

SCHOOL CHILDREN'S DIETARY SURVEY

Area No.	Subsector	Serial No.
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Post code of home

Interviewer number

INTND

--	--	--	--

SN 2657

Date of interview

DAY/MONTH/YEAR

		8	3
--	--	---	---

Details of selected child

SEX

AGE

DOB DAY DOB MONTH DOB YEAR

ACW

First Name	Sex		Age group		Date of birth			A	C	W
	M	F	10/11	14/15				1	2	3
	1	2	1	2				1	2	3

List other household members in relationship to selected child

Relationship to sampled CHILD	AGE Parents and children ONLY	COMMON CATERING		MARITAL STATUS			EMPLOYMENT	Age of leaving f/t education	A	C	W	N	
		Yes	No	Mar.	Sin.	W/D/S	P/t	F/t	None				
2 Mother MREL	MAGE	¹ MCATER	²	¹ MMSTATUS	²	³	¹ MEMPLOY	² MEMPLOY	³	¹ MEDAGE	² MAGE	³ MAGE	⁴ MAGE
3 Father FREL	FAGE	¹ FCATER	²	¹ FMSTATUS	²	³	¹ FEMPLOY	² FEMPLOY	³	¹ FEDAGE	² FAGE	³ FAGE	⁴ FAGE
4			1 2										
5			1 2										
6			1 2										
7			1 2										
8			1 2										
9			1 2										
10			1 2										
11			1 2										

TO MARRIED WOMEN WITH NO HUSBAND IN HOUSEHOLD - Others go to next page

8 Is your husband absent because he usually works away from home, or for some other reason ?

Usually works away
INCL. ARMED FORCES & MERCHANT NAVY
Some other reason

1
2

Q8

go to Q9

IFIPF

CODE 1 FOR OFFICE USE (IPF)

IF "FATHER" IS WORKING ASK OF HIM:

DNA No father living there ...

DNA Father not working

9 And can I just check what is your/your partner's job? What do you/does he actually do?

1
2
3

go to Q11
go to Q10

FCHECK

PROBE FULLY

go to Q11 on page 4

CLASSFW

Employee

Self employed

1
2

IF FATHER NOT WORKING

10 Are you PROBE AND CODE ONE ONLY

out of employment but seeking work

out of employment because of sickness or injury but intending to seek work

sick or injured but NOT intending to seek work

None of these SPECIFY

1
2
3
4

ask (a) and (b)

go to Q11 (full interview will be required)

WKSTATUS

(a) How many weeks have you/has he been away from work?

RECORD

ASK (b)

TIMOFFWK

(b) What was your/his job when last in employment?

OCCUPATION

go to Q11 (full interview will be required)

Employee

Self-employed

1
2

CLASSFW

11 Does ... (CHILD) ever have school dinners during term time?

Yes

No

SMEALS

1

ask (a)

2

go to Q12

IF YES

(a) On how many days each week does ... (CHILD) usually have school dinners?

RECORD NO. OF DAYS →

Q11A

12 What did ... (CHILD) do for his/her mid-day meal most days of last (school) week?

Had school dinner

1

Took packed lunch

2

Came home for lunch

3

Went to home of relative or friend

4

Went to cafe/take away

5

Bought food on the way to school .

6

Other (SPECIFY)

Does not have mid-day meal

9

Q12

13 Does ... (CHILD) have milk at school?

Yes

No

1

Q13

- ask (a)

2

- see note at bottom of page

IF YES

(a) How much do you pay for the milk?

Does not pay (free) ...

1

Q13A

see note at bottom of page

Pays this amount →

Q13A CASH

pence

Period: each day

1

each week ...

2

see note at bottom of page

Q13A PAPER

If head of family is unemployed/long term sick/one parent: carry on with interview and placing regardless.

Otherwise refer to chart on previous page

IF CHILD EVER HAS SCHOOL DINNERS (Q11)

Others ...DNA... - see Q15

14 Do you have to pay for school dinners or do you get them free?

Pays for school dinners

1

Q14

ask (1)

Gets them free

2

go to (11)

IF PAYS

(i) Does (CHILD) take money when (s)he stays to school dinner and choose what (s)he wants to buy from the school canteen, or is the school meal provided for a fixed price?

Chooses what (s)he wants to buy..

1

go to (a)

Fixed price meal

2

go to (b)

Q14Pt1

IF GETS DINNERS FREE

(ii) Do you give (CHILD) any money to spend at the school canteen?

Yes

1

Q14Pt2

ask (a)

No

2

see Q15

(a) How much did you give him/her to spend today at the school canteen?

RECORD →

see Q15

(b) What is the price of a school meal at his/her school?

RECORD →

Q14CASH

IF CHILD BUYS FOOD ON WAY TO SCHOOL/AT CAFE (Q12)

Others

DNA

go to Q16

15 You mentioned that (CHILD) buys something out to eat at mid-day. How much did you give him/her today to spend on his/her mid-day meal?

RECORD AMOUNT IN PENCE →
(record 99p or over as 99)

Q15

16 Are there any foods which (CHILD) doesn't eat because (s)ne doesn't like them?

IF YES. SPECIFY

Yes

No

1

2

Q16

17 Are there any particular foods which (CHILD) does not eat for health or other reasons

Yes

No

1

2

Q17

SPECIFY

go to Q18

Food type	Reason

18 Does (CHILD) usually take sugar in tea or coffee?

Yes, sugar in tea

Yes, sugar in coffee

No, sugar in neither tea nor coffee

Does not drink tea or coffee

1

2

3

4

Q18 SUGM

Q18 SUGM

19 Does (CHILD) usually have a breakfast before he/she goes to school, or doesn't he/she bother?

Usually has breakfast .

Doesn't bother

1

2

Q19

20 What about Saturdays and Sundays, does (CHILD) usually have breakfast at weekends or doesn't he/she bother?

Usually has breakfast . 1
 Doesn't bother 2

Q20

21 When you cook mincemeat or stews, do you skim the fat off the top before serving the food out, or does your family prefer the fat left in the food?

skims fat off 1
 prefer fat left in food 2

22 When you make gravy, do you add thickening or additional flavouring?

PROMPT adds thickening..... 1
 AS adds additional flavouring. 2
 NECESSARY adds both 3
 Neither 4

23 When you buy bread for the family do you always buy one kind of bread, or do you buy more than one kind of bread?

always buy one kind 1
 buys more than one kind 2

(a) Which kind(s) of bread do you buy?

CODE White 1
 ALL Hovis 2
 THAT Wholemeal 3
 APPLY Slimcea/Procea 4
 Other (SPECIFY)..... 5

24 What kind of milk do you have?

(a) Any other kinds?

25 Now thinking back to when (CHILD) was born.
 Can you remember, was he/she born
 earlier than expected?

Yes 1

No not earlier 2

(Volunteered) Not natural mother ... 3
 only

ask (a)
 go to Q25-2.
 see Q29
Q25

IF YES
 (a) How many weeks early?

CODE TO NEAREST WHOLE WEEK →

Q25A

26 How much did (s)he weigh
 at birth?

BIRTHLBS BIRTHOZ

Pounds	ounces

27 Where was (CHILD) born, I mean
 in which town and country?

RECORD (NEAREST) TOWN BELOW, WITH COUNTRY.
 RECORD COUNTRY IF ABROAD

28 Can I just check then, how many children
 have you had, I mean all those who are
 living now (no matter what age) plus any
 who have died but survived until the age
 of 5 including (CHILD)?

RECORD NUMBER →

Q28

IF MORE THAN ONE

DNA Only one childX →

go to Q32

(a) Is (CHILD) your eldest child,
 or the second (or which)?

RECORD BIRTH ORDER →

Q28A

IF INTENDING TO MEASURE AT SCHOOL

DNA will measure child at home

go to Q30 with preamble about measuring child

29 Part of this survey is to measure the height and weight of all children in the sample. Why we measure (CHILD)'s height and weight at school?

Yes

1

ask Q30

No

2

go to Q31

30 We often find that there is a link between a child's height and weight and the height of his natural parents. Are you (and your husband) the natural parents of (CHILD)?

Yes both are natural parents

1

only Mother is natural

2

only Father is natural

3

neither are natural parents

4

see below

Q30

see Q31

ASK FOR NATURAL PARENTS:

	Feet	inches
Father's height →	<input type="text"/>	<input type="text"/>
	FHGT FEET	FHGT INCH
Mother's height →	<input type="text"/>	<input type="text"/>
	MHGT FEET	MHGT INCH
	Stones	pounds
Father's weight →	<input type="text"/>	<input type="text"/>
	FWT STONE	FWT POUND
Mother's weight →	<input type="text"/>	<input type="text"/>
	MWT STONE	MWT POUND

IF MOTHER HAS JOB

DNA Motrer not employed/no motherx

→ go to Q36

31 You told me earlier that you have a job.
Can you tell me what your (main) job is?
What do you actually do?

Q31

Employee..... 1

Self employed .. 2

32 On which days of the week do you usually work?

CODE
ALL
THAT
APPLY

Monday 1

MWKMON

Tuesday 1

MWKTUES

Wednesday 1

MWKWED

Thursday 1

MWKTHURS

Friday 1

MWKFRI

Saturday 1

MWKSAT

Sunday 1

MWKSUN

(SPON) No usual pattern of Work 1

MWKNOPAT

33. How many hours a week do you usually work leaving out meal breaks?

RECORD TO NEAREST HOUR →

Q33

34 What time do you usually leave home to go to work?

Does paid work at home 1

No usual time, varies a lot. 2

MWKNOTIN
go to Q36

RECORD TIME IF GIVEN (24hr Clock) →

WKSTARH

WKSTARTM

35 And what time do you usually get home from work?

RECORD TIME (24hr Clock) →

WKENDH

WKENDM

36 Can you look at this card and tell me which group covers the total NET income (of you and your spouse) usually have from all sources - that is after deduction of tax and national insurance, but including any pensions or benefits?

Weekly	Monthly	
A £30 or less	£130 or less	A 1
B Over £30 - 40	Over £130 - 173	B 2
C Over £40 - 50	Over £173 - 217	C 3
D Over £50 - 60	Over £217 - 260	D 4
E Over £60 - 80	Over £260 - 347	E 5
F Over £80 - 100	Over £347 - 433	F 6
G Over £100 - 125	Over £433 - 542	G 7
H Over £125 - 150	Over £542 - 650	H 8
J Over £150	Over £650	J 9

Q36

37 Can I just check are you currently receiving Family Income Supplement (FIS)?

- Yes 1
- No 2

Q37

38 And have you or your husband drawn Supplementary Benefit at any time in the last 14 days?

- Yes 1
- No 2

Q38

TO BE ASKED OF CHILD

29 Now can you tell me what you usually have to eat and drink in a day, starting with when you get up and going right through the day to the time you go to bed? RECORD APPROXIMATE TIMES, FOOD DESCRIPTIONS.

In bed or before breakfast

Breakfast

During the morning

Mid-day

During the afternoon

When you get home from school

During the evening

Before going to bed/in bed

TO ALL WHO HAVE SCHOOL DINNERS

DNA Others → go to Q41

30 On school days, what time do you usually eat your main meal at school?

RECORD (24hr CLOCK) →

--	--	--	--	--	--	--	--

SMTIMEH SMTIMEM

41 What time do you leave for school in the morning?

RECORD →

hr mins

--	--	--	--

MNGTIMEH MNGTIMEM

42 Do you ever buy sweets or snacks to eat on the way to, or back from, school?

Yes 1
No 2

Q42

43 When you are at school, do you ever buy sweets, crisps or drinks at breaktime?

Yes 1
No 2

Q43

END OF
PLACEMENT
SCHEDULE

PIC. -JP INTERVIEW

TO INTERVIEWER

- A Does school offer a fixed price meal and cafeteria choice as well? Yes, bothY
NoN
- B Did child have any school dinners during the recording week? Yes Y
NoN

TO CHILD

IF YES TO BOTH A and B ABOVE - others go to Q2

1. Did you choose the fixed price meal at school on any of your record keeping days? No N

IF YES

(a) On which days?

