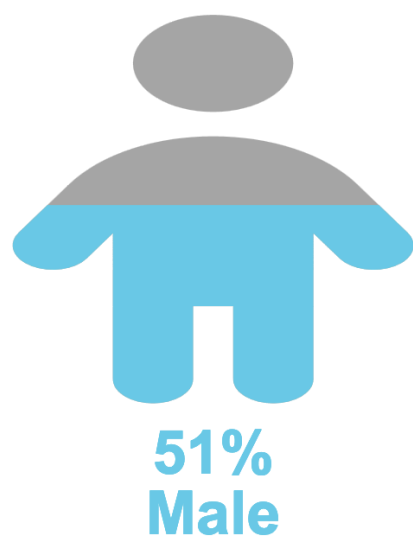
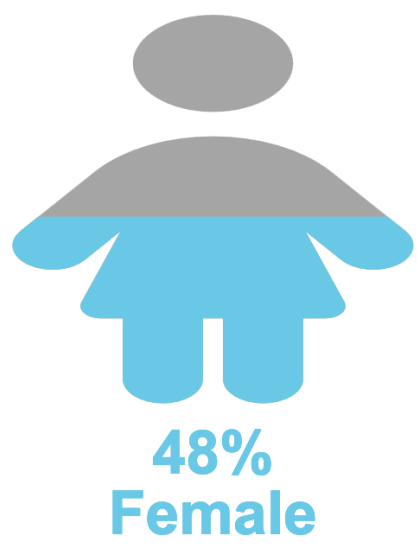


Diets of children and young people living in Scotland

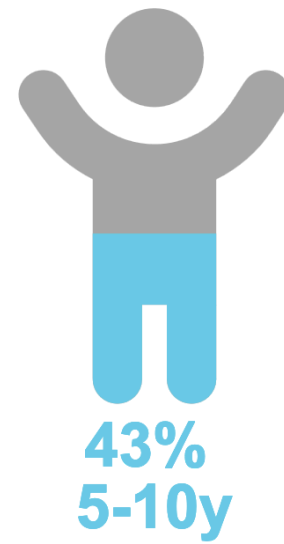
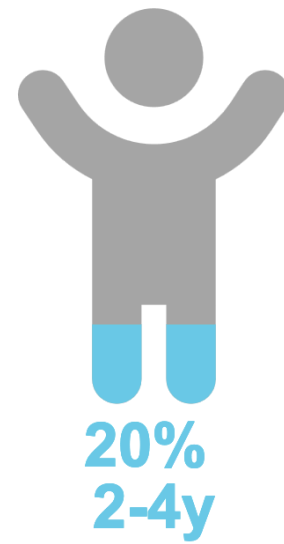


DISH (Dietary Intake in Scotland's CHildren) is a representative survey of **1700 children and young people** aged 2 to 15 years in Scotland.

- The survey was conducted from January to August 2024.
- All foods and drinks were reported for each child on up to 4 days.
- Diets were reported by parents/guardians for children in pre-school or primary school.
- Children in secondary school had the opportunity to report their own diets, and a majority (61%) of them did so.



