

## GI data in numeric order: version 2

Please note that this might contain errors.

You use this at your own risk. Please send me suggested changes.

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	GI
New potatoes, canned, re-heated, drained	101
New potatoes, average, raw	101
Old potatoes, King Edward, raw	101
Old potatoes, average, raw	101
Old potatoes, Maris Piper, raw	101
Old potatoes, Pentland Crown, raw	101
Old potatoes, Desiree, raw	101
Glucose liquid, BP	100
Potato flour	90
Millet flour	90
Tapioca, raw	85
Turnip, raw	85
Parsnip, raw	85
Arrowroot	85
Corn Flakes	84
White rice, glutinous, raw	83
Rice flour	82
Rice flour cakes, glutinous, Chinese	82
Rice Krispies	82
White bread, French stick	82
Rice cakes	82
Guava, raw, weighed with skin and pips	80
Guava, raw	80
Wheatgerm bread	80
Broad beans, canned, re-heated, drained	79
Broad beans, dried, raw	79
Rye bread	76
Squash, acorn, raw	75
Pumpkin, raw	75
Squash, butternut, raw	75
Wheat flour, white, plain	75
Lychees, raw	75
Gourd, tinda, canned, drained	75
Short sweet biscuits	75
Gourd, tinda, raw	75
Squash, spaghetti, raw	75
Gourd, bottle, raw	75
Lychees, raw, weighed with skin and stone	75
Gourd, kantola, raw	75
Marrow, raw	75
Wheat flour, brown	75
Wheat flour, patent	75
Gourd, ash, raw	75
Wheat flour, wholemeal	75
Wheat flour, white, breadmaking	75
Gourd, snake, raw	75
Gourd, karela, canned, drained	75
Gourd, karela, raw	75
Gourd, ridge, raw	75
Gourd, kantola, canned, drained	75
Wheat flour, white, self-raising	75
Bran, wheat	74
Tortilla chips	74

Bagels, plain	72
Paratha	72
Naan bread	72
Breadcrumbs, manufactured	72
Breadcrumbs, homemade	72
Milk bread	72
Bannocks, made with wheat flour	72
Bannocks, made with beremeal	72
Ciabatta	72
Wholemeal rolls	72
Granary rolls	72
White bread, farmhouse or split tin, freshly baked	72
Melon, watermelon	72
White bread, Vienna	72
Granary bread	72
White rolls, crusty	72
Brown bread, average	72
White bread, 'with added fibre'	72
Bread, speciality, white	72
Bread, softgrain	72
White rolls, soft	72
Brown rolls, soft	71
Brown rolls, crusty	71
Potato crisps, thick, crinkle-cut	70
Potato crisps, square	70
Breadsticks	70
Molasses	70
Water biscuits	70
Potato crisps, low fat	70
Potato crisps	70
Cornflour	70
Dates, dried	70
Croissants	70
Croissants, sweet, retail	70
Potato crisps, crinkle cut	70
Swede, raw	70
Potato crisps, thick-cut	70
Noodles, plain, raw	70
Croissants, savoury, retail	70
Dates, dried, weighed with stones	70
Potato crisps, jacket	70
Puffed potato products	70
Noodles, egg, raw	70
Shredded Wheat	67
Beetroot, pickled, drained	67
Pomegranate	67
Beetroot, raw	67
Brown rice, raw	66
Sugar-snap peas, raw	66
Peas, raw	66
Pineapple, raw	66
Pineapple, raw, weighed with skin and top	66
Peas, frozen, raw	66
Melon, Honeydew	65
Melon, Canteloupe-type, weighed whole	65
Melon, average, weighed with skin	65
Melon, average, weighed whole	65
Melon, average	65
Melon, Galia	65
Melon, Honeydew, weighed whole	65

Melon, Galia, weighed whole	65
Tamarind	65
Melon, Galia, weighed with skin	65
Breadfruit, raw	65
Couscous	65
Melon, Canteloupe-type	65
White rice, basmati, raw	65
Melon, Canteloupe-type, weighed with skin	65
Melon, Honeydew, weighed with skin	65
Melon, watermelon, weighed whole	65
White bread, sliced	64
White bread, premium	64
White bread, large, tin	64
White bread, Scottish batch, wrapped	64
White bread, Scottish batch, unwrapped	64
White bread, Danish style	64
White bread, average	64
White bread, large, crusty	64
Currant bread	63
Black gram, chilki urad dahl, dried, boiled in unsalted water	61
Black gram, chilki urad dahl, dried, raw	61
Honey	61
Honeycomb	61
Figs, ready-to-eat	61
Black gram, urad gram, dried, raw	61
Black gram, duhli urad dahl, dried, raw	61
Gingernut biscuits	60
Digestive biscuits, plain	60
Ice cream, non-dairy, vanilla	60
Ice cream, non-dairy, reduced calorie	60
Ice cream, dairy, flavoured	60
Ice cream, non-dairy, mixes	60
Chestnuts	60
Ice cream, non-dairy, flavoured	60
Ice cream, with cone	60
Mayonnaise, retail	60
Ice cream bar, chocolate coated	60
Ice cream, dairy, vanilla	60
Chestnuts, dried	60
Pickle, sweet	60
Raisins	60
Ice cream, dairy, premium	60
Ice cream sauce, topping	60
Currants	60
Chestnuts, weighed with shells	60
Feijoa pineapple guava	59
Grapes, average	59
Wholemeal pastry, raw	59
Flaky pastry, raw	59
Puff pastry, frozen, raw	59
Grapes, weighed with pips	59
Choux pastry, raw	59
Jaggery	58
Paw-paw, raw, weighed with skin and pips	58
Paw-paw, raw	58
Papaya, unripe, raw	58
Sultanas	58
Treacle, black	58
Sugar, brown	58
Syrup, golden, pouring	58

