

Whole Grain Intake in the UK

Whole grain (WG) intake is linked to numerous health benefits¹. However, there is limited data on WG consumption in the UK population.

The UK Eatwell Guide does not provide explicit recommendations for WG consumption². However, Danish dietary guidelines suggest a WG intake of 75 g/day and US guidelines recommend a WG intake of > 48-58 g/day³.

Therefore, this cross-sectional analysis undertaken by Pepsico R&D Life Scientists underscores the WG intake of 15,655 individuals aged >1.5 years, using data from the NDNS 2008/9-2018/19.



WG intake = g of dry WG

based on product ingredient information

Primary Sources of Whole Grains in the UK Diet (2016-2019)⁴, grams per day



Bread
10.0 g/d



High Fibre Cereals
9.3 g/d



Rice



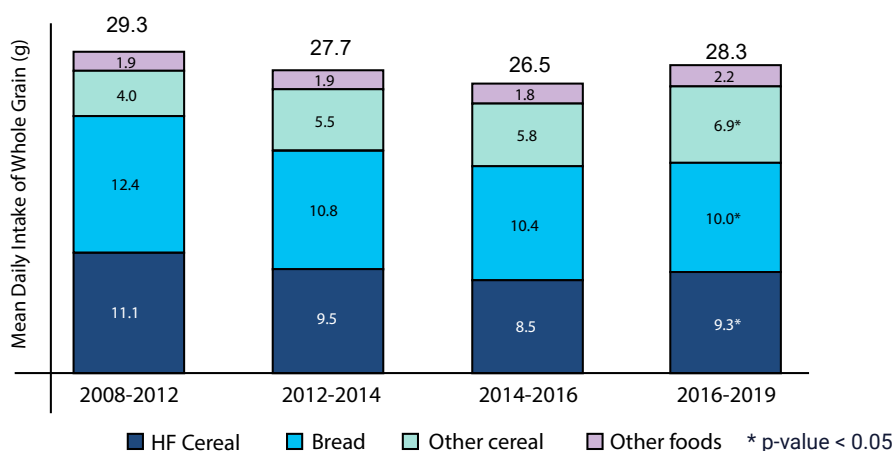
Pasta

Other Cereals
6.9 g/d



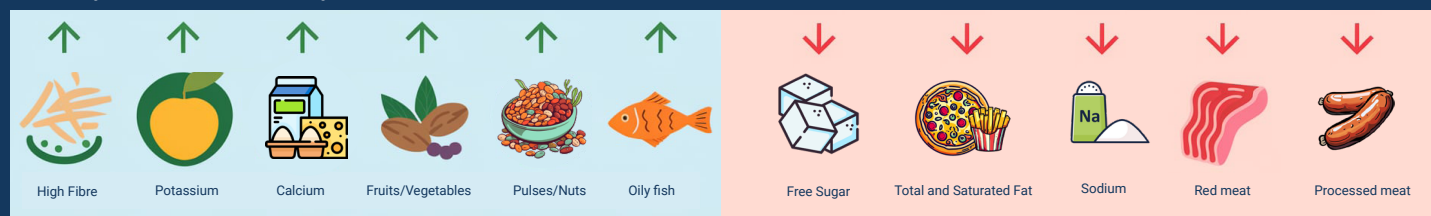
Other Foods
2.2 g/d

Sources of Whole Grains Varied in the UK Diet Between 2008-2019:



How is Whole Grain Intake associated with Overall Diet Quality?

WG intake was associated with higher fibre, potassium, calcium, iron, magnesium, fruits/vegetables, pulses/nuts, and oily fish, and inversely associated with free sugars, total fat, saturated fat, sodium, and red/processed meat.



Sociodemographic Factors associated with Whole Grain Intake in the UK



WG intake decreased in children 1.5 - 3 years and 4-10 years, however, this did not occur in other age groups.



Individuals with higher incomes and education levels exhibited a higher prevalence of WG consumption.

Results:

PepsiCo researchers observed that there was no statistically significant change in mean whole grain intake in the total UK population between 2008-2019⁴. Mean WG intake was 28.2 ± 1.4 g per day in 2016-2019.

Conclusion:

While the overall mean whole grain intake has remained unchanged in the UK (2008-2019), the sources of whole grains have shifted over time.

References

1. McRae MP. Health benefits of dietary whole grains: an umbrella review of meta-analyses. *Journal of chiropractic medicine*. 2017;16(1):10-8.
2. England PH. The Eatwell Guide 2017 [Available from: <https://www.gov.uk/government/publications/the-eatwell-guide>].
3. USDA. Dietary guidelines for Americans [Available from: <http://health.gov/dietaryguidelines/dga2010/dietaryguidelines2010.pdf>]
4. Kutepova I, Rehm CD, Smith SJ. Whole Grain Intake Remains Unchanged in the United Kingdom, 2008/2012–2016/2019. *British Journal of Nutrition*.:1-7.