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MINISTRY OF
AGRICULTURE, FISHERIES AND FOOD

Domestic Food Consumption and Expenditure: 1956

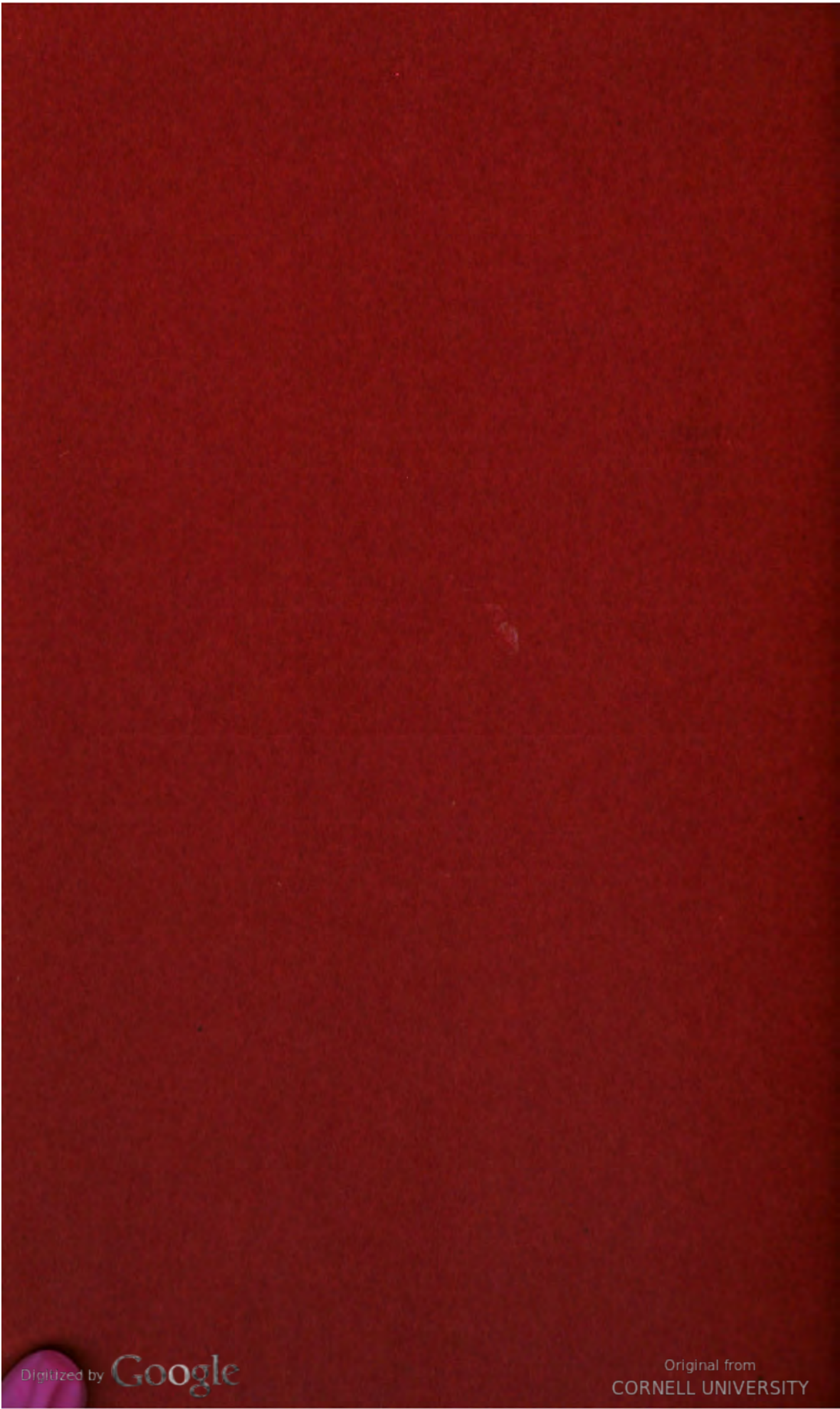
Annual Report of the
National Food Survey Committee

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and Expenditure: 1956**

**Annual Report of the
National Food Survey Committee**

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1958**

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Preface

The Annual Report of the National Food Survey Committee for 1956 is the seventh of the series which was introduced in 1950 in order to provide a continuous record of trends in domestic food consumption, expenditure and nutrition in Great Britain. The scale of the Survey, which is based on a stratified random sample of all types of household, had to be somewhat reduced in 1956 for reasons of economy, but its distinctive features of continuity and national coverage were preserved.

The present volume broadly follows the arrangement of the previous year's Report. It describes the diets of households in different income groups and of different family composition, and of households in the main regions and in urban and rural areas; but a number of the analyses have been amplified. The definition of social class has been modified as a result of the finding that, at least towards the lower end of the income scale, food expenditure per head tends to be more closely related to the income of the principal earner than to that of the nominal head of the household. Rural areas have been distinguished from semi-rural areas (which are exposed to urban influence), and the tables giving details of regional food consumption and expenditure incorporate the classification by degree of urbanization. A new chapter deals with differences in the dietary pattern which are associated with occupational status. In view of the current interest in consumption of fat in relation to health, detailed tables have been provided for the information of workers in this field. One of the appendices deals with the immediate consequences of the decontrol of bread.

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 nutritional value of the diet. The Committee wish to renew their thanks to these officers of the Ministry, and to their colleagues in the Ministry's Economic Advice and Food Consumption Division and Scientific Adviser's Division (Food) for the way in which they have implemented the Committee's recommendations. The Ministry and the Committee also desire to express their indebtedness 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, not least, to the many housewives who willingly provided the information on which this Report is based.

NORMAN C. WRIGHT

Chairman, National Food Survey Committee

April, 1958

I

Introduction

1. Most of the changes in the pattern of domestic food consumption which accompanied or followed the ending of controls had taken place by the beginning of 1956. The present Report is therefore the first to record the buying habits of the British housewife under trading conditions approximating to those which obtained before the war. During the year the transition to a free market was almost completed by the decontrol of bread, the immediate effects of which are discussed in Appendix F.

2. The Annual Report for 1956 follows the same general arrangement as that for the previous year. The chapter dealing with family composition includes a preliminary study of differences between families containing older and younger children, and the analysis of geographical differences in the diet distinguishes wholly rural areas from those districts which, although not administratively urban, are exposed to strong urban influence. Other new features are a chapter on occupational differences, based on the Registrars-General's definitions of social class, and an appendix on sources of fat in the household diet.

3. The basic tabulations of survey data, although not all published, are available to research workers and contain the usual particulars of domestic food consumption and expenditure in each class, type of household, region and type of area for 116 kinds of food. The series of national and regional averages for this full classification is continued in Appendices B and E, but elsewhere in the Report a simplified list of 39 food groups has been used. Chapters III to VIII include nutritional assessments of the diets of the groups concerned, and, as in all previous Annual Reports, scales of allowances based on the recommendations of the British Medical Association's Committee on Nutrition (1950) have been used for purposes of comparison.

4. 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, 1956

5. In 1956 there was a further modest increase in the real value of consumption as estimated by revaluing at constant prices the quantities purchased. At 1948 prices, the rise in total food purchases per head was 1 per cent, about the same as in the previous year, though the total volume of goods and services, similarly measured, was virtually unchanged compared with 3 per cent, mainly because of a sharp

TABLE I
Changes in National Supplies of Principal Foods,¹
Pre-war, 1947, 1952, 1955 and 1956
(lb. per head per annum)

	1934-1938	1947 ^a	1952	1955	1956	1956	
						percentage change on 1955	percentage change on 1934-1938
Dairy products, excluding butter (as milk solids).	38.3	49.0	51.5	52.2	52.6	+1	+ 37
Cheese (included also in dairy products)	8.8	9.3	7.7	9.0	9.4	+4	+ 7
Meat (edible weight)	110.0	83.2	84.6	110.4	113.3	+3	+ 3
Fish, poultry, game (edible weight)	32.7	37.1	28.2	25.9	27.5	+6	- 16
Eggs (total shell egg equivalent)	28.3	24.9	27.6	29.5	28.7	-3	+ 1
Oils and fats:							
Butter	24.7	11.2	10.9	14.6	15.6	+7	- 37
Margarine	8.7	15.0	19.3	17.9	16.9	-6	+ 94
Lard and compound cooking fats	9.3	7.4	11.0	10.6	10.8	+2	+ 16
Other edible oils and fats	10.0	6.6	8.7	10.4	10.8	+4	+ 8
Total (fat content)	47.1	36.0	45.1	48.2	48.7	+1	+ 3
Sugar and syrups ^b	104.6	84.1	90.7	111.2	114.1	+3	+ 9
Potatoes	181.9	285.9	237.8	223.3	210.4	-6	+ 16
Pulses, nuts, etc.	9.5	8.0	9.4	11.5	13.1	+14	+ 38
Fruit, including tomatoes (fresh equivalent) ^c	137.4	131.1	123.1	140.9	135.4	-4	- 1
Vegetables, other than potatoes ^d	107.0	118.0	100.9	101.1	105.7	+5	- 1
Cereal products	210.1	241.7	219.5	196.4	193.5	-1	- 8
Tea	9.3	8.5	8.5	9.4	10.1	+7	+ 9
Coffee	0.7	1.6	1.5	1.3	1.6	+23	+129
Chocolate confectionery ^e	10.3	6.7	9.2	11.8	12.9	+9	+ 25
Sugar confectionery ^e	12.4	6.7	9.0	16.0	15.4	-4	+ 24
<i>Total calories per head per day</i>	3,000	2,880	2,950	3,120	3,140	+1	+ 5
<i>Protein per head per day</i>							
Animal (g.)	43.5	44.6	42.9	47.5	48.5	+2	+ 11
Vegetable (g.)	36.8	46.2	40.7	35.0	34.6	-1	- 6
<i>Fat per head per day (g.)</i>	130.0	106.3	122.5	137.2	138.4	+1	+ 6
<i>Calcium per head per day (mg.)</i>	688	1,142	1,095	1,100	1,107	+1	+ 61
<i>Iron per head per day (mg.)</i>	13.2	14.6	13.4	14.1	14.3	+1	+ 8
<i>Vitamin A per head per day (i.u.)</i>	3,699	3,691	3,620	4,208	4,449	+6	+ 20
<i>Vitamin B₁ per head per day (mg.)</i>	1.3	1.8	1.7	1.7	1.6	-6	+ 23
<i>Vitamin C per head per day (mg.)</i>	93	110	96	96	93	-3	0

¹More detailed estimates will be found in the *Board of Trade Journal*, Vol. 173, No. 3154.

²Excludes sugar used in brewing and distilling.

³Tomato and tomato products have been included with fruit (in terms of fresh equivalent) to conform with National Food Survey practice.

⁴Ingredients of chocolate and sugar confectionery are also included elsewhere.

⁵Relates to civilian population only.

fall in durable household goods and private motoring, which had previously been leading the rise. Food thus accounted for most of the net increase in real consumption in 1956, as against an eighth in 1955.

6. Before examining in detail the National Food Survey data on the domestic food consumption of private households, it is convenient to consider estimates of total food consumption based on supply data. Table I summarizes changes between 1955 and 1956 in supplies moving into consumption, and gives comparative figures for 1934-38, 1947 (the most difficult of the post-war years) and 1952, which may be regarded as the last year of full control. Survey estimates of consumption are not directly comparable with those given in Table I, which include items not covered by the Survey, such as meals, snacks and ice-cream obtained outside the home, sweets and soft drinks, and all food consumed in institutions. The items omitted by the Survey are those for which experience in other enquiries has shown that informants systematically record less than their full expenditure.

7. In 1956 more of the main food groups showed an increase than in 1955. Meat supplies, which in the previous year had reached parity with 1934-38, moved ahead of the pre-war level, and total supplies of fish, poultry and game, which had been fairly steady since 1953 following a steep decline, rose by 6 per cent. During these years poultry and fish, especially imported canned fish, increased steadily, while rabbits almost disappeared from the diet. The total for dairy products, because of the very stable demand for liquid milk, again showed little change. Total oils and fats, in terms of fat content, recovered to the 1954 figure, and there was an increased substitution of butter for margarine, though the former was still well below and the latter nearly double the pre-war average. The downward trend in cereal products was continued and that in potatoes resumed after a two-year pause. Supplies of eggs, fruit and vegetables other than potatoes were very near the pre-war levels. Among foods which attained new high levels were sugar and syrups, pulses and nuts, and tea. Coffee supplies also increased to more than twice those in 1934-38. Supplies of chocolate confectionery showed an increase, partly at the expense of sugar confectionery; both were about one-fourth greater than before the war.

8. The nutrient data in Table I relate to total supplies moving into consumption, and are not comparable with those relating to food obtained for domestic consumption, given later in this Report. They are included primarily to indicate the changes which have occurred during the past two decades. The energy value of available food supplies rose to 3,140 Cal. per head per day, the highest yearly average so far recorded and 5 per cent more than before the war. With the increased supplies of most animal foods, animal protein reached a new high level of 48.5 g. per day and fat of 138 g. per day. Nevertheless the carbohydrate content of the diet did not fall and was 3 per cent above the 1934-38 level. The only absolute fall compared with those years was in vegetable protein, though with the decline in potato consumption vitamin C has fallen back to its pre-war level. The most marked improvements over the period were in calcium (almost unchanged since 1947 at 60 per cent above 1934-38) and in vitamins A and B₁. The iron content of the diet increased in 1956 but was still below the maximum attained in 1946.

9. In reviewing the economic background of the British diet, 1952 is a suitable base period. The movement towards decontrol was resumed towards the end of that year, and during the next four years earnings moved steadily ahead of prices, and household food expenditure ahead of food prices. Indeed, domestic expenditure on food roughly kept pace with the growth of earnings, and the proportion of

consumers' total expenditure devoted to food continued to increase. In terms of 1948 prices, however, food accounted for a rather smaller proportion of the total than in 1952-54 though slightly more than in 1955. Over the five years, the general level of retail prices rose by one-seventh, retail food prices by one-fifth and weekly earnings and domestic food expenditure by about a third.

TABLE 2
Changes in Earnings, Prices and Expenditure on Food 1952-56

	1952	1953	1954	1955	1956
Index of average weekly earnings ¹	100	106	113	123	133
Index of retail prices (all items)	100	103	105	110	115
Retail food prices:					
National Food Survey Index	100	105	107	114	119
London and Cambridge Index ²	100	105	108	116	121
Domestic food expenditure per head (N.F.S.)	100	110	114	124	132
Total food expenditure per head at current prices ³	100	107	115	125	132
Total food expenditure as percentage of total expenditure on consumers' goods and services ³					
at current prices	31.0	31.6	31.8	32.4	32.7
at 1948 prices	27.7	27.5	27.0	26.5	26.8

¹Ministry of Labour Gazette, Vol. 65, No. 3, March 1957.

²Bulletin of the London and Cambridge Economic Service in *The Times Review of Industry*, March 1957.

³Monthly Digest of Statistics.

10. Table 3 compares quarterly changes in domestic food expenditure per head in 1955 and 1956 with changes in prices, weekly wage rates and estimated weekly earnings. For the first nine months of 1956 food prices were fairly steady, except for a peak in the second quarter caused by the spring shortage of vegetables, but the general level of prices continued to rise because of the increased cost of services, transport, fuel, housing and tobacco. Food expenditure more than kept pace with prices but began to lag behind earnings.

TABLE 3
Household Food Expenditure, Wages, Earnings and Prices, 1955-56
(January-March 1955 = 100)

	1955				1956			
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
Weekly wage rates	100	103	104	104	108	111	112	112
Estimated weekly earnings ¹	100	103	106	107	109	112	114	114
Index of retail prices:								
All items	100	101	103	105	106	108	107	108
Food ²	100	102	104	107	106	110	107	108
Household food expenditure (National Food Survey)	100	105	104	106	107	114	109	111

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

²The food component of the Index has a discontinuity at the beginning of 1956.

III

The Household Diet in 1956

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 1955 and 1956. Average domestic expenditure on food was only slightly higher in the first quarter of the year than in the preceding quarter. After a sharp fall to 25s. 7d. per head per week in January, attributable to reduced expenditure on such foods as dried fruit and nuts after Christmas, the average rose to 26s. 11d. in March and reached a new high level of 28s. 9d. in April, largely because of the seasonal increase in expenditure on vegetables and especially the shortage of old potatoes (see paragraphs 29-31 below). The average then declined steadily to 26s. 10d. in September as expenditure on vegetables decreased. Price control on bread was lifted and the subsidy was withdrawn at the end of the third quarter; the subsequent rise in expenditure on bread, together with the usual increases in purchases of several foods in December, contributed to the higher average for the last quarter. As in previous years, the field work for the year ended on the Saturday before Christmas, and the quarter's averages for a few highly seasonal foods may be appreciably depressed by the exclusion of the last two shopping days before the holiday.

TABLE 4
*Domestic Food Expenditure, Value of Free Food, and Value of Food
obtained for Domestic Consumption, 1955 and 1956
(per head per week)*

	Expenditure on Food			Value of Free Food		Value of Consumption		
	1955	1956	Per-centage Change	1955	1956	1955	1956	Per-centage Change
	s. d.	s. d.		s. d.	s. d.	s. d.	s. d.	
1st Quarter . . .	24 9	26 5	+ 7	8	6	25 5	26 11	+ 6
2nd Quarter . . .	26 0	28 4	+ 9	9	6	26 9	28 10	+ 8
3rd Quarter . . .	25 9	27 1	+ 5	1 4	1 5	27 1	28 6	+ 5
4th Quarter . . .	26 3	27 4	+ 4	1 0	9	27 3	28 1	+ 3
Yearly Average . . .	25 8	27 3	+ 6	11	10	26 7	28 1	+ 6

12. "Free" food comprises food which enters the household without payment during the survey week, including supplies obtained from a garden, allotment or farm, or from an employer, and withdrawals from larder stocks of such home-produced foods as are stored in quantity^(a), but excluding gifts of food from one household to another. These free supplies were valued for each group of households by applying the average prices currently paid by that group for corresponding

(a) Potatoes, beans, bottled fruit and tomatoes, preserves, apples and pears, eggs.

purchases, and the value of free food has been 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 most appropriate method of attributing a money value to self-supplies, though it is probable that if the households concerned had had to purchase all their food at current retail prices they would not have spent as much as the value of their present consumption. School milk, free welfare milk, welfare cod liver oil and vitamin A and D tablets were not valued. Purchases were recorded when they were made, and not at the time of eventual consumption; this may slightly distort seasonal differences in consumption, but should give a true picture over the year as a whole.

13. The average value of free food in 1956 at current retail prices was nearly 10d. per head per week, 14 per cent less than in the preceding year. From February to July the value of free supplies was uniformly lower than a year before. The seasonal peak of 1s. 6d. was reached in August instead of July, free supplies of peas and beans lagging some weeks behind the commercial crop. The weather was less favourable to garden produce than in 1955, free supplies of tomatoes and soft fruit being particularly small. As the availability of free food is inversely related to urbanization, discussion is deferred to Chapter VIII, paragraphs 147 and 148.

14. In the year 1956, 17½ per cent of total domestic expenditure on food was devoted to milk, cheese and eggs, 32 per cent to meat and fish, 17 per cent to fruit and vegetables, 26 per cent to cereals, fats, sugar and preserves and 7½ per cent to all other foods. Corresponding percentages for the autumn and winter quarters from October 1956 to March 1957 were 18, 32, 15, 27 and 8, compared with 18, 30, 14, 27 and 11 found by Crawford and Broadley, exactly twenty years earlier. Housewives tended to spend relatively more on meat and less on beverages and miscellaneous foods than before the war; fruit and vegetables also accounted for a greater share of the housewife's outlay than in 1936-7, though less than under rationing. But the most striking feature of the comparison is the stability of British spending habits, as between broad groups of commodities, despite the considerable changes in prices.

15. For comparison with the proportional outlay of money on the different groups of foods, Table 5 gives the proportions of energy and nutrients obtained from the same food groups. The relative cheapness of the cereals group as a source of energy, protein, calcium, iron, vitamin B₁ and nicotinic acid is very striking. Other noteworthy points are the relative cheapness of the milk, cheese and eggs groups for calcium and riboflavin; of fruit and vegetables (including potatoes) for vitamin C; of meat and fish for nicotinic acid; and of the group containing fats for vitamins A and D.

16. The seasonal pattern of domestic food expenditure during 1944-45 and of the value of consumption during 1951-55 was illustrated by charts in the Annual Reports for 1950¹ and 1955², in which seasonal variations were measured as deviations from the general rising trend indicated by a 12 months' centred moving average; this upward movement continued during the first half of 1956, though more slowly than before, but levelled off during the second half of the year. Maxima in expenditure and in value of consumption occurred exceptionally in April; previously the maximum expenditure had always been recorded between May and July, and the maximum value of consumption usually in July, when garden and

(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.

TABLE 5
Percentages of Energy and Nutrient Values of the Average Household Diet obtained from certain Food Groups, 1956

Percentage of total	Milk, cheese and eggs	Meat and fish	Fruit and vegetables	Cereals	Fats, sugar and preserves	Other foods and beverages
Energy value	14	15	9	35	26	1
Protein	27	29	10	34	0	1
Fat	21	31	1	9	38	0
Calcium	59	3	8	29	1	0
Iron	11	31	22	34	0	1
Vitamin A	22	24	26	3	25	0
Vitamin B ₁	16	24	26	33	0	0
Riboflavin	49	22	13	9	0	8
Nicotinic acid	4	42	21	29	0	3
Vitamin C	10	2	86*	0	0	0
Vitamin D	26	23	0	5	47	0
Domestic food expenditure	17½	32	17	15	11	7½

*of which potatoes 34 per cent.

allotment produce is at or approaching its peak. A subsidiary rise in food expenditure in the spring, followed by a higher peak in the summer, had been noticed in some years. The seasonality of food expenditure, as affected by supplies and prices of home produce, is considered further in paragraphs 26 and 29-32.

17. Table 6 indicates the principal changes in domestic food expenditure and prices since 1952. Up to 1954 the increase was entirely concentrated on a limited

TABLE 6
Principal changes in Average Food Expenditure and Prices 1952-1956 (1952=100)

	Expenditure					Price				
	1952	1953	1954	1955	1956	1952	1953	1954	1955	1956
Cheese	100	111	123	133	162	100	102	101	113	135
Carcass meat	100	142	170	195	210	100	106	114	128	131
Eggs, shell	100	151	136	148	153	100	109	88	98	94
Butter	100	151	212	238	240	100	120	147	149	144
Margarine	100	112	151	152	152	100	115	138	144	149
Sugar	100	144	191	204	217	100	117	125	128	134
Tea	100	130	168	200	188	100	109	131	160	145
Canned and bottled fruit	100	128	176	234	252	100	96	101	101	107
<i>Total above foods</i>	100	138	164	185	194	100	109	115	126	127
Potatoes	100	99	93	112	124	100	107	105	128	148
Bread	100	95	93	93	101	100	107	111	113	131
All other foods	100	101	99	105	112	100	102	104	107	113
<i>Total all foods</i>	100	110	114	124	132	100	105	107	114	119

number of foods, especially meat, butter, sugar, tea and canned and bottled fruit, for which there had long been an unsatisfied demand. In 1955 expenditure on most formerly rationed foods continued to increase, though less rapidly, and expenditure on potatoes rose steeply after the end of price control on 1st August, because of the poor main crop. In 1956 the largest price rises were for bread, which was decontrolled on 30th September, and natural cheese. The rise in expenditure on carcase meat continued, but expenditure on fats showed little change, while that on tea decreased. The eight foods shown above the line in Table 6 accounted for 25 per cent of the household food budget in 1952 and for 37 per cent in 1956. Over this period expenditure on the remaining foods, and especially on bread and potatoes, had not kept pace with rising prices.

18. Estimates of household expenditure on the main foods during each quarter of the year are given in Table 8, which also shows percentage changes compared with the previous year. Details of changes in expenditure during the year are liable to be misleading, however, unless they are considered in connection with the corresponding changes in consumption, which are discussed in paragraphs 21-37 below. Total domestic food expenditure rose by 1s. 7d. per head per week (6 per cent) compared with rises of 2s. 1d. (9 per cent) between 1954 and 1955, 11d. (4 per cent) between 1953 and 1954 and 2s. 1d. (10 per cent) between 1952 and 1953. The increase in 1956 was spread over many foods; beef and veal accounted for 2d., mutton and lamb for 1½d., fish 1½d., bread 1½d., fresh fruit 1½d., potatoes, liquid milk and cheese each 1½d. No other commodity contributed as much as a penny per head per week, though there were large percentage increases for cream (18 per cent) and branded dried milk (33 per cent), poultry (58 per cent), quick-frozen legumes (31 per cent) and breakfast cereals other than oatmeal (15 per cent). The rise in expenditure on potatoes was due entirely to the shortage of old potatoes in the first half of the year, and that on bread to the price increases which preceded and accompanied decontrol. Expenditure on flour, cooking fats and preserves continued to decline, and there were decreases for pork and pork sausages.

19. Table 7 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 1955. The comparison has been made in this way in order to eliminate seasonal variations as far as possible, and so to indicate the underlying trend of prices. The quantity index has been constructed by dividing the index of the expenditures in the two periods 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 the calculation is to apportion the 6 per cent increase in domestic food expenditure between price and "quantity", and so to assess the real improvement in the diet in terms of consumer satisfaction (which may not correspond to its nutritional value). As explained in paragraph 29 of the Annual Report for 1955¹ the term "quantity" must be understood with some latitude as including elements of quality and service. The index actually constructed does not realise this concept precisely, because all the changes in the quality of purchases could only be separated from changes in price if the classification of foods were indefinitely detailed, which is not possible in practice. With this qualification, it may be concluded that of the 6 per cent increase in average domestic food expenditure per head in 1956, over 4 per cent was attributable to higher prices and nearly 2 per cent to an improvement in the standard of purchases, as measured by consumer preference.

(1) *Domestic Food Consumption and Expenditure: 1955*. H.M.S.O., 1957.

TABLE 7
Changes in Indices of Average Prices and Quantities Purchased
Quarters of 1956 compared with corresponding Quarters of 1955
(percentage change)

	Price					Quantity purchased				
	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	1956 on 1955	1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.	1956 on 1955
MILK AND MILK PRODUCTS:										
Liquid milk . . .	+ 1	+ 0	+ 7	+ 8	+ 4	+ 0	+ 1	+ 0	+ 0	+ 1
All . . .	+ 5	+ 4	+ 9	+ 8	+ 7	- 0	+ 2	+ 0	+ 2	+ 1
MEAT:										
Carcass . . .	+ 6	+ 7	- 0	- 2	+ 3	- 0	+ 1	+ 12	+ 6	+ 4
Bacon . . .	+ 11	+ 27	+ 8	- 4	+ 10	+ 1	- 16	- 5	+ 2	- 5
Other . . .	+ 6	+ 7	+ 3	- 0	+ 4	+ 2	+ 8	+ 2	+ 6	+ 4
All . . .	+ 7	+ 10	+ 2	- 2	+ 4	+ 1	- 0	+ 6	+ 6	+ 3
FISH . . .	+ 6	+ 9	+ 13	+ 8	+ 8	+ 5	+ 9	+ 10	+ 0	+ 6
EGGS . . .	+ 4	- 2	- 4	- 14	- 4	+ 7	+ 5	+ 7	+ 12	+ 8
FATS:										
Butter . . .	+ 6	- 7	- 4	- 11	- 4	+ 3	+ 9	+ 2	+ 7	+ 5
Margarine . . .	+ 1	+ 3	+ 5	+ 7	+ 4	- 6	- 2	- 3	- 6	- 4
Other . . .	- 14	- 5	- 4	- 1	- 6	- 1	- 4	+ 3	- 6	- 2
All . . .	+ 1	- 4	- 2	- 5	- 2	+ 0	+ 4	+ 1	+ 1	+ 1
SUGAR . . .	+ 7	+ 7	+ 2	+ 3	+ 5	+ 2	+ 1	+ 3	+ 2	+ 2
PRESERVES . . .	+ 7	+ 9	+ 5	+ 6	+ 7	- 7	- 6	- 5	- 13	- 8
VEGETABLES:										
Potatoes . . .	+ 46	+ 47	- 17	- 18	+ 15	- 3	- 7	+ 0	- 5	- 3
Fresh green . . .	+ 16	+ 23	+ 1	- 16	+ 7	- 14	- 6	+ 2	+ 14	- 2
Other . . .	- 0	- 1	+ 4	+ 1	+ 1	+ 12	+ 16	+ 6	+ 3	+ 9
All . . .	+ 20	+ 24	- 6	- 11	+ 8	+ 1	+ 0	+ 3	+ 2	+ 1
FRUIT:										
Fresh . . .	+ 8	+ 16	+ 9	+ 2	+ 9	+ 9	- 5	- 4	+ 6	+ 0
Other . . .	+ 8	+ 5	+ 5	+ 5	+ 6	+ 1	+ 5	- 5	+ 6	+ 2
All . . .	+ 8	+ 13	+ 8	+ 3	+ 8	+ 6	- 3	- 4	+ 6	+ 1
CEREALS:										
Bread . . .	+ 7	+ 14	+ 13	+ 32	+ 16	- 7	- 4	- 7	- 8	- 7
Flour . . .	+ 2	+ 3	+ 5	+ 7	+ 4	- 12	- 12	- 2	- 6	- 8
Cakes and biscuits . . .	+ 2	+ 1	+ 2	+ 2	+ 2	+ 10	+ 2	- 1	+ 3	+ 4
Other . . .	+ 1	+ 2	+ 3	+ 3	+ 3	+ 5	+ 11	+ 1	+ 8	+ 6
All . . .	+ 4	+ 6	+ 7	+ 13	+ 7	+ 1	- 0	- 3	- 1	- 1
BEVERAGES:										
Tea . . .	- 14	- 12	- 5	- 4	- 9	+ 3	+ 4	+ 1	+ 5	+ 3
Other . . .	+ 9	+ 0	+ 6	+ 2	+ 5	- 2	+ 14	+ 9	+ 4	+ 5
All . . .	- 9	- 10	- 3	- 3	- 6	+ 2	+ 6	+ 2	+ 5	+ 4
Miscellaneous(a) . . .	+ 1	+ 0	+ 3	+ 4	+ 3	+ 2	+ 5	+ 16	+ 7	+ 7
All Foods (a) . . .	+ 5.6	+ 7.5	+ 3.0	+ 0.9	+ 4.3	+ 1.3	+ 1.1	+ 2.1	+ 3.2	+ 1.9

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

20. During the first half of the year, and especially the second quarter, the general level of food prices was well above the previous year's level, mainly because of the scarcity of old potatoes and, to a smaller extent, of fresh green vegetables, and also because bacon had been exceptionally cheap in the spring of 1955. Food prices in the second half of the year were relatively stable, rises in bread, milk, cheese and fish compared with the previous year being largely offset by substantial reductions for potatoes and (in the last quarter) butter, eggs and fresh green vegetables. Indeed, but for the removal of the bread subsidy, average food prices in the last quarter would have been lower than a year before, for the first time since the spring of 1954. The Suez crisis in November hardly affected food supplies or prices during the period under review, though it led to a sharp increase in some non-food prices. The quantity index continued to record an upward trend, which began in the last quarter of 1952 and continued somewhat unevenly until the beginning of 1957. The principal contributions to the increase of 1.9 per cent recorded for the year as a whole (compared with 2.4 in the preceding year) were from "other" vegetables (9 per cent), eggs (8 per cent), fish and "other" cereals (each 6 per cent) and from miscellaneous foods (7 per cent). For each of these commodities, and also for butter, sugar, tea and "other" meat, the quantity index recorded an increase in each quarter compared with a year before. The largest decreases were for bread (7 per cent), flour and preserves (each 8 per cent). For these foods, and also for margarine, the quantity index recorded a fall in each quarter compared with the corresponding quarter of 1955.

Consumption

21. Tables 8 and 9 summarize domestic expenditure and consumption for the main foods during each quarter of the year, and show annual averages for 1955 and 1956. Tables showing consumption and expenditure 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 9 differ from the corresponding changes in the quantity index in Table 7 partly because the latter is 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. Most of the quarterly changes shown in Tables 8 and 9 are seasonal variations.

MILK, CHEESE, MEAT, FISH AND EGGS

22. Total domestic consumption of liquid and processed milk was almost the same as in 1954 and 1955. An increase of $\frac{1}{2}$ d. per pint in the maximum retail price of liquid milk on 1st July had no appreciable effect on demand, the slight fall in purchases in the third quarter being seasonal. It is clear that the absence of school milk during the August holidays is not made good in the home; this tends to confirm the view that if milk were not provided at school, children would not make up for the lack of it by drinking more at home. National dried milk continued to lose ground to branded dried milk, though the latter was five times as expensive. Consumption of cream averaged 0.26 oz. per head per week compared with 0.23 oz. in 1955 and 0.18 oz. in 1954; from June to October inclusive the average was 0.31 oz. Evaporated milk, which is sometimes used instead of cream, showed a similar seasonal variation.

TABLE 8
Domestic Food Expenditure by All Households, 1956
(pence per head per week)

	1955	1956				Yearly average	Percentage change 1956 on 1955
	Yearly average	Quarter					
		1	2	3	4		
MILK AND CREAM:							
Liquid retail	27.39	27.84	28.28	28.94	29.53	28.65	+ 5
Liquid welfare	1.04	1.13	1.08	1.06	1.09	1.09	+ 5
<i>All Liquid Milk</i>	28.43	28.97	29.36	30.00	30.62	29.74	+ 5
Condensed	1.22	1.18	1.22	1.39	1.42	1.30	+ 7
Dried and other	0.39	0.41	0.45	0.57	0.46	0.47	+19
Cream	0.75	0.72	0.97	1.06	0.81	0.89	+18
<i>Total Milk and Cream</i>	30.79	31.28	32.00	33.02	33.31	32.40	+ 5
CHEESE:							
Natural	4.68	5.56	5.70	5.92	5.96	5.78	+24
Processed and packeted	1.19	1.20	1.36	1.45	1.51	1.38	+16
<i>Total Cheese</i>	5.87	6.76	7.06	7.37	7.47	7.16	+22
MEAT:							
Carcass	44.57	47.52	47.73	47.24	49.30	47.95	+ 8
Bacon and ham, uncooked	14.30	15.00	14.86	14.90	15.23	15.00	+ 5
Other (a)	25.84	26.33	28.77	28.36	28.99	28.11	+ 9
<i>Total Meat</i>	84.71	88.85	91.36	90.50	93.52	91.06	+ 7
FISH:							
Fresh and processed (b)	7.38	8.20	7.77	7.81	8.16	7.99	+ 8
Prepared(c)	3.93	4.72	5.60	5.35	4.46	5.03	+28
<i>Total Fish</i>	11.31	12.92	13.37	13.16	12.62	13.02	+15
EGGS							
	17.35	17.73	16.38	18.55	18.84	17.88	+ 3
FATS:							
Butter	12.90	13.47	12.71	12.81	13.06	13.01	+ 1
Margarine	6.05	5.92	6.02	6.01	6.20	6.04	- 0
Lard and compound cooking fat	3.02	2.75	2.50	2.50	2.82	2.64	-13
Other fats	0.73	0.88	0.70	0.73	0.85	0.79	+ 8
<i>Total Fats</i>	22.70	23.02	21.93	22.05	22.93	22.48	- 1
SUGAR AND PRESERVES:							
Sugar	8.80	9.04	8.98	9.88	9.62	9.38	+ 7
Honey, preserves, syrup and treacle	4.05	4.03	4.30	3.79	3.78	3.98	- 2
<i>Total Sugar and Preserves</i>	12.85	13.07	13.28	13.67	13.40	13.36	+ 4

(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.

TABLE 8—continued
(pence per head per week)

	1955	1956				Yearly Average	Per- centage change 1956 on 1955
	Yearly average	Quarter					
		1	2	3	4		
VEGETABLES:							
Potatoes, including chips and crisps	11.38	13.74	19.10	8.77	8.75	12.59	+ 11
Fresh green	6.00	5.07	8.27	6.84	5.05	6.31	+ 5
Other(d)	9.56	11.48	12.62	8.58	9.67	10.58	+ 11
<i>Total Vegetables</i>	<i>26.94</i>	<i>30.29</i>	<i>39.99</i>	<i>24.19</i>	<i>23.47</i>	<i>29.48</i>	+ 9
FRUIT:							
Fresh(e)	16.69	14.47	21.65	22.62	14.29	18.25	+ 9
Other(f)	8.22	7.51	8.94	7.98	10.88	8.83	+ 7
<i>Total Fruit(e)</i>	<i>24.91</i>	<i>21.98</i>	<i>30.59</i>	<i>30.60</i>	<i>25.17</i>	<i>27.08</i>	+ 9
CEREALS:							
Brown bread(g)	0.70	0.78	0.86	0.91	1.01	0.89	+ 28
White bread(h)	14.22	13.89	15.46	15.03	16.57	15.24	+ 7
Wholewheat and wholemeal bread	0.81	0.77	0.89	0.83	0.82	0.83	+ 2
Other bread(i)	1.92	1.92	2.15	2.13	2.54	2.18	+ 14
<i>Total Bread(i)</i>	<i>17.65</i>	<i>17.36</i>	<i>19.36</i>	<i>18.90</i>	<i>20.94</i>	<i>19.14</i>	+ 8
Flour	3.60	3.43	3.36	3.28	3.76	3.46	- 4
Cakes(j)	9.39	9.97	10.10	9.74	10.29	10.03	+ 7
Biscuits	8.65	8.62	8.90	9.00	9.32	8.96	+ 4
Oatmeal and oat products	0.90	1.19	0.73	0.45	1.11	0.87	- 13
Breakfast cereals	2.45	2.33	2.97	3.18	2.76	2.81	+ 15
Other	3.36	3.28	3.77	3.62	3.77	3.61	+ 7
<i>Total Cereals</i>	<i>46.00</i>	<i>46.18</i>	<i>49.19</i>	<i>48.17</i>	<i>51.95</i>	<i>48.88</i>	+ 6
BEVERAGES:							
Tea	14.58	13.76	13.84	13.31	14.01	13.73	- 6
Coffee	2.19	2.65	2.44	2.33	2.53	2.48	+ 13
Cocoa	0.61	0.70	0.51	0.52	0.59	0.58	- 4
Branded food drinks	0.70	0.98	0.78	0.55	0.86	0.79	+ 13
<i>Total Beverages</i>	<i>18.08</i>	<i>18.09</i>	<i>17.57</i>	<i>16.71</i>	<i>17.99</i>	<i>17.58</i>	- 3
MISCELLANEOUS(k).							
	6.46	7.23	6.93	6.74	7.49	7.09	+ 10
TOTAL ALL FOODS	308.07 (25s. 8d.)	317.33 (26s. 5d.)	339.62 (28s. 4d.)	324.77 (27s. 1d.)	328.17 (27s. 4d.)	327.47 (27s. 3d.)	+ 6

(d) Includes dried and canned vegetables, and vegetable products.

(e) Includes tomatoes.

(f) Includes dried, canned and bottled fruit.

(g) Includes national brown bread.

(h) Includes national bread (other than brown), national milk bread, and unsubsidized white bread.

(i) Includes rolls, fruit bread and sandwiches.

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

(k) Invalid and baby foods, spreads and dressings, soups, meat and vegetable extracts and items on which expenditure only was recorded.

TABLE 9
Domestic Food Consumption by all Households, 1956
(Oz. per head per week except where otherwise stated)

	1955	1956				Yearly average	Percentage change 1956 on 1955
	Yearly average	Quarter					
		1	2	3	4		
MILK AND CREAM:							
Liquid retail (pt.)	4.02	3.97	4.04	3.98	3.99	4.00	- 0
Liquid welfare and school (pt.)	0.79	0.84	0.83	0.76	0.86	0.83	+ 5
<i>All Liquid Milk</i> (pt.)	4.81	4.81	4.87	4.74	4.85	4.83	+ 0
Condensed (eq. pt.)	0.16	0.14	0.15	0.16	0.17	0.16	+ 0
Dried and other (pt. or eq. pt.)	0.11	0.10	0.09	0.15	0.11	0.11	- 5
Cream (pt.)	0.01	0.01	0.01	0.01	0.01	0.01	+10
<i>Total Milk and Cream</i> (pt. or eq. pt.)	5.09	5.06	5.12	5.06	5.14	5.11	+ 0
CHEESE:							
Natural	2.46	2.41	2.47	2.48	2.45	2.45	- 0
Processed and packeted	0.37	0.35	0.39	0.43	0.44	0.40	+ 9
<i>Total Cheese</i>	2.83	2.76	2.86	2.91	2.89	2.85	+ 1
MEAT:							
Carcass	18.23	19.08	19.09	18.61	19.46	19.06	+ 5
Bacon and ham, uncooked	5.35	5.34	5.11	5.03	4.95	5.11	- 4
Other(a)	10.84	11.09	11.06	10.88	11.72	11.18	+ 3
<i>Total Meat</i>	34.42	35.51	35.26	34.52	36.13	35.35	+ 3
FISH:							
Fresh and processed(b)	4.58	4.87	4.29	4.33	4.60	4.53	- 1
Prepared(c)	1.37	1.48	1.72	1.71	1.48	1.60	+17
<i>Total Fish</i>	5.95	6.35	6.01	6.04	6.08	6.13	+ 3
EGGS . . . (No.)	4.19	4.40	4.50	4.27	4.24	4.35	+ 4
FATS:							
Butter	4.47	4.38	4.78	4.82	4.80	4.70	+ 5
Margarine	4.68	4.51	4.53	4.42	4.46	4.48	- 4
Lard and compound cooking fat	2.18	2.20	1.99	1.99	2.15	2.08	- 5
Other fats	0.55	0.68	0.50	0.53	0.65	0.58	+ 6
<i>Total Fats</i>	11.88	11.77	11.80	11.76	12.06	11.84	- 0
SUGAR AND PRESERVES:							
Sugar	17.64	17.52	17.30	19.13	18.04	18.00	+ 2
Honey, preserves, syrup and treacle	4.09	3.86	3.96	3.53	3.44	3.69	- 10
<i>Total Sugar and Preserves</i>	21.73	21.38	21.26	22.66	21.48	21.69	- 0

TABLE 9—continued

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

	1955 Yearly average	1956 Quarter				Yearly average	Per- centage change 1956 on 1955
		Quarter					
		1	2	3	4		
VEGETABLES:							
Potatoes, including chips and crisps	61·17	62·18	53·16	55·87	62·51	58·43	- 4
Fresh green	14·79	9·29	11·00	22·10	14·96	14·34	- 3
Other(d)	15·87	19·29	15·80	14·57	17·83	16·89	+ 6
<i>Total Vegetables</i>	<i>91·83</i>	<i>90·76</i>	<i>79·96</i>	<i>92·54</i>	<i>95·30</i>	<i>89·66</i>	<i>+ 2</i>
FRUIT:							
Fresh(e)	20·65	17·64	19·94	25·95	18·68	20·56	- 0
Other(f)	6·49	5·83	6·74	5·77	7·68	6·51	+ 0
<i>Total Fruit(e)</i>	<i>27·14</i>	<i>23·47</i>	<i>26·68</i>	<i>31·72</i>	<i>26·36</i>	<i>27·07</i>	<i>- 0</i>
CEREALS:							
Brown bread(g)	2·25	2·37	2·39	2·48	2·30	2·38	+ 6
White bread(h)	48·59	44·78	46·43	45·16	41·06	44·36	- 9
Wholewheat and wholemeal bread	1·69	1·54	1·73	1·61	1·52	1·60	- 5
Other bread(i)	2·60	2·49	2·60	2·56	3·30	2·74	+ 5
<i>Total Bread(i)</i>	<i>55·13</i>	<i>51·18</i>	<i>53·15</i>	<i>51·81</i>	<i>48·18</i>	<i>51·08</i>	<i>- 7</i>
Flour	8·57	8·04	7·67	7·46	8·40	7·89	- 8
Cakes(j)	5·56	5·91	5·70	5·38	5·68	5·67	+ 2
Biscuits	5·12	5·10	5·30	5·37	5·41	5·30	+ 4
Oatmeal and oat products	1·19	1·55	0·96	0·58	1·35	1·11	- 7
Breakfast cereals	1·69	1·56	1·90	2·02	1·77	1·81	+ 7
Other	2·78	2·90	3·07	2·87	3·09	2·97	+ 7
<i>Total Cereals</i>	<i>80·04</i>	<i>76·24</i>	<i>77·75</i>	<i>75·49</i>	<i>73·88</i>	<i>75·83</i>	<i>- 5</i>
BEVERAGES:							
Tea	2·79	2·86	2·91	2·81	2·95	2·88	+ 3
Coffee	0·36	0·40	0·39	0·36	0·38	0·38	+ 6
Cocoa	0·21	0·24	0·18	0·19	0·22	0·21	- 1
Branded food drinks	0·18	0·25	0·20	0·15	0·21	0·20	+ 10
<i>Total Beverages</i>	<i>3·54</i>	<i>3·75</i>	<i>3·68</i>	<i>3·51</i>	<i>3·76</i>	<i>3·67</i>	<i>+ 4</i>

(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 national brown bread.

(h) Includes national bread (other than brown), national milk bread and unsubsidized white bread.

(i) Includes rolls, fruit bread and sandwiches.

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

23. Cheese consumption was almost unchanged at 2·85 oz. per head per week, with a slight rise in the summer months, when the demand for natural cheeses proved wholly inelastic to an average price rise of over 30 per cent compared with a year before (in part, no doubt, a change in quality and variety).

24. Expenditure on carcase meat amounted to 4s. od. per head per week, and the average consumption for the year exceeded 19 oz. for the first time since the war; of this, 10 oz. was beef and veal, over 7 oz. mutton and lamb and less than 2 oz. pork, which had become dearer than beef. From May to August consumption of mutton was high and that of pork low. Until the last quarter bacon was more expensive than a year before and consumption accordingly declined, expenditure remaining near 1s. 3d. per head per week throughout the year. Expenditure on and consumption of other types of meat increased, with the exception of pork sausages (which lost ground to beef sausages) and rabbit, game and miscellaneous meats, which fell almost to nothing in the summer. The usual summer reductions in purchases of sausages, meat products, bones and offals other than liver were counterbalanced by increases in corned and other canned meat and cooked ham.

25. Fish consumption, though still much lower than when meat was rationed, rose from 5·95 to 6·13 oz. per head per week, mainly because of improved supplies of the dearer kinds of canned fish, such as canned salmon and crab (the average price of canned fish rose to 6s. 10d. per lb. in March). Slight decreases in consumption of all types of fresh fish were offset by a further increase in purchases of cooked fish, the only type of fish which was no dearer than in 1955.

26. Consumption of eggs varied remarkably little, ranging from 4·6 per head per week in the spring flush to 4·2 at the end of the year. The variation in expenditure was also narrower than usual, the spring minimum being 1s. 4d., the autumn maximum 1s. 8d. Free supplies were unusually scarce and late. Average prices were lowest (3s. 10½d. per dozen) in May, and rose to no more than 5s. 1½d. in September.

FATS, SUGAR AND PRESERVES

27. Total consumption of fats was almost unchanged at 11·8 oz. per head per week, but there were some interesting changes within this total. From the second quarter onwards the consumption of butter exceeded that of margarine. The average of butter prices fell from 4s. 4d. per lb. at the beginning of the year to under 3s. 5d. in May, but then rose to 3s. 8½d. in October, after which the downward trend was resumed. The average price of margarine gradually rose during the year from 1s. 9½d. to 1s. 10½d. per lb., with consumption fairly steady at 4·5 oz. Consumption of lard and compound cooking fats was lower than a year before, although prices were easier. Purchases of cooking fats and of suet and dripping were highest in the winter and relatively low from May to August. Demand for other fats, oils and creams (including vegetable and salad oil) increased, especially in the summer months, when expenditure was four times that of the previous season.

28. Sugar consumption rose further from 17·6 to 18·0 oz. per head per week (July maximum 19·8 oz.), while consumption of preserves decreased from 4·1 to 3·7 oz. and in the last quarter averaged only 3·4 oz., prices remaining very firm in spite of the declining purchases. The price of sugar was steady at 8½d. per lb. until nearly the end of the year, when it began to increase without at first affecting demand.

FRUIT AND VEGETABLES

29. In view of the severe shortage of potatoes in the spring of 1956 and its marked effect on the general price index, the monthly records are of interest and are shown in Table 10. In April, with only limited supplies of new potatoes arriving, the price of old potatoes reached 4.9d. per lb. compared with 2.3d. in April 1955. The April-June average consumption of 53 oz. per head per week was the lowest and the corresponding expenditure of 1s. 7d. the highest so far recorded for any quarter. The new season's supplies were plentiful and from July onwards prices were some 20 per cent lower than a year before, but consumption during the latter part of 1956 was below the previous year's level, when purchasers were buying for stock and thereby precipitating the shortage they anticipated.

TABLE 10
Old and New Potatoes: Consumption and Prices, 1956

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Consumption (oz. per head per week)												
1955 crop	61.8	60.3	58.2	50.8	35.8	22.7	5.6	0.1	—	—	—	—
1956 crop (a)	0.3	2.7	5.3	13.8	26.9	44.4	55.8	58.0	61.1	62.3	60.5
Price (pence per lb.)												
1955 crop	3.1	3.4	3.8	4.9	4.4	3.4	3.2	(2.0)	—	—	—	—
1956 crop	(12.0)	6.9	9.2	11.5	10.1	7.2	3.6	2.5	2.3	2.3	2.3	2.4

(a) From 1st September potatoes of the 1956 crop were regarded as "old".

30. Consumption of fresh green vegetables at 14.3 oz. per head per week was slightly lower but expenditure at 6.3d. 5 per cent higher than in 1955; the main types were scarce and dear in the spring, but towards the end of the year prices were much lower and supplies more plentiful than a year before. Consumption of cabbage was above the year's average in May and June and again from August to November; the price rose to 11½d. per lb. in April, falling steadily to 4d. in October. Brussels sprouts were also unusually expensive in the spring, but by the end of the year the price was below 7d. per lb. and consumption had risen to 6.9 oz. per head per week. Even for cauliflower the average consumption varied more than usual, ranging from 0.4 oz. at over 1s. 2d. per lb. in March to about 3 oz. at under 8d. in the autumn. The consumption of leafy salads was highest (3.3 oz.) and prices lowest (11½d. per lb.) in July, when fresh legumes were also cheapest (7½d. per lb.), though garden produce was, as often, some weeks behind the commercial crop, so that consumption of peas and beans was greatest (13.4 oz.) in August, when retail supplies were already declining. Purchases of quick-frozen legumes again increased, rising to 0.4 oz. per head per week in March when other green vegetables were scarcest.

31. The spring shortage of green vegetables was partly made good by carrots and dried and canned vegetables, especially canned peas and beans, all of which were cheaper than in the corresponding months of 1955. Except during this period, the demand for dried pulses tended to lag, but purchases of canned beans were uniformly higher than a year before, rising to 2.6 oz. per head per week during the three difficult months in the spring and falling only to 1.9 oz. in July. Demand for canned peas was also assisted by lower prices, and purchases did not fall below 1.9 oz. even in August, when fresh peas were most abundant. Supplies of onions, shallots and leeks were about the same as in 1955, but in March the pressure of demand forced the price up to 10.1d. per lb. and it did not subsequently fall below 7d.

Consumption of carrots remained above the previous year's level until the autumn, but in the last quarter, with green vegetables remaining plentiful, lower prices for root vegetables failed to stimulate demand.

32. Total consumption of fresh fruit was practically unchanged at 20·6 oz. per head per week, although the average was running below the previous year's level during the spring and summer, when soft fruit and oranges were scarcer and more expensive than in 1955. Tomato consumption was also lower than in 1955 during the peak season (June-September), but these declines were offset by a 16 per cent increase in purchases of bananas, which averaged 3·4 oz. and were maintained at 3·0 oz. or above throughout the year, and by a 24 per cent increase for canned and bottled tomatoes. Apples and pears were dearer than in the previous season, though not less plentiful. Consumption of dried fruit was lower and prices higher than in the corresponding quarters of 1955, with average expenditure maintained. Consumption of fruit juices (other than welfare orange juice) showed a rise in the third quarter, not found in previous years. About a third of the year's total sales of nuts and of fruit and nut products occurred in the month before Christmas.

CEREALS, BEVERAGES AND MISCELLANEOUS FOODS

33. Expenditure on bread at 1s. 7½d. per head per week was 8 per cent higher and consumption at 51·1 oz. per head per week 7 per cent lower than in 1955. With the removal of the subsidy and price control on 30th September, 1956, prices immediately rose. That of the large 1½ lb. national "white" loaf had averaged 9d.; upon decontrol the price of the corresponding unwrapped and unsliced white loaf was 10½d. or 11d. Consumer reaction was quite marked, consumption in the last quarter of the year falling to 48·2 oz. for an expenditure of 1s. 9d. compared with 51·8 oz. and 1s. 7d. in the third quarter and with 54·0 oz. and 1s. 5d. a year earlier. Clearly, however, some time must elapse before reliable conclusions can be drawn concerning the relationship between price and demand. The fall in the quantity of bread actually eaten may not have been so great as would appear; with higher prices there may have been less wastage, especially as there was no corresponding reduction in purchases of butter and margarine.

34. With the ending of the bread subsidy the term "national" bread, applied to subsidized bread made from national flour, which should legally have been of 80 per cent extraction or the equivalent, ceased to be applicable, and the Survey's classification of types of bread was revised. Details are given in Appendix F, which contains an analysis of expenditure on and consumption of these types of bread by social class, household composition, region and type of area.

35. Flour purchases were 7·9 oz. per head per week, 8 per cent less than in 1955. There were slight increases in purchases of cakes (but not buns), biscuits and puddings. Oatmeal again lost ground to other breakfast cereals, even in the winter months.

36. From February onwards the average price of tea was within a halfpenny of 6s. 4d. per lb.; 9 per cent lower than in 1955. Consumption was 3 per cent greater at 2·88 oz. per head per week, and increased from 2·8 oz. at the beginning of the year to 3·0 oz. at the end, with a slight seasonal fall in the summer; this was also perceptible for coffee, and more pronounced for cocoa and the branded food drinks.

37. Expenditure on pickles and sauces was uniformly higher than in corresponding quarters of 1955; the average for the year was 1·7d. per head per week, a 19 per

cent increase, but no price data are available. Expenditure on spreads and dressings and on table jellies was seasonally high, and on soups and meat and vegetable extracts low, from May to August.

Energy Value and Nutrient Content

38. The energy value and nutrient content of the household diet in 1956 was calculated by the method described in *The Urban Working-Class Household Diet 1940 to 1949**. As in the reports for 1954 and 1955, the only major change in the procedure was that the nutrient values of flour and bread were estimated using analyses of flour made by the Government Chemist for the National Flour Survey. The figures shown in Table II 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 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 was made for kitchen or plate wastage, but the estimated intakes of vitamins B₁ and C were adjusted to allow for cooking losses, in accordance with the recommendations of the Medical Research Council.†

39. Table II shows the quarterly averages for all households during 1956 and the yearly averages for 1952, 1955 and 1956. The changes between 1955 and 1956 reflect the rise in the consumption of all meats (excluding bacon), fish, eggs, butter and cheese and the fall in that of bread, flour, potatoes, margarine, cooking fat and green vegetables. In addition to the fall in the consumption of flour as such, or as bread, there were changes in the composition of flour. Until the end of September most of the bread purchased was national bread fortified with creta preparata; during the last quarter national was replaced by white bread in which iron, vitamin B₁ and nicotinic acid had been restored to prescribed levels, and the addition of creta maintained.‡ The Government Chemist's analyses showed that in 1956, compared with 1955, there was a fall in the vitamin B₁ content of national flour which was accompanied by smaller, but still considerable, reductions in iron and nicotinic acid. In all National Food Survey reports bread had been shown to be one of the most important sources of protein, calcium, iron, vitamin B₁ and nicotinic acid in the diet. Thus in comparison with 1955 the small changes in the amounts of protein and calcium (up to 2 per cent) arose mainly from the fall in consumption of bread and flour, offset to some extent by the rise in that of other foods; the small decreases in vitamin B₁, nicotinic acid and iron (also up to 2 per cent) reflected both the lower consumption of, and their reduced content in, flour; they would have been greater but for the change to white bread made from flour containing markedly higher quantities of these three nutrients during the last quarter (Table II)§.

**The Urban Working-Class Household Diet 1940 to 1949*. H.M.S.O., 1951, paragraph 117.

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

‡See Statutory Instrument No. 1183, 1956.

§ There was some delay in making administrative arrangement for the regular sampling of white flour after decontrol, and in estimating the vitamin and mineral content of flour in the last quarter of 1956, analyses made during the first quarter of 1957 have been used.

TABLE II
Energy Value and Nutrient Content of Domestic Food Consumption
All Households, 1952, 1955 and 1956
(per head per day)

	1952 Yearly average	1955 Yearly average	1956 Yearly average	1956			
				1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.
Energy value (Cal.) .	2447	2641	2624	2632	2628	2622	2614
Total protein (g.) .	77	77	76	76	75	75	75
Animal protein (g.) .	38	42	43	42	43	42	43
Fat (g.) .	94	107	108	109	108	107	109
Carbohydrate (g.) .	324	342	337	337	338	340	333
Calcium (mg.) .	1043	1044	1029	1021	1039	1027	1028
Iron (mg.) .	13.0	13.5	13.3	12.7	12.7	13.4	14.3
Vitamin A (i.u.) .	3551	4199	4310	4058	4327	4422	4434
Vitamin B ₁ (mg.) .	1.28	1.24	1.21	1.18	1.15	1.19	1.31
Riboflavin (mg.) .	1.64	1.65	1.65	1.63	1.64	1.66	1.66
Nicotinic acid (mg.) .	12.9	13.1	13.0	12.8	12.5	12.8	14.0
Vitamin C (mg.) .	53	51	50	40	43	69	47
Vitamin D (i.u.) .	148	144	150	146	147	159	146

40. Increases in the vitamin A content of the diet between 1955 and 1956 were the result of higher consumption of liver and carrots. The decrease in the vitamin C content, caused partly by reduced potato consumption, was relatively small (2 per cent). Between 1952 and 1956 potato consumption fell from 66 oz. to 58 oz. per head per week. Over the same years the total consumption of fruit increased by nearly 7 per cent; but there was a tendency for the contribution from fresh fruit to fall and that from other fruits to rise. The other important changes in the sources of nutrients between 1952 and 1956 can be summarized as follows: between 1952 and 1954 there was a continuous rise in the consumption of sugar, cheese, carcase meat, bacon, fat and flour; milk consumption showed little change, but bread consumption fell. In 1955, the first complete year after the end of rationing, there were further increases in meat, fat and sugar consumption accompanied by slight decreases in cheese, eggs, bread and flour. In 1956 there were still further and greater decreases in bread and flour consumption, and increases in meat, eggs and sugar. Between 1952 and 1956 bread consumption fell from 60 to 51 oz. per head per week. Milk consumption remained remarkably constant throughout.

