

Supplementary Tables

Table S1: Mean (with 99% confidence intervals) intake of selected nutrients, 2001 to 2012 combined, EFS/LCFS data (units/person/day)

Nutrient	Scotland		England		P-value*
	Mean [†]	99%CI	Mean [†]	99% CI	
% Food Energy - Protein	12.2	12.1, 12.3	12.3	12.3, 12.3	0.007
% Food Energy - Carbohydrate	47.0	46.8, 47.3	46.8	46.7, 46.8	0.015
Vitamin A (µg) (Retinol Equivalents)	781	756, 805	823	816, 831	<0.001
Folate (µg)	250	246, 254	262	260, 263	<0.001
Vitamin C (mg)	65.5	64.1, 66.9	66.8	66.4, 67.3	0.020
Vitamin D (µg)	2.9	2.8, 2.9	3.0	3.0, 3.0	<0.001
Vitamin E (mg)	11.0	10.7, 11.3	11.4	11.4, 11.5	<0.001
Calcium (mg)	879	866, 891	862	858, 866	0.002
Iron (mg)	10.4	10.3, 10.6	10.6	10.5, 10.6	0.128
Potassium (mg)	2.8	2.7, 2.8	2.8	2.8, 2.8	0.002
Alcohol (g)	9.9	9.4, 10.4	9.3	9.2, 9.5	0.008

Sample Size – Scotland = 6431; England = 59,958. *P-values <0.01 (in bold) considered significant; [†]Means adjusted by survey year, equivalised income quintiles, age of household reference person, age household reference person left full-time education;

Table S2: Mean (with 99% confidence intervals) consumption of additional foods and drinks indicative of diet quality, 2001 to 2012 combined, EFS/LCFS data (g/person/day)

Food	Scotland		England		P-value*
	Mean [†]	99%CI	Mean [†]	99%CI	
Total Bread	98.4	96.6, 100	89.3	88.8, 89.9	<0.001
Brown/Wholemeal Bread	21.1	20.2, 22.0	20.4	20.1, 20.7	0.062
Total Breakfast Cereal	20.4	19.5, 21.3	20.6	20.4, 20.9	0.505
High Fibre Breakfast Cereal	11.4	10.7, 12.2	12.5	12.3, 12.7	<0.001
Cakes and Pastries	17.0	16.3, 17.7	18.4	18.1, 18.6	<0.001
Sweet Biscuits	22.0	21.2, 22.8	20.1	19.9, 20.4	<0.001
Cakes, Sweet Biscuits and Pastries	39.0	37.9, 40.2	38.5	38.1, 38.9	0.257
Sugar and Preserves	18.1	17.1, 19.0	18.7	18.4, 19.0	0.085
Chocolate Confectionery	14.4	13.8, 15.0	12.5	12.3, 12.7	<0.001
Sugar Confectionery	7.1	6.7, 7.5	5.9	5.8, 6.0	<0.001
Total Confectionery	21.5	20.7, 22.3	18.5	18.2, 18.7	<0.001
Sugar Containing Soft Drinks	218	210, 225	182	180, 184	<0.001
Sugar Free Soft Drinks	100	95.0, 105	70.3	68.7, 72.0	<0.001
Total Soft Drinks	318	309, 327	252	249, 255	<0.001
Bacon and Ham	12.1	11.6, 12.5	11.2	11.1, 11.4	<0.001
Other Red Meat Products ^{‡§}	27.6	26.8, 28.4	24.2	23.9, 24.5	<0.001
Butter	6.5	6.2, 6.9	5.3	5.1, 5.4	<0.001
Whole Milk	66.5	62.7, 70.4	59.1	57.9, 60.4	<0.001
Semi-skimmed Milk	131	127, 136	124	122, 125	<0.001
Skimmed Milk	14.2	11.8, 16.6	21.6	20.8, 22.4	<0.001
Total Milk	232	226, 238	227	225, 229	0.033
White Fish	87.4	83.0, 91.8	91.7	90.3, 93.1	0.017
Fresh Potatoes	54.0	51.4, 56.6	60.8	59.9, 61.6	<0.001
Processed Potatoes	29.5	28.5, 30.5	26.9	26.6, 27.2	<0.001
Savoury Snacks	13.0	12.6, 13.4	11.0	10.8, 11.1	<0.001

Sample Size – Scotland = 6431; England = 59,958. *P-values <0.01 (in bold) considered significant; [†]Means adjusted by survey year, equivalised income quintiles, age of household reference person, age household reference person left full-time education; [‡]Meat portion only – see appendices 2 & 4 of Barton and Wrieden, 2012 for methodology; [§]Other Red Meat products includes the meat portion of sausages, meat pies, corned beef, burgers and pate and is a component of total red meat. Barton KL, Wrieden WL (2012) Estimation of food and nutrient intakes from food survey data in Scotland 2001-2009.

http://tna.europarchive.org/20141103165934/http://www.foodbase.org.uk/admintools/reportdocuments/749-1-1324_Final_Report_2001-2009.pdf (accessed 29 June 2017).

