

<NAME>
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Ref: <PNumber>/<Serial>/<ChkI>
<Date>

NATIONAL DIET AND NUTRITION SURVEY

Results from your Intake24 food recalls

As part of the National Diet and Nutrition Survey, you very kindly completed four food recalls using Intake24. From these recalls, Intake24 calculated your average intake of energy (calories) and some key nutrients. You told us that you would like to receive a printed copy of these results.

The feedback includes your average intake and the recommended guideline intake for each nutrient and it also provides some further information which we hope you will find useful.

During your recalls, you told the interviewer that you consumed horseradish sauce. The interviewer was unable to find a match on the current food list therefore this item was reported as missing and has not been included in your dietary feedback.

Your Total fat intake is: 25.2 % of total energy

It is recommended that the energy (or calories) you get from all the fat in your diet is no more than 33% of your total energy intake for the day

Fats and our health

It's important to remember that some fat in our diets is essential for our health, but we tend to have too much. Fats help us to absorb vitamins like vitamins A, D, E and K but too much can lead to weight gain and obesity and can increase the risk of health problems in adulthood including type 2 diabetes, heart disease and certain types of cancer.

The amount of fat we have in our diets is important but the type of fat we have is important too. We should have only a small amount of saturated fats with most of our fat coming from unsaturated fats including omega 3 fats found in oily fish.

Where do I get Fats from?

It's best to use small amounts of unsaturated oils in cooking (for example **vegetable and olive oil**). **Nuts, seeds** and **avocados** are also good sources of unsaturated fats. **Oily fish** (such as mackerel, salmon or sardines) is a great source of unsaturated fats, you should try to have oily fish at least once a week. Try to choose grilled or baked foods rather than fried foods, and try to **cut down on foods** like pastries, cakes, biscuits and chocolate which tend to be high in saturated fats and calories.

To find out more information about fats, you can go to the following websites:

NHS: <https://www.nhs.uk/live-well/eat-well/different-fats-nutrition/>,

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/fats>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your Saturated fat intake is: 10.3 % of total energy

It is recommended that the energy (or calories) you get from saturated fat in your diet is no more than 10% of your total energy intake for the day

Saturated fats and our health

Having the right amount of saturated fat in your diet is important because, if we have too much it can lead to health problems like heart disease. Most people eat too much saturated fat.

Where do I get saturated fats from?

Saturated fat is found in foods like red and processed meats, dairy products (like hard cheese, cream and butter), coconut oil, and is in **lots** of foods like cakes, pastries, chocolate and biscuits.

It's best to replace some of these fats with healthier **unsaturated** fats such as **vegetable oils**, some nuts and by choosing **fat reduced** options, for example **1% milk, lower fat cheese** and **leaner cuts of meat** (like **chicken or turkey breast**) and **reduced fat mince**. You can also try to use a bit less fat when cooking (try baking or grilling foods instead of frying) and remove the visible fat on meat where possible (for example removing the fat from bacon). Try to **cut down on foods** like pastries, cakes, biscuits and chocolate which tend to be high in saturated fats and calories.

To find out more information about fats, you can go to the following websites:

NHS: <https://www.nhs.uk/live-well/eat-well/different-fats-nutrition/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/fats>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your Sugar intake is: 25.9 % of total energy

It is recommended that the energy (or calories) you get from sugar in your diet is no more than 5% of your total energy intake

Sugars and our health

The term 'Sugars' (or 'Free sugars') means any sugar that is added to food by the manufacturer, cook or consumer. This includes all sugars, all syrups (including honey) and also includes sugar that is in fruit juices and smoothies (but **not** the sugar in whole fruit).

Having lots of sugar in your diet is linked to tooth decay, and is also linked with weight gain which increases your risk of health problems like type 2 diabetes.

Where do I get sugars from?

Sugars are found in lots of foods like chocolate, biscuits, cakes, sweets/confectionery, ice cream, sugary breakfast cereals, cereal bars, sugary yoghurts, sugary drinks (both fizzy and still) and fruit juice, smoothies and milkshakes. It's best to try to limit these types of foods and only have them in small amounts, and not very often.

How do I cut down?

