

McCance and Widdowson's

The Composition of Foods

Sixth summary edition

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Sixth summary edition

Compiled by
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CONTENTS

	Page
Dedication	vii
Foreword to 6th Edition	ix
Foreword to 5th Edition	xi
Acknowledgements	xv
1. Introduction	
1.1 Background	1
1.2 Sources of data and methods of evaluation	2
1.3 Arrangement of the Tables	4
1.4 The definition and expression of nutrients	6
1.5 The variability of nutrients in foods	16
1.6 Bioavailability of nutrients	18
1.7 Calculation of nutrient intakes using the Tables	21
1.8 Potential pitfalls when using the Tables	22
1.9 Food labelling	23
2. Tables	
Symbols and abbreviations used in the Tables	27
2.1 Cereals and cereal products	29
2.2 Milk and milk products	83
2.3 Eggs and egg dishes	125
2.4 Fats and oils	131
2.5 Meat and meat products	145
2.6 Fish and fish products	211
2.7 Vegetables	237
2.8 Herbs and spices	291
2.9 Fruit	297
2.10 Nuts	323
2.11 Sugars, preserves and snacks	333
2.12 Beverages	350
2.13 Alcoholic beverages	364
2.14 Soups, sauces and miscellaneous foods	379

3. Additional tables

3.1	Phytosterols	403
3.2	Alternative ways of measuring dietary fibre	407
3.3	Carotenoid fractions	410
3.4	Vitamin E fractions	413
3.5	Vitamin K ₁	417

4. Appendices

4.1	Analytical techniques used for the tables	425
4.2	Calculation of nutrient contents for foods 'as purchased' or 'as served'	428
4.3	Cooked foods and dishes	431
	i Weight changes on preparation of foods	431
	ii Calculation of cooked edible matter from raw foods	435
	iii Calculation of the composition of dishes prepared from recipes	435
	iv Vitamin loss estimation in foods and recipe calculations	437
4.4	Recipes	441
4.5	Alternative and taxonomic names	469
4.6	References	479
4.7	Food index	489

Dedicated to

Professor R A McCance (1898–1993)

And

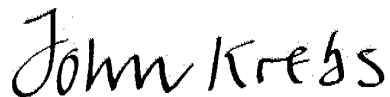
Dr E M Widdowson (1906–2000)

FOREWORD TO THE SIXTH EDITION

The Composition of Foods is widely acknowledged as the key reference tool for all those who need to know the nutritional value of foods consumed in the UK, and for over 60 years it has proved invaluable to its many academic, professional and student users.

I therefore welcome this 6th summary edition, and am pleased that the Food Standards Agency has been able to play a part in its publication, working in close collaboration with the Institute of Food Research.

The series began with the vision of Professor McCance and Dr Widdowson in the 1930s. This edition is dedicated to their memory and I commend to you their foreword to the 5th edition of *The Composition of Foods*, reproduced overleaf.

A handwritten signature in black ink that reads "John Krebs". The signature is written in a cursive, slightly slanted style.

**Sir John Krebs
Chairman
Food Standards Agency**

FOREWORD TO THE 5TH EDITION OF *The Composition of Foods*

By R.A. McCance and E.M. Widdowson

In 1926 I (R. A. McC) was a medical student at King's College Hospital, London. Dr R. D. Lawrence, himself a diabetic, was in charge of the diabetic patients, and he was writing a book 'The Diabetic Life'. He wanted to include some values for the carbohydrate content of fruits and vegetables, which were then an important part of diabetic diets, but there were problems with this. First the values that were being used were derived from Atwater and Bryant's tables published in America in 1906, and these were nearly all obtained 'by difference', that is, water, fat, nitrogen and ash were determined, nitrogen was multiplied by 6.25 to obtain protein, the percentages of these were added together and the sum subtracted from 100 to give the percentage of carbohydrate. Carbohydrate calculated in this way contained not only sugar and starch which were important to the diabetic, but also the 'unavailable carbohydrate' or dietary fibre. Another problem in using the American tables was that most of the analyses had been made on raw materials, whereas people eat most of their vegetables cooked and their composition is altered by cooking. So a grant of £30 a year was obtained from the Medical Research Council for me to analyse raw and cooked fruits and vegetables for total 'available carbohydrate', that is sugars plus starch, which was the value needed for calculating diabetic diets. I analysed 109 different plant materials, each on six separate occasions, in the time I had to spare from my medical studies and the results were published in 1929 as a Medical Research Council Special Report No. 35 'The Carbohydrate Content of Foods' by R. A. McCance and R. D. Lawrence.

When Professor Cathcart, Professor of Physiology at Glasgow University, read the report he suggested that the work should be extended, and that protein and fat should be determined in meat and fish. The Medical Research Council agreed to provide a grant to cover the salaries of a chemist, H. L. Shipp, and a technician, Alec Haynes, and a study of meat and fish began. Sixty-two varieties of fish were analysed, all except oysters cooked, 26 different cuts of meats, 9 varieties of poultry and game and 9 different kinds of 'offal', all cooked in standard ways. Besides total nitrogen, purine N, amino-N and extractive-N were determined and the analyses included fat, carbohydrate when present and minerals Na, K, Ca, Mg, Fe, P and Cl. We also investigated the losses of various constituents when meat and fish were cooked in various ways. Shrinkage caused most of the losses from meat, but not from fish. All the results were published in 1933 as a second Medical Research Council Special Report No. 187 'The Chemistry of Flesh Foods and their Losses on Cooking' by R. A. McCance and H. L. Shipp.

At the end of this study H. L. Shipp left and was replaced by L. R. B. Shackleton, and it was at this point that I (E. M. W.) joined the team. We four started again on fruits, vegetables and nuts. The analyses included 56 varieties of fruit, 9 of nuts, 28 of raw vegetables and 44 of vegetables after cooking. We analysed them

for water, total nitrogen, glucose, fructose, sucrose and starch and for 'unavailable carbohydrate'. The same minerals were determined as in the meat and fish. Losses of sugars, nitrogen and minerals from vegetables while being boiled were also investigated. These results made a third Medical Research Council Special Report, No. 213, published in 1936 'The Nutritive Value of Fruits, Vegetables and Nuts' by R. A. McCance, E. M. Widdowson and L. R. B. Shackleton. The stock of all these reports was destroyed in a fire resulting from an air raid on London during World War II and they have been out of print ever since.

In 1938 we moved to Cambridge. L. R. B. Shackleton left but Alec Haynes came with us. We finished the analyses we had begun in London on cereals, dairy products, beverages and preserves and we put the results of all our analytical work together to make the first edition of 'The Chemical Composition of Foods' by R. A. McCance and E. M. Widdowson. This was published in 1940 as the fourth Medical Research Council Special Report No. 235. The working notebooks containing the details of all the analyses have been deposited with the Wellcome Institute for the History of Medicine.

Since one of the uses of the tables was likely to be the calculation of the composition of diets, and diets generally include cooked dishes we gave some information about their composition. Most of the recipes were taken from standard cookery books, and 90 are to be found in that first edition.

A second edition appeared in 1946, which included values for wartime foods, Household milk, dried eggs and National wheatmeal flour and bread made from it. Values for the composition of about 20 'economical' dishes were included.

In the 1950s we began to work on a third edition. By then many new foods had become available, and those introduced in wartime had disappeared from the market. Alec Haynes had left, and Dr. D. A. T. Southgate joined us. He, with the help of a technician, Janet Adams, was responsible for analysing more than 100 new foods for the same constituents as we had previously done.

By the 1950s methods for the determinations of vitamins had improved, and many foods had been analysed for one or more of them. We decided to depart from our original principle of including only the results of our own analyses in the tables, and to use values taken from the literature. Dr. W. I. M. Holman, who knew a great deal about the determination of vitamins in foods, undertook the task of reading every paper he could find on the vitamin content of foods published in the past 15 or 20 years. This involved abstracting well over 1000 papers. He selected those reporting results which he believed to be reliable, and then he left us and his abstracts to take up a post in South Africa. Miss I. M. Barrett joined us, and she constructed the tables of the vitamin content of foods from the information Dr. Holman had collected together.

Values for the amino-acid content of the main protein-containing foods, cereals, meat, fish, eggs, milk and its products, and of some nuts and vegetables were also included in the third edition. These were partly taken from the literature and partly from analyses made by Dr. B. P. Hughes who was working with us at the time. The third edition was published in 1960, with a change of title to 'The Composition of Foods'. As time had gone on some cookery experts had been rather critical of our original recipes, so the whole of the section on the

composition of cooked dishes was revised with the help of members of the cookery department of King's College of Household and Social Science.

Up to the third edition we had the ultimate responsibility for the tables. I (R. A. McC) retired in 1966 and it became clear that a decision had to be made about the future of 'The Composition of Foods'. Tables such as these must be revised from time to time or they become obsolete and therefore useless. In the late sixties I (E. M. W) raised the matter at a meeting of the Interdepartmental Committee on Food Composition. It was unanimously agreed that the tables must not be allowed to die. The Interdepartmental Committee on Food Composition accepted responsibility for the revision of the tables, and appointed a Steering Panel under the chairmanship of Dr. D. A. T. Southgate to advise those responsible for the revision, leading to the fourth edition. In the event meats were completely reanalysed. The conformation of farm animals had altered and methods of butchering had changed since the 1930s when the original samples were collected. Cereals, milk and milk products were also extensively revised, but most other foods were not reanalysed, and about a third of the values in the fourth edition, published in 1978, were our original figures, obtained by what are regarded nowadays as very primitive methods 40 years before. Those methods were no less accurate than the modern automated ones, but they took a much longer time.

Since 1978 several supplements to the tables have been published covering the composition of different groups of foodstuffs as these have been revised, and tables showing the composition of foods used by immigrants in the United Kingdom were made available. Now a fifth edition summary edition of 'The Composition of Foods' has been prepared. This represents the work of many people including those who were responsible for making the analyses as we had done half a century ago. We are happy that we are still part of it.

July 1991

ACKNOWLEDGEMENTS

The Food Standards Agency and the compilers are grateful to the numerous people who have helped during the preparation of this book.

Most of the values in this book are based on the detailed supplements to *The Composition of Foods*. The compilers of this summary edition are therefore indebted to all the people who have contributed towards the series of books. In particular, the major role of the primary authors (Bridie Holland and Dr Wynnie Chan) and the co-authors (Jane Brown, Ian Unwin, and Ailsa Welch) of the supplements is gratefully acknowledged. In addition, we are indebted to the late Dr David Buss for his role in leading the work on the series.

Most of the new analyses in this edition were undertaken by the Laboratory of the Government Chemist. Additional analyses were carried out by Agricultural Development and Advisory Service (ADAS), Aspland & James, Campden and Chorleywood Food Research Association (CCFRA), and RHM Technology.

We wish to thank numerous manufacturers, retailers and other organisations for information on the range and composition of their products. In particular, we would like to thank British Egg Information Service, British Egg Industry Council, Kelloggs, McVities, Nestlé UK, Quaker Oats Ltd, Procter & Gamble, Snack Nut and Crisp Manufacturers Association Ltd (SNACMA), Tesco Stores Ltd, and Weetabix Ltd for providing additional information. Thanks are also due to Mabel Blades at the Meat and Livestock Commission for her invaluable advice, and to Dr Caroline Bolton-Smith, of the Medical Research Council's Resource Centre for Human Nutrition Research (MRC HNR) for her input into the additional table on phylloquinone content of foods.

Many current and former professional and administrative staff at the Ministry of Agriculture, Fisheries and Food (MAFF) and the Food Standards Agency have been involved in the work leading to the production of this book, from design of the analytical projects on which most of the data are based, through data collation and checking, to the final compilation. In addition, Rosemary Bobbin, Yvonne Clements and Richard Faulks, all of the Institute of Food Research, warrant special mention for their contribution. The database used to compile this edition was developed by Vaughan McLintock, under contract to MAFF.

The preparation of this sixth summary edition was overseen by the Sub Group on Publication of Data, under the auspices of MAFF's, and latterly the Food Standards Agency's, Working Party on Nutrients in Food. In addition to the compilers, this group comprised Alison Paul (MRC HNR), Professor David Southgate and Rachel Abraham and Moya de Wet (both representing members of the British Dietetic Association). Secretariat support was provided by Judith Holden. *The Composition of Foods User Group*, set up in 1999, also provided advice on format and content of this edition, including the foods to be included.

INTRODUCTION

1.1 Background

“A knowledge of the chemical composition of foods is the first essential in the dietary treatment of disease or in any quantitative study of human nutrition”
(McCance & Widdowson, 1940).

- 1.1.1** This sixth summary edition of the UK food composition tables extends and updates a series which began with the vision of R A McCance and E M Widdowson in the 1930s, under the auspices of the Medical Research Council. Following publication of the fourth edition of McCance and Widdowson's *The Composition of Foods* in 1978, the Ministry of Agriculture, Fisheries and Food (MAFF) took on the responsibility for maintaining and updating the official tables of food composition in the United Kingdom. In 1987, the Ministry joined with the Royal Society of Chemistry to begin production of a computerised UK National Nutrient Databank from which a number of detailed supplements (Table 1) and the fifth edition of *The Composition of Foods* (Holland *et al.*, 1991) were produced. Responsibility for data compilation returned to MAFF in 1997 and a detailed supplement on the fatty acid composition of foods was published in 1998 (MAFF, 1998). Responsibility for the maintenance of the UK National Nutrient Databank transferred to the Food Standards Agency on its establishment in April 2000. The data for this sixth summary edition were compiled, under contract, by the Institute of Food Research.
- 1.1.2** This sixth summary edition is intended to be a convenient book which includes in one volume the most recent values for a range of commonly-consumed foods. As such, it comprises a sub-set of published and new data with the range of both foods and nutrients being limited. It replaces the fifth edition, but not the detailed supplements (Table 1), which make up the UK National Nutrient Databank.
- 1.1.3** Computer-readable files of the data for most of the supplements and the fifth and sixth editions are available. Details can be obtained from the Food Standards Agency.
- 1.1.4** Now that the series of supplements is complete, a comprehensive integrated dataset will be produced. However, prior to this, it was decided to publish this summary edition in response to the widely expressed need for a convenient book which includes in one volume the most recent nutrient values for the whole range of common foods.

Table 1 *Supplements to ‘The Composition of Foods’*

<i>Amino Acids and Fatty Acids</i>	Paul <i>et al.</i> , 1980
<i>Immigrant Foods</i>	Tan <i>et al.</i> , 1985
<i>Cereals and Cereal Products</i>	Holland <i>et al.</i> , 1988
<i>Milk Products and Eggs</i>	Holland <i>et al.</i> , 1989
<i>Vegetables, Herbs and Spices</i>	Holland <i>et al.</i> , 1991
<i>Fruit and Nuts</i>	Holland <i>et al.</i> , 1992
<i>Vegetable Dishes</i>	Holland <i>et al.</i> , 1992
<i>Fish and Fish Products</i>	Holland <i>et al.</i> , 1993
<i>Miscellaneous Foods</i>	Chan <i>et al.</i> , 1994
<i>Meat, Poultry and Game</i>	Chan <i>et al.</i> , 1995
<i>Meat Products and Dishes</i>	Chan <i>et al.</i> , 1996
<i>Fatty Acids</i>	MAFF, 1998

1.2 Sources of data and methods of evaluation

- 1.2.1** It is essential that food composition tables are regularly updated for a number of reasons. Since the fifth summary edition was published, many new fresh and manufactured foods have become familiar items in our shops, and values for these have been included wherever possible. In addition, the nutritional value of many of the more traditional foods has changed. This can happen when there are new varieties or new sources of supply for the raw materials; with new farming practices which can affect the nutritional value of both plant and animal products; with new manufacturing practices including changes in the type and amounts of ingredients (including reductions in the amount of fat, sugar and salt added or new fortification practices); and with new methods of preparation and cooking in the home.
- 1.2.2** To ensure that the UK food composition tables could continue to have as wide a coverage and be as up to date as possible, the Ministry of Agriculture, Fisheries and Food (MAFF) decided in the early 1980s to set up a rolling programme of food analysis. Responsibility for this programme transferred to the Food Standards Agency on its establishment in April 2000. The analytical reports from recent studies (1990 onwards) are available from the Food Standards Agency library. (A small charge will be made to cover copying and postage.) A few reports are available on the Food Standards Agency website (www.food.gov.uk). These reports comprise raw laboratory data and have not been evaluated to the same extent as data incorporated into *The Composition of Foods*.
- 1.2.3** Most of the values included in these Tables have been taken from the detailed supplements, themselves mainly derived from MAFF's series of analytical studies. This edition also includes new, and previously unpublished, analytical data for a number of key foods, particularly cereals and cereal products, and milk and milk products. Further details are given in the introduction to each food group. In

addition, foods for which new data are included can easily be identified by the inclusion of a new food code in the food index. Reports from which new data for this summary edition were taken are included in the *References* section.

- 1.2.4** Where new analytical data were not available the values have been taken from a number of sources including the scientific literature, manufacturers' data and by calculation. All recipes have been recalculated, using the most recent available data for ingredients.
- 1.2.5** Where the values in the Tables were derived by direct analysis of the foods, great care was taken when designing sampling protocols to ensure that the foods analysed were representative of those used by the UK population. For most foods a number of samples were purchased at different shops, supermarkets or other retail outlets. The samples were not analysed separately but were pooled before analysis. When the composite sample was made up from a number of different brands of food, the numbers of the individual brands purchased were related to their relative shares of the retail market. If the food required preparation prior to analysis, techniques such as washing, soaking, cooking, etc. were as similar as possible to normal domestic practices.
- 1.2.6** A summary of the analytical techniques used for this edition is given in Section 4.1.
- 1.2.7** Where data from literature sources were included in the Tables preference was given to reports where the food was similar to that in the UK, where the publication gave full details of the sample and its method of preparation and analysis, and where the results were presented in a detailed and acceptable form. The criteria for assessing literature values are summarised in Table 2.
- 1.2.8** Where manufactured foods with proprietary names are included in the database they are restricted to leading brands with an established composition. It should be noted that manufacturers can change their products from time to time and this will influence nutrient content. This is particularly relevant for foods where nutrients are added for fortification purposes, or for technological purposes, such as antioxidants or as colouring agents. The inclusion of a particular brand does not imply that it has a special nutritional value.
- 1.2.9** The final selection of values published here is dependent on the judgement of the compilers and their interpretation of the available data. There can be no guarantee that a particular item will have precisely the same composition as that in these Tables because of the natural variability of foods.
- 1.2.10** Users are advised to consult other sources of data (e.g. product labels, manufacturers' data), where appropriate. For example, users who require data on the nutrient content of foods consumed by South Asians in the UK are advised to refer to Judd *et al.* (2000).

Table 2 *Criteria applied before acceptance of literature values^a*

Name of food	Common name, with local and foreign synonyms Systematic name with variety where known.
Origin	<i>Plants:</i> Country of origin Locality, with details of growth conditions if available <hr/> <i>Animals:</i> Country of origin Locality and method of husbandry and slaughter (if available)
Sampling	Place and time of collection Number of samples and how these were obtained Nature of sample (e.g. raw, prepared, deep frozen, prepacked etc.) Ingredient details
Treatment of samples before analysis	Conditions and length of storage Preparative treatment e.g. material discarded as waste and whether washed or drained Cooking details (where applicable) e.g. length of cooking, temperature and the cooking medium.
Analysis	Details of material analysed Methods used, with appropriate reference and details of any modifications
Methods of expression of results	Statistical treatment of analytical values Whether expressed on an 'as purchased', 'edible matter' or 'dry matter', etc. basis

^a Modified from Southgate (1974), Greenfield and Southgate (1994)

1.3 Arrangement of the Tables

1.3.1 This book is composed of three parts, the Introduction, the Tables and a number of Additional Tables and Appendices.

1.3.2 The **Tables** contain four pages of information for each food.

The **first page** gives the food number, name and description along with data for edible proportion and the major constituents (water, nitrogen, protein, fat, carbohydrate and energy).

Food number

For ease of reference, each food has been assigned a consecutive publication number for the purposes of this edition only. In addition, each food has a unique food code number which is given in the index and will allow read-across to the supplements or the fifth edition, where appropriate. For foods that have already been included in supplements or in the fifth edition and for which there are no new data, their food code number (including the unique two digit prefix) has been repeated. These prefixes are 11 – *Cereals and Cereal Products*, 12 – *Milk Products and Eggs*, 13 – *Vegetables, Herbs and Spices*, 14 – *Fruit and Nuts*, 15 – *Vegetable Dishes*, 16 – *Fish and Fish Products*, 17 – *Miscellaneous Foods*, 18 – *Meat, Poultry and Game*, 19 – *Meat Products and Dishes*, and 50 – *Fifth Edition*. Foods that have not previously been included have been given a new food code number in the supplement using that prefix (e.g. plain bagel (11-534)). Where new data have been incorporated for an existing food, a new food code has also been allocated but with the same supplement prefix (e.g. beef bourguignonne was 19-161, now 19-330). For ease of use, the original food code number is given alongside the new one in the index for the foods concerned. These are the numbers that will be used in nutrient databank applications.

Food name

The food name has been chosen as that most recognisable and descriptive of the food referenced.

Description

Information given under the description and number of samples describes the number and nature of the samples taken for analysis. Sources of values derived either from the literature or by calculation are also indicated under this heading. Further summary information on the sources of data used for each food are given in the computer-readable files for this edition.

The **second page** gives starch, total and individual sugars (glucose, fructose, sucrose, maltose, lactose), dietary fibre (expressed as non-starch polysaccharide), fatty acid totals, and cholesterol.

The **third page** gives data for inorganic elements and the **fourth page** data for the vitamin composition of the foods.

All nutrients are quoted per 100g edible portion of food with the exception of the alcoholic beverages group where they are per 100ml.

Foods have been arranged in groups with common characteristics. The arrangement of the food groups in the Tables is as follows:- cereals and cereal products, milk and milk products, eggs, fats and oils, meat and meat products, fish and fish products, vegetables, herbs and spices, fruits, nuts, sugars, preserves and snacks, beverages, alcoholic beverages and sauces, soups, and miscellaneous foods. Generally the order within the groups is similar to that in the corresponding supplement. A few foods have been placed in different groups from those in which they previously appeared where this

is more appropriate for a general work covering all food groups. Each food group is preceded by text covering points of specific relevance to the foods in that group.

1.3.3 Additional tables cover alternative methods for determining dietary fibre, phytosterols, carotenoid and vitamin E fractions, and vitamin K₁ (phylloquinone).

1.3.4 Information contained in the **Appendices** includes a summary of analytical techniques, weight changes on the preparation of foods, cooked foods and dishes, the recipes, calculation of nutrient content for foods 'as purchased' or 'as served', a table of alternative and taxonomic names for foods and references to the Tables and Introduction. These sections provide useful supporting information for the data in the Tables.

1.3.5 A combined food index and coding list is provided at the end of the appendices. This also includes cross-references from alternative food names and taxonomic names to the food names used in the Tables.

1.4 The definition and expression of nutrients

1.4.1 *The expression of nutrient values*

For this summary edition, all foods are expressed per 100g edible portion. The primary reason for this was to maximise the number of different foods that could be included in the book, while ensuring that it did not become unduly large. For foods that are generally purchased or served with waste, guidance for calculating nutrient content 'as purchased' or 'as served' is given in Section 4.2.

Generally the values have been expressed to a constant number of decimal places for each nutrient. However, exceptions have been made where appropriate, either within groups of foods or for individual values. For example, the iron content of liquid milks has been expressed to two decimal places, because the amounts that can be drunk render this value significant. The values of the more variable vitamins such as biotin have been expressed to less than their usual number of places where large values render the extra places non-significant.

Many foods are purchased or served with inedible material and an edible conversion factor is given which shows the proportion of the edible matter in the food. For raw food this refers to the edible material remaining after the inedible waste has been trimmed away, e.g. the outer leaves of a cabbage. For canned foods such as vegetables the factor refers to the edible contents after the liquid has been drained off.

1.4.2 *Protein*

For most foods, protein has been calculated by multiplying the total nitrogen value by the factors shown in Table 3.

Table 3 *Factors for converting total grams of nitrogen in foods to protein^a*

Cereals		Nuts	
Wheat		Peanuts, Brazil nuts	5.41
Wholemeal flour	5.83	Almonds	5.18
Flours, except wholemeal	5.70	All other nuts	5.30
Pasta	5.70		
Bran	6.31	Milk and milk products	6.38
Maize	6.25	Gelatin	5.55
Rice	5.95	All other foods	6.25
Barley, oats, rye	5.83		
Soya	5.70		

^a FAO/WHO (1973)

The proportion of non-protein nitrogen is high in many foods, notably fish, fruits and vegetables. In most of these, however, this is amino acid in nature and therefore little error is involved in the use of a factor applied to the total nitrogen, although protein in the strictest sense is overestimated. For those foods which contain a measurable amount of non-protein nitrogen in the form of urea, purines and pyrimidines (e.g. mushrooms) the non-protein nitrogen has been subtracted before multiplication by the appropriate factor.

1.4.3 ***Fat***

The fat in most foods is a mixture of triglycerides, phospholipids, sterols and related compounds. The values in the Tables refer to this total fat and not just to the triglycerides.

1.4.4 ***Carbohydrates***

Total carbohydrate and its components, starch and total and individual sugars (glucose, fructose, sucrose, maltose, lactose), but not fibre, are wherever possible expressed as their monosaccharide equivalent. The values for total carbohydrate in the Tables have generally been obtained from the sum of analysed values for these components of 'available carbohydrate', contrasting with figures for carbohydrate 'by difference' which are sometimes used in other food tables or on the labels of manufactured foods. Such figures are obtained by subtracting the measured weights of the other proximates from the total weight and many include the contribution from any dietary fibre present as well as errors from the other analyses. A few values have been included from other tables, or from manufacturers, and are printed in italics to distinguish them from direct analyses.

Available carbohydrate is the sum of the free sugars (glucose, fructose, galactose, sucrose, maltose, lactose and oligosaccharides) and complex carbohydrates (dextrins, starch and glycogen). These are the carbohydrates which are digested and absorbed, and are glucogenic in man. This corresponds to the term 'glycaemic carbohydrates' proposed in the FAO/WHO report on Carbohydrates in Human Nutrition (FAO, 1998).

Carbohydrate values expressed as monosaccharide equivalents can exceed 100g per 100g of food because on hydrolysis 100g of a disaccharide such as sucrose gives 105g monosaccharide (glucose and fructose). 100g of a polysaccharide such as starch gives 110g of the corresponding monosaccharide (glucose). Thus white sugar appears to contain 105g carbohydrate (expressed as monosaccharide) per 100g sugar. For conversion between carbohydrate weights and monosaccharide equivalents, the values shown in Table 4 should be used.

Table 4 *Conversion of carbohydrate weights to monosaccharide equivalents*

Carbohydrate	Equivalents after hydrolysis g/100g	Conversion to monosaccharide equivalents
Monosaccharides e.g. glucose, fructose and galactose	100	no conversion necessary
Disaccharides e.g. sucrose, lactose and maltose	105	x 1.05
Oligosaccharides e.g. raffinose (trisaccharide)	107	x 1.07
stachyose (tetrasaccharide)	108	x 1.08
verbascose (pentasaccharide)	109	x 1.09
Polysaccharides e.g. starch	110	x 1.10

Any known or measured contribution from oligosaccharides and/or maltodextrins has been included in the total carbohydrate value but not in the columns for starch or total sugars. In most foods oligosaccharides are present in relatively low quantities. In vegetables, however, and some processed foods where glucose syrups and maltodextrins are added, oligosaccharides will make a significant contribution to carbohydrate content. Because of this the sum of starch and total sugars will be less than the total carbohydrate for these foods and where this occurs the values have been marked in the Tables with footnotes.

1.4.5 *Dietary fibre*

Different methods give different estimates of the total fibre content of food. The values shown in the main Tables are total non-starch polysaccharides (NSP) (Englyst and Cummings, 1988). An additional table comparing values obtained by the NSP (Englyst) method and the AOAC method (AOAC, 2000), for the very few foods for which analytical data on the same samples are available, is also included. For nutritional labelling purposes, it is recommended that fibre values obtained by AOAC methodology are used.

1.4.6 *Alcohol*

The values for alcohol are given as g/100ml of alcoholic beverages. Pure ethyl alcohol has a specific gravity of 0.79 and dividing the values by 0.79 converts

them to alcohol by volume (i.e. ml/100ml). The specific gravities of the alcoholic beverages are given in the introduction to that section of the Tables so that calculations can be made if the beverages are measured by weight. The alcohol contents of a range of strengths 'by volume' are also given in the introduction to the section on Alcoholic Beverages in the Tables.

1.4.7 **Energy value – kcal and kJ**

The metabolisable energy values of all foods are given in both kilocalories (kcal) and kilojoules (kJ). These energy values have been calculated from the amounts of protein, fat, carbohydrate and alcohol in the foods using the energy conversion factors shown in Table 5.

Table 5 *Metabolisable energy conversion factors used in these Tables^{ab}*

	kcal/g	kJ/g
Protein	4	17
Fat	9	37
Available carbohydrate expressed as monosaccharide	3.75	16
Alcohol	7	29

^a Royal Society (1972)

^b See Section 1.9 for the conversion factors that should be used in food labelling

These factors permit the calculation of the metabolisable energy of a typical United Kingdom mixed diet with a level of accuracy which compares well with values obtained in human subjects using calorimetry (Southgate and Durnin, 1970). No contribution from NSP or sugar alcohols is included in these calculations. There is currently some debate about the use of these factors (Livesey *et al.*, 2000).

The energy value of foods in kilojoules can also be calculated from the kilocalorie value using the conversion factor 4.184 kJ/kcal. Whilst it is more accurate to apply the kilojoule factors in Table 5 to protein, fat, carbohydrate and alcohol, a direct kcal/kJ conversion produces differences of little dietetic significance (1–2 per cent).

1.4.8 **Fatty acids**

For this edition, only total saturated, monosaturated, and polyunsaturated and total *trans* unsaturated fatty acids are given. More detailed information on individual fatty acids is available in the *Fatty Acids* supplement (MAFF, 1998).

The fat in most foods contains non fatty acid material such as phospholipids and sterols. To allow the calculation of the total fatty acids in a given weight of food, the conversion factors shown in Table 6 were applied.

A worked example is shown below (TFA = total fatty acids; taken from MAFF, 1998):

$$\begin{aligned} \text{Total fat in Beef, lean only} &= 5.1\text{g}/100\text{g} \\ \text{Conversion factor} &= 0.916 \\ \text{Total fatty acids in beef} &= 5.1 \times 0.916 = \mathbf{4.7\text{g}/100\text{g}} \end{aligned}$$

Saturates	at 43.7g/100g TFA	$\times 4.7 \div 100 = 2.0\text{g}/100\text{g food}$
Monounsaturates	at 47.9g/100g TFA	$\times 4.7 \div 100 = 2.2\text{g}/100\text{g food}$
Polyunsaturates	at 3.8g/100g TFA	$\times 4.7 \div 100 = 0.2\text{g}/100\text{g food}$

N.B. The values do not add up to the total fatty acids because branched-chain and *trans* fatty acids have been excluded from the saturated and unsaturated fatty acids respectively.

Table 6 Conversion factors to give total fatty acids in fat^a

Wheat, barley and rye ^b		Beef lean ^d	0.916
whole grain	0.720	Beef fat ^d	0.953
flour	0.670	Lamb, take as beef	
bran	0.820	Pork lean ^e	0.910
Oats, whole ^b	0.940	Pork fat ^e	0.953
Rice, milled ^b	0.820	Poultry	0.945
Milk and milk products	0.945	Heart ^e	0.789
Eggs	0.830	Kidney ^e	0.747
Fats and oils		Liver ^e	0.741
all except coconut oil	0.956	Fish, fatty ^f	0.900
coconut oil	0.942	white ^f	0.700
		Vegetables and fruit	0.800
		Avocado pears	0.956
		Nuts	0.956

^a Paul & Southgate (1978)

^b Weihrauch *et al.* (1976)

^c Posati *et al.* (1975)

^d Anderson *et al.* (1975)

^e Anderson (1976)

^f Exler *et al.* (1975)

1.4.9 **Cholesterol**

Cholesterol values are included for all foods in this publication and are expressed as mg/100g food. To convert to mmol cholesterol, divide the values by 386.6.

1.4.10 **Inorganic constituents**

Details of the inorganic constituents covered in the Tables are given in Table 7. Further information on variability can be found in Section 1.5 and on bioavailability in Section 1.6.

Table 7 *Inorganic constituents*

Atomic symbol	Name	Units	Atomic weight^a
Na	Sodium	mg/100g	23
K	Potassium	mg/100g	39
Ca	Calcium	mg/100g	40
Mg	Magnesium	mg/100g	24
P	Phosphorus ^b	mg/100g	31
Fe	Iron	mg/100g	56
Cu	Copper	mg/100g	64
Zn	Zinc	mg/100g	65
Cl	Chloride	mg/100g	35
Mn	Manganese	mg/100g	55
Se	Selenium	µg/100g	79
I	Iodine	µg/100g	127

^a To convert the weight of a mineral to mmol or µmol divide by the atomic weight

^b To convert mg P to mg PO₄ multiply by 3.06

Selenium

Many new values for selenium have been incorporated into this edition, taken from the analytical programme and from a specially commissioned analytical study (Barclay *et al.*, 1995). The selenium content of soil has a large effect on the foods harvested from it. The levels of selenium in UK soils are low and analysed values reflect this. Data from literature sources have been taken from those countries with similar soil profiles to the UK. Where the values selected are of non-UK origin (or a food is from an overseas source) the values appear in brackets.

1.4.11 *Vitamins*

Details of vitamins covered in the Tables are given in Table 8 (*see over*).

Vitamin A: retinol and carotene

The two main components of the vitamin are given separately in the Tables.

Retinol is found in many animal products, the main forms being all-*trans* retinol and 13-*cis* retinol. The latter has about 75% of the activity of the former (Sivell *et al.*, 1984). Eggs and fish roe also contain retinaldehyde which has 90% of the activity of all-*trans* retinol. Retinol is expressed in the Tables as the weight of all-*trans* retinol equivalent, i.e. the sum of all-*trans* retinol plus contributions from the other two forms after correction to account for their relative activities.

Approximately 600 carotenoids are found in plant products and milks but few have vitamin A activity (Olson, 1989). Of these, the most important is β-carotene.

Table 8 *Vitamins*

Vitamin	Units	International Units (IU)^a
<i>Vitamin A</i>		
Retinol	µg/100g	0.3µg
Carotene (β-carotene equivalents)	µg/100g	0.6µg
<i>Vitamin D</i>	µg/100g	0.025µg
Cholecalciferol, ergocalciferol		
<i>Vitamin E</i>	mg/100g	0.67mg
α-Tocopherol equivalents		
<i>Vitamin K1 (phylloquinone)</i> (additional table only)	µg/100g	
<i>Thiamin</i>	mg/100g	
<i>Riboflavin</i>	mg/100g	
<i>Niacin</i>		
Total preformed niacin	mg/100g	
Tryptophan (mg) divided by 60	mg/100g	
<i>Vitamin B₆</i>	mg/100g	
All forms (pyridoxine, pyridoxal, pyridoxamine and phosphates of these)		
<i>Vitamin B₁₂</i>	µg/100g	
<i>Folate</i>	µg/100g	
Total folate		
<i>Pantothenate</i>	mg/100g	
<i>Biotin</i>	µg/100g	
<i>Vitamin C</i>	mg/100g	
Total ascorbic and dehydroascorbic acid		

^a Amount equivalent to one International Unit

The other main forms with vitamin A activity are α-carotene and α- and β-cryptoxanthins, which have approximately half the activity of β-carotene. Carotene is expressed in the Tables in the form of β-carotene equivalents, that is the sum of the β-carotene and half the amounts of α-carotene and α- and β-cryptoxanthins present. Where the carotenoid profile was incomplete, it has been assumed that all is β-carotene. This may result in an overestimate but as α-carotene and cryptoxanthin are usually present in low levels in foods without complete carotenoid profiles, it is likely that any error is small.

Retinol equivalents

In the UK the requirement for vitamin A is expressed as retinol equivalents (Department of Health, 1991). This measure of the overall potency of vitamin A

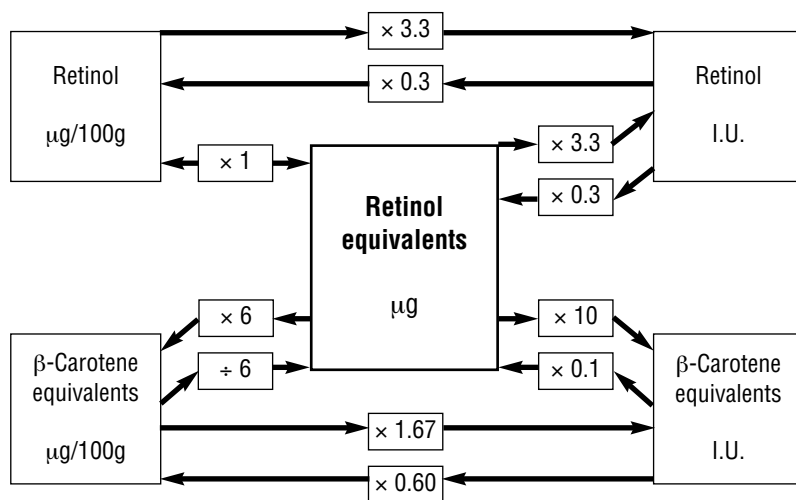
relates to the lower biological efficiency of carotenoids compared with retinol. The absorption and utilisation of carotenoids vary, for example with the amount of fat in the diet and β -carotene concentration (Brubacher and Weiser, 1985), and there is currently much debate about use of retinol equivalents (Scott & Rodriguez-Amaya, 2000). However, the generally accepted relationship is still that $6\mu\text{g}$ β -carotene or $12\mu\text{g}$ of all other active carotenoids are equivalent to $1\mu\text{g}$ retinol (Department of Health, 1991), so that:-

$$\text{Vitamin A potency as } \mu\text{g retinol equivalents} = \mu\text{g retinol} + \frac{\mu\text{g } \beta\text{-carotene equivalents}}{6}$$

Recent work suggests that this convention may need revision in the future.

The relationship between the different units used to express vitamin A is shown in Table 9.

Table 9 Relationship and conversion between the units used to express retinol and carotene



Vitamin D

Few foods contain vitamin D. All those which do so naturally are animal products and contain D_3 (cholecalciferol) derived, as in humans, from the action of sunlight on the animal's skin or from its own food. Vitamin D_2 (ergocalciferol) made commercially has the same potency in man. Both vitamin D_2 and vitamin D_3 are used to fortify a number of foods.

Meat can contain vitamin D_3 (cholecalciferol) derived from the action of sunlight or, for pigs and poultry, from the feed. This may be present in the form of the more active 25-hydroxy vitamin D_3 . For meat, meat products, and poultry, therefore, the total vitamin D activity has been taken as the sum of vitamin D_3 (cholecalciferol)

and five times 25-hydroxy vitamin D₃ (25-hydroxy cholecalciferol), where data are available. There is, however, some debate about the factor that should be used for 25-hydroxy vitamin D₃ when estimating total vitamin D activity.

Vitamin E

The vitamin E in food is present as various tocopherols and tocotrienols, each having a different level of vitamin E activity. In most animal products the α -form is the only significant form present but in plant products, especially seeds and their oils, γ -tocopherol and other forms are present in significant amounts. The values for vitamin E are expressed as α -tocopherol equivalents, using the factors shown in Table 10.

Table 10 Conversion factors for vitamin E activity^a

α -tocopherol	x	1.00
β -tocopherol	x	0.40
γ -tocopherol	x	0.10
δ -tocopherol	x	0.01
α -tocotrienol	x	0.30
β -tocotrienol	x	0.05
γ -tocotrienol	x	0.01

^a McLaughlin and Weihrauch (1979)

Vitamin K₁

The predominant, naturally occurring, vitamin K that occurs in foods is phyloquinone (vitamin K₁) and it is this that is reported in the Additional Table (Section 3.5). Phyloquinone is lipid soluble and is found in the photosynthetic tissue of plants. As such, the darker green the plant leaves, the more phyloquinone is present (Shearer *et al.*, 1996; Bolton-Smith *et al.*, 2000). Certain vegetable oils, namely rapeseed, soybean and olive oils are also relatively high in phyloquinone compared to corn (maize) and sunflower seed oil. The phyloquinone content of plants (and therefore presumably plant oils) also varies by climate and soil conditions (Ferland & Sadowski, 1992).

Hydrogenation of oils results in the conversion of phyloquinone to 1,3-dihydro-phyloquinone (Davidson *et al.*, 1996) and this may be a significant proportion of total vitamin K present in some foods, such as biscuits and margarines. In the USA, estimates of 2,3-dihydro-phyloquinone intake suggest it may be the major dietary form of vitamin K in some population groups (Booth *et al.*, 1996b). The biological activity of the dihydro form may be less than that of native phyloquinone; however, the precise relationship is unclear, and food content data for the UK are currently unavailable.

A second family of naturally occurring, functional vitamin K compounds, the menaquinones (MK_{*n*}, where *n* represents the number of isoprene units in the side

chain) are formed by bacteria. They are likely to occur in variable quantities in fermented foods, and to a minor extent in some cheese, as a result of the bacterial inoculation during their production. Menaquinones may also be found in some meats, such as chicken, as a result of feeding with the synthetic form of vitamin K, menadione, which is activated *in vivo* by conversion to MK4. Inadequate information on the MK content of foods is available for inclusion in the current table.