Table S3: Mean (with 99% confidence intervals) intake of selected nutrients, by equivalised income quintile, 2001 to 2012 combined, EFS/LCFS data (units/person/day)

Nutrient	Equivalised Income Quintile (1 lowest, 5 highest)	Scotland		England		P-value*
		Mean [†]	99% CI	Mean [†]	99% CI	
% Food Energy - Protein	1	12.7	12.5, 13.0	12.6	12.5, 12.7	0.166
	2	12.3	12.0, 12.6	12.4	12.3, 12.4	0.662
	3	12.1	11.9, 12.3	12.3	12.2, 12.4	0.024
	4	12.1	11.9, 12.3	12.2	12.1, 12.3	0.155
	5	11.8	11.6, 12.0	12.1	12.0, 12.2	0.003
% Food Energy - Carbohydrate	1	46.6	46.0, 47.3	46.9	46.7, 47.1	0.372
	2	46.9	46.3, 47.5	46.7	46.6, 46.9	0.536
	3	47.0	46.5, 47.5	46.8	46.7, 47.0	0.448
	4	47.4	46.9, 47.9	46.9	46.8, 47.1	0.024
	5	46.9	46.4, 47.4	46.4	46.2, 46.5	0.014
Vitamin A (µg) (Retinol Equivalents)	1	777	713, 842	829	808, 849	0.051
	2	801	739, 864	855	835, 875	0.034
	3	779	723, 834	827	809, 845	0.034
	4	769	722, 817	801	785, 816	0.104
	5	806	758, 853	836	821, 850	0.121
Folate (µg)	1	239	229, 248	251	247, 254	0.003
	2	249	239, 258	262	259, 265	0.001
	3	244	235, 253	261	258, 263	<0.001
	4	256	248, 265	264	261, 267	0.029
	5	268	259, 278	277	274, 280	0.027
Vitamin C (mg)	1	56.5	53.4, 59.6	59.5	58.5, 60.5	0.017
	2	60.5	57.3, 63.6	64.2	63.2, 65.2	0.004
	3	63.4	60.5, 66.3	65.2	64.2, 66.1	0.145
	4	69.6	66.5, 72.6	68.6	67.7, 69.6	0.452
	5	78.2	74.8, 81.6	77.9	76.9, 79.0	0.847
Vitamin D (µg)	1	2.9	2.8, 3.1	3.1	3.0, 3.1	0.029
	2	3.0	2.8, 3.2	3.1	3.1, 3.2	0.031
	3	2.8	2.7, 3.0	3.0	3.0, 3.1	<0.001
	4	2.9	2.7, 3.0	3.0	2.9, 3.0	0.050
	5	2.8	2.7, 3.0	3.0	2.9, 3.0	0.006
Vitamin E (mg)	1	10.9	10.1, 11.6	11.6	11.4, 11.9	0.011
	2	11.3	10.5, 12.0	11.8	11.6, 12.1	0.056
	3	11.1	10.5, 11.7	11.5	11.3, 11.7	0.098
	4	10.8	10.3, 11.4	11.3	11.1, 11.4	0.055
	5	10.9	10.5, 11.4	11.1	11.0, 11.3	0.307
Calcium (mg)	1	895	863, 927	860	849, 870	0.007
	2	894	863, 925	885	875, 894	0.454
	3	873	846, 901	864	855, 873	0.411
	4	882	855, 908	861	852, 869	0.052
	5	870	843, 897	860	852, 868	0.359
Iron (mg)	1	10.0	9.6, 10.3	10.0	9.9, 10.2	0.647
	2	10.3	9.9, 10.7	10.5	10.3, 10.6	0.280
	3	10.3	9.9, 10.6	10.5	10.4, 10.6	0.089
	4	10.8	10.4, 11.1	10.7	10.6, 10.9	0.816
	5	11.1	10.8, 11.5	11.2	11.1, 11.3	0.683
Potassium (mg)	1	2.7	2.6, 2.8	2.7	2.7, 2.7	0.341
	2	2.8	2.7, 2.9	2.8	2.8, 2.9	0.053
	3	2.7	2.7, 2.8	2.8	2.8, 2.9	0.026
	4	2.8	2.7, 2.9	2.8	2.8, 2.9	0.366
	5	2.9	2.8, 3.0	2.9	2.9, 3.0	0.366
Alcohol (g)	1	7.6	6.6, 8.6	6.6	6.3, 7.0	0.018
	2	8.8	7.8, 9.8	7.8	7.4, 8.1	0.012
	3	9.9	8.9, 10.9	9.3	8.9, 9.6	0.111
	4	10.9	9.8, 12.0	10.9	10.6, 11.3	0.983
	5	12.6	11.4, 13.8	12.4	12.0, 12.8	0.653

