

# Appendix E

## Food code list

Alphabetical index to food code list

Wave 4: April 1993

W

C

Social Survey Division  
OPCS  
St Catherine's House  
10 Kingsway  
London WC2B 6JP

114	1592	Abalone, canned, drained weight
15	8176	Aberdeen butteries
119	1651	Ackee, canned, drained weight
199	2396	Advocaat
46		Aerosol spray creams
17	201	All bran breakfast cereal Kelloggs only
17		All bran breakfast cereal own brand
15	101	All bran loaf
154		Almonds
158	2224	Almond paste: Marzipan
32	R 348	Almond macaroons
18	212	Alpen: Muesli, with added sugar
135		Alphabites. Potato waffles
114	1593	Anchovies, canned, drained weight
35		Angel Delight, packet mix or purchased made up
159	2226	Angelica mixed peel
35	R 508	Apple charlotte: Charlotte pudding
200	2417	Apple chutney
35	R 502	Apple crumble
35/37-38		Apple pie Fruit pie
143		Apple sauce
35	R 501	Apple snow, made with stewed apple, sugar and egg white
177/181/183		Apple juice, carbonated apple juice
176/177/181/189/190		Apple juice drink, carbonated apple juice drink
143		Apples, cooking, eating or dried
143-144		Apricots, canned, dried or fresh
57	570	Arctic roll, sponge roll with ice cream filling
119		Artichoke, globe or Jerusalem
46		Artificial Cream/Dream Topping with whole/semi-skimmed/ skimmed milk
119		Asparagus
119		Aubergine
144	1976	Avocado pears, flesh only, leftover skin weighed ---

PAGE NO	CODE	
198	8351	Babycham
195		Baby fruit juice
199	2402	Bacardi rum. 70 <sup>0</sup> proof spirits
70		Bacon, collar or gammon joint, gammon steaks
70-71		Bacon rashers
96	1315	Bacon and egg in a bun, purchased, takeaway
99	R 1296	Bacon and egg pie, two crusts; shortcrust pastry made with half lard and half margarine, NOT polyunsaturated
119	1662	Baked beans, in tomato sauce, canned; curried baked beans; NOT low sugar baked beans
119	2646	Baked beans, in tomato sauce, canned, low sugar
119		Baked beans with additions, canned
26		Bakewell tart
119	1664	Balor beans, canned, drained weight
119	1661	Bamboo shoots, canned, drained weight
30	R 302	Banana cake, homemade
144	1979	Banana chips, dried weight
123		Banana, green: Green banana
144		Bananas
31	R 322	Bara birth: Dough cake
200	R 2409	Barbecue sauce
154		Barcelona nuts
1		Barley, pearl or whole grain
170	7053	Barley cup, dry weight
26	R 303	Bath buns, NOT wholemeal Chelsea buns
21	274	Bath Olivers
30	R 304	Battenburg, sponge with marzipan coating and jam
4		Batter pudding, plain: Yorkshire pudding
35	R 504	Batter pudding, sweet, made with flour, egg, milk, and syrup
119		Beans, baked
119-120		Beans, balor; blackeye, butter, haricot, kidney, papri; soya

PAGE NO	CODE	
119-120		Beans, broad; French; runner
120	2655	Beanburger, Wimpy, spicy, weighed with bun and relish
120	3083	Beanfeast, various flavours, made up with water, cooked
120		Beansprouts
72-73		Beef, brisket; forerib; sirloin, silverside, topside
94		Beef, corned
72		Beef, minced, stewed, with or without vegetables
92	1231	Beef, minced, in gravy, canned
92		Beef, minced, pie filling, canned
99		Beef, minced, pie: Minced beef pie
92	1234	Beef, pie filling, reformed meat, canned
72		Beef, rump steak; sirloin steak
94-95		Beef, silverside, salted, sold loose
73		Beef, stewing steak, stewed with or without vegetables
73		Beef, stewing steak and kidney, stewed
93		Beef, stewed steak, canned Stewed steak
100		Beef, steak pie: Steak pie
101	R 1322	Beef, steak pudding, suet pastry, NO kidney, NOT canned
100		Beef, steak and kidney pie: Steak and kidney pie
92	1241	Beef, steak and kidney pie, canned
93	1242	Beef, steak and kidney pudding, canned
96		Beef, grill steaks, fried or grilled
101	R 1329	Beef biryani; pilau; includes rice
101	R 1332	Beef chop suey: Chop suey
101	R 1317	Beef chow mein: Chow mein
101		Beef curry
101		Beef, roast, frozen, purchased
99		Beef and potato pie
96		Beefburgers
96-97		Beefburgers in a bun. Hamburger; Cheeseburger

PAGE NO	CODE	
92	1264	Beefburgers in gravy, canned
197		Beer, draught, canned or bottled
120		Beetroot
200	2456	Beetroot, pickled
76		Belly rashers· Pork, belly rashers
1	6	Bemax, wheatgerm
154	2173	Betel nuts, Kernel only
122	R 1723	Bhaji, cauliflower
125	R 1797	Bhaji, onion
125		Bhindi; Lady's fingers Okra
94	1337	Bierwurst, NOT canned
144		Bilberries, or blueberries canned, raw or stewed
125		Bindi· Okra
49		Bio yogurt, yogurt containing live culture
85	R 1098	Biryani, chicken; includes rice
101	R 1329	Biryani, meat lamb or beef; includes rice
117	R 1641	Biryani, prawn; includes rice
129	R 2622	Biryani, vegetable
21-25		Biscuits, savoury or sweet
24	412	Bisks: Slimming biscuits
173-178		Bitter lemon: Carbonated beverages
30		Black Forest desserts, individual portions of chocolate sponge dessert with black cherries and cream
91		Black pudding
144-145		Blackberries, canned, raw or stewed
145		Blackcurrants, canned or stewed Currants, black
120		Blackeye beans Beans, haricot
35	R 506	Blancmange
108		Bloater (smoked herring)
144		Blueberries, bilberries
62	693	Blue cheese, low fat only

PAGE NO	CODE		
200	R 2501	Blue cheese dressing	
160		Boiled sweets	
101	R 1323	Bolognese sauce; made with minced beef, onion, tomatoes	
92	7780	Bolognese sauce, canned	
155	2605	Bombay mix; Chevda; Chevra	
207	2515	Bouillon cubes, dry weight: Oxo cubes	
104		Boston Bluefish: cod	
22	268	Bourbons' cream sandwich biscuits	
160	2255	Bournville chocolate	
170	2301	Bournvita; dry weight	
200	2410	Bovril, any, not made up	
89		Brains, calves or lambs	
17	7628	Bran buds, Kelloggs	
1	8171	Bran, oat	
1	7	Bran, wheat	
17		Branflakes, with or without sultanas, any brand	
199	2402	Brandy: 70 <sup>0</sup> proof spirits	
21	3802	Brandy snaps	
91	1249	Brawn	
154		Brazil nuts	
5-16		Bread, any	
35	R 505	Bread pudding, made with bread, fat, dried fruit, sugar and spice	
13-14		Bread rolls	
200	R 2411	Bread sauce	
35	R 507	Bread and butter pudding, made with bread, butter, sugar, milk, egg and currants	
145	1990	Breadfruit, canned, fruit only	
145	4005	Breadfruit, baked	
141	7649	Breadsticks, Grissini	
99	R 1291	Bridies; mutton pies	
62	691	Brie cheese, any	B

PAGE NO	CODE	
119		Brinjal. Aubergines
72		Brisket, beef
108		Brisling. Sardines
119		Broad beans. Beans, broad
120		Broccoli, spears
120		Broccoli, sprouting: Cabbage, winter
206	R 2461	Broth, bone and vegetable, homemade
200	2412	Brown sauce, bottled, eg HP, Daddies
121		Brussel sprouts
121		Brussel tops. Cabbage, winter
121	R 1699	Bubble and squeak, cooked potato and cabbage, fried
45	649	Build-Up drink, dry weight
1	7028	Bulghur wheat, cooked
69		Butter
119-120		Butter beans
43	601	Buttermilk
43	8205	Buttermilk desserts, fruit flavoured



PAGE NO	CODE	
121		Cabbage, red, savoy, spring, white winter, summer, January King
200	2456	Cabbage, red, pickled
62	651	Caerphilly cheese
120-121		Calabrese: Broccoli, spears
44	734	Calcia, skimmed milk fortified with calcium and vitamin D
62	681	Cambozola cheese
62	652	Camembert cheese
199	2394	Campari: Vermouth, dry
101	1324	Cannelloni, purchased, with meat filling, NOT vegetarian cannelloni
30		Caramel shortcake, ie shortbread with caramel layer and chocolate topping
173-181		Carbonated beverages
173-181/196		Carbonated water
121-122		Carrots, old, October-July
121-122		Carrots, new - with green tops or labelled new or sold August-September
30		Carrot cake
183	2361	Carrot juice, cartons or bottles
154		Cashew nuts
170	2302	Casilan, dry weight
156		Caster sugar. Sugar, white
122		Cauliflower
122	R 1723	Cauliflower bhaji, ie fried Asian vegetable dish
122	R 1722	Cauliflower cheese, ie in cheese sauce
114	1594	Caviar, canned
122	1724	Celeriac, fresh, boiled
122		Celery
199	2389	Champagne
15		Chapatís, brown or white
35	R 508	Charlotte pudding, made with bread, butter, sugar, fruit
62		Cheddar cheese