Thiamin

The majority of values for thiamin are expressed as thiamin chloride hydrochloride using either the direct thiochrome method, HPLC with fluorimetric detection or microbiological assay (see Section 4.1).

Niacin

The values are the sum of nicotinic acid and nicotinamide which are collectively known as niacin.

Tryptophan is converted in the body to nicotinic acid with varying efficiency. On average, 60mg tryptophan is equivalent to 1mg niacin, so the tryptophan content of the protein in each food has been shown after division by 60. This may be added to the amount of niacin to give the niacin equivalent for the food.

Vitamin B₆

Vitamin B₆ occurs in foods as pyridoxine, pyridoxal, pyridoxamine and their phosphates. However, the active form in the tissues is pyridoxal phosphate. In the main, pyridoxine is expressed in the Tables as pyridoxine hydrochloride by microbiological assay, or the sum of the individual forms by HPLC, and expressed as the sum of pyridoxine hydrochloride, pyridoxal hydrochloride and pyridoxamine dihydrochloride (see Section 4.1). The newer HPLC values for vitamin B₆ do not always agree closely with total B₆ values obtained by microbiological assay. This can be due to the different extraction procedures employed for the methods, and the varying response of the organism to the vitamers in the microbiological assay (Ollilainen *et al.*, 2001).

Folate

For folates, the value refers to total folates measured by microbiological assay after deconjugation of the polyglutamyl forms. Folic acid (PteGlu) is the predominant form used for fortification purposes. Other major folates present in food are 5-methyltetrahydrofolates (5-CH₃H₄PteGlu_n; mainly plant- and dairy-based foods), 5- and 10-formyltetrahydrofolates (5- and 10-CHOH₄PteGlu_n; mainly animal-based foods) and tetrahydrofolates (H₄PteGlu_n). Some HPLC-derived values are available for 5-methyltetrahydrofolate (Laboratory of the Government Chemist, 1996), but the values for other folates are much less reliable.

Pantothenate

The majority of values for pantothenate are expressed as calcium D-pantothenate.

Vitamin C

Values include both ascorbic and dehydroascorbic acids, as both forms are biologically active. In fresh foods the reduced form is the major one present but the amount of the dehydro-form increases during cooking and processing. The older values for vitamin C (prior to the 4th edition of *The Composition of Foods*) are based on the titrimetric procedure which only determines ascorbic acid. For the newer data, total ascorbate (ascorbic acid + dehydroascorbic acids) has been determined using either the fluorimetric procedure or HPLC with UV or fluorescence detection (see Section 4.1).

1.5 The variability of nutrients in foods

1.5.1 Although values in these Tables have been derived from careful analyses of representative samples of each food, it is important to appreciate that the composition of any individual sample may differ considerably from this. There are two main reasons for the variability, apart from the apparent differences caused by analytical variations.

1.5.2 *Natural variation*

All natural products vary in composition. Two samples from the same animal or plant may well be different, but the compositions of meat, milk and eggs are also affected by season and by the feeding regime and age of the animal. Different varieties of the same plant may differ in composition, and their nutritional value will also vary with the country of origin, growing conditions and subsequent storage. In general, those nutrients that are closely associated with structure and metabolic function show rather less variation than those which accumulate in particular locations of the plant or animal or those which are unstable. For instance, nitrogen and phosphorus tend to show less variation than vitamin A, iron or vitamin C.

A major influence on the nutrient concentration in foods is the water content and this is particularly important in plant foods where water is the main constituent. As the length and conditions of food storage affect the water content of foods, these will have an effect on their nutrient content per 100g. Many individual nutrients will also be affected by storage conditions with the greatest effect being on the more labile vitamins such as vitamin C, vitamin E and folate. Thus if the storage conditions of a food item differ from those for the samples analysed for the Tables, the nutrient values may differ from those given.

The level of fat in food can vary greatly and result in large variations in the nutrient content of each 100g of the food. It will also influence energy and the level of fat-soluble vitamins. An example of how fat and moisture content vary (in minced meat) is given in Table 11.

Table 11 *Fat and moisture content of minced meats*

	No. samples	Moisture % mean (range)	Fat % mean (range)
Beef mince, raw ^a	10	64.0 (57.3–70.0)	16.6 (7.8–26.5)
Beef mince, extra lean, raw ^a	10	69.6 (63.8–72.6)	8.3 (3.9–16.9)
Lamb mince, raw ^b	10	66.8 (58.1–71.6)	13.5 (8.1–22.8)
Pork, mince, raw ^c	10	70.6 (64.3–73.2)	9.3 (5.4–19.5)

^a Laboratory of the Government Chemist (1993a)

^b Laboratory of the Government Chemist (1993b)

^c Laboratory of the Government Chemistry (1994b)

1.5.3 *Extrinsic differences*

Further differences in composition can be introduced by food manufacturers, caterers, and in the home. For example, manufacturers may change both their recipes and their fortification practices, and dishes prepared in the home or by caterers may vary widely in the amounts and types of ingredient used and thus differ in nutritional value from those included here.

Examples of some external influences on nutrient contents are shown below:

Sodium The level found in many foods will depend upon the amount of salt and other sodium-containing compounds used in cooking or added by manufacturers, and can therefore be very variable. The majority of vegetables analysed for the food tables were cooked in distilled water without salt, although there are a few to which salt was added and these are indicated in the Tables. For planning low-sodium diets the Table values are adequate.

Potassium The potassium content of boiled vegetables is dependent on the amount of water, length of cooking time and the state of preparation of the vegetable. The user should refer to the description and main data sources for the foods in the Tables to ensure sample foods are comparable.

Calcium Most vegetables in the Tables were cooked in distilled water. Foods cooked in and prepared with tap water, which contains variable amounts of calcium, may not have the same levels as in these Tables. The concentration of calcium in baking powder is high and variations in the quantity used will affect the calcium content of some cereal products.

Iron	Food can become contaminated with iron from knives, pans, soil particles and processing machinery. This has most effect on the iron content of ground foods such as spices.
Chloride	Chloride variation will be similar to that of sodium.
Iodine	Iodine levels in milk are affected by the levels in animal feedstuffs, and to a lesser degree by the iodine levels in the solutions used for teat dips, sanitisers and the lactation promoter iodinated casein (Phillips <i>et al.</i> , 1988).
β -Carotene	This is sometimes used as a food colouring additive (E160a). In certain manufactured foods such as orange squash, samples may contained added β -carotene.
Vitamin C	This is added to a number of foods for fortification or antioxidant purposes (E300, L-ascorbic acid) and so may be present in unexpectedly high levels in some foods, including some meat products and soft drinks.

1.6 Bioavailability of nutrients

1.6.1 The term bioavailability (biological availability) is a term used to describe the proportion of a nutrient in food that is utilised for normal body function (Fairweather-Tait, 1998). There are many factors, both dietary and physiological, that influence nutrient bioavailability and because these interactions are so variable, it is not possible to provide an accurate measure of bioavailability in these Tables.

Dietary-related factors include

- the physical form of the nutrient within the food structure, and the ease with which the nutrient can be released from that structure,
- the chemical form of the nutrient in a food and its solubility in the lumen,
- the presence of enhancers of absorption (e.g. ascorbic acid for iron, some organic acids, sugars, amino acids, bulk lipid for fat-soluble vitamins and specific fatty acids), and
- the presence of inhibitors (primarily of inorganic absorption, e.g. phosphates (especially phytate), polyphenols including tannins, oxalate and carbohydrate (especially dietary fibre)).

Physiological factors include the composition and volume of gastric and intestinal secretions, and a number of host-related variables, many of which are essential parts of the body's homeostatic regulatory mechanism (e.g. nutritional status, development state, mucosal cell regulation and gut microflora (Fairweather-Tait, 1998)).

Allowance has been made for reduced biological activities of different forms of three of the vitamins given in the Tables: 13-*cis*-retinol and retinaldehyde (vitamin A), carotenes other than β -carotene, and tocopherols and tocotrienols other than α -tocopherol (vitamin E), as described in Section 1.4. Other nutrients in the

Tables which are absorbed and utilised with varying degrees of efficiency include iron, calcium, magnesium, zinc, copper, manganese, selenium, folate, niacin and vitamin B₆. For all these, no allowance is made in these Tables for the potential lower availability, and the values quoted represent the actual content in foods.

Some additional information on the bioavailability of selected micronutrients follows.

1.6.2 Iron

Dietary iron occurs in two major forms, haem (found in haemoglobin and myoglobin in foods derived from animal tissues), and non-haem iron. These forms exhibit different levels of absorption via separate pathways. Haem iron is always relatively well absorbed (20–30%) and only marginally affected by dietary factors or iron status of an individual. Non-haem iron easily forms complexes which are less readily solubilised and absorbed than non-haem iron. The absorption of non-haem iron is highly variable depending on the nature of the meal. Dietary factors which enhance absorption of non-haem iron include; meat, ascorbic acid and certain other organic acids. Polyphenols (including tannins from tea), phytate and calcium decrease bioavailability. Non-haem iron bioavailability is also profoundly influenced by physiological variables, notably body iron status. Previous dietary iron will also affect the bioavailability of subsequent iron (Fairweather-Tait, 1999).

1.6.3 Zinc

Zinc is absorbed more efficiently than non-haem iron and it is affected by fewer dietary factors. Phytate is probably the most important zinc antagonist, especially in the presence of calcium, as it forms a chelate with zinc which is unavailable for absorption. Copper, cadmium and iron can also reduce zinc bioavailability. Some proteins have been shown to improve bioavailability but the mechanisms for the effect are not yet clear. Body zinc status plays an important role in determining dietary zinc bioavailability (Fairweather-Tait, 1999).

1.6.4 Calcium

The amount of calcium absorbed is dependent on individual vitamin D status, the customary level of calcium intake and needs of the individual and the presence of binding substances in the food (Allen, 1982). Dietary inhibitors include phytate and oxalate. High levels of dietary protein and sodium increase urinary calcium excretion which is accompanied by an increase in intestinal absorption. However, this results in a reduction of calcium utilised by the body and thus lower bioavailability. Lactose promotes absorption and calcium from milk and milk products has a relatively high bioavailability (Fairweather-Tait & Hurrell, 1996).

1.6.5 Selenium

Selenium bioavailability depends to a great extent on the chemical form present. Selenium is present as organic and inorganic forms. The two main organic forms are selenomethionine (Se-Met), principally in plant foods, and selenocysteine in foods of animal origin. Se-Met is readily absorbed and results in higher blood selenium concentration than inorganic selenium. The inorganic forms (selenite

and selenate) do not occur naturally in foods but are often used as supplements. As with other elements, solubility is the key factor in determining absorption. The main dietary factors which influence selenium bioavailability are methionine, thiols, heavy metals and vitamin C (Fairweather-Tait & Hurrell, 1996).

1.6.6 *Vitamins A & E and Carotenoids*

These compounds need to be dissolved and carried in lipid and lipid+bile salt systems (micelles) in order to be absorbed at the brush border. Protein or protein-calorie malnutrition is often associated with malabsorption of vitamin A. Zinc deficiency, alcohol and some food constituents (e.g. nitrites) are associated with malabsorption of vitamin A (Biesalski, 1997). A number of other dietary factors influence the carotenoid bioavailability especially food structure and the physical form of the carotenoid within the food matrix. The absorption of carotenoids from raw foods can be very low, but cooking, chopping and other types of food preparation enhance absorption by increasing the ease with which carotenoids are extracted from the food matrix (Faulks *et al.*, 1997). *In vitro* results indicate that gastric pH is an important physiological determinant of carotenoid availability (Rich *et al.*, 1998).

α -Tocopherol accounts for almost all of the vitamin E activity in foods of animal origin. Under normal dietary conditions about 20–80% of ingested vitamin E is absorbed, depending on dose and lipid content of the meal. High intakes of pectin, wheat bran, alcohol and polyunsaturated fatty acids also reduce vitamin E absorption. Dietary constituents such as vitamin A, iron, selenium and zinc may affect vitamin E utilisation (Cohn, 1997).

1.6.7 *Folate*

Folate exists in nature primarily as reduced one-carbon substituted forms of pteroylpolyglutamates. About 80% of dietary folate occurs as the polyglutamyl form of folate and must be cleaved to the monoglutamate form for absorption. There appears to be little or no difference in the extent of absorption of the various monoglutamyl forms, although stability in the gastro-intestinal tract and *in vivo* retention may differ. Numerous dietary and physiological factors influence the deconjugation and absorption of folate, and its subsequent utilisation in the body. Dietary factors may reduce folate bioavailability and include conjugase inhibitors (e.g. in pulses), milk folate binding proteins and dietary fibre (e.g. wheat bran). Physiological factors include intraluminal pH, decreased conjugase enzyme activity associated with ageing, and certain deficiencies (e.g. Zn, B₁₂ and folate). The action of endogenous conjugase enzymes during food preparation may increase the bioavailability of naturally occurring polyglutamyl forms (Gregory, 1997a).

1.6.8 *Vitamin B₆*

Vitamin B₆ exists in foods as either the free or phosphorylated forms of pyridoxine, pyridoxamine and pyridoxal. Plant foods contain glucoside bound forms of pyridoxine which may be unavailable for absorption. Orange juice and wheat bran reduce vitamin B₆ absorption (Gregory, 1997b).

1.6.9 Niacin

Much of the niacin occurring naturally in cereals (especially maize) is in a bound form and may be unavailable for absorption. However, alkali treatment, as used in some traditional processing methods, renders the niacin more bioavailable. Sorghum, wheat, barley and rice contain niacin in chemically bound forms (van den Berg, 1997).

1.7 Calculation of nutrient intakes using the Tables

1.7.1 Calculation

There are several steps involved in the calculation of nutrient intake from the Tables. The first is to choose the item in the Tables which corresponds most closely with the food consumed. The index includes many alternative names and it should be noted that a food may be found in a different food group from the one in which it is expected.

If the food consumed is not in the Tables then it is necessary to choose a suitable alternative by consideration of the food type, general characteristics and likely nutrient profile. The results, however, are likely to be less accurate. Alternatively, users might wish to seek other sources of data (e.g. manufacturers).

Once the food has been chosen, calculation of nutrient intake is achieved by multiplying the nutrient figure quoted in the Tables by the weight of the food consumed (nutrients are expressed either per 100g of the edible portion of the food, or per 100ml for alcoholic beverages), e.g. if 80g food has been consumed, the nutrient should be multiplied by 0.8, and if 120g consumed multiplied by 1.2. The results from these calculations are then summed to give the total intake.

1.7.2 Computerised calculation

Calculation of nutrient intake 'by hand' is a time consuming process which has largely been superseded by the use of computers. Information concerning the datafiles and packages available for personal computers and mainframes can be obtained from the Food Standards Agency.

Recipes

If the sample of food consumed is a cooked dish prepared with a different recipe from any of those in this book, the nutrients for the new recipe can be calculated using the methods given in Section 4.3.

Portion sizes

If the weight of food consumed has not been recorded or if an estimate is required, publications such as Bingham and Day (1987), MAFF (1993), and Davies and Dickerson (1991) may be used to provide information on portion sizes. In fieldwork, representations such as pictures (Nelson *et al.*, 1997), models or household measures may also be used to obtain estimates of portion size.

1.8 Potential pitfalls when using the Tables

“There are two schools of thought about food tables. One tends to regard the figures in them as having the accuracy of atomic weight determinations; the other dismisses them as valueless on the ground that a foodstuff may be so modified by the soil, the season, or its rate of growth that no figure can be a reliable guide to its composition. The truth, of course, lies somewhere between these two points of view.”

(Widdowson & McCance, 1943).

Those who are unfamiliar with the uses of these Tables should note the following points which can reflect on the accuracy of the information obtained from them. Further details are available in Greenfield & Southgate (1994).

- When comparing the nutrient values in these Tables with those of other countries or literature reports, the expression of units and conversion factors used in calculation may vary.
- As nutrients are increasingly added to foods for fortification, antioxidant and colorant purposes, users should check the labels of manufactured products.
- Missing nutrient values in food composition tables should not be treated as zero values during calculation otherwise an underestimation of nutrient intake will result. However, the major sources of any nutrient are likely to have been analysed and included in these Tables.
- Errors will arise if food is classified incorrectly: for instance it may be assumed that milk has been consumed in the full fat form when it was in fact skimmed.
- Misclassification of foods may arise as a result of a food having several names. It is therefore important to be familiar with local and alternative names when using food tables, e.g. roast potatoes are known as baked potatoes in some parts of the country.
- In manual coding systems incorrect food code numbers may be used. Computerised systems which avoid the use of numbers and input information only by the food name tend to reduce this problem. However, it is still possible for names to be identified incorrectly during the use of the Tables and calculation software.
- It is possible that errors can be made both in the measurement and recording of food weights which will affect the calculation of nutrient intakes.
- Sources of estimated weight are more prone to error than the recorded weight of food because the portion size chosen by an investigator may not give a true indication of the actual amount eaten or an individual may misinterpret the amount shown in a representation of a portion size.
- There are several methods for collecting food intake data which range from weighed intakes to food frequency questionnaires giving information which is either quantitative or qualitative. It is worthwhile consulting appropriate publications (e.g. Bingham (1987), Cameron and van Staveren (1988), Nelson and Bingham (1997)) to find which method is the most suitable for the level of information required.

- As any one person exhibits a great deal of variation in diet, varied lengths of recording time are needed to assess representative intakes of nutrients. For example a 7-day weighed record collection (not necessarily consecutive days) may be necessary to assess energy and protein intakes assuming that an accuracy of $\pm 10\%$ standard error is acceptable. It may be possible to observe people with very stable eating habits for a shorter time but those with greater variation may require longer. For most other nutrients the recording period would need to be longer than for energy and protein, particularly for those concentrated in only a few foods. For example, vitamin C may require 36 days of recording to be within $\pm 10\%$ of the true intake. This topic is covered in greater detail in Bingham (1987), Cameron and van Staveren (1988) and Nelson *et al.* (1989).

1.9 Food labelling

Nutrition information is increasingly being given on food labels. Values from these food composition tables may be used for this purpose, but only if certain conditions are met. Values that meet the criteria below are included in the computer-readable files, where possible.

The rules which govern nutrition labelling are contained in Directive 90/496/EEC on Nutrition Labelling for Foodstuffs. In Great Britain these rules are implemented by the Food Labelling Regulations 1996 (as amended). Northern Ireland has similar but separate legislation. These rules are there to ensure consistency and accuracy, and to prevent misleading claims. Nutrition labelling is not compulsory unless a nutrition claim is made, but when such information is given the details in one of the following groups must be shown per 100g or per 100ml of the food as sold:

Either

energy value in kJ and kcal, **and**
 protein, carbohydrate and fat, in grams, **and**
 the amount of any other nutrients for which a claim is made

Or

energy value in kJ and kcal, **and**
 protein, carbohydrate, sugars, fat, saturates, fibre and sodium, all in grams,
and
 the amount of any other nutrient for which a claim is made

Preference should be given to values derived from analyses of representative samples of the food. However, if the product or its ingredients are similar to those described in this book or the supplements, these values may be used instead. Nevertheless, it is important to note the following differences:

1. Protein should be given as total nitrogen $\times 6.25$ for every food, whereas more specific factors have been used in this book.
2. Carbohydrate is to be declared as the weight of the carbohydrates themselves and not their monosaccharide equivalents.

The following factors may be used to convert monosaccharide equivalents from these Tables to actual weights:

Total carbohydrate	Divide by 1.05 unless it is known to be mainly starch
Starch	Divide by 1.10
Sucrose and lactose	Divide by 1.05
Glucose, etc.	As given

3. Different factors are to be used to calculate energy values. These are shown in Table 12.

Table 12 Energy conversion factors to be used in food labelling

	kcal/g	kJ/g
Protein	4	17
Carbohydrate expressed as weight	4	17
Fat	9	37
Alcohol	7	29
All organic acids	3	13
Sorbitol and other polyols	2.4	10

Additional Tables

3.1 PHYTOSTEROLS

Plants contain a number of phytosterols (plant sterols) which are distinct from cholesterol. In plant oils, the three most common sterols are β -sitosterol, campesterol and stigmasterol. There may also be measurable amounts of at least nine other phytosterols.

The amounts of the five main phytosterols are shown below for selected foods.

		Phytosterols, mg per 100g edible portion						
No.	Food	Brassica-sterol	Campesterol	Stigma-sterol	β -Sito-sterol	5-Avena-sterol	Other	Total phytosterols
Cereal products								
18	Egg fried rice, takeaway	1.8	6.8	0.3	19.3	0	0.5	28.7
40	Brown bread, average	0.3	5.8	0.9	17.1	1.0	3.3	28.4
45	Garlic bread, pre-packed, frozen	1.2	8.9	1.2	21.1	1.0	2.7	36.1
46	Granary bread	0.3	5.5	1.5	15.9	0.8	2.9	26.9
47	Malt bread, fruited	0.5	4.5	0.6	13.8	1.1	1.7	22.2
48	Naan bread	2.6	14.6	0.9	28.4	1.6	2.2	50.3
49	Pappadums, takeaway	18.7	75.3	11.4	116.6	4.7	6.4	233.1
52	Wheatgerm bread	0.4	12.2	1.7	32.2	2.1	4.5	53.1
53	White bread, sliced	0.2	3.2	0.4	11.5	0.5	1.6	17.4
56	farmhouse or split tin	0.2	4.6	0.4	13.7	0.5	2.0	21.4
57	French stick	0.2	5.4	0.8	15.8	0.7	2.6	25.5
62	Wholemeal bread, average	0.4	7.9	1.8	20.9	1.3	4.0	36.3
66	Croissants	0.7	10.1	2.1	21.8	1.0	2.8	38.5
69	White rolls, crusty	0.2	6.5	0.5	16.4	0.7	2.2	26.5
105	Chocolate chip cookies	0	6.3	3.3	20.4	1.0	0	31.0
136	Gateau, chocolate based, frozen	0	2.7	1.0	7.1	0	0	10.8
137	fruit, frozen	0	2.4	0	5.9	0	0	8.3
167	Muffins, English style, white	0.3	6.8	0.7	14.2	0.7	2.0	24.7
169	Scones, fruit, retail	2.6	14.5	1.1	27.3	1.4	2.2	49.1
172	Scotch pancakes, retail	4.0	17.3	0.6	28.0	2.4	1.3	53.6
191	Prawn crackers, takeaway	3.3	11.7	0.2	16.8	0.5	1.6	34.1
197/8	Pizza, cheese and tomato, deep pan/thin base	0.5	8.3	0	18.1	0	0	26.9
202	fish topped, takeaway	0	6.3	0	14.2	0	0	20.5
204	meat topped	1.0	7.3	0	14.9	0	0	23.2
Milk								
207	Skimmed milk, pasteurised, average	0	0	0	0.2	0	0.2	0.4

Phytosterols, mg per 100g edible portion *continued*

No.	Food	Brassica-sterol	Campe-sterol	Stigma-sterol	β -Sito-sterol	5-Avena-sterol	Other	Total phytosterols
<i>Milk continued</i>								
212	Semi-skimmed milk , pasteurised, average	0.1	0	0	0	0	0.1	0.2
218	Whole milk , pasteurised, average	0.1	0.1	0	0.1	0	0.1	0.5
<i>Cheeses</i>								
257	Brie	0	0.9	0	0.6	0	0	1.5
259	Cheddar	0	0.7	0.1	0.3	0	0	1.1
262	Cheese spread , plain	0	0.4	0	0.1	0	0	0.5
269	Edam	0	0.4	0	0.1	0	0	0.5
271	Goats milk soft cheese , full fat, white rind	0	0.7	0	0.2	0	0	0.9
272	Gouda	0	0.5	0	0.1	0	0	0.6
275	Parmesan , <i>fresh</i>	0	0.8	0	0.5	0	0	1.3
280	Spreadable cheese , <i>soft white</i> , full fat	0	0.5	0	0.2	0	0	0.7
281	Stilton , blue	0	0.9	0	0.4	0	0	1.3
<i>Milk products</i>								
296	Soya , alternative to yogurt, fruit	0	0.1	0	0.2	0	0	0.3
316	Cheesecake , fruit, <i>individual</i>	0	0.4	0	1.1	0	0	1.5
317	Chocolate dairy desserts	0.1	1.1	2.0	4.8	0.2	0.1	8.3
328	Mousse , chocolate, reduced fat	0	0.4	0.3	1.2	0	0	1.9
335	Torte , fruit	0	2.5	0	6.1	0	0	8.6
337	Trifle , fruit	0	0.2	0	0.5	0	0	0.7
<i>Fats and oils</i>								
363	Fat spread , (60% fat), with olive oil	Tr	64.0	12.0	147.0	0	0	223.0
372	Ghee , vegetable	Tr	11.0	7.0	33.0	0	0	51.0
375	Suet , vegetable	0	30.2	8.0	72.2	0	6.4	116.8
<i>Meat and meat products</i>								
396	Bacon rashers , back, fat trimmed, <i>raw</i>	0	0	0	0.2	0	0	0.2
397	back, fat trimmed, <i>grilled</i>	0	0	0	0.1	0	0	0.1
400	streaky, <i>raw</i>	0	0.5	0	0.2	0	0	0.7
401	streaky, <i>grilled</i>	0	0.7	0	0.1	0	0	0.8
407	Ham , gammon joint, <i>boiled</i>	0	0.7	0	0.1	0	0	0.8
408	gammon rashers, <i>grilled</i>	0	0.7	0	0.1	0	0	0.8
416	Beef , mince, <i>raw</i>	0	0.4	0	0	0	0	0.4
418	mince, <i>stewed</i>	0	0.2	0	0.1	0	0	0.3
422	rump steak, fried, lean	0	1.9	0.4	5.6	0.2	0.2	8.3
445	Lamb , loin chops, grilled, lean	0.1	0.5	0	0.3	0	0	0.9
450	mince, stewed	0.2	0.1	0	0.2	0	0	1.0

Phytosterols, mg per 100g edible portion *continued*

No.	Food	Brassica-sterol	Campe-sterol	Stigma-sterol	β -Sito-sterol	5-Avena-sterol	Other	Total phytosterols
<i>Meat and meat products continued</i>								
463	Pork , diced, <i>casseroled</i> , lean only	0	2.6	0.6	5.8	0.3	0.4	9.7
464	fillet strips, <i>stir-fried</i> , lean	0	6.7	2.1	19.1	1.1	1.4	30.4
471	loin chops, <i>grilled</i> , lean and fat	0.1	0.6	0	0.2	0	0	0.9
477	Veal escalope , <i>fried</i>	0.1	4.1	1.2	12.7	0.6	0.9	19.6
482	Chicken , breast, <i>grilled</i> , meat only	0.3	0.9	0	0.3	0.1	0	1.6
495	Turkey , breast fillet, <i>grilled</i> , meat only	0.2	0.4	0	0.1	0	0	0.7
497	roasted, dark meat	0.6	0.9	0	0.2	0.1	0	1.8
498	roasted, light meat	0.2	0.5	0	0.1	0	0	0.8
501	Duck , <i>raw</i> , meat only	0	2.0	0	1.0	0	0	3.0
503	<i>roasted</i> , meat only	0	1.0	0	0	0	0	1.0
508	Rabbit , <i>stewed</i> , meat only	0	0	0	1.0	0	0	1.0
530	Economy burgers , <i>frozen</i> , <i>grilled</i>	0.1	1.5	0	3.1	0.1	0.2	5.0
537	Chicken pie , <i>individual</i> , <i>chilled/frozen</i> , <i>baked</i>	1.1	8.2	0.9	17.1	0.7	0.4	28.4
540	Cornish pastie	0	7.0	2.0	15.7	0	0	24.8
559	Saveloy , un battered, <i>takeaway</i>	0	2.0	1.0	7.0	0	0	10.0
560	Scotch egg , <i>retail</i>	1.3	6.6	0.7	12.1	0.2	0	20.8
592	Cottage/Shepherd's pie , <i>chilled/frozen</i> , <i>reheated</i>	0.1	1.0	0.2	2.3	0.2	0.2	4.0
593	Doner kebabs , meat only	0	0.6	0	0.6	0	0	1.2
595	Faggots in gravy , <i>chilled/frozen</i> , <i>reheated</i>	0.3	2.7	0.2	5.4	0.3	0.3	9.2
599	Irish stew , canned	0	0	0	1.5	0	0	1.5
605	Lasagne , <i>chilled/frozen</i> , <i>reheated</i>	0.2	2.0	1.1	5.2	0.3	0.2	8.9
607	Moussaka , <i>chilled/frozen/longlife</i> , <i>reheated</i>	2.0	8.6	0.5	12.8	0.8	0.3	25.0
611	Shish kebab , meat only	0.6	3.2	0	3.3	0	0.3	7.4
615	Spring rolls , meat, <i>takeaway</i>	3.6	16.0	2.4	25.4	0.6	2.2	50.2
<i>Fish products</i>								
686	Curry , prawn, <i>takeaway</i>	7.5	27.0	3.8	43.7	5.1	2.8	89.9
698	Szechuan prawns with vegetables , <i>takeaway</i>	2.1	8.4	1.1	14.2	0.8	1.4	28.0
699	Taramasalata	34.5	149.3	1.8	190.4	14.3	4.2	394.5
<i>Vegetable products</i>								
732	Potato waffles , <i>frozen</i> , <i>cooked</i>	3.0	4.0	2.0	10.0	0	0	19.0
750	Hummus	1.3	10.3	3.0	31.3	2.5	0	48.4
842	Quorn , <i>pieces</i> , as purchased	0.3	1.5	0	3.8	3.5	63.9	73.0
898	Vegetable kiev , <i>baked</i>	0	6.3	2.6	18.9	0	0	27.8

Phytosterols, mg per 100g edible portion *continued*

No.	Food	Brassica-sterol	Campe-sterol	Stigma-sterol	β -Sito-sterol	5-Avena-sterol	Other	Total phytosterols
<i>Vegetable products continued</i>								
900	Vegetables , stir-fried, takeaway	2.9	12.8	2.5	13.7	0.3	1.4	33.6
901	Vegetarian sausages , baked/ grilled	0	4.8	3.1	12.1	0	0.2	20.2
<i>Herbs and spices</i>								
909	Mustard powder	23.5	71.3	0	137.1	14.9	0	246.7
<i>Nuts and seeds</i>								
1014	Marzipan , retail	0	0	0	29.0	0	0	29.0
1025	Sunflower seeds	0	20.9	15.8	140.4	23.8	21.6	222.5
<i>Sugars, preserves and snacks</i>								
1029	Chocolate nut spread	0	4.5	2.9	21.8	1.0	0.3	30.4
1040	Lemon curd	1.0	4.0	1.0	6.0	0	0	12.0
1053	Creme eggs	0	3.0	6.0	14.0	0	0	23.0
1062	Cereal crunchy bar	0	6.9	6.9	27.2	4.0	0.9	45.8
1078	Pork scratchings	0	2.2	0	2.7	0	0	4.9
1081	Potato rings	0	4.0	0	11.0	0	0	15.0
1084	Tortilla chips	0	16.4	7.6	68.0	5.3	1.2	98.4
<i>Beverages</i>								
1096	Drinking chocolate powder	0	1.3	2.9	8.6	0	0	12.8
1102	Instant drinks powder , chocolate, low calorie	0	0	0	2.8	0	0	2.8
1103	malted	0	0	0	3.7	0	0	3.7
<i>Soups, sauces and miscellaneous foods</i>								
1161	Chicken soup , cream of, canned	1.0	6.0	0	8.0	0	0	15.0
1166	Mushroom soup , cream of, canned	1.0	6.0	0	8.0	0	0	15.0
1168	Tomato soup , cream of, canned	1.0	6.0	0	8.0	0	0	16.0
1173	Instant soup powder , dried	0	5.0	4.0	9.0	0	0	18.0
1195	Dressing , blue cheese	0.5	25.4	17.3	58.4	2.0	1.5	105.2
1197	thousand island	11.4	64.2	9.0	99.0	7.2	1.8	192.6
1199	Mayonnaise , reduced calorie	0	9.3	7.6	32.5	0	3.3	52.7
1201	Salad cream	0	12.3	8.9	71.8	0	2.9	95.8
1202	reduced calorie	0	5.8	2.4	25.8	0	0	34.1
1205	Cook-in sauces , canned	1.5	7.1	0	9.7	0.7	0	19.0
1207	Horseradish sauce	1.3	6.6	0.6	14.0	0.7	0.1	23.3

3.2 ALTERNATIVE WAYS OF MEASURING DIETARY FIBRE

The main Tables give fibre values as measured by the non-starch polysaccharides (NSP) method of Englyst and Cummings (1994,1992,1988). Previous editions and supplements have also included fibre measured by the Southgate method (Southgate 1969).

Total dietary fibre is often measured using the AOAC enzymatic-gravimetric method (AOAC method 985.29). For nutritional labelling purposes, it is recommended that fibre values obtained by AOAC methodology are used.

AOAC values are generally higher than NSP values because they include substances measuring as lignin and also include resistant starch.

Data included in this Table show a direct comparison between the two methods. These values are taken from recent MAFF analyses where the samples were analysed using both methods. This Table was prepared from available data and does not include all food groups or indicate importance as a source of fibre.

		Fibre, g per 100g edible portion	
No.	Food	Non-starch polysaccharides	Total Dietary fibre (AOAC)
<i>Cereals and cereal products</i>			
18	Egg fried rice , <i>takeaway</i>	0.8	1.1
40	Brown bread , average	3.5	5.0
46	Granary bread	3.4	5.4
47	Malt bread , fruited	2.6	3.5
48	Naan bread	2.0	2.9
49	Pappadums , <i>takeaway</i>	5.8	6.3
50	Pitta bread , white	2.4	2.3
52	Wheatgerm bread	4.0	5.7
53	White bread sliced	1.9	2.5
56	farmhouse or split tin, freshly baked	2.1	2.9
57	French stick	2.4	3.3
58	Premium	1.9	2.8
59	Danish style	2.4	3.1
62	Wholemeal bread , average	5.0	7.0
65	Brown rolls , soft	3.8	4.3
66	Croissants	1.6	3.1
67	Granary rolls	3.6	4.4
69	White rolls , crusty	2.4	2.9
70	Soft	2.0	2.6
71	Wholemeal rolls	4.4	5.5
128	Chocolate fudge cake	0.9	1.9

Fibre, g per 100g edible portion *continued*

No.	Food	Non-starch polysaccharides	Total Dietary fibre (AOAC)
<i>Cereals and cereal products continued</i>			
145	Sponge cake , with dairy cream with jam	Tr	2.7
167	Muffins , English style, white	1.9	2.6
169	Scones , fruit, <i>retail</i>	2.0	2.9
172	Scotch pancakes , <i>retail</i>	1.5	1.9
176	Crumble , fruit	1.3	2.3
191	Prawn crackers , <i>takeaway</i>	1.2	0.9
<i>Milk and milk products</i>			
240	Soya , non-dairy alternative to milk, <i>unsweetened</i>	0.2	0.5
288	Low fat yogurt , fruit	0.2	0.3
296	Soya , alternative to yogurt, fruit	0.3	0.7
301	Fromage frais , virtually fat free, fruit	0.4	0.7
304	Cornetto-type ice-cream cone	0.3	0.4
310	Ice-cream , non-dairy, vanilla	Tr	0.2
312	Lollies , with real fruit juice	Tr	Tr
313	Sorbet , fruit	Tr	1.0
314	Banoffee pie	2.5	1.8
315	Cheesecake , <i>frozen</i>	0.8	1.0
316	Cheesecake , fruit, <i>individual</i>	1.0	1.6
330	Pavlova , with fruit and cream	0.3	0.4
337	Trifle , fruit	2.1	2.4
<i>Meat dishes</i>			
578	Chicken chow mein , <i>takeaway</i>	1.1	1.5
579	Chicken curry , average, <i>takeaway</i>	2.0	2.2
583	Chicken satay , <i>takeaway</i>	2.2	2.0
615	Spring rolls , meat, <i>takeaway</i>	1.9	2.0
<i>Fish dishes</i>			
686	Curry , prawn, <i>takeaway</i>	2.0	2.5
698	Szechuan prawns with vegetables , <i>takeaway</i>	1.4	1.2
<i>Vegetable dishes</i>			
900	Vegetables , <i>stir-fried, takeaway</i>	1.8	2.1

The following Table provides average values for the ten major food groups (Englyst *et al.*, 1996). Analyses were undertaken on composite samples from the 1994 Total Diet Study (Peattie *et al.*, 1983).

Food Group	Fibre, g per 100g edible portion	
	Non-starch polysaccharides	Total Dietary fibre (AOAC)
Bread	2.9	3.8
Other cereals	3.2	4.0
Meat products	0.5	0.5
Green vegetables	2.7	3.3
Potatoes	1.9	2.4
Other vegetables	1.8	3.2
Canned vegetables	2.0	3.0
Fresh fruit	1.4	1.9
Fruit products	0.5	0.7
Nuts	6.6	8.8

3.3 CAROTENOID FRACTIONS

β -Carotene is the main or only source of vitamin A activity in most fruit and vegetables. Carrots are the major exception and contain approximately 30% as α -carotene. When there are known to be significant amounts of other carotenoids these are shown below. The values for cryptoxanthins were often unspecified; the β form is likely to predominate with smaller amounts of the α form present. The β -carotene equivalent is the sum of the β -carotene and half of any α -carotene or cryptoxanthins present, and the retinol equivalent is one sixth of the β -carotene equivalent. Lycopene has no vitamin A activity. Absorption and utilisation of carotenes vary, for example with the amount of fat in the diet and β -carotene concentration (Brubacher and Weiser, 1985), and there is currently much debate about the use of retinol equivalents (Scott and Rodriguez-Amaya, 2000).

Carotene fractions, μg per 100g edible portion

No.	Food	Carotene fractions			Carotene equiv	Retinol equiv
		α -carotene	β -carotene	β -cryptoxanthin		
Beans and lentils						
736	Beansprouts , mung, <i>raw</i>	20	20	20	40	7
742	Broad beans , frozen, <i>boiled in unsalted water</i>	12	220	0	225	37
749	Green beans/French beans , frozen, <i>boiled in unsalted water</i>	52	494	0	520	87
Peas						
769	Mushy peas , canned, <i>re-heated</i>	Tr	Tr	0	Tr	Tr
770	Peas , <i>raw</i>	19	290	0	300	50
771	<i>boiled in unsalted water</i>	7	245	0	250	41
772	<i>frozen, boiled in unsalted water</i>	26	558	0	571	95
774	<i>canned, re-heated, drained</i>	15	526	0	534	89
775	Petit pois , frozen, <i>boiled in unsalted water</i>	(27)	(390)	0	(405)	(67)
Vegetables, general						
777	Asparagus , <i>raw</i>	10	310	0	315	53
778	<i>boiled in salted water</i>	0	389	0	389	65
779	Aubergine , <i>raw</i>	60	40	0	70	12
780	<i>fried in corn oil</i>	110	70	0	125	21
781	Beetroot , <i>raw</i>	20	10	0	20	3
792	Carrots , old, <i>raw</i>	4070	10400	0	12500	2080
793	<i>old, boiled in unsalted water</i>	4170	11300	0	13400	2230
794	<i>young, raw</i>	3380	6120	0	7810	1300
795	<i>young, boiled in unsalted water</i>	3420	5990	0	7700	1280
796	<i>canned, re-heated, drained</i>	729	1710	0	2070	345

Carotene fractions, µg per 100g edible portion *continued*

No.	Food	Carotene fractions			Carotene equiv	Retinol equiv
		α-carotene	β-carotene	β-crypto-xanthin		
Vegetables, general <i>continued</i>						
802	Courgette, raw	0	550	0 ^a	610	100
804	<i>fried in corn oil</i>	0	450	0 ^a	500	83
806	Curly kale, raw	0	3130	32	3150	525
807	<i>boiled in salted water</i>	0	3350	33	3380	560
812	Gourd, karela, raw	95	295	0	345	57
815	Lettuce, average, raw	0	1020	0	1023	171
819	Mixed vegetables, frozen, boiled in salted water	705	2160	26	2520	420
824	Okra, raw	30	500	0	515	85
825	<i>boiled in unsalted water</i>	29	450	0	465	77
826	<i>stir-fried in corn oil</i>	35	545	0	560	94
834	Peppers, capsicum, green, raw	9	260	0	265	44
835	<i>boiled in salted water</i>	8	235	0	240	40
836	capsicum, red, raw	135	3170	1220	3840	640
837	<i>boiled in salted water</i>	133	3120	1200	3780	630
840	Pumpkin, raw	14	445	0	450	75
841	<i>boiled in salted water</i>	29	940	0	955	160
845	Spinach, raw	0	3520	35	3540	589
846	<i>boiled in unsalted water</i>	0	3820	39	3840	640
847	<i>frozen, boiled in unsalted water</i>	0	(3820)	(39)	(3840)	(640)
848	Spring greens, raw	0	2620	216	2630	438
849	<i>boiled in unsalted water</i>	0	2260	23	2270	378
856	Sweetcorn, kernels, canned, re-heated, drained	Tr	22	180	110	19
857	on-the-cob, whole, <i>boiled in unsalted water</i>	Tr	14	115	71	12
858	Tomatoes, raw	0	564	0 ^b	564	94
859	<i>fried in corn oil</i>	0	740	42	765	125
860	<i>grilled</i>	0	1790	97	1840	306
861	canned, <i>whole contents</i>	0	362	0	362	60
900	Vegetables, stir-fried, takeaway	73	534	8	575	96
Fruit						
923	Apricots, raw	2	405	0	405	67
926	canned in syrup	0	810	0	810	135
927	Avocado, average	8	540	0	545	91
929	Blackberries, raw	4	78	0	80	13
930	<i>stewed with sugar</i>	3	61	0	62	10
933	Cherries, raw	4	23	0	25	4
934	canned in syrup	4	15	0	17	3
936	Cherry pie filling	2	17	0	18	3
937	Clementines	5	73	0	75	13
949	Fruit salad, homemade	1	19	0	20	3

^a Courgettes raw and fried in corn oil contain 120 and 100µg α-cryptoxanthin per 100g, respectively

^b Raw tomatoes also contain 879µg lycopene per 100g

Carotene fractions, µg per 100g edible portion *continued*

No.	Food	Carotene fractions			Carotene equiv	Retinol equiv
		α-carotene	β-carotene	β-crypto-xanthin		
<i>Fruit continued</i>						
951	Gooseberries , stewed with sugar	3	40	0	41	7
952	Grapefruit , raw	9	12	0	17	3
956	Guava , raw	0	380	110	435	73
958	Kiwi fruit	0	40	0	40	7
963	Mandarin oranges , canned in juice	7	92	0	95	16
964	canned in syrup	7	105	0	105	18
965	Mangoes , ripe, raw	Tr	682	27	696	116
966	Melon , Canteloupe-type	19	1760	Tr	1770	294
969	watermelon	0	116	0	116	19
971	Nectarines	0	114	0	114	19
973	Oranges	26	14	39	47	8
974	Passion fruit	410	360	370	750	125
975	Paw-paw , raw	0	130	1365	810	135
977	Peaches , raw	0	119	0	119	19
980	Pears , average, raw	0	17	3	18	3
981	raw, peeled	0	18	3	19	3
987	Plums , average, raw	23	355	19	376	63
990	Prunes , canned in juice	15	135	0	140	23
992	ready-to-eat	27	125	0	140	3
999	Satsumas	5	73	0	75	13
1003	Tangerines	6	94	0	97	16
<i>Nuts and seeds</i>						
1027	Trail mix	3	45	0	47	8
<i>Fruit juices</i>						
1126	Orange juice , unsweetened	2	5	21	17	3

3.4 VITAMIN E FRACTIONS

The vitamin E activity of foods can be derived from a number of different tocopherols and tocotrienols. Where vitamin E is present, and the amount of each tocopherol was known, the values are shown below for selected foods. The total vitamin E activity is also shown as α -tocopherol equivalents, which has been taken as the sum of the α -tocopherol, 40% of the β -tocopherol, 10% of the γ -tocopherol, 1% of the δ -tocopherol, 30% of α -tocotrienol, 5% of the β -tocotrienol, 1% of the γ -tocotrienol and 1% of δ -tocotrienol (McClaughlin and Weihrauch 1979).

