



For safe food and
healthy eating

Nutrient Intakes, current research and policy in Scotland

British Dietetic Association Scotland – 3 October 2026

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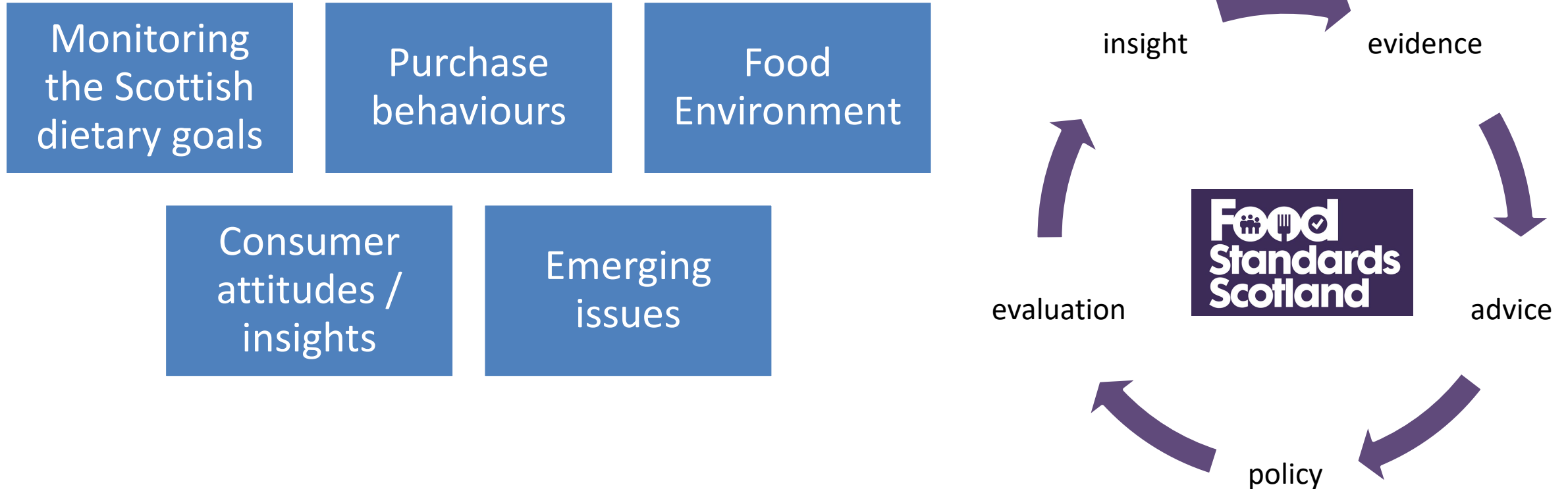


Content

- Who we are and what we do
- Recent data on dietary intakes in children and adults
- OOH food environment
- Scottish Dietary Goals Review
- Scottish Dietary Advice Forum
- Policy developments
- Future work



Our role in the food system



FSS helps ensure that prevention-focused policy is informed by robust evidence about what people eat and what shapes dietary choices.



