

# Nutrition Design

## A software tool for nutrition design

Version 1.0.0

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## 1 INTERFACE OF THE PROGRAM *NUTRITION DESIGN*

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### 1.1 ABOUT THE PROGRAM CONTROLS

The numerical settings are defined by the user with menus or sliders. Sliders can be finely manipulated by holding down the alt key or opt key while dragging the mouse. They be even more finely manipulated by also holding the *shift* and/or *ctrl* keys.

### 1.2 RANGE OF PARAMETERS

#### 1.2.1 Input parameters

*total food calories*: 10 – 5000

*fraction of protein calories*: 0.0 – 0.4

*fraction of carbohydrate calories*: 0.0 – 0.6

*maximum fraction of saturated fatty acids calories*: 0.0 – 0.20

*maximum total water content (ml)*: 1 – 3000

*maximum total sodium content (mg)*: 1 – 3000

*maximum total potassium content (mg)*: 1 – 6000

*maximum total calcium content (mg)*: 1 – 4000

*maximum total magnesium content (mg)*: 1 – 600

*maximum total phosphorus content (mg)*: 1 – 5000

### 1.3 INPUT

#### 1.3.1 Input parameters

The user defines the following parameters:

1. The total food calories,
2. The fraction of protein calories,

3. The fraction of carbohydrate calories.
4. The maximum total water content.
5. The maximum total sodium content.
6. The maximum total potassium content.
7. The maximum total calcium content.
8. The maximum total magnesium content.
9. The maximum total phosphorus content.

### **1.3.2 Menus**

The user selects up to seven different foods:

#### **1. Meat or fish:**

##### **1.1. Beef:**

- 1.1.1. Beef braising steak braised lean and fat
- 1.1.2. Beef braising steak braised lean only
- 1.1.3. Beef braising steak raw lean
- 1.1.4. Beef braising steak raw lean and fat
- 1.1.5. Beef braising steak slow cooked lean
- 1.1.6. Beef braising steak slow cooked lean and fat
- 1.1.7. Beef brisket boiled lean
- 1.1.8. Beef brisket boiled lean and fat
- 1.1.9. Beef brisket raw lean
- 1.1.10. Beef brisket raw lean and fat
- 1.1.11. Beef fat average cooked
- 1.1.12. Beef fat average raw
- 1.1.13. Beef fillet steak fried in corn oil lean
- 1.1.14. Beef fillet steak fried in corn oil lean and fat
- 1.1.15. Beef fillet steak from steakhouse lean
- 1.1.16. Beef fillet steak from steakhouse lean and fat
- 1.1.17. Beef fillet steak grilled lean
- 1.1.18. Beef fillet steak grilled lean and fat
- 1.1.19. Beef fillet steak raw lean
- 1.1.20. Beef fillet steak raw lean and fat
- 1.1.21. Beef flank pot-roasted lean
- 1.1.22. Beef flank pot-roasted lean and fat
- 1.1.23. Beef flank raw lean
- 1.1.24. Beef flank raw lean and fat
- 1.1.25. Beef fore-rib/rib-roast microwaved lean
- 1.1.26. Beef fore-rib/rib-roast microwaved lean and fat
- 1.1.27. Beef fore-rib/rib-roast microwaved lean and fat weighed with bone
- 1.1.28. Beef fore-rib/rib-roast raw lean
- 1.1.29. Beef fore-rib/rib-roast raw lean and fat
- 1.1.30. Beef fore-rib/rib-roast roasted lean
- 1.1.31. Beef fore-rib/rib-roast roasted lean and fat
- 1.1.32. Beef fore-rib/rib-roast roasted lean and fat weighed with bone
- 1.1.33. Beef lean average raw
- 1.1.34. Beef mince patties barbecued
- 1.1.35. Beef mince extra lean stewed
- 1.1.36. Beef mince frozen stewed
- 1.1.37. Beef mince microwaved
- 1.1.38. Beef mince raw
- 1.1.39. Beef mince raw extra lean
- 1.1.40. Beef mince stewed

- 1.1.41. Beef rump steak barbecued lean
- 1.1.42. Beef rump steak barbecued lean and fat
- 1.1.43. Beef rump steak fried in corn oil lean and fat
- 1.1.44. Beef rump steak fried in corn oil lean only
- 1.1.45. Beef rump steak from steakhouse lean and fat
- 1.1.46. Beef rump steak from steakhouse lean only
- 1.1.47. Beef rump steak grilled lean only
- 1.1.48. Beef rump steak raw lean
- 1.1.49. Beef rump steak raw lean and fat
- 1.1.50. Beef rump steak strips stir-fried in corn oil lean
- 1.1.51. Beef rump steak strips stir-fried in corn oil lean and fat
- 1.1.52. Beef silverside pot-roasted lean
- 1.1.53. Beef silverside pot-roasted lean and fat
- 1.1.54. Beef silverside raw lean
- 1.1.55. Beef silverside raw lean and fat
- 1.1.56. Beef silverside salted boiled lean
- 1.1.57. Beef silverside salted boiled lean and fat
- 1.1.58. Beef silverside salted raw lean
- 1.1.59. Beef silverside salted raw lean and fat
- 1.1.60. Beef sirloin joint roasted lean
- 1.1.61. Beef sirloin joint roasted lean and fat
- 1.1.62. Beef sirloin steak fried in corn oil lean
- 1.1.63. Beef sirloin steak fried in corn oil lean and fat
- 1.1.64. Beef sirloin steak from steakhouse lean
- 1.1.65. Beef sirloin steak from steakhouse lean and fat
- 1.1.66. Beef sirloin steak grilled medium-rare lean
- 1.1.67. Beef sirloin steak grilled medium-rare lean and fat
- 1.1.68. Beef sirloin steak grilled rare lean
- 1.1.69. Beef sirloin steak grilled rare lean and fat
- 1.1.70. Beef sirloin steak grilled well-done lean
- 1.1.71. Beef sirloin steak grilled well-done lean and fat
- 1.1.72. Beef sirloin steak raw lean
- 1.1.73. Beef sirloin steak raw lean and fat
- 1.1.74. Beef stewing steak frozen stewed lean
- 1.1.75. Beef stewing steak frozen stewed lean and fat
- 1.1.76. Beef stewing steak pressure cooked lean
- 1.1.77. Beef stewing steak pressure cooked lean and fat
- 1.1.78. Beef stewing steak raw lean
- 1.1.79. Beef stewing steak raw lean and fat
- 1.1.80. Beef stewing steak stewed lean
- 1.1.81. Beef stewing steak stewed lean and fat
- 1.1.82. Beef topside microwaved lean
- 1.1.83. Beef topside microwaved lean and fat
- 1.1.84. Beef topside raw lean
- 1.1.85. Beef topside raw lean and fat
- 1.1.86. Beef topside roasted medium-rare lean
- 1.1.87. Beef topside roasted medium-rare lean and fat
- 1.1.88. Beef topside roasted well-done lean
- 1.1.89. Beef topside roasted well-done lean and fat
- 1.1.90. None

1.2. Lamb:

- 1.2.1. Lamb average raw lean and fat

- 1.2.2. Lamb best end neck cutlets barbecued lean
- 1.2.3. Lamb best end neck cutlets barbecued lean and fat
- 1.2.4. Lamb best end neck cutlets barbecued lean and fat weighed with bone
- 1.2.5. Lamb best end neck cutlets barbecued lean weighed with fat and bone
- 1.2.6. Lamb best end neck cutlets grilled lean
- 1.2.7. Lamb best end neck cutlets grilled lean and fat
- 1.2.8. Lamb best end neck cutlets grilled lean and fat weighed with bone
- 1.2.9. Lamb best end neck cutlets grilled lean weighed with fat and bone
- 1.2.10. Lamb best end neck cutlets raw lean and fat
- 1.2.11. Lamb best end neck cutlets raw lean and fat weighed with bone
- 1.2.12. Lamb breast raw lean
- 1.2.13. Lamb breast raw lean and fat
- 1.2.14. Lamb breast roasted lean
- 1.2.15. Lamb breast roasted lean and fat
- 1.2.16. Lamb chump chops fried lean
- 1.2.17. Lamb chump chops fried lean and fat
- 1.2.18. Lamb chump chops fried lean and fat weighed with bone
- 1.2.19. Lamb chump chops fried lean weighed with fat and bone
- 1.2.20. Lamb chump chops raw lean and fat
- 1.2.21. Lamb chump chops raw lean and fat weighed with bone
- 1.2.22. Lamb chump steaks fried lean and fat
- 1.2.23. Lamb chump steaks raw lean and fat
- 1.2.24. Lamb fat average cooked
- 1.2.25. Lamb fat average raw
- 1.2.26. Lamb lean only raw average
- 1.2.27. Lamb leg chops grilled lean and fat
- 1.2.28. Lamb leg chops grilled lean and fat weighed with bone
- 1.2.29. Lamb leg joint roasted lean
- 1.2.30. Lamb leg joint roasted lean and fat
- 1.2.31. Lamb leg steaks grilled lean
- 1.2.32. Lamb leg steaks grilled lean and fat
- 1.2.33. Lamb leg half fillet braised lean
- 1.2.34. Lamb leg half fillet braised lean and fat
- 1.2.35. Lamb leg half knuckle pot-roasted lean
- 1.2.36. Lamb leg half knuckle pot-roasted lean and fat
- 1.2.37. Lamb leg half knuckle pot-roasted lean and fat weighed with bone
- 1.2.38. Lamb leg whole roasted well done lean
- 1.2.39. Lamb leg whole roasted well done lean and fat
- 1.2.40. Lamb leg whole roasted lean and fat
- 1.2.41. Lamb leg whole roasted lean only
- 1.2.42. Lamb loin chops grilled lean
- 1.2.43. Lamb loin chops grilled lean and fat
- 1.2.44. Lamb loin chops grilled lean and fat weighed with bone
- 1.2.45. Lamb loin chops grilled lean weighed with fat and bone
- 1.2.46. Lamb loin chops microwaved lean
- 1.2.47. Lamb loin chops microwaved lean and fat
- 1.2.48. Lamb loin chops microwaved lean and fat weighed with bone
- 1.2.49. Lamb loin chops microwaved lean weighed with fat and bone
- 1.2.50. Lamb loin chops raw lean and fat
- 1.2.51. Lamb loin chops raw lean and fat weighed with bone
- 1.2.52. Lamb loin chops roasted lean
- 1.2.53. Lamb loin chops roasted lean and fat

- 1.2.54. Lamb loin chops roasted lean and fat weighed with bone
- 1.2.55. Lamb loin chops roasted lean weighed with fat and bone
- 1.2.56. Lamb loin joint raw lean and fat
- 1.2.57. Lamb loin joint raw lean and fat weighed with bone
- 1.2.58. Lamb loin joint roasted lean
- 1.2.59. Lamb loin joint roasted lean and fat
- 1.2.60. Lamb loin joint roasted lean and fat weighed with bone
- 1.2.61. Lamb mince raw
- 1.2.62. Lamb mince stewed
- 1.2.63. Lamb neck fillet raw lean
- 1.2.64. Lamb neck fillet raw lean and fat
- 1.2.65. Lamb neck fillet slices grilled lean
- 1.2.66. Lamb neck fillet slices grilled lean and fat
- 1.2.67. Lamb neck fillet strips stir-fried in corn oil lean
- 1.2.68. Lamb neck fillet strips stir-fried in corn oil lean and fat
- 1.2.69. Lamb New Zealand leg whole chilled roasted lean
- 1.2.70. Lamb New Zealand leg whole chilled roasted lean and fat
- 1.2.71. Lamb New Zealand leg whole frozen raw lean and fat weighed with bone
- 1.2.72. Lamb New Zealand leg whole frozen roasted lean
- 1.2.73. Lamb New Zealand leg whole frozen roasted lean and fat
- 1.2.74. Lamb New Zealand leg whole frozen roasted lean and fat weighed with bone
- 1.2.75. Lamb New Zealand loin chops frozen grilled lean
- 1.2.76. Lamb New Zealand loin chops frozen grilled lean and fat
- 1.2.77. Lamb New Zealand loin chops frozen grilled lean and fat weighed with bone
- 1.2.78. Lamb New Zealand loin chops frozen grilled lean weighed with fat and bone
- 1.2.79. Lamb New Zealand mince frozen stewed
- 1.2.80. Lamb New Zealand shoulder whole frozen roasted lean
- 1.2.81. Lamb New Zealand shoulder whole frozen roasted lean and fat
- 1.2.82. Lamb rack of lean roasted
- 1.2.83. Lamb rack of raw lean and fat
- 1.2.84. Lamb rack of raw lean and fat weighed with bone
- 1.2.85. Lamb rack of roasted lean and fat
- 1.2.86. Lamb shoulder joint roasted lean
- 1.2.87. Lamb shoulder joint roasted lean and fat
- 1.2.88. Lamb shoulder diced kebabs grilled lean and fat
- 1.2.89. Lamb shoulder half bladeside pot-roasted lean
- 1.2.90. Lamb shoulder half bladeside pot-roasted lean and fat
- 1.2.91. Lamb shoulder half knuckle braised lean
- 1.2.92. Lamb shoulder half knuckle braised lean and fat
- 1.2.93. Lamb shoulder raw lean and fat
- 1.2.94. Lamb shoulder raw lean and fat weighed with bone
- 1.2.95. Lamb shoulder whole roasted lean
- 1.2.96. Lamb shoulder whole roasted lean and fat
- 1.2.97. Lamb shoulder whole roasted lean and fat weighed with bone
- 1.2.98. Lamb stewing pressure cooked lean
- 1.2.99. Lamb stewing pressure cooked lean and fat
- 1.2.100. Lamb stewing raw lean and fat
- 1.2.101. Lamb stewing raw lean and fat weighed with bone
- 1.2.102. Lamb stewing stewed lean
- 1.2.103. Lamb stewing stewed lean and fat
- 1.2.104. None

1.3. Pork:

- 1.3.1. Pork belly joint roasted lean and fat
- 1.3.2. Pork belly joint/slices grilled lean and fat
- 1.3.3. Pork belly joint/slices raw lean and fat
- 1.3.4. Pork belly joint/slices raw lean and fat weighed with bone
- 1.3.5. Pork diced casseroled lean
- 1.3.6. Pork diced casseroled lean and fat
- 1.3.7. Pork diced kebabs grilled lean
- 1.3.8. Pork diced kebabs grilled lean and fat
- 1.3.9. Pork diced raw lean
- 1.3.10. Pork diced raw lean and fat
- 1.3.11. Pork fat average cooked
- 1.3.12. Pork fat average raw
- 1.3.13. Pork fillet medallions grilled lean
- 1.3.14. Pork fillet medallions grilled lean and fat
- 1.3.15. Pork fillet medallions raw lean
- 1.3.16. Pork fillet medallions raw lean and fat
- 1.3.17. Pork fillet strips stir-fried in rapeseed oil lean
- 1.3.18. Pork hand shoulder joint raw lean
- 1.3.19. Pork hand shoulder joint raw lean and fat
- 1.3.20. Pork hand shoulder joint roasted lean
- 1.3.21. Pork hand shoulder joint roasted lean and fat
- 1.3.22. Pork lean average raw
- 1.3.23. Pork leg joint raw lean
- 1.3.24. Pork leg joint raw lean and fat
- 1.3.25. Pork leg joint raw lean and fat trimmed
- 1.3.26. Pork leg joint roasted lean and fat
- 1.3.27. Pork leg joint roasted lean and fat trimmed
- 1.3.28. Pork leg joint roasted lean
- 1.3.29. Pork loin chops grilled lean
- 1.3.30. Pork loin chops grilled lean and fat
- 1.3.31. Pork loin chops raw lean and fat
- 1.3.32. Pork loin chops raw lean and fat weighed with bone
- 1.3.33. Pork loin chops roasted lean
- 1.3.34. Pork loin chops roasted lean and fat
- 1.3.35. Pork loin chops roasted lean and fat weighed with bone
- 1.3.36. Pork loin medallions raw lean
- 1.3.37. Pork loin medallions raw lean and fat
- 1.3.38. Pork loin medallions raw lean and fat trimmed
- 1.3.39. Pork loin steaks fried in rapeseed oil lean
- 1.3.40. Pork loin steaks fried in rapeseed oil lean and fat
- 1.3.41. Pork loin steaks grilled lean
- 1.3.42. Pork loin steaks grilled lean and fat
- 1.3.43. Pork loin steaks grilled lean and fat trimmed
- 1.3.44. Pork loin steaks raw lean
- 1.3.45. Pork loin steaks raw lean and fat
- 1.3.46. Pork loin steaks raw lean and fat trimmed
- 1.3.47. Pork loin steaks stewed lean
- 1.3.48. Pork loin steaks stewed lean and fat
- 1.3.49. Pork mince raw
- 1.3.50. Pork mince stewed
- 1.3.51. Pork shoulder chops (collar) braised lean
- 1.3.52. Pork shoulder chops (collar) braised lean and fat

