

Appendix G: Food code list

NDNS FOOD CODE LIST - CONTENTS

PAGE	FOOD
1	PASTA
2	RICE
3	PIZZA
4	CEREALS - BARLEY, BRAN, DUMPLINGS ETC
5	BREAD AND ROLLS - HOW TO FIND
6	BREAD AND ROLLS - WHITE
7	BREAD AND ROLLS - WHOLEMEAL
8	BREAD AND ROLLS - SOFTGRAIN
9	BREAD - OTHER
12	BREAKFAST CEREALS
16	BISCUITS
20	FRUIT PIES
22	CAKES
26	BUNS AND PASTRIES
29	PUDDINGS - MADE WITH MILK
31	PUDDINGS - SPONGE
32	PUDDINGS - OTHER
34	ICE CREAM
35	MILK - WHOLE
36	CREAM (INCLUDING IMITATION CREAM)
37	MILK - OTHER
38	MILK BASED DRINKS
39	CHEESE AND CHEESE DISHES
42	FROMAGE FRAIS
43	YOGURT
45	YOGURT PRODUCTS
46	OTHER DAIRY DESSERTS
47	EGGS
49	EGG DISHES
50	BUTTER, MARGARINE AND SPREADS
52	BACON
53	HAM
54	BEEF
55	BEEF DISHES
57	VEAL AND VEAL DISHES
58	LAMB
59	LAMB DISHES
60	PORK
62	PORK DISHES
63	CHICKEN AND TURKEY - COATED
65	CHICKEN
66	CHICKEN DISHES
68	TURKEY
69	LIVER AND DISHES, LIVER PATE AND LIVER SAUSAGE
70	BURGERS AND KEBABS
71	SAUSAGES
72	MEAT PIES AND PASTRIES (INCL CHICKEN PIES)
74	MEAT - OTHER. MEAT PRODUCTS.
75	POULTRY (NOT CHICKEN/TURKEY) AND GAME
76	OFFAL
78	FISH - COATED OR FRIED. FISH PRODUCTS AND FISH DISHES
83	FISH - OTHER WHITE FISH AND FISH DISHES
85	SHELLFISH
87	FISH - OILY (INCLUDING CANNED)
90	VEGETABLES (NOT POTATOES)
98	VEGETABLE DISHES (INCLUDING BAKED BEANS)
101	POTATO CHIPS
104	POTATOES - FRIED OR ROASTED AND POTATO PRODUCTS
106	POTATOES - OTHER (EG BOILED, BAKED), POTATO SALADS AND DISHES
107	FRUIT - CANNED IN JUICE
108	FRUIT - CANNED IN SYRUP
110	FRUIT - NOT CANNED
116	NUTS AND SEEDS (INCLUDING FRUIT AND NUT MIXES)
118	SUGAR AND ARTIFICIAL SWEETENERS
119	PRESERVES
120	SWEET SPREADS, FILLINGS AND ICING
121	CRISPS AND SAVOURY SNACKS
123	CONFECTIONERY - SUGAR
127	CONFECTIONERY - CHOCOLATE
131	FRUIT OR VEGETABLE JUICE
133	DRINKS - CARBONATED SOFT DRINKS - CANNED
135	DRINKS - CARBONATED SOFT DRINKS - BOTTLED
137	ALCOHOLIC DRINKS
137	TONIC WATER
138	WINE
139	BEERS AND LAGERS
141	COFFEE
141	TEA
141	WATER
142	BEVERAGES (DRY WEIGHT)
143	SOUPS
145	SAUCES, PICKLES, GRAVIES AND CONDIMENTS
148	VITAMIN AND MINERAL SUPPLEMENTS
149	MEDICINE

NDNS FOOD CODE LIST - CONTENTS - SORTED BY FOOD NAME

PAGE	FOOD
137	ALCOHOLIC DRINKS
52	BACON
54	BEEF
55	BEEF DISHES
139	BEERS AND LAGERS
142	BEVERAGES (DRY WEIGHT)
16	BISCUITS
5	BREAD AND ROLLS - HOW TO FIND
6	BREAD AND ROLLS - WHITE
7	BREAD AND ROLLS - WHOLEMEAL
8	BREAD AND ROLLS - SOFTGRAIN
9	BREAD - OTHER
12	BREAKFAST CEREALS
26	BUNS AND PASTRIES
70	BURGERS AND KEBABS
50	BUTTER, MARGARINE AND SPREADS
22	CAKES
4	CEREALS - BARLEY, BRAN, DUMPLINGS ETC
39	CHEESE AND CHEESE DISHES
65	CHICKEN
63	CHICKEN AND TURKEY - COATED
66	CHICKEN DISHES
141	COFFEE
127	CONFECTIONERY - CHOCOLATE
123	CONFECTIONERY - SUGAR
36	CREAM (INCLUDING IMITATION CREAM)
121	CRISPS AND SAVOURY SNACKS
46	DAIRY DESSERTS - NOT FROMAGE FRAIS/YOGURT
133	DRINKS - CARBONATED SOFT DRINKS - CANNED
135	DRINKS - CARBONATED SOFT DRINKS - BOTTLED
47	EGGS
49	EGG DISHES
78	FISH - COATED OR FRIED. FISH PRODUCTS AND FISH DISHES
83	FISH - OTHER WHITE FISH AND FISH DISHES
87	FISH - OILY (INCLUDING CANNED)
42	FROMAGE FRAIS
110	FRUIT - NOT CANNED
107	FRUIT - CANNED IN JUICE
108	FRUIT - CANNED IN SYRUP
131	FRUIT OR VEGETABLE JUICE
20	FRUIT PIES
53	HAM
34	ICE CREAM
58	LAMB
59	LAMB DISHES
69	LIVER AND DISHES, LIVER PATE AND LIVER SAUSAGE
50	MARGARINE AND SPREADS
72	MEAT PIES AND PASTRIES (INCL CHICKEN PIES)
74	MEAT - OTHER. MEAT PRODUCTS.
149	MEDICINE
35	MILK - WHOLE
37	MILK - OTHER
38	MILK BASED DRINKS
116	NUTS AND SEEDS (INCLUDING FRUIT AND NUT MIXES)
76	OFFAL
1	PASTA
3	PIZZA
60	PORK
62	PORK DISHES
101	POTATO CHIPS
104	POTATOES - FRIED OR ROASTED AND POTATO PRODUCTS
106	POTATOES - OTHER (EG BOILED, BAKED), POTATO SALADS AND DISHES
75	POULTRY (NOT CHICKEN/TURKEY) AND GAME
119	PRESERVES
29	PUDDINGS - MADE WITH MILK
31	PUDDINGS - SPONGE
32	PUDDINGS - OTHER
2	RICE
145	SAUCES, PICKLES, GRAVIES AND CONDIMENTS
71	SAUSAGES
85	SHELLFISH
143	SOUPS
118	SUGAR AND ARTIFICIAL SWEETENERS
120	SWEET SPREADS, FILLINGS AND ICING
141	TEA
137	TONIC WATER
68	TURKEY
57	VEAL AND VEAL DISHES
90	VEGETABLES (NOT POTATOES)
98	VEGETABLE DISHES (INCLUDING BAKED BEANS)
148	VITAMIN AND MINERAL SUPPLEMENTS
141	WATER
138	WINE
43	YOGURT
45	YOGURT PRODUCTS

PASTA

- 1324 Cannelloni, purchased; with meat filling. NOT Vegetarian cannelloni
- 7601 Lasagne, white or wholemeal sheet of pasta; cannelloni; boiled in water
Lasagne: prepared dish with meat, white sauce: see 'Meat dishes'
- 27 Macaroni, NOT wholemeal, boiled in water
- 36 Macaroni, wholemeal, boiled in water
- R 819 Macaroni cheese, any. NOT canned
- 38 Macaroni, canned in cheese sauce. NO meat additions
- 32 Noodles, egg, boiled
- 30 Noodles, plain, boiled
- 9371 Pasta, fresh, plain, boiled, any type. NOT dried pasta; NOT stuffed pasta
- 8093 Pasta, fresh, stuffed with cheese and vegetables, purchased eg. ricotta and spinach tortelloni, agnolotti with mushrooms
- 9273 Pasta with sausages canned in tomato sauce
- 70 Pot noodles, as served. eg Golden Wonder
- 39 Ravioli, canned, ie. pasta, meat filling and tomato sauce
- 8361 Ravioli, pasta with meat filling etc. NOT canned
- 9102 Ravioli, Tuna in spicy tomato sauce - canned. Eg Tesco
- 34 Spaghetti; tagliatelli; fettucine; vermicelli; white, boiled in water. NOT macaroni or egg-based pasta. NOT egg noodles. Not fresh pasta.
- 36 Spaghetti, wholemeal (brown); wholemeal pasta; wholemeal macaroni, boiled in water
- 40 Spaghetti, white, canned in bolognese sauce
- 41 Spaghetti, white; pasta, white; all shapes, canned in tomato sauce or canned in tomato and cheese sauce. NOT reduced sugar
- 7602 Spaghetti, white; pasta, white; all shapes, canned in tomato sauce, reduced sugar
- 3174 Spaghetti, wholemeal (brown); other wholemeal pasta; all shapes, canned in tomato sauce. NOT reduced sugar
- 3760 Spaghetti, wholemeal (brown); other wholemeal pasta; canned in tomato sauce, reduced sugar, eg. Weight Watchers

PASTA

RICE

- 70 Pot noodles; pot rice; savoury rice eg Batchelors'; weight as served
- 42 Rice, basmati ('Indian'), boiled
- 44 Rice, basmati ('Indian'), fried in blended vegetable oil - no vegetables
- 45 Rice, basmati ('Indian'), fried in dripping - no vegetables
- 46 Rice, basmati ('Indian'), fried in lard - no vegetables
- 47 Rice, basmati ('Indian'), fried in polyunsaturated oil - no vegetables
- 49 Rice, brown; easy cook brown; boiled in water
- 50 Rice, brown; easy cook brown; fried in blended vegetable oil - no vegetables
- 51 Rice, brown; easy cook brown, fried in dripping - no vegetables
- 52 Rice, brown; easy cook brown; fried in lard - no vegetables
- 53 Rice, brown; easy cook brown; fried in polyunsaturated oil - no vegetables
- R 76 Rice, egg fried
- 70 Rice, savoury, eg. Batchelors'; pot rice; pot noodles; weight as served
- R 1334 Rice, special fried
- 55 Rice, white easy cook, boiled in water
- 58 Rice, white, long or short grain, boiled in water. NOT easy cook
- 59 Rice, white, long or short grain, or easy cook, fried in blended vegetable oil - no vegetables
- 61 Rice, white, long or short grain or easy cook, fried in dripping - no vegetables
- 62 Rice, white, long or short grain or easy cook, fried in lard - no vegetables
- 60 Rice, white, long or short grain or easy cook, fried in polyunsaturated oil - no vegetables
- Rice, with egg and milk; baked rice custard: see 'Puddings and fruit pies'
- 70 Savoury rice, weight as served, eg. Batchelors'
- R 1334 Fried rice, special, with chicken, duck, prawn, vegetables, egg and rice

RICE

PIZZA

PIZZA WITH THIN AND CRISPY BASE

- R 805 Cheese and tomato pizza only
- R 8524 Cheese or cheese and tomato pizza, with vegetables and/or fruit (eg. pineapple). NO meat, NO fish
- R 8527 Chicken pizza, with or without vegetables or fruit. NO other meat, NO fish
- R 8530 Pizza with meat topping, with or without vegetables or fruit. eg. pepperoni; ham; beef; bacon; salami. NO chicken. NO fish
- R 8533 Pizza, with fish topping, with or without vegetables or fruit. NO meat. NO chicken
- R 8536 Pizza, with any combination of meat, chicken and fish toppings, with or without vegetables or fruit. NOT meat only, NOT chicken only, NOT fish only

PIZZA WITH FRENCH BREAD BASE

- R 8523 Cheese and tomato pizza only
- R 8526 Cheese or cheese and tomato pizza, with vegetables and/or fruit (eg. pineapple). NO meat. NO fish
- R 8529 Chicken pizza, with or without vegetables or fruit. NO other meat. NO fish
- R 8532 Pizza, with meat topping, with or without vegetables or fruit, eg. pepperoni; ham; beef; bacon; salami. NO chicken. NO fish
- R 8535 Pizza, with fish topping, with or without vegetables or fruit. NO meat, NO chicken
- R 8537 Pizza, with any combination of meat, chicken and fish toppings, with or without vegetables or fruit. NOT meat only, NOT chicken only, NOT fish only

PIZZA WITH ANY OTHER BASE, EG. DEEP PAN, HOMEMADE WITH SCONE OR CRUMPET BASE.
NOT THIN & CRISPY. NOT FRENCH BREAD

- R 806 Cheese and tomato pizza only
- R 8525 Cheese or cheese and tomato pizza, with vegetables and/or fruit (eg. pineapple). NO meat, NO fish
- R 8528 Chicken pizza, with or without vegetables or fruit. NO other meat, NO fish
- R 8531 Pizza, with meat topping, with or without vegetables or fruit, eg. pepperoni; ham; beef; bacon; salami. NO chicken. NO fish
- R 8534 Pizza, with fish topping, with or without vegetables or fruit. NO meat. NO chicken
- R 8538 Pizza, with any combination of meat, chicken and fish toppings; with or without vegetables or fruit. NOT meat only, NOT chicken only, NOT fish only.

PIZZA

CEREALS - BARLEY, BRAN, DUMPLINGS ETC

- 3 Barley, pearl, white, boiled in water
- 5 Barley, whole grain, brown, boiled in water
- 6 Bemax, wheatgerm
- 7 Bran, wheat
- 8171 Bran, oat
- 7028 Bulghur wheat, cooked
- 7600 Couscous, (doughy paste made from millet) cooked
- 74 Dumplings, animal suet, unsweetened, steamed or boiled
- 8719 Dumplings, vegetable suet, unsweetened, steamed or boiled
- 3259 Millet, boiled in water
- 153 Papadums; poppadoms; cooked without fat. NOT popadom snacks
- 154 Papadums; poppadoms; fried in butter ghee. NOT popadom snacks
- 155 Papadums; poppadoms; fried in vegetable ghee. NOT popadom snacks
- R 817 Welsh rarebit, including white bread toasted, cheese, milk and seasoning
- R 7773 Welsh rarebit, including wholemeal bread toasted, cheese, milk, and seasoning
- R 576 Yorkshire pudding; hole for Toad-in-the-hole, made with whole milk. NOT packet mix
- R 8643 Yorkshire pudding; hole for Toad-in-the-hole, made with whole milk. NO added fat. NOT packet mix
- R 7603 Yorkshire pudding; hole for Toad-in-the-hole, made with semi-skimmed milk. NOT packet mix
- R 4112 Yorkshire pudding; hole for Toad-in-the-hole, made with skimmed milk. NOT packet mix
- 8364 Yorkshire pudding, packet mix, made up with water
- 8614 Yorkshire pudding, packet mix, made up with egg and water
- 8365 Yorkshire pudding, frozen

CEREALS - BARLEY, BRAN, DUMPLINGS ETC

BREAD AND ROLLS

Bread is organised into the following groups.

White Bread and Rolls

Wholemeal Bread and Rolls

Soft Grain Bread and Rolls

Other Bread and Rolls

Each group has special codes for toasted or fried bread.
These codes are listed at the end of each group.

To code first identify which of the four types of bread above applies.
If the bread is fried or toasted then use the codes at the end of the
groups.

BREAD AND ROLLS - WHITE

- 116 Pitta bread, white
- 120 White bread, sliced, wrapped, includes Kingsmill Top Grade White bread, Mothers Pride Premium, White Hovis, Danish Bread. NOT milk loaf, French stick, slimmers, Scottish batch, soda, Vienna, high fibre white or soft grain breads
- 9467 White bread, fortified with vitamins and minerals, eg. Tesco Healthy eating white bread. NOT softgrain
- 121 White bread, crusty, uncut. NOT milk loaf, French stick, slimmers, Scottish batch, soda, Vienna high fibre white or soft grain bread
- 127 French stick; Baguette
- 128 Milk loaf
- 129 Slimmers white bread, eg. Nimble, Slimcea, Mothers Pride Light
- 130 Scottish batch bread
- 131 Soda bread
- 132 Vienna loaf
- 144 Chapatis, white, made with butter ghee
- 145 Chapatis, white, made with vegetable ghee
- 146 Chapatis, white, made without fat
- 157 Brown hamburger Bun or Roll; brown roll with sesame seeds
- 157 White hamburger Bun or Roll; white roll with sesame seeds
- 158 White, crusty Rolls
- 159 White, soft Rolls
- 160 White, starch reduced Rolls, eg. Energen

FRIED WHITE BREAD, ANY, EXCEPT HIGH FIBRE AND SOFT GRAIN BREAD AND MILK LOAF.

- 122 Fried in blended vegetable oil. White Bread
- 123 Fried in polyunsaturated oil. White Bread
- 124 Fried in Dripping. White Bread
- 125 Fried in Lard.. White Bread

BREAD AND ROLLS - TOASTED

- 126 Toasted White bread
- 170 Toasted Brown hamburger Roll or Bun; brown roll with sesame seeds
- 170 Toasted White hamburger Roll or Bun; white roll with sesame seeds
- 171 Toasted White Rolls, any EXCEPT hamburger Bun or roll
- 8073 Milk loaf - Toasted

BREAD AND ROLLS - WHOLEMEAL

- 141 Chapatis, brown, made with butter ghee
- 142 Chapatis, brown, made with vegetable ghee
- 143 Chapatis, brown, made without fat
- 8603 Chapatis, wholemeal, made with sunflower oil
- 8177 Hi Bran bread; brown bread with added bran; eg. VitBe Hi Bran
- 117 Pitta bread, wholemeal
- 7614 Slimmers wholemeal bread, eg. Nimble
- 3603 Soda bread, wholemeal; wheaten soda farls
- 133 Wholemeal bread; wholewheat bread; stoneground wholemeal bread.
NOT High Fibre white bread, NOT Vitbe Hi Bran
- 9466 Wholemeal bread, fortified with vitamins and minerals,
eg. Tesco Healthy Eating wholemeal
- 161 Wholemeal; wholewheat; stoneground wholemeal rolls

- FRIED WHOLEMEAL BREAD; WHOLEWHEAT BREAD; STONEGROUND
WHOLEMEAL BREAD. NOT HIGH FIBRE WHITE; NOT VITBE HI BRAN
- 134 Fried in blended vegetable oil. Wholemeal Bread
- 135 Fried in polyunsaturated oil. Wholemeal Bread
- 136 Fried in Dripping. Wholemeal Bread
- 137 Fried in Lard. Wholemeal Bread

- TOASTED WHOLEMEAL BREAD
- 138 Toasted Wholemeal Bread
- 172 Toasted Wholemeal; wholewheat; stoneground Wholemeal Rolls.
- 8178 Toasted Hi Bran bread; brown bread with added bran; eg. VitBe Hi Bran
- 3431 Toasted Soda bread, wholemeal; wheaten soda farls

BREAD AND ROLLS - SOFTGRAIN

FORTIFIED eg. Mighty White, Sainsburys, Co-op, M&S Champion
NOT FORTIFIED eg. Tesco, Safeway

7604 Softgrain bread. NOT fortified with folate;
8179 Softgrain bread fortified with folate,
7619 Softgrain rolls

TOASTED SOFTGRAIN BREAD

7605 Toasted. SoftGrain Bread. NOT fortified with folate.
8180 Toasted. Softgrain Bread, Fortified with folate

FRIED SORTGRAIN BREAD

7606 Fried in Dripping. Softgrain Bread, any,
7607 Fried in Lard. Softgrain Bread, any.
8363 Fried in blended vegetable oil. Softgrain Bread, any,
7608 Fried in polyunsaturated oil. Softgrain Bread, any,
9310 Fried in olive oil, softgrain bread, any.

OTHER BREAD

- 9373 Bagels, plain only
- 9129 Brioche
- 102 Brown bread, no added bran. NOT wholemeal, wholewheat, stoneground wholemeal, granary, wheatgerm, Hovis, Hi Bran or Vitbe
- 7620 Brown, granary, wheatgerm or wholegrain ROLLS, crusty. NOT wholemeal, wholewheat, or stoneground wholemeal
- 7621 Brown, granary, wheatgerm or wholegrain ROLLS, soft. NOT wholemeal, wholewheat, or stoneground wholemeal
- 9372 Continental breads, includes ciabatta, sciocco, focaccia, pugliese, fougasse. NOT varieties with added olives, fruit or tomatoes
- 7615 French stick; Baguette; flavoured with garlic and or herbs
- 7616 French granary stick; granary Baguette
- Croissant - see Cakes
- 7615 Garlic or herb bread. French stick; Baguette;
- 112 Granary bread, ie. with malted wheat or added barley; mixed whole grain bread. NOT granary French stick or granary baguette
- 7609 High fibre white bread
- 110 Hovis or wheatgerm bread. NOT Hovis wholemeal or White Hovis
- 173 Muffins, English, wholemeal
- 151 Muffins, English, NOT wholemeal
- 7622 Naan bread, plain
- 7617 Oatmeal bread, eg. Vitbe Hi Oatbran, Hovis Golden Oatbran
- 114 Pumpernickel; rye bread
- 114 Rye bread; Pumpernickel
- 118 Vitbe bread. NOT Vitbe Hi Bran
- 110 Wheatgerm bread

See earlier sections for fried or toasted white, wholemeal or wholegrain bread.

OTHER BREAD - TOASTED

- 107 Brown bread toasted, no added bran. NOT wholemeal, wholewheat NOT stoneground, granary, wheatgerm, Hovis, Hi Bran, Vitbe
- 113 Granary bread, toasted. ie. with malted wheat or added barley; mixed whole grain bread
- 7610 High fibre bread, toasted
- 111 Hovis or wheatgerm bread, toasted. NOT Hovis wholemeal or White Hovis
- 7618 Oatmeal bread toasted, eg. Vitbe Hi Oatbran, Hovis Golden Oatbran
- 115 Rye bread toasted; pumpernickel

OTHER BREAD

- 169 Toasted Brown, granary, wheatgerm or wholegrain ROLLS.
NOT wholemeal, wholewheat or stoneground wholemeal
- 119 Vitbe bread toasted. NOT Vitbe Hi Bran

OTHER BREAD - FRIED IN BLENDED VEGETABLE OIL

- 103 Brown bread, including those with added bran, eg. Hi Bran or Vitbe.
NOT wholemeal, wholewheat, stoneground wholemeal, granary,
wheatgerm or Hovis. Fried in blended vegetable oil
- 162 Granary bread. Fried in blended vegetable oil
- 8522 High fibre white bread. Fried in blended vegetable oil
- 103 Hi Bran bread. Fried in blended vegetable oil
- 162 Hovis bread. NOT Hovis wholemeal or White Hovis.
Fried in blended vegetable oil
- 162 Rye bread. Fried in blended vegetable oil

OTHER BREAD - FRIED IN POLYUNSATURATED OIL

- 104 Brown bread, including those with added bran, eg. Hi Bran or Vitbe.
NOT wholemeal, wholewheat, stoneground wholemeal, granary,
wheatgerm or Hovis. Fried in polyunsaturated oil
- 165 Granary bread. Fried in polyunsaturated oil
- 7613 High fibre white bread. Fried in polyunsaturated oil
- 104 Hi Bran bread. Fried in polyunsaturated oil
- 165 Hovis bread. NOT Hovis wholemeal or White Hovis. Fried in
polyunsaturated oil
- 165 Rye bread. Fried in polyunsaturated oil

OTHER BREAD - FRIED IN DRIPPING

- 105 Brown bread, including those with added bran, eg. Hi Bran or Vitbe.
NOT wholemeal, wholewheat, stoneground wholemeal, granary,
wheatgerm or Hovis. Fried in dripping
- 163 Granary bread. Fried in dripping
- 7611 High fibre white bread. Fried in dripping
- 105 Hi Bran bread. Fried in dripping
- 163 Hovis bread (NOT Hovis wholemeal or White Hovis). Fried in dripping
- 163 Rye bread. Fried in dripping

OTHER BREAD - FRIED IN LARD.

- 106 Brown bread, including those with added bran, eg. Hi Bran or Vitbe.
NOT wholemeal, wholewheat, stoneground wholemeal, granary,
wheatgerm, Hovis. Fried in lard

OTHER BREAD

164 Granary bread. Fried in lard
7612 High fibre white bread. Fried in lard
106 Hi Bran bread. Fried in lard
164 Hovis bread. NOT Hovis wholemeal or White Hovis. Fried in lard
164 Rye bread. Fried in lard

OTHER BREAD INCLUDING SWEETENED AND FRUIT LOAVES - TOASTED

148 Crumpets, toasted; Pikelets
152 Muffins, toasted, NOT wholemeal
174 Muffins, toasted, wholemeal
148 Pikelets, toasted; crumpets
115 Pumpernickel, toasted; rye bread
Scotch pancakes: see "Buns & Pastries"
Teacakes: see "Buns & Pastries"

OTHER BREAD

BREAKFAST CEREALS

- 201 All bran, Kelloggs only
- 8481 "All bran" type cereal, Sainsburys Hi Fibre Bran only
- 8482 "All bran" type cereal, eg. Tesco bran breakfast cereal. NOT Kelloggs, NOT Sainsburys
- 8910 Boulders breakfast cereal, Tesco only
- 7628 Bran buds, Kelloggs only
- 202 Branflakes without sultanas, Kelloggs only. NOT wheatflakes
- 7623 Branflakes without sultanas, own brand. NOT Kelloggs, NOT wheatflakes
- 203 Branflakes with sultanas, Kelloggs only. NOT wheatflakes
- 7624 Branflakes with sultanas, own brand. NOT Kelloggs, NOT Wheatflakes
- 9275 Cheerios, Honey Nut
- 7637 Cheerios, Multi
- 8181 Chockles, chocolate flavoured coated cornflakes and puffed rice clusters with mallow pieces, eg. Sainsburys
- 9032 Cinnamon Toast Crunch, Nestle
- 8712 Clusters, Nestle only
- 204 Coco Pops, Kelloggs only
- 8483 Coco Pops, own brand. eg. Cocoa Rice, Coco Snaps, Cocoa Puffs, Cocoa Crunchies, Coco Bears. NOT Kelloggs
- 8383 Coco Shreddies
- 205 Cornflakes, Kelloggs only
- 206 Cornflakes, own brand. NOT Kelloggs
- 4289 Cornflakes, High fibre only, eg. Ryvita
- 9188 Corn Pops. Kelloggs ONLY.
- 232 Crunchy Nut Cornflakes; Honey Nut Cornflakes; eg. Kelloggs, own brand
- 221 Cubs; Shredded Wheat; Mini Shredded Wheat
- 8182 Frosted shreddies
- 227 Frosties, Kelloggs only
- 7626 Frosted Cornflakes, own brand, eg. Sainsbury's Snowflakes. NOT Kelloggs
- 229 Fruit and Fibre, any brand
- 8183 Fruit and nut bran (Weetabix)
- 8190 Fruit filled mini shredded wheat, own brand, eg. Sainsburys Apricot wheats, Raisin wheats, Strawberry wheats, Cherry Wheats. NOT Kelloggs Raisin Splitz
- 210 Grapenuts

BREAKFAST CEREALS

- 8184 Golden Crackles, wheat and maize cereal in brown sugar and honey
eg. Kelloggs
- 8185 Golden Grahams, corn and wheat squares with brown sugar and honey
eg. Nestle
- 8186 Golden Crisp, oat and rice flakes with raisins and almonds
eg. Kelloggs
- 8481 Hi Fibre Bran, Sainsburys only
- 8675 Honey Bears, bear shaped toasted rice with honey and brown sugar,
eg. Co-op
- 232 Honey Nut Cornflakes; Crunchy Nut Cornflakes; eg. Kelloggs, own
brand
- 8486 Honey Nut Loops, Kelloggs only
- Instant oat cereals: see Ready Brek
- 8492 Lucky Charms, Nestle
- 8187 Mall"o"s, mixed grain cereal with mallow pieces eg. Sainsburys
- 212 Muesli, with added sugar, eg. Alpen or Country Store. NOT
"crunchy" muesli
- 213 Muesli, crunchy, eg. Jordan's Original Crunchy, Harvest Crunch
- R 214 Muesli, no added sugar, home made or shop bought
- 7629 Muesli, with extra fruit, eg. Alpen with tropical fruit
- 228 Multigrain Start
- 8958 Nut Feast, Kelloggs only
- 7647 Oat bran flakes, no additions, Kelloggs Common Sense only
- 7648 Oat bran flakes with raisins and apple, Kelloggs Common Sense only
- 9276 Oat bran flakes with raisins and apple. Co-op ONLY
- 4084 Oat and bran flakes, no additions, own brand, eg. Sainsburys
- 8188 Oat and wheat bran, eg. Weetabix
- 8189 Oat cereal, containing fruit and nuts, eg. Quake Awake
- Oat cereals, instant: see Ready Brek
- 231 Oat Krunchies
- 9276 Oat bran flakes with raisins and apple. Co-op ONLY
- 8853 Pop Tarts, Kelloggs, any flavour
- 215 Porridge, (NOT instant) made with all water
- 216 Porridge, (NOT instant) made with all whole milk
- 217 Porridge, (NOT instant) made with whole milk and water
- 3797 Porridge, (NOT instant) made with all semi-skimmed milk
- 3925 Porridge, (NOT instant) made with all skimmed milk
- 7644 Porridge with bran, (NOT instant) made with all whole milk

BREAKFAST CEREALS

- 7645 Porridge with bran, (NOT instant) made with all semi-skimmed milk
- 7646 Porridge with bran, (NOT instant) made with all skimmed milk
- 218 Puffed Wheat
- 8189 Quake Awake, oat cereal containing fruit and nuts
- 7051 Raisin Splitz, Kelloggs only
- 2675 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, NOT containing fruit and nuts. DRY WEIGHT
- 9348 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, made up with water only, no milk
- 219 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, NOT containing fruit and nuts, made with all whole milk
- 7640 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, NOT containing fruit and nuts, made with all semi-skimmed milk
- 3421 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, NOT containing fruit and nuts, made with all skimmed milk
- 8005 Ready Brek; Warm Start; other instant oat cereals; flavoured, eg. chocolate, NOT containing fruit or nuts, DRY WEIGHT
- 7641 Ready Brek; Warm Start; other instant oat cereals; flavoured, eg. chocolate, NOT containing fruit or nuts, made with all whole milk
- 7642 Ready Brek; Warm Start; other instant oat cereals; flavoured, eg. chocolate, NOT containing fruit or nuts, made with all semi-skimmed milk
- 7643 Ready Brek; Warm Start; other instant oat cereals; flavoured, eg. chocolate, NOT containing fruit or nuts made with all skimmed milk
- 220 Rice Krispies, Kelloggs only. NOT with marshmallow shapes
- 7630 Rice Krispies, own brand, eg. Sainsburys Rice Pops, Rice Crunchies NOT Kelloggs
- 4331 Ricicles, Kelloggs.
- 221 Shredded Wheat; Cubs; Mini Shredded Wheat
- 8190 Shredded Wheat, mini, fruit filled, own brand, eg. Sainsburys Apricot Wheats, Raisin Wheats, Strawberry Wheats, Cherry Wheats. NOT Kelloggs Raisin Splitz
- 222 Shreddies, any brand. NOT frosted, NOT Coco
- 8383 Shreddies, Coco only
- 8182 Shreddies, frosted only
- 211 Smacks, Kelloggs
- 223 Special K, Kelloggs High Protein Cereal
- 224 Sugar Puffs
- 7638 Toppas, Kelloggs
- Warm Start: see Ready Brek
- 225 Weetabix; other whole wheat biscuits; wheatflakes without sultanas or raisins

BREAKFAST CEREALS

- 7632 Weetos, chocolate covered rings
Wheatflakes without sultanas or raisins: see Weetabix
- 226 Wheatflakes with sultanas or raisins

BISCUITS

- 8191 All butter biscuits, eg. Petit Beurre, including own brand. NOT shortbread
- 274 Bath Olivers; Water biscuits
- 3802 Brandy snaps
- 7649 Bread sticks, Grissini
- 8672 Caramel shortcake, purchased, ie. shortbread with caramel layer and chocolate topping
- R 305 Caramel shortcake, homemade, ie. shortbread with caramel layer and chocolate topping
- R 312 Coconut cornflake tray, made with margarine (NOT polyunsaturated), sugar, cornflakes, coconut
- 8192 Carob half coated biscuits
- 251 Cheese biscuits, eg. Cheddars any flavour, Cheeselets, Cheese thins, KP cheese biscuits, Mcvities Mini Cheddars, Walkers Say Cheese, Crawfords 'Cheese Snips', Golden Wonder 'Preludes', including own brand
- 252 Cheese sandwich biscuits, eg. Tuc with 'real cheese' filling, including own brand
- 7656 Chewy cereal snack bars with any additions, eg. Cluster, Harvest Chewy bars, Jordans Chewy bars, McVities Solar, own brand. NOT Tracker bars, NOT original crunchy bars, NOT Harvest Crunch
- 7665 Crunchy cereal bars, eg. Jordans original crunchy, Jordans Oat Bran Bars, Harvest Crunch, including own brand
- 7665 Original crunchy bars, eg. Jordans, Harvest Crunch, own brand
- 253 Chocolate biscuits, full coated, containing biscuit filling only, eg. Breakaway, United, chocolate fingers (plain, milk or white chocolate), fully coated digestives, includes McVities Gold Bar
- 8193 Chocolate biscuits, full coated, containing biscuit and cream filling, eg. Hob Nob bars, Club biscuits, Penguins, Yoyos, Trio, Cadburys Vanilla Creole
- 8194 Chocolate biscuits, full coated, containing wafer and cream, eg. Taxi, Club wafer. NOT Kit Kat
- 8195 Chocolate coated biscuits, containing marshmallows, eg. Teacakes, Wagon Wheels
- 254 Chocolate short or sweet biscuits, half coated, eg. Cadburys Animals and Burton's Cartoonies. NOT half coated semi-sweet biscuits; NOT half coated chocolate digestives; NOT half coated chocolate digestives with oats; NOT Jaffa Cakes
- 7662 Chocolate chip cookies, eg. Crawfords Mini Cookies, including own brand
- 7663 Chocolate chip cookies with nuts, eg. Boosters, Maryland Maxi
- R 310 Chocolate krispie cakes, made with Rice Krispies and Cornflakes

BISCUITS

- 8204 Chocolate semi-sweet biscuits, half coated, eg. Burton's Royal Tea
- 7651 Coconut cookies, not iced, purchased, eg. Mr Men and Little Misses cookies
- 7650 Cornish wafers, eg. Jacobs
- 7654 Crackers, savoury with additions, eg. sesame seeds and or poppy seeds. NOT Ryvita
- 255 Cream cracker biscuits. NOT wholemeal
- 7652 Cream crackers, wholemeal, eg. Farmhouse-type, Jacobs brown wheat, includes Hovis crackers
- 268 Cream sandwich biscuits, eg. custard creams, bourbons, coconut creams. NOT crunch creams; NOT wholemeal; NOT jam sandwich biscuits or wafer cream sandwich biscuits
- 256 Crispbreads, eg. Ryvita (wheat and rye), Energen. NOT High Fibre Ryvita; NOT starch reduced Energen
- 7325 Crispbread, rye, high fibre, eg. High Fibre Ryvita
- 7653 Crispbread, rye, with sesame seeds only, eg. Ryvita with sesame seeds
- 257 Crispbreads, starch reduced, eg. Energen
- 258 Crispbreads, extra light, eg. Krispen, Crackerbread, Cracottes, French Toasts, Dutch Crispbakes
- 8196 Crunch biscuit. NOT cream filled; NOT crunchy cereal bars
- 8197 Crunch biscuit, half coated with chocolate. NOT crunchy cereal bars
- 8198 Crunch biscuit, with cream filling. NOT crunchy cereal bars
- R 319 Date and krispie crunch, made with margarine (NOT polyunsaturated), sugar, dates, Rice Krispies
- 259 Digestive, sweetmeal or wheatmeal, plain. NOT reduced sugar; NOT reduced fat; NOT Hob Nobs; NOT digestives with oats
- 8199 Digestive, sweetmeal or wheatmeal, plain, reduced sugar, eg. Sainsburys reduced sugar wheatmeal digestive. NOT Hob Nobs; NOT digestives with oats
- 8989 Digestives, plain, reduced fat, McVities Light Digestives only
- 260 Digestive, chocolate half-coated; NOT chocolate Hob-nobs
- 9472 Digestives, half coated with chocolate, reduced fat, eg. McVities Light Homewheat
- 276 Digestive, wholemeal
- 7657 Digestives with oats, plain, eg. Hob-nobs, Rustics, Oatbakes, Snapjacks. NOT wholemeal digestives
- 7658 Digestives with oats, chocolate, half-coated, eg. Hob-nobs, Rustics, Oatbakes. NOT wholemeal digestives

BISCUITS

- 7659 Digestives with oats and fruit, eg. Snapjacks, Rustics
- R 321 Digestive nut crunch, made with butter, digestive biscuits, nuts and condensed milk
- 7660 Digestives with oats, fruit and chocolate, half-coated, eg. Snapjacks
- 7664 Fig rolls, any type, including banana and date bars
- 261 Flapjacks, purchased. NOT homemade, NOT cereal crunch bars
- R 357 Flapjacks, homemade (made with oats, margarine (NOT polyunsaturated), syrup and sugar)
- R 330 Florentines, ie. nuts, dried fruit, butter, chocolate
- 262 Fruit biscuits, NOT wholemeal. eg. Fruit shortcake, Shrewsbury, Jaspers
- 281 Fruit and nut biscuits
- 8484 Garibaldi biscuits
- 263 Gingernut biscuits, purchased. NOT homemade
- R 7667 Gingernut biscuits, homemade (made with SR flour, B.soda, syrup, margarine (NOT polyunsaturated), sugar and salt)
- R 264 Homemade biscuits, eg. Easter biscuits (made with margarine (NOT polyunsaturated), flour, sugar and egg). NOT wholemeal; NOT shortbread, gingernuts or melting moments
- R 7666 Homemade biscuits, wholemeal (made with wholemeal flour, margarine (NOT polyunsaturated), sugar and egg). NOT wholemeal shortbread
- 8200 Honey biscuits, eg. McVities Happy Bears
- 8201 Iced biscuits; iced rings; party rings
- 7661 Jaffa cakes, any flavour
- 265 Jam filled biscuits, eg. Jammie Dodgers
- 8541 Jam and cream filled biscuits, eg. Jacobs Happy Faces
- 279 Krackawheat
- R 348 Macaroons, almond. NOT coconut
- 8195 Marshmallow chocolate coated biscuits, eg. Munchmallows
- 8166 Marshmallow biscuits, eg. Jamborees. NOT chocolate coated
- 266 Matzo
- R 411 Melting moments, homemade (made with margarine (NOT polyunsaturated), sugar, flour, cornflour, glace cherries)
- 267 Oatcakes, purchased. NOT homemade
- R 7668 Oatcakes, homemade (made with lard)
- 8203 Ostlers, moist biscuit, any flavour
- 3267 Rice cakes

BISCUITS

- 279 Ritz; Saltines; Wyna; TUC; Krackawheat
- 268 Sandwich cream biscuits, eg. custard creams, bourbons, coconut creams. NOT crunch creams; NOT wholemeal; NOT jam sandwich biscuits or wafer cream sandwich biscuits
- 272 Sandwich wafer biscuits, cream filled
- 269 Semi-sweet biscuits, eg. Osborne, Rich Tea, Marie, Morning Coffee. NOT half coated with chocolate
- 8204 Semi-sweet biscuits, half coated with chocolate, eg. Royal Tea
- 270 Short, sweet biscuits, eg. Lincoln, Shortcake, Malted milk, Nice. NOT coconut biscuits
- 9473 Short sweet biscuits, reduced fat, eg. Burtons Trim
- R 271 Shortbread (made with flour, butter and sugar), homemade. NOT wholemeal
- 8162 Shortbread, purchased
- 4103 Shortbread, wholemeal, purchased
- 412 Slimming biscuits, eg. Slender bars, Bisks, Limmits
- 280 'Snowballs', coconut and chocolate coated marshmallow. NOT chocolate marshmallow biscuits
- 279 TUC; Saltines; Wyna; Ritz; Krackawheat
- 272 Wafer biscuits, filled; cream filled sandwich wafer biscuits
- 273 Wafers and cornets; ice cream cones and wafers; weight excluding ice cream
- 274 Water biscuits; Bath Olivers
- 276 Wholemeal biscuits, plain or flavoured; wholemeal digestives. NOT digestives with oats
- 277 Wholemeal biscuits: fruit; nut; or fruit and nut; NOT digestive
- 278 Wholemeal biscuits, cream filled. NOT digestive

FRUIT PIES

- 9026 Apple turnover (flaky pastry). Purchased
- 9141 Apple Strudel, purchased
- R 7700 Flan, fruit (NOT strawberry), shortcrust pastry
- 586 Fruit pie, any fruit, individual, purchased from McDonalds, Kentucky Fried Chicken or Wimpy
- 520 Fruit pie, individual, purchased, two crusts, apple, blackcurrant, apricot or blackberry filling, eg. Mr Kiplings fruit pies
- 535 Fruit pie, blackcurrant, wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 540 Fruit pie, blackcurrant, wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 531 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with all margarine (NOT polyunsaturated)
- 532 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with all lard
- 533 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 534 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 536 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with all margarine (NOT polyunsaturated)
- 537 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with all lard
- 538 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 539 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 525 Fruit pie, other fruit, wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 530 Fruit pie, other fruit, wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 521 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with all margarine (NOT polyunsaturated)
- 522 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with all lard
- 523 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 524 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 526 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with all margarine (NOT polyunsaturated)
- 527 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with all lard

FRUIT PIES

- 528 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 529 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- R 7684 Strawberry tartlets, shortcrust pastry with strawberries and glaze
- 7701 Fruit sundaes, any fruit, purchased, one crust, fruit filling with artificial cream topping, eg. Mr Kipling's

CAKES

Record recipes for all homemade cakes.

