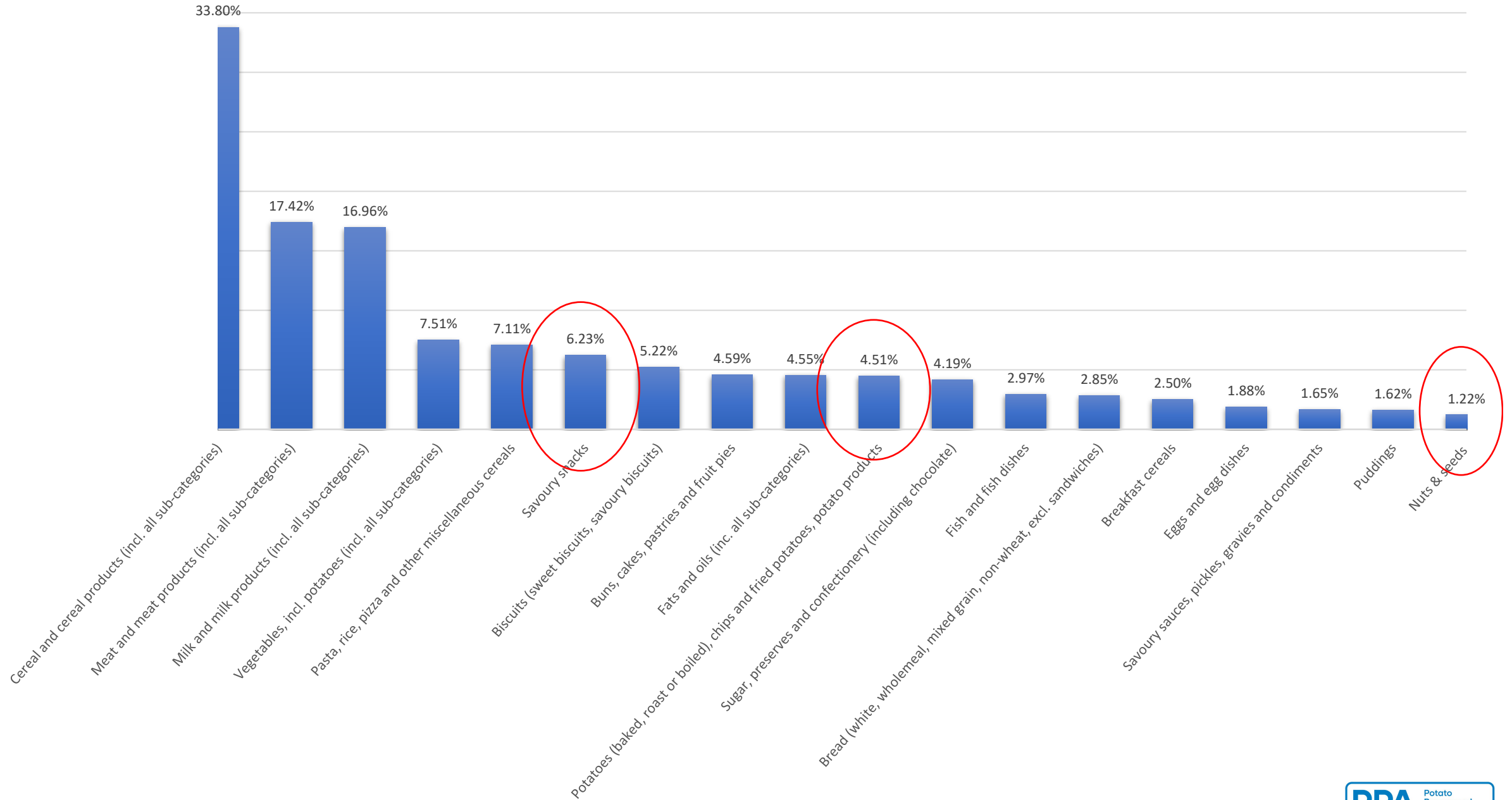
# Energy contribution (adults 65-74)



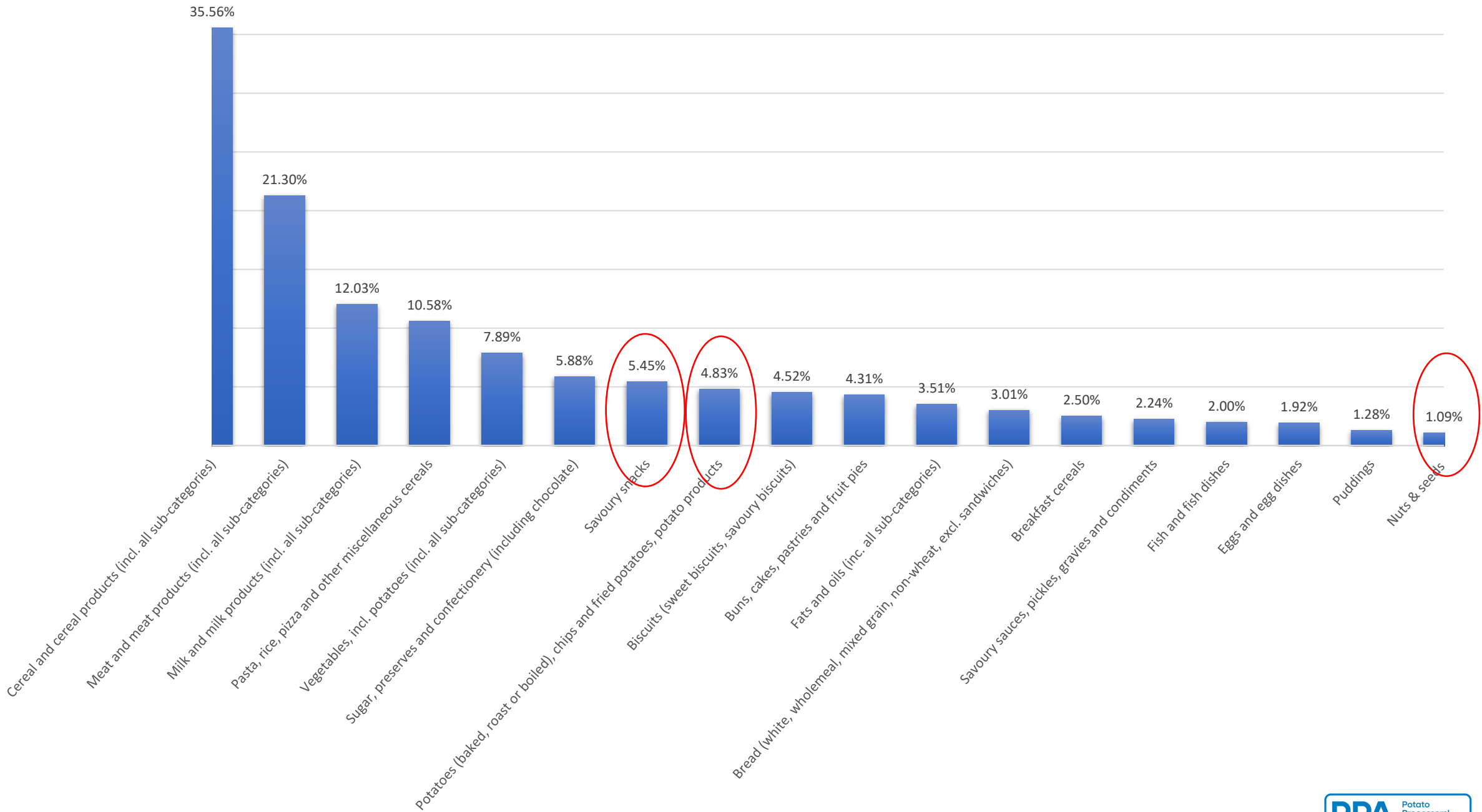
# Energy contribution (adults 75+)



