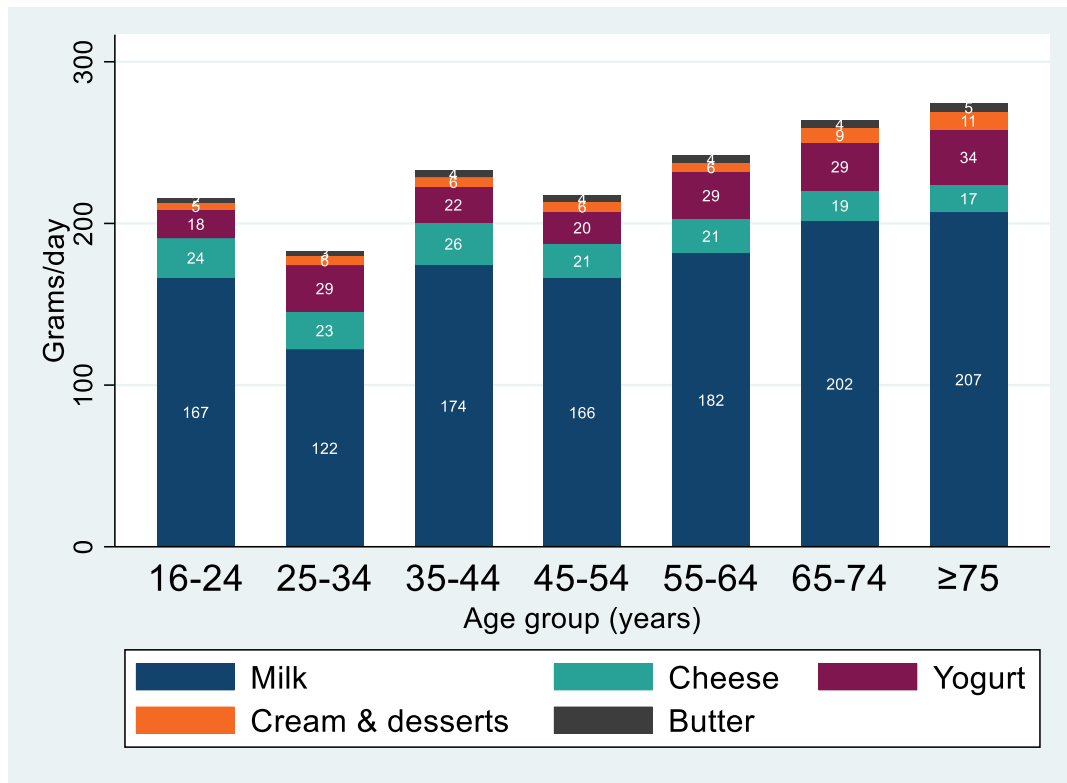


Supplementary Information

Supplementary Fig. 1 Per capita mean daily consumption (g) of milk and milk product categories by age group (years)



Supplementary Table 1. Percent contributions from meat and milk products to nutrient intakes

	Meat and meat products		Milk and milk products	
	Mean %	SD	Mean %	SD
Macronutrients				
Energy	14.3	13.9	11.4	8.7
Protein	27.2	22.1	14.4	11.7
Fat	18.8	18.6	17.6	14.4
Carbohydrate	6.6	10.2	6.5	6.9
Free sugars	4.2	11.5	6.9	14.5
AOAC fibre	9.7	14.4	1.0	2.7
Minerals				
Calcium	6.6	9.6	34.3	22.0
Chloride	17.7	18.9	11.3	10.0
Copper	12.1	14.5	5.1	10.9
Iodine	8.3	11.1	38.2	24.6
Iron	15.8	16.5	1.6	3.9
Magnesium	11.6	12.3	10.5	9.5
Manganese	6.9	11.2	0.8	2.6
Phosphorus	17.4	15.9	20.0	14.7
Potassium	13.2	13.4	12.9	11.5
Selenium	26.2	23.4	7.5	8.1
Sodium	19.7	20.1	10.3	9.8
Zinc	24.5	21.5	15.9	12.8
Vitamins				
Vitamin A	9.8	18.3	25.1	22.3
Thiamin	14.7	16.6	6.5	6.7
Riboflavin (B2)	12.5	13.4	29.6	19.5
Niacin	29.4	24.5	2.3	3.5
Vitamin B6	20.5	19.6	12.1	11.8
Folate	8.0	11.3	8.7	7.8
Vitamin B12	19.0	22.2	36.0	25.4
Vitamin C	6.7	15.3	7.9	13.9
Vitamin E	11.4	16.0	6.0	7.1