- R 8176 Aberdeen butteries; croissant with sweet filling
- R 101 All Bran loaf (made with All Bran and dried fruit)
- R 302 Banana cake, homemade
- R 304 Battenburg, ie. sponge with marzipan coating and jam
Black Forest Gateau: see Chocolate gateau
- 7686 Cherry cake, purchased
- 306 Chinese cakes and pastries, purchased
- 307 Chinese glutinous rice flour cakes, purchased
- 383 Chocolate covered swiss roll; mini roll; purchased
- R 309 Chocolate cupcakes; chocolate fairy cakes; iced, homemade
- 7687 Chocolate cupcakes, chocolate fairy cakes; iced, purchased
- R 8551 Chocolate gateau; Black Forest gateau; with cream, homemade
- 7694 Chocolate gateau; Black Forest gateau; Black Forest dessert; with cream, purchased
- R 8553 Chocolate sponge cake; chocolate swiss roll; made without fat, fresh cream filling, homemade
- R 8554 Chocolate sponge cake; chocolate swiss roll; made without fat, buttercream filling, homemade
- 8562 Chocolate sponge cake; chocolate swiss roll; buttercream filling, purchased
- R 3082 Chocolate sponge cake, made with margarine (NOT polyunsaturated). NO filling, NO icing, homemade
- 8555 Chocolate sponge cake; chocolate fairy cakes; chocolate American muffin; NO filling, NO icing, purchased
- R 308 Chocolate sponge cake, made with margarine (NOT polyunsaturated), with buttercream filling, homemade
- 7688 Coconut cake, purchased
- R 409 Coconut macaroons; coconut pyramids
Coffee cake: see madeira cake
- 166 Croissant, plain, not filled
- R 8176 Croissant, with sweet filling
- R 8366 Croissant, with savoury filling
- 108 Currant bread (NOT malted)
- 109 Currant bread, (NOT malted), toasted
- R 8650 Carrot cake made with wholemeal flour, homemade, NOT iced
- 7685 Carrot cake made with wholemeal flour, purchased. NOT iced

CAKES

- 3899 Carrot cake made with wholemeal flour with cream cheese icing, purchased
- R 320 Date and walnut loaf, made with margarine (NOT polyunsaturated), dates and walnuts
- R 322 Dough cake; yeast fruit cake; doughbuns; Bara Brith
Doughnuts: see 'Buns and Pastries'
- R 349 Fairy cakes; American Muffins; homemade. NOT chocolate. NOT iced
- 8367 Fairy cakes; American Muffins; purchased. NOT chocolate. NOT iced
- R 3082 Fairy cakes; American Muffins; chocolate, homemade. NOT iced
- 8555 Fairy cakes; American Muffins; chocolate, purchased. NOT iced
- R 7689 Fairy cakes, iced, homemade, includes cupcakes. NOT chocolate
- 329 Fairy cakes; fancy iced cakes; purchased, eg. fondant fancies. NOT chocolate
- R 309 Fairy cakes; chocolate; chocolate cupcakes; iced, homemade
- 7687 Fairy cakes; fancy iced cakes, chocolate; chocolate cupcakes; iced, purchased
Flapjacks: see 'Biscuits'
- R 334 Fruit cake, plain; light fruit cake; homemade. NOT wholemeal
- 8105 Fruit cake, plain; light fruit cake; purchased. NOT wholemeal
- R 8567 Fruit cake, plain, made with wholemeal flour, homemade
- 7690 Fruit cake, plain, made with wholemeal flour, purchased
- R 331 Fruit cake, rich, homemade, eg. Dundee, cherry, Christmas cake mixture. NOT iced
- 332 Fruit cake, rich, purchased, eg. Dundee, cherry, Christmas cake mixture. NOT iced
- R 333 Fruit cake, rich, iced, with marzipan and royal icing, homemade, eg. Christmas cake
- 8568 Fruit cake, rich, iced, with marzipan and royal icing, purchased, eg. Christmas cake
- R 335 Fruit squares, made with margarine (NOT polyunsaturated), flour, sugar, dried fruit
- R 9306 Fruit cake with polyunsaturated margarine; homemade. NOT wholemeal
- R 336 Gateau, with cream, homemade. NOT Black Forest or chocolate gateau
- 8550 Gateau, with cream, purchased. NOT Black Forest or chocolate gateau. eg Stawberry gateaux.
- R 337 Gingerbread; parkin
- 7691 Ginger cake, purchased
- R 338 Gulab jamen, homemade, ie. Indian syrup cake
- 339 Gulab jamen, purchased, ie. Indian syrup cake

- R 344 Jellabi, ie. fried Asian pastry, soaked in syrup
- R 345 Lardy cake, made with yeast base, sugar and fat
- R 409 Macaroons, coconut; coconut pyramids
- R 349 Madeira cake; luncheon cake; seed cake; fairy cakes; coffee cake, homemade. NO filling. NOT iced
- 8367 Madeira cake; luncheon cake; seed cake; fairy cakes; coffee cake; purchased. NO filling, NO icing
- R 149 Malt loaf (with or without currants), NOT wholemeal
- R 167 Malt loaf, wholemeal
- R 150 Malt loaf, toasted. (with or without currants). NOT wholemeal
- R 168 Malt loaf, toasted, wholemeal
- R 322 Muesli bread
- R 337 Parkin; gingerbread
- R 365 Raisin rhapsody, made with shortcrust pastry, margarine (NOT polyunsaturated), raisins
- R 370 Rock cakes, made with margarine (NOT polyunsaturated), flour, sugar, currants
- R 8563 Sponge cake, NOT chocolate, made without fat, homemade. NO filling
- R 376 Sponge cake, NOT chocolate, made without fat, jam filled, homemade
- R 377 Sponge cake, NOT chocolate, made without fat, with buttercream filling, homemade
- R 8552 Sponge cake, NOT chocolate, made without fat, with fresh cream filling, homemade
- R 8507 Sponge cake, NOT chocolate, made without fat, with jam and cream filling, homemade
- 379 Sponge cake, NOT chocolate, made without fat, purchased, frozen, fresh cream filling
- R 2644 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), homemade. NO filling, NO icing
- R 374 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling, homemade. NO icing
- 380 Sponge cake, NOT chocolate, purchased, jam filled. NO icing
- R 413 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling, water icing, homemade, eg. Victoria sandwich
- R 8647 Sponge cake, NOT chocolate, made with polyunsaturated margarine, jam filling, water icing, homemade
- R 378 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), with buttercream filling or icing, homemade
- 8508 Sponge cake, NOT chocolate, jam and buttercream filling, purchased
- 381 Sponge cake, packet mix, as served
- 375 Sponge fingers, made without fat, purchased. NOT chocolate

CAKES

- R 382 Sultana loaf, made with flour, fat, sultanas and sugar
- 383 Swiss roll, chocolate covered; mini roll; purchased
- R 376 Swiss roll, jam filling, homemade. NOT chocolate swiss roll
- 380 Swiss roll, jam filling, purchased. NOT chocolate swiss roll
- R 8552 Swiss roll, fresh cream filling, homemade. NOT chocolate swiss roll
- R 8507 Swiss roll, jam and fresh cream filling, homemade. NOT chocolate swiss roll
- 8508 Swiss roll, jam and fresh cream filling, purchased. NOT chocolate swiss roll
- R 377 Swiss roll, buttercream filling, homemade. NOT chocolate swiss roll
- 8564 Swiss roll, buttercream filling, purchased. NOT chocolate swiss roll
- R 8553 Swiss roll, chocolate, fresh cream filling, homemade
- R 8554 Swiss roll, chocolate, buttercream filling, homemade
- 8562 Swiss roll, chocolate, buttercream filling, purchased
- 9374 Tortes, not chocolate based, purchased, frozen or chilled, (ie. biscuit base with mousse and cream topping) eg. Sara Lee Lemon Torte. NOT fruit flan with pastry base
- 375 Trifle sponges, made without fat, purchased. NOT chocolate
- R 413 Victoria sandwich, sponge cake made with margarine (NOT polyunsaturated), jam filling, water icing
- R 388 Walnut loaf, made with flour, margarine (NOT polyunsaturated), walnuts and sugar
- R 7692 Welsh cake, made with flour, margarine (NOT polyunsaturated), dried fruit and eggs

BUNS AND PASTRIES

Record recipes for all homemade buns and pastries

- R 8176 Aberdeen Butteries; croissant with sweet filling
- R 301 Bakewell tart; frangipane tart; ie. shortcrust pastry base with jam, sponge filling with ground almonds. Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 8831 Bakewell tart; frangipane tart; ie. shortcrust pastry base with jam, sponge filling with ground almonds. Pastry (NOT wholemeal), made with half polyunsaturated margarine and half lard
- R 303 Chelsea buns; Bath buns; NOT wholemeal
- R 407 Chelsea buns, wholemeal
- R 326 Chorley cakes; Eccles cakes
- 7676 Choux buns, filled with fresh cream. NOT iced
- 7677 Choux buns, filled with fresh cream. iced
- R 311 Coconut tart
- R 314 Cream horns; oysters; mille feuille; ie. flaky pastry, cream filled - artificial cream
- R 313 Cream horns; oysters; mille feuille; ie. flaky pastry, cream filled - fresh cream
- R 8176 Croissant, with sweet filling; Aberdeen Butteries
Crumpets; English muffins; pikelets: see 'Bread and rolls'
- R 315 Currant buns, homemade. NOT wholemeal. NOT chelsea or bath buns
- 8123 Currant buns, purchased. NOT wholemeal. NOT chelsea or bath buns
- R 386 Custard slice; vanilla slice; ie. flaky pastry, icing, custard filling
- 316 Custard tart, individual, purchased
- R 317 Custard tart, large, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 318 Danish pastry
- R 323 Doughnuts, ring. NOT wholemeal, NOT iced
- R 7679 Doughnuts, ring, iced
- R 324 Doughnuts, jam, artificial cream or fruit filling, homemade. NOT wholemeal
- 8139 Doughnuts, jam, artificial cream or fruit filling, purchased. NOT wholemeal
- R 325 Doughnuts, fresh cream filling. NOT wholemeal
- R 7678 Doughnuts, confectioners custard filling
- R 410 Doughnuts, wholemeal, ring or jam only
- R 326 Eccles cakes; Chorley cakes

BUNS AND PASTRIES

- 327 Eclairs, chocolate icing, real cream filling, fresh or frozen, purchased
- 7680 Eclairs, chocolate icing, real fresh cream filling. Homemade
- R 328 Eclairs, chocolate icing, artificial cream filling
- Flapjacks: see "Biscuits"
- Frangipane tart: see Bakewell tart
- 4556 Greek pastries, eg. baaclava, tangos, tsamilka, shredded type
- R 7674 Hot cross buns; rich currant buns. NOT wholemeal
- R 7675 Hot cross buns; rich currant buns, wholemeal
- R 408 Iced buns, homemade
- 8125 Iced bun, purchased
- 340 Jam tart; syrup tart; treacle tart; one crust, individual, purchased
- R 341 Jam tart; syrup tart; treacle tart; one crust, individual, homemade. Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 572 Jam tart; syrup tart; treacle tart; one crust, large, purchased
- R 342 Jam tart; syrup tart; treacle tart; one crust, large, homemade, wholemeal pastry made with half margarine (NOT polyunsaturated) and half lard
- R 343 Jam tart; syrup tart; treacle tart; two crusts, large, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 346 Lemon curd tart, one crust, with homemade lemon curd. Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 347 Lemon meringue pie, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 353 Mince pies, sweet, individual, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 3203 Mince pies, sweet, individual, shortcrust pastry. (NOT wholemeal), made with all margarine (NOT polyunsaturated)
- R 7681 Mince pies, sweet, individual, shortcrust pastry, wholemeal, made with half margarine (NOT polyunsaturated) and half lard
- R 3308 Mince pies, sweet, individual, puff pastry
- R 354 Mincemeat tart, one crust, large, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 355 Mincemeat tart, two crusts, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 366 Sata pastries, assorted (Indian pastries)
- R 367 Scones, cheese. NOT wholemeal
- R 368 Scones, fruit or treacle. NOT wholemeal

BUNS AND PASTRIES

- R 369 Scones, plain, oven baked. NOT wholemeal
- R 371 Scones, potato
- R 372 Scones, wholemeal, plain
- 3189 Scones, wholemeal, fruit, purchased
- R 373 Scotch pancakes; drop scones; plain
- 406 Shortcrust pastry, cooked, purchased, eg. pastry flan case
- Syrup tart - see Jam tart
- R 384 Teacakes. NOT wholemeal; NOT chocolate marshmallow teacake
- R 385 Teacakes, toasted. NOT wholemeal; NOT chocolate marshmallow teacake
- R 407 Teacakes, wholemeal. NOT chocolate Marshmallow teacake
- R 423 Teacakes, wholemeal, toasted. NOT chocolate Marshmallow teacake
- Treacle tart: see Jam tart
- R 386 Vanilla slice; custard slice, ie. flaky pastry, icing, custard filling
- R 389 Welsh cheesecake, ie. shortcrust pastry base with jam, sponge filling (NOT containing ground almonds). Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 407 Wholemeal fruit buns; wholemeal Chelsea buns; wholemeal tea cakes

MILK PUDDINGS - CEREAL BASED

- 551 Angel Delight; Instant Whip; instant dessert; NOT sugar free, made up with whole milk. Includes potted Angel Delight and Instant Whip ready to eat.
- 3179 Angel Delight; Instant Whip; instant dessert; NOT sugar free, made up with semi-skimmed milk
- 4319 Angel Delight; Instant Whip; instant dessert; NOT sugar free, made up with skimmed milk
- 587 Angel Delight; Instant Whip; instant dessert; sugar free, made up with whole milk
- 7693 Angel Delight; Instant Whip; instant dessert; sugar free, made up with semi-skimmed milk
- 5035 Angel Delight; Instant Whip; instant dessert; sugar free, made up with skimmed milk
- R 506 Blancmange, made with whole milk
- 546 Custard, canned
- 547 Custard, as served, made with powder, whole milk and sugar
- 548 Custard, as served, made with powder, semi-skimmed milk and sugar
- 549 Custard, as served, made with powder, skimmed milk and sugar
- 9349 Custard as served made with powder and skimmed milk. No sugar
- 8145 Custard, instant, as served, made with powder and water, eg. Birds whisk and serve custard
- 8857 Custard, instant, sugar free, as served, made with powder and water eg. Sainsburys sugar free instant custard
- 8100 Custard low fat, ready to serve, eg. Birds. NOT canned
- 8206 Custard low fat, ready to serve, canned, eg. Ambrosia low fat
- 8152 Custard, carton, NOT low fat, eg. Ambrosia
- 7699 Custard, confectioners only
- 8207 Custard fruit dessert, eg. Dairy Crest Custard Crazy, own brand. NOT custard style yogurt
- 8207 Fruit custard dessert, eg. Dairy Crest Custard Crazy, own brand. NOT custard style yogurt
- 559 Milk pudding, rice; sago; semolina or tapioca, canned. NOT light or low calorie, NOT fruit or flavoured, NOT artificially sweetened. eg Ambrosia creamed rice pudding.
- 8172 Milk pudding, rice; sago; semolina or tapioca, canned, chocolate or any flavour but NOT containing fruit, NOT low calorie
- 556 Milk pudding, sago; semolina or tapioca, made with whole milk. Homemade. NOT rice pudding
- 557 Milk pudding, sago; semolina or tapioca, made with semi-skimmed milk. Homemade. NOT rice pudding

MILK PUDDINGS - CEREAL BASED

- 558 Milk pudding, sago; semolina or tapioca, made with skimmed milk. Homemade. NOT rice pudding
- 3068 Rice pudding, low calorie, low fat, with artificial sweetener, canned, eg. Weight Watchers, Ambrosia low fat rice pudding. NOT fruit or flavoured
- 559 Rice pudding; sago; semolina; tapioca; canned. NOT light or low calorie, NOT fruit or flavoured, NOT artificially sweetened
- 8172 Rice pudding; sago; semolina; tapioca; chocolate or any flavour but NOT containing fruit, canned. NOT low calorie
- 8696 Rice pudding; sago; semolina; tapioca; chocolate or any flavour but NOT containing fruit, eg. Ambrosia. NOT canned, NOT low calorie, NOT homemade
- 8173 Rice pudding; sago; semolina; tapioca; with fruit but NOT flavoured, canned. NOT low calorie
- 8174 Rice pudding; sago; semolina; tapioca; with fruit but NOT flavoured, eg. Muller Fruit Rice Dessert. NOT canned, NOT low calorie, NOT homemade
- 63 Rice, short grain - 'pudding rice', boiled or baked in whole milk, no sugar
- 64 Rice, short grain - 'pudding rice', boiled or baked in whole milk, with sugar
- 65 Rice, short grain - 'pudding rice', boiled or baked in semi-skimmed milk, no sugar
- 66 Rice, short grain - 'pudding rice', boiled or baked in semi-skimmed milk, with sugar
- 67 Rice, short grain - 'pudding rice', boiled or baked in skimmed milk, no sugar
- 68 Rice, short grain - 'pudding rice', boiled or baked in skimmed milk, with sugar
- 75 Rice, short grain - 'pudding rice', boiled or baked in whole milk, with sugar and butter or margarine
- R 560 Rice with egg and whole milk; baked rice custard
- R 7683 Sevyaan (sweet Indian snack)
- R 2452 White sauce, made with whole milk, sweet
Yorkshire pudding: see "Pasta, rice and cereals"

SPONGE PUDDINGS

Sponge cake, chocolate: see chocolate sponge cake

- R 542 Eve's pudding
- R 583 Flan, fruit; sponge base with fruit
- 3834 Jam roly poly, purchased
- 566 Sponge pudding, canned, any
- R 567 Sponge pudding, steamed, microwaved or baked, plain or ginger
- R 568 Sponge pudding, steamed, microwaved or baked, with dried fruit (currants, raisins etc)
- R 542 Sponge pudding, steamed, microwaved or baked, with fruit (NOT dried fruit), eg. Eve's pudding, upside down pudding
- R 569 Sponge pudding, steamed, microwaved or baked, with jam, syrup or treacle
- 7713 Spotted Dick, purchased
- R 571 Suet pudding, made with animal suet, steamed or baked, plain, sweetened. NOT spotted Dick
- R 542 Upside down pudding; sponge pudding, steamed or baked with fruit, eg. apple, pineapple

OTHER PUDDINGS

- 9025 Angel Delight; Instant Whip; instant dessert; NOT sugar free, made up with water
- See Milk Puddings for Angel Delight made up with milk
- R 502 Apple Crumble. NOT wholemeal crumble
- Apple Pie: see Fruit Pies
- R 501 Apple snow, made with stewed apple, sugar and egg white
- R 504 Batter pudding, sweet, made with flour, egg, milk, and syrup
- R 505 Bread pudding, made with bread, butter, dried fruit, sugar and spice
- R 507 Bread and butter pudding, made with bread, butter, sugar, milk, egg and currants
- R 508 Charlotte pudding, made with bread, butter, sugar, fruit
- R 509 Cheesecake, baked, homemade
- 510 Cheesecake, with fruit topping, purchased, frozen or chilled
- 8626 Cheesecake, chocolate, purchased, frozen, or chilled NO fruit
- R 588 Cheesecake, packet mix, as served, includes fruit topping
- R 8787 Cheesecake, packet mix, as served, NO fruit topping
- R 511 Christmas pudding, homemade
- 512 Christmas pudding, purchased
- R 502 Crumble, apple only. NOT wholemeal topping
- R 503 Crumble, any fruit except apple (502). NOT wholemeal topping
- R 3176 Crumble, wholemeal, apple, topping made with margarine (NOT polyunsaturated), wholemeal flour, sugar
- R 7698 Crumble, wholemeal, any fruit except apple, topping made with margarine (NOT polyunsaturated), wholemeal flour, sugar
- R 7768 Egg nog, drink with egg, whole milk , sugar and sherry
- 8208 Fruit cup, jelly with fruit, purchased, eg. Chivers Pure fruit cup
- 577 Fruit fritters, any fruit, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 580 Fruit fritters, any fruit, fried in blended vegetable oil, purchased from a takeaway shop
- 578 Fruit fritters, any fruit, fried in lard
- 579 Fruit fritters, any fruit, fried in polyunsaturated oil
- R 553 Jelly, NOT low in sugar, made with water, includes ready to eat pot
- R 7704 Jelly, low sugar, made up with water
- 8208 Jelly, with fruit, purchased, eg. Chivers Pure fruit cup
- 4743 Mousse, instant, packet, made up with water, eg. Birds Mousse

OTHER PUDDINGS

- R 350 Meringue, no cream or filling
- R 351 Meringue, filled with artificial cream
- R 352 Meringue, filled with fresh cream
- R 563 Pancakes made with whole milk; no sugar
- R 8627 Pancakes made with semi-skimmed milk NO sugar
- R 564 Queen of puddings, made with breadcrumbs, whole milk, jam and egg white
- R 7682 Pinni, dabra (Asian sweetmeat)
- R 584 Rum baba; savarin
- 3561 Scotch pancakes; drop scones with fruit, purchased
Scones: see "Buns and Pastries"
- R 584 Savarin; Rum baba
- R 585 Sorbet, any, homemade or purchased
- R 565 Souffle, sweet, baked
- 9374 Tortes, not chocolate based, purchased, frozen or chilled, (ie. biscuit base with mousse and cream topping)
eg. Sara Lee Lemon Torte. NOT fruit flan with pastry base
- R 573 Trifle, homemade, with cake, fruit, custard and fresh cream
- 574 Trifle, purchased, with fresh cream
- 575 Trifle, purchased, frozen, with dairy cream. NOT artificial cream
- R 581 Trifle, with artificial cream, eg. Bird's trifle
- 3204 Waffles, sweet, grilled, purchased

ICE CREAM

Wafers and cornets (code 273) in Biscuits
Ice cream topping sauce (code 2227) and Ice Magic (code 2652) in
SWEET SPREADS, FILLINGS AND ICING

- 570 Arctic Roll - sponge roll with ice-cream filling
- 8225 Choc ices, luxury, made with real dairy ice cream, eg. Walls Dream, Walls Fruit and Nut Dream, Magnum, Lyons Maid Ace, Galaxy Dove, Bounty
- 730 Choc ices, purchased, made with non dairy ice cream or unspecified, eg. Walls Chunky, Penguin Ice cream bar.
- 8226 Choc ice, containing caramel and or nuts, eg. Mars, Snickers, Winner, Figaro
- 732 Feast; Triple Choc; Toffee Crumble; Max the Lion; Sky
- 720 Ice cream, dairy, vanilla, block, hard, purchased
- 721 Ice cream, dairy, vanilla, soft scoop, purchased
- 722 Ice cream, non-dairy, vanilla, block, hard, purchased
- 723 Ice cream, non-dairy, vanilla, soft scoop, purchased
- 724 Ice cream, dairy, flavoured, block, hard, purchased
- 725 Ice cream, dairy, flavoured, soft scoop, purchased
- 726 Ice cream, non-dairy, flavoured, block, hard, purchased, includes ice cream on a stick, eg. Funny Faces
- 727 Ice cream, non-dairy, flavoured but NOT toffee with fudge or toffee pieces, soft scoop, purchased
- 8009 Ice cream, non-dairy, toffee with fudge or toffee pieces
- 7758 Ice cream, reduced or low calorie, eg. Weight Watchers. NOT Walls Too Good To Be True
- 728 Ice cream, "Mr Whippy" type, purchased
- 731 Ice cream, cornet, purchased, eg. King Cone, Cornetto. NOT Frozen yogurt cornetto
- 7759 Ice cream desserts, eg. Walls Viennetta, Sonata, Carrisimo, and Lyons Maid Hostess
- 729 Ice lollies, containing ice cream, eg. Mivvi, own brand splits
- 7760 Kulfi, Indian ice cream, homemade or purchased
- 7761 Milk ice lollies, eg. Walls "Mini Milk", Lyons Maid "Mr Men Dairy"
- 729 Mivvi, ie. ice lolly containing ice cream, purchased, eg. Fruit Splits
- 8623 Opal Fruits Ice lolly.
- R 585 Sorbet, any, homemade or purchased
- 9053 Soya Ice Cream. eg Vive vanilla frozen dessert
- 570 Sponge with ice-cream filling, eg. Arctic Roll

ICE CREAM

MILK - INCLUDES BOTTLES AND CARTONS

MILK - WHOLE

- 602 Milk, whole, pasteurised, Summer (May-October), silver top.
Includes homogenised
- 603 Milk, whole pasteurised, Winter (November-April), silver top.
Includes homogenised
- 604 Milk, whole, sterilised
- 605 Milk, whole, UHT or longlife
- 606 Milk, whole, Channel Island or Jersey, pasteurised, Summer
(May-October) gold top
- 607 Milk, whole, Channel Island or Jersey, pasteurised, Winter
(November-April) gold top
- 3145 Milk, unpasteurised, whole, eg. Farm fresh untreated milk
- 9248 Milk, whole heated

MILK - SEMI-SKIMMED

- 608 Milk, semi-skimmed, pasteurised, summer (May-October), red and
silver striped top
- 8543 Milk, semi-skimmed, pasteurised, winter (November-April), red and
silver striped top
- 609 Milk, semi-skimmed, pasteurised, with added vitamins and milk
solids, eg. Vitapints, Shape. NOT low fat Vitapint
- 610 Milk, semi-skimmed, UHT or longlife
- 611 Milk, semi-skimmed, UHT or longlife, Channel Island, eg. 'Light
Gold'
- 694 Milk, semi-skimmed, UHT or longlife, CANNED
- 694 Canned milk, semi-skimmed, UHT or longlife
- 9132 Semi-skimmed milk, sterilised

MILK - SKIMMED

- 613 Milk, skimmed, pasteurised, summer (May-October), blue and silver
checked top
- 8544 Milk, skimmed, pasteurised, winter (November-April), blue and
silver checked top
- 614 Milk, skimmed, pasteurised, with added vitamins and milk solids,
eg. low fat Vitapints. NOT Vital or Calcia
- 615 Milk, skimmed, sterilised
- 616 Milk, skimmed, UHT or longlife
- 617 Milk, skimmed, UHT or longlife with added vitamins
- 733 Vital only: skimmed milk fortified with calcium
- 734 Calcia only: skimmed milk fortified with calcium and vitamin D

MILK - INCLUDES BOTTLES AND CARTONS

CREAM (INCLUDING IMITATION CREAM)

- 643 Aerosol spray cream
- 630 Artificial cream; Dream Topping; made up with whole milk, weight as served
- 7720 Artificial cream; Dream Topping; made with semi-skimmed milk, as served
- 4209 Artificial cream; Dream Topping; made with skimmed milk, as served
- 9112 Birds Eye Superwhip, low fat "cream"
- 632 Clotted cream
- 644 Creme fraiche. NOT creme fraiche dessert
- 633 Cultured sour cream
- 634 Double dairy cream, fresh or frozen, includes extra thick double cream
- 635 Double dairy cream, UHT or longlife
Dream Topping: see artificial cream
- 2681 Elmlea, imitation cream, double cream only
- 4328 Elmlea, imitation cream, single cream only
- 7718 Elmlea, imitation cream, whipping cream only
- 636 Half dairy cream, fresh. NOT Shape
- 637 Half dairy cream, UHT or longlife. NOT Shape
- 638 Single dairy cream, fresh, includes extra thick single cream
- 639 Single dairy cream, frozen
- 640 Single dairy cream, UHT or longlife
- 7719 Smatana
- 633 Sour cream, cultured
- 641 Sterilised cream, double, canned
- 642 Sterilised half cream
- 697 Tip-Top. NOT Tip Top pours and whips
- 8368 Tip Top Pours And Whips. NOT Tip Top
- 643 Whipping dairy cream, canned aerosol spray cream
- 644 Whipping dairy cream, fresh, includes extra thick whipping cream
- 645 Whipping dairy cream, frozen
- 646 Whipping dairy cream, UHT or longlife

CREAM (INCLUDING IMITATION CREAM)

OTHER MILK

- 601 Buttermilk
 - 7716 Coffee Compliment, DRY WEIGHT
 - 7717 Coffee whitener, DRY WEIGHT, eg. Coffee Mate, own brand. NOT Coffee Compliment or Coffee Mate Lite
 - 8213 Coffee Mate Lite, DRY WEIGHT
 - 618 Condensed milk, skimmed, sweetened, undiluted
 - 619 Condensed milk, whole, sweetened, undiluted
 - 620 Dried milk, skimmed, with added vitamins, DRY WEIGHT, eg. Marvel
 - 695 Dried milk, skimmed, with added vitamins, made up, eg. Marvel made up
 - 621 Dried milk, skimmed, with added non-milk fat, DRY WEIGHT, eg. Five Pints, Pint Size
 - 696 Dried milk, skimmed, with added non-milk fat, made up, eg. Five Pints, Pint Size
 - 622 Evaporated milk, whole, unsweetened, undiluted
 - 4713 Evaporated milk, low fat, canned
 - 623 Goats milk, Summer (May-October)
 - 624 Goats milk, Winter (November-April)
 - 625 Sheeps milk, Summer (May-October)
 - 626 Sheeps milk, Winter (November-April)
 - 650 Soya milk. NOT sweetened; NOT flavoured
 - 8512 Soya milk, sweetened, NOT flavoured
 - 7715 Soya milk, flavoured, eg. Granose, Provamel, Holland and Barratt, Whitewave
 - 8726 Soya milk, enriched with calcium, eg. Tesco, Plamil
- Vitapints: see other milk sections

OTHER MILK

MILK BASED DRINKS

- 8217 Cadbury's Chocolate Milk Drink, low fat, made with skimmed milk, real chocolate drink, carton
- 7891 Coffee, iced, low fat, carton, ready to drink, eg. Nescafe "Frappe"
- 2640 Drinking chocolate, from vending machine, as served
- R 7768 Egg nog, drink with egg, whole milk , sugar and sherry
- 7714 Mars bar milk
- 612 Milk, mixed skimmed and whole milk drink, sterilised, eg. Crazy Milk, Breaktime, Stripes. NOT chocolate flavoured milk; NOT milk shake; NOT Nescafe Frappe
- 8212 Milk, mixed skimmed and whole milk drink, sterilised, chocolate flavoured, eg. Crazy Milk, Breaktime, Stripes, Yazoo. NOT milk shake; NOT Cadburys Chocolate milk drink; NOT Mars Bar milk; NOT Nescafe Frappe
- R 627 Milk shake, home made, NO ice cream
- R 628 Milk shake, home made, thick, with ice cream
- 629 Milk shake, purchased, thick, with ice cream, eg. MacDonalds, Wimpy
- 8214 Milk shake, UHT, purchased, carton, made with whole milk, eg. Ed the Duck Milkshake
- 8215 Milk shake, purchased, made with semi-skimmed milk, carton, eg. Munch Bunch Shakers
- 8216 Milk (semi-skimmed) and fruit juice mixed, purchased, eg. Frulait
- 8621 Nourishment, fortified milk drink

MILK BASED DRINKS

CHEESE AND CHEESE DISHES

COTTAGE CHEESE

- 686 Cottage cheese, flavoured with additions, eg. pineapple, onion. NOT very low fat versions
- 687 Cottage cheese, plain. NOT very low fat versions
- 7725 Cottage cheese, very low fat, diet, low calorie, half fat, eg. St Ivel Shape, own brand. NO additions
- 7726 Cottage cheese, with additions (eg. pineapple, chives), very low fat; diet; low calorie; half fat; eg. St Ivel Shape, own brand
- 7730 Cottage cheese snack pots, with vegetable additions including coleslaw, eg. Edenvale, own brand

OTHER CHEESE

- 693 Blue cheese, low fat only
- 668 Bonbel
- 691 Brie, any; Melbury
- 651 Caerphilly
- 681 Cambozola
- 652 Camembert
- 7731 Cheddar/Cheshire type low fat hard cheese, eg. Delight, Tendale, Shape, own brand. NOT Edam reduced fat (15% fat), NOT low fat blue cheese, NOT Flora or sunflower oil type cheddar
- 8219 Cheddar type, made with sunflower oil: eg. Flora
- 8218 Cheddar type smoked hard cheese, eg. Applewood smoked cheddar
- 653 Cheddar, Australian
- 654 Cheddar, English
- 657 Cheddar, Irish
- 658 Cheddar, New Zealand
- 660 Cheddar, vegetarian
- 661 Cheddar, any other or non-specified country of origin. NOT smoked
- 684 Cheese spreads and triangles, flavoured, eg. Primula. NOT Flora cheese spread
- 685 Cheese spreads and triangles, plain, eg. Dairylea, Primula, Mr Men, Laughing Cow. NOT low fat, NOT Flora
- 4414 Cheese spreads and triangles, low fat, half fat, eg. Delight, Kerrygold Light, Primula low fat dairy spreads. NOT hard
- 7733 Cheese spread with sunflower oil eg. Flora
- 662 Cheshire; blue Cheshire

CHEESE AND CHEESE DISHES

688 Cream cheese, (full fat) with or without additions (NOT walnuts),
eg. Philadelphia, Boursin, Roule NOT medium fat soft cheese

692 Cream cheese (full fat) with walnuts

7112 Cream cheese (medium fat) with or without additions (NOT walnuts),
eg. Philadelphia Light, Sainsburys half fat creamery, medium fat
soft cheese

664 Danish Blue

665 Derby

666 Sage Derby

681 Dolcelatte

667 Double Gloucester

668 Edam; Port Salut; St Paulin. NOT reduced fat

7727 Edam type, reduced fat (11%), eg. Sainsburys, Safeway, Trimrite
Dutch cheese

671 Emmental; Gruyere

669 Feta

7057 Goats cheese, full fat

681 Gorgonzola

670 Gouda

671 Gruyere; Emmental

689 Lactic cheese spread

673 Lancashire

672 Leicestershire

691 Melbury

675 Mozzarella

676 Parmesan

668 Port Salut

677 Processed cheese slices or blocks, eg. Kraft Singles. NOT reduced
fat; NOT smoked cheese or cheese spread; NOT Dairylea

7732 Processed cheese spread type slices, eg. Dairylea. NOT reduced fat;
NOT Kraft singles

7729 Processed cheese slices, reduced fat

7734 Quark, very low fat soft cheese

678 Red Windsor

7728 Ricotta

681 Roquefort; Gorgonzola; Dolcelatte

666 Sage Derby

CHEESE AND CHEESE DISHES

- 682 Smoked processed cheese, with or without additions, eg. ham, mushrooms, shrimp. NOT smoked hard cheddar type
- 7724 Snack hard cheese, any flavour, eg. Mr Cheese Cheds
- 4082 Soya cheese, eg. Marigold, Plamil Veeze spread
- 668 St Paulin
- 679 Stilton, blue
- 680 Stilton, white
- 8219 Sunflower oil cheddar type "cheese", alternative to cheddar cheese eg. Flora
- 683 Wensleydale

CHEESE DISHES

- R 801 Cheese and egg flan
- R 818 Welsh rarebit, ie. cheese, milk, seasoning. NO toast
- R 817 Welsh rarebit, including white bread toasted, cheese, milk and seasoning
- R 7773 Welsh rarebit, including wholemeal bread toasted, cheese, milk, and seasoning

See Eggs/Egg Dishes for Quiche, Souffle, Omelette.