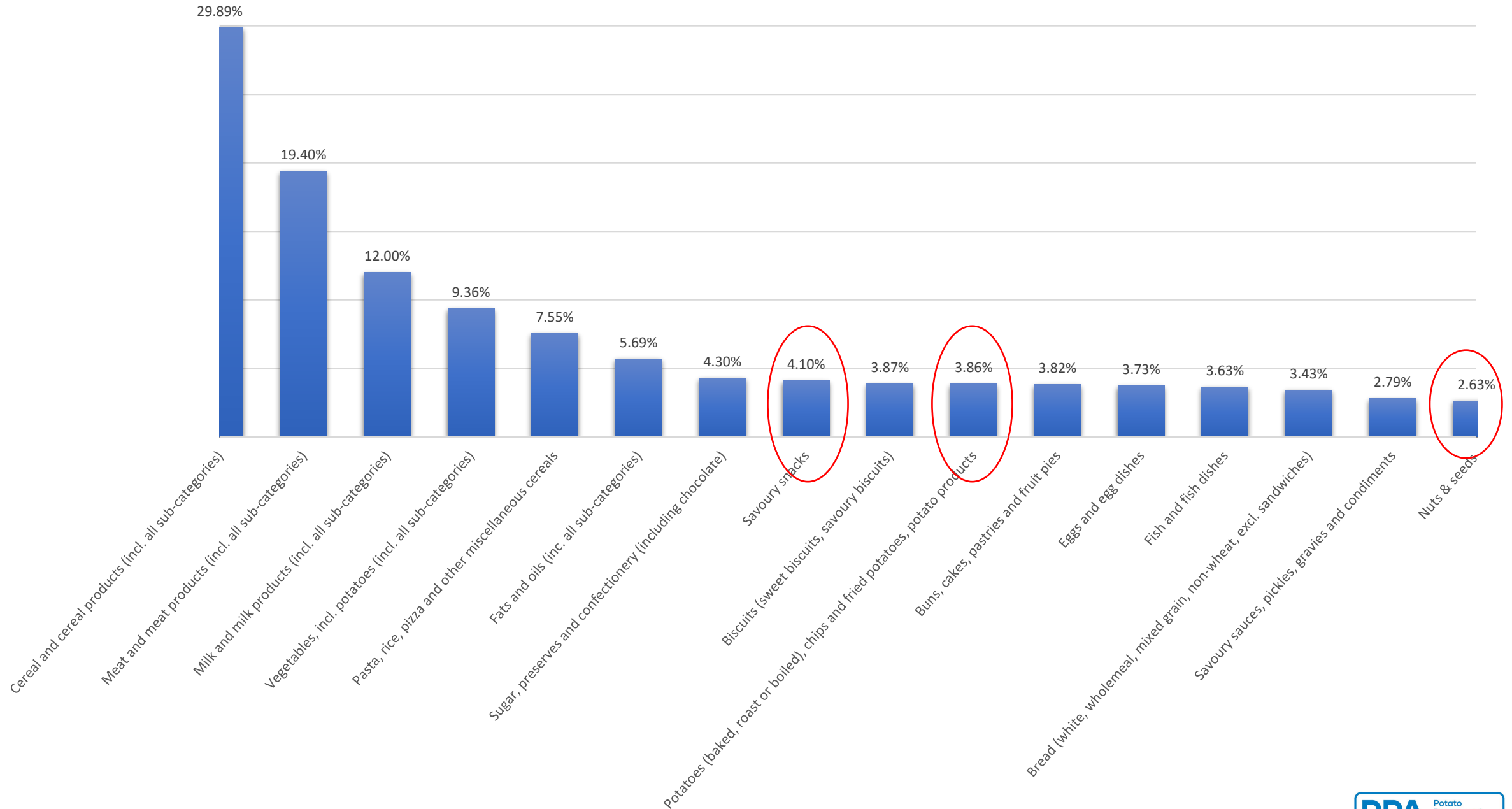
# Total Fat (children 4-10)