CODE ALL
THAT APPLY

- Monday 1
Tuesday 2
Wednesday 3
Thursday 4
Friday 5

IF ALL 5
DAYS CODED
GO TO Q3
OTHERWISE
ASK Q2

2. And thinking back over the past 7 days did you go to a cafe or take-away for your midday meal?

- Yes 1
No 2

ask (b)
ask (a)

(a) Again in the last 7 days, did you buy all, or most, of the food for your midday meal on the way to school?

- Yes 1
No 2

(b) On which days
(FOR EITHER 2 or (a) ABOVE)

- Monday 1
Tuesday 2
Wednesday 3
Thursday 4
Friday 5

3. Have you been unwell at any time in the past 7 days?

- Yes 1
No 2

go to Q4
IF SICK
SPECIFY ILLNESS
AND DAYS THEN
ASK Q4

Have you been away from school on any day in the past 7 days?

Yes

1

ask (a)

No

2

go to Q5

OFFSCHOOL

IF YES

(a) On how many school days, in the last 7 days, were you off school?

RECORD NO. OF DAYS

NDAYSOFF

5. Have you been to any parties or had any special meals in the past 7 days?

Yes

1

No

2

PARTIES

6. Are there any other unusual circumstances which may have affected your eating habits during the last 7 days?

Yes

1

No

2

SPECIFY, THEN
ODDCIRCS
DEAL WITH

HEIGHT AND
WEIGHT

INTERVIEWER NOTE OF ANY SPECIAL CIRCUMSTANCES

Childs height **HEIGHT**

centimetres

Posture

1

Hat/Turban

2

Cap/beret

3

Box

4

CIRCM1
CIRCM2
CIRCM3

Weight **WEIGHT** kilos

BOYS CLOTHES	
ITEMS WORN WHILST BEING WEIGHED	
Pair of socks	01
Pants/briefs	02
Vest	03
T-Shirt	04
Shirt	05
Trousers/jeans	06
Kilt	07
Belt/braces	08
Jumper	09
Cardigan	10
Tie/cravat	11
Something else not on list (SPECIFY)	
BOYSM1 TO M10	

GIRLS CLOTHES	
ITEMS WORN WHILST BEING WEIGHED	
Pair of socks	01
Stockings/Tights	02
Suspender Belt	03
Pants/Briefs	04
Corset/Girdle	05
Bra	06
Slip/Underskirt	07
Vest	08
Blouse	09
T-Shirt	10
Skirt	11
Trousers	12
Belt	13
Dress	14
Jumper	15
Cardigan	16
Waistcoat/Jerkin	17
Something else not on list (SPECIFY)	
GIRLSM1 TO M10	

OFFICE USE

	School meal	Went home for lunch or to friend/relative	Caf/takeaway, or on way to school	Other
Monday <i>School day</i>	1	2	3	4
Tuesday	1	2	3	4
Wednesday	1	2	3	4
Thursday	1	2	3	4
Friday	1	2	3	4

(AT SCHOOL BUT NOT ENTERED)

5

Col 2 = Card Type = 5

School Children's Dietary Survey S1187

3-7
School Number

8, 9, 10, X
interviewer nos.



leading zero if necessary

School Questionnaire

Area	GP	Child No	Sch Type	Int
3-8 ✓			9 ✓	10-12 ✓

1-9

School name _____

or

1-2

~

Punch Master

Office of Population Censuses and Surveys
 St Catherines House
 10 Kingsway
 London
 WC2B 6JP

ASK OF NOMINATED CONTACT OR SCHOOL SECRETARY

1. Does the school have a tuck shop or similar arrangement within the school grounds, but independent of the school meals service?

TUCKSHOP

Yes

No

1	ask (a)
2	go to Q2

IF YES

(a) Do the staff run this "tuck shop" or is it run by the children/parents?

TUCKRUN

run by teaching staff

run by children/parents

run by children under staff supervision

1
2
3

(b) During which hours is the "tuck shop" open?

RECORD

(d) And does the "tuck shop" sell ...

		YES	NO	
TKMILK	Milk?	1	2	13/1
TKTEACOF	Tea/coffee?	1	2	14/1
TKSOFT	Soft drinks?	1	2	15/1
TKSWEETS	Sweets or biscuits?	1	2	16/1
TKCRISPS	Crisps?	1	2	17/1
TKWICHES	Sandwiches?	1	2	18/2
TKFOODS	any other type of food?			19/2
IF YES SPECIFY ←				

2. Does the school have vending machines within the school grounds for use by the children?

VENDING

Yes

No

1
2

2022

ask (a)

go to Q3

IF YES

(a) Do the 10/14 year olds have access to them?

VENDAOC

Yes

No

1
2

2123

ask (i)

go to Q3

IF YES

(i) During which hours are the children allowed to use the vending machines?

RECORD

(ii) Do the machines sell

	YES	NO	
VENDMILK Milk?	1	2	2220
VENDTEA Tea/coffee?	1	2	2325
VENDSOFT Soft drinks?	1	2	2420
VENDSWET Sweets or biscuits?	1	2	2522
VENDCRISP Crisps?	1	2	2628
VENDWICH Sandwiches?	1	2	2729

3. Is the school meals service responsible for the vending machines in this school?

SMSVEND

Yes

No

1
2

2830

4. Is there a shop or cafe or take-away very near to the school?

CAFENEAR

Yes

No

1
2

2931
ask (a)
go to Q5

IF YES

(a) Can the 10/14 year olds use it at lunchtime?

CAFEGOO

Yes they all can

Yes if they don't stay to school dinners

No

1
2
3

3032

5. Do ^fHot dog vans, ice cream vans or any other such vans wait outside the school?

ICEVAN

Yes

No

1
2

3133
ask (a)
see 6

IF YES

(a) At what times?

5. INTERVIEWER CHECK

Does the school meals service provide school dinners at this school for all children who want them or only those entitled to free meals?

SMSALL

for all who want them

for "free meals" children only ...

No school dinners provided

1
2
3

3234
ask sections B and C
ask section B
make notes

Section B

TO KITCHEN/DINING ROOM SUPERVISOR

7. Does the school meals service offer hot food at this school?

SMSHOT

Yes
No

35 35'
1 go to Q8
2 ask (a)

IF NO

(a) Do you serve sandwiches, rolls and snacks only, or do you also serve other foods?

SMSNACK

Only sandwiches, rolls and snacks.....
Other foods

34 36
1
2

IF OTHER FOODS. SPECIFY TYPES OF OTHER FOOD SERVED

Go to next page

8. Is the food prepared at the school or is it prepared elsewhere?

Prepared here ...
Elsewhere

1 ask (i)
2 go to Q9

IF PREPARED HERE

(i) Do you use the traditional recipe book in the preparation of meals here?

Yes
No

1
2

(ii) Do you add extra dried skimmed milk to recipes as was recommended in the traditional recipe book?

Yes
No

1 ask (iii)
2 see Q10

IF YES

(iii) Do you add it to...

INDIVIDUAL
PROMPT

School custard?
Mashed potato?
White sauces?
or other main courses like stews?

1
1
1
1
} see Q10

IF FOOD NOT PREPARED HERE

9. Where is the food prepared?

RECORD ADDRESS AND (IF KNOWN)

NAME OF KITCHEN SUPERVISOR

WHERE FOOD IS PREPARED

Section C (Ask ONLY if school meals are available to all children)

TO THE KITCHEN/DINING ROOM SUPERVISOR

10 Does the school meals service at this school offer a cash cafeteria? I mean a choice of foods individually priced and available in any combination.

SMSCASH

Yes
No

1
2

35 37
ask (a)
go to Q11

IF YES

(a) Do the children receiving free school meals "pay" with a fixed value token?

FSMTOKEN

Yes, fixed value token
No, other means

1
2

35 38
ask (b)
go to Q11

IF YES

(b) What is the value of the token?

VALTOKEN

RECORD →

39-40
37 38

pence

11. Does the school meals service here (also) offer a menu (at least 2 courses) for a fixed price?

FIXMENU

Yes
No

1
2

39 41
ask (a)
GO TO Q12

(a) What is the fixed price

FIXPRICE

RECORD →

1
01

42-43
pence
40/41
go to Q12

price varies

12. Do you offer a mixed price main dish each day? I mean a priced plate with a main item and associated vegetable?

PRICEPLT

Yes
No

1
2

42 44

IF YES

(a) Does this apply only to salads?

SALADS

Yes
No

1
2

43 45

(b) What is the fixed price?

RECORD →

PLTPRICE

price varies

1
01

go to Q13
44/45
46-47

13. Does the school meals service sell food to the children at any time before 11.30 in the morning or after 2.30 in the afternoon?

TIMESELL

Yes
No

1
2

45 48

IF YES. SPECIFY WHAT IS SERVED AND WHEN

WAITING FOR MEALS

Do the children buy meal tickets or pay for their meals before they enter the dining hall?

PREPAY

Yes

No

1
2

~~47~~ 49

IF YES

(a) Do they pay or buy their tickets

PAYTIME

daily,

once a week

or over a longer period? ...

1
2
3

~~48~~ 50

SPECIFY



Remainder: Arrange to check recipe content of any school meals your sampled children consume, when you have finished with that school.

~~49~~⁵¹ = Skip

LCLASSWT

~~52-56~~
~~50-55~~

UCLASSWT

~~56-61~~
~~57-61~~

Decimal points to be punched
E+W End.

SCOTGBLE

Scotland

~~64-68~~
~~62-66~~

SCOTGBUC

~~67-71~~
~~69-73~~

No Decimal points to be punched.
Scot. End

CIF

LABELS FOR VARIABLES

Food codes

The individual food codes allocated to the diary entries are shown in the typed out food code list together with an indication of which of the 76 New Food Groups they were assigned to.

Other variables

Other variables are labelled on the SIR SCHEMA (computer printout attached)

The file does contain "region" and "area" codes but we cannot make available the key to the area codes for reasons of confidentiality and you should note that the "regions" are not standard regions. Since the numbers are relatively small we have reduced region to four groups Scotland, Home Counties, North and "the rest".

The documentation gives labels and descriptions for most of the variables in the dataset but some test variables have not been labelled.

Indicator for sickness in the recording period

The survey included all selected children willing to take part but inevitably some children fell ill during the recording week and their intakes were usually depressed. The survey was generally expected to be analysed in terms of the whole week though some analyses were to be restricted to weekdays or weekend days only. So to undertake analysis free of those intakes which were artificially depressed by illness sick children were identified in three summary variables

- one which identified children who were sick only on one or more of the weekdays in the recording week.
- one which identified children who were sick only on Saturday or Sunday.
- one which identified children who were sick on any days of the recording week.

These three variables are labelled

SICKWKDY

SICKWKED

SICKDAYS

In each case code 1 denotes sickness in the recording period and code 2 denotes no sickness in that period.

Tables in the published reports all exclude data from children who were ill during the recording period.

Weighting

The survey had to be weighted to allow for the oversampling of children from some less privileged backgrounds and for the unequal probability with which schools were sampled. These two weightings were calculated separately and applied cumulatively. To some extent they may well have cancelled each other out but together they restore the sample to be an equal probability sample of children in maintained schools in the age groups covered.

The sample of 10/11 year old children was deliberately enhanced to facilitate separate analyses for Scotland in this age group (lack of resources precluded a similar enhanced sample for the older age group). If this enhanced sample for Scotland is to be analysed separately then the data should be weighted by the variable SPWEIGHT. If the analysis is to be undertaken for Great Britain as a whole then the data should be weighted by the variable GBWEIGHT which restores the Scottish sub-sample to its correct proportion within Great Britain.

