Data Dictionary

Vonderschmidt et al. 2023, Contribution of meat-free days, meat-free meals, and portion sizes to declines in meat consumption in the UK  
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| Seriali | Participant ID number |
| okajTotalGrams | Average total weight of an eating occasion, across all occurrences |
| SurveyYear | NDNS survey year; 1 = 2008/09, … 11 = 2018/19 |
| Sex | Participant sex (male, female) |
| Country | Country of residence (England, Scotland, Wales, Northern Ireland) |
| DiaryDaysCompleted | Total number of food diary days completed by the participant |
| Age | Age of participant (continuous) |
| ProcessedDays | The total number of days (out of 4 total) in which processed meat was consumed |
| RedDays | The total number of days (out of 4 total) in which red meat was consumed |
| WhiteDays | The total number of days (out of 4 total) in which white meat was consumed |
| MeatDays | The total number of days (out of 4 total) in which any meat was consumed |
| NoMeatDays | The total number of days (out of 4 total) in which no meat was consumed |
| sumProcessedg | The total weight (g) of all processed meat consumed by the participant across the 4 diary day period |
| sumRedg | The total weight (g) of all red meat consumed by the participant across the 4 diary day period |
| sumWhiteg | The total weight (g) of all white meat consumed by the participant across the 4 diary day period |
| sumMeatg | The total weight (g) of all meat consumed by the participant across the 4 diary day period |
| BProcessedokaj | The total number of breakfast meal occasions (6:00AM–10:00AM) in which processed meat was consumed |
| BRedokaj | The total number of breakfast meal occasions (6:00AM–10:00AM) in which red meat was consumed |
| BWhiteokaj | The total number of breakfast meal occasions (6:00AM–10:00AM) in which white meat was consumed |
| BMeatokaj | The total number of breakfast meal occasions (6:00AM–10:00AM) in which any meat was consumed |
| BNoMeatokaj | The total number of breakfast meal occasions (6:00AM–10:00AM) in which no meat was consumed |
| Btotokaj | The total number of breakfast meal occasions (6:00AM–10:00AM) |
| BsumProcessedg | Average weight (g) of the processed meat consumed at breakfast meal occasions (6:00AM–10:00AM) |
| BsumRedg | Average weight (g) of the red meat consumed at breakfast meal occasions (6:00AM–10:00AM) |
| BsumWhiteg | Average weight (g) of the white meat consumed at breakfast meal occasions (6:00AM–10:00AM) |
| BsumMeatg | Average weight (g) of any meat consumed at breakfast meal occasions (6:00AM–10:00AM) |
| BokajGrams | Average weight (g) of the breakfast meal occasions (6:00AM–10:00AM) |
| LProcessedokaj | The total number of lunch meal occasions (10:30AM–2:30PM) in which processed meat was consumed |
| LRedokaj | The total number of lunch meal occasions (10:30AM–2:30PM) in which red meat was consumed |
| LWhiteokaj | The total number of lunch meal occasions (10:30AM–2:30PM) in which white meat was consumed |
| LMeatokaj | The total number of lunch meal occasions (10:30AM–2:30PM) in which any meat was consumed |
| LNoMeatokaj | The total number of lunch meal occasions (10:30AM–2:30PM) in which no meat was consumed |
| Ltotokaj | The total number of lunch meal occasions (10:30AM–2:30PM) |
| LsumProcessedg | Average weight (g) of the processed meat consumed at lunch meal occasions (10:30AM–2:30PM) |
| LsumRedg | Average weight (g) of the red meat consumed at lunch meal occasions (10:30AM–2:30PM) |
| LsumWhiteg | Average weight (g) of the white meat consumed at lunch meal occasions (10:30AM–2:30PM) |
| LsumMeatg | Average weight (g) of any meat consumed at lunch meal occasions (10:30AM–2:30PM) |
| LokajGrams | Average weight (g) of the lunch meal occasions (10:30AM–2:30PM) |
| DProcessedokaj | The total number of dinner meal occasions (4:30PM–9:30PM) in which processed meat was consumed |
| DRedokaj | The total number of dinner meal occasions (4:30PM–9:30PM) in which red meat was consumed |
| DWhiteokaj | The total number of dinner meal occasions (4:30PM–9:30PM) in which white meat was consumed |
| DMeatokaj | The total number of dinner meal occasions (4:30PM–9:30PM) in which any meat was consumed |
| DNoMeatokaj | The total number of dinner meal occasions (4:30PM–9:30PM) in which no meat was consumed |
| Dtotokaj | The total number of dinner meal occasions (4:30PM–9:30PM) |
| DsumProcessedg | Average weight (g) of the processed meat consumed at dinner meal occasions (4:30PM–9:30PM) |
| DsumRedg | Average weight (g) of the red meat consumed at dinner meal occasions (4:30PM–9:30PM) |
| DsumWhiteg | Average weight (g) of the white meat consumed at dinner meal occasions (4:30PM–9:30PM) |
