desc1	desc2	desc3	unit	1974	1984	1994	2004	2014
Cheese			g	105	109	106	110	111
Carcase meat			g	393	348	250	229	195
Carcase meat	Beef and veal		g	189	161	118	123	101
Carcase meat	Mutton and lamb		g	113	93	54	50	37
Carcase meat	Pork		g	91	93	77	56	57
Non-carcase meat and meat products			g	630	722	732	820	760
Non-carcase meat and meat products	Bacon and ham, uncooked		g	116	99	75	70	62
Non-carcase meat and meat products	Chicken, uncooked - whole	chicken or chicken pie	ce: g	115	152	160	165	186
Non-carcase meat and meat products	Ready meals and convenie	nce meat products	g	27	65	104	155	163
Fats			g	316	300	235	182	158
Fats	Butter		g	147	75	36	35	40
Fats	Margarine		g	78	122	46	11	18
Sugar and preserves			g	535	381	224	134	109
Fresh and processed potatoes			g	1437	1293	1084	822	671
Fresh and processed potatoes	Fresh potatoes		g	1318	1140	820	570	431
Fresh and processed potatoes	Processed potatoes		g	119	153	265	252	240
Fresh and processed vegetables, excluding	potatoes		g	1141	1187	1161	1106	1080
Fresh and processed vegetables, excluding	p: Fresh green vegetables		g	364	318	254	225	181
Fresh and processed vegetables, excluding	p: Other fresh vegetables		g	404	447	480	536	564
Fresh and processed vegetables, excluding	p: Processed vegetables exclu	iding processed potato	es g	372	422	427	345	334
Fresh and processed fruit			g	731	851	1039	1168	1096
Fresh and processed fruit	Fresh fruit		g	515	554	665	805	766
Fresh and processed fruit	Processed fruit and fruit pr	oducts	g	216	297	374	363	330
Bread			g	1019	935	820	695	555
Bread	White bread		g	860	613	472	353	222
Other cereals and cereal products			g	264	302	376	498	560
Other cereals and cereal products	Breakfast cereals		g	77	111	126	131	126
Other cereals and cereal products	Rice		g	17	31	41	79	103
Other cereals and cereal products	Pasta		g	31	35	33	81	87
Other cereals and cereal products	Other cereal convenience f	oods	g	41	34	42	68	89
Milk and milk products excluding cheese			ml	2978	2526	2265	1996	1849
Milk and milk products excluding cheese	Liquid wholemilk, including	school and welfare	ml	2687	2064	877	497	263
Milk and milk products excluding cheese	Other milk and cream		ml	291	462	1388	1499	1586
Milk and milk products excluding cheese	Other milk and cream	Skimmed milks	ml	5	190	1092	1133	1198
Milk and milk products excluding cheese	Other milk and cream	Yoghurt and fro	ma ml	33	81	123	168	175
Soft drinks			ml			1513	1832	1546
Soft drinks	Soft drinks, not concentrat	ed, not low calorie	ml			484	765	516
Soft drinks	Soft drinks, not concentrat	ed, low calorie	ml			220	306	406
Alcoholic drinks			ml			552	763	675
Alcoholic drinks	Beers		ml			122	96	74
Alcoholic drinks	Lagers and continental bee	rs	ml			189	299	249
Alcoholic drinks	Wine and champagne		ml			144	249	217

- Reduced it down to the main categories used in the Canadian food guide to see how the trends in the UK match with the trends in Canada.
- Only kept 3 of the 4 descriptions to show a small representative of the hierarchy levels
- Reduced it so we can see the changes in trend every decade