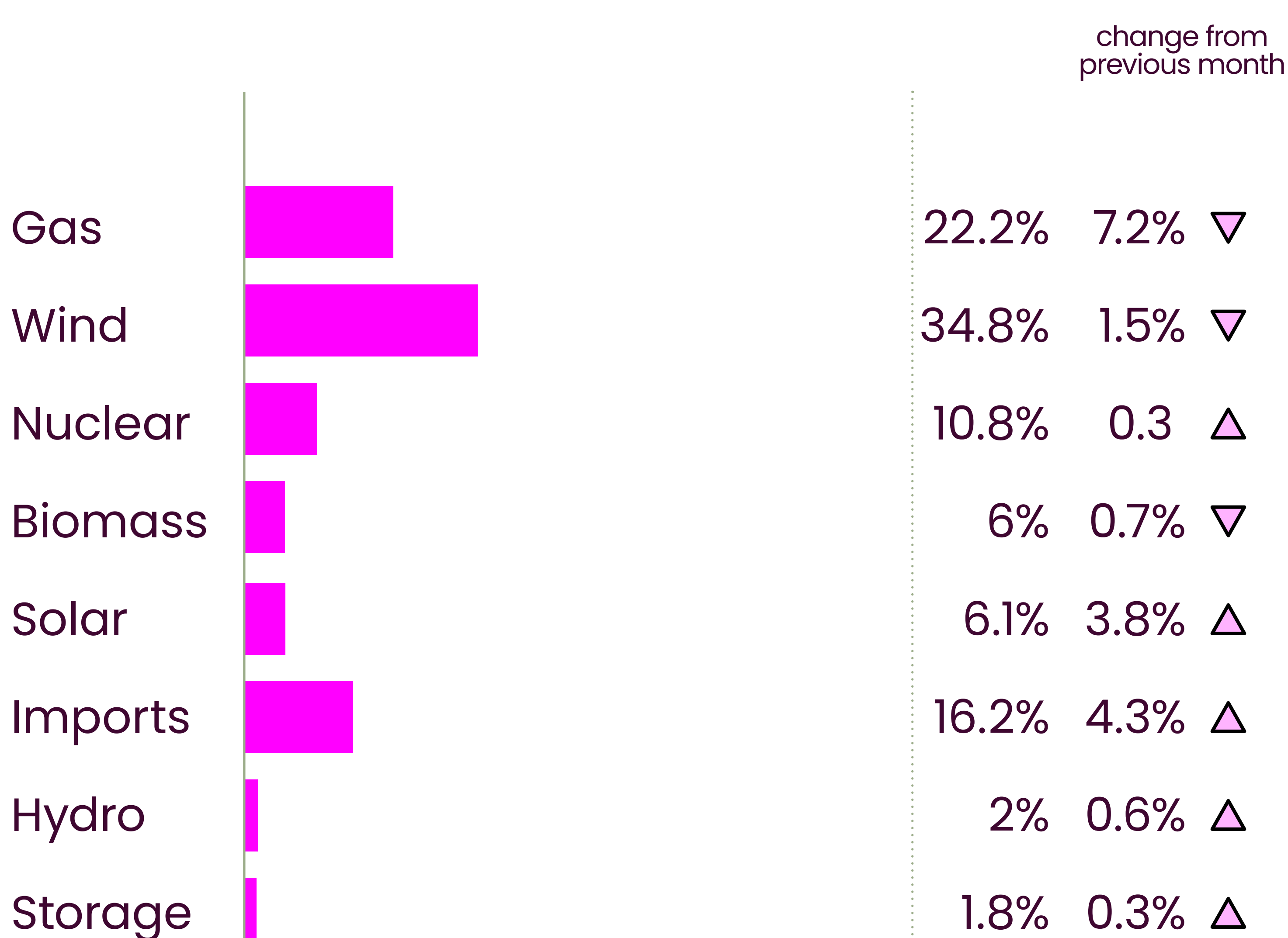
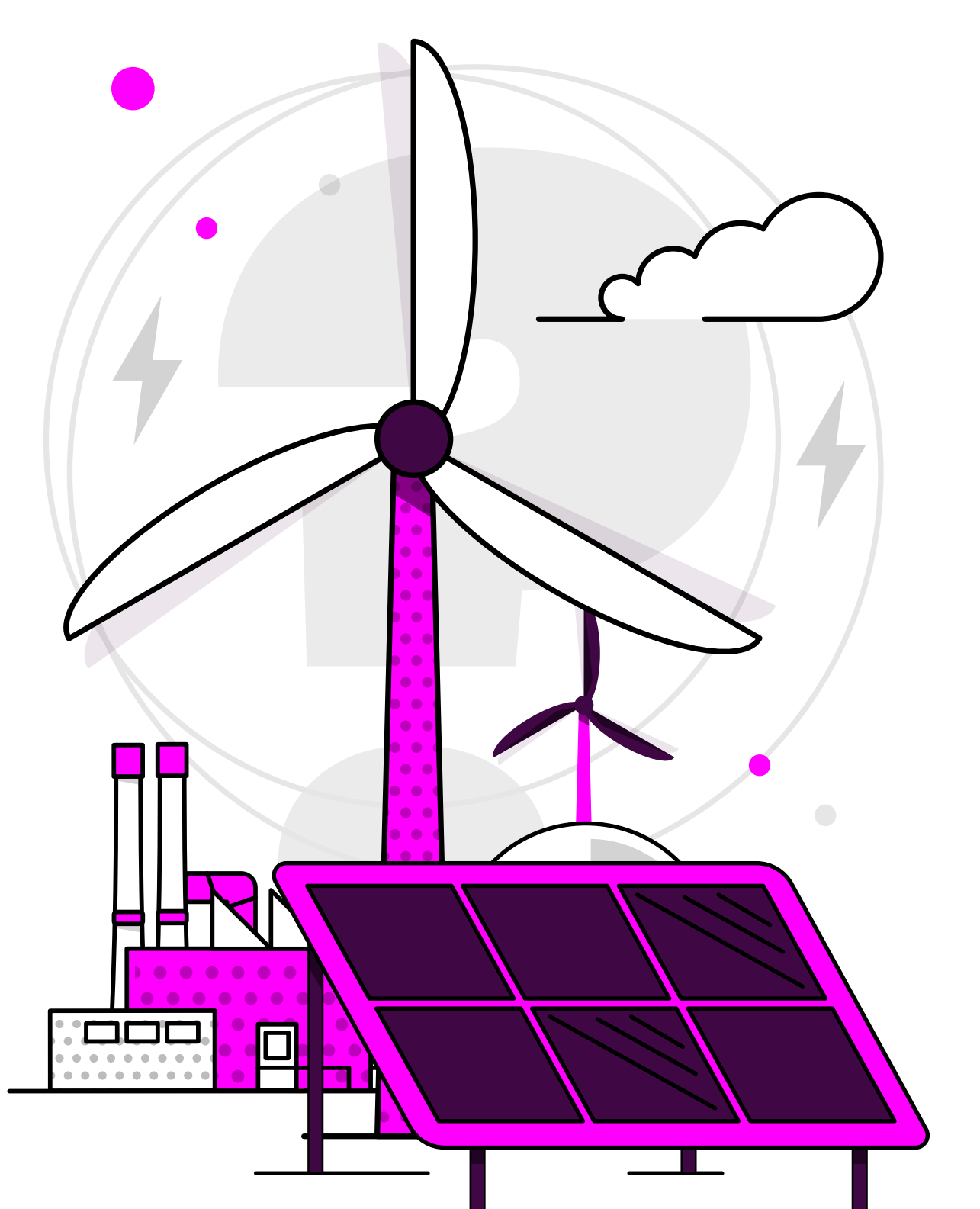


