

Line	Food	Nutrient code	Food Group
1	Beef: roast, steak, mince, stew or casserole	906	Meat and meat products
2	Beef burgers	906	Meat and meat products
3	Pork	906	Meat and meat products
4	Lamb: roast, chops or stew	906	Meat and meat products
5	Chicken or turkey	906	Meat and meat products
6	Bacon	906	Meat and meat products
7	Ham	906	Meat and meat products
8	Corned beef, Spam, luncheon meats	906	Meat and meat products
9	Sausages	906	Meat and meat products
10	Savoury pies, e.g. meat pie, pork pie, pasties, steak & kidney pie, sausage rolls	906	Meat and meat products
11	Liver, liver pate, liver sausage	906	Meat and meat products
12	Fish in batter, as in fish and chips	904	Fish & fish products
13	Fish fingers and fish cakes	904	Fish & fish products
14	Other white fish, fresh or frozen, e.g. cod, haddock, plaice, sole, halibut	904	Fish & fish products
15	Oily fish, fresh or canned, e.g. mackerel, kippers, tuna, salmon, sardines, herring	904	Fish & fish products
16	Shellfish, e.g. crab, prawns, mussels	904	Fish & fish products
17	Fish roe, taramasalata	904	Fish & fish products
18	White bread and rolls	901	Cereals and cereal products
19	Brown bread and rolls	901	Cereals and cereal products
20	Wholemeal bread and rolls	901	Cereals and cereal products
21	Cream crackers, cheese biscuits	901	Cereals and cereal products
22	Crispbread, e.g. Ryvita	901	Cereals and cereal products
23	Porridge, Readybrek	901	Cereals and cereal products
24	Breakfast cereal such as cornflakes, muesli etc.	901	Cereals and cereal products
25	Boiled, mashed, instant or jacket potatoes	910	Potatoes
26	Chips	910	Potatoes
27	Roast potatoes	910	Potatoes
28	Potato salad	910	Potatoes
29	White rice	901	Cereals and cereal products
30	Brown rice	901	Cereals and cereal products
31	White or green pasta, e.g. spaghetti, macaroni, noodles	901	Cereals and cereal products
32	Wholemeal pasta	901	Cereals and cereal products
33	Lasagne, moussaka	906	Meat and meat products
34	Pizza	901	Cereals and cereal products
35	Single or sour cream (tablespoon)	907	Milk and milk products
36	Double or clotted cream (tablespoon)	907	Milk and milk products
37	Low fat yoghurt, fromage frais (125g carton)	907	Milk and milk products
38	Full fat or Greek yoghurt (125g carton)	907	Milk and milk products
39	Dairy desserts (125g cartons)	907	Milk and milk products
40	Cheese, e.g. Cheddar, Brie, Edam (medium serving)	907	Milk and milk products

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41	Cottage cheese, low fat soft cheese (medium serving)	907	Milk and milk products
42	Eggs as boiled, fried, scrambled, etc. (one)	902	Eggs and egg dishes
43	Quiche (medium serving)	902	Eggs and egg dishes
44	Low calorie, low fat salad cream (tablespoon)	911	Soups & sauces
45	Salad cream, mayonnaise (tablespoon)	911	Soups & sauces
46	French dressing (tablespoon)	911	Soups & sauces
47	Other salad dressing (tablespoon) - as low fat mayonnaise	911	Soups & sauces
48	Butter (teaspoon)	903	Fats and oils
49	Hard margarine, e.g. Stork Krona (teaspoon)	903	Fats and oils
50	Polyunsaturated margarine, e.g. Flora, sunflower (teaspoon)	903	Fats and oils
51	Other soft margarine e.g. Blue Band, Stork S.B. (teaspoon)	903	Fats and oils
52	Low fat spread, e.g. Outline, Gold (teaspoon)	903	Fats and oils
53	Very low fat spread (teaspoon)	903	Fats and oils
54	Sweet biscuits, chocolate e.g. digestive (one)	901	Cereals and cereal products
55	Sweet biscuits, plain, e.g. Nice ginger (one)	901	Cereals and cereal products
56	Cakes e.g. fruit, sponge, home baked	901	Cereals and cereal products
57	Cakes e.g. fruit, sponge, readymade	901	Cereals and cereal products
58	Buns, pastries e.g. scones, flapjacks, home baked	901	Cereals and cereal products
59	Buns, pastries e.g. croissants, doughnuts, ready made	901	Cereals and cereal products
60	Fruit pies, tarts, crumbles, home baked	901	Cereals and cereal products
61	Fruit pies, tarts, crumbles, ready made	901	Cereals and cereal products
62	Sponge puddings, home baked	901	Cereals and cereal products
63	Sponge puddings, ready made	901	Cereals and cereal products
64	Milk puddings, e.g. rice, custard, trifle	901	Cereals and cereal products
65	Ice cream, choc ices	912	Sugars; preserves and snacks
66	Chocolates, single or squares	912	Sugars; preserves and snacks
67	Chocolate snack bars e.g. Mars, Crunchie	912	Sugars; preserves and snacks
68	Sweets, toffees, mints	912	Sugars; preserves and snacks
69	Sugar added to tea, coffee, cereal (teaspoon)	912	Sugars; preserves and snacks
70	Crisps or other packet snacks, e.g. Wotsits	912	Sugars; preserves and snacks
71	Peanuts or other nuts	909	Nuts and seeds
72	Vegetable soups (bowl)	911	Soups & sauces
73	Meat soups (bowl)	911	Soups & sauces
74	Sauces, e.g. white sauce, cheese sauce, gravy (tablespoon)	911	Soups & sauces
75	Tomato ketchup (tablespoon)	911	Soups & sauces
76	Pickles, chutney (tablespoon)	911	Soups & sauces
77	Marmite, Bovril (teaspoon)	911	Soups & sauces
78	Jam, marmalade, honey (teaspoon)	912	Sugars; preserves and snacks
79	Peanut butter (teaspoon)	909	Nuts and seeds

