

Appendix B

Consent forms and information sheets on
blood and EMLA cream

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Consent forms

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Blood sample

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Tel: 0171 533 5387/8



DUNN NUTRITION UNIT
Tel: 01223 420959



Z1

**NATIONAL DIET AND NUTRITION SURVEY: YOUNG PEOPLE AGED 4 TO 18 YEARS
GP NOTIFICATION**

Address label
*(if incorrect - use serial number label and
write in correct address)*

Today's date

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

Day Month Year

Name of young person:..... (BLOCK CAPITALS)
Mr/Mrs/Miss/Ms/Master *First name* *Surname*

Marital status: Single / Married **Gender:** Male / Female

Date of birth

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

Age last birthday :

--	--

 years

Day Month Year

Name of parent/guardian:..... (BLOCK CAPITALS)
Mr/Mrs/Miss/Ms *First name* *Surname*

Address (if different from young person's address) :

.....

.....

Postcode

GP DETAILS:

Name of young person's GP: Dr..... (BLOCK CAPITALS)

Address of GP:.....

.....

.....

Postcode

Telephone number (incl. Area Code):.....

Interviewer use only Ring one code

- Consent to notify GP given 1
- No GP 2
- Consent to notify GP refused 3



Tel: 0171 533 5387/8

DUNN NUTRITION UNIT
Tel: 01223 420959



Dear Dr.

National Diet and Nutrition Survey: Young People aged 4 -1 8 Years

I am writing to let you know that the young person, whose details are given on the enclosed form, and who is one of your patients, has agreed to take part in the forthcoming National Diet and Nutrition Survey. For young people under the age of 18 years, still living at home, permission to take part in the study will have been given by their parent or legal guardian.

This survey of young people is the third in a programme of surveillance of diet and nutrition which will eventually cover the whole age range of the population. The survey has been commissioned jointly by the Departments of Health and the Ministry of Agriculture, Fisheries and Food and is being carried out by the Office for National Statistics with the Medical Research Council's Dunn Nutrition Unit. The Dental Schools at the Universities of Birmingham and Newcastle are collaborating in those parts of the survey concerned with the oral health of the young people.

The survey will include a random sample of about 2000 young people living in private households in Great Britain. Fieldwork will take place from January to December 1997. I am enclosing a leaflet which has been left with the young person and their family describing the aims and what is involved.

As part of the survey young people are asked to co-operate in providing a blood sample and having their blood pressure measured. The Dunn Nutrition Unit is responsible for all the procedures associated with obtaining and analysing the blood samples. These will be analysed for haemoglobin and ferritin concentrations and for other diet-related analytes. Consent will be sought, depending on the age of the young person, from themselves or their parent/guardian for me to pass on the results of the blood sample analyses and the blood pressure measurement to you at a later date. The subjects are advised that such information becomes part of their medical record and will not be revealed in medical reports by you without their permission.

I can assure you that the protocol for this survey has been examined and approved by the Local Research Ethics Committee of your Area Health Authority, Director for Primary Care or the equivalent in your local Health Authority, Directors of Public Health (CAMO'S in Scotland), Education and Social Services. The protocol has also been approved by Royal College of Paediatrics and Child Health. Your Chief Constable has also been informed that the survey is taking place, although not of the names of the young people taking part. The procedures included in this survey were all previously used successfully in a recently completed feasibility study.

We have been asked by the Royal College of Paediatrics and Child Health to offer EMLA cream for the venepuncture. We shall request information from the subjects about any anaesthetic allergies. I may contact you if I require any more detailed information. If you know of any relevant information, please contact me via the Survey Office.

I hope that this covering letter provides sufficient explanation for you; should you require any further information please contact Mrs. Adrienne Griffin, telephone number 01223 420959, who will be pleased to help you.

Yours sincerely,

Lisa Jackson BSc (Nutrition), MRCP, DCH
Survey Doctor
enc:



Tel: 0171 533 5387/8



DUNN NUTRITION UNIT
Tel: 01223 420959



NATIONAL DIET AND NUTRITION SURVEY: YOUNG PEOPLE AGED 4 TO 18 YEARS BLOOD PRESSURE CONSENT FORM

Serial number label

Name of young person:..... Gender: M / F

Age last birthday

Date of birth

Day		Month		Year	

Name of parent/guardian: Mr/Mrs/Miss/Ms..... (BLOCK CAPITALS)

I (BLOCK CAPITALS)
Mr/Mrs/Miss/Ms

- understand that this survey is designed to add to medical knowledge which will help other young people;
- have read the information about the survey, have had time to consider it, and have had the survey explained to me to my satisfaction;
- have been told that I may withdraw my consent to any or all of the survey elements at any time, without needing to give a reason, and without prejudice to further medical treatment;
- have been told that none of the results from the survey will be presented in any way that can be associated with the name and address of anyone in this household;
- have been given a telephone number for further information about the survey, which is 01223 420959 (Dunn Survey Office);

and hereby consent to the Dunn Nutrition Unit informing the above-named young person's GP of their blood pressure measurement.

For young person aged 4 -15 years:
Signature of parent/guardian..... Date.....

For young person aged 16 - 17 years
Signature of young person..... Date.....

and, if living at home
Signature of parent/guardian..... Date.....

For young person aged 18 years
Signature of young person..... Date.....

PLEASE RECORD BLOOD PRESSURE RESULTS BELOW

BP readings

Systolic (mm Hg)

Diastolic (mm Hg)

1st reading→

2nd reading→

3rd reading→



Tel: 0171 533 5387/8



DUNN NUTRITION UNIT
Tel: 01223 420959



Z4

NATIONAL DIET AND NUTRITION SURVEY: YOUNG PEOPLE AGED 4 TO 18 YEARS

BLOOD SAMPLE CONSENT FORM

Serial number label

Name of young person:

Gender: M / F

Age last birthday

Date of birth

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day	Month	Year			

Name of parent/guardian: Mr/Mrs/Miss/Ms..... (BLOCK CAPITALS)

I (BLOCK CAPITALS)
Mr/Mrs/Miss/Ms

- understand that this survey is designed to add to medical knowledge which will help other young people;
- have read the information about the survey, have had time to consider it, and have had the survey explained to me to my satisfaction;
- have been told that I may withdraw my consent to any or all of the survey elements at any time, without needing to give a reason, and without prejudice to further medical treatment;
- have been told that none of the results from the survey will be presented in any way that can be associated with the name and address of anyone in this household;
- have been given a telephone number for further information about the survey, which is 01223 420959 (Dunn Survey Office);

and hereby consent to the young person taking part in the following aspects of the survey:

(A) For young person aged 4 -15 years:

- providing a blood sample for analyses which are related to nutrition

Signature of parent/guardian..... Date.....

and

Signature of witness (not member of Survey Team)..... Date.....

(Record details at D below)

- permitting the Dunn Nutrition Unit to inform the young person's GP of the results of the survey

Signature of parent/guardian..... Date.....

- for any remaining blood to be stored and analysed for analyses related to nutrition in the future

Signature of
parent/guardian..... Date.....

(B) For young person aged 16 - 17 years

- providing a blood sample for analyses which are related to nutrition

Signature of
young person..... Date.....

and, if living at home

Signature of
parent/guardian..... Date.....

Signature of witness (*not*
member of Survey Team)..... Date.....

(Record details at D below)

- permitting the Dunn Nutrition Unit to inform the young person's GP of the results of the survey

Signature of
young person..... Date.....

and, if living at home

Signature of
parent/guardian..... Date.....

- for any remaining blood to be stored and analysed for analyses related to nutrition in the future

Signature of
young person..... Date.....

and, if living at home

Signature of
parent/guardian..... Date.....

(C) For young person aged 18 years

- providing a blood sample for analyses which are related to nutrition

Signature of
young person..... Date.....

and

Signature of witness (*not*
_member of Survey Team)..... Date.....

(Record details at D below)

- permitting the Dunn Nutrition Unit to inform the young person's GP of the results of the survey

Signature of
young person..... Date.....

- for any remaining blood to be stored and analysed for analyses related to nutrition in the future

Signature of
young person..... Date.....

(D) To be completed for all witnessed signatures:

Name of witness..... (BLOCK CAPITALS)

Address of witness.....

..... PostCode.....



Tel: 0171 533 5387/8



DUNN NUTRITION UNIT
Tel: 01223 420959



Z5

NATIONAL DIET AND NUTRITION SURVEY: YOUNG PEOPLE AGED 4 TO 18 YEARS
CONSENT TO FLAG ON NHSCR

Serial number label

Name of young person, in full:.....(BLOCK CAPITALS)

Previous names of young person, in full, (if any):..... (BLOCK CAPITALS)

Gender: M / F

Date of birth
Day Month Year

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

National Health Number

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

Age last birthday

Name of parent/guardian
Mr/Mrs/Miss/Ms.....

I hereby consent to the above-named young person's name being flagged on the NHS Central Register for the purposes of future research.

SIGNATURES

For young person aged 4 -15 years:

Signature of parent/guardian.....
Date.....

For young person aged 16 - 17 years

Signature of young person.....
Date.....

and, if living at home

Signature of parent/guardian.....
Date.....

For young person aged 18 years

Signature of young person.....
Date.....



THE BLOOD SAMPLE: WHAT IS IT FOR, AND WHAT WILL HAPPEN?

What is it for?

Everyone's blood is a little bit different. Your blood is a very special part of you, and it can tell us very important things about your health, and about the ways your body benefits from the food you eat.

A blood sample is an important part of the survey. By using modern hospital laboratory methods, we will be able to measure a very wide range of things in your blood. We can look at the blood cells, which carry oxygen and help fight disease, and we can measure fats (like cholesterol); vitamins; important trace minerals; proteins, etc. All these measurements will help add to the information that we will get from the other records of what you eat, and how healthy you are, and all of the measurements will be related to nutrition.

Is it compulsory?

Anyone has the right to refuse. To protect your rights and to ensure that we have your considered opinion, we need to have signed and witnessed consent for blood taking from yourself and/or your parent/guardian, depending on how old you are. Even after signing, you can still withdraw your permission, or ask the blood taker to stop at any time.

What will happen?

If you do agree to the blood sample, then the interviewer will arrange for a specially-trained blood-taker, called a "phlebotomist", who works at a nearby hospital, to come with them and take the sample. The interviewer will come with the blood taker to your home; you do not need to go to the hospital or to a doctor.

We would like to take the sample early in the morning, before you have had anything to eat or drink. This is called a “fasting sample”, and it gives the very best possible information, especially about the fats in your blood. The blood will be taken from a vein on the inside of your arm, just about where the crease is when you bend your elbow.

Does there need to be more than one needle-prick in my arm?

Almost certainly not. Although the blood-taker will need to fill four different tubes, this can usually be done from one single needle-prick. Experience tells us what size needle is best for each person (the smaller the needle, the less it hurts, but the longer it takes to fill the tubes). The amount of blood that we take is less than one hundredth part of the blood in your body, and is very quickly replaced, by new blood. If you would like more information, do talk to the blood-taker about it, and ask him or her to explain it all, beforehand. Very occasionally, if the blood taker cannot fill all four tubes from one needle-prick, you may asked if you are willing for the blood taker to try again on your other arm. As before, you have a perfect right to refuse, if you are at all worried about it.

Will I get any information back about my results?

Yes, those measurements that are most directly related to your health will be sent back to you, and also to your doctor (for his or her records about you), if you agree. Some of these results should reach you (by post) within a few weeks; others will take a few months, because it takes time to gather and analyse all of the survey samples from all over the country.

THANK YOU FOR YOUR CO-OPERATION.

Social Survey Division Office for National Statistics 1 Drummond Gate London SW1V 2QQ
Telephone 0171 533 5387/8

L4



BLOOD ANALYSES FOR YOUNG PEOPLE AGED 4 TO 18 YEARS

The blood sample will be sent to medical laboratories at Great Ormond Street Hospital in London, in Southampton and in Cambridge, for a number of measurements; these include:

- FATS: such as cholesterol
- PROTEINS: such as alkaline phosphatase, to measure bone health
- VITAMINS: including vitamins A, B, C D and E
- MINERALS: such as iron, zinc, magnesium and lead
- CELLS: red and white blood cells
- OTHERS: such as urea, which measures kidney function, and, for boys, testosterone, which measures stage of development.

The blood sample will NOT be used now, or in the future, to look for infections, such as AIDS or Hepatitis.

L5



BLOOD ANALYSES FOR YOUNG PEOPLE AGED 4 TO 18 YEARS

The blood sample will be sent to medical laboratories at Great Ormond Street Hospital in London, in Southampton and in Cambridge, for a number of measurements; these include:

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- CELLS: red and white blood cells
- OTHERS: such as urea, which measures kidney function, and, for boys, testosterone, which measures stage of development.

The blood sample will NOT be used now, or in the future, to look for infections, such as AIDS or Hepatitis.

L5



DUNN NUTRITION UNIT
Tel 01223 420959

EMLA CREAM

Everyone who takes part in this survey and agrees to provide a blood sample has the choice of having EMLA CREAM used before the sample is taken.

This leaflet tells you about what the cream does and how it works.

It is important to remember that you do NOT have to have the cream applied; it is up to you to decide.

- *What is Emla Cream?*

It is a white cream, which, when it is put on the skin and left for a while, makes the skin go numb; this means that the slight scratch when the needle pricks the skin is hardly felt.

- *How long does it take to work?*

The cream works best if it is left on the skin for at least an hour, and it needs to be kept covered. This means that you will probably have to get up a bit earlier to have the cream applied before the blood sample is taken. Usually the person who is going to take the blood sample will apply the cream, but it may be possible for you or your parent to be given the cream to apply before the blood taker calls.

Once the blood sample has been taken you can then bath, shower and carry on doing all the things that you would usually do. The effect of the cream will wear off slowly during the day.

- *Can Emla Cream be used on anyone?*

Emla Cream is very safe. People who are allergic or have a bad reaction to local or general anaesthetics are the only ones who should not have Emla Cream applied. If you decide you would like to have the cream applied, the interviewer will check with you that it is safe for you to have the cream, BEFORE it is applied.

We would not apply the cream to any skin which was sore or broken or an area on the skin where there was eczema.

- *Are there any side effects?*

Sometimes the area where the cream has been applied goes white, and on some people the skin goes a bit red. Neither of these effects is serious or harmful and they will wear off as the effect of the cream wears off.

Some people know that they have a allergy to some types of plaster; if you have this, please tell us and we will make sure that the plaster used to cover the cream is the right kind for you.

Please remember that you do not have to use Emla Cream. It is your choice. If you have any questions about Emla Cream, or if you are worried about any aspect of the blood sample you can speak to the person who would take the blood sample, before you make up your mind.



Emla Cream generally should not be used if a young person has an allergic reaction to anaesthetics.

Please carefully read the question below and tell the interviewer your answer.

Has the young person who will be giving this blood sample ever had a bad reaction to any sort of anaesthetic - that includes:

- a general anaesthetic at the dentist or hospital;
- a local anaesthetic at the doctor, dentist or hospital;
- a local anaesthetic cream bought over the counter at a chemist and applied at home?

If the answer to any one of these is 'Yes', please tell the interviewer about the allergic reaction. The interviewer will check with the Survey Doctor to see whether the young person will be able to have Emla Cream.

Please note that if you wish the young person may still give a blood sample, without the Cream.



X3

DUNN NUTRITION UNIT
Tel: 01223 420959

Prescription for EMLA

**PART 1
TO BE COMPLETED BY THE INTERVIEWER**

Serial Number Label

Name of young person

.....

Address:

.....

.....

Post Code.....

Date of Birth:

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

Day Month Year

The young person and/or parent has confirmed that there is no known allergy to anaesthetics

Signature of Interviewer: Date:

Name of Interviewer: *block capitals*

If in doubt, please contact the Survey Doctor

TO BE COMPLETED BY THE SURVEY DOCTOR

EMLA CREAM 5G

**TOPICAL FOR VENEPUNCTURE
DO NOT APPLY TO BROKEN SKIN**

Signature of Survey Doctor: Date:

Please detach here after venepuncture

✂
.....

**PART 2
TO BE COMPLETED BY PHLEBOTOMIST**

X3

EMLA CREAM 5G USED FOR YOUNG PERSON

Serial Number Label

Signature of Phlebotomist:..... Date:

Please list any problems encountered in the venepuncture or in the use of EMLA cream below:

Appendix C

Sample design, response and weighting
the survey data

Sample design, response and weighting the survey data

1 Sample design – requirements

A representative sample of young people aged between 4 and 18 years living in private households in Great Britain was required.

The sample size needed to be adequate for analysis of the data by sex within four age groups, 4 to 6, 7 to 10, 11 to 14 and 15 to 18 years. These age groups correspond to those used for Dietary Reference Values and it was important that the intakes of energy and nutrients by the young people in the survey could be compared with these values¹. Apart from the youngest age group, which comprises three single-year birth cohorts, the remaining age groups each comprise four single-year birth cohorts. The requirement was to achieve an approximately equal number of dietary records for the young people in the three top age groups and a proportionately smaller number for the youngest three-year age group. In determining the overall sample size account was taken of the resources required for the survey, particularly the high unit cost of using a weighed intake dietary methodology. The costs associated with using phlebotomists and dental examiners, processing blood samples, obtaining equipment for making measurements of blood pressure and body size, training interviewers and other fieldworkers, and the costs associated with making a relatively large number of calls at each address also needed to be considered in relation to the number of young people who would be invited to take part in the survey.

It was therefore determined that an overall achieved sample of about 1875 dietary records would be required; 500 for each of the four-year age groups and 375 for the youngest group.

Given the comparatively wide age range for the survey it was likely that in many households there would be more than one young person eligible to take part. However the pattern of dietary behaviour within the same household is likely to be more similar than that between different households. Therefore for the same sample size, information on a much greater variety of diets could be collected by selecting only one eligible young person per household. Selecting only one eligible young person from a household also reduced the burden on the family, which might have affected co-operation and the quality of the data being collected.

2 The sampling frame and sample size

Not all young people aged between 4 and 18 years are attending school; some in the youngest group may not yet be in education and compulsory full-time education finishes at age 16 years. Although in theory it would have been possible to have used schools and school registers as the sampling frame for those in education, supplemented by a sample of those who had not yet started or had left education, it was decided that the sample should be household based. While clustering cases within schools would have reduced costs compared with a household-based sample, the clustering would have had the effect of increasing the sampling error attached to the estimates, since there would be some similarity in diets for the children in the same school who had lunchtime food provided by the school.

The most suitable frame for the sample was therefore the Small Users' File of the Postcode Address File (PAF). A sample of addresses could be selected from this file and then households containing a young person in the eligible age range identified from responses to a postal questionnaire.

In determining the size of the sample to be issued to interviewers in order to achieve approximately 1875 dietary records the following needed to be taken into account:

- the proportion of households in Great Britain containing a young person in the eligible age range; this was estimated to be 28% from General Household Survey data for 1994 and 1995 combined²;
- response to the postal sift, estimated as 75%;
- the proportion of addresses on the PAF which would be ineligible because they are not private households, have not yet been built or have been demolished - about 12%;
- the proportion of eligible households identified by the postal sift as containing a young person which had moved without trace before the main fieldwork - about 5%;

- response at the interview stage, outright refusals and refusals to keep the dietary record - 75%;
- the need to produce interviewer work quotas of a manageable size - a maximum of 25 addresses.

On this basis it was estimated that a set sample of 20,000 addresses would be required to achieve 1875 dietary records.

Sub-sampling households with only one eligible young person.

Selecting only one eligible young person per household meant that the data subsequently needed to be re-weighted, to allow for the fact that, for example from a household with two eligible young people there is a one in two chance of being selected, compared with a one in three chance from a household with three eligible young people and so on. Where there is only one eligible young person in the household then the chances of selection are 100%. To reduce the re-weighting factor that would need to be applied to the data for young people in households where they were the only one eligible, and hence improve the precision of the estimates, it was decided to select young people from only half the households identified as having just a single eligible young person. To ensure that there were sufficient eligible households to allow for this sub-sampling the size of the original set sample for the postal sift needed to be increased to just under 28,000 addresses.

3 Selecting the addresses

To select the sample of addresses for the postal sift a multi-stage random probability design was used, with postal sectors as first stage units.

All postal sectors in England, Wales and mainland Scotland were stratified as follows; by:

- region;
- population density;
- the proportion of heads of household in socio-economic groups 1 to 5 and 13;
- the proportion of households owning a car³.

These census-derived variables have been found to be the best all-round stratifiers for surveys on health-related topics⁴.

A total of 132 postal sectors was systematically selected, the chances of selection being proportional to the size of the sector - the number of postal delivery points.

As in previous surveys in the NDNS series, fieldwork was required to take place over a 12-month period, to cover any seasonality in eating behaviour. For organisational reasons the 12-month fieldwork period was divided into four fieldwork waves each of three month's duration. The 132 selected postal sectors were therefore each systematically allocated to one of the four fieldwork waves, ensuring as far as possible a similar regional distribution in each wave. Thus in each wave fieldwork took place in 33 postal sectors.

In each of the 33 postal sectors in each wave, 210 addresses were systematically selected with a random start from the Small Users' File of the PAF.

3.1 Ineligible addresses

The survey was restricted to young people living in private households, therefore anyone living in a residential institution, such as a hospital or care unit was ineligible to take part. The Small User's File of the PAF excludes delivery points receiving more than 25 items of post daily and therefore excludes most large institutions and non-residential addresses, such as businesses. Any other institutions or non-residential addresses in the sample were identified at the sift stage and excluded as ineligible.

3.2 The postal sift form

Approximately five months before the start of each fieldwork wave, each selected address was sent a sift form asking for details of the sex and date of birth of every person living at the household. In order to avoid response bias the accompanying letter did not refer to the eligible age range for the survey or give details of the nature of the survey. A reminder letter was sent two weeks and four weeks after the initial mailing to non-responding addresses. Residual non-responding addresses were called on by an interviewer who attempted to collect the same information as on the postal sift form. Sift procedures were carried out as close as possible to the start of each fieldwork period to minimise losses due to the household moving.

Response to the postal and interviewer sift stages is shown at the end of this Appendix (see *Tables C.1 to C4* and *Figure C.1*)

3.3 Multi-household addresses

It is not possible from the PAF for England and Wales to identify multi-household addresses; for Scotland the PAF contains a multi-household indicator which is used in the selection of addresses.

In order to identify concealed multi-households in the sample of addresses in England and Wales a question was specifically included on the postal sift form. If the returned sift form indicated that the address contained more than one household then the address was visited by an interviewer who listed all the households at the address and selected one at random, using a random number selection sheet. Interviewers had eight different multi-household random number selection sheets, which were used consecutively to vary the chance of selection of the household relative to the number of households it contained. In this way each household had an equal chance of selection at a multi-household address, with the probability of selecting one household proportional to the number of households at the address. Since addresses containing only one household, which comprised the majority of the sample, had a unitary chance of selection, theoretically, the sample should be re-weighted to adjust for the different probabilities of selection of households. However, as the overall proportion of concealed multi-household addresses is small this was felt to be unnecessary.

Having selected a single household at concealed multi-household addresses, interviewers then recorded details of the sex and date of birth of all household members, as in the postal sift.

The sift forms and multi-household random number selection sheets are reproduced in *Appendix A*.

4 Selection of eligible young people

Eligibility, being aged between 4 and 18 years, was determined in relation to the mid-point of each fieldwork wave⁵. Households containing an eligible young person were identified

from the completed sift forms. If there was more than one eligible young person in the household then one was selected at random. As noted above, to reduce the weighting factors which needed to be applied to allow for the unequal probabilities of selection of one young person from a household containing different numbers of eligible young people, only half the households with just one eligible young person were selected for inclusion in the set sample.

Since each fieldwork wave covered a three-month period, and the mid-point was taken as defining eligibility, dependent on when during the fieldwork period the interview took place, some young people might not have reached their 4th birthday and some might have already passed their 19th birthday. For the purposes of analysis children under 4 years are included in the group with those aged 4 to 6 years; those aged 19 years are included with those aged 15 to 18 years.

Over the four waves a total of 33 households were selected where one of a pair of identical twins was eligible for interview; in these cases the twin to be interviewed was 'identified' by systematically selecting first and second-born twins.

The following were excluded from the sample at the interview stage:

- young people selected for interview but whose date of birth had been wrongly recorded on the sift form and were outside the eligible age range;
- young people away at boarding school, at any other residential educational establishment or resident in any institution, for example in hospital or care, at the time of fieldwork;
- young people living at addresses on foreign defence establishments - for example, US Airforce bases;
- young people subject to Ward of Court Orders and young people being fostered; these were excluded since the family with whom they were living would not have been able to give the necessary consents for the young person to take part in the survey, and in particular to give a blood sample, have their blood pressure measured or have an oral health examination (see *Section 2.8.2*).

- young girls who were either pregnant or breastfeeding at the time of fieldwork. The diets and physiology of girls who were pregnant or breastfeeding were likely to be so different from those of other girls of the same age, as to possibly distort the results. Since the number of pregnant or breastfeeding girls identified within the overall interview set sample of 2,500 young people would not be adequate for analysis as a single group it was decided that they should be regarded as ineligible for interview.

5 Movers

Normally, in a survey with a random probability design producing a pre-selected sample of individuals, interviewers are asked to attempt to trace and interview any sampled individual who has moved between the time the sample is selected and their calling; the individual currently occupying the original address cannot be substituted for the mover.

In this survey interviewers were instructed to try to find the new address of any sampled young person who had moved between the postal sift stage and their calling at the address. However if the new address was known, then before the interviewer was able to call or the address was re-allocated to another interviewer working in the area, a check needed to be made to establish whether the new address was in an area where approval for the survey to take place had been obtained from the LREC. This checking was carried out by the Dunn Nutrition Unit.

If the new address was not covered by existing LREC approval then it had to be withdrawn from the sample as it was not feasible to approach any more LRECs to obtain approval in the time available.

Addresses withdrawn at the fieldwork stage for this reason are shown in the category of ineligible in the response tables.

6 Response to the postal and interviewer sift stages

Figure C.1 represents the various stages in identification of households containing an eligible young person. At the postal sift stage households containing an eligible young person were identified from returns from single-household address; multi-household addresses together with non-responding addresses were issued to interviewers.

Response rates for the sift stages are based on the number of private households identified, known as the eligible address sample.

Response to the postal sift stage was 71% and to the interviewer sift, 74%. Overall response was increased by nearly one third from 71% to 92% as a result of the interviewer follow-up sift. One per cent of addresses refused to complete the sift form at the postal sift stage, and 12% refused at the interviewer sift stage. Thus overall 4% of eligible addresses refused to provide the sift information.

Table C.1 shows that the total number of households containing an eligible young person was boosted by the interviewer sift stage, from 4643 to 6308; overall 27% of eligible addresses were found to contain a household with a young person in the eligible age range.

Response rates to the sift stages were very similar by wave (Table C.2).

From the 6308 households containing an eligible young person, 2672 were selected for interview by taking one young person per household from each eligible household (taking only half the households where there was only one young person in the eligible age range), and then sub-sampling to achieve the required number of young people in each of the eight age and sex groups. As the number of 7-day dietary records achieved in Waves 1 and 2 was lower than expected it was decided to increase the number of eligible addresses issued for interview in Waves 3 and 4 in order to achieve approximately the required number of dietary records (Table C.3) .

The 2672 addresses issued for interview is referred to as the interview sample, and is the base for the response calculations given in Chapter 3 of the Report of the *National Diet and Nutrition Survey: young people aged 4 to 18 years: Volume 1* ⁶. Not all respondents co-operated with all parts of the survey, and Chapter 3 of the Report gives response rates for the different parts. The maximum response rate, defined as those agreeing to the initial interview, was 80% (see Table C.3); 19% of young people refused to take part in any aspect of the survey.

The maximum response rate did not vary significantly by fieldwork wave; the higher number of co-operating cases in Waves 3 and 4 reflects the increased number of households containing eligible young people issued for interview in these waves.

7 Weighting the survey data

7.1 Weighting for different sampling probabilities

Weighting was needed to compensate for unequal probabilities of selection because, as described above:

only one young person was selected for interview from households containing more than one eligible young person, so in these cases the probability of selection was proportional to the number of eligible young people in the household;

from households containing one eligible young person only half the households were selected;

in the final stage of selection, all the young people selected were sub-sampled to achieve the correct numbers for interview in the four main age groups for boys and girls separately.

Weighting factors based on these sampling probabilities were calculated and each case was assigned the appropriate weight. The weight for differential sampling probability has the variable label Casewgt1 and has been added to each data file; the variable Casewgt is the integer form of this variable used only in the creation of the data file and can safely be ignored (see *Figure 4.13*).

7.2 Weighting for differential non-response

As can be seen in Chapter 3 of the Report of the *National Diet and Nutrition Survey: young people aged 4 to 18 years: Volume 1*⁶, there was a differential non-response effect, principally a lower response from males in the 15 to 18 year age group; this was most apparent in Scotland. Initial response rates for these older males were lower than for other age and sex groups and this group also had a higher rate of attrition through the different stages of the survey.

Without weighting for this differential response effect, estimates for different groups, for example mean intakes of nutrients in the different social class groups, would be biased estimates, because, in particular, they under-represent the oldest group of males.

The data were therefore weighted to adjust for differential non-response using weighting factors based on age group and sex within region. A weight combining the adjustment for differential sampling probability with that for differential non-response was calculated for each survey component, for example a separate set of weighting factors were calculated for the initial dietary interview data and the 7-day weighed intake dietary record data. Some weights were applied to groups of variables for which response rates were similar but not identical, for example the same set of weighting factors were applied to the data for each of the anthropometric measurements. **Figure 4.** gives the variable labels for all of the weighting variables.

References and endnotes

¹ Department of Health. Report on Health and Social Subjects: 41. *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*. HMSO (London, 1991).

² General Household Survey 1994 and 1995 OPCS – *unpublished data*.

³ 1991 Census data were used.

⁴ Elliot D. Optimising sample design for surveys of health and related behaviour and attitudes. *Survey Methodology Bulletin*. Social Survey Division, ONS (1995) **36**: 8 - 17

⁵ Eligible dates of birth were for each fieldwork wave were as follows:

Wave	Fieldwork dates	Eligible dates of birth
1	1 January - 31 March 1997	15 February 1978 - 14 February 1993
2	1 April - 30 June 1997	16 May 1978 - 15 May 1993
3	1 July - 30 September 1977	16 August 1978 - 15 August 1993
4	1 October - 31 December 1997	16 November 1978 - 15 November 1993

⁶ Gregory J, Lowe S, Bates CJ, Prentice A, Jackson LV, Smithers G, Wenlock R, Farron M. *National Diet and Nutrition Survey: young people aged 4 to 18 years. Volume 1: Report of the diet and nutrition survey*. TSO. (London, 2000).

Table C.1 Response to the postal and interviewer sift stages

<i>(a) Postal sift</i>		
	No.	%
<u>Total sample of addresses</u>	27720	100
Pre-selected multi- household addresses		
- issued to interviewers	659	2
Ineligibles	1459	5
<u>Eligible addresses</u>	25602	100
Refusals	220	1
Non-contacts - re-issued to interviewers	7087	28
Returns:		
multi-household addresses		
- re-issued to interviewers	92	0
single household addresses	18203	71
<u>Single household addresses containing an eligible young person</u>	4643	18
<i>(b) Interviewer sift</i>		
	No.	%
<u>Addresses issued to interviewers</u>	7838	100
Ineligibles	1095	14
<u>Eligible addresses</u>	6743	100
Refusals	788	12
Non-contacts	972	14
Returns	4983	74
<i>(c) Overall response to sift stages</i>		
	No.	%
<u>Total sample of addresses</u>	27720	100
Ineligibles	2554	9
<u>Total eligible addresses</u>	25166	100
Refusals	1008	4
Non-contacts	972	4
Returns	23186	92
<u>Total households containing an eligible young person</u>	6308	27

Table C.2 Response rates for postal and interviewer sift stages (combined) by fieldwork wave*

	Wave of fieldwork									
	Wave 1		Wave 2		Wave 3		Wave 4		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Total sample of addresses	6930	100	6930	100	6930	100	6930	100	27720	100
ineligible addresses	677	10	650	9	640	9	587	8	2554	9
Eligible sample of addresses	6253	100	6280	100	6290	100	6343	100	25166	100
Refusals	256	4	280	4	242	4	230	4	1008	4
Non-contacts	259	4	304	5	226	4	183	3	972	4
Returns:	5738	92	5696	91	5822	93	5930	93	23186	92
containing an eligible young person	1519	24	1590	25	1549	25	1650	26	6308	25
no eligible young person	4219	67	4106	65	4273	68	4280	67	16878	67

* Wave 1: January - March 1997
Wave 2: April - June 1997
Wave 3: July - September 1997
Wave 4: October - December 1997

Table C.3 Maximum response rate by fieldwork wave*

	Wave of fieldwork									
	Wave 1		Wave 2		Wave 3		Wave 4		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Eligible interview sample	557	100	573	100	779	100	763	100	2672	100
Refusals	6	1	3	1	5	1	12	2	26	1
Non-contacts	108	19	107	19	150	19	154	20	519	19
Response to initial interview	443	80	463	81	624	80	597	78	2127	80

* Wave 1: January - March 1997
 Wave 2: April - June 1997
 Wave 3: July - September 1997
 Wave 4: October - December 1997

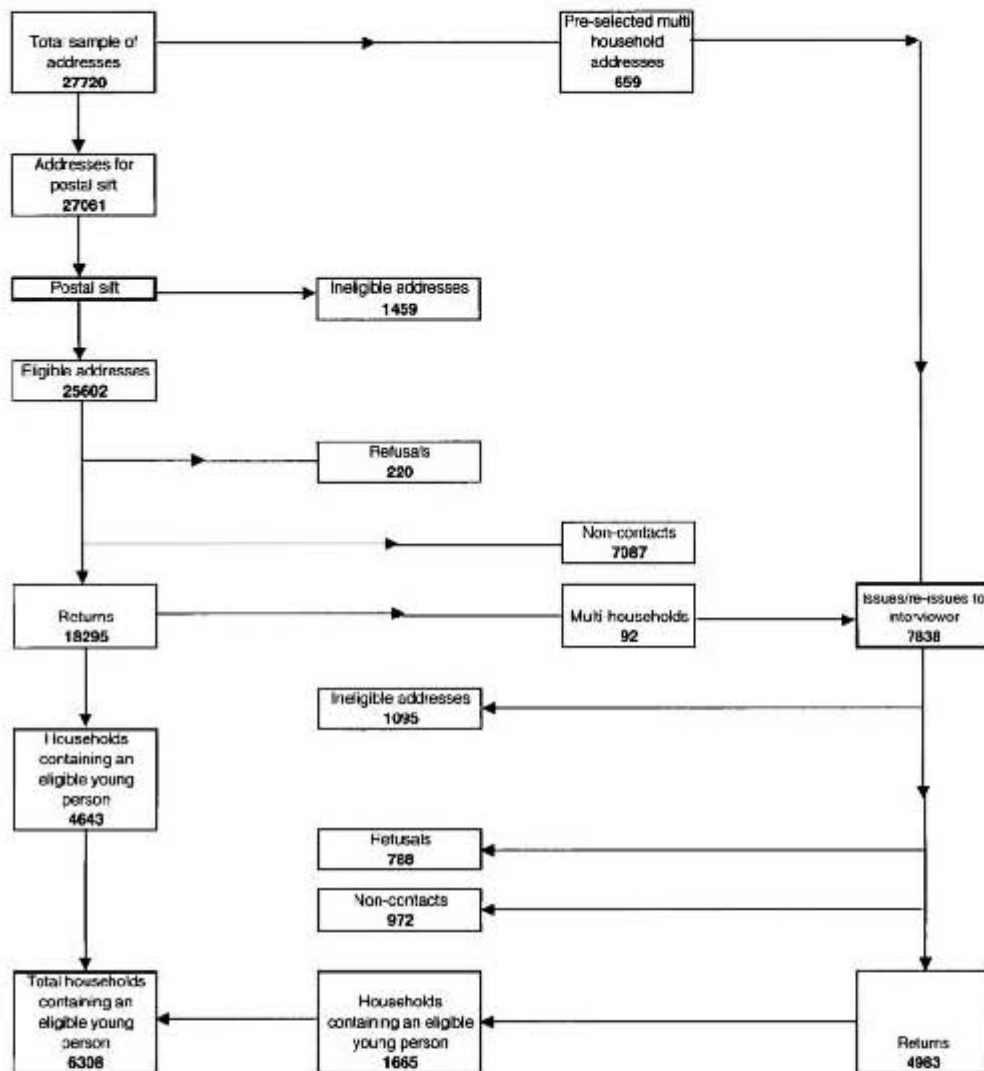
Table C.4 A comparison of two survey estimates with and without non-response weighting

Region	Dietary record data			Blood pressure		
	Mean daily intake of total fat (g)			Mean systolic blood pressure (mmHg)		
	Sample weight only	Sample + non-response weight	Base	Sample weight only	Sample + non-response weight	Base
All	68.4	69.0	<i>1701</i>	108	109	<i>1898</i>
Scotland	67.0	68.0	<i>137</i>	110	110	<i>152</i>
North	69.7	70.1	<i>460</i>	108	108	<i>508</i>
C SW & Wales*	68.6	69.2	<i>606</i>	109	109	<i>666</i>
L & SE**	67.3	68.0	<i>498</i>	107	108	<i>572</i>
Males	73.3	74.7	<i>856</i>	109	110	<i>930</i>
Scotland	72.4	73.9	<i>68</i>	110	111	<i>75</i>
North	73.7	74.9	<i>243</i>	109	109	<i>243</i>
C SW & Wales*	74.0	75.0	<i>300</i>	109	110	<i>332</i>
L & SE**	72.4	74.2	<i>245</i>	108	109	<i>280</i>
Females	63.3	63.1	<i>845</i>	108	108	<i>968</i>
Scotland	61.6	61.9	<i>69</i>	109	109	<i>77</i>
North	65.3	65.0	<i>217</i>	108	107	<i>265</i>
C SW & Wales*	63.2	63.0	<i>306</i>	108	108	<i>334</i>
L & SE**	62.0	61.6	<i>253</i>	107	107	<i>292</i>

* Central and South West region of England, and Wales

** London and the South East

Figure C.1



Appendix D

Dietary Methodology

Dietary methodology: details of the recording and coding procedures

1 Choice of dietary methodology

For each survey in the NDNS series, the weighed intake methodology has been the preferred method for collecting quantitative information on food and nutrient intake^{1,2}. Compared with other methods, such as 24-hour recall methods and food frequency questionnaires the weighed intake methodology gives more precise estimates of intakes for individuals which can be related to health indices, such as nutritional status measured by blood analytes, as well as allowing distributions of intakes for groups to be calculated. Applied properly, the method avoids recall errors, and for foods eaten at home, minimises the need to estimate quantities consumed^{3, 4, 5}.

The weighed intake method gives information on the subject's current diet, whereas food frequency questionnaires and recall methods, because they can cover a longer reference period, can provide information on a subject's usual diet.

The weighed intake method does of course have disadvantages; it requires a high level of motivation and to some extent greater skill and understanding from subjects than other methods. To apply it properly requires a much greater level of support and assistance from interviewers with the need for frequent and regular calls. Precision scales, which are expensive, are required and together all the above factors make the method resource intensive, and hence costly. In relation to the reliability of the information collected it has been argued that the method can lead to changes in eating habits and under-recording. For each NDNS these issues are tested in feasibility work, before deciding whether the weighed intake is a suitable methodology for the age group being studied. For a description of the feasibility study carried out for this NDNS, including the results of the validation of the dietary intake method using the doubly-labelled water methodology see ~~Appendix C~~ of the main Report or the Report of the Feasibility Survey; the conclusion from the feasibility work was that the weighed intake method would be suitable for use in the main stage of this survey of young people^{6, 7}.

2 Recording in the 'Home Record' diary

The 'Home Record' diary was an A3 loose-leaf document designed to collect detailed information on items weighed at home, including items prepared at home, but eaten elsewhere, for example lunches prepared at home and taken to school.

Young people (and other diary keepers) were asked to start a new diary page at the beginning of each day and record the day and date on every page used and to indicate whether the young person was well or unwell on each day; if the young person was unwell for only part of the day then they were coded as being unwell.

Entries made up to midnight on the day the interviewer left the diary were discarded at the analysis stage as the dietary recording period started at midnight and then continued for seven days.

Before weighing each group of food items being served together young people were asked always to weigh the empty plate or container before any item was added. To encourage their weighing an empty container each diary page had pre-printed 'empty plate/container lines' where the weight of the empty plate could be entered. Each 'empty plate line' was followed by lines for information on each item weighed and served on that plate. If there were insufficient lines following an 'empty plate line' for all the items being served together then the young person was told to cross through the next 'empty plate line' and continue with recording the item information on the following lines. Each time a new set of items was weighed, recording started at the next 'empty plate line'. For each set of items weighed together the young person recorded the time the items were eaten, where they were eaten, at home, at school or elsewhere, and who did the weighing, the young person or someone else.

After weighing and recording the weight of the empty container the scales were then set to zero and the first food item put on the plate, weighed and recorded. The scales were then 'zeroed' again and subsequent items added, weighed and recorded in the same way. Each food item was recorded in the diary on a separate line, with a full description including brand information, as shown on the example page of the 'Home Record' diary, reproduced in Appendix A.

Second helpings were weighed and recorded in the same way as the initial serving; the plate, with any items remaining was put on the scales and the scales zeroed. Each second serving of

a food was then added to the plate and weighed and recorded separately. These items were then flagged for the attention of the ONS nutritionists who combined the weights of first and second helpings giving an overall weight for each food item consumed.

Items too light to be weighed: for items which were too light to be weighed, for example a very small quantity of instant coffee granules, a description of the quantity was recorded in household measures, for example half a level teaspoon.

Leftovers were also recorded. The individual weighing of leftovers was felt to be too burdensome, and might have led to reduced compliance with keeping the dietary record. Therefore at the end of each eating occasion the plate or container was re-weighed ~~with~~ the leftover items; the total weight was recorded in the leftover column on the 'empty plate line' with a tick in the leftovers column to indicate each food item that was left. Young people were encouraged also to record additional information on leftovers, for example, that half the mashed potato was left or all the serving of carrots. For foods that have inedible parts such as some meats, fish, fruit and nuts, the young person was asked to note whether the weight of leftovers included the weight of inedible parts, such as bones, peel or shells.

Foods eaten straight from containers: items such as yogurts and desserts eaten straight from the pot were treated in a similar way to leftovers. The full pot was weighed on plate, and after the contents were eaten, the empty pot or pot and any remaining contents were weighed again on the plate.

Spilt or dropped food. If any item was spilt or dropped after weighing, the young person was encouraged wherever possible to recover and re-weigh it on the original plate together with any other leftovers. In some cases this was not possible, for example because the spilt food was eaten by the dog, so an estimate was made of how much of the original item was lost, and recorded in the spillage column of the 'Home Record'.

Recipes for home-made dishes were recorded on the back of the recording sheets in the 'Home Record' diary. Young people were asked to give as much detail as possible about quantities of ingredients used, including liquids added during cooking, and the cooking method used.

Home-grown items: for any fresh fruit or vegetable item recorded in the diary the young person was asked to indicate whether it was home grown, defined as being grown in their own household's garden or allotment.

3 Recording in the 'Eating Out' diary

The 'Eating Out' diary was an A4 document designed for recording information on everything that was eaten or drunk while the young person was away from home, including details of items prepared and weighed at home (and recorded in the 'Home Record' diary) but eaten elsewhere, such as a packed lunch taken to school. For young people aged 7 years and over the 'eating out' diary also contained pages for recording details of physical activities over the same 7-day recording period.

For every item eaten away from home the young person was asked to record a full description of the item, including its brand name, together with information on where and when it was eaten, portion size and details of any leftovers. If the item had been bought, then price and place of purchase were required. Prompt questions, designed to improve the completeness of information, asked the young person to record the total amount of money spent on things to eat and drink each day while they were not at home and to check that all the purchased items were recorded. A centimetre rule printed around the edges of the diary pages could be used to measure the size of items, for example a slice of pizza or pie, if the weight was not known.

Interviewers checked the 'eating out' diary at each visit and probed for any more information needed to code the food items. At the coding stage interviewers transcribed the entries from the 'eating out' diary to the 'Home Record' and split composite items such as sandwiches into their constituent parts (bread, spread and filling). ONS coders and nutritionists carried out a 100% quality check on all the information transcribed from the eating out diaries, checking food codes and where necessary estimating gram weights from the quantity described.

3.1 Strategies for obtaining information about items which had not been weighed

Weight information for foods eaten away from home, which could not be weighed, was collected in a variety of ways and added to the record. For items purchased from local shops or cafes, such as cakes, sandwiches and chips, interviewers used the information about price and place

of purchase to buy a duplicate item which was either weighed directly or, if it was a composite item, split into its component parts and weighed. Interviewers were also asked to find out further details of foods purchased from takeaway outlets so that they could be correctly coded; for example the type of fat used for frying, and the type of spread used in sandwiches.