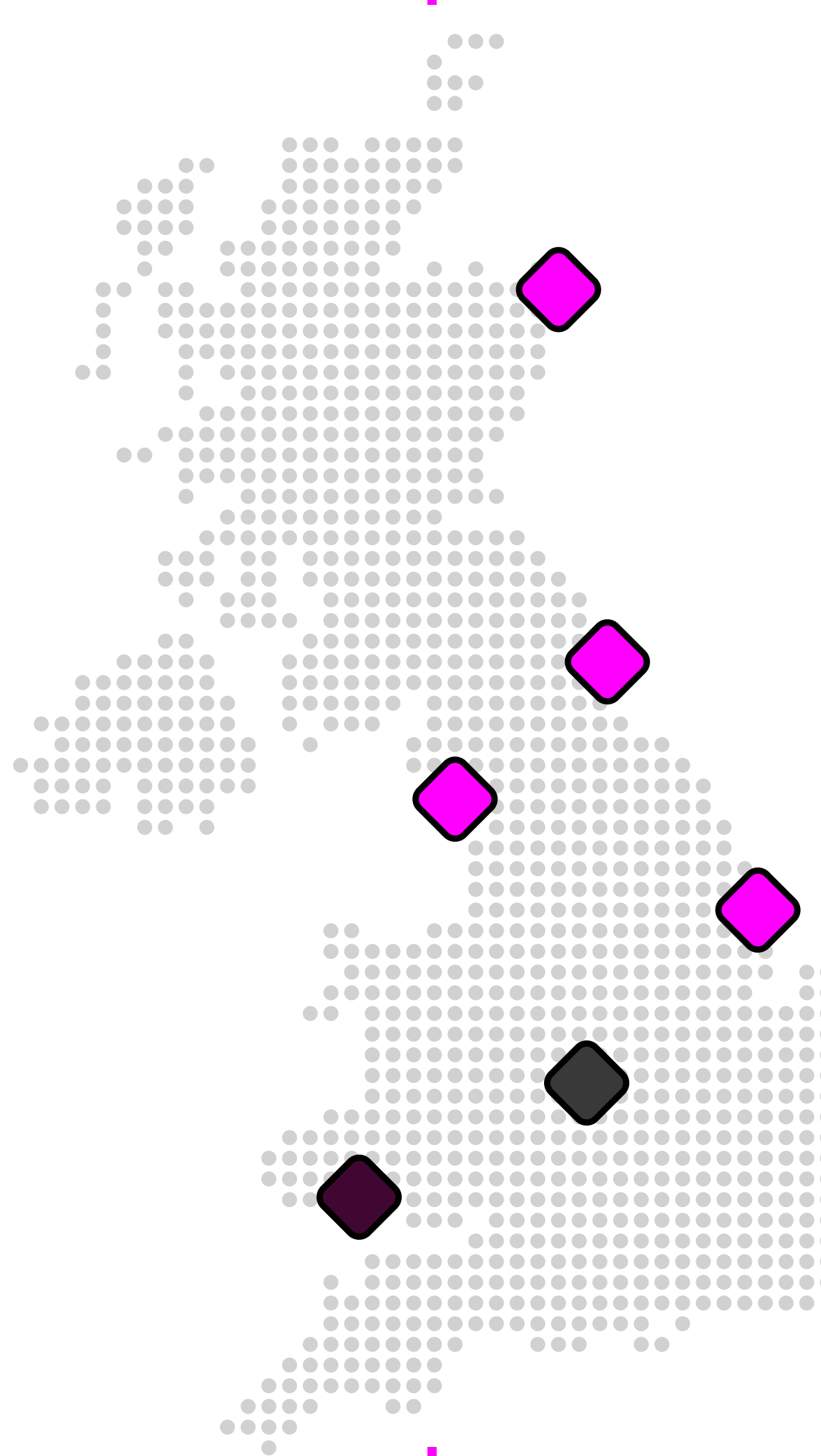
# Britain's Energy Explained: March 2026



