

GI and GL data in alphabetic order: version 4

Please note that this might contain errors.

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

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2 February 2013

Name	GI	GL/100g
Abalone, canned in brine, drained	0	0
Aduki beans, dried, boiled in unsalted water	30	7
Aduki beans, dried, raw	30	15
Advocaat	0	0
Agar, dried	0	0
Agar, dried, soaked and drained	0	0
Alfalfa sprouts, raw	15	0
All-Bran	51	25
Allspice, ground	0	0
Almonds	15	1
Almonds, toasted	15	1
Almonds, weighed with shells	15	0
Anchovies, canned in oil, drained	0	0
Anise seeds	0	0
Apple juice concentrate, unsweetened	42	24
Apple juice, unsweetened	42	4
Apples, cooking, raw, peeled	38	3
Apples, cooking, weighed with skin and core	38	2
Apples, eating, average, raw	38	4
Apples, eating, average, raw, peeled	38	4
Apples, eating, average, raw, peeled, weighed with skin and core	38	3
Apples, eating, average, raw, weighed with core	38	4
Apples, eating, Cox's Pippin, raw	38	4
Apples, eating, Cox's Pippin, raw, weighed with core	38	4
Apples, eating, dried	29	17
Apples, eating, Golden Delicious, raw	38	4
Apples, eating, Golden Delicious, raw, weighed with core	38	4
Apples, eating, Granny Smith, raw	38	4
Apples, eating, Granny Smith, raw, weighed with core	38	4
Apples, eating, red dessert, raw	38	5
Apples, eating, red dessert, raw, weighed with core	38	4
Apricots, dried	35	15
Apricots, raw	57	4
Apricots, raw, weighed with stones	57	4
Apricots, ready-to-eat	57	21
Arrowroot	85	80
Artichoke, globe, raw	20	1
Asafoetida	0	0
Asparagus, canned, re-heated, drained	15	0
Asparagus, raw	15	0
Aubergine, raw	20	0
Avocado, average	10	0
Avocado, average, weighed with skin and stone	10	0
Avocado, Fuerte	10	0
Avocado, Fuerte, weighed with skin and stone	10	0
Avocado, Hass	10	0
Avocado, Hass, weighed with skin and stone	10	0
Ayr, raw	0	0
Bacha, raw	0	0
Bacon rashers, back, fat trimmed, raw	0	0
Bacon rashers, back, raw	0	0
Bacon rashers, middle, raw	0	0
Bacon rashers, streaky, raw	0	0

Bacon, fat only, raw, average	0	0
Bagels, plain	72	42
Baked beans, canned in tomato sauce	40	6
Baked beans, canned in tomato sauce, reduced sugar	40	5
Baked beans, canned in tomato sauce, reduced sugar, reduced salt	40	5
Baked beans, canned in tomato sauce, with burgers	40	5
Baking powder	0	0
Balor beans, canned, drained	30	1
Balor beans, raw	30	1
Bamboo shoots, canned, drained	20	0
Bananas	54	13
Bananas, weighed with skin	54	8
Bannocks, made with beremeal	72	40
Bannocks, made with wheat flour	72	45
Barcelona nuts	15	1
Barcelona nuts, weighed with shells	15	0
Barley, pearl, raw	26	22
Barley, whole grain, raw	26	17
Basil, dried, ground	0	0
Basil, fresh	0	0
Bass, Sea, raw	0	0
Bay leaf, dried	0	0
Beansprouts, mung, canned, drained	15	0
Beansprouts, mung, raw	15	1
Beef slices	0	0
Beef, average, extra trimmed fat, raw	0	0
Beef, average, extra trimmed lean, raw	0	0
Beef, average, trimmed fat, raw	0	0
Beef, average, trimmed lean, raw	0	0
Beef, braising steak, raw, lean	0	0
Beef, braising steak, raw, lean and fat	0	0
Beef, brisket, raw, lean	0	0
Beef, brisket, raw, lean and fat	0	0
Beef, fillet steak, raw, lean	0	0
Beef, fillet steak, raw, lean and fat	0	0
Beef, flank, raw, lean	0	0
Beef, flank, raw, lean and fat	0	0
Beef, fore-rib/rib-roast, raw, lean	0	0
Beef, fore-rib/rib-roast, raw, lean and fat	0	0
Beef, mince, extra lean, raw	0	0
Beef, mince, raw	0	0
Beef, rump steak, raw, lean	0	0
Beef, salted, dried, raw	0	0
Beef, silverside, raw, lean	0	0
Beef, silverside, raw, lean and fat	0	0
Beef, silverside, salted, raw, lean	0	0
Beef, silverside, salted, raw, lean and fat	0	0
Beef, sirloin steak, from steakhouse, lean	0	0
Beef, sirloin steak, from steakhouse, lean and fat	0	0
Beef, sirloin steak, raw, lean	0	0
Beef, sirloin steak, raw, lean and fat	0	0
Beef, stewing steak, raw, lean	0	0
Beef, stewing steak, raw, lean and fat	0	0
Beef, topside, raw, lean	0	0
Beef, topside, raw, lean and fat	0	0
Beefburgers, chilled/frozen, raw	0	0
Beefburgers, low fat, chilled/frozen, raw	0	0
Beer, bitter, average	0	0
Beer, bitter, canned	0	0
Beer, bitter, draught	0	0