Survey at a Glance

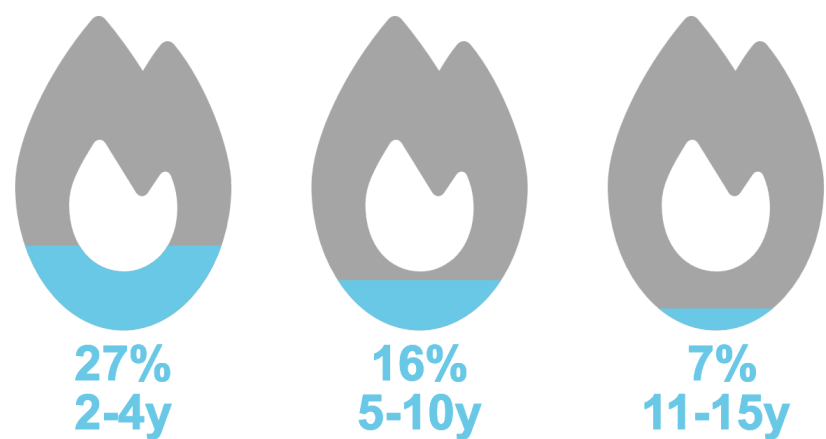


Scottish Dietary Goals

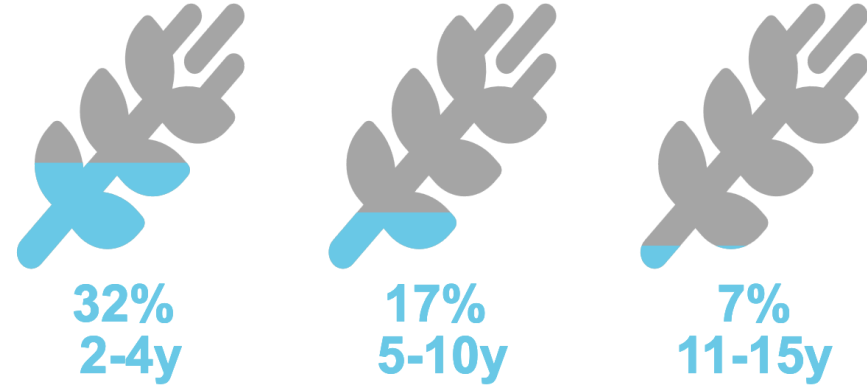
The Scottish Dietary Goals describe, in nutritional terms, the diet that will improve and support the health of the Scottish population.

Most children and young people achieved the goals for total fat, trans fat, total carbohydrate, and red and red processed meat.

Less than 1 in 5 met the goals for energy density, saturated fat, fibre, free sugars, and oily fish.