PAGE NO	CODE	
62	7731	Cheddar/Cheshire type low fat hard cheese
62		Cheddar cheese, smoked
62	693	Cheese, blue, low fat: Low fat blue cheese
64	677	Cheese, processed, slices or blocks (NOT smoked cheese or cheese spread)
64		Cheese, processed, smoked, with or without additions
62-64		Cheese soft, low fat, flavoured or unflavoured
62		Cheese spreads and triangles
62		Cheese spread with sunflower oil eg Flora
21	251	Cheese flavoured biscuits
21		Cheese biscuits, snacks eg KP cheese biscuits, Crawford's cheese snips
21	252	Cheese sandwich biscuits
200		Cheese sauce
65	R 815	Cheese souffle
65	R 801	Cheese and egg flan
65		Cheese, egg and bacon flan: Quiche Lorraine
65	821	Cheese and onion pastie, purchased
65	R 802	Cheese and potato pie, ie potato, fat, cheese and milk
96		Cheeseburger; beefburger with cheese in a bun
35-36		Cheesecake
29	R 389	Cheesecake, Welsh
26	R 303	Chelsea buns, NOT wholemeal
26	R 407	Chelsea buns, wholemeal: Wholemeal fruit buns
145		Cherries, eating, cooking or canned
158	2210	Cherries, glace, maraschino; cocktail cherries
17	7637	Cheerios
199	2398	Cherry brandy
30,32		Cherry cake: Fruit cake, rich
62		Cheshire cheese
62	7731	Cheshire/cheddar type low fat hard cheese
154		Chestnuts

PAGE NO	CODE	
122	2647	Chestnuts, water, canned, drained weight
155	2605	Chevda; Chevra. Bombay mix
126		Chick peas. Peas, chick
126		Chick pea paste with sesame seeds. hummus
80-83		Chicken, barbecued, boiled or stewed, fried or roast
84		Chicken burgers. Chicken fingers
82		Chicken drumsticks. Chicken, coated in egg and breadcrumbs
84		Chicken fingers
80	R 1096	Chicken giblets, NOT just livers, cooked
81		Chicken, Kentucky Fried
89		Chicken liver
85	1115	Chicken nuggets
86		Chicken pie
85	1116	Chicken, roast dinner
86/94		Chicken roll
204-206		Chicken soup, chicken noodle soup. Soup, chicken
86		Chicken spread
85	7777	Chicken, Chinese style, no bones or leftover bones NOT weighed
86	2661	Chicken, stir fry, ready meal. Ross Chinese chicken; Ross Indian chicken
85	7778	Chicken Lasagne, purchased, frozen or chilled
85-86		Chicken, prepared dishes, NOT canned
85	1101	Chicken casserole, canned
85		Chicken curry, canned or Vesta
86	1108	Chicken in white sauce, canned
85		Chicken Kiev, breaded chicken with garlic butter centre, oven baked, purchased
122	1728	Chicory, fresh, uncooked
122	7848	Chicory, fresh, boiled
101	R 1325	Chilli con carne, made with minced beef, red kidney beans, onion, tomatoes, green pepper
92	7779	Chilli con carne, canned

C

PAGE NO	CODE	
200		Chilli pickle, sweet, sour or oily
30	306	Chinese cakes and pastries, purchased
116	1595	Chinese fish balls
30	307	Chinese glutinous rice flour cakes, purchased
148		Chinese gooseberries, kiwi fruit
122	1729	Chinese leaves, fresh, uncooked
102	1335	Chinese luncheon meat, steamed, purchased
101	R 1326	Chinese meat buns
136-140		Chipped potatoes (including microwave chips), chipsticks, other potato and cornsticks
17	8181	Chockles breakfast cereal
57		Choc ices
57	732	Choc ice lollies: Feast, Triple Choc; Super Triple Choc; Rock around the Choc, purchased
160/164	2254	Chocolate, milk, NO additions. Milk chocolate
160/165	2255	Chocolate, plain, NO additions. Plain chocolate
165	7960	Chocolate, white, NO additions. Milky Bar
21-24		Chocolate biscuits, full coated or half-coated
31	R 308	Chocolate cake, made with fat, with buttercream filling, homemade
21		Chocolate chip cookies - with/without nuts
30		Chocolate cupcakes, homemade or purchased
31		Chocolate sponge cake, homemade, with fat, no filling, no icing
30	R 310	Chocolate krispie cakes, made with rice Krispies
170-171		Chocolate drinks. Drinking chocolate
158	R 2645	Chocolate sauce, homemade, NOT ice cream topping sauce, NOT Ice Magic
158	2211	Chocolate spread
158	2212	Chocolate and nut spread
85	R 1366	Chop suey, chicken
101	R 1332	Chop suey, meat (pork, beef or lamb)
117	R 1621	Chop suey, prawn

PAGE NO	CODE	
26		Choux buns - iced/not iced
85		Chow mein, chicken
101	R 1317	Chow mein, meat (pork, beef or lamb)
117	R 1642	Chow mein, prawn
32		Christmas cake: Fruit cake, rich
36		Christmas pudding
200		Chutney, apple, mango or tomato
198		Cider
17	9032	Cinnamoo Toast Crunch breakfast cereal
199		Cinzano. Vermouth
112	1596	Clams, canned, drained weight
153		Clementines: Tangerines
46	632	Clotted cream
17		Clusters; breakfast cereal
104		Coalfish cod
154		Cob nuts
112	1564	Cockles, fresh not canned or bottled, boiled, no shells, or leftover shells weighed
112	7829	Cockles, canned, bottled, no shells
158		Cocktail cherries
170	2303	Cocoa powder, dry weight
17	204	Cocoa krispies, cereal, Coco-Pops
154		Coconut or desiccated coconut
154	2185	Coconut cream, pureed fresh flesh, sweetened
154	2182	Coconut milk, drained from fresh coconut
32-33		Coconut cake: Madeira cake
31	7688	Coconut cake, purchased
31	R 312	Coconut cornflake tray, made with fat, sugar, cornflakes, coconut
22	7651	Coconut cookies
22	268	Coconut cream biscuits. Cream sandwich biscuits
31	R 409	Coconut macaroons, pyramids

PAGE NO	CODE	
26	R 311	Coconut tart
104		Cod
170		Coffee, fresh, instant or from vending machine
170	7891	Coffee, iced eg Nescafe "Frappe", low fat, carton, ready to drink
170	2304	Coffee and chicory essence, eg Camp
32		Coffee cake Madeira cake
44		Coffee whiteners, powders, eg Coffee Mate, Complement and other own brand non-dairy whiteners, dry weight
174-179,		Coke Carbonated beverages
122		Coleslaw
200	2501	Coleslaw dressing, Kraft only
104		Coley code as for Cod (light translucent greyish pink raw flesh
70		Collar joint: Bacon, collar joint
208		Commercial infant food
170	2305	Complan, dry weight
44		Condensed milk
205	2462	Consomme, other clear soups, as served
200		Cook in sauces, any
128		Corn on the cob Sweetcorn
141		Corn snacks, eg Wotsits, Quavers, Nik Naks, Tortilla Chips, Frazzles, Monster Munch Includes Scampi Fries
94		Corned beef, canned or NOT canned
101	R 1327	Corned beef hash, homemade, corned beef and mashed potato
25	273	Cornet, wafer, weight excluding ice cream Wafers and cornets
57	731	Cornet, with ice cream, purchased, eg King Cone, Cornetto
17	205	Cornflakes, Kelloggs only
17	206	Cornflakes own brand, NOT Kelloggs
17	232	Cornflakes, crunchy nut
17	4289	Cornflakes, High fibre only, eg - Ryvita
99		Cornish pastie
22	7650	Cornish wafers

C

PAGE NO	CODE	
62-63		Cottage cheese, any
102		Cottage pie. Shepherds pie
18	212	Country Store: Muesli with added sugar but NOT crunchy muesli
123		Courgettes
1	7600	Couscous (doughy paste made from millet) cooked
112		Crab
116	7831	Crabsticks
22	258	Crackerbread, Cracottes Crispbreads, extra light
76	923	Crackling, pork
201	2436	Cranberry sauce: Mint jelly
46-47		Cream, artificial or dairy
63		Cream cheese
22		Cream cracker biscuits
36/56		Cream dessert, with fresh cream, purchased, NOT fresh cream trifle
26		Cream horns
199	2397	Cream liqueurs, eg Bailey, Greensleeves, Carolan
22		Cream sandwich biscuits, plain or wholemeal
25	272	Cream sandwich wafer biscuits. Wafer biscuits
174-179		Cream soda. Carbonated beverages
36		Creme caramel, cream caramel
46		Creme fraiche, soured whipping cream. (NOT creme fraiche dessert eg Boots)
125	1782	Cress: Mustard and cress
22		Crispbreads
141-142		Crisps, potato (and other savoury snacks eg cornsnacks, hula hoops etc)
141	2691	Crisps, potato, low fat
26		Croissant, plain or sweet
17	7639	Cruesli
36		Crumble, any
16	148	Crumpets; pikelets; toasted
22		Crunch biscuits