Beer, bitter, keg	0	0
Beer, mild, draught	0	0
Beetroot, pickled, drained	67	4
Beetroot, raw	67	5
Bele, raw	0	0
Betel leaves, fresh	0	0
Betel nuts	15	9
Bicarbonate of soda	0	0
Bierwurst	0	0
Bilberries	25	2
Bitter, best/premium	0	0
Bitter, low alcohol	0	0
Black bean sauce	0	0
Black gram, chilki urad dahl, dried, boiled in unsalted water	61	8
Black gram, chilki urad dahl, dried, raw	61	26
Black gram, duhli urad dahl, dried, raw	61	27
Black gram, urad gram, dried, raw	61	25
Black pudding, raw	0	0
Blackberries, raw	25	1
Blackcurrant juice drink, undiluted	42	26
Blackcurrant seed oil	0	0
Blackcurrants, raw	15	1
Blackeye beans, dried, boiled in unsalted water	30	6
Blackeye beans, dried, raw	30	16
Blended spread (70-80% fat)	0	0
Blended spread, (40% fat)	0	0
Boal, raw	0	0
Bombay duck	0	0
Borage oil	0	0
Bradfruit	38	4
Bran Flakes	51	36
Bran, wheat	74	20
Bratwurst	0	0
Brawn	0	0
Brazil nuts	15	0
Brazil nuts, weighed with shells	15	0
Bread, softgrain	72	0
Bread, speciality, white	72	0
Breadcrumbs, homemade	72	56
Breadcrumbs, manufactured	72	57
Breadfruit, raw	65	15
Breadnut seeds	25	18
Breadsticks	70	51
Breakfast milk, pasteurised, average	35	2
Breakfast milk, summer	35	1
Breakfast milk, winter	35	2
Bream, Sea, raw	0	0
Bridie/Scotch pie, individual	0	0
Broad beans, canned, re-heated, drained	79	10
Broad beans, dried, raw	79	26
Broad beans, raw	40	3
Broccoli, green, raw	10	0
Broccoli, purple sprouting, raw	10	0
Brown ale, bottled	0	0
Brown bread, average	72	30
Brown rice, raw	66	54
Brown rolls, crusty	71	36
Brown rolls, soft	71	32
Brown sauce, hot	0	0
Brussels sprouts, raw	15	1

Bucatini, white, raw	45	33
Buckwheat	45	38
Bulgur wheat	55	42
Butter	0	0
Butter beans, dried, boiled in unsalted water	45	8
Butter beans, dried, raw	45	24
Butter, spreadable	0	0
Buttermilk	35	2
Buttermilk powder	35	18
Butteroil, unsalted	0	0
Cabbage, Chinese, raw	10	0
Cabbage, January King, raw	10	0
Cabbage, raw, average	10	0
Cabbage, red, raw	10	0
Cabbage, Savoy, raw	10	0
Cabbage, summer, raw	10	0
Cabbage, white, raw	10	0
Cannelloni, white, raw	45	33
Capelli d'angelo, white, raw	45	33
Capers in spirit vinegar, Sainsbury	10	0
Caraway seeds	0	0
Cardamom, ground	0	0
Carob flour	15	13
Carob powder	15	6
Carp, raw	0	0
Carrot juice	43	2
Carrots, old, raw	45	4
Carrots, young, raw	45	3
Cashew nuts, plain	26	5
Cashew nuts, roasted and salted	26	5
Cassava, frozen, raw	55	20
Cassava, gari	55	51
Cassava, raw	55	20
Catfish, raw	0	0
Cauliflower, raw	15	0
Caviare, bottled in brine, drained	0	0
Celeriac, raw	35	1
Celery seeds	0	0
Celery, raw	15	0
Cervelat	0	0
Champagne	0	0
Channel Island milk, semi-skimmed, UHT	35	2
Channel Island milk, whole, pasteurised	35	2
Channel Island milk, whole, pasteurised, summer	35	2
Channel Island milk, whole, pasteurised, winter	35	2
Chapati flour, brown	39	29
Chapati flour, white	39	30
Chapatis, made with fat	52	25
Chapatis, made without fat	52	23
Chard, Swiss, raw	10	0
Cheese spread, flavoured	0	0
Cheese spread, lactic	0	0
Cheese spread, plain	0	0
Cheese spread, reduced fat	0	0
Cheese, Brie	0	0
Cheese, Caerphilly	0	0
Cheese, Camembert	0	0
Cheese, cheddar type, half fat	0	0
Cheese, Cheddar, Australian	0	0
Cheese, Cheddar, average	0	0

Cheese, Cheddar, Canadian	0	0
Cheese, cheddar, English	0	0
Cheese, Cheddar, Irish	0	0
Cheese, Cheddar, New Zealand	0	0
Cheese, Cheddar, vegetarian	0	0
Cheese, Cheshire	0	0
Cheese, Cheshire-type, reduced fat	0	0
Cheese, cottage, plain	0	0
Cheese, cottage, plain, reduced fat	0	0
Cheese, cream	0	0
Cheese, Danish blue	0	0
Cheese, Derby	0	0
Cheese, Double Gloucester	0	0
Cheese, Edam	0	0
Cheese, Edam-type, reduced fat	0	0
Cheese, Emmental	0	0
Cheese, Feta	0	0
Cheese, goats milk soft, full fat, white rind	0	0
Cheese, Gouda	0	0
Cheese, Gruyere	0	0
Cheese, hard, average	0	0
Cheese, Lancashire	0	0
Cheese, Leicester	0	0
Cheese, Mozzarella, fresh	0	0
Cheese, Parmesan, fresh	0	0
Cheese, processed, plain	0	0
Cheese, processed, slices, reduced fat	0	0
Cheese, processed, smoked	0	0
Cheese, Red Windsor	0	0
Cheese, Ricotta	0	0
Cheese, Roquefort	0	0
Cheese, Sage Derby	0	0
Cheese, spreadable, soft white, full fat	0	0
Cheese, spreadable, soft white, low fat	0	0
Cheese, spreadable, soft white, medium fat	0	0
Cheese, Stilton, blue	0	0
Cheese, Stilton, white	0	0
Cheese, Wensleydale	0	0
Cheese, white, average	0	0
Cherries, raw	22	3
Cherries, raw, weighed with stones	22	2
Cherries, West Indian	25	1
Cherry brandy	0	0
Chervil, dried	0	0
Chestnuts	15	5
Chestnuts, dried	60	41
Chestnuts, weighed with shells	60	18
Chick pea flour	35	17
Chick peas, canned, re-heated, drained	28	5
Chick peas, split, dried, boiled in unsalted water	28	5
Chick peas, split, dried, raw	28	14
Chick peas, whole, dried, boiled in unsalted water	28	5
Chick peas, whole, dried, raw	28	14
Chicken, corn-fed, raw, dark meat only	0	0
Chicken, corn-fed, raw, light meat only	0	0
Chicken, corn-fed, raw, meat only	0	0
Chicken, corn-fed, raw, skin only	0	0
Chicken, dark meat, raw	0	0
Chicken, leg quarter, raw, meat and skin	0	0
Chicken, leg quarter, raw, meat and skin, weighed with bone	0	0