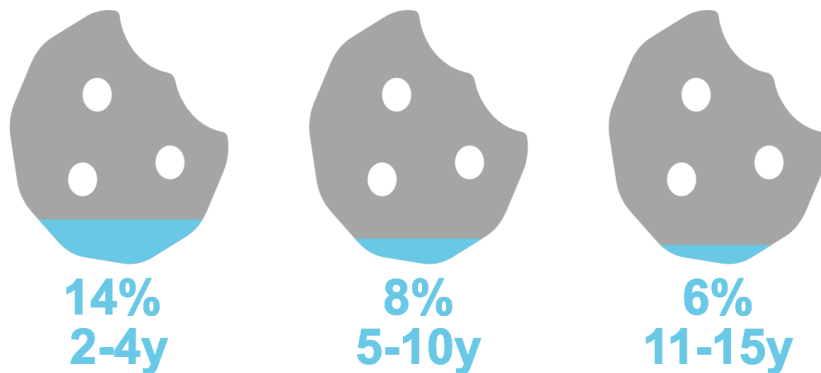
15%
met the goal for energy density



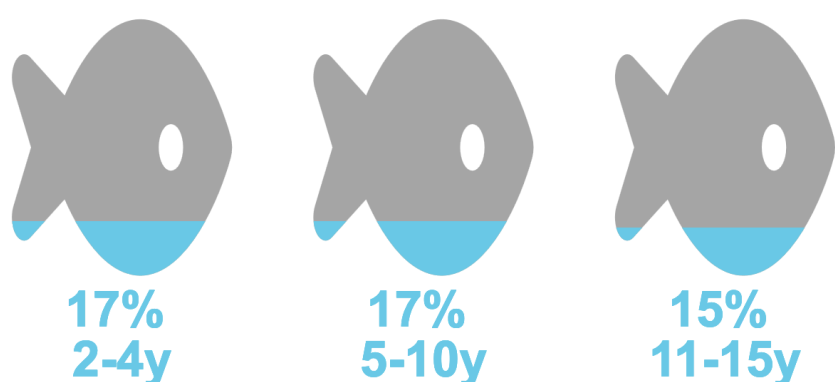
16%
met the goal for fibre



13%
met the goal for saturated fat

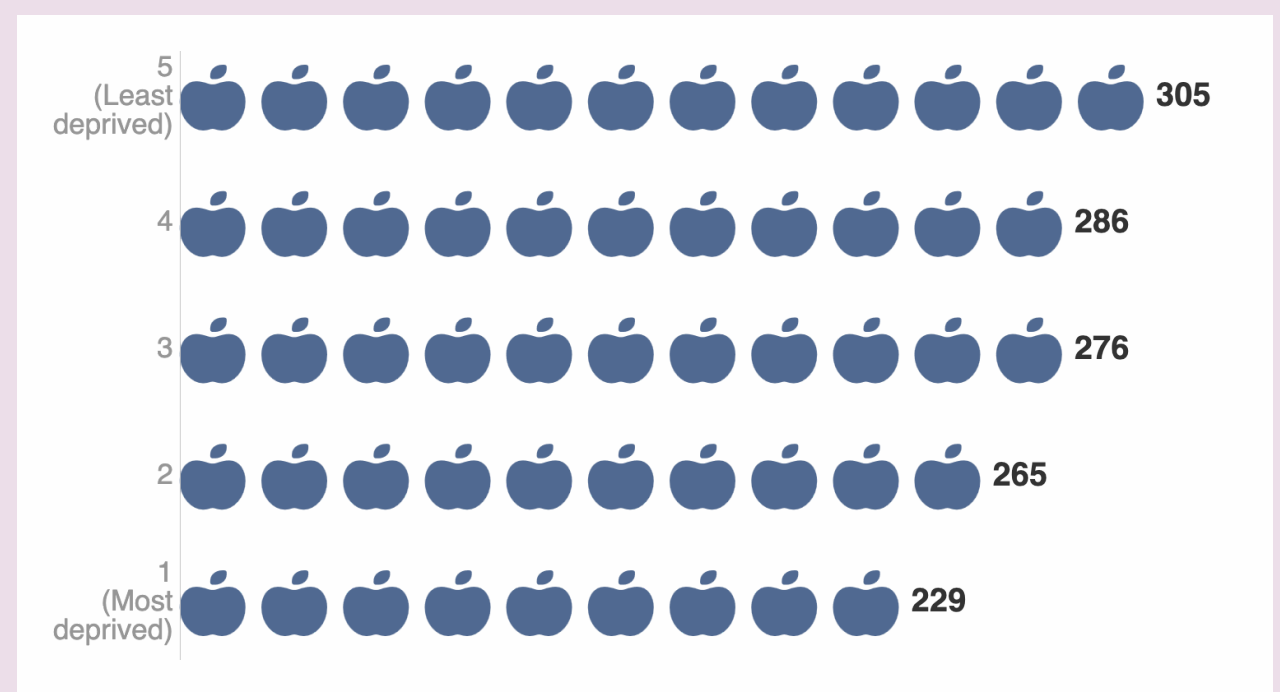


8%
met the goal for free sugars



16%
met the goal for oily fish

Children and young people in the most deprived areas ate less fruit and vegetables than those in the least deprived areas.



Grams per day of fruits and vegetables

On average, children and young people ate **~300 grams per day of fruits and vegetables** compared with the recommended **400 grams per day for adults**

Diets of children and young people living in Scotland



✓ Intake at or above recommended level X Intake below recommended level

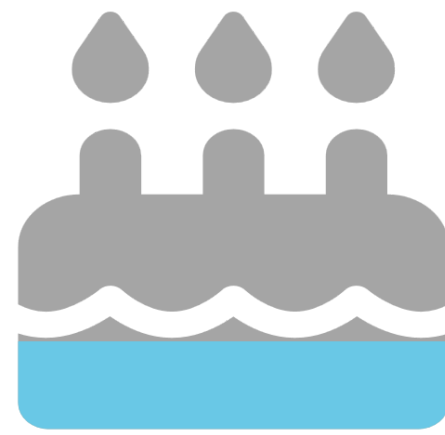
Intake of several essential nutrients was, on average, too low among young people aged 11 to 15 years

	Protein	Vitamin A	Folate	Iron	Iodine	Zinc
2-4y	✓	✓	✓	✓	✓	X
5-10y	✓	✓	✓	✓	✓	X
11-15y	✓	X	✓ males X females	X	✓ males X females	X

Discretionary and Additional Foods

In proposed regulations to restrict the promotion of products high in fat, sugar or salt, the Scottish Government defines 'discretionary' foods and drinks as: confectionery, sweet biscuits, crisps and savoury snacks, cakes, sweet pastries, sugary drinks, puddings, ice cream, and dairy desserts.

'Additional' foods considered under the regulations include: breakfast cereals, sweetened yogurt, pizza, ready meals, and chips.



21% Discretionary foods



16% Additional foods

21% of energy came from discretionary foods

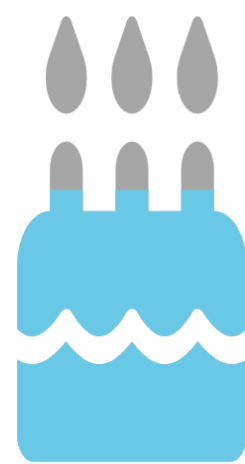
A majority of children and young people reported consuming discretionary and additional foods on at least one of four days of dietary recall.



