



External reference group – 5 a day logo

Paper for discussion: possible criteria for including composite foods in the government 5 a day logo and portion indicator scheme.

1. Members are invited to consider the following tables which have been amended to reflect the outcome of discussions at the second meeting held on 16 December 2014:
 - draft general principles (table 1)
 - draft principles for calculating the number of portions of fruit and vegetables per serving of a composite food carrying the logo (while not promoting overconsumption of calories, saturated fat, salt, or sugars (ie non-milk extrinsic sugars, or free sugars) (table 2)
 - options for nutrient-based criteria to determine eligibility of composite foods to use the government 5 a day logo and portion indicator scheme (table 3)
 - **Are members content that the changes reflect previous discussions?**
 - **Do the comments received (outlined in paper ERG/5ADAY/15/13 impact on these?**
2. Members are invited to note comments received relating to non-concentrated purees and extruded fruit products (eg, fruit leathers) (appendices A and B respectively) and consider the following:
 - **Should non-concentrated purees be limited to total number of portions or portions per variety per serving within a composite food?**
 - **Based on discussions and the potential for such products to be high in sugar how should extruded fruit products be treated for 5 a day messaging/5 a day logo for composite foods?**
3. Members are invited to note the outcome of the National Diet and Nutrition Survey (NDNS) data review (appendix C) requested at the meeting held on 16 December 2014 to identify:
 - the most commonly consumed fruit and vegetables
 - the contribution of fruit juice to potassium intakes (and other nutrients where fruit juice makes a high contribution to intake).
 - **Do the results of this data review change the advice of the group?**

Including composite foods in the government 5 a day logo and portion indicator scheme – possible criteria

1. Members are invited to consider the general principles in tables 1 and 2 and the options for nutrient-based criteria set out in table 3 which have been amended to reflect the outcome of discussions at the second meeting on 16 December 2014 and to confirm areas of consensus.

Are members content that the changes reflect previous discussions?

Do the comments received (outlined in paper ERG/5ADAY/15/13) impact on these?

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Table 1. Draft general principles to be met for a composite food to use government 5 a day logo and portion indicator scheme

General principles	
Definition of composite foods	A food or drink comprised of two or more ingredients, ¹ at least one of which is not a fruit and/or vegetable ²
Minimum portion fruit and/or vegetables per serving size	Provide at least one portion of fruit and/or vegetables per serving which can be made up of a variety of fruit and vegetables. For example, a composite food containing 30g grilled aubergine, 20g tomato, 15g courgettes and 15g onions (80g vegetables in total per 400g serving size) would contain at least one portion of fruit and/or vegetables
Incremental portion size	Must provide at least one portion of fruit and/or vegetables per serving; thereafter 1 portion increments
Maximum portion fruit and/or vegetables per serving size	No upper limit to the number of portions a product can declare, providing there is the appropriate amount and variety of fruit and/or vegetables and the serving size of the product is realistic. 100% fruit juice, dried fruit, beans and pulses and concentrated strength purees can only contribute a maximum of one portion each per serving even if a food or drink contains more than one portion of fruit and/or vegetables from these. For fruit juice this equates to a maximum of 150ml. For dried fruit this equates to a maximum of 30g. For concentrated strength purees this equates to 80g fresh weight equivalent. Smoothies to provide a maximum of two portions (see table 2)
Variety of fruit and vegetables	Provide a variety of fruit and vegetables in a serving of the product if more than one portion is declared
Target audience – adults only	Must not be aimed specifically at children. This includes products marketed specifically at children, but not necessarily all products consumed by children ³

¹ This does not include additives or water. Some additives are legally allowed to be added in very small amounts as processing aids and are essential for maintaining the quality of the product. Such products can qualify for the logo. Some examples include approved colours, a small amount of oil added to dried fruit to prevent sticking, vitamin C added to restore that lost during processing, preservative added to improve shelf life and a small amount of fibre added to thicken smoothies etc but not in the quantity to make a nutrition content claim on the pack.

