

Accredited official statistics: Family Food 2025/26

'Family Food' is an annual publication which provides detailed statistical information on purchased quantities, expenditure and nutrient intakes derived from both household and eating out food and drink. Data is collected for a sample of households in the United Kingdom using self-reported diaries of all purchases, including food eaten out, over a two week period. Where possible quantities are recorded in the diaries but otherwise estimated. Energy and nutrient intakes are calculated using standard nutrient composition data for each of some 500 types of food. Current estimates are based on data collected in the 'Family Food Module of the Living Costs and Food Survey'.