

Line	Food	Food code	Food code quantity (g)	Food code description
1	Beef: roast, steak, mince, stew, or casserole	18049	99	Rump steak, grilled
		18005	16 ^a	Beef fat only, raw, average
2	Beef burgers	19029	100	Beef burgers, frozen, fried, retail
3	Pork	18251	92	Pork chop, loin, lean only, grilled
		18205	23 ^a	Pork, fat only, raw, average
4	Lamb: roast, chops, or stew	18141	85	Lamb chop, loin, lean only, grilled
		18100	30 ^a	Lamb, fat only, raw average
5	Chicken or turkey	18331	100	Chicken, roast, meat only
		18361	15	Turkey, roast, meat only
6	Bacon	19008	41	Bacon, lean only, grilled, average
		339	19 ^a	Bacon fat, cooked, average
7	Ham	19024	47	Ham, canned, retail
		339	13 ^a	Bacon fat, cooked, average
8	Corned beef, Spam, luncheon meats	19128	30	Corned beef, canned
		19135	30	Luncheon meat, canned
9	Sausages	19077	30	Sausages, beef, grilled
		19080	30	Sausages, pork, grilled
10	Savoury pies, e.g. meat pie, pork pie, pasties, steak & kidney pie, sausage rolls	19056	30	Cornish Pastie, retail
		19063	30	Pork pie, individual, retail
		x0535	15	Steak and kidney pie, pastry top only, recipe
			1	
		19069	15	Steak and kidney pie, individual, retail
		19067	10	Sausage roll, flaky pastry, recipe
		19068	10	Sausage roll, short pastry, recipe
11	Liver, liver pate, liver sausage	18414	40	Liver, lamb, fried
		18418	15	Liver, pig, stewed
		19106	5	Liver sausage
12	Fish in batter, as in fish and chips	16023	160	Cod in batter, fried in retail blend oil

Line	Food	Food code	Food code quantity (g)	Food code description
13	Fish fingers and fish cakes	16289	58	Fish fingers, frozen, fried in blended oil
		16281	58	Fish cakes, frozen, grilled
14	Other white fish, fresh or frozen, e.g. cod, haddock, plaice, sole, halibut	16013	115	Cod, baked
15	Oily fish, fresh or canned, e.g. mackerel, kippers, tuna, salmon, sardines, herring	16176	19	Herring, grilled
		16188	19	Kipper, grilled
		16192	19	Mackerel, fried in blended oil
		16203	19	Salmon, grilled
		16216	19	Sardines, canned in vegetable and olive oil, drained
		16229	19	Tuna, canned in brine, drained
16	Shellfish, e.g. crab, prawns, mussels	16232	20	Crab, boiled
		16239	20	Prawns, boiled
		16256	20	Mussels, boiled
17	Fish roe, taramasalata	16307	45	Taramasalata
18	White bread and rolls	11099	30	White bread, average
19	Brown bread and rolls	11070	30	Brown bread, average
20	Wholemeal bread and rolls	11113	35	Wholemeal bread, average
21	Cream crackers, cheese biscuits	11167	10	Cream crackers, retail
22	Crispbread, e.g. Ryvita	11168	10	Crispbread, rye
23	Porridge, Ready Brek	11145	15	Ready Brek
		11143	137	Porridge, made with water recipe
24	Breakfast cereal such as cornflakes, muesli etc.	<c>	30**	
25	Boiled, mashed, instant or jacket potatoes	13013	125	Potatoes, old, boiled in salted water
26	Chips	x3025	63	Chips, straight cut, fried in corn oil
		<d>	8	
		13022	63	Chips, retail, fried in vegetable oil
27	Roast potatoes	x3016	126	Old potatoes, roast in corn oil