² Potatoes do not count towards 5 A Day. 100% fruit and/or vegetable juices, pulps and purees are included

³ Products presented specifically as children's products or to appeal to children by design and labelling should not carry the government 5 A DAY messaging or logo

Table 2. Draft principles for calculating number of fruit and/or vegetable portions per serving of a composite food

* Excluding starchy vegetables usually eaten as starchy staples such as potatoes, yams, cassava

Draft principles for calculating the number of portions of fruit and vegetables per serving of a composite food carrying the logo (while not promoting overconsumption of calories, saturated fat, salt, or sugars (ie, non-milk extrinsic sugars, or free sugars))		
Type of fruit/vegetable	Conditions*	Portion size
Fresh		80g whole fruit or veg 150ml of 100% fruit or vegetable juice
Frozen		80g
Dried	Maximum of 1 portion	30g (or 80g fresh weight equivalent)
Freeze-dried	Maximum of 1 portion	30g (or 80g fresh weight equivalent based on robust evidence from the manufacturer/supplier)
Canned (excluding pulses)		80g
Pulses (including canned)	Maximum of 1 portion	80g cooked weight
Juices	Maximum of 1 portion	150ml
Concentrated purees	Maximum of 1 portion	80g based on fresh weight equivalent
Non-concentrated purees		To be determined following review of comments received (see appendix A)
Extruded fruit and/or vegetable products (eg fruit leathers)		To be determined following review of comments received (see appendix B)
Smoothies	Maximum 2 portions	At least 80g of whole fruit/vegetable (ie either 80g of one variety or 80g made up of a combination of different varieties) and 150ml of 100% fruit and/or vegetable juice of a different variety (or 150ml made up of a combination of different varieties) OR a minimum of 80g of one variety of whole fruit/vegetable, and/or at least 80g of another variety (or 160g made up of a combination of different varieties) of whole fruit and/or vegetable
Fruit or vegetable powders, extracts or flavourings	Not included	

Table 3. Options for nutrient-based criteria to determine eligibility of composite foods to use the government 5 a day logo and portion indicator scheme

Nutrient criteria for discussion ⁴	
Energy	An energy cut-off is not being set because this is considered to be complicated, difficult to determine and irrelevant if other nutrient cut-offs, which provide energy, are included
Total fat	Nutrient criteria for total fat based on reference intakes: <ul style="list-style-type: none"> • for food – not more than 17.5g per 100g or 21g per serving if serving size is greater than 100g • for drinks – not more than 8.75g per 100ml or 10.5g per serving if serving size is greater than 150ml (ie, 'not high' in terms of front of pack guidance ⁵)
Saturated fat	Nutrient criteria for saturated fat based on reference intakes: <ul style="list-style-type: none"> • for food: not more than 5.0g per 100g or 6.0g per serving if serving size is greater than 100g • for drinks: not more than 2.5g per 100ml or 3.0g per serving if serving size is greater than 150ml (ie, 'not high' in terms of front of pack guidance ⁵)
Total sugars	Nutrient criteria for total sugars based on reference intakes: <ul style="list-style-type: none"> • for food: not more than 22.5g per 100g or 27g per serving if serving size is greater than 100g • for drinks: not more than 11.25g per 100ml or 13.5g per serving if serving size is greater than 150ml (ie, 'not high' in terms of front of pack guidance ⁵) However: <ul style="list-style-type: none"> • where ALL sugars within a composite product are from fruit and/or vegetables the nutrient criteria for total sugars is not applicable

⁴ General consensus that criteria calculated using reference intakes would provide the best option in terms of coherence, consistency of approach and understanding:

Regulation (EU) No 1169/2011 of the European parliament and of the council of 25 October 2011 on the provision of food information to consumers, amending Regulations (EC) No 1924/2006 and (EC) No 1925/2006 of the European Parliament and of the Council, and repealing Commission Directive 87/250/EEC, Council Directive 90/496/EEC, Commission Directive 1999/10/EC, Directive 2000/13/EC of the European Parliament and of the Council, Commission Directives 2002/67/EC and 2008/5/EC and Commission Regulation (EC) No 608/2004. Available at:

<http://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2011:304:0018:0063:EN:PDF>

⁵ Department of Health. Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets. Available at:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/300886/2902158_FoP_Nutrition_2014.pdf

Salt	<p>Nutrient criteria for salt based on reference intakes and 2012/2017 salt targets</p> <ul style="list-style-type: none"> • for food – not more than 1.5g per 100g or 1.8g per serving if serving size is greater than 100g • for drinks – not more than 0.75g per 100ml or 0.9g per serving if serving size is greater than 150ml (ie, 'not high' in terms of front of pack guidance⁵) • meet 2012/2017 salt targets⁶ <p>To discuss further and clarify ERG views on possible salt-based criteria to inform submission for ministerial decision</p>
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2. Responses received to the following questions around non-concentrated purees and extruded fruit products are provided in appendix A and appendix B respectively

Should non-concentrated purees be limited to total number of portions or portions per variety per serving within a composite food?