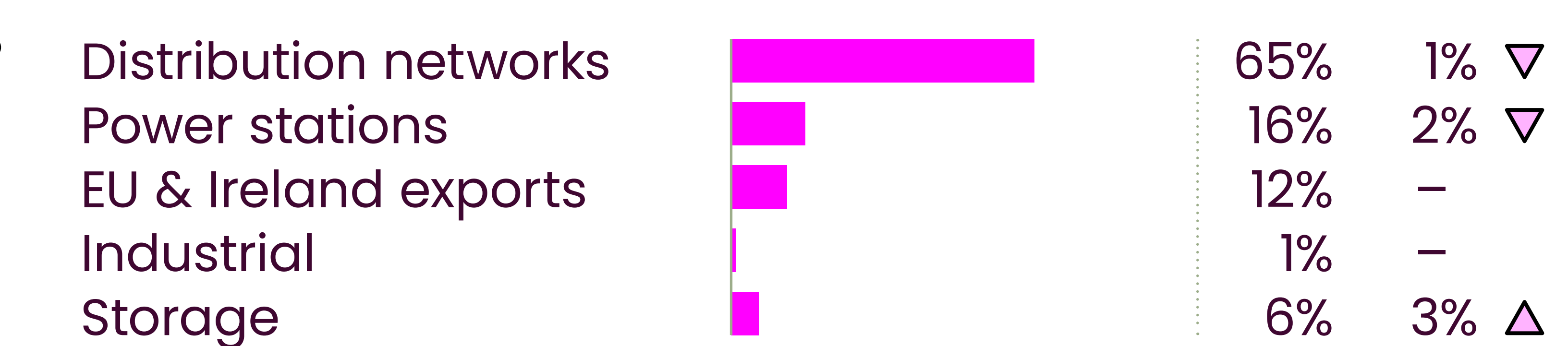
## How was our electricity generated?