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		<d>	3	
		17020	3	Margarine, soft, not polyunsaturated
28	Potato salad	15296	15	Salad, potato, with mayonnaise, recipe
		15297	15	Salad, potato, with mayonnaise, retail
		15298	15	Salad, potato, with reduced calorie dressing, retail
29	White rice	11043	150	White rice, easy cook, boiled
30	Brown rice	11036	140	Brown rice, boiled
31	White or green pasta, e.g. spaghetti, macaroni, noodles	11062	150	Spaghetti, white, boiled
32	Wholemeal pasta	11064	180	Spaghetti, wholemeal, boiled
33	Lasagne, moussaka	19247	100	Moussaka, recipe
		19238	100	Lasagne, frozen, cooked, retail
34	Pizza	11349	75	Pizza, cheese and tomato, recipe
		11350	75	Pizza, cheese and tomato, retail
35	Single or sour cream (tablespoon)	12113	20	Single, fresh cream, pasteurised
36	Double or clotted cream (tablespoon)	12116	20	Double, fresh cream, pasteurised
37	Low fat yoghurt, fromage frais (125g carton)	12188	42	Low fat yoghurt, plain
		12190	42	Low fat yoghurt, fruit
		12160	42	Fromage frais, very low fat, plain & fruit
38	Full fat or Greek yoghurt (125g carton)	12194	63	Greek yoghurt, cows
		12185	63	Whole milk yoghurt, fruit
39	Dairy desserts (125g cartons)	12220	63	Creme caramel, retail
		12247	63	Mousse, frozen, retail
40	Cheese, e.g. Cheddar, Brie, Edam (medium serving)	12131	10	Brie
		12134	12	Cheddar, average
		12154	12	Edam
41	Cottage cheese, low fat soft cheese (medium serving)	12147	60	Cottage cheese, plain

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42	Eggs as boiled, fried, scrambled, etc. (one)	12801	50	Eggs, chicken, whole, raw
43	Quiche (medium serving)	12283	75	Quiche, cheese and egg, recipe
		12285	75	Quiche Lorraine, recipe
44	Low calorie, low fat salad cream (tablespoon)	17327	30	Salad cream, reduced calorie
45	Salad cream, mayonnaise (tablespoon)	17316	10	Mayonnaise, retail
		17326	20	Salad cream, retail
46	French dressing (tablespoon)	17302	15	French dressing, retail
47	Other salad dressing (tablespoon) - as low fat mayonnaise	17318	30	Mayonnaise, retail, low fat
48	Butter (teaspoon)	17013	10	Butter
49	Hard margarine, e.g. Stork Krona (teaspoon)	17018	10	Margarine, hard, animal and vegetable fats
50	Polyunsaturated margarine, e.g. Flora, sunflower (teaspoon)	17023	10	Margarine (70% fat), polyunsaturated
51	Other soft margarine e.g. Blue Band, Stork S.B. (teaspoon)	17020	10	Margarine, soft, not polyunsaturated
52	Low fat spread, e.g. Outline, Gold (teaspoon)	17026	10	Fat spread (40% fat), not polyunsaturated
53	Very low fat spread (teaspoon)	17028	10	Fat spread (20-25% fat), not polyunsaturated
54	Sweet biscuits, chocolate e.g. digestive (one)	11169	17	Digestive biscuits, chocolate
55	Sweet biscuits, plain, e.g. Nice ginger (one)	11183	8	Semi-sweet biscuits, retail
56	Cakes e.g. fruit, sponge, home baked	x1211	33	Sponge cake, with fat, recipe
			13	(9g sponge cake, 4g fruit cake)
		x1201	35	Fruit cake, rich
57	Cakes e.g. fruit, sponge, readymade	x1211	33	Sponge cake, with fat, recipe
		17020	9	Margarine, soft, not polyunsaturated

Line	Food	Food code	Food code quantity (g)	Food code description
		11200	35	Fruit cake, plain, retail
58	Buns, pastries e.g. scones, flapjacks, home baked	x1171	30	Flapjacks, recipe
			13	(9g flapjacks, 4g scones)
		x1266	24	Scones, plain, recipe
59	Buns, pastries e.g. croissants, doughnuts, ready made	x1120	25	Croissants, recipe
		17020	4	Margarine, soft, not polyunsaturated
		11242	38	Doughnuts, jam, retail
60	Fruit pies, tarts, crumbles, home baked	x1294	75	Crumble, fruit, recipe
			13	(6g crumble, 7g fruit pie)
		x1309	60	Fruit pie, pastry top and bottom, recipe
61	Fruit pies, tarts, crumbles, ready made	11310	60	Fruit pie, individual
		x1294	70	Crumble, fruit, recipe
		17020	24	Margarine, soft, not polyunsaturated
62	Sponge puddings, home baked	x1325	170	Sponge pudding, recipe
			29	
63	Sponge puddings, ready made	x1325	170	Sponge pudding, recipe
		17020	24	Margarine, soft, not polyunsaturated
64	Milk puddings, e.g. rice, custard, trifle	12248	80	Rice pudding, canned
		12250	50	Trifle, frozen, retail
65	Ice cream, choc ices	12200	27	Choc ice
		12206	27	Ice cream, non-dairy, vanilla
		12204	27	Ice cream, dairy, vanilla
66	Chocolates, single or squares	17088	8	Chocolate, fancy & filled
67	Chocolate snack bars e.g. Mars, Crunchie	17100	25	Twix
		17094	25	Mars Bar
68	Sweets, toffees, mints	17101	10	Boiled sweets
		17117	10	Peppermints
		17120	10	Toffees, mixed