Chicken, light meat, raw	0	0
Chicken, meat only, average, raw	0	0
Chicken, skin, raw	0	0
Chicken, wing quarter, raw, meat and skin	0	0
Chicken, wing quarter, raw, meat and skin, weighed with bone	0	0
Chicory, raw	15	0
Chilli powder	0	0
Chilli sauce	0	0
Chinese 5 spice	0	0
Chital, raw	0	0
Chives, fresh	0	0
Chocolate, cooking	20	12
Chocolate, diabetic	20	8
Chocolate, milk	34	19
Chocolate, plain	20	13
Chocolate, white	34	20
Chorizo	0	0
Choux pastry, raw	59	11
Chutney, apple, homemade	15	7
Chutney, mango, oily	15	7
Chutney, mango, sweet	15	7
Chutney, mixed fruit	15	6
Chutney, tomato	15	5
Chutney, tomato, homemade	15	6
Ciabatta	72	37
Cider, dry	40	1
Cider, low alcohol	0	0
Cider, sweet	40	2
Cider, vintage	40	3
Cinnamon, ground	0	0
Clams, canned in brine, drained	0	0
Clementines	43	4
Clementines, weighed with peel and pips	35	2
Cloves, dried	0	0
Cluster beans, raw	30	1
Cockles, boiled	0	0
Cockles, bottled in vinegar, drained	0	0
Cocoa powder	20	2
Coconut cream	41	2
Coconut milk	41	2
Coconut oil	0	0
Coconut, creamed block	45	3
Coconut, desiccated	45	3
Coconut, fresh	45	2
Cod liver oil	0	0
Cod, frozen, raw	0	0
Cod, raw	0	0
Cod, smoked, raw	0	0
Coffee and chicory essence	0	0
Coffee, infusion, average	0	0
Coffee, infusion, average, with single cream	0	0
Coffee, infusion, strong	0	0
Coffee, infusion, weak	0	0
Coffee, instant	0	0
Cola	58	6
Cola, diet	58	0
Coley, frozen, raw	0	0
Coley, raw	0	0
Compound cooking fat	0	0
Compound cooking fat, polyunsaturated	0	0

Conchiglie, white, raw	45	33
Conchiglietti, white, raw	45	33
Conger eel, raw	0	0
Consomme	0	0
Cook-in-sauces, canned	0	0
Coriander leaves, dried	0	0
Coriander leaves, fresh	0	0
Coriander seeds	0	0
Corn Flakes	84	75
Corn oil	0	0
Cornflour	70	64
Cottage cheese, plain, with additions	0	0
Cottonseed oil	0	0
Courgette, raw	15	0
Couscous	65	33
Crab, boiled	0	0
Crab, boiled, weighed with shell	0	0
Crab, canned in brine, drained	0	0
Crabsticks	0	0
Cranberries	25	1
Cranberry juice	50	7
Crayfish, raw	0	0
Cream liqueurs	0	0
Cream of tartar	0	0
Cream, dairy, extra thick	0	0
Cream, dairy, UHT, canned spray	0	0
Cream, dairy, UHT, canned spray, half fat	0	0
Cream, fresh, clotted	0	0
Cream, fresh, double, including Jersey cream	0	0
Cream, fresh, half	0	0
Cream, fresh, single	0	0
Cream, fresh, soured	0	0
Cream, fresh, whipping	0	0
Cream, frozen, single	0	0
Cream, frozen, whipping	0	0
Cream, sterilised, canned	0	0
Cream, UHT, half	0	0
Cream, UHT, single	0	0
Cream, UHT, whipping	0	0
Creme fraiche	0	0
Creme fraiche, half fat	0	0
Croissants	70	30
Croissants, savoury, retail	70	0
Croissants, sweet, retail	70	0
Cucumber, raw	15	0
Cumin seeds	0	0
Curacao	0	0
Curly kale, raw	10	0
Currant bread	63	32
Currants	60	41
Curry leaves, fresh	0	0
Curry paste	15	1
Curry powder	0	0
Curry powder, mixed flavours	0	0
Curry sauce, canned	15	1
Curry, fish and vegetable, Bangladeshi	0	0
Custard apple/Bullock's heart	54	9
Custard apple/Sugar apple	54	9
Cuttlefish, raw	0	0
Dab, raw	0	0

Dairy spread (40% fat)	0	0
Damsons, raw	35	3
Damsons, raw, weighed with stones	35	3
Dates, dried	70	48
Dates, dried, weighed with stones	70	40
Dates, raw	40	13
Dates, raw, weighed with stones	40	11
Digestive biscuits, plain	60	41
Dill seeds	0	0
Dill, dried	0	0
Dill, fresh	0	0
Dover sole, raw	0	0
Dressing, blue cheese	0	0
Dressing, 'fat free'	50	7
Dressing, French	50	2
Dressing, French, fat free	50	5
Dressing, French, homemade	50	0
Dressing, low fat	50	5
Dressing, oil and lemon	50	2
Dressing, reduced calorie	50	0
Dressing, thousand island	50	6
Dressing, thousand island, reduced calorie	50	7
Dressing, yogurt-based	50	5
Drinking chocolate powder	0	0
Drinking chocolate powder, reduced fat	0	0
Dripping, beef	0	0
Duck, crispy, chinese style	0	0
Duck, raw, meat only	0	0
Duck, raw, meat only, weighed with fat, skin and bone	0	0
Duck, raw, meat, fat and skin	0	0
Economy burgers, frozen, raw	0	0
Eel, jellied	0	0
Eel, raw	0	0
Egg nog	0	0
Egg white, dried	0	0
Eggs, chicken, white, raw	0	0
Eggs, chicken, whole, battery, raw	0	0
Eggs, chicken, whole, free-range, raw	0	0
Eggs, chicken, yolk, raw	0	0
Eggs, duck, whole, raw	0	0
Eggs, quail, whole, raw	0	0
Eggs, turkey, whole, raw	0	0
Elderberries	25	2
Endive, raw	32	0
Evening primrose oil	0	0
Farfalle, white, raw	45	33
Fat spread (20-25% fat), not polyunsaturated	0	0
Fat spread (20-25% fat), polyunsaturated	0	0
Fat spread (35-40% fat), polyunsaturated	0	0
Fat spread (40% fat), not polyunsaturated	0	0
Fat spread (5% fat)	0	0
Fat spread (60% fat), polyunsaturated	0	0
Fat spread (60% fat), with olive oil	0	0
Fat spread (70% fat), polyunsaturated	0	0
Fat spread (70-80% fat), not polyunsaturated	0	0
Fat spread 70% fat, monounsaturated	0	0
Feijoa pineapple guava	59	6
Fennel seeds	0	0
Fennel, Florence, raw	15	0
Fenugreek leaves, raw	10	0