41. Quarterly averages shown in Table II do not vary by more than 2 per cent from the yearly figures for energy value, protein, fat, carbohydrate, calcium and riboflavin. Apart from the usual fluctuations in vitamins A and C, arising mainly from seasonal changes in the consumption of vegetables and fruit, there were marked variations from the yearly average in iron (+8 per cent), vitamin B₁ (+8 per cent) and nicotinic acid content (+8 per cent) in the fourth quarter, arising from the replacement of national bread with white bread fortified with these nutrients.

42. Table 12 gives figures illustrating the relative adequacies of the average household diet for the years 1952, 1955 and 1956 and the four quarters 1956 in comparison with allowances based on the scale of dietary requirements recommended by the British Medical Association, which take into account, inter alia, sex, age of young people, and activity of adult occupations. In this comparison adjustments have been

made for meals taken outside the home and a further adjustment of 10 per cent has been applied to allow for plate and other wastage or spoilage of edible food, and also for food bought for human consumption and given to domestic pets. Only in tables relating to the adequacy of the diet has this 10 per cent been deducted. In interpreting the percentages in Table 12 and in similar tables, it is important to bear in

TABLE 12
Comparison of Energy Value and Nutrient Content of Domestic Food Consumption with Allowances based on the British Medical Association's Recommendations(a)
All households, 1952, 1955 and 1956
(per cent)

	1952 Yearly average	1955 Yearly average	1956 Yearly average	1956			
				1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.
Energy value . . .	99	105	105	106	105	105	105
Total protein . . .	104	103	102	102	101	101	102
Calcium	108	108	107	106	108	105	107
Iron	106	109	108	103	103	109	117
Vitamin A	148	176	182	172	183	187	189
Vitamin B ₁	131	124	122	119	116	120	134
Riboflavin	109	108	109	108	108	109	110
Nicotinic acid	131	131	132	130	126	129	142
Vitamin C (b)	244	231	226	183	197	311	217

(a) See paragraph 42.

(b) 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 21, 26, 36, 48 and 59.

mind that there may be wide variations in wastage in different groups and that the 10 per cent is no more than a rough approximation. It is also necessary to appreciate the approximate nature of the estimates of average nutritional requirements on which the tables are based.* All such percentages relate to the averages for groups; within any one group there must be many households considerably above and below the average. In assessing the significance of the results given it is important to note that the British Medical Association related their scales of requirements for protein and the vitamins of the B complex to energy requirements, and that from the data collected by the National Food Survey it is difficult to be precise in the estimates of total energy needs of individuals. The considerable difference of opinion between scientists in this country and the United States of America on the magnitude of the vitamin C allowance should also be borne in mind in interpreting the percentages given in Table 12 and elsewhere for that vitamin.

43. Estimates of the adequacy of the average household diet were all over 100 per cent in each of the four quarters. The percentages for 1956 were very close to those of 1955 for energy value and all nutrients. Between 1952 and 1956 the percentages for protein, vitamin B₁ and vitamin C tended to fall and for vitamin A to rise; those for calcium, iron, riboflavin and nicotinic acid remained fairly constant and those

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

TABLE 13
*Percentage of Energy Value Derived from Protein, Fat and Carbohydrate
 All Households, 1952, 1955 and 1956
 (per cent)*

	1952 Yearly average	1955 Yearly average	1956 Yearly average	1956			
				1st Qtr.	2nd Qtr.	3rd Qtr.	4th Qtr.
Protein	12.6	11.6	11.5	11.6	11.5	11.5	11.5
Fat	34.5	36.6	37.1	37.1	37.1	36.6	37.5
Carbohydrate	52.9	51.7	51.4	51.3	51.4	51.9	51.0
Total energy value	100	100	100	100	100	100	100
Animal protein as per- centage of total pro- tein	48.6	54.5	56.3	55.7	56.6	56.0	57.4

for energy value did not change after 1954. Over these years those for vitamins B₁ and C decreased more than for other nutrients (because of reduced consumption of bread and potatoes); a similar effect on the estimates for nicotinic acid was prevented by the rise in the consumption of many foods of animal origin. Although all percentages remained above the standard, the decrease for protein brought the level for this nutrient down to 102 per cent in 1956.

44. The proportions of the total energy derived from protein, fat and carbohydrate are shown in Table 13. The most interesting feature is the slight fall in the percentages from protein and carbohydrate and the corresponding rise in that from fat. There was also some replacement of the vegetable protein by protein of animal origin.

IV

Household Diets of Social Classes

Classification

45. In previous Annual Reports the definition of social class was based on the gross weekly income of the head of the household, as stated by the housewife or if necessary imputed from occupation or other information, the points of subdivision used in 1953-55 being £24, £15, £9 and £6 per week. The lowest income group (Class D) was further divided into households solely or mainly dependent on old age pensions¹ (abbreviated as O.A.P.), other households containing no earner (Class D₂) and households containing one or more earners (Class D₁).

46. During 1955 it became clear that the income limits required revision. Because of the steady rise in earnings, an increasing proportion of manual workers' households shifted from Class C (£6-£9 per week) to Class B (£9-£15.) It was therefore decided that in 1956 the income ranges should be modified, the proportions to be aimed at (before the further adjustment described in paragraph 48 below) being Class A₁, 2½ per cent; A₂, 7½ per cent; B, 35 per cent; C, 30 per cent, and D, 25 per cent—approximately the proportions found in the first half of 1955. The new income grades had to be settled before the Ministry of Labour's October estimates of earnings were available, but taking into account the April estimates, subsequent changes in wage rates and further increases to be expected during 1956, the new points of subdivision were fixed at £27, £16, £10 and £6 10s. For the year 1956 these gave the percentage distribution A₁, 2·8; A₂, 9·8; B, 35·4; C, 29·6; D, 22·5.

47. It was known at the beginning of 1956 that agricultural workers in England and Wales, and probably also in Scotland, were shortly to have their minimum wage increased from £6 7s. to something over £6 10s. In order to keep the occupational composition of Classes C and D₁ as constant as possible throughout the year, the lower income limit for Class C households in which the head was an agricultural worker was temporarily fixed at £6 7s. pending the anticipated wage increases, which did in fact take place during the first quarter.

48. A further limitation of the old classification was that Class C was not well distinguished from Class D₁, which in some quarters had a higher average food expenditure per head. An experimental reclassification of earlier data suggested that this similarity was largely due to the inclusion in Class D₁ of a number of households, in receipt of incomes from members other than the head, whose food expenditure was characteristic of a higher income grade. Towards the lower end of the income scale, food expenditure per head appeared to be more closely related to the income of the chief earner than to that of the nominal head of the household, so that the effect of reclassifying on the income of the principal earner was to discriminate more sharply between Classes C and D₁ in food expenditure per head, net family income and household size, without appreciably affecting the averages for Classes A, B and C. The change was therefore introduced experimentally in 1956, with the results shown in Table 14, which gives the average domestic food expenditure per head and per household for each social class on both definitions, with some

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

TABLE 14
Food Expenditure and Social Class Distribution of Households, 1956

	Social Class										All households	
	A			B	C	D			O.A.P.			
	A1	A2	All			excluding O.A.P.	with earners (D1)	without earners (D2)				
Gross weekly income of head of household												
1955	£24 or more	£15-£24	£15 or more	£9-£15	£6-£9	Under £6						
1956	£27 or more	£16-£27	£16 or more	£10-£16	£6 10s.-£10	Under £6 10s.						
No. of households	(a) 272	940	1,212	3,402	2,843	1,164	} 303	693	9,617			
	(b) 276	969	1,245	3,604	3,185	587						
	(c) 4	29	33	202	342	577						
No. of persons	(a) 973	3,225	4,198	12,181	9,675	3,452	} 537	1,020	31,063			
	(b) 988	3,323	4,311	12,867	10,783	1,545						
	(c) 15	98	113	686	1,108	1,907						
Percentage of households	1955 2.5	7.5	10.1	37.1	27.4	13.6	} 3.9	7.9	100.0			
	1956(a) 2.8	9.8	12.6	35.4	29.6	12.1						
	(b) 2.9	10.1	12.9	37.5	33.1	6.1						
Average size of household	1955 3.57	3.52	3.53	3.54	3.39	3.00	} 1.72	1.49	3.19			
	1956(a) 3.58	3.43	3.46	3.58	3.40	2.97						
	(b) 3.58	3.43	3.46	3.57	3.39	2.63						
Average no. of adults	(c) (3.75)	3.38	3.42	3.40	3.24	3.31	} 1.77	1.47	3.23			
	(a) 2.24	2.18	2.20	2.16	2.21	2.22						
	(b) 2.24	2.20	2.21	2.19	2.25	1.80						
Average no. of children under 15	(c) (2.50)	2.79	2.76	2.75	2.59	2.66	} 1.57	1.46	2.12			
	(a) 1.06	1.03	1.03	1.18	0.93	0.48						
	(b) 1.05	1.01	1.02	1.14	0.87	0.55						
Percentage of adult males under 65 in non-sedentary occupations	(c) (0.75)	0.41	0.45	0.51	0.34	0.40	} 0.17	0.01	0.89			
	(a) 16	38	33	60	74	51						
	(b) 16	38	34	60	72	24						
Food expenditure per week:												
per person	(a) s. d. 34 2	s. d. 29 7	s. d. 30 8	s. d. 27 4	s. d. 26 5	s. d. 26 2	} 27 10	24 9	27 3			
	(b) 33 11	29 6	30 7	27 4	26 5	24 11						
	(c) (22 3)	28 7	28 0	28 0	26 9	27 3						
per household	(a) 122 1	101 5	106 1	98 0	89 10	77 8	} 49 3	36 6	88 2			
	(b) 121 6	101 4	105 10	97 8	89 6	65 8						
	(c) (83 5)	96 8	95 10	95 2	86 9	89 11						
Percentage change in expenditure (a) compared with 1955:												
per person	+ 5.8	+ 5.6	+ 5.4	+ 5.4	+ 6.8	+ 4.1	+ 9.4	+ 10.9	+ 6.3			
per household	+ 6.0	+ 3.0	+ 3.5	+ 6.6	+ 7.1	+ 3.0	+ 12.6	+ 9.3	+ 7.5			

(a) Based on income of head of household with new points of subdivision.

(b) Based on income of head where this was £6 10s. per week or more, or where there was no earner; otherwise on income of chief earner.

(c) Transferred households in which income of head was less than £6 10s. per week and income of chief earner £6 10s. or more.

demographic information. The new percentage distribution of households was A1, 2·9; A2, 10·1; B, 37·5; C, 33·1; D, 16·5.

49. Table 4 shows that the 577 transferred households, in which there was a chief earner other than the head, were of larger family size and greater food expenditure per head than the 587 households left in Class D1. Of the reallocated households, 4 were assigned to Class A1, 29 to A2, 202 to B and 342 to C. The D1 households promoted to Classes B and C had relatively high food expenditure, no doubt because they contained comparatively few children, but for the 33 families promoted to Class A the difference in expenditure went the other way; these households tended to resemble those in Class B, although they included an earner with a Class A income—probably because that earner was in most cases a manual worker. On the whole, however, it appears that in most respects the promoted households were closer to the groups with which the new rule associates them than to the remainder of Class D1. Their inclusion in Classes A, B and C had an almost negligible effect on the average food expenditure for those classes, and gave much sharper discrimination between Classes C and D1. The revised classification has therefore been adopted in the tables and text of the present Report, but analyses on the old basis (though with the revised income limits) are available for the four quarters of 1956, and have been used for comparison with the previous year. Experimental work on an alternative definition of social class based on occupation is reported in Chapter V.

Expenditure and Consumption

50. Table 14 gives the average domestic food expenditure per head and per household for each social class, with some demographic information. The average number of adults per household was almost the same (2·2) in Classes A, B and C, but the number of children was greatest (1·1) in Class B, as in 1954-5. The proportion of adult men under 65 who were engaged in non-sedentary occupations ranged from 16 per cent in Class A1 to 72 per cent in Class C on the new basis of classification, compared with 16 to 74 per cent on the old; comparative figures for 1955 were 14 and 76 per cent. The proportion of non-sedentary adult males whose work was classified as active or very active was again highest in Class A.

51. All classes spent more per head on food than in 1955, the increase being 5 to 7 per cent in Classes A, B and C, 4 per cent in Class D1 as hitherto defined, 9 per cent in Class D2 and 11 per cent in old age pensioner households, who thus regained most of the ground they had lost during the previous year. The increase in pensions in April 1955 seems to have had a delayed effect. Expenditure per head in pensioners' households was almost as high as in the reduced Class D1. In terms of expenditure per household, the rise was 3 to 7 per cent in the five earning classes, 12½ per cent in Class D2 and 9 per cent in old age pensioner households.

52. To determine whether class differences in food expenditure had really widened since 1952, when account is taken of the rise in money incomes, an alternative form of analysis was applied to eleven of the more common types of household (those listed in Table 16 below) which included some 69 per cent of all households, 60 per cent of all persons and about 63 per cent of the total expenditure recorded by all the households in the sample. The households of each type in each year were ranged in order of declared family income, and the median and upper and lower quartiles were determined for each year. The four income groups thus determined for each household type were then combined for all the eleven types each year.*

*In 1952 and 1953 "children" became "adolescents" on their fourteenth birthday; subsequently, on their fifteenth. The change in definition has little effect on the analysis.

Over the five years considered the demographic composition of each of the four equal groups thus defined varied only slightly. The proportion of earners was highest in the highest income group.

53. In Table 15 the average domestic food expenditure and declared family income per head in each of the four income groups defined above is expressed as a percentage of the average expenditure and family income for all households of the selected types who stated their total income, and also as a percentage of the corresponding averages in the year 1952.

TABLE 15

Average Domestic Food Expenditure and Declared Family Income per head 1952-56, by Income Groups

(Group I, above upper income quartiles; II upper income quartiles to medians; III medians to lower income quartiles; IV below lower income quartiles)

Income Group		Domestic food Expenditure per head					Declared family income per head				
		I	II	III	IV	I-IV	I	II	III	IV	I-IV
Year	Average household size (selected types)	<i>(as percentage of values for all households of selected types in each year)</i>									
		1952	2.77	114	103	96	87	100 (= 218. 6d.)	153	103	82
1953	2.73	112	104	97	87	100	150	104	84	62	100
1954	2.75	112	104	96	87	100	153	104	83	60	100
1955	2.73	113	104	97	86	100	152	104	83	60	100
1956	2.78	112	103	97	88	100	153	104	83	60	100
		<i>(As percentage of corresponding values in 1952)</i>									
1952		100	100	100	100	100	100	100	100	100	100
1953		108	111	112	111	110	108	112	112	110	110
1954		114	116	116	115	115	117	119	118	115	118
1955		124	126	126	124	125	127	129	129	125	128
1956		131	133	135	134	133	145	146	146	142	145

54. Table 15 confirms the finding that, when allowance is made for the fall in the value of money, there has been virtually no widening since 1952 of differences in food expenditure which can be attributed to differences in family income. This conclusion is not invalidated by the known propensity of informants to understate family incomes, since the definition of the income groups depends only on the ranking of incomes in each year, not on their absolute magnitude. All four income groups increased their expenditure by between 31 and 34 per cent between 1952 and 1956, in marked contrast to the very different percentage increases recorded for households of different composition. These disparities were even more marked in 1956 than in 1955, as is shown by Table 29 paragraph 95, Chapter VI. Table 15 also indicates that, for the groups shown in the table, while family incomes per person rose by about 13 per cent between 1955 and 1956, the increase in food expenditure was about 6 per cent.

55. The regression coefficient of the logarithm of mean food expenditure per person on the logarithm of mean family income per head for a sample of households

of given composition is an estimate of the income elasticity of total domestic food expenditure. The combined estimate for the eleven selected types was 0.28 in 1956, compared with 0.30, 0.29, 0.28 and 0.30 for the years 1952-55 respectively. The values obtained for the different household types varied considerably, but become more consistent if the average expenditures of the income groups are first adjusted for the effects of outside meals and visitors. This adjustment was largest for younger childless couples, for whom income differences in the incidence of meals taken outside the home were very marked. These younger couples with high incomes tend to eat out more often: for women living alone, however, the adjustment is in the opposite sense, since in their case those with high incomes are able to receive more visitors.

TABLE 16
Estimated Income Elasticity of Domestic Food Expenditure

<i>Type of Household</i>	<i>1956</i>	<i>Average 1952-56</i>	<i>1956 estimates adjusted for effects of meals out and visitors</i>
One man, one woman and:			
No other (both under 55)	0.13	0.14	0.27
No other (one or both 55 or over)	0.36	0.34	0.36
1 child	0.24	0.26	0.31
2 children	0.24	0.28	0.31
3 children	0.34	0.33	0.39
1 adolescent	0.20	0.26	0.28
1 child and 1 adolescent	0.22	0.27	0.26
One woman only	0.31	0.30	0.28
Two women	0.32	0.30	0.35
One man, two women	0.24	0.31	0.27
Two men, one woman	0.30	0.34	0.37
<i>All above households (weighted average)</i>	<i>0.28</i>	<i>0.29</i>	<i>0.32</i>

56. The values of the income elasticities of total domestic food expenditure of each household type in 1956 are shown in Table 16 with corresponding averages for the quinquennium 1952-56. Estimates obtained after adjusting for the effects of meals out and visitors on domestic food expenditure are also given. For nearly every selected household type the income elasticities are thereby increased, the estimate for all households rising by 0.04 to 0.32.

57. In view of the fairly consistent differences found between the elasticities shown by the selected household types, a study was undertaken on 1956 data of additional household types, and a closer analysis of the 11 types was also carried out, involving much stricter definitions of household composition. This more detailed treatment of the 11 selected types, which accounted for 63 per cent of the total domestic food expenditure of all the households in the sample, involved their sub-division into 26 more closely defined types, and these yielded a similar estimate (0.273 against 0.278). A further 46 types, mostly larger households (average size 3.9), accounted for an additional 16 per cent of households, 19 per cent of persons and 18 per cent of the total food expenditure, and these yielded an estimated income elasticity of 0.310. The difference between these values was not statistically significant, and the

combined estimate, which relates to households recording over 80 per cent of total expenditure was 0.280, almost exactly the same as that obtained from the original 11 types.

58. The results quoted for income elasticities in 1956 and previous years do not therefore appear to be seriously biased by the choice of household types, which for practical reasons must be limited to those occurring most frequently. However, understatement of family incomes is known to be relatively greater among households with higher incomes, so that all absolute values of income elasticity derived from declared incomes are probably a little on the high side.

59. The average food expenditure and value of food obtained for domestic consumption by households of different social class are shown for each quarter of the year in Table 17. Expenditure was highest in the second quarter in all classes except A1 and D2, for which the peak was delayed until the third. As in previous years the value of free food was greatest in Class A1 and slightly but consistently less in Class B than in Class C, which included most of the agricultural workers' households. The lowest average occurred in Class D1, but on the old classification the minimum would have been in old age pensioner households as before. All classes recorded lower averages than in 1954 and 1955, partly because of the unfavourable summer and partly, no doubt, because of a growing disinclination to cultivate allotments. The value of free supplies was highest in the third quarter except for Class A1 households, whose average tends to remain relatively high during winter months because of their access to free milk and cream, eggs and poultry.

60. Class differences in food prices were similar to those found in 1955, ranging from 8 per cent above the national average in Class A1 to 5 per cent below in old age pensioner households. This price index is of the Laspeyres type; the national average purchases per head of each food have been costed for each class at the average prices paid by that class, and the resulting total has been expressed as a percentage of the average domestic food expenditure per head for the whole sample; but a Paasche index, weighted according to the pattern of purchases in each class, gives closely similar results. The largest price differences between classes were found for coffee, ranging from 72 per cent above the national average in Class A1 to 22 per cent below in old age pensioner households; fish, +20 per cent in Class A1 to -13 per cent in the O.A.P. group; carcase meat, +12 to -12; bacon, +8 to -9, and other meat and meat products, +12 to -7; fresh green vegetables, +12 to -8, other vegetables (excluding potatoes), +17 to -10; cakes and biscuits, +11 to -7. For liquid milk, butter, margarine, bread and flour the range of class differences in price was 5 per cent or less, and for natural cheese, sugar and tea between 5 and 10 per cent.

61. A "price of energy" index, calculated by dividing the value of consumption by the energy value of the diet, varied from 30 per cent above the national average in Class A1 to 8 per cent below in old age pensioner households; the corresponding range in 1955 was from +28 to -8 per cent. The cost per calorie in Class D2 was 1½ per cent above the national average and greater than in Class B.

62. Details of class differences in domestic food expenditure and consumption are given in Tables 18 and 19, which may be compared with Tables 17 and 18 in the Annual Report for 1955. For nearly all the main foods, class differences in expenditure and consumption conformed to one of the following patterns:-

TABLE 17
 Food Expenditure and Value of Consumption by Social Class, 1956
 (per head per week)

	Social Class										All households
	A			B	C	D			O.A.P.		
	A1	A2	All			Excluding 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.	
1st Quarter											
Expenditure . . .	31 6	28 4	29 1	26 6	25 11	24 10	28 0	24 4	26 5	6	
Value of free food . .	2 3	9 1	1 1	5	6	4	4	3			
<i>Value of consumption .</i>	<i>33 8</i>	<i>29 1</i>	<i>30 2</i>	<i>26 10</i>	<i>26 5</i>	<i>25 2</i>	<i>28 5</i>	<i>24 7</i>	<i>26 11</i>		
2nd Quarter											
Expenditure . . .	34 8	30 6	31 6	28 9	27 1	26 1	26 5	25 5	28 4	6	
Value of free food . .	1 4	1 0	1 1	5	6	3	5	4			
<i>Value of consumption .</i>	<i>36 1</i>	<i>31 6</i>	<i>32 7</i>	<i>29 2</i>	<i>27 7</i>	<i>26 4</i>	<i>26 9</i>	<i>25 9</i>	<i>28 10</i>		
3rd Quarter											
Expenditure . . .	36 2	30 0	31 6	26 11	25 11	24 3	30 1	24 8	27 1		
Value of free food . .	2 3	2 8	2 7	1 3	1 3	1 0	1 4	1 0	1 5		
<i>Value of consumption .</i>	<i>38 4</i>	<i>32 8</i>	<i>34 1</i>	<i>28 2</i>	<i>27 2</i>	<i>25 3</i>	<i>31 5</i>	<i>25 7</i>	<i>28 6</i>		
4th Quarter											
Expenditure . . .	33 6	29 4	30 2	27 2	26 10	24 8	26 9	24 9	27 4		
Value of free food . .	2 8	1 4	1 6	8	9	3	8	4	9		
<i>Value of consumption .</i>	<i>36 2</i>	<i>30 8</i>	<i>31 7</i>	<i>27 10</i>	<i>27 7</i>	<i>24 11</i>	<i>27 5</i>	<i>25 1</i>	<i>28 1</i>		
Yearly Average											
Expenditure . . .	33 11	29 6	30 7	27 4	26 5	24 11	27 10	24 9	27 3		
Value of free food . .	2 2	1 5	1 7	8	9	5	8	6	10		
<i>Value of consumption .</i>	<i>36 1</i>	<i>31 0</i>	<i>32 1</i>	<i>28 0</i>	<i>27 2</i>	<i>25 5</i>	<i>28 6</i>	<i>25 3</i>	<i>28 1</i>		
Price index (all foods)	108.4	103.7	104.9	100.1	98.6	97.2	98.4	95.0	100.0		
'Price of energy' index (all foods)	129.5	111.5	115.6	99.7	96.2	93.5	101.5	92.2	100.0		

Maximum in Class A1, minimum in old age pensioner households:

cream, processed and packeted cheese; other meat, eggs; fresh green vegetables (expenditure), other vegetables (consumption), fresh and other fruit; breakfast cereals.

Maximum in Class A1 or D2, minimum in Class B, C or (most commonly) D1:

liquid milk, natural cheese; carcase meat, bacon (expenditure), fresh and processed

TABLE 18
 Domestic Food Expenditure by Social Class, 1956
 (pence per head per week)

	Social 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 . . .	35·12	31·11	32·04	27·96	27·09	29·02	36·38	34·91	28·65
Liquid, welfare . . .	1·24	1·18	1·19	1·30	1·01	0·59	0·24	0·02	1·09
<i>All Liquid Milk</i> . . .	36·36	32·29	33·23	29·26	28·10	29·61	36·62	34·93	29·74
Condensed . . .	0·98	1·27	1·21	1·34	1·32	1·08	1·15	1·11	1·30
Dried and other . . .	0·50	0·57	0·55	0·56	0·41	0·23	0·08	0·14	0·47
Cream . . .	3·54	1·56	2·02	0·80	0·66	0·49	1·17	0·20	0·89
<i>Total Milk and Cream</i>	41·38	35·69	37·01	31·96	30·49	31·41	39·02	36·38	32·40
CHEESE:									
Natural . . .	6·76	6·40	6·47	5·54	5·80	4·82	6·54	6·43	5·78
Processed and packeted . . .	1·76	1·44	1·50	1·40	1·39	1·24	1·19	1·01	1·38
<i>Total Cheese</i> . . .	8·52	7·84	7·97	6·94	7·19	6·06	7·73	7·44	7·16
MEAT:									
Carcass . . .	65·54	53·33	56·13	46·76	46·69	44·45	49·16	45·30	47·95
Bacon and ham, uncooked . . .	16·31	15·58	15·75	15·27	14·70	13·22	13·63	14·83	15·00
Other meat (a) . . .	34·84	29·90	31·06	28·00	28·34	26·00	24·06	19·19	28·11
<i>Total Meat</i> . . .	116·69	98·81	102·94	90·03	89·73	83·67	86·85	79·32	91·06
FISH:									
Fresh and processed (b) . . .	16·07	9·80	11·24	7·38	7·34	7·04	11·15	8·71	7·99
Prepared (c) . . .	4·35	4·85	4·74	5·41	5·02	4·43	3·53	3·02	5·03
<i>Total Fish</i> . . .	20·42	14·65	15·98	12·79	12·36	11·47	14·68	11·73	13·02
EGGS . . .	21·76	19·61	20·11	18·34	16·93	16·37	17·85	14·67	17·88
FATS:									
Butter . . .	17·88	14·92	15·59	12·91	12·16	11·14	15·46	14·56	13·01
Margarine . . .	5·08	5·44	5·36	6·07	6·31	6·26	5·78	5·38	6·04
Lard and compound cooking fat . . .	2·21	2·45	2·39	2·78	2·68	2·08	2·24	2·36	2·64
Other fats . . .	1·80	0·77	1·02	0·79	0·69	0·76	0·84	0·72	0·79
<i>Total Fats</i> . . .	26·97	23·58	24·36	22·55	21·84	20·24	24·32	23·02	22·48

(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.

TABLE 18 *continued*
(pence per head per week)

	Social Class								All households
	A			B	C	D		O.A.P.	
	A1	A2	All			Excluding O.A.P.			
				with earners (D1)	without earners (D2)				
SUGAR AND PRESERVES									
Sugar	10.06	9.27	9.46	9.26	9.43	9.33	9.80	9.67	9.38
Honey, preserves, syrup and treacle	5.27	4.33	4.54	4.01	3.64	3.70	5.16	4.47	3.98
<i>Total Sugar and Preserves</i>	<i>15.33</i>	<i>13.60</i>	<i>14.00</i>	<i>13.27</i>	<i>13.07</i>	<i>13.03</i>	<i>14.96</i>	<i>14.14</i>	<i>13.36</i>
VEGETABLES:									
Potatoes (including chips and crisps)	8.40	10.65	10.13	13.42	12.75	13.47	9.86	9.83	12.59
Fresh green	10.37	7.25	7.96	6.41	5.73	5.78	6.20	5.36	6.31
Other (d)	11.14	11.38	11.32	11.04	10.26	9.62	9.07	6.85	10.58
<i>Total Vegetables</i>	<i>29.91</i>	<i>29.28</i>	<i>29.41</i>	<i>30.87</i>	<i>28.74</i>	<i>28.87</i>	<i>25.13</i>	<i>22.04</i>	<i>29.48</i>
FRUIT:									
Fresh (e)	34.54	24.57	26.90	18.61	15.58	13.96	19.77	12.03	18.25
Other (f)	13.78	11.35	11.96	9.23	7.90	5.74	7.09	4.71	8.83
<i>Total Fruit (e)</i>	<i>48.32</i>	<i>35.92</i>	<i>38.86</i>	<i>27.84</i>	<i>23.48</i>	<i>19.70</i>	<i>26.86</i>	<i>16.74</i>	<i>27.08</i>
CEREALS:									
Brown bread	1.54	1.26	1.32	0.84	0.72	0.77	1.81	1.28	0.89
White bread	9.41	12.23	11.57	15.25	16.70	17.16	11.16	14.45	15.24
Wholewheat and wholemeal bread	1.38	1.10	1.16	0.73	0.70	0.88	2.04	1.32	0.83
Other bread (g)	3.72	2.62	2.87	2.00	2.11	2.30	2.65	2.41	2.18
<i>Total bread</i>	<i>16.05</i>	<i>17.21</i>	<i>16.92</i>	<i>18.82</i>	<i>20.23</i>	<i>21.11</i>	<i>17.66</i>	<i>19.46</i>	<i>19.14</i>
Flour	3.15	3.54	3.44	3.46	3.38	3.10	4.39	4.33	3.46
Cakes (h)	8.32	9.99	9.63	10.28	10.33	8.58	9.43	8.16	10.03
Biscuits	10.04	9.97	9.98	9.24	8.54	7.21	9.66	7.61	8.96
Oatmeal and oat-products	0.99	0.89	0.92	0.82	0.90	0.74	1.28	0.97	0.87
Breakfast cereals	3.56	3.15	3.24	3.00	2.66	1.96	2.49	1.60	2.81
Other cereals	5.24	4.28	4.49	3.68	3.37	2.73	3.30	2.74	3.61
<i>Total Cereals</i>	<i>47.35</i>	<i>49.03</i>	<i>48.62</i>	<i>49.30</i>	<i>49.41</i>	<i>45.43</i>	<i>48.21</i>	<i>44.87</i>	<i>48.88</i>
BEVERAGES:									
Tea	10.94	13.13	12.61	13.30	14.07	14.75	16.10	17.44	13.73
Coffee	8.40	3.83	4.90	2.17	1.99	1.87	3.57	2.24	2.48
Cocoa	0.75	0.50	0.56	0.61	0.57	0.39	0.77	0.49	0.58
Branded food drinks	0.87	0.86	0.87	0.72	0.76	0.83	1.81	1.32	0.79
<i>Total Beverages</i>	<i>20.96</i>	<i>18.32</i>	<i>18.94</i>	<i>16.80</i>	<i>17.39</i>	<i>17.84</i>	<i>22.25</i>	<i>21.49</i>	<i>17.58</i>
MISCELLANEOUS:									
<i>Total Expenditure</i>	<i>407.39</i>	<i>354.45</i>	<i>366.75</i>	<i>328.20</i>	<i>317.1</i>	<i>299.45</i>	<i>333.71</i>	<i>297.46</i>	<i>327.47</i>
	(33/11)	(29/6)	(30/7)	(27/4)	(26/5)	(24/11)	(27/10)	(24/9)	(27/3)

(d) Includes dried and canned vegetables, and vegetable products.

(e) Includes tomatoes.

(f) Includes dried, canned and bottled fruit.

(g) Includes rolls, fruit bread and sandwiches.

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

TABLE 19
Domestic Food Consumption by Social Class, 1956
(oz per head per week except where otherwise stated)

	Social Class								All house- holds	
	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.)	5.02	4.45	4.58	3.86	3.83	3.92	4.83	4.69	4.00	
Liquid, welfare and school (pt.)	0.86	0.86	0.86	0.99	0.77	0.49	0.32	0.02	0.83	
<i>All Liquid Milk (pt.)</i>	<i>5.88</i>	<i>5.31</i>	<i>5.44</i>	<i>4.85</i>	<i>4.60</i>	<i>4.41</i>	<i>5.15</i>	<i>4.71</i>	<i>4.83</i>	
Condensed (pt. or eq. pt.)	0.10	0.15	0.14	0.16	0.16	0.13	0.14	0.13	0.16	
Dried and other (pt. or eq. pt.)	0.04	0.15	0.13	0.12	0.12	0.08	0.03	0.02	0.11	
Cream (pt.)	0.05	0.02	0.03	0.01	0.01	0.01	0.01	..	0.01	
<i>Total Milk and Cream (pt. or eq. pt.)</i>	<i>6.07</i>	<i>5.63</i>	<i>5.74</i>	<i>5.14</i>	<i>4.89</i>	<i>4.63</i>	<i>5.33</i>	<i>4.86</i>	<i>5.11</i>	
CHEESE:										
Natural	2.67	2.64	2.64	2.36	2.48	2.09	2.84	2.74	2.45	
Processed and packeted	0.51	0.42	0.43	0.40	0.41	0.35	0.36	0.29	0.40	
<i>Total Cheese</i>	<i>3.18</i>	<i>3.06</i>	<i>3.07</i>	<i>2.76</i>	<i>2.89</i>	<i>2.44</i>	<i>3.20</i>	<i>3.03</i>	<i>2.85</i>	
MEAT:										
Carcase	23.33	20.17	20.88	18.47	18.86	18.63	20.15	20.46	19.06	
Bacon and ham, uncooked	5.11	5.28	5.24	5.18	5.00	4.66	4.77	5.49	5.11	
Other meat (a)	11.76	11.34	11.45	11.05	11.55	10.85	10.29	8.44	11.18	
<i>Total Meat</i>	<i>40.20</i>	<i>36.79</i>	<i>37.57</i>	<i>34.70</i>	<i>35.41</i>	<i>34.14</i>	<i>35.21</i>	<i>34.39</i>	<i>35.35</i>	
FISH:										
Fresh and processed (b)	7.07	4.93	5.42	4.25	4.29	4.54	6.45	5.64	4.53	
Prepared (c)	1.05	1.38	1.31	1.71	1.64	1.56	1.17	1.19	1.60	
<i>Total Fish</i>	<i>8.12</i>	<i>6.31</i>	<i>6.73</i>	<i>5.96</i>	<i>5.93</i>	<i>6.10</i>	<i>7.62</i>	<i>6.83</i>	<i>6.13</i>	
EGGS No.	5.45	5.04	5.13	4.40	4.15	3.88	4.19	3.50	4.35	
FATS:										
Butter	6.49	5.39	5.64	4.64	4.42	4.00	5.61	5.22	4.70	
Margarine	3.70	3.96	3.89	4.47	4.74	4.80	4.14	3.96	4.48	
Lard and compound cooking fat	1.63	1.85	1.80	2.20	2.13	1.70	1.82	2.05	2.08	
Other fats	0.66	0.51	0.55	0.62	0.55	0.62	0.67	0.56	0.58	
<i>Total Fats</i>	<i>12.48</i>	<i>11.71</i>	<i>11.88</i>	<i>11.93</i>	<i>11.84</i>	<i>11.12</i>	<i>12.24</i>	<i>11.79</i>	<i>11.84</i>	

(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.

TABLE 19 *continued**(os per head per week except where otherwise stated)*

	Social 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	18.41	17.61	17.81	17.79	18.17	18.02	18.53	18.67	18.00
Honey, preserves, syrup and treacle	4.62	4.00	4.14	3.75	3.38	3.30	4.92	4.35	3.69
Total Sugar and Preserves	23.03	21.61	21.95	21.54	21.55	21.32	23.45	23.02	21.69
VEGETABLES:									
Potatoes (including chips and crisps)	39.51	50.11	47.60	60.79	60.87	61.04	48.41	46.46	58.43
Fresh green	18.69	15.15	15.97	14.28	14.05	12.52	15.26	13.82	14.34
Other (d)	17.22	17.14	17.14	17.21	16.83	15.68	17.16	13.18	16.89
Total Vegetables	75.42	82.40	80.71	92.28	91.75	89.24	80.83	73.46	89.66
FRUIT:									
Fresh (e)	38.51	27.79	30.26	20.92	17.39	15.05	24.91	14.85	20.56
Other (f)	9.58	8.11	8.46	6.88	5.90	4.23	4.73	3.63	6.51
Total Fruit (e)	48.09	35.90	38.72	27.80	23.29	19.28	29.64	18.48	27.07
CEREALS:									
Brown bread	4.30	3.45	3.63	2.23	1.90	1.96	4.88	3.43	2.38
White bread	27.40	35.59	33.67	44.20	48.82	49.62	32.41	41.48	44.36
Wholewheat and wholemeal bread	2.61	2.12	2.22	1.42	1.36	1.78	4.02	2.54	1.60
Other bread (g)	4.28	3.17	3.44	2.46	2.67	2.95	3.49	3.62	2.74
Total Bread	38.59	44.33	42.96	50.31	54.75	56.31	44.80	51.07	51.08
Flour	7.11	8.08	7.84	7.88	7.76	6.96	10.20	9.70	7.89
Cakes (h)	4.16	5.27	5.02	5.78	5.97	5.07	5.41	5.02	5.67
Biscuits	5.52	5.62	5.60	5.41	5.14	4.50	6.12	5.01	5.30
Oatmeal and oat products	1.24	1.14	1.16	1.02	1.16	0.98	1.62	1.28	1.11
Breakfast cereals	2.12	2.02	2.04	1.92	1.74	1.29	1.64	1.09	1.81
Other cereals	3.92	3.29	3.45	3.00	2.86	2.53	3.04	2.59	2.97
Total Cereals	62.66	69.75	68.07	75.32	79.38	77.64	72.83	75.76	75.83

TABLE 19 *continued*
(*os per head per week except where otherwise stated*)

	Social Class								All households
	A			B	C	D			
	A1	A2	All			Excluding O.A.P.	O.A.P.		
				with earners (D1)	without earners (D2)				
BEVERAGES:									
Tea	2.17	2.63	2.52	2.77	3.02	3.22	3.36	3.72	2.88
Coffee	1.14	0.52	0.67	0.34	0.33	0.31	0.44	0.43	0.38
Cocoa	0.28	0.18	0.21	0.22	0.20	0.15	0.24	0.16	0.21
Branded food drinks .	0.22	0.22	0.22	0.18	0.20	0.21	0.46	0.34	0.20
<i>Total Beverages</i> .	<i>3.81</i>	<i>3.55</i>	<i>3.62</i>	<i>3.51</i>	<i>3.75</i>	<i>3.89</i>	<i>4.50</i>	<i>4.65</i>	<i>3.67</i>

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

fish; butter; sugar (expenditure), preserves; fresh green vegetables (consumption); flour, biscuits, oatmeal; coffee, cocoa, branded food drinks; miscellaneous foods (expenditure).

Maximum in Class B, C or D1, minimum in Class A1 or old age pensioner households: prepared fish, margarine, lard and compound cooking fats (consumption); potatoes; bread, cakes.

Maximum in old age pensioner households, minimum in Class A1 or A2: sugar (consumption); tea.

63. As in 1955, tea was the only commodity to show a regular upward gradient in consumption and expenditure from the highest income group to the lowest. Processed and packeted cheese had an almost equally regular downward gradient, but most foods exhibited either a maximum or a minimum at an intermediate point on the income scale, because class differences, though defined in terms of income, also involve differences in household composition; in particular there were relatively few children in Class D but more elderly adults. For most foods, the pattern of class differences in consumption followed those in expenditure, and the exceptions are readily explained. Thus, although Class A1 had the highest expenditure on uncooked bacon and ham, consumption was greatest in the old age pensioner households, who bought cheaper cuts. The discrepancies for biscuits and sugar can be explained similarly.

64. Consumption of liquid milk was as usual greatest in Class A1 households, many of which benefited by welfare and school milk and some by free supplies, but expenditure was higher in Class D2 and not much lower in old age pensioner households, which did not enjoy these benefits. Expenditure on liquid milk was lowest in Class C, but consumption was smallest in Class D1, which contained fewer children entitled to benefit, though full-price retail purchases were slightly greater in Class D1 than in Classes B and C.

65. Of the three sections of Class D, the old age pensioner households and Class D2 both tended to improve their position. In some respects, such as their large purchases of tea, flour and branded food drinks, these two groups are similar, but Class D2 is characterized by several well-established middle-class features, such as a liking for fresh fruit and coffee. Their strong preference for butter rather than margarine and their small consumption of potatoes are shared by Class A and by old age pensioner households. The diet in Class D1 households, after the removal to a

TABLE 20
Energy Value and Nutrient Content of Diets of Households of
Different Social Class, 1956
(per head per day)

	Social 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 (Cal.)	2,603	2,596	2,597	2,624	2,642	2,537	2,626	2,562	2,624
Total protein (g.)	78	76	76	75	76	73	75	73	76
Animal protein (g.)	50	46	47	42	42	40	44	41	43
Fat (g.)	118	112	113	108	107	101	111	105	108
Carbohydrate (g.)	308	322	319	337	343	334	332	331	337
Calcium (mg.)	1,104	1,068	1,078	1,032	1,022	966	1,048	997	1,029
Iron (mg.)	13.9	13.4	13.5	13.3	13.4	12.6	13.1	12.2	13.3
Vitamin A (i.u.)	5,088	4,714	4,804	4,366	4,196	3,950	4,271	3,714	4,310
Vitamin B ₁ (mg.)	1.23	1.22	1.22	1.21	1.21	1.16	1.20	1.15	1.21
Riboflavin (mg.)	1.82	1.74	1.75	1.65	1.62	1.55	1.68	1.57	1.63
Nicotinic acid (mg.)	13.9	13.1	13.3	13.0	13.0	12.7	13.2	12.6	13.0
Vitamin C (mg.)	64	56	58	51	47	45	48	39	50
Vitamin D (i.u.)	154	156	155	152	150	138	143	124	150

higher income grade of households with a chief earner in that grade, was less attractive than that in any other class. They had the smallest consumption of milk, natural cheese, bacon, eggs, butter and fresh green vegetables, but the largest of bread, potatoes and margarine.

Energy Value and Nutrient Content

66. Table 20 shows the energy and nutritive value of household diets according to class. For all nutrients except carbohydrate and vegetable protein there were downward gradients, somewhat irregular, from Class A1 to Class D1; within Classes A and D, the sub-groups differed markedly, Classes A1 and D2 obtaining in most respects the more abundant diet. In spite of these downward gradients, the simi-

larity in the nutrient composition of the diets of households in Classes A2, B, C and D2 was striking, their consumption of all nutrients except animal protein and vitamins A and C being within 6 per cent of the national average; for Classes B and C the nutritional pattern of the diet was almost identical with the national average. These two groups contained 71 per cent of all households and 76 per cent of all persons in the sample. The greatest class variation was found for vitamin C, the consumption of which was 28 per cent above the average for all households in Class A1 and 22 per cent below in old age pensioner households. In other respects, too, these two sub-groups, and also Class D1, differed markedly from the rest. In Class A1 the values were much higher than the national average; in addition to their high vitamin C consumption these households obtained between 9 per cent and 18 per cent more animal protein, fat, vitamin A and riboflavin than the national average. Within Class D, the nutritive value of the diet of Class D2 exceeded that of the other two sub-groups for energy value and all nutrients except carbohydrate.

67. Thus the data in Table 20 tend to divide themselves into three levels, with Class A1 at one end of the scale, Classes A2, B, C and D2 intermediate and Class D1 and old age pensioner households at the other end. It is interesting to note that Classes A1 and D2 differ from the remainder of Class A and Class D in the same nutrients, namely animal protein, fat, vitamin A, riboflavin, nicotinic acid and vitamin C, and for the same reasons—mainly because of their relatively high consumption of milk, cheese, carcase meat, fish, butter, fruit and vegetables and their relatively low consumption of bread.

68. In comparison with similar data for 1955 the household diet in Class A1 showed a fall of between 2 and 8 per cent in the estimates for most vitamins and up to 4 per cent in energy value, protein, calcium and iron; the only nutrient to reach the 1955 level was vitamin C. Classes A2, B and C either maintained the 1955 level or showed slight increases in animal protein, fat and vitamins A and D; Class C also slightly increased its intake of riboflavin. For energy value and other nutrients these classes showed decreases of up to 4 per cent. Because of the change in the definition of Class D1 in 1956 it is not possible to make a comparison between the years. Old age pensioner households, however, either maintained or increased their dietary levels for energy value and all nutrients (the greatest increases were 5 and 6 per cent for animal protein and fat respectively); Class D2 likewise increased their dietary levels for energy value and all nutrients, the greatest increase being 8 per cent for vitamin A. Thus the differences between Classes A1 and A2 and between old age pensioner households and the rest of Class D were less in 1956 than in 1955.

69. Decreased consumption of bread and other cereals was common to all classes; in addition consumption of flour and potatoes fell in all the earning classes. The effect of the lower consumption of bread in old age pensioner households was wholly or partly counterbalanced by increased consumption of most other main foods, including all meats, fish, eggs, fats, fresh fruit and vegetables. Similar trends, namely an increase in milk, all meats (excluding bacon), cheese, eggs, fats, fresh fruit and vegetables occurred in Class D2. No other class showed a similar rise in so many foods. Thus, compared with 1955, the overall picture is that the trend was downward in Class A1, in which consumption fell for most foods of animal origin other than carcase meat, butter and eggs, and upward in old age pensioner households and Class D2: in other classes the effect of the fall in the contribution from cereals and potatoes was not offset so fully by the increase in the consumption of many other foods, especially those of animal origin.

TABLE 21

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)

	Social 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	110	107	108	106	103	102	112	111	105
Total protein	109	105	105	101	99	98	112	114	102
Calcium	115	112	113	106	106	100	113	112	107
Iron	114	111	111	110	108	99	100	92	108
Vitamin A	219	204	207	190	175	161	160	135	182
Vitamin B ₁	131	127	128	123	118	117	130	125	122
Riboflavin	126	118	120	110	104	103	117	112	109
Nicotinic acid	149	136	139	132	127	128	142	137	132
Vitamin C	294	258	267	235	214	197	214	178	226

70. Table 21 shows the comparison between dietary intake and nutritional allowances based on those recommended by the British Medical Association. The only nutrients for which percentages of less than 100 were found were protein in Classes C and D1 (99 and 98 respectively) and iron in old age pensioner households (92). Downward gradients occurred from Class A1 to Class D1. Most of the percentages in Class D2 and old age pensioner households were higher than in Class D1; for energy value and protein and the B vitamins, the allowances for which are associated with energy value, the percentages for these two groups of elderly adults exceeded those for Classes B and C and in some instances even those for Class A. The resemblance between the calcium percentages in Classes A and D2 and the old age pensioner households arose partly on account of the relatively high milk consumption in Classes A and D2 and also because of the relatively low calcium requirements of the two non-earning classes.

71. Compared with the previous year the changes in the percentages in Table 21 are similar to those described for the nutritive value of the diet. In Class A1 the percentages for energy value and all nutrients except vitamin C fell; in Classes A2, B and C changes were smaller, but also generally downward for calcium, iron and all vitamins except A. There were no downward changes for the old age pensioner households and almost none for Class D2. Low percentages for iron in these two groups have been a constant feature of their diets but both were greater in 1956 than in 1955; for Class D2 the increase was from 96 to 100 per cent and for old age pensioner households from 90 to 92 per cent. All but these two groups shared the decreases in the percentages for iron and vitamin B₁ and all but these two and Class A1 those for vitamin C; only the old age pensioner group escaped the general fall in the percentages of protein. All classes except A1 showed increases for Vitamin A.

72. The proportions of the total energy value derived from protein, fat and carbohydrate in 1952, 1955 and 1956 are shown in Table 22. In 1956, compared with 1955, there was a tendency for the contributions from carbohydrate and protein to decrease and for that from fat to rise in all types of household except Class A1; the latter showed an increase for carbohydrate and decreases for both protein and fat—a reflection of the general downward trend in the consumption of many foods of animal origin (see para. 69). Nevertheless the changes were slight and Class A1

TABLE 22
Percentage of Energy Value derived from Protein,
Fat and Carbohydrate, 1952, 1955 and 1956
(per cent)

	Social Class								All households
	A			B	C	D		O.A.P.	
	A1	A2	All			Excluding O.A.P.			
				with earners (D1) ¹	without earners (D2)				
PROTEIN									
1952	n.a.	n.a.	12.9	12.6	12.6	12.7		12.5	12.6
1955	12.2	11.7	11.8	11.7	11.5	11.7	11.6	11.5	11.6
1956	11.9	11.7	11.8	11.5	11.5	11.5	11.4	11.4	11.5
FAT									
1952	n.a.	n.a.	36.7	34.6	33.8	34.1		34.6	34.5
1955	40.8	38.0	38.7	36.9	36.0	36.1	36.9	36.0	36.6
1956	40.7	38.7	39.1	37.1	36.6	35.9	38.0	37.0	37.1
CARBOHYDRATE									
1952	n.a.	n.a.	50.4	52.8	53.6	53.2		52.9	52.9
1955	47.0	50.3	49.5	51.5	52.4	52.1	51.5	52.5	51.7
1956	47.4	49.6	49.1	51.4	52.0	52.6	50.6	51.6	51.4
	<i>Percentage of Total Protein derived from Animal Sources</i>								
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
1955	62.5	57.5	58.8	54.9	52.8	53.4	56.6	54.8	54.5
1956	64.4	60.2	61.1	56.3	55.4	54.2	58.0	56.9	56.3
Percentage of calories from animal protein									
1952	n.a.	n.a.	7.1	6.2	6.0	6.1		6.0	6.2
1955	7.7	6.7	6.9	6.4	6.1	6.3	6.5	6.2	6.3
1956	7.7	7.1	7.2	6.5	6.3	6.2	6.6	6.5	6.5

¹Data for Class D1 in 1955 and 1956 are not strictly comparable.

maintained its position as the class deriving the greatest proportion of the energy value of the diet from protein and fat. All classes showed decreases in the proportions from protein and carbohydrate and increases in those from fat between 1952 and 1956. From Class A1 to Class D1 the most noteworthy gradient was a replacement of fat by carbohydrate as a source of energy. The percentage from protein, although highest in Class A1, was similar in all classes. The pattern of the diet of old age pensioner and Class D2 households was, by the criterion of this analysis, closer to that of Class B than to that of Class D1.

73. Table 22 also shows that the proportions of total protein derived from animal sources and of energy value derived from animal protein rose between 1952 and 1956, increases caused mainly by the changes in the consumption of bread, flour, potatoes and meat. In 1956 the proportion of the total protein from animal sources was greater in Class D2 and old age pensioner households than in Class B and that in Class A1, despite the generally decreased nutritive value of its household diet, continued to increase, to over 64 per cent.

V

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

74. 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, on that of the chief earner), but for many purposes it is of advantage to adopt the alternative definition, based on occupation, which is used by the Registrars-General, who define five broad social classes principally in terms of occupational skill or status. This classification has not hitherto been employed in the analysis of National Food Survey data, since the prerequisite information on occupational skill was not obtained from informants before July 1956. The present study, restricted therefore to the second half of 1956, considers these five broad social classes, but further distinguishes skilled miners in Class III, agricultural workers in Class IV, and non-manual workers in Classes III and IV as follows:—

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 the head is not gainfully occupied, or in which his occupation was not described in terms which could be classified as above.

75. Table 23 shows for each of these groups, the number of households, the average household size, declared net family income per person (no doubt understated in some groups), and weekly expenditure on food in the second half of 1956. Because of seasonal variations, the tables in this chapter are not comparable with similar tables in Chapters III, IV, VI, VII and VIII.

76. The classification of households according to the occupational skill of the head produces a markedly different social class distribution from that obtained by classifying according to his income. The former classification allocates only 18 per cent of the households in the sample to the two highest classes (compared with 50 per cent placed in Classes A and B by the latter), and concentrates 46 per cent of households in Class III. At the lower end of the scale, there is, in comparison

with the 1951 census results, some apparent under-representation of households in which the head is in an unskilled occupation, but this most probably arises from exaggeration of occupational status by informants.

TABLE 23
Domestic Food Expenditure of Occupational Groups, July-December, 1956

Group	No. of households	No. of persons	No. of persons per household	No. of children per household	No. of earners per household	Declared net family income per person per week	Expenditure on food per person per week	Value of free food per person per week	Value of consumption per person per week
						£	s. d.	s. d.	s. d.
I Professional and technical occupations	174	586	3.37	1.02	1.37	6.74	3s 1	1 6	3s 7
II Intermediate occupations	657	2,232	3.40	0.92	1.57	5.13	2s 3	2 9	3s 11
III Skilled occupations:									
Mining, manual workers	95	366	3.85	1.31	1.57	4.35	2s 8	7	2s 3
Other manual workers	1,625	5,748	3.54	1.10	1.67	3.98	2s 0	9	2s 9
Non-manual workers	448	1,381	3.08	0.81	1.58	4.46	2s 10	8	2s 7
IV Partly skilled occupations:									
Agricultural workers	86	306	3.56	1.05	1.71	3.07	2s 5	4 2	2s 7
Other manual workers	398	1,478	3.71	1.17	1.73	3.84	2s 6	7	2s 1
Non-manual workers	50	133	2.66	0.62	1.50	3.55	2s 4	8	2s 0
V Unskilled occupations:									
Not gainfully occupied	370	1,303	3.52	0.99	1.79	3.74	2s 2	5	2s 7
Not gainfully occupied	813	1,656	2.04	0.26	0.41	2.99	2s 4	1 0	2s 4
All households	4,716	15,189	3.22	0.90	1.43	4.12	2s 2	10	2s 1

77. Households in which the head is a manual worker tend to contain more adults and more children than households of the same class in which the occupation of the head is non-manual. Class variations in household size are, for manual workers' households, associated with the number of children, who are most numerous in the families of miners and partly skilled industrial workers; in non-manual workers' households, however, the number of children increased from Class IV up to Class I and the number of adults from Class IV to Class II. Although the number of adults was fairly constant in manual workers' households, the number of earners was greater in the lower social classes; in the non-manual workers' households, the number of earners varied less, but the proportion of adults who are employed increased with diminishing occupational skill. Income was naturally closely related to social class, except that unskilled workers in Class V had higher earnings (per family and per person) than the rather small sample of non-manual workers in Class IV, while agricultural workers' incomes were the lowest among the gainfully occupied groups shown in the table.

78. It was presumably to be expected that a social classification based on occupational skill would exhibit a rather narrower range of family income and hence of expenditure on food than one determined by reference to income. It can be seen from Table 23 that weekly food expenditure declined from 32s. 1d. per head in Class I to 26s. 2d. in Class V, compared with a range from 34s. 10d. in Class A1 to 24s. 5d. in D1 in the classification used in Chapter IV, but there is little difference between expenditure in all sections of Classes IV and V, if allowance is made for the substantial free supplies of food obtained by agricultural workers. Even in Class III, the households of skilled manual workers other than miners spent only 10d. more on food per head per week than households in Class V. Miners in Class

TABLE 2.4
 Occupational Groups Based on Registrars-General's Social Classes
 Domestic Food Expenditure
 July-December, 1956
 (pence per head per week)

	Registrars-General's Social Class										All Households		
	I Professional, etc. Occupations	II Inter-mediate Occupations		III Skilled Occupations			IV Partly Skilled Occupations			V Unskilled Occupations		Net Gainsfully Occupied	
		Other Manual Workers		Non-Manual Workers		Agricultural Workers	Other Manual Workers		Non-Manual Workers				
MILK AND CREAM:													
Liquid, retail	35.76	28.95	22.90	28.68	32.30	19.52	25.60	30.90	26.70	34.84	29.84	1.08	
Liquid, welfare	1.40	1.08	1.32	1.20	1.10	0.85	1.41	0.63	1.02	0.86			
All Liquid Milk	37.16	30.03	24.22	29.88	33.40	20.37	27.01	31.53	27.72	35.70	30.72		
Condensed	1.40	1.13	1.47	1.60	1.39	0.87	1.30	1.68	1.23	1.38	1.41		
Dried and other	0.43	0.60	0.57	0.64	0.44	0.18	0.61	0.16	0.44	0.19	0.50		
Cream	2.44	1.63	1.15	0.72	1.06	0.78	0.73	0.25	0.34	0.84	0.94		
Total Milk and Cream	41.42	33.39	27.61	32.84	36.29	22.12	29.65	33.62	29.73	37.45	33.17		
CHEESE:													
Natural	7.76	7.10	5.08	5.55	5.86	8.79	5.46	4.76	5.08	6.04	5.94		
Processed and packeted	1.52	1.40	1.21	1.00	1.61	1.12	1.58	1.73	1.31	1.22	1.48		
Total Cheese	9.28	8.50	6.29	7.15	7.47	9.91	7.04	6.49	6.39	7.26	7.42		
MEAT:													
Carcase	58.03	53.24	52.17	46.56	48.56	45.59	45.62	48.97	46.64	47.60	48.27		
Bacon and ham, uncooked	15.28	15.48	17.99	14.72	15.17	16.77	15.56	14.20	16.10	13.70	15.06		
Other meat (a)	33.46	27.81	29.52	29.37	27.23	24.00	30.85	33.72	29.54	24.89	28.65		
Total Meat	106.77	96.53	99.68	90.65	90.96	86.96	92.03	96.89	92.28	86.19	91.98		

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

Domestic Food Consumption and Expenditure, 1956

TABLE 24 continued
(pence per head per week)

	Registrar-General's Social Class												All Households				
	I		II		III				IV			V					
	Professional, etc. Occupations	Intermediate Occupations	Mining Manual Workers	Other Manual Workers	Non-Manual Workers	Agricultural Workers	Other Manual Workers	Non-Manual Workers	Unskilled Occupations	Not Gainfully Occupied							
FISH:																	
Fresh and processed (b)	13.25	9.86	6.29	7.22	8.30	4.06	6.34	7.35	6.85	9.47	7.98						
Prepared (c)	4.42	4.13	8.79	4.96	3.92	2.86	6.43	4.94	5.78	4.04	4.90						
Total Fish	17.67	13.99	15.08	12.18	12.22	7.82	12.77	12.29	12.63	13.51	12.88						
EGGS																	
Butter	15.72	15.09	15.42	12.08	13.46	12.20	11.62	13.02	11.80	13.69	12.94						
Margarine	5.32	5.23	5.90	6.30	5.60	7.43	6.21	5.92	7.10	6.10	6.10						
Lard and compound cooking fat	2.84	2.69	3.75	2.67	2.56	3.54	2.92	2.26	2.46	2.19	2.66						
Other fats	1.19	0.82	0.52	0.75	0.90	0.72	0.89	0.68	0.76	0.71	0.78						
Total Fats	25.07	23.85	25.59	21.74	22.52	23.89	21.64	21.88	22.12	22.69	22.48						
SUGAR AND PRESERVES:																	
Sugar	10.44	9.76	9.10	9.85	9.38	10.94	9.50	8.40	9.58	9.94	9.75						
Honey, preserves, syrup and jam	4.37	4.23	4.14	3.52	4.30	3.88	2.93	3.47	3.55	4.45	3.79						
Total Sugar and Preserves	14.81	13.99	13.24	13.37	13.68	14.82	12.43	11.87	13.13	14.39	13.54						
VEGETABLES:																	
Potatoes (including chips and crisps)	7.63	5.75	12.93	9.89	8.39	3.03	10.30	10.04	10.98	8.49	8.76						
Fresh green	8.30	6.02	5.27	6.12	7.22	1.67	5.06	6.72	5.41	5.60	5.95						
Other (d)	10.24	8.46	10.47	9.37	9.60	4.37	9.97	8.56	9.63	7.74	9.13						
Total Vegetables	26.17	20.23	28.67	24.78	25.21	9.07	25.23	25.32	26.02	21.83	23.84						

(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.