Vitamin E fractions, mg per 100g edible portion

No.	Food	α - Tocopherol	β - Tocopherol	γ - Tocopherol	δ - Tocopherol	Vitamin E equiv
Cereals						
18	Egg fried rice, takeaway	0.76	Tr	1.23	0.08	0.88
33	Pasta, fresh, cheese and vegetable stuffed, cooked	0.68	0.21	0.53	0.13	0.82
40	Brown bread, average	0.01	0.01	0.01	Tr	0.01
45	Garlic bread, pre-packed, frozen	0.13	0.03	0.01	0.22	0.16
46	Granary bread	0.16	0.16	0.08	0.03	0.23
48	Naan bread	0.49	0.08	1.13	0.05	0.64
49	Pappadums, takeaway	3.27	Tr	4.29	0.22	3.70
56	White bread, farmhouse or split tin	0.13	0.11	0.43	0.02	0.22
58	premium	0.10	0.09	0.30	0.05	0.17
62	Wholemeal bread, average	0.19	0.12	0.52	0.02	0.29
66	Croissants	0.88	0.08	0.82	0.31	0.99
103	Chocolate biscuits, full coated	2.15	0.16	3.82	0.18	2.60
104	cream filled, full coated	0.90	0.07	2.39	0.19	1.16
108	Crunch biscuits, cream filled	1.45	0.10	1.32	0.22	1.63
116	Sandwich biscuits, jam filled	1.44	0.14	1.93	0.42	1.69
119	Shortbread	0.72	0.17	0.87	0.00	0.88
121	Wafers, filled, chocolate, full coated	0.72	0.03	2.99	0.11	1.03
135	Gateau, chocolate based, frozen	0.85	0.21	0.73	0.01	1.01
136	fruit, frozen	0.91	0.24	0.62	0.03	1.06
169	Scones, fruit, retail	0.10	0.01	0.10	0.02	0.11
172	Scotch pancakes, retail	1.12	0.12	1.82	0.26	1.35
191	Prawn crackers, takeaway	5.46	Tr	3.10	0.06	5.77
200	Pizza, cheese and tomato, frozen	1.83	0.45	0.95	Tr	2.10
204	meat topped	0.72	0.31	0.91	Tr	0.93
205	vegetarian	1.34	0.29	0.62	Tr	1.52

Vitamin E fractions, mg per 100g edible portion *continued*

No.	Food	α-Tocopherol	β-Tocopherol	γ-Tocopherol	δ-Tocopherol	Vitamin E equiv
Milk and milk products						
240	Soya milk , non-dairy alternative to milk, <i>unsweetened</i>	0.15	0.03	1.56	0.68	0.32
241	Cream , fresh, single	0.46	0.01	Tr	Tr	0.47
243	fresh, whipping	1.29	0.07	Tr	Tr	1.32
244	fresh, double	1.62	0.04	Tr	Tr	1.64
246	Creme fraiche	0.72	Tr	Tr	0.03	0.72
247	half fat	0.42	Tr	Tr	0.01	0.42
255	Elmlea , double	1.13	0.12	1.54	0.21	1.33
256	Tip Top dessert topping	0.13	Tr	0.16	0.04	0.14
257	Brie	0.81	0.01	0.01	Tr	0.81
259	Cheddar cheese	0.43	0.12	0.40	0.06	0.52
260	Cheddar-type , half fat	0.42	0.01	0.12	Tr	0.47
262	Cheese spread , plain	0.30	0.01	0.02	Tr	0.30
264	Cottage Cheese , plain	0.10	Tr	Tr	Tr	0.10
280	Spreadable cheese , <i>soft white, full fat</i>	0.24	Tr	0.02	0.09	0.24
281	Stilton , blue	0.60	Tr	0.02	0.01	0.60
284	Whole milk yogurt , fruit	0.18	Tr	Tr	Tr	0.18
296	Soya , alternative to yoghurt, fruit	1.71	Tr	1.84	1.79	1.91
298	Fromage frais , plain	0.15	Tr	Tr	Tr	0.15
316	Cheesecake , fruit, <i>individual</i>	1.28	Tr	0.14	0.16	1.29
317	Chocolate dairy desserts	0.43	Tr	0.86	0.04	0.52
321	Custard , ready-to-eat	0.28	Tr	0.16	Tr	0.29
328	Mousse , chocolate, reduced fat	0.75	Tr	0.35	Tr	0.79
333	Rice pudding , canned	0.16	Tr	Tr	Tr	0.16
335	Tortes , fruit	1.26	0.26	0.70	0.02	1.43
337	Trifle , fruit	0.64	Tr	0.16	0.16	0.66
Fats						
351	Butter	1.82	0.07	0.08	0.02	1.85
352	spreadable	2.92	Tr	Tr	Tr	2.90
353	Blended spread , (70–80% fat)	10.08	0.07	11.64	1.22	11.28
354	(40% fat)	2.24	0.26	14.86	4.76	3.88
356	Margarine , hard, animal and vegetable fats	4.28	0	1.56	0.27	4.44
358	soft, not polyunsaturated	11.59	Tr	7.40	0.54	12.34
359	soft, polyunsaturated	31.15	1.29	8.95	3.46	32.60
360	Fat spread , (70–80% fat), not polyunsaturated	2.22	0.07	2.17	6.04	2.53
362	(60% fat), polyunsaturated	29.81	1.20	4.43	1.27	30.75
364	(40% fat), not polyunsaturated	7.27	0	7.29	0.42	8.01
366	(20–25% fat), not polyunsaturated	4.71	0	3.98	0.45	5.11
375	Suet , vegetable	17.97	0	0	0	17.97

Vitamin E fractions, mg per 100g edible portion *continued*

No.	Food	α - Tocopherol	β - Tocopherol	γ - Tocopherol	δ - Tocopherol	Vitamin E equiv
Oils						
376	Coconut oil	0.50	0	0	0.60	0.70 ^a
378	Corn oil	11.20	0	60.20	1.80	17.24
380	Olive oil	5.10	0	Tr	0	5.10
381	Palm oil	25.60	0	31.60	7.00	33.10 ^b
382	Peanut (Groundnut) oil	13.00	0	21.40	2.10	15.20
383	Rapeseed oil	18.40	0	38.00	1.20	22.20
384	Safflower oil	38.70	0	17.40	24.00	40.70
386	Soya oil	10.10	0	59.30	26.40	16.06
387	Sunflower oil	48.70	0	5.10	0.80	49.22
390	Wheatgerm oil	133.70	0	26.00	27.10	136.70 ^c
Meat dishes						
578	Chicken chow mein, <i>takeaway</i>	0.83	Tr	1.29	Tr	0.96
579	Chicken curry, average, <i>takeaway</i>	1.88	Tr	1.81	0.75	2.12
583	Chicken satay	1.30	Tr	1.09	Tr	1.41
606	Meat samosa, <i>takeaway</i>	0.44	Tr	1.09	0.14	0.55
615	Spring rolls, meat, <i>takeaway</i>	1.23	Tr	2.35	0.15	1.47
616	Sweet and sour chicken, <i>takeaway</i>	1.88	Tr	2.54	0.15	2.14
Fish dishes						
686	Curry, prawn, <i>takeaway</i>	2.88	Tr	2.75	0.17	3.16
698	Szechuan Prawns with vegetables, <i>takeaway</i>	1.86	Tr	1.27	0.08	1.99
Vegetable products and dishes						
731	Potato fritters, battered, frozen	0.87	0.03	0.08	0.03	0.88
896	Vegetable and cheese grill/burger, in crumbs, baked/grilled	0.94	0.12	1.30	0.39	1.12
898	Vegetable kiev, baked	0.78	0.09	2.16	0.42	1.03
900	Vegetables, stir-fried, <i>takeaway</i>	1.11	Tr	1.45	0.12	1.26
Fruit						
929	Blackberries, raw	2.05	0	2.90	2.75	2.37
932	stewed with sugar	1.60	0	2.30	2.22	1.85
987	Plums, average, raw	0.60	0	0.07	0	0.61
994	Raspberries, raw	0.30	0	1.50	2.70	0.48
995	canned in syrup	0.10	0	0.50	0.90	0.15
Nuts						
1004	Almonds	23.77	0.26	0.81	0	23.96
1005	Brazil nuts	5.72	0.15	13.87	0.17	7.18
1006	Cashew nuts, roasted and salted	0.77	0.04	5.09	0.38	1.30

^a Includes contribution from 0.50mg α -tocotrienol

^b Includes contribution from 14.30mg α -tocotrienol

^c Includes contribution from 2.60mg α -tocotrienol

Vitamin E fractions, mg per 100g edible portion *continued*

No.	Food	α - Tocopherol	β - Tocopherol	γ - Tocopherol	δ - Tocopherol	Vitamin E equiv
1007	Chestnuts	0.50	0	7.00	0	1.20
1008	Coconut, creamed block	1.34	0	0.57	0	1.40
1009	<i>desiccated</i>	1.21	0	0.52	0	1.26
1011	Hazelnuts	24.20	0.80	4.33	0.22	24.98
1014	Marzipan, retail	6.13	0.07	0.21	0	6.18
1016	Peanut butter, smooth	4.70	Tr	2.90	Tr	4.99
1018	Peanuts, plain	9.21	0.23	7.91	0.37	10.09
1019	<i>dry roasted</i>	0.70	0.18	3.30	0.53	1.11
1020	<i>roasted and salted</i>	0.41	0.14	1.90	0.37	0.66
1028	Walnuts	1.35	0.09	24.46	2.29	3.85
Confectionery						
1048	Chocolate covered caramels	2.03	0.08	3.14	0.19	2.37
1049	Chocolate, fancy and filled	1.35	0.05	2.73	0.31	1.65
1050	<i>milk</i>	0.38	0.02	0.66	0.06	0.45
1051	<i>plain</i>	0.86	0.18	5.11	0.28	1.44
1052	<i>white</i>	0.61	Tr	5.26	0.21	1.14
1054	Kit Kat	0.58	0.04	4.06	0.22	1.03 ^a
1055	Milky Way	1.36	0.03	2.10	0.13	1.91 ^b
1057	Smartie-type sweets	0.46	Tr	3.20	0.18	0.80 ^c
1059	Twix	2.74	0.09	2.74	0.18	3.72 ^d
1061	Cereal crunchy bar	3.37	0.16	4.07	0.35	3.84
1063	Chew sweets	0.86	0.04	0.38	0.11	0.91
Savoury snacks						
1075	Corn snacks	5.38	0.11	4.09	0.54	5.80
1079	Potato crisps	5.42	0.22	2.88	0.73	5.83
1080	<i>lower fat</i>	3.36	0.09	0.62	0.06	3.47
1084	Tortilla chips	1.72	0.06	1.97	0.15	1.94
Beverages						
1096	Drinking chocolate powder	0.28	Tr	1.36	0.09	0.41
1102	Instant drinks powder, chocolate, low calorie	0.54	0.18	1.27	0.07	0.74
1103	<i>malted</i>	3.63	0.15	1.30	0.03	3.83
1126	Orange juice, unsweetened	0.17	0	0.01	0	0.17
Sauces						
1198	Mayonnaise, retail	14.80	Tr	40.80	11.30	18.99
1199	<i>reduced calorie</i>	7.74	0.06	5.66	0.44	8.33

^a Includes contribution from 0.08mg α -tocotrienol, 0.13mg γ -tocotrienol

^b Includes contribution from 1.04mg α -tocotrienol, 1.2mg γ -tocotrienol, 0.23mg δ -tocotrienol

^c Includes contribution from 0.07mg α -tocotrienol, 0.06mg γ -tocotrienol

^d Includes contribution from 2.13mg α -tocotrienol, 2.35mg γ -tocotrienol, 0.52mg δ -tocotrienol

3.5 VITAMIN K₁

Information on the phyloquinone content of foods has been accumulating over a number of years by direct analysis using HPLC in redox mode with electro-chemical or UV detection (McCarthy *et al.*, 1997; Shearer *et al.*, 1996). These analyses have enabled recipe calculations and led to a report of 'provisional' vitamin K₁ food composition data (Bolton-Smith *et al.*, 2000). Results from this work, with further new direct analytical data, are reported in the Table. Whilst the phyloquinone content of many of the foods included have been determined on pooled (n 4–7) UK-representative samples, others are the result of single sample, or 2–3 non-UK-representative sample analyses. The latter have been included when evidence supporting these values was available from work in other countries (e.g. Booth *et al.*, 1996a; Koivu *et al.*, 1997). The phyloquinone content of individual retail products and mixed dishes will vary considerably depending on the oil type used. Additionally, currently unquantified amounts of 2',3'-dihydro-phyloquinone and menaquinones may also be present in some foods (see Introduction paragraph 1.4.11).

		Vitamin K ₁ , µg per 100g
No.	Food	Vitamin K ₁
Cereals and cereal products		
1	Bran , wheat	10.4
8	Soya flour , full fat	25.3
12	Wheat flour , white, plain	0.76
16	Brown rice , raw	0.82
23	White rice , easy cook, raw	0.4
35	Spaghetti , white, raw	0.21
36	Spaghetti , white, boiled	0.05
48	Naan bread	3.8
53	White bread , sliced	0.42
62	Wholemeal bread , average	2
72	Sandwich , Bacon, lettuce and tomato, white bread	7.8
73	Sandwich , Cheddar cheese and pickle, white bread	4
75	Sandwich , Egg mayonnaise, white bread	4.6
76	Sandwich , Ham salad, white bread	12.9
77	Sandwich , Tuna mayonnaise, white bread	4.2
83	Corn Flakes	0.06
102	Weetabix	1.7
103	Chocolate biscuits , full coated	3.46
110	Digestive biscuits , plain	1.51
112	Gingernut biscuits	1.6
115	Sandwich biscuits , cream filled	3.8
117	Semi-sweet biscuits	1.71

Vitamin K₁, µg per 100g *continued*

No.	Food	Vitamin K ₁
Cereals and cereal products <i>continued</i>		
118	Short sweet biscuits	4
131	Fruit cake, plain, retail	7.26
142	Sponge cake	18.1
198	Pizza, cheese and tomato, frozen, thin base	2.56
Milk and milk products		
206	Skimmed milk, average	0.02
217	Whole milk, average	0.6
223	Channel Island milk whole, pasteurised	0.87
228	Condensed milk, whole sweetened	0.36
231	Evaporated milk, whole	0.5
236	Goats milk, pasteurised	0.53
239	Soya, non-dairy alternative to milk, sweetened, calcium enriched	0.69
240	Soya, non-dairy alternative to milk, unsweetened	1.71
244	Cream, double	6.4
257	Brie	2.4
259	Cheddar cheese	4.7
268	Danish blue	4.1
276	Processed cheese, plain	1.6
280	Spreadable cheese, soft white, full fat	4.7
287	Low fat yogurt, plain	0.03
288	Low fat yogurt, fruit	0.03
299	Fromage frais, fruit	0.34
310	Ice cream, non-dairy, vanilla	0.8
Eggs		
338	Eggs, chicken, raw	0.28
339	Eggs, chicken, white, raw	Tr
340	Eggs, chicken, yolk, raw	0.87
Fats and oils		
351	Butter	7.4
356	Margarine, hard, animal and vegetable fats	9
358	Margarine, soft, not polyunsaturated	25
360	Fat spread (70-80% fat), not polyunsaturated	12
363	Fat spread (60% fat), polyunsaturated, with olive oil	56
364	Fat spread (40% fat), not polyunsaturated	36
369	Compound cooking fat	13.8
370	Dripping, beef	24.5
376	Coconut oil	1
377	Cod liver oil	0.3
378	Corn oil	3
380	Olive oil ^a	57.5
381	Palm oil	7.9
383	Rapeseed oil	112.5
384	Safflower oil	3.4
385	Soya oil	131
387	Sunflower oil	6.3

^a Mean of extra virgin and standard olive oils

Vitamin K₁, µg per 100g *continued*

No.	Food	Vitamin K ₁
Meat and meat products		
396	Bacon rashers, back , fat trimmed, raw	Tr
404	Bacon , fat only, cooked, average	Tr
418	Beef, mince , stewed	7.18
420	Beef, rump steak , raw, lean and fat	0.8
431	Beef, topside , roasted well-done, lean ^a	0.19
445	Lamb loin chops , grilled, lean ^b	0.28
460	Pork , average, trimmed fat, raw	0.18
461	Pork , average, fat, cooked	0.35
468	Pork, loin chops , raw, lean and fat	0.03
469	Pork, loin chops , grilled, lean ^c	0.16
478	Chicken, dark meat , raw	0.05
487	Chicken , roasted, light meat	0.04
539	Corned beef , canned	2
547	Paté , liver	0.95
557	Salami	1.11
558	Sausage rolls , puff pastry	0.82
562	Steak and kidney/Beef pie , individual, chilled/frozen, baked	3.82
574	Beef stew (recipe) ^d	0.43
585	Chicken tikka masala , retail	0.28
592	Cottage/Shepherd's pie , chilled/frozen, re-heated	1.09
607	Lasagne , chilled/frozen, re-heated	2.66
Fish and fish products		
618	Cod , raw	0.01
624	Cod , in crumbs, frozen, fried in blended oil ^e	10.12
660	Salmon , steaks, steamed, flesh only	0.16
668	Tuna , canned in brine, drained	0.25
674	Prawns , boiled	0.08
Potatoes		
702	New potatoes , boiled in unsalted water	1.16
705	Old potatoes , average, raw	0.94
706	Old potatoes , baked, flesh and skin	0.94
707	Old potatoes , baked, flesh only	0.94
711	Old potatoes , roasted in corn oil	1.28
714	Chips , homemade, fried in corn oil	1.1
718	Chips , retail, fried in vegetable oil	14.9
724	Chips , fine cut, frozen, fried in corn oil	3.51
727	Oven chips , frozen, baked	5.5
728	Instant potato powder , made up with water	0.9

^a Beef, topside, roasted, fat only contains 3.56 µg/100 g vitamin K₁.

^b Lamb loin chops, grilled, fat only contains 1.42 µg/100 g vitamin K₁.

^c Pork chops, grilled, fat only contains 0.35 µg/100 g vitamin K₁.

^d Vitamin K₁ value for Beef Stew with dumplings, retail.

^e Vitamin K₁ value for crumbed and baked fish, type unspecified.

Vitamin K₁, µg per 100g *continued*

No.	Food	Vitamin K ₁
Potatoes continued		
730	Potato croquettes, fried in blended oil	15.7
732	Potato waffles, frozen, cooked	2.5
Beans and lentils		
734	Baked beans, canned in tomato sauce, re-heated	2.72
736	Beansprouts, mung, raw	Tr
737	Beansprouts, stir-fried in blended oil	6.4
742	Broad beans, frozen, boiled in unsalted water	11.4
745	Chick peas, whole, dried, raw	8.92
746	Chick peas, dried, boiled in unsalted water	2.24
748	Green beans/French beans, raw	39
749	Green beans/French beans, frozen, boiled in unsalted water	7.8
760	Runner beans, raw	26
761	Runner beans, boiled in unsalted water	26
Peas		
767	Mange-tout peas, boiled in salted water	15
769	Mushy peas, canned, re-heated	22.5
770	Peas, raw	39
771	Peas, boiled in unsalted water	39
774	Peas, canned, re-heated, drained	30.4
775	Petit pois, frozen, boiled in unsalted water	28.3
Vegetables, general		
778	Asparagus, boiled in salted water	51.82
779	Aubergine, raw	6.1
780	Aubergine, fried in corn oil	10.3
784	Broccoli, green, raw	185
785	Broccoli, green, boiled in unsalted water	135.0
786	Brussels sprouts, raw	153
787	Brussels sprouts, boiled in unsalted water	127.0
788	Brussels sprouts, frozen, boiled in unsalted water	119.5
789	Cabbage, raw, average	242
790	Cabbage, boiled in unsalted water, average	201
791	Cabbage, white, raw ^a	60
792	Carrots, old, raw	5.5
793	Carrots, old, boiled in unsalted water	5.5
794	Carrots, young, raw	9.2
795	Carrots, young, boiled in unsalted water	9.2
797	Cauliflower, raw	31
798	Cauliflower, boiled in unsalted water	28.5
799	Celery, raw	4.9
800	Celery, boiled in unsalted water	4.9
802	Courgette, raw	3.3
804	Courgette, fried in corn oil	3.69

^a Cabbage, white, outer leaves contain 137 µg/100 g vitamin K₁

Vitamin K₁, µg per 100g *continued*

No.	Food	Vitamin K ₁
Vegetables, general continued		
805	Cucumber, raw	20.9
806	Curly kale, raw	623
809	Fennel, Florence, boiled in salted water	4.9
813	Leeks, raw	10.1
814	Leeks, boiled in unsalted water	9.5
815	Lettuce, average, raw	129
818	Marrow, boiled in unsalted water	2.4
820	Mushrooms, common, raw	0.28
822	Mushrooms, fried in corn oil	0.82
823	Mustard and cress, raw	88
828	Onion, fried in corn oil	3
831	Parsnip, raw ^a	0.05
834	Peppers, capsicum, green, raw	6.4
835	Peppers, capsicum, green, boiled in salted water	6.4
836	Peppers, capsicum, red, raw	1.6
837	Peppers, capsicum, red, boiled in salted water	1.6
838	Plantain, boiled in unsalted water	0.06
839	Plantain, ripe, fried in vegetable oil	10.4
841	Pumpkin, boiled in salted water	2
845	Spinach, raw	394
846	Spinach, boiled in unsalted water	575
847	Spinach, frozen, boiled in unsalted water	840
849	Spring greens, boiled in unsalted water	393
851	Swede, raw	2
855	Sweetcorn, baby, canned and drained	0.2
857	Sweetcorn, on-the-cob, whole, boiled in unsalted water	0.37
858	Tomatoes, raw	6
859	Tomatoes, fried in corn oil	6.8
860	Tomatoes, grilled	12.5
861	Tomatoes, canned, whole contents	6
862	Turnip, raw	0.15
863	Turnip, boiled in unsalted water	0.15
864	Watercress, raw	315
873	Coleslaw, with mayonnaise, retail	45.1
877	Flan, vegetable	30.9
882	Pakora/bhaji, vegetable, retail	72.1
895	Vegeburger, retail, grilled ^b	2.18
Herbs and spices		
912	Parsley, fresh	548
Fruit		
921	Apples, eating, average, raw ^c	5.6
928	Bananas	0.06

^a Parsnip, roasted in corn oil, estimated to contain 0.2 µg/100 g vitamin K₁

^b Vitamin K₁ value for Vegeburger mix, made up with water and grilled.

^c Value refers to Cox's apples

Vitamin K₁, µg per 100g *continued*

No.	Food	Vitamin K ₁
Fruit continued		
941	Dates, raw	5.6
952	Grapefruit, raw	0.01
955	Grapes, average	8.6
965	Mangoes, ripe, raw	0.52
968	Melon, Honeydew	0.13
969	Melon, watermelon	0.3
971	Nectarines	2.5
973	Oranges	0.05
977	Peaches, raw	5.8
980	Pears, average, raw	3.6
984	Pineapple, raw	0.21
987	Plums, average raw ^a	7.5
995	Raisins	3.7
996	Rhubarb, raw	4.3
1000	Strawberries, raw	3
Nuts and seeds		
1019	Peanuts, dry roasted	0.31
Sugars, preserves and snacks		
1037	Jam, fruit with edible seeds	0.9
1051	Chocolate, plain	2.3
1054	Kit Kat	4.5
1055	Mars bar	4.8
1075	Corn snacks	15.5
1079	Potato crisps	9.6
1084	Tortilla chips	0.18
Beverages		
1089	Cocoa powder	1.5
1091	Coffee, infusion, average	0.06
1092	Coffee, instant	4.3
1093	Coffeemate	6
1106	Tea, black, infusion, average	0.27
1126	Orange juice, unsweetened	0.06
Alcoholic beverages		
1130	Beer, bitter, average	Tr
1133	Lager	Tr
1139	Stout, Guinness	Tr
1145	Red wine	Tr
1160	Spirits, 40% volume	Tr
Soups, sauces and miscellaneous foods		
1173	Instant soup powder, dried ^b	7.43

^a Value refers to Victoria plum

^b Average of vegetable and meat varieties.

Section 2.1

Cereals and cereal products

Much of the data and foods in this section of the Tables have been taken from the *Cereals and Cereal Products* (1988) supplement. However, new analytical values have been incorporated for bread, fresh pasta, some biscuits, cakes, buns, pastries and puddings, and pizzas. In addition, some new values for breakfast cereals have been provided by manufacturers. Foods for which new data are incorporated have been allocated a new food code and can thus easily be identified in the food index.

Values from the literature for wheat flours and their products were restricted to those from the UK because flours are required to be fortified by law (The Bread and Flour Regulations, 1998). UK flour should contain at least 1.65mg iron, 0.24mg thiamin and 1.60mg niacin per 100g and so these nutrients are added to all white flours and most brown flours in this country. Calcium carbonate must also be added to all flours except wholemeal and certain self-raising flours at a rate equivalent to 94–156mg calcium per 100g flour.

Sources of variation pertinent to cereals and cereal products include soil type and fertiliser use (which particularly affects inorganics) and the practice of allowing for losses of nutrients added during handling and storage ('overages'). In addition, the range and levels of added nutrients do change with time (e.g. calcium is now added to some breakfast cereals). Users requiring details of possible recent changes in fortification practices may wish to contact manufacturers directly.

Losses of labile vitamins assigned on recipe calculation were estimated using figures in Section 4.3. Changes in weight on toasting bread and boiling rice and pastas are shown in Section 4.3. Taxonomic names for foods included in this part of the Tables can be found in Section 4.5

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Flours, grains and starches										
1	Bran , wheat	Analytical and literature sources	1.00	8.3	2.24	14.1	5.5	26.8	206	872
2	Chapati flour , brown	1 sample, single supplier	1.00	12.2	2.02	11.5	1.2	73.7	333	1419
3	white	2 samples, different suppliers, same weights	1.00	12.0	1.72	9.8	0.5	77.6	335	1426
4	Cornflour	3 samples from different shops	1.00	12.5	0.09	0.6	0.7	92.0	354	1508
5	Custard powder	Taken as cornflour except Na, Cl and Cu	1.00	12.5	0.09	0.6	0.7	92.0	354	1508
6	Oatmeal , quick cook, <i>raw</i>	10 samples, 8 brands	1.00	8.2	1.92	11.2	9.2	66.0	375	1587
7	Rye flour , whole	Analytical and literature sources	1.00	15.0	1.40	8.2	2.0	75.9	335	1428
8	Soya flour , full fat	Analytical and literature sources	1.00	7.0	6.45	36.8	23.5	23.5	447	1871
9	low fat	Analytical and literature sources	1.00	7.0	7.94	45.3	7.2	28.2	352	1488
10	Wheat flour , brown	VFSS, 1977–81, and literature sources	1.00	14.0	2.20	12.6	2.0	68.5	324	1384
11	white, breadmaking	Data from Voluntary Flour Sampling Scheme (VFSS), 1977–81 plus literature sources.	1.00	14.0	2.02	11.5	1.4	75.3	341	1451
12	white, plain		1.00	14.0	1.64	9.4	1.3	77.7	341	1450
13	white, self-raising	Biscuit and cake flours are similar in composition to plain flour	1.00	14.0	1.56	8.9	1.2	75.6	330	1407
14	wholemeal		1.00	14.0	2.18	12.7	2.2	63.9	310	1318
15	Wheatgerm	Literature sources	1.00	11.7	4.54	26.7	9.2	(44.7)	357	1509
Rice										
16	Brown rice , <i>raw</i>	5 assorted samples	1.00	13.9	1.10	6.7	2.8	81.3	357	1518
17	<i>boiled</i>	Water content weighed, other nutrients calculated from <i>raw</i>	1.00	66.0	0.43	2.6	1.1	32.1	141	597
18	Egg fried rice , <i>takeaway</i>	10 samples from different outlets	1.00	57.5	0.68	4.3	4.9	33.3	186	787

Cereals and cereal products

1 to 18

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Flours, grains and starches														
1	Bran , wheat	23.0	3.8	0.2	0.1	3.5	0.1	0	36.4	0.9	0.7	2.9	0	0
2	Chapati flour , brown	70.5	3.2 ^a	N	N	N	N	0	(10.3)	0.2	0.1	0.5	0	0
3	white	75.5	2.1 ^a	N	N	N	N	0	(4.1)	0.1	Tr	0.2	0	0
4	Cornflour	92.0	Tr	Tr	(0)	Tr	(0)	0	0.1	0.1	0.1	0.3	0	0
5	Custard powder	92.0	Tr	Tr	(0)	Tr	(0)	0	(0.1)	0.1	0.1	0.3	0	0
6	Oatmeal , quick cook, <i>raw</i>	64.9	1.1	Tr	Tr	0.8	0.3	0	7.1	1.6	3.3	3.7	0	0
7	Rye flour , whole	75.9	Tr	Tr	Tr	Tr	Tr	0	11.7	0.3	0.2	0.9	0	0
8	Soya flour , full fat	12.3	11.2	N	N	N	N	0	11.2	2.9	4.5	11.4	0	0
9	low fat	14.8	13.4	N	N	N	N	N	(13.5)	0.9	1.4	3.5	0	0
10	Wheat flour , brown	66.8	1.7 ^a	Tr	Tr	0.7	0	0	6.4	0.3	0.2	0.9	0	0
11	white, breadmaking	73.9	1.4 ^a	Tr	Tr	0.3	Tr	0	(3.1)	0.2	0.1	0.6	0	0
12	white, plain	76.2	1.5 ^a	Tr	Tr	0.3	0.2	0	3.1	0.2	0.1	0.6	0	0
13	white, self-raising	74.3	1.3 ^a	0.1	Tr	0.2	0	0	(3.1)	0.2	0.1	0.5	0	0
14	wholemeal	61.8	2.1 ^a	0.1	Tr	1.0	0	0	9.0	0.3	0.3	1.0	0	0
15	Wheatgerm	(28.7)	(16.0)	(0.7)	(0.5)	(14.8)	0	0	15.6	1.3	1.1	4.2	0	0
Rice														
16	Brown rice , <i>raw</i>	80.0	1.3	0.5	Tr	0.8	0	0	1.9	0.7	0.7	1.0	0	0
17	<i>boiled</i>	31.6	0.5	0.2	Tr	0.3	0	0	0.8	0.3	0.3	0.4	0	0
18	Egg fried rice , <i>takeaway</i>	33.1	Tr	Tr	Tr	Tr	Tr	Tr	0.8	0.6	2.3	1.3	0	19

^a Includes the glucofructan levosin

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Flours, grains and starches													
1	Bran, wheat	28	1160	110	520	1200	12.9	1.34	16.2	150	9.0	(2)	N
2	Chapati flour , brown	39	280	86	69	250	3.4	0.33	2.1	67	2.0	4	N
3	white	15	200	84	29	140	2.5	0.25	1.3	68	1.0	3	N
4	Cornflour	52	61	15	7	39	1.4	0.13	0.3	71	N	Tr	N
5	Custard powder	320	61	15	7	39	1.4	0.05	0.3	480	N	N	N
6	Oatmeal , quick cook, <i>raw</i>	9	350	52	110	380	3.8	0.49	3.3	25	3.9	3	N
7	Rye flour , whole	(1)	410	32	92	360	2.7	0.42	3.0	N	0.7	N	N
8	Soya flour , full fat	9	1660	210	240	600	6.9	2.92	3.9	110	2.3	9	N
9	low fat	14	2030	240	290	640	9.1	3.12	3.2	N	2.9	(11)	N
10	Wheat flour , brown	4	250	130 ^a	80	230	3.2 ^a	0.32	1.9	45	1.9	4	N
11	white, breadmaking	3	130	140 ^b	31	120	2.1 ^b	0.18	0.9	62	0.7	3	N
12	white, plain	3	150	140 ^b	20	110	2.0 ^b	0.15	0.6	81	0.6	2	10
13	white, self-raising	360 ^c	150	350 ^c	20	450 ^c	2.0 ^b	0.17	0.6	88	0.6	2	10
14	wholemeal	3	340	38	120	320	3.9	0.45	2.9	38	3.1	6	N
15	Wheatgerm	5	950	55	270	1050	8.5	0.90	17.0	80	12.3	(3)	N
Rice													
16	Brown rice , <i>raw</i>	3	250	10	110	310	1.4	0.85	1.8	230	2.3	10	N
17	<i>boiled</i>	1	99	4	43	120	0.5	0.33	0.7	91	0.9	4	N
18	Egg fried rice , <i>takeaway</i>	417	37	12	6	47	0.5	0.07	0.8	N	0.5	N	N

^a These are levels for fortified flour. Unfortified brown flour would contain about 20mg Ca and 2.5mg Fe per 100g

^b These are levels for fortified flour. Unfortified white flours would contain about 15mg Ca and 1.5mg Fe per 100g

^c The amount present will depend on the nature and level of the raising agent used

Cereals and cereal products

1 to 18

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Flours, grains and starches															
1	Bran , wheat	0	0	0	2.60	0.89	0.36	29.6	3.0	1.38	0	260	2.4	45	0
2	Chapati flour , brown	0	0	0	(0.60)	0.26	0.05	3.8	2.4	0.29	0	29	(0.4)	(3)	0
3	white	0	0	0	(0.30)	0.36	0.06	1.9	2.0	0.17	0	20	(0.3)	(1)	0
4	Cornflour	0	0	0	Tr	Tr	Tr	Tr	0.1	Tr	0	Tr	Tr	Tr	0
5	Custard powder	0	0	0	Tr	Tr	Tr	Tr	0.1	Tr	0	Tr	Tr	Tr	0
6	Oatmeal , quick cook, <i>raw</i>	0	0	0	1.50	0.90	0.09	0.8	2.6	0.33	0	60	1.2	21	0
7	Rye flour , whole	0	0	0	1.60	0.40	0.22	1.0	1.6	0.35	0	78	1.0	6	0
8	Soya flour , full fat	0	N	0	1.50	0.75	0.28	2.0	8.6	0.46	0	345	1.6	N	0
9	low fat	0	N	0	N	0.90	0.29	2.4	10.6	0.52	0	410	1.8	N	0
10	Wheat flour , brown	0	0	0	0.60	0.39 ^a	0.07	4.0 ^a	2.6	(0.30)	0	51	(0.4)	(3)	0
11	white, breadmaking	0	0	0	(0.30)	0.32 ^b	0.03	2.0 ^b	2.3	0.15	0	31	0.3	1	0
12	white, plain	0	0	0	0.30	0.31 ^b	0.03	1.7 ^b	1.9	0.15	0	22	0.3	1	0
13	white, self-raising	0	0	0	(0.30)	0.30 ^b	0.03	1.5 ^b	1.8	0.15	0	19	0.3	1	0
14	wholemeal	0	0	0	1.40	0.47 ^b	0.09	5.7 ^b	2.5	0.50	0	57	0.8	7	0
15	Wheatgerm	0	0	0	22.00	2.01	0.72	4.5	5.3	3.30	0	N	1.9	25	0
Rice															
16	Brown rice , <i>raw</i>	0	0	0	0.80	0.59	0.07	5.3	1.5	N	0	49	N	N	0
17	<i>boiled</i>	0	0	0	0.30	0.14	0.02	1.3	0.6	N	0	10	N	N	0
18	Egg fried rice , <i>takeaway</i>	6	Tr	0.3	0.88	0.03	0.08	0.3	1.1	0.06	0.4	8	0.4	5	Tr

^a These are levels for fortified flour. Unfortified brown flour would contain 0.30mg thiamin and 1.7mg niacin per 100g

^b These are levels for fortified flour. Unfortified white flours would contain 0.10mg thiamin and 0.7mg niacin per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Rice continued										
19	Pilau , plain	Recipe from a personal collection	1.00	69.4	0.38	2.3	4.6	24.8	142	599
20	Savoury rice , <i>raw</i>	10 samples, 5 varieties, meat and vegetable	1.00	7.0	1.41	8.4	10.3	77.4	415	1755
21	<i>cooked</i>	Calculation from raw, boiled in water	1.00	68.7	0.48	2.9	3.5 ^a	26.3	142	599
22	White rice , basmati, <i>raw</i>	Ref. Chughtai and Khan (1960)	1.00	10.5	1.30	7.4	0.5	79.8	359	1502
23	<i>easy cook, raw</i>	10 samples, 9 different brands, parboiled	1.00	11.4	1.23	7.3	3.6	85.8	383	1630
24	<i>easy cook, boiled</i>	Calculation from raw	1.00	68.0	0.44	2.6	1.3	30.9	138	587
25	<i>fried</i>	Recipe, fried with onions in vegetable oil	1.00	68.5	0.42	2.5	4.1	25.9	144	609
Pasta										
26	Macaroni , <i>raw</i>	10 samples, 7 brands; literature sources	1.00	9.7	2.11	12.0	1.8	75.8	348	1483
27	<i>boiled</i>	10 samples, 7 brands boiled in water	1.00	78.1	0.52	3.0	0.5	18.5	86	365
28	Macaroni cheese	Recipe	1.00	70.2	1.07	6.7	9.9	12.2	162	677
29	Noodles , egg, <i>raw</i>	10 samples, 8 brands	1.00	9.1	2.12	12.1	8.2	71.7	391	1656
30	egg, <i>boiled</i>	10 samples, 8 brands boiled in water	1.00	84.3	0.40	2.2	0.5	13.0	62	264
31	Pasta , plain, fresh, <i>raw</i>	12 samples, assorted types e.g. Spaghetti, Tagliatelle, Lasagne, Linguine and Fusilli	1.00	33.0	1.75	11.3	2.4	55.5	274	1164
32	plain, fresh, <i>cooked</i>	12 samples, 8 brands including Spaghetti, Tagliatelle, Lasagne, Linguine and Fusilli, boiled in water	1.00	61.5	1.06	6.6	1.5	31.8	159	677
33	Pasta , fresh, cheese and vegetable stuffed, <i>cooked</i>	10 samples, Tortellini, Agnolotti, Ravioli	1.00	61.3	1.23	7.7	4.6	25.8	169	714
34	Ravioli , canned in tomato sauce	10 samples, 4 brands	1.00	79.9	0.53	3.0	2.2	10.3	70	297

^a Calculated assuming only water added; savoury rice cooked with fat contains approximately 2.7g protein, 8.8g fat, 24.2g carbohydrate, 181 kcal energy and 758kJ energy per 100g