Sugar, icing	58
Syrup, corn, dark	58
Syrup, golden	58
Cola	58
Sugar, Demerara	58
Cola, diet	58
Sugar, white	58
Marmalade	57
Muesli, with extra fruit	57
Apricots, raw, weighed with stones	57
Fudge, homemade	57
Muesli	57
Apricots, raw	57
Muesli, with no added sugar	57
Apricots, ready-to-eat	57
Muesli, swiss style	57
Marmalade, diabetic	57
Pitta bread, white	57
Red rice, raw	56
White rice, easy cook, raw	56
White rice, flaked, raw	56
Tomato ketchup	55
Jam, stone fruit	55
Mango juice, canned	55
Jam, reduced sugar	55
Jam, diabetic	55
Cassava, raw	55
Cassava, frozen, raw	55
Cassava, gari	55
Jam, fruit with edible seeds	55
Bulgur wheat	55
Sweet potato, raw	54
Bananas	54
Mung beans, whole, dried, raw	54
Oat based biscuits	54
Bananas, weighed with skin	54
Mung beans, dahl, dried, boiled in unsalted water	54
Syrup, maple	54
Fu-fu, sweet potato	54
Custard apple/Sugar apple	54
Mung beans, whole, dried, boiled in unsalted water	54
Mung beans, dahl, dried, raw	54
Custard apple/Bullock's heart	54
Kumquats, raw	54
Mangoes, ripe, raw, weighed with skin and stone	53
Redcurrant jelly	53
Mango, unripe, raw	53
Quinoa	53
Mangoes, ripe, raw	53
Noodles, rice, dried	53
Wholemeal bread, average	53
Chapatis, made with fat	52
Kiwi fruit	52
Figs, raw	52
Soda Bread	52
Kiwi fruit, weighed with skin	52
Chapatis, made without fat	52
Bran Flakes	51
Papadums, raw	51
All-Bran	51

Dressing, yogurt-based	50
Grapefruit juice concentrate, unsweetened	50
Grape juice concentrate	50
Dressing, 'fat free'	50
Dressing, low fat	50
Fruit juice drink, low calorie, ready to drink	50
Pomegranate juice, fresh	50
Fruit juice drink, ready to drink	50
Lime juice cordial, undiluted	50
Orange juice, freshly squeezed, weighed as whole fruit	50
Dressing, reduced calorie	50
Lemon juice, fresh, weighed as whole fruit	50
Prune juice	50
Pineapple juice, unsweetened	50
Orange juice, freshly squeezed	50
Lime juice, fresh	50
Cranberry juice	50
Fruit juice drink, carbonated, ready to drink	50
Dressing, French, homemade	50
Orange juice concentrate, unsweetened	50
High juice drink, concentrated	50
Dressing, thousand island	50
Grapefruit juice, unsweetened	50
Dressing, thousand island, reduced calorie	50
Dressing, French, fat free	50
Shrimps, boiled	50
Grape juice, unsweetened	50
White rice, polished, raw	50
Orange juice, unsweetened	50
Dressing, oil and lemon	50
Pineapple juice concentrate, unsweetened	50
Lemon juice, fresh	50
Dressing, French	50
Lollies, with real fruit juice	50
Oatmeal, quick cook, raw	49
Fu-fu, yam	49
Oatmeal, raw	49
Yam, raw	49
Mandarin oranges, canned in juice	48
Mandarin oranges, canned in syrup	48
Lasagne, white, raw	45
Rigatoni, white, raw	45
Carrots, young, raw	45
Vermicelli, white, raw	45
Fusilli, white, raw	45
Butter beans, dried, raw	45
Penne, white, raw	45
Farfalle, white, raw	45
Lasagna, sheets, raw	45
Butter beans, dried, boiled in unsalted water	45
Fettucine, white, raw	45
Conchiglietti, white, raw	45
Coconut, creamed block	45
Linguine, white, raw	45
Vermicelli, raw	45
Tagliatelle, white, raw	45
Carrots, old, raw	45
Conchiglie, white, raw	45
Buckwheat	45
Spaghetti, white, raw	45

Cannelloni, white, raw	45
Pasta, plain, fresh, raw	45
Macaroni, raw	45
Spaghetti, wholemeal, raw	45
Bucatini, white, raw	45
Coconut, fresh	45
Coconut, desiccated	45
Capelli d'angelo, white, raw	45
White wine, dry	44
Red wine	44
Pears, canned in juice	44
White wine, sweet	44
White wine, sparkling	44
Rose wine, medium	44
White wine, medium	44
Pears, canned in syrup	44
Pomelo, weighed with peel and pips	43
Carrot juice	43
Oranges	43
Oranges, weighed with peel and pips	43
Tangerines	43
Clementines	43
Nectarines	43
Passion fruit juice	43
Limes, peeled, weighed with peel and pips	43
Tangerines, weighed with peel and pips	43
Limes, peeled	43
Lemons, peeled, raw, weighed with peel and pips	43
Lemons, peeled	43
Satsumas	43
Pears, dried	43
Satsumas, weighed with peel	43
Papri beans, raw	42
Blackcurrant juice drink, undiluted	42
Ortaniques	42
Pinto beans, dried, boiled in unsalted water	42
Peaches, canned in syrup	42
Apple juice concentrate, unsweetened	42
Apple juice, unsweetened	42
Pomelo	42
Pinto beans, dried, raw	42
Peaches, canned in juice	42
Yogurt, whole milk, plain	41
Coconut milk	41
Yogurt, whole milk, fruit	41
Yogurt, twinpot, thick and creamy with fruit	41
Lassi, sweetened	41
Yogurt, infant, fruit flavour	41
Yogurt, low fat, plain	41
Whole milk yogurt, 'organic'	41
Tzatziki	41
Yogurt, greek, sheep	41
Yogurt, virtually fat free/diet, fruit	41
Yogurt, greek style, plain	41
Yogurt, low fat, fruit	41
Coconut cream	41
Whole milk yogurt, goats	41
Yogurt, greek style, fruit	41
Baked beans, canned in tomato sauce, reduced sugar, reduced salt	40
Peanut butter, smooth	40

