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**A**

<b>ABALONE</b>		
Canned in brine, drained, 28g	0.0	1.5
<b>ACKEE</b>		
Canned, 28g	2.0	2.0
<b>ADVOCAAT</b>		
25ml	3.5	3.5
35ml	4.5	4.5
<b>AGAR AGAR</b>	0.0	0.0
<b>ALCOPOPS</b>		
eg Bacardi Breezer, Smirnoff Ice, 275ml bottle	9.0	9.0
eg Hooch, 330ml bottle	11.0	11.0
eg WKD, 330ml bottle	12.5	12.5
<b>ALFALFA SPROUTS</b>	0.0	0.0
<b>AMLA</b>		
Pureed/cooked, 57g	1.5	1.5
Raw, whole	0.0	0.0
<b>ANCHOVIES</b>		
Canned in oil, drained, 28g	0.5	3.0
<b>ANGELICA</b>		
28g	4.5	4.5
<b>APPLES</b>		
Apple sauce, 1 level tbsp	0.5	0.5
Cooking, baked/stewed without sugar, 28g average each	4.5	4.5
Dried, 28g	3.5	3.5
Juice, concentrate, unsweetened, 1 level tbsp	1.5	1.5
28ml	3.0	3.0
Juice, unsweetened, 2 level tbsp	0.5	0.5
142ml	2.5	2.5
Raw, pureed, 28g	0.5	0.5
Raw, whole	0.0	0.0
Toffee, average, each	10.0	10.0
<b>APRICOTS</b>		
Canned in natural juice, 2 halves	0.5	0.5
100g	2.0	2.0
Canned in syrup, 2 halves	1.5	1.5
100g	3.5	3.5
Dried, 2 apricots	1.5	1.5
28g	2.5	2.5

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Dried, stewed without sugar, 28g	1.0	1.0
Raw, pureed, 28g	0.5	0.5
Raw, stewed without sugar, 113g	1.5	1.5
Raw, whole	0.0	0.0

<b>ARROWROOT</b>		
1 level tsp	1.0	1.0
28g	5.0	5.0

<b>ARTICHOKE</b>		
Globe/jerusalem, raw/cooked without fat	0.0	0.0
<b>ARTIFICIAL SWEETENERS</b>	0.0	0.0

<b>ASPARAGUS</b>		
Raw/cooked without fat	0.0	0.0

<b>AUBERGINE</b>		
Fried, 28g	4.0	4.0
Raw/cooked without fat	0.0	0.0

<b>AVOCADO</b>		
Flesh, whole or pureed, 28g average each	2.5	2.5
	13.5	13.5

**B**

<b>BABACO</b>		
Pureed/cooked, 85g	0.5	0.5
Raw, whole	0.0	0.0

<b>BACON</b>		
Average, lean only, 28g raw	0.0	2.0
1 rasher, raw/grilled	0.0	2.0
Meat & fat, 28g raw	1.0	3.5
1 rasher, raw/grilled	2.0	4.0

<b>BAKING POWDER</b>		
1 level tsp	0.5	0.5

<b>BAMBOO SHOOTS</b>		
Raw/cooked without fat	0.0	0.0

<b>BANANA</b>		
Dried slices, 28g	7.0	7.0
Flesh only, pureed/cooked, 28g average each	1.5	1.5
Raw, whole	4.0	4.0
	0.0	0.0

<b>BARLEY</b>		
Pearl, 28g boiled	1.5	0.0
28g raw	5.0	0.0

<b>BARLEY WATER</b>		
Diluted as directed, 284ml	2.0	2.0
Undiluted, 50ml	2.0	2.0

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<b>BARLEY WINE</b>		
142ml	4.5	4.5

<b>BASS</b>		
Sea, raw/steamed, 28g	0.0	1.5

<b>BATTER MIX</b>		
Dried, 28g	4.5	4.5

<b>BEAN SPROUTS</b>		
Raw/cooked without fat	0.0	0.0

<b>BEANS</b>		
Aduki, 28g boiled	1.5	0.0
28g dry	4.0	0.0
Baked, canned in tomato sauce, 100g	4.0	0.0
Baked, canned in tomato sauce, with pork sausages, 100g	3.5	2.0
Balor, raw/canned	0.0	0.0
Barbecue, canned in sauce, 100g	4.0	0.0
Black, 28g boiled	1.5	0.0
28g dry	3.5	0.0
Black eye, 28g boiled/canned	1.5	0.0
28g dry	4.5	0.0
Black gram, 28g boiled	1.0	0.0
28g dry	4.0	0.0
Borlotti, canned, 100g	5.0	0.0
Broad, raw/boiled, 28g	1.0	0.0
Butter, 28g boiled	1.0	0.0
28g dry	4.0	0.0
Cannellini, canned, 100g	4.5	0.0
Chilli, canned, 100g	4.5	0.0
Cluster, raw/boiled	0.0	0.0
Flageolet, 28g boiled	1.5	0.0
28g dry	4.0	0.0
French/green, raw/cooked	0.0	0.0
Haricot, 28g boiled	1.5	0.0
28g dry	4.0	0.0
Mung, 28g boiled	1.5	0.0
28g dry	4.0	0.0
Papri, raw/cooked	0.0	0.0
Pigeon peas, 28g boiled	1.5	0.0
28g dry	4.5	0.0
Pinto, 28g boiled	2.0	0.0
28g dry	4.5	0.0
Red kidney, 28g boiled/canned	1.5	0.0
28g dry	3.5	0.0
Runner, raw/boiled	0.0	0.0

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Soya, 28g boiled	2.0	0.0
28g dry	5.0	0.0
Sword, raw/boiled, 100g	2.0	0.0

<b>BEEF</b>		
Average of all cuts, lean, 28g raw	0.0	2.0
28g roasted without fat	0.0	3.0

Average of all cuts, meat & fat, 28g raw	0.5	2.0
28g roasted	2.0	4.0

Burgers,		
canned in gravy, 28g	1.0	2.0
Burgers, grilled, 28g	2.5	4.0
57g average each	4.5	8.0
Burgers, grilled, low fat, 28g	1.0	3.0
57g average each	2.0	5.5
Grillsteaks, grilled, 28g	2.0	4.0
85g medium each	6.0	11.5
170g large each	12.0	23.0
Mince, extra lean, 28g raw	0.0	2.0
Mince, lean, 28g raw	0.5	2.5
Mince, standard, 28g raw	2.0	4.0
Minced beef & onions canned, 100g	2.5	6.5
Quarterpounders, 28g	2.0	3.5
113g each	8.5	15.0
Quarterpounders, low fat, 28g	0.5	2.5
113g each	2.5	9.5
Stewed steak in gravy, canned, 100g	1.0	6.5

<b>BEER</b>		
Ale, pale, 284ml	4.0	4.0
Ale, strong, 284ml	9.5	9.5
Bitter, low alcohol, 284ml	2.0	2.0
Bitter, standard/premium, 284ml	4.5	4.5
Brown ale, bottled, 284ml	4.5	4.5
Guinness, 284ml	4.5	4.5
Mild, draught, 284ml	3.5	3.5
Stout, 284ml	4.5	4.5

<b>BETROOT</b>		
Boiled/pickled	0.0	0.0

<b>BICARBONATE OF SODA</b>		
1 level tsp	0.5	0.5

<b>BILBERRIES</b>		
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0

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**BISCUITS**

<i>Each unless stated</i>		
Sweet:		
Amaretti	1.0	1.0
Bourbon	3.5	3.5
Brandy snap	3.5	3.5
Chocolate bar, eg, Club, Breakaway	6.0	6.0
Chocolate chip cookie	3.0	3.0
Chocolate digestive	4.5	4.5
Chocolate finger	1.5	1.5
Chocolate wafer	7.0	7.0
Coconut cookie	4.5	4.5
Crunch cream	3.0	3.0
Custard cream	3.0	3.0
Digestive	3.5	3.5
Fig roll	3.0	3.0
Flapjack, 28g	7.0	7.0
Fruit shortcake	2.0	2.0
Garibaldi	2.0	2.0
Ginger nut	2.5	2.5
Ginger thin	1.5	1.5
Hob Nobs	3.5	3.5
Jaffa cake	2.5	2.5
Jam sandwich cream	3.5	3.5
Lemon puff	3.5	3.5
Lincoln	2.0	2.0
Malted milk	2.0	2.0
Marie	2.0	2.0
Morning coffee	1.0	1.0
Nice	2.0	2.0
Petit beurre	1.5	1.5
Rich shortie	2.5	2.5
Rich tea	2.0	2.0
Rich tea finger	1.0	1.0
Shortbread finger	5.5	5.5
Shortbread petticoat tails	3.5	3.5
Shortbread round	5.0	5.0
Shortcake	2.5	2.5
Wafer	4.0	4.0
Savoury:		
Bread stick	1.0	1.0
Butter puff	2.5	2.5
Cheese straw	2.0	2.0
Cheese thin	1.0	1.0
Cornish wafer	2.5	2.5
Cream cracker	2.0	2.0
Hovis cracker	1.5	1.5
Oatcake	2.5	2.5
Water biscuit	1.0	1.0
Wholemeal cracker	1.5	1.5

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**BLACK PUDDING**

Fried in oil, 28g	3.0	4.5
Raw/dry fried, 28g	2.5	3.5

<b>BLACKBERRIES</b>		
Raw, pureed, 57g	0.5	0.5
Raw, whole	0.0	0.0

Stewed without sugar, 113g	1.0	1.0
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<b>BLACKBERRIES &amp; APPLE</b>		
Stewed without sugar, 85g	1.0	1.0

<b>BLACKCURRANTS</b>		
Canned in juice, 100g	1.5	1.5
Canned in syrup, 100g	3.5	3.5

Raw, pureed, 85g	1.0	1.0
Raw, whole	0.0	0.0
Stewed without sugar, 85g	1.0	1.0

<b>BLANCMANGE</b>		
1 level tbsp	1.0	1.0
28g	1.5	1.5

<b>BLOATERS</b>		
Fillet, grilled/steamed, 28g	0.5	3.5

<b>BLUEBERRIES</b>		
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0

<b>BOLOGNESE SAUCE WITH BEEF</b>		
Canned, 3 level tbsp	1.0	2.0

<b>BOVRIL</b>		
All varieties, jar	0.0	0.0

<b>BOYSENBERRIES</b>		
Canned in syrup, 100g	4.5	4.5
Pureed/cooked, 57g	0.5	0.5
Raw, whole	0.0	0.0

<b>BRAINS</b>		
Lamb/calf, boiled, 28g	0.0	2.0

<b>BRAN</b>		
Oat, 28g	5.0	5.0
Soya, 28g	2.0	2.0
Wheat, 28g	3.0	3.0

<b>BRANDY</b>		
25ml	2.5	2.5
35ml	4.0	4.0

<b>BRAWN</b>		
28g	0.0	2.0

<b>BREAD</b>		
<i>28g unless stated</i>		
Bannock	4.5	4.5
Bran	3.0	3.0
Breadcrumbs, fresh/dried	5.0	5.0