Estimates are percent contributions from the high level food categories 'Meat and meat products' and 'Milk and milk products' to nutrient intakes from food (excluding contributions from dietary supplements) among adults (≥ 16 y) in the Scottish Health Survey 2021. Nutrients reported are those which have a UK Dietary Reference Value (not including individual fatty acids). N=3,447.

Supplementary Table 2. Dairy-free items reported in SHeS sub food groups that were re-categorised

Main food group	Sub food group	Food item	Unweighted freq.	Weighted %*
Other milk and cream	Cream (including imitation cream)	Non-dairy cream alternative (e.g. Alpro Soya)	6	3%
		Almond milk / hazelnut milk	188	12%
		Coconut milk, fresh (e.g. Alpro)	28	1%
		Dairy free custard (e.g. alpro soya)	3	0%
	Other milk	Hemp milk	3	0%
		Horlicks/Ovaltine, made with alternative milks (e.g. soya milk)	2	0%
		Hot chocolate, made with alternative milks (e.g. soya milk)	13	1%
		Oat milk	396	27%
		Rice milk	17	1%
		Soya milk drink, flavoured (e.g. Alpro chocolate)	1	0%
		Soya milk, light	21	1%
		Soya milk, sweetened	60	6%
		Soya milk, unsweetened	152	8%
Cheese	Other cheese	Tofu/soya cheese	16	2%
Yogurt fromage frais and dairy desserts	Yogurt	Soya yoghurt, plain (e.g. Alpro Soya)	28	2%
		Soya yoghurt, with fruit (e.g. Alpro Soya)	19	1%
	Fromage frais and dairy desserts (manufactured)	Soya dessert (e.g. Alpro chocolate, caramel (including free from soya fromage frais)	5	4%
Ice cream	Ice cream	Dairy free ice cream	19	4%

*% contribution of all items within the sub food group.

For the purpose of this analysis, several modifications were made to the milk and milk product food category as well as main and sub food groups:

- 1) Dairy-free items were re-categorised into newly created dairy-free food groups (as per the table above).
- 2) Milky coffees (dairy only), including lattes, cappuccinos, flat whites and mochas, were re-categorised into 'other milk' from 'coffee'. This affected 13 items, reported 955 times, which constituted 14% of all coffee items reported.
- 3) Hot chocolates made with water within 'other milk' were re-categorised into 'miscellaneous', specifically 'beverages dry weight'. This affected 2 items, reported 70 times, which accounted for 5% of the 'other milk' items before any modifications.
- 4) The main and sub food group 'butter' was re-categorised into 'milk and milk products' from 'fat spreads'.
- 5) Two ice-lollies that did not contain dairy - 'Twister' and 'Sorbet' – were originally misclassified within 'ice cream'. These were re-categorised into 'Sugar confectionery'. The food group definition of sugar confectionery states it "includes [...] ice lollies (without ice cream)".

Supplementary Table 3. Re-categorisation of disaggregated meat items into animal types

