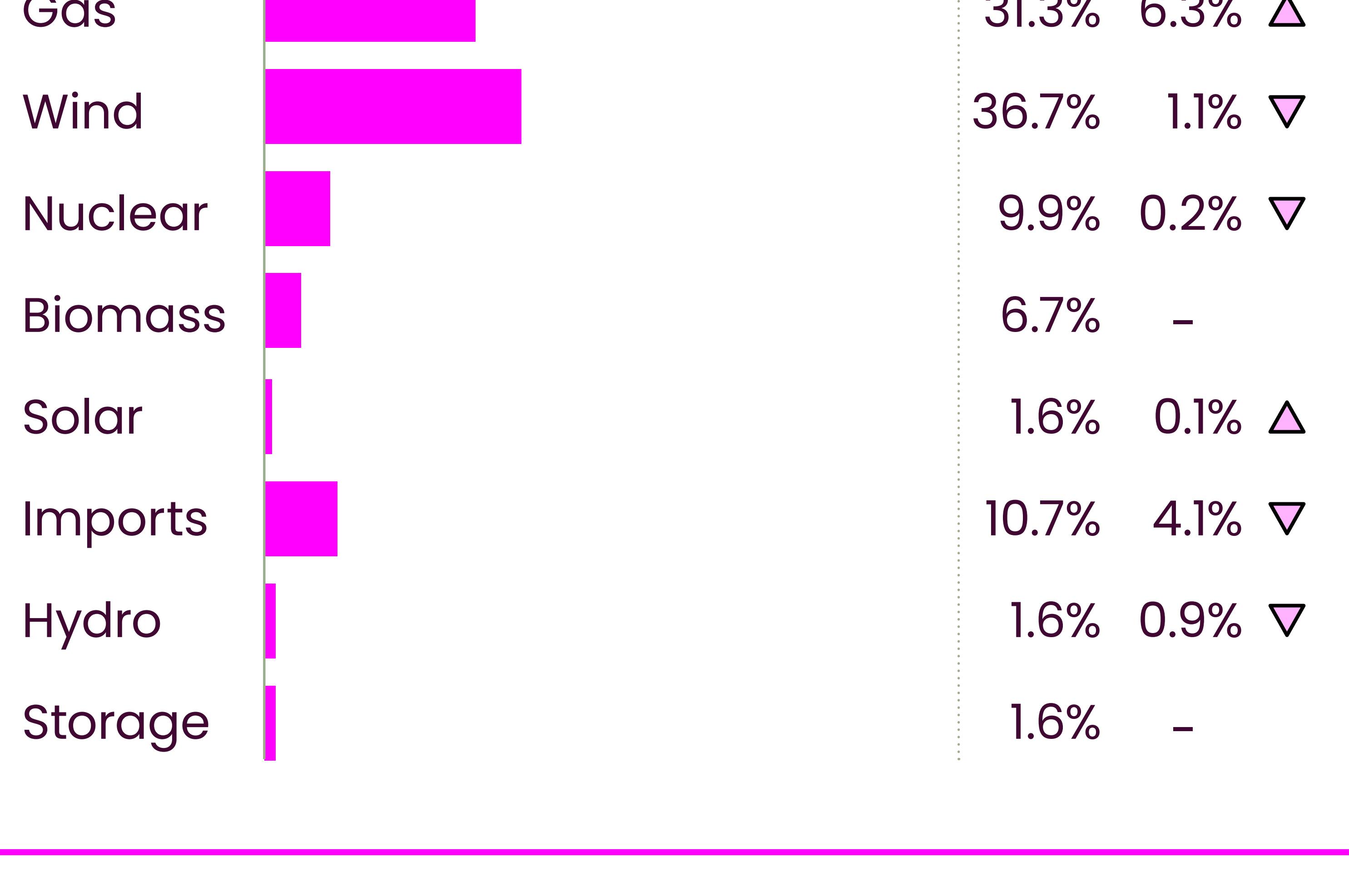