Sample Size –Scotland = 6431 households (Q1 – 1363, Q2 – 1271; Q3 – 1338; Q4 – 1267; Q5 – 1192); England = 59,958 households (Q1 – 11,560, Q2 – 11,700; Q3 – 11,816; Q4 – 12,172; Q5 – 12,710). *P-values <0.01 (in bold) considered significant; [†]Means adjusted by survey year, age of household reference person, age household reference person left full-time education.

Table S4: Mean (with 99% confidence intervals) consumption of additional foods and drinks indicative of diet quality, by equivalised income quintile, 2001 to 2012 combined, EFS/LCFS data (g/person/day with the exception of fish g/person/week)

Food	Equivalised Income Quintile (1 lowest, 5 highest)	Scotland		England		P-value ^a
		Mean [†]	99% CI	Mean [†]	99% CI	
Total Bread	1	102	97.9, 107	90.0	88.5, 91.4	<0.001
	2	102	97.4, 106	89.6	88.2, 90.9	<0.001
	3	97.9	94.1, 102	90.0	88.8, 91.3	<0.001
	4	99.0	95.5, 103	90.5	89.3, 91.6	<0.001
	5	93.5	90.0, 97.0	87.8	86.7, 88.9	<0.001
Brown/Wholemeal Bread	1	20.1	17.8, 22.4	19.8	19.1, 20.6	0.768
	2	22.5	20.3, 24.6	19.9	19.2, 20.5	0.003
	3	20.7	18.8, 22.6	19.7	19.0, 20.3	0.189
	4	21.2	19.3, 23.2	20.9	20.3, 21.5	0.643
	5	22.3	20.4, 24.2	22.8	22.2, 23.4	0.509
Total Breakfast Cereal	1	19.3	17.3, 21.3	18.9	18.2, 19.5	0.589
	2	19.8	17.8, 21.8	19.9	19.2, 20.5	0.947
	3	19.3	17.5, 21.2	20.2	19.6, 20.8	0.243
	4	21.8	19.9, 23.8	21.7	21.1, 22.3	0.865
	5	22.6	20.6, 24.7	23.4	22.8, 24.0	0.369
High Fibre Breakfast Cereal	1	11.1	9.4, 12.7	11.4	10.9, 12.0	0.594
	2	10.9	9.3, 12.6	12.0	11.5, 12.5	0.101
	3	10.5	9.0, 12.0	11.9	11.4, 12.3	0.022
	4	12.3	10.7, 13.9	13.0	12.5, 13.5	0.293
	5	13.3	11.6, 15.1	15.0	14.5, 15.6	0.015
Cakes and Pastries	1	16.6	14.9, 18.3	18.4	17.8, 18.9	0.011
	2	17.7	16.0, 19.5	19.9	19.3, 20.4	0.003
	3	16.3	14.8, 17.9	18.7	18.2, 19.2	<0.001