PAGE NO	CODE	
21/162	7655	Crunchy cereal bars, eg Jordans Original Crunchy
191-193		Crush, any fruit. Squash
19	221	Cubs; Shredded Wheat
123	1740	Cucumber, uncooked
200	2423	Cucumber, pickled: Gherkin, pickled
123	R 1741	Cucumber and gram flour raita
123	R 2660	Cucumber and yogurt, Greek style; Tzatziki
206	2468	Cuppa soup, any variety, as served: Soup, instant
199	2401	Curacao
158		Curd, lemon, lime or orange
121		Curly Kale, cabbage winter
145	2011	Currants, dried weight
144-146		Currants, black, red or white
15-16		Currant bread: Bread, currant
26		Currant buns, NOT wholemeal
26/29	R 407	Currant buns, wholemeal. Wholemeal fruit buns
27	R 303	Currant buns, rich: Hot cross buns
62	R 803	Curried egg and potato, no rice
116	R 1597	Curried white fish with vegetables; no rice
116	R 1598	Curried oily fish with vegetables; no rice
		Curry see additional sheet, 'Indian meals'
85		Curry, chicken, Vesta or canned
200	2420	Curry sauce, purchased
202	2446	Curry sauce, sweet, McDonalds only. Sweet curry sauce
36		Custard, homemade, instant or canned
36	7699	Custard, confectioners only
146	2012	Custard apples, raw
22	268	Custard creams Cream sandwich biscuits
36	R 545	Custard, egg, baked or as sauce
26	R 386	Custard slice, ie flaky pastry, iced, custard filling
26		Custard tart

--- C  
10



PAGE NO

CODE

65

R 801

Custard tart with cheese: Cheese and egg flan

114

1599

Cuttlefish

PAGE NO	CODE	
200	2412	Daddies sauce: Brown sauce, bottled
123		Dahl, masur or toor: Lentils
146		Damsons, canned or stewed
63	664	Danish Blue cheese
26	R 318	Danish pastry
31	R 319	Date and krispie crunch, made with margarine, sugar, dates and Rice Krispies
31	R 320	Date and walnut loaf, made with fat, dates and walnuts
146		Dates, dried or fresh
156	2203	Demerara sugar
63	665	Derby cheese
173-179		Diet coke; Diet Pepsi: Carbonated beverages
22,23		Digestive biscuits, sweetmeal, plain, NOT Hobnobs, digestives with oats
22	276	Digestive biscuits, wholemeal, not digestive with oats
22	260	Digestive biscuits, chocolate <u>half coated</u> ; NOT chocolate Hobnobs or digestives with oats
21	253	Digestive biscuits, chocolate <u>full coated</u> , not digestives with oats
22,23		Digestives with oats eg Hob nobs
31	R 321	Digestive nut crunch, made with digestive biscuits, butter, nuts and condensed milk
141	7871	Discos: savoury snacks
114		Dogfish (pink, boneless flesh, cartilage)
63	681	Dolcelatte cheese
97	1342	Doner kebab, sliced lamb and salad in pitta
30		Double chocolate cake, frozen, purchased eg Sara Lee
63	667	Double Gloucester cheese
31	R 322	Dough cake
26,27		Doughnuts, ring, jam or cream
27	R 410	Doughnuts, wholemeal, ring or jam
46		Dream Topping, weight as served: Artificial cream
200-202		Dressing, blue cheese, coleslaw, thousand island etc

PAGE NO	CODE	
147		Dried fruits, mixed: Fruit salad
44		Dried milk
170	2309	Drinking chocolate, powder, dry weight
170		Drinking chocolate, instant, low fat or from vending machine
28	R 373	Drop scones, plain Scotch pancakes
82		Drumsticks, chicken: Chicken, coated in egg and breadcrumbs
199	2395	Dubonnet: Vermouth, sweet
87		Duck, roast
59	784	Duck egg, whole, boiled, no shell, or leftover shell weighed
1		Dumplings, suet, unsweetened, steamed or boiled
31-32		Dundee cake· Fruit cake
22	258	Dutch Crispbakes· Crispbreads, extra light
120,123		Dwarf beans: French beans

PAGE NO	CODE	
23		Easter biscuits. Homemade biscuits
26,27	R 326	Eccles cakes
27		Eclairs, chocolate icing, real or artificial cream filling
63		Edam cheese
63		Edam type reduced fat cheese
108		Eel, jellied or stewed
59		Egg, boiled, fried or poached
60-61		Egg, scrambled
59	R 803	Egg, curried with potato; no rice
59	R 545	Egg custard, baked or as sauce
2	76	Egg fried rice. Rice, egg fried
200	R 2421	Egg sauce; white savoury sauce with egg
59	7768	Egg nog, drink with egg, whole milk (¼ pt), sugar and sherry
59	784	Egg, duck, whole, boiled, no shell or leftover shell weighed
59	7767	Egg fu yung with beansprouts, mushrooms, onions, almond, fried in blended vegetable oil
119		Eggplant: Aubergine
59	7769	Eggy bread, NOT wholemeal bread, made with whole milk fried in blended vegetable oil
59	4843	Eggy bread, wholemeal bread, made with whole milk, fried in blended vegetable oil
46		Elmlea, imitation cream, any
63	671	Emmental cheese
123	1742	Endive, fresh, uncooked
44		Evaporated milk, whole, unsweetened, undiluted, low fat
36	R 542	Eve's pudding
94	1259	Extrawurst, NOT canned

PAGE NO	CODE	
91	R 1250	Faggots, with or without gravy
31		Fairy cakes
57	732	Feast - chocolate ice cream, lolly
123		Fennel
63	669	Feta cheese
23		Fig roll biscuits: biscuits, date bars
146		Figs, dried or fresh
116	1600	Fillet-O-fish, takeaway, McDonalds only
72		Fillet Steak
104	1637	Fish, battered, crumbed, ovenbake, frozen. Cooked without added fat: Battered, crumbed fish
116		Fish, curried, white or oily fish
116	R 1601	Fish, white, in cheese sauce
117	R 1638	Fish, white, in butter, mushroom, parsley, prawn or shrimp sauce
116	1595	Fish balls, Chinese, purchased Chinese fish balls
117	1603	Fish paste, NOT smoked mackerel or smoked trout pate
117		Fish pie, one crust or potato topping
117	1602	Fish-in-a-bun, takeaway, NOT McDonalds
116		Fishcakes
116-117		Fish fingers
36	R 583	Flan fruit, sponge base with fruit
37	7700	Flan fruit, with shortcrust pastry NOT strawberry shortcrust pastry
38	7701	Fruit Sundaes, any fruit, purchased, one crust, fruit filling with artificial cream topping eg Mr Kiplings
23	261	Flapjacks, purchased
23	R 357	Flapjacks, homemade
69		Flora. Soft polyunsaturated margarine
31	R 330	Florentines, made with nuts, dried fruit, butter, chocolate
162	2264	Flumps; mallow shapes
162		Foam sweets
38		Fool, any fruit

F

PAGE NO	CODE	
209		Formula, infant
26	R 301	Frangipane tart
96		Frankfurters
120,123		French beans (small or thin)
200		French dressing
6	127	'French stick' bread Bread, white, 'French stick'
22	258	French toasts: Crispbreads, extra light
55		Fromage frais, fromage blanc
55	7740	Fromage frais mousse
17	227	Frosties; frosted cornflakes Kelloggs only
18	7626	Frosted Cornflakes - own brand eg Sainsburys Snowflakes, NOT Kelloggs
18	8182	Frosted Shreddies
23	262	Fruit biscuits, NOT wholemeal
57	7759	Frozen ice cream desserts eg Walls Viennetta, Sonata Charisimo and Lyons Maid Hostess
25	277	Fruit biscuits, wholemeal. Wholemeal biscuits, fruit
23	281	Fruit and nut biscuits
31-32		Fruit cake, light or rich
146,147		Fruit cocktail, canned: Fruit salad
185-193		Fruit drinks, mixed Mixed fruit drinks
195		Fruit juice - Baby only
182-184		Fruit juice, mixed. Mixed fruit juice
208	7949	Fruit juice desserts, commercial infant food
37	R 544	Fruit fool, any fruit
37		Fruit fritters
37,38		Fruit pies
146		Fruit pie filling, canned
146,147		Fruit salad, canned
147		Fruit salad, dried or fresh fruit
40		Fruit sponge. Sponge pudding, with fruit
158-159		Fruit spreads, pure: Jam or Marmalade with reduced sugar content

PAGE NO	CODE	
32	R 335	Fruit squares, made with fat, flour, sugar, dried fruit
192	2662	Fruit syrup from canned fruit
18	229	Fruit and Fibre cereal, any brand
162	2256	Fudge, Cadburys

PAGE NO	CODE	
70		Gammon joint, gammon steaks. Bacon
70-71		Gammon rashers. Rashers
23	8484	Garibaldi
123	1743	Garlic, uncooked
94	1337	Garlic sausage, NOT canned
32		Gateau with fresh cream
200	2423	Gherkin, pickled
123	2423	Gherkin, raw
80	R 1096	Giblets, chicken, NOT just livers, cooked
88	R 1152	Giblets, turkey, and neck meat, cooked
199	2402	Gin 70 <sup>0</sup> proof spirits
173-181		Ginger beer Carbonated beverages
32	7691	Ginger Cake, purchased
23	263	Ginger nut biscuits - purchased
23	R 7667	Ginger nut biscuits, homemade
32	R 337	Gingerbread
158	2210	Glace Cherries
156		Glucose powder or liquid
44		Goats milk
63	7057	Goats cheese, full fat
21		Gold Bar: biscuit
18	8184	Golden Crackles breakfast cereal
18	8185	Golden Grahams breakfast cereal
18	8186	Golden Oatmeal Crisp breakfast cereal
156	2206	Golden syrup
87		Goose, roast
147		Gooseberries, canned, raw or stewed
37	R 544	Gooseberry fool
63	681	Gorgonzola cheese
63	670	Gouda cheese