Fenugreek seeds	0	0
Fettucine, white, raw	45	33
Figs, dried	40	21
Figs, raw	52	5
Figs, ready-to-eat	61	30
Fish paste	0	0
Fish sauce, Blue Dragon	0	0
Fisherman's pie, retail	0	0
Flaky pastry, raw	59	21
Flounder, raw	0	0
Flying fish, raw	0	0
Fromage frais, fruit	0	0
Fromage frais, plain	0	0
Fromage frais, virtually fat free, fruit	0	0
Fromage frais, virtually fat free, natural	0	0
Fruit juice drink, carbonated, ready to drink	50	5
Fruit juice drink, low calorie, ready to drink	50	1
Fruit juice drink, ready to drink	50	5
Fudge, homemade	57	46
Fu-fu, sweet potato	54	14
Fu-fu, yam	49	18
Fusilli, white, raw	45	33
Garam masala	0	0
Garlic powder	0	0
Garlic puree	32	5
Garlic, raw	32	5
Gelatine	0	0
Ghee, butter	0	0
Ghee, vegetable	0	0
Gherkins, pickled, drained	15	0
Gherkins, raw	15	0
Giblets, chicken, raw	0	0
Ginger, fresh	0	0
Ginger, ground	0	0
Gingernut biscuits	60	47
Glucose liquid, BP	100	85
Goats milk, pasteurised	35	2
Goose, raw, meat, fat and skin	0	0
Gooseberries, cooking, raw	25	1
Gooseberries, dessert, raw	25	2
Gourd, ash, raw	75	2
Gourd, bottle, raw	75	2
Gourd, kantola, canned, drained	75	2
Gourd, kantola, raw	75	2
Gourd, karela, canned, drained	75	1
Gourd, karela, raw	75	1
Gourd, ridge, raw	75	2
Gourd, snake, raw	75	3
Gourd, tinda, canned, drained	75	2
Gourd, tinda, raw	75	3
Granary bread	72	34
Granary rolls	72	31
Grape juice concentrate	50	29
Grape juice, unsweetened	50	6
Grapefruit juice concentrate, unsweetened	50	20
Grapefruit juice, unsweetened	50	4
Grapefruit, raw	25	2
Grapefruit, raw, weighed with peel and pips	25	1
Grapes, average	59	9
Grapes, weighed with pips	59	9

Grapeseed oil	0	0
Green beans/French beans, raw	25	1
Green pesto, Sainsbury	15	0
Greengages, raw	25	2
Greengages, raw, weighed with stones	25	2
Grillsteaks, beef, chilled/frozen, raw	0	0
Guava, raw	80	4
Guava, raw, weighed with skin and pips	80	4
Haddock, frozen, raw	0	0
Haddock, raw	0	0
Haddock, smoked, raw	0	0
Hake, raw	0	0
Halibut, raw	0	0
Ham	0	0
Ham, canned	0	0
Ham, gammon joint, boiled	0	0
Ham, gammon joint, raw	0	0
Ham, Parma	0	0
Ham, premium	0	0
Haricot beans, dried, boiled in unsalted water	30	5
Haricot beans, dried, raw	30	15
Hazelnut oil	0	0
Hazelnuts	15	1
Hazelnuts, weighed with shells	15	0
Heart, lamb, raw	0	0
Heart, ox, raw	0	0
Heart, pig, raw	0	0
Herring, canned in tomato sauce	0	0
Herring, pickled	10	1
Herring, raw	0	0
Herrings, dried, salted	0	0
Herrings, dried, salted, weighed with bones and skin	0	0
High juice drink, concentrated	50	16
Hilsa, raw	0	0
Hoisin sauce	15	7
Hoki, raw	0	0
Honey	61	47
Honeycomb	61	45
Horlicks LowFat Instant powder	0	0
Horseradish sauce	15	3
Hot pepper sauce	15	0
Human milk, colostrum	35	2
Human milk, mature	35	3
Human milk, transitional	35	2
Hummus	25	3
Ice cream bar, chocolate coated	60	13
Ice cream sauce, topping	60	32
Ice cream, dairy, flavoured	60	15
Ice cream, dairy, premium	60	10
Ice cream, dairy, vanilla	60	12
Ice cream, non-dairy, flavoured	60	14
Ice cream, non-dairy, mixes	60	15
Ice cream, non-dairy, reduced calorie	60	8
Ice cream, non-dairy, vanilla	60	11
Ice cream, with cone	60	13
Jackfish, raw	0	0
Jaggery	58	56
Jam, diabetic	55	33
Jam, fruit with edible seeds	55	38
Jam, reduced sugar	55	18

Jam, stone fruit	55	38
John Dory, raw	0	0
Kabana	0	0
Kalabasu, raw	0	0
Katla, raw	0	0
Khichadi, with butter ghee	0	0
Kidney, lamb, raw	0	0
Kidney, ox, raw	0	0
Kidney, pig, raw	0	0
Kipper, raw	0	0
Kiwi fruit	52	6
Kiwi fruit, weighed with skin	52	5
Kumquats, raw	54	5
Lager	0	0
Lager, alcohol-free	0	0
Lager, low alcohol	0	0
Lager, premium	0	0
Lamb, average, extra trimmed fat, raw	0	0
Lamb, average, extra trimmed lean, raw	0	0
Lamb, average, trimmed fat, raw	0	0
Lamb, best end neck cutlets, raw, lean and fat	0	0
Lamb, best end neck cutlets, raw, lean and fat, weighed with bone	0	0
Lamb, breast, raw, lean	0	0
Lamb, breast, raw, lean and fat	0	0
Lamb, lean only, raw, average	0	0
Lamb, leg, average, lean and fat, raw	0	0
Lamb, loin chops, lean and fat, raw	0	0
Lamb, loin chops, raw, lean and fat, weighed with bone	0	0
Lamb, loin joint, raw, lean and fat	0	0
Lamb, loin joint, raw, lean and fat, weighed with bone	0	0
Lamb, mince, raw	0	0
Lamb, neck fillet, raw, lean	0	0
Lamb, shoulder, raw, lean and fat	0	0
Lamb, shoulder, raw, lean and fat, weighed with bone	0	0
Lamb, stewing, raw, lean and fat	0	0
Lamb, stewing, raw, lean and fat, weighed with bone	0	0
Lard	0	0
Lasagna, sheets, raw	45	34
Lasagne, white, raw	45	33
Lassi, sweetened	41	5
Laverbread	0	0
Leeks, raw	15	0
Lemon juice, fresh	50	1
Lemon juice, fresh, weighed as whole fruit	50	0
Lemon sole, raw	0	0
Lemons, peeled	43	1
Lemons, peeled, raw, weighed with peel and pips	43	1
Lentils, green and brown, whole, dried, boiled in salted water	30	5
Lentils, green and brown, whole, dried, raw	30	15
Lentils, red, split, dried, boiled in unsalted water	30	5
Lentils, red, split, dried, raw	30	17
Lettuce, average, raw	10	0
Lettuce, butterhead, raw	10	0
Lettuce, Cos, raw	10	0
Lettuce, Iceberg, raw	10	0
Lettuce, Webbs, raw	10	0
Lime juice cordial, undiluted	50	15
Lime juice, fresh	50	1
Limes, peeled	43	0
Limes, peeled, weighed with peel and pips	43	0