	4	17.9	16.4, 19.4	18.3	17.8, 18.7	0.503
	5	17.4	15.9, 18.9	17.8	17.3, 18.2	0.529
Sweet Biscuits	1	23.8	21.9, 25.7	20.7	20.0, 21.3	<0.001
	2	23.7	21.8, 25.6	21.9	21.3, 22.5	0.019
	3	22.0	20.3, 23.8	21.2	20.6, 21.7	0.223
	4	21.5	19.9, 23.1	20.0	19.5, 20.5	0.021
	5	19.8	18.4, 21.3	17.5	17.1, 18.0	<0.001
Cakes, Sweet Biscuits and Pastries	1	40.4	37.5, 43.2	39.0	38.1, 39.9	0.238
	2	41.5	38.6, 44.3	41.8	40.9, 42.7	0.778
	3	38.3	35.8, 40.9	39.8	39.0, 40.6	0.161
	4	39.4	37.0, 41.8	38.3	37.5, 39.1	0.272
	5	37.2	34.9, 39.5	35.3	34.6, 36.0	0.036
Sugar and Preserves	1	24.6	21.8, 27.3	24.7	23.8, 25.6	0.888
	2	22.1	19.6, 24.5	22.3	21.5, 23.0	0.855
	3	17.1	15.0, 19.2	18.6	18.0, 19.3	0.069
	4	14.6	12.8, 16.4	15.6	15.1, 16.2	0.151
	5	13.2	11.5, 14.9	13.5	13.0, 14.0	0.680
Chocolate Confectionery	1	11.7	10.3, 13.2	11.2	10.7, 11.7	0.360
	2	13.8	12.3, 15.2	12.2	11.8, 12.7	0.011
	3	15.6	14.2, 17.0	13.2	12.8, 13.7	<0.001
	4	15.4	14.1, 16.7	13.1	12.7, 13.6	<0.001
	5	15.2	13.8, 16.7	13.1	12.7, 13.6	<0.001
Sugar Confectionery	1	6.9	5.9, 7.8	6.3	6.0, 6.6	0.105
	2	7.7	6.8, 8.6	6.5	6.3, 6.8	0.002
	3	7.3	6.5, 8.1	6.0	5.8, 6.3	<0.001
	4	6.9	6.1, 7.7	5.7	5.5, 6.0	<0.001
	5	6.7	6.0, 7.5	5.2	5.0, 5.4	<0.001
Total Confectionery	1	18.6	16.7, 20.5	17.4	16.8, 18.0	0.124
	2	21.5	19.6, 23.3	18.8	18.2, 19.4	<0.001
	3	22.9	21.2, 24.6	19.2	18.7, 19.8	<0.001
	4	22.3	20.7, 24.0	18.9	18.3, 19.4	<0.001
	5	22.0	20.3, 23.7	18.3	17.8, 18.9	<0.001
Sugar Containing Soft Drinks	1	195	178, 212	164	158, 170	<0.001
	2	220	202, 238	178	173, 184	<0.001
	3	243	226, 259	194	188, 199	<0.001
	4	226	210, 242	195	190, 200	<0.001
	5	200	184, 215	172	167, 177	<0.001
Sugar Free Soft Drinks	1	73.4	62.5, 84.3	52.7	49.1, 56.2	<0.001
	2	86.8	75.8, 97.8	61.0	57.6, 64.5	<0.001
	3	102	90.6, 113	73.0	69.3, 76.6	<0.001