TABLE 24 continued
(pence per head per week)

	Registrar-General's Social Class											All Households
	I Profes- sional, etc. Occupations	II Inter- mediate Occupations	III Skilled Occupations			IV Partly Skilled Occupations			V Unskilled Occupations	Not Gainfully Occupied		
			Mining Manual Workers	Other Manual Workers	Non- Manual Workers	Agricul- tural Workers	Other Manual Workers	Non- Manual Workers				
FRUIT:												
Fresh (e)	29.63	23.18	17.27	17.72	21.33	10.93	15.75	17.88	13.67	16.16	18.46	
Other (f)	13.83	11.89	10.66	9.40	9.95	9.40	8.68	5.55	6.82	6.96	9.44	
Total Fruit (e)	43.46	35.07	27.93	27.12	31.28	20.33	24.43	23.43	20.49	23.12	27.90	
CEREALS:												
Brown bread	1.90	1.39	1.20	0.81	1.06	0.26	0.69	0.93	0.53	1.09	0.96	
White bread	9.09	12.38	21.19	16.43	13.59	18.79	18.22	16.34	20.07	15.09	15.80	
Wholewheat and wholemeal bread	0.98	1.26	0.14	0.66	0.93	0.74	0.44	0.94	0.58	1.39	0.82	
Other bread (g)	3.28	2.76	1.39	2.12	2.48	1.82	2.20	2.54	1.98	2.76	2.34	
Total Bread	15.25	17.79	23.92	20.08	18.06	21.61	21.55	20.75	23.16	20.33	19.92	
Flour	3.42	4.03	4.62	3.30	2.96	5.04	3.18	2.73	3.43	4.00	3.52	
Cakes (h)	8.87	9.92	11.04	10.13	10.16	10.03	11.31	7.62	10.05	8.98	10.02	
Biscuits	10.46	9.94	9.66	9.32	9.72	8.48	8.91	6.48	7.70	8.14	9.16	
Oatmeal and oat products	0.95	0.94	0.33	0.75	0.74	0.66	0.64	1.18	0.86	0.81	0.78	
Breakfast cereals	3.80	3.18	2.34	3.18	3.18	3.00	2.87	2.18	2.58	2.12	2.97	
Other cereals	5.13	4.39	3.09	3.69	4.15	2.95	3.18	2.93	3.01	3.23	3.69	
Total Cereals	47.88	50.19	55.00	50.39	48.97	51.77	51.64	43.87	50.79	47.61	50.06	
BEVERAGES:												
Tea	11.51	12.12	14.29	13.83	13.12	13.00	14.18	13.80	14.70	15.15	13.66	
Coffee	6.56	3.76	1.68	1.98	2.70	2.38	1.79	2.45	1.01	2.47	2.42	
Cocoa	0.61	0.48	0.40	0.64	0.53	0.78	0.56	0.46	0.40	0.51	0.56	
BranDED food drinks	0.80	0.72	0.84	0.73	0.62	0.45	0.60	0.40	0.36	1.06	0.70	
Total Beverages	19.48	17.08	17.21	17.18	16.97	16.61	17.13	17.11	16.47	19.19	17.34	
MISCELLANEOUS:												
	9.53	8.32	7.11	7.40	7.73	5.18	6.10	5.29	5.19	6.06	7.11	
Total Expenditure	385.06 (32s. 1d.)	338.88 (28s. 3d.)	344.01 (28s. 8d.)	323.68 (27s. 0d.)	334.39 (27s. 10d.)	281.37 (23s. 5d.)	317.76 (26s. 6d.)	316.02 (26s. 4d.)	324.04 (26s. 2d.)	316.36 (26s. 4d.)	326.47 (27s. 2d.)	

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

TABLE 25
Occupational Groups Based on Registrars-General's Social Classes
Domestic Food Consumption
July-December, 1956
(oz. per head per week except where otherwise stated)

	Registrars-General's Social Class										All Households	
	I	II	III			IV			V	Not Gainfully Occupied		
	Profes- sional, etc. Occupations	Inter- mediate Occupations	Mining Manual Workers	Other Manual Workers	Non- Manual Workers	Agricul- tural Workers	Other Manual Workers	Non- Manual Workers	Unskilled Occupations			
MILK AND CREAM:												
Liquid, retail	4.56	4.64	3.02	3.78	4.22	4.11	3.34	4.02	3.51	4.37	3.98	
Liquid, welfare and school	0.92	0.76	1.08	0.93	0.82	0.63	1.00	0.50	0.78	0.28	0.81	
All Liquid Milk	5.48	5.40	4.10	4.71	5.04	4.74	4.34	4.52	4.29	4.65	4.79	
Condensed	0.16	0.13	0.15	0.19	0.14	0.11	0.16	0.18	0.17	0.16	0.17	
Dried and other	0.12	0.12	0.38	0.15	0.09	0.26	0.14	0.08	0.15	0.04	0.12	
Cream	0.03	0.02	0.02	0.01	0.02	0.04	0.01	0.01	0.01	
Total Milk and Cream	5.79	5.67	4.65	5.06	5.29	5.15	4.65	4.78	4.61	5.06	5.09	
CHEESE:												
Natural	3.00	2.86	2.07	2.34	2.47	3.57	2.26	2.10	2.16	2.56	2.46	
Processed and packeted	0.42	0.40	0.36	0.47	0.44	0.32	0.47	0.49	0.44	0.36	0.44	
Total Cheese	3.42	3.26	2.43	2.81	2.91	3.89	2.73	2.59	2.60	2.92	2.90	
MEAT:												
Carcass	20.98	19.79	19.36	18.50	19.00	18.31	18.16	19.54	19.41	19.96	19.04	
Bacon and ham, uncooked	4.64	5.22	5.92	4.79	5.01	5.44	5.21	4.90	5.40	4.73	4.99	
Other meat (a)	11.83	10.91	12.02	11.49	10.63	10.99	12.09	12.88	11.89	10.34	11.27	
Total Meat	37.45	35.92	37.30	34.78	34.64	34.74	35.46	37.41	36.70	34.93	35.30	

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

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

	Registrar-General's Social Class											All Households	
	I Professional, etc. Occupations	II Intermediate Occupations		III Skilled Occupations			IV Partly Skilled Occupations			V Unskilled Occupations			Not Gainfully Occupied
			Mining Manual Workers	Other Manual Workers	Non-Manual Workers	Agricultural Workers	Other Manual Workers	Non-Manual Workers					
FISH:													
Fresh and processed (b)	6.47	5.01	3.75	4.18	4.61	3.93	3.70	4.42	4.13	4.46	5.33	4.46	
Prepared (c)	1.24	1.09	3.59	1.66	1.23	0.93	2.13	2.06	2.09	1.58	1.43	1.58	
Total Fish	7.71	6.10	6.34	5.84	5.84	3.86	5.83	6.48	6.22	6.04	6.76	6.04	
EGGS	5.06	4.80	4.37	4.18	4.50	4.32	3.78	4.12	3.97	4.26	3.93	4.26	
FATS:													
Butter	5.76	5.67	5.25	4.50	5.10	4.61	4.24	4.85	4.34	4.81	5.09	4.81	
Margarine	3.72	3.82	4.26	4.58	3.98	5.58	4.58	4.08	5.26	4.44	4.50	4.44	
Lard and compound cooking fat	2.02	2.05	2.85	2.31	1.96	2.86	2.28	1.62	2.00	2.06	1.72	2.06	
Other fats	0.61	0.54	0.46	0.56	0.75	0.52	0.70	0.52	0.62	0.58	0.54	0.58	
Total Fats	12.11	12.08	12.82	11.75	11.79	13.57	11.80	11.07	12.22	11.89	11.85	11.89	
SUGAR AND PRESERVES:													
Sugar	18.98	18.12	17.16	18.85	17.91	21.08	18.31	16.20	18.44	18.58	18.91	18.58	
Honey, preserves, syrup and treacle	4.37	3.88	3.62	3.26	3.91	3.86	2.65	3.60	3.06	3.48	4.14	3.48	
Total Sugar and Preserves	23.35	22.00	20.78	22.11	21.82	24.94	20.96	19.80	21.50	22.06	23.05	22.06	
VEGETABLES:													
Potatoes (including chips and crisps)	48.88	49.62	84.60	60.13	58.11	59.58	66.20	63.45	68.07	59.14	53.91	59.14	
Fresh green	21.36	19.40	16.89	18.49	18.60	23.70	17.83	19.53	17.43	18.51	17.47	18.51	
Other (d)	17.28	16.08	15.69	16.39	16.93	12.62	17.42	13.45	16.85	16.24	14.79	16.24	
Total Vegetables	87.52	85.10	117.18	95.01	93.74	95.90	101.45	96.43	102.35	93.89	86.17	93.89	

(d) Includes dried and canned vegetables, and vegetable products.

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

Domestic Food Consumption and Expenditure, 1956

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

	Registrars-General's Social Class										All Households	
	I		II		III			IV				V
	Profes- sional, etc. Occupations	Inter- mediate Occupations	Mining Manual Workers	Other Manual Workers	Non- Manual Workers	Agricul- tural Workers	Other Manual Workers	Non- Manual Workers	Unskilled Occupations	Not Gainfully Occupied		
FRUIT:												
Fresh (e)	37.11	29.21	18.30	21.10	26.00	16.98	17.38	19.85	15.34	21.05	22.32	
Other (f)	8.86	8.16	7.84	6.77	7.10	7.05	6.40	5.32	4.99	4.86	6.73	
Total Fruit (e)	45.97	37.37	26.14	27.87	33.10	24.03	23.78	25.17	20.33	25.91	29.05	
CEREALS:												
Brown bread	5.13	3.51	2.72	2.04	2.63	0.66	1.61	2.54	1.25	2.69	2.39	
White bread	24.85	34.12	57.59	44.85	36.75	52.23	49.52	44.16	54.86	40.78	43.10	
Wholewheat and wholemeal bread	1.84	2.42	0.30	1.26	1.76	1.35	0.82	1.82	1.14	2.68	1.56	
Other bread (g)	4.32	3.28	1.32	2.64	2.88	1.82	2.94	3.76	2.78	3.57	2.92	
Total Bread	36.14	43.33	61.93	50.79	44.02	56.06	54.89	58.28	60.03	49.72	49.97	
Flour	7.32	9.04	10.61	7.45	6.80	11.36	7.06	6.11	7.72	8.93	7.92	
Cakes (h)	4.47	5.20	5.60	5.66	5.56	5.31	6.15	4.49	6.03	5.06	5.54	
Biscuits	5.68	5.64	5.24	5.27	5.76	5.19	5.27	4.06	4.70	5.09	5.39	
Oatmeal and oat products	1.19	1.20	0.42	0.92	0.86	0.74	0.76	1.32	1.04	1.06	0.96	
Breakfast cereals	2.30	2.02	1.38	2.01	2.08	1.93	1.88	1.50	1.66	1.36	1.90	
Other cereals	3.85	3.42	2.53	2.98	3.13	2.52	2.69	2.54	2.53	2.85	2.97	
Total Cereals	61.15	69.85	87.71	75.30	68.21	83.11	78.70	72.30	83.71	74.07	74.65	
BEVERAGES:												
Tea	2.26	2.44	2.95	2.94	2.73	2.82	3.06	3.14	3.16	3.25	2.88	
Coffee	0.84	0.47	0.30	0.32	0.39	0.58	0.32	0.36	0.20	0.38	0.36	
Cocoa	0.22	0.16	0.14	0.22	0.20	0.26	0.20	0.19	0.15	0.17	0.20	
Branded food drinks	0.20	0.19	0.20	0.18	0.17	0.11	0.14	0.12	0.10	0.27	0.18	
Total Beverages	3.52	3.28	3.59	3.66	3.49	3.77	3.72	3.82	3.62	4.07	3.62	

(e) Includes tomatoes.

(f) Includes dried, canned and bottled fruit.

(g) Includes rolls, fruit bread and sandwiches.

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

III spent more on food than other workers in the same class, and even more than those in Class II, whose families contained fewer children; the latter group, however, more than made up the difference by obtaining free supplies from gardens and allotments, and more meals outside the home.

79. Tables 24 and 25 show the expenditure on and consumption of the main foods by households of each occupational group in July–December 1956. If the comparatively small segregated groups of miners', agricultural workers' and non-manual workers' households in Classes III and IV are disregarded, the consumption of most main foods declined steadily from Class I to Class V, the gradation being steepest for fresh fruit. For bread and potatoes, margarine and tea, the class gradient in consumption was, however, reversed. Somewhat surprisingly, reversed class gradients in consumption were also exhibited for bacon except for a peak in Class II, and for cakes except for a fall in Class V. Downward class gradients in the consumption of several foods are reversed in Class V households who consumed more carcass meat, fish, eggs, butter, oatmeal and preserves than the households of partly skilled "other" manual workers in Class IV.

80. The diets of non-manual workers' households in Classes III and IV were, in many respects, superior to those of "other" manual workers' households in the same classes, but were generally inferior to the diets of the next higher class. Thus, the non-manual workers obtained more milk and eggs than the corresponding manual workers; they exercised a stronger preference for butter and for brown and wholemeal bread; they consumed more fresh fruit and fresh green vegetables, and were less dependant on bread and potatoes as sources of energy.

81. The main feature of the average diet of the skilled miners' households in Class III is their heavy consumption of most of the main energy foods. They obtained more bread, potatoes, beef and veal, pork, bacon, prepared fish, welfare and dried milk (though not total milk) than any other class, but had the lowest consumption of liquid milk, rolls, wholemeal bread, fresh green vegetables, mutton and lamb, cheese, oatmeal and cocoa. They had a relatively high consumption of fats and of flour, and a low consumption of prepared breakfast and "other" cereals.

82. The average diet of the agricultural workers' households in Class IV, while in some respects governed by their high energy requirements, was influenced by free or cheap supplies of certain foods and by distribution problems. These households consumed more sugar, fats, flour, fresh green vegetables, natural cheese, cream and cocoa than any other group of households, but had the lowest consumption of fish, "other" vegetables, brown bread, processed cheeses and "other" cereals; they consumed larger quantities of liquid milk, bacon, eggs, preserves, bread and coffee than other Class IV households, but smaller quantities of condensed milk and potatoes.

83. Table 26 shows the calorie value and nutrient content of the average household diet of these groups. For all nutrients, except carbohydrate, the general tendency was slightly downwards from Class I to Class V. There were, however, several exceptions; within Classes III and IV, there were marked differences between the groups, largely due to the individuality of the diet in families of miners and agricultural workers. Indeed, apart from these two groups and Classes I and II, the nutrient composition of the diets was within 5 per cent of the average for all nutrients other than vitamins A and C, with manual (other than mining) and non-manual workers in Class III and manual (other than agricultural) workers in Class IV nearest to the national average.

84. The values for Class I were, on the whole, the highest, particularly for vitamins A and C; this class also obtained 8–9 per cent more animal protein and riboflavin

TABLE 26
Occupational Groups based on Registrar-General's Social Classes
Energy Value and Nutrient Content of the Diet
July-December, 1956

	Registrar-General's Social Class										All Households	
	I		II		III			IV		V		
	Profes- sional, etc. Occupations	Inter- mediate Occupations	Mining Manual Workers	Other Manual Workers	Non- Manual Workers	Agricul- tural Workers	Other Manual Workers	Non- Manual Workers	Unskilled Occu- pations	Not Gainfully Occupied		
INTAKE PER PERSON PER DAY	2,576	2,616	2,856	2,613	2,548	2,820	2,632	2,520	2,700	2,582	2,618	
Calories	75	76	81	75	73	77	75	74	77	74	75	
Total protein (g.)	47	46	43	48	43	48	41	42	42	48	43	
Animal protein (g.)	113	111	114	107	108	115	107	104	108	106	108	
Fat (g.)	314	327	377	339	322	369	342	322	355	334	337	
Carbohydrate (g.)	1,080	1,082	1,044	1,024	1,021	1,104	995	976	1,008	1,012	1,088	
Calcium (mg.)	13.6	13.8	14.9	13.6	13.6	13.8	13.6	13.4	14.0	13.2	13.8	
Iron (mg.)	5,122	4,710	3,938	4,453	4,553	3,808	4,286	4,035	4,350	3,943	4,428	
Vitamin A (i.u.)	1.25	1.25	1.43	1.24	1.22	1.29	1.26	1.28	1.29	1.21	1.25	
Vitamin B ₁ (mg.)	1.80	1.75	1.66	1.68	1.70	1.64	1.62	1.62	1.64	1.62	1.66	
Riboflavin (mg.)	13.6	13.4	14.4	13.3	13.1	13.1	13.3	13.4	13.8	13.1	13.4	
Nicotinic acid (mg.)	71	61	62	57	61	52	57	57	55	53	58	
Vitamin C (mg.)	161	132	184	156	145	157	148	158	161	158	158	
Vitamin D (i.u.)	113	108	103	104	108	102	102	101	103	108	105	
AS PERCENTAGE OF REQUIREMENTS	110	105	97	99	103	94	97	100	98	106	101	
Total protein	116	113	103	105	109	111	101	101	103	108	106	
Calcium	115	113	120	111	113	109	111	105	112	101	113	
Iron	226	201	165	192	196	158	183	169	184	151	188	
Vitamin A	138	130	130	125	131	117	124	129	124	127	127	
Vitamin B ₁	130	119	98	110	119	97	104	107	103	111	110	
Riboflavin	151	140	131	133	140	119	151	135	138	158	156	
Nicotinic acid	338	281	278	264	284	231	257	254	246	234	264	
Vitamin C												

than the national average, but slightly less iron, findings which reflect their higher consumption of fresh fruit and vegetables, of milk, cheese and meat and their lower consumption of bread and flour. The intake of Class II equalled or slightly exceeded the national average for all nutrients. Miners' (Class III) households were above average for all nutrients, except vitamin A. Their large consumption of bread, flour, and potatoes contributed to their high intakes of iron, vitamin B₁ and nicotinic acid. Agricultural workers' families obtained 14 per cent less vitamin A and 10 per cent less vitamin C than the average, mainly because of their relatively low consumption of liver, carrots and fresh fruit, especially citrus fruit, while low consumption of liver and margarine were the main causes of the relatively low vitamin A intake of the families of non-manual workers in Class IV. The diet of Class V was in many respects similar to or slightly better than that of non-manual workers in Class IV. The diet of those not gainfully occupied was for all nutrients, except for vitamins A and C, less than 4 per cent below the average.

85. Table 26 also shows the comparison between dietary intake and nutritional allowances based on the recommendations of the British Medical Association. Since the Registrars-General's classification is based on occupation, and hence reflects physical activity as well as skill, the energy allowances of the classes vary more widely than in the classification by income; in general the more active manual workers, except miners and agricultural workers, are less skilled. These variations in requirements alter the relative dietary status of certain groups.

86. Again the general gradient was downwards from Class I to Class V, but within Classes III and IV the percentages for the nutrients associated with energy (protein and the B vitamins) tended to increase as energy requirements decreased. Although the nutrient composition of the diet of the group of households whose head was not gainfully occupied was the least, their requirements were correspondingly low, because they contained few children and, by their definition, no active workers except a few whose occupation was vaguely described. Thus this class showed percentages above 100 for all nutrients. For similar reasons, the groups of non-manual workers in Classes III and IV had satisfactory intakes of all nutrients. Class I showed the highest values for all nutrients, followed by Class II and the groups of households with less active workers mentioned above.

87. Percentages below 100 were found for protein in miners' and other manual workers' households in Class III, in agricultural and other manual workers' households in Class IV and in Class V. Miners' and agricultural workers' households also showed relatively low values for riboflavin, for which the allowance is related to energy requirements and in which bread, flour and potatoes are not particularly rich.

88. The proportions of total energy value derived from protein, fat and carbohydrate for these households are given in Table 27. This analysis emphasized the greater part played by carbohydrate foods in the diets of the more active workers. Class I derived the greatest proportion of energy from protein and fat. The non-manual workers' households exhibited a fairly common pattern similar to that of Class II. Indeed, the contribution of protein to the energy value of the diets of all groups—apart from agricultural workers—was remarkably constant.

89. Table 27 also shows the proportion of total protein obtained from animal sources. This reflects the previous findings: the lowest percentages were found in the households containing the most active workers; Classes I and II, the non-manual workers in Classes III and IV and those not gainfully employed all showed values above the average for all households.

TABLE 27
 Percentage of Energy Value derived from Protein, Fat and Carbohydrate and of Protein from Animal Sources
 (per cent)

	Registrar-General's Social Class										All Households	
	I Professional, etc. Occupations	II Intermediary Occupations	III Skilled Occupations			IV Partly Skilled Occupations			V Unskilled Occupations	Not Gainfully Occupied		
			Mixing Manual Workers	Other Manual Workers	Non- Manual Workers	Agricultural Workers	Other Manual Workers	Non- Manual Workers				
Protein	11.6	11.6	11.4	11.4	11.4	11.4	11.4	11.4	11.4	11.4	11.4	11.5
Fat	39.6	38.3	33.9	36.7	38.1	36.6	37.1	36.1	36.1	36.9	37.1	37.1
Carbohydrate	48.8	50.1	52.7	51.9	50.5	51.9	51.0	52.3	51.0	51.7	51.4	51.4
Animal protein as percentage of total protein	65.3	60.0	53.5	56.1	59.0	54.5	54.8	54.0	54.0	57.5	56.7	56.7

VI

Household Diets and Family Composition

Classification

90. The extent to which the size and composition of a household influences its diet has been emphasized in earlier reports. Since 1954 the Survey sample has been divided into eight "classified" types of household, in which the adult element consisted of one man and one woman (a "couple", usually man and wife) and three "unclassified" groups, in which the adults numbered one, or three or more, or two of the same sex. In 1956 the classified groups included 65 per cent of the households in the sample, 66 per cent of the persons, 62 per cent of the adolescents (15 but under 21) and 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 group provides a suitable basis for comparison with classified households containing different numbers of children (called "family households"), since few adults in such households are over 55.

91. As in 1955, the diet of the unclassified households with adults only was generally similar in pattern to that of the older couples, though at a somewhat lower level. The diet of unclassified households containing adolescents but no children approached that of the corresponding classified group, while the residual unclassified group containing children had a pattern of food expenditure broadly resembling that of the two-adult families with children and adolescents. The nutritional position of these groups is discussed in paragraph III.

92. It can be inferred from Table 3 of Appendix A that heads of families with two children tended to have higher incomes than those with only one child, and slightly higher than those with more than two. Class A contained nearly as large a percentage of the households with four or more children as of the one-child families, and there were relatively fewer of the former than of the latter below Class B. In these large families 29 per cent of the men of working age were engaged in active or very active manual work and 30 per cent in sedentary occupations, compared with 16 and 38 per cent respectively in one-child families and 15 and 45 per cent for younger childless couples. The heavy manual worker can command the maximum earnings in his occupation much earlier than the sedentary worker, and in general the size of his family is probably less affected by economic considerations.

Expenditure and Consumption

93. Table 28 gives the food expenditure and value of consumption per head per week in households of different composition during each quarter of 1956 and for the year. Expenditure in all types of household was greatest in the second quarter, when food prices were at their peak. The rise between the first and second quarters was greatest for younger childless couples, whose average food expenditure reached the unprecedented level of 39s. 5d. per head per week, and smallest in households with four or more children who spent 17s. 10d. per head. Part of the widening of the gap between large and small families was seasonal, but the effect of even a temporary sharp rise in food prices is more marked in families with several children, as it is for those living on fixed incomes. In the third quarter the lower prices of fruit

TABLE 28
Domestic Food Expenditure and Value of Consumption by Household Composition, 1956
(per head per week)

	Classified households with one male and one female adult and										Unclassified 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		
	s. d.	s. d.	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.	
1ST QUARTER																	
Expenditure	31 5	35 9	27 8	23 5	19 11	17 5	23 5	31 0	24 0	24 10	30 9	29 2	29 9	24 0	24 6	24 6	24 6
Value of free food	7	6	5	3	5	1	3	4	4	10	8	9	9	6	6	6	6
Value of consumption	38 1	36 8	28 1	23 8	20 4	17 6	26 8	31 5	24 10	34 6	31 6	30 11	31 11	24 7	24 7	24 7	24 7
2ND QUARTER																	
Expenditure	33 9	39 5	29 7	24 4	21 6	17 10	24 4	34 1	25 7	25 7	32 4	32 0	32 0	24 11	24 11	24 11	24 11
Value of free food	11	5	5	5	4	5	5	7	5	5	7	6	6	7	7	7	7
Value of consumption	34 8	39 10	30 0	24 8	21 10	18 3	24 8	34 8	26 0	26 0	33 0	32 6	32 6	25 6	25 6	25 6	25 6
3RD QUARTER																	
Expenditure	32 11	38 2	28 11	24 0	20 9	16 7	24 0	31 6	23 10	23 10	31 5	30 4	30 4	24 4	24 4	24 4	24 4
Value of free food	11	1 2	1 1	1 5	10	7	5	7	7	7	8	7	7	7	7	7	7
Value of consumption	34 9	39 4	30 0	25 5	21 7	17 2	25 5	33 1	25 4	25 4	33 2	31 11	31 11	26 0	26 0	26 0	26 0
4TH QUARTER																	
Expenditure	32 2	38 5	29 3	24 1	21 5	17 9	24 1	32 9	23 8	23 8	31 0	29 9	29 9	24 0	24 0	24 0	24 0
Value of free food	11	1 0	6	7	6	9	7	11	7	7	8	6	6	7	7	7	7
Value of consumption	33 0	39 5	29 9	24 8	21 11	18 5	24 8	33 8	24 4	24 4	32 8	31 3	31 3	24 7	24 7	24 7	24 7
YEARLY AVERAGE																	
Expenditure	32 7	37 11	28 10	23 11	20 11	17 5	23 11	32 4	24 3	24 3	31 5	30 4	30 4	24 4	24 4	24 4	24 4
Value of free food	1 1	9	7	8	6	5	6	10	10	10	11	11	11	10	10	10	10
Value of consumption	33 8	38 8	29 6	24 7	21 5	17 10	24 7	33 2	25 2	25 2	32 5	31 5	31 5	25 2	25 2	25 2	25 2
PERCENTAGE INCREASE IN 1956 OVER 1955																	
Expenditure	+8	+5	+6	+6	+5	+2	+6	+7	+8	+8	+10	+12	+12	+6	+6	+6	+6
Value of consumption	+7	+4	+5	+6	+4	+2	+6	+6	+9	+9	+9	+11	+11	+6	+6	+6	+6
Expenditure per household:	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.	s. d.	s. d.	s. d.
Yearly average	65 1	75 10	86 7	95 9	104 5	113 3	86 7	103 7	121 6	121 6	66 10	109 8	109 8	116 10	116 10	116 10	116 10
Price index (all foods)	100.1	100.8	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

and vegetables enabled all types of household to reduce their food expenditure. The fall in value of consumption was relatively greatest in the largest families, whose diet compared unfavourably with that in the third quarter of 1955; this decline was apparently made good in the fourth quarter, when, however, the proportion of Class A households in the group was unusually high. The groups containing adolescents, which had previously been lagging behind the general upward trend in food expenditure, gained some ground during the year, and the older couples and other wholly adult households improved their relative position.

94. Households of all types spent more on food in 1956 than in any previous year, the increase in expenditure per head being greatest in unclassified households with adolescents but no children (3s. 3d. or 12 per cent), unclassified adult households (3s. or 10 per cent) and older couples (2s. 6d. or 8 per cent). The increases in expenditure per household in family households of different sizes were of the same order of magnitude, rising from 3s. 7d. for younger childless couples to 5s. 8d. in families with two children and falling to 3s. 10d. in those with four or more. The corresponding increases *per head* exhibited their usual regular downward trend with size of family, from 1s. 9d. for younger couples to only 5d. in households with four or more children.

95. The widening of the differences in expenditure per head between large and small families since 1952 is illustrated in Table 29.

TABLE 29
Increase in Domestic Food Expenditure per head, 1952-1956
(1952=100)

	1952	1953	1954	1955	1956
ALL HOUSEHOLDS					
Food price index	100	105	107	114	119
Food expenditure per head	100	110	114	124	132
FOOD EXPENDITURE PER HEAD					
Older couples, one or both 55 or over	100	112	123	131	141
Younger couples, both under 55	100	109	114	127	133
One man and one woman with					
1 child	100	109	114	124	132
2 children	100	107	112	120	128
3 children	100	105	109	121	127
4 or more children	100	105	107	115	118
adolescents only	100	110	116	127	135
adolescents and children	100	107	111	120	130

96. Thus all except the largest families increased their expenditure on food more than enough to keep pace with the general increase in the price of food. As the general level of food prices rose between 1955 and 1956 by 4 per cent, it would appear at first sight that families with four or more children, whose food expenditure increased by only 2½ per cent, suffered an absolute as well as a relative deterioration in their position; but the point requires closer examination. Under free conditions it can no longer be assumed that price increases affect all types of household almost equally. A price index of the Fisher Ideal type has therefore been constructed

(Table 30) for three selected family groups, with 1952 as base year, and a quantity index has been calculated by dividing the expenditure index shown in Table 29 by this price index.

TABLE 30
Indices of Average Prices and Quantities Purchased, 1952-56
(1952=100)

	1952	1953	1954	1955	1956
PRICE INDEX					
Younger couples, both under 55	100	105	108	115	121
One man and one woman with 2 children	100	104	107	113	118
4 or more children	100	105	107	114	115
QUANTITY INDEX					
Younger couples, both under 55	100	104	105	110	110
One man and one woman with 2 children	100	103	105	107	109
4 or more children	100	100	99	101	102

97. The simplest explanation of these figures is that the increase in expenditure by childless households between 1955 and 1956 went to buy improved quality or service, with no increase in quantity, while the families with four or more children maintained the quantity of their purchases, but only by seeking cheaper varieties and possibly sacrificing quality. These comparisons are related to the base year 1952, but the point is confirmed by calculating index numbers for 1956 directly on 1955 as base period; these show a price rise of 5 per cent for younger couples, with no change in the quantity index, while families with four or more children showed almost no change in the price level, but an increase of some 2 per cent in quantity. The last line of the above table suggests that the largest families participated hardly at all in the general improvement in the level of the diet which occurred between 1952 and 1956.

98. As is explained in paragraph 29 of the 1955 Report, changes in the average quality of purchases affect the price index because the Survey cannot distinguish every variety of food. With an indefinitely detailed classification of foods, such changes in average quality would always be regarded as a replacement of some foods by others; they would thus affect not the price but the quantity index, which could then be regarded as a true measure of consumer satisfaction.

99. Because of the general decrease in the value of free supplies of fruit and vegetables, the percentage rise in the value of consumption between 1955 and 1956 was somewhat lower in nearly all types of household than the corresponding rise in food expenditure.

100. The average expenditure per calorie ranged from 14 per cent above the general average in younger childless two-adult households to 23 per cent below in families with four or more children. In 1955 the range was from +12 to -18 per cent. The corresponding range in a Laspeyres-type index of food prices was from 4 per cent above the average for younger couples to 6 per cent below in the largest families, compared with +3 to -2 per cent in 1955. Although the effect of family size on

Consumption per head by households of different composition compared with younger childless couples (both under 55), 1956
(per cent)

	Households with one male and one female adult and										Unclassified households with		
	no other		children				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							
Protein requirements	100	96	96	93	93	93	113	95	114	101			
Calcium requirements	100	105	111	115	119	122	125	103	116	117			
Liquid milk	100	96	96	95	90	79	82	94	84	83			
Cheese	100	99	70	62	50	46	67	91	83	63			
Meat (including bacon)	100	94	74	59	51	45	63	87	86	66			
Fish	100	116	79	64	55	44	69	102	89	70			
Eggs	100	84	80	72	62	52	73	84	88	72			
Fats	100	94	83	74	68	65	80	90	89	76			
Sugar and preserves	100	102	88	84	78	78	87	94	88	79			
Potatoes (including chips and crisps)	100	87	97	89	96	94	99	85	106	93			
Fresh green vegetables	100	94	73	61	44	39	60	85	73	59			
Other vegetables	100	87	88	71	65	65	74	81	88	74			
Fresh fruit	100	82	76	65	51	34	62	81	72	58			
Other fruit	100	70	82	62	55	39	58	68	78	57			
Bread	100	94	85	74	78	86	96	92	106	88			
Flour	100	131	85	75	71	55	75	100	89	75			
Other cereals	100	83	85	79	72	65	74	81	85	72			
Beverages	100	95	74	58	50	45	62	88	78	62			
Energy requirements	100	97	90	85	83	80	98	96	105	93			

the prices paid for particular commodities was thus more marked than before, it remained less pronounced than the effect of social class (cf. Table 17). Taking the general level of food prices as the datum line, the relative level of prices paid by different groups for the commodities constituting the average household diet increased in all types of household without children, but declined in all groups containing children, though the changes between 1955 and 1956 were slight except for the largest families.

101. 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, however, less than in 1955 because the sample contained fewer manual workers. For most foods the pattern of group differences was much the same as in the previous year; there was a slight levelling up in consumption of sugar and preserves, potatoes,

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, 1952-56.

Commodity	Year	(a) Younger Couples	(b) Large Families	(c) Differences	(b) as percentage of (a)	
Butter		<i>oz. per head per week</i>				
	1952	2.91	2.75	0.16	95	
	1953	3.86	3.20	0.66	83	
	1954	5.38	2.71	2.67	50	
	1955	6.84	2.28	4.56	33	
	1956	6.86	2.13	4.83	31	
Margarine	1952	4.61	4.44	0.17	96	
	1953	4.49	4.16	0.33	93	
	1954	5.14	4.77	0.37	93	
	1955	4.58	4.96	-0.38	108	
	1956	4.12	5.24	-1.12	127	
	Lard and compound cooking fats.	1952	2.17	2.04	0.13	94
1953		2.29	1.86	0.43	81	
1954		2.87	1.89	0.98	66	
1955		2.89	1.57	1.32	54	
1956		2.70	1.40	1.30	52	

cereal foods and total fats, but some widening for fresh green vegetables and fresh fruit, for which the downward trend with increasing family size was even steeper than in 1955. In comparison with their relative energy requirements, shown at the foot of the table, families with one to three children obtained more than a proportionate amount of potatoes and milk, but rather less bread and much less of other important foods than their energy requirements would indicate. Families with four or more children obtained relatively more than their share of bread and potatoes, but less milk and much less of all other major foods. In comparison with their protein and especially with their calcium requirements, the position of the larger families was decidedly less favourable than for energy value.

102. For most of the formerly rationed commodities the redistribution of demand which accompanied or followed decontrol was completed during 1955, and changes

TABLE 33
Domestic Food Expenditure by Household Composition, 1956
(pence per head per week)

	Classified households with one male and one female adult and										Unclassified households with															
	no other										adolescents only				adults only				adolescents and children				one or more children with or without adolescents			
	one or both adults aged 55 or over	both adults under 55	children only				4 or more				adolescents only	adolescents and children	adults only	adolescents but no children	one or more children with or without adolescents											
		1	2	3	4 or more																					
MILK AND CREAM:																										
Liquid, retail	37.14	37.61	24.76	21.26	15.17	33.94	25.86	33.97	26.43	35.78	30.36	25.88	33.97	26.43	35.78	30.36	25.88	33.97	26.43	35.78						
Liquid, welfare	0.02	0.33	2.28	2.40	2.61	0.03	0.37	0.97	1.43	1.38	0.05	0.57	0.97	1.38	1.31	0.08	0.66	0.96	1.27	1.12						
All Liquid Milk																										
Condensed	37.16	37.94	27.04	23.66	17.78	33.97	26.43	33.97	26.43	35.78	30.43	26.43	33.97	26.43	35.78	30.43	26.43	33.97	26.43	35.94						
Dried and other	1.50	1.73	1.18	0.97	0.76	1.43	1.38	0.80	0.80	0.80	1.31	1.38	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80						
Cream	0.06	0.10	0.97	0.83	0.15	0.08	0.56	0.96	0.96	0.96	0.08	0.56	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96						
	0.96	1.99	0.64	0.41	0.15	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96	0.96						
Total Milk and Cream	39.68	41.76	29.83	25.87	19.49	36.43	28.41	36.43	28.41	38.31	32.96	28.41	36.43	28.41	38.31	32.96	28.41	36.43	28.41	38.31						
CHEESE:																										
Natural	8.19	7.94	4.86	3.84	3.45	6.26	5.30	6.26	5.30	7.35	6.45	5.30	6.26	5.30	7.35	6.45	5.30	6.26	5.30	7.35						
Processed and packaged	1.35	2.00	1.22	1.01	0.90	1.77	1.23	1.77	1.23	1.32	1.72	1.23	1.77	1.23	1.32	1.72	1.23	1.77	1.23	1.32						
Total Cheese	9.54	9.94	6.08	4.85	4.35	8.03	6.53	8.03	6.53	8.67	8.17	6.53	8.03	6.53	8.67	8.17	6.53	8.03	6.53	8.67						
MEAT:																										
Carcass	66.34	70.47	38.35	31.08	23.72	58.40	38.09	58.40	38.09	60.96	57.95	38.09	58.40	38.09	60.96	57.95	38.09	58.40	38.09	60.96						
Bacon and ham, uncooked	20.97	21.90	11.89	9.78	7.95	18.70	12.48	18.70	12.48	18.68	16.64	12.48	18.70	12.48	18.68	16.64	12.48	18.70	12.48	18.68						
Other (a)	30.95	42.23	23.15	20.71	17.07	35.56	25.50	35.56	25.50	31.92	33.17	25.50	35.56	25.50	31.92	33.17	25.50	35.56	25.50	31.92						
Total Meat	118.26	134.60	73.39	61.57	48.74	112.66	76.01	112.66	76.01	111.56	107.76	76.01	112.66	76.01	111.56	107.76	76.01	112.66	76.01	111.56						

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

Domestic Food Consumption and Expenditure, 1956

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

	Classified households with one male and one female adult and						Unclassified 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 and processed (b)	13.02	10.53	7.29	5.99	5.10	3.71	8.08	6.23	11.57	8.50	6.85
Prepared (c)	5.39	7.78	5.82	4.29	3.80	2.89	7.14	4.61	5.27	5.92	4.31
Total Fish	18.41	18.31	13.11	10.28	8.90	6.60	16.12	10.84	16.84	14.42	11.16
EGGS	19.70	24.85	19.45	16.60	14.29	12.29	20.67	15.91	19.45	19.74	16.14
FATS:											
Butter	17.57	19.36	13.70	10.66	8.80	5.87	15.87	9.72	17.45	14.14	11.04
Margarine	5.91	5.71	5.68	5.72	6.63	6.84	6.84	7.35	5.44	6.19	6.04
Lard and compound cooking fat	3.02	3.54	2.93	2.50	1.75	2.83	2.83	2.55	2.76	2.87	2.31
Other fats	1.16	1.07	0.66	0.66	0.60	0.75	0.95	0.68	0.79	0.91	0.80
Total Fats	27.66	29.68	22.97	19.54	17.54	15.00	26.49	20.30	26.44	24.11	20.19
SUGAR AND PRESERVES:											
Sugar	10.73	10.95	9.47	8.93	8.22	8.22	10.04	9.18	10.06	9.57	8.54
Honey, preserves, syrup and treacle	4.89	4.40	3.81	3.86	3.73	3.95	4.64	4.06	4.24	3.51	3.50
Total Sugar and Preserves	15.62	15.35	13.28	12.79	11.95	11.57	14.68	13.24	14.30	13.08	12.04
VEGETABLES:											
Potatoes (d)	11.11	14.24	13.48	11.99	12.16	12.44	14.18	13.23	11.33	14.42	12.58
Fresh green	7.83	10.87	6.90	5.31	4.06	2.72	7.43	4.84	8.29	6.63	5.07
Other (e)	10.50	14.88	12.24	9.70	9.07	8.20	12.09	9.88	10.36	11.84	9.80
Total Vegetables	29.44	39.99	32.62	27.00	25.29	23.36	33.70	27.95	29.98	32.89	27.45
FRUIT:											
Fresh (f)	20.64	28.65	20.27	16.90	12.97	8.45	22.52	16.21	21.20	19.00	15.34
Other (g)	9.00	13.93	11.22	8.22	7.07	4.31	11.15	7.32	8.99	10.14	7.36
Total Fruit (h)	29.64	42.58	31.49	25.12	20.04	12.96	33.67	23.53	30.19	29.14	22.70

(b) Includes smoked, dried and salted.

(c) Includes cooked, canned and bottled fish and fish products.

(d) Includes chips and crisps.

(e) Includes dried and canned vegetables, and vegetable products.

(f) Includes tomatoes.

(g) Includes canned, bottled and dried.

TABLE 33—continued
(pence per head per week)

	Classified households with one male and one female adult and							Unclassified households with				
	no other		children only				4 or more	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							
CEREALS:												
Brown bread	1.35	1.13	0.88	0.68	0.56	0.55	0.87	0.70	1.42	0.70	0.70	
White bread	14.94	16.54	14.63	12.98	13.78	15.72	17.91	17.18	14.69	18.63	15.54	
Wholewheat and wholemeal bread	1.72	1.44	0.67	0.48	0.58	0.30	0.88	0.32	1.57	0.71	0.56	
Other bread (h)	2.74	3.53	2.06	1.69	1.54	1.31	2.27	1.93	2.92	2.61	1.88	
Total Bread	20.75	22.64	18.24	15.83	16.46	17.68	21.93	20.13	20.60	22.65	18.68	
Flour	5.24	4.10	3.43	3.05	2.84	2.94	3.72	3.04	4.03	3.58	2.99	
Cakes (i)	10.61	14.10	10.79	8.85	7.66	5.82	13.56	8.84	11.03	13.72	9.02	
Biscuits	9.19	12.87	10.40	9.11	7.56	6.40	10.52	7.59	9.48	8.38	7.62	
Oatmeal and oat products	0.92	0.79	0.82	0.88	0.77	1.20	0.68	0.92	0.92	0.71	0.85	
Breakfast cereals	1.82	2.61	2.83	3.46	3.46	3.74	2.67	3.45	1.85	2.82	2.71	
Other cereals	3.51	4.74	4.23	4.18	3.79	2.40	3.65	3.11	3.22	3.40	3.25	
Total Cereals	52.04	61.85	50.74	45.36	42.54	39.48	56.75	47.08	51.13	55.26	45.12	
BEVERAGES:												
Tea	18.44	19.17	14.26	11.01	9.50	8.45	16.49	12.11	17.00	13.30	11.65	
Coffee	3.51	4.31	2.42	1.86	1.25	0.81	3.00	1.69	3.66	2.72	2.18	
Cocoa	0.59	0.64	0.61	0.63	0.58	0.48	0.79	0.62	0.45	0.51	0.56	
Branded food drinks	1.16	1.58	1.01	0.56	0.40	0.30	0.92	0.41	1.17	0.64	0.58	
Total Beverages	23.70	25.70	18.30	14.06	11.73	10.04	21.20	14.83	22.37	19.17	14.97	
MISCELLANEOUS (i)	7.00	10.40	8.62	7.26	6.09	4.61	7.64	5.98	6.99	7.17	6.43	
Total All Foods	390.69 (322.7d.)	455.02 (375.11d.)	346.21 (288.10d.)	287.36 (238.11d.)	230.61 (208.11d.)	208.51 (178.5d.)	388.00 (322.4d.)	297.26 (242.3d.)	376.64 (318.5d.)	363.95 (302.4d.)	291.89 (242.4d.)	

(h) Includes rolls, fruit bread and sandwiches.
(i) Includes buns, scones, tea cakes, muffins and crumpets.
(j) Includes invalid and baby foods, spreads and dressings, soups and meat and vegetable extracts and items on which expenditure only was recorded.

Domestic Food Consumption and Expenditure, 1956

TABLE 34
 Domestic Food Consumption by Household Composition, 1956
 (oz. per head per week except where otherwise stated)

	Classified households with one male and one female adult and										Unclassified 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	adolescents only	adolescents and children	adults only	adolescents but no children	one or more children with or without adolescents					
MILK AND CREAM:																
Liquid, retail	5.10	5.13	4.01	3.45	2.98	2.16	4.62	3.66	4.96	4.41	3.56					
Liquid, welfare	0.01	0.20	1.13	1.62	1.81	2.07	0.06	0.71	0.04	0.07	0.89					
All Liquid Milk	5.11	5.33	5.14	5.07	4.79	4.23	4.68	4.37	5.00	4.48	4.45					
Condensed	0.18	0.20	0.17	0.14	0.12	0.10	0.17	0.16	0.15	0.15	0.16					
Dried and other	...	0.01	0.21	0.31	0.25	0.29	...	0.04	0.03	...	0.14					
Cream	0.01	0.03	0.02	0.01	0.01	0.01	0.02	0.02	0.01					
Total Milk and Cream	5.30	5.57	5.54	5.43	5.16	4.62	4.86	4.58	5.20	4.65	4.76					
CHEESE:																
Natural	3.48	3.33	2.32	2.08	1.65	1.51	2.66	2.25	3.11	2.76	2.10					
Processed and packeted	0.39	0.58	0.43	0.36	0.31	0.27	0.53	0.36	0.43	0.50	0.38					
Total Cheese	3.87	3.91	2.75	2.44	1.96	1.78	3.19	2.61	3.54	3.26	2.48					
MEAT:																
Carcass	26.51	26.46	19.29	15.33	12.69	10.82	22.71	15.56	23.88	23.33	16.93					
Bacon and ham, uncooked	7.14	7.06	5.15	4.08	3.37	2.88	6.32	4.40	6.32	5.40	4.56					
Other (a)	11.98	15.12	11.79	9.47	8.82	8.28	13.11	10.88	12.03	12.85	10.71					
Total Meat	45.63	48.64	36.23	28.88	24.88	21.98	42.14	30.84	42.23	41.64	32.20					
FISH:																
Fresh and processed (b)	7.39	5.57	4.15	3.47	2.87	2.20	5.25	3.74	6.30	4.90	3.96					
Prepared (c)	1.57	2.09	1.88	1.45	1.38	1.17	2.15	1.53	1.55	1.94	1.43					
Total Fish	8.86	7.66	6.03	4.92	4.25	3.37	7.40	5.27	7.85	6.84	5.39					

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

Household Diets and Family Composition

TABLE 3.4—continued
(*os. per head per week except where otherwise stated*)

	Classified households with one male and one female adult and										Unclassified 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							
EGGS:	4.73	5.65	4.52	4.07	3.48	2.96	5.04	4.14	4.76	4.96	4.04		
FATS:													
Butter	6.25	6.86	4.92	3.94	3.16	2.13	5.66	3.57	6.26	5.28	3.98		
Margarine	4.25	4.12	4.21	4.26	4.42	5.24	5.01	5.48	3.95	4.60	4.55		
Lard and compound cooking fat	3.42	3.70	3.31	3.95	1.75	1.40	2.26	2.03	2.19	2.30	1.81		
Other fats	0.72	0.77	0.49	0.52	0.51	0.64	0.67	0.55	0.56	0.65	0.60		
Total Fats	13.64	14.45	11.93	10.67	9.94	9.41	13.60	11.63	12.96	12.83	10.94		
SUGAR AND PRESERVES:													
Sugar	20.62	20.89	18.20	17.15	15.88	15.90	19.30	17.61	19.23	18.38	16.33		
Honey, preserves, syrup and treacle	4.60	3.80	3.41	3.59	3.44	3.39	4.29	3.89	3.94	3.36	3.23		
Total Sugar and Preserves	25.22	24.69	21.61	20.74	19.32	19.29	23.59	21.50	23.17	21.74	19.56		
VEGETABLES:													
Potatoes (d)	54.56	62.49	60.64	55.90	59.78	59.00	68.87	61.79	53.36	66.39	58.35		
Fresh green	19.28	20.62	15.01	12.53	9.11	8.03	17.35	12.37	17.55	15.04	12.14		
Other (e)	18.55	21.32	18.73	15.24	13.95	13.93	19.09	15.77	17.34	18.67	15.81		
Total Vegetables	92.39	104.43	94.38	83.67	82.84	80.96	99.31	89.93	88.25	100.10	86.30		
FRUIT:													
Fresh (f)	24.33	29.74	22.54	19.32	15.28	10.22	24.71	18.48	24.03	21.28	17.27		
Other (g)	6.80	9.71	7.93	6.01	5.36	3.78	8.26	5.67	6.58	7.56	5.51		
Total Fruit (f)	31.13	39.45	30.47	25.33	20.64	14.00	32.97	24.15	30.61	28.84	22.78		

(d) Includes chips and crisps.
(e) Includes dried and canned vegetables and vegetable products.
(f) Includes tomatoes.
(g) Includes dried, canned and bottled fruit.

in 1956 were quite small; indeed, for tea, sugar and cheese the largest families regained some of the ground lost in 1953-55. For fats, however, the widening of differences associated with family size continued into 1956, as Table 32 indicates. Rationing had probably been more strictly observed for fats than for other commodities, and, for half a generation, housewives had been conditioned to take their entitlement of butter, margarine and cooking fats, whatever their relative prices. Many were slow to adjust their buying behaviour to free conditions.

103. Details of expenditure and consumption per head are given in Tables 33 and 34, which may be compared with Tables 26 and 27 of the Report for 1955. Changes in the consumption of liquid milk were 0.1 pt. or less except in families with both children and adolescents, whose average consumption rose by 0.2 pt. to 4.37 pt. per head per week; the increase was wholly in full-price milk, of which large families in general fully maintained their purchases. Liquid milk consumption ranged from 5.33 pt. in younger two-adult households to 4.23 pt. in families with four or more children; group differences thus remained smaller than for any other major food except potatoes. Taking processed milks and cream into account, the range in total consumption of milk and cream was from 5.57 pt. (or equiv. pt.) per head per week for younger couples to 4.58 pt. for couples with children and adolescents. In 1955 the corresponding range was from 5.61 to 4.42 pt., and in 1954 from 5.70 to 4.44 pt. Families with two or more children or with children and adolescents slightly increased their total milk consumption in 1956.

104. All types of household spent more on both natural and processed and packeted cheese than in the previous year, but changes in consumption were small and erratic. Consumption of carcase meat increased in all groups, usually at the expense of bacon and ham. All groups also spent more on fish, and consumption increased except in families with three or more children; older childless couples increased their lead. Parents who would otherwise choose fish as a main dish may often forgo it if their children find it unacceptable, but the difficulty does not extend to adolescents. Expenditure on and consumption of eggs was maintained or increased except in families with three children.

105. Butter consumption increased except in the largest families, who were also the only group to buy more margarine. The tendency to replace margarine by butter did not extend to these households until early in 1957, when butter prices fell sharply.

106. Sugar expenditure increased in all and consumption in most types of household; expenditure on preserves, on the other hand, declined in all save three and consumption in all but one group. Although the average consumption of preserves was much lower in households with children than in wholly adult households, it showed no association with the number of children.

107. All groups spent more on potatoes than in 1955, but because of the acute shortage in the second quarter all except families with three or more children obtained smaller quantities. Most groups slightly reduced their consumption of fresh green vegetables, the fall being relatively greatest in families with three or more children. The reduction in potatoes and green vegetables was partly made good by root and other vegetables. Consumption of fresh fruit and of all fruit was increased or approximately maintained except in the largest families.

108. Bread consumption decreased in all types of household. Even before decontrol, the minimum had shifted from the third to the second child, as for potatoes.

Flour purchases continued to decline, and oatmeal again lost ground to other breakfast cereals, even among the older couples and the unclassified adult households (also mainly elderly).

109. All types of family increased their consumption of beverages; in most cases tea accounted for the greater part of the rise, although coffee and branded food drinks also gained. The demand for branded drinks remained primarily adult, families with children tending to buy cocoa instead.

110. Younger childless couples consumed more bread and potatoes per head than older couples, and also more liquid and other milk, fats, eggs, meat other than carcase meat and bacon, fruit and vegetables. The older couples obtained more fresh but less cooked and canned fish; more preserves, but slightly less sugar; much more flour, but fewer cakes and biscuits; more natural but less processed cheese; more oatmeal, but less of other breakfast cereals.

Energy Value and Nutrient Content

111. The energy value and nutrient content of the average diet of households of different composition are shown in Table 35. Among the "classified" households (those containing one man and one woman) the diet of the younger childless couples remained of greater nutritive value than that of any other group, and the usual downward gradients in energy value and all nutrients with increasing family size were found. As in 1955, the diet of unclassified adult households supplied less of each nutrient than that of older or younger couples; similarly, the nutritive value of the diet of unclassified families with adolescents but no children remained less than that for the corresponding classified households, although both these unclassified groups without children recorded higher values for energy and most nutrients than in the previous year. Family households containing both adolescents and children obtained more of several nutrients on a slightly reduced calorie intake, and families with four or more children increased their fat and carbohydrate intakes and hence the energy value of their diet; but in all other classified groups, and in unclassified households with children, the average values for energy, and all nutrients except animal protein, vitamins A and D and nicotinic acid, were either the same as in 1955 or somewhat lower. Vitamin B₁ declined in almost all groups, the decrease being greatest (6 per cent) for younger couples; the main reason for the fall was the reduction, shared by all groups, in purchases of bread and flour. Changes in the other B vitamins were smaller, the effect of reduced bread consumption being offset by changes in the composition of flour. In general, the greater consumption of carcase meat, together with increases in sugar or in fats, was sufficient to compensate for the reduced consumption of cereal foods, potatoes and green vegetables, so that most changes were small.

112. The vitamin A content of the diet increased by up to 11 per cent in all but two household groups, mainly because of increased consumption of carrots and liver. Vitamin C fell by 2 to 8 per cent in all but two of the classified types of household because of lower consumption of potatoes and green vegetables and a reduced contribution from fruit, because of changes in the kinds of fruit obtained. In families with adolescents and children, and in all three unclassified groups, the reduction in the contribution from potatoes was offset by increased amounts from other vegetables and canned and bottled fruit. The estimates for vitamin D are not strictly comparable with those given in previous Annual Reports, as account had

TABLE 35
 Energy Value and Nutrient Content of Domestic Food Consumption 1956 by Household Composition Groups
 (per head per day)

	Classified households with one male and one female adult and										Unclassified 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 55 or over	both under 55	1	2	3	4 or more							
Energy value (Cal.)	2,989	3,164	2,676	2,380	2,251	2,154	2,949	2,534	2,820	2,872	2,440		
Protein (g.)	88	92	78	68	64	60	85	71	82	84	70		
Animal protein (g.)	51	54	44	39	35	30	48	38	48	47	39		
Fat (g.)	128	138	112	97	88	80	124	100	121	118	99		
Carbohydrate (g.)	372	389	339	308	301	299	374	337	350	368	316		
Calcium (mg.)	1,138	1,201	1,074	996	941	876	1,089	971	1,087	1,060	960		
Iron (mg.)	15.0	16.5	13.5	11.8	11.1	10.4	15.2	12.6	14.3	15.2	12.2		
Vitamin A (i.u.)	4,772	5,598	4,725	3,994	3,612	3,125	4,866	4,081	4,625	4,815	3,959		
Vitamin B ₁ (mg.)	1.40	1.48	1.24	1.08	1.02	0.96	1.36	1.14	1.32	1.33	1.12		
Riboflavin (mg.)	1.87	2.02	1.75	1.57	1.45	1.30	1.78	1.51	1.79	1.75	1.52		
Nicotinic acid (mg.)	15.6	16.5	13.3	11.3	10.6	9.9	15.0	12.0	14.6	14.8	12.0		
Vitamin C (mg.)	54	65	55	48	42	37	55	46	53	53	46		
Vitamin D (i.u.)	151	162	162	150	145	145	162	145	144	149	145		

TABLE 36
 Comparison of Energy Value and Nutrient Content of Domestic Food
 Consumption 1956, with allowances based on the British Medical Association's Recommendations
 (per cent)

	Classified households with one male and one female adult and							Unclassified 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 55 or over	both under 55	1	2	3	4 or more					
Energy value	116	118	111	105	101	100	104	96	109	102	98
Protein	123	124	108	98	91	87	98	84	116	98	92
Calcium	127	141	113	102	93	85	108	91	124	107	96
Iron	112	133	115	105	101	98	110	98	109	111	99
Vitamin A	172	216	206	188	178	162	189	186	170	186	173
Vitamin B ₁	136	140	130	120	116	112	121	108	129	118	113
Riboflavin	119	125	119	113	107	98	104	94	114	103	100
Nicotinic acid	152	155	139	126	121	116	133	114	143	132	121
Vitamin C	240	305	263	234	209	184	221	189	240	217	207

not previously been taken of the fortification of proprietary as distinct from national dried milk; this is the main reason for the apparent increases in households with children.

113. In Table 36 the nutrient content of the diets is compared with allowances based on the British Medical Association's recommendations and, as in similar earlier tables, 10 per cent has been deducted from the nutritive value of food obtained, in order to allow for wastage and other losses in the home.* The lowest percentages were for protein and calcium in families with three or more children and unclassified households with children, and for protein, calcium and riboflavin in families with both adolescents and children: in no other case did the percentage fall below 96. In the three types of wholly adult household and in families with only one child all values were well above the recommended allowances.

114. Compared with similar data in 1955, the values in Table 36 show only small changes, mostly downwards, for most nutrients. Both classified and unclassified households with adolescents but no children showed some improvement, but families with three children fell back, although those with four or more maintained their position. For protein, iron and vitamins B₁ and C, the values in all types of household with children were among the lowest recorded in the five years 1952-56; changes in calcium during this period were less marked, and percentages in 1956 were generally about the same as in 1954. The most general decreases were in vitamin B₁. In contrast, the percentages for vitamin A continued to rise in 1956 in all groups except families with three children, who showed an exceptional rise in the previous year; the largest families, who had then barely maintained their ground, now shared in the general increase.

