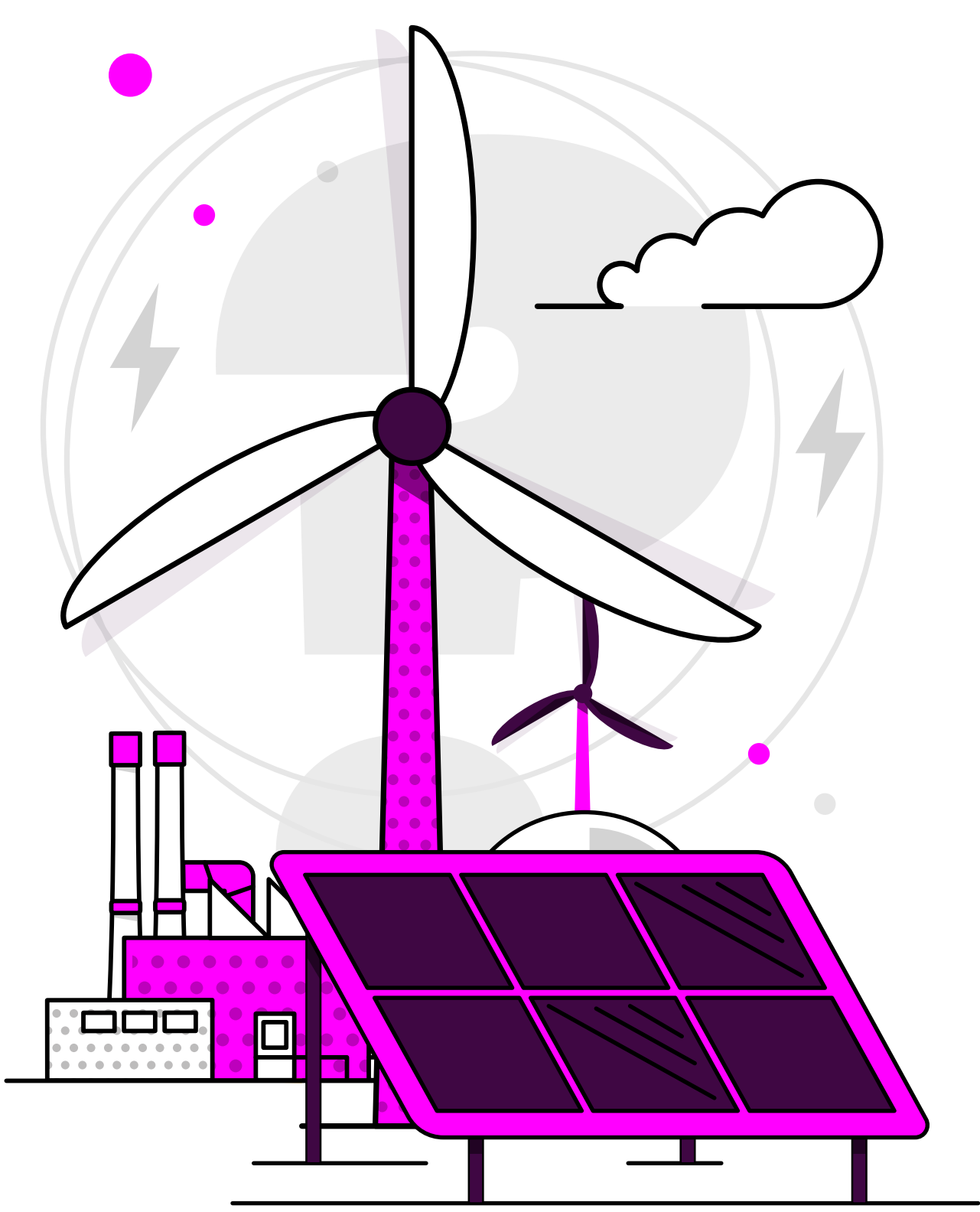


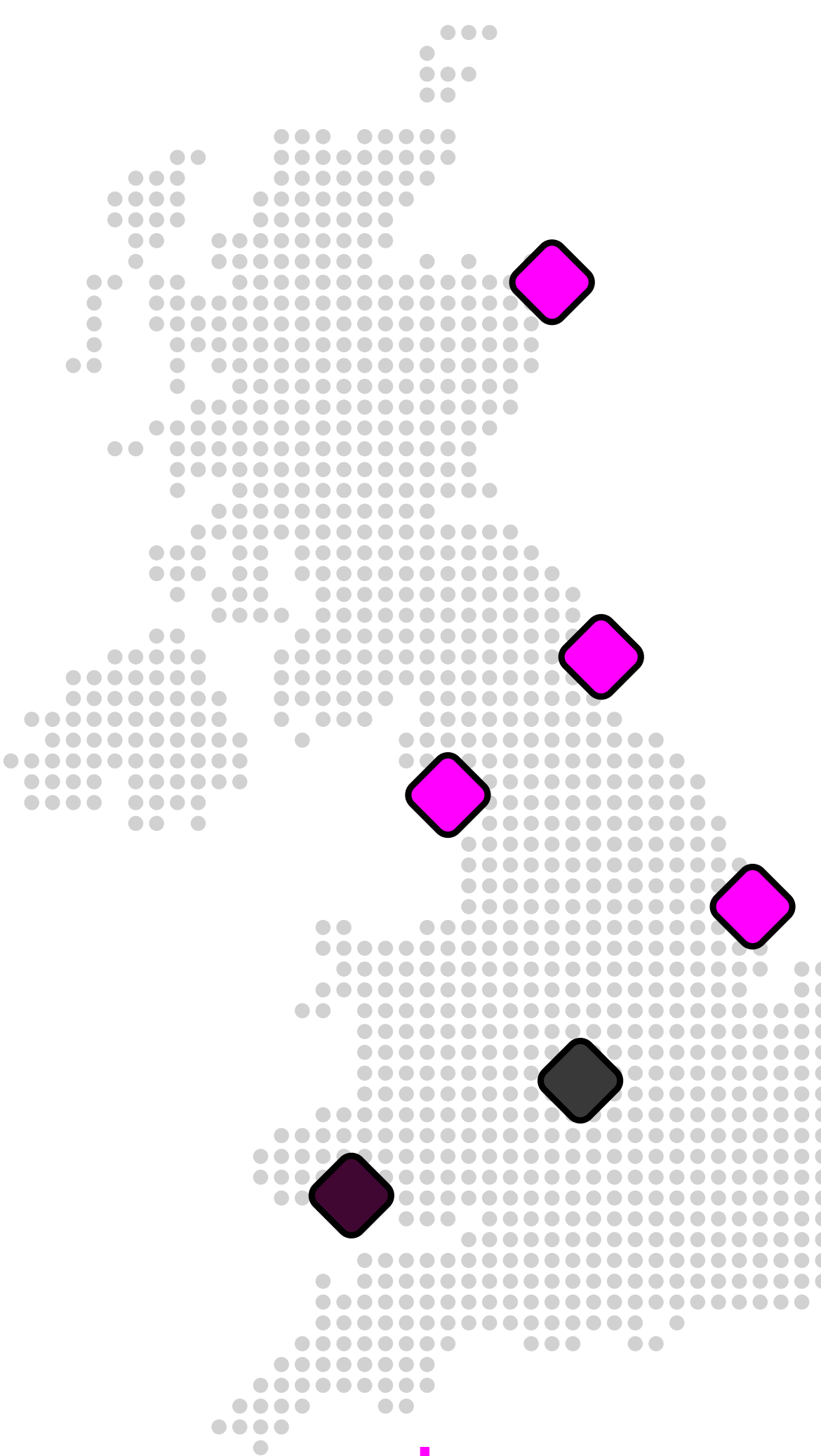
Britain's Energy Explained: July 2026

How was our electricity generated?



			change from previous month
Gas		22.3%	3.9% ▼
Wind		22.9%	4.1% ▼
Nuclear		10.5%	1% ▲
Biomass		6.7%	1.4% ▲
Solar		14.4%	2.3% ▲