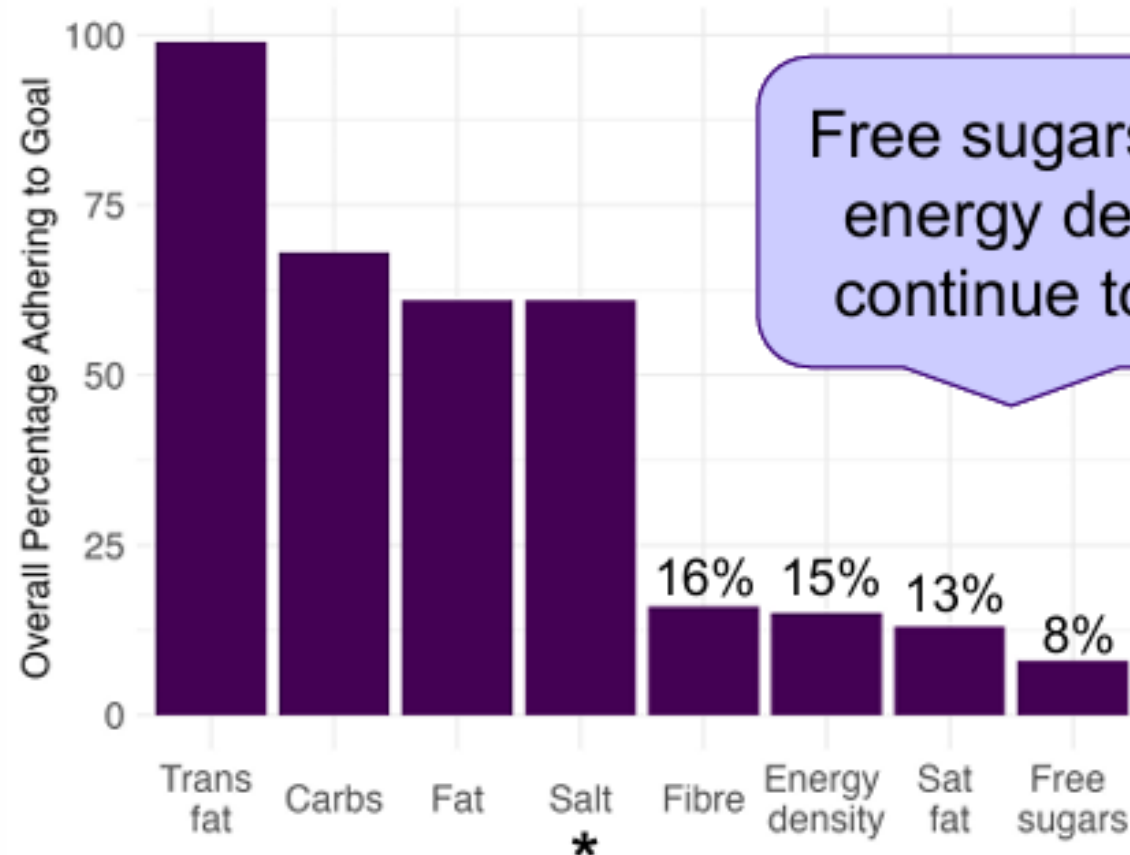
Dietary Intake in Scotland's Children



- 1700 children and young people aged 2-15 years
- 48% female and 51% male
 - 20% 2-4 years
 - 43% 5-10 years
 - 37% 11-15 years
- Data collected in 2024, published early 2025