- 1.3.53. Pork shoulder chops (collar) braised lean and fat weighed with bone
- 1.3.54. Pork shoulder chops (collar) raw lean and fat
- 1.3.55. Pork shoulder chops (collar) raw lean and fat weighed with bone
- 1.3.56. Pork shoulder joint (collar) pot-roasted lean
- 1.3.57. Pork shoulder joint (collar) pot-roasted lean and fat
- 1.3.58. Pork shoulder joint (collar) raw lean and fat
- 1.3.59. Pork shoulder joint (collar) raw lean and fat weighed with bone
- 1.3.60. Pork shoulder steaks (collar) grilled lean and fat
- 1.3.61. Pork shoulder steaks (collar) grilled lean and fat weighed with bone
- 1.3.62. Pork shoulder steaks (collar) raw lean and fat
- 1.3.63. Pork shoulder steaks (collar) raw lean and fat weighed with bone
- 1.3.64. Pork spare ribs raw lean and fat
- 1.3.65. None

1.4. Veal:

- 1.4.1. Veal escalope fried in corn oil
- 1.4.2. Veal escalope raw
- 1.4.3. Veal mince raw
- 1.4.4. Veal mince stewed
- 1.4.5. None

1.5. Chicken:

- 1.5.1. Burger chicken/turkey coated retail grilled
- 1.5.2. Chicken breast/steak coated baked
- 1.5.3. Chicken pieces coated takeaway
- 1.5.4. Chicken portions battered deep fried takeaway
- 1.5.5. Chicken breast casseroled meat and skin
- 1.5.6. Chicken breast casseroled meat and skin weighed with bone
- 1.5.7. Chicken breast casseroled meat only
- 1.5.8. Chicken breast grilled with skin meat only
- 1.5.9. Chicken breast grilled without skin meat only
- 1.5.10. Chicken breast grilled meat and skin
- 1.5.11. Chicken corn-fed raw dark meat only
- 1.5.12. Chicken corn-fed raw light meat only
- 1.5.13. Chicken corn-fed raw meat only
- 1.5.14. Chicken corn-fed raw skin only
- 1.5.15. Chicken corn-fed roasted dark meat only
- 1.5.16. Chicken corn-fed roasted light meat only
- 1.5.17. Chicken corn-fed roasted meat only
- 1.5.18. Chicken dark meat raw
- 1.5.19. Chicken dark meat roasted
- 1.5.20. Chicken drumsticks casseroled meat and skin
- 1.5.21. Chicken drumsticks casseroled meat and skin weighed with bone
- 1.5.22. Chicken drumsticks casseroled meat only
- 1.5.23. Chicken drumsticks roasted meat and skin
- 1.5.24. Chicken drumsticks roasted meat and skin weighed with bone
- 1.5.25. Chicken drumsticks roasted meat only
- 1.5.26. Chicken leg quarter casseroled meat and skin
- 1.5.27. Chicken leg quarter casseroled meat and skin weighed with bone
- 1.5.28. Chicken leg quarter casseroled meat only
- 1.5.29. Chicken leg quarter raw meat and skin
- 1.5.30. Chicken leg quarter raw meat and skin weighed with bone
- 1.5.31. Chicken leg quarter roasted meat and skin
- 1.5.32. Chicken leg quarter roasted meat and skin weighed with bone

- 1.5.33. Chicken light meat raw
- 1.5.34. Chicken light meat roasted
- 1.5.35. Chicken meat average raw
- 1.5.36. Chicken meat average roasted
- 1.5.37. Chicken portions not coated deep-fried meat and skin
- 1.5.38. Chicken portions not coated deep-fried meat and skin weighed with bone
- 1.5.39. Chicken skin casserole
- 1.5.40. Chicken skin raw
- 1.5.41. Chicken skin roasted/grilled dry
- 1.5.42. Chicken skin roasted/grilled moist
- 1.5.43. Chicken thighs casserole meat and skin
- 1.5.44. Chicken thighs casserole meat and skin weighed with bone
- 1.5.45. Chicken thighs casserole meat only diced
- 1.5.46. Chicken whole corn-fed raw meat and skin
- 1.5.47. Chicken whole corn-fed raw meat and skin weighed with bone
- 1.5.48. Chicken whole corn-fed roasted meat and skin
- 1.5.49. Chicken whole corn-fed roasted meat and skin weighed with bone
- 1.5.50. Chicken whole raw meat and skin
- 1.5.51. Chicken whole raw meat and skin weighed with bone
- 1.5.52. Chicken whole roasted meat and skin
- 1.5.53. Chicken whole roasted meat and skin weighed with bone
- 1.5.54. Chicken wing quarter casserole meat and skin
- 1.5.55. Chicken wing quarter casserole meat and skin weighed with bone
- 1.5.56. Chicken wing quarter casserole meat only
- 1.5.57. Chicken wing quarter raw meat and skin
- 1.5.58. Chicken wing quarter raw meat and skin weighed with bone
- 1.5.59. Chicken wing quarter roasted meat and skin
- 1.5.60. Chicken wing quarter roasted meat and skin weighed with bone
- 1.5.61. Chicken/turkey pieces coated baked
- 1.5.62. Poussin raw meat and skin
- 1.5.63. Poussin raw meat and skin weighed with bone
- 1.5.64. None

1.6. Duck:

- 1.6.1. Duck crispy chinese style meat and skin
- 1.6.2. Duck meat only raw
- 1.6.3. Duck raw meat only weighed with fat skin and bone
- 1.6.4. Duck raw meat fat and skin
- 1.6.5. Duck roasted meat only
- 1.6.6. Duck roasted meat only weighed with fat skin and bone
- 1.6.7. Duck roasted meat fat and skin
- 1.6.8. None

1.7. Goose:

- 1.7.1. Goose meat raw fat and skin
- 1.7.2. Goose meat roasted fat and skin

1.8. Grouse:

- 1.8.1. Grouse meat only roasted
- 1.8.2. Grouse meat only roasted weighed with bone

1.9. Turkey:

- 1.9.1. Turkey breast fillet grilled meat only
- 1.9.2. Turkey dark meat raw
- 1.9.3. Turkey dark meat roasted
- 1.9.4. Turkey drumsticks roasted meat and skin



- 1.9.5. Turkey drumsticks roasted meat and skin weighed with bone
- 1.9.6. Turkey drumsticks roasted meat only
- 1.9.7. Turkey light meat raw
- 1.9.8. Turkey light meat roasted
- 1.9.9. Turkey meat average raw
- 1.9.10. Turkey meat average roasted
- 1.9.11. Turkey mince stewed
- 1.9.12. Turkey self-basting light meat roasted
- 1.9.13. Turkey skin dry roasted
- 1.9.14. Turkey skin moist roasted
- 1.9.15. Turkey skin raw
- 1.9.16. Turkey thighs diced casseroled meat only
- 1.9.17. Turkey whole raw
- 1.9.18. Turkey whole raw weighed with bone
- 1.9.19. Turkey whole roasted meat and skin
- 1.9.20. Turkey whole roasted meat and skin weighed with bone
- 1.9.21. None

1.10. Game:

- 1.10.1. Rabbit raw meat only
- 1.10.2. Rabbit stewed meat only
- 1.10.3. Rabbit stewed meat only weighed with bone
- 1.10.4. Venison meat only raw
- 1.10.5. None

1.11. Offal:

- 1.11.1. Brain lamb boiled
- 1.11.2. Heart lamb raw
- 1.11.3. Heart ox raw
- 1.11.4. Heart ox stewed
- 1.11.5. Heart pig raw
- 1.11.6. Kidney lamb raw
- 1.11.7. Kidney ox raw
- 1.11.8. Kidney ox stewed
- 1.11.9. Kidney pig raw
- 1.11.10. Kidney pig stewed
- 1.11.11. Liver calf raw
- 1.11.12. Liver chicken raw
- 1.11.13. Liver lamb raw
- 1.11.14. Liver ox raw
- 1.11.15. Liver ox stewed
- 1.11.16. Liver pig raw
- 1.11.17. Liver pig stewed
- 1.11.18. Oxtail raw
- 1.11.19. Sweetbread lamb raw
- 1.11.20. Tripe dressed raw
- 1.11.21. Tripe dressed stewed in milk
- 1.11.22. None

1.12. Burgers and grillsteaks:

- 1.12.1. Burger beef 62-85% beef raw
- 1.12.2. Burger beef 62-85% beef grilled
- 1.12.3. Burger beef 98-99% beef fried in vegetable oil
- 1.12.4. Burger beef 98-99% beef grilled
- 1.12.5. Burger beef 98-99% beef raw

- 1.12.6. Burger cheeseburger takeaway
- 1.12.7. Burger hamburger takeaway
- 1.12.8. Burger Whopper takeaway
- 1.12.9. None

1.13. Bacon:

- 1.13.1. Bacon loin steaks lean grilled
- 1.13.2. Bacon rashers back dry-cured grilled
- 1.13.3. Bacon rashers back dry-fried
- 1.13.4. Bacon rashers back fat trimmed grilled
- 1.13.5. Bacon rashers back fat trimmed raw
- 1.13.6. Bacon rashers back grilled
- 1.13.7. Bacon rashers back grilled crispy
- 1.13.8. Bacon rashers back microwaved
- 1.13.9. Bacon rashers back raw
- 1.13.10. Bacon rashers back reduced salt grilled
- 1.13.11. Bacon rashers back smoked grilled
- 1.13.12. Bacon rashers back sweetcure grilled
- 1.13.13. Bacon rashers back 'tendersweet' grilled
- 1.13.14. Bacon rashers middle fried in corn oil
- 1.13.15. Bacon rashers middle grilled
- 1.13.16. Bacon rashers middle raw
- 1.13.17. Bacon rashers streaky fried in corn oil
- 1.13.18. Bacon rashers streaky grilled
- 1.13.19. Bacon rashers streaky raw
- 1.13.20. Bacon fat only average cooked
- 1.13.21. Bacon fat only average raw
- 1.13.22. Ham
- 1.13.23. Ham gammon joint boiled
- 1.13.24. Ham gammon joint raw
- 1.13.25. Ham gammon rashers grilled
- 1.13.26. None

1.14. Meat products

- 1.14.1. Black pudding dry-fried
- 1.14.2. Black pudding raw
- 1.14.3. Chicken slices
- 1.14.4. Chicken/turkey pasties/slices puff pastry
- 1.14.5. Corned beef canned
- 1.14.6. Curry chicken tikka masala retail reheated
- 1.14.7. Frankfurter
- 1.14.8. Frankfurter with bun
- 1.14.9. Frankfurter with bun ketchup fried onions and mustard
- 1.14.10. Haggis boiled
- 1.14.11. Liver sausage
- 1.14.12. Meat spread
- 1.14.13. Pate liver
- 1.14.14. Pate meat reduced fat
- 1.14.15. Pie chicken individual baked
- 1.14.16. Pie game homemade
- 1.14.17. Pie steak and kidney single crust homemade
- 1.14.18. Salami
- 1.14.19. Salami snack
- 1.14.20. Samosas lamb deep fried in rapeseed oil homemade

- 1.14.21. Sausage roll flaky pastry ready-to-eat retail
- 1.14.22. Sausage rolls short pastry homemade
- 1.14.23. Sausages beef fried in vegetable oil
- 1.14.24. Sausages beef grilled
- 1.14.25. Sausages beef raw
- 1.14.26. Sausages pork chilled fried in vegetable oil
- 1.14.27. Sausages pork chilled grilled
- 1.14.28. Sausages pork frozen fried in vegetable oil
- 1.14.29. Sausages pork frozen grilled
- 1.14.30. Sausages pork raw
- 1.14.31. Sausages pork reduced fat fried in vegetable oil
- 1.14.32. Sausages pork reduced fat grilled
- 1.14.33. Sausages pork reduced fat raw
- 1.14.34. Sausages premium fried in vegetable oil
- 1.14.35. Sausages premium grilled
- 1.14.36. Sausages premium raw
- 1.14.37. Saveloy unbattered takeaway
- 1.14.38. Scotch eggs retail
- 1.14.39. Steak and kidney pudding homemade
- 1.14.40. Turkey slices
- 1.14.41. None

1.15. Meat dishes:

- 1.15.1. Beef bourguignon homemade
- 1.15.2. Beef bourguignonne made with lean beef homemade
- 1.15.3. Beef olives homemade
- 1.15.4. Beef steak pudding homemade
- 1.15.5. Beef Stroganoff homemade
- 1.15.6. Beef Wellington homemade
- 1.15.7. Beef mince stewed
- 1.15.8. Beef mince with vegetables stewed
- 1.15.9. Beef minced stewed with onions extra lean
- 1.15.10. Beef stir-fried with green peppers homemade
- 1.15.11. Biryani chicken takeaway
- 1.15.12. Bolognese sauce (with meat) homemade
- 1.15.13. Bolognese sauce (with meat) made with extra lean minced beef homemade
- 1.15.14. Burger beef fried in rapeseed oil homemade
- 1.15.15. Burger beef grilled homemade
- 1.15.16. Burger beef with bun fried in rapeseed oil homemade
- 1.15.17. Burger beef with bun grilled homemade
- 1.15.18. Cabbage leaves stuffed with lamb and rice homemade
- 1.15.19. Carbonnade of Beef homemade
- 1.15.20. Casserole beef made with cook-in sauce
- 1.15.21. Casserole pork and apple homemade
- 1.15.22. Casserole pork made with cook-in sauce
- 1.15.23. Casserole rabbit homemade
- 1.15.24. Casserole sausage homemade
- 1.15.25. Chicken chasseur homemade
- 1.15.26. Chicken chasseur homemade weighed with bone
- 1.15.27. Chicken fricassee homemade
- 1.15.28. Chicken fricassee reduced fat homemade
- 1.15.29. Chicken in white sauce made with semi-skimmed milk
- 1.15.30. Chicken in white sauce made with whole milk

- 1.15.31. Chicken satay takeaway
- 1.15.32. Chicken wings marinated meat and skin barbecued
- 1.15.33. Chicken wings marinated meat and skin barbecued weighed with bone
- 1.15.34. Chicken stir-fried with mushrooms and cashew nuts homemade
- 1.15.35. Chilli con carne homemade
- 1.15.36. Chilli con carne retail reheated
- 1.15.37. Chilli con carne retail reheated with rice
- 1.15.38. Chow mein chicken takeaway
- 1.15.39. Chow mein pork and chicken homemade
- 1.15.40. Coq au vin homemade
- 1.15.41. Coq au vin homemade weighed with bone
- 1.15.42. Corned beef hash homemade
- 1.15.43. Cornish pasty homemade
- 1.15.44. Cornish pasty retail
- 1.15.45. Coronation chicken homemade
- 1.15.46. Curry beef and spinach homemade
- 1.15.47. Curry beef homemade
- 1.15.48. Curry beef reduced fat homemade
- 1.15.49. Curry chicken balti retail
- 1.15.50. Curry chicken korma homemade
- 1.15.51. Curry chicken vindaloo homemade
- 1.15.52. Curry chicken vindaloo reduced fat homemade
- 1.15.53. Curry chicken average takeaway
- 1.15.54. Curry chicken made with cook-in sauce
- 1.15.55. Curry chicken Thai green takeaway and restaurant
- 1.15.56. Curry lamb biryani homemade
- 1.15.57. Curry lamb biryani reduced fat homemade
- 1.15.58. Curry lamb rogan josh homemade
- 1.15.59. Curry lamb vindaloo homemade
- 1.15.60. Curry lamb made with cook-in sauce
- 1.15.61. Devilled kidneys homemade
- 1.15.62. Duck a l'orange excluding fat and skin homemade
- 1.15.63. Duck a l'orange including fat and skin homemade
- 1.15.64. Duck with pineapple homemade
- 1.15.65. Enchiladas beef homemade
- 1.15.66. Faggots in gravy retail reheated
- 1.15.67. Fajita chicken meat only takeaway and restaurant
- 1.15.68. Goulash homemade
- 1.15.69. Hot pot lamb/beef with potatoes retail reheated
- 1.15.70. Kebabs pork and pineapple homemade
- 1.15.71. Kheema beef homemade
- 1.15.72. Kheema lamb homemade
- 1.15.73. Kheema lamb reduced fat homemade
- 1.15.74. Kofta beef homemade
- 1.15.75. Kofta lamb coated with breadcrumbs homemade
- 1.15.76. Lamb stir-fried with vegetables homemade
- 1.15.77. Lamb mince stewed with onions
- 1.15.78. Lamb's heart casserole homemade
- 1.15.79. Lancashire hotpot homemade
- 1.15.80. Lasagne homemade
- 1.15.81. Lasagne homemade with extra lean minced beef
- 1.15.82. Lasagne retail reheated

