HD
9011
.1
A31

ALBERT R. MANN
LIBRARY
OCT 7 1959

MINISTRY OF
AGRICULTURE, FISHERIES AND FOOD

Domestic Food Consumption and Expenditure: 1957

Annual Report of the National Food Survey Committee

LONDON
HER MAJESTY'S STATIONERY OFFICE

PRICE 8s. 6d. NET

Digitized by Google
Original from
CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0


Digitized by Google
Original from
CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

MINISTRY OF
AGRICULTURE, FISHERIES AND FOOD

Domestic Food Consumption and Expenditure: 1957

Annual Report of the National Food Survey Committee

LONDON
HER MAJESTY'S STATIONERY OFFICE
1959

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

Original from
CORNELL UNIVERSITY

THE NATIONAL FOOD SURVEY COMMITTEE

NORMAN C. WRIGHT, C.B., M.A., D.Sc., PH.D., F.R.I.C.
Ministry of Agriculture, Fisheries and Food, *Chairman*

M. A. ABRAMS, PH.D. (ECON.)
Director of Research, London Press Exchange Ltd.

W. T. C. BERRY, M.D., M.R.C.S., M.R.C.P., D.T.M. & H.
Ministry of Health

H. S. BOOKER, M.Sc. (ECON.)
London School of Economics

C. J. BROWN
Ministry of Agriculture, Fisheries and Food

MISS I. LEITCH, O.B.E., M.A., D.Sc.
Director of the Commonwealth Bureau of Animal Nutrition

E. M. H. LLOYD, C.B., C.M.G.

PROFESSOR E. F. NASH, M.A.
Department of Agricultural Economics, University of Wales

J. H. KIRK, C.B.E.
Ministry of Agriculture, Fisheries and Food

R. J. PETERS, M.D., D.P.H., Q.H.P.
Department of Health for Scotland

J. A. SUTHERLAND-HARRIS
Ministry of Agriculture, Fisheries and Food

Secretaries

MISS D. F. HOLLINGSWORTH, O.B.E., B.Sc., F.R.I.C., M.I.Biol.

A. H. J. BAINES, M.A.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

Original from
CORNELL UNIVERSITY

Preface

The National Food Survey provides an independent assessment of trends in domestic food consumption, expenditure and nutrition, based on records kept by a stratified random sample of private households in Great Britain. Such an assessment is needed to help the Ministry in making decisions on agricultural and food policy, and the Survey data have also proved to be of considerable value to nutritionists, economists, sociologists and other workers. The National Food Survey Committee, which was set up in 1948, has published two reports on the period 1940 to 1949 and a series of Annual Reports since 1950.

The Annual Report for 1957, like its predecessors, describes the diets of households of different income grades and different family composition. A chapter on dietary differences associated with occupational status and skill has been included to meet the needs of research workers in social medicine, since census and mortality data have long been analysed in this way. A special section compares the diets of families containing younger and older children, and indicates that on the whole the nutritional position is more satisfactory for the former than the latter. Special attention has been paid in the nutritional sections of the Report to changes in the composition of bread, following the introduction of the new Flour Regulations.

The preparation of the Report was undertaken jointly by the Secretaries of the Committee. Mr. A. H. J. Baines was responsible for the sections on food supplies, expenditure, consumption and prices, and Miss D. F. Hollingsworth for the sections on the energy value and nutrient composition of the diet. The Committee desire to renew their thanks to these and other officers of the Ministry's Economic Advice and Food Consumption Division and the Scientific Adviser's Division (Food), for the manner in which they have carried out the Committee's recommendations. The Ministry and the Committee are alike indebted to the staffs of the Social Survey Division of the Central Office of Information and of the Combined Tabulating Installation of H.M. Stationery Office, and to the many housewives who have willingly co-operated in providing the information on which this Report is based.

NORMAN C. WRIGHT

January, 1959 — *Chairman, National Food Survey Committee*

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Contents

	Paragraphs
I. INTRODUCTION	1–5
II. FOOD SUPPLIES, 1957	6–10
III. THE HOUSEHOLD DIET IN 1957	11–44
Food Expenditure and Prices	11–19
Consumption	20–36
Milk, Cheese, Meat, Fish and Eggs	21–25
Fats, Sugar and Preserves	26–27
Fruit and Vegetables	28–31
Cereals, Beverages and Miscellaneous Foods	32–35
Free Supplies	36
Energy Value and Nutrient Content	37–44
IV. HOUSEHOLD DIETS OF SOCIAL CLASSES	45–71
Classification	45–46
Expenditure and Consumption	47–57
Energy Value and Nutrient Content	58–71
V. HOUSEHOLD DIETS OF OCCUPATIONAL GROUPS BASED ON THE REGISTRARS-GENERAL'S CLASSIFICATION	72–97
Classification	72–75
Expenditure and Consumption	76–87
Energy Value and Nutrient Content	88–97
VI. HOUSEHOLD DIETS AND FAMILY COMPOSITION	98–130
Classification	98–99
Expenditure and Consumption	100–118
Energy Value and Nutrient Content	119–125
Effect of Children	126–130
VII. FAMILY COMPOSITION AND SOCIAL CLASS	131–143
Classification	131–132
Expenditure and Consumption	133–136
Energy Value and Nutrient Content	137–143

CHARTS

i. Percentage of Energy Value derived from Protein, Fat and Carbohydrate – All Households, 1952–1957	39
ii. Estimated intake of Calcium per head by All Households and certain Household Composition Groups as percentages of Recommended Allowances	124

APPENDICES

	Page
A Composition of the Sample	94–102
B Tables of Consumption, Expenditure and Prices	103–114
C Energy Value and Nutrient Content of Domestic Food Consumption – All Households	115–116
D Domestic Food Expenditure and Value of Consumption by Region and Type of Area	117–131
E Nutrient allowances based on British Medical Association's Recommendations (1950) used in National Food Survey	132

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

I
Introduction

1. The year 1957 was one of virtually full employment, and although adverse movements of confidence in sterling made it necessary to restrain the pressures on the economy, consumer outlay in real terms continued to increase, even if not as rapidly as in previous years. Food is one out of many claimants on consumer income, and after appetite is satisfied the consumer has many choices open to him, depending on his income and his tastes. This is part of the general background against which this Report reviews the changes that have occurred in the food sector during 1957.

2. Although the nutritional composition of the diet in the United Kingdom in 1957 was in most respects similar to that recorded in 1956, there was a further small increase in the real value of food supplies, as estimated by revaluing at constant prices the quantities purchased. At 1954 prices, the rise in total food expenditure per head was approximately one per cent, compared with one and a half per cent between 1955 and 1956 and about two per cent between 1954 and 1955. For all goods and services, the corresponding rise between 1956 and 1957 was about one and a half per cent. Food accounted for one-quarter of this increase, alcoholic drink and tobacco together for about one-sixth, and durable goods (including motor vehicles) for nearly one-third.

3. The Annual Report for 1957 follows the same general arrangement as that for the previous year except for the omission of a chapter on geographical differences. Chapter V presents a study, the first of its kind relating to a full year, of the household diets of occupational groups based on the classification used by the Registrars-General, made in terms of occupational status or skill. Although the contrasts are not great it has the unique advantage of permitting comparison with mortality data. Other new features of the Report are a further classification of old age pensioner households and a discussion of the changes in the diets of families of given size and social class as the children grow older. Elasticities of demand are not included, because estimates of price elasticities for most of the more important foods, based on the National Food Survey, have been published in "Seasonality and elasticity of the demand for food in Great Britain since derationing", *Journal of Agricultural Economics* (in the press) by J. A. C. Brown.

4. The basic tabulations of survey data, although not all published, are preserved for reference; they contain the usual particulars of domestic food consumption and expenditure in each class, type of household, occupational group, region and type of area for 116 kinds of food. The series of national averages for this full classification is continued in Appendix B and that for geographical areas in Appendix D, but in the body of the Report a simplified list of 41 food groups has been used. Chapters III–VII and Appendix D include nutritional assessments of the diets of the groups concerned, and, as in all previous Annual Reports, scales of allowances

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

based on the recommendations of the British Medical Association's Committee on Nutrition (1950) have been used for purposes of comparison. These allowances are tabulated in Appendix E.

5. In some of the tables, figures have been rounded to the nearest final digit shown, and this may cause an apparent slight discrepancy between the total and the sum of the constituent items. The following symbols are used throughout:

— = nil

... = less than half the final digit shown

n.a. = not available, or not applicable.

II

Food Supplies, 1957

6. As a background to the detailed National Food Survey results in subsequent chapters, it is useful to look at estimates of food consumption levels based on supply data. Table 1 summarizes changes between 1955 and 1957 in supplies available for consumption and gives comparative figures for 1934–38 and for 1947, the most difficult of the post-war years. The estimates in this table cover meals, snacks and ice-cream obtained outside the home, sweets and soft drinks, and all food consumed in institutions; they are therefore not directly comparable with Survey estimates of domestic food consumption, which exclude them. Items of personal expenditure omitted by the Survey are those for which experience in other enquiries has shown that informants tend systematically to understate their full purchases.

7. In 1957 fewer food groups showed an increase but the gains and changes of pattern were of some importance. Meat supplies reached a new high level, and total supplies of the group including fish, poultry and game continued their slow recovery from the 1954 minimum. Total oils and fats (in terms of fat content) reached a new maximum, and for the first time since decontrol consumption of butter exceeded that of margarine; the upward trend in butter gained momentum as the price of butter fell, while that of margarine remained almost constant. Nevertheless supplies of butter remained well below and those of margarine above the pre-war level. Dairy products other than butter, expressed as milk solids, showed a slight decrease, chiefly attributable to liquid milk; cheese supplies, however, reached 10 lb. per head per annum for the first time since decontrol. Supplies of eggs also moved further ahead of the pre-war average. The downward trend in the cereal products group continued for the tenth successive year, but potato consumption increased slightly. Fruit was more plentiful than in the preceding year, mainly because of larger imports, but supplies of vegetables other than potatoes showed little change at a level slightly below that of 1934–38. Coffee gained at the expense of tea, but supplies of tea in 1956 and in 1957 should be considered together since they were affected by the Suez crisis. The gradual decline in sugar confectionery, which began in 1955 has continued, but consumption of both chocolate and sugar confectionery was still substantially higher than before the war.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE I

Changes in National Supplies of Principal Foods[1]

Pre-war, 1947, 1955, 1956 *and* 1957

	Pre-war	*1947*[7]	*1955*	*1956*	*1957*	*1957* percentage change on *1956*	*1957* percentage change on *1934–1938*
		(*lb. per head per annum*)					
Dairy products[2], excluding butter (as milk solids)	38·3	49·0	52·9	53·8	53·2	− 1	+ 39
Cheese (included also in dairy products)	8·8	9·3	9·0	9·3	10·0	+ 8	+ 14
Meat (edible weight)	110·0	83·2	111·3	113·6	116·1	+ 2	+ 6
Fish, poultry, game (edible weight)	32·7	37·1	26·3	27·8	28·2	+ 1	− 14
Eggs (total shell egg equivalent)[3]	28·3	24·9	29·2	29·3	30·1	+ 3	+ 6
Oils and fats:							
Butter	24·7	11·2	14·6	15·6	17·5	+12	− 29
Margarine	8·7	15·0	17·9	16·9	15·1	−11	+ 74
Lard and compound cooking fats	9·3	7·4	10·6	10·8	10·4	− 4	+ 12
Other edible oils and fats	10·0	6·6	10·3	10·4	11·2	+ 8	+ 12
Total (fat content)	47·1	36·0	48·1	48·3	48·8	+ 1	+ 4
Sugar and syrups[4]	104·6	84·1	111·2	113·4	116·1	+ 2	+ 11
Potatoes	181·9	285·9	225·6	209·2	212·7	+ 2	+ 17
Pulses, nuts, etc.	9·5	8·0	11·5	13·1	12·3	− 6	+ 30
Fruit, including tomatoes (fresh equivalent)[5]	137·4	131·1	140·7	135·7	142·4	+ 5	+ 4
Vegetables, other than potatoes	107·0	118·0	100·9	104·6	105·5	+ 1	− 1
Cereal products	210·1	241·7	196·2	193·3	187·9	− 3	− 11
Tea	9·3	8·5	9·4	10·1	9·8	− 3	+ 5
Coffee	0·7	1·6	1·3	1·5	1·6	+ 7	+129
Chocolate confectionery[6]	10·3	6·7	11·8	12·9	12·8	− 1	+ 24
Sugar confectionery[6]	12·4	6·7	16·0	15·4	14·6	− 5	+ 18
		(*per head per day*)					
Total calories	3,000	2,880	3,120	3,130	3,130	0	+ 4
Protein: Animal (g.)	43·5	44·6	47·5	48·5	49·0	+ 1	+ 13
Vegetable (g.)	36·6	46·2	35·0	36·0	34·3	− 5	− 6
Fat (g.)	130·0	106·3	137·3	138·0	139·4	+ 1	+ 7
Carbohydrate (g.)	377·3	390·5	388·2	388·3	384·5	− 1	+ 2
Calcium (mg.)	687	1,142	1,096	1,107	1,105	− 0	+ 61
Iron (mg.)	13·1	14·6	14·2	14·7	15·6	+ 6	+ 19
Vitamin A (i.u.)	3,699	3,691	4,218	4,481	4,452	− 1	+ 20
Thiamine (mg.)	1·3	1·8	1·7	1·6	1·8	+12	+ 38
Riboflavin (mg.)	1·6	1·9	1·8	1·8	1·8	0	+ 12
Nicotinic acid (mg.)	13·1	16·3	15·0	15·3	16·1	+ 5	+ 23
Vitamin C (mg.)	93	110	96	92	94	+ 2	+ 1

[1]More detailed estimates will be found in the *Board of Trade Journal*, Vol. 175, No. 3,209, 1st August, 1958, some of which have since been revised.

[2]One pint of milk taken as equal to 1·03lb. approximately.

[3]One egg taken as 2 oz. approximately.

[4]Excludes sugar used in brewing and distilling.

[5]Tomato and tomato products have been included with fruit (in terms of fresh equivalent) to conform with National Food Survey practice.

[6]Ingredients of chocolate and sugar confectionery are also included elsewhere.

[7]Relates to civilian population only.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

8. The nutrient data in Table 1 relate to total supplies available for consumption in the country and are thus not comparable with the Survey quantities of food actually obtained for home consumption, given in later chapters. The energy value of the available food supplies was unchanged at 3,130 calories per head per day, 4 per cent more than before the war, having hardly varied since rationing ended in 1954, though the composition of the diet has changed appreciably. Animal protein rose to a new high level of 49 g. per head per day, and vegetable protein declined sharply. In every respect food supplies were of greater nutritional content per head than before the war. The yearly averages for the fat and the iron content of the diet reached new maxima and thiamine recovered to its 1947 level, mainly as a result of changes in the composition of flour following decontrol. It is nevertheless noteworthy that in respect of the other B vitamins, and of total protein, calcium and vitamin C, the diet in 1947, which was generally regarded as a year of severe shortage, was somewhat superior to that chosen ten years later, in a period of comparative abundance. No doubt the main reason for dissatisfaction with the post-war diet was its unpalatability, due mainly to the shortages of fat and animal protein. The major improvement in the nutrient content of the national diet was in fact achieved during the war and has since been consolidated; the main improvements in variety and palatability had to await derationing and decontrol.

9. In considering the economic background of the diet, it is still convenient to take 1952 as a base period, since it was the last year of comprehensive controls and the five years which followed was a period of progressive decontrol and gradual transition to an almost free market. Between 1952 and 1957 the general level of

TABLE 2

Changes in Earnings, Prices and Consumers' Expenditure 1952–57

	1952	*1953*	*1954*	*1955*	*1956*	*1957*
Index of average weekly earnings[1]	100	106	113	123	133	139
Index of retail prices (all items)	100	103	105	110	115	119
Retail food prices:						
National Food Survey Index	100	105	107	114	119	123
London and Cambridge Index[2]	100	105	108	116	121	125
Domestic food expenditure per head (N.F.S.)	100	110	114	124	132	136
Total food expenditure per head[3]						
at current prices	100	108	116	125	132	137
at 1954 prices	100	103	107	109	111	112
Total consumers' expenditure per head[3]						
at current prices	100	105	112	120	126	131
at 1954 prices	100	104	108	112	112	114
Total food expenditure as percentage of total expenditure on consumers' goods and services[3]						
at current prices	30·7	31·3	31·6	32·1	32·3	32·0
at 1954 prices	32·0	31·9	31·6	31·3	31·7	31·6

[1] *Ministry of Labour Gazette*, Vol. 66, No. 3, March 1958.

[2] *Bulletin of the London and Cambridge Economic Service*, in *The Times Review of Industry*, March 1958. The food component of the Index of Retail Prices, on which this index is based, has a discontinuity at the beginning of 1956.

[3] *Monthly Digest of Statistics.*

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

retail prices rose by nearly a fifth, of retail food prices by nearly a quarter, of consumers' expenditure on all goods and services and on food by just under and just over a third respectively, and of weekly earnings by nearly two-fifths. Table 2 shows that over these years average weekly earnings moved steadily ahead of prices generally, and both total and domestic food expenditure well ahead of food prices; furthermore, average earnings, which during 1952–55 had lagged slightly behind domestic expenditure on food, began to outpace food expenditure in 1956 and 1957. For the first time since 1946, the proportion of consumers' expenditure (at current prices) devoted to food showed a slight decrease. Taking a long view, a downward trend in the percentage spent on food might be expected in a period of rising standards of living; the ten years' increase from 23·4 to 32·3 per cent over the years 1946–1956 arose mainly from non-recurrent causes, the gradual disappearance of wartime shortages and the removal of consumer subsidies and of price controls, which had depressed the proportion artificially. Among the causes of the rise in the percentage which have persisted in varying degree are the substitution of more expensive for cheaper commodities, especially animal foods for cereal products and potatoes, and improvements in packaging and service which enter into total food expenditure.

10. Table 3 compares quarterly changes in domestic food expenditure per head in 1956 and 1957 with changes in retail prices, weekly wage rates and estimated weekly earnings, which were no longer outpacing wage rates. Food prices exhibited a marked seasonal peak in the third quarter of 1957 (compared with the second quarter in 1956), but the general level of prices continued to rise until the end of the year, mainly because of the operation of the Rent Act and the increased cost of fuel. As in the previous year, food expenditure more than kept pace with prices though tending to lag slightly behind earnings.

TABLE 3

Domestic Food Expenditure, Wages, Earnings and Prices 1956–57

(*January–March* 1956 = 100)

	1956				*1957*			
	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*1st Quarter*	*2nd Quarter*	*3rd Quarter*	*4th Quarter*
Weekly wage rates .	100	103	104	104	105	108	109	110
Estimated weekly earnings[1] . .	100	103	104	104	105	108	109	110
Index of retail prices:								
All items . .	100	102	102	103	104	104	106	107
Food . . .	100	104	100	101	102	104	106	104
Domestic food expenditure per head (National Food Survey)	100	107	102	103	102	108	108	108

[1]Official estimates for April and October; intermediate values interpolated using the monthly index of weekly wage rates.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

III

The Household Diet in 1957

Food Expenditure and Prices

11. Estimates of total domestic food expenditure and the value of free food are given in Table 4 for each quarter of 1956 and 1957. In previous years the estimates of consumption and expenditure were obtained by simply aggregating the individual budgets obtained from housewives. In the present Report, however, it has been found necessary to make an adjustment for some over-representation of households in wholly rural areas[1], which have access to greater free supplies of a number of foods. The effect of this correction is to increase the estimated average domestic expenditure on all food by about 1·80d. per head per week (0·5 per cent) and to decrease the average value of free supplies by 1·23d. (10·8 per cent). This difference, though quite small, is not negligible in comparison with the actual increase of 3 per cent in expenditure on food between 1956 and 1957, or with the variation to be expected from random sampling errors. In order to allow for the effects of this rural bias, the national averages in this report have been obtained by weighting the separate averages for the different types of urban and rural areas by the estimated population resident in those areas. No comparable re-weighting of the estimates for households of different social class, occupation group or family type has been attempted, however, since no cross-classification by type of area was available for the accurate determination of the appropriate weights.

12. Table 4 gives the quarterly re-weighted estimates of domestic expenditure on food and the value of free supplies per head per week. Average expenditure rose

TABLE 4

Domestic Food Expenditure, Value of Free Food, and Value of Food obtained for Domestic Consumption, 1956 and 1957

(per head per week)

	Expenditure on Food			*Value of Free Food*		*Value of Consumption*		
	1956	*1957*	*Percentage Change*	*1956*	*1957*	*1956*	*1957*	*Percentage Change*
	s. d.	*s. d.*		*s. d.*	*s. d.*	*s. d.*	*s. d.*	
1st Quarter . .	26 5	27 1	+2·3	6	8	26 11	27 9	+2·9
2nd Quarter . .	28 4	28 6	+0·6	6	10	28 10	29 3	+1·5
3rd Quarter . .	27 1	28 6	+5·3	1 5	1 6	28 6	30 0	+5·2
4th Quarter . .	27 4	28 5	+4·0	9	10	28 1	29 4	+4·3
Yearly average . .	27 3	28 1	+3·0	10	11	28 1	29 1	+3·5

[1]Rural districts with population density not greater than one person per four acres, which are not contiguous to urban areas with a population of 25,000 or more.

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

from 26s. 10d. in January to 27s. 8d. in March largely because of increased purchases of meat and fresh fruit. The summer peak of 29s. 7d., a new high level, was reached in June, when retail supplies of fresh peas and beans, new potatoes, tomatoes and soft and stone fruit were appearing on the market. Expenditure declined to 28s. 7d. in July as garden produce became more abundant, and thereafter varied little from this level. As in previous years, the fieldwork for the year ended on the Friday before Christmas and the averages for some foods in the fourth quarter, e.g. poultry, may be depressed by the exclusion of the last three shopping days before the holiday.

13. "Free" food is food which enters the household without payment during the survey week, including supplies obtained from a garden, allotment or farm, or from an employer, but not gifts of food from one household in Great Britain to another; it also includes certain home-produced foods, namely potatoes, beans, bottled fruit and tomatoes, preserves, apples and pears and eggs, which are stored in quantity, and used during the survey week. These free supplies were valued for each group of households at the average prices currently paid by that group for corresponding purchases, and the value of free food was added to the household food expenditure to obtain an estimate of the total value of food obtained for domestic consumption (abbreviated as "value of consumption"). This appears to be the only practical method of valuing self-supplies, though it is probable that if the households concerned had to purchase all their food at current retail prices, they would have spent less than the estimated value of their consumption. School milk and free welfare milk were not valued, and welfare cod liver oil and vitamin A and D tablets, together with their proprietary equivalents, have been excluded from the analysis because of their erratic effect on some of the nutritional estimates. Purchases were recorded when they were made, not at the time of actual consumption; this may slightly distort seasonal differences in consumption, but should give a true picture over the year as a whole.

14. The average value of free supplies in 1957 at current retail prices was 11½d. per head per week, 20 per cent more than in the preceding year, when the weather had been unfavourable to garden produce. The seasonal peak occurred in August, as in 1956, coinciding with the maximum value of consunption; maximum expenditure occurred in June, when as usual garden produce lagged behind commercial crops. The seasonal pattern of food expenditure during 1944–50 and of expenditure and the value of consumption during 1951–55 were illustrated by charts in the Annual Reports for 1950[1] and 1955[2] in which seasonal variations were measured as deviations from the general rising trend indicated by a 12 months' centred moving average. The upward trend in expenditure continued during the first half of 1956, though more slowly than in the preceding two years, levelled off later in that year, but was resumed early in 1957. The rate of increase again fell off in the second half of the year. These changes to a large extent reflected the movement of food prices (see Tables 5 and 6).

15. In recent years developments in food technology and distribution have been followed by the appearance on the market of an ever-widening range of new food products, many of them "convenience" foods in the sense either that they do not

[1] *Domestic Food Consumption and Expenditure, 1950;* paragraph 37, H.M.S.O., 1952.
[2] *Domestic Food Consumption and Expenditure, 1955;* paragraph 16, H.M.S.O., 1957.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

require lengthy and elaborate preparation, or that some of the labour of preparation has been taken over by the manufacturer. These developments, together with new methods of food packaging, have contributed to changes in the relative prices of different foods and to changes in the pattern of consumer preferences. Table 5, which illustrates changes since 1955 in the quantities of certain foods purchased, shows that there has been some movement in demand from such staple commodities as bread, flour, potatoes, fresh fish, bacon, pork, mutton and preserves to "other" milk and cream, "other" meat, "other" vegetables, "other" fruit, "other" cereals, "other" beverages, processed and prepared fish, cakes, biscuits, and miscellaneous foods; most of these groups of foods contain products recently developed. Other quantity changes shown in the table, such as those for butter, margarine and eggs are more appropriately associated with price changes under free market conditions than with the increase in supplies of convenience foods.

TABLE 5

Indices of Quantities of Principal Food Groups purchased in 1956 *and* 1957

(1955=100)

Quantity decreases			*Quantity increases*		
	1956	*1957*		*1956*	*1957*
			Liquid milk	101	100
			Other milk and cream	106	105
			Cheese	101	102
Mutton and lamb	109	96	Beef and veal	107	113
Pork	82	86	Other meat	104	108
Bacon	95	95	Eggs	108	107
Fresh fish	97	93	Processed and prepared fish	115	113
Margarine	96	86	Butter	105	120
Cooking and other fats	98	93			
Preserves	92	90	Sugar	102	100
Potatoes	97	96	Fresh green vegetables (including quick-frozen)	98	109
			Other vegetables	109	105
			Fresh fruit	100	104
			Other fruit	102	107
Bread	93	89	Cakes and biscuits	104	107
Flour	92	91	Other cereals	106	109
			Tea	103	101
			Other beverages	105	109
			Miscellaneous foods	107	113

16. In spite of these developments the continued stability of British spending habits as between broad groups of commodities is evidenced by the fact that in the autumn and winter quarters from October 1957 to March 1958, 18 per cent of total domestic expenditure on food was devoted to milk, cheese and eggs, 32 per cent

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

to meat and fish, 16 per cent to fruit and vegetables, 26 per cent to cereals, fats, sugar and preserves, and 8 per cent to all other foods, compared with 18, 30, 14, 27 and 11 per cent respectively found by Crawford and Broadley for the corresponding period in 1936–37.

17. Estimates of household expenditure on the main foods during each quarter of the year are given in Table 7, which also shows percentage changes compared with the previous year. The details of changes during the year are of course affected variously by movements in prices and should therefore not be considered in isolation. The corresponding changes in consumption are discussed in paragraphs 20 to 35. Total domestic food expenditure rose by 10d. per head per week (3 per cent), the smallest annual increase recorded by the Survey since 1950. Liquid milk accounted for 3¼d. of the increase and bread for 2¾d., in each case wholly because of higher prices. Beef and veal contributed 2¼d. and fresh fruit 1½d, partly because of increased purchases. The only other change in expenditure exceeding a penny was a fall of 2d. on eggs due to lower prices. More was spent on processed milk, sugar and preserves, fresh green vegetables, flour and most cereal foods other than bread and all types of beverage, but less on cheese, potatoes and visible fats. Expenditure on national dried milk was doubled with the reduction of the subsidy, but that on branded dried milk was unchanged. Noteworthy increases in expenditure on particular foods were: poultry, 20 per cent; quick-frozen legumes, 19 per cent (at the expense of canned peas); coffee, 18 per cent; invalid and baby foods, 56 per cent, though here there may be difficulties of definition.

18. Table 6 shows, for each quarter of the year, and for each of the main food groups, the percentage change in the average price paid and the average "quantity" purchased, compared with the corresponding quarters of 1956. This form of comparison has the advantage of removing seasonal variations as far as possible and indicating the underlying price trends. The quantity index has been calculated by deflating the index of expenditure by a price index of the Fisher Ideal type, the geometric mean of indices with weights appropriate to the earlier and the later periods respectively. The main purpose of this operation is to ascertain how much of the increase in domestic expenditure on food between 1956 and 1957 was due to price increases and how far it represented a real improvement in the diet in terms of consumer satisfaction (which may not correspond with physical volume or nutritional value). The difficulties of such an apportionment of the rise in expenditure between price and "quantity" so defined were explained in the Annual Report for 1955[1]. With the qualifications given there, it may be concluded that of the 3 per cent increase in average domestic food expenditure in 1957, 2·4 per cent was attributable to higher prices and 0·6 per cent to an improvement in the standard of purchases, as measured by consumer preference. This relatively small annual gain marks a significant slowing down from the steady gain of 2 per cent per annum which had been recorded between 1953 and 1956; however, once the demand for food had been largely satisfied after many years of restriction, it was to be expected that additional purchasing power would be increasingly devoted to consumer goods other than food.

19. A new feature of Table 6 is the subdivision of the index into components relating to seasonal and non-seasonal foods. The former group includes those main foods (listed at the foot of the table) which regularly exhibit a marked quarterly

[1]*Domestic Food Consumption and Expenditure, 1955*, paragraph 29, H.M.S.O., 1957.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 6

Changes in Indices of Average Prices and Quantities Purchased Quarters of 1957 compared with corresponding Quarters of 1956 (percentage change)

	Price					*Quantity purchased*				
	1st Qtr.	*2nd Qtr.*	*3rd Qtr.*	*4th Qtr.*	*1957 on 1956*	*1st Qtr.*	*2nd Qtr.*	*3rd Qtr.*	*4th Qtr.*	*1957 on 1956*
MILK, CREAM AND CHEESE:										
Liquid milk	+12	+12	+11	+10	+11	+ 2	− 2	− 1	+ 1	− 0
Natural cheese	− 2	−12	−17	−28	−14	+ 1	+ 7	− 2	+ 5	+ 3
Other	+ 3	+ 8	+ 9	− 8	+ 6	+ 6	− 1	− 4	+ 0	− 3
All	+ 9	+ 8	+ 7	+ 3	+ 7	+ 2	− 1	− 1	+ 1	+ 0
MEAT:										
Carcase	+ 3	+ 6	+ 5	+ 3	+ 4	+ 2	− 4	− 1	+ 1	− 1
Bacon	+ 6	− 4	− 4	−10	− 3	− 7	+ 3	+ 0	+ 5	+ 0
Other	+ 2	− 0	− 1	− 1	− 0	+ 5	− 0	+ 7	+ 4	+ 3
All	+ 3	+ 2	+ 2	− 1	+ 2	+ 1	− 2	+ 1	+ 2	+ 1
FISH	+ 8	+ 4	+ 1	+ 6	+ 5	− 9	− 1	+ 2	− 2	− 3
EGGS	−20	−18	− 6	− 0	−12	− 1	− 0	− 1	− 1	− 1
FATS:										
Butter	−26	−13	− 5	−11	−15	+22	+11	+11	+15	+15
Margarine	+ 9	+ 7	+ 3	+ 1	+ 5	−13	−12	− 7	−10	−11
Other	+ 9	+ 8	+ 5	+ 0	+ 6	− 8	− 5	− 7	+ 0	− 5
All	−13	− 5	− 2	− 6	− 7	+ 7	+ 2	+ 4	+ 5	+ 4
SUGAR	+19	+23	+ 2	−13	+ 8	+ 1	− 5	− 3	+ 1	− 2
PRESERVES	+ 8	+ 9	+ 8	+ 4	+ 7	− 6	− 8	− 4	+ 7	− 3
VEGETABLES:										
Potatoes	−26	−31	+37	+33	− 7	− 7	+ 1	− 2	+ 5	− 1
Fresh green	−18	−20	+14	+ 2	− 6	+35	+23	− 3	− 2	+11
Other	− 0	− 1	+ 1	+ 2	+ 1	−13	−10	+ 6	+ 4	− 4
All	−15	−19	+18	+13	− 4	− 3	+ 2	+ 0	+ 3	+ 0
FRUIT:										
Fresh	+ 6	− 7	+ 2	+11	+ 3	+ 3	+21	− 3	+ 3	+ 4
Other	− 1	− 1	− 0	− 0	− 1	+ 7	− 0	+14	+ 2	+ 5
All	+ 3	− 5	+ 1	+ 6	+ 2	+ 5	+14	+ 1	+ 3	+ 4
CEREALS:										
Bread	+31	+25	+20	+ 3	+20	− 5	− 8	− 4	+ 0	− 4
Flour	+10	+ 7	+ 5	+ 2	+ 6	+ 2	+ 1	− 1	− 6	− 1
Cakes and biscuits	+ 4	+ 3	+ 3	+ 2	+ 3	− 3	+ 2	+ 6	+ 9	+ 3
Other	+ 6	+ 3	+ 2	+ 2	+ 3	+ 4	− 1	+ 9	+ 0	+ 2
All	+15	+12	+10	+ 2	+10	− 3	− 3	+ 2	+ 3	− 0
BEVERAGES:										
Tea	+ 7	+ 6	+ 3	+ 4	+ 5	− 1	− 4	− 1	− 4	− 3
Other	+ 5	+ 8	+15	+ 9	+ 9	+ 5	− 2	+ 2	+ 7	+ 4
All	+ 6	+ 6	+ 6	+ 5	+ 6	+ 0	− 3	− 1	− 2	− 1

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 6—*continued*
(*percentage changes*)

	Price					*Quantity Purchased*				
	1st Qtr.	*2nd Qtr.*	*3rd Qtr.*	*4th Qtr.*	*1957 on 1956*	*1st Qtr.*	*2nd Qtr.*	*3rd Qtr.*	*4th Qtr.*	*1957 on 1956*
Miscellaneous(a)	+ 0	+10	+ 8	+10	+ 6	− 1	+ 6	+ 5	+15	+ 6
Seasonal foods(b)	−3·5	−9·3	+5·7	+7·5	−0·1	+0·3	+5·4	−1·8	+0·7	+0·7
All other foods(a)	+4·5	+5·3	+3·9	−0·3	+3·4	+0·2	−2·2	+2·0	+2·7	+0·5
All foods (a) .	+2·1	+0·4	+4·4	+1·9	+2·4	+0·3	+0·2	+0·8	+2·1	+0·6

(a) Excludes a few miscellaneous items for which expenditure only was recorded.

(b) Liquid milk (full price), cream, eggs, fish (other than canned or bottled and fish products), fresh green vegetables, potatoes (excluding crisps), root and miscellaneous fresh vegetables and fresh fruit.

variation in price or supply pattern. During the first half of the year, the seasonal prices were much lower than a year before, especially for potatoes, fresh green vegetables and eggs, but these reductions were more than offset by increases in the prices of bread, which was decontrolled in September 1956, and liquid milk, which rose because of reductions in the general and welfare milk subsidies. Without the increases for these two foods, the Survey price index would have shown a fall compared with a year before. The quantity index suggests that during the first half of 1957 the progressive improvement of the household diet had come almost to a standstill, but it must be borne in mind that the index is confined to purchases and does not allow for the increase in free supplies compared with a year earlier. In the second half of the year, vegetables, especially potatoes, were more expensive than in the corresponding quarters of 1956, and the seasonal foods as a group, which had previously held the price rise in check, were now accentuating it. In the fourth quarter, non-seasonal foods were cheaper than a year earlier, though the average level of food prices was still nearly 2 per cent higher than a year before, because of the higher prices paid for liquid milk, potatoes and fresh fruit. With the stabilizing of the prices of non-seasonal commodities, the quantity index regained some momentum, and the annual increase of 2·1 per cent recorded in the last quarter arose mainly from this group of foods. Taking 1957 as a whole, the quantity index showed smaller changes for individual foods than in the previous year. An increase of 15 per cent in butter was partly offset by falls of 11 per cent in margarine and 5 per cent in other fats, and a rise of 11 per cent in fresh green vegetables by smaller decreases in other vegetables. The 4 per cent decline in bread was also largely counterbalanced by increases in cakes and biscuits and other cereal foods. Fresh and other fruit showed rises of 4 and 5 per cent respectively; beverages other than tea rose by 4 and miscellaneous foods by 6 per cent.

Consumption

20. Tables 7 and 8 summarize domestic expenditure on and consumption of the main foods during each quarter of the year, and show annual averages for 1956 and 1957. Tables showing expenditure and consumption in more detail, with average prices paid by housewives and the proportion of households purchasing each type of food during the survey week, are given for all foods in Appendix B. The percentage changes shown in the last column of Table 8 differ from the corresponding changes in the quantity index in Table 6, partly because the latter is

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 7
Domestic Food Expenditure by All Households, 1957
(pence per head per week)

	1956	*1957*					*Percentage change 1957 on 1956*
	Yearly average	*Quarter*				*Yearly average*	
		1	*2*	*3*	*4*		
MILK AND CREAM:							
Liquid (full price)	28·65	31·89	29·91	30·30	31·68	30·94	+ 8
Liquid (welfare)	1·09	1·12	2·45	2·68	2·33	2·14	+96
All Liquid Milk	29·74	33·01	32·36	32·98	34·01	33·08	+11
Condensed	1·30	1·28	1·34	1·56	1·33	1·38	+ 6
Dried and other	0·47	0·50	0·64	0·62	0·46	0·56	+18
Cream	0·89	0·83	1·09	1·01	0·82	0·94	+ 5
Total Milk and Cream	*32·40*	*35·62*	*35·43*	*36·17*	*36·62*	*35·96*	*+11*
CHEESE:							
Natural	5·78	5·49	5·38	4·84	4·51	5·06	−12
Processed and packeted	1·38	1·20	1·22	1·53	1·27	1·30	− 6
Total Cheese	*7·16*	*6·69*	*6·60*	*6·37*	*5·78*	*6·36*	*−11*
MEAT:							
Beef and veal	26·21	29·37	26·67	27·68	29·96	28·42	+ 8
Mutton and lamb	16·55	14·56	16·86	16·71	14·53	15·66	− 5
Pork	5·19	6·07	4·96	4·66	6·57	5·56	+ 7
All Carcase Meat	47·95	50·00	48·49	49·05	51·06	49·64	+ 4
Bacon and ham, uncooked	15·00	14·77	14·68	14·39	14·36	14·55	− 3
Other (a)	28·11	28·00	28·67	30·05	29·63	29·11	+ 4
Total Meat	*91·06*	*92·77*	*91·84*	*93·49*	*95·05*	*93·30*	*+ 2*
FISH:							
Fresh	6·03	5·84	6·22	6·19	6·08	6·08	+ 1
Processed and shell (b)	1·96	1·95	1·76	1·81	2·15	1·92	− 2
Prepared (c)	5·03	4·89	5·77	5·65	4·89	5·30	+ 5
Total Fish	*13·02*	*12·68*	*13·75*	*13·65*	*13·12*	*13·30*	*+ 2*
EGGS	*17·88*	*13·92*	*13·31*	*17·34*	*18·65*	*15·80*	*−12*
FATS:							
Butter	13·01	12·13	12·19	13·54	13·37	12·81	− 2
Margarine	6·04	5·66	5·70	5·78	5·62	5·69	− 6
Lard and compound cooking fat	2·64	2·86	2·61	2·55	2·78	2·70	+ 2
Other fats	0·79	0·79	0·70	0·63	0·90	0·76	− 4
Total Fats	*22·48*	*21·44*	*21·20*	*22·50*	*22·67*	*21·96*	*− 2*
SUGAR AND PRESERVES:							
Sugar	9·38	10·88	10·49	9·76	8·40	9·88	+ 5
Honey, preserves, syrup and treacle	3·98	4·11	4·34	3·92	4·21	4·14	+ 4
Total Sugar and Preserves	*13·36*	*14·99*	*14·83*	*13·68*	*12·61*	*14·02*	*+ 5*

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 7—*continued*
(*pence per head per week*)

	1956	1957					Percentage change 1957 on 1955
	Yearly average	Quarter				Yearly average	
		1	2	3	4		
VEGETABLES:							
Potatoes, including chips and crisps	12·59	9·37	13·35	11·77	12·15	11·66	− 7
Fresh green	6·31	5·57	8·13	7·55	5·04	6·58	+ 4
Other (d)	10·58	10·02	11·31	9·22	10·24	10·18	− 4
Total Vegetables	*29·48*	*24·96*	*32·79*	*28·54*	*27·43*	*28·42*	*− 4*
FRUIT:							
Fresh (e)	18·25	15·78	24·21	22·35	16·35	19·68	+ 8
Other (f)	8·83	7·96	8·85	9·07	11·03	9·23	+ 5
Total Fruit (e)	*27·08*	*23·74*	*33·06*	*31·42*	*27·38*	*28·91*	*+ 7*
CEREALS:							
Brown bread	0·89	0·92	1·25	1·14	0·94	1·06	+19
White bread	15·24	17·32	17·83	17·43	16·69	17·32	+14
Wholewheat and wholemeal bread	0·83	0·92	0·81	0·75	0·80	0·82	− 1
Other bread (g)	2·18	2·56	2·37	2·62	3·28	2·71	+24
Total Bread (g)	19·14	21·72	22·26	21·94	21·71	21·91	+14
Flour	3·46	3·82	3·65	3·42	3·61	3·62	+ 5
Cakes (h)	10·03	9·62	10·50	10·89	11·67	10·67	+ 6
Biscuits	8·96	8·98	9·45	9·49	10·03	9·49	+ 6
Oatmeal and oat products	0·87	1·07	0·67	0·63	1·11	0·87	0
Breakfast cereals	2·81	2·74	3·09	3·34	2·82	3·00	+ 7
Other	3·61	3·65	3·86	4·06	3·90	3·86	+ 7
Total Cereals	*48·88*	*51·60*	*53·48*	*53·77*	*54·85*	*53·42*	*+ 9*
BEVERAGES:							
Tea	13·73	14·54	14·01	13·55	14·02	14·03	+ 2
Coffee	2·48	3·06	2·65	2·83	3·14	2·92	+18
Cocoa	0·58	0·67	0·52	0·52	0·68	0·60	+ 3
Branded food drinks	0·79	1·03	0·78	0·67	0·79	0·82	+ 3
Total Beverages	*17·58*	*19·30*	*17·96*	*17·57*	*18·63*	*18·37*	*+ 4*
MISCELLANEOUS (i)	*7·09*	*7·10*	*7·26*	*7·32*	*8·62*	*7·57*	*+ 7*
TOTAL ALL FOODS	*327·47* (27s. 3d.)	*324·77* (27s. 1d.)	*341·50* (28s. 6d.)	*341·89* (28s. 6d.)	*341·36* (28s. 5d.)	*337·38* (28s. 1d.)	*+ 3*

(a) Includes cooked and canned meats, and meat products.
(b) Includes smoked, dried and salted.
(c) Includes cooked, canned and bottled fish, and fish products.
(d) Includes dried and canned vegetables, and vegetable products.
(e) Includes tomatoes.
(f) Includes dried, canned and bottled fruit.
(g) Includes rolls, fruit bread, sandwiches and milk bread.
(h) Includes buns, scones, tea cakes, muffins and crumpets.
(i) Invalid and baby foods, spreads and dressings, soups, meat and vegetable extracts and items on which expenditure only was recorded.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 8

Domestic Food Consumption by All Households, 1957
(oz. per head per week except where otherwise stated)

	1956	*1957*					*Percentage change 1957 on 1956*
	Yearly average	*Quarter*				*Yearly average*	
		1	*2*	*3*	*4*		
MILK AND CREAM:							
Liquid (retail) (pt.)	4·00	4·05	4·08	3·97	4·10	4·05	+ 1
Liquid (welfare and school) (pt.)	0·83	0·84	0·78	0·78	0·78	0·79	− 4
All Liquid Milk (pt.)	*4·83*	*4·89*	*4·86*	*4·75*	*4·88*	*4·84*	+ 0
Condensed (eq. pt.)	0·16	0·14	0·15	0·17	0·14	0·15	− 3
Dried and other (pt. or eq. pt.)	0·11	0·11	0·12	0·10	0·07	0·09	−12
Cream (pt.)	0·01	0·01	0·02	0·02	0·01	0·02	+15
Total Milk and Cream (pt. or eq. pt.)	*5·11*	*5·15*	*5·15*	*5·04*	*5·10*	*5·10*	− 0
CHEESE:							
Natural	2·45	2·43	2·64	2·45	2·58	2·52	+ 3
Processed and packeted	0·40	0·34	0·34	0·43	0·37	0·37	− 8
Total Cheese	*2·85*	*2·77*	*2·98*	*2·88*	*2·95*	*2·89*	+ 1
MEAT:							
Beef and veal	10·00	11·20	9·60	10·17	11·19	10·54	+ 5
Mutton and lamb	7·16	6·11	6·66	6·48	5·85	6·28	−12
Pork	1·90	2·13	1·82	1·64	2·34	1·98	+ 4
All Carcase Meat	*19·06*	*19·44*	*18·08*	*18·29*	*19·38*	*18·80*	− 1
Bacon and ham, uncooked	5·11	4·94	5·26	4·92	5·20	5·08	− 1
Other (a)	11·18	11·40	11·05	11·69	12·12	11·56	+ 3
Total Meat	*35·35*	*35·78*	*34·39*	*34·90*	*36·70*	*35·44*	+ 0
FISH:							
Fresh	3·47	3·24	3·39	3·40	3·25	3·32	− 4
Processed and shell (b)	1·06	1·03	0·84	1·02	1·20	1·02	− 4
Prepared (c)	1·60	1·41	1·73	1·78	1·46	1·60	0
Total Fish	*6·13*	*5·68*	*5·96*	*6·20*	*5·91*	*5·94*	— 3
EGGS (No.)	4·35	4·49	4·74	4·24	4·17	4·41	+ 1
Eggs purchased (No.)	4·01	4·05	4·15	3·81	3·89	3·98	− 1
FATS:							
Butter	4·70	5·32	5·30	5·36	5·51	5·37	+14
Margarine	4·48	3·94	3·99	4·14	3·99	4·02	−10
Lard and compound cooking fat	2·08	2·05	1·90	1·90	2·07	1·98	− 5
Other fats	0·58	0·63	0·49	0·51	0·74	0·59	+ 0
Total Fats	*11·84*	*11·94*	*11·68*	*11·91*	*12·31*	*11·96*	+ 1

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 8—*continued*
(*oz. per head per week except where otherwise stated*)

	1956	1957					Percentage change 1957 on 1956
	Yearly average	Quarter				Yearly average	
		1	2	3	4		
SUGAR AND PRESERVES:							
Sugar	18·00	17·65	16·50	18·52	18·15	17·70	− 2
Honey, preserves, syrup and treacle	3·69	3·63	3·69	3·40	3·67	3·59	− 3
Total Sugar and Preserves	*21·69*	*21·28*	*20·19*	*21·92*	*21·82*	*21·29*	*− 2*
VEGETABLES:							
Potatoes, including chips and crisps	58·43	62·22	53·01	53·92	64·71	58·47	+ 0
Fresh green	14·34	13·80	15·49	19·65	14·86	15·95	+11
Other (d)	16·89	16·98	14·07	14·76	18·70	16·13	− 4
Total Vegetables	*89·66*	*93·00*	*82·57*	*88·33*	*98·27*	*90·55*	*+ 1*
FRUIT:							
Fresh (e)	20·56	18·65	22·81	24·90	18·52	21·22	+ 3
Other (f)	6·51	6·18	6·69	6·52	7·58	6·74	+ 4
Total Fruit (e)	*27·07*	*24·83*	*29·50*	*31·42*	*26·10*	*27·96*	*+ 3*
CEREALS:							
Brown bread	2·38	2·01	2·68	2·41	2·03	2·28	− 4
White bread	44·36	40·79	41·58	41·40	39·65	40·86	− 8
Wholewheat and wholemeal bread	1·60	1·61	1·42	1·33	1·38	1·44	−10
Other bread (g)	2·74	3·27	2·85	3·27	4·28	3·42	+25
Total Bread (g)	51·08	47·68	48·53	48·41	47·34	48·00	− 6
Flour	7·89	8·17	7·80	7·39	7·88	7·81	− 1
Cakes (h)	5·67	5·25	5·76	5·86	6·44	5·83	+ 3
Biscuits	5·30	5·21	5·57	5·56	5·68	5·50	+ 4
Oatmeal and oat products	1·11	1·27	0·81	0·79	1·31	1·04	− 6
Breakfast cereals	1·81	1·66	1·88	2·03	1·70	1·82	+ 1
Other	2·97	3·11	3·03	3·17	3·19	3·12	+ 5
Total Cereals	*75·83*	*72·35*	*73·38*	*73·21*	*73·54*	*73·12*	*− 4*
BEVERAGES:							
Tea	2·88	2·83	2·80	2·77	2·83	2·81	— 2
Coffee	0·38	0·43	0·38	0·36	0·43	0·40	+ 4
Cocoa	0·21	0·23	0·18	0·17	0·23	0·20	— 3
Branded food drinks	0·20	0·25	0·19	0·16	0·19	0·20	— 2
Total Beverages	*3·67*	*3·74*	*3·55*	*3·46*	*3·68*	*3·61*	*− 2*

(a) Includes cooked and canned meats, and meat products.
(b) Includes smoked, dried and salted.
(c) Includes cooked, canned and bottled fish, and fish products.
(d) Includes dried and canned vegetables, and vegetable products.
(e) Includes tomatoes.
(f) Includes dried, canned and bottled fruit.
(g) Includes rolls, fruit bread, sandwiches and milk bread.
(h) Includes buns, scones, tea cakes, muffins and crumpets.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

confined to purchases and takes no account of changes in the volume of free supplies, and partly because the quantity index is affected by any change in the proportions of different foods within each group.

