

UK Seafood consumption trends



Frequency of fish/seafood consumption

% Eating 2 a week or more per week*	Jul-07
Less than 1 a week	13
1 a week	36
2 a week	26
More than 2 a week	13
Don't eat	10
% Eating 2 a week or more	39

* +/-2%

Source:TNS Omnimas

Key messages

- In home consumption of fish has grown 16% since 2000, more than triple the increase in fruit and vegetable consumption.

- Oil rich fish consumption in home has risen by 25% since 2000.

- Shellfish in home consumption has doubled since 2000.

Source: Family Food Survey Defra

- 39% of consumers eat 2 or more portions of fish and seafood a week.

- Only 10% of consumers do not eat seafood.

Average grams per person per week of seafood consumed in home

Source: TNS Omnimas

	2000	2001-02	2002-03	2003-04	2004-05	2005-06	% Chg 2000/2006
Fish	144	157	155	156	158	167	16%
Oil rich fish *	51	56	56	58	58	64	25%
Shellfish	6	10	11	11	11	12	100%
Fruit and vegetables	2336	2250	2307	2269	2274	2448	5%

* salmon, herring, blue fish, tinned salmon, other tinned fish

Source: Family Food Survey Defra