Based on discussions and the potential for such products to be high in sugar how should extruded fruit products be treated for 5 a day messaging/5 a day logo for composite foods?

Members are asked to consider these responses and discuss how these should be treated for 5 a day messaging/5 a day logo should this be extended to composite foods.

3. Members are requested to note the results of the NDNS data review provided in appendix C. -This review has identified the most commonly consumed fruit and vegetables and the contribution of fruit juice to potassium intakes (and other nutrients where fruit juice makes a high contribution to intake).

Do the results of this data review change the advice of the group?

Nutrition Advice Team
Health and Wellbeing
12 February 2015

⁶ Public Health Responsibility Deal salt targets for 2017 and 2012 are available at:
<https://responsibilitydeal.dh.gov.uk/responsibility-deal-food-network-new-salt-targets-f9-salt-reduction-2017-pledge-f10-out-of-home-salt-reduction-pledge/>
<https://responsibilitydeal.dh.gov.uk/wp-content/uploads/2012/01/Salt-Targets-for-Responsibility-Deal.pdf>

Appendix A

Should non-concentrated purees be limited to total number of portions or portions per variety per serving within a composite food?

Non-concentrated purees	
Sector	Comment
Industry	Several companies are including purees of vegetables and pulses in order to boost the content of 5 a Day. Companies tend to follow the principle of capping at one portion per variety. Vegetables “pureed” include peas, chickpeas for example and in some cases several purees are added to meet one portion. Cooking fruit and vegetables may also result in a puree once the consumer eats the product (whether the manufacturer or the consumer has cooked the product).
	Particular concern about purees for babies where there is a need to sieve the pulped fruit or vegetable to avoid lumps or fibres that might cause choking. If the sugars in such products were then to be considered as free sugars, this could be confusing for parents who wish to avoid feeding ‘added sugars’. Consideration needs to be given to classifying free sugars vs total sugars in pulped and pureed products, as some free sugars are generated from intrinsic sugars in the manufacturing process.
Voluntary sector	Due to the high level of extrinsic sugars in fruit purees and the removal of fibre during sieving, fruit purees should be limited to a maximum of two portions of the recommended 5ADay per serving, even though they may contain the puree of more than 2 fruits.
	Not considered necessary to differentiate between whether the fruit comes from one variety of fruit or from more than one variety of fruit.
	There should not be a limit on the number of 5ADay portions which can be listed from vegetable puree.
	Suggestion to limit non-concentrated purees to total number of portions, which would provide consistency with juices.
Academia	The 80g portion size can be a composite of different fruits/veg but it needs to be clear to increase to 2 portions is a full incremental increase. However consideration needs to be given to the level of extrinsic sugar. A high level of extrinsic sugar should minimize the portion size, as we currently see with fruit guide, and should apply to other products where this happens, eg some smoothies and fruit desserts. This would be consistent with a health message that includes dental health and related issues. Excluding pulp from smoothies and fruit juice may reduce extrinsic sugar but has a negative impact on bowel health and potentially other nutrient intakes. There needs to be a rounded view not just focus on extrinsic sugar. Overall consider if maximum is 1 portion.
	In addition to the above point, there should also be discussion

	<p>on regulation of portion sizes of such products. At present there is disparity between a recommended portion sizes from health professionals and what the food industry suggests. This is particularly evident for fruit juices and smoothies. The British Heart Foundation published an important document 2013 indicating how portion sizes have increased.</p>
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Appendix B

Based on discussions and the potential for such products to be high in sugar how should extruded fruit products be treated for 5 A Day messaging/5 A Day logo for composite foods?