MILK, CHEESE, MEAT, FISH AND EGGS

21. Total domestic consumption of liquid and processed milk was maintained for the sixth successive year at 5·1 pints per person per week despite an increase of ½d. per pint in the maximum retail price of liquid milk on 1st January (temporarily rescinded from 1st April to 30th June) and an increase of 2½d. per pint in the price of welfare milk on 1st April in order to reduce the subsidy. Consumption of cream continued to increase, especially in the summer months, and averaged 0·30 oz. per head per week for the year compared with 0·26 oz. in 1956, 0·23 oz. in 1955 and 0·18 oz. in 1954.

22. Total consumption of cheese was again almost unchanged at 2·89 oz. per head per week. The average price paid for natural cheese fell steadily throughout the year, and by the fourth quarter it was 28 per cent lower than in the corresponding period of 1956. The consumption of natural cheese was 3 per cent greater than in 1956 but that of processed and packeted cheeses declined by 8 per cent. There was some tendency to replace natural by processed cheeses in the third quarter.

23. Total domestic consumption of carcase meat declined slightly from 19·1 oz. per head per week in 1956 to 18·8 oz. in 1957; there was some transfer of demand from mutton and lamb, which was 7½ per cent dearer than in 1956, to beef and veal and to pork, whose average prices increased by only 3 per cent. Nevertheless, the seasonal pattern remained much the same as in 1956, purchases of beef and veal and of pork being greatest in the first and fourth quarters, and those of mutton and lamb in the second and third. Bacon consumption was barely maintained, and indeed was even less than in the last full year of rationing, although prices after the first quarter were lower than a year before. Consumption of offals declined, but that of poultry, canned meats and meat products and even rabbits increased; pork sausages recovered some of the ground which they had lost to beef sausages during 1956.

24. Consumption of fresh fish continued to decline, and that of canned fish again increased. The average consumption of fish products declined by 14 per cent although the average price was only 2½ per cent greater than in the previous year. Consumption of fresh white fish, cooked fish and canned fish was greatest in the second and third quarters.

25. Eggs were more plentiful and some 20 per cent cheaper in the flush period than a year before; prices in April at 2s. 10d. per dozen were lower than at any time since June 1949. By the end of the year, however, the average price had increased to about 5s. 0d. per dozen, and consumption was slightly less than in the corresponding period of 1956. Until the fourth quarter, free supplies were more plentiful than in the previous year.

FATS, SUGAR AND PRESERVES

26. The fall in the price of butter continued until April, when the average price of 2s. 10½d. per lb. was the lowest recorded since September 1952; the average then rose gradually to 3s. 4½d. per lb. in July, remained at that level until October and then declined to 3s. 0¾d. by the end of the year. Consumption, which had increased to 4·7 oz. per head per week in 1956, rose further to 5·3 oz. in the first half of 1957, and to 5·5 oz. by the fourth quarter, averaging 5·4 oz. over the year.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

In contrast, consumption of margarine declined from 4·5 oz. per head per week in 1956 to 4·0 oz. in 1957; average prices were firm at 1s. 11d. per lb. in the first half of the year, and fell by only ½d. in the second. Consumption of lard and compound cooking fats declined from 2·1 to 2·0 oz. per head per week, and average prices, though higher than in 1956, eased slightly to 1s. 9½d. per lb. in the second half of the year. Consumption of suet and dripping was somewhat greater than in 1956, especially towards the end of the year, but purchases of other fats, oils and creams declined.

27. Sugar consumption declined from 18·0 oz. per head per week in 1956 to 17·7 oz. in 1957; the demand, though inelastic, reacted to some extent to the marked price changes during the year. An increase in the average price to 9¾d. per lb. in the first quarter scarcely affected purchases, but the seasonal decline in demand in the second quarter was perhaps accentuated by a further increase in price to 10¼d. per lb. The average price fell to 8½d. per lb. in the third quarter and consumption rose to 18·5 oz. per head per week, rather less than a year before, when, however, supplies of soft and stone fruit for home jam-making were more plentiful. In the last quarter the price fell further to just under 7½d. per lb. and the seasonal decline in consumption was less pronounced than in previous years. The average price of preserves increased in the first months of 1957 and remained firm throughout the year; purchases of marmalade were maintained, but consumption of other preserves declined by 3 per cent. The total consumption of preserves has declined steadily from 6·3 oz. per head per week in 1950 to 3·6 oz. in 1957.

FRUIT AND VEGETABLES

28. The total quantity of potatoes obtained free and by purchase was almost unchanged in 1957 at 58·5 oz. per head per week, but free supplies accounted for a greater proportion of the total than in 1956. Prices paid for the old season's crop were appreciably lower in the first half of 1957 than in the corresponding months of shortage a year before, but in the second half of the year the new season's crop commanded higher prices than those current a year previously. Apprehension of a shortage of supplies in the spring of 1958 appears to have stimulated bulk purchases in the fourth quarter of 1957; but for this anticipation, a continued downward trend in consumption would have been apparent.

29. Consumption of fresh green vegetables at 16·0 oz. per head per week was 11 per cent greater than in 1956, because of more abundant supplies of cabbage, sprouts and cauliflower in the early months of the year; by the fourth quarter, however, cabbage and sprouts were dearer and less plentiful than a year before, although cauliflower remained in good supply and its average price declined to about 7¼d. per lb. Supplies of fresh peas and beans appeared earlier but were less plentiful than in 1956, and commanded an average price of 10d. per lb. in the third quarter compared with 8¾d. per lb. a year previously; summer purchases of quick-frozen legumes were in consequence depressed less than usual. Leafy salads were scarcer and more expensive in the summer than in the corresponding months of 1956, but average consumption over the year was maintained at 1·2 oz. per head per week.

30. The demand for root, dried and canned vegetables was restrained in the first half of the year by the abundance of potatoes and fresh greens, but in the autumn consumption of all varieties except canned peas and beans was greater than in the corresponding months of 1956. Both commercial and free supplies of carrots were

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

less than in the previous year, but supplies of other root vegetables were maintained, and those of miscellaneous fresh vegetables consistently greater than a year before. Dried pulses and canned peas and beans were more expensive than in 1956 and purchases about 10 per cent lower, but consumption of other canned vegetables again increased.

31. Consumption of fresh fruit increased from 20·6 oz. per head per week in 1956 to 21·2 oz. in 1957, mainly because of increased purchases of apples and pears and of tomatoes; all other varieties were more expensive, and consumption of all except oranges declined. The crop of stone fruit was poor and consumption in the third quarter was only half that of the previous season, while prices were 56 per cent higher; moreover, supplies of soft fruit, especially strawberries, were exhausted earlier than usual, so that purchases of oranges, bananas and canned fruit were stimulated during the summer months. Consumption of canned and bottled fruit was greater throughout the year than in 1956, when there had been a temporary halt in the long-term upward trend, but purchases of canned tomatoes declined, since fresh tomatoes were plentiful. Consumption of dried vine fruit was again lower and prices were higher than in the previous year, but purchases and prices of other dried fruits showed little change.

CEREALS, BEVERAGES AND MISCELLANEOUS FOODS

32. The steady decline in bread purchases was accelerated after controls ended in September 1956, and the yearly average fell by 6 per cent to 48·0 oz. per head per week. The average price of bread was 20 per cent higher than in 1956, largely because of the removal of the subsidy. Expenditure accordingly increased by 14 per cent to 1s. 10d. (In 1952 consumption was 59·6 oz. and expenditure 1s. 7d.) Over the year there was some transfer of demand from white, brown and wholemeal to fancy breads, which were no dearer than in 1956.

33. Total purchases of flour continued to decline and averaged 7·8 oz. per head per week; of this 26 per cent was plain flour, compared with 24 per cent in 1956 and only 21 per cent in 1954. There were further increases in the consumption of cakes, biscuits and cereal products, but the continued fall in purchases of oatmeal was not offset by increased consumption of other breakfast cereals.

34. The average price of tea, which had been steady from February 1956 onwards at about 6s. 4d. per lb., rose to 6s. 10¼d. in the first quarter of 1957, then declined to 6s. 6d. in August, but rose again to 6s. 7¾d. by the end of the year. Despite these price movements, quarterly changes in consumption were slight; the annual average of 2·81 oz. per head per week was 2 per cent less than in 1956. Although the average price of coffee extracts and essences increased further by some 13 per cent, consumption also increased by 12 per cent to 0·29 oz. per head per week. Purchases of bean and ground coffee, cocoa and branded food drinks declined.

35. Consumption of invalid and baby foods increased rapidly throughout the year, averaging 0·32 oz. per head per week compared with 0·19 oz. in 1956, when the average price paid for this heterogenous group of commodities was about 10 per cent higher. Purchases of canned and of dehydrated soups increased; as usual, there was a tendency for purchases of the latter to be confined to the more expensive brands during the summer months. The average price recorded for meat and vegetable extracts increased sharply during the second quarter, and consumption over the year was 0·11 oz. per head per week compared with 0·14 oz. in 1956.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

FREE SUPPLIES

36. Table 9 shows the changes in the proportionate contribution recorded as having been made by free supplies to the total value of food obtained for consumption in urban, rural and all areas between 1953 and 1957. The estimates for 1957, which have been adjusted for the over-representation of rural areas in the sample, indicate that the decline between 1953 and 1956 in the importance of free supplies was sharply reversed in 1957 in the rural areas, but continued in the towns except for home production of eggs and potatoes.

TABLE 9

Value of free supplies of vegetables, fruit, eggs and other foods as a percentage of the respective total values of these foods obtained for consumption, 1953–57

(*per cent*)

	1953	*1954*	*1955*	*1956*	*1957*
ALL HOUSEHOLDS					
Potatoes	9·5	10·2	11·0	8·4	13·0
All other vegetables	17·3	16·0	14·7	14·0	15·4
Fruit	9·9	6·8	7·6	6·2	6·4
Eggs	14·2	11·3	10·8	7·9	9·8
All other foods	1·0	1·3	1·2	0·9	1·1
All foods	4·0	3·5	3·5	2·9	3·3
ALL URBAN AREAS					
Potatoes	4·3	4·7	4·7	4·7	6·1
All other vegetables	10·8	9·8	8·6	9·9	9·1
Fruit	6·7	5·4	5·4	5·2	4·1
Eggs	5·8	3·8	4·0	2·9	3·3
All other foods	0·2	0·3	0·4	0·3	0·3
All foods	2·0	1·7	1·7	1·6	1·5
RURAL AND SEMI-RURAL AREAS					
Potatoes	30·5	29·3	32·7	23·3	43·0
All other vegetables	43·2	37·6	35·6	31·4	43·2
Fruit	21·4	12·3	14·3	10·7	14·7
Eggs	38·8	35·7	33·2	27·8	34·7
All other foods	3·7	4·3	3·6	3·5	4·3
All foods	11·1	9·5	9·1	7·9	10·4

Energy Value and Nutrient Content

37. The energy value and nutrient content of the household diet in 1957 was calculated by the method described in *The Urban Working-Class Household Diet, 1940 to 1949**. The only major change in the procedure was that, as in the reports for the previous three years, 1954, 1955 and 1956, the nutrient values of flour and bread were estimated from analyses of flour made by the Government Chemist. When the National Flour Survey ceased on the introduction of the current Flour Regulations† in September 1956, arrangements were made for random samples of flour to be provided voluntarily by millers, so that information was available on the nutrient content of flours currently produced. The figures shown in Table 10 represent the nutritive value of the edible portion of food purchased or obtained "free" for consumption at home or in packed meals carried and eaten away from

*First Report of the National Food Survey Committee, paragraph 117. H.M.S.O., 1951.

† See Statutory Instrument No. 1183, 1956.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

home; other food eaten outside the home is not included, nor are sweets, soft or alcoholic drinks, fish liver oil or vitamin tablets, whether proprietary or welfare. In calculating the nutritive value of the diet, no allowance has been made for kitchen or plate wastage, but the figures for thiamine (vitamin B_1) and vitamin C have been adjusted to allow for cooking losses in accordance with the recommendations of the Medical Research Council*.

38. Table 10 shows the annual averages for all households in 1952 – the last year of full control – and for 1956 and 1957. The yearly averages for 1957 were equal to or greater than those for 1956 for animal protein, fat, iron, vitamins of the B complex and vitamin C and also for energy value. For carbohydrate and vitamin D there were falls of 4 and 3 per cent respectively, caused for carbohydrate by reduced consumption of bread, and for vitamin D by the replacement of margarine by butter; margarine is fortified with vitamin D to a level about five times that occurring naturally in butter. The other decreases were under 2 per cent. Increases in the averages for iron, thiamine and nicotinic acid were due largely to the higher levels of these nutrients reported by the Government Chemist in flour and bread following the introduction of the new Flour Regulations in September 1956. The effect of these in 1956 was, therefore, confined to the last quarter. In 1957 these increased levels outweighed the effects of reduced bread consumption. The rise of 4 per cent for vitamin C was due to increases in consumption of fresh green vegetables and fruit. Fat intake also rose, by 2 per cent; increases in consumption of butter (which more than counteracted decreases in that of margarine and cooking fats), of pork and of cheese contributed to this difference.

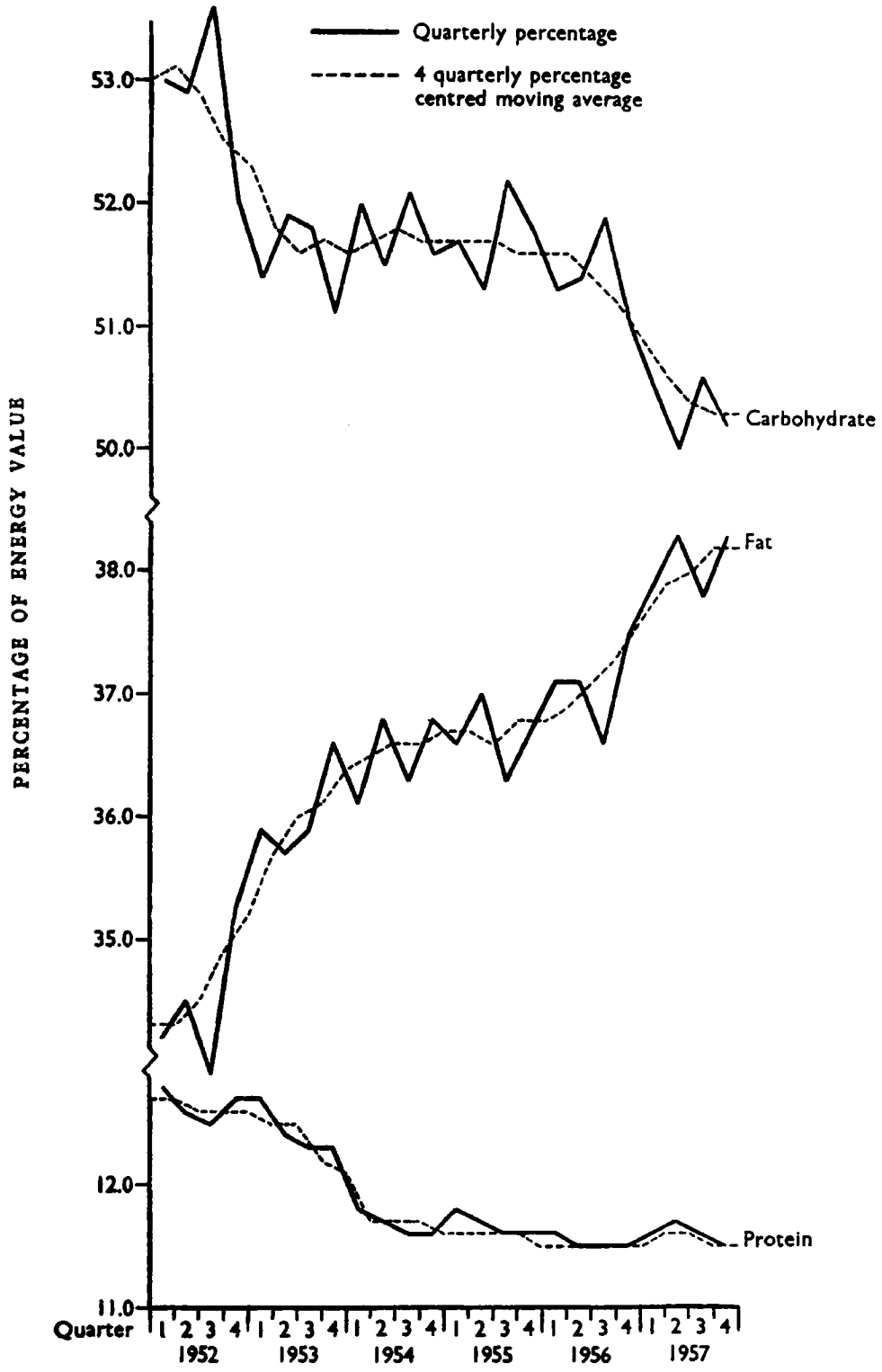
39. Table 11 and Chart 1 show the proportion of the energy value of the diet derived from protein, fat and carbohydrate between 1952 and 1957. Table 11 also shows the proportion of protein obtained from animal sources. Between 1952 and 1957 there was an almost continuous rise in the proportion of total calories derived from fat, which was offset in 1952 and 1953 by reductions in the proportions from both protein and carbohydrate and after a pause in 1954–5 by a further fall in that from carbohydrate alone. These changes occurred because of the gradual increase in consumption of foods of animal origin, especially meat, and of fats, and also because of decreases in the consumption of cereal foods, especially flour and bread. Indeed, only about half of the 17 per cent increase in the fat content of the diet between 1952 and 1957 was due to increased supplies of "visible" fats. The animal protein content increased by 13 per cent; this did not fully offset a reduction of 18 per cent in vegetable protein, and thus led to a 3 per cent reduction in total protein (Table 10). The actual carbohydrate content of the diet was about the same in 1957 as in 1952. The net effect of these changes was an increase of 6 per cent in the energy value of the diet between 1952 and 1957. Superimposed on these annual trends, there was a fairly regular seasonal variation; in each year the proportion of the energy derived from carbohydrate increased in the third quarter and declined in the fourth, with compensating changes in the proportion derived from fat. All these figures refer to the composition of the food obtained for consumption, no allowance having been made for wastage of edible food. Wastage of fat, especially of such "invisible" fat as the fat of meat, either as plate waste, drippings or fat trimmings, may be proportionately higher than wastage of protein and carbohydrate.

**Nutritive Values of Wartime Foods*, Medical Research Council, War Memorandum No. 14. H.M.S.O., 1945.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

CHART I

Percentage of Energy Value derived from Protein, Fat and Carbohydrate
All households 1952–1957



Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

The changes in the actual intake of protein, fat, and carbohydrate may not, therefore, directly follow those reported here.

40. Table 10 gives figures illustrating the relative adequacy of the household diet for the years 1952, 1956 and 1957 in comparison with scales of allowances based on those recommended in the Report of the Committee on Nutrition of the British Medical Association. In interpreting the percentages relating to the adequacy of the diet, it is necessary to appreciate the approximate nature of the estimates on which the tables were based*. The allowances recommended were considered by the British Medical Association's Committee to be "sufficient to establish and maintain a good nutritional state in representative individuals of the groups concerned." Apart from the recommendations for energy, the scales represent "allowances" and thus, by the inclusion of a certain margin of safety, are higher than absolute or minimal physiological requirements, although the British Medical Association Committee pointed out that "in every group there must be cases where the need for one or other nutrient is greater than that of the average." They also drew attention to the paucity of data concerning the quantitative aspects of human nutritional requirements on which their recommendations were based.

41. In calculating the allowances for application to the Survey data, adjustments were made for meals taken outside the home, and a further arbitrary adjustment of 10 per cent was applied to allow for plate and other wastage or spoilage of edible food, and for food bought for consumption and fed to domestic pets. Only in tables relating to the adequacy of the diet has this 10 per cent been deducted (allowances for *inedible* wastage, such as vegetable parings and meat bones, have been made in the food composition factors used in the nutrient analysis of the data).

42. Apart from the lack of finality implicit in the allowances, difficulties arise in assessing the amount of food actually consumed. In paragraph 141 of the Report for 1956, it was suggested that there may be differences in wastage between different types of household since it seemed unreasonable to assume that smaller households wasted only 10 per cent of their food purchases and were, in fact, consuming amounts of food 10 to 20 per cent in excess of their requirements, and since larger families may waste less because they need to exercise greater economy than small ones. When the energy value of the food obtained by different types of household is expressed as a percentage of their energy requirements (with the usual 10 per cent adjustment for wastage) it appears that since 1952 the average household has increased its food purchases in relation to its requirements, and that certain groups appear to purchase food substantially in excess of their needs. Table 12 shows that the energy value of the diet of younger childless couples, of old age pensioner households, and of Class A increased between 1952 and 1956 while that of the larger families remained fairly stationary. The energy value of the diet of all groups† decreased slightly in 1957. The widening of this gap between intake and requirements in the smaller families during these five years cannot be explained by any difference in the composition of the samples nor by inaccuracies in the estimation or application of calorie requirements or the nutritive value of foods, since such factors would affect the figures in a similar manner each year.

---

*See *Domestic Food Consumption and Expenditure, 1955;* paragraph 51. H.M.S.O., 1957.

†The definitions of social classes and of household types are given in paragraphs 45, 46 and 98 and 99.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

43. Three possible causes may have contributed to the difference between intake and requirements in these households:

(i) Since 1952, the level of physical activity of these groups may have increased, though this does not seem likely.

(ii) The average body weight of adults may have increased. Over the years 1955 to 1957, the surplus, after deduction of 10 per cent for wastage, was 100 Cal. per head per day for the whole sample and just under 400 for younger couples. Calculations can be made to assess the gains in weight likely to accrue from such excess consumption. On the basis of the finding of Passmore and his colleagues* that obese tissue is equivalent to about 7·5 Cal. per gram and using the equation relating energy requirement and weight given (p. 67) in the Second Report on Calorie Requirements of the Food and Agriculture Organisation (F.A.O. Rome 1957) it can be shown that a surplus of 100 Cal. per day for three years could cause an increase of weight of nearly ½ stone in adults and one of 400 Cal. could cause an increase of over 1½ stone. The smaller increase might go unnoticed, but it seems unlikely that the larger would.

TABLE 10

Energy Value and Nutrient Content of Domestic Food Consumption All Households, 1952, 1956 *and* 1957

	1952 Yearly average	*1956* Yearly average	*1957* Yearly average
(A) INTAKE PER PERSON PER DAY			
Energy value (Cal.)	2,447	2,624	2,587
Total protein (g.)	77	76	75
Animal protein (g.)	38	43	43
Fat (g.)	94	108	110
Carbohydrate (g.)	324	337	325
Calcium (mg.)	1,043	1,029	1,028
Iron (mg.)	13·0	13·3	14·1
Vitamin A (i.u.)	3,551	4,310	4,289
Thiamine (mg.)	1·28	1·21	1·29
Riboflavin (mg.)	1·64	1·65	1·66
Nicotinic acid (mg.)	12·9	13·0	13·8
Vitamin C (mg.)	53	50	52
Vitamin D (i.u.)	148	150	145
(B) AS A PERCENTAGE OF RECOMMENDED ALLOWANCE(a)			
Energy value	99	105	103
Total protein	104	102	100
Calcium	108	107	106
Iron	106	108	113
Vitamin A	148	182	180
Thiamine	131	122	129
Riboflavin	109	109	109
Nicotinic acid	131	132	138
Vitamin C (a)	244	226	234

(a) Use of the Vitamin C allowances recommended by the National Research Council of the U.S.A., which are over three times those of the British Medical Association, would give much lower figures here and in Tables 20, 22, 26, 36, 40, 44 and 45.

*R. Passmore, J. A. Strong and F. J. Ritchie; *Brit. J. Nutr. 1958*, Vol. 12, p. 113.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

(iii) There may have been increased wastage of edible food. It can be assumed that with supplies of food freely available and, at least in Class A and the younger childless households, relatively few economic restrictions on food purchases, consumers can afford to be more selective in their kitchens and on the table; but the energy value of the diet of old age pensioner households also increased, and this is presumably subject to economic considerations. This suggests that wastage may be inversely related to the size of the household.

44. It is against this background that the estimates in Table 10 of the adequacy of the average household diet for the years 1952, 1956 and 1957 have to be interpreted. In these 10 per cent has been deducted from all nutrients to allow for edible wastage. The average diet was nutritionally satisfactory throughout the period. In 1957 the averages were, for energy value, protein, calcium and vitamin A, slightly lower than in 1956; for riboflavin they were the same; for vitamin C and for iron, thiamine and nicotinic acid – the nutrients affected by the new Flour Regulations – they were higher. The level for protein was the lowest yet recorded.

TABLE 11

Percentage of Energy Value Derived from Protein, Fat and Carbohydrate All Households, 1952, 1956 *and* 1957

(*per cent*)

	1952	*1956*	*1957*
Protein	12·6	11·5	11·6
Fat	34·5	37·1	38·1
Carbohydrate	52·9	51·4	50·3
Total energy value	100	100	100
Animal protein as percentage of total protein	48·6	56·3	57·6

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 12

Energy Value of Domestic Food Consumption expressed as percentage of Allowances based on British Medical Association's Recommendations

Selected Household Groups, 1952–57

(per cent)

		Social Class			Household Composition				
					1 Male and 1 Female Adult and				
	All households	*A*	*C*	*Old age pensioner households*	*no other (both under 55)*	*2 children*	*4 or more children*	*adolescents only*	*adolescents and children*
1952	99	103	97	101	n.a.	101	101	96	93
1953	101	103	101	107	110	102	100	99	95
1954	105	109	103	109	117	105	99	102	98
1955	105	110	103	107	119	105	98	103	97
1956	105	108	103	111	118	105	100	104	96
1957	103	107	100	109	115	104	98	102	93

Original from CORNELL UNIVERSITY

IV

Household Diets of Social Classes

Classification by Income of the Head of the Household

45. Up to 1955 the definition of social class used in the National Food Survey was based on the gross weekly income of the head of the household, as stated by the housewife or, if necessary, inferred from occupation or other information. The lowest of the four broad income grades (Class D) was further divided into households solely or mainly dependent on old age pensions[1] (abbreviated as O.A.P.), other households containing no earner (Class D2) and households containing one or more earners (Class D1). The last-named group contained many households in which the head was retired but which had one member or more in normal employment, and it was found after decontrol that their food expenditure was characteristic of a higher income grade. In 1956, therefore, such households were experimentally re-classified according to the income of the principal earner, whether or not he or she was recorded as the head of the household. This change considerably improved the discrimination between Classes C and D1 in food expenditure per head, net family income and family size, and the new definition was therefore continued in 1957.

46. In 1955 it had also become apparent that an annual review of the income grades was required in view of the continuing rise in money incomes, which was constantly shifting households from a lower to a higher income group. New points of subdivision of the income of the head of the household or principal earner were therefore introduced in 1956 in order to stabilize the proportion of households in each class. The object was to make each class as closely comparable as possible from year to year, not precisely in terms of its aggregate real income but rather as being representative of that section of the income distribution which it embraced. Calculations suggested that suitable points of subdivision for each year could be obtained by applying certain factors to the average earnings of adult men in manufacturing and other industries, as ascertained by the Ministry of Labour in October of the previous year[2]. The two lower limits thus found were rounded to the nearest ten shillings and the higher limits to the nearest pound. The same method was applied to fix class limits for 1957. The limits for the three years 1955–57 are shown in Table 13, together with the resultant percentage distributions of households.[3] The 1955 figures have been adjusted to allow for the probable effect of the "principal earner" rule (see paragraph 45). With this retrospective adjustment, the 1955, 1956 and 1957 percentages are relatively consistent.

---

[1]Including non-contributory and contributory retirement pensions, and pensions of widows over 60 years of age.

[2]Since the new income grades had to be determined before the October estimates of earnings were available, these had to be estimated in advance from the April average and subsequent changes in wage rates.

[3]It happened that, in rounding to the nearest pound, the two higher points of subdivision were shifted downwards in 1956 but upwards in 1957; this tended to increase the proportion of households in Classes A1 and A2 in the former year and reduce it in the latter.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 13
Income Ranges used to define Social Classes, 1955–57

Class	Gross weekly income of head of household (a)			Percentage of households		
	1955	*1956*	*1957*	*1955*	*1956*	*1957*
A (A1)	£24 or more	£27 or more	£30 or more	2·5	2·9	2·6
(A2)	£15 – £24	£16 – £27	£18 – £30	7·8	10·1	7·7
B	£9 – £15	£10 – £16	£10 10s. – £18	39·3	37·5	38·1
C	£6 – £9	£6 10s.(c) – £10	£7 – £10 10s.	31·0	33·1	32·8
D (b)	Under £6	Under £6 10s.(c)	Under £7	19·4	16·5	18·9

(a) Or of principal earner if gross weekly income of head was less than £6 10s.(c) (1956) or £7 (1957).
(b) Subdivided into D1 (with earners), D2 (without earners) and old age pensioner households.
(c) £6 7s. for agricultural workers' households in first quarter.

TABLE 14
Domestic Food Expenditure and Social Class Distribution of Households, 1957

	Class								All households
	A			B	C	D			
						excluding O.A.P.		O.A.P.	
	A1	A2	All			with earners (D1)	without earners (D2)		
No. of households	233	684	917	3,399	2,930	593	316	776	8,931
No. of persons	799	2,344	3,143	11,720	10,019	1,588	601	1,142	28,213
Average size of household	3·43	3·43	3·43	3·45	3·42	2·68	1·90	1·47	3·16
Average no. of:									
adults	2·16	2·22	2·20	2·22	2·20	1·86	1·59	1·45	2·10
adolescents	0·28	0·23	0·25	0·23	0·27	0·25	0·03	...	0·22
children under 15	0·98	0·98	0·98	1·00	0·95	0·56	0·28	0·02	0·84
Percentage of adult males under 65 classified as:									
sedentary	87	68	72	40	26	67	100	100	40
moderately active	4	16	13	41	49	17	—	—	40
active or very active	9	16	14	19	25	15	—	—	20
Food expenditure per week:	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*
per person	35 7	31 0	32 2	28 10	26 7	25 0	25 5	25 7	28 1
per household	122 0	106 3	110 3	99 4	90 10	67 0	48 4	37 8	88 9
Percentage change in food expenditure per person compared with 1956	+4·8	+5·0	+5·3	+5·3	+0·5	+0·2	−8·6	+3·3	+3·0

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Expenditure and Consumption

47. Table 14 gives the average domestic food expenditure per head and per household for each social class, with some demographic information. The average size and composition of the household was almost the same in Classes A1, A2, B and C, all of which had an average of 2·2 adults, about 0·25 adolescent aged 15–20 and 1·0 child under 15 per family. Households in the three sections of Class D were much smaller and predominantly adult. The proportion of adult males of working age (21–65) who were classified as sedentary ranged from 87 per cent in Class A1 to 26 per cent in Class C. The proportion of adult men whose work was classified as active or very active was highest in Class C, followed by Class B, in both of which there was one heavy manual worker to two light manual workers. In contrast, of the small number of male manual workers in Class A1 some two-thirds were engaged on heavy work.

48. All classes except D2 spent more per head on food than in 1956, but the increases were generally less than in the previous year, being largest (5 per cent) in Classes A and B. There was some improvement in the relative position of old age pensioner households, but the somewhat similar class of households, Class D2, also consisting largely of elderly adults, showed a fall of over 8 per cent in their expenditure per person which was largely though not wholly due to an increase in the average number of children per household.

49. The average food expenditure and value of food obtained for domestic consumption by households of different social class are shown in Table 15. The value of free food was greater than in the previous year (in part no doubt because of changes in the composition of the sample) except for Classes A1 and A2, in which the decline continued, though their averages were still well above those of any other group.

50. A food price index was calculated for each class by costing the national average purchases per head of each food at the average price paid by that class and expressing the resulting total as a percentage of the average domestic food expenditure per head for the whole sample. The index therefore takes no account of the actual pattern of purchases in particular classes, but only of differences in the prices which they paid for the same commodities, presumably because of differences in quality, packaging or service. Nevertheless, a price index weighted according to the pattern of purchases in each class, instead of the national pattern, would give closely similar results. The index adopted showed that class differences in food prices ranged from 8·3 per cent above the national average in Class A1 to 4·3 per cent below in old age pensioner households; the corresponding range in 1956 was from +8·4 to —5·0 per cent and in 1955 from +8·4 to —4·3. The relative price levels in the intermediate classes were also remarkably stable, their departures from the national average varying during the three years by not more than 0·7 per cent in Classes A, B and C and 1·5 per cent in Class D; and part even of this small fluctuation may be due to the revision of the income grade definitions. Class differences in expenditure were much greater than the differences in average prices paid, the range being from +27 to —8 per cent in expenditure compared with +8 to —4 per cent in price; thus the greater part of the class range in expenditure is attributable to differences in quantity and quality rather than to differences in price.

51. The largest class variation in prices was found for the group of beverages other than tea, the average price of which ranged from 45 per cent above the national average in Class A1 to 11 per cent below in the old age pensioner group, with

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 15

Total Domestic Expenditure, Value of Consumption and Price Indices by Social Class, 1957

	Class								All households
	A			B	C	D			
	A1	A2	All			excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.
Expenditure	35 7	31 0	32 2	28 10	26 7	25 0	25 5	25 7	28 0
Value of free food	2 1	1 4	1 6	1 1	1 1	0 9	0 11	0 7	1 1
Value of consumption	*37 8*	*32 4*	*33 8*	*29 10*	*27 7*	*25 9*	*26 3*	*26 3*	*29 0*
PRICE INDICES									
MILK, CREAM AND CHEESE:									
Liquid milk	104	102	102	101	99	99	98	102	100
Natural cheese	107	102	103	100	99	101	99	98	100
Other	116	102	107	99	99	94	100	91	100
MEAT:									
Carcase	111	106	108	102	98	93	93	89	100
Bacon	110	105	107	100	99	99	97	91	100
Other	110	107	108	100	98	96	97	98	100
FISH:									
Fresh	121	110	113	101	95	98	92	91	100
Other	112	105	107	101	97	97	96	87	100
EGGS	105	102	103	100	98	101	97	101	100
FATS:									
Butter	103	101	101	100	99	102	101	100	100
Margarine	103	103	103	101	98	98	101	101	100
Other	109	101	103	101	99	102	99	99	100
SUGAR	104	100	101	100	100	100	99	99	100
PRESERVES	108	102	104	101	99	98	99	98	100
VEGETABLES:									
Potatoes	106	102	103	102	97	99	98	97	100
Fresh green	108	103	104	100	98	98	101	98	100
Other	111	105	106	100	99	98	94	93	100
FRUIT:									
Fresh	107	102	103	101	98	100	97	93	100
Other	107	102	103	100	100	99	100	98	100

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 15—*continued*

	Class								All households
	A			B	C	D			
	A1	A2	All			excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
CEREALS:									
Bread	101	101	101	100	100	100	98	98	100
Flour	101	101	101	100	100	101	101	101	100
Cakes and biscuits	111	107	108	102	98	96	93	91	100
Other	108	103	104	100	99	97	93	93	100
BEVERAGES:									
Tea	107	105	105	101	98	97	98	99	100
Other	144	124	129	103	90	104	108	89	100
MISCELLANEOUS(a).	105	104	104	102	97	94	101	100	100
All foods (a)	108·3	104·1	105·2	100·8	98·3	97·8	96·9	95·7	100
PRICE OF ENERGY INDEX	133·2	111·5	117·1	101·3	95·4	93·5	94·4	92·6	100

(a) Excludes a few miscellaneous items for which expenditure only was recorded.

Class D2 households as usual ranking high (+8 per cent) because of their liking for the more expensive varieties of coffee. Other substantial price ranges were for fish, especially fresh fish, carcase meat, bacon, processed milk and cream, vegetables other than potatoes and fresh greens, fresh fruit, cakes and biscuits and "other" cereals. For nearly all the other major foods, the range of class differences in price was between 5 and 10 per cent; bread and flour were exceptional in exhibiting no appreciable price gradient. The relatively low price indices found for all three sections of Class D arose mainly from their purchasing the cheaper varieties of carcase meat; for most other foods they approached the level of Class C.

52. A "price of energy" index, obtained by dividing the money value of the food obtained for consumption by its energy value, ranged from 33 per cent above the national average in Class A1 to 7 per cent below in old age pensioner households; the corresponding range in 1956 was from +30 to —8 per cent, and in 1955 from +28 to —8. The widening arises entirely from an increase in the index for Class A1. Class differences in the average cost per calorie were somewhat greater than corresponding differences in food expenditure, since among the earning classes the higher income groups contained relatively fewer manual workers than the lower, and therefore purchased a diet which, although more expensive than that of the lower income groups, was of lower energy value.

53. Details of class differences in domestic food expenditure and consumption are given in Tables 16 and 17, which may be compared with Tables 18 and 19 in the

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Annual Report for 1956. There were again a few broad patterns of class differences to which nearly all the main foods conformed:

(a) *Maximum in Class A1, minimum in Class D2 or old age pensioner households:* cream, condensed milk, dried and other milk (expenditure only), processed and packeted cheese; beef and veal, pork (consumption), other meat, processed fish (expenditure), total fish, eggs (consumption); other fats (expenditure); other vegetables; fresh and other fruit; breakfast and other cereals (expenditure). All these have a positive income elasticity of demand, although only cream and other fats (expenditure) rank as "luxuries" in the sense of having income elasticities exceeding unity.

(b) *Maximum in Class A1, minimum in Class C or D1:* liquid milk, natural cheese, total cheese; mutton and lamb, pork (expenditure), total carcase meat, bacon, fresh fish, processed fish (consumption), eggs (expenditure and quantity purchased); butter; fresh green vegetables; wholemeal bread, other bread, other cereals (consumption); coffee, miscellaneous foods (expenditure). For this group also the income elasticity is positive, but demand is much lower in families with children than in childless households, so that Class D2 and old age pensioner households tend to have higher averages than Class C or D1.

(c) *Maximum in Class B, C or D1, minimum in Class A1, D2 or old age pensioner households:*

(i) *Maximum in Class B:* prepared fish (expenditure), potatoes (expenditure), breakfast cereals (consumption)

(ii) *Maximum in Class C:* dried and other milk (consumption), margarine, cooking fats (consumption), potatoes (consumption)

(iii) *Maximum in Class D1:* prepared fish (consumption), white bread, total bread.

These are foods with a low or negative income elasticity, giving a maximum at an intermediate point of the income range.

(d) *Maximum in old age pensioner households or Class D2:*

(ii) *Minimum in Class C or D1:* sugar (expenditure), preserves, brown bread, oatmeal (expenditure), branded food drinks.

(ii) *Minimum in Class A1 or A2:* other fats (consumption), sugar (consumption), flour, oatmeal (consumption), tea.

In this group of foods the income elasticities tend to be low or negative, as in (c); but some, e.g. tea, resemble (b) in that demand tends to be high among adults, especially elderly adults.

For cocoa, the group differences were too small and erratic to be classified, and biscuits were unique in exhibiting a maximum in Class A2. Otherwise, all the main foods distinguished in Tables 16 and 17 could be classified as above.

54. For most foods, class differences in consumption were similar to those in expenditure. The departures can be explained either by differences in the availability of free supplies (as for eggs) or by the class gradient in the average price paid, which in a few cases arose from the heterogeneity of the food group; thus, expenditure on "other" fats was highest in Class A1 households, which purchased most vegetable and salad oils, but consumption was smaller in Class A than in other groups, who bought suet and dripping.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 16

Domestic Food Expenditure by Social Class, 1957
(pence per head per week)

	Class								All households
	A			B	C	D			
	A1	A2	All			Excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
MILK AND CREAM:									
Liquid, retail	38·87	34·08	35·33	30·22	28·57	30·04	35·30	38·80	30·94
Liquid, welfare	2·23	2·62	2·51	2·46	2·12	0·92	0·40	0·02	2·14
All Liquid Milk	*41·10*	*36·70*	*37·84*	*32·68*	*30·69*	*30·96*	*35·70*	*38·82*	*33·08*
Condensed	1·68	1·30	1·44	1·39	1·41	1·40	1·40	1·19	1·38
Dried and other	1·02	0·60	0·71	0·62	0·56	0·32	0·08	0·02	0·56
Cream	3·52	1·59	2·08	0·89	0·74	0·76	1·04	0·34	0·94
Total Milk and Cream	*47·32*	*40·19*	*42·07*	*35·58*	*33·40*	*33·44*	*38·22*	*40·37*	*35·96*
CHEESE:									
Natural	6·94	5·58	5·92	5·02	4·94	4·73	5·21	5·94	5·06
Processed and packeted	1·73	1·50	1·56	1·40	1·20	1·04	0·96	1·12	1·30
Total Cheese	*8·67*	*7·08*	*7·48*	*6·42*	*6·14*	*5·77*	*6·17*	*7·06*	*6·36*
MEAT:									
Beef and veal	36·46	31·72	33·01	29·41	27·47	24·83	22·68	22·99	28·42
Mutton and lamb	23·46	17·61	19·04	15·59	14·27	13·29	16·43	17·91	15·66
Pork	8·52	5·92	6·59	5·56	5·71	3·93	4·05	5·38	5·56
All Carcase Meat	*68·44*	*55·25*	*58·64*	*50·56*	*47·45*	*42·05*	*43·16*	*46·28*	*49·64*
Bacon and ham, uncooked	17·12	15·76	16·06	15·09	13·40	12·00	12·93	13·23	14·55
Other meat (a)	42·76	31·98	34·69	29·92	28·24	24·71	22·88	19·44	29·11
Total Meat	*128·32*	*102·99*	*109·39*	*95·57*	*89·09*	*78·76*	*78·97*	*78·95*	*93·30*
FISH:									
Fresh	13·02	7·72	9·11	5·97	4·98	5·33	5·96	7·85	6·08
Processed and shell (b)	4·59	2·66	3·15	1·92	1·70	1·41	1·57	1·30	1·92
Prepared (c)	3·91	5·29	4·96	5·48	5·31	5·13	2·93	3·57	5·30
Total Fish	*21·52*	*15·67*	*17·22*	*13·37*	*11·99*	*11·87*	*10·46*	*12·72*	*13·30*
EGGS	*19·33*	*17·80*	*18·18*	*16·54*	*14·29*	*13·12*	*13·77*	*13·35*	*15·80*
FATS:									
Butter	15·69	15·03	15·22	13·28	11·61	12·46	13·82	14·52	12·81
Margarine	3·46	5·07	4·67	5·67	6·10	5·58	5·36	4·99	5·69
Lard and compound cooking fat	2·10	2·68	2·52	2·85	2·81	2·09	2·39	2·24	2·70
Other fats	1·09	0·69	0·78	0·77	0·74	0·74	0·64	0·69	0·76
Total Fats	*22·34*	*23·47*	*23·19*	*22·57*	*21·26*	*20·87*	*22·21*	*22·44*	*21·96*

(a) Includes cooked and canned meats, and meat products.
(b) Includes smoked, dried and salted.
(c) Includes cooked, canned and bottled fish, and fish products.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 16—*continued*
(*pence per head per week*)

	Class								All households
	A			B	C	D			
	A1	A2	All			Excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
SUGAR AND PRESERVES:									
Sugar	9·81	9·78	9·78	10·13	9·78	9·50	10·25	10·56	9·88
Honey, preserves, syrup and treacle	4·04	4·61	4·47	4·25	3·90	4·16	4·35	4·77	4·14
Total Sugar and Preserves	*13·85*	*14·39*	*14·25*	*14·38*	*13·68*	*13·66*	*14·60*	*15·33*	*14·02*
VEGETABLES:									
Potatoes (including chips and crisps)	10·22	9·88	9·89	12·06	11·63	10·82	8·09	9·35	11·66
Fresh green	11·95	7·86	8·90	6·86	5·51	5·59	6·02	5·99	6·58
Other (d)	12·20	11·02	11·36	10·54	9·81	8·88	7·44	6·53	10·18
Total Vegetables	*34·37*	*28·76*	*30·15*	*29·46*	*26·95*	*25·29*	*21·55*	*21·87*	*28·42*
FRUIT:									
Fresh (e)	35·57	26·17	28·52	20·94	16·45	15·63	17·38	13·65	19·68
Other (f)	15·06	12·35	13·08	10·02	8·16	6·75	6·57	4·52	9·23
Total Fruit (e)	*50·63*	*38·52*	*41·60*	*30·96*	*24·61*	*22·38*	*23·95*	*18·17*	*28·91*
CEREALS:									
Brown bread	1·39	1·21	1·24	1·02	0·93	1·24	1·70	1·71	1·06
White bread	10·53	13·87	13·05	17·22	18·65	19·37	15·27	16·82	17·32
Wholewheat and wholemeal bread	1·47	1·09	1·20	0·80	0·62	0·90	1·03	1·24	0·82
Other bread (g)	3·54	3·29	3·36	2·75	2·33	2·63	2·76	2·41	2·71
Total Bread	*16·93*	*19·46*	*18·85*	*21·79*	*22·53*	*24·14*	*20·76*	*22·18*	*21·91*
Flour	3·15	3·81	3·62	3·62	3·75	3·41	3·99	4·46	3·62
Cakes (h)	8·92	10·83	10·35	11·11	10·63	9·56	8·98	8·10	10·67
Biscuits	10·56	11·38	11·15	10·04	8·63	8·07	8·30	7·57	9·49
Oatmeal and oat products	0·89	0·87	0·88	0·84	0·82	0·90	1·53	1·28	0·87
Breakfast cereals	3·31	3·18	3·20	3·22	2·94	2·64	2·28	1·58	3·00
Other cereals	5·86	4·68	4·97	4·06	3·65	2·88	3·24	2·75	3·86
Total Cereals	*49·62*	*54·21*	*53·02*	*54·68*	*52·95*	*51·60*	*49·08*	*47·92*	*53·42*
BEVERAGES:									
Tea	11·29	13·08	12·62	13·88	13·94	14·20	15·42	18·23	14·03
Coffee	7·90	4·87	5·70	2·89	2·22	2·15	2·43	3·01	2·92
Cocoa	0·57	0·63	0·60	0·60	0·60	0·56	0·54	0·64	0·60
Branded food drinks	0·70	1·06	0·97	0·82	0·78	0·63	0·64	1·34	0·82
Total Beverages	*20·46*	*19·64*	*19·89*	*18·19*	*17·54*	*17·54*	*19·03*	*23·22*	*18·37*
MISCELLANEOUS	10·47	9·40	9·64	8·02	6·96	5·75	6·87	5·87	7·57
Total Expenditure	*426·93* (35/7)	*372·06* (31/–)	*386·10* (32/2)	*345·70* (28/10)	*318·78* (26/7)	*300·06* (25/–)	*304·91* (25/5)	*307·30* (25/7)	*337·38* (28/1)

(d) Includes dried and canned vegetables and vegetable products.
(e) Includes tomatoes.
(f) Includes dried, canned and bottled fruit.
(g) Includes rolls, fruit bread, sandwiches and milk bread.
(h) Includes buns, scones, tea cakes, muffins and crumpets.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 17

Domestic Food Consumption by Social Class, 1957

(oz. per head per week except where otherwise stated)

	Class								All households
	A			B	C	D			
	A1	A2	All			Excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
MILK AND CREAM:									
Liquid, retail (pt.)	5·09	4·51	4·66	4·07	3·80	3·93	4·46	4·84	4·05
Liquid, welfare and school (pt.)	0·78	0·96	0·92	0·88	0·79	0·50	0·34	0·03	0·79
All Liquid Milk (pt.)	*5·87*	*5·47*	*5·58*	*4·95*	*4·59*	*4·43*	*4·80*	*4·87*	*4·84*
Condensed (eq. pt.)	0·20	0·14	0·15	0·15	0·15	0·15	0·15	0·13	0·15
Dried and other (pt. or eq. pt.)	0·07	0·07	0·07	0·10	0·12	0·06	0·03	0·01	0·09
Cream (pt.)	0·05	0·03	0·04	0·02	0·01	0·01	0·01	...	0·02
Total Milk and Cream (pt. or eq. pt.)	*6·19*	*5·71*	*5·84*	*5·22*	*4·87*	*4·65*	*4·99*	*5·01*	*5·10*
CHEESE:									
Natural	3·23	2·70	2·84	2·51	2·50	2·34	2·65	3·03	2·52
Processed and packeted	0·45	0·40	0·42	0·40	0·34	0·31	0·28	0·31	0·37
Total Cheese	*3·68*	*3·10*	*3·26*	*2·91*	*2·84*	*2·65*	*2·93*	*3·34*	*2·89*
MEAT:									
Beef and veal	12·26	11·08	11·42	10·74	10·46	9·86	9·03	9·58	10·54
Mutton and lamb	8·22	6·61	6·99	6·13	5·88	5·68	7·36	7·82	6·28
Pork	2·86	2·01	2·23	1·96	2·05	1·55	1·44	2·16	1·98
All Carcase Meat	*23·34*	*19·70*	*20·64*	*18·83*	*18·39*	*17·09*	*17·83*	*19·56*	*18·80*
Bacon and ham, uncooked	5·40	5·20	5·24	5·24	4·76	4·22	4·72	5·15	5·08
Other meat (a)	14·01	11·61	12·22	11·86	11·76	10·42	9·68	7·92	11·56
Total Meat	*42·75*	*36·51*	*38·10*	*35·93*	*34·91*	*31·73*	*32·23*	*32·63*	*35·44*
FISH:									
Fresh	5·80	3·84	4·34	3·24	2·89	2·99	3·40	4·67	3·32
Processed and shell (b)	1·95	1·34	1·51	1·00	0·97	0·84	0·98	0·86	1·02
Prepared (c)	0·94	1·39	1·28	1·61	1·68	1·73	0·89	1·25	1·60
Total Fish	*8·69*	*6·57*	*7·13*	*5·85*	*5·54*	*5·56*	*5·27*	*6·78*	*5·94*
EGGS (No.)	5·48	4·92	5·08	4·66	4·18	3·65	3·84	3·47	4·41
Eggs purchased (No.)	4·66	4·46	4·51	4·16	3·62	3·27	3·54	3·34	3·98

(a) Includes cooked and canned meats, and meat products.
(b) Includes smoked, dried and salted.
(c) Includes cooked, canned and bottled fish, and fish products.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 17—*continued*
(*oz. per head per week except where otherwise stated*)

	Class								
	A			B	C	D			All households
	A1	A2	All			Excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
FATS:									
Butter	6·64	6·32	6·41	5·59	4·89	5·13	5·70	6·09	5·37
Margarine	2·37	3·48	3·21	3·96	4·40	4·02	3·77	3·48	4·02
Lard and compound cooking fat	1·42	1·91	1·79	2·08	2·09	1·55	1·77	1·73	1·98
Other fats	0·50	0·44	0·45	0·60	0·62	0·60	0·63	0·61	0·59
Total Fats	*10·93*	*12·15*	*11·86*	*12·23*	*12·00*	*11·30*	*11·87*	*11·91*	*11·96*
SUGAR AND PRESERVES:									
Sugar	16·72	17·22	17·08	18·13	17·71	16·87	18·75	18·97	17·70
Honey, preserves, syrup and treacle	3·45	4·09	3·92	3·63	3·39	3·67	4·16	4·16	3·59
Total Sugar and Preserves	*20·17*	*21·31*	*21·00*	*21·76*	*21·10*	*20·54*	*22·91*	*23·13*	*21·29*
VEGETABLES:									
Potatoes (including chips and crisps)	49·33	51·42	50·60	59·43	61·56	53·85	46·92	52·52	58·47
Fresh green	21·21	16·81	17·95	16·13	15·83	13·85	15·79	17·00	15·95
Other (d)	16·98	16·86	16·96	16·51	15·75	14·52	13·92	12·93	16·13
Total Vegetables	*87·52*	*85·09*	*85·51*	*92·07*	*93·14*	*82·22*	*76·63*	*82·45*	*90·55*
FRUIT:									
Fresh (e)	37·88	28·71	31·02	22·42	17·83	16·26	20·58	17·29	21·22
Other (f)	10·35	8·81	9·24	7·37	6·03	4·95	4·99	3·54	6·74
Total Fruit (e)	*48·23*	*37·52*	*40·26*	*29·79*	*23·86*	*21·21*	*25·57*	*20·83*	*27·96*
CEREALS:									
Brown bread	2·98	2·63	2·71	2·20	2·03	2·68	3·71	3·62	2·28
White bread	24·92	32·78	30·82	40·69	44·15	45·68	35·96	38·75	40·86
Wholewheat and wholemeal bread	2·56	1·90	2·10	1·40	1·08	1·56	1·83	2·18	1·44
Other bread (g)	4·08	3·74	3·84	3·48	2·93	3·28	3·88	3·53	3·42
Total Bread	*34·54*	*41·05*	*39·47*	*47·77*	*50·19*	*53·20*	*45·38*	*48·08*	*48·00*

(d) Includes dried and canned vegetables, and vegetable products.
(e) Includes tomatoes.
(f) Includes dried, canned and bottled fruit.
(g) Includes rolls, fruit bread, sandwiches and milk bread.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 17—*continued*
(oz. per head per week except where otherwise stated)

	Class								All households
	A			B	C	D			
	A1	A2	All			Excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
Flour	6·73	8·14	7·75	7·84	8·10	7·27	8·54	9·54	7·81
Cakes (h)	4·20	5·46	5·16	5·98	5·94	5·49	5·26	4·97	5·83
Biscuits	5·58	6·24	6·06	5·72	5·15	4·93	5·33	4·99	5·50
Oatmeal and oat products	0·92	1·02	0·99	1·01	0·99	1·18	1·90	1·67	1·04
Breakfast cereals	1·84	1·88	1·86	1·95	1·81	1·60	1·46	1·00	1·82
Other cereals	4·40	3·58	3·78	3·25	2·94	2·45	3·01	2·67	3·12
Total Cereals	*58·21*	*67·37*	*65·07*	*73·52*	*75·12*	*76·12*	*70·88*	*72·92*	*73·12*
BEVERAGES:									
Tea	2·10	2·50	2·40	2·75	2·84	2·93	3·16	3·68	2·81
Coffee	0·94	0·59	0·68	0·38	0·36	0·28	0·32	0·48	0·40
Cocoa	0·19	0·21	0·20	0·20	0·20	0·18	0·17	0·21	0·20
Branded food drinks	0·16	0·27	0·24	0·20	0·19	0·15	0·15	0·33	0·20
Total Beverages	*3·39*	*3·57*	*3·52*	*3·53*	*3·59*	*3·54*	*3·80*	*4·70*	*3·61*

(h) Includes buns, scones, tea cakes, muffins and crumpets.