Fieldwork

New food group

Old Food Group

Food code

New food group	Old Food Group	Food code	Description
13	2	3	Barley pearl, boiled in water
13	2	4	Bemax, wheat germ
1	1	5	Bran, wheat
13	2	16	Macaroni, boiled in water
9	7	17	Oatmeal raw, porridge oats, dry
9	7	18	Porridge made with all water
12	2	20	Rice polished white, boiled in water, Pot Rice, Savoury Rice
13	2	26	Spaghetti - raw
13	2	27	Spaghetti, vermicelli, boiled in water, Pot Noodles as served
13	2	28	Spaghetti canned in tomato sauce, or in tomato and cheese sauce
4	3	30	Rolls wholemeal Wholemeal, wholewheat, stoneground, granary bread
3	4	31	Brown, wheatmeal bread
3	4	32	Hovis
2	5	33	White bread
2	5	34	White bread, fried, includes any fried bread
2	5	35	White bread - toasted
2	5	36	Dried breadcrumbs
5	6	37	Currant bread
5	6	38	Malt bread
2	5	39	Soda bread
3	4	40	Rolls brown, crusty
3	4	41	Rolls brown, soft
2	5	42	French bread, French sticks Rolls white, crusty
2	5	43	Rolls white, soft
5	6	44	Rolls starch reduced, Energen, Granose
5	6	45	Chapatis made with fat
5	6	46	Chapatis made without fat
1	7	47	All-bran, Kellogg's

9	8	48	Cornflakes, Kellogg's
9	8	49	Grapenuts
9	8	50	Muesli, Bircher's Muesli, Alpen, Country Store, Crunchy Nut Cornflakes
9	8	51	Puffed Wheat (Quaker)
9	8	52	Ready Brek (Lyons), dry, Instant Oat Cereals, Oat Crunchies, Warm-start, Golden Oaties
9	8	53	Rice Krispies
9	8	54	Shredded Wheat, Cubs (Nabisco), Shreddies, Bran flakes, Toasted Farmhouse Bran
9	8	55	Special K, Kelloggs High Protein Cereal
9	8	56	Sugar Puffs (Quaker)
9	8	57	Weetabix
8	9	58	Chocolate, full coated, includes chocolate marshmallow biscuits, Twix, Breakaway, Trio, Kit-Kat, Wagon Wheels, Bar-six, Penguin, home made chocolate rice crispies, all covered digestive biscuits
8	9	59	Cream Crackers, Cornish Wafers, Krackerwheat, Tuc, Saltines, Wyna, Ritz
8	9	60	Crispbread Rye, Ryvita, Energen rye, Macvita, Twiglets
8	9	61	Crispbread wheat, starch reduced, Energen wheat
8	9	62	Digestive, plain
8	9	63	Digestive, chocolate, half coated
8	9	64	Ginger nuts
8	9	65	Home-made biscuits eg Easter biscuits, made with margarine, sugar, flour and egg
8	9	66	Matzo
8	9	67	Oatcakes
8	9	68	Sandwich biscuits, includes custard creams, Bourbon
8	9	69	Semi-sweet biscuits, Osborne, Rich Tea, Marie
8	9	70	Short-sweet biscuits, Lincoln, Shortcake, Nice, coconut
8	9	71	Shortbread, made with flour, butter and sugar
8	9	72	Wafers - filled
8	9	73	Water biscuits, Carrs, Jacobs

7	18	74	Fancy iced cake eg Mr Kipling's iced cakes
7	10	75	Fruit cake, Rich, Dundee, Cherry, Christmas cake mixture
7	10	76	Fruit cake, Rich, iced with marzipan and Royal icing, iced Christmas cake
7	10	77	Bread pudding, Fruit cake, plain light fruit cake
7	10	78	Gingerbread, Parkin
7	10	79	Madeira cake, luncheon, seed, coconut, fairy, coffee, saffron
7	10	80	Rock cake
7	10	82	Sponge cake made without fat-whisking method no filling, sponge fingers, trifle sponge cakes
7	10	83	Sponge cake made without fat, jam filled, sandwich, Swiss roll with jam filling
6	11	84	Currant buns
6	11	87	Jam, syrup, treacle tart - one crust only
6	11	88	Mince pies, sweet, individual, shortcrust pastry
6	11	90	Pastry-choux cooked
6	10	92	Pastry-flaky or puff cooked
6	11	94	Pastry-shortcrust cooked
6	11	95	Scones, plain, oven baked
6	11	96	Scotch pancakes, drop scones plain
10	12	97	Apple crumble, rhubarb crumble, any fruit crumble
10	12	98	Bread and butter pudding - bread, butter, sugar, milk, eggs and currants
7	10	99	Cheese cake, containing cheese, lemon flavoured, home-made, with cream
10	12	100	Christmas pudding
10	12	101	Custard, egg, baked or as sauce, caramel custard
10	12	102	Custard made with powder, milk and sugar
10	12	103	Custard tart, shortcrust pastry, one crust
10	12	104	Dumpling - suet, boiled
10	12	105	Fruit pie, individual bought pastry top and bottom with apple, blackcurrant, apricot or blackberry

11	12	108	Ice cream, non-dairy, standard, Ripple, non-dairy choc-ice
10	12	109	Jelly, packet, cubes
10	12	110	Jelly, made with water
10	12	111	Jelly, made with milk
6	11	112	Lemon meringue pie (made with eggs and lemon)
7	10	113	Meringue, no cream or filling
10	12	114	Milk pudding, rice, sago, semolina, tapioca
10	12	115	Milk pudding, canned rice, sago, semolina, tapioca
10	12	116	Pancakes, includes dredging with sugar
10	12	117	Queen of puddings (breadcrumbs, milk, jam, egg-white)
10	12	118	Sponge pudding steamed, baked, plain, includes ginger
10	12	120	Treacle tart with one crust shortcrust pastry, syrup, and breadcrumbs
10	12	121	Trifle, cake, fruit and custard, and cream
10	12	122	Yorkshire pudding
14	13	124	Fresh whole, summer (May - October), silver and red-top milk, includes all milk not otherwise listed
14	13	125	Fresh whole, winter (November - April), silver and red-top milk, includes all milk not otherwise listed
14	13	127	Fresh, whole, Channel Islands, gold-top Jersey, summer (May - October)
14	13	128	Fresh, whole, Channel Islands, gold-top Jersey, winter (November - April)
14	14	129	Sterilised milk
14	15	130	Longlife (UHT treated) milk
15	10	131	Fresh, skimmed milk, Longlife skimmed milk
16	19	132	Condensed milk, whole, sweetened
16	19	133	Condensed milk, skimmed, sweetened
16	19	134	Evaporated milk, whole, unsweetened
16	19	135	Dried milk, whole (powdered form, not made up)

66	09	136	Dried milk, skimmed, eg Marvel, low fat (powdered form, not made up)
16	18	137	Goats' milk
22	26	140	Butter, salted or unsalted
18	20	142	Single cream, summer (May - October), fresh
18	20	143	Single cream, winter (November - April), fresh
18	20	145	Double cream, clotted, summer (May - October), fresh
18	20	146	Double cream, clotted, winter (November - April), fresh
18	20	148	Whipping cream, summer (May - October), fresh
18	20	149	Whipping cream, winter (November - April), fresh, UHT cream in carton
18	20	150	Sterilised cream, canned
20	22	151	Camembert type, soft ripe cheese eg Brie
20	22	152	Cheddar type, hard type, includes Cheshire, Wensleydale, Cheddar, Gruyere, Emmental
20	22	153	Danish Blue type, Blue Vein cheese eg Danish Blue, Gorgonzola, Roquefort
20	22	154	Edam type, semi-hard cheese eg Edam, Gouda, St Paulin
20	22	155	Parmesan
20	22	156	Stilton
20	22	157	Cottage cheese with added cream
20	22	159	Processed cheese, Dairy-lea
20	22	160	Cheese spread, Kraft, Triangles, Milkana, Primula cream cheese
17	23	161	Natural yoghurt, no sugar
17	23	162	Flavoured yoghurt, sweetened
17	23	163	Fruit yoghurt - yoghurt containing pieces of fruit
17	23	164	Hazelnut yoghurt - yoghurt with hazelnut
21	24	165	Egg whole, raw
21	24	166	Egg white, raw
21	24	167	Egg yolk, raw
21	24	169	Egg boiled, excluding shell
21	24	170	Egg fried

21	24	171	Egg poached
21	24	172	Omelette, plain, cooked in butter
21	24	173	Scrambled egg, made with butter and milk
20	25	174	Cauliflower cheese - cauliflower in cheese sauce
20	25	175	Cheese pudding
20	25	176	Cheese souffle
20	25	177	Macaroni cheese (macaroni in cheese sauce), spaghetti with cheese
20	25	178	Pizza, cheese and tomato only
21	25	179	Quiche Lorraine, shortcrust pastry filled with bacon, cheese, eggs and milk
20	25	180	Scotch egg
20	25	181	Welsh rarebit, including toast, cheese, milk and seasoning
26	29	182	Cod liver oil
26	29	184	Dripping, beef
24	29	186	Low fat spread eg Outline
23	28	187	Margarine, all kinds
25	27	195	Vegetable oils
27	30	214	Collar joint, boiled, lean and fat, shoulder ham
27	30	215	Collar joint, boiled, lean only, shoulder ham
27	30	217	Gammon joint, boiled, lean and fat, ham
27	30	218	Gammon joint, boiled, lean only, ham
27	30	219	Gammon rashers, grilled, lean and fat
27	30	220	Gammon rashers, grilled, lean only
27	30	225	Rashers, fried, lean only, use only if cut unspecified
27	30	226	Rashers, fried, back, lean and fat
27	30	227	Rashers, fried, middle, lean and fat
27	30	228	Rashers, fried, streaky, lean and fat
27	30	230	Rashers, grilled, lean only, use only if cut unspecified

27	30	231	Rashers, grilled, back, lean and fat
27	30	232	Rashers, grilled, middle, lean and fat
27	30	233	Rashers, grilled, streaky, lean and fat
28	31	243	Brisket, boiled, lean and fat
28	31	245	Brisket, roast, lean and fat
28	31	246	Forerib, roast, lean only
28	31	250	Rump steak, fried, lean and fat
28	31	251	*Rump steak, fried, lean only
28	31	252	Rump steak, grilled, lean and fat
28	31	253	Rump steak, grilled, lean only
28	31	254	Silverside, salted, boiled, lean and fat
28	31	255	Silverside, salted, boiled, lean only
28	31	257	Sirloin, roast, lean and fat
28	31	258	Sirloin, roast, lean only
28	31	262	Topside, roast, lean and fat
28	31	263	Topside, roast, lean meat only
29	32	272	Breast of lamb, roast, lean and fat, meat only
29	32	275	Lamb chop, grilled, lean and fat, meat only
29	32	276	Lamb chop, grilled, lean and fat (weighed with bone), use only if bone left over not weighed
29	32	277	Lamb chop, grilled, lean, meat only
29	32	278	Lamb chop, grilled, lean, meat only (weighed with fat and bone), use only if left over not weighed
29	32	280	Lamb cutlets, grilled, lean and fat, meat only
29	32	281	Lamb cutlets, grilled, lean and fat (weighed with bone), use only if bone left over not weighed
29	32	282	Lamb cutlets, grilled, lean, meat only
29	32	283	Lamb cutlets, grilled, lean, meat only (weighed with fat and bone), use only if left over not weighed
29	32	285	Leg of lamb, roast, lean and fat, meat only
29	32	286	Leg of lamb, roast, lean meat only