Cider, sweet	40
Shortbread	40
Broad beans, raw	40
Cider, dry	40
Baked beans, canned in tomato sauce	40
Dates, raw, weighed with stones	40
Baked beans, canned in tomato sauce, with burgers	40
Baked beans, canned in tomato sauce, reduced sugar	40
Dates, raw	40
Figs, dried	40
Strawberries, raw	40
Peanut butter, wholegrain	40
Cider, vintage	40
Chapati flour, white	39
Plantain, raw	39
Plums, yellow, raw	39
Plums, average, raw	39
Plums, yellow, raw, weighed with stones	39
Plums, Victoria, raw	39
Plums, Victoria, raw, weighed with stones	39
Plums, average, raw, weighed with stones	39
Chapati flour, brown	39
Apples, eating, Cox's Pippin, raw	38
Pears, William, raw	38
Pears, William, raw, weighed with core	38
Apples, eating, Cox's Pippin, raw, weighed with core	38
Pears, Conference, raw	38
Pears, average, raw, peeled	38
Pears, Conference, raw, weighed with core	38
Pears, Nashi, raw	38
Tomatoes, sun dried	38
Pears, average, raw, weighed with core	38
Tomatoes, cherry, raw	38
Tomatoes, canned, whole contents	38
Tomatoes, raw	38
Pears, average, raw, peeled, weighed with skin and core	38
Pears, Nashi, weighed with core	38
Apples, eating, Granny Smith, raw, weighed with core	38
Pears, Comice, raw	38
Pears, Comice, raw, weighed with core	38
Apples, eating, Granny Smith, raw	38
Apples, eating, Golden Delicious, raw, weighed with core	38
Apples, eating, red dessert, raw, weighed with core	38
Apples, eating, average, raw, peeled	38
Pears, average, raw	38
Apples, cooking, raw, peeled	38
Tomato juice	38
Apples, eating, average, raw	38
Peaches, raw	38
Apples, cooking, weighed with skin and core	38
Apples, eating, average, raw, weighed with core	38
Peaches, raw, weighed with stone	38
Apples, eating, average, raw, peeled, weighed with skin and core	38
Apples, eating, Golden Delicious, raw	38
Apples, eating, red dessert, raw	38
Mustard powder	35
Semi-skimmed milk, UHT	35
Damsons, raw	35
Peaches, dried	35
Channel Island milk, whole, pasteurised, summer	35

Channel Island milk, whole, pasteurised	35
Channel Island milk, semi-skimmed, UHT	35
Skimmed milk, pasteurised, average	35
Skimmed milk, pasteurised, winter	35
Semi-skimmed milk, pasteurised, average	35
Channel Island milk, whole, pasteurised, winter	35
Skimmed milk, pasteurised, summer	35
Celeriac, raw	35
Semi-skimmed milk, pasteurised, fortified plus SMP	35
Tomato puree	35
Red kidney beans, dried, boiled in unsalted water	35
Semi-skimmed milk, average	35
Quinces	35
Skimmed milk, UHT	35
Apricots, dried	35
Sunflower seeds	35
Red kidney beans, canned, re-heated, drained	35
Skimmed milk, average	35
Chick pea flour	35
Medlars quince	35
Organic semi-skimmed milk, pasteurised	35
Whole milk, pasteurised, average	35
Whole milk, UHT	35
Human milk, transitional	35
Semi-skimmed milk, pasteurised, winter	35
Semi-skimmed milk, pasteurised, summer	35
Whole milk, pasteurised, winter	35
Human milk, colostrum	35
Skimmed milk, sterilised	35
Buttermilk powder	35
Clementines, weighed with peel and pips	35
Goats milk, pasteurised	35
Sheeps milk, raw	35
Whole milk, average	35
Whole milk, pasteurised, summer	35
Sesame seeds	35
Buttermilk	35
Whole milk, sterilised	35
Loquats, raw	35
Damsons, raw, weighed with stones	35
Breakfast milk, winter	35
Breakfast milk, pasteurised, average	35
Breakfast milk, summer	35
Human milk, mature	35
Chocolate, white	34
Chocolate, milk	34
Rye flour, whole	33
Endive, raw	32
Garlic puree	32
Garlic, raw	32
Sharon fruit, persimmon	31
Mixed nuts and raisins	30
Quark cheese	30
Aduki beans, dried, boiled in unsalted water	30
Lentils, green and brown, whole, dried, boiled in salted water	30
Balor beans, canned, drained	30
Passion fruit, weighed with skin	30
Haricot beans, dried, raw	30
Lentils, green and brown, whole, dried, raw	30
Passion fruit	30