PAGE NO	CODE	
7-14		Granary Bread
181		Grape juice, juice only; carbonated pure grape juice
181		Grape juice drink; carbonated grape juice drink; eg Shloer
147		Grapes, white, black or canned
147		Grapefruit, fresh or canned
183-184		Grapefruit juice
187-190		Grapefruit juice drink
18	210	Grapenuts, cereal
200-202		Gravy
27	4556	Greek pastries, various
49,52		Greek yogurt, cows, sheeps
123		Green banana
120,123		Green beans· French beans
148		Greengages, canned, raw or stewed
121	1705	Greens, spring, fresh, boiled Cabbage, spring
96	7794	Grill steaks, low fat, grilled
96	7795	Grill steaks, low fat, fried
141		Grissini: breadsticks
99	1303	Grosvenor pie: Pork and egg pie
87		Grouse, roast
63	671	Gruyere cheese
148		Guava, canned or fresh
32		Gulab jamen

PAGE NO	CODE	
200	2412	HP sauce· Brown sauce, bottled
105		Haddock
91		Haggis, boiled or fried
104,105		Hake· code as Cod
46		Half cream
105,106		Halibut
163	2260	Halva; sesame seeds and sugar
92,94	1236	Ham, canned in natural juice
94		Ham, sliced
99	1303	Ham and egg pie; Pork and egg pie
94		Ham and pork, chopped, canned or NOT canned
94	4771	Ham pate, low fat, purchased
13,14		Hamburger bun· Rolls, hamburger
96,97		Hamburgers
23	8200	Happy Bears honey biscuits
87		Hare, roast or stewed
120		Haricot beans
120,123		Haricot Vert: French beans
101	R 1327	Hash; corned beef and mashed potato    Corned beef hash
135		Hash browns    Potato waffles
94	1255	Haslet
154,155	2631	Hawaian mix, made with mixed nuts and dried fruit. Trail mix
154		Hazelnuts
170	2301	Healthvita, dry weight: Bournvita
171		Herbal tea
170,195		Herbal Infant Drinks
89	R 1175	Heart, ox, stewed or casserole
89	1173	Heart, sheeps, roast or braised, meat only, NO fat
108	1497	Herring, canned in tomato sauce, fish and sauce
108	1498	Herring, canned in oil, fish only
108		Herring, fried or grilled

H

PAGE NO	CODE	
108	1499	Herring, pickled, soused; roll mop
118		Herring roe, soft, fried
7-12		H1 Bran Bread, bread with added bran
6-12		H1 fibre white bread
21	8193	Hob-nob bars
22	7657	Hob-nobs, not chocolate covered
23	7658	Hob-nobs chocolate
104-105		Hoki cod
23		Homemade biscuits
158	2213	Honey comb
158	2214	Honey jars
18	8486	Honey Nut Loops breakfast cereal
171	2310	Horlicks powder, NOT low fat, dry weight
171	2635	Horlicks powder, low fat, dry weight
201	2428	Horseradish sauce
27	7674	Hot cross buns, NOT wholemeal
27	7675	Hot cross buns, wholemeal: Wholemeal fruit buns
6-12		Hovis bread
7-12		Hovis wholemeal bread Bread, wholemeal
123		Hummus; chick pea paste with sesame seeds
114		Huss: dogfish

PAGE NO	CODE	
57		Ice cream, dairy or non-dairy, flavoured or vanilla, purchased
57		Ice cream, chocolate covered, eg choc ices, purchased
57	731	Ice cream, cornet, purchased, eg King Cone, Cornetto
57	728	Ice cream, "Mr Whippy" type, purchased
57	7758	Ice cream - reduced calorie, eg Weight Watchers
158	2227	Ice cream topping sauces, any flavour, NOT Ice Magic
57-58		Ice lollies, any
158	2652	Ice Magic
27		Iced bun
33		Iced cakes, purchased: Fancy iced cakes
156	2205	Icing sugar
32		Indian syrup cake: Gulab jamen
209		Infant formula, and follow-on milks eg Progress
35		Instant dessert, as served
35		Instant Whip, packet mix or purchased, made up
92	1238	Irish stew, canned
101		Irish stew, NOT canned
173-181		Irish bru: Carbonated beverages

PAGE NO	CODE	
141	7866	Jacket potato crisps - various flavours
148	2060	Jackfruit, canned in syrup, fruit and syrup
23	7661	Jaffa cakes, any flavour
158		Jam, 'Extra' jam or jam with reduced sugar content
23	265	Jam filled biscuits
32	3834	Jam, roly poly, purchased
27		Jam tart
32	R 344	Jellabi; fried Asian pastry, soaked in syrup
38,39		Jelly, any
187-190		Juice drinks
209	7944	Junior milk (Farleys)
39		Junket

PAGE NO	CODE	
121		Kale: Cabbage, winter
97		Kebab, doner, kofte or shish, takeaway
117	R 1620	Kedgerree; white rice, smoked fish, hard-boiled egg and parsley
81		Kentucky Fried Chicken: Chicken, Kentucky Fried
140	7864	Ketchips, mashed potato with a tomato ketchup centre, purchased, baked
89		Kidney
99		Kidney and mushroom pie
120		Kidney beans: Beans, kidney, red
108,109		Kipper
109	1498	Kippers, canned in oil, fish only
164	2277	Kit Kat
148	2061	Kiwī fruit, fresh, no skin, or leftover skin weighed
97	1343	Kofte Kebab, 1e spiced sausage and salad in pitta, takeaway
123		Kohl Rabi
23	279	Krackerwheat
22	258	Krispen. Crispbreads, extra light
69	866	Krona reduced fat spread, salted or unsalted
69	7775	Krona spreadable
58	7760	Kulfi, Indian ice cream
148	2062	Kumquats, canned in syrup, fruit and syrup

PAGE NO	CODE		
63	689	Lactic cheese spread	
125		Lady's Fingers; Bhindi; Okra	
197-198		Lager, draught, canned or bottled	
74,75		Lamb, breast, leg or shoulder	
74		Lamb chop or cutlet	
75		Lamb, scrag and neck end; Irish stew	
92	1238	Lamb, Irish stew, canned	
101	R 1329	Lamb biryani or pilau; includes rice	
98	1289	Lamb burgers: Steaklets	
101	R 1332	Lamb chop suey Meat chop suey	
101	R 1317	Lamb chow mein Meat chow mein	
101	R 979	Lamb and vegetable curry, no rice	
101	R 1328	Lamb curry with cream or coconut sauce; no rice	
74		Lamb noisettes Lamb cutlets	
63	673	Lancashire cheese	
32	R 345	Lardy cake, made with yeast base, sugar and fat	
1		Lasagne	
202	2453	Lea and Perrins sauce Worcester sauce	
124	1756	Leeks, fresh, boiled	
63	672	Leicestershire cheese	
158		Lemon curd; lemon cheese	
27	R 346	Lemon curd tart, one crust, with homemade lemon curd, pastry NOT wholemeal, made with half margarine (NOT polyunsaturated) and half lard	
106		Lemon sole	
171	2316	Lemon tea, instant, dry weight	
173-181		Lemonade Carbonated beverages	
148	2064	Lemons, juice only, no peel or flesh, or leftover peel and flesh weighed; includes Jif lemon juice	
148	2063	Lemons, raw, weight includes juice, flesh and peel, leftover peel not weighed	
124		Lentils	
206	R 2469	Lentil soup, homemade	L

PAGE NO	CODE	
124		Lettuce
148	2065	Lime, fresh, juice only, no peel or flesh, or leftover peel and flesh weighed
158		Lime curd· Lemon curd
200	2429	Lime pickle, oily
173-181		Limeade· Carbonated beverages
24	412	Limits Slimming biscuits
24	270	Lincoln biscuits. Short, sweet biscuits
199		Liqueurs and cream liqueurs
89-90		Liver, calves, chicken, lambs, ox or pigs
90	1227	Liver and onion with gravy, Birds Eye, ready meal, weight as served
91		Liver pate
91	1259	Liver sausage, NOT canned
112		Lobster
148		Loganberries, canned, raw or stewed
148	2070	Longan, canned, in syrup, fruit and syrup
148	2071	Loquats, canned in syrup, fruit and syrup
141	2691	Lower fat crisps
69		Low fat spread, eg Gold (NOT Gold Lowest), Delight, Clover Extra Light, Half Fat Anchor, Kerrygold Light, Weight Watchers, Marks and Spencers, Sunglow half fat butter
50		Low fat yogurt, any
18	8492	Lucky Charms breakfast cereal
173-181		Lucozade
32-33		Luncheon cake: Madeira cake
92,94		Luncheon meat, canned or NOT canned
102	1335	Luncheon meat, Chinese, steamed, purchased
149		Lychees, canned or raw
63	674	Lymeswold cheese