- 1.15.83. Lemon chicken homemade
- 1.15.84. Liver and onions stewed homemade
- 1.15.85. Meat loaf homemade
- 1.15.86. Meat samosas takeaway
- 1.15.87. Meatballs pork and beef in tomato sauce homemade
- 1.15.88. Moussaka homemade
- 1.15.89. Moussaka retail reheated
- 1.15.90. Pasta with ham and mushroom sauce homemade
- 1.15.91. Pasta with meat and tomato sauce homemade
- 1.15.92. Peppers stuffed with beef rice and vegetables homemade
- 1.15.93. Pie beef puff or shortcrust pastry family size retail
- 1.15.94. Pie beef puff or shortcrust pastry individual retail
- 1.15.95. Pie chicken and mushroom single crust homemade
- 1.15.96. Pie Cottage homemade
- 1.15.97. Pie Cottage/Shepherd's reheated
- 1.15.98. Pie steak and kidney double crust homemade
- 1.15.99. Pie turkey single crust homemade
- 1.15.100. Pork chops in mustard and cream homemade
- 1.15.101. Pork chops in mustard and cream homemade weighed with bone
- 1.15.102. Pork pie individual
- 1.15.103. Pork spare ribs 'barbecue style' homemade
- 1.15.104. Pork spare ribs 'barbecue style' homemade weighed with bone
- 1.15.105. Pork spare ribs 'barbecue style' meat only retail reheated weighed with bone
- 1.15.106. Pork spare ribs 'barbecue style' meat only retail reheated
- 1.15.107. Pork stir-fried with vegetables homemade
- 1.15.108. Pork sweet and sour made with lean pork homemade
- 1.15.109. Pork sweet and sour made with sweet and sour cook in sauce
- 1.15.110. Samosas lamb baked homemade
- 1.15.111. Sauce duck a l'orange
- 1.15.112. Shepherd's pie homemade
- 1.15.113. Shish kebab in pitta bread with salad
- 1.15.114. Shish kebab meat only
- 1.15.115. Shish kebabs with onions and peppers homemade
- 1.15.116. Spaghetti bolognese homemade
- 1.15.117. Spaghetti bolognese retail meat and sauce only reheated
- 1.15.118. Spaghetti bolognese retail reheated with spaghetti
- 1.15.119. Spring rolls meat takeaway
- 1.15.120. Stew beef homemade
- 1.15.121. Stew beef made with lean beef homemade
- 1.15.122. Stew beef with dumplings homemade
- 1.15.123. Stew Irish homemade
- 1.15.124. Stew Irish made with lean lamb homemade
- 1.15.125. Stir-fry beef with green peppers and blackbean sauce takeaway
- 1.15.126. Sweet and sour chicken takeaway
- 1.15.127. Sweet and sour pork battered takeaway
- 1.15.128. Sweet and sour pork homemade
- 1.15.129. Toad in the hole homemade
- 1.15.130. Toad in the hole made with skimmed milk and reduced fat sausages homemade
- 1.15.131. Tripe and onions stewed homemade
- 1.15.132. Turkey and pasta bake homemade
- 1.15.133. Turkey stir-fried with vegetables homemade
- 1.15.134. Venison in red wine and port homemade

1.15.135. None

1.16. White Fish:

- 1.16.1. Bass sea flesh only baked
- 1.16.2. Bass sea flesh only baked weighed with bones and skin
- 1.16.3. Bass sea flesh only raw
- 1.16.4. Bass sea flesh only raw weighed with bones and skin
- 1.16.5. Carp raw
- 1.16.6. Catfish flesh only steamed
- 1.16.7. Catfish flesh only steamed weighed with bones
- 1.16.8. Cod dried salted boiled
- 1.16.9. Cod flesh only baked
- 1.16.10. Cod flesh only baked weighed with bones and skin
- 1.16.11. Cod flesh only grilled
- 1.16.12. Cod flesh only microwaved
- 1.16.13. Cod flesh only poached in milk butter and salt added
- 1.16.14. Cod flesh only poached in milk butter and salt added weighed with bones and skin
- 1.16.15. Cod flesh only raw
- 1.16.16. Cod flesh only salted and smoked raw
- 1.16.17. Cod flesh only steamed
- 1.16.18. Cod flesh only steamed weighed with bones and skin
- 1.16.19. Cod in batter baked
- 1.16.20. Cod in batter fried in dripping takeaway
- 1.16.21. Cod in batter fried in rapeseed oil
- 1.16.22. Cod in batter fried takeaway
- 1.16.23. Cod in breadcrumbs baked
- 1.16.24. Coley flesh only baked
- 1.16.25. Coley flesh only grilled
- 1.16.26. Coley flesh only poached
- 1.16.27. Coley flesh only raw
- 1.16.28. Coley flesh only steamed
- 1.16.29. Coley flesh only steamed weighed with bones and skin
- 1.16.30. Fishcakes white fish coated in breadcrumbs baked
- 1.16.31. Flounder flesh only steamed
- 1.16.32. Flounder flesh only steamed weighed with bones and skin
- 1.16.33. Haddock fillets flesh only in flour fried in blended oil weighed with bones and skin
- 1.16.34. Haddock fillets flesh only in flour fried in dripping
- 1.16.35. Haddock fillets flesh only in flour fried in dripping weighed with bones and skin
- 1.16.36. Haddock fillets flesh only in flour fried in sunflower oil
- 1.16.37. Haddock fillets flesh only in flour fried in sunflower oil weighed with bones and skin
- 1.16.38. Haddock flesh only grilled
- 1.16.39. Haddock flesh only grilled fillets weighed with bones and skin
- 1.16.40. Haddock flesh only poached
- 1.16.41. Haddock flesh only poached fillets weighed with bones and skin
- 1.16.42. Haddock flesh only raw
- 1.16.43. Haddock flesh only smoked poached
- 1.16.44. Haddock flesh only smoked poached fillets weighed with bones and skin
- 1.16.45. Haddock flesh only smoked raw
- 1.16.46. Haddock flesh only smoked steamed
- 1.16.47. Haddock flesh only smoked steamed weighed with bones and skin
- 1.16.48. Haddock flesh only steamed
- 1.16.49. Haddock flesh only steamed fillets weighed with bones and skin
- 1.16.50. Haddock in batter fried in blended oil

- 1.16.51. Haddock in batter fried in dripping
- 1.16.52. Haddock in batter fried in retail blend oil
- 1.16.53. Haddock in batter fried in sunflower oil
- 1.16.54. Hake flesh only grilled
- 1.16.55. Hake flesh only grilled weighed with bones and skin
- 1.16.56. Halibut flesh only grilled
- 1.16.57. Halibut flesh only poached
- 1.16.58. Halibut flesh only poached weighed with bones and skin
- 1.16.59. Halibut grilled weighed with bones and skin
- 1.16.60. Hoki grilled
- 1.16.61. Lemon sole flesh only grilled
- 1.16.62. Lemon sole flesh only raw
- 1.16.63. Lemon sole flesh only steamed
- 1.16.64. Lemon sole flesh only steamed weighed with bones and skin
- 1.16.65. Lemon sole goujons baked
- 1.16.66. Monkfish flesh only grilled
- 1.16.67. Monkfish flesh only grilled weighed with bones
- 1.16.68. Mullet Grey flesh only grilled
- 1.16.69. Mullet Grey flesh only raw
- 1.16.70. Mullet Grey grilled weighed with bones and skin
- 1.16.71. Pangasius flesh only baked
- 1.16.72. Pangasius flesh only poached
- 1.16.73. Pangasius flesh only raw
- 1.16.74. Plaice flesh only baked
- 1.16.75. Plaice flesh only raw
- 1.16.76. Plaice flesh only steamed
- 1.16.77. Plaice flesh only steamed fillets weighed with bones and skin
- 1.16.78. Plaice in batter fried in blended oil
- 1.16.79. Plaice in batter fried in retail blend oil
- 1.16.80. Plaice in batter fried in sunflower oil
- 1.16.81. Plaice in breadcrumbs baked
- 1.16.82. Pollock Alaskan flesh only baked
- 1.16.83. Pollock Alaskan flesh only raw
- 1.16.84. Pollock Alaskan flesh only steamed
- 1.16.85. Red snapper flesh only fried in blended oil weighed with bones and skin
- 1.16.86. Red snapper flesh only fried in blended oil weighed with bones and skin
- 1.16.87. Red snapper flesh only fried in sunflower oil
- 1.16.88. Red snapper flesh only fried in sunflower oil weighed with bones and skin
- 1.16.89. Red snapper flesh only raw
- 1.16.90. Redfish raw
- 1.16.91. Rock Salmon/Dogfish in batter fried in blended oil
- 1.16.92. Rock Salmon/Dogfish in batter fried in blended oil weighed with bones
- 1.16.93. Rock Salmon/Dogfish in batter fried in dripping
- 1.16.94. Rock Salmon/Dogfish in batter fried in dripping weighed with bones
- 1.16.95. Rock Salmon/Dogfish in batter fried in retail blend oil
- 1.16.96. Rock Salmon/Dogfish in batter fried in retail blend oil weighed with bones
- 1.16.97. Rock Salmon/Dogfish in batter fried in sunflower oil
- 1.16.98. Rock Salmon/Dogfish in batter fried in sunflower oil weighed with bones
- 1.16.99. Skate grilled
- 1.16.100. Skate grilled weighed with bones
- 1.16.101. Sole flesh only grilled fillets weighed with skin
- 1.16.102. Turbot flesh only grilled

- 1.16.103. Turbot flesh only grilled weighed with bones and skin
- 1.16.104. Whiting flesh only raw
- 1.16.105. Whiting flesh only steamed
- 1.16.106. Whiting flesh only steamed weighed with bones and skin
- 1.16.107. Whiting in crumbs fried in blended oil
- 1.16.108. Whiting in crumbs fried in blended oil weighed with bones and skin
- 1.16.109. Whiting in crumbs fried in dripping
- 1.16.110. Whiting in crumbs fried in dripping weighed with bones and skin
- 1.16.111. Whiting in crumbs fried in sunflower oil
- 1.16.112. Whiting in crumbs fried in sunflower oil weighed with bones and skin
- 1.16.113. None

1.17. Fatty Fish:

- 1.17.1. Anchovies canned in oil drained
- 1.17.2. Bloaters flesh only grilled
- 1.17.3. Bloaters flesh only grilled weighed with bones and skin
- 1.17.4. Eel yellow raw
- 1.17.5. Herring flesh only grilled
- 1.17.6. Herring flesh only grilled weighed with bones and skin
- 1.17.7. Herring flesh only raw
- 1.17.8. Kippers flesh only boil in the bag with butter cooked
- 1.17.9. Kippers flesh only grilled
- 1.17.10. Kippers flesh only grilled fillets weighed with bones and skin
- 1.17.11. Mackerel flesh only grilled
- 1.17.12. Mackerel flesh only grilled fillets weighed with bones and skin
- 1.17.13. Mackerel flesh only raw
- 1.17.14. Mackerel flesh only smoked
- 1.17.15. Salmon farmed flesh only grilled weighed with bones and skin
- 1.17.16. Salmon farmed flesh only steamed fillets weighed with bones and skin
- 1.17.17. Salmon pink canned in brine drained
- 1.17.18. Salmon red canned in brine drained
- 1.17.19. Salmon red canned in brine skinless and boneless drained
- 1.17.20. Salmon smoked (cold-smoked)
- 1.17.21. Salmon smoked (hot-smoked)
- 1.17.22. Salmon wild baked
- 1.17.23. Salmon wild grilled
- 1.17.24. Salmon wild steamed
- 1.17.25. Sardines canned in brine drained
- 1.17.26. Sardines canned in olive oil drained
- 1.17.27. Sardines canned in sunflower oil drained
- 1.17.28. Sardines canned in tomato sauce whole contents
- 1.17.29. Sardines flesh only grilled
- 1.17.30. Sardines flesh only grilled weighed with skin and bones
- 1.17.31. Sardines flesh only raw
- 1.17.32. Sprats fried
- 1.17.33. Sprats fried weighed with bones
- 1.17.34. Sprats raw
- 1.17.35. Swordfish flesh only grilled
- 1.17.36. Swordfish flesh only grilled weighed with bones and skin
- 1.17.37. Trout brown steamed
- 1.17.38. Trout brown steamed weighed with bones
- 1.17.39. Trout rainbow baked flesh only fillets weighed with bones and skin
- 1.17.40. Trout rainbow flesh only baked



- 1.17.41. Trout rainbow flesh only raw
- 1.17.42. Tuna canned in brine drained
- 1.17.43. Tuna canned in sunflower oil drained
- 1.17.44. Tuna flesh only baked
- 1.17.45. Tuna flesh only raw
- 1.17.46. None

1.18. Crustacea:

- 1.18.1. Crab brown meat purchased cooked
- 1.18.2. Crab canned in brine drained
- 1.18.3. Crab purchased cooked
- 1.18.4. Crab white and brown meat purchased cooked weighed with shell
- 1.18.5. Crab white meat purchased cooked
- 1.18.6. Langoustine boiled
- 1.18.7. Lobster boiled
- 1.18.8. Lobster boiled weighed with shell
- 1.18.9. Prawns king grilled from raw
- 1.18.10. Prawns king purchased cooked
- 1.18.11. Prawns king purchased cooked weighed with shells
- 1.18.12. Prawns king raw
- 1.18.13. Prawns standard dried
- 1.18.14. Prawns standard purchased cooked
- 1.18.15. Scampi coated in breadcrumbs fried in sunflower oil
- 1.18.16. Scampi in breadcrumbs frozen fried in rapeseed oil
- 1.18.17. Shrimps boiled
- 1.18.18. Shrimps boiled weighed with shells
- 1.18.19. Shrimps canned in brine drained
- 1.18.20. Shrimps dried
- 1.18.21. Shrimps frozen
- 1.18.22. None

1.19. Molluscs:

- 1.19.1. Calamari coated in batter baked
- 1.19.2. Cockles boiled
- 1.19.3. Mussels in white wine sauce cooked
- 1.19.4. Mussels purchased cooked
- 1.19.5. Mussels raw
- 1.19.6. Oysters raw
- 1.19.7. Oysters raw weighed with shells
- 1.19.8. Scallops steamed
- 1.19.9. Squid dried
- 1.19.10. Whelks boiled
- 1.19.11. Whelks boiled weighed with shells
- 1.19.12. Winkles boiled
- 1.19.13. Winkles boiled weighed with shells
- 1.19.14. None

1.20. Fish products and dishes:

- 1.20.1. Curry fish homemade
- 1.20.2. Curry haddock Bengali homemade
- 1.20.3. Curry herring Bengali homemade
- 1.20.4. Curry Prawn bhuna takeaway
- 1.20.5. Curry Prawn madras takeaway
- 1.20.6. Curry prawn takeaway
- 1.20.7. Fish fingers cod fried in rapeseed oil

- 1.20.8. Fish fingers cod fried in sunflower oil
- 1.20.9. Fish fingers cod grilled/baked
- 1.20.10. Fish fingers pollock grilled
- 1.20.11. Fish fingers salmon grilled/baked
- 1.20.12. Fishcakes cod homemade
- 1.20.13. Fishcakes salmon coated in breadcrumbs baked
- 1.20.14. Fishcakes salmon homemade
- 1.20.15. Kedgeree homemade
- 1.20.16. Pate tuna
- 1.20.17. Pie fish white fish homemade
- 1.20.18. Pie fish white fish retail baked
- 1.20.19. Pilau prawn homemade
- 1.20.20. Roe cod hard raw
- 1.20.21. Roe herring soft raw
- 1.20.22. Scampi coated in breadcrumbs baked
- 1.20.23. Seafood selection
- 1.20.24. Seafood sticks
- 1.20.25. Sesame prawn toast takeaway
- 1.20.26. Sushi salmon nigiri
- 1.20.27. Sushi tuna nigiri
- 1.20.28. Szechuan prawns with vegetables takeaway
- 1.20.29. Taramasalata
- 1.20.30. None

1.21. None

1.21.1. None

## 2. Cereal:

### 2.1. Rice:

- 2.1.1. Red rice boiled in unsalted water
- 2.1.2. Rice brown basmati boiled in unsalted water
- 2.1.3. Rice brown basmati raw
- 2.1.4. Rice brown wholegrain boiled in unsalted water
- 2.1.5. Rice brown wholegrain raw
- 2.1.6. Rice egg fried ready cooked re-heated retail not takeaway
- 2.1.7. Rice egg fried takeaway
- 2.1.8. Rice pilau plain homemade
- 2.1.9. Rice ready-cooked "plain" re-heated
- 2.1.10. Rice red raw
- 2.1.11. Rice savoury including chicken beef mushroom and vegetable varieties dried cooked
- 2.1.12. Rice savoury including chicken beef mushroom and vegetable varieties dried uncooked
- 2.1.13. Rice Thai fragrant boiled in unsalted water
- 2.1.14. Rice Thai fragrant raw
- 2.1.15. Rice white basmati boiled in unsalted water
- 2.1.16. Rice white basmati easy cook boiled in unsalted water
- 2.1.17. Rice white basmati easy cook raw
- 2.1.18. Rice white basmati raw
- 2.1.19. Rice white Italian "Arborio" risotto boiled in unsalted water
- 2.1.20. Rice white Italian Arborio risotto raw
- 2.1.21. Rice white long grain boiled in unsalted water
- 2.1.22. Rice white long grain easy cook boiled in unsalted water
- 2.1.23. Rice white long grain easy cook raw
- 2.1.24. Rice white long grain raw
- 2.1.25. Rice white pudding raw