You could try swapping sugary cereals for plain cereals, choose unsweetened yoghurts and add chopped fruit to sweeten them. Instead of having sugary drinks or milkshakes, choose plain semi-skimmed milk, water or drinks with no added sugar.

To find out more information about sugars, you can go to the following websites:

NHS: <https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/sugar>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your Fibre intake is: 13.5 g/day

The recommended fibre intake for those aged 16 years and over is at least 30 grams per day. For children aged 11 to 15 years it is at least 25 grams per day.

Fibre and our health

Dietary fibre is found in plants and is very important as it can help to improve your digestive health and help to reduce the risk of diseases such as heart disease, diabetes and bowel cancer. Most people don't eat enough fibre.

Where do I get fibre from?

Foods that contain lots of fibre include: fruits and vegetables, beans and pulses and whole grains cereals (like brown rice, brown pasta and wholemeal bread and some breakfast cereals).

To find out more information about fibre, you can go to the following websites:

NHS: <https://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/the-five-food-groups>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your Vitamin C intake is 68.6 mg/day

The recommended average intake of Vitamin C for those aged 15 years and over is 40milligrams per day, for children aged 11 to 14 years it is 35milligrams per day

Vitamin C and our health

Vitamin C is important in our diets for lots of reasons. It helps us to protect cells from damage and helps with wound healing. It also helps us to absorb iron from foods in our diets.

Vitamin C is a water-soluble vitamin, which means you need it in your diet every day because it can't be stored in the body. Our body cannot make vitamin C so we need to make sure we get enough from food and drink.

Where do I get Vitamin C from?

Vitamin C is found in a wide variety of fruits and vegetables. Examples of foods rich in vitamin C are oranges, grapefruit, blueberries, grapes, strawberries, broccoli, and red and green peppers.

To find out more information about vitamin C, you can go to the following websites:

NHS: <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-c/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/vitamin-c>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your Folate intake is 160.8 micrograms/day

The recommended average intake of folate for those aged 11 years and over is 200 micrograms per day

Folate and our health

Folate is one of the B vitamins and helps the body form healthy red blood cells. In women of child bearing age folate reduces the risk of delivering a baby with birth defects such as spina bifida. It's recommended that all women should take a daily supplement of 400 micrograms of folic acid while they're trying to get pregnant and during the first 12 weeks of pregnancy, when the baby's spine is developing.

Where do I get folate from?

Foods that are a good source of folate include green leafy vegetables as well as pulses and legumes, such as chickpeas and beans, and fortified breakfast cereals.

To find out more information about folate, you can go to the following websites:

NHS: <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-b/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/folic-acid>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your Calcium intake is 807 mg/day

The recommended average intake of calcium for adults is 700 milligrams per day

The recommended average intake of calcium for 11-18 year olds is 800 milligrams for girls and 1000 milligrams for boys per day

Calcium and our health

Calcium is very important to keep our bones and teeth healthy and strong. It is important for everyone to have enough calcium in their diet, especially young people as their bones are growing. Without enough calcium in our diet, our bones can get brittle and weak meaning that they might break more easily.

Where do I get Calcium from?

Foods that are a good source of Calcium are: dairy products like milk, cheese and yoghurts (remember to try to choose the reduced fat and sugar options) broccoli and green leafy vegetables (like cabbage and kale), nuts and dairy alternatives with added calcium.

To find out more information about calcium, you can go to the following websites:

NHS: <https://www.nhs.uk/conditions/vitamins-and-minerals/calcium/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/calcium>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your Iron intake is 11.5 mg/day

The recommended average intake of iron for adults is 8.7 milligrams for men (and women over 50 years) and 14.8 milligrams for women (under 50 years) per day

The recommended average intake of iron for 11-18 year olds is 14.8 milligrams for girls and 11.3 milligrams for boys per day

Iron and our health

Iron is important in the diet as it helps to make red blood cells which carry oxygen all around our body. Having too little iron in your diet could lead to iron deficiency anaemia which can make you feel very tired and like you have no energy.

Where do I get iron from?

Examples of iron rich foods are: iron fortified breakfast cereals, pulses, curly kale, lean meat (red meat contains haem iron which is more readily absorbed, however remember to have less than 70 grams/day) beans, nuts and wholegrains (e.g. brown rice).