Ling, raw	0	0
Linguine, white, raw	45	33
Liqueurs, high strength	0	0
Liqueurs, low-medium strength	0	0
Liquorice powder	0	0
Liver, calf, raw	0	0
Liver, chicken, raw	0	0
Liver, lamb, raw	0	0
Liver, ox, raw	0	0
Liver, pig, raw	0	0
Lobster, boiled	0	0
Lobster, boiled, weighed with shell	0	0
Loganberries, raw	25	1
Lollies, with real fruit juice	50	9
Loquats, raw	35	2
Lychees, raw	75	11
Lychees, raw, weighed with skin and stone	75	7
Macadamia nuts, salted	15	1
Macaroni, raw	45	34
Mace, ground	0	0
Mackerel pate, smoked	0	0
Mackerel, canned in brine, drained	0	0
Mackerel, canned in tomato sauce	0	0
Mackerel, raw	0	0
Mackerel, smoked	0	0
Madras curry paste, Patak	15	1
Mandarin oranges, canned in juice	48	4
Mandarin oranges, canned in syrup	48	6
Mange-tout peas, raw	28	1
Mango juice, canned	55	5
Mango, unripe, raw	53	6
Mangoes, ripe, raw	53	7
Mangoes, ripe, raw, weighed with skin and stone	53	5
Margarine, catering	0	0
Margarine, hard, animal and vegetable fats	0	0
Margarine, hard, vegetable fats only	0	0
Margarine, soft, not polyunsaturated	0	0
Margarine, soft, polyunsaturated	0	0
Margarine, soya	0	0
Marjoram, dried	0	0
Marmalade	57	40
Marmalade, diabetic	57	32
Marrow, raw	75	2
Mayonnaise, homemade	0	0
Mayonnaise, reduced calorie, retail	0	0
Mayonnaise, retail	60	1
Medlars quince	35	4
Melon seeds	25	2
Melon, average	65	4
Melon, average, weighed whole	65	2
Melon, average, weighed with skin	65	2
Melon, Canteloupe-type	65	3
Melon, Canteloupe-type, weighed whole	65	2
Melon, Canteloupe-type, weighed with skin	65	2
Melon, Galia	65	4
Melon, Galia, weighed whole	65	2
Melon, Galia, weighed with skin	65	2
Melon, Honeydew	65	4
Melon, Honeydew, weighed whole	65	3
Melon, Honeydew, weighed with skin	65	3

Melon, watermelon	72	5
Melon, watermelon, weighed whole	65	3
Milk bread	72	34
Millet flour	90	68
Mint sauce	15	3
Mint sauce, homemade	15	3
Mint, dried	0	0
Mint, fresh	0	0
Mixed herbs, dried	0	0
Mixed nuts	15	2
Mixed nuts and raisins	30	9
Mixed spices	0	0
Molasses	70	48
Monkfish, raw	0	0
Mortadella	0	0
Muesli	57	0
Muesli, swiss style	57	41
Muesli, with extra fruit	57	42
Muesli, with no added sugar	57	38
Mulberries, raw	25	2
Mullet, Grey, raw	0	0
Mullet, Red, raw	0	0
Mung beans, dahl, dried, boiled in unsalted water	54	8
Mung beans, dahl, dried, raw	54	25
Mung beans, whole, dried, boiled in unsalted water	54	8
Mung beans, whole, dried, raw	54	25
Mushroom, dried	15	1
Mushrooms, Chinese, dried, raw	15	9
Mushrooms, common, raw	15	0
Mushrooms, Jew's ear, tender, dried, raw	15	9
Mushrooms, Jew's ear, tender, dried, soaked, raw	15	1
Mushrooms, Jew's ear, tough, dried, raw	15	10
Mushrooms, Jew's ear, tough, dried, soaked, raw	15	2
Mushrooms, oyster, raw	15	0
Mushrooms, shiitake, dried, raw	15	10
Mushrooms, straw, canned, drained	15	0
Mussels, boiled	0	0
Mussels, boiled, weighed with shells	0	0
Mussels, canned and bottled, drained	0	0
Mussels, raw	0	0
Mustard and cress, raw	10	0
Mustard leaves, raw	10	0
Mustard powder	35	7
Mustard seeds	0	0
Mustard, smooth	0	0
Mustard, wholegrain	0	0
Naan bread	72	36
Nectarines	43	4
New potatoes, average, raw	101	16
New potatoes, canned, re-heated, drained	101	15
New Zealand lamb, leg, whole, frozen, raw, lean and fat, weighed with bone	0	0
Noodles, egg, raw	70	50
Noodles, plain, raw	70	53
Noodles, rice, dried	53	43
Nutmeg, ground	0	0
Oat based biscuits	54	35
Oatmeal, quick cook, raw	49	32
Oatmeal, raw	49	36
Octopus, raw	0	0
Okra, canned, drained	20	0