2.1.26. Rice wild boiled in unsalted water

2.1.27. Rice wild raw

2.1.28. None

## 2.2. Pasta:

2.2.1. Macaroni cheese homemade

2.2.2. Noodles egg dried raw

2.2.3. Noodles egg fine dried boiled in unsalted water

2.2.4. Noodles egg fried with spring onions homemade

2.2.5. Noodles egg medium dried boiled in unsalted water

2.2.6. Noodles egg thick dried boiled in unsalted water

2.2.7. Noodles rice fine dried boiled in unsalted water

2.2.8. Pasta and sauce mixes dried raw

2.2.9. Pasta shapes coloured flavoured dried raw

2.2.10. Pasta egg fresh filled with cheese and tomato boiled in unsalted water

2.2.11. Pasta egg fresh filled with cheese only boiled in unsalted water

2.2.12. Pasta egg fresh filled with green vegetables/herbs and cheese boiled in unsalted water

2.2.13. Pasta egg fresh filled with meat boiled in unsalted water

2.2.14. Pasta egg fresh filled with mushrooms boiled in unsalted water

2.2.15. Pasta egg fresh raw

2.2.16. Pasta egg white dried raw

2.2.17. Pasta egg white tagliatelle fresh boiled in unsalted water

2.2.18. Pasta plain fresh boiled

2.2.19. Pasta ravioli meat filling canned in tomato sauce

2.2.20. Pasta spaghetti canned in tomato sauce

2.2.21. Pasta white twists fusilli dried boiled in unsalted water

2.2.22. Pasta white dried boiled in unsalted water

2.2.23. Pasta white dried raw

2.2.24. Pasta white spaghetti dried boiled in unsalted water

2.2.25. Pasta white twists fusilli dried boiled in salted water

2.2.26. Pasta wholewheat spaghetti dried boiled in unsalted water

2.2.27. Pasta wholewheat spaghetti dried raw

2.2.28. None

## 2.3. Breads:

2.3.1. Bannocks made with beremeal homemade

2.3.2. Bannocks made with wheat flour homemade

2.3.3. Bread rolls brown crusty

2.3.4. Bread rolls white soft

2.3.5. Bread brown average

2.3.6. Bread brown toasted

2.3.7. Bread ciabatta

2.3.8. Bread garlic and herb retail

2.3.9. Bread malt fruited

2.3.10. Bread malted wheat

2.3.11. Bread naan peshwari naan takeaway and retail

2.3.12. Bread naan retail

2.3.13. Bread pitta white

2.3.14. Bread seeded

2.3.15. Bread soda made with white flour homemade

2.3.16. Bread wheatgerm

2.3.17. Bread white crusty bloomer unsliced fresh large

2.3.18. Bread white Danish style

2.3.19. Bread white farmhouse or split tin

- 2.3.20. Bread white French stick
- 2.3.21. Bread white sliced
- 2.3.22. Bread white sliced fried in rapeseed oil
- 2.3.23. Bread white toasted
- 2.3.24. Bread wholemeal average
- 2.3.25. Bread wholemeal toasted
- 2.3.26. Chapatis made without fat
- 2.3.27. Currant buns retail
- 2.3.28. Milk bread homemade
- 2.3.29. Mooli paratha homemade
- 2.3.30. Paratha homemade
- 2.3.31. Puri homemade
- 2.3.32. Tortilla wheat soft
- 2.3.33. None

2.4. Rolls:

- 2.4.1. Food Name
- 2.4.2. Bread rolls brown soft
- 2.4.3. Bread rolls malted wheat
- 2.4.4. Bread rolls white crusty
- 2.4.5. Bread rolls wholemeal
- 2.4.6. Croissants
- 2.4.7. None

2.5. Breakfast Cereals:

- 2.5.1. Breakfast cereal bran flakes fortified
- 2.5.2. Breakfast cereal bran type cereal fortified
- 2.5.3. Breakfast cereal cornflakes crunchy / honey nut coated fortified
- 2.5.4. Breakfast cereal cornflakes fortified
- 2.5.5. Breakfast cereal cornflakes frosted fortified
- 2.5.6. Breakfast cereal cornflakes unfortified
- 2.5.7. Breakfast cereal crunchy clusters type without nuts unfortified
- 2.5.8. Breakfast cereal crunchy/crispy muesli type cereal with nuts unfortified
- 2.5.9. Breakfast cereal fruit and fibre type fortified
- 2.5.10. Breakfast cereal honey loops and hoops including Honey and Nut Cheerios fortified
- 2.5.11. Breakfast cereal instant hot oat plain raw fortified
- 2.5.12. Breakfast cereal malted flake fortified
- 2.5.13. Breakfast cereal malted wheat fortified
- 2.5.14. Breakfast cereal Oat instant flavoured unfortified made up with semi-skimmed milk
- 2.5.15. Breakfast cereal oat instant plain fortified cooked made up with semi-skimmed milk
- 2.5.16. Breakfast cereal puffed wheat honey coated fortified
- 2.5.17. Breakfast cereal puffed wheat unfortified
- 2.5.18. Breakfast cereal rice chocolate flavoured fortified
- 2.5.19. Breakfast cereal rice toasted/crisp fortified
- 2.5.20. Breakfast cereal shredded wheat type with fruit unfortified
- 2.5.21. Breakfast cereal shredded wheat type unfortified
- 2.5.22. Breakfast cereal Shredded Wheat honey nut Nestle
- 2.5.23. Breakfast cereal wheat biscuits Weetabix type fortified
- 2.5.24. Breakfast cereal wheat biscuits Weetabix type unfortified
- 2.5.25. Muesli Swiss style no added sugar or salt unfortified
- 2.5.26. Muesli Swiss style unfortified
- 2.5.27. Porridge made with milk and water
- 2.5.28. Porridge made with water
- 2.5.29. Porridge made with whole milk

- 2.5.30. None
- 2.6. Infant cereal foods:
  - 2.6.1. Rusks
  - 2.6.2. None
- 2.7. Sandwiches:
  - 2.7.1. Sandwich white bread bacon lettuce and tomato
  - 2.7.2. Sandwich white bread cheddar cheese and pickle
  - 2.7.3. Sandwich white bread chicken salad
  - 2.7.4. Sandwich white bread egg mayonnaise
  - 2.7.5. Sandwich white bread ham salad
  - 2.7.6. Sandwich white bread tuna mayonnaise
  - 2.7.7. None
- 2.8. Pizzas:
  - 2.8.1. Pizza fish topped takeaway
  - 2.8.2. Pizza meat topped retail and takeaway
  - 2.8.3. None
- 2.9. Flours, grains and starches:
  - 2.9.1. Bran wheat
  - 2.9.2. Custard powder
  - 2.9.3. Flour chapati brown
  - 2.9.4. Flour chapati white
  - 2.9.5. Flour corn
  - 2.9.6. Flour gari (cassava flour)
  - 2.9.7. Flour gram
  - 2.9.8. Flour rye
  - 2.9.9. Flour soya
  - 2.9.10. Flour wheat bread/strong white
  - 2.9.11. Flour wheat brown
  - 2.9.12. Flour wheat white plain soft
  - 2.9.13. Flour wheat white self raising
  - 2.9.14. Flour wheat wholemeal
  - 2.9.15. Sago raw
  - 2.9.16. Semolina raw
  - 2.9.17. Tapioca raw
  - 2.9.18. Wheat bulgur raw
  - 2.9.19. Wheatgerm
  - 2.9.20. None
- 2.10. Biscuits:
  - 2.10.1. Biscuits cheese flavoured
  - 2.10.2. Biscuits cookies chocolate chip American style
  - 2.10.3. Biscuits cookies chocolate chip standard
  - 2.10.4. Biscuits digestive half coated in chocolate
  - 2.10.5. Biscuits digestive plain
  - 2.10.6. Biscuits digestive with oats plain
  - 2.10.7. Biscuits fully coated with chocolate
  - 2.10.8. Biscuits fully coated with chocolate with cream
  - 2.10.9. Biscuits fully coated with chocolate with marshmallow
  - 2.10.10. Biscuits ginger nuts
  - 2.10.11. Biscuits gingernut homemade
  - 2.10.12. Biscuits iced
  - 2.10.13. Biscuits jam filled
  - 2.10.14. Biscuits oat based chocolate half coated

- 2.10.15. Biscuits plain homemade
- 2.10.16. Biscuits plain reduced fat
- 2.10.17. Biscuits sandwich cream
- 2.10.18. Biscuits semi-sweet
- 2.10.19. Biscuits short or sweet half coated in chocolate
- 2.10.20. Biscuits short sweet
- 2.10.21. Biscuits wholemeal homemade
- 2.10.22. Brandy snaps homemade
- 2.10.23. Breadsticks plain
- 2.10.24. Cake rusks
- 2.10.25. Cereal bars with fruit and/or nuts no chocolate unfortified
- 2.10.26. Cereal bars with fruit and/or nuts with chocolate unfortified
- 2.10.27. Cheese straws/twists retail
- 2.10.28. Chocolate covered wafer biscuit
- 2.10.29. Crackers wholemeal homemade
- 2.10.30. Cream crackers
- 2.10.31. Crispbread rye
- 2.10.32. Fig Rolls
- 2.10.33. Flapjacks homemade
- 2.10.34. Flapjacks retail
- 2.10.35. Flapjacks retail chocolate covered
- 2.10.36. Jaffa cakes
- 2.10.37. Minibreads toasted retail
- 2.10.38. Oatcakes homemade
- 2.10.39. Oatcakes plain retail
- 2.10.40. Shortbread
- 2.10.41. Wafers plain ice cream wafers not filled
- 2.10.42. None

2.11. Cakes:

- 2.11.1. Banana bread homemade
- 2.11.2. Brownies chocolate homemade
- 2.11.3. Cake bars chocolate
- 2.11.4. Cake battenberg retail
- 2.11.5. Cake carrot iced retail
- 2.11.6. Cake carrot with topping homemade
- 2.11.7. Cake cherry homemade
- 2.11.8. Cake chocolate fudge
- 2.11.9. Cake chocolate not filled homemade
- 2.11.10. Cake chocolate with butter icing homemade
- 2.11.11. Cake chocolate with filling and icing retail
- 2.11.12. Cake coconut homemade
- 2.11.13. Cake fruit retail
- 2.11.14. Cake fruit rich homemade
- 2.11.15. Cake fruit rich iced homemade
- 2.11.16. Cake fruit wholemeal homemade
- 2.11.17. Cake lardy homemade
- 2.11.18. Cake loaf retail
- 2.11.19. Cake sponge fatless homemade
- 2.11.20. Cake sponge homemade
- 2.11.21. Cake sponge soft iced retail
- 2.11.22. Cake sponge with butter icing homemade
- 2.11.23. Cake sponge with jam and butter cream retail

- 2.11.24. Cake Swiss roll homemade
- 2.11.25. Cake Swiss rolls chocolate covered and filled retail
- 2.11.26. Cakes from 'healthy eating' ranges
- 2.11.27. Cakes crispie homemade
- 2.11.28. Cakes fancy iced individual retail
- 2.11.29. Eccles cakes retail
- 2.11.30. Gateau chocolate based frozen
- 2.11.31. Gateau fruit frozen
- 2.11.32. Gingerbread homemade
- 2.11.33. Iced buns retail
- 2.11.34. Muffins American style chocolate chip homemade
- 2.11.35. Muffins American chocolate retail
- 2.11.36. Muffins American not chocolate retail
- 2.11.37. Rock cakes homemade
- 2.11.38. Scones plain retail
- 2.11.39. Shortcake caramel chocolate covered retail
- 2.11.40. Welsh cakes homemade
- 2.11.41. None

2.12. Pastry:

- 2.12.1. Pastry cheese shortcrust homemade
- 2.12.2. Pastry choux cooked homemade
- 2.12.3. Pastry choux uncooked homemade
- 2.12.4. Pastry filo retail cooked
- 2.12.5. Pastry filo retail uncooked
- 2.12.6. Pastry flaky cooked homemade
- 2.12.7. Pastry flaky uncooked homemade
- 2.12.8. Pastry flaky/puff retail cooked
- 2.12.9. Pastry flaky/puff retail uncooked
- 2.12.10. Pastry shortcrust cooked homemade
- 2.12.11. Pastry shortcrust retail cooked
- 2.12.12. Pastry shortcrust retail uncooked
- 2.12.13. Pastry shortcrust uncooked homemade
- 2.12.14. Pastry wholemeal cooked homemade
- 2.12.15. Pastry wholemeal uncooked homemade
- 2.12.16. None

2.13. Buns and Pastries:

- 2.13.1. Chelsea buns homemade
- 2.13.2. Choux buns homemade
- 2.13.3. Crumpets toasted
- 2.13.4. Currant buns toasted
- 2.13.5. Doughnuts ring iced
- 2.13.6. Doughnuts with jam
- 2.13.7. Gulab jamen/jambu homemade
- 2.13.8. Gulab jamen/jambu retail
- 2.13.9. Hot cross buns homemade
- 2.13.10. Muffins bran homemade
- 2.13.11. Muffins English style white
- 2.13.12. Muffins English style white toasted
- 2.13.13. Pastries chocolate eclairs cream filled retail
- 2.13.14. Pastries chocolate eclairs fresh homemade
- 2.13.15. Pastries cream filled retail
- 2.13.16. Pastries Danish retail

- 2.13.17. Pastries Greek baklava retail
- 2.13.18. Pinni homemade
- 2.13.19. Rum baba homemade
- 2.13.20. Scones cheese homemade
- 2.13.21. Scones fruit retail
- 2.13.22. Scones fruit wholemeal homemade
- 2.13.23. Scones plain homemade
- 2.13.24. Scones potato homemade
- 2.13.25. Scones wholemeal homemade
- 2.13.26. Scotch pancakes homemade
- 2.13.27. Scotch pancakes retail
- 2.13.28. Tart custard large homemade
- 2.13.29. Tartlets strawberry homemade
- 2.13.30. Tarts jam homemade
- 2.13.31. Tarts jam wholemeal homemade
- 2.13.32. Waffles homemade
- 2.13.33. Welsh cheesecakes homemade
- 2.13.34. None

#### 2.14. Puddings:

- 2.14.1. Crumble apple homemade
- 2.14.2. Crumble fruit homemade
- 2.14.3. Crumble fruit retail
- 2.14.4. Crumble fruit wholemeal homemade
- 2.14.5. Flan case pastry homemade
- 2.14.6. Flan case sponge homemade
- 2.14.7. Flan pastry with fruit homemade
- 2.14.8. Flan sponge with fruit homemade
- 2.14.9. Gajjeralla
- 2.14.10. Jam tarts retail
- 2.14.11. Mince pies retail
- 2.14.12. Pancakes sweet made with semi skimmed milk homemade
- 2.14.13. Pancakes sweet made with skimmed milk homemade
- 2.14.14. Pancakes sweet made with whole milk homemade
- 2.14.15. Pie apple one crust homemade
- 2.14.16. Pie apple pastry top and bottom homemade
- 2.14.17. Pie apple pastry double crust retail
- 2.14.18. Pie apple wholemeal one crust homemade
- 2.14.19. Pie apple wholemeal pastry top and bottom homemade
- 2.14.20. Pie fruit individual retail
- 2.14.21. Pie fruit one crust homemade
- 2.14.22. Pie fruit pastry top and bottom blackcurrant homemade
- 2.14.23. Pie fruit pastry top and bottom homemade
- 2.14.24. Pie fruit wholemeal one crust homemade
- 2.14.25. Pie fruit wholemeal pastry top and bottom blackcurrant homemade
- 2.14.26. Pie fruit wholemeal pastry top and bottom homemade
- 2.14.27. Pie lemon meringue retail
- 2.14.28. Pudding bread and butter homemade
- 2.14.29. Pudding Christmas retail
- 2.14.30. Pudding Eve's pudding homemade
- 2.14.31. Pudding Queen of Puddings homemade
- 2.14.32. Pudding sponge canned
- 2.14.33. Pudding sponge homemade



- 2.14.34. Pudding sponge with dried fruit homemade
- 2.14.35. Pudding sponge with jam or treacle homemade
- 2.14.36. Pudding spotted dick homemade
- 2.14.37. Pudding suet homemade
- 2.14.38. Sevyian homemade
- 2.14.39. Tart bakewell homemade
- 2.14.40. Tarts bakewell iced retail
- 2.14.41. Treacle tart homemade
- 2.14.42. None

2.15. Savouries:

- 2.15.1. Chelsea buns homemade
- 2.15.2. Choux buns homemade
- 2.15.3. Crumpets toasted
- 2.15.4. Currant buns toasted
- 2.15.5. Doughnuts ring iced
- 2.15.6. Doughnuts with jam
- 2.15.7. Gulab jamen/jambu homemade
- 2.15.8. Gulab jamen/jambu retail
- 2.15.9. Hot cross buns homemade
- 2.15.10. Muffins bran homemade
- 2.15.11. Muffins English style white
- 2.15.12. Muffins English style white toasted
- 2.15.13. Pastries chocolate eclairs cream filled retail
- 2.15.14. Pastries chocolate eclairs fresh homemade
- 2.15.15. Pastries cream filled retail
- 2.15.16. Pastries Danish retail
- 2.15.17. Pastries Greek baklava retail
- 2.15.18. Pinni homemade
- 2.15.19. Rum baba homemade
- 2.15.20. Scones cheese homemade
- 2.15.21. Scones fruit retail
- 2.15.22. Scones fruit wholemeal homemade
- 2.15.23. Scones plain homemade
- 2.15.24. Scones potato homemade
- 2.15.25. Scones wholemeal homemade
- 2.15.26. Scotch pancakes homemade
- 2.15.27. Scotch pancakes retail
- 2.15.28. Tart custard large homemade
- 2.15.29. Tartlets strawberry homemade
- 2.15.30. Tarts jam homemade
- 2.15.31. Tarts jam wholemeal homemade
- 2.15.32. Waffles homemade
- 2.15.33. Welsh cheesecakes homemade
- 2.15.34. None