Extruded fruit products	
Sector	Comment
Industry	<p>'For our branded fruit bars, where we use dried fruits, minced and extruded, we work back the fresh fruit equivalent, by adding the moisture back in, and comparing the weight to the fresh fruit. We are confident that the fresh fruit equivalent is greater than 80g, hence we are confident that 1/5 day logo is applicable to that range.</p> <p>However, when it comes to fruit pieces made with fruit juices, we often (not in all products) also add some sugar, therefore we don't feel to be suitable for the 1/5 day logo. In addition, the product will not meet the 150ml fruit juice equivalent.</p> <p>And finally, we feel that the dried fruit bars, are far closer to the real fruits, with minimum processing, whereas the fruit pieces are highly manufactured / processed, hence we feel these products are unsuitable for the 1/5 day logo.'</p>
	<p>Fruit leathers – is there any analytical data to compare the micronutrient retention vs fresh fruit? If there are significant losses of unstable micronutrients, eg C and folate, on the manufacture of leathers then this could rule them out and end the debate on their inclusion (or not) in 5 a Day?</p>
	<p>Suggestion to examine NDNS data to see what percentage of people consume extruded fruit products; perhaps it is too small a proportion to be of concern</p>
	<p>Suggestion that due to the potential conflict with oral health messaging and the importance of limiting these products to mealtimes, extruded fruit products should be excluded from carrying the 5ADay logo. Agreement with the statement made that these products are high in extrinsic sugars, stick to teeth, and are primarily promoted as in-between meal snacks, all of which are bad for dental health.</p> <p>Also implications around sugar intake and weight gain.</p>
Voluntary Sector	<p>We do not agree that all extruded fruit products should be excluded from carrying the 5 A Day logo. If, however, an extruded fruit product has additional ingredients, such as extra sugar or concentrated fruit juices then they should not feature the logo.</p>
	<p>Extruded fruit products are proportionally higher in sugar than the equal weight of whole fruit due to their manufacturing process. For example 100g of an extruded strawberry product contains 87g of carbohydrate. In comparison, 100g of raw strawberries contains approximately 8g of carbohydrate, 5g of which is sugar. Thus, allowing extruded food products to carry 5 A day logo will likely lead to increased sugar consumption that is in excess of what would be consumed from eating</p>
Academia	<p>Extruded fruit products are proportionally higher in sugar than the equal weight of whole fruit due to their manufacturing process. For example 100g of an extruded strawberry product contains 87g of carbohydrate. In comparison, 100g of raw strawberries contains approximately 8g of carbohydrate, 5g of which is sugar. Thus, allowing extruded food products to carry 5 A day logo will likely lead to increased sugar consumption that is in excess of what would be consumed from eating</p>

	<p>whole fruit. In addition to the amount of sugar, there is also the texture of these products to consider. It may be postulated that due to their chewy nature they may adhere to teeth and increase the risk of dental caries.</p>
	<p>We agree with the evidence-based recommendation that extruded fruit products should be excluded from being eligible to carry the 5ADAY logo. Unless the food wins GREEN labels in ALL categories, it should NOT receive a 5-a-day Logo (this limit might not maximise industry profits, but it should promote health).</p>

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Appendix C

Mean intakes of vitamin C, folate and potassium and main contributors

Leading contributors to vitamin C intake

Percentage contribution of food groups to average daily vitamin C intake, by sex and age

	All	Males					Females			
	1.5-3y	4-10y	11-18y	19-64y	65+y	4-10y	11-18y	19-64y	65+y	
Vegetables and vegetable dishes	9	11	11	21	27	10	12	24	29	
Potatoes and potato products	7	9	15	16	16	10	16	13	12	
Fruit	26	20	11	17	22	24	14	20	25	
Non-alcoholic beverages -of which fruit juice	32	41	40	23	14	36	36	21	16	
	14	21	19	13	9	18	17	11	10	
Vitamin C intake (% RNI)	225	291	225	211	207	282	198	204	211	
Vitamin C Intake (%below the LRNI)	1	0	1	1	1	0	1	1	1	

Leading contributors to folate intake

Percentage contribution of food groups to average daily folate intake, by sex and age