55. A comparison with 1956 reveals some noteworthy changes in both expenditure and consumption; these are summarized in Table 18. In every class butter consumption increased at the expense of margarine, though the changes did not necessarily counterbalance. Expenditure on margarine decreased in all classes, and that on butter was also lower in most groups, because of the fall in prices. The consumption of lard and compound cooking fats declined in all classes except A2, but with the improvement in butter supplies the total consumption of visible fats increased except in Classes A1 and D2. The average consumption of carcase meat, bacon and total meat decreased except in Classes A1 and B, and that of fish in all classes except A1 and A2.

56. Potato consumption showed comparatively little change except for a 25 per cent increase in Class A1, the only group to spend more on potatoes than in the previous year; thus the range of class differences was diminished. The consumption of fresh green vegetables increased in all classes, mostly by 11–13 per cent, though in old age pensioner households (previously below the national average) by as much as 23 per cent; these rises were partly offset by decreases in other vegetables. Except in the highest income group, expenditure on fresh green vegetables increased less than consumption, and in Classes C, D1 and D2 was not even maintained. All groups except D2 recorded increases in the averages for total fruit, and decreases of 5 to 11 per cent in bread consumption, though not of course in expenditure

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

because of the removal of the bread subsidy. All classes except D2 also spent more on flour, and all except this group and the pensioner households on cakes and biscuits. Tea consumption declined slightly in all groups, but the characteristic class gradient from 2·10 oz. per head per week in Class A1 to 3·68 oz. in old age pensioner households persisted.

TABLE 18

Percentage changes in expenditure and consumption between 1956 and 1957

	Expenditure							*Consumption*						
	A1	*A2*	*B*	*C*	*D1*	*D2*	*O.A.P.*	*A1*	*A2*	*B*	*C*	*D1*	*D2*	*O.A.P.*
Liquid milk:														
retail	+11	+10	+8	+5	+4	−3	+11	+1	+1	+5	−1	+0	−8	+3
welfare and school	+80	+162	+89	+110	+56	+67	n.a.	−10	+12	−11	+3	+2	+6	n.a.
Total	+13	+14	+12	+9	+5	−3	+11	−1	+3	+2	−0	+0	−7	+3
Cheese	+2	−10	−7	−15	−5	−20	−5	+16	+1	+5	−2	+9	−9	+10
Carcase meat	+4	+4	+8	+2	−5	−12	+2	+2	−2	+2	−3	−8	−11	−4
Bacon and ham	+5	+1	−1	−9	−9	−5	−11	+6	−2	+1	−5	−9	−1	−6
Total meat	+10	+4	+6	−1	−6	−9	−0	+6	−1	+4	−1	−7	−8	−5
Fish	+5	+7	+5	−3	+3	−29	+8	+7	+4	−2	−7	−9	−31	−1
Eggs	−11	−9	−10	−16	−20	−23	−9	+1	−2	+4	+1	−6	−8	−1
Butter	−12	+1	+3	−8	+12	−11	−0	+2	+17	+20	+11	+28	+2	+17
Margarine	−32	−7	−7	−3	−11	−7	−7	−36	−12	−11	−7	−16	−9	−12
Cooking fats	−5	+9	−3	−5	−0	+6	−5	−13	+3	−5	−2	−9	−3	−16
Total fats	−17	−0	+0	−3	+3	−9	−3	−12	+4	+3	+1	+2	−6	+1
Sugar	−2	+6	+9	+4	+2	+5	+9	−9	−2	+2	−3	−6	+1	+2
Preserves	−23	+6	+6	+7	+12	−16	+7	−25	−2	−3	+0	+11	−15	−4
Potatoes	+22	−7	−10	−9	−20	−18	−5	+25	+3	−2	+2	−12	−3	+13
Fresh green vegetables	+15	+8	+7	−4	−3	−3	+12	+13	+11	+13	+13	+11	+3	+23
Other vegetables	+9	−3	−4	−4	−8	−18	−5	−1	−2	−4	−6	−7	−19	−2
Total vegetables	+15	−2	−5	−6	−13	−14	−1	+16	+3	−0	+1	−8	−5	+12
Fresh fruit	+3	+7	+13	+6	+12	−12	+13	−2	+3	+17	+3	+8	−17	+16
Other fruit	+9	+9	+9	+3	+18	−7	−4	+8	+9	+7	+2	+17	+6	−3
Total fruit	+5	+7	+11	+5	+14	−11	+9	+0	+4	+7	+3	+10	−11	+13
Bread	+5	+13	+16	+11	+14	+18	+14	−11	−7	−5	−9	−6	+1	−6
Flour	+0	+8	+5	+12	+10	−9	+3	−5	+1	−1	+4	+4	−16	−2
Cakes	+7	+8	+8	+3	+11	−5	−1	+1	+4	+3	−1	+8	−3	−1
Biscuits	+5	+14	+9	+1	+12	−14	−1	+1	+11	+6	+0	+10	−13	−1
Tea	+3	−0	+4	−1	−4	−4	+5	−3	−5	−1	−6	−9	−6	−1

57. An increase of 2½d. a pint in the cost of welfare milk resulting from the reduction of the subsidy in April 1957 had little effect on total liquid milk consumption in the groups. The fall in total liquid milk consumption in Class D2, which contains few children, was wholly in full-price milk.

Energy Value and Nutrient Content

58. Table 19 shows the energy and nutritive value of household diets according to class. For all nutrients other than vitamins A, C and D, no class except A1 departed from the national average by more than 10 per cent. The diet of Class A as a whole was above the national average for all nutrients except carbohydrate; that of Classes B and C was similar to the average, and that of all groups in Class D below average for every nutrient. The main reasons for the relatively wide class differences in vitamins A and C were the downward gradients with social class in the consumption of fruit and fresh green and "other" vegetables, and for vitamin C these differences would have been greater were it not for the relatively greater consumption of

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

potatoes in Classes B, C and D1 and old age pensioner households. The low intakes of vitamin D in all sections of Class D, which were 9–20 per cent less than the national average, were caused by a smaller consumption of fat fish and, in the two groups containing elderly adults, of margarine and fortified dried milks.

59. In comparison with similar data for 1956, class differences widened slightly; both sections of Class A improved their position and Classes D1 and D2 lost a littleg round. Because of the revised Flour Regulations, all classes except D2 increased their intakes of iron, thiamine and nicotinic acid despite reduced consumption of bread. Class D2 households increased their bread purchases but obtained less of other main foods, so that their intakes of iron and nicotinic acid declined.

TABLE 19

Energy Value and Nutrient Content of Diets of Households of Different Social Class, 1957

(per head per day)

	Class								
	A			*B*	*C*	*D*			*All households*
	A1	*A2*	*All*			*Excluding O.A.P.*		*O.A.P.*	
						with earners (D1)	*without earners (D2)*		
Energy value (Cal.)	2,523	2,590	2,570	2,631	2,585	2,462	2,485	2,528	2,587
Total protein (g.)	79	76	76	76	74	70	70	72	75
Animal protein (g.)	53	46	48	44	42	39	40	41	43
Fat (g.)	115	114	114	112	108	100	104	105	110
Carbohydrate (g.)	292	315	309	331	330	320	317	323	325
Calcium (mg.)	1,122	1,080	1,091	1,039	1,009	969	986	1,018	1,028
Iron (mg.)	14·8	14·0	14·2	14·2	14·0	13·1	12·8	12·6	14·1
Vitamin A (i.u.)	5,145	4,675	4,800	4,421	4,130	3,704	3,912	3,867	4,289
Thiamine (mg.)	1·33	1·29	1·30	1·31	1·29	1·22	1·20	1·25	1·29
Riboflavin (mg.)	1·91	1·76	1·80	1·69	1·61	1·50	1·56	1·59	1·66
Nicotinic acid (mg.)	15·0	13·7	14·1	13·7	13·5	12·8	12·8	13·1	13·8
Vitamin C (mg.)	73	58	62	53	49	44	44	44	52
Vitamin D (i.u.)	140	150	147	147	149	132	121	117	145

60. Except for energy value, fat, carbohydrate and vitamin D, Class A1 showed increases. Classes A2, B and C all had a pattern similar to that of 1956, apart from the changes mentioned in paragraph 59: any other changes were upward in Classes A2 and B and downward in Class C. The three sub-groups of Class D resembled each other more closely than in previous years. It is clear that the rise in the number of children in the Class D2 sample in 1957 (see paragraph 48) reduced the average consumption of this group so that its diet resembled that of Class D1 more than that of the middle classes; hence direct comparisons with the previous year are of limited value. In 1957, the old age pensioner households maintained or improved their levels of nearly all nutrients, but Classes D1 and D2 did not. Class D1 showed

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

small decreases for all nutrients, other than those affected by the new Flour Regulations. In contrast, old age pensioner households showed improvements for all minerals and vitamins estimated.

61. Compared with 1956, decreased consumption of bread and cereals was common to all classes other than D2. All classes except B and D2 and the old age pensioner households obtained less sugar. In general, consumption of the animal foods increased in Classes A and B, and decreased in C and D, though old age pensioner households obtained more milk and cheese. Most groups consumed more fats, green vegetables and fruit. These changes were responsible for the higher nutrient content of the diet in Class A1 and old age pensioner households; in Classes A2, B and C they largely balanced each other, and in Class D1 the decreased consumption of bread and other main foods was not fully offset by slight increases in cheese, butter, green vegetables and fruit. In the sample representing Class D2, the uniquely higher bread consumption did not counteract the lower consumption of most foods.

62. The adequacy of the diets has been assessed by comparison with allowances based on the recommendations of the British Medical Association. Table 20 shows that the only nutrients for which the levels were below 100 were protein in Classes C and D1, iron in Class D2 and the old age pensioner households (98 and 95 per cent respectively), and riboflavin in Class D1 (99 per cent). The percentages for all nutrients showed a downward trend from Class A1 to Class D1; for iron and vitamin A the trend continued to Class D2 and the old age pensioner households. Apart from these two nutrients and vitamin C, the percentages in Class D2 and in the old age pensioner households were equal to or exceeded those in Class B. The higher percentages for calcium in these two groups of households, in which elderly adults predominate, were partly due to their relatively high milk consumption but, to a greater extent, to their lower calcium allowances. Further, the allowances recommended by the British Medical Association for protein and the vitamins of the B complex are related to energy needs, which are lower for elderly than for younger adults. Class D2 showed much lower percentages for all nutrients than might be expected from the intake figures; this was largely due to the inclusion in the sample of an unusually large number of children, whose allowances for protein and calcium are higher than those for adults; moreover, the energy requirements of children from the ages of 11 to 20, and thus their requirements of the B vitamins, are higher than those of sedentary adults of the same sex, and during adolescence are, for girls, as high as those of moderately active women and, for boys, as for men doing heavy work.

63. Compared with the previous year, the change in the Flour Regulations was reflected in the increased percentages in all classes other than D2 for iron, thiamine and nicotinic acid. Apart from these nutrients and vitamin C, for which all classes other than D1 and D2 showed increases, the changes were small; most of the increases occurred in Classes A1 and A2 and old age pensioner households, and most of the decreases in Classes C, D1 and D2.

64. Table 21 shows the proportion of the total energy value of the diet supplied by protein, fat and carbohydrate in 1952, 1956 and 1957. As in previous years, there was a downward trend from Class A1 to D1 in the contribution of fat and an increase in that from carbohydrate. The contribution from carbohydrate continued to decrease and that from fat to increase. In most classes there was little

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

change for protein; Class A1, however, showed a relatively large increase for protein and the largest decrease of any group for carbohydrate, thus reversing the changes noted in 1956. Class D2 households departed from the general trends because of their smaller consumption of animal foods and fat and increased purchases of bread. This analysis of the proximate nutrients indicates that in 1957 Class D2 and the old age pensioner households had a dietary pattern in common with Class C, rather than with Class D1, or, as in 1956, with Class B.

TABLE 20

Energy Value and Nutrient Content of Diets of Households of Different Social Class expressed as a Percentage of Allowances based on the British Medical Association's Recommendations

(*per cent*)

	Class								All households
	A			B	C	D			
	A1	A2	All			Excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
Energy value	108	107	107	104	100	98	106	109	103
Total protein	112	104	106	100	96	94	104	112	100
Calcium	118	112	114	107	103	100	106	114	106
Iron	122	116	116	115	112	103	98	95	113
Vitamin A	222	201	207	188	174	151	151	140	180
Thiamine	144	134	137	131	126	122	129	135	129
Riboflavin	134	120	123	110	103	99	109	113	109
Nicotinic acid	162	143	149	138	132	128	138	141	138
Vitamin C	333	266	282	243	219	192	198	199	234

65. Table 21 also shows the proportion of total protein derived from animal sources for the years 1952, 1956 and 1957. The ratio of animal to total protein continued to increase in all classes except D2, which showed a small decline, the first in any group since 1952, and doubtless a sampling fluctuation. The increases in 1957 were in general less than in the previous year; they were greatest in Classes A1 and B, and least in Class D1 and the old age pensioner households, thus reflecting the slight widening in class differences in the consumption of meat and fish. As in previous years the ratio was lowest in Class D1; Class D2 and the old age pensioner households remained higher than Class C, mainly because of their greater consumption of milk and smaller consumption of bread.

66. The smallest increases in the percentage of energy from fat occurred in Class A1 and the old age pensioner households. The percentage in Class A1 increased from 40·7 to 41·2, compared with the increase in Class B from 37·1 to 38·2, and has indeed remained at about 40 per cent since 1954. This suggests that 40–41 per cent may represent the satiation point for the fat content of the diet even of the class most favoured economically. In contrast, the continued rise in all classes in

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

the percentage of protein derived from animal sources suggests that demand had not yet reached satiety for animal products, even in Class A1, which obtained almost two-thirds of its protein from these sources.

TABLE 21

Percentage of Energy Value derived from Protein, Fat and Carbohydrate, 1952, 1956 and 1957

(per cent)

	Class								All households
	A			B	C	D			
	A1	A2	All			Excluding O.A.P.		O.A.P.	
						with earners (D1)	without earners (D2)		
PROTEIN:									
1952 . . .	n.a.	n.a.	12·9	12·6	12·6	12·7		12·5	12·6
1956 . . .	11·9	11·7	11·8	11·5	11·5	11·5	11·4	11·4	11·5
1957 . . .	12·6	11·7	11·9	11·5	11·5	11·5	11·2	11·3	11·6
FAT:									
1952 . . .	n.a.	n.a.	36·7	34·6	33·8	34·1		34·6	34·5
1956 . . .	40·7	38·7	39·1	37·1	36·6	35·9	38·0	37·0	37·1
1957 . . .	41·2	39·6	40·0	38·2	37·5	36·6	37·7	37·5	38·1
CARBOHYDRATE:									
1952 . . .	n.a.	n.a.	50·4	52·8	53·6	53·2		52·9	52·9
1956 . . .	47·4	49·6	49·1	51·4	52·0	52·6	50·6	51·6	51·4
1957 . . .	46·2	48·7	48·1	50·3	51·0	51·9	51·1	51·2	50·3
	Percentage of Total Protein derived from Animal Sources								
Animal protein as a percentage of total protein:									
1952 . . .	n.a.	n.a.	55·0	49·4	47·2	48·3		48·3	48·6
1956 . . .	64·4	60·2	61·1	56·3	55·4	54·2	58·0	56·9	56·3
1957 . . .	66·5	61·1	62·5	58·0	56·2	55·0	57·5	57·3	57·6

Classification of Old Age Pensioner Households

67. Of the 766 old age pensioner households included in the sample, over 50 per cent consisted of one woman living alone, nearly 35 per cent of one man and one woman and 15 per cent of one man, or two adults of the same sex, or some other combination of persons; a few of this residual group of households, the average size of which was 1·83 persons, included children or other persons under pensionable age, though in all cases one or more state retirement pensions constituted the household's main source of income.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

68. Table 22 shows the average weekly food expenditure per head and per household for these three sub-groups, their declared weekly incomes (which may be more accurately stated than those for higher income groups) and the energy value and nutrient content of their diets, in absolute terms, without deduction for wastage, and also as percentages of the recommended allowances, with the customary 10 per cent deduction.

69. It is clear that the quantities of food recorded by the 391 women living alone were greatly in excess of their needs, a finding which is in accordance with that reported elsewhere* and which is being investigated independently.

TABLE 22

Energy Value and Nutrient Content of the Diets of Old Age Pensioner Households

	Old Age Pensioner Households			
	One man and one woman	*One woman*	*Others*	*All*
Number of households	270	391	115	776
Declared weekly household income:				
per head	£2 1s.	£2 13s.	£2 1s.	£2 6s.
per household	£4 2s.	£2 13s.	£3 16s.	£3 7s.
Weekly food expenditure:				
per head	25s. 0d.	28s. 3d.	22s. 0d.	25s. 7d.
per household	50s. 0d.	28s. 3d.	40s. 2d.	37s. 8d.
Intake per person per day:				
Energy value (Cal.)	2,546	2,658	2,257	2,528
Total protein (g.)	73	75	64	72
Animal protein (g.)	41	44	37	41
Fat (g.)	106	113	92	105
Carbohydrate (g.)	326	337	292	323
Calcium (mg.)	998	1,083	924	1,018
Iron (mg.)	13·4	13·2	11·4	12·6
Vitamin A (i.u.)	3,738	4,284	3,357	3,867
Thiamine (mg.)	1·29	1·27	1·10	1·25
Riboflavin (mg.)	1·59	1·73	1·38	1·59
Nicotinic acid (mg.)	13·9	13·5	11·5	13·1
Vitamin C (mg.)	46	44	35	44
Vitamin D (i.u.)	117	119	111	117
As a percentage of recommended allowances:				
Calories	107	120	98	109
Total protein	110	122	100	112
Calcium	111	123	104	114
Iron	99	100	88	95
Vitamin A	134	156	102	140
Thiamine	135	144	119	135
Riboflavin	109	130	97	113
Nicotinic acid	146	153	124	141
Vitamin C	204	202	160	199

*A. H. J. Baines and Dorothy F. Hollingsworth, *Proc. Nutr. Soc.* (1955), vol. 14, pp. 77-80.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

70. The women pensioners living alone differed from other groups in that they preferred mutton to beef; their high consumption of carrots, onions and meat and vegetable extracts suggests that the mutton was bought for stews. They had not formed the habit of relying on canned goods; their consumption of baked beans was particularly low, and that of dried pulses was also below the national average. In 1957 these elderly women drank much more than other households of every beverage except cocoa (hence, no doubt, their higher milk and sugar consumption); they bought less margarine (3·2 oz. a week) but much more butter (7·6 oz.) than the national average; their consumption of eggs was relatively small, and they did not purchase much liver or corned meat. They purchased fairly large quantities of white fish, but not of canned fish or fish products, and showed a preference for wholemeal and other brown bread. (It may be noted that all these habits, except that last mentioned, tended to reduce the iron content of their diet in relation to its energy value).

71. The diet of the couples in the pensioner group was in general nearer to the national pattern than was that of women pensioners living alone, though they had a stronger preference for fresh fish, natural cheese and oatmeal; they recorded a smaller consumption of eggs, but a much higher average for potatoes.

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

V

Household Diets of Occupational Groups based on the Registrars-General's Classification

72. The definition of social class used elsewhere in this report is based on the income of the head of the household (or, in certain cases, the chief earner) but for some purposes it is advantageous to adopt a classification based on his occupational status and skill. The grouping by five broad classes, used by the Registrars-General since 1911, exhibits a narrower range of differences in food expenditure and consumption than the Survey grouping by income, but it has been widely used by research workers in social medicine and related fields, and possesses the advantages of comparability with census and mortality data. The classification was first applied to National Food Survey data in the latter half of 1956*. The present study, the first of its kind relating to a full year, adopts the following classification of the occupation of the head of the household or chief earner:—

Class I Professional and technical occupations
Class II Intermediate occupations
Class III Skilled occupations:—
(a) manual workers engaged in mining
(b) other manual workers
(c) non-manual workers
Class IV Partly skilled occupations:—
(a) agricultural workers
(b) other manual workers
(c) non-manual workers
Class V Unskilled occupations

There is also a heterogeneous residual group of households in which no member was gainfully occupied, or in which the occupation of the head or chief earner was not described in terms which could be classified as above.

73. Table 23 shows, for each of these groups, the number of households, the average household size, declared net family income per person and average weekly expenditure on food. Because of seasonal variations, this table is not strictly comparable with Table 23 in the Annual Report for 1956, which related only to the second half of that year. The tables in this chapter may, however, be compared with similar tables in Chapters III, IV and VI.

74. The percentage distribution of households according to the classification adopted in this chapter is as follows: Class I, 4 per cent; II, 14; III, 45; IV, 11; V, 7; unclassified, 19, and differs considerably from the social class distribution based on the income of the head of the household, namely: Class A1, 2½ per cent; A2, 7½; B, 38; C, 33; D, 19 per cent. Although the proportion of workers engaged in unskilled occupations is known to be relatively small and declining, there may be some under-representation of Class V in the sample because of exaggeration of the husband's occupational status by some housewives.

*_Domestic Food Consumption and Expenditure, 1956_, Chapter V. H.M.S.O. 1958.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 23

Domestic Food Expenditure of Occupational Groups 1957

	Occupational Groups												
	I	*II*	*III Skilled Occupations*				*IV Partly Skilled Occupations*				*V*	*Not gainfully occupied or not classified*	*All households**
	Professional and technical occupations	*Intermediate occupations*	*(a) Mining manual workers*	*(b) Other manual workers*	*(c) Non-manual workers*	*All*	*(a) Agricultural workers*	*(b) Other manual workers*	*(c) Non-manual workers*	*All*	*Unskilled occupations*		
No. of households	321	1,293	175	2,960	858	3,993	212	716	95	1,023	610	1,691	8,931
No. of persons	1,111	4,309	645	10,396	2,559	13,600	735	2,559	252	3,546	2,164	3,483	28,213
No. of persons per household	3·46	3·33	3·69	3·51	2·98	3·41	3·47	3·57	2·65	3·47	3·55	2·06	3·16
No. of children per household	1·11	0·90	1·17	1·05	0·73	0·99	1·00	1·03	0·49	0·97	0·99	0·27	0·84
No. of earners per household	1·38	1·53	1·48	1·68	1·53	1·64	1·60	1·73	1·67	1·70	1·78	0·38	1·39
Declared net family income: £ per person per week	6·84	5·47	4·52	4·13	4·59	4·23	3·20	3·91	3·88	3·76	3·66	2·93	4·23
	s. d.	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*
Domestic food expenditure per person per week	31 3	29 2	30 5	28 0	28 11	28 4	24 3	27 11	28 5	27 3	26 6	25 11	28 1
Value of free food per person per week	1 1	2 9	6	8	8	8	3 11	7	5	1 3	8	9	11
Value of consumption per person per week	*32 3*	*31 11*	*30 10*	*28 8*	*29 7*	*28 11*	*28 2*	*28 7*	*28 10*	*28 6*	*27 2*	*26 8*	*29 1*
Price index (all foods)	106·0	103·2	104·2	99·4	100·7	99·9	97·9	99·8	97·3	99·2	96·6	97·5	100·0
"Price of energy" index (all foods)	121·1	107·9	99·5	98·2	104·8	99·2	90·6	96·7	97·7	95·2	92·5	95·6	100·0

*Adjusted to allow for over-representation of rural households in the 1957 sample.

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 24
Food Expenditure by Occupational and Income Groups, 1957
(per head per week)

Occupational Group	*Social Class (Income Group)*								*All households*	*Price Index (all foods)*	*"Price of Energy" Index (all foods)*
	A			*B*	*C*	*D*					
	A1	*A2*	*All*			*D1*	*D2*	*O.A.P.*			
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.		
I. Professional and technical	35 9	30 4	33 8	27 5	*	*	—	—	31 3	106·0	121·1
II. Intermediate	35 6	31 2	32 3	28 0	26 5	29 5	—	—	29 2	103·2	107·9
III. Skilled:											
(a) Mining	*	35 6	35 3	29 9	28 0	—	—	—	30 5	104·2	99·5
(b) Other manual	*	31 1	31 3	28 11	26 7	27 3	—	—	28 0	99·4	98·2
(c) Non-manual	*	32 10	34 1	30 2	26 8	30 11	—	—	28 11	100·7	104·8
All skilled	*	32 0	32 5	29 3	26 7	29 0	—	—	28 2	99·9	99·2
IV. Partly skilled:											
(a) Agricultural	—	*	*	(28 6)	23 10	(24 8)	—	—	24 3	97·9	90·6
(b) Other manual	—	(31 4)	(31 4)	28 6	27 7	28 8	—	—	27 11	99·8	96·7
(c) Non-manual	—	*	*	(34 7)	29 0	25 0	—	—	28 5	97·3	97·7
All partly skilled	—	31 4	31 4	28 8	26 3	26 2	—	—	27 3	99·2	95·2
V. Unskilled	—	—	—	27 10	26 2	26 10	—	—	26 6	96·6	92·5
Not gainfully occupied or not classified	32 9	33 4	33 2	29 6	28 2	23 6	25 5	25 7	25 11	97·5	95·6
All households	35 7	31 0	32 2	28 10	26 7	25 0	25 5	25 7	28 1	100·0	100·0
Price index (all foods)	108·3	104·1	105·2	100·8	98·3	97·8	96·9	95·7	100·0		
"Price of energy" index (all foods)	133·2	111·5	117·1	101·3	95·4	93·5	94·4	92·6	100·0		

*Fewer than 10 households in sub-group.

Digitized by Google
Original from CORNELL UNIVERSITY

75. Table 23 confirms the previous finding that manual workers' households were larger and contained relatively more children than non-manual workers' households of the same R.G. class. In 1957, however, the professional and technical group contained more children per household than any of the manual groups except the skilled miners' families. Among non-manual and to a lesser extent among manual workers, the number of children per household tended to fall off with diminishing occupational skill, though the number of earners per household increased. The average size of manual workers' households varied little with occupational status, but the non-manual groups showed a regular gradient from 3·46 persons per household in Class I to 2·65 in Class IVc. The declared net family income per person exhibited much the same pattern of differences as in July–December 1956; compared with that period, all classes showed small increases except Class V and the residual group. As in the earlier period, households in Class I reported incomes over twice those of agricultural workers' households in Class IV.

76. The Registrars-General's five occupational classes distinguish less clearly the relation of income to food expenditure than does the National Food Survey classification by income. Table 23 shows that weekly expenditure on food ranged from 31s. 3d. in Class I (professional) to 24s. 3d. in Class IVa (agricultural), or from 11 per cent above to 14 per cent below the average for all households in the sample. The corresponding range for income groups was from 35s. 7d. in Class A1 to 25s. 0d. in Class D1, or from +27 to —11 per cent. If free food is taken into consideration, the range is somewhat narrowed for occupational but widened for income groups; the value of food obtained for domestic consumption varied from 11 per cent above the average in Class I to 7 per cent below in Class V, and from +29 per cent in Class A1 to —11 per cent in Class D1.

77. The high value of free supplies in Class II reflects the inclusion of farmers' households. If allowance is made for the substantial free supplies of food which were obtained by agricultural workers, especially in the summer months, there was comparatively little difference between expenditure in all sections of Class IV (partly skilled) and the households of skilled manual workers other than miners in Class III; indeed, the latter spent only 1s. 6d. more on food per head per week than households in Class V (unskilled). Miners in Class III spent 2s. 5d. more than other manual workers and 1s. 6d. more than non-manual workers in the same class, even though mining families contained more children and fewer earners per household. Indeed, the expenditure in miners' households was above the Class II average, though Class II households more than made up the difference by their access to free supplies from farms and gardens.

78. Table 24 gives a two-way analysis of food expenditure by occupational group and income grade. Averages for sub-groups containing fewer than 25 households are shown in brackets, and those with fewer than 10 are not given.

79. The differences in average food expenditure between the four classes of non-manual workers, ranging from 31s. 3d. per head per week in Class I to 28s. 5d. in IVc, appear to have arisen from differences in income, since for the most part they vanish or are even reversed when the comparison is made within an income group (reading Table 24 down columns). Among the manual workers also, the high expenditure of miners' households and the low average of agricultural workers are both characteristic of their occupations; there are nonetheless important differences in average outlay on food which are clearly associated with differences in income

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

within the manual classes. Excluding these two special groups, there was no consistent difference between skilled and partly skilled manual workers' households: both recorded averages higher than those of unskilled workers' households in the same income group.

80. Table 24 shows that households in Class D1 spent more per head than those of the same occupational group in Class C, in six of the seven cases where comparison is possible. Such a difference would be largely due to the higher proportion of adults in Class D1, but the comparison is not wholly satisfactory, because in those households in that class where the chief earner was not the head of the household the earner's occupation has not been classified.

81. Table 25 shows consumption of the main foods by households of each occupational group. Among the non-manual groups, many important foods showed regular downward gradients in consumption from Class I or II to IVc; among the exceptions were cooked fish, margarine, preserves, potatoes, fresh green and other vegetables, bread and some other cereal foods, tea and branded food drinks. For some commodities, average consumption was less in Class I than in II though expenditure was higher; this reflects price differences and the greater volume of free supplies in Class II. Class I recorded the greatest consumption of milk, fish and fresh and other fruit.

82. The diets of non-manual workers' households in Classes III and IV were of a pattern generally held to be more acceptable than those of manual workers' households in the same classes, excluding those in the comparatively small mining and agricultural groups. The non-manual workers obtained more milk, cheese, fresh fish and fresh fruit; more butter, but less margarine and cooking fats; fewer potatoes and root vegetables; less white bread (and total bread), but more brown, wholemeal and proprietary bread. Their expenditure per calorie was thus somewhat higher.

83. Because of the nature of their occupations, both miners and agricultural workers tend to take packed meals from home; their households therefore had the greatest consumption of bread, but while the agricultural workers accompanied this with the highest averages for margarine and cheese, the miners' households in this sample obtained the largest amounts of butter and of pork, bacon and cooked meats (and thus of total meat). Both groups had very low purchases of mutton and lamb. Miners' households consumed less cheese than any other group, and agricultural workers recorded the lowest consumption of carcase meat and (except for the residual group) of total meat. Agricultural workers' households used much the largest quantities of cooking fats and of flour. They also had the highest average expenditure on and consumption of sugar, and the greatest consumption of fresh green vegetables though by far the lowest expenditure. For fresh fruit, on the other hand, their consumption as well as their expenditure was low. Miners' households had the smallest average consumption of fresh green vegetables but the greatest of potatoes and other vegetables.

84. Under normal conditions, energy needs can be depended upon to determine the quantitative choice of the diet, since deficiency of calories is immediately felt as hunger. It is probable that, to a large extent, occupation determines energy needs: indeed, for the purposes of the National Food Survey it is the only available means of estimating the energy requirements of adults. But the qualitative choice of diet

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 25

Occupational Groups Based on Registrars-General's Social Classes
Domestic Food Consumption, 1957
(oz. per head per week except where otherwise stated)

	Registrars-General's Social Classes												All households
	I	II	III Skilled Occupations				IV Partly Skilled Occupations				V		
	Professional, etc. occupations	Intermediate occupations	Mining manual workers	Other manual workers	Non-manual workers	All	Agricultural workers	Other manual workers	Non-manual workers	All	Unskilled occupations	Not gainfully occupied	
MILK AND CREAM:													
Liquid, retail (pt.)	4·63	4·93	3·02	3·81	4·21	3·85	4·25	3·48	4·26	3·70	3·55	4·42	4·05
Liquid, welfare and school (pt.)	1·05	0·72	0·98	0·92	0·77	0·89	0·63	0·82	0·32	0·75	0·84	0·32	0·79
All liquid Milk (pt.)	*5·68*	*5·65*	*4·00*	*4·73*	*4·98*	*4·74*	*4·88*	*4·30*	*4·58*	*4·45*	*4·39*	*4·74*	*4·84*
Condensed (eq. pt.)	0·11	0·14	0·14	0·17	0·15	0·17	0·13	0·18	0·20	0·18	0·16	0·15	0·15
Dried and other (pt. or eq. pt.)	0·11	0·07	0·18	0·12	0·12	0·13	0·14	0·11	0·05	0·11	0·11	0·03	0·09
Cream (pt.)	0·02	0·03	0·02	0·01	0·01	0·01	0·01	0·01	0·02	0·01	0·01	0·01	0·02
Total Milk and Cream (pt. or eq. pt.)	*5·92*	*5·89*	*4·34*	*5·03*	*5·26*	*5·05*	*5·16*	*4·60*	*4·85*	*4·75*	*4·67*	*4·93*	*5·10*
CHEESE:													
Natural	2·67	2·78	2·18	2·48	2·61	2·49	3·17	2·27	2·59	2·48	2·45	2·64	2·52
Processed and packeted	0·50	0·35	0·33	0·38	0·41	0·38	0·26	0·36	0·40	0·34	0·34	0·30	0·37
Total Cheese	*3·17*	*3·13*	*2·51*	*2·86*	*3·02*	*2·87*	*3·43*	*2·63*	*2·99*	*2·82*	*2·79*	*2·94*	*2·89*
MEAT:													
Beef and veal	11·55	11·28	11·03	10·36	10·22	10·37	11·12	10·98	10·35	10·96	10·55	9·82	10·54
Mutton and lamb	6·21	6·40	4·48	6·04	6·52	6·06	4·44	5·87	6·65	5·63	6·14	7·24	6·28
Pork	1·66	2·01	2·68	2·09	2·14	2·13	2·14	1·88	1·76	1·93	2·15	1·56	1·98
All Carcase Meat	*19·42*	*19·69*	*18·19*	*18·49*	*18·88*	*18·56*	*17·70*	*18·73*	*18·76*	*18·52*	*18·84*	*18·62*	*18·80*
Bacon and ham, uncooked	4·75	4·95	6·44	5·14	4·62	5·10	5·03	5·26	4·66	5·17	5·03	4·75	5·08
Other meat (a)	11·52	11·62	15·05	11·68	11·29	11·77	11·35	12·03	12·76	11·95	12·50	9·47	11·56
Total Meat	*35·69*	*36·26*	*39·68*	*35·31*	*34·79*	*35·43*	*34·08*	*36·02*	*36·18*	*35·64*	*36·37*	*32·84*	*35·44*

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 25—*continued*
(oz. per head per week except where otherwise stated)

	Registrars-General's Social Classes												All households
	I	II	III Skilled Occupations				IV Partly Skilled Occupations				V		
	Professional, etc. occupations	Intermediate occupations	Mining manual workers	Other manual workers	Non-manual workers	All	Agricultural workers	Other manual workers	Non-manual workers	All	Unskilled occupations	Not gainfully occupied	
FISH:													
Fresh	4·53	3·71	3·28	2·91	3·54	3·04	2·49	2·86	2·93	2·79	2·91	3·98	3·32
Processed and shell (b)	1·45	1·27	0·88	1·01	1·13	1·03	0·48	0·79	0·81	0·73	0·90	0·95	1·02
Prepared (c)	0·85	1·28	2·00	1·71	1·67	1·71	1·23	1·93	1·36	1·75	1·89	1·23	1·60
Total Fish	*6·83*	*6·26*	*6·16*	*5·63*	*6·34*	*5·78*	*4·20*	*5·58*	*5·10*	*5·27*	*5·70*	*6·16*	*5·94*
EGGS (No.)	4·74	5·10	4·60	4·33	4·64	4·40	4·48	4·34	4·21	4·36	4·06	3·80	4·41
Eggs purchased (No.)	4·56	3·78	4·23	4·03	4·38	4·11	2·26	4·02	3·92	3·65	3·74	3·50	3·98
FATS:													
Butter	5·49	6·50	6·63	5·14	5·47	5·27	5·12	5·20	5·30	5·19	4·44	5·59	5·37
Margarine	3·25	3·60	3·96	4·18	3·70	4·08	5·36	4·32	4·18	4·53	4·62	3·63	4·02
Lard and compound cooking fat	1·36	1·94	2·48	2·10	1·82	2·07	2·73	2·22	2·01	2·31	1·99	1·71	1·98
Other fats	0·45	0·55	0·58	0·60	0·59	0·60	0·73	0·58	0·74	0·63	0·62	0·64	0·59
Total Fats	*10·55*	*12·59*	*13·65*	*12·02*	*11·58*	*12·02*	*13·94*	*12·32*	*12·23*	*12·66*	*11·67*	*11·57*	*11·96*
SUGAR AND PRESERVES:													
Sugar	16·23	17·94	16·67	18·05	17·42	17·87	19·14	17·68	16·70	17·91	18·08	17·91	17·70
Honey, preserves, syrup and treacle	3·83	4·15	3·27	3·32	3·77	3·40	4·14	3·36	4·42	3·59	3·22	3·98	3·59
Total Sugar and Preserves	*20·06*	*22·09*	*19·94*	*21·37*	*21·19*	*21·27*	*23·28*	*21·04*	*21·12*	*21·50*	*21·30*	*21·89*	*21·29*
VEGETABLES:													
Potatoes (including chips and crisps)	45·15	51·84	72·60	61·69	53·88	60·74	56·10	65·67	55·36	62·96	66·04	53·26	58·47
Fresh green	16·78	16·34	13·72	16·37	16·36	16·24	18·87	14·30	18·76	15·57	15·71	16·05	15·95
Other (d)	16·42	15·79	19·52	16·10	15·80	16·20	14·67	17·52	16·29	16·84	16·57	14·18	16·13
Total Vegetables	*78·35*	*83·97*	*105·84*	*94·16*	*86·04*	*93·18*	*89·64*	*97·49*	*90·41*	*95·37*	*98·32*	*83·49*	*90·55*
FRUIT:													
Fresh (e)	32·13	26·59	18·24	19·93	24·35	20·66	17·16	18·12	20·59	18·09	16·22	18·97	21·22
Other (f)	10·00	8·13	6·68	6·70	7·61	6·87	7·52	6·02	7·71	6·46	5·37	4·76	6·74
Total Fruit (e)	*42·13*	*34·72*	*24·92*	*26·63*	*31·96*	*27·51*	*24·68*	*24·14*	*28·30*	*24·55*	*21·59*	*23·73*	*27·96*

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 25—*continued*

(oz. per head per week except where otherwise stated)

	Registrars-General's Social Classes												*All households*
	I	*II*	*III Skilled Occupations*				*IV Partly Skilled Occupations*				*V*		
	Professional, etc. occupations	*Intermediate occupations*	*Mining manual workers*	*Other manual workers*	*Non-manual workers*	*All*	*Agricultural workers*	*Other manual workers*	*Non-manual workers*	*All*	*Unskilled occupations*	*Not gainfully occupied*	
CEREALS:													
Brown bread	2·79	3·02	2·62	1·74	2·82	1·98	2·68	1·45	3·04	1·82	1·78	3·36	2·28
White bread	24·38	33·74	51·22	43·11	34·57	41·91	48·65	48·16	43·37	47·92	47·81	39·85	40·86
Wholewheat and wholemeal bread	2·00	1·89	0·55	1·24	1·64	1·28	0·48	1·27	1·65	1·13	1·02	1·70	1·44
Other bread (g)	3·82	3·45	3·48	3·33	3·62	3·39	2·43	2·99	3·52	2·91	2·86	3·36	3·42
Total Bread	*32·99*	*42·10*	*57·87*	*49·42*	*42·65*	*48·56*	*54·24*	*53·87*	*51·58*	*53·78*	*53·47*	*48·27*	*48·00*
Flour	7·49	9·27	8·17	7·41	7·08	7·38	11·78	7·41	8·25	8·38	8·07	8·30	7·81
Cakes (h)	4·15	5·76	6·06	6·08	5·72	6·01	5·30	6·28	5·66	6·03	5·97	5·14	5·83
Biscuits	5·86	5·76	5·70	5·48	5·89	5·57	4·90	5·44	5·93	5·36	5·21	5·01	5·50
Oatmeal and oat products	1·24	1·15	0·65	1·00	0·96	0·98	1·05	0·65	1·24	0·77	1·03	1·49	1·04
Breakfast cereals	2·10	1·92	1·24	1·96	2·03	1·94	1·81	1·69	2·26	1·76	1·56	1·40	1·82
Other cereals	3·71	3·60	3·07	3·10	3·30	3·14	3·09	3·03	2·91	3·03	2·67	2·69	3·12
Total Cereals	*57·54*	*69·56*	*82·76*	*74·45*	*67·63*	*73·58*	*82·17*	*78·37*	*77·83*	*79·11*	*77·98*	*72·30*	*73·12*
BEVERAGES:													
Tea	2·13	2·42	2·80	2·83	2·73	2·81	2·89	2·92	3·04	2·92	3·07	3·14	2·81
Coffee	0·81	0·50	0·17	0·36	0·36	0·35	0·35	0·33	0·50	0·35	0·37	0·44	0·40
Cocoa	0·24	0·22	0·12	0·20	0·16	0·19	0·32	0·16	0·16	0·19	0·27	0·20	0·20
Branded food drinks	0·16	0·22	0·16	0·20	0·25	0·21	0·19	0·16	0·32	0·18	0·18	0·20	0·20
Total Beverages	*3·34*	*3·36*	*3·25*	*3·59*	*3·50*	*3·56*	*3·75*	*3·57*	*4·02*	*3·64*	*3·89*	*3·98*	*3·61*

(a) Includes cooked and canned meats, and meat products.
(b) Includes smoked, dried and salted.
(c) Includes cooked, canned and bottled fish, and fish products.
(d) Includes dried and canned vegetables, and vegetable products.
(e) Includes tomatoes.
(f) Includes dried, canned and bottled fruit.
(g) Includes rolls, fruit bread, sandwiches and milk bread.
(h) Includes buns, scones, tea cakes, muffins and crumpets.

Original from CORNELL UNIVERSITY

probably depends on other factors. It is difficult, without elaborate analysis, to isolate the effect on dietary pattern of occupation *per se* from that of other factors, many of which vary with occupation. Apart from income differences, there are variations between occupational groups in family composition, region and type of area of residence. The non-manual workers' households in Classes I to IVc had what is generally considered the most palatable diet; their energy needs were relatively low, and apart from those in Class IVc they had the highest declared net family income per head. Apart from Class I, and with the exception of the group of households whose head was not gainfully occupied, they included the fewest children. In such circumstances, these households were in a position to devote a greater proportion of their food budget to the more fancied foods. But a relatively high consumption of milk, cheese, fish, vegetables other than potatoes, fruit, biscuits and coffee is also characteristic of households containing no child or only one, which may explain why the households whose head was not gainfully occupied also followed a similar pattern.

85. The diets of mineworkers' households (Class IIIa) exhibited some of the regional features of the Northern and East and West Ridings area, namely a comparatively low consumption of milk and cheese, carcase meat (especially mutton and lamb), fruit, green vegetables and sugar and preserves, with relatively high consumption of bacon, canned meat and meat products, prepared fish and root and canned vegetables. The mineworkers' large consumption of bread and potatoes, as well as butter, was an occupational rather than a regional characteristic, called for by the high energy needs of these workers.

86. For many foods agricultural workers' households (Class IVa) followed the rural dietary pattern, but not for all; they took considerably more fresh green vegetables than the average rural household, more margarine and cooking fats, but less butter, and more flour. This suggests that there may be a considerable amount of home-baking in these households, and that their high energy needs are met by home-baked products, not by potatoes.