	O	G		O	G		O	G		O	G		O	G				
Brown	3.0	3.0	Baguette, garlic,			White, crusty, 28g	3.5	3.5	<b>BURGER BARS</b>	Chinese cakes		Gateau, fruit, 28g	3.5	3.5				
Chapatis, made with fat	4.5	4.5	standard, 28g	5.0	5.0	average each	6.5	6.5	Cheeseburger,	& biscuits, 28g	6.0	6.0	85g slice	10.5	10.5			
Chapatis, made without fat	3.0	3.0	average each	31.5	31.5	White, soft, 28g	3.5	3.5	average each	15.0	15.0	Chocolate, 28g	6.5	6.5	Chocobread, 28g	5.0	5.0	
Ciabatta	3.5	3.5	Baguette, white, 28g	3.5	3.5	average each	5.5	5.5	Chicken Burger,	Chocolate brownies, 28g	6.0	6.0	Chocolate brownies, 28g	6.0	6.0	Gingerbread, 28g	6.0	6.0
Focaccia	4.0	4.0	average each	16.5	16.5	Wholemeal, 28g	3.5	3.5	average each	20.5	20.5	Chocolate coated	6.0	6.0	Greek pastries, 28g	4.5	4.5	
French, brown/white	3.5	3.5	Bath bun, 28g	4.5	4.5	average each	6.0	6.0	Chicken Nuggets,	mini roll, average each	5.5	5.5	Chocolate cup cake,	5.5	5.5	Halva, 28g	8.5	8.5
Fried	7.0	7.0	average each	13.0	13.0	Wholemeal, baps, 28g	3.5	3.5	6 nuggets	Chocolate crispie, 28g	6.5	6.5	average each	6.5	6.5	Iced bun/finger,		
Fruit	4.0	4.0	Brioche roll, 28g	5.0	5.0	average each	14.0	14.0	Doughnuts, average each	Chocolate crispie,	6.0	6.0	average each	7.0	7.0	average each	7.0	7.0
Gluten free, brown	3.0	3.0	average each	10.5	10.5	<b>BREADFRUIT</b>			French Fries, 1 regular	individual, average each	6.0	6.0	Jam tart, 28g	5.5	5.5	Jam tart, individual,		
Gluten free, white	3.5	3.5	Brown, baps, 28g	3.5	3.5	Raw/cooked			1 medium	Chocolate cup cake,	6.5	6.5	average each	6.5	6.5	average each	6.5	6.5
Granary	3.5	3.5	average each	13.5	13.5	without fat, 28g	1.5	1.5	1 large	Chocolate fudge, 28g	6.0	6.0	Lardy, 28g	6.0	6.0	Lardy, 28g	6.0	6.0
Hovis	3.0	3.0	Brown, crusty, 28g	3.5	3.5	<b>BREAKFAST CEREAL</b>			Hamburger, average each	Christmas, with royal	5.0	5.0	Lemon meringue pie, 28g	4.0	4.0	Lemon meringue pie,		
Malt	4.0	4.0	average each	6.5	6.5	28g unless stated			Quarterpounder,	icing & marzipan, 28g	5.0	5.0	individual, average each	10.0	10.0	individual, average each	10.0	10.0
Mediterranean style	3.5	3.5	Brown, soft, 28g	3.5	3.5	All Bran	4.0	4.0	average each	Coconut, 28g	6.0	6.0	Lemon slice, average each	5.0	5.0	Lemon slice, average each	5.0	5.0
Milk	3.5	3.5	average each	5.5	5.5	Bran Flakes	4.5	4.5	Quarterpounder with	Custard tart, 28g	4.0	4.0	Madeira, 28g	5.5	5.5	Mince pie, 28g	5.5	5.5
Naan	4.0	4.0	Chelsea bun, 28g	5.0	5.0	Coco Pops	5.5	5.5	cheese, average each	Custard tart, individual,	11.0	11.0	Mince pie, 28g	5.5	5.5	Mince pie, individual,		
Paratha	4.5	4.5	average each	14.5	14.5	Corn Flakes	5.0	5.0	Tomato Ketchup, 1 serving	average each	19.0	19.0	Mince pie, individual,	11.0	11.0	average each	11.0	11.0
Pitta, white/wholemeal	3.5	3.5	Croissants, 28g	6.0	6.0	Crunchy Nut Corn Flakes	5.5	5.5	Vegetable Burger,	1 large	31.0	31.0	Reduced fat cake, 28g	4.0	4.0	Reduced fat cake, 28g	4.0	4.0
Pumpernickel	3.0	3.0	average each	9.0	9.0	Frosties	5.5	5.5	average each	Doughnut, custard,	13.5	13.5	Rock, average each	9.0	9.0	Rock, average each	9.0	9.0
Rye	3.0	3.0	Crumpets, 28g	2.5	2.5	Fruit & Fibre	5.0	5.0	Doughnut, jam,	average each	12.5	12.5	Rum baba, average each	11.5	11.5	Rum baba, average each	11.5	11.5
Scottish batch	3.5	3.5	average each	4.0	4.0	Muesli	5.0	5.0	average each	Doughnut, ring,	12.0	12.0	Sevyaan, 28g	6.0	6.0	Sevyaan, 28g	6.0	6.0
Soda	3.5	3.5	Currant bun, 28g	4.0	4.0	Porridge Oats, 28g dry	5.5	5.5	Doughnut, ring,	average each	12.0	12.0	Sponge finger, average each	1.0	1.0	Sponge finger, average each	1.0	1.0
Softgrain	3.0	3.0	average each	9.0	9.0	Puffed Wheat	5.0	5.0	average each	Eccles cake, average each	10.5	10.5	Sponge, creaming			Sponge, creaming		
Tortillas,			Granary, 28g	3.5	3.5	Ready Brek, 28g dry	5.0	5.0	Eccles cake, average each	Fancy iced cake, 28g	5.0	5.0	method, 28g	6.5	6.5	method, 28g	6.5	6.5
made with wheat flour	3.5	3.5	average each	6.5	6.5	Rice Krispies	5.5	5.5	Fancy iced cake, 28g	Flan case, pastry, 28g	7.5	7.5	Sponge, fatless,			Sponge, fatless,		
Vienna	3.5	3.5	Granary, baps, 28g	3.5	3.5	Ricicles	5.5	5.5	Flan case, pastry, 28g	Flan case, sponge, 28g	4.0	4.0	whisking method, 28g	4.0	4.0	whisking method, 28g	4.0	4.0
West Indian	4.0	4.0	average each	13.5	13.5	Shredded Wheat,	3.5	3.5	Flan case, sponge, 28g	Flan, pastry with fruit, 28g	1.5	1.5	Sponge, with jam, 28g	5.5	5.5	Sponge, with jam,	5.5	5.5
Wheatgerm	3.0	3.0	Hamburger bun, 28g	3.5	3.5	average each	5.0	5.0	Flan, pastry with fruit, 28g	Flan, sponge with fruit, 28g	1.5	1.5	Sponge, with jam			Sponge, with jam		
Wheatmeal	3.0	3.0	1 medium	6.5	6.5	Shreddies	5.0	5.0	Flan, sponge with fruit, 28g	Fresh cream choux	19.0	19.0	& dairy cream, 28g	4.5	4.5	& dairy cream, 28g	4.5	4.5
White	3.5	3.5	1 large	11.0	11.0	Special K	5.5	5.5	Fresh cream choux	bun, average each	19.0	19.0	Standard cake mix,			Standard cake mix,		
White, full size slice,			Hot cross bun, 28g	4.0	4.0	Sugar Puffs	5.5	5.5	bun, average each	Fresh cream eclair, 1 small	7.0	7.0	dried, 28g dry	4.5	4.5	dried, 28g dry	4.5	4.5
800g loaf, 1 thin slice	3.5	3.5	average each	9.0	9.0	Sultana Bran	4.5	4.5	Fresh cream eclair, 1 small	Fresh cream horn,			Standard cake mix,			Standard cake mix,		
1 med slice	4.0	4.0	Muffin, white/	3.0	3.0	Weetabix, average each	3.5	3.5	Fresh cream horn,	average each	13.0	13.0	made up as directed, 28g	4.5	4.5	made up as directed, 28g	4.5	4.5
1 thck slice	5.0	5.0	wholemeal, 28g	8.0	8.0	<b>BREAM</b>			average each	Fresh cream			Swiss roll, 28g	4.0	4.0	Swiss roll, 28g	4.0	4.0
White, small slice,			average each	8.0	8.0	Raw/cooked without fat, 28g	0.0	1.5	Fresh cream	meringue, 1 small	7.5	7.5	Treacle tart, 28g	5.5	5.5	Treacle tart, 28g	5.5	5.5
400g loaf, 1 slice	2.5	2.5	Pitta, mini, average each	4.5	4.5	<b>BROCCOLI</b>			meringue, 1 small	Fruit, 28g	5.0	5.0	Vanilla slice, average each	14.5	14.5	Vanilla slice, average each	14.5	14.5
Wholemeal	3.0	3.0	Scones, cheese, 28g	5.0	5.0	In cheese sauce, 100g	4.0	4.0	Fruit, 28g	Fruit pie, 28g	4.0	4.0	Victoria sandwich, 28g	5.5	5.5	Victoria sandwich, 28g	5.5	5.5
Wholemeal, full size slice,			average each	10.5	10.5	Raw/cooked without fat	0.0	0.0	Fruit pie, 28g	Fruit pie, individual,	9.5	9.5	Viennese whirl,			Viennese whirl,		
800g loaf, 1 thin slice	3.0	3.0	Scones, fruit, 28g	5.5	5.5	<b>BRUSSELS SPROUTS</b>			Fruit pie, individual,	average each	9.5	9.5	average each	9.0	9.0	average each	9.0	9.0
1 med slice	4.0	4.0	average each	10.0	10.0	Raw/cooked without fat	0.0	0.0	average each	Fruit, with marzipan	5.0	5.0	Walnut layer, 28g	6.0	6.0	Walnut layer, 28g	6.0	6.0
1 thck slice	5.0	5.0	Scones, plain/Devon, 28g	5.5	5.5	<b>BUBBLE &amp; SQUEAK</b>			Fruit, with marzipan	& royal icing, 28g	5.0	5.0	Welsh, 28g	6.0	6.0	Welsh, 28g	6.0	6.0
Wholemeal, small slice,			average each	11.0	11.0	Cooked without fat, 28g	1.5	1.0	& royal icing, 28g	Gateau, chocolate, 28g	4.0	4.0	Welsh cheesecake, 28g	6.0	6.0	Welsh cheesecake, 28g	6.0	6.0
400g loaf, 1 slice	2.5	2.5	Scones, potato, 28g	4.0	4.0	<b>BUCKWHEAT</b>			Gateau, chocolate, 28g	90g slice	13.5	13.5						
<b>BREAD ROLLS</b>			average each	8.5	8.5	Whole grain, 28g	5.0	0.0	Gateau, fresh cream, 28g	85g slice	14.5	14.5	<b>CANDIED PEEL</b>			<b>CANDIED PEEL</b>		
Bagel, 28g	4.0	4.0	Scones, wholemeal fruit, 28g	4.5	4.5	28g boiled	1.0	0.0	85g slice			28g	4.0	4.0	28g	4.0	4.0	
average each	10.0	10.0	average each	8.0	8.0	28g raw	5.0	0.0				<b>CAPERS</b>	0.0	0.0	<b>CAPERS</b>	0.0	0.0	
Baguette, garlic,			Teacakes, 28g	4.0	4.0	<b>BULGAR WHEAT</b>						<b>CARAMBOLA (STAR FRUIT)</b>			<b>CARAMBOLA (STAR FRUIT)</b>			
reduced fat, 28g	4.0	4.0	average each	9.0	9.0	28g boiled	1.0	0.0				Pureed/cooked, 57g	1.0	1.0	Pureed/cooked, 57g	1.0	1.0	
average each	25.0	25.0	White, baps, 28g	3.5	3.5	28g raw	5.0	0.0				Raw, whole	0.0	0.0	Raw, whole	0.0	0.0	

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<b>CARBONATED DRINKS</b>		
Bitter lemon, 284ml	5.5	5.5
Club soda	0.0	0.0
Coca-Cola, 330ml can	6.5	6.5
Cream soda, 284ml	4.0	4.0
Fanta, 330ml can	7.0	7.0
Ginger ale, dry, 284ml	2.0	2.0
Lemonade, 284ml	3.0	3.0
Low calorie, eg Diet Coke, Pepsi Max, Slimline		
Bitter Lemon/Tonic	0.0	0.0
Lucozade, 284ml	8.5	8.5
Tango, 330ml can	6.5	6.5
Tonic water, 142ml	2.5	2.5
<b>CAROB</b>		
Chocolate, 28g	8.0	8.0
<b>CAROB POWDER</b>		
28g	2.0	2.0
<b>CARP</b>		
Raw/cooked		
without fat, 28g	0.0	1.5
<b>CARROTS</b>		
Juice, 142ml	2.0	2.0
Raw/cooked without fat	0.0	0.0
<b>CASHEW FRUIT</b>		
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>CASSAVA (GARI)</b>		
28g raw	2.0	2.0
<b>CATFISH</b>		
Raw/cooked		
without fat, 28g	0.0	1.5
<b>CAULIFLOWER</b>		
Raw/cooked without fat	0.0	0.0
<b>CAULIFLOWER CHEESE</b>		
Average ready meal, 400g serving	10.5	10.5
Homemade, 100g	3.0	3.0
<b>CAVIARE</b>		
Bottled in brine, drained, 1 level tbsp	0.0	0.5
28g	0.0	1.5
<b>CELERIAC</b>	0.0	0.0
<b>CELERY</b>	0.0	0.0
<b>CEREAL BARS</b>		
Chewy, 28g	6.0	6.0
average bar	6.5	6.5

	O	G
Crunchy, 28g	6.5	6.5
average bar	7.5	7.5
Hifi bar, all varieties, 32g bar	6.0	6.0
<b>CHAMPAGNE</b>		
142ml	5.5	5.5
Bucks fizz, 142ml	4.5	4.5
<b>CHEESE</b>		
28g unless stated		
Appenzell	5.5	5.5
Austrian smoked	4.5	4.5
Babybel, mini, each	3.0	3.0
Babybel, mini, light, each	2.0	2.0
Bavarian smoked	4.0	4.0
Beaufort	5.5	5.5
Beaumont	5.5	5.5
Bonbel	4.5	4.5
Boursin	5.5	5.5
Boursin, light	2.5	2.5
Bresse bleu	5.0	5.0
Brie	4.5	4.5
Brie, blue	6.0	6.0
Caerphilly	5.5	5.5
Cambozola	6.0	6.0
Camembert	4.0	4.0
Cheddar	6.0	6.0
Cheddar, reduced fat	4.0	4.0
Cheddar, vegetarian	5.5	5.5
Cheese slices, light/reduced fat, average each	2.0	2.0
standard, average each	4.0	4.0
Cheshire	5.5	5.5
Cheshire, reduced fat	4.5	4.5
Chevre	4.5	4.5
Cottage cheese, low fat flavoured, 100g	1.0	1.0
Cottage cheese, low fat natural, 100g	0.5	0.5
Cottage cheese, very low fat flavoured, 100g	0.5	0.5
Cottage cheese, very low fat natural, 100g	0.0	0.0
Cream	6.0	6.0
Cream, light	2.5	2.5
Curd	2.5	2.5
Dairylea triangles, light, 1 chunky	2.0	2.0
Dairylea triangles, 1 original	1.5	1.5
1 chunky	3.0	3.0
Danish blue	5.0	5.0

	O	G
Derby	5.5	5.5
Dolcelatte	5.5	5.5
Double Gloucester	5.5	5.5
Edam	4.5	4.5
Edam, reduced fat	3.0	3.0
Emmental	5.5	5.5
Feta	3.5	3.5
Goats milk soft cheese	4.0	4.0
Gorgonzola	5.5	5.5
Gouda	5.5	5.5
Gruyere	5.5	5.5
Haloumi	4.5	4.5
Jarlsberg	5.0	5.0
Lancashire	5.0	5.0
Mascarpone	5.5	5.5
Mozzarella	4.0	4.0
Mozzarella, reduced fat	3.0	3.0
Parmesan	6.0	6.0
Parmesan, grated, 1 level tbsp	1.5	1.5
Port salut	4.5	4.5
Processed, plain	4.0	4.0
Processed, smoked	4.0	4.0
Quark, skimmed milk soft cheese, 100g	0.0	0.0
Red Leicester	5.5	5.5
Red Leicester, reduced fat	3.5	3.5
Red Windsor	5.5	5.5
Ricotta	2.0	2.0
Roquefort	5.0	5.0
Roule	4.5	4.5
Sage Derby	5.5	5.5
Soft cheese, full fat	4.5	4.5
Soft cheese, low fat	2.0	2.0
Soft cheese, medium fat	2.5	2.5
Soya	4.5	4.5
Spread	4.0	4.0
Spread, reduced fat	2.5	2.5
Stilton, blue	5.5	5.5
Stilton, white	5.0	5.0
Wensleydale	5.5	5.5
Wensleydale blue	5.0	5.0
<b>CHERRIES</b>		
Canned in syrup, 100g	3.5	3.5
Glace/cocktail, each	0.5	0.5
28g	3.5	3.5
Pie filling, canned, 100g	5.0	5.0
Raw, pureed, 28g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 85g	2.0	2.0

	O	G
<b>CHICK PEAS</b>		
28g boiled/canned	1.5	0.0
28g raw	4.5	0.0
<b>CHICKEN</b>		
Average, meat only, 28g raw	0.0	1.5
28g cooked without fat	0.0	2.5
Breast, average each	0.0	7.5
Breast in crumbs, grilled, 28g	2.0	3.0
125g average	8.0	13.5
Drumstick, barbecued/roasted, including skin, average each	1.5	4.5
skin removed, average each	0.0	3.5
Fingers, baked, average each	2.5	3.5
Goujons, baked, 28g	2.0	3.5
Kiev, baked, 28g	2.5	3.5
142g average	11.5	17.0
Leg, barbecued/roasted, including skin, average each	5.5	10.5
skin removed, average each	0.0	7.0
Meat & skin, 28g raw	1.0	2.5
28g roasted	1.5	3.5
Mince, lean, raw/cooked without fat, 28g	0.0	1.5
Nuggets, baked, average each	1.5	2.0
Processed sliced roll, 28g	1.0	2.5
Skin, 28g roasted	6.5	6.5
Wings, barbecued/roasted, including skin, average each	1.0	3.0
skin removed, average each	0.0	2.0
<b>CHICORY</b>	0.0	0.0
<b>CHILLI CON CARNE</b>		
Canned, 100g	2.5	2.5
Chilled/frozen, 100g	2.0	2.0
<b>CHILLI CON CARNE &amp; RICE</b>		
Average ready meal, 400g serving	13.0	6.5
<b>CHILLIES</b>		
Fresh	0.0	0.0
<b>CHINESE LEAVES (AMARANTH)</b>		
Raw/cooked without fat	0.0	0.0
<b>CHINESE TAKEAWAYS</b>		
Barbecue spare ribs, average 160g serving	8.5	17.5