PAGE NO	CODE	
154	7304	Macadamia nuts
1		Macaroni, boiled
1		Macaroni cheese
32		Macaroons, almond or coconut
109		Mackerel, fresh or canned
109	1647	Mackerel, smoked
118	R 1639	Mackerel pate, smoked
32		Madeira cake
199	2402	Malibu rum 70 <sup>0</sup> proof spirits
18		Mall"O"s mixed grain breakfast cereal
15-16		Malt loaf
171		Malted milk powder, dry weight: Horlicks powder
149		Mandarin oranges, canned
153		Mandarins· Tangerines
124	2650	Mange-tout peas; sugar peas, fresh or frozen, boiled
200	2419	Mango chutney
183	8604	Mango juice
201	2430	Mango pickle, oily
149		Mangoes, canned or fresh
69		Margarine, hard or soft, low fat/NOT low fat
24	269	Marie biscuits Semi-sweet biscuits
158-159		Marmalade
201	2431	Marmite; other yeast extracts
124		Marrow
164	2265	Mars bar
45	7714	Mars bar milk
57	8226	Mars ice-cream
23	8195	Marshmallow biscuits, chocolate coated
24	280	Marshmallow, coconut and chocolate coated· 'Snowballs'
199		Martini· Vermouth
44		Marvel· Dried milk

M

PAGE NO	CODE	
159	2224	Marzipan, almond paste
123		Matoki, green banana
23	266	Matzo
201		Mayonnaise
92	7782	Meat balls and pasta/baked beans, canned eg Campbells
102	R 1349	Meat loaf, any
86,91,92		Meat paste
102	R 1354	Meat samosa
99		Meat and vegetable pastie Cornish pastie
207	2527	Medicines in any form
149	2080	Medlars, raw, flesh only
63	691	Melbury cheese
149		Melons
23	R 411	Melting moments
33		Meringue
43-44		Milk or dried milk
44		Milk, goats or sheeps
44		Milk, soya
6	128	Milk loaf Bread, white, milk loaf
2-3		Milk pudding, rice, homemade: Rice, short-grain
2-3,39		Milk pudding, sago semolina and tapioca, homemade
2,39		Milk pudding, canned; rice, sago, semolina or tapioca
45		Milk shake, as served, homemade or purchased
45,171	2311	Milk shake powder, eg Nesquik, dry weight
171	2312	Milk shake syrup
58	7761	Milk ice lollies eg Walls "Mini Milk", Lyons Maid "Read Milk Ice"
26		Mille feuille Cream horns
1	3259	Millet, boiled in water
170-171	2301	Milo, dry weight Bournvita
72		Minced beef, stewed, with or without vegetables

PAGE NO	CODE	
92	1231	Minced beef, in gravy, canned
92		Minced beef, pie filling, canned
99		Minced beef, pie
92	1370	Mince, soya, canned
28		Mince pies, sweet
159	2225	Mincemeat, sweet
28		Mincemeat tart
210-211		Mineral supplements in any form
206	2471	Minestrone soup, packed, as served
34	383	Mini roll; Swiss roll, chocolate covered, purchased
201	2436	Mint jelly
201	2435	Mint sauce, ie mint, vinegar, sugar, NOT mint jelly
57	729	Mivvi, ie ice cream and sorbet, purchased
159	2226	Mixed peel, angelica
156,158	2207	Molasses· Treacle, black
156	2204	Molasses crystals. Sugar, jaggery
141	2627	Monster Munch Corn snacks
127	1910	Mooli· White radish
102		Moussaka
39		Mousse, any
63	675	Mozzarella cheese
18		Muesli
33	R 322	Muesli bread
15-16		Muffins
149	2087	Mulberries, raw
23	8195	Munchmallows
124		Mushrooms
205	2472	Mushroom soup, cream of, canned, ready to serve
99		Mushroom and kidney pie· Kidney and mushroom pie
126		'Mushy' peas: Peas, 'mushy'

PAGE NO	CODE	
112		Mussels
201	2454	Mustard, ready made, any sort
201	2439	Mustard pickle: Piccalilli
201	2434	Mustard sauce, mild, eg McDonalds
125	1782	Mustard and cress, uncooked
101	R 979	Mutton and vegetable curry; no rice. Lamb or mutton and vegetable curry
99	R 1291	Mutton pies: Bridies

PAGE NO	CODE	
15	7622	Naan bread, plain
128		Neeps (England) Swede
129		Neeps (Scotland). Turnip
149		Nectarines
24	270	Nice biscuits Short, sweet biscuits
141	2627	Nik Naks: Corn snacks
6	129	Nimble Bread, white, slimmers
152	2152	Noiseberry fruits, raw Sapota
1		Noodles, boiled
18		Nut Feast, Kelloggs
159	2212	Nut spread, with chocolate: Nutella
154-155		Nuts, mixed
155		Nuts, mixed, and raisins, NOT peanuts only and raisins

PAGE NO	CODE	
141	8296	Oasters - savoury oat snacks
162	7665	Oat bran bars eg Jordans
18-19		Oat & Bran flakes, any
18	8188	Oat and Wheat bran breakfast cereal
19		Oat cereals, instant; Ready Brek; Warm Start; as served
18	231	Oat Krunchies, cereal
23	261	Oat and nut crunch bars, eg Original Crunchy bars purchased: Flapjacks
24	267	Oatcakes - purchased
24	R 7668	Oatcakes - homemade
200	R 2422	Oil and vinegar dressing: French dressing
125	2624	Okra
149		Olives
69	8230	Olivio - reduced fat spread with olive oil
59-60		Omelette, savoury or sweet
125		Onions
125		Onions, spring
201	2423	Onion, pickled
125	R 1797	Onion bhaji
201	R 2437	Onion sauce
150		Oranges
158		Orange curd: Lemon curd
182-184		Orange juice
187-190		Orange juice drink: Mixed fruit drinks
162		Original Crunchy bars, Crunchy cereal bars eg Jordans, Harvest Crunch
150	2095	Ortaniques, fresh, flesh only, no peel or pips, or leftover peel and pips weighed
24	269	Osborne biscuits: Semi-sweet biscuits
24	8203	Ostlers
199	2400	Ouzo. High strength Liqueurs
171	2313	Ovaltine, dry weight

PAGE NO	CODE	
171	2670	Ovaltine, instant, sugar free, dry weight
207	2515	Oxo cubes, or other stock/bouillon cubes, dry weight
90		Oxtail
205,206		Oxtail soup, canned or packet
112		Oysters, NOT Oyster mushrooms
201	2438	Oyster sauce
26		Oysters, cream-filled. Cream horns

PAGE NO	CODE	
102		Pancake roll, fried pancake with minced beef filling
40		Pancakes, includes dredging with sugar
65	3205	Pancakes, savoury cheese, purchased, grilled or fried in blended vegetable oil
141-142		Papadums
150		Papaya: Paw paw
120		Papri beans: Beans, papri
32	R 337	Parkin; gingerbread
64	676	Parmesan cheese
125	1799	Parsley, fresh
125		Parsnips
87		Partridge, roast
124		Parwal marrow Marrow
150		Passion fruit
3		Pasta. Spaghetti
65	821	Pastie, cheese and onion, purchased
99		Pastie, Cornish
91		Pate, liver
118	R 1639	Pate, smoked mackerel or trout
150		Paw paw
150		Peaches, canned, dried or fresh
155		Peanuts
155		Peanuts (unroasted, unsalted) and raisins
155		Peanut butter, smooth or crunchy
1	3	Pearl barley, white, boiled in water
150-151		Pears, canned, eating or cooking
181		Pear juice drink, carbonated eg Shloer
125-126		Peas, fresh, frozen, freeze dried or canned
126		Peas, mange-tout, sugar peas
126		Peas, chick or split
126	R 1821	Pea curry, no rice



PAGE NO	CODE	
126	R 1822	Pea and potato curry, made with canned peas, no rice
206	R 2476	Pea soup, homemade
126	1819	Pease pudding, canned, boiled
155	2174	Pecan nuts, kernel only
159	2226	Peel, mixed
126		Peppers
173-181		Pepsi Carbonated beverages
198	8351	Perry, Babycham
87		Pheasant, roast
201	2439	Piccalilli, mustard pickle
200		Pickle, chilli, oily, sour or sweet Chilli Pickle
201	2429	Pickle, lime, oily
201	2430	Pickle, mango, oily
201	2440	Pickle, sweet, eg Panyan, Branston, Ploughman's, NOT mango or tomato
201	2423	Pickled onion, pickled gherkin; pickled cucumber: Gherkin
200	2456	Pickled beetroot; red cabbage, pickled Beetroot
37-38		Pie, fruit
72-73,92		Pie filling, minced beef, beef or stewed steak
146		Pie filling, fruit: Fruit pie filling
87		Pigeon, roast
16	148	Pikelets, crumpets; toasted
85	R 1098	Pilau, biryani; chicken, includes rice
101	R 1329	Pilau, biryani; lamb or beef; includes rice
117	R 1641	Pilau, biryani, prawn; includes rice
129	R 2622	Pilau; biryani; vegetable, includes rice
109	7828	Pilchards, canned in brine, fish only
109	1518	Pilchards in tomato sauce; canned, fish and sauce
199	2406	Pimms
151		Pineapple, canned, fresh, dried
182-184		Pineapple juice