Disaggregated meat variable	Food item	Animal type
Processed Red Meat	Corned beef , not canned	Beef
	Corned beef hash	Beef
	Corned beef, canned	Beef
	Pastrami	Beef
	BLT sandwich with white/malted bread	Pork
	BLT sandwich with wholemeal/oatmeal bread	Pork
	Bacon and cheese grills	Pork
	Bacon and egg in a bun/muffin (e.g. bacon and egg McMuffin)	Pork
	Bacon cheese burger, in a bun	Pork
	Bacon cheeseburger, including bun	Pork
	Bacon sandwich with mayo wholemeal/oatmeal bread	Pork
	Bacon sandwich with white/malted bread	Pork
	Bacon sandwich with wholemeal/oatmeal bread	Pork
	Bacon streaky, smoked, grilled	Pork
	Bacon, back/middle, smoked, grilled (including fat)	Pork
	Bacon, back/middle, smoked, grilled (fat removed)	Pork
	Bacon, back/middle, unsmoked, grilled (including fat)	Pork
	Bacon, back/middle, unsmoked, grilled (fat removed)	Pork
	Bacon, smoked, fried (fat removed)	Pork
	Bacon, smoked, fried (including fat)	Pork
	Bacon, streaky, smoked, grilled	Pork
	Bacon, streaky, unsmoked, grilled	Pork
	Bacon, type and cooking method unknown	Pork
	Bacon, unsmoked, fried (fat removed)	Pork
	Bacon, unsmoked, fried (including fat)	Pork
	Bacon/gammon joint, boiled (fat removed)	Pork
	Bacon/gammon joint, boiled (including fat)	Pork
	Beef bourguignon	Pork
	Beef lasagne	Pork
	Breakfast sandwich with white/malted bread	Pork
	Breakfast sandwich with wholemeal/oatmeal bread	Pork
	Breakfast sub roll/baguette	Pork
	Burger King bacon cheeseburger	Pork
	Carbonara pasta sauce	Pork
	Charcuterie	Pork
	Cheese and ham sandwich with white/malted bread	Pork
	Cheese and ham sandwich with wholemeal/oatmeal bread	Pork
	Chicken and bacon sandwich with mayo with wholemeal/oatmeal bread	Pork
	Chicken and bacon sandwich with white/malted bread	Pork
	Chicken and bacon sandwich with wholemeal/oatmeal bread	Pork
	Chicken and bacon sub roll/baguette	Pork
	Chicken and bacon wrap	Pork
	Chicken and ham sandwich with mayo with white/malted bread	Pork
	Chicken and ham sandwich with mayo with white/malted bread	Pork
	Chicken mayonnaise sandwich fillers (e.g. chicken and sweetcorn, tikka, coronation)	Pork
	Chicken mayonnaise sandwich fillers, low fat	Pork
	Chicken with a tomato and cheese sauce	Pork
	Dairylea Lunchables (includes cheese, meat and crackers)	Pork
	Gammon steak, fried (fat removed)	Pork
	Gammon steak, fried (including fat)	Pork
	Gammon steak, smoked, grilled (fat removed)	Pork
	Gammon steak, smoked, grilled (including fat)	Pork
	Gammon steak, unsmoked, grilled (fat removed)	Pork
	Glazed baked gammon	Pork
	Ham and cheese slice/pie (with or without vegetable)	Pork
	Ham and cheese sub roll/baguette	Pork
	Ham and egg sub roll/baguette	Pork
	Ham salad sandwich with mayo with white/malted bread	Pork
	Ham salad sandwich with mayo with wholemeal/oatmeal bread	Pork
	Ham salad sandwich with white/malted bread	Pork
	Ham salad sandwich with wholemeal/oatmeal bread	Pork
	Ham salad sub roll/baguette	Pork
	Ham sandwich with mayo with white/malted bread	Pork
	Ham sandwich with mayo with wholemeal/oatmeal bread	Pork
	Ham sandwich with white/malted bread	Pork
	Ham sandwich with wholemeal/oatmeal bread	Pork
	Ham, low fat	Pork