	All	Males				Females			
	1.5-3y	4-10y	11-18y	19-64y	65+y	4-10y	11-18y	19-64y	65+y
Cereals & Cereal Products	33	37	35	27	25	36	34	27	26
Milk & Milk Products	19	11	8	7	9	11	8	8	9
Meat & Meat Products	5	6	10	9	9	6	9	10	7
Vegetables and vegetable dishes	10	12	11	14	17	12	12	19	20
Potatoes and potato products	6	8	11	9	10	9	13	10	9
Fruit	7	5	2	3	4	5	3	4	5
Non-alcoholic beverages <i>-of which</i> fruit juice	6 4	8 7	6 5	5 3	5 2	6 5	7 5	6 3	5 3
Folate Intake (% RNI)	215	161	117	144	148	152	93	114	121
Folate Intake (% below the LRNI)	1	0	4	2	1	0	8	4	1

Leading contributors to potassium intake

Percentage contribution of food groups to average daily potassium intake, by sex and age

	All	Males					Females			
	1.5-3y	4-10y	11-18y	19-64y	65+y	4-10y	11-18y	19-64y	65+y	
Cereals & Cereal Products	15	18	18	15	15	18	17	14	15	
Milk & Milk Products	31	20	14	10	13	19	12	12	15	
Meat & Meat Products	9	12	19	19	15	13	17	16	13	
Vegetables and vegetable dishes	6	8	6	10	9	8	7	11	11	
Potatoes and potato products	9	13	17	15	14	14	19	13	12	
Fruit	13	9	4	6	9	10	6	8	11	
Non-alcoholic beverages -of which fruit juice	7 4	8 6	7 5	8 3	9 2	7 5	8 5	9 3	9 2	

Potassium intake (% RNI)	225	148	77	87	88	140	63	72	76
Potassium Intake (% Below the LRNI)	1	0	16	11	13	0	33	23	14

Top 50 fruit consumed in NDNS ranked by number of consumers and average weight consumed

Ranking	Top 50 fruit by number of consumers	Number of consumers	Ranking2	Top 50 fruit average weight consumed	Avg weight consumed
1	BANANAS RAW	868	1	PEARS EATING RAW FLESH & SKIN ONLY NO CORE	249
2	APPLES EATING RAW	737	2	MELONS CANTELOUPE CHARANTAIS	226
3	GRAPES WHITE	354	3	BANANAS RAW	204
4	TANGERINES MANDARINS CLEMENTINES	296	4	PEARS EATING RAW FLESH ONLY	177
5	STRAWBERRIES	285	5	ORANGES RAW	175
6	ORANGES	201	6	APPLES EATING RAW FLESH & SKIN	173
7	PEARS EATING RAW FLESH AND SKIN	179	7	PEARS EATING RAW FLESH ONLY LEFTOVER SKIN & CORE NOT WEIGHED	162
8	GRAPES BLACK RAW	163	8	FRESH FRUIT SALAD NO SUGAR	160
9	RAISINS	120	9	PINEAPPLE FRESH	159
10	MELON HONEYDEW; GALIA;OGEN	110	10	GRAPEFRUIT RAW	157
11	KIWI FRUIT	96	11	PEACHES FRESH	151
12	BLUEBERRIES RAW	93	12	NECTARINES RAW	151
13	PLUMS DESSERT RAW	80	13	MELON HONEYDEW GALIA OGEN	146
14	RASPBERRIES RAW	80	14	TANGERINES MANDARINS CLEMENTINES	139
15	OLIVES IN BRINE	79	15	STRAWBERRIES	138
16	PINEAPPLE FRESH	74	16	FRUIT SALAD FRESH APPLES BANANAS ORANGES KIWI FRUIT	134
17	MANGOES FRESH	49	17	RHUBARB STEWED WITHOUT SUGAR FRUIT & JUICE	131
18	NECTARINES RAW	48	18	PEACHES CANNED IN FRUIT JUICE FRUIT ONLY	123
19	SULTANAS	36	19	PLUMS DESSERT RAW	123
20	AVOCADO PEAR	32	20	WATERMELON	120
21	PEACHES FRESH	31	21	MANGOES FRESH	116
22	APRICOTS READY TO EAT SEMI DRIED	30	22	AVOCADO PEAR	110
23	APPLES COOKING STEWED WITHOUT SUGAR	29	23	BANANA COOKED	104
24	PINEAPPLE CANNED IN FRUIT JUICE	29	24	APPLES COOKING STEWED WITHOUT SUGAR	98
25	CHERRIES EATING RAW	28	25	DATES DRIED	88
26	WATERMELON	28	26	KIWI FRUIT	84