## Where has our gas come from?\*

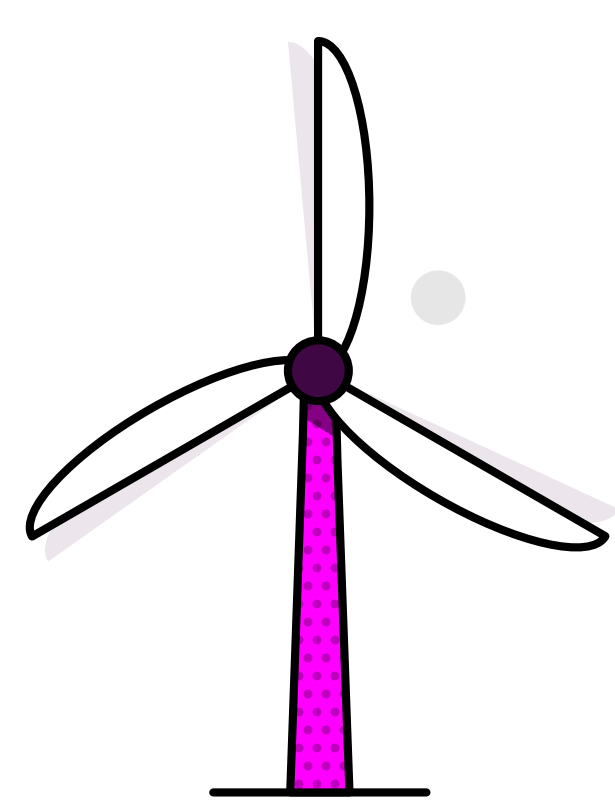


## Where is our gas used?



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

## Carbon intensity of electricity

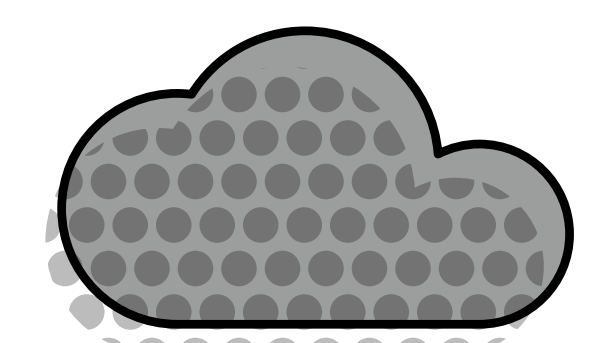


**Zero carbon** 66% of electricity came from zero carbon sources  
94% peak zero carbon share

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

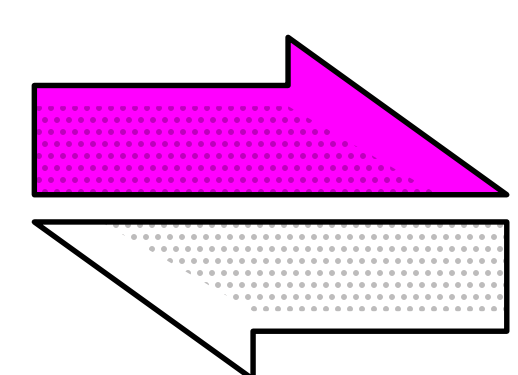
Greenest time of the month 3pm on 25 March