Imports		19.5%	3.6% ▲
Hydro		1.4%	0.2% ▼
Storage		2.5%	0.2% ▲

Where has our gas come from?*



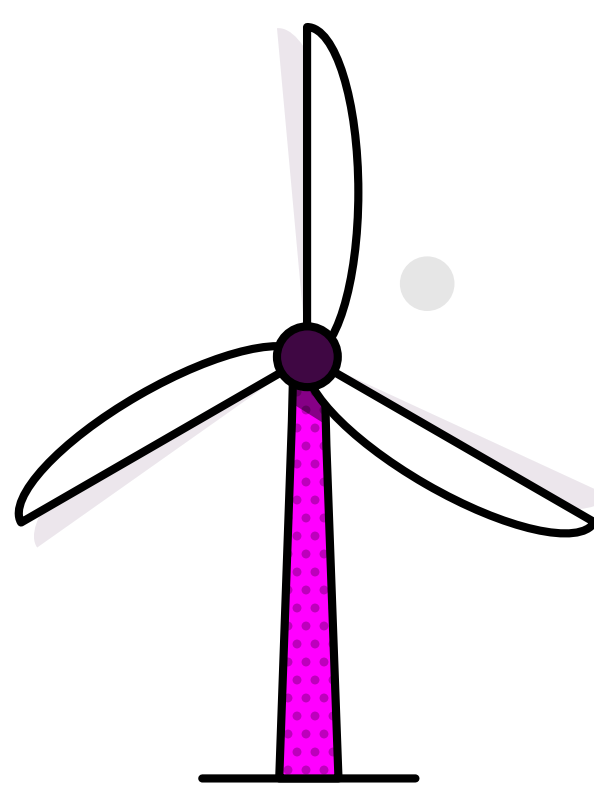
Entry Points			change from previous month
UK/Norwegian gas fields		94%	4% ▲
LNG imports		4%	1% ▼
European imports		0%	–
Storage withdrawal		2%	3% ▼