87. The household diets of non-specialized manual workers in Classes III and IV and those in unskilled occupations in Class V, who together made up over half the sample, were little affected by differences in regional distribution or in size of household. Their choice of diet would appear to be determined by their energy needs and by economic considerations. Although their diets were similar in pattern, that recorded by Class IIIb was superior to both that of the corresponding Class IVb and that of Class V. The higher energy needs of these groups were met by greater use of bread, cereals and potatoes, which tended to displace such foods as fruit, vegetables other than potatoes, cheese, milk (except in Class IIIb) and butter, though not margarine.

Energy Value and Nutrient Content

88. Table 26 shows the energy value and nutrient content of the household diet of the ten occupational groups. Since the Registrars-General's classification by degree of skill depends on the "kind of work done and the nature of the operation performed," it illustrates the effects of different degrees of physical activity on the dietary intake of families, as well as on the comparisons, based on the recommendations of the British Medical Association, between intake and the allowances. The most marked differences in actual intake were found between Classes I and II, between mineworkers' households and the rest of Class III; and between agri-

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 26
Energy Value and Nutrient Content of the Household Diet

	Registrars-General's Social Classes												*All households*
	I	*II*	*III Skilled Occupations*				*IV Partly Skilled Occupations*				*V*		
	Professional, etc. occupations	*Intermediate occupations*	*Mining manual workers*	*Other manual workers*	*Non-manual workers*	*All*	*Agricultural workers*	*Other manual workers*	*Non-manual workers*	*All*	*Unskilled occupations*	*Not gainfully occupied*	
INTAKE PER PERSON PER DAY													
Energy value (Cal.)	2,380	2,639	2,770	2,606	2,521	2,598	2,780	2,635	2,633	2,665	2,622	2,492	2,587
Total protein (g.)	72	77	80	75	74	75	77	76	76	76	76	72	75
Animal protein (g.)	46	47	43	43	44	43	42	42	42	42	42	41	43
Fat (g.)	105	115	118	110	109	110	116	110	110	111	108	103	110
Carbohydrate (g.)	286	323	348	330	312	328	356	336	334	340	338	319	325
Calcium (mg.)	1,060	1,106	996	1,024	1,024	1,023	1,096	993	1,028	1,017	1,000	995	1,028
Iron (mg.)	13·6	14·3	15·5	14·2	13·8	14·2	14·6	14·6	14·7	14·6	14·4	13·2	14·1
Vitamin A (i.u.)	4,640	4,654	4,300	4,286	4,449	4,317	4,420	4,121	4,476	4,208	4,038	3,886	4,289
Thiamine (mg.)	1·20	1·30	1·42	1·30	1·25	1·29	1·35	1·31	1·30	1·32	1·32	1·23	1·29
Riboflavin (mg.)	1·75	1·78	1·63	1·66	1·69	1·67	1·67	1·61	1·67	1·63	1·62	1·58	1·66
Nicotinic acid (mg.)	13·2	13·9	14·8	13·8	13·3	13·7	13·9	14·1	14·1	14·0	14·1	13·2	13·8
Vitamin C (mg.)	61	56	54	51	54	52	48	50	52	50	48	46	52
Vitamin D (i.u.)	140	147	157	148	149	149	154	151	135	151	146	125	145
AS A PERCENTAGE OF ALLOWANCES													
Energy value	104	107	99	103	106	103	101	99	102	100	100	104	103
Total protein	105	104	95	99	104	99	95	95	99	95	97	104	100
Calcium	112	115	99	105	109	105	112	100	107	103	102	106	106
Iron	115	116	122	116	113	116	117	116	115	116	116	101	113
Vitamin A	205	197	180	183	188	184	184	174	182	177	170	150	180
Thiamine	133	133	127	129	132	130	124	124	127	124	127	129	129
Riboflavin	126	118	96	108	117	109	100	100	107	101	102	108	109
Nicotinic acid	147	141	134	137	141	138	127	134	137	132	135	139	138
Vitamin C	287	256	236	234	251	238	216	221	231	221	215	203	234

Original from CORNELL UNIVERSITY

cultural workers' households and the rest of Class IV. In the households whose head was not gainfully occupied or not classified, the diet contained less of most nutrients than the diet of any other group, and less of all nutrients than the national average. In general, Class II *obtained* a more abundant diet than Class I, and the mining and the agricultural families in Classes III and IV obtained greater quantities of most nutrients per head than the remaining households in these classes, but when the nutritional requirements of the various groups are taken into account these differences are changed or reversed; the diet of Class I becomes similar to, and in some respects superior to, that of Class II; the non-manual workers' families become the most favourably placed in Class III; families of agricultural workers in Class IV no longer maintain their leading position, and the diet of those not gainfully occupied comes much nearer to the national average. In general, the nutritive value of the diets of all groups appeared to be satisfactory.

89. The diet of Class I was below the national average in energy value and contained less of the nutrients to which bread makes a major dietary contribution, vegetable protein, carbohydrate, iron, thiamine and nicotinic acid, but for animal protein, calcium, riboflavin and vitamins A and C exceeded the national averages. Except for carbohydrate, the nutrient content of the diet of Class II was greater than the national average and, as in Class I, it was especially high for the nutrients associated with animal foods, fruit and vegetables other than potatoes. In general the difference in dietary pattern between Classes I and II and the other classes arose from the relatively large consumption of liquid (but not other) milk, cheese, fish and fruit by Classes I and II and from their relatively small consumption of bread and potatoes. Because of this dietary pattern and the mainly sedentary nature of the occupations followed in these classes, their nutrient intakes were high in comparison with recommended allowances; the largest percentage for energy and all nutrients except iron occurred in one or other of these classes.

90. The mineworkers' households (Class IIIa) had a unique dietary pattern: their relatively large consumption of meat (especially bacon, canned meat and meat products), fish, eggs, fats, potatoes and bread contributed to high intakes of most nutrients. However, these foods did not offset the small consumption of milk and cheese, which was mainly responsible for low intakes of calcium and riboflavin. Agricultural families (Class IVa) likewise showed a very deviant pattern. Their intakes of animal protein and vitamin C were below the national average because of their lower consumption of meat, fish and fruit, but their intakes of all other nutrients were relatively high because of their greater consumption of milk, cheese, fats, sugar, preserves, bread and flour. The diets of other manual workers in Classes III and IV, and of unskilled workers in Class V were all closely similar to each other, as were those of non-manual workers in Classes III and IV. The vitamin C content of the diets of general manual workers' households was associated with occupational skill and decreased markedly from Class IIIb to Class V. In spite of these differences there was a pronounced similarity in the nutrient content of the diet between all save the specialised groups in Classes III–V. Apart from vitamins C and D the intake of all nutrients in these groups was within 5 per cent of the national average.

91. When the nutrient intake of households in Classes III, IV and V is compared with recommended allowances it is seen that the percentages for energy value, and the nutrients related to it, were inversely related to degree of activity; with a few exceptions, this held good also for other nutrients. Leaving aside the mining and

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

agricultural households, the patterns of intake in the five remaining groups in Classes III–V were reflected in the percentages, with some differences between the three manual (IIIb, IVb, V) and the two non-manual groups (IIIc, IVc), which tended to approach Classes I and II.

92. Households whose head was not gainfully occupied or not classified had relatively small consumption of most main foods. This group, however, contained few children, and their adult members, apart from a few whose occupation was too vaguely described to be classified according to the Registrars-General's definitions, were retired or not working; thus their dietary allowances were relatively low, and largely for this reason they showed satisfactory percentages for all nutrients.

93. Table 27 shows the proportion of total energy derived from protein, fat and carbohydrate. The contribution of protein to the energy value of the diet was similar in all groups, apart from Class I for which the percentage was well above and agricultural families (Class IVa) for which it was considerably below that found in most groups. Classes I and II had the highest contributions from fat and the lowest from carbohydrate.

94. Table 27 also shows the proportion of protein obtained from animal sources. The percentage diminished from Class I to V, but within Classes III and IV the cleavage previously mentioned was again clear; within each class the proportion increased as the level of activity diminished, and that for families whose head was not gainfully employed was closer to that found for the non-manual than for the manual workers' households.

Dietary Patterns

95. The various forms of analysis of household diets described in this Report, indicate that the extent of consumption of certain key foods, such as milk, bread, fruit and vegetables greatly influences the nutritive value of the diet. This is to be expected in view of the relative contributions of these foods to the nutritive value of the diet (Appendix C). The effect of variations in consumption of these foods is particularly apparent in the classification by occupational groups. Thus the heavy consumption of bread in the households of miners and agricultural workers was largely responsible for their relatively high intake of protein, thiamine, nicotinic acid and iron. Bread also contributed to the high calcium intake in agricultural households, but in those of mineworkers its effect was offset by the lowest milk consumption found in any group, which also explained their low intake of riboflavin. The high milk consumption of agricultural workers' households augmented their intake of riboflavin sufficiently to meet the greater requirements of this physically active group, besides making a substantial contribution to their intake of calcium. The general manual workers in Classes III, IV and V had intakes of iron, thiamine and nicotinic acid greater than those of the non-manual workers mainly because of their greater consumption of bread. The relatively high intakes of calcium and riboflavin in all the non-manual groups are explained by their greater milk consumption.

96. The allowances recommended by the British Medical Association for protein and the vitamins of the B group are related to energy requirements, and most of the differences mentioned above are to be expected if considered in relation to requirements. It is fortunate that the main cheap energy food, bread, supplies protein, thiamine and nicotinic acid roughly in proportion to its calorie value;

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 27

Percentage of Energy Value derived from Protein, Fat and Carbohydrate and of Protein from Animal Sources

(per cent)

	Registrars-General's Social Classes												*All households*
	I	*II*	*III Skilled Occupations*				*IV Partly Skilled Occupations*				*V*		
	Professional, etc. occupations	*Intermediate occupations*	*Mining manual workers*	*Other manual workers*	*Non-manual workers*	*All*	*Agricultural workers*	*Other manual workers*	*Non-manual workers*	*All*	*Unskilled occupations*	*Not gainfully occupied*	
Protein	12·2	11·7	11·5	11·5	11·7	11·5	11·1	11·5	11·5	11·4	11·5	11·5	11·6
Fat	39·8	39·3	38·3	37·9	38·8	38·0	37·7	37·5	37·8	37·5	36·9	37·3	38·1
Carbohydrate	48·0	49·0	50·2	50·7	49·5	50·4	51·2	51·0	50·7	51·1	51·6	51·2	50·3
Animal protein as percentage of total protein	64·0	60·7	54·1	56·9	59·7	57·3	54·9	55·4	55·9	55·3	55·2	57·0	57·6

Digitized by Google
Original from CORNELL UNIVERSITY

potatoes also, which usually contribute largely to the diets of the heavier workers, supply reasonable amounts of thiamine and nicotinic acid. However, these energy foods are poor sources of riboflavin, the requirements of which are also related to energy needs. Hence this nutrient, unlike thiamine and nicotinic acid, is not necessarily adequate in a diet in which raised energy requirements are met by substantial quantities of "filler" foods.

97. Besides their greater consumption of milk, the non-manual Classes I, II, IIIc and IVc had a greater average consumption of vegetables (other than potatoes) and, especially, fruit than other groups: this was responsible for their higher intakes of vitamins A and C. Both groups of manual workers in Class III and the general manual workers in Class IV (but not the agricultural workers) satisfied their higher energy needs partly with more potatoes, which also contributed vitamin C to their diets and helped to make up for the smaller quantities which they obtained from vegetables other than potatoes and from fruit.

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

VI

Household Diets and Family Composition

Classification

98. The subdivision of the National Food Survey sample into eleven types of household, adopted in 1954, was continued during the period under review. Previously the analysis had been confined to eight types in which the adult element consisted of one man and one woman (a "couple", usually man and wife). In 1957, such households, which have been conventionally described as "classified", totalled 64 per cent of the sample of households surveyed, 66 per cent of the persons, 64 per cent of the adolescents (15 but under 21) and no less than 80 per cent of the children under 15. Childless couples are subdivided into "younger" (both under 55) and "older" (one or both 55 or over): the former constitute a suitable group for comparison with other households of one man and one woman with children or adolescents (called "family households"), since few adults in such households are over 55.

99. Among family households, there appears to be little relation between income (either of the family or of its head) and family size, though there is of course a close association between family size and income per head. Families with two or three children have slightly lower net incomes than younger childless couples, but slightly higher incomes than one-child households, no doubt because a high proportion of the latter are incomplete families of younger parents.

Expenditure and Consumption

100. Table 28 gives the food expenditure and value of consumption per person per week in households of different composition. Most groups spent less in the first quarter of 1957 than in the fourth quarter of 1956, though the largest families maintained their expenditure by spending more on bread. Families with four or more children and those with adolescents and children also led the rise between the first and second quarters, showing increases of between 8 and 9 per cent compared with 3 to 7 per cent in all other groups. Changes between the second and third quarter were small and irregular, with several of the groups containing adolescents showing decreases, while the older couples and other wholly adult households temporarily improved their relative position. In the fourth quarter most groups reduced their food expenditure, conspicuous exceptions being families with three children and the residual group of households with adolescents, both of which had previously lost ground.

101. Taking the year as a whole, the most marked change was the increased expenditure in families with four or more children, which in 1956 had fallen well behind, but, as shown in paragraph 124 and Table 36 below, the improvement in their nutritional position was not commensurate with that increase. During the year the tendency, very marked during 1952–56, for the gap between the largest and the smallest families to widen was halted, though Table 29 indicates that over the whole six-year period of transition to a free market, families with children

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 28

Total Domestic Food Expenditure, Value of Consumption and Price Indices by Household Composition, 1957

	Households with one male and one female adult and								*Other households with*		
	no other		*children only*				*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.
Expenditure per head per week	33 5	38 4	29 7	24 10	21 2	18 10	33 0	24 9	31 10	29 3	24 3
Value of free food	1 2	1 1	11	11	1 2	11	1 3	1 0	1 2	1 5	1 2
Value of consumption	*34 8*	*39 5*	*30 6*	*25 9*	*22 4*	*19 9*	*34 3*	*25 8*	*33 0*	*30 8*	*25 5*
PERCENTAGE INCREASES IN 1957 OVER 1956											
Expenditure	+3	+1	+2	+4	+1	+ 8	+2	+2	+1	−4	−0
Value of consumption	+3	+2	+3	+5	+4	+11	+3	+2	+2	−2	+1
EXPENDITURE PER HOUSEHOLD	s. d. 66 10	s. d. 76 8	s. d. 88 8	s. d. 99 4	s. d. 105 10	s. d. 123 8	s. d. 105 7	s. d. 124 10	s. d. 66 5	s. d. 106 5	s. d. 115 0
PRICE INDICES (*all households* = 100)											
MILK, CREAM AND CHEESE:											
Liquid milk	103	100	101	100	101	99	101	100	99	94	100
Natural cheese	100	102	100	99	101	105	97	99	99	103	101
Other	102	102	100	98	99	95	100	100	100	100	99
MEAT:											
Carcase	98	104	102	98	98	95	103	98	101	97	100
Bacon	100	102	102	100	98	100	101	99	99	103	98
Other	100	102	102	100	98	97	99	100	101	97	101
FISH:											
Fresh	100	105	102	101	99	93	99	97	102	102	97
Other	106	107	100	98	97	91	102	92	100	100	98
EGGS	104	103	101	99	95	98	102	97	103	99	96
FATS:											
Butter	102	101	99	99	99	98	100	97	101	99	100
Margarine	102	102	101	101	99	97	101	98	101	100	98
Other	103	103	99	99	99	97	107	100	104	103	99

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 28—*continued*

Total Domestic Food Expenditure, Value of Consumption and Price Indices by Household Composition, 1957

	Households with one male and one female adult and								*Other households with*		
	no other		*children only*				*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
SUGAR	99	101	100	100	100	100	100	100	100	101	100
PRESERVES	101	104	104	102	99	94	100	96	103	96	98
VEGETABLES:											
Potatoes	101	104	101	99	100	96	105	98	99	100	99
Fresh green	99	104	100	99	98	98	102	100	101	97	98
Other	99	107	105	101	99	95	103	96	99	101	99
FRUIT:											
Fresh	98	104	103	99	98	97	100	99	101	99	98
Other	97	103	102	101	99	98	98	99	101	97	99
CEREALS:											
Bread	99	100	100	100	100	101	99	101	100	101	101
Flour	100	102	101	101	101	100	101	98	100	98	99
Cakes and biscuits	98	104	102	102	99	97	102	98	99	102	99
Other	96	101	103	102	101	103	99	99	98	98	100
BEVERAGES:											
Tea	101	103	101	99	97	94	101	99	101	100	98
Other	105	104	99	103	93	91	104	104	102	93	96
Miscellaneous (a)	100	100	102	101	99	104	94	98	99	94	89
ALL FOODS (a)	100·1	102·8	101·4	99·7	98·6	97·4	101·1	98·8	100·3	98·7	99·1
"Price of Energy" Index	105·0	112·3	103·1	96·4	90·8	82·3	104·8	93·1	105·7	100·0	95·8

(a) Excludes a few miscellaneous items for which expenditure only was recorded.

Digitized by Google
Original from CORNELL UNIVERSITY

have fared less well than others, while older adults have decidedly improved their relative position.

TABLE 29
Indices of Domestic Food Expenditure per head, 1952–1957
(1952=100)

	1952	*1953*	*1954*	*1955*	*1956*	*1957*
ALL HOUSEHOLDS						
Food price index (N.F.S.)	100	105	107	114	119	123
Food expenditure per head	100	110	114	124	132	136
HOUSEHOLD TYPES						
Older couples, one or both 55 or over	100	112	123	131	141	145
Younger couples, both under 55	100	109	114	127	133	135
One man and one woman with:						
1 child	100	109	114	124	132	135
2 children	100	107	112	120	128	133
3 children	100	105	109	121	127	129
4 or more children	100	105	107	115	118	128
adolescents only	100	110	116	127	135	138
adolescents and children	100	107	111	120	130	132

102. To ascertain whether the food expenditure of families of different sizes had kept pace with the increase in food prices, it was necessary to examine price movements for each type of household separately. In Table 30 a price index of the Fisher Ideal type is therefore given for older and younger couples and families with different numbers of children, with 1952 as base year, with a quantity index calculated by dividing the expenditure index shown in Table 29 by this price index.

TABLE 30
Indices of Average Prices and Quantities Purchased, 1952–1957
(1952=100)

	1952	*1953*	*1954*	*1955*	*1956*	*1957*
FOOD PRICE INDEX						
Older couples, one or both 55 or over	100	105	109	116	122	124
Younger couples, both under 55	100	105	108	115	121	122
One man and one woman with:						
1 child	100	104	107	114	118	123
2 children	100	104	107	113	118	121
3 children	100	105	107	113	118	123
4 or more children	100	105	107	114	115	124
QUANTITY INDEX						
Older couples, one or both 55 or over	100	107	114	114	117	117
Younger couples, both under 55	100	104	106	111	110	111
One man and one woman with:						
1 child	100	105	107	110	112	110
2 children	100	103	105	107	109	110
3 children	100	101	103	103	108	105
4 or more children	100	100	100	102	102	103

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

103. The quantity index indicates that the older couples considerably improved both their relative and their absolute position between 1952 and 1954 and afterwards maintained their lead over other groups. The main explanation of this may well be that, having fewer commitments on clothes, household durables and housing, the older couples were able to devote more of their income to food than were younger adults with or without families. During the period of decontrol families with only one child kept pace with younger childless couples; those with two children, after falling behind in 1953–55, had almost caught up with them by 1957. Households with three children remained behind, whilst the level of consumption in the largest families showed no increase until 1955 and not very much subsequently.

104. Table 30 attempts to show how much of the increases in domestic food expenditure between 1952 and 1957 were due to price increases and how far they represented real gains in consumer satisfaction. Such an apportionment of an expenditure rise between price and quantity is, however, affected by changes in the average quality of purchases. In principle, purchase of a more expensive variety of a particular commodity should be shown as a quantity change, not as a price change, since it is associated with a rising standard of living. In practice, changes in quality have some effect on the price index, since the Survey cannot distinguish every single variety of food. Thus, margarine and butter are distinguished, but not different kinds of margarine. A transference of demand from margarine to butter, with no change in the price of either, would be recorded as a quantity increase and would not affect the price index; but a similar shift from a cheaper to a more expensive brand of margarine would appear as a price rise, because the average price paid for the commodity margarine would be increased. With an indefinitely detailed classification of foods, a change in average quality would always be regarded as a replacement of some foods by others, and would therefore change the quantity but not the price index – as it should, since the former is intended to assess changes in the standard of purchases, as measured by consumer preference. The quantity index of Table 30 realizes this concept only approximately; some element of the increase in the price index between 1952 and 1957 no doubt represents improvements in quality, packaging and service, and to that extent the improvement in standard is understated.

105. The percentage increase in the value of consumption between 1956 and 1957 was generally somewhat greater than the corresponding rise in food expenditure, because of a general increase in the value of free supplies of fruit and vegetables. That increase was partly due to a higher proportion of rural households in the 1957 sample, and it would appear that in almost all groups there was some recovery from the very low levels of 1956 in the relative contribution of garden produce to the diet. Over the period 1954–57 the proportionate contribution of free food to the value of consumption was well maintained in the larger families, but tended to fall in wholly adult households and in families with only one or two children.

106. The average expenditure per calorie ranged from 12 per cent above the national average in younger two-adult households to 18 per cent below in families with four or more children. In 1956 the range was wider (+14 to —23 per cent), but in 1955 it was the same (+12 to —18). The corresponding range in a Laspeyres-type index of food prices, which compares the prices paid by different groups for the commodities constituting the average household diet, was from 2·8 per cent above the general average in younger two-adult households to 2·6 per cent below in the

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

largest families, much the same as in 1955 (+3·3 to —2·2) but narrower than in 1956 (+3·8 to —6·3). This index of the relative level of prices decreased between 1956 and 1957 for younger and was unchanged for older couples; it increased in all six types of family household but declined in the three remaining groups, though changes were mostly small.

107. Differences in the average prices paid by different types of household for a standard basket of commodities are associated with differences in net family income per head. The correspondence is not so close as the similar relationship found for different social classes, and the differences, though well established, are quite small; thus, younger couples had an average declared net income per head 3½ times that of families with four or more children but the prices which they paid in 1957 were only 5 per cent higher. Price differences between these extreme groups were most marked for fish (+6 to —8 per cent), "other" vegetables (+7 to —5), preserves (+4 to —6), tea (+3 to —6) and other beverages (+4 to —9) and carcase meat (+4 to —5).

108. Table 31 summarizes the main differences in consumption per head between the different types of household, taking as the standard of reference the averages for younger childless couples, whose energy and nutrient requirements were slightly greater than in 1956 and slightly less than in 1955 in relation to those of most other groups, because of variations in the relative proportions of manual workers in the samples. For most foods the pattern of group differences was similar to that of the two previous years, but there was some narrowing of the range of differences for liquid milk, fish, eggs, fresh fruit, bread, "other" cereals and beverages, and some widening of the gap between large and small families for cheese, "other" vegetables and flour. For several foods, notably sugar and preserves, the consumption in families with two or three children declined in relation to that in other types of family household. (It should be noted that the Survey does not cover sweets and chocolate.) Family households with adolescents but without children showed little change, but other households containing adolescents but no children fared relatively worse than in 1956, though their consumption of potatoes and flour increased.

109. In comparison with their relative energy requirements, shown at the head of the table, families with children obtained more than a proportionate amount of potatoes and liquid milk, but less of all other major foods, except that families with four or more children were exceptional in purchasing disproportionately more bread. All types of household containing adolescents, with or without children, obtained substantially less of all major foods except bread and potatoes than their relative energy requirements would indicate. In relation to their allowances for protein and calcium, the position of families with children was less favourable than for energy value, since their diet was not sufficiently modified so as to provide more protein and calcium per calorie.

110. As explained in paragraph 102 of the Annual Report for 1956, the housewives had, by the beginning of that year, adapted their buying behaviour to free conditions for most commodities, although the formerly rationed fats constituted a notable exception. The tendency for large families to replace butter by margarine continued until the third quarter of 1956, when butter consumption per head in families with four or more children was only 27 per cent of that recorded by younger childless couples, compared with 143 per cent for margarine. The reduction in butter prices, which began in October 1956, came to a temporary halt in the summer of 1957,

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 31

Consumption per head by Households of Different Composition compared with Consumption by Younger Childless Couples (both under 55), 1957

(per cent)

	Households with one male and one female adult and								*Other households with*		
	no other		*children only*				*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	both adults under 55	*one or both adults aged 55 or over*	*1*	*2*	*3*	*4 or more*					
Energy requirements	100	96	90	85	81	80	105	98	94	103	92
Protein requirements	100	95	96	93	91	92	116	112	93	111	101
Calcium requirements	100	104	110	114	115	120	117	124	101	112	115
Liquid milk	100	101	97	95	91	84	92	83	95	85	84
Cheese	100	101	75	64	55	45	92	67	94	75	67
Meat (including bacon)	100	91	73	60	51	44	88	63	85	82	62
Fish	100	112	77	63	54	45	92	67	98	81	64
Eggs	100	84	79	74	63	56	86	72	82	84	70
Fats	100	91	81	73	66	65	94	75	84	84	73
Sugar and preserves	100	101	86	78	75	77	95	82	93	83	78
Potatoes (including chips and crisps)	100	97	101	95	87	88	101	106	92	111	97
Fresh green vegetables	100	102	78	60	51	44	88	60	88	71	63
Other vegetables	100	87	87	73	68	60	87	77	82	82	71
Fresh fruit	100	85	75	62	52	37	87	60	80	68	59
Other fruit	100	66	71	60	50	38	83	52	67	60	57
Bread	100	94	87	80	79	87	101	96	95	102	88
Flour	100	119	77	69	59	51	92	76	93	100	70
Other cereals	100	86	86	81	73	70	87	76	84	82	71
Beverages	100	95	72	61	51	49	80	59	90	71	60

Digitized by Google
Original from CORNELL UNIVERSITY

but was resumed in the last quarter; as a result, all types of household, including the largest families, bought more butter and less margarine, and differences associated with family size diminished. For cooking fats, however, the widening of differences between large and small families, which had begun in 1952, continued into the early months of 1957. Table 32 summarizes the changes in consumption of the main visible fats during the six years.

TABLE 32

Differences in the consumption of butter, margarine and cooking fats by households of one man and one woman (both under 55) and by households of one man and one woman with four or more children, 1952–1957

Commodity	*Year*	*Consumption (oz. per head per week)*				*(b) as percentage of (a)*
		All households	*(a) Younger couples*	*(b) Large families*	*Difference (a) – (b)*	
Butter . . .	1952	2·79	2·91	2·75	0·16	95
	1953	3·56	3·86	3·20	0·66	83
	1954	4·09	5·38	2·71	2·67	50
	1955	4·47	6·84	2·28	4·56	33
	1956	4·70	6·86	2·13	4·83	31
	1957	5·37	7·82	3·23	4·59	41
Margarine . .	1952	4·39	4·61	4·44	0·17	96
	1953	4·28	4·49	4·16	0·33	93
	1954	4·81	5·14	4·77	0·37	93
	1955	4·68	4·58	4·96	−0·38	108
	1956	4·48	4·12	5·24	−1·12	127
	1957	4·02	3·92	4·80	−0·88	122
Lard and compound cooking fats . .	1952	2·01	2·17	2·04	0·13	94
	1953	2·00	2·29	1·86	0·43	81
	1954	2·18	2·87	1·89	0·98	66
	1955	2·18	2·89	1·57	1·32	54
	1956	2·08	2·70	1·40	1·30	52
	1957	1·98	2·79	1·39	1·40	50

111. Details of expenditure and consumption per head are given in Tables 33 and 34, which may be compared with Tables 33 and 34 of the Report for 1956. Changes in the consumption of liquid milk were 0·05 pt. or less except for older couples and family households with four or more children or with adolescents, whose average consumption rose by 0·2 pt. per head per week, the increase being wholly in full-price milk. Liquid milk consumption ranged from 5·31 pt. in older and 5·28 pt. in younger two-adult households to 4·40 pt. in families with adolescents and children. For total liquid and processed milk and cream, the corresponding range was from 5·54 pints or equivalent pints for younger couples to 4·59 pt. for couples with adolescents and children. This gap has been slowly narrowing for some years; the difference between the same two groups was 0·99 pt. in 1956, 1·19 pt. in 1955 and 1·26 pt. in 1954, when the extreme values were 5·70 and 4·44 pt. Total expenditure on liquid and processed milks and cream increased in all groups; in family households with several children and in other households with

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 33
Domestic Food Expenditure by Household Composition, 1957
(pence per head per week)

	Households with one male and one female adult and								*Other households with*		
	no other		*children only*				*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
MILK AND CREAM:											
Liquid, retail	41·45	38·46	31·22	25·33	21·18	16·22	36·61	27·68	38·50	31·20	25·67
Liquid, welfare	0·01	0·90	3·60	4·68	5·25	5·34	0·05	1·27	0·05	0·21	2·02
All Liquid Milk	*41·46*	*39·36*	*34·82*	*30·01*	*26·43*	*21·56*	*36·66*	*28·95*	*38·55*	*31·41*	*27·69*
Condensed	1·42	2·08	1·54	1·19	1·18	0·99	1·91	1·29	1·51	1·18	1·26
Dried and other	0·05	0·03	1·05	1·22	1·03	1·20	—	0·19	0·10	0·06	0·68
Cream	1·20	2·04	1·11	0·67	0·40	0·26	1·22	0·81	1·30	0·69	0·59
Total Milk and Cream	*44·13*	*43·51*	*38·52*	*33·09*	*29·04*	*24·01*	*39·79*	*31·24*	*41·46*	*33·34*	*30·22*
CHEESE:											
Natural	7·07	6·78	4·80	4·14	3·63	3·13	5·96	4·50	6·46	5·02	4·45
Processed and packeted	1·12	1·94	1·69	1·24	1·12	0·77	1·59	1·04	1·33	1·58	1·17
Total Cheese	*8·19*	*8·72*	*6·49*	*5·38*	*4·75*	*3·90*	*7·55*	*5·54*	*7·79*	*6·60*	*5·62*
MEAT:											
Beef and veal	36·36	40·06	29·74	23·10	18·58	16·62	35·91	24·32	33·77	30·09	24·99
Mutton and lamb	24·22	21·22	15·50	12·23	9·18	7·73	18·65	12·32	20·50	16·54	12·07
Pork	7·45	9·98	5·76	4·43	4·07	1·95	6·66	3·90	7·15	6·48	4·43
All Carcase Meat	*68·03*	*71·26*	*51·00*	*39·76*	*31·83*	*26·30*	*61·22*	*40·54*	*61·42*	*53·11*	*41·49*
Bacon and ham, uncooked	18·65	21·13	14·23	11·81	9·88	7·31	19·40	11·92	17·06	16·33	12·20
Other (a)	31·14	42·99	30·76	24·42	20·17	19·09	34·46	26·33	33·11	33·50	26·10
Total Meat	*117·82*	*135·38*	*95·99*	*75·99*	*61·88*	*52·70*	*115·08*	*78·79*	*111·59*	*102·94*	*79·79*

(a) Includes cooked and canned meat, and meat products.

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 33—*continued*
(*pence per head per week*)

	Households with one male and one female adult and								*Other households with*		
	no other		*children only*				*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
FISH:											
Fresh	9·92	7·50	5·47	4·73	3·89	2·77	7·06	4·45	8·31	6·37	4·75
Processed and shell (b)	2·87	3·15	1·99	1·37	1·18	0·63	2·27	1·67	2·35	1·70	1·63
Prepared (c)	5·36	8·07	6·03	4·63	4·12	3·45	7·26	4·64	5·52	5·91	4·19
Total Fish	*18·15*	*18·72*	*13·49*	*10·73*	*9·19*	*6·85*	*16·59*	*10·76*	*16·18*	*13·98*	*10·57*
EGGS	*18·08*	*21·64*	*16·90*	*14·65*	*11·70*	*10·69*	*17·42*	*13·97*	*16·96*	*16·54*	*13·36*
FATS:											
Butter	16·68	18·79	13·46	10·96	8·98	7·56	15·67	9·72	16·64	13·53	10·48
Margarine	5·45	5·63	5·44	5·52	5·63	6·57	6·74	6·78	4·72	6·18	5·65
Lard and compound cooking fat	3·19	3·84	2·99	2·64	2·15	1·91	3·31	2·40	2·59	2·62	2·53
Other fats	0·98	0·90	0·76	0·71	0·72	0·44	0·71	0·68	0·72	0·85	0·75
Total Fats	*26·30*	*29·16*	*22·65*	*19·83*	*17·48*	*16·48*	*26·43*	*19·58*	*24·67*	*23·18*	*19·41*
SUGAR AND PRESERVES:											
Sugar	11·70	11·76	10·26	9·16	8·66	8·68	11·12	9·29	10·72	9·72	9·00
Honey, preserves, syrup and treacle	4·94	4·99	3·92	3·66	3·57	3·79	4·44	4·34	4·78	3·86	3·61
Total Sugar and Preserves	*16·64*	*16·75*	*14·18*	*12·82*	*12·23*	*12·47*	*15·56*	*13·63*	*15·50*	*13·58*	*12·61*
VEGETABLES:											
Potatoes, including chips and crisps	10·84	12·71	12·28	11·30	10·40	9·90	12·30	12·35	10·49	13·14	10·97
Fresh green	8·98	11·04	6·89	5·14	3·75	3·01	8·02	4·92	8·22	6·21	5·16
Other (d)	10·07	13·91	11·80	9·78	8·39	7·47	11·70	9·32	9·73	10·78	8·99
Total Vegetables	*29·89*	*37·66*	*30·97*	*26·22*	*22·54*	*20·38*	*32·02*	*26·59*	*28·44*	*30·13*	*25·12*

(b) Includes smoked, dried and salted.
(c) Includes cooked, canned and bottled fish, and fish products.
(d) Includes dried and canned vegetables, and vegetable products.

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 33—*continued*
(pence per head per week)

	Households with one male and one female adult and								Other households with		
	no other children only						adolescents only	adolescents and children	adults only	adolescents but no children	one or more children with or without adolescents
	one or both adults aged 55 or over	both adults under 55	1	2	3	4 or more					
FRUIT:											
Fresh (e)	22·25	30·08	22·11	17·23	13·43	10·39	24·57	16·44	22·50	19·56	16·41
Other (f)	9·32	15·38	10·87	8·89	6·94	5·00	11·82	7·40	9·73	8·58	8·12
Total Fruit (e)	*31·57*	*45·46*	*32·98*	*26·12*	*20·37*	*15·39*	*36·39*	*23·84*	*32·23*	*28·14*	*24·53*
CEREALS:											
Brown bread	1·69	1·68	0·91	0·69	0·90	0·45	1·33	0·58	1·69	0·99	0·82
White bread	16·59	18·06	16·83	15·64	15·58	18·28	18·88	19·41	17·08	19·66	17·59
Wholewheat and wholemeal bread	1·62	1·34	0·61	0·63	0·45	0·26	0·71	0·46	1·36	0·64	0·49
Other bread (g)	3·56	3·98	2·68	2·06	1·56	1·23	3·58	2·00	3·44	3·18	2·15
Total Bread	*23·46*	*25·06*	*21·03*	*19·02*	*18·49*	*20·22*	*24·50*	*22·45*	*23·57*	*24·47*	*21·05*
Flour	5·39	4·64	3·53	3·19	2·71	2·31	4·22	3·37	4·19	4·34	3·14
Cakes (h)	11·04	14·91	11·52	9·71	7·63	6·75	13·66	9·92	11·76	12·22	9·05
Biscuits	9·96	13·33	10·45	9·92	8·24	7·35	10·16	7·92	9·94	8·87	7·90
Oatmeal and oat products	1·15	0·50	0·80	0·88	1·05	1·20	0·59	0·82	0·94	0·86	0·82
Breakfast cereals	2·03	3·04	3·12	3·67	3·98	4·40	2·64	3·49	2·12	2·20	2·88
Other cereals	4·01	4·89	4·68	4·08	3·51	3·46	3·82	3·30	3·60	4·16	3·45
Total Cereals	*57·04*	*66·37*	*55·13*	*50·47*	*45·61*	*45·69*	*59·59*	*51·27*	*56·12*	*57·12*	*48·29*
BEVERAGES:											
Tea	18·94	19·38	14·24	11·33	9·52	9·14	16·21	11·56	17·74	14·05	11·70
Coffee	4·11	4·85	2·76	2·40	1·93	1·43	3·18	2·45	3·97	2·60	2·18
Cocoa	0·54	0·75	0·60	0·78	0·62	0·60	0·61	0·58	0·54	0·66	0·47
Branded food drinks	1·26	1·42	0·90	0·68	0·47	0·36	0·87	0·43	1·20	0·70	0·64
Total Beverages	*24·85*	*26·40*	*18·50*	*15·19*	*12·54*	*11·53*	*20·87*	*15·02*	*23·45*	*18·01*	*14·99*
MISCELLANEOUS (i)	8·52	10·42	8·94	7·60	6·71	5·93	8·46	6·44	7·35	7·26	6·49
Total All Foods	*401·17* (33s. 5d.)	*460·22* (38s. 4d.)	*354·82* (29s. 7d.)	*298·06* (24s. 10d.)	*254·06* (21s. 2d.)	*226·00* (18s. 10d.)	*395·68* (33s. 0d.)	*296·68* (24s. 9d.)	*381·76* (31s. 10d.)	*350·77* (29s. 3d.)	*290·94* (24s. 3d.)

(e) Includes tomatoes.
(f) Includes dried, canned and bottled fruit.
(g) Includes rolls, fruit bread, sandwiches and milk bread.
(h) Includes buns, scones, tea cakes, muffins and crumpets.
(i) Includes invalid and baby foods, spreads and dressings, soups, meat and vegetable extracts and items on which expenditure only was recorded.

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 34

Domestic Food Consumption by Household Composition, 1957

(oz. per head per week except where otherwise stated)

	Households with one male and one female adult and								*Other households with*		
	no other children only						*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
MILK AND CREAM:											
Liquid, retail (pt.)	5·30	5·04	4·01	3·42	2·94	2·36	4·82	3·66	5·01	4·40	3·58
Liquid, welfare (pt.)	0.01	0.24	1.12	1.62	1.86	2.06	0.05	0.74	0.02	0·09	0·84
All Liquid Milk (pt.)	*5·31*	*5·28*	*5·13*	*5·04*	*4·80*	*4·42*	*4·87*	*4·40*	*5·03*	*4·49*	*4·42*
Condensed (eq. pt.)	0·15	0·23	0·15	0·13	0·14	0·11	0·21	0·15	0·17	0·14	0·15
Dried and other (pt. or eq. pt.)	...	...	0·18	0·20	0·23	0·28	—	0·03	0·01	0·04	0·12
Cream (pt.)	0·02	0·03	0·02	0·01	0·01	...	0·02	0·01	0·02	0·02	0·02
Total Milk and Cream (pt. or eq. pt.)	*5·48*	*5·54*	*5·48*	*5·38*	*5·18*	*4·81*	*5·10*	*4·59*	*5·23*	*4·69*	*4·71*
CHEESE:											
Natural	3·53	3·28	2·40	2·10	1·80	1·49	3·05	2·26	3·22	2·44	2·23
Processed and packeted	0·32	0·54	0·48	0·36	0·31	0·23	0·45	0·29	0·37	0·44	0·32
Total Cheese	*3·85*	*3·82*	*2·88*	*2·46*	*2·11*	*1·72*	*3·50*	*2·55*	*3·59*	*2·88*	*2·55*
MEAT:											
Beef and veal	13·71	14·19	10·92	8·70	7·14	6·61	13·02	9·30	12·32	11·76	9·29
Mutton and lamb	9·84	8·27	6·00	5·01	3·76	3·18	7·19	5·05	8·19	6·80	4·84
Pork	2·74	3·52	2·02	1·65	1·38	0·76	2·23	1·34	2·57	2·30	1·59
All Carcase Meat	*26·29*	*25·98*	*18·94*	*15·36*	*12·28*	*10·55*	*22·44*	*15·69*	*23·08*	*20·86*	*15·72*
Bacon and ham, uncooked	6·55	7·19	4·86	4·14	3·58	2·54	6·70	4·18	6·00	5·52	4·36
Other (a)	11·92	15·99	11·86	10·11	8·97	8·73	13·90	11·05	12·65	13·70	10·61
Total Meat	*44·76*	*49·16*	*35·66*	*29·61*	*24·83*	*21·82*	*43·04*	*30·92*	*41·73*	*40·08*	*30·69*

(a) Includes cooked and canned meat, and meat products.

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 34—*continued*
(oz. per head per week except where otherwise stated)

	Households with one male and one female adult and								*Other households with*		
	no other children only						*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
FISH:											
Fresh	5·43	3·91	2·99	2·56	2·17	1·72	3·81	2·53	4·47	3·37	2·67
Processed and shell (b)	1·61	1·57	1·04	0·74	0·61	0·34	1·26	0·91	1·29	0·94	0·82
Prepared (c)	1·45	2·07	1·79	1·45	1·32	1·33	1·91	1·60	1·63	1·77	1·33
Total Fish	*8·49*	*7·55*	*5·82*	*4·75*	*4·10*	*3·39*	*6·98*	*5·04*	*7·39*	*6·08*	*4·82*
EGGS (No.)	4·84	5·74	4·51	4·25	3·64	3·24	4·92	4·14	4·70	4·84	4·04
Eggs purchased (No.)	4·43	5·32	4·18	3·73	3·06	2·78	4·31	3·63	4·16	4·12	3·47
FATS:											
Butter	6·92	7·82	5·68	4·63	3·80	3·23	6·65	4·14	6·91	5·77	4·46
Margarine	3·77	3·92	3·81	3·86	4·03	4·80	4·70	4·90	3·30	4·38	4·08
Lard and compound cooking fat	2·35	2·79	2·20	1·93	1·59	1·39	2·37	1·78	1·92	1·90	1·86
Other fats	0·79	0·61	0·64	0·57	0·55	0·42	0·56	0·52	0·54	0·67	0·59
Total Fats	*13·83*	*15·14*	*12·33*	*10·99*	*9·97*	*9·84*	*14·28*	*11·34*	*12·67*	*12·72*	*10·99*
SUGAR AND PRESERVES:											
Sugar	20·98	20·88	18·41	16·41	15·62	15·57	19·85	16·70	19·14	17·34	16·20
Honey, preserves, syrup and treacle	4·34	4·15	3·23	3·08	3·20	3·58	3·88	3·86	4·17	3·48	3·20
Total Sugar and Preserves	*25·32*	*25·03*	*21·64*	*19·49*	*18·82*	*19·15*	*23·73*	*20·56*	*23·31*	*20·82*	*19·40*
VEGETABLES:											
Potatoes, including chips and crisps	58·41	60·02	60·66	56·76	52·44	52·87	60·70	63·67	55·13	66·59	58·25
Fresh green	22·47	21·98	17·17	13·10	11·29	9·61	19·32	13·09	19·31	15·67	13·94
Other (d)	17·65	20·20	17·58	14·74	13·68	12·19	17·49	15·62	16·58	16·50	14·33
Total Vegetables	*98·53*	*102·20*	*95·41*	*84·60*	*77·41*	*74·67*	*97·51*	*92·38*	*91·02*	*98·76*	*86·52*

(b) Includes smoked, dried and salted.
(c) Includes cooked, canned and bottled fish, and fish products.
(d) Includes dried and canned vegetables, and vegetable products.

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 34—*continued*
(oz. per head per week except where otherwise stated)

	Households with one male and one female adult and								*Other households with*		
	no other		*children only*				*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
FRUIT:											
Fresh (e)	25·73	30·40	22·68	18·91	15·72	11·39	26·54	18·10	24·37	20·63	18·08
Other (f)	7·03	10·70	7·59	6·40	5·34	4·04	8·83	5·61	7·17	6·46	6·05
Total Fruit (e)	*32·76*	*41·10*	*30·27*	*25·31*	*21·06*	*15·43*	*35·37*	*23·71*	*31·54*	*27·09*	*24·13*
CEREALS:											
Brown bread	3·70	3·56	1·96	1·47	1·97	0·97	2·90	1·28	3·63	2·18	1·80
White bread	38·68	42·00	39·77	37·05	37·00	43·44	44·97	46·34	39·94	46·80	41·66
Wholewheat and wholemeal bread	2·82	2·36	1·08	1·09	0·79	0·46	1·28	0·80	2·38	1·14	0·85
Other bread (g)	4·70	5·08	3·41	2·54	1·96	1·44	4·63	2·27	4·53	3·76	2·49
Total Bread	*49·90*	*53·00*	*46·22*	*42·15*	*41·72*	*46·31*	*53·78*	*50·69*	*50·48*	*53·88*	*46·80*
Flour	11·58	9·76	7·54	6·77	5·77	4·94	9·01	7·41	9·07	9·80	6·80
Cakes (h)	6·11	7·79	6·10	5·24	4·31	3·94	7·07	5·67	6·45	6·60	5·01
Biscuits	6·06	7·29	5·99	5·63	4·79	4·21	5·94	4·69	5·98	5·03	4·59
Oatmeal and oat products	1·43	0·59	0·89	1·04	1·24	1·44	0·72	1·04	1·21	1·01	0·98
Breakfast cereals	1·28	1·89	1·88	2·18	2·35	2·69	1·63	2·12	1·30	1·35	1·74
Other cereals	3·49	3·80	3·55	3·20	2·80	2·74	3·13	2·76	3·04	3·52	2·78
Total Cereals	*79·85*	*84·12*	*72·17*	*66·21*	*62·98*	*66·27*	*81·28*	*74·38*	*77·53*	*81·19*	*68·70*
BEVERAGES:											
Tea	3·74	3·77	2·82	2·30	1·96	1·94	3·20	2·34	3·50	2·83	2·39
Coffee	0·55	0·67	0·38	0·33	0·28	0·24	0·43	0·31	0·55	0·39	0·31
Cocoa	0·18	0·26	0·21	0·27	0·21	0·20	0·20	0·20	0·18	0·22	0·16
Branded food drinks	0·30	0·34	0·22	0·17	0·12	0·08	0·20	0·10	0·30	0·16	0·15
Total Beverages	*4·77*	*5·04*	*3·63*	*3·07*	*2·57*	*2·46*	*4·03*	*2·95*	*4·53*	*3·60*	*3·01*

(e) Includes tomatoes
(f) Includes dried, canned and bottled fruit.
(g) Includes rolls, fruit bread, sandwiches and milk bread.
(h) Includes buns, scones, tea cakes, muffins and crumpets

Original from CORNELL UNIVERSITY

children the rise was due mainly to the higher price of welfare milk, but in all other groups to increased expenditure on full-price milk. Immediately after the reduction of the welfare milk subsidy on 1st April, 1957, milk consumption declined in families containing three or more children, or children and adolescents, though it was at least maintained in all other groups. The effect proved transient and records for the second half of the year suggest that the rise in the price of welfare milk was absorbed and had little effect on the nutritional position of the larger families.

112. All types of household reduced their expenditure on natural cheese and all but two on processed and packeted cheese also, but the fall in prices, like the previous rise, had little effect on the consumption of most groups. Purchases of carcase meat tended to recede from the high levels reached in 1956, reflecting changes in the supply position, and falls in mutton and lamb exceeded rises in beef and veal. Total fish consumption declined in all but the largest families, who maintained their previous average by buying more fried fish. The range in consumption of fresh fish was from 5·4 oz. per head per week for older couples to only 1·7 oz. in families with four or more children, and in that of processed and shell-fish from 1·6 to 0·3 oz. in the same two groups, the steepest gradient for any major food except wholemeal bread. All types of household spent less on eggs because of reduced prices, but consumption increased only in childless two-adult households and in family households with two or more children.

113. All groups obtained from 0·5 to 1·1 oz. more butter per head per week and from 0·2 to 0·6 oz. less margarine; the replacement of margarine by butter was most marked in the largest families, in which the trend had been the other way until late in 1956. Expenditure on margarine declined in all groups and that on butter in all except families with more than one child. Total consumption of visible fats reached new high levels in most groups, rising to 15·1 oz. per head per week for younger couples (7·8 oz. butter, 3·9 oz. margarine, 3·4 oz. other fats).

114. Although expenditure on sugar continued to increase in all types of household, consumption generally declined, the extreme values being 21·0 oz. for older couples and 15·6 oz. for the largest families. Consumption of preserves was uniformly greater in households with adults only than in those containing children, yet it was also larger in large families than in small, probably because of their greater reliance on bread and jam.

115. The supply of potatoes was easier than in 1956, so that less was spent by all groups. Changes in consumption were rather erratic, with sharp falls in households with three or more children, so that the minimum shifted from two-child to three-child families. All groups obtained more fresh green but less root and other vegetables. Wholly adult households increased their lead in fruit consumption over families with children.

116. Bread consumption again decreased in all types of household, the long-term downward trend having apparently been given added impetus by the removal of the subsidy. The decrease was most marked in the two household groups with adolescents but no children, though their consumption still remained the highest of all the types analysed. The demand for wholemeal bread was again chiefly from adults.