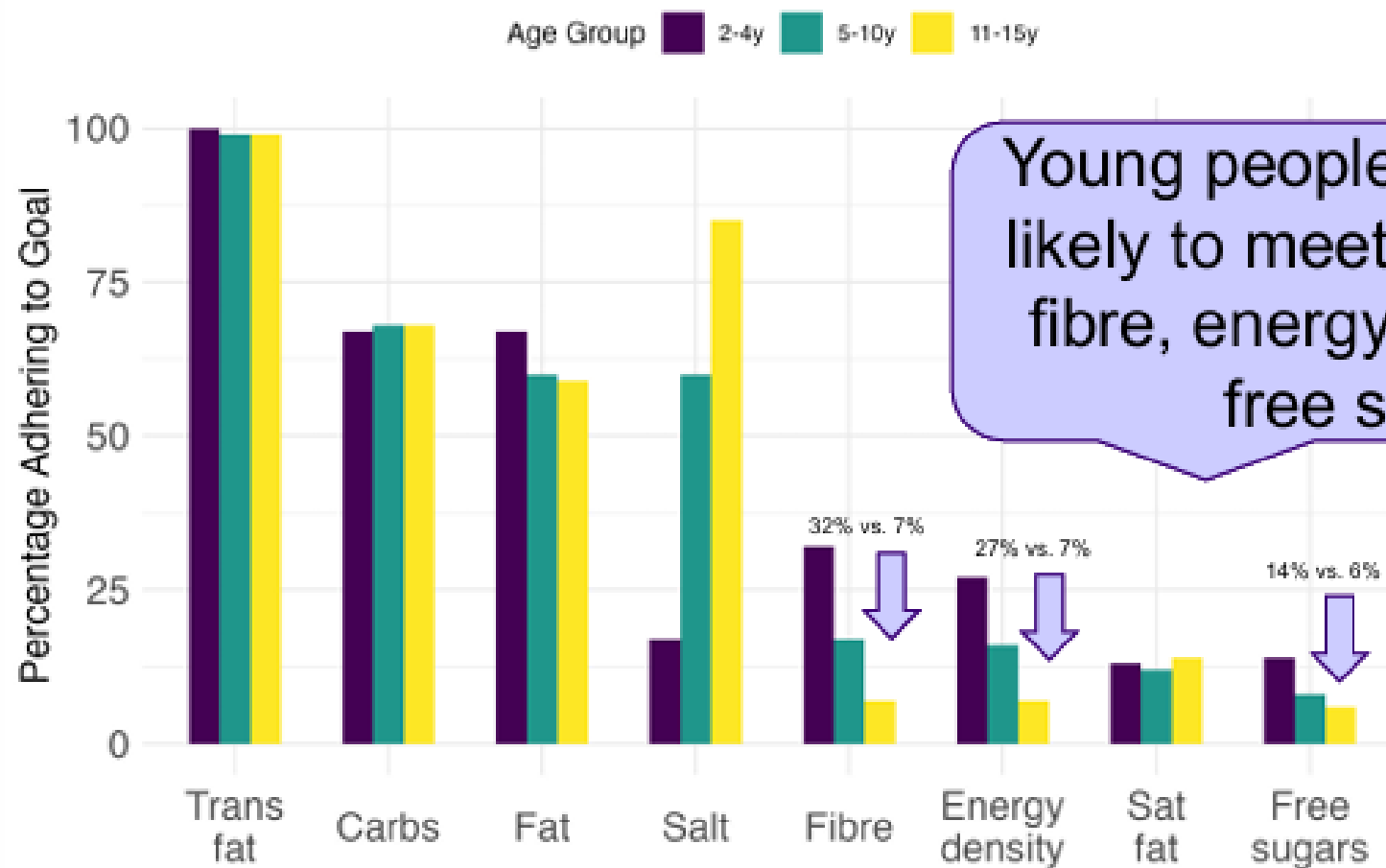
Adherence to the Scottish Dietary Goals



*Salt intake values do not fully take account of salt added during cooking and exclude salt added at the table.