Blackeye beans, dried, raw	30
Cluster beans, raw	30
Papri beans, canned, drained	30
Lentils, red, split, dried, boiled in unsalted water	30
Pigeon peas, whole, dried, boiled in unsalted water	30
Haricot beans, dried, boiled in unsalted water	30
Blackeye beans, dried, boiled in unsalted water	30
Salsify, raw scorzonera	30
Tortillas, made with wheat flour	30
Pigeon peas, dahl, dried, raw	30
Pigeon peas, whole, dried, raw	30
Split peas, dried, raw	30
Pigeon peas, dahl, dried, boiled in unsalted water	30
Aduki beans, dried, raw	30
Sword beans, raw	30
Rambutan	30
Balor beans, raw	30
Lentils, red, split, dried, raw	30
Prunes, ready-to-eat, weighed with stones	29
Prunes, weighed with stones	29
Apples, eating, dried	29
Prunes	29
Prunes, ready-to-eat	29
Chick peas, whole, dried, raw	28
Chick peas, split, dried, boiled in unsalted water	28
Peas, dried, raw	28
Chick peas, split, dried, raw	28
Chick peas, whole, dried, boiled in unsalted water	28
Mange-tout peas, raw	28
Chick peas, canned, re-heated, drained	28
Barley, whole grain, raw	26
Cashew nuts, plain	26
Cashew nuts, roasted and salted	26
Barley, pearl, raw	26
Runner beans, boiled in unsalted water	25
Hummus	25
Red kidney beans, dried, raw	25
Cranberries	25
Gooseberries, dessert, raw	25
Elderberries	25
Poppy seeds	25
Gooseberries, cooking, raw	25
Breadnut seeds	25
Green beans/French beans, raw	25
Grapefruit, raw, weighed with peel and pips	25
Melon seeds	25
Runner beans, raw	25
Bilberries	25
Cherries, West Indian	25
Loganberries, raw	25
Greengages, raw	25
Greengages, raw, weighed with stones	25
Raspberries, frozen	25
Blackberries, raw	25
Raspberries, raw	25
Redcurrants, raw	25
Grapefruit, raw	25
Whitecurrants, raw	25
Mulberries, raw	25
Water chestnuts, raw	25

Water chestnuts, canned, drained	25
Cherries, raw, weighed with stones	22
Cherries, raw	22
Chocolate, plain	20
Okra, canned, drained	20
Aubergine, raw	20
Chocolate, cooking	20
Chocolate, diabetic	20
Artichoke, globe, raw	20
Bamboo shoots, canned, drained	20
Cocoa powder	20
Okra, raw	20
Soya beans, dried, raw	17
Soya beans, dried, boiled in unsalted water	17
Peanuts, plain	15
Almonds, weighed with shells	15
Alfalfa sprouts, raw	15
Spring onions, bulbs and tops, raw	15
Radish, white/mooli, raw	15
Radish, red, raw	15
Spring onions, bulbs only, raw	15
Green pesto, Sainsbury	15
Gherkins, pickled, drained	15
Mushrooms, common, raw	15
Tartare sauce	15
Olives, in brine	15
Gherkins, raw	15
Hazelnuts, weighed with shells	15
Horseradish sauce	15
Brazil nuts	15
Chutney, tomato	15
Fennel, Florence, raw	15
Sweet and sour sauce, take-away	15
Tomato sauce, homemade	15
Worcestershire sauce	15
Hoisin sauce	15
Pistachio nuts, roasted and salted	15
Spinach, dried	15
Sauerkraut	15
Mushroom, dried	15
Asparagus, raw	15
Brussels sprouts, raw	15
Sambal Oelek sauce	15
Blackcurrants, raw	15
Barcelona nuts, weighed with shells	15
Almonds, toasted	15
Peanuts, dry roasted	15
Betel nuts	15
Asparagus, canned, re-heated, drained	15
Tigernuts	15
Shanghai nuts	15
Almonds	15
Chicory, raw	15
Hazelnuts	15
Walnuts	15
Mixed nuts	15
Peanuts, plain, weighed with shells	15
Shallots, raw	15
Mushrooms, Chinese, dried, raw	15
Pine nuts	15

Beansprouts, mung, raw	15
Curry paste	15
Pecan nuts	15
Onions, raw	15
Sweet and sour sauce, canned	15
Pecan nuts, weighed with shells	15
Curry sauce, canned	15
Mushrooms, straw, canned, drained	15
Sauce, dry mix	15
Pistachio nuts, roasted and salted, weighed with shells	15
Macadamia nuts, salted	15
Sauce, dry, casserole mix	15
Mushrooms, Jew's ear, tough, dried, soaked, raw	15
Mushrooms, Jew's ear, tough, dried, raw	15
Oyster sauce	15
Mushrooms, Jew's ear, tender, dried, soaked, raw	15
Hot pepper sauce	15
White sauce packet mix	15
Mushrooms, Jew's ear, tender, dried, raw	15
Carob powder	15
Mushrooms, shiitake, dried, raw	15
Mushrooms, oyster, raw	15
Pickle, chilli, oily	15
Cauliflower, raw	15
Carob flour	15
Pasta sauce, tomato based	15
Olives, in brine, weighed with stones	15
Cucumber, raw	15
Mint sauce	15
Physalis	15
Courgette, raw	15
Pickle, lime, oily	15
Beansprouts, mung, canned, drained	15
Pickle, mango, oily	15
Piccalilli	15
Chutney, mixed fruit	15
Chutney, mango, sweet	15
Pickle, mixed vegetables	15
Chutney, apple, homemade	15
Oyster sauce	15
Chutney, mango, oily	15
Mint sauce, homemade	15
Leeks, raw	15
Peanuts, roasted and salted	15
Chutney, tomato, homemade	15
Madras curry paste, Patak	15
Barcelona nuts	15
Celery, raw	15
Thai red curry paste, Sainsbury	15
Brazil nuts, weighed with shells	15
Walnuts, weighed with shells	15
Sweet chilli sauce, Blue Dragon	15
Yogurt, virtually fat free/diet, plain	14
Avocado, Fuerte	10
Watercress, raw	10
Lettuce, Cos, raw	10
Spring greens, raw	10
Onions, pickled, cocktail/silverskin, drained	10
Onions, pickled, drained	10
Avocado, Fuerte, weighed with skin and stone	10