115. Chart I illustrates the trends for protein in all households and several types of family during 1952-56 by annual moving averages centred on each quarter of the year. The decline in protein has been almost continuous, when seasonal variations are eliminated. All the groups in question increased their consumption of cheese, carcase meat and eggs between 1952 and 1956, whilst for liquid milk and after 1952 for fish there was little change. The decline in bread and potato consumption, however, more than offset the increases attributable to the animal protein foods.

116. Table 37 shows the proportion of the energy value derived from protein, fat and carbohydrate by classified households of different composition in 1952, 1955 and 1956. In each of these years the percentage of energy value from protein decreased as family size increased, a finding contrary to the British Medical Association's recommendation that protein should supply a higher proportion of the calories in children's than in adults' diets. The proportion from protein declined in all types of household between 1952 and 1956, most of the fall occurring in 1953-54. In childless households and in households with adolescents (with or without children) or with one child, the proportion from fat increased steadily between 1952 and 1956, while that from carbohydrate declined; in families with two or three children both percentages fluctuated narrowly, while in the largest families the contribution from fat declined and that from carbohydrate rose from 1953 onwards, because of their increased consumption of sugar after decontrol, so that differences between large and small families were accentuated in this as in other respects. Table 37 also shows the percentage of total protein derived from animal sources, and of calories derived from animal protein; both illustrate the effect of the considerable rise in the consumption of foods of animal origin between 1952 and 1956.

*For further discussion of the effect of wastage, see Chapter VII, paragraphs 132, 141 and 142.

CHART I
 Estimated intake of protein per head by all households and by certain Household Composition Groups expressed as percentages of Allowances based on Recommendations of the British Medical Association.

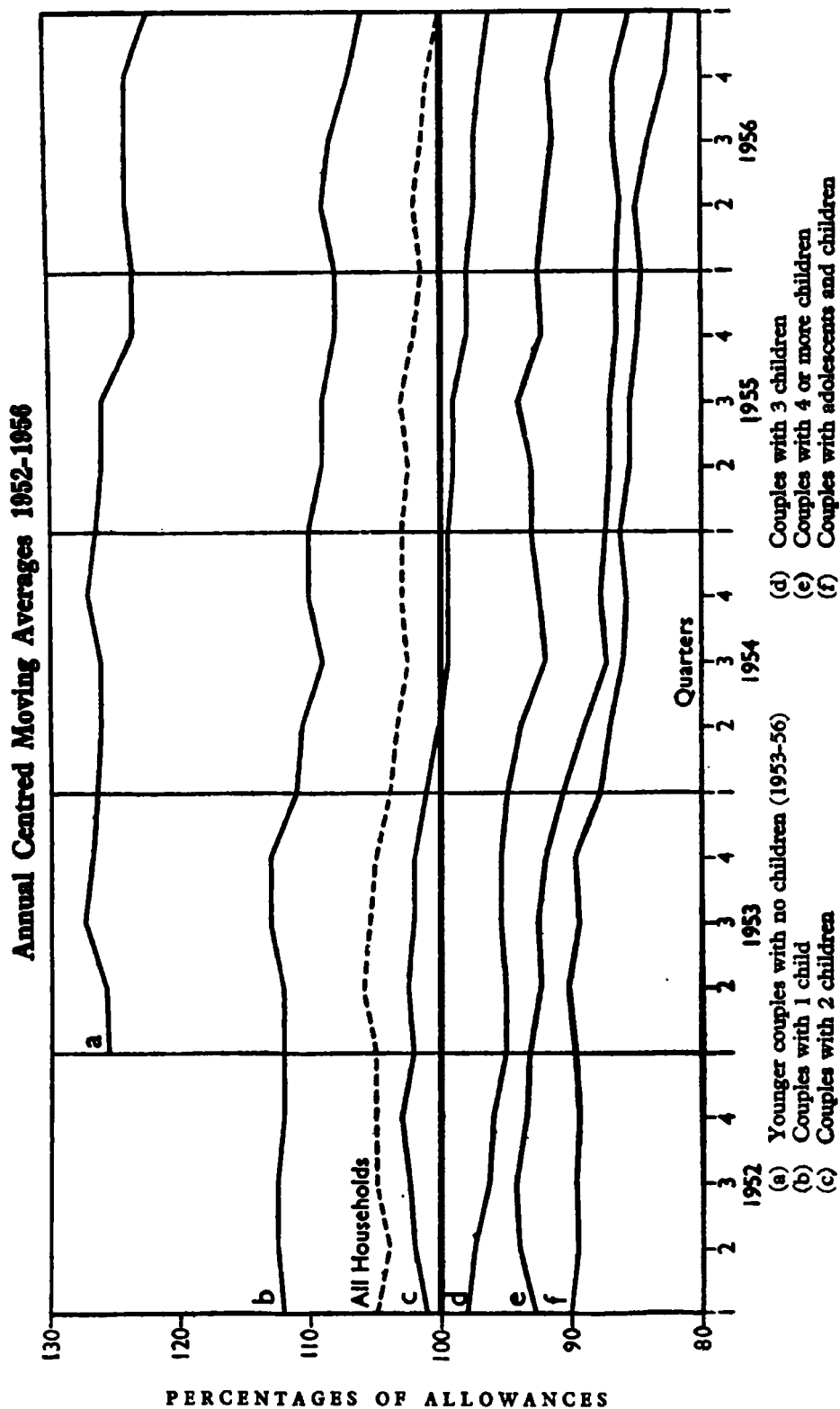
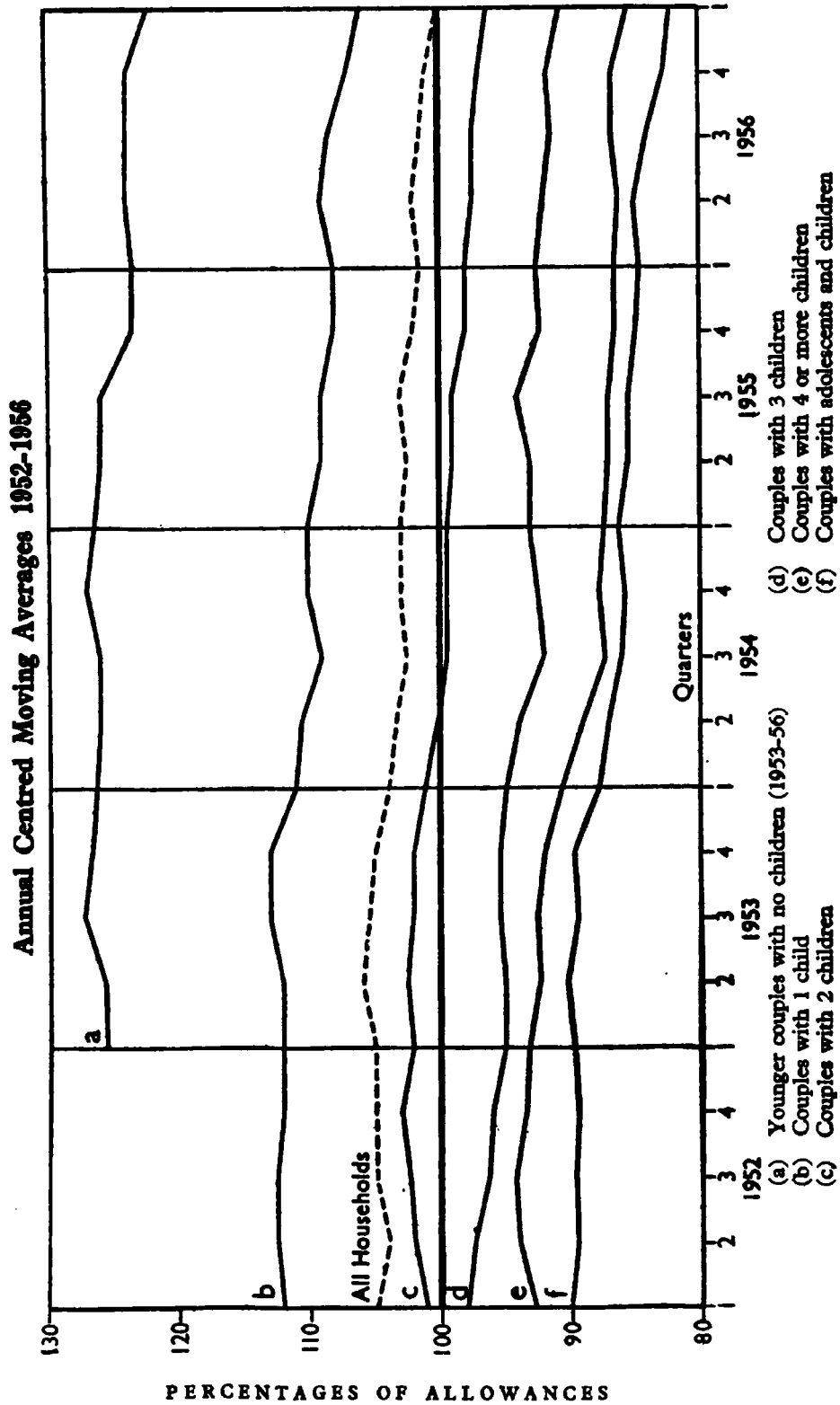


CHART I
 Estimated intake of protein per head by all households and by certain Household Composition Groups expressed as percentages of Allowances based on Recommendations of the British Medical Association.



117. The chief sources of energy in the diets of households of different composition in the years 1952, 1955 and 1956 are shown in Table 38. In 1952, sugar, visible fats and a number of foods of animal origin were still rationed or in limited supply. Since that period all types of household have tended to switch from bread and flour and potatoes to foods which were then rationed, except that families with three or more children did not increase their purchases of fats in relation to other foods, probably because the uniform entitlement per head under rationing had provided as much as they wished to buy.

Effect of Children on Expenditure

118. The Annual Reports for 1952-1954 gave regression estimates of the expenditure attributable to the adult couple and each child in a selected group of households consisting of childless couples (both under 55 years) and households consisting of one man and one woman with varying numbers of children. This series has now been extended to 1956 and the results are shown in Table 39.

TABLE 37
Percentage of Energy Value derived from Protein, Fat and Carbohydrate,
1952, 1955 and 1956
(per cent)

		Classified 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
	1955	11.7	11.7	11.6	11.6	11.5	11.3	11.7	11.3
	1956	11.7	11.7	11.6	11.5	11.3	11.2	11.5	11.2
Fat	1952	n.a.	n.a.	35.0	35.2	34.8	33.6	33.8	32.6
	1955	37.9	38.5	37.4	36.5	35.0	33.4	37.3	34.6
	1956	38.5	39.1	37.7	36.8	35.1	33.3	37.8	35.6
Carbo- hydrate	1952	n.a.	n.a.	52.4	52.4	53.1	54.4	53.4	55.0
	1955	50.4	49.8	51.0	51.9	53.5	55.3	51.0	54.1
	1956	49.8	49.2	50.8	51.7	53.5	55.5	50.7	53.1
		Percentage of Total 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
1955		57.0	56.2	55.9	55.0	53.4	49.8	54.5	49.7
1956		58.7	58.9	57.4	57.3	54.5	50.5	56.2	53.2
Percentage of calories from animal protein									
1952		n.a.	n.a.	6.3	6.2	5.9	5.4	6.1	5.5
1955		6.7	6.6	6.5	6.4	6.2	5.6	6.4	5.6
1956		6.9	6.9	6.7	6.6	6.2	5.6	6.5	6.0

TABLE 38
 Contribution of certain foods to the Energy Value of the Diet
 1952, 1955 and 1956

Households with one male and one female adult and	Percentage of calories from														
	Potatoes			Bread and flour			Sugar and preserves			Visible fats			Milk, cheese, eggs meat and fish		
	1952	1955	1956	1952	1955	1956	1952	1955	1956	1952	1955	1956	1952	1955	1956
No other (both under 55)	n.a.	5.3	4.9	n.a.	24.8	23.2	n.a.	11.6	11.4	n.a.	14.5	14.4	n.a.	29.7	30.9
1 child	7.0	6.0	5.8	27.5	24.5	23.3	9.5	11.9	11.8	12.4	14.5	14.2	28.0	29.1	29.8
2 children	6.8	6.1	5.9	27.1	24.9	23.9	10.2	12.2	12.6	13.4	14.2	14.1	27.7	28.9	29.4
3 children	7.6	6.7	6.7	28.2	25.8	24.9	10.1	12.5	12.4	13.9	13.7	13.9	26.6	27.6	27.9
4 or more children	7.9	7.1	7.0	31.1	28.9	27.4	10.2	12.5	13.0	13.9	13.7	13.9	24.6	25.3	25.4
Adolescents only	6.9	5.8	5.4	30.8	26.8	25.1	9.2	11.5	11.6	12.0	14.4	14.6	26.4	28.7	28.9
Adolescents and children	7.6	6.6	6.2	32.9	29.6	26.7	9.6	12.0	12.3	12.8	14.5	14.4	24.7	25.2	26.9

Domestic Food Consumption and Expenditure, 1956

TABLE 39
Regression Estimates of Domestic Food Expenditure attributable to Adult Couple and to a Child for the years 1952-1956

	Expenditure attributable to:																									
	Adult couple						Each additional child																			
	1952	1953	1954	1955	1956	d.	1952	1953	1954	1955	1956	d.	1952	1953	1954	1955	1956	per cent	1952	1953	1954	1955	1956	per cent		
MILK AND CREAM	77.1	81.9	80.5	84.4	89.1	9.3	8.5	10.8	11.6	12.3	12.3	1.7	12	10	13	14	14	14	14	12	10	13	14	14	14	14
CHEESE	12.4	13.0	15.3	16.8	19.6	1.1	1.7	1.4	1.3	1.9	1.9	0.2	9	13	9	8	10	10	9	13	9	9	8	10	10	
MEAT:																										
Carcass	60.4	92.8	119.5	136.8	149.7	10.4	8.8	5.5	7.8	5.3	5.3	3.5	17	9	5	5	5	5	17	9	5	5	5	5	5	
Bacon and ham (uncooked)	31.6	41.8	40.3	43.3	44.0	9.5	5.1	3.7	1.7	1.7	1.7	3.0	30	12	9	4	4	4	30	12	9	4	4	4	4	
Sausages	16.7	16.1	15.8	16.3	17.1	2.1	3.5	3.7	4.0	3.6	3.6	1.8	18	22	23	24	21	21	18	22	23	24	21	21	21	
Other meat	61.1	53.3	48.6	53.3	59.7	-2.2	0.9	1.6	1.7	0.8	0.8	-4	-4	3	3	3	3	3	-4	3	3	3	3	3	3	
All Meat	169.8	204.0	224.2	249.9	270.5	19.8	18.3	14.5	14.6	11.4	11.4	1.4	18	9	6	6	6	6	18	9	6	6	6	6	6	
FISH	36.8	29.5	29.0	31.8	37.2	0.5	0.8	1.1	1.8	1.9	1.9	1.1	1	3	4	6	6	6	1	3	4	6	6	6	6	
EGGS	29.5	53.1	45.6	50.7	5.09	8.6	6.6	7.0	6.8	7.0	7.0	0.2	27	12	15	15	14	14	27	12	15	15	14	14	14	
Total Milk, Cheese, Meat, Fish and Eggs	325.6	381.5	394.6	433.6	467.3	39.3	33.9	34.2	36.1	34.5	34.5	3.2	28	9	9	8	7	7	28	9	9	8	8	7	7	
BUTTER	11.3	18.3	31.7	40.0	40.1	5.2	6.9	4.1	1.0	0.7	0.7	4.6	46	38	13	2	2	2	46	38	13	2	2	2	2	
MARGARINE	8.1	9.2	12.2	11.8	10.6	3.8	4.0	5.6	6.0	6.6	6.6	4.7	43	43	46	51	62	62	43	43	46	51	62	62	62	
Other fats	7.0	8.4	10.4	10.5	9.2	2.0	1.9	2.2	1.6	1.6	1.6	1.6	1.6	1.6	2.1	1.5	1.7	1.7	1.6	1.6	2.1	1.5	1.7	1.7	1.7	
All Fats	26.4	35.9	54.3	62.3	59.9	11.0	12.8	11.9	8.6	8.9	8.9	4.8	48	36	22	14	15	15	48	36	22	14	15	15	15	
Sugar and Preserves	24.0	23.5	28.3	30.4	30.5	7.6	8.5	9.5	9.0	10.0	10.0	3.8	32	33	34	30	33	33	32	33	34	30	33	33	33	
New potatoes, chips and crisps	9.5	10.6	9.6	11.0	11.8	3.0	2.1	2.1	3.4	2.4	2.4	3.8	20	20	22	21	20	20	20	22	21	20	20	20	20	
Old potatoes	12.8	12.6	12.0	12.5	12.5	5.4	5.6	5.9	6.0	6.6	6.6	4.8	44	44	49	49	52	52	44	44	49	49	52	52	52	
Fresh green vegetables	20.0	17.4	18.2	20.2	21.8	0.0	-0.3	-0.5	-0.1	-0.6	-0.6	0	0	-2	-3	-3	-3	-3	0	-2	-3	-3	-3	-3	-3	
Other vegetables	27.1	23.6	24.4	28.3	30.3	4.2	4.8	3.7	4.3	4.9	4.9	15	15	20	15	15	15	15	15	20	15	15	15	15	15	
All Vegetables	69.4	64.8	64.8	75.0	80.4	12.6	12.8	11.8	13.6	15.3	15.3	18	18	19	17	18	18	18	18	19	17	18	18	18	18	

Household Diets and Family Composition

TABLE 39—continued

	Expenditure attributable to:												Child(1) as percentage of adult couple				
	Adult couple						Each additional child						1952	1953	1954	1955	1956
	1952	1953	1954	1955	1956	1957	1952	1953	1954	1955	1956	d.	per cent	per cent	per cent	per cent	per cent
Fresh fruit	59.1	51.2	51.1	53.2	60.1	1.7	1.8	1.5	3.1	1.3		5	3	3	6	2	
Other fruit and nuts	17.5	19.6	24.5	27.8	30.5	1.2	0.7	0.2	1.4	1.0		7	4	1	5	3	
Total Vegetables and Fruit	137.0	135.0	139.8	156.0	171.0	15.5	14.6	12.9	18.1	17.6		11	11	9	12	10	
National bread	27.9	29.0	29.6	30.3	45.5	12.5	11.8	12.4	11.9	14.3		45	41	42	39	31	
Other bread	12.7	13.6	13.0	12.5	8.5	0.7	1.4	0.5	0.7	1.7		6	10	4	6	6	
Flour	7.6	9.4	9.2	8.8	8.5	1.5	1.4	1.9	1.6	1.7		20	14	21	18	20	
Total Bread and Flour	48.2	52.0	51.8	51.6	54.0	14.7	14.6	14.8	14.2	16.0		31	28	29	28	30	
Biscuits	25.3	25.8	25.5	26.3	27.0	3.2	3.3	3.7	3.8	3.9		13	13	15	14	14	
Cakes and pastries	32.4	25.7	22.2	24.4	25.2	0.7	1.2	1.4	1.7	2.1		2	5	6	7	8	
Oatmeal and other breakfast cereals	6.3	6.0	6.2	7.0	6.2	3.8	3.6	4.2	4.2	5.4		61	60	67	60	87	
Other cereals	9.8	8.7	7.7	9.5	10.6	2.2	2.5	2.4	2.3	2.2		22	29	31	24	21	
Total Cereal Foods	122.0	118.2	113.4	118.8	123.0	24.6	25.2	26.5	26.2	29.6		20	21	23	22	24	
Tea	18.6	25.9	33.0	40.8	38.5	2.7	2.4	3.7	3.5	3.2		14	9	11	9	8	
Coffee	6.4	5.5	6.9	7.6	8.4	-0.3	-0.3	-0.7	-0.5	-0.7		-5	-6	-10	-7	-8	
Other foods	27.1	25.9	22.7	23.8	27.1	2.1	2.0	2.5	2.7	2.7		8	8	11	11	10	
Total Food Expenditure	687.1	753.4	793.0	873.3	925.7	102.5	101.2	100.5	103.7	105.8		14.9	13.4	12.7	11.9	11.4	
	(57 3)	(62 9)	(66 1)	(72 9)	(77 2)	(8 6)	(8 5)	(8 4)	(8 8)	(8 10)							

(1) Under 14 in 1952 and 1953; under 15 in 1954-56.

TABLE 39
Regression Estimates of Domestic Food Expenditure attributable to Adult Couple and to a Child for the years 1952-1956

	Expenditure attributable to:												Child(1) as percentage of adult couple				
	Adult couple						Each additional child										
	1952	1953	1954	1955	1956	d.	1952	1953	1954	1955	1956	d.	1952	1953	1954	1955	1956
MILK AND CREAM	77.1	81.9	80.5	84.4	89.1	9.3	9.3	8.5	10.8	11.6	12.3	1.3	12	10	13	14	14
CHEESE	12.4	13.0	15.5	16.8	19.6	1.1	1.7	1.4	1.3	1.9	1.9	0.9	9	13	9	8	10
MEAT:																	
Carcass	60.4	92.8	119.5	156.8	149.7	10.4	8.8	5.5	7.8	5.3	5.3	1.7	9	9	5	5	4
Bacon and ham (uncooked)	31.6	41.8	40.3	43.3	44.0	9.5	5.1	3.7	1.7	1.7	1.7	3.0	12	12	9	4	4
Sausages	16.7	16.1	15.8	16.5	17.1	2.1	3.5	3.7	4.0	3.6	3.6	1.2	22	22	23	24	21
Other meat	61.1	53.3	48.6	53.3	59.7	-2.2	0.9	1.6	1.7	0.8	0.8	-4	8	8	3	3	1
All Meat	169.8	204.0	224.2	249.9	270.5	19.8	18.3	14.5	14.6	11.4	11.4	1.4	9	9	6	6	4
FISH	36.8	89.5	29.0	31.8	37.2	9.5	0.8	1.1	1.8	1.9	1.9	1	3	3	4	6	5
EGGS	29.5	53.1	45.6	50.7	5.09	8.6	6.6	7.0	6.8	7.0	7.0	27	12	12	15	13	14
Total Milk, Cheese, Meat, Fish and Eggs	325.6	381.5	394.6	433.6	467.3	39.3	35.9	34.2	36.1	34.5	34.5	12	9	9	8	8	7
BUTTER	11.3	18.3	31.7	40.0	40.1	5.2	6.9	4.1	1.0	0.7	0.7	46	38	13	13	2	2
MARGARINE	8.1	9.2	12.2	11.8	10.6	3.8	4.0	5.6	6.0	6.6	6.6	47	45	46	51	62	62
Other fats	7.0	8.4	10.4	10.5	9.2	2.0	1.9	2.2	1.6	1.6	1.6	29	23	21	15	15	17
All Fats	26.4	35.9	54.3	62.3	59.9	11.0	12.8	11.9	8.6	8.9	8.9	42	36	22	14	14	15
Sugar and Preserves	24.0	25.5	28.3	30.4	30.5	7.6	8.5	9.5	9.0	10.0	10.0	32	33	34	30	33	33
New potatoes, chips and crisps	9.5	10.6	9.6	11.0	11.8	3.0	2.1	2.1	3.4	2.4	2.4	32	20	22	21	20	20
Old potatoes	12.8	12.6	12.0	15.5	16.5	5.4	5.6	5.9	6.0	8.6	8.6	42	44	49	39	39	52
Fresh green vegetables	20.0	17.4	18.2	20.2	21.8	0.0	-0.3	-0.5	-0.1	-0.6	-0.6	-3	-2	-3	-0	-0	-3
Other vegetables	27.1	23.6	24.4	28.3	30.3	4.2	4.8	3.7	4.3	4.9	4.9	15	20	15	15	15	16
All Vegetables	69.4	64.2	64.2	75.0	80.4	12.6	12.2	11.2	13.6	15.3	15.3	18	19	17	18	18	19

Household Diets and Family Composition

TABLE 39—continued

	Expenditures attributable to:												Child(1) as percentage of adult couple				
	Adult couple						Each additional child						1952	1953	1954	1955	1956
	1952	1953	1954	1955	1956	d.	1952	1953	1954	1955	1956	d.	1952	1953	1954	1955	1956
Fresh fruit	50.1	51.2	51.1	53.2	60.1	3.1	1.7	1.8	1.5	3.1	1.3	3	3	3	6	6	2
Other fruit and nuts	17.5	19.6	24.5	27.8	30.5	0.7	1.2	0.7	0.2	1.4	1.0	4	4	1	5	5	3
Total Vegetables and Fruit	137.0	135.0	139.8	150.0	171.0	14.6	15.5	14.6	12.9	18.1	17.6	11	11	9	12	12	10
National bread	27.9	29.0	29.6	30.3	45.5	11.8	12.5	11.8	12.4	11.9	14.3	45	41	42	39	39	31
Other bread	12.7	13.6	13.0	12.5	8.5	0.7	1.4	0.5	0.5	0.7	1.7	6	10	4	6	6	4
Flour	7.6	9.4	9.2	8.8	8.5	1.4	1.5	1.4	1.9	1.6	1.7	20	14	21	18	18	20
Total Bread and Flour	48.2	52.0	51.8	51.6	54.0	14.7	14.7	14.6	14.8	14.2	16.0	31	28	29	28	28	30
Biscuits	25.3	25.8	25.5	26.3	27.0	3.3	3.2	3.3	3.7	3.8	3.9	13	13	15	14	14	14
Cakes and pastries	32.4	25.7	22.2	24.4	25.2	0.7	0.7	1.2	1.4	1.7	2.1	2	5	6	7	7	8
Oatmeal and other breakfast cereals	6.3	6.0	6.2	7.0	6.2	3.8	3.8	3.6	4.2	4.2	5.4	61	60	67	60	67	87
Other cereals	9.8	8.7	7.7	9.5	10.6	2.2	2.2	2.5	2.4	2.3	2.2	22	29	31	24	24	21
Total Cereal Foods	122.0	118.2	113.4	118.8	123.0	24.6	24.6	25.2	26.5	26.2	29.6	20	21	23	22	22	24
Tea	18.6	25.9	33.0	40.8	38.5	2.7	2.7	2.4	3.7	3.5	3.2	14	9	11	9	9	8
Coffee	6.4	5.5	6.9	7.6	8.4	-0.3	-0.3	-0.3	-0.7	-0.5	-0.7	-5	-6	-10	-7	-7	-8
Other foods	27.1	25.9	22.7	23.8	27.1	2.1	2.1	2.0	2.5	2.7	2.7	8	8	11	11	11	10
Total Food Expenditure	687.1	753.4	793.0	873.3	925.7	101.2	102.5	101.2	100.5	103.7	105.8	14.9	13.4	12.7	11.9	11.9	11.4
	(57.3)	(62.9)	(66.1)	(72.9)	(77.2)	(8.6)	(8.6)	(8.5)	(8.4)	(8.8)	(8.10)						

(1) Under 14 in 1952 and 1953; under 15 in 1954-56.

The basic element in domestic food expenditure associated with the two adult members of the household increased from 57s. 3d. in 1952 to 72s. 9d. in 1955, and to 77s. 2d. in 1956. In contrast, the average increment in household food expenditure for each additional child increased only from 8s. 6d. in 1952 to 8s. 8d. in 1955 and 8s. 10d. in 1956. This increment is not an estimate of what is actually spent on a child's food, for, as the number of children increases, the standard of the diet of the whole family declines, a higher proportion of its food expenditure being devoted to the cheaper foods. Between 1952 and 1956 the average weekly household food expenditure of all types of household in the selected groups increased by roughly £1, whatever the family size; hence the increasing disparity in expenditure per head. The corresponding average weekly family incomes increased by about £3 10s. during the same period.

119. Under rationing the effects of children on total household food expenditure were somewhat greater than those which have since been observed in a free market, especially for meat and fats, for which the incremental expenditure for a child has decreased markedly during the five year period, even though prices have increased considerably, so that the corresponding increment in consumption would have shown an even greater decrease. The percentage increment for a child has decreased for carcase meat, bacon, eggs, butter and tea, but has increased for sausages, margarine, old potatoes and to some extent for cakes and fish.

TABLE 40

Regression estimates of Domestic Food Expenditure attributable to Adult Couple and to a Child in Classified Households for the years 1952-56

Income Group	I (above upper quartile)	II (upper quartile to median)	III (median to lower quartile)	IV (below lower quartile)	All households of Selected Groups ¹
<i>Constant element associated with the adult couple (pence)</i>					
1952	739·8	700·1	665·1	626·4	687·1
1953	802·2	760·9	749·9	696·2	753·4
1954	817·0	814·4	792·6	729·4	793·0
1955	925·7	880·3	846·1	803·5	873·3
1956	973·5	922·0	919·2	853·9	925·7
<i>Average increment for each additional child (pence)</i>					
1952	126·6	103·4	95·9	83·7	102·5
1953	120·7	113·2	88·8	79·1	101·2
1954	145·4	101·0	91·3	73·8	100·5
1955	131·7	112·3	106·6	77·5	103·7
1956	144·9	126·9	93·3	86·8	105·8
<i>Child increment as percentage of amount associated with adult couple</i>					
1952	17·1	14·8	14·4	13·4	14·9
1953	15·0	14·9	11·8	11·4	13·4
1954	17·8	12·4	11·5	10·1	12·7
1955	14·2	12·8	12·6	9·6	11·9
1956	14·9	13·8	10·2	10·2	11·4

¹ Including households not stating family income, and those with four or more children.

120. Table 33 in the Annual Report for 1955 gave regression estimates for the years 1952-55 of the two-adult element and the child increment within four groups, obtained by dividing each selected household type at the median and quartiles of

the distribution of family income, in order to show how the basic element and the increment varied with income. This series is continued for 1956 in Table 40. The adult element appears much less responsive to differences in income than the child increment. Thus the standard of diet in households with incomes below the median for their family type falls more rapidly as the number of children increases than is the case in families with incomes above the median.

Effect of Children of School and Pre-school Age

121. The standard classification of households used in the National Food Survey makes no distinction between children of school age (5 but under 15) and pre-school age (under 5). As the attainment of school age by a child may necessitate substantial changes in the domestic economy of the household, a special analysis has been made of the 1956 sample of families containing one man, one woman and three children. Table 41 shows the number of households, the average net family income as stated by the housewife, the number of earners and the weekly expenditure on food in each of the four sub-groups defined by the number of children under 5.

TABLE 41

Food Expenditure in Households of One Man, One Woman and Three Children, 1956

	Number of children under 5			
	3	2	1	0
No. of households	33	69	188	105
No. of earners per household	(1.00)	1.06	1.10	1.39
Declared weekly family income				
Per head (£)	(2.23)	2.45	2.62	2.85
per household (£)	(11.15)	12.25	13.10	14.25
Weekly food expenditure				
per head	(17s. 10d.)	19s. 9d.	21s. 1d.	22s. 0d.
per household	(89s. 2d.)	98s. 9d.	105s. 5d.	110s. 0d.

122. As children grow older the average family income steadily rises, partly because the mother is more free to go out to work. In 1956 the difference in household food expenditure between families with three children under 5 and those in which one of these children was of school age was 9s. 7d.; with two of the three children of school age, there was an additional increase of 6s. 8d. and with all three a further rise of 4s. 7d. Of these amounts, liquid milk accounted respectively for 1s. 2d., 2s. 3d. and 2s. 5d. Table 42 indicates that the cessation at the age of 5 of the provision of welfare milk (to which national dried milk is an alternative) was not fully counterbalanced either by increased purchases of full-price milk at home or by access to free milk at school. In view of the increase in the price of welfare milk in 1957, it is proposed to repeat the analysis for that year.

123. Differences in the pattern of consumption between the four types of three-child families will not be discussed in detail. It may, however, be noted that most of the increase in food expenditure when the first child attained school age was devoted to meat and eggs. The corresponding increase in consumption of all types of meat was from 21.8 to 25.0 oz. per head per week, which was no more than maintained as the second and third child in turn reached the age of 5; instead,

TABLE 42
Milk Consumption in Families with Three Children, 1956
(pt. or equiv. pt. per head per week)

	No. of children under 5			
	3	2	1	0
Liquid Milk: full price	(1.77)	2.05	2.95	3.98
welfare	(3.41)	2.47	1.34	0.05
school	(0.01)	0.22	0.46	0.74
Total liquid milk	(5.19)	4.74	4.75	4.77
Condensed milk	(0.08)	0.12	0.11	0.12
Dried and other milk	(0.66)	0.58	0.19	—
Cream	(...)	0.01
Total milk and cream	(5.93)	5.44	5.05	4.90

most of the further increases in expenditure went to milk and fats, with some switching from butter to margarine, although the samples were not large enough to establish the significance of these changes in outlay.

124. Table 43 gives estimates of the energy value and nutrient content of the diet of the four sub-groups, and compares these with allowances based on the recommendations of the British Medical Association. For energy and all nutrients except

TABLE 43
Energy Value and Nutrient Content of the Diets of
families with three children, 1956

	No. of children under 5			
	3	2	1	0
INTAKE PER PERSON				
PER DAY				
Calories	2,093	2,089	2,260	2,341
Total protein (g.)	61	62	64	65
Animal protein (g.)	34	36	35	34
Fat (g.)	81	82	87	92
Carbohydrate (g.)	281	276	305	314
Calcium (mg.)	971	939	938	937
Iron (mg.)	9.8	10.4	11.0	11.5
Vitamin A (i.u.)	3,402	3,566	3,670	3,585
Vitamin B ₁ (mg.)	0.94	0.97	1.02	1.03
Riboflavin (mg.)	1.48	1.45	1.46	1.40
Nicotinic acid (mg.)	9.5	9.9	10.7	10.9
Vitamin C (mg.)	42	40	45	40
Vitamin D (i.u.)	171	165	140	129
AS A PERCENTAGE OF				
RECOMMENDED ALLOWANCES				
Calories	108	103	101	97
Total protein	101	99	91	85
Calcium	96	94	92	93
Iron	99	102	99	99
Vitamin A	164	174	179	184
Vitamin B ₁	124	123	116	107
Riboflavin	124	116	107	96
Nicotinic acid	126	124	121	114
Vitamin C	227	213	219	186

calcium and vitamin A the allowances recommended for children of school age are substantially greater than those for younger children. Hence relative to allowances there was a progressive lowering of the nutrient content of the diet, except in respect of iron and vitamin A; the decline was steepest for riboflavin, vitamin C, protein and vitamin B₁, in that order. Other changes in the diet were a fall in the proportion of calories from protein and a rise in the proportion of protein from vegetable sources. The decrease in vitamin D was to be expected.

125. The nutrient content of school meals recommended by Ministry of Education Circular 290 of 5th August 1955 is greater than the amounts allowed in Table 43 for the nutritive value of dinners eaten outside the home by schoolchildren. Hence the percentages in that table may be underestimated for households with children at school; but even if it is assumed that all mid-day meals recorded as being eaten by schoolchildren outside the home were school meals* of the recommended composition, the percentages in Table 43 for families with three children of school age would be increased by net amounts of only 2 for protein, calcium and iron and 3 to 5 for the B vitamins and vitamin A: for families with only one or two of their three children at school the increases would have been smaller. The adjustments for vitamin C are larger, and would almost remove the downward gradient shown.

126. In general, it would appear that the diet in family households deteriorates as the children attain school age, and it may well be that older schoolchildren fare worse than younger ones, though the point has not been specifically examined. The downward trend would be obviated if more of the additional earnings of the family were spent on food, especially on foods rich in protein.

* About 46 per cent of the number of children attending school in England and Wales and 33 per cent of those in Scotland take school meals.

VII

Family Composition and Social Class

127. Chapter V of the Annual Report for 1955 contained for the first time a two-way analysis by family composition within social classes indicating to what extent the less satisfactory features of the diet of the larger families were confined to the lower income groups within each type of family. It appeared that for iron and riboflavin in all groups, and for protein and calcium in families with not more than three children, the position could be remedied, where necessary, by a rise in real income, but that in the largest families relatively low protein and calcium intakes extended even to the highest income group, and could be raised to the recommended levels only by a change in the pattern of their diet, which would not be secured merely by a general rise in their standard of living.

128. In a similar analysis for 1956, each of the classified household types except older couples has been analysed by social class. As before, Class D2 and the old age pensioner group, which contained scarcely any large families, were omitted from the analysis. Classes A1 and D1 contained too few families with several children to justify detailed treatment, and these groups were therefore combined with A2 and C respectively, giving three broad income groups, A, B, and C & D1. Each of the resulting 21 sub-groups contained over 50 households and over 200 persons, except the Class A couples with four or more children, of whom there were 28, including 180 persons, and those with adolescents but no children, numbering 58 households and 181 persons. Households of one man and one woman with three or more children or with 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 and 38 per cent of the adolescents. Details are given in Table 3 of Appendix A.

129. Table 44 gives the average weekly domestic food expenditure per head and per household for each sub-group. Classes A1 and A2 and Classes C and D1 are distinguished, but averages based on fewer than 25 households are shown in brackets. The extreme range was from 49s. 11d. per head per week in the most prosperous group of younger childless couples to 13s. 3d. in the largest and poorest families. These two extreme groups were, by chance, among those eight of the 35 shown in Table 44 which showed decreases in 1956; the falls were confined to Classes A and D1, and should probably be discounted in the latter because of the change in definition (paragraph 45). In all classes, younger childless couples spent more than twice as much per head as families with four or more children (the ratio ranging from 2.0 in Class A1 to 2.5 in D1), but in all household types, Class A1 households spent only 1.1 to 1.8 (average 1.4) times as much as the corresponding sub-groups in Class D1. Class differences in food expenditure per head were relatively greatest for the families with four or more children and least for families with adolescents only. In all classes, the total food expenditure of families with four or more children was about 1.5 times that of the younger two-adult households.

130. In all classes, the first child occasioned a greater addition to the food expenditure of the household than did the second child. In Classes A1, A2 and B the increment associated with the third child was greater than that for the second and about equal to that for the first, but in both C and D1 the increment for the third child was the smallest. The numbers in the sub-groups are not large enough to

TABLE 44
Food Expenditure by Classified Household Composition Groups and Social Class, 1956
(per week)

Household Composition Group	Social Class												All households			
	A1		As		All A		B		C		D1		C & D1		Per head	Per household
	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.
Classified households of one male and one female adult and:—																
No other (both under 55)	(49 11)	(99 11)	40 1	80 2	41 5	82 10	38 7	77 3	35 11	71 10	32 7	65 1	35 8	71 5	37 11	75 10
1 child	(39 1)	(117 3)	31 11	95 8	32 11	98 10	29 2	87 6	27 4	81 11	(25 10)	(77 7)	27 3	81 9	28 10	86 7
2 children	29 11	119 7	25 4	101 3	26 1	104 6	24 1	96 5	22 6	90 0	20 0	80 1	22 4	89 2	23 11	95 9
3 children	(27 8)	(138 3)	23 0	114 11	24 0	120 2	21 7	107 10	18 10	94 1	(16 3)	(81 4)	18 6	92 8	20 11	104 5
4 or more children	(24 6)	(147 0)	18 11	122 5	19 5	125 1	18 3	117 11	15 9	103 2	(13 3)	(96 3)	15 6	102 7	17 5	113 3
adolescents only	(34 5)	(106 9)	35 4	110 5	35 2	109 9	33 3	106 9	30 5	98 4	(30 10)	(96 11)	30 6	98 2	32 4	103 7
adolescents and children	28 7	137 2	25 8	122 1	26 7	126 9	24 11	124 10	22 8	114 8	(20 6)	(109 1)	22 5	114 2	24 3	121 6
Average all households	33 11	121 6	29 6	101 4	30 7	105 10	27 4	97 8	26 5	89 6	24 11	65 8	26 3	85 9	27 3	88 2

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

TABLE 45

Expenditure on Main Foods by Household Composition Groups and Social Class, 1956
(pence per person per week)

	Social Class A (A1 & A2)						
	Classified households with one male and one female adult and						
	no other (both under 55)	1 child	2 children	3 children	4 or more children	adoles- cents only	ad- ulti- mum
Milk, liquid, retail	40.41	35.30	29.04	29.23	22.14	36.37	29
Milk, liquid, welfare	0.46	1.80	2.29	2.21	2.31	0.08	0
All Liquid Milk	40.87	37.10	31.33	31.44	24.45	36.45	29
Milk, condensed	1.59	1.43	1.08	1.42	0.89	1.45	1
Milk, dried and other	0.21	0.69	0.61	1.79	1.85	0.40	0
Cream	2.90	2.51	1.32	1.01	0.10	1.45	1
Total Milk and Cream	45.57	41.73	34.34	35.66	27.29	39.75	31
Cheese (natural)	9.46	5.90	5.69	4.17	3.27	6.51	6
Cheese (processed and packeted)	1.40	1.22	1.30	1.38	0.53	2.19	0
Total Cheese	10.86	7.12	6.99	5.55	3.80	8.70	7
Butter	21.50	17.07	12.58	12.25	8.62	18.70	12
Margarine	5.80	5.05	5.25	4.85	5.64	5.81	5
Lard and compound cooking fats	3.00	2.68	2.22	2.23	1.58	2.88	2
Other fats	1.54	0.84	0.62	0.34	0.63	2.79	0
Total Fats	31.84	25.64	20.67	19.67	16.47	30.18	21
Eggs	27.72	23.78	18.36	15.39	12.98	23.49	16
Carcass meat	78.86	57.01	45.13	37.60	24.38	63.66	47
Bacon and ham, uncooked	22.12	16.67	12.58	12.02	9.65	16.80	12
All other meat	45.82	35.07	24.18	21.10	21.26	42.44	29
Total Meat	146.80	108.75	81.89	70.72	55.29	122.90	88
Fresh fish	13.39	11.03	8.00	8.63	5.05	10.49	8
All other fish	6.48	4.85	3.84	3.72	3.81	6.53	4
Total Fish	19.87	15.88	11.84	12.35	8.86	17.02	12
Sugar	11.18	9.41	8.74	8.24	8.51	10.46	8
Preserves	5.37	4.57	4.67	4.08	3.69	4.55	4
Total Sugar and Preserves	16.55	13.98	13.41	12.32	12.20	15.01	13
Potatoes	11.56	10.87	9.50	8.50	10.09	14.38	8
Fresh green vegetables	13.04	8.33	7.02	5.37	3.88	9.04	5
Other vegetables	15.88	13.45	9.80	9.87	7.50	13.36	9
Total Vegetables	40.48	32.65	26.32	23.74	21.47	36.78	24
Fresh fruit	36.16	27.44	22.82	18.40	12.64	30.13	23
Other fruit	20.14	16.18	10.18	10.35	5.29	12.23	9
Total Fruit	56.30	43.62	33.00	28.75	17.93	42.36	33
Brown bread	1.79	1.20	0.98	1.29	0.93	0.96	1
White bread	11.83	11.00	9.68	9.80	13.07	15.07	12
Wholewheat and wholemeal bread	1.76	1.26	0.95	1.04	0.15	1.18	0
Other bread	4.33	2.80	1.81	1.69	2.15	2.39	2
Total Bread	19.71	16.26	13.42	13.82	16.30	19.60	17
Flour	4.70	4.07	3.28	2.60	2.18	3.85	3
Cakes	13.65	10.95	7.98	7.76	6.00	11.49	10
Biscuits	14.34	11.52	9.77	9.07	7.02	11.23	8
Oatmeal and oat products	0.77	0.80	1.02	0.91	0.74	0.43	1
Breakfast cereals	2.43	3.02	3.72	4.27	4.89	2.71	3
Other cereals	5.81	5.14	4.82	4.74	2.90	3.95	3
Total Cereals	61.41	51.76	43.98	43.17	40.03	53.86	48
Tea	18.48	13.82	10.11	8.88	9.34	16.51	11
Coffee	7.05	5.27	3.35	2.86	1.06	4.85	3
Cocoa	0.26	0.97	0.63	0.50	0.54	0.94	0
Branded food drinks	1.44	1.08	0.73	0.23	0.34	1.13	0
Total Beverages	27.23	21.14	14.82	12.47	11.28	23.43	15
Miscellaneous	12.30	9.28	7.89	8.61	5.86	9.24	6
Total Food Expenditure	496.94	395.31	313.45	288.43	233.47	422.10	318.9
	<i>s. d.</i> (41 5)	<i>s. d.</i> (32 11)	<i>s. d.</i> (26 1)	<i>s. d.</i> (24 0)	<i>s. d.</i> (19 5)	<i>s. d.</i> (35 2)	<i>s. d.</i> (26 1)

TABLE 45 continued
(pence per person per week)

Social Class B								Social Classes C & D1						
Classified households with one male and one female adult and														
nr i 55)	1 child	2 child- ren	3 child- ren	4 or more children	adoles- cents only	adoles- cents and children	no other (both under 55)	1 child	2 child- ren	3 children ren	4 or more children	adoles- cents only	adoles- cents and children	
15	29.22	24.61	21.65	16.47	33.78	26.91	36.64	27.63	22.52	17.19	11.13	33.31	23.18	
17	1.75	2.33	2.46	2.68	0.04	0.58	0.21	1.77	2.23	2.48	2.67	—	0.58	
52	30.97	26.94	24.11	19.15	33.82	27.49	36.85	29.40	24.75	19.67	13.80	33.31	23.76	
97	1.42	1.28	1.01	0.74	1.31	1.48	1.53	1.50	1.05	0.69	0.82	1.56	1.14	
94	0.66	1.15	0.74	0.82	0.06	0.09	0.10	1.00	0.86	0.37	0.49	—	0.09	
91	0.90	0.46	0.33	0.18	1.15	0.53	1.62	0.72	0.54	0.27	0.11	0.61	0.40	
54	33.95	29.83	26.19	20.89	36.34	29.59	40.10	32.62	27.20	21.00	15.22	35.48	25.39	
68	5.56	4.87	3.70	3.46	6.54	5.45	7.59	5.31	4.32	3.75	3.49	5.88	4.70	
45	1.58	1.14	1.01	0.94	1.77	1.36	1.77	1.44	1.33	0.79	0.99	1.60	1.25	
13	7.14	6.01	4.71	4.40	8.31	6.81	9.36	6.75	5.65	4.54	4.48	7.48	5.95	
31	13.75	10.67	9.17	6.08	16.42	10.33	18.66	12.61	9.49	6.79	4.65	14.52	8.00	
48	5.73	5.74	6.13	6.81	6.85	7.50	5.93	5.86	6.04	6.13	6.71	7.07	7.81	
82	3.04	2.56	2.34	1.99	2.98	2.82	3.51	2.87	2.56	2.00	1.49	2.61	2.34	
95	0.65	0.67	0.64	1.02	0.76	0.68	1.01	0.60	0.67	0.61	0.43	0.59	0.61	
56	23.17	19.64	18.28	15.90	27.01	21.33	29.11	21.94	18.76	15.53	13.28	24.79	18.76	
64	19.67	16.81	15.50	13.28	21.21	17.03	22.70	17.92	15.23	11.98	10.84	19.19	14.51	
19	48.98	38.51	30.86	25.08	60.92	39.81	67.34	46.35	34.11	28.60	21.97	54.16	34.03	
30	16.16	12.10	10.44	8.17	20.75	12.89	20.43	13.91	11.09	7.95	7.21	17.10	11.87	
38	29.74	22.61	22.46	17.69	33.69	24.66	40.51	29.09	23.55	17.75	14.59	35.21	24.79	
87	94.88	73.22	63.76	50.94	115.36	77.36	128.28	89.35	68.75	54.30	43.77	106.47	70.69	
20	7.16	5.69	5.06	4.00	8.55	6.51	9.52	6.32	5.42	3.62	2.94	8.99	5.03	
65	6.47	4.40	4.15	3.03	9.00	4.65	7.31	5.28	4.30	3.24	2.34	5.60	4.72	
94	13.63	10.09	9.21	7.03	17.55	11.16	16.83	11.60	9.72	6.86	5.28	14.59	9.75	
21	9.25	8.91	8.60	8.51	9.52	9.18	10.74	9.83	9.06	7.65	7.76	10.33	9.51	
55	4.05	3.75	3.79	3.46	5.25	4.20	3.85	3.28	3.55	3.63	3.15	4.11	3.73	
56	13.30	12.66	12.39	11.97	14.77	13.38	14.59	13.11	12.61	11.28	10.91	14.44	13.24	
25	14.02	12.99	12.46	13.21	14.94	13.38	14.52	13.38	11.53	14.13	11.92	13.50	14.04	
91	7.21	5.39	4.53	3.17	7.98	5.36	9.76	5.97	3.97	3.09	1.78	6.46	3.60	
22	12.40	10.11	9.20	8.66	12.95	10.09	14.32	11.67	8.93	8.98	7.88	10.89	9.32	
38	33.63	28.49	26.19	25.04	35.87	28.83	38.60	31.01	24.43	26.20	21.58	30.85	26.96	
82	20.66	16.56	13.76	9.45	23.55	16.70	23.44	17.12	13.19	9.59	5.74	19.37	12.70	
18	11.42	8.25	7.23	4.78	12.26	7.71	11.18	9.65	7.16	5.31	3.76	9.50	5.72	
00	32.08	24.81	20.99	14.23	35.81	24.41	34.68	26.77	20.35	14.90	9.50	28.87	18.42	
16	0.89	0.66	0.43	0.68	1.06	0.68	0.82	0.76	0.50	0.47	0.25	0.65	0.50	
56	14.81	13.48	14.06	15.00	17.67	17.18	17.46	15.73	14.09	14.24	17.23	18.61	18.60	
44	0.67	0.45	0.56	0.20	0.93	0.25	1.31	0.50	0.23	0.43	0.22	0.74	0.36	
42	1.98	1.73	1.64	1.10	2.30	1.76	3.33	2.01	1.57	1.27	1.05	2.23	1.75	
58	18.35	16.32	16.69	16.98	21.96	19.87	22.92	19.00	16.39	16.41	18.75	22.23	21.21	
09	3.50	3.10	3.13	2.35	3.97	3.20	3.92	3.18	2.85	2.64	2.15	3.45	2.73	
05	11.25	8.92	7.89	5.88	14.25	9.12	14.41	10.39	9.21	7.05	5.56	13.60	7.90	
13	10.74	9.29	7.56	7.07	11.11	7.64	12.10	9.69	8.40	6.88	5.18	9.68	7.01	
69	0.82	0.89	0.74	1.18	0.73	0.80	0.92	0.87	0.87	0.75	1.43	0.67	0.98	
65	2.70	3.36	3.69	4.08	2.83	3.66	2.59	2.93	3.40	2.73	2.92	2.51	3.03	
54	4.26	4.31	3.77	2.52	4.05	2.97	4.48	3.94	3.51	3.22	2.10	3.17	3.08	
73	51.62	46.19	43.47	40.06	58.90	47.26	61.34	50.00	44.63	39.68	38.09	55.31	45.94	
07	14.21	11.13	9.68	8.77	16.34	12.37	18.52	14.49	11.35	9.56	7.81	16.46	11.88	
48	2.15	1.65	1.12	0.81	2.67	1.58	3.00	1.84	1.32	0.83	0.65	2.82	1.31	
87	0.48	0.59	0.64	0.57	0.72	0.75	0.57	0.67	0.72	0.54	0.34	0.78	0.55	
31	1.07	0.54	0.47	0.32	0.74	0.50	1.95	0.95	0.53	0.29	0.27	1.03	0.24	
73	17.91	13.91	11.91	10.47	20.47	15.20	24.04	17.95	13.92	11.22	9.07	21.09	13.98	
36	9.02	7.57	6.25	4.93	7.61	6.53	8.78	8.00	6.35	4.98	3.80	7.17	5.15	
42 s. d.	349.96 (29 2)	289.26 (24 1)	258.83 (21 7)	219.15 (18 3)	399.20 (33 3)	298.91 (24 11)	428.37 (35 8)	327.06 (27 3)	267.60 (22 4)	222.49 (18 6)	185.78 (15 6)	365.65 (30 6)	268.79 (22 5)	

TABLE 46

Quantities of Food obtained for consumption by Household Composition Groups and Social Class
(ounces per person per week (a))

	Social Class A (A1 & A2)						
	Classified households with one male and one female adult and						
	no other (both under 55)	1 child	2 children	3 children	4 or more children	adoles- cents only	an en ch
Milk, liquid, retail (pt.)	5.45	4.63	3.96	4.08	3.12	4.96	
Milk, liquid, welfare and school (pt.)	0.25	1.09	1.57	1.63	1.98	0.07	
All Liquid Milk (pt.)	5.70	5.72	5.53	5.71	5.10	5.03	
Milk, condensed (pt. or eq. pt.)	0.18	0.16	0.12	0.16	0.10	0.18	
Milk, dried and other (pt. or eq. pt.)	0.01	0.16	0.20	0.30	0.71	0.01	
Cream (pt.)	0.05	0.03	0.02	0.01	...	0.02	
Total Milk and Cream (pt. or eq. pt.)	5.94	6.07	5.87	6.18	5.91	5.34	
Cheese, (natural)	3.72	2.45	2.37	1.72	1.45	2.72	
Cheese (processed and packeted)	0.40	0.31	0.37	0.44	0.15	0.73	
Total Cheese	4.12	2.76	2.74	2.16	1.60	3.45	
Butter	7.53	6.01	4.61	4.36	3.04	6.63	
Margarine	4.09	3.66	3.84	3.47	4.40	4.24	
Lard and compound cooking fat	2.19	1.99	1.66	1.67	1.29	2.18	
Other fats	0.81	0.56	0.37	0.27	0.54	1.38	
Total Fats	14.62	12.22	10.48	9.77	9.27	14.43	11
Eggs (No.)	6.22	5.43	4.73	3.88	2.95	5.65	4
Carcass meat	27.52	20.60	17.07	13.99	10.01	24.24	17
Bacon and ham, uncooked	6.76	5.34	4.35	3.82	3.57	3.94	4
All other meat	15.31	12.43	9.39	8.07	10.26	14.08	11
Total Meat	49.59	38.37	30.81	25.88	23.84	44.26	34
Fresh fish	6.41	5.33	3.98	3.90	2.85	6.02	4
All other fish	1.59	1.26	1.26	1.28	1.57	1.89	1
Total Fish	8.00	6.59	5.24	5.18	4.42	7.91	5
Sugar	20.84	17.82	16.43	16.12	16.71	19.98	16
Preserves	4.34	4.16	4.33	3.69	3.20	4.06	4
Total Sugar and Preserves	25.18	21.98	20.76	19.81	19.91	24.04	20
Potatoes	48.08	52.07	44.11	41.00	50.42	52.85	45
Fresh green vegetables	21.28	16.12	13.34	9.94	11.71	18.92	12
Other vegetables	22.12	18.59	15.26	13.74	12.98	19.37	16
Total Vegetables	91.48	86.78	74.71	64.68	75.11	91.14	74
Fresh fruit	37.46	30.35	26.70	22.61	16.07	33.94	26
Other fruit	13.55	10.55	7.09	6.89	4.12	9.46	7
Total Fruit	51.01	40.90	33.79	29.50	20.19	43.40	34
Brown bread	4.77	3.30	2.72	3.80	2.57	2.63	3
White bread	32.47	31.40	27.86	29.02	36.32	45.17	37
Wholewheat and wholemeal bread	3.38	2.40	1.80	2.07	0.20	2.57	0
Other bread	5.95	3.59	2.22	1.80	3.60	3.20	2
Total Bread	46.57	40.69	34.60	36.69	42.69	53.57	44
Flour	10.49	9.26	7.38	5.98	4.98	8.84	7
Cakes	6.63	5.61	4.02	4.14	3.75	5.97	5
Biscuits	7.59	6.23	5.36	5.16	4.64	6.39	4
Oatmeal and oat products	0.98	0.88	1.27	1.12	0.89	0.42	1
Breakfast cereals	1.55	1.79	2.31	2.73	3.28	1.76	2
Other cereals	4.44	3.58	3.59	3.62	2.44	2.90	2
Total Cereals	78.25	68.04	58.53	59.44	62.67	79.85	69
Tea	3.65	2.83	2.07	1.77	2.02	3.18	2
Coffee	1.02	0.64	0.44	0.43	0.18	0.61	0
Cocoa	0.08	0.36	0.22	0.20	0.20	0.33	0
Branded food drinks	0.36	0.27	0.18	0.06	0.09	0.31	0
Total Beverages	5.11	4.10	2.91	2.52	2.49	4.43	3

(a) except pints (or equivalent pints) of milk and cream and numbers of eggs.

