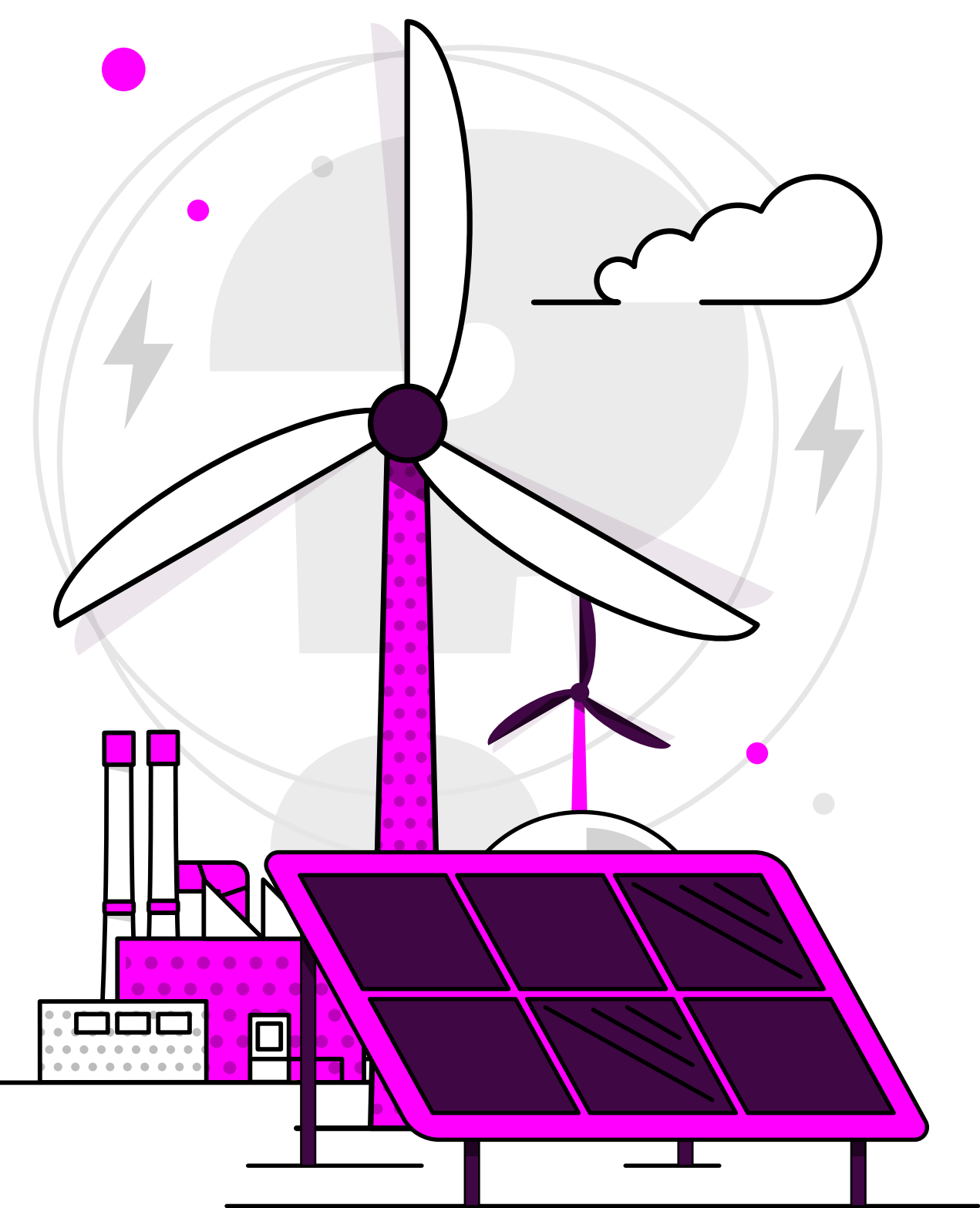


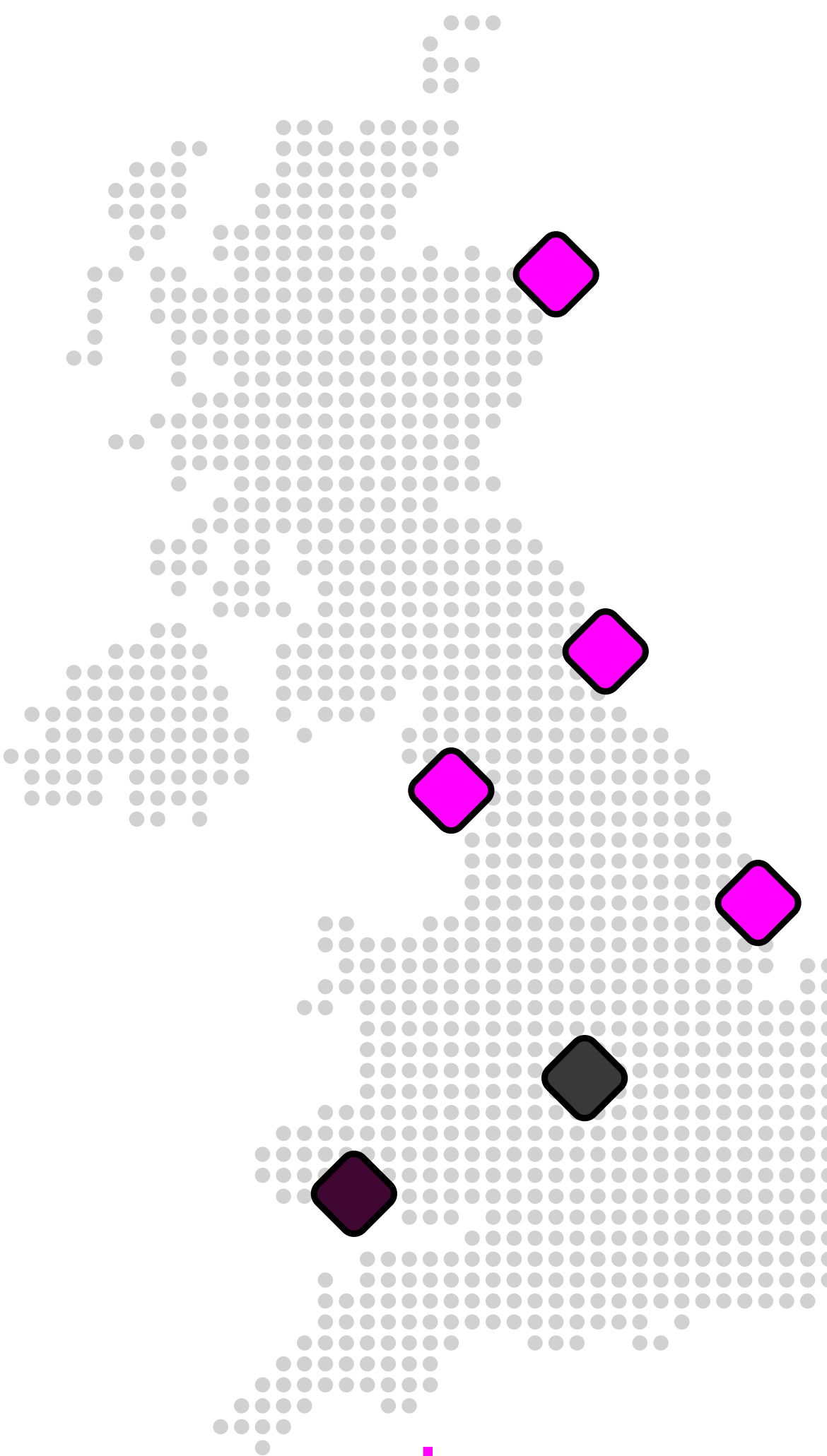
Britain's Energy Explained: January 2026

How was our electricity generated?



			change from previous month
Gas		31.3%	6.3% ▲
Wind		36.7%	1.1% ▼
Nuclear		9.9%	0.2% ▼
Biomass		6.7%	-
Solar		1.6%	0.1% ▲