Ranking	Top 50 fruit by number of consumers	Number of consumers	Ranking2	Top 50 fruit average weight consumed	Avg weight consumed
27	PEARS RAW LEFTOVER SKIN AND CORE NOT WEIGHED	27	27	GRAPES BLACK RAW	80
28	DRIED CRANBERRIES	27	28	BLUEBERRIES RAW	77
29	APPLE DESSERT/EATING STEWED WITH NO ADDED SUGAR	24	29	GRAPES WHITE RAW	76
30	DATES DRIED	24	30	LEMONS RAW FLESH & JUICE WEIGHED WITH PEEL	74
31	PEARS EATING RAW FLESH ONLY	23	31	CHERRIES EATING RAW	73
32	DRIED MIXED FRUIT	21	32	APPLE DESSERT/EATING STEWED WITH NO ADDED SUGAR	73
33	LEMON PEEL	20	33	RASPBERRIES RAW	68
34	LIME FRESH JUICE ONLY	19	34	PINEAPPLE CANNED IN FRUIT JUICE	67
35	FRESH FRUIT SALAD NO SUGAR	19	35	FRUIT SALAD FRUIT COCKTAIL CANNED IN FRUIT JUICE FRUIT ONLY	59
36	FRUIT STICKS/BARS MADE WITH FRUIT JUICE, NO ADDED SUGAR OR FAT	19	36	APRICOTS READY TO EAT SEMI DRIED	54
37	BLACKBERRIES RAW	17	37	PRUNES READY TO EAT SEMI DRIED	43
38	FRUIT SALAD FRESH APPLES BANANAS ORANGES KIWI FRUIT	16	38	BLACKBERRIES RAW	42
39	GRAPEFRUIT	15	39	SULTANAS	33
40	LEMONS RAW	14	40	OLIVES IN BRINE	32
41	FRUIT SALAD FRUIT COCKTAIL CANNED IN FRUIT JUICE	13	41	APRICOTS DRIED UNCOOKED DRY WEIGHT	30
42	RHUBARB STEWED WITHOUT SUGAR	12	42	RAISINS	28
43	PRUNES READY TO EAT SEMI DRIED	12	43	FRUIT STICKS/BARS MADE WITH FRUIT JUICE, NO ADDED SUGAR OR FAT	28
44	APPLES DRIED	11	44	APPLES DRIED UNCOOKED DRY WEIGHT	24
45	APPLE SAUCE NOT CANNED	11	45	DRIED MIXED FRUIT	21
46	BANANA COOKED	11	46	DRIED CRANBERRIES	20
47	PEACHES CANNED IN FRUIT JUICE	11	47	APPLE SAUCE NOT CANNED	19
48	ORANGE PEEL	10	48	LEMON PEEL	14
49	APRICOTS DRIED	10	49	LIME FRESH JUICE ONLY NO PEEL OR FLESH	9
50	MELONS CANTELOUPE; CHARANTAIS	10	50	ORANGE PEEL	4

Source: NDNS Year 4 dataset (2011/12) All ages

Note: Numbers of consumers and average weight consumed (over four diary days) are based on a single year of data from NDNS and should be regarded as indicative, to show the relative consumption levels for the different foods

Top 50 vegetables consumed in NDNS ranked by number of consumers and average weight consumed