117. Tea consumption decreased in varying degree in all types of households, especially those with adolescents. Coffee gained at the expense of tea among younger couples and family households with children.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

118. Table 39 of the Annual Report for 1956 gave regression estimates of the expenditure on different commodities attributable to the adult couple and each additional child in a selected group of households consisting of childless couples (both under 55) and households of one man and one woman with varying numbers of children. The younger childless couples provide a group broadly comparable in age and household income with the family households, so that differences in food expenditure may be attributed to the presence of children. The analysis has been repeated for 1957, but the results will not be given *in extenso*. Household food expenditure in 1957 averaged 76s. 8d. for younger childless couples, and 88s. 8d., 99s. 4d., 105s. 10d. and 123s. 9d. for two-adult households containing respectively one, two, three and four or more (average 4·56) children under 15. If a straight regression line is fitted to these averages, the basic element in domestic food expenditure associated with the two adult members of the household is estimated as 77s. 10d., and the average increment for each additional child as 10s. 2d. Similar calculations for 1956 showed a basic expenditure associated with the adult couple of 77s. 2d. and an additional expenditure attributable to each child of 8s. 10d. Of the rise of 1s. 4d. in the incremental expenditure for a child, nearly 5d. was associated with milk (mainly because of the higher price of welfare milk), 3½d. with meat, 3d. with bread and 2d. with butter. The percentage increment increased for most foods, exceptions including cooking fats, old potatoes and flour. For breakfast cereals (including oatmeal) each additional child accounted for more than the two adults together. At the other extreme, the addition of a child actually decreased the total household expenditure on fresh green vegetables and scarcely affected the averages for fresh and other fruit; this does not mean that children consumed none of these foods, though it does imply that whatever they obtained came from their parents' share.

Energy Value and Nutrient Content

119. Table 35 shows the energy value and nutrient content of the average domestic food consumption of households of different composition. As in previous years, there were the usual downward gradients for all nutrients with increasing family size. However, since the nutritional requirements of adults, adolescents and children differ widely, variations in the nutrient content of the diets of families of different composition can only be judged in relation to their needs.

120. All types of family shared to much the same extent in the general changes between 1956 and 1957. All but one showed higher intakes of iron, thiamine and nicotinic acid as a result of the new Flour Regulations, the higher levels of these nutrients in flour more than offsetting the general decreases in bread consumption. In the residual group of households with adolescents but no children the marked fall in bread consumption, together with reductions in other foods, especially meat, counteracted the higher nutrient content of flour, and also reduced energy, protein and calcium intake.

121. For all nutrients other than iron, thiamine and nicotinic acid the diets of all groups were generally within 5 per cent of the levels in 1956. The vitamin C intake of families with adolescents but no children increased by 7 per cent and that of older couples by 10 per cent owing to the higher consumption of fresh green vegetables in both groups and greater purchases of main crop potatoes in the latter. The vitamin A estimates were surprisingly close to those of the previous year; surprisingly since they can vary widely, even in larger samples, because they are

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 35

Energy Value and Nutrient Content of Domestic Food Consumption, 1957 by Household Composition Groups

(per head per day)

	Households with one male and one female adult and								*Other households with*		
	no other		*children only*				*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
Energy value (Cal.)	2,946	3,134	2,639	2,384	2,192	2,136	2,919	2,466	2,783	2,740	2,366
Protein (g.)	86	91	76	68	62	59	84	70	81	79	68
Animal protein (g.)	52	55	45	39	35	31	49	38	48	45	38
Fat (g.)	129	141	113	100	89	82	128	100	120	115	98
Carbohydrate (g.)	361	376	330	302	286	289	359	323	344	346	304
Calcium (mg.)	1,145	1,190	1,068	997	936	888	1,106	962	1,094	1,031	944
Iron (mg.)	15·6	17·3	14·2	12·6	11·4	11·1	15·9	13·3	14·9	15·1	12·6
Vitamin A (i.u.)	4,709	5,516	4,629	4,038	3,444	3,316	4,978	3,889	4,579	4,432	3,864
Thiamine (mg.)	1·48	1·57	1·30	1·17	1·08	1·02	1·44	1·22	1·40	1·40	1·18
Riboflavin (mg.)	1·88	2·00	1·74	1·58	1·42	1·34	1·82	1·51	1·79	1·70	1·50
Nicotinic acid (mg.)	16·2	17·0	13·8	12·0	10·8	10·2	15·6	12·8	15·1	15·0	12·3
Vitamin C (mg.)	59	65	56	48	42	37	59	48	55	53	46
Vitamin D (i.u.)	146	165	158	144	133	143	162	142	139	143	138

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 36

Comparison of Energy Value and Nutrient Content of Domestic Food Consumption, 1957, *with Allowances based on the British Medical Association's Recommendations*

(per cent)

	Households with one male and one female adult and								*Other households with*		
	no other		*children only*				*adolescents only*	*adolescents and children*	*adults only*	*adolescents but no children*	*one or more children with or without adolescents*
	one or both adults aged 55 or over	*both adults under 55*	*1*	*2*	*3*	*4 or more*					
Energy value	113	115	108	104	99	98	102	93	109	98	95
Protein	120	120	105	97	90	85	95	82	115	94	89
Calcium	127	137	112	101	93	85	109	89	125	106	94
Iron	116	137	119	111	105	103	114	101	114	110	101
Vitamin A	169	210	200	189	171	171	192	177	169	171	170
Thiamine	143	146	135	129	124	119	126	115	138	126	119
Riboflavin	119	122	117	113	106	101	105	93	115	101	99
Nicotinic acid	157	158	142	132	124	119	136	120	149	135	123
Vitamin C	261	299	263	235	210	182	233	194	253	217	205

Original from CORNELL UNIVERSITY

sensitive to small differences in the consumption of two very rich sources, liver and carrots.

122. In Table 36 the nutrient content of the diets is compared with allowances based on the British Medical Association's recommendations and, as in earlier Reports, 10 per cent has been deducted from the nutritive value of the food obtained for consumption to allow for wastage and other losses of edible food in the home. With this convention, the intakes of all nutrients exceeded the recommended allowances in the wholly adult households and in families containing one child. The lowest percentages were for protein and calcium in families with three or more children and for energy value, protein, calcium and riboflavin in those with both adolescents and children.

TABLE 37

Percentage of Energy Value derived from Protein, Fat and Carbohydrate 1952, 1956 *and* 1957

(*per cent*)

		Households with one male and one female adult and							
		no other		*children only*				*adolescents only*	*adolescents and children*
		one or both 55 or over	*both under 55*	*1*	*2*	*3*	*4 or more*		
Protein	1952	n.a.	n.a.	12·6	12·4	12·1	12·0	12·8	12·4
	1956	11·7	11·7	11·6	11·5	11·3	11·2	11·5	11·2
	1957	11·6	11·6	11·5	11·5	11·4	11·1	11·5	11·4
Fat	1952	n.a.	n.a.	35·0	35·2	34·8	33·6	33·8	32·6
	1956	38·5	39·1	37·7	36·8	35·1	33·3	37·8	35·6
	1957	39·3	40·5	38·4	37·8	36·5	34·7	39·3	36·3
Carbohydrate	1952	n.a.	n.a.	52·4	52·4	53·1	54·4	53·4	55·0
	1956	49·8	49·2	50·8	51·7	53·5	55·5	50·7	53·1
	1957	49·1	47·9	50·1	50·7	52·2	54·2	49·2	52·3
		Percentage of Protein derived from Animal Sources							
Animal protein as percentage of total protein									
	1952	n.a.	n.a.	50·2	50·3	48·5	45·0	47·8	44·6
	1956	58·7	58·9	57·4	57·3	54·5	50·5	56·2	53·2
	1957	60·1	60·3	58·7	57·7	55·9	52·7	58·4	54·6

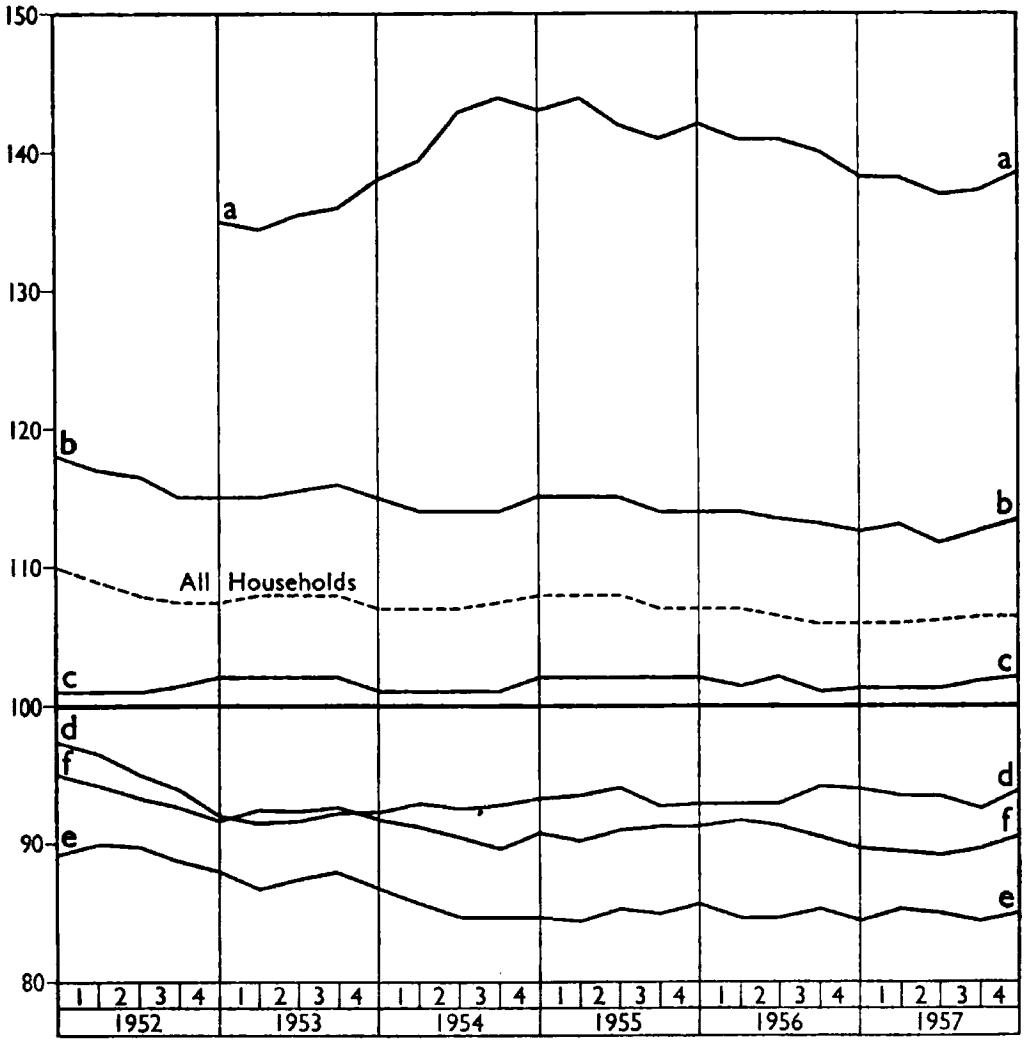
123. Compared with similar data for 1956, the changes in the percentages resembled those for actual intakes. For iron, thiamine and nicotinic acid there were increases of up to 8 per cent, but apart from these, other changes were small and generally downwards. Among the classified households differences between groups narrowed slightly. Those with four or more children substantially increased their food expenditure and slightly improved their position, though they shared in the

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

CHART II

Estimated intake of Calcium per head by All Households and by certain Household Composition Groups expressed as percentages of Allowances based on Recommendations of the British Medical Association

Annual Centred Moving Averages 1952–1957



(a) Younger couples, no children
(b) Couples with 1 child
(c) Couples with 2 children
(d) Couples with 3 children
(e) Couples with 4 or more children
(f) Couples with adolescents and children

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

general decreases in energy value and protein. The two residual groups of households with children or adolescents or both lost some ground. If iron, thiamine and nicotinic acid are excluded, the only differences greater than 5 per cent were, as in previous years, for vitamins A and C; these were unimportant, since the intake of these nutrients was well above the recommended allowances.

124. In the Annual Report for 1956, the trends for protein intake were shown graphically. Chart II similarly illustrates the trends for calcium in all households and several types of family during 1952–57 by annual moving averages centred on each quarter of the year. The percentages declined from 1952 until about mid-1954, since when the levels have been barely maintained. The continuing decline in bread and flour consumption has thus been almost offset by slight increases in the consumption of other foods, especially cakes and biscuits (which are made from flour fortified with creta praeparata), cheese and green vegetables.

125. Table 37 shows the proportion of the energy value of the diet obtained from protein, fat and carbohydrate in 1952, 1956 and 1957 by classified households of different composition. In all groups the contributions from fat increased, balancing decreases in the carbohydrate and very slight changes in the protein contributions. The ratio of animal to total protein increased in all groups.

Effect of Age of Children in Families of the Same Size and Social Class

126. The standard classification of households used in the National Food Survey distinguishes children under 15 from adolescents between 15 and 21, but does not separate children of school age from those under 5. To investigate changes in the domestic economy of the family as its younger members enter and leave school, a special analysis has been made of the 1957 sample of families consisting of one man, one woman and three minors. Six sub-groups were distinguished, having respectively 3 children under 5, 2 under 5 and 1 of school age, 1 under 5 and 2 of school age, all 3 of school age, 2 of school age and 1 over 15, and 1 of school age and 2 over 15. There were too few households with 3 adolescents to enable the sequence to be completed. A few families containing both infants under 5 and adolescents have also been excluded. Each sub-group was cross-classified by social class as determined by the gross income of the head of the household, and the estimates of consumption and expenditure were then re-combined so as to standardize the class distribution within each sub-group. The standard distribution of households was that given by the aggregate of the six sub-groups, as follows: Class A1, 3·8 per cent; A2, 10·2; B, 44·4; C, 37·4; D1, 4·2 per cent. There were no families with three members under 21 in Class D2 or the old age pensioner group. For most variates this reweighting gave a fairly regular gradation by age of children, which was obscured in the unadjusted data by fluctuations in the class distribution within each sub-group, particularly by an excess of Class A households among the families with three children under 5 – a fortuitous, or at least transient, feature of the sample.

127. Table 38 shows that as children grow older the income of the family steadily increases even if that of its head does not change. The departure of the children to school often releases the mother to go out to work, and later the family income is substantially increased by the earnings of its adolescent members. Of these influences the latter appears more important. In 1957 the difference in household food expenditure between families with three children under 5 and those with

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

three children between 5 and 15 was only 9s. 5d., but with two children of school age and one over 15 the additional increase was 11s. 2d. and with two adolescents a further 22s. 11d. The percentage of the family income devoted to food at first increases and is greatest for households with one child under 5 and two of school age; after that stage it falls again, a smaller proportion of the income provided by the supplementary earners being devoted to food.

TABLE 38

Domestic Food Expenditure in Households of One Man, One Woman and Three Minors, 1957(a)

No. of children under 5	3	2	1	–	–	–
No. of children of school age	–	1	2	3	2	1
No. of adolescents (15–21)	–	–	–	–	1	2
No. of households	37	61	150	113	96	43
No. of earners per household	1·05	1·03	1·11	1·31	2·08	2·94
Declared weekly family income per head (£)	2·66	2·66	2·74	2·90	3·45	4·13
per household (£)	13·32	13·31	13·69	14·49	17·26	20·62
Weekly food expenditure: per head	19s. 8d.	20s. 1d.	21s. 6d.	21s. 7d.	23s. 10d.	28s. 4d.
per household	98s. 5d.	100s. 5d.	107s. 6d.	107s. 10d.	119s. 0d.	141s. 11d.

(a) Adjusted to a constant social class distribution within each group.

128. Differences in consumption between the six types of family, after adjustment to a constant class distribution, are summarized in Table 39. Corresponding averages for younger childless couples are given for purposes of comparison. The increases in food expenditure as successive children attained school age were mainly devoted to fresh meat and liquid milk. Nevertheless the cessation at the age of 5 of the provision of cheap welfare milk and national dried milk was not made good by increased purchases of full-price milk or by access to milk at school. For most important foods, there was a steady increase in consumption as the children grew older; the exceptions, in addition to milk, included canned, bottled and dried fruit, fruit juices, cocoa and canned soups. The increase in fish consumption was mainly in fried fish. When all the children were at school, margarine tended to replace butter. As the children left school, there was a sharp increase in the household's consumption of fresh meat and potatoes, though not of green vegetables. On the whole, however, the pattern of consumption showed little change.

129. Table 40 gives estimates of the energy value and nutrient content of the diets of the six sub-groups, and compares these with allowances based on the recommendations of the British Medical Association. Corresponding values for younger childless couples are also included. It will be seen from Appendix E that for energy and all nutrients the allowances rise during childhood and adolescence. Although the nutrient content of the diets of the sub-groups increased as the children grew older, the increases did not keep pace with the allowances, in comparison with which there was therefore a progressive lowering of the nutrient content of the diet, with the minima for all nutrients, other than vitamin A, in families containing two children of school age and one adolescent. In the small sub-group of families with two adolescents and one child of school age, increased expenditure on and consumption of most main foods, especially carcase meat, potatoes and

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

bread, contributed to higher levels for most nutrients but did not fully counteract the effect of their lowered milk consumption on their intakes of calcium and riboflavin. The higher intake of vitamin D in the families with young children was to be expected because of the use of fortified dried milks for infant feeding.

TABLE 39

Domestic Food Consumption in Households of Two Adults both under 55 and in Families with three Minors, 1957

(oz. per head per week except where otherwise stated)

No. of children under 5	*3*	*2*	*1*	–	–	–	*One man and one woman (both under 55)*
No. of children of school age	–	*1*	*2*	*3*	*2*	*1*	
No. of adolescents (15–21)	–	–	–	–	*1*	*2*	
Liquid milk: retail (pt.)	1·66	1·79	2·98	3·79	4·01	4·05	5·04
welfare (pt.)	3·49	2·79	1·35	0·08	0·05	—	0·24
school (pt.)	0·01	0·24	0·50	0·63	0·50	0·28	...
Total liquid milk (pt.)	*5·15*	*4·83*	*4·83*	*4·51*	*4·57*	*4·33*	*5·28*
Condensed milk (eq. pt.)	0·09	0·13	0·14	0·13	0·11	0·11	0·23
Dried and other milk (pt. or eq. pt.)	1·09	0·32	0·16	—	...	—	...
Total milk and cream (pt. or eq. pt.)	*6·34*	*5·28*	*5·13*	*4·65*	*4·69*	*4·45*	*5·54*
Cheese	1·8	1·7	2·2	2·2	2·8	2·8	3·8
Carcase meat	9·7	11·6	12·9	12·7	15·2	19·0	26·0
Bacon and other meat	11·0	12·3	12·3	13·6	13·6	16·6	23·2
Fish	3·6	4·4	4·0	4·4	5·2	5·0	7·6
Eggs (No.)	*3·7*	*3·1*	*3·5*	*4·0*	*4·4*	*4·9*	*5·7*
Butter	3·9	3·3	4·1	3·6	4·4	5·0	7·8
Margarine	3·4	2·9	4·1	4·9	4·4	4·9	3·9
Total fats	*8·9*	*7·8*	*10·6*	*10·9*	*10·6*	*12·4*	*15·1*
Sugar and preserves	16·2	17·7	19·2	19·3	19·1	24·2	25·0
Potatoes	39·2	40·8	59·0	54·9	60·5	70·1	60·0
Fresh green vegetables	8·1	12·6	10·6	13·1	10·7	14·6	22·0
Other vegetables	14·1	13·6	13·5	13·5	14·7	16·9	20·2
Fresh fruit	13·4	13·8	15·0	16·9	19·4	17·4	30·4
Other fruit	7·3	5·0	5·4	4·8	4·9	4·9	10·7
Bread	32·6	39·8	41·6	47·0	49·8	55·7	53·0
Flour	4·9	5·3	5·5	6·9	6·6	8·5	9·8
Cakes and biscuits	9·0	8·3	9·2	9·0	9·5	11·3	15·1
Other cereal foods	5·6	6·4	6·5	6·8	6·3	7·5	6·3
Tea	1·8	1·6	2·0	2·1	2·2	2·6	3·8
Other beverages	0·5	0·5	0·6	0·7	0·6	0·6	1·3

130. Table 40 also shows for these sub-groups the sources of the energy value and of the protein in the diets. Although the trends were not marked, the percentage of the energy value derived from carbohydrate tended to increase as the children

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

grew older, with corresponding decreases in the percentages from protein and fat, and the contribution of vegetable protein to the total protein intake also tended to rise. It appears, therefore, that the diets of the families with young children were more satisfactory than those of families of the same size and income level containing older children.

TABLE 40

Energy Value and Nutrient Content of the Diet in Households of two adults both under 55 and in Families with three Minors, 1957

No. of children under 5	*3*	*2*	*1*	–	–	–	*One man and one woman (both under 55)*
No. of children of school age	–	*1*	*2*	*3*	*2*	*1*	
No. of adolescents (15–21)	–	–	–	–	*1*	*2*	
INTAKE PER PERSON PER DAY:							
Energy value (Cal.)	1,976	2,025	2,226	2,302	2,367	2,743	3,134
Total protein (g.)	59	60	63	64	69	78	91
Animal protein (g.)	36	34	35	34	38	41	55
Fat (g.)	82	79	91	94	95	110	141
Carbohydrate (g.)	250	269	287	301	309	361	376
Calcium (mg.)	990	912	932	920	964	998	1190
Iron (mg.)	10.6	11.2	11.9	12.3	13.4	15.4	17.3
Vitamin A (i.u.)	3,995	3,314	3,422	3,374	4,010	4,186	5,516
Thiamine (mg.)	0.93	1.02	1.09	1.14	1.18	1.35	1.57
Riboflavin (mg.)	1.54	1.39	1.44	1.41	1.51	1.61	2.00
Nicotinic acid (mg.)	9·2	10·4	11·2	11·5	12·7	14·4	17·0
Vitamin C (mg.)	39	40	43	42	45	49	65
Vitamin D (i.u.)	196	131	125	130	127	141	165
AS A PERCENTAGE OF ALLOWANCES:							
Energy value	106	98	101	96	89	97	115
Total protein	102	96	92	85	81	85	120
Calcium	99	91	93	91	90	90	137
Iron	110	109	110	105	103	111	137
Vitamin A	196	161	169	171	190	183	210
Thiamine	128	127	126	119	110	119	146
Riboflavin	134	111	107	96	93	94	122
Nicotinic acid	127	129	130	119	118	127	158
Vitamin C	222	212	212	194	185	190	299
PERCENTAGE OF ENERGY VALUE DERIVED FROM:							
Protein	11·9	11·9	11·4	11·2	11·7	11·3	11·6
Fat	37·4	35·1	37·0	36·6	36·1	36·1	40·5
Carbohydrate	50.7	53.0	51.7	52.2	52.2	52.6	47.9
Animal protein as percentage of total protein	60·9	57·0	56·0	53·4	55·1	53·9	60·3

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

VII

Family Composition and Social Class

131. The form of analysis made in 1955 and 1956 to assess the relative influences of household composition and social class on expenditure, consumption and nutritive value has been repeated for 1957 data. As before, households in Class D2 and the old age pensioner group were omitted because they contained very few children, and since most of the sub-groups in Classes A1 and D1 contained fewer than 25 households, these classes were combined with A2 and C respectively, giving three broad income groups, A, B and C & D1. Each of the resulting 21 sub-groups contained at least 50 households and 200 persons, except the Class A couples with four or more children, of whom there were only 15, with 99 persons, and those with adolescents but no children, numbering 46 households and 144 persons.

132. Couples with three or more children or with both children and adolescents comprised only 13 per cent of all households in the sample, but they included 22 per cent of the persons, 40 per cent of the children under 15, and 40 per cent of the adolescents. Details are given in Table 3 of Appendix A. A further 20 per cent of the children and 18 per cent of the adolescents were in the residual group of households with children, which was not included in the two-way analysis because of its heterogeneous character.

133. Table 41 gives the average weekly domestic food expenditure per head and per household for each sub-group. The range was from 42s. 2d. per head per week for younger childless couples in Class A to 17s. 3d. in the largest families of the combined Classes C & D1. In 1956 the corresponding range was from 41s. 5d. to 15s. 6d. Each of the 21 sub-groups showed some increase in expenditure per head in 1957.

134. In all classes analysed the first child, and also the fourth and subsequent children, occasioned a greater average addition to the food expenditure of the household than did the second and third, and these departures from linearity appeared to be systematic. In 1956 also the increment associated with the first child was in all cases greater than that for the second. Younger childless couples spent about twice as much *per head* on food as families with four or more children in the same income grade, the difference being greater in Classes C & D1. The food expenditure *per household* of families with four or more children was from one and a half to one and three-quarters times that of the corresponding younger two-adult households.

135. Analyses of expenditure on and consumption of the main foods for each of the 21 household groups are given in Table 42. In general, expenditure as well as consumption per head decreased with family size in all classes, the main exceptions being oatmeal and other breakfast cereals, for which both variables increased with the number of children. The minimum consumption of white bread (and total bread) and of preserves occurred in either two-child or three-child families, and that of margarine in one-child or two-child families. The upward turn in consumption of these foods indicates the family size at which the decrease due to the smaller

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 41

Food Expenditure by Certain Household Composition Groups and Social Class, 1957
(per week)

Household Composition Group	*Class*										*All households*			
	A				*B*				*C & D1*					
	Per head		*Per household*		*Per head*		*Per household*		*Per head*		*Per household*		*Per head*		*Per household*	
	s.	*d.*	*s.*	*d.*	*s.*	*d.*	*s.*	*d.*	*s.*	*d.*	*s.*	*d.*	*s.*	*d.*	*s.*	*d.*
Households of one male and one female adult and:																
No other (both under 55).	42	2	84	3	38	8	77	4	36	7	73	1	38	4	76	8
1 child	33	2	99	7	30	0	90	1	27	11	83	10	29	7	88	8
2 children . . .	27	9	110	11	25	8	102	8	22	7	90	3	24	10	99	4
3 children . . .	24	7	123	0	21	9	108	9	19	3	96	4	21	2	105	10
4 or more children . .	(22 | 0)	(145 | 4)	20	1	129	5	17	3	114	3	18	10	123	9
Adolescents only . .	38	3	119	10	33	11	108	4	30	9	99	3	33	0	105	7
Adolescents and children .	29	10	142	2	25	3	126	9	22	9	117	7	24	9	124	10
Average all households .	*32*	*2*	*110*	*3*	*28*	*10*	*99*	*4*	*26*	*4*	*86*	*10*	*28*	*1*	*88*	*9*

Figures in parenthesis are averages based on fewer than 25 households.

Original from CORNELL UNIVERSITY

TABLE 42

Quantities of Food obtained for consumption by Household Composition Groups and Social Class, 1957

(ounces per person per week except where otherwise stated)

	Class A						
	Households with one male and one female adult and						
	no other (both adults under 55)	*1 child*	*2 children*	*3 children*	*4 or more children*	*adolescents only*	*adolescents and children*
MILK AND CREAM:							
Liquid, retail (pt.)	5·50	4·62	3·90	3·82	3·56	5·57	4·44
Liquid, welfare and school (pt.)	0·38	1·26	1·56	1·95	2·46	0·15	0·78
All Liquid Milk (pt.)	*5·88*	*5·88*	*5·46*	*5·77*	*6·02*	*5·72*	*5·22*
Condensed (eq. pt.)	0·12	0·15	0·12	0·09	0·14	0·24	0·13
Dried and other (pt. or eq. pt.)	0·01	0·09	0·13	0·35	—	—	0·02
Cream (pt.)	0·04	0·03	0·02	0·01	...	0·04	0·03
Total Milk and Cream (pt. or eq. pt.)	*6·05*	*6·15*	*5·73*	*6·22*	*6·16*	*6·00*	*5·40*
CHEESE:							
Natural	4·14	2·49	2·58	1·80	2·08	3·40	3·15
Processed and packeted	0·46	0·43	0·31	0·41	0·40	0·39	0·33
Total Cheese	*4·60*	*2·92*	*2·89*	*2·21*	*2·48*	*3·79*	*3·48*
MEAT:							
Beef and veal	16·37	10·96	9·54	6·54	6·52	14·33	9·30
Mutton and lamb	8·43	7·56	5·68	4·82	2·52	10·03	6·13
Pork	3·67	2·13	1·44	2·38	1·08	1·64	2·60
All Carcase Meat	*28·47*	*20·65*	*16·66*	*13·74*	*10·12*	*26·00*	*18·03*
Bacon and ham, uncooked	7·05	4·82	4·58	4·24	2·67	7·44	4·86
Other meat	15·55	11·02	9·45	9·90	9·78	14·65	11·93
Total Meat	*51·07*	*36·49*	*30·69*	*27·88*	*22·57*	*48·09*	*34·81*
FISH:							
Fish	6·08	3·54	3·74	3·12	3·89	6·62	2·98
Processed and shell	1·87	1·27	1·37	0·48	0·93	1·97	1·70
Prepared	1·98	1·47	0·89	0·96	1·03	1·87	1·39
Total Fish	*9·93*	*6·28*	*6·00*	*4·56*	*5·85*	*10·46*	*6·07*
EGGS (No.)	6·02	5·21	4·70	4·21	4·79	5·76	4·72
Eggs purchased (No.)	5·61	5·12	4·22	3·48	4·09	5·01	4·27
FATS:							
Butter	8·00	6·46	5·57	5·39	4·28	8·75	6·01
Margarine	3·14	3·03	3·35	3·07	3·88	3·56	3·43
Lard and compound cooking fat	1·83	1·81	1·69	1·44	1·61	2·33	2·16
Other fats	0·45	0·24	0·38	0·82	0·04	0·31	0·37
Total Fats	*13·42*	*11·54*	*10·99*	*10·72*	*9·81*	*14·95*	*11·97*
SUGAR AND PRESERVES:							
Sugar	18·58	18·40	15·16	15·81	14·06	18·89	15·00
Honey, preserves, syrup and treacle	4·34	3·33	3·32	4·10	3·23	4·27	4·08
Total Sugar and Preserves	*22·92*	*21·73*	*18·48*	*19·91*	*17·29*	*23·16*	*19·08*
VEGETABLES:							
Potatoes (including chips and crisps)	53·74	48·09	47·06	40·90	40·77	56·07	59·70
Fresh green	27·02	16·44	13·79	15·24	7·30	20·52	14·40
Other	19·31	18·92	15·65	14·77	11·05	15·63	16·95
Total Vegetables	*100·07*	*83·45*	*76·50*	*70·91*	*59·12*	*92·22*	*91·05*
FRUIT:							
Fresh	44·46	29·63	25·57	25·68	16·15	35·47	29·55
Other	10·58	9·83	9·66	6·57	5·56	10·88	7·16
Total Fruit	*55·04*	*39·46*	*35·23*	*32·25*	*21·71*	*46·35*	*36·71*
CEREALS:							
Brown bread	3·61	2·45	1·11	2·74	1·42	2·82	1·96
White bread	36·11	29·05	27·82	30·91	30·83	29·85	33·09
Wholewheat and wholemeal bread	2·56	1·88	1·76	0·95	1·84	2·72	1·07
Other bread	5·23	3·82	2·55	2·53	1·66	8·69	3·76
Total Bread	*47·51*	*37·20*	*33·24*	*37·13*	*35·75*	*44·08*	*39·88*
Flour	8·04	6·82	7·06	5·32	3·39	8·44	7·57
Cakes	5·67	5·11	4·93	3·81	3·88	5·38	5·08
Biscuits	7·70	6·59	5·84	5·36	4·51	8·33	5·46
Oatmeal and oat products	0·86	0·93	1·11	1·44	2·02	0·72	0·46
Breakfast cereals	1·36	1·91	2·20	2·70	2·62	1·49	1·93
Other cereals	4·63	4·73	3·30	2·98	3·51	2·94	2·85
Total Cereals	*75·77*	*63·29*	*57·68*	*58·74*	*55·68*	*71·38*	*63·23*
BEVERAGES:							
Tea	3·64	2·66	1·97	1·74	1·49	2·64	1·92
Coffee	1·26	0·62	0·45	0·60	0·40	0·64	0·59
Cocoa	0·30	0·24	0·33	0·29	0·16	0·06	0·18
Branded food drinks	0·37	0·11	0·16	0·37	—	0·19	0·12
Total Beverages	*5·57*	*3·63*	*2·91*	*3·00*	*2·05*	*3·53*	*2·81*

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 42—*Continued*

(ounces per person per week except where otherwise stated)

Class B							*Classes C & D1*						
Households with one male and one female adult and													
no other (both adults under 55)	*1 child*	*2 children*	*3 children*	*4 or more children*	*adolescents only*	*adolescents and children*	*no other (both adults under 55)*	*1 child*	*2 children*	*3 children*	*4 or more children*	*adolescents only*	*adolescents and children*
5·06	4·06	3·52	3·11	2·42	4·99	3·70	4·86	3·83	3·12	2·47	2·13	4·48	3·41
0·28	1·16	1·60	1·87	2·21	0·03	0·74	0·12	1·04	1·66	1·83	1·87	0·06	0·72
5·34	5·22	5·12	4·98	4·63	5·02	4·44	4·98	4·87	4·78	4·30	4·00	4·54	4·13
0·23	0·18	0·15	0·13	0·14	0·16	0·15	0·26	0·15	0·13	0·16	0·10	0·25	0·14
...	0·17	0·22	0·17	0·29	—	0·03	—	0·22	0·19	0·28	0·28	—	0·04
0·03	0·02	0·01	0·01	...	0·02	0·01	0·03	0·01	0·01	...	...	0·01	0·01
5·60	5·59	5·50	5·29	5·06	5·20	4·63	5·27	5·25	5·11	4·74	4·38	4·80	4·32
3·09	2·33	2·04	1·84	1·55	3·02	2·25	3·22	2·45	1·99	1·74	1·38	2·95	2·01
0·56	0·51	0·41	0·32	0·27	0·50	0·30	0·54	0·43	0·31	0·24	0·16	0·40	0·27
3·65	2·84	2·45	2·16	1·82	3·52	2·55	3·76	2·88	2·30	1·98	1·54	3·35	2·28
13·40	11·11	8·80	7·41	7·43	13·41	9·59	14·60	10·75	8·41	7·34	5·84	12·41	8·99
8·40	5·75	5·30	3·55	3·37	6·79	5·25	7·90	5·92	4·35	3·52	3·00	6·84	4·62
3·45	1·86	1·65	1·26	0·70	2·46	1·40	3·57	2·22	1·65	1·12	0·78	2·18	0·85
25·25	18·70	15·75	12·22	11·50	22·66	16·24	26·07	18·89	14·41	11·98	9·62	21·43	14·46
7·09	4·80	4·32	3·67	2·74	7·11	4·56	7·40	4·94	3·70	3·13	2·33	6·23	3·62
15·36	11·95	10·57	8·64	9·52	13·72	10·59	16·75	11·93	9·78	8·81	7·87	13·86	11·15
47·70	35·45	30·64	24·53	23·76	43·49	31·39	50·22	35·76	27·89	23·92	19·82	41·52	29·23
3·60	3·00	2·68	2·22	1·71	3·97	2·48	3·53	2·88	2·04	1·80	1·33	2·95	2·43
1·58	1·09	0·67	0·90	0·32	1·42	0·80	1·44	0·95	0·62	0·31	0·29	0·89	0·73
1·86	1·79	1·48	1·43	1·50	1·93	1·70	2·38	1·83	1·58	1·33	1·22	1·90	1·60
7·04	5·88	4·83	4·55	3·53	7·32	4·98	7·35	5·66	4·24	3·44	2·84	5·74	4·76
5·79	4·58	4·30	3·78	3·44	5·03	4·36	5·61	4·25	4·05	3·37	2·77	4·67	3·81
5·49	4·33	3·94	3·31	3·01	4·46	3·71	5·02	3·78	3·33	2·69	2·33	4·06	3·39
8·25	5·84	4·80	3·88	3·58	6·66	4·18	7·13	5·27	4·09	3·08	2·79	6·09	3·52
3·58	3·55	3·88	4·09	4·49	4·36	4·98	4·64	4·35	4·02	4·34	5·06	5·29	5·28
2·74	2·09	2·01	1·78	1·21	2·37	1·90	3·17	2·45	1·92	1·47	1·49	2·47	1·58
0·75	0·62	0·67	0·50	0·43	0·54	0·49	0·48	0·75	0·49	0·49	0·49	0·65	0·59
15·32	12·10	11·36	10·25	9·71	13·93	11·55	15·42	12·82	10·52	9·38	9·83	14·50	10·97
20·50	18·24	16·94	16·89	16·69	20·26	16·93	22·26	18·61	16·18	14·07	14·59	19·53	16·94
4·50	3·36	3·21	3·38	3·23	3·70	3·70	3·62	3·06	2·75	2·61	4·06	4·06	3·96
25·00	21·60	20·15	20·27	19·92	23·96	20·63	25·88	21·67	18·93	16·68	18·65	23·59	20·90
57·68	58·20	56·99	55·49	53·90	61·95	65·04	65·87	67·64	59·49	53·33	54·91	61·28	62·94
21·12	16·70	12·84	11·23	10·51	18·46	13·75	21·25	17·02	12·93	9·72	9·20	19·64	12·03
20·49	17·56	14·79	13·29	12·89	18·89	15·61	20·19	17·49	14·31	13·60	11·74	16·60	14·99
99·29	92·46	84·62	80·01	77·30	99·30	94·40	107·31	102·15	86·73	76·65	75·85	97·52	89·96
30·84	24·04	19·89	15·69	13·48	28·56	18·70	24·98	18·52	15·15	12·09	8·78	21·96	14·39
11·45	7·73	6·43	6·09	5·08	9·35	6·03	9·55	6·76	5·11	4·03	2·72	7·73	4·67
42·29	31·77	26·32	21·78	18·56	37·91	24·73	34·53	25·28	20·26	16·12	11·50	29·69	19·06
3·73	1·88	1·67	1·83	1·04	3·95	1·43	3·35	1·98	1·28	1·89	0·95	1·99	0·91
40·15	39·10	37·71	36·61	43·30	42·09	47·79	46·88	43·25	39·15	39·68	45·31	52·29	48·87
2·34	0·97	1·20	0·89	0·39	1·61	0·88	2·34	1·05	0·74	0·62	0·36	0·57	0·68
5·29	3·61	2·81	1·74	1·42	4·78	2·32	4·49	3·13	2·08	1·91	1·50	3·31	1·78
51·51	45·56	43·39	41·07	46·15	52·43	52·40	57·06	49·41	43·25	44·10	48·12	58·16	52·24
10·08	7·17	6·73	5·78	4·48	9·35	7·63	9·91	8·18	6·79	5·77	4·60	9·05	7·30
7·99	6·41	5·13	4·46	4·24	7·86	5·72	8·04	5·91	5·41	4·03	3·82	6·59	5·70
7·44	6·17	5·73	4·76	4·80	6·39	4·68	6·97	5·60	5·40	4·56	3·56	4·85	4·44
0·57	0·87	1·03	1·06	1·26	0·56	1·07	0·54	0·96	1·02	1·33	1·49	0·83	1·17
2·11	1·89	2·19	2·30	2·87	1·83	2·18	1·75	1·87	2·16	2·36	2·63	1·43	2·13
3·77	3·54	3·21	3·01	2·98	3·61	2·80	3·50	3·19	3·14	2·45	2·35	2·72	2·67
83·47	71·61	67·41	62·44	66·78	82·03	76·48	87·77	75·12	67·17	64·60	67·57	83·63	75·65
3·60	2·85	2·33	2·00	1·94	3·26	2·34	4·07	2·87	2·36	1·96	2·00	3·29	2·49
0·62	0·35	0·33	0·29	0·16	0·47	0·30	0·52	0·37	0·29	0·18	0·29	0·36	0·23
0·27	0·20	0·28	0·23	0·21	0·19	0·16	0·23	0·23	0·22	0·16	0·21	0·24	0·23
0·33	0·25	0·18	0·07	0·10	0·25	0·12	0·36	0·20	0·16	0·10	0·08	0·15	0·08
4·82	3·65	3·12	2·39	2·41	4·17	2·92	5·18	3·67	3·03	2·40	2·58	4·[illegible]	

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

requirements of children begins to be counteracted by an increase attributable to the greater dependence of the larger families on cheaper foods. In 1955 and 1956 potatoes had shown a similar minimum at the second or third child, but in 1957 potatoes were more expensive and consumption fell off fairly uniformly with family size, though group differences were small.

136. In Class A, the families with four or more children consumed as much milk of all types, per head, as the younger childless couples (6·16 compared with 6·05 equiv. pt.). In Classes C & D1, on the other hand, the largest families obtained only 4.38 equiv. pt. per head per week compared with the younger couples' 5·27 equiv. pt. One of the most important differences between Class A and the lower income groups is the maintenance of the former's milk consumption per head when the family size increases; in Class B, consumption falls by about half a pint, and in Classes C & D1 by nearly a pint a head.

TABLE 43

Households of Different Composition within Social Classes, 1957

Energy Value and Nutrient Content of the Diet

	Class	Units of intake per person per day	Households with one male and one female adult and						
			no other (both adults under 55)	children only				adolescents only	adolescents and children
				1	2	3	4 or more		
Energy value	A	Cal.	2,998	2,552	2,320	2,277	2,072	2,944	2,458
	B		3,120	2,625	2,440	2,234	2,203	2,955	2,521
	C & D1		3,207	2,693	2,324	2,106	2,073	2,885	2,414
Total protein	A	g.	93	76	69	66	62	88	73
	B		90	76	70	63	62	85	72
	C & D1		92	77	67	61	57	81	68
Animal protein	A	g.	59	47	43	40	39	56	44
	B		54	45	41	36	34	50	39
	C & D1		54	44	37	33	28	46	36
Fat	A	g.	138	113	103	100	89	138	110
	B		140	112	103	91	85	128	102
	C & D1		142	114	96	83	78	124	94
Carbohydrate	A	g.	346	308	279	277	255	337	294
	B		374	328	309	291	296	365	330
	C & D1		389	340	299	278	285	361	323
Calcium	A	mg.	1,251	1,095	1,016	1,040	999	1,185	1,039
	B		1,185	1,074	1,019	957	924	1,120	978
	C & D1		1,179	1,059	965	887	836	1,073	924
Iron	A	mg.	17·5	14·0	12·8	12·2	11·4	16·4	13·5
	B		17·2	14·5	13·1	11·8	11·8	16·3	13·9
	C & D1		17·8	14·7	12·7	11·4	11·2	15·7	13·3
Vitamin A	A	i.u.	6,017	4,879	4,389	4,442	3,734	5,499	4,424
	B		5,503	4,676	4,091	3,639	3,320	5,086	3,942
	C & D1		5,316	4,586	3,893	2,942	3,271	4,780	3,703
Thiamine	A	mg.	1·57	1·26	1·14	1·14	0·99	1·45	1·25
	B		1·55	1·28	1·19	1·08	1·05	1·48	1·26
	C & D1		1·59	1·34	1·14	1·05	1·01	1·41	1·17
Riboflavin	A	mg.	2·15	1·81	1·66	1·64	1·55	1·98	1·67
	B		1·98	1·76	1·61	1·47	1·40	1·86	1·54
	C & D1		1·98	1·73	1·54	1·34	1·28	1·74	1·45
Nicotinic acid	A	mg.	17·6	13·5	12·0	11·7	10·0	16·5	13·4
	B		16·8	13·9	12·4	11·0	10·6	16·1	13·2
	C & D1		17·4	14·3	11·9	10·6	10·2	15·2	12·6
Vitamin C	A	mg.	80	57	55	51	38	72	57
	B		65	57	49	44	40	60	50
	C & D1		61	54	45	38	38	54	43
Vitamin D	A	i.u.	170	140	131	148	140	169	138
	B		160	159	150	139	139	161	142
	C & D1		170	164	141	126	143	162	145

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

137. Table 43 shows the energy value and nutrient content of the diets of the same household groups. Similar patterns to those found in the previous two years are apparent. Although for most nutrients household composition had more effect than social class on dietary intake, it is evident that class also affected intake, particularly of animal protein, fat, carbohydrate, calcium and vitamins A and C. When the nutritive value of the diets is compared, as in Table 44, with allowances based on the recommendation of the British Medical Association, the effect becomes more pronounced: for energy and most nutrients there were downward gradients from Class A to Classes C & D1 in families of like composition, and from adult families to those with four or more children in each social class—most regularly in Classes C & D1 and least so in Class A. Households containing adolescents, with or without children, also showed similar tendencies.

TABLE 44

Households of Different Composition within Social Classes, 1957
Comparison of Energy Value and Nutrient Content of the Diet with Allowances based on the British Medical Association's Recommendations
(*per cent*)

	Class	*Households with one male and one female adult and*						
		no other (both adults under 55)	*children only*				*adolescents only*	*adolescents and children*
			1	*2*	*3*	*4 or more*		
Energy value	A	115	100	106	108	100	108	99
	B	117	107	105	101	102	103	94
	C & D1	113	108	100	95	94	100	89
Total protein	A	127	110	102	100	93	105	92
	B	121	105	99	91	90	97	84
	C & D1	117	105	94	87	80	92	79
Calcium	A	141	116	104	105	97	120	101
	B	138	112	103	95	89	111	90
	C & D1	135	110	98	88	79	104	85
Iron	A	137	119	115	113	109	121	108
	B	137	122	116	108	111	117	106
	C & D1	138	122	113	105	103	112	101
Vitamin A	A	228	213	209	223	196	215	208
	B	212	202	192	180	170	195	179
	C & D1	199	197	182	146	169	184	167
Thiamine	A	153	138	132	138	121	134	126
	B	148	133	130	123	124	129	117
	C & D1	141	136	124	119	115	122	108
Riboflavin	A	137	129	124	128	123	120	111
	B	124	118	114	109	106	107	95
	C & D1	116	114	109	99	94	100	88
Nicotinic acid	A	172	149	139	141	122	152	135
	B	159	143	136	125	125	140	123
	C & D1	154	145	129	120	117	131	116
Vitamin C	A	359	272	273	257	187	294	243
	B	303	266	237	215	198	238	204
	C & D1	280	252	219	187	183	213	172

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 45

Selected Households in Classes C & D, 1955–57

Comparison of Energy Value and Protein, Calcium, Iron and Riboflavin content of the Diet with Allowances based on the British Medical Association's Recommendations

(*per cent*)

	Energy Value			*Protein*			*Calcium*			*Iron*			*Riboflavin*		
	Households containing 1 male and 1 female adult and														
	3 children	*4 or more children*	*children and adolescents*	*3 children*	*4 or more children*	*children and adolescents*	*3 children*	*4 or more children*	*children and adolescents*	*3 children*	*4 or more children*	*children and adolescents*	*3 children*	*4 or more children*	*children and adolescents*
1955	99	95	95	90	85	83	88	83	87	100	93	96	98	91	86
1956	97	97	94	87	85	81	87	82	85	92	94	94	98	90	86
1957	95	94	89	87	80	79	88	79	85	105	103	101	99	94	88

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

138. During the years 1955–57 there were small changes in the percentages of the allowances attained for certain nutrients in most groups. Percentages below 95 have occurred mainly in the larger families in Classes C & D1; Table 45 illustrates this by showing for these groups the energy value and intake of protein, calcium, iron and riboflavin expressed as a percentage of the allowances. The percentages for energy value and for protein and calcium decreased mainly because of reductions in bread consumption. The lowered values for protein reflect reduced intake of protein of vegetable origin which was not fully offset by increases in the intake of protein from animal sources. The values for iron, thiamine and nicotinic acid, after decreasing in 1956, rose in 1957 to levels above those of 1955. Bread was again largely responsible, since both the content of these nutrients in flour and the consumption of bread declined until the introduction of the new Flour Regulations in September 1956, after which the increased levels of iron, thiamine and nicotinic acid more than counteracted the accelerated decline in bread consumption. The percentages for riboflavin, in contrast to those for protein and calcium, were maintained during these three years. Bread and potatoes are poor sources of riboflavin, and the small reductions in the contributions from these foods have been made good by increased consumption of milk, meat and eggs.

139. Changes in the composition and consumption of bread are thus the principal causes of the changes that took place in the diets of the larger families in Classes C & D1, and of some other groups, between 1955 and 1957. The dietary levels for energy value, total protein and calcium fell because of the decrease in bread consumption; the intake of iron, thiamine and nicotinic acid in 1957 was satisfactory because of the changes in composition brought about by regulation.

140. Table 46 shows the proportion of the energy value of the diet derived from protein, fat and carbohydrate and the proportion of protein from animal sources. This also tends to confirm a previously found pattern. The contributions from protein and from fat decrease and that from carbohydrate increases with diminishing income and with increasing family size. Social class appears to have as much influence as household composition on the proportion of animal protein in the diet.