	Ham, not smoked	Pork
	Ham, smoked	Pork
	Ham, tinned	Pork
	Loaded potato skins (e.g with cheese & bacon)	Pork
	Luncheon meat, not canned	Pork
	Luncheon meat/chopped pork, canned (e.g. spam)	Pork
	Mcdonalds bacon cheese burger	Pork
	Meat based quiche (e.g. quiche lorraine)	Pork
	Meat based quiche (e.g. quiche lorraine), reduced fat	Pork
	Meat feast sub roll/baguette	Pork
	Meat pizza (e.g. Hawaiian, pepperoni, meat feast)	Pork
	Meat pizza (e.g. Hawaiian, pepperoni, meat feast), takeaway/restaurant	Pork
	Meat pizza (e.g. Hawaiian, pepperoni, meat feast), stuffed crust, takeaway/restaurant	Pork
	Meat pizza (e.g. Hawaiian, pepperoni, meat feast), stuffed crust	Pork
	Meat savoury pastry (e.g. ham and cheese)	Pork
	Mixed pizza (e.g. chicken and bacon)	Pork
	Mixed pizza (e.g. chicken and bacon), takeaway/restaurant	Pork
	Mixed pizza (e.g. chicken and bacon), stuffed crust	Pork
	Mixed pizza (e.g. chicken and bacon), stuffed crust, takeaway/restaurant	Pork
	Omelette with fish/seafood (e.g. prawn)	Pork
	Omelette with ham & cheese	Pork
	Omelette with meat (e.g. ham)	Pork
	Parma Ham	Pork
	Pasta carbonara (e.g. spaghetti)	Pork
	Pasta carbonara (e.g. spaghetti), ready meal	Pork
	Pasta with meat and creamy sauce	Pork
	Pate sandwich with white/malted bread	Pork
	Pate sandwich with wholemeal/oatmeal bread	Pork
	Pea and ham soup	Pork
	Pepperami or snack salami	Pork
	Pigs in blankets	Pork
	Prosciutto	Pork
	Ready cooked savoury rice (e.g. Uncle Bens)	Pork
	Salami	Pork
	Sausage sandwich with ketchup with white/malted bread or roll	Pork
	Sausage sandwich with ketchup with wholemeal/oatmeal bread or roll	Pork
	Scotch egg (including mini/picnic size)	Pork
	Serrano ham	Pork
Burgers	Bacon cheese burger, in a bun	Beef
	Bacon cheeseburger, including bun	Beef
	Beef burger, 100% beef, grilled (no bun)	Beef
	Beef burger, fried (no bun)	Beef
	Beef burger, grilled (no bun)	Beef
	Beef burger, reduced fat, grilled (no bun)	Beef
	Beef burger/hamburger, in a bun, not quarter pounder	Beef
	Beef meatballs, grilled or oven baked	Beef
	Beef rissoles	Beef
	Burger King Double Whooper with cheese	Beef
	Burger King Whooper, no cheese	Beef
	Burger King Whopper with cheese	Beef
	Burger King bacon cheeseburger	Beef
	Cheese burger, in a bun, not quarter pounder	Beef
	Cheese burger, in a bun, quarter pounder	Beef
	Cheeseburger, in a bun, quarter pounder	Beef
	McDonald's Big Mac	Beef
	McDonalds Cheeseburger	Beef
	Mcdonalds bacon cheese burger	Beef
	Rustlers burger	Beef
	Hot dog/frankfurter with sauce and onions in a bun	Pork
	Lamb burger (no bun)	Lamb
Sausages	Beef Sausage, grilled	Beef
	Venison sausage	Game
	Chicken/turkey sausage	Poultry
	Baked beans and sausages	Pork
	Bierwurst/garlic sausage	Pork
	Bratwurst, grilled	Pork
	Breakfast sandwich with white/malted bread	Pork
	Breakfast sandwich with wholemeal/oatmeal bread	Pork
	Breakfast sub roll/baguette	Pork
	Chicken and prawn paella, ready meal, reduced fat	Pork
	Chorizo	Pork