For pre-packaged foods eaten outside the home, for example confectionery and soft drinks, weight information was obtained from the packaging. To encourage young people to keep wrappers and cartons they were given plastic bags, which were then returned to the interviewer.

All estimated weights entered by the young person or interviewer were checked by the nutritionists to make sure they were consistent, for example that the weight recorded for a standard chocolate bar corresponded with the weight on the packaging.

Where it was not possible to collect information on the weights of the components of a composite item, individual weights were estimated by the nutritionists using information from *MAFF Food Portion Sizes*⁹. Wherever possible weights allocated were based on similar items recorded elsewhere in the diary that had been weighed, or were allocated to correspond to the general eating habits of the young person over the recording period. This was especially important for items consumed by the younger children, for which the *MAFF Food Portion Sizes* information was not always appropriate.

3.2 Food and drink items provided by the school

If the young person had food or drink items provided by their school (or college), the interviewer invariably needed additional information about the items before they could be transcribed onto pages for coding. Generally the young person did not weigh the items eaten at school, so the interviewer ideally needed either to have weight information from duplicates or to have information on standard portion sizes served at the school. More detail about the items was also frequently required before they could be food and brand coded. Interviewers therefore had to contact the person responsible for food preparation and serving. In most cases this was the school catering manager, but in some schools where food was prepared 'off-premises' an external catering manager as well as at the school had to be contacted.

Directors of Education were asked in the 'letter of information' sent before the start of fieldwork, to provide the name of an individual who would be able to help the interviewer with the detail required, particularly if catering for a number of schools was organised centrally (see Appendix A). Despite these efforts collecting information from school caterers proved time consuming and in some cases very difficult, particularly where catering contracts were soon to be re-tendered or renewed.

Feasibility work had shown there was some common information required from schools in nearly every case, and that this could be collected on a short standard questionnaire, which the interviewer could either leave with the catering manager to complete, or could use as an interview document. The catering questionnaire developed for the main stage included questions on the fats used for frying, types of spread used in sandwiches and baking, types of milk purchased, cooking methods for items such as sausages, burgers, fish, type and method of cooking chips and standard portion sizes for a range of foods (document F3, Appendix A). The questionnaire was completed for every young person who had food provided by the school, and additionally the interviewer probed for and recorded further information on specific items recorded in the young person's 'eating out' diary. The information was used by the interviewers and subsequently by the ONS nutritionists in checking and coding the young person's 'eating out' information.

4 Checks by the interviewer

Interviewers were required to call back to the household approximately 24 hours after placing the diary. Experience on previous surveys has always shown that this call is essential in giving encouragement to continue keeping the record and to help with any problems with the weighing or recording^{1, 10}.

At this call interviewers checked in particular that each food item on a plate was being weighed separately and weights were not being recorded cumulatively, that edible and inedible leftovers were being weighed and recorded correctly, that descriptions of foods consumed were sufficiently detailed, that recipes for home-made items were recorded and that composite items were being split before weighing. To help interviewers identify cumulative weights they were provided with a list of typical portion weights for commonly consumed foods, such as breakfast cereals (document F5, Appendix A)¹.

Depending on how much support the young person or other record keeper appeared to need interviewers made extra calls throughout the recording period, checking for any obvious difficulties in recording and probing for more details of foods that were inadequately described. At these calls interviewers also checked for items eaten at home and away from home that might have been forgotten, for example drinks taken to bed, or sweets bought on the way home from school. Where necessary a duplicate item was weighed, recorded in the diary and noted as an estimated weight.

5 Eating pattern check sheet

As part of the checking process interviewers completed an eating pattern check sheet for each young person, summarising the number of drinks, crisps and savoury snacks, biscuits and sweets and dietary supplements they had each day (Appendix A, document F2). This check sheet was designed to alert the interviewer to marked changes in the dietary record from day to day, such as a decline over time in the number of snacks or drinks being recorded, which could then be checked at the next call.

6 Coding

Interviewers were responsible for coding the food diaries before returning them to ONS. This enabled them readily to identify the level of detail needed for different food items, and to probe for missing detail at later visits to the household. At each checking call interviewers took away completed diary pages to be coded; any additional information needed to code the food item was asked for at the next visit.

The first diary returned by each interviewer received a 100% check by ONS nutritionists, which included checks on all aspects of the diary, including coding, recorded weights and descriptions of items consumed. Feedback was given to interviewers on the quality of their coding and probing.

Codes were assigned to identify food items, brand (for selected food types only, see *Section 3, Figures 3.1 to 3.4*), and the food source (the instructions for coding food source, C4, are reproduced at the end of this appendix). Any item which could not be coded, for example because it was a new product or a home-made recipe that did not appear in the

food code list, was 'flagged' for the attention of the nutritionists at ONS (the instructions for flagging, F6, are reproduced at the end of this appendix).

ONS nutritionists and coders, advised by MAFF, completed the coding of the diaries and for certain food items carried out a 100% coding check on each item. All food codes were checked for the following items: soft drinks, milk, fat spreads, yogurts, artificial sweeteners, liver and liver products and vitamin and mineral supplements. As a further quality check on food coding, as the food code was keyed into the data entry program the text description of the food item was displayed on the screen so that the code could be visually checked against the diary entry.

6.1 Food code list

MAFF compiled the nutrient databank, details of which are given in Appendix I, and associated food code list which, by the end of the survey, contained over 5000 food codes. A page from the food code list is reproduced in Appendix F. Interviewers were provided with this list, an alphabetical index (paper copy) and an electronic version of the food code list which was loaded onto their laptop computer to help them find particular foods. The code list was regularly updated to take account of new products eaten by the young people that became available during the fieldwork period. A separate list of raw foods not expected to occur in food diaries but used in recipes, for example raw chicken, was also provided for use by the ONS nutritionists.

In order to meet the aims of the survey in providing accurate information on food and nutrient intakes for young people, to relate these to physiological measures and to be able to characterise those young people with nutrient intakes above and below average values it was necessary to collect very detailed information about the items consumed. Only with this detailed information could the correct food code, with its associated nutrient composition data, be assigned to the item consumed. For example, detailed information on the types of fat spreads used by the young person was needed in order to assign the correct food code according to the different types of fatty acids the spread contained.

In order to code food items to the required level of detail the following types of information were required:

- the form in which the food was bought, for example, whether it was fresh, frozen or canned;
- whether the product was low fat and whether any fat had been trimmed or skimmed from meat or meat dishes;
- the cooking method, for example whether the food item had been boiled, microwaved, baked, grilled, roasted or fried, and if fat was added in cooking the type of fat used;
- whether there were any inedible leftovers, such as bones in meat or fish, or stones in fruit;
- whether a coating was used for fish and meat, and whether sauces and gravies were thickened;
- whether foods had been sweetened and, if so, whether sugar or an artificial sweetener had been used;
- whether soft drinks were low calorie or decaffeinated; whether they were bottled or canned;
- whether fruit juices were UHT, pasteurised or freshly squeezed;
- whether water was taken as a drink on its own, or used as a diluent;
- whether dairy products were full, or reduced fat;
- details of the type of fat and flour used in home-baked items;
- whether products such as cheese, fish and meat were smoked or not.

Interviewers were provided with a prompt card as an aide-memoire for the kind of detail needed in order to code different food types (document F1, Appendix A).

A number of check lists were prepared for interviewers by ONS and MAFF which helped interviewers correctly code particular food groups which required a lot of detail, for example for soft drinks, fats used for spreading and cooking, and savoury snacks.

The food code list included a number of different codes for tap water, which were assigned according to whether the water was used as a diluent, or drunk as plain water. For example, different codes distinguished tap water used to dilute concentrated low calorie soft drinks, concentrated non-low calorie soft drinks, used to make up instant coffee, used to make up dried

milk and used to make up instant beverages such as Horlicks and Ovaltine. Although the nutrient information attached to each food code for tap water is the same, by having different food codes it is possible to determine the total volume of liquids of different types drunk by young people, for example total amounts of diluted soft drinks, instant coffee and plain water.

6.2 Composite and recipe items

Composite items which could be split into their constituent parts

Where foods could be split into their individual components they were weighed, recorded and then coded separately, for example, a cup of tea as tea infusion, milk and sugar; a sandwich as bread, spread and filling(s).

If such composite items had not been split and weighed separately then the interviewer recorded an estimate of the quantity of each of the constituent parts; this could be a relatively standard amount, such as the number of slices of bread, or could involve a description of the quantity or relative proportions of each component, for example the quantity of each vegetable in a mixed salad. Using this information the ONS nutritionists apportioned the total weight between the components of the dish. The components of the composite dish were coded in the normal way.

Recipe items

Diary keepers were asked to record recipes, (ingredients with brand names and their quantities) for most home-made dishes, such as chicken casserole or apple crumble. Where such foods were included in the food code list, they were identified by 'R' preceding the code number; this indicated that their nutrient values were based on standard recipe ingredients. The ONS nutritionists individually checked each recorded recipe and the type and proportions of ingredients used were compared with those of the standard recipe to which the food code referred. If the ingredients differed from the standard recipe in a way that was nutritionally significant the existing food code was not used and a new food code allocated to the item. The appropriate nutrients for the new recipe code were calculated by MAFF and added to the nutrient database.

Where recipe items were eaten away from the home, for example lasagne eaten at a restaurant, and it was not possible to establish details of the ingredients, the standard food code for that item was used. However interviewers were encouraged to collect details of ingredients used in

such recipes wherever possible as this information enabled items to be coded appropriately. Codes were also included in the food code list for menu items purchased from national fast-food chains, for example McDonalds, where data on the nutritional content of the foods are available.

6.3 Brand information

Brand information was recorded for all pre-packaged foods. For some food items, for example, confectionery, biscuits and some breakfast cereals, the brand name was needed in order to code the food item correctly.

Artificial sweeteners, herbal and fruit teas, fruit juices and soft drinks, and bottled water were the only food items to be brand coded. This was necessary to provide accurate information on non-nutrient components such as artificial sweeteners.

6.4 Coding food source

As noted in Chapter 1 there is interest in the contribution made to the total nutrient intake of young people by foods from different sources, in particular comparisons between the contributions made to total intake from different types of lunchtime meal eaten by young people at school or elsewhere, for example food eaten at lunch times at home, food provided by schools, food taken from home, and food purchased outside school, for example, from a 'fast food' outlet, bakers, or chip shop.

It was therefore necessary to 'source' code food items; the source codes identified where the food item was eaten, for example at home, at school or elsewhere, when it was eaten, during school hours or at some other time, and the food provider, home, school, takeaway outlet, or other retail outlet. Food source coding was at plate entry level, rather than at individual food level, and where items on the same plate came from different sources, for example, some items from a 'takeaway' and some from the home food store, the food source code was allocated on the basis of the source of the main food item(s) on the plate.

7 Data entry and editing

Dietary information was keyed by the coding and editing team into an intelligent keying program which incorporated initial edit checks at the point of data entry. At this stage the weight of each

food item consumed was automatically calculated by subtracting the weight of any leftovers from the weight of food served; where a combined weight was given for a number of leftover items the total weight of leftovers was divided among the food items indicated as being leftover, usually in proportion to the served weights of those items. The keying program incorporated checks to identify food items where the weight of food consumed was outside a specified range; such cases were individually checked by the nutritionists and any errors corrected.

Checks were run to identify cases where the intake of any nutrient was outside the expected range for normal intakes, although in most cases only a maximum value could be specified; again such cases were individually checked by the ONS nutritionists and any errors corrected. MAFF supplied range information for both food weights and nutrient intakes. Consistency checks between the dietary and questionnaire data were also carried out at this stage.

References and endnotes

- ¹ Gregory JR, Collins DL, Davies PSW, Hughes JM, Clarke PC *National Diet and Nutrition Survey: children aged 1½ to 4½ years. Volume 1: Report of the diet and nutrition survey*. HMSO (London, 1995).
- ² Finch S, Doyle W, Lowe C, Bates CJ, Prentice A, Smithers G, Clarke PC *National Diet and Nutrition Survey: people aged 65 years and over. Volume 1: Report of the diet and nutrition survey*. TSO (London, 1998).
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- ⁴ Bingham SA. The Dietary assessment of individuals: methods, accuracy, new techniques and recommendations. *Nutr Abstr Rev.* (series A) 1987; **57**:10; 705-742.
- ⁵ Medical Research Council, Environmental Epidemiology Unit. *The Dietary Assessment of Populations. Southampton 1983*. Southampton (1984) (Conference Proceedings: Scientific Report No 4).
- ⁶ Lowe S. *Feasibility study for the National Diet and Nutrition Survey: young people aged 4 to 18 years*. ONS (In preparation).
- ⁷ Smithers G, Gregory J, Coward WA, Wright A, Elsom R, Wenlock R. British National Diet and Nutrition Survey of young people aged 4 to 18 years: feasibility study of the dietary assessment methodology. Abstracts of the Third International Conference on Dietary Assessment Methods. *Eur J Clin Nutr.* 1998; **52**: S2. S76.
- ⁸ Soehnle Quanta and Soehnle Vita scales: these scales have a digital display and tare facility. They are calibrated in units of 1 gram up to 1 kilogram and 2 grams thereafter.
- ⁹ Ministry of Agriculture, Fisheries and Food. *Food Portion Sizes*. 2nd Ed. HMSO (London, 1993).
- ¹⁰ Gregory J, Foster K, Tyler H, Wiseman M. *The Dietary and Nutritional Survey of British Adults*. HMSO (London, 1990).

¹¹ ONS nutritionists had final responsibility for identifying cumulative weights as part of the HQ checking and coding procedures.



FLAGS CHECK CARD

Note: all eating out entries on blue pages will be fully checked by the nutritionists; there is no need to flag items on blue pages.

The following items should be flagged on the home record diary pages :

Weight information

- any item not weighed, eg condiments, supplements
- any item where the quantity is not in grams - eg drops, units, teaspoons, fl.oz.
- cumulative weights
- any items where the weight or amount has been estimated
- items too light to register on the scales
- condiments added at the table and not weighed, except salt and pepper
- all second helpings

Food descriptions

- all recipe items
- all composite items
- all artificial sweeteners
- any medicines
- any vitamin, mineral or fluoride supplement

Food codes

- foods not shown in the code list
- tap water used to dilute fruit juice or in any way not covered by the diluent codes

Leftovers

- all cases where some of the item was lost, spilt etc and could not be re-weighed
- cases where individual leftovers have been re-weighed and recorded, rather than the total weight of leftovers
- cases where the total weight of leftovers is more than the total weight served

Any other queries on weights, food codes, brand codes, including tap water and food source codes

FOOD SOURCE CODES

FOOD SOURCE CODES

The food source code should be entered in the column headed 'Source' in the Office Use box, on the food diary pages.

Applies to :

- home record (white) diary pages - foods weighed and eaten at home, and
- blue diary pages - transfers from eating out diaries.

One code (range 1 to 6) should be entered against each 'plate entry' line.

Do not give a food source code to all the items on the same plate.

In order to decide on the appropriate code you need to know:

- where the food was eaten - from the Home Record or eating out diary
- where it was obtained - from the eating out diary and food description (eg take away)
- when it was eaten - school lunch time/during school day/ some other time

Look at how the information on where eaten has been coded; then go to the appropriate set of codes from the list . Within each set the codes are listed in priority order; code the first that applies.

- Foods on the same plate are from more than one source :

use the code which covers the majority or main food item. For example, meal eaten at home - Indian takeaway meal (= code 2) plus pickles and rice from home stock (= code 3): enter code 2 on plate line.

- Flag - with explanatory note - any queries or entries you cannot code

If Where eaten = 1 (at home)

code first that applies - single code

Lunch at home - lunch eaten at home by school child on school days only.....1 <i>excl. if young person off-sick from school that day - see code 3</i>	
Takeaway meal eaten at home.....	2
Other: all other foods eaten at home..... <i>include meals at home on school days when young person away from school through illness, meals at home during school holidays</i>	3

If Where eaten = 2 (at school-college/on school-college premises)

code first that applies - single code

Food obtained from school or college (include canteen, dining room, tuck shop, vending machine, given by friend at school, snacks and drinks provided by playgroup).....	4
Food taken from home; packed lunch from home; snacks or drinks taken from home to school, college or playgroup.....	5
Other: food purchased outside school premises.....	6

If Where eaten = 3 (elsewhere - not at home/at school)

code first that applies - single code

If eaten during school hours:

Packed school lunch - not eaten at school or at home.....	5
Home lunch - school lunchtime meal eaten at someone else's home eg goes to granny's house for lunch on school day.....	1
Other food eaten during school hours: applies only to <u>school children on school days</u> (include food eaten in cafe etc.; in street).....	6

If NOT eaten during school hours:

Food eaten at commercial 'catering' establishment:.(include cafe, restaurant, pub, staff restaurant or canteen).....	2
Takeaway meal not eaten at home (eg eaten in street).....	2
Other (includes a Mars bar on the bus, picnic in the park at weekend, packed lunch from home eaten at work).....	3

- **Codes 1, 4, 5 and 6 apply ONLY to food eaten during school hours.**
- **Flag any queries or entries you cannot code.**

Appendix E

Physical activity methodology

Appendix E Physical activity methodology

1 Introduction

This Appendix describes in detail the methodology for collecting information on physical activity for young people aged 4 to 18 years. Details are given of how the activities that young people participated in were coded, of the data editing process and quality checks performed and of the derivation of different measures of physical activity level. Possible sources of both over and under-estimation in activity level are identified.

2 Data collection methodology

2.1 Overview

Studies that rely on self-report methods of data collection tend to conclude that young people engage in relatively high levels of activity, and studies that apply cardiovascular fitness criteria report much lower levels of activity¹. Difficulties with self-report measures include the fact that social acceptability may affect the number of activities or the intensity level recorded, for example research has shown that parents are more likely to report high levels of activity for boys than for girls². Respondents may record the activities in which they usually participate, rather than those in which they did participate during the recording period, feeling that this would be a more accurate reflection of their level of physical activity. Alternatively, teenagers may choose not to record activities that they consider unfashionable.

In the NDNS data on different aspects of physical activity were collected using a different methodology for different age groups. All young people who took part in the survey were asked some physical activity questions as part of the initial dietary interview. However, not all young people aged 4 to 18 years kept a 'Diary of Physical Activity and Eating and Drinking Away from Home'.

For young people aged 4 to 6 years:

- data were collected in the initial dietary interview on:
 - usual method of transport and duration of journey to and from school;
 - parent's assessment of current physical activity level;

- data were collected over the 7-day recording period in the 'Diary of Eating and Drinking Away from Home' on:
 - time spent sleeping per night;
 - time spent in very light activities per day;
 - whether the young person was at school each day.

For young people aged 7 to 18 years:

- data were collected in the initial dietary interview on:
 - usual method of transport and duration of journey to and from school or work;
 - whether the young person worked full or part-time and the intensity level of their job;
- data were collected over the 7-day recording period in the 'Diary of Physical Activity and Eating and Drinking Away from Home' on:
 - time spent sleeping per night;
 - time spent in very light activities per day;
 - whether the young person was at school or work each day;
 - time spent at work each day;
 - time spent in moderate, vigorous and very vigorous intensity activity each day.

2.2 Physical activity information collected for all young people aged 4 to 18 years

2.2.1 Travel to and from work or school

One explanation for the possible decrease in physical activity levels for young people is that children are increasingly travelling to school by car or bus rather than walking or cycling. Young people aged 4 to 18 years were asked about their usual method of transport to and from school or work as part of the initial dietary interview. For those who reported walking or cycling, data were collected on the duration of the journey.

1. *How does young person **usually** get to school/work?*

CODE ALL THAT APPLY

- *Walk*
- *Cycle*
- *Motorcycle*
- *Car*
- *Bus*
- *Other (specify at next question)*

If 'Other' at question 1

2. *Specify other way young person travels to school/work*

If 'Walk' or 'Cycle' at question 1

3. How long does it take him/her to walk/cycle to school/work?

IN MINUTES

0..90

4. How does young person **usually** get home?

CODE ALL THAT APPLY

- Walk
- Cycle
- Motorcycle
- Car
- Bus
- Other (specify at next question)

If 'Other' at question 4

5. Specify other way young person travels home

If 'Walk' or 'Cycle' at question 4

6. How long does it take him/her to walk/cycle home

IN MINUTES

0..90

2.2.2 Time spent sleeping per night

To allow the hours of sleep to be calculated, all young people aged 4 to 18 years recorded the time they went to bed and got up on each of the 7 recording days. It was assumed that young people would sleep for one unbroken period of time during the day or night and would not take 'naps' at other times during the day. It should be noted that this assumption might not be valid, particularly for younger children.

When the data were keyed the program checked that the 24-hour clock was used.

2.2.3 Time spent in very light activity per day

It is possible that the apparent decrease in physical activity levels among young people is due to their spending more time in very light activities such as watching television, playing computer games, and listening to music rather than participating in physically active games. Information was collected for all young people aged 4 to 18 years on the time they spent in very light activities each day using the following question:

How long had (young person) spent watching TV, playing computer games and listening to music today?

This question was designed to identify time spent in activities in which the young person was mainly seated, that is sedentary activities. The social acceptability of the specified sedentary activities may have resulted in young people or their parent(s) providing an underestimate.

The feasibility study had shown that young people tended to interpret questions literally and to include only those activities mentioned in the question³. Therefore at the mainstage interviews were instructed to check with the young person whether they had spent any time in other similar, sedentary activities. However, since the question did not specifically ask about time spent in other, similar, activities, for example 'doing homework', this may also lead to an underestimate of the time spent in very light activity.

2.2.4 Whether the young person was at school or work on each diary day

Information was collected from all young people aged 4 to 18 years for each diary day about whether they were at school or work:

Today were you: at school or college? Yes/no
at work? Yes/no

If you were at work today, how long did you work?

(please exclude any lunch break)

--	--	--	--

Hours Minutes

The interviewer checked with the young person that all break times had been excluded from time recorded as being at work.

As part of the initial interview young people with a full or part-time job were asked about the physical intensity of their job. The young person was asked to choose which of the following descriptions best fitted their job:

How would you describe your job .. is it:

- *A job where you are sitting or standing for most of the time, which is not physical or active,*
- *a job which is physical and active, but not so hard as to make you puff and pant and get hot and sweaty for a lot of the time,*
- *or a job which is very physical and active and makes you puff and pant and get hot and sweaty for a lot of the time?*

This question was used to indicate whether the intensity level for the job was very light, light or moderate. In deriving an activity score, time spent working was combined with the intensity information (see *Section 3.1* below).

In deriving the activity score it was also assumed that attending school each day would account for 5½ hours of very light activity, that is, that most of the school day would be spent in sedentary activity, while lunch and other break times would be more active.

2.3 Physical activity information collected for young people aged 4 to 6 years

The method of data collection used in the mainstage survey for young people aged 4 to 6 years was decided following the feasibility study and further qualitative testing of the data collection instruments⁴. This earlier work had established that:

- the collection of data on duration, intensity and frequency of activity was not appropriate for young people aged 4 to 6 years;
- parents were unlikely to be able to provide an accurate report of their child's activities for times when their children were not with them, for example, when they were at school;
- parents observed their child interacting with other children and were aware of how their own child's activity level compared with that of children of the same age or sex.

The questions used in the mainstage survey to measure the level of physical activity for young people aged 4 to 6 years were as follows:

1. *How would you describe (young person)'s current level of activity?*
 - *Fairly Inactive - gets little exercise, spends most of his/her time watching television, looking at books, or sitting playing with toys or games,*
 - *Fairly Active - spends more time in active play or running around than watching television, looking at books, or sitting playing with toys or games*
 - *Very Active - spends nearly all the time running around or in very active play or games*

2. *How would you describe (young person)'s level of activity when compared with boys and girls of the same age?*
 - *More active,*
 - *about the same,*
 - *or less active?*

3. *How would you describe (young person)'s level of activity when compared with other children of the same sex?*
 - *More active,*
 - *about the same,*
 - *or less active?*

Although these questions ask for the parent(s) assessment of their child's level of physical activity, the answers they gave may also have been affected by their expectations or views, for example, a view that boys are generally more active than girls.

2.4 Physical activity information collected for young people aged 7 to 18 years

The 7-day diary method was used for the collection of data on physical activity for young people aged 7 to 18 years. In order to collect complete data on physical activity, information on three dimensions of physical activity was required; on duration, intensity and frequency. This information was used to calculate an activity score which can be used as an indicator for energy expenditure.

2.4.1 Information collected

Information was collected on the time spent being active for a list of prompted moderate, vigorous and very vigorous activities. This list included two categories of 'active play', which were designed to collect data on less formal activity, 'playing other ball games outside', and

'playing tag, chasing games outside'. These activities appeared in the prompted list of activities after ball games such as football and basketball. The interviewer checked for duplicate entries, for example where the same amount of time was recorded against 'playing other ball games outside' and against 'football'. It should be noted, however, that the category 'playing other ball games outside' may give an overestimate if, for example, time spent playing cricket, which is defined as a light intensity activity, is included.

The prompted list of activities included both 'cycling, including doing a paper round on a bike' and 'doing a paper round on foot'. In order to avoid duplicate entries, the interviewer checked that time spent doing a paper round had not been entered against either one of these categories in addition to being recorded against work.

A section was provided for the young person to record activities that were not already listed, with prompts to establish whether they were of vigorous intensity:

*Have you done any other activities today that made you **breathe hard, huff and puff** and **get hot and sweaty**?*

or moderate intensity:

*Have you done any other activities today that made you **slightly out of breath** and **feel warm**, but **not exhausted**?*

The interviewer was provided with a list of activities by intensity level (see *Figure E.1*) to assist them in checking that any 'other' activities recorded by the young person had been correctly classified and to delete any activities which were of less than moderate intensity. Interviewers checked for duplicate entries, that is activities recorded in both the prompted list and in the list of 'other activities'.

At each visit interviewers checked the entries in the diary with the young person to probe for any activities that had been overlooked, using specific 'time of day' probes and to collect any additional information needed to code the activities. The interviewer also checked that any time spent in related activity, such as travelling to and from the activity, changing clothes, or taking a break from the activity was not included in the time that was recorded.

2.4.2 Coding the intensity level for physical activities

Data from existing research^{4,5} were used to estimate the intensity level for each activity on the prompted list and to develop the Physical Activity Diary Coding Guide for interviewers which is reproduced at the end of this Appendix. Energy expenditure data for many activities have been established, however most through research on adult subjects. Where energy expenditure data for young people were available, these were used. Where only adult data were available, a lower intensity level was generally applied as it was felt that a certain level of skill would be required to expend the same level of energy as an adult for a given activity. Recent studies validating the use of adult classifications in the analysis of data for young people have shown a significant correlation between the activity information derived from four 1-day recall questionnaires and that derived using a heart rate monitoring technique⁶.

The interviewer used the coding guide to check that 'other moderate' and 'other vigorous' activities were recorded in the section for the correct intensity level. The intensity level for any 'other' activities not included in the Physical Activity Diary Coding Guide were coded using a compendium of physical activities⁷. The compendium, which gives information for adults, has been shown to compare favourably with classifications established in a previous study of physical activity for young people^{5,6}.

2.4.3 Editing the data on physical activities

Interviewers entered the physical activity diary data into their lap top computer and internal consistency checks were applied to avoid mis-keying, for example to check that the time spent in all activities did not add up to more than 24 hours.

Subsequent data editing involved further consistency checks and the examination at HQ of some completed activity diaries. Diaries were examined:

- if, for Wave 1 of fieldwork, the case was in the top 10% of the distribution of calculated activity score (see *Section 3.1* below). For Waves 2 to 4 of fieldwork, those cases with a calculated activity score greater than the cut-off point established using the Wave 1 data were examined.
- If the time spent in any 'other' activity was greater than 3 hours.
- If an interviewer had failed to correct an error in the data, all diaries for that interviewer were manually checked.
- If less than 1 hour or more than 12 hours of sleep were recorded for any day.

- If less than 60 minutes of light activity were calculated for any diary day.
- If the calculated activity score was less than 30. This was used as a default indicator that the interviewer had identified that the time spent in all activities added up to more than 24 hours for an individual day.

In all, 589 (41%) of the 1424 completed diaries were checked, of which just over half were edited. The main problems, in about a quarter of the diaries checked, were the upward rounding of time spent in activities and the incorrect coding of intensity level for 'other' activities.

Generally upward rounding of time could not be changed at the editing stage because the true time spent was unknown. However, it was assumed that breaks and related activity such as time taken changing clothes had been included. Therefore if the time spent on a single activity was greater than 3 hours, the excess above 3 hours was reduced by 50%. For example 5 hours was reduced to 4 hours, 4 hours to 3½ hours etc. Examination of the diaries suggested that very few respondents recorded activities in increments of less than 30 minutes. Assuming that there is no bias in the size of the rounding errors comparisons between sub-groups of the time spent in activities will not be affected.

In the diaries that were checked, 'other' activities that were coded to the wrong intensity level were recoded to the correct level and activities that were not of at least moderate intensity, were deleted. Where possible, 'other' activities were recoded into the prompted list of activities. Most wrongly categorised activities overestimated the intensity level. In particular older girls were likely to include time spent in light activities, such as walking round the shops, under other moderate or other vigorous activities. After editing the proportion of young people who had participated in an other 'moderate' or other vigorous activity was between 13% and 25%, depending on age and sex. Given that not all the diaries were checked this may mean that any overestimate of physical activity level may be greater for older girls than for other young people.

Duplicate entries were most frequent where time spent at work was entered both for work and either a prompted activity or an 'other' activity, or where time spent in an activity was recorded both for a prompted activity and an 'other' activity. Entries were only edited where duplication was clear and in deciding which entry to delete priority was given firstly to time at work, and then to activities which were on the prompted list.

After editing, 'other' activities, not on the prompted list or deleted, included:

- some sports in which mainly older children participated, for example conditioning exercises (e.g. press-ups), body-building, weight-lifting, rock-climbing;
- less common activities, for example majorettes, scuba diving, shinty;
- DIY, decorating or building work;
- maintenance work for cars or bikes;
- activities connected with army cadets, for example 'field-gun training'.

2.4.4 Data quality

After editing some preliminary analysis was carried to investigate the quality of the final information on activities. Figures 1 and 2 show the mean number of different activities of at least moderate intensity participated in by diary day and day of the week respectively. Figure 1 shows that the mean number of activities recorded decreased over the seven days of record keeping, with the greatest mean number of activities recorded on Day 1 and the fewest recorded on Day 7. Figure 2 shows that on average more activities were recorded from Tuesday to Friday than were recorded from Saturday to Monday.

Although there was no strict placing pattern for the survey practical fieldwork reasons meant that diaries were less likely to be placed on weekend days than on weekdays. Analysis showed that Day 1 of record-keeping was most frequently a Wednesday (25%), Tuesday (24%) or Thursday (22%) and least frequently a Saturday (7%), Sunday (3%) or Monday (3%) (table not shown). The data suggest either that young people were more active mid-week compared with the weekend or that as the 7-day recording period progressed they tended to omit to record all their activities (see *Appendix K* of the Report).

3 Derived measures of physical activity

Three measures of level of physical activity were derived from the available data; the mean hours spent in all activities of at least moderate intensity per day, the calculated activity score, and the total number of activities of at least moderate intensity participated in during the 7-day recording period⁸. The first two of these measures are derived in part from information on duration of activity. Any upward rounding of activity time will therefore result in overestimate of energy expenditure as represented by the calculated activity score. However, this may in part be offset by any under-recording of the number of activities participated in.

3.1 Calculating the activity score

Resting metabolism, defined as 1 MET, is approximately equal to an energy expenditure of one kilocalorie (kcal) per kilogram per hour (kcal/kg/hour). For adults an average body weight of 60kg is assumed and therefore for an average adult 1MET is equal to 60kcal/hour or 1kcal/min. For adults METs are therefore taken as numerically equivalent to energy expenditure. For children and young people this equivalence will not hold because of the wide range of body weights and therefore an activity score, based on MET value x time spent should only be used as an indicator of energy expenditure, not actual expenditure.

An example of how the calculated activity score is derived for one day is given below.

Example of calculated activity score for one day:

Type of activity	Total time spent (hours)	MET value for the type of activity	Activity score
Sleep	9.0	1.0	9.00
Very light activities	7.2	1.5	10.80
Light activities	6.3	2.5	15.75
Moderate activities	1.0	4.0	4.00
Vigorous activities	0.5	6.0	3.00
Very vigorous activities	0.0	10.0	0.00
Total	24.0		42.55

The total for each day is taken and the average daily total energy expenditure calculated.

References and notes

- ¹ Riddoch CJ, Boreham CA. The health-related physical activity of children. *Sports Medicine* 1995; **19**: 2: 86-102.
- ² Sallis J. Self-report measures of children's physical activity. *Journal of School Health* 1991; **61**: 215-219.
- ³ For further information see *Appendix C: Feasibility Study* and Lowe S. *Feasibility study for the National Diet and Nutrition Survey: young people 4 to 18 years*. ONS (*In preparation*).
- ⁴ Cale L , Almond L. The Physical Activity Levels of English Adolescent Boys. *European Journal of Physical Education*. 1997; **2**: 1: 74-82
- ⁵ Cale L. An assessment of the physical activity levels of adolescent girls – implications for physical education. *European Journal of Physical Education* 1996; **1**:1: 46-55.
- ⁶ Cale L. Self-report measures of children's physical activity: recommendations for the future and a new alternative measure. *Health Education Journal* 1994; **53**: 439-453.
- ⁷ Ainsworth BE et al. Compendium of physical activities: classification of energy costs of human physical activities. *Medicine and Science in Sports Medicine* 1993; **25**: 1: 71-79.
- ⁸ To allow comparisons between the activity of young people in this present NDNS and the HEA recommendations and with data from the Health Survey for England, the time spent in all activities of

moderate, vigorous and very vigorous intensity was combined to give the category 'at least moderate intensity'.

Figure E.1 Physical Activity Diary Coding Guide

Note: These codes are a guide to what activities should be coded under which activity level - if an activity is not listed or you are not sure how to code something, **please call research for advice** .

VERY LIGHT ACTIVITIES - AVERAGE 1.5 METS

Card/board games, playing with toys
Using a computer/playing computer games
Drawing/ painting
Homework
Listening to music
Playing a musical instrument
Reading for pleasure
Talking with friends
Watching television
Watching videos

LIGHT ACTIVITIES - AVERAGE 2.5 METS

Bowling
Caring for pets
Cricket
Darts
Horseriding
Light household chores, washing up, tidying up etc
Pool, snooker
Shopping
Table tennis
Walking, strolling
Going to a youth club, disco

MODERATE ACTIVITIES - AVERAGE 4.0 METS

Badminton

Cleaning, hoovering, moving furniture

Cycling

Football in the playground

Gardening

Golf

Gymnastics

Hockey

Netball

Playing tag, chasing games in the playground

Playing any other ball game in the playground

Rounders

Swimming

Tennis

Volleyball

Walking briskly

HARD ACTIVITIES - AVERAGE 6.0 METS

Basketball

Disco-dancing

Jogging

Rugby, touch rugby

VERY HARD ACTIVITIES - AVERAGE 10.0 METS

Athletics

Running

Any other activities need to be classified as light, very light, moderate or hard at interviewer's discretion

NOTE:

JOGGING and RUNNING are classified differently:

JOGGING is a HARD activity;

RUNNING is a VERY HARD activity.

STROLLING, WALKING and WALKING BRISKLY are classified differently:

STROLLING,WALKING is a LIGHT activity;

WALKING BRISKLY is a MODERATE activity

Appendix F

Food code list

Appendix F Example pages from the Food Code List

N.B. The full Food Code List is reproduced in File #2

Last revised 21st September 1999

ALCOHOLIC BEVERAGES

BEERS AND LAGERS

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

- 8343 Lager: special strong brew lager, draught or bottled, e.g. Carlsberg Special Brew, Heldenbrau Extra Special. NOT canned
- 2374 Lager, unspecified, canned. NOT low carbohydrate or alcohol free
- 8346 Lager, unspecified, draught or bottled. NOT low carbohydrate or alcohol free. NOT canned
- 2376 Stout, canned, e.g. Courage, Velvet stout
- 2377 Stout, canned, e.g. Guinness
- 2375 Stout, canned, e.g. Mackeson
- 8348 Stout, draught or bottled, e.g. Courage, Velvet stout. NOT canned
- 8334 Stout, draught or bottled, e.g. Guinness. NOT canned
- 8347 Stout, draught or bottled, e.g. Mackeson. NOT canned

LOW ALCOHOL AND ALCOHOL FREE BEER AND LAGER

- 9221 Bitter, low alcohol, canned
- 9251 Bitter, low alcohol, NOT canned
- 2373 Lager, alcohol free, canned, e.g. Barbican
- 8345 Lager, alcohol free, e.g. Barbican. NOT canned
- 9220 Lager, low alcohol, canned
- 9250 Lager, low alcohol, NOT canned
- 2378 Shandy, i.e. half lemonade and half ale. NOT canned, NOT bottled

CIDER AND PERRY

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

LOW ALCOHOL AND ALCOHOL FREE CIDER AND PERRY

- 9222 Low alcohol cider, canned
- 9252 Low alcohol cider. NOT canned

ALCOHOLIC SOFT DRINKS

- 5142 Alcoholic soft drinks, fruit flavoured, includes wine, beer and cider based drinks. NOT containing spirits. Includes alcoholic lemonade.

- 5396 Alcoholic soft drinks, spirit based, e.g. Smirnoff Mule, Metz, Barking Frog, Jammin
5507 Alcoholic soft drinks, other or unspecified, includes sodas, e.g. Sub Zero and Aqua V

LIQUEURS

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

SPIRITS

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

TONIC WATER

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

WINE

- 9246 Homemade wine, any type
9869 Tonic Wine, e.g. Sanatogen
2382 Wine, red, canned
8352 Wine, red. NOT canned
2384 Wine, rosé, canned
8353 Wine, rosé, NOT canned
2386 Wine, white, dry, canned
8354 Wine, white, dry. NOT canned
9596 Wine, white, low alcohol

Appendix F FOOD CODE LIST

Last revised 21st September 1999

ALCOHOLIC BEVERAGES

BEERS AND LAGERS

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

- 8343 Lager: special strong brew lager, draught or bottled, e.g. Carlsberg Special Brew, Heldenbrau Extra Special. NOT canned
- 2374 Lager, unspecified, canned. NOT low carbohydrate or alcohol free
- 8346 Lager, unspecified, draught or bottled. NOT low carbohydrate or alcohol free. NOT canned
- 2376 Stout, canned, e.g. Courage, Velvet stout
- 2377 Stout, canned, e.g. Guinness
- 2375 Stout, canned, e.g. Mackeson
- 8348 Stout, draught or bottled, e.g. Courage, Velvet stout. NOT canned
- 8334 Stout, draught or bottled, e.g. Guinness. NOT canned
- 8347 Stout, draught or bottled, e.g. Mackeson. NOT canned

LOW ALCOHOL AND ALCOHOL FREE BEER AND LAGER

- 9221 Bitter, low alcohol, canned
- 9251 Bitter, low alcohol, NOT canned
- 2373 Lager, alcohol free, canned, e.g. Barbican
- 8345 Lager, alcohol free, e.g. Barbican. NOT canned
- 9220 Lager, low alcohol, canned
- 9250 Lager, low alcohol, NOT canned
- 2378 Shandy, i.e. half lemonade and half ale. NOT canned, NOT bottled

CIDER AND PERRY

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

LOW ALCOHOL AND ALCOHOL FREE CIDER AND PERRY

- 9222 Low alcohol cider, canned
- 9252 Low alcohol cider. NOT canned

ALCOHOLIC SOFT DRINKS

- 5142 Alcoholic soft drinks, fruit flavoured, includes wine, beer and cider based drinks. NOT containing spirits. Includes alcoholic lemonade.

- 5396 Alcoholic soft drinks, spirit based, e.g. Smirnoff Mule, Metz, Barking Frog, Jammin
5507 Alcoholic soft drinks, other or unspecified, includes sodas, e.g. Sub Zero and Aqua V

LIQUEURS

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

SPIRITS

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

TONIC WATER

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

WINE

- 9246 Homemade wine, any type
9869 Tonic Wine, e.g. Sanatogen
2382 Wine, red, canned
8352 Wine, red. NOT canned
2384 Wine, rosé, canned
8353 Wine, rosé, NOT canned
2386 Wine, white, dry, canned
8354 Wine, white, dry. NOT canned
9596 Wine, white, low alcohol

- 2385 Wine, white, medium, canned
- 8355 Wine, white, medium, NOT canned
- 2388 Wine, white, sparkling, canned
- 8357 Wine, white, sparkling, NOT canned
- 2387 Wine, white, sweet, canned
- 8356 Wine, white, sweet, NOT canned

FORTIFIED WINE

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

LOW ALCOHOL AND ALCOHOL FREE WINE

- 8150 Wine, alcohol free, e.g. Blush
- 9596 Wine, white, low alcohol, e.g. Lambrusco

BEVERAGES (INCLUDING TEA AND COFFEE)

BEVERAGES (DRY WEIGHT)

- 5106 Water used to make up instant beverages, e.g. Horlicks, Ovaltine, drinking chocolate etc. (NOT instant coffee or tea or dried milk).
- 7053 Barley cup, DRY WEIGHT
- 9506 Bournvita, DRY WEIGHT, NOT low in fat, NOT instant
- 8311 Bournvita, low fat: DRY WEIGHT, instant
- 649 Build-Up drink, DRY WEIGHT
- 7890 Cadbury's Highlights, instant low calorie chocolate drink with artificial sweetener, DRY WEIGHT
- 7890 Chocolate based instant drinks with artificial sweetener, DRY WEIGHT, e.g. Ovaltine Options,

(Choc-N-Orange, Choc-a-Mint, Choc-a-Mocha, Choc-o-nut), Sainsbury's Duos, Nestlé Chocolite, Tesco low calorie hot chocolate drink

- 2303 Cocoa powder, DRY WEIGHT
- 9308 Cold relief powders with added vitamin C, DRY WEIGHT e.g. Lemsip
- 2305 Complian, DRY WEIGHT
- 2309 Drinking chocolate, DRY WEIGHT, not instant, not reduced fat. Includes Nesquik Hot Chocolate Drink
- 2632 Drinking chocolate, instant, DRY WEIGHT, e.g. Cadbury's Chocolate Break. NOT fat reduced
- 2633 Drinking chocolate, instant, fat reduced or low fat, DRY WEIGHT
- 9369 Drinking chocolate, reduced fat, DRY WEIGHT, e.g. Sainsbury's, Tesco, Boots, Impress. NOT instant
- Drinking chocolate from vending machine, as served: see 'Milk Based Drinks'
- 9278 Horlicks chocolate malted food drink, DRY WEIGHT. NOT instant Horlicks
- 9277 Horlicks low fat, instant, chocolate, DRY WEIGHT
- 2310 Horlicks malted food drink; DRY WEIGHT. NOT chocolate Horlicks, NOT instant Horlicks.
- 2635 Horlicks powder, instant, low fat, NOT chocolate, DRY WEIGHT
- 9368 Instant malted drinks, DRY WEIGHT, own brand only, e.g. Tesco, Safeway, Sainsbury's. NOT fortified with vitamins or minerals; NOT chocolate; NOT Horlicks or Ovaltine
- 9308 Lemsip, DRY WEIGHT
- 9367 Malted drinks, DRY WEIGHT, own brand only, e.g. Tesco, Safeway, Sainsbury's, Boots. NOT fortified with vitamins or minerals; NOT chocolate; NOT instant malted drinks; NOT Horlicks or Ovaltine
- Milk, canned: see "Other Milk"
- 2311 Milk shake powder, DRY WEIGHT, e.g. Nesquik
- 2301 Milo chocolate flavoured malt drink, DRY WEIGHT
- 2313 Ovaltine, NOT Ovaltine instant, NOT Ovaltine Options, DRY WEIGHT
- 2670 Ovaltine, instant, low fat, NOT Ovaltine options, DRY WEIGHT
- 7890 Ovaltine Options, chocolate based instant drinks, DRY WEIGHT
- 649 Slender slimming drink, DRY WEIGHT

BOTTLED WATER, STILL OR CARBONATED, NOT SWEETENED

- B 5151 Amé sparkling drink with herbs and vitamins
- B 8329 Herbal tonics; water with herbs; e.g. Aqua Libra. NOT with added fruit juice.
- B 8381 Mineral water, carbonated, flavoured. NO added sugar.
- B 8333 Mineral water, still or carbonated. NOT flavoured.