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Rice <i>continued</i>														
19	Pilau , plain	23.8	0.7	0.3	0.2	0.2	0	Tr	0.3	2.6	1.1	0.5	0	10
20	Savoury rice , <i>raw</i>	73.8	3.6	0.2	0.5	2.5	0.2	0.1	N	3.2	3.7	1.8	0	1
21	<i>cooked</i>	25.1	1.2	0.1	0.2	0.9	0.1	Tr	1.4	1.1	1.3	0.6	0	Tr
22	White rice , basmati, <i>raw</i>	79.8	Tr	Tr	Tr	Tr	(0)	(0)	n	N	N	N	N	0
23	<i>easy cook, raw</i>	85.8	Tr	Tr	Tr	Tr	0	0	0.4	0.9	0.9	1.3	0	0
24	<i>easy cook, boiled</i>	30.9	Tr	Tr	Tr	Tr	0	0	0.1	0.3	0.3	0.5	0	0
25	<i>fried</i>	24.0	1.4	0.5	0.4	0.5	0	0	0.5	0.6	1.9	1.3	N	0
Pasta														
26	Macaroni , <i>raw</i>	73.6	2.2	0.2	0.1	0.6	1.2	0	3.1 ^a	0.3	0.1	0.8	Tr	0
27	<i>boiled</i>	18.2	0.3	Tr	Tr	0.1	0.2	0	0.9 ^a	0.1	Tr	0.2	Tr	0
28	Macaroni cheese	9.7	2.5	Tr	Tr	Tr	0.1	2.3	0.5	4.9	2.8	1.6	0.3	21
29	Noodles , egg, <i>raw</i>	69.8	1.9	0.1	Tr	0.6	1.1	0	(2.9)	2.3	3.5	0.9	Tr	30
30	egg, <i>boiled</i>	12.8	0.2	Tr	Tr	0.1	0.1	0	(0.6)	0.1	0.2	0.1	Tr	6
31	Pasta , plain, fresh, <i>raw</i>	53.5	1.5	0.2	0.1	0.4	0.8	Tr	N	N	N	N	Tr	N
32	plain, fresh, <i>cooked</i>	30.7	0.6	0.1	0	0.1	0.4	Tr	1.9	0.3	0.3	0.4	Tr	N
33	Pasta , fresh, cheese and vegetable stuffed, <i>cooked</i>	24.9	0.9	0.1	0.1	0.1	0.4	0.3	1.3	N	N	N	Tr	N
34	Ravioli , canned in tomato sauce	8.1	2.2	0.5	0.7	0.7	0.3	0	0.9	0.8	0.8	0.3	Tr	6

^a Wholemeal macaroni contains 8.3g (raw) and 2.8g (boiled) NSP per 100g

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Rice continued													
19	Pilau , plain	275	74	22	12	48	0.6	0.12	0.5	425	0.4	4	5
20	Savoury rice , raw	1440	340	73	45	200	1.5	0.14	1.3	2520	1.2	N	N
21	cooked	490	110	25	15	67	0.5	0.05	0.4	860	0.4	N	N
22	White rice , basmati, raw	N	N	19	N	73	1.3	N	N	N	N	N	N
23	easy cook, raw	4	150	51	32	150	0.5	0.37	1.8	10	1.2	13	(14)
24	easy cook, boiled	1	54	18	11	54	0.2	0.13	0.7	4	0.2	5	5
25	fried	111	99	21	11	53	0.3	0.11	0.6	176	0.2	4	5
Pasta													
26	Macaroni , raw	11	230	25	53	180	1.6	0.30	1.5	20	0.9	20	Tr
27	boiled	1	25	6	14	42	0.5	0.09	0.5	5	0.3	5	Tr
28	Macaroni cheese	283	103	170	16	138	0.3	0.05	N	438	0.2	3	20
29	Noodles , egg, raw	180	260	28	43	200	1.5	0.24	1.3	180	0.8	N	N
30	egg, boiled	15	23	5	8	31	0.3	0.06	0.3	10	0.2	N	N
31	Pasta , plain, fresh, raw	(28)	(85)	(64)	(33)	(150)	(1.4)	(0.80)	(1.4)	(51)	(0.7)	(23)	(63)
32	plain, fresh, cooked	16	49	37	19	86	0.8	0.46	0.8	29	0.4	13	36
33	Pasta , fresh, cheese and vegetable stuffed, cooked	204	86	115	18	130	0.9	0.45	1.1	N	0.3	N	N
34	Ravioli , canned in tomato sauce	490	150	16	12	43	0.8	0.08	0.5	760	0.2	N	N

Cereals and cereal products *continued*

19 to 34

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Rice continued															
19	Pilau , plain	23	22	0.1	0.18	0.08	0.01	0.8	0.5	0.07	Tr	4	0.2	1	Tr
20	Savoury rice , raw	0	N	Tr	N	0.46	0.06	5.2	1.9	0.37	Tr	25	N	N	0
21	cooked	0	N	Tr	N	0.10	0.01	1.1	0.6	0.07	Tr	4	N	N	0
22	White rice , basmati, raw	0	0	0	N	N	N	N	N	N	0	N	N	N	0
23	easy cook, raw	0	0	0	(0.10)	0.41	0.02	4.2	1.6	0.31	0	20	(0.6)	(3)	0
24	easy cook, boiled	0	0	0	Tr	0.01	Tr	0.9	0.6	0.07	0	7	(0.1)	(1)	0
25	fried	0	3	0	0.07	0.04	0	0.9	0.6	0.11	0	9	0.1	1	2
Pasta															
26	Macaroni , raw	0	0	0	Tr	0.18	0.05	2.9	2.5	0.10	(0)	23	(0.3)	(1)	0
27	boiled	0	0	0	Tr	0.03	Tr	0.5	0.6	0.01	(0)	3	Tr	Tr	0
28	Macaroni cheese	91	42	0.3	1.26	0.03	0.17	0.3	1.6	0.05	0.8	5	0.3	2	0
29	Noodles , egg, raw	37	0	0.3	N	0.26	0.10	2.2	2.5	0.10	Tr	29	N	N	0
30	egg, boiled	2	0	Tr	N	0.01	0.01	0.2	0.5	0.01	Tr	1	N	N	0
31	Pasta , plain, fresh, raw	0	0	0	Tr	(0.06)	(0.03)	(0.7)	(1.8)	(0.02)	0	(3)	Tr	Tr	0
32	plain, fresh, cooked	0	0	0	Tr	0.06	0.03	0.7	1.0	0.02	0	4	Tr	Tr	0
33	Pasta , fresh, cheese and vegetable stuffed, cooked	25	143	N	0.82	0.05	0.06	0.7	1.4	0.02	N	3	0.4	4	Tr
34	Ravioli , canned in tomato sauce	N	N	0	N	0.05	0.04	0.9	0.6	0.10	Tr	3	N	N	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Pasta continued										
35	Spaghetti , white, <i>raw</i>	10 samples, 7 brands	1.00	9.8	2.11	12.0	1.8	74.1	342	1456
36	white, <i>boiled</i>	10 samples, 7 brands boiled in water	1.00	73.8	0.63	3.6	0.7	22.2	104	442
37	wholemeal, <i>raw</i>	10 samples, 5 brands	1.00	10.5	2.30	13.4	2.5	66.2	324	1379
38	wholemeal, <i>boiled</i>	Water content weighed, other nutrients calculated from raw	1.00	69.1	0.81	4.7	0.9	23.2	113	485
39	canned in tomato sauce	10 samples, 3 brands	1.00	81.9	0.33	1.9	0.4	14.1	64	273
Breads										
40	Brown bread , average	11 samples, 8 brands	1.00	41.2	1.40	7.9	2.0	42.1	207	882
41	Chapatis , <i>made with fat</i>	6 samples ^a	1.00	28.5	1.42	8.1	12.8	48.3	328	1383
42	<i>made without fat</i>	Analysed and calculated values	1.00	45.8	1.28	7.3	1.0	43.7	202	860
43	Ciabatta	8 samples	1.00	29.2	1.80	10.2	3.9	52.0	271	1150
44	Currant bread	10 samples, 10 different shops	1.00	29.4	1.32	7.5	7.6	50.7	289	1220
45	Garlic bread , pre-packed, <i>frozen</i> ,	10 samples, 8 brands. Part baked	1.00	25.7	1.40	7.8	18.3	45.0	365	1530
46	Granary bread	24 samples, sliced and unsliced	1.00	34.9	1.65	9.6	2.3	47.4	237	1005
47	Malt bread , fruited	6 samples, 3 brands	1.00	24.2	1.40	7.8	2.3	64.9	295	1256
48	Naan bread	12 samples including garlic and coriander	1.00	30.8	1.40	7.8	7.3	50.2	285	1206
49	Pappadums , <i>takeaway</i>	10 samples from different outlets	1.00	3.9	1.84	11.5	38.8	28.3	501	2084
50	Pitta bread , white	10 samples, 8 brands	1.00	31.4	1.60	9.1	1.3	55.1	255	1084
51	Rye bread	15 samples, different shops; literature sources	1.00	37.4	1.46	8.3	1.7	45.8	219	932
52	Wheatgerm bread	7 samples, 4 brands, pre-packed, sliced	1.00	39.7	1.90	11.1	3.1	39.5	220	935

^a Puris (deep fried chapatis) contain 19.1g water, 7.0g protein, 25.0g fat and 43.3g carbohydrate per 100g

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Pasta continued														
35	Spaghetti , white, <i>raw</i>	70.8	3.3	0.3	0.1	0.8	1.8	0	2.9	0.2	0.2	0.8	Tr	0
36	white, <i>boiled</i>	21.7	0.5	Tr	Tr	0.1	0.3	0	1.2	0.1	0.1	0.3	Tr	0
37	wholemeal, <i>raw</i>	62.5	3.7	0.8	0.4	1.1	1.2	0	8.4	0.4	0.3	1.1	Tr	0
38	wholemeal, <i>boiled</i>	21.9	1.3	0.3	0.1	0.4	0.4	0	3.5	0.1	0.1	0.4	Tr	0
39	canned in tomato sauce	8.6	5.5	1.0	1.1	2.9	0.4	0	0.7 ^a	0.1	0.1	0.2	Tr	0
Breads														
40	Brown bread , average	38.7	3.4	Tr	0.3	Tr	3.0	Tr	3.5	0.4	0.4	0.7	Tr	0
41	Chapatis , <i>made with fat</i>	46.5	1.8	N	N	N	N	0	N	N	N	N	N	N
42	<i>made without fat</i>	42.1	1.6	N	N	N	N	0	N	0.1	0.1	0.4	Tr	0
43	Ciabatta	48.9	3.1	Tr	0.1	0.3	2.7	Tr	2.3	0.6	2.1	0.9	Tr	Tr
44	Currant bread	36.3	14.4	6.3	6.7	0	1.2	0.2	N	(1.6)	(1.5)	(2.0)	N	0
45	Garlic bread , pre-packed, <i>frozen</i>	42.3	2.7	Tr	0.3	Tr	2.4	0	N	9.7	5.5	1.5	0.9	37
46	Granary bread	44.5	2.9	0.1	0.3	Tr	2.5	Tr	3.3	0.6	0.6	0.8	Tr	0
47	Malt bread , fruited	42.3	22.6	7.4	6.3	1.0	7.2	0.7	2.6	0.5	1.0	1.0	0.2	0
48	Naan bread	47.0	3.1	0.7	0.8	Tr	1.3	0.4	2.0	1.0	3.1	2.4	0.1	5
49	Pappadums , <i>takeaway</i>	28.3	Tr	Tr	Tr	Tr	Tr	Tr	5.8	8.0	16.5	12.5	0	2
50	Pitta bread , white	52.2	3.0	0.5	0.5	Tr	2.0	0	2.4 ^b	0.2	0.1	0.5	Tr	0
51	Rye bread	44.0	1.8	N	N	N	N	0	4.4 ^c	0.3	0.3	0.6	Tr	0
52	Wheatgerm bread	35.8	3.8	0.2	0.6	Tr	2.9	0	4.0	0.7	0.7	1.1	Tr	0

^a Wholemeal types contain 2.0g NSP per 100g^b Wholemeal pitta bread contains 5.2g NSP per 100g^c Pumpernickel contains approximately 7.5g NSP per 100g

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Pasta continued													
35	Spaghetti , white, raw	3	250	25	56	190	2.1	0.32	1.5	25	0.9	(17)	Tr
36	white, <i>boiled</i>	Tr	24	7	15	44	0.5	0.10	0.5	Tr	0.3	(5)	Tr
37	wholemeal, raw	130	390	31	120	330	3.9	0.51	3.0	210	2.6	(16)	N
38	wholemeal, <i>boiled</i>	45	140	11	42	110	1.4	0.18	1.1	73	0.9	(6)	N
39	canned in tomato sauce	420	110	12	10	29	0.3	0.06	0.3	500	0.1	N	N
Breads													
40	Brown bread , average	443	216	186	45	157	2.2	0.17	1.3	787	1.1	4	6
41	Chapatis , made with fat	130	160	66	41	130	2.3	0.20	1.1	250	(1.4)	4	N
42	made without fat	120	150	60	37	120	2.1	0.20	1.0	230	(1.2)	4	N
43	Ciabatta	538	(152)	(121)	(22)	(100)	(1.4)	(0.09)	(0.7)	(830)	(0.6)	19	(10)
44	Currant bread	290	220	86	26	93	1.6	0.32	0.7	480	0.4	N	29
45	Garlic bread , pre-packed, frozen	644	N	N	N	N	N	N	N	N	N	N	N
46	Granary bread	545	191	209	39	138	1.9	0.18	1.1	796	0.8	6	8
47	Malt bread , fruited	246	234	104	37	125	1.7	0.14	0.7	408	0.7	10	27
48	Naan bread	604	172	187	21	299	1.6	0.09	0.7	N	0.5	Tr	N
49	Pappadums , takeaway	1460	609	N	121	196	4.4	0.36	1.7	2070	1.0	15	40
50	Pitta bread , white	439 ^a	178	138 ^a	22	99	1.9 ^a	0.12	0.8 ^a	(678)	0.5	2	N
51	Rye bread	580	190	80	48	160	2.5	0.18	1.3	1410	1.0	N	N
52	Wheatgerm bread	578	269	212	64	219	2.9	0.26	2.3	828	2.1	12	(22)

^a Wholemeal pitta bread contains 460mg Na, 48mg Ca, 2.7mg Fe and 1.8mg Zn per 100g

Cereals and cereal products *continued*

35 to 52

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Pasta continued															
35	Spaghetti , white, raw	0	0	0	Tr	0.22	0.03	3.1	2.5	0.17	(0)	23	(0.3)	(1)	0
36	white, <i>boiled</i>	0	0	0	Tr	0.01	0.01	0.5	0.7	0.02	(0)	7	Tr	Tr	0
37	wholemeal, raw	0	0	0	Tr	0.99	0.11	6.2	2.7	0.39	(0)	33	(0.8)	(1)	0
38	wholemeal, <i>boiled</i>	0	0	0	Tr	0.21	0.02	1.3	1.0	0.08	(0)	7	(0.2)	Tr	0
39	canned in tomato sauce	N	N	0	N	0.07	0.01	0.6	0.4	0.07	Tr	5	Tr	Tr	Tr
Breads															
40	Brown bread , average	0	0	0	0.01	0.22	0.07	2.8	2.1	0.17	0	45	0.5	3	0
41	Chapatis , made with fat	N	0	N	N	0.26	0.04	1.7	1.7	(0.20)	0	15	(0.2)	(2)	0
42	made without fat	0	0	0	Tr	0.23	0.04	1.5	1.5	(0.18)	0	14	(0.2)	(2)	0
43	Ciabatta	0	0	0	0.47	0.24	(0.06)	2.0	(2.2)	(0.07)	0	21	(0.4)	(1)	0
44	Currant bread	0	Tr	0	Tr	0.19	0.09	1.5	1.5	0.09	Tr	19	N	N	0
45	Garlic bread , pre-packed, <i>frozen</i>	142	54	Tr	0.16	0.24	0.07	1.5	(2.2)	0.07	Tr	20	(0.4)	(1)	Tr
46	Granary bread	0	0	0	0.23	0.24	0.09	2.7	2.4	0.19	0	88	0.5	1	0
47	Malt bread , fruited	Tr	Tr	Tr	0.18	0.24	0.32	2.4	1.9	0.11	0	34	N	N	Tr
48	Naan bread	5	11	0.1	0.64	0.27	0.05	3.0	1.8	N	Tr	15	N	N	Tr
49	Pappadums , <i>takeaway</i>	N	N	0	3.70	0.35	(0.09)	0.6	1.8	0.05	0	23	0.7	5	0
50	Pitta bread , white	0	0	0	N	0.34	0.08	2.2	2.2	N	0	20	N	N	0
51	Rye bread	0	0	0	1.20	0.29	0.05	2.3	1.7	0.09	0	24	0.5	N	0
52	Wheatgerm bread	0	0	0	0.48	0.34	0.11	3.6	2.5	0.09	0	38	0.5	2	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Breads continued										
53	White bread , sliced	15 samples	1.00	38.6	1.40	7.9	1.6	46.1	219	931
54	<i>fried in lard</i>	Calculated from white sliced bread using analysed fat and water changes	1.00	7.4	1.42	8.1	32.2 ^a	46.8	498	2078
55	<i>toasted</i>	Calculated using weight loss of 18%	1.00	25.1	1.71	9.7	2.0	56.2	267	1137
56	farmhouse or split tin	20 samples	1.00	36.8	1.60	9.0	2.0	48.4	236	1001
57	French stick	18 samples, baguette and flute, thick and thin	1.00	29.0	1.60	9.0	1.9	56.1	263	1121
58	premium	15 samples, 13 brands	1.00	38.4	1.50	8.3	2.3	47.0	230	978
59	Danish style	8 samples, 4 brands	1.00	37.5	1.60	9.1	2.7	44.5	228	967
60	'with added fibre'	Manufacturer's data for Mighty White (Allied Bakeries) and Champion (British Bakeries)	1.00	40.0	1.33	7.6	1.5	49.6	230	978
61	'with added fibre', <i>toasted</i>	Calculated using weight loss of 16%	1.00	26.2	1.58	9.0	1.8	59.0	273	1164
62	Wholemeal bread , average	21 samples, sliced and unsliced	1.00	41.2	1.65	9.4	2.5	42.0	217	922
63	<i>toasted</i>	Calculated using weight loss of 14.6%	1.00	31.1	1.93	11.2	2.9	49.2	255	1084
Rolls										
64	Brown rolls , crusty	12 samples of 6 rolls, different shops	1.00	30.5	1.81	10.3	2.8	50.4	255	1085
65	soft	14 samples of 6 rolls, different shops	1.00	36.4	1.70	9.9	3.2	44.8	236	1004
66	Croissants	10 samples, 7 brands	1.00	24.8	1.50	8.3	19.7	43.3	373	1563
67	Granary rolls	10 samples, pre-packed, freshly backed	1.00	34.5	1.70	10.0	4.2	42.7	238	1009
68	Hamburger buns	5 packets of 6 buns including frozen	1.00	32.9	1.60	9.1	5.0	48.8	264	1121
69	White rolls , crusty	10 samples	1.00	29.7	1.60	9.2	2.2	54.9	262	1116
70	soft	10 samples	1.00	35.6	1.60	9.3	2.6	51.5	254	1078
71	Wholemeal rolls	10 samples	1.00	37.2	1.80	10.4	3.3	46.1	244	1037

^a The fat content depends on the conditions of frying; thin slices pick up proportionately more fat than thick ones

Cereals and cereal products *continued*

53 to 71

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Breads continued														
53	White bread , sliced	42.7	3.4	Tr	0.2	Tr	3.2	Tr	1.9	0.3	0.3	0.5	Tr	0
54	<i>fried in lard</i>	43.3	3.5	Tr	0.2	Tr	3.2	Tr	1.9	12.5	13.4	2.9	N	Tr
55	<i>toasted</i>	52.1	4.1	Tr	0.2	Tr	3.9	0	2.3	0.4	0.4	0.6	Tr	Tr
56	farmhouse or split tin	47.0	2.9	Tr	0.2	Tr	2.7	Tr	2.1	0.5	0.4	0.6	0.1	0
57	French stick	53.3	2.8	Tr	0.2	Tr	2.7	Tr	2.4	0.3	0.3	0.7	Tr	0
58	premium	44.4	2.7	Tr	0.2	Tr	2.5	Tr	1.9	N	N	N	Tr	N
59	Danish style	41.6	3.0	0.1	0.2	Tr	2.7	0	2.4	(0.5)	(0.5)	(0.9)	(Tr)	0
60	'with added fibre'	46.3	3.3	N	N	N	N	0	3.1	0.4	0.6	0.3	Tr	0
61	'with added fibre', <i>toasted</i>	55.1	3.9	N	N	N	N	0	3.7	0.5	0.7	0.3	Tr	0
62	Wholemeal bread , average	39.3	2.8	0.2	0.4	Tr	2.2	0	5.0	0.5	0.6	0.8	Tr	0
63	<i>toasted</i>	46.0	3.2	0.2	0.5	Tr	2.5	0	5.9	0.5	0.7	1.0	0.1	0
Rolls														
64	Brown rolls , crusty	48.5	1.9	N	N	N	N	0	(3.5)	0.6	0.6	0.7	N	0
65	soft	42.0	2.8	0.5	0.4	Tr	2.0	0	3.8	1.1	1.0	1.0	N	0
66	Croissants	38.0	5.3	1.2	2.0	Tr	1.9	0.2	1.6	9.8	4.6	1.6	1.5	52
67	Granary rolls	39.7	3.0	0.3	0.6	Tr	2.0	0	3.6	(1.1)	(1.1)	(1.4)	N	0
68	Hamburger buns	46.6	2.2	N	N	N	N	0	(1.5)	1.1	1.3	1.1	N	0
69	White rolls , crusty	52.1	2.7	Tr	0.2	Tr	2.6	0	2.4	0.5	0.5	0.7	0.1	0
70	soft	48.8	2.6	0.2	0.2	Tr	2.2	0	2.0	0.6	0.6	0.8	0.1	0
71	Wholemeal rolls	43.5	2.6	0.5	0.5	Tr	1.7	0	4.4	0.8	0.9	0.7	N	0

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Breads continued													
53	White bread , sliced	461	137	177	23	95	1.6	0.14	0.8	829	0.5	6	4
54	<i>fried in lard</i>	468	139	180	23	96	1.6	0.14	0.8	842	0.5	6	4
55	<i>toasted</i>	562	167	216	28	116	2.0	0.17	1.0	1011	0.6	5	5
56	farmhouse or split tin	590	135	172	19	89	1.3	0.12	0.8	812	0.5	5	4
57	French stick	616	152	121	22	100	1.4	0.09	0.7	974	0.6	5	10
58	premium	530	138	177	25	101	1.5	0.19	0.8	831	0.5	10	N
59	Danish style	537	110	130	21	93	1.7	0.14	0.6	950	0.4	N	N
60	'with added fibre'	450	160	150	30	100	2.3	0.10	0.9	790	0.5	4	(6)
61	'with added fibre', <i>toasted</i>	540	190	180	36	120	2.7	0.12	1.1	940	0.6	5	(7)
62	Wholemeal bread , average	487	253	106	66	202	2.4	0.23	1.6	800	1.8	7	Tr
63	<i>toasted</i>	570	296	124	77	237	2.8	0.27	1.9	937	2.1	11	N
Rolls													
64	Brown rolls , crusty	570	200	100	65	190	3.2	0.34	1.5	1040	(1.4)	4	(7)
65	soft	494	(234)	(201)	(49)	(170)	(2.4)	(0.18)	(1.4)	(762)	(1.2)	6	(6)
66	Croissants	419	126	75	19	93	1.1	0.05	0.7	646	0.4	8	N
67	Granary rolls	566	(191)	(209)	(39)	(138)	(1.9)	(0.18)	(1.1)	(796)	(0.8)	4	(8)
68	Hamburger buns	550	110	130	31	150	2.3	0.13	0.7	890	0.5	9	(19)
69	White rolls , crusty	656	164	177	22	104	1.7	0.13	0.9	888	0.5	4	(19)
70	soft	535	145	184	23	99	1.5	0.13	0.9	(813)	0.5	6	19
71	Wholemeal rolls	526	248	87	61	197	2.4	0.26	1.7	850	1.5	7	Tr

Cereals and cereal products *continued*

53 to 71

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Breads continued															
53	White bread , sliced	0	0	0	Tr	0.24	0.08	1.6	2.0	0.08	0	25	0.4	1	0
54	<i>fried in lard</i>	Tr	0	N	Tr	0.18	0.07	1.5	2.0	0.06	Tr	13	0.3	1	0
55	<i>toasted</i>	0	0	0	Tr	0.25	0.10	2.0	2.4	0.10	0	30	0.5	1	0
56	farmhouse or split tin	0	0	0	0.22	0.19	0.06	1.4	2.0	0.06	0	23	0.4	3	0
57	French stick	0	0	0	Tr	0.21	0.06	1.7	2.2	0.07	0	29	0.4	1	0
58	premium	0	0	0	0.17	0.23	0.07	1.5	2.1	0.07	0	23	0.5	1	0
59	Danish style	0	0	0	Tr	0.25	0.07	2.0	1.7	0.07	0	44	N	N	0
60	'with added fibre'	0	0	0	Tr	0.20 ^a	(0.05)	1.6 ^a	1.5	(0.07)	0 ^a	(17) ^a	(0.3)	(1)	0
61	'with added fibre', <i>toasted</i>	0	0	0	Tr	0.20 ^a	(0.06)	1.9 ^a	1.8	(0.08)	0 ^a	(20) ^a	(0.4)	(1)	0
62	Wholemeal bread , average	0	0	0	0.28	0.25	0.05	3.8	2.3	0.11	Tr	40	0.6	6	0
63	<i>toasted</i>	0	0	0	0.33	0.25	0.06	4.5	2.7	0.13	0.7	46	0.7	7	0
Rolls															
64	Brown rolls , crusty	0	0	0	Tr	(0.32)	(0.15)	(3.8)	(2.8)	(0.20)	0	(63)	(0.5)	(4)	0
65	soft	0	0	0	Tr	0.29	0.14	3.5	2.6	(0.18)	0	57	(0.5)	(3)	0
66	Croissants	163	19	0.1	0.99	0.19	(0.16)	1.5	1.8	(0.11)	Tr	47	(0.5)	(9)	0
67	Granary rolls	0	0	0	(0.23)	(0.24)	(0.09)	(2.7)	(2.4)	(0.19)	0	78	(0.5)	(1)	0
68	Hamburger buns	N	0	N	Tr	0.23	0.10	1.5	1.9	0.06	Tr	48	(0.3)	(1)	0
69	White rolls , crusty	0	0	0	(0.23)	0.22	0.07	2.0	2.2	0.03	0	31	0.4	1	0
70	soft	0	0	0	(0.20)	(0.20)	(0.06)	(1.8)	(2.0)	(0.03)	0	27	(0.4)	(1)	0
71	Wholemeal rolls	0	0	0	(0.30)	0.30	0.09	4.1	(2.5)	0.10	0	57	(0.6)	(6)	0

^a May be present at higher levels as a result of fortification

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Sandwiches										
72	Sandwich , Bacon, lettuce and tomato, white bread	Recipe	1.00	(50.6)	1.39	8.2	12.4	24.1	235	983
73	Cheddar cheese and pickle , whitebread	Recipe	1.00	(39.9)	1.97	12.0	14.9	28.7	290	1216
74	Chicken salad , white bread	Recipe	1.00	(58.0)	1.78	10.7	5.3	22.6	175	739
75	Egg mayonnaise , white bread	Recipe	1.00	(46.7)	1.43	8.4	12.0	28.5	248	1042
76	Ham salad , white bread	Recipe	1.00	(57.7)	1.38	8.2	4.5	25.0	167	705
77	Tuna mayonnaise , white bread	Recipe	1.00	(48.1)	2.01	12.1	10.5	25.3	237	998
Breakfast cereals										
78	All-Bran	Analysis and manufacturer's data (Kelloggs, All Bran Plus)	1.00	3.0	2.06	13.0	4.0	48.5	270	1144
79	Bran Flakes	Manufacturer's data (Kelloggs)	1.00	3.0	1.79	10.2	2.5	71.2	330	1406
80	Cheerios	Manufacturer's data (Cereal Partners UK)	1.00	N	1.26	7.9	3.8	80.7	368	1566
81	Clusters	Manufacturer's data (Cereal Partners UK)	1.00	N	1.65	10.3	8.5	71.9	387	1639
82	Coco Pops	Manufacturer's data (Kelloggs)	1.00	3.0	0.76	4.5	2.5	91.5	383	1632
83	Corn Flakes	Analysis and manufacturer's data (Kelloggs)	1.00	3.0	1.26	7.9	0.9	89.6	376	1601
84	Crunchy Nut Corn Flakes	Manufacturer's data (Kelloggs)	1.00	3.0	1.18	7.4	3.5	91.6	405	1721
85	Frosties	Manufacturer's data (Kelloggs)	1.00	3.0	0.85	5.3	0.6	94.6	381	1626
86	Fruit 'n Fibre	Manufacturer's data (Kelloggs)	1.00	5.7	1.58	9.0	5.0	72.5	353	1498
87	Muesli , Swiss style	Analysis and manufacturers' data (Kelloggs, Weetabix) ^a	1.00	7.2	1.57	9.8	5.9	72.2	363	1540
88	with no added sugar	Analysis and manufacturers' data (Kelloggs, Weetabix)	1.00	7.6	1.68	10.5	7.8	67.1	366	1552

^a Muesli composition is very variable

Cereals and cereal products *continued*

72 to 88

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Sandwiches														
72	Sandwich , Bacon, lettuce and tomato, white bread	21.8	2.4	0.2	0.4	0.1	1.6	0	1.2	2.8	3.8	4.9	0.1	18
73	Cheddar cheese and pickle , white bread	23.0	5.7	1.3	1.4	1.2	1.7	0.1	1.1	7.4	4.1	2.3	0.5	30
74	Chicken salad , white bread	20.4	2.2	0.2	0.4	0	1.5	0	1.1	1.2	1.8	1.9	Tr	26
75	Egg mayonnaise , white bread	26.3	2.2	0	0.1	0.1	2.0	0	1.2	2.4	3.7	4.9	0.1	111
76	Ham salad , white bread	22.5	2.5	N	N	N	N	0	1.2	0.9	1.4	1.8	Tr	12
77	Tuna mayonnaise , white bread	23.3	2.0	0	0.1	0.1	1.7	0	1.0	1.7	2.7	5.4	0.1	23
Breakfast cereals														
78	All-Bran	28.6	19.9	1.0	1.0	15.8	2.1	0	24.5	0.7	0.5	2.0	Tr	0
79	Bran Flakes	48.4	22.8	2.5	3.0	17.3	Tr	0	13.0	0.4	0.3	1.5	Tr	0
80	Cheerios	58.3	22.4	N	N	N	N	N	(6.2)	1.5	N	N	Tr	0
81	Clusters	50.2	21.7	N	N	N	N	N	(8.9)	2.7	N	N	Tr	0
82	Coco Pops	49.5	42.0	0.5	0.5	41.0	Tr	0	0.6	1.0	0.6	0.5	Tr	0
83	Corn Flakes	81.4	8.2	1.5	1.5	4.2	1.0	0	0.9	0.2	0.2	0.4	Tr	0
84	Crunchy Nut Corn Flakes	53.9	37.7	1.5	1.5	34.7	Tr	0	0.8	0.7	1.5	1.0	Tr	0
85	Frosties	50.6	44.0	1.0	1.0	42.0	Tr	0	0.6	0.1	0.1	0.4	Tr	0
86	Fruit 'n Fibre	49.5	23.0	6.0	6.0	11.0	Tr	0	7.0	2.5	1.0	0.7	Tr	0
87	Muesli , Swiss style	46.0	26.2	N	N	N	N	N	6.4	0.8	2.8	1.6	Tr	Tr
88	with no added sugar	51.4	15.7	N	N	N	N	N	7.6	1.5	3.5	2.4	Tr	Tr

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Sandwiches													
72	Sandwich , Bacon, lettuce and tomato, white bread	683	180	95	17	87	1.1	0.08	0.7	1008	0.3	5	6
73	Cheddar cheese and pickle , white bread	753	106	321	22	206	1.0	0.08	1.7	1016	0.3	5	11
74	Chicken salad , white bread	330	197	91	19	107	1.1	0.09	0.8	470	0.3	7	4
75	Egg mayonnaise , white bread	463	121	125	18	115	1.5	0.11	0.9	657	0.3	7	19
76	Ham salad , white bread	594	191	98	19	128	1.1	0.10	0.8	805	0.3	6	4
77	Tuna mayonnaise , white bread	494	151	100	21	110	1.2	0.09	0.7	746	0.3	29	10
Breakfast cereals													
78	All-Bran	850	950	340	240	950	8.8	0.44	6.0	1310	N	4	N
79	Bran Flakes	800	600	40	120	450	24.3	0.35	2.5	1240	N	(4)	N
80	Cheerios	800	N	450	N	N	11.9	N	N	N	N	N	N
81	Clusters	500	N	N	N	N	11.9	N	N	N	N	N	N
82	Coco Pops	450	250	453	40	120	7.9	0.20	1.0	700	N	2	N
83	Corn Flakes	1000	90	5	10	50	7.9	0.03	0.2	1540	0.1	5	10
84	Crunchy Nut Corn Flakes	600	140	15	20	60	7.9	0.08	0.6	930	N	(5)	N
85	Frosties	600	60	453	5	30	7.9	Tr	0.2	930	N	(2)	N
86	Fruit 'n Fibre	600	400	40	60	240	8.8	0.24	1.5	930	N	N	N
87	Muesli , Swiss style	380	440	110	85	280	5.8	0.10	2.3	790	N	(4)	N
88	with no added sugar	47	530	47	90	330	3.5	0.36	2.1	10	2.6	(4)	N

Cereals and cereal products *continued*

72 to 88

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Sandwiches															
72	Sandwich , Bacon, lettuce and tomato, white bread	N	N	N	2.88	0.34	0.07	2.2	1.7	0.15	0.2	22	0.5	1	2
73	Cheddar cheese and pickle , white bread	N	N	N	N	0.14	0.16	0.9	3.1	0.09	0.7	23	(0.4)	2	Tr
74	Chicken salad , white bread	N	N	N	1.66	0.15	0.08	3.2	2.3	0.15	Tr	21	0.6	1	2
75	Egg mayonnaise , white bread	N	N	N	3.15	0.17	0.15	1.0	2.3	0.08	0.4	26	0.6	N	Tr
76	Ham salad , white bread	N	N	N	1.77	0.31	0.08	2.3	1.7	0.19	0.2	24	0.5	1	2
77	Tuna mayonnaise , white bread	N	N	N	3.22	0.14	0.09	5.6	2.6	0.20	1.4	15	0.3	1	Tr
Breakfast cereals															
78	All-Bran	0	0	0	4.30	0.90	1.00	11.3	3.0	1.30	0.7	125	1.7	25	25
79	Bran Flakes	0	0	4.2	8.30	0.80	1.10	14.2	2.4	2.30	1.7	333	0.9	11	66
80	Cheerios	0	0	N	N	1.20	1.40	15.3	N	1.70	0.9	170	5.1	N	51
81	Clusters	0	0	N	N	1.20	1.40	15.3	N	1.70	0.9	170	5.1	N	51
82	Coco Pops	0	0	0	N	1.20	1.30	15.0	1.2	1.70	0.9	167	N	N	0
83	Corn Flakes	0	0	0	0.40	1.20	1.30	15.0	0.9	1.70	0.9	333	0.3	2	0
84	Crunchy Nut Corn Flakes	0	0	0	0.44	1.20	1.30	15.0	0.8	1.70	0.9	167	N	N	N
85	Frosties	0	0	0	N	2.30	1.30	30.0	0.6	3.30	0.9	167	(0.3)	(1)	0
86	Fruit 'n Fibre	0	Tr	0	1.40	0.90	1.00	11.3	1.7	1.30	0.6	125	3.8	Tr	0
87	Muesli , Swiss style	Tr	Tr	0	3.20	0.50	0.70	6.5	2.3	1.60	0	(140)	1.2	15	Tr
88	with no added sugar	Tr	Tr	0	(2.90)	0.25	0.40	4.6	2.2	0.30	0	N	N	N	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Breakfast cereals <i>continued</i>										
89	Nutri-Grain	Average of strawberry, apple, blueberry, cherry and chocolate cereal bars. Manufacturer's data (Kelloggs)	1.00	14.2	0.66	4.1	8.4	71.5	360	1525
90	Oat Bran Flakes , with raisins	Manufacturer's data (Kelloggs)	1.00	6.0	1.58	10.0	5.0	69.7	346	1469
91	Porridge , made with water	Recipe. Ref. Wiles et al. (1980)	1.00	87.3	0.24	1.4	1.1	8.1	46	195
92	made with whole milk	Recipe	1.00	74.8	0.76	4.8	5.1	12.6	113	472
93	Puffed Wheat	Analytical and literature sources	1.00	2.5	2.44	14.2	1.3	67.3	321	1366
94	Ready Brek	6 packets of the same brand and manufacturer's data (Weetabix)	1.00	8.3	1.86	11.6	8.3	65.4	366	1550
95	Rice Krispies	Analysis and manufacturer's data (Kelloggs)	1.00	3.0	1.03	6.1	1.0	92.9	382	1628
96	Ricicles	Manufacturer's data (Kelloggs)	1.00	3.0	0.64	4.0	0.7	94.9	378	1612
97	Shredded Wheat	Analysis and manufacturer's data (Nestlé)	1.00	7.6	1.92	11.2	2.1	71.7	332	1415
98	Shreddies	Analysis and manufacturer's data (Nestlé)	1.00	4.0	1.72	9.8	1.9	77.3	346	1474
99	Special K	Analysis and manufacturer's data (Kelloggs)	1.00	3.0	2.46	15.3	1.0	81.6	376	1603
100	Sugar Puffs	Manufacturer's data (Quaker) and analysis (6 packets of the same brand)	1.00	1.8	1.04	6.1	1.0	92.7	381	1623
101	Sultana Bran	Manufacturer's data (Kelloggs)	1.00	7.0	1.58	9.0	2.0	69.8	316	1344
102	Weetabix	Manufacturer's data (Weetabix)	1.00	5.6	1.80	11.2	2.7	75.5	352	1498
Biscuits										
103	Chocolate biscuits , full coated	7 samples, 5 brands including Breakaway, United and chocolate fingers	1.00	1.2	1.28	7.3	24.3	67.6	501	2105
104	cream filled, full coated	9 samples of different brands including Club, Penguin, Trio and Hob Nob bars	1.00	0.9	1.12	6.4	28.4	57.3	496	2076

Cereals and cereal products *continued*

89 to 104

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Breakfast cereals continued														
89	Nutri-Grain	35.0	30.7	10.8	10.0	10.0	0	0	(3.0)	1.6	3.3	0.9	Tr	0
90	Oat Bran Flakes , with raisins	47.3	22.4	6.0	8.0	7.4	1.0	0	10.0	0.8	1.8	2.0	Tr	0
91	Porridge , made with water	8.0	0.1	Tr	Tr	0.1	0	0	0.9	0.2	0.4	0.5	Tr	0
92	made with whole milk	7.8	4.8	Tr	Tr	0.1	0	4.6	0.9	2.8	1.5	0.6	0.14	14
93	Puffed Wheat	67.0	0.3	Tr	0.1	0.2	0	0	5.6	0.2	0.2	0.6	Tr	0
94	Ready Brek	63.5	1.9	0.2	Tr	1.2	0.5	0	8.0	2.0	3.0	3.3	Tr	0
95	Rice Krispies	82.5	10.4	1.0	0.5	8.9	Tr	0	0.7	0.3	0.2	0.4	Tr	0
96	Ricicles	53.9	41.9	N	N	N	N	0	0.4	0.2	0.1	0.2	Tr	0
97	Shredded Wheat	71.1	0.6	Tr	Tr	0.6	0	0	9.8	0.3	0.3	1.0	Tr	0
98	Shreddies	61.9	15.4	N	N	N	N	0	9.5	0.4	0.3	0.9	Tr	0
99	Special K	63.8	17.8	0.5	0.5	15.2	0.5	1.1	2.0	0.3	0.2	0.4	Tr	0
100	Sugar Puffs	41.3	51.5	(4.1)	(1.8)	(41.5)	(4.0)	0	3.2	0.2	0.1	0.4	Tr	0
101	Sultana Bran	36.3	33.5	11.0	12.0	10.5	Tr	0	10.0	0.4	0.2	1.0	Tr	0
102	Weetabix	70.6	4.9	0.7	0.7	2.6	0.8	0	9.7	0.6	0.3	1.8	Tr	0
Biscuits														
103	Chocolate biscuits , full coated	21.8	45.8	0.5	0.4	39.3	Tr	5.6	1.5	13.2	8.4	1.5	3.4	(22)
104	cream filled, full coated	19.5	37.8	0.4	0.2	32.3	Tr	4.9	1.5	16.3	9.2	1.6	N	11