See vegetable dishes for Cauliflower cheese, cheese and onion pastie, other cheese dishes.

FROMAGE FRAIS

- 7734 Quark, very low fat soft cheese
- 7735 Fromage frais, plain, unflavoured, unsweetened, eg. Yoplait Petits Filous, Chambourcy, own brand. NOT containing fruit, NOT reduced fat
- 8221 Fromage frais, plain, unflavoured, sweetened, eg. Petit Danone. NOT containing fruit, NOT reduced fat
- 7736 Fromage frais, flavoured or containing fruit or with separate fruit, eg. Chambourcy Le Fromage Frais Creamy, Petit Filous, Kool, Hippo tots, Munch Bunch Pot Shots, Sainsbury Duet, own brand. NOT reduced fat, NOT fortified
- 7737 Fromage frais, fruit, fortified with vitamins A and C eg. Mr Men
- 7738 Fromage frais, very low fat; virtually fat free, plain, unflavoured, eg. St Ivel Shape, Chambourcy Le Fromage Frais Very Low Fat, own brand
- 7739 Fromage frais, very low fat; virtually fat free, flavoured or containing fruit or with separate fruit, eg. Chambourcy Le Fromage Frais fruit Very Low fat, Diet Ski fruit, own brand. NOT containing artificial sweetener
- 7985 Fromage frais, very low fat; virtually fat free, diet, flavoured or containing fruit or with separate fruit, with artificial sweetener, eg. St Ivel Shape, own brand, Yoplait Light, St Ivel Shape Temptation.
- 7740 Fromage frais mousse, eg. Chambourcy Mousse de Fromage Frais

FROMAGE FRAIS

YOGURT

THIS SECTION CONTAINS THE FOLLOWING SUBSECTIONS

- A. CREAMY YOGURT, INCLUDING GREEK YOGURT
- B. LOW FAT YOGURT, NOT FORTIFIED
- C. LOW FAT YOGURT, FORTIFIED
- D. VERY LOW FAT YOGURT
- E. OTHER YOGURT - NOT MADE FROM COWS MILK
- F. YOGURT PRODUCTS

A. CREAMY YOGURT, INCLUDING GREEK YOGURT

- 701 Creamy yogurt; whole milk yogurt; flavoured or containing fruit/nuts or with separate fruit/nuts, eg. Muller Fruit Corner, Ski Bio Split, Bio live yogurt.
- 8613 Creamy yogurt; whole milk yogurt; flavoured or containing fruit/nuts or with separate fruit/nuts, pasteurised, longlife or UHT eg. Fruittis thick and creamy yogurt
- 702 Creamy yogurt; whole milk yogurt; natural, eg. Sainsbury's whole milk natural yogurt
- 7741 Greek yogurt, cows, strained, plain, unflavoured, eg. Total, own brand
- 7742 Greek yogurt, sheep, eg. Total
- 9142 Greek yogurt, with fruit or honey
- 7753 Mousse, fruit yogurt only

B. LOW FAT YOGURT, NOT FORTIFIED

- 703 Low fat yogurt, any flavour but NOT containing fruit, sweetened, includes set yogurt, eg. St Ivel Fiendish Feet, Le yogurt Actif fruit flavour set, own brand French set, Kool French set. NOT longlife, UHT or pasteurised.
- 704 Low fat yogurt, containing fruit only, sweetened, includes live yogurt range, eg St Ivel Real, Ski Fruit, Ski Extra Fruit. Not longlife UHT or pasteurised
- 706 Low fat yogurt, containing muesli or nuts only, sweetened or unsweetened. NOT longlife, UHT or pasteurised.
- 712 Low fat yogurt, natural, slightly sweetened. NOT longlife, UHT or pasteurised.
- 705 Low fat yogurt, natural, unsweetened. NOT longlife, UHT or pasteurised.
- 713 Low fat Diet yogurt, with artificial sweetener, eg. own brand. NOT longlife, UHT or pasteurised.
- 708 Low fat yogurt, longlife, UHT or pasteurised, natural or any fruit or flavour, eg. Fruit basket, Dennis the Menace. NOT with artificial sweetener
- 8222 Low fat Diet yogurt, longlife, UHT or pasteurised, with artificial sweetener, eg. Hermesetas Light

YOGURT

C. LOW FAT YOGURT, FORTIFIED

- 7749 Low fat Mr Men Fruit yogurt, containing fruit, fortified with vitamins A and C.
- 7750 Low fat Mr Men yogurt, any but NOT containing fruit, fortified with vitamins A and C.
- 7748 Low fat yogurt, containing fruit, fortified with vitamins A, C and D, eg. Chambourcy Hippo Fruit Yogurt. NOT Mr Men fruit yogurt
- 7746 Low fat yogurt, any but NOT containing fruit, fortified with vitamins A, C and D, eg. Chambourcy Hippo Low Fat Set. NOT Mr Men yogurt

D. VERY LOW FAT YOGURT

- 8376 Very low fat yogurt, containing fruit, with artificial sweetener. eg St Ivel Shape Bio Sundae, St Ivel Shape Extra Fruit Bio, St Ivel Shape fruit, Muller light, own brand. NOT fortified. NOT longlife or UHT or pasteurised
- 7751 Very low fat yogurt, containing fruit, with artificial sweetener, fortified with vitamins C and D. eg Diet Ski.
- 8990 Very low fat yogurt, containing fruit, with added sugar. NO artificial sweetener. NOT fortified. NOT longlife or UHT or pasteurised
- 8488 Very Low Fat Yogurt, any flavour, with Simplese, Tesco Healthy Eating Bio only
- 8223 Very low fat yogurt, longlife or UHT or pasteurised, natural or any fruit or flavour, NOT fortified. eg St Ivel Prize longlife, Fruttis
- 9272 Very low fat yogurt, any flavour but not containing fruit, with artificial sweetener, eg St Ivel Shape French style set. NOT fortified, not long life UHT or pasteurised.

E. OTHER YOGURT - NOT MADE FROM COWS MILK

- 7742 Greek yogurt, sheep, eg. Total
- 7743 Soya yogurt full fat, sweetened eg. Sojal dairy free yoga
- 9115 Soya yogurt, low fat, with added sugar and fruit, eg. Granose
- 710 Yogurt made from goats or sheeps milk, any flavour. NOT artificially sweetened. NOT Greek yogurt

C. LOW FAT YOGURT, FORTIFIED

F. YOGURT PRODUCTS

- 8513 Choc ice containing yogurt eg. Ski Bar
- 8220 Custard style fruit yogurt. NOT custard fruit dessert
- 8227 Frozen yogurt in a cone, eg. Walls Fresta, Ski Cone
- 8228 Frozen yogurt, NOT in a cone, eg. Ski Soft Serve, Walls Fresta, own brand; includes Munch Bunch frozen yogurt lolly. NOT "Mr Whippy" type
- 7757 Frozen yogurt, NOT in a cone, eg. Mr Whippy type only
- 9390 Yogurt dressings, purchased, eg. Heinz yogurt and chive dressing
- 711 Yogurt drink, UHT, eg. Ambrosia
- 7986 Yogurt drink, containing fruit juice, NOT containing artificial sweetener, eg. Ski Cool
- 7756 Yogurt drink containing fruit juice, with artificial sweetener, eg. Ski Cool Lite
- 7755 Yogurt drink, containing pureed fruit, NOT containing artificial sweetener, eg. Yop
- 7753 Yogurt fruit mousse, NOT fortified, eg. Boots, own brand
- 8224 Yogurt mousse with cream, eg. Ski Frousse
- 7754 Yogurt and jelly dessert, eg. Munch Bunch Wobblers, Turtles yogurt jelly dessert, St Ivel Tremblers
- 7753 Mousse, fruit yogurt only
- 8227 Yogurt frozen in a cone, eg. Walls Fresta, Ski Cone
- 8228 Yogurt frozen, eg. Ski soft serve, Walls Fresta, own brand. NOT frozen yogurt in a cone
- 7757 Yogurt frozen, Mr Whippy type only. NOT in a cone

F. YOGURT PRODUCTS

OTHER DAIRY DESSERTS

- 8205 Buttermilk desserts, fruit flavoured
- R 517 Creme caramel; cream caramel; homemade
- 7695 Creme Caramel; cream caramel; purchased
- 7696 Cream desserts, potted fresh cream desserts, chocolate, caramel, or fruit flavoured, but NOT containing fruit. Includes Supreme, Creme Vienne, Le Grand, Sainsburys Supreme, own brand
- 7697 Cream desserts, creamy desserts with fruit, eg. Edenvale Strawberry Supreme, own brand
- R 545 Custard, egg, baked or as sauce. NOT custard tart
- R 545 Egg custard, baked or as sauce. NOT custard tart
- R 544 Fruit fool, any fruit. eg Gooseberry, rhubarb. homemade only.
- 8556 Fruit fool, any fruit. eg Gooseberry, rhubarb. purchased.
- Instant dessert; Instant whip; packet mix, as served: see Angel Delight in Milk Puddings section
- R 554 Jelly, NOT low sugar, made with whole milk
- R 7702 Jelly, NOT low sugar, made up with semi-skimmed milk
- R 7703 Jelly, NOT low sugar, made up with skimmed milk
- R 7705 Jelly, low sugar, made up with whole milk
- R 7706 Jelly low sugar, made up with semi-skimmed milk
- R 7707 Jelly, low sugar, made up with skimmed milk
- 8557 Jelly, milk, purchased, eg. Chambourcy
- R 555 Junket, made with whole milk
- 8557 Milk jelly, purchased, eg. Chambourcy
- 7709 Mousse, chocolate, rich. St Ivel Real, Chambourcy Real
Chocolate Mousse, Sainsbury Chocolate Mousse, Hippo Potta Milk
Chocolate Mousse, Aero Mousse only. Purchased
- 7710 Mousse, chocolate, other eg. Edenvale Chocolate Choice, Munch Bunch
Chocolate Pots, Hippo Pota MUD chocolate mousse, own brands.
NOT St Ivel Real, Sainsbury Chocolate Mousse, Hippo Potta Milk
Chocolate Mousse, Aeromousse or Chambourcy Real Chocolate Mousse.
Purchased
- 7711 Mousse, fruit flavoured, eg. St Ivel Real orange and lemon,
Strawberry or Banana Hippo Potta Mousse, own brand. NOT fruit
yogurt mousse
- 7712 Mousse, frozen, purchased
- R 582 Mousse, chocolate, homemade
- 7711 Mousse, fruit flavoured, eg. St Ivel Real orange and lemon,
Strawberry or Banana Hippo Potta Mousse, own brand. NOT fruit
yogurt mousse
- 7712 Mousse, frozen, purchased

OTHER DAIRY DESSERTS

EGGS

- 784 Duck egg whole, boiled, no shell, or leftover shell weighed
- 755 Egg, boiled, no shell, or leftover shell weighed
- 783 Egg, boiled, leftover shell not weighed
- 785 Egg, boiled, yolk only. NOT white
- 786 Egg, boiled, white only. NOT yolk
- 756 Egg, fried in blended vegetable oil
- 757 Egg, fried in butter
- 758 Egg, fried in dripping
- 759 Egg, fried in lard
- 760 Egg, fried in margarine (NOT polyunsaturated)
- 761 Egg, fried in polyunsaturated margarine or oil
- 8732 Egg, fried in olive oil
- 7763 Egg, fried without fat, ie. in non stick pan
- Egg fried rice: see "Pasta, rice and cereals"
- 762 Egg, poached in water. NO added fat
- R 8598 Egg, poached in water, with added fat
- R 771 Omelette, cheese, cooked in blended vegetable oil
- R 772 Omelette, cheese, cooked in butter
- R 773 Omelette, cheese, cooked in margarine (NOT polyunsaturated)
- R 774 Omelette, cheese, cooked in polyunsaturated margarine or oil
- R 775 Omelette, ham, cooked in blended vegetable oil
- R 776 Omelette, ham, cooked in butter
- R 777 Omelette, ham, cooked in margarine (NOT polyunsaturated)
- R 778 Omelette, ham, cooked in polyunsaturated margarine or oil
- R 767 Omelette, sweet, cooked in blended vegetable oil
- R 768 Omelette, sweet, cooked in butter
- R 769 Omelette, sweet, cooked in margarine (NOT polyunsaturated)
- R 770 Omelette, sweet, cooked in polyunsaturated margarine or oil
- R 763 Omelette, plain or other, cooked in blended vegetable oil, eg. bacon, mushroom, Spanish. NOT cheese, ham, or sweet
- R 764 Omelette, plain or other, cooked in butter, eg. bacon, mushroom, Spanish. NOT cheese, ham, or sweet
- R 765 Omelette, plain or other cooked in margarine (NOT polyunsaturated), eg. bacon, mushroom, Spanish. NOT cheese, ham, or sweet.
- R 766 Omelette, plain or other cooked in polyunsaturated margarine or oil eg. bacon, mushroom, Spanish. NOT cheese, ham, or sweet

EGGS

- R 9334 Omelette, plain or other fried in olive oil
eg. bacon, mushroom, Spanish. NOT cheese, ham, or sweet
- R 9355 Omelette, plain or other fried in dripping
eg. bacon, mushroom, Spanish. NOT cheese, ham, or sweet
- R 7766 Omelette, curried, egg masala cooked in butter with onion
- 814 Scotch egg, purchased
- 7764 Scotch egg mini, bite size savoury eggs, picnic scotch egg with
chopped egg centre, purchased
- 779 Scrambled egg, made with whole milk and butter
- 780 Scrambled egg, made with whole milk and margarine (NOT
polyunsaturated)
- 781 Scrambled egg, made with whole milk and polyunsaturated margarine
- 782 Scrambled egg, made with whole milk, NO fat. Includes microwave
cooked
- 8727 Scrambled egg, made with semi-skimmed milk and polyunsaturated
margarine
- 9303 Scrambled egg with semi skimmed milk and butter
- 8638 Scrambled egg, made with skimmed milk and polyunsaturated
margarine
- 8711 Scrambled egg, made with semi-skimmed milk, NO fat. Includes
microwave cooked
- 7765 Scrambled egg, without milk, made with butter

EGG DISHES

Some of these foods are also listed in other sections. eg Puddings.

- R 501 Apple snow, made with stewed apple, sugar and egg white
- R 801 Cheese and egg flan
- R 815 Cheese souffle
- R 803 Curried egg and potato. NO rice
- 7769 Egg bread; French toast; Gypsy toast; made with whole milk, fried in blended vegetable oil. NOT wholemeal bread
- 4843 Egg bread, wholemeal bread, made with whole milk, fried in blended vegetable oil
- R 7767 Egg fu yung, with beansprouts, mushrooms, onions, almonds, fried in blended vegetable oil
- 7768 Egg nog, drink with egg, whole milk , sugar and sherry
- R 350 Meringue, no cream or filling
- R 351 Meringue, filled with artificial cream
- R 352 Meringue, filled with fresh cream
- R 813 Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other quiches with cheese, egg and milk. NOT mushroom. Pastry made with half margarine (NOT polyunsaturated), and half lard. NOT wholemeal pastry.
- 8565 Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other quiches with cheese, egg and milk, purchased. NOT wholemeal pastry
- R 8566 Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, homemade. Pastry made with half margarine (NOT polyunsaturated), and half lard. NOT wholemeal pastry
- 7772 Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, purchased. NOT wholemeal pastry
- 7764 Savoury eggs; bite size savoury eggs; scotch eggs with chopped egg filling
- R 585 Sorbet, any, homemade or purchased
- R 565 Souffle, sweet, baked
- R 815 Souffle cheese
- R 816 Souffle plain, savoury. NOT sweet
- 814 Scotch egg, purchased
- 7764 Scotch egg mini, bite size savoury eggs, picnic scotch egg with chopped egg centre, purchased

BUTTER, MARGARINE AND SPREADS

- 851 Butter, salted; slightly salted
- 852 Butter, unsalted
- 9407 Spreadable butter, eg. Wheelbarrow, Anchor spreadable, M&S easier spreading

BLOCK MARGARINE

- 860 Hard, block margarine eg. Echo, Stork, own brand, NOT Krona

SOFT MARGARINE NOT POLYUNSATURATED

- 864 Soft margarine, NOT polyunsaturated, NOT low fat, eg. Stork SB. NOT Krona Spreadable

POLYUNSATURATED MARGARINE

- 865 Soft margarine, polyunsaturated, NOT low fat, eg. Blue Band sunflower margarine, Vitaquelle, Soya Margarine, Granose, own brand

REDUCED FAT SPREAD (NOT POLYUNSATURATED)

- 866 Reduced fat spread, NOT polyunsaturated, (70-80 % fat), salted or unsalted; eg. Clover, Meadowcup, Golden Crown, Dairy Crest Willow, Sainsburys County Spread, Tesco Golden Blend, Krona Gold, Safeway Meadow
- 8230 Reduced fat spread (60 % fat) made with olive oil, eg. Sainsburys, Tescos and Co-Op Olive Gold, Safeway Olive, Marks and Spencer Olive, Olivio, Olivani.
- 7775 Reduced fat spread, NOT polyunsaturated, (60 % fat), NOT olive oil based, eg. Krona Spreadable, Stork Light Blend, Summer County
- 9408 Reduced fat spread, 70-80 % fat, made with rapeseed oil, St Ivel Mono only
- 9409 Reduced fat spread, 70-80 % fat, no hydrogenated fat, Whole Earth Superspread only.

BUTTER, MARGARINE AND SPREADS

FAT SPREADS

REDUCED FAT SPREAD (POLYUNSATURATED)

- 9510 Flora and Flora Extra Rich ONLY.
- 8480 Reduced fat spread, polyunsaturated, (70-80 % fat) eg. I Can't Believe Its Not Butter. Vitalite.
- 8509 Reduced fat spread, polyunsaturated, (60 % fat), NOT olive oil based, eg. Vitalite Light

LOW FAT SPREAD NOT POLYUNSATURATED

- 8511 Low fat spread (40 % fat) made with olive oil, eg. Golden Olive
- 859 Low fat spread, NOT polyunsaturated, (40 % fat) eg. Gold (NOT Gold Lowest), Delight (NOT Delight extra low), Clover diet, Half Fat Anchor, Kerrygold Light, own brand half fat butters, Sainsbury Golden
- 7776 Very low fat spread, NOT polyunsaturated, (20-25 % fat) eg. Gold Lowest, Delight extra low, Outline, own brand. eg. Tesco Healthy Eating very low fat spread.

POLYUNSATURATED LOW FAT SPREAD

- 9511 Flora Extra Light ONLY.
- 7774 Low fat spread, polyunsaturated, (40 % fat) eg. Shape Sunflower, own brand eg. Tesco Healthy Eating extra light sunflower, Sainsburys sunflower extra light half fat spread.
- 8510 Very low fat spread, polyunsaturated (20-25 % fat) eg. Sainsburys Sunflower lowest.
- 8487 Very very low fat spread (5 % fat) with Simplese, eg. Tesco Healthy Eating lowest ever 5% fat spread, Safeway very low fat spread.

BACON

NB DRY FRIED MEANS FRIED WITH NO ADDED FAT

- 8232 Collar joint, smoked, boiled, lean and fat
- 901 Collar joint, NOT smoked, boiled, lean and fat
- 8233 Gammon joint; gammon steaks; smoked, boiled, lean and fat
- 903 Gammon joint, gammon steaks; NOT smoked, boiled, lean and fat
- 8234 Gammon joint, gammon steaks; smoked, boiled, lean only
- 904 Gammon joint, gammon steaks; NOT smoked, boiled, lean only
- 8237 Rashers, back, smoked, fried, lean and fat
- 910 Rashers, back, NOT smoked, fried, lean and fat
- 8238 Rashers, back, smoked, grilled or dry fried, lean and fat
- 914 Rashers, back, NOT smoked, grilled or dry fried, lean and fat
- 9410 Rashers, back, smoked, grilled or dry fried, extra trimmed
- 9464 Rashers, back, NOT smoked, grilled or dry fried, extra trimmed
- 9411 Rashers, back, reduced fat and reduced salt, smoked, grilled or dry fried, eg. Sainsburys extra trimmed low salt
- 9412 Rashers, back, reduced fat and reduced salt, NOT smoked, grilled or dry fried, eg. Danepak, lean and low
- 8239 Rashers, gammon, smoked, grilled or dry fried, lean and fat
- 906 Rashers, gammon, NOT smoked, grilled or dry fried, lean and fat
- 8240 Rashers, gammon, smoked, grilled or dry fried, lean only
- 907 Rashers, gammon, NOT smoked, grilled or dry fried, lean only
- 8241 Rashers, middle; side; smoked, fried, lean and fat
- 911 Rashers, middle; side; NOT smoked, fried, lean and fat
- 8242 Rashers, middle; side; smoked, grilled or dry fried, lean and fat
- 915 Rashers, middle; side; NOT smoked, grilled or dry fried, lean and fat
- 8243 Rashers, streaky, smoked, fried, lean and fat
- 912 Rashers, streaky, NOT smoked, fried, lean and fat
- 8244 Rashers, streaky, smoked, grilled or dry fried, lean and fat
- 916 Rashers, streaky, NOT smoked, grilled or dry fried, lean and fat
- 8245 Rashers, any other cut, NOT gammon, back, middle, streaky, smoked, grilled or dry fried, lean and fat
- 913 Rashers, any other cut, NOT gammon, back, middle, streaky, NOT smoked. grilled or dry fried, lean and fat
- 909 Rashers, cut unspecified, NOT smoked, fried, lean and fat
- 8246 Rashers, cut unspecified, smoked, fried, lean and fat

BACON

- 8247 Rashers, cut unspecified, smoked, grilled or dry fried, lean and fat
- 908 Rashers, cut unspecified, NOT smoked, grilled or dry fried, lean and fat
- 9414 Bacon Steaks; chops; loin, smoked, grilled, eg. Somerfield cured pork loin steaks, Asda bacon chops
- 9413 Bacon Steaks; chops; loin, NOT smoked, grilled, eg. Tesco bacon chops, Danepak boneless chops

HAM

- 9381 Ham, with added water, prepacked or from delicatessen or butcher; any cut, not smoked. NOT canned ham. NOT pork shoulder
- 9383 Ham, with added water, prepacked or from delicatessen or butcher, any cut, smoked. NOT canned ham. NOT pork shoulder
- 9382 Ham, no added water, prepacked or from delicatessen or butcher, any cut, NOT smoked, includes dry cure, Wiltshire type cure, premium or superior ham. NOT canned ham
- 9384 Ham, no added water, prepacked or from delicatessen or butcher, any cut, smoked, includes dry cure, Wiltshire type cure, premium or superior ham. NOT canned ham
- 1236 Ham, canned in juice
- 9508 Ham, unspecified, NOT smoked, NOT canned.
- 9509 Ham, unspecified, smoked, NOT canned.
- 9385 Pork shoulder; shoulder ham, prepacked or from delicatessen or butcher, NOT smoked, NOT ham

BEEF

935 Brisket, boiled, lean and fat
9415 Brisket, boiled, lean only
936 Brisket, pot-roasted or braised, lean and fat
9416 Braising steak; chuck steak; braised, lean and fat
9417 Braising steak; chuck steak; braised, lean only
9418 Fillet steak, fried, lean only
9419 Fillet steak, grilled, lean only
9420 Flank; top rump, pot-roast or braised, lean and fat
9421 Flank; top rump, pot-roast or braised, lean only
938 Fore-rib; rib-roast, roast, lean and fat
939 Fore-rib; rib-roast, roast, lean only
941 Minced beef stewed, fat not skimmed, NOT extra lean mince.
NOT canned
942 Minced beef stewed, fat skimmed, includes extra lean mince.
NOT canned
950 Rump steak, fried, lean and fat
951 Rump steak, fried, lean only
952 Rump steak, grilled, lean and fat
953 Rump steak, grilled, lean only
9422 Silverside, not salted, pot-roasted or braised, lean and fat
9423 Silverside, not salted, pot-roasted or braised, lean only
954 Silverside, salted, boiled, lean and fat
955 Silverside, salted, boiled, lean only
957 Sirloin joint, roast, lean and fat
958 Sirloin joint, roast, lean only
9424 Sirloin steak, fried, lean and fat
9425 Sirloin steak, fried, lean only
9426 Sirloin steak, grilled, lean and fat
9427 Sirloin steak, grilled, lean only
960 Stewing steak, stewed, lean and fat, no gravy. NOT canned
971 Stewing steak, stewed, lean only, no gravy. NOT canned
969 Topside, roast, lean and fat
970 Topside, roast, lean only

BEEF

BEEF DISHES

- R 1319 Beef and vegetable curry; NO rice
- R 1329 Beef biryani or pilau; includes rice
- R 1317 Beef Chow mein.
- 9318 Beef curry with rice frozen or chilled ready meal, e.g. Birds Eye Menu Master
- R 1328 Beef curry with cream or coconut sauce; NO rice
- 1318 Beef curry, Vesta only, as served; NO rice
- 1231 Beef, minced, in gravy canned
- 1232 Beef, minced, pie filling canned
- 1233 Beef, minced, pie filling, with onion, reformed meat canned
- 1320 Beef, roast dinner; roast beef platter frozen, purchased, ready meal with Yorkshire pudding, potatoes, and vegetables.
- 9465 Beef stew and dumplings, frozen or chilled ready meal, eg. Birds Eye
- 1234 Beef, pie filling, reformed meat; canned
- 1321 Beef, roast, in gravy, frozen, or chilled purchased, ready meal. eg Birds Eye No vegetables.
- R 1323 Bolognese sauce; made with minced beef, onion, tomatoes homemade
- 7780 Bolognaise sauce canned
- 1324 Cannelloni, purchased; with meat filling. NOT Vegetarian cannelloni
- R 1325 Chilli con carne; made with minced beef, red kidney beans, onion, tomatoes, green pepper. Not canned; not ready meal. NO rice. Homemade
- 7779 Chilli con carne, canned
- 9244 Chilli con carne with rice, ready meal, frozen or chilled, purchased
- R 1332 Chop suey, with beef
- R 1317 Chow mein, with beef.
- Cottage Pie - see Shepherds Pie
- 9155 Extra lean stewing steak in gravy canned
- R 1348 Lasagne, homemade, with meat sauce. NOT vegetarian lasagne
- 1347 Lasagne, purchased, frozen or chilled ready meal, with meat sauce NOT vegetarian lasagne; NOT Chicken Lasagne
- 9359 Meatballs in gravy with mashed potato, frozen or chilled ready meal, eg Birds Eye
- 7782 Meatballs and pasta/baked beans, canned eg. Campbells
- 1244 Meatballs in gravy, canned
- 943 Minced beef, stewed, fat NOT skimmed, in thickened gravy. NO vegetables. NOT canned

BEEF DISHES

- 944 Minced beef, stewed, fat skimmed, in thickened gravy. NO vegetables, NOT canned. Includes extra lean mince
- R 945 Minced beef, stewed, fat NOT skimmed, in thickened gravy, with vegetables but NOT potatoes. NOT canned
- R 946 Minced beef, stewed, fat skimmed, in thickened gravy, with vegetables but NOT potatoes. NOT canned. Includes extra lean mince.
- R 947 Minced beef, stewed, fat NOT skimmed, in thickened gravy, with vegetables and potatoes. NOT canned
- R 948 Minced beef, stewed, fat skimmed, in thickened gravy, with vegetables and potatoes. NOT canned. Includes extra lean mince.
- R 1350 Moussaka, made with minced beef, potatoes, and cheese sauce
- R 1364 Moussaka, made with minced beef, aubergines, and cheese sauce. No potato
- 3756 Pancakes savoury, minced beef filling, fried in blended vegetable oil, purchased
- 8644 Pancakes savoury, minced beef filling, grilled, purchased
- R 1357 Shepherds pie; cottage pie; home made; mashed potato with NO added butter or margarine
- R 1365 Shepherds pie; cottage pie; homemade; mashed potato with added butter or margarine
- 1356 Shepherds pie; cottage pie; purchased, frozen or chilled ready meal
- R 9347 Shepherds pie; cottage pie; homemade, made with with lean mince, mashed potato with no added fat
- 9245 Spaghetti Bolognese, beef, frozen or chilled, ready meal Purchased.
- R 961 Stewing steak, stewed, fat NOT skimmed, in thickened gravy, with vegetables but NOT potatoes. NOT canned
- R 962 Stewing steak, stewed, fat skimmed, in thickened gravy, with vegetables but NOT potatoes. NOT canned
- R 963 Stewing steak, stewed, fat NOT skimmed, in thickened gravy. with vegetables and potatoes. NOT canned
- R 964 Stewing steak, stewed, fat skimmed, in thickened gravy, with vegetables and potatoes. NOT canned
- 966 Stewing steak and kidney, stewed, fat NOT skimmed, in thickened gravy. NOT canned
- 967 Stewing steak and kidney, stewed, fat skimmed, in thickened gravy. NOT canned
- 9155 Stewing steak in gravy - extra lean, canned
- 1243 Stewed steak, in gravy, pie filling, canned
- 1244 Stewed steak, in gravy, canned; meat balls in gravy

BEEF DISHES

VEAL

- 9428 Veal mince, stewed, fat not skimmed
- 1051 Veal, fillet; escalope, schnitzel, fried, lean only

VEAL DISHES

- 1045 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in blended vegetable oil, eg. Wiener Schnitzel
- 1046 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in butter, eg. Wiener Schnitzel
- 1048 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in dripping, eg. Wiener Schnitzel
- 1047 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in lard, eg. Wiener Schnitzel
- 1050 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in margarine (NOT polyunsaturated), eg. Wiener Schnitzel
- 1049 Veal, cutlet or escalope, coated in egg and breadcrumbs, fried in polyunsaturated oil or margarine, eg. Wiener Schnitzel
- R 1053 Veal, stewed in thickened gravy. NOT canned
- R 1054 Veal, in white sauce; veal fricassee; blanquette de veau; NO vegetables, NOT canned
- 1246 Veal, jellied
- R 1054 Veal in white sauce; veal fricassee; blanquette de veau. NO vegetables, NOT canned

LAMB

- 1055 Breast of lamb, roast, lean and fat, no bone, or leftover bone weighed
- 1019 Breast of lamb, roast, lean and fat, leftover bone not weighed
- 977 Breast of lamb, roast, lean only, no bone, or leftover bone weighed
- 1018 Breast of lamb, roast, lean only, leftover bone not weighed
- 978 Breast of lamb, roast, stuffed
- 984 Chump chops; steaks, grilled or fried, lean and fat, no bone, or leftover bone weighed
- 985 Chump chops; steaks, grilled or fried, lean and fat, leftover bone not weighed
- 986 Chump chops; steaks, grilled or fried, lean only, no bone, or leftover bone weighed
- 987 Chump chops; steaks, grilled or fried, lean only, leftover bone not weighed
- 994 Cutlets; best end of neck; noisettes, grilled or fried, lean and fat, no bone, or leftover bone weighed
- 995 Cutlets; best end of neck, grilled or fried, lean and fat, leftover bone not weighed
- 996 Cutlets; best end of neck; noisettes, grilled or fried, lean only, no bone, or leftover bone weighed
- 997 Cutlets; best end of neck, grilled or fried, lean only, leftover bone not weighed
- 999 Leg of lamb, whole, roast, lean and fat
- 1000 Leg of lamb; whole, roast, lean only
- 9429 Half leg of lamb, knuckle or shank end, roast, lean and fat
- 1000 Half leg of lamb, knuckle or shank end, roast, lean only
- 9430 Half leg of lamb, fillet end, roasted, lean and fat
- 1000 Half leg of lamb, fillet end, roasted, lean only
- 9431 Leg chops; steaks, grilled or fried, lean and fat
- 9432 Leg chops; steaks, grilled or fried, lean only
- 9433 Loin joint, roast, lean and fat
- 9434 Loin joint, roast, lean only
- 980 Loin chops, grilled or fried, lean only, no bone, or leftover bone weighed
- 981 Loin chops, grilled or fried, lean only, leftover bone not weighed
- 982 Loin chops, grilled or fried, lean and fat, no bone, or leftover bone weighed
- 983 Loin chops, grilled or fried, lean and fat, leftover bone not weighed
- 9435 Neck fillet, grilled, lean and fat

LAMB

9436 Neck fillet, grilled, lean only
 9437 Rack of lamb; best end of neck; crown roast, roast, lean and fat
 9438 Rack of lamb; best end of neck; crown roast, roast, lean only
 1008 Shoulder of lamb, whole, roast, lean and fat
 1009 Shoulder of lamb, roast, lean only
 9439 Half shoulder of lamb, knuckle end, roasted, lean and fat
 1009 Half shoulder of lamb, knuckle end, roasted, lean only
 9440 Half shoulder of lamb, bladeside, roasted, lean and fat
 1009 Half shoulder of lamb, bladeside, roasted, lean only
 1002 Stewing lamb; scrag and neck end; stewed, lean and fat, no bones, or leftover bones weighed
 1003 Stewing lamb; scrag and neck end; stewed, lean only, no bones, or leftover bones weighed
 1004 Stewing lamb; scrag and neck end; stewed, lean only, leftover bones not weighed
 9441 Lamb, minced, stewed, lean and fat

LAMB DISHES

R 9475 Chow mein, made with lamb
 R 1332 Chop suey, made with lamb
 1238 Irish stew, canned
 978 Lamb, breast of, roast, stuffed
 R 9478 Lamb biryani or pilau; includes rice
 R 9477 Lamb curry with cream or coconut sauce; no rice
 R 979 Lamb or mutton and vegetable curry; NO rice
 8248 Lamb, roast roll, purchased, eg. Bernard Matthews lamb roast, cooked
 R 1005 Lamb, scrag and neck end, stewed, lean and fat, with potatoes, onions and gravy, ie. Irish Stew. Leftover bones weighed, NOT canned
 R 1016 Lamb, scrag and neck end, stewed, lean and fat, with potatoes onions and gravy, ie. Irish Stew. Leftover bones not weighed. NOT canned
 R 1006 Lamb, scrag and neck end, stewed, lean only, with potatoes and vegetables, eg carrots or tomatoes. Leftover bones weighed. NOT canned
 R 1017 Lamb, scrag and neck end, stewed, lean only, with potatoes and vegetables, eg carrots or tomatoes. Leftover bones not weighed. NOT canned
 R 1350 Moussaka made with minced lamb, potato, cheese sauce
 R 1364 Moussaka made with minced lamb, aubergines, cheese sauce. No potato

LAMB

PORK

- 1020 Belly rashers; slices; joint, roasted or grilled, lean and fat, no bone, or leftover bone weighed
- 1043 Belly rashers; slices; joint, roasted or grilled, lean and fat, leftover bone not weighed
- 1022 Belly rashers; slices; joint, stewed or boiled, lean and fat, no bone, or leftover bone weighed
- 1057 Belly rashers; slices; joint, stewed or boiled, lean and fat, leftover bone not weighed
- 1024 Chops, unspecified, fried or grilled, lean only, no bone, or leftover bone weighed
- 1025 Chops, unspecified, fried or grilled, lean only, leftover bone not weighed
- 1026 Chops, unspecified, fried or grilled, lean and fat, no bone, or leftover bone weighed
- 1027 Chops, unspecified, fried or grilled, lean and fat, leftover bone not weighed
- 9452 Chump chops; steaks, fried or grilled, lean and fat, no bone, or leftover bone weighed
- 9453 Chump chops; steaks, fried or grilled, lean and fat, leftover bone not weighed
- 9454 Chump chops; steaks, fried or grilled, lean only, no bone, or leftover bone weighed
- 9455 Chump chops; steaks, fried or grilled, lean only, leftover bone not weighed
- 3808 Diced pork, stewed, lean and fat
- 9460 Diced pork, stewed, lean only
- 9462 Fillet (tenderloin), grilled, lean
- 9448 Hand or spring (shoulder) joint, roasted, lean and fat
- 9449 Hand or spring (shoulder) joint, roasted, lean only
- 1032 Leg joint, knuckle or fillet, roasted, lean and fat
- 1033 Leg joint, knuckle or fillet, roasted, lean only
- 9456 Leg steaks; chops, grilled or fried, lean and fat, no bone, or leftover bone weighed
- 9457 Leg chops, grilled or fried, lean and fat, leftover bone not weighed
- 9458 Leg steaks; chops, grilled or fried, lean only, no bone, or leftover bone weighed
- 9459 Leg chops, grilled or fried, lean only, leftover bone not weighed
- 9450 Loin joint, roasted, lean and fat
- 9451 Loin joint, roasted, lean only
- 1024 Loin chops (no kidney); steaks, fried or grilled, lean only, no bone, or leftover bone weighed