Okra, raw	20	1
Old potatoes, average, raw	101	17
Old potatoes, Desiree, raw	101	17
Old potatoes, King Edward, raw	101	17
Old potatoes, Maris Piper, raw	101	17
Old potatoes, Pentland Crown, raw	101	18
Olive oil	0	0
Olives, in brine	15	0
Olives, in brine, weighed with stones	15	0
Onions, dried, raw	10	7
Onions, pickled, cocktail/silverskin, drained	10	0
Onions, pickled, drained	10	0
Onions, raw	15	1
Orange juice concentrate, unsweetened	50	22
Orange juice, freshly squeezed	50	4
Orange juice, freshly squeezed, weighed as whole fruit	50	2
Orange juice, unsweetened	50	4
Orange roughy, raw	0	0
Oranges	43	4
Oranges, weighed with peel and pips	43	3
Oregano, dried, ground	0	0
Oregano, fresh	0	0
Organic semi-skimmed milk, pasteurised	35	0
Ortaniques	42	5
Oxtail, raw	0	0
Oyster sauce	15	3
Oyster sauce	15	2
Oysters, raw	0	0
Oysters, raw, weighed with shells	0	0
Pale ale, bottled	0	0
Palm oil	0	0
Pangas, raw	0	0
Papadums, raw	51	23
Papaya, unripe, raw	58	3
Papri beans, canned, drained	30	1
Papri beans, raw	42	2
Paprika	0	0
Paratha	72	31
Parrot fish, raw	0	0
Parsley, dried	0	0
Parsley, fresh	0	0
Parsnip, raw	85	11
Passion fruit	30	2
Passion fruit juice	43	5
Passion fruit, weighed with skin	30	1
Pasta sauce, tomato based	15	1
Pasta, plain, fresh, raw	45	25
Pate, liver	0	0
Pate, liver, in a tube	0	0
Pate, meat, reduced fat	0	0
Paw-paw, raw	58	5
Paw-paw, raw, weighed with skin and pips	58	4
Peaches, canned in juice	42	4
Peaches, canned in syrup	42	6
Peaches, dried	35	19
Peaches, raw	38	3
Peaches, raw, weighed with stone	38	3
Peanut (Groundnut) oil	0	0
Peanut butter, smooth	40	5
Peanut butter, wholegrain	40	3

Peanuts, dry roasted	15	2
Peanuts, plain	15	2
Peanuts, plain, weighed with shells	15	1
Peanuts, roasted and salted	15	1
Pears, average, raw	38	4
Pears, average, raw, peeled	38	4
Pears, average, raw, peeled, weighed with skin and core	38	3
Pears, average, raw, weighed with core	38	3
Pears, canned in juice	44	4
Pears, canned in syrup	44	6
Pears, Comice, raw	38	3
Pears, Comice, raw, weighed with core	38	3
Pears, Conference, raw	38	5
Pears, Conference, raw, weighed with core	38	5
Pears, dried	43	23
Pears, Nashi, raw	38	3
Pears, Nashi, weighed with core	38	2
Pears, William, raw	38	3
Pears, William, raw, weighed with core	38	3
Peas, dried, raw	28	15
Peas, frozen, raw	66	6
Peas, raw	66	7
Pecan nuts	15	1
Pecan nuts, weighed with shells	15	0
Penne, white, raw	45	33
Pepper, black	0	0
Pepper, cayenne, ground	0	0
Pepper, white	0	0
Pepperami	0	0
Peppers, capsicum, chilli, green, raw	10	0
Peppers, capsicum, chilli, red, raw	10	0
Peppers, capsicum, green, raw	10	0
Peppers, capsicum, red, raw	10	1
Peppers, capsicum, yellow, raw	10	1
Pheasant breast meat, raw	0	0
Pheasant leg meat only, raw	0	0
Pheasant meat and skin, raw	0	0
Physalis	15	2
Piccalilli	15	3
Pickle, chilli, oily	15	1
Pickle, lime, oily	15	1
Pickle, mango, oily	15	1
Pickle, mixed vegetables	15	1
Pickle, sweet	60	22
Pigeon peas, dahl, dried, boiled in unsalted water	30	6
Pigeon peas, dahl, dried, raw	30	18
Pigeon peas, whole, dried, boiled in unsalted water	30	6
Pigeon peas, whole, dried, raw	30	18
Pilchards, canned in tomato sauce	0	0
Pine nuts	15	1
Pineapple juice concentrate, unsweetened	50	24
Pineapple juice, unsweetened	50	5
Pineapple, raw	66	7
Pineapple, raw, weighed with skin and top	66	3
Pinto beans, dried, boiled in unsalted water	42	10
Pinto beans, dried, raw	42	24
Pistachio nuts, roasted and salted	15	1
Pistachio nuts, roasted and salted, weighed with shells	15	1
Pitta bread, white	57	31
Plaice, frozen, raw	0	0

Plaice, raw	0	0
Plantain, raw	39	11
Plums, average, raw	39	3
Plums, average, raw, weighed with stones	39	3
Plums, Victoria, raw	39	4
Plums, Victoria, raw, weighed with stones	39	4
Plums, yellow, raw	39	2
Plums, yellow, raw, weighed with stones	39	2
Pollack, Alaskan, raw	0	0
Polony	0	0
Pomegranate	67	8
Pomegranate juice, fresh	50	6
Pomelo	42	3
Pomelo, weighed with peel and pips	43	2
Pomfret, black, raw	0	0
Pomfret, white, raw	0	0
Poppy seeds	25	0
Pork haslet	0	0
Pork scratchings	0	0
Pork shoulder, cured, slices	0	0
Pork slices	0	0
Pork, belly joint/slices, raw, lean and fat	0	0
Pork, belly joint/slices, raw, lean and fat, weighed with bone	0	0
Pork, chump chops, raw, lean and fat	0	0
Pork, chump chops, raw, lean and fat, weighed with bone	0	0
Pork, chump steaks, raw, lean and fat	0	0
Pork, crackling, cooked	0	0
Pork, diced, raw, lean	0	0
Pork, diced, raw, lean and fat	0	0
Pork, extra trimmed fat, raw	0	0
Pork, extra trimmed lean, raw	0	0
Pork, fillet, raw, lean and fat	0	0
Pork, hand, shoulder joint, raw, lean	0	0
Pork, hand, shoulder joint, raw, lean and fat	0	0
Pork, leg joint, lean and fat, raw	0	0
Pork, leg joint, raw, lean	0	0
Pork, leg joint, raw, lean and fat, weighed with bone	0	0
Pork, loin chops, raw, lean and fat	0	0
Pork, loin chops, raw, lean and fat, weighed with bone	0	0
Pork, loin joint, raw, lean and fat	0	0
Pork, loin joint, raw, lean and fat, weighed with bone	0	0
Pork, loin steaks, raw, lean and fat	0	0
Pork, mince, raw	0	0
Pork, spare rib chops, raw, lean and fat	0	0
Pork, spare rib chops, raw, lean and fat, weighed with bone	0	0
Pork, spare rib joint, raw, lean and fat	0	0
Pork, spare rib joint, raw, lean and fat, weighed with bone	0	0
Pork, spare rib slices, raw, lean and fat, weighed with bone	0	0
Pork, spare rib steaks, raw, lean and fat	0	0
Pork, spare ribs, raw, lean and fat	0	0
Pork, steaks, raw, lean	0	0
Pork, steaks, raw, lean and fat	0	0
Pork, trimmed fat, raw	0	0
Pork, trimmed lean, raw	0	0
Port	0	0
Potato crisps	70	37
Potato crisps, crinkle cut	70	38
Potato crisps, jacket	70	36
Potato crisps, low fat	70	44
Potato crisps, square	70	40