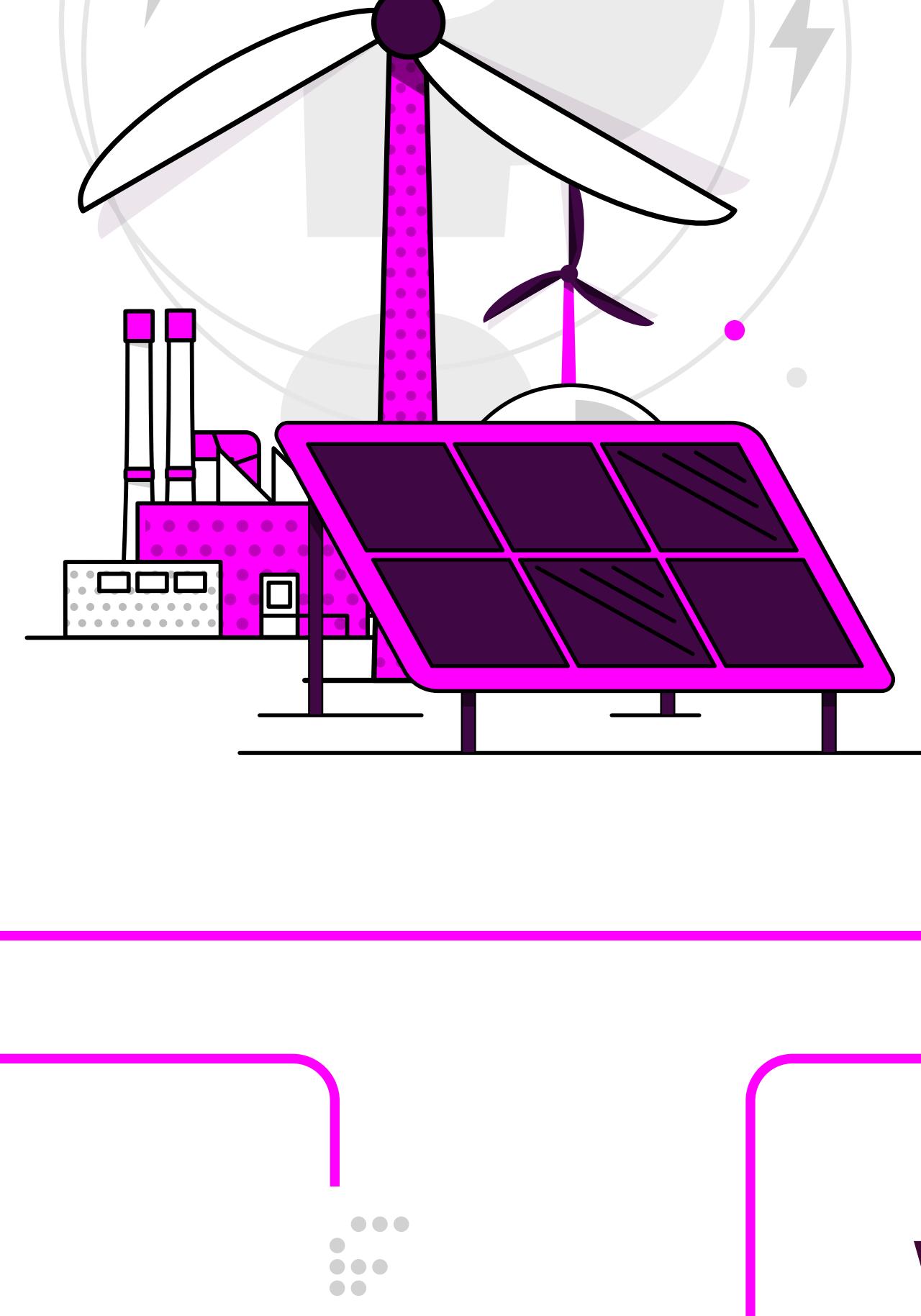