PORK

- 1025 Loin chops (no kidney); steaks, fried or grilled, lean only, leftover bone not weighed
- 1026 Loin chops (no kidney); steaks, fried or grilled, lean and fat, no bone, or leftover bone weighed
- 1027 Loin chops (no kidney); steaks, fried or grilled, lean and fat, leftover bone not weighed
- 1028 Loin chops (with kidney), fried or grilled, lean only, no bone, or leftover bone weighed
- 1029 Loin chops (with kidney), fried or grilled, lean only, leftover bone not weighed
- 1030 Loin chops (with kidney), fried or grilled, lean and fat, no bone, or leftover bone weighed
- 1031 Loin chops (with kidney), fried or grilled, lean and fat, leftover bone not weighed
- 9461 Minced pork, stewed, lean and fat
- 9463 Spare ribs, American style (belly), grilled, lean and fat
- 9442 Spare rib (shoulder) joint, pot-roasted or braised, lean and fat
- 9443 Spare rib (shoulder) joint, pot-roasted or braised, lean only
- 9444 Spare rib (shoulder) chops, braised, lean and fat, no bone, or leftover bone weighed
- 9445 Spare rib (shoulder) chops, braised, lean and fat, leftover bone not weighed
- 9446 Spare rib (shoulder) chops, braised, lean only, no bone, or leftover bone ~~not~~ weighed
- 9447 Spare rib (shoulder) chops, braised, lean only, leftover bone not weighed

PORK DISHES

- R 1332 Chop suey, made with pork
- R 9476 Chow mein, made with pork
- R 1358 Pork balls, battered, deep fried; sweet and sour pork with NO sauce
- R 1023 Pork, belly rashers, stewed or boiled, lean and fat, in thickened gravy with vegetables but NOT potatoes. No bone or leftover bone weighed
- R 1056 Pork, belly rashers, stewed or boiled, lean and fat, in thickened gravy with vegetables but NOT potatoes. Leftover bone not weighed
- R 1041 Pork, diced, lean and fat; pork steak, lean and fat; stewed or boiled in thickened gravy with vegetables but NOT potatoes
- R 1042 Pork, diced, lean only; pork steak, lean only; pork fillet; stewed or boiled in thickened gravy with vegetables but NOT potatoes
- 8249 Pork roast roll, purchased, eg. Bernard Matthews pork roast, cooked
- 1352 Pork roast dinner, frozen, ready meal with potatoes and vegetables
- 1353 Pork roast, in gravy, frozen, ready meal, no potatoes or vegetables
- R 1331 Spare ribs in barbecue sauce, leftover bones weighed
- R 1355 Spare ribs in barbecue sauce, leftover bones not weighed

PORK DISHES

CHICKEN AND TURKEY - COATED

- 1086 Chicken, Kentucky Fried, purchased, no bones, or leftover bones weighed
- 1087 Chicken, Kentucky Fried, purchased, leftover bones not weighed
FRIED CHICKEN, COATED IN EGG AND BREADCRUMBS
- 1078 Chicken, NOT breast, coated in egg and breadcrumbs; chicken drumsticks; fried in blended vegetable oil, no bones, or leftover bones weighed
- 1079 Chicken, NOT breast, coated in egg and breadcrumbs; chicken drumsticks; fried in blended vegetable oil, leftover bones not weighed
- 1080 Chicken, NOT breast, coated in egg and breadcrumbs; chicken drumsticks; fried in dripping, no bones, or leftover bones weighed
- 1081 Chicken, NOT breast, coated in egg and breadcrumbs; chicken drumsticks; fried in dripping, leftover bones not weighed
- 1082 Chicken, NOT breast, coated in egg and breadcrumbs; chicken drumsticks; fried in lard, no bones, or leftover bones weighed
- 1083 Chicken, NOT breast, coated in egg and breadcrumbs; chicken drumsticks; fried in lard, leftover bones not weighed
- 1084 Chicken, NOT breast, coated in egg and breadcrumbs; chicken drumsticks; fried in polyunsaturated oil, no bones, or leftover bones weighed
- 1085 Chicken, NOT breast, coated in egg and breadcrumbs; chicken drumsticks; fried in polyunsaturated oil, leftover bones not weighed
- 8250 Chicken breast, coated in egg and breadcrumbs; fried in blended vegetable oil, no bones, or leftover bones weighed
- 8251 Chicken breast, coated in egg and breadcrumbs, fried in dripping, no bones, or leftover bones weighed
- 8252 Chicken, breast, coated in egg and breadcrumbs fried in lard, no bones, or leftover bones weighed
- 8253 Chicken, breast, coated in egg and breadcrumbs, fried in polyunsaturated oil, no bones, or leftover bones weighed
- 9287 Chicken breast, coated in breadcrumbs, frozen or chilled, purchased. grilled or baked. No added fat.
- 1109 Chicken burgers, coated in crumbs or batter, fried in blended vegetable oil
- 1110 Chicken burgers, coated in crumbs or batter, fried in dripping
- 1111 Chicken burgers, coated in crumbs or batter, fried in lard
- 1112 Chicken burgers, coated in crumbs or batter, fried in polyunsaturated oil
- 2672 Chicken burgers, coated in crumbs or batter, grilled or baked, NO added fat
- 8254 Chicken fingers; pieces; coated in crumbs or batter, fried in blended vegetable oil

CHICKEN AND TURKEY - COATED

- 8255 Chicken fingers; pieces; coated in crumbs or batter, fried in dripping
- 8256 Chicken fingers; pieces; coated in crumbs or batter, fried in lard
- 8257 Chicken fingers; pieces; coated in crumbs or batter, fried in polyunsaturated oil
- 8258 Chicken fingers; pieces; coated in crumbs or batter, grilled or baked, NO added fat
- 3680 Chicken Kiev, NOT Mini Chicken Kiev, breaded chicken with garlic butter centre, oven baked, purchased
- 8259 Chicken Kiev Mini, small pieces of breaded chicken with garlic butter centre, oven baked or grilled, purchased
- 1115 Chicken nuggetts, purchased from McDonalds, Kentucky. Includes chicken balls from sweet and sour chicken

COATED TURKEY BURGERS

- 1380 Turkeyburger, coated in egg and breadcrumbs, grilled or baked, no added fat
- 1153 Turkeyburger, coated in egg and breadcrumbs, fried in blended vegetable oil
- 1154 Turkeyburger, coated in egg and breadcrumbs, fried in dripping
- 1155 Turkeyburger, coated in egg and breadcrumbs, fried in lard
- 1156 Turkeyburger, coated in egg and breadcrumbs, fried in polyunsaturated oil

CHICKEN AND TURKEY AND DISHES

This section is divided into subsections as follows:

BARBECUED STYLE CHICKEN

BOILED AND STEWED CHICKEN

FRIED CHICKEN, NOT BREADED

ROAST CHICKEN

CHICKEN DISHES

TURKEY

BARBECUED STYLE CHICKEN

1065 Chicken, barbecued style, ready cooked, purchased, no bones or leftover bones weighed

1066 Chicken, barbecued style, ready cooked, purchased, leftover bones not weighed

BOILED AND STEWED CHICKEN

1067 Chicken, boiled or stewed, light and dark meat, NO skin, no bones or leftover bones weighed

1068 Chicken, boiled or stewed, light meat only, NO skin, no bones or leftover bones weighed

1069 Chicken, boiled or stewed, dark meat only, NO skin, no bones or leftover bones weighed

R 1096 Chicken, giblets, NOT just livers, cooked

1375 Chicken, leg quarter, thighs, stewed, meat and skin, no bones, or leftover bones weighed

1095 Chicken, leg quarter, thighs, stewed, meat and skin, leftover leftover bones not weighed

1373 Chicken, wing quarter, stewed, meat and skin, no bones, or leftover bone weighed

1094 Chicken, wing quarter, stewed, meat and skin, leftover bone not weighed

FRIED CHICKEN, NOT BREADED

1070 Chicken, fried in blended vegetable oil, NO skin, no bones, or leftover bones weighed

1071 Chicken, fried in blended vegetable oil, NO skin, leftover bones not weighed

1072 Chicken, fried in dripping, NO skin, no bones, or leftover bones weighed

1073 Chicken, fried in dripping, NO skin, leftover bones not weighed

1074 Chicken, fried in lard, NO skin, no bones, or leftover bones weighed

1075 Chicken, fried in lard, NO skin, leftover bones not weighed

CHICKEN AND TURKEY AND DISHES

- 1076 Chicken, fried in polyunsaturated oil, NO skin, no bones, or leftover bones weighed
- 1077 Chicken, fried in polyunsaturated oil, NO skin, leftover bones not weighed,

ROAST CHICKEN

- 1088 Chicken, roast, light and dark meat only, NO skin, no bones, or leftover bones weighed
- 1089 Chicken, roast, light and dark meat and skin, no bones, or leftover bones weighed
- 1090 Chicken, roast, light meat only, NO skin, no bones, or leftover bones weighed
- 1372 Chicken, roast, light meat and skin, no bones, or leftover bones weighed
- 1091 Chicken, roast, dark meat only, NO skin, no bones, or leftover bones weighed
- 1374 Chicken, roast, dark meat and skin, no bones, or leftover bones weighed
- 1089 Chicken, wing quarter, roast, meat and skin, no bones, or leftover bones weighed
- 1092 Chicken, wing quarter, roast, meat and skin, leftover bone not weighed
- 8514 Chicken, wing only, roast, meat and skin, leftover bone not weighed
- 1374 Chicken, leg quarter, thigh, roast, meat and skin, no bones, or leftover bones weighed
- 1093 Chicken, leg quarter, thigh, roast, meat and skin, leftover bones not weighed

CHICKEN DISHES, INCLUDING CANNED CHICKEN

- R 1098 Chicken biryani; includes rice
- R 1099 Chicken casserole, meat only, no skin, in thickened gravy, with vegetables, no bones, or leftover bones weighed
- R 1100 Chicken casserole, meat only, no skin, in thickened gravy, with vegetables, leftover bones not weighed
- 1101 Chicken casserole, canned
- R 7777 Chicken, Chinese style, no bones, or leftover bones weighed
- R 1366 Chicken chop suey
- 1102 Chicken chow mein, Vesta only, ready meal, weight as served, complete meal
- R 1367 Chicken chow mein
- 1106 Chicken curry, Vesta only, weight as served. NO rice
- 1103 Chicken curry, canned. NO rice

CHICKEN AND TURKEY AND DISHES

- R 1104 Chicken curry, with vegetables, no bones, or leftover bones weighed. NO rice homemade
- R 1105 Chicken curry, with vegetables, leftover bones not weighed. NO rice homemade
- 1126 Chicken roll, with or without stuffing, canned
- 1127 Chicken roll, with or without stuffing, NOT canned
- R 1363 Chicken curry, with cream or coconut sauce, no bones, or leftover bones weighed. NO rice homemade
- R 1362 Chicken curry, with cream or coconut sauce, leftover bones not weighed. NO rice homemade
- 9386 Chicken curry; tikka masala; tikka makhanwalla; masala; ready meal, frozen or chilled, with rice
- 9387 Chicken curry; tikka masala; tikka makhanwalla; masala; ready meal, frozen or chilled, no rice
- R 1113 Chicken, with mushrooms, no bones, or leftover bones weighed homemade
- 7778 Chicken lasagne, purchased, frozen or chilled ready meal
- 8260 Chicken pancake, frozen, fried in blended vegetable oil
- 1116 Chicken, roast dinner, roast chicken platter frozen, purchased ready meal with potatoes, vegetables and stuffing, eg. Birds Eye
- 1117 Chicken, roast in gravy, frozen, purchased, no vegetables or potatoes eg. Birds Eye
- 1125 Chicken spread; chicken paste; NOT canned
- 1168 Chicken spread; chicken paste; canned
- 2661 Chicken stirfry, with rice, ready meal, eg. Ross Chinese Chicken, Ross Indian Chicken
- R 1107 Chicken supreme, creamed chicken; chicken in white sauce; no bones or leftover bones weighed. NOT canned homemade
- R 1123 Chicken, tandoori, no bones, or leftover bones weighed
- R 1124 Chicken, tandoori, leftover bones not weighed
- R 1122 Chicken tikka, ie. Indian lean chicken, spiced, grilled, no bones or leftover bones weighed NOT chicken tikka masala
- 1108 Chicken, in white sauce, canned

CHICKEN AND TURKEY AND DISHES

TURKEY

- 9358 Roast turkey platter; roast turkey dinner, frozen or chilled ready meal, with potatoes, vegetables and stuffing. eg Birds Eye
- 8261 Turkey, roast roll, purchased, eg. Bernard Matthews Turkey Roast, cooked
- 1146 Turkey, roast, light and dark meat, no bones, or leftover bones weighed, purchased, eg. Bernard Matthews. NOT roast roll
- 1147 Turkey, roast, light and dark meat, leftover bones not weighed
- 1148 Turkey, roast, light meat, no bones
- 1149 Turkey, roast, dark meat, no bones, or leftover bones weighed
- 1150 Turkey, roast, dark meat, leftover bones not weighed
- 8262 Turkey, smoked, light and dark meat, no bones, or leftover bones weighed
- R 1152 Turkey, giblets and neck meat, cooked
- 1126 Turkey roll, with or without stuffing, canned
- 1127 Turkey roll, with or without stuffing. NOT canned

TURKEY

LIVER AND DISHES, LIVER PATE AND LIVER SAUSAGE

- 1259 Extrawurst, NOT canned
- 1179 Liver, calves, fried or grilled, NO coating
- 1181 Liver, calves, coated, fried in blended vegetable oil
- 1182 Liver, calves, coated, fried in butter
- 1183 Liver, calves, coated, fried in dripping
- 1184 Liver, calves, coated, fried in lard
- 1185 Liver, calves, coated, fried in margarine (NOT polyunsaturated)
- 1186 Liver, calves, coated, fried in polyunsaturated margarine or oil
- 1187 Liver, calves, stewed or braised, in thickened gravy
- 1189 Liver, chicken, fried or grilled, NO coating
- 1190 Liver, chicken, stewed in thickened gravy
- 1191 Liver, lambs, fried or grilled, NO coating
- 1192 Liver, lambs, coated, fried in blended vegetable oil
- 1193 Liver, lambs, coated, fried in dripping
- 1194 Liver, lambs, coated, fried in lard
- 1195 Liver, lambs, coated, fried in polyunsaturated margarine or oil
- 1196 Liver, lambs, stewed in thickened gravy
- 1227 Liver and onion with gravy, ready meal, purchased,
eg. Birds Eye
- 1198 Liver, ox, stewed in thickened gravy
- 4001 Liver, ox, coated, fried in blended vegetable oil
- 1256 Liver pate, canned
- 1258 Liver pate plastic packed. NOT low fat
- 1257 Liver pate from delicatessen. NOT canned, NOT pre-packed
- 3334 Liver pate low fat
- 1199 Liver, pigs, fried or grilled, NO coating
- 1200 Liver, pigs, coated, fried in blended vegetable oil
- 1201 Liver, pigs, coated, fried in dripping
- 1202 Liver, pigs, coated, fried in lard
- 1203 Liver, pigs, coated, fried in polyunsaturated margarine or oil
- 3322 Liver, pigs, coated, fried in butter
- R 1204 Liver, pigs, stewed in thickened gravy
- 1259 Liver sausage

LIVER AND DISHES, LIVER PATE AND LIVER SAUSAGE

BURGERS AND KEBABS

- 1264 Beefburgers, in gravy, canned
- 1382 Beefburgers, low fat, grilled
- 8263 Beefburgers, low fat, fried
- 1266 Beefburgers: hamburgers; 100 % meat only, fried. NOT canned, NOT low fat beefburgers
- 8264 Beefburgers: hamburgers; 100 % meat only, grilled. NOT canned, NOT low fat beefburgers
- 1268 Beefburgers and onion; hamburgers and onion; fried. NOT 100 % meat. NOT canned, NOT low fat beefburgers
- 8265 Beefburgers and onion; hamburgers and onion; grilled. NOT 100 % meat. NOT canned, NOT low fat beefburgers
- 1270 Beefburger; hamburger; economy or other, fried. NOT canned, NOT low fat beefburgers
- 8266 Beefburger; hamburger; economy or other, grilled. NOT canned, NOT low fat beefburgers
- 1316 Beefburgers, in batter, deep fried, purchased, takeaway
- 1333 Cheeseburger; beefburger with cheese in a bun; takeaway. NOT quarter pounder
- 1339 Cheeseburger; beefburger with cheese in a bun; takeaway, quarter pounder
- Chicken burgers etc: see chicken including chicken products and dishes
- 1289 Grill steaks, beef, fried or grilled
- 7794 Grill steaks, beef only, low fat, grilled
- 7795 Grill steaks, beef only, low fat, fried
- 1330 Hamburger in a bun; beefburger in a bun; takeaway. NOT quarter pounder
- 1336 Hamburger in a bun; beefburger in a bun; takeaway, quarter pounder
- 1340 Hamburger, kingsize; Big Mac; Whopper; with bun and relish; takeaway
- 1342 Kebab, doner; sliced lamb and salad in pitta; takeaway
- 8146 Kebab, doner; sliced lamb in pitta, NO salad; takeaway
- 1343 Kebab, kofte; spiced sausage and salad in pitta; takeaway
- 1344 Kebab, shish; skewered lamb and salad in pitta; takeaway
- 1289 Lamb burgers; grill steaks; fried or grilled, eg. Dale

BURGERS AND KEBABS

SAUSAGES

- 1157 Turkey sausages, fried or grilled
- 1272 Frankfurter, canned
- 1271 Frankfurter, NOT canned
- 1273 Polony
 - Quorn: see "vegetable dishes"
- 1276 Sausages, beef, fried. NOT low fat
- 1277 Sausages, beef, grilled, NOT low fat
- 7790 Sausages, beef, skinless, fried
- 7791 Sausages, beef, skinless, grilled
- 7784 Sausages, economy, fried
- 7785 Sausages, economy, grilled
- 1279 Sausages, pork, fried. NOT smoked, NOT low fat
- 1280 Sausages, pork, grilled. NOT smoked, NOT low fat
- 8268 Sausages, pork, smoked, fried. NOT low fat
- 8269 Sausages, pork, smoked, grilled. NOT low fat
- 7786 Sausages, pork, skinless, fried
- 7787 Sausages, pork, skinless, grilled
- 1282 Sausages, pork and beef mixed, fried or grilled. NOT low fat
- 7788 Sausages, pork and beef mixed, skinless, fried
- 7789 Sausages, pork and beef mixed, skinless, grilled
- 1283 Sausages, pork, beef, or pork and beef, low fat, grilled
- 7792 Sausages, premium pork, premium pork and herbs, fried
- 7793 Sausages, premium pork, premium pork and herbs, grilled
- 1284 Sausages, in batter, fried in blended vegetable oil, NOT purchased from takeaway shop
- 1288 Sausages, in batter, fried in blended vegetable oil, purchased from a takeaway shop
- 1285 Sausages, in batter, fried in dripping
- 1286 Sausages, in batter, fried in lard
- 1287 Sausages, in batter, fried in polyunsaturated oil
- 7783 Sausages specially for microwave ovens, microwaved, NOT fried, eg. Walls Microwave sausages
- 1290 Saveloy
 - Scotch Eggs: see "Eggs and egg dishes"

MEAT PIES AND PASTRIES (INCL CHICKEN PIES)

- 1296 Bacon and egg pie, two crusts; shortcrust pastry made with half lard, half margarine (NOT polyunsaturated)
- 1293 Beef and potato pie, one crust; shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1294 Beef and potato pie, two crusts; shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1291 Bridies; scotch pies; mutton pies
- R 1118 Chicken pie; turkey pie; one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1119 Chicken pie; turkey pie; two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1120 Chicken pie, frozen or chilled, purchased, individual size, two crusts. Includes chicken and ham; chicken and vegetable
- R 1121 Chicken vol-au-vent, ie. chicken in white sauce in vol-au-vent case
- R 9321 Corned beef pasty homemade
- R 9326 Corned beef and potato pie homemade with shortcrust pastry
- R 1295 Cornish pastie, homemade; shortcrust pastry, beef, potatoes and onions; pastry made with half lard and half margarine (NOT polyunsaturated)
- 1299 Cornish pastie; meat and vegetable pastie; purchased
- R 1297 Kidney and mushroom pie, one crust; shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1298 Kidney and mushroom pie, two crusts; shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1302 Minced beef pie, homemade, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1301 Minced beef pie, homemade, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1292 Minced beef pie, purchased, two crusts, frozen or chilled
- R 1351 Pancake roll, fried pancake with minced beef filling
- 1299 Pastie, Cornish; meat and vegetable pastie, purchased
- 7796 Pork pie, buffet, mini (diameter 1.5 inches)
- 1304 Pork pie, individual
- 1305 Pork pie, sliced, NO egg
- 1303 Pork and egg pie; veal and egg pie; ham and egg pie; Grosvenor pie
- 1306 Sausage roll, flaky pastry, homemade
- 8071 Sausage roll, puffed pastry or flaky pastry, purchased
- 1307 Sausage roll, shortcrust pastry, homemade; pastry made with half lard and half margarine (NOT polyunsaturated)
- 1308 Sausage roll, shortcrust pastry, purchased

MEAT PIES AND PASTRIES (INCL CHICKEN PIES)

- R 1309 Steak pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated). NOT canned
- R 1310 Steak pie, two crusts or individual, shortcrust pastry made with half lard, and half margarine (NOT polyunsaturated). NOT canned
- R 8731 Steak pie, lean meat, two crusts or individual, shortcrust pastry made with polyunsaturated margarine. NOT canned
- 1378 Steak pie, individual, flaky pastry, purchased
- 1241 Steak and kidney pie, canned
- 1242 Steak and kidney pudding, canned
- R 1322 Beef, steak, pudding, suet pastry, NO kidney. NOT canned
- R 1381 Beef, steak, and kidney pudding, suet pastry, NOT canned
- R 1312 Steak and kidney pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1313 Steak and kidney pie, two crusts, individual; shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1314 Steak and kidney pie, two crusts, shortcrust pastry, made with half lard and half margarine (NOT polyunsaturated). NOT individual; NOT canned.
- 1379 Steak and kidney pie, two crusts, individual, flaky pastry, purchased
- 1377 Steak and kidney pie, two crusts, shortcrust pastry, purchased
- R 1354 Samosa, meat
- R 1158 Rabbit pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1118 Turkey pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1119 Turkey pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)

MEAT - OTHER. MEAT PRODUCTS.

- 1315 Bacon and egg in a bun, purchased, takeaway
 Beanburger: see "Vegetables"
- 1337 Bierwurst, NOT canned
- R 1326 Chinese meat buns
- R 1332 Chop suey, with beef, lamb or pork
- R 1327 Corned beef hash; corned beef and mashed potato
- 1235 Corned beef, canned
- 1341 Corned beef, NOT canned
- 1337 Garlic sausage, NOT canned
- 1237 Ham and pork, chopped, canned
- 1337 Ham and pork, chopped. NOT canned
- 4771 Ham pate low fat, purchased. NOT canned
- 1255 Haslet
- 1239 Luncheon meat, canned
- 1338 Luncheon meat, NOT canned
- 8267 Pepperami or snack salami
- 923 Pork crackling; "pork scratchings"
- Ravioli, canned: see "Pasta, rice and grains"
- 1274 Salami. NOT pepperami or snack salami
- 1239 Spam, canned
- 1338 Spam, NOT canned
- 4857 Steak and kidney pie filling, canned
- 1245 Tongue, Ox, canned. Not lunch tongue or pork tongue
- 1215 Tongue, Ox, NOT canned. Not lunch tongue or pork tongue
- 1335 Luncheon meat, Chinese, steamed, purchased
- R 1332 Meat chop suey, beef, lamb or pork
- R 1349 Meat loaf, any

MEAT - OTHER. MEAT PRODUCTS.

POULTRY (NOT CHICKEN/TURKEY) AND GAME

1129 Duck, roast, meat only, NO skin, no bones, or leftover bones weighed
1130 Duck, roast, meat only, No skin, leftover bones not weighed
1131 Duck, roast, meat, fat and skin, no bones, or leftover bones weighed
1132 Duck, roast, meat, fat and skin, leftover bones not weighed
9405 Duck, braised, meat only, no fat or skin, no bones, or leftover bones weighed
1133 Goose, roast, meat only, NO skin, No fat, no bones, or leftover bones weighed
1134 Goose, roast, meat only, NO skin, NO fat, leftover bones not weighed
1135 Grouse, roast, meat only, NO skin, NO fat, no bones, or leftover bones weighed
1136 Grouse, roast, meat only, NO skin, NO fat, leftover bones not weighed
1159 Hare, roast, meat only, no bones, or leftover bones weighed
1160 Hare, stewed, meat only, no bones, or leftover bones weighed
1161 Hare, stewed, meat only, leftover bones not weighed
1137 Partridge, roast, meat only, NO skin, NO fat, no bones, or leftover bones weighed
1138 Partridge, roast, meat only, NO skin, NO fat, leftover bones not weighed
1139 Pheasant, roast, meat only, NO skin, NO fat, no bones, or leftover bones weighed
1140 Pheasant, roast, meat only, NO skin, NO fat, leftover bones not weighed
9406 Pheasant, stewed, meat only, no bones, or leftover bones weighed
1141 Pigeon, roast, meat only, NO skin, NO fat, no bones, or leftover bones weighed
1142 Pigeon, roast, meat only, NO skin, NO fat, leftover bones not weighed
1162 Rabbit, roast, meat only, no bones, or leftover bones weighed
1163 Rabbit, stewed, meat only, no bones, or leftover bones weighed
1164 Rabbit, stewed, meat only, leftover bones not weighed
1167 Venison, roast, meat only, no bones, or leftover bones weighed
9403 Venison stewed, meat only, no bones, or leftover bones weighed

POULTRY (NOT CHICKEN/TURKEY) AND GAME

OFFAL

- 1171 Brain, calves, boiled
1172 Brain, lambs, boiled
1173 Heart, sheeps, roast or braised, meat only, NO fat
R 1175 Heart, ox, stewed or casserole
1176 Kidney, lambs, fried or grilled
R 1177 Kidney, any kind, stewed in thickened gravy
1178 Kidney, pigs, fried or grilled
1206 Oxtail, stewed, lean meat only, NO fat, leftover bones weighed
1207 Oxtail, stewed, lean meat only, NO fat, leftover bones and fat not weighed
1208 Sweetbreads, lambs, NO coating, fried in butter
1209 Sweetbreads, lambs, coated in egg and breadcrumbs, fried in blended vegetable oil
1210 Sweetbreads, lambs, coated in egg and breadcrumbs, fried in dripping
1211 Sweetbreads, lambs, coated in egg and breadcrumbs, fried in lard
1212 Sweetbreads, lambs, coated in egg and breadcrumbs, fried in polyunsaturated margarine or oil
R 1213 Sweetbreads, lambs, stewed in white sauce
1215 Tongue, Ox, cold, sliced, NOT canned. Not pork or lunch tongue
1245 Tongue, Ox, canned. Not pork or lunch tongue
1216 Tongue, ox, stewed, meat only, NO fat or skin, or leftover fat and skin weighed
1214 Tongue, sheeps, stewed, meat only, NO fat or skin, or leftover fat and skin weighed
1218 Tripe, stewed in milk
R 1219 Tripe, stewed in thickened sauce
1220 Trotters and tails, salted, boiled, meat only, NO fat, skin or bones, or leftover fat, skin and bones weighed

OFFAL PRODUCTS

- 1248 Black pudding, fried or grilled
1247 Black pudding, boiled
1249 Brawn
R 1250 Faggots; savoury ducks; with or without gravy
1251 Haggis, boiled
1252 Haggis, in batter, deep fried in blended vegetable oil, purchased from takeaway shop
1253 Haggis, in batter, deep fried in dripping, purchased from takeaway shop

OFFAL

- 1254 Haggis, in batter, deep fried in lard, purchased from takeaway shop
- 1255 Haslet
- 1261 Meat paste, canned. NOT chicken paste
- 1262 Meat paste, NOT canned. NOT chicken paste
- 1263 White pudding

FISH. COATED OR FRIED. FISH PRODUCTS AND FISH DISHES

- 1405 Cod, no coating, fried in blended vegetable oil
Coalfish, code as for cod
- 1406 Cod, no coating, fried in butter
- 1407 Cod, no coating, fried in dripping
- 1408 Cod, no coating, fried in lard
- 1409 Cod, no coating, fried in margarine (NOT polyunsaturated)
- 1410 Cod, no coating, fried in polyunsaturated margarine or oil
- 1411 Cod, coated in batter, fried in blended vegetable oil. NOT purchased from takeaway shop
- 1415 Cod, coated in batter, fried in blended vegetable oil, from takeaway shop
- 1412 Cod, coated in batter, fried in dripping
- 1413 Cod, coated in batter, fried in lard
- 1414 Cod, coated in batter, fried in polyunsaturated oil
- 1637 Cod, coated in batter, frozen, oven baked or grilled, no added fat
- 1416 Cod, coated in egg and breadcrumbs, fried in blended vegetable oil
- 1417 Cod, coated in egg and breadcrumbs, fried in dripping
- 1418 Cod, coated in egg and breadcrumbs, fried in lard
- 1419 Cod, coated in egg and breadcrumbs, fried in polyunsaturated oil
- 9254 Cod coated in breadcrumbs, frozen, fried in blended veg oil
- 8599 Cod, coated in flour, fried in blended vegetable oil
- 1539 Dogfish; rock salmon; coated in batter, fried in blended vegetable oil, no bones, or leftover bones weighed. NOT purchased from takeaway shop
- 1543 Dogfish; rock salmon; coated in batter, fried in blended vegetable oil, purchased from takeaway shop, no bones, or leftover bones weighed
- 1540 Dogfish; rock salmon; coated in batter, fried in dripping, no bones or leftover bones weighed
- 1541 Dogfish; rock salmon; coated in batter, fried in lard, no bones or leftover bones weighed
- 1542 Dogfish; rock salmon; coated in batter, fried in polyunsaturated oil, no bones, or leftover bones weighed
- 1544 Dogfish; rock salmon; coated in batter, fried in blended vegetable oil, leftover bones not weighed. NOT purchased from takeaway shop
- 1548 Dogfish; rock salmon; coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones not weighed
- 1546 Dogfish; rock salmon; coated in batter, fried in dripping, leftover bones not weighed
- 1545 Dogfish; rock salmon; coated in batter, fried in lard, leftover bones not weighed

FISH. COATED OR FRIED. FISH PRODUCTS AND FISH DISHES

- 1547 Dogfish; rock salmon; coated in batter, fried in polyunsaturated oil, leftover bones not weighed
 Gurnet, code as for dogfish
 Huss, code as for dogfish
- 1600 Fillet-O-fish, takeaway, McDonalds only
- 1606 Fishcakes, coated in breadcrumbs, grilled
- 1607 Fishcakes, coated in breadcrumbs, fried in blended vegetable oil
- 1608 Fishcakes, coated in breadcrumbs, fried in dripping
- 1609 Fishcakes, coated in breadcrumbs, fried in lard
- 1610 Fishcakes, coated in breadcrumbs, fried in polyunsaturated oil
- 1611 Fishcakes, coated in batter, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1636 Fishcakes, coated in batter, fried in blended vegetable oil, purchased from a takeaway shop
- 1612 Fishcakes, coated in batter, fried in dripping
- 1613 Fishcakes, coated in batter, fried in lard
- 1614 Fishcakes, coated in batter, fried in polyunsaturated oil
- 8277 Fish feasts ie white fish filled with cheese sauce coated in breadcrumbs grilled or baked
- 1615 Fish fingers, coated in batter or breadcrumbs, grilled. NOT economy
- 1616 Fish fingers, coated in batter or breadcrumbs, fried in blended vegetable oil. NOT economy
- 1617 Fish fingers, coated in batter or breadcrumbs, fried in dripping. NOT economy
- 1618 Fish fingers, coated in batter or breadcrumbs, fried in lard. NOT economy
- 1619 Fish fingers, coated in batter or breadcrumbs, fried in polyunsaturated oil. NOT economy
- 8751 Fish fingers, coated in batter or breadcrumbs, fried in olive oil. NOT economy
- 7832 Fish fingers, economy, coated in batter or breadcrumbs, grilled
- 7833 Fish fingers, economy, coated in batter or breadcrumbs, fried in blended vegetable oil
- 7834 Fish fingers, economy, coated in batter or breadcrumbs, fried in dripping
- 7835 Fish fingers, economy, coated in batter or breadcrumbs, fried in lard
- 7836 Fish fingers, economy, coated in batter or breadcrumbs, fried in polyunsaturated oil
- 1602 Fish-in-a-bun, takeaway, NOT McDonalds
- 8278 Fish pancake, eg. Findus, fried in blended vegetable oil

FISH. COATED OR FRIED. FISH PRODUCTS AND FISH DISHES

8279 Fish pearls or fish kiev's, ie. breaded fish with garlic filling, baked or grilled

7801 Haddock, no coating, fried in blended vegetable oil

7802 Haddock, no coating, fried in butter

7803 Haddock, no coating, fried in dripping

7804 Haddock, no coating, fried in lard

7805 Haddock, no coating, fried in margarine (NOT polyunsaturated)

7806 Haddock, no coating, fried in polyunsaturated margarine or oil

7807 Haddock, coated in batter, fried in blended vegetable oil. NOT purchased from takeaway shop

7808 Haddock, coated in batter, fried in blended vegetable oil, from takeaway shop

7809 Haddock, coated in batter, fried in dripping

7810 Haddock, coated in batter, fried in lard

7811 Haddock, coated in batter, fried in polyunsaturated oil

7812 Haddock, coated in egg & breadcrumbs, fried in blended vegetable oil

7813 Haddock, coated in egg and breadcrumbs, fried in dripping

7814 Haddock, coated in egg and breadcrumbs, fried in lard

7815 Haddock, coated in egg and breadcrumbs, fried in polyunsaturated oil

7816 Haddock, coated in flour, fried in blended vegetable oil

8978 Haddock, coated in flour, fried in polyunsaturated oil

9257 Haddock, coated in flour, fried in dripping

9524 Haddock, coated in breadcrumbs, frozen, oven baked or grilled

9258 Haddock, coated in breadcrumbs, frozen, fried in blended veg oil

1453 Lemon sole, coated in flour, fried in blended vegetable oil

1454 Lemon sole, coated in flour, fried in butter

1455 Lemon sole, coated in flour, fried in margarine (NOT polyunsaturated)

1456 Lemon sole, coated in flour, fried in polyunsaturated margarine or oil

1457 Lemon sole, coated in egg and breadcrumbs, fried in blended vegetable oil

1458 Lemon sole, coated in egg and breadcrumbs, fried in butter

1459 Lemon sole, coated in egg and breadcrumbs, fried in margarine (NOT polyunsaturated)

1460 Lemon sole, coated in egg and breadcrumbs, fried in polyunsaturated margarine or oil

1464 Plaice; whiting; coated in batter, fried in blended vegetable oil. NOT purchased from takeaway shop

FISH. COATED OR FRIED. FISH PRODUCTS AND FISH DISHES

- 1468 Plaice; whiting; coated in batter, fried in blended vegetable oil, purchased from takeaway shop
- 1465 Plaice; whiting; coated in batter, fried in dripping
- 1466 Plaice; whiting; coated in batter, fried in lard
- 1467 Plaice; whiting; coated in batter, fried in polyunsaturated oil
- 1469 Plaice; coated in egg and breadcrumbs, fried in blended vegetable oil
- 1470 Plaice; coated in egg and breadcrumbs, fried in dripping
- 1471 Plaice; coated in egg and breadcrumbs, fried in lard
- 1472 Plaice; coated in egg and breadcrumbs, fried in polyunsaturated oil
- 9362 Plaice; coated in egg and breadcrumbs, fried in butter
- 9353 Plaice, coated in breadcrumbs, frozen, baked or grilled without fat
- 9260 Plaice, coated in breadcrumbs, frozen, fried in blended veg oil
- 1475 Plaice; whiting; coated in flour, fried in blended vegetable oil, no bones, or leftover bones weighed
- 1476 Plaice; whiting; coated in flour, fried in dripping, no bones, or leftover bones weighed
- 1477 Plaice; whiting; coated in flour, fried in lard, no bones, or leftover bones weighed
- 1478 Plaice; whiting; coated in flour, fried in polyunsaturated oil, no bones, or leftover bones weighed
- 1479 Plaice; whiting; coated in flour, fried in blended vegetable oil, leftover bones not weighed
- 1480 Plaice; whiting; coated in flour, fried in dripping, leftover bones not weighed
- 1481 Plaice; whiting; coated in flour, fried in lard, leftover bones not weighed
- 1482 Plaice; whiting; coated in flour, fried in polyunsaturated oil, leftover bones not weighed
- R 1581 Prawn balls; sweet and sour prawn balls, weight of prawn balls only, NO sauce
- 7837 Red snapper, fried in blended vegetable oil, No bones or skin, or left over bones weighed
- Rock salmon, code as for dogfish
- 1623 Roe, cod, hard, coated in batter, fried in blended vegetable oil, NOT purchased from a takeaway shop
- 1640 Roe, cod, hard, coated in batter, fried in blended vegetable oil, purchased from a takeaway shop
- 1624 Roe, cod, hard, coated in batter, fried in dripping
- 1625 Roe, cod, hard, coated in batter, fried in lard
- 1626 Roe, cod, hard, coated in batter, fried in polyunsaturated oil

FISH. COATED OR FRIED. FISH PRODUCTS AND FISH DISHES

- R 1581 Scampi, coated, fried in blended vegetable oil. Includes prawn balls from sweet and sour prawns
 - 1582 Scampi, coated, fried in dripping
 - 1583 Scampi, coated, fried in lard
 - R 1584 Scampi, coated, fried in polyunsaturated oil
 - 1549 Skate, fried in butter, leftover bones and skin weighed
 - 1550 Skate, fried in butter, leftover bones and skin not weighed
 - 1556 Skate, coated in batter, fried in blended vegetable oil, leftover bones weighed. NOT purchased from takeaway shop
 - 1560 Skate, coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones weighed
 - 1558 Skate, coated in batter, fried in dripping, leftover bones weighed
 - 1557 Skate, coated in batter, fried in lard, leftover bones weighed
 - 1559 Skate, coated in batter, fried in polyunsaturated oil, leftover bones weighed
 - 1551 Skate, coated in batter, fried in blended vegetable oil, leftover bones not weighed. NOT purchased from takeaway shop
 - 1555 Skate, coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones not weighed
 - 1553 Skate, coated in batter, fried in dripping, leftover bones not weighed
 - 1552 Skate, coated in batter, fried in lard, leftover bones not weighed
 - 1554 Skate, coated in batter, fried in polyunsaturated oil, leftover bones not weighed
 - 9261 Whiting coated in egg and breadcrumbs, fried in blended veg oil
No bones, or leftover bones weighed
 - 9262 Whiting coated in egg and breadcrumbs, fried in dripping
No bones, or leftover bones weighed
 - 9263 Whiting, coated in egg and breadcrumbs, fried in polyunsaturated oil
No bones, or leftover bones weighed
- Whiting coated in flour, fried: see plaice