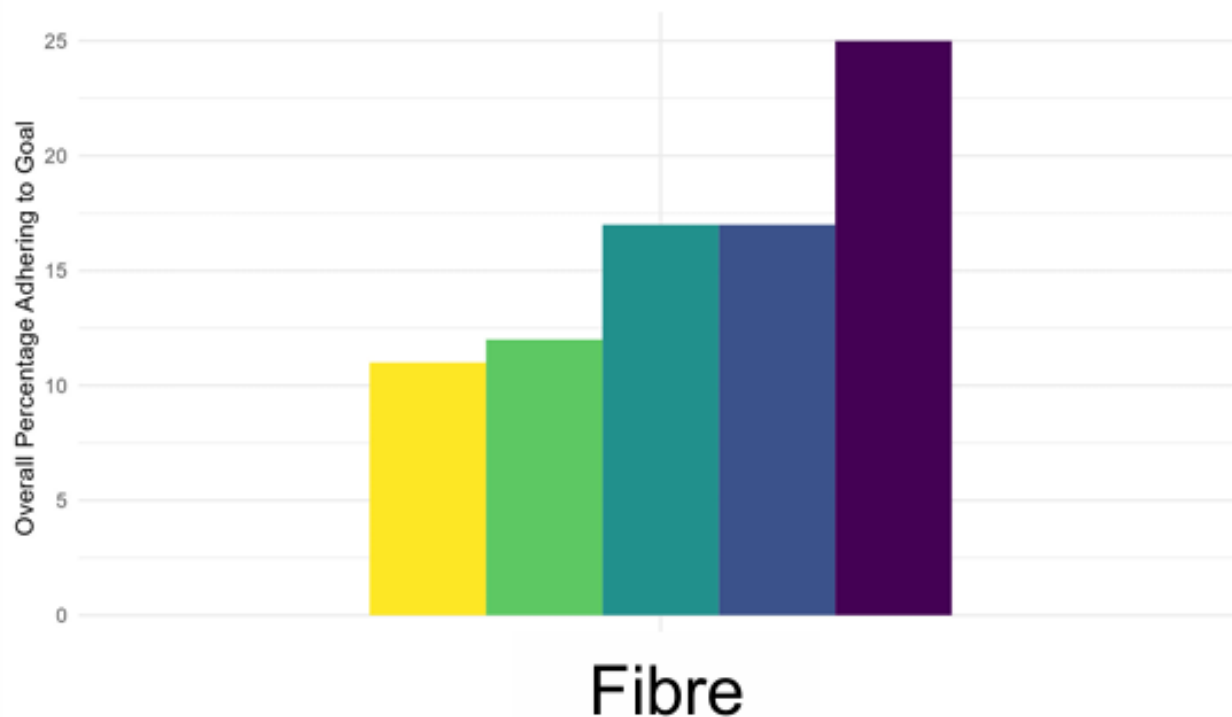


Adherence to the Scottish Dietary Goals

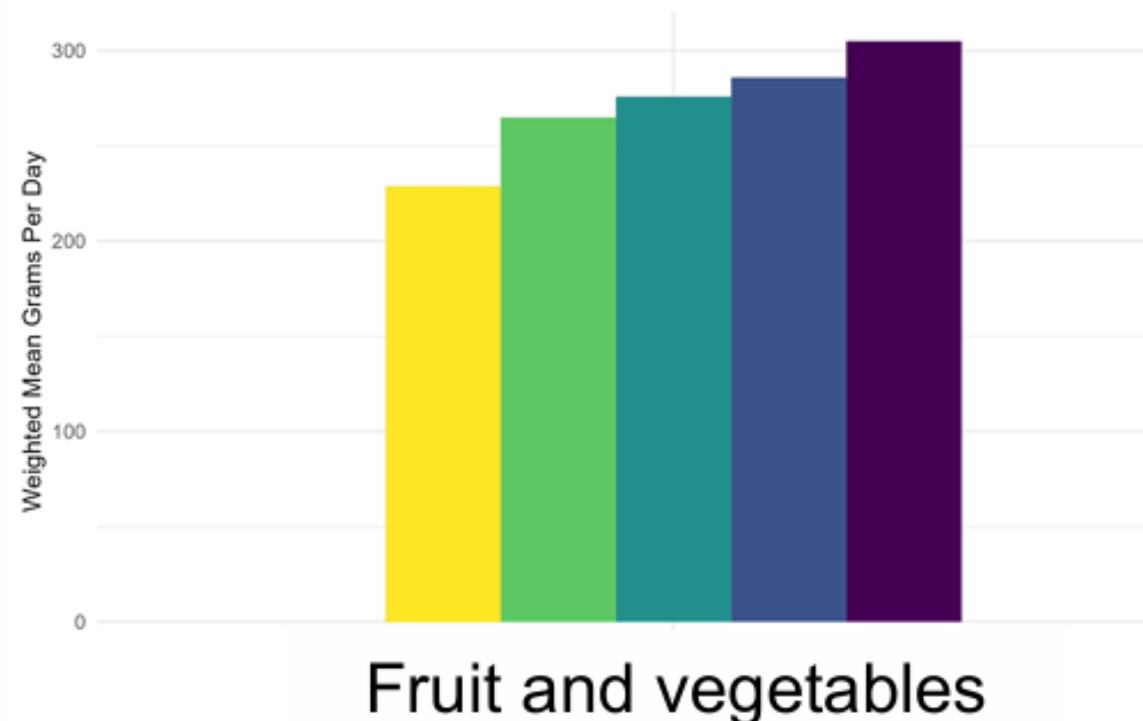


Higher fibre and fruit and vegetable intake among those living in the least deprived neighbourhoods

SIMD 1st (Most Deprived) 2nd 3rd 4th 5th (Least Deprived)



SIMD 1st (Most Deprived) 2nd 3rd 4th 5th (Least Deprived)





	Population Mean Intake $\geq$ RNI
Protein	✓
Vitamin A	✓
Riboflavin	✓
Vitamin B ₁₂	✓
Vitamin C	✓
Folate	X Females, 11-15y (slightly below)