Line	Food	Nutrient code	Food Group
80	Tea (cup)	908	Non-alcoholic beverages
81	Coffee, instant or ground (cup)	908	Non-alcoholic beverages
82	Coffee, decaffeinated (cup)	908	Non-alcoholic beverages
83	Coffee whitener, e.g. Coffee-mate (teaspoon)	907	Milk and milk products
84	Cocoa, hot chocolate (cup)	908	Non-alcoholic beverages
85	Horlicks, Ovaltine (cup)	907	Milk and milk products
86	Wine (glass)	900	Alcoholic beverages
87	Beer, lager or cider (half pint)	900	Alcoholic beverages
88	Port, sherry, vermouth, liqueurs (glass)	900	Alcoholic beverages
89	Spirits, e.g. gin, brandy, whisky, vodka (single)	900	Alcoholic beverages
90	Low calorie or diet fizzy soft drinks (glass)	908	Non-alcoholic beverages
91	Fizzy soft drinks, e.g. Coca Cola, lemonade (glass)	908	Non-alcoholic beverages
92	Pure fruit juice (100%) e.g. orange, apple juice (glass)	908	Non-alcoholic beverages
93	Fruit squash or cordial (glass)	908	Non-alcoholic beverages
94	Apples	905	Fruit
95	Pears	905	Fruit
96	Oranges, satsumas, mandarins	905	Fruit
97	Grapefruit	905	Fruit
98	Bananas	905	Fruit
99	Grapes	905	Fruit
100	Melon	905	Fruit
101	Peaches, plums, apricots	905	Fruit
102	Strawberries, raspberries, kiwi fruit	905	Fruit
103	Tinned fruit	905	Fruit
104	Dried fruit, e.g. raisins, prunes	905	Fruit
105	Carrots	913	Vegetables
106	Spinach	913	Vegetables
107	Broccoli, spring greens, kale	913	Vegetables
108	Brussels sprouts	913	Vegetables
109	Cabbage	913	Vegetables
110	Peas	913	Vegetables
111	Green beans, broad beans, runner beans	913	Vegetables
112	Marrow, courgettes	913	Vegetables
113	Cauliflower	913	Vegetables
114	Parsnips, turnips, swedes	913	Vegetables
115	Leeks	913	Vegetables
116	Onions	913	Vegetables
117	Garlic	913	Vegetables
118	Mushrooms	913	Vegetables
119	Sweet peppers	913	Vegetables
120	Beansprouts	913	Vegetables
121	Green salad, lettuce, cucumber, celery	913	Vegetables
122	Watercress	913	Vegetables
123	Tomatoes	913	Vegetables

Line	Food	Nutrient code	Food Group
124	Sweetcorn	913	Vegetables
125	Beetroot	913	Vegetables
126	Coleslaw	913	Vegetables
127	Avocado	905	Fruit
128	Baked beans	913	Vegetables
129	Dried lentils, beans, peas	913	Vegetables
130	Tofu or soya meat, TVP, Vegebürger	913	Vegetables