TAP WATER ONLY

See also: FOOD CODES FOR TAP WATER CARD FC7

- 5000 Tap water; non-bottled water; filtered water, soda water
NOT used as a diluent. Includes water drunk to swallow tablets.
- 5101 Water used to dilute concentrated soft drinks (not low calorie) only
- 5102 Water used to dilute concentrated low calorie / diet soft drinks only
- 5103 Water used to make up instant coffee
- 5104 Water used to make up instant tea
- 5105 Water used to make up dried milk
- 5106 Water used to make up instant beverages, e.g. Horlicks, Ovaltine,
drinking chocolate etc. (NOT instant coffee or tea or dried milk).
- 5106 Water used to make up powdered medicines or dietary supplements

COFFEE AND TEA

COFFEE

- 5103 Water used to make up instant coffee
- 2304 Coffee and chicory essence, e.g. Camp
- 2307 Coffee, fresh, strong infusion. NOT decaffeinated
- 8312 Coffee, fresh, strong infusion, decaffeinated
- 8313 Coffee, fresh, NOT strong infusion, decaffeinated
- 2306 Coffee, fresh, NOT strong infusion. NOT decaffeinated
- 2636 Coffee, from vending machine, with whitener, NO sugar, as served
- 2637 Coffee, from vending machine, with whitener and sugar, as served
- 8314 Coffee, instant, decaffeinated, powder or granules, DRY WEIGHT
- 2308 Coffee, instant, powder or granules, DRY WEIGHT

TEA

- 5104 Water used to make up instant tea
- 2638 Tea, from vending machine, with whitener, no sugar, as served
- 2639 Tea, from vending machine, with whitener and sugar, as served
- 2316 Tea, instant freeze dried; lemon tea; DRY WEIGHT. NOT Typhoo QT

- 8318 Tea, instant with milk powder added, DRY WEIGHT, e.g. Typhoo QT
- 8317 Tea, NOT strong infusion, decaffeinated
- 2315 Tea, NOT strong infusion, NOT decaffeinated
- 2314 Tea, strong infusion. NOT decaffeinated
- 8316 Tea, strong infusion, decaffeinated

HERBAL FRUIT TEA (MADE UP WEIGHT)

- B 5340 Tea, fruit only, as served, not with milk
- B 7000 Tea, herb only, as served, not with milk
- B 5341 Tea, herb and fruit mix, as served, not with milk

FRUIT AND VEGETABLE JUICES

REMEMBER:

PASTEURISED juices

- come in tall purpak cartons
- have a short shelf life
- are refrigerated

FRESHLY SQUEEZED juices

- come in cartons or bottles
- will be described as freshly squeezed
- have a short shelf life
- are refrigerated

UHT/LOGLIFE juices

- come in tetrabrik cartons
- are not refrigerated

FRUIT OR VEGETABLE JUICE, CANNED, UNSWEETENED

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

FRUIT JUICE, SWEETENED

- B 2326 Grapefruit juice, canned, sweetened
- B 2327 Grapefruit juice, not canned, sweetened
- B 2334 Orange juice, canned, sweetened
- B 2335 Orange juice, not canned, sweetened
- B 2341 Pineapple juice, canned, sweetened
- B 2342 Pineapple juice, not canned, sweetened

FRUIT OR VEGETABLE JUICE, NOT CANNED, UNSWEETENED

- B 2318 Apple juice, pasteurised only. NOT canned
- B 2319 Apple juice, UHT or Longlife. NOT pasteurised. NOT canned
- B 2361 Carrot juice. NOT canned
- B 2325 Grape juice. NOT canned
- B 2329 Grapefruit juice, pasteurised. NOT canned
- B 2330 Grapefruit juice, UHT or Longlife. NOT pasteurised.. NOT canned
- 2064 Lemons, juice only, no peel or flesh or leftover peel and flesh weighed; includes Jif lemon juice, etc. NOT canned
- 2065 Limes, fresh juice only
- B 8604 Mango juice. NOT canned
- B 2357 Mixed fruit juice, 100% juice, e.g. Real. NOT canned. NO sugar or water
- B 2339 Orange juice, freshly squeezed, includes home-squeezed orange juice. NOT pasteurised, UHT or Longlife. NOT canned
- B 2359 Orange juice, frozen, concentrated. NOT canned
- B 2360 Orange juice, frozen, made up. NOT canned
- B 2337 Orange juice, pasteurised. NOT canned
- B 2338 Orange juice, UHT or Longlife. NOT canned. NOT pasteurised.
- B 2344 Pineapple juice, pasteurised. NOT canned
- B 2345 Pineapple juice, UHT or Longlife. NOT canned. NOT pasteurised.
- B 8640 Prune juice. NOT canned. Unsweetened
- B 9350 Redcurrant juice, homemade, fresh. NOT canned
- B 2356 Tomato juice. NOT canned
- B 1944 Vegetable juice, NOT canned. NOT 100% carrot juice; NOT 100% tomato juice

SOFT DRINKS

THIS SECTION IS DIVIDED INTO THE FOLLOWING SUB-SECTIONS:

- A. CARBONATED DRINKS
- B. CONCENTRATED FRUIT DRINKS (CONTAINING SOME FRUIT JUICE)
- C. READY TO DRINK STILL DRINKS
- D. RIBENA
- E. TONIC WATER
- F. MINERAL WATERS AND MINERAL WATER BASED DRINKS

A. CARBONATED SOFT DRINKS

This sub-section is divided into the following groups:

- A1. Carbonated, *canned*, not diet or low calorie
- A2. Carbonated, *canned*, **diet; low calorie; sugar free**
- A3. Carbonated, not canned, not diet or low calorie
- A4. Carbonated, not canned, **diet; low calorie; sugar free**

A1. CARBONATED, CANNED, NOT DIET OR LOW CALORIE

- B 2641 Apple juice drink, canned e.g. Tango Apple. NOT Appletise, Shloer, Kiri
- B 2317 Apple juice, unsweetened, canned e.g. Appletise, Shloer, Kiri. NOT Tango Apple
- B 5947 Boots high energy drink ONLY
- B 7900 Carbonated beverages, not containing fruit juice, canned e.g. ginger beer, orangeade, limeade, cherryade, Sprite, cream soda, Dr Pepper. NOT Cola, tonic water, Irn Bru lemonade or 7-Up.
- B 7894 Cola, any flavour, canned; includes cherry, strawberry or tropical cola. NOT caffeine free
- B 8320 Cola; cherry cola; caffeine free, canned e.g. Caffeine Free Coke, Caffeine Free Cherry Coke
- B 2404 Fruit juice drink, canned, containing at least 50% juice, e.g. Britvic 55, Rawlings 60. NOT juice drink (less than 50% juice)
- B 8328 Fruit Juice drink; fruit drink; fruit crush, canned; containing less than 50% fruit juice, e.g. Tango (NOT Tango Apple), Sunkist, Lilt, Citrus Spring, Fanta, Gini, Orangina, Vimto, Rio, own brand sparkling fruit crush. NOT apple juice drink; NOT Britvic 55; NOT carbonated fruit juice
- B 8324 Irn Bru, canned
- B 2321 Lemonade, canned. NOT still lemonade. Includes traditional and old fashioned lemonade. NOT 7-Up or Sprite
- B 2403 Lucozade, canned. NOT Lucozade with orange, lemon or tropical barley
- B 8515 Lucozade, canned. Orange, lemon or tropical barley

- B 5468 Lucozade sport, isotonic lucozade, canned
- B 5545 Red bull energy drink ONLY
- B 5545 Redcard energy drink (Britvic) ONLY
- B 2321 Shandy, canned
- B 5947 Virgin fruit flavoured high energy drink ONLY
- B 9991 7-Up only, canned

A2. CARBONATED, CANNED, DIET; LOW CALORIE; SUGAR FREE

- B 8362 Apple juice drink, canned, low calorie, e.g. Diet Kiri, low calorie Tango Apple
- B 7902 Carbonated beverages, canned, not containing fruit juice, low calorie, e.g. diet ginger beer, diet limeade, diet orangeade, diet cherryade, Dr Pepper Diet, diet Sprite. NOT cola, tonic water, Irn Bru, lemonade or 7-Up Light.
- B 8322 Cola; cherry cola, canned, low calorie, caffeine free e.g. Caffeine Free Diet Coke, Caffeine Free Diet Pepsi, Caffeine Free, Diet Cherry Cola.
- B 7896 Cola; cherry cola, canned, low calorie, NOT caffeine free, e.g. Diet Coke, Diet Cherry Cola, Diet Pepsi, Pepsi Max, Tab Clear
- B 8326 Diet Irn Bru, canned
- B 8360 Fruit juice drink; fruit drink; fruit crush, canned, containing fruit juice, low calorie, e.g. Diet Sunkist, Diet Fanta, Diet Gini, Diet Tango (NOT Tango Apple), Diet Lilt, Diet Orangina, Diet Rio, Diet Vimto, Hero Lite, own brand Diet fruit crush. NOT Diet apple juice drink; NOT 7-Up Light
- B 7898 Lemonade, canned, diet; low calorie; sugar free; no added sugar. Includes traditional and old fashioned lemonade. NOT 7-Up or Sprite
- B 7327 Lucozade light, canned
- B 9992 7-Up Light only, canned

A3. CARBONATED, NOT CANNED, NOT DIET OR LOW CALORIE

- B 5151 Amé sparkling juice drink ONLY
- B 2320 Apple juice drink, NOT canned e.g. Tango Apple. NOT Appletise, Shloer, Kiri
- B 2319 Apple juice, unsweetened, NOT canned e.g. Appletise, Shloer, Kiri. NOT Tango Apple
- B 7901 Carbonated beverages, NOT containing fruit juice, NOT canned e.g. ginger beer, limeade, orangeade, cherryade, Sprite, Cream Soda, Dr Pepper. NOT cola, tonic-water, Irn Bru, 7-Up or lemonade.
- B 7895 Cola, any flavour including cherry, strawberry and tropical cola, NOT canned e.g. Coca Cola, Pepsi Cola. NOT caffeine free cola
- B 8321 Cola; cherry cola; caffeine free, NOT canned e.g. Caffeine Free Coke, Caffeine free Cherry Coke.

- B 2340 Fruit juice drink, containing at least 50 % juice, NOT canned e.g. Britvic 55, Rawlings 60, Aqualibra. NOT juice drink (less than 50% juice)
- B 2320 Grape juice drink, NOT canned e.g. Shloer, Grapetize
- B 8325 Irn Bru, NOT canned
- B 8444 Juice drink; fruit drink; fruit crush, containing fruit juice, NOT canned e.g. Tango (NOT Tango Apple), Sunkist, Citrus spring, Fanta, Gini, Lilt, Orangina, Rio, Schweppes Sparkling Fruit Juice drinks, Tesco Hi Juice, Vimto, own brand sparkling fruit crush. NOT apple, pear or grape juice drink; NOT Britvic 55; NOT carbonated fruit juice
- B 2322 Lemonade, NOT canned. NOT 7 Up or Sprite.
- B 2333 Lucozade, NOT canned. NOT Lucozade with orange, lemon or tropical barley.
- B 8490 Lucozade, NOT canned. Orange, lemon or tropical barley
- B 7910 Pear juice drink, NOT canned e.g. Shloer. NOT Shloer apple juice
- B 2322 Shandy, NOT canned
- B 9993 7-Up only, NOT canned

A4. CARBONATED, NOT CANNED, DIET; LOW CALORIE; SUGAR FREE

- B 8457 Apple juice drink, low calorie, NOT canned e.g. Diet Kiri, low calorie Tango Apple
- B 7903 Carbonated beverages, not containing fruit juice, low calorie, NOT canned e.g. diet ginger beer, diet limeade, diet cherryade, diet Sprite, Dr Pepper Diet. NOT cola, tonic water, Irn Bru, 7-Up Light or lemonade.
- B 7897 Cola, NOT canned e.g. Diet Coke, Diet Pepsi, Pepsi Max, Tab Clear. NOT caffeine free cola
- B 8323 Cola, caffeine free, NOT canned e.g. Caffeine free diet Coke, Caffeine Free Diet Pepsi.
- B 8445 Fruit Juice drink; fruit drink; fruit crush, containing fruit juice, low calorie, NOT canned e.g. Diet Sunkist, Diet Fanta, Diet Gini, Diet Tango (NOT Tango Apple), Diet Lilt, Diet Orangina, Diet Vimto, Diet Rio, own brand diet sparkling fruit crush. NOT low calorie apple juice drink; NOT 7-Up Light.
- B 8327 Irn Bru Diet, NOT canned
- B 7899 Lemonade, diet, low calorie or sugar free, NOT canned. NOT 7 Up Light or Diet Sprite.
- B 8331 Lucozade light, NOT canned
- B 9994 7-Up Light only, NOT canned

B: CONCENTRATED SOFT DRINKS (CONTAINING SOME FRUIT JUICE)

This section is divided into the following groups:

- B1 Concentrated High juice drinks and high juice squashes (labelled as "High Juice")
- B2 Concentrated fruit drinks, juice drinks, cordials and squashes, NOT diet; low calorie; no added sugar; sugar free, low sugar
- B3 Concentrated fruit drinks, juice drinks, cordials and squashes, diet; low calorie;

no added sugar; sugar free, low sugar

(Ribena - see section D)

B1: CONCENTRATED HIGH JUICE DRINK; HIGH JUICE SQUASH

- 5101 Water used to dilute concentrated soft drinks (not low calorie) only; NOT to dilute fruit juice
- B 7911 High juice drink; high juice squash, any fruit except blackcurrant, NOT diet or low calorie
- B 7913 High juice drink; high juice squash, containing blackcurrant, NOT diet or low calorie
- B 9995 High juice drink; high juice squash, *reduced sugar*, any fruit except blackcurrant, e.g. high juice squash lite. NOT diet or low calorie
- B 5425 High juice drink, high juice squash, *reduced sugar*, containing blackcurrant, NOT diet or low calorie

B2: CONCENTRATED FRUIT DRINKS; FRUIT JUICE DRINKS; CORDIALS; SQUASHES, NOT DIET OR LOW CALORIE OR NO ADDED SUGAR, SUGAR FREE OR LOW SUGAR

- 5101 Water used to dilute concentrated soft drinks (not low calorie) only; NOT to dilute fruit juice
- B 8491 Barley water, any fruit. NOT low calorie; NOT Robinson's fruit break drinks
- B 7919 C-Vit, multivitamin drink with calcium, blackcurrant. Includes C-Vit *reduced sugar* cordial
- B 6826 Drink; cordial not containing fruit juice e.g. Belvoir elderflower, ginger or pink ginger cordials, peppermint cordial
- B 2351 Economy, value, savers fruit drink; fruit juice; fruit cordial; squash; fruit crush, any fruit except blackcurrant e.g. Sainsbury's economy orange drink
- B 7915 Fruit drink; fruit juice drink; fruit cordial; squash, containing blackcurrant, NOT low calorie, *Sainsbury's, Waitrose, Safeway, St Michael own brands ONLY*. NOT Sainsbury's economy or Safeway Savers
- B 9996 Fruit drink; fruit juice drink; fruit cordial; squash, containing blackcurrant, NOT low calorie, *any other brand not specified at 7915* e.g. Kia Ora pear and blackcurrant
- B 2349 Fruit drink; fruit juice drink; fruit cordial; squash, any fruit except blackcurrant, NOT low calorie, *Sainsbury's, Waitrose, Safeway, St Michael own brands, Robinsons apple & strawberry and apple juice drinks; Vimto mixed fruit cordial ONLY*. NOT Sainsbury's economy or Safeway Savers
- B 9997 Fruit drink; fruit juice drink; fruit cordial; squash, any fruit except blackcurrant, NOT low calorie, *any other brand not specified at 2349*
- B 2331 Lime juice cordial
- B 2348 Rosehip syrup
- B 9995 Squash, *reduced sugar*, any fruit except blackcurrant. NOT diet or low calorie squash
- B 2651 Super-concentrated crush; drink, any fruit e.g. Teisseire Sirop de Fruits

B3: CONCENTRATED FRUIT DRINK; FRUIT JUICE DRINK; FRUIT CORDIAL; SQUASH; DIET; LOW CALORIE; NO ADDED SUGAR; SUGAR FREE; LOW SUGAR

- 5102 Water used to dilute low calorie/diet soft drinks only
- B 9998 Barley water, diet; low calorie; no added sugar; sugar free, low sugar, containing blackcurrant, e.g. Robinsons fruit break, no added sugar
- B 5110 Barley water, diet; low calorie; no added sugar; sugar free, low sugar, any fruit except blackcurrant e.g. Robinsons fruit break, no added sugar
- B 8464 Fruit drink; fruit juice drink; fruit cordial; squash; fruit crush, low calorie; sugar free; diet; no added sugar, low sugar, containing blackcurrant e.g. Sainsbury's apple and blackcurrant, no added sugar
- B 2351 Fruit drink; fruit juice drink; fruit cordial; squash; fruit crush, low calorie; sugar free; diet; no added sugar, low sugar, any fruit except blackcurrant e.g. Sainsbury's strawberry drink, no added sugar

C: READY TO DRINK STILL DRINKS

This section is divided into the following groups

- C1 High juice drinks; ready to drink (labelled as "high juice") (must contain fruit juice)
- C2 Fruit juice drinks, fruit drinks, ready to drink (must contain fruit juice)
NOT low calorie. NOT carbonated
- C3 Fruit juice drinks; fruit drinks, ready to drink (must contain fruit juice)
low calorie; diet; no added sugar; sugar free. NOT carbonated
- C4 Fruit flavour drinks ready to drink (not containing fruit juice). NOT carbonated

(Carbonated drinks: see Section A; Ribena: see section D)

C1: READY TO DRINK HIGH JUICE DRINK, CONTAINS FRUIT JUICE

- B 7914 High juice drink; NOT low calorie or diet, containing blackcurrant
- B 7912 High juice drink, NOT low calorie or diet, any fruit except blackcurrant

C2: FRUIT JUICE DRINK, FRUIT DRINK, CONTAINS FRUIT JUICE, READY TO DRINK, NOT LOW CALORIE, NOT CARBONATED

- B 8691 Apple drink; juice drink. Includes Sainsbury's *low sugar* apple juice drink. NOT low calorie or 'no added sugar' NOT Ribena
- B 8455 Blackcurrant drink or containing blackcurrant; juice drink. Includes Sainsbury's *low sugar* blackcurrant juice drink. NOT low calorie or 'no added sugar' NOT Ribena
- B 8453 Citrus orange; grapefruit; lemon; pineapple drink or juice drink. Includes Sainsbury's *low sugar* orange or strawberry juice drinks. NOT low calorie or 'no added sugar'
- B 7920 C-Vit, multi-vitamin drink with calcium, blackcurrant. Includes C-Vit *reduced sugar* blackcurrant
- B 7918 C-Vit, multi-vitamin drink with calcium, orange or orange and peach.

- B 2358 Mixed fruit; summer fruit drink or juice drink, NOT low calorie or 'no added sugar' NOT Ribena
 B 5111 Still lemonade, not low calorie
- B 6827 Sunny Delight fruit juice drink

C3: FRUIT JUICE DRINK; FRUIT DRINK; CONTAINS FRUIT JUICE; READY TO DRINK, LOW CALORIE; DIET; NO ADDED SUGAR; SUGAR FREE NOT CARBONATED

- B 8474 Blackcurrant drink or juice drink, low calorie; diet; no added sugar; sugar free, NOT Ribena e.g. Robinson's Special 'R'
- B 8029 Mixed fruit, summer fruits drink or juice drink, low calorie; diet; no added sugar; sugar free e.g. Oasis Light
- B 8472 Orange; grapefruit; lemon; pineapple drink or juice drink, low calorie; diet; no added sugar; *sugar free* e.g. Robinson's Special 'R'

C4: FRUIT FLAVOUR DRINK, ANY FLAVOUR, NOT CONTAINING JUICE, READY TO DRINK

- B 5112 Fruit flavour drink, any flavour, *not containing juice*, NOT low calorie
- B 5113 Fruit flavour drink, any flavour, *not containing juice*, low calorie; diet; no added sugar; sugar free

D: RIBENA

This section is divided into the following groups:

- D1 concentrated Ribena
- D2 ready to drink Ribena
- D3 carbonated Ribena

D1: CONCENTRATED RIBENA

- B 5498 Ribena original blackcurrant juice drink, concentrated. NOT Ribena Light or no added sugar.
- B 8791 Ribena strawberry juice drink, concentrated. NOT Ribena Light or no added sugar.
- B 5499 Ribena Light blackcurrant juice drink, concentrated, lower sugar. NOT no added sugar
- B 5500 Ribena no added sugar, concentrated blackcurrant juice drink. Includes Ribena Toothkind. NOT Ribena Light

D2: READY TO DRINK RIBENA

- B 5501 Ribena blackcurrant juice drink, ready to drink
 NOT Ribena Light or no added sugar; NOT carbonated
- B 5502 Ribena Juice drink, ready to drink, orange, orange and apricot or orange tropical
- B 5503 Ribena Juice drink, ready to drink, apple, forest fruit, raspberry or strawberry
 NOT blackcurrant or orange and apricot Ribena

- B 5504 Ribena Light blackcurrant juice drink, ready to drink, low sugar
NOT carbonated, NOT no added sugar Ribena
- B 5505 Ribena no added sugar, blackcurrant juice drink, ready to drink. Includes Ribena Toothkind
NOT Ribena Light
- B 5502 Ribena Smoothie, juice drink with cream, ready to drink, orange and pineapple

D3: CARBONATED RIBENA

- B 4729 Diet Ribena Spark, low calorie, sparkling, blackcurrant flavour, vitamin C drink, canned
- B 5116 No added sugar Ribena Spring, blackcurrant juice drink made with spring water, canned, low calorie
- B 7907 Ribena Spark, sparkling, blackcurrant flavour, vitamin C drink, canned.
NOT diet Ribena; NOT sparkling Ribena Spring
- B 5115 Sparkling Ribena Spring, blackcurrant juice drink, made with spring water, canned, not low calorie
- B 5506 Ribena Twist, low calorie lightly sparkling spring water, any flavour.

E. TONIC WATER

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

F. MINERAL WATER AND MINERAL WATER BASED DRINKS

- B 8333 Bottled water, still or carbonated, not sweetened or flavoured
- B 8381 Bottled water, still or carbonated, flavoured not sweetened e.g. Perrier twist of lemons (no artificial sweetener)
- B 5253 Mineral water based drinks, light or low calorie, still or carbonated, sweetened with artificial sweeteners e.g. Caledonian clear light, Sainsbury's diet elderflower juice drink, Sainsbury's sparkling peach flavoured water, Sainsbury's spring water, Strathmore Clear
- B 5343 Mineral water based drinks, still or carbonated, sweetened with sugar e.g. Caledonian Clear, Calm and Clear, Sainsbury's elderflower juice drink, Sainsbury's Mirelle

BISCUITS

- 8191 All butter biscuits, e.g. Petit Beurre, including own brand. NOT shortbread
- 274 Bath Olivers; Water biscuits
- 3802 Brandy snaps
- 7649 Bread sticks, Grissini

- R 305 Caramel shortcake, homemade, i.e. shortbread with caramel layer and chocolate topping
- 8672 Caramel shortcake, purchased, i.e. shortbread with caramel layer and chocolate topping
- 8192 Carob half coated biscuits
- 5770 Cereal bar, fruit filled, fortified with vitamins and minerals, e.g. Kellogg's Nutri-Grain
- R 312 Coconut cornflake tray, made with margarine (NOT polyunsaturated), sugar, cornflakes, coconut
- 251 Cheese biscuits, e.g. Cheddars any flavour, Cheeselets, Cheese thins, KP cheese biscuits, McVities Mini Cheddars, Walkers Say Cheese, Crawfords 'Cheese Snips', Golden Wonder 'Preludes', including own brand
- 252 Cheese sandwich biscuits, e.g. Tuc with 'real cheese' filling, including own brand
- 7656 Chewy cereal snack bars with any additions, e.g. Cluster, Harvest Chewy bars, Jordans Chewy bars, McVities Solar, own brand. NOT Tracker bars, NOT original crunchy bars, NOT Harvest Crunch
- 7665 Crunchy cereal bars, e.g. Jordans original crunchy, Jordans Oat Bran Bars, Harvest Crunch, including own brand
- 7665 Crunchy bars, original, e.g. Jordans, Harvest Crunch, own brand
- 253 Chocolate biscuits, full coated, containing biscuit filling only, e.g. Breakaway, United, chocolate fingers (plain, milk or white chocolate), fully coated digestives, includes McVities Gold Bar
- 8193 Chocolate biscuits, full coated, containing biscuit and cream filling, e.g. Hob Nob bars, Club biscuits, Penguins, Yoyos, Trio, Cadburys Vanilla Creole
- 8194 Chocolate biscuits, full coated, containing wafer and cream, e.g. Taxi, Club wafer. NOT Kit Kat
- 7662 Chocolate chip cookies, e.g. Crawfords Mini Cookies, including own brand
- 7663 Chocolate chip cookies with nuts, e.g. Boosters, Maryland Maxi
- 8195 Chocolate coated biscuits, containing marshmallows, e.g. Teacakes, Wagon Wheels
- R 310 Chocolate krispie cakes, made with Rice Krispies and Cornflakes
- 8204 Chocolate semi-sweet biscuits, half coated, e.g. Burton's Royal Tea
- 254 Chocolate short or sweet biscuits, half coated, e.g. Cadburys Animals and Burton's Cartoonies. NOT half coated semi-sweet biscuits; NOT half coated chocolate digestives; NOT half coated chocolate digestives with oats; NOT Jaffa Cakes
- 7651 Coconut cookies, not iced, purchased, e.g. Mr Men and Little Misses cookies
- 7650 Cornish wafers, e.g. Jacobs
- 7654 Crackers, savoury with additions, e.g. sesame seeds and or poppy seeds. NOT Ryvita
- 255 Cream cracker biscuits. NOT wholemeal
- 7652 Cream crackers, wholemeal, e.g. Farmhouse-type, Jacobs brown wheat, includes Hovis crackers
- 268 Cream sandwich biscuits, e.g. custard creams, bourbons, coconut creams. NOT crunch creams; NOT wholemeal; NOT jam sandwich biscuits or wafer cream sandwich biscuits
- 256 Crispbreads, e.g. Ryvita (wheat and rye), Energen. NOT High Fibre Ryvita; NOT starch reduced Energen
- 258 Crispbreads, extra light, e.g. Krispen, Crackerbread, Cracottes, French Toasts, Dutch Crispbakes

- 7325 Crispbreads, rye, high fibre, e.g. High Fibre Ryvita
- 7653 Crispbreads, rye, with sesame seeds only, e.g. Ryvita with sesame seeds
- 257 Crispbreads, starch reduced, e.g. Energen
- 8196 Crunch biscuit. NOT cream filled; NOT crunchy cereal bars
- 8197 Crunch biscuit, half coated with chocolate. NOT crunchy cereal bars
- 8198 Crunch biscuit, with cream filling. NOT crunchy cereal bars
- R 319 Date and krispie crunch, made with margarine (NOT polyunsaturated), sugar, dates, Rice Krispies
- 260 Digestive, chocolate half-coated; NOT chocolate Hob-nobs
- 9472 Digestives, half coated with chocolate, reduced fat, e.g. McVities Light Homewheat
- 8989 Digestives, sweetmeal or wheatmeal, plain, reduced fat, McVities Light Digestives only
- 259 Digestives, sweetmeal or wheatmeal, plain. NOT reduced sugar; NOT reduced fat; NOT Hob Nobs; NOT digestives with oats
- 8199 Digestives, sweetmeal or wheatmeal, plain, reduced sugar, e.g. Sainsbury's reduced sugar wheatmeal digestive. NOT Hob Nobs; NOT digestives with oats
- 276 Digestives, wholemeal
- 7658 Digestives with oats, chocolate, half-coated, e.g. Hob-nobs, Rustics, Oatbakes. NOT wholemeal digestives
- 7659 Digestives with oats and fruit, e.g. Snapjacks, Rustics
- 7657 Digestives with oats, plain, e.g. Hob-nobs, Rustics, Oatbakes, Snapjacks. NOT wholemeal digestives
- R 321 Digestive nut crunch, made with butter, digestive biscuits, nuts and condensed milk
- 7660 Digestives with oats, fruit and chocolate, half-coated, e.g. Snapjacks
- 7664 Fig rolls, any type, including banana and date bars
- R 357 Flapjacks, homemade (made with oats, margarine (NOT polyunsaturated), syrup and sugar)
- 261 Flapjacks, purchased. NOT homemade, NOT cereal crunch bars
- R 330 Florentines, i.e. nuts, dried fruit, butter, chocolate
- 5594 Fruit biscuits, low fat, e.g. McVities Go Ahead Fruit Ins
- 262 Fruit biscuits, NOT wholemeal. e.g. Fruit shortcake, Shrewsbury, Jaspers
- 281 Fruit and nut biscuits
- 8484 Garibaldi biscuits
- R 7667 Gingernut biscuits, homemade (made with SR flour, B.soda, syrup, margarine (NOT polyunsaturated), sugar and salt)
- 263 Gingernut biscuits, purchased. NOT homemade
- R 264 Homemade biscuits, e.g. Easter biscuits (made with margarine (NOT polyunsaturated), flour, sugar and egg). NOT wholemeal; NOT shortbread, gingernuts or melting moments

- R 7666 Homemade biscuits, wholemeal (made with wholemeal flour, margarine (NOT polyunsaturated), sugar and egg). NOT wholemeal shortbread
- 8200 Honey biscuits, e.g. McVities Happy Bears
- 8201 Iced biscuits; iced rings; party rings
- 7661 Jaffa cakes, any flavour
- 8541 Jam and cream filled biscuits, e.g. Jacobs Happy Faces
- 265 Jam filled biscuits, e.g. Jammie Dodgers
- 279 Krackawheat
- R 348 Macaroons, almond. NOT coconut
- 8166 Marshmallow biscuits, e.g. Jamborees. NOT chocolate coated
- 8195 Marshmallow chocolate coated biscuits, e.g. Munchmallows
- 266 Matzo
- R 411 Melting moments, homemade (made with margarine (NOT polyunsaturated), sugar, flour, cornflour, glacé cherries)
- 5770 Nutri-Grain, fruit filled cereal bar, fortified with vitamins and minerals, Kellogg's
- R 7668 Oatcakes, homemade (made with lard)
- 267 Oatcakes, purchased. NOT homemade
- 8203 Ostlers, moist biscuit, any flavour
- 3267 Rice cakes
- 279 Ritz; Saltines; Wyna; TUC; Krackawheat
- 268 Sandwich cream biscuits, e.g. custard creams, bourbons, coconut creams. NOT crunch creams; NOT wholemeal; NOT jam sandwich biscuits or wafer cream sandwich biscuits
- 272 Sandwich wafer biscuits, cream filled
- 270 Short, sweet biscuits, e.g. Lincoln, Shortcake, Malted milk, Nice. NOT coconut biscuits
- 269 Semi-sweet biscuits, e.g. Osborne, Rich Tea, Marie, Morning Coffee. NOT half coated with chocolate
- 8204 Semi-sweet biscuits, half coated with chocolate, e.g. Royal Tea
- R 271 Shortbread (made with flour, butter and sugar), homemade. NOT wholemeal
- 8162 Shortbread, purchased
- 4103 Shortbread, wholemeal, purchased
- 9473 Short sweet biscuits, reduced fat, e.g. Burton's Trim
- 412 Slimming biscuits, e.g. Slender bars, Bisks, Limmits
- 280 'Snowballs', coconut and chocolate coated marshmallow. NOT chocolate marshmallow biscuits
- 279 TUC; Saltines; Wyna; Ritz; Krackawheat

- 272 Wafer biscuits, filled; cream filled sandwich wafer biscuits
- 273 Wafers and cornets; ice cream cones and wafers; weight excluding ice cream
- 274 Water biscuits; Bath Olivers
- 278 Wholemeal biscuits, cream filled. NOT digestive
- 277 Wholemeal biscuits: fruit; nut; or fruit and nut; NOT digestive
- 276 Wholemeal biscuits, plain or flavoured; wholemeal digestives. NOT digestives with oats

BREAD

BREAD AND ROLLS

Bread is organised into the following groups.

White Bread and Rolls

Wholemeal Bread and Rolls

Soft Grain Bread and Rolls

Other Bread and Rolls

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

To code first identify which of the four types of bread above applies.

If the bread is fried or toasted then use the codes at the end of the groups.

BREAD AND ROLLS - WHITE

- 120 White bread, sliced, wrapped, includes Kingsmill Top Grade White bread, Mothers Pride Premium, White Hovis, Danish Bread. NOT milk loaf, French stick, slimmers, Scottish batch, soda, Vienna, high fibre white or soft grain breads
- 9467 White bread, fortified with vitamins and minerals, e.g. Tesco Healthy eating white bread. NOT softgrain
- 121 White bread, crusty, uncut. NOT milk loaf, French stick, slimmers, Scottish batch, soda, Vienna high fibre white or soft grain bread
- 127 French stick; Baguette
- 128 Milk loaf
- 130 Scottish batch bread
- 129 Slimmers white bread, e.g. Nimble, Slimcea, Mothers Pride Light
- 131 Soda bread
- 132 Vienna loaf
- 158 White, crusty Rolls

- 157 White hamburger Bun or Roll; white roll with sesame seeds
- 159 White, soft Rolls
- 160 White, starch reduced Rolls, e.g. Energen

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

- 122 Fried in blended vegetable oil. White Bread
- 124 Fried in dripping. White Bread
- 125 Fried in lard. White Bread
- 123 Fried in polyunsaturated oil. White Bread

BREAD AND ROLLS - TOASTED

- 126 Toasted White bread; any EXCEPT milk loaf
- 9929 Toasted White bread, fortified with vitamins and minerals e.g. Tesco Healthy eating white bread. NOT softgrain
- 170 Toasted White hamburger Roll or Bun; white roll with sesame seeds
- 171 Toasted White Rolls, any EXCEPT hamburger Bun or roll
- 8073 Milk loaf - Toasted

BREAD AND ROLLS - WHOLEMEAL, WHOLEWHEAT. NOT TOASTED. NOT HI FIBRE WHITE, NOT BROWN, NOT GRANARY

- 8177 Hi Bran bread; brown bread with added bran; e.g. VitBe Hi Bran
- 7614 Slimmers wholemeal bread, e.g. Nimble
- 3603 Soda bread, wholemeal; wheaten soda farls
- 133 Wholemeal bread; wholewheat bread; stoneground wholemeal bread. NOT High Fibre white bread, NOT Vitbe Hi Bran
- 9466 Wholemeal bread, fortified with vitamins and minerals, e.g. Tesco Healthy Eating wholemeal
- 161 Wholemeal; wholewheat; stoneground wholemeal rolls

FRIED WHOLEMEAL BREAD; WHOLEWHEAT BREAD; STONEGROUND WHOLEMEAL BREAD. NOT HIGH FIBRE WHITE; NOT VITBE HI BRAN

- 134 Fried in blended vegetable oil. Wholemeal Bread
- 9640 Fried in butter. Wholemeal Bread
- 136 Fried in dripping. Wholemeal Bread
- 137 Fried in lard. Wholemeal Bread
- 135 Fried in polyunsaturated oil. Wholemeal Bread

TOASTED WHOLEMEAL BREAD

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

BREAD AND ROLLS, SOFTGRAIN, NOT TOASTED

FORTIFIED e.g. Asda, Champion, Co-op, M & S, Mighty White, Sainsbury's, Tesco

NOT FORTIFIED e.g. Safeway

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

TOASTED SOFTGRAIN BREAD

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

FRIED SOFTGRAIN BREAD

- 8363 Fried in blended vegetable oil. Softgrain Bread, any,
- 7606 Fried in dripping. Softgrain Bread, any,
- 7607 Fried in lard. Softgrain Bread, any.
- 9310 Fried in olive oil, softgrain bread, any.
- 7608 Fried in polyunsaturated oil. Softgrain Bread, any,

OTHER BREAD

- 9373 Bagels, plain only
- 9129 Brioche
- 102 Brown bread, no added bran. NOT wholemeal, wholewheat, stoneground wholemeal, granary, wheatgerm, Hovis, Hi Bran or Vitbe
- 7620 Brown, granary, wheatgerm or wholegrain ROLLS, crusty. NOT wholemeal, wholewheat, or stoneground wholemeal

- 7621 Brown, granary, wheatgerm or wholegrain ROLLS, soft. NOT wholemeal, wholewheat, or stoneground wholemeal
- 157 Brown hamburger Bun or Roll; brown roll with sesame seeds
- 144 Chapatis, white, made with butter ghee
- 145 Chapatis, white, made with vegetable ghee
- 146 Chapatis, white, made without fat
- 141 Chapatis, brown, made with butter ghee
- 142 Chapatis, brown, made with vegetable ghee
- 143 Chapatis, brown, made without fat
- 8603 Chapatis, wholemeal, made with sunflower oil
- 9372 Continental breads; Italian Breads; includes ciabatta, sciocco, focaccia, pugliese, fougasse. NOT varieties with added olives, fruit, nuts or tomatoes

Croissant - see Cakes

- 7616 French granary stick; granary Baguette
- 7615 French stick; Baguette; flavoured with garlic and or herbs
- 7615 Garlic or herb bread. French stick; Baguette;
- 112 Granary bread, i.e. with malted wheat or added barley; mixed whole grain bread. NOT granary French stick or granary baguette
- 7609 High fibre white bread
- 110 Hovis or wheatgerm bread. NOT Hovis wholemeal or White Hovis
- 173 Muffins, English, wholemeal
- 151 Muffins, English, NOT wholemeal

Muffins, American: see 'Cakes'

- 7622 Naan bread, plain
- 6135 Naan bread, peshwari
- 7617 Oatmeal bread, e.g. Vitbe Hi Oatbran, Hovis Golden Oatbran
- 116 Pitta bread, white
- 117 Pitta bread, wholemeal
- 114 Pumpernickel; rye bread
- 114 Rye bread; Pumpernickel
- 118 Vitbe bread. NOT Vitbe Hi Bran
- 110 Wheatgerm bread

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

OTHER BREAD - TOASTED

- 107 Brown bread toasted, no added bran. NOT wholemeal, wholewheat
NOT stoneground, granary, wheatgerm, Hovis, Hi Bran, Vitbe
- 113 Granary bread, toasted. i.e. with malted wheat or added barley; mixed whole grain bread
- 7610 High fibre bread, toasted
- 111 Hovis or wheatgerm bread, toasted. NOT Hovis wholemeal or White Hovis
- 7618 Oatmeal bread toasted, e.g. Vitbe Hi Oatbran, Hovis Golden Oatbran
- 115 Rye bread toasted; pumpernickel
- 169 Toasted Brown, granary, wheatgerm or wholegrain ROLLS.
NOT wholemeal, wholewheat or stoneground wholemeal
- 170 Toasted Brown hamburger Roll or Bun; brown roll with sesame seeds
- 119 Vitbe bread toasted. NOT Vitbe Hi Bran

OTHER BREAD - FRIED IN BLENDED VEGETABLE OIL

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

OTHER BREAD - FRIED IN DRIPPING

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

OTHER BREAD - FRIED IN LARD

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

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

OTHER BREAD - FRIED IN POLYUNSATURATED OIL

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

OTHER BREAD INCLUDING SWEETENED AND FRUIT LOAVES - TOASTED

- 148 Crumpets, toasted; Pikelets
- 152 Muffins, toasted, NOT wholemeal
- 174 Muffins, toasted, wholemeal
- 148 Pikelets, toasted; crumpets
- 115 Pumpernickel, toasted; rye bread

Scotch pancakes: see 'Buns & Pastries'
Teacakes: see 'Buns & Pastries'

BUTTER, MARGARINE AND SPREADS

See also: FATS FOR SPREADING CARD FC5

BUTTER

- 851 Butter, salted; slightly salted; butter flavoured e.g. garlic butter.
- 852 Butter, unsalted.
- 9407 Spreadable butter e.g. Anchor So Soft, Anchor spreadable, Marks and Spencer easier spreading butter, Safeway Spreadable, Sainsbury's spreadable butter

BLOCK MARGARINE

- 860 Hard, block margarine e.g. Dawn, Echo, Stork (block), own brand, Krona Gold (block).

SOFT MARGARINE, NOT POLYUNSATURATED

- 864 Soft margarine, NOT polyunsaturated, NOT low fat
e.g. Blue Band, Co-op Silversoft margarine, own brand soft margarine, Pure Dairy Free margarine, Stork Rich Blend, Stork SB. NOT Anchor So Soft, NOT soft *spreads*.

SOFT MARGARINE, POLYUNSATURATED

- 865 Soft margarine, polyunsaturated, NOT low fat
e.g. Encore Sol margarine, own brand sunflower margarine, own brand soya margarine, Pure Sunflower margarine. NOT Flora, NOT soft *spreads*.

REDUCED FAT SPREAD (70-80% fat), NOT POLYUNSATURATED

- 866 Reduced fat spread (70-80% fat), NOT polyunsaturated
e.g. Asda You'd Butter Believe It, Clover, I Can't Believe It's Not Butter, M & S A Touch of Butter Spreadable, M & S Spreadable Churn, Safeway Meadow, Sainsbury's Butterlicious, Sainsbury's County spread, Tesco Golden Blend, Waitrose Premium Blend spread, Willow.
- 9408 Reduced fat spread (70-80% fat), monounsaturated
e.g. Not Butter But Better, Safeway's Don't Flutter with Butter, Sainsbury's Only Olive (NOT Olive Gold), Somerfield Buttery Gold, St Ivel Mono, St Ivel Utterly Butterly, Tesco Butter Me Up.
- 9409 Reduced fat spread (70-80% fat), NOT polyunsaturated, no hydrogenated fat
e.g. Whole Earth Super Spread ONLY.

REDUCED FAT SPREAD (70-80% fat), POLYUNSATURATED

- 8480 Reduced fat spread (70-80% fat), polyunsaturated, NOT low in trans fatty acids
e.g. Asda/ M & S/ Tesco: Sunflower spread, Sainsbury's/ Somerfield: Soya spread, St. Ivel Golden Churn.
- 9510 Reduced fat spread (70-80% fat), polyunsaturated, low in trans fatty acids
e.g. Co-op/ Iceland/ Pura/ Safeway (NOT Safeway Savers)/ Sainsbury's/ Somerfield/ Waitrose/ Vitalite: Sunflower spread, Flora and Flora Buttery, Sainsbury's Sunflower Extra Rich, Vitalite Buttery.

REDUCED FAT SPREAD (60% fat), NOT POLYUNSATURATED

- 7775 Reduced fat spread (60% fat), NOT polyunsaturated, NOT low in trans fatty acids, NOT olive oil based
e.g. Asda Farm Stores/ Krona/ Safeway: reduced fat spread, Co-op Every Day/ Co-op Red Seal/ Tesco Value: soft spread, Co-op You'd Never Believe it, Kraft Mello, Krona spreadable, Stork Light Blend, Summer County spread.
- 8230 Reduced fat spread (60% fat), made with olive oil, NOT low in trans fatty acids
e.g. Asda & Co-op Olive Gold (NOT Sainsbury's Olive Gold), M & S Reduced Fat Olive Spreadable, Safeway & Tesco Olive (NOT Somerfield Olive), Somerfield Believe It Or Not.
- 9985 Reduced fat spread (60% fat), made with olive oil, low in trans fatty acids
e.g. Co-op Reduced Fat Very Soft Spread, Olivio, Sainsbury's Olive Gold, Somerfield Olive.

REDUCED FAT SPREAD (60% fat), POLYUNSATURATED

- 8509 Reduced fat spread (60% fat), polyunsaturated, NOT low in trans fatty acids
e.g. Pure Organic, Safeway Organic spread, Safeway/ Sainsbury's/ Tesco economy-type Sunflower spread, Tesco & Waitrose Soya spread.

9990 Reduced fat spread (60% fat), polyunsaturated, low in trans fatty acids
e.g. Sainsbury's Sunflower Light.

9987 Reduced fat spread, (60% fat), with added fish oil/ omega 3 fatty acids

LOW FAT SPREAD, NOT POLYUNSATURATED

859 Low fat spread (40% fat), NOT polyunsaturated, NOT low in trans fatty acids
e.g. Anchor Half Fat/ Low Fat spread, Asda Butter Light, Asda Pure Gold, Asda You'd Butter Believe It Light, Clover Diet, Gold Light (NOT Gold Lowest Light), Kerrygold Light, own brand Half Fat Butter spread, own brand Golden Light spread.

9988 Low fat spread (40% fat), NOT polyunsaturated, low in trans fatty acids
e.g. Delight Low Fat, I Can't Believe It's Not Butter Light.

8511 Low fat spread (40% fat), made with olive oil, NOT low in trans fatty acids
e.g. Weight Watchers Olivite.

9989 Low fat spread, (40% fat), made with olive oil, low in trans fatty acids
e.g. Asda & Sainsbury's Olive Gold Light, Tesco Olive Light.

7776 Very low fat spread (20-25% fat), NOT polyunsaturated, NOT low in trans fatty acids
e.g. Anchor Pure Gold Light, Gold Lowest Light.

9986 Very low fat spread (20-25% fat), NOT polyunsaturated, low in trans fatty acids
e.g. Delight Diet, Outline.

LOW FAT SPREAD, POLYUNSATURATED

7774 Low fat spread (40% fat), polyunsaturated, NOT low in trans fatty acids
e.g. Asda/ Safeway/ Sainsbury's Be Good to Yourself/ Tesco Healthy Eating/ Waitrose: Sunflower Light spread, Co-op Sunflower Spread Extra Light, Gold Sunflower Low Fat spread, Pura Slimmer's Gold, Sainsbury's Sunflower Soft Lowest, Waitrose 40% Sunflower spread.

