



Bidrag til Santé F vedr. forbrugsmønstre inden for ready to eat food (RTE)

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Til Fødevarestyrelsen (FVST)

Vedrørende Bidrag til Santé F vedr. forbrugsmønstre inden for ready to eat food (RTE)

Fra DTU Fødevareinstituttet

Af mail fra 12. april 2018 fra Fødevarestyrelsen (FVST) anmodes om bidrag vedr. særlige forbrugsmønstre eller spisevaner, som er relevante i forhold til ready to eat food (RTE) fødevarer

I forbindelse med Santa F audit har EU spurgt om: *Consumer behaviours that may be relevant for the organisation of official controls on production of RTE food in Denmark (e.g. possible cooking or eating habits that may increase the risk in relation to certain RTE food or that may place a food in the RTE category) and related consumption trends.*

FVST beder om evt. bidrag formuleret på engelsk.

Svarfrist: 20. april 2018

Conclusion

The recent Danish national dietary survey 2011-13 shows that seventeen percent of Danish adults use ready to eat food one or more times per week, while 20 % never use it. Most Danish adults, 23 %, use ready to eat food 2-3 times per month, while 20 % use it one time per month and 20 % less than one time per month. There is a small tendency to a more frequent use of ready to eat food in 2011-2013 than in 2005-2008.

More men use ready to eat food 2-3 times per month or more, while more women use it one time per month or less (2011-13).

A significantly higher proportion of Danish adults use partly prepared food very often compared to the use of ready to eat food. Fifty six percent of Danish adults use partly prepared food one or more times per week, while 9 % never use it. Seventeen percent use it 2-3 times per month, 9 % one time per month and 11 % less than one time per month. More men use partly prepared food more than one time per week, while more women use it one time per week and less than one time per month (2011-13).

Use of ready to eat food among Danish adults

In the Danish National Survey of Diet and Physical Activity (DANSDA) (see below) participants are asked how often their family/household eats ready to eat food at home. The response categories are evident in Table 1. Ready to eat food is exemplified by soup, pizza and frozen pasta dish, chicken ready to cook in the oven and spring rolls. In a text to the interviewer, it is specified that ready to eat food includes food warmed at home or takeaway eaten at home.

Table 1 shows how frequent Danish adults use ready to eat food. Seventeen percent use ready to eat food one or more times per week, while 20 % never use it. Most Danish adults, 23 %, use ready to eat food 2-3 times per month, while 20 % use it one time per month and 20 % less than one time per month. In DANSDA 2005-2008, 21 % used ready to eat food 2-3 times per month, while 24 % used it less than one time per month (data not shown). As such, there is a small tendency to a more frequent use of ready to eat food in 2011-2013 than in 2005-2008.

Table 1 shows a gender difference in the use of ready to eat food. There is a tendency that more men use ready to eat food 2-3 times per month or more, while more women use it one time per month or less.

Table 1. Use of ready to eat food among Danish adults (19-75 y) 2011-2013. Percent

	All N=3076	Men N=1498	Women N=1578
More times per week	4	5	4
1 time per week	13	14	11
2-3 times per month	23	25	22
1 time per month	20	19	21
Less than 1 time per month	20	19	21
Never	20	18	22
Total	100	100	101
P<0.001*			

Question: How often does the family/household eat ready to eat food, e.g. soup, pizza and frozen pasta dish, chicken ready to cook in the oven and spring rolls, at home?

* Gender difference. Tested using Chi-square test (P<0.05)

Figure 1 shows the use of ready to eat food among Danish adults in different age groups. Among 25-34-year-olds to 65-75-year-olds, there is a clear tendency: The younger the age the more frequent use of ready to eat food. Among the group of 19-24 year-olds, a considerable proportion are likely to live with their parents. This might explain why this group does not follow the described tendency among the other age groups.