Cabbage, Chinese, raw	10
Capers in spirit vinegar, Sainsbury	10
Onions, dried, raw	10
Avocado, Hass	10
Pumpkin seeds	10
Avocado, Hass, weighed with skin and stone	10
Cabbage, summer, raw	10
Avocado, average	10
Lettuce, butterhead, raw	10
Chard, Swiss, raw	10
Lettuce, Iceberg, raw	10
Radish leaves, raw	10
Spinach, canned, drained	10
Rhubarb, raw	10
Cabbage, red, raw	10
Raddiccio, raw	10
Lettuce, Webbs, raw	10
Mustard and cress, raw	10
Broccoli, purple sprouting, raw	10
Mustard leaves, raw	10
Cabbage, Savoy, raw	10
Fenugreek leaves, raw	10
Spinach, raw	10
Cabbage, raw, average	10
Broccoli, green, raw	10
Salad, green	10
Herring, pickled	10
Curly kale, raw	10
Peppers, capsicum, red, raw	10
Avocado, average, weighed with skin and stone	10
Cabbage, January King, raw	10
Peppers, capsicum, yellow, raw	10
Peppers, capsicum, chilli, red, raw	10
Cabbage, white, raw	10
Lettuce, average, raw	10
Peppers, capsicum, green, raw	10
Peppers, capsicum, chilli, green, raw	10
Vinegar	5
Tahini paste	5
Cream, fresh, whipping	0
Laverbread	0
Cheese, Feta	0
Gelatine	0
Soy sauce	0
Cheese, processed, plain	0
Cook-in-sauces, canned	0
Cream, fresh, soured	0
Cheese, Cheddar, Australian	0
Cheese, Cheddar, average	0
Cheese, Double Gloucester	0
Cheese, Caerphilly	0
Mayonnaise, reduced calorie, retail	0
Seaweed, wakame, dried, raw	0
Whole chicken, corn-fed, raw, weighed with bone	0
Cheese, Stilton, blue	0
Cheese, Wensleydale	0
Agar, dried	0
Cheese, Leicester	0
Cheese, spreadable, soft white, medium fat	0
Fish sauce, Blue Dragon	0

Pheasant leg meat only, raw	0
Pheasant meat and skin, raw	0
Pheasant breast meat, raw	0
Seaweed, nori, dried, raw	0
Seaweed, kombu, dried, raw	0
Agar, dried, soaked and drained	0
Dressing, blue cheese	0
Baking powder	0
Khichadi, with butter ghee	0
Bicarbonate of soda	0
Chilli sauce	0
Black bean sauce	0
Brown sauce, hot	0
Mayonnaise, homemade	0
Seaweed, Irish moss, raw	0
Cream, fresh, half	0
Cheese, Gruyere	0
Cream, fresh, single	0
Progress, reconstituted	0
Cheese, Sage Derby	0
Cheese, Emmental	0
Pork scratchings	0
Creme fraiche, half fat	0
Sweetbread, lamb, raw	0
Creme fraiche	0
Cheese, Red Windsor	0
Cheese, Roquefort	0
Cheese, Edam-type, reduced fat	0
Cheese, Stilton, white	0
Cheese, Ricotta	0
Cheese, Derby	0
Cheese, Cheshire-type, reduced fat	0
Cheese, Cheddar, Canadian	0
Cheese, Edam	0
Cheese, processed, slices, reduced fat	0
Cheese, Cheddar, New Zealand	0
Cheese, Parmesan, fresh	0
Cheese, Mozzarella, fresh	0
Cheese, hard, average	0
Cheese, Gouda	0
Cream, dairy, extra thick	0
Cheese, white, average	0
Cheese, Cheddar, Irish	0
Cheese, Danish blue	0
Cheese, cream	0
Cheese, cottage, plain, reduced fat	0
Cheese, spreadable, soft white, full fat	0
Cheese, processed, smoked	0
Cheese, spreadable, soft white, low fat	0
Cream, fresh, clotted	0
Cottage cheese, plain, with additions	0
Pork, loin joint, raw, lean and fat	0
Bierwurst	0
Salami	0
Pate, liver, in a tube	0
Beef slices	0
Rissoles, savoury	0
Liver, lamb, raw	0
Pepperami	0
Pork, spare rib chops, raw, lean and fat	0

Mortadella	0
Heart, ox, raw	0
Liver, chicken, raw	0
Liver, calf, raw	0
Kidney, pig, raw	0
Kidney, ox, raw	0
Kidney, lamb, raw	0
Heart, lamb, raw	0
Cheese, cottage, plain	0
Pork slices	0
Ham, canned	0
Ham, Parma	0
Ham, premium	0
Pork shoulder, cured, slices	0
Beefburgers, low fat, chilled/frozen, raw	0
Grillsteaks, beef, chilled/frozen, raw	0
Polony	0
Pork haslet	0
Pork, loin steaks, raw, lean and fat	0
Chorizo	0
Tongue, canned	0
Cervelat	0
Turkey slices	0
White pudding	0
Pate, meat, reduced fat	0
Pate, liver	0
Steaklets, frozen, raw	0
Cream, UHT, whipping	0
Salt	0
Mustard, wholegrain	0
Consomme	0
Cheese spread, plain	0
Fromage frais, fruit	0
Cream of tartar	0
Bridie/Scotch pie, individual	0
Cream, dairy, UHT, canned spray	0
Water, distilled	0
Cream, UHT, single	0
Cream, UHT, half	0
Cream, dairy, UHT, canned spray, half fat	0
Cream, sterilised, canned	0
Cream, frozen, whipping	0
Cream, frozen, single	0
Cream, fresh, double, including Jersey cream	0
Fromage frais, virtually fat free, fruit	0
Cheese, Cheshire	0
Fromage frais, plain	0
Tripe, dressed, raw	0
Tongue, ox, pickled, raw	0
Liver, pig, raw	0
Tongue, lamb, raw	0
Liver, ox, raw	0
Oxtail, raw	0
Stock cubes, chicken	0
Kabana	0
Stock cubes, vegetable	0
Bratwurst	0
Giblets, chicken, raw	0
Fromage frais, virtually fat free, natural	0
Yeast, dried	0