9511 Low Fat Spread (40% fat), polyunsaturated, low in trans fatty acids
e.g. Flora Light, Sainsbury's Sunflower Extra Light, Vitalite Light.

8510 Very low fat spread (20-25% fat), polyunsaturated, NOT low in trans fatty acids.

8487 Very, very low fat spread (5% fat) with Simplese e.g. Tesco 95% Fat-Free Healthy Eating Lowest.

CAKES, BUNS AND PASTRIES

BUNS AND PASTRIES

Record recipes for all homemade buns and pastries

R 8176 Aberdeen Butteries; croissant with sweet filling

R 301 Bakewell tart; frangipane tart; i.e. shortcrust pastry base with jam, sponge filling with ground almonds. Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard

R 8831 Bakewell tart; frangipane tart; i.e. shortcrust pastry base with jam, sponge filling with ground almonds. Pastry (NOT wholemeal), made with half polyunsaturated margarine and half lard

R 303 Chelsea buns; Bath buns; NOT wholemeal

R 407 Chelsea buns, wholemeal

- R 326 Chorley cakes; Eccles cakes
- 7676 Choux buns, filled with fresh cream. NOT iced
- 7677 Choux buns, filled with fresh cream. iced
- R 311 Coconut tart
- R 314 Cream horns; oysters; mille feuille; i.e. flaky pastry, cream filled - artificial cream
- R 313 Cream horns; oysters; mille feuille; i.e. flaky pastry, cream filled - fresh cream
- R 8176 Croissant, with sweet filling; Aberdeen Butteries
- Crumpets; English muffins; pikelets: see 'Bread and rolls'
- R 315 Currant buns, homemade. NOT wholemeal. NOT chelsea or bath buns
- 8123 Currant buns, purchased. NOT wholemeal. NOT chelsea or bath buns
- R 386 Custard slice; vanilla slice; i.e. flaky pastry, icing, custard filling
- 316 Custard tart, individual, purchased
- R 317 Custard tart, large, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 318 Danish pastry
- R 7678 Doughnuts, confectioners custard filling
- R 325 Doughnuts, fresh cream filling. NOT wholemeal
- R 324 Doughnuts, jam, artificial cream or fruit filling, homemade. NOT wholemeal
- 8139 Doughnuts, jam, artificial cream or fruit filling, purchased. NOT wholemeal
- R 323 Doughnuts, ring. NOT wholemeal, NOT iced
- R 7679 Doughnuts, ring, iced
- R 410 Doughnuts, wholemeal, ring or jam only
- R 326 Eccles cakes; Chorley cakes
- 327 Eclairs, chocolate icing, real cream filling, fresh or frozen, purchased
- R 7680 Eclairs, chocolate icing, real fresh cream filling. Homemade
- R 328 Eclairs, chocolate icing, artificial cream filling
- Flapjacks: see "Biscuits"
- Frangipane tart: see *Bakewell tart*
- R 4556 Greek pastries, e.g. baklava, tangos, tsamilka, shredded type
- R 7674 Hot cross buns; rich currant buns. NOT wholemeal
- R 7675 Hot cross buns; rich currant buns, wholemeal
- R 408 Iced buns, homemade

- 8125 Iced bun, purchased
- R 341 Jam tart; syrup tart; treacle tart; one crust, individual, homemade. Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 340 Jam tart; syrup tart; treacle tart; one crust, individual, purchased
- R 342 Jam tart; syrup tart; treacle tart; one crust, large, homemade, wholemeal pastry made with half margarine (NOT polyunsaturated) and half lard
- R 343 Jam tart; syrup tart; treacle tart; two crusts, large, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 572 Jam tart; syrup tart; treacle tart; one crust, large, purchased
- R 346 Lemon curd tart, one crust, with homemade lemon curd. Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 347 Lemon meringue pie, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 354 Mincemeat tart, one crust, large, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 355 Mincemeat tart, two crusts, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 3308 Mince pies, sweet, individual, puff pastry
- R 353 Mince pies, sweet, individual, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 3203 Mince pies, sweet, individual, shortcrust pastry, (NOT wholemeal), made with all margarine (NOT polyunsaturated)
- R 7681 Mince pies, sweet, individual, shortcrust pastry, wholemeal, made with half margarine (NOT polyunsaturated) and half lard
- R 366 Sata pastries, assorted (Indian pastries)
- R 367 Scones, cheese. NOT wholemeal
- R 368 Scones, fruit or treacle. NOT wholemeal
- R 369 Scones, plain, oven baked. NOT wholemeal
- R 9954 Scones, plain, made with lard. NOT wholemeal
- R 9586 Scones, plain, made with polyunsaturated margarine. NOT wholemeal
- R 371 Scones, potato
- 3189 Scones, wholemeal, fruit, purchased
- R 372 Scones, wholemeal, plain
- R 373 Scotch pancakes; drop scones; plain
- 406 Shortcrust pastry, cooked, purchased, e.g. pastry flan case

Syrup tart - see *Jam tart*

- R 384 Teacakes. NOT wholemeal; NOT chocolate marshmallow teacake
- R 385 Teacakes, toasted. NOT wholemeal; NOT chocolate marshmallow teacake
- R 407 Teacakes, wholemeal. NOT chocolate Marshmallow teacake
- R 423 Teacakes, wholemeal, toasted. NOT chocolate Marshmallow teacake

Treacle tart: see *Jam tart*

- R 386 Vanilla slice; custard slice, i.e. flaky pastry, icing, custard filling
- R 389 Welsh cheesecake, i.e. shortcrust pastry base with jam, sponge filling (NOT containing ground almonds). Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- R 407 Wholemeal fruit buns; wholemeal Chelsea buns; wholemeal tea cakes

CAKES

Record recipes for all homemade cakes.

- R 8176 Aberdeen butteries; croissant with sweet filling
- R 101 All Bran loaf (made with All Bran and dried fruit)

American Muffin: see *Fairy cakes*

- R 302 Banana cake, homemade
- R 304 Battenburg, i.e. sponge with marzipan coating and jam

Black Forest Gateau: see *Chocolate gateau*

- R 8650 Carrot cake made with wholemeal flour, homemade, NOT iced
- 7685 Carrot cake made with wholemeal flour, purchased. NOT iced
- 3899 Carrot cake made with wholemeal flour with cream cheese icing, purchased
- 7686 Cherry cake, purchased
- 306 Chinese cakes and pastries, purchased
- 307 Chinese glutinous rice flour cakes, purchased
- 5603 Chocolate cake, double, Sara Lee ONLY
- 5201 Chocolate cake bars, individual, coated with chocolate and filled e.g. Jaffa cake bars, Cadburys chocolate cake bars
- 383 Chocolate covered swiss roll; mini roll; purchased
- R 309 Chocolate cupcakes; chocolate fairy cakes; iced, homemade
- 7687 Chocolate cupcakes, chocolate fairy cakes; iced, purchased

- R 8551 Chocolate gateau; Black Forest gateau; with cream, homemade
- 7694 Chocolate gateau; Black Forest gateau; Black Forest dessert; with cream, purchased
- 8555 Chocolate sponge cake; chocolate fairy cakes; chocolate American muffin; NO filling, NO icing, purchased
- 8562 Chocolate sponge cake; chocolate swiss roll; buttercream filling, purchased
- R 8554 Chocolate sponge cake; chocolate swiss roll; made without fat, buttercream filling, homemade
- R 8553 Chocolate sponge cake; chocolate swiss roll; made without fat, fresh cream filling, homemade
- R 3082 Chocolate sponge cake, made with margarine (NOT polyunsaturated). NO filling, NO icing, homemade
- R 308 Chocolate sponge cake, made with margarine (NOT polyunsaturated), with buttercream filling, homemade
- R 9588 Chocolate sponge cake, made with polyunsaturated margarine. NO filling, No icing.
- 7688 Coconut cake, purchased
- R 409 Coconut macaroons; coconut pyramids
- Coffee cake: see *madeira cake*
- 166 Croissant, plain, not filled
- R 8366 Croissant, with savoury filling
- R 8176 Croissant, with sweet filling
- 108 Currant bread, (NOT malted)
- 109 Currant bread, (NOT malted), toasted
- R 320 Date and walnut loaf, made with margarine (NOT polyunsaturated), dates and walnuts
- R 322 Dough cake; yeast fruit cake; doughbuns; Bara Brith
- Doughnuts: see 'Buns and Pastries'
- R 349 Fairy cakes; American Muffins; homemade. NOT chocolate. NOT iced
- 8367 Fairy cakes; American Muffins; purchased. NOT chocolate. NOT iced
- R 3082 Fairy cakes; American Muffins; chocolate, homemade. NOT iced
- 8555 Fairy cakes; American Muffins; chocolate, purchased. NOT iced
- 6597 Fairy cakes; American Muffins; triple chocolate, McVities American Dream ONLY
- R 309 Fairy cakes; chocolate; chocolate cupcakes; iced, homemade
- 329 Fairy cakes; fancy iced cakes; purchased, e.g. fondant fancies. NOT chocolate
- 7687 Fairy cakes; fancy iced cakes, chocolate; chocolate cupcakes; iced, purchased
- R 7689 Fairy cakes, iced, homemade, includes cupcakes. NOT chocolate
- Flapjacks: see 'Biscuits'
- R 334 Fruit cake, plain; light fruit cake; homemade. NOT wholemeal
- 8105 Fruit cake, plain; light fruit cake; purchased. NOT wholemeal

- R 8567 Fruit cake, plain, made with wholemeal flour, homemade
- 7690 Fruit cake, plain, made with wholemeal flour, purchased
- R 331 Fruit cake, rich, homemade, e.g. Dundee, cherry, Christmas cake mixture. NOT iced
- 332 Fruit cake, rich, purchased, e.g. Dundee, cherry, Christmas cake mixture. NOT iced
- R 333 Fruit cake, rich, iced, with marzipan and royal icing, homemade, e.g. Christmas cake
- 8568 Fruit cake, rich, iced, with marzipan and royal icing, purchased, e.g. Christmas cake
- R 335 Fruit squares, made with margarine (NOT polyunsaturated), flour, sugar, dried fruit
- R 9306 Fruit cake with polyunsaturated margarine; homemade. NOT wholemeal
- R 9633 Fruit cake, wholemeal, made with polyunsaturated margarine
- R 336 Gateau, with cream, homemade. NOT Black Forest or chocolate gateau
- 8550 Gateau, with cream, purchased. NOT Black Forest or chocolate gateau. e.g. strawberry gateaux.
- R 337 Gingerbread; parkin
- 7691 Ginger cake, purchased
- R 338 Gulab jamen, homemade, i.e. Indian syrup cake
- 339 Gulab jamen, purchased, i.e. Indian syrup cake
- 5201 Individual chocolate cake bars coated with chocolate and filled e.g. Jaffa cake bars, Cadburys chocolate cake bars
- R 344 Jellabi, i.e. fried Asian pastry, soaked in syrup
- R 345 Lardy cake, made with yeast base, sugar and fat
- R 409 Macaroons, coconut; coconut pyramids
- R 349 Madeira cake; luncheon cake; seed cake; fairy cakes; coffee cake, homemade. NO filling. NOT iced
- 8367 Madeira cake; luncheon cake; seed cake; fairy cakes; coffee cake; purchased. NO filling, NO icing
- R 149 Malt loaf (with or without currants), NOT wholemeal
- R 167 Malt loaf, wholemeal
- R 150 Malt loaf, toasted. (with or without currants). NOT wholemeal
- R 168 Malt loaf, toasted, wholemeal
- R 322 Muesli bread
- R 337 Parkin; gingerbread
- R 365 Raisin rhapsody, made with shortcrust pastry, margarine (NOT polyunsaturated), raisins
- R 370 Rock cakes, made with margarine (NOT polyunsaturated), flour, sugar, currants
- 5603 Sara Lee, double chocolate cake ONLY
- R 8563 Sponge cake, NOT chocolate, made without fat, homemade. NO filling

- R 376 Sponge cake, NOT chocolate, made without fat, jam filled, homemade
- R 377 Sponge cake, NOT chocolate, made without fat, with buttercream filling, homemade
- R 8552 Sponge cake, NOT chocolate, made without fat, with fresh cream filling, homemade
- R 8507 Sponge cake, NOT chocolate, made without fat, with jam and cream filling, homemade
- 379 Sponge cake, NOT chocolate, made without fat, purchased, frozen, fresh cream filling
- R 2644 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), homemade. NO filling, NO icing
- R 374 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling. homemade. NO icing
- 380 Sponge cake, NOT chocolate, purchased, jam filled. NO icing
- 5448 Sponge cake, NOT chocolate, purchased, jam filled with icing
- R 413 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling, water icing, homemade, e.g. Victoria sandwich
- R 378 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), with buttercream filling or icing, homemade
- R 5179 Sponge cake, NOT chocolate, made with polyunsaturated margarine, with buttercream filling, homemade
- R 8647 Sponge cake, NOT chocolate, made with polyunsaturated margarine, jam filling, water icing, homemade
- R 9556 Sponge cake, NOT chocolate, made with polyunsaturated margarine, water icing, NO filling
- R 9587 Sponge cake, WHOLEMEAL, NOT chocolate, made with polyunsaturated margarine, buttercream filling made with polyunsaturated margarine, NO icing
- R 9659 Sponge cake, WHOLEMEAL, NOT chocolate, made with polyunsaturated margarine. NO filling; NO icing
- 8508 Sponge cake, NOT chocolate, jam and buttercream filling, purchased
- 381 Sponge cake, packet mix, as served
- 375 Sponge fingers, made without fat, purchased. NOT chocolate
- R 382 Sultana loaf, made with flour, fat, sultanas and sugar
- R 377 Swiss roll, buttercream filling, homemade. NOT chocolate swiss roll
- 8564 Swiss roll, buttercream filling, purchased. NOT chocolate swiss roll
- R 8554 Swiss roll, chocolate, buttercream filling, homemade
- 8562 Swiss roll, chocolate, buttercream filling, purchased
- R 8553 Swiss roll, chocolate, fresh cream filling, homemade
- 383 Swiss roll, chocolate covered; mini roll; purchased
- R 8552 Swiss roll, fresh cream filling, homemade. NOT chocolate swiss roll
- R 376 Swiss roll, jam filling, homemade. NOT chocolate swiss roll

- 380 Swiss roll, jam filling, purchased. NOT chocolate swiss roll
- R 8507 Swiss roll, jam and fresh cream filling, homemade. NOT chocolate swiss roll
- 8508 Swiss roll, jam and fresh cream filling, purchased. NOT chocolate swiss roll
- 9374 Tortes, not chocolate based, purchased, frozen or chilled, (i.e. biscuit base with mousse and cream topping) e.g. Sara Lee Lemon Torte. NOT fruit flan with pastry base
- 375 Trifle sponges, made without fat, purchased. NOT chocolate
- R 413 Victoria sandwich, sponge cake made with margarine (NOT polyunsaturated), jam filling, water icing
- R 388 Walnut loaf, made with flour, margarine (NOT polyunsaturated), walnuts and sugar
- R 7692 Welsh cake, made with flour, margarine (NOT polyunsaturated), dried fruit and eggs
- 9141 Apple strudel, purchased
- 9026 Apple turnover (flaky pastry). Purchased
- R 7700 Flan, fruit (NOT strawberry), shortcrust pastry
- 586 Fruit pie, any fruit, individual, purchased from McDonalds, Kentucky Fried Chicken or Wimpy
- 535 Fruit pie, blackcurrant, wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 540 Fruit pie, blackcurrant, wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 531 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with all margarine (NOT polyunsaturated)
- 532 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with all lard
- 533 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 534 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 536 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with all margarine (NOT polyunsaturated)
- 537 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with all lard
- 538 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 539 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 520 Fruit pie, individual, purchased, two crusts, apple, blackcurrant, apricot or blackberry filling, e.g. Mr Kiplings fruit pies
- 525 Fruit pie, other fruit, wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 530 Fruit pie, other fruit, wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 521 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with all margarine (NOT polyunsaturated)

- 522 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with all lard
- 523 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 524 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 526 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with all margarine (NOT polyunsaturated)
- 527 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with all lard
- 528 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 529 Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 2620 Fruit pie filling, canned, blackcurrant only
- 2027 Fruit pie filling, canned e.g. blackberry and apple, gooseberry, apple, cherry. NOT blackcurrant
- 8992 Fruit pie filling, reduced sugar
- 7701 Fruit sundaes, any fruit, purchased, one crust, fruit filling with artificial cream topping e.g. Mr Kipling's
- 5907 Fruit trifle tarts, any fruit, individual, purchased e.g. Mr. Kipling's
- R 7684 Strawberry tartlets, shortcrust pastry with strawberries and glaze

CEREALS AND CEREAL PRODUCTS (INCLUDING PASTA, RICE AND PIZZA)

BREAKFAST CEREALS

- 5508 All bran plus, Kellogg's only
- 5334 "All bran" type cereal, Nestlé Fibre 1 only
- 8481 "All bran" type cereal, Sainsbury's Hi Fibre Bran only
- 8482 "All bran" type cereal, e.g. Tesco bran breakfast cereal. NOT Kellogg's, NOT Sainsbury's, NOT Weetabix Crunchy Bran
- 8183 "All bran" type cereal, Weetabix Crunchy Bran only
- 6159 Apricot Crunchies, Tesco only
- 8910 Boulders breakfast cereal, Tesco only
- 7628 Bran buds, Kellogg's only
- 6043 Bran Crisp, Jordan's only
- 203 Branflakes with sultanas, Kellogg's only. NOT wheatflakes
- 7624 Branflakes with sultanas, own brand. NOT Kellogg's, NOT wheatflakes
- 202 Branflakes without sultanas, Kellogg's only, e.g. Kellogg's Healthwise Branflakes. NOT wheatflakes

7623 Branflakes without sultanas, own brand. NOT Kellogg's. NOT wheatflakes, e.g. Force

9275 Cheerios, Honey Nut

7637 Cheerios, Multi

9823 Chex, Crunchy Nut

5168 Chex, Frosted

5208 Chocco Crunchies, Tesco

5357 Choco Flakes, Kellogg's only

5202 Chocolate Chip Crisp, Sainsbury's only

9032 Cinnamon Grahams, Nestlé

8712 Clusters, Nestlé only

204 Coco Pops, Kellogg's only

8483 Coco Pops, own brand. e.g. Cocoa Rice, Coco Snaps, Cocoa Puffs, Cocoa Crunchies, Coco Bears.
NOT Kellogg's

8383 Coco Shreddies, Nestlé

7647 Common Sense, no additions, Kellogg's

7648 Common Sense with raisins and apple, Kellogg's

4289 Cornflakes, High fibre only, e.g. Ryvita

205 Cornflakes, Kellogg's only

206 Cornflakes, own brand. NOT Kellogg's

9188 Corn Pops. Kellogg's ONLY.

212 Country Store, Kellogg's

213 Crunchy cluster type cereal without nuts, e.g. Quaker Harvest Luxury Raisin Crunch, Jordan Country Crisp, Jordans Original Crunchy

5328 Crunchy/crispy muesli type cereal with nuts, e.g. Jordans Maple and Pecan Original Crunch, Quaker Harvest Nut Crunch, Mornflake Hawaii Crunch

9823 Crunchy Nut Chex - crunchy cages of toasted corn with nuts and honey

232 Crunchy Nut Cornflakes; Honey Nut Cornflakes; e.g. Kellogg's, own brand

221 Cubs; Shredded Wheat; Shredded Wheat Bitesize

5207 Feast of Flakes, Quaker

5334 Fibre 1, Nestlé

7623 Force

5168 Frosted Chex

7626 Frosted Cornflakes, own brand, e.g. Sainsbury's Frosted Flakes. NOT Kellogg's

- 8182 Frosted Shreddies
- 5204 Frosted Wheats, Kellogg's
- 227 Frosties, Kellogg's only
- 6132 Fruitibix, Weetabix
- 229 Fruit and Fibre, Kellogg's Optima ONLY
- 5327 Fruit and Fibre, own brand, NOT Kellogg's
- 8190 Fruit filled mini shredded wheat, own brand, e.g. Sainsbury's Apricot wheats, Raisin wheats, Strawberry wheats, Cherry wheats. NOT Kellogg's Raisin wheats
- 8185 Golden Grahams, corn and wheat squares with brown sugar and honey, e.g. Nestlé
- 8186 Golden Crisp, oat and rice flakes with raisins and almonds, e.g. Kellogg's
- 210 Grapenuts
- 8481 Hi Fibre Bran, Sainsbury's only
- 8675 Honey Bears, bear shaped toasted rice with honey and brown sugar, e.g. Co-op
- 9275 Honey Nut Cheerios, Nestlé
- 232 Honey Nut Cornflakes; Crunchy Nut Cornflakes; e.g. Kellogg's, own brand
- 8486 Honey Loops, Kellogg's only
- 6208 Honey Nut Hoops, Sainsbury's
- 6824 Honey Nut Shredded Wheat, Nestlé
- 8189 Instant, oat cereal, containing fruit and nuts, e.g. Quaker Hot Oat Crunch
- Other instant oat cereals: see *Ready Brek*
- 6043 Jordan's Bran Crisp
- 6822 Just Right, Kellogg's
- 5140 Kellogg's Krumbly
- 8492 Lucky Charms, Nestlé
- 6302 Malty Flakes, own brand.
- 212 Muesli, with added sugar, e.g. Alpen or Kellogg's Country Store. NOT "crunchy" muesli, Jordan's Crispy Muesli
- R 214 Muesli, no added sugar, home made or shop bought, e.g. Waitrose No Added Sugar Muesli, Alpen No Added Sugar
- 7629 Muesli, with extra fruit and nuts, e.g. Alpen with tropical fruit, Sainsbury's Fruit and Spice
- 228 Multi-grain Start, Kellogg's
- 5199 Nesquik Chocolate cereal
- 5334 Nestlé Fibre

- 8958 Nut Feast, Kellogg's only
- 5770 Nutri-Grain bars, Kellogg's
- 7647 Oat bran flakes, no additions, Kellogg's Common Sense only
- 7648 Oat bran flakes with raisins and apple, Kellogg's Common Sense only
- 9276 Oat bran flakes with raisins and apple, Co-op ONLY
- 6544 Oat bran flakes with raisins and apple, Safeway ONLY
- 9818 Oat and bran flakes with raisins and apple, Sainsbury's only
- 4084 Oat and bran flakes, no additions, own brand, e.g. Sainsbury's

Oat cereals, instant: see *Ready Brek*

- 231 Oat Krunchies, Quaker
- 229 Optima Fruit and Fibre, Kellogg's only
- 9796 Perfect Balance, Heinz Weight Watchers
- 8853 Pop Tarts, Kellogg's, any flavour
- 215 Porridge, (NOT instant) made with all water
- 216 Porridge, (NOT instant) made with all whole milk

BREAKFAST CEREALS

- 217 Porridge, (NOT instant) made with whole milk and water
- 3797 Porridge, (NOT instant) made with all semi-skimmed milk
- 5344 Porridge, (NOT instant) made with semi-skimmed milk and water
- 3925 Porridge, (NOT instant) made with all skimmed milk
- 9549 Porridge, (NOT instant) made with skimmed milk and water
- 7644 Porridge with bran, (NOT instant) made with all whole milk
- 7645 Porridge with bran, (NOT instant) made with all semi-skimmed milk
- 7646 Porridge with bran, (NOT instant) made with all skimmed milk
- 218 Puffed Wheat
- 5207 Quaker Feast of Flakes
- 5747 Quaker Quick and Hearty Honey Bran (made up with water)
- 7051 Raisin Wheats, Kellogg's only
- 2675 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, NOT containing fruit and nuts.
DRY WEIGHT
- 9348 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, made up with water only, no milk
- 219 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, NOT containing fruit and nuts, made with all whole milk

- 7640 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, NOT containing fruit and nuts, made with all semi-skimmed milk
- 3421 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, NOT containing fruit and nuts, made with all skimmed milk
- 8005 Ready Brek; Warm Start; other instant oat cereals; flavoured, e.g. chocolate, NOT containing fruit or nuts, DRY WEIGHT
- 5329 Ready Brek; Instant oat cereal with fruit and nuts, DRY WEIGHT
- 7641 Ready Brek; Warm Start; other instant oat cereals; flavoured, e.g. chocolate, NOT containing fruit or nuts, made with all whole milk
- 5330 Ready Brek; Instant oat cereal with fruit and nuts, made with all whole milk
- 7642 Ready Brek; Warm Start; other instant oat cereals; flavoured, e.g. chocolate, NOT containing fruit or nuts, made with all semi-skimmed milk
- 5331 Ready Brek; Instant oat cereal with fruit and nuts, made with all semi-skimmed milk
- 7643 Ready Brek; Warm Start; other instant oat cereals; flavoured, e.g. chocolate, NOT containing fruit or nuts, made with all skimmed milk
- 5332 Ready Brek; Instant oat cereal with fruit and nuts, made with all skimmed milk
- 220 Rice Krispies, Kellogg's only.
- 7630 Rice Krispies, own brand, e.g. Sainsbury's Rice Pops, Rice Crunchies, Crisp Rice, NOT Kellogg's
- 4331 Ricicles, Kellogg's.
- 221 Shredded Wheat; Cubs; Shredded Wheat Bitesize
- 8190 Shredded Wheat Fruitful, Mini Fruit. NOT own brands
- 6824 Shredded Wheat, Honey Nut
- 222 Shreddies, any brand. NOT frosted, NOT Coco
- 8383 Shreddies, Coco only
- 8182 Shreddies, frosted only
- 223 Special K, Kellogg's
- 6452 Strawberry Crisp Cereal, Sainsbury's
- 6209 Strawberry Crisp Clusters, Tesco
- 5363 Strike, Kellogg's
- 224 Sugar Puffs
- 203 Sultana Bran, Kellogg's only
- 5333 Sustain, Kellogg's
- Warm Start: see *Ready Brek*
- 6823 Weetabix Advantage

- 6132 Weetabix Fruitibix
- 225 Weetabix; other whole wheat bisks
- 6823 Wheatflakes without sultanas; wholewheat flakes, e.g. Weetabix Advantage
- 226 Wheatflakes with sultanas; wholewheat flakes with sultanas
- 7632 Weetos, chocolate covered rings
- 6 Wheatgerm, e.g. Jordan's Natural Wheatgerm

CEREALS - BARLEY, BRAN, DUMPLINGS ETC.

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

PASTA

- 34 All white pasta, boiled, including spaghetti; tagliatelle; fettucine; vermicelli;

NOT macaroni or egg-based pasta. NOT egg noodles. NOT fresh pasta.

- 1324 Cannelloni, purchased, with meat filling; any type, includes fresh and frozen. NOT Vegetarian cannelloni
Lasagne: prepared dish with meat, white sauce: see "Beef dishes"
- 7601 Lasagne, white or wholemeal sheet of pasta; cannelloni; boiled in water
- 38 Macaroni, canned in cheese sauce. NO meat additions
- R 819 Macaroni cheese. NOT canned
- 27 Macaroni, NOT wholemeal, boiled in water
- 36 Macaroni, wholemeal, boiled in water
- 32 Noodles, egg, boiled
- 30 Noodles, plain, boiled
- 9371 Pasta, FRESH, plain, boiled, any type. NOT dried pasta; NOT stuffed pasta
- 8093 Pasta, FRESH, stuffed with cheese and vegetables, purchased
e.g. ricotta and spinach tortelloni, agnolotti with mushrooms. NOT meat or fish filling.
- 8611 Pasta shapes in tomato sauce fortified with vitamins and minerals
e.g. HP Postman Pat, Power Rangers, Heinz Spaghetti Hoops
- 9273 Pasta with sausages canned in tomato sauce
- 70 Pot noodles, as served. e.g. Golden Wonder
- 39 Ravioli, canned, i.e. pasta, meat filling and tomato sauce
- 8361 Ravioli, pasta with meat filling etc; fresh or frozen. NOT canned
- 9102 Ravioli, pasta with tuna in spicy tomato sauce; canned; e.g. Tesco
- 9172 Ravioli, pasta with vegetable filling in tomato sauce; canned
- 40 Spaghetti, white, canned in bolognese sauce
- 41 Spaghetti, white; pasta, white; all shapes, canned in tomato sauce or canned in tomato and cheese sauce.
NOT reduced sugar; NOT ravioli; NOT macaroni; NOT fortified
- 7602 Spaghetti, white; pasta, white; all shapes, canned in tomato sauce,
reduced sugar; NOT ravioli; NOT macaroni
- 3174 Spaghetti, wholemeal (brown); other wholemeal pasta; all shapes,
canned in tomato sauce. NOT reduced sugar
- 36 Spaghetti, wholemeal (brown); wholemeal pasta;
wholemeal macaroni, boiled in water; NOT FRESH
- 3760 Spaghetti, wholemeal (brown); other wholemeal pasta; canned in
tomato sauce, reduced sugar e.g. Weight Watchers
- 8666 Tagliatelle with ham and mushrooms, ready meal, chilled or frozen

PIZZA

PIZZA WITH THIN AND CRISPY BASE

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

PIZZA WITH FRENCH BREAD BASE

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

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

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

RICE

- R 1334 Fried rice, special, with chicken, duck, prawn, vegetables, egg and rice
 - 70 Pot noodles; pot rice; savoury rice e.g. Batchelors'; weight as served
 - 42 Rice, basmati ('Indian'), boiled
 - 44 Rice, basmati ('Indian'), fried in blended vegetable oil - no vegetables

- 45 Rice, basmati ('Indian'), fried in dripping - no vegetables
- 46 Rice, basmati ('Indian'), fried in lard - no vegetables
- 47 Rice, basmati ('Indian'), fried in polyunsaturated oil - no vegetables
- 9130 Rice, basmati, fried in olive oil - no vegetables
- 49 Rice, brown; easy cook brown; boiled in water
- 50 Rice, brown; easy cook brown; fried in blended vegetable oil - no vegetables
- 51 Rice, brown; easy cook brown; fried in dripping - no vegetables
- 52 Rice, brown; easy cook brown; fried in lard - no vegetables
- 8909 Rice, brown; easy cook brown; fried in olive oil - no vegetables
- 53 Rice, brown; easy cook brown; fried in polyunsaturated oil - no vegetables
- R 76 Rice, egg fried
- 70 Rice, savoury, e.g. Batchelors'; pot rice; pot noodles; weight as served
- R 1334 Rice, special fried
- 55 Rice, white easy cook, boiled in water
- 58 Rice, white, long or short grain, boiled in water. NOT easy cook
- 59 Rice, white, long or short grain, or easy cook, fried in blended vegetable oil - no vegetables
- 61 Rice, white, long or short grain or easy cook, fried in dripping - no vegetables
- 62 Rice, white, long or short grain or easy cook, fried in lard - no vegetables
- 60 Rice, white, long or short grain or easy cook, fried in polyunsaturated oil - no vegetables
- Rice, with egg and milk; baked rice custard: see 'Puddings and fruit pies'
- 5178 Sainsbury's Biryani rice bites
- 70 Savoury rice, weight as served, e.g. Batchelors'

CONFECTIONERY AND SAVOURY SNACKS, INCLUDING CRISPS

CONFECTIONERY - CHOCOLATE

- 2254 Aero milk chocolate; any Aero chocolate
- 2257 After Eight mints
- 2257 All Gold chocolate assortment
- 2254 Animal bar, solid milk chocolate bar
- 7971 Applause
- 7954 Balisto
- 2257 Belgian-type chocolates

7973 Bitz bar, milk chocolate bar with orange, cherry bits

7972 Bitz bar, plain and milk chocolate bar with mint bits

2257 Black Magic chocolate assortment

2252 Bliss, chocolate-covered coconut bar

2252 Boost bar

2252 Bounty bar, plain or milk chocolate

2255 Bournville chocolate, NO additions

8302 Bournville chocolate with fruit and nuts

7956 Brazil nut chocolates; chocolate with brazils; Guylian nut assortment

2254 Buttons, milk chocolate. NOT white chocolate buttons

2254 Cadbury's dairy milk chocolate, NO additions

2256 Caramel chocolate, e.g. Cadbury's caramel, Galaxy Swirls

2254 Caramac bar

2256 Caramels, chocolate covered caramels, NO additions

9616 Caramel Heaven

7037 Carob, chocolate substitute

2256 Chewing nuts, chocolate covered toffee centres

2257 Chocolate assortments; Milk Tray; Roses; Weekend Assortment; Cadbury's Wicked

7956 Chocolate brazils; chocolate covered nuts; peanut Treets

2254 Chocolate buttons, milk chocolate. NOT white chocolate buttons

2257 Chocolate cream; Fry's chocolate cream

2257 Chocolate covered ginger

8372 Chocolate covered nuts and raisins e.g. fruit and nut Revels

2256 Chocolate eclairs

2257 Chocolate egg, Cadbury's velvet

2254 Chocolate, milk

2255 Chocolate, plain

9616 Chocolate, reduced fat. e.g. Halo, Lo Go, Flyte, Caramel Heaven, Nutsin

2254 Chocolate orange, milk chocolate, Terry's

2255 Chocolate orange, plain chocolate, Terry's

7956 Chocolate covered nuts; peanut Treets; peanut M&M's

7958 Chocolate covered raisins, e.g. Poppets

2256 Chomp, Cadbury's

2252 Coconut ice; Bounty; Bliss

7962 Creme eggs, e.g. Cadbury's

7954 Crispy caramel; Toffee crisp; Lion bar; Balisto; Picnic

7963 Crunchie bar - chocolate coated honeycomb

2256 Curly-Wurly bar

7974 Dairy Crunch milk chocolate bar. NOT white dairy crunch

7975 Dairy Crunch white chocolate. NOT milk chocolate Dairy Crunch

2254 Dairy milk chocolate bar. NO additions

9378 Diabetic chocolate, any type

2256 Dime Bars

7978 Double Decker bar

2276 Drifter bar

2254 Flake; Ripple; Spira; Twirl

9616 Flyte, reduced fat chocolate bar

7955 Fruit and nut milk chocolate bar

8302 Fruit and nut plain chocolate bar, e.g. Bournville

2257 Fry's chocolate cream, any flavour

2273 Fry's Turkish Delight

2256 Fudge, Cadburys, chocolate coated fudge finger

7954 Fuse bar

2256 Galaxy caramel egg

2254 Galaxy milk chocolate bar, NO additions

2256 Galaxy Swirls

2257 Ginger, chocolate covered

2256 Golden Cup bar

7956 Guylian chocolate-nut assortment

9616 Halo, reduced calorie and fat chocolate bar

7956 Hazel whirls; hazelnuts in chocolate

2277 Kit Kat; Kit Kat Chunky

2254 Leo Milka

2254 Lila Pause corn crisp bar

7954 Lila Pause praline crisp, fruit and nut chocolate bars

7954 Lion bar

2257 Liqueur chocolates

2254 Logger milk chocolate bar

7955 Logger fruit and nut chocolate bar

9616 Lo Go, reduced fat chocolate bar

2275 Maltesers

7961 M&M's, chocolate centre. NOT peanut M&M's

7956 M&M's peanut, Peanut Treets, other chocolate covered nuts, Nut Poppets

2258 Marble, Cadbury's

2265 Mars bar. NOT Mars Bar Ice-cream

7972 Matchmakers; chocolate mint crisp; chocolate orange crisp

7954 Maverick

7960 Mice, white chocolate

2254 Milk chocolate, NO additions

2254 Milk chocolate buttons

7956 Milk chocolate peanuts, peanut Treets

7958 Milk chocolate coated raisins

2257 Milk Tray chocolate assortment

7960 Milky Bar buttons

7960 Milky Bar; white chocolate; white chocolate buttons, e.g. Milky bar buttons, including white mice

8521 Milky Bar with raisins. NOT chocolate coated raisins

7959 Milky Way

7954 Milky Way Crispy Rolls

2254 Milky Way Magic Stars

7961 Minstrels

2276 Munchies

2254 Neapolitans; Terry's "Naps"

7964 Nuts about caramel

9616 Nutsin

2254 Orange milk chocolate; Terry's milk chocolate orange

2255 Orange plain chocolate; Terry's plain chocolate orange

7956 Peanut Treet's; chocolate covered peanuts

2257 Peppermint creams, chocolate covered

7954 Picnic bar

2255 Plain chocolate, NO additions. NOT milk chocolate

8302 Plain chocolate with fruit and nuts, e.g. Bournville

7958 Poppets, chocolate raisins. NOT nut poppets

2257 Pyramint, chocolate covered pyramid with mint fondant cream

2256 Quality Street chocolate assortment

9110 Reduced sugar chocolate e.g. Boots

2257 Revels. NOT fruit and nut revels

2254 Ripple; Flake; Spira; Twirl

2256 Rolos

2257 Roses, chocolate assortment

2252 Ruffle bar

2257 Rum truffle

7961 Smarties; Beansies; candy coated chocolate drops; M&M's chocolate

7964 Snickers

2254 Spira; Flake; Twirl; Ripple

8308 Strollers, e.g. chocolate covered biscuit, fruit and caramel drops

2254 Taster's, Cadbury's

2256 Tazzo, Cadbury's

2254 Terry's chocolate orange, milk chocolate

2255 Terry's chocolate orange, plain chocolate

2254 Terry's Neapolitans - "Naps"

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

2277 Time Out bar

2258 Toblerone

7954 Toffee Crisp bar

7964 Topic bar

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

- 2254 Twirl; Flake; Ripple; Swirl
- 2276 Twix bar, includes orange Twix; MORO
- 2273 Turkish Delight, any, includes chocolate covered Turkish Delight; Fry's Turkish Delight
- 7961 Vice Versas
- 2277 Waifa bar; Terry's Waifa, plain or milk chocolate
- 7959 Walnut whip
- 2257 Weekend assortment
- 7960 White chocolate bar; white chocolate buttons; Milky Bar
- 8521 White chocolate bar with raisins. NOT chocolate coated raisins
- 9274 White chocolate coated raisins
- 7955 Wholenut chocolate bar, milk chocolate bar with nuts
- 2278 Wispa bar
- 2256 Wispa gold
- 2257 Wispa mint
- 2254 Yorkie milk chocolate bar
- 7955 Yorkie peanut chocolate bar; Yorkie raisin and biscuit chocolate bar

CONFECTIONERY - SUGAR

- 2224 Almond paste; marzipan
- 7953 American hard gums
- 2280 Asian sweets, includes Halwa, Burfi, Rosgollas
- 8546 Banana foam shaped sweets, including chocolate coated foam bananas
- 2251 Barley sugar
- 2274 Blackjacks
- 2251 Boiled sweets, hard centre, e.g. glacier fruits, pineapple chunks. NOT mint flavoured
- 7979 Boiled sweets, soft centre, e.g. Murray fruits. NOT mint flavoured
- 6181 Boiled sweets, sugar-free, including throat lozenges
- 2280 Burfi, Asian sweets
- 2251 Butterscotch
- 2271 Candy cigarettes; dolly mixtures
- 7965 Candytots
- 2274 Chewitts; Ventura chew bars

- 2253 Chewing gum, not sugar free e.g. Wrigley's spearmint/double mint, Juicy Fruit, Hubba bubba, P.K., Hollywood spearmint
- 7970 Chewing gum, sugar free e.g. Orbit, Airwaves, Clorets, Dentyne, Stimorol, Wrigley's Ice White, Wrigley's Extra
- 2274 Chews, fruit salad; Fruitellas; Mojos
- 8303 Chewy mints, mild. NOT hard mints with soft centres, NOT Everton mints
- 8304 Clear mints; glacier mints; buttermints; mint humbugs: mild mints
- 2264 Coconut covered mushrooms, mallow sweets, e.g. toasted teacakes, flumps
- 7968 Cool "sugar free mints"; Velamints; Meltis
- 7980 Creamy fudge, NO additions. NOT Finger of Fudge
- 2279 Dextrosol (glucose) tablets
- 2271 Dolly Mixtures
- 2251 Edinburgh rock
- 8305 Everton mints; Murray Mints
- 7982 Extra Strong mints
- 8306 Fisherman's Friend Throat Lozenges
- 2270 Fizzers; Refreshers
- 2264 Flumps, mallow shapes
- 8546 Foam sweets, e.g. bananas, shrimps
- 2259 Fruit gums
- 2259 Fruit jelly/gum shapes, e.g. wormy wiggles, fizzy cola bottles, fruit gums, Starburst juice gums
- 2267 Fruit pastilles; sugar coated fruit jellies; sugar coated fruit jelly shapes; jelly tots
- 7977 Fruit polos
- 2274 Fruit salad chews; Fruitellas
- 7980 Fudge, NO additions. NOT Cadburys chocolate coated fudge finger
- 8304 Glacier mints; clear mints; mint humbugs; buttermints
- 2251 Gobstoppers
- 2251 Hacks, throat lozenges. NOT Fisherman's Friends
- 2260 Halva
- 2280 Halwa, Asian sweets
- 8304 Humbugs mint; glacier mints; clear mints; buttermints
- Ice Cream see "Puddings and Ice cream"
- 2262 Ice lollies/pops, water or juice based. NOT fortified with vitamin C. NOT containing ice cream or

other fillings, NOT ice lollies with chocolate or other coatings

- 7762 Ice lollies, fortified with vitamin C, NOT containing ice-cream, fruit or flavoured, purchased e.g. Walls "Sparkle", Lyons Maid "Mr Men. NOT Mr Men Dairy
- 5688 Ice lollies/pops, low sugar, low calorie, NOT blackcurrant
- 729 Ice lollies, containing ice cream e.g. Mivvi, own brand Splits, Twister, Solero, Opal Fruits ice lolly
- 7761 Ice lollies, milk e.g. Walls Mini Milk, Friff
- 8229 Ice lollies, yogurt
- 2224 Marzipan; almond paste
- 7965 Jelly babies; jelly bears
- 7965 Jelly beans, candy coated jelly centre, e.g. Skittles
- 2267 Jelly tots
- 7965 Joosters
- 2267 Juice Jellies
- 2271 Kendal mint cake
- 2263 Liquorice allsorts; liquorice comfits; pontefract cakes
- 8545 Liquorice shapes, e.g. laces, pipes, cuttings
- 2272 Liquorice toffees
- 2263 Liquorice torpedoes, candy covered with a liquorice string centre
- 2251 Locketts throat lozenges
- 2251 Lollipops, NOT ice lollies
- 8968 Lollipops, fortified with vitamin C, NOT ice lollies
- 2270 Love hearts
- 2279 Lucozade tablets
- 2262 Lollies iced, water or juice based. NOT fortified with vitamin C. NOT ice lollies with ice cream or other fillings, NOT ice lollies with chocolate or other coatings
- 2251 Mac throat lozenges
- 2264 Mallow shapes. NOT foam sweets
- 2264 Marshmallows, NOT chocolate coated
- 2224 Marzipan sweets; chocolate covered marzipan
- 2251 Mentholypus throat lozenges
- 7969 Milk gums
- 7968 Mints, sugar-free, e.g. Cool, Velamints, Meltis
- 8304 Mint humbugs; glacier mints; clear mints; butter mints

8307 Mint imperials; Trebor Mints; mint polos; mint tic tacs. NOT special mint imperials

7983 Mintoes

7962 Mintolas

7982 Extra Strong mints; Triple X mints; Special mint imperials. NOT mint imperials

8305 Murray mints; Everton mints

7979 Murray fruits, boiled sweets with soft centre

2267 New Berry Fruits

7976 Nougat

2266 Nut brittle

2266 Nutty, peanut and toffee bar

2267 Orange and lemon slices - jellies

8303 Pacers; mint chewitts; chewy mints (mild). NOT hard mints with soft centres, NOT Everton mints

2270 Parma violets

2267 Pastilles; fruit pastilles; throat pastilles; e.g. Rowntrees fruit pastilles, TCP. NOT throat lozenges

2251 Pear drops

2271 Peppermint creams, NOT chocolate covered

2251 Pineapple chunks, fruit drops, boiled sweets, hard

8307 Polo mints; mint imperials; Trebor mints; mint Tic Tacs. NOT Special Mint imperials

2263 Pontefract cakes

2269 Popcorn, sweet; sugar, honey or toffee-coated popcorn

9066 Prewitts no added sugar fruit bar; Apple and Date or Banana

2270 Refreshers, sherbet sweets; fizzers

2251 Rock; Edinburgh rock

2280 Rosgollas, Asian sweets

7980 Rum and raisin fudge

2272 Rum and raisin toffee

2272 Sherbet bonbons

2251 Sherbet pips; sherbet fruits

2270 Sherbet, powder

8546 Shrimps, foam sweets

7965 Skittles; candy tots; tooty fruities

- 2262 Slush Puppies
- 7983 Soft-centred mints, e.g. Mintoes. NOT Pacers.
- 2251 Spangles
- 2274 Starburst
- 2251 Strepsils throat lozenges
- 2266 Sugared almonds
- 7968 Sugar free mints, e.g. Cool, Velamints, Meltis
- 6181 Throat lozenges, sugar-free
- 8307 Tic-Tacs, mint
- 8309 Tic-Tacs, NOT mint
- 2263 Tigertots
- 2272 Toffees, NO additions. NOT chocolate covered
- 2272 Toffo's. NOT mint toffo's
- 8310 Toffo's, mint only
- 7965 Tooty Frooties; skittles
- 7967 Tracker bar, chocolate chip, blackcurrant and apple. NOT peanut
- 7966 Tracker bar, peanut
- 8307 Trebor mints; mint polos; mint imperials; mint Tic Tacs. NOT special mint imperials
- 7982 Triple X mints
- 2251 Tunes throat lozenges
- 7981 Vitasweets, fortified with vitamins
- Wagon Wheels: see "Biscuits"
- 2259 Wine gums
- 2253 Wrigley's chewing gum. NOT sugar free
- 7885 Yogurt coated nuts
- 7885 Yogurt coated peanuts, raisins or banana chips. NOT yogurt gums

