

MEAL_ID/LINE NUMBER	COLUMN NAME
0	MILK
1	BEEF
2	BURGER
3	PORK
4	LAMB
5	CHICKEN
6	BACON
7	HAM
8	CORNED_BEEF
9	SAUSAGES
10	SAVOURY_PIES
11	LIVER
12	FRIED_FISH
13	FISH_FINGERS
14	WHITE_FISH
15	OILY_FISH
16	SHELLFISH
17	ROE
18	WHITE_BREAD
19	BROWN_BREAD
20	WHOLEMEAL_BREAD
21	CRACKERS
22	CRISPBREAD
23	PORRIDGE
24	CEREAL
25	BOILED_POTATOES
26	CHIPS
27	ROAST_POTATOES
28	POTATO_SALAD
29	WHITE_RICE
30	BROWN_RICE
31	WHITE_PASTA
32	WHOLEMEAL_PASTA
33	LASAGNE
34	PIZZA
35	SINGLE_CREAM
36	DOUBLE_CREAM
37	LOWFAT_YOGURT
38	FULLFAT_YOGURT
39	DAIRY_DESSERT
40	CHEESE
41	COTTAGE_CHEESE
42	EGGS
43	QUICHE
44	LOWCAL_SALAD_CREAM
45	SALAD_CREAM
46	FRENCH
47	OTHER_DRESSING
48	BUTTER
49	HARD_MARGARINE
50	POLYUNSATURATED_MARGARINE
51	OTHER_MARGARINE
52	LOWFAT_SPREAD
53	VERY_LOWFAT_SPREAD
54	CHOCOLATE_BISCUIT

55	PLAIN_BISCUIT
56	HOMEBAKED_CAKE
57	READYMADE_CAKE
58	HOMEBAKED_BUNS
59	READYMADE_BUNS
60	HOMEBAKED_FRUIT_PIES
61	READYMADE_FRUIT_PIES
62	HOMEBAKED_SPONGE
63	READYMADE_SPONGE
64	MILK_PUDDINGS
65	ICE_CREAM
66	CHOCOLATES
67	CHOCOLATE_BARS
68	SWEETS
69	SUGAR
70	CRISPS
71	NUTS
72	VEGETABLE_SOUP
73	MEAT_SOUP
74	SAUCES
75	KETCHUP
76	PICKLES
77	MARMITE
78	JAM
79	PEANUT_BUTTER
80	TEA
81	INSTANT_COFFEE
82	DECAFF_COFFEE
83	COFFEE_WHITENER
84	COCOA
85	HORLICKS
86	WINE
87	BEER
88	PORT
89	SPIRITS
90	LOWCAL_FIZZY_DRINKS
91	FIZZY_DRINKS
92	FRUIT_JUICE
93	FRUIT_SQUASH
94	APPLES
95	PEARS
96	ORANGES
97	GRAPEFRUIT
98	BANANAS
99	GRAPES
100	MELONS
101	PEACHES
102	STRAWBERRIES
103	TINNED_FRUIT
104	DRIED_FRUIT
105	CARROTS
106	SPINACH
107	BROCCOLI
108	SPROUTS
109	CABBAGE
110	PEAS

111	GREEN_BEANS
112	MARROW
113	CAULIFLOWER
114	PARSNIPS
115	LEEKS
116	ONIONS
117	GARLIC
118	MUSHROOMS
119	PEPPERS
120	BEANSPROUTS
121	GREEN_SALAD
122	WATERCRESS
123	TOMATOES
124	SWEETCORN
125	BEETROOT
126	COLESLAW
127	AVOCADO
128	BEANS
129	LENTILS
130	TOFU