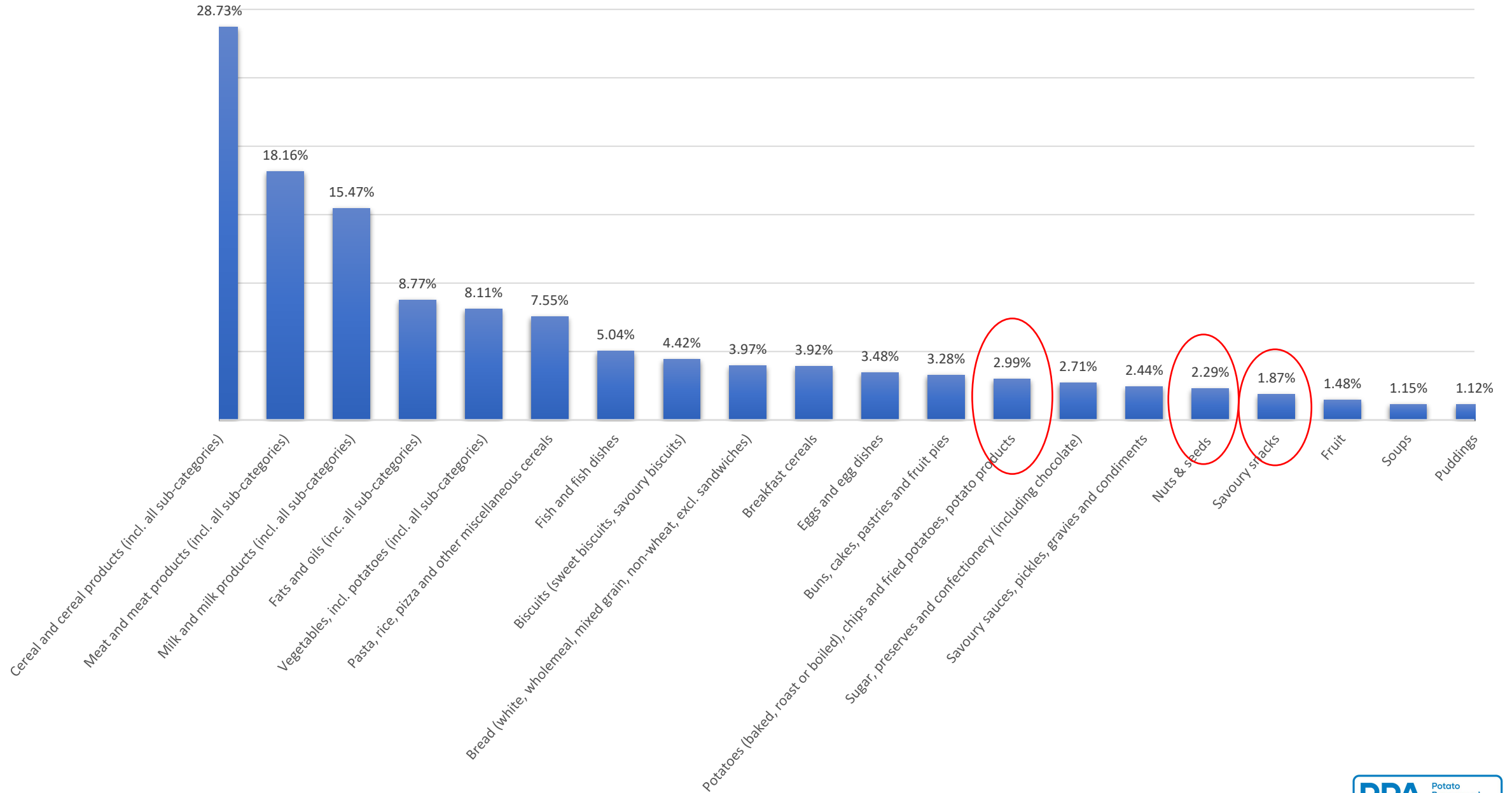
# Total Fat (children 11-18)



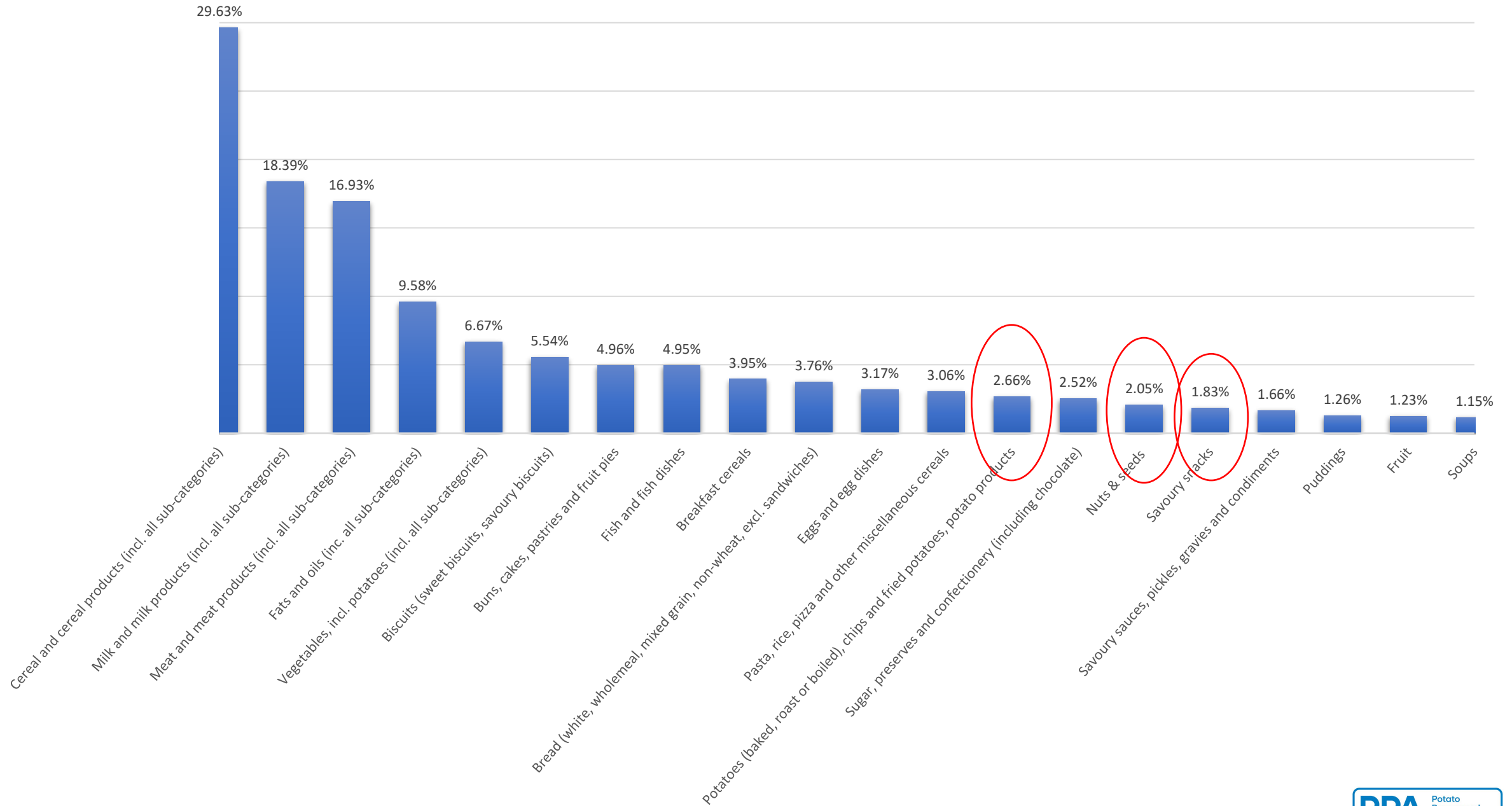
# Total Fat (adults 19-64)