29	32	288	Scrag and neck of lamb, stewed, lean and fat, meat only
29	32	289	Scrag and neck of lamb, stewed, lean, meat only
29	32	292	Shoulder of lamb, roast, lean and fat, meat only
29	32	293	Shoulder of lamb, roast, lean meat only
30	33	302	Belly of pork, rashers, grilled, baked in oven, lean and fat
30	33	304	Loin or shoulder of pork, roast, lean and fat Pork chops, loin, grilled lean and fat, meat only (without kidney)
30	33	305	Pork chops, loin, grilled, lean and fat (weighed with bone, without kidney) use only if left over not weighed
30	33	306	Loin or shoulder of pork, roast lean meat only Pork chops, loin, grilled, lean, meat only
30	33	307	Pork chops, loin, grilled, lean, meat only (weighed with fat and bone, without kidney), use only if left over not weighed
30	33	309	Leg of pork, roast, lean and fat
30	33	310	Leg of pork, roast, lean, meat only
37	34	311	Turkey burger, fried, covered in egg and breadcrumbs Veal cutlet, fried, covered in egg and breadcrumbs, Wiener Schnitzel
28	34	313	Veal fillet, roast, grilled all lean
32	35	318	Chicken, boiled, light and dark, meat only
32	35	319	Chicken, boiled, light meat only
32	35	320	Chicken, boiled, dark meat only
32	35	321	Chicken, roast, light and dark, meat only
32	35	322	Chicken, roast, meat and skin only
32	35	323	Chicken, roast, light meat only
32	35	324	Chicken, roast, dark meat only
32	35	325	Chicken, roast, wing quarter (weighed with bone), use only if left over bone not weighed
32	35	326	Chicken, roast, leg quarter (weighed with bone), use only if left over bone not weighed
32	35	329	Duck, roast, meat only
32	35	330	Duck, roast, meat, fat and skin
32	35	331	Goose, roast, meat only

32	35	332	Grouse, roast, meat only
32	35	333	Grouse, roast (weighed with bone), use only if left over bone not weighed
32	35	334	Partridge, roast, meat only
32	35	335	Partridge, roast (weighed with bone), use only if left over bone not weighed
32	35	336	Pheasant, roast, meat only
32	35	337	Pheasant, roast (weighed with bone), use only if left over bone not weighed
32	35	338	Pigeon, roast, meat only
32	35	339	Pigeon, roast (weighed with bone), use only if left over bone not weighed
32	35	344	Turkey, roast, light and dark meat
32	35	345	Turkey, roast, meat and skin
32	35	346	Turkey, roast, light meat
32	35	347	Turkey, roast, dark meat
32	35	348	Hare, stewed, meat only
32	35	349	Hare, stewed (weighed with bone), use only if left over bone not weighed
32	35	351	Rabbit, stewed, meat only
32	35	352	Rabbit, stewed (weighed with bone), use only if left over bone not weighed
32	35	353	Venison, roast, meat only
35	36	355	Brain, calf, boiled
35	36	356	Brain, lamb, boiled
35	36	359	Heart, sheep, roast, meat only
35	36	361	Heart, ox, stewed
34	36	365	Kidney, lamb, fried Kidney, pigs, grilled or sauted, eg cooked as part of chop

35	36	382	Oxtail, stewed, lean meat only
35	36	383	Oxtail, stewed lean meat only, (weighed with fat and bones), use only if left over not weighed
35	36	385	Sweetbread, lamb, fried, coated with egg and breadcrumbs
35	36	388	Tongue, sheep, stewed, meat only (fat and skin removed)
35	36	390	Tongue, ox, boiled (fat and skin removed)
35	36	391	Tripe, dressed
35	36	392	Tripe, stewed in milk only
38	36	393	Corned beef
27	30	394	Ham, canned
38	37	395	Ham and pork chopped
38	37	396	Luncheon meat
28	31	397	Stewed steak, canned, with gravy, meat balls in gravy, tinned mince
38	37	398	Tongue
28	34	400	Jellied veal
35	38	401	Black pudding, fried
33	38	402	Faggots or savoury ducks
33	38	403	Haggis, boiled
33	38	404	Liver sausage, liver pate
36	39	405	Frankfurters
36	39	406	Polony
36	39	407	Salami
36	39	409	Sausages, beef, fried
36	39	410	Sausages, beef, grilled, or cooked in oven
36	39	412	Sausages, pork, fried
36	39	413	Sausages, pork, grilled, or cooked in oven
36	39	414	Saveloy
37	38	416	Beefburgers, frozen, fried
36	39	417	Brown
36	39	418	Meat paste, beef, ham and tongue, liver and bacon

36	39	419	White pudding
38	40	420	Cornish pastie, short pastry beef potatoes and onions
38	40	421	Pork pie, individual
38	40	422	Sausage roll, flaky pastry, pork sausagemeat
38	40	424	Steak and kidney pie, pastry top only
38	40	425	Steak and kidney pie, individual
38	41	426	Beef steak pudding, suet pastry, meat and onion, thickening
38	41	428	Bolognaise sauce, sauce only
38	41	429	Curried meat, onion, apple, sultanas, coconut, curry, beef
38	41	432	Irish stew (weighed with bones), use only if left over bone not weighed
38	41	433	Moussaka (minced beef and onion, with potatoes or aubergines, topped with cheese sauce)
38	41	434	Shepherd's pie, cottage pie, potato topping
47	42	438	Cod raw, fresh fillets
42	42	440	Cod, fresh fillets baked in the oven with added butter
42	42	441	Cod, baked as previous item, (weighed with bones and skin) use only if left over not weighed
39	42	442	Cod, fried in batter, Fish fingers fried in butter, also cod steaks fried in batter
42	42	443	Cod, grilled, frozen steaks, butter added
42	42	444	Cod, poached in milk and butter
42	42	445	Cod, poached in milk, butter added (weighed with bones and skin), use only if left over not weighed
42	42	446	Cod, steamed, poached in water
42	42	447	Cod, steamed (weighed with bones and skin), use only if left over not weighed
42	42	449	Cod, smoked, poached in milk, butter added
42	42	450	Cod, dried salt, boiled
39	42	452	Cod, fried in breadcrumb coating, no bones

39	42	452	Haddock fresh, fried, coated in breadcrumbs, no bones
39	42	453	Cod, fried in breadcrumbs coating (weighed with bones), use only if leftover not weighed Haddock fresh, fried, coated in breadcrumbs (weighed with bones), use only if left over not weighed
42	42	454	Haddock fresh, steamed (flesh only)
42	42	455	Haddock fresh, steamed (weighed with bones and skin), use only if left over not weighed
42	42	456	Haddock smoked, steamed, flesh only & cod smoked, cooked in water, flesh only
42	42	457	Haddock smoked, steamed (weighed with bones and skin), use only if left over not weighed & cod smoked, cooked in water, (weighed with bones and skin use only if leftover not weighed.
42	42	459	Halibut steamed, no bones
42	42	460	Halibut steamed, (weighed with bones and skin), use only if left over not weighed
39	42	462	Lemon sole, fried, coated in bread crumbs, no bones
42	42	463	Lemon sole, fried (weighed with bones), use only if left over not weighed
42	42	464	Lemon sole, steamed, flesh only
42	42	465	Lemon sole, steamed (weighed with bones and skin), use only if left over not weighed
39	42	467	Plaice, fried in batter
39	42	468	Plaice fillet, dipped in egg and breadcrumbs, and fried, light skin included
42	42	469	Plaice, steamed, flesh only
42	42	470	Plaice, steamed (weighed with bones and skin), use only if left over not weighed
42	42	472	Saithe, coley or coalfish, steamed, flesh only. Cooked other ways use codes for cod or haddock
42	42	473	Saithe, coley or coalfish, steamed (weighed with bones and skin), use only if leftover not weighed
39	42	475	Whiting, fried, coated in breadcrumbs, no bones
42	42	476	Whiting, fried (weighed with bones), use only if leftover not weighed
42	42	477	Whiting, steamed, flesh only

42 43	478	Whiting, steamed (weighed with bones), use only if leftover not weighed
42 43	481	Eel stewed, stewed in water, flesh only
42 43	482	Herring, raw, flesh only
42 43	483	Herring fried, covered in oatmeal no bones
42 43	484	Herring fried, covered in oatmeal, (weighed with bones), use only if leftover not weighed
42 43	485	Herring grilled, flesh only
42 43	486	Herring grilled, (weighed with bones), use only if leftover not weighed
42 43	487	Bloater grilled, flesh only
42 43	488	Bloater grilled (weighed with bones), use only if leftover not weighed
42 43	489	Kipper baked, flesh only
42 43	490	Kipper baked, (weighed with bones), use only if leftover not weighed
42 43	491	Mackerel raw
42 43	492	Mackerel fried, flesh only, no coating
42 43	493	Mackerel fried (weighed with bones), use only if leftover not weighed
42 43	494	Pilchards, canned in tomato sauce
42 43	496	Salmon, steamed, flesh only, no fat added
42 43	497	Salmon, steamed, (weighed with bones and skin) use only if leftover not weighed
42 43	498	Salmon, canned, no bones or skin
42 43	499	Salmon, smoked
42 43	500	Sardines, pilchards, brisling, mackerel, herring, canned in oil, oil drained and fish only eaten
42 43	501	Herring, canned in oil, fish and oil eaten Mackerel, canned in oil, fish and oil eaten Sardines, canned in oil, fish and oil eaten
42 43	502	Sardines, canned in tomato sauce
42 43	504	Sprats fried, in deep fat, no bones
42 43	505	Sprats fried (weighed with bones) use only if leftover not weighed

42	43	506	Trout, brown or rainbow, steamed, flesh only
42	43	507	Trout steamed, (weighed with bones) use only if leftover not weighed
42	43	508	Tuna, canned in oil, fish and oil eaten
39	48	509	Whitebait fried, whole fish dipped in flour and fried
39	44	511	Dogfish, rock salmon, fried in batter (weighed <u>without</u> waste)
39	44	512	Dogfish, rock salmon, fried in batter (weighed with waste), use only if leftover not weighed
39	44	514	Skate fried in batter (weighed <u>without</u> waste)
39	44	515	Skate fried in batter (weighed with waste), use only if leftover not weighed
41	45	518	Crab boiled, flesh only
41	45	519	Crab boiled (weighed with shell), use only if shell leftover not weighed
41	45	520	Crab canned
41	45	521	Lobster boiled, flesh only
41	45	522	Lobster boiled (weighed with shell), use only if shell leftover not weighed
41	45	523	Prawns boiled, flesh only
41	45	524	Prawns boiled (weighed with shell), use only if shell leftover not weighed
39	45	525	Scampi fried, from frozen, prepared in breadcrumbs
41	45	527	Shrimps boiled, flesh only, also frozen
41	45	528	Shrimps boiled (weighed with shell), use only if shell leftover not weighed
41	45	529	Shrimps canned, drained
41	45	531	Cockles boiled (without shells)
41	45	532	Mussels raw
41	45	533	Mussels boiled, flesh only
41	45	534	Mussels boiled (weighed with shell), use only if shell leftover not weighed
41	45	535	Oysters raw
41	45	536	Oysters raw (weighed with shell), use only if shell leftover not weighed