70% Breakfast cereals



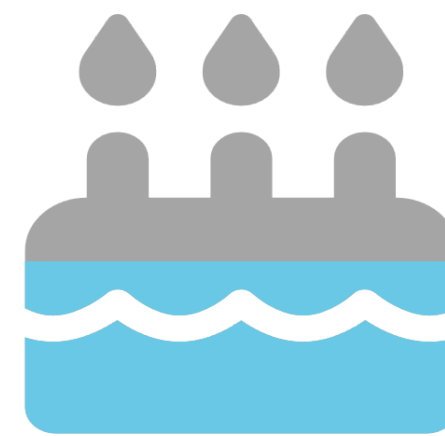
65% Crisps and savoury snacks



61% Cakes, pastries and puddings



58% Sweet biscuits



41% Discretionary foods



17% Additional foods

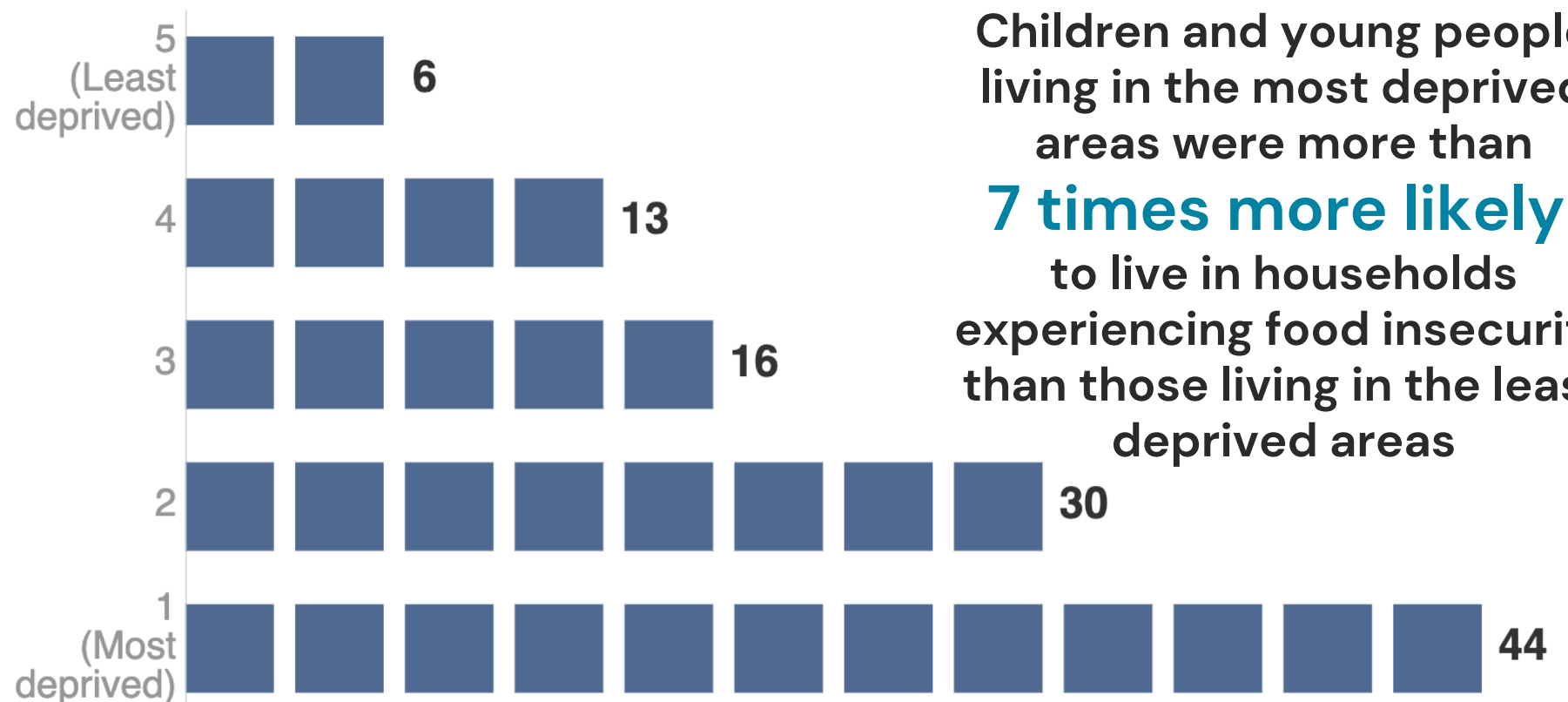
41% of free sugars came from discretionary foods

The contribution of sugary drinks to free sugars increased with age.

The contribution of yoghurts and dairy desserts to free sugars decreased with age.

Food Insecurity

More than **1 in 5** parents/guardians reported that they had worried about running out of food in the previous 12 months



Children and young people living in the most deprived areas were more than **7 times more likely** to live in households experiencing food insecurity than those living in the least deprived areas

Percentage of parents/guardians reporting that they had worried about running out of food in the previous 12 months