PAGE NO	CODE	
187-190		Pineapple juice drink
28	7682	Pinni, dalia
155		Pistachio nuts
155	7014	Pine nuts
15		Pitta bread: Bread, pitta
66-68		Pizza, purchased or homemade
142	7882	Pizza snacks eg Walkers "Bitza Pizza", Marks and Spencers "Pizza Bits" and other potato and tapioca snacks
106,107		Plaice
127		Plantain
123		Plantain, Fried
151		Plums, canned, dessert or cooking
104		Pollock. cod
97	1273	Polony
151	2132	Pomegranate, raw, juice only, no skin or seeds, or leftover skin and seeds weighed
166		Popcorn, salted or sweet
141-143		Poppadoms
19		Pop Tarts, Kelloggs
76		Pork, belly rashers or chops
76,77		Pork steak or fillet, diced pork
76,77		Pork, leg or loin, roast
102		Pork, roast frozen, ready meal
102		Pork, spare ribs: Spare ribs
102	R 1358	Pork balls, battered, deep fried, sweet and sour pork with NO sauce
76	923	Pork crackling
99		Pork pie
99	1303	Pork and egg pie
142	8500	Pork scratchings
19		Porridge, any
198	2390	Port
64	668	Port Salut cheese

PAGE NO	CODE	
1	70	Pot rice, pot noodles; weight as served
132-133		Potatoes, boiled, mashed, roast, microwaved or baked
134	1896	Potatoes, canned, drained weight
134		Potatoes, instant
136-140		Potatoes, chips
141-142		Potato crisps
142	7872	Potato rings eg Hula Hoops
135		Potato croquettes, potato cakes
135	8295	Potato Crunchies, Ross, grilled or baked
135		Potato fritters
133,135		Potato slices
135		Potato waffles
134	R 1840	Potatoes, curried; no rice
128	1930	Potatoes, sweet, boiled. Sweet potatoes
141		Potato crisps, NOT other potato based snacks; NOT wholewheat crisps
142		Potato puffs; potato snacks; NOT crisps
134		Potato salad
209		Powdered baby milk
112		Prawns; King prawns
117		Prawn balls, biryani, chop suey or chow mein
117	R 1643	Prawn and vegetable curry; no rice
117	R 1646	Prawn curry with cream or coconut sauce, no rice
201	2441	Prawn cocktail sauce
112	2661	Prawns, Chinese stir fry, ready meal, weight as served
156	2205	Preserving sugar
64		Processed cheese slices or blocks
151-152		Prunes, canned or dried
19	218	Puffed Wheat cereal
142		Puffed potato products
15-16		Pumpernickel: Bread, rye
127	1908	Pumpkin, boiled

PAGE NO	CODE	
155	2166	Pumpkin seeds, dry weight
142	8499	Punjab Puris
208		Pure fruit desserts - NO added sugar baby desserts
158-159		Pure fruit spread: Jam or Marmalade with reduced sugar content

PAGE NO	CODE	
64	7734	Quark, very low fat soft cheese
141	2627	Quavers: corn snacks
40	R 564	Queen of puddings, made with breadcrumbs, milk, jam and egg white
65		Quiche Lorraine, made with shortcrust pastry filled with cheese, egg and milk Pastry NOT wholemeal, made with half margarine (NOT polyunsaturated) and half lard
65		Quiche, mushroom, made with shortcrust pastry filled with mushrooms and cheese
127	7103	Quorn, savoury pies with puff pastry, purchased
127	8285	Quorn, stir fried in blended vegetable oil

PAGE NO	CODE	
88		Rabbit, roast or stewed
88	R 1158	Rabbit pie, one crust, shortcrust pastry, made with half lard and half margarine, NOT polyunsaturated
127	8283	Raddicio
127	1909	Radish, red, uncooked
33	R 365	Raisin rhapsody, made with shortcrust pastry, margarine and raisins
152	2142	Raisins, dried weight
19	7051	Raisin Splitz, Kelloggs only
20	8190	Raisin Wheats, fruit filled shredded wheat
123	R 1741	Raita, cucumber, Asian vegetable side dish with yoghurt
152		Raspberries, canned, frozen, raw or stewed
127		Ratatouille
1	39	Ravioli, canned, ie pasta, meat filling and tomato sauce
19-20		Ready Brek, instant oat cereal, any
121		Red cabbage: Cabbage, red
201	2456	Red cabbage, pickled
120		Red kidney beans Beans, kidney
114	7837	Red snapper, fried in blended vegetable oil, NO bones or skin, or leftover bones weighed
64	678	Red Windsor cheese
145		Redcurrants. Currants, red
201	2436	Redcurrant jelly. Mint jelly
69		Reduced fat spreads
152		Rhubarb, canned or stewed
37		Rhubarb fool. Fruit fool
194		Ribena, including Ribena 'light'
199		Riccadonna: Vermouth
1-2		Rice, basmati, brown or white
2	R 76	Rice, egg fried
2	70	Rice, savoury; pot rice; weight as served
102	R 1334	Rice, special fried, with beef, chicken, duck, prawn, vegetables and rice

R

PAGE NO	CODE	
2-3,40		Rice, short grain, 'pudding rice'
2,39		Rice pudding, canned. Milk pudding
2,40	3068	Rice pudding, canned, low calorie (eg Weight Watchers)
40	R 560	Rice with egg and milk; baked rice custard
24	3267	Rice cakes
30	307	Rice flour cakes, Chinese, purchased Chinese glutinous rice flour cakes
20	220	Rice Krispies, Kelloggs only NOT with Marshmallows
20	7630	Rice Krispies own brand, NOT Kelloggs eg Sainsburys Rice Pops
20	4331	Ricicles, Kelloggs NOT with Marshmallows
20	8819	Ricicles, Kelloggs with Marshmallows
24	269	Rich Tea biscuits Semi-sweet biscuits
64	7728	Ricotta
24	279	Ritz biscuits
141-142		Ringos, other cereal and potato snacks
33		Rock cakes, made with fat, flour, sugar, currants
114		Rock Eel Dogfish
114		Rock salmon Dogfish (pink, boneless flesh, cartilage)
117-118		Roe, cod, hard
118		Roe, herring, soft
108	1499	Rollmop, herring Herring, pickled
13-14		Rolls, bread
64	681	Roquefort cheese
192	2348	Rosehip syrup, undiluted
24	8204	Royal Tea: biscuits
199	2402	Rum. 70 <sup>o</sup> proof spirits
33	R 584	Rum baba
72		Rump steak
120		Runner beans (long, flat, broad)
24		Rusks, any
7-12,15-16		Rye bread Bread, rye
22	256	Ryvita crispbread (wheat and rye): Crispbreads

PAGE NO	CODE	
127	R 1917	'Sag': Spinach dish with onion, garlic and butter
64	666	Sage Derby cheese
2,39		Sago' Milk pudding
64	668	St Paulin cheese
107		Saithe. code as Cod
202		Salad cream
95	1274	Salami
109,110		Salmon, canned, smoked or steamed
127	1911	Salsify, boiled
24	279	Saltines. Ritz
102	R 1354	Samosa, meat filled
129	R 2623	Samosa, vegetable filled' Vegetable samosa
24	268	Sandwich biscuits, cream filled' Cream sandwich biscuits
22		Sandwich biscuits, crunch with cream filling' Crunch biscuits
23	265	Sandwich biscuits, jam filled. Jam filled biscuits
25	272	Sandwich biscuits, wafer, cream filled Wafer biscuits
202	2443	Sandwich spread
152	2152	Sapota, raw
110		Sardines
28	R 366	Sata pastries, assorted (Indian pastries)
152,153		Satsumas' Tangerines
200		Sauce' cook-in-sauces, canned, packet or jar
158,159		Sauce, chocolate, ice cream topping, or sweet white
200-202		Sauces, savoury
127	1912	Sauerkraut, bottled, drained weight
97-98		Sausages, beef, pork, or pork and beef
97	1283	Sausages, low fat, grilled
88	1157	Sausages, turkey, fried or grilled
98		Sausages in batter
99		Sausage roll
92		Sausage and beans, canned

S



PAGE NO	CODE	
33	R 584	Savarin· Rum baba
98	1290	Saveloy
91	R 1250	Savoury ducks, with or without gravy: Faggots
60	7764	Savoury eggs, bite size savoury eggs, scotch eggs with chopped egg filling
121		Savoy cabbage: Cabbage, savoy
125		Scallions, spring onions
112	1576	Scallops, steamed, no shells, or leftover shells weighed
112		Scampi
141	2627	Scampi Fries· Corn snacks
28		Scones, plain, cheese, fruit, potato, treacle or wholemeal
28		Scones, drop· Scotch pancakes; plain
205-206		Scotch broth, homemade or canned
60		Scotch egg, purchased (also mini-sized)
28		Scotch pancakes, plain/with fruit
99	R 1291	Scotch pies, mutton pies· Bridies
6	130	Scottish batch· Bread, white, Scottish batch
60-61		Scrambled egg
127	1913	Seakale, boiled, NOT Kale
32		Seed cake· Madeira cake
2,39		Semolina. Milk pudding
155	2168	Sesame seeds; dry weight
155	2165	Sesame seed paste: Tahini
28	7683	Sevyaan (sweet Indian snacks)
198		Shandy
44		Sheeps milk
102		Shepherds pie
199		Sherry
97	1344	Shish kebab; skewered lamb and salad in pitta, takeaway
24	R 271	Shortbread, made with flour, butter and sugar, not wholemeal
24	4103	Shortbread, wholemeal (purchased)