OTHER WHITE FISH AND FISH DISHES

- 1594 Caviar, canned
- 9316 White fish in cheese sauce in a pastry case, frozen ready meal, eg. Birds Eye Cheese Normandy en Croute.
- 1595 Chinese fish balls, purchased. Steamed. NOT Prawn balls
- 1403 Cod, baked or grilled, with butter. No bones
- 1404 Cod, baked or grilled, with butter. Weighed with bones
- 7798 Cod, baked or grilled, NO butter. No bones
- 1420 Cod, unsmoked, poached in water, steamed
- 1422 Cod, unsmoked, poached in milk and butter.
- 8983 Cod, unsmoked, poached in milk, NO added fat
- 1424 Cod, smoked, poached in water, steamed, baked or grilled. NO butter
- 1445 Cod, smoked, poached in milk and butter
- 1446 Cod, dried, salt, boiled
- 9253 Cod in parsley sauce boil in bag
- 9292 Cods roe, fresh, grilled
- 9324 Coley, steamed; poached in water
- 7831 Crabsticks
- R 1597 Curried white fish with tomatoes; NO rice
- R 1604 Fish pie, ie. white fish with potato and egg in white sauce
- R 1605 Fish pie, one pastry crust; shortcrust pastry made with half lard, half margarine (NOT polyunsaturated)
- R 1638 Fish, white, in butter, mushroom, parsley, prawn or shrimp sauce,
- R 1601 Fish, white, in cheese sauce
- 9270 Fisherman's pie retail
- 1603 Fish paste, NOT smoked mackerel or smoked trout pate
- 7799 Haddock, unsmoked, baked or grilled. NO butter
- 7800 Haddock, unsmoked, baked or grilled, with butter
- 9327 Haddock bake with cheese sauce, potatoes & topping, frozen ready meal, eg. Youngs
- 7817 Haddock, unsmoked, poached in water
- 7818 Haddock, unsmoked, poached in milk and butter
- 7819 Haddock, smoked, poached in water, steamed, baked or grilled. NO butter
- 7820 Haddock, smoked, poached in milk and butter
- 9255 Haddock, smoked, baked or grilled. NO butter

OTHER WHITE FISH AND FISH DISHES

- 9256 Haddock smoked baked or grilled, with butter
Hake, code as for cod
- 1448 Halibut, steamed or poached in water, no bones or skin, or leftover bones and skin weighed
- 1449 Halibut, steamed or poached in water, leftover bones and skin not weighed
Hoki, code as for cod
- 1620 Kedgerree, ie. white rice, smoked fish, hard boiled egg and parsley
- 1451 Lemon sole, steamed or poached in water, no bones or skin, or leftover bone and skin weighed
- 1452 Lemon sole, steamed or poached in water, leftover bones and skin not weighed
- 9259 Lemon sole, grilled, NO added fat
- 7821 Plaice, baked or grilled, NO butter, NO bones or skin, or leftover bones and skins weighed
- 7822 Plaice, baked or grilled with butter, NO bones or skin, or leftover bones and skins weighed
- 1462 Plaice, steamed or poached in water, no bones or skin, or leftover bones and skin weighed
- 1463 Plaice, steamed or poached in water, leftover bones and skin not weighed
Pollock, code as for cod
- 9269 Skate grilled NO added fat
- 9291 White fish with vegetables and cheese sauce, frozen ready meal, eg Birds Eye Tuscany Bake
- 7823 Whiting, baked or grilled, NO butter, No bones or skin, or leftover bones and skins weighed
- 7824 Whiting, baked or grilled with butter, NO bones or skin, or leftover bones and skins weighed
- 1473 Whiting, steamed or poached in water, no bones, or leftover bones weighed
- 1474 Whiting, steamed or poached in water, leftover bones not weighed

OTHER WHITE FISH AND FISH DISHES

SHELLFISH

- 1592 Abalone, canned, drained weight
- 1596 Clams, canned, drained weight
- 1564 Cockles, fresh, boiled, no shells, or leftover shells weighed. NOT
canned or bottled
- 7829 Cockles, canned, bottled, no shells
- 1561 Crab, boiled, flesh only
- 1562 Crab, boiled, leftover shell not weighed
- 1563 Crab, canned, drained weight
- 1565 Lobster, boiled, flesh only
- 1566 Lobster, boiled, leftover shell not weighed
- 1568 Mussels, fresh, boiled, no shells, or leftover shells weighed. NOT
canned or bottled
- 1569 Mussels, boiled, leftover shells not weighed
- 8274 Mussels, bottled, no shells, drained weight. NOT canned
- 7830 Mussels, canned, no shells, drained weight. NOT smoked
- 8275 Mussels, smoked, canned, no shells, drained weight
- 1571 Oysters, uncooked, flesh only
- 1572 Oysters, uncooked, leftover shells not weighed
- 8276 Oysters, smoked, canned, drained weight
- 1573 Prawns, boiled; King prawns; fresh or frozen; boiled, flesh only
- 1574 Prawns, boiled; King prawns; fresh or frozen; boiled, leftover
shells not weighed
- 1575 Prawns, canned, drained weight
- R 1641 Prawn biryani; prawn pilau; includes rice
- R 1621 Prawn chop suey
- R 1642 Prawn chow mein
- 9328 Prawn curry with rice, frozen or chilled ready meal eg Iceland
- R 1643 Prawn curry; king prawn curry; with vegetables; NO rice
- R 1646 Prawn curry; king prawn curry; with cream or coconut sauce; NO rice
- 1576 Scallops, steamed, no shells, or leftover shells weighed
- Scampi - see coated fish
- 1578 Shrimps, boiled, flesh only
- 1579 Shrimps, boiled, leftover shells not weighed
- 1580 Shrimps, canned in brine, drained weight
- 1577 Shrimps, potted in butter
- 1588 Whelks, boiled, no shells, or leftover shells weighed

SHELLFISH

1589 Whelks, boiled, leftover shells not weighed
1590 Winkles, boiled, no shells, or leftover shells weighed
1591 Winkles, boiled, leftover shells not weighed

FISH - OILY (INCLUDING CANNED)

- 1593 Anchovies, canned, drained weight
- R 1598 Curried oily fish with vegetables; NO rice
- 1500 BLOATER; smoked herring; grilled, no bones, or leftover bones weighed
- 1501 BLOATER; smoked herring; grilled, leftover bones not weighed
Brisling: see sardines
- 1485 Eel, jellied, flesh and jelly
- 1484 Eel, stewed, flesh only
- 1603 Fish paste, NOT smoked mackerel or smoked trout pate
- 1497 Herring, canned in tomato sauce, fish and sauce
- 1498 Herring, canned in oil, fish only
- 1487 Herring, coated in oatmeal or flour, fried in blended vegetable oil, no bones, or leftover bones weighed
- 1488 Herring, coated in oatmeal or flour, fried in dripping, no bones or leftover bones weighed
- 1489 Herring, coated in oatmeal or flour, fried in lard, no bones or leftover bones weighed
- 1490 Herring, coated in oatmeal or flour, fried in polyunsaturated oil, no bones, or leftover bones weighed
- 1491 Herring, coated in oatmeal or flour, fried in blended vegetable oil, leftover bones not weighed
- 1492 Herring, coated in oatmeal or flour, fried in dripping, leftover bones not weighed
- 1493 Herring, coated in oatmeal or flour, fried in lard, leftover bones not weighed
- 1494 Herring, coated in oatmeal or flour, fried in polyunsaturated oil, leftover bones not weighed
- 1495 Herring, grilled, no bones, or leftover bones weighed
- 1496 Herring, grilled, leftover bones not weighed
- 1499 Herring, pickled; soured; roll mop
- 1502 Kipper, baked, NO butter, no bones, or leftover bones weighed
- 1503 Kipper, baked, NO butter, leftover bones not weighed
- 1504 Kipper, baked, with butter, no bones, or leftover bones weighed
- 1505 Kipper, baked, with butter, leftover bones not weighed
- 7825 Kipper, boil in the bag, boiled
- 1498 Kippers, canned in oil, fish only
- 1644 Mackerel, unsmoked, baked or grilled, NO butter, no bones or leftover bones weighed
- 1645 Mackerel, unsmoked, baked or grilled, NO butter, leftover bones not weighed

FISH - OILY (INCLUDING CANNED)

1517 Mackerel, unsmoked, canned, in brine, fish only
 1515 Mackerel, unsmoked, canned, in oil, fish only
 1516 Mackerel, unsmoked, canned, in oil, fish and oil
 1518 Mackerel, canned in tomato sauce, fish and sauce
 1507 Mackerel, with coating, fried in blended vegetable oil, no bones or
 leftover bones weighed
 1508 Mackerel, with coating, fried in dripping, no bones, or leftover
 bones weighed
 1509 Mackerel, with coating, fried in lard, no bones, or leftover bones
 weighed
 1510 Mackerel, with coating, fried in polyunsaturated oil, no bones or
 leftover bones weighed
 1511 Mackerel, with coating, fried in blended vegetable oil, leftover
 bones not weighed
 1512 Mackerel, with coating, fried in dripping, leftover bones not
 weighed
 1513 Mackerel, with coating, fried in lard, leftover bones not weighed
 1514 Mackerel, with coating, fried in polyunsaturated oil, leftover
 bones not weighed
 1647 Mackerel, smoked, NOT canned
 8270 Mackerel, smoked, canned in oil, fish only
 8745 Mackerel, smoked, canned in brine, fish only
 7828 Pilchards, canned in brine, fish only
 9264 Pilchards in tomato sauce, canned, fish and sauce
 1628 Roe, herring, soft, fried in blended vegetable oil
 1629 Roe, herring, soft, fried in butter
 1630 Roe, herring, soft, fried in dripping
 1631 Roe, herring, soft, fried in lard
 1632 Roe, herring, soft, fried in margarine (NOT polyunsaturated)
 1633 Roe, herring, soft, fried in polyunsaturated margarine or oil
 1522 Salmon, smoked, NOT canned
 8271 Salmon, smoked, canned, fish only
 1520 Salmon, steamed, no bones and skin, or leftover bones and skin
 weighed
 7826 Salmon, pink, canned in brine, fish only
 7827 Salmon, pink, canned in brine, fish and backbone eaten
 9265 Salmon, red, canned in brine, fish only
 9266 Salmon, red canned in brine, fish and bones
 9267 Salmon, unspecified canned in brine, fish only

FISH - OILY (INCLUDING CANNED)

9268 Salmon, unspecified, canned in brine, fish and bones
 1521 Salmon, steamed, leftover bones and skin not weighed
 3169 Sardines, brisling, sild, canned in brine, fish only
 1523 Sardines; brisling; sild; canned in oil, fish only
 1524 Sardines; brisling; sild; canned in oil, fish and oil
 1525 Sardines; brisling; sild; canned in tomato sauce
 Sild: see sardines
 Smoked herring: code as bloater
 1639 Smoked mackerel pate; smoked trout pate
 1526 Sprats, coated, fried in blended vegetable oil, no heads or
 leftover heads weighed
 1527 Sprats, coated, fried in dripping, no heads, or leftover heads
 weighed
 1528 Sprats, coated, fried in lard, no heads, or leftover heads weighed
 1529 Sprats, coated, fried in polyunsaturated oil, no heads, or leftover
 heads weighed
 1634 Taramasalata
 1530 Trout, brown or rainbow, unsmoked, baked, grilled, poached or
 steamed, no bones, or leftover bones weighed
 1531 Trout, brown or rainbow, unsmoked, baked, grilled, poached or
 steamed, leftover bones not weighed
 8272 Trout, brown or rainbow, smoked, baked, grilled, poached or
 steamed, no bones, or leftover bones weighed
 8273 Trout, brown or rainbow, smoked, baked, grilled, poached or
 steamed, leftover bones not weighed
 1534 Tuna, canned, in brine, fish only
 1533 Tuna, canned, in oil, fish only
 1532 Tuna, canned, in oil, fish and oil
 9271 Tuna pate purchased
 1535 Whitebait, coated in flour, fried in blended vegetable oil
 1536 Whitebait, coated in flour, fried in dripping
 1537 Whitebait, coated in flour, fried in lard
 1538 Whitebait, coated in flour, fried in polyunsaturated oil

FISH - OILY (INCLUDING CANNED)

VEGETABLES (NOT POTATOES)

- 1651 Ackee, canned, drained weight
- 1652 Artichoke, globe, boiled, base of leaves and soft inside parts
- 1653 Artichoke, globe, boiled, weight as served
- 1654 Artichoke, Jerusalem, boiled
- 1655 Asparagus, boiled, soft tips only
- 1656 Asparagus, boiled, weight as served
- 1657 Asparagus, canned, drained weight
- 1659 Aubergines, brinjal, eggplant, fried in blended vegetable oil
- 1660 Aubergines, brinjal, eggplant, fried in polyunsaturated oil or polyunsaturated margarine
- 1976 Avocado pears, flesh only, leftover skin weighed

See next section for BAKED BEANS

- 1661 Bamboo shoots, canned, drained weight
- 9223 Basil fresh
- 8826 Beans, aduki, dried, boiled
- 1664 Beans, balor; valor; canned, drained weight
- 8280 Beans, blackeye, canned, boiled, drained weight
- 8281 Beans, blackeye; dried, boiled
- 1667 Beans, broad, canned, drained weight
- 1666 Beans, broad, fresh, boiled
- 1668 Beans, broad, frozen, boiled
- 1669 Beans, butter, canned, drained weight
- 1670 Beans, butter, dried, boiled
- 1671 Beans, green, French, boiled, pods and beans
- 2679 Beans, green, French, canned, drained weight
- 1681 Beans, green, runner, fresh or accelerated freeze dried, boiled, eg. Surprise
- 1682 Beans, green, runner, canned, drained weight
- 1683 Beans, green, runner, frozen, boiled
- 1674 Beans, haricot, canned, boiled, drained weight
- 1673 Beans, haricot, dried, boiled
- 1676 Beans, kidney, red, canned, drained weight
- 1677 Beans, kidney, red, dried, boiled. NOT canned
- 8809 Beans, mung, boiled

VEGETABLES (NOT POTATOES)

1679 Beans, papri, canned, drained weight
 1680 Beans, papri, boiled. NOT canned
 1685 Beans, soya, boiled
 1689 Beansprouts, canned, drained weight
 4731 Beansprouts, fresh, boiled
 4520 Beansprouts, fresh, fried in blended vegetable oil
 4558 Beansprouts, fresh, fried in polyunsaturated oil
 1688 Beansprouts, fresh, uncooked
 1691 Beetroot, boiled
 2456 Beetroot, pickled; red cabbage, pickled
 1690 Beetroot, uncooked
 7842 Broccoli, sprouting, uncooked. NOT calabrese
 1693 Broccoli, spears; calabrese; fresh, boiled
 1694 Broccoli, spears; calabrese; frozen, boiled
 7843 Broccoli, sprouting, boiled. NOT calabrese
 1696 Brussel sprouts, fresh, boiled
 1697 Brussel sprouts, canned, drained weight
 1698 Brussel sprouts, frozen, boiled
 Brussel tops: see Cabbage, winter
 1669 Butter beans, canned, drained weight
 7845 Cabbage, January King, fresh, boiled
 1704 Cabbage, savoy, fresh, boiled
 1705 Cabbage, spring; spring greens; fresh, boiled
 7847 Cabbage, Summer, fresh, boiled
 2617 Cabbage, white, fresh, boiled
 1708 Cabbage, winter; kale; fresh, boiled
 1709 Cabbage, any type, frozen, boiled
 7844 Cabbage, January King, uncooked
 1700 Cabbage, red, fresh, uncooked
 1703 Cabbage, savoy, fresh, uncooked
 7846 Cabbage, Summer, uncooked
 1706 Cabbage, white, fresh, uncooked
 1707 Cabbage, winter; kale; uncooked
 1701 Cabbage, red, fresh, boiled
 2456 Cabbage, red, pickled

VEGETABLES (NOT POTATOES)

- 1693 Calabrese, fresh, boiled
- 1694 Calabrese, frozen, boiled
- 1710 Carrots, old, fresh, uncooked; (October-July), unless otherwise stated
- 1712 Carrots, young, new, fresh, uncooked; (August-September, unless otherwise stated)
- 1711 Carrots, old, fresh, boiled; (October-July), unless otherwise stated
- 1713 Carrots, young; new, fresh, boiled; (August-September, unless otherwise stated)
- 1714 Carrots, old or new, frozen, boiled
- 1715 Carrots, canned, drained weight
 - Carrot juice: see "Soft drinks, fruit and vegetable juices"
- 1718 Cauliflower, fresh, uncooked
- 1719 Cauliflower, fresh, boiled
- 1720 Cauliflower, frozen, boiled
- 1724 Celeriac, fresh, boiled
- 1725 Celery, fresh, uncooked
- 1726 Celery, fresh, boiled or braised
- 1727 Celery, canned, drained weight
- 2647 Chestnuts, water, canned, drained weight
- 1815 Chick Peas, boiled
- 1816 Chick Peas, canned, drained weight
- 7848 Chicory, fresh, boiled
- 1728 Chicory, fresh, uncooked. NOT Radiccio
- 1729 Chinese leaves, fresh, uncooked
- 9227 Chives fresh
- R 1731 Coleslaw, homemade. NOT low calorie
- 8079 Coleslaw, purchased. NOT low calorie
- R 1732 Coleslaw, low calorie, homemade
- 8282 Coleslaw, low calorie, purchased
 - Corn on the cob: see Sweetcorn
- 9154 Coriander fresh
- 1733 Courgette, fresh, uncooked
- 1734 Courgettes, fresh or frozen, boiled
- 1738 Courgettes, fried or sauted in blended vegetable oil

VEGETABLES (NOT POTATOES)

1735 Courgettes, fried or sauted in butter
 1736 Courgettes, fried or sauted in margarine (NOT polyunsaturated)
 1737 Courgettes, fried or sauted in polyunsaturated oil or polyunsaturated margarine
 1740 Cucumber, uncooked
 1707 Curly Kale, fresh, uncooked
 1708 Curly kale, fresh, boiled
 1742 Endive, fresh, uncooked
 8477 Fennel, fresh, uncooked
 8478 Fennel, fresh, boiled or braised
 1671 French Beans , boiled, pods and beans
 1743 Garlic, uncooked
 9388 Gherkin, pickled; pickled cucumber
 1748 Green banana, boiled
 1749 Green banana; fried in blended vegetable oil
 1750 Green banana; fried in polyunsaturated oil
 1751 Green banana; fried in red palm oil
 1671 Green Beans, French, boiled, pods and beans
 2679 Green Beans, French, canned, drained weight
 1681 Green Beans, runner, fresh or accelerated freeze dried, boiled, eg. Surprise
 1682 Green Beans, runner, canned, drained weight
 1683 Green Beans, runner, frozen, boiled
 1753 Kohl Rabi, uncooked
 7852 Kohl Rabi, boiled
 1756 Leeks, fresh, boiled
 9311 Leeks fried in olive oil
 1758 Lentils, split, boiled
 7853 Lettuce, Butterhead, raw
 7854 Lettuce, Cos, raw
 7855 Lettuce, Iceberg
 7856 Lettuce, Webbs
 1762 Lettuce, unspecified
 1763 Lettuce, in oil and vinegar dressing
 2650 Mange-tout peas; sugar peas; fresh or frozen, boiled
 1765 Marrow, boiled

VEGETABLES (NOT POTATOES)

1767 Marrow, parwal; small Asian marrow, boiled
 1768 Marrow, parwal; small Asian marrow, canned, drained weight
 1770 Mixed vegetables; carrots, peas, turnip, swede, etc, canned, drained weight. NOT mixed beans
 1771 Mixed vegetables, frozen, boiled
 9232 Mint fresh
 1772 Mushrooms, uncooked
 1775 Mushrooms, fried in blended vegetable oil
 1773 Mushrooms, fried in butter
 1777 Mushrooms, fried in dripping
 1778 Mushrooms, fried in lard
 1774 Mushrooms, fried in margarine (NOT polyunsaturated)
 1776 Mushrooms, fried in polyunsaturated oil or margarine
 9309 Mushrooms fried in olive oil
 1779 Mushrooms, stewed or grilled
 1781 Mushrooms, canned, with or without white sauce
 1782 Mustard and cress, uncooked
 1784 Okra; ladies fingers; bindi; canned, drained contents
 2624 Okra; ladies fingers; bindi; fried in blended vegetable oil
 1785 Onions, uncooked
 1798 Onions, spring, white bulb only, uncooked
 7722 Onions, spring bulb and top, uncooked
 9293 Onion baked or roast
 1786 Onions, boiled
 1789 Onions, fried in blended vegetable oil
 1787 Onions, fried in butter
 1790 Onions, fried in dripping
 1791 Onions, fried in lard
 1788 Onions, fried in margarine (NOT polyunsaturated)
 1792 Onions, fried in polyunsaturated oil or margarine
 1793 Onion rings, in batter, frozen, fried in blended vegetable oil
 1794 Onion rings, in batter, frozen, fried in dripping
 1795 Onion rings, in batter, frozen, fried in lard
 1796 Onion rings, in batter, frozen, fried in polyunsaturated oil or margarine
 8026 Onion rings, in batter, frozen, grilled

VEGETABLES (NOT POTATOES)

2423 Onion, pickled
 1799 Parsley, fresh
 1801 Parsnips, boiled
 1804 Parsnips, roast, in blended vegetable oil
 1802 Parsnips, roast, in dripping
 1803 Parsnips, roast, in lard
 1805 Parsnips, roast, in polyunsaturated oil or margarine
 1806 Peas, fresh, uncooked
 1818 Peas, freeze dried, boiled, eg. Surprise
 1807 Peas, fresh, boiled
 1808 Peas, frozen, boiled. NOT petit pois
 8284 Petit pois peas, frozen, boiled
 1809 Peas, canned, garden, boiled
 1810 Peas, canned, marrowfat, boiled
 1811 Peas, "mushy", canned, boiled
 2618 Peas, "mushy", boiled from dried. NOT canned
 1812 Peas, processed, canned, boiled
 2650 Peas, mange-tout; sugar peas; fresh or frozen, boiled
 1813 Peas, split, dried, boiled
 1819 Pease pudding, canned, boiled
 1823 Peppers, green, fresh, uncooked
 1824 Peppers, green, fresh, boiled
 7857 Peppers, red, fresh, uncooked
 7988 Peppers, red, fresh, boiled
 7987 Peppers, yellow, black or white, fresh, uncooked
 7989 Peppers, yellow, black or white, fresh, boiled
 1826 Peppers, green, red, yellow, black or white, frozen, boiled
 8479 Plantain, boiled
 9468 Plantain fried in blended vegetable oil
 9469 Plantain fried in polyunsaturated oil
 9470 Plantain fried in red palm oil
 9471 Plantain raw
 1908 Pumpkin, boiled
 8285 Quorn, stir fried in blended vegetable oil
 1909 Radish, red, uncooked

VEGETABLES (NOT POTATOES)

1910 Radish, white; mooli
 8283 Raddiccio, uncooked
 1701 Red cabbage, fresh, boiled
 2456 Red cabbage, pickled
 9231 Sage fresh
 1911 Salsify, boiled
 1912 Sauerkraut, bottled, drained weight
 1913 Seakale, boiled. NOT kale
 1685 Soya beans, boiled
 1686 Soya bean curd; Tofu. NOT smoked
 8369 Soya bean curd; Tofu; smoked
 1370 Soya mince, canned
 1376 Soya mince, made up from dried
 1914 Spinach, fresh, uncooked
 1915 Spinach, fresh, boiled
 1916 Spinach, frozen, boiled
 1918 Spinach, canned, drained weight
 8377 Stir fried vegetables, purchased frozen, boiled
 8390 Stir fried vegetables, purchased, frozen, fried in blended vegetable oil
 8391 Stir fried vegetables, purchased, frozen, fried in polyunsaturated margarine or oil
 9365 Sun-dried tomatoes in olive oil and / or sunflower oil, eg. Sacla, Florentino, own brand
 1921 Swede, boiled
 8370 Sweetcorn baby, frozen, boiled
 1922 Sweetcorn; corn on the cob; fresh or frozen, boiled, leftover cob not weighed
 1923 Sweetcorn; corn on the cob; fresh or frozen, kernels only, or leftover cob weighed
 1924 Sweetcorn; corn on the cob; canned, kernels only, drained weight
 1925 Sweetcorn, immature cobs, canned, drained weight
 1930 Sweet potatoes, boiled
 1686 Tofu, soya bean curd, NOT smoked
 8369 Tofu, soya bean curd, smoked
 1941 Turnips, boiled
 1942 Turnips, tops, boiled

VEGETABLES (NOT POTATOES)

1931 Tomatoes, fresh, uncooked
 1932 Tomatoes, fresh, fried in blended vegetable oil
 1933 Tomatoes, fresh, fried in butter
 1934 Tomatoes, fresh, fried in dripping
 1938 Tomatoes, fresh, fried in lard
 1936 Tomatoes, fresh, fried in margarine (NOT polyunsaturated)
 9352 Tomatoes, fresh, fried in olive oil
 1937 Tomatoes, fresh, fried in polyunsaturated oil or margarine
 1935 Tomatoes, fresh, grilled or baked, NO fat
 Tomato juice: see "Soft drinks, fruit and vegetable juices"
 1939 Tomatoes, canned
 9365 Tomatoes, sun dried, in olive oil and / or sunflower oil,
 eg. Sacla, Florentino, own brand
 1947 Watercress, uncooked
 2647 Water chestnuts, canned, drained weight
 1948 Yam, boiled

VEGETABLES (NOT POTATOES)

VEGETABLE DISHES (INCLUDING BAKED BEANS)

- 1662 Baked Beans in tomato sauce, canned, includes curried baked beans. NOT baked beans with sausages; NOT low sugar baked beans
- 2646 Baked beans in tomato sauce, canned, low sugar or no sugar added
- 7840 Baked beans in tomato sauce with pasta, canned, eg. Crosse and Blackwell Fred Bear Beans and Pasta shapes
- 7781 Baked beans with burgers, chicken bits or bacon. NOT baked beans with sausages
- 1240 Baked beans in tomato sauce, with sausages (NOT low fat), canned
- 7839 Baked beans in tomato sauce with low fat sausages, canned
- 9284 Bean salad, purchased
- 2655 Beanburger, Wimpy spicy, weight with bun and relish
- 9282 Red kidney beanburger eg. Wimpy, no bun
- 3083 Beanfeast, various flavours, made up with water, cooked
- R 1699 Bubble and squeak, cooked potato and cabbage, fried in blended vegetable oil
- R 1702 Cabbage, red, recipe dish with apple, onion, sugar and butter
- R 1721 Cauliflower, boiled, with white sauce
- R 1722 Cauliflower cheese, ie. in cheese sauce
- R 1723 Cauliflower bhaji, ie. fried Asian vegetable dish
- R 1741 Cucumber and gram flour raita; ie. Asian vegetable side dish with yogurt
- R 2660 Cucumber and yogurt, Greek style; Tzatziki
- 1817 Hummus; chick pea paste with sesame seeds. NOT canned
- 1717 Hummus; chick pea paste with sesame seeds; canned
- Kidney beans: see Beans, kidney, red
Kale: see Cabbage, winter
- R 1759 Lentils, masur dahl; cooked dish with onion and butter
- R 1761 Lentils, red; toor dahl; cooked dish
- 1760 Lentils, canned, in tomato sauce
- R 1769 Marrow, boiled in white sauce
- 1797 Onion bhaji; pakora ie. Asian dish, fried battered onion ball, purchased
- 3205 Pancakes, savoury cheese, purchased, grilled or fried in blended vegetable oil. eg Findus
- 821 Pastie, cheese and onion, purchased
- 1817 Peas, chick, paste, with sesame seeds; hummus. NOT canned
- 1717 Peas, chick, paste, with sesame seeds; hummus; canned
- R 1821 Pea curry, no rice

VEGETABLE DISHES (INCLUDING BAKED BEANS)

- R 1822 Pea and potato curry, made with canned peas. NO rice
7103 Quorn, savoury pies with puff pastry, purchased
- R 2625 Ratatouille, made with tomatoes, aubergines, courgettes, onions and green pepper, NOT canned
2626 Ratatouille, made with tomatoes, aubergines, courgettes, onions and green pepper, canned
9280 Ratatouille frozen purchased
Red kidney beans: see Beans, kidney, red
- 1240 Sausages (NOT low fat) and baked beans, canned
7839 Sausages (low fat) with baked beans, canned
- R 1917 Spinach curry; "sag"; ie with onion, garlic, tomatoes and blended vegetable oil
Split peas see Peas, split
- R 1919 Spring roll, ie. fried pancake roll with beansprouts filling, NO meat
Sprouts: see Brussel Sprouts
- 1927 Sweetcorn, fritters, fried in blended vegetable oil
1929 Sweetcorn, fritters, fried in lard
1928 Sweetcorn, fritters, fried in dripping
1926 Sweetcorn, fritters, fried in polyunsaturated oil or margarine
Sweetcorn pickle: see "Sauces and pickles"
- R 2660 Tzatziki, Greek style cucumber and yogurt
R 2622 Vegetable biryani or pilau, includes rice
R 1943 Vegetable curry, ie. curried mixed vegetables. NO rice
8286 Vegetable curry with rice, ready meal
9281 Vegetable curry takeaway no rice
8287 Vegetable chilli, ready meal. NO rice
8288 Vegetable fingers, coated in breadcrumbs, grilled
8289 Vegetable fingers, coated in breadcrumbs, fried in blended vegetable oil
8384 Vegetable fingers, coated in breadcrumbs, fried in butter
8385 Vegetable fingers, coated in breadcrumbs, fried in margarine (NOT polyunsaturated)
8386 Vegetable fingers, coated in breadcrumbs, fried in polyunsaturated margarine or oil
7137 Vegetable grills, any, including those with crispy crumb, grilled
Vegetable juice: see "Soft drinks, fruit and vegetable juices"
3143 Vegetable lasagne ready meal, purchased, cooked

VEGETABLE DISHES (INCLUDING BAKED BEANS)

- 1919 Vegetable pancake roll (spring roll), purchased.
- 8290 Vegetable moussaka, ready meal, purchased
- 7859 Vegetable pastie, purchased
- R 1950 Vegetable pie, mixed vegetables in white sauce with one pastry crust, made from half lard and half margarine (NOT polyunsaturated)
- 1945 Vegetable salad, in salad cream or mayonnaise, canned
- 2623 Vegetable samosa, purchased
- 7858 Vegetable "sausage roll", purchased
- 8291 Vegetarian pate, purchased
- 8292 Vegiebanger or vegieburger mix, made up, fried in blended vegetable oil
- 8293 Vegiebanger or vegieburger mix, made up, grilled. NOT vegetable grill
- 8387 Vegiebanger or vegieburger mix, made up, fried in butter
- 8388 Vegiebanger or vegieburger mix, made up, fried in margarine (NOT polyunsaturated)
- 8389 Vegiebanger or vegieburger mix, made up, fried in polyunsaturated margarine or oil
- 4203 Vegieburger, purchased, grilled
- 4785 Vegieburger, purchased, fried in lard
- 9279 Vegieburger purchased fried in blended veg oil

VEGETABLE DISHES (INCLUDING BAKED BEANS)

POTATO CHIPS

This section is divided into the following subsections:

JACKET POTATO SLICES

CHIPS MADE FROM FRESH OLD POTATOES

CHIPS MADE FROM FRESH NEW POTATOES

FROZEN CHIPS.

CHIPS PURCHASED FROM A TAKEAWAY OR FAST FOOD OUTLET

OVEN CHIPS AND MICROWAVE CHIPS

JACKET POTATO SLICES

1878 Jacket potato slices, frozen, grilled or oven cooked, no added fat

CHIPS MADE FROM FRESH OLD POTATOES

1849 Chips, old potatoes, fresh, fried in blended vegetable oil. NOT purchased from a takeaway shop

1850 Chips, old potatoes, fresh, fried in dripping

1851 Chips, old potatoes, fresh, fried in lard

1852 Chips, old potatoes, fresh, fried in polyunsaturated oil or margarine

8750 Chips, old potatoes, fresh, fried in olive oil

CHIPS MADE FROM FRESH NEW POTATOES

1854 Chips, new potatoes, fresh, fried in blended vegetable oil. NOT purchased from a takeaway shop

1855 Chips, new potatoes, fresh, fried in dripping

1856 Chips, new potatoes, fresh, fried in lard

1857 Chips, new potatoes, fresh, fried in polyunsaturated oil or margarine

FROZEN CHIPS.