2.16. None

- 2.16.1. None

3. Dairy product:

3.1. Cows milk:

- 3.1.1. Milk 1% fat pasteurised
- 3.1.2. Milk Channel Islands whole pasteurised
- 3.1.3. Milk Channel islands whole summer
- 3.1.4. Milk Channel islands whole winter

- 3.1.5. Milk condensed whole sweetened
- 3.1.6. Milk evaporated light
- 3.1.7. Milk evaporated whole
- 3.1.8. Milk flavoured pasteurised chocolate
- 3.1.9. Milk flavoured pasteurised strawberry banana
- 3.1.10. Milk semi-skimmed pasteurised average
- 3.1.11. Milk semi-skimmed pasteurised summer and autumn
- 3.1.12. Milk semi-skimmed pasteurised winter and spring
- 3.1.13. Milk semi-skimmed UHT
- 3.1.14. Milk skimmed dried fortified
- 3.1.15. Milk skimmed pasteurised average
- 3.1.16. Milk skimmed pasteurised summer
- 3.1.17. Milk skimmed pasteurised winter
- 3.1.18. Milk whole pasteurised average
- 3.1.19. Milk whole pasteurised summer and autumn
- 3.1.20. Milk whole pasteurised winter and spring
- 3.1.21. Milk whole UHT
- 3.1.22. Milkshake thick takeaway
- 3.1.23. None
- 3.2. Other milks:
  - 3.2.1. Milk goats pasteurised
  - 3.2.2. Milk human colostrum
  - 3.2.3. Milk human mature
  - 3.2.4. Milk human transitional
  - 3.2.5. Milk sheeps raw
  - 3.2.6. Milk soya non-dairy alternative to milk sweetened fortified
  - 3.2.7. Milk soya non-dairy alternative to milk unsweetened fortified
  - 3.2.8. None
- 3.3. Milk based drinks:
  - 3.3.1. Cocoa powder made up with semi-skimmed milk
  - 3.3.2. Cocoa powder made up with skimmed milk
  - 3.3.3. Cocoa powder made up with whole milk
  - 3.3.4. Complan powder savoury made up with water
  - 3.3.5. Complan powder sweet made up with semi-skimmed milk
  - 3.3.6. Complan powder sweet made up with skimmed milk
  - 3.3.7. Complan powder sweet made up with water
  - 3.3.8. Complan powder sweet made up with whole milk
  - 3.3.9. None
- 3.4. Creams:
  - 3.4.1. Cream substitute double
  - 3.4.2. Cream substitute single
  - 3.4.3. Cream dairy extra thick (24% fat)
  - 3.4.4. Cream dairy UHT canned spray 85% cream
  - 3.4.5. Cream dairy UHT half fat canned spray
  - 3.4.6. Cream fresh clotted
  - 3.4.7. Cream fresh double including Jersey cream
  - 3.4.8. Cream fresh single
  - 3.4.9. Cream fresh whipping
  - 3.4.10. Cream half fresh
  - 3.4.11. Creme fraiche full fat
  - 3.4.12. Creme fraiche half fat
  - 3.4.13. None
- 3.5. Cheeses:
  - 3.5.1. Cheese spread plain
  - 3.5.2. Cheese spread plain reduced fat
  - 3.5.3. Cheese Brie with outer rind removed

- 3.5.4. Cheese Caerphilly
- 3.5.5. Cheese Camembert
- 3.5.6. Cheese Cheddar type '30% less fat'
- 3.5.7. Cheese Cheddar type half fat
- 3.5.8. Cheese Cheddar English
- 3.5.9. Cheese cottage plain
- 3.5.10. Cheese cottage plain reduced fat
- 3.5.11. Cheese Danish blue
- 3.5.12. Cheese Derby
- 3.5.13. Cheese Dolcelatte rind removed
- 3.5.14. Cheese Double Gloucester
- 3.5.15. Cheese Edam
- 3.5.16. Cheese Emmental
- 3.5.17. Cheese Feta
- 3.5.18. Cheese goats milk full fat soft white rind
- 3.5.19. Cheese Gouda
- 3.5.20. Cheese Gruyere
- 3.5.21. Cheese Halloumi
- 3.5.22. Cheese hard average
- 3.5.23. Cheese Lancashire
- 3.5.24. Cheese Mascarpone
- 3.5.25. Cheese Mozzarella fresh
- 3.5.26. Cheese Paneer
- 3.5.27. Cheese Parmesan fresh
- 3.5.28. Cheese Port Salut St Paulin type
- 3.5.29. Cheese processed plain
- 3.5.30. Cheese processed slices reduced fat
- 3.5.31. Cheese processed smoked
- 3.5.32. Cheese Quark
- 3.5.33. Cheese Red Leicester
- 3.5.34. Cheese Red Windsor
- 3.5.35. Cheese Ricotta
- 3.5.36. Cheese Roquefort
- 3.5.37. Cheese Sage Derby
- 3.5.38. Cheese spreadable full fat soft white
- 3.5.39. Cheese spreadable medium fat soft white
- 3.5.40. Cheese spreadable soft white low fat
- 3.5.41. Cheese Stilton blue
- 3.5.42. Cheese Stilton white
- 3.5.43. Cheese Wensleydale
- 3.5.44. Cheese White Cheshire
- 3.5.45. Cheese white average
- 3.5.46. None

### 3.6. Yogurts:

- 3.6.1. Fromage frais fruit children's fortified
- 3.6.2. Fromage frais virtually fat free fruit
- 3.6.3. Fromage frais virtually fat free natural
- 3.6.4. Lassi sweetened
- 3.6.5. Tzatziki
- 3.6.6. Yogurt Greek style fruit
- 3.6.7. Yogurt Greek style plain
- 3.6.8. Yogurt low fat fruit
- 3.6.9. Yogurt low fat hazelnut
- 3.6.10. Yogurt low fat plain
- 3.6.11. Yogurt low fat toffee
- 3.6.12. Yogurt soya non-dairy alternative to yogurt fruit fortified

- 3.6.13. Yogurt virtually fat free/diet fruit
- 3.6.14. Yogurt virtually fat free/diet plain
- 3.6.15. Yogurt whole milk fruit
- 3.6.16. Yogurt whole milk infant fruit flavour
- 3.6.17. Yogurt whole milk plain
- 3.6.18. None
- 3.7. Ice creams:
  - 3.7.1. Banana split homemade
  - 3.7.2. Chocolate nut sundae
  - 3.7.3. Cornetto type ice cream cone
  - 3.7.4. Ice cream bars/choc ices chocolate coated luxury
  - 3.7.5. Ice cream bars/choc ices non-dairy with chocolate flavoured coating
  - 3.7.6. Ice cream desserts frozen
  - 3.7.7. Ice cream with cone non-dairy vanilla
  - 3.7.8. Ice cream with wafers non-dairy vanilla
  - 3.7.9. Ice cream dairy luxury with chocolate/caramel
  - 3.7.10. Ice cream dairy vanilla soft scoop
  - 3.7.11. Ice cream non dairy vanilla soft scoop
  - 3.7.12. Knickerbocker glory homemade
  - 3.7.13. Kulfi homemade
  - 3.7.14. Lollies containing ice-cream
  - 3.7.15. Peach melba homemade
  - 3.7.16. None
- 3.8. Puddings and chilled desserts:
  - 3.8.1. Blancmange homemade
  - 3.8.2. Cheesecake fruit frozen
  - 3.8.3. Cheesecake fruit individual
  - 3.8.4. Cheesecake homemade
  - 3.8.5. Crème caramel homemade
  - 3.8.6. Creme caramel retail
  - 3.8.7. Custard confectioners'
  - 3.8.8. Custard egg
  - 3.8.9. Custard made up with semi-skimmed milk
  - 3.8.10. Custard made up with skimmed milk
  - 3.8.11. Custard made up with whole milk
  - 3.8.12. Custard ready to eat canned and tetra-pak
  - 3.8.13. Desserts dairy chocolate
  - 3.8.14. Fruit fool homemade
  - 3.8.15. Instant dessert powder made up with skimmed milk
  - 3.8.16. Instant dessert powder made up with whole milk
  - 3.8.17. Jelly made with skimmed milk
  - 3.8.18. Jelly made with water
  - 3.8.19. Jelly sugar free made with water
  - 3.8.20. Meringue homemade
  - 3.8.21. Meringue with cream homemade
  - 3.8.22. Mousse chocolate low fat
  - 3.8.23. Mousse fruit
  - 3.8.24. Pavlova toffee/chocolate no fruit
  - 3.8.25. Pavlova with fruit and cream
  - 3.8.26. Pie banoffee
  - 3.8.27. Profiteroles with sauce frozen
  - 3.8.28. Pudding rice canned
  - 3.8.29. Pudding rice canned low fat
  - 3.8.30. Pudding rice homemade with semi-skimmed milk
  - 3.8.31. Pudding rice homemade with skimmed milk
  - 3.8.32. Pudding rice homemade with whole milk

- 3.8.33. Tarts custard individual
- 3.8.34. Tiramisu
- 3.8.35. Torte fruit
- 3.8.36. Trifle fruit retail
- 3.8.37. Trifle homemade
- 3.8.38. Trifle with Dream Topping
- 3.8.39. None
- 3.9. Savoury dishes and sauces:
  - 3.9.1. Cheese pudding homemade
  - 3.9.2. Pie cheese and potato homemade
  - 3.9.3. Raita yogurt and gram flour homemade
  - 3.9.4. Sauce cheese packet mix dry
  - 3.9.5. Welsh rarebit homemade
  - 3.9.6. Welsh rarebit wholemeal homemade
  - 3.9.7. None
- 3.10. None
  - 3.10.1. None
- 4. Vegetable:
  - 4.1. Potatoes:
    - 4.1.1. Potato chips crinkle cut frozen fried in corn oil
    - 4.1.2. Potato chips fine cut from fast food outlets
    - 4.1.3. Potato chips fine cut frozen fried in blended vegetable oil
    - 4.1.4. Potato chips fine cut frozen fried in corn oil
    - 4.1.5. Potato chips fine cut frozen fried in dripping
    - 4.1.6. Potato chips fried in beef dripping from takeaway fish and chip shops
    - 4.1.7. Potato chips fried in commercial oil from takeaway fish and chip shops
    - 4.1.8. Potato chips fried in palm oil from takeaway fish and chip shops
    - 4.1.9. Potato chips fried in rapeseed oil from takeaway fish and chip shops
    - 4.1.10. Potato chips homemade fried in corn oil
    - 4.1.11. Potato chips homemade fried in dripping
    - 4.1.12. Potato chips homemade fried in rapeseed oil
    - 4.1.13. Potato chips homemade fried in sunflower oil
    - 4.1.14. Potato chips microwave cooked
    - 4.1.15. Potato chips oven ready no batter baked
    - 4.1.16. Potato chips oven ready with batter baked
    - 4.1.17. Potato chips straight cut frozen fried in blended oil
    - 4.1.18. Potato chips straight cut frozen fried in corn oil
    - 4.1.19. Potato chips straight cut frozen fried in dripping
    - 4.1.20. Potato chips thick cut frozen fried in corn oil
    - 4.1.21. Potato croquettes fried in blended oil
    - 4.1.22. Potato powder instant made up with semi-skimmed milk
    - 4.1.23. Potato powder instant made up with skimmed milk
    - 4.1.24. Potato powder instant made up with water
    - 4.1.25. Potato powder instant raw
    - 4.1.26. Potato products shaped frozen baked
    - 4.1.27. Potato wedges retail cooked
    - 4.1.28. Potatoes new and salad boiled in salted water flesh and skin
    - 4.1.29. Potatoes new and salad boiled in unsalted water flesh and skin
    - 4.1.30. Potatoes new and salad flesh only raw
    - 4.1.31. Potatoes new frozen 'roast' in corn oil
    - 4.1.32. Potatoes old baked flesh and skin
    - 4.1.33. Potatoes old baked flesh only
    - 4.1.34. Potatoes old baked flesh only weighed with skin
    - 4.1.35. Potatoes old boiled in salted water flesh only
    - 4.1.36. Potatoes old boiled in unsalted water flesh only
    - 4.1.37. Potatoes old mashed with butter

- 4.1.38. Potatoes old mashed with reduced fat spread
- 4.1.39. Potatoes old microwaved flesh and skin
- 4.1.40. Potatoes old potato wedges with skin cooked in sunflower oil homemade
- 4.1.41. Potatoes old raw flesh only
- 4.1.42. Potatoes old roasted in corn oil
- 4.1.43. Potatoes old roasted in lard
- 4.1.44. Potatoes old roasted in rapeseed oil
- 4.1.45. Potatoes old roasted in sunflower oil flesh only
- 4.1.46. Potatoes old wedges with skin homemade cooked in rapeseed oil
- 4.1.47. None

#### 4.2. Beans and lentils:

- 4.2.1. Baked beans canned in tomato sauce
- 4.2.2. Baked beans canned in tomato sauce reduced sugar reduced salt
- 4.2.3. Beans balor ends trimmed raw
- 4.2.4. Beans blackeye whole dried boiled in unsalted water
- 4.2.5. Beans blackeye whole dried raw
- 4.2.6. Beans broad dried raw
- 4.2.7. Beans broad whole boiled in unsalted water
- 4.2.8. Beans broad whole raw
- 4.2.9. Beans butter canned re-heated drained
- 4.2.10. Beans butter dried boiled in unsalted water
- 4.2.11. Beans butter dried raw
- 4.2.12. Beans cannellini canned re-heated drained
- 4.2.13. Beans chick peas canned re-heated drained
- 4.2.14. Beans chick peas Kabuli split dried boiled in unsalted water
- 4.2.15. Beans chick peas Kabuli split dried raw
- 4.2.16. Beans chick peas Kabuli whole dried boiled in unsalted water
- 4.2.17. Beans chick peas Kabuli whole dried raw
- 4.2.18. Beans cluster raw
- 4.2.19. Beans edamame frozen boiled in unsalted water
- 4.2.20. Beans green boiled in unsalted water
- 4.2.21. Beans green raw
- 4.2.22. Beans haricot canned re-heated drained
- 4.2.23. Beans haricot whole dried boiled in unsalted water
- 4.2.24. Beans haricot whole dried raw
- 4.2.25. Beans mung dahl dried boiled in unsalted water
- 4.2.26. Beans mung dahl dried raw
- 4.2.27. Beans mung whole dried boiled in unsalted water
- 4.2.28. Beans mung whole dried raw
- 4.2.29. Beans pigeon peas dahl dried boiled in unsalted water
- 4.2.30. Beans pigeon peas dahl dried raw
- 4.2.31. Beans pigeon peas whole dried boiled in unsalted water
- 4.2.32. Beans pigeon peas whole dried raw
- 4.2.33. Beans red kidney canned in water re-heated drained
- 4.2.34. Beans red kidney dried boiled in unsalted water
- 4.2.35. Beans red kidney dried raw
- 4.2.36. Beans runner boiled in unsalted water
- 4.2.37. Beans runner raw
- 4.2.38. Beans soya dried boiled in unsalted water
- 4.2.39. Beans soya dried raw
- 4.2.40. Beansprouts mung boiled in unsalted water
- 4.2.41. Beansprouts mung raw
- 4.2.42. Beansprouts mung stir-fried in rapeseed oil
- 4.2.43. Black gram chilki urad dahl dried split boiled in unsalted water
- 4.2.44. Black gram chilki urad dahl split dried raw
- 4.2.45. Black gram duhl urad dahl split dried boiled in unsalted water

- 4.2.46. Black gram duhli urad dahl split dried raw
- 4.2.47. Black gram urad gram whole dried boiled in unsalted water
- 4.2.48. Black gram urad gram whole dried raw
- 4.2.49. Dahl mixed homemade
- 4.2.50. Lentils green and brown whole dried boiled in unsalted water
- 4.2.51. Lentils green and brown whole dried raw
- 4.2.52. Lentils red split dried boiled in unsalted water
- 4.2.53. Lentils red split dried raw
- 4.2.54. None