PAGE NO	CODE	
24	270	Shortcake biscuits. Short, sweet biscuits
28	406	Shortcrust pastry, cooked, purchased, eg pastry flan case
17/19	221	Shredded Wheat; Cubs
20	222	Shreddies, any brand NOT Coco Shreddies
20	8383	Shreddies Coco
23	262	Shrewsbury biscuits: Fruit biscuits
113		Shrimps, NOT Candy Shrimps
167	8546	Shrimps, candy only
110		Sild: Sardines
72		Silverside, beef
94		Silverside, beef, sold loose
73		Sirloin, beef
72		Sirloin steak: Rump steak
114-115		Skate
58	8227	Ski Cone
45	649	Slender slimming drink, dry weight
24	412	Slender bars. Slimming biscuits
6	129	Slimcea Bread, white, slimmers
24		Slimming biscuits
199	2400	Sloe gin: High strength liqueurs
20	211	Smacks: breakfast cereal
167	7961	Smarties
46	7719	Smatana
70		Smoked bacon
64	682	Smoked cheese, with or without additions, eg ham, mushrooms, shrimp
108		Smoked herring bloater
109	1647	Smoked mackerel
117	R 1639	Smoked mackerel or trout pate
110		Smoked salmon
64	7724	Snack hard cheese, any flavour eg Mr Cheese cheds
142		Snacks, cereal based

PAGE NO	CODE	
141		Snacks, corn
141-142		Snacks, potato. Potato puffs; Chipples, rings
167	7964	Snickers, NOT ice-cream snickers
199	2407	Snowball, bottled
24	280	Snowballs, coconut and chocolate coated marshmallow
6	131	Soda bread. Bread, white, soda
173-181		Soda, cream. Carbonated beverages
21	7656	Solar bars: Chewy cereal snack bars
106		Sole, lemon
40	R 585	Sorbet, any
65		Souffle, cheese or plain
40	R 565	Souffle, sweet, baked
203-206		Soup, homemade, canned or packet
205	2493	Soup from vending machine, any
46	633	Sour cream, cultured: Cultured sour cream
108	1499	Soused herring. Herring, pickled
201-202		Soy sauce, dark or light
127	1685	Soya beans, boiled
127		Soya bean curd; Tofu
64	4082	Soya cheese, eg Marigold, Plamil, Veeze spread, Soderasend sunflower cheese
44		Soya milk
52		Soya Yogurt, eg Sojal dairy free yoga
92	1370	Soya mince, canned
3		Spaghetti
95		Spam, canned or NOT canned
142		Space raiders and other mixed cereal and potato snacks eg Sooner Foods "Jaws"
102		Spare ribs
102	R 1334	Special fried rice, with beef, chicken, duck, prawn, vegetables and rice
20	223	Special K cereal, Kellogg's High Protein Cereal
127		Spinach

PAGE NO	CODE	
199	2402	Spirits; whisky, gin, brandy, rum, vodka, Bacardi, Malibu 70 <sup>0</sup> proof spirits
126	1813	Split peas, dried, boiled. Peas, split
30-34		Sponge cake, homemade, purchased or packet mix
41		Sponge pudding, steamed or baked
35	570	Sponge with ice cream filling, eg Arctic roll
41	7713	Spotted Dick, purchased
110		Sprats
69	851	Spreadable butter, salted
69		Spreads, low fat, NOT polyunsaturated
69	8487	Spreads, lowest ever fat spread (5%)
69	7774	Spreads. low fat polyunsaturated eg Flora Extra Light
69		Reduced fat spreads, (70-80% fat) or unsalted: Clover, Meadowcup, Golden Vale and Golden Crown
69		Reduced fat spreads (60% fat, based on vegetable oil NOT olive oil), eg Mello, Stork Light Blend
69	8230	Reduced fat spreads (60%) made with olive oil
69	7776	Very low fat spread (25% fat) eg Gold Lowest
121	1705	Spring greens, spring cabbage, fresh, boiled. Cabbage, spring
127	R 1919	Spring roll, ie fried pancake roll with beansprouts filling, NO meat
121		Sprouting broccoli. Cabbage, winter
120-121		Sprouts. Brussel sprouts
187-193		Squash; crush; drink
185-186		Squash, hi juice
187-193		Squash with added Vitamin C
20	228	Start breakfast cereal
72		Steak, rump; sirloin Rump steak
73		Steak, stewing: Stewing steak
93		Steak, stewed, canned
100		Steak pie
101	R 1322	Steak pudding, suet pastry, NO kidney, NOT canned Beef, steak, pudding

PAGE NO	CODE	
100		Steak and kidney pie
92	1241	Steak and kidney pie, canned
93	4857	Steak and kidney pie filling, canned
93	1242	Steak and kidney, pudding, canned
101		Steak and kidney, pudding, NOT canned
98	1289	Steaklets, beef, fried or grilled
46		Sterilised cream
73		Stewing steak
64	679	Stilton blue cheese
64	680	Stilton white cheese
207	2515	Stock cubes, dry weight: Oxo cubes
7		Stoneground wholemeal bread. Bread, wholemeal
198		Stout, draught, canned or bottled
152		Strawberries, canned, frozen or raw
28	7684	Strawberry tartlets, shortcrust pastry with strawberries and glaze
123		String beans: French beans
167	8308	Strollers
202	R 2459	Stuffing, parsley and thyme, sage and onion; packet mix, made-up weight NOT (sausage) meat stuffing, rice stuffing, chestnut stuffing
3-4		Suet dumplings, unsweetened, steamed or boiled
40	R 571	Suet pudding, made with animal suet, steamed or baked, plain, sweetened
156		Sugar
126		Sugar peas: Peas, mange-tout
20	224	Sugar Puffs breakfast cereal
33	R 382	Sultana loaf, made with flour, fat, sultanas and sugar
153	2156	Sultanas, dried weight
155	2167	Sunflower seeds, dry weight
127	1921	Swede, boiled (orange flesh), neeps yellow turnip
90		Sweetbreads, lambs
128		Sweetcorn; corn on the cob

S

PAGE NO	CODE	
128		Sweetcorn fritters
202	2418	Sweetcorn relish
206	R 2489	Sweetcorn soup; sweetcorn chowder
202	2446	Sweet curry sauce, McDonalds only
128	1930	Sweet potatoes, boiled
202	R 2447	Sweet and sour sauce
157		Sweeteners; with calorie value, or non calorie
160		Sweets, boiled
34		Swiss roll, jam filling, cream filling or chocolate covered
125		Syboes: spring onions
192	2662	Syrup from canned fruit
156	2206	Syrup, golden
27		Syrup tart. Jam tart

PAGE NO	CODE	
3		Tagliatelli: Spaghetti
155	2165	Tahini; sesame seed paste
86		Tandoori chicken
153		Tangerines
39		Tapioca pudding. Milk pudding
118	R 1634	Taramasalata
202	2441	Tartare sauce
171		Tea, including instant or from vending machine
171	8318	Tea, instant with milk powder added, dry weight
171	2316	Tea, lemon, instant, dry weight
28-29		Teacakes, plain or wholemeal
20	4741	Team, Nabisco
153		Temples: Tangerines
64		Tendale cheese. Cheddar or Cheshire, low fat
202	R 2501	Thousand island dressing, NOT low calorie
202	7921	Thousand island dressing, low calorie
86	R 1122	Tikka, chicken, ie Indian lean chicken, spiced, grilled; no bones, or leftover bones weighed
46	697	Tip-Top
46	8368	Tip-Top Pours and Whips
4,61		Toad-in-the-hole; batter <u>only</u> : Yorkshire pudding
65	820	Toast toppers, canned, any
208		Toddlers foods, fortified with vitamins and minerals
128		Tofu
128		Tomatoes
200		Tomato chutney
183		Tomato juice
202		Tomato ketchup, bottled
202		Tomato puree
200	2418	Tomato relish: Chutney, tomato, purchased
202	R 2450	Tomato sauce, homemade, NOT ketchup
203-206		Tomato soup, canned or packet

PAGE NO	CODE	
95	1245	Tongue, canned
95		Tongue, NOT canned
196		Tonic water
20	7638	Toppas, Kelloggs
158	2227	Topping sauces, for ice cream, any flavour, NOT Ice Magic
142	7876	Tortilla chips
4		Tortellini - (pasta)
168		Tracker bar: confectionery
155	2631	Trail mix, made with mixed nuts and dried fruit
156	2207	Treacle, black, molasses
27		Treacle tart: Jam tart
41		Trifle
21	8193	Trio - chocolate biscuit with cream filling
90		Tripe
155	2631	Tropical mix, made with mixed nuts and dried fruit. Trailmix
90	1220	Trotters and tails, salted, boiled, meat only, no fat, skin or bones, or leftover fat, skin and bones weighed
110		Trout
118	R 1639	Trout pate, smoked
24	279	TUC biscuits
110		Tuna
87-88		Turkey, roast
88		Turkeyburgers
88	R 1152	Turkey, giblets and neck meat, cooked
88		Turkey pie
87-88		Turkey roll
88	1157	Turkey sausages, fried or grilled
128		Turnips (white flesh)
142		Twiglets
168	2276	Twix bar
128	R 2660	Tzatziki; Greek style cucumber and yogurt



PAGE NO

CODE

41

R 542

Upside down pudding; sponge pudding, steamed or baked with fruit, eg apple, pineapple

