

| <div>D1</div> <div>Health Survey for England (HSE): number of portions of fruit and vegetables consumed by adults between 2009 and 2017</div>   | <div>C3</div> <div><table><thead><tr><th>Age Group</th><th>5 or more</th><th>3 to less than 5</th><th>Less than 3</th></tr></thead><tbody><tr><td>16-24</td><td>23%</td><td>23%</td><td>54%</td></tr><tr><td>25-34</td><td>23%</td><td>23%</td><td>54%</td></tr><tr><td>35-44</td><td>23%</td><td>23%</td><td>54%</td></tr><tr><td>45-54</td><td>23%</td><td>23%</td><td>54%</td></tr><tr><td>55-64</td><td>23%</td><td>23%</td><td>54%</td></tr><tr><td>65-74</td><td>23%</td><td>23%</td><td>54%</td></tr><tr><td>75+</td><td>23%</td><td>23%</td><td>54%</td></tr></tbody></table></div>   | Age Group        | 5 or more                                      | 3 to less than 5 | Less than 3 | 16-24       | 23% | 23%   | 54% | 25-34    | 23% | 23%   | 54% | 35-44 | 23% | 23%    | 54% | 45-54   | 23% | 23%            | 54% | 55-64       | 23% | 23%      | 54% | 65-74   | 23% | 23%    | 54% | 75+    | 23% | 23%           | 54% | <div>A5</div> <div>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%.</div> |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
|---|---|------------------|--|------------------|-------------|-------------|-----|-------|-----|----------|-----|-------|-----|-------|-----|--------|-----|---------|-----|----------------|-----|-------------|-----|----------|-----|---------|-----|--------|-----|--------|-----|---------------|-----|---|-----|--------|-----|---|-----|---------|-----|--------|-----|---------|-----|---------|-----|---------|-----|---------|-----|--------|-----|------------|-----|-----------------|-----|---------|-----|----------------|-----|--------|-----|-------------|-----|-------|-----|---------|-----|--------|-----|--|
| Age Group   | 5 or more   | 3 to less than 5 | Less than 3                                    |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 16-24   | 23%   | 23%              | 54%  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 25-34   | 23%   | 23%              | 54%  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 35-44   | 23%   | 23%              | 54%  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 45-54   | 23%   | 23%              | 54%  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 55-64   | 23%   | 23%              | 54%  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 65-74   | 23%   | 23%              | 54%  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 75+   | 23%   | 23%              | 54%  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| <div>D2</div> <div>Daily vegetable consumption, UK comparison with other Organisation for Economic Co-operation and Development countries</div> | <div>C1</div> <div><table><thead><tr><th>Country</th><th>Percent consuming one or more portions per day</th></tr></thead><tbody><tr><td>Australia</td><td>99%</td></tr><tr><td>New Zealand</td><td>99%</td></tr><tr><td>Italy</td><td>99%</td></tr><tr><td>Portugal</td><td>99%</td></tr><tr><td>Korea</td><td>99%</td></tr><tr><td>Spain</td><td>99%</td></tr><tr><td>Canada</td><td>99%</td></tr><tr><td>Ireland</td><td>99%</td></tr><tr><td>United Kingdom</td><td>99%</td></tr><tr><td>Switzerland</td><td>99%</td></tr><tr><td>Slovenia</td><td>99%</td></tr><tr><td>Hungary</td><td>99%</td></tr><tr><td>Sweden</td><td>99%</td></tr><tr><td>Poland</td><td>99%</td></tr><tr><td>United States</td><td>99%</td></tr><tr><td>Austria</td><td>99%</td></tr><tr><td>France</td><td>99%</td></tr><tr><td>Czechia</td><td>99%</td></tr><tr><td>Ireland</td><td>99%</td></tr><tr><td>Norway</td><td>99%</td></tr><tr><td>Belgium</td><td>99%</td></tr><tr><td>Iceland</td><td>99%</td></tr><tr><td>Denmark</td><td>99%</td></tr><tr><td>Estonia</td><td>99%</td></tr><tr><td>Turkey</td><td>99%</td></tr><tr><td>Luxembourg</td><td>99%</td></tr><tr><td>Slovak Republic</td><td>99%</td></tr><tr><td>Germany</td><td>99%</td></tr><tr><td>Czech Republic</td><td>99%</td></tr><tr><td>Mexico</td><td>99%</td></tr><tr><td>Netherlands</td><td>99%</td></tr><tr><td>Chile</td><td>99%</td></tr><tr><td>Finland</td><td>99%</td></tr><tr><td>Latvia</td><td>99%</td></tr></tbody></table></div> | Country          | Percent consuming one or more portions per day | Australia        | 99%         | New Zealand | 99% | Italy | 99% | Portugal | 99% | Korea | 99% | Spain | 99% | Canada | 99% | Ireland | 99% | United Kingdom | 99% | Switzerland | 99% | Slovenia | 99% | Hungary | 99% | Sweden | 99% | Poland | 99% | United States | 99% | Austria   | 99% | France | 99% | Czechia   | 99% | Ireland | 99% | Norway | 99% | Belgium | 99% | Iceland | 99% | Denmark | 99% | Estonia | 99% | Turkey | 99% | Luxembourg | 99% | Slovak Republic | 99% | Germany | 99% | Czech Republic | 99% | Mexico | 99% | Netherlands | 99% | Chile | 99% | Finland | 99% | Latvia | 99% | <div>A3</div> <div>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%.</div> |
| Country   | Percent consuming one or more portions per day  |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Australia   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| New Zealand   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Italy   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Portugal  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Korea   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Spain   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Canada  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Ireland   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| United Kingdom  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Switzerland   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Slovenia  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Hungary   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Sweden  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Poland  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| United States   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Austria   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| France  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Czechia   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Ireland   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Norway  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Belgium   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Iceland   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Denmark   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Estonia   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Turkey  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Luxembourg  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Slovak Republic   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Germany   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Czech Republic  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Mexico  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Netherlands   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Chile   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Finland   | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Latvia  | 99%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| <div>D3</div> <div>Health Survey for England (HSE): proportion of children consuming 5 or more portions a day</div>                             | <div>C4</div> <div><table><thead><tr><th>Year</th><th>Percent</th></tr></thead><tbody><tr><td>2001</td><td>18%</td></tr><tr><td>2002</td><td>18%</td></tr><tr><td>2003</td><td>18%</td></tr><tr><td>2004</td><td>18%</td></tr><tr><td>2005</td><td>18%</td></tr><tr><td>2006</td><td>18%</td></tr><tr><td>2007</td><td>18%</td></tr><tr><td>2008</td><td>18%</td></tr><tr><td>2009</td><td>18%</td></tr><tr><td>2010</td><td>18%</td></tr><tr><td>2011</td><td>18%</td></tr><tr><td>2012</td><td>18%</td></tr><tr><td>2013</td><td>18%</td></tr><tr><td>2014</td><td>18%</td></tr><tr><td>2015</td><td>18%</td></tr><tr><td>2016</td><td>18%</td></tr><tr><td>2017</td><td>18%</td></tr></tbody></table></div>  | Year             | Percent  | 2001             | 18%         | 2002        | 18% | 2003  | 18% | 2004     | 18% | 2005  | 18% | 2006  | 18% | 2007   | 18% | 2008    | 18% | 2009           | 18% | 2010        | 18% | 2011     | 18% | 2012    | 18% | 2013   | 18% | 2014   | 18% | 2015          | 18% | 2016  | 18% | 2017   | 18% | <div>A1</div> <div>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.</div> |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| Year  | Percent   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2001  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2002  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2003  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2004  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2005  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2006  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2007  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2008  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2009  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2010  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2011  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2012  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2013  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2014  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2015  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2016  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |
| 2017  | 18%   |                  |  |                  |             |             |     |       |     |          |     |       |     |       |     |        |     |         |     |                |     |             |     |          |     |         |     |        |     |        |     |               |     |   |     |        |     |   |     |         |     |        |     |         |     |         |     |         |     |         |     |        |     |            |     |                 |     |         |     |                |     |        |     |             |     |       |     |         |     |        |     |  |

| <div>D4</div> <div>Health Survey for England (HSE): number of portions of fruit and vegetables consumed by children in 2017</div>   | <div>C2</div> <div><table><tr><th>Portions</th><th>Percentage</th></tr><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></table></div>  | Portions           | Percentage                      | Less than 1    | 10 | 1 to less than 3 | 40 | 3 to less than 5 | 32 | 5 or more (recommended) | 18 | <div>A6</div> <div>More children consumed fewer than 3 portions a day (51%) than met the recommended 5 portions (18%).</div> |    |             |    |           |    |   |
|---|--|--------------------|---------------------------------|----------------|----|------------------|----|------------------|----|-------------------------|----|--|----|-------------|----|-----------|----|---|
| Portions  | Percentage   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Less than 1   | 10   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| 1 to less than 3  | 40   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| 3 to less than 5  | 32   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| 5 or more (recommended)   | 18   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| <div>D5</div> <div>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.</div> | <div>C6</div> <div><table><tr><th>Age group / gender</th><th>Percent of total calorie intake</th></tr><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>13</td></tr><tr><td>Men 19-64</td><td>13</td></tr><tr><td>Men 65+</td><td>14</td></tr><tr><td>Women 19-64</td><td>14</td></tr><tr><td>Women 65+</td><td>14</td></tr></table></div> | Age group / gender | Percent of total calorie intake | Children 1.5-3 | 10 | Children 4-10    | 12 | Children 11-18   | 13 | Men 19-64               | 13 | Men 65+  | 14 | Women 19-64 | 14 | Women 65+ | 14 | <div>A4</div> <div>Mean intake of free sugars exceeded the government recommendation of providing no more than 5% of total calorie intake in all age groups.</div>                |
| Age group / gender  | Percent of total calorie intake  |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Children 1.5-3  | 10   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Children 4-10   | 12   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Children 11-18  | 13   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Men 19-64   | 13   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Men 65+   | 14   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Women 19-64   | 14   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Women 65+   | 14   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| <div>D6</div> <div>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.</div>   | <div>C5</div> <div><table><tr><th>Age group / gender</th><th>Grams per day</th></tr><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>14</td></tr><tr><td>Women 19-64</td><td>8</td></tr><tr><td>Women 65+</td><td>10</td></tr></table></div>                        | Age group / gender | Grams per day                   | Children 1.5-3 | 2  | Children 4-10    | 2  | Children 11-18   | 2  | Men 19-64               | 8  | Men 65+  | 14 | Women 19-64 | 8  | Women 65+ | 10 | <div>A2</div> <div>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).</div> |
| Age group / gender  | Grams per day  |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Children 1.5-3  | 2  |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Children 4-10   | 2  |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Children 11-18  | 2  |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Men 19-64   | 8  |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Men 65+   | 14   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Women 19-64   | 8  |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |
| Women 65+   | 10   |                    |                                 |                |    |                  |    |                  |    |                         |    |  |    |             |    |           |    |   |