Imports		10.7%	4.1% ▼
Hydro		1.6%	0.9% ▼
Storage		1.6%	-

Where has our gas come from?*



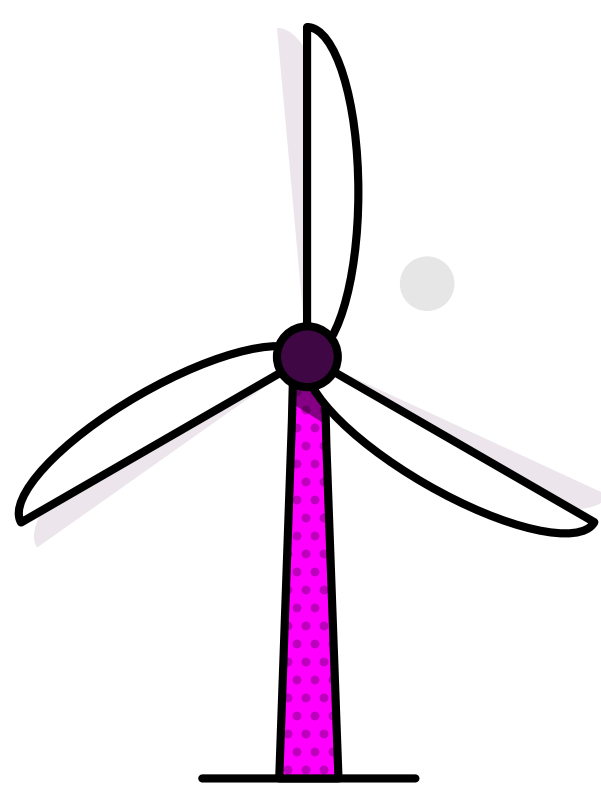
Entry Points			change from previous month
UK/Norwegian gas fields		60%	13% ▼
LNG imports		31%	8% ▲
European imports		0%	-
Storage withdrawal		8%	1% ▲