4.3. Peas:

- 4.3.1. Peas boiled in unsalted water
- 4.3.2. Peas canned in water re-heated drained
- 4.3.3. Peas dried boiled in unsalted water
- 4.3.4. Peas dried raw
- 4.3.5. Peas frozen boiled in unsalted water
- 4.3.6. Peas frozen microwaved
- 4.3.7. Peas frozen raw
- 4.3.8. Peas mange-tout boiled in unsalted water
- 4.3.9. Peas mange-tout stir-fried in rapeseed oil
- 4.3.10. Peas marrowfat canned re-heated drained
- 4.3.11. Peas mushy canned re-heated
- 4.3.12. Peas raw
- 4.3.13. Peas split dried boiled in unsalted water
- 4.3.14. Peas split dried raw
- 4.3.15. None

4.4. Vegetables, general:

- 4.4.1. Agar dried
- 4.4.2. Agar dried soaked and drained
- 4.4.3. Amaranth leaves boiled in unsalted water
- 4.4.4. Amaranth leaves raw
- 4.4.5. Artichoke globe base of leaves and heart boiled in unsalted water
- 4.4.6. Artichoke globe boiled weighed as served
- 4.4.7. Artichoke globe raw
- 4.4.8. Artichoke Jerusalem boiled in unsalted water flesh only
- 4.4.9. Asparagus grilled
- 4.4.10. Asparagus raw
- 4.4.11. Asparagus roasted in rapeseed oil
- 4.4.12. Asparagus steamed
- 4.4.13. Aubergine flesh and skin boiled in unsalted water
- 4.4.14. Aubergine flesh and skin roasted in rapeseed oil
- 4.4.15. Aubergine fried in butter
- 4.4.16. Aubergine fried in corn oil
- 4.4.17. Aubergine fried in rapeseed oil
- 4.4.18. Aubergine raw
- 4.4.19. Beetroot cooked in unsalted water
- 4.4.20. Beetroot pickled drained
- 4.4.21. Beetroot raw
- 4.4.22. Broccoli green boiled in salted water
- 4.4.23. Broccoli green boiled in unsalted water
- 4.4.24. Broccoli green raw
- 4.4.25. Broccoli green steamed
- 4.4.26. Broccoli purple sprouting boiled in unsalted water
- 4.4.27. Broccoli purple sprouting raw
- 4.4.28. Brussels sprouts boiled in unsalted water
- 4.4.29. Brussels sprouts raw
- 4.4.30. Cabbage average boiled in unsalted water

4.4.31. Cabbage average raw  
4.4.32. Cabbage Chinese raw  
4.4.33. Cabbage green boiled in unsalted water  
4.4.34. Cabbage green raw  
4.4.35. Cabbage red boiled in unsalted water  
4.4.36. Cabbage red raw  
4.4.37. Cabbage white boiled in unsalted water  
4.4.38. Cabbage white raw  
4.4.39. Carrot juice  
4.4.40. Carrots old boiled in unsalted water  
4.4.41. Carrots old microwaved  
4.4.42. Carrots old raw  
4.4.43. Carrots young boiled in unsalted water  
4.4.44. Carrots young canned in water re-heated drained  
4.4.45. Carrots young raw  
4.4.46. Cassava baked  
4.4.47. Cassava boiled in unsalted water  
4.4.48. Cassava frozen raw  
4.4.49. Cassava raw  
4.4.50. Cassava steamed  
4.4.51. Cauliflower boiled in unsalted water  
4.4.52. Cauliflower raw  
4.4.53. Celery boiled in unsalted water  
4.4.54. Celery raw  
4.4.55. Chard Swiss boiled in unsalted water  
4.4.56. Chard Swiss raw  
4.4.57. Chicory pale variety boiled in unsalted water  
4.4.58. Chicory pale variety raw  
4.4.59. Cho cho boiled in unsalted water  
4.4.60. Cho cho raw  
4.4.61. Cole leaves dried boiled in unsalted water  
4.4.62. Courgette boiled in unsalted water  
4.4.63. Courgette fried in butter  
4.4.64. Courgette fried in corn oil  
4.4.65. Courgette fried in rapeseed oil  
4.4.66. Courgette raw  
4.4.67. Courgette roasted in rapeseed oil  
4.4.68. Curly kale boiled in unsalted water  
4.4.69. Curly kale raw  
4.4.70. Endive raw  
4.4.71. Fennel Florence boiled in unsalted water  
4.4.72. Fennel Florence raw  
4.4.73. Garlic raw  
4.4.74. Gherkins pickled drained  
4.4.75. Gherkins raw  
4.4.76. Gourd ridge raw  
4.4.77. Kohl rabi boiled in unsalted water  
4.4.78. Kohl rabi raw  
4.4.79. Leeks boiled in unsalted water  
4.4.80. Leeks raw  
4.4.81. Leeks roasted in rapeseed oil  
4.4.82. Lettuce average raw  
4.4.83. Lotus tubers raw  
4.4.84. Mango unripe green flesh raw  
4.4.85. Marrow boiled in unsalted water  
4.4.86. Marrow parwal raw



4.4.87. Marrow raw  
4.4.88. Matoki boiled in unsalted water  
4.4.89. Matoki raw  
4.4.90. Mushrooms oyster raw  
4.4.91. Mushrooms white fried in corn oil  
4.4.92. Mushrooms white fried in rapeseed oil  
4.4.93. Mushrooms white fried in salted butter  
4.4.94. Mushrooms white raw  
4.4.95. Mushrooms white stewed in unsalted water  
4.4.96. Mustard and cress raw  
4.4.97. Mustard leaves boiled in unsalted water  
4.4.98. Okra boiled in unsalted water  
4.4.99. Okra raw  
4.4.100. Okra stir-fried in corn oil  
4.4.101. Onions baked  
4.4.102. Onions boiled in unsalted water  
4.4.103. Onions fried in corn oil  
4.4.104. Onions fried in lard  
4.4.105. Onions fried in rapeseed oil  
4.4.106. Onions fried in sunflower oil  
4.4.107. Onions pickled drained  
4.4.108. Onions raw  
4.4.109. Pak choi steamed  
4.4.110. Parsnip boiled in unsalted water  
4.4.111. Parsnip raw  
4.4.112. Parsnip roasted in rapeseed oil  
4.4.113. Patra leaves raw  
4.4.114. Pepper capsicum red boiled in unsalted water  
4.4.115. Pepper capsicum red raw  
4.4.116. Pepper capsicum yellow boiled in unsalted water  
4.4.117. Pepper capsicum yellow raw  
4.4.118. Peppers capsicum chilli red raw  
4.4.119. Peppers capsicum green boiled in unsalted water  
4.4.120. Peppers capsicum green raw  
4.4.121. Plantain boiled in unsalted water flesh only  
4.4.122. Plantain green flesh raw  
4.4.123. Plantain ripe fried in rapeseed oil  
4.4.124. Pumpkin flesh only boiled in unsalted water  
4.4.125. Pumpkin flesh only raw  
4.4.126. Radish red flesh and skin raw  
4.4.127. Radish white/mooli raw  
4.4.128. Rocket raw  
4.4.129. Seakale stem only boiled in unsalted water  
4.4.130. Seaweed kombu dried raw  
4.4.131. Seaweed nori dried raw  
4.4.132. Seaweed wakame dried raw  
4.4.133. Shallots raw  
4.4.134. Spinach baby boiled in unsalted water  
4.4.135. Spinach baby raw  
4.4.136. Spinach frozen boiled in unsalted water  
4.4.137. Spinach mature boiled in unsalted water  
4.4.138. Spinach mature raw  
4.4.139. Spring greens boiled in unsalted water  
4.4.140. Spring greens raw  
4.4.141. Spring onions bulbs and tops raw  
4.4.142. Spring onions bulbs only raw

- 4.4.143. Squash acorn baked
- 4.4.144. Squash acorn raw
- 4.4.145. Squash butternut baked
- 4.4.146. Squash butternut boiled in unsalted water
- 4.4.147. Squash butternut raw
- 4.4.148. Squash spaghetti baked
- 4.4.149. Squash spaghetti raw
- 4.4.150. Swede flesh only boiled in unsalted water
- 4.4.151. Swede flesh only raw
- 4.4.152. Sweet potato baked
- 4.4.153. Sweet potato flesh only boiled in unsalted water
- 4.4.154. Sweet potato raw flesh only
- 4.4.155. Sweet potato steamed
- 4.4.156. Sweet potato wedges flesh and skin baked in rapeseed oil
- 4.4.157. Sweetcorn baby boiled in unsalted water
- 4.4.158. Sweetcorn baby stir-fried in rapeseed oil
- 4.4.159. Sweetcorn kernels canned in water drained
- 4.4.160. Sweetcorn kernels boiled 'on the cob' in unsalted water
- 4.4.161. Sweetcorn kernels boiled 'on the cob' in unsalted water weighed with core
- 4.4.162. Sweetcorn kernels 'on-the-cob' raw weighed with core
- 4.4.163. Sweetcorn kernels raw
- 4.4.164. Taro leaves raw
- 4.4.165. Taro leaves steamed
- 4.4.166. Tomato puree
- 4.4.167. Tomatoes canned whole contents
- 4.4.168. Tomatoes cherry raw
- 4.4.169. Tomatoes standard fried in corn oil
- 4.4.170. Tomatoes standard fried in rapeseed oil
- 4.4.171. Tomatoes standard grilled flesh and seeds only
- 4.4.172. Tomatoes standard raw
- 4.4.173. Turnip boiled in unsalted water
- 4.4.174. Turnip flesh only raw
- 4.4.175. Watercress raw
- 4.4.176. Yam baked
- 4.4.177. Yam flesh only boiled in unsalted water
- 4.4.178. Yam flesh only raw
- 4.4.179. Yam steamed
- 4.4.180. None

4.5. Vegetables, dried:

- 4.5.1. Courgette dried
- 4.5.2. Green beans dried
- 4.5.3. Mushroom dried
- 4.5.4. Spinach dried
- 4.5.5. Sweetcorn dried
- 4.5.6. None

4.6. Vegetable dishes:

- 4.6.1. Aubergine stuffed with lentils and vegetables
- 4.6.2. Aubergine stuffed with rice
- 4.6.3. Aubergine stuffed with vegetables cheese topping
- 4.6.4. Bean loaf mixed beans homemade
- 4.6.5. Beanburger butter bean fried in rapeseed oil homemade
- 4.6.6. Beanburger red kidney bean fried in rapeseed oil
- 4.6.7. Beanburger soya fried in rapeseed oil
- 4.6.8. Bhaji aubergine and potato homemade
- 4.6.9. Bhaji aubergine pea potato and cauliflower homemade
- 4.6.10. Bhaji cabbage and pea with butter ghee homemade

- 4.6.11. Bhaji cabbage and pea with rapeseed oil homemade
- 4.6.12. Bhaji cabbage and potato with butter homemade
- 4.6.13. Bhaji cabbage and potato with rapeseed oil homemade
- 4.6.14. Bhaji cabbage and potato with vegetable oil
- 4.6.15. Bhaji cabbage and spinach
- 4.6.16. Bhaji cabbage homemade
- 4.6.17. Bhaji carrot potato and pea with butter homemade
- 4.6.18. Bhaji carrot potato and pea with vegetable oil homemade
- 4.6.19. Bhaji cauliflower and potato homemade
- 4.6.20. Bhaji cauliflower and vegetable homemade
- 4.6.21. Bhaji cauliflower homemade
- 4.6.22. Bhaji cauliflower potato and pea with butter
- 4.6.23. Bhaji cauliflower potato and pea with vegetable oil
- 4.6.24. Bhaji green bean
- 4.6.25. Bhaji mushroom homemade
- 4.6.26. Bhaji mustard leaves and spinach homemade
- 4.6.27. Bhaji mustard leaves homemade
- 4.6.28. Bhaji okra Bangladeshi with butter ghee homemade
- 4.6.29. Bhaji okra Bangladeshi with vegetable oil homemade
- 4.6.30. Bhaji okra Islami homemade
- 4.6.31. Bhaji pea homemade
- 4.6.32. Bhaji potato and green pepper homemade
- 4.6.33. Bhaji potato and onion homemade
- 4.6.34. Bhaji potato onion and mushroom homemade
- 4.6.35. Bhaji potato spinach and cauliflower homemade
- 4.6.36. Bhaji potato with butter ghee homemade
- 4.6.37. Bhaji potato with vegetable oil homemade
- 4.6.38. Bhaji spinach and potato homemade
- 4.6.39. Bhaji spinach homemade
- 4.6.40. Bhaji turnip and onion homemade
- 4.6.41. Bhaji turnip homemade
- 4.6.42. Bhaji vegetable Punjabi with butter
- 4.6.43. Bhaji vegetable Punjabi with vegetable oil
- 4.6.44. Bhaji vegetable with butter homemade
- 4.6.45. Bhaji vegetable with rapeseed oil homemade
- 4.6.46. Broccoli in cheese sauce made with semi-skimmed milk homemade
- 4.6.47. Broccoli in cheese sauce made with skimmed milk homemade
- 4.6.48. Broccoli in cheese sauce made with whole milk homemade
- 4.6.49. Bubble and squeak fried in rapeseed oil homemade
- 4.6.50. Bubble and squeak fried in sunflower oil homemade
- 4.6.51. Cabbage red cooked with apple
- 4.6.52. Callaloo and cho cho homemade
- 4.6.53. Callaloo and okra homemade
- 4.6.54. Cannelloni spinach homemade
- 4.6.55. Cannelloni vegetable homemade
- 4.6.56. Casserole bean and mixed vegetable homemade
- 4.6.57. Casserole bean and root vegetable homemade
- 4.6.58. Casserole sweet potato and green banana homemade
- 4.6.59. Casserole vegetable homemade
- 4.6.60. Cauliflower cheese made with semi-skimmed milk homemade
- 4.6.61. Cauliflower cheese made with skimmed milk homemade
- 4.6.62. Cauliflower cheese made with whole milk homemade
- 4.6.63. Cauliflower in white sauce made with semi-skimmed milk homemade
- 4.6.64. Cauliflower in white sauce made with skimmed milk homemade
- 4.6.65. Cauliflower in white sauce made with whole milk homemade
- 4.6.66. Cauliflower with onions and chilli pepper homemade

- 4.6.67. Chilli bean and lentil homemade
- 4.6.68. Chilli Quorn homemade
- 4.6.69. Chilli vegetable homemade
- 4.6.70. Cho cho fritters fried in rapeseed oil homemade
- 4.6.71. Coleslaw not low calorie retail
- 4.6.72. Coleslaw with reduced calorie dressing retail
- 4.6.73. Corn fritters fried in rapeseed oil homemade
- 4.6.74. Corn pudding homemade
- 4.6.75. Courgettes with eggs homemade
- 4.6.76. Crumble vegetable with tinned tomatoes homemade
- 4.6.77. Crumble vegetable with tinned tomatoes wholemeal homemade
- 4.6.78. Crumble vegetable with white sauce homemade
- 4.6.79. Crumble vegetable with white sauce wholemeal homemade
- 4.6.80. Curry almond homemade
- 4.6.81. Curry bhindi subji homemade
- 4.6.82. Curry black gram whole and red kidney bean homemade
- 4.6.83. Curry black gram whole Bengali homemade
- 4.6.84. Curry black gram whole Gujarati homemade
- 4.6.85. Curry black-eye bean homemade
- 4.6.86. Curry Bombay potato homemade
- 4.6.87. Curry cabbage masala homemade
- 4.6.88. Curry cauliflower and potato homemade
- 4.6.89. Curry chick pea dahl and spinach with butter homemade
- 4.6.90. Curry chick pea dahl and spinach with vegetable oil homemade
- 4.6.91. Curry chick pea dhal homemade
- 4.6.92. Curry chick pea UK type homemade
- 4.6.93. Curry chick pea whole and potato homemade
- 4.6.94. Curry chick pea whole and tomato Gujarati with butter ghee homemade
- 4.6.95. Curry chick pea whole and tomato Gujarati with vegetable oil homemade
- 4.6.96. Curry chick pea whole Gujarati type homemade
- 4.6.97. Curry courgette and potato homemade
- 4.6.98. Curry egg and potato homemade
- 4.6.99. Curry egg in sweet sauce UK type homemade
- 4.6.100. Curry egg with butter homemade
- 4.6.101. Curry egg with rapeseed oil homemade
- 4.6.102. Curry green bean masala homemade
- 4.6.103. Curry karela homemade
- 4.6.104. Curry lentil red/masoor dahl and mung bean dahl homemade
- 4.6.105. Curry lentil red/masoor dahl and tomato Punjabi homemade
- 4.6.106. Curry lentil red/masoor dahl and tomato with butter homemade
- 4.6.107. Curry lentil red/masoor dahl and tomato with vegetable oil homemade
- 4.6.108. Curry lentil red/masoor dahl and vegetable UK type homemade
- 4.6.109. Curry lentil red/masoor dahl Punjabi homemade
- 4.6.110. Curry lentil red/masoor dahl with butter homemade
- 4.6.111. Curry lentil red/masoor dahl with vegetable oil homemade
- 4.6.112. Curry lentil whole/masoor Gujarati homemade
- 4.6.113. Curry lentil whole/masoor Punjabi homemade
- 4.6.114. Curry mung bean dahl and spinach homemade
- 4.6.115. Curry mung bean dahl Bengali homemade
- 4.6.116. Curry mung bean whole and turnip leaves homemade
- 4.6.117. Curry mung bean whole Gujarati homemade
- 4.6.118. Curry mung bean whole Punjabi homemade
- 4.6.119. Curry pea and potato homemade
- 4.6.120. Curry pigeon pea dahl and tomato homemade
- 4.6.121. Curry pigeon pea dahl with tomatoes and peanuts homemade
- 4.6.122. Curry pigeon pea dahl with butter homemade