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69	Sugar added to tea, coffee, cereal (teaspoon)	17063	6	Sugar, white
70	Crisps or other packet snacks, e.g. Wotsits	17133	30	Potato crisps
71	Peanuts or other nuts	14821	10	Hazelnuts
		14834	20	Peanuts, roasted and salted
72	Vegetable soups (bowl)	17284	200	Vegetable soup, canned, ready to serve
73	Meat soups (bowl)	17250	100	Cream of chicken soup, canned, ready to serve
		17272	100	Oxtail soup, canned, ready to serve
74	Sauces, e.g. white sauce, cheese sauce, gravy (tablespoon)	x2268	15	Cheese sauce, made with whole milk, recipe
			2	(1g cheese sauce, 1g white sauce)
		x2296	15	White sauce, savoury, made with whole milk, recipe
75	Tomato ketchup (tablespoon)	17338	30	Tomato ketchup, retail
76	Pickles, chutney (tablespoon)	17341	20	Apple chutney, recipe
		17352	20	Pickle sweet, retail
77	Marmite, Bovril (teaspoon)	17380	9	Marmite
78	Jam, marmalade, honey (teaspoon)	17073	18	Jam, fruit with edible seeds, retail
79	Peanut butter (teaspoon)	14829	19	Peanut butter, smooth
80	Tea (cup)	17165	190	Tea, Indian, infusion, average
81	Coffee, instant or ground (cup)	17152	190	Coffee, infusion, average
82	Coffee, decaffeinated (cup)	17152	190	Coffee, infusion, average
83	Coffee whitener, e.g. Coffee-mate (teaspoon)	12027	3	Coffee mate
84	Cocoa, hot chocolate (cup)	1064	12	Drinking chocolate, powder, retail
85	Horlicks, Ovaltine (cup)	12097	12	Horlicks powder
		12108	12	Ovaltine powder
86	Wine (glass)	17229	125	Rose wine, medium
87	Beer, lager, or cider (half pint)	17211	192	Lager, bottled

Line	Food	Food code	Food code quantity (g)	Food code description
		17222	96	Cider, dry
88	Port, sherry, vermouth, liqueurs (glass)	17236	25	Sherry, medium
		17240	25	Vermouth, sweet
89	Spirits, e.g. gin, brandy, whisky, vodka (single)	17247	23	Spirits 40% volume
90	Low calorie or diet fizzy soft drinks (glass)	a7001	200	Carbonated beverages-low calorie
91	Fizzy soft drinks, e.g. Coca Cola, lemonade (glass)	17175	100	Coca-Cola
		17179	100	Lemonade, bottled
92	Pure fruit juice (100%) e.g. orange, apple juice (glass)	14271	60	Apple juice, unsweetened, retail
		14283	60	Orange juice, unsweetened, retail
93	Fruit squash or cordial (glass)	17189	40	Fruit drink/squash, concentrated
94	Apples	14013	120	Apples, eating, average, raw, weighed with core
95	Pears	14191	60	Pears, average, raw, weighed with core
		14193	60	Pears, average, raw, peeled, weighed with skin and core
96	Oranges, satsumas, mandarins	14176	120	Oranges, weighed with peel and pips
97	Grapefruit	14105	80	Grapefruit, raw
98	Bananas	14045	100	Bananas, flesh only
99	Grapes	14109	50	Grapes, average
100	Melon	14153	180	Melon, average, flesh only
101	Peaches, plums, apricots	14025	10	Apricots, raw, flesh and skin
		14183	10	Peaches, raw, flesh and skin
		14213	10	Plums, average, raw, flesh and skin
102	Strawberries, raspberries, kiwi fruit	14244	10	Raspberries, raw, whole fruit
		14260	10	Strawberries, raw, flesh and pips
		14124	20	Kiwi fruit, weighed with skin
103	Tinned fruit	14096	60	Fruit cocktail, canned in juice