Where is our gas used?

Distribution networks		70%	-
Power stations		18%	2% ▲
EU & Ireland exports		8%	1% ▼
Industrial		1%	-
Storage		3%	1% ▼

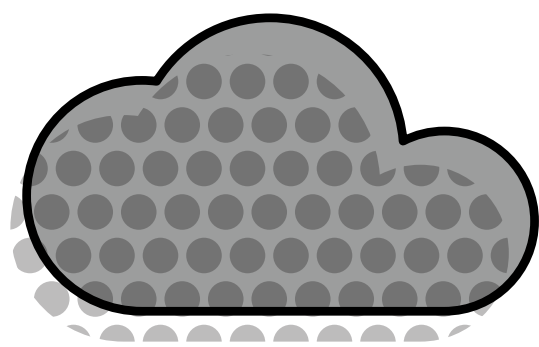
*Gas data is yet to reconcile. For most up-to-date gas data, visit data.nationalgas.com

Carbon intensity of electricity



Zero carbon

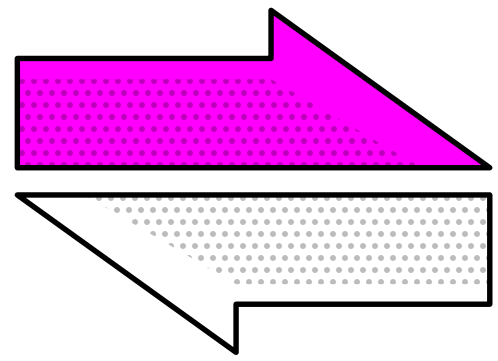
61% of electricity came from zero carbon sources
90% peak zero carbon share



Carbon intensity

144 gCO₂/kWh average
Greenest time of the month 3:30am on 2 January
Lowest carbon intensity **42** gCO₂/kWh

How much electricity we used



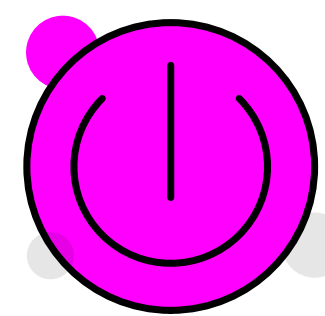
Imports & exports



Energy in
3,101 GWh

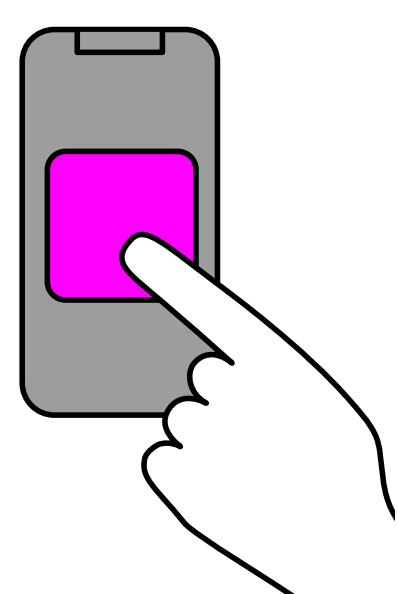
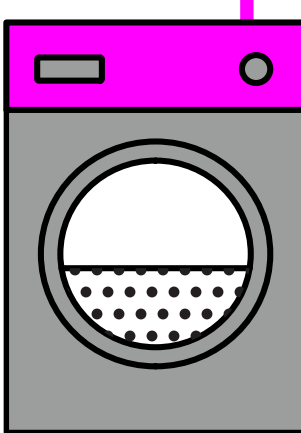


Energy out
1,062 GWh



Demand

29 TWh run through network
(that's 29 billion washing machine cycles).
Peak demand time was 5pm on 5 January.



View in real-time

To view our data in real-time, please
download the NESO app for Apple or Android.
Or visit carbonintensity.org.uk