	4	118	106, 130	82.0	78.2, 85.7	<0.001
	5	115	103, 127	82.0	78.4, 85.6	<0.001
Total Soft Drinks	1	268	248, 289	217	210, 223	<0.001
	2	307	286, 328	239	233, 246	<0.001
	3	344	324, 365	267	260, 273	<0.001
	4	344	324, 364	277	271, 283	<0.001
	5	315	295, 335	254	248, 260	<0.001
Bacon and Ham	1	12.0	10.9, 13.1	10.6	10.3, 11.0	0.002
	2	12.6	11.5, 13.7	11.6	11.2, 11.9	0.021
	3	12.2	11.2, 13.2	11.6	11.3, 11.9	0.128
	4	12.5	11.5, 13.5	11.6	11.3, 11.9	0.034
	5	11.8	10.8, 12.7	11.3	11.0, 11.6	0.225
Other Red Meat Products ^{‡§}	1	29.9	27.8, 32.0	24.2	23.5, 24.9	<0.001
	2	29.6	27.7, 31.4	24.4	23.8, 24.9	<0.001
	3	28.3	26.6, 30.0	25.1	24.5, 25.6	<0.001
	4	27.6	25.9, 29.3	24.6	24.1, 25.2	<0.001
	5	23.6	22.0, 25.2	22.8	22.3, 23.3	0.197
Butter	1	7.3	6.4, 8.3	5.8	5.5, 6.1	<0.001
	2	7.5	6.6, 8.5	5.6	5.3, 5.9	<0.001
	3	6.2	5.4, 7.0	5.1	4.8, 5.3	0.001
	4	6.3	5.5, 7.0	4.7	4.5, 5.0	<0.001
	5	6.1	5.3, 6.8	5.5	5.3, 5.7	0.063
Whole Milk	1	104	92.9, 115	82.2	78.6, 85.9	<0.001
	2	82.7	72.5, 92.9	69.8	66.6, 73.0	0.002
	3	64.0	55.9, 72.1	58.0	55.3, 60.6	0.066
	4	47.8	40.5, 55.1	46.6	44.3, 49.0	0.687
	5	37.6	30.9, 44.3	37.5	35.4, 39.5	0.959
Semi-skimmed Milk	1	130	118, 142	126	122, 130	0.477
	2	138	125, 150	136	132, 140	0.737
	3	134	123, 145	124	120, 128	0.030
	4	134	124, 143	121	118, 125	0.002
	5	126	116, 135	117	114, 120	0.019
Skimmed Milk	1	15.4	9.7, 21.2	20.0	18.1, 21.9	0.050
	2	14.4	8.1, 20.7	22.9	20.9, 24.9	0.001
	3	11.1	5.6, 16.5	22.2	20.4, 23.9	<0.001
	4	14.4	9.5, 19.2	21.7	20.1, 23.2	<0.001
	5	17.9	12.9, 22.9	22.9	21.3, 24.4	0.014
Total Milk	1	267	252, 283	257	252, 262	0.088
	2	256	240, 272	256	251, 261	0.958
	3	232	219, 244	226	221, 230	0.250
	4	214	203, 226	209	205, 212	0.211
	5	198	186, 210	195	191, 199	0.525
White Fish	1	79.6	68.7, 90.4	88.8	85.2, 92.3	0.038
	2	88.2	78.3, 98.2	89.9	86.8, 93.1	0.673
	3	83.8	74.1, 93.5	88.2	85.1, 91.4	0.262
	4	89.0	80.1, 97.8	91.8	89.0, 94.6	0.434
	5	99.7	89.8, 110	104	101, 107	0.285
Fresh Potatoes	1	61.7	54.6, 68.7	65.5	63.2, 67.8	0.185
	2	61.8	55.3, 68.3	67.5	65.5, 69.6	0.030
	3	52.4	46.6, 58.2	62.6	60.7, 64.5	<0.001
	4	51.2	46.0, 56.4	58.3	56.6, 59.9	0.001
	5	46.3	41.7, 51.0	52.8	51.3, 54.2	0.001
Processed Potatoes	1	27.7	25.2, 30.2	25.6	24.8, 26.4	0.033
	2	30.1	27.7, 32.4	27.1	26.4, 27.8	0.002
	3	32.0	29.8, 34.2	29.3	28.6, 30.0	0.003
	4	31.2	29.1, 33.3	28.5	27.9, 29.2	0.001
	5	25.8	24.0, 27.7	23.6	23.0, 24.1	0.002
Savoury Snacks	1	10.5	9.5, 11.6	8.9	8.6, 9.2	<0.001
	2	11.2	10.2, 12.1	10.4	10.1, 10.7	0.049
	3	14.0	13.1, 14.9	11.7	11.4, 12.0	<0.001
	4	14.6	13.7, 15.5	12.2	11.9, 12.5	<0.001
	5	14.0	13.2, 14.9	11.3	11.1, 11.6	<0.001

Sample Size –Scotland = 6431 households (Q1 – 1363, Q2 – 1271; Q3 – 1338; Q4 – 1267; Q5 – 1192); England = 59,958 households (Q1 – 11,560, Q2 – 11,700; Q3 – 11,816; Q4 – 12,172; Q5 – 12,710). *P-values <0.01 (in bold) considered significant; †Means adjusted by survey year, age of household reference person, age household reference person left full-time education; ‡Meat portion only – see appendices 2 & 4 of Barton and Wrieden, 2012 for methodology; §Other Red Meat products includes the meat portion of sausages, meat pies, corned beef, burgers and pate and is a component of total red meat.
Barton KL, Wrieden WL (2012) Estimation of food and nutrient intakes from food survey data in Scotland 2001-2009.
http://tna.europarchive.org/20141103165934/http://www.foodbase.org.uk/admintools/reportdocuments/749-1-1324_Final_Report_2001-2009.pdf (accessed 29 June 2017).