To find out more information about iron, you can go to the following websites:

NHS: <https://www.nhs.uk/conditions/vitamins-and-minerals/iron/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/iron>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your Calorie intake is: 2358 Calories a day

The amount of calories (energy) we need depends on our physical activity level, body size, age and gender. The average daily calorie requirement for adult men is 2500 calories and the average requirement for women is 2000 calories.

It is good to keep in mind that your calorie intake is based on your average from the number of recalls you completed. Calorie intakes tend to vary quite a bit day-to-day, so this value may not represent your usual calorie intake, particularly if you've eaten less or more than usual on these days. Most people tend to underestimate the amount they have had to eat and drink, so your calorie intake might actually be higher than the amount shown here.

Calories (energy) and our health

We need the right amount of calories to keep us alive and for our body to be able to function properly. What we eat tends to change from day to day, so our calorie intake changes too. Some days we might eat less and others we might eat more. If we **regularly** eat fewer calories than we use up, we will lose weight and if we **regularly** eat more calories than we use up, we will put on weight.

We get calories from protein, fats, carbohydrates (including sugars) and alcohol.

Body weight above a healthy weight can increase our risk of lots of health problems in later life, for example: type 2 diabetes, heart disease and certain cancers.

You can check if you're in the healthy, underweight or overweight range on the following websites:

NHS: <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

NHS Scotland: <https://www.nhsinform.scot/healthy-living/food-and-nutrition/healthy-eating-and-weight-loss/understanding-your-health-and-weight-body-mass-index-bmi>

To find out more about energy, you can go to the following websites:

NHS: <https://www.nhs.uk/live-well/healthy-weight/understanding-calories/>

Food Standards Scotland:
https://www.foodstandards.gov.scot/downloads/Eatwell_Guide_Booklet_-_new.pdf.

If you're trying to lose weight, you can find some information on the following websites:

NHS: <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

NHS Scotland: <https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme>

British Dietetic Association: <https://www.bda.uk.com/resource/weight-loss.html>

Your fruit and vegetable intake is: 3.3 portions a day

The recommended fruit and vegetable intake is 5 portions a day

What is a portion?

For adults and older children 5-a-day is based on 5 x 80g portions of fruits and vegetables to give a minimum target of 400g per day. **One 80g portion of fruit** is equal to 7 strawberries or 14 grapes, **two small fruits** (like two satsumas or two plums), or **one medium sized fruit** (like one apple or one banana), or **one thick slice of a large fruit** (like a slice of melon). **One 30g portion of dried fruit** is about **one heaped tablespoon**. **One 80g portion of vegetables** is about **two broccoli spears**, **three heaped tablespoons of cooked vegetables** (like peas or carrots), **seven cherry tomatoes** or a **5cm of a cucumber**.

Younger children (under the age of 11 years) should also eat at least 5 portions of fruit and vegetables a day. However, the above portion estimates are aimed at adults and older children. For younger children portion sizes should be proportionally less. As a rough guide, 1 portion is the amount they can fit in the palm of their hand.

Fruit and vegetables and our health

It is important to include fruits and vegetables in your diet as they are great sources of vitamins, minerals and fibre. The body needs vitamins and minerals to keep it working well.

What counts?

- Aim to eat at least 5 of a variety of fruits and vegetables every day. Fresh, tinned and frozen fruits and vegetables all count.
- Dried fruit counts as well but a portion is 30g, and should be eaten at meal times rather than as a snack as the sugars in dried fruit can damage your teeth.
- Beans and pulses also count (including baked beans) but you can only count one portion per day.
- One very small glass (150 ml) of fruit juice or smoothie counts as a maximum of one portion, but it is best to try to have whole fruits and vegetables instead of juice because juice and smoothies are very high in free sugars.

To find out more on 5 A Day and what counts, you can go to the following websites:

NHS: <https://www.nhs.uk/live-well/eat-well/5-a-day-portion-sizes/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/the-five-food-groups>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Your red and processed meat intake is 207.7 g/day

Note - The calculation for intake of red and processed meat includes the contribution from dishes such as lasagne and sausage rolls.

The recommended maximum red and processed meat intake for adults is 70 grams per day. This recommendation only applies to adults.

Adults who consume more than 90 grams per day of red and processed meat, should try to reduce their intake.