CRISPS AND SAVOURY SNACKS (LISTED ALPHABETICALLY BY PRODUCT NAME)

See also: Crisps & Savoury Snacks Card FC4

- 7879 Bacon Rashers (Maize and Rice Flour Corn Snacks) - any flavour e.g. own brand
- 5124 Bacon Roll - other cereal (mainly wheat flour) and potato snacks
flavours: chilli type, prawn type, pickled onion, spring onion, tomato type (including ketchup, sauce, spicy tomato) worcester sauce ONLY e.g. Derwent Valley

- 5118 Be Good To Yourself - lower fat potato crisps
flavours: chilli, pickled onion, prawn cocktail, prawn type, tomato type (including ketchup, sauce, spicy tomato), worcester sauce ONLY e.g. Sainsbury's
- 2691 Be Good To Yourself - lower fat potato crisps
any other flavour, incl. plain/ ready salted e.g. Sainsbury's
- 2627 Cheesy Curls - corn snacks e.g. Derwent Valley
- 1905 Chinese Style Crackers e.g. Bensons
- 7875 Chipleets - chipsticks, other potato and corn sticks, any flavour e.g. Marks & Spencers
- 7875 Chipsticks - other potato and corn sticks, any flavour e.g. own brand, Walkers
- 5117 Corn Snacks -
flavours: chilli, hot n spicy, mega flamin hot, nice n spicy, pickled onion, prawn, prawn cocktail, spring onion, tomato type, worcester sauce ONLY e.g. own brand
- 2627 Corn Snacks - any other flavour, incl. plain/ ready salted e.g. own brand
- 7870 Crinkle Crisps - any flavour e.g. own brand
- 7870 Crinkles - crinkle crisps, any flavour e.g. Walkers
- 5118 Crisps, potato (Lower Fat)
flavours: chilli type, pickled onion, prawn cocktail, prawn type, tomato type, worcester sauce ONLY e.g. own brand
- 2691 Crisps, potato (Lower Fat)
any other flavour, incl. plain/ ready salted e.g. own brand
- 5119 Crisps, potato (standard)
flavours: chilli, pickled onion, prawn cocktail, prawn type, tomato type (including ketchup, sauce, spicy tomato), worcester sauce ONLY e.g. Bensons, Golden Wonder, KP, own brand, Walkers
NOT: low fat, wholewheat, crinkle, thick cut, fortified, square, or jacket potato crisps
- 1900 Crisps, potato (standard)
any other flavour, incl. plain/ ready salted e.g. Bensons, Golden Wonder, KP, own brand, Walkers
NOT: low fat, wholewheat, crinkle, thick cut, fortified, square or jacket potato crisps
- 8602 Crisps, potato, made with sunflower oil, e.g. Seabrook
- 7869 Crisps - thick crisps, any flavour e.g. Bensons (NOT crinkle crisps)
- 7875 Crunchy Fries - chipsticks, other potato and corn snacks, any flavour e.g. Golden Wonder
- 7875 Crunchy Sticks - chipsticks, other potato and corn sticks, any flavour e.g. Derwent Valley
- 5120 Discos - square crisps
flavours: chilli, prawn cocktail, prawn type, tomato type (including ketchup, sauce, spicy tomato), pickled onion, worcester sauce, chilli, hot n spicy ONLY e.g. KP
- 7871 Discos - square crisps
any other flavour, incl. plain/ ready salted e.g. KP
- 7866 DJ's - jacket potato crisps, any flavour e.g. Hunts
- 7876 Doritos - corn chips. NOT including dip e.g. Phileas Fogg, Walkers
- 7869 Double Crunch - thick crisps, any flavour e.g. Walkers (NOT crinkle crisps)

- 7879 Frazzles - maize and rice flour “corn” snacks, any flavour e.g. Walkers
- 5121 French Fries -
flavours: chilli type, prawn type, pickled onion, tomato type (including sauce, ketchup, spicy tomato), worcester sauce, hot n spicy ONLY e.g. own brand, Walkers
- 8030 French Fries –
any other flavour, incl. plain/ ready salted e.g. own brand, Walkers
- 7870 Frisps - crinkle crisps, any flavour e.g. KP
- 7868 Groovers - thick crinkle crisps, any flavour e.g. Golden Wonder
- 7866 Jacket potato crisps, any flavour e.g. Natures Choice, Tuckers, own brand
- 7869 Kettle Chip Crisps - thick crisps, any flavour (NOT crinkle crisps) e.g. Kettle Chips
- 7873 Krunchi Puffs - corn snacks, with added vitamins, any flavour e.g. Red Mill
- 5118 Golden Lights - lower fat potato crisps
flavours: chilli, pickled onion, prawn cocktail, prawn type, spring onion, tomato type (including ketchup, sauce, spicy tomato), worcester sauce ONLY e.g. Golden Wonder
- 2691 Golden Lights - lower fat potato crisps
any other flavour, incl. plain/ ready salted e.g. Golden Wonder
- 5118 Lites - lower fat potato crisps
flavours: chilli, pickled onion, prawn cocktail, prawn type, spring onion, tomato type (including ketchup, sauce, spicy tomato), worcester sauce ONLY e.g. Walkers
- 2691 Lites - lower fat potato crisps
any other flavour, incl. plain/ ready salted e.g. Walkers
- 7870 Max - crinkle crisps, any flavour e.g. Walkers
- 5598 McVities Go Ahead, low fat crisps, any flavour
- 7876 Mexican Chips - corn chips. NOT including dip e.g. Phileas Fogg
- 7875 Mini Chips - chipsticks, other potato and corn sticks, any flavour e.g. KP
- 5117 Monster Munch - corn snacks
flavours: chilli, hot n spicy, mega flamin hot, nice n spicy, pickled onion, prawn, prawn cocktail, spring onion,
tomato type, worcester sauce ONLY e.g. Walkers
- 2627 Monster Munch - corn snacks
any other flavour, incl. plain/ ready salted e.g. Walkers
- 7876 Nachos - corn chips. NOT including dip e.g. Phileas Fogg
- 5117 Nik Naks - corn snacks
flavours: chilli, hot n spicy, mega flamin hot, nice n spicy, pickled onion, prawn, prawn cocktail, spring onion,
tomato type, worcester sauce ONLY e.g. Golden Wonder
- 2627 Nik Naks - corn snacks
any other flavour, incl. plain/ ready salted e.g. Golden Wonder
- 8296 Oasters - oat snacks, low fat e.g. Jordans
- 7873 Oinks - corn snacks, with added vitamins, any flavour e.g. Red Mill

- 7873 Onion Rings - corn snacks, with added vitamins, any flavour e.g. Red Mill
- 5125 Other Cereal (mainly Maize) and Potato Snacks -
flavours: chilli, hot n spicy, prawn type, pickled onion, spring onion, tomato type (including ketchup, sauce, spicy tomato), worcester sauce ONLY e.g. own brand
- 7883 Other Cereal (mainly Maize) and Potato Snacks -
any other flavour, incl. plain/ ready salted e.g. own brand
- 5124 Other Cereal (mainly Wheat Flour) and Potato Snacks -
flavours: chilli type, prawn type, pickled onion, spring onion, tomato type (including ketchup, sauce, spicy tomato), worcester sauce ONLY e.g. own brand
- 7874 Other Cereal (mainly Wheat Flour) and Potato Snacks -
any other flavour, incl. plain/ ready salted e.g. own brand
- 7882 Pizza bits - pizza snacks (and other potato and tapioca snacks) e.g. Marks & Spencers
- 2268 Popcorn, salted
- 2269 Popcorn, sweet; sugar, honey or toffee-coated
- 8500 Pork Scratchings
- 5122 Potato Rings -
flavours: chilli, pickled onion, prawn type, spring onion, tomato type (including sauce, ketchup, spicy tomato), worcester sauce, hot n spicy ONLY e.g. Hula Hoops, Big O's, own brand
- 7872 Potato Rings –
any other flavour, incl. plain/ ready salted e.g. Hula Hoops, Big O's, own brand
- 5801 Potato Snack with sweetener, fortified e.g. Rugsrats
- 6825 Pretzels - any flavour e.g. Rumpler's, own brand
- 7870 Pringles Crisps - any flavour
- 8499 Pukka Puri - punjab puri (poppadom mini snacks; popadom spicy snacks).
e.g. Sainsbury's. NOT papadums, NOT poppadoms
- 5123 Puffed Potato Products -
flavours: chilli, pickled onion, prawn type, spring onion, tomato type (including sauce, ketchup, spicy tomato), worcester sauce, hot n spicy ONLY e.g. own brand
- 1905 Puffed Potato Products -
any other flavour, incl. plain/ ready salted
- 7873 Quarter Backs - corn snacks, with added vitamins, any flavour e.g. Red Mill
- 5123 Quavers - puffed potato products
flavours: chilli, pickled onion, prawn type, spring onion, tomato type (including sauce, ketchup, spicy tomato), worcester sauce, hot n spicy ONLY e.g. Walkers
- 1905 Quavers - puffed potato products
any other flavour, incl. plain/ ready salted e.g. Walkers
- 7868 Real McCoys - thick crinkle crisps, any flavour e.g. KP
- 5124 Ringos - other cereal (mainly wheat flour) and potato snacks
flavours: chilli type, prawn type, pickled onion, spring onion, tomato type (including ketchup, sauce, spicy tomato), worcester sauce ONLY e.g. Golden Wonder
- 7874 Ringos - other cereal (mainly wheat flour) and potato snacks

- any other flavour, incl. plain/ ready salted e.g. Golden Wonder
- 7866 Roysters - any flavour
- 7870 Ruffles - crinkle crisps, any flavour e.g. Walkers
- 7875 Savoury Sticks - chipsticks, other potato and corn sticks, any flavour e.g. Bensons
- 5117 Skips - prawn cocktail flavour corn snacks e.g. KP
- 5123 Snaps - puffed potato products
flavours: chilli, pickled onion, prawn type, spring onion, tomato type (including sauce, ketchup, spicy tomato), worcester sauce, hot n spicy ONLY e.g. Walkers
- 1905 Snaps - puffed potato products
any other flavour, incl. plain/ ready salted e.g. Walkers
- 5118 Solos - potato crisps, lower fat
flavours: chilli type, pickled onion, prawn cocktail, prawn type, tomato type, worcester sauce ONLY e.g. KP
- 2691 Solos - potato crisps, lower fat
any other flavour, incl. plain/ ready salted e.g. KP
- 5125 Space Raiders - other cereal (mainly maize) and potato snacks
flavours: chilli type, prawn type, pickled onion, spring onion, tomato type (including ketchup, sauce, spicy tomato), worcester sauce ONLY e.g. KP
- 7883 Space Raiders - other cereal (mainly maize) and potato snacks
any other flavour, incl. plain/ ready salted e.g. KP
- 8499 Spicy Popadoms - punjab puri (poppadom mini snacks; poppadom spicy snacks) e.g. KP
- 5120 Square Crisps -
flavours: chilli, prawn cocktail, prawn type, tomato type (including ketchup, sauce, spicy tomato),
pickled onion, worcester sauce, chilli, hot n spicy ONLY e.g. own brand, Walkers
NOT: low fat, wholewheat, crinkle, thick cut, fortified, square, or jacket potato crisps
- 7871 Square Crisps -
any other flavour, incl. plain/ ready salted e.g. own brand, Walkers
NOT: low fat, wholewheat, crinkle, thick cut, fortified, square, or jacket potato crisps
- 7873 Tangy Toms - corn snacks, with added vitamins, any flavour e.g. Red Mill
- 7868 Thick Crinkle Crisps - any flavour e.g. own brand
- 7869 Thick Crisps - any flavour e.g. Benson's, own brand
- 7873 Thinga Me Jigs - corn snacks, with added vitamins, any flavour e.g. Red Mill
- 7876 Tortilla Chips - corn chips. NOT including dip e.g. Phileas Fogg
- 275 Twiglets e.g. Jacobs, own brand
- 7867 Vita - potato crisps, with added vitamins, e.g. Tuckers
- 7882 Waffles - pizza snacks, (and other potato and tapioca snacks) e.g. Marks & Spencers
- 7883 Wallace and Gromit Moon Cheese flavour corn snacks e.g. Robt. Roberts Ltd.
- 5126 Wheat Crunchies - cylindrical wheat tubes
flavours: prawn type, tomato type (including ketchup, sauce, spicy tomato), pickled onion, spring onion, chilli

type, hot n spicy ONLY e.g. Golden Wonder, own brand

- 7878 Wheat Crunchies - cylindrical wheat tubes
any other flavour, incl. plain/ ready salted e.g. Golden Wonder, own brand
- 2616 Wholewheat Crisps - any flavour e.g. own brand
- 7882 Wickettes - pizza snacks, (and other potato and tapioca snacks) e.g. Bensons
- 7873 Wooster Saucers - corn snacks, with added vitamins, any flavour e.g. Red Mill
- 5117 Wotsits - corn snacks
flavours: chilli, hot n spicy, mega flamin hot, nice n spicy, pickled onion, prawn, prawn cocktail, spring
onion,
tomato type, worcester sauce ONLY e.g. Golden Wonder
- 2627 Wotsits - corn snacks
any other flavour, incl. plain/ ready salted e.g. Golden Wonder

NUTS AND SEEDS (INCLUDING FRUIT AND NUT MIXES)

- 2169 Almonds, kernel only; ground almonds
- 2170 Almonds, leftover shell not weighed
- 2171 Barcelona nuts, kernel only
- 2172 Barcelona nuts, leftover shell not weighed
- 2173 Betel nuts, kernel only
- 2605 Bombay mix; Chevda; Chevra
- 2175 Brazil nuts, kernel only
- 2176 Brazil nuts, leftover shell not weighed
- 2177 Cashew nuts, kernel only, unsalted. NOT Cashew nuts, roasted and salted
- 7884 Cashew nuts, roasted and salted
- 2179 Chestnuts, kernel only
- 2180 Chestnuts, leftover shell not weighed
- 2186 Cob nuts; hazelnuts; kernel only
- 2187 Cob nuts; hazelnuts; leftover shell not weighed
- 2181 Coconut, fresh, kernel only
- 2182 Coconut milk, drained from fresh coconut
- 2184 Coconut, desiccated, sweetened
- 2183 Coconut, desiccated, unsweetened
- 2185 Coconut cream, i.e. pureed fresh flesh, sweetened
- 2631 Hawaiian mix, made with mixed nuts and dried fruit
- 2186 Hazelnuts; cob nuts; kernel only

2187 Hazelnuts; cob nuts; leftover shell not weighed

7304 Macadamia nuts, salted

2188 Mixed nuts, kernels only, unroasted, unsalted

2189 Mixed nuts, kernels only, roasted, salted; any other salted nuts except peanuts

2190 Mixed nuts, leftover shell not weighed

2629 Mixed nuts and raisins, unsalted. NOT peanuts only and raisins

8297 Nut butters, any but NOT peanut butter, cashew nut butter or nut spread with chocolate

8540 Peanuts, dry roasted

2191 Peanuts, fresh, kernel only

2192 Peanuts, fresh, leftover shell not weighed

2630 Peanuts and raisins

2193 Peanuts, salted

2196 Peanut butter, crunchy. NOT wholenut

2195 Peanut butter, smooth. NOT wholenut

8047 Peanut butter, wholegrain; wholenut; NO added sugar

8542 Peanut butter and chocolate spread, purchased, e.g. Sunpat

2174 Pecan nuts, kernel only

7014 Pine nuts

8548 Pistachio nuts, salted, kernels only

2197 Pistachio nuts, unsalted, kernels only

2198 Pistachio nuts, unsalted, leftover shell not weighed

2166 Pumpkin seeds

2168 Sesame seeds

2167 Sunflower seeds

2165 Tahini; sesame seed paste

2631 Trail mix; Hawaiian mix; Tropical mix; made with mixed nuts and dried fruit

2199 Walnuts, kernel only

2200 Walnuts, leftover shell not weighed

EGGS AND EGG DISHES

EGGS

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

- R 764 Omelette, plain or other, cooked in butter, e.g. bacon, mushroom, Spanish. NOT cheese, ham, or sweet
- R 765 Omelette, plain or other cooked in margarine (NOT polyunsaturated), e.g. bacon, mushroom, Spanish. NOT cheese, ham, or sweet.
- R 766 Omelette, plain or other cooked in polyunsaturated margarine or oil, e.g. bacon, mushroom, Spanish. NOT cheese, ham, or sweet
- R 9334 Omelette, plain or other cooked in olive oil e.g. bacon, mushroom, Spanish. NOT cheese, ham, or sweet
- R 9355 Omelette, plain or other cooked in dripping, e.g. bacon, mushroom, Spanish. NOT cheese, ham, or sweet
- R 9639 Omelette, plain or other cooked in lard; e.g. bacon, mushroom, Spanish. NOT cheese, ham or sweet
- R 7766 Omelette, curried, egg masala cooked in butter with onion
- 814 Scotch egg, purchased
- 7764 Scotch egg mini, bite size savoury eggs, picnic scotch egg with chopped egg centre, purchased
- 779 Scrambled egg, made with whole milk and butter
- 780 Scrambled egg, made with whole milk and margarine (NOT polyunsaturated)
- 781 Scrambled egg, made with whole milk and polyunsaturated margarine
- 782 Scrambled egg, made with whole milk, NO fat. Includes microwave cooked
- 8727 Scrambled egg, made with semi-skimmed milk and polyunsaturated margarine
- 9303 Scrambled egg with semi-skimmed milk and butter
- 8638 Scrambled egg, made with skimmed milk and polyunsaturated margarine
- 8711 Scrambled egg, made with semi-skimmed milk, NO fat. Includes microwave cooked
- 7765 Scrambled egg, without milk, made with butter

EGG DISHES

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

- R 501 Apple snow, made with stewed apple, sugar and egg white
- R 801 Cheese and egg flan
- R 815 Cheese soufflé
- R 803 Curried egg and potato. NO rice
- 7769 Eggy bread; French toast; Gypsy toast; made with whole milk, fried in blended vegetable oil. NOT wholemeal bread
- 4843 Eggy bread, wholemeal bread, made with whole milk, fried in blended vegetable oil
- R 7767 Egg fu yung, with beansprouts, mushrooms, onions, almonds, fried in blended vegetable oil
- 7768 Egg nog, drink with egg, whole milk, sugar and sherry

- R 350 Meringue, no cream or filling
- R 351 Meringue, filled with artificial cream
- R 352 Meringue, filled with fresh cream
- R 813 Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other quiches with cheese, egg and milk. NOT mushroom. Pastry made with half margarine (NOT polyunsaturated), and half lard. NOT wholemeal pastry.
- 8565 Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other quiches with cheese, egg and milk, purchased. NOT wholemeal pastry
- 6631 Quiche, asparagus, reduced fat, Marks and Spencers ONLY
- R 8566 Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, homemade. Pastry made with half margarine (NOT polyunsaturated), and half lard. NOT wholemeal pastry
- 7772 Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, purchased. NOT wholemeal pastry
- 7764 Savoury eggs; bite size savoury eggs; scotch eggs with chopped egg filling
- R 585 Sorbet, any, homemade or purchased
- R 565 Soufflé, sweet, baked
- R 815 Soufflé, cheese
- R 816 Soufflé, plain, savoury. NOT sweet
- 814 Scotch egg, purchased
- 7764 Scotch egg mini, bite size savoury eggs, picnic scotch egg with chopped egg centre, purchased

FISH, FISH DISHES AND FISH PRODUCTS

FISH, COATED AND/OR FRIED; FISH PRODUCTS

- 1405 Cod, no coating, fried in blended vegetable oil
 - Coalfish, code as for *cod*
- 1406 Cod, no coating, fried in butter
- 1407 Cod, no coating, fried in dripping
- 1408 Cod, no coating, fried in lard
- 1409 Cod, no coating, fried in margarine (NOT polyunsaturated)
- 1410 Cod, no coating, fried in polyunsaturated margarine or oil
- 1411 Cod, coated in batter, fried in blended vegetable oil. NOT purchased from takeaway shop
- 1415 Cod, coated in batter, fried in blended vegetable oil, from takeaway shop
- 1412 Cod, coated in batter, fried in dripping
- 1413 Cod, coated in batter, fried in lard

- 1414 Cod, coated in batter, fried in polyunsaturated oil
- 1637 Cod, coated in batter, frozen, oven baked or grilled, no added fat
- 1416 Cod, coated in egg and breadcrumbs, fried in blended vegetable oil
- 1417 Cod, coated in egg and breadcrumbs, fried in dripping
- 1418 Cod, coated in egg and breadcrumbs, fried in lard
- 1419 Cod, coated in egg and breadcrumbs, fried in polyunsaturated oil
- 9254 Cod, coated in breadcrumbs, frozen, fried in blended vegetable oil
- 9574 Cod, coated in breadcrumbs, frozen, grilled or baked
- 8599 Cod, coated in flour, fried in blended vegetable oil
- 9540 Cod, coated in flour, fried in lard
- 9613 Cod, coated in flour, fried in olive oil
- 1539 Dogfish; rock salmon; coated in batter, fried in blended vegetable oil, no bones, or leftover bones weighed. NOT purchased from takeaway shop
- 1543 Dogfish; rock salmon; coated in batter, fried in blended vegetable oil, purchased from takeaway shop, no bones, or leftover bones weighed
- 1540 Dogfish; rock salmon; coated in batter, fried in dripping, no bones or leftover bones weighed
- 1541 Dogfish; rock salmon; coated in batter, fried in lard, no bones or leftover bones weighed
- 1542 Dogfish; rock salmon; coated in batter, fried in polyunsaturated oil, no bones, or leftover bones weighed
- 1544 Dogfish; rock salmon; coated in batter, fried in blended vegetable oil, leftover bones not weighed. NOT purchased from takeaway shop
- 1548 Dogfish; rock salmon; coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones not weighed
- 1546 Dogfish; rock salmon; coated in batter, fried in dripping, leftover bones not weighed
- 1545 Dogfish; rock salmon; coated in batter, fried in lard, leftover bones not weighed
- 1547 Dogfish; rock salmon; coated in batter, fried in polyunsaturated oil, leftover bones not weighed
- Gurnet, code as for *dogfish*
- Huss, code as for *dogfish*
- 1600 Fillet-O-fish, takeaway, McDonalds only
- 1606 Fishcakes, coated in breadcrumbs, grilled
- 1607 Fishcakes, coated in breadcrumbs, fried in blended vegetable oil
- 1608 Fishcakes, coated in breadcrumbs, fried in dripping
- 1609 Fishcakes, coated in breadcrumbs, fried in lard
- 1610 Fishcakes, coated in breadcrumbs, fried in polyunsaturated oil
- 1611 Fishcakes, coated in batter, fried in blended vegetable oil. NOT purchased from a takeaway shop

1636 Fishcakes, coated in batter, fried in blended vegetable oil, purchased from a takeaway shop

1612 Fishcakes, coated in batter, fried in dripping

1613 Fishcakes, coated in batter, fried in lard

1614 Fishcakes, coated in batter, fried in polyunsaturated oil

1615 Fish fingers, coated in batter or breadcrumbs, grilled. NOT economy

1616 Fish fingers, coated in batter or breadcrumbs, fried in blended vegetable oil. NOT economy

1617 Fish fingers, coated in batter or breadcrumbs, fried in dripping. NOT economy

1618 Fish fingers, coated in batter or breadcrumbs, fried in lard. NOT economy

1619 Fish fingers, coated in batter or breadcrumbs, fried in polyunsaturated oil. NOT economy

8751 Fish fingers, coated in batter or breadcrumbs, fried in olive oil. NOT economy

7832 Fish fingers, economy, coated in batter or breadcrumbs, grilled

7833 Fish fingers, economy, coated in batter or breadcrumbs, fried in blended vegetable oil

7834 Fish fingers, economy, coated in batter or breadcrumbs, fried in dripping

7835 Fish fingers, economy, coated in batter or breadcrumbs, fried in lard

7836 Fish fingers, economy, coated in batter or breadcrumbs, fried in polyunsaturated oil

1602 Fish-in-a-bun, takeaway, NOT McDonalds

7801 Haddock, no coating, fried in blended vegetable oil

7802 Haddock, no coating, fried in butter

7803 Haddock, no coating, fried in dripping

7804 Haddock, no coating, fried in lard

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

9895 Haddock, no coating, fried in olive oil

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

9563 Haddock, coated in batter, FROZEN, baked or grilled

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

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

7809 Haddock, coated in batter, fried in dripping

7810 Haddock, coated in batter, fried in lard

7811 Haddock, coated in batter, fried in polyunsaturated oil

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

9877 Haddock, coated in egg and breadcrumbs, fried in butter

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

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

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

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

8978 Haddock, coated in flour, fried in polyunsaturated oil

9257 Haddock, coated in flour, fried in dripping

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

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

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

1454 Lemon sole, coated in flour, fried in butter

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

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

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

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

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

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

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

1468 Plaice; whiting; coated in batter, fried in blended vegetable oil, purchased from takeaway shop

1465 Plaice; whiting; coated in batter, fried in dripping

1466 Plaice; whiting; coated in batter, fried in lard

1467 Plaice; whiting; coated in batter, fried in polyunsaturated oil

1469 Plaice; coated in egg and breadcrumbs, fried in blended vegetable oil

1470 Plaice; coated in egg and breadcrumbs, fried in dripping

1471 Plaice; coated in egg and breadcrumbs, fried in lard

1472 Plaice; coated in egg and breadcrumbs, fried in polyunsaturated oil

9362 Plaice; coated in egg and breadcrumbs, fried in butter

9571 Plaice; coated in egg and breadcrumbs, fried in olive oil

9353 Plaice, coated in breadcrumbs, frozen, baked or grilled without fat

9260 Plaice, coated in breadcrumbs, frozen, fried in blended vegetable oil

1475 Plaice; whiting; coated in flour, fried in blended vegetable oil, no bones, or leftover bones weighed

1476 Plaice; whiting; coated in flour, fried in dripping, no bones, or leftover bones weighed

1477 Plaice; whiting; coated in flour, fried in lard, no bones, or leftover bones weighed

- 1478 Plaice; whiting; coated in flour, fried in polyunsaturated oil, no bones, or leftover bones weighed
- 1479 Plaice; whiting; coated in flour, fried in blended vegetable oil, leftover bones not weighed
- 1480 Plaice; whiting; coated in flour, fried in dripping, leftover bones not weighed
- 1481 Plaice; whiting; coated in flour, fried in lard, leftover bones not weighed
- 1482 Plaice; whiting; coated in flour, fried in polyunsaturated oil, leftover bones not weighed
- R 1581 Prawn balls; sweet and sour prawn balls, weight of prawn balls only, NO sauce
- 7837 Red snapper, fried in blended vegetable oil, No bones or skin, or left over bones weighed
- Rock salmon, code as for *dogfish*
- 1623 Roe, cod, hard, coated in batter, fried in blended vegetable oil, NOT purchased from a takeaway shop
- 1640 Roe, cod, hard, coated in batter, fried in blended vegetable oil, purchased from a takeaway shop
- 1624 Roe, cod, hard, coated in batter, fried in dripping
- 1625 Roe, cod, hard, coated in batter, fried in lard
- 1626 Roe, cod, hard, coated in batter, fried in polyunsaturated oil
- R 1581 Scampi, coated, fried in blended vegetable oil. Includes prawn balls from sweet and sour prawns
- 1582 Scampi, coated, fried in dripping
- 1583 Scampi, coated, fried in lard
- R 1584 Scampi, coated, fried in polyunsaturated oil
- 9693 Scampi, coated, frozen, grilled or oven baked
- 1549 Skate, fried in butter, leftover bones and skin weighed
- 1550 Skate, fried in butter, leftover bones and skin not weighed
- 9530 Skate, fried in polyunsaturated oil; no bones or skin or leftover bones and skin weighed
- 1556 Skate, coated in batter, fried in blended vegetable oil, leftover bones weighed.
NOT purchased from takeaway shop
- 1560 Skate, coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones weighed
- 1558 Skate, coated in batter, fried in dripping, leftover bones weighed
- 1557 Skate, coated in batter, fried in lard, leftover bones weighed
- 1559 Skate, coated in batter, fried in polyunsaturated oil, leftover bones weighed
- 1551 Skate, coated in batter, fried in blended vegetable oil, leftover bones not weighed. NOT purchased from takeaway shop
- 1555 Skate, coated in batter, fried in blended vegetable oil, purchased from takeaway shop, leftover bones not weighed
- 1553 Skate, coated in batter, fried in dripping, leftover bones not weighed

- 1552 Skate, coated in batter, fried in lard, leftover bones not weighed
- 1554 Skate, coated in batter, fried in polyunsaturated oil, leftover bones not weighed
- 9916 Skate, coated in flour, fried in olive oil, no bones or skin, or leftover skin and bones weighed
- 9261 Whiting, coated in egg and breadcrumbs, fried in blended vegetable oil, no bones, or leftover bones weighed
- 9262 Whiting, coated in egg and breadcrumbs, fried in dripping, no bones, or leftover bones weighed
- 9263 Whiting, coated in egg and breadcrumbs, fried in polyunsaturated oil, no bones, or leftover bones weighed

Whiting, coated in flour, fried: see *plaice*

FISH - OILY (INCLUDING CANNED)

- 1593 Anchovies, canned, drained weight
- 1500 Bloater; smoked herring; grilled, no bones, or leftover bones weighed
- 1501 Bloater; smoked herring; grilled, leftover bones not weighed

Brisling: see sardines

R 1598 Curried oily fish with vegetables; NO rice

- 1485 Eel, jellied, flesh and jelly
- 1484 Eel, stewed, flesh only
- 1603 Fish paste, NOT smoked mackerel or smoked trout paté
- 1498 Herring, canned in oil, fish only
- 1497 Herring, canned in tomato sauce, fish and sauce
- 1487 Herring, coated in oatmeal or flour, fried in blended vegetable oil, no bones, or leftover bones weighed
- 1488 Herring, coated in oatmeal or flour, fried in dripping, no bones or leftover bones weighed
- 1489 Herring, coated in oatmeal or flour, fried in lard, no bones or leftover bones weighed
- 1490 Herring, coated in oatmeal or flour, fried in polyunsaturated oil, no bones, or leftover bones weighed
- 1491 Herring, coated in oatmeal or flour, fried in blended vegetable oil, leftover bones not weighed
- 1492 Herring, coated in oatmeal or flour, fried in dripping, leftover bones not weighed
- 1493 Herring, coated in oatmeal or flour, fried in lard, leftover bones not weighed
- 1494 Herring, coated in oatmeal or flour, fried in polyunsaturated oil, leftover bones not weighed
- 1495 Herring, grilled, no bones, or leftover bones weighed
- 1496 Herring, grilled, leftover bones not weighed
- 1499 Herring, pickled; soured; roll mop
- 1502 Kipper, baked, NO butter, no bones, or leftover bones weighed
- 1503 Kipper, baked, NO butter, leftover bones not weighed

1504 Kipper, baked, with butter, no bones, or leftover bones weighed

1505 Kipper, baked, with butter, leftover bones not weighed

7825 Kipper, boil in the bag, boiled

1498 Kippers, canned in oil, fish only

1644 Mackerel, unsmoked, baked or grilled, NO butter, no bones or leftover bones weighed

1645 Mackerel, unsmoked, baked or grilled, NO butter, leftover bones not weighed

1515 Mackerel, unsmoked, canned, in oil, fish only

1516 Mackerel, unsmoked, canned, in oil, fish and oil

1647 Mackerel, smoked, NOT canned

8270 Mackerel, smoked, canned in oil, fish only

8745 Mackerel, smoked, canned in brine, fish only

1518 Mackerel, canned in tomato sauce, fish and sauce

1507 Mackerel, with coating, fried in blended vegetable oil, no bones or leftover bones weighed

1508 Mackerel, with coating, fried in dripping, no bones, or leftover bones weighed

1509 Mackerel, with coating, fried in lard, no bones, or leftover bones weighed

1510 Mackerel, with coating, fried in polyunsaturated oil, no bones or leftover bones weighed

1511 Mackerel, with coating, fried in blended vegetable oil, leftover bones not weighed

1512 Mackerel, with coating, fried in dripping, leftover bones not weighed

1513 Mackerel, with coating, fried in lard, leftover bones not weighed

1514 Mackerel, with coating, fried in polyunsaturated oil, leftover bones not weighed

7828 Pilchards, canned in brine, fish only

9264 Pilchards in tomato sauce, canned, fish and sauce

1628 Roe, herring, soft, fried in blended vegetable oil

1629 Roe, herring, soft, fried in butter

1630 Roe, herring, soft, fried in dripping

1631 Roe, herring, soft, fried in lard

1632 Roe, herring, soft, fried in margarine (NOT polyunsaturated)

1633 Roe, herring, soft, fried in polyunsaturated margarine or oil

9905 Roe, herring, soft, grilled

9720 Salmon crumble, frozen or chilled, ready meal e.g. Iceland

9541 Salmon, grilled; no bones or skin or leftover bones and skin weighed

7826 Salmon, pink, canned in brine, fish only

7827 Salmon, pink, canned in brine, fish and backbone eaten

9265 Salmon, red, canned in brine, fish only

9266 Salmon, red canned in brine, fish and bones

1522 Salmon, smoked, NOT canned

8271 Salmon, smoked, canned, fish only

1520 Salmon, steamed, no bones and skin, or leftover bones and skin weighed

1521 Salmon, steamed, leftover bones and skin not weighed

9267 Salmon, unspecified canned in brine, fish only

9268 Salmon, unspecified, canned in brine, fish and bones

3169 Sardines, brisling, sild, canned in brine, fish only

1523 Sardines; brisling; sild; canned in oil, fish only

1524 Sardines; brisling; sild; canned in oil, fish and oil

1525 Sardines; brisling; sild; canned in tomato sauce

Sild: see *sardines*

Smoked herring: code as *bloater*

1639 Smoked mackerel paté; smoked trout paté

1526 Sprats, coated, fried in blended vegetable oil, no heads or leftover heads weighed

1527 Sprats, coated, fried in dripping, no heads, or leftover heads weighed

1528 Sprats, coated, fried in lard, no heads, or leftover heads weighed

1529 Sprats, coated, fried in polyunsaturated oil, no heads, or leftover heads weighed

1634 Taramasalata

1530 Trout, brown or rainbow, unsmoked, baked, grilled, poached or steamed, no bones, or leftover bones weighed

1531 Trout, brown or rainbow, unsmoked, baked, grilled, poached or steamed, leftover bones not weighed

8272 Trout, brown or rainbow, smoked, baked, grilled, poached or steamed, no bones, or leftover bones weighed

8273 Trout, brown or rainbow, smoked, baked, grilled, poached or steamed, leftover bones not weighed

1534 Tuna, canned, in brine, fish only

1533 Tuna, canned, in oil, fish only

1532 Tuna, canned, in oil, fish and oil

9271 Tuna paté, purchased

1535 Whitebait, coated in flour, fried in blended vegetable oil

1536 Whitebait, coated in flour, fried in dripping

- 1537 Whitebait, coated in flour, fried in lard
- 1538 Whitebait, coated in flour, fried in polyunsaturated oil

OTHER WHITE FISH; FISH DISHES

- 1594 Caviar, canned
- 1595 Chinese fish balls, purchased. Steamed. NOT Prawn balls
- 1403 Cod, baked or grilled, with butter. No bones
- 1404 Cod, baked or grilled, with butter. Weighed with bones
- 7798 Cod, baked or grilled, NO butter. No bones
- 1420 Cod, unsmoked, poached in water, steamed
- 1422 Cod, unsmoked, poached in milk and butter.
- 8983 Cod, unsmoked, poached in milk, NO added fat
- 1424 Cod, smoked, poached in water, steamed, baked or grilled. NO butter
- 1445 Cod, smoked, poached in milk and butter
- 1446 Cod, dried, salt, boiled
- 9253 Cod in parsley sauce boil in bag
- 9292 Cods roe, fresh, grilled
- 9542 Coley, grilled
- 9324 Coley, steamed; poached in water
- 7831 Crabsticks
- R 1597 Curried white fish with tomatoes; NO rice
- 8277 Fish feasts i.e. white fish filled with cheese sauce coated in breadcrumbs grilled or baked
- 8278 Fish pancake, e.g. Findus, fried in blended vegetable oil
- 8279 Fish pearls or fish Kievs, i.e. breaded fish with garlic filling, baked or grilled
- 5338 Fish shapes - white fish in breadcrumbs, grilled or oven baked e.g. Golden Fishies, Willy Whales
- R 1604 Fish pie, i.e. white fish with potato in white sauce
- R 1605 Fish pie, one pastry crust; shortcrust pastry made with half lard, half margarine (NOT polyunsaturated)
- R 1638 Fish, white, in butter, mushroom, parsley, prawn or shrimp sauce,
- R 1601 Fish, white, in cheese sauce
- 9270 Fisherman's pie, retail
- 1603 Fish paste, NOT smoked mackerel or smoked trout paté

- 7799 Haddock, unsmoked, baked or grilled. NO butter
- 7800 Haddock, unsmoked, baked or grilled, with butter
- 9327 Haddock bake with cheese sauce, potatoes & topping, frozen ready meal, e.g. Young's
- 7817 Haddock, unsmoked, poached in water
- 7818 Haddock, unsmoked, poached in milk and butter
- 9552 Haddock, unsmoked, poached in whole milk. NO butter
- 7819 Haddock, smoked, poached in water, steamed, baked or grilled. NO butter
- 7820 Haddock, smoked, poached in milk and butter
- 9255 Haddock, smoked, baked or grilled. NO butter
- 9256 Haddock smoked baked or grilled, with butter
- Hake, code as for *cod*
- 9804 Halibut, grilled with butter; no bones or skin or leftover bones and weighed
- 1448 Halibut, steamed or poached in water, no bones or skin, or leftover bones and skin weighed
- 1449 Halibut, steamed or poached in water, leftover bones and skin not weighed
- Hoki, code as for *cod*
- 1620 Kedgerree, i.e. white rice, smoked fish, hard boiled egg and parsley
- 1451 Lemon sole, steamed or poached in water, no bones or skin, or leftover bone and skin weighed
- 1452 Lemon sole, steamed or poached in water, leftover bones and skin not weighed
- 9259 Lemon sole, grilled, NO added fat
- 7821 Plaice, baked or grilled, NO butter, NO bones or skin, or leftover bones and skins weighed
- 7822 Plaice, baked or grilled with butter, NO bones or skin, or leftover bones and skins weighed
- 1462 Plaice, steamed or poached in water, no bones or skin, or leftover bones and skin weighed
- 1463 Plaice, steamed or poached in water, leftover bones and skin not weighed
- Pollock, code as for *cod*
- 9269 Skate grilled NO added fat; no skin and bones or leftover skin and bones weighed
- 9539 Skate, poached in milk and butter; no skin or bones or leftover skin and bones weighed
- 9316 White fish in cheese sauce in a pastry case, frozen ready meal, e.g. Birds Eye Cheese Normandy en Croute.
- 9291 White fish with vegetables and cheese sauce, frozen ready meal, e.g. Birds Eye Tuscany Bake
- 7823 Whiting, baked or grilled, NO butter, No bones or skin, or leftover bones and skins weighed
- 7824 Whiting, baked or grilled with butter, NO bones or skin, or leftover bones and skins weighed
- 1473 Whiting, steamed or poached in water, no bones, or leftover bones weighed
- 1474 Whiting, steamed or poached in water, leftover bones not weighed

SHELLFISH

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

- 1580 Shrimps, canned in brine, drained weight
- 1577 Shrimps, potted in butter
- 1588 Whelks, boiled, no shells, or leftover shells weighed
- 1589 Whelks, boiled, leftover shells not weighed
- 1590 Winkles, boiled, no shells, or leftover shells weighed
- 1591 Winkles, boiled, leftover shells not weighed

FRUIT

FRUIT - CANNED IN JUICE

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

9535 Strawberries, canned in juice, fruit and juice

FRUIT - CANNED IN SYRUP

1972 Apricots, canned in syrup, fruit and syrup
1973 Apricots, canned in syrup, fruit only
1988 Blackberries, canned in syrup, fruit and syrup
8495 Blackberries, canned in syrup, fruit only
1990 Breadfruit, canned, fruit only
1999 Cherries, canned in syrup, fruit and syrup, with or without stones
8497 Cherries, canned in syrup, fruit only
2004 Currants, black, canned, fruit and syrup
2018 Damsons, canned in syrup, fruit and juice
2028 Fruit salad; fruit cocktail; canned in syrup, fruit and syrup
2029 Fruit salad; fruit cocktail; canned in syrup, fruit only
6133 Fruitini, mixed fruit pieces in tropical fruit sauce, Del Monte ONLY
2602 Gooseberries, canned, drained weight
8501 Gooseberries, canned in syrup, fruit and syrup
2621 Grapes, any, canned in syrup, fruit only
2047 Grapefruit, canned in syrup, fruit and syrup
2048 Grapefruit, canned in syrup, fruit only
2131 Greengages, canned, in syrup, fruit and syrup
2058 Guava, canned in syrup, fruit and syrup
2059 Guava, canned in syrup, fruit only
2060 Jackfruit, canned in syrup, fruit and syrup
2062 Kumquats, canned in syrup, fruit and syrup
2069 Loganberries, canned in syrup, fruit and syrup
2070 Longan, canned in syrup, fruit and syrup
2071 Loquats, canned in syrup, fruit and syrup
2073 Lychees, canned in syrup, fruit and syrup
2074 Mandarin oranges, canned in syrup, fruit and syrup
2075 Mandarin oranges, canned in syrup, fruit only
2079 Mangoes, canned in syrup, fruit and syrup

- 2100 Paw paw, canned in syrup, fruit and syrup
- 2106 Peaches, canned in syrup, fruit and syrup
- 2107 Peaches, canned in syrup, fruit only
- 2115 Pears, canned in syrup, fruit and syrup
- 2116 Pears, canned in syrup, fruit only
- 2119 Pineapple, canned in syrup, fruit and syrup
- 2120 Pineapple, canned in syrup, fruit only
- 2131 Plums, canned in syrup, fruit and syrup
- 2139 Prunes, canned in syrup, fruit and syrup
- 2146 Raspberries, canned in syrup, fruit and syrup
- 2151 Rhubarb, canned in syrup, fruit and syrup
- 2154 Strawberries, canned in syrup, fruit and syrup

FRUIT - NOT CANNED

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

- 1952 Apples, eating, raw, flesh and skin only, no core or leftover core weighed
- 2601 Apples, eating, raw, flesh and skin only, leftover core not weighed
- 1952 Apples, eating, raw, flesh, skin and core eaten
- 1951 Apples, eating, raw, flesh only, no core or skin or leftover core and skin weighed
- 1955 Apples, cooking, baked without sugar, no core or skin or leftover core and skin weighed
- 1954 Apples, cooking, baked without sugar, flesh and skin, no core or leftover core weighed
- 1957 Apples, cooking, baked with sugar, no core or skin or leftover core and skin weighed
- 1956 Apples, cooking, baked with sugar, flesh and skin, no core or leftover core weighed
- 1958 Apples, cooking, stewed without sugar, flesh and juice
- 1959 Apples, cooking, stewed with sugar, flesh and juice
- 1960 Apples, dried, uncooked, DRY WEIGHT
- 1962 Apples, dried, stewed without sugar, flesh and juice
- 1961 Apples, dried, stewed with sugar, flesh and juice
- R 2159 Apple sauce, NOT canned
- 2160 Apple sauce, canned
- 1963 Apricots, fresh, uncooked, no stones, or leftover stones weighed