Family Composition and Social Class

TABLE 46 continued
(ounces per person per week (a))

Social Class B							Social Classes C & D				
Classified households with one male and one female adult and											
	1 child	2 children	3 children	4 or more children	adolescents only	adolescents and children	no other (both under 55)	1 child	2 children	3 children	4 or more children
	3.95 1.15	3.35 1.64	2.93 1.86	2.20 2.07	4.60 0.06	3.77 0.74	5.09 0.13	3.88 1.14	3.32 1.61	2.59 1.84	1.76 2.13
	5.10	4.99	4.79	4.27	4.66	4.51	5.22	5.02	4.93	4.43	3.89
	0.15 0.16 0.01	0.16 0.19 0.01	0.12 0.27 0.01	0.10 0.20 ...	0.16 ... 0.02	0.18 0.03 0.01	0.19 0.28 0.02	0.17 0.28 0.01	0.13 0.26 0.01	0.08 0.20 ...	0.11 0.28 ...
	5.42	5.35	5.19	4.57	4.84	4.73	5.43	5.48	5.33	4.71	4.28
	2.35 0.44	2.10 0.32	1.63 0.30	1.50 0.28	2.74 0.52	2.34 0.40	3.30 0.51	2.26 0.46	1.86 0.39	1.62 0.23	1.56 0.29
	2.79	2.42	1.93	1.78	3.26	2.74	3.81	2.72	2.25	1.85	1.85
	4.95 4.19 2.39 0.49	3.93 4.28 2.01 0.56	3.26 4.52 1.86 0.55	2.19 5.30 1.59 0.86	5.88 4.92 2.41 0.66	3.77 5.48 2.22 0.55	6.64 4.31 2.70 0.76	4.54 4.42 2.30 0.48	3.49 4.53 2.03 0.56	2.47 4.69 1.64 0.53	1.72 5.47 1.20 0.43
	12.02	10.78	10.19	9.94	13.87	12.02	14.41	11.74	10.61	9.33	8.82
	4.56	3.98	3.72	3.16	4.96	4.25	5.33	4.18	3.82	3.07	2.66
	19.25 5.42 11.65	15.66 4.15 9.32	12.54 3.68 9.32	11.39 2.91 8.61	23.42 6.90 12.49	15.87 4.57 10.37	25.87 6.72 15.06	18.96 4.75 11.81	13.75 3.80 9.88	12.34 2.81 8.37	10.56 2.67 7.16
	36.32	29.13	25.54	22.91	42.81	30.81	47.65	35.62	27.43	23.52	20.39
	4.19 2.12	3.41 1.45	3.02 1.54	2.38 1.22	4.76 2.56	3.97 1.57	5.35 2.11	3.80 1.78	3.33 1.52	2.49 1.23	1.73 0.92
	4.31	4.86	4.56	3.60	7.32	5.54	7.46	5.58	4.85	3.52	2.65
	7.72 3.62	17.17 3.45	16.55 3.64	16.34 3.60	18.35 4.97	17.64 4.01	20.51 3.34	19.02 2.89	17.49 3.39	14.85 3.23	15.15 3.24
	1.34	20.62	20.19	19.94	23.32	21.65	23.85	21.91	20.88	18.08	18.39
	2.35 25.07 19.41	58.37 12.19 15.71	62.17 9.70 14.11	61.38 8.62 14.72	63.32 17.69 20.19	63.06 14.13 16.10	63.20 19.35 21.59	61.87 14.51 18.24	59.83 11.06 14.64	60.60 7.29 13.89	59.40 6.22 13.48
	96.83	86.27	85.98	84.72	101.20	93.29	104.14	94.62	85.53	81.87	79.19
	23.06 8.14	18.79 6.04	15.88 5.73	11.71 4.08	25.69 8.98	19.59 6.00	24.71 7.86	19.07 6.96	15.20 5.41	10.93 4.00	6.26 3.18
	31.20	24.83	21.61	15.79	34.67	25.59	32.57	26.03	20.61	14.93	9.44
	2.27 42.01 1.32 2.56	1.76 38.93 0.89 2.11	1.13 40.62 1.17 2.10	1.95 43.46 0.39 1.45	2.79 50.87 1.79 2.59	1.83 50.24 0.46 1.95	2.18 50.84 2.44 4.33	2.05 46.61 0.98 2.61	1.36 41.70 0.45 1.85	1.29 43.11 0.87 1.53	0.70 51.10 0.39 1.23
	48.16	43.69	45.02	47.25	58.04	54.48	59.79	52.25	45.36	46.80	53.42
	7.95 6.17 6.12 0.99 1.65 3.29	7.06 5.09 5.45 1.05 2.15 3.31	7.14 4.52 4.54 0.93 2.36 3.14	5.32 3.61 4.31 1.34 2.67 2.30	9.01 7.72 6.93 1.92 1.85 3.30	7.29 5.29 4.71 1.01 2.39 2.58	8.73 8.25 6.07 1.18 1.69 3.67	7.27 5.78 5.00 1.07 1.91 3.14	6.58 5.27 5.00 1.08 2.14 2.88	6.14 4.15 4.23 1.03 1.77 2.75	4.96 3.54 3.36 1.84 1.98 1.96
	74.33	67.80	67.67	67.00	87.17	77.75	90.28	77.20	68.40	66.87	71.06
	2.93 0.35 0.18 0.27	2.34 0.25 0.21 0.14	2.03 0.18 0.21 0.13	1.99 0.14 0.21 0.08	3.31 0.45 0.27 0.20	2.65 0.26 0.16 0.23	3.84 0.45 0.20 0.49	3.08 0.29 0.24 0.27	2.46 0.23 0.25 0.14	2.11 0.19 0.10 0.08	1.88 0.14 0.11 0.05
	3.73	2.94	2.55	2.42	4.23	3.30	4.98	3.88	3.08	2.57	2.18

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confirm the significance of these departures from linearity, which differ somewhat from those found in 1955, when the increment for the first child was smaller in the highest income group than in the others.

131. Details of expenditure on and consumption of the main foods by each of the seven types of household in each of the three broad classes are given in Tables 45 and 46. Differences associated with family size were in general greater than those attributable to social class; indeed, Classes B and C & D1 had very similar diets, and class effects became marked only in Class A. For most foods, expenditure and consumption per head decreased with increasing family size in all classes, the principal exceptions being bread, margarine, potatoes, preserves, oatmeal and other breakfast cereals, for which consumption per head tended to increase with family size, at least in the larger households. For several of these foods, the average consumption at first fell off with the addition of children, because of their smaller

TABLE 47

*Energy Value and Nutrient Content of the Diet
Households of Different Composition within Social Classes, 1956(a)*

	Class	Units of intake per person per day	Households with one male and one female adult and						
			no other (both under 55)	children only				adolescents only	adolescents and children
				1	2	3	4 or more		
Energy value	A	Cal.	3,096	2,666	2,328	2,227	2,177	2,925	2,473
	B		3,226	2,675	2,397	2,316	2,194	2,971	2,568
	C & D1		3,141	2,671	2,373	2,150	2,097	2,905	2,505
Total protein	A	g.	91	78	69	65	63	85	73
	B		94	78	69	66	61	87	72
	C & D1		92	78	67	61	59	84	70
Animal protein	A	g.	57	48	44	39	35	50	43
	B		54	45	39	36	31	49	39
	C & D1		53	44	38	32	28	47	35
Fat	A	g.	140	116	100	93	85	128	104
	B		138	112	97	89	83	126	103
	C & D1		135	109	94	82	74	118	94
Carbohydrate	A	g.	368	326	288	283	291	359	312
	B		402	339	312	313	301	374	338
	C & D1		390	345	313	292	300	376	345
Calcium	A	mg.	1,227	1,116	1,029	1,020	991	1,128	1,032
	B		1,221	1,074	999	955	880	1,099	994
	C & D1		1,198	1,080	990	886	854	1,080	917
Iron	A	mg.	16.2	14.0	11.9	11.3	11.1	15.0	12.7
	B		17.5	13.7	12.0	11.6	10.7	15.6	13.2
	C & D1		16.8	13.7	11.4	10.1	10.1	14.7	12.3
Vitamin A	A	i.u.	5,858	5,005	4,411	3,901	3,797	5,282	4,498
	B		5,715	4,722	3,970	3,756	3,321	4,850	4,204
	C & D1		5,321	4,593	3,716	3,195	2,657	4,726	3,770
Vitamin B1	A	mg.	1.48	1.27	1.08	1.01	1.01	1.35	1.14
	B		1.53	1.25	1.10	1.01	0.97	1.39	1.16
	C & D1		1.46	1.23	1.06	0.95	0.91	1.34	1.11
Riboflavin	A	mg.	2.04	1.82	1.63	1.57	1.48	1.82	1.61
	B		2.05	1.74	1.55	1.47	1.32	1.77	1.54
	C & D1		1.95	1.73	1.51	1.33	1.19	1.76	1.40
Nicotinic acid	A	mg.	16.5	13.4	11.4	10.7	10.4	15.2	12.2
	B		16.9	13.6	11.4	11.0	10.1	15.4	12.1
	C & D1		16.1	13.2	11.2	10.8	9.4	14.7	11.7
Vitamin C	A	mg.	68	61	52	46	41	61	50
	B		67	55	48	45	40	56	49
	C & D1		60	52	44	39	33	51	43
Vitamin D	A	i.u.	175	159	146	150	197	154	141
	B		162	160	148	152	138	167	149
	C & D1		157	164	150	130	138	158	140

(a) The numbers of households and persons to which these figures refer are shown in Appendix A, Table 3.

needs, but rose again in the larger families, because of their greater dependence on the cheaper commodities. The higher the income, the larger the family size at which this upward turn occurred. Thus, margarine exhibited a minimum at the third child in Class A but increased fairly uniformly with family size in the lower income groups. For potatoes, the minimum was also at the third child in Class A, but in B and C & D_I, it occurred at the second child with a slight downward turn at the fourth. The decrease in the largest families is associated with increased dependence on bread rather than potatoes as a source of energy, and is not found in Class A. The average bread consumption was lowest for two-child families in all classes, though in Class A the minimum shifted to the third child in the last quarter of the year, after bread was decontrolled. An indication of the effect of the measure on large families of small means is that in Classes C & D_I bread consumption per head during the fourth quarter was lowest in families with four or more children, although it remained their most important single source of energy.

TABLE 48
Households of Different Composition within Social Classes, 1956
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 under 55)	children only				adoles- cents only	adoles- cents and children
			1	2	3	4 or more		
Energy value .	A	121	114	107	104	106	109	96
	B	121	112	105	103	100	106	97
	C & D _I	114	108	102	97	97	101	94
Total Protein .	A	128	113	103	97	95	103	88
	B	127	109	98	93	87	101	86
	C & D _I	120	106	95	87	85	94	81
Calcium .	A	144	117	108	103	100	115	98
	B	144	115	101	94	85	110	93
	C & D _I	139	113	101	87	82	106	85
Iron .	A	131	119	109	104	107	111	99
	B	141	117	106	105	99	114	102
	C & D _I	133	116	101	92	94	106	94
Vitamin A .	A	228	218	213	195	205	205	205
	B	222	207	186	186	171	191	191
	C & D _I	204	199	174	156	138	182	171
Vitamin B ₁ .	A	147	138	127	119	126	126	111
	B	145	132	121	113	113	124	110
	C & D _I	134	126	116	108	107	116	104
Riboflavin .	A	132	127	123	120	118	111	103
	B	128	119	111	108	99	104	96
	C & D _I	118	115	107	98	90	100	86
Nicotinic acid .	A	163	145	133	127	129	141	119
	B	160	144	126	124	117	137	115
	C & D _I	147	135	123	123	109	127	109
Vitamin C .	A	318	288	264	230	210	250	207
	B	317	266	231	219	196	228	202
	C & D _I	278	244	216	191	162	203	176

132. Table 47 gives the energy value and nutrient content of the diets of the seven household types within the three broad classes, and Table 48 expresses these values as percentages of the recommended allowances, with the usual 10 per cent deduction to allow for plate losses and food given to pets or otherwise wasted. Although there is little evidence on the variation in wastage in different types of household it seems probable that the larger families waste less than 10 per cent of their food and it is considered that no particular remark need be made on any sub-group of such families whose intake is estimated as not less than 95 per cent of the recommended allowances. Only one of the sub-groups shown in Table 48, namely families with children and adolescents in Classes C & D₁, fell slightly below 95 per cent in energy value. Most of the sub-groups in Classes A₁ and D₁ are too small to support a detailed nutritional analysis, although the results confirm the general gradient, nearly all household groups in Class A₁ having a more abundant diet than comparable ones in A₂, while most sub-groups in Class D₁ fared less well than corresponding households in Class C.

133. Table 48 indicates that the relative nutritive value of the diet tended to increase with increasing income within each type of household, although the energy value and the absolute intakes of protein, iron, vitamin B₁ and nicotinic acid shown in Table 47, were in several cases higher in Class B than in A, since the latter contained fewer adults engaged in manual work and thus had lower average requirements of energy, protein and the vitamins of the B complex. In all types of household, the Class A diet was characterized by high intakes of animal protein and vitamins A and C and low intake of carbohydrate. The vitamin D estimates were somewhat irregular, as might be expected for a nutrient obtained from comparatively few sources, not all of which are included in the Survey.

134. In families with not more than two children or with adolescents but no children, class effects were relatively small, the differences in intakes between Class A and Classes C & D₁ being less than 10 per cent except for vitamins A and C. In the larger families with three or more children or with children and adolescents the range of class difference was greater, especially for calcium (11 to 14 per cent), riboflavin, animal protein and vitamin C (all between 13 and 20 per cent) and vitamin A (16 to 30 per cent). Class differences were accentuated in the larger families because nutrient intake fell off with increasing family size more steeply in Classes C & D₁ than in Class A.

135. In families with four or more children, the household diet provided 95 per cent of the recommended allowance of *protein* in Class A, 87 per cent in Class B and 85 per cent in C & D₁, exactly the same as in 1955. For *calcium*, the percentages in 1956 were 100 in Class A, 85 in B and 82 in C & D₁, compared with 95, 85 and 83 in 1955. The slight narrowing of differences in energy value (106, 100 and 97 per cent in 1956 compared with 108, 99 and 95 in 1955) was not reflected in either calcium or protein. In families with three children, the protein proportions were 93 per cent in Class B and 87 per cent in C & D₁, compared with 95 and 90 in 1955. For calcium the corresponding figures were 94 per cent in B and 87 in C & D₁ compared with 94 and 88 in 1955. In the small sample of households in Class D₁ (not shown separately) the values were below 95 per cent even for two-child families in both years; the largest families of this group obtained only 75 per cent of their estimated allowances of protein and 69 per cent of those of calcium.

136. Table 49 shows that the consumption of many foods of animal origin, including milk, was substantially higher in Class A than in other classes, especially for families

with several children. In Class A, the largest families consumed almost as much milk per head as the younger childless couples (both 5.9 pt. per head per week) and obtained enough calcium to meet the recommended allowances. In Classes C & D₁ on the other hand, total milk consumption by families with four or more children was only 4.3 pt. compared with 5.4 pt. for younger couples. Since children require more calcium than adults, but fewer calories, the average calcium requirement of the whole household increases with family size, both absolutely and *a fortiori* in relation to energy value. In practice, calcium intake declined in

TABLE 49

Summary of the Consumption of the main sources of Protein and Calcium in Households of varying composition and Social Class, 1956 (per head per week)

Food	Class	Households with one male and one female adult and				
		no other (both under 55)	children only			
			1	2	3	4 or more
All milk and cream (pt. or eq. pt.).	A	5.94	6.07	5.87	6.18	5.91
	B	5.54	5.42	5.35	5.19	4.57
	C & D ₁	5.43	5.48	5.33	4.71	4.28
All cheese . (oz.)	A	4.12	2.76	2.74	2.16	1.60
	B	3.91	2.79	2.42	1.93	1.78
	C & D ₁	3.81	2.72	2.25	1.85	1.85
Eggs . (No.)	A	6.22	5.43	4.73	3.88	2.95
	B	5.74	4.56	3.98	3.72	3.16
	C & D ₁	5.33	4.18	3.82	3.07	2.66
All meat . (oz.)	A	49.59	38.37	30.81	25.88	23.84
	B	49.25	36.32	29.13	25.54	22.91
	C & D ₁	47.65	35.52	27.43	23.52	20.39
Fish . (oz.)	A	8.00	6.59	5.24	5.18	4.42
	B	7.71	6.31	4.86	4.56	3.60
	C & D ₁	7.46	5.58	4.85	3.52	2.65
Potatoes . (oz.)	A	48.08	52.07	44.11	41.00	50.42
	B	67.85	62.35	58.37	62.17	61.38
	C & D ₁	63.20	61.87	59.83	60.69	59.49
Flour . (oz.)	A	10.49	9.26	7.38	5.98	4.98
	B	9.33	7.95	7.06	7.14	5.32
	C & D ₁	8.73	7.27	6.58	6.14	4.96
All bread . (oz.)	A	46.57	40.69	34.60	36.69	42.69
	B	59.66	48.16	43.69	45.02	47.25
	C & D ₁	59.79	52.25	45.36	46.80	53.42

every social class from the high levels found for childless households, although this decline was less pronounced for calcium than for any other nutrient except vitamin D, and was least marked in Class A. The relatively small milk consumption of the larger families in all other income groups was only partly offset by their greater purchases of bread, to which calcium carbonate is added. Families with children could most readily safeguard their calcium intake by increasing their consumption of milk and milk products rather more than proportionately as the size

of the family increases. Table 50 shows, however, that in 1956 expenditure per head on milk and cheese decreased so steeply with family size at all income levels that even the provision of cheap or free welfare and school milk did not suffice to maintain consumption.

137. The pattern of protein intake expressed as a percentage of the recommended allowances broadly resembled that found for calcium, though both class and household composition differences were somewhat smaller. The reasons for the low percentage for both nutrients in households with several children were basically the same—the pattern of the diet in large families varied comparatively little from

TABLE 50
*Summary of the Expenditure on the Main Sources of Protein and Calcium
in Households of varying composition and Social Class, 1956
(pence per head per week)*

Food	Class	Households with one male and one female adult and				
		no other (both under 55)	children only			
			1	2	3	4 or more
All milk and cream . . .	A	45.57	41.73	34.34	35.66	27.29
	B	41.54	33.95	29.83	26.19	20.89
	C & D1	40.10	32.62	27.20	21.00	15.22
All cheese . . .	A	10.86	7.12	6.99	5.55	3.80
	B	10.13	7.14	6.01	4.71	4.40
	C & D1	9.36	6.75	5.56	4.54	4.48
Eggs . . .	A	27.72	23.78	18.36	15.39	12.98
	B	25.64	19.67	16.81	15.50	13.28
	C & D1	22.70	17.92	15.23	11.98	10.84
All meat . . .	A	146.80	108.75	81.89	70.72	55.29
	B	135.87	94.88	73.22	63.76	50.94
	C & D1	128.28	89.35	68.75	54.30	43.77
Fish . . .	A	19.87	15.88	11.84	12.35	8.86
	B	18.94	13.63	10.09	9.21	7.03
	C & D1	16.83	11.60	9.72	6.86	5.28
Potatoes . . .	A	11.56	10.87	9.50	8.50	10.00
	B	15.25	14.02	12.99	12.46	13.21
	C & D1	14.52	13.38	11.53	14.13	11.92
Flour . . .	A	4.70	4.07	3.25	2.60	2.18
	B	4.09	3.50	3.10	3.13	2.35
	C & D1	3.92	3.18	2.85	2.64	2.15
All bread . . .	A	19.71	16.26	13.42	13.82	16.30
	B	23.58	18.35	16.32	16.69	16.08
	C & D1	22.92	19.00	16.39	16.41	18.75

that in adult households, and in any event the variation was in the wrong direction, in that they consumed relatively less of the foods rich in protein and calcium. The Committee on Nutrition of the British Medical Association considered that, although it was sufficient for adults not engaged in hard work to obtain 11 per cent of their calories in the form of protein of a mixed diet, infants, children and adolescents and pregnant and nursing mothers should consume relatively more protein—14 per cent of the energy value of the diet was suggested. In fact no group of households obtained more than 12 per cent of its energy from protein, and

the percentage decreased slightly with family size instead of rising, the decrease being very marked for animal protein, but not for vegetable protein, because of the larger families' greater dependence on cereal foods. Tables 49 and 50 show that average expenditure on, and consumption of the "main dish" animal protein foods in the largest families was in general less than half of that in childless two-adult households of the same class. It is noteworthy that the downward trend for cheese (an excellent source of calcium as well as protein) was about as steep as that for meat, and in Class A even steeper, as in 1955. To suggest reasons for the relative unacceptability of cheese in families containing several children, even (indeed especially) in those with well-to-do parents, is not within the scope of this Report, but further research on this subject might make it possible to bring about the change in the pattern of the diet referred to in paragraph 127 above at little cost to parents.

138. The energy value of the diet of families containing adolescents as well as children was not in excess of their estimated needs, even in Class A, and since the allowances recommended for protein are related to those for calories, the protein percentages were lower for this group than for any other. The lowest value found for protein in this or any type of household was 81 per cent in Classes C & D1 compared with 83 in 1955. The corresponding percentage for Class B was unchanged at 86. The Class A percentage declined from 96 to 88, partly because of a fall in consumption of liquid milk from 5.6 to 5.2 pt. per head per week.

139. Of the other nutrients, *iron* was below 95 per cent in families with three or four or more children or with children and adolescents in Classes C and D1 (respectively 92, 94 and 94 per cent, compared with 100, 93 and 96 in 1955). The *riboflavin* percentages in the same three sub-groups were 98, 90 and 86 per cent in 1956 compared with 98, 91 and 86 in 1955. Riboflavin has a fairly marked class gradient in all types of household, and even in Class B the percentage was only 99 in families with four or more children and 96 in those with both children and adolescents. The values for the other B vitamins were in most cases well above those found for riboflavin, the smallest percentage being 104 for vitamin B₁ in families with children and adolescents in Classes C & D1. Nicotinic acid was marginal only in the largest households of Class D1.

140. In general, the nutritional position of Class A households was relatively and absolutely nearer to other classes in 1956 than in 1955, especially for childless couples (who, however, were still ahead of any other sub-group) and for families with adolescents and children. Class B households fared rather better than in the previous year; the changes were small and rarely significant, but mostly upwards. In Classes C & D1, however, there were more decreases than increases. Of the sub-groups with protein or calcium percentages of 90 or less in 1955, none exhibited any improvement and most showed small decreases.

141. It has already been suggested that there may be variations in wastage in different types of household. On the one hand, it would appear possible that the larger families may need to exercise more economy in their use of food, and on the other, it seems unreasonable to assume that the smaller households waste only 10 per cent of their food purchases and are, in fact, consuming increasing amounts of food each year without either marked increases in their activity or in their body-weight. There is no evidence that such increases have taken place. In view of this, calculations were made in Table 51 on the adequacy of the diets using arbitrary graduated adjustments for wastage for different sizes of household, irrespective of

class. These percentage allowances were as follows: 20, 15 and 10 respectively for households with no child, with one and with two children; 10 for households with adolescents only, since, in size, these are most similar to households with 2 children; and 5 for households with 3 and with 4 or more children and with children and adolescents. (Since the intake of all the groups was satisfactory for vitamin A, nicotinic acid and vitamin C in the previous analysis, calculations have not been included for these nutrients). On the basis of graduated wastage, the diets of all the groups appeared to be satisfactory for energy value, iron and vitamin B₁ although marginal values were shown in Classes C & D₁ for energy value by households with adolescents and children, and for iron by households with 3 children. For families with 4 or more children, the household diet still provided less than 95 per cent of the recommended allowance of protein and of calcium in Classes B and C & D₁; in families with 3 children shortfalls were only shown in protein and calcium in Classes

TABLE 5I
Households of Different Composition within Social Classes, 1956
Comparison of Energy Value and Nutrient Content of the Diet with Allowances based on the British Medical Association's Recommendations, using graduated wastage allowances (per cent)

	Class	Households with one male and one female adult and						
		no other (both under 55)	children only				adolescents only	adolescents and children
			1	2	3	4 or more		
Energy value .	A	108	108	107	110	112	109	102
	B	107	105	105	109	106	106	103
	C & D ₁	102	102	102	102	102	101	99
Total Protein .	A	114	105	103	101	102	103	94
	B	112	104	98	100	92	101	90
	C & D ₁	107	100	95	92	89	94	86
Calcium .	A	128	111	108	109	105	115	104
	B	128	108	101	99	89	110	99
	C & D ₁	124	107	101	92	86	106	90
Iron . . .	A	116	112	109	111	113	111	104
	B	125	111	106	110	105	114	107
	C & D ₁	119	109	101	97	100	106	100
Vitamin B ₁ .	A	130	131	127	126	133	126	117
	B	129	125	121	120	119	124	116
	C & D ₁	119	119	116	114	113	116	109
Riboflavin .	A	117	120	123	127	125	111	109
	B	113	112	111	114	104	104	101
	C & D ₁	105	109	107	103	95	100	91
Assumed wastage allowance (per cent)		20	15	10	5	5	10	5

TABLE 52
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 under 55)	children only				adoles- cents only	adoles- cents and children
			1	2	3	4 or more		
Protein	A	11.8	11.8	11.8	11.7	11.5	11.6	11.7
	B	11.7	11.6	11.5	11.3	11.1	11.7	11.3
	C & D1	11.7	11.6	11.4	11.3	11.2	11.5	11.1
Fat	A	40.6	39.3	38.7	37.4	35.0	39.2	37.8
	B	38.4	37.7	36.5	34.7	34.0	38.0	30.0
	C & D1	38.6	36.7	35.8	34.3	31.5	36.7	33.8
Carbohydrate	A	47.6	48.9	49.5	50.9	53.5	49.1	50.4
	B	49.9	50.6	52.0	54.0	54.8	50.3	52.7
	C & D1	49.7	51.7	52.8	54.3	57.2	51.8	55.0
Animal pro- tein as per- centage of total protein	A	62.1	60.6	61.5	60.4	56.5	58.9	58.8
	B	57.7	57.9	56.7	54.5	51.1	50.2	53.5
	C & D1	57.7	56.3	56.1	52.5	48.0	55.7	50.6

C & D1. For families with children and adolescents, the diet still provided less than 95 per cent of the recommended allowances of *protein* in all classes and of *calcium* and *riboflavin* only in Classes C & D1. The measurement of adequacy of the diet of families with two children and with adolescents only was unaltered by this calculation.

142. This method of making adjustments for wastage, therefore, suggested in general, that intakes of less than 95 per cent moved back for calcium from Class B to Classes C & D1 and that the diet on this basis appeared relatively satisfactory in all groups for energy value, iron and vitamin B₁. The results for total protein appeared to be least affected by this method of calculation; only the larger families in Class A could be considered to have moved into, at best, a border-line position.

143. The percentages of the energy value of the diet derived from protein, fat and carbohydrate, and the proportion of protein from animal sources are shown in Table 52, which illustrates the increasing dependence on carbohydrate rather than fat as a source of energy as family size increased (especially in the lower income groups) and as income diminished (especially in the large families). The contribution from protein, though exhibiting much the same pattern as that from fat, varied only between 11.8 and 11.1 per cent, compared with 40.6 to 31.5 per cent for fat. The proportion of total protein derived from animal sources increased in almost all groups; it was more than 50 per cent in all groups, except the largest families in Classes C & D1, and exceeded 60 per cent in Class A households with up to three children.

VIII

Geographical Differences in the Household Diet

Classification

144. Since 1952 Survey results have been shown separately for urban and rural areas. In 1954 households in the seven major conurbations were distinguished from those in other urban administrative areas, and in 1955 the London conurbation was treated separately from the others, also appearing as a standard region in the regional analysis introduced in that year. The present Report distinguishes nine regions and five types of area classified according to concentration of population, London appearing both as a separate region and as the largest conurbation.

(i) Wales

(ii) Scotland

(iii)-(viii) Standard regions of England, except that the Northern and East and West Ridings regions and the North Midland and Eastern regions have been combined, and the London conurbation has been separated from the remainder of the London and South-Eastern region, which has itself been combined with the Southern region.

(ix) The London conurbation (Greater London), almost coterminous with the Metropolitan police district.

(x) The provincial conurbations, as defined by the Registrars-General. These are the largest areas of continuous urban development, centred on Birmingham, Manchester, Liverpool, Newcastle-on-Tyne, Leeds and Glasgow.

(xi) Other urban areas, including boroughs and urban districts.

(xii) Semi-rural areas, defined as those rural districts which are either contiguous to urban areas with a population of 25,000 or more, or which themselves have a population density exceeding one person per four acres.

(xiii) Rural areas, i.e. all other rural districts. With improvements in transport, suburban and "exurban" influences have increasingly obscured the distinction between town and country over a wide area around even middle-sized towns. To obtain a truly rural sample, therefore, rural districts adjoining such towns have been excluded. The criterion of density per acre is also somewhat stricter than the 30 persons per 100 acres used by the late Professor Sir Arthur Bowley.*

145. Although the general sample is representative of Great Britain as a whole, the areas sampled in any one region may not be fully representative of that region. This applies particularly to Wales, whose small but heterogeneous population cannot be adequately represented by two parliamentary constituencies (in 1957 the number has been increased to three). The complete change of constituencies at the beginning of 1956 made it possible to ascertain whether the differences

*A. L. Bowley, *J. Roy. Stat. Soc.*, (1914), Vol. 77, p. 598.

TABLE 53
Domestic Food Expenditure and Value of Consumption by Region and Type of Area, 1956
(per person per week)

	All households	Region or Type of Area																	
		Wales	Scotland	Northern and East West Ridings	North Western	North Midland and Eastern	Midland	South Western	South Eastern and Southern	Conurbations		Other urban	Semi-rural	Rural					
										London	Provincial								
1ST QUARTER																			
Expenditure	26 5	27 4	27 4	26 10	25 10	25 10	27 9	24 10	25 8	25 8	27 9	27 4	26 9	25 7	24 8	24 8	24 2	24 2	
Value of free food	1 3	1 3	1 3	1 3	1 7	1 7	1 3	1 5	1 1	1 1	1 3	1 2	1 4	1 0	8 11	8 11	8 3	8 3	
Value of consumption	26 11	28 7	28 0	27 0	26 5	26 5	28 0	26 3	26 3	26 3	27 7	27 7	27 1	26 8	27 6	27 6	27 6	27 6	
2ND QUARTER																			
Expenditure	28 4	27 7	26 1	29 2	28 5	27 3	28 8	26 0	27 6	26 0	31 1	31 1	28 0	27 0	24 2	24 2	24 2	24 2	
Value of free food	6	1 6	7	4	3	7	6	1 1	1 1	1 1	3	3	4	4	5 3	5 3	5 3	5 3	
Value of consumption	28 10	29 0	26 8	29 6	28 8	27 10	29 2	27 0	28 3	28 3	31 4	31 4	28 4	28 4	26 4	26 4	26 4	26 4	
3RD QUARTER																			
Expenditure	27 1	24 1	27 3	26 8	27 6	26 0	28 1	26 2	26 10	26 2	28 10	28 10	26 7	26 7	28 7	28 7	28 7	28 7	
Value of free food	1 5	3 4	2 0	1 0	7	1 9	7	2 6	2 4	2 4	9	9	1 2	1 2	5 5	5 5	5 5	5 5	
Value of consumption	28 6	27 6	29 2	27 6	28 1	27 9	28 11	28 8	29 2	29 2	29 2	29 2	27 9	28 6	28 6	28 6	28 6	28 6	
4TH QUARTER																			
Expenditure	27 4	24 1	27 3	26 10	28 0	27 4	27 7	25 1	28 0	28 0	28 8	28 8	27 4	26 8	28 10	28 10	28 10	28 10	
Value of free food	9	2 3	1 3	4	2	10	3	1 11	1 0	1 0	6	6	1 1	1 6	4 8	4 8	4 8	4 8	
Value of consumption	28 1	26 4	28 6	27 2	28 2	28 2	27 10	27 0	29 0	29 0	29 2	29 2	27 10	28 2	27 6	27 6	27 6	27 6	
ANNUAL AVERAGE																			
Expenditure	27 3	25 9	27 0	27 4	27 5	26 7	28 0	25 6	26 10	26 10	29 0	29 0	27 8	26 3	28 6	28 6	28 6	28 6	
Value of free food	10	2 1	1 1	3	3	11	6	1 9	1 4	1 4	3	3	7	1 8	3 10	3 10	3 10	3 10	
Value of consumption	28 1	27 10	28 1	27 10	27 9	27 6	28 6	27 3	28 2	28 2	29 5	29 5	27 10	28 2	27 4	27 4	27 4	27 4	
Expenditure as percentage of that in all households	100.0	94.5	98.8	100.3	100.5	97.4	102.7	93.5	98.4	98.4	106.3	106.3	99.6	96.9	86.2	86.2	86.2	86.2	
Value of consumption as percentage of that in all households	100.0	99.2	100.0	99.0	98.7	98.0	101.4	97.0	100.3	100.3	104.8	104.8	98.8	100.2	97.4	97.4	97.4	97.4	
Price index (all foods)	100.0	102.3	106.3	100.0	99.3	99.4	100.7	99.0	99.6	99.6	99.3	99.3	100.1	100.8	102.5	102.5	102.5	102.5	
Price of energy index (all foods)	100.0	97.2	99.9	97.5	96.5	98.1	100.0	97.8	103.2	103.2	107.5	107.5	99.4	98.5	91.7	91.7	91.7	91.7	

TABLE 54
Geographical Differences in Quantity of Free Food, 1956
(os. per head per week except where otherwise stated)

	All households	Region or Type of Area												
		Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midland	South Western	South Eastern and Southern	Conurbations		Semi-rural	Rural	
										London	Provincial			
Value of free food (pence per head per week)	9.56	24.94	13.42	5.19	3.44	11.15	5.50	20.62	15.73	5.07	1.76	6.92	20.31	45.91
MILK														
Liquid—Retail . . . (pt.)	0.16	0.77	0.61	0.06	0.07	0.09	0.03	0.37	0.11	0.01	0.02	0.03	0.36	1.88
” — Welfare and school (pt.)	0.22	0.21	0.21	0.21	0.22	0.24	0.26	0.21	0.19	0.22	0.22	0.23	0.22	0.19
Total Liquid Milk . . . (pt.)	0.38	0.98	0.82	0.27	0.29	0.33	0.29	0.58	0.30	0.23	0.24	0.26	0.58	2.07
BUTTER	0.02	0.33.	0.04	0.01	—	—	—	0.03	—	—	—	—	0.02	0.33
EGGS (No.)	0.34	0.78	0.68	0.26	0.14	0.50	0.21	0.63	0.34	0.08	0.03	0.18	0.94	2.19
HONEY AND PRESERVES	0.10	0.10	0.24	0.04	0.03	0.06	0.01	0.28	0.19	0.11	0.04	0.08	0.19	0.30
MEAT														
Carcass and offal	0.08	0.40	0.01	0.06	0.07	0.06	0.03	0.03	0.17	0.11	0.06	0.05	0.13	0.31
Bacon and ham, uncooked	0.04	0.89	—	0.01	—	0.03	0.01	0.02	—	—	—	0.01	—	0.88
Bacon and ham, cooked (incl. canned)	—	0.06	—	—	—	—	—	—	—	—	—	—	—	—
Poultry	0.08	0.19	0.07	—	0.05	0.05	0.14	0.27	—	0.01	0.02	0.05	—	0.03
Rabbit, game, etc.	—	—	0.01	—	—	0.02	—	0.02	—	—	—	—	0.01	0.04
Total Meat	0.20	1.54	0.09	0.13	0.12	0.16	0.18	0.34	0.31	0.12	0.08	0.11	0.35	1.83
FISH	0.01	—	—	0.09	0.01	0.01	0.02	0.01	0.05	0.01	0.01	0.03	0.06	—

TABLE 54—continued.
(os. per head per week except where otherwise stated)

	All households	Region or Type of Area											Rural				
		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			
										London	Provincial						
VEGETABLES																	
Cabbages	1.51	2.34	1.09	1.09	0.26	2.10	0.94	3.63	2.63	1.00	0.18	1.44	3.19	3.28			
Brussels sprouts	0.51	0.45	0.30	0.22	0.06	0.88	0.32	1.44	1.22	0.18	0.05	0.51	1.11	1.44			
Cauliflower	0.20	0.14	0.20	0.26	0.05	0.33	0.11	0.45	0.29	0.03	0.04	0.24	0.36	0.42			
Leafy salads	0.36	0.50	0.29	0.24	0.16	0.55	0.26	0.73	0.94	0.19	0.12	0.38	0.71	0.45			
Fresh legumes	1.40	2.46	0.35	0.54	0.35	2.02	0.81	3.75	2.71	1.10	0.16	1.31	3.08	1.77			
Other fresh green vegetables	0.09	—	—	0.01	0.02	0.15	0.04	0.15	0.24	0.12	0.01	0.06	0.20	0.11			
Potatoes, old	4.48	11.85	5.28	2.60	0.62	6.40	3.42	11.43	5.88	1.76	0.46	3.57	9.71	20.32			
Potatoes, new	1.93	2.78	2.20	1.36	0.43	2.78	0.82	5.10	2.93	0.86	0.13	1.74	4.12	6.30			
Carrots	0.41	0.94	0.51	0.09	0.04	0.66	0.14	0.84	0.80	0.22	0.02	0.37	0.74	1.72			
Other root vegetables	0.54	1.98	0.80	0.38	0.06	0.60	0.13	1.80	0.68	0.33	0.10	0.46	0.87	2.45			
Onions, shallots, etc.	0.25	0.49	0.38	0.10	0.04	0.26	0.09	0.58	0.47	0.19	0.06	0.22	0.42	0.76			
Miscellaneous	0.15	0.04	0.03	0.04	0.02	0.23	0.10	0.33	0.45	0.15	0.02	0.13	0.34	0.08			
Total Vegetables	11.83	23.97	11.43	6.93	2.11	16.96	7.18	29.63	19.03	6.13	1.35	10.43	24.85	39.30			
FRESH FRUIT																	
Apples and pears	0.72	0.60	0.26	0.24	0.23	0.81	0.37	1.82	1.66	0.90	0.18	0.58	1.44	0.98			
Stone fruit	0.08	—	—	—	0.08	0.15	0.05	0.08	0.15	0.10	0.06	0.04	0.20	0.05			
Soft fruit	0.36	1.04	0.18	0.21	0.13	0.36	0.16	0.42	1.07	0.26	0.08	0.41	0.60	0.38			
Tomatoes, fresh	0.19	0.12	0.30	0.05	0.13	0.16	0.09	0.37	0.36	0.21	0.07	0.17	0.25	0.54			
Other fresh fruit, except bananas and citrus fruit	0.44	0.43	0.69	0.40	0.24	0.55	0.18	0.32	0.71	0.43	0.32	0.40	0.61	0.73			
Total Fresh Fruit, except bananas and citrus fruit	1.79	2.19	1.43	0.90	0.81	2.03	0.85	3.01	3.95	1.90	0.71	1.60	3.10	2.68			
CANNED AND BOTTLED FRUIT																	
BREAD (all types)	0.18	0.24	0.03	0.02	0.06	0.17	0.08	0.37	0.55	0.27	0.04	0.15	0.34	0.28			
	0.03	—	—	—	0.04	0.05	—	—	0.29	—	0.03	0.06	0.04	—			

previously observed were peculiar to the areas surveyed or characteristic of the region. Although the regional features recorded in 1955 were thus severely tested, most of them were found to persist.

Quarterly Changes in Expenditure and Value of Consumption

146. Table 53 gives quarterly estimates of domestic food expenditure and value of consumption in regions and types of area in 1956. Food expenditure was 6 per cent above the average for Great Britain in the London area, 6 per cent below in Wales and the South-West, and 14 per cent below in the rural sample (6 per cent for rural and semi-rural areas together, as in 1955). The pattern of differences was much the same as in the previous year, except that the Welsh sample was then more urban in character and had expenditure 4 per cent above the average for all households. Differences in value of consumption, including free supplies, were much smaller than in expenditure, ranging from +5 per cent in London to -3 per cent in the South-West and in the rural areas. The peak in expenditure occurred in the second quarter in nearly all types of area and in most regions, but in the rural and semi-rural households and in the more rural regions of England the peak in value of consumption was delayed until the third quarter by the seasonal maximum in homegrown fruit and vegetables, which are valued at their current retail prices.

Free Supplies

147. Table 54 gives details of the quantities of the more important kinds of free supplies, and the total value of free food. There were some free supplies for about two-thirds of the foods distinguished by the Survey but for most of these the

TABLE 55

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, 1952-56 (per cent)

	1952	1953	1954	1955	1956
ALL HOUSEHOLDS					
Potatoes	7.7	9.5	10.2	11.0	8.4
All other vegetables	15.8	17.3	16.0	14.7	14.0
Fruit	9.1	9.9	6.8	7.6	6.2
Eggs	17.1	14.2	11.3	10.8	7.9
All other foods	0.8	1.0	1.3	1.2	0.9
All foods	3.8	4.0	3.5	3.5	2.9
ALL URBAN AREAS					
Potatoes	3.7	4.3	4.7	4.7	4.7
All other vegetables	9.5	10.8	9.8	8.6	9.9
Fruit	6.0	6.7	5.4	5.4	5.2
Eggs	6.3	5.8	3.8	4.0	2.9
All other foods	0.2	0.2	0.3	0.4	0.3
All foods	1.9	2.0	1.7	1.7	1.6
RURAL AND SEMI-RURAL AREAS					
Potatoes	25.3	30.5	29.3	32.7	23.3
All other vegetables	37.7	43.2	37.6	35.6	31.4
Fruit	22.6	21.4	12.3	14.3	10.7
Eggs	45.7	38.8	35.7	33.2	27.8
All other foods	3.3	3.7	4.3	3.6	3.5
All foods	10.9	11.1	9.5	9.1	7.9

quantities involved were negligible. The largest contributions were made by fresh vegetables and fruit, eggs and milk, which accounted for some 75-90 per cent of the total value of free supplies in all regions and types of area. The value of free food ranged from 3s. 10d. per head per week in rural households (14·0 per cent of total value of consumption) to 5d. (1·4 per cent) in London and only 1½d. (0·5 per cent) in the provincial conurbations, and from 2s. 1d. in Wales to 3½d. in the North-West. Wales was the only region with appreciable free supplies of butter and bacon, and had the highest averages for milk, eggs and carcase meat and offal. The South-West had the greatest free supplies of all the main types of green vegetables, potatoes, onions, apples and pears, soft fruit and tomatoes, preserves and poultry; Wales took the lead for root vegetables, and the eastern areas for stone fruit.

148. The percentage contributions of free supplies were higher than in 1955 for cabbage, cauliflower, leafy salads, peas and beans, carrots and stone fruit. For all these except cabbage the absolute contributions were also greater, but for all other main commodities both the absolute and the percentage contributions decreased. Table 55 shows that the decline in the relative importance of self-supply during the transition from control was more marked in the country than in the towns, and was most pronounced for eggs.

Consumption, Expenditure and Prices; Individual Foods

149. Details of expenditure and consumption are given in Appendix E for all foods by region and type of area. A Laspeyres-type price index, in which the weights assigned to different foods are taken from the national sample, indicates that the level of food prices continued to be significantly above the average in Scotland and Wales, especially for fruit, fresh green and other vegetables, fish, carcase meat and (in Scotland) bacon; potatoes were, however, cheap in Scotland though dear in Wales. The degree of urbanization also had some effect on prices, the index for all foods ranging from 2·5 per cent above the general average in rural areas to 0·7 per cent below in London. The indices for English regions were all within 1 per cent of the average. Fresh meat and bacon, fresh fish, fruit, fresh green and other vegetables were all more expensive in rural areas than in the towns; potatoes and eggs, on the other hand, were cheaper in the country. The cost per calorie (value of consumption divided by energy value of the diet) was highest in London (7·5 per cent above the average for all households) reflecting the Londoner's high expenditure on fruit and green vegetables, and lowest in the rural sample (8·3 per cent below), because of the rural household's greater dependence on bread and flour.

Milk, Cheese, Meat, Fish and Eggs

150. Consumption of *liquid milk* was, as in 1955, greatest in London (5·26 pints per head per week), closely followed by the adjoining South-Eastern and Southern counties (5·22 pints). The North-East, with 4·04 pints compared with 4·15 pints in 1955, had much the smallest average, with Wales the next lowest. These geographical differences in milk consumption cannot be explained in terms of differing levels of income; they appear to have persisted from habits formed before the war, which may yield only very slowly to time and education. As before, towns outside the London area obtained less milk than the national average. Rural households obtained 43 per cent of their domestic milk supply, other than welfare milk,

free of charge, and their total expenditure on milk was 37 per cent below the average for all households, although their consumption at 5·01 pints was 4 per cent above. Purchases of condensed milk were greatest in the South and South-East, as in 1955, and of dried and other milk in the Midlands.

151. Total consumption of *cheese* ranged from 3·8 oz. per head per week in the Midlands to 1·9 oz. in the North-East. The range in expenditure was similar, and wider than in 1955. Purchases of natural cheese were greatest in the Midlands, which moved ahead of the South-West. As before, demand for processed and packeted cheese was greatest in Scotland and London and least in the South-West and in the rural areas.

152. The range in consumption of *carcase meat* was from 15 per cent above the national average in London to 17 per cent below in Scotland, compared with +20 to -20 in 1955. Regional differences in expenditure were smaller than those for consumption, because of variations in the average prices paid by housewives, which ranged from 5 per cent below the national average in the North-West to 16 per cent above in Scotland, where most of the meat sold was no doubt prime quality home-killed. Purchases of beef exceeded those of mutton except in the South-East and South and the North-West; the preference for beef was strongest in Scotland and in rural areas. Pork consumption declined except in Scotland, where it was already very low. Consumption of *uncooked bacon and ham* also decreased in most regions and differences narrowed, the range being from +17 per cent in the North-East to -33 per cent in Scotland, where the prices paid were 28 per cent above the average for Great Britain, partly, no doubt, because of the different types sold. The average prices for fresh meat and bacon were 9 to 10 per cent higher in rural areas than in semi-rural and urban areas, with consumption accordingly lower.

153. Scottish households, as in the previous year, had much the highest expenditure on and consumption of *sausages*, and the North-East and North-West the lowest. The strong preference in Scotland and the rural areas for beef extended to beef sausages, which accounted for 75 per cent of the sausage consumption in Scotland and 64 per cent of that in rural households, compared with 54 per cent in the North-East, 44 per cent for Great Britain and only 27 per cent in the Midland areas. Consumption of *offals* was greatest in London and least in the rural areas and in Scotland; differences were more marked for liver than for other offals. Consumption of *rabbit*, game and miscellaneous meats fell below 0·1 oz. per head per week everywhere. *Poultry* consumption was greatest (0·85 oz.) in the rural households, though expenditure at 0·90d. was less than half the national average of 1·89d. because of free supplies. London, with almost equal consumption (0·84 oz.) had the highest expenditure (3·26d.).

154. Geographical variations in the consumption of *fish* were much wider than in the previous year, the range being from +22 per cent in the North-East to -24 per cent in Wales and -26 per cent in rural areas. Scotland had the highest average for fresh and processed fish, especially white fish, but, except for rural areas, the lowest for prepared fish and much the lowest for shellfish. Purchases of herrings were greatest in the South and South-East. In the North-East, consumption of cooked fish was 155 per cent and of chips 127 per cent above the national average, compared with 83 and 72 per cent in 1955. Fish prices in general were highest in Wales and Scotland and lowest in the North-East and South-West.

155. Scotland again showed the highest and the Midlands the lowest consumption of eggs, the range being from +20 to -14 per cent of the national average compared with +18 to -11 per cent in 1955. Price variations were small, with rural areas 5 per cent below and Wales 4 per cent above the average.

Fats, Sugar and Preserves

156. Consumption of fats was again greatest in Welsh households (13.1 oz. per head per week) because of their consumption of *butter* (7.0 oz.), accounting for 53 per cent of the total compared with 40 per cent in the whole sample. Butter consumption was also high (5.5 oz.) in rural areas and in the largely rural South-West; elsewhere it was 5.0 oz. or less. The North-West again had the lowest expenditure on and consumption of butter and the highest average for *margarine*. Scottish households continued to record the lowest figures for *cooking fats* and the North-East and North Midland and Eastern regions the highest. Purchases of *suet and dripping* ranged from 37 per cent above the average in the North-East to 54 per cent below in Wales, compared with +33 and -57 per cent in the same regions in 1955. The demand for other fats, oils and creams increased markedly in Greater London and the adjoining regions, but not elsewhere.

157. Variations in the consumption of *sugar* were as usual small, ranging from +10 per cent in rural areas and +8 per cent in Wales to -9 per cent in the North-East. Scotland, the North-West and the rural areas had the highest consumption of *preserves*, other than marmalade, for which London took the lead. Total consumption of preserves continued lowest in the Midlands (-24 per cent). The price of sugar was almost uniform throughout Great Britain; that of preserves was 7 per cent above the average in Wales, but elsewhere showed little regional variation.

Vegetables and Fruit

158. Variations in *potato* consumption are largely dependent on local conditions which change from year to year. Thus, the South-West, which showed the highest average in the 1949 analysis, and the Midlands, which headed the list in 1955, were both near the general average, while Scotland took the lead at +8 per cent. The low value of -10 per cent in the South-Eastern and Southern area is, however, persistent. The ratio of new to old potatoes was highest in London and lowest in the countryside. The range in expenditure was from +19 per cent in the industrial North-West to -18 per cent in the South West, and from +14 per cent in the provincial conurbations to -46 per cent in rural areas, where 44 per cent of the total supplies were "free". Average prices varied from +11 per cent in Wales, as in 1955, to -18 per cent in Scotland.

159. Geographical differences in the consumption of *fresh green vegetables* were similar to those found in 1955, and only slightly less marked, while those in expenditure were even wider. The ranges were: consumption, South-West, +35 per cent (+44 in 1955), Scotland -62 per cent (-64); expenditure, London +57 per cent (+60), Scotland -66 per cent (-59) with rural households at -74 per cent, not wholly because of their reliance on garden produce—their consumption of cauliflower and leafy salads was even below the Scottish level. When housewives in country districts did purchase green vegetables, they paid prices 22 per cent above the national average. Prices were also high in Wales and Scotland. The Scottish consumption of fresh legumes, which was only 4 per cent of the average for Great

Britain in 1949 and 10 per cent in 1953, rose to 14 per cent in 1956. The high averages for cauliflower in Wales and for peas and beans in the South-West were confirmed.

160. The consumption range for vegetables other than fresh greens and potatoes was from 13 per cent above the average in the North West, as in 1955, to 21 per cent below in the South West. The North-Western lead arose from onions and carrots; for other root vegetables Wales had the highest average, followed by Scotland. London and the Home Counties, with more varied tastes and better distribution facilities, recorded the largest purchases of the miscellaneous fresh vegetables. Consumption of and expenditure on all types of canned vegetables was smallest in the rural districts and in Scotland, Wales and the largely rural South West. The North East had the highest averages for canned beans and shared the lead with the South East and South for canned peas; for other canned vegetables expenditure and consumption were greatest in London.

161. Although differences in the pattern of vegetable consumption are among the most characteristic regional features, they are largely compensatory. For vegetables as a group, the extreme deviations were only +2 per cent in the South West and -6 per cent in rural households. The expenditure range was of course much wider, from +17 per cent in London to -50 per cent in the country, being largely governed by the availability of free supplies.

162. Regional differences in the consumption of *fresh fruit* tended to follow those found in 1955, the range being from 27.4 oz. per head per week in Greater London (33 per cent above the average) to 16.3 oz. in rural areas (21 per cent below). The corresponding range in expenditure was from +28 to -24 per cent. London had a clear lead for all the main kinds of fresh fruit except soft fruit. Consumption of *other fruit* was greatest in Wales and the North Midland and Eastern area and smallest in Scotland. Rural households recorded the highest average for dried vine fruit but the lowest (apart from Scotland) for canned and bottled fruit. The market for canned and bottled tomatoes was curiously localized, purchases in the North Midland and Eastern area being some 30 times as great as in Scotland. Consumption of welfare orange juice was greatest in London and smallest in rural areas, no doubt because of difficulties in distribution. Fruit prices were highest in Scotland (+11 per cent fresh fruit, +7 per cent other fruit) and lowest in London (-5 per cent fresh, -4 per cent other).

Cereals, Beverages and Miscellaneous Foods

163. Regional differences in the consumption of cereal foods followed much the same pattern as in the previous year, the range being from 9 per cent above the average in Scotland to 12 per cent below in London (1955, +10 to -14 per cent), though the greatest consumption (+17 per cent) was in rural households, which were not distinguished from those in semi-rural areas in 1955. Consumption of *bread* in the rural sample was 18 per cent above the national average; among the regions, the Midlands with +15 per cent took the lead from Wales, with London still lowest at -14 per cent. Expenditure, however, was highest in Scotland (+24 per cent) because of higher prices (+6 per cent) and a demand for rolls. The North East recorded the lowest expenditure on wholemeal but much the highest on other brown bread, though the estimated prices suggest that some proprietary brown bread conventionally grouped with wholemeal bread by the Survey was there described simply as brown bread.

164. Purchases of *flour* were again greatest in the North East with 12.0 oz. per head per week, 52 per cent above the average for Great Britain; of this 5.0 oz. was plain flour, twice as much as in any other region. Flour consumption was as high in the semi-rural as in the rural areas (both 9.9 oz.), 26 per cent above the average; this was one of the few instances of the former group conforming to the rural rather than the urban pattern of demand, even though they paid urban prices for their flour. The lowest averages were in the Midlands, the provincial conurbations and Scotland, respectively 39, 29 and 26 per cent below the average. Differences in expenditure closely paralleled those in consumption.

165. Consumption of *cakes and biscuits* ranged from +33 per cent in Scotland to -16 per cent in Wales and -14 per cent in the two Midland areas. Average prices were 12 per cent above the average in Scotland but elsewhere fairly uniform. Scotland and the rural areas had the highest consumption of oatmeal and oat products (+159 and +120 per cent respectively) but the lowest of other breakfast cereals (-37 and -38 per cent) for which London moved ahead of the Midlands. As in 1955, London took most flour-based cereals.

166. *Tea* consumption varied from 3.25 oz. per head per week (+13 per cent) in the Midlands, closely followed by the North West, to 2.56 oz. (-11 per cent) in Scotland and only 2.44 oz. (-15 per cent) in rural households. Prices were 7 per cent below the average in the provincial conurbations and the North West. The consumption of coffee ranged from +39 per cent in the South West to -47 per cent in Scotland and -55 per cent in Wales. The North West, though its total coffee purchases were below average, showed a strong relative preference for bean and ground coffee rather than extracts and essences. *Cocoa* consumption became more uniform, and increased markedly in Scotland, which obtained more than the North of England. For *branded food drinks*, however, the old differences persisted, giving a range from +70 per cent in the Midlands to -75 per cent in Scotland (-77 in 1955, -70 in 1953).

167. A minor characteristic of the diet of households in London and the Home Counties is their use of salad dressings and of meat and vegetable extracts, which are less popular in Wales, Scotland and the countryside. Purchases of soups, both canned and powdered, generally increased but remained much greater in Scotland than elsewhere.

Summary of Regional Differences in Consumption of, and Expenditure on, the Main Food Groups

168. In Tables 56 and 57 the main food groups are classified in each region or type of area according to whether the average expenditure or consumption per head was more than 5 per cent above or below the national average, and are also arranged in order of magnitude outside these limits. Households in towns outside the conurbations, in semi-rural areas and in the North Midland and Eastern and the South Eastern and Southern regions conformed most closely to the national pattern of consumption, while rural, Scottish and North-Eastern households diverged most widely from the average for Great Britain. Expenditure broadly followed the same patterns as consumption, although price differences and the varying incidence of free supplies resulted in some degree of transference, especially in the South West.

TABLE 56

Household Food Consumption—Regional Differences expressed as Percentage
Deviations from National Average, 1956

	Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midlan
<i>More than 5 per cent above the national average</i>	Butter +49 Flour +15 Cooking fats +12 Fresh green vegetables +10 Bread +10 Fruit +8	Cakes and biscuits +33 Other cereals +33 Suet and dripping +27 Eggs +20 Potatoes +8 Butter +7 Bread +6	Flour +32 Suet and dripping +37 Cooking fats +23 Fish +22 Cakes and biscuits +14 Other vegetables +12 Other meat +11 Margarine +6	Margarine +30 Other vegetables +13 Bread +12 Tea +12 Other meat +8 Cakes and Biscuits +6	Cooking fats +19 Flour +19 Fresh green vegetables +14 Cheese +8	Cheese Bread Tea Cooking fats
<i>Between 95 and 105 per cent of the national average</i>	Cheese Sugar and preserves Carcass meat Other meat Total meat Potatoes Other vegetables Tea	Liquid milk Sugar and preserves Other meat Fish Other vegetables	Eggs Total meat Potatoes Bread Tea	Liquid milk Suet and dripping Sugar and preserves Carcass meat Total meat Fish Potatoes Other cereals	Liquid milk Margarine Suet and dripping Eggs Sugar and preserves Carcass meat Total meat Potatoes Fruit Bread Other cereals Tea	Liquid milk Butter Margarine Sugar and preserves Carcass meat Other meat Total meat Fresh green vegetables Potatoes Other cereals
<i>More than 5 per cent below the national average</i>	Eggs -10 Liquid milk -11 Other cereals -14 Cakes and biscuits -16 Margarine -22 Fish -24 Suet and dripping -34	Margarine -6 Total meat -8 Cheese -10 Tea -11 Carcass meat -17 Fruit -19 Flour -26 Cooking fats -43 Fresh green vegetables -62	Carcass meat -6 Sugar and preserves -7 Butter -10 Fruit -10 Liquid milk -16 Other cereals -20 Fresh green vegetables -21 Cheese -33	Eggs -7 Fruit -11 Cooking fats -12 Cheese -13 Butter -13 Flour -21 Fresh green vegetables -34	Other meat -6 Other vegetables -6 Butter -7 Fish -8 Cakes and biscuits -14	Fish Fruit Other vegetables Eggs Cakes and biscuits Suet and dripping Flour

TABLE 56—continued.

with Western	South Eastern and Southern	Conurbations		Other urban	Semi-rural	Rural
		London	Provincial			
Milk Butter Cheese Eggs Cakes and biscuits Tea Fruit Vegetables Other	Fresh green vegetables +33 Cheese +13 Liquid milk +8 Fruit +8	Fresh green vegetables +29 Fruit +28 Carcase meat +15 Other cereals +14 Cheese +11 Liquid milk +9 Eggs +8	Margarine +15 Other vegetables +11 Tea +10 Bread +8 Cakes and biscuits +8 Other meat +6 Fish +6	Cooking fats +7 Suet and dripping +6 Flour +6	Flour +26 Fresh green vegetables +18 Cooking fats +16	Flour +26 Bread +18 Eggs +17 Butter +16 Other cereals +14 Cheese +9 Sugar and preserves +9 Cakes and biscuits +9 Suet and dripping +8 Margarine +6
Milk Butter Cheese Eggs Cakes and biscuits Tea Fruit Vegetables Other	Butter Cooking fats Eggs Sugar and preserves Carcase meat Other meat Total meat Fish Other vegetables Flour Other cereals	Butter Sugar and preserves Total meat Fish Potatoes Other vegetables Tea	Liquid milk Eggs Sugar and preserves Carcase meat Total meat Potatoes Other cereals	Liquid milk Cheese Butter Margarine Eggs Sugar and preserves Carcase meat Other meat Total meat Fish Fresh green vegetables Potatoes Other vegetables Fruit Bread Cakes and biscuits Tea	Liquid milk Cheese Butter Margarine Suet and dripping Eggs Sugar and preserves Carcase meat Other meat Total meat Potatoes Fruit Bread Other cereals Tea	Liquid milk Other meat Potatoes
Suet and dripping Tea Margarine Cakes and biscuits Potatoes Bread Flour Other cereals	Suet and dripping -6 Tea -8 Margarine -9 Cakes and biscuits -9 Potatoes -10 Bread -10	Suet and dripping -6 Margarine -8 Other meat -8 Cooking fats -11 Cakes and biscuits -11 Bread -14 Flour -16	Suet and dripping -6 Butter -9 Fruit -10 Cooking fats -15 Cheese -16 Flour -29 Fresh green vegetables -31	Other cereals -6	Other vegetables -7 Cakes and biscuits -13 Fish -15	Total meat -9 Tea -15 Carcase meat -16 Other vegetables -17 Fruit -19 Cooking fats -22 Fish -26 Fresh green vegetables -31

TABLE 57

Household Food Expenditure—Regional Differences expressed as Percentage Deviations from National Average, 1956

	Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midland
<i>More than 5 per cent above the national average</i>	Butter +40 Flour +17 Cooking fats +13 Fruit +10	Cakes and biscuits +43 Bread +24 Other cereals +16 Butter +14 Eggs +14 Suet and dripping +10	Flour +51 Suet and dripping +38 Fish +20 Cooking fats +17 Potatoes +16 Other vegetables +12 Other meat +11 Cakes and biscuits +11 Margarine +8 Eggs +7 Tea +6	Margarine +28 Potatoes +19 Bread +11 Other vegetables +10 Other meat +8	Flour +18 Cooking fats +16 Suet and dripping +13 Cheese +8	Cheese Fresh green vegetables Tea Cooking fats Bread Fish Liquid milk
<i>Between 95 and 105 per cent of the national average</i>	Cheese Sugar and preserves Carcass meat Total meat Fresh green vegetables Bread Tea	Sugar and preserves Carcass meat Other meat Total meat Fish	Butter Sugar and preserves Carcass meat Total meat Fruit Bread	Liquid milk Suet and dripping Eggs Sugar and preserves Carcass meat Total meat Fish Cakes and biscuits Other cereals Tea	Liquid milk Margarine Sugar and preserves Carcass meat Other meat Total meat Fresh green vegetables Other vegetables Fruit Other cereals Tea	Butter Margarine Sugar and preserves Carcass meat Other meat Total meat Potatoes Other vegetables Fruit Other cereals
<i>More than 5 per cent below the national average</i>	Other meat -7 Potatoes -10 Fish -12 Other vegetables -13 Cakes and biscuits -15 Other cereals -16 Eggs -19 Liquid milk -25 Margarine -30 Suet and dripping -31	Cheese -7 Margarine -7 Other vegetables -10 Fruit -11 Liquid milk -12 Tea -15 Potatoes -20 Flour -31 Cooking fats -36 Fresh green vegetables -66	Fresh green vegetables -16 Liquid milk -19 Other cereals -21 Cheese -30	Fruit -6 Cheese -10 Butter -12 Cooking fats -13 Fresh green vegetables -19 Flour -19	Potatoes -6 Bread -6 Butter -7 Fish -7 Eggs -8 Cakes and biscuits -14	Eggs Cakes and biscuits Suet and dripping Flour

TABLE 57—continued.

