

Meat and dairy consumption among children and young people living in Scotland



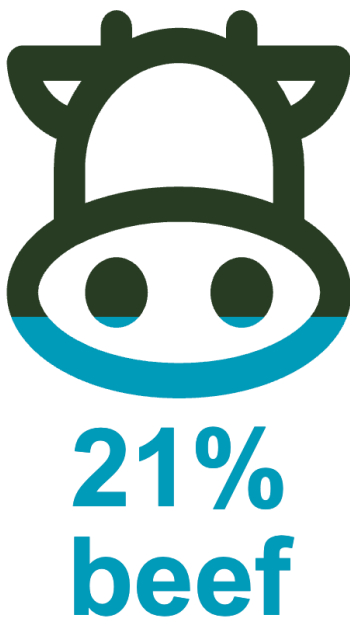
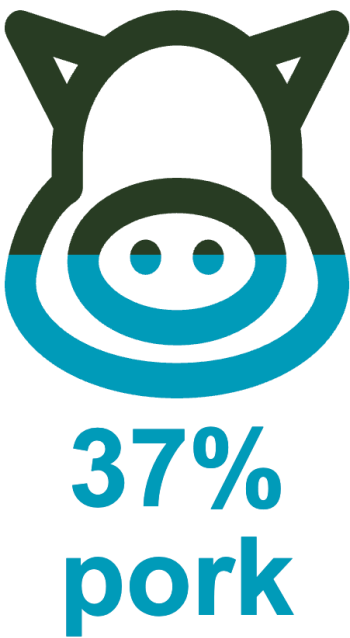
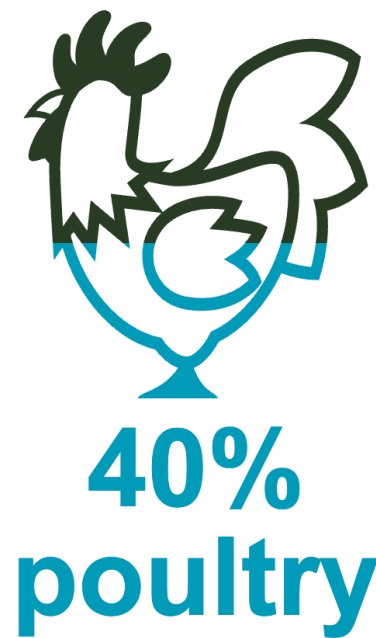
DISH (Dietary Intake in Scotland’s CHildren) is a representative survey of **1700 children and young people** aged 2 to 15 years in Scotland conducted in 2024.

- The **Climate Change Committee** has recommended a 35% reduction in all meat and 20% reduction in dairy consumption by 2050.
- While the **Scottish Dietary Goals** do not currently specify a target for children and young people, the adult target is to reduce red and red processed meat consumption to a maximum of 70g/day.
- We evaluated current meat and dairy consumption among children and young people in Scotland using data from DISH.
- We also modelled the impact of reducing meat and dairy consumption on nutrient intake, achievement of the Scottish Dietary Goals, and greenhouse gas emissions.

90%

Eat meat

Daily average intake
71 grams



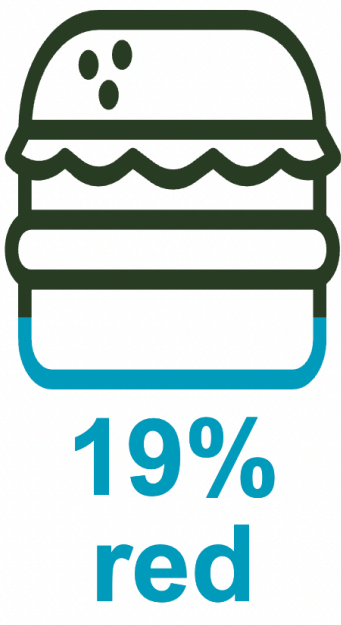
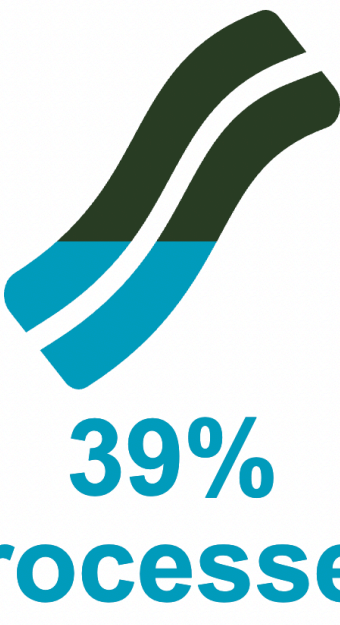
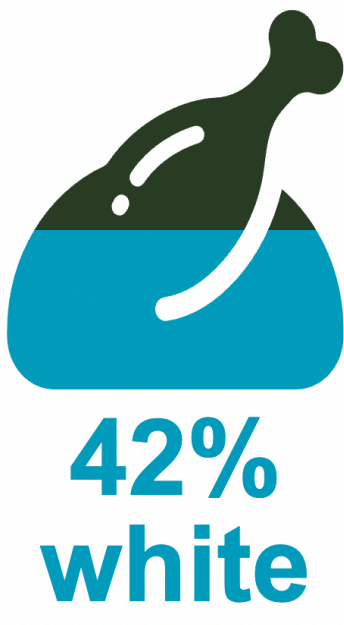
The majority of the meat eaten was poultry, followed by pork, and beef, with small intakes from lamb (1%)