41	48	538	Scallops steamed, flesh only
41	45	539	Whelks boiled, flesh only
41	45	540	Whelks boiled (weighed with shell), use only if shell leftover not weighed
41	45	541	Winkles boiled, flesh only
41	45	542	Winkles boiled (weighed with shell), use only if shell leftover not weighed
40	46	544	Fish cakes, frozen, fried
40	45	546	Fish fingers, fish burgers, fried in breadcrumbs
42	46	547	Fish paste, sardine, crab, lobster, salmon
42	46	548	Fish pie, potato, top only - fish in white sauce with mashed potato topping
42	46	549	Kedgerie - fish, rice and hard boiled egg
42	45	550	Roe, cod: hard - uncooked
42	45	551	Roe, cod, hard, fried, parboiled, sliced and fried in breadcrumbs
42	46	552	Roe, soft herring - uncooked
42	46	553	Roe, herring, soft, fried, milts rolled in flour and fried
55	54	554	Ackee canned, drained contents only
55	54	555	Artichokes, globe-boiled, base of leavers and soft inside parts
55	54	556	Artichokes, globe boiled (weighed as served)
55	54	557	Artichokes, Jerusalem boiled, flesh only
55	54	558	Asparagus boiled, soft tips only
55	54	559	Asparagus boiled (weighed as served)
55	54	560	Aubergine raw, eggplant, flesh only
55	54	561	French beans boiled, pods and beans
55	54	563	Runner beans boiled, fresh, frozen, canned and accelerated freeze dried eg Suprise boiled
55	54	564	Broad beans, boiled
55	54	566	Butter beans, boiled
55	54	568	Haricot beans, boiled
52	47	569	Haricot (Baked) beans baked, canned in tomato sauce, or curry sauce (1238 for beans and sausages)

55	54	571	Mung green beans, gram. cooked dahl (beans, onion, butter and spices)
55	54	573	Beansprouts canned, drained contents only
55	54	575	Beetroot, boiled Beetroot, in vinegar
55	54	577	Broccoli tops, boiled
55	54	579	Brussels sprouts, boiled, sprout tops
54	54	580	Cabbage, red, raw
54	54	581	Cabbage savoy, raw
55	54	582	Cabbage savoy, boiled
55	54	583	Cabbage spring, boiled
54	54	584	Cabbage white, raw
54	54	585	Cabbage winter, raw
55	54	586	Cabbage winter boiled
50	48	587	Carrots old, raw
50	48	588	Carrots old, boiled
50	48	589	Carrots young, boiled
50	48	590	Carrots young, canned
55	54	591	Cauliflower, raw
55	54	592	Cauliflower, boiled
55	54	593	Celeriac, boiled
54	54	594	Celrey, raw
55	54	595	Celery, boiled or canned
54	54	596	Chicory, raw
54	54	597	Cucumber, raw
54	54	598	Endive, raw
54	54	599	Horseradish, raw
55	54	600	Laverbread, cooked, pureed seaweed coated in oatmeal
55	54	602	Leeks, boiled
55	54	604	Lentils, split, boiled

55	54	605	Lentils masur dahl, cooked - lentils, onion, butter and spices
54	54	606	Lettuce, raw
55	54	608	Marrow, boiled
55	54	609	Mushrooms, raw
55	54	610	Mushrooms, fried
54	54	611	Mustard and cress, raw
55	54	612	Okra, ladies' fingers, raw
55	54	613	Onions, raw
55	54	614	Onions, boiled
55	54	615	Onions, fried
54	54	616	Onions spring, raw, includes pickled onions
54	54	617	Parsley, raw
55	54	619	Parsnips, boiled
53	54	620	Peas, fresh, raw
53	54	621	Peas, fresh, boiled
53	54	623	Peas, frozen, boiled
53	54	624	Peas, canned garden, freeze dried, Surprise, boiled
53	54	625	Peas, canned processed
53	54	627	Peas, dried, boiled
53	54	629	Peas, split dried, boiled
55	54	631	Peas, chick, Bengal, gram, cooked, dahl, pease pudding
55	54	632	Peas, chick, Bengal, gram, channa dahl
54	54	634	Peppers, green or red, raw Chillies, raw
55	54	635	Peppers, green or red, boiled
55	54	636	Plantain, green, raw
55	54	637	Plantain, green, boiled
55	54	638	Plantain, ripe, fried
49	53	640	Potatoes, old, boiled. Potato, instant powdered, fortified with vitamin C, reconstituted with water

49	49	641	Potato, instant powdered, fortified with vitamin C, reconstituted, with butter, margarine, and/or milk added Potatoes, old, mashed with butter, margarine and/or milk
44	49	642	Potatoes, old, baked in skins, with or without skin
49	49	643	Potatoes, old, baked (weighed with skins), use only if leftover skin not weighed
44	49	644	Potatoes, old, roasted in shallow fat
48	50	645	Potatoes, old, chips, frozen, deep fat fried
48	50	647	Potatoes, old, chips, frozen, fried in shallow fat
44	49	648	Potatoes, new, boiled
49	49	649	Potatoes, new, canned
47	51	652	Crisps, plain and flavoured, game chips, chipples
54	54	654	Radishes, raw
55	54	655	Salsify, boiled
55	54	656	Seakale, boiled
55	54	657	Spinach, boiled
55	54	658	Spring greens, boiled
55	54	660	Swedes, boiled
55	54	662	Sweetcorn, on-the-cob, kernels only
55	54	663	Sweetcorn, on-the-cob, canned kernels
51	53	666	Tomatoes, raw
51	52	667	Tomatoes, fried
51	52	668	Tomatoes, canned
55	54	669	Turnips, raw
55	54	670	Turnips, boiled
55	54	671	Turnip tops, boiled
54	54	672	Watercress, raw
55	54	674	Yam, boiled
57	56	675	Apples, eating, without core
57	56	676	Apples, eating (weighed with core), use only if leftover core not weighed

57 56	677	Apples, cooking, raw
59 56	678	Apples, baked, without sugar, no core, with or without skin
59 56	680	Apples, stewed without sugar, flesh and juice
59 56	681	Apples, stewed with sugar, flesh and juice
58 56	682	Apricots, fresh, raw, no stones
58 56	683	Apricots, fresh, raw (weighed with stones), use only if leftover stones not weighed
59 56	684	Apricots, fresh, stewed without sugar no stones
59 56	685	Apricots, fresh, stewed without sugar (weighed with stones), use only if leftover stones not weighed
59 56	686	Apricots, fresh, stewed with sugar
59 56	687	Apricots, fresh, stewed with sugar (weighed with stones), use only if leftover stones are weighed
59 56	688	Apricots dried, raw
59 56	689	Apricots dried, stewed without sugar
59 56	690	Apricots dried, stewed with sugar
59 56	691	Apricots, canned, fruit and syrup
58 56	692	Avocado pears, flesh only
58 56	693	Bananas, raw, flesh only, banana chips reconstituted
58 56	694	Bananas, raw (weighed with skin), use only if leftover skin not weighed
58 56	695	Bilberries, raw
58 55	696	Blackberries, raw
59 55	697	Blackberries, stewed without sugar, fruit and juice
59 55	698	Blackberries, stewed with sugar, fruit and juice
58 56	699	Cherries eating, raw, no stones
58 56	700	Cherries eating, raw (weighed with stones), use only if leftover stones not weighed
59 56	701	Cherries cooking, raw, no stones
59 56	702	Cherries cooking, raw (weighed with stones), use only if leftover stones not weighed
59 56	703	Cherries, cooking, stewed without sugar, fruit and juice, no stones

59	56	704	Cherries, cooking, stewed without sugar (weighed with stones), use only if leftover stones not weighed
59	56	705	Cherries cooking, stewed with sugar no stones
59	56	706	Cherries, stewed with sugar (weighed with stones), use only if leftover stones not weighed
58	56	707	Cranberries, raw
58	56	708	Currants, black, raw
59	56	709	Currants, black, stewed without sugar, fruit and juice
59	56	710	Currants, black, stewed with sugar, fruit and juice, includes canned
58	56	711	Currants, red, raw
59	56	712	Currants, red, stewed without sugar, fruit and juice
59	56	713	Currants, red, stewed with sugar, fruit and juice, includes canned
59	56	714	Currants, white, stew
54	56	715	Currants, white, stewed without sugar, fruit and juice
59	56	716	Currants, white, stewed with sugar, fruit and juice
54	56	717	Currants, dried
58	56	718	Damsons, raw, no stones
58	56	719	Damsons, raw (weighed with stones), use only if leftover stones not weighed
59	56	720	Damsons, stewed without sugar, fruit and juice, no stones
59	56	721	Damsons, stewed without sugar (weighed with stones), use only if leftover stones not weighed
59	56	722	Damsons, stewed with sugar, fruit and juice, no stones
59	56	723	Damsons, stewed with sugar (weighed with stones), use only if leftover stones not weighed
59	56	724	Dates dried, no stones
59	56	725	Dates dried (weighed with stones), use only if leftover stones not weighed
58	56	726	Figs, green, raw, whole fruit, no stalks
59	56	727	Figs, dried, raw
59	56	728	Figs, dried, stewed without sugar, fruit and juice

59	56	729	Figs, dried, stewed with sugar, fruit and juice
59	56	730	Fruit pie filling, canned, blackcurrant, blackberry and apple, gooseberry apple cherry
59	56	731	Fruit salad canned, fruit and syrup
58	56	732	Gooseberries, green, raw
59	56	733	Gooseberries, stewed without sugar, fruit and juice
59	56	734	Gooseberries, stewed with sugar, fruit and juice
58	56	735	Gooseberries, ripe, raw
58	56	736	Grapes, black, raw, flesh only, no skins or pips
58	56	737	Grapes, black, raw (whole grapes weighed), use only if leftover not weighed
58	56	738	Grapes, white, raw, flesh and skin, no pips
58	56	739	Grapes, white, raw (whole grapes weighed), use only if leftover not weighed
56	55	740	Grapefruit, raw, flesh and/or juice, reconstituted frozen concentrated juice, fresh grapefruit juice in cartons
56	55	741	Grapefruit, raw, (whole fruit weighed), use only if leftover peel not weighed
59	55	742	Grapefruit, canned, fruit and syrup
58	56	743	Greenages, raw no stones
58	56	744	Greenages, raw (weighed with stones), use only if leftover stones not weighed
59	56	745	Greenages, stewed without sugar, fruit and juice, no stones
59	56	746	Greenages, stewed without sugar (weighed with stones), use only if leftover stones not weighed
59	56	747	Greenages, stewed with sugar, fruit and juice, no stones
59	56	748	Greenages, stewed with sugar (weighed with stones), use only if leftover stones not weighed
59	55	749	Guavas, canned, fruit and syrup
56	55	750	Lemons whole, includes skin, no pips
62	55	751	Lemon juice, fresh, strained from fresh lemons, P.L.J.