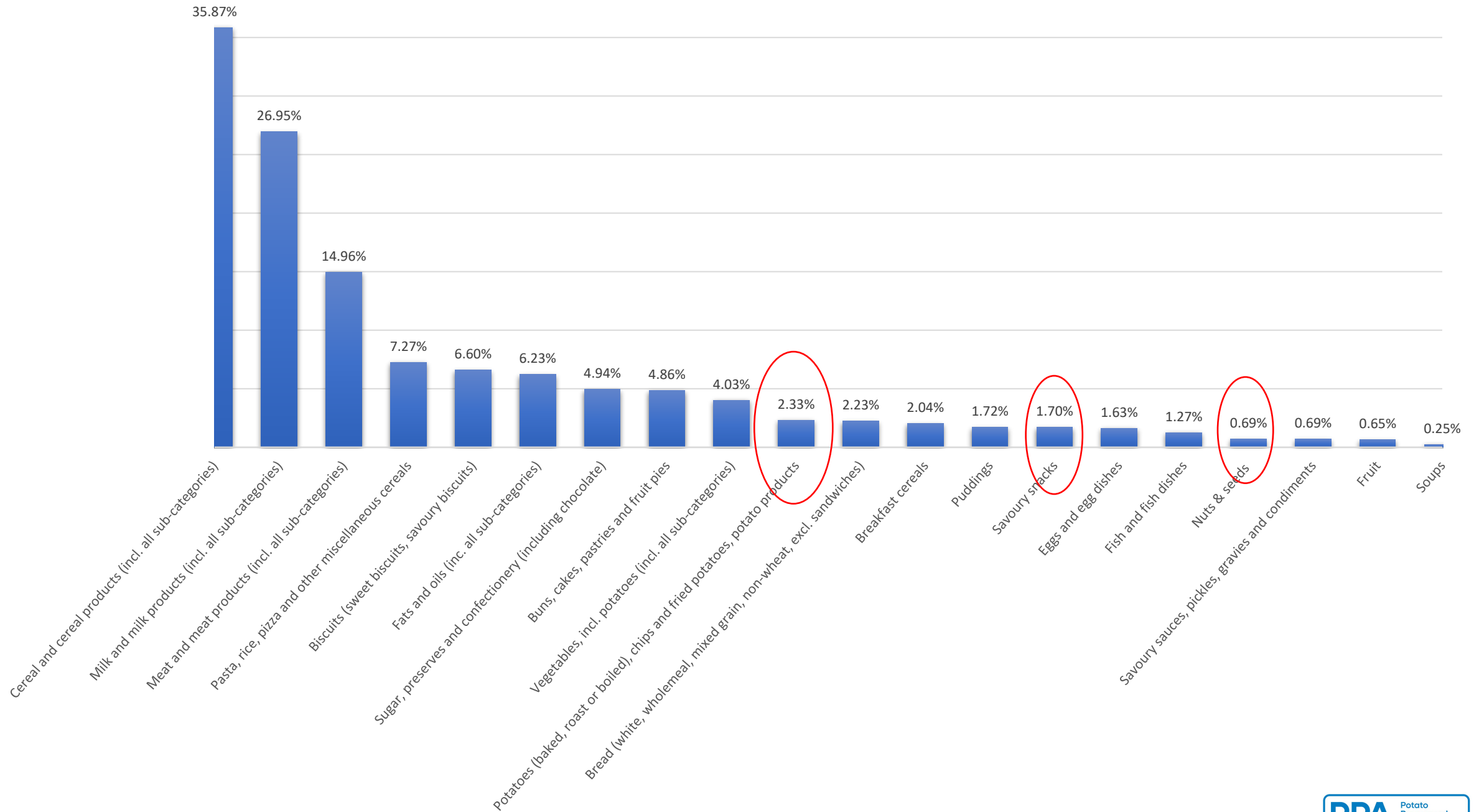
# Total Fat (adults 65-74)



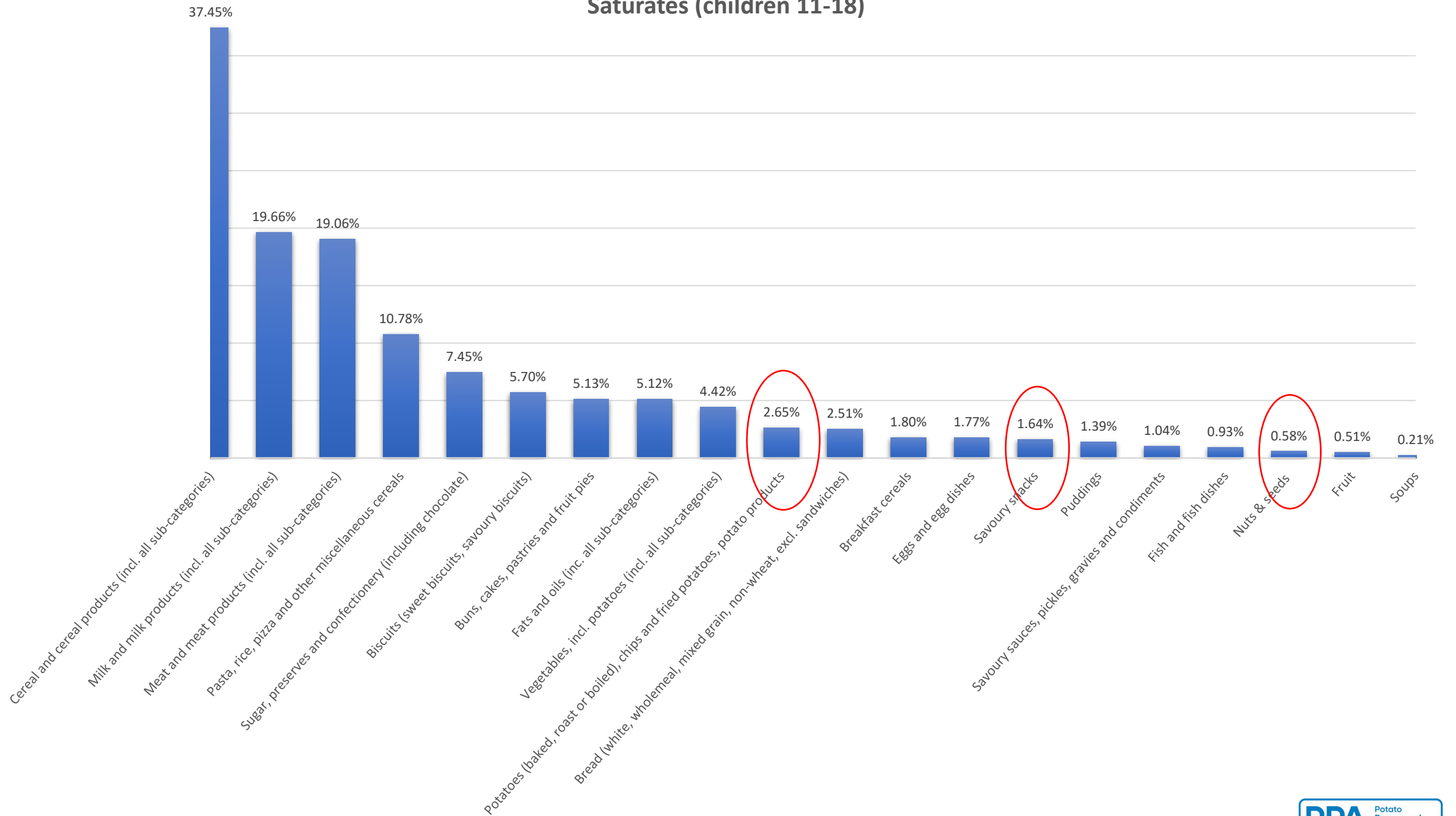
# Total Fat (adults 75+)