	O	G
Beef chow mein, average 450g serving	13.5	8.5
Beef in black bean sauce, average 360g serving	5.0	16.5
Beef with mushrooms, average 300g serving	4.5	19.5
Beef with peppers/onions/water chestnuts, average 350g serving	12.0	14.0
Chicken & cashew nuts, average 330g serving	8.5	18.0
Chicken & mushroom, average 340g serving	5.5	11.0
Chicken chop suey with noodles, average 300g serving	9.0	5.5
Chicken chow mein, average 380g serving	11.5	7.0
Chicken in black bean sauce, average 360g serving	5.0	14.0
Chicken in oyster sauce, average 375g serving	4.5	15.0
Ginger & garlic prawns with noodles, average 440g serving	14.5	5.0
Noodles, plain, boiled, average 250g serving	15.0	0.0
Peking duck with pancakes, average 375g serving	30.0	52.5
Prawn sesame toasts 2 pieces	7.0	7.0
Prawns in batter with a sweet chilli sauce, average 300g serving	19.0	22.5
Rice, fried, average 300g serving	21.5	4.0
Rice, pilau, average 180g serving	14.0	2.5
Rice, plain, boiled, average 300g serving	20.0	0.0
Soup, chicken & sweetcorn, per serving	7.5	7.5
Soup, crab & sweetcorn, per serving	6.5	6.5
Soup, hot & sour, per serving	5.0	5.0
Soup, won ton, per serving	13.0	13.0

	O	G
Special fried rice with chicken, pork & prawns, average 310g serving	17.0	9.5
Stir fried mixed vegetables, average 340g serving	6.5	6.5
Sweet & sour chicken in batter, average 320g serving	17.5	25.5
Sweet & sour chicken, average 350g serving	8.5	17.0
Sweet & sour pork, average 325g serving	15.0	23.5
Sweet & sour prawns, average 200g serving	9.0	12.0
<b>CHIOCA</b>		
Raw/cooked without fat	0.0	0.0
<b>CHO CHO (CHOKO)</b>		
Raw/cooked without fat	0.0	0.0
<b>CHOCOLATE</b>		
Aero Chunky, 39g bar	10.0	10.0
Aero, all varieties, 49g bar	13.0	13.0
After Eight, each	2.0	2.0
Bar with fruit/nuts/wafer/biscuit, 28g	7.0	7.0
Bounty, Dark/Milk, twin bar	13.5	13.5
Cadbury Buttons, all varieties, 15g bag	4.0	4.0
34g bag	9.0	9.0
65g bag	17.0	17.0
Cadbury Creme Egg, each	8.5	8.5
Cadbury Crunchie, 42g bar	10.0	10.0
Cadbury Curly Wurly, 28g bar	6.5	6.5
Cadbury Dairy Milk, 49g bar	13.0	13.0
Cadbury Dairy Milk Caramel, 50g bar	12.0	12.0
Cadbury Double		
Decker, 65g bar	15.0	15.0
Cadbury Dream Bar, 45g bar	12.5	12.5
Cadbury Flake, 34g each	9.0	9.0
Cadbury Fruit & Nut, 49g bar	12.0	12.0
Cadbury Fudge, 27g each	6.0	6.0
Cadbury Picnic, 48g bar	11.5	11.5
Cadbury Twirl, 44g twin bar	11.5	11.5

	O	G
Cadbury Wholenut, 49g bar	13.5	13.5
Cadbury Wispa, 40g bar	11.0	11.0
Cadbury Wispa Mint, 50g bar	14.0	14.0
Cooking, 28g	7.5	7.5
Covered brazil nuts, each	3.5	3.5
Covered peanuts, 28g	7.5	7.5
Covered raisins, 28g	6.0	6.0
Cream filled bar/sweets, 28g	6.0	6.0
Double Cream Bar, 47g bar	12.5	12.5
Drinking powder, low calorie/low fat, eg High Lights/Options, 11g sachet	2.0	2.0
Drinking powder, standard, dried, 1 heaped tsp	1.0	1.0
Drinking powder, standard, made up as directed with skimmed milk, 284ml	8.5	8.5
Flyte Bar, twin bar	10.0	10.0
Galaxy, 47g bar	12.5	12.5
Galaxy Caramel, 49g bar	12.0	12.0
Galaxy Double Nut & Raisin, 46g bar	12.5	12.5
Galaxy Minstrels, 42g bag	10.5	10.5
Galaxy Ripple, 33g each	9.0	9.0
Kit Kat, all varieties, 2 fingers	5.5	5.5
4 fingers	12.0	12.0
Kit Kat Chunky, all varieties, 56g bar	14.5	14.5
Lion Bar, all varieties, 55g bar	13.5	13.5
M & M's, Chocolate/Peanut, 45g bag	11.5	11.5
Maltesers, 37g bag	9.0	9.0
Mars Bar, all varieties, 63g bar	14.0	14.0
Milky Bar, 13g standard 20g medium	3.5	3.5
33g large	5.5	5.5
Milky Way, all varieties, 26g bar	9.0	9.0
Munchies, Milk Chocolate/Mint, per tube	6.0	6.0
Revels, 35g bag	12.0	12.0
Rolos, 57g tube	8.5	8.5
	11.0	11.0

	O	G
Selection sweets, chocolate caramels, each	2.5	2.5
eg Roses, Quality Street, each	2.0	2.0
hazelnut in caramel, each	3.5	3.5
hazelnut whirl, each	2.5	2.5
Smarties, 43g tube	10.0	10.0
Snickers, 64g bar	16.5	16.5
Spread, 1 level tbsp	4.5	4.5
Spread, chocolate & nut, 1 level tbsp	4.0	4.0
Standard, grated, all varieties, 1 level tsp	1.5	1.5
Standard, milk/white, 28g	7.5	7.5
Standard, plain, 28g	7.0	7.0
Toffee Crisp, all varieties, 48g bar	12.5	12.5
Twix, twin bar	14.5	14.5
Walnut Whip, each	8.5	8.5
Yorkie Bar, all varieties, 60g bar	16.0	16.0
<b>CHUTNEY</b>		
Sweet, 1 level tbsp	1.5	1.5
<b>CIDER</b>		
Dry, 284ml	5.0	5.0
Low alcohol, 284ml	4.5	4.5
Scrumpy Jack, 275ml bottle	6.0	6.0
Strongbow, 250ml bottle	4.5	4.5
Strongbow Ice, 330ml bottle	7.0	7.0
Sweet, 284ml	6.0	6.0
Vintage, 284ml	10.0	10.0
<b>CLAMS</b>		
Canned in brine, 28g	0.0	1.0
Without shells, raw/cooked without fat, 28g	0.0	1.0
<b>CLEMENTINES</b>		
Flesh only, juiced/cooked, 28g	0.5	0.5
medium each	1.0	1.0
Raw, whole	0.0	0.0
<b>COCKLES</b>		
Without shells, boiled, 28g	0.0	0.5
<b>COCOA POWDER</b>		
1 level tsp	1.0	1.0
1 level tbsp	2.5	2.5
28g	4.5	4.5

	O	G
<b>COCONUT</b>		
Coconut milk, canned, 2 level tbsp	2.5	2.5
fresh, 4 level tbsp	0.5	0.5
Cream, 1 level tbsp	2.5	2.5
<b>CREAMED COCONUT</b>		
in block, 28g	9.5	9.5
Desiccated, 1 level tbsp	4.5	4.5
28g	8.5	8.5
Flesh, fresh, 28g	5.0	5.0
<b>COD</b>		
Fillet, deep fried in batter, 28g	2.5	3.5
Fillet, deep fried in batter, all batter removed, 28g	0.0	1.0
Fillet, plain/smoked, raw/cooked without fat, 28g	0.0	1.0
In parsley sauce, frozen, 100g boiled	1.5	4.0
Roe, hard/soft, 28g raw	0.0	1.5
<b>COD LIVER OIL</b>		
1 level tsp	2.0	2.0
<b>COFFEEMATE</b>		
Dried, 2 level tsp	1.5	1.5
Light, dried, 2 level tsp	1.0	1.0
<b>COLCANNON</b>		
Mashed potato with cabbage & spring onion, cooked without fat, 28g	1.0	0.5
<b>COLESLAW</b>		
1 level tbsp	1.0	1.0
100g	7.5	7.5
With reduced calorie mayonnaise, 1 level tbsp	0.5	0.5
100g	4.0	4.0
<b>COLEY</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>CONGER EEL</b>		
Raw/cooked without fat, 28g	0.0	1.5
<b>CORDIAL/SQUASH</b>		
Blackcurrant, diluted as directed, 284ml	4.5	4.5
Undiluted, 50ml	5.5	5.5
Fruit, diluted as directed, 284ml	2.5	2.5
Undiluted, 50ml	2.5	2.5

	O	G
Lime juice, diluted as directed, 284ml	3.0	3.0
Undiluted, 50ml	3.0	3.0
Low calorie, all varieties	0.0	0.0
<b>CORNED BEEF</b>		
Lean, 100g	3.0	10.5
Standard, 100g	3.5	11.0
<b>CORNFLOUR</b>		
1 level tbsp	3.5	3.5
28g	5.0	5.0
<b>CORNISH PASTY</b>		
Snack size, 75g each	11.5	11.5
Medium, 135g each	18.0	18.0
Large, 170g each	25.0	25.0
Jumbo, 240g each	32.0	32.0
<b>COTTAGE PIE</b>		
Average ready meal, 350g serving	10.0	9.5
<b>COUGH SYRUP</b>		
2 level tsp	1.5	1.5
<b>COURGETTES</b>		
Raw/cooked without fat	0.0	0.0
<b>COUSCOUS</b>		
28g cooked	1.5	0.0
28g dry	5.0	0.0
<b>CRAB</b>		
Canned in brine, 28g	0.0	1.0
Meat only, 28g boiled	0.0	1.5
Sticks, average each	0.0	1.0
<b>CRANBERRIES</b>		
Cooked/pureed, 57g	0.5	0.5
Dried, 28g	2.5	2.5
Jelly, 1 level tbsp	2.0	2.0
Juice drink, 142ml	4.5	4.5
Raw, whole	0.0	0.0
Sauce, 1 level tbsp	1.0	1.0
<b>CRAYFISH</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>CREAM</b>		
Aerosol, 2 level tbsp	0.5	0.5
Canned, sterilised, 1 level tbsp	2.0	2.0
Clotted, 1 level tbsp	4.5	4.5
Double/extra thick double, 1 level tbsp	3.5	3.5
142ml	31.5	31.5

	O	G
Half, 1 level tbsp	1.0	1.0
142ml	10.5	10.5
Single/soured, 1 level tbsp	1.5	1.5
142ml	14.5	14.5
UHT individual portion for coffee, 15ml portion	1.5	1.5
Whipping, 1 level tbsp	3.0	3.0
142ml	26.5	26.5
<b>CREAM OF TARTAR</b>		
1 level tsp	0.5	0.5
<b>CREME CARAMEL</b>		
Ready made, 28g	1.5	1.5
100g pot	6.0	6.0
<b>CREME FRAICHE</b>		
1 level tbsp	3.0	3.0
28g	5.5	5.5
Reduced fat, 1 level tbsp	1.5	1.5
28g	2.5	2.5
<b>CRISPBAKES</b>		
Baked/grilled, all varieties, average each	10.0	8.0
<b>CRISPBREADS</b>		
eg Melba toast, each	0.5	0.5
eg Ryvita, each	1.5	1.5
<b>CRISPS &amp; SNACKS</b>		
Bombay mix, 28g	7.0	7.0
Corn snacks, eg Nik Naks, Wotsits, 28g	7.5	7.5
Golden Wonder Bugles, all varieties, 25g bag	7.0	7.0
Golden Wonder Crisps, all varieties, 34.5g bag	9.5	9.5
Golden Wonder Lights, all varieties, 21g bag	4.5	4.5
Golden Wonder Nik Naks, all varieties, 34g bag	9.5	9.5
Golden Wonder Jumbo, all varieties, each	2.5	2.5
Quite Strong Crisps, all varieties, 40g bag	10.5	10.5
Golden Wonder Wheat Crunchies, all varieties, 35g bag	8.5	8.5
Jacob's Cheeselets, 30g bag	7.5	7.5
Jacob's Thai Bites, all varieties, 25g bag	4.5	4.5
100g pack	18.0	18.0
Jacob's Twiglets, all varieties, 30g bag	6.0	6.0

	O	G
Kettle Chips, all varieties, 40g bag	9.5	9.5
120g bag	28.5	28.5
150g bag	35.5	35.5
KP Crisps, all varieties, 25g bag	7.0	7.0
KP Discos, all varieties, 28g bag	7.0	7.0
KP Frisps, all varieties, 28g bag	7.5	7.5
KP Hula Hoops XL, all varieties, 37g bag	9.5	9.5
KP Hula Hoops, all varieties, 34g bag	9.0	9.0
KP Mini Chips, all varieties, 33g bag	8.5	8.5
KP Peanuts, all varieties, 50g bag	14.5	14.5
KP Skips, all varieties, 19g bag	5.0	5.0
KP Space Raiders, all varieties, 34g bag	8.0	8.0
Low fat crisps, 28g	6.5	6.5
Pork scratchings, 28g	8.5	8.5
Potato & corn sticks, eg chipsticks, 28g	6.5	6.5
Potato rings, 28g	7.5	7.5
Pretzels, 28g	5.5	5.5
Pringles Potato Snacks, all varieties, 50g carton	14.0	14.0
Puffed potato, eg Chinese crackers, Quavers, Snaps, 28g	7.0	7.0
Quaker Snack-a-Jacks, Crispy, all varieties, 30g bag	6.0	6.0
35g bag	7.0	7.0
Quaker Snack-a-Jacks, Jumbo, all varieties, each	2.5	2.5
Seabrook Crinkle Cut Crisps, all varieties, 32g bag	9.0	9.0
Square, French Fries, 28g	6.0	6.0
Standard/crinkle cut, 28g	7.5	7.5
Thick cut/jacket, 28g	7.0	7.0
Twiglets, 28g	5.5	5.5
Walkers Crisps, all varieties, 34.5g bag	9.0	9.0
Walkers French Fries, all varieties, 22g bag	4.5	4.5