58	56	752	Loganberries, raw
59	56	753	Loganberries, stewed without sugar, fruit and juice
59	56	754	Loganberries, stewed with sugar, fruit and juice
59	56	755	Loganberries, canned, fruit and syrup
58	55	756	Lychees, raw, flesh only
59	55	757	Lychees, canned, fruit and syrup
59	55	758	Mandarin oranges, canned, fruit and syrup
58	55	759	Mangoes, raw, flesh only
59	55	760	Mangoes, canned, fruit and syrup
58	56	761	Medlars, raw, flesh only
58	56	762	Melons, Canteloupe, raw, flesh only, no skin or seeds
58	56	763	Melons, Canteloupe, raw (weighed with skin), use only if leftover not weighed
58	56	764	Melons, yellow, Honeydew raw, flesh only, no skin or seeds
58	56	765	Melons, yellow, Honeydew raw (weighed with skin), use only if leftover skin not weighed
58	56	766	Watermelon, raw, flesh only
58	56	767	Watermelon, raw (weighed with skin), use only if leftover skin not weighed
58	56	768	Mulberries, raw
56	56	769	Nectarines, raw, flesh and skin, no stones
56	58	770	Nectarines, raw (weighed with stones), use only if leftover stones not weighed
59	56	771	Olives in brine, flesh and skin only
59	56	772	Olives in brine (weighed with stones), use only if leftover stones not weighed
56	55	773	Oranges, raw, flesh, no pips or peel
56	55	774	Oranges, raw (weighed with peel and pips), use only if leftover peel and pips not weighed
62	55	775	Orange juice, fresh, reconstituted frozen orange juice, fresh orange juice in cartons
58	55	776	Passion fruit, raw, flesh and seeds, no skin

58	55	777	Passion fruit, raw (weighed with skin), use only if leftover skin not weighed
59	56	778	Paw paw, canned, papaya
58	56	779	Peaches, fresh, raw, flesh and skin no stones
58	56	780	Peaches, fresh, raw (weighed with stones), use only if leftover stones not weighed
59	56	781	Peaches, dried, raw, whole fruit
59	56	782	Peaches, dried, stewed without sugar, fruit and juice
59	56	783	Peaches, dried, stewed with sugar, fruit and juice
59	56	784	Peaches, canned, fruit and syrup
57	56	785	Pears eating, no skin or core
57	56	786	Pears eating (weighed with skin and core), use only if leftover not weighed
57	56	787	Pears cooking, raw, flesh only, no skin or core
59	56	788	Pears, stewed without sugar, flesh and juice
59	56	789	Pears, stewed with sugar, flesh and juice
59	56	790	Pears, canned, fruit and syrup
58	55	791	Pineapple fresh, flesh only
59	56	792	Pineapple, canned, fruit and syrup
58	56	793	Plums, Victoria dessert, raw, flesh and skin only
58	56	794	Plums, Victoria dessert, raw (weighed with stones), use only if leftover stones not weighed
58	56	795	Plums, cooking, raw, flesh and skin only
58	56	796	Plums, cooking, raw (weighed with stones), use only if leftover stones not weighed
59	56	797	Plums, cooking, stewed without sugar, fruit and juice, no stones
59	56	798	Plums, cooking, stewed without sugar (weighed with stones), use only if leftover stones not weighed
59	56	799	Plums, cooking, stewed with sugar, fruit and juice, no stones
59	56	800	Plums, cooking, stewed with sugar (weighed with stones), use only if leftover stones not weighed
62	56	801	Pomegranate juice, fresh

54	56	802	Prunes dried, raw, no stones
59	56	803	Prunes dried, raw (weighed with stones), use only if leftover stones not weighed
59	56	804	Prunes dried, stewed without sugar, fruit and juice no stones
54	56	805	Prunes dried, stewed without sugar (weighed with stones), use only if leftover stones not weighed
59	56	806	Prunes dried, stewed with sugar, fruit and juice, no stones
59	56	807	Prunes dried, stewed with sugar (weighed with stones), use only if leftover stones not weighed
59	56	809	Raisins, dried
58	55	810	Raspberries, raw
59	55	811	Raspberries, stewed without sugar, fruit and juice
59	55	812	Raspberries, stewed without sugar, fruit and juice
59	55	813	Raspberries, canned, fruit and syrup
59	56	814	Rhubarb, raw
59	56	815	Rhubarb, stewed without sugar, stems and juice
54	56	816	Rhubarb, stewed with sugar, stems and juice
58	55	817	Strawberries, raw
59	55	818	Strawberries, canned, fruit and syrup
59	56	819	Sultanas, dried
56	55	820	Tangerines, raw, flesh and/or juice, mandarines, clementines, satsumas
56	55	821	Tangerines, raw, (weighed with peel and pips) use only if leftover not weighed
60	57	822	Almonds, kernel <u>only</u>
60	57	823	Almonds (weighed with shells), use only if leftover shells not weighed
60	57	824	Barcelona nuts, kernel only
60	57	825	Barcelona nuts (weighed with shells), use only if leftover shells not weighed
60	57	826	Brazil nuts, kernel only
60	57	827	Brazil nuts (weighed with shells), use only if leftover shell not weighed

60	57	828	Chestnuts, kernel only
60	57	829	Chestnuts (weighed with shells), use only if leftover shells not weighed
60	57	830	Cob or hazel nuts, kernel only
60	57	831	Cob or hazel nuts (weighed with shells), use only if leftover shells not weighed .
60	57	832	Coconut fresh, kernel only
60	57	833	Coconut milk, drained frim fresh coconut
60	57	834	Coconut desiccated
61	57	835	Peanut butter, crunchy .
60	57	836	Peanut fresh, kernel only; crunchy peanut butter, dry roast peanuts
60	57	837	Peanuts, roasted and salted, unsalted
61	57	838	Peanut butter, smooth
61	57	835	Peanut butter, crunchy
60	57	839	Walnuts, kernel only
60	57	840	Walnuts (weighed with shells), use only if leftover shells not weighed
44	58	841	Glucose liquid, BP
43	58	842	Sugar Demerara
43	58	843	Sugar White
44	58	844	Syrup golden
44	58	845	Treacle black
44	58	846	Cherries glace
44	59	847	Honey comb
44	59	848	Honey, in jars
44	59	849	Jam, fruit with edible seeds, blackberry, blackcurrant, gooseberry, raspberry, strawberry
44	59	850	Jam, stone fruit, apricot, damson, greengage, plum, mixed fruit jam
44	59	851	Lemon curd, starch based, shop bought
44	59	852	Lemon curd, home made, lemon cheese
44	59	853	Marmalade, all varieties
44	59	854	Marzipan almond paste, made with ground almonds .
44	59	855	Mincemeat, sweet

46	60	856	Boiled sweets eg aniseed balls, acid drops, Everton mints, fruit bon-bons, glacier mints, gobstoppers, lemon and lime sherberts, mint imperials, Polo fruits, Spangles, sherberts, barley sugar, rock
45	60	857	Chocolate milk, Aero (for white chocolate code 1369)
45	60	858	Chocolate plain, Bournville Terry's Bitter
45	60	860	Bounty bar
45	60	861	Chocolate with <u>soft filling</u> eg Mars bar, Milky way, Maltesers, Chocolate cream, snowballs, chocolate peppermint cream, chocolate marshmallow, filled easter egg chocolate Turkish Delight, Aztec, Orange and Mint Aero Bars
46	60	862	Fruit gums
46	60	863	<u>Liquorice</u> eg allsorts, liquorice wood, liquorice comfits, Pontefract cakes, liquorice bootlaces
46	60	864	<u>Pastilles and jellies</u> eg fruit pastilles, Newberry fruits, Jelly babies, Jelly tots, Turkish Delight
46	60	865	Peppermints
46	60	866	<u>Toffees</u> mixed eg nougat, butter snap, brandy snap (sweet), butterscotch caramels, chewets Opal fruits blackjacks, Hobos, chewy lollipops, Pacers
65	61	867	Bournvita, Milo, Vitacup, Healthvita, dry powder
65	61	868	Cocoa powder
65	61	869	Coffee and chicory essence eg Camp
64	61	871	Coffee fresh, made up with coffee grounds and boiling water
64	61	872	Coffee instant, powder or granules
65	61	873	Drinking chocolate powder
66	61	874	Horlicks malted milk powder
66	61	875	Ovaltine powder
63	61	877	Tea Indian, made up with boiling water
69	62	878	Coco-cola, Pepsi cola, Hubbly Bubbly
62	55	879	Grapefruit juice, unsweetened, canned or bottled, <u>not</u> cartons
62	55	880	Grapefruit juice, sweetened, canned or bottled, <u>not</u> cartons
71	62	882	Lime juice cordial, undiluted
70	62	883	Lucozade

62	55	885	Orange juice, unsweetened, canned or bottled, <u>not</u> cartons
62	55	886	Orange juice, sweetened, canned or bottled, <u>not</u> cartons
62	55	887	Pineapple juice, unsweetened, canned, bottled or in cartons
62	62	888	Ribena undiluted, Tesco's Blackcurrent drink, Sainsbury's Blackcurrent drink, C-Vit
62	62	889	Rosehip syrup, undiluted
51	52	890	Tomato juice canned bottled or in cartons
72	63	891	Brown ale bottled
72	63	892	Canned beer bitter
72	63	893	Draught bitter
72	63	894	Draught mild
72	63	895	Keg bitter
72	63	896	Lager bottled
72	63	897	Pale ale bottled
72	63	898	Stout bottled
72	63	899	Stout extra, Guinness
72	63	900	Strong ale
72	63	901	Cider dry
72	63	902	Cider sweet
72	63	903	Cider vintage
73	63	904	Red wine
73	63	905	Rose, medium
73	63	906	White wine, dry
73	63	907	White wine, medium
73	63	908	White wine, sweet
73	63	909	White wine, sparkling
73	63	910	Port
73	63	911	Sherry dry
73	63	912	Sherry medium
73	63	913	Sherry sweet

73	63	914	Vermouth dry
73	63	915	Vermouth sweet
74	63	916	Advocast
74	63	917	Cherry brandy
74	63	918	Curacao
74	63	919	70° proof, whisky, gin, brandy, rum
75	64	920	Bread sauce
75	64	921	Brown sauce bottled, H.P., O'K., hamburger relish
75	64	922	Cheese sauce, white savoury sauce with cheese
75	64	923	Chutney apple
75	64	924	Chutney tomato
75	64	925	French dressing (oil and vinegar)
75	64	926	Mayonnaise, home-made
75	64	927	Onion sauce, white savoury sauce with onion
75	64	928	Piccalilli, mustard pickle
75	64	929	Pickle sweet, Branston, Pan Yan, Mango chutney
75	64	930	Salad cream, bottled
75	64	931	Tomato ketchup, bottled
75	64	932	Tomato puree
75	64	933	Tomato sauce, home-made
75	64	934	White sauce savoury fat, flour and milk, with addition (eg parsley, caper anchovy, mustard etc)
75	64	935	White sauce sweet, fat, flour, milk and sugar
76	65	938	Chicken soup cream of, canned ready to serve
76	65	939	Chicken soup, cream of canned condensed <u>not</u> diluted as instructions
76	65	940	Chicken soup, cream of, canned, condensed, as served (made up with water)
76	65	942	Chicken noodle soup dried as served
76	65	943	Lentil soup

76	65	945	Minestrone soup, dried, as served, dried vegetable soup, as served
76	65	946	Mushroom soup, cream of, canned, ready to serve
76	65	947	Oxtail soup, canned, ready to serve
76	65	949	Oxtail soup, dried, as served
76	65	950	Tomato soup, cream of, canned ready to serve
76	65	951	Tomato soup, condensed, <u>not</u> diluted as instructions
76	65	952	Tomato soup, condensed, as served (made up with water)
76	65	954	Tomato soup, dried, as served
76	65	955	Vegetable soup canned ready to serve canned Scotch broth
38	66	957	Bovril
38	66	961	Marmite
38	66	962	Oxo cubes
-	66	967	Vinegar
-	-	1000	Water
10	12	1016	Rice with egg and milk, baked rice custard
10	12	1017	Blancmange, Instant Whip, Instant Dessert, Instant Custard
10	12	1022	Ice cream, dairy, includes luxury choc-ice, Cornish ice cream
10	12	1024	Junket
45	60	1025	Mikky, milk shake
67	61	1027	Milk shake with ice-cream
20	22	1042	Caerphilly
19	21	1046	Cottage cheese, low fat
20	22	1047	Cream cheese - double eg Gervais, Philadelphia
20	22	1048	Cream cheese - single
21	25	1049	Cheese flan, custard tart with cheese
21	25	1050	Cheese and potato pie, potato, fat, cheese and milk
6	1	1054	Scones, cheese
20	22	1057	Sc Ivel, lactic cheese
21	25	1058	Welsh rarebit, cheese, milk and seasoning, excluding toast

