

# Annex 1

## Fish consumption in the UK

Table 4.1: List of oily and white fish

| Oily/fatty fish   | White fish          |                   |
|-------------------|---------------------|-------------------|
| Salmon            | Cod                 | Parrot fish       |
| Trout             | Cod                 | Pollack           |
| Mackerel          | Haddock             | Pomfret           |
| Herring           | Plaice              | Red & grey mullet |
| Sardines          | Coley               | Red fish          |
| Pilchards         | Whiting             | Red Snapper       |
| Kipper            | Lemon sole          | Rohu              |
| Eel               | Skate               | Sea bass          |
| Whitebait         | Halibut             | Sea bream         |
| Tuna (Fresh only) | Rock Salmon/Dogfish | Shark             |
| Anchovies         | Ayr                 | Tilapia           |
| Swordfish         | Cat fish            | Turbot            |
| Bloater           | Dover sole          | White fish        |
| Cacha             | Flounder            |                   |
| Carp              | Flying fish         |                   |
| Hilsa             | Hake                |                   |
| Jack fish         | Hoki                |                   |
| Katla             | John dory           |                   |
| Orange roughy     | Kalabasu            |                   |
| Pangas            | Ling                |                   |
| Sprats            | Monk fish           |                   |

## Advice on fish consumption

**Table 4.2: Commonly consumed oily and white fish in National Diet and Nutrition Survey of British adults aged 19 to 64 years 2000/01 with corresponding LC n-3 PUFA content<sup>1</sup>.**

| OILY FISH<br>Type of fish <sup>1</sup>   | %<br>Consumers<br>during the<br>survey week <sup>2</sup> | EPA<br>(g/100g) | DPA<br>(g/100g) | DHA<br>(g/100g) | LC n-3<br>PUFA<br>(g/100g) |
|--|--|-----------------|-----------------|-----------------|----------------------------|
| Fresh salmon <sup>4</sup>  | 9  | 1.2             | 0.2             | 1.3             | 2.7                        |
| Canned <sup>3</sup> and smoked salmon  | 8  | 0.55            | 0.14            | 0.85            | 1.54                       |
| Pickled, smoked and canned<br>sardines and pilchards <sup>3</sup>  | 4  | 1.17            | 0.23            | 1.20            | 2.60                       |
| Canned sardines <sup>3</sup>   |  | 0.55            | 0.14            | 0.86            | 1.57                       |
| Canned and smoked mackerel   | 3  | N/A             | N/A             | N/A             | N/A                        |
| Fresh trout <sup>3</sup>   | 2  | 0.23            | 0.09            | 0.83            | 1.15                       |
| Pickled, smoked and canned<br>herring, kipper and bloater  | 2  |                 |                 |                 |                            |
| Herring <sup>3</sup>   |  | 0.51            | 0.11            | 0.69            | 1.31                       |
| Kipper <sup>3</sup>  |  | 1.15            | 0.10            | 1.34            | 2.49                       |
| Fresh tuna <sup>4</sup>  | 2  | 0.3             | 0.1             | 1.1             | 1.5                        |
| Fresh mackerel <sup>3</sup>  | 1  | 0.71            | 0.12            | 1.10            | 1.93                       |
| N/A, data not available.   |  |                 |                 |                 |                            |
| Taking into account the relative quantities of fish consumed by an average consumer 100g of an average oily fish contains approximately 2g (calculated to 1.99g); therefore, one portion contains about 2.8g.    |  |                 |                 |                 |                            |
| WHITE FISH<br>Type of fish <sup>1</sup>  | %<br>Consumers<br>during the<br>survey week <sup>2</sup> | EPA<br>(g/100g) | DPA<br>(g/100g) | DHA<br>(g/100g) | LC n-3<br>PUFA<br>(g/100g) |
| Canned tuna <sup>3</sup>   | 27   | 0.06            | 0.04            | 0.27            | 0.37                       |
| Fresh cod <sup>3</sup>   | 25   | 0.08            | 0.01            | 0.16            | 0.25                       |
| Fresh haddock <sup>3</sup>   | 9  | 0.05            | 0.01            | 0.10            | 0.16                       |
| Fresh plaice <sup>3</sup> and whiting  | 2  | 0.16            | 0.04            | 0.10            | 0.30                       |
| Smoked and salted haddock  | 2  | N/A             | N/A             | N/A             |                            |
| Fresh sole, including lemon sole <sup>4</sup><br>and Dover sole  | 2  | 0               | 0               | 0.1             | 0.1                        |
| Taking into account the relative quantities of fish consumed by an average consumer 100g of an average white fish contains approximately 0.3g (calculated to 0.28g); therefore, one portion contains about 0.4g. |  |                 |                 |                 |                            |

<sup>1</sup> Includes consumption of fish in dishes.