Red and processed meat and our health

Although meat is a good source of protein, which is important for our body to grow and repair itself, and iron which is needed for making red blood cells (the cells which carry oxygen around our bodies), red and processed meat should be limited as they can increase our risk of bowel cancer in later life.

What is included?

Red meat includes beef, lamb, pork, and venison. Processed meat includes sausages, burgers, bacon, haggis, black pudding, luncheon meat (including ham), salami, pate and tinned meat.

70g of red and processed meat is about equal to:

- 3 slices of ham or
- 1 sausage and one thin-cut rasher of bacon or
- 1 small burger or
- 2 slices of black pudding

Go for alternatives to red meat such as grilled chicken or turkey, white or oily fish, tofu, bean burgers, veggie sausages and meat substitutes.

To find out more, you can go to the following website:

NHS: <https://www.nhs.uk/live-well/eat-well/meat-nutrition/>

Food Standards Scotland: <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/the-five-food-groups>

NI Direct: <https://www.nidirect.gov.uk/information-and-services/healthy-lives/healthy-eating>

Who we are: The National Diet and Nutrition Survey collects information on the eating habits and nutritional status of people in the United Kingdom. NatCen Social Research is Britain's largest independent research organisation studying social policy. Public Health England has asked NatCen with the NIHR BRC Diet, Anthropometry and Physical Activity Group and Nutritional Biomarker Laboratory at the University of Cambridge to carry out the survey. If you have any questions about your feedback, please call the NDNS nutrition team on 01223 746885.

Summary of your diet

Active or moderately active lifestyle

Weight: 53kg

Height: 175cm

Change my info

Weight target: Keep weight

Record another day

<

All days

>

Your Calorie intake is 1357.1kcal

< > 0kcal

Tell me more

Your Fibre intake is 14.7g

< > 0g

Tell me more

Your Sugar intake is 22.2%

< > 0-100%

Tell me more

Your calcium intake is 455.4mg

< > 0mg

Tell me more

Your Saturated fat intake is 7.9%

< > 0-100%

Tell me more

Your Total fat intake is 28.6%

< > 0-100%

Tell me more

Your vitamin C intake is 9.4mg

< > 0mg

Tell me more

Your Iron intake is 7.6mg

< > 0mg

Tell me more

Your Fatate intake is 187.7mg

< > 0mg

Tell me more

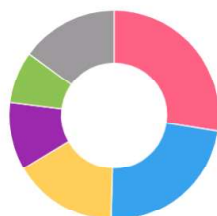
Your fibre intake is 20.3g

< > 0g

Tell me more

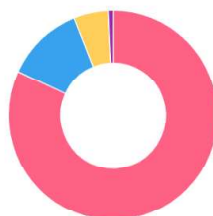
Your fruit and vegetable intake is 2 portions

Tell me more



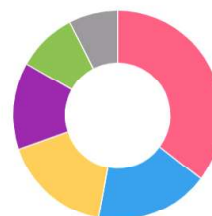
Highest in calories

- 1 Fruit gums / jelly shapes (e.g. winegums)
- 2 Bean burger (no bun)
- 3 Toast, granary bread
- 4 Wrap/tortilla, wholemeal (brown)
- 5 Peanut butter, no added sugar
- 6 Other food



Highest in free sugar

- 1 Fruit gums / jelly shapes (e.g. winegums)
- 2 Mango chutney
- 3 Chocolate digestive, biscuit
- 4 Peanut butter, no added sugar



Highest in saturated fat

- 1 Butter, unsalted
- 2 Bean burger (no bun)
- 3 Chocolate digestive, biscuit
- 4 Peanut butter, no added sugar
- 5 Wrap/tortilla, wholemeal (brown)
- 6 Other food

Your Total fat intake is

Estimated intake: 28.6% Optimal intake: 0-100%

It is recommended that the energy (or calories) you get from all the fat in your diet is no more than 33% of your total energy intake for the day

Fats and your health

It's important to remember that some fat in our diets is essential for our health, but we tend to have too much. Fats help us to absorb vitamins like vitamins A, D and E but too much leads to weight gain and obesity and can increase the risk of health problems in adulthood including type 2 diabetes and heart disease.