| DsumMeatg | Average weight (g) of any meat consumed at dinner meal occasions (4:30PM–9:30PM) |
| DokajGrams | Average weight (g) of the dinner meal occasions (4:30PM–9:30PM) |
| avgProcessedokaj | Average number of meal occasions in which processed meat was consumed across the 4-day diary period |
| avgRedokaj | Average number of meal occasions in which red meat was consumed across the 4-day diary period |
| avgWhiteokaj | Average number of meal occasions in which white meat was consumed across the 4-day diary period |
| avgMeatokaj | Average number of meal occasions in which any meat was consumed across the 4-day diary period |
| avgNoMeatokaj | Average number of meal occasions in which no meat was consumed across the 4-day diary period |
| gperokajProcessed | Average weight (g) of the portion of processed meat within processed meat meal occasions |
| gperokajRed | Average weight (g) of the portion of red meat within red meat meal occasions |
| gperokajWhite | Average weight (g) of the portion of white meat within white meat meal occasions |
| gperokajMeat | Average weight (g) of the portion of meat within any meat meal occasions |
| BgperokajProcessed | Average weight (g) of the portion of processed meat within processed meat meal occasions consumed at breakfast (6:00AM–10:00AM) |
| BgperokajRed | Average weight (g) of the portion of red meat within red meat meal occasions consumed at breakfast (6:00AM–10:00AM) |
| BgperokajWhite | Average weight (g) of the portion of white meat within white meat meal occasions consumed at breakfast (6:00AM–10:00AM) |
| BgperokajMeat | Average weight (g) of the portion of meat within any meat meal occasions consumed at breakfast (6:00AM–10:00AM) |
| LgperokajProcessed | Average weight (g) of the portion of processed meat within processed meat meal occasions consumed at lunch (10:30AM–2:30PM) |
| LgperokajRed | Average weight (g) of the portion of red meat within red meat meal occasions consumed at lunch (10:30AM–2:30PM) |
| LgperokajWhite | Average weight (g) of the portion of white meat within white meat meal occasions consumed at lunch (10:30AM–2:30PM) |
| LgperokajMeat | Average weight (g) of the portion of meat within any meat meal occasions consumed at lunch (10:30AM–2:30PM) |
| DgperokajProcessed | Average weight (g) of the portion of processed meat within processed meat meal occasions consumed at dinner (4:30PM–9:30PM) |
| DgperokajRed | Average weight (g) of the portion of red meat within red meat meal occasions consumed at dinner (4:30PM–9:30PM) |
| DgperokajWhite | Average weight (g) of the portion of white meat within white meat meal occasions consumed at dinner (4:30PM–9:30PM) |
| DgperokajMeat | Average weight (g) of the portion of meat within any meat meal occasions consumed at dinner (4:30PM–9:30PM) |
| eqv | Equivalised household income tertiles (1 = highest tertile, 2 = middle tertile, 3 = lowest tertile) |
| wti | Weight for individual and diary-all ages |
| area | Point - scrambled |
| astrata5 | Strata identifier (same as GOR with Scotland and NI combined) - scrambled |
| AgeG | Age (categorical, 5 groups: 1 = ≤10, 2 = 11-17, 3 = 18-40, 4 = 41-59, 5 = ≥60) |
| BMeatokajperc | Percentage of breakfast meal occasions that contain any meat (BMeatokaj/Btotokaj) |
| BProcessedokajperc | Percentage of breakfast meal occasions that contain processed meat (BProcessedokaj/Btotokaj) |
| BRedokajperc | Percentage of breakfast meal occasions that contain red meat (BRedokaj/Btotokaj) |
| BWhiteokajperc | Percentage of breakfast meal occasions that contain white meat (BWhiteokaj/Btotokaj) |
| LMeatokajperc | Percentage of lunch meal occasions that contain any meat (LMeatokaj/Ltotokaj) |
| LProcessedokajperc | Percentage of lunch meal occasions that contain processed meat (LProcessedokaj/Ltotokaj) |
| LRedokajperc | Percentage of lunch meal occasions that contain red meat (LRedokaj/Ltotokaj) |
| LWhiteokajperc | Percentage of lunch meal occasions that contain white meat (LWhiteokaj/Ltotokaj) |
| DMeatokajperc | Percentage of dinner meal occasions that contain any meat (DMeatokaj/Dtotokaj) |
| DProcessedokajperc | Percentage of dinner meal occasions that contain processed meat (DProcessedokaj/Dtotokaj) |
| DRedokajperc | Percentage of dinner meal occasions that contain red meat (DRedokaj/Dtotokaj) |
| DWhiteokajperc | Percentage of dinner meal occasions that contain white meat (DWhiteokaj/Dtotokaj) |
| fpc | Finite population correction: this variable is needed to specify survey weighting structure in the analysis. Set to 15,332 (number of participants used for analysis, i.e., excluding participants with <4 food diary days as per methods). |