	Hot dog/frankfurter	Pork
	Hot dog/frankfurter with sauce in a bun	Pork
	Meat pizza (e.g. Hawaiian, pepperoni, meat feast)	Pork
	Meat pizza (e.g. Hawaiian, pepperoni, meat feast), takeaway/restaurant	Pork
	Mixed meat/seafood paella	Pork
	Pasta with meat and tomato-based sauce, canned (e.g. pasta with sausages)	Pork
	Pigs in blankets	Pork
	Polony	Pork
	Pork Sausage, reduced fat	Pork
	Pork sausage, grilled	Pork
	Sausage and egg in a bun/muffin (e.g. Sausage and egg McMuffin)	Pork
	Sausage and egg in a bun/muffin (e.g. Bacon and egg McMuffin)	Pork
	Sausage casserole	Pork
	Sausage in batter, fried	Pork
	Sausage meat stuffing	Pork
	Sausage roll	Pork
	Sausage sandwich with ketchup with white/malted bread or roll	Pork
	Sausage sandwich with ketchup with wholemeal/oatmeal bread or roll	Pork
	Sausage, fried	Pork
	Smoked Sausage	Pork
	Spaghetti bolognese, canned	Pork
	Square/Lorne sausage	Pork
	Toad in the hole	Pork
Offal	Calf liver	Beef
	Ox Liver	Beef
	Oxtail	Beef
	Oxtail soup, canned	Beef
	Lambs liver, fried	Lamb
	Lambs liver, stewed	Lamb
	Lambs liver, stewed in gravy	Lamb
	Haggis	Lamb
	Black pudding	Pork
	Chicken and vegetable soup, homemade	Pork
	Cup a soup, made up	Pork
	Pate (e.g. brussels liver pate / duck and orange pate)	Pork
	Pate, canned	Pork
	Pate, reduced fat	Pork
	Tongue (e.g. pork, ox)	Pork
	Chicken liver	Poultry
Other red meat	Game pie (e.g. venison, rabbit, pheasant)	Game
	Meat risotto (e.g. beef/ham)	Game
	Roast/stewed rabbit	Game
	Venison, roasted or stewed	Game
Processed poultry	Chicken mayo sandwich with wholemeal/oatmeal bread	Poultry
	Mixed pizza (e.g. chicken and bacon), takeaway/restaurant	Poultry
	Spicy/sweet chilli chicken wrap	Poultry

Supplementary Table 4. Mapping dairy main and sub food groups to summary categories

Summary category	Main food group	Sub food group	Sub food group description
Milk	Whole milk	Whole milk	All types of whole cow's milk including pasteurised, UHT, sterilised, Channel Island, milk with added fatty acids
	Semi-skimmed milk	Semi-skimmed milk	All types of semi-skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids
	1% milk	1% milk	Includes 1% and 0.75% fat milk
	Skimmed milk	Skimmed milk	All types of skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids, Flora Pro.Active
	Other milk and cream	Other milk*	Includes goats, sheeps, evaporated, condensed, dried milk, milkshake, milk with added fibre, coffee whitener, buttermilk, flavoured milk drinks, purchased hot chocolate, breast milk, and all milk alternatives including soya, rice, oat** and lactose-free
Cream & dairy desserts	Other milk and cream	Cream (including imitation cream)	All types, including; single, double, whipping, sour, cream, imitation cream*, aerosol, dream topping, Tip Top, creme fraiche
	Ice cream	Ice cream	All types of ice cream, dairy and non-dairy, choc ices, ice cream desserts eg Arctic roll, ice cream containing lollies, milk ice lollies, low fat/low calorie ice cream, sorbet
	Yogurt, fromage frais and other dairy desserts	Fromage frais and other dairy desserts (manufactured)	All types of manufactured fromage frais or other dairy based desserts, includes chocolate and fruit cream desserts, mousse, milk jelly, junket, buttermilk desserts, fruit fools, creme caramel, panna cotta, chilled soya desserts, quark**, egg custard
		Dairy desserts (homemade)	Includes any type of homemade fromage frais or dairy dessert
Cheese	Cheese	Cottage cheese	Includes diet and flavoured varieties
		Cheddar cheese	All types, including reduced fat cheddar cheese
		Other cheese	All types except cottage and cheddar. Includes hard, soft, cream cheese, processed, reduced fat cheeses, vegetarian cheese, cheese spread, tofu and soya cheeses, sheep and goats cheeses, Benecol cheese. Not fromage frais or Quark***
Yogurt	Yogurt, fromage frais and other dairy desserts	Yogurt	All types including soya**, goats, sheeps, yogurt mousse, yogurt drink/smoothie, lassi, frozen yogurt, custard style yogurt, Greek yogurt, Yakult
Butter	Fat spreads	Butter	Salted and unsalted, butter ghee, spreadable butter. Not light spreadable butter, not half fat butter, not brandy butter

* As detailed in Supplementary Table 2, milky coffees (e.g. lattes, cappuccinos) were re-categorised into other milk from 'coffee'.