West Western	South Eastern and Southern	Conurbations		Other urban	Semi-rural	Rural
		London	Provincial			
me +13 er +12 ing +8	Liquid milk +15 Cheese +10 Fresh green vegetables +10 Other cereals +8	Fresh green vegetables +57 Fruit +22 Other cereals +18 Liquid milk +15 Carcass meat +11 Eggs +10 Cheese +9 Other vegetables +8	Margarine +14 Potatoes +14 Fish +10 Other vegetables +10 Bread +10 Cakes and biscuits +8 Other meat +7 Eggs +6	Suet and dripping +8 Flour +6	Flour +25 Cooking fats +17 Butter +6	Bread +22 Flour +19 Cakes and biscuits +13 Butter +12 Cheese +9 Sugar and preserves +6
liquid milk meat suet and dripping eggs sugar and preserves carcass meat total meat other vegetables fruit flour	Butter Cooking fats Suet and dripping Eggs Sugar and preserves Carcass meat Total meat Other vegetables Fruit Flour	Butter Sugar and preserves Other meat Total meat Fish Potatoes Tea	Liquid milk Sugar and preserves Carcass meat Total meat Fruit Other cereals Tea	Liquid milk Cheese Butter Margarine Cooking fats Eggs Sugar and preserves Carcass meat Other meat Total meat Fruit Fish Fresh green vegetables Potatoes Other vegetables Fruit Bread Cakes and biscuits Tea	Liquid milk Cheese Margarine Suet and dripping Sugar and preserves Carcass meat Other meat Total meat Fruit Bread Other cereals Tea	Margarine Suet and dripping Other cereals
meat -6 suet and preserves -7 fish -8 margarine -9 cakes and biscuits -9 bread -13 potatoes -16 meat -12 other -14 total -17 fruit -18 flour -19 other -24 suet and preserves -27 fish and preserves -38	Other meat -6 Tea -7 Fish -8 Margarine -9 Cakes and biscuits -9 Bread -13 Potatoes -16	Margarine -7 Suet and dripping -8 Cooking fats -9 Cakes and biscuits -10 Bread -14 Flour -16	Butter -7 Fresh green vegetables -11 Suet and dripping -13 Cheese -14 Cooking fats -14 Flour -28	Other cereals -6	Fish -11 Other vegetables -11 Cakes and biscuits -13 Eggs -15 Potatoes -15 Fresh green vegetables -18	Carcass meat -7 Total meat -10 Other meat -14 Tea -15 Fruit -20 Cooking fats -21 Fish -29 Eggs -30 Liquid milk -37 Other vegetables -40 Potatoes -46 Fresh green vegetables -74

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TABLE 58
Geographical Differences in Energy Value and Nutrient Content of Domestic Food Consumption, 1956
 (per head per day)

	All house-holds	Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midland	South Western	Southern and South Eastern	Conurbations		Other urban	Semi-rural	Rural
										London	Provincial			
Energy value (Cal.)	2,624	2,679	2,626	2,664	2,689	2,620	2,662	2,603	2,552	2,560	2,639	2,610	2,669	2,786
Total protein (g.)	76	74	76	77	77	75	77	74	74	75	77	75	76	78
Animal protein (g.)	43	40	41	42	42	42	44	42	44	46	43	42	43	41
Fat (g.)	108	110	101	110	110	108	110	108	107	109	108	108	110	108
Carbohydrate (g.)	337	348	352	343	347	336	340	334	332	319	340	335	343	376
Calcium (mg.)	1,029	1,000	1,030	959	1,019	1,045	1,089	1,051	1,064	1,053	1,011	1,016	1,057	1,099
Iron (mg.)	13.3	12.8	13.4	13.9	13.0	13.1	12.9	12.9	13.0	13.5	13.4	13.1	13.2	13.3
Vitamin A (i.u.)	4,310	4,043	4,034	4,106	4,574	4,338	4,293	3,985	4,412	4,678	4,450	4,268	4,330	3,853
Vitamin B ₁ (mg.)	1.21	1.21	1.14	1.23	1.24	1.21	1.24	1.20	1.18	1.21	1.20	1.19	1.23	1.22
Riboflavin (mg.)	1.65	1.53	1.60	1.57	1.63	1.66	1.69	1.64	1.69	1.77	1.64	1.62	1.65	1.59
Nicotinic acid (mg.)	13.0	12.5	12.1	13.3	13.2	12.9	13.0	12.7	12.9	13.5	13.2	12.8	13.1	12.3
Vitamin C (mg.)	50	51	43	48	48	52	48	48	51	57	47	49	51	42
Vitamin D (i.u.)	150	140	143	155	160	147	159	135	148	149	158	148	146	149

TABLE 59
 Comparison of Energy Value and Nutrient Content of Domestic Food Consumption with Allowances based on British Medical Association's Recommendations
 Types of Area and Regions, 1956
 (per cent)

	All house-holds	Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midland	South Western	Southern and South Eastern	Conurbations		Other urban	Semi-rural	Rural
										London	Provincial			
Energy value	105	104	102	104	109	105	106	103	104	107	104	104	106	105
Protein	102	97	98	100	104	100	103	100	101	106	104	99	101	99
Calcium	107	103	103	98	106	107	113	109	112	113	105	104	109	111
Iron	108	102	106	118	106	107	105	104	105	112	110	105	107	105
Vitamin A	182	169	167	172	195	185	182	165	185	203	189	176	184	160
Vitamin B ₁	122	119	111	121	127	123	124	120	121	127	123	120	123	116
Riboflavin	109	98	102	100	109	110	111	107	113	132	110	106	108	99
Nicotinic acid	132	123	119	131	135	131	130	128	132	143	135	128	131	117
Vitamin C	226	230	189	215	221	238	221	215	234	268	217	221	232	188

TABLE 60
Geographical Differences in Percentage of Energy Value derived from Protein, Fat and Carbohydrate, 1956
 (per cent)

	All households	Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midland	South Western	Southern and South Eastern	Conurbations		Other urban	Semi-rural	Rural
										London	Provincial			
Protein	11.5	11.1	11.6	11.5	11.4	11.4	11.6	11.4	11.6	11.8	11.6	11.4	11.4	11.8
Fat	37.1	36.9	34.8	37.0	36.9	37.8	37.3	37.3	37.9	38.3	36.8	37.2	37.2	34.8
Carbohydrate	51.4	52.0	53.7	51.5	51.7	51.4	51.1	51.3	50.5	49.9	51.6	51.4	51.4	54.0
Total energy value	100	100	100	100	100	100	100	100	100	100	100	100	100	100
Animal protein as percentage of total protein	56.3	53.9	54.0	54.4	53.1	56.5	57.0	56.5	58.8	60.5	55.8	56.8	55.8	52.8

Energy Value and Nutrient Content

166. Estimates of the energy value and nutrient content of the household diet in regions and urban and rural areas are shown in Table 58. The most striking feature of the data is their uniformity. Except for vitamins A, C and D, which usually show a more marked variation, and for carbohydrate in rural areas, which was 12 per cent above the average for Great Britain, the nutritive value of the diet in each region and type of area was within 8 per cent of the average. For most groups and most nutrients uniformity was even greater: few values differed by more than 4 per cent from the national average. The main departures occurred in London, the North East, Scotland and Wales, and in the rural sample.

170. The London diet contained upwards of 7 per cent more animal protein, vitamins A and C and riboflavin than the average, and 5 per cent less carbohydrate. North Eastern households, with relatively greater consumption of flour, cakes, biscuits, fried fish, bacon and canned and dried vegetables, and much smaller consumption of milk and cheese, obtained 5 per cent more iron and 7 per cent less calcium than the average. The diets in Scotland, Wales and the rural areas were between 3 and 11 per cent below the average in animal protein, vitamin A and riboflavin and 3 to 12 per cent above in carbohydrate; the Scottish and rural diets were also 14 and 15 per cent respectively below in vitamin C. The highest values for energy, total protein, carbohydrate and calcium occurred in the rural households, which satisfied their greater energy needs mainly by relatively high consumption of nearly all cereal foods, especially bread, and of milk, potatoes, butter and sugar. The intakes of most vitamins were below average in Wales and Scotland in the rural areas and the smaller towns; an exception to this was the high value found for vitamin C in Welsh households because of their relatively high consumption of fresh fruit and green vegetables.

171. Changes between 1955 and 1956 were not great, and comparisons are therefore affected by small changes in the average requirements of the groups compared. Generally, there were decreases in vitamin B₁, and, to a lesser extent, in nicotinic acid, mainly attributable to changes in the consumption and the composition of bread and flour. The energy value and total protein, carbohydrate, calcium and iron content of the diet were about the same or slightly less than in 1955, and the animal protein, fat, vitamin A and vitamin D content about the same or slightly greater. These changes generally reflect decreased bread and potato consumption and increased consumption of carcase meat and fish.

172. An assessment in Table 59 of the adequacy of the household diets, by comparison with allowances based on the recommendations of the British Medical Association, shows that all percentages equalled or exceeded 97, and that only those for protein in Wales, Scotland and the "other urban" and rural areas, calcium in the North East and riboflavin in Wales and the rural areas fell below 100 per cent. London recorded the highest percentages for all nutrients, while the lowest percentages for energy value and all nutrients except calcium occurred in Wales, Scotland or the rural areas. All the Scottish and "other urban" percentages were less than the average for Great Britain, as were all but one in Wales, the North East and the rural sample. The diet in the provincial conurbations was above the average in most respects: that in the semi-rural areas was in general superior to that in either the rural or the "other urban" areas, though below the level of the conurbations.

173. Compared with the previous year, most of the percentages for vitamin A rose and those for energy value changed little, but for all other nutrients there were decreases in nearly all regions and types of area. The most consistent decrease, that for vitamin B₁, was shared by all groups, but was most pronounced in the Midlands, which showed the greatest reduction in potato consumption as well as sharing in the general fall in the consumption of bread and other cereal foods.

174. The decreases between 1955 and 1956 in the percentages for energy value and for the protein, calcium and iron content of the diet were most marked in Scotland and the South West. Changes in the percentages for vitamins A and C were less regular than those for other nutrients, as would be expected. Except in Wales and the South West, percentages for vitamin A increased, mainly because consumption of carrots and liver increased somewhat. The greatest decrease in the vitamin C percentage occurred in the Midlands because of reduced consumption of most types of fruit and vegetables, especially tomatoes, potatoes and fresh greens.

175. The sources of the energy value of the diet of different regions and types of area are shown in Table 60. The London diet had the highest proportions of energy value from fat and protein and the lowest from carbohydrate, the Welsh diet the lowest from protein, and the Scottish and rural diets the lowest from fat and the highest from carbohydrate. The diet of the South and South East was closest to the London pattern; in other regions and types of area the percentages conformed closely to the national average. In almost all groups the percentages for protein were either the same as in 1955 or slightly less. Except in Wales the percentages for fat increased and those for carbohydrate tended to decline, mainly because of reduced cereal consumption and increased consumption of many foods of animal origin containing more fat.

176. Table 60 also gives the proportion of protein derived from animal sources, which increased in 1956 in all regions and types of area, ranging from over 60 per cent in London to 53-54 per cent in Wales, Scotland and rural areas.

Appendix A

Composition of the Sample

1. In 1956 the scale of the National Food Survey was reduced for reasons of economy. Fifty parliamentary constituencies, listed in Table 1, were surveyed during the year, compared with the 60 which had been included in each year since 1951. The 50 constituencies were selected, one from each of 50 groups having approximately equal populations; the probability of selecting any given constituency was made proportional to the size of its electorate, so that households in large and small constituencies had approximately equal chances of inclusion. In constructing these 50 groups the 618 constituencies in Great Britain (excluding 6 in the crofting counties of Scotland) were classified by regions, and within each region purely urban constituencies (i.e. those containing no part of a rural district or (in Scotland) no part of the landward area of a county) were separated from others. Purely urban constituencies in England and Wales were further classified within each region by Corlett's "juror index",¹ i.e. the proportion of the electorate qualified for jury-service, to help in securing more correct representation of areas of different residential character. In Scotland, where the juror index was not available, purely urban constituencies were classified by rateable value (other than industrial or freight transport) per head of population. Constituencies containing part of a rural administrative area were stratified within each region by the proportion of the population living in rural districts (in England and Wales) or landward areas of counties (in Scotland). The 50 first-stage units were randomly selected from 50 separate groups thus defined, subject to the restriction that constituencies surveyed during the preceding two years were not to be selected.

2. The second-stage sampling units were polling districts within the selected constituencies, four being selected in each constituency for each quarter. As the main analyses of the data were quarterly, the problem was regarded as that of designing the best possible sample for three months, spreading the work as continuously as possible. In purely urban areas all the polling districts in the constituency were stratified by the juror index, and four were selected, the probability of selecting a particular district being proportional to its electorate in order to equalize the chance of any given household appearing in the sample. In other constituencies, polling districts were first classified as urban or rural according to their administrative status; the "percentage rural" figure for the 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
No. of rural polling districts	0	1	2	3	4

¹*Applied Statistics* (1952), vol. 1, p. 34.

3. The urban and rural polling districts in the constituency were then stratified separately by the juror index. Where only one polling district of a given type, say urban, was required, this additional stratification was confined to the three of the other type. In urban areas in Scotland, polling districts were selected at random, since the juror index was not available and the alternative criterion, rateable value per head, could not readily be obtained for individual polling districts.

4. The third stage of sampling consisted of the selection of addresses from the electoral register for each selected polling district at constant intervals from a randomly chosen starting-point. The method of selecting addresses at this final stage and the instructions given to interviewers followed the Social Survey's standard practice described elsewhere.¹

5. Interviews were made in half the constituencies alternately for periods of three weeks, during which two polling districts within each of these constituencies were

TABLE I
Constituencies surveyed in 1956

Region	Constituency*	Region	Constituency*
Northern and East and West Ridings	Cleveland (Yorkshire, North Riding)	London (conurbation)	† Camberwell, Peckham
	† Leeds South		† Chigwell (Essex)
North Western	Middlesbrough East	† Ealing South	† Erith and Crayford
	† Middlesbrough West	† Islington North	† Kensington South
North Midland and Eastern	‡ Morpeth (Northumberland)	† South West Hertfordshire (part) (Hertfordshire)	† Spelthorne (Middlesex)
	‡ Penistone (Yorkshire, West Riding)	† Willesden East	† Woodford
Midland	Rotherham	South Eastern and Southern	Bournemouth West
	† Crosby		Isle of Thanet (Kent)
North Western	†† Huyton (Lancashire)	Reading	‡ South Buckinghamshire (Buckinghamshire)
	†† Knutsford (Cheshire)	‡ Wycombe (Buckinghamshire)	
North Midland and Eastern	† Liverpool, Exchange	South Western	Bristol North East
	† Manchester, Ardwick		Gloucester
Midland	Nelson and Colne	† Taunton (Somerset)	‡ Tiverton (Devon)
	† Stockport North	Wales	‡ Brecon and Radnor (Brecknockshire and Radnorshire)
‡ Bolsover (Derbyshire)	Cardiff West		
Midland	Cambridge	Scotland	Dunfermline Burghs
	‡ Grantham (Lincolnshire, Kesteven)		† East Fife (Fife)
Midland	‡ Hemel Hempstead (Hertfordshire)	† East Renfrewshire (Renfrewshire)	† Glasgow, Kelvingrove
	‡ Loughborough (Leicestershire)	‡ South Ayrshire (Ayrshire)	
Midland	Romford		
	‡ South West Hertfordshire (part) (Hertfordshire)		

*County constituencies are followed by the name of the county in parenthesis; 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.

¹P. G. Gray, T. Corlett and P. Frankland, *The Register of Electors as a sampling frame* (1950) London: The Social Survey.

sampled for ten days each. A polling district was worked for only one ten-day period. The selected polling districts in a constituency were operated 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. During 1956, households in 838 polling districts (involving 16,760 addresses) were visited and 9,617 completed log-books were obtained, giving an effective response rate of 57 per cent compared with 56 per cent in 1955. The proportion of children under 15 was 27.5 per cent compared with 26.0 per cent in 1955 and 1954.

7. The numbers of households and of persons surveyed in each quarter of 1956 are shown in Table 2. The sample averaged 2,404 households per quarter (mean size 3.23 persons) compared with 2,613 households per quarter (mean size 3.19 persons) in 1955 and 2,892 households per quarter (mean size 3.24) in 1954. As in previous years, the mean household size was smallest in London and greatest in rural households. The negative association between household size and the degree

TABLE 2
Composition of the Sample, 1956

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Year	
					1955	1956
HOUSEHOLDS IN CONURBATIONS						
<i>London</i>						
Households	446	431	437	439	1,581	1,753
Persons	1,378	1,284	1,317	1,351	4,904	5,330
Persons per household	3.09	2.98	3.01	3.08	3.10	3.04
<i>Provincial Conurbations</i>						
Households	461	395	369	428	1,899	1,653
Persons	1,537	1,238	1,168	1,301	6,064	5,244
Persons per household	3.33	3.13	3.17	3.04	3.19	3.17
OTHER URBAN HOUSEHOLDS						
Households	1,171	1,120	1,071	1,070	4,676	4,432
Persons	3,813	3,621	3,557	3,389	14,771	14,380
Persons per household	3.26	3.23	3.32	3.17	3.16	3.24
SEMI-RURAL HOUSEHOLDS						
Households	340	295	371	346	2,297 7,642 3.33	1,352
Persons	1,136	995	1,234	1,199		4,564
Persons per household	3.34	3.37	3.33	3.47		3.38
RURAL HOUSEHOLDS						
Households	127	115	88	97	427 1,545 3.62	427
Persons	454	418	345	328		1,545
Persons per household	3.57	3.63	3.92	3.38		3.62
ALL HOUSEHOLDS						
Households	2,545	2,356	2,336	2,380	10,453	9,617
Persons	8,318	7,556	7,621	7,568	33,381	31,063
Persons per household	3.27	3.21	3.26	3.18	3.19	3.23

TABLE 3
Composition of the Sample by Social Class and Household Composition, 1956
(households)

	Social Class										All households			Average size									
	A ₁		A ₂		B		C		D		No.	per cent	All persons	Adults	Children	Adolescents							
	No.	per cent	No.	per cent	No.	per cent	No.	per cent	No.	per cent													
									Excluding O.A.P. without earners (Ds)		O.A.P.												
Households containing one male and one female adult and No other	27	9.8	87	9.0	275	7.6	382	12.0	103	17.5	102	33.7	245	35.4	2.00	2.00	0	0					
(i) Older couples (one or both 55 or over)	23	8.3	146	15.1	417	11.6	373	11.7	25	4.3	2	0.7	0	0	2.00	2.00	0	0					
(ii) Younger couples (both under 55)	22	8.0	128	13.2	573	15.9	442	13.9	19	3.2	2	0.7	4	0.6	2.00	2.00	1.00	0					
1 child (0-14)	35	12.7	162	16.7	603	16.7	296	9.3	26	4.4	1	0.3	0	0	1,122	11.7	4.00	2.00	0				
2 children (0-14)	12	4.3	41	4.2	201	5.6	126	4.0	15	2.6	0	0	0	0	395	4.1	5.00	3.00	0				
3 children (0-14)	3	1.1	25	2.6	122	3.4	77	2.4	8	1.4	1	0.3	0	0	236	2.5	6.52	2.00	4.52	0			
4 or more children (0-14)	10	3.6	48	5.0	186	5.2	169	5.3	21	3.6	0	0	0	0	434	4.5	3.20	2.00	1.20	0			
Adolescents only (15-20)	30	10.9	66	6.8	312	8.7	216	6.8	24	4.1	1	0.3	0	0	649	6.7	5.01	3.00	1.77	1.24	0		
Adolescents and children	162	58.7	703	72.5	2,688	74.6	2,081	65.3	241	41.1	109	36.0	249	35.9	6,833	64.8	3.31	8.00	1.10	0.21	0		
Total of above households	42	15.2	125	12.9	457	12.7	590	18.5	226	38.5	167	55.1	439	63.3	2,046	21.3	2.13	2.13	0	0	0		
Other households:	12	4.3	28	2.9	81	2.2	121	3.8	43	7.3	5	1.7	1	0.1	291	3.0	3.62	2.48	0	1.19	0		
Adults only	60	21.7	113	11.7	378	10.5	393	12.3	77	13.1	22	7.3	4	0.6	1,047	10.9	4.80	2.72	1.64	0.45	0		
With adolescents (15-20) but no children	114	41.3	266	27.5	916	25.4	1,104	34.7	346	58.9	194	64.0	444	64.1	3,384	35.2	3.08	2.34	0.51	0.24	0		
With children (0-14)	276	100	969	100	3,604	100	3,185	100	587	100	303	100	693	100	9,617	100	3.23	2.12	0.89	0.22	0.22	0	
Total unclassified households	276	100	969	100	3,604	100	3,185	100	587	100	303	100	693	100	9,617	100	3.23	2.12	0.89	0.22	0.22	0	
Total all household types	276	100	969	100	3,604	100	3,185	100	587	100	303	100	693	100	9,617	100	3.23	2.12	0.89	0.22	0.22	0	
Average number in each household	2.24		2.20		2.19		2.25		1.80		1.57		1.46		No.								
Adults	0.28		0.22		0.23		0.26		0.28		0.03		...		No.								
Adolescents (15-20)	1.05		1.01		1.14		0.87		0.55		0.17		0.01		No.								
Children (0-14)	3.58		3.43		3.57		3.39		2.63		1.77		1.47		No.								
Total	3.58		3.43		3.57		3.39		2.63		1.77		1.47		No.								

of urbanization is more evident in the 1956 analysis than in the previous Reports because of the separation of semi-rural from purely rural households. The proportion of persons living in rural (including semi-rural) areas fell to 19.7 per cent in the 1956 sample compared with 22.9 in 1955, 23.9 in 1954, and 21.6 in 1953. The Census (1951) figure for Great Britain was 19.3 per cent.

8. Table 3 gives the distribution of the sample by household composition within each social class. Although the income limits defining the classes were revised in 1956 to allow for changes in money incomes, the percentages are not strictly comparable for those with earlier years because of the change described in paragraphs 4 and 5 of Chapter IV, by which households in Class D1 were reclassified on the income of the principal earner instead of the nominal head of the household,

TABLE 4
Age and Sex Composition of Social Classes, 1956
(per cent)

	Social Class							All households
	A1	A2	B	C	D1 (with earners)	D2 (without earners)	O.A.P.	
Men, 21-64:								
Sedentary	19.2	17.7	11.5	8.1	11.8	6.3	0.8	10.8
Moderately active	0.9	5.1	12.0	14.4	2.2	—	0.1	10.7
Active or very active	2.7	5.9	5.5	7.0	1.6	—	—	5.5
Men, 65 and over	3.8	2.0	1.8	3.0	6.1	21.0	32.0	3.9
Women, 21-59:								
Sedentary	25.8	22.5	19.8	17.5	16.4	22.9	3.3	18.8
Moderately active	4.5	5.3	6.6	9.1	14.2	—	0.1	7.3
Active or pregnant	1.1	1.5	1.2	1.8	1.7	—	—	1.4
Women, 60 and over	4.6	4.2	3.1	5.7	14.3	38.4	62.6	7.3
Adolescents and children:								
15-20 male	2.6	3.5	3.0	3.8	5.2	0.6	—	3.3
15-20 female	5.3	2.9	3.5	4.0	5.5	0.9	0.1	3.6
5-14	20.4	20.2	21.6	16.9	15.7	6.3	0.7	18.5
1-4	7.9	7.3	8.6	7.0	4.2	3.4	0.3	7.3
Under 1	1.1	1.9	1.8	1.8	1.0	0.2	—	1.7
	100	100	100	100	100	100	100	100

who was often a retired person or widow living with an adult son or daughter. Under this rule nearly half the Class D1 households were transferred to a higher income grade. Class D differs widely in household composition from Classes A, B and C, with a much smaller proportion of family households or younger couples. There were more older than younger childless couples in Classes A1 and C as well as D, but fewer in A2 and B. As before, the average household size was somewhat greater in Classes A1 and B than in A2 and C. The number of children per household was as usual greatest in Class B. The two-child family was the commonest single household type in Classes A and B, but in C there were more one-child families.

TABLE 5
Composition of the Sample by Region and Type of Area
(per cent)

	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-1956 estimates, including institutional population)
Wales	350	1,196	3.42	3.6	3.9	5.2
Scotland	859	2,973	3.46	8.9	9.6	10.3
Northern and East and West Ridings	1,480	4,960	3.35	15.4	16.0	14.6
North Western	1,308	4,116	3.15	13.6	13.3	13.0
North Midland and Eastern	1,420	4,779	3.37	14.8	15.4	13.8
Midland	764	2,438	3.19	7.9	7.8	9.1
South Western	767	2,445	3.19	8.0	7.9	6.2
South Eastern and Southern	916	2,826	3.09	9.5	9.1	11.1
London	1,753	5,330	3.04	18.2	17.2	16.6
Provincial conurbations	1,653	5,244	3.17	17.2	16.9	20.8
Other urban	4,432	14,380	3.24	46.1	46.3	42.4
Semi-rural	1,352	4,564	3.38	14.1	14.7	14.4
Rural	427	1,545	3.62	4.4	5.0	5.7
All households	9,617	31,063	3.23	100.0	100.0	100.0

TABLE 6
 Age and Sex Distribution of Persons by Region and Type of Area, 1956
 (per cent)

	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	8.5	9.8	8.3	11.1	10.8	9.0	9.9	18.8	14.6	11.5	10.4	8.7	5.8	10.8
Moderately active	9.7	8.6	10.6	10.9	9.9	14.2	10.9	11.3	10.5	10.9	11.5	9.2	6.4	10.7
Active or very active	9.4	7.8	9.3	4.3	5.8	4.5	5.9	3.1	1.9	3.8	5.2	9.4	14.8	5.5
Men, 65 and over	4.5	3.5	3.9	3.7	3.5	3.4	4.9	4.7	3.6	3.6	3.8	4.1	4.9	3.9
Women, 21-59:														
Sedentary	20.8	20.1	19.5	17.3	19.1	16.8	19.3	20.5	17.8	17.6	19.3	19.7	19.7	18.8
Moderately active	4.9	5.2	5.3	8.6	6.4	9.2	6.8	6.8	10.4	8.9	6.8	4.8	3.8	7.3
Active or pregnant	0.5	3.6	1.8	1.7	1.3	1.2	1.2	1.1	1.3	1.6	1.2	1.5	2.8	1.4
Women, 60 and over	6.3	6.1	6.8	8.5	6.7	6.7	8.8	8.8	7.2	7.6	7.4	7.1	6.4	7.3
Adolescents and children:														
15-20 male	3.7	3.7	3.7	3.1	3.3	3.0	3.0	2.8	3.3	3.2	3.1	3.7	4.1	3.3
15-20 female	4.5	4.2	4.1	3.9	3.3	3.6	3.6	3.1	3.9	4.0	3.7	3.6	4.0	3.6
5-14	18.7	18.8	17.9	17.7	20.8	19.4	17.0	17.6	18.3	17.4	19.0	18.8	17.8	18.5
1-4	6.5	7.7	7.9	7.9	8.2	6.7	7.1	6.0	6.7	8.0	7.1	7.7	8.3	7.3
Under 1	1.9	2.0	1.5	1.5	1.6	2.2	1.5	1.5	1.7	1.8	1.6	1.6	1.8	1.7
	100	100	100	100	100	100	100	100	100	100	100	100	100	100

TABLE 7
Social Class distribution of Urban and Rural Samples, 1956
 (per cent)

Social Class	Proportion of households						Proportion of persons							
	Contributions			Other urban	Semi-rural	Rural	All households	Contributions			Other urban	Semi-rural	Rural	All households
	London	Provincial	100.0					London	Provincial	100.0				
A1	5.2	1.8	100.0	1.9	3.7	4.4	2.9	5.8	2.4	100.0	2.1	5.0	3.2	
A2	13.3	9.2	100.0	8.3	12.1	11.9	10.1	14.0	9.7	100.0	8.8	14.0	10.7	
B	39.4	36.0	100.0	39.0	36.4	23.2	37.5	43.6	39.3	100.0	43.5	25.8	41.4	
C	28.0	34.5	100.0	33.3	33.0	46.6	33.1	28.1	36.9	100.0	35.0	47.0	34.7	
D1 (with earners)	6.1	7.4	100.0	6.3	4.1	4.9	6.1	4.7	6.5	100.0	5.2	4.1	5.0	
D2 (without earners)	2.7	2.8	100.0	3.6	3.0	2.3	3.2	1.5	1.5	100.0	1.9	1.2	1.7	
O.A.P.	5.2	8.2	100.0	7.5	7.8	6.6	7.2	2.3	3.7	100.0	3.4	2.9	3.3	
All	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
No. of households	1,753	1,653	4,432	1,352	427	9,617	5,330	5,244	14,584	1,545	31,063			
No. of persons														

9. Table 4 shows the age and sex distribution of households in each social class. The removal from Class D1 of households with an earner in a higher income grade has left that class with relatively fewer men than in previous years, but more children and adolescents. In all three sections of Class D, women outnumbered men by more than two to one. Class D2 contained a fairly high proportion of women under 60, who were living on small unearned incomes, but comparatively few men of working age.

10. Table 5 gives the distribution of households and of 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 two distributions are in reasonable agreement except for Wales, which was under-represented in the sample (cf. Chapter VIII, paragraph 145). There were also somewhat too many informants from the smaller towns and too few from the provincial conurbations. The age and sex composition of the regional samples is shown in Table 6. The average household size in the North Midland and Eastern area and in Wales was appreciably greater than in the 1955 sample, though still less than in Scotland. As in 1955, the conurbations, and especially London, had the highest proportion of sedentary men and of women whose occupations were classified as moderately active, but much the lowest of active or very active men, who constituted under 2 per cent of the sample in London compared with 15 per cent in the rural areas. The proportion of elderly men, but not of elderly women, was lowest in the conurbations and highest in rural areas.

11. As explained in Chapter VIII, paragraph 144, households in rural districts were classified in 1956 as semi-rural or purely rural. Table 7 indicates that 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, which resembled London in having a relatively high proportion in Class A, but differed from all other types of area in having a considerably higher proportion in Class C than in B.

Appendix B

Tables of Consumption, Expenditure and Prices

TABLE I
Domestic Food Expenditure, 1956 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	27.84	28.28	28.94	29.53	28.65	96
Welfare	1.13	1.08	1.06	1.09	1.09	21
Total Liquid Milk	28.97	29.36	30.00	30.62	29.74	
Condensed						
Skimmed, sweetened	0.08	0.10	0.07	0.12	0.09	2
Whole, sweetened	0.19	0.13	0.20	0.20	0.18	3
Whole, unsweetened	0.91	0.99	1.12	1.10	1.03	23
Dried						
National	0.09	0.07	0.13	0.12	0.10	2
Branded	0.28	0.30	0.40	0.29	0.32	1
Other milk	0.04	0.08	0.04	0.05	0.05	1
Cream	0.72	0.97	1.06	0.81	0.89	13
Total Milk and Cream	31.28	32.00	33.02	33.31	32.40	
CHEESE						
Natural	5.56	5.70	5.92	5.96	5.78	67
Processed and packeted	1.20	1.36	1.45	1.51	1.38	23
Total Cheese	6.76	7.06	7.37	7.47	7.16	
MEAT AND MEAT PRODUCTS						
Carcass Meat						
Beef and veal	26.36	25.39	25.50	27.58	26.21	81
Mutton and lamb	14.88	17.48	17.67	16.17	16.55	61
Pork	6.28	4.86	4.07	5.55	5.19	24(a)
Total Carcass Meat	47.52	47.73	47.24	49.30	47.95	
Other Meat						
Corned meat	2.22	2.72	2.97	2.37	2.57	31
Bones	0.23	0.16	0.21	0.27	0.22	5
Bacon and ham, uncooked	15.00	14.86	14.90	15.23	15.00	86
Bacon and ham, cooked (including canned)	3.26	4.39	4.51	4.02	4.04	36
Other cooked meat (not canned)	1.78	2.47	2.09	2.16	2.12	22
Other canned meat	2.84	3.50	3.37	3.48	3.30	34
Liver	2.40	2.70	2.56	2.65	2.58	30
Offals (other than liver)	1.37	1.21	1.00	1.46	1.26	20
Poultry	1.78	1.77	2.10	1.91	1.89	4
Rabbit, game and other meat	0.13	0.06	0.04	0.17	0.10	1
Sausages, uncooked, pork	4.35	4.13	3.94	4.54	4.24	39
Sausages, uncooked, beef	2.62	2.31	2.43	2.51	2.47	28
Other meat products	3.35	3.35	3.14	3.45	3.32	40
Total Other Meat	41.33	43.63	43.26	44.22	43.11	

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	5.86	5.43	5.33	5.53	5.54	48
Herrings, fresh	0.22	0.10	0.24	0.27	0.21	4(a)
Fat, fresh, other	0.22	0.35	0.41	0.12	0.28	2
White, processed	0.91	0.83	0.74	1.04	0.88	11
Fat, processed	0.60	0.36	0.47	0.62	0.51	9(a)
Shell	0.39	0.70	0.62	0.58	0.57	6
Cooked	1.83	2.09	2.28	2.17	2.09	23
Canned and bottled	2.44	3.07	2.72	1.86	2.52	21
Fish products	0.45	0.44	0.35	0.43	0.42	9
Total Fish	12.92	13.37	13.16	12.62	13.02	
EGGS	17.73	16.38	18.55	18.84	17.88	88
FATS						
Butter	13.47	12.71	12.81	13.06	13.01	87
Margarine	5.92	6.02	6.01	6.20	6.04	74
Lard and compound cooking fat	2.75	2.50	2.50	2.82	2.64	n.a.
Suet and dripping	0.75	0.48	0.47	0.74	0.61	16
Other fats, oils and creams	0.13	0.22	0.26	0.11	0.18	2
Total Fats	23.02	21.93	22.05	22.93	22.48	
SUGAR AND PRESERVES						
James, jellies and curds	2.22	2.49	2.04	2.02	2.19	30
Sugar	9.04	8.98	9.88	9.62	9.38	91
Marmalade	1.16	1.23	1.23	1.08	1.18	20
Syrup, treacle and honey	0.65	0.58	0.52	0.68	0.61	10
Total Sugar and Preserves	13.07	13.28	13.67	13.40	13.36	
VEGETABLES						
Old potatoes	12.13	9.92	2.50	7.68	8.06	62(a)
New potatoes	0.59	7.85	4.89	—	3.33	27(a)
Chips	0.87	1.13	1.18	0.93	1.03	21
Crisps	0.15	0.20	0.20	0.14	0.17	4
Total Potatoes	13.74	19.10	8.77	8.75	12.59	
Cabbages	1.51	3.27	1.17	0.97	1.73	35(a)
Brussels sprouts	1.53	0.11	0.10	1.98	0.93	20(a)
Cauliflower	0.60	1.32	1.02	0.89	0.96	17(a)
Leafy salads	0.68	2.43	0.97	0.47	1.14	29(a)
Fresh legumes	0.03	0.31	3.33	0.30	0.99	12(a)
Quick frozen legumes	0.66	0.62	0.21	0.39	0.47	5
Other fresh green vegetables	0.06	0.21	0.04	0.05	0.09	2
Total Fresh Green Vegetables	5.07	8.27	6.84	5.05	6.31	

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	1.22	1.19	0.79	0.96	1.04	41(a)
Other root vegetables	0.84	0.53	0.48	0.66	0.63	24(a)
Onions, shallots, etc.	1.90	1.71	1.17	1.41	1.55	47(a)
Miscellaneous fresh vegetables	0.78	2.25	1.83	1.15	1.50	26
Dried pulses	0.90	0.76	0.35	0.52	0.63	16
Canned peas	3.20	3.43	1.84	2.58	2.76	47(a)
Canned beans	2.19	2.12	1.80	2.06	2.04	41
Canned vegetables (other than pulses)	0.38	0.57	0.26	0.23	0.36	6
Vegetable products	0.07	0.06	0.06	0.10	0.07	2
<i>Total Other Vegetables</i>	<i>11.48</i>	<i>12.62</i>	<i>8.58</i>	<i>9.67</i>	<i>10.58</i>	
<i>Total Vegetables</i>	<i>30.29</i>	<i>39.99</i>	<i>24.19</i>	<i>23.47</i>	<i>29.48</i>	
FRUIT						
Fresh						
Oranges	3.12	2.50	1.53	1.49	2.16	31(a)
Other citrus fruit	0.87	0.80	0.60	0.63	0.72	14
Apples and pears	4.52	5.31	4.25	4.41	4.62	53
Stone fruit	0.09	0.16	1.77	0.13	0.54	9(a)
Soft fruit	0.29	0.68	2.02	0.58	0.89	9(a)
Quick frozen soft fruit	0.01	—
Bananas	2.75	3.59	3.76	3.21	3.33	45
Other fresh fruit	0.30	0.42	0.25	0.14	0.28	5
Tomatoes, fresh and quick frozen	2.52	8.19	8.44	3.70	5.71	60(a)
<i>Total Fresh Fruit</i>	<i>14.47</i>	<i>21.65</i>	<i>22.62</i>	<i>14.29</i>	<i>18.25</i>	
Other						
Tomatoes, canned and bottled	0.90	0.93	0.63	0.77	0.81	15
Canned and bottled fruit	4.26	5.78	5.12	5.39	5.14	46
Dried vine fruit	0.78	0.87	0.94	1.86	1.11	18
Other dried fruit	0.37	0.36	0.29	0.46	0.37	6
Nuts and fruit and nut products	0.59	0.48	0.33	1.72	0.78	11
Fruit juices	0.52	0.42	0.56	0.59	0.52	5
Welfare orange juice	0.09	0.10	0.11	0.09	0.10	3
<i>Total Other Fruit and Fruit Products</i>	<i>7.51</i>	<i>8.94</i>	<i>7.98</i>	<i>10.88</i>	<i>8.83</i>	
<i>Total Fruit</i>	<i>21.98</i>	<i>30.59</i>	<i>30.60</i>	<i>25.17</i>	<i>27.08</i>	

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
CEREALS						
National bread, brown	0·78	0·86	0·91	—	0·89	19 n.a.
Brown bread	—	—	—	1·01		
National bread, white	13·51	15·10	14·68	—	15·24	92 3 3 n.a.
National bread, milk, white	0·26	0·19	0·16	—		
White bread, unsubsidized	0·12	0·17	0·19	—		
White bread, large loaves	—	—	—	14·61		
White bread, small loaves	—	—	—	1·96	—	n.a.
Wholewheat and wholemeal bread	0·77	0·89	0·83	0·82	0·83	18
Malt bread	0·15	0·17	0·17	0·15	0·16	4
Other bread	1·77	1·98	1·96	2·39	2·02	31
<i>Total Bread</i>	<i>17·36</i>	<i>19·36</i>	<i>18·90</i>	<i>20·94</i>	<i>19·14</i>	
Self raising flour	2·70	2·61	2·51	2·82	2·66	45
Other flour	0·73	0·75	0·77	0·94	0·80	13
Buns, scones and tea cakes	2·09	1·50	1·22	1·57	1·60	32
Cakes and pastries	7·88	8·60	8·52	8·72	8·43	63
Biscuits	8·62	8·90	9·00	9·32	8·96	81
Puddings	0·63	1·08	1·14	1·09	0·98	16
Oatmeal and oat products	1·19	0·73	0·45	1·11	0·87	15(a)
Breakfast cereals	2·33	2·97	3·18	2·76	2·81	38(a)
Rice	0·83	0·71	0·61	0·72	0·72	18
Cereals, flour base	0·89	0·89	0·85	0·97	0·90	18
Other cereals	0·93	1·09	1·02	0·99	1·01	25
<i>Total Cereals</i>	<i>46·18</i>	<i>49·19</i>	<i>48·17</i>	<i>51·95</i>	<i>48·88</i>	
BEVERAGES						
Tea	13·76	13·84	13·31	14·01	13·73	90
Coffee, bean and ground	0·69	0·67	0·64	0·49	0·62	5
Coffee, extracts and essences	1·96	1·77	1·69	2·04	1·86	19
Cocoa and drinking chocolate	0·70	0·51	0·52	0·59	0·58	9(a)
Branded food drinks	0·98	0·78	0·55	0·86	0·79	7
<i>Total Beverages</i>	<i>18·09</i>	<i>17·57</i>	<i>16·71</i>	<i>17·99</i>	<i>17·58</i>	
MISCELLANEOUS						
Invalid and baby foods	0·35	0·27	0·34	0·32	0·32	4
Spreads and dressings	0·13	0·61	0·59	0·21	0·38	8
Soups, canned	2·05	1·26	1·22	1·99	1·63	24(a)
Soups, dehydrated and powdered	0·16	0·12	0·12	0·25	0·16	3
Meat and vegetable extracts	0·90	0·63	0·63	0·85	0·75	17(a)
Other (expenditure only)						
Pickles and sauces	1·76	1·81	1·50	1·82	1·72	26
Table jellies, squares and crystals	0·49	0·81	0·75	0·57	0·66	17(a)
Miscellaneous (b)	1·39	1·42	1·59	1·48	1·47	37
<i>Total Miscellaneous Foods</i>	<i>7·23</i>	<i>6·93</i>	<i>6·74</i>	<i>7·49</i>	<i>7·09</i>	
<i>Total All Foods</i>	<i>317·33</i> (26s. 5d.)	<i>339·62</i> (28s. 4d.)	<i>324·77</i> (27s. 1d.)	<i>328·17</i> (27s. 4d.)	<i>327·47</i> (27s. 3d.)	

(a) Details of the proportions of all households purchasing these types of seasonal foods in each quarter of 1956 are given in Table 1A.

(b) An analysis of one quarter's National Food Survey data 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.

TABLE IA
*Percentage of all Households Purchasing Seasonal
 Types of Food During Survey Week, 1956*

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
Pork	27	23	21	26
Fish				
Herrings, fresh	4	2	4	5
Fat, processed	10	6	8	10
Vegetables				
Cabbages	30	52	29	28
Brussels sprouts	31	2	3	42
Cauliflower	10	19	21	19
Leafy salads	15	55	34	14
Fresh legumes	1	4	39	6
Old potatoes	81	63	(a)	75
New potatoes	6	54	(b)	—
Carrots	52	37	31	45
Other root vegetables	32	20	18	28
Onions, shallots, etc.	54	49	38	46
Canned peas	54	56	33	45
Fruit				
Oranges	42	33	24	24
Stone fruit	1	2	28	3
Soft fruit	3	7	19	9
Tomatoes, fresh and quick frozen	39	68	82	50
Cereals				
Oatmeal and oat products	20	12	8	19
Breakfast cereals	33	39	42	36
Cocoa	11	8	8	9
Soups, canned	29	18	18	30
Meat and vegetable extracts	20	15	15	18
Table jellies, squares and crystals	14	20	20	15

(a) 6 per cent in July-August (1955 crop) 76 per cent in September (1956 crop).
 From 1st September potatoes of the 1956 crop were regarded as "old".

(b) 73 per cent in July-August (1956 crop).

TABLE 2
Domestic Food Consumption, 1956, 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.)	3.97	4.04	3.98	3.99	4.00
Welfare (pt.)	0.62	0.61	0.60	0.60	0.61
School (pt.)	0.22	0.22	0.16	0.26	0.22
<i>Total Liquid Milk (pt.)</i>	<i>4.81</i>	<i>4.87</i>	<i>4.74</i>	<i>4.85</i>	<i>4.83</i>
Condensed					
Skimmed, sweetened (eq. pt.)	0.01	0.02	0.01	0.02	0.02
Whole, sweetened (eq. pt.)	0.02	0.01	0.02	0.02	0.02
Whole, unsweetened (eq. pt.)	0.11	0.12	0.13	0.13	0.12
Dried					
National (eq. pt.)	0.06	0.05	0.09	0.08	0.07
Branded (eq. pt.)	0.04	0.04	0.05	0.03	0.04
Other milk (pt.)	0.01
Cream (pt.)	0.01	0.01	0.01	0.01	0.01
<i>Total Milk and Cream (pt. or eq. pt.)</i>	<i>5.06</i>	<i>5.12</i>	<i>5.06</i>	<i>5.14</i>	<i>5.11</i>
CHEESE					
Natural	2.41	2.47	2.48	2.45	2.45
Processed and packeted	0.35	0.39	0.43	0.44	0.40
<i>Total Cheese</i>	<i>2.76</i>	<i>2.86</i>	<i>2.91</i>	<i>2.89</i>	<i>2.85</i>
MEAT AND MEAT PRODUCTS					
Carcase Meat					
Beef and veal	10.16	9.62	9.69	10.54	10.00
Mutton and lamb	6.52	7.68	7.45	6.98	7.16
Pork	2.40	1.79	1.47	1.94	1.90
<i>Total Carcase Meat</i>	<i>19.08</i>	<i>19.09</i>	<i>18.61</i>	<i>19.46</i>	<i>19.06</i>
Other Meat					
Corned meat	0.69	0.87	0.95	0.79	0.83
Bones	0.55	0.28	0.32	0.50	0.41
Bacon and ham, uncooked	5.34	5.11	5.03	4.95	5.11
Bacon and ham, cooked (including canned)	0.64	0.81	0.83	0.70	0.74
Other cooked meat (not canned)	0.38	0.54	0.42	0.43	0.44
Other canned meat	1.14	1.37	1.31	1.35	1.29
Liver	0.82	0.93	0.88	0.90	0.88
Offals (other than liver)	0.87	0.68	0.54	0.83	0.73
Poultry	0.53	0.46	0.69	0.67	0.59
Rabbit, game and other meat	0.07	0.03	0.02	0.08	0.05
Sausages, uncooked, pork	1.98	1.87	1.79	2.10	1.94
Sausages, uncooked, beef	1.61	1.43	1.47	1.58	1.52
Other meat products	1.81	1.79	1.66	1.79	1.76
<i>Total Other Meat</i>	<i>16.43</i>	<i>16.17</i>	<i>15.91</i>	<i>16.67</i>	<i>16.29</i>

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	3.35	3.14	2.95	2.97	3.10
Herrings, fresh	0.27	0.12	0.27	0.33	0.25
Fat, fresh, other	0.13	0.10	0.18	0.06	0.12
White, processed	0.55	0.51	0.43	0.59	0.52
Fat, processed	0.49	0.28	0.39	0.51	0.42
Shell	0.08	0.14	0.11	0.14	0.12
Cooked	0.79	0.89	1.00	0.89	0.89
Canned and bottled	0.54	0.68	0.60	0.45	0.57
Fish products	0.15	0.15	0.11	0.14	0.14
<i>Total Fish</i>	<i>6.35</i>	<i>6.01</i>	<i>6.04</i>	<i>6.08</i>	<i>6.13</i>
EGGS					
	4.40	4.50	4.27	4.24	4.35
FATS					
Butter	4.38	4.78	4.82	4.80	4.70
Margarine	4.51	4.53	4.42	4.46	4.48
Lard and compound cooking fat	2.20	1.99	1.99	2.15	2.08
Suet and dripping	0.62	0.43	0.44	0.61	0.52
Other fats, oils and creams	0.06	0.07	0.09	0.04	0.06
<i>Total Fats</i>	<i>11.77</i>	<i>11.80</i>	<i>11.76</i>	<i>12.06</i>	<i>11.84</i>
SUGAR AND PRESERVES					
Jams, jellies and curds	1.98	2.12	1.73	1.71	1.88
Sugar	17.52	17.30	19.13	18.04	18.00
Marmalade	1.11	1.14	1.16	1.01	1.10
Syrup, treacle and honey	0.77	0.70	0.64	0.72	0.71
<i>Total Sugar and Preserves</i>	<i>21.38</i>	<i>21.26</i>	<i>22.66</i>	<i>21.48</i>	<i>21.69</i>
VEGETABLES					
Old potatoes	60.04	37.26	21.09	61.43	44.95
New potatoes	1.05	14.79	33.56	—	12.35
Chips	1.04	1.05	1.17	1.04	1.08
Crisps	0.05	0.06	0.05	0.04	0.05
<i>Total Potatoes</i>	<i>62.18</i>	<i>53.16</i>	<i>55.87</i>	<i>62.51</i>	<i>58.43</i>
Cabbages	3.91	5.92	6.09	6.16	5.52
Brussels sprouts	3.77	0.10	0.18	5.22	2.32
Cauliflower	0.91	1.75	2.28	1.93	1.72
Leafy salads	0.28	2.05	2.17	0.35	1.21
Fresh legumes	0.04	0.46	11.09	1.00	3.15
Quick frozen legumes	0.28	0.27	0.09	0.16	0.20
Other fresh green vegetables	0.10	0.45	0.20	0.14	0.22
<i>Total Fresh Green Vegetables</i>	<i>9.29</i>	<i>11.00</i>	<i>22.10</i>	<i>14.96</i>	<i>14.34</i>

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

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
Carrots	3·87	2·35	2·89	3·68	3·20
Other root vegetables	3·52	1·22	1·79	3·13	2·42
Onions, shallots, etc.	3·85	2·95	2·71	3·56	3·27
Miscellaneous fresh vegetables	0·39	1·40	2·25	1·28	1·33
Dried pulses	1·01	0·89	0·39	0·54	0·71
Canned peas	3·74	3·99	2·20	2·99	3·23
Canned beans	2·53	2·44	2·08	2·39	2·36
Canned vegetables (other than pulses)	0·33	0·52	0·22	0·19	0·32
Vegetable products	0·05	0·04	0·04	0·07	0·05
<i>Total Other Vegetables</i>	<i>19·29</i>	<i>15·80</i>	<i>14·57</i>	<i>17·83</i>	<i>16·89</i>
<i>Total Vegetables</i>	<i>90·76</i>	<i>79·96</i>	<i>92·54</i>	<i>95·30</i>	<i>89·66</i>
FRUIT					
Fresh					
Oranges	4·78	3·05	1·97	1·78	2·90
Other citrus fruit	1·07	0·94	0·62	0·65	0·82
Apples and pears	6·06	5·56	6·18	8·52	6·58
Stone fruit	0·07	0·12	3·08	0·30	0·89
Soft fruit	0·14	0·47	2·71	0·58	0·98
Quick frozen soft fruit	—	...
Bananas	3·14	3·58	3·56	3·33	3·40
Other fresh fruit	0·33	2·07	0·83	0·17	0·85
Tomatoes, fresh and quick frozen	2·05	4·15	7·00	3·35	4·14
<i>Total Fresh Fruit</i>	<i>17·64</i>	<i>19·94</i>	<i>25·95</i>	<i>18·68</i>	<i>20·56</i>
Other					
Tomatoes, canned and bottled	0·93	0·98	0·65	0·82	0·85
Canned and bottled fruit	3·30	4·14	3·47	3·84	3·69
Dried vine fruit	0·71	0·78	0·83	1·55	0·97
Other dried fruit	0·25	0·25	0·20	0·28	0·24
Nuts and fruit and nut products	0·32	0·24	0·17	0·83	0·39
Fruit juices	0·21	0·22	0·32	0·25	0·25
Welfare orange juice	0·11	0·13	0·13	0·11	0·12
<i>Total Other Fruit and Fruit Products</i>	<i>5·83</i>	<i>6·74</i>	<i>5·77</i>	<i>7·68</i>	<i>6·51</i>
<i>Total Fruit</i>	<i>23·47</i>	<i>26·68</i>	<i>31·72</i>	<i>26·36</i>	<i>27·07</i>
CEREALS					
National bread, brown	2·37	2·39	2·48	—	2·38
Brown bread	—	—	—	2·30	
National bread, white	43·82	45·61	44·34	—	44·36
National bread, milk, white	0·70	0·46	0·39	—	
White bread, unsubsidized	0·26	0·36	0·43	—	
White bread, large loaves	—	—	—	36·76	
White bread, small loaves	—	—	—	4·30	
Wholewheat and wholemeal bread	1·54	1·73	1·61	1·52	1·60
Malt bread	0·17	0·20	0·22	0·19	0·20
Other bread	2·32	2·40	2·34	3·11	2·54
<i>Total Bread</i>	<i>51·18</i>	<i>53·15</i>	<i>51·81</i>	<i>48·18</i>	<i>51·08</i>

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

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
Self-raising flour	6.28	5.91	5.68	6.25	6.03
Other flour	1.76	1.76	1.78	2.15	1.86
Buns, scones and teacakes	1.83	1.22	0.99	1.32	1.34
Cakes and pastries	4.08	4.48	4.39	4.36	4.33
Biscuits	5.10	5.30	5.37	5.41	5.30
Puddings	0.46	0.75	0.78	0.74	0.68
Oatmeal and oat products	1.55	0.96	0.58	1.35	1.11
Breakfast cereals	1.56	1.90	2.02	1.77	1.81
Rice	0.99	0.85	0.72	0.85	0.85
Cereals, flour base	0.78	0.74	0.72	0.82	0.76
Other cereals	0.67	0.73	0.65	0.68	0.68
<i>Total Cereals</i>	<i>76.24</i>	<i>77.75</i>	<i>75.49</i>	<i>73.88</i>	<i>75.83</i>
BEVERAGES					
Tea	2.86	2.91	2.81	2.95	2.88
Coffee, bean and ground	0.13	0.13	0.12	0.09	0.12
Coffee, extracts and essences	0.27	0.26	0.24	0.29	0.26
Cocoa and drinking chocolate	0.24	0.18	0.19	0.22	0.21
Branded food drinks	0.25	0.20	0.15	0.21	0.20
<i>Total Beverages</i>	<i>3.75</i>	<i>3.68</i>	<i>3.51</i>	<i>3.76</i>	<i>3.67</i>
MISCELLANEOUS					
Invalid and baby foods	0.22	0.15	0.20	0.18	0.19
Spreads and dressings	0.06	0.25	0.25	0.10	0.16
Soups, canned	2.08	1.25	1.13	1.97	1.61
Soups, dehydrated and powdered	0.03	0.03	0.02	0.05	0.03
Meat and vegetable extracts	0.16	0.12	0.12	0.16	0.14
<i>Total Miscellaneous Foods</i>	<i>2.55</i>	<i>1.80</i>	<i>1.72</i>	<i>2.46</i>	<i>2.13</i>

TABLE 3
Domestic Food Prices, 1956, All Households

	Average prices paid (a)				
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
MILK AND CREAM					
Liquid					
Full price	7·28	7·22	7·70	7·74	7·48
Welfare	1·83	1·78	1·78	1·84	1·81
<i>Total Liquid Milk Purchased</i>	6·52	6·49	6·88	6·95	6·70
Condensed					
Skimmed, sweetened	5·61	5·61	5·22	5·69	5·55
Whole, sweetened	9·94	10·16	9·90	10·18	10·03
Whole, unsweetened	8·34	8·47	8·45	8·63	8·48
Dried					
National	1·48	1·50	1·49	1·53	1·50
Branded	7·11	7·44	7·85	8·45	7·69
Other milk	15·26	17·54	18·21	18·22	17·30
Cream	75·82	75·13	73·35	72·33	74·11
CHEESE					
Natural	36·92	36·99	38·15	38·87	37·72
Processed and packeted	55·06	55·56	53·83	55·41	54·95
MEAT AND MEAT PRODUCTS					
Carcass Meat					
Beef and veal	41·67	42·49	42·15	42·08	42·08
Mutton and lamb	36·58	36·97	38·01	37·17	37·19
Pork	41·87	43·63	44·32	45·87	43·72
Other meat					
Corned meat	51·63	50·39	49·99	48·39	50·09
Bones	6·94	8·96	10·27	8·49	8·37
Bacon and ham, uncooked	45·25	46·88	48·56	49·29	47·40
Bacon and ham, cooked (including canned)	82·77	86·87	87·07	91·81	87·13
Other cooked meat (not canned)	75·18	72·58	80·20	80·20	76·76
Other canned meat	39·96	40·92	41·36	41·26	40·89
Liver	46·71	46·81	46·61	47·49	46·90
Offals (other than liver)	25·13	28·74	29·34	28·25	27·56
Poultry	60·66	66·66	61·20	54·33	60·31
Rabbit, game and other meat	36·81	35·59	34·92	35·04	35·70
Sausages, uncooked, pork	35·15	35·36	35·28	34·74	35·12
Sausages, uncooked, beef	26·10	25·92	26·44	25·69	26·04
Other meat products	29·65	30·01	30·40	30·87	30·21
FISH					
White, fresh	28·02	27·85	28·93	29·99	28·65
Herrings, fresh	12·79	13·97	14·04	13·13	13·37
Fat, fresh, other	27·80	55·75	42·48	31·10	39·38
White, processed	26·53	26·15	27·60	28·29	27·14
Fat, processed	19·63	20·25	19·23	19·60	19·63
Shell	77·25	80·39	93·16	66·16	78·45
Cooked	37·83	37·98	36·41	38·76	37·70
Canned and bottled	72·39	72·01	72·53	65·73	71·02
Fish products	46·82	48·12	50·28	51·06	48·87
EGGS					
	4·32	3·93	4·82	4·81	4·45

TABLE 3 *continued*

	Average prices paid (a)				
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
FATS					
Butter	49·48	42·68	42·65	43·72	44·63
Margarine	21·03	21·30	21·72	22·23	21·55
Lard and compound cooking fat	19·95	20·08	20·10	21·01	20·28
Suet and dripping	19·52	18·29	17·33	19·53	18·84
Other fats, oils and creams	36·69	49·08	47·95	39·19	44·13
SUGAR AND PRESERVES					
Jams, jellies and curds	19·16	19·36	20·10	20·33	19·68
Sugar	8·26	8·30	8·27	8·53	8·34
Marmalade	16·91	17·27	17·01	17·13	17·08
Syrup, treacle and honey	13·61	13·41	13·22	15·08	13·84
VEGETABLES					
Old potatoes	3·41	4·47	2·42	2·32	3·19
New potatoes	8·95	8·64	3·00	—	5·11
Chips	13·58	17·28	16·23	14·38	15·36
Crisps	48·73	55·73	60·84	60·16	56·00
Cabbages	7·28	9·68	5·02	4·34	6·90
Brussels sprouts	8·86	23·82	10·19	7·50	8·26
Cauliflower	10·79	13·06	8·68	8·44	10·09
Leafy salads	40·33	22·29	14·12	26·54	21·56
Fresh legumes	34·99	12·58	8·84	8·66	9·08
Quick frozen legumes	37·20	36·60	37·37	40·07	37·56
Other fresh green vegetables	16·99	10·12	8·97	9·59	10·66
Carrots	5·21	8·32	6·75	4·71	5·94
Other root vegetables	4·35	7·35	7·77	4·60	5·30
Onions, shallots, etc.	8·33	9·47	8·00	7·03	8·20
Miscellaneous fresh vegetables	33·28	26·87	15·82	15·58	20·34
Dried pulses	14·22	13·72	14·43	15·35	14·31
Canned peas	13·69	13·77	13·46	13·81	13·70
Canned beans	13·86	13·90	13·81	13·78	13·84
Canned vegetables (other than pulses)	18·27	17·58	18·72	19·69	18·27
Vegetable products	22·81	23·42	21·37	21·86	22·31
FRESH FRUIT					
Oranges	10·46	13·14	12·39	13·42	11·89
Other citrus fruit	12·93	13·49	15·55	15·64	14·09
Apples and pears	12·60	15·45	13·10	10·06	12·62
Stone fruit	21·44	20·59	10·09	7·73	10·54
Soft fruit	32·15	28·17	22·04	20·47	23·35
Quick frozen soft fruit	44·40	32·00	33·00	—	38·00
Bananas	14·03	16·10	16·94	15·46	15·65
Other fresh fruit	15·07	8·32	10·77	14·08	10·83
Tomatoes, fresh and quick frozen	19·78	31·72	20·47	19·61	23·10
OTHER FRUIT					
Tomatoes, canned and bottled	15·66	15·33	15·58	15·17	15·43
Canned and bottled fruit	22·99	23·24	23·83	23·42	23·37
Dried vine fruit	17·44	17·78	18·11	19·22	18·35
Other dried fruit	23·32	22·86	23·67	26·01	24·02
Nuts and fruit and nut products	29·55	31·62	31·30	33·05	31·88
Fruit juices	38·65	31·02	28·39	38·04	33·68
Welfare orange juice	13·69	13·33	13·36	13·33	13·43

TABLE 3—continued

	Average prices paid (a)				
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
CEREALS					
National bread, brown	5·24	5·82	5·88	—	5·96
Brown bread	—	—	—	7·00	
National bread, white	4·94	5·30	5·30	—	5·49
National bread, milk, white	6·05	6·59	6·68	—	
White bread, unsubsidized	6·99	7·49	7·06	—	
White bread, large loaves	—	—	—	6·37	8·25
White bread, small loaves	—	—	—	7·34	
Wholewheat and wholemeal bread	7·98	8·19	8·24	8·62	8·25
Malt bread	14·00	13·35	12·80	12·86	13·24
Other bread	12·17	13·21	13·42	12·33	12·74
Self-raising flour	6·88	7·05	7·08	7·21	7·05
Other flour	6·67	6·83	6·97	7·02	6·87
Buns, scones and tea cakes	18·32	19·70	19·61	19·03	19·02
Cakes and pastries	30·97	30·72	31·09	32·03	31·20
Biscuits	27·06	26·84	26·82	27·57	27·07
Puddings	21·87	23·04	23·28	23·64	23·05
Oatmeal and oat products	12·31	12·25	12·48	13·23	12·59
Breakfast cereals	23·91	25·04	25·28	24·92	24·82
Rice	13·41	13·41	13·49	13·62	13·48
Cereals, flour base	18·29	19·23	18·83	18·93	18·80
Other cereals	21·99	24·09	25·10	23·19	23·55
BEVERAGES					
Tea	77·09	75·96	75·70	75·88	76·18
Coffee, bean and ground	83·77	82·20	88·23	82·79	84·24
Coffee, extracts and essences	116·87	109·99	114·04	114·22	113·90
Cocoa and drinking chocolate	46·14	44·79	44·78	43·81	44·96
Branded food drinks	62·26	61·48	60·38	65·05	62·45
MISCELLANEOUS					
Invalid and baby foods	26·11	27·65	27·35	28·05	27·19
Spreads and dressings	35·86	39·12	38·50	35·70	38·08
Soups, canned	15·78	16·15	17·18	16·15	16·20
Soups, dehydrated and powdered	75·34	69·93	91·98	78·60	78·05
Meat and vegetable extracts	87·37	83·42	83·21	86·93	85·56

(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.