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Breakfast cereals continued													
89	Nutri-Grain	300	230	540	30	120	6.4	(0.10)	0.6	460	N	N	N
90	Oat Bran Flakes , with raisins	600	500	50	100	350	6.0	N	2.0	930	N	N	N
91	Porridge , made with water	565	44	7	15	47	0.5	0.06	0.4	863	0.5	Tr	N
92	made with whole milk	595	202	128	25	142	0.5	0.06	0.8	932	0.5	1	N
93	Puffed Wheat	4	390	26	140	350	4.6	0.56	2.8	50	N	N	N
94	Ready Brek	12	390	1200	120	420	11.9	0.41	2.7	18	N	(3)	N
95	Rice Krispies	650	160	453	40	140	7.9	0.10	1.0	1000	1.0	(2)	N
96	Ricicles	450	100	5	30	100	7.9	0.13	0.8	700	N	(2)	N
97	Shredded Wheat	8	330	38	130	340	4.2	0.40	2.3	53	N	3	N
98	Shreddies	550	210	40	88	320	7.8	0.44	2.5	220	2.3	N	N
99	Special K	800	250	70	50	220	23.3	0.13	2.0	1240	N	N	N
100	Sugar Puffs	9	160	14	55	140	8.0	0.23	1.5	41	N	N	N
101	Sultana Bran	600	700	50	100	350	18.2	0.13	2.5	930	N	N	N
102	Weetabix	270	370	35	120	290	11.9	0.54	2.0	420	N	2	N
Biscuits													
103	Chocolate biscuits , full coated	235	240	130	38	150	1.3	0.22	0.8	285	0.4	N	N
104	cream filled, full coated	175	240	125	34	150	1.4	0.18	0.7	220	0.4	N	110

Cereals and cereal products *continued*

89 to 104

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Breakfast cereals continued															
89	Nutri-Grain	0	Tr	0	N	1.00	1.10	12.0	N	1.40	0.7	135	N	N	0
90	Oat Bran Flakes , with raisins	0	0	0	N	0.90	1.00	11.3	2.3	1.30	0.7	125	N	N	0
91	Porridge , made with water	0	0	0	0.18	0.07	0.01	0.1	0.3	0.02	0	4	0.1	3	0
92	made with whole milk	34	20	Tr	0.25	0.09	0.22	0.2	0.9	0.08	0.9	10	0.6	4	1
93	Puffed Wheat	0	0	0	2.00	Tr	0.06	5.2	2.9	0.14	0	19	0.5	7	0
94	Ready Brek	0	0	0	1.20	1.20	1.40	15.3	2.3	1.70	0.9	170	5.1	23	27
95	Rice Krispies	0	0	0	0.60	1.20	1.30	15.0	1.4	1.70	0.9	333	0.7	2	0
96	Ricicles	0	0	4.2	N	1.20	1.30	15.0	1.0	1.70	0.9	167	(0.4)	(1)	0
97	Shredded Wheat	0	0	0	1.20	0.27	0.05	4.5	2.1	0.24	0	42	0.8	9	0
98	Shreddies	0	0	2.8	N	0.80	0.90	10.0	2.0	1.10	0.6	111	3.3	7	0
99	Special K	0	0	8.3	0.55	2.30	2.70	30.0	2.8	3.30	1.7	333	0.5	3	100
100	Sugar Puffs	0	0	0	0.34	1.00	1.00	10.0	1.2	0.05	0	12	N	N	0
101	Sultana Bran	0	Tr	3.1	6.30	0.60	0.80	10.6	2.0	1.80	1.3	250	N	N	50
102	Weetabix	0	0	0	1.31	1.20	1.40	15.3	2.2	0.22	0	170	0.7	8	0
Biscuits															
103	Chocolate biscuits , full coated	24	17	Tr	2.60	0.14	0.21	0.9	2.0	0.09	Tr	9	0.6	3	0
104	cream filled, full coated	Tr	Tr	Tr	1.16	0.28	0.24	0.7	1.7	0.04	0	10	N	N	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Total		Protein g	Fat g	Carbo- hydrate g	Energy value	
				Water g	nitrogen g				kcal	kJ
Biscuits <i>continued</i>										
105	Chocolate chip cookies	16 samples, 8 brands	1.00	3.3	1.02	5.8	22.9	65.2	474	1989
106	Cream crackers	10 samples of the same brand	1.00	4.3	1.66	9.5	13.3	68.3	414	1746
107	Crispbread, rye	Analytical and literature sources	1.00	6.4	1.61	9.4	0.6	70.6	308	1312
108	Crunch biscuits, cream filled	5 samples, 2 brands of crunch creams	1.00	2.4	0.91	5.2	24.6	67.9	497	2086
109	Digestive biscuits, chocolate	22 samples, 4 brands; plain and milk	1.00	2.5	1.17	6.8	24.1	66.5	493	2071
110	plain	10 samples, 4 brands	1.00	2.5	1.10	6.3	20.3	68.6	465	1956
111	Flapjacks	Recipe	1.00	6.6	0.83	4.8	27.0	62.4	493	2064
112	Gingernut biscuits	10 packets, 5 brands	1.00	3.4	0.98	5.6	13.0	79.1	436	1842
113	Oat based biscuits	10 samples, 3 brands including Hob Nobs, Snapjacks, Oatbakes and Barnstormers	1.00	1.9	1.30	7.6	21.4	65.2	468	1964
114	Oatcakes, retail	6 packets, 4 brands, fats analysed on 3 brands	1.00	5.5	1.71	10.0	15.1	63.0	412	1737
115	Sandwich biscuits, cream filled	20 samples, 5 brands including custard creams and bourbon	1.00	1.7	1.04	5.9	20.7	72.5	482	2026
116	jam filled	6 samples, 3 brands including Jammy Dodgers and jam rings	1.00	4.4	0.98	5.6	17.3	69.5	439	1847
117	Semi-sweet biscuits	10 samples, 3 brands including Osborne, Rich Tea and Marie	1.00	2.5	1.18	6.7	13.3	74.8	427	1803
118	Short sweet biscuits	10 samples, 2 brands including Lincoln and Shortcake	1.00	2.6	1.08	6.2	21.8	62.2	454	1907
119	Shortbread	4 samples	1.00	3.3	1.05	6.0	27.5	63.3	509	2133
120	Wafer biscuits, filled	9 packets, assorted	1.00	2.3	0.82	4.7	30.1	66.0	537	2250

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Biscuits continued														
105	Chocolate chip cookies	30.6	31.5	0.3	0.3	30.9	Tr	Tr	2.0	10.6	8.6	2.6	0.3	1
106	Cream crackers	68.3	Tr	Tr	Tr	Tr	Tr	0	2.2	5.4	5.8	1.5	1.2	N
107	Crispbread, rye	67.4	3.2	0.5	0.9	1.3	0.5	0	11.7 ^a	Tr	0.1	0.2	Tr	0
108	Crunch biscuits, cream filled	26.8	41.1	0.8	0.5	37.1	1.5	1.2	1.0	15.0	6.8	1.7	0.9	3
109	Digestive biscuits, chocolate	38.0	28.5	Tr	Tr	26.0	0	2.5	2.2	12.2	8.9	1.6	1.6	51
110	plain	55.0	13.6	0.3	0.3	13.0	0	0	2.2	9.0	8.3	2.0	1.0	41
111	Flapjacks	28.0	34.5	4.5	4.4	25.5	Tr	0.1	2.6	4.9	7.6	10.3	N	1
112	Gingernut biscuits	43.3	35.8	2.1	0.9	32.8	0	0	1.4	6.0	5.1	1.3	0.5	N
113	Oat based biscuits	39.7	25.5	0.3	0.3	24.9	0	0	3.5	9.2	8.3	2.5	0.9	N
114	Oatcakes, retail	59.9	3.1	Tr	Tr	2.0	1.1	0	N	5.1	6.3	2.9	0.4	(51)
115	Sandwich biscuits, cream filled	37.3	35.2	0.9	0.2	32.9	Tr	1.2	1.6	11.0	7.3	1.9	2.0	(51)
116	jam filled	40.4	29.1	5.2	4.2	18.1	1.2	0.4	1.5	7.2	7.4	1.9	1.3	N
117	Semi-sweet biscuits	52.5	22.3	0	0	19.1	3.2	0	1.7	6.3	5.1	1.3	0.8	(31)
118	Short sweet biscuits	38.1	24.1	1.4	0	22.7	0	0	1.5	11.1	8.1	1.5	0.9	(37)
119	Shortbread	47.6	15.7	0.2	0.1	15.3	Tr	0.1	1.9	18.2	6.7	1.3	N	(74)
120	Wafer biscuits, filled	21.3	44.7	1.4	0	42.9	0	0.4	N	20.7	6.8	1.0	0.4	N

^a High fibre varieties contain approximately 17.9g NSP per 100g

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Biscuits continued</i>													
105	Chocolate chip cookies	350	175	83	29	125	1.3	0.10	0.6	310	0.5	N	N
106	Cream crackers	610	120	110	25	110	1.7	(0.20)	(0.7)	830	(0)	(4)	(13)
107	Crispbread, rye	220 ^a	500	45 ^a	100	310	3.5 ^a	0.38	3.0 ^a	370	3.5	(3)	15
108	Crunch biscuits, cream filled	260	120	83	16	100	2.1	Tr	0.5	295	0.4	N	65
109	Digestive biscuits, chocolate	450	210	84	41	130	2.1	0.24	1.0	410	N	N	N
110	plain	600	170	92	23	88	3.2	0.28	0.5	540	0.5	N	N
111	Flapjacks	264	186	36	47	150	2.3	0.12	1.3	330	1.6	1	N
112	Gingernut biscuits	330	220	130	25	87	4.0	0.16	0.5	320	(0.9)	N	N
113	Oat based biscuits	540	235	37	56	215	2.0	0.14	1.3	540	1.7	N	31
114	Oatcakes, retail	1230	340	54	100	420	4.5	0.37	2.3	1290	(3.2)	N	N
115	Sandwich biscuits, cream filled	145	180	83	23	81	1.4	0.14	0.5	190	0.4	N	N
116	jam filled	230	120	91	14	72	1.3	0.10	0.4	260	0.4	N	57
117	Semi-sweet biscuits	410	140	120	17	84	2.1	0.08	0.6	520	N	N	N
118	Short sweet biscuits	360	110	87	15	85	1.8	0.11	0.6	490	N	N	N
119	Shortbread	270	110	89	13	74	1.5	Tr	0.3	445	0.5	N	N
120	Wafer biscuits, filled	70	160	73	22	83	1.6	0.16	0.5	150	N	N	N

^a Cracotte type crispbread contains 640mg Na, 80mg Ca, 2.1mg Fe and 0.6mg Zn per 100g

Cereals and cereal products *continued*

105 to 120

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Biscuits continued															
105	Chocolate chip cookies	Tr	Tr	0	3.16	0.13	0.08	0.9	1.1	0.03	0	36	N	N	0
106	Cream crackers	0	0	0	(1.30)	(0.23)	(0.05)	(1.7)	1.9	(0.12)	0	(22)	(0.3)	(2)	0
107	Crispbread, rye	0	0	0	0.86	0.28	0.14	1.1	1.8	0.29	0	35	(1.1)	(7)	0
108	Crunch biscuits, cream filled	0	0	0	1.63	0.23	0.15	1.6	1.0	0.07	0	11	0.4	1	0
109	Digestive biscuits, chocolate	Tr	Tr	Tr	2.90	0.08	0.11	1.3	1.4	0.08	Tr	N	N	N	0
110	plain	0	0	0	5.86	0.14	0.11	1.1	1.3	0.09	0	13	N	N	0
111	Flapjacks	193	101	2.3	9.95	0.14	0.03	0.4	1.1	0.04	Tr	11	0.3	8	0
112	Gingernut biscuits	0	N	0	4.24	0.10	0.03	0.9	1.1	0.07	0	(4)	(0.1)	(1)	0
113	Oat based biscuits	0	0	0	3.36	0.18	0.13	1.6	1.6	0.14	0	13	0.6	9	0
114	Oatcakes, retail	0	0	0	2.52	0.32	0.09	0.7	2.3	0.10	0	(26)	(1.0)	(17)	0
115	Sandwich biscuits, cream filled	0	0	0	2.83	0.15	0.08	0.9	1.2	0.05	0	18	N	N	0
116	jam filled	0	Tr	0	1.69	0.20	0.05	0.9	1.1	0.04	0	14	Tr	Tr	0
117	Semi-sweet biscuits	0	0	0	2.35	0.13	0.08	1.5	1.4	0.06	0	(13)	N	N	0
118	Short sweet biscuits	0	0	0	3.60	0.16	0.04	0.9	1.3	0.05	0	(13)	N	N	0
119	Shortbread	327	149	0.4	0.88	0.18	0.03	1.1	1.2	0.08	0	14	0.3	1	0
120	Wafer biscuits, filled	0	0	0	0.85	0.09	0.08	0.5	1.0	0.03	0	N	N	N	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Biscuits <i>continued</i>										
121	Wafers , filled, chocolate, full coated	11 samples, different brands including Taxi and Blue Riband	1.00	1.0	1.21	6.9	29.7	58.1	513	2146
122	Water biscuits	3 brands	1.00	4.5	1.90	10.8	12.5	75.8	440	1859
123	Wholemeal crackers	Recipe	1.00	4.4	1.76	10.1	11.5	72.0	414	1748
Cakes										
124	Banana bread	Recipe	1.00	26.9	0.75	4.4	13.6	52.7	338	1421
125	Battenburg cake	Recipe. Ref. Wiles et al. (1980)	1.00	24.0	0.95	5.6	16.8	53.1	373	1567
126	Cake mix , <i>made up</i>	Made as packet directions. Fats analysed	1.00	31.5	0.89	5.3	11.6	52.4	322	1358
127	Carrot cake	With topping, recipe	1.00	35.1	0.73	4.3	22.7	37.0	359	1499
128	Chocolate fudge cake	12 samples, 6 brands. Mixture of fresh and frozen	1.00	24.7	0.83	5.2	14.3	55.7	358	1509
129	Crispie cakes	Recipe	1.00	1.5	0.93	5.7	18.0	73.8	461	1943
130	Fancy iced cakes , <i>individual</i>	10 samples including French and fondant fancies	1.00	12.7	0.66	3.8	9.1	68.8	355	1502
131	Fruit cake , plain, <i>retail</i>	10 cakes, 4 brands; sultana	1.00	19.5	0.89	5.1	14.8	57.9	371	1561
132	rich	Recipe	1.00	17.5	0.65	3.9	11.4	59.9	343	1447
133	rich, iced	Coated with marzipan and Royal icing; recipe	1.00	15.3	0.63	3.6	9.8	65.9	350	1478
134	wholemeal	Recipe	1.00	21.6	1.01	6.0	16.2	52.4	366	1546
135	Gateau , chocolate based, <i>frozen</i>	11 samples, including Black Forest gateau	1.00	43.1	0.55	3.5	15.7	37.2	295	1236
136	fruit, <i>frozen</i>	10 samples; fruit and cream sponge including strawberry, orange and lemon and tropical fruit	1.00	51.9	0.50	3.2	12.3	33.3	248	1042
137	Jaffa cakes	Manufacturer's data (McVities). Inorganics and vitamins calculated from recipe	1.00	13.2	0.70	4.0	8.1	76.9	377	1598

Cereals and cereal products *continued*

121 to 137

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Lact g	Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g			Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Biscuits <i>continued</i>														
121	Wafers , filled, chocolate, full coated	17.0	41.3	1.5	0.4	33.7	Tr	5.7	1.1	18.2	9.0	1.0	N	14
122	Water biscuits	73.5	2.3	0	0	0	(2.3)	0	3.1	N	N	N	N	N
123	Wholemeal crackers	70.3	1.6	Tr	Tr	0.2	0.1	0	4.4	2.3	3.4	5.0	N	N
Cakes														
124	Banana bread	16.4	36.3	7.6	6.4	19.9	2.2	0	(1.5)	2.4	3.9	6.5	Tr	33
125	Battenburg cake	16.3	36.8	0.8	0.4	34.1	0.4	0.9	0.9	3.4	6.0	6.4	Tr	74
126	Cake mix , made up	24.2	28.3	Tr	Tr	26.6	1.6	0	N	6.0	4.3	0.8	1.1	67
127	Carrot cake	13.2	23.9	0.9	0.9	21.9	0	0	1.0	5.5	5.3	10.7	0.2	42
128	Chocolate fudge cake	11.3	44.4	1.7	0.4	39.1	1.3	1.0	0.9	4.6	6.4	2.7	0.4	17
129	Crispie cakes	31.0	42.8	0.5	0.4	41.7	0.2	0.1	1.9	10.7	5.7	0.8	Tr	4
130	Fancy iced cakes , individual	14.8	54.0	4.2	2.0	47.8	0	0	N	9.3	4.7	0.7	2.0	N
131	Fruit cake , plain, retail	14.8	43.1	11.3	11.3	20.5	0	0	N	6.9	5.9	1.2	1.3	N
132	rich	11.2	48.7	16.9	15.2	13.5	2.9	0	1.5	2.4	3.7	4.5	Tr	46
133	rich, iced	7.7	58.3	12.6	10.8	32.3	2.4	0	1.3	1.8	3.8	3.6	Tr	31
134	wholemeal	23.2	29.2	5.6	5.3	17.2	0.7	0.4	2.4	3.5	5.1	6.5	Tr	50
135	Gateau , chocolate based, frozen	17.6	17.4	2.4	1.8	11.5	0.7	0.9	1.0	9.0	3.8	1.2	0.4	56
136	fruit, frozen	17.8	14.9	2.0	1.5	10.1	0.5	0.7	0.9	7.0	2.9	0.9	0.3	53
137	Jaffa cakes	22.4	53.9	9.3	0	39.2	5.5	0	(1.3)	4.2	2.8	0.9	0	47

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Biscuits continued													
121	Wafers , filled, chocolate, full coated	94	300	140	42	155	1.4	0.24	0.8	135	0.4	N	N
122	Water biscuits	470	140	120	19	87	1.6	0.08	(0.7)	680	N	N	N
123	Wholemeal crackers	691	204	112	46	166	2.5	0.25	1.2	1014	1.2	3	N
Cakes													
124	Banana bread	167	294	100	27	151	1.2	0.21	0.5	165	0.4	N	N
125	Battenburg cake	433	105	84	18	182	1.0	0.11	0.6	477	0.2	3	N
126	Cake mix , made up	370	82	59	9	260	0.9	0.14	0.5	110	0.2	N	17
127	Carrot cake	217	154	94	19	175	0.9	0.11	N	N	0.3	2	N
128	Chocolate fudge cake	265	357	67	45	156	3.1	0.38	0.8	274	0.4	4	N
129	Crispie cakes	310	235	106	65	123	4.4	0.47	1.0	477	0.6	4	N
130	Fancy iced cakes , individual	250	170	44	30	120	1.4	0.25	0.7	230	N	N	N
131	Fruit cake , plain, retail	250	390	60	25	110	1.7	0.25	0.5	320	N	N	N ^a
132	rich	155	466	79	22	79	2.1	0.27	0.4	199	0.3	2	N ^a
133	rich, iced	113	345	65	26	75	1.6	0.23	0.4	140	0.3	2	N ^a
134	wholemeal	227	285	79	34	176	1.9	0.21	0.9	220	0.7	3	N
135	Gateau , chocolate based, frozen	173	189	49	20	153	1.5	0.52	0.6	N	0.2	N	N
136	fruit, frozen	128	107	40	10	110	0.7	0.38	0.7	96	0.2	N	35
137	Jaffa cakes	130	170	55	34	130	1.5	0.30	0.3	170	N	N	48

^a Iodine from erythrosine is present but largely unavailable

Cereals and cereal products *continued*

121 to 137

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Biscuits continued															
121	Wafers, filled, chocolate, full coated	Tr	Tr	0	1.03	0.07	0.26	0.9	1.6	0.05	0	15	N	N	0
122	Water biscuits	0	0	0	N	(0.11)	(0.03)	(0.9)	2.2	(0.06)	0	N	N	N	0
123	Wholemeal crackers	0	Tr	0	4.50	0.27	0.07	2.7	2.0	0.18	Tr	37	0.4	4	Tr
Cakes															
124	Banana bread	88	45	1.0	3.96	0.09	0.06	0.6	0.9	0.14	0.2	9	0.3	4	3
125	Battenburg cake	147 ^a	55 ^a	1.6 ^a	6.11	0.07	0.12	0.5	1.3	0.05	0.5	8	0.4	6	0
126	Cake mix, made up	31	0	N	N	0.14	0.07	0.5	1.3	0.03	Tr	8	N	N	0
127	Carrot cake	79	976	0.5	7.24	0.07	0.08	0.4	1.1	0.09	0.2	9	0.3	4	2
128	Chocolate fudge cake	30	30	0.4	1.45	0.05	0.06	0.5	1.5	Tr	Tr	7	0.4	3	0
129	Crispie cakes	9	9	0	1.09	0.47	0.52	5.8	0.9	0.65	0.3	131	0.4	3	0
130	Fancy iced cakes, individual	0	N	0	2.45	0.01	0.04	0.2	0.8	N	0	N	N	N	0
131	Fruit cake, plain, retail	N	N	N	1.69	0.08	0.07	0.6	1.0	(0.11)	0	(8)	(0.2)	(5)	0
132	rich	101	46	1.1	4.00	0.08	0.07	0.5	0.8	0.10	0.3	8	0.2	4	Tr
133	rich, iced	68	31	0.8	3.71	0.06	0.08	0.5	0.7	0.07	0.2	8	0.2	6	Tr
134	wholemeal	139	63	1.5	5.90	0.12	0.09	1.3	1.3	0.12	0.4	11	0.4	5	0
135	Gateau, chocolate based, frozen	102	80	N	1.01	0.05	0.09	0.3	0.5	0.01	0.2	2	0.2	3	0
136	fruit, frozen	109	55	Tr	1.06	0.03	0.06	0.4	0.5	0.02	0.2	6	0.1	2	4
137	Jaffa cakes	14	0	0.1	0.81	0.05	0.05	0.3	0.7	0.03	0	5	0.2	3	2

^a Recipes calculated using soft polyunsaturated margarine, rather than (unfortified) catering margarine

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Cakes continued										
138	Madeira cake	10 samples including lemon	1.00	20.2	0.94	5.4	15.1	58.4	377	1585
139	Muffins , American style, chocolate chip	Recipe	1.00	22.3	1.04	6.3	18.2	52.3	385	1617
140	Reduced fat cake	Manufacturers' data (Sainsburys and Entemann's) Average of 10 assorted cakes	1.00	(30.0)	0.71	4.0	4.2	60.5 ^a	281	1191
141	Rice cakes	Manufacturers' data (Kallo and Sainsburys).	1.00	N	1.58	9.4	3.6	81.1	374	1591
142	Sponge cake	Basic recipe, creaming method	1.00	15.2	1.05	6.3	27.2	52.4	467	1951
143	<i>made without fat</i>	Basic recipe, whisking method	1.00	31.6	1.64	10.0	6.9	53.0	301	1271
144	<i>jam filled</i>	10 cakes, 3 brands; sandwich and Swiss roll	1.00	24.5	0.74	4.2	4.9	64.2	302	1280
145	<i>with dairy cream and jam</i>	10 samples, 8 brands. Frozen	1.00	38.4	0.69	4.3	10.9	43.9	280	1179
146	Swiss roll , chocolate, <i>individual</i>	10 samples, 5 brands, 4 bakeries	1.00	17.5	0.75	4.3	16.8	58.1	386	1624
Pastry										
147	Flaky pastry , <i>raw</i>	Recipe	1.00	30.1	0.73	4.2	31.1	34.8	427	1777
148	<i>cooked</i>	Recipe	1.00	7.7	0.97	5.6	41.0	46.0	564	2347
149	Shortcrust pastry , <i>raw</i>	Recipe ^b	1.00	20.0	0.99	5.7	28.1	46.8	451	1884
150	<i>cooked</i>	Recipe	1.00	7.2	1.14	6.6	32.6	54.3	524	2186
151	Wholemeal pastry , <i>raw</i>	Recipe. Ref. Wiles <i>et al.</i> (1980)	1.00	20.0	1.31	7.7	28.7	38.5	433	1808
152	<i>cooked</i>	Recipe. Ref. Wiles <i>et al.</i> (1980)	1.00	7.4	1.52	8.9	33.2	44.6	501	2092

^a Including polyols^b Filo pastry raw contains 9.2g protein, 4.1g fat, 68.2g carbohydrate (66.2g as starch), 329kcal and 1399kJ per 100g

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Cakes continued														
138	Madeira cake	21.9	36.5	0.5	0.5	35.5	0	0	0.9	8.4	3.8	1.6	0.7	N
139	Muffins , American style, chocolate chip	23.8	28.4	0	Tr	26.9	Tr	1.2	1.6	10.7	5.2	0.9	0.4	68
140	Reduced fat cake	16.3	42.6	N	N	N	N	N	N	1.5	1.3	0.6	Tr	8
141	Rice cakes	79.2	1.9	N	N	N	N	N	N	N	N	N	N	N
142	Sponge cake	22.0	30.4	Tr	Tr	30.0	0.1	0.1	0.9	5.8	8.9	10.9	Tr	112
143	<i>made without fat</i>	22.1	30.9	Tr	Tr	30.5	0.1	0	0.9	1.9	2.6	1.2	0.1	227
144	<i>jam filled</i>	16.5	47.7	8.1	3.9	35.7	0	0	1.8	1.6	1.7	0.7	N	N
145	<i>with dairy cream and jam</i>	18.6	25.3	3.0	0.7	18.1	1.6	0.9	Tr	N	N	N	N	59
146	Swiss roll , chocolate, individual	16.3	41.8	4.8	0.2	32.5	2.4	1.9	N	7.0	7.2	1.5	2.2	86
Pastry														
147	Flaky pastry , raw	34.1	0.7	0	0	0.1	0.1	0	1.4	9.7	11.8	8.0	N	16
148	<i>cooked</i>	45.0	1.0	0	0	0.2	0.1	0	1.8	12.8	15.6	10.5	N	21
149	Shortcrust pastry , raw	45.8	0.9	Tr	Tr	0.2	0.1	0	1.9	8.7	10.6	7.3	N	14
150	<i>cooked</i>	53.2	1.1	Tr	Tr	0.2	0.1	0	2.2	10.1	12.3	8.4	N	17
151	Wholemeal pastry , raw	37.2	1.3	0.1	Tr	0.6	0	0	5.4	8.8	10.7	7.5	N	14
152	<i>cooked</i>	43.1	1.5	0.1	Tr	0.7	0	0	6.3	10.2	12.4	8.7	N	17

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Cakes continued													
138	Madeira cake	380	120	42	12	120	1.1	0.10	0.5	500	N	N	N
139	Muffins , American style, chocolate chip	254	177	161	33	259	1.45	0.26	0.8	173	0.35	3	21
140	Reduced fat cake	327	N	N	N	N	N	N	N	N	N	N	N
141	Rice cakes	N ^a	N	N	N	N	N	N	N	N	N	N	N
142	Sponge cake	326	83	69	10	156	1.3	0.11	0.6	360	0.2	4	N
143	<i>made without fat</i>	84	120	77	13	148	1.7	0.12	1.0	116	0.2	7	34
144	<i>jam filled</i>	420	140	44	14	220	1.6	0.20	0.5	260	N	(10)	14
145	<i>with dairy cream and jam</i>	218	83	33	6	171	0.4	0.04	0.3	179	0.1	4	12
146	Swiss roll , chocolate, <i>individual</i>	350	210	77	19	200	1.1	0.25	0.5	510	0.2	N	13
Pastry													
147	Flaky pastry , <i>raw</i>	335	71	64	10	52	1.0	0.08	0.3	543	0.3	1	N
148	<i>cooked</i>	443	94	84	13	69	1.3	0.10	0.3	717	0.4	1	N
149	Shortcrust pastry , <i>raw</i>	400	92	85	13	68	1.3	0.10	0.4	653	0.4	1	N
150	<i>cooked</i>	464	106	99	15	79	1.5	0.12	0.4	758	0.4	1	N
151	Wholemeal pastry , <i>raw</i>	341	206	24	73	195	2.4	0.28	1.8	538	1.9	4	N
152	<i>cooked</i>	395	239	27	85	226	2.8	0.32	2.0	623	2.2	4	N

^aUnsalted rice cakes contain 10mg Na/100g, low salt contain 100mg/100g

Cereals and cereal products *continued*

138 to 152

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Cakes continued															
138	Madeira cake	N	N	N	0.86	0.06	0.11	0.5	1.1	N	Tr	N	N	N	0
139	Muffins , American style, chocolate chip	132	72	0.3	0.79	0.09	0.12	0.6	1.3	0.06	0.5	10	0.4	4	0
140	Reduced fat cake	N	N	N	N	Tr	0.02	0.9	0.8	N	Tr	N	N	N	N
141	Rice cakes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
142	Sponge cake	247	100	2.8	9.70	0.09	0.12	0.5	1.6	0.06	0.7	10	0.4	6	0
143	<i>made without fat</i>	110	Tr	1.0	0.73	0.11	0.24	0.5	2.7	0.08	1.5	18	0.8	12	0
144	<i>jam filled</i>	N	N	N	Tr	0.04	0.07	0.4	0.9	N	(1.0)	N	N	N	0
145	<i>with dairy cream and jam</i>	77	40	0.4	N	0.10	0.10	0.4	0.7	0.01	0.3	7	0.3	2	Tr
146	Swiss roll , chocolate, <i>individual</i>	N	N	N	2.40	0.12	0.19	0.3	0.9	0.03	Tr	10	N	N	0
Pastry															
147	Flaky pastry , <i>raw</i>	113	59	1.3	5.77	0.14	0.01	0.8	0.8	0.07	Tr	10	0.1	1	1
148	<i>cooked</i>	149	78	1.8	7.62	0.14	0.02	1.0	1.1	0.07	Tr	7	0.1	1	1
149	Shortcrust pastry , <i>raw</i>	102	53	1.2	5.23	0.19	0.02	1.0	1.1	0.09	Tr	13	0.2	1	0
150	<i>cooked</i>	118	61	1.4	6.07	0.16	0.02	1.1	1.3	0.08	Tr	8	0.2	1	0
151	Wholemeal pastry , <i>raw</i>	102	53	1.2	5.90	0.28	0.05	3.4	1.5	0.30	Tr	34	0.5	4	0
152	<i>cooked</i>	118	61	1.4	6.83	0.25	0.05	3.8	1.7	0.26	Tr	20	0.4	5	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Buns and pastries</i>										
153	Bagels, plain	2 brands	1.00	32.1	1.60	10.0	1.8	57.8	273	1161
154	Chelsea buns	Recipe. Ref. Wiles <i>et al.</i> (1980)	1.00	20.5	1.33	7.8	14.2	55.8	368	1549
155	Crumpets, toasted	9 samples	1.00	40.3	1.20	6.9	1.0	45.4	207	881
156	Currant buns	9 samples, 5 supermarkets, 3 bakeries	1.00	27.9	1.40	8.0	5.6	52.6	280	1185
157	Custard tarts, individual	10 samples, 2 brands, 8 bakeries	1.00	44.7	1.00	6.3	14.5	32.4	277	1161
158	Danish pastries	10 samples, different shops	1.00	21.6	1.01	5.8	14.1	51.3	342	1441
159	Doughnuts, jam	10 samples, different shops	1.00	26.9	1.00	5.7	14.5	48.8	336	1414
160	ring	10 samples, different shops	1.00	23.8	1.07	6.1	22.4	47.2	403	1688
161	Eccles cake	Recipe.	1.00	15.3	0.68	4.0	17.8	56.3	387	1627
162	Eclairs, frozen	10 samples of the same brand (Birds Eye)	1.00	38.7	0.98	5.6	30.6	26.1	396	1647
163	Greek pastries	4 assorted samples, baclava, tangos, tsamika, shredded type	1.00	17.5	0.82	4.7	17.0	40.0	322	1349
164	Hot cross buns	Recipe	1.00	25.2	1.27	7.4	7.0	58.4	312	1319
165	Jam tarts, retail	10 samples, 6 brands, 4 bakeries	1.00	14.4	0.53	3.3	14.7	63.4	383	1614
166	Mince pies, individual	Recipe	1.00	11.9	0.72	4.2	21.3	60.5	435	1826
167	Muffins, English style, white	10 samples	1.00	40.5	1.80	10.0	1.9	44.2	223	948
168	English style, white, <i>toasted</i>	10 samples	1.00	31.9	2.00	11.3	2.7	51.0	261	1108
169	Scones, fruit, retail	10 samples, 5 brands, 3 bakeries	1.00	24.5	1.10	6.5	8.7	56.2	315	1332
170	plain	Recipe	1.00	22.6	1.24	7.2	14.8	53.7	364	1530
171	wholemeal	Recipe. Ref. Wiles <i>et al.</i> (1980)	1.00	26.9	1.48	8.8	14.6	43.0	328	1378
172	Scotch pancakes, retail	6 samples, 4 brands	1.00	39.7	1.00	5.6	9.6	43.0	270	1138
173	Teacakes, toasted	Calculated using weight loss of 10%	1.00	18.6	1.56	8.9	8.3	58.3	329	1392

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
<i>Buns and pastries</i>														
153	Bagels, plain	51.3	6.5	0.8	1.0	Tr	3.0	Tr	2.4	N	N	N	N	0
154	Chelsea buns	34.5	21.3	4.4	4.3	11.1	Tr	0.9	1.7	3.0	4.5	5.9	N	33
155	Crumpets, toasted	42.3	3.1	1.1	0.3	Tr	1.7	0	(0)	0.1	0.1	0.5	N	0
156	Currant buns	36.6	16.0	8.2	7.0	Tr	0.9	Tr	2.2	1.9	2.0	1.2	0.1	2
157	Custard tarts, individual	19.6	12.8	0.1	0.1	10.5	0.5	1.6	1.2	6.1	6.0	1.4	1.1	95
158	Danish pastries	22.8	28.5	6.3	5.5	13.9	2.2	0.6	1.6	8.6	2.0	1.9	0.8	41
159	Doughnuts, jam	30.0	18.8	5.3	4.2	6.4	2.6	0.2	N	4.3	5.4	3.6	N	15
160	ring	31.9	15.3	2.3	2.7	9.1	1.1	0.1	N	5.8	9.4	6.1	1.1	24
161	Eccles cake	18.1	38.2	10.0	8.8	17.7	2.1	0	1.5	N	N	N	N	13
162	Eclairs, frozen	19.5	6.6	Tr	Tr	5.3	0.3	0.9	0.8	16.1	10.2	1.9	N	150
163	Greek pastries	21.6	18.4	N	N	N	N	N	N	N	N	N	N	N
164	Hot cross buns	34.9	23.4	5.0	4.1	11.7	1.2	0.9	1.9	1.8	2.1	2.5	N	23
165	Jam tarts, retail	27.4	36.0	12.4	5.9	11.0	6.6	0.1	N	6.6	5.1	1.8	1.0	42
166	Mince pies, individual	31.5	29.1	14.1	14.1	0.4	0.1	0	1.9	N	N	N	N	12
167	Muffins, English style, white	40.8	3.4	0.5	0.8	Tr	2.1	Tr	1.9	0.4	0.5	0.6	Tr	0
168	English style, white, toasted	47.3	3.8	0.5	0.8	Tr	2.4	Tr	2.2	0.4	0.5	0.7	Tr	0
169	Scones, fruit, retail	37.3	18.9	3.0	2.7	9.9	0.4	2.8	2.0	2.4	4.1	1.7	1.1	6
170	plain	47.9	5.9	Tr	Tr	3.4	0.1	1.8	1.9	3.7	4.5	5.9	N	6
171	wholemeal	37.1	5.9	0.1	Tr	3.6	0	1.7	5.2	3.6	4.4	5.8	N	6
172	Scotch pancakes, retail	21.5	21.5	2.0	1.6	14.1	Tr	3.8	1.5	0.7	3.5	2.1	0.1	21
173	Teacakes, toasted	41.9	16.4	6.6	6.9	1.1	1.4	0.4	N	2.9	2.7	1.5	0.2	20

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Buns and pastries</i>													
153	Bagels, plain	(550)	N	N	N	N	N	N	N	N	N	N	N
154	Chelsea buns	311	219	109	24	116	1.6	0.27	0.8	496	0.4	3	N
155	Crumpets, toasted	1029	168	123	17	220	1.4	0.10	0.6	1212	0.4	6	(1)
156	Currant buns	317	210	110	27	100	1.9	0.18	0.6	210	0.4	N	N
157	Custard tarts, individual	130	110	95	14	98	0.8	0.07	0.5	390	0.2	N	N
158	Danish pastries	190	170	92	24	98	1.3	0.06	0.5	340	0.3	N	N
159	Doughnuts, jam	180	110	72	19	71	1.2	0.09	0.5	290	0.3	N	15
160	ring	230	87	76	21	81	1.2	0.14	0.6	360	0.3	N	(17)
161	Eccles cake	230	235	70	17	50	1.0	0.31	0.3	374	0.3	1	8
162	Eclairs, frozen	73	160	87	20	120	1.1	0.22	0.8	75	0.1	N	N
163	Greek pastries	310	90	44	22	70	0.9	0.14	0.4	390	0.3	N	N
164	Hot cross buns	94	206	114	24	107	1.6	0.26	0.7	146	0.4	2	N
165	Jam tarts, retail	130	120	72	14	50	1.7	0.18	0.6	160	0.3	N	2
166	Mince pies, individual	283	83	74	11	53	1.1	0.12	0.4	452	0.3	1	N
167	Muffins, English style, white	431	124	123	20	89	1.3	0.11	0.8	(665)	0.4	6	N
168	English style, white, <i>toasted</i>	493	142	141	23	102	1.5	0.13	0.9	(760)	0.5	7	N
169	Scones, fruit, retail	617	220	150	24	360	1.5	0.22	0.8	450	0.4	N	N
170	plain	840	154	186	17	512	1.3	0.10	0.7	469	0.4	2	N
171	wholemeal	704	256	112	74	565	2.3	0.27	1.9	375	1.8	4	N
172	Scotch pancakes, retail	418	233	84	20	240	1.0	0.10	0.4	351	0.3	3	10
173	Teacakes, toasted	300	240	98	32	110	2.9	0.27	0.8	490	0.5	N	N

Cereals and cereal products *continued*

153 to 173

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Buns and pastries															
153	Bagels, plain	Tr	0	N	N	N	N	N	N	N	0	N	N	N	0
154	Chelsea buns	118 ^a	54 ^a	1.3 ^a	5.17	0.16	0.15	1.4	1.6	0.11	0.4	54	0.4	5	0
155	Crumpets, toasted	0	0	0	0.26	0.23	0.06	1.7	1.8	0.07	0	9	0.3	3	0
156	Currant buns	Tr	Tr	0	0.37	0.22	0.16	2.1	1.6	0.11	Tr	12	N	N	1
157	Custard tarts, individual	32	Tr	N	1.27	0.14	0.16	0.5	1.4	0.03	Tr	13	N	N	0
158	Danish pastries	N	N	N	1.29	0.13	0.07	0.9	1.2	0.07	Tr	20	(0.5)	(7)	0
159	Doughnuts, jam	N	N	N	Tr	0.22	0.07	1.3	1.2	0.03	Tr	21	N	N	N
160	ring	N	N	N	4.18	0.22	0.07	1.2	1.2	0.02	Tr	19	N	N	0
161	Eccles cake	60	41	0.8	0.90	0.09	0.03	0.6	0.6	0.07	0	3	0.1	2	Tr
162	Eclairs, frozen	240	Tr	(0)	(1.25)	0.10	0.19	0.3	1.1	0.03	1.0	11	(0.3)	(5)	Tr
163	Greek pastries	N	N	N	N	0.09	0.04	1.0	1.0	N	N	N	N	N	N
164	Hot cross buns	56	26	0.6	2.15	0.20	0.12	1.4	1.5	0.10	0.3	28	0.3	4	0
165	Jam tarts, retail	N	N	N	0.28	0.06	0.02	0.5	0.7	0.03	Tr	5	(0.1)	Tr	Tr
166	Mince pies, individual	70	40	0.8	N	0.14	0.02	0.9	0.8	0.10	Tr	11	0.1	0	Tr
167	Muffins, English style, white	65	Tr	Tr	0.09	0.24	0.16	2.0	2.1	0.12	Tr	41	0.5	7	Tr
168	English style, white, toasted	74	Tr	Tr	0.10	0.27	0.18	2.3	2.4	0.14	Tr	47	0.6	8	Tr
169	Scones, fruit, retail	Tr	Tr	Tr	0.11	0.22	0.10	1.2	1.5	0.05	Tr	6	N	N	Tr
170	plain	115	61	1.2	5.14	0.15	0.09	1.0	1.4	0.09	0.3	8	0.3	2	1
171	wholemeal	109	58	1.1	5.53	0.21	0.12	3.2	1.7	0.23	0.3	18	0.5	5	1
172	Scotch pancakes, retail	102	Tr	0.6	1.35	0.16	0.08	0.8	1.5	0.08	Tr	6	0.3	1	Tr
173	Teacakes, toasted	N	N	0	N	0.20	0.17	2.0	1.8	0.06	Tr	40	N	N	Tr

^a Recipes calculated using soft polyunsaturated margarine, rather than (unfortified) catering margarine