Stock cubes, beef	0
Mustard, smooth	0
Heart, pig, raw	0
Beef, average, trimmed fat, raw	0
Duck, raw, meat only, weighed with fat, skin and bone	0
Parsley, fresh	0
Lamb, mince, raw	0
Chives, fresh	0
Mint, dried	0
Duck, crispy, chinese style	0
Lamb, loin joint, raw, lean and fat, weighed with bone	0
New Zealand lamb, leg, whole, frozen, raw, lean and fat, weighed with bone	0
Lamb, lean only, raw, average	0
Bay leaf, dried	0
Duck, raw, meat only	0
Poussin, raw, meat and skin, weighed with bone	0
Beer, mild, draught	0
Chicken, corn-fed, raw, light meat only	0
Whole chicken, corn-fed, raw	0
Lamb, stewing, raw, lean and fat, weighed with bone	0
Lamb, best end neck cutlets, raw, lean and fat	0
Lamb, neck fillet, raw, lean	0
Anise seeds	0
Paprika	0
Chervil, dried	0
Celery seeds	0
Caraway seeds	0
Oregano, dried, ground	0
Ginger, fresh	0
Beef, brisket, raw, lean	0
Cardamom, ground	0
Lamb, best end neck cutlets, raw, lean and fat, weighed with bone	0
Allspice, ground	0
Basil, dried, ground	0
Tarragon, dried, ground	0
Rosemary, fresh	0
Tamarind pulp	0
Saffron	0
Coriander leaves, fresh	0
Tamarind leaves, fresh	0
Chicken, wing quarter, raw, meat and skin	0
Beef, flank, raw, lean and fat	0
Chicken, dark meat, raw	0
Beef, flank, raw, lean	0
Chicken, light meat, raw	0
Chicken, skin, raw	0
Lamb, loin joint, raw, lean and fat	0
Lamb, stewing, raw, lean and fat	0
Beef, fore-rib/rib-roast, raw, lean and fat	0
Chicken, corn-fed, raw, meat only	0
Chicken, wing quarter, raw, meat and skin, weighed with bone	0
Beef, mince, extra lean, raw	0
Whole chicken, raw	0
Beef, braising steak, raw, lean	0
Chicken, leg quarter, raw, meat and skin, weighed with bone	0
Pepper, black	0
Whole chicken, raw, weighed with bone	0
Chicken, leg quarter, raw, meat and skin	0
Lamb, leg, average, lean and fat, raw	0
Cinnamon, ground	0

Lamb, shoulder, raw, lean and fat	0
Lamb, average, extra trimmed lean, raw	0
Rack of lamb, raw, lean and fat, weighed with bone	0
Goose, raw, meat, fat and skin	0
Lamb, average, extra trimmed fat, raw	0
Rack of lamb, raw, lean and fat	0
Beef, fore-rib/rib-roast, raw, lean	0
Lamb, loin chops, raw, lean and fat, weighed with bone	0
Chicken, corn-fed, raw, skin only	0
Lamb, loin chops, lean and fat, raw	0
Lamb, breast, raw, lean	0
Duck, raw, meat, fat and skin	0
Lamb, average, trimmed fat, raw	0
Beef, rump steak, raw, lean	0
Chicken, meat only, average, raw	0
Lamb, shoulder, raw, lean and fat, weighed with bone	0
Lamb, breast, raw, lean and fat	0
Beef, average, extra trimmed fat, raw	0
Dill, fresh	0
Dill, dried	0
Dill seeds	0
Fenugreek seeds	0
Ham	0
Pork, loin joint, raw, lean and fat, weighed with bone	0
Asafoetida	0
Pork, spare rib chops, raw, lean and fat, weighed with bone	0
Curry leaves, fresh	0
Beef, braising steak, raw, lean and fat	0
Beef, brisket, raw, lean and fat	0
Beef, fillet steak, raw, lean	0
Beef, fillet steak, raw, lean and fat	0
Beef, stewing steak, raw, lean	0
Beef, silverside, salted, raw, lean	0
Chilli powder	0
Beef, average, extra trimmed lean, raw	0
Bacon rashers, streaky, raw	0
Cheese spread, flavoured	0
Cheese, Lancashire	0
Coriander leaves, dried	0
Beef, salted, dried, raw	0
Bacon rashers, back, fat trimmed, raw	0
Bacon rashers, back, raw	0
Bacon, fat only, raw, average	0
Curry powder, mixed flavours	0
Ham, gammon joint, raw	0
Curry powder	0
Bacon rashers, middle, raw	0
Beef, silverside, raw, lean	0
Garam masala	0
Beef, sirloin steak, raw, lean and fat	0
Coriander seeds	0
Cumin seeds	0
Beef, topside, raw, lean	0
Ham, gammon joint, boiled	0
Liquorice powder	0
Sage, fresh	0
Sage, dried, ground	0
Thyme, dried, ground	0
Turmeric, ground	0
Marjoram, dried	0