**All dairy-free items were removed from this analysis, see Supplementary Table 2 for a list of all dairy-free items.

***Quark was initially categorised into 'fromage frais and other dairy desserts (manufactured)', but also pre-disaggregated into 100% 'other cheese'. For this analysis, we included quark within 'other cheese', only.

Supplementary Table 5. Categorisation of milk product items into low and regular fat

Sub food group	Regular-fat items	Low-fat items
Whole milk	Whole milk Whole milk, boiled Whole milk, fortified (e.g. Big Arla)	
Semi-skimmed milk		Semi skimmed milk Semi skimmed milk, boiled
1% milk		Milk 1% fat Milk 1% fat, boiled
Skimmed milk		Skimmed milk Skimmed milk, boiled
Other milk	Cappuccino	Cappuccino made with skimmed milk (skinny cappuccino)
	Coffee creamer, liquid (e.g. liquid coffee compliment, Cafe Maid)	Coffee Mate Light
	Coffee mate	
	Condensed milk	Condensed milk, skimmed
		Decaf cappuccino, made with skimmed milk (skinny cappuccino)
	Decaf cappuccino	Decaf latte, made with skimmed milk (skinny latte)
	Decaf latte	Dried skimmed milk powder
	Evaporated milk	Evaporated milk, light
	Goats milk, whole	Flat white coffee, made with skimmed milk (skinny flat white)
	Horlicks/Ovaltine, made with milk	Goats milk, semi skimmed
	Hot chocolate, made with milk	Goats milk, skimmed
	Hot chocolate, made with milk, topped with cream	Lactose free semi skimmed milk
	Iced coffee/frappe with added sugar	Lactose free skimmed milk (e.g. Lactofree)
	Lactose free whole milk (e.g. Lactofree)	Latte, made with skimmed milk (skinny latte)
	Latte	Mocha made with skimmed milk (skinny mocha)
	Milkshake / Milk drink, chocolate flavour	Semi-skimmed dried milk powder
	Milkshake / Milk drink, not chocolate flavour	
	Milkshake made with powder and milk, chocolate	
	Milkshake made with powder and milk, fruit flavoured	
	Milkshake ready to drink (e.g. Friji, yazoo)	
	Milkshake, thick, with ice cream, purchased (e.g. McDonald's, Wimpy)	
	Mocha with cream	
	Mocha without cream	
Cream	Clotted cream	Cream, reduced fat
	Creme fraiche	Creme fraiche, reduced fat
	squirty/spray cream (e.g. anchor)	Dairy squirty/spray cream, light/reduced fat (e.g. anchor)
	Double cream	Single cream
	Double cream extra thick	
	Elmlea double cream	
	Pouring cream	
	Sour cream	
Ice Cream	Whipped cream	
	Choc ice	Ice cream, reduced fat
	Choc ice containing caramel/nut (e.g. Snickers, Mars)	Virtually fat free ice cream, (e.g. Skinny Cow sticks)
	Cornetto/king cone (Including supermarket brands)	
	Feast ice cream	
	Frozen yoghurt	
	Fruit lolly with ice cream filling (e.g. Ice cream split)	
	Ice cream dessert (e.g. Viennetta)	
	Kulfi, indian ice cream	
	Magnum classic or white	
	McDonald's Mcflurry	
	Mini milk ice lolly	
	Mr whippy style ice cream	
	Premium choc Ice (e.g. Bounty, Galaxy)	
	Premium flavoured ice cream (e.g. Movenpick white peach)	
	Premium ice cream with chocolate/caramel/nuts/biscuit (e.g. Ben and Jerry's)	
	Premium vanilla ice cream (e.g. Mackies, Haagen Daz)	
	Snickers ice cream	
	Soft scoop Ice cream, flavoured (e.g. raspberry ripple)	
	Soft scoop chocolate ice cream	
	Soft scoop vanilla ice cream	
	Solero	
	Yoghurt Lolly (e.g. Yoo Moo)	
	Aero mousse	Chocolate mousse/dessert, low fat