Potato crisps, thick, crinkle-cut	70	39
Potato crisps, thick-cut	70	41
Potato flour	90	68
Poussin, raw, meat and skin	0	0
Poussin, raw, meat and skin, weighed with bone	0	0
Prawns, boiled	0	0
Prawns, boiled, weighed with shells	0	0
Prawns, dried	0	0
Prawns, frozen, raw	0	0
Prawns, raw	0	0
Progress, reconstituted	0	0
Prune juice	50	7
Prunes	29	11
Prunes, ready-to-eat	29	10
Prunes, ready-to-eat, weighed with stones	29	8
Prunes, weighed with stones	29	9
Puff pastry, frozen, raw	59	22
Puffed potato products	70	39
Pumpkin seeds	10	2
Pumpkin, raw	75	2
Quark cheese	30	1
Quinces	35	2
Quinoa	53	30
Rabbit, raw, meat only	0	0
Rack of lamb, raw, lean and fat	0	0
Rack of lamb, raw, lean and fat, weighed with bone	0	0
Raddiccio, raw	10	0
Radish leaves, raw	10	0
Radish, red, raw	15	0
Radish, white/mooli, raw	15	0
Raisins	60	42
Rambutan	30	5
Rapeseed oil	0	0
Raspberries, frozen	25	1
Raspberries, raw	25	1
Red kidney beans, canned, re-heated, drained	35	6
Red kidney beans, dried, boiled in unsalted water	35	6
Red kidney beans, dried, raw	25	11
Red rice, raw	56	43
Red snapper, raw	0	0
Red wine	44	0
Redcurrant jelly	53	34
Redcurrants, raw	25	1
Redfish, raw	0	0
Rhubarb, raw	10	0
Rice cakes	82	67
Rice flour	82	66
Rice flour cakes, glutinous, Chinese	82	48
Rice Krispies	82	76
Rigatoni, white, raw	45	33
Rissoles, savoury	0	0
Rock Salmon/Dogfish, raw	0	0
Roe, cod, hard, raw	0	0
Roe, herring, soft, raw	0	0
Rohu, raw	0	0
Rose wine, medium	44	1
Rosemary, dried	0	0
Rosemary, fresh	0	0
Runner beans, boiled in unsalted water	25	1
Runner beans, raw	25	1

Rye bread	76	35
Rye flour, whole	33	25
Safflower oil	0	0
Saffron	0	0
Sage, dried, ground	0	0
Sage, fresh	0	0
Salad, green	10	0
Salami	0	0
Salmon, pink, canned in brine, flesh and bones, drained	0	0
Salmon, pink, canned in brine, flesh only, drained	0	0
Salmon, raw	0	0
Salmon, red, canned in brine, flesh and bones, drained	0	0
Salmon, red, canned in brine, flesh only, drained	0	0
Salmon, smoked	0	0
Salsify, raw scorzonera	30	3
Salt	0	0
Sambal Oelek sauce	15	0
Sardines, canned in brine, drained	0	0
Sardines, canned in oil, drained	0	0
Sardines, canned in tomato sauce	0	0
Sardines, raw	0	0
Satsumas	43	4
Satsumas, weighed with peel	43	3
Sauce, dry mix	15	10
Sauce, dry, casserole mix	15	10
Sauerkraut	15	0
Seafood cocktail	0	0
Seaweed, Irish moss, raw	0	0
Seaweed, kombu, dried, raw	0	0
Seaweed, nori, dried, raw	0	0
Seaweed, wakame, dried, raw	0	0
Semi-skimmed milk, average	35	2
Semi-skimmed milk, pasteurised, average	35	2
Semi-skimmed milk, pasteurised, fortified plus SMP	35	2
Semi-skimmed milk, pasteurised, summer	35	2
Semi-skimmed milk, pasteurised, winter	35	2
Semi-skimmed milk, UHT	35	2
Sesame oil	0	0
Sesame seeds	35	0
Shallots, raw	15	0
Shandy	0	0
Shanghai nuts	15	0
Shark, raw	0	0
Sharon fruit, persimmon	31	6
Sheeps milk, raw	35	2
Sherry, dry	0	0
Sherry, medium	0	0
Sherry, sweet	0	0
Short sweet biscuits	75	47
Shortbread	40	25
Shredded Wheat	67	48
Shrimps, boiled	50	0
Shrimps, boiled, weighed with shells	0	0
Shrimps, canned in brine, drained	0	0
Shrimps, dried	0	0
Shrimps, frozen	0	0
Skate, raw	0	0
Skimmed milk, average	35	2
Skimmed milk, pasteurised, average	35	2
Skimmed milk, pasteurised, summer	35	2

Skimmed milk, pasteurised, winter	35	1
Skimmed milk, sterilised	35	2
Skimmed milk, UHT	35	1
Soda Bread	52	28
Soy sauce	0	0
Soya beans, dried, boiled in unsalted water	17	1
Soya beans, dried, raw	17	3
Soya oil	0	0
Spaghetti, white, raw	45	33
Spaghetti, wholemeal, raw	45	30
Spinach, canned, drained	10	0
Spinach, dried	15	2
Spinach, raw	10	0
Spirits, 37.5% volume	0	0
Spirits, 40% volume	0	0
Split peas, dried, raw	30	17
Sprats, raw	0	0
Spring greens, raw	10	0
Spring onions, bulbs and tops, raw	15	0
Spring onions, bulbs only, raw	15	1
Squash, acorn, raw	75	7
Squash, butternut, raw	75	6
Squash, spaghetti, raw	75	3
Squid, dried	0	0
Squid, frozen, raw	0	0
Squid, raw	0	0
Steaklets, frozen, raw	0	0
Stock cubes, beef	0	0
Stock cubes, chicken	0	0
Stock cubes, vegetable	0	0
Stout, bottled	0	0
Stout, extra	0	0
Stout, Guinness	0	0
Stout, Mackeson	0	0
Strawberries, raw	40	2
Strong ale/barley wine	0	0
Suet, shredded	0	0
Suet, vegetable	0	0
Sugar, brown	58	59
Sugar, Demerara	58	61
Sugar, icing	58	61
Sugar, white	58	61
Sugar-snap peas, raw	66	3
Sultanas	58	40
Sunflower oil	0	0
Sunflower seeds	35	7
Swede, raw	70	4
Sweet and sour sauce, canned	15	2
Sweet and sour sauce, take-away	15	5
Sweet chilli sauce, Blue Dragon	15	8
Sweet potato, raw	54	12
Sweetbread, lamb, raw	0	0
Sword beans, raw	30	2
Swordfish, raw	0	0
Syrup, corn, dark	58	44
Syrup, golden	58	46
Syrup, golden, pouring	58	46
Syrup, maple	54	36
Tagliatelle, white, raw	45	33
Tahini paste	5	0