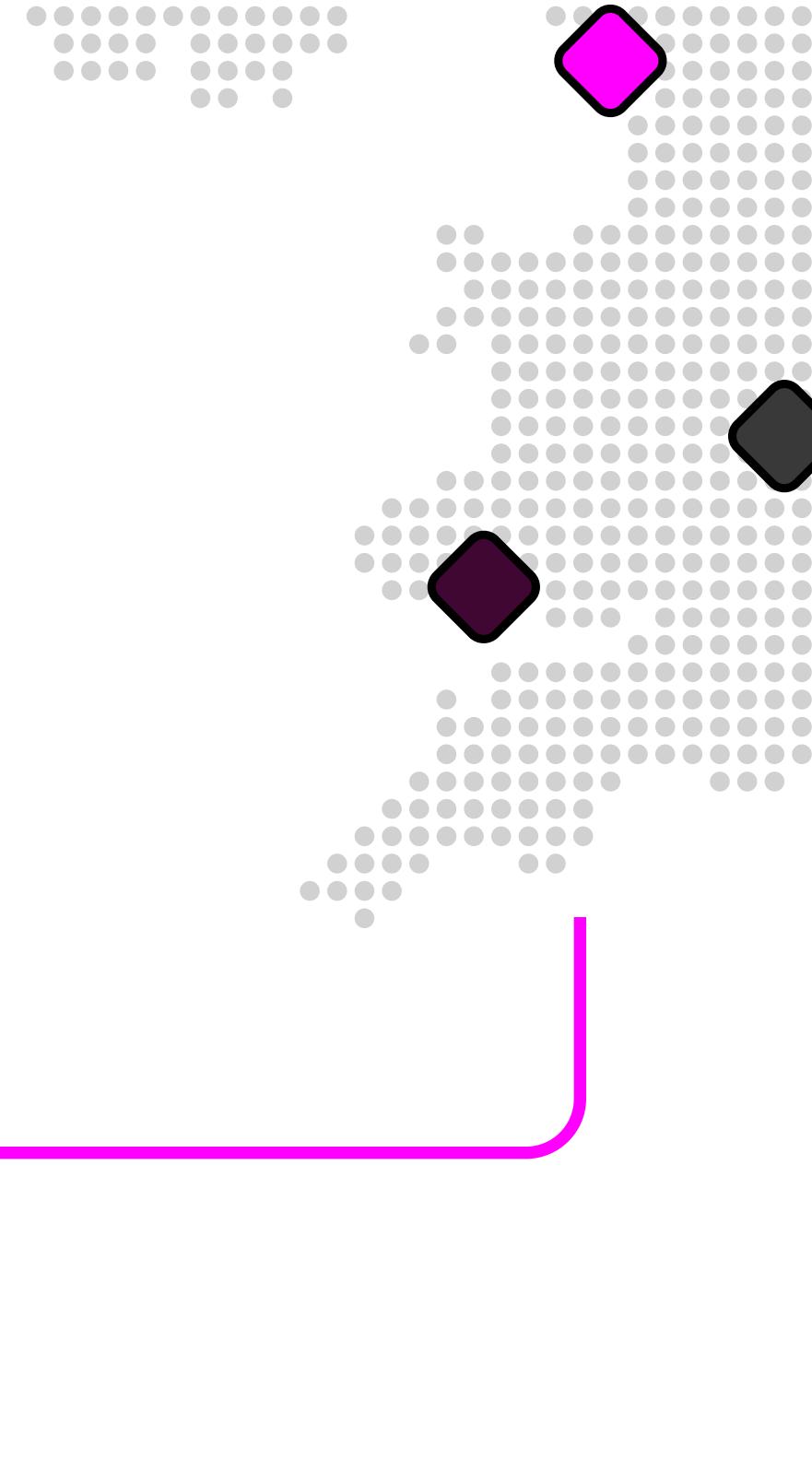