33	36	1070	Liver, calf, fried or grilled, meat only
33	36	1071	Liver, calf, stewed in <u>thickened</u> gravy (may include onion)
33	36	1072	Liver, chicken, fried or grilled, meat only
33	36	1073	Liver, chicken, stewed in <u>thickened</u> gravy (may include onion)
33	36	1074	Liver, ox, fried or grilled, meat only
33	36	1075	Liver, ox, stewed in <u>thickened</u> gravy (may include onion)
33	36	1076	Liver, pig, fried or grilled, meat only
33	36	1077	Liver, pig, stewed in <u>thicken</u> gravy (may include onion)
33	36	1079	Liver, lamb, fried or grilled, meat only
33	36	1080	Liver, lamb, stewed in <u>thickened</u> gravy (may include onion)
32	35	1085	Chicken, fried
32	35	1086	Chicken supreme (creamed chicken), shop bought
32	35	1091	Hare, roast, meat only Rabbit, roast, meat only
32	35	1098	Chicken or turkey pie, pastry top only Turkey pie, pastry top only
32	35	1099	Chicken or turkey pie, pastry top and bottom Turkey pie, pastry top and bottom
32	66	1100	Chicken paste
32	35	1101	Chicken vol-au-vent
28	31	1109	Mince, lean only (skimmed of fat) boiled in little water, <u>no thickening</u> , may include onion
28	31	1110	Mince, lean only, (skimmed of fat) boiled, <u>thickened</u> gravy, may include onion
28	31	1111	Mince, lean only (skimmed of fat) boiled, with vegetables ie <u>carrot or tomato</u> in <u>thickened</u> gravy
28	31	1112	Mince, lean only (skimmed of fat) boiled, with vegetables ie <u>carrot or tomato</u> , plus potatoes and thickened gravy
28	31	1113	Mince, lean and fat, boiled in little water, <u>no thickening</u> , may include onion
28	31	1114	Mince, lean and fat, <u>thickened</u> gravy, may include onion
28	31	1115	Mince, lean and fat, with vegetables ie <u>carrots or tomato</u> in thickened gravy

28	31	1116	Mince, lean and fat, with vegetables ie <u>carrots or tomato</u> plus potatoes and thickened gravy
28	31	1123	Stewing steak, stewed, braised, meat only
28	31	1124	Stewed steak, braised steak, meat, may include onion, and <u>few</u> other vegetables eg celery, peas, swedes, turnips
38	41	1125	Stewed steak, braised steak, meat, vegetables ie <u>carrot or tomato</u> , gravy
38	41	1126	Stewed steak, meat, vegetables ie <u>carrot or tomato</u> , plus <u>potatoes</u> , gravy, Hot pot.
28	31	1128	Stewed or braised steak and kidney, may include onion, gravy
28	31	1129	Stewed or braised steak and kidney, vegetables ie <u>carrot or tomato</u> , gravy
28	31	1130	Stewed or braised steak and kidney, vegetables ie <u>carrot or tomato</u> , plus potatoes, and gravy
38	40	1136	Beef and potato pie, pastry on top only
38	40	1137	Beef and potato pie, pastry top and bottom
38	40	1138	Minced beef pie, pastry top and bottom
38	40	1140	Minced beef pie, pastry top only Steak pie, pastry top only
38	40	1141	Steak pie, pastry top and bottom
38	41	1145	Beef steak and kidney pudding, suet pastry, meat and kidney, thickening, fresh or canned
37	67	1151	Hamburgers, hamburger steaks, steaklets, steakettes, fried corned beef, fried luncheon meat, fried rissoles, fried beef fingers, breakfast slices, "Savoree"
36	39	1154	Meat loaf, ham and beef, chicken and ham
35	36	1156	Oxtail, stewed, with vegetables ie <u>carrot or tomato</u> and gravy (no bones)
36	38	1157	Potted meat
38	40	1159	Sausage roll, short pastry, beef or port sausagemeat
13	2	1160	Spaghetti bolognese, spaghetti plus sauce
28	34	1168	Stewed veal in <u>thickened</u> gravy
32	35	1169	Chicken in white sauce, chicken fricasse, no vegetables

38	48	1170	Veal and ham pie, with or without egg
29	32	1179	Breast of lamb, roast, stuffed
29	32	1180	Lamb chop, baked in oven, lean, meat only
29	32	1181	Lamb chop, baked in oven, lean and fat, meat only
29	32	1182	Lamb chop, fried in fat, lean, meat only
29	32	1183	Lamb chop, fried in fat, lean and fat, meat only
29	32	1184	Lamb chop, fried, coated in egg and bread crumbs, lean meat only
29	32	1185	Lamb chop, fried, coated in egg and bread crumbs, lean and fat meat only
29	32	1191	Scrag and neck of lamb, stewed or braised, meat and gravy.
29	41	1192	Scrag and neck of lamb, stewed, meat, potatoes, onion, gravy, Irish stew
29	32	1193	Scrag and neck of lamb, stewed, meat, vegetables, ie <u>carrot or tomato, plus potatoes, gravy</u>
29	32	1194	Scrag and neck of lamb, stewed, meat, vegetables, ie <u>carrot or tomato, gravy</u>

This gap does not signify any omissions

38	40	1201	Mutton pie, meat and gravy, (may include onion), pastry top only
38	40	1202	Mutton pie, meat and gravy, (may include onion), pastry top and bottom, "Scotch pie"
38	40	1203	Mutton pie, meat, gravy and vegetables (ie carrot or tomato), pastry top only
38	40	1204	Mutton pie, meat, gravy and vegetables (ie carrot or tomato), pastry top and bottom
30	38	1210	Pork chops, fried, lean, meat only
30	33	1211	Pork chops, fried, lean and fat, meat only
38	40	1221	Ham and egg pie, bacon and egg pie, pastry top and bottom
38	40	1222	Pork pie, pastry top only
30	33	1235	Pork, stewed or boiled, belly pork
30	33	1236	Pork, stewed or boiled, with vegetables, ie carrot and tomato and gravy.
36	39	1238	Sausages with baked beans, canned
35	38	1244	Black pudding, boiled
34	36	1249	Kidney, (any kind) stewed in thickened gravy (may include onion)
35	36	1251	Sweetbread, lamb, stewed in white sauce
35	36	1253	Tongue, braised, meat only
38	40	1260	Kidney and mushroom pie, pastry top only
38	40	1261	Kidney and mushroom pie, pastry top and bottom
42	43	1266	Eel jellied, including jelly
39	43	1268	Mackerel fried, with coating Sprats, dipped in flour and fried (weighed with bones)
42	42	1277	Cod, baked in milk and butter (weighed without bones and skin) Haddock fresh, baked in milk and butter (weighed without bones and skin) Plaice, baked in milk and butter (weighed without bones and skin)
39	42	1278	Haddock fresh, fried, coated in batter (weighed without bones and skin)
39	42	1280	Cod, fried, coated in flour (weighed without bones and skin) Haddock fresh, fried, coated in flour (weighed without bones and skin) Lemon sole, fried in flour (weighed without bones and skin) Plaice, Fried in flour (" " " " ")

42	42	1281	Cod, fried, no coating (weighed without bones and skin)
42	42	1282	Haddock fresh, grilled (weighed without bones and skin) with fat Plaice, grilled with fat (weighed without bones and skin)
39	45	1290	Crustacea, fried in batter (eg scampi, lobster balls)
41	45	1291	Crustacea, potted (eg shrimps etc) includes butter
42	46	1303	Fish pie, pastry top only
75	64	1314	Egg sauce - white savoury sauce with egg
21	24	1319	Omelette, sweet, cooked in butter, jam filling
21	25	1320	Omelette, with cheese, cooked in butter
21	24	1321	Omelette, with meat filling, cooked in butter, minced meat filling
21	25	1324	Souffle, plain
44	59	1340	as code 1350
43	58	1341	Glucose powder with added vitamin D, Glucodin
44	59	1350	Chocolate spread, chocolate and nut spread
46	60	1354	Chewing gum, bubble gum
45	60	1357	Chocolate milk or plain, with <u>dried fruit or nuts</u> , or fruit and nuts, (eg Treets, walnut whip, Picnic, Topic, chocolate peanuts, Summit, Marathon, Ruffle Bar)
45	60	1359	Chocolate with <u>toffee</u> eg Crunchie, Caramac, Caramels, chocolate toffees, Rolos, toffee crisp bars, Lion bar
46	60	1360	<u>Hard pressed sweets</u> eg Dolly mixtures, Refreshers, sweet cigarets, swizzlers, jelly beans, Gleees, Tooty Fruitees
46	60	1362	Iced lollies, ice poles, Slush Puppies, splits etc
46	60	1364	<u>Nuts and sugar</u> eg Coconut ice, sugared almonds, coconut chips, bon-bons with coconut, nut brittle, marzipan sweets, buttered brazils
47	2	1366	Corn snacks, Wotsits, Popcorn
46	60	1367	Sherbet, candyfloss, lemonade powder
46	60	1368	Smarties, Chocolate Treets, Chocolate pips, Minstrels

46	60	1369	<u>Soft sugar</u> eg fondants, pepermint creams, fudge (plain or chocolate) hard candy, white chocolate, soft pink mice, shrimps
49	54	1379	Potatoes, fried in batter, scallops
48	50	1380	Potatoes, fried, saute
49	54	1381	Potato, instant creamed brands, containing milk and butter eg Smash
49	54	1382	Potato, instant powdered, reconstituted, plain, no butter or milk added
49	54	1384	Potato croquettes, cakes and scones, potato waffles
51	52	1395	Tomatoes, grilled or baked, no fat

This gap does not signify any omissions

55	54	1401	Sauerkraut
54	54	1406	Lettuce, raw, with oil and vinegar dressing
55	54	1410	Spinach, canned
55	54	1420	Broad beans, canned
49	49	1437	Bubble and squeak (cooked potatoes and cooked cabbage, fried) Potatoes, old, mashed with butter, margarine and/or milk and fried
55	54	1442	Cauliflower boiled with white sauce
55	54	1449	Marrow, boiled, in white sauce (40% sauce)
55	54	1452	Mushrooms, stewed, grilled, canned
55	54	1453	Onions, baked or braised in fat
55	54	1458	Parsnips, roast in fat
55	54	1460	Pumpkin, boiled
55	54	1463	Sweetcorn fritters
55	54	1464	Sweet potatoes, boiled (use McC & W 665 nutrients)
55	54	1466	Vegetable juice, canned
55	54	1467	Vegetables, mixed, cooked, fresh or canned
55	66	1468	Vegetable salad, canned with salad cream, sandwich spread
59	55	1493	Grapefruit, canned, no sugar
59	55	1494	Mandarin oranges, canned without sugar or syrup
58	55	1499	Paw paw, fresh, flesh only
59	56	1505	Bilberries, stewed/canned in syrup
59	56	1512	Bilberries, stewed/canned, no sugar or syrup
59	55	1514	Guavas, canned, no sugar or syrup
59	55	1515	Strawberries, canned, no sugar or syrup
62	56	1544	Apple juice, sweetened, canned, bottled or in cartons
62	55	1545	Pineapple juice, sweetened, canned, bottled or in cartons
62	56	1548	Apple juice, unsweetened, canned, bottled or in cartons
59	56	1569	Fruit salad, canned, no sugar or syrup