- 1964 Apricots, fresh, uncooked, leftover stones not weighed
- 1965 Apricots, fresh, stewed without sugar, fruit and juice, no stones or leftover stones weighed
- 1966 Apricots, fresh, stewed without sugar, fruit and juice, leftover stones not weighed
- 1967 Apricots, fresh, stewed with sugar, fruit and juice, no stones or leftover stones weighed
- 1968 Apricots, fresh, stewed with sugar, fruit and juice, leftover stones not weighed
- 1969 Apricots, dried, uncooked, DRY WEIGHT. NOT ready to eat, semi-dried, "no need to soak" apricots
- 1971 Apricots, dried, stewed without sugar, fruit and juice
- 1970 Apricots, dried, stewed with sugar, fruit and juice
- 8547 Apricots, ready to eat, "no need to soak", semi dried. NOT dried apricots or fresh apricots
- 5235 Asian Pears (nashi)
- 1976 Avocado pears, flesh only, leftover skin weighed
- 1979 Banana chips, dried weight
- 1977 Bananas, raw, flesh only, no skin or leftover skin weighed
- 1978 Bananas, raw, leftover skin not weighed
- 4369 Banana, baked
- 1980 Bilberries, raw
- 1986 Bilberries, stewed without sugar, fruit and juice
- 1987 Bilberries, stewed with sugar, fruit and juice
- 1985 Blackberries, raw
- 1986 Blackberries, stewed without sugar, fruit and juice
- 1987 Blackberries, stewed with sugar, fruit and juice
- 4005 Breadfruit, baked
- 1991 Cherries, eating, raw, no stones, or leftover stones weighed
- 1992 Cherries, eating, raw, leftover stones not weighed
- 1995 Cherries, cooking, stewed without sugar, fruit and juice, no stones or leftover stones weighed
- 1996 Cherries, cooking, stewed without sugar, fruit and juice, leftover stones not weighed
- 1997 Cherries, cooking, stewed with sugar, fruit and juice, no stones or leftover stones weighed
- 1998 Cherries, cooking, stewed with sugar, fruit and juice, leftover stones not weighed
- Clementines - see *tangerines*
- 2011 Currants, dried weight
- 2002 Currants, black, stewed without sugar, fruit and juice

- 2003 Currants, black, stewed with sugar, fruit and juice
- 2006 Currants, red, stewed without sugar, fruit and juice
- 2007 Currants, red, stewed with sugar, fruit and juice
- 2009 Currants, white, stewed without sugar, fruit and juice
- 2010 Currants, white, stewed with sugar, fruit and juice
- 2012 Custard apples, raw
- 2015 Damsons, stewed without sugar, fruit and juice, no stones or leftover stones weighed
- 2016 Damsons, stewed without sugar, fruit and juice, leftover stones not weighed
- 2017 Damsons, stewed with sugar, fruit and juice, no stones, or leftover stones weighed
- 2019 Damsons, stewed with sugar, fruit and juice, leftover stones not weighed
- 2021 Dates, dried no stones, or leftover stones weighed
- 2022 Dates, dried, leftover stones not weighed
- 2020 Dates, fresh, raw, no stones, or leftover stones weighed
- 8502 Dates, fresh, raw, leftover stones not weighed
- 2665 Dried mixed fruit
- 2023 Figs, green, fresh, raw, whole fruit
- 2024 Figs, dried, raw, DRY WEIGHT
- 2025 Figs, dried, stewed without sugar, fruit and juice
- 2026 Figs, dried, stewed with sugar, fruit and juice
- Fruit juices: see "Soft drinks, fruit and vegetable juices"
- Fruit pies: see "Cakes, buns and pastries"
- 2034 Fruit salad, dried fruits, stewed without sugar, fruit and juice
- 2033 Fruit salad, dried fruits, stewed with sugar, fruit and juice
- 2036 Fruit salad, fresh, without sugar or syrup, fruit and juice
- 2035 Fruit salad, fresh, with sugar or syrup, fruit and juice
- 2037 Gooseberries, ripe/dessert, raw
- 2039 Gooseberries, stewed without sugar, fruit and juice
- 2040 Gooseberries, stewed with sugar, fruit and juice
- 2041 Grapes, black, raw, flesh and skin only, no pips, or leftover pips weighed
- 2042 Grapes, black, raw, flesh and skin, leftover pips not weighed
- 2043 Grapes, white, raw, flesh and skin, no pips, or leftover pips weighed
- 2044 Grapes, white, raw, whole grapes i.e. flesh, skin and/or pips

- 2045 Grapefruit, raw, flesh only, no peel or pips, or leftover peel and pips weighed
- 2046 Grapefruit, whole fruit; leftover peel and pips not weighed
- 2051 Greengages, raw, no stones, or leftover stones weighed
- 2052 Greengages, raw, leftover stones not weighed
- 2053 Greengages, stewed without sugar, fruit and juice, no stones or leftover stones weighed
- 2054 Greengages, stewed without sugar, fruit and juice, leftover stones not weighed
- 2055 Greengages, stewed with sugar, fruit and juice, no stones or leftover stones weighed
- 2056 Greengages, stewed with sugar, fruit and juice, leftover stones not weighed
- 2057 Guava, fresh, raw
- 2061 Kiwi fruit, fresh, no skin or leftover skin weighed
- 2063 Lemons, raw, weight includes juice, flesh and peel, leftover peel not weighed
- 2065 Lime, fresh, juice only, no peel or flesh or leftover peel and flesh weighed
- 2066 Loganberries, raw
- 2067 Loganberries, stewed without sugar, fruit and juice
- 2068 Loganberries, stewed with sugar, fruit and juice
- 2072 Lychees, raw, flesh only, no skin or stones, or leftover skin and stones weighed
- Mandarins - see *tangerines*
- 2078 Mangoes, fresh, flesh only, no stone or skin or leftover stone and skin weighed
- 2080 Medlars, raw, flesh only
- 2081 Melons, Cantaloupe, Charantais (orange flesh), flesh only, no skin or seeds, or leftover skin and seeds weighed
- 2082 Melons, Cantaloupe, Charantais (orange flesh), leftover skin not weighed
- 2083 Melons, honeydew, Galia, Ogen (yellow or green flesh), flesh only, no skin or seeds, or leftover skin and seeds weighed
- 2084 Melons, honeydew, Galia, Ogen (yellow or green flesh), leftover skin not weighed
- 2085 Watermelon, flesh only, no skin or seeds, or leftover skin and seeds weighed
- 2086 Watermelon, leftover skin not weighed
- 2087 Mulberries, raw
- 2088 Nectarines, raw, flesh and skin only, no stones, or leftover stones weighed
- 2089 Nectarines, raw, flesh and skin only, leftover stones not weighed
- 2090 Olives, in brine, flesh and skin only, no stones, or leftover stones weighed; stuffed olives
- 2091 Olives, in brine, leftover stones not weighed

- 2092 Oranges, raw, flesh only, no peel or pips, or leftover peel and pips weighed
- 2093 Oranges, raw, leftover peel and pips not weighed
- 2095 Oraniques, fresh, flesh only, no peel or pips, or leftover peel and pips weighed
- 2096 Passion fruit, raw, juice
- 2097 Passion fruit, raw, flesh and seeds only, no skin or leftover skin weighed
- 2098 Passion fruit, raw, leftover skin and pips not weighed
- 2099 Paw paw; papaya; fresh, flesh only
- 2101 Peaches, fresh, flesh and skin only, no stones, or leftover stones weighed
- 2102 Peaches, fresh, leftover stones not weighed
- 2104 Peaches, dried, stewed without sugar, fruit and juice
- 2105 Peaches, dried, stewed with sugar, fruit and juice
- 2110 Pears, eating, raw, flesh only, no skin or core or leftover skin and core weighed
- 2111 Pears, eating, raw, flesh only. leftover skin and core not weighed
- 2240 Pears, eating, raw, flesh and skin, no core or leftover core weighed
- 2241 Pears, eating, raw, flesh and skin, leftover core not weighed
- 2240 Pears, eating, raw, flesh, skin and core eaten
- 2113 Pears, cooking, stewed without sugar, fruit and juice
- 2114 Pears, cooking, stewed with sugar, fruit and juice
- 2117 Pineapple, fresh, flesh only, no skin or leftover skin weighed
- 2118 Pineapple, fresh, leftover skin not weighed
- 7093 Pineapple, dried
- 2123 Plums, dessert, e.g. Victoria, raw, flesh and skin only, no stones or leftover stones weighed
- 2124 Plums, dessert, e.g. Victoria, raw, leftover stones not weighed
- 2127 Plums, cooking, stewed without sugar, fruit and juice, no stones or leftover stones weighed
- 2128 Plums, cooking, stewed without sugar, fruit and juice, leftover stones NOT weighed
- 2129 Plums, cooking, stewed with sugar, fruit and juice, no stones or leftover stones weighed
- 2130 Plums, cooking, stewed with sugar, fruit and juice, leftover stones not weighed
- 2132 Pomegranate, raw, juice only, no skin or seeds, or leftover skin and seeds weighed
- 9564 Pomegranate, flesh and seeds; leftover skin not weighed
- 2133 Prunes, dried, uncooked, no stones, or leftover stones weighed. NOT semi-dried, ready to eat prunes
- 2134 Prunes, dried, uncooked, leftover stones not weighed

- 2135 Prunes, dried, stewed without sugar, fruit and juice, no stones or leftover stones weighed
- 2136 Prunes, dried, stewed without sugar, fruit and juice, leftover stones not weighed
- 2137 Prunes, dried, stewed with sugar, fruit and juice, no stones or leftover stones weighed
- 2138 Prunes, dried, stewed with sugar, fruit and juice, leftover stones not weighed
- 8558 Prunes, ready to eat, semi-dried, "no need to soak". NOT dried prunes
- 2142 Raisins, dried weight
- 2143 Raspberries, raw
- 2144 Raspberries, stewed without sugar, fruit and juice
- 2145 Raspberries, stewed with sugar, fruit and juice
- 2147 Raspberries, frozen, as served, NO sugar
- Redcurrants: see *currants*
- 2149 Rhubarb, stewed without sugar, fruit and juice
- 2150 Rhubarb, stewed with sugar, fruit and juice
- 2152 Sapota; noiseberry fruits; raw
- Satsumas: see *tangerines*
- 2153 Strawberries, raw, NO sugar
- 2155 Strawberries, frozen, as served, NO sugar
- 2156 Sultanas, dried weight
- 2157 Tangerines; mandarins; clementines; satsumas; Temples; Wilkins; raw, flesh and juice only, no peel or pips, or leftover peel and pips weighed
- 2158 Tangerines; mandarins; clementines; satsumas; Temples; Wilkins; raw, leftover peel and pips not weighed

MEAT, MEAT DISHES, MEAT PRODUCTS AND OFFAL

BACON

N.B. DRY FRIED = FRIED WITH NO ADDED FAT

- 5407 Bacon, lean, grilled or dry fried, cut unspecified, smoked or unsmoked
- 8232 Collar joint, smoked, boiled, lean and fat
- 901 Collar joint, NOT smoked, boiled, lean and fat
- 8233 Gammon joint; gammon steaks; smoked, boiled, lean and fat
- 903 Gammon joint, gammon steaks; NOT smoked, boiled, lean and fat
- 8234 Gammon joint, gammon steaks; smoked, boiled, lean only
- 904 Gammon joint, gammon steaks; NOT smoked, boiled, lean only
- 8237 Rashers, back, smoked, fried, lean and fat

- 910 Rashers, back, NOT smoked, fried, lean and fat
- 8238 Rashers, back, smoked, grilled or dry fried, lean and fat
- 914 Rashers, back, NOT smoked, grilled or dry fried, lean and fat
- 9410 Rashers, back, smoked, grilled or dry fried, extra trimmed
- 9464 Rashers, back, NOT smoked, grilled or dry fried, extra trimmed
- 9411 Rashers, back, reduced fat and reduced salt, smoked, grilled or dry fried, e.g. Sainsbury's extra trimmed low salt
- 9412 Rashers, back, reduced fat and reduced salt, NOT smoked, grilled or dry fried, e.g. Danepak, lean and low
- Rashers, belly; see "Pork" and "Pork dishes"
- 8239 Rashers, gammon, smoked, grilled or dry fried, lean and fat
- 906 Rashers, gammon, NOT smoked, grilled or dry fried, lean and fat
- 8240 Rashers, gammon, smoked, grilled or dry fried, lean only
- 907 Rashers, gammon, NOT smoked, grilled or dry fried, lean only
- 8241 Rashers, middle; side; smoked, fried, lean and fat
- 911 Rashers, middle; side; NOT smoked, fried, lean and fat
- 8242 Rashers, middle; side; smoked, grilled or dry fried, lean and fat
- 915 Rashers, middle; side; NOT smoked, grilled or dry fried, lean and fat
- 8243 Rashers, streaky, smoked, fried, lean and fat
- 912 Rashers, streaky, NOT smoked, fried, lean and fat
- 8244 Rashers, streaky, smoked, grilled or dry fried, lean and fat
- 916 Rashers, streaky, NOT smoked, grilled or dry fried, lean and fat
- 8245 Rashers, any other cut, NOT gammon, back, middle, streaky, smoked, grilled or dry fried, lean and fat
- 913 Rashers, any other cut, NOT gammon, back, middle, streaky, NOT smoked, grilled or dry fried, lean and fat
- 909 Rashers, cut unspecified, NOT smoked, fried, lean and fat
- 8246 Rashers, cut unspecified, smoked, fried, lean and fat
- 8247 Rashers, cut unspecified, smoked, grilled or dry fried, lean and fat
- 908 Rashers, cut unspecified, NOT smoked, grilled or dry fried, lean and fat
- 9414 Bacon Steaks; chops; loin, smoked, grilled, e.g. Somerfield cured pork loin steaks, Asda bacon chops
- 9413 Bacon Steaks; chops; loin, NOT smoked, grilled, e.g. Tesco bacon chops, Danepak boneless chops

BEEF

9416 Braising steak; chuck steak; braised, lean and fat

9417 Braising steak; chuck steak; braised, lean only

935 Brisket, boiled, lean and fat

9415 Brisket, boiled, lean only

936 Brisket, pot-roasted or braised, lean and fat

9418 Fillet steak, fried, lean only

9419 Fillet steak, grilled, lean only

9420 Flank; top rump, pot-roast or braised, lean and fat

9421 Flank; top rump, pot-roast or braised, lean only

938 Fore-rib; rib-roast, roast, lean and fat

939 Fore-rib; rib-roast, roast, lean only

941 Minced beef, stewed, fat not skimmed, NOT extra lean mince. NOT canned

942 Minced beef, stewed, fat skimmed, includes extra lean mince. NOT canned

5309 Roast beef; cooked beef slices, prepacked or from delicatessen

950 Rump steak, fried, lean and fat

951 Rump steak, fried, lean only

952 Rump steak, grilled, lean and fat

953 Rump steak, grilled, lean only

9422 Silverside, not salted, pot-roasted or braised, lean and fat

9423 Silverside, not salted, pot-roasted or braised, lean only

954 Silverside, salted, boiled, lean and fat

955 Silverside, salted, boiled, lean only

957 Sirloin joint, roast, lean and fat

958 Sirloin joint, roast, lean only

9424 Sirloin steak, fried, lean and fat

9425 Sirloin steak, fried, lean only

9426 Sirloin steak, grilled, lean and fat

9427 Sirloin steak, grilled, lean only

960 Stewing steak, stewed, lean and fat, no gravy. NOT canned

971 Stewing steak, stewed, lean only, no gravy. NOT canned

969 Topside, roast, lean and fat

970 Topside, roast, lean only

BEEF DISHES

- R 1319 Beef and vegetable curry; NO rice
- R 1329 Beef biryani or pilau; includes rice
- R 5310 Beef casserole, made with cook in sauce
- 5311 Beef casserole, frozen or chilled. Ready meal; beef in tomato gravy and vegetables. No potato, e.g. Marks & Spencers braised steak, beef bourguignon, beef goulash. No rice
- R 1317 Beef chow mein.
- 9318 Beef curry with rice frozen or chilled ready meal, e.g. Birds Eye Menu Master
- 5312 Beef curry, frozen or chilled. Ready meal. No rice
- R 1328 Beef curry with cream or coconut sauce; NO rice
- 1318 Beef curry, Vesta only, as served; NO rice
- 5313 Beef hot pot with potato. Ready meal, e.g. Birds Eye
- 1231 Beef, minced, in gravy canned
- 1232 Beef, minced, pie filling canned
- 1233 Beef, minced, pie filling, with onion, reformed meat canned
- 1234 Beef, pie filling, reformed meat; canned
- 1320 Beef, roast dinner; roast beef platter frozen, purchased, ready meal with Yorkshire pudding, potatoes, and vegetables.
- 1321 Beef, roast, in gravy, frozen, or chilled purchased, ready meal. e.g. Birds Eye, No vegetables.
- 9465 Beef stew and dumplings, frozen or chilled ready meal, e.g. Birds Eye
- R 9810 Beef stew and dumplings, homemade
- R 961 Beef stew, stewed, fat NOT skimmed, in thickened gravy, with carrots but NOT potatoes. NOT canned
- R 962 Beef stew, stewed, fat skimmed, in thickened gravy, with carrots but NOT potatoes. NOT canned
- R 963 Beef stew, stewed, fat NOT skimmed, in thickened gravy with carrots and potatoes. NOT canned
- R 964 Beef stew, stewed, fat skimmed, in thickened gravy, with carrots and potatoes. NOT canned
- R 1323 Bolognese sauce; made with minced beef, onion, tomatoes, carrots, homemade
- R 5314 Bolognese sauce made with bottled pasta sauce
- 7780 Bolognese sauce, canned
- 1324 Cannelloni, purchased; with meat filling. NOT Vegetarian cannelloni
- R 1325 Chilli con carne; homemade; made with minced beef, red kidney beans, onion, tomatoes, green pepper. Not canned; not ready meal. NO rice.
- 7779 Chilli con carne, canned. NO rice

- 9244 Chilli con carne with rice, ready meal, frozen or chilled, purchased
- 5315 Chilli con carne. NO rice. Ready meal, frozen or chilled
- R 1332 Chop suey, with beef
- R 1317 Chow mein, with beef
- R 1357 Cottage pie; homemade with minced beef; mashed potato with NO added butter or margarine
- R 1365 Cottage pie; homemade with minced beef; mashed potato with added butter or margarine
- 1356 Cottage pie with minced beef; purchased, frozen or chilled ready meal
- R 9347 Cottage pie; homemade with extra lean minced beef, mashed potato with no added fat
- Cottage Pie, made with lamb - see *Shepherds Pie*
- 9155 Extra lean stewing steak in gravy canned
- R 1348 Lasagne, homemade, with beef. NOT vegetarian lasagne
- 1347 Lasagne, purchased, frozen or chilled ready meal, with meat sauce NOT vegetarian lasagne; NOT Chicken Lasagne
- 9359 Meatballs in gravy. Ready meal with mashed potato, e.g. Birds Eye
- 7782 Meatballs and pasta/baked beans, canned e.g. Campbell's
- 1244 Meatballs in gravy, canned
- 943 Minced beef, stewed, fat NOT skimmed with onions in thickened gravy. NO other vegetables. NOT canned
- 944 Minced beef, stewed, fat skimmed with onions in thickened gravy. NO other vegetables, NOT canned. Includes extra lean mince
- R 945 Minced beef, stewed, fat NOT skimmed with onions and carrots in thickened gravy, with vegetables but NOT potatoes, NOT canned
- R 946 Minced beef, stewed, fat skimmed with onions and carrots in thickened gravy, with vegetables but NOT potatoes, NOT canned. Includes extra lean mince.
- R 947 Minced beef, stewed, fat NOT skimmed, in thickened gravy, with onions, carrots and potatoes. NOT canned
- R 948 Minced beef, stewed, fat skimmed, in thickened gravy, with onions, carrots and potatoes. NOT canned. Includes extra lean mince.
- R 1350 Moussaka, made with minced beef, potatoes, and cheese sauce
- R 1364 Moussaka, made with minced beef, aubergines, and cheese sauce. No potato
- 3756 Pancakes savoury, minced beef filling, crispy coated, fried in blended vegetable oil, purchased, e.g. Findus
- 8644 Pancakes savoury, minced beef filling, crispy coated, grilled, purchased, e.g. Findus
- Shepherds pie, made with beef - see *cottage pie*
- 9245 Spaghetti Bolognese, beef, frozen or chilled, ready meal. Purchased.
- 9700 Steak in red wine with potatoes and vegetables. Ready meal, e.g. Birds Eye

- 966 Stewing steak and kidney, stewed, fat NOT skimmed, in thickened gravy. NOT canned
- 967 Stewing steak and kidney, stewed, fat skimmed, in thickened gravy. NOT canned
- 9155 Stewing steak in gravy - extra lean, canned
- 1243 Stewed steak, in gravy, pie filling, canned
- 1244 Stewed steak, in gravy, canned; meat balls in gravy

BURGERS, GRILL STEAKS AND KEBABS

Burgers

- 1268 Beefburgers and onion; hamburgers and onion; fried. NOT 100 % meat. NOT canned, NOT low fat beefburgers, NOT burger in a bun
 - 8265 Beefburgers and onion; hamburgers and onion; grilled. NOT 100 % meat. NOT canned, NOT low fat beefburgers, NOT burger in a bun
 - 1270 Beefburger; hamburger; economy or other, fried, with or without onion. NOT canned, NOT low fat beefburgers.
 - 8266 Beefburger; hamburger; economy or other, grilled, with or without onion. NOT canned, NOT low fat beefburgers
 - 1266 Beefburgers: hamburgers; purchased, 100 % meat only, fried. NOT canned, NOT low fat beefburgers, NOT burger in a bun
 - 8264 Beefburgers: hamburgers; purchased, 100 % meat only, grilled. NOT canned, NOT low fat beefburgers, NOT burger in a bun
 - 1316 Beefburgers, in batter, deep fried, purchased, takeaway
 - 1264 Beefburgers, in gravy, canned
 - 8263 Beefburgers, low fat, fried
 - 1382 Beefburgers, low fat, grilled
- Chicken burgers etc: see “coated chicken”
- 1289 Lamb burgers; grill steaks; fried or grilled, e.g. Dale

Burgers in a bun

- 1340 Big Mac ONLY
- 5306 Burger King Double Whopper ONLY
- 5307 Burger King Double Whopper with cheese ONLY
- 5304 Burger King Whopper ONLY
- 5305 Burger King Whopper with cheese ONLY
- 1333 Cheeseburger; beefburger with cheese in a bun; takeaway. NOT quarter pounder
- 1339 Cheeseburger; beefburger with cheese in a bun; takeaway, quarter pounder

1330 Hamburger in a bun; beefburger in a bun; takeaway. NOT quarter pounder

1336 Hamburger in a bun; beefburger in a bun; takeaway, quarter pounder

Grill steaks

1289 Grill steaks, beef, fried or grilled

7794 Grill steaks, beef only, low fat, grilled

7795 Grill steaks, beef only, low fat, fried

1289 Lamb burgers; grill steaks; fried or grilled, e.g. Dale

Kebabs

1342 Kebab, doner; sliced lamb and salad in pitta; takeaway

8146 Kebab, doner; sliced lamb in pitta, NO salad; takeaway

1343 Kebab, kofte; spiced sausage and salad in pitta; takeaway

1344 Kebab, shish; skewered lamb and salad in pitta; takeaway

CHICKEN

This section is divided into subsections as follows:-

A. COATED CHICKEN

B. FRIED CHICKEN, NOT BREADED

C. BARBECUED STYLE CHICKEN

D. GRILLED CHICKEN

E. ROAST CHICKEN

F. CASSEROLED AND STEWED CHICKEN

G. CHICKEN PRODUCTS AND DISHES

A. COATED CHICKEN

Chicken, Coated in Egg and Breadcrumbs

9287 Chicken breast, without skin, coated in egg and breadcrumbs, fresh, frozen or chilled, grilled or baked. No added fat. No bones or leftover bones weighed

8250 Chicken breast without skin, coated in egg and breadcrumbs, fresh, chilled or frozen, fried in blended vegetable oil. No bones or leftover bones weighed

8253 Chicken breast, without skin, coated in egg and breadcrumbs, fresh, chilled or frozen, fried in polyunsaturated oil. No bones or leftover bones weighed

8252 Chicken breast, without skin, coated in egg and breadcrumbs, fresh, chilled or frozen, fried in lard. No bones or leftover bones weighed

- 1078 Chicken, NOT breast, without skin, coated in egg and breadcrumbs, fried in blended vegetable oil. No bones or leftover bones weighed
- 1079 Chicken, NOT breast, without skin, coated in egg and breadcrumbs, fried in blended vegetable oil.
Leftover bones not weighed
- 1082 Chicken, NOT breast, without skin, coated in egg and breadcrumbs, fried in lard. No bones or leftover bones weighed
- 1083 Chicken, NOT breast, without skin, coated in egg and breadcrumbs, fried in lard. Leftover bones not weighed
- 1084 Chicken, NOT breast, without skin, coated in egg and breadcrumbs, fried in polyunsaturated oil. No bones or leftover bones weighed
- 1085 Chicken, NOT breast, without skin, coated in egg and breadcrumbs, fried in polyunsaturated oil. Leftover bones not weighed
- 5346 Chicken, NOT breast, without skin, coated in egg and breadcrumbs, fresh, chilled or frozen, grilled or baked. NO added fat. Leftover bones not weighed

Chicken burgers

- 2672 Chicken burgers, coated in crumbs or batter, frozen or chilled, e.g. Bird's Eye, grilled or baked. NO added fat. NOT burger in a bun
- 1109 Chicken burgers, coated in crumbs or batter, frozen or chilled, e.g. Bird's Eye, fried in blended vegetable oil. NOT burger in a bun
- 1111 Chicken burgers, coated in crumbs or batter, frozen or chilled, e.g. Bird's Eye, fried in lard. NOT burger in a bun
- 1112 Chicken burgers, coated in crumbs or batter, frozen or chilled, e.g. Bird's Eye, fried in polyunsaturated oil. NOT burger in a bun
- 5262 Chicken burger in a bun, takeaway, includes chicken burger, bun, lettuce and mayonnaise, e.g. McDonald's, KFC and Wimpy

Chicken Fingers; Pieces; Goujons

- 8258 Chicken fingers; pieces, coated in crumbs or batter, grilled or baked. No added fat, e.g. Bird's Eye Chicksticks
- 8254 Chicken fingers; pieces, coated in crumbs or batter, fried in blended vegetable oil, e.g. Bird's Eye Chicksticks
- 8256 Chicken fingers; pieces, coated in crumbs or batter, fried in lard, e.g. Bird's Eye Chicksticks
- 8257 Chicken fingers; pieces, coated in crumbs or batter, fried in polyunsaturated oil, e.g. Bird's Eye Chicksticks
- 5263 Chicken goujons; chicken pieces in breadcrumbs, fresh or chilled, grilled or oven baked
- 1115 Chicken nuggets, from takeaway, e.g. McDonald's, Kentucky Dippers, Burger King Pick Em Ups. Includes chicken balls, Chinese (sweet and sour)

Coated chicken with filling

- 3680 Chicken Kiev, NOT Mini Chicken Kiev, breaded chicken with garlic butter centre, oven baked, purchased, e.g. Bernard Matthews Kiev Supreme
- 8259 Chicken Kiev Mini, small pieces of breaded chicken with garlic butter centre, oven baked or grilled, purchased, e.g. Bernard Matthews Mini Kievs
- 5264 Chicken, breaded, with cheese and vegetable filling, chilled or frozen, oven baked, e.g. Tesco chicken with creamy cheese and broccoli in breadcrumbs, Sainsbury's boneless chicken with broccoli and cheese, Sun Valley chicken kiev with cheese and mushroom

Takeaway coated chicken

- 1086 Takeaway chicken portions, coated in batter and deep fried, e.g. Kentucky Fried Chicken, Favorite Fried Chicken, Perfect Fried Chicken. No bones or leftover bone weighed
- 1087 Takeaway chicken portions, coated in batter and deep fried, e.g. Kentucky Fried Chicken, Favorite Fried Chicken, Perfect Fried Chicken. Leftover bones not weighed
- 5262 Chicken burger, takeaway, includes chicken burger, bun, lettuce and mayonnaise, e.g. McDonald's, KFC and Wimpy
- 1115 Chicken nuggets, from takeaway, e.g. McDonald's, Kentucky Dippers, Burger King Pick Em Ups. Includes chicken balls from sweet and sour chicken

B. FRIED CHICKEN, NOT BREADED

- 5265 Chicken breast strips, stir fried in polyunsaturated oil
- 9094 Chicken breast strips, stir fried in olive oil
- 1070 Chicken breast, no skin, uncoated or coated in flour only, fried in blended vegetable oil. No bones or leftover bones weighed
- 1071 Chicken breast, no skin, uncoated or coated in flour only, fried in blended vegetable oil, leftover bones not weighed
- 1074 Chicken breast, no skin, uncoated or coated in flour only, fried in lard, no bones or leftover bones weighed
- 1075 Chicken breast, no skin, uncoated or coated in flour only, fried in lard. Leftover bones not weighed
- 1076 Chicken breast, no skin, uncoated or coated in flour only, fried in polyunsaturated oil. No bones or leftover bones weighed
- 1077 Chicken breast, no skin, uncoated or coated in flour only, fried in polyunsaturated oil. Leftover bones not weighed
- 5266 Chicken portion, with skin, uncoated or coated in flour only, deep fried in blended vegetable oil. No bones or leftover bones weighed. Includes from chip shop or takeaway
- 5267 Chicken portion, with skin, uncoated or coated in flour, deep fried in blended vegetable oil. Leftover bones not weighed. Includes from chip shop or takeaway

C. BARBECUED STYLE CHICKEN

- 5268 Chicken wings, marinated, barbecued or grilled, e.g. Tesco's Hot & Spicy, Asda, Safeway Chinese style
- 5269 Chicken breast, marinated in garlic and herbs, chilled or frozen, oven baked

D. GRILLED CHICKEN

- 5127 Chicken breast, meat only, no skin, grilled, no added fat
- 5128 Chicken breast, meat and skin, grilled, no added fat

E. ROAST CHICKEN

- 1088 Chicken, roast, light and dark meat only, no skin, no bones or leftover bones weighed
- 1089 Chicken, roast, light and dark meat and skin, no bones or leftover bones weighed
- 1092 Chicken, roast, light and dark meat and skin, leftover bone not weighed
- 1090 Chicken, roast, light meat only, no skin, no bones or leftover bones weighed
- 1372 Chicken, roast, light meat and skin, no bones or leftover bones weighed
- 1091 Chicken, roast, dark meat only, no skin, no bones or leftover bones weighed
- 1374 Chicken, roast, dark meat and skin, no bones or leftover bones weighed
- 1093 Chicken, roast, dark meat and skin, leftover bones not weighed
- 1372 Chicken, wing quarter, roast, meat and skin, no bones or leftover bones weighed
- 1092 Chicken, wing quarter, roast, meat and skin, leftover bones not weighed
- 1374 Chicken, leg quarter, thigh, roast, meat and skin, no bones or leftover bones weighed
- 1093 Chicken, leg quarter, thigh, roast, meat and skin, leftover bones not weighed
- 5270 Chicken drumsticks, roast, meat only, no bone or leftover bone weighed
- 5271 Chicken drumsticks, roast, meat and skin, no bone or leftover bone weighed
- 5272 Chicken drumsticks, roast, meat and skin, leftover bone not weighed

F. CASSEROLED AND STEWED CHICKEN

- 1068 Chicken breast, casserole, meat only, no skin, no bones or leftover bones weighed
- 5273 Chicken breast, casserole, with skin, no bones or leftover bone weighed
- 5274 Chicken breast, casserole, with skin, leftover bones not weighed
- 1069 Chicken thighs, casserole, meat only, no skin, no bones or leftover bones weighed
- 5275 Chicken thighs, casserole, with skin, no bones or leftover bones weighed
- 5276 Chicken thighs, casserole, with skin, leftover bones not weighed
- 5277 Chicken leg quarter, casserole, meat only, no skin, no bones or leftover bones weighed
- 1375 Chicken leg quarter, casserole, with skin, no bones or leftover bones weighed
- 1095 Chicken leg quarter, casserole, with skin, leftover bones not weighed
- 5278 Chicken wing quarter, casserole, meat only, no bones or leftover bone weighed

- 1373 Chicken wing quarter, casseroled, with skin, no bones or leftover bones weighed
- 1094 Chicken wing quarter, casseroled, with skin, leftover bone not weighed
- 1067 Chicken, casseroled, cut unspecified, light and dark meat, no skin, no bones or leftover bones weighed
- R 1096 Chicken, giblets, NOT just livers, cooked

G. CHICKEN DISHES, INCLUDING CANNED CHICKEN

- R 1098 Chicken biryani, no rice
- 5279 Chicken casserole, ready meal (chicken in tomato/gravy sauce with vegetables), no rice, e.g. Marks & Spencers chicken and mushroom casserole, sweet 'n' sour chicken, chicken jalfrezi, chicken creole
- R 1099 Chicken casserole, meat only, no skin, in thickened gravy, with vegetables, no bones or leftover bones weighed
- R 1100 Chicken casserole, meat only, no skin, in thickened gravy, with vegetables, leftover bones not weighed
- 1101 Chicken casserole, canned, e.g. Tyne
- R 5280 Chicken Chasseur, no bones or leftover bones weighed
- R 7777 Chicken, Chinese style, no bones or leftover bones weighed
- R 1366 Chicken chop suey
- 1102 Chicken chow mein, Vesta only, ready meal, weight as served, complete meal
- R 1367 Chicken chow mein. Not Vesta
- 1106 Chicken curry, Vesta only, weight as served. NO rice
- 1103 Chicken curry, canned. NO rice, e.g. Uncle Ben's Chicken Korma or Tikka Masala, Tyne Chicken Curry
- 9386 Chicken curry; Masala; tikka masala, ready meal, frozen or chilled, with rice
- 9387 Chicken curry; Masala, tikka masala, ready meal, frozen or chilled, no rice
- R 5281 Chicken curry, made with canned/bottled curry sauce, no rice
- R 1104 Chicken curry with vegetables, no skin, no bones or leftover bones weighed, no rice
- R 1105 Chicken curry with vegetables, with skin, leftover bones not weighed, no rice
- R 1363 Chicken curry, Korma style with cream or coconut sauce, no bones or leftover bones weighed, no rice
- R 1362 Chicken curry, Korma style with cream or coconut sauce, leftover bones not weighed, no rice
- R 5282 Chicken fricassee, made with cream, no bones or leftover bones weighed, no rice
- R 7778 Chicken lasagne
- 8260 Chicken pancake, frozen, fried in blended vegetable oil, e.g. Findus
- R 5283 Chicken risotto, made with butter
- 1116 Chicken roast dinner; roast chicken platter, frozen ready meal with potatoes, vegetables and stuffing, e.g. Bird's Eye

- 1117 Chicken, roast in gravy, frozen, purchased, no vegetables or potatoes, e.g. Bird's Eye
- 1126 Chicken roll, with or without stuffing, canned
- 1127 Chicken roll, with or without stuffing, NOT canned
- 5284 Chicken slices, prepacked or delicatessen, includes wafer thin sliced chicken. NOT smoked
- 5285 Chicken slices, smoked, prepacked or delicatessen, includes wafer thin sliced smoked chicken
- 1125 Chicken spread; chicken paste; NOT canned, e.g. Shiphams
- 2661 Chicken stir fry, with rice, ready meal, frozen, e.g. Ross Oriental Express Indian/ Chinese chicken, Iceland Chinese chicken
- R 5286 Chicken breast strips, stir fried, with peppers, onions and mushrooms in polyunsaturated oil
- R 5287 Chicken breast strips, stir fried, with peppers, onions and mushrooms in olive oil
- R 5288 Chicken breast strips, stir fried, with mushrooms and cashew nuts in polyunsaturated oil
- R 5289 Chicken breast strips, stir fried, with peppers in black bean sauce in polyunsaturated oil
- 1108 Chicken, in white sauce, canned
- 9565 Chicken in white sauce with vegetables/ham with rice, ready meal
- R 1107 Chicken supreme; creamed chicken; chicken in white wine sauce; no bones or leftover bones weighed. NOT canned. NOT chicken fricassee
- R 1123 Chicken tandoori, no bones or leftover bones weighed
- R 1124 Chicken tandoori, leftover bones not weighed
- R 1122 Chicken tikka, i.e. Indian spiced chicken , grilled, no bones or leftover bones weighed. NOT chicken tikka masala
- R 5290 Chicken Vindaloo, homemade, ready meal or takeaway, no rice, e.g. Tesco's Vindaloo, Marks & Spencers Hot Curry

HAM

- 1236 Ham, canned in juice
- 9508 Ham, prepacked or from delicatessen or butcher, any cut, includes premium or superior ham, dry cure, Wiltshire type cure, honey roast/honey glazed, wafer thin ham. NOT smoked, NOT canned.
- 9509 Ham, prepacked or from delicatessen or butcher, any cut, includes premium or superior ham, dry cure, Wiltshire type cure, honey roast/honey glazed, wafer thin ham, smoked. NOT canned.
- 9385 Pork shoulder; shoulder ham, prepacked or from delicatessen or butcher, NOT smoked, NOT ham

LAMB

- 1055 Breast of lamb, roast, lean and fat, no bone, or leftover bone weighed
- 1019 Breast of lamb, roast, lean and fat, leftover bone not weighed
- 977 Breast of lamb, roast, lean only, no bone, or leftover bone weighed

1018 Breast of lamb, roast, lean only, leftover bone not weighed

978 Breast of lamb, roast, stuffed

984 Chump chops; steaks, grilled or fried, lean and fat, no bone, or leftover bone weighed

985 Chump chops; steaks, grilled or fried, lean and fat, leftover bone not weighed

986 Chump chops; steaks, grilled or fried, lean only, no bone, or leftover bone weighed

987 Chump chops; steaks, grilled or fried, lean only, leftover bone not weighed

994 Cutlets; best end of neck; noisettes, grilled or fried, lean and fat, no bone, or leftover bone weighed

995 Cutlets; best end of neck, grilled or fried, lean and fat, leftover bone not weighed

996 Cutlets; best end of neck; noisettes, grilled or fried, lean only, no bone, or leftover bone weighed

997 Cutlets; best end of neck, grilled or fried, lean only, leftover bone not weighed

999 Leg of lamb, whole, roast, lean and fat

1000 Leg of lamb; whole, roast, lean only

9429 Half leg of lamb, knuckle or shank end, roast, lean and fat

1000 Half leg of lamb, knuckle or shank end, roast, lean only

9430 Half leg of lamb, fillet end, roasted, lean and fat

1000 Half leg of lamb, fillet end, roasted, lean only

9431 Leg chops; steaks, grilled or fried, lean and fat

9432 Leg chops; steaks, grilled or fried, lean only

9433 Loin joint, roast, lean and fat

9434 Loin joint, roast, lean only

980 Loin chops, grilled or fried, lean only, no bone, or leftover bone weighed

981 Loin chops, grilled or fried, lean only, leftover bone not weighed

982 Loin chops, grilled or fried, lean and fat, no bone, or leftover bone weighed

983 Loin chops, grilled or fried, lean and fat, leftover bone not weighed

9435 Neck fillet, grilled, lean and fat

9436 Neck fillet, grilled, lean only

9437 Rack of lamb; best end of neck; crown roast, roast, lean and fat

9438 Rack of lamb; best end of neck; crown roast, roast, lean only

1008 Shoulder of lamb, whole, roast, lean and fat

1009 Shoulder of lamb, roast, lean only

9439 Half shoulder of lamb, knuckle end, roasted, lean and fat

- 1009 Half shoulder of lamb, knuckle end, roasted, lean only
- 9440 Half shoulder of lamb, bladeside, roasted, lean and fat
- 1009 Half shoulder of lamb, bladeside, roasted, lean only
- 1002 Stewing lamb; scrag and neck end; stewed, lean and fat, no bones, or leftover bones weighed
- 1003 Stewing lamb; scrag and neck end; stewed, lean only, no bones, or leftover bones weighed
- 1004 Stewing lamb; scrag and neck end; stewed, lean only, leftover bones not weighed
- 9441 Lamb, minced, stewed, lean and fat

LAMB DISHES

- R 9475 Chow mein, made with lamb
- R 1332 Chop suey, made with lamb
- 1238 Irish stew, canned
- R 9478 Lamb biryani or pilau; includes rice
- 978 Lamb, breast of, roast, stuffed
- R 9477 Lamb curry with cream or coconut sauce; no rice
- R 5316 Lamb curry, made with canned curry sauce
- 5319 Lamb hot pot with potato, ready meal e.g. Lancashire hot pot
- R 5318 Lamb, minced, stewed with onions and gravy
- R 5317 Lancashire hot pot, homemade
- R 979 Lamb or mutton and vegetable curry; NO rice
- 8248 Lamb, roast roll, purchased, e.g. Bernard Matthew's lamb roast, cooked
- R 1005 Lamb, scrag and neck end, stewed, lean and fat, with potatoes, carrots, onions and gravy, i.e. Irish Stew. Leftover bones weighed, NOT canned
- R 1016 Lamb, scrag and neck end, stewed, lean and fat, with potatoes, carrots, onions and gravy, i.e. Irish Stew. Leftover bones not weighed. NOT canned
- R 1006 Lamb, scrag and neck end, stewed, lean only, with potatoes and vegetables, e.g. carrots or tomatoes. Leftover bones weighed. NOT canned
- R 1017 Lamb, scrag and neck end, stewed, lean only, with potatoes and vegetables, e.g. carrots or tomatoes. Leftover bones not weighed. NOT canned
- 5320 Moussaka ready meal
- R 1350 Moussaka made with minced lamb, potato, cheese sauce
- R 1364 Moussaka made with minced lamb, aubergines, cheese sauce. No potato
- 5321 Shepherds pie, made with lamb, frozen or chilled. Ready meal
- R 5322 Shepherds pie, homemade with minced lamb

LIVER AND LIVER DISHES, LIVER PATÉ AND LIVER SAUSAGE

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

- 3322 Liver, pigs, coated, fried in butter
- R 1204 Liver, pigs, stewed in thickened gravy
- 1259 Liver sausage

MEAT - OTHER; MEAT PRODUCTS

- 1315 Bacon and egg in a bun, purchased, takeaway, e.g. Bacon and Egg McMuffin
 - Beanburger: see "Vegetables"
- R 1326 Chinese meat buns
- R 1332 Chop suey, with beef, lamb or pork
- R 1327 Corned beef hash; corned beef and mashed potato
 - 1235 Corned beef, canned
 - 1341 Corned beef, NOT canned
 - 1237 Ham and pork, chopped, canned
 - 1337 Ham and pork, chopped. NOT canned
 - 4771 Ham paté low fat, purchased. NOT canned
 - 1255 Haslet
 - 3334 Low fat meat paté
 - 1239 Luncheon meat, canned
 - 1338 Luncheon meat, NOT canned
 - 8267 Pepperami or snack salami
 - 923 Pork crackling; "pork scratchings"
 - Ravioli, canned: see "Pasta, rice and grains"
 - 1274 Salami. NOT pepperami or snack salami
 - 1239 Spam, canned
 - 1338 Spam, NOT canned
 - 4857 Steak and kidney pie filling, canned
 - 1245 Tongue, ox or lamb, canned. Not lunch tongue or pork tongue
 - 1215 Tongue, ox or lamb, NOT canned. Not lunch tongue or pork tongue
 - 9590 Tongue , pork; tongue, lunch; canned
 - 1335 Luncheon meat, Chinese, steamed, purchased
 - R 1332 Meat chop suey, beef, lamb or pork
 - R 1349 Meat loaf, homemade

1260 Meat loaf, purchased

MEAT PIES AND PASTRIES (INCLUDING CHICKEN PIES)

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

- R 1158 Rabbit pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1354 Samosa, meat
- 1306 Sausage roll, flaky pastry, homemade
- 8071 Sausage roll, puffed pastry or flaky pastry, purchased
- 1307 Sausage roll, shortcrust pastry, homemade; pastry made with half lard and half margarine (NOT polyunsaturated)
- 1308 Sausage roll, shortcrust pastry, purchased
- R 1309 Steak pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated). NOT canned
- R 1310 Steak pie, two crusts or individual, shortcrust pastry made with half lard, and half margarine (NOT polyunsaturated). NOT canned
- R 8731 Steak pie, lean meat, two crusts or individual, shortcrust pastry made with polyunsaturated margarine. NOT canned
- 1378 Steak pie, individual, flaky pastry, purchased
- 1241 Steak and kidney pie, canned
- 1242 Steak and kidney pudding, canned
- R 1322 Steak, pudding, suet pastry, NO kidney. NOT canned
- R 1381 Steak and kidney pudding, suet pastry, NOT canned
- R 1312 Steak and kidney pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1313 Steak and kidney pie, two crusts, individual; shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1314 Steak and kidney pie, two crusts, shortcrust pastry, made with half lard and half margarine (NOT polyunsaturated). NOT individual; NOT canned.
- 1379 Steak and kidney pie, two crusts, individual, flaky pastry, purchased
- 1377 Steak and kidney pie, two crusts, shortcrust pastry, purchased
- 5626 Toaster pockets, flaky pastry toaster sandwiches, e.g. Pilsbury toaster pockets, cheese and bacon
- R 1118 Turkey pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- R 1119 Turkey pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)

OFFAL AND OFFAL PRODUCTS

SEE SEPARATE SECTION FOR LIVER

- 1171 Brain, calves, boiled
- 1172 Brain, lambs, boiled

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

OFFAL PRODUCTS

- 1248 Black pudding, dry fried or grilled
- 1247 Black pudding, boiled
- 1249 Brawn
- 1250 Faggots; in gravy ready meal, e.g. Mr Brains Faggots in a rich country sauce
- 1251 Haggis, boiled
- 1252 Haggis, in batter, deep fried in blended vegetable oil, purchased from takeaway shop
- 1253 Haggis, in batter, deep fried in dripping, purchased from takeaway shop
- 1254 Haggis, in batter, deep fried in lard, purchased from takeaway shop
- 1255 Haslet
- 1261 Meat paste, canned. NOT chicken paste