	O	G
Walkers Lites, all varieties, 28g bag	6.5	6.5
Walkers Max, all varieties, 55g bag	14.5	14.5
Walkers Monster Munch, all varieties, 25g bag	6.0	6.0
Walkers Quavers, all varieties, 20g bag	5.0	5.0
Walkers Sensations, all varieties, 40g bag	9.5	9.5
Walkers Snaps, all varieties, 21g bag	5.5	5.5
Walkers Square Crisps, all varieties, 25g bag	5.5	5.5
Walkers Wotsits, all varieties, 21g bag	5.5	5.5
Wheat Crunchies, 28g	6.5	6.5
<b>CRYSTALLISED FRUIT</b>		
28g	4.0	4.0
<b>CUCUMBER</b>	0.0	0.0
<b>CURLY KALE</b>		
Raw/cooked without fat	0.0	0.0
<b>CURRANTS</b>		
28g	3.5	3.5
<b>CURRY PASTE</b>		
1 level tbsp	2.0	2.0
<b>CURRY/CHILLI POWDER</b>	0.0	0.0
<b>CUSTARD</b>		
Canned, 2 level tbsp	1.5	1.5
Canned, low fat, 2 level tbsp	1.0	1.0
Powder, dried, 1 level tbsp	2.5	2.5
28g	5.0	5.0
Powder, made as directed with semi-skimmed milk, 2 level tbsp	1.5	1.5
142ml	6.5	6.5
Powder, made as directed with skimmed milk, 2 level tbsp	1.0	1.0
142ml	5.5	5.5
Powder, made as directed with whole milk, 2 level tbsp	2.0	2.0
142ml	8.5	8.5
<b>CUSTARD APPLE</b>		
Pureed/cooked, 28g	1.0	1.0
Raw, whole	0.0	0.0

	O	G
<b>CUTTLEFISH</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>D</b>		
<b>DAB</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>DAMSONS</b>		
Raw, pureed, 28g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 85g	1.5	1.5
<b>DATES</b>		
Dried, weighed with stones, each 28g	2.0	2.0
3.0	3.0	
Dried, weighed without stones, each 28g	2.0	2.0
4.0	4.0	
Fresh, weighed with stones, each 28g	1.5	1.5
1.5	1.5	
<b>DESSERT</b>		
Instant powder, eg Angel Delight, 28g dry	5.5	5.5
Made as directed with skimmed milk, 1 level tbsp	0.5	0.5
100g	4.0	4.0
<b>DIP</b>		
Barbecue, 1 level tbsp	2.0	2.0
Blue cheese, 1 level tbsp	3.5	3.5
Cheese & chive, 1 level tbsp	4.0	4.0
Garlic & herb, 1 level tbsp	2.0	2.0
Peanut, 1 level tbsp	3.5	3.5
Raita, 1 level tbsp	1.0	1.0
Sour cream, 1 level tbsp	2.5	2.5
<b>DOGFISH</b>		
Raw/cooked without fat, 28g	0.0	2.0
<b>DONER KEBAB</b>		
Chicken, meat only, average, 28g	1.5	3.5
small kebab	5.0	10.5
large kebab	7.5	15.5
Lamb, meat only, average, 28g	2.5	5.5
small kebab	8.0	16.0
large kebab	12.5	24.5

	O	G
<b>DREAM TOPPING</b>		
Dried, 1 level tbsp	5.0	5.0
1 sachet	12.5	12.5
Made up with skimmed milk, 1 level tbsp	1.0	1.0
Made up with whole milk, 1 level tbsp	1.5	1.5
<b>DRESSING</b>		
Blue cheese, 1 level tbsp	3.5	3.5
Caesar, 1 level tbsp	3.5	3.5
French, 1 level tbsp	3.5	3.5
French style, fat free	0.0	0.0
Italian, 1 level tbsp	4.0	4.0
Mayonnaise, 1 level tbsp	5.0	5.0
reduced calorie, 1 level tbsp	2.5	2.5
Thousand Island, 1 level tbsp	2.5	2.5
reduced calorie, 1 level tbsp	1.5	1.5
Vinaigrette, 1 level tbsp	3.0	3.0
Vinaigrette style, fat free	0.0	0.0
Yogurt based, 1 level tbsp	2.0	2.0
<b>DRIPPING</b>		
28g	12.5	12.5
<b>DUCK</b>		
Meat only, 28g raw	0.0	2.0
28g roasted without fat	0.0	2.5
Meat, fat & skin, 28g raw	2.5	4.5
28g roasted	4.0	6.0
<b>DUMPLINGS</b>		
28g cooked	3.0	3.0
<b>DURIAN</b>		
Raw/cooked, 28g	2.0	2.0
<b>E</b>		
<b>EEL</b>		
Jellied, 28g	0.0	1.5
Raw/cooked without fat, 28g	0.0	2.5
<b>EGGS</b>		
Fresh/dried/powdered Fried in fat, each	0.0	0.0
0.5	0.5	
Omelette, cheese, cooked/made with fat, average, 120g serving	6.5	6.5
Omelette, plain, cooked/made with fat, average, 120g serving	4.0	4.0

	O	G
Omelette, plain, cooked/made without fat, average	0.0	0.0
<b>ELDERBERRIES</b>		
Pureed/cooked, 85g	1.5	1.5
Raw, whole	0.0	0.0
<b>ENDIVE</b>	0.0	0.0
<b>F</b>		
<b>FAGGOTS</b>		
In gravy, average each	3.5	5.5
<b>FALAFEL</b>		
Fried in oil, 100g	9.0	3.0
<b>FEIJOA</b>		
Pureed/cooked, 85g	2.0	2.0
Raw, whole	0.0	0.0
<b>FENNEL</b>		
Raw/cooked without fat	0.0	0.0
<b>FICS</b>		
Dried, each	2.5	2.5
28g	3.0	3.0
Dried, stewed without sugar, 28g	2.0	2.0
Raw, whole	0.0	0.0
<b>FISH &amp; CHIP SHOPS</b>		
Chips, average portion, 227g serving	27.0	17.5
Cod in Batter, average small portion, 120g serving	10.0	15.0
average large portion, 180g serving	15.0	22.0
average medium portion, 227g serving	19.0	28.0
Cod in Batter, batter removed, average large portion, 227g serving	0.0	9.0
Curry Sauce, average portion, per serving	6.0	6.0
8.5	7.0	
Fish Cake, average each	8.5	7.0
Gravy, average portion, per serving	7.5	7.5
Haddock in Batter, average small portion, 120g serving	9.0	14.0
average medium portion, 170g serving	13.0	19.5
average large portion, 227g serving	17.0	26.5

	O	G
Haddock in Batter, batter removed, average large portion, 227g serving	0.0	9.0
20.0	20.0	
Meat Pie, average each	20.0	20.0
Mushy Peas, average portion, per 125g serving	5.0	0.0
Plaice in Batter, average small portion, 150g serving	13.5	19.5
average medium portion, 200g serving	17.5	25.5
average large portion, 255g serving	22.5	33.0
Plaice in Batter, batter removed, average large portion, 255g serving	0.0	10.0
Saveloy, average each	6.5	9.5
Scampi in Breadcrumbs, average portion, 170g serving	16.0	20.0
<b>FISH CAKES</b>		
Grilled, average each	5.0	4.0
<b>FISH FINGERS</b>		
Grilled, average each	2.0	2.5
<b>FISH PASTE</b>		
1 level tbsp	1.5	1.5
<b>FISHERMANS PIE</b>		
Average ready meal, 320g serving	11.0	9.5
<b>FLounder</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>FLOUR</b>		
Chapati, brown/white, 28g	4.5	4.5
Millet, 28g	5.0	5.0
Rice, 28g	5.0	5.0
Rye, 28g	4.5	4.5
Soya, full fat, 28g	6.5	6.5
Soya, low fat, 28g	5.0	5.0
Wheat, brown, 28g	4.5	4.5
Wheatgerm, 28g	4.5	4.5
White, plain, 1 level tbsp	3.5	3.5
28g	5.0	5.0
White, self raising, 28g	4.5	4.5
Wholemeal, plain/self raising, 28g	4.5	4.5
<b>FLYING FISH</b>		
Raw/cooked without fat, 28g	0.0	1.0

	O	G
<b>FOOD COLOURING/FLAVOURING/ESSENCE</b>		
All varieties, 1 drop	0.0	0.0
<b>FROMAGE FRAIS</b>		
Low fat, fruit/flavoured, 100g	3.5	3.5
Low fat, natural, 100g	3.0	3.0
Very low fat, fruit, 100g	0.5	0.5
Very low fat, natural	0.0	0.0
<b>FRUCTOSE</b>		
1 level tbsp	3.0	3.0
28g	5.5	5.5
<b>FRUIT COCKTAIL</b>		
Canned in juice, 100g	2.0	2.0
Canned in syrup, 100g	3.5	3.5
<b>FRUIT FOOL</b>		
1 level tbsp	1.5	1.5
120g pot	10.5	10.5
<b>FRUIT PIE FILLINGS</b>		
Canned, all varieties, 100g	4.0	4.0
<b>G</b>		
<b>GAMMON</b>		
Lean only, 28g raw	0.0	2.0
28g grilled	0.0	3.0
Meat & fat, raw/grilled, 28g	0.5	3.0
<b>GARLIC</b>		
Fresh	0.0	0.0
Puree, 1 level tsp	1.0	1.0
<b>GELATINE</b>	0.0	0.0
<b>GHEE</b>		
28g	12.5	12.5
<b>GHERKINS</b>	0.0	0.0
<b>GIN</b>		
25ml	2.5	2.5
35ml	4.0	4.0
<b>GINGER</b>		
Crystallised, 28g	4.0	4.0
Root/ground	0.0	0.0
Stem, in syrup, drained, 1 piece	2.0	2.0
28g	4.0	4.0
<b>GINGER WINE</b>		
50ml	4.0	4.0

	O	G
<b>GLUCOSE</b>		
Liquid, 1 level tbsp	2.5	2.5
<b>GNOCCHI</b>		
Potato dumplings, 100g cooked	8.0	2.0
<b>GOLDEN SYRUP</b>		
1 level tbsp	2.0	2.0
<b>GOOSE</b>		
Meat only, 28g roasted without fat	2.0	4.0
<b>GOOSEBERRIES</b>		
Canned in syrup, 100g	3.5	3.5
Raw, pureed, 57g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 113g	1.0	1.0
<b>GRAPEFRUIT</b>		
Canned in juice, 100g	1.5	1.5
Canned in syrup, 100g	3.0	3.0
Juice, concentrate, unsweetened, 28ml	2.5	2.5
Juice, unsweetened, 142ml	2.5	2.5
Raw, whole	0.0	0.0
<b>GRAPES</b>		
Juice, concentrate, 28ml	3.0	3.0
Juice, unsweetened, 142ml	3.5	3.5
Raw, whole	0.0	0.0
<b>GRAVY</b>		
Granules, made as directed, no fat added, 4 level tbsp	1.0	1.0
142ml	2.5	2.5
Granules, made with meat juices, 4 level tbsp	3.0	3.0
142ml	7.0	7.0
Granules, measured dry, 1 level tbsp	3.5	3.5
28g	6.5	6.5
<b>GREEK RESTAURANTS</b>		
Desserts, Baklava, per serving	18.0	18.0
Desserts, Halva, per serving	13.0	13.0
Greek salad with feta cheese, per serving	9.0	9.0
Houmous with pitta bread, per serving	23.0	23.0
Lamb kebabs, average, 100g each	3.0	9.5
Meatballs, average 340g serving	15.0	30.0

	O	G
Moussaka, beef/Lamb, average 360g serving	10.5	13.5
Moussaka, vegetable, average 300g serving	15.5	11.0
Pitta bread, average each	9.0	9.0
Soup, bean, per serving	12.5	12.5
Soup, lentil, per serving	10.0	10.0
Stuffed vine leaves, average 250g serving	21.0	21.0
Taramasalata with pitta bread, per serving	22.5	22.5
Tzatziki with pitta bread, per serving	15.0	15.0
<b>GREENGAGES</b>		
Pureed/cooked, 85g	1.5	1.5
Raw, whole	0.0	0.0
<b>GRENADILLAS</b>		
Pureed/cooked, 57g	1.0	1.0
Raw, whole	0.0	0.0
<b>GROUSE</b>		
Meat only, 28g roasted without fat	0.0	2.0
<b>GUACAMOLE</b>		
1 level tbsp	1.5	1.5
<b>GUAVAS</b>		
Canned in juice, 100g	2.0	2.0
Canned in syrup, 100g	3.0	3.0
Pureed/cooked, 85g	1.0	1.0
Raw, whole	0.0	0.0
<b>GUINEA FOWL</b>		
Meat only, 28g roasted without fat	0.0	3.0

	O	G
<b>H</b>		
<b>HADDOCK</b>		
Fillet, deep fried in batter, 28g	2.0	3.0
Fillet, deep fried in batter, all batter removed, 28g	0.0	1.0
Plain/smoked, raw/cooked without fat, 28g	0.0	1.0
<b>HAGGIS</b>		
28g cooked	2.0	3.5
<b>HAKE</b>		
Raw/cooked without fat, 28g	0.0	1.5

	O	G
<b>HALIBUT</b>		
Raw/cooked without fat, 28g	0.0	1.5
<b>HAM</b>		
Canned, lean only, 28g	0.0	1.5
Parma, 28g	0.5	3.0
Sliced, lean only, 1 slice 28g	0.0	1.5
	0.0	2.0
<b>HARE</b>		
Meat only, 28g stewed	0.0	2.5
<b>HARISSA PASTE</b>		
per serving	0.0	0.0
<b>HASLET</b>		
28g	2.5	3.5
<b>HEART</b>		
Lamb/ox/pig, 28g raw	0.0	1.5
<b>HERBS &amp; SPICES</b>		
All varieties	0.0	0.0
<b>HERRING</b>		
Canned in tomato sauce, 28g	0.5	2.5
Raw/cooked without fat, 28g	0.0	2.5
Roe, soft, 28g raw	0.0	1.5
Rollmop, 28g	0.0	2.0
<b>HIFI BARS</b>		
All varieties, 32g bar	6.0	6.0
<b>HOKI</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>HONEY</b>		
1 level tsp	1.0	1.0
<b>HOT DOG</b>		
In bread roll, average each	16.0	16.0
In bread roll with ketchup/mustard, average each	17.0	17.0
In bread roll with onions, average each	20.0	20.0
In bread roll with onions & ketchup/mustard, average each	21.0	21.0
<b>HOT DRINKS</b>		
Bournvita, dried, 1 heaped tsp	1.0	1.0
Bournvita, made up as directed with skimmed milk, 284ml	6.5	6.5

	O	G
Coffee, black, no sugar	0.0	0.0
Drinking chocolate, dried, 1 heaped tsp	1.0	1.0
Drinking chocolate, made up as directed with skimmed milk, 284ml	8.5	8.5
Horlicks, dried, 1 heaped tsp	1.0	1.0
Horlicks, made up as directed with skimmed milk, 284ml	10.0	10.0
Low calorie/low fat, eg High Lights/Options, 1 sachet	2.0	2.0
Ovaltine, dried, 1 heaped tsp	1.0	1.0
Ovaltine, made up as directed with skimmed milk, 284ml	9.5	9.5
Tea, black, no sugar	0.0	0.0
<b>HOUMOUS</b>		
1 level tbsp	1.5	1.5
28g	2.5	2.5
<b>I</b>		
<b>ICE CREAM</b>		
Arctic roll, 28g	3.0	3.0
Average cone with ice cream, each	8.0	8.0
Average cone with ice cream & flake, each	12.0	12.0
Average cone with ice cream, flake & sauce, each	13.0	13.0
Bounty Ice Cream Bar, each	13.5	13.5
Cadbury Creme Egg Ice Cream Cone, 115ml each	13.5	13.5
Cadbury Crunchie Ice Cream Bar, 65ml each	8.5	8.5
Cadbury Flake 99 Ice Cream Cones, all varieties, 125ml each	10.0	10.0
Cadbury Ice Cream Lollies, Bourville/Caramel/Dairy Milk/Dream, 120ml each	13.0	13.0
Calippo Mini, each	3.0	3.0
Calippo, all varieties, each	5.0	5.0
Carte d'Or Ice Cream Tubs, Spagnola, 120ml tub	11.0	11.0
Stracciatella, 120ml tub	9.5	9.5
Vanilla, 150ml tub	8.5	8.5
Choc ice, average each	7.0	7.0