Tamarind	65	37
Tamarind leaves, fresh	0	0
Tamarind pulp	0	0
Tangerines	43	3
Tangerines, weighed with peel and pips	43	2
Tapioca, raw	85	81
Taramasalata	0	0
Tarragon, dried, ground	0	0
Tarragon, fresh	0	0
Tartare sauce	15	3
Tea, black, infusion, average	0	0
Tea, black, infusion, strong	0	0
Tea, black, infusion, weak	0	0
Tea, Chinese, leaves, infusion	0	0
Tea, green, infusion	0	0
Tea, herbal, infusion	0	0
Tea, infusion, average, with whole milk	0	0
Tea, lemon, instant powder	0	0
Tea, lemon, instant powder, with water	0	0
Thai red curry paste, Sainsbury	15	1
Thyme, dried, ground	0	0
Thyme, fresh	0	0
Tigernuts	15	7
Tilapia, raw	0	0
Tomato juice	38	1
Tomato ketchup	55	16
Tomato puree	35	5
Tomato sauce, homemade	15	1
Tomatoes, canned, whole contents	38	1
Tomatoes, cherry, raw	38	1
Tomatoes, raw	38	1
Tomatoes, sun dried	38	2
Tongue slices	0	0
Tongue, canned	0	0
Tongue, lamb, raw	0	0
Tongue, ox, pickled, raw	0	0
Tonic wine	0	0
Tortilla chips	74	44
Tortillas, made with wheat flour	30	18
Treacle, black	58	39
Tripe, dressed, raw	0	0
Trout, brown, raw	0	0
Trout, rainbow, raw	0	0
Tuna pate	0	0
Tuna, canned in brine, drained	0	0
Tuna, canned in oil, drained	0	0
Tuna, raw	0	0
Turbot, raw	0	0
Turkey slices	0	0
Turkey, dark meat, raw	0	0
Turkey, light meat, raw	0	0
Turkey, meat, average, raw	0	0
Turkey, skin, raw	0	0
Turmeric, ground	0	0
Turnip, raw	85	4
Tzatziki	41	1
Veal, escalope, raw	0	0
Veal, mince, raw	0	0
Vegetable oil, blended, average	0	0
Venison, raw	0	0

Vermicelli, raw	45	35
Vermicelli, white, raw	45	33
Vermouth, dry	0	0
Vermouth, sweet	0	0
Vinegar	5	0
Walnut oil	0	0
Walnuts	15	0
Walnuts, weighed with shells	15	0
Water biscuits	70	53
Water chestnuts, canned, drained	25	2
Water chestnuts, raw	25	3
Water, distilled	0	0
Watercress, raw	10	0
Wheat flour, brown	75	51
Wheat flour, patent	75	58
Wheat flour, white, breadmaking	75	56
Wheat flour, white, plain	75	58
Wheat flour, white, self-raising	75	57
Wheat flour, wholemeal	75	48
Wheatgerm bread	80	32
Wheatgerm oil	0	0
Whelks, boiled	0	0
Whelks, boiled, weighed with shells	0	0
White bread, average	64	32
White bread, Danish style	64	28
White bread, farmhouse or split tin, freshly baked	72	35
White bread, French stick	82	46
White bread, large, crusty	64	32
White bread, large, tin	64	31
White bread, premium	64	30
White bread, Scottish batch, unwrapped	64	33
White bread, Scottish batch, wrapped	64	31
White bread, sliced	64	30
White bread, Vienna	72	38
White bread, 'with added fibre'	72	36
White fish, dried, salted	0	0
White pudding	0	0
White rice, basmati, raw	65	52
White rice, easy cook, raw	56	48
White rice, flaked, raw	56	43
White rice, glutinous, raw	83	62
White rice, polished, raw	50	43
White rolls, crusty	72	40
White rolls, soft	72	37
White sauce packet mix	15	9
White wine, dry	44	0
White wine, medium	44	1
White wine, sparkling	44	2
White wine, sweet	44	3
Whitecurrants, raw	25	1
Whiting, raw	0	0
Whole chicken, corn-fed, raw	0	0
Whole chicken, corn-fed, raw, weighed with bone	0	0
Whole chicken, raw	0	0
Whole chicken, raw, weighed with bone	0	0
Whole milk yogurt, goats	41	2
Whole milk yogurt, 'organic'	41	2
Whole milk, average	35	2
Whole milk, pasteurised, average	35	2
Whole milk, pasteurised, summer	35	1

Whole milk, pasteurised, winter	35	2
Whole milk, sterilised	35	2
Whole milk, UHT	35	2
Whole turkey, raw	0	0
Whole turkey, raw, weighed with bone	0	0
Wholemeal bread, average	53	22
Wholemeal pastry, raw	59	23
Wholemeal rolls	72	33
Winkles, boiled	0	0
Winkles, boiled, weighed with shells	0	0
Worcestershire sauce	15	2
Yam, raw	49	14
Yeast, dried	0	0
Yogurt, greek style, fruit	41	5
Yogurt, greek style, plain	41	2
Yogurt, greek, sheep	41	2
Yogurt, infant, fruit flavour	41	5
Yogurt, low fat, fruit	41	6
Yogurt, low fat, plain	41	3
Yogurt, twinpot, thick and creamy with fruit	41	7
Yogurt, virtually fat free/diet, fruit	41	3
Yogurt, virtually fat free/diet, plain	14	1
Yogurt, whole milk, fruit	41	7
Yogurt, whole milk, plain	41	3