1262 Meat paste, NOT canned. NOT chicken paste

1263 White pudding

PORK

1020 Belly rashers; slices; joint, roasted or grilled, lean and fat, no bone, or leftover bone weighed

1043 Belly rashers; slices; joint, roasted or grilled, lean and fat, leftover bone not weighed

1022 Belly rashers; slices; joint, stewed or boiled, lean and fat, no bone, or leftover bone weighed

1057 Belly rashers; slices; joint, stewed or boiled, lean and fat, leftover bone not weighed

Belly rashers, stewed or boiled with vegetables; see 'Pork dishes'

1024 Chops, unspecified, fried or grilled, lean only, no bone, or leftover bone weighed

1025 Chops, unspecified, fried or grilled, lean only, leftover bone not weighed

1026 Chops, unspecified, fried or grilled, lean and fat, no bone, or leftover bone weighed

1027 Chops, unspecified, fried or grilled, lean and fat, leftover bone not weighed

9452 Chump chops; steaks, fried or grilled, lean and fat, no bone, or leftover bone weighed

9453 Chump chops; steaks, fried or grilled, lean and fat, leftover bone not weighed

9454 Chump chops; steaks, fried or grilled, lean only, no bone, or leftover bone weighed

9455 Chump chops; steaks, fried or grilled, lean only, leftover bone not weighed

3808 Diced pork, stewed, lean and fat

9460 Diced pork, stewed, lean only

9462 Fillet (tenderloin), grilled, lean

9448 Hand or spring (shoulder) joint, roasted, lean and fat

9449 Hand or spring (shoulder) joint, roasted, lean only

9457 Leg chops, grilled or fried, lean and fat, leftover bone not weighed

9459 Leg chops, grilled or fried, lean only, leftover bone not weighed

1032 Leg joint, knuckle or fillet, roasted, lean and fat

1033 Leg joint, knuckle or fillet, roasted, lean only

9456 Leg steaks; chops, grilled or fried, lean and fat, no bone, or leftover bone weighed

9458 Leg steaks; chops, grilled or fried, lean only, no bone, or leftover bone weighed

1024 Loin chops (no kidney); steaks, fried or grilled, lean only, no bone, or leftover bone weighed

1025 Loin chops (no kidney); steaks, fried or grilled, lean only, leftover bone not weighed

1026 Loin chops (no kidney); steaks, fried or grilled, lean and fat, no bone, or leftover bone weighed

1027 Loin chops (no kidney); steaks, fried or grilled, lean and fat, leftover bone not weighed

- 1028 Loin chops (with kidney), fried or grilled, lean only, no bone, or leftover bone weighed
- 1029 Loin chops (with kidney), fried or grilled, lean only, leftover bone not weighed
- 1030 Loin chops (with kidney), fried or grilled, lean and fat, no bone, or leftover bone weighed
- 1031 Loin chops (with kidney), fried or grilled, lean and fat, leftover bone not weighed
- 9450 Loin joint, roasted, lean and fat
- 9451 Loin joint, roasted, lean only
- 9461 Minced pork, stewed, lean and fat
- 9463 Spare ribs, American style (belly), grilled, lean and fat
- 9442 Spare rib (shoulder) joint, pot-roasted or braised, lean and fat
- 9443 Spare rib (shoulder) joint, pot-roasted or braised, lean only
- 9444 Spare rib (shoulder) chops, braised, lean and fat, no bone, or leftover bone weighed
- 9445 Spare rib (shoulder) chops, braised, lean and fat, leftover bone not weighed
- 9446 Spare rib (shoulder) chops, braised, lean only, no bone, or leftover bone not weighed
- 9447 Spare rib (shoulder) chops, braised, lean only, leftover bone not weighed

Spare ribs in barbecue sauce; see 'Pork dishes'

PORK DISHES

- R 1332 Chop suey, made with pork
- R 9476 Chow mein, made with pork
- R 1358 Pork balls, battered, deep fried; sweet and sour pork with NO sauce
- R 1023 Pork, belly rashers, stewed or boiled, lean and fat, in thickened gravy with vegetables but NOT potatoes. No bone or leftover bone weighed
- R 1056 Pork, belly rashers, stewed or boiled, lean and fat, in thickened gravy with vegetables but NOT potatoes. Leftover bone not weighed
- R 1041 Pork, diced, lean and fat; pork steak, lean and fat; stewed or boiled in thickened gravy with vegetables but NOT potatoes
- R 1042 Pork, diced, lean only; pork steak, lean only; pork fillet; stewed or boiled in thickened gravy with vegetables but NOT potatoes
- 5323 Pork roast, cooked pork slices, prepacked or delicatessen
- 8249 Pork roast roll, purchased, e.g. Bernard Matthew's pork roast, cooked
- 1352 Pork roast dinner, frozen, ready meal with potatoes and vegetables
- 1353 Pork roast, in gravy, frozen, ready meal, no potatoes or vegetables
- R 5324 Pork casserole with cook in sauce
- R 5325 Sausage casserole, made with pork, pork sausage, bacon and baked beans

- R 1331 Spare ribs, marinated, barbecue style, purchased, chilled or frozen, leftover bones weighed
- R 1355 Spare ribs, marinated, barbecue style, purchased, chilled or frozen, leftover bones not weighed
- 9726 Sweet and sour pork with rice. Ready meal
- 9763 Sweet and sour pork, ready meal. NO rice
- R 5326 Toad-in-the-hole, made with pork sausages and semi-skimmed milk

POULTRY (NOT CHICKEN/TURKEY) AND GAME

- 9405 Duck, braised, meat only, no fat or skin, no bones, or leftover bones weighed
- 5421 Duck, crispy Chinese, with pancakes, plum sauce, spring onions and cucumber
- 1129 Duck, roast, meat only, NO skin, no bones, or leftover bones weighed
- 1130 Duck, roast, meat only, No skin, leftover bones not weighed
- 1131 Duck, roast, meat, fat and skin, no bones, or leftover bones weighed
- 1132 Duck, roast, meat, fat and skin, leftover bones not weighed
- 1133 Goose, roast, meat only, NO skin, No fat, no bones, or leftover bones weighed
- 1134 Goose, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 1135 Grouse, roast, meat only, NO skin, NO fat, no bones, or leftover bones weighed
- 1136 Grouse, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 1159 Hare, roast, meat only, no bones, or leftover bones weighed
- 1160 Hare, stewed, meat only, no bones, or leftover bones weighed
- 1161 Hare, stewed, meat only, leftover bones not weighed
- 1137 Partridge, roast, meat only, NO skin, NO fat, no bones, or leftover bones weighed
- 1138 Partridge, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 1139 Pheasant, roast, meat only, NO skin, NO fat, no bones, or leftover bones weighed
- 1140 Pheasant, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 9406 Pheasant, stewed, meat only, no bones, or leftover bones weighed
- 1141 Pigeon, roast, meat only, NO skin, NO fat, no bones, or leftover bones weighed
- 1142 Pigeon, roast, meat only, NO skin, NO fat, leftover bones not weighed
- 1162 Rabbit, roast, meat only, no bones, or leftover bones weighed
- 1163 Rabbit, stewed, meat only, no bones, or leftover bones weighed
- 1164 Rabbit, stewed, meat only, leftover bones not weighed
- 1167 Venison, roast, meat only, no bones, or leftover bones weighed
- 9403 Venison stewed, meat only, no bones, or leftover bones weighed

SAUSAGES

- 1337 Bierwurst, NOT canned
- 1272 Frankfurter, canned
- 1271 Frankfurter, NOT canned
- 5308 Frankfurter in a bun with ketchup, onions and mustard
- 1337 Garlic sausage, NOT canned
- 1273 Polony
- Quorn: see "vegetable dishes"
- 1276 Sausages, beef, fried. NOT low fat
- 1277 Sausages, beef, grilled, NOT low fat
- 7790 Sausages, beef, skinless, fried
- 7791 Sausages, beef, skinless, grilled
- 7792 Sausages, Cumberland, fried
- 7793 Sausages, Cumberland, grilled
- 7784 Sausages, pork, economy, fried
- 7785 Sausages, pork, economy, grilled
- 1279 Sausages, pork, fried. NOT smoked, NOT low fat
- 1280 Sausages, pork, grilled. NOT smoked, NOT low fat
- 7786 Sausages, pork, skinless, fried
- 7787 Sausages, pork, skinless, grilled
- 8268 Sausages, pork, smoked, fried. NOT low fat
- 8269 Sausages, pork, smoked, grilled. NOT low fat
- 1282 Sausages, pork and beef mixed, fried or grilled. NOT low fat
- 7788 Sausages, pork and beef mixed, skinless, fried
- 7789 Sausages, pork and beef mixed, skinless, grilled
- 1283 Sausages, pork, beef, or pork and beef, low fat, grilled
- 7792 Sausages, premium pork, premium pork and herbs, Cumberland sausage; fried
- 7793 Sausages, premium pork, premium pork and herbs, Cumberland sausage; grilled
- 1284 Sausages, in batter, fried in blended vegetable oil, NOT purchased from takeaway shop
- 1288 Sausages, in batter, fried in blended vegetable oil, purchased from a takeaway shop
- 1285 Sausages, in batter, fried in dripping

- 1286 Sausages, in batter, fried in lard
- 1287 Sausages, in batter, fried in polyunsaturated oil
- 6243 Sausages in batter, grilled or oven-baked, Walls 'Wall Bangers' ONLY
- 7783 Sausages specially for microwave ovens, microwaved, NOT fried, e.g. Walls Microwave sausages
- 1290 Saveloy, unbattered, takeaway
- Scotch Eggs: see "Eggs and egg dishes"
- 1157 Turkey sausages, fried or grilled

TURKEY

This section is divided into subsections as follows:-

- A. COATED TURKEY
- B. STIR FRIED TURKEY
- C. GRILLED TURKEY
- D. ROAST TURKEY
- E. CASSEROLED AND STEWED TURKEY
- F. TURKEY DISHES

A. COATED TURKEY

Turkey burgers/steaks/grills

- 1380 Turkey burger/steaks/grills, coated in crumbs or batter, frozen or chilled, grilled or baked, no added fat, e.g. Bernard Matthews Southern Fried grill, Crispy Crumb Turkey steaks, Golden Drummers
- 1153 Turkey burger/steaks/grills, coated in crumbs or batter, frozen or chilled, fried in blended vegetable oil
- 1155 Turkey burger/steaks/grills, coated in crumb or batter, frozen or chilled, fried in lard
- 1156 Turkey burger/steaks/grills, coated in crumb or batter, frozen or chilled, fried in polyunsaturated oil

Turkey fingers/pieces

- 5291 Turkey fingers/pieces, coated in crumbs or batter, frozen or chilled, grilled or baked, no added fat, e.g. Bernard Matthews Turkistix, Turkey Jettors and Turkey Dinosaurs

B. STIR FRIED TURKEY

- 5292 Turkey, breast strips, stir fried in polyunsaturated oil
- 9126 Turkey breast strips, stir fried in olive oil
- R 5293 Turkey, breast strips, stir fried with mushrooms, onions and peppers in polyunsaturated oil
- R 5294 Turkey, breast strips, stir fried with mushrooms, onions and peppers in olive oil

R 5295 Turkey, breast strips, stir fried with vegetables in sauce

C. GRILLED TURKEY

5296 Turkey, breast, meat only (no skin), grilled, no added fat

D. ROAST TURKEY

5297 Turkey, roast, light and dark meat and skin, no bones or leftover bones weighed

1146 Turkey, roast, light and dark meat, without skin, no bones or leftover bones weighed

1147 Turkey, roast, light and dark meat, without skin, leftover bones not weighed

1148 Turkey, roast, light meat, no skin, no bones or leftover bones weighed

1149 Turkey, roast, dark meat, no skin, no bones or leftover bones weighed

1150 Turkey, roast, dark meat, no skin, leftover bones not weighed

1149 Turkey drumsticks, roast, meat only, no skin, no bones or leftover bones weighed

5298 Turkey drumsticks, roast, meat and skin, no bones or leftover bones weighed

5299 Turkey drumsticks, roast, meat and skin, leftover bones not weighed

E. CASSEROLED AND STEWED TURKEY

5300 Turkey mince, stewed

5301 Turkey leg; thigh, meat only, no skin, casseroled

R 1152 Turkey, giblets and neck meat, cooked

F. TURKEY PRODUCTS AND DISHES

9598 Turkey melts, turkey breast with cheese and tomato topping, e.g. Sun Valley

R 5302 Turkey and pasta bake

9358 Roast turkey platter; roast turkey dinner, frozen or chilled ready meal, with potatoes, vegetables and stuffing, e.g. Bird's Eye

8261 Turkey, roast roll, purchased, e.g. Bernard Matthews Turkey Roast, cooked

1126 Turkey roll, with or without stuffing, canned

5382 Turkey roll, with or without stuffing. NOT canned

8262 Turkey slices, smoked, prepacked or delicatessen, includes wafer thin smoked turkey

5303 Turkey slices, unsmoked, prepacked or delicatessen, includes wafer thin unsmoked turkey

VEAL AND VEAL DISHES

VEAL

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

VEAL DISHES

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

MILK

MILK BASED DRINKS

- 8217 Cadbury's Chocolate Milk Drink, low fat, made with skimmed milk, real chocolate drink, carton
- 7891 Coffee, iced, low fat, carton, ready to drink, e.g. Nescafé "Frappé"
- 2640 Drinking chocolate, from vending machine, as served
- For other drinking chocolate: see "Beverages"
- R 7768 Egg nog, drink with egg, whole milk , sugar and sherry
- 7714 Mars chocolate milk drink
- 612 Milk, mixed skimmed and whole milk drink, sterilised, e.g. Crazy Milk, Breaktime, Stripes. NOT chocolate flavoured milk; NOT milk shake; NOT Nescafé Frappé
- 8212 Milk, mixed skimmed and whole milk drink, sterilised, chocolate flavoured, e.g. Crazy Milk, Breaktime, Stripes, Yazoo. NOT milk shake; NOT Cadburys Chocolate milk drink; NOT Mars chocolate milk drink; NOT Nescafé Frappe
- 8215 Milk shake; flavoured milk drink, fresh not UHT/longlife, made with semi-skimmed milk e.g. Friij fresh classics shakes, Tesco fresh strawberry milk drink, Mr S Kool Shake
- R 627 Milk shake, home made, NO ice cream

- R 628 Milk shake, home made, thick, with ice cream
- 629 Milk shake, takeaway, thick, with ice cream, e.g. MacDonalds, Wimpy
- 8214 Milk shake, UHT, purchased, carton, made with whole milk, e.g. Ed the Duck Milkshake
- 8216 Milk (semi-skimmed) and fruit juice mixed, purchased, e.g. Frulait
- 8621 Nourishment, fortified milk drink
- 9072 Thick milk shakes, fresh, purchased e.g. Sainsbury's, Tesco extra thick American style

MILK - INCLUDES BOTTLES AND CARTONS

MILK - WHOLE

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

MILK - SEMI-SKIMMED

- 608 Milk, semi-skimmed, pasteurised, summer (May-October), red and silver striped top
- 8543 Milk, semi-skimmed, pasteurised, winter (November-April), red and silver striped top
- 609 Milk, semi-skimmed, pasteurised, with added vitamins and milk solids, e.g. low fat Vitapint, Sainsbury's vitamin enriched half fat milk, Shape, Waitrose semi-skimmed milk with vitamins A and D.
- 610 Milk, semi-skimmed, UHT or longlife
- 611 Milk, semi-skimmed, UHT or longlife, Channel Island, e.g. 'Light Gold'
- 694 Milk, semi-skimmed, UHT or longlife, CANNED
- 694 Canned milk, semi-skimmed, UHT or longlife
- 9132 Semi-skimmed milk, sterilised

MILK - SKIMMED

- 613 Milk, skimmed, pasteurised, summer (May-October), blue and silver checked top
- 8544 Milk, skimmed, pasteurised, winter (November-April), blue and silver checked top
- 614 Milk, skimmed, pasteurised, with added vitamins and milk solids, e.g. Boots Shapers. NOT Vital or Calcia
- 615 Milk, skimmed, sterilised

- 616 Milk, skimmed, UHT or longlife
- 617 Milk, skimmed, UHT or longlife with added vitamins
- 733 Vital only: skimmed milk fortified with calcium
- 734 Calcia only: skimmed milk fortified with calcium and vitamin D

OTHER MILK

- 601 Buttermilk
- 7716 Coffee Compliment, DRY WEIGHT
- 7717 Coffee whitener, DRY WEIGHT, e.g. Coffee Mate, own brand. NOT Coffee Compliment or Coffee Mate Lite
- 8213 Coffee whitener powder, low fat, DRY WEIGHT e.g. Coffee Mate Lite, Sainsbury's Coffee Plus low fat, Tesco Healthy Eating Light
- 618 Condensed milk, skimmed, sweetened, undiluted
- 619 Condensed milk, whole, sweetened, undiluted
- 5105 Water used to make up dried milk
- 620 Dried milk, skimmed, with added vitamins, DRY WEIGHT, e.g. Marvel
- 695 Dried milk, skimmed, with added vitamins, made up, e.g. Marvel made up
- 621 Dried milk, skimmed, with added non-milk fat, DRY WEIGHT, e.g. Five Pints, Pint Size
- 696 Dried milk, skimmed, with added non-milk fat, made up, e.g. Five Pints, Pint Size
- 622 Evaporated milk, whole, unsweetened, undiluted
- 4713 Evaporated milk, low fat, canned e.g. Carnation Lite, own brand light
- 623 Goats milk, Summer (May-October)
- 624 Goats milk, Winter (November-April)
- 625 Sheep's milk, Summer (May-October)
- 626 Sheep's milk, Winter (November-April)
- 650 Soya milk. NOT sweetened; NOT flavoured
- 8512 Soya milk, sweetened, NOT flavoured
- 7715 Soya milk, flavoured, e.g. Granose, Provamel, Holland and Barratt, Whitewave
- 8726 Soya milk, sweetened, enriched with calcium, e.g. Tesco, Plamil

Vitapints: see previous milk sections

MILK PRODUCTS

CHEESE

COTTAGE CHEESE

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

OTHER CHEESE

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

- 688 Cream cheese, (full fat) with or without additions (NOT walnuts),e.g. Philadelphia, Boursin, Roule
NOT medium fat soft cheese
- 692 Cream cheese (full fat) with walnuts
- 7112 Cream cheese (medium fat) with or without additions (NOT walnuts), e.g. Philadelphia Light,
Sainsbury's half fat creamery, medium fat soft cheese
- 664 Danish Blue
- 665 Derby
- 666 Sage Derby
- 681 Dolcelatte
- 667 Double Gloucester
- 668 Edam; Port Salut; St Paulin. NOT reduced fat
- 7727 Edam type, reduced fat (11%), e.g. Sainsbury's, Safeway, Trimrite Dutch cheese
- 671 Emmental; Gruyere
- 669 Feta
- 7057 Goats cheese, full fat
- 681 Gorgonzola
- 670 Gouda
- 671 Gruyere; Emmental
- 689 Lactic cheese spread
- 673 Lancashire
- 672 Leicestershire
- 691 Melbury
- 675 Mozzarella
- 676 Parmesan
- 668 Port Salut
- 677 Processed cheese slices or blocks, e.g. Kraft Singles. NOT reduced fat; NOT smoked cheese or cheese
spread; NOT Dairylea
- 7732 Processed cheese spread type slices, e.g. Dairylea, Cheesestrings. NOT reduced fat; NOT Kraft singles
- 7729 Processed cheese slices, low fat e.g. Kraft Light Singles, Delight Cheese slices, Tesco Healthy Eating
processed cheese slices
- 7734 Quark, very low fat soft cheese
- 678 Red Windsor
- 7728 Ricotta
- 681 Roquefort; Gorgonzola; Dolcelatte

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

CHEESE DISHES

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

Quiche, Soufflé & Omelette: see "Eggs/Egg Dishes"

Cauliflower cheese, cheese and onion pastie, other cheese dishes: see "Vegetable Dishes"

CREAM (INCLUDING IMITATION CREAM)

- 643 Aerosol spray cream, not low fat
- 630 Artificial cream; Dream Topping; made up with whole milk, weight as served
- 7720 Artificial cream; Dream Topping; made with semi-skimmed milk, as served
- 4209 Artificial cream; Dream Topping; made with skimmed milk, as served
- 9112 Birds Eye Superwhip, low fat "cream"
- 632 Clotted cream
- 644 Creme fraiche. NOT reduced or low fat. NOT creme fraiche dessert
- 633 Cultured sour cream
- 5335 Delight double imitation cream
- 5336 Delight single imitation cream
- 5337 Delight whipping imitation cream

- 634 Double dairy cream, fresh or frozen, includes extra thick double cream
- 635 Double dairy cream, UHT or longlife
- Dream Topping: see *artificial cream*
- 2681 Elmlea, imitation cream, double cream only
- 4328 Elmlea, imitation cream, single cream only
- 7718 Elmlea, imitation cream, whipping cream only
- 636 Half dairy cream, fresh. NOT Shape
- 637 Half dairy cream, UHT or longlife. NOT Shape
- 638 Single dairy cream, fresh, includes extra thick single cream
- 639 Single dairy cream, frozen
- 640 Single dairy cream, UHT or longlife
- 7719 Smatana
- 633 Sour cream, cultured
- 641 Sterilised cream, double, canned
- 642 Sterilised half cream
- 697 Tip-Top. NOT Tip Top pours and whips
- 8368 Tip Top Pours And Whips. NOT Tip Top
- 643 Whipping dairy cream, canned aerosol spray cream
- 644 Whipping dairy cream, fresh, includes extra thick whipping cream
- 645 Whipping dairy cream, frozen
- 646 Whipping dairy cream, UHT or longlife

FROMAGE FRAIS

- 8221 Fromage frais, chocolate; nut; toffee; butterscotch, e.g. Sainsbury's chocolate petit fromage frais.
NOT fruit flavoured. NOT very low fat or diet
- 7736 Fromage frais, creamy; full fat, fruit or fruit flavour, e.g. Muller, Onken, Disney, own brand creamy, own brand petit fromage frais, Onken Frufoo, Munch Bunch Pot Shot. NOT low fat, virtually fat free or diet, NOT fortified
- 5256 Fromage frais, fruit or fruit flavour, fortified with iron and calcium, e.g. Nestlé Hippo. NOT virtually fat free or diet fromage frais
- 5255 Fromage frais, fruit or fruit flavour, fortified with vitamins A, C and D and calcium, e.g. Ribena fromage frais.
NOT virtually fat free or diet fromage frais
- 7737 Fromage frais, fruit or fruit flavour, fortified with vitamins A and C and calcium e.g. Sainsbury's Crunch
fromage frais. NOT virtually fat free or diet fromage frais

- 5254 Fromage frais, low fat or unspecified, fruit or fruit flavour, e.g. Petit Filous, Yoplait Wildlife, Safeway Monster Pots, Sainsbury's low fat fromage frais, Ski Fruitful. NOT virtually fat free or diet fromage frais. NOT fortified.
- 7740 Fromage frais mousse
- 7735 Fromage frais, natural, unflavoured, unsweetened, e.g. own brand. NOT containing fruit, NOT reduced fat
- 7985 Fromage frais, very low fat, virtually fat free, diet, fruit or fruit flavour, with artificial sweetener, e.g. St Ivel Shape, Weight Watchers fruit on the bottom
- 7738 Fromage frais, very low fat, virtually fat free, diet, natural unflavoured, unsweetened, e.g. own brand, St. Michael Lite Natural fromage frais, Tesco very low fat natural fromage frais
- 7739 Fromage frais, very low fat, virtually fat free, fruit or fruit flavour. NOT containing artificial sweetener e.g. Sainsbury's diet fromage frais, Onken very low fat fromage frais
- 7734 Quark, very low fat soft cheese

OTHER DAIRY DESSERTS

- 8205 Buttermilk desserts, fruit flavoured
- 8661 Chocolate dairy desserts, chilled, e.g. Nestlé Rolo, Cadburys Caramel, Nestlé Milky Bar, Cadburys Dairy Milk, Chambourcy Hippo Milky dessert, Cadburys Chocolate mint dessert, Cadburys Flake dessert, Nestlé Creament. NOT low fat / Light. NOT topped with cream. NOT twinpot desserts
- 7709 Chocolate mousse, rich e.g. Cadburys Dairy Milk mousse, Chambourcy Real Chocolate Mousse, Nestlé Aero Mousse, Nestlé Duo de Mousse, Hippo Potta Milk Chocolate Mousse, purchased. NOT mousse topped with cream
- 7710 Chocolate mousse, other. NOT rich; NOT light or low fat, e.g. Munch Bunch Chocolate Pots, Hippo Pota MUD chocolate mousse, own brand chocolate mousse. NOT mousse topped with cream
- 9791 Chocolate mousse, low fat; low calorie; light, e.g. Cadburys Light, own brand low fat mousse, St. Michael Lite milk chocolate mousse, Weight Watchers
- R 582 Chocolate mousse, homemade, made with double cream
- 5257 Chocolate sundae, e.g. St Michael Triple Chocolate sundae, own brand. NOT low fat / light
- 5133 Chocolate twinpot desserts - chocolate dessert with separate nuts/dried fruit/cereal/caramel, e.g. Cadburys Picnic twin dessert, Cadburys Fruit and Nut twin, Nestlé Munchies, Nestlé Toffee Crisp.
- R 517 Creme caramel; cream caramel; homemade, with whole milk
- R 9627 Creme caramel; cream caramel, homemade, with semi-skimmed milk
- 7695 Creme Caramel; cream caramel; purchased. Includes Yoplait L'île au caramel. NOT topped with cream, NOT creme brulee
- 7696 Cream desserts topped with cream, chocolate, caramel, or fruit flavoured, but NOT containing fruit, e.g. Co-op supreme chocolate dessert, Iceland chocolate dessert with cream, Sainsbury's chocolate/caramel surprise. NOT creme brulee.
- 7697 Cream desserts, creamy desserts with fruit, e.g. Edenvale Strawberry Supreme, own brand
- R 9819 Egg custard, baked or as sauce, made with semi-skimmed milk. NOT custard tart

R 545 Egg custard, baked or as sauce; made with whole milk. NOT custard tart

R 544 Fruit fool, any fruit, e.g. gooseberry, rhubarb. Homemade only.

8556 Fruit fool, any fruit, e.g. gooseberry, rhubarb. Purchased, e.g. own brand.

5258 Fruit fool, low fat, e.g. St Michael Lite fruit fool, own brand low fat fruit fool,

Instant dessert; Instant whip; packet mix, as served: see *Angel Delight* in “Milk Puddings”

R 554 Jelly, NOT low sugar, made with whole milk

R 7702 Jelly, NOT low sugar, made up with semi-skimmed milk

R 7703 Jelly, NOT low sugar, made up with skimmed milk

R 7705 Jelly, low sugar, made up with whole milk

R 7706 Jelly low sugar, made up with semi-skimmed milk

R 7707 Jelly, low sugar, made up with skimmed milk

8557 Jelly, milk, purchased, e.g. Chambourcy

R 555 Junket, made with whole milk

8557 Milk jelly, purchased, e.g. Chambourcy

7711 Mousse, fruit flavour, e.g. Strawberry or Banana Hippo Potta Mousse, own brand. NOT chocolate mousse. NOT topped with cream

7712 Mousse, frozen, purchased, any flavour, not low fat or low calorie

7709 Mousse, chocolate, rich e.g. Cadburys Dairy Milk mousse, Chambourcy Real Chocolate Mousse, Nestlé Aero Mousse, Nestlé Duo de Mousse, Hippo Potta Milk Chocolate Mousse, purchased. NOT mousse topped with cream

7710 Mousse, chocolate, other. NOT rich; NOT Light or low fat, e.g. Munch Bunch Chocolate Pots, Hippo Potta MUD chocolate mousse, own brand chocolate mousse. NOT mousse topped with cream

9791 Mousse, chocolate, low fat, low calorie, light, e.g. Cadburys Light, own brand low fat mousse, St. Michael Lite milk chocolate mousse, Weight Watchers

R 582 Mousse, homemade, made with double cream

7711 Mousse, fruit flavoured, e.g. St Ivel Real orange and lemon, strawberry or banana Hippo Potta Mousse, own brand. NOT fruit yogurt mousse

YOGURT

THIS SECTION CONTAINS THE FOLLOWING SUBSECTIONS:

A. CREAMY YOGURT, INCLUDING GREEK YOGURT

B. LOW FAT YOGURT

C. VERY LOW FAT YOGURT

D. OTHER YOGURT - NOT MADE FROM COWS MILK

E. YOGURT PRODUCTS

A. CREAMY YOGURT, INCLUDING GREEK YOGURT

- 5259 Thick and creamy twinpot fruit yogurts, full fat yogurt with separate fruit portion, e.g. Muller fruit corner, Sainsbury's Duet, Tesco Fruit Plus, Safeway Double Treat, Co-op Duo, Munch Bunch Split Pots, Ski Bio Split
- 9881 Thick and creamy twinpot yogurt with separate cereal/ crumble portion, NO fruit e.g. Muller crunch corner, Muller crumble corner, Chambourcy whole milk yogurt with Nesquik cereal, own brand crunch / crumble twinpots
- 5408 Thick and creamy twinpot yogurt with separate cereal/ crumble portion, with fruit
- 701 Thick and Creamy; whole milk yogurt; fruit or any other flavour, includes whole milk bio and organic yogurt e.g. Vifit, Landliebe, Nestlé Toy Story, Sainsbury's Crunch, Munch Bunch set yogurt, Sainsbury's french set whole milk yogurt
- 5260 Thick and creamy; whole milk yogurt, fortified with vitamins A, C and D, e.g. Ribena
- 5261 Thick and creamy; whole milk yogurt, fortified with vitamin C, e.g. Mr Men
- 5529 Thick and creamy; whole milk yogurt; fortified with vitamin E and B vitamins, e.g. Müller Kids Corner
- 8613 Thick and Creamy; whole milk yogurt, longlife or pasteurised or UHT (not refrigerated), fruit or any other flavour, e.g. nut, chocolate, toffee, e.g. Fruittis rich and creamy, Delice thick and creamy, Fruit Basket extra creamy
- 702 Thick and Creamy; whole milk yogurt; natural, unsweetened, e.g. Sainsbury's whole milk natural yogurt. Includes natural bio and organic yogurt
- 9142 Greek or Greek style yogurt, with fruit/nuts or honey, e.g. Tesco thick and creamy Greek style honey and walnut yogurt
- 7741 Greek or Greek style cows milk yogurt, natural, unflavoured, e.g. Total, Asda natural Greek style, Safeway
natural strained Greek yogurt. NOT Total Light
- 7742 Greek sheeps milk yogurt, natural, unflavoured and unsweetened e.g. Total original sheeps yogurt

B. LOW FAT YOGURT

- 703 Low fat yogurt, any flavour but not containing fruit or nuts. Includes set yogurt, e.g. own brand French set. NOT longlife, UHT or pasteurised.
- 704 Low fat yogurt, containing fruit only, includes low fat bio or organic yogurt and low fat twin pot yogurt, e.g. Ski Fruit, Ski Extra Fruit, Ski Bio Split, Ski Fruit Spoon Pot, Gaio. Not longlife, UHT or pasteurised
- 706 Low fat yogurt, containing muesli or nuts only e.g. Sainsbury's hazelnut yogurt. NOT longlife, UHT or pasteurised.
- 712 Low fat yogurt, natural, slightly sweetened. NOT longlife, UHT or pasteurised.
- 705 Low fat yogurt, natural, unsweetened. NOT longlife, UHT or pasteurised.
- 708 Low fat yogurt, longlife, UHT or pasteurised (not refrigerated), any fruit or flavour, e.g. Fruit basket low fat yogurt, Dennis the Menace.

7749 Low fat fruit yogurt, fortified with vitamin C, e.g. St Ivel Fiendish Faces

7748 Low fat fruit yogurt, fortified with vitamins A, C and D

C. VERY LOW FAT: VIRTUALLY FAT FREE YOGURT

8376 Very low fat; virtually fat free yogurt, containing fruit or with separate fruit, with artificial sweetener, e.g. St Ivel Shape virtually fat free Bio, St Ivel Shape Twinpot, Tesco Healthy Eating virtually fat free bio, Weight Watchers fat free fruit yogurt, Sainsbury's Duet diet, Co-op Light, Ski Fruit Light, Muller light. NOT longlife or UHT or pasteurised

8990 Very low fat; virtually fat free yogurt, containing fruit, with added sugar. NO artificial sweetener, e.g. Loseley very low fat yogurt. NOT longlife or UHT or pasteurised

9272 Very low fat; virtually fat free yogurt, any flavour but not containing fruit or nuts, with artificial sweetener, e.g. St Ivel Shape French style set, not long life, UHT or pasteurised.

8488 Very Low Fat Yogurt, any flavour, with Simplese, Tesco Healthy Eating Bio only

8223 Very low fat yogurt, longlife or UHT or pasteurised (not refrigerated), any fruit or flavour, e.g. St Ivel Prize longlife, Fruttis, Delice very low fat

D. OTHER YOGURT - NOT MADE FROM COWS MILK

7742 Greek yogurt, sheep, e.g. Total. NOT containing fruit or honey.

7743 Soya yogurt full fat, sweetened, e.g. Soja Sun

9115 Soya yogurt, low fat, with added sugar and fruit, e.g. Granose

710 Goats or sheeps yogurt, any flavour. NOT artificially sweetened. NOT Greek yogurt

E. YOGURT PRODUCTS

8513 Yogurt choc ice

8220 Custard style fruit yogurt, e.g. Sainsbury's fruit on the bottom custard style. NOT custard fruit dessert

8229 Frozen yogurt, ice lollies

8227 Frozen yogurt in a cone,

8228 Frozen yogurt, NOT in a cone, e.g. Orchard Maid, own brand; includes Munch Bunch frozen yogurt lolly. NOT "Mr Whippy" type

7757 Frozen yogurt, NOT in a cone, e.g. Mr Whippy type only

9390 Yogurt dressings, purchased

711 Yogurt drink, UHT (not refrigerated)

7756 Yogurt drink, light, with artificial sweetener, e.g. Ski Cool Lite, Yop Light, own brand light

7755 Yogurt drink, NOT containing artificial sweetener, e.g. Yop, Ski Cool, own brand. NOT light yogurt drinks

5213 Yogurt drink, fortified with vitamins, e.g. Ribena

7753 Yogurt fruit mousse, NOT fortified, e.g. Boots, own brand

- 8224 Yogurt mousse with cream,
 7754 Yogurt and jelly dessert, e.g. Munch Bunch Wobblers, Muller Jelly Invaders

PUDDINGS, INCLUDING ICE CREAM

ICE CREAM

Code wafers and cornets separately (code 273) in "Biscuits"

Ice cream topping sauce (code 2227) and Ice Magic (code 2652) in "Sweet spreads, fillings and icings"

- 570 Arctic Roll - sponge roll with ice cream filling
- 8225 Choc ices, luxury, made with real dairy ice cream e.g. Magnum, Bounty, Galaxy, Aero, Sainsbury's Indulgence on a stick, own brand. NOT choc ices with caramel, nuts or biscuits
- 730 Choc ices, made with non dairy ice cream or unspecified, e.g. Walls Chunky, Blue Ribbon choc ices, own brand. NOT choc ices with caramel, nuts or biscuits
- 8226 Choc ice, containing caramel, biscuits or nuts, e.g. Mars, Snickers, Magnum Almond, Cadbury's Caramel, Cadbury's Crunchy, Nestlé Lion, Haagen Dazs Choc Nut, Fudge Bar, Penguin ice cream bar, Feast Bar, Feastwich, Own brand, Kit Kat,
- 732 Feast; Big Feast, Toffee Feast
- R 9814 Homemade ice cream
- 9927 Ice cream, Virtually Fat Free e.g. Walls Too Good To Be True
- 722 Ice cream, non-dairy, hard, block, vanilla
- 726 Ice cream, non-dairy, hard, block, flavoured, includes ice cream on a stick, e.g. Kick Off
- 723 Ice cream, non-dairy, soft scoop, vanilla, e.g. Walls Blue Ribbon
- 8009 Ice cream, non-dairy, soft scoop, containing chocolate, nuts, toffee, caramel or biscuit pieces, e.g. Gino
Ginelli toffee fudge
- 727 Ice cream, non-dairy, soft scoop, any other flavours, e.g. strawberry, coffee, neapolitan
- 720 Ice cream, dairy, hard, block, vanilla
- 724 Ice cream, dairy, hard, block, flavoured
- 721 Ice cream, dairy, soft scoop, vanilla, e.g. Walls Cream of Cornish. NOT luxury or premium ice cream
- 8663 Ice cream, dairy, soft scoop with chocolate, nuts, caramel, toffee or biscuit pieces. NOT luxury or premium ice cream, e.g. Walls dairy chocolate
- 725 Ice cream, dairy, soft scoop, any other flavours, e.g. Walls Carte d'or, strawberry, coffee, neapolitan. NOT luxury or premium ice cream
- 5251 Ice cream, luxury or premium, dairy, vanilla only, e.g. Mackies, Losely, Haagen Dazs, own brands

- 5155 Ice cream, luxury or premium, dairy, containing chocolate, caramel, toffee, nuts and/or biscuit pieces, e.g. Haagen Dazs, Sainsbury's Indulgence, Ben and Jerrys, Mackies, Ranieri, Asda Gold Medal, Tesco
Luxury
- 5252 Ice cream, luxury or premium, dairy, any other flavours, e.g. strawberry, coffee, neapolitan, e.g. Haagen Dazs, Sainsbury's Indulgence, Ben and Jerry's, Mackies, Ranieri, Asda Gold Medal, Tesco Luxury
- 7758 Ice cream, reduced or low calorie, e.g. Weight Watchers, Walls Blue Ribbon Vanilla Light, Walls Strawberry Light, Dolcella. NOT Walls Too Good To Be True
- 728 Ice cream, "Mr Whippy" type
- 731 Ice cream cornet, purchased, e.g. King Cone, Cornetto, own brand
- 7759 Ice cream desserts, e.g. Walls Viennetta, Sonata, Romantica, own brands
- 729 Ice lollies, containing ice cream, e.g. Mivvi, Own brand Splits, Twister, Solero, Opal Fruits ice lolly
- 7750 Kulfi, Indian ice cream, homemade or purchased
- 7761 Milk ice lollies, e.g. Walls Mini Milk, Friff
- R585 Sorbet, any, homemade or purchased
- 9053 Soya ice cream, e.g. Vive Frozen Vanilla dessert, Tofutti

MILK PUDDINGS - CEREAL BASED

- 551 Angel Delight; Instant Whip; instant dessert; NOT sugar free, made up with whole milk. Includes potted Angel Delight and Instant Whip ready to eat.
- 3179 Angel Delight; Instant Whip; instant dessert; NOT sugar free, made up with semi-skimmed milk
- 4319 Angel Delight; Instant Whip; instant dessert; NOT sugar free, made up with skimmed milk
- 587 Angel Delight; Instant Whip; instant dessert; sugar free, made up with whole milk
- 7693 Angel Delight; Instant Whip; instant dessert; sugar free, made up with semi-skimmed milk
- 5035 Angel Delight; Instant Whip; instant dessert; sugar free, made up with skimmed milk
- R 506 Blancmange, made with whole milk
- R 9636 Blancmange, made with semi-skimmed milk
- 546 Custard, canned
- 547 Custard, as served, made with powder, whole milk and sugar
- 548 Custard, as served, made with powder, semi-skimmed milk and sugar
- 549 Custard, as served, made with powder, skimmed milk and sugar
- 9349 Custard as served made with powder and skimmed milk. No sugar
- 8152 Custard, carton, NOT low fat, e.g. Ambrosia
- 7699 Custard, confectioners only
- 8145 Custard, instant, as served, made with powder and water, e.g. Birds whisk and serve custard

- 8857 Custard, instant, sugar free, as served, made with powder and water e.g. Sainsbury's sugar free instant custard
- 8100 Custard low fat, ready to serve, e.g. Birds. NOT canned
- 8206 Custard low fat, ready to serve, canned, e.g. Ambrosia low fat
- 8207 Custard fruit dessert, e.g. Dairy Crest Custard Crazy, own brand. NOT custard style yogurt
- 8207 Fruit custard dessert, e.g. Dairy Crest Custard Crazy, own brand. NOT custard style yogurt
- 559 Milk pudding, rice; sago; semolina or tapioca, canned. NOT light or low calorie, NOT fruit or flavoured, NOT artificially sweetened. e.g. Ambrosia creamed rice pudding.
- 8172 Milk pudding, rice; sago; semolina or tapioca, canned, chocolate or any flavour but NOT containing fruit, NOT low calorie
- 556 Milk pudding, sago; semolina or tapioca, made with whole milk. Homemade. NOT rice pudding
- 557 Milk pudding, sago; semolina or tapioca, made with semi-skimmed milk. Homemade. NOT rice pudding
- 558 Milk pudding, sago; semolina or tapioca, made with skimmed milk. Homemade. NOT rice pudding
- 3068 Rice pudding, low calorie, low fat, with artificial sweetener, canned, e.g. Weight Watchers, Ambrosia low fat rice pudding. NOT fruit or flavoured
- 559 Rice pudding; sago; semolina; tapioca; canned. NOT light or low calorie, NOT fruit or flavoured, NOT artificially sweetened
- 8172 Rice pudding; sago; semolina; tapioca; chocolate or any flavour but NOT containing fruit, canned. NOT low calorie
- 8696 Rice pudding; sago; semolina; tapioca; chocolate or any flavour but NOT containing fruit, e.g. Ambrosia. NOT canned, NOT low calorie, NOT homemade
- 8173 Rice pudding; sago; semolina; tapioca; with fruit but NOT flavoured, canned. NOT low calorie
- 8174 Rice pudding; sago; semolina; tapioca; with fruit but NOT flavoured, e.g. Muller Fruit Rice Dessert. NOT canned, NOT low calorie, NOT homemade
- 63 Rice, short grain - 'pudding rice', boiled or baked in whole milk, no sugar
- 64 Rice, short grain - 'pudding rice', boiled or baked in whole milk, with sugar
- 65 Rice, short grain - 'pudding rice', boiled or baked in semi-skimmed milk, no sugar
- 66 Rice, short grain - 'pudding rice', boiled or baked in semi-skimmed milk, with sugar
- 67 Rice, short grain - 'pudding rice', boiled or baked in skimmed milk, no sugar
- 9559 Rice, short grain - 'pudding rice', boiled or baked in semi-skimmed milk and water, no sugar
- 68 Rice, short grain - 'pudding rice', boiled or baked in skimmed milk, with sugar
- 75 Rice, short grain - 'pudding rice', boiled or baked in whole milk, with sugar and butter or margarine
- R 560 Rice with egg and whole milk; baked rice custard
- R 7683 Sevyaan (sweet Indian snack)

R 2452 White sauce, made with whole milk, sweet

Yorkshire pudding: see "Pasta, rice and cereals"

SPONGE PUDDINGS

Sponge cake, chocolate: see *chocolate sponge cake*

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

OTHER PUDDINGS

- R 502 Apple crumble. NOT wholemeal crumble
- Apple pie: see *fruit pies*
- 9025 Angel delight; Instant Whip; instant dessert; NOT sugar free, made up with water
- Angel Delight made up with milk - see "Milk Puddings"
- R 501 Apple snow, made with stewed apple, sugar and egg white
- R 504 Batter pudding, sweet, made with flour, egg, milk, and syrup
- R 505 Bread pudding, made with bread, butter, dried fruit, sugar and spice
- R 507 Bread and butter pudding, made with bread, butter, sugar, milk, egg and currants
- R 508 Charlotte pudding, made with bread, butter, sugar, fruit
- R 509 Cheesecake, baked, homemade
- 510 Cheesecake, with fruit topping, purchased, frozen or chilled
- 8626 Cheesecake, chocolate, purchased, frozen, or chilled NO fruit
- 5474 Cheesecake, low fat, with fruit topping, purchased, frozen or chilled, e.g. McVities Go Ahead cheesecake
- R 588 Cheesecake, packet mix, as served, includes fruit topping