Line	Food	Food code	Food code quantity (g)	Food code description
		14097	60	Fruit cocktail, canned in syrup
104	Dried fruit, e.g. raisins, prunes	14031	10	Apricots, dried, no stones
		14231	9	Prunes, no stones
		14242	6	Raisins
105	Carrots	13201	34	Carrots, old, boiled in salted water
		13204	30	Carrots, young, boiled in salted water
106	Spinach	13344	75	Spinach, boiled in salted water
107	Broccoli, spring greens, kale	13171	42	Broccoli, boiled in salted water
		13349	38	Spring greens, boiled in salted water
108	Brussels sprouts	13178	87	Brussels sprouts, boiled in salted water
109	Cabbage	13193	30	Cabbage, savoy, boiled in salted water
		13195	32	Cabbage, summer, boiled in salted water
		13197	29	Cabbage, white, boiled in salted water
110	Peas	13133	31	Peas, frozen, boiled in salted water
		13135	32	Peas, canned, reheated, drained
111	Green beans, broad beans, runner beans	13082	20	Green beans/French beans, boiled in salted water
		13113	24	Runner beans, boiled in salted water
		13065	26	Broad beans, boiled in salted water
112	Marrow, courgettes	13275	36	Marrow, boiled in salted water
		13231	36	Courgettes, boiled in unsalted water
113	Cauliflower	13216	110	Cauliflower, boiled in salted water
114	Parsnips, turnips, swedes	13313	32	Parsnip, boiled in salted water
		13360	42	Swede, boiled in salted water
115	Leeks	13264	76	Leeks, boiled in salted water
116	Onions	13304	34	Onions, raw
117	Garlic	13244	5	Garlic, raw
118	Mushrooms	13285	45	Mushrooms, boiled in salted water
119	Sweet peppers	13318	13	Peppers, green, raw
		13320	13	Peppers, red, raw
120	Beansprouts	13052	42	Beansprouts, mung, raw

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121	Green salad, lettuce, cucumber, celery	13233	10	Cucumber, raw
		13266	11	Lettuce, average, raw
		13221	14	Celery, raw
122	Watercress	13396	17	Watercress
123	Tomatoes	13384	57	Tomatoes, raw
124	Sweetcorn	13369	43	Sweetcorn, kernels, boiled in salted water
125	Beetroot	13166	48	Beetroot, pickled, drained
126	Coleslaw	15077	20	Coleslaw, with mayonnaise, retail
		15078	20	Coleslaw, with reduced calorie dressing, retail
		15079	20	Coleslaw with vinaigrette, retail
127	Avocado	14037	70	Avocado
128	Baked beans	13043	42	Baked beans, canned in tomato sauce
		13045	42	Baked beans, canned in tomato sauce, reduced sugar
		13046	42	Baked beans, canned in tomato sauce, reduced sugar, reduced salt
129	Dried lentils, beans, peas	13092	35	Lentils, split, dried, boiled in unsalted water
		13142	35	Split peas, dried, boiled in unsalted water
130	Tofu or soya meat, TVP, Vegeburger	13119	50	Tofu, soya bean, steamed
		15314	6	Soya mince, granules
		15330	33	Vegeburger, retail, fried in vegetable oil

- a The amount is dependent on the response to question 10 "What did you do with the visible fat on your meat?"
Ate most of the fat=100% of value listed, Ate some fat=50% of value listed, Ate as little as possible=0% of value listed
- ** Double the amount for muesli
- The food code used is dependent on the response to question 7 "What kind of fat did you most often use for baking cakes etc?"
- <c> The food code used is dependent on the response to question 5 "Did you usually eat breakfast cereal?"
- <d> The food code used is dependent on the response to question 6 "What kind of fat did you most often use for frying, roasting, grilling etc?"
- x Food codes starting with an x are foods with the amount of fat used in baking/frying and associated nutrients removed.
The codes for fat from or <d> above, specific to the individual, are added instead.