The amount of fat we have in our diets is important but the type of fat we have is important too. We should have only a small amount of saturated fats with most of our fat coming from unsaturated fats including omega 3 fats found in oily fish.

Where do I get fats from?

It's best to use small amounts of unsaturated oils in cooking (for example vegetable and olive oil). Nuts, seeds and avocados are also good sources of unsaturated fats. Oily fish (such as mackerel, salmon, sardines or fresh tuna) is a great source of unsaturated fats, you should try to have oily fish at least once a week. Try to cut down on foods like pastries, cakes, biscuits and chocolate which tend to be high in saturated fats and calories.

To find out more information about fats you can see the NHS website [here](#)

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Our ref: <<Proj_Num>> GPa1M/<<Serial_Num>><<CKL>><<P_Num>>
<<OurLetterDate>>

<<DrName>>
<<Pracname>>
<<Pracadd1>>
<<Pracadd2>>
<<Pracadd3>>
<<PracAdd4>>
<<PracPC>>

Re: <<KasAll>> (<<FancyDob>>) of <<longraddr>>, <<rpostcode>>

The above patient of yours recently took part in the National Diet and Nutrition Survey (NDNS). A blood sample was obtained to enable analysis of a number of health and nutritional status indicators for research purposes. <<infillo>> gave us written permission to send you the following potentially clinically relevant examination results from a nurse visit on <<Vizdate>>.

Test	Analyte	Results ¹	Reference Range ²	Units
Blood count	Haemoglobin	<<gHaemgp>><<gHaemtx>>	M 15+ yrs: 130-166 F 15+ yrs: 120-154 M 18+ yrs: 135-172 F 18+ yrs: 120-156 M 65+ yrs: 125-172 F 65+ yrs: 118-158	g/L
	Haematocrit	<<gHcritGP>><<gHcritTx>>	M 15+ yrs: 0.380-0.490 F 15+ yrs: 0.355-0.450 M 18+ yrs: 0.395-0.505 F 18+ yrs: 0.355-0.455 M 65+ yrs: 0.370-0.490 F 65+ yrs: 0.350-0.455	L/L
	Mean Cell Volume	<<gMCVgp>><<gMCVtx>>	M&F 15+ yrs: 79-96 M&F 18+ yrs: 80-99 M&F 65+ yrs: 80-101	fL
	Mean Cell Haemoglobin	<<gMchaegp>><<gMchaetx>>	M&F 15+ yrs: 26.5-33 M&F 18+ yrs: 27-33.5 M&F 65+ yrs: 27-34	pg/cell
	Red blood cell count	<<gRCCgp>><<gRCCtx>>	M 15+ yrs: 4.2-5.65 F 15+ yrs: 3.9-5.15 M 18+ yrs: 4.3-5.75 F 18+ yrs: 3.9-5.2 M 65+ yrs: 4.0-5.65 F 65+ yrs: 3.85-5.2	10 ¹² /L

	Platelet Count	«gPlatgp»«gPI attx»	M&F 15+ yrs: 160-385 M&F 18+ yrs: 150-370 M&F 65+ yrs: 160-370	10 ⁹ /L
	White blood cell count	«gWBCgp»«g WBCtx»	M&F 15+ yrs: 4.2-10.8 M&F 18+ yrs: 3.9-10.2 M&F 65+ yrs: 3.6-10.5	10 ⁹ /L
	Neutrophils	«gNeutgp»«gN euttx»	M&F 12+ yrs: 1.7-7.9 M&F 18+ yrs: 1.5-7.7	10 ⁹ /L
	Lymphocytes	«gLymphgp»« gLymphctx»	M&F 12+ yrs: 1.2-5.0 M&F 18+ yrs: 1.1-4.5 M&F 65+ yrs: 1.1-4.0	10 ⁹ /L
	Monocytes	«gMonogp»«g Monctx»	M&F 15+ yrs: 0.1-0.9	10 ⁹ /L

¹ Results that fall outside the reference range are marked with an *

² Results apply to men and women of all ages, except where specified

NA = not applicable, NM = not measured, NR = for technical reasons it was not possible to carry out this analysis

Note: The results in this letter have been reviewed by a clinician in a secure database format prior to this letter subsequently being generated electronically.