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Puddings										
174	Bread pudding	Recipe	1.00	30.6	0.98	5.9	9.5	48.0	289	1220
175	Christmas pudding, retail	10 samples, 4 brands	1.00	(23.6)	0.53	3.0	11.8	56.3	329	1388
176	Crumble, fruit	10 samples, including apple, apple and blackberry and rhubarb. Fresh and frozen	1.00	49.1	0.38	2.4	8.3	36.0	219	924
177	fruit, wholemeal	Recipe. Apple, gooseberry, plum, rhubarb	1.00	54.8	0.44	2.6	7.4	31.6	195	822
178	Fruit pie, one crust	Recipe. Apple, gooseberry, plum, rhubarb	1.00	58.6	0.36	2.1	8.2	28.8	190	798
179	<i>pastry top and bottom</i>	Recipe. Ref. Wiles et al. (1980)	1.00	47.8	0.53	3.1	13.6	33.9	262	1096
180	<i>individual</i>	10 pies, as purchased, 3 brands; apple, blackcurrant, blackberry, apricot	1.00	22.9	0.75	4.3	14.0	56.7	356	1498
181	blackcurrant, <i>pastry top and bottom</i>	Recipe. Ref. Wiles et al. (1980)	1.00	42.3	0.54	3.1	13.5	34.5	263	1104
182	Fruit pie, wholemeal, one crust	Recipe. Ref. Wiles et al. (1980). Apple, gooseberry, plum, rhubarb	1.00	58.6	0.45	2.7	8.3	26.5	185	777
183	wholemeal, <i>pastry top and bottom</i>	Recipe. Ref. Wiles et al. (1980). Apple, gooseberry, plum, rhubarb	1.00	47.9	0.68	4.0	13.8	30.0	253	1060
184	Lemon meringue pie	8 samples, 4 brands. Fresh and frozen	1.00	42.1	0.46	2.9	8.5	43.5	251	1060
185	Pancakes, sweet, made with whole milk	Recipe	1.00	43.4	0.98	6.0	16.3	34.9	302	1265
186	Sponge pudding, canned	10 assorted samples of the same brand	1.00	35.3	0.54	3.1	9.1	45.4	265	1116
187	Treacle tart	Recipe	1.00	19.1	0.68	3.9	14.2	62.8	379	1597

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Puddings														
174	Bread pudding	14.7	33.3	8.9	8.5	12.2	1.7	2.0	1.2	N	N	N	N	52
175	Christmas pudding, retail	10.1	46.2	20.3	20.8	3.5	1.5	0.1	1.7	6.1	4.1	0.6	N	36
176	Crumble, fruit	14.0	22.0	4.1	4.2	11.3	2.2	0	1.3	4.0	3.1	0.7	0.9	12
177	fruit, wholemeal	10.3	21.4	1.3	1.6	18.2	0	0	2.7	1.5	2.3	3.2	N	0
178	Fruit pie, one crust	13.1	15.7	1.3	1.6	12.6	0	0	1.7	2.5	3.0	2.1	N	4
179	pastry top and bottom	22.0	12.0	Tr	Tr	9.0	0.1	0	1.7	4.2	5.1	3.5	N	7
180	individual	25.8	30.9	5.7	2.8	21.5	0.9	0	N	5.4	6.0	1.8	1.2	0
181	blackcurrant, pastry top and bottom	22.0	12.6	1.4	1.6	9.2	0.1	0	2.6	4.2	5.1	3.5	N	7
182	Fruit pie, wholemeal, one crust	10.6	15.8	1.3	1.6	12.8	0	0	2.7	2.5	3.1	2.2	N	4
183	wholemeal, pastry top and bottom	17.8	12.1	1.0	1.2	9.7	0	0	3.4	4.2	5.1	3.6	N	7
184	Lemon meringue pie	13.6	29.8	4.5	3.4	20.0	1.0	0.4	(0.7)	3.1	3.5	1.5	0.5	12
185	Pancakes, sweet, made with whole milk	18.8	16.2	Tr	Tr	13.0	Tr	2.9	0.8	7.0	6.6	1.7	0.1	68
186	Sponge pudding, canned	19.6	25.8	4.6	3.8	14.9	2.0	0.6	0.8	5.0	3.0	0.5	0.7	32
187	Treacle tart	29.2	33.6	9.6	9.6	13.8	0.1	0	1.1	4.4	5.3	3.6	N	7

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Puddings													
174	Bread pudding	289	373	144	23	110	1.4	0.20	0.7	419	0.3	3	N
175	Christmas pudding, retail	170	340	35	18	92	1.2	0.14	0.7	180	0.5	N	N
176	Crumble, fruit	82	82	41	6	27	0.3	Tr	0.2	130	0.1	2	4
177	fruit, wholemeal	59	195	31	26	68	0.9	0.14	0.6	107	0.6	1	N
178	Fruit pie, one crust	116	160	48	9	33	0.6	0.08	0.2	202	0.2	Tr	N
179	pastry top and bottom	193	144	58	10	43	0.8	0.09	0.2	325	0.2	Tr	N
180	individual	210	120	51	12	64	1.2	0.10	0.5	260	2.0	N	N
181	blackcurrant, pastry top and bottom	194	222	70	15	53	1.3	0.13	0.3	320	0.3	Tr	N
182	Fruit pie, wholemeal, one crust	100	193	30	26	69	0.9	0.13	0.6	169	0.6	1	N
183	wholemeal, pastry top and bottom	165	199	29	39	103	1.3	0.17	0.9	(269)	0.9	2	N
184	Lemon meringue pie	113	70	38	6	40	Tr	0.04	0.2	237	0.1	2	8
185	Pancakes, sweet, made with whole milk	46	152	118	13	111	0.8	0.06	0.6	96	0.2	2	28
186	Sponge pudding, canned	340	160	50	13	170	1.2	0.31	0.4	220	0.2	N	4
187	Treacle tart	376	83	60	11	45	1.0	0.09	0.3	439	0.2	1	N

Cereals and cereal products *continued*

174 to 187

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Puddings															
174	Bread pudding	102	59	0.2	0.26	0.10	0.15	0.8	1.3	0.09	0.6	10	0.4	3	1
175	Christmas pudding, retail	N	N	0	N	Tr	0.03	0.4	0.6	0.07	Tr	9	N	N	Tr
176	Crumble, fruit	47	35	0.7	0.74	0.08	0.02	0.5	0.6	0.05	0	10	0.1	Tr	N
177	fruit, wholemeal	56	123	0.7	3.18	0.08	0.03	1.1	0.5	0.08	Tr	5	0.2	1	5
178	Fruit pie, one crust	29	106	0.3	1.73	0.07	0.02	0.5	0.4	0.05	Tr	5	0.1	Tr	5
179	pastry top and bottom	49	93	0.6	2.68	0.10	0.02	0.7	0.6	0.06	Tr	7	0.1	Tr	3
180	individual	0	Tr	0	4.10	0.05	0.02	0.4	0.9	N	0	N	N	N	Tr
181	blackcurrant, pastry top and bottom	49	73	0.6	2.99	0.10	0.03	0.6	0.6	0.07	Tr	N	0.2	1	72
182	Fruit pie, wholemeal, one crust	29	106	0.3	1.92	0.10	0.03	1.2	0.5	0.11	Tr	11	0.2	2	5
183	wholemeal, pastry top and bottom	49	93	0.6	3.00	0.15	0.04	1.8	0.8	0.16	Tr	17	0.3	2	4
184	Lemon meringue pie	46	10	Tr	0.96	0.08	0.04	0.4	0.7	0.02	Tr	6	0.2	1	5
185	Pancakes, sweet, made with whole milk	44	12	0.2	0.37	0.07	0.18	0.4	1.3	0.07	0.8	11	0.6	4	1
186	Sponge pudding, canned	N	N	N	0.05	0.05	0.16	0.4	0.6	0.09	Tr	3	0.2	1	0
187	Treacle tart	51	26	0.6	2.62	0.11	0.01	0.7	0.8	0.05	Tr	8	0.1	0	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Savouries										
188	Cheese and onion rolls , pastry	Oven-baked pastry, 3 brands	1.00	39.6	1.31	8.2	20.0	30.4	327	1366
189	Dumplings	Recipe	1.00	60.5	0.49	2.8	11.7	24.5	208	871
190	Pancakes , savoury, <i>made with whole milk</i>	Recipe	1.00	53.8	1.05	6.4	15.5	23.9	255	1065
191	Prawn crackers , <i>takeaway</i>	10 samples from different outlets	1.00	2.8	0.05	0.3	39.0	58.2	570	2379
192	Risotto , plain	Recipe	1.00	52.3	0.59	3.5	9.7	35.1	233	980
193	Stuffing mix , <i>dried</i>	10 samples, 4 brands; assorted flavours	1.00	5.9	1.58	9.9	5.2	67.2	338	1436
194	Stuffing , sage and onion	Recipe	1.00	48.1	1.04	6.1	15.1	29.0	269	1126
195	Yorkshire pudding	Recipe	1.00	57.3	1.10	6.7	10.1	24.6	210	881
Pizzas										
196	Pizza base , <i>raw</i>	Average of ambient and chilled, 12 brands	1.00	30.0	1.37	7.8	4.8	57.5	290	1229
197	Pizza , cheese and tomato, <i>deep pan</i>	10 samples, 7 brands, takeaway	1.00	43.5	1.99	12.4	7.5	35.1	249	1050
198	cheese and tomato, thin base	10 samples, 7 brands, takeaway	1.00	40.6	2.30	14.4	10.3	33.9	277	1168
199	cheese and tomato, french bread	Cooked, 10 samples, 3 brands	1.00	47.7	1.69	10.6	7.8	31.4	230	971
200	cheese and tomato, <i>frozen</i>	Cooked, 10 samples, 6 brands	1.00	48.0	1.84	11.5	8.8	30.1	238	1003
201	chicken topped, <i>chilled</i>	9 samples, 4 brands, includes thin base and deep pan	1.00	50.8	2.15	13.4	8.3	31.3	246	1036
202	fish topped, <i>takeaway</i>	18 samples, 8 brands, prawn and tuna toppings, includes thin base and deep pan	1.00	50.1	2.13	13.3	7.5	28.0	226	952

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Savouries														
188	Cheese and onion rolls , pastry	24.2	6.3	0.4	0.3	0.3	1.4	0.6	1.2	9.0	7.1	2.2	0.6	26
189	Dumplings	24.0	0.5	0	0	0.1	0.1	0	1.0	6.6	4.0	0.5	N	11
190	Pancakes , savoury, made with whole milk	20.2	3.7	Tr	Tr	0.1	0.1	3.3	0.8	4.5	4.8	5.2	0.1	57
191	Prawn crackers , takeaway	56.0	2.2	Tr	Tr	1.9	0.3	0	1.2	3.6	22.4	11.0	0.1	0
192	Risotto , plain	34.0	0.8	0.3	0.2	0.3	0	0	0.4	2.1	3.0	4.1	N	0
193	Stuffing mix , dried	62.8	4.4	0.8	1.6	2.0	0	0	4.7	2.4	1.6	0.1	N	5
194	Stuffing , sage and onion	23.1	4.3	N	N	N	N	0	1.5	3.1	4.7	5.9	N	54
195	Yorkshire pudding	21.0	3.6	Tr	Tr	0.1	0.1	3.2	0.9	5.2	3.5	0.6	N	69
Pizzas														
196	Pizza base , raw	54.1	3.3	0.3	0.3	Tr	2.8	Tr	2.1	N	N	N	N	N
197	Pizza , cheese and tomato, deep pan	31.5	2.2	0.3	0.4	Tr	1.4	0.2	2.2	3.1	2.4	1.3	0.2	13
198	cheese and tomato, thin base	30.3	2.5	0.6	0.6	Tr	1.3	0.3	1.9	4.8	3.1	1.3	0.4	22
199	cheese and tomato, french bread	29.0	2.4	0.5	0.7	0.2	1.0	Tr	N	N	N	N	N	N
200	cheese and tomato, frozen	28.1	2.0	0.4	0.6	0.1	0.8	Tr	(1.5)	3.1	2.8	1.4	0.3	N
201	chicken topped, chilled	29.2	2.1	0.5	0.7	Tr	1.0	Tr	N	N	N	N	N	N
202	fish topped, takeaway	26.2	2.0	0.3	0.4	Tr	1.1	0.1	N	3.2	2.5	1.3	0.3	25

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Savouries													
188	Cheese and onion rolls , pastry	567	169	121	19	119	1.3	0.08	0.8	833	0.3	4	19
189	Dumplings	422	45	54	6	129	0.6	0.04	0.2	457	0.2	1	4
190	Pancakes , savoury, <i>made with whole milk</i>	255	169	131	15	123	0.8	0.05	0.6	417	0.2	3	N
191	Prawn crackers , <i>takeaway</i>	767	17	21	5	6	1.6	0.12	0.1	1000	0.5	3	50
192	Risotto , plain	834	99	26	15	71	0.3	0.18	0.8	1239	0.5	5	N
193	Stuffing mix , <i>dried</i>	1460	240	960	41	130	5.1	0.17	0.8	2820	1.0	N	N
194	Stuffing , sage and onion	496	170	71	17	86	1.4	0.11	0.5	754	0.4	2	N
195	Yorkshire pudding	591	170	130	16	125	0.9	0.05	0.6	946	0.2	3	33
Pizzas													
196	Pizza base , <i>raw</i>	272	124	86	18	85	1.5	0.09	0.6	N	0.5	N	N
197	Pizza , cheese and tomato, <i>deep pan</i>	247	165	213	24	170	1.2	0.11	1.3	726	0.3	7	35
198	cheese and tomato, thin base	282	180	279	25	230	1.1	0.12	1.8	937	0.3	6	34
199	cheese and tomato, french bread	270	185	240	23	150	1.1	0.08	1.1	898	0.3	N	30
200	cheese and tomato, <i>frozen</i>	248	202	230	23	180	1.0	0.09	1.4	(825)	0.3	(7)	(35)
201	chicken topped, <i>chilled</i>	272	270	217	27	190	1.3	0.12	1.6	(420)	0.3	N	N
202	fish topped, <i>takeaway</i>	248	179	173	24	170	1.2	0.10	1.3	847	0.3	10	59

Cereals and cereal products *continued*

188 to 202

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Savouries															
188	Cheese and onion rolls , pastry	Tr	17	1.0	N	0.15	0.08	1.0	1.5	0.06	0.5	9	0.3	2	Tr
189	Dumplings	7	10	Tr	0.28	0.05	0.01	0.3	0.6	0.03	Tr	3	0.1	0	0
190	Pancakes , savoury, <i>made with whole milk</i>	136	61	1.3	4.58	0.08	0.20	0.4	1.4	0.08	0.9	12	0.6	4	1
191	Prawn crackers , <i>takeaway</i>	0	Tr	0	5.77	Tr	Tr	0.1	N	0.43	0	2	N	N	0
192	Risotto , plain	65	36	0.8	3.24	0.11	0.01	1.1	0.7	0.09	0	5	0.2	1	0
193	Stuffing mix , <i>dried</i>	Tr	Tr	Tr	N	1.42	0.90	1.8	1.8	N	Tr	N	N	N	0
194	Stuffing , sage and onion	130	75	1.5	5.38	0.11	0.06	0.7	1.4	0.10	0.3	15	0.4	4	2
195	Yorkshire pudding	51	14	0.3	0.31	0.09	0.20	0.6	1.5	0.08	1.0	9	0.6	5	1
Pizzas															
196	Pizza base , <i>raw</i>	N	N	N	N	0.41	0.03	1.7	N	0.03	0	8	N	N	0
197	Pizza , cheese and tomato, <i>deep pan</i>	60	84	0.3	1.68	0.19	0.11	1.3	2.1	0.04	0.7	7	0.4	4	1
198	cheese and tomato, thin base	59	123	1.8	2.52	0.16	0.13	1.2	2.9	0.04	1.0	7	0.2	4	1
199	cheese and tomato, french bread	N	N	0.9	0	0.16	0.10	1.3	N	0.03	0.3	7	0.4	4	N
200	cheese and tomato, <i>frozen</i>	21	133	Tr	3.39	0.18	0.09	1.5	1.5	0.05	0.2	8	0.5	3	4
201	chicken topped, <i>chilled</i>	N	N	N	N	0.28	0.14	2.9	N	0.07	0.4	9	N	N	3
202	fish topped, <i>takeaway</i>	N	N	N	N	0.15	0.10	2.3	2.5	0.05	1.1	5	0.3	3	2

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Pizzas continued</i>										
203	ham and pineapple, <i>chilled</i>	10 samples, 5 brands, includes thin base and deep pan	1.00	43.3	2.16	13.5	8.6	34.4	260	1098
204	meat topped	39 samples including pepperoni, spicy beef, spicy pork. Includes frozen, chilled and takeaway, thin base and deep pan	1.00	44.9	2.11	13.2	10.3	29.3	255	1075
205	vegetarian	30 samples, 7 brands, includes chilled and takeaway, thin base and deep pan	1.00	51.1	1.72	10.8	6.9	29.6	216	913

Cereals and cereal products *continued*

203 to 205

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars				Dietary fibre NSP g	Fatty acids				Cholest- erol mg	
				Gluc g	Fruct g	Sucr g	Malt g		Lact g	Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Pizzas continued														
203	ham and pineapple, <i>takeaway</i>	31.3	3.1	0.7	0.8	Tr	1.4	0.2	N	N	N	N	N	N
204	meat topped	27.3	1.8	0.4	0.5	Tr	0.9	Tr	N	4.0	3.7	1.5	0.3	19
205	vegetarian	26.9	2.3	0.6	0.7	Tr	1.0	0.2	1.9	N	N	N	N	N

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Pizzas continued</i>													
203	ham and pineapple, <i>takeaway</i>	303	226	221	23	210	1.3	0.10	1.5	N	0.5	N	N
204	meat topped	306	196	203	23	190	1.2	0.10	1.6	N	0.3	7	N
205	vegetarian	241	192	196	22	160	1.2	0.11	1.3	867	0.3	N	34

Cereals and cereal products *continued*

203 to 205

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	<u>Trypt</u> 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Pizzas <i>continued</i>															
203	ham and pineapple, <i>takeaway</i>	N	N	N	N	0.28	0.16	2.3	2.4	0.05	0.5	6	N	N	0
204	meat topped	N	N	N	0.93	0.23	0.13	1.9	2.3	0.05	0.8	7	3.2	4	0
205	vegetarian	42	114	N	1.52	0.23	0.11	1.4	2.1	0.05	Tr	7	N	N	4

Section 2.10

Nuts

The data in this section of the Tables have been taken from the *Fruit and Nuts* (1992) supplement.

Users should note that all values are expressed per 100g edible portion. Guidance for calculating nutrient content 'as purchased' or 'as served' (e.g. including shells) is given in Section 4.2.

Cooked foods including nuts are not included in this Section. Nut roast is included under Vegetable dishes.

Taxonomic names for foods in this part of the Tables can be found in Section 4.5.

Nuts

1004 to 1020

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Nuts and seeds, general										
1004	Almonds	10 blanched samples, flaked and ground	0.37	4.2	4.07	21.1	55.8	6.9	612	2534
1005	Brazil nuts	10 samples, kernel only	0.46	2.8	2.61	14.1	68.2	3.1	682	2813
1006	Cashew nuts, roasted and salted	10 samples, kernel only	1.00	2.4	3.87	20.5	50.9	18.8	611	2533
1007	Chestnuts	Analysis and literature sources; kernel only	0.83	51.7	0.37	2.0	2.7	36.6	170	719
1008	Coconut, creamed block	7 samples, 2 brands; block of dried kernel	1.00	2.5	1.14	6.0	68.8	7.0	669	2760
1009	Coconut, desiccated	Analytical and literature sources	1.00	2.3	1.05	5.6	62.0	6.4	604	2492
1010	Coconut milk	Analysis and literature sources; drained fluid from fresh coconut	1.00	92.2	0.06	0.3	0.3	4.9	22	95
1011	Hazelnuts	10 samples, kernel only	0.38	4.6	2.66	14.1	63.5	6.0	650	2685
1012	Macadamia nuts, salted	8 samples	1.00	1.3	1.49	7.9	77.6	4.8	748	3082
1013	Marzipan, home-made	Recipe	1.00	10.2	1.97	10.4	25.8	50.1	462	1934
1014	Marzipan, retail	10 samples, white and yellow	1.00	8.1	1.02	5.3	12.7	67.6	389	1642
1015	Mixed nuts	Calculated from recipe proportions ^a	1.00	2.5	4.27	22.9	54.1	7.9	607	2515
1016	Peanut butter, smooth	10 samples, 3 brands	1.00	1.1	4.17	22.6	51.8	13.1	606	2510
1017	Peanuts and raisins	Calculated from recipe proportions	1.00	9.3	2.80	15.3	25.9	37.5	435	1819
1018	Peanuts, plain	10 samples, kernel only	0.69	6.3	4.73	25.6	46.0	12.5	563	2337
1019	Peanuts, dry roasted	10 samples, 5 brands	1.00	1.8	4.71	25.5	49.8	10.3	589	2441
1020	Peanuts, roasted and salted	20 samples	1.00	1.9	4.53	24.5	53.0	7.1	602	2491

^a Calculated as peanuts 67%, almonds 17%, cashews 8% and hazelnuts 7%

Nuts

1004 to 1020

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids				Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	Poly-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	g	mg
Nuts and seeds, general														
1004	Almonds	2.7	4.2	Tr	Tr	4.2	0	0	(7.4)	4.4	38.2	10.5	0	0
1005	Brazil nuts	0.7	2.4	0	0	2.4	0	0	4.3	16.4	25.8	23.0	0	0
1006	Cashew nuts, roasted and salted	13.2	5.6	0	0	5.6	0	0	3.2	10.1	29.4	9.1	0	0
1007	Chestnuts	29.6	7.0	Tr	Tr	7.0	0	0	4.1	0.5	1.0	1.1	0	0
1008	Coconut, creamed block	0	7.0	Tr	0.1	6.9	0	0	N	59.3	3.9	1.6	0	0
1009	<i>desiccated</i>	0	6.4	Tr	0.8	5.6	0	0	13.7	53.4	3.5	1.5	0	0
1010	Coconut milk	0	4.9	0.3	Tr	4.6	0	0	Tr	0.2	Tr	Tr	0	0
1011	Hazelnuts	2.0	4.0	0.2	0.1	3.7	0	0	6.5	4.7	50.0	5.9	0	0
1012	Macadamia nuts, salted	0.8	4.0	0.1	0.1	3.8	0	0	5.3	11.2	60.8	1.6	0	0
1013	Marzipan, home-made	1.5	48.7	0	0	48.6	0	0	(3.3)	2.2	17.4	4.8	Tr	29
1014	<i>retail</i>	0	67.6	2.7	1.1	62.2	1.6	0	(1.9)	1.0	8.0	3.1	0	0
1015	Mixed nuts	3.9	4.0	Tr	Tr	4.0	0	0	6.0	8.4	28.2	14.8	0	0
1016	Peanut butter, smooth	6.4	6.7	0	0	6.7	0	0	5.4	12.8	19.9	16.8	0.9	0
1017	Peanuts and raisins	3.5	34.0	15.2	15.3	3.5	0	0	4.4	4.9	12.3	7.3	N	0
1018	Peanuts, plain	6.3	6.2	0	0	6.2	0	0	6.2	8.7	22.0	13.1	0	0
1019	<i>dry roasted</i>	6.5	3.8	0	0	3.8	0	0	6.4	8.9	22.8	15.5	0	0
1020	<i>roasted and salted</i>	3.3	3.8	0	0	3.8	0	0	6.0	9.5	24.2	16.5	0	0

Nuts

1004 to 1020

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Nuts and seeds, general													
1004	Almonds	14	780	240	270	550	3.0	1.00	3.2	18	1.7	2	2
1005	Brazil nuts	3	660	170	410	590	2.5	1.76	4.2	57	1.2	254 ^a	20
1006	Cashew nuts, roasted and salted	290	730	35	250	510	6.2	2.04	5.7	490	1.8	34	11
1007	Chestnuts	11	500	46	33	74	0.9	0.23	0.5	15	0.5	Tr	N
1008	Coconut, creamed block	30	650	23	73	170	3.7	0.56	0.9	190	1.8	(12)	(2)
1009	<i>desiccated</i>	28	660	23	90	160	3.6	0.55	0.9	200	1.8	(12)	(3)
1010	Coconut milk	110	280	29	30	30	0.1	0.04	0.1	180	N	N	N
1011	Hazelnuts	6	730	140	160	300	3.2	1.23	2.1	18	4.9	2	17
1012	Macadamia nuts, salted	280	300	47	100	200	1.6	0.43	1.1	390	5.5	7	N
1013	Marzipan, home-made	21	366	115	122	262	1.6	0.49	1.6	20	0.8	2	5
1014	<i>retail</i>	20	160	66	68	130	0.9	0.24	0.8	23	0.4	1	Tr
1015	Mixed nuts	300	790	78	200	430	2.1	0.79	3.1	490	2.1	5	12
1016	Peanut butter, smooth	350	700	37	180	330	2.1	0.70	3.0	500	1.7	3	N
1017	Peanuts and raisins	28	824	54	133	274	3.1	0.74	2.3	8	1.3	5	N
1018	Peanuts, plain	2	670	60	210	430	2.5	1.02	3.5	7	2.1	3	20
1019	<i>dry roasted</i>	790	730	52	190	420	2.1	0.64	3.3	1140	2.2	3	19
1020	<i>roasted and salted</i>	400	810	37	180	410	1.3	0.54	2.9	660	1.9	4	19

^a Selenium can range from 85 to 690mg per 100g

Nuts

1004 to 1020

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Nuts and seeds, general															
1004	Almonds	0	0	0	23.98	0.21	0.75	3.1	3.4	0.15	0	48	0.44	64.0	0
1005	Brazil nuts	0	0	0	7.18	0.67	0.03	0.3	3.0	0.31	0	21	0.41	11.0	0
1006	Cashew nuts, roasted and salted	0	6	0	1.30	0.41	0.16	1.3	5.2	0.43	0	68	1.08	13.0	0
1007	Chestnuts	0	0	0	1.20	0.14	0.02	0.5	0.4	0.34	0	N	0.49	1.4	Tr
1008	Coconut, creamed block	0	0	0	1.40	(0.03)	(0.05)	(0.9)	1.2	N	0	(9)	(0.50)	N	0
1009	<i>desiccated</i>	0	0	0	1.26	0.03	0.05	0.9	1.1	(0.09)	0	9	0.50	N	0
1010	Coconut milk	0	0	0	Tr	0.03	0.06	0.1	0.1	0.03	0	N	0.04	N	2
1011	Hazelnuts	0	0	0	24.98	0.43	0.16	1.1	4.0	0.59	0	72	1.51	76.0	0
1012	Macadamia nuts, salted	0	0	0	1.49	0.28	0.06	1.6	1.7	0.28	0	N	0.61	6.0	0
1013	Marzipan, home-made	14	0	0.1	10.82	0.10	0.37	1.4	1.8	0.08	0.2	26	0.33	30.2	1
1014	<i>retail</i>	0	0	0	6.18	(0.05)	(0.19)	(0.7)	0.9	(0.04)	0	(12)	(0.11)	(16.0)	0
1015	Mixed nuts	0	Tr	0	6.44	0.22	0.22	9.9	4.9	0.53	0	54	1.42	86.4	0
1016	Peanut butter, smooth	0	0	0	4.99	0.17	0.09	12.5	4.9	0.58	0	53	1.56	94.0	0
1017	Peanuts and raisins	0	5	0	5.65	0.69	0.08	8.0	3.2	0.44	0	66	1.56	41.2	0
1018	Peanuts, plain	0	0	0	10.09	1.14	0.10	13.8	5.5	0.59	0	110	2.66	72.0	0
1019	<i>dry roasted</i>	0	0	0	1.11	0.18	0.13	13.1	5.5	0.54	0	44	1.59	130.0	0
1020	<i>roasted and salted</i>	0	0	0	0.66	0.18	0.10	13.6	5.3	0.63	0	52	1.70	102.0	0

Nuts *continued*

1021 to 1028

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Nuts and seeds, general continued										
1021	Pecan nuts	9 samples, kernel only	0.49	3.7	1.74	9.2	70.1	5.8	689	2843
1022	Pine nuts	20 samples, pine kernels	1.00	2.7	2.64	14.0	68.6	4.0	688	2840
1023	Pistachio nuts, roasted and salted	10 samples, kernel only	0.55	2.1	3.38	17.9	55.4	8.2	601	2485
1024	Sesame seeds	10 samples, with and without hulls	1.00	4.6	3.44	18.2	58.0	0.9	598	2470
1025	Sunflower seeds	Analysis and literature sources	1.00	4.4	3.74	19.8	47.5	18.6 ^a	581	2410
1026	Tahini paste	Ref. McCarthy and Matthews (1984) and calculation from No. 1028	1.00	3.1	3.49	18.5	58.9	0.9	607	2508
1027	Trail Mix	10 samples; mix of nuts and dried fruit	1.00	8.9	1.45	9.1	28.5	37.2	432	1804
1028	Walnuts	10 samples, kernel only	0.43	2.8	2.77	14.7	68.5	3.3	688	2837

^a Including oligosaccharides

Nuts *continued*

1021 to 1028

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids				Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	Poly-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	g	mg
<i>Nuts and seeds, general continued</i>														
1021	Pecan nuts	1.5	4.3	0.3	0.3	3.7	0	0	4.7	5.7	42.5	18.7	0	0
1022	Pine nuts	0.1	3.9	0.1	0.1	3.7	0	0	1.9	4.6	19.9	41.1	0	0
1023	Pistachio nuts, roasted and salted	2.5	5.7	Tr	Tr	5.7	0	0	6.1	7.4	27.6	17.9	0	0
1024	Sesame seeds	0.5	0.4	0.1	0.1	0.2	0	0	7.9	8.3	21.7	25.5	0	0
1025	Sunflower seeds	16.3	1.7 ^a	0	0	1.7	0	0	6.0	4.5	9.8	31.0	0	0
1026	Tahini paste	0.5	0.4	0.1	0.1	0.2	0	0	8.0	8.4	22.0	25.8	N	0
1027	Trail Mix	0.1	37.1	17.3	16.1	3.4	0.4	0	4.3	N	N	N	N	0
1028	Walnuts	0.7	2.6	0.2	0.2	2.2	0	0	3.5	5.6	12.4	47.5	0	0

^a Not including oligosaccharides

Nuts *continued*

1021 to 1028

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Nuts and seeds, general continued</i>													
1021	Pecan nuts	1	520	61	130	310	2.2	1.07	5.3	15	4.6	12	N
1022	Pine nuts	1	780	11	270	650	5.6	1.32	6.5	41	7.9	N	N
1023	Pistachio nuts, roasted and salted	530	1040	110	130	420	3.0	0.83	2.2	810	0.9	(6)	N
1024	Sesame seeds	20	570	670	370	720	10.4	1.46	5.3	10	1.5	N	N
1025	Sunflower seeds	3	710	110	390	640	6.4	2.27	5.1	N	2.2	(49)	N
1026	Tahini paste	20	580	680	380	730	10.6	1.48	5.4	10	1.5	N	N
1027	Trail Mix	27	620	69	110	210	3.7	0.55	1.5	N	1.6	N	N
1028	Walnuts	7	450	94	160	380	2.9	1.34	2.7	24	3.4	3	9

Nuts *continued*

1021 to 1028

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
<i>Nuts and seeds, general continued</i>															
1021	Pecan nuts	0	50	0	4.34	0.71	0.15	1.4	4.1	0.19	0	39	1.71	N	0
1022	Pine nuts	0	10	0	13.65	0.73	0.19	3.8	3.1	N	0	N	N	N	Tr
1023	Pistachio nuts, roasted and salted	0	130	0	4.16	0.70	0.23	1.7	3.9	N	0	58	N	N	0
1024	Sesame seeds	0	6	0	2.53	0.93	0.17	5.0	5.4	0.75	0	97	2.14	11.0	0
1025	Sunflower seeds	0	15	0	37.77	1.60	0.19	4.1	5.0	N	0	N	N	N	0
1026	Tahini paste	0	6	0	2.57	0.94	0.17	5.1	4.1	0.76	0	99	2.17	11.0	0
1027	Trail Mix	0	47	0	4.53	0.23	0.09	2.0	1.5	N	0	25	N	N	Tr
1028	Walnuts	0	0	0	3.83	0.40	0.14	1.2	2.8	0.67	0	66	1.60	19.0	0 ^a

^a Value for ripe dried walnuts. Unripe walnuts contain 1300 to 3000mg vitamin C per 100g

Section 2.11

Sugars, preserves and snacks

The data in this section of the Tables have been taken from the *Miscellaneous Foods* (1994) supplement. New analytical data have been incorporated for a few foods. Foods for which new data are incorporated have been allocated a new food code and can thus easily be identified in the food index.

Sugars, preserves and snacks

1029 to 1046

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Sugars, syrups and preserves										
1029	Chocolate spread	6 samples, 3 brands	1.00	0.2	0.66	4.1	37.6	57.1	569	2375
1030	Chocolate nut spread	8 samples, 5 brands	1.00	Tr	0.99	6.2	33.0	60.5	549	2294
1031	Fruit spread	8 samples, 4 brands; assorted flavours	1.00	64.0	0.11	0.7	0.1	31.4	121	518
1032	Glucose liquid, BP	1 sample	1.00	20.4	Tr	Tr	0	84.7 ^a	318	1355
1033	Honey	8 samples; assorted types	1.00	17.5	0.06	0.4	0	76.4	288	1229
1034	Honeycomb	2 samples, honey and comb together	1.00	20.2	0.09	0.6	4.6 ^b	74.4	281	1201
1035	Ice-cream sauce, topping	8 samples, 3 brands; strawberry and chocolate flavours	1.00	40.6	0.13	0.8	0.2	53.9	207	883
1036	Jaggery	5 assorted samples	1.00	3.4	0.08	0.5	0	97.2	367	1564
1037	Jam, fruit with edible seeds	10 samples, 5 flavours	1.00	29.8	0.10	0.6	0	69.0	261	1114
1038	reduced sugar	9 samples, 5 brands; assorted flavours	1.00	65.3	0.08	0.5	0.1	31.9	123	523
1039	stone fruit	8 samples, 4 flavours	1.00	29.6	0.06	0.4	0	69.3	261	1116
1040	Lemon curd	10 jars, 4 brands	1.00	30.7	0.09	0.6	4.9	62.7	282	1195
1041	Marmalade	4 brands	1.00	28.0	0.01	0.1	0	69.5 ^c	261	1114
1042	Mincemeat	10 samples of the same brand	1.00	27.5	0.10	0.6	4.3	62.1	274	1163
1043	Sugar, Demerara	5 samples	1.00	Tr	0.08	0.5	0	104.5	394 ^d	1681 ^d
1044	white	Granulated and loaf sugar	1.00	Tr	Tr	Tr	0	105.0	394	1680
1045	Syrup, golden	3 samples of the same brand	1.00	20.0	0.05	0.3	0	79.0	298	1269
1046	Treacle, black	3 samples	1.00	28.5	0.19	1.2	0	67.2	257	1096

^a Includes oligosaccharides^b Waxy material, probably not available as fat; disregarded in calculating energy values^c Reduced sugar marmalade contains about 33.0g carbohydrate^d Light muscovado sugar provides 376kcal, 1705kJ per 100g.

Dark muscovado sugar provides 355kcal, 1607kJ per 100g

Sugars, preserves and snacks

1029 to 1046

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids				Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	Poly-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	g	mg
Sugars, syrups and preserves														
1029	Chocolate spread	Tr	57.1	Tr	Tr	53.1	Tr	4.0	N	N	N	N	N	(2)
1030	Chocolate nut spread	0.8	59.7	Tr	Tr	56.7	0	3.0	0.8	10.1	16.8	4.6	0.3	2
1031	Fruit spread	0.7	30.7	13.6	16.7	0.4	0	0	N	Tr	Tr	Tr	Tr	0
1032	Glucose liquid, BP	N	40.2	N	0	0	N	0	0	0	0	0	0	0
1033	Honey	0	76.4	34.6	41.8	Tr	Tr	0	0	0	0	0	0	0
1034	Honeycomb	0	74.4	34.2	40.2	0	0	0	0	0	0	0	0	0
1035	Ice-cream sauce, topping	2.9	51.0	17.1	15.9	18.0	0	0	0	Tr	Tr	Tr	Tr	0
1036	Jaggery	7.9	89.3	N	N	N	N	0	0	0	0	0	0	0
1037	Jam, fruit with edible seeds	0	69.0	27.4	14.9	18.7	8.0	0	N	0	0	0	0	0
1038	reduced sugar	0	31.9	10.4	15.0	6.5	0	0	(0.8)	Tr	Tr	Tr	Tr	0
1039	stone fruit	0	69.3	27.5	14.9	18.8	8.0	0	N	0	0	0	0	0
1040	Lemon curd	22.3	40.4	16.5	7.6	12.0	4.3	0	(0.2)	1.5	2.0	1.2	0.4	21
1041	Marmalade	0	69.5	27.6	15.0	18.8	8.0	0	(0.3)	0	0	0	0	0
1042	Mincemeat	Tr	62.1	30.7	30.8	0.6	Tr	0	1.3	N	N	N	N	4
1043	Sugar, Demerara	0	104.5	0	0	104.5	0	0	0	0	0	0	0	0
1044	white	0	105.0	0	0	105.0	0	0	0	0	0	0	0	0
1045	Syrup, golden	0	79.0	23.1	23.0	32.8	0	0	0	0	0	0	0	0
1046	Treacle, black	0	66.8	17.4	16.7	32.7	0	0	Tr	0	0	0	0	0

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Sugars, syrups and preserves													
1029	Chocolate spread	N	N	N	N	N	N	N	N	N	N	N	N
1030	Chocolate nut spread	50	390	130	65	180	2.2	0.48	1.0	60	1.10	N	N
1031	Fruit spread	10	190	11	10	20	0.6	Tr	0.1	10	0.20	Tr	N
1032	Glucose liquid, BP	150	3	8	2	11	0.5	0.09	N	190	Tr	Tr	Tr
1033	Honey	11	51	5	2	17	0.4	0.05	0.9	18	0.30	(1)	Tr
1034	Honeycomb	7	35	8	2	32	0.2	0.04	N	26	N	(1)	Tr
1035	Ice-cream sauce, topping	140	68	9	15	26	0.8	0.09	0.1	40	0.14	N	N
1036	Jaggery	79	290	92	120	72	1.6	0.75	0.1	250	0.50	Tr	Tr
1037	Jam, fruit with edible seeds	29	43	12	5	10	0.2	0.01	(0.1)	9	0.13	Tr	7
1038	reduced sugar	20	120	19	7	15	0.4	0.05	Tr	Tr	0.10	0	(2)
1039	stone fruit	46	67	10	3	6	0.2	0.02	Tr	4	0.02	Tr	7
1040	Lemon curd	65	11	9	2	15	0.5	(0.30)	1.3	150	N	N	N
1041	Marmalade	64	35	26	3	6	0.2	0.03	(0.1)	7	0.01	(1)	(7)
1042	Mincemeat	18	44	35	4	13	0.6	0.12	0.2	7	N	(1)	(7)
1043	Sugar, Demerara	5	48	29	9	3	0.9	0.11	(0.1)	35	Tr	Tr	Tr
1044	white	5	5	(10)	(2)	(1)	(0.2)	0.12	(0.1)	Tr	Tr	Tr	Tr
1045	Syrup, golden	270	58	16	3	(1)	0.4	0.06	(0.1)	42	0.01	Tr	Tr
1046	Treacle, black	180	1760	550	180	29	21.3	0.78	0.8	820	2.67	N	Tr

Sugars, preserves and snacks

1029 to 1046

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Sugars, syrups and preserves															
1029	Chocolate spread	Tr	Tr	Tr	N	N	N	N	N	N	Tr	N	N	N	0
1030	Chocolate nut spread	Tr	Tr	Tr	N	0.03	0.10	0.5	1.5	0.1	Tr	N	N	N	Tr
1031	Fruit spread	0	Tr	0	Tr	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	6
1032	Glucose liquid, BP	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1033	Honey	0	0	0	0	Tr	0.05	0.2	Tr	N	0	N	N	N	0
1034	Honeycomb	0	0	0	0	Tr	0.05	0.2	Tr	N	0	N	N	N	0
1035	Ice-cream sauce, topping	0	Tr	0	N	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
1036	Jaggery	0	0	0	N	Tr	0.04	Tr	Tr	Tr	0	Tr	Tr	Tr	0
1037	Jam, fruit with edible seeds	0	Tr	0	0	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	10 ^a
1038	reduced sugar	0	(26)	0	(0.14)	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	26
1039	stone fruit	0	Tr	0	0	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
1040	Lemon curd	(10)	Tr	(0.1)	N	Tr	(0.02)	Tr	(0.1)	Tr	Tr	Tr	(0.10)	(1.0)	Tr
1041	Marmalade	0	50	0	Tr	Tr	Tr	Tr	Tr	Tr	0	5	Tr	Tr	10
1042	Mincemeat	0	9	Tr	N	0.04	0.02	0.4	0.1	(0.10)	Tr	8	0.03	Tr	Tr
1043	Sugar, Demerara	0	0	0	0	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
1044	white	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1045	Syrup, golden	0	0	0	0	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
1046	Treacle, black	0	0	0	0	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0

