

National Diet and Nutrition Survey: 2017-2023 Report for Northern Ireland

The NDNS assesses the diet, nutrient intake and nutritional status of the general population aged 18 months and over living in private households.

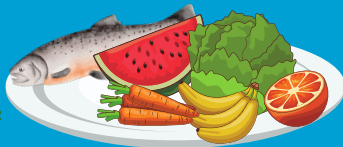
In Northern Ireland we are eating

Too much



Sugar, saturated fat, red and processed meat

Not enough



Oily fish, fibre, fruit and vegetables

The percentage meeting their 5-A-Day is low



4% of 11-18 year olds



8% of 19-64 year olds



8% of 65+ year olds



The number meeting their fruit and veg recommendation increased with income for all age groups

Top contributors to nutrient intake

Energy



Sandwiches



Wheat bread, white



Breakfast cereals

Saturated fat



Sandwiches



Butter and ghee



Whole milk

Sugar



Sugar, preserves, sweet spreads



Soft drinks, added sugar



Fruit & veg juices and smoothies

Sodium



Sandwiches



Wheat bread, white



Savoury sauces, spices, condiments

Fibre



11-18-year-olds are consuming on average less than half of their recommended daily intake of fibre

On Average, adults (19-65+) are only consuming half of their daily recommended fibre intake of 30g per day

Free sugars



The government recommendation is that for those aged 1 year and over, free sugars should provide a population average of no more than 5% of energy

11-18-year-olds consumed over double their recommended free sugar intake per day



All age groups exceeded the recommended intake for free sugars

Out of Home Sector



Food and drink consumed at out of home* eating occasions contributed 15% of total energy intake



Participants were more likely to purchase lunch or an evening meal (both 41%) than breakfast (18%) from out of home sources in the last 7 days

46% reported buying a drink from out of home sources in the last seven days



43% reported buying snacks from out of home sources in the last seven days

*Out of home sector refers to any outlet where food or drink is prepared in a way that means it is ready for immediate consumption, on or off the premises (for example café, pub, takeaway)