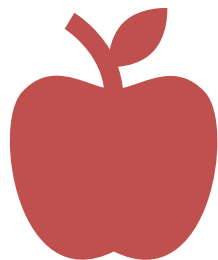
	Population Mean Intake $\geq$ RNI	
Iron	X Females, 11-15y	43% below LRNI
Iodine	X Females, 11-15y	
Calcium	X Females and males, 11-15y	40% females and 21% males below LRNI
Magnesium	X Females and males, 11-15y	
Potassium	X Females and males, 11-15y	
Selenium	X Females and males, 11-15y	33% females and 13% males below LRNI
Zinc	X All subgroups <i>except</i> males 5-10y	



OOH Food Intakes and Behaviour Study



Who in Scotland is and is not eating OOH regularly



How OOH food contributes to their overall diet



What motivates people to eat or not eat OOH food

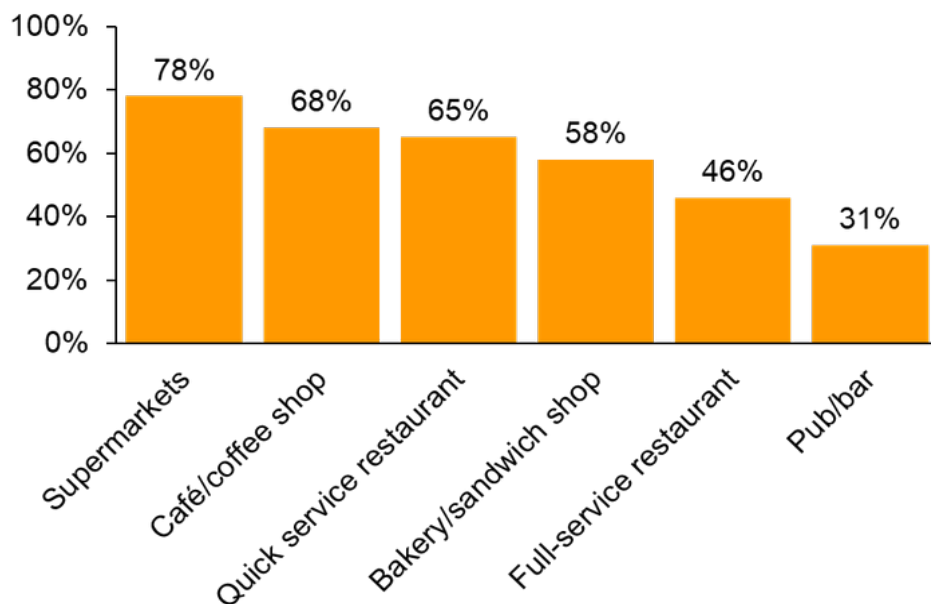
OOH consumption is now part of our routine

Nearly all (98%) surveyed adults engaged with the OOH food environment in the past week

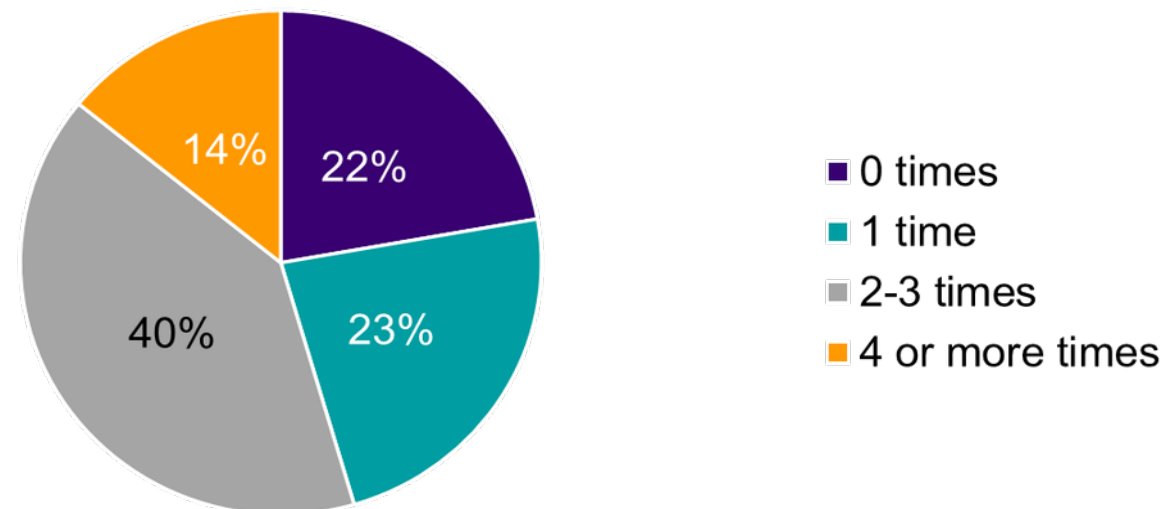


Average 7 times per week

Purchased OOH food in past week from...