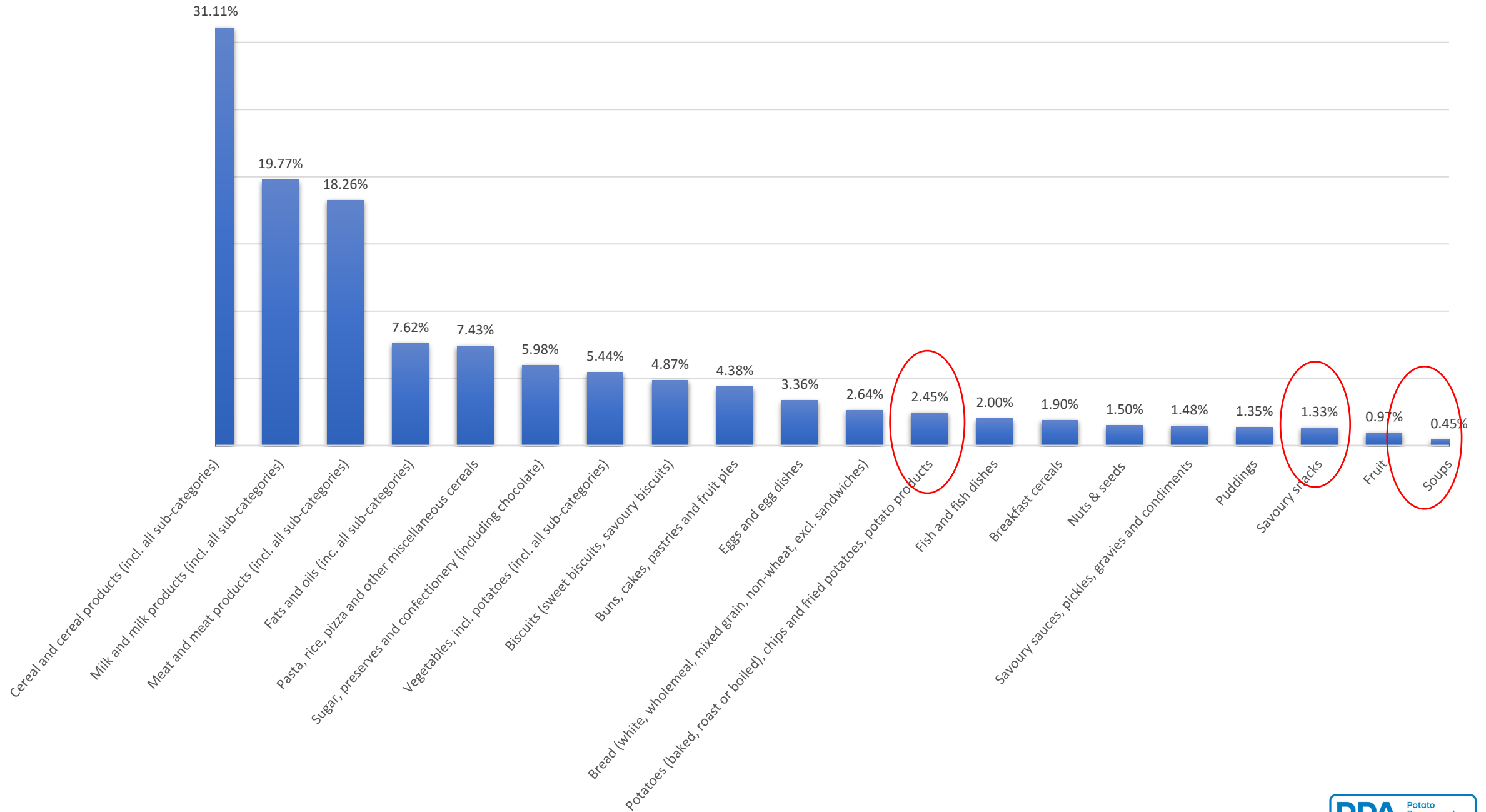
# Saturates (children 4-10)



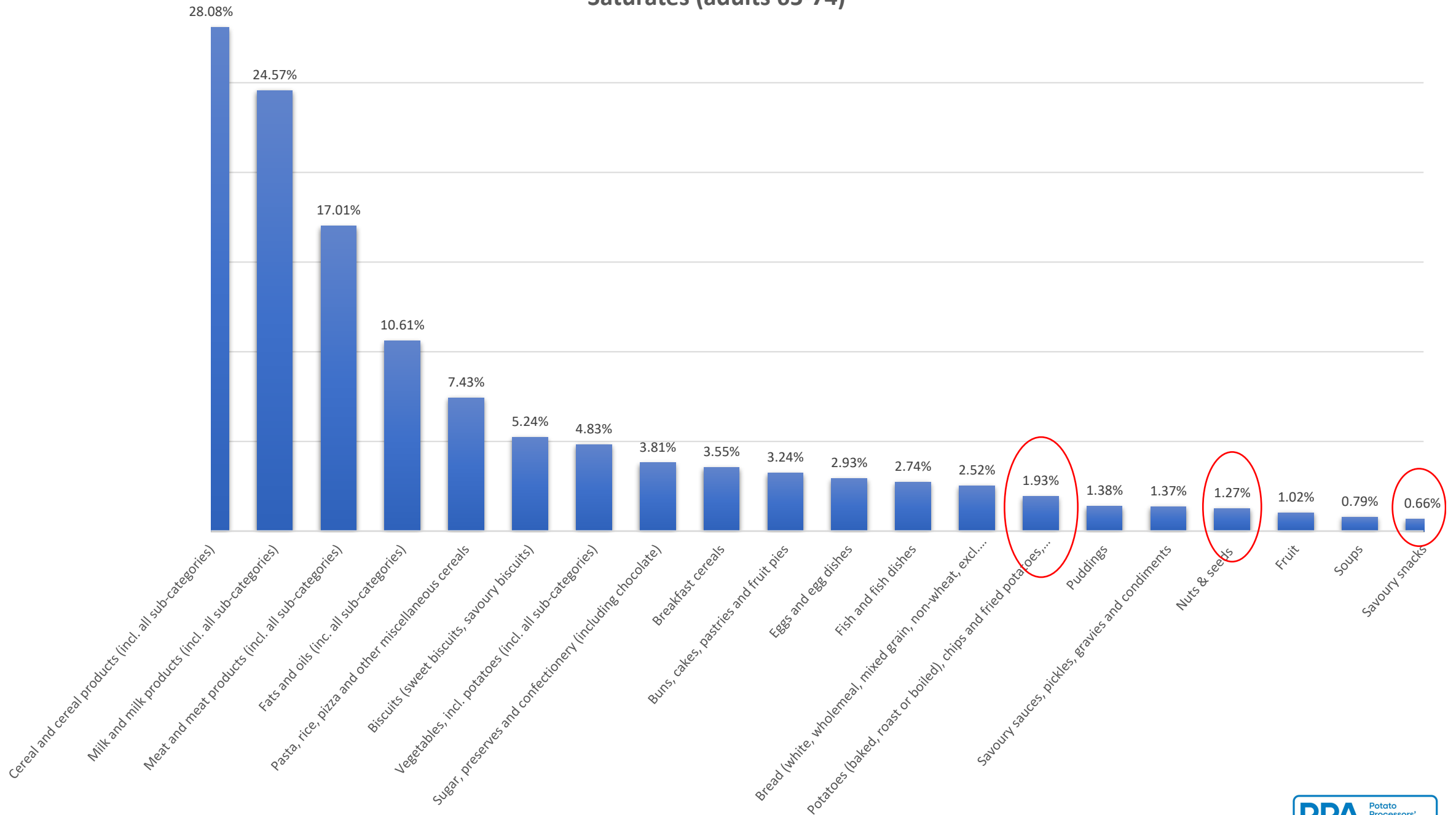
# Saturates (children 11-18)