	O	G
Chocolate covered bar, eg Mars, Snickers, Twix, average each	10.0	10.0
Cones only, 1 medium 1 large	0.5	0.5
1 sugar	1.0	1.0
1 sugar	2.0	2.0
Cornetto Mini, each	3.0	3.0
Cornetto, Choc & Nut/Mint	3.0	3.0
Choc Chip/Whippy, each	11.5	11.5
Cornetto, Strawberry, each	9.5	9.5
Dessert, eg Viennetta, 28g	3.5	3.5
Fab Ice Lolly, each	4.0	4.0
Feast Ice Cream Bar, all varieties, each	16.0	16.0
Feast Mini Ice Cream Bar, all varieties, each	10.0	10.0
Flyte Ice Cream Bar, twin bar	13.0	13.0
Fruit/split ice lollies, average each	4.5	4.5
Fruit Pastil Ice Lolly, each	3.0	3.0
Galaxy Ice Cream Bar, each	9.0	9.0
Galaxy Swirl Ice Cream Bar, Caramel/Chocolate, each	15.5	15.5
Haagen-Dazs Ice Cream Tubs, Baileys, 100ml tub	11.5	11.5
Belgian Chocolate, 100ml tub	14.5	14.5
Choc Choc Chip, 100ml tub	18.0	18.0
Cookies & Cream, 100ml tub	11.5	11.5
Toffee Creme, 100ml tub	12.0	12.0
Haagen-Dazs Ice Cream Stickbars, all varieties, 90ml each	15.5	15.5
Kit Kat Chunky Ice Cream Bar, each	13.0	13.0
Luxury, average, 28g 60g scoop	3.5	3.5
7.0	7.0	7.0
Magnum Mini, all varieties, each	8.5	8.5
Magnum Snack Size, all varieties, each	9.5	9.5
Magnum, Classic/Mint/Orange/White, each	15.0	15.0
Magnum, Double Caramel/Double Chocolate, each	19.5	19.5
Maltesers Ice Cream Bar, each	8.5	8.5

	O	G
Mars Ice Cream Bar, all varieties, 51g bar	9.0	9.0
60g bar	10.5	10.5
Milky Bar Ice Cream Lolly, each	8.0	8.0
Mini Milk Ice Cream Lolly, each	2.0	2.0
Non-dairy, 28g 60g scoop	2.0	2.0
4.5	4.5	4.5
Reduced fat, 28g 60g scoop	2.0	2.0
4.0	4.0	4.0
Rolo Ice Cream Lolly, each	12.0	12.0
Sauce, 1 level tbsp	1.5	1.5
Snickers Ice Cream Bar, 51g bar	9.5	9.5
60g bar	11.5	11.5
Soft scoop/standard, 28g	2.5	2.5
60g scoop	5.5	5.5
Solero, all varieties, each	5.0	5.0
Sorbet, 28g	1.5	1.5
Starburst Fruitice, all varieties, each	5.0	5.0
Twister Ice Cream Lolly, each	4.5	4.5
Twix Ice Cream Bar, 47g bar	9.5	9.5
57g bar	11.5	11.5
Wafers, 1 standard 1 fan	0.5	0.5
1.0	1.0	1.0
<b>ICING</b>		
Butter, 1 level tbsp	4.0	4.0
28g	7.0	7.0
Fondant, 1 level tbsp	2.5	2.5
28g	5.0	5.0
Glace, 1 level tbsp	2.5	2.5
28g	4.5	4.5
Royal, 1 level tbsp	2.5	2.5
28g	5.0	5.0
<b>INDIAN RESTAURANTS</b>		
Beef madras, average 400g serving	11.0	24.0
Bombay potatoes, average 340g serving	16.0	7.0
Chapati, average each	7.5	7.5
Chicken bhuna, average 330g serving	11.0	22.0
Chicken biryani, average 380g serving	18.0	12.5

	O	G
Chicken curry, average 390g serving	11.5	23.5
Chicken dhansak, average 350g serving	6.5	18.5
Chicken jalfrezi, average 350g serving	8.5	18.5
Chicken kashmiri, average 350g serving	9.5	21.5
Chicken korma, average 360g serving	16.5	30.0
Chicken makhani, average 380g serving	16.5	30.0
Chicken pasanda, average 370g serving	20.0	33.5
Chicken saag, average 360g serving	11.0	23.0
Chicken tandoori, average 340g serving	9.0	21.0
Chicken tikka balti, average 375g serving	11.5	25.5
Chicken tikka masala, average 360g serving	14.5	26.5
Chicken vindaloo, average 360g serving	8.0	20.0
Cucumber raita, 1 level tbsp	1.0	1.0
Gobi aloo saag, average 320g serving	14.5	11.0
Lamb bhuna, average 350g serving	12.0	29.0
Lamb biryani, average 450g serving	20.5	20.5
Lamb pasanda, average 350g serving	21.5	39.0
Lamb rogan josh, average 360g serving	6.5	23.5
Lime pickle, 1 level tbsp	1.5	1.5
Mango chutney, 1 level tbsp	2.0	2.0
Naan bread, peshwari, average each	25.0	25.0
Naan bread, plain, average each	20.0	20.0
Onion bhaji, average each	8.5	8.5
Onion sambal, 1 level tbsp	0.5	0.5
Paratha, average each	12.0	12.0
Popadums, average each	4.0	4.0
Prawn bhuna, average 380g serving	10.0	17.5

	O	G
Prawn biryani, average 425g serving	22.5	15.0
Rice, pilau, average 180g serving	14.0	2.5
Rice, plain, boiled, average 300g serving	20.0	0.0
Samosas, meat, average, 2 small	12.5	12.5
Samosas, vegetable, average, 2 small	7.5	7.5
Vegetable biryani, average 420g serving	21.0	11.5
Vegetable curry, average 380g serving	12.5	9.0
Vegetable jalfrezi, average 375g serving	7.5	7.5
Vegetable korma, average 380g serving	19.0	15.0
<b>ITALIAN RESTAURANTS</b>		
Cannelloni, beef, average 390g serving	16.0	12.5
Cannelloni, spinach & ricotta, average 350g serving	16.0	10.5
Cannelloni, vegetable, average 330g serving	17.0	9.5
Chicken cacciatore, average 490g serving	8.5	28.5
Desserts, Cassata alla Sicilian, per serving	30.0	30.0
Desserts, Gelati, per serving	14.0	14.0
Desserts, Granita, per serving	5.0	5.0
Desserts, Tiramisu, per serving	20.0	20.0
Desserts, Zabaglione, per serving	10.0	10.0
Lasagne, beef, average 370g serving	14.0	12.5
Lasagne, seafood, average 295g serving	9.0	10.0
Lasagne, vegetable, average 355g serving	14.5	7.0
Macaroni cheese, average 360g serving	24.0	12.5
Mozzarella & tomato salad, average 140g serving	14.0	14.0
Ravioli, beef, average 400g serving	20.0	7.0

	O	G
Ravioli, four cheese, average 320g serving	18.0	8.0
Ravioli, mushroom/vegetable, average 340g serving	18.0	9.5
Soup, minestrone, per serving	6.5	6.5
Spaghetti bolognese, average 360g serving	10.0	7.5
Spaghetti marinara, average 400g serving	14.0	11.5
Stuffed peppers, average 280g serving	10.5	10.5
Tagliatelle carbonara, average 400g serving	15.0	12.5

**J****JACKFISH**

Raw/cooked without fat, 28g	0.0	1.5
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**JAM**

1 level tsp	0.5	0.5
1 level tbsp	1.5	1.5
Reduced sugar, 2 level tsp	0.5	0.5
1 level tbsp	1.0	1.0

**JAMBU FRUIT**

Pureed/cooked, 28g	1.0	1.0
Raw, whole	0.0	0.0

**JELLY**

Cubes, as sold, 1 cube	1.5	1.5
Cubes, made with water, 142ml	4.5	4.5
Sugar free jelly crystals, 1 sachet	2.0	2.0
made up with water, 142ml	0.5	0.5

**JOHN DORY**

Raw/cooked without fat, 28g	0.0	1.0
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**JUJUBE**

Pureed/cooked, 28g	1.0	1.0
Raw, whole	0.0	0.0

**K****KEDGEREE**

Average ready meal, 370g serving	13.0	9.5
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**KIDNEYS**

Any type, 28g raw	0.0	1.5
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	O	G
<b>KIPPERS</b>		
Raw/cooked without fat, 28g	0.0	3.0
With butter, boil in the bag, 28g	0.5	3.5
<b>KIWI FRUIT</b>		
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>KOHL RABI</b>		
Raw/cooked without fat	0.0	0.0
<b>KUMQUATS</b>		
Canned in syrup, 100g	7.0	7.0
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0

**L****LAGER**

284ml	5.0	5.0
Alcohol free, 284ml	3.0	3.0
Beck's, 275ml bottle	5.0	5.0
Budweiser, 207ml bottle	4.0	4.0
330ml bottle	6.5	6.5
Budweiser Ice, 330ml bottle	7.0	7.0
Grolsch, 250ml bottle	5.5	5.5
Low alcohol, 284ml	3.0	3.0
Premium, 284ml	8.5	8.5
San Miguel, 330ml bottle	8.0	8.0
Stella Artois, 250ml bottle	5.0	5.0
330ml bottle	7.0	7.0

**LAMB**

Average, lean only, 28g raw	0.0	2.0
28g roasted without fat	0.0	3.0
Loin chop, lean only, grilled, average each	0.0	7.5
Loin chop, meat & fat, grilled, average each	4.0	10.5
Meat & fat, 28g raw	1.0	3.0
28g roasted	1.0	3.5
Mince, 28g raw	1.5	3.5
Mince, very lean, 28g raw	0.0	2.0
Steak, lean only, boneless, roasted without fat, 28g	0.0	2.0
average each	0.0	11.0

**LARD**

28g	12.5	12.5
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**LASAGNE**

Meat, average ready meal, 370g serving	14.0	12.5
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	O	G
Vegetable, average ready meal, 355g serving	14.5	7.0
<b>LEEKs</b>		
In cheese sauce, 100g	3.5	3.5
Raw/cooked without fat	0.0	0.0
<b>LEMONS</b>		
Juice/rind	0.0	0.0
Lemon cheese, 1 level tsp	1.0	1.0
Lemon curd, 1 level tsp	0.5	0.5
<b>LENTILs</b>		
All varieties, 28g boiled	1.5	0.0
28g raw	4.0	0.0
<b>LETTUCE</b>		
All varieties	0.0	0.0
<b>LIME PICKLE</b>		
1 level tbsp	1.5	1.5
<b>LIMES</b>		
Juice/rind	0.0	0.0
<b>LINSEED</b>		
1 level tbsp	3.5	3.5
<b>LIQUEURS</b>		
Cream liqueurs, eg Baileys, 25ml	4.0	4.0
35ml	5.5	5.5
High strength, eg Cointreau, Southern Comfort, 25ml	4.0	4.0
35ml	5.5	5.5
Low Strength, eg Kirsch, 25ml	2.5	2.5
35ml	4.0	4.0
Medium strength, eg Cherry Brandy, Tia Maria, 25ml	3.5	3.5
35ml	4.5	4.5
<b>LIVER</b>		
Calf/chicken/pig, 28g raw	0.0	1.5
Lamb/ox, 28g raw	0.0	2.0
<b>LOBSTER</b>		
Mince only, 28g boiled	0.0	1.5
<b>LOGANBERRIES</b>		
Canned in juice, 100g	2.5	2.5
Canned in syrup, 100g	3.5	3.5
Raw, pureed, 85g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 85g	0.5	0.5
<b>LOQUATS</b>		
Canned in syrup, 100g	4.0	4.0

	O	G
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>LUNCHEON MEAT</b>		
28g	2.5	4.0
<b>LYCHEES</b>		
Canned in syrup, 100g	3.5	3.5
Pureed/cooked, 28g	1.0	1.0
Raw, whole	0.0	0.0

**M****MACARONI CHEESE**

Average ready meal, 360g serving	24.0	12.5
Canned, 100g	6.0	3.0

**MACKEREL**

Canned in brine, 28g	0.0	3.0
Canned in oil, 28g	0.5	4.0
Canned in tomato sauce, 28g	0.0	2.5
Raw/cooked without fat, 28g	0.0	3.0
Smoked, 28g	0.5	4.5

**MALT EXTRACT**

1 level tbsp	3.0	3.0
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**MAMMIE APPLE**

Pureed/cooked, 100g	3.0	3.0
Raw, whole	0.0	0.0

**MANDARINS**

Canned in juice, 100g	2.0	2.0
Canned in syrup, 100g	2.5	2.5
Juiced/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0

**MANGETOUT**

Raw/cooked without fat	0.0	0.0
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**MANGO**

Canned in syrup, 100g	4.0	4.0
Chutney, 1 level tbsp	2.0	2.0
Juice, canned, 142ml	3.0	3.0
Pureed/cooked, 28g	1.0	1.0
1 medium fruit	4.5	4.5
Raw, whole	0.0	0.0

**MANGOSTEEN**

Pureed/cooked, 28g	1.0	1.0
Raw, whole	0.0	0.0

**MAPLE SYRUP**

1 level tbsp	2.0	2.0
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**MARGARINE/ SPREAD**

Full fat varieties, 1 level tsp	2.0	2.0
1 level tbsp	5.5	5.5
28g	10.5	10.5
Low fat varieties, 1 level tsp	1.0	1.0
1 level tbsp	3.0	3.0
28g	5.5	5.5
Very low fat varieties,		
1 level tsp	0.5	0.5
1 level tbsp	2.0	2.0
28g	4.0	4.0

**MARMALADE**

1 level tsp	0.5	0.5
Reduced sugar, 2 level tsp	0.5	0.5

**MARMITE**

	0.0	0.0
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**MARRON GLACE**

each	2.5	2.5
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**MARROW**

Raw/cooked without fat	0.0	0.0
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**MARZIPAN**

28g	6.0	6.0
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**MAYONNAISE**

1 level tbsp	5.0	5.0
Reduced calorie, 1 level		
tbsp	2.5	2.5

**MEAT PASTE/ SPREAD**

1 level tbsp	1.5	1.5
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**MEAT PIE**