Food 'on the go' from supermarkets/ convenience stores/ corner shops in past week



What We Eat OOH

Sandwiches, rolls and wraps (13.6% of OOH energy intake)

Pasta, rice and pizza (10.6% of OOH energy intake)

Chips and potato products (7.3% of OOH energy intake)

Chicken and turkey dishes (7.0% of OOH energy intake)

Cakes, pastries and buns
Other milk and cream including milky coffees
(each 5.1% of OOH energy intake)

OOH food is an important contributor to calorie and nutrient intake

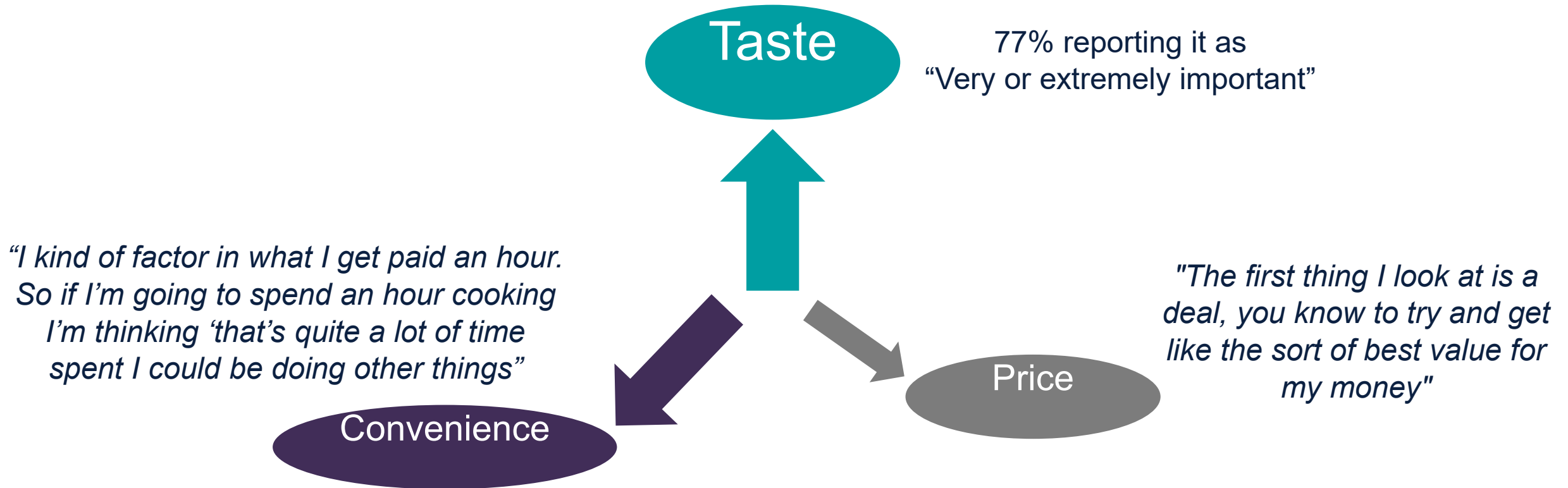


30% - high OOH consumers

19% - moderate OOH consumers

13% - low OOH consumers

Why We Eat OOH

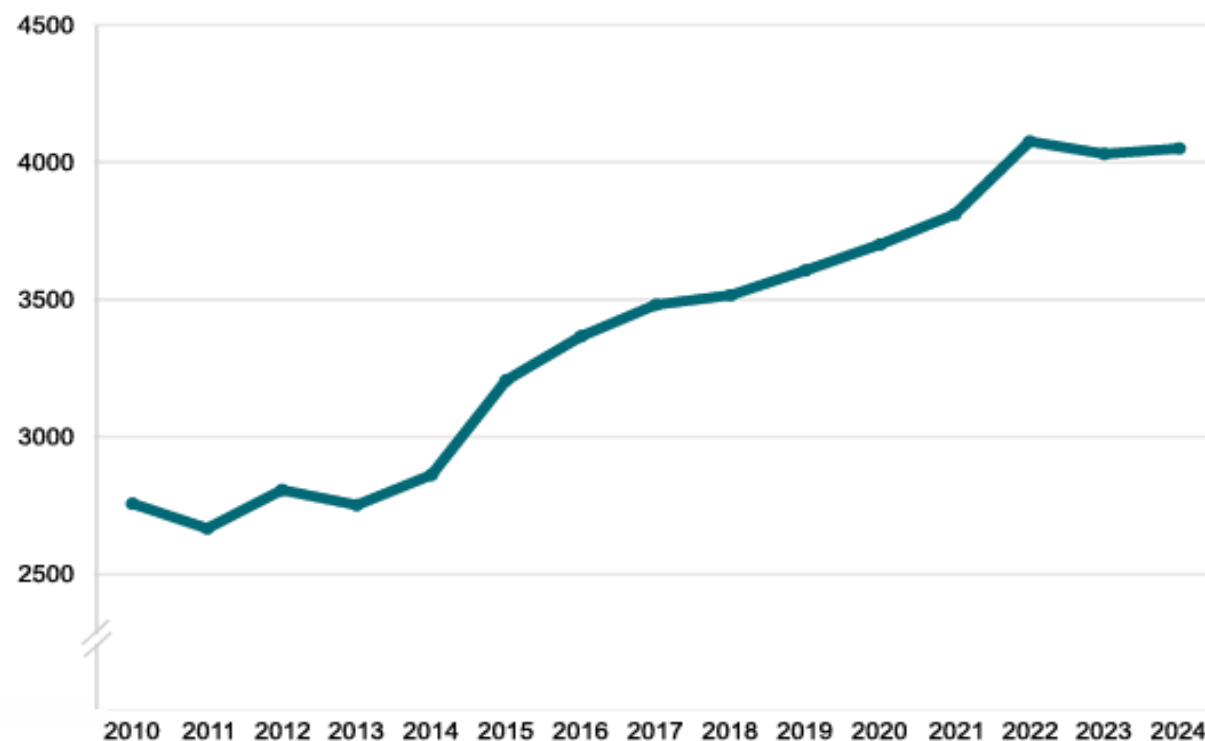






The expanding food environment

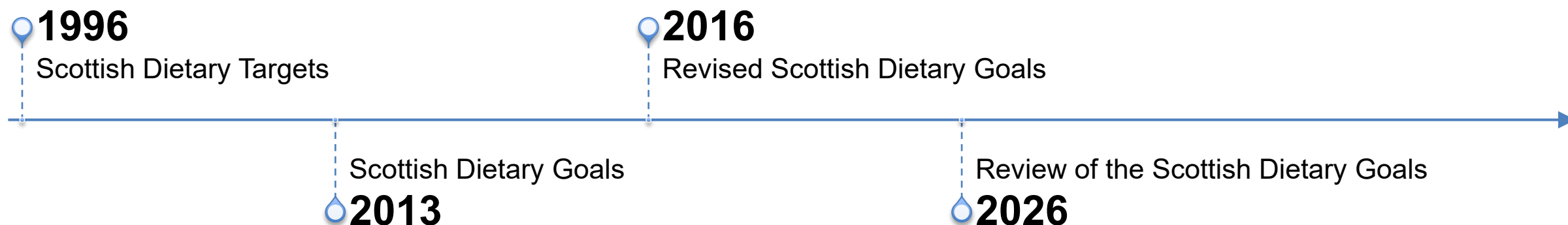
Number of takeaway outlets in Scotland from 2010 to 2024