Mixed herbs, dried	0
Parsley, dried	0
Betel leaves, fresh	0
Rosemary, dried	0
Nutmeg, ground	0
Ginger, ground	0
Mustard seeds	0
Basil, fresh	0
Cloves, dried	0
Fennel seeds	0
Cheese spread, lactic	0
Mace, ground	0
Mint, fresh	0
Beef, topside, raw, lean and fat	0
Beef, sirloin steak, from steakhouse, lean and fat	0
Beef, mince, raw	0
Beef, average, trimmed lean, raw	0
Beef, sirloin steak, from steakhouse, lean	0
Beef, silverside, raw, lean and fat	0
Beef, silverside, salted, raw, lean and fat	0
Garlic powder	0
Beef, stewing steak, raw, lean and fat	0
Thyme, fresh	0
Brawn	0
Mixed spices	0
Oregano, fresh	0
Pepper, cayenne, ground	0
Pepper, white	0
Tarragon, fresh	0
Chinese 5 spice	0
Beef, sirloin steak, raw, lean	0
Walnut oil	0
Lobster, boiled	0
Blended spread (70-80% fat)	0
Fat spread (35-40% fat), polyunsaturated	0
Fat spread 70% fat, monounsaturated	0
Margarine, soya	0
Butter	0
Margarine, soft, polyunsaturated	0
Tea, infusion, average, with whole milk	0
Margarine, soft, not polyunsaturated	0
Vermouth, dry	0
Champagne	0
Tea, black, infusion, weak	0
Tea, lemon, instant powder, with water	0
Tea, herbal, infusion	0
Tea, green, infusion	0
Tea, Chinese, leaves, infusion	0
Fat spread (20-25% fat), polyunsaturated	0
Lard	0
Cherry brandy	0
Blended spread, (40% fat)	0
Prawns, raw	0
Lobster, boiled, weighed with shell	0
Suet, shredded	0
Dripping, beef	0
Fat spread (60% fat), polyunsaturated	0
Ghee, butter	0
Coffee, infusion, average	0
Suet, vegetable	0

Ghee, vegetable	0
Fat spread (70% fat), polyunsaturated	0
Fat spread (60% fat), with olive oil	0
Borage oil	0
Dairy spread (40% fat)	0
Margarine, hard, animal and vegetable fats	0
Compound cooking fat	0
Eggs, turkey, whole, raw	0
Sunflower oil	0
Compound cooking fat, polyunsaturated	0
Butteroil, unsalted	0
Eggs, chicken, whole, battery, raw	0
Vermouth, sweet	0
Eggs, chicken, white, raw	0
Tea, black, infusion, strong	0
Eggs, quail, whole, raw	0
Port	0
Egg white, dried	0
Eggs, duck, whole, raw	0
Egg nog	0
Liqueurs, high strength	0
Cream liqueurs	0
Advocaat	0
Turkey, dark meat, raw	0
Crab, boiled	0
Drinking chocolate powder	0
Sherry, dry	0
Spirits, 40% volume	0
Coffee, infusion, weak	0
Coffee, infusion, strong	0
Poussin, raw, meat and skin	0
Coffee and chicory essence	0
Tea, black, infusion, average	0
Liqueurs, low-medium strength	0
Tea, lemon, instant powder	0
Tonic wine	0
Drinking chocolate powder, reduced fat	0
Horlicks LowFat Instant powder	0
Coffee, infusion, average, with single cream	0
Eggs, chicken, yolk, raw	0
Cod liver oil	0
Vegetable oil, blended, average	0
Spirits, 37.5% volume	0
Coffee, instant	0
Stout, bottled	0
Hazelnut oil	0
Ayr, raw	0
Catfish, raw	0
Chital, raw	0
Hake, raw	0
Cod, raw	0
Conger eel, raw	0
Stout, Mackeson	0
Flounder, raw	0
Lager, alcohol-free	0
Bitter, best/premium	0
Bitter, low alcohol	0
Brown ale, bottled	0
Stout, extra	0
Beer, bitter, canned	0

Lager	0
White fish, dried, salted	0
Lemon sole, raw	0
Hoki, raw	0
John Dory, raw	0
Strong ale/barley wine	0
Cod, smoked, raw	0
Haddock, raw	0
Flying fish, raw	0
Dover sole, raw	0
Bass, Sea, raw	0
Stout, Guinness	0
Cod, frozen, raw	0
Kalabasu, raw	0
Bele, raw	0
Dab, raw	0
Bombay duck	0
Bream, Sea, raw	0
Halibut, raw	0
Coley, raw	0
Cottonseed oil	0
Fat spread (70-80% fat), not polyunsaturated	0
Margarine, catering	0
Peanut (Groundnut) oil	0
Palm oil	0
Olive oil	0
Margarine, hard, vegetable fats only	0
Shandy	0
Butter, spreadable	0
Fat spread (40% fat), not polyunsaturated	0
Rapeseed oil	0
Coconut oil	0
Wheatgerm oil	0
Corn oil	0
Safflower oil	0
Sesame oil	0
Soya oil	0
Grapeseed oil	0
Sherry, sweet	0
Eggs, chicken, whole, free-range, raw	0
Beer, bitter, average	0
Boal, raw	0
Coley, frozen, raw	0
Crab, canned in brine, drained	0
Cider, low alcohol	0
Lager, low alcohol	0
Fat spread (5% fat)	0
Lager, premium	0
Fat spread (20-25% fat), not polyunsaturated	0
Sherry, medium	0
Haddock, frozen, raw	0
Haddock, smoked, raw	0
Beer, bitter, keg	0
Evening primrose oil	0
Blackcurrant seed oil	0
Beer, bitter, draught	0
Pale ale, bottled	0
Pork, extra trimmed lean, raw	0
Eel, jellied	0
Anchovies, canned in oil, drained	0

