Table 1. The numbers of food recordings contributed to the total calories consumed by adults in the UK adults. (NDNS RP 2008-2017).

|  | **n** | **Calories** | **Relative Prop** | **Cal Prop** | **Cal Cum Prop** |
| --- | --- | --- | --- | --- | --- |
| Pasta & Rice and other cereals | 18353 | 3512069.99 | 2.45% | 7.36% | 7.36% |
| White Bread | 18434 | 3245641.192 | 2.46% | 6.80% | 14.17% |
| Chips, fried and roast potatoes and potato products | 6749 | 1884058.683 | 0.90% | 3.95% | 18.12% |
| Cakes, buns, sweet pastries, fruit pies | 7806 | 1710594.272 | 1.04% | 3.59% | 21.70% |
| Vegetable (not raw) | 51317 | 1665474.015 | 6.85% | 3.49% | 25.19% |
| Biscuits | 13200 | 1662598.058 | 1.76% | 3.49% | 28.68% |
| Fruit | 33903 | 1641675.016 | 4.53% | 3.44% | 32.12% |
| Miscellaneous unclassified foods | 48597 | 1639024.805 | 6.49% | 3.44% | 35.56% |
| Chicken/turkey | 8863 | 1617820.299 | 1.18% | 3.39% | 38.95% |
| Cheese | 10983 | 1492015.324 | 1.47% | 3.13% | 42.07% |
| Beer lager | 8199 | 1484001.198 | 1.09% | 3.11% | 45.19% |
| Semi-skimmed milk | 57611 | 1302649.716 | 7.69% | 2.73% | 47.92% |
| Potatos other (in salads and dishes) | 10113 | 1291447.612 | 1.35% | 2.71% | 50.62% |
| Fat spreads | 37960 | 1215278.601 | 5.07% | 2.55% | 53.17% |
| Beef | 4987 | 1124560.421 | 0.67% | 2.36% | 55.53% |
| High fiber breakfast cereals | 8215 | 1072813.734 | 1.10% | 2.25% | 57.78% |
| Whole meal bread | 7193 | 1070695.885 | 0.96% | 2.24% | 60.02% |
| Chocolate | 6495 | 1046112.645 | 0.87% | 2.19% | 62.22% |
| Wine | 6967 | 1027792.96 | 0.93% | 2.15% | 64.37% |
| Brown, granary and wheatgerm bread | 6183 | 1009074.952 | 0.83% | 2.12% | 66.48% |
| Butter | 10203 | 965901.1134 | 1.36% | 2.02% | 68.51% |
| Eggs | 7554 | 964769.1929 | 1.01% | 2.02% | 70.53% |
| Soft drinks not diet | 11387 | 940516.516 | 1.52% | 1.97% | 72.50% |
| Reduced fat spreads | 12620 | 848834.8941 | 1.68% | 1.78% | 74.28% |
| Crisps and savoury snacks | 5664 | 835671.5788 | 0.76% | 1.75% | 76.04% |
| Sausages | 3025 | 775004.1292 | 0.40% | 1.62% | 77.66% |
| Meat pastries | 1979 | 744639.8933 | 0.26% | 1.56% | 79.22% |
| Bacon and ham | 8467 | 738727.4962 | 1.13% | 1.55% | 80.77% |
| Yogurt | 6776 | 665484.5516 | 0.90% | 1.40% | 82.16% |
| Low-fiber breakfast cereals | 4303 | 560296.3273 | 0.57% | 1.17% | 83.34% |
| Nuts and seeds | 6259 | 559873.8879 | 0.84% | 1.17% | 84.51% |
| Oily fish | 2610 | 550425.3668 | 0.35% | 1.15% | 85.67% |
| Whole Milk | 13628 | 530449.0746 | 1.82% | 1.11% | 86.78% |
| White fish, shellfish | 1597 | 498928.8189 | 0.21% | 1.05% | 87.82% |
| Puddings | 2291 | 459784.6241 | 0.31% | 0.96% | 88.79% |
| Other Milk Cream | 6605 | 434239.3742 | 0.88% | 0.91% | 89.70% |
| Pork | 1832 | 420503.7637 | 0.24% | 0.88% | 90.58% |