141. Estimates such as those in Table 46 can be taken as evidence of qualitative differences in the diet: in general, the proportions of fat and of protein of animal origin are a measure of the amount of the more popularly esteemed foods. A further measure is given in Table 47 which exhibits the intakes of minerals and vitamins obtained for every 1,000 Cal. of the diet. For simplicity, families containing adolescents have been omitted, but in all cases their diets followed the patterns described below. The concentration of calcium in the diet rose in each class with increasing family size, but, apart from Class A, only until there were three children. The indices for riboflavin show a similar downward turn in Classes B and C & D1. The values for iron and thiamine varied very little with either class or household size, but those for vitamins A and C tended to decrease with diminishing income and increasing family size, although the values for vitamin C were higher for households with one child than for those with none, except in Class A. The indices for nicotinic acid were not much affected by income, but decreased with increasing household size within each class. The values for vitamin D, however, increased with family size in all classes, though not uniformly.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 46

Percentage of Energy Value derived from Protein, Fat and Carbohydrate, and of Protein from Animal Sources

	Class	Households with one male and one female adult and: no other (both adults under 55)	children only: 1	2	3	4 or more	adolescents only	adolescents and children
Protein	A	12·4	11·9	11·8	11·7	12·1	12·0	11·8
	B	11·5	11·6	11·5	11·3	11·3	11·5	11·4
	C & D1	11·5	11·4	11·5	11·5	11·1	11·3	11·3
Fat	A	41·4	39·8	40·0	39·7	38·6	42·3	40·3
	B	40·5	38·4	37·9	36·5	34·9	39·1	36·3
	C & D1	39·9	38·1	37·0	35·6	34·0	38·7	35·1
Carbohydrate	A	46·2	48·3	48·2	48·6	49·3	45·8	47·9
	B	48·0	50·0	50·6	52·2	53·8	49·4	52·3
	C & D1	48·6	50·5	51·5	52·8	55·0	50·0	53·6
Animal protein as percentage of total protein	A	64·0	62·7	62·1	60·5	61·9	64·0	61·1
	B	59·9	59·2	57·9	56·7	53·8	58·7	54·0
	C & D1	59·1	56·6	56·2	53·6	49·7	56·4	52·7

TABLE 47

Households of Different Composition within Social Classes
Mineral and Vitamin Content of Diet per 1,000 Cal. of Total Diet

	Class	Households with one male and one female adult and: no other (both adults under 55)	children only: 1	2	3	4 or more
Calcium (mg.)	A	417	429	438	457	482
	B	380	409	418	428	419
	C & D1	368	393	415	421	403
Iron (mg.)	A	5·8	5·5	5·5	5·4	5·5
	B	5·5	5·5	5·4	5·3	5·4
	C & D1	5·6	5·5	5·5	5·4	5·4
Vitamin A (i.u.)	A	2,007	1,912	1,892	1,951	1,802
	B	1,764	1,781	1,677	1,629	1,507
	C & D1	1,658	1,703	1,675	1,397	1,578
Thiamine (mg.)	A	0·52	0·49	0·49	0·50	0·48
	B	0·50	0·49	0·49	0·48	0·48
	C & D1	0·50	0·50	0·49	0·50	0·49
Riboflavin (mg.)	A	0·72	0·71	0·72	0·72	0·75
	B	0·63	0·67	0·66	0·66	0·64
	C & D1	0·62	0·64	0·66	0·64	0·62
Nicotinic acid (mg.)	A	5·9	5·3	5·2	5·1	4·8
	B	5·4	5·3	5·1	4·9	4·8
	C & D1	5·4	5·3	5·1	5·0	4·9
Vitamin C (mg.)	A	27	22	24	22	18
	B	21	22	20	20	18
	C & D1	19	20	19	18	18
Vitamin D (i.u.)	A	57	55	56	65	68
	B	51	61	61	62	63
	C & D1	53	61	61	60	69

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

142. The results given in Table 48, which expresses the consumption of certain foods per 1,000 calories, complement and help to explain the differences in the nutrients shown in Table 47 and described in paragraph 141. The concentration of various foods in the diets follows five general patterns: (i) Milk, because of the national schemes for welfare and school milk, is unique. The proportion of milk in the diet tends to increase with household size, with a maximum in the largest families in Class A, but in those with three children in Classes B and C & D1. There is also a downward gradient within each type of household from Class A to Classes C & D1. These patterns to a large extent parallel those for the concentration of calcium and riboflavin in the diet. (ii) The relative contributions of the main animal protein foods, meat, fish (other than prepared), eggs and cheese have a pattern in common, exemplified in Table 48 by total meat. The concentration of these foods in the diet falls steeply as the size of the family increases; the values in Classes B and C & D1 are similar, but lower than in Class A. Within this group of foods the differences are less pronounced for "other" meat. This pattern corresponds to those shown in Table 46 for the proportion of energy value derived from total protein and for the proportion of total protein derived from animal sources. (iii) The relative contribution of fresh green vegetables (included in Table 48), fruit and butter falls both with increasing family size and with diminishing income. The decrease with household size is particularly marked for green vegetables and that in Class A shows the largest group differences for any class or major food. The concentration of vitamins A and C in the diet is governed largely by these differences in consumption, although for vitamin C the increased consumption of potatoes in Classes B and C & D1 made some compensation. (iv) The

TABLE 48

Household Composition Groups and Social Class, 1957

Quantities of certain foods obtained for consumption per 1,000 *Cal.*

	Class	*Households with one male and one female adult and*				
		no other (both adults under 55)	*children only*			
			1	*2*	*3*	*4 or more*
Total milk and cream (pt.)	A	2·02	2·41	2·47	2·73	2·97
	B	1·79	2·13	2·25	2·37	2·30
	C & D1	1·64	1·95	2·20	2·25	2·11
Total meat (oz.) . .	A	17·03	14·30	13·23	12·24	10·89
	B	15·29	13·50	12·56	10·98	10·79
	C & D1	15·66	13·28	12·00	11·36	9·56
Fresh green vegetables (oz.) . .	A	9·01	6·44	5·94	6·69	3·52
	B	6·77	6·36	5·26	5·03	4·77
	C & D1	6·63	6·32	5·56	4·62	4·44
Total fats (oz.) . .	A	4·48	4·52	4·74	4·71	4·73
	B	4·91	4·61	4·66	4·59	4·41
	C & D1	4·81	4·76	4·53	4·45	4·74
Total cereals (oz.) . .	A	25·27	24·80	24·86	25·80	26·87
	B	26·75	27·28	27·63	27·95	30·31
	C & D1	27·37	27·89	28·90	30·67	32·60

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

proportion of total fats and of "other" vegetables in the diet appears to be almost independent of both class and household composition. (v) The total for the cereals group, as well as bread itself, potatoes, sugar and preserves all show slight increases from Class A to Classes C & D1, and also with family size, especially in Classes B and C & D1. The proportion of margarine in the diets also followed this pattern, but the association was more marked. The variations in this group of commodities helped to counteract the reverse gradients in the foods of animal origin and largely influenced the dietary concentration of iron, thiamine and nicotinic acid. The differences for margarine are reflected in the values for vitamin D, though these are also much influenced in the larger families by the use of fortified dried milks for infant feeding.

143. The method of measuring the quality of the diet in Tables 47 and 48 necessarily pre-supposes that edible food wasted in the kitchen and at the table is of similar composition to the diet as a whole - i.e. that wastage is uniform for all foods and nutrients. Despite this limitation the estimates emphasize that the variations in the contributions of many foods and nutrients to the diets of families of different composition and different social classes are comparatively small, and that they do not react sensitively to differences in relative requirements. Large families have needs very different from those of wholly adult households, yet the composition of their diets tends to be much the same, with the quantities per head scaled down in the larger families.

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

APPENDIX A
Composition of The Sample

1. One of the primary objects of the National Food Survey has always been to keep a continuous check on the nutrition of critical sections of the population by means of a survey designed, within the resources available, to cover the whole of Great Britain. In order to make the sample representative it is necessary to cover households of different family composition and social class, and to take into account their distribution by region and type of area.

2. The sample was selected by a three-stage sampling scheme described below in detail, involving at the first stage the selection of 50[1] parliamentary constituencies in Great Britain. The second stage consisted of the selection of a number of polling districts within these constituencies, and the third stage the selection of a number of households within each of the polling districts chosen at the second stage.

3. In selecting the constituencies it was decided to exclude the six in the crofting counties of Scotland because the cost of sending fieldworkers to their widely scattered households would have been prohibitive. These counties contain only 0·6 per cent of the population of Great Britain. The remaining 612 constituencies were classified geographically into regions which, with slight modifications, listed in paragraph 144 of the Annual Report for 1956, corresponded with the Registrars-General's standard regions. Within regions the constituencies were divided into two categories:

(a) Wholly urban constituencies;
(b) Partly urban and partly rural constituencies.

No constituency consisted wholly of rural areas[2].

4. Within the groups thus defined, the constituencies were classified as follows:

Wholly urban constituencies in England and Wales

By the "juror index", i.e. the proportion of the electorate qualified to serve on a jury; the constituencies with a high proportion of such persons being placed first.

Wholly urban constituencies in Scotland

Since no juror index was available, by the rateable value per person (other than industrial and freight transport); areas with a high rateable value per person being placed first.

Mixed urban and rural constituencies

According to the proportion of population living in rural areas, those with a high proportion being placed first.

The list of 612 constituencies arranged in order was thus divided into 50 groups, most of them containing 12 or 13 constituencies, the number being modified slightly in order to make the total population in each group approximately the same. One constituency was selected from each of the 50 groups by a method which gave it a probability of selection proportional to the size of its electorate. If the constituency

[1]From 1950 to 1956, 60 constituencies were surveyed each year; the scale of representation was later reduced for reasons of economy.

[2]Rural districts in England and Wales; landward areas of counties in Scotland.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

selected had already been included in either of the two preceding years, it was rejected and the selection repeated. The list of constituencies surveyed in 1957 is shown in Table 1.

TABLE 1
Constituencies Surveyed in 1957

Region	*Constituency**	*Region*	*Constituency**
Northern and East and West Ridings	Blyth †Colne Valley (Yorkshire, West Riding) ‡Durham (Durham) †Gateshead East †Newcastle-on-Tyne North ‡Richmond (Yorkshire, North Riding) Sunderland North	London (Conurbation)	†Barnet †Dagenham †Hendon North †Islington East †Lambeth, Brixton †Tottenham †Wandsworth, Clapham †Wimbledon †Woolwich East
North Western	Barrow-in-Furness Blackburn Crewe (Cheshire) †Liverpool, Wavertree †Manchester, Moss Side ‡Runcorn (Cheshire) St. Helens	South Eastern and Southern	‡Aldershot (Hampshire) ‡Banbury (Oxfordshire) ‡Eastleigh (Hampshire) Hastings Oxford
		South Western	Exeter ‡St. Ives (Cornwall) ‡Westbury (Wiltshire)
North Midland and Eastern	‡Bury St. Edmunds (Suffolk) ‡Cambridgeshire (Cambridgeshire) ‡Chelmsford (Essex) ‡Lowestoft (Suffolk) Mansfield (Nottinghamshire) ‡South Bedfordshire (Bedfordshire) Southend West	Wales	Abertillery (Monmouthshire) ‡Carmarthen (Carmarthenshire) ‡Gower (Glamorganshire)
		Scotland	††East Dumbartonshire (Dumbartonshire) Edinburgh West Kirkcaldy Burghs †Rutherglen (Lanarkshire) ‡West Aberdeenshire (Aberdeenshire)
Midland	†Birmingham, Ladywood Coventry North ‡Ludlow (Shropshire) †West Bromwich		

*County constituencies are followed by the name of the county in brackets; the rest are borough constituencies. All constituencies are as defined in the First Periodical Reports of the Boundary Commissions. Constituencies marked † are wholly or partly within conurbations (i.e. the largest areas of continuous urban development as defined by the Registrars-General). Those marked ‡ contain rural districts.

5. The second-stage sampling units were polling districts within the selected constituencies. Interviews were made in half the constituencies alternately for periods of three weeks, during which two polling districts within each of these constituencies were sampled for ten days each. A polling district was worked for only one ten-day period at a time. The selected polling districts in a constituency were surveyed systematically so that the sample covered, even in a shorter period than a quarter, should approximate as closely as possible to a representative sample of the whole.

6. In wholly urban constituencies in England and Wales all the polling districts were stratified by the juror index and four per quarter were selected with probability proportional to the size of the electorate so that when 20 addresses per polling district were selected at the next stage the chances of any particular household appearing in the sample were approximately equalized. The possible cause of error arises from the implicit assumption of a constant average number of electors per household. In mixed constituencies, the "percentage rural" figure for the

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

constituency, already used as a basis of classification at the first stage, then determined how many of the four polling districts should be rural, as follows:

Percentage rural	*Less than 12·5*	*12·5–37·5*	*37·5–62·5*	*62·5–87·5*	*Over 87·5*
Number of rural polling districts . . .	0	1	2	3	4

The urban and rural districts of the constituency were then stratified separately by the juror index for selection of the correct number of each class with probability proportional to size. In Scotland, polling districts were selected without stratification, since the juror index was not applicable, and the alternative criterion, rateable value per head, was not readily available except for entire administrative areas.

7. This second-stage sampling design, while achieving the correct urban/rural ratio, did not exclude any area from selection except in the rare case of a mixed constituency in which either the "percentage urban" or the "percentage rural" was less than 12½.

TABLE 2
Composition of the Sample, 1957

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Year* 1956	*Year* 1957
HOUSEHOLDS IN CONURBATIONS						
London						
Households . . .	473	385	359	384	1,753	1,601
Persons	1,460	1,196	1,095	1,170	5,330	4,921
Persons per household .	3·09	3·11	3·05	3·05	3·04	3·07
Provincial Conurbations						
Households . . .	378	376	364	330	1,653	1,448
Persons	1,256	1,193	1,241	987	5,244	4,677
Persons per household .	3·32	3·17	3·41	2·99	3·17	3·23
OTHER URBAN HOUSEHOLDS						
Households . . .	1,173	1,028	894	941	4,432	4,036
Persons	3,595	3,213	2,761	2,859	14,380	12,428
Persons per household .	3·06	3·13	3·09	3·04	3·24	3·08
SEMI-RURAL HOUSEHOLDS						
Households . . .	313	245	242	235	1,352	1,035
Persons	1,016	831	812	769	4,564	3,428
Persons per household .	3.25	3.39	3.36	3.27	3.38	3.31
RURAL HOUSEHOLDS						
Households . . .	232	208	186	185	427	811
Persons	760	712	644	643	1,545	2,759
Persons per household .	3·28	3·42	3·46	3·48	3·62	3·40
ALL HOUSEHOLDS						
Households . . .	2,569	2,242	2,045	2,075	9,617	8,931
Persons	8,087	7,145	6,553	6,428	31,063	28,213
Persons per household .	3·15	3·19	3·20	3·10	3·23	3·16

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 3

Composition of the Sample by Social Class and Household Composition, 1957 (households)

	Class						All households		Average size			
	A1	A2	B	C	D: Excluding O.A.P. with earners (D1)	D: Excluding O.A.P. without earners (D2)	D: O.A.P.					
Households containing one male and one female adult and:	No. / per cent	No. / per cent	No. / per cent	No. / per cent	No. / per cent	No. / per cent	No. / per cent	No. / per cent	All persons	Adults	Children	Adolescents
No other												
(i) Older couples (one or both 55 or over)	34 14·6	68 9·9	338 9·9	368 12·6	100 16·9	100 31·6	270 34·8	1,278 14·3	2·00	2·00	0	0
(ii) Younger couples (both under 55)	28 12·0	79 11·5	410 12·1	271 9·2	28 4·7	2 0·6	0 0	818 9·2	2·00	2·00	0	0
1 child (0–14)	22 9·4	109 15·9	545 16·0	424 14·5	31 5·2	4 1·3	4 0·5	1,139 12·8	3·00	2·00	1·00	0
2 children (0–14)	28 12·0	89 13·0	462 13·6	335 11·4	18 3·0	0 0	0 0	932 10·4	4·00	2·00	2·00	0
3 children (0–14)	16 6·9	34 5·0	164 4·8	133 4·5	14 2·4	0 0	0 0	361 4·0	5·00	2·00	3·00	0
4 or more children (0–14)	1 0·4	14 2·0	83 2·4	67 2·3	9 1·5	2 0·6	1 0·1	177 2·0	6·56	2·00	4·56	0
Adolescents only (15–20)	12 5·2	34 5·0	172 5·1	143 4·9	25 4·2	0 0	1 0·1	387 4·3	3·20	2·00	0	1·20
Adolescents and children	30 12·9	57 8·3	264 7·8	240 8·2	30 5·1	0 0	0 0	621 7·0	5·05	2·00	1·80	1·25
Total of above households	*171 73·4*	*484 70·8*	*2,438 71·7*	*1,981 67·6*	*255 43·0*	*108 34·2*	*276 35·6*	*5,713 64·0*	*3·27*	*2·00*	*1·05*	*0·22*
Other households:												
Adults only	29 12·4	103 15·1	504 14·8	509 17·4	225 37·9	172 54·4	495 63·8	2,037 22·8	2·09	2·09	0	0
With adolescents (15–20) but no children	7 3·0	23 3·4	113 3·3	106 3·6	39 6·6	3 0·9	2 0·3	293 3·3	3·64	2·44	0	1·20
With children (0–14)	26 11·2	74 10·8	344 10·1	334 11·4	74 12·5	33 10·4	3 0·4	888 9·9	4·74	2·64	1·70	0·41
Total unclassified households	*62 26·6*	*200 29·2*	*961 28·3*	*949 32·3*	*338 57·0*	*208 65·8*	*500 64·4*	*3,218 36·0*	*2·96*	*2·27*	*0·47*	*0·22*
Total all household types	*233 100*	*684 100*	*3,399 100*	*2,930 100*	*593 100*	*316 100*	*776 100*	*8,931 100*	*3·16*	*2·10*	*0·84*	*0·22*
Average number in each household:	No.	No.	No.	No.	No.	No.	No.	No.				
Adults	2·16	2·22	2·22	2·20	1·86	1·59	1·45	2·10				
Adolescents (15–20)	0·28	0·23	0·23	0·27	0·25	0·03	...	0·22				
Children (0–14)	0·98	0·98	1·00	0·95	0·56	0·28	0·02	0·84				
Total	*3·43*	*3·43*	*3·45*	*3·42*	*2·68*	*1·90*	*1·47*	*3·16*				

Digitized by Google
Original from CORNELL UNIVERSITY

8. The third stage of sampling consisted of the selection with equal probability of approximately 17,000 addresses from the electoral registers of the selected polling districts. About 340 addresses were selected from each constituency on the basis of 85 each quarter. Because of failure to reach the housewife for reasons such as the illness of the interviewer, about 16,600 households only were effectively covered, a contact rate of about 98 per cent, and from this number, a response rate of almost 54 per cent resulted in a final sample of 8,931 households from 831 polling districts in which households were visited.

9. The numbers of households and persons surveyed in each quarter of 1957 are shown in Table 2. The sample averaged 2,233 households per quarter (mean size 3·16 persons) compared with an average of 2,404 households per quarter (mean size 3·23 persons) in 1956 and 2,613 households per quarter (mean size 3·19 persons) in 1955. The mean household size was again smallest in London (3·07) and greatest in rural households (3·40). The proportion of persons living in rural (including semi-rural) areas was 21·9 per cent compared with 19·7 in the 1956 sample, 22·9 in 1955 and 23·9 in 1954.

10. Table 3 gives the distribution of the sample by household composition within each social class. As in the previous year, the income limits defining the classes were revised in 1957 to allow for increases in money incomes, but as there was no further reclassification of households (cf. paragraph 8, Appendix A of the Report for 1956), the figures shown in Table 3 are comparable with those for 1956 in so far as the revision of income limits proved to be adequate. As in that year, there were more older than younger couples in Classes A1, C and D and fewer in A2 and B, but while in 1956 the two-child family was the most frequent single type of household in Classes A1, A2 and B, in 1957 the one-child family was predominant in Classes A2 and B as well as in C.

11. Table 4 shows the age and sex distribution of households in each social class. Appreciable changes compared with 1956 are the fall in the percentage of active or very active men in Class A, the rise in the corresponding percentage in Class D1, and the reduction in the number of children aged 5–14 in Classes A and B offset by corresponding increases in Classes C and D, especially D2.

12. Table 5 gives the distribution of households and persons in the sample by region and type of area and compares the percentages for persons with those derived from the Registrars-General's estimates of population. The under-representation of Wales in the 1956 sample was corrected, but that of the provincial conurbations persisted in 1957. The smaller towns were again over-represented but not to such an extent as in the previous year. There was a marked over-representation of rural areas in 1957, which has necessitated some reweighting (see Ch. iii, para. 11). The average household size was largest in Scotland and smallest in London and the South West.

13. The age and sex composition of the regional samples is shown in Table 6. London had the highest proportion of men classified as sedentary and the lowest proportion of women so classified. It also had the highest percentage of women classified as moderately active, but much the lowest of active or very active men. The Welsh sample included a very high proportion of active or very active men, higher even than that in rural households.

14. In 1956 the social class distribution of the semi-rural households was more similar to that in the provincial towns than to that of the remaining rural households.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

In 1957 the rural and semi-rural households were less dissimilar in their distribution among the classes. Previously the rural sample had been alone in having a higher proportion of households in Class C than in Class B but in 1957 this peculiarity extended to semi-rural households also.

15. Table 8 shows the social class distribution of households and persons by the various occupational groups distinguished in Chapter V and indicates the extent of agreement between the classifications based respectively on the income of the head of the household and on his occupation.

TABLE 4
Age and Sex Composition of Social Classes, 1957
(per cent)

	Class							
	A1	*A2*	*B*	*C*	*D1 (with earners)*	*D2 (without earners)*	*O.A.P.*	*All households*
Men, 21–64:								
Sedentary . .	22·3	19·9	11·9	7·6	12·2	7·2	0·7	10·8
Moderately active .	1·0	4·8	12·3	14·0	3·1	—	—	10·7
Active or very active	2·4	4·6	5·6	7·1	2·8	—	—	5·4
Men, 65 and over .	3·3	2·0	2·0	2·9	6·5	18·1	31·0	4·1
Women, 21–59:								
Sedentary . .	25·2	23·3	20·0	17·4	15·1	21·5	1·8	18·5
Moderately active .	2·9	4·6	6·8	8·3	14·7	—	—	7·1
Active or pregnant	1·0	1·6	1·4	1·5	1·6	0·2	—	1·4
Women, 60 and over.	5·1	4·0	4·3	5·7	13·7	36·6	65·2	8·5
Adolescents and children:								
15–20 male . .	2·1	3·4	3·3	3·6	4·1	0·7	0·3	3·2
15–20 female .	6·1	3·4	3·4	4·2	5·4	0·8	—	3·7
5–14 . . .	19·3	18·6	19·6	18·9	16·1	12·3	0·8	18·1
1–4 . . .	8·0	8·4	7·8	7·3	4·0	2·3	0·2	7·0
Under 1 . .	1·4	1·5	1·7	1·7	1·0	0·3	0·1	1·5
	100	*100*	*100*	*100*	*100*	*100*	*100*	*100*

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 5

Composition of the Sample by Region and type of Area

	No. of households	*No. of persons*	*No. of persons per household*	*Percentage of all households*	*Percentage of all persons*	*Population of area as percentage of total population of Great Britain (R.G's mid-1957 estimates, including institutional population)*
Wales	489	1,576	3·22	5·5	5·6	5·2
Scotland	783	2,691	3·44	8·8	9·5	10·3
Northern and East and West Ridings	1,236	3,891	3·15	13·8	13·8	14·6
North Western	1,257	3,883	3·09	14·1	13·8	12·9
North Midland and Eastern	1,351	4,237	3·14	15·1	15·0	13·9
Midland	667	2,204	3·30	7·5	7·8	9·1
South Western	539	1,648	3·06	6·0	5·8	6·2
South Eastern and Southern	1,008	3,162	3·14	11·3	11·2	11·2
London	1,601	4,921	3·07	17·9	17·4	16·5
Provincial conurbations	1,448	4,677	3·23	16·2	16·6	20·8
Other urban	4,036	12,428	3·08	45·2	44·1	42·5
Semi-rural	1,035	3,428	3·31	11·6	12·2	14·6
Rural	811	2,759	3·40	9·1	9·8	5·7
All households	8,931	28,213	3·16	100	100	100

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 6

Age and Sex Distribution of Persons by Region and Type of Area, 1957

	Wales	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*London*	*Provincial conurbations*	*Other urban*	*Semi-rural*	*Rural*	*All households*
Men, 21–64:														
Sedentary	7·8	10·3	9·1	11·2	10·0	8·3	10·6	11·1	14·7	10·4	11·0	9·2	5·5	10·8
Moderately active	7·3	9·4	8·5	12·4	10·7	13·8	9·6	11·5	11·4	11·8	11·1	9·0	7·6	10·7
Active or very active	14·3	6·7	9·2	2·9	6·0	4·4	5·5	4·4	1·6	3·5	4·7	9·5	13·8	5·4
Men, 65 and over	4·3	3·3	4·5	4·2	4·8	3·4	5·8	4·3	3·3	3·5	4·4	4·9	4·3	4·1
Women, 21–59:														
Sedentary	21·6	20·0	18·8	18·3	18·8	17·4	18·6	18·9	16·6	17·0	19·3	20·2	18·6	18·5
Moderately active	4·4	5·3	6·3	7·9	6·2	7·8	6·0	5·9	10·4	8·5	6·6	4·3	4·0	7·1
Active or pregnant	1·6	1·4	1·2	1·1	1·7	1·4	1·3	1·5	1·1	1·3	1·2	1·7	2·3	1·4
Women, 60 and over	6·9	7·3	8·7	9·6	8·5	7·9	10·1	8·9	7·8	8·7	8·9	7·6	8·0	8·5
Adolescents and children:														
15 20 male	4·0	3·8	3·4	3·6	3·3	3·2	3·1	2·4	2·9	3·5	3·3	2·8	4·0	3·2
15–20 female	3·2	3·9	3·6	3·4	3·8	3·9	3·5	3·7	3·8	3·5	3·8	3·5	3·4	3·7
5–14	16·6	19·7	18·1	17·5	18·2	19·6	17·1	18·6	17·6	19·3	17·5	18·3	19·9	18·1
1–4	6·4	7·5	6·9	7·1	6·7	7·2	7·5	7·2	6·9	7·7	6·6	7·5	7·0	7·0
Under 1	1·5	1·6	1·7	0·8	1·5	1·8	1·3	1·6	1·8	1·3	1·5	1·3	1·6	1·5
	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Digitized by Google
Original from CORNELL UNIVERSITY

TABLE 7

Social Class distribution of Urban and Rural Samples, 1957

(*per cent*)

Class	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*	*All households*
	London	*Provincial*				
			Proportion of households			
A1	4·7	2·3	1·7	3·1	2·7	2·6
A2	10·4	5·3	7·7	7·7	6·3	7·7
B	41·5	41·5	38·5	34·8	26·9	38·1
C	28·9	31·1	32·0	36·8	42·2	32·8
D1 (with earners)	5·3	6·7	6·5	7·3	8·8	6·6
D2 (without earners)	2·8	3·3	3·6	3·1	5·5	3·5
O.A.P.	6·2	9·7	9·9	7·1	7·6	8·7
All	100	100	100	100	100	100
No. of households	1,601	1,448	4,036	1,035	811	8,931
			Proportion of persons			
A1	5·4	2·6	1·9	3·1	2·7	2·8
A2	11·7	5·6	8·2	8·7	6·7	8·3
B	44·3	45·8	42·3	37·5	30·9	41·5
C	30·1	33·9	34·8	39·6	46·1	35·5
D1 (with earners)	4·1	5·9	5·8	5·8	6·9	5·6
D2 (without earners)	1·4	2·0	2·3	1·8	3·3	2·1
O.A.P.	2·9	4·2	4·7	3·6	3·4	4·0
All	100	100	100	100	100	100
No. of persons	4,921	4,677	12,428	3,428	2,759	28,213

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 8

Social Class Distribution of Occupational Groups, 1957

(per cent)

Class	Occupational groups										All households
	I Professional, etc. occupations	*II* Intermediate occupations	*III* Mining manual workers	*III* Other manual workers	*III* Non-manual workers	*IV* Agricultural workers	*IV* Other manual workers	*IV* Non-manual workers	*V* Unskilled occupations	Not gainfully occupied	
						Proportion of households					
A1	28·7	8·5	1·1	0·2	1·0	—	—	—	—	0·8	2·6
A2	43·3	23·1	15·4	4·2	4·5	0·5	3·2	—	0·8	1·7	7·7
All A	72·0	31·6	16·5	4·4	5·5	0·5	3·2	—	0·8	2·5	10·3
B	25·5	50·9	69·1	52·8	46·4	5·2	43·7	10·5	24·1	5·7	38·1
C	2·2	15·2	14·3	41·1	41·3	83·5	48·6	51·6	64·8	9·5	32·8
D1	0·3	2·3	—	1·7	6·8	10·8	4·5	37·9	10·3	17·7	6·6
D2	—	—	—	—	—	—	—	—	—	18·7	3·5
O.A.P.	—	—	—	—	—	—	—	—	—	45·9	8·7
All households	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*
No. of households	321	1,293	175	2,960	858	212	716	95	610	1,691	8,931
						Proportion of persons					
A1	30·4	8·4	1·6	0·3	1·1	—	—	—	—	1·0	2·8
A2	43·5	23·6	13·6	4·1	5·0	0·3	3·9	—	0·9	2·2	8·3
All A	73·9	32·0	15·2	4·4	6·1	0·3	3·9	—	0·9	3·2	11·1
B	24·0	52·4	69·5	52·8	46·7	4·8	45·7	11·9	26·2	7·6	41·5
C	1·7	13·9	15·3	41·7	42·6	86·1	47·7	59·9	66·6	12·6	35·5
D1	0·4	1·7	—	1·2	4·6	8·8	2·7	27·2	6·3	26·5	5·6
D2	—	—	—	—	—	—	—	—	—	17·3	2·1
O.A.P.	—	—	—	—	—	—	—	—	—	32·8	4·0
All households	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*
No. of persons	1,111	4,309	645	10,396	2,559	735	2,559	252	2,164	3,483	28,213

Digitized by Google
Original from CORNELL UNIVERSITY

APPENDIX B
Tables of Consumption, Expenditure and Prices

TABLE I

Domestic Food Expenditure, 1957, All Households
(pence per head per week)

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*	*Percentage of all households purchasing each type of food during survey week*
MILK AND CREAM						
Liquid						
Full price	31·89	29·91	30·30	31·68	30·94	96
Welfare	1·12	2·45	2·68	2·33	2·14	20
Total Liquid Milk	*33·01*	*32·36*	*32·98*	*34·01*	*33·08*	
Condensed						
Skimmed, sweetened	0·07	0·07	0·07	0·10	0·08	1
Whole, sweetened	0·20	0·17	0·24	0·15	0·19	3
Whole, unsweetened	1·01	1·10	1·25	1·08	1·11	23
Dried						
National	0·09	0·29	0·29	0·11	0·20	1
Branded	0·35	0·32	0·31	0·30	0·32	1
Other milk	0·06	0·03	0·02	0·05	0·04	1
Cream	0·83	1·09	1·01	0·82	0·94	14
Total Milk and Cream	*35·62*	*35·43*	*36·17*	*36·62*	*35·96*	
CHEESE						
Natural	5·49	5·38	4·84	4·51	5·06	66
Processed and packeted	1·20	1·22	1·53	1·27	1·30	22
Total Cheese	*6·69*	*6·60*	*6·37*	*5·78*	*6·36*	
MEAT AND MEAT PRODUCTS						
Carcase Meat						
Beef and veal	29·37	26·67	27·68	29·96	28·42	83
Mutton and lamb	14·56	16·86	16·71	14·53	15·66	59
Pork	6·07	4·96	4·66	6·57	5·56	25(a)
Total Carcase Meat	*50·00*	*48·49*	*49·05*	*51·06*	*49·64*	
Other Meat						
Corned meat	2·35	2·61	2·77	2·41	2·54	31
Bones	0·19	0·14	0·26	0·27	0·22	5
Bacon and ham, uncooked	14·77	14·68	14·39	14·36	14·55	84
Bacon and ham, cooked (including canned)	3·75	5·02	4·77	4·13	4·42	38
Other cooked meat (not canned)	1·92	2·17	2·22	2·06	2·09	21
Other canned meat	2·97	3·39	4·03	3·26	3·41	34
Liver	2·51	2·51	2·38	2·53	2·48	27
Offals (other than liver)	1·37	1·10	0·97	1·26	1·18	20
Poultry	2·03	2·09	2·47	2·44	2·26	4
Rabbit, game and other meat	0·24	0·12	0·13	0·29	0·20	1
Sausages, uncooked pork	4·85	4·03	4·33	5·01	4·56	42
Sausages, uncooked, beef	2·58	2·10	2·30	2·38	2·34	26
Other meat products	3·24	3·39	3·42	3·59	3·41	40
Total Other Meat	*42·77*	*43·35*	*44·44*	*43·99*	*43·66*	

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE I—*continued*
(pence per head per week)

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*	*Percentage of all households purchasing each type of food during survey week*
FISH						
White, fresh	5·46	5·79	5·76	5·73	5·68	48
Herrings, fresh	0·18	0·17	0·23	0·25	0·21	4(a)
Fat, fresh, other	0·20	0·26	0·20	0·10	0·19	2
White, processed	0·88	0·72	0·79	1·07	0·86	10
Fat, processed	0·60	0·36	0·58	0·60	0·54	9(a)
Shell	0·47	0·68	0·44	0·48	0·52	5
Cooked	1·95	2·32	2·43	2·01	2·18	22
Canned and bottled	2·51	2·98	2·83	2·37	2·67	21
Fish products	0·43	0·47	0·39	0·51	0·45	9
Total Fish	*12·68*	*13·75*	*13·65*	*13·12*	*13·30*	
EGGS	13·92	13·31	17·34	18·65	15·80	86
FATS						
Butter	12·13	12·19	13·54	13·37	12·81	88
Margarine	5·66	5·70	5·78	5·62	5·69	68
Lard and compound cooking fat	2·86	2·61	2·55	2·78	2·70	n.a.
Suet and dripping	0·70	0·51	0·51	0·84	0·64	17
Other fats, oils and creams	0·09	0·19	0·12	0·06	0·12	1
Total Fats	*21·44*	*21·20*	*22·50*	*22·67*	*21·96*	
SUGAR AND PRESERVES						
Jams, jellies and curds	2·14	2·49	2·18	2·25	2·26	29
Sugar	10·88	10·49	9·76	8·40	9·88	90
Marmalade	1·27	1·23	1·17	1·20	1·22	20
Syrup, treacle and honey	0·70	0·62	0·57	0·76	0·66	9
Total Sugar and Preserves	*14·99*	*14·83*	*13·68*	*12·61*	*14·02*	
VEGETABLES						
Old potatoes	8·11	4·60	2·49	10·97	6·54	57(a)
New potatoes	0·35	7·56	7·79	—	3·92	29(a)
Chips	0·75	0·97	1·22	0·96	0·98	20
Crisps	0·16	0·22	0·27	0·22	0·22	5
Total Potatoes	*9·37*	*13·35*	*11·77*	*12·15*	*11·66*	
Cabbages	1·25	2·22	1·33	1·02	1·46	36(a)
Brussels sprouts	1·45	0·01	0·18	1·70	0·84	20(a)
Cauliflower	1·18	1·51	1·00	1·12	1·20	22(a)
Leafy salads	0·98	2·56	1·24	0·48	1·32	31(a)
Fresh legumes	0·01	0·97	3·34	0·25	1·14	13(a)
Quick-frozen legumes	0·60	0·78	0·41	0·44	0·56	6
Other fresh green vegetables	0·10	0·08	0·05	0·03	0·06	1
Total Fresh Green Vegetables	*5·57*	*8·13*	*7·55*	*5·04*	*6·58*	

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE I—*continued*
(*pence per head per week*)

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*	*Percentage of all households purchasing each type of food during survey week*
Carrots	0·97	0·88	0·91	1·13	0·97	38(a)
Other root vegetables	0·79	0·42	0·55	0·76	0·63	25(a)
Onions, shallots, etc.	1·61	1·56	1·14	1·46	1·44	45(a)
Miscellaneous fresh vegetables	0·89	2·28	1·71	1·14	1·50	26(a)
Dried pulses	0·72	0·62	0·46	0·62	0·60	14(a)
Canned peas	2·64	3·06	2·19	2·68	2·64	45(a)
Canned beans	1·95	1·86	1·72	1·99	1·88	38(a)
Canned vegetables (other than pulses)	0·30	0·52	0·44	0·33	0·40	7(a)
Vegetable products	0·15	0·11	0·10	0·13	0·12	3
Total Other Vegetables	*10·02*	*11·31*	*9·22*	*10·24*	*10·18*	
Total Vegetables	*24·96*	*32·79*	*28·54*	*27·43*	*28·42*	
FRUIT						
Fresh						
Oranges	3·06	2·63	1·99	2·16	2·46	33(a)
Other citrus fruit	0·88	0·78	0·61	0·73	0·75	15(a)
Apples and pears	4·86	5·42	4·77	5·63	5·17	57(a)
Stone fruit	0·06	0·42	1·37	0·02	0·47	6(a)
Soft fruit	0·37	1·38	1·34	0·56	0·91	9(a)
Quick-frozen soft fruit	...	0·01	...	0·02	0·01	...
Bananas	2·99	3·90	3·97	3·14	3·50	45
Other fresh fruit	0·38	0·23	0·20	0·14	0·24	5
Tomatoes, fresh and quick-frozen	3·18	9·44	8·10	3·95	6·17	62(a)
Total Fresh Fruit	*15·78*	*24·21*	*22·35*	*16·35*	*19·68*	
Other						
Tomatoes, canned and bottled	0·72	0·57	0·49	0·52	0·58	11
Canned and bottled fruit	4·69	5·81	6·24	5·87	5·65	49
Dried vine fruit	0·90	0·90	1·00	1·66	1·12	16(a)
Other dried fruit	0·41	0·45	0·27	0·46	0·40	6
Nuts and fruit and nut products	0·51	0·42	0·47	1·77	0·79	10(a)
Fruit juices	0·65	0·58	0·52	0·69	0·61	6
Welfare orange juice	0·08	0·12	0·08	0·06	0·08	2
Total Other Fruit and Fruit Products	*7·96*	*8·85*	*9·07*	*11·03*	*9·23*	
Total Fruit	*23·74*	*33·06*	*31·42*	*27·38*	*28·91*	
CEREALS						
Brown bread, unwrapped	0·61	0·84	0·69	0·60	0·68	14
Brown bread, wrapped	0·31	0·41	0·45	0·34	0·38	7
White bread, large loaves, unwrapped	6·41	6·46	5·89	5·44	6·05	43
White bread, large loaves, wrapped	8·74	9·06	9·25	8·95	9·00	51
White bread, small loaves, unwrapped	1·63	1·54	1·53	1·59	1·57	28

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE I—*continued*
(*pence per head per week*)

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*	*Percentage of all households purchasing each type of food during survey week*
White bread, small loaves, wrapped	0·54	0·77	0·76	0·71	0·70	13
Wholewheat and wholemeal bread	0·92	0·81	0·75	0·80	0·82	16
Malt bread	0·19	0·16	0·16	0·17	0·17	4
Other bread	2·37	2·21	2·46	3·11	2·54	35
Total Bread	*21·72*	*22·26*	*21·94*	*21·71*	*21·91*	
Self-raising flour	2·94	2·65	2·61	2·69	2·72	44
Other flour	0·88	1·00	0·81	0·92	0·90	13
Buns, scones and tea cakes	1·57	1·88	1·60	1·94	1·75	32
Cakes and pastries	8·05	8·62	9·29	9·73	8·92	65
Biscuits	8·98	9·45	9·49	10·03	9·49	82
Puddings	0·85	1·33	1·43	1·23	1·21	19
Oatmeal and oat products	1·07	0·67	0·63	1·11	0·87	14(a)
Breakfast cereals	2·74	3·09	3·34	2·82	3·00	37(a)
Rice	0·73	0·59	0·62	0·70	0·66	16
Cereals, flour base	0·98	0·85	0·82	0·92	0·89	17
Other cereals	1·09	1·09	1·19	1·05	1·10	24
Total Cereals	*51·60*	*53·48*	*53·77*	*54·85*	*53·42*	
BEVERAGES						
Tea	14·54	14·01	13·55	14·02	14·03	89
Coffee, bean and ground	0·71	0·50	0·54	0·53	0·57	4
Coffee, extracts and essences	2·35	2·15	2·29	2·61	2·35	22
Cocoa and drinking chocolate	0·67	0·52	0·52	0·68	0·60	9(a)
Branded food drinks	1·03	0·78	0·67	0·79	0·82	7(a)
Total Beverages	*19·30*	*17·96*	*17·57*	*18·63*	*18·37*	
MISCELLANEOUS						
Invalid and baby foods	0·35	0·44	0·49	0·73	0·50	4
Spreads and dressings	0·20	0·76	0·53	0·18	0·42	7(a)
Soups, canned	1·90	1·42	1·48	2·40	1·80	25(a)
Soups, dehydrated and powdered	0·29	0·15	0·15	0·34	0·23	4(a)
Meat and vegetable extracts	0·80	0·60	0·65	0·92	0·74	16(a)
Other (expenditure only)						
Pickles and sauces	1·70	1·57	1·61	1·71	1·65	24
Table jellies, squares and crystals	0·56	0·90	0·85	0·69	0·75	18(a)
Miscellaneous (b)	1·30	1·42	1·56	1·65	1·48	35
Total Miscellaneous Foods	*7·10*	*7·26*	*7·32*	*8·62*	*7·57*	
Total All Foods	*324·77* (*27s. 1d.*)	*341·50* (*28s. 6d.*)	*341·89* (*28s. 6d.*)	*341·36* (*28s. 5d.*)	*337·38* (*28s. 1d.*)	

(a) Details of the proportions of all households purchasing these types of seasonal foods in each quarter of 1957 are given in Table 1A.

(b) An analysis of one quarter's National Food Survey data in 1956 suggests that of the expenditure on miscellaneous items, approximately one-fourth would be in respect of salt, one-fourth on vinegar, one-fifth on gravy salt and smaller proportions in respect of herbs, spices, stuffings, mustard, pepper and other miscellaneous items.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 1A

Percentage of All Households Purchasing Seasonal Types of Food During Survey Week, 1957

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Year*
Pork	26	21	23	29	25
Fish					
Herrings, fresh	3	3	4	5	4
Fat, processed	10	6	10	10	9
Vegetables					
Old potatoes	76	47	(a)	75	57
New potatoes	5	57	(b)	—	29
Cabbages	32	50	33	28	36
Brussels sprouts	36	...	4	37	20
Cauliflower	20	26	21	23	22
Leafy salads	22	55	34	15	31
Fresh legumes	...	11	39	5	13
Carrots	45	31	30	47	38
Other root vegetables	32	17	20	30	25
Onions, shallots, etc.	48	46	39	46	45
Miscellaneous fresh vegetables	14	38	30	22	26
Dried pulses	16	14	10	14	14
Canned peas	47	49	39	46	45
Canned beans	41	36	36	39	38
Canned vegetables (other than pulses)	5	9	8	6	7
Fruit					
Oranges	39	36	28	29	33
Other citrus fruit	18	13	12	15	15
Apples and pears	56	57	54	60	57
Stone fruit	1	6	18	...	6
Soft fruit	4	12	14	7	9
Tomatoes, fresh and quick-frozen	41	79	82	52	62
Tomatoes, canned and bottled	13	10	9	9	11
Dried vine fruit	16	14	16	20	16
Nuts and fruit and nut products	9	7	8	18	10
Cereals					
Oatmeal and oat products	17	10	10	16	14
Breakfast cereals	34	39	42	35	37
Beverages					
Cocoa and drinking chocolate	10	8	8	10	9
Branded food drinks	9	6	6	7	7
Spreads and dressings	4	13	9	3	7
Soups, canned	27	20	21	33	25
Soups, dehydrated and powdered	5	2	2	5	4
Meat and vegetable extracts	18	13	14	17	16
Table jelly squares and crystals	15	22	21	16	18

(a) 2 per cent in July–August (1956 crop); 78 per cent in September (1957 crop). From 1st September potatoes of the 1957 crop were regarded as "old".

(b) 75 per cent in July–August (1957 crop).