PAGE NO	CODE	
29	R 386	Vanilla slice ie flaky pastry, iced, custard filling
78		Veal cutlet, escalope or fillet
78	R 1054	Veal fricassee: veal in white sauce; NO vegetables, NOT canned
93	1246	Veal, jellied, canned
78	R 1053	Veal, stewed in thickened gravy, NOT canned
99	1303	Veal and egg pie: Pork and egg pie
202	7065	Vecon, vegetable spread
129	R 2622	Vegetable biryani or pilau, includes rice
129	R 1943	Vegetable curry, ie curried mixed vegetables; NO rice
129-130		Vegiebangers, vegieburgers
129		Vegetable fingers
129	7137	Vegetable grills, grilled
183	1944	Vegetable juice, NOT all carrot juice, NOT all tomato juice, canned
129	3143	Vegetable lasagne, purchased
129	7859	Vegetable pastie, purchased
129	R 1950	Vegetable pie, mixed vegetables in white sauce with one pastry crust, made from half lard and half margarine, NOT polyunsaturated
129	1945	Vegetable salad, in salad cream or mayonnaise, canned
129	R 2623	Vegetable samosa
129	7858	Vegetable "sausage roll" purchased
203-206		Vegetable soup, homemade, packet or canned
124		Vegetables, mixed
88	1167	Venison, roast, meat only, no bones, or leftover bones weighed
3	34	Vermicelli, boiled in water: Spaghetti, white
199		Vermouth
69		Very low fat spread (25% fat) eg Gold Lowest
6	132	Vienna bread. Bread, white, Vienna
207	2525	Vinegar, any
170	2301	Vitacup, dry weight. Bournvita

PAGE NO	CODE	
44	733	Vital; skimmed milk fortified with calcium
210-211		Vitamins in any form
43		Vitapints semi-skimmed or skimmed
7		Vitbe bread, NOT Vitbe H1 bran
7		Vitbe H1 bran bread
199	2402	Vodka 70 <sup>o</sup> proof spirits

PAGE NO	CODE	
25	272	Wafer biscuits, filled; cream filled sandwich wafer biscuits
25	273	Wafers and cornets; ice cream cones and wafers. Weight <u>excluding</u> ice cream
41	3204	Waffles, sweet, grilled, purchased
34	R 388	Walnut loaf, made with flour, fat, walnuts and sugar
155		Walnuts
20		Warm Start, instant oat cereal, as served
196	5000	Water, tap water, filtered tap water
196		Water, mineral, any
25	274	Water biscuits
130	2647	Water chestnuts, canned, drained weight
130	1947	Watercress, uncooked
149		Water melon
20	225	Weetabix; other whole wheat bisks
20	7632	Weetos, chocolate covered rings
29	R 389	Welsh cheesecake
34	7692	Welsh cake
65		Welsh rarebit
64	683	Wensleydale cheese
142	7878	Wheat crunchies, cylindrical wheat tubes
20		Wheatflakes
1	6	Wheatgerm. Bemax
7		Wheatgerm bread. Bread, Hovis (NOT Hovis wholemeal or White Hovis)
113		Whelks
199	2402	Whisky 70 <sup>0</sup> proof spirits
91	1263	White pudding
202		White sauce, savoury, eg parsley, caper, anchovy, mustard
202		White sauce, sweet
110-111		Whitebait
107		Whiting, baked or grilled

W

PAGE NO	CODE	
106-107		Whiting, fried: Plaice
107		Whiting, steamed or poached
25		Wholemeal biscuits
7		Wholemeal, wholewheat bread
7		Wholemeal stoneground bread
141	2616	Wholewheat crisps
141	2627	Wotsits: Corn snacks
78		Wiener Schnitzel: Veal, cutlet
153		Wilkins: Tangerines
198-200		Wine
113		Winkles
202	2453	Worcester sauce
24	279	Wyna biscuits Ritz

PAGE NO	CODE	
130	1948	Yam, boiled
201	2431	Yeast extract: Marmite
31	R 322	Yeast fruit cake: Dough cake
49		Yogurt, creamy
50		Yogurt, low fat
51		Yogurt, very low fat
53		Yogurt drink, with/without sweetener
53	8228	Yogurt ice cream, not "Mr Whippy" type, purchased
53	7757	Yogurt ice-cream - "Mr Whippy" type
53	7754	Yogurt and jelly dessert eg Munch Bunch wobblers any flavour
52	710	Yogurt, made from goats or sheeps milk, purchased, any EXCEPT artificially sweetened
155	7885	Yogurt coated nuts
4,61		Yorkshire pudding



Indian meals: homemade dishes, takeaway, frozen or chilled ready-meals, restaurant meals

Plain curries, madras, vindaloo, bhuna, keema, dhansk, patia, or Rogan Josh type:

101	R 1319	- with beef, and vegetables; no rice
85	R 1104	- with chicken, and vegetables, no bones, or leftover bones weighed; no rice
85	R 1105	- with chicken, and vegetables, leftover bones not weighed; no rice
101	R 979	- with lamb or mutton, and vegetables, no rice
117	R 1643	- with prawns, and vegetables; with King Prawns, and vegetables; no rice
116	R 1597	- with white fish, and vegetables; no rice
117	R 1598	- with oily fish, and vegetables; no rice

Korma, mosalla, or mughlai type

101	R 1328	- with beef in cream or coconut sauce; no rice
85	R 1363	- with chicken, in cream or coconut sauce; no bones or leftover bones weighed, no rice
85	R 1362	- with chicken, in cream or coconut sauce, leftover bones not weighed; no rice
101	R 1328	- with lamb in cream or coconut sauce; no rice
117	R 1646	- with prawns, in cream or coconut sauce; with King Prawns in cream or coconut sauce, no rice

Biryani and pilau type; includes rice;

101	R 1329	Beef biryani or pilau
85	R 1098	Chicken biryani or pilau
101	R 1329	Lamb biryani or pilau
117	R 1641	Prawn biryani or pilau
129	R 2622	Vegetable biryani or pilau

Other Indian meat dishes.

86	R 1122	Chicken tikka, ie lean chicken, spiced, grilled; no bones or leftover bones weighed
102	R 1354	Meat samosa
86	1123	Tandoori chicken, no bones or leftover bones weighed
86	1124	Tandoori chicken, leftover bones not weighed



Vegetable curries and side dishes:

125	2624	Bindi; okra; fried in blended vegetable oil
119	1659	Brinjal; aubergines; fried in blended vegetable oil
122	R 1723	Cauliflower bhaji
123	R 1741	Cucumber and gram flour raita; side dish with yoghurt
124	R 1759	Dahl; masur dahl, lentils cooked with onion and <u>butter</u>
125	R 1797	Onion bhaji; fried battered onion ball
126	R 1821	Pea curry; no rice
126	R 1822	Pea and potato curry, made with canned peas, no rice
127	R 1917	Sag; spinach with onion, garlic and <u>butter</u>
129	R 1943	Vegetable curry, no rice
129	R 2623	Vegetable samosa

Chinese meals: homemade dishes, takeaways, frozen or chilled ready-meals,  
restaurant meals

85	R 1113	Chicken with mushrooms, no bones or leftover bones weighed
85	R 1366	Chop suey; chicken
101	R 1332	Chop suey; beef, lamb or pork, NOT chicken
117	R 1621	Chop suey; prawn
85	R 1367	Chow mein, chicken. NOT Vesta chicken chow mein
101	R 1317	Chow mein; beef, lamb or pork, NOT chicken
117	R 1642	Chow mein, prawn
1	32	Noodles, egg, boiled in water
102	R 1351	Pancake roll, fried pancake with minced beef filling
102	R 1331	Spare ribs in barbecue sauce, leftover bones weighed
102	R 1355	Spare ribs in barbecue sauce, leftover bones not weighed
127	R 1919	Spring roll, ie fried pancake roll with beansprouts filling, NO meat
85	1115	Sweet and sour chicken balls, weight of chicken balls only, NO sauce
102	R 1358	Sweet and sour pork balls; weight of pork balls only, NO sauce
117	R 1581	Sweet and sour prawn balls; weight of prawn balls only, NO sauce
202	R 2447	Sweet and sour sauce
2	R 76	Rice, egg fried
101	R 1334	Rice, special fried, with beef, chicken, duck, prawn, vegetables and rice

## DIET AND NUTRITION SURVEY OF CHILDREN AGED 1½ - 4½ YEARS

## FOOD CODE LIST

## WAVE FOUR

<u>Relevant Page</u>	<u>Food Group</u>
197	Alcoholic drinks
157	Artificial sweeteners
170	Beverages
21	Biscuits
5	Bread and rolls
17	Breakfast cereals
26	Buns and pastries
30	Cakes
62	Cheese
65	Cheese dishes
136	Chips
208	Commercial infant and toddlers foods
160	Confectionery
46	Cream
59	Eggs and egg dishes
69	Fats
103	Fish
108	Fish, oily
104	Fish, white
112	Shellfish
114	Fish, other
116	Fish products and dishes
54	Fromage Frais and Dairy Desserts
143	Fruit
57	Ice Cream and Frozen Desserts
209	Infant Formulas and Follow on milks
	<u>Meat</u>
70	Bacon and ham
72	Beef
92	Canned meat products
94	Canned and loose meats
79	Chicken, chicken products and dishes
74	Lamb
99	Meat and pastry products
101	Meat dishes
89	Offal
91	Offal products
76	Pork
87	Poultry and game (excluding chicken)
96	Sausages, hamburgers and other meat products
78	Veal
42	Milk
207	Miscellaneous
154	Nuts and seeds
1	Pasta, rice and grains

66	Pizza
131	Potatoes and potato products
158	Preserves and sweet sauces
35	Puddings and fruit pies
200	Sauces, pickles, savoury spreads & stuffing
141	Savoury snacks
172	Soft drinks, fruit and vegetable juices
203	Soups
156	Sugars and syrups
119	Vegetables & vegetarian foods
210	Vitamins and Mineral Supplements
48	Yogurt