4.6.123. Curry pigeon pea dahl with vegetable oil homemade  
4.6.124. Curry potato and pea homemade  
4.6.125. Curry potato Gujerati homemade  
4.6.126. Curry potato Punjabi homemade  
4.6.127. Curry red kidney and mung bean whole homemade  
4.6.128. Curry red kidney bean Gujerati homemade  
4.6.129. Curry spinach and potato masala homemade  
4.6.130. Curry Thai stir-fry vegetable takeaway and restaurant  
4.6.131. Curry tinda gourd and potato homemade  
4.6.132. Curry vegetable frozen mixed vegetables homemade  
4.6.133. Curry vegetable in sweet sauce UK type homemade  
4.6.134. Curry vegetable Islami homemade  
4.6.135. Curry vegetable Pakistani homemade  
4.6.136. Curry vegetable ready meal without rice cooked  
4.6.137. Curry vegetable retail with rice  
4.6.138. Curry vegetable West Indian homemade  
4.6.139. Curry vegetable with yogurt UK type homemade  
4.6.140. Dal Dhokari homemade  
4.6.141. Dosa filling vegetable homemade  
4.6.142. Falafel fried in rapeseed oil homemade  
4.6.143. Flan cheese and mushroom homemade  
4.6.144. Flan cheese and mushroom wholemeal homemade  
4.6.145. Flan cheese onion and potato homemade  
4.6.146. Flan cheese onion and potato wholemeal homemade  
4.6.147. Flan lentil and tomato homemade  
4.6.148. Flan lentil and tomato wholemeal homemade  
4.6.149. Flan spinach homemade  
4.6.150. Flan spinach wholemeal homemade  
4.6.151. Flan vegetable homemade  
4.6.152. Flan vegetable wholemeal homemade  
4.6.153. Garlic mushrooms not coated homemade  
4.6.154. Khadhi  
4.6.155. Khatiyu  
4.6.156. Khichadi with butter ghee  
4.6.157. Khichadi with vegetable oil  
4.6.158. Lasagne spinach wholemeal homemade  
4.6.159. Lasagne vegetable wholemeal homemade  
4.6.160. Leeks in cheese sauce made with semi-skimmed milk homemade  
4.6.161. Leeks in cheese sauce made with skimmed milk homemade  
4.6.162. Leeks in cheese sauce made with whole milk homemade  
4.6.163. Lentil and nut roast homemade  
4.6.164. Lentil and nut roast with egg homemade  
4.6.165. Lentil and potato pie homemade  
4.6.166. Lentil and rice roast homemade  
4.6.167. Lentil and rice roast with egg homemade  
4.6.168. Lentil cutlets fried in vegetable oil homemade  
4.6.169. Lentil pie homemade  
4.6.170. Lentil roast homemade  
4.6.171. Lentil roast with egg homemade  
4.6.172. Mchicha homemade  
4.6.173. Methi aloo homemade  
4.6.174. Moussaka vegetable homemade  
4.6.175. Nut and rice roast mixed nuts with egg homemade  
4.6.176. Nut and rice roast mixed nuts homemade  
4.6.177. Nut and seed roast mixed nuts and sunflower seeds with egg homemade  
4.6.178. Nut and seed roast mixed nuts and sunflower seeds homemade

- 4.6.179. Nut and vegetable roast mixed nuts with egg homemade
- 4.6.180. Nut and vegetable roast mixed nuts homemade
- 4.6.181. Nut croquettes fried in sunflower oil homemade
- 4.6.182. Nut croquettes fried in vegetable oil homemade
- 4.6.183. Nut cutlets retail fried in sunflower oil
- 4.6.184. Nut cutlets retail fried in vegetable oil
- 4.6.185. Nut cutlets retail grilled
- 4.6.186. Nut roast homemade
- 4.6.187. Nut roast mixed nuts with egg homemade
- 4.6.188. Nut mushroom and rice roast homemade
- 4.6.189. Okra with tomatoes and onion Greek homemade
- 4.6.190. Okra with tomatoes and onion West Indian homemade
- 4.6.191. Pakora vegetable takeaway and restaurant
- 4.6.192. Pakora/bhajia aubergine fried in vegetable oil homemade
- 4.6.193. Pakora/bhajia cauliflower fried in vegetable oil homemade
- 4.6.194. Pakora/bhajia onion fried in vegetable oil homemade
- 4.6.195. Pakora/bhajia potato and cauliflower fried in vegetable oil homemade
- 4.6.196. Pakora/bhajia potato carrot and pea fried in vegetable oil homemade
- 4.6.197. Pakora/bhajia potato fried in vegetable oil homemade
- 4.6.198. Pakora/bhajia spinach fried in vegetable oil homemade
- 4.6.199. Pakora/bhajia vegetable retail
- 4.6.200. Pancakes stuffed with vegetables homemade
- 4.6.201. Pancakes stuffed with vegetables wholemeal homemade
- 4.6.202. Pastichio
- 4.6.203. Pasty vegetable homemade
- 4.6.204. Pasty vegetable wholemeal homemade
- 4.6.205. Peppers green stuffed with rice homemade
- 4.6.206. Pie lentil and cheese homemade
- 4.6.207. Pie spinach homemade
- 4.6.208. Pie vegetable homemade
- 4.6.209. Pie vegetable wholemeal homemade
- 4.6.210. Pilaf rice with spinach homemade
- 4.6.211. Pilaf rice with tomato homemade
- 4.6.212. Pilau egg and potato brown rice homemade
- 4.6.213. Pilau egg and potato homemade
- 4.6.214. Pilau mushroom homemade
- 4.6.215. Pilau vegetable homemade
- 4.6.216. Pizza tomato homemade
- 4.6.217. Potato cakes fried in rapeseed oil
- 4.6.218. Potato leek and celery bake
- 4.6.219. Potatoes with onions and eggs fried
- 4.6.220. Potatoes duchesse
- 4.6.221. Quorn korma
- 4.6.222. Ratatouille homemade
- 4.6.223. Red pea loaf
- 4.6.224. Re-fried beans
- 4.6.225. Rice and black-eye beans
- 4.6.226. Rice and black-eye beans brown rice
- 4.6.227. Rice and pigeon peas
- 4.6.228. Rice and pigeon peas brown rice
- 4.6.229. Rice and red kidney beans
- 4.6.230. Rice and red kidney beans brown rice
- 4.6.231. Rice and split peas
- 4.6.232. Rice and split peas brown rice
- 4.6.233. Risotto vegetable brown rice
- 4.6.234. Risotto white rice vegetable homemade

- 4.6.235. Rissoles brown rice fried in sunflower oil
- 4.6.236. Rissoles brown rice fried in vegetable oil
- 4.6.237. Rissoles chick pea fried in sunflower oil
- 4.6.238. Rissoles chick pea fried in vegetable oil
- 4.6.239. Rissoles lentil fried in sunflower oil
- 4.6.240. Rissoles lentil fried in vegetable oil
- 4.6.241. Rissoles vegetable fried in sunflower oil
- 4.6.242. Rissoles vegetable fried in vegetable oil
- 4.6.243. Roulade spinach
- 4.6.244. Saag homemade
- 4.6.245. Salad Greek
- 4.6.246. Salad green
- 4.6.247. Salad pasta vegetables and mayonnaise
- 4.6.248. Salad potato with mayonnaise
- 4.6.249. Salad rice brown
- 4.6.250. Salad rice homemade
- 4.6.251. Salad Waldorf
- 4.6.252. Salad wholemeal pasta with vegetables and mayonnaise
- 4.6.253. Sambar homemade
- 4.6.254. Samosas vegetable retail
- 4.6.255. Sauce curry onion with butter homemade
- 4.6.256. Sauce curry onion with vegetable oil homemade
- 4.6.257. Sauce curry sweet UK type homemade
- 4.6.258. Sauce curry tomato and onion homemade
- 4.6.259. Sauce tomato and mushroom homemade
- 4.6.260. Sauerkraut
- 4.6.261. Sausages vegetarian baked/grilled
- 4.6.262. Shepherd's pie vegetable
- 4.6.263. Shepherd's pie vegetable retail
- 4.6.264. Sweet potato and onion layer
- 4.6.265. Tabouleh
- 4.6.266. Tinda subji homemade
- 4.6.267. Tofu burger baked
- 4.6.268. Tofu spread
- 4.6.269. Tomatoes stuffed with rice
- 4.6.270. Tomatoes stuffed with vegetables
- 4.6.271. Tori ki subji homemade
- 4.6.272. Urad dahl homemade
- 4.6.273. Vegetable and cheese grill/burger in crumbs baked/grilled
- 4.6.274. Vegetable bake homemade
- 4.6.275. Vegetable stir fry mix fried in corn oil
- 4.6.276. Vegetable stir fry mix fried in rapeseed oil
- 4.6.277. Vegetable stir fry mix fried in sunflower oil
- 4.6.278. Vegetables mixed cooked with onion spice and tomatoes homemade
- 4.6.279. Vegetables stir-fried takeaway
- 4.6.280. Vine leaves stuffed with rice
- 4.6.281. None

#### 4.7. None

- 4.7.1. None

### 5. Fruit:

#### 5.1. Fruits, general:

- 5.1.1. Apples cooking baked with sugar flesh only
- 5.1.2. Apples cooking baked with sugar flesh only weighed with skin
- 5.1.3. Apples cooking baked without sugar flesh only
- 5.1.4. Apples cooking baked without sugar flesh only weighed with skin
- 5.1.5. Apples cooking stewed with sugar flesh only

- 5.1.6. Apples cooking stewed without sugar flesh only
- 5.1.7. Apples eating dried
- 5.1.8. Apples eating raw flesh and skin
- 5.1.9. Apples eating raw flesh and skin weighed with core
- 5.1.10. Apricots dried stewed with sugar
- 5.1.11. Apricots dried stewed without sugar
- 5.1.12. Apricots raw flesh and skin
- 5.1.13. Apricots raw flesh and skin weighed with stones
- 5.1.14. Apricots ready-to-eat semi-dried
- 5.1.15. Apricots stewed with sugar
- 5.1.16. Apricots stewed with sugar weighed with stones
- 5.1.17. Apricots stewed without sugar
- 5.1.18. Apricots stewed without sugar weighed with stones
- 5.1.19. Avocado Fuerte flesh only
- 5.1.20. Avocado Fuerte flesh only weighed with skin and stone
- 5.1.21. Avocado Hass flesh only
- 5.1.22. Avocado Hass flesh only weighed with skin and stone
- 5.1.23. Babaco flesh only
- 5.1.24. Bananas flesh only
- 5.1.25. Bananas raw flesh only weighed with skin
- 5.1.26. Blackberries raw
- 5.1.27. Blackberries stewed with sugar
- 5.1.28. Blackberries stewed without sugar
- 5.1.29. Blackberry and apple stewed with sugar
- 5.1.30. Blackcurrants raw
- 5.1.31. Blackcurrants stewed with sugar
- 5.1.32. Blackcurrants stewed without sugar
- 5.1.33. Blueberries
- 5.1.34. Cherries flesh and skin raw
- 5.1.35. Cherries flesh and skin raw weighed with stones
- 5.1.36. Cherries stewed with sugar
- 5.1.37. Cherries stewed with sugar weighed with stones
- 5.1.38. Cherries stewed without sugar
- 5.1.39. Cherries stewed without sugar weighed with stones
- 5.1.40. Citrus fruit soft/easy peelers flesh only
- 5.1.41. Citrus fruit soft/easy peelers flesh only weighed with peel and pips
- 5.1.42. Cranberries
- 5.1.43. Damsons flesh and skin raw
- 5.1.44. Damsons flesh and skin raw weighed with stones
- 5.1.45. Damsons stewed with sugar
- 5.1.46. Damsons stewed with sugar weighed with stones
- 5.1.47. Damsons stewed without sugar
- 5.1.48. Damsons stewed without sugar weighed with stones
- 5.1.49. Dates dried flesh and skin
- 5.1.50. Dates dried flesh and skin weighed with stones
- 5.1.51. Dates raw flesh and skin
- 5.1.52. Dates raw flesh and skin weighed with stones
- 5.1.53. Figs ready-to-eat semi-dried
- 5.1.54. Figs whole green fruit raw
- 5.1.55. Fruit cocktail canned in juice whole contents
- 5.1.56. Fruit cocktail canned in syrup whole contents
- 5.1.57. Gooseberries dessert raw
- 5.1.58. Grapefruit canned in juice whole contents
- 5.1.59. Grapefruit flesh only raw
- 5.1.60. Grapefruit flesh only raw weighed with peel and pips
- 5.1.61. Grapes average



- 5.1.62. Grapes average weighed with pips
- 5.1.63. Grapes green
- 5.1.64. Grapes red
- 5.1.65. Greengages raw
- 5.1.66. Greengages raw weighed with stones
- 5.1.67. Greengages stewed with sugar
- 5.1.68. Greengages stewed with sugar weighed with stones
- 5.1.69. Greengages stewed without sugar weighed with stones
- 5.1.70. Greengages stones removed stewed without sugar
- 5.1.71. Grenadillas flesh and seeds
- 5.1.72. Jujube flesh only
- 5.1.73. Kiwi fruit flesh only raw
- 5.1.74. Kiwi fruit flesh only raw weighed with skin
- 5.1.75. Lemons flesh only raw weighed with peel and pips
- 5.1.76. Lemons peeled flesh only
- 5.1.77. Lemons whole without pips
- 5.1.78. Limes flesh only
- 5.1.79. Limes flesh only weighed with peel and pips
- 5.1.80. Loganberries stewed with sugar
- 5.1.81. Loganberries stewed without sugar
- 5.1.82. Longans flesh only dried
- 5.1.83. Loquats flesh only raw
- 5.1.84. Lychees flesh only raw weighed with skin and stone
- 5.1.85. Lychees raw flesh only
- 5.1.86. Mandarin oranges canned in juice whole contents
- 5.1.87. Mangoes ripe flesh only raw
- 5.1.88. Mangoes ripe flesh only raw weighed with skin and stone
- 5.1.89. Medlars flesh only
- 5.1.90. Melon Canteloupe-type flesh only
- 5.1.91. Melon Canteloupe-type flesh only weighed whole
- 5.1.92. Melon Canteloupe-type flesh only weighed with skin
- 5.1.93. Melon flesh only average
- 5.1.94. Melon flesh only average weighed whole
- 5.1.95. Melon flesh only average weighed with skin
- 5.1.96. Melon Galia flesh only
- 5.1.97. Melon Galia flesh only weighed whole
- 5.1.98. Melon Galia flesh only weighed with skin
- 5.1.99. Melon Honeydew flesh only weighed whole
- 5.1.100. Melon Honeydew flesh only weighed with skin
- 5.1.101. Melon watermelon flesh only
- 5.1.102. Melon watermelon flesh only weighed whole
- 5.1.103. Melon yellow flesh flesh only
- 5.1.104. Mulberries whole fruit stewed with sugar
- 5.1.105. Mulberries whole fruit stewed without sugar
- 5.1.106. Nectarines flesh and skin raw
- 5.1.107. Nectarines flesh and skin raw weighed with stones
- 5.1.108. Olives green in brine drained flesh and skin
- 5.1.109. Olives green in brine drained flesh and skin weighed with stones
- 5.1.110. Oranges flesh only
- 5.1.111. Oranges flesh only weighed with peel and pips
- 5.1.112. Ortaniques flesh only
- 5.1.113. Papaya flesh only raw
- 5.1.114. Papaya flesh only raw weighed with skin and pips
- 5.1.115. Passion fruit flesh and pips
- 5.1.116. Passion fruit flesh and pips weighed with skin
- 5.1.117. Peaches canned in juice whole contents