^a Blackcurrant jam contains 24mg vitamin C per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Chocolate confectionery										
1047	Bounty bar	Analysis and manufacturer's data (Mars). Milk chocolate ^a	1.00	8.6	0.59	3.7	26.3	58.1	469	1966
1048	Chocolate covered caramels	18 samples, 4 brands including Rolo, Caramel	1.00	5.6	0.80	5.0	21.7	66.5 ^b	465	1952
1049	Chocolate, fancy and filled	10 samples of different brands	1.00	6.1	0.78	4.9	21.3	62.9 ^c	447	1878
1050	milk	12 bars, 5 brands including Dairy Milk, Galaxy, Chocolate buttons	1.00	1.3	1.23	7.7	30.7	56.9	520	2177
1051	plain	6 bars, 3 brands	1.00	0.6	0.80	5.0	28.0	63.5	510	2137
1052	white	14 samples, 5 brands; buttons and bars	1.00	0.6	1.28	8.0	30.9	58.3	529	2212
1053	Creme egg	10 samples and manufacturer's data (Cadbury)	1.00	6.7	0.64	4.0	15.9	71.0 ^d	425	1792
1054	Kit Kat	Analysis and manufacturer's data	1.00	2.0	1.20	7.5	26.0	63.0	500	2098
1055	Mars bar	Analysis and manufacturer's data (Mars)	1.00	6.9	0.69	4.5	18.3	77.3	473	1990
1056	Milky Way	Analysis and manufacturer's data (Mars)	1.00	6.4	0.56	3.5	16.7	74.8	445	1874
1057	Smartie-type sweets	10 samples including Smarties and M & M's	1.00	1.5	0.86	5.4	17.5	73.9	456	1922
1058	Snickers	Manufacturer's data (Mars) and literature (Cutrufelli and Pehrsson 1991)	1.00	5.6	1.50	9.4	27.8	55.8	497	2081
1059	Twix	Analysis and manufacturer's data (Mars)	1.00	3.6	0.74	4.6	24.1	68.5	492	2066

^aBounty bar made with plain chocolate contains 3.2g protein, 26.8 g fat, 56.3g carbohydrate (11.0g starch, 45.3g sugar), 465kcal and 1947kJ of energy per 100g^b Includes 10.7g maltodextrins^c Includes 2.7g maltodextrins^d Includes 16.0g maltodextrins

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Chocolate confectionery														
1047	Bounty bar	10.6	47.5	3.0	0.1	39.3	2.8	2.3	3.2	20.5	4.8	0.8	0.1	4
1048	Chocolate covered caramels	Tr	55.8	5.2	2.9	36.8	4.3	7.0	N	10.7	9.1	0.7	2.5	23
1049	Chocolate, fancy and filled	0.2	60.0	5.4	3.1	45.7	2.2	3.6	1.3	11.3	8.0	1.0	1.1	11
1050	milk	Tr	56.9	0.1	0.1	46.6	Tr	10.1	0.8	18.3	9.9	1.2	0.4	23
1051	plain	0.9	62.6	Tr	Tr	62.4	Tr	0.2	2.5	16.8	9.0	1.0	0.1	6
1052	white	Tr	58.3	Tr	Tr	47.6	Tr	10.7	N	18.4	10.0	1.1	N	N
1053	Creme egg	Tr	58.0	3.6	1.8	45.7	2.0	4.9	N	2.0	N	N	N	10
1054	Kit Kat	12.9	50.1	0.1	0.1	42.2	0.1	7.6	N	16.2	7.5	0.7	0.2	12
1055	Mars bar	11.1	66.2	9.7	0.1	43.1	6.8	6.6	0.4	10.3	6.7	1.0	0.5	8
1056	Milky Way	6.7	68.1	8.7	Tr	47.4	5.4	6.7	0.2	9.5	6.1	0.9	0.4	7
1057	Smartie-type sweets	3.1	70.8	0.3	Tr	65.6	0.1	4.8	N	10.4	5.7	0.6	N	(17)
1058	Snickers	8.3	47.5	6.6	0.5	29.0	6.7	4.7	1.7	10.9	10.9	4.3	0.4	4
1059	Twix	16.8	51.6	6.8	0.1	34.0	4.2	6.4	0.8	11.7	11.5	0.9	5.0	4

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Chocolate confectionery													
1047	Bounty bar	180	320	57	39	102	1.5	0.47	0.6	400	N	N	N
1048	Chocolate covered caramels	180	270	145	31	150	1.1	0.02	0.6	260	0.12	N	N
1049	Chocolate , fancy and filled	88	270	110	48	150	1.2	0.30	0.8	140	0.39	(2)	120
1050	milk	85	390	220	50	220	1.4	0.24	1.1	190	0.22	(4)	30
1051	plain	6	300	33	89	140	2.3	0.71	1.3	9	0.63	4	3
1052	white	110	350	270	26	230	0.2	Tr	0.9	250	0.02	N	N
1053	Creme egg	63	145	85	27	130	0.8	0.10	0.6	110	0.10	Tr	N
1054	Kit Kat	120	330	200	52	200	1.5	0.28	1.1	210	0.34	N	N
1055	Mars bar	150	250	95	32	110	1.2	0.31	(0.7)	300	N	(2)	N
1056	Milky Way	100	240	90	21	80	1.1	0.13	0.8	160	0.25	N	N
1057	Smartie-type sweets	58	280	150	48	160	1.5	0.25	0.9	120	0.25	N	N
1058	Snickers	270	330	98	32	110	1.2	(0.40)	(1.3)	N	0.49	N	N
1059	Twix	190	190	110	28	130	1.1	0.08	0.7	250	0.22	N	N

Sugars, preserves and snacks *continued*

1047 to 1059

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Chocolate confectionery															
1047	Bounty bar	15	(40)	0.3	0.32	(0.04)	(0.10)	(0.3)	0.8	(0.03)	Tr	(4)	(0.25)	(1)	0
1048	Chocolate covered caramels	33	20	Tr	2.37	0.06	0.34	0.3	1.1	0.02	Tr	4	0.60	3	0
1049	Chocolate, fancy and filled	81	120	Tr	1.65	0.05	0.20	0.4	0.9	0.03	Tr	17	(0.73)	(3)	0
1050	milk	25	11	0	0.45	0.07	0.49	0.4	2.3	0.04	1.0	11	0.70	4	0
1051	plain	15	15	0	1.44	0.04	0.06	0.4	0.7	0.03	0	12	0.30	3	0
1052	white	13	75	Tr	1.14	0.08	0.49	0.2	2.6	0.07	Tr	(10)	(0.59)	3	0
1053	Creme eggs	47	(55)	0.6	1.07	0.06	0.34	0.2	1.3	0.03	1.0	12	(0.59)	(3)	0
1054	Kit Kat	8	47	Tr	1.00	0.11	0.44	0.5	2.6	0.06	Tr	N	0.70	4	0
1055	Mars bar	(31)	(40)	0.3	(0.47)	(0.05)	(0.20)	(0.2)	0.9	(0.03)	Tr	(5)	(0.59)	(2)	0
1056	Milky Way	(28)	Tr	0.4	1.91	0.05	0.15	0.2	1.1	0.03	Tr	(4)	0.59	2	0
1057	Smartie-type sweets	5	28	Tr	0.80	0.08	0.79	0.3	1.7	0.03	Tr	4	0.67	2	0
1058	Snickers	(15)	N	Tr	0.97	0.08	0.18	3.4	N	0.19	0	(24)	(0.69)	(19)	0
1059	Twix	(15)	7	0.3	3.72	0.06	0.22	0.3	0.9	0.05	Tr	N	0.61	3	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Non-chocolate confectionery										
1060	Boiled sweets	6 samples	1.00	(16.6)	Tr	Tr	Tr	87.1	327	1394
1061	Cereal chewy bar	17 bars of different brands; assorted types	1.00	1.1	1.17	7.3	16.4	64.7 ^a	419	1766
1062	Cereal crunchy bar	12 bars of different brands; assorted types	1.00	2.6	1.66	10.4	22.2	60.5 ^b	468	1966
1063	Chew sweets	15 samples, 6 brands including Opal Fruits, Chewitts, Fruit-tella	1.00	7.6	0.16	1.0	5.6	87.0 ^c	381	1616
1064	Fruit gums/jellies	11 samples, 10 brands; assorted flavours	1.00	14.0	1.04	6.5	0	79.5 ^d	324	1383
1065	Fruit pastilles	6 samples of different brands; assorted flavours	1.00	9.1	0.45	2.8	0	84.2 ^e	327	1395
1066	Fudge	Recipe	1.00	4.6	0.52	3.3	13.7	80.4	438	1849
1067	Liquorice allsorts	7 samples, 4 brands	1.00	8.4	0.59	3.7	5.2	76.7 ^f	349	1483
1068	Marshmallows	7 samples of different brands	1.00	17.4	0.62	3.9	0	83.1 ^g	327	1396
1069	Peppermints	Several samples of 6 different brands	1.00	0.2	0.08	0.5	0.7	102.7	393	1678
1070	Sherbert sweets	10 samples of different brands	1.00	0.2	0.10	0.6	0	93.9	355	1513
1071	Toffees, mixed	13 samples, 4 brands including cream and plain varieties	1.00	2.4	0.35	2.2	18.6	66.7 ^h	426	1793
1072	Turkish delight, without nuts	7 assorted samples	1.00	16.1	0.10	0.6	0	77.9	295	1257
Savoury snacks										
1073	Bombay Mix	20 samples; savoury mix of gram flour, assorted peas, lentils, nuts and seeds	1.00	3.5	3.01	18.8	32.9	35.1	503	2099
1074	Breadsticks	10 samples, 3 brands	1.00	3.5	1.92	11.2	8.4	72.5	392	1661
1075	Corn snacks	20 samples, 7 brands including Wotsits, Monster Munch and Nik-Naks	1.00	3.3	1.12	7.0	31.9	54.3	519	2168

^a Includes 6.4g maltodextrins^b Includes 4.4g maltodextrins^c Includes 32.0g maltodextrins^d Includes 18.9g maltodextrins^e Includes 21.5g maltodextrins^f Includes 4.9g maltodextrins^g Includes 14.1g maltodextrins^h Includes 21.9g maltodextrins

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Non-chocolate confectionery														
1060	Boiled sweets	0.4	86.7	8.5	1.4	67.5	9.3	0	0	0	0	0	0	0
1061	Cereal chewy bar	25.6	32.7	7.4	5.0	10.6	8.2	1.5	3.2	5.0	8.7	1.8	3.2	N
1062	Cereal crunchy bar	28.2	27.9	2.3	1.5	21.8	1.5	0.8	4.8	4.5	11.3	5.4	1.3	Tr
1063	Chew sweets	Tr	55.0	7.7	0.8	39.4	7.1	Tr	1.0	3.0	2.2	0.2	1.3	0
1064	Fruit gums/jellies	1.9	58.7	6.3	Tr	46.4	6.0	Tr	N	0	0	0	0	0
1065	Fruit pastilles	3.4	59.3	6.5	2.1	45.4	5.3	Tr	N	0	0	0	0	0
1066	Fudge	0	80.4	0	0	76.8	0	3.6	0	8.7	3.6	0.5	0.4	39
1067	Liquorice allsorts	9.4	62.4	5.9	2.5	51.1	2.9	Tr	2.0	3.6	1.2	0.2	0.6	0
1068	Marshmallows	4.5	64.5	12.1	0.7	41.5	10.2	Tr	0	0	0	0	0	0
1069	Peppermints	0	102.7	1.0	0	101.7	0	0	0	N	N	N	N	0
1070	Sherbert sweets	Tr	93.9	0.2	Tr	93.7	Tr	Tr	Tr	0	0	0	0	0
1071	Toffees, mixed	Tr	44.8	5.2	0.6	32.4	4.5	2.0	0	9.5	7.5	0.7	3.3	17
1072	Turkish delight, without nuts	9.3	68.6	N	N	N	N	0	0	0	0	0	0	0
Savoury snacks														
1073	Bombay Mix	32.8	2.3	0.1	0.1	2.2	0	0	6.2	4.0	16.2	11.3	0.2	0
1074	Breadsticks	67.5	5.0	0.8	0.5	0	3.7	0	2.8	5.9	1.3	0.9	0	0
1075	Corn snacks	49.7	4.6	0.3	0.1	0.7	3.5	0	1.0	11.8	12.9	5.8	0.2	0

Sugars, preserves and snacks *continued*

1060 to 1075

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Non-chocolate confectionery													
1060	Boiled sweets	25	8	5	2	12	0.4	0.09	N	68	N	Tr	N
1061	Cereal chewy bar	110	320	70	55	190	1.9	0.16	1.1	210	1.36	N	N
1062	Cereal crunchy bar	74	360	77	86	290	2.6	0.29	1.7	140	2.09	N	N
1063	Chew sweets	48	15	6	4	4	0.2	Tr	Tr	67	Tr	N	N
1064	Fruit gums/jellies	30	8	5	1	4	0.1	0.02	Tr	N	Tr	Tr	N
1065	Fruit pastilles	33	28	28	6	4	0.4	0.04	Tr	29	0.02	Tr	N
1066	Fudge	139	148	122	13	101	0.2	0.09	0.4	214	Tr	1	15
1067	Liquorice allsorts	57	600	170	76	44	7.3	0.34	0.5	N	1.14	N	N
1068	Marshmallows	29	2	4	2	4	0.3	Tr	Tr	36	Tr	N	N
1069	Peppermints	9	Tr	7	3	Tr	0.2	0.04	N	22	N	Tr	N
1070	Sherbert sweets	1050	15	42	69	Tr	0.2	0.04	Tr	6	0.02	N	N
1071	Toffees, mixed	340	110	73	8	62	0.2	0.02	0.3	500	Tr	N	N
1072	Turkish delight, without nuts	31	4	10	2	7	0.2	0.12	0.7	110	Tr	Tr	Tr
Savoury snacks													
1073	Bombay Mix	770	770	58	100	290	3.8	0.62	2.5	1410	1.40	N	N
1074	Breadsticks	860	160	26	25	110	1.2	0.12	0.7	630	0.48	N	N
1075	Corn snacks	1130	200	68	18	140	0.8	0.04	0.5	1840	0.13	(3)	N

Sugars, preserves and snacks *continued*

1060 to 1075

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Non-chocolate confectionery															
1060	Boiled sweets	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1061	Cereal chewy bar	0	N	0	N	0.24	0.17	1.2	1.9	0.13	Tr	11	N	N	Tr
1062	Cereal crunchy bar	0	Tr	0	3.84	0.24	0.12	2.3	4.4	0.14	0	15	N	N	Tr
1063	Chew sweets	0	315	0	0.91	Tr	Tr	N	N	Tr	0	Tr	Tr	Tr	0
1064	Fruit gums/jellies	0	N	0	0	0	0	0	0	0	0	0	0	0	0
1065	Fruit pastilles	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1066	Fudge	155	107	1.2	0.24	0.02	0.17	0.1	0.7	0.03	0.3	4	0.33	2	0
1067	Liquorice allsorts	0	0	0	0	0	0	0	0.2	0	0	0	0	0	0
1068	Marshmallows	0	0	0	0	0	0	Tr	Tr	0	0	0	0	0	0
1069	Peppermints	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1070	Sherbert sweets	0	0	0	0	0	0	Tr	Tr	0	0	0	0	0	0
1071	Toffees, mixed	0	0	0	N	0	0	0	0.4	0	0	0	0	0	0
1072	Turkish delight, without nuts	0	0	0	0	0.13	N	N	N	N	N	N	N	N	0
Savoury snacks															
1073	Bombay Mix	0	Tr	0	4.71	0.38	0.10	4.3	3.5	0.54	0	N	1.19	24	Tr
1074	Breadsticks	0	Tr	0	0.44	0.12	0.08	1.6	3.9	0.10	Tr	18	0.60	2	0
1075	Corn snacks	0	460	0	5.80	0.19	0.16	0.9	0.7	0.13	0	49	N	N	Tr

Sugars, preserves and snacks *continued*

1076 to 1085

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Savoury snacks <i>continued</i>										
1076	Popcorn , candied	Recipe	1.00	2.6	0.33	2.1	20.0	77.6	480	2018
1077	plain	Recipe	1.00	0.9	0.99	6.2	42.8	48.7	593	2468
1078	Pork scratchings	19 samples, 4 brands	1.00	2.1	7.66	47.9	46.0	0.2	606	2520
1079	Potato crisps	20 samples, 8 brands; mixed plain and flavoured	1.00	2.8	0.91	5.7	34.2	53.3	530	2215
1080	lower fat	20 samples of different brands; mixed plain and flavoured	1.00	1.1	1.06	6.6	21.5	63.5	458	1924
1081	Potato rings	18 samples, 3 brands; assorted flavours; Hula Hoop type	1.00	2.8	0.62	3.9	32.0	58.5	523	2186
1082	Pot savouries	6 samples including assorted flavours of noodles, rice and chilli	1.00	8.9	1.86	11.6	10.9	58.8 ^a	365	1541
1083	<i>made up</i>	85g product made up with 215ml water	1.00	74.2	0.53	3.3	3.1	16.7 ^b	103	437
1084	Tortilla chips	20 samples, 6 brands, maize chips	1.00	0.9	1.22	7.6	22.6	60.1	459	1927
1085	Twiglets	20 samples, savoury wholewheat sticks	1.00	3.2	1.98	11.3	11.7	62.0	383	1617

^a Includes 3.7g maltodextrins^b Includes 1.1g maltodextrins

Sugars, preserves and snacks *continued*

1076 to 1085

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Savoury snacks continued</i>														
1076	Popcorn, candied	15.5	62.1	Tr	Tr	62.1	0	0	N	2.0	6.8	9.2	N	18
1077	plain	47.6	1.1	0.1	0.1	0.9	0	0	N	4.3	14.5	19.7	N	0
1078	Pork scratchings	Tr	0.2	0.2	Tr	Tr	0	0	0.3	N	N	N	N	N
1079	Potato crisps	52.6	0.7	0.1	0	0.5	0	Tr	5.3	14.0	13.7	5.0	N	0
1080	lower fat	62.0	1.5	0.2	Tr	0.8	0	0.5	5.9	9.3	8.7	2.5	0.1	0
1081	Potato rings	58.0	0.5	Tr	Tr	0.4	0	Tr	2.6	13.9	12.7	4.0	0.2	0
1082	Pot savouries	46.9	8.2	1.3	1.9	3.9	0.8	0.3	N	N	N	N	N	0
1083	<i>made up</i>	13.3	2.3	0.4	0.5	1.1	0.2	0.1	N	N	N	N	N	0
1084	Tortilla chips	58.9	1.2	0.1	0.1	1.0	0	0	(6.0)	4.0	10.6	6.7	4.4	0
1085	Twiglets	60.9	1.1	Tr	Tr	1.1	0	Tr	10.3	4.9	4.4	1.8	N	0

Sugars, preserves and snacks *continued*

1076 to 1085

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Savoury snacks continued													
1076	Popcorn, candied	56	75	6	26	58	0.4	N	0.7	100	0.10	N	3
1077	plain	4	220	10	81	170	1.1	N	1.7	8	0.32	N	2
1078	Pork scratchings	1320	300	32	18	180	2.4	0.20	1.6	2090	0.09	N	N
1079	Potato crisps	800 ^a	1060	29	57	110	1.4	0.15	0.6	1310	0.37	(1)	N
1080	lower fat	730	1020	36	48	130	1.8	0.38	0.9	1200	0.37	(1)	N
1081	Potato rings	1070	540	22	28	100	1.0	0.16	0.7	(1650)	0.21	(1)	N
1082	Pot savouries	1310	640	180	76	210	4.1	0.36	1.4	210	1.03	N	N
1083	<i>made up</i>	370	180	51	22	59	1.2	0.10	0.4	61	0.29	N	N
1084	Tortilla chips	860	220	150	89	240	1.6	0.09	1.2	1400	0.43	(3)	N
1085	Twiglets	1340	460	45	81	370	2.9	0.32	2.0	2520	1.61	N	N

^a Na content ranged from 600mg to 1500mg per 100g. Lightly salted crisps contain about 400mg Na per 100g and unsalted crisps a trace

Sugars, preserves and snacks *continued*

1076 to 1085

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Savoury snacks continued															
1076	Popcorn, candied	52	98	0.1	3.75	0.06	0.04	0.3	0.2	0.07	0	3	0.10	1	0
1077	plain	0	230	0	11.03	0.18	0.11	1.0	0.7	0.20	0	9	0.30	4	0
1078	Pork scratchings	0	0	Tr	N	0.56	0.20	4.2	2.5	0.05	N	N	N	N	0
1079	Potato crisps	0	2	0	6.00	0.21	0.08	3.2	1.3	0.81	0	30	0.93	N	35
1080	lower fat	0	(2)	0	3.47	0.19	0.14	5.0	1.6	0.46	0	48	N	N	14
1081	Potato rings	0	0	0	N	N	N	N	0.1	N	0	N	N	N	3
1082	Pot savouries	0	N	0	N	N	N	N	N	N	0	N	N	N	0
1083	made up	0	N	0	N	N	N	N	N	N	0	N	N	N	0
1084	Tortilla chips	0	455	0	1.94	0.17	0.09	1.8	0.8	0.31	0	19	N	N	Tr
1085	Twiglets	0	Tr	0	2.47	0.37	0.48	7.8	2.3	0.38	0	78	1.54	15	Tr

Section 2.12

Beverages

The data in this section of the Tables have been taken from the *Miscellaneous Foods* supplement. New data have been incorporated for a few powdered drinks. Foods for which new data are incorporated have been allocated a new food code and can thus easily be identified in the food index.

This section includes beverages that are made up and drunk with milk as well as carbonated drinks, squash, cordials and fruit juices. Values for drinking chocolate have been given made-up with whole milk and semi-skimmed milk. Examples of the amounts of powder/essence and liquid that have been used in previous supplements (*Milk Products and Eggs; Miscellaneous Foods*) to calculate the made-up or diluted form are given below. As it is difficult to cover the range of strengths in which instant coffee, squash and cordials are consumed, only one entry, for the undiluted form, is given in the main Tables.

<i>Drink</i>	<i>Conversion information for calculation of made-up/diluted form</i>
Bournvita powder	8g powder with 200ml milk
Build-up powder, shake	38g powder with 284ml milk
Cocoa powder	4g cocoa powder, 4g sugar, 200ml milk
Coffee and chicory essence	10g essence with 225ml water
Complan powder, savoury	57g powder with 200ml water
Complan powder, sweet	58g powder with 200ml water
Horlicks powder	25g powder with 200ml milk
Milkshake powder	15g powder with 200ml milk
Ovaltine powder	25g powder with 200ml milk

Losses of labile vitamins assigned to made-up powdered drinks have been estimated from figures in Section 4.3.

The vitamin composition of beverages may be different from that quoted in these Tables if manufacturers have added to or changed the fortification of products. Concentrations of vitamin C in many fruit-based drinks can vary widely depending on fortification practices. The user should check the label of any beverage of this type to establish its vitamin C composition.

As many beverages may be sold or measured by volume, typical specific gravities (densities) of some of these products are given below.

<i>Carbonated beverages</i>		<i>Squashes and Cordials</i>	
Cola	1.040	Blackcurrant fruit drinks, undiluted	1.280
Fruit juice drinks	1.040	Fruit drinks, undiluted	1.090–1.120
Lemonade	1.020	Fruit drinks, low calorie, undiluted	1.010–1.030
Lucozade	1.070	Fruit juice drinks, ready to drink	1.030–1.040
		Lime juice cordial, undiluted	1.102

Beverages

1086 to 1100

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Powdered drinks and essences</i>										
1086	Bournvita powder	6 samples	1.00	1.5	1.23	7.7	1.5	79.0	341	1450
1087	Build-up powder , shake	Manufacturer's data (Nestlé). Average of chocolate, strawberry, lemon & lime, vanilla and neutral flavours	1.00	(3.0)	3.68	23.0	1.1	65.3	347	1477
1088	soup	Manufacturer's data (Nestlé). Average of chicken, mushroom and potato & leek flavours	1.00	(3.0)	3.29	20.3	8.2	59.2 ^a	377	1596
1089	Cocoa powder	10 samples, 2 brands	1.00	3.4	3.70 ^b	18.5 ^c	21.7	11.5	312	1301
1090	Coffee and chicory essence	7 bottles of the same brand (CAMP)	1.00	36.9	0.33 ^d	1.6 ^c	0.2	56.0	218	931
1091	Coffee , infusion, average	Average of strong and weak infusions	1.00	98.3	0.03	0.2	Tr	0.3	2	8
1092	instant	10 jars, 2 brands	1.00	3.4	3.26 ^e	14.6 ^c	Tr	4.5	75	320
1093	Coffeemate	Analysis and manufacturer's data (Nestlé)	1.00	3.0	0.42	2.7	34.9	57.3 ^a	540	2254
1094	Complan powder , original & sweet	6 flavours, manufacturer's data (Heinz)	1.00	3.5	2.46	15.7	14.8	65.2 ^a	441	1858
1095	savoury	Chicken flavour, manufacturer's data (Heinz)	1.00	3.5	2.42	15.4	14.6	63.6 ^a	432	1820
1096	Drinking chocolate powder	10 tins, 3 brands	1.00	2.1	1.02 ^f	5.4 ^c	5.8	79.7	373	1582
1097	<i>made up with whole milk</i>	Calculated from 18g powder to 200ml milk	1.00	80.5	0.56	3.5	4.0	10.7	90	388
1098	<i>made up with semi-skimmed milk</i>	Calculated from 18g powder to 200ml milk	1.00	82.3	0.58	3.6	2.0	10.9	73	310
1099	reduced fat	10 samples, 4 brands	1.00	2.0	1.02	6.4	2.3	82.1	354	1507
1100	Horlicks LowFat Instant powder	Manufacturer's data (SmithKlineBeecham)	1.00	N	2.19	13.7	4.1	73.0	365	1553

^a Including oligosaccharides from the glucose syrup/maltodextrins in the product^b Includes 0.74g purine nitrogen^c (Total N – purine N) × 6.25^d Includes 0.08g purine nitrogen^e Includes 0.93g purine nitrogen^f Includes 0.16g purine nitrogen

Beverages

1086 to 1100

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Powdered drinks and essences</i>														
1086	Bournvita powder	27.0	52.0	N	N	N	N	N	N	N	N	N	N	N
1087	Build-up powder, shake	Tr	65.3	N	N	N	N	34.7	Tr	0.6	0	Tr	Tr	(12)
1088	soup	24.0	32.8 ^a	N	N	N	N	17.2	N	3.8	Tr	Tr	0	0
1089	Cocoa powder	11.5	Tr	0	0	0	0	0	12.1	12.8	7.2	0.6	N	0
1090	Coffee and chicory essence	2.2	53.8	2.9	3.4	47.5	0	0	0	Tr	Tr	Tr	Tr	0
1091	Coffee, infusion, average	0	0	0	0	0	0	0	0	Tr	Tr	Tr	Tr	0
1092	instant	4.5	0	0	0	0	0	0	0	Tr	Tr	Tr	Tr	0
1093	Coffeemate	Tr	9.8 ^a	5.2	0	0	4.6	Tr	0	32.1	1.1	Tr	Tr	2
1094	Complan powder, original & sweet	Tr	46.4 ^{ab}	0.5	0	5.3 ^b	2.8	37.8	Tr	6.6	6.3	1.6	Tr	N
1095	savoury	5.6	7.0 ^a	1.9	0.1	0.2	3.6	1.2	0.3	6.2	5.9	1.6	Tr	N
1096	Drinking chocolate powder	Tr	77.7	0	0	77.7	0	0	N	3.4	1.8	0.3	0	0
1097	<i>made up with whole milk</i>	Tr	10.6	0	0	6.4	0	4.4	Tr	2.6	1.1	0.2	0.1	13
1098	<i>made up with semi-skimmed milk</i>	Tr	10.7	0	0	6.4	0	4.3	Tr	1.3	0.5	0.1	0.1	5
1099	reduced fat	Tr	82.1	Tr	0.9	81.2	Tr	Tr	N	(1.3)	(0.7)	(0.1)	0	Tr
1100	Horlicks LowFat Instant powder	N	N	N	N	N	N	N	N	N	N	N	Tr	Tr

^a Not Including oligosaccharides from the glucose syrup/maltodextrins in the product

^b Dependent on variety

Beverages

1086 to 1100

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Powdered drinks and essences</i>													
1086	Bournvita powder	190	330	62	110	250	1.9	0.64	1.4	70	N	N	N
1087	Build-up powder, shake	400	1050	850	263	697	12.0	(4.90)	13.0	(700)	(2.60)	N	131
1088	soup	1567	767	652	243	652	11.3	Tr	12.0	N	Tr	Tr	124
1089	Cocoa powder	950	1500	130	520	660	10.5	3.90	6.9	460	N	N	N
1090	Coffee and chicory essence	65	75	30	39	90	0.7	0.60	N	85	N	N	N
1091	Coffee, infusion, average	Tr	92	3	8	7	0.1	Tr	Tr	3	0.05	Tr	Tr
1092	instant	81	3780	140	330	310	4.6	0.62	1.1	65	2.10	9	Tr
1093	Coffeemate	200	900	4	N	350	N	N	N	N	N	N	N
1094	Complan powder, original & sweet	230	730	570	79	470	6.7	0.53	4.2	520	0.61	20	61
1095	savoury	1300	470	360	79	380	6.7	0.53	4.2	1300	0.61	20	61
1096	Drinking chocolate powder	228	495	39	132	193	3.5	3.69	5.6	107	1.00	N	165
1097	<i>made up with whole milk</i>	58	183	112	21	101	0.3	0.30	0.9	90	0.09	1	42
1098	<i>made up with semi-skimmed milk</i>	58	184	114	21	102	0.3	0.30	0.9	89	0.08	1	42
1099	reduced fat	(228)	(495)	(39)	(132)	(193)	(3.5)	(3.69)	(5.6)	(107)	(1.00)	N	(165)
1100	Horlicks LowFat Instant powder	800	870	655	54	N	N	0.10	0.7	N	N	N	N

Beverages
1086 to 1100
Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
<i>Powdered drinks and essences</i>															
1086	Bournvita powder	Tr	Tr	Tr	Tr	N	N	N	1.7	N	Tr	N	N	N	0
1087	Build-up powder, shake	700	Tr	4.5	8.70	1.30	1.40	15.6	(5.8)	1.80	1.6	174	5.30	130	53
1088	soup	0	690	4.2	8.10	1.23	1.33	14.5	N	1.73	0.7	163	4.97	120	49
1089	Cocoa powder	0	(40)	0	0.68	0.16	0.06	1.7	3.9	0.07	0.4	38	N	N	0
1090	Coffee and chicory essence	0	N	0	N	0	0.03	2.8	N	N	0.4	N	N	N	0
1091	Coffee, infusion, average	0	0	0	Tr	Tr	0.01	0.7	0	Tr	0.4	Tr	Tr	3	0
1092	instant	0	N	0	Tr	0.04	0.21	24.8 ^a	2.9	0.02	0.4	11	Tr	67	0
1093	Coffeemate	0	200	0	N	0	1.00	0	0.6	0	0.4	0	0	0	0
1094	Complan powder, original & sweet	310	Tr	4.4	3.50	0.78	0.58	7.0	3.5	0.61	0.7	170	2.30	50	44
1095	savoury	310	Tr	4.4	3.50	0.78	0.58	7.0	5.2	0.61	0.7	170	2.30	50	44
1096	Drinking chocolate powder	0	N	0	0.41	0.02	0.06	0.6	1.2	0.01	0.4	7	0.30	9	0
1097	<i>made up with whole milk</i>	32	18	4.2	0.11	0.03	0.20	0.2	0.7	0.05	0.8	6	0.51	3	1
1098	<i>made up with semi-skimmed milk</i>	17	8	Tr	0.06	0.03	0.20	0.1	0.8	0.05	0.4	5	0.29	3	1
1099	reduced fat	0	N	0	(0.16)	(0.02)	(0.06)	(0.6)	(1.2)	(0.01)	0.4	(7)	(0.30)	(9)	0
1100	Horlicks LowFat Instant powder	500	Tr	3.1	6.30	0.88	1.00	11.3	4.2	1.25	0.6	125	N	N	38

^a Can be as high as 39mg per 100g. Decaffeinated instant coffee contains about the same

Beverages *continued*

1101 to 1113

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Powdered drinks and essences continued</i>										
1101	Horlicks powder	Manufacturer's data (SmithKline Beecham)	1.00	2.5	1.54	9.6	4.7	78.0	373	1585
1102	Instant drinks powder , chocolate, low calorie	11 samples, 6 brands, assorted flavours	1.00	4.5	2.56	16.0	11.1	52.0	359	1515
1103	malted	10 samples, 3 brands	1.00	3.4	1.87	11.7	9.5	75.7	416	1762
1104	Milk shake powder	6 samples (Nesquik), 3 flavours	1.00	0.5	0.21	1.3	1.6	98.3	388	1654
1105	Ovaltine powder	Manufacturer's data (Novartis)	1.00	2.0	1.14	7.3	1.9	81.4	352	1497
1106	Tea , black, infusion, average	15g leaves per litre water, strained after 5 minutes	1.00	99.5	Tr	0.1	Tr	Tr	Tr	
<i>Carbonated drinks</i>										
1107	Cola	10 samples, 6 brands	1.00	89.7	Tr	Tr	0	10.9	41	174
1108	diet	Calculated from Cola	1.00	99.8	Tr	Tr	0	Tr	1	2
1109	Fruit juice drink , carbonated, ready to drink	Mixed sample of different brands; bottles and cans; orange, lemon, apple and tropical fruit flavours e.g. Citrus Spring, Fanta, Orangina and Tango	1.00	89.7	Tr	Tr	Tr	10.3	39	165
1110	Ginger ale , dry	10 samples, 5 brands	1.00	95.9	0	0	0	3.9	15	62
1111	Lemonade	10 samples, 8 brands	1.00	93.8	Tr	Tr	0	5.8	22	93
1112	Lucozade	Analytical and manufacturer's data (SmithKline Beecham) including lemon, orange, tropical flavours	1.00	81.8	Tr	Tr	0	16.0 ^a	60	256
1113	Tonic water	Ref. Cutrufelli and Matthews (1986)	1.00	91.1	0	0	0	8.8	33	141

^a Includes 1.7g oligosaccharides

Beverages *continued*

1101 to 1113

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Powdered drinks and essences continued</i>														
1101	Horlicks powder	25.0	53.0	N	N	N	N	N	4.0	N	N	N	Tr	N
1102	Instant drinks powder , chocolate, low calorie	Tr	33.0	0.6	Tr	Tr	Tr	32.9	N	8.1	1.7	0.9	0.1	3
1103	malted	Tr	33.8	2.3	0	6.6	8.8	16.1	N	8.7	0.2	0.1	0.1	5
1104	Milk shake powder	Tr	98.3	0.1	0.1	95.2	2.8	0.2	Tr	N	N	N	N	Tr
1105	Ovaltine powder	34.4	47.0	N	N	N	N	N	2.5	1.0	N	N	N	N
1106	Tea , black, infusion, average	0	Tr	0	0	0	0	0	0	Tr	Tr	Tr	Tr	0
<i>Carbonated drinks</i>														
1107	Cola	Tr	10.9	3.5	3.4	4.0	0	0	0	0	0	0	0	0
1108	diet	0	Tr	Tr	Tr	Tr	0	0	0	0	0	0	0	0
1109	Fruit juice drink , carbonated, ready to drink	0	10.3	2.2	2.1	5.9	0.1	0	Tr	Tr	Tr	Tr	Tr	0
1110	Ginger ale , dry	0	3.9	1.7	1.6	0.5	0	0	0	0	0	0	0	0
1111	Lemonade	0	5.8	1.5	1.4	2.8	0.1	0	0	0	0	0	0	0
1112	Lucozade	Tr	14.3	7.5	4.6	0.2	2.0	0	0	0	0	0	0	0
1113	Tonic water	0	N	N	N	N	N	0	0	0	0	0	0	0

Beverages *continued*

1101 to 1113

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Powdered drinks and essences continued</i>													
1101	Horlicks powder	490	686	640	39	300	11.2	0.20	0.6	N	N	N	N
1102	Instant drinks powder, chocolate, low calorie	1513	1802	411	186	618	7.5	2.20	3.2	2399	1.10	N	178
1103	malted	(488)	(1191)	(349)	(67)	(470)	(0.6)	(7.57)	(5.1)	(753)	(0.10)	N	N
1104	Milk shake powder	20	150	8	27	53	2.0	0.10	0.4	27	0.20	N	32
1105	Ovaltine powder	130	156	800	300	N	28.0	N	Tr	136	N	N	N
1106	Tea, black, infusion, average	Tr	27	Tr	2	2	Tr	0.01	Tr	1	0.15	Tr	Tr
<i>Carbonated drinks</i>													
1107	Cola	5	1	6	1	30	Tr	Tr	Tr	Tr	Tr	Tr	Tr
1108	diet	(5)	(1)	(6)	(1)	(30)	Tr	Tr	Tr	Tr	Tr	Tr	Tr
1109	Fruit juice drink, carbonated, ready to drink	8	27	7	7	2	Tr	Tr	Tr	3	Tr	Tr	Tr
1110	Ginger ale, dry	N	N	N	N	N	N	N	N	N	Tr	Tr	Tr
1111	Lemonade	7	15	5	1	Tr	Tr	Tr	Tr	2	Tr	Tr	Tr
1112	Lucozade	26	7	3	1	1	Tr	Tr	Tr	14	Tr	Tr	Tr
1113	Tonic water	4	0	1	0	0	Tr	Tr	Tr	Tr	Tr	Tr	Tr

Beverages *continued*

1101 to 1113

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
<i>Powdered drinks and essences continued</i>															
1101	Horlicks powder	640	0	4.0	N	1.12	1.28	14.4	3.0	N	0.8	160	N	N	48
1102	Instant drinks powder, chocolate, low calorie	Tr	16	0.8	0.74	0.10	0.80	1.1	200.0	0.04	0.2	13	1.70	21	0
1103	malted	0	(4)	Tr	(3.83)	(0.36)	(0.91)	(4.9)	(2.6)	(0.17)	Tr	(18)	(1.50)	(16)	Tr
1104	Milk shake powder	Tr	Tr	0	0.15	Tr	0.02	0.2	0.3	0.01	0.2	3	N	N	0
1105	Ovaltine powder	N	N	5.0	20.00	1.40	1.60	N	N	2.00	Tr	400	N	N	120
1106	Tea, black, infusion, average	0	0	0	N	Tr	0.02	0.2	0.2	Tr	0.2	3	0.04	1	0
<i>Carbonated drinks</i>															
1107	Cola	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1108	diet	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1109	Fruit juice drink, carbonated, ready to drink	0	94	0	Tr	Tr	Tr	Tr	Tr	Tr	0	1	Tr	Tr	1 ^a
1110	Ginger ale, dry	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1111	Lemonade	0	Tr	0	Tr	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	Tr ^b
1112	Lucozade	0	835	0	0	Tr	Tr	Tr	Tr	Tr	0	1	Tr	Tr	8
1113	Tonic water	0	0	0	0	0	0	0	0	0	0	0	0	0	0

^a Fortified product contains 14mg vitamin C per 100g

^b 5-15mg vitamin C per 100g may be added to some brands

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Squash and cordials										
1114	Blackcurrant juice drink, undiluted	Mixed sample and manufacturer's data (Ribena and own brands)	1.00	40.9	0.02	0.1	0	60.8 ^a	228	975
1115	Fruit drink/squash, undiluted	Mixed sample; lemon, orange, apple and mixed fruit flavours	1.00	74.4	0.02	0.1	Tr	24.8 ^b	93	399
1116	Fruit drink, low calorie, undiluted	10 samples, 2 brands; lemon, orange and mixed fruit flavours	1.00	97.3	0.02	0.1	Tr	0.8	3	15
1117	Fruit juice drink, ready to drink	Mixed sample; lemon, orange, apple and mixed fruit flavours	1.00	89.5	0.02	0.1	Tr	9.8	37	159
1118	low calorie, ready to drink	10 samples, 2 brands; mixed fruit flavours	1.00	96.6	0.03	0.2	Tr	2.5	10	43
1119	Lime juice cordial, undiluted	6 bottles of the same brand (Roses)	1.00	70.5	0.01	0.1	0	29.8	112	479
1120	Sunny Delight	Manufacturer's data. Average of Florida and California styles	1.00	84.5	Tr	Tr	0.2	10.0 ^{a,d}	39 ^d	166 ^d
Juices										
1121	Apple juice, unsweetened	10 samples; bottles and cartons	1.00	88.0	0.01	0.1	0.1	9.9	38	164
1122	Cranberry juice	Manufacturer's data (Ocean Spray) and literature	1.00	85.5	Tr	Tr	0	14.4	61	259
1123	Grape juice, unsweetened	10 samples, 6 brands; red and white juice	1.00	85.4	0.05	0.3	0.1	11.7	46	196
1124	Grapefruit juice, unsweetened	50 samples; cartons, canned, bottled and frozen ^c	1.00	89.4	0.07	0.4	0.1	8.3	33	140
1125	Lemon juice, fresh	Analysis and literature sources	1.00	91.4	0.05	0.3	Tr	1.6	7	31
1126	Orange juice, unsweetened	60 samples; fresh, canned, bottled and frozen	1.00	89.2	0.08	0.5	0.1	8.8	36	153
1127	Orange juice concentrate, unsweetened	17 samples, 58.4 Brix; imported commercial concentrate	1.00	41.6	0.46	2.9	0.5	44.9	185	786
1128	Pineapple juice, unsweetened	18 samples, cartons only	1.00	87.8	0.05	0.3	0.1	10.5	41	177
1129	Tomato juice	10 samples, 9 brands	1.00	93.8	0.13	0.8	Tr	3.0	14	62

^a Includes oligosaccharides^b Includes 0.2g oligosaccharides^c Frozen samples were diluted as per manufacturers' instructions prior to analysis^d Orange outburst, blackcurrant blast, tropical tornado and apple and kiwi kick flavours contain 1.5g carbohydrate, 7kcal and 31kJ per 100g