Fromage frais and other dairy desserts (manufactured)	Chocolate dairy dessert, (e.g. Cadbury Buttons/Flake, Nestle Rolo)	
	Chocolate mousse	
	Creme brulee	
	Creme caramel	
	Fromage frais, fruit (incl. children's) not fortified (e.g. Tesco value)	
	Fruit fool	
	Panna cotta	
	Sundae dessert	
Dairy desserts (homemade)	Egg custard, baked or as sauce	
Cheese	Babybel cheese	Cottage cheese, fat-free/low-fat
	Blue cheese (e.g. Stilton, Roquefort)	Halloumi cheese, reduced fat
	Boursin cheese	Mozzarella cheese, reduced fat
	Brie cheese	Reduced fat hard cheese (e.g. Cheddar/Cheshire)
	Camembert cheese	Soft cheese, reduced fat (e.g. Philadelphia Light/Extra Light)
	Cheddar cheese	
	Cheddar cheese, vegetarian	
	Cheese dippers (e.g. Laughing Cow)	
	Cheese savoury sandwich filler	
	Cheese spread/triangle (e.g. Dairylea)	
	Cheese strings/strips (e.g. Dairylea)	
	Cheshire cheese	
	Cottage cheese	
	Dairylea Dunkers (includes cheese dip and dunker (e.g. breadsticks)	
	Dairylea Lunchables (includes cheese, meat and crackers)	
	Deep fried cheese (e.g. mozzarella, brie)	
	Double Gloucester cheese	
	Edam cheese	
	Emmental cheese	
	Feta cheese	
	Goats cheese	
	Gouda cheese	
	Gruyere cheese	
	Haloumi cheese	
	Lactose-free cheese	
	Lancashire cheese	
	Leicestershire cheese (e.g. Red Leicester)	
	Manchego cheese	
	Mascarpone cheese	
	Mozzarella cheese	
	Parmesan cheese	
	Pecorino cheese	
	Port Salut Cheese	
	Processed cheese slices (e.g. individually wrapped for melting on burgers)	
	Quark	
	Ricotta cheese	
	Smoked cheese (e.g. cheddar)	
	Soft cheese, full-fat (e.g. Philadelphia)	
	Wensleydale cheese	
Yogurt	Children's yoghurt drink (e.g. Munch Bunch Squashums, Petits Filous yoghurt drinks)	Fruit yoghurt, low fat
	Fruit and yoghurt smoothie	Fruit yoghurt, virtually fat free, with artificial sweetener (e.g. Muller Light)
	Fruit flavoured mousse	Fruit yoghurt, virtually fat free, with added sugar (e.g. Liberte)
	Fruit yoghurt	Greek- style yoghurt, low fat
	Goats yoghurt, natural	Greek-style yoghurt, virtually fat free (e.g. Muller light)
	Greek style yoghurt, fruit/honey	High protein natural yoghurt, low fat
	Greek-style yoghurt, whole milk, fruit	Low fat hazelnut yoghurt
	Kefir	Low fat yoghurt, with muesli
	Lactose free yoghurt	Natural yoghurt, fat free/very low fat (e.g. Total 0% fat greek yoghurt)
	Lassi	Natural yoghurt, low fat
	Natural yoghurt	Probiotic yoghurt drink, fat free (e.g. Actimel)
	Natural yoghurt, greek-style	Yakult, light
	Probiotic yoghurt drink with fruit (e.g. Actimel)	Yoghurt, sugar and fat free (e.g. Danone Light and Free)
	Sheep yoghurt, natural	

	Twin pot yoghurt, with coated cereal/crumble (e.g. Muller Corner)
	Twin pot yoghurt, with fruit (e.g. Muller Corner)
	Yakult
	Yoghurt drink, containing stanols/sterols (e.g. Benecol)
Butter	Butter, salted
	Butter, unsalted
	Garlic butter
	Ghee
	Spreadable butter, salted
	Spreadable butter, unsalted

Items reported in the Scottish Health Survey 2021, were categorised based on their food description (e.g. “Halloumi cheese, reduced fat”), and as such, we were only able to categorise individual, non-composite items. For cheese, while we had disaggregation data, we couldn’t categorise cheese within composite dishes as low or regular fat because we couldn’t determine the fat content from the food description, such as “beef lasagne”.