This patient «wished to have/did not wish to receive» «his/her» «results and these are being sent at the same time as this notification to you/results»

We are notifying you of the above clinically reportable results as per the terms of ethical approval for the NDNS. Based on the above results, we would be grateful if you would kindly follow up with the patient as needed and at your clinical discretion. NDNS does not have access to the healthcare records or treatment history of your patient and are thus not in a position to interpret the significance of these results. If you wish to discuss any of the results, please contact me at MRC Epidemiology Unit, University of Cambridge on 01223 746885.

All other outstanding results from additional analytes (lipids, ferritin, 25-hydroxyvitamin D, vitamin B12 and folate) will be sent to you in a few months' time when analysis is complete.

Yours sincerely,



Steph Moore
NDNS Survey Co-ordinator
MRC Epidemiology Unit, University of
Cambridge
School of Clinical Medicine
Box 285, Institute of Metabolic Science,
Cambridge Biomedical Campus,
Hills Road, Cambridge, CB2 0QQ

Our ref: <<Proj_Num>> /GP2M/<<Serial_Num>><<CKL>><<P_Num>>

«DrName»
«PracName»
«PracAdd1»
«PracAdd2»
«PracAdd3»
«PracAdd4»
«PracPC»

«OurLetterDate2»

Re: «KasAll» («FancyDoB») of «LongRAddr» «RPostcode»

«Further to a letter sent to you << AXLet1Date>>, I am writing to you with the results of additional blood tests. As mentioned in the previous letter, the above patient of yours took part in the National Diet and Nutrition Survey (NDNS). » «He/She/His parent/Her parent gave us written permission to send you the following potentially clinically relevant examination results from a nurse visit on «Vizdate».

Test	Analyte	Results ¹	Reference Range	Units
<i>Vitamin B12</i>	Vitamin B12	«SvitB12»	211-911	ng/L
<i>Iron</i>	Serum ferritin	«SFerritin»	M&F 1-15 yrs: 8-116 M 15+ yrs: 22-322 F 15+ yrs: 10-291 Adult M: 26 - 388 Adult F: 8 - 252	µg/L
<i>Vitamin D</i>	25-hydroxyvitamin D	«P25OHD»	25 – 150 In the interpretation of vitamin D results please refer to NOS guidance and local clinical guidance for clinical action, particularly for those at risk e.g. frail and elderly.	nmol/L
<i>Fasting Blood Lipids</i>	Triglycerides	«Trig»	Interpretation of cholesterol and other lipid results should follow the NSF guidelines. See for example, data at the back of the current BNF.	mmol/L
	Total Cholesterol	«Chol»		mmol/L
	HDL Cholesterol	«HDL»		mmol/L
<i>Non-Fasting Blood Lipids</i>	Total Cholesterol	«Chol»		mmol/L
	HDL Cholesterol	«HDL»		mmol/L
Folate	Serum folate	«SerumFolate»	Adequate ≥13 Insufficient <7 Possibly insufficient <13	nmol/L

Serum folate and 25-hydroxyvitamin D were measured at a research laboratory and therefore results for these analytes may not be directly comparable with those obtained at a routine clinical laboratory. Abnormal results should be confirmed to determine clinical relevance.

¹ results that fall outside the reference/normal range are marked with an *

NM - not measured; **NR** - for technical reasons it was not possible to carry out this analysis

Note: The results in this letter have been reviewed by a medical panel in a secure database format prior to this letter subsequently being generated electronically.

In order to help with interpretation of folate concentrations we have re-provided the FBC results as well (please see below).

This patient «wished to have/did not want to receive» «results and these are being sent at the same time as this notification to you./results.»

We are notifying you of the above clinically reportable results as per the terms of ethical approval for the NDNS. Based on the above results, we would be grateful if you would kindly follow up with the patient as needed and at your clinical discretion. NDNS does not have access to the healthcare records or treatment history of your patient and are thus not in a position to interpret the significance of these results. If you wish to discuss any of the results, please contact me at MRC Epidemiology Unit, University of Cambridge on 01223 746885.