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 2

Domestic Food Consumption, 1957, All Households
(oz. per head per week except where otherwise stated)

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*
MILK AND CREAM					
Liquid					
Full price (pt.)	4·05	4·08	3·97	4·10	4·05
Welfare (pt.)	0·61	0·58	0·63	0·55	0·59
School (pt.)	0·23	0·20	0·15	0·23	0·20
Total Liquid Milk (pt.)	*4·89*	*4·86*	*4·75*	*4·88*	*4·84*
Condensed					
Skimmed, sweetened (eq. pt.)	0·01	0·01	0·01	0·01	0·01
Whole, sweetened (eq. pt.)	0·02	0·02	0·02	0·01	0·02
Whole, unsweetened (eq. pt.)	0·11	0·12	0·14	0·12	0·12
Dried					
National (eq. pt.)	0·05	0·07	0·06	0·03	0·05
Branded (eq. pt.)	0·05	0·04	0·04	0·04	0·04
Other milk (pt.)	0·01	0·01	...	...	...
Cream (pt.)	0·01	0·02	0·02	0·01	0·02
Total Milk and Cream (pt. or eq. pt.)	5·15	5·15	5·04	5·10	5·10
CHEESE					
Natural	2·43	2·64	2·45	2·58	2·52
Processed and packeted	0·34	0·34	0·43	0·37	0·37
Total Cheese	*2·77*	*2·98*	*2·88*	*2·95*	*2·89*
MEAT AND MEAT PRODUCTS					
Carcase Meat					
Beef and veal	11·20	9·60	10·17	11·19	10·54
Mutton and lamb	6·11	6·66	6·48	5·85	6·28
Pork	2·13	1·82	1·64	2·34	1·98
Total Carcase Meat	*19·44*	*18·08*	*18·29*	*19·38*	*18·80*
Other Meat					
Corned meat	0·78	0·86	0·93	0·80	0·84
Bones	0·43	0·37	0·35	0·55	0·42
Bacon and ham, uncooked	4·94	5·26	4·92	5·20	5·08
Bacon and ham, cooked (including canned)	0·67	0·92	0·83	0·73	0·79
Other cooked meat (not canned)	0·39	0·44	0·46	0·43	0·43
Other canned meat	1·20	1·31	1·58	1·27	1·34
Liver	0·87	0·83	0·79	0·87	0·84
Offals (other than liver)	0·77	0·60	0·52	0·74	0·66
Poultry	0·66	0·71	0·93	0·90	0·80
Rabbit, game and other meat	0·13	0·06	0·07	0·18	0·11
Sausages, uncooked, pork	2·20	1·87	1·97	2·28	2·08
Sausages, uncooked, beef	1·61	1·30	1·49	1·46	1·46
Other meat products	1·69	1·78	1·77	1·91	1·79
Total Other Meat	*16·34*	*16·31*	*16·61*	*17·32*	*16·64*

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

TABLE 2—*continued*
(*oz. per head per week except where otherwise stated*)

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*
FISH					
White, fresh	2·92	3·08	3·02	2·90	2·98
Herrings, fresh	0·20	0·18	0·26	0·28	0·23
Fat, fresh, other	0·12	0·13	0·12	0·07	0·11
White, processed	0·47	0·40	0·46	0·58	0·48
Fat, processed	0·47	0·30	0·47	0·52	0·44
Shell	0·09	0·14	0·09	0·10	0·10
Cooked	0·77	0·95	1·00	0·80	0·88
Canned and bottled	0·53	0·67	0·67	0·52	0·60
Fish products	0·11	0·11	0·11	0·14	0·12
Total Fish	*5·68*	*5·96*	*6·20*	*5·91*	*5·94*
EGGS (No.)	*4·49*	*4·74*	*4·24*	*4·17*	*4·41*
FATS					
Butter	5·32	5·30	5·36	5·51	5·37
Margarine	3·94	3·99	4·14	3·99	4·02
Lard and compound cooking fat	2·05	1·90	1·90	2·07	1·98
Suet and dripping	0·60	0·43	0·46	0·71	0·55
Other fats, oils and creams	0·03	0·06	0·05	0·03	0·04
Total Fats	*11·94*	*11·68*	*11·91*	*12·31*	*11·96*
SUGAR AND PRESERVES					
Jams, jellies and curds	1·75	1·95	1·78	1·82	1·82
Sugar	17·65	16·50	18·52	18·15	17·70
Marmalade	1·14	1·11	1·05	1·07	1·09
Syrup, treacle and honey	0·74	0·63	0·57	0·78	0·68
Total Sugar and Preserves	*21·28*	*20·19*	*21·92*	*21·82*	*21·29*
VEGETABLES					
Old potatoes	60·67	33·61	16·67	63·61	43·64
New potatoes	0·70	18·35	35·90	—	13·74
Chips	0·81	0·99	1·27	1·04	1·03
Crisps	0·04	0·06	0·08	0·06	0·06
Total Potatoes	*62·22*	*53·01*	*53·92*	*64·71*	*58·47*
Cabbages	5·21	7·71	5·78	5·77	6·12
Brussels sprouts	5·09	0·02	0·30	4·48	2·47
Cauliflower	2·19	2·76	2·13	2·93	2·50
Leafy salads	0·43	2·09	1·81	0·46	1·20
Fresh legumes	0·04	2·16	9·27	0·88	3·09
Quick-frozen legumes	0·24	0·30	0·17	0·18	0·22
Other fresh green vegetables	0·60	0·45	0·19	0·16	0·35
Total Fresh Green Vegetables	*13·80*	*15·49*	*19·65*	*14·86*	*15·95*

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

TABLE 2—*continued*
(oz. per head per week except where otherwise stated)

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*
Carrots	3·42	2·10	2·04	3·71	2·82
Other root vegetables	3·21	1·05	2·14	3·47	2·47
Onions, shallots, etc.	3·58	2·73	2·69	3·83	3·21
Miscellaneous fresh vegetables	0·47	1·50	2·48	1·42	1·47
Dried pulses	0·76	0·63	0·46	0·65	0·63
Canned peas	2·97	3·41	2·47	2·93	2·94
Canned beans	2·22	2·12	2·00	2·27	2·15
Canned vegetables (other than pulses)	0·23	0·44	0·40	0·30	0·34
Vegetable products	0·12	0·09	0·08	0·12	0·10
Total Other Vegetables	*16·98*	*14·07*	*14·76*	*18·70*	*16·13*
Total Vegetables	*93·00*	*82·57*	*88·33*	*98·27*	*90·55*
FRUIT					
Fresh					
Oranges	3·91	3·33	2·33	2·65	3·06
Other citrus fruit	0·99	0·84	0·60	0·73	0·79
Apples and pears	7·57	6·54	6·99	8·05	7·29
Stone fruit	0·04	0·33	1·54	0·03	0·48
Soft fruit	0·21	1·18	1·77	0·37	0·88
Quick-frozen soft fruit	0·01	0·01	0·01	0·01	0·01
Bananas	3·07	3·77	3·86	2·91	3·40
Other fresh fruit	0·68	1·37	0·69	0·18	0·73
Tomatoes, fresh and quick-frozen	2·17	5·44	7·11	3·59	4·58
Total Fresh Fruit	*18·65*	*22·81*	*24·90*	*18·52*	*21·22*
Other					
Tomatoes, canned and bottled	0·75	0·62	0·53	0·56	0·62
Canned and bottled fruit	3·73	4·38	4·37	4·17	4·16
Dried vine fruit	0·74	0·74	0·83	1·33	0·91
Other dried fruit	0·28	0·31	0·19	0·28	0·26
Nuts and fruit and nut products	0·29	0·21	0·21	0·84	0·39
Fruit juices	0·30	0·29	0·30	0·33	0·30
Welfare orange juice	0·09	0·14	0·09	0·07	0·10
Total Other Fruit and Fruit Products	*6·18*	*6·69*	*6·52*	*7·58*	*6·74*
Total Fruit	*24·83*	*29·50*	*31·42*	*26·10*	*27·96*
CEREALS					
Brown bread, unwrapped	1·36	1·83	1·49	1·34	1·50
Brown bread, wrapped	0·65	0·85	0·92	0·69	0·78
White bread, large loaves, unwrapped	15·86	15·82	14·76	13·58	15·00
White bread, large loaves, wrapped	20·38	21·06	21·95	21·32	21·18
White bread, small loaves, unwrapped	3·50	3·24	3·23	3·38	3·34
White bread, small loaves, wrapped	1·05	1·46	1·46	1·37	1·34
Wholewheat and wholemeal bread	1·61	1·42	1·33	1·38	1·44

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

TABLE 2—*continued*
(oz. per head per week except where otherwise stated)

	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*
Malt bread	0·22	0·19	0·20	0·20	0·20
Other bread	3·05	2·66	3·07	4·08	3·22
Total Bread	*47·68*	*48·53*	*48·41*	*47·34*	*48·00*
Self-raising flour	6·22	5·55	5·56	5·79	5·78
Other flour	1·95	2·25	1·83	2·09	2·03
Buns, scones and teacakes	1·26	1·49	1·26	1·64	1·41
Cakes and pastries	3·99	4·27	4·60	4·80	4·42
Biscuits	5·21	5·57	5·56	5·68	5·50
Puddings	0·65	0·96	1·03	0·87	0·88
Oatmeal and oat products	1·27	0·81	0·79	1·31	1·04
Breakfast cereals	1·66	1·88	2·03	1·70	1·82
Rice	0·86	0·70	0·73	0·84	0·78
Cereals, flour base	0·85	0·69	0·66	0·76	0·74
Other cereals	0·75	0·68	0·75	0·72	0·72
Total Cereals	*72·35*	*73·38*	*73·21*	*73·54*	*73·12*
BEVERAGES					
Tea	2·83	2·80	2·77	2·83	2·81
Coffee, bean and ground	0·13	0·10	0·10	0·10	0·11
Coffee, extracts and essences	0·30	0·28	0·26	0·33	0·29
Cocoa and drinking chocolate	0·23	0·18	0·17	0·23	0·20
Branded food drinks	0·25	0·19	0·16	0·19	0·20
Total Beverages	*3·74*	*3·55*	*3·46*	*3·68*	*3·61*
MISCELLANEOUS					
Invalid and baby foods	0·23	0·27	0·32	0·48	0·32
Spreads and dressings	0·08	0·30	0·21	0·07	0·16
Soups, canned	1·91	1·35	1·41	2·33	1·75
Soups, dehydrated and powdered	0·06	0·02	0·02	0·06	0·04
Meat and vegetable extracts	0·15	0·09	0·08	0·12	0·11
Total Miscellaneous Foods	*2·43*	*2·03*	*2·04*	*3·06*	*2·38*

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 3

Domestic Food Prices, 1957. All Households

	Average prices paid (a)				
	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*
MILK AND CREAM					
Liquid					
Full price	8·20	7·75	8·18	8·21	8·08
Welfare	1·86	4·26	4·27	4·33	3·57
Total Liquid Milk Purchased	*7·35*	*7·30*	*7·61*	*7·74*	*7·48*
Condensed					
Skimmed, sweetened	5·98	6·55	7·06	6·60	6·49
Whole, sweetened	10·77	10·80	11·01	11·20	10·93
Whole, unsweetened	8·98	9·11	9·03	8·97	9·02
Dried					
National	1·66	4·02	4·95	4·23	3·64
Branded	7·52	8·14	8·16	7·97	7·91
Other milk	12·18	29·61	20·00	16·74	15·77
Cream	73·53	70·61	71·07	73·81	72·08
CHEESE					
Natural	36·18	32·59	31·73	28·06	32·33
Processed and packeted	57·33	58·32	56·64	55·25	56·89
MEAT AND MEAT PRODUCTS					
Carcase Meat	41·28	43·06	42·98	42·21	42·32
Beef and veal	42·10	44·54	43·56	42·94	43·19
Mutton and lamb	38·22	40·74	41·40	39·74	39·98
Pork	45·80	43·71	45·60	44·93	45·05
Other Meat					
Corned meat	48·28	48·38	47·65	48·19	48·12
Bones	7·24	6·07	11·76	8·01	8·09
Bacon and ham, uncooked	47·88	44·84	46·79	44·23	45·98
Bacon and ham, cooked (including canned)	89·96	87·15	92·42	90·61	89·86
Other cooked meat (not canned)	78·68	78·21	77·50	76·80	77·83
Other canned meat	39·81	41·43	40·99	41·31	40·87
Liver	46·34	48·00	48·04	46·27	47·11
Offals (other than liver)	28·42	29·06	29·85	27·36	28·56
Poultry	59·20	59·40	54·78	53·08	56·46
Rabbit, game and other meat	39·03	30·65	31·49	30·84	33·38
Sausages, uncooked, pork	35·36	34·62	35·09	35·18	35·09
Sausages, uncooked, beef	25·60	25·80	24·70	26·23	25·57
Other meat products	30·64	30·54	31·01	29·98	30·54
FISH					
White, fresh	30·31	30·20	30·66	31·62	30·66
Herrings, fresh	14·38	15·78	14·30	14·56	14·69
Fat, fresh, other	28·31	31·12	26·77	24·95	28·30
White, processed	30·22	28·85	27·39	29·77	29·16
Fat, processed	20·23	19·18	19·65	19·07	19·59
Shell	81·78	77·34	78·75	78·88	79·06
Cooked	40·88	39·00	39·67	40·23	39·91
Canned and bottled	75·84	70·89	68·17	72·44	71·75
Fish products	64·82	64·79	57·36	57·84	61·30

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 3—*continued*

	Average prices paid (a)				
	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*
EGGS	3·44	3·20	4·55	4·79	3·92
FATS					
Butter	36·55	36·94	40·50	39·05	38·14
Margarine	22·99	22·87	22·35	22·49	22·69
Lard and compound cooking fat	22·35	21·98	21·42	21·43	21·83
Suet and dripping	18·79	18·85	17·85	18·96	18·67
Other fats, oils and creams	43·79	49·20	41·14	32·71	43·44
SUGAR AND PRESERVES					
Jams, jellies and curds	20·84	21·18	21·15	21·21	21·09
Sugar	9·86	10·17	8·44	7·41	9·02
Marmalade	17·83	17·96	17·85	17·96	17·90
Syrup, treacle and honey	15·15	15·91	16·29	15·73	15·70
VEGETABLES					
Old potatoes	2·38	2·47	3·20	3·17	2·72
New potatoes	8·18	6·92	4·57	—	5·58
Chips	14·98	15·74	15·85	14·94	15·41
Crisps	62·08	60·70	53·14	57·70	57·97
Cabbages	5·27	5·73	5·56	5·07	5·47
Brussels sprouts	6·45	17·80	10·58	7·94	7·22
Cauliflower	10·14	10·24	9·55	7·70	9·43
Leafy salads	36·76	23·72	17·64	20·58	23·42
Fresh legumes	24·48	8·80	10·06	9·61	9·73
Quick-frozen legumes	40·25	40·69	39·68	39·86	40·23
Other fresh green vegetables	6·91	9·32	13·21	7·99	8·39
Carrots	4·60	6·83	8·96	5·52	5·94
Other root vegetables	4·60	6·90	7·30	4·89	5·39
Onions, shallots, etc.	7·49	9·58	7·95	6·78	7·85
Miscellaneous fresh vegetables	33·95	25·12	13·95	14·71	19·43
Dried pulses	15·08	15·75	16·20	15·51	15·54
Canned peas	14·25	14·36	14·21	14·60	14·36
Canned beans	14·01	14·08	13·81	14·02	13·99
Canned vegetables (other than pulses)	20·92	19·01	17·59	17·48	18·67
Vegetable products	19·75	20·77	19·01	17·19	19·17
FRESH FRUIT					
Oranges	12·57	12·63	13·67	13·04	12·87
Other citrus fruit	14·29	14·88	16·31	16·17	15·19
Apples and pears	11·29	13·55	12·81	12·35	12·42
Stone fruit	22·36	20·80	15·69	13·83	16·83
Soft fruit	28·12	29·12	21·68	28·05	25·79
Quick-frozen soft fruit	27·47	51·43	46·33	41·56	43·51
Bananas	15·61	16·58	16·47	17·26	16·44
Other fresh fruit	12·22	8·13	11·67	13·45	10·96
Tomatoes, fresh and quick-frozen	23·67	27·90	19·83	19·37	22·91
OTHER FRUIT					
Tomatoes, canned and bottled	15·49	14·99	15·64	14·92	15·28
Canned and bottled fruit	22·61	22·61	23·24	23·25	22·92
Dried vine fruit	19·48	19·30	19·29	19·84	19·52

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 3—*continued*

	Average prices paid (a)				
	1st Quarter	*2nd Quarter*	*3rd Quarter*	*4th Quarter*	*Yearly average*
Other dried fruit	23·52	23·33	22·79	26·49	24·05
Nuts and fruit and nut products	28·19	32·25	35·85	33·57	32·49
Fruit juices	35·23	31·67	27·60	33·96	32·29
Welfare orange juice	13·44	13·67	13·64	13·32	13·54
CEREALS					
Brown bread, unwrapped	7·16	7·33	7·35	7·11	7·25
Brown bread, wrapped	7·61	7·77	7·81	7·85	7·76
White bread, large loaves, unwrapped	6·47	6·53	6·39	6·41	6·45
White bread, large loaves, wrapped	6·86	6·88	6·74	6·72	6·80
White bread, small loaves, unwrapped	7·44	7·62	7·55	7·51	7·52
White bread, small loaves, wrapped	8·20	8·40	8·27	8·28	8·30
Wholewheat and wholemeal bread	9·14	9·15	9·04	9·22	9·14
Malt bread	13·66	13·50	13·04	13·11	13·35
Other bread	12·41	13·30	12·86	12·21	12·64
Self-raising flour	7·57	7·64	7·51	7·45	7·54
Other flour	7·21	7·14	7·07	7·03	7·12
Buns, scones and teacakes	19·90	20·24	20·32	18·93	19·82
Cakes and pastries	32·23	32·29	32·32	32·43	32·31
Biscuits	27·59	27·13	27·29	28·24	27·55
Puddings	21·05	22·05	22·29	22·74	22·06
Oatmeal and oat products	13·52	13·18	12·91	13·60	13·37
Breakfast cereals	26·31	26·28	26·39	26·45	26·35
Rice	13·48	13·55	13·58	13·34	13·48
Cereals, flour base	18·46	19·68	19·98	19·37	19·27
Other cereals	23·33	25·61	25·32	23·45	24·38
BEVERAGES					
Tea	82·26	80·14	78·12	79·17	80·07
Coffee, bean and ground	85·93	81·11	86·15	86·55	85·00
Coffee, extracts and essences	124·60	123·84	139·15	128·88	128·56
Cocoa and drinking chocolate	46·23	46·88	47·57	48·14	47·13
Branded food drinks	65·92	65·85	65·99	66·19	65·97
MISCELLANEOUS					
Invalid and baby foods	25·54	25·68	24·55	24·20	24·88
Spreads and dressings	38·60	40·67	40·78	41·03	40·44
Soups, canned	15·96	16·85	16·83	16·53	16·47
Soups, dehydrated and powdered	84·04	95·45	115·08	94·91	93·04
Meat and vegetable extracts	84·60	110·83	120·49	123·54	105·46

(a) Pence per pint of liquid and other milk and cream, pence per equivalent pint of condensed and dried milk, and pence per shell egg. Otherwise pence per lb.

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

Appendix C

TABLE I

Energy Value and Nutrient Content of Domestic Food Consumption[1]*—All Households*, 1957

(per head per day)

	Energy Value		*Protein*		*Fat*		*Calcium*		*Iron*		*Vitamin A*		*Thiamine*[6]		*Riboflavin*		*Nicotinic acid*		*Vitamin C*[6]		*Vitamin D*	
	Cal.	*Per cent of total*	*g.*	*Per cent of total*	*g.*	*Per cent of total*	*mg.*	*Per cent of total*	*mg.*	*Per cent of total*	*i.u.*	*Per cent of total*	*mg.*	*Per cent of total*	*mg.*	*Per cent of total*	*mg.*	*Per cent of total*	*mg.*	*Per cent of total*	*i.u.*	*Per cent of total*
Liquid milk	248	9.6	13.2	17.6	13.8	12.6	471	46.0	0.4	3.0	439	10.2	0.15	11.7	0.59	35.3	0.4	3.1	4	8.0	4	2.8
Dried milk	5	0.2	0.3	0.4	0.3	0.3	10	1.0	...	...	11	0.3	...	0.2	0.01	0.7	...	...	...	0.3	11	7.4
Other milk and cream	11	0.4	0.5	0.6	0.7	0.6	15	1.5	...	0.1	26	0.6	...	0.2	0.02	1.3	...	0.1	...	0.3	...	0.3
Cheese	48	1.9	2.9	3.9	4.1	3.7	95	9.3	0.1	0.5	153	3.6	...	0.2	0.06	3.5	...	0.3	—	—	2	1.2
Total Milk, Cream and Cheese	*312*	*12.1*	*16.8*	*22.5*	*18.8*	*17.2*	*591*	*57.7*	*0.5*	*3.5*	*629*	*14.7*	*0.16*	*12.3*	*0.68*	*40.8*	*0.5*	*3.4*	*4*	*8.6*	*17*	*11.8*
Beef and veal	98	3.8	6.9	9.3	7.8	7.2	4	0.4	1.6	11.4	21	0.5	0.03	2.2	0.10	6.1	1.9	13.9	—	—	—	—
Mutton and lamb	65	2.5	3.2	4.3	5.7	5.2	3	0.3	0.4	3.2	10	0.2	0.03	2.3	0.04	2.3	0.9	6.6	—	—	—	—
Pork	26	1.0	0.9	1.2	2.5	2.3	1	0.1	0.1	0.6	—	—	0.04	3.3	0.01	0.7	0.2	1.8	—	—	—	—
Bacon	81	3.1	2.0	2.7	8.1	7.4	2	0.2	0.2	1.3	—	—	0.09	7.2	0.02	1.1	0.4	3.0	—	—	—	—
Other meat	113	4.4	5.8	7.8	8.7	7.9	9	0.9	1.6	11.3	933	21.8	0.09	6.8	0.16	9.5	1.6	11.9	1	1.2	3	2.2
Total Meat	*383*	*14.9*	*18.9*	*25.3*	*32.9*	*30.1*	*19*	*1.9*	*3.9*	*27.8*	*964*	*22.5*	*0.28*	*21.8*	*0.33*	*19.7*	*5.1*	*37.1*	*1*	*1.2*	*3*	*2.2*
Fish	23	0.9	3.0	4.0	1.2	1.1	14	1.4	0.3	1.9	11	0.3	0.01	0.7	0.03	1.7	0.4	3.0	—	—	32	22.1
Eggs	49	1.9	3.9	5.2	3.6	3.3	19	1.9	0.9	6.6	315	7.3	0.04	3.1	0.14	8.3	...	0.2	—	—	19	13.0
Margarine	125	4.8	—	—	13.9	12.7	1	0.1	...	0.4	488	11.4	—	—	—	—	—	—	—	—	52	35.6
Butter	162	6.3	0.1	0.1	18.0	16.4	3	0.3	...	0.1	653	15.2	—	—	—	—	—	—	—	—	13	9.0
Other fats	91	3.5	0.1	0.1	10.1	9.2	...	...	...	0.1	9	0.2	...	...	...	...	...	0.1	—	—	...	0.2
Total Fats	*378*	*14.7*	*0.2*	*0.2*	*41.9*	*38.3*	*4*	*0.4*	*0.1*	*0.6*	*1,150*	*26.8*	...	...	...	...	...	*0.1*	—	—	*65*	*44.8*
Sugar and Preserves	311	12.1	0.1	0.1	...	...	4	0.4	0.1	1.0	1	...	...	...	...	0.1	...	0.1	1	1.6	—	—

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE I—*continued*

(per head per day)

	Energy Value		*Protein*		*Fat*		*Calcium*		*Iron*		*Vitamin A*		*Thiamine*[6]		*Riboflavin*		*Nicotinic acid*		*Vitamin C*[6]		*Vitamin D*	
	Cal.	*Per cent of total*	*g.*	*Per cent of total*	*g.*	*Per cent of total*	*mg.*	*Per cent of total*	*mg.*	*Per cent of total*	*i.u.*	*Per cent of total*	*mg.*	*Per cent of total*	*mg.*	*Per cent of total*	*mg.*	*Per cent of total*	*mg.*	*Per cent of total*	*i.u.*	*Per cent of total*
Potatoes[2] . .	149	5·8	3·6	4·9	0·5	0·4	17	1·7	1·3	9·4	—	—	0·19	15·0	0·13	7·9	2·0	14·8	17	33·4	—	—
Green vegetables .	11	0·4	1·2	1·5	—	—	23	2·2	0·5	3·5	166	3·9	0·05	3·7	0·04	2·1	0·2	1·5	8	14·6	—	—
Carrots . . .	2	0·1	0·1	0·1	—	—	4	0·4	0·1	0·4	584	13·6	...	0·4	...	0·2	0·1	0·4	...	0·9	—	—
Other root vegetables	2	0·1	0·1	0·1	—	—	4	0·4	...	0·3	1	...	...	0·2	...	0·2	0·1	0·4	1	1·4	—	—
Other vegetables .	23	0·9	1·8	2·4	...	...	15	1·5	0·5	3·8	75	1·7	0·03	2·6	0·02	1·4	0·2	1·7	1	2·6	—	—
Total Vegetables .	*187*	*7·3*	*6·7*	*9·0*	*0·5*	*0·5*	*63*	*6·2*	*2·5*	*17·5*	*826*	*19·3*	*0·28*	*21·9*	*0·20*	*11·9*	*2·6*	*18·8*	*27*	*53·0*	—	—
Citrus fruit . .	3	0·1	0·1	0·1	—	—	4	0·4	...	0·2	9	0·2	0·01	1·0	...	0·3	...	0·4	6	11·2	—	—
Other fresh fruit[3] .	19	0·7	0·5	0·6	—	—	6	0·6	0·2	1·6	194	4·5	0·02	1·7	0·02	1·1	0·2	1·7	10	18·7	—	—
Other fruit[4] . .	29	1·1	0·2	0·3	0·3	0·3	6	0·6	0·3	1·8	46	1·1	0·01	0·5	0·01	0·4	0·1	0·8	2	4·6	—	—
Total Fruit . .	*51*	*2·0*	*0·8*	*1·1*	*0·3*	*0·3*	*16*	*1·6*	*0·5*	*3·7*	*249*	*5·8*	*0·04*	*3·3*	*0·03*	*1·9*	*0·4*	*2·8*	*18*	*34·5*	—	—
All bread . .	485	18·8	15·2	20·2	1·5	1·4	188	18·4	3·0	20·9	...	...	0·32	24·7	0·06	3·7	3·2	23·0	—	—	—	—
Flour . . .	112	4·3	3·0	4·1	0·3	0·3	43	4·2	0·6	4·3	—	—	0·07	5·7	0·01	0·7	0·6	4·3	—	—	—	—
Cakes and biscuits .	189	7·3	3·6	4·8	6·7	6·1	48	4·7	0·7	5·1	94	2·2	0·04	3·1	0·04	2·5	0·3	2·4	—	—	8	5·3
Other cereals . .	76	2·9	1·9	2·5	1·1	1·0	11	1·1	0·7	5·1	18	0·4	0·04	2·9	0·02	1·5	0·3	2·2	...	...	1	0·8
Total Cereals . .	*862*	*33·4*	*23·7*	*31·7*	*9·6*	*8·8*	*290*	*28·3*	*5·0*	*35·4*	*112*	*2·6*	*0·47*	*36·3*	*0·14*	*8·4*	*4·4*	*31·9*	...	...	9	6·1
Beverages . .	9	0·3	0·3	0·4	0·3	0·2	2	0·2	0·1	1·0	2	...	...	0·2	0·11	6·7	...	0·4	—	—	—	—
Other foods[5] . .	13	0·5	0·5	0·6	0·3	0·3	2	0·2	0·2	1·1	28	0·7	...	0·4	0·01	0·5	0·3	2·1	1	1·1	—	—
TOTAL ALL FOODS	*2,587*	*100*	*74·9*	*100*	*109·5*	*100*	*1,038*	*100*	*14·1*	*100*	*4,289*	*100*	*1·29*	*100*	*1·66*	*100*	*13·8*	*100*	*52*	*100*	*145*	*100*

[1] Welfare fish liver oil and vitamin A and D tablets excluded.
[2] Including chips and crisps.
[3] Including tomatoes.
[4] Including welfare orange juice.
[5] Invalid and baby foods, spreads and dressings, soups and extracts.
[6] As suggested in Medical Research Council War Memorandum No. 14, to allow for losses in cooking, 15 per cent has been deducted from all intake figures of thiamine (vitamin B_1) and 75 and 50 per cent from the vitamin C contribution from fresh green vegetables and other vegetables respectively.

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

Appendix D

TABLE I

Domestic Food Expenditure and Value of Consumption by Region and Type of Area, 1957
(per person per week)

	All households	Region or Type of Area								Conurbations				
		Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midland	South Western	South Eastern and Southern	London	Provincial	Other urban	Semi-rural	Rural
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	d. d.	s. d.	s. d.	s. d.	s. d.
1ST QUARTER														
Expenditure	27 1	29 7	24 11	27 8	28 10	25 11	26 9	25 8	25 3	27 8	28 1	27 2	25 8	24 3
Value of free food	8	1 8	1 0	5	2	1 5	4	1 2	1 4	3	1	5	1 9	3 7
Value of consumption	27 9	31 3	25 11	28 2	29 0	27 3	27 1	26 10	26 7	27 10	28 2	27 7	27 5	27 10
2ND QUARTER														
Expenditure	28 6	29 0	27 1	28 8	28 3	26 11	29 6	26 11	26 8	30 8	29 3	28 3	26 11	24 6
Value of free food	10	1 10	1 3	10	2	1 3	8	1 5	1 10	3	4	5	2 0	4 1
Value of consumption	29 3	30 10	28 4	29 6	28 5	28 2	30 1	28 5	28 6	30 11	29 7	28 9	28 10	28 7
3RD QUARTER														
Expenditure	28 6	28 2	28 0	28 2	28 5	27 0	28 3	26 4	28 1	30 9	28 7	28 9	26 9	23 11
Value of free food	1 6	2 10	2 3	1 3	1 1	2 7	11	2 6	2 7	4	6	1 0	4 1	5 3
Value of consumption	30 0	31 0	30 3	29 5	29 6	29 7	29 2	28 10	30 8	31 1	29 1	29 9	30 10	29 2

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE I—*continued*

(*per person per week*)

	All households	Region or Type of Area								Conurbations		Other urban	Semi-rural	Rural
		Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midland	South Western	South Eastern and Southern	London	Provincial			
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.
4TH QUARTER														
Expenditure	28 5	26 4	28 10	28 10	29 0	27 9	28 9	27 4	26 3	29 6	29 2	28 10	26 10	24 2
Value of free food	10	3 8	1 3	8	3	1 5	11	1 4	1 5	2	3	6	2 2	4 4
Value of consumption	*29 4*	*30 0*	*30 1*	*29 6*	*29 3*	*29 2*	*29 9*	*28 8*	*27 8*	*29 8*	*29 5*	*29 4*	*29 0*	*28 6*
ANNUAL AVERAGE														
Expenditure	28 1	28 3	27 3	28 4	28 8	26 11	28 4	26 7	26 7	29 8	28 9	28 3	26 6	24 2
Value of free food	11	2 6	1 5	10	5	1 8	8	1 8	1 10	3	4	7	2 6	4 4
Value of consumption	*29 1*	*30 9*	*28 8*	*29 2*	*29 0*	*28 6*	*29 0*	*28 2*	*28 4*	*29 11*	*29 1*	*28 10*	*29 0*	*28 6*
Expenditure as percentage of that in all households	100	100·5	96·8	100·8	101·8	95·6	100·7	94·5	94·5	105·5	102·3	100·5	94·3	86·1
Value of consumption as percentage of that in all households	100	105·8	98·5	100·2	99·9	98·2	99·8	97·0	97·6	102·8	100·0	99·2	99·8	98·1
Price index (all foods)	100	104·4	105·4	101·9	100·9	99·1	100·1	97·4	97·8	98·5	101·1	99·9	101·5	100·3
"Price of energy" index (all foods)	100	97·9	98·7	98·8	99·3	97·4	98·3	96·1	99·0	107·0	100·5	99·1	98·5	92·1

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 2

Expenditure by Region and Type of Area, 1957

(pence per person per week)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
MILK AND MILK PRODUCTS														
Liquid														
Full price	30 94	19 95	29.02	25.61	33.18	31·72	31·92	30·48	32·18	34·56	30·26	31·98	28·71	20·80
Welfare	2·14	1·67	2·00	2·16	1·96	2·00	2·27	2·00	2·31	2·32	2·28	2·05	2·24	1·66
Total Liquid Milk	*33·08*	*21·62*	*31·02*	*27·77*	*35·14*	*33·72*	*34·19*	*32·48*	*34·49*	*36·88*	*32·54*	*34·03*	*30·95*	*22·46*
Condensed														
Skimmed, sweetened	0·08	0·28	0·04	0·12	0·04	0·04	0·04	0·05	0·08	0·08	0·04	0·10	0·08	0·02
Whole, sweetened	0·19	0·32	0·10	0·23	0·20	0·25	0·07	0·25	0·20	0·18	0·13	0·20	0·25	0·22
Whole, unsweetened	1·11	1·06	0·48	0·96	1·39	1·24	1·13	0·75	1·63	1·12	0·87	1·26	0·96	1·20
Dried														
National	0·20	1·12	0·24	0·18	0·18	0·19	0·22	0·19	0·19	0·19	0·25	0·19	0·15	0·16
Branded	0·32	0·39	0·15	0·58	0·32	0·24	0·24	0·34	0·24	0·36	0·26	0·40	0·14	0·24
Other milk	0·04	—	0·01	0·06	0·01	0·04	...	0·02	0·02	0·10	0·05	0·01	0·06	...
Cream	0·94	1·21	0·32	0·81	0·91	0·82	0·61	1·90	0·86	1·28	0·83	0·95	0·75	0·66
Total Milk and Cream	*35·96*	*25·00*	*32·36*	*30·71*	*38·19*	*36·54*	*36·50*	*35·98*	*37·71*	*40·19*	*34·97*	*37·14*	*33·34*	*24·96*
CHEESE														
Natural	5·06	6·17	4·44	3·67	4·96	5·55	5·69	5·72	6·00	5·02	4·46	4·96	5·70	6·38
Processed and packeted	1·30	1·38	1·55	1·04	1·10	1·42	1·13	0·96	1·28	1·63	1·30	1·29	1·10	1·05
Total Cheese	*6·36*	*7·55*	*5·99*	*4·71*	*6·06*	*6·97*	*6·82*	*6·68*	*7·28*	*6·65*	*5·76*	*6·25*	*6·80*	*7·43*
MEAT AND MEAT PRODUCTS														
Carcase Meat														
Beef and veal	28·42	28·64	37·92	31·62	24·61	26·52	25·80	30·01	23·85	29·01	29·13	27·88	27·90	29·43
Mutton and lamb	15·66	16·60	7·40	13·08	18·53	13·76	18·80	11·64	16·65	19·67	16·40	14·72	14·31	11·72
Pork	5·56	5·88	1·57	4·64	4·08	7·14	7·92	8·59	5·60	6·28	4·94	5·56	5·71	5·43
Total Carcase Meat	*49·64*	*51·12*	*46·89*	*49·34*	*47·22*	*47·42*	*52·52*	*50·24*	*46·10*	*54·96*	*50·47*	*48·16*	*47·92*	*46·58*

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 2—*continued*
(pence per person per week)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
Other Meat														
Corned meat	2·54	3·16	2·62	2·99	2·13	2·38	3·04	2·76	2·43	2·05	2·70	2·58	2·72	2·50
Bones	0·22	0·15	0·38	0·27	0·29	0·12	0·14	0·20	0·18	0·16	0·29	0·24	0·16	0·12
Bacon and ham, uncooked	14·55	16·68	11·27	16·91	15·73	13·32	17·37	11·16	13·07	13·87	15·54	14·48	14·96	12·41
Bacon and ham, cooked (including canned)	4·42	4·26	3·59	4·64	6·38	3·46	4·35	3·57	3·50	4·47	5·08	4·62	3·48	2·68
Other cooked meat (not canned)	2·09	1·92	2·72	2·80	3·57	1·34	2·20	1·79	0·87	1·31	2·68	2·46	1·38	1·22
Other canned meat	3·41	4·44	3·52	4·76	3·70	3·35	2·33	2·72	2·97	2·58	3·42	3·59	4·02	2·94
Liver	2·48	1·81	1·94	1·82	2·14	2·85	2·45	2·74	2·83	3·24	2·01	2·54	2·32	1·96
Offals (other than liver)	1·18	0·67	0·79	1·18	1·17	1·19	1·24	1·52	1·06	1·41	1·20	1·21	0·91	0·77
Poultry	2·26	2·72	1·39	1·39	2·58	1·56	1·60	2·10	1·89	4·09	2·02	1·93	1·91	1·12
Rabbit, game and other meat	0·20	—	0·06	0·24	0·06	0·24	0·16	0·10	0·14	0·48	0·10	0·12	0·23	0·19
Sausages, uncooked, pork	4·56	3·91	1·86	3·49	3·62	7·02	5·60	3·71	4·70	5·76	3·74	4·18	5·17	5·36
Sausages, uncooked, beef	2·34	3·01	5·84	2·88	1·42	0·98	1·37	2·42	2·37	1·82	3·16	2·26	2·03	2·19
Other meat products	3·41	2·26	4·76	4·77	3·98	2·71	3·14	2·81	2·96	2·42	3·68	3·86	3·14	2·60
Total Other Meat	*43·66*	*44·99*	*40·74*	*48·14*	*46·77*	*40·52*	*44·99*	*37·60*	*38·97*	*43·66*	*45·62*	*44·07*	*42·43*	*36·06*
Total Meat	*93·30*	*96·11*	*87·63*	*97·48*	*93·99*	*87·94*	*97·51*	*87·84*	*85·07*	*98·62*	*96·09*	*92·23*	*90·35*	*82·64*
FISH														
White, fresh	5·68	6·80	7·49	5·18	7·24	4·22	5·55	4·45	4·49	5·55	6·54	5·86	4·82	3·87
Herrings, fresh	0·21	0·16	0·38	0·17	0·14	0·26	0·13	0·20	0·24	0·24	0·16	0·18	0·28	0·33
Fat, fresh, other	0·19	0·25	0·06	0·05	0·16	0·22	0·23	0·26	0·15	0·33	0·17	0·14	0·21	0·16
White, processed	0·86	0·36	1·62	0·36	0·57	0·86	0·24	0·49	1·20	1·49	0·61	0·80	0·79	0·68
Fat, processed	0·54	0·56	0·52	0·48	0·42	0·53	0·39	0·40	0·46	0·86	0·48	0·47	0·49	0·44
Shell	0·52	0·26	0·03	0·62	0·75	0·46	0·61	0·31	0·28	0·76	0·56	0·46	0·50	0·17
Cooked	2·18	1·42	0·52	3·40	2·32	2·40	2·68	1·50	1·59	2·17	2·57	2·24	1·75	1·36
Canned and bottled	2·67	3·71	1·96	2·69	3·60	2·52	3·53	1·94	1·73	2·33	2·80	2·84	2·67	1·91
Fish products	0·45	0·24	0·17	0·57	0·56	0·47	0·51	0·32	0·46	0·44	0·40	0·50	0·45	0·26
Total Fish	*13·30*	*13·76*	*12·75*	*13·52*	*15·76*	*11·94*	*13·87*	*9·87*	*10·60*	*14·17*	*14·29*	*13·49*	*11·96*	*9·18*

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 2—*continued*
(pence per person per week)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
EGGS	15·80	13·28	17·15	16·84	16·14	14·16	14·60	13·90	14·39	16·94	16·82	16·71	13·08	8·90
FATS														
Butter	12·81	23·78	11·36	12·77	12·10	11·83	12·32	14·85	11·90	12·35	12·22	12·78	13·26	15·37
Margarine	5·69	3·62	6·11	6·63	6·71	6·01	5·60	4·31	5·60	4·71	6·09	5·68	6·10	6·06
Lard and compound cooking fats	2·70	3·60	1·68	2·95	2·76	3·18	3·06	2·83	2·77	2·21	2·45	2·85	3·00	3·16
Suet and dripping	0·64	0·30	0·70	0·79	0·53	0·81	0·40	0·96	0·57	0·59	0·50	0·68	0·80	0·56
Other fats, oils and creams	0·12	0·01	0·03	0·05	0·02	0·08	—	0·02	0·13	0·42	0·06	0·06	0·03	0·02
Total Fats	*21·96*	*31·31*	*19·88*	*23·19*	*22·12*	*21·91*	*21·38*	*22·97*	*20·97*	*20·28*	*21·32*	*22·05*	*23·19*	*25·17*
SUGAR AND PRESERVES														
Jams, jellies and curds	2·26	2·40	2·40	2·78	2·57	2·14	1·78	1·82	1·87	2·22	2·56	2·32	1·74	2·22
Sugar	9·88	11·32	10·07	9·12	10·06	10·20	10·89	9·30	10·22	9·39	9·52	9·88	10·36	11·48
Marmalade	1·22	0·88	1·08	1·26	1·39	1·24	0·76	1·45	1·30	1·27	1·22	1·25	1·13	1·00
Syrup, treacle and honey	0·66	0·36	1·27	0·84	0·56	0·66	0·34	0·84	0·76	0·52	0·50	0·68	0·84	1·16
Total Sugar and Preserves	*14·02*	*14·96*	*14·82*	*14·00*	*14·58*	*14·24*	*13·77*	*13·41*	*14·15*	*13·40*	*13·80*	*14·13*	*14·07*	*15·86*
VEGETABLES														
Old potatoes	6·54	4·99	5·77	5·41	7·49	5·05	7·48	7·66	5·48	8·04	7·25	6·97	4·24	2·20
New potatoes	3·92	4·88	2·80	4·52	4·15	2·54	4·53	2·57	2·97	4·96	4·69	4·01	2·37	1·42
Chips	0·98	0·42	0·30	1·49	1·32	1·11	1·46	0·76	0·66	0·62	1·32	1·11	0·68	0·51
Crisps	0·22	0·48	0·12	0·23	0·09	0·23	0·31	0·37	0·29	0·13	0·24	0·20	0·30	0·32
Total Potatoes	*11·66*	*10·77*	*8·99*	*11·65*	*13·05*	*8·93*	*13·78*	*11·36*	*9·40*	*13·75*	*13·50*	*12·29*	*7·59*	*4·45*
Cabbages	1·46	1·82	0·77	0·96	1·17	1·06	1·50	1·43	1·38	2·66	1·30	1·39	0·86	0·53
Brussels sprouts	0·84	0·44	0·38	0·67	0·80	0·81	1·16	0·75	0·78	1·25	0·88	0·87	0·40	0·27
Cauliflower	1·20	1·12	0·78	1·26	1·42	1·05	1·45	0·96	1·04	1·22	1·40	1·31	0·92	0·32
Leafy salads	1·32	0·82	0·75	1·17	1·60	1·12	1·44	0·92	1·14	1·88	1·44	1·33	0·79	0·40
Fresh legumes	1·14	1·87	0·14	0·48	0·64	0·96	2·02	0·94	0·98	2·21	0·89	1·16	0·57	0·24
Quick-frozen legumes	0·56	0·63	0·13	0·31	0·45	0·41	0·75	0·53	0·50	1·12	0·46	0·46	0·46	0·23
Other fresh green vegetables	0·06	0·07	0·01	0·02	0·02	0·08	0·06	0·19	0·10	0·10	0·02	0·08	0·02	0·04
Total Fresh Green Vegetables	*6·58*	*6·77*	*2·96*	*4·87*	*6·10*	*5·49*	*8·38*	*5·72*	*5·92*	*10·44*	*6·39*	*6·60*	*4·02*	*2·03*

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 2—*continued*
(pence per person per week)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
Carrots	0·97	0·54	1·26	1·04	1·50	0·61	0·74	0·85	0·68	0·97	1·22	1·06	0·60	0·37
Other root vegetables	0·63	0·93	0·66	0·60	0·44	0·44	0·44	0·70	0·50	0·97	0·63	0·64	0·42	0·18
Onions, shallots, etc.	1·44	1·53	1·68	1·86	1·84	0·92	1·60	0·93	0·90	1·34	2·02	1·47	0·90	0·83
Miscellaneous fresh vegetables	1·50	1·80	0·31	1·29	0·94	1·80	1·50	1·03	1·96	2·33	1·20	1·44	1·35	1·07
Dried pulses	0·60	1·02	1·31	1·00	0·83	0·28	0·43	0·43	0·34	0·18	0·86	0·66	0·56	0·69
Canned peas	2·64	2·35	2·05	2·89	2·73	2·77	2·64	2·20	2·77	2·56	2·78	2·76	2·49	1·84
Canned beans	1·88	1·82	1·84	1·99	1·72	1·74	1·91	1·52	2·00	2·00	2·03	1·88	1·70	1·44
Canned vegetables (other than pulses)	0·40	0·36	0·33	0·40	0·38	0·42	0·23	0·18	0·53	0·46	0·38	0·36	0·52	0·27
Vegetable products	0·12	0·08	0·28	0·32	0·13	0·02	0·02	0·01	0·02	0·08	0·20	0·10	0·12	0·06
Total Other Vegetables	*10·18*	*10·43*	*9·72*	*11·39*	*10·51*	*9·00*	*9·51*	*7·85*	*9·70*	*10·89*	*11·32*	*10·37*	*8·66*	*6·75*
Total Vegetables	*28·42*	*27·97*	*21·67*	*27·91*	*29·66*	*23·42*	*31·67*	*24·93*	*25·02*	*35·08*	*31·21*	*29·25*	*20·27*	*13·23*
FRUIT														
Fresh														
Oranges	2·46	3·49	2·11	3·03	2·41	1·83	2·25	2·04	1·78	3·03	2·79	2·17	2·26	2·22
Other citrus fruit	0·75	0·76	0·44	0·80	0·75	0·79	0·45	0·66	0·70	1·06	0·66	0·72	0·67	0·59
Apples and pears	5·17	6·50	5·37	5·51	4·94	3·47	4·50	4·08	4·02	7·16	5·76	4·74	3·84	3·76
Stone fruit	0·47	0·27	0·16	0·22	0·36	0·59	0·34	0·33	0·66	0·87	0·27	0·45	0·42	0·28
Soft fruit	0·91	0·80	0·87	1·16	0·80	0·75	0·68	0·68	0·60	1·18	1·20	0·82	0·69	0·28
Quick-frozen soft fruit	0·01	0·04	—	—	0·02	0·01	—	—	...	0·02	0·01	0·01	0·01	0·02
Bananas	3·50	4·24	3·21	3·48	3·13	3·40	3·22	3·06	3·30	4·10	3·60	3·43	3·18	2·73
Other fresh fruit	0·24	0·12	0·29	0·20	0·28	0·14	0·16	0·20	0·17	0·36	0·28	0·21	0·17	0·07
Tomatoes, fresh and quick-frozen	6·17	7·54	5·40	6·16	6·08	5·64	6·52	5·08	5·89	6·87	6·52	5·98	5·75	5·30
Total Fresh Fruit	*19·68*	*23·76*	*17·85*	*20·56*	*18·77*	*16·62*	*18·12*	*16·13*	*17·12*	*24·65*	*21·09*	*18·53*	*16·99*	*15·25*
Other Fruit														
Tomatoes, canned and bottled	0·58	0·82	0·08	0·76	0·41	0·81	1·24	0·20	0·56	0·38	0·56	0·76	0·41	0·34
Canned and bottled fruit	5·65	6·02	4·50	5·67	5·79	5·94	5·65	5·55	5·11	5·93	5·78	5·62	5·56	4·85
Dried vine fruit	1·12	1·38	0·98	1·10	0·90	1·45	1·02	1·75	1·30	0·94	0·77	1·15	1·40	1·91
Other dried fruit	0·40	0·26	0·68	0·41	0·26	0·38	0·20	0·36	0·44	0·48	0·33	0·32	0·61	0·43
Nuts and fruit and nut products	0·79	0·48	0·44	0·91	0·66	1·18	0·61	0·84	1·00	0·81	0·67	0·80	0·88	1·04
Fruit juices	0·61	0·26	0·51	0·66	0·61	0·54	0·36	0·42	0·64	0·92	0·66	0·53	0·52	0·40
Welfare orange juice	0·08	0·04	0·06	0·05	0·10	0·09	0·07	0·09	0·10	0·11	0·06	0·09	0·08	0·08
Total Other Fruit and Fruit Products	*9·23*	*9·26*	*7·25*	*9·56*	*8·73*	*10·39*	*9·15*	*9·21*	*9·15*	*9·57*	*8·83*	*9·27*	*9·46*	*9·05*
Total Fruit	*28·91*	*33·02*	*25·10*	*30·12*	*27·50*	*27·01*	*27·27*	*25·34*	*26·27*	*34·22*	*29·92*	*27·80*	*26·45*	*24·30*

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 2—*continued*
(pence per person per week)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
CEREALS														
Brown bread, unwrapped	0·68	1·00	0·52	1·08	0·47	0·63	0·28	0·79	1·02	0·59	0·58	0·67	0·82	1·05
Brown bread, wrapped	0·38	0·33	0·41	0·98	0·36	0·17	0·06	0·10	0·17	0·39	0·46	0·36	0·37	0·20
White bread, large loaves, unwrapped	6·05	12·70	2·88	2·64	4·86	8·37	7·66	10·07	9·22	5·00	3·57	5·86	8·77	12·69
White bread, large loaves, wrapped	9·00	7·14	13·19	10·14	10·80	7·57	12·00	5·38	5·53	6·84	11·92	9·42	7·32	5·67
White bread, small loaves, unwrapped	1·57	1·64	0·42	2·12	1·64	1·32	1·29	1·63	1·51	1·90	1·72	1·57	1·25	0·88
White bread, small loaves, wrapped	1·70	0·16	0·36	1·18	1·18	0·40	0·49	0·22	0·28	0·85	1·06	0·67	0·25	0·12
Wholewheat and wholemeal bread	0·82	1·03	0·56	0·86	1·13	0·67	0·65	0·57	0·65	0·97	0·84	0·81	0·79	0·48
Malt bread	0·17	...	0·32	0·32	0·28	0·08	0·12	0·03	0·14	0·04	0·30	0·18	0·16	0·07
Other bread	2·54	1·44	6·84	2·86	1·97	1·64	1·62	1·52	1·80	2·42	3·30	2·57	1·87	1·57
Total Bread	*21·91*	*25·44*	*25·50*	*22·18*	*22·69*	*20·85*	*24·17*	*20·31*	*20·32*	*19·00*	*23·75*	*22·11*	*21·60*	*22·73*
Self-raising flour	2·72	3·30	1·88	3·24	2·52	3·32	2·16	3·54	2·89	2·41	2·20	2·83	3·15	3·66
Other flour	0·91	1·66	0·42	2·51	0·48	1·40	0·33	0·53	0·51	0·35	0·94	0·82	1·34	1·89
Buns, scones and teacakes	1·75	1·03	5·67	2·74	1·95	0·71	0·71	1·11	0·83	0·85	2·63	1·63	1·74	1·99
Cakes and pastries	8·92	8·19	10·46	8·39	10·50	8·44	8·48	10·35	8·72	7·52	8·93	9·64	8·68	8·15
Biscuits	9·49	8·06	13·56	10·64	8·71	8·48	7·04	9·05	8·79	9·66	9·83	9·43	9·36	8·46
Puddings	1·21	0·78	1·25	1·33	1·26	1·10	0·84	1·13	1·14	1·42	1·34	1·14	1·14	0·84
Oatmeal and oat products	0·87	0·51	2·30	0·65	0·86	0·75	0·97	0·59	0·78	0·66	0·88	0·90	0·96	1·08
Breakfast cereals	3·00	2·09	2·61	2·33	3·38	3·25	3·08	2·91	3·38	3·24	2·82	3·07	2·88	2·70
Rice	0·66	1·09	0·49	0·70	0·77	0·62	0·66	0·60	0·56	0·67	0·62	0·66	0·66	0·82
Cereals, flour base	0·89	0·55	1·01	0·62	0·62	1·01	0·62	0·87	1·12	1·27	0·75	0·84	0·84	0·81
Other cereals	1·10	0·53	2·07	0·88	0·76	1·21	1·02	1·02	1·24	1·17	0·97	1·06	1·25	1·37
Total Cereals	*53·43*	*53·23*	*67·22*	*56·21*	*54·50*	*51·14*	*50·08*	*52·01*	*50·28*	*48·22*	*55·66*	*54·13*	*53·60*	*54·50*