1859 Crinkle cut frozen chips, fried in blended vegetable oil. NOT purchased from a takeaway shop

1860 Crinkle cut frozen chips, fried in dripping

1861 Crinkle cut frozen chips, fried in lard

1862 Crinkle cut frozen chips, fried in polyunsaturated oil or margarine

9346 Crinkle cut frozen chips, fried in olive oil

1864 Fine cut frozen chips, fried in blended vegetable oil. NOT purchased from a takeaway shop

1865 Fine cut frozen chips, fried in dripping

POTATO CHIPS

- 1866 Fine cut frozen chips, fried in lard
- 1867 Fine cut frozen chips, fried in polyunsaturated oil or margarine
- 8921 Fine cut frozen chips, fried in olive oil
- 1868 Steak cut/Thick cut frozen chips, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1869 Steak cut/Thick cut frozen chips, fried in dripping
- 1870 Steak cut/Thick cut frozen chips, fried in lard
- 1871 Steak cut/Thick cut frozen chips, fried in polyunsaturated oil or margarine
- 1872 Straight cut frozen chips, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1873 Straight cut frozen chips, fried in dripping
- 1874 Straight cut frozen chips, fried in lard
- 1875 Straight cut frozen chips, fried in polyunsaturated oil or margarine
- CHIPS PURCHASED FROM A TAKEAWAY OR FAST FOOD OUTLET
- 1853 Chips, old potatoes, fresh, fried in blended vegetable oil, purchased from a takeaway shop
- 1850 Chips, old potatoes, fresh, fried in dripping
- 1851 Chips, old potatoes, fresh, fried in lard
- 1852 Chips, old potatoes, fresh, fried in polyunsaturated oil or margarine
- 1858 Chips, new potatoes, fresh, fried in blended vegetable oil, purchased from a takeaway shop
- 1855 Chips, new potatoes, fresh, fried in dripping
- 1856 Chips, new potatoes, fresh, fried in lard
- 1857 Chips, new potatoes, fresh, fried in polyunsaturated oil or margarine
- 1863 Crinkle cut frozen chips, fried in blended vegetable oil, purchased from a takeaway shop
- 1860 Crinkle cut frozen chips, fried in dripping
- 1861 Crinkle cut frozen chips, fried in lard
- 1862 Crinkle cut frozen chips, fried in polyunsaturated oil or margarine
- 1949 Fine cut frozen chips, fried in blended vegetable oil purchased from fast food outlet. NOT McDonalds
- 7865 Fine cut frozen chips, purchased from McDonalds only
- 1865 Fine cut frozen chips, fried in dripping
- 1866 Fine cut frozen chips, fried in lard
- 1867 Fine cut frozen chips, fried in polyunsaturated oil or margarine

POTATO CHIPS

- 8549 Steak cut/Thick cut frozen chips, fried in blended vegetable oil, purchased from a takeaway shop
- 1869 Steak cut/Thick cut frozen chips, fried in dripping
- 1870 Steak cut/Thick cut frozen chips, fried in lard
- 1871 Steak cut/Thick cut frozen chips, fried in polyunsaturated oil or margarine
- 1876 Straight cut frozen chips, fried in blended vegetable oil, purchased from a takeaway shop
- 1873 Straight cut frozen chips, fried in dripping
- 1874 Straight cut frozen chips, fried in lard
- 1875 Straight cut frozen chips, fried in polyunsaturated oil or margarine

OVEN CHIPS AND MICROWAVE CHIPS

- 1877 Steak cut/Beefeater chips, frozen, oven ready, cooked without fat
- 1878 Oven ready chips, other, cooked without fat. NOT Microchips; NOT Steak cut/Beefeater chips
- 7863 Chips, designed for use in microwave only, eg. McCains Microchips

FRIED OR ROAST POTATOES AND POTATO PRODUCTS

- 7864 Ketchips, mashed potato with a tomato ketchup centre, purchased, baked
- 8766 Mushroom feasts, potato with creamy mushroom filling, oven baked or grilled, purchased, eg. Birds Eye
- 2654 Potato croquettes; potato cakes; coated in breadcrumbs, grilled or baked. NO fat
- 1901 Potato croquettes; potato cakes; coated in breadcrumbs, fried in blended vegetable oil
- 1902 Potato croquettes; potato cakes; coated in breadcrumbs, fried in dripping
- 1903 Potato croquettes; potato cakes; coated in breadcrumbs, fried in lard
- 1904 Potato croquettes; potato cakes; coated in breadcrumbs, fried in polyunsaturated oil or margarine
- 8295 Potato Crunchies, eg. Ross, own brand, grilled or baked
- Potato Fritters: see Potato Waffles
- 7864 Potato Ketchips; mashed potato with tomato ketchup centre, purchased, baked
- 1884 Potato slices, in batter, fried in blended vegetable oil
- 1885 Potato slices, in batter, fried in dripping
- 1886 Potato slices, in batter, fried in lard
- 1887 Potato slices, in batter, fried in polyunsaturated oil or margarine
- 1888 Potato slices, old, sauteed in blended vegetable oil
- 1892 Potato slices, new, sauteed in blended vegetable oil
- 1889 Potato slices, old, sauteed, in dripping
- 1893 Potato slices, new, sauteed in dripping
- 1890 Potato slices, old, sauteed, in lard
- 1894 Potato slices, new, sauteed in lard
- 1891 Potato slices, old, sauteed in polyunsaturated oil or margarine
- 1895 Potato slices, new, sauteed in polyunsaturated oil or margarine
- 9351 Potato slices, old, sauteed in olive oil
- 1879 Potato Waffles; Fritters; Hash browns; Alphabites; fried in blended vegetable oil
- 1880 Potato Waffles; Fritters; Hash browns; Alphabites; fried in dripping
- 1881 Potato Waffles; Fritters; Hash browns; Alphabites; fried in lard
- 1882 Potato Waffles; Fritters; Hash browns; Alphabites; fried in polyunsaturated oil or margarine

FRIED OR ROAST POTATOES AND POTATO PRODUCTS

3307 Potato Waffles; Fritters; Hash browns; Alphabites, fried in butter
9345 Potato Waffles; Fritters; Hash browns; Alphabites, fried in olive
oil
1883 Potato Waffles; Fritters; Hash browns; Alphabites; grilled or
baked, NO fat

1841 Roast old potatoes, in blended vegetable oil
1845 Roast new potatoes, in blended vegetable oil
1842 Roast old potatoes, in dripping
1846 Roast new potatoes, in dripping
1843 Roast old potatoes, in lard
1847 Roast new potatoes, in lard
1844 Roast old potatoes, in polyunsaturated oil or margarine
1848 Roast new potatoes, in polyunsaturated oil or margarine
8785 Roast new potatoes, in butter
8827 Roast old potatoes, in olive oil
8683 Roast new potatoes, in olive oil
8371 Roast potatoes, old, frozen, baked

POTATOES - OTHER (EG BOILED, BAKED), POTATO SALADS AND DISHES

R 802 Cheese and potato pie, ie. potato, fat, cheese and milk

BAKED OR MICROWAVED POTATO

- 1834 Baked or microwaved potatoes in skins, old, skin eaten
1837 Baked or microwaved potatoes in skins, new, skin eaten
1835 Baked or microwaved potatoes in skins, old, skin NOT eaten,
leftover skin weighed
1836 Baked or microwaved potatoes in skins, old, skin NOT eaten,
leftover skin NOT weighed
1838 Baked or microwaved potatoes in skins, new, skin NOT eaten,
leftover skin weighed
1839 Baked or microwaved potatoes in skins, new, skin NOT eaten,
leftover skin NOT weighed

BOILED OR MASHED POTATO

- 1829 Boiled or mashed potatoes, old, NO added butter or margarine
1830 Boiled or mashed potatoes, new, NO added butter or margarine, skins
eaten
8294 Boiled or mashed potatoes, new, NO added butter or margarine, skins
not eaten, leftover skin weighed
1831 Boiled or mashed potatoes, old, with butter
1833 Boiled or mashed potatoes, old, with polyunsaturated margarine
1832 Boiled or mashed potatoes, old, with margarine
(NOT polyunsaturated)
9249 Boiled or mashed potatoes, old, with low or reduced fat
spread
1896 Potatoes, canned

INSTANT POTATO

- 1897 Instant potato powder or granules, made up with water only
1898 Instant potato powder or granules, made up with milk and water
1899 Instant potato powder or granules, made up with whole milk only
8493 Instant potato powder or granules, made up with semi-skimmed milk
8494 Instant potato powder or granules, made up with skimmed milk

POTATO DISHES

- R 1840 Curried potatoes; no rice
1906 Potato salad, in salad cream, or mayonnaise, canned
1907 Potato salad, in salad cream or mayonnaise, NOT canned
7862 Potato salad, in salad cream or mayonnaise, low calorie

POTATOES - OTHER (EG BOILED, BAKED), POTATO SALADS AND DISHES

FRUIT - CANNED IN JUICE

- 1974 Apricots, canned in fruit juice, fruit and juice
- 1975 Apricots, canned in fruit juice, fruit only
- 1984 Bilberries, canned, fruit only, NO juice
- 8496 Blackberries, canned in juice, fruit and juice
- 1984 Blackberries, canned in juice, fruit only
- 8498 Cherries, canned in fruit juice, fruit and juice
- 2628 Cherries, canned in fruit juice, fruit only, with or without stones
Cherries, glace, maraschino, cocktail: see "Preserves"
- 2030 Fruit salad; fruit cocktail; canned in fruit juice, fruit and juice
- 2031 Fruit salad; fruit cocktail; canned in fruit juice, fruit only
- 2049 Grapefruit, canned in fruit juice, fruit and juice
- 2050 Grapefruit, canned in fruit juice, fruit only
- 2076 Mandarin oranges, canned in fruit juice, fruit and juice
- 2077 Mandarin oranges, canned in fruit juice, fruit only
- 2108 Peaches, canned in fruit juice, fruit and juice
- 2109 Peaches, canned in fruit juice, fruit only
- 2161 Pears, canned in fruit juice, fruit and juice
- 2162 Pears, canned in fruit juice, fruit only
- 2121 Pineapple, canned in fruit juice, fruit and juice
- 2122 Pineapple, canned in fruit juice, fruit only
- 2140 Prunes, canned in natural juice, fruit and juice
- 8803 Raspberries, canned in juice, fruit and juice

FRUIT - CANNED IN JUICE

FRUIT - CANNED IN SYRUP

1972 Apricots, canned in syrup, fruit and syrup
1973 Apricots, canned in syrup, fruit only
1988 Blackberries, canned in syrup, fruit and syrup
8495 Blackberries, canned in syrup, fruit only
1990 Breadfruit, canned, fruit only
1999 Cherries, canned in syrup, fruit and syrup, with or without stones
8497 Cherries, canned in syrup, fruit only
2004 Currants, black, canned, fruit and syrup
2018 Damsons, canned in syrup, fruit and juice
2028 Fruit salad; fruit cocktail; canned in syrup, fruit and syrup
2029 Fruit salad; fruit cocktail; canned in syrup, fruit only
2602 Gooseberries, canned, drained weight
8501 Gooseberries, canned in syrup, fruit and syrup
2621 Grapes, any, canned in syrup, fruit only
2047 Grapefruit, canned in syrup, fruit and syrup
2048 Grapefruit, canned in syrup, fruit only
2131 Greengages, canned, in syrup, fruit and syrup
2058 Guava, canned in syrup, fruit and syrup
2059 Guava, canned in syrup, fruit only
2060 Jackfruit, canned in syrup, fruit and syrup
2062 Kumquats, canned in syrup, fruit and syrup
2069 Loganberries, canned in syrup, fruit and syrup
2070 Longan, canned in syrup, fruit and syrup
2071 Loquats, canned in syrup, fruit and syrup
2073 Lychees, canned in syrup, fruit and syrup
2074 Mandarin oranges, canned in syrup, fruit and syrup
2075 Mandarin oranges, canned in syrup, fruit only
2079 Mangoes, canned in syrup, fruit and syrup
2100 Paw paw, canned in syrup, fruit and syrup
2106 Peaches, canned in syrup, fruit and syrup
2107 Peaches, canned in syrup, fruit only
2115 Pears, canned in syrup, fruit and syrup
2116 Pears, canned in syrup, fruit only
2119 Pineapple, canned in syrup, fruit and syrup

FRUIT - CANNED IN SYRUP

2120 Pineapple, canned in syrup, fruit only
2131 Plums, canned in syrup, fruit and syrup
2139 Prunes, canned in syrup, fruit and syrup
2146 Raspberries, canned in syrup, fruit and syrup
2151 Rhubarb, canned in syrup, fruit and syrup
2154 Strawberries, canned in syrup, fruit and syrup

FRUIT - CANNED IN SYRUP

FRUIT - NOT CANNED

NB: Fruit cooked etc with an artificial sweetener should be coded as cooked without sugar. The artificial sweetener should be recorded and coded (food & brand) separately.

- 1952 Apples, eating, raw, flesh and skin only, no core or leftover core weighed
- 2601 Apples, eating, raw, flesh and skin only, leftover core not weighed
- 1952 Apples, eating, raw, flesh, skin and core eaten
- 1951 Apples, eating, raw, flesh only, no core or skin or leftover core and skin weighed
- 1955 Apples, cooking, baked without sugar, no core or skin or leftover core and skin weighed
- 1954 Apples, cooking, baked without sugar, flesh and skin, no core or leftover core weighed
- 1957 Apples, cooking, baked with sugar, no core or skin or leftover core and skin weighed
- 1956 Apples, cooking, baked with sugar, flesh and skin, no core or leftover core weighed
- 1958 Apples, cooking, stewed without sugar, flesh and juice
- 1959 Apples, cooking, stewed with sugar, flesh and juice
- 1960 Apples, dried, uncooked, DRY WEIGHT
- 1962 Apples, dried, stewed without sugar, flesh and juice
- 1961 Apples, dried, stewed with sugar, flesh and juice
- R 2159 Apple sauce, NOT canned
- 2160 Apple sauce, canned
- 1963 Apricots, fresh, uncooked, no stones, or leftover stones weighed
- 1964 Apricots, fresh, uncooked, leftover stones not weighed
- 1965 Apricots, fresh, stewed without sugar, fruit and juice, no stones or leftover stones weighed
- 1966 Apricots, fresh, stewed without sugar, fruit and juice, leftover stones not weighed
- 1967 Apricots, fresh, stewed with sugar, fruit and juice, no stones or leftover stones weighed
- 1968 Apricots, fresh, stewed with sugar, fruit and juice, leftover stones not weighed
- 1969 Apricots, dried, uncooked, DRY WEIGHT. NOT ready to eat, semi dried, "no need to soak" apricots
- 1971 Apricots, dried, stewed without sugar, fruit and juice
- 1970 Apricots, dried, stewed with sugar, fruit and juice
- 8547 Apricots, ready to eat, "no need to soak", semi dried. NOT dried apricots or fresh apricots
- 1976 Avocado pears, flesh only, leftover skin weighed

FRUIT - NOT CANNED

1979 Banana chips, dried weight
 1977 Bananas, raw, flesh only, no skin/or leftover skin weighed
 1978 Bananas, raw, leftover skin not weighed
 4369 Banana, baked
 1980 Bilberries, raw
 1986 Bilberries, stewed without sugar, fruit and juice
 1987 Bilberries, stewed with sugar, fruit and juice
 1985 Blackberries, raw
 1986 Blackberries, stewed without sugar, fruit and juice
 1987 Blackberries, stewed with sugar, fruit and juice
 4005 Breadfruit, baked
 1991 Cherries, eating, raw, no stones, or leftover stones weighed
 1992 Cherries, eating, raw, leftover stones not weighed
 1995 Cherries, cooking, stewed without sugar, fruit and juice, no stones
 or leftover stones weighed
 1996 Cherries, cooking, stewed without sugar, fruit and juice, leftover
 stones not weighed
 1997 Cherries, cooking, stewed with sugar, fruit and juice, no stones or
 leftover stones weighed
 1998 Cherries, cooking, stewed with sugar, fruit and juice, leftover
 stones not weighed
 Clementines - see Tangerines
 2011 Currants, dried weight
 2002 Currants, black, stewed without sugar, fruit and juice
 2003 Currants, black, stewed with sugar, fruit and juice
 2006 Currants, red, stewed without sugar, fruit and juice
 2007 Currants, red, stewed with sugar, fruit and juice
 2009 Currants, white, stewed without sugar, fruit and juice
 2010 Currants, white, stewed with sugar, fruit and juice
 2012 Custard apples, raw
 2015 Damsons, stewed without sugar, fruit and juice, no stones or
 leftover stones weighed
 2016 Damsons, stewed without sugar, fruit and juice, leftover stones not
 weighed
 2017 Damsons, stewed with sugar, fruit and juice, no stones, or leftover
 stones weighed
 2019 Damsons, stewed with sugar, fruit and juice, leftover stones not
 weighed
 2021 Dates, dried no stones, or leftover stones weighed

FRUIT - NOT CANNED

2022 Dates, dried, leftover stones not weighed

2020 Dates, fresh, raw, no stones, or leftover stones weighed

8502 Dates, fresh, raw, leftover stones not weighed

2665 Dried mixed fruit

2023 Figs, green, fresh, raw, whole fruit

2024 Figs, dried, raw, DRY WEIGHT

2025 Figs, dried, stewed without sugar, fruit and juice

2026 Figs, dried, stewed with sugar, fruit and juice

Fruit juices: see "Soft drinks, fruit and vegetable juices"

2620 Fruit pie filling, canned, blackcurrant only

2027 Fruit pie filling, canned, eg. blackberry and apple, gooseberry, apple, cherry. NOT blackcurrant

8992 Fruit pie filling - REDUCED SUGAR

Fruit pies: see "Puddings and fruit pies"

2034 Fruit salad, dried fruits, stewed without sugar, fruit and juice

2033 Fruit salad, dried fruits, stewed with sugar, fruit and juice

2036 Fruit salad, fresh, without sugar or syrup, fruit and juice

2035 Fruit salad, fresh, with sugar or syrup, fruit and juice

2037 Gooseberries, ripe/dessert, raw

2039 Gooseberries, stewed without sugar, fruit and juice

2040 Gooseberries, stewed with sugar, fruit and juice

2041 Grapes, black, raw, flesh and skin only, no pips, or leftover pips weighed

2042 Grapes, black, raw, flesh and skin, leftover pips not weighed

2043 Grapes, white, raw, flesh and skin, no pips, or leftover pips weighed

2044 Grapes, white, raw, whole grapes ie. flesh, skin and/or pips

2045 Grapefruit, raw, flesh only, no peel or pips, or leftover peel and pips weighed

2046 Grapefruit, whole fruit; leftover peel and pips not weighed

2051 Greengages, raw, no stones, or leftover stones weighed

2052 Greengages, raw, leftover stones not weighed

2053 Greengages, stewed without sugar, fruit and juice, no stones or leftover stones weighed

2054 Greengages, stewed without sugar, fruit and juice, leftover stones not weighed

2055 Greengages, stewed with sugar, fruit and juice, no stones or leftover stones weighed

FRUIT - NOT CANNED

- 2056 Greengages, stewed with sugar, fruit and juice, leftover stones not weighed
- 2057 Guava, fresh, raw
- 2061 Kiwi fruit, fresh, no skin or leftover skin weighed
- 2063 Lemons, raw, weight includes juice, flesh and peel, leftover peel not weighed
- 2065 Lime, fresh, juice only, no peel or flesh or leftover peel and flesh weighed
- 2066 Loganberries, raw
- 2067 Loganberries, stewed without sugar, fruit and juice
- 2068 Loganberries, stewed with sugar, fruit and juice
- 2072 Lychees, raw, flesh only, no skin or stones, or leftover skin and stones weighed
- Mandarins - see Tangerines
- 2078 Mangoes, fresh, flesh only, no stone or skin or leftover stone and skin weighed
- 2080 Medlars, raw, flesh only
- 2081 Melons, Canteloupe, Charantais (orange flesh), flesh only, no skin or seeds, or leftover skin and seeds weighed
- 2082 Melons, Canteloupe, Charantais (orange flesh), leftover skin not weighed
- 2083 Melons, honeydew, Galia, Ogen (yellow or green flesh), flesh only, no skin or seeds, or leftover skin and seeds weighed
- 2084 Melons, honeydew, Galia, Ogen (yellow or green flesh), leftover skin not weighed
- 2085 Watermelon, flesh only, no skin or seeds, or leftover skin and seeds weighed
- 2086 Watermelon, leftover skin not weighed
- 2087 Mulberries, raw
- 2088 Nectarines, raw, flesh and skin only, no stones, or leftover stones weighed
- 2089 Nectarines, raw, flesh and skin only, leftover stones not weighed
- 2090 Olives, in brine, flesh and skin only, no stones, or leftover stones weighed; stuffed olives
- 2091 Olives, in brine, leftover stones not weighed
- 2092 Oranges, raw, flesh only, no peel or pips, or leftover peel and pips weighed
- 2093 Oranges, raw, leftover peel and pips not weighed
- 2095 Ortaniques, fresh, flesh only, no peel or pips, or leftover peel and pips weighed
- 2096 Passion fruit, raw, juice

FRUIT - NOT CANNED

2097 Passion fruit, raw, flesh and seeds only, no skin or leftover skin weighed

2098 Passion fruit, raw, leftover skin and pips not weighed

2099 Paw paw; papaya; fresh, flesh only

2101 Peaches, fresh, flesh and skin only, no stones, or leftover stones weighed

2102 Peaches, fresh, leftover stones not weighed

2104 Peaches, dried, stewed without sugar, fruit and juice

2105 Peaches, dried, stewed with sugar, fruit and juice

2110 Pears, eating, raw, flesh only, no skin or core or leftover skin and core weighed

2111 Pears, eating, raw, flesh only. leftover skin and core not weighed

2240 Pears, eating, raw, flesh and skin, no core or leftover core weighed

2241 Pears, eating, raw, flesh and skin, leftover core not weighed

2240 Pears, eating, raw, flesh, skin and core eaten

2113 Pears, cooking, stewed without sugar, fruit and juice

2114 Pears, cooking, stewed with sugar, fruit and juice

2117 Pineapple, fresh, flesh only, no skin or leftover skin weighed

2118 Pineapple, fresh, leftover skin not weighed

7093 Pineapple, dried

2123 Plums, dessert, eg Victoria, raw, flesh and skin only, no stones or leftover stones weighed

2124 Plums, dessert, eg Victoria, raw, leftover stones not weighed

2127 Plums, cooking, stewed without sugar, fruit and juice, no stones or leftover stones weighed

2128 Plums, cooking, stewed without sugar, fruit and juice, leftover stones NOT weighed

2129 Plums, cooking, stewed with sugar, fruit and juice, no stones or leftover stones weighed

2130 Plums, cooking, stewed with sugar, fruit and juice, leftover stones not weighed

2132 Pomegranate, raw, juice only, no skin or seeds, or leftover skin and seeds weighed

2133 Prunes, dried, uncooked, no stones, or leftover stones weighed. NOT semi-dried, ready to eat prunes

2134 Prunes, dried, uncooked, leftover stones not weighed

2135 Prunes, dried, stewed without sugar, fruit and juice, no stones or leftover stones weighed

2136 Prunes, dried, stewed without sugar, fruit and juice, leftover stones not weighed

FRUIT - NOT CANNED

- 2137 Prunes, dried, stewed with sugar, fruit and juice, no stones or leftover stones weighed
- 2138 Prunes, dried, stewed with sugar, fruit and juice, leftover stones not weighed
- 8558 Prunes, ready to eat, semi-dried, "no need to soak". NOT dried prunes
- 2142 Raisins, dried weight
- 2143 Raspberries, raw
- 2144 Raspberries, stewed without sugar, fruit and juice
- 2145 Raspberries, stewed with sugar, fruit and juice
- 2147 Raspberries, frozen, as served, NO sugar
- Redcurrants: see Currants
- 2149 Rhubarb, stewed without sugar, fruit and juice
- 2150 Rhubarb, stewed with sugar, fruit and juice
- 2152 Sapota; noiseberry fruits; raw
- Satsumas: see Tangerines
- 2153 Strawberries, raw, NO sugar
- 2155 Strawberries, frozen, as served, NO sugar
- 2156 Sultanas, dried weight
- 2157 Tangerines; mandarins; clementines; satsumas; Temples; Wilkins; raw, flesh and juice only, no peel or pips, or leftover peel and pips weighed
- 2158 Tangerines; mandarins; clementines; satsumas; Temples; Wilkins; raw, leftover peel and pips not weighed

NUTS AND SEEDS (INCLUDING FRUIT AND NUT MIXES)

- 2169 Almonds, kernel only; ground almonds
- 2170 Almonds, leftover shell not weighed
- 2171 Barcelona nuts, kernel only
- 2172 Barcelona nuts, leftover shell not weighed
- 2173 Betel nuts, kernel only
- 2605 Bombay mix; Chevda; Chevra
- 2175 Brazil nuts, kernel only
- 2176 Brazil nuts, leftover shell not weighed
- 2177 Cashew nuts, kernel only, unsalted. NOT Cashew nuts, roasted and salted
- 7884 Cashew nuts, roasted and salted
- 2179 Chestnuts, kernel only
- 2180 Chestnuts, leftover shell not weighed
- 2186 Cob nuts; hazelnuts; kernel only
- 2187 Cob nuts; hazelnuts; leftover shell not weighed
- 2181 Coconut, fresh, kernel only
- 2182 Coconut milk, drained from fresh coconut
- 2183 Coconut, desiccated, unsweetened
- 2184 Coconut, desiccated, sweetened
- 2185 Coconut cream, ie. pureed fresh flesh, sweetened
- 2631 Hawaiian mix, made with mixed nuts and dried fruit
- 2186 Hazelnuts; cob nuts; kernel only
- 2187 Hazelnuts; cob nuts; leftover shell not weighed
- 7304 Macadamia nuts, salted
- 2188 Mixed nuts, kernels only, unroasted, unsalted
- 2189 Mixed nuts, kernels only, roasted, salted; any other salted nuts except peanuts
- 2190 Mixed nuts, leftover shell not weighed
- 2629 Mixed nuts and raisins, unsalted. NOT peanuts only and raisins
- 8297 Nut butters, any but NOT peanut butter, cashew nut butter or nut spread with chocolate
- 8540 Peanuts, dry roasted
- 2191 Peanuts, fresh, kernel only
- 2192 Peanuts, fresh, leftover shell not weighed
- 2630 Peanuts and raisins
- 2193 Peanuts, salted

NUTS AND SEEDS (INCLUDING FRUIT AND NUT MIXES)

2196 Peanut butter, crunchy. NOT wholenut
2195 Peanut butter, smooth. NOT wholenut
8047 Peanut butter, wholegrain; wholenut; NO added sugar
8542 Peanut butter and chocolate spread, purchased, eg. Sunpat
2174 Pecan nuts, kernel only
7014 Pine nuts
8548 Pistachio nuts, salted, kernels only
2197 Pistachio nuts, unsalted, kernels only
2198 Pistachio nuts, unsalted, leftover shell not weighed
2166 Pumpkin seeds
2167 Sunflower seeds
2168 Sesame seeds
2165 Tahini; sesame seed paste
2631 Trail mix; Hawaiian mix; Tropical mix; made with mixed nuts and
dried fruit
2199 Walnuts, kernel only
2200 Walnuts, leftover shell not weighed

SUGAR

- 9474 Fruit sugar; fructose, eg. Fruisana
- 2201 Glucose powder with added vitamin C, eg. Glucodin
- 2202 Glucose liquid BP
- 2312 Milk shake syrup
- Milk shakes, as served, home made or purchased: see "Milk section"
- 2207 Molasses
- 9379 Soft brown sugar, light or dark
- 2203 Sugar, demerara, golden granulated
- 2204 Sugar, jaggery, muscovado; molasses crystals
- 2205 Sugar, white; granulated, caster, icing, cubes, crystals, preserving sugar, raw cane sugar
- 2206 Syrup, golden
- 2662 Syrup only from fruit canned in syrup
- 2207 Treacle, black; molasses

SWEETENERS - ARTIFICIAL

- B 2208 Granulated table top sweeteners, eg. Sweet'n'slim, Sweet'n'low, Shapers Sugar Lite, Sweetex with Nutriblend, Sucron, Canderel Spoonful, Trimspoon
- B 8299 Liquid table top sweeteners, eg. Original Hermesetas Liquid, Sweetex Liquid Sweetener
- Minicube sweeteners: see Tablet sweeteners
- B 2209 Tablet sweeteners, eg. Original Hermesetas, New Taste Hermesetas Gold Sweetex, Saxin, Natrena, Natriblend, Canderel tablets, Boots Shapers, Flix

SUGAR

PRESERVES

- 9325 Diabetic jam, eg Boots
- 7886 Fruit spreads; pure fruit spreads, fruit with edible seeds, eg. blackberry, blackcurrant, gooseberry, raspberry, strawberry
- 7887 Fruit spreads; pure fruit spreads, stone fruit, eg. plum, apricot, damson, greengage, mixed fruit
- 2213 Honey comb
- 2214 Honey, in jars, any
- 9325 Jam, diabetic. eg Boots
- 2215 Jam, including "Extra" jam, fruit with edible seeds, purchased, eg. blackberry, blackcurrant, gooseberry, raspberry, strawberry. NOT homemade
- 8300 Jam, including "Extra" jam, fruit with edible seeds, homemade, eg. blackberry, blackcurrant, gooseberry, raspberry, strawberry. NOT purchased
- 2217 Jam, including "Extra" jam, stone fruit, purchased, eg. plum, apricot, damson, greengage, mixed fruit. NOT homemade
- 8301 Jam, including "Extra" jam, stone fruit, home made, eg. plum, apricot, damson, greengage, mixed fruit. NOT purchased
- 2216 Jam, with reduced sugar content, fruit with edible seeds, eg. blackberry, blackcurrant, gooseberry, raspberry, strawberry
- 2218 Jam, with reduced sugar content, stone fruit, eg. plum, apricot, damson, greengage, mixed fruit
- 2219 Lemon curd, lime or orange curd, starch based, purchased
- 2220 Lemon, lime or orange curd; lemon cheese; homemade
- 2221 Marmalade, any, with peel, homemade. NOT Mamade
- 8559 Marmalade, any, with peel, purchased
- 2222 Marmalade, any, without peel, homemade. NOT Mamade
- 8560 Marmalade, any, without peel, purchased
- 2223 Marmalade, any, with reduced sugar content; pure fruit spread; with and without peel

PRESERVES

SWEET SPREADS, FILLINGS AND ICING

- 9216 Butter cream icing made with margarine, not polyunsaturated
- 8714 Butter cream icing made with polyunsaturated margarine
- 2210 Cherries, glace maraschino; cocktail cherries
- R 2645 Chocolate sauce, homemade. NOT ice cream topping sauce, NOT Ice Magic
- 2211 Chocolate spread
- 2212 Chocolate and nut spread
- 2227 Ice cream topping sauces, any flavour. NOT Ice Magic
- 2652 Ice Magic
- 8007 Icing, made with sugar and water or sugar and egg white
- 2225 Mincemeat, sweet
- 2226 Mixed peel; angelica
- 2212 Nut spread, with chocolate

Peanut butter: see "Nuts"

CRISPS AND SAVOURY SNACKS

- 1905 Chinese style crackers, eg. Bensons
- 7875 Chipsticks, other potato and corn sticks, eg. Bensons Savoury Sticks, M&S Chiplets, own brand. NOT Walkers French Fries
- 7873 Corn snacks, with added vitamins, eg. Hazelwood "Krunchi puffs, Onion rings, Thinga Me Jigs, Thinga Me Bobs, Yankee Stars, "Quarter Backs, Tangy Toms, Supa Krunchies"
- 2627 Corn snacks, eg. Smiths "Monster Munch", Golden Wonder "Wotsits", Sooner foods "Rounders", "Nik Naks", KP "Cheezers", Rowntree "Crunchie bumpkins", Hunters "Crispie Crunchies", Smiths Chee-tos, KP Skips, own brand
- 7870 Crisps, Crinkle, eg. Smiths, KP Frisps, Walkers Ruffles, own brand
- 7866 Crisps, Jacket potato, assorted flavours, eg. Golden Wonder, Smiths, Natures Choice, Tucker, Hunts "DJ'S", and own brand
- 2691 Crisps, potato, Lower fat, assorted crisps, eg. KP Solos, Golden Wonder Lights, own brand
- 1900 Crisps, potato, assorted flavours. NOT low fat, NOT wholewheat, NOT crinkle, NOT thick cut, NOT fortified, NOT square, NOT jacket potato
- 7867 Crisps, potato, with added vitamins, eg. Tuckers "Vita Crisps
- 8602 Crisps, potato, made with sunflower oil, eg. Seabrook
- 7871 Crisps, Square, eg. Smiths, own brand, includes KP Discos
- 7868 Crisps, Thick crinkle, eg. "Real McCoys", Golden Wonder "Thick and Crunchy", Sooners "Groovers", own brand
- 7869 Crisps, Thick, eg. Brannigans, Kettle Chips. NOT crinkle crisps
- 2616 Crisps, Wholewheat
- 7871 Discos, eg. KP, M&S Discs
- 7879 Frazzles, bacon rashers, other maize and rice flour "corn" snacks
- 8030 French Fries, eg. Walkers
- 8767 KP Capers; crunchy potato snack with added wheatbran
- 8296 Oasters, ie. low fat savoury oat snacks, eg. Jordans
- 2268 Popcorn, salted
- 8499 Poppadom mini snacks; popadom spicy snacks, eg. KP
- 7882 Pizza snacks, eg. Walkers "Bitza Pizza", Marks and Spencers "Pizza Bits" and "Waffles", Bensons "Wickettes" and other potato and Tapioca snacks
- 8500 Pork scratchings
- 7872 Potato rings, eg. KP "Hula Hoops", own brand
- 1905 Puffed potato products, eg. Smiths "Quavers", Golden Wonder "Odduns", Walkers "Snaps", Bensons "Chinese style crackers", own brand
- 8499 Punjab Puri; poppadom mini snacks; popadom spicy snacks; eg. Sainsburys Pukka Puri, KP Spicy Popadoms. NOT papadums, NOT poppadoms

CRISPS AND SAVOURY SNACKS

- 7874 Ringos, other cereal (mainly wheat flour) and potato snacks, eg. Golden Wonder "Stix", own brand
- 7883 Space Raiders and other cereal (mainly maize) and potato snacks eg. Sooner Foods "Jaws", own brand
- 7876 Tortilla Chips, includes KP "Mexican Chips" and own brand. NOT including dip
- 275 Twiglets, eg. Nabisco, Smiths and own brand
- 7878 Wheatcrunchies, cylindrical wheat tubes, eg. Sooner Foods and own brand

CONFECTIONERY - SUGAR

2224 Almond paste; marzipan

7953 American hard gums

2280 Asian sweets, includes Halwa, Burfi, Rosgollas

8546 Banana foam shaped sweets, including chocolate coated foam bananas

2251 Barley sugar

2274 Blackjacks

2251 Boiled sweets, hard centre, eg. glacier fruits, pineapple chunks.
NOT mint flavoured

7979 Boiled sweets, soft centre, eg. Murray fruits. NOT mint flavoured

2280 Burfi, Asian sweets

2251 Butterscotch

2271 Candy cigarettes; dolly mixtures

7965 Candytots

2274 Chewitts

2253 Chewing gum, not sugar free

7970 Chewing gum, sugar free eg. Orbit

2274 Chews, fruit salad; Fruitellas; Mojos

8303 Chewy mints, mild. NOT hard mints with soft centres, NOT Everton
mints

8304 Clear mints; glacier mints; buttermints; mint humbugs: mild mints

2264 Coconut covered mushrooms, mallow sweets, eg. toasted teacakes,
flumps

7968 Cool "sugar free mints"; Velamints; Meltis

7980 Creamy fudge, NO additions. NOT Finger of Fudge

2279 Dextrosol (glucose) tablets

2271 Dolly Mixtures

2251 Edinburgh rock

7982 Extra Strong mints

8305 Everton mints; Murray Mints

8306 Fishermans Friend Throat Lozenges

2270 Fizzers; Refreshers

2264 Flumps, mallow shapes

8546 Foam sweets, eg. bananas, shrimps

2259 Fruit gums

2259 Fruit jelly/gum shapes, eg. wormy wiggles, fizzy cola bottles,
fruit gums

CONFECTIONERY - SUGAR

2267 Fruit pastilles; sugar coated fruit jellies; sugar coated fruit jelly shapes; jelly tots

7977 Fruit polos

2274 Fruit salad chews; Fruitellas

7980 Fudge, NO additions. NOT Cadburys chocolate coated fudge finger

8304 Glacier mints; clear mints; mint humbugs; buttermints

2251 Gobstoppers

2260 Halva

2280 Halwa, Asian sweets

2251 Hacks, throat lozenges. NOT Fishermans Friends

2253 Hubba Bubba

8304 Humbugs mint; glacier mints; clear mints; buttermints

Ice Cream see "Ice cream and frozen desserts"

2262 Ice Lollies/Pops, water or juice based. NOT fortified with Vitamin C NOT ice lollies with ice cream or other fillings, NOT ice lollies with chocolate or other coatings

7762 Ice lollies, NOT containing ice-cream, fruit or flavoured, purchased, fortified with vitamin C, eg. Walls "Sparkle", Lyons Maid "Mr Men. NOT Mr Men Dairy

2224 Marzipan; almond paste

7965 Jelly babies; jelly bears

7965 Jelly beans, candy coated jelly centre, eg. Skittles

2267 Jelly tots

2253 Juice Fruit chewing gum

2267 Juice Jellies

2271 Kendal mint cake

2263 Liquorice allsorts; liquorice comfits; pontefract cakes

8545 Liquorice shapes, eg. laces, pipes, cuttings

2272 Liquorice toffees

2263 Liquorice torpedos, candy covered with a liquorice string centre

2251 Locketts throat lozenges

2251 Lollipops, NOT ice lollies

2270 Love hearts

2279 Lucozade tablets

2262 Lollies iced, water or juice based. NOT fortified with vitamin C. NOT ice lollies with ice cream or other fillings, NOT ice lollies with chocolate or other coatings

2251 Mac throat lozenges

CONFECTIONERY - SUGAR

2264 Mallow shapes. NOT foam sweets
 2264 Marshmallows, NOT chocolate coated
 2224 Marzipan sweets; chocolate covered marzipan
 2251 Mentholypus throat lozenges
 7969 Milk gums
 8307 Mint imperials; Trebor Mints; mint polos; mint tic tacs. NOT special mint imperials
 8304 Mint humbugs; glacier mints; clear mints; butter mints
 7982 Extra Strong mints; Triple X mints; Special mint imperials. NOT mint imperials
 8305 Murray mints; Everton mints
 7979 Murray fruits, boiled sweets with soft centre
 2267 New Berry Fruits
 7976 Nougat
 2266 Nut brittle
 2266 Nutty, peanut and toffee bar
 2274 Opal fruits
 2267 Orange and lemon slices - jellies
 8303 Pacers; mint chewitts; chewy mints (mild). NOT hard mints with soft centres, NOT Everton mints
 2270 Parma violets
 2267 Pastilles; fruit pastilles; throat pastilles; eg. Rowntrees fruit pastilles, TCP. NOT throat lozenges
 2251 Pear drops
 2271 Peppermint creams, NOT chocolate covered
 2251 Pineapple chunks, fruit drops, boiled sweets, hard
 8307 Polo mints; mint imperials; Trebor mints; mint Tic Tacs. NOT Special Mint imperials
 9066 Prewitts no added sugar fruit bar; Apple and Date or Banana
 2263 Pontefract cakes
 2269 Popcorn, sweet; sugar, honey or toffee-coated popcorn
 2270 Refreshers, sherbet sweets; fizzers
 2251 Rock; Edinburgh rock
 2280 Rosgollas, Asian sweets
 7980 Rum and raisin fudge
 2272 Rum and raisin toffee
 2272 Sherbet bonbons

CONFECTIONERY - SUGAR

2251 Sherbet pips; sherbet fruits
 2270 Sherbet, powder
 8546 Shrimps, foam sweets
 7965 Skittles; candy tots; tooty fruities
 2262 Slush Puppies
 2251 Spangles
 2251 Strepsils throat lozenges
 7968 Sugar free mints, eg. Cool, Velamints, Meltis
 2266 Sugared almonds
 8307 Tic-Tacs, mint
 8309 Tic-Tacs, NOT mint
 2263 Tigertots
 2272 Toffees, NO additions. NOT chocolate covered
 2272 Toffo's. NOT mint toffo's
 8310 Toffo's, mint only
 7965 Tooty Frooties; skittles
 7966 Tracker bar, peanut
 7967 Tracker bar, chocolate chip, blackcurrant and apple. NOT peanut
 8307 Trebor mints; mint polos; mint imperials; mint Tic Tacs. NOT special mint imperials
 7982 Triple X mints
 2251 Tunes throat lozenges
 7981 Vitasweets, fortified with vitamins
 Waggon Wheels: see "Biscuits"
 2259 Wine gums
 2253 Wrigley's chewing gum. NOT sugar free
 7885 Yogurt coated peanuts, raisins or banana chips. NOT yogurt gums
 7885 Yogurt coated nuts

CONFECTIONERY - CHOCOLATE

2254 Aero milk chocolate; any Aero chocolate
2257 After Eight mints
2254 Animal bar, solid milk chocolate bar
7971 Applause
7954 Balisto, Lion bar, Picnic
7973 Bitz bar, milk chocolate bar with orange, cherry bits
7972 Bitz bar, plain and milk chocolate bar with mint bits
2257 Black Magic chocolate assortment
2252 Boost bar
2252 Bounty bar, plain or milk chocolate
2255 Bournville chocolate, NO additions
8302 Bournville chocolate with fruit and nuts
7956 Brazil nut chocolates; chocolate with brazils
2254 Buttons, milk chocolate. NOT white chocolate buttons
2256 Cadbury's caramel
2254 Cadbury's dairy milk chocolate, NO additions
2256 Cadbury's fudge
2254 Cadbury's milk chocolate buttons. NOT white chocolate buttons
2254 Caramac bar
2256 Caramels, chocolate covered caramels, NO additions
7037 Carob, chocolate substitute
2256 Chewy nuts, chocolate covered toffee centre
2257 Chocolate assortments
7956 Chocolate brazils; chocolate covered nuts; peanut Treets
2254 Chocolate buttons, milk chocolate. NOT white chocolate buttons
2257 Chocolate cream; Fry's chocolate cream
2257 Chocolate covered ginger
8372 Chocolate covered nuts and raisins eg. fruit and nut Revels
2256 Chocolate eclairs
2254 Chocolate, milk
2255 Chocolate, plain
2254 Chocolate orange, milk chocolate, Terry's
2255 Chocolate orange, plain chocolate, Terry's
7956 Chocolate nuts; peanut Treets; peanut M&M's

