

<b>FOOD_CODE</b>	<b>DESCRIPTION</b>
1064	Drinking chocolate powder
11017	Oatmeal, raw
11018	Oatmeal/porridge oats, quick cook, raw
11034	Wheatgerm
11036	Brown rice, boiled
11043	White rice, easy cook, boiled
11062	Spaghetti, white, boiled
11064	Spaghetti, wholemeal, boiled
11070	Brown bread, average
11099	White bread, average
11113	Wholemeal bread, average
11126	All-Bran
11127	Bran Buds
11128	Bran Flakes
11129	Coco Pops
11130	Corn Flakes
11131	Crunchy Nut Corn Flakes
11133	Frosties
11134	Fruit 'n Fibre
11135	Grapenuts
11136	Honey Smacks
11137	Muesli, Swiss style
11140	Nutri-Grain
11143	Porridge, made with water
11144	Puffed Wheat
11145	Ready Brek, dry/unprepared
11146	Rice Krispies
11147	Ricicles
11148	Shredded Wheat
11149	Shreddies
11150	Special K
11151	Start
11152	Sugar Puffs
11153	Sultana Bran
11154	Weetabix
11155	Weetaflake
11157	Weetos
11167	Cream crackers
11168	Crispbread, rye
11169	Digestive biscuits, chocolate
11183	Semi-sweet biscuits
11200	Fruit cake, plain, retail
11242	Doughnuts, jam
11310	Fruit pie, individual
11349	Pizza, homemade
11350	Pizza, frozen
12001	Skimmed milk, average
12008	Semi-skimmed milk, average
12012	Whole milk, average

12018	Channel Island milk, whole, pasteurised
12024	Calcium-fortified milk, Calcia
12027	Coffeemate
12033	Evaporated milk, whole
12037	Goats milk, pasteurised
12041	Sheeps milk, raw
12042	Soya milk, plain
12097	Horlicks powder
12108	Ovaltine powder
12113	Cream, fresh, single
12116	Cream, fresh, double
12130	Tip Top
12131	Cheese, Brie
12134	Cheese, Cheddar, average
12147	Cottage cheese, plain
12154	Cheese, Edam
12160	Fromage frais, very low fat
12185	Whole milk yogurt, fruit
12188	Low fat yogurt, plain
12190	Low fat yogurt, fruit
12194	Greek yogurt, cows
12200	Choc ice
12204	Ice cream, dairy, vanilla
12206	Ice cream, non-dairy, vanilla
12220	Creme caramel
12247	Mousse, frozen
12248	Rice pudding, canned
12250	Trifle, frozen
12259	Low-fat spread
12283	Quiche, cheese and egg
12285	Quiche, Lorraine
12801	Eggs, chicken, whole, raw
13013	Old potatoes, boiled in salted water
13022	Chips, retail, fried in vegetable oil
13043	Baked beans, canned in tomato sauce
13045	Baked beans, canned in tomato sauce, reduced sugar
13046	Baked beans, canned in tomato sauce, reduced sugar, reduced
13052	Beansprouts, mung, raw
13065	Broad beans, boiled in salted water
13082	Green beans/French beans, boiled in salted water
13092	Lentils, red, split, dried, boiled in unsalted water
13113	Runner beans, boiled in salted water
13119	Tofu, soya bean, steamed
13133	Peas, frozen, boiled in salted water
13135	Peas, canned, re-heated, drained
13142	Split peas, dried, boiled in unsalted water
13166	Beetroot, pickled, drained
13171	Broccoli, green, boiled in salted water
13178	Brussels sprouts, boiled in salted water
13193	Cabbage, Savoy, boiled in salted water

13195	Cabbage, summer, boiled in salted water
13197	Cabbage, white, boiled in salted water
13201	Carrots, old, boiled in salted water
13204	Carrots, young, boiled in salted water
13216	Cauliflower, boiled in salted water
13221	Celery, raw
13231	Courgette, boiled in unsalted water
13233	Cucumber, raw
13244	Garlic, raw
13264	Leeks, boiled in salted water
13266	Lettuce, average, raw
13275	Marrow, boiled in salted water
13285	Mushrooms, common, boiled in salted water
13304	Onions, raw
13313	Parsnip, boiled in salted water
13318	Peppers, capsicum, green, raw
13320	Peppers, capsicum, red, raw
13344	Spinach, boiled in salted water
13349	Spring greens, boiled in salted water
13360	Swede, boiled in salted water
13369	Sweetcorn, kernels, boiled in salted water
13384	Tomatoes, raw
13396	Watercress, raw
14013	Apples, eating, average, raw, flesh and skin weighed with core
14025	Apricots, raw
14031	Apricots, dried
14037	Avocado, average
14045	Bananas
14096	Fruit cocktail, canned in juice
14097	Fruit cocktail, canned in syrup
14105	Grapefruit, raw
14109	Grapes, average
14124	Kiwi fruit, weighed with skin
14153	Melon, average
14176	Oranges, weighed with peel and pips
14183	Peaches, raw
14191	Pears, average, raw, weighed with core
14193	Pears, average, raw, peeled, weighed with skin and core
14213	Plums, average, raw
14231	Prunes, dry, no stones
14242	Raisins
14244	Raspberries, raw
14260	Strawberries, raw
14271	Apple juice, unsweetened
14283	Orange juice, unsweetened
14821	Hazelnuts
14829	Peanut butter, smooth
14834	Peanuts, roasted and salted
15077	Coleslaw, with mayonnaise, retail
15078	Coleslaw, with reduced calorie dressing, retail