- R 8787 Cheesecake, packet mix, as served, NO fruit topping
- R 511 Christmas pudding, homemade
- 512 Christmas pudding, purchased
- 5160 Crepes with fruit filling, purchased e.g. Findus dessert crepes
- R 502 Crumble, apple only. NOT wholemeal topping
- R 9950 Crumble, apple only, made with polyunsaturated margarine. NOT wholemeal topping
- R 9934 Crumble, blackcurrant only, made with margarine (NOT polyunsaturated) . NOT wholemeal topping
- R 503 Crumble, fruit NOT apple; NOT blackcurrant . NOT wholemeal topping
- R 3176 Crumble, wholemeal, apple, topping made with margarine (NOT polyunsaturated), wholemeal flour, sugar
- R 7698 Crumble, wholemeal, any fruit except apple, topping made with margarine (NOT polyunsaturated), wholemeal flour, sugar
- 5959 Danish bar, vanilla, Sara Lee ONLY
- R 7768 Egg nog, drink with egg, whole milk , sugar and sherry
- 8208 Fruit cup, jelly with fruit, purchased, e.g. Chivers Pure fruit cup
- 577 Fruit fritters, any fruit, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 580 Fruit fritters, any fruit, fried in blended vegetable oil, purchased from a takeaway shop
- 578 Fruit fritters, any fruit, fried in lard
- 579 Fruit fritters, any fruit, fried in polyunsaturated oil
- 5907 Fruit trifle tarts, any fruit, individual, purchased e.g. Mr. Kipling's
- 6133 Fruitini, mixed fruit pieces in tropical fruit sauce, Del Monte ONLY
- R 553 Jelly, NOT low in sugar, made with water, includes ready to eat pot
- R 7704 Jelly, low sugar, made up with water
- 8208 Jelly, with fruit, purchased, e.g. Chivers Pure fruit cup
- 4743 Mousse, instant, packet, made up with water, e.g. Birds Mousse
- R 350 Meringue, no cream or filling
- R 351 Meringue, filled with artificial cream
- R 352 Meringue, filled with fresh cream
- R 8627 Pancakes made with semi-skimmed milk NO sugar
- R 563 Pancakes made with whole milk; no sugar
- R 7682 Pinni, dabra (Asian sweetmeat)
- R 564 Queen of puddings, made with breadcrumbs, whole milk, jam and egg white

- R 584 Rum baba; savarin
- 3561 Scotch pancakes; drop scones with fruit, purchased
 - Scones: see "Buns and Pastries"
- R 584 Savarin; Rum baba
- R 585 Sorbet, any, homemade or purchased
- R 565 Soufflé, sweet, baked
- 9374 Tortes, not chocolate based, purchased, frozen or chilled, (i.e. biscuit base with mousse and cream topping e.g. Sara Lee Lemon Torte. NOT fruit flan with pastry base
- R 573 Trifle, homemade, with cake, fruit, custard and fresh cream
 - 574 Trifle, purchased, with fresh cream
 - 575 Trifle, purchased, frozen, with dairy cream. NOT artificial cream
- R 581 Trifle, with artificial cream, e.g. Bird's trifle
- 3204 Waffles, sweet, grilled, purchased

SAUCES, SOUPS, PICKLES, GRAVIES AND CONDIMENTS

SAUCES, PICKLES, GRAVIES AND CONDIMENTS

- R 2409 Barbecue sauce, any
- 9400 Black bean sauce
- R 2501 Blue cheese dressing
- 2410 Bovril, any, not made up
- R 2411 Bread sauce
- 2412 Brown sauce, bottled, e.g. OK, HP, Daddies
- 9389 Capers
- R 2413 Cheese sauce made with whole milk
- R 8629 Cheese sauce made with semi skimmed milk
- R 8664 Cheese sauce made with skimmed milk
 - 9479 Cheese sauce, made up from packet mix, with whole milk
 - 9480 Cheese sauce, made up from packet mix, with semi-skimmed milk
 - 9481 Cheese sauce, made up from packet mix, with skimmed milk
- 2414 Chilli pickle, oily
- 2415 Chilli pickle, sour
- 2416 Chilli pickle, sweet
- 9397 Chilli sauce

- 2417 Chutney, any, homemade, e.g. apple, tomato. NOT purchased
- 2418 Chutney, purchased, e.g. tomato, tomato relish, sweetcorn relish, any other chutney or relish. NOT mango chutney
- 2419 Chutney, mango
- 2457 Cook-in-sauces, canned, any
- 2458 Cook-in-sauces, packet, any, as served
- 8648 Cook-in-sauces, any flavour, carton, bottled. NOT canned; NOT packet; NOT tomato-based pasta sauces (8358)
- R 2501 Coleslaw dressing, Kraft only
- 2436 Cranberry sauce
- 9375 Curry paste, any strength, e.g. Pataks, Sharwoods, Subahdar
- 2420 Curry sauce, purchased
- 8358 Dolmio pasta sauce
- R 2421 Egg sauce; white savoury sauce with egg
- R 2422 French dressing: oil and vinegar dressing, homemade NOT oil free
- 3456 French dressing oil free; oil free vinaigrette
- 9391 French dressing, purchased. e.g. Kraft, Heidelberg own brand
- 9395 Garlic puree
- 2424 Gravy, thickened, with fat (unskimmed), includes Bisto gravy with added fat, Bisto and Oxo gravy with added fat, gravy granules with added fat
- 2425 Gravy thickened, without fat (skimmed), includes Bisto gravy with NO added fat, Bisto and Oxo gravy with NO added fat, gravy granules with NO added fat
- 2426 Gravy, unthickened, with fat (unskimmed), includes Oxo gravy with added fat but NO added thickening
- 2427 Gravy, unthickened, without fat (skimmed), includes Oxo gravy with NO added thickening and NO added fat
- 2428 Horseradish sauce
- 9398 Hot pepper sauce
- 2429 Lime pickle, oily
- 2430 Mango pickle, oily
- 2431 Marmite, other yeast extracts. NOT Vecon
- 2432 Mayonnaise, NOT low calorie, purchased
- R 8382 Mayonnaise, NOT low calorie, homemade
- 2433 Mayonnaise, low calorie

2434 Mild mustard sauce, e.g. McDonalds

2435 Mint sauce, i.e. mint, vinegar, sugar. NOT mint jelly

2436 Mint jelly; cranberry sauce

2454 Mustard, ready made, any sort

2090 Olives, in brine, flesh and skin only, no stones, or leftover stones weighed; stuffed olives

2091 Olives, in brine, leftover stones not weighed

2423 Onion, pickled

R 2437 Onion sauce

2515 Oxo cubes, or other stock/bouillon cubes, DRY WEIGHT

2438 Oyster sauce

8358 Pasta sauce, tomato based, purchased, e.g. Dolmio, own brand

6036 Pesto sauce

2439 Piccalilli; mustard pickle

2440 Pickle, sweet, e.g. Panyan, Branston, Ploughman's. NOT mango or tomato, not chilli pickle

9388 Pickled gherkins

R 2441 Prawn cocktail sauce

9396 Redcurrant jelly, purchased

9399 Salad dressing, fat free, purchased e.g. Kraft free choice

R 2441 Salad cream, NOT low calorie

2442 Salad cream, low calorie, e.g. Weight Watchers, Waistline reduced calorie dressing

2443 Sandwich spread

9366 Sour cream based dips, e.g. St Ivel, own brand

2444 Soy sauce, dark

2445 Soy sauce, light

R 2459 Stuffing, parsley and thyme; sage and onion; packet mix, made-up weight.
NOT (sausage) meat stuffing, rice stuffing, chestnut stuffing

2446 Sweet curry sauce, McDonalds only

R 2447 Sweet and sour sauce, NOT canned

9393 Sweet and sour sauce, canned

2418 Sweetcorn relish

9392 Tartare sauce, purchased

6678 Thai red curry sauce, Uncle Ben's ONLY

- R 2501 Thousand island dressing. NOT low calorie
- 7921 Thousand island dressing, low calorie
- 820 Toast toppers, canned, any
- 2448 Tomato ketchup, bottled
- 9101 Tomato ketchup, bottled, reduced sugar and salt, e.g. Crosse & Blackwell Healthy Balance
- 2449 Tomato puree, NOT canned
- 2460 Tomato puree, canned
- R 2450 Tomato sauce, home made. NOT ketchup
- 7065 Vecon
- 7318 Vegetable spread, e.g. Granose
- 9394 Vegetable puree
- 2525 Vinegar, any
- R 2451 White sauce, savoury, made with whole milk, e.g. parsley, caper, anchovy, mustard
- R 3026 White sauce, savoury, made with semi-skimmed milk
- R 7922 White sauce, savoury, made with skimmed milk
- R 2452 White sauce, sweet, made with whole milk
- 2453 Worcester sauce, Lea and Perrins
- 9390 Yogurt dressings, purchased

SOUPS

This section is divided into the following sub-sections:

- A. LOW CALORIE SOUP
- B. CONDENSED SOUP MADE UP
- C. CANNED SOUP
- D. CARTON SOUP
- E. PACKET SOUP MADE UP
- F. HOMEMADE SOUP

A. LOW CALORIE SOUP

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

B. CONDENSED SOUP

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

C. SOUP, CANNED. NOT CONDENSED

- 2463 Chicken soup, cream of, ready to serve
- 4338 Cock-a-leekie soup, as served
- 2462 Consommé; other clear soups: Bouillon cubes, as served
- 3772 Lentil soup, as served
- 2491 Low calorie soup, any, canned
- 2472 Mushroom soup, cream of, ready to serve
- 2473 Oxtail soup, ready to serve
- 2494 Scotch broth, ready to serve
- 5384 Soups with pasta e.g. Heinz Chicken Pastini, Minestrone Italiano
- 2478 Tomato soup, cream of, ready to serve
- 2483 Vegetable soup, ready to serve
- 2493 Vending machine soup, any
- 2485 Soup, other, not specified elsewhere, ready to serve

D. SOUP IN A CARTON

- 7925 Chicken soup, cream of, ready to serve
- 7926 Mushroom soup, cream of, ready to serve
- 6795 Thai spinach soup e.g. New Covent Garden soup
- 7927 Tomato soup, cream of, ready to serve
- 7928 Vegetable soup, ready to serve
- 2493 Vending machine soup, any
- 7929 Soup, other, not specified elsewhere, ready to serve

E. DEHYDRATED (PACKET) SOUP

- 2467 Chicken noodle soup, as served. NOT instant soup powder. NOT Quick soup. NOT Cup-A-Soup

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

F. HOMEMADE SOUP

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

PRESERVES, SUGARS AND SWEET SAUCES

PRESERVES

- 9325 Diabetic jam, e.g. Boots
- 7886 Fruit spreads; pure fruit spreads, fruit with edible seeds, e.g. blackberry, blackcurrant, gooseberry, raspberry, strawberry
- 7887 Fruit spreads; pure fruit spreads, stone fruit, e.g. plum, apricot, damson, greengage, mixed fruit
- 2213 Honey comb
- 2214 Honey, in jars, any
- 9325 Jam, diabetic. e.g. Boots
- 2215 Jam, including "Extra" jam, fruit with edible seeds, purchased, e.g. blackberry, blackcurrant, gooseberry, raspberry, strawberry. NOT homemade
- 8300 Jam, including "Extra" jam, fruit with edible seeds, homemade, e.g. blackberry, blackcurrant, gooseberry, raspberry, strawberry. NOT purchased
- 2217 Jam, including "Extra" jam, stone fruit, purchased, e.g. plum, apricot, damson, greengage, mixed fruit. NOT homemade

- 8301 Jam, including "Extra" jam, stone fruit, home made, e.g. plum, apricot, damson, greengage, mixed fruit. NOT purchased
- 2216 Jam, with reduced sugar content, fruit with edible seeds, e.g. blackberry, blackcurrant, gooseberry, raspberry, strawberry
- 2218 Jam, with reduced sugar content, stone fruit, e.g. plum, apricot, damson, greengage, mixed fruit
- 2219 Lemon curd, lime or orange curd, starch based, purchased
- 2220 Lemon, lime or orange curd; lemon cheese; homemade
- 2221 Marmalade, any, with peel, homemade. NOT Mamade
- 8559 Marmalade, any, with peel, purchased
- 2222 Marmalade, any, without peel, homemade. NOT Mamade
- 8560 Marmalade, any, without peel, purchased
- 2223 Marmalade, any, with reduced sugar content; pure fruit spread; with and without peel
- 5170 Sweet spreads without fruit, with added vitamin C, e.g. Chivers Bread Busters

SUGAR

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

ARTIFICIAL SWEETENERS

B 2208 Granulated table top sweeteners, e.g. Sweet'n'slim, Sweet'n'low, Shapers Sugar Lite, Sweetex with Nutriblend, Sucron, Canderel Spoonful, Trimspoon

B 8299 Liquid table top sweeteners, e.g. Original Hermesetas Liquid, Sweetex Liquid Sweetener

Minicube sweeteners: code as *tablet sweeteners* (below)

B 2209 Table top sweeteners in tablets or mini cubes, e.g. Original Hermesetas, New Taste Hermesetas Gold, Sweetex, Saxin, Natrena, Natriblend, Canderel tablets, Boots Shapers, Flix

SWEET SPREADS, FILLINGS AND ICING

9216 Butter cream icing made with margarine, not polyunsaturated

8714 Butter cream icing made with polyunsaturated margarine

2210 Cherries, glace maraschino; cocktail cherries

R 2645 Chocolate sauce, homemade. NOT ice cream topping sauce, NOT Ice Magic

2211 Chocolate spread

2212 Chocolate and nut spread. NOT peanut butter and chocolate spread

2227 Ice cream topping sauces, any flavour. NOT Ice Magic

2652 Ice Magic

8007 Icing, made with sugar and water or sugar and egg white

2225 Mincemeat, sweet

2226 Mixed peel; angelica

2212 Nut spread, with chocolate

Peanut butter: see "Nuts"

VEGETABLES

FRIED OR ROAST POTATOES AND POTATO PRODUCTS

6386 Hash browns, fried in rapeseed oil, McDonald's ONLY

All other hash browns: see *potato waffles*

7864 Ketchips, mashed potato with a tomato ketchup centre, purchased, baked

8766 Mushroom feasts, potato with creamy mushroom filling, oven baked or grilled, purchased, e.g. Birds Eye

2654 Potato croquettes; potato cakes; coated in breadcrumbs, grilled or baked. NO fat

1901 Potato croquettes; potato cakes; coated in breadcrumbs, fried in blended vegetable oil

1902 Potato croquettes; potato cakes; coated in breadcrumbs, fried in dripping

1903 Potato croquettes; potato cakes; coated in breadcrumbs, fried in lard

- 1904 Potato croquettes; potato cakes; coated in breadcrumbs, fried in polyunsaturated oil or margarine
- 8295 Potato Crunchies, e.g. Ross, own brand, grilled or baked
- Potato Fritters: see *potato waffles*
- 7864 Potato Ketchips; mashed potato with tomato ketchup centre, purchased, baked
- 1884 Potato slices, in batter, fried in blended vegetable oil
- 1885 Potato slices, in batter, fried in dripping
- 1886 Potato slices, in batter, fried in lard
- 1887 Potato slices, in batter, fried in polyunsaturated oil or margarine
- 1888 Potato slices, old, sautéed in blended vegetable oil
- 1892 Potato slices, new, sautéed in blended vegetable oil
- 1889 Potato slices, old, sautéed, in dripping
- 1893 Potato slices, new, sautéed in dripping
- 1890 Potato slices, old, sautéed, in lard
- 1894 Potato slices, new, sautéed in lard
- 1891 Potato slices, old, sautéed in polyunsaturated oil or margarine
- 1895 Potato slices, new, sautéed in polyunsaturated oil or margarine
- 9351 Potato slices, old, sautéed in olive oil
- 1879 Potato waffles; Fritters; Hash browns; Alphabites; fried in blended vegetable oil
- 1880 Potato waffles; Fritters; Hash browns; Alphabites; fried in dripping
- 1881 Potato waffles; Fritters; Hash browns; Alphabites; fried in lard
- 1882 Potato waffles; Fritters; Hash browns; Alphabites; fried in polyunsaturated oil or margarine
- 3307 Potato waffles; Fritters; Hash browns; Alphabites, fried in butter
- 9345 Potato waffles; Fritters; Hash browns; Alphabites, fried in olive oil
- 1883 Potato waffles; Fritters; Hash browns; Alphabites; grilled or baked, NO fat
- 1841 Roast old potatoes, in blended vegetable oil
- 1845 Roast new potatoes, in blended vegetable oil
- 9789 Roast old potatoes, in butter
- 1842 Roast old potatoes, in dripping
- 1846 Roast new potatoes, in dripping
- 1843 Roast old potatoes, in lard
- 1847 Roast new potatoes, in lard

- 1844 Roast old potatoes, in polyunsaturated oil or margarine
- 1848 Roast new potatoes, in polyunsaturated oil or margarine
- 8785 Roast new potatoes, in butter
- 8827 Roast old potatoes, in olive oil
- 8683 Roast new potatoes, in olive oil
- 8371 Roast potatoes, old, frozen, baked

POTATO CHIPS

This section is divided into the following subsections:

- A. JACKET POTATO SLICES
- B. CHIPS MADE FROM FRESH OLD POTATOES
- C. CHIPS MADE FROM FRESH NEW POTATOES
- D. FROZEN CHIPS
- E. CHIPS PURCHASED FROM A TAKEAWAY OR FAST FOOD OUTLET
- F. OVEN CHIPS AND MICROWAVE CHIPS

A. JACKET POTATO SLICES

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

B. CHIPS MADE FROM FRESH OLD POTATOES, NOT PURCHASED FROM A TAKEAWAY

- 1849 Chips, old potatoes, fresh, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1850 Chips, old potatoes, fresh, fried in dripping
- 1851 Chips, old potatoes, fresh, fried in lard
- 1852 Chips, old potatoes, fresh, fried in polyunsaturated oil or margarine
- 8750 Chips, old potatoes, fresh, fried in olive oil

C. CHIPS MADE FROM FRESH NEW POTATOES, NOT PURCHASED FROM A TAKEAWAY

- 1854 Chips, new potatoes, fresh, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1855 Chips, new potatoes, fresh, fried in dripping
- 1856 Chips, new potatoes, fresh, fried in lard
- 1857 Chips, new potatoes, fresh, fried in polyunsaturated oil or margarine

D. FROZEN CHIPS, NOT PURCHASED FROM A TAKEAWAY

- 1859 Crinkle cut frozen chips, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1860 Crinkle cut frozen chips, fried in dripping
- 1861 Crinkle cut frozen chips, fried in lard
- 1862 Crinkle cut frozen chips, fried in polyunsaturated oil or margarine
- 9346 Crinkle cut frozen chips, fried in olive oil
- 1864 Fine cut frozen chips, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1865 Fine cut frozen chips, fried in dripping
- 1866 Fine cut frozen chips, fried in lard
- 1867 Fine cut frozen chips, fried in polyunsaturated oil or margarine
- 8921 Fine cut frozen chips, fried in olive oil
- 1868 Steak cut/Thick cut frozen chips, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1869 Steak cut/Thick cut frozen chips, fried in dripping
- 1870 Steak cut/Thick cut frozen chips, fried in lard
- 1871 Steak cut/Thick cut frozen chips, fried in polyunsaturated oil or margarine
- 1872 Straight cut frozen chips, fried in blended vegetable oil. NOT purchased from a takeaway shop
- 1873 Straight cut frozen chips, fried in dripping
- 1874 Straight cut frozen chips, fried in lard
- 1875 Straight cut frozen chips, fried in polyunsaturated oil or margarine

E. CHIPS PURCHASED FROM A TAKEAWAY OR FAST FOOD OUTLET

- 1853 Chips, old potatoes, fresh, fried in blended vegetable oil, purchased from a takeaway shop
- 1850 Chips, old potatoes, fresh, fried in dripping
- 1851 Chips, old potatoes, fresh, fried in lard
- 1852 Chips, old potatoes, fresh, fried in polyunsaturated oil or margarine
- 1858 Chips, new potatoes, fresh, fried in blended vegetable oil, purchased from a takeaway shop
- 1855 Chips, new potatoes, fresh, fried in dripping
- 1856 Chips, new potatoes, fresh, fried in lard
- 1857 Chips, new potatoes, fresh, fried in polyunsaturated oil or margarine
- 1863 Crinkle cut frozen chips, fried in blended vegetable oil, purchased from a takeaway shop
- 1860 Crinkle cut frozen chips, fried in dripping
- 1861 Crinkle cut frozen chips, fried in lard

- 1862 Crinkle cut frozen chips, fried in polyunsaturated oil or margarine
- 1949 Fine cut frozen chips, fried in blended vegetable oil purchased from fast food outlet. NOT McDonalds
- 5580 Fine cut frozen chips, purchased from McDonalds only
- 1865 Fine cut frozen chips, fried in dripping
- 1866 Fine cut frozen chips, fried in lard
- 1867 Fine cut frozen chips, fried in polyunsaturated oil or margarine
- 8549 Steak cut/Thick cut frozen chips, fried in blended vegetable oil, purchased from a takeaway shop
- 1869 Steak cut/Thick cut frozen chips, fried in dripping
- 1870 Steak cut/Thick cut frozen chips, fried in lard
- 1871 Steak cut/Thick cut frozen chips, fried in polyunsaturated oil or margarine
- 1876 Straight cut frozen chips, fried in blended vegetable oil, purchased from a takeaway shop
- 1873 Straight cut frozen chips, fried in dripping
- 1874 Straight cut frozen chips, fried in lard
- 1875 Straight cut frozen chips, fried in polyunsaturated oil or margarine

F. OVEN CHIPS AND MICROWAVE CHIPS

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

POTATOES - OTHER (E.G. BOILED, BAKED), POTATO SALADS AND DISHES

BAKED OR MICROWAVED POTATO

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

BOILED OR MASHED POTATO

- 1829 Boiled or mashed potatoes, old, NO added butter or margarine
- 1830 Boiled or mashed potatoes, new, NO added butter or margarine, skins eaten

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

INSTANT POTATO

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

POTATO DISHES

- R 802 Cheese and potato pie, i.e. potato, fat, cheese and milk
- R 1840 Curried potatoes; no rice
- 1906 Potato salad, in salad cream, or mayonnaise, canned
- 1907 Potato salad, in salad cream or mayonnaise, NOT canned
- 7862 Potato salad, in salad cream or mayonnaise, low calorie

VEGETABLES (NOT POTATOES)

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

See next section for BAKED BEANS

- 1661 Bamboo shoots, canned, drained weight

9223 Basil fresh

8826 Beans, aduki, dried, boiled

1664 Beans, balor; valor; canned, drained weight

8280 Beans, blackeye, canned, boiled, drained weight

8281 Beans, blackeye; dried, boiled

1667 Beans, broad, canned, drained weight

1666 Beans, broad, fresh, boiled

1668 Beans, broad, frozen, boiled

1669 Beans, butter, canned, drained weight

1670 Beans, butter, dried, boiled

1671 Beans, green, French, boiled, pods and beans

2679 Beans, green, French, canned, drained weight

1681 Beans, green, runner, fresh or accelerated freeze dried, boiled, e.g. Surprise

1682 Beans, green, runner, canned, drained weight

1683 Beans, green, runner, frozen, boiled

1674 Beans, haricot, canned, boiled, drained weight

1673 Beans, haricot, dried, boiled

1676 Beans, kidney, red, canned, drained weight

1677 Beans, kidney, red, dried, boiled. NOT canned

8809 Beans, mung, boiled

1679 Beans, papri, canned, drained weight

1680 Beans, papri, boiled. NOT canned

1685 Beans, soya, boiled

1689 Beansprouts, canned, drained weight

4731 Beansprouts, fresh, boiled

4520 Beansprouts, fresh, fried in blended vegetable oil

4558 Beansprouts, fresh, fried in polyunsaturated oil

1688 Beansprouts, fresh, uncooked

1691 Beetroot, boiled

2456 Beetroot, pickled; red cabbage, pickled

1690 Beetroot, uncooked

7842 Broccoli, sprouting, uncooked. NOT calabrese

1693 Broccoli, spears; calabrese; fresh, boiled

1694 Broccoli, spears; calabrese; frozen, boiled

7843 Broccoli, sprouting, boiled. NOT calabrese

1696 Brussels sprouts, fresh, boiled

1697 Brussels sprouts, canned, drained weight

1698 Brussels sprouts, frozen, boiled

Brussels tops: see *cabbage, winter*

1669 Butter beans, canned, drained weight

7845 Cabbage, January King, fresh, boiled

1704 Cabbage, savoy, fresh, boiled

1705 Cabbage, spring; spring greens; fresh, boiled

7847 Cabbage, Summer, fresh, boiled

2617 Cabbage, white, fresh, boiled

1708 Cabbage, winter; kale; fresh, boiled

1709 Cabbage, any type, frozen, boiled

7844 Cabbage, January King, uncooked

1700 Cabbage, red, fresh, uncooked

1703 Cabbage, savoy, fresh, uncooked

7846 Cabbage, Summer, uncooked

1706 Cabbage, white, fresh, uncooked

1707 Cabbage, winter; kale; uncooked

1701 Cabbage, red, fresh, boiled

2456 Cabbage, red, pickled

1693 Calabrese, fresh, boiled

1694 Calabrese, frozen, boiled

1710 Carrots, old, fresh, uncooked; (October-July), unless otherwise stated

1712 Carrots, young, new, fresh, uncooked; (August-September, unless otherwise stated)

1711 Carrots, old, fresh, boiled; (October-July), unless otherwise stated

1713 Carrots, young; new, fresh, boiled; (August-September, unless otherwise stated)

1714 Carrots, old or new, frozen, boiled

1715 Carrots, canned, drained weight

Carrot juice: see "Soft drinks, fruit and vegetable juices"

- 1718 Cauliflower, fresh, uncooked
- 1719 Cauliflower, fresh, boiled
- 1720 Cauliflower, frozen, boiled
- 1724 Celeriac, fresh, boiled
- 1725 Celery, fresh, uncooked
- 1726 Celery, fresh, boiled or braised
- 1727 Celery, canned, drained weight
- 2647 Chestnuts, water, canned, drained weight
- 1815 Chick Peas, boiled
- 1816 Chick Peas, canned, drained weight
- 7848 Chicory, fresh, boiled
- 1728 Chicory, fresh, uncooked. NOT Radiccio
- 1729 Chinese leaves, fresh, uncooked
- 9227 Chives fresh
- R 1731 Coleslaw, homemade. NOT low calorie
- 8079 Coleslaw, purchased. NOT low calorie
- R 1732 Coleslaw, low calorie, homemade
- 8282 Coleslaw, low calorie, purchased

Corn on the cob: see *sweetcorn*

- 9154 Coriander fresh
- 1733 Courgette, fresh, uncooked
- 1734 Courgettes, fresh or frozen, boiled
- 1738 Courgettes, fried or sautéed in blended vegetable oil
- 1735 Courgettes, fried or sautéed in butter
- 1736 Courgettes, fried or sautéed in margarine (NOT polyunsaturated)
- 1737 Courgettes, fried or sautéed in polyunsaturated oil or polyunsaturated margarine
- 9569 Courgettes, fried or sautéed in olive oil
- 1740 Cucumber, uncooked
- 1707 Curly Kale, fresh, uncooked
- 1708 Curly kale, fresh, boiled

1742 Endive, curly endive, frisee; fresh, uncooked

8477 Fennel, fresh, uncooked

8478 Fennel, fresh, boiled or braised

1671 French Beans , boiled, pods and beans

1743 Garlic, uncooked

9388 Gherkin, pickled; pickled cucumber

1748 Green banana, boiled

1749 Green banana; fried in blended vegetable oil

1750 Green banana; fried in polyunsaturated oil

1751 Green banana; fried in red palm oil

1671 Green Beans, French, boiled, pods and beans

2679 Green Beans, French, canned, drained weight

1681 Green Beans, runner, fresh or accelerated freeze dried, boiled, e.g. Surprise

1682 Green Beans, runner, canned, drained weight

1683 Green Beans, runner, frozen, boiled

1753 Kohlrabi, uncooked

7852 Kohlrabi, boiled

1756 Leeks, fresh, boiled

9311 Leeks fried in olive oil

1758 Lentils, split, boiled

7853 Lettuce, Butterhead, raw

7854 Lettuce, Cos, raw

7855 Lettuce, Iceberg

7856 Lettuce, Webbs

1762 Lettuce, unspecified

1763 Lettuce, in oil and vinegar dressing

2650 Mange-tout peas; sugar peas; fresh or frozen, boiled

1765 Marrow, boiled

1767 Marrow, parwal; small Asian marrow, boiled

1768 Marrow, parwal; small Asian marrow, canned, drained weight

1770 Mixed vegetables; carrots, peas, turnip, swede, etc., canned, drained weight. NOT mixed beans

1771 Mixed vegetables, frozen, boiled

5205 Mixed vegetables, Sainsbury's Country Vegetables ONLY

9232 Mint fresh

1772 Mushrooms, uncooked

1775 Mushrooms, fried in blended vegetable oil

1773 Mushrooms, fried in butter

1777 Mushrooms, fried in dripping

1778 Mushrooms, fried in lard

1774 Mushrooms, fried in margarine (NOT polyunsaturated)

1776 Mushrooms, fried in polyunsaturated oil or margarine

9309 Mushrooms fried in olive oil

1779 Mushrooms, stewed or grilled

1781 Mushrooms, canned, with or without white sauce

1782 Mustard and cress, uncooked

1784 Okra; ladies fingers; bindi; canned, drained contents

2624 Okra; ladies fingers; bindi; fried in blended vegetable oil

1785 Onions, uncooked

1798 Onions, spring, white bulb only, uncooked

7722 Onions, spring bulb and top, uncooked

9293 Onion baked or roast

1786 Onions, boiled

1789 Onions, fried in blended vegetable oil

1787 Onions, fried in butter

1790 Onions, fried in dripping

1791 Onions, fried in lard

1788 Onions, fried in margarine (NOT polyunsaturated)

1792 Onions, fried in polyunsaturated oil or margarine

9570 Onions fried in olive oil

1793 Onion rings, in batter, frozen, fried in blended vegetable oil

1794 Onion rings, in batter, frozen, fried in dripping

1795 Onion rings, in batter, frozen, fried in lard

1796 Onion rings, in batter, frozen, fried in polyunsaturated oil or margarine

8026 Onion rings, in batter, frozen, grilled

2423 Onion, pickled

1799 Parsley, fresh

1801 Parsnips, boiled

1804 Parsnips, roast, in blended vegetable oil

9792 Parsnips, roast, in butter

1802 Parsnips, roast, in dripping

1803 Parsnips, roast, in lard

1805 Parsnips, roast, in polyunsaturated oil or margarine

1806 Peas, fresh, uncooked

1818 Peas, freeze dried, boiled, e.g. Surprise

1807 Peas, fresh, boiled

1808 Peas, frozen, boiled. NOT petit pois

8284 Petit pois peas, frozen, boiled

1809 Peas, canned, garden, boiled

1810 Peas, canned, marrowfat, boiled

1811 Peas, "mushy", canned, boiled

2618 Peas, "mushy", boiled from dried. NOT canned

1812 Peas, processed, canned, boiled

2650 Peas, mange-tout; sugar peas; fresh or frozen, boiled

1813 Peas, split, dried, boiled

1819 Pease pudding, canned, boiled

1823 Peppers, green, fresh, uncooked

1824 Peppers, green, fresh, boiled

7857 Peppers, red, fresh, uncooked

7988 Peppers, red, fresh, boiled

7987 Peppers, yellow, black or white, fresh, uncooked

7989 Peppers, yellow, black or white, fresh, boiled

1826 Peppers, green, red, yellow, black or white, frozen, boiled

8479 Plantain, boiled

9468 Plantain fried in blended vegetable oil

9469 Plantain fried in polyunsaturated oil

9470 Plantain fried in red palm oil

9471 Plantain raw

1908 Pumpkin, boiled

8285 Quorn, stir fried in blended vegetable oil

1909 Radish, red, uncooked

1910 Radish, white; mooli

8283 Raddiccio, uncooked

1701 Red cabbage, fresh, boiled

2456 Red cabbage, pickled

9231 Sage fresh

1911 Salsify, boiled

1912 Sauerkraut, bottled, drained weight

1913 Seakale, boiled. NOT kale

1685 Soya beans, boiled

1686 Soya bean curd; Tofu. NOT smoked

8369 Soya bean curd; Tofu; smoked

1370 Soya mince, canned

1376 Soya mince, made up from dried

1914 Spinach, fresh, uncooked

1915 Spinach, fresh, boiled

1916 Spinach, frozen, boiled

1918 Spinach, canned, drained weight

8377 Stir fried vegetables, purchased frozen, boiled

8390 Stir fried vegetables, purchased, frozen, fried in blended vegetable oil

8391 Stir fried vegetables, purchased, frozen, fried in polyunsaturated margarine or oil

9365 Sun-dried tomatoes in olive oil and / or sunflower oil, e.g. Sacla, Florentino, own brand

1921 Swede, boiled

8370 Sweetcorn baby, frozen, boiled

1922 Sweetcorn; corn on the cob; fresh or frozen, boiled, leftover cob not weighed

1923 Sweetcorn; corn on the cob; fresh or frozen, boiled, kernels only, or leftover cob weighed

1924 Sweetcorn; corn on the cob; canned, kernels only, drained weight

- 1925 Sweetcorn, immature cobs, canned, drained weight
- 1930 Sweet potatoes, boiled
- 1686 Tofu, soya bean curd, NOT smoked
- 8369 Tofu, soya bean curd, smoked
- 1931 Tomatoes, fresh, uncooked
- 1932 Tomatoes, fresh, fried in blended vegetable oil
- 1933 Tomatoes, fresh, fried in butter
- 1934 Tomatoes, fresh, fried in dripping
- 1938 Tomatoes, fresh, fried in lard
- 1936 Tomatoes, fresh, fried in margarine (NOT polyunsaturated)
- 9352 Tomatoes, fresh, fried in olive oil
- 1937 Tomatoes, fresh, fried in polyunsaturated oil or margarine
- 1935 Tomatoes, fresh, grilled or baked, NO fat
- Tomato juice: see "Fruit and vegetable juices"
- 1939 Tomatoes, canned
- 9365 Tomatoes, sun dried, in olive oil and / or sunflower oil, e.g. Sacla, Florentino, own brand
- 1941 Turnips, boiled
- 1942 Turnips, tops, boiled
- 1947 Watercress, uncooked
- 2647 Water chestnuts, canned, drained weight
- 1948 Yam, boiled

VEGETABLE DISHES (INCLUDING BAKED BEANS)

- 1662 Baked Beans in tomato sauce, canned, includes curried baked beans. NOT baked beans with sausages; NOT low sugar baked beans
- 2646 Baked beans in tomato sauce, canned, reduced sugar; low sugar; no sugar added or sugar free, with or without reduced/low salt
- 7840 Baked beans in tomato sauce with pasta, canned, e.g. Crosse and Blackwell Fred Bear Beans and Pasta shapes
- 7781 Baked beans with burgers, chicken bits or bacon. NOT baked beans with sausages
- 1240 Baked beans in tomato sauce, with sausages (NOT low fat), canned
- 7839 Baked beans in tomato sauce with low fat sausages, canned
- 9284 Bean salad, purchased

- 2655 Beanburger, in a bun with cheese e.g. Burger King spicy beanburger, Wimpy spicy beanburger with cheese
- 9282 Red kidney beanburger e.g. Wimpy, no bun
- 3083 Beanfeast, various flavours, made up with water, cooked
- R 1699 Bubble and squeak, cooked potato and cabbage, fried in blended vegetable oil
- R 1702 Cabbage, red, recipe dish with apple, onion, sugar and butter
- R 1721 Cauliflower, boiled, with white sauce
- R 1722 Cauliflower cheese i.e. in cheese sauce, made with whole milk
- R 5241 Cauliflower cheese i.e. in cheese sauce, made with semi-skimmed milk
- R 5345 Cauliflower cheese i.e. in cheese sauce, made with skimmed milk
- R 1723 Cauliflower bhaji i.e. fried Asian vegetable dish
- R 1741 Cucumber and gram flour raita; i.e. Asian vegetable side dish with yogurt
- R 2660 Cucumber and yogurt, Greek style; Tzatziki
- 1817 Hummus; chick pea paste with sesame seeds. NOT canned
- 1717 Hummus; chick pea paste with sesame seeds; canned
- Kale: see cabbage, winter*
- Kidney beans: see beans, kidney, red*
- 1760 Lentils, canned, in tomato sauce
- R 1759 Lentils, masur dahl; cooked dish with onion and butter
- R 1761 Lentils, red; toor dahl; cooked dish
- R 1769 Marrow, boiled in white sauce
- 1797 Onion bhaji; pakora i.e. Asian dish, fried battered onion ball, purchased
- 3205 Pancakes, savoury cheese, purchased, grilled or fried in blended vegetable oil. e.g. Findus
- 821 Pastie, cheese and onion, purchased
- 1817 Peas, chick, paste, with sesame seeds; hummus. NOT canned
- 1717 Peas, chick, paste, with sesame seeds; hummus; canned
- R 1821 Pea curry, no rice
- R 1822 Pea and potato curry, made with canned peas. NO rice
- 5447 Quorn quarter pounder, grilled, no bun
- 5677 Quorn burger, fried in sunflower oil
- 7103 Quorn, savoury pies with puff pastry, purchased
- R 2625 Ratatouille, made with tomatoes, aubergines, courgettes, onions and green pepper, NOT canned

- 2626 Ratatouille, made with tomatoes, aubergines, courgettes, onions and green pepper, canned
- 9280 Ratatouille, frozen, purchased
- Red kidney beans: see *beans, kidney, red*
- 1240 Sausages (NOT low fat) and baked beans, canned
- 7839 Sausages (low fat) with baked beans, canned
- R 1917 Spinach curry; "sag"; i.e. with onion, garlic, tomatoes and blended vegetable oil
- Split peas see *peas, split*
- R 1919 Spring roll, i.e. fried pancake roll with beansprouts filling, NO meat
- Sprouts: see *brussels sprouts*
- 1927 Sweetcorn, fritters, fried in blended vegetable oil
- 1929 Sweetcorn, fritters, fried in lard
- 1928 Sweetcorn, fritters, fried in dripping
- 1926 Sweetcorn, fritters, fried in polyunsaturated oil or margarine
- Sweetcorn pickle: see "Sauces and pickles"
- R 2660 Tzatziki, Greek style cucumber and yogurt
- R 2622 Vegetable biryani or pilau, includes rice
- R 1943 Vegetable curry, i.e. curried mixed vegetables. NO rice
- 8286 Vegetable curry with rice, ready meal
- 9281 Vegetable curry takeaway no rice
- 8287 Vegetable chilli, ready meal. NO rice
- 8289 Vegetable fingers, coated in breadcrumbs, fried in blended vegetable oil
- 8384 Vegetable fingers, coated in breadcrumbs, fried in butter
- 8385 Vegetable fingers, coated in breadcrumbs, fried in margarine (NOT polyunsaturated)
- 8386 Vegetable fingers, coated in breadcrumbs, fried in polyunsaturated margarine or oil
- 8288 Vegetable fingers, coated in breadcrumbs, grilled
- 7137 Vegetable grills, burgers, crispbakes, in breadcrumbs, grilled or oven baked e.g. Linda McCartney's southern grills, Dalepak vegetable tikka grills, Tesco vegetable tikka crispbakes, Birds Eye cauliflower cheese quarter pounders, any
- Vegetable juice: see "Fruit and vegetable juices"
- 3143 Vegetable lasagne ready meal, purchased, cooked
- 8290 Vegetable moussaka, ready meal, purchased
- 1919 Vegetable pancake roll (spring roll), purchased.
- 7859 Vegetable pastie, purchased

- R 1950 Vegetable pie, mixed vegetables in white sauce with one pastry crust, made from half lard and half margarine (NOT polyunsaturated)
- 1945 Vegetable salad, in salad cream or mayonnaise, canned
- 2623 Vegetable samosa, purchased
- 7858 Vegetable "sausage roll", purchased
- 8291 Vegetarian paté, purchased
- 8292 Vegiebanger or vegieburger mix, made up, fried in blended vegetable oil
- 8293 Vegiebanger or vegieburger mix, made up, grilled. NOT vegetable grill
- 8387 Vegiebanger or vegieburger mix, made up, fried in butter
- 8388 Vegiebanger or vegieburger mix, made up, fried in margarine (NOT polyunsaturated)
- 8389 Vegiebanger or vegieburger mix, made up, fried in polyunsaturated margarine or oil
- 4203 Vegieburger, vegetable burger grills; not in breadcrumbs or oven baked, purchased, grilled e.g. Dalepak vegetable grills, Birds Eye vegetable burgers
- 4785 Vegieburger, purchased, fried in lard
- 9279 Vegieburger purchased fried in blended vegetable oil
- 5174 Vegetable hot pot, frozen or chilled, ready meal
- 9523 Vegetable Kievs, oven baked or grilled e.g. Linda McCartney, Birds Eye
- 9538 Vegetable shepherds pie, ready meal
- 9594 Vegetarian pie, soya based, purchased e.g. Linda McCartney vegetarian country pie
- 5153 Vegetarian sausages, boiled e.g. Tivalli, Tesco
- 5339 Vegetarian sausages, fried
- 9572 Vegetarian sausages, oven baked or grilled e.g. Linda McCartney

VITAMIN AND MINERAL SUPPLEMENTS AND MEDICINE

ONLY USE CODE IF THE PRODUCT NAME OF THE SUPPLEMENT CORRESPONDS EXACTLY WITH THE DESCRIPTION GIVEN BELOW:-

MEDICINE

- 5106 Water used to make up powdered medicines or dietary supplements
- 9308 Cold relief powders with added vitamin C. Dry Weight. e.g. Lemsip

- 9343 Fybogel, ispaghula based laxative, dry weight
- 5163 Liquid medicine, NOT LABELLED AS SUGAR FREE
- 5342 Liquid medicine, LABELLED AS SUGAR FREE
- 2527 Medicine; tablets, capsules or powders, any. NOT liquid medicine, NOT vitamin or mineral supplements
- 9869 Tonic wine e.g. Sanatogen

VITAMIN AND MINERAL SUPPLEMENTS

SYRUP/OIL FORM

- 8392 Abidec multivitamin drops
- 8397 Boots multivitamin syrup
- 8996 Dalivit multivitamin drops
- 8402 Haliborange multivitamin liquid
- 8505 Minadex multivitamin syrup
- 8437 Minadex tonic

ONLY USE CODE IF THE PRODUCT NAME OF THE SUPPLEMENT CORRESPONDS EXACTLY WITH THE DESCRIPTION GIVEN BELOW:-

TABLET OR CAPSULE FORM

- 5000 Water drunk as 'water'. NOT used as a diluent. Includes water drunk to swallow tablets.
- 8925 Amway multivitamin and iron tablets
- 5347 Boots chewable multivitamins with iron and calcium
- 5350 Boots cod liver oil and multivitamins
- 5719 Boots vegetarian daily supplement system
- 9601 Boots vitamin B complex tablets
- 8398 Boots vitamins A, C, D tablets
- 9544 Boots vitamin D and calcium capsules
- 9743 Boots zinc and vitamin C
- 9854 Brewers yeast (Superdrug)
- 9652 Brewers yeast tablets e.g. Philips & Boots
- 9603 Calcia calcium, iron and vitamin tablets
- 8400 Cantassium junamac naturtabs
- 8401 Cantassium junior ideal quota chewable tablets

8561 Fluoride tablets

9340 Garlic capsules any e.g. Hofels Lloyds Healthichoice

8406 Haliborange crunchy fish oil plus vitamins A, C, D, E

8404 Haliborange multivitamins plus calcium & iron

8405 Haliborange vitamin A, C, D tablets orange/blackcurrant

9617 Holland & Barratt high potency vitamin B complex tablets

5875 Holland & Barrett iron and vitamin C tablets

5605 Jelly Babies soft and chewy vitamins A, C, D and E pastilles

9661 Kordels nutritime multivitamin tablets

9961 Lanes calcium with vitamins A, C, D

9947 Lloyds multivitamin and mineral tablets

9606 Lloyds vitamin A and D capsules

9800 Maxepa capsules

9671 Morrisons multivitamin tablets

9872 Morrisons multivitamins with iron tablets

8415 Natural Flow animal fun vegetarian vitamins & minerals

9315 Numark multivitamins tablets one a day

5562 Redoxin vitamin C tablet/capsule 250mg

5544 Sanatogen 1-a-day vitamins A, C, D tablets

6527 Sanatogen chewable vitamins extra A, C, D

6453 Sanatogen Gold A-Z 1-a-day multivitamin and mineral tablets

5152 Sanatogen vegetarian multivitamins

9689 Selenium ACE tablets

5440 Seven Seas calcium and vitamin D capsule

5608 Seven Seas cod liver oil plus multivitamins

9963 Seven Seas multivitamins without iron

5960 Vitamin B₆ tablet/capsule 25mg

5691 Vitamin B₆ tablet/capsule 40mg

6426 Vitamin C tablet/capsule 30mg

8424 Vitamin C tablet/capsule 45mg

6436 Vitamin C tablet/capsule 60mg

9322 Vitamin C tablet/capsule 75 mg
9149 Vitamin C tablet/capsule 90mg
9638 Vitamin C tablet/capsule 100mg
9301 Vitamin C tablet/capsule 200mg
5430 Vitamin C tablet/capsule 250mg
9605 Vitamin C tablet/capsule 300mg
9298 Vitamin C tablet/capsule 500mg
9342 Vitamin C tablet/capsule 1000mg
9790 Vitamin E tablet/capsule 10mg
9600 Vitamin E tablet/capsule 100mg
5431 Vitamin E tablet/capsule 300mg
9650 Yeastamin brewers yeast tablets enriched B vitamin
9532 Yeastvite tablet