CONFECTIONERY - CHOCOLATE

2252 Coconut ice
 7962 Creme eggs, eg. Cadbury's
 7954 Crispy caramel; Toffee crisp; Lion bar; Balisto; Picnic
 7963 Crunchie bar - chocolate coated honeycomb
 2256 Curly-Wurly bar
 7974 Dairy Crunch milk chocolate bar. NOT white dairy crunch
 7975 Dairy Crunch white chocolate. NOT milk chocolate Dairy Crunch
 9378 Diabetic chocolate, any type
 2256 Dime Bars
 7978 Double Decker bar
 2276 Drifter bar
 2256 Finger of Fudge (Cadburys); chocolate coated fudge finger
 2254 Flake bar; Ripple; Spira; Twirl
 7955 Fruit and nut milk chocolate bar
 8302 Fruit and nut plain chocolate bar, eg. Bournville
 2257 Fry's chocolate cream, any flavour
 2273 Fry's Turkish Delight
 2256 Fudge, Cadburys, chocolate coated fudge finger
 2254 Galaxy milk chocolate bar, NO additions
 2257 Ginger, chocolate covered
 2256 Golden Cup bar
 7956 Hazel whirls; hazelnuts in chocolate
 2277 Kit Kat
 2254 Leo Milka
 2254 Lila Pause corn crisp bar
 7954 Lila Pause praline crisp, fruit and nut chocolate bars
 7954 Lion bar
 2257 Liqueur chocolates
 2254 Logger milk chocolate bar
 7955 Logger fruit and nut chocolate bar
 2275 Maltesers
 7961 M&M's, chocolate centre. NOT peanut M&M's
 7956 M&M's peanut, Peanut Treets, other chocolate covered nuts, Nut Poppets
 2265 Mars bar. NOT Mars Bar Ice-cream

CONFECTIONERY - CHOCOLATE

7972 Matchmakers; chocolate mint crisp; chocolate orange crisp
 7960 Mice, white chocolate
 2254 Milk chocolate, NO additions
 7956 Milk chocolate peanuts, peanut Treets
 7958 Milk chocolate coated raisins
 2257 Milk Tray chocolate assortment
 7960 Milky Bar; white chocolate; white chocolate buttons, eg. Milky bar buttons, including white mice
 8521 Milky Bar with raisins. NOT chocolate coated raisins
 7960 Milky Bar buttons
 7959 Milky Way
 7961 Minstrels
 7962 Mintolas
 7983 Mintoes
 Mivvies; Splits; ice cream filled ice lollies: see "Ice cream and frozen desserts"
 2276 Munchies
 2254 Neapolitans; Terry's "Naps"
 2254 Orange milk chocolate; Terry's milk chocolate orange
 2255 Orange plain chocolate; Terry's plain chocolate orange
 7956 Peanut Treets; chocolate covered peanuts
 2257 Peppermint creams, chocolate covered
 7954 Picnic bar
 2255 Plain chocolate, NO additions. NOT milk chocolate
 8302 Plain chocolate with fruit and nuts, eg. Bournville
 7958 Poppets, chocolate raisins. NOT nut poppets
 2257 Pyramint, chocolate covered pyramid with mint fondant cream
 2256 Quality Street chocolate assortment
 2257 Revels. NOT fruit and nut revels
 2254 Ripple bar
 2256 Rolos
 2257 Roses, chocolate assortment
 2252 Ruffle bar
 2257 Rum truffle
 7961 Smarties; Beanies; candy coated chocolate drops; M&M's chocolate
 7964 Snickers

CONFECTIONERY - CHOCOLATE

7983 Soft centred mints, eg. Mintoes. NOT Pacers

8308 Strollers, eg. chocolate covered biscuit, fruit and caramel drops

2254 Terry's chocolate orange, milk chocolate

2255 Terry's chocolate orange, plain chocolate

2254 Terry's Neapolitans - "Naps"

2277 Terry's Waifa bar, plain or milk chocolate; Kit Kat

2258 Toblerone

7954 Toffee Crisp bar

7964 Topic bar

7956 Treets chocolate covered peanuts; M&M's peanut

2254 Twirl bar; Flake

2276 Twix bar, includes orange Twix; MORO

2273 Turkish Delight, any, includes chocolate covered Turkish Delight; Fry's Turkish Delight

2277 Waifa bar; Terry's Waifa, plain or milk chocolate

7959 Walnut whip

2257 Weekend assortment

7960 White chocolate; Milky Bar

8521 White chocolate bar with raisins. NOT chocolate coated raisins

9274 White chocolate coated raisins

7955 Wholenut chocolate bar, milk chocolate bar with nuts

2278 Wispa bar

2254 Yorkie milk chocolate bar

7955 Yorkie peanut chocolate bar; Yorkie raisin and biscuit chocolate bar

5-4-3-2-1: see "Biscuits"

FRUIT OR VEGETABLE JUICE

- REMEMBER: PASTEURISED juices - come in tall purpak cartons
- have a short shelf life
- are refridgerated
- FRESHLY SQUEEZED juices - come in cartons or bottles
- will be described as freshly squeezed
- are refridgerated
- UHT/LONGLIFE juices - come in tetrabrik cartons
- are not refridgerated

FRUIT OR VEGETABLE JUICE, CANNED, UNSWEETENED

- B 2317 Apple juice, canned, unsweetened, eg. Appletise, Shloer, Kiri
- B 2328 Grapefruit juice, canned
- B 8450 Mixed fruit juice, canned, 100 % fruit juice, eg. "Real"
- B 2336 Orange juice canned
- B 2343 Pineapple juice canned
- B 2355 Tomato juice canned

FRUIT OR VEGETABLE JUICE, NOT CANNED, UNSWEETENED

- B 2318 Apple juice, pasteurised only. NOT canned
- B 2319 Apple juice, UHT or Longlife. NOT pasteurised. NOT canned
- B 2361 Carrot juice. NOT canned
- B 2329 Grapefruit juice, pasteurised. NOT canned
- B 2330 Grapefruit juice, UHT or Longlife. NOT pasteurised.. NOT canned
- B 2325 Grape juice. NOT canned
- 2064 Lemons, juice only, no peel or flesh or leftover peel and flesh weighed; includes Jif lemon juice etc. NOT canned
- 2065 Limes, fresh juice only
- B 8604 Mango juice. NOT canned
- B 2357 Mixed fruit juice, 100% juice, eg Real. NOT canned. NO sugar or water
- B 2337 Orange juice, pasteurised. NOT canned
- B 2338 Orange juice, UHT or Longlife. NOT canned. NOT pasteurised.
- B 2339 Orange juice, freshly squeezed, includes home-squeezed orange juice. NOT pasteurised, UHT or Longlife. NOT canned
- B 2359 Orange juice, frozen, concentrated. NOT canned
- B 2360 Orange juice, frozen, made up. NOT canned
- B 2344 Pineapple juice, pasteurised. NOT canned
- B 2345 Pineapple juice, UHT or Longlife. NOT canned. NOT pasteurised.
- B 8640 Prune juice. NOT canned. Unsweetened

FRUIT OR VEGETABLE JUICE

- B 9350 Redcurrant juice homemade fresh. NOT canned
- B 2356 Tomato juice. NOT canned
- B 1944 Vegetable juice, NOT canned. NOT 100% carrot juice;
NOT 100% tomato juice

FRUIT JUICE, CANNED, SWEETENED

- B 2326 Grapefruit juice, canned, sweetened
- B 2334 Orange juice, canned, sweetened
- B 2341 Pineapple juice, canned, sweetened

FRUIT JUICE, NOT CANNED, SWEETENED

- B 2327 Grapefruit juice, not canned, sweetened
- B 2335 Orange juice, not canned, sweetened
- B 2342 Pineapple juice, not canned, sweetened

CARBONATED CANNED SOFT DRINKS, NOT CARBONATED FRUIT JUICES
NOT CARBONATED FRUIT JUICE DRINKS

SEE NEXT PAGE FOR CANNED CARBONATED FRUIT JUICES
SEE LATER SECTION FOR BOTTLED CARBONATED DRINKS

CARBONATED, CANNED. NOT CARBONATED JUICE OR JUICE DRINK
NOT DIET OR LOW CALORIE.

- B 8515 Barley crush, fortified with vitamin C (ascorbic acid), eg. Lucozade orange, lemon or tropical barley crush
- B 7900 Carbonated beverages, eg. ginger beer, limeade, cherryyade, 7 Up, Sprite. NOT Cola, tonic water, Irn Bru or lemonade
- B 7894 Cola; cherry cola; NOT caffeine free
- B 8320 Cola; cherry cola; caffeine free, eg. Caffeine Free Coke, Caffeine Free Pepsi, Caffeine Free Cherry Coke
- B 8324 Irn Bru
- B 2321 Lemonade. NOT 7 Up lemon and lime or Sprite
- B 2403 Lucozade. NOT Lucozade with orange, lemon or tropical barley
- B 2321 Shandy, canned (2322 - if not canned)

CARBONATED, CANNED. NOT CARBONATED JUICE/JUICE DRINK
DIET OR LOW CALORIE

- B 7902 Carbonated beverages, eg. diet ginger beer, diet limeade, diet cherryyade, diet 7 Up, diet Sprite. NOT cola, tonic water, Irn Bru or lemonade. NOT juice, juice drink, drink or crush.
- B 8322 Cola; cherry cola; caffeine free. eg. Caffeine Free Diet Coke, Caffeine Free Diet Pepsi, Caffeine Free Diet Cherry Cola.
- B 7896 Cola; cherry cola; NOT caffeine free, eg. Diet Coke, Diet Cherry Cola, Diet Pepsi.
- B 8326 Irn Bru, eg. Diet Irn Bru
- B 7898 Lemonade, eg. Diet Lemonade. NOT Diet 7 Up Lemon and Lime or Diet Sprite.
- B 7327 Lucozade light

TONIC WATER

- B 8379 Tonic Water - Slimline, canned
- B 8332 Tonic Water; NOT slimline, canned

CARBONATED CANNED FRUIT JUICES AND FRUIT JUICE DRINKS

SEE LATER SECTION FOR BOTTLED CARBONATED FRUIT JUICES
SEE PREVIOUS PAGE FOR NON FRUIT JUICE, CANNED SOFT DRINKS

CARBONATED FRUIT JUICE, FRUIT JUICE DRINK OR FRUIT DRINK, CANNED.
NOT DIET OR LOW CALORIE

- B 2641 Apple juice drink
- B 2404 Fruit Juice and lemonade, contains at least 50% juice (orange, grapefruit, pineapple) eg. Britvic 55, Rawlings 60. NOT apple juice; NOT juice drink (less than 50% juice)
- B 8328 Fruit Juice drink; fruit drink; fruit crush; fortified with vitamin C (ascorbic acid) eg. Sunkist, Citrus spring, Fanta, Tango, Gini. NOT Tango Apple; NOT apple, pear or grape juice drink; NOT juice and lemonade; NOT carbonated fruit juice
- B 8446 Fruit Juice drink; fruit drink; fruit crush; NOT fortified with vitamin C (ascorbic acid) eg. Robinsons sparkling juice drink, Lilt. NOT apple, pear or grape juice drink; NOT juice and lemonade; NOT 7 Up; NOT carbonated fruit juice

CARBONATED FRUIT JUICE, FRUIT JUICE DRINK OR FRUIT DRINK, CANNED.
DIET OR LOW CALORIE

- B 8362 Apple juice drink, low calorie, eg. Diet Kiri
- B 8360 Fruit juice drink; fruit drink; fruit crush; low calorie, fortified with vitamin C (ascorbic acid) eg. Diet Sunkist, Diet Fanta, Diet Gini, Diet Tango. NOT Tango Apple; NOT apple, pear or grape juice drink; NOT juice and lemonade.
- B 8448 Fruit juice drink; fruit drink; fruit crush; low calorie NOT fortified with vitamin C (ascorbic acid) eg. Diet Lilt. NOT apple, pear or grape juice drink; NOT juice and lemonade; NOT Diet 7 Up.

CARBONATED BOTTLED SOFT DRINKS, NOT CARBONATED FRUIT JUICES
NOT CARBONATED FRUIT JUICE DRINKS

SEE NEXT PAGE FOR BOTTLED CARBONATED FRUIT JUICES
SEE PREVIOUS PAGES FOR CANNED CARBONATED DRINKS

CARBONATED, BOTTLED SOFT DRINK. NOT FRUIT JUICE/FRUIT JUICE DRINK
NOT DIET OR LOW CALORIE.

- B 8490 Barley crush, fortified with vitamin C (ascorbic acid), eg. Lucozade orange, lemon or tropical barley crush
- B 7901 Carbonated beverages eg. ginger beer, limeade, cherryyade. NOT cola, tonic water, Irn Bru or lemonade. NOT juice, juice drink, drink or crush.
- B 7895 Cola; cherry cola; NOT caffeine free eg. Coca Cola, Pepsi Cola.
- B 8321 Cola; cherry cola; caffeine free. eg. Caffeine Free Coke, Caffeine free Pepsi, Caffeine free Cherry Coke.
- B 8325 Irn Bru
- B 2322 Lemonade. NOT 7 Up Lemon and Lime or Sprite.
- B 2333 Lucozade. NOT Lucozade with orange, lemon or tropical barley.
- B 2322 Shandy, NOT canned

CARBONATED, BOTTLED SOFT DRINK. NOT FRUIT JUICE/FRUIT JUICE DRINK
DIET OR LOW CALORIE

- B 7903 Carbonated beverages, eg. diet ginger beer, diet limeade, diet cherryyade, diet 7 Up, diet Sprite. NOT cola, tonic water, Irn Bru or lemonade. NOT juice, juice drink, drink or crush.
- B 7897 Cola, NOT caffeine free. eg. Diet Coke, Diet Pepsi.
- B 8323 Cola, caffeine free. eg. Caffeine free diet Coke, Caffeine Free Diet Pepsi.
- B 8327 Irn Bru, eg. Diet Irn Bru
- B 7899 Lemonade, eg. Diet lemonade. NOT Diet 7 Up Lemon and Lime or Diet Sprite.
- B 8331 Lucozade light

TONIC WATER

- B 8380 Tonic Water - Slimline, NOT canned
- B 8378 Tonic Water; NOT slimline, NOT canned

CARBONATED BOTTLED SOFT DRINKS, CARBONATED FRUIT JUICES
AND CARBONATED FRUIT JUICE DRINKS

SEE EARLIER SECTIONS FOR CANNED CARBONATED DRINKS
SEE PREVIOUS PAGE FOR NON FRUIT JUICE, CARBONATED, BOTTLED SOFT DRINKS

CARBONATED FRUIT JUICE; FRUIT JUICE DRINK; FRUIT DRINK; BOTTLED,
NOT DIET OR LOW CALORIE

- B 2320 Apple juice drink, NOT Ribena
- B 2340 Fruit Juice and lemonade, contains at least 50 % juice (orange, grapefruit, pineapple) eg. Britvic 55, Rawlings 60. NOT juice drink (less than 50% juice)
- B 2320 Grape juice drink, eg. Shloer
- B 8444 Juice drink; fruit drink; fruit crush; fortified with vitamin C (ascorbic acid). NOT apple, pear or grape juice drink; NOT juice and lemonade.
- B 8447 Juice drink; fruit drink; fruit crush; NOT fortified with vitamin C (ascorbic acid). NOT apple, pear or grape juice drink; NOT juice and lemonade.
- B 7910 Pear juice drink eg. Shloer. NOT Shloer apple juice

CARBONATED FRUIT JUICE, FRUIT JUICE DRINK OR FRUIT DRINK, BOTTLED
DIET OR LOW CALORIE

- B 8457 Apple juice drink, NOT Ribena
- B 8445 Fruit Juice drink; fruit drink; fruit crush; fortified with vitamin C (ascorbic acid). NOT apple, pear or grape juice drink; NOT juice and lemonade.
- B 8449 Fruit Juice drink; fruit drink; fruit crush; NOT fortified with vitamin C (ascorbic acid). NOT apple, pear or grape juice drink; NOT juice and lemonade.

LIQUEURS

- 2396 Advocaat
- 2397 Cream Liqueurs, eg. Bailey, Greensleeves, Carolan
- 2398 Cherry brandy
- 2399 Medium strength liqueurs, eg. Tia Maria, De Kuyper liqueurs, Creme de Menthe
- 2400 High strength liqueurs, eg. Pernod, Drambuie, Cointreau, Grand Marnier, Southern Comfort, Ouzo, Sloe gin
- 2401 Curacao
- 2406 Pimms
- 2407 Snowball, bottled

SPIRITS

- 2402 70% proof spirits, eg. whisky, gin, brandy, rum, vodka, Bacardi, Malibu

TONIC WATER

- B 8379 Tonic Water - Slimline, canned
- B 8380 Tonic Water - Slimline, NOT canned
- B 8332 Tonic Water; NOT slimline, canned
- B 8378 Tonic Water; NOT slimline, NOT canned

WINE

2382 Wine, red, canned
8352 Wine, red. NOT canned
2384 Wine, rose canned
8353 Wine, rose NOT canned
2386 Wine, white, dry, canned
8354 Wine, white, dry. NOT canned
2385 Wine, white, medium, canned
8355 Wine, white, medium, NOT canned
2387 Wine, white, sweet, canned
8356 Wine, white, sweet. NOT canned
2388 Wine, white, sparkling, canned
8357 Wine, white, sparkling. NOT canned
9246 Homemade wine any type

FORTIFIED WINE

7768 Egg nog, drink with egg, whole milk , sugar and sherry
2394 Martini; Cinzano; Campari; Riccadonna (dry or extra dry)
2395 Martini; Cinzano; Riccadonna (sweet); Dubonnet, sweet
2390 Port
2391 Sherry, dry
2392 Sherry, medium
2393 Sherry, sweet; ginger wine
9354 Vermouth, sweet only
9283 Vermouth, dry only
2389 Wine, Champagne

LOW ALCOHOL AND ALCOHOL FREE WINE

8150 Wine, alcohol free, eg. Blush

WINE

BEERS AND LAGERS

- 2363 Beer: best bitter, canned, eg. Whitbread Trophy, Tankard, Worthington E, Courage best bitter
- 8336 Beer: best bitter, draught or bottled, eg. Whitbread Trophy, Tankard, Worthington E, Courage best bitter. NOT canned
- 9247 Beer, homemade
- 2362 Beer: non-premium bitters; pale ale; mild; light ale; canned, eg. Younger's Tartan; Courage mild; Double Diamond
- 8335 Beer: non-premium bitters; pale ale; mild; light ale; draught or bottled, eg. Younger's Tartan, Courage mild, Double Diamond. NOT canned
- 2366 Beer: real ales or extra strong bitters, canned, eg. Young's Special bitter, Greene King's Abbot, Ruddle's County, Theakston's Old Peculiar, Newcastle Brown, barley wine
- 8338 Beer: real ales or extra strong bitters, draught or bottled, eg. Youngs Special bitter, Greene King's Abbot, Ruddle's County, Theakston's Old Peculiar, Newcastle Brown, barley wine. NOT canned
- 2364 Beer: strong bitter, canned, eg. McEwan's Export, Director's bitter, draught Bass, Stag bitter
- 8337 Beer: strong bitter, draught or bottled, eg. McEwan's Export, Director's bitter, draught Bass, Stag bitter. NOT canned
- 2367 Beer: others, unspecified, canned
- 8339 Beer: others, unspecified, NOT canned
- 2368 Lager: non premium lager, canned, eg. Heineken, Carlsberg, Kestrel
- 8340 Lager: non premium lager, draught or bottled, eg. Heineken, Carlsberg, Kestrel. NOT canned
- 2369 Lager: premium lager, canned, eg. Skol, Hofmeister, Tennent's, Carling Black Label
- 8341 Lager: premium lager, draught or bottled, eg. Skol, Hopfmeister, Tennent's, Carling Black Label. NOT canned
- 2370 Lager: continental type, canned, eg. Colt 45, Stella Artois, Foster's, Budweiser, Molson, Schlitz, Pacifico
- 8342 Lager: continental type, draught or bottled, eg. Colt 45, Stella Artois, Foster's, Budweiser, Molson, Schlitz, Pacifico. NOT canned
- 2371 Lager: special strong brew lager, canned, eg. Carlsberg Special Brew, Heldenbrau Extra Special
- 8343 Lager: special strong brew lager, draught or bottled, eg. Carlsberg Special Brew, Heldenbrau Extra Special. NOT canned
- 2372 Lager, low carbohydrate pils type, canned, eg. Pils, Lowenbrau, Heldenbrau, Miller's lite, Pilsner type lager
- 8344 Lager, low carbohydrate pils type, draught or bottled, eg. Pils, Lowenbrau, Heldenbrau, Miller's lite, Pilsner type lager. NOT canned
- 2374 Lager, unspecified, canned. NOT low carbohydrate or alcohol free
- 8346 Lager, unspecified, draught or bottled. NOT low carbohydrate or alcohol free. NOT canned

BEERS AND LAGERS

2375 Stout, canned, eg. Mackeson
8347 Stout, draught or bottled, eg. Mackeson. NOT canned
2376 Stout, canned, eg. Courage, Velvet stout
8348 Stout, draught or bottled, eg. Courage, Velvet stout. NOT canned
2377 Stout, canned, eg. Guinness
8334 Stout, draught or bottled, eg. Guinness. NOT canned

LOW ALCOHOL AND ALCOHOL FREE BEER AND LAGER

9221 Bitter, low alcohol, NOT canned
9251 Bitter, low alcohol, NOT canned
2373 Lager, alcohol free, canned, eg. Barbican
8345 Lager, alcohol free, eg. Barbican. NOT canned
9220 Lager, low alcohol, canned
9250 Lager, low alcohol, NOT canned
2378 Shandy, ie. half lemonade and half ale. NOT canned, NOT bottled

CIDER AND PERRY

2380 Cider, sweet or medium, canned
8349 Cider, sweet or medium. NOT canned
2379 Cider, dry, canned
8350 Cider, dry, draught or bottled. NOT canned
8351 Babycham; perry. NOT canned

LOW ALCOHOL AND ALCOHOL FREE CIDER AND PERRY

9222 Low alcohol cider canned
9252 Low alcohol cider NOT canned

COFFEE, TEA AND WATER

COFFEE

- 2304 Coffee and chicory essence, eg. Camp
- 2307 Coffee, fresh, strong infusion. NOT decaffeinated
- 8312 Coffee, fresh, strong infusion, decaffeinated
- 8313 Coffee, fresh, NOT strong infusion, decaffeinated
- 2306 Coffee, fresh, NOT strong infusion. NOT decaffeinated
- 2308 Coffee, instant, powder or granules, DRY WEIGHT
- 8314 Coffee, instant, decaffeinated, powder or granules, DRY WEIGHT
- 2636 Coffee, from vending machine, with whitener, NO sugar, as served
- 2637 Coffee, from vending machine, with whitener and sugar, as served

TEA

- 2314 Tea, strong infusion. NOT decaffeinated
- 8316 Tea, strong infusion, decaffeinated
- 8317 Tea, NOT strong infusion, decaffeinated
- 2315 Tea, NOT strong infusion, NOT decaffeinated
- 2316 Tea, instant freeze dried; lemon tea; DRY WEIGHT. NOT Typhoo QT
- 8318 Tea, instant with milk powder added, DRY WEIGHT, eg. Typhoo QT
- 2638 Tea, from vending machine, with whitener, no sugar, as served
- 2639 Tea, from vending machine, with whitener and sugar, as served

HERBAL TEA (MADE UP WEIGHT)

- 7000 Tea, herbal only, as served. NOT with milk

BOTTLED WATER, STILL OR CARBONATED, NOT SWEETENED

- B 8329 Herbal tonics; water with herbs; eg. Aqua Libra. NOT with added fruit juice.
- B 8381 Mineral water, carbonated, flavoured. NO added sugar.
- B 8333 Mineral water, still or carbonated. NOT flavoured.

TAP WATER ONLY

- 5000 Tap water; non-bottled water; filtered water, soda water

BEVERAGES (DRY WEIGHT)

- 7053 Barley cup, DRY WEIGHT
- 9506 Bournvita, DRY WEIGHT, NOT low in fat, NOT instant
- 8311 Bournvita, low fat: DRY WEIGHT, instant
- 649 Build-Up drink, DRY WEIGHT
- 7890 Chocolate based instant drinks with artificial sweetener, DRY WEIGHT, eg. Ovaltine Options, (Choc-N-Orange, Choc-a-Mint, Choc-a-Mocha, Choc-o-nut), Cadburys Highlights, Sainsburys Duos, Nestle Chocolite, Tesco low calorie hot chocolate drink
- 2303 Cocoa powder, DRY WEIGHT
- 9308 Cold relief powders with added vitamin C DRY WEIGHT eg Lemsip
- 2305 Complian, DRY WEIGHT
- 2309 Drinking chocolate, DRY WEIGHT, not instant, not reduced fat
- 2632 Drinking chocolate, instant, DRY WEIGHT, eg. Cadbury's Chocolate Break. NOT fat reduced
- 9369 Drinking chocolate, reduced fat, DRY WEIGHT, eg. Sainsburys, Tesco, Boots, Impress. NOT instant
- 2633 Drinking chocolate, instant, fat reduced or low fat, DRY WEIGHT
- 649 Build Up drink/Slender slimmming drink, DRY WEIGHT
- 2310 Horlicks malted food drink; DRY WEIGHT
NOT chocolate Horlicks, NOT instant Horlicks.
- 9278 Horlicks chocolate malted food drink, DRY WEIGHT,
NOT instant Horlicks
- 2635 Horlicks powder, instant, low fat, NOT chocolate, DRY WEIGHT
- 9277 Horlicks low fat, instant, chocolate, DRY WEIGHT
- Milk, canned: see "Milk section"
- 9308 Lemsip, DRY WEIGHT
- 9367 Malted drinks, DRY WEIGHT, own brand only, eg. Tesco, Safeway, Sainsburys, Boots. NOT fortified with vitamins or minerals; NOT chocolate; NOT instant malted drinks; NOT Horlicks or Ovaltine
- 9368 Instant malted drinks, DRY WEIGHT, own brand only, eg. Tesco, Safeway, Sainsburys. NOT fortified with vitamins or minerals; NOT chocolate; NOT Horlicks or Ovaltine
- 2311 Milk shake powder, DRY WEIGHT, eg. Nesquick
- 2301 Milo chocolate flavoured malt drink, DRY WEIGHT
- 2313 Ovaltine, NOT Ovaltine instant, NOT Ovaltine Options, DRY WEIGHT
- 2670 Ovaltine, instant, low fat, NOT Ovaltine options, DRY WEIGHT
- 7890 Ovaltine Options, chocolate based instant drinks, DRY WEIGHT
- 649 Slender slimming drink, DRY WEIGHT

BEVERAGES (DRY WEIGHT)

SOUPS

This section is divided into the following sub-sections:

- A. Low calorie soup
- B. Condensed soup made up
- C. Canned soup
- D. Carton soup
- E. Packet soup made up
- F. Homemade soup

A. LOW CALORIE SOUP

- 2491 Low calorie soup, any, canned
- 2492 Low calorie soup, any, packet, as served

B. CONDENSED SOUP

- 2465 Chicken soup, cream of, made up with water only, as served
- 2480 Tomato soup, made up with water only, as served
- 2488 Soup, other, made up with water only, as served. NOT tomato. NOT cream of chicken
- 2487 Soup, any, made up with milk only, as served
- 2486 Soup, any, made up with milk and water, as served

C. SOUP, CANNED. NOT CONDENSED

- 2463 Chicken soup, cream of, ready to serve
- 4338 Cock-a-leekie soup, as served
- 2462 Consomme; other clear soups: Bouillon cubes, as served
- 3772 Lentil soup, as served
- 2491 Low calorie soup, any, canned
- 2472 Mushroom soup, cream of, ready to serve
- 2473 Oxtail soup, ready to serve
- 2494 Scotch broth, ready to serve
- 2478 Tomato soup, cream of, ready to serve
- 2483 Vegetable soup, ready to serve
- 2493 Vending machine soup, any
- 2485 Soup, other, not specified elsewhere, ready to serve

D. SOUP IN A CARTON

- 7925 Chicken soup, cream of, ready to serve
- 7926 Mushroom soup, cream of, ready to serve
- 7927 Tomato soup, cream of, ready to serve
- 7928 Vegetable soup, ready to serve
- 2493 Vending machine soup, any
- 7929 Soup, other, not specified elsewhere, ready to serve

E. DEHYDRATED (PACKET) SOUP

- 2467 Chicken noodle soup, as served. NOT instant soup powder. NOT Quick soup. NOT Cup-A-Soup
- 2462 Consomme; other clear soups: Bouillon cubes, as served
- 2468 Instant soup, includes Cup-A-Soup, any variety, as served. NOT low calorie, NOT vending machine
- 2492 Low calorie soup, any, as served
- 2471 Minestrone soup, as served. NOT instant soup powder. NOT Quick soup. NOT Cup-A-Soup
- 7923 Mushroom soup, cream of, as served. NOT instant soup powder. NOT Quick soup. NOT Cup-A-Soup
- 2475 Oxtail soup, as served. NOT instant soup powder. NOT Quick soup. NOT Cup-A-Soup
- 7924 Tomato soup, cream of, as served. NOT instant soup powder. NOT Quick soup. NOT Cup-A-Soup
- 2482 Tomato soup, as served. NOT instant soup powder. NOT Quick soup. NOT Cup-A-Soup. NOT cream of tomato soup
- 8575 Vegetable soup, as served. NOT instant soup powder. NOT Quick soup. NOT Cup-A-Soup

F. HOMEMADE SOUP

- R 2461 Broth, bone and vegetable
- R 2469 Lentil soup
- R 2476 Pea soup
- R 2477 Scotch broth, ie. mutton, carrot, other vegetables, must include meat, thickened
- R 2489 Sweetcorn soup; sweetcorn chowder
- R 2484 Vegetable soup. NO pulses - lentils, beans, barley etc
- R 2490 Vegetable soup, with lentils, peas, pearl barley; soup mix, as served

D. SOUP IN A CARTON

SAUCES, PICKLES, GRAVIES AND CONDIMENTS

- R 2409 Barbecue sauce, any
- 9400 Black bean sauce
- R 2501 Blue cheese dressing
- 2410 Bovril, any, not made up
- R 2411 Bread sauce
- 2412 Brown sauce, bottled, eg. OK, HP, Daddies
- 9389 Capers
- R 2413 Cheese sauce made with whole milk
- R 8629 Cheese sauce made with semi skimmed milk
- R 8664 Cheese sauce made with skimmed milk
- 9479 Cheese sauce, made up from packet mix, with whole milk
- 9480 Cheese sauce, made up from packet mix, with semi-skimmed milk
- 9481 Cheese sauce, made up from packet mix, with skimmed milk
- 2414 Chilli pickle, oily
- 2415 Chilli pickle, sour
- 2416 Chilli pickle, sweet
- 9397 Chilli sauce
- 2417 Chutney, any, homemade, eg. apple, tomato. NOT purchased
- 2418 Chutney, purchased, eg. tomato, tomato relish, sweetcorn relish, any other chutney or relish. NOT mango chutney
- 2419 Chutney, mango
- 2457 Cook-in-sauces, canned, any
- 2458 Cook-in-sauces, packet, any, as served
- 8648 Cook-in-sauces, any. NOT canned; NOT packet
- R 2501 Coleslaw dressing, Kraft only
- 2436 Cranberry sauce
- 9375 Curry paste, any strength, eg. Pataks, Sharwoods, Subahdar
- 2420 Curry sauce, purchased
- 8358 Dolmio pasta sauce
- R 2421 Egg sauce; white savoury sauce with egg
- R 2422 French dressing: oil and vinegar dressing, homemade NOT oil free
- 3456 French dressing oil free; oil free vinaigrette
- 9391 French dressing, purchased. eg Kraft, Heidelberg own brand
- 9395 Garlic puree

SAUCES, PICKLES, GRAVIES AND CONDIMENTS

- 2424 Gravy, thickened, with fat (unskimmed), includes Bisto gravy with added fat, Bisto and Oxo gravy with added fat, gravy granules with added fat
- 2425 Gravy thickened, without fat (skimmed), includes Bisto gravy with NO added fat, Bisto and Oxo gravy with NO added fat, gravy granules with NO added fat
- 2426 Gravy, unthickened, with fat (unskimmed), includes Oxo gravy with added fat but NO added thickening
- 2427 Gravy, unthickened, without fat (skimmed), includes Oxo gravy with NO added thickening and NO added fat
- 2428 Horseradish sauce
- 9398 Hot pepper sauce
- 2429 Lime pickle, oily
- 2430 Mango pickle, oily
- 2431 Marmite, other yeast extracts. NOT Vecon
- 2432 Mayonnaise, NOT low calorie, purchased
- R 8382 Mayonnaise, NOT low calorie, homemade
- 2433 Mayonnaise, low calorie
- 2434 Mild mustard sauce, eg. McDonalds
- 2435 Mint sauce, ie. mint, vinegar, sugar. NOT mint jelly
- 2436 Mint jelly; redcurrant jelly; cranberry sauce
- 2454 Mustard, ready made, any sort
- 2090 Olives, in brine, flesh and skin only, no stones, or leftover stones weighed; stuffed olives
- 2091 Olives, in brine, leftover stones not weighed
- R 2437 Onion sauce
- 2515 Oxo cubes, or other stock/bouillon cubes, DRY WEIGHT
- 2438 Oyster sauce
- 8358 Pasta sauce made from tomatoes, any flavour, purchased, eg. Dolmio, own brand
- 2439 Piccalilli; mustard pickle
- 2440 Pickle, sweet, eg. Panyan, Branston, Ploughman's. NOT mango or tomato
- 9388 Pickled gherkins
- R 2441 Prawn cocktail sauce
- 9396 Redcurrant jelly, purchased
- 9399 Salad dressing, fat free, purchased eg. Kraft free choice
- R 2441 Salad cream, NOT low calorie
- 2442 Salad cream, low calorie, eg. Weight Watchers, Waistline reduced calorie dressing

SAUCES, PICKLES, GRAVIES AND CONDIMENTS

2443 Sandwich spread
 9366 Sour cream based dips, eg. St Ivel, own brand
 2444 Soy sauce, dark
 2445 Soy sauce, light
 R 2459 Stuffing, parsley and thyme; sage and onion; packet mix, made-up weight. NOT (sausage) meat stuffing, rice stuffing, chestnut stuffing
 2446 Sweet curry sauce, McDonalds only
 R 2447 Sweet and sour sauce, NOT canned
 9393 Sweet and sour sauce, canned
 2418 Sweetcorn relish
 9392 Tartare sauce, purchased
 R 2501 Thousand island dressing. NOT low calorie
 7921 Thousand island dressing, low calorie
 820 Toast toppers, canned, any
 2448 Tomato ketchup, bottled
 9101 Tomato ketchup, bottled, reduced sugar and salt, eg. Crosse & Blackwell Healthy Balance
 2449 Tomato puree, NOT canned
 2460 Tomato puree, canned
 R 2450 Tomato sauce, home made. NOT ketchup
 7065 Vecon
 7318 Vegetable spread, eg. Granose
 9394 Vegetable puree
 2525 Vinegar, any
 R 2451 White sauce, savoury, made with whole milk, eg. parsley, caper, anchovy, mustard
 R 3026 White sauce, savoury, made with semi-skimmed milk
 R 7922 White sauce, savoury, made with skimmed milk
 White sauce, sweet. See Cereal based Milk Puddings.
 2453 Worcester sauce, Lea and Perrins
 9390 Yogurt dressings, purchased

SAUCES, PICKLES, GRAVIES AND CONDIMENTS

VITAMIN AND MINERAL SUPPLEMENT - TABLET FORM

9233 Boots multimineral capsules
9234 Boots multivitamin tablets
9235 Boots multivitamin tablets with iron
9302 Calcichew D3 tablets
9299 Evening primrose oil capsules, 500 mg only. No other vitamins or minerals
9340 Garlic pearls, tablets or capsulets - all types
8406 Haliborange crunchy fruit flavoured fish oil with vitamins A, C, D E
8404 Haliborange multivitamins plus calcium and iron (tablets)
8405 Haliborange tablets with vitamins A, C, D (orange or blackcurrant flavour)
9315 Numark multivitamin tablets
9239 Sainsburys multivitamin tablets
9241 Sainsburys multivitamin and iron tablets
9238 Sanatogen multivitamins with calcium
9184 Sanatogen multivitamin and iron tablets
9240 Sanatogen multivitamin and mineral tablets
9185 Sanatogen multivitamin tablets
9236 Seven Seas multivitamin and mineral capsules
9297 Seven Seas multivitamins (from natural sources) with iron
9305 Superdrug multivitamin + C tablet
9319 Superdrug super vitamin B complex tablets
9242 Tesco multivitamin tablets
9243 Tesco multivitamin and iron tablets
9322 Vitamin C tablet, 75 mg only. No other vitamins or minerals
9301 Vitamin C tablets, 200 mg only. No other vitamins or minerals
9298 Vitamin C tablets, 500 mg only. No other vitamins or minerals
9342 Vitamin C tablets, 1000 mg only. No other vitamins or minerals

VITAMIN AND MINERAL SUPPLEMENT - SYRUP/OIL FORM

8440 Boots cod liver oil BP
8438 Boots cod liver oil and orange syrup
8426 Boots malt extract and cod liver oil
8397 Boots multivitamin syrup
8402 Haliborange multivitamin liquid
9237 Metatone syrup
8506 Minadex Malt Extract and Cod Liver Oil
8421 Sanatogen natural cod liver oil liquid
8504 Seven Seas lemon flavour cod liver oil spoonful
8828 Seven Seas lemon flavour cod liver oil spoonful with evening
primrose oil and vitamins A,D,E
8439 Seven Seas orange syrup and cod liver oil
8428 Seven Seas pure cod liver oil

MEDICINE

9343 Fybogel, ispaghula based laxative, dry weight
9308 Cold relief powders with added vitamin C. Dry Weight. eg lemsip
2527 Medicine in any form
Water - see "Coffee, Tea and Water"



NDNS: PEOPLE AGED 65 YEARS OR OVER

GUIDE WEIGHTS

Note: these weights are a guide; reported weights outside these ranges may be correct, but should have a note to explain the circumstances.