15079	Coleslaw, with vinaigrette, retail
15296	Salad, potato, with mayonnaise
15297	Salad, potato, with mayonnaise, retail
15298	Salad, potato, with reduced calorie dressing, retail
15314	Soya mince, granules
15330	Vegeburger, retail, fried in vegetable oil
16013	Cod, baked, flesh only
16023	Cod, in batter, fried in retail blend oil
16176	Herring, grilled, flesh only
16188	Kipper, grilled, flesh only
16192	Mackerel, fried in blended oil, flesh only
16203	Salmon, grilled, flesh only
16216	Sardines, canned in oil, drained
16229	Tuna, canned in brine, drained
16232	Crab, boiled, light and dark meat
16239	Prawns, boiled (no shells)
16256	Mussels, boiled (no shells)
16281	Fish cakes, grilled
16289	Fish fingers, cod, fried in blended oil
16307	Taramasalata
17004	Compound cooking fat
17005	Compound cooking fat, polyunsaturated
17007	Ghee, butter
17008	Ghee, palm
17009	Ghee, vegetable
17010	Lard
17013	Butter
17014	Butter, spreadable
17015	Blended spread (70-80% fat)
17017	Dairy spread (40% fat)
17018	Margarine, hard, animal and vegetable fats
17019	Margarine, hard, vegetable fats only
17020	Margarine, soft, not polyunsaturated
17021	Margarine, soft, polyunsaturated
17023	Fat spread (70% fat), polyunsaturated
17024	Fat spread (60% fat), polyunsaturated
17025	Fat spread (60% fat), with olive oil
17026	Fat spread (40% fat), not polyunsaturated
17027	Fat spread (35-40% fat), polyunsaturated
17028	Fat spread (20-25% fat), not polyunsaturated
17031	Coconut oil
17033	Corn oil
17034	Cottonseed oil
17036	Grapeseed oil
17037	Hazelnut oil
17038	Olive oil
17039	Palm oil
17040	Peanut oil
17041	Rapeseed oil
17042	Safflower oil

17043	Sesame oil
17044	Soya oil
17045	Sunflower oil
17046	Vegetable oil, blended, average
17047	Walnut oil
17063	Sugar, white
17073	Jam, fruit with edible seeds
17088	Chocolate, fancy and filled
17094	Mars bar
17100	Twix
17101	Boiled sweets
17117	Peppermints
17120	Toffees, mixed
17133	Potato crisps
17152	Coffee, infusion, average
17165	Tea, black, infusion, average
17175	Cola
17179	Lemonade
17189	Fruit drink/squash, concentrated
17192	Fruit drink, low calorie, concentrated, made up
17211	Lager
17222	Cider, dry
17229	Rose wine, medium
17236	Sherry, medium
17240	Vermouth, sweet
17247	Spirits, 40% volume
17250	Chicken soup, cream of, canned
17272	Oxtail soup, canned
17284	Vegetable soup, canned
17302	Dressing, French
17316	Mayonnaise
17318	Mayonnaise, reduced calorie
17326	Salad cream
17327	Salad cream, reduced calorie
17338	Tomato ketchup
17341	Chutney, apple, homemade
17352	Pickle, sweet
17377	Water, distilled
17380	Yeast extract
18005	Beef, average, fat, cooked
18049	Beef, rump steak, grilled, lean
18100	Lamb, average, trimmed fat, cooked
18141	Lamb, loin chops, grilled, lean
18205	Pork, fat, cooked
18251	Pork, loin chops, grilled, lean
18331	Chicken, meat, average, roasted
18361	Turkey, meat, average, roasted
18414	Liver, lamb, fried
18418	Liver, pig, stewed
19008	Bacon rashers, back, fat trimmed, grilled

19024	Ham, canned
19029	Beefburgers, chilled/frozen, fried
19056	Cornish pastie, commercial
19063	Pork pie, individual
19067	Sausage rolls, flaky pastry, homemade
19068	Sausage rolls, short pastry, homemade
19069	Steak and kidney/Beef pie, individual, chilled/frozen, baked
19077	Beef sausages, chilled, grilled
19080	Pork sausages, chilled, grilled
19106	Liver sausage
19128	Corned beef, canned
19135	Luncheon meat, canned
19238	Lasagne, chilled/frozen, reheated
19247	Moussaka, recipe
313	Margarine, soft, vegetable fat only
339	Bacon, fat only, cooked, average
68	Common Sense Oat Bran Flakes
75	Oat and Wheat Bran
79	Raisin Splitz
a1361	Crunchy Oat Cereal
a1362	Cereal non specific
a2001	Evaporated milk whole diluted
a2002	Milk non specific
a2003	Coffeemate-reconstituted
a7001	Carbonated beverages-low calorie
a7021	Solid vegetable oil
a7022	Crisp and Dry - solid fat
a7026	Oil and fat n.s.
x0535	Steak and kidney pie, pastry top only, fat removed
x1120	Croissants, fat removed
x1171	Flapjacks, fat removed
x1201	Fruitcake, rich, fat removed
x1211	Sponge cake, fat removed
x1266	Scones, plain, fat removed
x1294	Crumble, fruit, fat removed
x1309	Fruit pie, pastry top and bottom, fat removed
x1325	Sponge pudding, fat removed
x2268	Cheese sauce with whole milk, fat removed
x2296	White sauce,with whole milk, fat removed
x3016	Potatoes, roast, fat removed
x3025	Chips, straight cut, fat removed