

Annex 1

Fish consumption in the UK

Table 4.1: List of oily and white fish

Oily/fatty fish	White fish	
Salmon	Cod	Parrot fish
Trout	Cod	Pollack
Mackerel	Haddock	Pomfret
Herring	Plaice	Red & grey mullet
Sardines	Coley	Red fish
Pilchards	Whiting	Red Snapper
Kipper	Lemon sole	Rohu
Eel	Skate	Sea bass
Whitebait	Halibut	Sea bream
Tuna (Fresh only)	Rock Salmon/Dogfish	Shark
Anchovies	Ayr	Tilapia
Swordfish	Cat fish	Turbot
Bloater	Dover sole	White fish
Cacha	Flounder	
Carp	Flying fish	
Hilsa	Hake	
Jack fish	Hoki	
Katla	John dory	
Orange roughy	Kalabasu	
Pangas	Ling	
Sprats	Monk fish	

Advice on fish consumption

Table 4.2: Commonly consumed oily and white fish in National Diet and Nutrition Survey of British adults aged 19 to 64 years 2000/01 with corresponding LC n-3 PUFA content¹.

OILY FISH Type of fish ¹	% Consumers during the survey week ²	EPA (g/100g)	DPA (g/100g)	DHA (g/100g)	LC n-3 PUFA (g/100g)
Fresh salmon ⁴	9	1.2	0.2	1.3	2.7
Canned ³ and smoked salmon	8	0.55	0.14	0.85	1.54
Pickled, smoked and canned sardines and pilchards ³	4	1.17	0.23	1.20	2.60
Canned sardines ³		0.55	0.14	0.86	1.57
Canned and smoked mackerel	3	N/A	N/A	N/A	N/A
Fresh trout ³	2	0.23	0.09	0.83	1.15
Pickled, smoked and canned herring, kipper and bloater	2				
Herring ³		0.51	0.11	0.69	1.31
Kipper ³		1.15	0.10	1.34	2.49
Fresh tuna ⁴	2	0.3	0.1	1.1	1.5
Fresh mackerel ³	1	0.71	0.12	1.10	1.93
N/A, data not available.					
Taking into account the relative quantities of fish consumed by an average consumer 100g of an average oily fish contains approximately 2g (calculated to 1.99g); therefore, one portion contains about 2.8g.					
WHITE FISH Type of fish ¹	% Consumers during the survey week ²	EPA (g/100g)	DPA (g/100g)	DHA (g/100g)	LC n-3 PUFA (g/100g)
Canned tuna ³	27	0.06	0.04	0.27	0.37
Fresh cod ³	25	0.08	0.01	0.16	0.25
Fresh haddock ³	9	0.05	0.01	0.10	0.16
Fresh plaice ³ and whiting	2	0.16	0.04	0.10	0.30
Smoked and salted haddock	2	N/A	N/A	N/A	
Fresh sole, including lemon sole ⁴ and Dover sole	2	0	0	0.1	0.1
Taking into account the relative quantities of fish consumed by an average consumer 100g of an average white fish contains approximately 0.3g (calculated to 0.28g); therefore, one portion contains about 0.4g.					

¹ Includes consumption of fish in dishes.

² Percentage who consumed during the seven day dietary recording period.

³ MAFF fatty acids supplement to McCance & Widdowson's The Composition of Foods, 1998.

⁴ MAFF fish and fish products. Third supplement to McCance & Widdowson's The Composition of Foods, 1993.

Table 4.3: Consumption of total fish in British adults³

TOTAL FISH		Population mean ⁴	Consumer mean	97.5%ile	Number of consumers
Consumption (g/week)	All males (766)	218	314	989	548
	All females (958)	216	295	891	697
	All (1724)	217	304	947	1245

Table 4.4: Consumption of white fish in British adults¹

WHITE FISH		Population mean ²	Consumer mean	97.5%ile	Number of consumers
Consumption (g/week)	All males (766)	114	239	651	366
	All females (958)	94	204	545	439
	All (1724)	104	221	610	805

Table 4.5: Consumption of oily fish (excluding canned tuna) by British adults¹

OILY FISH (EXCLUDING CANNED TUNA)		Population mean ²	Consumer mean	97.5%ile	Number of consumers
Consumption (g/week)	All males (766)	51	202	703	208
	All females (958)	51	188	601	260
	All (1724)	50	194	608	468

Table 4.6: Consumption shellfish by British adults⁵

SHELLFISH		Population mean ²	Consumer mean	97.5%ile	Number of consumers
Consumption (g/week)	All males (766)	24	135	491	141
	All females (958)	31	151	504	198
	All (1724)	27	143	497	339

¹ National Diet and Nutrition Survey of British Adults aged 19-64 years 2000-01.

² Mean consumption of fish including non-consumers.

³ National Diet and Nutrition Survey of British Adults aged 19-64 years 2000-01.

⁴ Mean consumption of fish including non-consumers.

⁵ Intake data on *cis* n-3 PUFA for British Adults is unpublished until June 2003.

Table 4.7: National Diet and Nutrition Survey fish portion sizes

Age (years)	Sex	Number	Portion size (grams)			% of sample consuming fish
			Minimum	Mean	Maximum	
1½-4½ ⁶	M&F	1675	2	47	170	6
4-6 ⁷	M	184	21	57	78	5
	F	171	8	68	162	10
7-10 ²	M	256	40	85	178	8
	F	226	14	84	170	8
11-14 ²	M	237	48	137	237	7
	F	238	13	137	196	6
15-18 ²	M	179	49	114	354	8
	F	210	18	97	198	4
19-64 ⁸	M	766	10	148	340	20
	F	958	4	143	350	21

Excludes fish coated in batter or breadcrumbs, canned fish, smoked fish, shellfish and fish in recipe dishes.

⁶ National Diet and Nutrition Survey: children aged 1½-4½ years 1992-93.

⁷ National Diet and Nutrition Survey: young people aged 4-18 years 1997.

⁸ National Diet and Nutrition Survey of British Adults aged 19-64 years 2000-01.