Beef, baked, 28g	4.5	4.5
individual, average each	21.5	21.5
Chicken, baked, 28g	4.0	4.0
individual, average each	20.0	20.0
Steak & kidney, baked, 28g	4.5	4.5
individual, average each	25.0	25.0

**MEAT PUDDING**

Steak & kidney,		
individual, average each	14.5	14.5

**MEDLARS**

Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0

**MELON**

All varieties, pureed, 57g	0.5	0.5
All varieties, raw, whole	0.0	0.0

**MERINGUE**

Nests, average each	3.0	3.0
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**MEXICAN RESTAURANTS**

Beef burritos,		
average 400g serving	37.0	37.0
Chicken chimichangas,		
average 370g serving	37.5	37.5
Chicken quesidillas,		
average 210g serving	33.0	33.0
Chilli con carne,		
average 400g serving	10.0	8.5
Drinks, Margarita,		
per serving	6.5	6.5
Drinks, Tequila Sunrise,		
per serving	9.0	9.0
Enchiladas, beef,		
average 250g serving	17.0	17.0
Enchiladas, cheese & bean,		
average 275g serving	20.5	20.5
Enchiladas, chicken,		
average 275g serving	22.0	22.0
Enchiladas, vegetable,		
average 245g serving	14.0	14.0
Fajitas, beef/steak,		
average 275g serving	26.0	26.0
Fajitas, chicken,		
average 315g serving	25.0	25.0
Fajitas, vegetable,		
average 475g serving	36.0	36.0
Fries,		
average 150g serving	20.0	14.0
Guacamole, average		
serving for side dish	10.0	10.0
Loaded skins with		
sour cream dip,		
average 150g serving	15.5	10.0
Nachos & sauce,		
per serving	25.0	25.0
Rice, plain, boiled,		
average 300g serving	20.0	0.0
Salsa, average serving		
for side dish	3.0	3.0
Sour cream, average		
serving for side dish	10.0	10.0
Tortilla chips & gaucamole,		
per serving	25.0	25.0
Tortilla chips & salsa,		
per serving	18.0	18.0
Vegetable chilli,		
average 380g serving	12.5	3.5

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**MILK**

Buttermilk, 2 level tbsp	0.5	0.5
568ml	10.5	10.5
Buttermilk powder,		
1 level tsp	1.0	1.0
28g dry	5.0	5.0
Condensed, full fat,		
sweetened, 1 level tbsp	2.5	2.5
Condensed, skimmed,		
sweetened, 1 level tbsp	2.0	2.0
Evaporated, 1 level tbsp	1.0	1.0
Evaporated,		
reduced fat, 2 level tbsp	1.5	1.5
Goat's, 1 level tbsp	0.5	0.5
568ml	17.5	17.5
Gold top/Channel Islands,		
whole, 1 level tbsp	0.5	0.5
568ml	22.0	22.0
Instant dried skimmed milk,		
no added fat, 1 level tsp	1.0	1.0
1 level tbsp	2.5	2.5
28g powder	5.0	5.0
Instant dried whole,		
2 level tsp	2.5	2.5
1 level tbsp	3.5	3.5
28g powder	7.0	7.0
Semi-skimmed, 2 level tbsp	0.5	0.5
568ml	13.0	13.0
Sheep's, 2 level tbsp	1.5	1.5
568ml	26.5	26.5
Skimmed, 3 level tbsp	0.5	0.5
568ml	9.0	9.0
Soya, sweetened,		
2 level tbsp	0.5	0.5
568ml	12.0	12.0
Soya, unsweetened,		
3 level tbsp	0.5	0.5
568ml	7.5	7.5
UHT whole, individual		
portion for tea, 15ml portion	0.5	0.5
Whey, 3 level tbsp	0.5	0.5
Whey, dried, 28g dry	5.0	5.0
Whole milk, 1 level tbsp	0.5	0.5
568ml	18.5	18.5
<b>MILK SHAKE</b>		
Ready made, standard,		
average, 284ml	9.0	9.0
Ready made, thick,		
average, 284ml	13.0	13.0
Syrup, undiluted,		
1 level tbsp	1.0	1.0

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**MILLET**

28g cooked	1.5	0.0
28g dry	5.5	0.0

**MINCEMEAT**

1 level tbsp	2.0	2.0
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**MINERAL WATER**

Sparkling/still	0.0	0.0
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**MINT JELLY**

1 level tbsp	2.0	2.0
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**MISO**

1 level tbsp	1.5	1.5
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**MIXED DRIED FRUIT**

28g	4.0	4.0
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**MIXED PEEL**

28g	4.0	4.0
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**MOLASSES**

1 level tbsp	2.0	2.0
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**MONKFISH**

Raw/cooked		
without fat, 28g	0.0	1.0

**MOUSSAKA**

Beef/lamb, average ready		
meal, 360g serving	10.5	13.5
Vegetable, average ready		
meal, 300g serving	15.5	11.0

**MOUSSE**

Chocolate, 100g	9.5	9.5
Chocolate,		
reduced fat, 100g	6.0	6.0
Chocolate, rich, 100g	9.0	9.0
Fruit, 100g	7.0	7.0

**MULBERRIES**

Raw, pureed, 28g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 57g	1.0	1.0

**MULLET**

Grey/red, raw/cooked		
without fat, 28g	0.0	1.5

**MUSHROOMS**

Dried, no added oil	0.0	0.0
Fresh, all varieties	0.0	0.0
Sliced & fried, 28g	2.0	2.0

**MUSSELS**

Canned/bottled in brine		
or vinegar, drained, 28g	0.0	1.5
In garlic sauce,		
chilled/frozen, per 100g	2.5	5.5

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In white wine sauce,		
chilled/frozen, per 100g	2.0	4.0
Weighed with shells,		
85g boiled	0.0	1.0
Weighed without		
shells, 28g boiled	0.0	1.5

**MUSTARD**

English/French/Dijon/		
wholegrain, 1 level tsp	0.5	0.5
Powder	0.0	0.0

**MUSTARD & CRESS**

	0.0	0.0
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**N**

**NECTARINES**

Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0

**NICOTINE GUM/ LOZENGES**

each	0.0	0.0
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**NOODLES**

Plain, 28g boiled	1.5	0.0
28g dry	5.0	0.0
Pre-prepared, 28g boiled	2.0	0.5

**NUTLOAF**

Baked, 28g	5.0	5.0
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**NUTS**

Almonds, flaked/ground,		
1 level tbsp	4.5	4.5
28g	9.0	9.0
shelled, each	0.5	0.5
28g	9.0	9.0
sugared, 2 almonds	2.5	2.5
Barcelona, shelled, 28g	9.0	9.0
Betel, 28g	4.5	4.5
Brazil, buttered, each	2.0	2.0
chocolate coated, each	3.5	3.5
shelled, each	1.0	1.0
28g	9.5	9.5
Cashew,		
salted/roasted, 28g	8.5	8.5
shelled, plain, 2 nuts	0.5	0.5
28g	8.0	8.0
Chestnuts, puree,		
1 level tbsp	1.5	1.5
shelled, 28g	2.5	2.5
Hazelnuts, shelled, each	0.5	0.5
28g	9.0	9.0
Macadamia, shelled, each	0.5	0.5
28g	10.5	10.5
Mixed with raisins, 28g	6.5	6.5

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**OATMEAL**

1 level tbsp	3.0	3.0
28g raw	5.0	5.0

**OATS**

Porridge/rolled, 28g dry	5.5	5.5
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**OCTOPUS**

Raw/cooked		
without fat, 28g	0.0	1.0

**OIL**

Average, all types,		
1 level tbsp	6.0	6.0

**OKRA**

Raw/cooked without fat	0.0	0.0
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**OLIVES**

Black/green, 7 olives	1.0	1.0
In brine, weighed with		
stones, 28g	1.0	1.0
In brine, weighed		
without stones, 28g	1.5	1.5
Stuffed, 4 olives	1.0	1.0

**ONION BHAJI**

28g	4.5	4.5
average each	8.0	8.0

**ONIONS**

Chopped, fried, 28g	4.5	4.5
Fresh, all varieties	0.0	0.0

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Mixed,		
whole/chopped, 28g	8.5	8.5
Peanuts & raisin mix, 28g	6.5	6.5
Peanuts, chocolate		
coated, 28g	7.5	7.5
Peanuts, raisins &		
chocolate chip mix, 28g	6.5	6.5
Peanuts, shelled,		
plain/dry roasted, 10 nuts	3.5	3.5
28g	8.0	8.0
shelled, roasted/salted,		
10 nuts	4.0	4.0
28g	8.5	8.5
Pecan, each	2.0	2.0
28g	10.0	10.0
Pine, 28g	10.0	10.0
Pistachio, shelled, 2 nuts	0.5	0.5
28g	8.5	8.5
Tigernuts, 28g	5.5	5.5
Walnuts, shelled, 1 half nut	1.0	1.0
28g	10.0	10.0



	O	G
Pickled	0.0	0.0
Rings in batter, fried, 28g	4.0	4.0
Sliced, fried, 28g	2.5	2.5
<b>ORANGES</b>		
Cooked, 28g	0.5	0.5
average each	2.0	2.0
Freshly squeezed juice of 1 orange	1.0	1.0
Juice, concentrate, unsweetened, 28ml	2.5	2.5
Juice, unsweetened/freshly squeezed, 2 level tbsp	0.5	0.5
142ml	2.5	2.5
Raw, whole	0.0	0.0
<b>ORTANIQUES</b>		
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>OXTAIL</b>		
Meat only, stewed, 28g	0.0	3.5
<b>OYSTERS</b>		
28g raw	0.0	1.0
2 oysters	0.0	0.5
<b>P</b>		
<b>PAKORAS</b>		
28g	3.0	3.0
<b>PANCAKES</b>		
Made with skimmed milk, cooked in vegetable oil, average, 1 small	8.5	8.5
1 medium	15.5	15.5
1 large	21.0	21.0
Mix, dried, 28g dry	4.5	4.5
Scotch, 28g	4.0	4.0
average each	4.5	4.5
<b>PARROT FISH</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>PARSNIPS</b>		
Raw/boiled, 28g	1.0	0.0
Roasted in oil, 28g	1.5	0.5
<b>PARTRIDGE</b>		
Meat only, 28g roasted without fat	0.0	3.0
<b>PASSION FRUIT</b>		
Juice, 142ml	3.5	3.5
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0

	O	G
<b>PASTA</b>		
All types, dried, 28g	5.0	0.0
28g boiled	1.5	0.0
All types, fresh, 28g	3.5	1.0
28g boiled	2.5	0.5
Canned in tomato sauce, 100g	3.0	0.0
Cannelloni tubes, dried, each	2.0	0.0
Lasagne sheets, dried, each	2.5	0.0
Pasta salad, 100g	8.5	4.5
<b>PASTA &amp; SAUCE</b>		
All varieties, made up as directed, dried, 100g cooked	7.0	2.5
<b>PASTRAMI</b>		
28g	0.0	1.5
<b>PASTRY</b>		
Cheese, 28g cooked	7.0	7.0
Choux, 28g raw	3.0	3.0
28g cooked	4.5	4.5
Filo, 28g raw	4.5	4.5
Filo sheets, raw, 14g small	2.0	2.0
28g large	4.5	4.5
45g jumbo	6.5	6.5
Flaky, 28g raw	6.0	6.0
28g cooked	8.0	8.0
Puff, frozen, 28g raw	6.0	6.0
Shortcrust, 28g raw	6.5	6.5
28g cooked	7.5	7.5
Sweet dessert, 28g raw	6.5	6.5
Wholemeal, 28g raw	6.0	6.0
28g cooked	7.0	7.0
<b>PATE</b>		
Liver, 1 level tbsp	2.5	2.5
28g	5.0	5.0
Low fat, 1 level tbsp	1.5	1.5
28g	2.5	2.5
Smoked mackerel, 1 level tbsp	3.0	3.0
28g	5.0	5.0
Tuna, 1 level tbsp	2.0	2.0
28g	3.5	3.5
<b>PAW PAW (PAPAYA)</b>		
Canned in juice, 100g	3.5	3.5
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>PEACHES</b>		
Canned in juice, 100g	2.0	2.0

	O	G
Canned in syrup, 100g	3.5	3.5
Dried, 28g	3.0	3.0
Dried, stewed without sugar, 28g	1.0	1.0
Raw, pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>PEANUT BUTTER</b>		
1 level tbsp	4.5	4.5
28g	9.0	9.0
Reduced fat, 1 level tbsp	4.0	4.0
28g	7.5	7.5
<b>PEARS</b>		
Canned in juice, 1 half	1.5	1.5
100g	2.0	2.0
Canned in syrup, 1 half	2.0	2.0
100g	3.0	3.0
Raw, pureed, 28g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 113g	2.0	2.0
<b>PEAS</b>		
Canned/garden, 28g	1.0	0.0
Dried, 28g boiled	1.5	0.0
28g raw	3.5	0.0
Fresh/frozen, 28g	1.0	0.0
Marrowfat, 28g	1.0	0.0
Mushy, 28g	1.5	0.0
Petits pois/processed, 28g	1.0	0.0
Split, 28g boiled	2.0	0.0
28g raw	3.5	0.0
<b>PEASE PUDDING</b>		
Canned, 2 level tbsp	1.5	0.0
<b>PEPPERS</b>		
Canned in brine	0.0	0.0
Fresh, all varieties	0.0	0.0
<b>PHEASANT</b>		
Meat only, 28g roasted without fat	0.0	3.0
<b>PHYSALIS</b>		
Pureed/cooked, 100g	2.5	2.5
Raw, whole	0.0	0.0
<b>PICCALILLI</b>		
1 level tbsp	0.5	0.5
<b>PICKLE</b>		
Chilli, 1 level tbsp	2.5	2.5
Sweet, 1 level tbsp	1.0	1.0
<b>PIGEON</b>		
Meat only, 28g roasted without fat	0.0	2.5

	O	G
<b>PILCHARDS</b>		
Canned in brine, 28g	0.0	2.0
Canned in tomato sauce, 28g	0.0	1.5
<b>PIMENTOS</b>		
Canned in brine	0.0	0.0
<b>PINEAPPLE</b>		
Canned in juice, 1 ring	1.0	1.0
100g	2.5	2.5
Canned in syrup, 1 ring	1.5	1.5
100g	3.5	3.5
Dried, 28g	4.0	4.0
Juice, concentrate, unsweetened, 1 level tbsp	1.5	1.5
28ml	2.5	2.5
Juice, unsweetened, 2 level tbsp	0.5	0.5
142ml	3.0	3.0
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>PIZZA</b>		
Cheese & tomato, 100g	12.0	12.0
Ham & pineapple, 100g	12.5	12.5
Meat feast, 100g	13.0	13.0
Vegetable, 100g	10.5	10.5
<b>PIZZA BASE</b>		
Ready made, 100g	14.5	14.5
<b>PLAICE</b>		
Fillet, deep fried in batter, 28g	2.5	3.5
Fillet, deep fried in batter, all batter removed, 28g	0.0	1.0
Goujons, baked, 28g	2.0	3.0
Goujons, fried, 28g	5.5	6.0
Raw/cooked without fat, 28g	0.0	1.0
<b>PLANTAIN</b>		
Green, raw/boiled, 28g	1.5	0.0
Ripe, fried, 28g	3.5	2.0
<b>PLUMS</b>		
Canned in juice, 100g	2.5	2.5
Canned in syrup, 100g	3.5	3.5
Raw, pureed, 28g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 113g	1.5	1.5
<b>POLENTA</b>		
28g dry	5.0	0.0
Cooked/ready to eat, 28g	1.0	0.0