Yours sincerely,



Steph Moore
NDNS Survey Co-ordinator
MRC Epidemiology Unit, University of
Cambridge
School of Clinical Medicine
Box 285, Institute of Metabolic Science,
Cambridge Biomedical Campus,
Hills Road, Cambridge, CB2 0QQ

Test	Analyte	Results ¹	Reference Range	Units
Blood count	Haemoglobin	«gHaemgp»«g Haemtx»	M&F 6m+: 102-134 M&F 2y+: 107-139 M&F 6y+: 112-146 M 12y+: 125-160 F 12y+: 120-154 M 15y+: 130-166 F 15y+: 120-154 M 18y+: 135-172 F 18y+: 120-156 M 65y+: 125-172 F 65y+: 118-158	g/L
	Haematocrit	«gHcritGP»«g HcritTx»	M&F 12m+: 0.315-0.405 M&F 2yrs+: 0.325-0.415 M&F 6yrs+: 0.340-0.435 M 12 yrs+: 0.365-0.475 F 12yrs+:0.355-0.450 M 15+ yrs: 0.380-0.490 F 15+ yrs: 0.355-0.450 M 18+ yrs: 0.395-0.505 F 18+ yrs: 0.355-0.455 M 65+ yrs: 0.370-0.490 F 65+ yrs: 0.350-0.455	L/L
	Mean Cell Volume	«gMCVgp»«g MCVtx»	M&F 12m+:72-93 M&F 2y+:73-91 M&F 4y+: 74-89 M&F 6+: 76-91 M&F 12+ yrs: 78-93 M&F 15+ yrs: 79-96 M&F 18+ yrs:80-99 M&F 65+ yrs:80-101	fL
	Mean Cell Haemoglobin	«gMchaegp»«gMchaetx»	M&F 1y+:23.5-31 M&F 2y+:24-31 M&F 4y+: 24.5-31 M&F 6y+: 25-31.5 M 12y+: 26-32.5 F 12y+: 26.5-33 M&F 15y+: 26.5-33 M&F 18y+: 27-33.5 M&F 65y+: 27-34	pg/cell
	Red blood cell count	«gRCCgp»«g RCCtx»	M&F 6m+: 3.7-5.15 M&F 2y+: 3.85-5.15 M&F 6y+: 3.95-5.25 M 12y+: 4.10-5.55 F 12y+: 3.90-5.15 M 15y+: 4.2-5.65 F 15y+: 3.90-5.15 M 18y+: 4.3-5.75 F 18y+: 3.9-5.2 M 65y+: 4.0-5.65 F 65y+: 3.85-5.2	10 ¹² /L

	Platelet Count	«gPlatgp»«gPI attx»	M&F 1y+: 220-490 M&F 2y+: 200-460 M&F 4y+: 200-445 M&F 6y+: 180-415 M&F 12y+: 170-400 M&F 15y+: 160-385 M&F 18y+: 150-370 M&F 65y+: 160-370	10 ⁹ /L
	White blood cell count	«gWBCgp»«g WBCtx»	M&F 1y+: 6.0-15.0 M&F 2y+: 5.4-13.8 M&F 4y+: 5.1-12.9 M&F 6y+: 4.8-12.0 M&F 12y+: 4.5-11.4 M&F 15y+: 4.2-10.8 M&F 18y+: 3.9-10.2 M&F 65y+: 3.6-10.5	10 ⁹ /L
	Neutrophils	«gNeutgp»«g Neuttx»	M&F 6m+: 1.5-8.7 M&F 2y+: 1.5-8.5 M&F 4y+: 1.7-8.5 M&F 6y+: 1.7-8.1 M&F 12y+: 1.7-7.9 M&F 18y+: 1.5-7.7	10 ⁹ /L
	Lymphocytes	«gLymphgp»« gLymphtx»	M&F 1y+: 3.0-10.0 M&F 2y+: 2.2-8.5 M&F 4y+: 1.8-7.0 M&F 6y+: 1.5-6.0 M&F 12y+: 1.2-5.0 M&F 18y+: 1.1-4.5 M&F 65y+: 1.1-4.0	10 ⁹ /L
	Monocytes	«gMonogp»«g Monotx»	M&F 1y+: 0.15-1.2 M&F 2y+: 0.10-1.10 M&F 4y+: 0.1-1.0 M&F 6y+: 0.1-0.95 M&F 15y+: 0.1-0.9	10 ⁹ /L