

Veg Cities Campaign webinar Q&A 2nd May 2018



Peter Samsom from Durham

Are the percentages with regard to vegetable consumption by weight of the diet consumed?

Katie Palmer from Cardiff

One portion of veg is 80g. According to Eatwell guide we should be eating 3.5 portions so 280g /d. Peas Please aim is for everyone to be eating an extra portion a day. Self-reported figures for wales show 24% of people reporting to eat 5 a day from our National survey. Will check on what National consumption figures we have but the purchase figures are from Kantar (but obviously don't include waste and out of home)