Approximate conversion (grams — pounds/ounces)

28 grams	= 1oz	228 grams	= 8oz
57 grams	= 2oz	454 grams	= 1lb
114 grams	= 4oz		

FOOD	WEIGHT (grams)
Instant coffee (1 teaspoon)	1-2
Cup of tea/coffee	150-220
Mug of tea/coffee	220-300
Milk in tea/coffee	15-50
Sugar in tea/coffee (per teaspoon)	4-6
Breakfast cereal (dry)	20-50
Bread (1 slice)	25-50
Fat spread on a slice of bread	5-15
Jam/marmalade (on 1 slice of bread/toast)	8-20
Hens egg (boiled, no shell)	47-67
Sausage (one large)	40-70
Ham (1 slice)	10-30
Bacon rasher	20-40
Carrots boiled (1 tablespoon)	30-50
Peas boiled (1 tablespoon)	20-40
Potatoes mashed (1 tablespoon)	30-60
Ice-cream	60-80
Yogurt	125-175
Fromage frais	50-150
Apple, without core (one)	80-160
Biscuit - plain	7-17
Biscuit - chocolate covered	18-35
Beer / Lager (½ pint)	287
Wine (average glass)	125

BRAND CODES FOR MINERAL WATERS

Code on place of origin.

301	Abbey Well
302	Ashbourne
303	Bally Gowan
304	Buxton
334	Chiltern Hills
305	Cotswold Spring
329	Cwm Dale
308	Glens of Antrim
309	Highland Spring
310	Malvern Water
313	<u>Northumbrian</u>
314	Penwith
312	Strathallan
315	Strathmore
316	Tipperary
318	<u>Any other British Isles product</u>
319	Apollanaris
320	Badoit flavoured/unflavoured
330	Evian
321	Ferrarelle
322	Miral
331	Perrier, all varieties



- 323 **Peters Vai**
- 324 **Radin**
- 325 **San Pellegrino**
- 326 **Vals**
- 327 **Vichy**
- 328 **Any other foreign product**

BRAND CODES FOR SOFT DRINKS

401	Appletise
402	Alpine
403	Baldwins
404	Barrs (NOT Irm Bru or Tizer)
405	Benshaws
406	Bon Accord
407	Britvic (code for fruit juices only. NOT 7-Up or Quosh)
474	Britvic 55
408	Calypso
409	Canada Dry
410	Capri Sun
411	Cariba
412	Carters
413	Coca Cola
414	Corona
434	Cow and Gate
415	Cowley & Richardson
416	Curries
417	C-Vit
418	Dairy Gate
419	De L'Ora
420	Del Monte
450	Delrosa

421	Dexters
422	Dr Pepper
423	Energen/One-Cal
424	Fanta
425	Five Alive
426	Full Swing
427	Gee Bee
428	Gini
429	Hunts
430	Idris
431	Irn Bru
432	Just Juice
433	Kia Ora
435	Kiri
436	Laws
437	Libby's and Libby's C
438	Lilt
439	Lowcocks
440	Lucozade
441	Mandora
442	Masons/Super-Jaff
443	Orangina
444	Panda
445	Pepsi Cola
475	Pepsi Max

446	Quatro
447	Quosh
448	Ribena
449	Robinsons
451	Roses
453	Schweppes
457	[Schweppes] Slimline
454	Seven-Up
455	[Boots] Shapers
452	Shloer
456	Silver Spring
458	Sodastream
460	Sprite
461	St Clements
462	Suncharm
463	Sunfresh
464	Sunkist
465	Sunquick
466	Tab
467	Tango
468	Tizer
469	Top Deck
470	Um Bongo
471	Vimto
472	Wells

473 R Whites

454 7-Up

Own brands

1 Asda

2 Bejam

3 Best Buy

4 Boots

5 Budgen

6 Co-op

7 Family Choice

8 Fine Fare

9 Gateway

10 Hillards

11 Iceland

12 Londis

13 Mace

14 Morrisons

15 My Mums

16 Peacock

17 Presto

18 Safeway

19 Sainsbury

26 Somerfield

21 Spar

20	St Michael (Marks & Spencer)
25	Superdrug
22	Tesco
23	VG
24	Waitrose
600	Other brand

BRAND CODES FOR ARTIFICIAL SWEETENERS

Tablets or Minicubes

501	Canderel (tablets)
502	Flix (tablets or minicubes)
503	New Taste Hermesetas (tablets)
504	Original Hermesetas (tablets)
506	Medicare (tablets or minicubes)
507	Natrena
508	Natriblend
509	Saxin
510	Shapers (tablets or minicubes)
511	Shapers with Nutrasweet (tablets or minicubes)
512	Supatrim (tablets)
513	Sweetex (tablets)
514	Sweet 'n' Low (tablets or minicubes)
515	Ti'Light (tablets or minicubes)

Granulated

516	Canderel Spoonful
517	Flix granulated
518	Hermesetas Granulated Sweetener
532	Supatrim Gold
529	Medicare (granulated)
520	Shapers Sugar Lite (granulated)

- 521 Sionin
- 522 Sucron
- 530 Sweetex (granulated)
- 531 Sweet 'n' low (granulated)
- 524 Sweet 'n' Slim
- 525 Ti'Light (granulated)
- 526 Trimspoon

Liquids

- 527 Original Hermesetas Liquid
- 528 Sweetex Liquid Sweetener

Own brands

- 1 Asda
- 2 Bejam
- 3 Best Buy
- 4 Boots NOT 'Shapers'
- 5 Budgen
- 6 Co-op
- 7 Family Choice
- 8 Fine Fare
- 9 Gateway
- 10 Hillards
- 11 Iceland
- 12 Londis

13	Mace
14	Morrisons
15	My Mums
16	Peacock
17	Presto
18	Safeway
19	Sainsbury
26	Somerfield
21	Spar
25	Superdrug
22	Tesco
23	VG
24	Waitrose
600	Other brand



NATIONAL DIET AND NUTRITION SURVEY

PEOPLE AGED 65 OR OVER

SOURCE CODE LIST

Source codes indicate who supplied the foods and drinks consumed by the respondent.

All foods and drinks must have a source code.

CODE	DESCRIPTION
1	Meals on Wheels (includes WRVS and other home delivered meal services)
2	Luncheon clubs (includes 'Darby & Joan', Day Centres and other social club meals)
3	Restaurant, Cafe, Takeaways, Pubs etc.
4	Relatives, Friends, Neighbours
5	Other



PEOPLE AGED 65 OR OVER

NATIONAL DIET AND NUTRITION SURVEY
People Aged 65 or Over

FATS FOR SPREADING

	CODE	FAT
A	859	Anchor Half Fat Spread
	859	Anchor Low Fat Spread
	9407	Anchor Spreadable Butter
	865	Asda Soya Margarine
	7774	Asda Sunflower Low Fat Spread
	8480	Asda Sunflower Spread
B	864	Banquet soft margarine
	865	Blue Band sunflower margarine
	864	Blue Leaf soft margarine
	851	Butter, salted or slightly salted
	9407	Butter, spreadable
	852	Butter, unsalted

P1403 NDNS Fats for Spreading List

C	866	Clover
	859	Clover, diet
	866	Clover, reduced salt
	859	Co-op Golden Low Fat Spread
	7774	Co-op Good Life Low Fat Sunflower Spread
	8480	Co-op Good Life Sunflower Spread
	8230	Co-op Olive Gold
	7775	Co-op Red Seal Soft Spread
	864	Co-op Silver Special Soft Margarine
	865	Co-op Soya Margarine
7775	Coral Reef Soft Spread	
D	866	Dairy Crest Willow
	7776	Delight Extra Low
	859	Delight Low Fat Spread
E	7775	Easigold Reduced Fat Spread (Golden Vale)
	860	Echo Hard Margarine
	865	Encore Sol
	7774	Encore Sol Light
	864	Encore Supersoft Luxury Margarine
F	8480	Flora (sunflower spread)
	7774	Flora Extra Light
	8480	Flora (reduced salt)

P1403 NDNS Fats for Spreading List

G	865	Gold Cup Sunflower Margarine
	859	Gold (St Ivel)
	7776	Gold Lowest (St Ivel)
	7774	Gold Sunflower Low Fat Spread (St Ivel)
	859	Gold Unsalted (St Ivel)
	866	Golden Crown
	7775	Golden Crown Light
	8511	Golden Olive
	7775	Golden Vale Easigold reduced fat spread
	7774	Granose Diet Half Fat Spread
	865	Granose Sunflower margarine
H	859	Half Fat Anchor
	859	Half fat butters - own brand
	860	Hard margarine - own brand
I	8480	'I can't believe it's not butter'
	7774	'I can't believe it's not butter' light
	864	Iceland Soft Margarine
	865	Iceland Sunflower Margarine
K	859	Kerrygold Light
	866	Kraft Golden Crown
	866	Kraft Special Soft
	866	Krona (Gold)
	7775	Krona Reduced Fat Spread

P1403 NDNS Fats for Spreading List

M	9407	Marks and Spencer Easier Spreading Butter
	866	Marks and Spencer English Churn
	7774	Marks and Spencer ½ Fat Sunflower Spread
	859	Marks and Spencer ½ Fat Sunglow
	8230	Marks and Spencer Reduced Fat Olive
	865	Marks and Spencer Sunflower Margarine
	866	Meadowcup
	7775	Mello (Kraft)
	865	Meridian Soya Margarine
	9408	Mono (St Ivel)
N	866	No Frills Blended Spread
	864	No Frills Soft Margarine
O	8230	Olive Gold (Sainsbury, Tesco and Co-op)
	8230	Olivio
	8511	Olivite (Weight Watchers)
	7776	Outline
P	8509	Pura Light reduced fat spread
	7774	Pura Slimmers Gold

P1403 NDNS Fats for Spreading List

S

860	Safeway Baking Margarine
859	Safeway Golden Low Fat Spread
7774	Safeway Low Fat Sunflower Spread
866	Safeway Meadow
8230	Safeway Olive
7775	Safeway Reduced Fat Soft Spread
864	Safeway Soft Margarine
865	Safeway Soya Margarine
865	Safeway Sunflower Margarine
865	Safeway Sunflower Margarine, salt free
8487	Safeway Very Low Fat Spread (Simplese)
866	Sainsbury County
866	Sainsbury Danish Blend
859	Sainsbury Golden Low Fat Spread
864	Sainsbury Luxury Soft Margarine
8230	Sainsbury Olive Gold
7775	Sainsbury Reduced Fat Butter Spread
7775	Sainsbury Soft Spread
865	Sainsbury Soya Margarine
8480	Sainsbury Spread with Sunflower Oil
865	Sainsbury Sunflower Margarine
7774	Sainsbury Sunflower Extra Light Half Fat Spread
8509	Sainsbury Sunflower Light Reduced Fat Spread
8510	Sainsbury Sunflower Lowest Very Low Fat Spread
7774	Shape Sunflower Spread (St Ivel)
7774	Slimmers Gold Sunflower Low Fat Spread (Pura)

P1403 NDNS Fats for Spreading List

S

866	Somerfield Country Blend
859	Somerfield Golden Low Fat Spread
7774	Somerfield Low Fat Sunflower Spread
8230	Somerfield Olivani Reduced Fat Spread
864	Somerfield Supersoft Margarine
865	Somerfield Sunflower Margarine
865	Soya Margarine - own brands
9407	Spreadable Butter - any brand
859	St Ivel Gold
7776	St Ivel Gold Lowest
7774	St Ivel Gold Sunflower Low Fat Spread
9408	St Ivel Mono
7774	St Ivel Shape Sunflower Spread
860	Stork Hard Margarine
7775	Stork Light Blend
864	Stork SB
7775	Summer County Reduced Fat Spread
865	Sunflower Margarine - own brands
7774	Sunflower Low Fat Spread - own brands
8510	Sunflower Very Low Fat Spread - own brands

P1403 NDNS Fats for Spreading List

T	860	Tesco Baking Margarine
	866	Tesco Golden Blend
	7774	Tesco Healthy Eating Extra Light Sunflower Spread
	859	Tesco Healthy Eating Golden Blend Extra Light
	859	Tesco Healthy Eating Half Fat Creamery Spread
	7774	Tesco Healthy Eating Half Fat Sunflower Spread
	8487	Tesco Healthy Eating Lowest Ever 5% Fat Spread
	7776	Tesco Healthy Eating Very Low Fat Spread
	8230	Tesco Olive Gold
	864	Tesco Soft Margarine
	866	Tesco Soft Spread
	865	Tesco Sunflower Margarine, reduced salt
	8480	Tesco Sunflower Spread
	8480	Tesco Unbelievable
	866	Tesco Value Blend Margarine
	7775	Tesco Value Soft Spread
	8509	Tesco Value Sunflower Spread
	860	Tomor Hard Margarine
V	864	Velvet Gold Soft Margarine
	7775	Velvet Gold Reduced Fat Spread
	8480	Vitalite
	8509	Vitalite Light
	865	Vitaquelle
	9409	Vitaquelle Extra
W	8511	Weight Watchers Olivite
	9409	Whole Earth Superspread
	866	Willow (Dairy Crest)

**FATS AND OILS FOR COOKING**

NOTE: If any food is made with, or cooked in, a fat or oil not listed below, then you will not be able to code it. In this case, leave the foodcode column blank and put the letter 'F' in the margin next to it.

FAT	DESCRIPTION
Banquet soft margarine	margarine, not polyunsaturated
Beef fat	dripping
Blended vegetable oil	blended vegetable oil
Blue Band sunflower margarine	polyunsaturated margarine
Blue Leaf soft margarine	margarine, not polyunsaturated
Butter, salted or slightly salted	butter
Butter, unsalted	butter
Corn oil	polyunsaturated oil
Crisp and Dry oil (Spry)	blended vegetable oil
Echo hard margarine	margarine, not polyunsaturated
Encore sol	polyunsaturated margarine
Encore supersoft margarine	margarine, not polyunsaturated
Flora Baking	polyunsaturated margarine
Flora oil	polyunsaturated oil
Granose	polyunsaturated margarine
Groundnut oil	polyunsaturated oil
Maize oil	polyunsaturated oil
Mazola corn oil	polyunsaturated oil
Mazola sunflower oil	polyunsaturated oil
Meridian soya margarine	polyunsaturated margarine
No Frills soft margarine	margarine, not polyunsaturated

FATS AND OILS FOR COOKING, continued...

FAT	DESCRIPTION
Own brands	
blended oil	blended vegetable oil
block margarine	margarine, not polyunsaturated
hard margarine	margarine, not polyunsaturated
soft margarine, not polyunsaturated	margarine, not polyunsaturated
soft margarine, polyunsaturated	margarine, polyunsaturated
Pork fat	lard
Pura Big Fry solid cooking oil	dripping
Pura Light Touch	polyunsaturated oil
Safflower oil	polyunsaturated oil
Sesame oil	polyunsaturated oil
Soya margarine - own brands	polyunsaturated margarine
Soya oil	polyunsaturated oil
Spry Crisp 'n' Dry	blended vegetable oil
Stork	margarine, not polyunsaturated
Stork SB	margarine, not polyunsaturated
Sunflower margarine - own brands	polyunsaturated margarine
Sunflower oil	polyunsaturated oil
Tomor hard margarine	margarine, not polyunsaturated
Vegetable margarine	polyunsaturated margarine
Vegetable oil - unspecified	blended vegetable oil
Velvet Gold soft margarine	margarine, not polyunsaturated
Vitaquelle	polyunsaturated margarine
Walnut oil	polyunsaturated oil
White cap	lard

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

SOFT DRINKS CHECK LIST

Note: This is not a comprehensive list of all soft drinks on the market. New products will appear and the formulation of existing products may change.

NB: Codes are not given for carbonates as there are different codes for canned and bottled drinks These can be found in the main food code list

KEY: CONC = Concentrate RTD = Ready to Drink CARB = Carbonated

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Asda orange C	RTD	-	2354	1
Belvoir Blackcurrant Cordial	CONC	-	8462	600
Belvoir Strawberry Cordial	CONC	-	2349	600
Belvoir Elderflower Cordial	CONC	-	2349	600
Boots Orange Barley Water	CONC	-	2353	4
Boots Whole Lemon Drink	CONC	-	2353	4
Boots Whole Orange Drink	CONC	-	2353	4
Boots Shapers Tropical Fruit	CONC	Y	2351	455
Boots Shapers Blackcurrant and Apple	CONC	Y	2351	455
Boots Shapers Lemon Barley	CONC	Y	2351	455
Boots Reduced sugar blackcurrant Juice Drink	CONC	Y		4
Boots Shapers Blackcurrant Juice Drink	RTD	Y	8475	455
Boots Shapers Tropical Juice Drink	RTD	Y	8029	455
Boots Shapers High Juice Orange	RTD	Y		455
Boots Shapers Blackcurrant & Apple Flavour carbonated	CARB	-		455
Boots Shapers Citrus Fruit Flavour carb drink	CARB	-		455
Boots Shapers Tropical Fruit Flavour carb drink	CARB	-		455
Boots Shapers Fresh Orange & Raspberry Drink	RTD	Y	8029	455

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Boots Mediterranean Cocktail	RTD	-	2350	4
Calypso orange flavour drink	RTD	-	2354	408
Capri Sun Tropical Orange Juice Drink (Other flavours - same)	RTD	-	8453	410
Citrus Spring Sparkling Orange Drink	CARB	-		600
Citrus Spring Sparkling Lemon Juice Drink	CARB	-		600
Clearly Canadian Country Raspberry	CARB	-		600
Co-Op Sun Up lime and lemon drink	CONC	-	2353	6
C-Vit multivitamin blackcurrant juice drink with calcium	CONC	-	7919	417
C-Vit multivitamin orange drink with calcium (concentrate)	CONC	-	7917	417
C-Vit multivitamin orange & peach drink with calcium	RTD	-	7918	417
C-Vit multivitamin orange drink with calcium (ready to drink)	RTD		7918	417
Del Monte Fruit Troop fruit drink (Orange, Pineapple & Banana)	RTD	-	2358	420
Del Monte Fruit Coolers Carnival	RTD	-	2354	420
Del Monte Fruit Coolers Citrus Light	RTD	Y	8467	420
Del Monte Fruit Burst Still Lemonade Juice Drink	RTD	-	8453	420
Del Monte Fruit Burst Orange Juice Drink	RTD	-	8453	420
Del Monte Fruit Burst Five Fruit Juice Drink	RTD	-	2358	420
Family Choice Orange Drink	CONC	-	2349	7
First Choice Tropical Lite Fruit Drink	RTD	Y	8467	600
Five Alive Citrus Lite Fruit Juice Drink	RTD	Y	8029	425
Five Alive Mixed Citrus Fruit Juice Drink	RTD	-	8451	425
Five Alive Mediterranean Fruit Juice Drink	RTD	-	8451	425
Five Alive Tropical Fruit Juice Drink	RTD	-	8451	425

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Flintstones Orange Juice Drink	RTD	-	8453	600
Flintstones Caribbean Mixed Juice Drink	RTD	-	2358	600
Garfield Fruit Punch Cup	RTD	-	2350	600
Geebee low calorie Orange Drink	CONC	Y	2351	427
Geebee twist 'n squeeze drinks (raspberry/orange)	RTD	-	2350	427
Gini Lemon Drink	CARB	-		428
Diet Gini Lemon Drink	CARB	-		428
Iceland orange drink	CONC	-	2353	11
Iceland blackcurrant drink	CONC	-	8462	11
Iceland lemon drink	CONC	-	2349	11
Iceland orange, lemon & pineapple drink	CONC	-	2353	11
Iceland tropical fruit drink	CONC	-	2353	11
Kia-ora Mixed Fruit Drink	CONC	-	2353	433
Kia-ora Mixed Fruit drink - No Added Sugar	CONC	Y	8466	433
Kia-ora Pear and Blackcurrant drink	CONC	-	2353	433
Kia-ora Pear & Blackcurrant drink - No Added Sugar	CONC	Y	8466	433
Kia-ora Whole Orange drink	CONC	-	2353	433
Kia-ora Whole Orange drink - No Added Sugar	CONC	Y	8466	433
Kia-ora Whole Lemon drink	CONC	-	2353	433
Kia-ora Orange & Pineapple drink - No Added Sugar	CONC	Y	8466	433
Kia-ora orange and pineapple drink	CONC	-	2353	433
Kia-ora Mixed Fruit drink	RTD	-	2354	433
Kia-ora Whole Orange drink	RTD	-	2354	433

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Kia-ora Orange and Pineapple drink	RTD	-	2354	433
Kiri Diet	CARB	Y		435
Kisqua Sparkling Orange and Peach	CARB	-		600
Libbys Apple C	RTD	-	8691	437
Libbys Orange C	RTD	-	8453	437
Libbys Four Fruit C	RTD	-	2358	437
Lilt Pineapple and Orange Crush	CARB	-		438
Lilt Diet Pineapple and Orange Crush	CARB	Y		438
Marks & Spencer Jaffa Orange drink	CONC	-	2349	20
Marks & Spencer Lemon & Lime drink	CONC	-	2349	20
Marks & Spencer Sunfruit drink	RTD	-	2358	20
Marks & Spencer Caribbean fruit drink	RTD	-	8451	20
Marks & Spencer low calorie Orange drink	RTD	Y	8472	20
Meri-mate Tropical Fruit Flavour Drink	CARB	-		600
Moonshine Mixed Berry Juice Drink (Libbys)	RTD	-	8451	600
Morrisons Whole Orange drink	CONC	-	2353	14
Nisa Apple & Blackcurrant juice drink	CONC	-	8471	600
Ocean Spray Cranberry Classic Juice drink	RTD	-	2358	600
Ocean Spray Cranberry & Raspberry Juice drink	RTD	-	2358	600
One Cal Blackcurrant flavour drink	CARB	Y		600
One Cal Pineapple and Grapefruit	CARB	Y		600
Orangina Sparkling Orange Juice drink	CARB	-		443
Princes Jucee Tropical Fruit drink	CONC	-	2353	600

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Princes Juice High Orange, Lemon & Lime Squash	CONC	-	7911	600
Princes Juice Sugar Free Lemon & Lime drink	CONC	Y	2351	600
Quosh low sugar orange drink	CONC	Y	8466	447
Quosh Whole Orange drink	RTD	-	2354	447
Ribena blackcurrant (concentrated)	CONC	-	8791	448
Ribena blackcurrant light low sugar (concentrated)	CONC	Y	8792	448
Ribena blackcurrant sugar free (concentrated)	CONC	Y	9187	448
Ribena orange and apricot (concentrated)	CONC	-	8485	448
Ribena blackcurrant ready to drink	RTD	-	2347	448
Ribena blackcurrant light ready to drink	RTD	Y	7905	448
Ribena orange and apricot ready to drink	RTD	-	7909	448
Ribena strawberry ready to drink	RTD	-	7908	448
Ribena forest fruit ready to drink	RTD	-	7908	448
Ribena apple ready to drink	RTD	-	7908	448
Rio Riva carbonated spring water + juices	CARB	-		600
Robinsons Lemon Barley Water	CONC	-	8491	449
Robinsons Orange Barley Water	CONC	-	8491	449
Robinsons Apple Juice drink	CONC	-	8616	449
Robinsons Apple and Blackcurrant Juice drink	CONC	-	8471	449
Robinsons Apple and Raspberry Juice drink	CONC	-	8471	449
Robinsons Apple and Strawberry Juice drink	CONC	-	8471	449
Robinsons Orange, Lemon and Pineapple drink	CONC	-	2349	449
Robinsons Original High Juice Lemon Squash	CONC	-	7911	449

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Robinsons Original High Juice Harvest Fruit Squash	CONC	-	7911	449
Robinsons Original High Juice Orange Squash	CONC	-	7911	449
Robinsons Special R Apple & Blackcrant Juice drink	CONC	Y	8608	449
Robinsons Special R Orange & Pineapl Juice drink	CONC	Y	8608	449
Robinsons Special R Summer Fruits Juice drink	CONC	Y	8608	449
Robinsons Special R Whole Orange drink	CONC	Y	2351	449
Robinsons Whole Grapefruit drink	CONC	-	2349	449
Robinsons Whole Lemon drink	CONC	-	2349	449
Robinsons Whole Orange drink	CONC	-	2349	449
Robinsons Sparkling Lemon Barley Water	CARB	-		449
Robinsons Sparkling Orange Barley Water	CARB	-		449
Robinsons Sparkling Original Lemon Juice drink	CARB	-		449
Robinsons Apple Juice drink	RTD	-	8691	449
Robinsons Apple and Blackcurrant Juice drink	RTD	-	2358	449
Robinsons Apple and Strawberry Juice drink	RTD	-	2358	449
Robinsons Apple and Raspberry Juice drink	RTD	-	2358	449
Robinsons Orange, Lemon & Pineapple Juice drink	RTD	-	2358	449
Robinsons Orange Juice drink	RTD	-	8453	449
Robinsons Special R Whole Orange drink	RTD	Y	2352	449
Roses Original Lime Juice Cordial	CONC	-	2331	451
Rowntrees Fruit Juice drink	RTD	-	8451	600
Safeway whole orange drink	CONC	-	2353	18
Safeway sugar free orange drink	CONC	Y	2351	18

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Safeway orange, lemon & pineapple drink	CONC	-	2353	18
Safeway sugar free orange lemon & pineapple drink	CONC	Y	8466	18
Safeway whole lemon drink	CONC	-	2349	18
Safeway sugar free lemon drink	CONC	Y	2351	18
Safeway lemon and lime drink	CONC	-	2349	18
Safeway lime juice cordial	CONC	-	2331	18
Safeway high juice blackc't drink reduced sugar	CONC	Y		18
Safeway sugar free tropical fruit drink	CONC	Y	2351	18
Safeway high juice orange squash	CONC	-	7911	18
Safeway High Juice Blackcurrant drink	RTD	-	8461	18
Safeway high juice apple and blackcurrant drink	RTD	-	7912	18
Safeway high juice orange crush	RTD	-	7912	18
Safeway high juice orange pineapple & lemon drink	RTD	-	7912	18
Safeway high juice tropical fruits drink	RTD	-	7912	18
Safeway orange & passion fruit crush	CARB	-		18
Safeway sparkling apple crush	CARB	-		18
Safeway diet pineapple & grapefruit crush	CARB	Y		18
Safeway sparkling orangeade	CARB	-		18
Safeway sparkling diet orange crush	CARB	Y		18
Safeway tropical fruit crush	CARB	-		18
Safeway pineapple & grapefruit crush	CARB	-		18
Sainsburys Blackcurrant drink	CONC	-	7915	19
Sainsburys High Juice Blackcurrant drink	CONC	-	7913	19

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Sainsburys High Juice Lemon Squash	CONC	-	7911	19
Sainsburys High Juice Lime Cordial	CONC	-	7911	19
Sainsburys High Juice Orange Squash	CONC	-	7911	19
Sainsburys High Juice Ruby Red Grapefruit Squash	CONC	-	7911	19
Sainsburys High Juice Tropical Fruit Squash	CONC	-	7911	19
Sainsburys Lemon and Lime drink	CONC	-	2349	19
Sainsburys Lime Juice Cordial	CONC	-	2349	19
Sainsburys Orange and Apricot drink	CONC	-	2353	19
Sainburys Orange, Lemon and Pineapple drink	CONC	-	2353	19
Sainsburys Sugar Free Lemon drink	CONC	Y	2351	19
Sainsburys Whole Lemon drink	CONC	-	2349	19
Sainsburys Sugar Free Orange drink	CONC	Y	2351	19
Sainsburys Whole Orange drink	CONC	-	2353	19
Sainsburys Lemon drink	RTD	-	2354	19
Sainsburys Fruit Splash Apple & Blackcut drink	RTD	-	2354	19
Sainsburys Fruit Splash Orange drink	RTD	-	2354	19
Sainsburys Fruit Splash Tropical Fruit drink	RTD	-	2354	19
Sainsburys Longlife Blackcurrant drink	RTD	-	8463	19
Sainsburys Longlife Lemon drink	RTD	-	2350	19
Sainsburys Longlife Orange drink	RTD	-	2350	19
Sainsburys Longlife Orng, Pineapl & Lemon drink	RTD	-	2350	19
Sainsburys Longlife Pear Fruit drink	RTD	-		19
Sainsburys Longlife Peach drink	RTD	-		19

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Sainsburys Tropical Fruit drink	RTD	-	2358	19
Sainsburys Diet Lemonade With a Twist of Lemon	CARB	Y		19
Sainsburys Cool Crush Sparkling Orange	CARB	-		19
Sainsburys Cool Crush Pineapple & Grapefruit drink	CARB	-		19
Sainsburys Fruit Cocktail Juice drink	RTD	-	8451	19
Sainsburys Five Fruits Juice drink	RTD	-	8451	19
Sao Rio Sparkling Fruit Juice drink	CARB	-		600
Scotts Cup drinks	RTD	-	2354	600
Schweppes Blackcurrant cordial	CONC	-	8462	453
St Clements Original High Juice Squash	CONC	-	7911	461
St Clements Sparkling Orange Juice drink	CARB	-		461
Seven Up Cherry	CARB	-		454
The Simpsons Golden Gumball drink (Mixed Fruit)	RTD	-	2350	600
Somerfield Lime juice cordial	CONC	-	2349	26
Somerfield lemon and lime drink	CONC	-	2349	26
Somerfield apple and blackcurrant drink	CONC	-	2349	26
Somerfield lemon drink	CONC	-	2353	26
Somerfield orange drink	CONC	-	2353	26
Somerfield orange lemon & pineapple drink	CONC	-	2349	26
Somerfield high juice orange squash	CONC	-	8458	26
Somerfield High Juice blackcurrant drink	CONC	-	7913	26
Somerfield blackcurrant fruit drink	RTD	-	7916	26
Somerfield orange fruit drink	RTD	-	2350	26

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Somerfield tropical fruit drink	RTD	-	2350	26
Somerfield citrus fruit drink	RTD	-	8451	26
Somerfield lemon fruit drink	RTD	-	2350	26
Spar whole lemon drink	CONC	-	2349	21
Sprite	CARB	-		460
Sprite Diet	CARB	Y		460
Sunkist Orange Crush	CARB	-		464
Sunkist Diet Orange Crush	CARB	Y		464
Sunquick Orange Hi-Juice Squash	CONC	-	7911	465
Sunripe low calorie lemon drink	CONC	Y	2351	600
Sunripe low calorie orange drink	CONC	Y	2351	600
Sunsip low calorie orange drink	CONC	Y	8466	600
Superdrug apple and blackcurrant juice drink	CONC	-	8471	25
Superdrug apple and raspberry juice drink	CONC	-	8471	25
Superdrug orange lemon and pineapple drink	CONC	-	2353	25
Superdrug orange drink	CONC	-	2349	25
Superdrug low calorie lemon drink	CONC	Y	2351	25
Superdrug low calorie orange drink	CONC	Y	2351	25
Tango Sparkling Apple drink	CARB	-		467
Tango Sparkling Orange drink	CARB	-		467
Tango Diet Sparkling Low Calorie Orange drink	CARB	Y		467
Tesco Apple and Blackcurrant drink	CONC	-	2349	22
Tesco Orange and Apricot drink	CONC	-	2353	22

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Tesco Healthy Eating Sugar Free Lemon drink	CONC	Y	2351	22
Tesco Healthy Eating sugar free orange drink	CONC	Y	2351	22
Tesco Healthy Eating Sugar Free orange lemon & pineapple	CONC	Y	8466	22
Tesco Hi-Juice blackcurrant squash	CONC	-	7913	22
Tesco Hi-Juice orange squash	CONC	-	7911	22
Tesco Lemon & Lime drink	CONC	-	2349	22
Tesco Orange Lemon and Pineapple drink	CONC	-	2353	22
Tesco Lime Juice cordial	CONC	-	2349	22
Tesco Whole Orange drink	CONC	-	2353	22
Tesco Whole Lemon drink	CONC	-	2349	22
Tesco tropical fruit juice drink	RTD	-	8451	22
Tesco Healthy Eating Light Citrus Fruit juice drink	RTD	Y	8473	22
Tesco apple and blackcurrant drink	RTD	-	2354	22
Tesco blackcurrant drink	RTD	-	7916	22
Tesco whole orange drink	RTD	-	2354	22
Tesco orange pineapple and lemon drink	RTD	-	2354	22
Tesco orange juice drink	RTD	-	8454	22
Tesco apple and apricot juice drink	RTD	-	2358	22
Tesco mandarin and mango juice drink	RTD	-	2358	22
Tesco fruits of the forest juice drink	RTD	-	2358	22
Tesco Healthy Eating Light mixed fruit juice drink	RTD	Y	8029	22
Tesco mixed fruit juice drink	RTD	-	8451	22
Tesco Healthy Eating Light orange juice drink	RTD	Y	8473	22

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Tesco orange juice drink	RTD	-	8454	22
Tesco Pina Colada style pineapple juice drink	RTD	-	8453	22
Tesco High juice still lemonade	RTD	-	2350	22
The Fat Controllers Favourite drink	RTD	-	2350	600
Um Bongo Mixed Fruit Juice drink	RTD	-	2358	470
Um Bongo Apple Juice drink	RTD	-	8691	470
Um Bongo Orange Juice drink	RTD	-	8453	470
Vimto Mixed Fruit Juice cordial	CONC	-	8760	471
Vimto Mixed Fruit Juice drink	RTD	-	2358	471
Vimto Diet Mixed Fruit Juice drink	CARB	Y		471
Waitrose Blackcurrant Juice drink	CONC	-		24
Waitrose Diet Lemon drink	CONC	Y	2351	24
Waitrose Diet Orange drink	CONC	Y	2351	24
Waitrose High Juice Orange Squash	CONC	-	7911	24
Waitrose High Juice Lemon Squash	CONC	-	7911	24
Waitrose Lemon Squash	CONC	-	8788	24
Waitrose Lemon and Lime drink	CONC	-	2349	24
Waitrose Lime Juice Cordial	CONC	-	2349	24
Waitrose Orange Squash	CONC	-	8788	24
Waitrose Orange, Lemon & Pineapple drink	CONC	-	2349	24
Waitrose Whole Grapefruit drink	CONC	-	2349	24
Waitrose Whole Lemon drink	CONC	-	2349	24
Waitrose Whole Orange drink	CONC	-	2349	24

NATIONAL DIET AND NUTRITION SURVEY: PEOPLE AGED 65 YEARS OR OVER

PRODUCT NAME	CONC/RTD CARB	LOW CALORIE	CODE	BRAND CODE
Waitrose Apple and Blackcurrant drink	RTD	-	2354	24
Waitrose Apple and Strawberry drink	RTD	-	2350	24
Waitrose Mixed Citrus drink	RTD	-	8451	24
Waitrose Old Fashioned Still Lemonade	RTD	-	2350	24
Waitrose Orange drink	RTD	-	2354	24
Waitrose Tropical drink	RTD	-	2350	24
Wells Sugar Free Blackcurrant drink	CONC	Y	8468	472
Wells Sugar Free Orange drink	CONC	Y	2351	472
Wells sugar free tropical orange drink	RTD	Y	2352	472
Wells sugar free apple and blackcurrant drink	RTD	Y	2352	472
Wells sugar free orange drink	RTD	Y	2352	472
Wells sugar free multivitamin drink (concentrated)	CONC	Y	9183	472



NATIONAL DIET AND NUTRITION SURVEY

PEOPLE AGED 65 OR OVER

FOOD DESCRIPTION PROMPT CARD

Bought Form

- Fresh
- Frozen; chilled
- Canned
- Dried; dehydrated
- Ready-meal
- Smoked; not smoked

Cooking Method

- Uncooked (raw)
- Rehydrated (reconstituted)
- Boiled; stewed; casserole
- Poached, in milk or water?
- Steamed?
- Baked - with added fat?
- Grilled - with added fat?
- Fried - in what type of fat?
- Roasted - with added fat?
- Microwaved (with fat = fried)
- Microwaved (with water = boiled)

Leftovers

- Meat: fat, bones, skin
- Fish: bones, skin
- Fruit: skin, peel, stones, pips

Coatings

- Flour
- Batter: egg, flour and milk
- Crumb and egg?

Brand Codes

- Mineral waters
- Soft drinks
- Artificial Sweeteners

Meat Preparation

- Was the fat trimmed from meat before it was cooked?
- Was fat skimmed from meat dishes?
- Was the lean and the fat eaten, or only the lean part of the meat?

Gravy and Sauces

- Thickened: with flour, cornflour, Bisto or Gravy Granules?
- Was the fat skimmed; was no fat added?
- Casserole: was it thickened, was the fat skimmed; were vegetables or potatoes added?

Beverages

- Dry powder or made up with milk or water?

Pastry

- One or two crusts?
- Type of pastry: shortcrust, flaky etc.
- Type of flour: white or wholemeal?
- Type(s) of fat used to make pastry

Soft drinks

- Pure juice or juice drink?
- Pasteurised or UHT?
- Sweetened or unsweetened?
- Canned?
- Decaffeinated or not decaffeinated?
- Carbonates; cola; lemonade; other
- Diet or not diet

Artificial Sweeteners - code brand

- Record type, code each type separately

Fats and oils

- Blended vegetable oil: home fried or takeaway?
- Butter; salted, unsalted or spreadable?
- Dripping or lard?
- Margarine, polyunsaturated or NOT polyunsaturated?
- Polyunsaturated margarine or oil
- Reduced or low fat spread?

Dairy Products

- Low fat or full fat?
- Milk: skimmed; semi-skimmed; whole; UHT
- Yoghurt; very low fat; low fat; creamy; UHT; sweetened with sugar or artificial sweetener or unsweetened; fortified or not fortified
- Cheese: low fat; full fat; made with sunflower oil

Vegetables

- Carrots: old or new?
- Potatoes: old or new?

Chips

- Old or new potatoes; fresh or frozen?
- Cut: crinkle, straight, fine or thick?
- Oven ready
- Type of fat used

Fruit

- Canned in syrup or canned in juice
- Fruit only or fruit and juice/syrup eaten?
- Sweetened? With sugar or artificial sweetener?