Appendix C

TABLE I
 Energy Value and Nutrient Content of Domestic Food Consumption¹—All Households, 1956
 (per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁		Riboflavin		Nicotinic acid		Vitamin C ²		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
Milk and cream	264	10.1	13.8	18.3	14.8	13.7	495	48.2	0.5	3.6	472	11.0	0.15	12.6	0.61	37.2	0.5	3.8	5	9.2	17	11.5
Cheese	48	1.8	2.8	3.7	4.0	3.7	93	9.1	0.1	0.7	150	3.5	...	0.2	0.06	3.5	...	0.2	—	—	2	1.1
Total Milk, Cream and Cheese	312	11.9	16.6	22.0	18.8	17.4	588	57.3	0.6	4.3	622	14.4	0.15	12.8	0.67	40.7	0.5	4.0	5	9.2	19	12.7
Meat, carcass	192	7.3	11.0	14.6	16.3	15.1	8	0.8	2.1	15.7	32	0.7	0.11	8.8	0.15	9.4	3.0	23.3	—	—	—	—
Becon	82	3.1	2.0	2.7	8.2	7.6	2	0.2	0.2	1.5	—	—	0.09	7.7	0.02	1.2	0.4	3.2	—	—	—	—
Other meat	108	4.1	5.5	7.3	8.1	7.5	11	1.1	1.7	18.4	969	22.5	0.08	6.9	0.16	9.8	1.6	12.4	1	1.4	3	2.2
Total Meat	382	14.6	18.5	24.6	32.6	30.2	21	2.0	4.0	39.6	1,001	23.2	0.28	23.4	0.33	20.3	5.0	36.8	1	1.4	3	2.2
Fish	22	0.8	3.0	4.0	1.1	1.0	14	1.4	0.2	1.4	11	0.3	0.01	0.6	0.03	1.6	0.4	3.3	—	—	31	20.7
Eggs	48	1.8	3.8	5.0	3.5	3.2	18	1.8	0.9	6.7	310	7.2	0.04	3.2	0.13	8.2	...	0.3	—	—	19	12.4
Margarine	139	5.3	—	—	15.4	14.3	0.1	543	12.6	—	—	—	—	—	—	—	—	58	38.6
Butter	141	5.4	15.7	14.5	3	0.3	0.1	0.4	571	13.8	—	—	—	—	—	—	—	—	11	7.6
Other fats	94	3.6	0.1	0.1	10.4	9.6	8	0.2	0.1
Total Fats	374	14.3	0.1	0.1	41.5	38.4	3	0.3	0.1	0.5	1,122	26.0	69	40.3

TABLE I—continued
(per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁ ¹		Riboflavin		Nicotinic acid		Vitamin C ²		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
Sugar and Preserves	315	12.0	4	0.4	0.1	0.9	1
Potatoes ³	147	5.6	3.8	5.0	0.4	0.4	18	1.8	1.4	9.9	—	—	0.19	15.6	0.13	7.8	1.9	14.4	17	33.5	—	—
Green vegetables	10	0.4	0.9	1.2	—	—	17	1.7	0.4	3.0	146	3.4	0.04	3.6	0.03	1.8	0.2	1.4	7	13.8	—	—
Root vegetables	5	0.2	0.3	—	—	—	9	0.9	0.1	0.7	661	15.3	0.01	0.7	...	0.3	0.1	0.9	1	2.6	—	—
Other vegetables	26	1.0	1.9	2.5	16	1.6	0.6	4.4	71	1.6	0.03	2.8	0.02	1.2	0.2	1.8	1	2.6	—	—
Total Vegetables	188	7.2	6.8	9.0	0.4	0.4	60	5.8	2.5	18.0	878	20.4	0.27	22.7	0.18	11.1	2.4	18.5	26	59.5	—	—
Fresh fruit ⁴	23	0.9	0.5	0.7	—	—	11	1.1	0.2	1.5	186	4.3	0.03	2.7	0.02	1.3	0.3	2.0	15	29.9	—	—
Other fruit	28	1.1	0.2	0.3	0.3	0.3	6	0.6	0.2	1.5	53	1.2	0.01	0.7	0.01	0.5	0.1	0.7	2	4.6	—	—
Total Fruit	51	1.9	0.7	0.9	0.3	0.3	17	1.7	0.4	3.0	239	5.5	0.04	3.4	0.03	1.8	0.4	2.7	17	34.5	—	—
All bread	536	20.4	16.7	22.2	1.6	1.5	199	19.4	2.5	18.9	0.26	21.7	0.06	3.7	2.6	20.2	—	—	—	—
Flour	113	4.3	3.1	4.1	0.3	0.3	42	4.2	0.5	4.1	—	—	0.06	5.2	0.02	1.0	0.5	4.0	—	—	—	—
Other cereals	261	10.0	5.4	7.2	7.5	6.9	57	5.6	1.5	11.0	108	2.5	0.08	6.6	0.06	3.8	0.6	4.5	8	5.7
Total Cereals	910	34.7	25.2	33.5	9.4	8.7	298	29.0	4.5	34.0	108	2.5	0.40	32.5	0.14	8.5	3.7	28.7	8	5.7
Beverages	9	0.3	0.2	0.3	0.2	0.2	2	0.2	0.1	0.7	2	0.2	0.12	7.0	...	0.4	—	—	—	—
Other foods ⁵	11	0.4	0.4	0.5	0.2	0.2	2	0.2	0.1	1.1	16	0.4	...	0.2	0.01	0.7	0.4	3.0	—	—
TOTAL ALL FOODS	2,624	100	75.6	100	108.1	100	1,029	100	13.3	100	4,310	100	1.21	100	1.65	100	13.0	100	50	100	150	100

¹ Welfare fish liver oil and vitamin A and D tablets excluded.
² Including chips and crisps.
³ Including tomatoes.
⁴ Invalid and baby foods, spreads and dressings, soups and extracts.
⁵ Welfare orange juice included in fruit. Allowance made for cooking losses, as suggested in the Memorandum cited above in Note 5.
⁶ To allow for losses in cooking, 15 per cent has been deducted from all intake figures as suggested in Medical Research Council War Memorandum No. 14.

TABLE 2
Energy Value and Nutrient Content of Domestic Food Consumption¹—Younger Couples in Class A, 1956
(per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁ ¹		Riboflavin		Nicotinic acid		Vitamin C ²		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	i.u.	Per cent of total	mg.	Per cent of total
Milk and cream	310	10.0	16.0	17.5	17.7	12.7	575	46.9	0.5	3.3	570	9.7	0.18	12.3	0.71	34.6	0.6	3.6	5.2	7.7	5.9	3.4
Cheese	69	2.2	4.1	4.5	5.8	4.1	135	11.0	0.1	0.5	216	3.7	0.08	3.9	2.5	1.4
Total Milk, Cream and Cheese	379	12.2	20.1	22.0	23.5	16.8	710	57.9	0.6	3.8	786	13.4	0.18	12.3	0.79	38.5	0.6	3.6	5.2	7.7	8.4	4.8
Meat, carcass	280	9.0	16.0	17.5	23.9	17.1	11	0.9	3.0	18.4	46	0.8	0.16	11.0	0.22	10.7	4.4	26.5
Bacon	109	3.5	2.7	3.0	10.9	7.8	3	0.2	0.3	1.7	0.12	8.2	0.03	1.5	0.5	3.0
Other meat	142	4.6	7.8	8.5	10.3	7.4	17	1.4	2.0	12.6	1,203	20.5	0.13	8.9	0.21	10.2	2.4	14.5	0.8	1.2	3.6	2.1
Total Meat	531	17.2	26.5	29.0	45.1	32.3	31	2.5	5.3	32.7	1,249	21.3	0.41	28.1	0.46	22.4	7.3	44.0	0.8	1.2	3.6	2.1
Fish	31	1.0	4.0	4.4	1.5	1.1	22	1.8	0.2	1.4	25	0.4	0.01	0.7	0.04	2.0	0.6	3.6	54.8	31.2
Eggs	69	2.2	5.5	6.0	5.0	3.6	27	2.2	1.3	8.0	443	7.6	0.06	4.1	0.19	9.3	0.1	0.6	26.6	15.2
Margarine	128	4.1	14.1	10.1	0.2	498	8.5	52.7	30.0
Butter	226	7.3	0.1	0.1	25.1	18.0	5	0.4	0.1	0.5	911	15.6	18.2	10.4
Other fats	106	3.4	0.2	0.2	11.6	8.3	10	0.2	0.1	0.6	...	0.3	0.2
Total Fats	460	14.9	0.3	0.3	50.8	36.3	5	0.4	0.1	0.7	1,419	24.2	0.1	0.6	...	71.2	40.6
Sugar and Preserves	364	11.8	4	0.3	0.1	0.9	2	1.1	1.6	...
Potatoes ³	121	3.9	3.1	3.4	0.4	0.3	14	1.1	1.0	6.2	0.16	11.0	0.11	5.4	1.6	9.6
Green vegetables	18	0.6	1.8	2.0	29	2.4	0.9	4.7	298	5.1	0.07	4.8	0.05	2.4	0.3	1.8	14.2	21.0
Root vegetables	5	0.2	0.2	11	0.9	0.2	1.2	901	15.4	0.01	0.7	0.01	0.5	0.1	0.6	10.4	15.4
Other vegetables	25	0.8	1.6	1.8	28	1.8	0.4	2.7	132	2.3	0.03	2.1	0.03	1.0	0.3	1.8	2.2	3.2
Total Vegetables	169	5.5	6.7	7.3	0.4	0.3	76	6.2	2.5	14.8	1,231	22.7	0.27	18.5	0.19	9.3	2.3	13.9	28.3	41.8

TABLE 2—continued
 (per head per day)

	Energy value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁ ¹		Riboflavin		Nicotinic acid		Vitamin C ²		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
Fresh fruit ³	41	1.3	0.8	0.9	—	—	22	1.8	0.4	2.6	334	5.7	0.07	4.8	0.04	2.0	0.3	3.0	27.7	40.9	—	—
Other fruit	64	2.1	0.5	0.5	0.9	0.6	16	1.3	0.6	3.5	74	1.3	0.01	0.7	0.02	1.0	0.2	1.2	3.8	5.6	—	—
Total Fruit	105	3.4	1.3	1.4	0.9	0.6	38	3.1	1.0	6.1	408	7.0	0.08	5.5	0.06	2.9	0.7	4.2	31.5	46.5	—	—
All bread	484	15.6	15.2	16.6	1.5	1.1	174	14.2	2.6	16.1	1	—	0.28	19.2	0.05	2.4	2.9	17.5	—	—	—	—
Flour	150	4.8	4.1	4.5	0.4	0.3	57	4.6	0.7	4.3	—	—	0.08	5.5	0.02	1.0	0.7	4.2	—	—	—	—
Other cereals	326	10.5	6.7	7.3	9.9	7.1	74	6.0	1.6	9.7	136	2.3	0.09	6.2	0.08	3.9	0.7	4.2	—	—	10.8	6.2
Total Cereals	960	31.0	26.0	28.5	11.8	8.4	305	24.9	4.9	30.1	137	2.3	0.45	30.8	0.15	7.3	4.3	25.9	—	—	10.8	6.2
Beverages	10	0.3	0.4	0.4	0.2	0.1	5	0.4	0.1	0.5	5	0.1	—	—	—	—	—	—	—	—	—	—
Other foods ⁴	18	0.6	0.5	0.5	0.6	0.4	4	0.3	0.2	1.2	53	0.9	—	—	0.02	1.0	0.5	3.0	0.8	1.2	—	—
TOTAL ALL FOODS	3,096	100	91.3	100	139.8	100	1,227	100	16.2	100	5,858	100	1.48	100	2.04	100	16.5	100	69.7	100	173.4	100

¹ Welfare fish liver oil and vitamin A and D tablets excluded.
² Including chips and crisps.
³ Including tomatoes.
⁴ Invalid and baby foods, spreads and dressings, soups and extracts.
⁵ To allow for losses in cooking, 15 per cent has been deducted from all intake figures as suggested in Medical Research Council War Memorandum No. 14.
⁶ Welfare orange juice included in fruit. Allowance made for cooking losses, as suggested in the Memorandum cited above in Note 5.

TABLE 2
Energy Value and Nutrient Content of Domestic Food Consumption¹—Younger Couples in Class A, 1956
(per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁		Riboflavin		Nicotinic acid		Vitamin C		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	i.u.	Per cent of total	mg.	Per cent of total
Milk and cream	310	10.0	16.0	17.5	17.7	12.7	575	46.9	0.5	3.3	570	9.7	0.18	12.3	0.71	34.6	0.6	3.6	5.2	7.7	5.9	3.4
Cheese	69	2.2	4.1	4.5	5.8	4.1	135	11.0	0.1	0.5	216	3.7	0.08	3.9	2.5	1.4
Total Milk, Cream and Cheese	379	12.2	20.1	22.0	23.5	16.8	710	57.9	0.6	3.8	786	13.4	0.18	12.3	0.79	38.5	0.6	3.6	5.2	7.7	8.4	4.8
Meat, carcass	280	9.0	16.0	17.5	23.9	17.1	11	0.9	3.0	18.4	46	0.8	0.16	11.0	0.22	10.7	4.4	26.5
Bacon	109	3.5	2.7	3.0	10.9	7.8	3	0.2	0.3	1.7	0.12	8.2	0.03	1.5	0.5	3.0
Other meat	142	4.6	7.8	8.5	10.3	7.4	17	1.4	2.0	12.6	1,203	20.5	0.13	8.9	0.21	10.2	2.4	14.5	0.8	1.2	3.6	2.1
Total Meat	531	17.2	26.5	29.0	45.1	32.3	31	2.5	5.3	32.7	1,249	21.3	0.41	28.1	0.46	22.4	7.3	44.0	0.8	1.2	3.6	2.1
Fish	31	1.0	4.0	4.4	1.5	1.1	22	1.8	0.2	1.4	25	0.4	0.01	0.7	0.04	2.0	0.6	3.6	54.8	31.2
Eggs	69	2.2	5.5	6.0	5.0	3.6	27	2.2	1.3	8.0	443	7.6	0.06	4.1	0.19	9.3	0.1	0.6	26.6	15.2
Margarine	128	4.1	14.1	10.1	0.2	498	8.5	52.7	30.0
Butter	226	7.3	0.1	0.1	25.1	18.0	5	0.4	0.1	0.5	911	15.6	18.2	10.4
Other fats	106	3.4	0.2	0.2	11.6	8.3	10	0.2	0.1	0.6	0.3	0.2
Total Fats	460	14.9	0.3	0.3	50.8	36.3	5	0.4	0.1	0.7	1,419	24.2	0.1	0.6	71.2	40.6
Sugar and Preserves	364	11.8	4	0.3	0.1	0.9	2	1.1	1.6	...
Potatoes ²	121	3.9	3.1	3.4	0.4	0.3	14	1.1	1.0	6.8	0.16	11.0	0.11	5.4	1.6	9.6
Green vegetables	18	0.6	1.8	2.0	29	2.4	0.9	4.7	298	5.1	0.07	4.8	0.05	2.4	0.3	1.8	10.4	21.0
Root vegetables	5	0.2	0.2	0.2	11	0.9	0.2	1.2	901	15.4	0.01	0.7	0.01	0.5	0.1	0.6	1.5	15.4
Other vegetables	25	0.8	1.6	1.8	28	1.8	0.4	2.7	132	2.3	0.03	2.1	0.02	1.0	0.3	1.8	2.2	3.2
Total Vegetables	169	5.5	6.7	7.3	0.4	0.3	76	6.2	8.5	14.8	1,331	28.7	0.27	18.5	0.19	9.3	8.3	13.9	88.3	41.8

TABLE 2—continued
(per head per day)

	Energy value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁ ¹		Riboflavin		Nicotinic acid		Vitamin C ²		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
Fresh fruit ³	41	1.3	0.8	0.9	—	—	22	1.8	0.4	2.6	334	5.7	0.07	4.8	0.04	2.0	0.5	3.0	27.7	40.9	—	—
Other fruit	64	2.1	0.5	0.5	0.9	0.6	16	1.3	0.6	3.5	74	1.3	0.01	0.7	0.02	1.0	0.2	1.2	3.8	5.6	—	—
Total Fruit	105	3.4	1.3	1.4	0.9	0.6	38	3.1	1.0	6.1	408	7.0	0.08	5.5	0.06	2.9	0.7	4.2	31.5	46.5	—	—
All bread	484	15.6	15.2	16.6	1.5	1.1	174	14.2	2.6	16.1	1	...	0.28	19.2	0.05	2.4	2.9	17.5	—	—	—	—
Flour	150	4.8	4.1	4.5	0.4	0.3	57	4.6	0.7	4.3	—	—	0.08	5.5	0.02	1.0	0.7	4.2	—	—	—	—
Other cereals	326	10.5	6.7	7.3	9.9	7.1	74	6.0	1.6	9.7	136	2.3	0.09	6.2	0.08	3.9	0.7	4.2	10.8	6.2
Total Cereals	960	31.0	26.0	28.5	17.8	8.4	305	24.9	4.9	30.1	137	2.3	0.45	30.8	0.15	7.3	4.3	25.9	10.8	6.2
Beverages	10	0.3	0.4	0.4	0.2	0.1	5	0.4	0.1	0.5	5	0.1	0.15	7.3	0.1	0.6	—	—	—	—
Other foods ⁴	18	0.6	0.5	0.5	0.6	0.4	4	0.3	0.2	1.2	53	0.9	0.02	1.0	0.5	3.0	0.8	1.2	—	—
TOTAL ALL FOODS	3,996	100	91.3	100	139.8	100	1,257	100	16.2	100	5,858	100	1.48	100	2.04	100	16.5	100	67.7	100	173.4	100

¹ Welfare fish liver oil and vitamin A and D tablets excluded.
² Including chips and crisps.
³ Including tomatoes.
⁴ Invalid and baby foods, spreads and dressings, soups and extracts.
⁵ To allow for losses in cooking, 15 per cent has been deducted from all intake figures as suggested in Medical Research Council War Memorandum No. 14.
⁶ Welfare orange juice included in fruit. Allowance made for cooking losses, as suggested in the Memorandum cited above in Note 5.

TABLE 3
 Energy Value and Nutrient Content of Domestic Food Consumption¹—1956
 (per head per day)
 Households with one man and one woman and 4 or more children in Social Classes C and D1.

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁		Riboflavin		Nicotinic acid		Vitamin C ²		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
Milk and cream	222	10.6	11.6	19.7	12.2	16.6	418	48.9	0.5	4.6	400	15.1	0.13	14.1	0.32	43.7	0.4	4.6	4	12.1	36	26.0
Cheese	32	1.5	1.9	3.2	2.6	3.5	63	7.4	...	0.4	96	3.6	...	0.2	0.04	3.2	...	0.2	...	1	0.9	...
Total Milk, Cream and Cheese	254	12.1	13.5	22.9	14.8	20.1	481	56.3	0.5	5.0	496	18.7	0.13	14.3	0.36	46.9	0.4	4.8	4	12.1	37	26.8
Meat, carcass	104	5.0	6.3	10.7	8.7	11.8	5	0.6	1.2	12.2	20	0.8	0.04	4.9	0.09	7.5	1.7	18.5
Bacon	43	2.1	1.1	1.9	4.3	5.9	1	0.1	0.1	1.1	0.05	5.4	0.01	0.9	0.2	2.4
Other meat	67	3.2	3.7	6.3	4.8	6.5	11	1.3	1.1	10.6	352	13.2	0.04	4.7	0.07	6.2	0.8	9.1	...	0.9	2	1.4
Total Meat	214	10.2	11.1	18.8	17.8	24.2	17	2.0	2.4	23.8	372	14.0	0.14	15.0	0.17	14.7	2.8	29.9	...	0.9	2	1.4
Fish	10	0.5	1.3	2.2	0.4	0.5	6	0.7	...	0.4	1	0.2	0.01	0.8	0.2	1.7	8	5.4
Eggs	30	1.4	2.4	4.1	2.2	3.0	12	1.4	0.6	5.6	193	7.3	0.02	2.6	0.08	7.1	...	0.3	12	8.4
Margarine	171	8.2	19.0	25.9	1	0.1	...	0.3	668	25.1	71	51.2
Butter	51	2.4	5.7	7.8	1	0.1	...	0.2	206	7.8	4	3.0
Other fats	56	2.7	6.2	8.4	6	0.2	0.1
Total Fats	278	13.3	30.9	42.0	2	0.2	0.1	0.5	880	33.1	75	54.3

TABLE 3—continued
 (per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁ ¹		Riboflavin		Nicotinic acid		Vitamin C ²		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
Sugar and Preserves	268	12.8	2	0.2	0.1	1.5	1	0.1	2.1	1
Potatoes ³	150	7.2	3.8	6.5	0.4	0.5	18	2.1	1.3	12.9	0.19	20.9	0.13	10.8	1.9	20.3	17	50.3
Green vegetables	5	0.2	0.3	0.5	9	1.1	0.1	1.4	56	2.1	0.02	1.9	0.01	1.1	0.1	0.9	3	9.1
Root vegetables	2	0.1	0.2	0.3	6	0.7	...	0.1	410	15.4	0.01	0.7	...	0.3	0.1	0.9	1	2.7
Other vegetables	30	1.4	2.1	3.6	15	1.8	0.7	6.5	47	1.8	0.03	3.6	0.02	1.6	0.2	2.5	1	2.4
Total Vegetables	287	8.0	6.4	10.9	0.4	0.5	48	5.6	2.1	20.9	513	19.3	0.25	27.0	0.16	13.8	2.3	24.5	22	64.5
Fresh fruit ⁴	5	0.2	0.1	0.2	4	0.5	...	0.4	85	3.2	0.01	1.0	...	0.4	0.1	0.7	4	12.1
Other fruit	15	0.7	0.1	0.2	0.1	0.1	3	0.4	0.1	0.9	42	1.6	...	0.5	...	0.3	...	0.4	2	7.6
Total Fruit	20	1.0	0.2	0.3	0.1	0.1	7	0.8	0.1	1.3	127	4.8	0.01	1.5	0.01	0.8	0.1	1.2	6	19.7
All bread	563	26.8	17.4	29.5	1.4	1.9	212	24.8	2.4	23.3	0.24	26.9	0.05	4.1	2.4	25.7
Flour	70	3.3	1.9	3.2	0.2	0.3	27	3.2	0.3	3.3	0.04	4.3	0.01	0.8	0.4	3.7
Other cereals	193	9.2	4.4	7.5	5.1	6.9	39	4.6	1.3	12.9	68	2.6	0.07	7.9	0.05	4.3	0.5	5.1
Total Cereals	826	39.4	23.7	40.2	6.7	9.1	278	32.6	4.0	39.5	68	2.6	0.36	39.1	0.11	9.3	3.2	34.5
Beverages	3	0.1	0.1	0.2	0.1	0.1	0.1	0.5	0.07	6.0	...	0.1
Other foods ⁵	7	0.3	0.2	0.3	0.1	0.1	1	0.1	0.1	0.9	6	0.2	...	0.2	0.01	0.7	0.3	2.8
TOTAL ALL FOODS	2,097	100	58.9	100	73.5	100	854	100	10.1	100	2,657	100	0.91	100	1.19	100	9.4	100	33	100	139	100

¹ Welfare fish liver oil and vitamin A and D tablets excluded.
² Including chips and crisps.
³ Including tomatoes.
⁴ Invalid and baby foods, spreads and dressings, soups and extracts.
⁵ Welfare orange juice included in fruit. Allowance made for cooking losses, as suggested in the Memorandum cited above in Note 3.
⁶ To allow for losses in cooking, 15 per cent has been deducted from all intake figures as suggested in Medical Research Council War Memorandum No. 14.

TABLE 4
 Energy Value and Nutrient Content of Domestic Food Consumption¹—London Consumption, 1956
 (per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁		Riboflavin		Nicotinic acid		Vitamin C		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
Milk and cream	286	11.2	16.9	19.8	16.1	14.8	536	51.1	0.5	3.8	515	11.0	0.16	13.5	0.66	37.6	0.5	3.9	5	8.8	15	9.9
Cheese	54	2.1	3.2	4.3	4.5	4.1	105	10.0	0.1	0.6	169	3.6	...	0.06	3.6	2	1.3	
Total Milk, Cream and Cheese	340	13.3	18.1	24.1	20.6	18.9	641	62.1	0.6	4.4	684	14.6	0.16	13.7	0.73	41.2	0.6	4.1	5	8.8	17	11.2
Meat, carcase	223	8.7	12.7	16.9	19.0	17.4	9	0.9	2.3	17.4	37	0.8	0.12	10.3	0.17	9.9	3.5	23.6
Bacon	75	2.9	1.9	2.5	7.5	6.9	2	0.2	0.2	1.5	0.08	7.0	0.02	1.1	0.4	2.8
Other meat	99	3.9	5.1	6.8	7.6	7.0	8	0.8	1.7	12.5	1,195	25.5	0.09	7.7	0.19	10.6	1.7	12.6	1	1.4	3	1.7
Total Meat	397	15.5	19.7	26.2	34.1	31.3	19	1.8	4.2	31.4	1,232	26.3	0.30	25.0	0.38	21.5	5.5	42.0	1	1.4	3	1.7
Fish	21	0.8	2.9	3.9	0.9	0.8	15	1.4	0.1	1.1	14	0.3	0.01	0.7	0.03	1.6	0.5	3.6	37	24.8
Eggs	52	2.0	4.2	5.6	3.8	3.5	20	1.9	1.0	7.2	336	7.2	0.04	3.5	0.15	8.3	...	0.3	20	13.6
Margarine	129	5.0	14.3	13.1	0.1	504	10.8	53	35.9
Butter	144	5.6	16.0	14.7	3	0.3	0.1	0.4	563	12.5	12	7.9
Other fats	87	3.4	0.2	0.3	9.6	8.8	8	0.2	0.4	0.1
Total Fats	360	14.1	0.2	0.3	39.9	36.6	3	0.3	0.1	0.5	1,095	23.4	0.4	65	43.9
Sugar and Preserves	322	12.6	5	0.5	0.2	1.3	2	0.1	...	1	1.6	...

TABLE 4 continued
(per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁ ¹		Riboflavin		Nicotinic acid		Vitamin C ²		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 ³	136	5.3	3.6	4.8	0.1	0.1	16	1.5	1.2	9.2	—	—	0.18	15.0	0.12	7.0	1.8	13.3	17	29.5	—	—
Green vegetables	14	0.5	1.3	1.7	—	—	25	2.4	0.4	3.8	4.5	4.5	0.06	4.7	0.04	2.3	0.2	1.7	9	15.2	—	—
Root vegetables	4	0.2	0.3	0.3	—	—	8	0.8	0.1	0.6	13.1	0.7	0.01	0.7	...	0.3	0.1	0.7	1	1.9	—	—
Other vegetables	20	0.8	1.4	1.9	15	1.4	0.5	3.6	1.8	1.8	0.03	3.2	0.02	0.9	0.2	1.5	1	2.3	—	—
Total Vegetables	174	6.8	6.5	8.6	0.1	0.1	64	6.1	2.2	17.3	19.5	19.5	0.27	22.5	0.18	10.5	2.3	17.2	28	48.9	—	—
Fresh fruit ⁴	32	1.2	0.5	0.7	14	1.3	0.2	2.0	5.2	5.2	0.04	3.7	0.03	1.5	0.3	2.5	19	33.2	—	—
Other fruit	34	1.3	0.2	0.3	0.4	0.4	7	0.7	0.2	1.8	1.0	1.0	0.01	0.7	0.01	0.6	0.1	0.7	3	5.5	—	—
Total Fruits	66	2.6	0.7	0.9	0.4	0.4	21	2.0	0.4	3.8	6.2	6.2	0.05	4.4	0.04	2.0	0.4	3.3	22	38.6	—	—
All bread	459	17.9	14.2	18.9	1.3	1.2	167	15.9	2.2	16.6	0.23	19.2	0.06	3.2	2.4	17.8	—	—	—	—
Flour	94	3.7	2.6	3.5	0.2	0.2	35	3.3	0.5	3.6	—	—	0.05	4.2	0.01	0.8	0.4	3.2	—	—	—	—
Other Cereals	233	9.9	5.4	7.2	7.1	6.5	54	5.1	1.4	10.6	9.1	1.9	0.08	6.2	0.06	3.3	0.6	4.4	7	4.8
Total Cereals	806	31.5	22.2	29.5	8.6	7.9	256	24.4	4.1	30.7	1.9	1.9	0.36	29.7	0.13	7.3	3.4	25.4	7	4.8
Beverages	11	0.4	0.3	0.4	0.2	0.2	2	0.2	0.2	1.1	0.2	0.11	6.5	...	0.4	—	—	—	—
Other foods ⁵	11	0.4	0.4	0.5	0.3	0.3	3	0.3	0.1	1.3	22	0.5	...	0.2	0.02	1.0	0.6	4.2	...	0.7	—	—
TOTAL ALL FOODS	2,560	100	75.4	100	109.0	100	2,053	100	23.5	100	4,678	100	1.27	100	1.77	100	23.5	100	57	100	149	100

¹ Welfare fish liver oil and vitamin A and D tablets excluded.
² Including chips and crisps.
³ Including tomatoes.
⁴ Invalid and baby foods, spreads and dressings, soups and extracts, as suggested in the Memorandum cited above in Note 5.
⁵ Welfare orange juice included in fruit. Allowance made for cooking losses, as suggested in the Memorandum cited above in Note 5.

TABLE 5
Energy Value and Nutrient Content of Domestic Food Consumption¹—Scotland, 1956
 (per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁ ^a		Riboflavin		Nicotinic acid		Vitamin C ^b		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	
Milk and cream	261	9.9	13.5	17.9	14.7	14.5	489	47.6	0.5	3.7	472	11.7	0.15	13.0	0.61	38.1	0.5	4.1	5	10.7	18	12.3	
Cheese	42	1.6	2.5	3.3	3.6	3.5	84	8.2	0.1	0.4	134	3.3	...	0.2	0.05	3.2	...	0.2	—	—	2	1.1	
<i>Total Milk, Cream and Cheese</i>	303	11.5	16.0	21.2	18.3	18.0	573	55.8	0.6	4.1	606	15.0	0.15	13.2	0.66	41.3	0.5	4.3	5	10.7	20	13.4	
Meat, carcass	132	5.8	9.9	13.1	12.6	12.4	6	0.6	2.1	15.6	30	0.7	0.06	5.6	0.14	9.1	2.7	22.2	—	—	—	—	
Bacon	55	2.1	1.4	1.9	5.5	5.4	1	0.1	0.1	0.8	—	—	0.06	5.5	0.01	0.9	0.3	2.3	—	—	—	—	
Other meat	127	4.8	6.2	8.2	9.2	9.1	13	1.3	1.5	11.5	660	16.4	0.08	6.7	0.13	8.1	1.5	12.4	...	0.9	4	2.9	
<i>Total Meat</i>	334	12.7	17.5	23.1	27.3	26.9	20	1.9	3.7	27.9	690	17.1	0.20	17.8	0.29	18.1	4.5	37.0	...	0.9	4	2.9	
Fish	17	0.6	2.7	3.6	0.6	0.6	8	0.8	0.1	0.7	8	0.2	0.01	0.7	0.02	1.6	0.4	3.1	—	—	21	14.7	
Eggs	58	2.2	4.6	6.1	4.2	4.1	22	2.1	1.1	8.4	371	9.2	0.05	4.1	0.16	10.1	0.1	0.4	—	—	22	15.5	
Margarine	132	5.0	—	—	14.6	14.4	0.1	513	18.7	—	—	—	—	—	—	—	—	—	—	—
Butter	132	5.8	0.1	0.1	16.8	16.6	3	0.3	0.1	0.4	610	15.1	—	—	—	—	—	—	—	—	—	—	—
Other fats	63	2.4	0.1	0.1	7.0	6.9	11	0.3
<i>Total Fats</i>	347	13.2	0.2	0.3	38.4	37.8	3	0.3	0.1	0.5	1,134	28.1	66	46.6	

TABLE 5—continued
(per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁		Riboflavin		Nicotinic acid		Vitamin C ¹		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
Sugar and Preserves	315	12.0	5	0.5	0.2	1.5	1	0.2	1	2.3
Potatoes ²	153	5.8	4.0	5.3	0.2	0.2	19	1.9	1.4	10.3	—	—	0.20	17.6	0.14	8.5	2.0	16.5	16	38.5
Green vegetables	3	0.1	0.2	0.3	—	—	9	0.9	0.1	0.7	55	1.4	0.01	1.1	0.01	0.7	0.1	0.6	3	6.3
Root vegetables	5	0.2	0.3	—	—	—	11	1.1	0.1	0.7	765	18.9	0.01	1.0	0.01	0.4	0.2	1.2	2	4.0
Other vegetables	35	1.3	2.5	3.3	18	1.8	0.7	5.3	53	1.3	0.04	3.5	0.02	1.5	0.3	2.2	1	2.8
Total Vegetables	196	7.5	6.9	9.1	0.2	0.2	57	5.6	2.3	17.0	870	21.6	0.26	23.2	0.18	11.1	2.5	20.5	22	51.5
Fresh fruit ³	19	0.7	0.3	0.4	—	—	10	1.0	0.2	1.3	151	3.7	0.02	2.2	0.02	1.0	0.2	1.6	12	28.7
Other fruit	22	0.8	0.2	0.2	5	0.5	0.2	1.1	21	0.5	...	0.4	0.01	0.4	0.1	0.5	2	4.0
Total Fruit	41	1.6	0.3	0.4	0.2	0.2	15	1.5	0.4	2.5	172	4.3	0.03	2.6	0.02	1.4	0.3	2.1	14	32.6
All bread	570	21.7	17.4	23.0	1.7	1.7	213	20.7	2.7	20.2	1	...	0.27	23.8	0.07	4.1	2.7	22.6
Flour	82	3.1	2.2	2.9	0.3	0.3	31	3.0	0.4	3.0	—	—	0.05	4.0	0.01	0.8	0.4	3.1
Other cereals	340	13.0	7.2	9.5	0.8	0.8	78	7.6	1.7	12.9	132	3.3	0.12	10.3	0.09	5.4	0.8	6.3	10	6.9
Total Cereals	992	37.8	26.8	35.4	11.8	11.6	322	31.4	4.8	36.1	133	3.3	0.43	38.1	0.16	10.3	3.9	32.0	10	6.9
Beverages	6	0.2	0.1	0.1	0.2	0.2	0.1	0.7	0.1	0.10
Other foods ⁴	16	0.6	0.5	0.7	0.3	0.3	2	0.2	0.1	0.7	49	1.2	...	0.2	1	1.9
TOTAL ALL FOODS	2,626	100	75.9	100	101.4	100	1,030	100	13.4	100	4,034	100	1.14	100	1.60	100	19.1	100	43	100	143	100

¹ Welfare fish liver oil and vitamin A and D tablets excluded.
² Including chips and crisps.
³ Including tomatoes.
⁴ Invalid and baby foods, spreads and dressings, soups and extracts.
⁵ Welfare orange juice included in fruit. Allowance made for cooking losses, as suggested in the Memorandum cited above in Note 5.

TABLE 6
Energy Value and Nutrient Content of Domestic Food Consumption¹—Wholly Rural Households, 1956
(per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁		Riboflavin		Nicotinic acid		Vitamin C		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
Milk and cream	275	9.9	14.2	18.3	19.6	14.5	513	46.8	0.4	3.6	18.9	0.16	18.9	0.16	0.64	39.9	0.5	4.4	5	11.3	81	14.1
Cheese	52	1.9	3.1	4.0	4.4	4.1	103	9.4	0.1	0.8	4.3	0.06	3.9	...	0.2	8	1.3
Total Milk, Cream and Cheese	327	11.7	17.3	22.3	24.0	18.5	616	56.2	0.5	4.4	23.2	0.16	23.2	0.16	0.70	43.8	0.6	4.6	5	22.3	89	15.4
Meat, carcass	159	5.7	9.7	12.5	13.4	12.4	6	0.5	1.9	14.4	0.8	0.08	6.7	0.14	0.14	8.7	2.6	21.3
Bacon	80	2.9	2.0	2.6	8.0	7.4	2	0.2	0.2	1.6	...	0.09	7.4	0.02	0.4	3.2	0.4	3.2
Other meat	106	3.8	5.2	6.7	7.7	7.1	11	1.0	1.3	10.0	4.66	0.06	5.4	0.10	6.2	1.3	10.8
Total Meat	345	12.4	16.9	21.8	29.1	27.0	19	1.7	3.4	26.0	12.9	0.24	19.4	0.26	16.1	4.4	33.4
Fish	15	0.5	2.0	2.6	0.5	0.5	7	0.6	0.1	0.8	6	0.02	1.3	0.3	2.4	18	12.2
Eggs	57	2.0	4.6	5.9	4.2	3.9	22	2.0	1.1	8.3	3.66	0.05	3.8	0.16	10.0	0.1	0.4	22	14.7
Margarine	148	5.3	16.4	15.2	0.2	15.0	61	41.1
Butter	166	6.0	0.1	0.1	18.4	17.1	3	0.3	0.1	0.4	6.68	13	9.0
Other fats	77	2.8	0.1	0.1	8.6	8.0	9
Total Fats	391	14.0	0.2	0.3	43.4	40.2	3	0.3	0.2	0.6	38.6	74	50.1
Sugar and Preserves	343	12.3	4	0.4	0.2	1.1	1	1.9

Appendix C

TABLE 6—continued
 (per head per day)

	Energy Value		Protein		Fat		Calcium		Iron		Vitamin A		Vitamin B ₁ ^a		Riboflavin		Nicotinic acid		Vitamin C ^b		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 ¹	145	5.2	3.7	4.8	0.1	0.1	18	1.6	1.3	9.7	—	—	0.19	15.7	0.13	8.2	1.9	15.5	16	37.3	—	—
Green vegetables	7	0.3	0.7	0.9	—	—	13	1.2	0.3	2.1	99	2.6	0.03	2.3	0.02	1.3	0.1	0.9	4	10.8	—	—
Root vegetables	4	0.1	0.2	0.3	—	—	10	0.9	0.1	0.8	619	16.1	0.01	0.8	0.01	0.4	0.1	1.1	2	3.6	—	—
Other vegetables	23	0.8	1.7	2.2	13	1.2	0.4	3.5	43	1.1	0.03	2.5	0.02	1.1	0.2	1.5	1	1.9	—	—
Total Vegetables	179	6.4	6.3	8.1	0.1	0.1	54	4.9	2.1	16.1	761	19.8	0.26	21.3	0.18	11.0	2.4	19.1	23	53.6	—	—
Fresh fruit ¹	18	0.6	0.3	0.4	—	—	10	0.9	0.2	1.6	153	4.0	0.02	2.1	0.02	1.0	0.2	1.7	12	28.6	—	—
Other fruit	30	1.1	0.2	0.3	0.2	0.2	8	0.7	0.3	1.9	24	0.6	...	0.3	0.01	0.4	0.1	0.6	1	8.9	—	—
Total Fruit	48	1.7	0.5	0.6	0.2	0.2	18	1.6	0.5	3.5	177	4.6	0.03	2.4	0.02	1.4	0.3	2.3	13	31.5	—	—
All bread	633	22.7	19.5	25.2	1.7	1.6	236	21.5	2.9	21.8	0.30	24.5	0.07	4.4	3.0	24.0	—	—
Flour	142	5.1	3.9	5.0	0.4	0.4	53	4.8	0.7	5.3	—	—	0.08	6.5	0.02	1.3	0.7	5.4	—	—
Other cereals	288	10.5	6.0	7.7	8.0	7.4	62	5.7	1.6	11.3	110	2.9	0.10	8.2	0.07	4.5	0.7	5.4	8	5.6
Total Cereals	1,063	38.2	29.4	37.9	10.1	9.4	351	32.0	5.2	38.4	110	2.9	0.48	39.2	0.16	10.2	4.3	34.7	8	5.6
Beverages	8	0.3	0.1	0.1	0.2	0.2	1	0.1	0.1	0.8	1	0.2	0.10	6.0	...	0.4	—	—
Other foods ¹	9	0.3	0.2	0.3	0.1	0.1	1	0.1	...	0.1	20	0.5	...	0.2	...	0.1	0.1	0.6	—	—
TOTAL ALL FOODS	2,766	100	78.0	100	107.7	100	1,099	100	13.3	100	3,853	100	1.22	100	1.59	100	12.3	100	48	100	149	100

¹ Welfare fish liver oil and vitamin A and D tablets excluded.
² Including chips and crisps.
³ Including tomatoes.
⁴ Invalid and baby foods, spreads and dressings, soups and extracts.
⁵ To allow for losses in cooking, 15 per cent has been deducted from all intake figures as suggested in Medical Research Council War Memorandum No. 14.
⁶ Welfare orange juice included in fruit. Allowances made for cooking losses, as suggested in the Memorandum cited above in Note 5.

Appendix D

Sources of Fat in the Household Diet

1. When arrangements were made for the analysis of the National Food Survey records for 1956 it was thought that the total quantity of fat consumed and also the proportions of this obtained from animal and vegetable sources might be of nutritional importance. The table of food composition used for the nutritional analysis of the records was therefore designed so that the quantities of fat of animal and vegetable origin obtained from any food or group of foods could be calculated. In compiling this table as much information as possible was obtained about the composition of margarine, cooking fat and other foods containing mixtures of fats. It was, of course, necessary to make assumptions and arbitrary decisions on these matters because of the varying chemical composition of margarine and cooking fats and their varying usage in such foods as cakes and pastries. On the basis of the amounts of animal and vegetable oils and fats used in the manufacture of margarine and compound cooking fat in recent years, it was assumed that 18 per cent of the fat content of margarine and 37 per cent of that of compound cooking fat was derived from animal sources.

2. It was at first intended to present the results in terms of total fat consumption from animal and vegetable sources respectively by the several household groups. Since these plans were made subsequent research has suggested that, with the types of fats eaten in Great Britain, totals of this kind might not provide very meaningful information. It now seems likely that the actual fatty acids constituting the fats eaten by the various groups of the population may be of much greater interest and importance. Nevertheless, at the time of writing the nutritional role of any particular fat had not been established and the very detailed Tables 1, 2 and 3 were compiled in the hope that they might contain information which would help to throw light on the unsolved problems of fat metabolism. These, therefore, give the individual, as well as the total, quantities of fat from animal and vegetable sources obtained from the main groups of foods. Table 1 shows the results for the whole sample and the various social classes, Table 2 by family composition and Table 3 by the different geographical areas. In interpreting these data it should be borne in mind that they are derived from quantities of foods entering the kitchen and that no allowance can be made for wastage in the kitchen or on the plate: it seems likely that wastage of the fat of meat either on the plate or as dripping will be greater than wastage of other types of fat.

3. The detailed material from which Tables 1, 2 and 3 were compiled has also been classified to show the consumption of a few broad groups of fats which may be of physiological importance. These summaries are given in Tables 4, 5 and 6. The groups given in these tables contain the following types of fat from Tables 1, 2 and 3, though it was not possible to estimate the quantities of pork fat in pork pies, which is included with the fat of "other meats", or of lard in pastry or any other cooked food, which is included with the fat of "other meats" and "other foods". Lard, although shown separately, may not always have been satisfactorily distinguished by informants from compound cooking fats.

Classification in:

Tables 4, 5 and 6	Tables 1, 2 and 3
Milk and milk products	{ Liquid and other milk Cheese Butter
Margarine	Animal and vegetable fats from margarine
Other visible fats	{ Animal fats, other than lard, and vegetable fats from "other fats".
Pig meat	{ Pork Bacon and ham Pork sausages Lard
Other meats	{ Beef and veal Mutton and lamb Animal fat from "all other meat" except pork sausages
Fish	Animal fat from "fish"
Bread and flour	Bread and flour
Other foods	{ Animal and vegetable fats from Potatoes, fruit and vegetables Other cereals Beverages Other foods Vegetable fats from fish and "all other meat"

4. The most striking feature of Table 4, the summary of Table 1, is the similarity in pattern of fat consumption between Classes A2 and D2, each of which shows in many other ways middle-class characteristics. The similarity between Classes B and C, predominantly manual workers, is also marked. The other interesting point is the unique nature of the Class A1 pattern, which shows especially high contributions from milk and its products and "other" meats. In general, however, it is clear that in all but old age pensioner households class variations in total fat intake arose mainly from variations in the consumption of milk and milk products, including butter.

5. The material for classified households from Table 2 is similarly summarized in Table 5. The variations, both absolute and proportional, are very marked, the extremes being, as might be expected, the adult families and those with 4 or more children. The most noteworthy points are, with increasing family size, the increase in the *proportion* of the total from margarine and the decreases in the *absolute quantity*, and to a much smaller extent in the proportion, of milk fat and meat fats. Comparing younger couples with the largest families, the couples obtained about twice as much milk fat and more than twice as much meat fats per head as the families, but milk fat made up 33 per cent of their total, pig fat 18 per cent and the fat of other meats 19 per cent, compared with 29, 13 and 16 per cent respectively for the families. Though the couples obtained nearly a quarter less fat from margarine than the largest families, this comprised only 10 per cent of their total, compared with 23 per cent of the family total.

6. Table 6 gives a summary of the sources of fat in different regions and types of area. The uniformity in the total quantity of fat is striking, all areas receiving within 2 per cent of the national average, except Scotland which obtained about $6\frac{1}{2}$ per cent less, though there were some marked regional differences in the sources. Wales obtained more fat from butter (see Table 3) than any other region or type of area, and also more than Class A₁; and less fat from margarine than even this class. Scotland obtained less than half of the national average amount of fat from pig meat and less than half that consumed in any other region; it obtained just over half the rural average. The patterns for London and the South Eastern and Southern regions resembled those for Classes A₂ and D₂. If London is excluded from the comparison, the country districts obtained more fat from milk and its products and eggs and less from meats than the towns. They got more fat from margarine than the semi-rural areas and smaller towns but less than the provincial conurbations. The only consistent gradient from London and the other conurbations to the remote rural areas was the downward one for the amount of fat obtained from "other meats".

TABLE I
Social Class Variations in the Sources of Fat in the Household Diet
(grams per person per day)

	A1			A2			All A			B			C		
	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat
Milk	17.2		14.6	15.4		13.8	15.8		14.0	14.1		13.0	13.4		12.5
Condensed milk	1.0		0.8	1.2		1.1	1.1		1.0	0.9		0.8	0.9		0.8
Butter	18.2		15.5	16.6		14.9	16.9		15.0	15.0		13.9	14.3		13.3
Other fats	4.4		3.7	4.3		3.9	4.3		3.8	3.9		3.6	4.1		3.8
Meat	21.6		18.4	18.0		16.2	18.8		16.7	15.5		14.3	14.7		13.7
Beef	2.2	10.6	10.9	2.4	11.2	12.2	2.4	11.1	12.0	2.7	12.7	14.2	2.9	13.4	15.2
Pork	4.0		3.4	5.0		4.5	4.9		4.3	6.1		5.6	6.2		5.8
Other meats	1.9	2.9	4.1	2.4	1.8	3.8	2.3	1.9	3.7	3.0	1.8	4.4	2.7	1.4	3.8
Total Fat	29.7	13.5	36.7	27.8	13.0	36.7	28.4	13.0	36.7	27.3	14.5	38.6	26.5	14.8	38.5
Other sources	4.4		3.7	4.1		3.7	4.2		3.7	3.5		3.2	3.3		3.1
Chicken and veal	9.6		8.2	7.6		6.8	8.1		7.2	7.2		6.6	7.3		6.8
Poultry and lamb	7.2		6.1	7.0		6.3	7.1		6.3	6.2		5.7	6.5		6.1
Other meats	3.2		2.7	2.7		2.4	2.8		2.5	2.4		2.2	2.3		2.1
Total Carcass Meat	20.0		17.0	17.3		15.5	18.0		16.0	15.8		14.6	16.1		15.0
Other meats	8.2		7.0	8.4		7.5	8.4		7.4	8.2		7.6	8.0		7.5
Sausages	2.9	0.1	2.5	2.6	0.1	2.4	2.7	0.1	2.5	2.1	0.1	2.0	2.0	...	1.9
Other meat	4.2	0.5	4.0	4.8	0.5	4.8	4.7	0.5	4.6	5.4	0.6	5.5	5.6	0.6	5.8
Total Bacon and Other	15.3	0.6	13.5	15.8	0.6	14.7	15.8	0.6	14.5	15.7	0.7	15.1	15.6	0.6	15.1
Other sources	1.0	0.2	1.0	0.8	0.3	1.0	0.8	0.3	1.0	0.8	0.4	1.1	0.8	0.4	1.1
Land Vegetables ¹	0.1	0.7	0.7	0.1	0.7	0.7	0.1	0.8	0.8	0.1	0.7	0.7	...	0.7	0.7
Other sources		1.3	1.1		1.3	1.2		1.3	1.2		1.6	1.5		1.7	1.6
Other sources		0.3	0.3		0.3	0.3		0.3	0.3		0.3	0.3		0.3	0.3
Total Cereals	1.7	5.6	6.2	1.9	5.9	7.0	1.8	5.7	6.6	1.7	5.8	6.9	1.7	5.9	7.1
Total Cereals	1.7	7.2	7.6	1.9	7.5	8.4	1.8	7.3	8.1	1.7	7.7	8.7	1.7	7.9	9.0
Other sources		0.3	0.3		0.2	0.2		0.2	0.2		0.2	0.2		0.2	0.2
Other sources		0.4	0.3		0.3	0.3		0.3	0.3		0.3	0.3		0.2	0.2
Total All Foods	94.9	28.7	100	88.8	22.8	100	90.2	22.6	100	83.8	24.5	100	82.4	25.0	100

¹ Including mincemeat.