Digitized by Google
Original from CORNELL UNIVERSITY

TABLE 2—*continued*
(*pence per person per week*)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
BEVERAGES														
Tea	14·03	13·98	11·88	13·73	14·95	14·09	15·36	13·13	13·40	14·59	14·14	14·17	13·37	12·66
Coffee, bean and ground	0·57	0·16	0·34	0·58	0·47	0·48	0·36	0·52	0·78	0·99	0·42	0·53	0·48	0·42
Coffee, extracts and essences	2·35	1·15	1·57	2·34	2·05	2·82	2·12	2·58	3·03	2·60	2·15	2·22	2·73	2·35
Cocoa and drinking chocolate	0·60	0·48	0·50	0·52	0·51	0·75	0·55	0·74	0·74	0·60	0·54	0·60	0·60	0·73
Branded food drinks	0·83	0·60	0·23	0·64	0·77	1·14	1·11	1·03	0·84	0·96	0·64	0·89	0·71	0·75
Total Beverages	18·37	16·37	14·52	17·81	18·75	19·28	19·50	18·00	18·79	19·74	17·89	18·41	17·89	16·91
MISCELLANEOUS														
Invalid and baby foods	0·50	0·38	0·41	0·54	0·53	0·70	0·46	0·42	0·50	0·43	0·53	0·50	0·54	0·58
Spreads and dressings	0·42	0·28	0·24	0·37	0·31	0·54	0·14	0·55	0·60	0·58	0·24	0·43	0·46	0·42
Soups, canned	1·80	0·99	2·70	2·16	2·04	1·64	1·42	1·44	1·45	1·56	2·16	1·88	1·54	1·19
Soups, dehydrated and powdered	0·23	0·06	0·58	0·12	0·13	0·23	0·09	0·21	0·31	0·29	0·26	0·24	0·13	0·18
Meat and vegetable extracts	0·74	0·23	0·27	0·58	0·38	0·89	0·75	0·91	1·28	1·08	0·58	0·73	0·66	0·63
Pickles and sauces	1·65	2·22	1·38	1·73	1·24	1·63	1·68	1·40	1·62	1·94	1·67	1·58	1·54	1·47
Table jellies, squares and crystals	0·75	0·86	0·74	0·72	0·68	0·78	0·65	0·91	0·83	0·77	0·68	0·72	0·83	0·96
Miscellaneous	1·48	1·44	1·32	1·36	0·96	1·72	1·59	2·02	1·66	1·66	1·33	1·40	1·57	1·87
Total Miscellaneous Foods	7·57	6·46	7·64	7·58	6·27	8·12	6·78	7·86	8·25	8·31	7·45	7·48	7·27	7·30
TOTAL ALL FOODS	337·38	339·09	326·67	340·06	343·53	322·66	339·73	316·78	318·80	355·80	345·22	339·13	318·26	290·42
	s. d. (26 1)	*s. d.* (26 3)	*s. d.* (27 3)	*s. d.* (26 4)	*s. d.* (26 8)	*s. d.* (26 11)	*s. d.* (26 4)	*s. d.* (26 7)	*s. d.* (26 7)	*s. d.* (29 6)	*s. d.* (26 9)	*s. d.* (26 3)	*s. d.* (26 6)	*s. d.* (24 2)

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 3

Consumption by Region and Type of Area, 1957

(oz. per person per week except where otherwise stated)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
MILK AND MILK PRODUCTS														
Liquid														
Full price (pt.)	4·05	3·68	4·33	3·44	4·18	4·14	4·09	4·22	4·25	4·24	3·81	4·01	4·15	4·41
Welfare and school (pt.)	0·79	0·64	0·82	0·76	0·73	0·77	0·86	0·69	0·83	0·83	0·84	0·77	0·81	0·67
Total Liquid Milk (pt.)	*4·84*	*4·32*	*5·15*	*4·20*	*4·91*	*4·91*	*4·95*	*4·91*	*5·08*	*5·07*	*4·65*	*4·78*	*4·96*	*5·08*
Condensed														
Skimmed, sweetened (eq. pt.)	0·01	0·04	0·01	0·02	0·01	...	...	0·01	0·02	0·01	...	0·02	0·01	...
Whole, sweetened (eq. pt.)	0·02	0·03	0·01	0·02	0·02	0·02	...	0·02	0·02	0·02	0·01	0·02	0·02	0·02
Whole, unsweetened (eq. pt.)	0·12	0·12	0·05	0·10	0·15	0·14	0·12	0·09	0·19	0·13	0·09	0·14	0·10	0·14
Dried														
National (eq. pt.)	0·05	0·04	0·08	0·05	0·04	0·05	0·07	0·05	0·06	0·06	0·06	0·06	0·04	0·05
Branded (eq. pt.)	0·04	0·04	0·02	0·08	0·04	0·03	0·03	0·04	0·03	0·04	0·04	0·05	0·02	0·03
Other milk (pt.)	...	—	0·02	0·01	—	0·01	0·02	...	...	...	...	...	0·01	0·05
Cream (pt.)	0·02	0·02	0·02	0·01	0·01	0·01	0·01	0·02	0·01	0·02	0·01	0·01	0·02	0·02
Total Milk and Cream (pt. or eq. pt.)	*5·10*	*4·61*	*5·36*	*4·49*	*5·18*	*5·17*	*5·20*	*5·14*	*5·41*	*5·35*	*4·86*	*5·08*	*5·18*	*5·39*
CHEESE														
Natural	2·52	2·99	2·06	1·72	2·49	2·79	2·80	2·94	3·08	2·62	2·18	2·50	2·75	3·10
Processed and packeted	0·37	0·37	0·45	0·30	0·32	0·39	0·32	0·27	0·36	0·44	0·38	0·37	0·30	0·29
Total Cheese	*2·89*	*3·36*	*2·51*	*2·02*	*2·81*	*3·18*	*3·12*	*3·21*	*3·44*	*3·06*	*2·56*	*2·87*	*3·05*	*3·39*
MEAT AND MEAT PRODUCTS														
Carcase meat														
Beef and veal	10·54	10·11	12·52	11·64	9·37	9·68	9·66	11·63	9·37	11·40	10·50	10·33	10·06	10·99
Mutton and lamb	6·28	6·01	2·67	5·10	7·33	5·50	7·50	4·73	7·05	8·19	6·56	5·89	5·51	4·45
Pork	1·98	2·01	0·49	1·59	1·45	2·50	2·93	3·04	2·05	2·30	1·76	1·97	2·00	1·90
Total Carcase Meat	*18·80*	*18·13*	*15·68*	*18·33*	*18·15*	*17·68*	*20·09*	*19·40*	*18·47*	*21·89*	*18·82*	*18·19*	*17·57*	*17·34*

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 3—*continued*

(*oz. per person per week except where otherwise stated*)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
Other meat														
Corned meat	0·84	1·07	0·84	0·99	0·68	0·81	1·00	0·94	0·82	0·71	0·88	0·86	0·89	0·82
Bones	0·42	0·15	0·93	0·52	0·38	0·30	0·30	0·40	0·43	0·26	0·62	0·42	0·42	0·31
Bacon and ham, uncooked	5·08	5·65	3·13	6·21	5·60	4·65	6·30	3·98	4·63	4·85	5·37	5·05	5·25	4·41
Bacon and ham, cooked (including canned)	0·79	0·76	0·61	0·80	0·99	0·63	0·76	0·74	0·72	0·86	0·86	0·81	0·64	0·49
Other cooked meat (not canned)	0·43	0·40	0·53	0·53	0·64	0·36	0·50	0·38	0·21	0·31	0·52	0·50	0·28	0·32
Other canned meat	1·34	1·73	1·33	1·80	1·41	1·26	0·94	1·16	1·30	1·06	1·24	1·44	1·53	1·20
Liver	0·84	0·60	0·62	0·69	0·74	0·97	0·90	0·94	0·94	1·02	0·72	0·87	0·78	0·69
Offals (other than liver)	0·66	0·36	0·43	0·72	0·77	0·61	0·74	0·94	0·61	0·65	0·76	0·71	0·49	0·42
Poultry	0·80	1·64	0·68	0·54	0·82	0·72	0·69	0·82	0·88	1·04	0·67	0·62	1·02	1·40
Rabbit, game and other meat	0·11	0·01	0·03	0·12	0·04	0·14	0·09	0·04	0·12	0·24	0·06	0·06	0·14	0·14
Sausages, uncooked, pork	2·08	1·82	0·92	1·64	1·60	3·24	2·40	1·75	2·16	2·63	1·68	1·90	2·38	2·51
Sausages, uncooked, beef	1·46	1·95	3·48	1·80	0·82	0·63	0·79	1·57	1·58	1·20	2·00	1·40	1·24	1·34
Other meat products	1·79	1·16	2·76	2·66	2·25	1·29	1·50	1·54	1·49	1·07	2·03	2·08	1·57	1·40
Total Other Meat	*16·64*	*17·30*	*16·29*	*19·02*	*16·74*	*15·61*	*16·91*	*15·20*	*15·89*	*15·90*	*17·41*	*16·73*	*16·63*	*15·45*
Total Meat	*35·44*	*35·43*	*31·97*	*37·35*	*34·89*	*33·29*	*37·00*	*34·60*	*34·36*	*37·79*	*36·23*	*34·92*	*34·20*	*32·79*
FISH														
White, fresh	2·98	2·95	3·64	2·90	3·59	2·38	2·87	2·68	2·53	2·96	3·38	3·11	2·45	1·98
Herrings, fresh	0·23	0·18	0·33	0·21	0·14	0·28	0·17	0·22	0·26	0·27	0·18	0·20	0·29	0·32
Fat, fresh, other	0·11	0·18	0·04	0·02	0·04	0·16	0·16	0·21	0·12	0·16	0·09	0·08	0·14	0·17
White, processed	0·48	0·20	0·91	0·18	0·32	0·47	0·13	0·29	0·65	0·83	0·32	0·44	0·43	0·39
Fat, processed	0·44	0·44	0·44	0·45	0·36	0·45	0·31	0·32	0·36	0·65	0·42	0·39	0·39	0·37
Shell	0·10	0·08	...	0·10	0·11	0·13	0·12	0·06	0·06	0·19	0·09	0·09	0·09	0·05
Cooked	0·88	0·53	0·22	1·42	0·90	0·97	1·10	0·73	0·63	0·84	1·06	0·92	0·68	0·55
Canned and bottled	0·60	0·73	0·36	0·50	0·67	0·70	0·67	0·52	0·58	0·62	0·51	0·62	0·66	0·49
Fish products	0·12	0·04	0·08	0·25	0·12	0·10	0·10	0·07	0·10	0·09	0·13	0·13	0·10	0·08
Total Fish	*5·94*	*5·33*	*6·02*	*6·03*	*6·25*	*5·64*	*5·63*	*5·10*	*5·29*	*6·61*	*6·18*	*5·98*	*5·23*	*4·40*
EGGS (No.)	4·41	4·35	5·07	4·71	4·04	4·27	3·83	4·11	4·50	4·58	4·47	4·32	4·35	4·54
Eggs, purchased (No.)	3·98	2·99	4·39	4·18	3·90	3·51	3·55	3·50	3·68	4·55	4·25	4·14	3·16	2·11

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 3—*continued*
(oz. per person per week except where otherwise stated)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
FATS														
Butter	5·37	9·90	4·62	5·11	5·09	5·01	5·20	6·40	5·14	5·35	5·00	5·36	5·51	6·55
Margarine	4·02	2·76	4·31	4·68	4·68	4·23	3·80	3·34	3·98	3·32	4·27	4·04	4·22	4·43
Lard and compound cooking fats	1·98	2·60	1·12	2·18	2·02	2·40	2·21	2·16	2·03	1·63	1·78	2·13	2·14	2·30
Suet and dripping	0·55	0·28	0·66	0·64	0·52	0·59	0·32	0·90	0·45	0·54	0·46	0·58	0·63	0·48
Other fats, oils and creams	0·04	—	0·01	0·02	0·01	0·04	—	0·01	0·04	0·16	0·02	0·02	0·01	...
Total Fats	*11·96*	*15·54*	*10·72*	*12·63*	*12·32*	*12·27*	*11·53*	*12·81*	*11·64*	*11·00*	*11·53*	*12·13*	*12·51*	*13·76*
SUGAR AND PRESERVES														
Jams, jellies and curds	1·82	1·77	2·08	2·18	1·91	1·75	1·39	1·54	1·76	1·77	1·99	1·84	1·58	1·92
Sugar	17·70	19·77	17·35	15·62	18·04	18·52	19·66	16·56	18·44	17·67	16·84	17·62	18·20	20·32
Marmalade	1·09	0·75	0·95	1·09	1·22	1·12	0·68	1·32	1·22	1·15	1·09	1·12	1·02	0·91
Syrup, treacle and honey	0·68	0·34	1·35	0·87	0·60	0·68	0·38	0·80	0·77	0·50	0·49	0·68	0·93	1·28
Total Sugar and Preserves	*21·29*	*22·63*	*21·73*	*19·76*	*21·77*	*22·07*	*22·11*	*20·22*	*22·19*	*21·09*	*20·41*	*21·26*	*21·73*	*24·43*
VEGETABLES														
Old potatoes	43·64	41·04	52·78	37·21	42·38	43·47	46·48	55·07	43·31	41·94	42·74	45·19	41·82	44·91
New potatoes	13·74	17·76	11·63	14·12	13·80	12·74	14·31	13·19	11·52	14·48	14·60	13·60	13·12	11·08
Chips	1·03	0·40	0·28	1·61	1·38	1·18	1·56	0·82	0·66	0·64	1·41	1·18	0·69	0·49
Crisps	0·06	0·13	0·04	0·06	0·02	0·06	0·10	0·09	0·08	0·04	0·08	0·05	0·08	0·09
Total Potatoes	*58·47*	*59·33*	*64·73*	*53·00*	*57·58*	*57·45*	*62·45*	*69·17*	*55·57*	*57·10*	*58·83*	*60·02*	*55·71*	*56·57*
Cabbages	6·12	7·07	3·89	4·52	3·87	6·85	5·77	7·82	8·10	8·30	4·48	5·72	6·86	6·86
Brussels sprouts	2·47	0·88	0·78	1·69	1·72	3·85	3·14	2·94	3·41	3·11	1·98	2·38	2·63	2·71
Cauliflower	2·50	1·99	1·42	2·40	2·44	3·20	3·08	2·75	2·51	2·20	2·52	2·62	2·80	1·66
Leafy salads	1·20	0·80	0·77	0·95	1·42	1·34	1·10	1·13	1·40	1·41	1·11	1·22	1·06	1·09
Fresh legumes	3·09	4·38	0·47	1·28	1·40	4·21	4·40	4·70	4·58	4·01	1·62	2·96	4·28	3·76
Quick-frozen legumes	0·22	0·26	0·06	0·13	0·18	0·16	0·28	0·22	0·19	0·45	0·19	0·18	0·18	0·08
Other fresh green vegetables	0·35	0·19	0·03	0·07	0·03	0·75	0·16	1·06	0·87	0·30	0·05	0·39	0·66	0·51
Total Fresh Green Vegetables	*15·95*	*15·57*	*7·42*	*11·04*	*11·06*	*20·36*	*17·93*	*20·62*	*21·06*	*19·78*	*11·95*	*15·47*	*18·47*	*16·67*

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

TABLE 3—*continued*
(oz. per person per week except where otherwise stated)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
Carrots	2·82	1·75	3·41	2·82	4·80	1·99	2·27	2·87	2·24	2·30	3·40	3·07	2·17	1·94
Other root vegetables	2·47	4·96	3·31	3·26	1·58	1·95	1·69	3·64	2·25	2·05	2·42	2·50	2·58	3·38
Onions, shallots, etc.	3·21	3·14	3·82	3·83	3·84	2·45	3·34	2·50	2·39	2·91	4·21	3·22	2·41	2·37
Miscellaneous fresh vegetables	1·47	1·12	0·16	0·94	0·69	2·33	1·02	1·16	2·40	2·45	0·84	1·34	1·68	1·38
Dried pulses	0·63	0·90	1·56	1·06	0·75	0·28	0·37	0·44	0·31	0·20	0·93	0·65	0·58	0·68
Canned peas	2·94	2·60	2·12	3·20	3·01	3·04	3·11	2·48	3·21	2·88	3·06	3·15	2·64	1·99
Canned beans	2·15	2·01	2·10	2·25	1·92	2·01	2·21	1·76	2·39	2·31	2·31	2·16	1·93	1·70
Canned vegetables (other than pulses)	0·34	0·30	0·25	0·33	0·31	0·38	0·24	0·17	0·48	0·39	0·31	0·32	0·46	0·24
Vegetable products	0·10	0·07	0·16	0·32	0·11	0·02	0·01	0·02	0·02	0·06	0·17	0·08	0·12	0·04
Total Other Vegetables	*16·13*	*16·85*	*16·89*	*18·01*	*17·01*	*14·45*	*14·26*	*15·04*	*15·69*	*15·55*	*17·65*	*16·49*	*14·57*	*13·72*
Total Vegetables	*90·55*	*91·75*	*89·04*	*82·05*	*85·65*	*92·26*	*94·64*	*104·83*	*92·32*	*92·43*	*88·43*	*91·98*	*88·75*	*86·96*
FRUIT														
Fresh														
Oranges	3·06	3·83	2·39	3·56	3·17	2·30	2·77	2·42	2·22	4·08	3·40	2·69	2·64	2·50
Other citrus fruit	0·79	0·77	0·42	0·85	0·84	0·84	0·46	0·60	0·71	1·13	0·73	0·74	0·70	0·58
Apples and pears	7·29	8·52	6·21	6·60	6·35	6·78	6·37	6·82	7·09	10·03	7·02	6·76	6·30	6·70
Stone fruit	0·48	0·18	0·12	0·24	0·38	0·74	0·43	0·33	0·74	0·76	0·26	0·48	0·54	0·37
Soft fruit	0·88	0·98	0·87	0·78	0·68	0·97	0·52	1·19	1·04	0·96	0·75	0·84	1·14	0·79
Quick-frozen soft fruit	0·01	0·01	—	0·02	0·02	...	—	—	0·01	0·01	0·02	...	...	...
Bananas	3·40	3·86	3·02	3·32	3·08	3·30	3·15	2·90	3·18	4·18	3·52	3·30	2·99	2·55
Other fresh fruit	0·73	0·50	1·36	0·49	0·63	0·63	0·68	0·96	1·05	0·67	0·66	0·64	1·02	1·13
Tomatoes, fresh and quick-frozen	4·58	4·94	3·43	4·20	4·19	4·68	4·37	3·80	4·77	5·71	4·39	4·36	4·53	3·74
Total Fresh Fruit	*21·22*	*23·59*	*17·82*	*20·06*	*19·34*	*20·24*	*18·75*	*19·02*	*20·81*	*27·53*	*20·75*	*19·81*	*19·86*	*18·36*

Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 3—*continued*

(oz. per person per week except where otherwise stated)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
Other Fruit														
Tomatoes, canned and bottled	0·62	0·86	0·08	0·77	0·40	0·93	1·35	0·21	0·62	0·40	0·55	0·83	0·44	0·38
Canned and bottled fruit	4·16	4·04	2·95	3·82	3·99	4·73	4·13	4·36	4·42	4·50	3·97	4·08	4·42	3·88
Dried vine fruit	0·91	1·06	0·78	0·92	0·75	1·17	0·79	1·50	1·09	0·76	0·64	0·94	1·15	1·54
Other dried fruit	0·26	0·14	0·45	0·26	0·16	0·27	0·11	0·25	0·32	0·33	0·22	0·22	0·36	0·28
Nuts and fruit and nut products	0·39	0·21	0·19	0·42	0·36	0·59	0·28	0·45	0·49	0·38	0·32	0·39	0·46	0·48
Fruit juices	0·30	0·14	0·32	0·31	0·30	0·24	0·13	0·18	0·28	0·54	0·31	0·25	0·22	0·22
Welfare orange juice	0·10	0·02	0·08	0·05	0·13	0·10	0·08	0·10	0·12	0·13	0·08	0·10	0·10	0·08
Total Other Fruit and Fruit Products	*6·74*	*6·47*	*4·85*	*6·55*	*6·09*	*8·03*	*6·87*	*7·05*	*7·34*	*7·04*	*6·09*	*6·81*	*7·15*	*6·86*
Total Fruit	*27·96*	*30·06*	*22·67*	*26·61*	*25·43*	*28·27*	*25·62*	*26·07*	*28·15*	*34·57*	*26·84*	*26·62*	*27·01*	*25·22*
CEREALS														
Brown bread, unwrapped	1·50	2·34	1·13	2·30	1·04	1·42	0·63	1·81	2·26	1·33	1·21	1·48	1·86	2·40
Brown bread, wrapped	0·78	0·74	0·81	1·97	0·76	0·36	0·14	0·20	0·37	0·83	0·91	0·74	0·79	0·43
White bread, large loaves, unwrapped	15·00	30·62	6·84	6·61	12·44	20·77	19·49	24·74	22·76	12·25	9·04	14·66	21·57	30·83
White bread, large loaves, wrapped	21·18	16·52	30·00	24·12	25·81	17·82	28·53	12·60	12·96	16·11	28·16	22·22	17·11	13·02
White bread, small loaves, unwrapped	3·34	3·46	0·88	4·34	3·43	2·88	2·84	3·58	3·26	4·06	3·60	3·35	2·67	1·89
White bread, small loaves, wrapped	1·34	0·30	0·67	2·22	2·25	0·80	0·93	0·46	0·56	1·70	2·01	1·29	0·49	0·25
Wholewheat and wholemeal bread	1·44	1·80	0·95	1·52	1·96	1·18	1·10	0·99	1·14	1·73	1·46	1·41	1·36	0·84
Malt bread	0·20	...	0·44	0·37	0·32	0·10	0·12	0·04	0·17	0·05	0·35	0·21	0·20	0·09
Other bread	3·22	2·24	7·00	3·86	2·97	1·97	2·24	1·96	2·32	3·13	4·58	3·13	2·18	1·75
Total Bread	*48·00*	*58·02*	*48·72*	*47·31*	*50·98*	*47·30*	*56·02*	*46·38*	*45·80*	*41·19*	*51·32*	*48·49*	*48·23*	*51·50*
Self-raising flour	5·78	6·70	4·08	6·92	5·25	7·08	4·54	7·63	6·21	5·10	4·68	6·02	6·68	7·75
Other flour	2·03	4·14	0·97	5·84	1·09	3·03	0·68	1·14	1·09	0·72	2·18	1·80	3·04	4·50
Buns, scones and teacakes	1·41	0·75	4·04	2·52	1·63	0·60	0·54	0·96	0·62	0·66	2·30	1·29	1·34	1·45
Cakes and pastries	4·42	4·34	4·82	3·94	5·18	4·19	4·22	5·86	4·57	3·68	4·36	4·79	4·26	4·37
Biscuits	5·50	4·60	7·42	5·96	4·97	5·02	4·22	5·55	5·24	5·82	5·56	5·48	5·37	4·94
Puddings	0·88	0·50	0·89	0·96	0·90	0·80	0·63	0·82	0·78	1·09	0·98	0·81	0·80	0·59
Oatmeal and oat products	1·04	0·58	3·24	0·75	0·95	0·85	1·10	0·69	0·90	0·74	1·00	1·03	1·28	1·54
Breakfast cereals	1·82	1·29	1·45	1·37	2·12	1·97	1·88	1·78	2·05	2·02	1·67	1·87	1·73	1·60
Rice	0·78	1·14	0·58	0·88	0·89	0·74	0·74	0·68	0·68	0·82	0·74	0·78	0·76	0·90
Cereals, flour base	0·74	0·40	0·97	0·52	0·50	0·80	0·49	0·64	0·95	1·05	0·64	0·70	0·67	0·67
Other cereals	0·72	0·30	1·77	0·63	0·50	0·75	0·60	0·60	0·71	0·69	0·68	0·68	0·85	1·01
Total Cereals	*73·12*	*82·76*	*78·95*	*77·60*	*74·96*	*73·13*	*75·66*	*72·73*	*69·60*	*63·58*	*76·11*	*73·74*	*75·01*	*80·82*

Original from CORNELL UNIVERSITY

TABLE 3—*continued*

(*oz. per person per week except where otherwise stated*)

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
BEVERAGES														
Tea	2·81	2·67	2·47	2·66	3·04	2·78	3·12	2·70	2·67	2·92	2·91	2·84	2·59	2·49
Coffee, bean and ground	0·11	0·02	0·06	0·10	0·09	0·09	0·07	0·12	0·15	0·18	0·08	0·10	0·08	0·08
Coffee, extracts and essences	0·29	0·16	0·13	0·22	0·22	0·43	0·34	0·42	0·39	0·32	0·22	0·29	0·36	0·34
Cocoa and drinking chocolate	0·20	0·16	0·18	0·17	0·18	0·25	0·19	0·24	0·25	0·20	0·19	0·20	0·20	0·24
Branded food drinks	0·20	0·14	0·06	0·16	0·19	0·28	0·27	0·25	0·20	0·23	0·16	0·22	0·17	0·18
Total Beverages	*3·61*	*3·15*	*2·90*	*3·31*	*3·72*	*3·83*	*3·99*	*3·73*	*3·66*	*3·85*	*3·56*	*3·65*	*3·40*	*3·33*
MISCELLANEOUS														
Invalid and baby foods	0·32	0·23	0·28	0·38	0·36	0·42	0·31	0·28	0·31	0·27	0·35	0·32	0·35	0·40
Spreads and dressings	0·16	0·10	0·10	0·14	0·12	0·22	0·05	0·23	0·24	0·24	0·09	0·17	0·18	0·17
Soups, canned	1·75	0·96	2·70	2·13	1·96	1·54	1·40	1·40	1·43	1·47	2·15	1·82	1·49	1·18
Soups, dehydrated and powdered	0·04	0·02	0·09	0·02	0·02	0·04	0·01	0·03	0·06	0·05	0·04	0·04	0·02	0·03
Meat and vegetable extracts	0·11	0·03	0·04	0·09	0·06	0·13	0·12	0·12	0·20	0·16	0·10	0·11	0·09	0·09
Total Miscellaneous Foods	*2·38*	*1·34*	*3·21*	*2·76*	*2·52*	*2·35*	*1·89*	*2·06*	*2·24*	*2·19*	*2·73*	*2·46*	*2·13*	*1·87*

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0
Digitized by Google
Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

TABLE 4

Geographical Differences in Energy Value and Nutrient Content of Domestic Food Consumption, 1957

	All households	*Wales*	*Scotland*	*Northern and East and West Ridings*	*North Western*	*North Midland and Eastern*	*Midland*	*South Western*	*South Eastern and Southern*	*Conurbations*		*Other urban*	*Semi-rural*	*Rural*
										London	*Provincial*			
	Intake per person per day													
Energy value (Cal.)	2,587	2,797	2,584	2,624	2,603	2,608	2,628	2,613	2,552	2,485	2,574	2,592	2,622	2,757
Total protein (g.)	75	77	75	75	74	74	76	75	74	74	75	74	74	76
Animal protein (g.)	43	42	42	42	43	42	44	43	44	46	42	43	42	42
Fat (g.)	110	120	102	112	111	110	110	111	108	108	108	109	111	114
Carbohydrate (g.)	325	354	342	329	327	331	334	328	321	303	326	328	332	357
Calcium (mg.)	1,028	1,033	1,051	967	1,027	1,049	1,046	1,050	1,063	1,019	1,002	1,021	1,049	1,102
Iron (mg.)	14·1	14·1	14·4	14·4	13·6	13·8	13·9	14·2	13·8	13·6	14·0	14·0	13·8	14·1
Vitamin A (i.u.)	4,289	4,144	4,052	4,021	4,557	4,314	4,118	4,474	4,412	4,418	4,152	4,370	4,169	4,135
Thiamine (mg.)	1·29	1·37	1·22	1·30	1·28	1·30	1·36	1·31	1·27	1·27	1·29	1·29	1·30	1·32
Riboflavin (mg.)	1·66	1·57	1·65	1·55	1·63	1·67	1·67	1·70	1·70	1·74	1·61	1·65	1·63	1·66
Nicotinic acid (mg.)	13·8	14·1	13·0	13·8	13·4	13·5	13·9	14·0	13·5	13·9	13·7	13·6	13·4	13·5
Vitamin C (mg.)	52	53	45	48	49	52	51	54	52	58	50	51	51	48
Vitamin D (i.u.)	145	139	147	153	149	148	137	137	143	144	144	145	145	150
	As a percentage of Allowances based on British Medical Association's Recommendations													
Energy value	103	104	101	103	103	103	104	102	102	105	103	102	103	105
Protein	100	96	99	99	99	98	100	98	99	105	100	98	98	97
Calcium	106	105	106	100	106	108	106	107	110	110	103	104	108	112
Iron	113	109	115	116	108	110	112	112	111	114	114	111	111	111
Vitamin A	180	169	169	168	190	180	174	183	184	193	176	180	174	172
Thiamine	129	129	121	129	128	130	135	129	128	135	130	128	129	126
Riboflavin	109	97	107	100	107	108	109	109	112	121	107	107	105	104
Nicotinic acid	138	132	128	137	134	134	139	137	136	148	139	135	132	130
Vitamin C	234	234	201	218	219	234	228	240	234	275	228	225	229	212
	Percentage of Energy Value Derived from Protein, Fat and Carbohydrate													
Protein	11·6	11·0	11·7	11·5	11·4	11·3	11·5	11·4	11·6	11·9	11·7	11·5	11·4	11·1
Fat	38·1	38·5	35·4	38·3	38·3	37·9	37·7	38·4	38·2	39·3	37·7	38·0	38·0	37·1
Carbohydrate	50·3	50·6	52·9	50·2	50·3	50·8	50·8	50·2	50·3	48·8	50·7	50·6	50·7	51·8
Total energy value	100	100	100	100	100	100	100	100	100	100	100	100	100	100
Animal protein as percentage of total protein	57·6	54·6	55·2	55·5	57·5	57·1	57·5	57·6	59·2	61·9	56·7	57·4	56·9	55·5

Original from CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Digitized by Google

Appendix E

Nutrient allowances (based on British Medical Association's Recommendations 1950) used in National Food Survey

Category		Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Nicotinic acid	Vitamin C
			g.	*g.*	*mg.*	*i.u.*	*mg.*	*mg.*	*mg.*	*mg.*
Man	Over 65 years	2,250	62	0.8	12	2,500	0·9	1·4	9	20
	Sedentary	2,500	69	0·8	12	2,500	1·0	1·5	10	20
	Moderately active	3,000	82	0·8	12	2,500	1·2	1·8	12	20
	Active	3,500	96	0·8	12	2,500	1·4	2·1	14	20
	Very active	4,250	117	0·8	12	2,500	1·7	2·6	17	20
Woman	Over 60 years	2,000	55	0·8	12	2,500	0·8	1·2	8	20
	Sedentary	2,100	58	0·8	12	2,500	0·8	1·3	8	20
	Moderately active	2,500	69	0·8	12	2,500	1·0	1·5	10	20
	Active	3,000	82	0·8	12	2,500	1·2	1·8	12	20
	Pregnancy, latter part	2,750	96	1·5	15	3,000	1·1	1·6	11	40
Child	Under 1 year	800	28	1·0	6	1,500	0·3	0·5	3	10
	1–3 years	1,300	46	1·0	7	1,500	0·5	0·8	5	15
	4–6 years	1,600	56	1·0	8	1,500	0·6	1·0	6	15
	7–9 years	1,950	68	1·0	10	1,500	0·8	1·2	8	20
	10–12 years	2,450	86	1·2	12	1,500	1·0	1·5	10	25
Boy	13–15 years	3,150	110	1·4	15	1,500	1·3	1·9	13	30
	16–20 years	3,400	119	1·4	15	2,500	1·4	2·1	14	30
Girl	13–15 years	2,750	96	1·3	15	1,500	1·1	1·6	11	30
	16–20 years	2,500	88	1·0	15	2,500	1·0	1·5	10	30

Original from CORNELL UNIVERSITY

Index

(Numbers refer to paragraphs; App.—Appendix)

Agricultural workers 76, 77, 79, 82, 83, 86, 88, 90, 91, 93, 95, 97
Allotment produce, *see* Garden
Aneurin, *see* Vitamin B_1
Ascorbic acid, *see* Vitamin C

Bacon
  consumption 15, 23, 53, 55, 83, 90
    by occupational grouping 83, 90
    by Regions, App. D
    by social class 53, 55
  Expenditure 53
    by regions App. D
    by social class 53
  fat from, 39
  prices 23, 51
Beverages
  all 7, 17, 19, 34, 51, 70, 81, 84, 108, 117, 128
  branded food drinks 17, 34, 53, 81
  cocoa and drinking chocolate 34, 53, 71, 128
  coffee 7, 17, 34, 51, 84, 117
  tea
  consumption 7, 19, 34, 53, 56, 81, 117
    by household composition 117
    by occupational grouping 81
    by regions App. D
    by social class 53, 56
    expenditure 17, 53
    by social class 53
  prices 34, 51
  supplies 7
Biscuits 15, 19, 33, 51, 53, 56, 84
Bread
  consumption 15, 17, 19, 32, 39, 53, 56, 61, 64, 65, 70, 81, 82, 83, 85, 87, 89, 90, 95, 108, 109, 112, 116, 120, 124, 129, 135, 138, 139, 142
    by household composition 108, 109, 112, 116, 120, 124, 129
    by occupational grouping 81, 82, 83, 85, 87, 89, 90, 95
    by regions App. D
    by social class 53, 56, 64, 65, 70
  decontrol 19, 32
  energy value and nutrient content 37, 38, 39, 64, 65, 95, 96, 112, 124, 129, 139
  expenditure 17, 32, 53, 56
    by household composition 100
    by regions App. D
    by social class 53, 56, 61
  prices 17, 19, 32, 51
  subsidy 32, 56, 116
  white 32, 53, 82, 135
Breakfast cereals 33, 53, 135
British Medical Association – Committee on Nutrition. Recommended energy and nutrient allowances 4, 40–43, 62, 68, 88, 91, 92, 95, 108, 109, 122, 123, 129, 130, 137, 138. App. E
Butter
  consumption 15, 19, 26, 38, 55, 61, 70, 82, 83, 85–87, 110, 113, 128, 142
    by household composition 110, 113, 128
    by occupational grouping 82, 83, 85, 86, 87
    by regions App. D
    by social class 55, 70
  expenditure 55, 113
    by household composition 104, 113
    by regions App. D
    by social class 55, 61
  fat from, 38
  prices 7, 26
  supplies 7

Cakes 15, 19, 33, 51, 56
Calcium (*see also* individual foods)
  content of the diet 8, 44, 62, 89, 90, 95, 109, 120, 122, 124, 137, 138, 141
  by household composition 109, 120, 122, 124
  by occupational grouping 89, 90, 95
  by regions App. D
  by social class 62
  recommended allowances 109, App. E
Calories, *see* Energy value
Calorie requirements – Second Report of F.A.O. Committee on, 43
Carbohydrate
  by household composition 125, 130
  by occupational grouping 89
  by regions App. D
  by social class 58, 60, 64
  content of diet 39, 58, 60, 64, 89, 93, 125, 130, 137, 140
  energy value from 39, 64, 93, 125, 130
Cereals (*see also* individual items)
  consumption 15, 61, 87, 108, 135
    by household composition 108
    by occupational grouping 87
    by regions App. D
  by social class 61
  expenditure 16

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

prices 51
vitamin B_1, 38, 44, 63, 89, 95, 96, 120, 137
Cheese
consumption 22, 38, 53, 61, 71, 82, 83, 84, 85, 87, 89, 90, 108, 112, 142
by household composition 108, 112
by occupational grouping 82–85, 87, 89, 90
by regions App. D
by social class 53, 61, 71
expenditure 16, 17, 53, 112
by household composition 112
by regions App. D
by social class 53
fat from, 38
prices 22
supplies 7
Children, *see* Household composition
Children – Effect of age of children in families of the same size and social class 126–130
Chocolate and sugar confectionery, *see* sweets
Cocoa, *see* Beverages
Coffee, *see* Beverages
Cod liver oil, *see* Fish liver oil
Controls, *see* Rationing
Cooking fats, *see* Fats
Cooking losses 37, 41, 122
Crawford and Broadley 16
Cream
consumption 15, 21, 53, 111
by household composition 111
expenditure 53
by social class 53

Decontrol, derationing (*see also* under individual foods) 8, 9, 23, 32
Diet, nutritive value of (*see also* under individual nutrients) 2, 40–44, App. C
by occupational grouping 88–97
contribution of different foods to App. C
Drinks, alcoholic 2, 37
soft 6, 37
other, *see* Beverages
Dripping, *see* Fats

Earnings, estimated weekly 9, 10
Eggs
consumption 15, 25, 53, 54, 70, 71, 90, 108, 112, 138, 142
by household composition 108, 112
by occupational grouping 90
by regions App. D
by social class 53, 70, 71
expenditure 16, 17, 53, 112
by household composition 112
by social class 53
free supplies 13, 35, 36, 54
prices 17, 19, 25
by regions, App. D
supplies 7

Energy value
by household composition 42, 43, 106, 120, 122, 123, 125, 129, 130
by occupational grouping 84, 89
by social class 60, 64
calories from carbohydrate, fat and protein 39, 64, 93, 125, 130, 140
of food supplies 8
recommended allowances (*see also* under British Medical Association) 42, 43, 44, 96, 109

Family Composition, *see* Household Composition
Fat
by household composition 125, 130
by regions App. D
by social class 60, 64, 66
content of the diet 38, 39, 60, 64, 66, 93, 125, 130, 137, 140, 141
energy value from 39, 64, 66, 93, 125, 130
supplies 8
Fats (*see also* Butter and Margarine)
consumption 19, 39, 53, 54, 61, 71, 82, 83, 86, 90, 110, 113, 142
by household composition 110, 113
by occupational grouping 82, 83, 85, 86, 90
by regions App. D
by social class 53, 61
dripping and suet 26, 54
energy value 39
expenditure 16, 17, 53, 54, 113
by household composition 113
by region App. D
lard and cooking fats 53, 55, 82, 83, 86, 110, 113
prices 7
supplies 7
Fish, fresh, canned, manufactured and processed
consumption 15, 24, 53, 55, 70, 71, 81, 82, 84, 85, 89, 90, 108, 112, 128, 142
by household composition 108, 112, 128
by occupational groupings 81, 82, 84, 85, 89, 90
by regions App. D
by social class 53, 55, 58, 70, 71
expenditure 16, 53
by household composition
by social class 53
liver oil 13, 37
prices 24, 51
supplies 7
Flour
consumption 15, 33, 53, 83, 86, 90, 108
by household composition 108
by occupational groupings 83, 86, 90
by regions App. D
by social class 53
energy value and nutrient content 8, 37, 39, 120, 138

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

expenditure 17, 53, 56
by regions App. D
by social class 53, 56
National Survey 37
prices 51
Regulations 60, 63, 120, 138
Food and Agriculture Organisation 43
Food consumption levels 6
Free food, self supplies (*see also* individual foods) 11–14, 19, 20, 25, 28, 36, 37, 54, 76, 77, 81, 105
Fruit
canned and bottled 13, 31, 53, 128
consumption 15, 19, 27, 31, 53, 56, 61, 81–85, 87, 89, 90, 95, 97, 108, 115, 142
by household composition 108, 115, 128
by occupational grouping 81, 82, 83, 84, 85, 87, 89, 90, 95, 97
by regions App. D
by social class 53, 56, 61
dried and nuts 31, 53, 128
expenditure 12, 16, 17, 53, 56, 83
by household composition
by occupational grouping 83
by regions App. D
by social class 53, 56, 58
free supplies 13, 36
prices 31, 51
soft 12, 27, 31, 53
stone 12, 27, 31, 53
supplies 7, 31
tomatoes 12, 13, 31, 53
vitamin C 38, 58, 142

Game, *see* Poultry and game
Gardens and allotments, food from, 13, 14
Geographical differences, *see* Regional variations (*see also* individual foods)

Household Composition
analysis, classification, definition 98, 99, 126
composition of the sample 99, 126
consumption by 108–118, 128
effect of children on:
consumption 100, 103, 105, 109, 110, 118, 126–128
expenditure 100, 101, 118, 126–128
nutrient content of diet 129–130
effect of children of school and pre-school age 126–130
expenditure 108–118, 123, 128
income and family size 98, 99, 110, 126, 127, 128
nutrient content of diets 119–125
social class distribution within 131–143
classification 131, 132
consumption 135
expenditure 133, 134, 135
nutrients and energy value 137–143

Ice cream 6
Income
elasticities 3
family 73, 75, 79, 99, 103, 107, 126, 127
by heads of households 72, 74, 79, 99, 126, 127
Index, price of energy 52, 82, 106
food expenditure 50, 102
price 18, 19, 102, 104
quantity (*see also* individual foods) 18, 19, 20
Iron
by household composition 120, 121, 123
by occupational groupings 89, 95
by regions App. D
by social class 59, 62, 63, 70
content of the diet 8, 38, 59, 62, 63, 70, 89, 95, 96, 120, 121, 123, 138, 139, 141
from flour 59
recommended allowances 96

Jam, *see* Preserves

Lard, *see* Fats
Liver 70, 121

Manual workers 47, 52, 75, 77, 79, 82, 87, 90, 91, 94, 97, 108
Margarine
consumption 15, 19, 26, 38, 53, 55, 58, 70, 81, 82, 83, 86, 87, 110, 112, 128, 135, 142
by household composition 104, 110, 112, 128
by occupational groupings 81, 82, 83, 86, 87
by regions App. D
by social class 53, 55, 70
expenditure 53, 55, 112, 135
prices 7, 26, 104
supplies 7
vitamin D from 38, 58, 142
Meals eaten away from home 6, 37, 41, 83
Meat, carcase
consumption 15, 17, 23, 38, 39, 53, 55, 70, 83, 85, 90, 112, 128, 129, 138, 142
by household composition 112, 128, 129
by occupational grouping 83, 85, 90
by regions App. D
by social class 53, 55, 70
energy value from 39, 129, 142
expenditure 12, 16, 17, 53, 129
by household composition
by regions App. D
by social class 53
fat from 38
prices 23, 51
supplies 7, 112
products 15, 23, 53, 85, 90
Medical Research Council 37
Milk
calcium 62, 129, 142

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

consumption 21, 53, 57, 61, 62, 70, 81, 82, 84, 85, 87, 89, 90, 95, 97, 108, 109, 111, 128, 129, 136, 138, 142
by household composition 108, 109, 111, 128, 129
by occupational grouping 81, 82, 84, 85, 87, 89, 90, 95, 97
by regions App. D
by social class 53, 57, 61, 62, 65, 70
energy value 61, 62, 65
expenditure 16, 17, 53, 129
by household composition 111, 118
by occupational grouping 82, 84
by regions App. D
by social class 53
free supplies 13
prices 17, 19, 21, 57
processed 15, 17, 21, 53, 58, 111, 128, 129
protein 65
riboflavin 129, 142
school 13
supplies 7
vitamin D 58
welfare 13, 17, 19, 21, 111, 128, 142
Mining workers 77, 79, 82, 83, 85, 88, 90, 91, 95
Mortality data 3, 72

Nicotinic Acid (*see also* under individual foods)
by household composition 120, 121, 123
by occupational grouping 89, 95, 96
by regions App. D
by social class 59, 63
content of the diet 38, 44, 59, 63, 96, 120, 121, 123, 138, 139, 141
Nuts, *see* Fruit dried, and nuts

Oatmeal and oat products 33, 53, 71, 135
Occupational groups, diets and differences 72–97 (*see also* individual foods and nutrients)
consumption 81–87
expenditure 76–79
nutrient content 84, 88–97
Offal 23
Old age pensioners, *see* Social Class

Potatoes
consumption 15, 28, 53, 56, 71, 81, 82, 85, 86, 89, 90, 97, 108, 109, 115, 121, 128, 129, 135, 142
by household composition 108, 109, 115, 121, 128, 129
by occupational grouping 81, 82, 85, 86, 89, 90, 97
by regions App. D
by social class 53, 56, 58, 71
energy value from 97, 129
expenditure 17, 53, 56, 115, 129, 135
by household composition 115
by regions App. D
by social class 53, 56
free supplies 13, 28, 36
prices 19, 28
supplies 7, 12, 28, 115
vitamin C from 58, 121
Poultry and game 7, 12, 17
Preserves
consumption 15, 27, 53, 81, 85, 90, 108, 114, 142
by household composition 108, 114
by occupational grouping 81, 85, 90
by regions App. D
by social class 53
expenditure 16, 17, 53
by social class 53
free supplies 13
prices 27
Prices (*see also* under individual foods) 3, 9, 10, 14, 15, 17, 18, 50, 51, 54, 102–107, 112
Protein (*see also* under individual foods)
animal 8, 38, 39, 65, 66, 89, 90, 94, 125, 128, 137, 138, 140, 141
by household composition 125, 128
by occupation grouping 89, 90, 94
by regions App. D
by social class 65, 66
supplies 8
total 8, 44, 95, 109, 120, 122, 123, 124, 129, 130, 138, 140
by household composition 109, 120, 122, 123, 124, 130
by occupational grouping 95
by regions App. D
by social class 62, 64, 65
energy value from 39, 64, 65, 93, 95, 130
recommended allowances 96, App. E
vegetable 65, 89, 95, 130, 138
by occupational grouping 89, 95
supplies 8

Rabbit 23
Rationing (*see also* under individual foods)
Recommended allowances, *see under* British Medical Association and individual nutrients
Regional variations (*see also* under individual foods) 3, 11
composition of the sample, App. A
consumption, App. D
energy value and nutrient content App. D
expenditure App. D
Registrars-General's classification of occupations 3, 72–97
Riboflavin (*see also* under individual foods) 38, 44, 62, 89, 90, 95, 96, 122, 138, 141
by household composition 122
by occupational grouping 89, 90, 95, 96
by regions App. D
by social class 62

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Sample, sampling
composition 11, App. A
family composition 98, 99
occupational groups 72–75
social class 45, 46
Sausages 23
Seasonal variations 18, 19
Social Class
classification 45, 46, 47, 72–75
composition of the sample App. A
consumption 53, 54, 56, 61, 67–71
diet nutrient content 42, 43, 58–66, 68
distribution of households 45, 72, 75
expenditure 47–49, 53–56, 68
free food 49, 54
household composition within 131–143 (*see also* under Household Composition)
old age pensioners 3, 42, 43, 48, 50, 51, 53, 56, 58, 60–63, 66–71, 126
prices 50, 51, 107
Registrars-General's definition 27
Soups 35, 128
Subsidies 9, 17, 19, 21, 32, 56, 111, 116
Suet, *see* Fats
Sugar and Syrup
consumption 27, 53, 61, 70, 83, 85, 90, 108, 114, 142
by household composition 108, 114
by occupational grouping 83, 85, 90
by regions App. D
by social class 53, 61
expenditure 16, 17, 53, 114
by household composition 114
by regions App. D
by social class 53
prices 27
Supplies entering into civilian consumption 2, 6, 7
Survey technique and field work App. A
Sweets 6, 7, 37, 108
Syrup, *see* Sugar

Tea, *see* Beverages
Thiamine, *see* Vitamin B_1
Tomatoes, *see* Fruit

Vegetables (other than potatoes)
canned and dried 17, 30, 85
consumption 15, 19, 29, 30, 53, 56, 81, 84, 85, 86, 95, 97, 108, 115, 121
by household composition 81, 108, 115, 121
by occupational grouping 81, 84, 85, 86, 95, 97
by regions App. D
by social class 53, 56, 70
expenditure 16, 53, 56, 83
by household composition 115, 117
by occupational grouping 83, 84, 85
by regions App. D
by social class 53, 56
frozen 17
prices 19, 29, 30, 51
quantity index 102-104
supplies 7, 12
free 36
vitamin A 121, 129
vitamin C 121
green, fresh, including peas and beans
consumption 19, 29, 53, 61, 81, 85, 86, 115, 121, 128, 142
by household composition 115, 121, 128
by occupational grouping 81, 83, 85, 86
by regions App. D
by social class 53, 58
expenditure 17, 53, 83
by occupational grouping 83
by regions App. D
by social class 53, 61
free 13, 36
prices 19, 29, 51
vitamin C 38, 58, 121, 142
root vegetables 30, 53, 82, 85, 115, 121

Vitamins (*see also* under individual foods)
vitamin A
by household composition 121, 123, 130
by occupational grouping 97
by regions App. D
by social class 58, 62
content of the diet 58, 62, 97, 121, 123, 130, 137, 141
recommended allowances App. E
vitamin B_1 (thiamine)
by household composition 120, 121, 123
by occupational grouping 89, 95, 96
by region App. D
by social class 62, 63
content of the diet 8, 38, 44, 62, 63, 96, 120, 121, 123, 138, 139, 141
cooking losses
recommended allowances 95, 96, App. E
vitamin C
by household composition 121, 123
by occupational grouping 90, 97
by regions App. D
by social class 58, 62
content of the diet 38, 58, 62, 90, 97, 121, 123, 137, 141
cooking losses 37
recommended allowances App. E
vitamin D
by household composition 129
by occupational grouping 90
by regions App. D
by social class 58, 60
content of the diet 38, 58, 60, 90, 129, 142
vitamin tablets, A and D, 13, 37

Wages 10
Waste, allowance for 37, 39, 41–44, 68, 122, 143

Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

Printed in Great Britain under the authority of Her Majesty's Stationery Office
by The North Western Printers Limited, Heaton Lane, Stockport.

326/2757/4242/K11/5.59

Digitized by Google

Original from
CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0


Digitized by Google
Original from CORNELL UNIVERSITY
Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0

© Crown copyright 1959

Published by
HER MAJESTY'S STATIONERY OFFICE

To be purchased from
York House, Kingsway, London W.C.2
423 Oxford Street, London W.1
13A Castle Street, Edinburgh 2
109 St. Mary Street, Cardiff
39 King Street, Manchester 2
Tower Lane, Bristol 1
2 Edmund Street, Birmingham 3
80 Chichester Street, Belfast
or through any bookseller

S.O. Code No. 24-246-0-37

Digitized by Google
Original from
CORNELL UNIVERSITY

Generated on 2016-05-13 15:15 GMT / http://hdl.handle.net/2027/coo.31924066629787
Creative Commons Attribution / http://www.hathitrust.org/access_use#cc-by-4.0