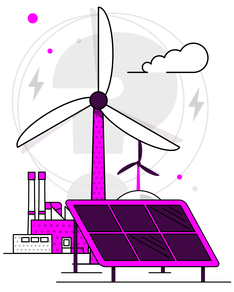
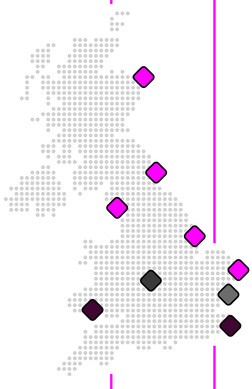
Britain's Energy Explained: May 2026

NESO
National Energy System Operator

How was our electricity generated?



		change from previous month
Gas	22.6%	6.5% ▲
Wind	24.7%	6.5% ▼
Nuclear	10.9%	5.1% ▼
Biomass	7.2%	0.7% ▲
Solar	12.4%	1.6% ▲
Imports	18.7%	3.6% ▲
Hydro	1.3%	1.1% ▼
Storage	2.3%	0.3% ▲



Where has our gas come from?*

Entry Points		change from previous month
UK/Norwegian gas fields	83%	2% ▼
LNG imports	6%	–
European imports	0%	–
Storage withdrawal	11%	2% ▲

Where is our gas used?

Distribution networks	50%	9% ▼
Power stations	20%	7% ▲
EU & Ireland exports	26%	4% ▲
Industrial	2%	1% ▲
Storage	2%	2% ▼

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

Carbon intensity of electricity

Zero carbon

65% of electricity came from zero carbon sources

93% peak zero carbon share

Carbon intensity

122 gCO_2/kWh average

Greenest time of the month 1:30pm on 12 May

Lowest carbon intensity **32** gCO_2/kWh

How much electricity we used

Imports & exports

Energy in **4,193 GWh**

Energy out **982 GWh**

Demand

22 TWh run through network
(that's 22 billion washing machine cycles).
Peak demand time was 6pm on 6 May.

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