Ranking	Top 50 vegetables by number of consumers	Number of consumers	Ranking	Top 50 vegetables average weight consumed	Avg weight consumed
1	ONIONS COOKED	902	1	BAKED BEANS CANNED	169
2	CARROTS, BOILED	800	2	TOMATOES RAW	105
3	TOMATOES RAW	781	3	CANNED TOMATOES	104
4	CUCUMBER RAW	597	4	PASSATA	103
5	BAKED BEANS CANNED	572	5	MIXED VEGETABLES FROZEN BOILED	98
6	PEAS FROZEN BOILED	557	6	CAULIFLOWER BOILED	96
7	LETTUCE	478	7	LENTILS SPLIT BOILED	95
8	BROCCOLI SPEARS; CALABRESE FRESH BOILED	444	8	BROCCOLI SPEARS; CALABRESE FRESH BOILED	90
9	GARLIC	380	9	CARROTS, BOILED	81
10	MUSHROOMS	371	10	CARROTS, RAW	79
11	CANNED TOMATOES	306	11	CABBAGE WHITE BOILED	78
12	TOMATOES GRILLED	240	12	COLESLAW	78
13	PEPPERS RED	229	13	CARROTS, YOUNG, FRESH, BOILED	74
14	ONIONS RAW	214	14	TOMATOES GRILLED	71
15	CAULIFLOWER FRESH	201	15	PARSNIPS BOILED	71
16	PEPPERS GREEN	190	16	RUNNER BEANS FRESH BOILED	69
17	CARROTS, RAW	167	17	ONIONS	66
18	LEEKS BOILED	167	18	BRUSSELS SPROUTS-FRESH BOILED	64
19	MIXED LEAF SALAD	167	19	SWEDE BOILED	64
20	CABBAGE WHITE BOILED	160	20	SWEETCORN, CANNED, DRAINED, NON ADDED SUGAR OR SALT	62
21	LETTUCE-ICEBERG RAW	156	21	LEEKS FRESH BOILED	62
22	SWEETCORN, CANNED	149	22	FRENCH BEANS/GREEN BEANS BOILED	61
23	CARROTS, YOUNG, FRESH, BOILED	144	23	PEAS FROZEN BOILED	61
24	CORN ON THE COB BOILED	131	24	CARROTS FROZEN BOILED	58
25	COLESLAW	130	25	MUSHROOMS	58
26	FRENCH BEANS/GREEN BEANS BOILED	128	26	BEETROOT BOILED	57
27	COURGETTE-BOILED	121	27	SWEETCORN, CANNED, DRAINED, ADDED SUGAR AND/OR SALT	55
28	SPRING ONIONS	121	28	CUCUMBER RAW	53
29	PEPPERS-RED-FRESH UNCOOKED	114	29	COURGETTE-BOILED	51
30	CELERY	112	30	LETTUCE-COS-RAW	51
31	MIXED VEGETABLES FROZEN BOILED	105	31	CORN ON THE COB KERNELS ONLY BOILED	51
32	LENTILS SPLIT BOILED	103	32	TURNIPS-BOILED	51
33	PARSNIPS BOILED	101	33	SPINACH FRESH BOILED	50
34	TURNIPS-BOILED	96	34	MIXED LEAF SALAD	47
35	PEPPERS CHILLI	95	35	PEPPERS-RED-FRESH UNCOOKED	41

Ranking	Top 50 vegetables by number of consumers	Number of consumers	Ranking	Top 50 vegetables average weight consumed	Avg weight consumed
36	SWEDE BOILED	92	36	PEPPERS GREEN BOILED	40
37	BRUSSELS SPROUTS BOILED	91	37	PEPPERS GREEN FRESH-RAW	39
38	PEPPERS GREEN RAW	87	38	PEPPERS-RED-BOILED	38
39	PARSLEY	75	39	ONIONS RAW	37
40	SWEETCORN, CANNED, DRAINED, NON ADDED SUGAR OR SALT	73	40	SPINACH FRESH RAW	36
41	SPINACH FRESH BOILED	70	41	LETTUCE-ICEBERG RAW	34
42	PEPPERS YELLOW FRESH BOILED	70	42	LETTUCE UNSPECIFIED RAW	33
43	SPINACH RAW	67	43	PEPPERS YELLOW FRESH BOILED	32
44	RUNNER BEANS BOILED	66	44	SWEETCORN BABY FRESH AND FROZEN BOILED	31
45	GINGER ROOT-RAW	63	45	CELERY FRESH BOILED	20
46	BEETROOT BOILED	60	46	ONIONS-SPRING-BULB & TOP RAW	19
47	SWEETCORN BABY BOILED	58	47	PEPPERS CHILLI RAW	7
48	PASSATA	56	48	GINGER ROOT-RAW	7
49	CARROTS FROZEN BOILED	56	49	PARSLEY-RAW	4
50	LETTUCE COS	56	50	GARLIC RAW	3

Source: NDNS Year 4 dataset (2011/12) All ages

Note: Numbers of consumers and average weight consumed (over four diary days) are based on a single year of data from NDNS and should be regarded as indicative, to show the relative consumption levels for the different foods