TABLE I—continued
(grams per person per day)

n 11

	D1			D2			O.A.P.			All household	
	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat
Liquid milk	12.9		12.8	14.9		13.4	13.6		12.9	13.9	
Other milk	0.6		0.6	0.7		0.6	0.3		0.3	0.9	
Total Milk	13.5		13.4	15.6		14.0	13.9		13.2	14.8	
Cheese	3.4		3.4	4.4		4.0	4.2		4.0	4.0	
Butter	13.4		13.3	18.8		16.9	17.4		16.6	15.7	
Margarine	3.0	13.7	16.6	2.5	11.7	12.8	2.4	11.2	12.9	2.7	12.7
Lard	5.2		5.2	5.9		5.3	7.5		7.1	6.0	
Other fats	2.8	1.2	4.0	2.5	1.3	3.4	2.3	0.4	2.6	2.7	1.7
Total Fats	24.4	14.9	38.9	29.7	13.0	38.4	29.6	11.6	39.2	27.1	14.4
Eggs	3.2		3.2	3.4		3.1	2.9		2.8	3.5	
Beef and veal	7.0		6.9	6.9		6.2	7.5		7.1	7.4	
Mutton and lamb	6.7		6.6	7.8		7.0	7.7		7.3	6.5	
Pork	2.3		2.3	2.9		2.6	2.3		2.2	2.4	
Total Carcase Meat	16.0		15.9	17.6		15.8	17.5		16.7	16.3	
Bacon and ham, uncooked	7.4		7.3	7.6		6.8	8.8		8.4	8.2	
Pork sausages	1.7	...	1.7	2.1	...	1.9	1.5		1.4	2.1	0.1
All other meat	5.4	0.7	6.0	4.7	0.5	4.7	4.1	0.4	4.3	5.3	0.6
Total Bacon and Other Meat	14.5	0.7	15.1	14.4	0.5	13.4	14.4	0.4	14.1	15.6	0.7
Fish	0.5	0.5	1.0	0.8	0.3	1.0	0.6	0.4	1.0	0.7	0.4
Fruit and Vegetables¹	0.7	0.7	0.1	0.6	0.6	...	0.5	0.5	0.1	0.6
Bread		1.7	1.7		1.5	1.4		1.7	1.6		1.6
Flour		0.2	0.2		0.4	0.4		0.4	0.4		0.3
Other cereals	1.5	4.8	6.2	1.9	6.4	7.5	1.5	5.1	6.3	1.7	5.8
Total Cereals	1.5	6.7	8.1	1.9	8.3	9.2	1.5	7.2	8.3	1.7	7.7
Beverages		0.2	0.2		0.3	0.3		0.3	0.3		0.2
Other foods		0.2	0.2		0.2	0.2		0.1	0.1		0.2
Total All Foods	77.1	24.0	100	87.9	23.0	100	84.9	20.5	100	83.8	24.3

¹ Including mincemeat.

	no other			
	one or both adults aged 55 or over			
	Ani- mal fat	Veg. fat	% of total fat	Ani- mal fat
Liquid milk	14.8		11.6	15.5
Other milk	0.6		0.5	1.0
Total Milk	15.4		12.1	16.5
Cheese	5.4		4.2	5.5
Butter	20.8		16.3	23.0
Margarine	2.6	12.0	11.5	2.5
Lard	8.0		6.3	7.0
Other fats	2.7	1.4	3.2	3.8
Total Fats	34.1	13.4	37.3	36.3
Eggs	3.8		3.0	4.6
Beef and veal	9.8		7.7	10.2
Mutton and lamb	9.5		7.5	9.0
Pork	3.8		3.0	3.7
Total Carcass Meas	23.1		18.1	22.9
Bacon and ham, uncooked	11.4		9.0	11.3
Pork sausages	2.5	0.1	2.0	3.2
All other meat	5.4	0.6	4.7	7.1
Total Bacon and Other Meat	19.3	0.7	15.7	21.6
Fish	0.9	0.4	1.0	0.9
Fruit and Vegetables¹	0.1	0.4	0.4	0.2
Bread		1.5	1.2	
Flour		0.5	0.4	
Other cereals	1.8	6.1	6.2	2.3
Total Cereals	1.8	8.1	7.8	2.3
Beverages		0.3	0.2	
Other foods		0.1	0.1	
Total All Foods	104.2	23.6	100	110.8

¹ Including minceme

	Urbanations											
	Provincial			Other urban			Semi-rural			Rural		
	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat	Animal fat	Veg. fat	% of total fat
Liquid												
Other	13.6		12.6	13.5		12.5	14.2		12.9	14.6		13.5
	0.9		0.8	0.9		0.8	0.9		0.8	1.0		0.9
Total	14.5		13.5	14.4		13.4	15.1		13.7	15.6		14.5
Cheese												
	3.4		3.2	4.0		3.7	4.2		3.8	4.4		4.1
Butter-												
Margarine	14.4		13.4	15.5		14.4	16.5		15.0	18.4		17.1
Lard	3.2	14.7	16.6	2.6	12.4	13.9	2.7	12.6	13.9	2.9	13.5	15.2
Other	4.8		4.5	6.8		6.3	7.7		7.0	3.3		3.1
	2.6	1.6	3.9	2.8	1.5	4.0	2.7	1.2	3.5	3.2	2.1	4.9
Total	25.0	16.3	38.3	27.7	13.9	38.6	29.6	13.8	39.4	27.8	15.6	40.2
Eggs												
	3.4		3.2	3.4		3.2	3.4		3.1	4.2		3.9
Beef & Mutton												
Pork	7.2		6.7	7.1		6.6	7.8		7.1	7.7		7.1
	7.5		7.0	5.9		5.5	6.1		5.5	4.0		3.7
	1.6		1.5	2.5		2.3	2.8		2.5	1.7		1.6
Total	16.3		15.1	15.5		14.4	16.7		15.2	13.4		12.4
Bacon												
Pork & All other	8.5		7.9	8.2		7.6	8.8		8.0	8.0		7.4
	1.8		1.7	2.0	...	1.9	2.3	0.1	2.2	1.5	...	1.4
	5.9	0.7	6.1	5.7	0.7	5.9	4.6	0.5	4.6	5.4	0.8	5.7
Total	16.2	0.7	15.7	15.9	0.7	15.4	15.7	0.6	14.8	14.9	0.8	14.6
Fish	0.5	0.5	0.9	0.9	0.5	1.3	0.7	0.3	0.9	0.4	0.1	0.5
Fruit	...	0.8	0.7	0.1	0.8	0.8	0.1	0.8	0.8	...	0.3	0.3
Bread												
Flour		1.7	1.6		1.6	1.5		1.6	1.5		1.7	1.6
Other		0.2	0.2		0.3	0.3		0.4	0.4		0.4	0.4
	1.7	6.1	7.2	1.8	5.9	7.1	1.6	5.1	6.1	1.8	6.2	7.4
Total	1.7	8.0	9.0	1.8	7.8	8.9	1.6	7.1	7.9	1.8	8.3	9.4
Bever		0.2	0.2		0.2	0.2		0.2	0.2		0.2	0.2
Other		0.2	0.2		0.2	0.2		0.2	0.2		0.1	0.1
Total	81.5	26.5	100	83.7	24.1	100	87.2	23.1	100	82.3	25.4	100

TABLE 4
Summary of Social Class Variations in the Sources of Fat in the Household Diet
 (per head per day)

Fat from	All households		Social Class													
			A1		A2		B		C		D1		D2		O.A.P.	
	£.	Percent- age of total	£.	Percent- age of total	£.	Percent- age of total	£.	Percent- age of total	£.	Percent- age of total	£.	Percent- age of total	£.	Percent- age of total	£.	Percent- age of total
Milk and milk products (including butter)	34	32	44	38	39	35	34	32	33	31	30	30	39	35	36	34
Margarine	15	14	13	11	14	12	15	14	16	15	17	17	14	13	14	13
Other visible fats (a)	4	4	5	4	4	4	4	4	4	4	4	4	4	3	3	3
Pig meat (b)	19	17	18	16	19	17	19	17	18	17	17	16	18	17	20	19
Other meats (c)	19	18	21	18	19	17	19	17	19	18	19	19	19	17	19	18
Eggs	4	3	4	4	4	4	4	3	3	3	3	3	3	3	3	3
Fish	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Bread and flour	2	2	2	1	2	1	2	2	2	2	2	2	2	2	2	2
Other foods	10	9	10	8	10	9	10	9	10	9	9	9	10	9	8	8
Total	108	100	118	100	112	100	108	100	107	100	101	100	111	100	105	100

(a) Excluding fat from lard
 (b) Including fat from animal lard and pork sausages
 (c) Excluding fat from pork sausages

TABLE 5
Summary of Household Composition Variations in the Sources of Fat in the Household Diet
(per head per day)

Fat from	Households with one male and one female adult and															
	no other				children only				adolescents only		adolescents and children					
	One or both adults aged 55 or over		Both adults under 55		1		2		3		4 or more		E.		Percent- age of total	
	E.	Percent- age of total	E.	Percent- age of total	E.	Percent- age of total	E.	Percent- age of total	E.	Percent- age of total	E.	Percent- age of total	E.	Percent- age of total	E.	Percent- age of total
Milk and milk products (including butter)	42	33	45	33	36	32	33	28	38	23	29	38	30	29	29	29
Margarine	15	11	14	10	15	13	15	15	18	18	23	17	14	19	19	19
Other visible fats (a)	4	3	6	5	5	4	4	4	5	4	6	5	4	4	4	4
Pig meat (b)	26	20	25	18	19	17	15	13	15	10	13	23	19	16	16	16
Other meats (c)	25	19	26	19	20	18	17	14	15	12	16	23	18	17	17	17
Eggs	4	3	5	3	4	3	3	3	3	2	3	4	3	3	3	3
Fish	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Bread and flour	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Other foods	10	8	13	9	11	10	9	8	10	7	9	12	9	9	9	9
Total	128	100	138	100	113	100	97	88	100	80	100	124	100	100	100	100

(a) Excluding fat from lard
 (b) Including fat from animal lard and pork sausages
 (c) Excluding fat from pork sausages

TABLE 6
 Summary of Regional and Area Variations in the Sources of Fat in the Household Diet
 (g. per head per day)

Fat from	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 (including butter)	41	35	30	32	34	37	38	36	37	32	34	36	38
Margarine	12	15	16	20	16	15	13	14	14	18	15	15	16
Other visible fats (a)	3	6	4	4	4	3	4	5	5	4	4	4	5
Pig meat (b)	21	8	22	18	22	22	19	18	17	17	20	22	14
Other meats (c)	19	19	19	21	18	18	18	19	21	21	19	18	17
Eggs	3	4	4	3	3	3	3	3	4	3	3	3	4
Fish	1	...	1	1	1	1	1	1	1	...	1	1	...
Bread and flour	2	2	2	2	2	2	2	2	2	2	2	2	2
Other foods	8	12	11	10	9	9	10	9	9	10	10	9	10
Total	116	101	110	110	108	110	108	107	109	108	108	110	108

(a) Excluding fat from lard
 (b) Including fat from animal lard and pork sausages
 (c) Excluding fat from pork sausages

Appendix E

TABLE I
Expenditure by Region and Type of Area, 1956
 (pence per head per week)

	All household	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	28.65	21.63	25.09	23.12	28.68	29.40	31.15	28.66	33.32	33.20	28.36	28.32	27.73	17.95
Welfare	1.09	0.74	1.06	1.06	1.24	1.20	1.05	0.94	0.96	1.14	1.24	1.05	1.12	0.80
Total Liquid Milk	29.74	22.37	26.15	24.18	29.92	30.60	32.20	29.60	34.28	34.34	29.60	29.37	28.85	18.75
Condensed														
Skimmed, sweetened	0.09	0.14	0.04	0.18	0.09	0.08	0.03	0.02	0.08	0.12	0.07	0.10	0.07	0.04
Whole, sweetened	0.18	0.16	0.10	0.34	0.14	0.15	0.19	0.20	0.18	0.12	0.14	0.22	0.14	0.22
Whole, unsweetened	1.03	0.90	0.53	1.15	1.05	1.07	1.22	0.86	1.31	1.00	1.04	1.06	1.08	0.58
Dried														
National	0.10	0.20	0.15	0.09	0.09	0.11	0.15	0.08	0.08	0.06	0.12	0.10	0.10	0.19
Branded	0.32	0.28	0.09	0.50	0.41	0.22	0.62	0.25	0.18	0.27	0.46	0.34	0.23	0.14
Other milk	0.05	—	0.04	0.02	0.01	0.05	0.03	0.01	0.07	0.14	0.02	0.02	0.07	0.02
Cream	0.89	1.07	0.44	0.45	0.88	0.89	0.70	1.28	1.13	1.30	0.72	0.81	0.99	0.52
Total Milk and Cream	38.40	25.22	27.54	26.91	32.59	33.17	35.14	32.30	37.31	37.35	32.17	32.22	31.53	20.46
CHEESE														
Natural	5.78	5.73	5.10	3.70	5.39	6.18	8.05	7.05	6.49	6.06	5.02	5.67	6.27	6.84
Processed and packeted	1.38	1.13	1.57	1.30	1.02	1.52	1.32	1.05	1.48	1.72	1.17	1.40	1.28	0.98
Total Cheese	7.16	6.86	6.67	5.00	6.41	7.70	9.37	8.10	7.97	7.78	6.19	7.07	7.55	7.82

(pence per head per week)

	All household	Wales	Scotland	Northern and East and West Ridings	North Western	North Midland and Eastern	Midland	South Western	South Eastern and Southern	Contributions		Other urban	Semi-rural	Rural
										London	Provincial			
MEAT AND MEAT PRODUCTS														
Carcass meat:														
Beef and veal	16.21	23.16	37.99	28.22	21.56	25.70	22.72	24.59	22.48	26.94	24.80	25.54	27.58	30.48
Mutton and lamb	16.55	18.88	7.72	13.00	20.89	15.08	18.40	16.41	20.08	20.52	18.66	15.81	15.65	10.67
Pork	5.19	5.76	1.81	5.30	2.92	5.82	7.70	7.02	5.57	5.84	3.56	5.48	5.95	3.45
Total Carcass Meat	47.95	47.80	47.52	45.52	45.37	46.60	48.82	48.02	48.13	53.30	47.02	46.23	49.18	44.60
Other meat:														
Corried meat	2.57	3.20	2.64	3.44	2.53	2.25	3.12	2.62	2.12	1.88	2.87	2.85	2.26	2.34
Bones	15.00	14.58	13.02	17.23	16.28	14.61	16.74	12.76	14.85	13.85	15.64	15.03	16.08	13.32
Bacon and ham, uncooked														
Bacon and ham, cooked	4.04	3.37	3.31	3.08	5.04	3.62	4.21	3.94	2.90	3.80	4.90	4.18	3.53	2.13
(including canned).	2.12	2.02	2.99	3.28	3.24	1.56	2.84	1.42	0.80	0.94	2.91	2.50	1.52	1.85
Other cooked meat (not canned).	3.30	2.78	3.55	4.16	3.28	3.08	3.24	3.04	3.45	2.84	3.26	3.52	3.29	2.99
Other canned meat	2.58	2.08	1.64	2.29	2.26	2.78	2.50	2.24	3.03	3.34	2.32	2.49	2.87	1.08
Liver	1.26	0.88	0.90	1.17	1.89	1.22	1.16	1.49	1.26	1.60	1.32	1.17	1.27	0.78
Offals (other than liver)	1.80	1.39	1.49	0.82	2.52	1.44	1.76	1.37	2.10	3.26	2.78	1.31	1.38	0.90
Poultry	0.10	—	0.03	0.11	0.06	0.13	0.05	—	0.12	0.21	0.07	0.09	0.04	0.04
Rabbit, game and other meat	4.24	4.45	2.52	2.75	3.31	5.58	5.12	4.22	4.42	5.32	3.62	3.97	4.66	3.08
Sausages, uncooked, pork	2.47	2.78	6.19	2.55	2.30	1.50	1.35	2.16	2.79	1.74	2.84	2.54	1.91	4.72
Sausages, uncooked, beef	3.32	2.33	4.92	4.77	3.86	3.32	2.48	2.35	2.54	2.14	3.41	3.72	3.18	3.78
Other meat products	43.11	40.23	43.48	47.91	46.40	41.20	44.77	37.77	40.36	41.42	46.32	43.58	41.88	37.25
Total Other Meat	54.54	54.54	54.54	54.54	54.54	54.54	54.54	54.54	54.54	54.54	54.54	54.54	54.54	54.54
FISH														
White, fresh	3.54	6.08	7.69	4.85	6.60	4.91	5.26	4.46	5.04	5.46	6.78	5.32	4.90	5.59
Herrings, fresh	0.21	0.15	0.22	0.15	0.24	0.24	0.11	0.18	0.40	0.29	0.12	0.22	0.20	0.16
Fat, fresh, other	0.28	0.12	0.15	0.10	0.22	0.37	0.19	0.34	0.54	0.36	0.16	0.27	0.38	0.18
White, processed	0.88	0.35	1.64	0.44	0.62	0.72	0.32	0.72	1.30	1.43	0.85	0.77	0.57	1.00
Fat, processed	0.51	0.42	0.41	0.48	0.38	0.42	0.33	0.42	0.69	0.84	0.40	0.47	0.46	0.33
Shell	0.57	0.38	0.01	0.97	0.47	0.68	0.68	0.24	0.42	0.72	0.56	0.58	0.57	0.06
Cooked	2.09	0.95	0.68	5.00	1.97	1.93	2.28	1.16	1.35	1.38	2.40	2.60	1.47	0.45
Canned and bottled	2.52	2.73	1.56	2.99	2.42	2.48	4.82	2.10	1.74	2.17	2.69	2.65	2.72	1.86
Fish products	0.42	0.34	0.15	0.60	0.47	0.38	0.39	0.34	0.45	0.43	0.40	0.47	0.34	0.18
Total Fish	13.02	11.46	12.51	15.58	13.29	12.13	14.38	9.90	11.93	13.08	14.36	13.35	11.61	9.21
1908	17.88	14.50	20.56	19.05	17.86	16.48	16.26	15.43	17.12	19.71	19.00	18.22	15.14	12.56

TABLE I—continued
(pence per head per week)

	All household	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	13.01	18.26	14.77	12.50	11.46	12.08	13.54	14.52	12.30	12.86	12.10	13.00	13.74	14.57
Margarine	6.04	4.25	5.59	6.51	7.73	6.30	5.86	4.88	5.51	5.68	6.86	6.03	6.03	6.16
Lard and compound cooking fats	2.64	2.98	1.69	3.08	2.30	3.07	2.92	2.85	2.59	2.39	2.27	2.78	3.08	2.08
Suet and dripping	0.61	0.30	0.67	0.84	0.60	0.70	0.40	0.38	0.60	0.56	0.53	0.66	0.60	0.62
Other fats, oils and creams	0.18	0.08	0.06	0.04	0.21	0.16	0.03	0.04	0.25	0.50	0.18	0.12	0.08	0.01
Total Fats	22.48	25.87	22.78	22.97	22.30	22.31	22.75	22.67	21.25	21.93	21.94	22.45	23.53	23.44
SUGAR AND PRESERVES														
Jams, jellies and curds	2.19	2.23	2.66	2.42	2.74	2.10	1.94	1.41	1.88	2.01	2.52	2.20	1.97	2.16
Sugar	9.38	10.17	9.35	8.68	9.48	9.64	10.00	9.22	9.48	9.29	9.16	9.34	9.55	10.41
Marmalade	1.18	0.91	1.11	0.98	1.26	1.21	0.76	1.20	1.26	1.50	1.28	1.10	1.05	0.82
Syrup, treacle and honey	0.61	0.54	0.73	0.61	0.52	0.57	0.38	0.56	0.65	0.77	0.39	0.58	0.68	0.81
Total Sugar and Preserves	13.36	13.85	13.85	12.69	14.00	13.52	13.08	12.39	13.27	13.57	13.35	13.22	13.25	14.20
VEGETABLES														
Old potatoes	8.06	7.67	7.78	7.42	9.46	7.53	8.41	7.16	7.56	8.76	9.13	8.06	6.77	5.57
New potatoes	3.33	3.10	1.80	4.61	3.95	3.18	3.28	2.22	2.27	3.60	3.68	3.42	3.03	0.80
Chips	1.03	0.96	0.44	2.38	1.46	0.84	1.31	0.68	0.52	0.38	1.50	1.29	0.66	0.24
Crisps	0.17	0.17	0.10	0.15	0.06	0.26	0.18	0.25	0.22	0.17	0.08	0.18	0.28	0.16
Total Potatoes	12.59	11.30	10.12	14.56	14.93	11.81	13.18	10.31	10.57	13.11	14.39	12.95	10.74	6.77
Cabbages	1.73	1.86	0.60	1.26	1.20	1.68	1.71	1.86	2.14	3.01	1.40	1.65	1.32	0.56
Brussels sprouts	0.93	0.77	0.28	1.02	0.77	1.06	1.10	0.70	0.98	1.29	0.84	0.99	0.74	0.09
Cauliflower	0.96	1.51	0.48	1.12	0.88	1.02	1.13	1.12	0.99	0.84	0.91	1.09	0.78	0.31
Leafy salads	1.14	0.86	0.54	1.07	1.35	1.05	1.11	0.80	1.18	1.65	1.32	1.06	0.88	0.88
Fresh legumes	0.99	1.05	0.06	0.70	0.99	0.99	1.94	0.88	0.97	1.74	0.78	0.98	0.82	0.33
Quick frozen legumes	0.47	0.45	0.16	0.11	0.35	0.40	0.59	0.34	0.53	1.12	0.34	0.36	0.38	0.06
Other fresh green vegetables	0.09	0.09	0.02	0.01	0.05	0.06	0.04	0.15	0.14	0.24	0.05	0.06	0.07	0.04
Total Fresh Green Vegetables	6.31	6.59	2.14	5.29	5.11	6.26	7.62	5.85	6.93	9.69	5.64	6.13	5.19	1.67

TABLE I—continued
(pence per head per week)

	All house- holds	Wales	Scotland	Northern and East West Ridings	North Western	North Midland and Eastern	Midland	South Western	South Eastern and Southern	Consumptions		Semi- rural	Rural
										London	Provincial		
Carrots	1.04	0.64	1.34	1.07	1.34	0.82	0.92	0.54	0.80	1.16	1.44	0.82	0.62
Other root vegetables	0.63	0.80	0.62	0.64	0.50	0.56	0.50	0.35	0.70	0.89	0.63	0.45	0.53
Onions, shallots, etc.	1.35	1.32	1.79	1.77	2.24	1.24	1.74	0.96	0.96	1.47	2.02	1.30	1.02
Miscellaneous fresh vegetables	1.50	1.38	0.20	1.24	1.04	1.88	1.70	1.33	1.84	2.35	1.08	1.50	0.35
Dried pulses	0.63	1.00	1.02	1.09	0.96	0.48	0.46	0.34	0.30	0.19	0.93	0.58	0.79
Canned peas	2.76	2.10	2.02	3.01	2.96	2.96	2.96	2.35	3.01	2.82	2.92	2.40	1.55
Canned beans	2.04	1.68	2.07	2.50	1.99	2.09	1.92	1.65	2.01	1.93	2.17	1.89	1.48
Canned vegetables (other than pulses)	0.36	0.22	0.25	0.37	0.31	0.35	0.31	0.23	0.40	0.56	0.34	0.34	0.18
Vegetable products	0.67	0.02	0.23	0.12	0.07	0.03	0.02	0.01	0.04	0.07	0.11	0.04	0.11
Total Other Vegetables	10.58	9.16	9.54	11.81	11.61	10.37	10.53	7.76	10.06	11.44	11.64	9.41	6.33
Total Vegetables	29.48	27.05	21.80	31.66	31.65	28.44	31.33	23.92	27.56	34.44	31.67	25.34	14.77
FRUIT													
Fresh													
Oranges	2.16	2.71	2.20	2.19	2.12	2.03	2.29	1.60	1.89	2.48	2.16	2.04	1.86
Other citrus fruit	0.72	0.88	0.47	0.60	0.74	0.76	0.46	0.47	0.80	1.12	0.66	0.68	0.36
Apples and pears	4.62	4.89	4.65	4.59	4.53	3.81	4.11	3.11	4.34	6.47	4.64	3.78	3.36
Stone fruit	0.34	0.33	0.26	0.20	0.46	0.64	0.62	0.34	0.77	0.92	0.50	0.45	0.28
Soft fruit	0.89	0.75	0.79	0.85	1.11	0.82	0.86	0.55	0.90	1.12	0.95	0.80	0.74
Quick frozen soft fruit	0.01	...	0.01	0.01
Bananas	3.33	3.40	2.98	3.34	3.07	3.39	2.98	2.73	3.77	4.20	2.87	3.31	2.77
Other fresh fruit	0.28	0.32	0.45	0.12	0.32	0.19	0.14	0.15	0.33	0.46	0.41	0.24	0.13
Tomatoes, fresh and quick frozen	5.71	6.05	4.93	5.48	5.82	5.57	6.27	5.10	5.46	6.50	5.85	5.88	4.11
Total Fresh Fruit	18.25	19.33	16.74	17.37	17.78	17.21	17.73	14.05	18.26	23.27	18.05	17.18	13.21

Domestic Food Consumption and Expenditure, 1956

TABLE I—continued
(pence per person per week)

	All house-holds	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	0.81	0.96	0.06	1.14	0.42	1.66	1.37	0.43	0.59	0.44	0.47	0.94	1.41	0.18
Canned and bottled fruit	5.14	5.46	4.49	5.05	4.85	5.23	5.48	4.82	4.84	5.78	4.75	5.09	5.28	4.28
Dried vine fruit	1.11	2.13	0.99	0.89	0.90	1.08	0.96	1.53	1.30	1.10	0.84	1.00	1.43	2.14
Other dried fruit	0.37	0.42	0.64	0.18	0.21	0.36	0.18	0.43	0.48	0.52	0.33	0.34	0.28	0.43
Nuts and fruit and nut products	0.78	0.83	0.44	0.78	0.69	0.88	0.47	1.02	0.75	0.92	0.61	0.75	0.96	0.53
Fruit juices	0.52	0.45	0.53	0.30	0.52	0.52	0.48	0.38	0.46	0.88	0.59	0.45	0.34	0.33
Welfare orange juice	0.10	0.10	0.09	0.08	0.08	0.12	0.06	0.10	0.08	0.16	0.08	0.09	0.09	0.06
Total Other Fruit and Fruit Products	8.83	10.35	7.24	8.42	7.67	9.85	9.00	8.51	8.77	9.30	7.67	8.66	9.79	7.95
CEREALS														
Brown bread	0.89	0.58	0.56	1.55	0.92	0.76	0.32	0.70	1.00	0.94	0.87	0.89	0.94	0.67
White bread	15.24	17.18	15.84	15.16	17.90	15.21	18.46	15.71	13.17	18.36	16.49	15.26	15.99	18.33
Wholewheat and wholemeal bread	0.83	0.80	0.76	0.52	1.16	0.56	0.94	0.73	0.94	1.10	1.06	0.72	0.64	0.64
Malt bread	0.16	—	0.26	0.29	0.24	0.09	0.22	0.10	0.05	0.08	0.29	0.16	0.10	0.11
Other bread	2.02	0.70	6.40	1.70	1.56	1.36	1.38	1.27	1.52	2.06	2.41	1.94	1.24	3.64
Total Bread	19.14	19.26	23.82	19.22	21.18	17.98	21.32	18.51	16.68	16.54	21.12	18.97	18.91	23.39
Self-raising flour	2.66	3.70	1.70	3.08	2.33	3.00	1.91	3.00	2.98	2.52	1.97	2.74	3.15	3.27
Other flour	0.80	0.35	0.69	2.16	0.48	1.07	0.27	0.20	0.51	0.39	0.51	0.93	1.18	0.86
Buns, scones and tea cakes	1.60	0.78	4.09	2.28	1.99	0.87	0.89	1.30	0.96	0.86	2.28	1.60	1.12	3.06
Cakes and pastries	8.43	7.55	10.50	9.31	9.40	7.42	7.53	9.22	8.28	6.96	9.40	8.90	7.36	8.90
Biscuits	8.06	7.80	12.64	9.54	8.00	8.08	7.63	9.09	7.98	9.21	8.75	9.17	8.04	9.41
Puddings	0.98	0.68	1.37	1.02	1.04	0.71	0.73	0.90	1.18	1.07	1.16	0.92	0.99	0.60
Oatmeal and oat products	0.87	0.78	2.12	0.52	0.50	0.76	0.96	0.73	0.77	0.75	0.94	0.82	0.84	1.66
Breakfast cereals	2.81	2.50	1.94	2.32	2.93	3.02	3.02	3.05	3.04	3.22	2.88	2.70	2.96	1.80
Rice	0.72	0.83	0.57	0.78	0.76	0.70	0.74	0.64	0.58	0.81	0.68	0.70	0.74	0.70
Cereals, flour base	0.90	0.66	1.02	0.72	0.78	0.83	0.93	0.66	1.11	1.43	0.80	0.82	0.70	0.81
Other cereals	1.01	0.66	1.41	0.64	0.80	1.06	0.92	0.95	1.18	1.30	0.87	0.92	0.91	1.51
Total Cereals	48.88	45.64	61.87	51.38	50.43	45.50	46.85	48.23	45.25	45.03	51.36	49.19	46.90	55.08

TABLE I—continued
(pence per person per week)

	All households	Wales	Scotland	Northern and East Riding	North Western	North Midland and Eastern	Midland	South Western	South Eastern and Southern	Conurbations		Other urban	Semi-rural	Rural
										London	Provincial			
BEVERAGES														
Tea	13.73	13.31	11.68	14.56	14.32	13.42	15.38	13.14	12.82	13.92	14.10	13.85	13.96	11.69
Coffee, bean and ground	0.62	0.33	0.42	0.25	0.73	0.52	0.40	0.54	0.74	1.25	0.42	0.47	0.68	0.48
Coffee, extracts and essences	1.86	0.85	1.30	1.48	1.29	2.16	1.98	2.62	2.37	2.27	1.47	1.91	1.91	1.34
Cocoa and drinking chocolate	0.58	0.38	0.46	0.46	0.44	0.61	0.58	0.79	0.69	0.74	0.42	0.56	0.67	0.47
Branded food drinks	0.79	0.79	0.22	0.61	0.69	0.99	1.29	0.88	0.90	0.87	0.65	0.80	0.96	0.57
Total Beverages	17.58	15.66	14.08	17.36	17.47	17.70	19.83	17.97	17.52	19.05	17.06	17.59	17.58	14.55
MISCELLANEOUS														
Invalid and baby foods	0.32	0.14	0.41	0.24	0.35	0.32	0.36	0.34	0.33	0.31	0.27	0.31	0.37	0.48
Spreads and dressings	0.38	0.15	0.30	0.30	0.28	0.48	0.24	0.34	0.62	0.58	0.31	0.35	0.41	0.20
Soups, canned	1.63	1.10	2.54	1.95	1.78	1.42	1.28	1.14	1.33	1.57	2.00	1.64	1.57	1.33
Soups, dehydrated and powdered	0.16	0.08	0.39	0.06	0.14	0.14	0.10	0.14	0.15	0.26	0.19	0.14	0.08	0.23
Meat and vegetable extracts	0.75	0.36	0.20	0.62	0.50	0.84	0.66	1.00	1.17	1.10	0.45	0.79	0.74	0.30
Pickles and sauces	1.72	1.91	1.52	1.66	1.22	1.79	2.08	1.63	1.76	2.05	1.53	1.75	1.65	1.20
Table jellies, squares and crystals	0.66	0.79	0.59	0.58	0.67	0.63	0.54	0.70	0.73	0.73	0.60	0.65	0.63	0.62
Miscellaneous	1.47	1.14	1.26	1.13	1.10	1.66	1.60	1.73	1.68	1.80	1.18	1.43	1.55	1.43
Total Miscellaneous Foods	7.09	5.67	7.11	6.54	6.04	7.28	6.86	7.02	7.77	8.40	6.53	7.06	6.80	5.79
TOTAL ALL FOODS	247.47	209.39	213.54	238.36	229.26	249.09	266.69	273.66	292.36	308.13	332.66	326.08	317.26	282.37
	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>	<i>s. d.</i>
	(27 3)	(25 9)	(27 0)	(27 4)	(27 5)	(26 7)	(28 0)	(25 6)	(26 10)	(29 0)	(27 9)	(27 2)	(26 5)	(23 6)

TABLE 2
Consumption by Region and Type of Area, 1956
(os. per head per week except where otherwise stated)

	All householders	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	4.00	3.68	4.02	3.19	3.85	4.03	4.17	4.22	4.53	4.43	3.78	3.85	4.07	4.37
Welfare	0.83	0.64	0.82	0.85	0.88	0.91	0.83	0.75	0.69	0.83	0.90	0.82	0.84	0.64
Total Liquid Milk	4.83	4.32	4.84	4.04	4.73	4.94	5.00	4.97	5.22	5.26	4.68	4.67	4.91	5.01
Condensed														
Skimmed, sweetened	0.02	0.02	...	0.03	0.01	0.02	0.02	0.02	0.01	0.02	0.01	0.01
Whole, sweetened	0.02	0.02	0.01	0.03	0.01	0.01	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
Whole, unsweetened	0.12	0.10	0.06	0.13	0.12	0.13	0.14	0.10	0.16	0.12	0.12	0.12	0.13	0.07
Dried														
National	0.07	0.13	0.10	0.06	0.06	0.08	0.10	0.06	0.05	0.04	0.08	0.06	0.07	0.12
Branded	0.04	0.04	0.02	0.07	0.05	0.02	0.08	0.03	0.02	0.04	0.06	0.04	0.03	0.02
Other milk	...	—	0.01	...	0.03	0.01	...
Cream	0.01	0.02	0.01	0.01	0.01	0.01	0.01	0.02	0.02	0.02	0.01	0.01	0.02	0.02
Total Milk and Cream (pt. or eq. pt.)	5.11	4.65	5.04	4.37	5.00	5.21	5.38	5.20	5.51	5.52	4.98	4.94	5.21	5.27
CHEESE														
Natural	2.45	2.31	2.07	1.50	2.18	2.64	3.42	3.06	2.83	2.66	2.06	2.42	2.62	2.83
Processed and packeted	0.40	0.34	0.50	0.40	0.29	0.43	0.38	0.28	0.39	0.50	0.34	0.41	0.38	0.28
Total Cheese	2.85	2.65	2.57	1.90	2.47	3.07	3.80	3.34	3.22	3.16	2.40	2.83	3.00	3.11
MEAT AND MEAT PRODUCTS														
Carcase meat														
Beef and veal	10.00	8.69	12.36	10.94	8.81	10.02	8.70	9.47	8.62	10.62	9.71	9.64	10.36	10.41
Mutton and lamb	7.16	7.94	2.82	5.12	9.30	6.54	7.75	6.95	8.84	9.16	8.24	6.48	6.67	4.35
Pork	1.90	2.02	0.61	1.93	1.08	2.14	2.76	2.58	2.04	2.21	1.27	1.98	2.19	1.33
Total Carcase Meat	19.06	18.65	15.79	17.99	19.19	18.70	19.21	19.00	19.50	21.99	19.22	18.10	19.22	16.09

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

	All house-holds	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	0.83	1.00	0.82	1.08	0.81	0.73	0.98	0.84	0.69	0.64	0.92	0.91	0.70	0.72
Corned meat	0.41	0.49	0.79	0.42	0.66	0.28	0.28	0.35	0.36	0.23	0.58	0.40	0.42	0.64
Bones	5.11	5.82	3.43	5.98	5.80	5.00	5.90	4.39	4.99	4.65	5.30	5.10	5.51	4.98
Bacon and ham, uncooked	0.74	0.74	0.56	0.90	0.84	0.67	0.75	0.79	0.61	0.74	0.82	0.78	0.63	0.46
Bacon and ham, cooked (including canned)	0.44	0.48	0.59	0.64	0.57	0.36	0.62	0.36	0.22	0.22	0.55	0.53	0.32	0.38
Other cooked meat (not canned)	1.29	1.10	1.35	1.56	1.24	1.23	1.29	1.27	1.32	1.13	1.23	1.38	1.29	1.16
Other canned meat	0.88	0.74	0.55	0.86	0.83	0.95	0.91	0.76	0.99	1.10	0.84	0.88	0.88	0.40
Liver	0.73	0.67	0.58	0.80	0.85	0.60	0.74	0.87	0.64	0.81	0.85	0.68	0.75	0.50
Offals (other than liver)	0.59	0.52	0.48	0.32	0.72	0.44	0.62	0.66	0.64	0.84	0.74	0.42	0.54	0.85
Poultry	0.05	—	0.02	0.05	0.03	0.08	0.02	0.02	0.06	0.09	0.03	0.04	0.03	0.05
Rabbit, game and other meat	1.94	1.99	1.15	1.30	1.54	2.56	2.27	1.91	2.03	2.49	1.66	1.82	2.14	1.41
Sausages, uncooked, pork	1.52	1.76	3.42	1.54	1.45	0.96	0.83	1.36	1.89	1.14	1.76	1.56	1.22	2.50
Sausages, uncooked, beef	1.76	1.22	2.91	2.63	2.24	1.33	1.30	1.39	1.22	0.95	1.99	2.00	1.55	2.16
Other meat products	1.76	1.22	2.91	2.63	2.24	1.33	1.30	1.39	1.22	0.95	1.99	2.00	1.55	2.16
Total Other Meat	16.29	16.53	16.59	18.08	17.58	15.39	16.51	14.97	15.66	15.03	17.27	16.50	15.98	16.21
FISH	3.10	2.85	3.78	3.10	3.56	2.86	2.88	2.62	2.94	3.06	3.62	3.06	2.80	2.86
White, fresh	0.25	0.19	0.22	0.18	0.16	0.29	0.14	0.14	0.48	0.36	0.14	0.26	0.23	0.19
Herrings, fresh	0.12	0.03	0.06	0.06	0.06	0.10	0.07	0.28	0.17	0.21	0.05	0.11	0.12	0.06
Fat, fresh, other	0.52	0.22	0.92	0.37	0.43	0.42	0.18	0.42	0.76	0.84	0.52	0.45	0.32	0.60
White, processed	0.42	0.32	0.36	0.43	0.37	0.35	0.29	0.36	0.58	0.56	0.37	0.41	0.37	0.27
Fat, processed	0.12	0.08	0.06	0.20	0.09	0.13	0.11	0.07	0.10	0.16	0.10	0.12	0.10	0.01
Shell	0.89	0.36	0.28	2.27	0.82	0.79	0.98	0.48	0.56	0.55	1.02	1.14	0.60	0.19
Cooked	0.57	0.51	0.28	0.60	0.49	0.61	1.00	0.54	0.52	0.56	0.56	0.60	0.59	0.28
Canned and bottled	0.14	0.07	0.07	0.34	0.17	0.11	0.07	0.07	0.09	0.09	0.13	0.18	0.11	0.06
Fish products	6.13	4.63	5.97	7.45	6.15	5.66	5.72	4.98	6.20	6.39	6.51	6.33	5.24	4.52
Total Fish	6.13	4.63	5.97	7.45	6.15	5.66	5.72	4.98	6.20	6.39	6.51	6.33	5.24	4.52

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

	All house- holds	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 (No.)	4.35	3.93	5.21	4.44	4.06	4.24	3.76	4.10	4.19	4.68	4.24	4.23	4.24	5.10
FATS														
Butter	4.70	6.99	5.02	4.23	4.11	4.39	4.79	5.47	4.67	4.79	4.30	4.65	4.92	5.46
Margarine	4.48	3.49	4.22	4.74	5.82	4.58	4.24	3.77	4.08	4.14	5.15	4.35	4.45	4.74
Lard and compound cooking fats	2.08	2.34	1.19	2.56	1.82	2.47	2.22	2.26	2.01	1.85	1.76	2.23	2.41	1.65
Suet and dripping	0.52	0.24	0.66	0.71	0.54	0.54	0.35	0.34	0.49	0.49	0.49	0.55	0.51	0.56
Other fats, oils and creams	0.06	0.02	0.03	0.02	0.06	0.03	0.01	0.02	0.08	0.01	0.06	0.04	0.02	...
Total Fats	11.84	13.08	11.12	12.96	12.35	12.03	11.61	11.86	11.33	11.46	11.76	11.82	12.31	12.39
SUGAR AND PRESERVES														
Jams, jellies and curds	1.88	1.87	2.43	1.99	2.31	1.76	1.55	1.41	1.70	1.73	2.16	1.84	1.79	2.07
Sugar	18.00	19.39	17.58	16.44	18.40	18.57	19.24	17.62	18.00	18.13	17.61	17.86	18.14	19.74
Marmalade	1.10	0.85	1.04	0.91	1.16	1.13	0.72	1.14	1.80	1.41	1.30	1.03	0.99	0.78
Syrup, treacle and honey	0.71	0.48	0.88	0.78	0.58	0.68	0.50	0.58	0.76	0.83	0.44	0.71	0.77	0.96
Total Sugar and Preserves	21.69	22.59	21.93	20.12	22.45	22.14	22.01	20.75	21.66	22.10	21.41	21.44	21.69	23.55
VEGETABLES														
Old potatoes	44.95	48.60	52.52	43.28	47.57	44.18	43.43	45.52	41.56	42.04	47.58	44.46	44.56	50.23
New potatoes	12.35	9.87	10.16	13.80	12.15	13.18	12.73	12.31	10.29	13.17	11.44	12.52	12.76	9.96
Chips	1.08	0.39	0.46	2.45	1.52	0.96	1.32	0.69	0.52	0.40	1.57	1.36	0.67	0.23
Crisps	0.05	0.05	0.04	0.04	0.02	0.07	0.06	0.08	0.06	0.04	0.03	0.05	0.08	0.05
Total Potatoes	58.43	58.91	63.12	59.57	61.26	58.39	57.54	58.60	51.43	55.65	60.62	58.39	58.07	60.47
Cabbages	5.52	6.06	2.64	4.28	3.72	5.93	4.86	7.19	7.21	7.82	3.85	5.17	6.26	4.39
Brussels sprouts	2.32	1.80	0.72	2.12	1.43	2.99	2.61	2.82	3.22	2.74	1.64	2.43	2.54	1.58
Cauliflower	1.72	3.36	0.90	2.01	1.58	1.89	1.91	2.16	1.92	1.41	1.58	1.97	1.79	0.80
Leafy salads	1.21	1.02	0.61	1.01	1.28	1.33	1.00	1.30	1.58	1.48	1.10	1.18	1.34	0.60
Fresh legumes	3.15	4.25	0.44	1.82	1.22	3.88	4.26	5.34	4.33	4.07	1.46	3.00	4.48	2.28
Quick frozen legumes	0.80	0.18	0.07	0.05	0.15	0.17	0.25	0.14	0.23	0.27	0.15	0.15	0.16	0.04
Other fresh green vegetables	0.22	0.08	0.02	0.06	0.08	0.22	0.09	0.44	0.52	0.44	0.06	0.18	0.31	0.20
Total Fresh Green Vegetables	14.34	15.75	5.20	11.35	9.46	16.41	14.98	19.39	19.01	18.43	9.24	14.08	16.28	9.20

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

	All house-holds	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	3.20	2.60	3.71	3.13	4.73	2.89	2.83	2.17	2.89	2.98	4.18	2.99	2.99	3.09
Other root vegetables	2.42	4.24	3.38	3.33	1.96	1.84	1.57	2.18	2.20	2.06	2.41	2.45	2.41	3.37
Onions, shallots, etc.	3.27	3.10	3.85	3.47	4.47	2.72	3.50	2.33	2.96	3.10	4.12	3.22	2.87	2.60
Miscellaneous fresh vegetables	1.33	0.84	0.14	0.85	0.76	1.71	1.15	1.23	2.23	2.28	0.76	1.25	1.45	0.29
Dried pulses	0.71	0.90	1.44	1.23	1.01	0.48	0.41	0.38	0.34	0.23	1.05	0.76	0.61	0.99
Canned peas	3.23	2.41	2.14	3.58	3.42	3.40	3.37	2.93	3.66	3.30	3.54	3.47	2.79	1.64
Canned beans	2.36	1.90	2.39	2.86	2.35	2.46	2.18	1.88	2.33	2.23	2.52	2.47	2.22	1.76
Canned vegetables (other than pulses)	0.32	0.16	0.19	0.35	0.29	0.32	0.30	0.21	0.37	0.44	0.29	0.30	0.31	0.17
Vegetable products	0.05	0.02	0.10	0.11	0.06	0.02	0.01	0.01	0.03	0.05	0.06	0.05	0.04	0.05
Total Other Vegetables	16.89	16.17	17.34	18.95	19.05	15.84	15.32	13.32	16.41	16.67	18.73	16.96	15.69	13.96
Total Vegetables	89.66	90.83	85.92	89.87	89.77	90.64	87.84	91.31	87.85	90.75	89.19	89.43	90.64	84.32
FRUIT														
Fresh														
Oranges	2.90	3.30	2.70	2.87	2.90	2.85	3.06	2.02	2.46	3.56	2.79	2.84	2.67	2.89
Other citrus fruit	0.82	0.98	0.51	0.69	0.82	0.90	0.59	0.48	0.82	1.31	0.71	0.75	0.75	0.42
Apples and pears	6.58	6.85	5.36	5.96	5.84	5.96	5.52	6.39	7.10	9.19	6.05	6.08	6.19	5.25
Stone fruit	0.89	0.64	0.30	0.43	0.82	1.10	1.13	0.66	1.14	1.39	0.87	0.76	0.85	0.54
Soft fruit	0.98	1.46	0.69	0.77	0.85	0.99	0.70	0.88	1.01	1.09	0.70	0.96	1.30	0.86
Quick frozen soft fruit
Bananas	3.40	3.45	2.87	3.42	2.74	3.46	3.04	2.71	3.85	4.40	2.96	3.32	3.26	2.71
Other fresh fruit	0.85	0.78	1.27	0.59	0.84	0.83	0.42	0.54	1.16	1.12	1.02	0.67	0.92	0.86
Tomatoes, fresh and quick frozen	4.14	4.03	3.38	3.51	4.10	4.08	4.06	3.88	4.33	5.30	3.98	3.85	4.11	3.39
Total Fresh Fruit	20.56	21.49	17.08	18.24	18.91	20.17	18.52	17.56	22.47	27.36	19.08	19.23	19.95	16.32
Other														
Tomatoes, canned and bottled	0.85	1.02	0.06	1.12	0.43	1.77	1.40	0.43	0.66	0.52	0.50	0.97	1.46	0.18
Canned and bottled fruit	3.09	3.91	2.83	3.37	3.26	3.79	3.83	3.71	3.89	4.46	3.23	3.59	3.85	3.02
Dried wine fruit	0.97	1.80	0.87	0.78	0.79	0.93	0.82	1.36	1.13	0.97	0.74	0.88	1.20	1.86
Other dried fruit	0.24	0.22	0.41	0.14	0.13	0.24	0.11	0.28	0.34	0.35	0.21	0.24	0.18	0.26
Nuts and fruit and nut products	0.39	0.41	0.18	0.44	0.35	0.50	0.24	0.40	0.44	0.42	0.32	0.39	0.48	0.22
Fruit juices	0.25	0.17	0.30	0.12	0.22	0.24	0.22	0.16	0.24	0.42	0.28	0.20	0.16	0.23
Welfare orange juice	0.12	0.12	0.10	0.10	0.09	0.15	0.07	0.12	0.09	0.18	0.10	0.11	0.11	0.06
Total Other Fruit and Fruit Products	6.51	7.65	4.75	6.07	5.27	7.62	6.69	6.46	6.79	7.36	5.38	6.38	7.44	5.75

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

	All households	Wales	Scotland	Northern and East 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	2.38	1.68	1.35	3.95	2.44	3.08	0.84	1.95	2.79	2.62	2.25	2.34	2.66	1.78
White bread	44.36	51.90	44.43	43.21	49.75	44.74	53.83	47.02	39.28	36.28	47.46	44.17	47.46	53.62
Wholewheat and wholemeal bread	1.00	1.52	1.46	1.04	2.17	1.10	1.76	1.43	1.84	2.16	2.02	1.40	1.25	1.22
Malt bread	0.20	—	0.36	0.35	0.28	0.10	0.23	0.14	0.08	0.11	0.33	0.20	0.13	0.16
Other bread	2.54	0.94	6.58	2.34	2.40	1.80	1.92	1.50	2.04	2.67	3.33	2.42	1.61	3.36
Total Bread	51.08	56.04	54.18	50.89	57.04	49.82	58.58	52.04	46.93	43.84	55.39	50.53	53.11	60.14
Self raising flour	6.03	8.26	3.96	6.96	5.18	6.88	4.25	6.72	6.84	5.76	4.40	6.19	7.15	7.56
Other flour	1.86	0.80	1.84	5.01	1.06	2.51	0.60	0.44	1.14	0.85	1.18	2.14	2.77	2.38
Buns, scones and tea cakes	1.34	0.61	3.15	2.08	1.85	0.72	0.70	0.98	0.79	0.69	1.91	1.38	0.94	2.39
Cakes and pastries	4.33	4.01	4.95	4.83	4.93	3.74	4.02	4.87	4.37	3.55	4.78	4.60	3.79	4.47
Biscuits	5.30	4.64	6.50	5.62	4.86	4.92	4.64	5.64	4.91	5.49	5.14	5.46	4.76	5.15
Puddings	0.68	0.50	0.96	0.74	0.72	0.46	0.53	0.60	0.42	0.74	0.82	0.65	0.67	0.40
Oatmeal and oat products	1.11	1.04	2.87	0.64	1.03	0.95	1.10	0.91	0.96	0.93	1.18	1.00	1.06	2.44
Breakfast cereals	1.81	1.68	1.14	1.50	1.91	1.94	1.94	1.98	1.06	2.09	1.84	1.74	1.89	1.13
Rice	0.85	0.90	0.70	0.92	0.92	0.84	0.84	0.75	0.66	0.98	0.82	0.82	0.84	0.83
Cereals, flour base	0.76	0.53	0.89	0.46	0.64	0.71	0.75	0.57	0.92	1.18	0.70	0.70	0.59	0.68
Other cereals	0.68	0.42	1.27	0.48	0.31	0.68	0.59	0.56	0.72	0.82	0.63	0.62	0.60	1.23
Total Cereals	75.83	79.43	82.41	80.13	80.65	74.17	78.54	76.06	69.99	66.92	78.79	75.83	78.17	88.80
BEVERAGES														
Tea	2.88	2.78	2.56	2.98	3.23	2.74	3.25	2.80	2.65	2.86	3.18	2.88	2.73	2.44
Coffee, bean and ground	0.12	0.06	0.08	0.05	0.13	0.10	0.08	0.11	0.14	0.24	0.08	0.09	0.13	0.10
Coffee, extracts and essences	0.26	0.11	0.12	0.22	0.14	0.36	0.35	0.42	0.31	0.28	0.18	0.28	0.29	0.28
Cocoa and drinking chocolate	0.21	0.13	0.18	0.16	0.15	0.22	0.21	0.26	0.25	0.26	0.16	0.20	0.23	0.16
Branded food drinks	0.20	0.20	0.05	0.16	0.15	0.25	0.34	0.22	0.23	0.23	0.16	0.20	0.25	0.15
Total Beverages	3.67	3.28	2.99	3.57	3.83	3.67	4.23	3.81	3.38	3.87	3.76	3.65	3.63	3.07
MISCELLANEOUS														
Invalid and baby foods	0.19	0.07	0.28	0.16	0.20	0.18	0.20	0.22	0.19	0.17	0.16	0.18	0.22	0.33
Spreads and dressings	0.16	0.06	0.08	0.12	0.12	0.20	0.10	0.14	0.27	0.26	0.12	0.14	0.17	0.08
Soups, canned	1.61	1.12	2.55	1.96	1.75	1.59	1.33	1.11	1.32	1.96	1.96	1.62	1.34	1.38
Soups, dehydrated and powdered	0.03	0.02	0.06	0.01	0.02	0.03	0.02	0.03	0.04	0.05	0.04	0.03	0.02	0.04
Meat and vegetable extracts	0.14	0.06	0.04	0.13	0.09	0.16	0.14	0.16	0.20	0.21	0.10	0.14	0.13	0.05
Total Miscellaneous Foods	2.13	1.33	3.01	2.28	2.28	1.96	1.69	1.66	2.02	2.21	2.28	2.11	2.28	1.82

Appendix F

Social Class, Household Composition and Geographical Variations in the Types of Bread Consumed

1. The Bread (Amendment No. 2) Order, 1956, terminated, with effect from 30th September, 1956, the provisions of an earlier Bread Order under which bread made from national flour (flour of 80 per cent extraction or the equivalent) was known as national bread and sold at a controlled and subsidized price. The quantity of white bread sold without subsidy was very small. With the removal of the subsidy and price control on bread, the term *national* bread ceased to be applicable and the opportunity was taken to revise the types of bread distinguished in the Survey. Tables 1 and 2 give analyses by social class, household type, region and type of area of the consumption during the six months after decontrol of the following kinds of bread:

- (a) Brown bread, other than wholewheat or wholemeal
 - (i) unwrapped; (ii) wrapped.
- (b) White bread, large loaves (28 oz. and over)
 - (i) unwrapped; (ii) wrapped.
- (c) White bread, small loaves (14 oz.)
 - (i) unwrapped; (ii) wrapped.
- (d) Wholewheat and wholemeal bread.
- (e) Other bread, including malt, fruit, milk, barley, rye, diabetic, Vienna and French breads, rolls, bread cakes, sandwiches and bread and butter.

In Appendix A, malt bread is shown separately.

2. In the period under review (October 1956-March 1957), total bread consumption was 47·9 oz. per head per week, some 9 per cent less than in the corresponding quarters of 1955-56; expenditure, however, was 23 per cent greater. White bread constituted 86 per cent of all purchases, wholewheat and wholemeal bread 3 per cent, other brown bread about 4½ per cent and other types of bread nearly 7 per cent. The large wrapped white loaf accounted for 44 per cent of all bread purchases, the large unwrapped loaf 33 per cent, the small unwrapped white loaf 7 per cent and the small wrapped loaf 2 per cent.

3. In the five classes containing earners, the proportion of wrapped to unwrapped loaves tended to increase with decreasing income; it was lowest in Class A1, and almost the same in Class C as in Class B, but rose again in Class D1. Class D2 and the old age pensioner households, on the other hand, resembled Class A1 in buying more unwrapped than wrapped loaves. Because of their small average household size, these two groups bought many more small loaves than other classes. Class A1 had the lowest average consumption of bread, but the highest of brown, wholemeal

and other bread. A liking for these types of bread (especially wholemeal) is one of many middle-class tastes still indulged by Class D2 households; it is shared to a less extent by old age pensioner households.

4. The large white loaf accounted for most of the bread purchased in all types of household, varying from about 63 per cent in wholly adult households to 91 per cent in families with four or more children. All types of household except older couples and unclassified childless households bought substantially more wrapped than unwrapped large loaves, the preference increasing in the large families, no doubt because many wrapped loaves are also sliced, and the saving of time and labour in slicing may mean more to the mother of a large family than the difference in price. As might be expected, the small white loaf was bought mainly by the smaller wholly adult households, who also purchased much more wholemeal, other brown and "other" bread than did any type of family with children.

5. In London, purchases of wrapped and unwrapped loaves were almost equal. In other towns, especially the provincial conurbations, wrapped bread predominated, but in semi-rural and still more in rural areas most white bread was sold unwrapped. The position, however, was not stable; during the period under review the large wrapped loaf lost ground to the unwrapped in all types of area outside London, especially in the rural districts. The uniformity of the swing suggests that it was not due merely to the change in constituencies sampled. Very few small loaves were bought by rural households. Semi-rural areas had a relatively large consumption of brown bread, the provincial conurbations of "other" bread and London of wholemeal bread.

6. Regional differences in the types of bread purchased were very marked. Whilst in Wales the large unwrapped loaf was predominant, in Scotland there was an even stronger attachment to the large wrapped loaf, which accounted for two-thirds of all Scottish bread purchases; however, a large part of Scotland is served by a few bread-making firms, whose production methods probably determined the broad pattern of consumption. The small baker frequently buys wrapped bread from these large plants and bakes his own rolls and fancy breads. Of the bread obtained by Scottish households, 15 per cent was "other" bread, including rolls. Differences in England were smaller, but the northern regions and to some extent the Midlands resembled Scotland in favouring the large wrapped white loaf, while the Southern regions, like Wales, bought far more unwrapped bread. No doubt controlling factors are the location of large plant bakeries, the methods of distribution available and the prevalence in some areas of small bakers who tend to sell unwrapped bread. Purchases of small white loaves were greatest in the North West (6.0 oz. per head per week) and least in Scotland (1.3 oz.). Except in Scotland, small loaves were usually bought unwrapped. Purchases of brown bread other than wholemeal were much larger in the North East (3.5 oz.) and the South and South-East (2.9 oz.) than in Scotland (1.2 oz.) and the Midlands (0.8 oz.). Average consumption of wholemeal bread was greatest in the North West (2.2 oz.) followed by London and the South and South East (both 1.9 oz.), and smallest in Scotland and the North Midland and Eastern area (both 1.1 oz.).

7. The average price of the unwrapped 1½ lb. loaf was 11.1d., ranging from 10.7d. in the North West to 11.4d. in Scotland. The 1½ lb. wrapped loaf was 0.7d. dearer, but the difference in cost varied widely, probably because of variations in the prevalence of the sliced loaf. The average price of the unwrapped 14 oz. loaf was 6.4d., varying from 6.1d. in the Midlands to 6.6d. in Scotland. The average price difference associated with wrapping (or wrapping and slicing) was 0.6d.

TABLE I
 Average Domestic Consumption of Bread by Social Class and Family Composition
 October 1956 to March 1957
 (oz. per head per week)

	Social Class										Classified households with one male and one female adult and							Unclassified households with		
	A			B	C	D		no other	children only				adolescents and children	adolescents only	adolescents and children	adults only	adolescents but no children	one or more children with or without adolescents		
	All households	A ₁	A ₂			Excluding O.A.P. with earners (D ₁)	O.A.P. without earners (D ₂)		O.A.P.	1	2	3							4 or more	
				All A																
WHITE BREAD																				
Large loaves, unwrapped	15.70	11.38	12.26	12.14	15.14	17.76	15.05	13.40	16.22	19.70	14.78	13.82	13.70	16.01	19.02	14.76	15.80	26.02	15.29	
Large loaves, wrapped	20.90	10.44	15.61	14.34	21.65	23.36	25.84	10.32	10.91	10.88	19.46	20.05	21.68	27.52	26.22	29.16	15.83	22.28	23.58	
Small loaves, unwrapped	3.28	2.61	3.15	2.98	3.19	2.50	3.68	7.47	9.56	6.56	7.02	3.50	2.44	0.28	2.60	0.97	6.12	1.82	1.50	
Small loaves, wrapped	1.08	0.98	0.82	0.84	1.02	1.02	1.76	1.49	2.00	1.53	2.33	1.42	0.70	0.34	1.42	0.26	1.98	0.53	0.68	
Total White Bread	40.96	25.41	31.84	30.30	41.00	44.64	46.33	32.68	38.69	38.67	43.39	36.53	38.22	44.15	49.26	45.15	39.73	50.65	41.05	
Brown bread, unwrapped	1.47	2.91	1.80	2.00	1.45	1.18	1.24	2.72	2.17	2.81	2.08	1.24	1.04	0.66	1.31	1.16	2.54	1.30	0.96	
Brown bread, wrapped	0.69	0.66	0.86	0.82	0.68	0.58	0.42	0.69	0.90	0.72	0.87	0.52	0.84	0.37	0.80	0.48	0.85	0.39	0.75	
Wholewheat and wholemeal bread	1.56	3.82	2.10	2.54	1.46	1.14	2.04	3.62	2.40	2.84	2.70	1.22	0.86	0.66	1.65	0.72	2.86	1.24	1.10	
Other bread (including malt)	3.20	4.42	4.06	4.19	2.95	3.14	3.13	4.20	4.16	4.36	5.12	3.70	2.07	1.98	2.92	2.51	4.06	4.67	2.56	
All Bread	47.88	37.22	40.66	39.85	47.54	50.68	53.16	43.91	48.32	49.40	54.16	41.21	43.03	47.82	56.14	50.02	50.04	58.23	46.42	

TABLE 2
Average Domestic Consumption of Bread by Region and Type of Area
October 1956 to March 1957
(oz. per head 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	Contributions		Other Urban	Semi-rural	Rural
										London	Provincial			
WHITE BREAD														
Large loaves, unwrapped	15.70	31.32	5.08	7.56	12.24	19.69	17.80	26.39	21.63	14.00	9.78	14.96	21.62	25.88
Large loaves, wrapped	20.90	14.75	32.80	24.26	26.25	18.81	29.54	11.70	13.02	15.32	28.05	21.02	19.35	21.64
Small loaves, unwrapped	3.28	3.11	0.64	4.06	3.78	2.68	3.20	3.73	3.70	4.02	3.58	3.52	2.34	0.89
Small loaves, wrapped	1.08	0.40	0.70	1.48	2.20	0.86	0.78	0.36	0.62	1.20	1.52	1.22	0.42	0.18
Total White Bread	40.96	49.58	39.22	37.36	44.47	42.04	51.32	42.78	38.97	34.54	42.93	40.72	43.71	48.59
Brown bread, unwrapped	1.47	1.77	0.89	1.91	1.03	1.43	0.64	1.80	2.36	1.49	1.18	1.40	1.77	1.94
Brown bread, wrapped	0.69	0.59	0.36	1.62	0.88	0.44	0.17	0.08	0.57	0.72	0.66	0.75	0.72	0.22
Wholewheat and wholemeal bread	1.56	1.56	1.10	1.50	2.20	1.12	1.39	1.30	1.86	1.89	1.76	1.50	1.30	1.36
Other bread (including malt)	3.20	2.22	7.26	4.14	3.38	2.00	2.33	1.00	2.28	2.92	4.82	3.28	2.08	2.54
All Bread	47.88	55.72	48.83	46.53	51.96	47.03	55.85	46.96	46.04	41.56	51.35	47.65	49.58	54.65

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