78%

Eat red and red processed meat

Daily average intake
41 grams red and red processed meat*

*Includes beef, lamb, pork, other red meat, processed red meat, burgers, sausages and offal



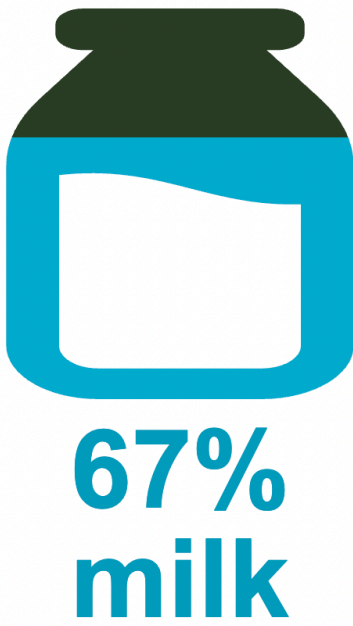
Most meat eaten was white meat, followed by processed meat, and red meat

99.6%

Consumed dairy

Daily average intake
274 grams

The majority of the dairy consumed was milk, followed by cheese, and yoghurt, with small intakes from butter (4%) and cream (4%)

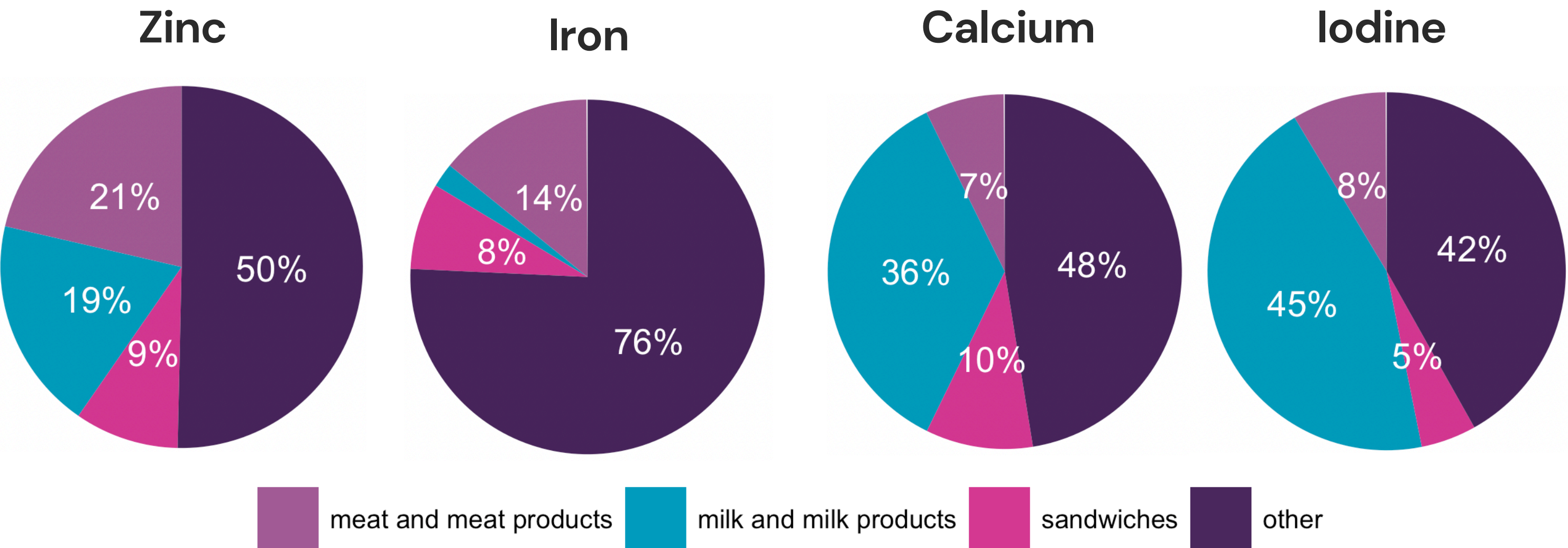


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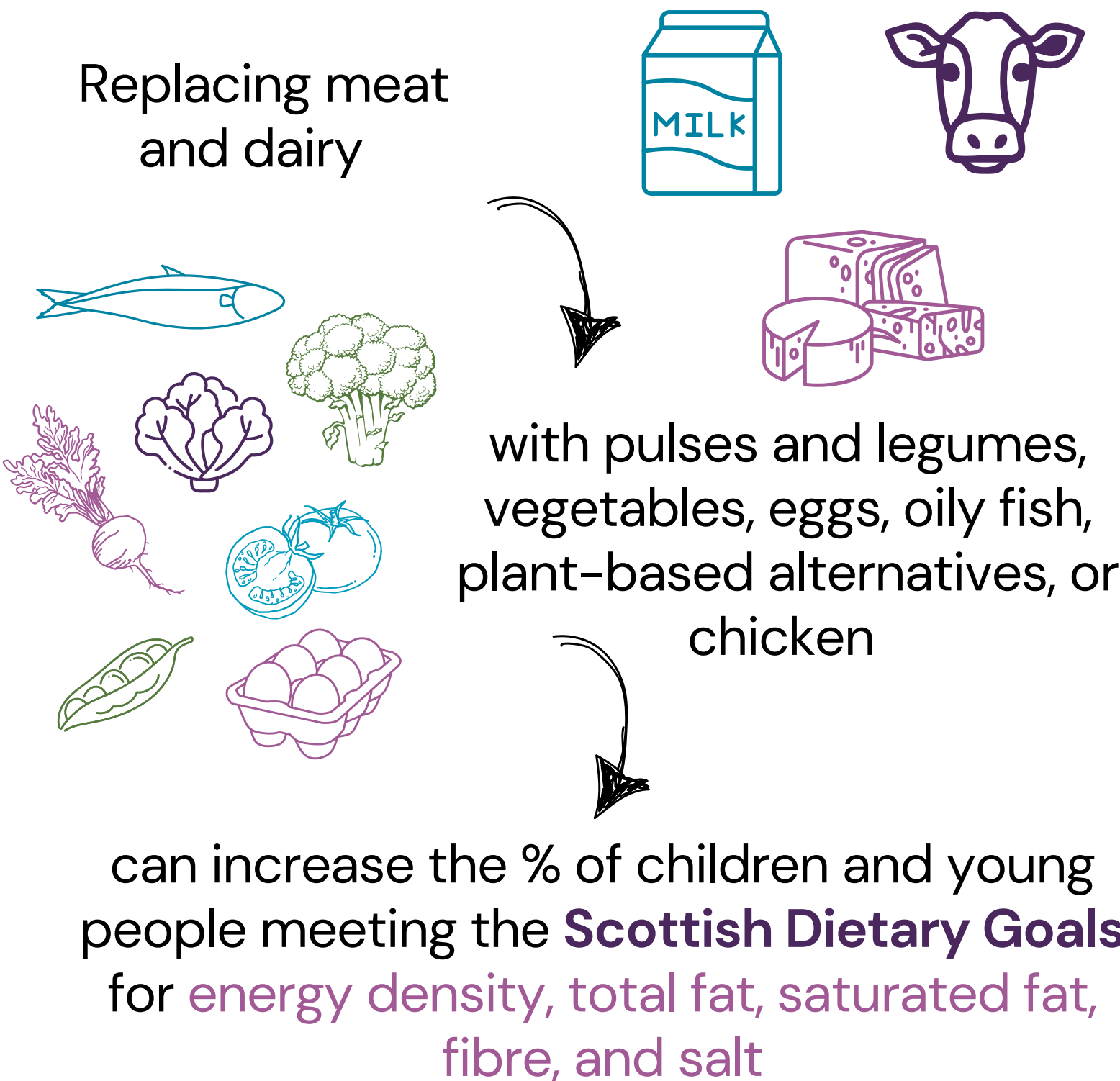
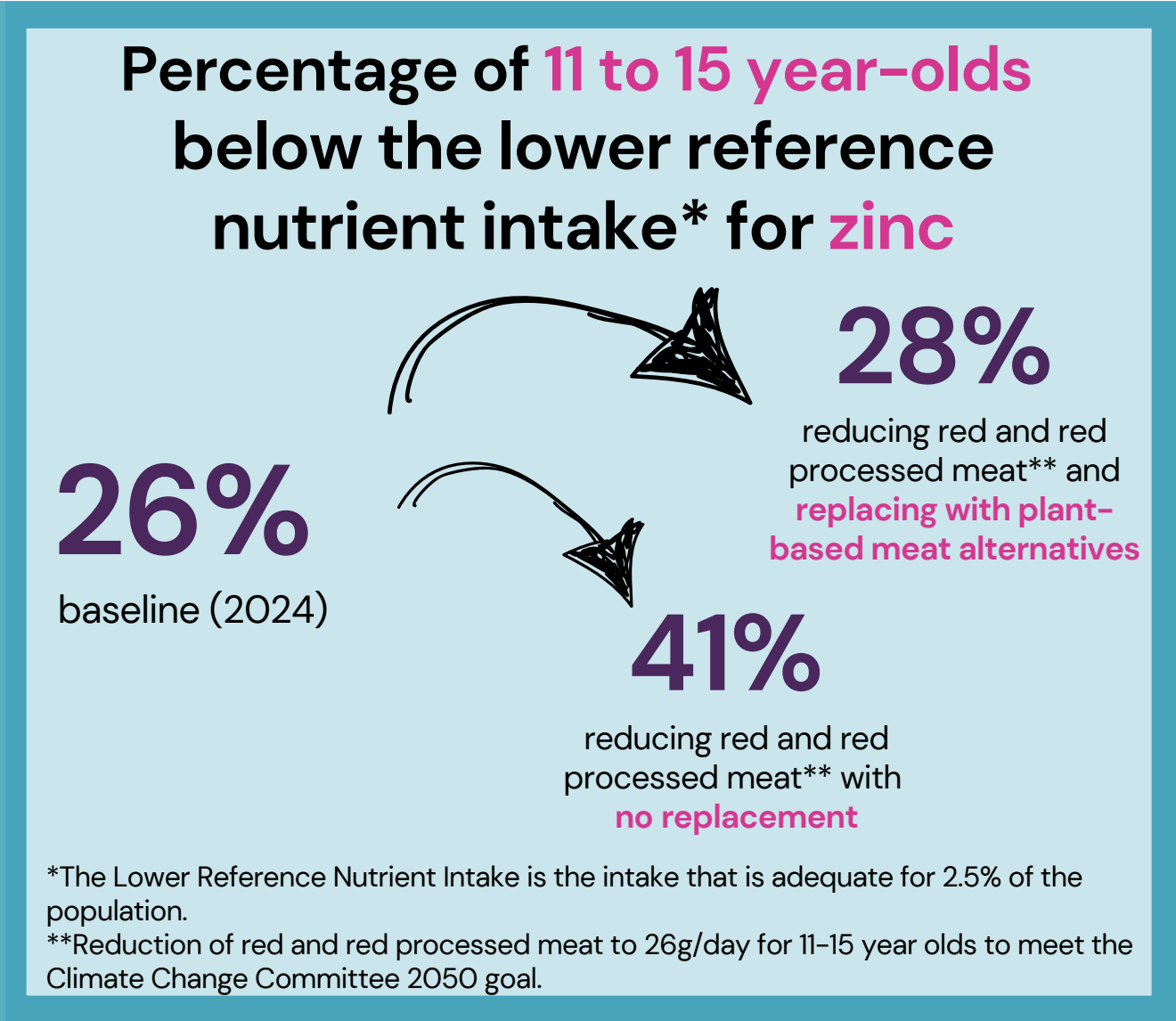
Meat and meat products contributed
21% to zinc and 14% to iron intake

Milk and milk products contributed
36% to calcium and 45% to iodine



A 20% reduction in all meat can be achieved by reducing red and red processed meat to a maximum daily intake of
33 – 54 grams

Resulting in
21%
Reduction in greenhouse gas emissions from diets*
*compared to baseline (2024)



Replacing meat and dairy with healthy alternatives can help reduce impacts on nutrient intake