Lowest carbon intensity 26 gCO<sub>2</sub>/kWh

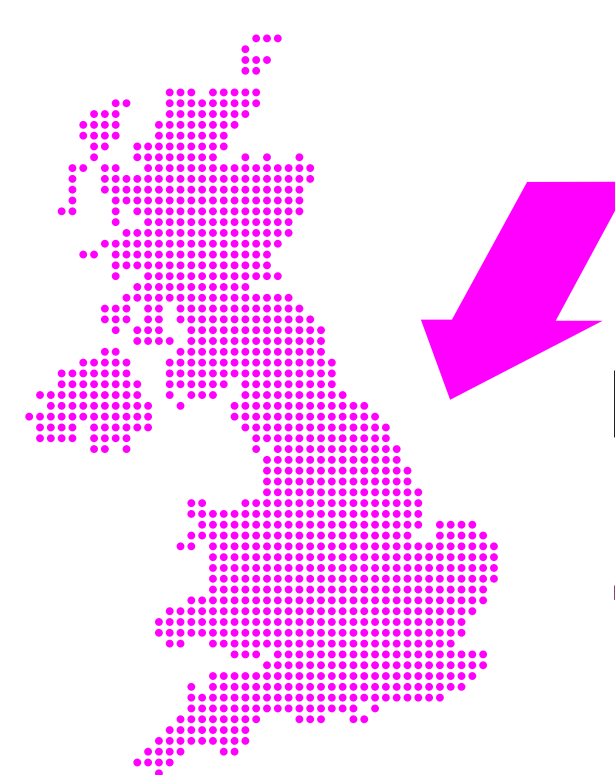


**Carbon intensity**

## How much electricity we used



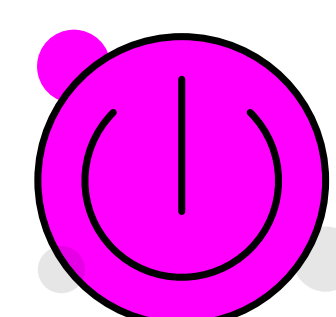
**Imports & exports**



Energy in  
4,223 GWh

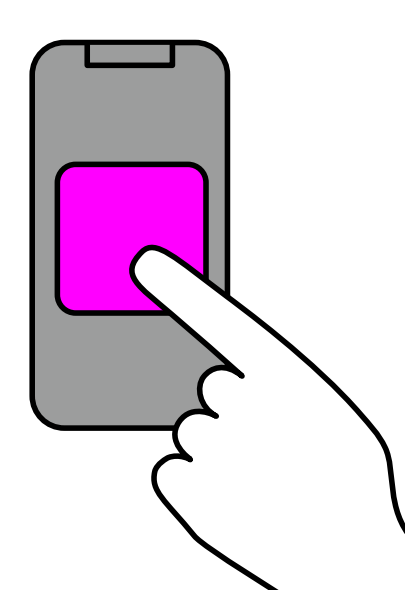
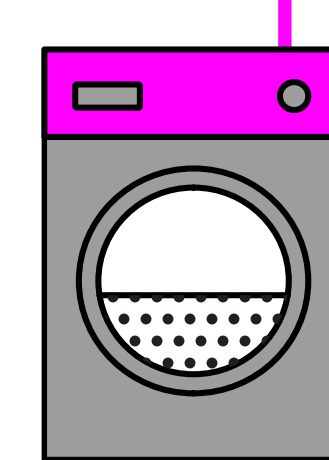


Energy out  
1,270 GWh



**Demand**

26 TWh run through network (that's 26 billion washing machine cycles).  
Peak demand time was 6pm on 3 March.



**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](https://carbonintensity.org.uk)