59	56	1570	Peaches, canned, no sugar or syrup
54	55	1572	Pineapple, canned, no sugar or syrup
59	56	1578	Mixed dried fruit, stewed or canned, with sugar Dried apple, stewed with sugar
59	56	1583	Mixed dried fruit, stewed or canned without sugar Dried apple, stewed without sugar
59	56	1588	Apples, baked, with sugar, with or without skin
60	57	1596	Mixed nuts, edible portion
60	57	1599	Other nuts, salted and unsalted
9	8	1607	Frosties, Frosted cornflakes
9	8	1614	Ricicles, Coco-pops
9	8	1616	Sugar smacks, Sugar Stars
9	8	1618	Whole wheat flakes
9	7	1624	Porridge made with all milk
9	7	1626	Porridge made with milk and water
13	2	1631	Ravioli (pasta, meat filling and tomato sauce)
5	6	1639	High protein breads
5	6	1643	Miscellaneous, speciality bread, milk, poppyseed
5	6	1644	Procea, Nutrex, other starch reduced breads, except Slimcea
5	6	1645	Slimcea, starch reduced
3	4	1647	Brown, wheatmeal bread - toasted
5	6	1648	High protein breads - toasted
3	4	1649	Hovis - toasted
5	6	1650	Currant bread - toasted Malt, fruit, currant bread - toasted
4	3	1651	Wholemeal, wholewheat, stoneground, granary bread - toasted
8	9	1660	Cheese-flavoured, Cheeselets, Cheesenax
8	9	1662	Chocolate half coated, crackle cakes, jaffa cakes <u>not</u> chocolate digestive, chocolate chips biscuits, Taxi
8	9	1664	Fruit biscuits, Garibaldi, Araby, Shrewsbury, Fig Polls, Date Bais
8	9	1665	Wafers - ice-cream wafers and cornets, <u>not</u> filled with ice-cream

6	N	1674	Crumpets, muffins, pikelets - toasted, yeast batter mix
6	11	1676	Scones, fruit, treacle
6	11	1682	Cream horns/oysters (flaky pastry - cream filled, artificial or dairy)
6	11	1683	Danish pastry, Aberdeen Butteries
7	10	1684	Eclairs, chocolate iced, real and artificial cream filled
6	11	1686	Chelsea buns, Bath buns, Hot-cross buns, rich currant buns
6	11	1687	Currant buns, teacakes - toasted
6	11	1688	Vanilla slice - flaky pastry filled artificial cream and iced (also described as cream slice)
7	10	1694	Chocolate cake made with fat, iced or plain, buttercream filling, chocolate Cupcakes Sponge cake made with fat, Victoria sponge, iced or plain, with buttercream filling
7	10	1695	Fancy cake, other layer cakes, cream cakes, walnut gateaux
7	10	1669	Cheese cake, pastry case with sponge and coconut, Bakewell tart, Maids of Honour
7	10	1700	Swiss roll chocolate covered
7	10	1701	Cream sandwich cake, low fat home-made or shop bought with dairy, artificial or buttercream filling, swiss roll with buttercream filling, chocolate swiss roll
7	10	1702	Dough cake, yeast fruit cake, doughbuns, iced finger buns, Bara Brith
7	10	1703	Doughnuts - all varieties jam, cream, plain
6	11	1704	Eccles cakes
7	10	1706	Lardy cake ie yeast-base with sugar and fat
7	11	1707	Meringues, filled with artificial cream
7	10	1710	Sponge cake made with fat, chocolate, orange, Victoria sponge, iced or plain, no filling other than jam
10	12	1726	<u>Fruit pie pastry top OR bottom</u> , fruit flans (includes apple, blackberry and apple, pineapple, pear)
10	12	1727	Fruit pie pastry top or bottom, with apricots fresh or dried
10	12	1728	Fruit pie pastry top or bottom, with blackcurrants

10	12	1729	Fruit pie pastry top or bottom, with cherry
10	12	1730	Fruit pie pastry top or bottom, with gooseberry
10	12	1731	Fruit pie pastry top or bottom, with mandarin
10	12	1732	Fruit pie pastry top or bottom, with mixed dried fruit (includes apple, apricots, peaches, prunes)
10	12	1733	Fruit pie pastry top or bottom, with rhubarb
10	12	1734	Fruit pie pastry top or bottom, with soft fruit (including raspberries, loganberries, strawberries, redcurrants, blackberries, bilberries)
10	12	1735	Fruit pie pastry top or bottom, with stone fruit (including plums, damsons, peaches, greengages)
10	12	1739	Fruit sponge, any fruit, baked, eg Eve's pudding, pineapple upside down
10	12	1740	Charlotte - bread, butter, sugar, fruit
10	12	1743	Fruit pies pastry top AND bottom apple, blackberry and apple, pineapple, pears
10	12	1744	Fruit pies pastry top and bottom with apricots, fresh or dried
10	12	1745	Fruit pies pastry top and bottom with blackcurrants
10	12	1746	Fruit pies pastry top and bottom with cherries
10	12	1747	Fruit pies pastry top and bottom with gooseberries
10	12	1748	Fruit pies pastry top and bottom with mixed dried fruit (including apples, apricots, peaches, prunes)
10	12	1749	Fruit pies pastry top and bottom with rhubarb
10	12	1750	Fruit pies pastry top and bottom with soft fruit (includes raspberries, loganberries, strawberries redcurrants, blackberries, bilberries)
10	12	1751	Fruit pies pastry top and bottom with stone fruit (includes plums, damsons, peaches, greengages)
10	12	1755	Mincemeat tart, pastry top and bottom, large
10	12	1758	Apple snow
10	12	1759	Fruit fritters, Onion rings in batter
10	12	1760	Gooseberry or rhubarb fool
10	12	1773	Batter pudding sweet, plain
10	12	1776	Mousse - shop bought (home-made code as souffle)

10	12	1779	Sponge pudding with dried fruit, jam, treacle, syrup, steamed or baked
10	12	1780	Suet pudding steamed/baked, plain
10	12	1781	Suet pudding with dried fruit, jam etc., steamed or baked
6	11	1793	Jam, syrup, treacle tart - two crust
73	63	1811	Red wine sweet, home-made wines, ginger wine
71	62	1819	Low calorie squashes with added vitamin C, concentrated
68	61	1826	Casilan, dry powder
68	61	1828	Complan, dry powder
45	60	1831	Milk shake powder, all flavours
76	65	1853	Soup, clear (eg consommé, bouillon cubes made up)
76	65	1854	Pea soup home-made, packet, canned
76	65	1855	Scotch broth (mutton, carrot, and other vegetables) must include meat or meat bone, thickened
76	65	1857	Soup, unless listed above, made up with water only, includes canned soup, (not cream soup), ready to serve
76	65	1858	Soup, unless listed above, made up with milk and water, includes canned cream soup, ready to serve
76	65	1859	Soup, unless listed above made up with milk only
71	62	1871	Orange drink, squashes undiluted, also lemon includes lemon/orange barley
70	62	1873	Lemonade bottled, ginger beer, fizzy minerals, made up squash lemon/orange, bitter lemon, non-alcoholic shandy
70	62	1874	Lemonade home made
71	62	1875	Low calorie squashes, concentrated
71	62	1876	Low calorie squashes, made up, low calorie fizzy drinks
70	62	1878	Soda water, tonic water
38	66	1887	Gravy, unthickened
75	64	1888	Horseradish sauce
75	64	1891	Mint sauce (vinegar, sugar, mint) - code mint jelly as jam
5	6	1892	Stuffing - breadcrumbs, suet and herbs, packet stuffing
75	64	1894	Worcester sauce

5	6	2007	All-bran loaf made with All-bran and dried fruit)
8	9	2017	Flapjacks, Fivers, Oat and nut crunch bars
6	11	2018	Jam, syrup, treacle tart - wholemeal flour - one crust
6	11	2019	Lemon curd tart, one crust, with home made lemon curd, includes pastry made with wholemeal flour
7	10	2020	Meringue, filled with freshcream
6	10	2021	Pastry-wholemeal cooked
6	10	2022	Pastry-cheese cooked
6	11	2023	Scones, wholemeal
6	11	2026	Custard slice, iced flaky pastry with custard filling (also described as vanilla slice)
7	10	2027	Frangipane tart, shortcrust pastry, jam and sponge made with ground almonds
10	12	2034	Wholemeal fruit pie, pastry top <u>OR</u> bottom
10	12	2035	Wholemeal fruit pie, pastry top <u>AND</u> bottom
6	11	2036	Mincemeat tart, one crust, large
38	4	2050	Chili con carne (minced beef, onion, red kidney beans, tomatoes and green pepper)
13	2	2051	Lasagne (pasta, bolognaise sauce and cheese sause)
36	39	2067	Toad in the hole, pork sausages baked in batter
32	35	2068	Chicken casserole with vegetables in thickened gravy
35	36	2070	Heart, pig or lamb, stuffed or casseroled
35	36	2072	Tripe, stewed, with onions in <u>thickened</u> sauce
38	66	2083	Gravy, cornflour or gravy powder thickened, low fat
38	66	2084	Gravy, made with meat juices and fat, thickened
38	66	2085	Gravy, made with Bisto granules, or unspecified
12	2	2100	Rice polished white, fried
12	2	2101	Rice brown, boiled
12	2	2102	Rice brown, fried
5	6	2103	French toast - bread dipped in egg and fried
1		2104	High Bran bread, white or brown, high fibre breads

3	4	2105	Vitbe bread
9	8	2106	Cornflakes, not Kellogg's
8	9	2107	Crispbread extra light, Krispin, Crackerbread, cracottes
10	12	2108	Mivvi, block with sorbet
15	17	2109	Fresh, half or semi-skimmed milk
18	20	2110	Artificial cream, Dream Topping
31	35	2111	Chicken, fried in egg and breadcrumbs, coated drumsticks
36	39	2112	Sausages, turkey (however cooked)
55	54	2113	Coleslaw coleslaw in vinaigrette
48	50	2114	Potatoes, oven chips, oven baked or grilled
58	56	2115	Fruit salad fresh with syrup
58	55	2116	Fruit salad fresh, no sugar
69	62	2117	Diet Pepsi, Tab
69	62	2118	Own Brand cola
62	56	2119	Mixed fruit juices, in cartons
71	62	2120	Orange squash with added vitamin C, sweetened, concentrated
71	62	2121	Irn Bru
75	64	2122	Low calorie salad cream
5	6	2131	Pitta bread, white or brown
8	9	2134	Cheese sandwich biscuits
8	9	2135	Limmits
7	10	2136	Battenburg
-	70	2137	Coffee-mate
26	29	2138	St Ivel Gold blend
37	68	2139	Beefburgers, frozen, grilled
40	46	2140	Fish fingers, fish burgers, grilled without added fat
6	11	2141	Lemon curd tart, shop made, one crust
10	66	2142	Batter coating, flour and water only
-	66	2143	Vitamins in tablet or liquid form any kind of vitamin
-	66	2144	Medicines in tablet or liquid form, any kind of medicine (unless 2143 applies)

75 64	2145	Barbecue sauce
54 54	2147	Beansprouts, raw
5 8	2148	West Indian Bread
32 35	2149	Chicken, curry (weighed without bone)
32 35	2150	Chicken, curry (weighed with bone), use only if leftover bone not weighed
75 64	2151	Chilli pickle
75 64	2152	Curry sauce, chilli sauce
84 54	2153	Chinese leaves
21 24	2154	Curried eggs and potatoes
42 43	2155	Curried oily fish, herring
42 42	2156	Curried white fish
55 54	2157	Vegetables, mixed curried
29 82	2158	Curried mutton
53 54	2159	Peas, curried, with potato
49 49	2160	Potatoes, curried
17 23	2161	Curried yoghurt
42 46	2162	Chinese fish balls
75 64	2163	Gherkins, pickled
70 71	2164	Shandy, canned, made up, half lemonade, half pale ale
5 2	2165	Poppadum
5 8	2166	Farley's baby rusks
6 8	2167	Samosas, deep fried pasties, meat or pulse filling
16 8	2168	St Ivel 'Five Pints', made up with water
55 8	2169	Textured vegetable protein (TVP)
6 2	2170	Pakora
55 2	2171	Soya bean
- -	9999	Plate, bowl, mug, cup, glass, etc