- 5.1.118. Peaches canned in syrup whole contents
- 5.1.119. Peaches flesh and skin raw weighed with stone
- 5.1.120. Peaches raw flesh and skin
- 5.1.121. Pears average flesh and skin raw weighed with core and stalk
- 5.1.122. Pears canned in juice whole contents
- 5.1.123. Pears Nashi flesh and skin raw
- 5.1.124. Pears Nashi flesh and skin raw weighed with core
- 5.1.125. Pears raw flesh and skin
- 5.1.126. Physalis fruit only
- 5.1.127. Pineapple canned in juice whole contents
- 5.1.128. Pineapple canned in syrup whole contents
- 5.1.129. Pineapple dried
- 5.1.130. Pineapple flesh only raw
- 5.1.131. Pineapple flesh only raw weighed with skin and top
- 5.1.132. Plums average flesh and skin stewed with sugar weighed with stones
- 5.1.133. Plums average flesh and skin stewed without sugar
- 5.1.134. Plums average flesh and skin stewed without sugar weighed with stones
- 5.1.135. Plums average stewed with sugar flesh and skin
- 5.1.136. Plums dessert flesh and skin raw
- 5.1.137. Plums dessert flesh and skin raw weighed with stones
- 5.1.138. Plums Victoria flesh and skin raw
- 5.1.139. Plums Victoria flesh and skin raw weighed with stones
- 5.1.140. Plums Victoria stewed without sugar
- 5.1.141. Plums Victoria stewed without sugar weighed with stones
- 5.1.142. Plums yellow flesh and skin raw
- 5.1.143. Plums yellow flesh and skin raw weighed with stones
- 5.1.144. Pomegranate flesh and pips
- 5.1.145. Pomelo flesh only
- 5.1.146. Prickly pears flesh and seeds
- 5.1.147. Prunes canned in juice whole contents
- 5.1.148. Prunes flesh and skin stewed with sugar
- 5.1.149. Prunes flesh and skin stewed with sugar weighed with stones
- 5.1.150. Prunes flesh and skin stewed without sugar
- 5.1.151. Prunes flesh and skin stewed without sugar weighed with stones
- 5.1.152. Prunes ready-to-eat semi-dried
- 5.1.153. Prunes ready-to-eat semi-dried weighed with stones
- 5.1.154. Quinces flesh only
- 5.1.155. Raisins dried
- 5.1.156. Raspberries raw
- 5.1.157. Raspberries stewed with sugar
- 5.1.158. Raspberries stewed without sugar
- 5.1.159. Redcurrants stewed with sugar
- 5.1.160. Redcurrants stewed without sugar
- 5.1.161. Rhubarb stems only raw
- 5.1.162. Rhubarb stems only stewed with sugar
- 5.1.163. Rhubarb stems only stewed without sugar
- 5.1.164. Sharon fruit flesh only
- 5.1.165. Star fruit
- 5.1.166. Strawberries raw
- 5.1.167. Tamarillos flesh and seeds
- 5.1.168. Whitecurrants raw
- 5.1.169. Whitecurrants stewed with sugar
- 5.1.170. Whitecurrants stewed without sugar
- 5.1.171. None

## 5.2. Fruit juices:

- 5.2.1. Apple juice clear ambient and chilled

- 5.2.2. Lemon juice fresh weighed as whole fruit
- 5.2.3. Lime juice fresh
- 5.2.4. Orange juice ambient UHT
- 5.2.5. Orange juice chilled
- 5.2.6. Orange juice freshly squeezed
- 5.2.7. Orange juice freshly squeezed weighed as whole fruit
- 5.2.8. Passion fruit juice
- 5.2.9. Pomegranate juice drink
- 5.2.10. Prune juice
- 5.2.11. None
- 5.3. None
  - 5.3.1. None
- 6. Oil or fat:
  - 6.1. Spreading fats
    - 6.1.1. Butter salted
    - 6.1.2. Butter spreadable (75-80% fat)
    - 6.1.3. Butter spreadable light (60% fat)
    - 6.1.4. Butter unsalted
    - 6.1.5. Fat spread low fat (26-39%) not polyunsaturated including dairy type
    - 6.1.6. Fat spread low fat (26-39%) not polyunsaturated with olive oil
    - 6.1.7. Fat spread low fat (26-39%) polyunsaturated
    - 6.1.8. Fat spread reduced fat (41-62%) not polyunsaturated
    - 6.1.9. Fat spread reduced fat (41-62%) not polyunsaturated with olive oil
    - 6.1.10. Fat spread reduced fat (41-62%) polyunsaturated
    - 6.1.11. Fat spread reduced fat (62-75%) not polyunsaturated
    - 6.1.12. None
  - 6.2. Animal fats:
    - 6.2.1. Butteroil unsalted
    - 6.2.2. None
  - 6.3. Oils:
    - 6.3.1. Oil coconut
    - 6.3.2. Oil cod liver
    - 6.3.3. Oil corn
    - 6.3.4. Oil cottonseed
    - 6.3.5. Oil evening primrose
    - 6.3.6. Oil grapeseed
    - 6.3.7. Oil hazelnut
    - 6.3.8. Oil olive
    - 6.3.9. Oil palm
    - 6.3.10. Oil peanut (groundnut)
    - 6.3.11. Oil rapeseed
    - 6.3.12. Oil safflower
    - 6.3.13. Oil soya
    - 6.3.14. Oil sunflower
    - 6.3.15. Oil vegetable average
    - 6.3.16. Oil walnut
    - 6.3.17. Oil wheatgerm
    - 6.3.18. None
  - 6.4. Non-animal fats:
    - 6.4.1. Cocoa butter
    - 6.4.2. None
  - 6.5. Cooking fats:
    - 6.5.1. Dripping beef
    - 6.5.2. Ghee butter
    - 6.5.3. Lard
    - 6.5.4. Suet shredded

- 6.5.5. Suet vegetable reduced fat
- 6.5.6. None
- 6.6. None
  - 6.6.1. None
- 7. Miscellaneous
  - 7.1. Eggs:
    - 7.1.1. Egg fu yung
    - 7.1.2. Eggs chicken scrambled with semi-skimmed milk
    - 7.1.3. Eggs chicken white boiled
    - 7.1.4. Eggs chicken white dried
    - 7.1.5. Eggs chicken white raw
    - 7.1.6. Eggs chicken whole boiled
    - 7.1.7. Eggs chicken whole dried
    - 7.1.8. Eggs chicken whole fried in sunflower oil
    - 7.1.9. Eggs chicken whole fried without fat
    - 7.1.10. Eggs chicken whole poached
    - 7.1.11. Eggs chicken whole raw
    - 7.1.12. Eggs chicken whole scrambled without milk
    - 7.1.13. Eggs chicken yolk boiled
    - 7.1.14. Eggs chicken yolk raw
    - 7.1.15. Eggs duck boiled and salted
    - 7.1.16. Eggs duck whole raw
    - 7.1.17. Macaroon homemade
    - 7.1.18. Omelette cheese homemade
    - 7.1.19. Omelette curried homemade
    - 7.1.20. Omelette plain homemade
    - 7.1.21. Omelette Spanish homemade
    - 7.1.22. Quiche cheese and egg homemade
    - 7.1.23. Quiche cheese and egg wholemeal homemade
    - 7.1.24. Quiche Lorraine homemade
    - 7.1.25. Quiche Lorraine shortcrust pastry retail
    - 7.1.26. Quiche Lorraine wholemeal pastry homemade
    - 7.1.27. Quiche mushroom homemade
    - 7.1.28. Quiche mushroom wholemeal homemade
    - 7.1.29. Quiche vegetable retail
    - 7.1.30. Souffle cheese homemade
    - 7.1.31. Souffle plain homemade
    - 7.1.32. None
  - 7.2. Soups, sauces and miscellaneous foods:
    - 7.2.1. Apple sauce homemade
    - 7.2.2. Baking powder
    - 7.2.3. Barbecue sauce
    - 7.2.4. Barbecue sauce homemade
    - 7.2.5. Bicarbonate of soda
    - 7.2.6. Bouillabaisse homemade
    - 7.2.7. Bread sauce made with semi-skimmed milk HOMEMADE
    - 7.2.8. Bread sauce made with skimmed milk homemade
    - 7.2.9. Bread sauce made with whole milk homemade
    - 7.2.10. Brown fruity sauce
    - 7.2.11. Brown sauce reduced salt/sugar
    - 7.2.12. Cheese sauce made with semi-skimmed milk homemade
    - 7.2.13. Cheese sauce made with skimmed milk homemade
    - 7.2.14. Cheese sauce made with whole milk homemade
    - 7.2.15. Cheese sauce packet mix made up with semi-skimmed milk homemade
    - 7.2.16. Chicken soup cream of canned condensed as served
    - 7.2.17. Chilli sauce

7.2.18. Chutney apple homemade  
7.2.19. Chutney mango sweet  
7.2.20. Chutney tomato  
7.2.21. Chutney tomato homemade  
7.2.22. Cream of tartar  
7.2.23. Dips sour-cream based reduced fat  
7.2.24. Dressing blue cheese  
7.2.25. Dressing French homemade  
7.2.26. Dressing oil and lemon homemade  
7.2.27. Dressing thousand island  
7.2.28. Dressing yogurt homemade  
7.2.29. Gelatine  
7.2.30. Gravy instant granules  
7.2.31. Gravy instant granules made up with water  
7.2.32. Guacamole homemade  
7.2.33. Hollandaise sauce homemade  
7.2.34. Horseradish sauce  
7.2.35. Mayonnaise homemade  
7.2.36. Mayonnaise standard retail  
7.2.37. Mint sauce  
7.2.38. Mustard smooth  
7.2.39. Mustard wholegrain  
7.2.40. Onion sauce made with semi-skimmed milk homemade  
7.2.41. Onion sauce made with skimmed milk homemade  
7.2.42. Onion sauce made with whole milk homemade  
7.2.43. Pesto green  
7.2.44. Piccalilli  
7.2.45. Pickle sweet  
7.2.46. Raita homemade  
7.2.47. Relish corn/cucumber/onion  
7.2.48. Relish tomato based  
7.2.49. Salt  
7.2.50. Sauce Chinese cook in sweet & sour  
7.2.51. Sauce Chinese stir fry  
7.2.52. Sauce Indian cook in korma/tikka masala  
7.2.53. Sauce pasta carbonara type  
7.2.54. Sauce pasta four cheese  
7.2.55. Sauce pasta tomato based for bolognese  
7.2.56. Sauce pasta tomato based napoletana  
7.2.57. Sauce pasta tomato based reduced fat  
7.2.58. Sauce pasta tomato based with added vegetables  
7.2.59. Sauce pasta white with ham and mushrooms homemade  
7.2.60. Sauce tomato based homemade  
7.2.61. Sauce traditional cook in tomato based  
7.2.62. Sauce traditional cook in white sauce based  
7.2.63. Sauces Indian cook in other  
7.2.64. Scotch broth homemade  
7.2.65. Soup broccoli and stilton carton chilled  
7.2.66. Soup carrot and coriander carton chilled  
7.2.67. Soup carrot and orange homemade  
7.2.68. Soup chicken cream of canned  
7.2.69. Soup chicken cream of canned condensed  
7.2.70. Soup cream of tomato canned  
7.2.71. Soup French onion homemade  
7.2.72. Soup gazpacho homemade  
7.2.73. Soup goulash homemade

- 7.2.74. Soup instant dried as purchased
- 7.2.75. Soup instant dried as served
- 7.2.76. Soup lentil homemade
- 7.2.77. Soup low calorie canned
- 7.2.78. Soup minestrone canned
- 7.2.79. Soup minestrone homemade
- 7.2.80. Soup mulligatawny homemade
- 7.2.81. Soup mushroom carton chilled
- 7.2.82. Soup mushroom cream of canned
- 7.2.83. Soup oxtail canned
- 7.2.84. Soup pea and ham homemade
- 7.2.85. Soup potato and leek homemade
- 7.2.86. Soup tomato carton chilled
- 7.2.87. Soup vegetable homemade
- 7.2.88. Soy sauce light and dark varieties
- 7.2.89. Tomato ketchup
- 7.2.90. Tomato sauce homemade
- 7.2.91. Water distilled
- 7.2.92. White sauce savoury made with semi-skimmed milk homemade
- 7.2.93. White sauce savoury made with skimmed milk homemade
- 7.2.94. White sauce savoury made with whole milk homemade
- 7.2.95. White sauce sweet made with semi-skimmed milk homemade
- 7.2.96. White sauce sweet made with skimmed milk homemade
- 7.2.97. White sauce sweet made with whole milk homemade
- 7.2.98. Worcestershire sauce
- 7.2.99. None

### 7.3. Nuts and seeds

- 7.3.1. Almonds flaked and ground
- 7.3.2. Almonds toasted
- 7.3.3. Almonds weighed with shells
- 7.3.4. Almonds whole kernels
- 7.3.5. Brazil nuts kernel only
- 7.3.6. Brazil nuts kernel only weighed with shells
- 7.3.7. Cashew nuts kernel only plain
- 7.3.8. Cashew nuts kernel only roasted and salted
- 7.3.9. Chestnuts dried
- 7.3.10. Chestnuts kernel only raw
- 7.3.11. Chestnuts kernel only raw weighed with shells
- 7.3.12. Coconut milk
- 7.3.13. Coconut desiccated
- 7.3.14. Coconut flesh only fresh
- 7.3.15. Hazelnuts kernel only
- 7.3.16. Hazelnuts kernel only weighed with shells
- 7.3.17. Macadamia nuts salted
- 7.3.18. Marzipan homemade
- 7.3.19. Marzipan white and yellow retail
- 7.3.20. Nuts mixed
- 7.3.21. Peanut butter smooth
- 7.3.22. Peanuts and raisins
- 7.3.23. Peanuts dry roasted
- 7.3.24. Peanuts kernel only plain unsalted
- 7.3.25. Peanuts kernel only plain weighed with shells
- 7.3.26. Peanuts roasted and salted
- 7.3.27. Pecan nuts kernel only
- 7.3.28. Pecan nuts kernel only weighed with shells
- 7.3.29. Pine nuts kernel only

- 7.3.30. Pistachio nuts kernel only roasted and salted
- 7.3.31. Pistachio nuts kernel only roasted and salted weighed with shells
- 7.3.32. Pumpkin seeds
- 7.3.33. Quinoa raw
- 7.3.34. Sesame seeds
- 7.3.35. Sunflower seeds
- 7.3.36. Sunflower seeds toasted
- 7.3.37. Tahini paste
- 7.3.38. Walnuts kernel only
- 7.3.39. Walnuts kernel only weighed with shells
- 7.3.40. None
- 7.4. Sugars,preserves and snacks:
  - 7.4.1. Bombay mix
  - 7.4.2. Bounty bar and own brand equivalents
  - 7.4.3. Caramel bars and sweets chocolate covered
  - 7.4.4. Chocolate covered bar with caramel and cereal
  - 7.4.5. Chocolate covered caramel and biscuit fingers
  - 7.4.6. Chocolate nut spread
  - 7.4.7. Chocolate spread
  - 7.4.8. Chocolate dark with crème or mint fondant centres
  - 7.4.9. Chocolate fancy and filled
  - 7.4.10. Chocolate milk
  - 7.4.11. Chocolate plain
  - 7.4.12. Chocolate white
  - 7.4.13. Coconut ice homemade
  - 7.4.14. Corn snacks
  - 7.4.15. Creme egg
  - 7.4.16. Fruit gums/jellies
  - 7.4.17. Fruit pastilles
  - 7.4.18. Fudge homemade
  - 7.4.19. Glucose liquid BP
  - 7.4.20. Halva carrot homemade
  - 7.4.21. Halva semolina homemade
  - 7.4.22. Honey
  - 7.4.23. Honey and comb
  - 7.4.24. Ice cream sauce topping strawberry and chocolate flavours
  - 7.4.25. Icing butter homemade
  - 7.4.26. Icing fondant homemade
  - 7.4.27. Icing glace homemade
  - 7.4.28. Icing Royal homemade
  - 7.4.29. Jam fruit with edible seeds
  - 7.4.30. Jam reduced sugar
  - 7.4.31. Jam stone fruit
  - 7.4.32. Lemon curd
  - 7.4.33. Lemon curd homemade
  - 7.4.34. Liquorice allsorts
  - 7.4.35. Maltesers and similar products
  - 7.4.36. Marmalade
  - 7.4.37. Mars bar and own brand equivalents
  - 7.4.38. Marshmallows
  - 7.4.39. Milky Way and own brand equivalents
  - 7.4.40. Mincemeat vegetarian homemade
  - 7.4.41. Molasses
  - 7.4.42. Nougat homemade
  - 7.4.43. Peanut brittle homemade
  - 7.4.44. Peppermint creams homemade

- 7.4.45. Pork scratchings
- 7.4.46. Potato crisps fried in sunflower oil
- 7.4.47. Potato crisps low fat
- 7.4.48. Potato rings
- 7.4.49. Potato snacks pringle-type fried in vegetable oil
- 7.4.50. Sev/ganthia homemade
- 7.4.51. Smartie-type sweets
- 7.4.52. Sugar brown
- 7.4.53. Sugar Demerara
- 7.4.54. Sugar icing
- 7.4.55. Sugar white
- 7.4.56. Sweets boiled
- 7.4.57. Sweets chew sweets
- 7.4.58. Syrup corn dark
- 7.4.59. Syrup golden
- 7.4.60. Toffees mixed
- 7.4.61. Topic/Snickers and own brand equivalents
- 7.4.62. Tortilla chips fried in sunflower oil
- 7.4.63. Treacle black
- 7.4.64. Truffles mocha homemade
- 7.4.65. Truffles rum homemade
- 7.4.66. Turkish delight with nuts homemade
- 7.4.67. Turkish delight without nuts
- 7.4.68. Twiglets
- 7.4.69. None
- 7.5. None
  - 7.5.1. None

## 1.4 OUTPUT

A table of the quantities of the selected foods and their ingredients:

1. Total proteins,
2. Total fats,
3. Total saturated fatty acids,
4. Total carbohydrates,
5. Total sugars,
6. Total water,
7. Total sodium,
8. Total potassium,
9. Total calcium,
10. Total magnesium and
11. Total phosphorus