	O	G
<b>POLLACK</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>POMEGRANATE</b>		
Juice, fresh, 2 level tbsp	0.5	0.5
Raw, whole	0.0	0.0
<b>POMELO</b>		
Juiced/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>POMFRET</b>		
Raw/cooked without fat, 28g	0.0	1.5
<b>POPADUMS</b>		
28g	6.5	6.5
<b>POPCORN</b>		
Candied, 28g	6.5	6.5
Plain, popped in fat, 28g	8.5	8.5
Plain, popped without fat, 28g	5.5	5.5
<b>POPPY SEEDS</b>		
28g	8.0	8.0
<b>PORK</b>		
Average of all cuts, lean only, 28g raw	0.0	1.5
28g roasted without fat	0.0	2.5
Average of all cuts, meat & fat, 28g raw	1.0	2.5
28g roasted	1.5	3.5
Crackling, 28g cooked	7.5	7.5
Loin chop, lean meat only, grilled, average each	0.0	7.0
Loin chop, meat & fat, grilled, average each	4.0	9.5
Mince, 28g raw	1.5	3.0
Mince, very lean, 28g raw	0.0	1.5
<b>PORK PIE</b>		
28g	5.5	5.5
Mini, average each	10.0	10.0
<b>PORT</b>		
50ml	4.0	4.0
<b>POTATO SALAD</b>		
In mayonnaise, 100g	7.5	4.5
In reduced calorie dressing, 100g	4.5	2.0
Luxury, 100g	11.0	8.5
<b>POTATOES</b>		
Baked, flesh & skin, weighed cooked, 28g	2.0	0.0

	O	G
Canned, 28g	1.0	0.0
Chips, fish & chip shop, 28g	3.5	2.0
227g serving	27.0	17.5
Chips, frozen, straight cut, deep fried, 28g	4.0	2.5
Chips, frozen, thin cut, deep fried, 28g	5.0	4.0
Chips, homemade, average thickness, deep fried, 28g	2.5	1.5
Chips, homemade, baked without fat, 28g	1.0	0.0
Chips, oven, 28g baked	2.5	1.0
Croquettes, grilled/baked, 28g	2.5	1.0
average each	2.5	1.0
French fries, burger bars, average portion, 110g serving	15.5	10.5
Instant mash powder, dried, 1 level tbsp	2.5	0.0
28g dry	4.5	0.0
Instant mash powder, made with water, 1 level tbsp	0.5	0.0
28g	1.0	0.0
New, raw/boiled, 28g	1.0	0.0
Old, flesh & skin, raw, 57g	1.5	0.0
Old, flesh only, raw, 28g	1.0	0.0
Roast, cooked without fat, 28g	1.0	0.0
Roast, in oil, 28g	2.0	1.0
1 medium	6.5	2.5
1 large	9.5	4.0
Sweet, flesh only, baked, 28g	1.5	0.0
Sweet, raw/boiled/steamed, 28g	1.0	0.0
Waffles, grilled/baked, 28g	2.5	1.5
average each	4.0	2.0
<b>PRAWNS</b>		
Boiled, 28g	0.0	1.5
King, 2 prawns	0.0	0.5
28g	0.0	1.0
Raw, 28g	0.0	1.0
<b>PRICKLY PEARS</b>		
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>PRUNES</b>		
Canned in juice, each	0.5	0.5
100g	4.0	4.0

	O	G
Canned in syrup, each	0.5	0.5
100g	4.5	4.5
Juice, 142ml	4.0	4.0
Ready to eat, without stones, each	0.5	0.5
28g	2.0	2.0
Stewed without sugar, each	0.5	0.5
28g	1.0	1.0
<b>PUDDINGS</b>		
<i>28g unless stated</i>		
Banoffee pie	5.0	5.0
Bread & butter pudding	3.5	3.5
Bread pudding	3.0	3.0
Christmas pudding	4.0	4.0
Eve's pudding	2.0	2.0
Fruit crumble, all varieties	3.5	3.5
Fruit pie, all varieties	5.0	5.0
Milk puddings, eg, sago, semolina	2.0	2.0
Pavlova with fruit & cream	4.0	4.0
Profiteroles with sauce	5.0	5.0
Queen of puddings	3.5	3.5
Rice, canned, 100g	4.5	4.5
Rice, low fat, canned, 100g	3.5	3.5
Sponge pudding, eg, fruit, jam or syrup	4.5	4.5
Spotted dick	5.0	5.0
Suet pudding	4.5	4.5
Trifle	2.5	2.5
<b>PUMPKIN</b>		
Raw/cooked without fat	0.0	0.0
<b>PUMPKIN SEEDS</b>		
Coat removed, 28g	8.0	8.0
<b>PUNJABI PURI</b>		
28g	7.5	7.5
<b>Q</b>		
<b>QUAIL</b>		
Meat only, raw/cooked without fat, 28g raw	0.0	2.5
<b>QUICHE</b>		
Cheese & egg, 28g	4.5	4.5
142g slice	22.5	22.5
Lorraine, 28g	5.0	5.0
142g slice	25.5	25.5
Vegetable, 28g	3.0	3.0
142g slice	15.5	15.5
<b>QUINCES</b>		
Pureed/cooked, 57g	0.5	0.5
Raw, whole	0.0	0.0

	O	G
<b>QUINOA</b>		
Dried, 28g	5.0	0.0
<b>QUORN</b>		
Mince/pieces	0.0	0.0
<b>R</b>		
<b>RABBIT</b>		
Meat only, raw/stewed, 28g	0.0	2.0
<b>RADICCHIO</b>		
0.0	0.0	0.0
<b>RADISHES</b>		
0.0	0.0	0.0
<b>RAISINS</b>		
28g	4.0	4.0
Chocolate covered, 28g	6.0	6.0
Yogurt coated, 28g	6.0	6.0
<b>RAMBUTAN</b>		
Pureed/cooked, 28g	1.0	1.0
Raw, whole	0.0	0.0
<b>RASPBERRIES</b>		
Canned in syrup, 100g	4.0	4.0
Raw, pureed, 57g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 57g	0.5	0.5
<b>RATATOUILLE</b>		
Canned, 100g	0.5	0.5
<b>RAVIOLI</b>		
Beef, average ready meal, 400g serving	20.0	7.0
Canned in tomato sauce, 100g	2.5	1.0
Four cheese, average ready meal, 320g serving	18.0	8.0
Mushroom/vegetable, average ready meal, 340g serving	19.0	9.5
<b>RED SNAPPER</b>		
Raw/cooked without fat, 28g	0.0	1.5
<b>REDCURRANTS</b>		
Jelly, 1 level tsp	0.5	0.5
Raw, pureed, 57g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 85g	0.5	0.5
<b>REDFISH</b>		
Raw/cooked without fat, 28g	0.0	1.5

	O	G
<b>RELISH</b>		
All varieties, 1 level tbsp	1.0	1.0
<b>REMEGEL/ RENNIE</b>		
each	0.5	0.5
<b>RHUBARB</b>		
Canned in syrup, 100g	1.5	1.5
Raw, pureed, 198g	0.5	0.5
Raw, whole	0.0	0.0
Stewed without sugar, 198g	0.5	0.5
<b>RICE</b>		
All types, 28g boiled	2.0	0.0
28g dry	5.0	0.0
Egg fried, 28g cooked	2.0	0.5
Flaked, 28g dry	5.0	5.0
Fried, 28g cooked	2.0	0.5
Ground, raw, 28g dry	5.0	5.0
Pilau, 28g cooked	2.0	0.5
Pudding, whole grain only, dried, 28g	5.0	0.0
<b>RICE CAKES</b>		
average each	1.5	1.5
<b>ROOT BEER</b>		
284ml	6.0	6.0
<b>ROSEHIP SYRUP</b>		
Undiluted, 1 level tbsp	1.5	1.5
<b>RUM</b>		
25ml	2.5	2.5
35ml	4.0	4.0
<b>S</b>		
<b>SAGO</b>		
28g raw	5.0	5.0
<b>SALAD CREAM</b>		
1 level tbsp	2.5	2.5
Reduced calorie, 1 level tbsp	1.5	1.5
<b>SALMON</b>		
En croute, 28g	4.0	4.0
average each	28.5	28.5
Fresh, raw/cooked without fat, 28g	0.0	2.5
Pink/red, canned in brine, 28g	0.0	2.0
Smoked, 28g	0.0	2.0
<b>SALSA</b>		
1 level tbsp	0.5	0.5

	O	G
<b>SALSIFY</b>		
Raw/cooked without fat	0.0	0.0
<b>SAMOSAS</b>		
Meat, 28g	4.0	4.0
Vegetable, 28g	3.0	3.0
<b>SANDWICH SPREAD</b>		
1 level tbsp	1.5	1.5
<b>SANDWICHES</b>		
Average ready made, reduced calorie/reduced fat, twin packs		
BLT	11.5	11.5
cheese & pickle	17.0	17.0
chicken salad	14.0	14.0
egg mayonnaise	13.5	13.5
ham salad	13.0	13.0
tuna mayonnaise	16.0	16.0
Average ready made, standard, twin packs		
BLT	24.0	24.0
cheese & pickle	20.0	20.0
chicken salad	20.5	20.5
egg mayonnaise	19.5	19.5
ham salad	15.0	15.0
tuna mayonnaise	24.0	24.0
<b>SAPODILLA</b>		
Pureed/cooked, 28g	1.0	1.0
Raw, whole	0.0	0.0
<b>SARDINES</b>		
Canned in brine, 28g	0.0	2.5
Canned in oil, drained, 28g	0.5	3.0
Canned in tomato sauce, 28g	0.0	2.5
Fresh, 28g	0.0	2.5
<b>SATSUMAS</b>		
Cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>SAUCE</b>		
Apple, 1 level tbsp	0.5	0.5
Barbecue, 1 level tbsp	0.5	0.5
Black bean, 1 level tbsp	0.5	0.5
Bread, 1 level tbsp	1.0	1.0
Brown, 1 level tbsp	1.0	1.0
Casserole, dry mix, 28g dry	4.5	4.5
dry mix, made up, 142ml	2.5	2.5
Cheese, homemade with skimmed milk, 2 level tbsp	2.5	2.5
142ml	12.0	12.0

	O	G
Cheese, homemade with whole milk, 2 level tbsp	3.0	3.0
142ml	14.0	14.0
Cheese, packet, 28g dry	5.5	5.5
Cheese, packet, made as directed with skimmed milk, 1 level tbsp	0.5	0.5
142ml	5.5	5.5
Cheese, packet, made as directed with whole milk, 2 level tbsp	1.5	1.5
142ml	8.0	8.0
Chilli, 1 level tbsp	0.5	0.5
Cook in sauces, canned, 100g	3.5	3.5
Cranberry, 1 level tbsp	1.0	1.0
Cranberry jelly, 1 level tbsp	2.0	2.0
Curry, canned, 100g	5.5	5.5
Curry, fish & chip shop, average portion	6.0	6.0
Hoisin, 1 level tbsp	1.5	1.5
Hollandaise, 1 level tbsp	5.5	5.5
Horseradish, 1 level tbsp	1.0	1.0
Horseradish, creamed, 1 level tbsp	1.5	1.5
Mint jelly, 1 level tbsp	2.0	2.0
Mint, no added sugar	0.0	0.0
Nam Pla, fish sauce	0.0	0.0
Oyster, 1 level tbsp	0.5	0.5
Pasta, tomato based, 100g	2.5	2.5
Pesto, green, 1 level tbsp	4.0	4.0
Pesto, red, 1 level tbsp	2.5	2.5
Plum, 1 level tbsp	1.5	1.5
Redcurrant jelly, 1 level tsp	0.5	0.5
Soy	0.0	0.0
Sweet & sour, canned, 1 level tbsp	0.5	0.5
100g	4.5	4.5
Sweet & sour, take-away, 1 level tbsp	1.0	1.0
Tabasco	0.0	0.0
Tartare, 1 level tbsp	2.0	2.0
Teriyaki, 1 level tbsp	1.5	1.5
Tomato ketchup, 1 level tbsp	1.0	1.0
White, packet, eg parsley, onion, bread, 28g dry	5.0	5.0
White, packet, eg parsley, onion, bread, made up with skimmed milk, 3 level tbsp	1.5	1.5
142ml	4.0	4.0

	O	G
White, packet, eg parsley, onion, bread, made with whole milk, 3 level tbsp	2.0	2.0
142ml	6.5	6.5
Worcestershire	0.0	0.0
<b>SAUERKRAUT</b>		
0.0	0.0	0.0
<b>SAUSAGE ROLLS</b>		
28g	5.5	5.5
1 cocktail	2.5	2.5
1 small	6.0	6.0
1 medium	11.5	11.5
1 large	28.0	28.0
<b>SAUSAGES</b>		
Beef, raw/grilled, 28g	2.0	3.5
1 thin	2.0	3.5
1 thick	4.5	7.0
Bierwurst, 28g	2.5	4.0
Bockwurst, 28g	2.0	3.0
Bratwurst, 28g	2.5	3.5
Cervelat, 28g	3.5	5.0
Chorizo, 28g	2.5	4.0
Cumberland, raw/grilled, 28g	2.5	3.5
1 thin	2.5	3.5
1 thick	5.0	7.5
Garlic, 28g	2.0	3.5
Hot dog, 1 small	1.5	2.5
1 large	3.0	5.0
Kabana, 28g	3.0	4.5
Knackwurst, 28g	4.0	5.0
Lincolnshire, raw/grilled, 28g	2.5	4.0
1 thin	2.5	4.0
1 thick	5.5	8.0
Liver, 28g	2.0	3.0
Mortadella, 28g	3.5	4.5
Pepperami, 28g	6.0	7.5
Polony, 28g	3.0	4.0
Pork & beef, raw/grilled, 28g	2.5	3.5
1 thin	2.5	3.5
1 thick	5.0	7.5
Pork sausagemeat, 28g raw	3.0	4.5
Pork, chipolata, raw/grilled, average each	2.5	4.0
Pork, raw/grilled, 28g	3.0	4.0
1 thin	3.0	4.0
1 thick	6.0	8.5