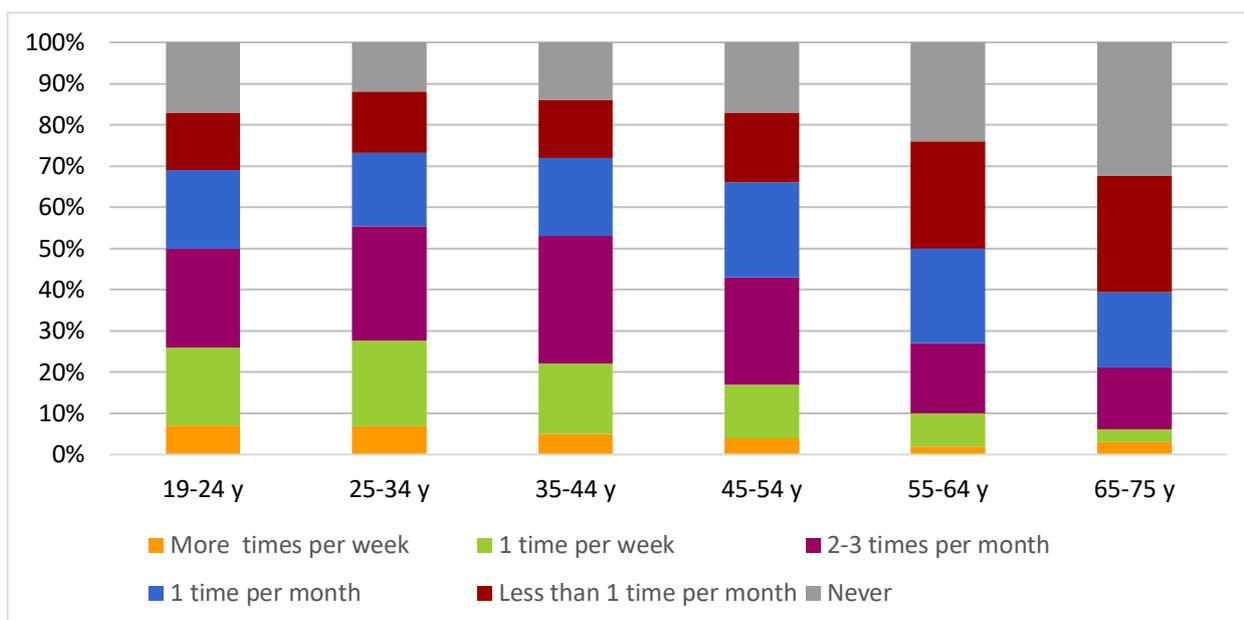


Figure 1. Use of ready to eat food among Danish adults (19-75 y) in different age groups 2011-2013 (N=3076)

Use of partly prepared food among Danish adults

In DANSDA, participants are also asked how often their family/household eats partly prepared food. Response categories are evident in Table 2. Partly prepared food is exemplified by gravy/sauce, oven potatoes, french fries/chips, frozen vegetables and precut salad. It is specified that partly prepared food is only part of the whole meal or a small light meal.

As evident in Table 2, 56 % of Danish adults use partly prepared food one or more times per week, while 9 % never use it. Seventeen percent use it 2-3 times per month, 9 % one time per month and 11 % less than one time per month. This means that a significantly higher proportion of Danish adults use partly prepared food very often compared to the use of ready to eat food. In DANSDA 2005-2008, 54 % used partly prepared food one or more times per week, while 10 % never used it (data not shown). As such, the use of partly prepared food from 2005-2008 to 2011-2013 has been rather stable.

Table 2 shows a gender difference in the use of partly prepared food. More men use partly prepared food more than one time per week, while more women use it one time per week and less than one time per month.

Table 2. Use of partly prepared food among Danish adults (19-75 y) 2011-2013. Percent

	All N=3076	Men N=1498	Women N=1578
More times per week	33	36	30
1 time per week	23	21	24
2-3 times per month	17	16	18
1 time per month	9	9	9
Less than 1 time per month	11	10	12
Never	9	8	9
Total	102	100	102

P=0.003*

Question: How often does the family/household eat partly prepared food, e.g. gravy/sauce, oven potatoes, french fries/chips, frozen vegetables, precut salad?

* Gender difference. Tested using Chi-square test (P<0.05)

The Danish National Survey of Diet and Physical Activity

Data included in the analyses above are derived from the Danish National Survey of Diets and Physical Activity 2011-2013 (DANSDA). DANSDA is a cross-sectional survey where data on diet, physical activity, anthropometrics, socio-demographic characteristics, participants' meal habits and values related to eating habits are collected in a nationally representative sample of the Danish population (4-75 years). Participants are drawn from the Danish Civil Registration System. The first DANSDA was conducted in 1985, then in 1995, continuously in 2000-2002 and 2003-2008 and finally 2011-2013.

Data on ready to eat food are derived from structured face-to-face interviews with a total of 60 questions. The survey questions cover topics such as food choice, attitudes toward healthy eating, meal habits and demographic characteristics. Data on diet are collected through pre-coded food diaries in seven consecutive days while data on physical activity are collected with pedometers in the same seven days. In the 2011-2013 survey, a total of 7,253 individuals were drawn from the Danish Civil Registration System (CPR) and 3,946 (54 %) participated in the survey. Compared to the Danish population, individuals with basic education were underrepresented, while men and 19-54-year-olds were slightly underrepresented. Overall, the generalizability is good. However, the analyses above should be evaluated in the light of this underrepresentation.

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