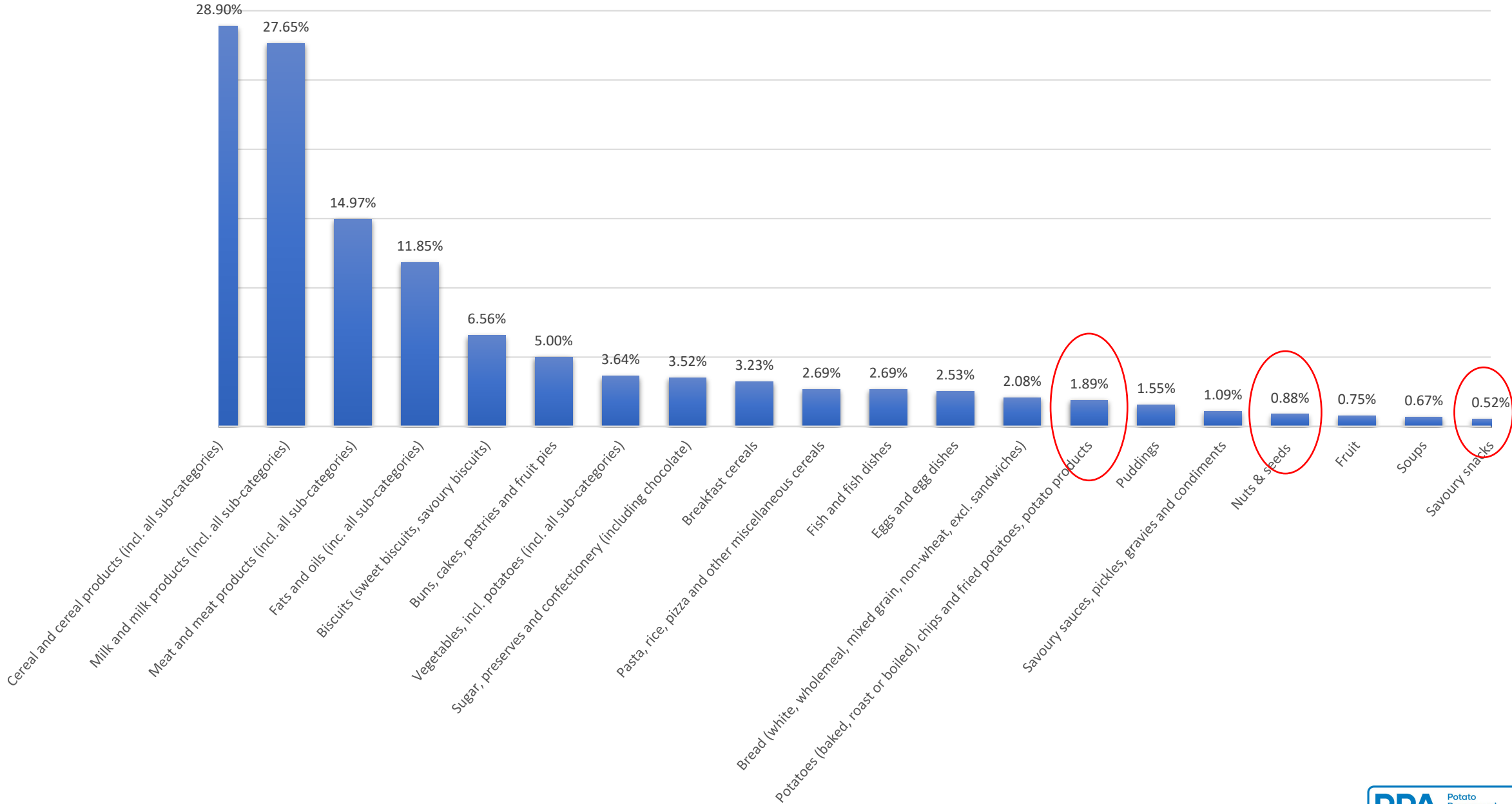
# Saturates (adults 19-64)