# Britain's Energy Explained: January 2026

## How was our electricity generated?



## Where has our gas come from?\*

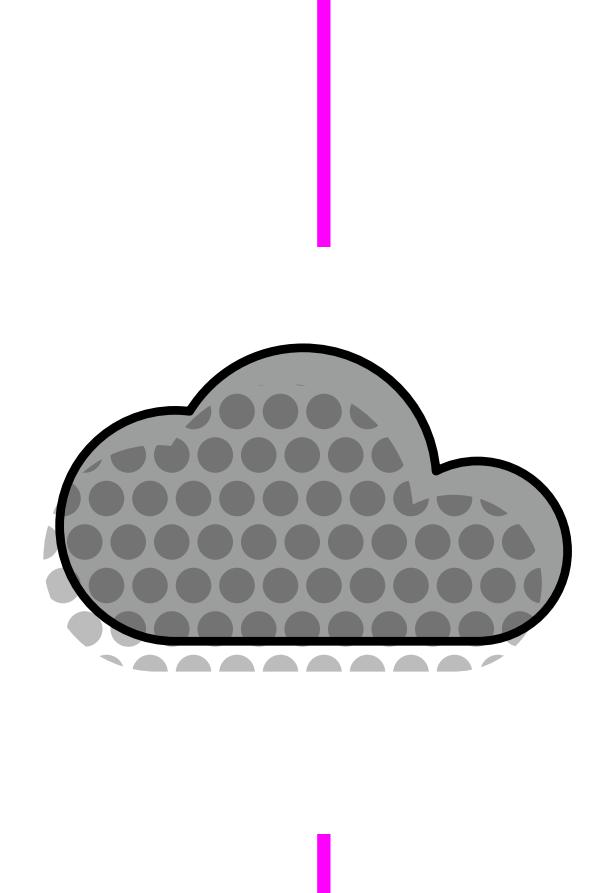


## Where is our gas used?



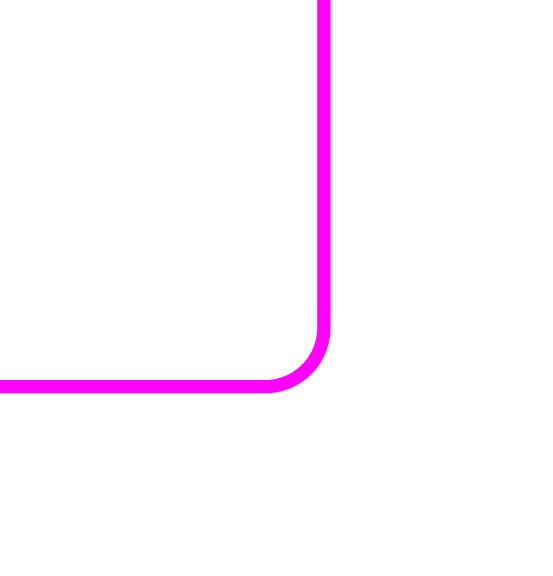
\*Gas data is yet to reconcile. For most up-to-date gas data, visit [data.nationalgas.com](http://data.nationalgas.com)