	O	G
Pork, reduced fat, raw/grilled, 28g	1.0	2.5
1 thin	1.0	2.5
1 thick	2.0	4.5
Salami, Danish, 28g	6.5	7.5
Salami, French, 28g	4.0	6.0
Salami, German, 28g	3.0	5.0
Salami, Italian, 28g	3.0	5.0
Saveloy, 28g	3.0	4.0
Vegetarian, meat free, each	2.0	2.0
Vegetarian, quorn, plain, each	0.0	0.0
Vegetarian, tofu, each	2.0	2.0
<b>SAVOURY RICE</b>		
All varieties, made up as directed, dried, 100g cooked	6.0	1.0
<b>SCALLOPS</b>		
Without shells, 28g raw	0.0	1.0
28g steamed	0.0	1.5
<b>SCAMPI</b>		
Deep fried in breadcrumbs, average each	1.5	2.0
Peeled, raw/cooked without fat, 28g	0.0	1.5
<b>SCOTCH EGGS</b>		
Mini, 21g each	2.0	2.0
Snack size, 50g each	4.0	4.0
Standard, 114g each	7.5	7.5
<b>SEAFOOD COCKTAIL</b>		
No sauce, 28g	0.0	1.0
<b>SEAFOOD STICKS</b>		
average each	0.0	1.0
<b>SEAKALE</b>		
Raw/cooked without fat	0.0	0.0
<b>SEAWEED</b>		
Raw/cooked without fat	0.0	0.0
<b>SEMOLINA</b>		
28g	5.0	5.0
<b>SESAME SEEDS</b>		
28g	8.5	8.5
<b>SHALLOTS</b>		
Raw/cooked without fat	0.0	0.0
<b>SHANDY</b>		
Canned, 330ml can	4.0	4.0
Homemade, 284ml	4.5	4.5

	O	G
<b>SHARK</b>		
Raw/cooked without fat, 28g	0.0	1.5
<b>SHARON FRUIT</b>		
Pureed/cooked, 28g	1.0	1.0
Raw, whole	0.0	0.0
<b>SHEPHERDS PIE</b>		
Average ready meal, 350g serving	8.0	9.0
<b>SHERRY</b>		
Medium/dry, 50ml	3.0	3.0
Sweet, 50ml	3.5	3.5
<b>SHRIMPS</b>		
Boiled, 28g	0.0	1.5
Canned in brine, 28g	0.0	1.5
<b>SKATE</b>		
Raw/cooked without fat, 28g	0.0	1.0
<b>SODA WATER</b>		
0.0	0.0	0.0
<b>SOLE</b>		
Dover/Lemon, raw/cooked without fat, 28g	0.0	1.0
<b>SOUP</b>		
<i>Canned, 100g</i>		
Cream of chicken	3.0	3.0
Cream of mushroom	2.5	2.5
Cream of tomato	2.5	2.5
Lentil	2.0	2.0
Low calorie	1.0	1.0
Minestrone	1.5	1.5
Oxtail	2.0	2.0
Vegetable	2.5	2.5
Condensed, undiluted, 295g can	11.5	11.5
400g can	16.0	16.0
Dried powder, average of all flavours, 28g dry	5.0	5.0
Dried powder, average of all flavours, made up with water, 284ml	8.5	8.5
<b>SPAGHETTI</b>		
Canned in tomato sauce, 100g	3.0	0.0
<b>SPAGHETTI BOLOGNESE</b>		
Average ready meal, 360g serving	10.0	7.5
Canned, 100g	2.5	1.5

	O	G
<b>SPAM</b>		
28g	2.5	4.0
Light, 28g	1.5	3.0
<b>SPARE RIBS</b>		
Meat & fat, average each	2.5	6.0
<b>SPINACH</b>		
Raw, whole	0.0	0.0
<b>SPIRITS</b>		
eg Bacardi, Whisky, 25ml 35ml	2.5	2.5
	4.0	4.0
<b>SPRATS</b>		
Deep fried, 28g	3.0	6.0
Raw/cooked without fat, 28g	0.0	2.5
<b>SQUASH</b>		
Acorn/Butternut/Spaghetti, raw/cooked without fat	0.0	0.0
<b>SQUID</b>		
Flesh only, raw/cooked without fat, 28g	0.0	1.0
Rings, deep fried in batter, 28g cooked	1.0	2.5
<b>ST JOHNS WORT</b>		
Capsules without fat, 28g	0.0	0.0
<b>STOCK</b>		
Made with cubes/powder, all varieties, 284ml	0.5	0.5
<b>STOCK CUBES</b>		
All varieties, each	1.0	1.0
<b>STRAWBERRIES</b>		
Canned in juice, 100g	2.0	2.0
Canned in syrup, 100g	3.5	3.5
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>STUFFING</b>		
Packet, dried, 28g dry	5.0	5.0
Packet, made up as directed, 28g made up	2.0	2.0
<b>SUET</b>		
Reduced fat vegetable, 28g	10.0	10.0
Shredded/vegetable, 28g	11.5	11.5
<b>SUGAR</b>		
Brown, 1 level tsp	1.0	1.0
1 level tbsp	2.5	2.5
28g	5.0	5.0
Caster/demerara/icing/white, 1 level tsp	1.0	1.0
1 level tbsp	3.0	3.0
28g	5.5	5.5

	O	G
Cubes, each	1.0	1.0
<b>SUGAR SNAP PEAS</b>		
Raw/cooked without fat	0.0	0.0
<b>SULTANAS</b>		
28g	4.0	4.0
<b>SUNFLOWER SEEDS</b>		
Coat removed, 28g	8.0	8.0
<b>SWEDE</b>		
Raw/cooked without fat	0.0	0.0
<b>SWEETBREADS</b>		
Lamb, 28g raw	0.0	2.0
28g fried	0.5	3.0
<b>SWEETCORN</b>		
Baby whole	0.0	0.0
Corn on the cob, raw/boiled, no added butter, 28g average each	1.0	0.0
	7.0	0.0
Kernels, boiled/canned, 28g	1.5	0.0
<b>SWEETS</b>		
Aniseed balls, 28g	5.5	5.5
Boiled, 28g	5.5	5.5
Bon bons, 28g	5.5	5.5
Candyfloss stick, average each	3.0	3.0
Chewing gum, 1 stick	0.5	0.5
Chewing gum, sugar free, 5 pellets	0.5	0.5
Chewy fruit, 28g	5.5	5.5
Coconut ice, 28g	5.0	5.0
Foam, 28g	5.0	5.0
Fruit gums/jellies/pastilles, 28g	5.0	5.0
Fudge, 28g	6.0	6.0
Liquorice allsorts, 28g	5.0	5.0
Liquorice shapes, 28g	4.0	4.0
Lovehearts, 31g tube	5.5	5.5
45g tube	8.0	8.0
Marshmallows, each	1.0	1.0
28g	4.5	4.5
Minties, 42g bag	8.5	8.5
Nougat, 28g	5.5	5.5
Peanut brittle, 28g	7.0	7.0
Peppermint creams, 28g	6.0	6.0
Peppermints, 28g	5.5	5.5
Polo Mints, Sugar Free, 34g tube	4.0	4.0
Polos, all varieties, 34g tube	7.0	7.0

	O	G
Rainbow Drops, 80g bag	8.5	8.5
Rowntree's Fruit Gums, 53g tube	9.0	9.0
Rowntree's Fruit Pastilles, 56g tube	10.0	10.0
Rowntree's Jellytots, 15g mini bag	2.5	2.5
42g standard bag	7.5	7.5
Seaside rock, 28g	5.5	5.5
Sherbet, 28g	5.5	5.5
Sherbet Fountain, each	4.5	4.5
Skittles, all varieties, 55g bag	11.0	11.0
Starburst Fruit Chews, 45g tube	9.0	9.0
Starburst Fruitense, Sugar Free, 10g pack	2.0	2.0
Toffee, 28g	6.0	6.0
Tooty Frooties, 45g bag	9.0	9.0
Turkish delight, 28g	4.0	4.0
Turkish delight, with nuts, 28g	5.0	5.0
<b>SWORDFISH</b>		
Raw/cooked without fat, 28g	0.0	1.5

T		
<b>TACO SHELLS</b>		
1 shell	2.5	2.5
<b>TAHINI PASTE</b>		
1 level tbsp	4.5	4.5
28g	8.5	8.5
<b>TAMARILLOS</b>		
Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>TAMARIND</b>		
28g	3.5	3.5
<b>TANGERINES</b>		
Cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0
<b>TAPIOCA</b>		
28g	5.0	5.0
<b>TARAMASALATA</b>		
1 level tbsp	4.0	4.0
28g	7.0	7.0
<b>TAYBERRIES</b>		
Pureed/cooked, 57g	0.5	0.5
Raw, whole	0.0	0.0

	O	G
<b>TEXTURED VEGETABLE PROTEIN (TVP)/SOYA PROTEIN</b>		
Dried, 28g	1.0	1.0
Dried using defatted soya, 28g	0.0	0.0
<b>THROAT/COUGH LOZENGES</b>		
2 sweets	1.5	1.5
<b>TOFU</b>		
Fried, 28g	2.0	2.0
Plain/naturally smoked	0.0	0.0
<b>TOMATOES</b>		
Canned/fresh	0.0	0.0
Chutney, 1 level tbsp	1.0	1.0
Juice, 142ml	1.0	1.0
Ketchup, 1 level tbsp	1.0	1.0
Passata	0.0	0.0
Puree, 1 level tbsp	0.5	0.5
Sliced & fried, 28g	1.0	1.0
Sun dried, 28g	1.5	1.5
Sun dried, in oil, drained, 28g	2.5	2.5
Sun dried, paste, 1 level tbsp	3.0	3.0
<b>TONGUE</b>		
Ox, 28g	1.0	3.0
Pork lunch, 28g	0.5	2.5
<b>TORTILLA CHIPS</b>		
28g	7.0	7.0
<b>TREACLE</b>		
Black/golden, 1 level tbsp	2.0	2.0
<b>TRIFE</b>		
Dressed, raw/cooked without fat, 28g	0.0	0.5
<b>TROUT</b>		
Brown/rainbow, raw/cooked without fat, 28g	0.0	2.0
<b>TUNA</b>		
Canned in brine, 28g	0.0	1.5
Canned in oil, drained, 28g	1.0	2.5
Fresh, raw/cooked without fat, 28g	0.0	2.0
<b>TURBOT</b>		
Raw/cooked without fat, 28g	0.0	1.5
<b>TURKEY</b>		
Average, meat only, 28g raw	0.0	1.5
28g roasted without fat	0.0	2.5

	O	G
Giblets, boiled, 28g	0.0	2.5
Meat & skin, 28g raw	0.5	2.5
28g roasted	0.5	2.5
Mince, lean, raw/cooked		
without fat, 28g	0.0	1.5
Skin, 28g roasted	6.5	6.5
Steak in crumbs, grilled, 28g	2.5	3.5
113g steak	9.0	13.0

#### TURNIP

Raw/cooked without fat	0.0	0.0
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#### TZATZIKI

1 level tbs	0.5	0.5
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### U

#### UGLI FRUIT

Pureed/cooked, 28g	0.5	0.5
Raw, whole	0.0	0.0

### V

#### VEAL

Escalope, 28g raw	0.0	1.5
28g roasted without fat	0.0	3.0

#### VECON

	0.0	0.0
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#### VEGEMITE

	0.0	0.0
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#### VEGETABLE JUICE

Average of all types, 142ml	1.5	1.5
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#### VEGETABLE

Burgers, grilled, 28g	2.0	2.0
57g medium	4.5	4.5
85g large	6.5	6.5
Fingers, baked/grilled,		
28g each	3.0	3.0
Quarterpounders,		
grilled, 28g	2.5	2.5
113g each	10.0	10.0

#### VENISON

28g raw	0.0	1.5
28g roasted without fat	0.0	2.5

#### VERMOUTH

Dry, 50ml	2.5	2.5
Sweet, 50ml	4.0	4.0

#### VINE LEAVES

Raw/cooked without fat	0.0	0.0
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#### VINEGAR

All varieties	0.0	0.0
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	O	G
<b>VODKA</b>		
25ml	2.5	2.5
35ml	4.0	4.0

### W

#### WATER CHESTNUTS

Raw/cooked without fat	0.0	0.0
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<b>WATERCRESS</b>	0.0	0.0
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#### WHEATGERM

28g	4.0	4.0
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#### WHELKS

Shelled, boiled, 28g	0.0	1.0
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#### WHISKY

25ml	2.5	2.5
35ml	4.0	4.0

#### WHITE PUDDING

28g	5.5	6.5
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#### WHITEBAIT

In flour, deep fried, 28g	4.0	7.5
Raw/cooked		
without fat, 28g	0.0	2.5

#### WHITECURRANTS

Pureed/cooked, 85g	1.0	1.0
Raw, whole	0.0	0.0

#### WHITING

In breadcrumbs, fried, 28g	1.5	2.5
Raw/cooked		
without fat, 28g	0.0	1.0

#### WINE

Alcohol free, 125ml	1.5	1.5
175ml	2.0	2.0
Barley, 142ml	4.5	4.5
Low alcohol, 125ml	1.5	1.5
175ml	2.0	2.0
Marsala, 50ml	4.0	4.0
Mulled, homemade, 142ml	14.0	14.0
Red, 125ml	4.5	4.5
142ml	5.0	5.0
175ml	6.0	6.0
Rose, 125ml	4.5	4.5
142ml	5.0	5.0
175ml	6.0	6.0
White, dry, 125ml	4.0	4.0
142ml	4.5	4.5
175ml	6.0	6.0
White, medium, 125ml	4.5	4.5
142ml	5.5	5.5
175ml	6.5	6.5

	O	G
White, sparkling, 125ml	4.5	4.5
142ml	5.5	5.5
175ml	6.5	6.5
White, sweet, 125ml	6.0	6.0
142ml	6.5	6.5
175ml	8.0	8.0

#### WINKLES

Shelled, boiled, 28g	0.0	1.0
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### Y

#### YAMS

28g boiled	2.0	0.0
28g raw	1.5	0.0

#### YEAST

Dried, 1 level tsp	0.5	0.5
28g	2.5	2.5
Fresh, 57g	1.5	1.5

<b>YEAST EXTRACT</b>	0.0	0.0
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#### YOGURT

Drinking, 250ml bottle	9.0	9.0
Goats,		
fruit/flavoured, 100g	3.0	3.0
Goats, natural, 100g	2.5	2.5
Greek style,		
fruit/flavoured, 100g	4.0	4.0
Greek style, low fat,		
natural, 100g	1.0	1.0
Greek style, natural, 100g	3.5	3.5
Greek, cows, 100g	2.5	2.5
Greek, sheeps, 100g	1.5	1.5
Low fat,		
fruit/flavoured, 100g	2.0	2.0
Low fat, natural	0.5	0.5
Muesli/nut, 100g	1.5	1.5
Organic, natural, 100g	1.0	1.0
Soya, sweetened, 100g	2.0	2.0
Very low fat,		
fruit/flavoured, 100g	0.5	0.5
Very low fat, natural	0.0	0.0
Whole milk,		
childrens, fruit, 100g	2.5	2.5
Whole milk, fruit, 100g	3.0	3.0
Whole milk, natural, 100g	0.5	0.5
Whole milk, thick &		
creamy twinpot, fruit, 100g	3.5	3.5
<b>YORKSHIRE PUDDING</b>		
28g cooked	3.0	3.0