Where is our gas used?

Distribution networks		26%	8% ▼
Power stations		18%	4% ▼
EU & Ireland exports		42%	4% ▲
Industrial		2%	–
Storage		12%	8% ▲

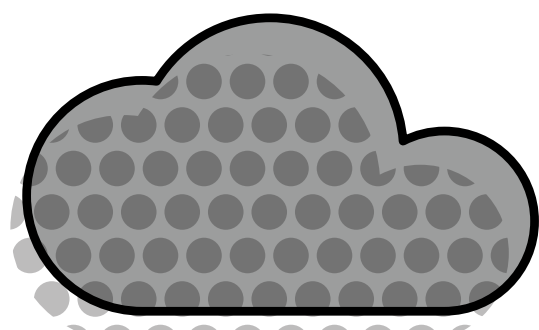
*Gas data is yet to reconcile. For most up-to-date gas data, visit data.nationalgas.com

Carbon intensity of electricity



Zero carbon

66% of electricity came from zero carbon sources
90% peak zero carbon share

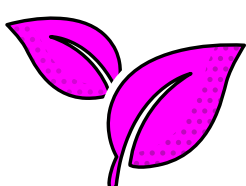


Carbon intensity

121 gCO₂/kWh average

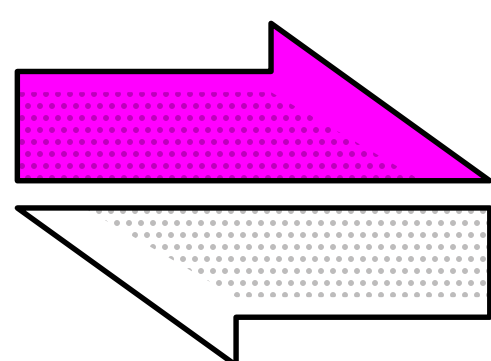


Greenest time of the month 1pm on 4 July



Lowest carbon intensity 37 gCO₂/kWh

How much electricity we used



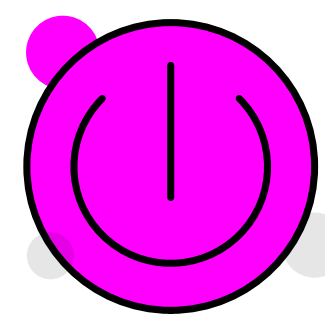
Imports & exports



Energy in
4,402 GWh

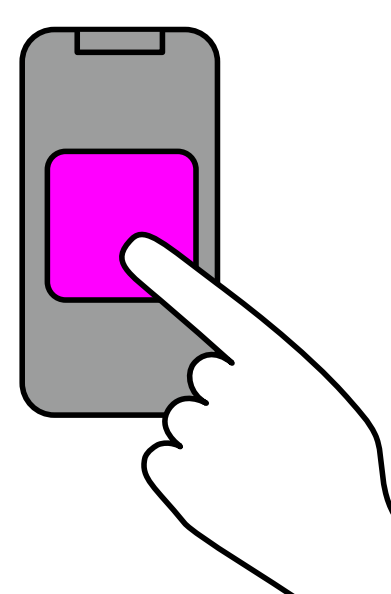
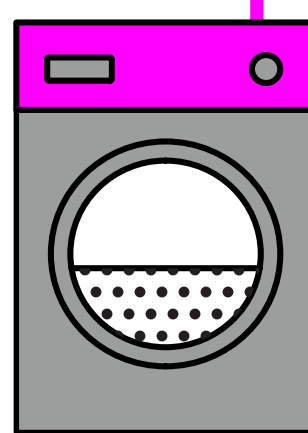


Energy out
1,148 GWh



Demand

22 TWh run through network
(that's 22 billion washing machine cycles).
Peak demand time was 6:30pm on 8 July.



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