**Table 1. Nutritional composition of current UK average diet for males and females compared to WHO dietary guidelines**

|  |  |  |
| --- | --- | --- |
| Food group / nutrient | WHO dietary guideline+ | Current UK diet# |
| Males | Females |
| Total energy (kcal) | - | 2,098 | 1,578 |
| Total fat (% total energy)~ | 15-30 | 33.4 | 33.5 |
|  Saturated fat (% total energy) | <10 | 12.3 | 12.5 |
|  Polyunsaturated fat (% total energy) | 6-10 | 5.8 | 5.1 |
|  N6 polyunsaturated fat (% total energy) | 5-8 | 4.8 | 4.2 |
|  N3 polyunsaturated fat (% total energy) | 1-2 | 1.0 | 0.9 |
|  Trans fat (% total energy) | <1 | 0.7 | 0.7 |
|  Monounsaturated fat (% total energy) | (remaining) | 12.1 | 11.8 |
| Carbohydrate (% total energy)~ | 55-75 | 44.4 | 46.1 |
|  Free sugars (% total energy) | <10 | 11.9 | 11.1 |
| Protein (% total energy)~ | 10-15 | 16.2 | 16.7 |
| Cholesterol (mg)\* | <300 | - | - |
| Sodium (g) | <2 | 2.6 | 1.9 |
| Fruit and vegetables (g) | ≥400 | 285 | 288 |

+Dietary guidelines taken from World Health Organization. *Diet, Nutrition, and the Prevention of Chronic Diseases: Report of a Joint WHO/FAO Expert Consultation.* Geneva, Switzerland: 2003.

#Nutritional data taken from the National Diet and Nutrition Survey

\* Not included in analyses because information is not available from the National Diet and Nutrition Survey

~% total energy from fat, carbohydrate and protein are averages across individuals and therefore these do not add up to 100%