<sup>2</sup> Percentage who consumed during the seven day dietary recording period.

<sup>3</sup> MAFF fatty acids supplement to McCance & Widdowson's The Composition of Foods, 1998.

<sup>4</sup> MAFF fish and fish products. Third supplement to McCance & Widdowson's The Composition of Foods, 1993.

**Table 4.3: Consumption of total fish in British adults<sup>3</sup>**

| TOTAL FISH           |                   | Population mean <sup>4</sup> | Consumer mean | 97.5%ile | Number of consumers |
|----------------------|-------------------|------------------------------|---------------|----------|---------------------|
| Consumption (g/week) | All males (766)   | 218                          | 314           | 989      | 548                 |
|                      | All females (958) | 216                          | 295           | 891      | 697                 |
|                      | All (1724)        | 217                          | 304           | 947      | 1245                |

**Table 4.4: Consumption of white fish in British adults<sup>1</sup>**

| WHITE FISH           |                   | Population mean <sup>2</sup> | Consumer mean | 97.5%ile | Number of consumers |
|----------------------|-------------------|------------------------------|---------------|----------|---------------------|
| Consumption (g/week) | All males (766)   | 114                          | 239           | 651      | 366                 |
|                      | All females (958) | 94                           | 204           | 545      | 439                 |
|                      | All (1724)        | 104                          | 221           | 610      | 805                 |

**Table 4.5: Consumption of oily fish (excluding canned tuna) by British adults<sup>1</sup>**

| OILY FISH (EXCLUDING CANNED TUNA) |                   | Population mean <sup>2</sup> | Consumer mean | 97.5%ile | Number of consumers |
|-----------------------------------|-------------------|------------------------------|---------------|----------|---------------------|
| Consumption (g/week)              | All males (766)   | 51                           | 202           | 703      | 208                 |
|                                   | All females (958) | 51                           | 188           | 601      | 260                 |
|                                   | All (1724)        | 50                           | 194           | 608      | 468                 |

**Table 4.6: Consumption shellfish by British adults<sup>5</sup>**

| SHELLFISH            |                   | Population mean <sup>2</sup> | Consumer mean | 97.5%ile | Number of consumers |
|----------------------|-------------------|------------------------------|---------------|----------|---------------------|
| Consumption (g/week) | All males (766)   | 24                           | 135           | 491      | 141                 |
|                      | All females (958) | 31                           | 151           | 504      | 198                 |
|                      | All (1724)        | 27                           | 143           | 497      | 339                 |

<sup>1</sup> National Diet and Nutrition Survey of British Adults aged 19-64 years 2000-01.

<sup>2</sup> Mean consumption of fish including non-consumers.

<sup>3</sup> National Diet and Nutrition Survey of British Adults aged 19-64 years 2000-01.

<sup>4</sup> Mean consumption of fish including non-consumers.

<sup>5</sup> Intake data on *cis* n-3 PUFA for British Adults is unpublished until June 2003.

Table 4.7: National Diet and Nutrition Survey fish portion sizes

| Age (years)        | Sex | Number | Portion size (grams) |      |         | % of sample consuming fish |
|--------------------|-----|--------|----------------------|------|---------|----------------------------|
|                    |     |        | Minimum              | Mean | Maximum |                            |
| 1½-4½ <sup>6</sup> | M&F | 1675   | 2                    | 47   | 170     | 6                          |
| 4-6 <sup>7</sup>   | M   | 184    | 21                   | 57   | 78      | 5                          |
|                    | F   | 171    | 8                    | 68   | 162     | 10                         |
| 7-10 <sup>2</sup>  | M   | 256    | 40                   | 85   | 178     | 8                          |
|                    | F   | 226    | 14                   | 84   | 170     | 8                          |
| 11-14 <sup>2</sup> | M   | 237    | 48                   | 137  | 237     | 7                          |
|                    | F   | 238    | 13                   | 137  | 196     | 6                          |
| 15-18 <sup>2</sup> | M   | 179    | 49                   | 114  | 354     | 8                          |
|                    | F   | 210    | 18                   | 97   | 198     | 4                          |
| 19-64 <sup>8</sup> | M   | 766    | 10                   | 148  | 340     | 20                         |
|                    | F   | 958    | 4                    | 143  | 350     | 21                         |

Excludes fish coated in batter or breadcrumbs, canned fish, smoked fish, shellfish and fish in recipe dishes.

<sup>6</sup> National Diet and Nutrition Survey: children aged 1½-4½ years 1992-93.

<sup>7</sup> National Diet and Nutrition Survey: young people aged 4-18 years 1997.

<sup>8</sup> National Diet and Nutrition Survey of British Adults aged 19-64 years 2000-01.