## Carbon intensity of electricity



### Zero carbon

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



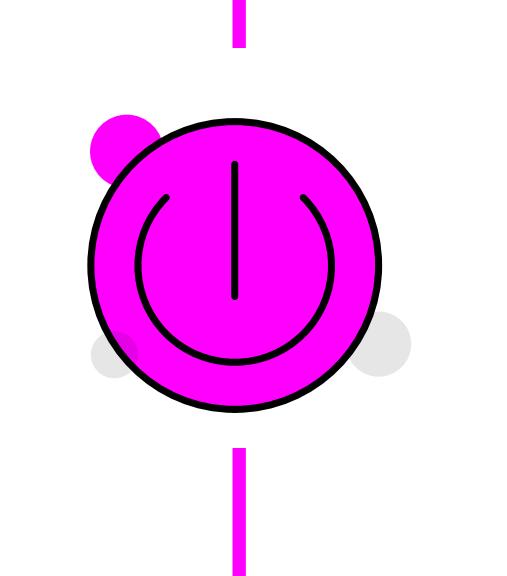
### Carbon intensity

144 gCO<sub>2</sub>/kWh average

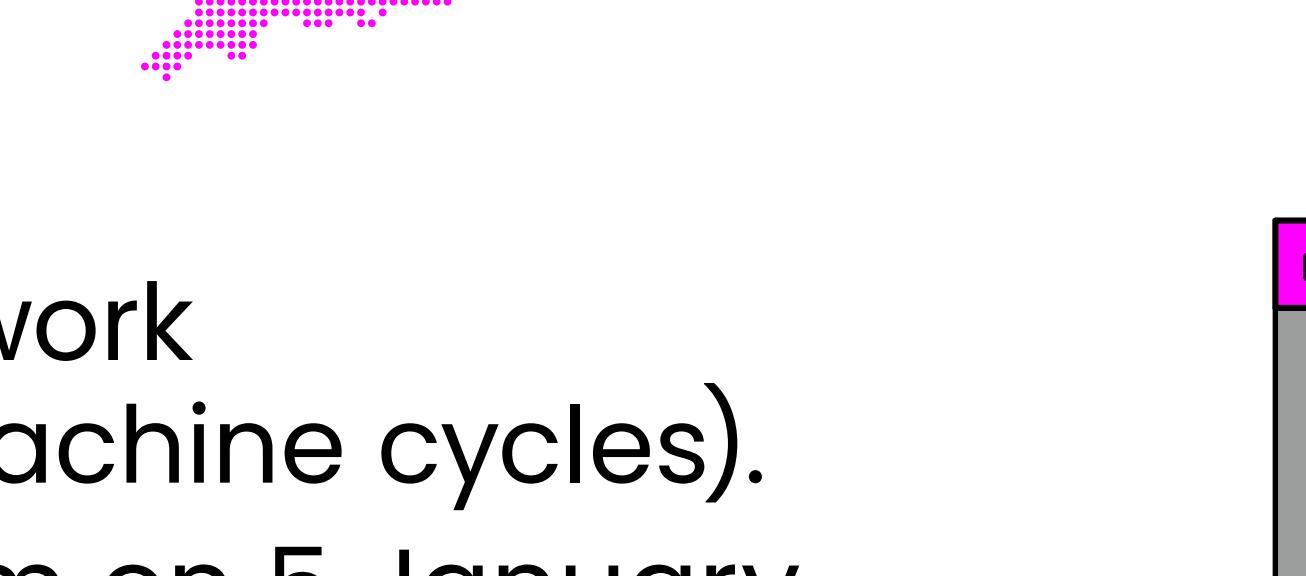
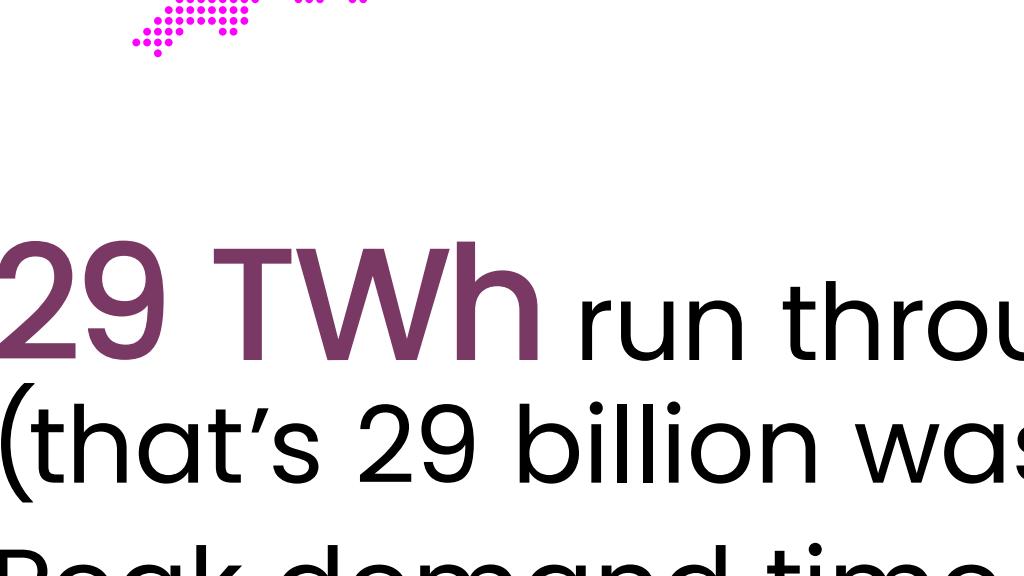
🕒 Greenest time of the month 3:30am on 2 January

Lowest carbon intensity 42 gCO<sub>2</sub>/kWh

## How much electricity we used



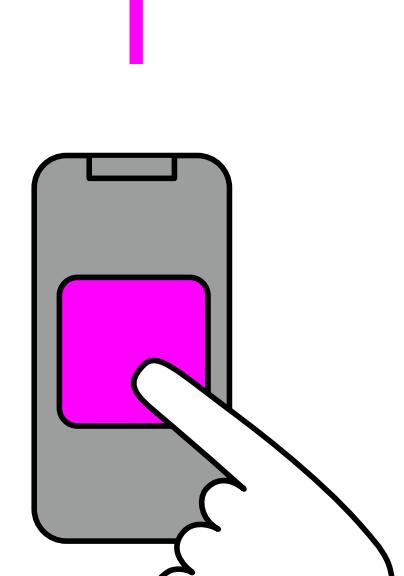
### Imports & exports



### Demand

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

To view our data in real-time, please download the NESO app for Apple or Android. Or visit [carbonintensity.org.uk](http://carbonintensity.org.uk)



### View in real-time