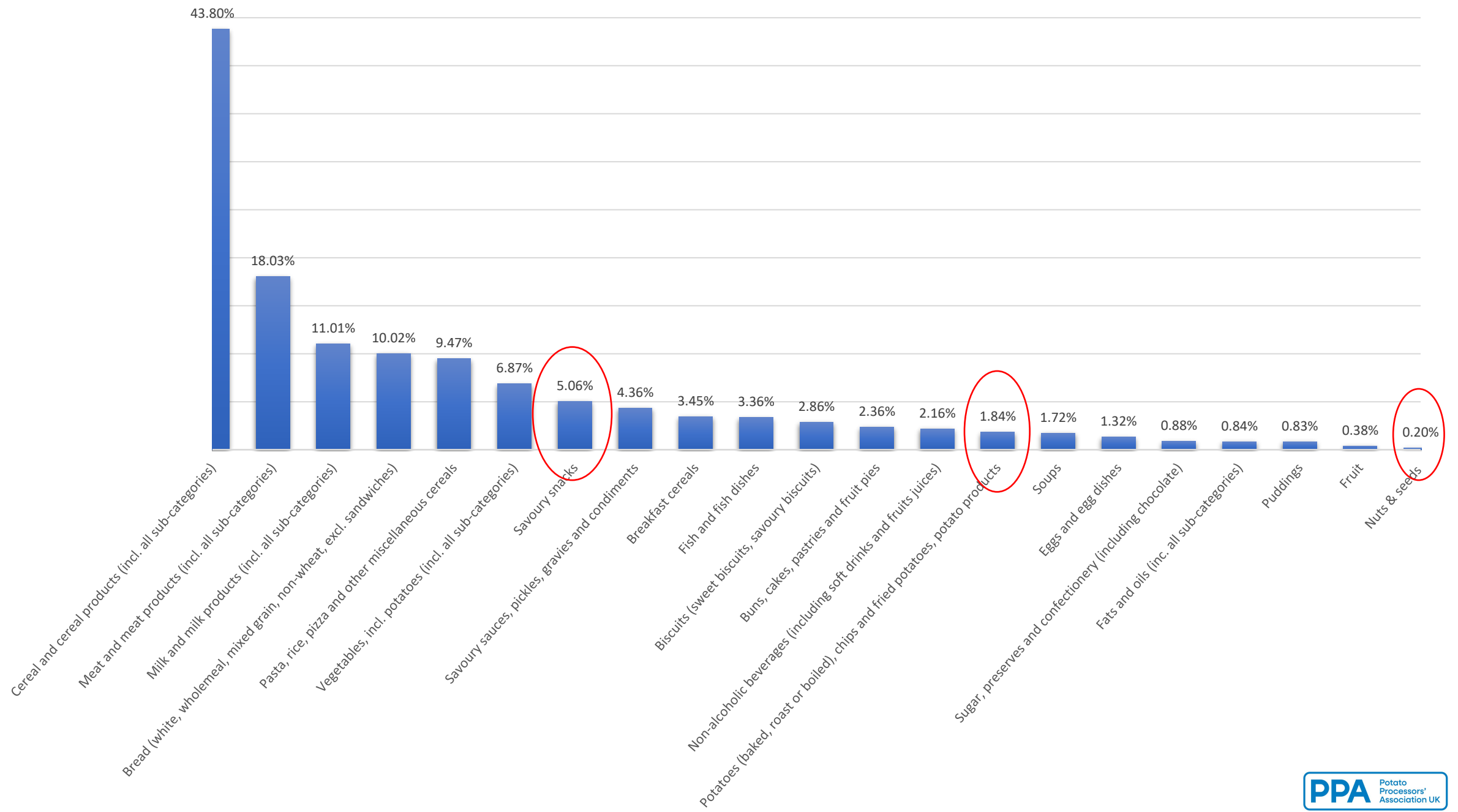
# Saturates (adults 65-74)



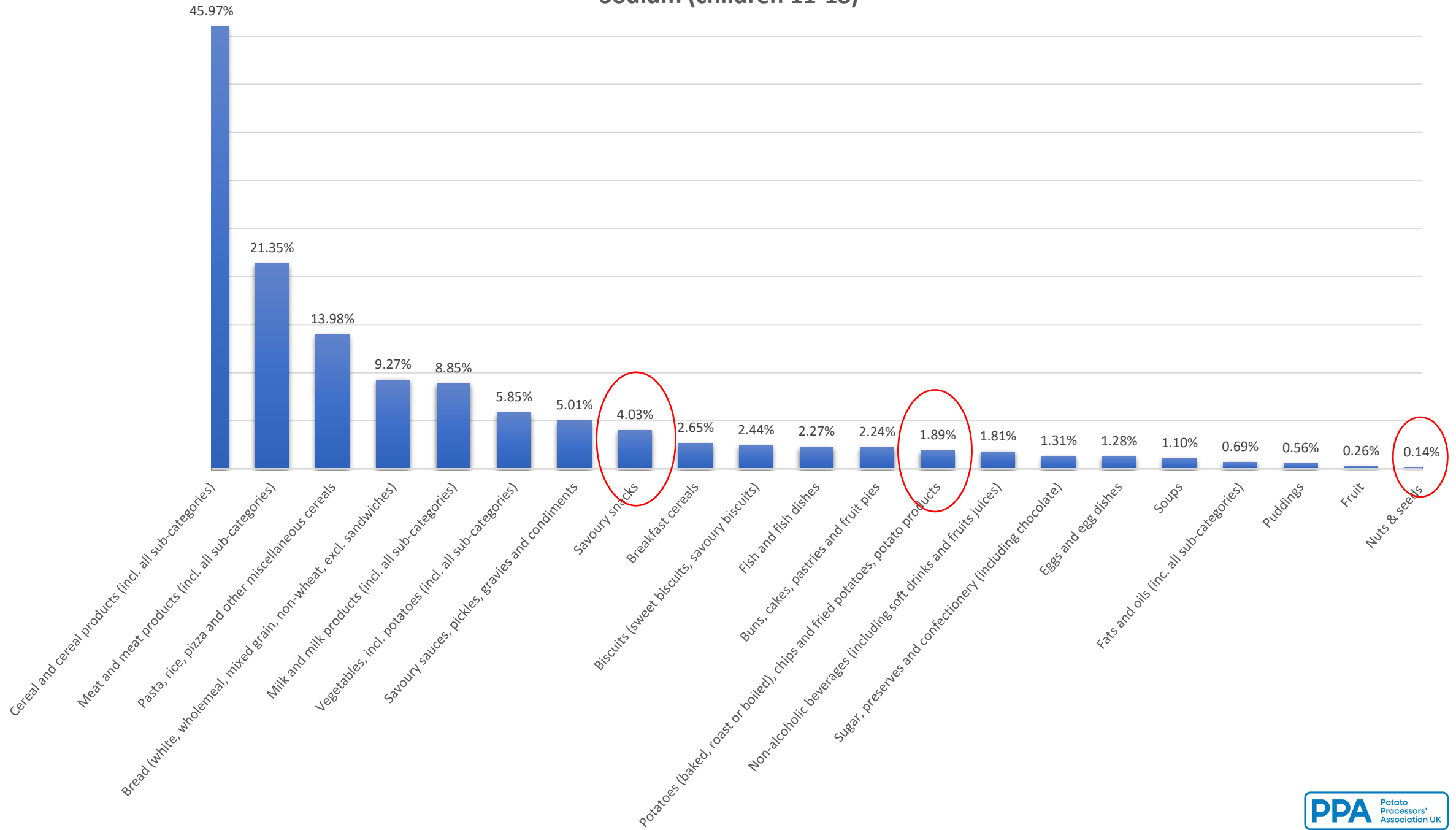
# Saturates (adults 75+)