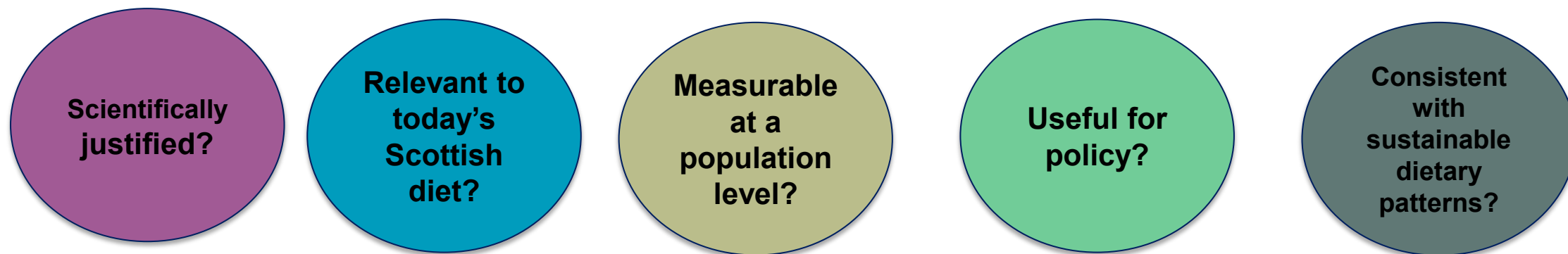
- The number of out of home outlets has increased by over 20% since 2010
- Takeaways alone have increased by almost 50%, with a higher concentration in more deprived areas



Review of the Scottish Dietary Goals



Key questions for the review:



The review changed more than individual targets

1. Introduction of overarching principles

2. Standardised wording for reporting on dietary energy

***The Goals apply to people aged 2 years and above, unless otherwise stated**

3. Proposed removed:

Calorie reduction and energy density

Total carbohydrate

Trans fatty acids

4. Proposed revisions:

Red and red processed meat

Vegetables and fruit

5. New Goals:

Children – fibre and salt

Discretionary food and drink

Scottish Dietary Advice Forum (SDAF)



Undertake the role of risk management of SACN recommendations.



Support the development of and agree new or updated dietary advice for Scotland.



Support the co-ordination and implementation of agreed, new or updated advice to relevant professionals and resources including consumer-facing advice, national policy and/or guidance.



Consider implications of new or updated dietary advice on legislation, where appropriate.

The logo for Food Standards Scotland, featuring the words "Food Standards Scotland" in a bold, sans-serif font. The word "Food" is in a dark blue color, and "Standards Scotland" is in a lighter blue. To the left of the text are three circular icons: a group of people, a fork, and a checkmark.

The Scottish
Government

The logo for Public Health Scotland, featuring the words "Public Health Scotland" in a bold, sans-serif font. The word "Public Health" is in a dark blue color, and "Scotland" is in a lighter blue. To the right of the text is a stylized star icon.The logo for NHS Scotland, featuring the words "NHS" in a bold, sans-serif font. Below "NHS" is a blue wavy line, and below that is the word "SCOTLAND" in a bold, sans-serif font.

SDAF outputs so far

Provided risk management advice for:

- Soya, oat and almond drinks – now published
- Non-sugar sweeteners – agreed and coming soon
- Survey on best way to disseminate agreed new advice
- New professional newsletter established
- Reviewed SACN 1-5 recommendations

Next - Nutrition and Maternal health



The Food (Promotion and Placement) Regulations, (Scotland) 2025



- 10 years in the making!
- Restricts promotions of foods deemed to be HFSS
- 2004/5 Nutrient Profile Model used
- Applies to 13 food categories (not all foods)
- Small retailers exempt

2026 UK Gov Consultation on new Nutrient Profile Model (NPM)



Extending product categories in scope:



Sweet spreads and sauces

- 37% consume
- 15% of free sugars



Meat and veg pies and pastries

- 17% consume
- 10% of energy
- 17–18% of saturated fat



Fruit Juice

- over 40% consume
- 30% of free sugars
- Vitamin C intakes above recommended levels (256%)

In the pipeline



Dietary intakes of
ethnic minority groups



Analysis of drinks
market following SIDL



Consumer research on
sugar and sweeteners



Publication of SDGs
and supporting
materials



Research on prevalence,
feasibility and impact of
providing nutrition information
on request in OOH settings

Summary



- Overall, diet is poor
- Inequalities persist
- Food environment matters
- Evidence drives policy
- Upstream measures need to go further and faster
- Evidence gaps remain



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Thank you

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