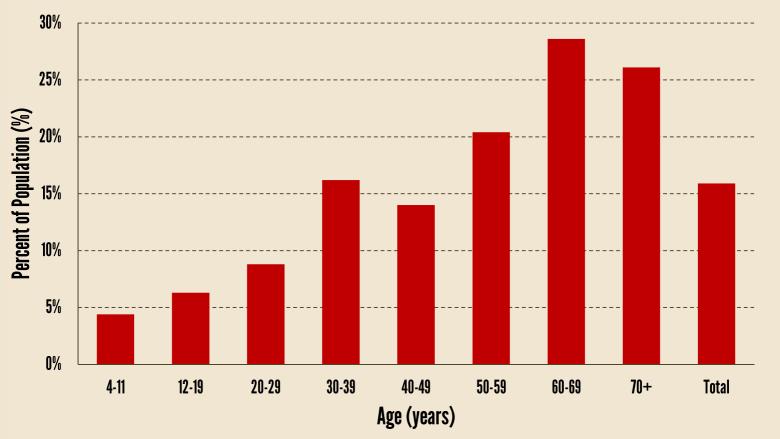
## Percent of UK Population Meeting Oily Fish Recommendations\* by Age (N=11,715)



<sup>\*</sup> UK recommended intake is two weekly (140 g) portions of fish, of which one should be oily

Chart Date 1/8/2020 ©2020 GrassrootsHealth Derbyshire E, Front. Nutr., 2019.