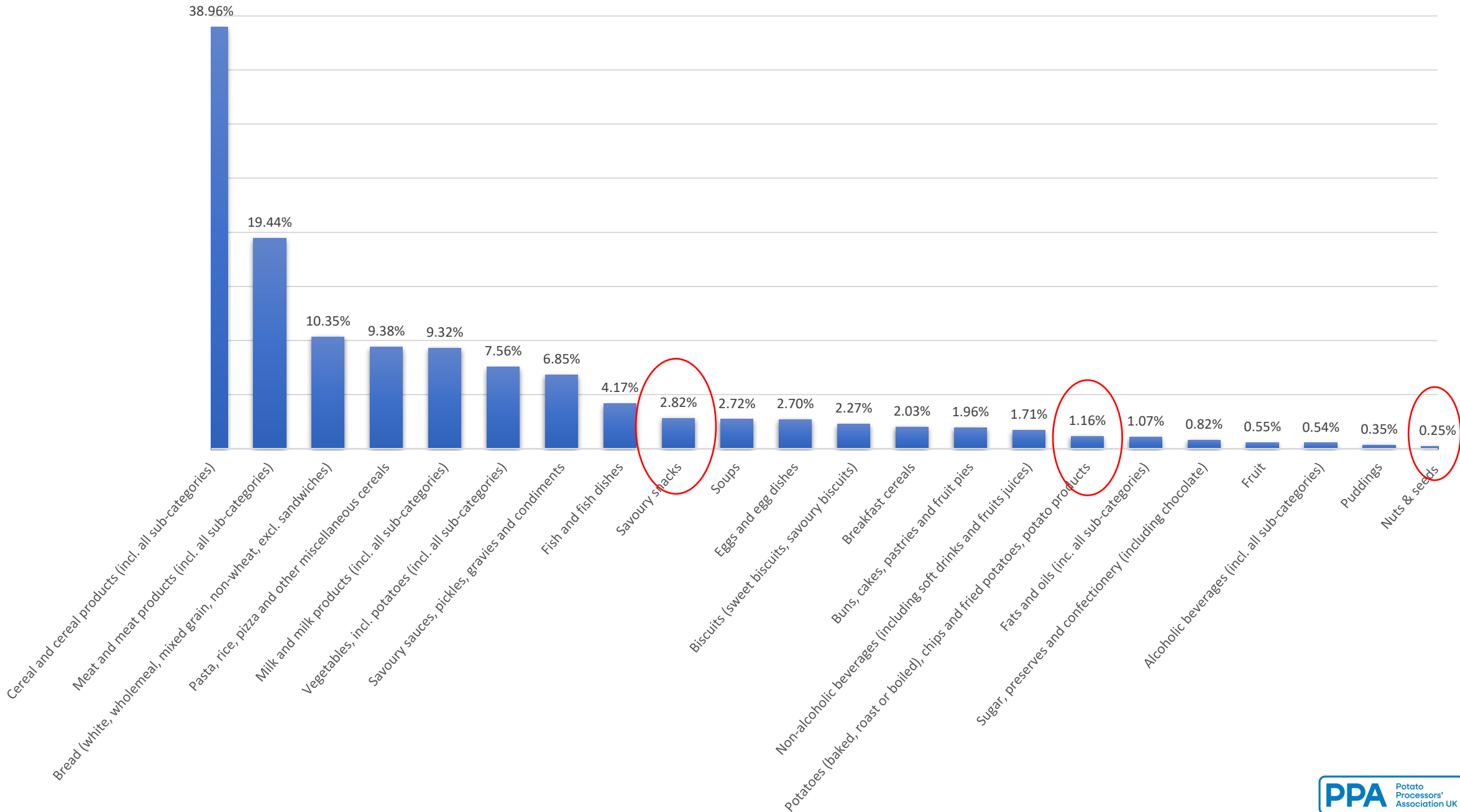
# Sodium (children 4-10)



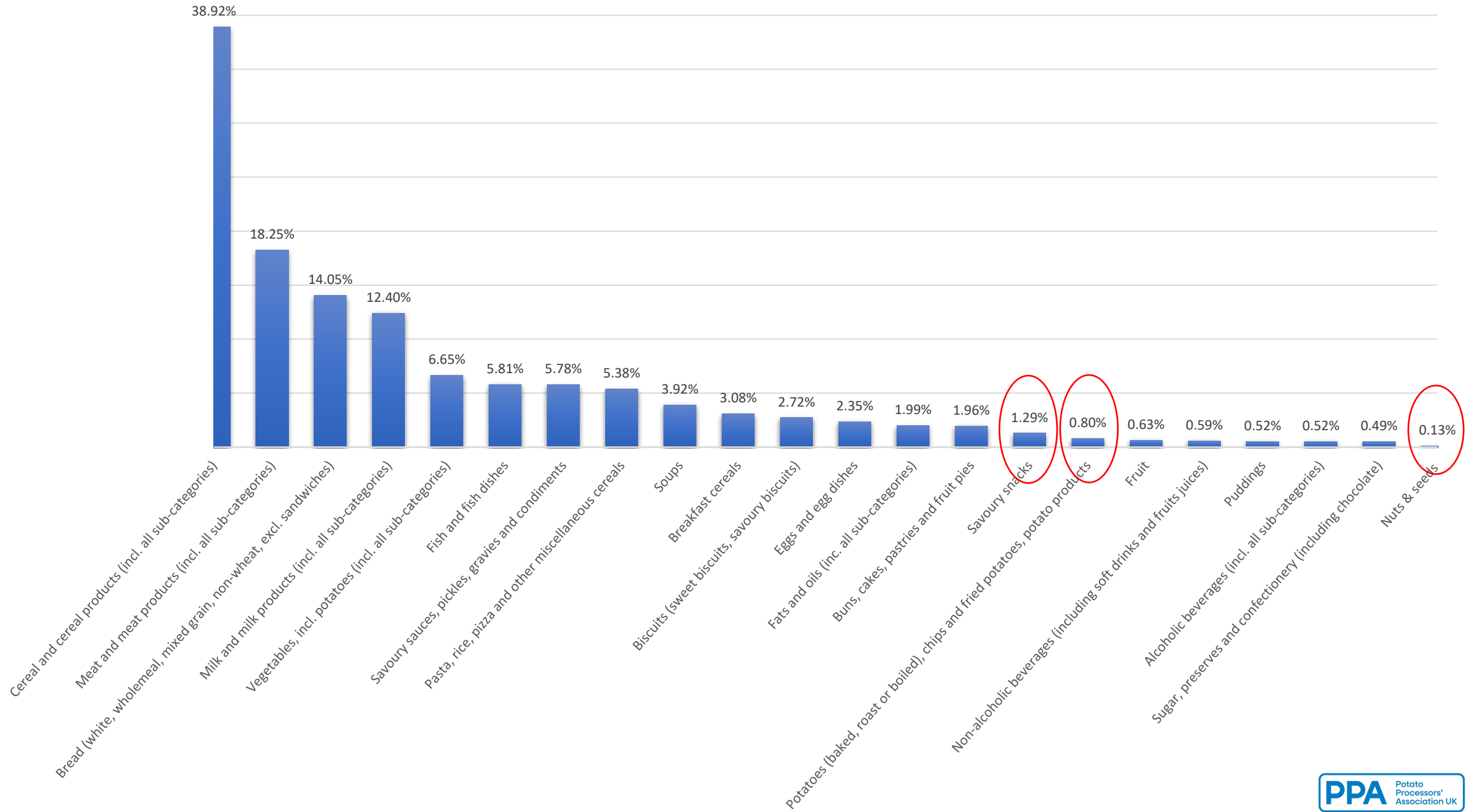
# Sodium (children 11-18)



# Sodium (adults 19-64)



## Sodium (adults 65-74)



# Sodium (adults 75+)