Salmon, raw	0
Trout, rainbow, raw	0
Pilchards, canned in tomato sauce	0
Pork, trimmed lean, raw	0
Tuna, raw	0
Pork, spare rib joint, raw, lean and fat, weighed with bone	0
Herring, raw	0
Pork, trimmed fat, raw	0
Pork, extra trimmed fat, raw	0
Pork, belly joint/slices, raw, lean and fat	0
Pork, belly joint/slices, raw, lean and fat, weighed with bone	0
Pork, diced, raw, lean and fat	0
Pork, chump chops, raw, lean and fat, weighed with bone	0
Cheese spread, reduced fat	0
Pork, loin chops, raw, lean and fat, weighed with bone	0
Herrings, dried, salted, weighed with bones and skin	0
Curacao	0
Curry, fish and vegetable, Bangladeshi	0
Kipper, raw	0
Hilsa, raw	0
Herring, canned in tomato sauce	0
Jackfish, raw	0
Tuna, canned in oil, drained	0
Pangas, raw	0
Pork, chump chops, raw, lean and fat	0
Tuna, canned in brine, drained	0
Mackerel, smoked	0
Skate, raw	0
Orange roughy, raw	0
Bacha, raw	0
Eel, raw	0
Herrings, dried, salted	0
Mackerel, canned in tomato sauce	0
Turkey, light meat, raw	0
Beefburgers, chilled/frozen, raw	0
Venison, raw	0
Pork, loin chops, raw, lean and fat	0
Veal, mince, raw	0
Pork, crackling, cooked	0
Whole turkey, raw, weighed with bone	0
Pork, diced, raw, lean	0
Turkey, skin, raw	0
Cheese, Brie	0
Turkey, meat, average, raw	0
Rabbit, raw, meat only	0
Pork, fillet, raw, lean and fat	0
Pork, hand, shoulder joint, raw, lean	0
Pork, hand, shoulder joint, raw, lean and fat	0
Pork, mince, raw	0
Veal, escalope, raw	0
Whole turkey, raw	0
Chicken, corn-fed, raw, dark meat only	0
Sardines, canned in tomato sauce	0
Pork, spare rib joint, raw, lean and fat	0
Pork, spare ribs, raw, lean and fat	0
Pork, spare rib slices, raw, lean and fat, weighed with bone	0
Pork, spare rib steaks, raw, lean and fat	0
Pork, steaks, raw, lean and fat	0
Pork, leg joint, lean and fat, raw	0
Economy burgers, frozen, raw	0

Pork, steaks, raw, lean	0
Cheese, goats milk soft, full fat, white rind	0
Pork, chump steaks, raw, lean and fat	0
Black pudding, raw	0
Cheese, cheddar type, half fat	0
Cheese, Cheddar, vegetarian	0
Cheese, cheddar, English	0
Cheese, Camembert	0
Pork, leg joint, raw, lean	0
Pork, leg joint, raw, lean and fat, weighed with bone	0
Rock Salmon/Dogfish, raw	0
Seafood cocktail	0
Crabsticks	0
Caviare, bottled in brine, drained	0
Roe, herring, soft, raw	0
Crab, boiled, weighed with shell	0
Squid, dried	0
Mackerel pate, smoked	0
Shark, raw	0
Fisherman's pie, retail	0
Rohu, raw	0
Katla, raw	0
Carp, raw	0
Whiting, raw	0
Turbot, raw	0
Tilapia, raw	0
Redfish, raw	0
Mullet, Grey, raw	0
Mussels, canned and bottled, drained	0
Squid, raw	0
Tuna pate	0
Cockles, boiled	0
Cockles, bottled in vinegar, drained	0
Cuttlefish, raw	0
Mussels, raw	0
Roe, cod, hard, raw	0
Mussels, boiled, weighed with shells	0
Fish paste	0
Octopus, raw	0
Clams, canned in brine, drained	0
Oysters, raw, weighed with shells	0
Whelks, boiled, weighed with shells	0
Squid, frozen, raw	0
Winkles, boiled	0
Oysters, raw	0
Mussels, boiled	0
Prawns, frozen, raw	0
Mackerel, raw	0
Mackerel, canned in brine, drained	0
Trout, brown, raw	0
Salmon, pink, canned in brine, flesh only, drained	0
Swordfish, raw	0
Sardines, canned in oil, drained	0
Abalone, canned in brine, drained	0
Prawns, dried	0
Sardines, canned in brine, drained	0
Prawns, boiled, weighed with shells	0
Prawns, boiled	0
Crayfish, raw	0
Shrimps, boiled, weighed with shells	0

Shrimps, canned in brine, drained	0
Shrimps, frozen	0
Shrimps, dried	0
Sardines, raw	0
Whelks, boiled	0
Tongue slices	0
Monkfish, raw	0
Ling, raw	0
Mullet, Red, raw	0
Red snapper, raw	0
Pomfret, white, raw	0
Pomfret, black, raw	0
Salmon, red, canned in brine, flesh and bones, drained	0
Plaice, frozen, raw	0
Salmon, red, canned in brine, flesh only, drained	0
Winkles, boiled, weighed with shells	0
Plaice, raw	0
Sprats, raw	0
Taramasalata	0
Salmon, pink, canned in brine, flesh and bones, drained	0
Salmon, smoked	0
Parrot fish, raw	0
Pollack, Alaskan, raw	0