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Squash and cordials														
1114	Blackcurrant juice drink, undiluted	Tr	59.1	9.9	8.8	38.9	1.4	0	0	0	0	0	0	0
1115	Fruit drink/squash, undiluted	0	24.6	10.3	10.3	3.1	0.9	0	Tr	Tr	Tr	Tr	Tr	0
1116	Fruit drink, low calorie, undiluted	0	0.8	0.3	0.4	0.1	Tr	0	Tr	Tr	Tr	Tr	Tr	0
1117	Fruit juice drink, ready to drink	0	9.8	2.7	3.7	3.4	Tr	0	Tr	Tr	Tr	Tr	Tr	0
1118	low calorie, ready to drink	0	2.5	0.8	0.9	0.8	Tr	0	Tr	Tr	Tr	Tr	Tr	0
1119	Lime juice cordial, undiluted	Tr	29.8	11.5	11.0	5.9	1.4	0	0	0	0	0	0	0
1120	Sunny Delight	Tr	9.4	N	N	N	N	0	Tr	Tr	Tr	Tr	0	0
Juices														
1121	Apple juice, unsweetened	0	9.9	2.6	6.3	1.1	0	0	Tr	Tr	Tr	0.1	Tr	0
1122	Cranberry juice	N	N	N	N	N	N	0	N	0	0	0	0	0
1123	Grape juice, unsweetened	0	11.7	5.5	6.2	Tr	0	0	0	Tr	Tr	Tr	Tr	0
1124	Grapefruit juice, unsweetened	0	8.3	3.0	3.3	2.0	0	0	Tr	Tr	Tr	Tr	Tr	0
1125	Lemon juice, fresh	0	1.6	0.5	0.9	0.2	0	0	0.1	Tr	Tr	Tr	Tr	0
1126	Orange juice, unsweetened	0	8.8	2.8	2.9	3.1	0	0	0.1	Tr	Tr	Tr	Tr	0
1127	Orange juice concentrate, unsweetened	0	44.9	11.7	12.3	20.9	0	0	Tr	0.1	0.1	0.2	Tr	0
1128	Pineapple juice, unsweetened	0	10.5	2.9	2.9	4.7	0	0	Tr	Tr	Tr	Tr	Tr	0
1129	Tomato juice	Tr	3.0	1.4	1.6	Tr	0	0	0.6	Tr	Tr	Tr	Tr	0

Beverages *continued*

1114 to 1129

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Squash and cordials													
1114	Blackcurrant juice drink, undiluted	16	92	8	2	3	0.2	0.01	0.1	2	Tr	Tr	Tr
1115	Fruit drink/squash, undiluted	40	27	6	1	2	Tr	Tr	Tr	4	Tr	Tr	Tr
1116	Fruit drink, low calorie, undiluted	40	31	5	1	2	Tr	Tr	Tr	3	Tr	Tr	Tr
1117	Fruit juice drink, ready to drink	5	44	6	3	2	Tr	Tr	Tr	3	Tr	Tr	Tr
1118	low calorie, ready to drink	5	48	5	3	3	Tr	Tr	Tr	2	0.03	Tr	Tr
1119	Lime juice cordial, undiluted	8	49	9	4	5	0.3	0.07	N	4	Tr	Tr	Tr
1120	Sunny Delight	38	25	1	N	33	Tr	Tr	Tr	N	Tr	Tr	Tr
Juices													
1121	Apple juice, unsweetened	2	110	7	5	6	0.1	Tr	Tr	3	Tr	Tr	Tr
1122	Cranberry juice	N	N	N	N	N	N	N	N	N	N	0	N
1123	Grape juice, unsweetened	7	55	19	7	14	0.9	Tr	0.1	6	0.10	(1)	N
1124	Grapefruit juice, unsweetened	7	100	14	8	11	0.2	0.01	Tr	4	0.20	(1)	N
1125	Lemon juice, fresh	1	130	7	7	8	0.1	0.03	Tr	3	Tr	(1)	N
1126	Orange juice, unsweetened	10	150	10	8	13	0.2	Tr	Tr	9	0.10	(1)	(2)
1127	Orange juice concentrate, unsweetened	10	880	36	46	83	0.4	0.11	0.2	17	0.10	(5)	(11)
1128	Pineapple juice, unsweetened	8	53	8	6	1	0.2	0.02	0.1	15	0.70	Tr	Tr
1129	Tomato juice	230	230	10	10	19	0.4	0.06	0.1	400	0.10	Tr	(2)

Beverages *continued*

1114 to 1129

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Squash and cordials															
1114	Blackcurrant juice drink, undiluted	0	N	0	N	Tr	Tr	7.8 ^a	Tr	1.01 ^b	3.0 ^b	Tr	Tr	Tr	78 ^a
1115	Fruit drink/squash, undiluted	0	690	0	N	Tr	Tr	0.1	Tr	0.01	0	2	Tr	Tr	25 ^c
1116	Fruit drink, low calorie, undiluted	0	N	0	Tr	Tr	Tr	0.1	Tr	0.01	0	2	0.05	Tr	Tr
1117	Fruit juice drink, ready to drink	0	N	0	N	Tr	Tr	0.1	Tr	0.01	0	2	Tr	Tr	23 ^d
1118	low calorie, ready to drink	0	Tr	0	Tr	0.02	Tr	0.1	Tr	0.01	0	2	0.06	Tr	5
1119	Lime juice cordial, undiluted	0	Tr	0	Tr	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	Tr
1120	Sunny Delight	0	720	0	Tr	0.21	Tr	Tr	Tr	0.30	0	Tr	Tr	Tr	30
Juices															
1121	Apple juice, unsweetened	0	Tr	0	Tr	0.01	0.01	0.1	Tr	0.02	0	4	0.04	1	14
1122	Cranberry juice	0	0	0	0	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	30
1123	Grape juice, unsweetened	0	Tr	0	Tr	Tr	0.01	0.1	Tr	0.04	0	1	0.03	1	Tr
1124	Grapefruit juice, unsweetened	0	1	0	0.19	0.04	0.01	0.2	Tr	0.02	0	6	0.08	1	31
1125	Lemon juice, fresh	0	12	0	N	0.03	0.01	0.1	Tr	0.05	0	13	0.10	0	36
1126	Orange juice, unsweetened	0	17	0	0.17	0.08	0.02	0.2	0.1	0.07	0	18	0.13	1	39
1127	Orange juice concentrate, unsweetened	0	170	0	0.68	0.31	0.13	1.3	0.3	0.25	0	90	0.73	5	210
1128	Pineapple juice, unsweetened	0	8	0	0.03	0.06	0.01	0.1	0.1	0.05	0	8	0.07	Tr	11
1129	Tomato juice	0	200	0	1.01	0.02	0.02	0.7	0.1	0.06	0	10	(0.20)	(2)	8

^a When fresh, provides 9.5mg niacin and 107mg vitamin C per 100g. Value will vary with brand and shelf life

^b These are declared amounts and represent levels present at the end of shelf life

^c Unfortified product contains 2mg vitamin C per 100g

^d Unfortified product contains 7mg vitamin C per 100g

Section 2.13

Alcoholic beverages

The data in this section of the Tables have been taken from the *Miscellaneous Foods* (1994) supplement.

The values for wines were obtained on typical examples but, due to the variety of alcoholic strengths available, these should only be used as a guide, not as the definitive source for the composition of wines.

In contrast to foods in other parts of the Tables the data here represent composition per 100ml. The alcohol contents of a range of strengths 'by volume' is given below.

<i>Alcohol contents of various strengths 'by volume'</i>	
<i>% Alcohol by volume</i>	<i>Alcohol (g/100 ml)</i>
5	4.0
10	7.9
15	11.9
20	15.8
25	19.8
30	23.7
35	27.7
40	31.6

For information regarding the specific gravity of drinks, see below.

<i>Specific gravities of alcoholic beverages</i>					
Beers		Ciders		Fortified wines	
Beer , bitter, canned	1.008	Cider , dry	1.007	Port	1.026
Draught	1.004	sweet	1.012	Sherry , dry	0.988
Keg	1.001	vintage	1.017	medium	0.998
Mild, draught	1.009	Wines		sweet	1.009
Brown ale , bottled	1.008	Red wine	0.998	Vermouths	
Larger , bottled	1.005	Rose wine , medium	1.003	Vermouths, dry	1.005
Pale ale , bottled	1.003	White wine , dry	0.995	sweet	1.046
Stout , bottled	1.014	medium	1.005	Liqueurs	
Extra	1.002	sparkling	0.995	Advocaat	1.093
Strong ale	1.018	sweet	1.016	Cherry Brandy	1.093
				Curacao	1.052
				Spirits	
				40% volume	0.950

Alcoholic beverages

1130 to 1144

Composition of food per 100ml

No.	Food	Description and main data sources	Water	Total		Protein	Fat	Carbo- hydrate	Energy	
				Alcohol	nitrogen				g	g
				g	g	g	g	g	kcal	kJ
Beers										
1130	Beer , bitter, average	5 samples from different brewers; canned, draught and bottled	(93.9)	2.9	0.05	0.3	Tr	2.2	30	124
1131	Bitter , best/premium	Mixed sample from different brewers	(93.0)	3.4	0.05	0.3	Tr	2.2	33	139
1132	Brown ale , bottled	Mixed sample from different brewers	(93.3)	2.5	0.04	0.3	Tr	3.0	30	126
1133	Lager	Mixed sample; Skol, Hofmeister, Tennents, Carling Black Label, Stella Artois and Fosters; canned and draught	(93.0)	4.0	0.05	0.3	Tr	Tr	29	121
1134	alcohol-free	10 samples; Kaliber and Barbican	96.3	Tr	0.06	0.4	Tr	1.5 ^a	7	31
1135	low alcohol	10 samples; Carlton LA, Swan Light, Tennents LA	97.0	0.5	0.04	0.2	0	1.5 ^b	10	41
1136	premium	10 samples; Carlsberg Special Brew and Heldenbrau Extra Special	(88.7)	6.9	0.05	0.3	Tr	2.4	59	244
1137	Pale ale , bottled	Mixed sample from different brewers	(93.9)	2.8	0.05	0.3	Tr	2.0	28	118
1138	Shandy	10 cans, 4 brands	(94.0)	0.7	Tr	Tr	0	5.0	24	100
1139	Stout , Guinness	10 samples; canned, bottled and draught	(90.2)	3.3	0.06	0.4	Tr	1.5	30	126
1140	Strong ale/barley wine	Mixed sample from different brewers	(86.3)	5.7	0.11	0.7	Tr	6.1	66	275
Ciders										
1141	Cider , dry	3 samples of different brands	(92.5)	3.8	Tr	Tr	0	2.6	36	152
1142	low alcohol	10 samples, 3 brands including Strongbow LA	94.9	0.6	Tr	Tr	0	3.6	17	74
1143	sweet	3 samples of different brands	(91.2)	3.7	Tr	Tr	0	4.3	42	176
1144	vintage	3 samples of the same brand	(80.6)	10.5	Tr	Tr	0	7.3	101	421

^a Includes 0.3g oligosaccharides^b Includes 0.5g oligosaccharides

Alcoholic beverages
1130 to 1144
Composition of food per 100ml

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholest- erol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono- unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
Beers													
1130	Beer , bitter, average	0	2.2	0	0	0	2.2	0	Tr	Tr	Tr	Tr	0
1131	Bitter , best/premium	0	2.2	0.3	0	0	1.9	0	Tr	Tr	Tr	Tr	0
1132	Brown ale , bottled	0	3.0	0.4	0.4	0.1	2.1	0	Tr	Tr	Tr	Tr	0
1133	Lager	0	Tr	Tr	0	0	0	0	Tr	Tr	Tr	Tr	0
1134	alcohol-free	0	1.2	0.6	0.4	Tr	0.2	0	Tr	Tr	Tr	Tr	0
1135	low alcohol	0	1.0	0.5	0.2	0	0.3	0	Tr	Tr	Tr	Tr	0
1136	premium	0	2.4	1.0	0	0	(1.4)	0	Tr	Tr	Tr	Tr	0
1137	Pale ale , bottled	0	2.0	0.7	Tr	0	1.3	0	Tr	Tr	Tr	Tr	0
1138	Shandy	0	5.0	1.6	1.7	1.7	0	0	Tr	0	0	0	0
1139	Stout , Guinness	0	1.5	Tr	Tr	0	(1.5)	Tr	N	Tr	Tr	Tr	0
1140	Strong ale/barley wine	0	6.1	Tr	Tr	0	6.1	0	Tr	Tr	Tr	Tr	0
Ciders													
1141	Cider , dry	0	2.6	0.6	0.5	0.7	0.8	0	0	0	0	0	0
1142	low alcohol	0	3.6	0.7	1.4	1.4	0.1	0	0	0	0	0	0
1143	sweet	0	4.3	1.0	0.7	1.2	1.3	0	0	0	0	0	0
1144	vintage	0	7.3	1.8	1.3	2.0	2.3	0	0	0	0	0	0

Alcoholic beverages

1130 to 1144

Inorganic constituents per 100ml

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Beers													
1130	Beer , bitter, average	6	32	8	7	14	0.1	0.01	0.1	24	0.03	Tr	N
1131	Bitter , best/premium	8	46	9	8	16	Tr	0.03	0.1	36	0.01	Tr	N
1132	Brown ale , bottled	16	33	7	6	11	0	0.07	0.3	37	Tr	Tr	N
1133	Lager	7	39	5	7	19	Tr	Tr	Tr	20	0.01	Tr	N
1134	alcohol-free	2	44	3	7	19	Tr	Tr	Tr	Tr	0.01	Tr	N
1135	low alcohol	12	56	8	12	10	Tr	Tr	Tr	1	0.01	Tr	N
1136	premium	7	39	5	7	19	Tr	Tr	Tr	20	0.01	Tr	N
1137	Pale ale , bottled	10	49	9	10	15	0	0.04	Tr	31	Tr	Tr	N
1138	Shandy	7	6	8	1	5	Tr	Tr	Tr	8	Tr	Tr	Tr
1139	Stout , Guinness	6	48	4	8	26	0.2	Tr	Tr	17	0.01	Tr	N
1140	Strong ale/barley wine	15	110	14	20	40	0	0.08	Tr	57	Tr	Tr	N
Ciders													
1141	Cider , dry	7	72	8	3	3	0.5	0.04	Tr	6	Tr	Tr	N
1142	low alcohol	3	81	7	2	4	0.1	0.03	Tr	2	0.01	Tr	Tr
1143	sweet	7	72	8	3	3	0.5	0.04	Tr	6	Tr	Tr	N
1144	vintage	2	97	5	4	9	0.3	0.02	Tr	5	Tr	Tr	N

Alcoholic beverages

1130 to 1144
Vitamins per 100ml

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Beers															
1130	Beer , bitter, average	0	Tr	0	N	Tr	0.03	0.2	0.2	0.07	Tr	5	0.05	1	0
1131	Bitter , best/premium	0	Tr	0	N	Tr	0.04	0.8	0.2	0.09	Tr	8	0.07	1	0
1132	Brown ale , bottled	0	Tr	0	N	Tr	0.02	0.3	0.1	0.01	Tr	4	0.10	1	0
1133	Lager	0	Tr	0	N	Tr	0.04	0.7	0.3	0.06	Tr	12	0.03	1	0
1134	alcohol-free	0	Tr	0	N	Tr	0.02	0.6	0.4	0.03	Tr	5	0.09	Tr	0
1135	low alcohol	0	Tr	0	N	Tr	0.02	0.5	0.3	0.03	Tr	6	0.07	Tr	0
1136	premium	0	Tr	0	N	Tr	0.04	0.7	0.3	0.06	Tr	12	0.03	1	0
1137	Pale ale , bottled	0	Tr	0	N	Tr	0.02	0.4	0.2	0.01	Tr	4	(0.10)	(1)	0
1138	Shandy	0	Tr	0	N	Tr	Tr	0.1	Tr	0.01	Tr	1	0.02	Tr	0
1139	Stout , Guinness	0	Tr	0	N	Tr	0.03	0.8	0.2	0.08	Tr	6	0.04	1	0
1140	Strong ale/barley wine	0	Tr	0	N	Tr	0.06	0.8	0.4	0.04	Tr	9	N	N	0
Ciders															
1141	Cider , dry	0	Tr	0	N	Tr	Tr	0	Tr	0.01	Tr	N	0.04	1	0
1142	low alcohol	0	Tr	0	N	Tr	Tr	0.1	Tr	Tr	Tr	2	0.07	Tr	0
1143	sweet	0	Tr	0	N	Tr	Tr	0	Tr	0.01	Tr	N	0.03	1	0
1144	vintage	0	Tr	0	N	Tr	Tr	0	Tr	(0.01)	Tr	N	(0.03)	(1)	0

Alcoholic beverages *continued*

1145 to 1156

Composition of food per 100ml

No.	Food	Description and main data sources	Water	Alcohol g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Wines										
1145	Red wine	Mixed sample from different countries	(88.4)	9.6 ^a	0.03	0.1	0	0.2	68	283
1146	Rose wine, medium	5 samples from different countries	(87.3)	8.7	0.01	0.1	0	2.5	71	294
1147	White wine, dry	5 samples from different countries	(89.1)	9.1 ^b	0.02	0.1	0	0.6	66	275
1148	medium	Mixed sample from different countries	(86.3)	8.9 ^c	0.02	0.1	0	3.0	74	308
1149	sparkling	5 samples from different countries	(85.8)	7.6	0.04	0.3	0	5.1	74	307
1150	sweet	Mixed sample from different countries	(80.6)	10.2	0.03	0.2	0	5.9	94	394
Fortified wines										
1151	Port	2 samples	(71.1)	15.9	0.02	0.1	0	12.0	157	655
1152	Sherry, dry	1 sample	(81.0)	15.7	0.03	0.2	0	1.4	116	481
1153	medium	8 samples; including Spanish, British, Cyprus, own label	(78.8)	13.3	0.02	0.1	0	5.9	116	482
1154	sweet	1 sample	(74.8)	15.6	0.05	0.3	0	6.9	136	568
Vermouths										
1155	Vermouth, dry	5 samples of different brands	(82.1)	13.9	0.01	0.1	0	3.0	109	453
1156	sweet	5 samples of different brands	(70.6)	13.0	Tr	Tr	0	15.9	151	631

^a Typical range 8.7g to 10.7g (11.0ml to 13.5ml) alcohol per 100ml^b Typical range 7.1g to 10.3g (9.0ml to 13.0ml) alcohol per 100ml^c Typical range 7.9g to 9.0g (10.0ml to 11.4ml) alcohol per 100ml

Alcoholic beverages *continued*

1145 to 1156

Composition of food per 100ml

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholest- erol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono- unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
Wines													
1145	Red wine	0	0.2	Tr	Tr	Tr	0	0	0	0	0	0	0
1146	Rose wine, medium	0	2.5	0.8	1.7	0	0	0	0	0	0	0	0
1147	White wine, dry	0	0.6	0.3	0.3	0	0	0	0	0	0	0	0
1148	medium	0	3.0	1.2	1.4	N	0	0	0	0	0	0	0
1149	sparkling	0	5.1	2.2	2.8	0.1	0	0	0	0	0	0	0
1150	sweet	0	5.9	2.6	3.3	0.1	0	0	0	0	0	0	0
Fortified wines													
1151	Port	0	12.0	4.6	4.6	2.8	0	0	0	0	0	0	0
1152	Sherry, dry	0	1.4	0.7	0.7	0	0	0	0	0	0	0	0
1153	medium	0	5.9	3.0	2.9	0	0	0	0	0	0	0	0
1154	sweet	0	6.9	3.6	3.5	0	0	0	0	0	0	0	0
Vermouths													
1155	Vermouth, dry	0	3.0	1.1	1.2	0.7	0	0	0	0	0	0	0
1156	sweet	0	15.9	6.1	6.1	3.7	0	0	0	0	0	0	0

Alcoholic beverages *continued*

1145 to 1156

Inorganic constituents per 100ml

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Wines													
1145	Red wine	7	110	7	11	13	0.9	0.06	0.1	11	0.10	Tr	N
1146	Rose wine, medium	4	75	12	7	6	1.0	0.02	Tr	7	0.10	Tr	N
1147	White wine, dry	4	61	9	8	6	0.5	0.01	Tr	10	0.10	Tr	N
1148	medium	11	81	12	8	8	0.8	Tr	Tr	3	0.10	Tr	N
1149	sparkling	5	58	9	7	9	0.5	0.01	Tr	7	0.04	Tr	N
1150	sweet	13	110	14	11	13	0.6	0.05	Tr	7	0.10	Tr	N
Fortified wines													
1151	Port	4	97	4	11	12	0.4	0.10	N	8	Tr	Tr	N
1152	Sherry, dry	10	57	7	13	11	0.4	0.03	N	12	Tr	Tr	N
1153	medium	27	55	8	5	24	0.4	0.04	Tr	10	0.01	Tr	N
1154	sweet	13	110	7	11	10	0.4	0.11	N	14	Tr	Tr	N
Vermouths													
1155	Vermouth, dry	11	34	7	6	6	0.3	0.03	Tr	7	Tr	Tr	N
1156	sweet	28	30	6	4	6	0.4	0.04	Tr	16	Tr	Tr	N

Alcoholic beverages *continued*

1145 to 1156
Vitamins per 100ml

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Wines															
1145	Red wine	0	Tr	0	N	Tr	0.02	0.1	Tr	0.03	Tr	1	0.04	2	0
1146	Rose wine, medium	0	Tr	0	N	Tr	0.01	0.1	Tr	0.02	Tr	Tr	0.04	N	0
1147	White wine, dry	0	Tr	0	N	Tr	0.01	0.1	Tr	0.02	Tr	Tr	0.03	N	0
1148	medium	0	Tr	0	N	Tr	Tr	0.1	Tr	0.01	Tr	Tr	0.06	1	0
1149	sparkling	0	Tr	0	N	Tr	0.01	0.1	Tr	0.02	Tr	Tr	0.04	1	0
1150	sweet	0	Tr	0	N	Tr	0.01	0.1	Tr	0.01	Tr	Tr	0.03	N	0
Fortified wines															
1151	Port	0	Tr	0	0	Tr	0.01	0.1	Tr	0.01	Tr	Tr	N	N	0
1152	Sherry, dry	0	Tr	0	0	Tr	0.01	0.1	Tr	0.01	Tr	Tr	N	N	0
1153	medium	0	Tr	0	0	Tr	0.01	0.1	Tr	0.02	Tr	Tr	0.02	1	0
1154	sweet	0	Tr	0	0	Tr	0.01	0.1	Tr	0.01	Tr	Tr	N	N	0
Vermouths															
1155	Vermouth, dry	0	Tr	0	0	Tr	Tr	0	Tr	0.01	Tr	Tr	N	N	0
1156	sweet	0	Tr	0	0	Tr	Tr	0	Tr	Tr	Tr	Tr	N	N	0

Alcoholic beverages *continued*

1157 to 1160

Composition of food per 100ml

No.	Food	Description and main data sources	Water	Alcohol g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Liqueurs										
1157	Cream liqueurs	2 samples of Baileys Original Irish Cream	(44.4)	13.5	Tr	Tr	16.1	22.8	325	1352
1158	Liqueurs, high strength	5 samples including Pernod, Drambuie, Cointreau, Grand Marnier, Southern Comfort	(28.0)	31.8	Tr	Tr	0	24.4	314	1313
1159	low-medium strength	10 samples including Cherry brandy, Tia Maria and Creme de Menthe	(47.4)	19.8 ^a	Tr	Tr	0	32.8	262	1099
Spirits										
1160	Spirits, 40% volume	Mean of brandy, gin, rum, whisky and vodka	(68.3)	31.7	Tr	Tr	0	Tr	222	919

^a The alcohol content of Tia Maria is 20.9g, Pimms and Campari 19.8g, Malibu 19.0g, Monterez 13.8g per 100ml

Alcoholic beverages *continued*

1157 to 1160

Composition of food per 100ml

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholest- erol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono- unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
Liqueurs													
1157	Cream liqueurs	Tr	22.8	0	0	22.0	0	0.8	0	N	N	N	N
1158	Liqueurs, high strength	0	24.4	2.6	2.3	17.1	2.4	0	0	0	0	0	0
1159	low-medium strength	0	32.8	6.3	6.1	20.4	0	0	0	0	0	0	0
Spirits													
1160	Spirits, 40% volume	0	Tr	0	0	Tr	0	0	0	0	0	0	0

Alcoholic beverages *continued*

1157 to 1160
Vitamins per 100ml

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Liqueurs															
1157	Cream liqueurs	190	91	Tr	0.57	N	N	N	N	N	0	Tr	N	N	0
1158	Liqueurs, high strength	0	Tr	0	0	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
1159	low-medium strength	0	Tr	0	0	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
Spirits															
1160	Spirits, 40% volume	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Section 2.14

Soups, sauces and miscellaneous foods

The data in this section of the Tables have been taken from the *Miscellaneous Foods* (1994) supplement.

The foods in this group cover homemade, canned and packet soups; dairy sauces, salad sauces, dressings and pickles; non-salad sauces; and a selection of miscellaneous food items.

An entry for water has been included in the miscellaneous foods section, mainly for use in recipe calculations. There is considerable variation in the composition of tap water both by area of the country and source of supply. The local Water Company will be able to provide information on the composition of tap water from a specific area.

Dried soups as made up were corrected for evaporative loss.

Losses of labile vitamins assigned to recipes were estimated from figures in Section 4.3.

Soups, sauces and miscellaneous foods

1161 to 1177

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Canned soups										
1161	Chicken soup , cream of, canned	10 cans, 3 brands	1.00	87.9	0.27	1.7	3.8	4.5	58	242
1162	condensed	7 cans of the same brand	1.00	82.2	0.41	2.6	5.8	6.0	85	355
1163	condensed, <i>as served</i>	Diluted with an equal volume of water	1.00	91.1	0.20	1.3	2.9	3.0	43	177
1164	Low calorie soup , canned	7 cans, 3 brands; tomato, vegetable and minestrone varieties	1.00	93.3	0.14	0.9	0.2	4.0	20	87
1165	Minestrone soup , canned	Manufacturer's data (Heinz)	1.00	(92.1)	0.21	1.3	0.5	5.7	31	132
1166	Mushroom soup , cream of, canned	10 cans, 3 brands	1.00	90.4	0.20	1.1	3.0	3.9	46	192
1167	Oxtail soup , canned	10 cans, 3 brands	1.00	88.5	0.38	2.4	1.7	5.1	44	185
1168	Tomato soup , cream of, canned	10 cans, 3 brands	1.00	84.2	0.13	0.8	3.0	5.9	52	219
1169	condensed	7 cans, 2 brands	1.00	70.6	0.27	1.7	6.8	14.6	123	514
1170	condensed, <i>as served</i>	Diluted with an equal volume of water	1.00	85.3	0.14	0.9	3.4	7.3	62	258
1171	Vegetable soup , canned	10 cans, 3 brands	1.00	87.8	0.22	1.4	0.6	9.9	48	204
Packet soups										
1172	Chicken noodle soup , dried, <i>as served</i>	Calculated from 35g soup powder to 570ml water	1.00	94.5	0.16	1.0	0.3	3.2 ^a	19	79
1173	Instant soup powder , dried	10 packets, 3 brands; assorted flavours	1.00	4.1	1.04	6.5	14.3	64.4 ^b	396	1670
1174	<i>made up with water</i>	Calculated from 37g powder to 190ml water	1.00	84.4	0.17	1.1	2.3	10.5 ^c	64	270
1175	Minestrone soup , dried, <i>as served</i>	Calculated from 45g soup powder to 570ml water	1.00	92.6	0.17	0.7	0.4	4.2 ^d	22	94
1176	Tomato soup , dried, <i>as served</i>	Calculated from 58g soup powder to 570ml water	1.00	91.2	0.07	0.4	1.3	6.0 ^e	36	151
1177	Vegetable soup , dried, <i>as served</i>	Calculated from 45g soup powder to 570ml water	1.00	93.1	0.14	0.9	0.3	4.2 ^d	22	92

^a Includes 0.3g maltodextrins^b Includes 18.7g maltodextrins^c Includes 3.0g maltodextrins^d Includes 0.1g maltodextrins^e Includes 0.5g maltodextrins

Soups, sauces and miscellaneous foods

1161 to 1177

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Canned soups														
1161	Chicken soup , cream of, canned	3.4	1.1	Tr	0.1	0.6	0	0.4	Tr	(0.6)	(2.0)	(1.0)	0.1	97
1162	condensed	4.6	1.4	Tr	0.2	0.4	0	0.8	Tr	0.8	3.0	1.4	N	(4)
1163	condensed, <i>as served</i>	2.3	0.7	Tr	0.1	0.2	0	0.4	0	0.4	1.5	0.7	N	(2)
1164	Low calorie soup , canned	2.0	2.0	1.0	1.0	Tr	0	0	N	Tr	Tr	Tr	Tr	0
1165	Minestrone soup , canned	4.5	1.2	N	N	N	N	0	0.7	0.3	0.1	0.1	Tr	1
1166	Mushroom soup , cream of, canned	3.1	0.8	Tr	0.1	0.3	0	0.4	0.1	0.5	1.6	0.9	0.1	1
1167	Oxtail soup , canned	4.2	0.9	0.2	0.2	0.5	Tr	0	0.1	0.6	0.6	0.2	N	(7)
1168	Tomato soup , cream of, canned	3.3	2.6	0.8	0.6	1.2	0	Tr	0.7	0.5	1.6	0.8	0.2	1
1169	condensed	3.4	11.2	2.4	1.8	6.2	0	0.8	1.0	1.0	2.6	3.0	N	(1)
1170	condensed, <i>as served</i>	1.7	5.6	1.2	0.9	3.1	0	0.4	0.5	0.5	1.3	1.5	N	Tr
1171	Vegetable soup , canned	4.8	5.1	1.4	1.6	2.1	0	0	1.5	N	N	N	N	N
Packet soups														
1172	Chicken noodle soup , dried, <i>as served</i>	2.7	0.3	Tr	Tr	0.2	Tr	0	0.2	N	N	N	N	N
1173	Instant soup powder , dried	34.1	11.3	2.1	2.2	7.0	Tr	Tr	N	6.9	6.2	0.5	2.8	6
1174	<i>made up with water</i>	5.6	1.8	0.3	0.4	1.1	Tr	0	N	1.0	0.6	0.1	0.4	1
1175	Minestrone soup , dried, <i>as served</i>	2.7	1.4	0.2	0.3	0.9	Tr	0	N	N	N	N	N	0
1176	Tomato soup , dried, <i>as served</i>	2.1	3.4	0.4	0.5	2.5	Tr	Tr	N	0.6	0.3	Tr	Tr	Tr
1177	Vegetable soup , dried, <i>as served</i>	3.2	0.9	0.2	0.2	0.5	Tr	0	N	N	N	N	N	0

Soups, sauces and miscellaneous foods

1161 to 1177

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Canned soups													
1161	Chicken soup , cream of, canned	400	41	27	5	27	0.4	0.02	0.3	610	Tr	Tr	(2)
1162	condensed	710	(62)	(41)	(7)	(41)	(0.5)	(0.03)	(0.5)	1070	Tr	Tr	(4)
1163	condensed, <i>as served</i>	350	(31)	(20)	(4)	(20)	(0.3)	(0.02)	(0.3)	530	Tr	Tr	(2)
1164	Low calorie soup , canned	370	130	13	7	17	0.3	0.01	0.1	580	0.05	N	N
1165	Minestrone soup , canned	300	100	18	9	24	0.3	0.04	0.2	470	0.10	0	1
1166	Mushroom soup , cream of, canned	470	55	30	4	30	0.3	0.04	0.3	750	Tr	1	(3)
1167	Oxtail soup , canned	440	93	40	6	37	1.0	0.04	0.4	660	Tr	Tr	(1)
1168	Tomato soup , cream of, canned	400	190	17	8	20	0.4	0.06	0.2	640	0.10	Tr	(3)
1169	condensed	830	(360)	(32)	(15)	(38)	(0.7)	(0.11)	0.3	1320	0.10	Tr	(5)
1170	condensed, <i>as served</i>	410	(180)	(16)	(8)	(19)	(0.3)	(0.06)	0.2	660	0.10	Tr	(3)
1171	Vegetable soup , canned	430	110	12	8	29	0.4	0.04	0.2	660	0.07	N	(16)
Packet soups													
1172	Chicken noodle soup , dried, <i>as served</i>	300	14	4	3	15	0.2	0.01	0.1	440	0.04	N	N
1173	Instant soup powder , dried	3440	610	48	27	200	1.7	0.17	0.7	4770	0.25	N	N
1174	<i>made up with water</i>	560	100	8	4	33	0.3	0.03	0.1	780	0.04	N	N
1175	Minestrone soup , dried, <i>as served</i>	470	49	11	4	21	0.2	0.02	0.1	630	0.04	Tr	(5)
1176	Tomato soup , dried, <i>as served</i>	290	78	9	4	26	0.1	0.03	0.1	460	0.03	N	N
1177	Vegetable soup , dried, <i>as served</i>	370	50	11	5	18	0.2	0.02	0.1	520	0.04	N	N

Soups, sauces and miscellaneous foods

1161 to 1177

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Canned soups															
1161	Chicken soup , cream of, canned	(39)	(16)	Tr	(0.55)	0.01	0.03	0.2	0.3	0.01	Tr	(1)	(0.04)	0	0
1162	condensed	(96)	(39)	0	(0.93)	(0.02)	0.04	0.6	0.5	(0.01)	Tr	(1)	(0.06)	0	0
1163	condensed, <i>as served</i>	(48)	(20)	0	(0.46)	(0.01)	0.02	0.3	0.2	(0.01)	Tr	Tr	(0.03)	0	0
1164	Low calorie soup , canned	0	N	0	N	0.35	0.14	2.0	0.1	0.20	0	(10)	N	N	Tr
1165	Minestrone soup , canned	4	340	0	0.27	0.02	0.01	0.2	0.2	0.04	0	5	0.05	Tr	0
1166	Mushroom soup , cream of, canned	(40)	(16)	0	(0.54)	Tr	0.05	0.3	0.2	0.01	Tr	(2)	(0.10)	(1)	0
1167	Oxtail soup , canned	0	0	0	(0.20)	0.02	0.03	0.7	0.5	0.03	0	1	(0.05)	0	0
1168	Tomato soup , cream of, canned	(40)	210	0	(1.40)	0.03	0.02	0.5	0.1	0.06	Tr	12	(0.12)	(1)	Tr
1169	condensed	0	(400)	0	(3.49)	(0.06)	0.05	1.0	0.2	(0.10)	0	(10)	(0.24)	(1)	Tr
1170	condensed, <i>as served</i>	0	(200)	0	(1.75)	(0.03)	0.03	0.5	0.1	(0.05)	Tr	(5)	(0.12)	(1)	Tr
1171	Vegetable soup , canned	0	18	0	N	0.09	0.02	2.5	0.2	0.01	0	10	N	N	Tr
Packet soups															
1172	Chicken noodle soup , dried, <i>as served</i>	Tr	0	0	N	0.01	0.01	0.2	0.2	N	Tr	N	N	N	0
1173	Instant soup powder , dried	0	N	0	N	(0.05)	(0.02)	(0.4)	1.0	N	0	N	N	N	0
1174	<i>made up with water</i>	0	N	0	N	(0.01)	Tr	(0.1)	0.2	N	0	N	N	N	0
1175	Minestrone soup , dried, <i>as served</i>	0	N	0	N	0.02	0.01	0.2	0.1	N	0	N	N	N	0
1176	Tomato soup , dried, <i>as served</i>	0	N	0	N	Tr	Tr	Tr	Tr	N	0	N	N	N	0
1177	Vegetable soup , dried, <i>as served</i>	0	N	0	N	Tr	Tr	Tr	0.2	N	0	N	N	N	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Dairy sauces										
1178	Bread sauce , made with whole milk	Recipe	1.00	75.2	0.67	4.1	4.0	15.2	110	463
1179	made with semi-skimmed milk	Recipe	1.00	76.5	0.68	4.2	2.5	15.3	97	409
1180	Cheese sauce , made with whole milk	Recipe	1.00	66.8	1.27	8.1	14.8	8.7	198	824
1181	made with semi-skimmed milk	Recipe	1.00	68.6	1.29	8.2	12.8	8.8	181	754
1182	Cheese sauce packet mix , made with whole milk	Recipe	1.00	77.0	0.86	5.4	6.0	9.0	111	461
1183	made with semi-skimmed milk	Recipe	1.00	79.0	0.88	5.5	3.8	9.2	91	383
1184	Onion sauce , made with whole milk	Recipe	1.00	80.5	0.46	2.9	6.6	8.1	101	422
1185	made with semi-skimmed milk	Recipe	1.00	81.8	0.47	3.0	5.1	8.2	88	369
1186	White sauce , savoury, made with whole milk	Recipe	1.00	73.5	0.67	4.2	10.3	10.6	151	626
1187	made with semi-skimmed milk	Recipe	1.00	75.6	0.70	4.4	8.0	10.7	130	541
1188	sweet, made with whole milk	Recipe	1.00	68.1	0.62	3.9	9.5	18.3	171	714
1189	made with semi-skimmed milk	Recipe	1.00	70.0	0.64	4.0	7.4	18.5	152	636

Soups, sauces and miscellaneous foods *continued*

1178 to 1189

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Dairy sauces														
1178	Bread sauce , made with whole milk	9.9	4.8	0.5	0.4	0.5	Tr	3.1	0.6	1.9	1.1	0.6	0.1	10
1179	made with semi-skimmed milk	9.9	4.9	0.5	0.4	0.5	Tr	3.2	0.6	1.0	0.6	0.5	0.1	4
1180	Cheese sauce , made with whole milk	4.6	4.1	Tr	Tr	0	0	4.0	0.2	7.2	4.2	2.5	0.4	30
1181	made with semi-skimmed milk	4.6	4.2	Tr	Tr	0	0	4.1	0.2	5.9	3.7	2.4	0.3	23
1182	Cheese sauce packet mix , made with whole milk	3.9	5.1	Tr	Tr	0	Tr	5.0	N	N	N	N	N	N
1183	made with semi-skimmed milk	3.9	5.3	Tr	Tr	0	Tr	5.2	N	N	N	N	N	N
1184	Onion sauce , made with whole milk	3.6	4.1	Tr	Tr	0	0	3.0	0.4	2.5	1.9	1.8	0.1	10
1185	made with semi-skimmed milk	3.5	4.2	Tr	Tr	0	0	3.2	0.4	1.5	1.5	1.8	0.1	4
1186	White sauce , savoury, made with whole milk	5.6	4.9	Tr	Tr	0	0	4.8	0.2	4.0	3.1	2.9	0.2	15
1187	made with semi-skimmed milk	5.6	5.1	Tr	Tr	0	0	5.0	0.2	2.4	2.4	2.7	0.1	6
1188	sweet, made with whole milk	5.2	13.1	Tr	Tr	8.6	0	4.4	0.2	3.6	2.8	2.6	0.1	14
1189	made with semi-skimmed milk	5.2	13.3	Tr	Tr	8.6	0	4.6	0.2	2.2	2.2	2.5	0.1	6

Soups, sauces and miscellaneous foods *continued*

1178 to 1189

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Dairy sauces													
1178	Bread sauce , made with whole milk	399	164	104	13	87	0.5	0.04	0.4	627	0.11	1	22
1179	made with semi-skimmed milk	399	165	105	13	88	0.5	0.04	0.4	626	0.10	1	21
1180	Cheese sauce , made with whole milk	447	158	246	16	180	0.2	0.02	1.1	693	0.05	2	33
1181	made with semi-skimmed milk	446	160	247	16	181	0.2	0.02	1.1	691	0.04	2	32
1182	Cheese sauce packet mix , made with whole milk	452	190	165	14	173	0.1	Tr	0.7	642	0.04	N	N
1183	made with semi-skimmed milk	451	191	167	14	174	0.1	Tr	0.7	639	0.03	N	N
1184	Onion sauce , made with whole milk	245	145	93	10	74	0.2	0.03	0.4	392	0.03	1	22
1185	made with semi-skimmed milk	244	146	94	10	75	0.2	0.03	0.4	391	0.03	1	21
1186	White sauce , savoury, made with whole milk	386	177	137	13	108	0.2	0.01	0.5	618	0.05	1	34
1187	made with semi-skimmed milk	385	179	139	13	109	0.2	0.01	0.5	615	0.04	1	33
1188	sweet, made with whole milk	89	163	127	12	100	0.2	0.02	0.4	162	0.05	1	31
1189	made with semi-skimmed milk	89	165	129	12	101	0.2	0.02	0.4	160	0.04	1	30

Soups, sauces and miscellaneous foods *continued*

1178 to 1189

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Dairy sauces															
1178	Bread sauce , made with whole milk	31	20	0.1	0.56	0.06	0.17	0.5	0.8	0.08	1	6	0.37	2	1
1179	made with semi-skimmed milk	22	13	0.1	0.53	0.08	0.17	0.5	0.9	0.09	Tr	9	0.24	2	2
1180	Cheese sauce , made with whole milk	135	64	0.5	2.15	0.04	0.28	0.2	1.9	0.07	1	7	0.50	3	1
1181	made with semi-skimmed milk	123	54	0.5	2.11	0.05	0.28	0.2	2.0	0.08	1	10	0.33	3	Tr
1182	Cheese sauce packet mix , made with whole milk	48	36	0.1	0.28	0.04	0.30	0.3	1.1	0.08	1	9	N	N	1
1183	made with semi-skimmed milk	34	26	0.1	0.24	0.04	0.30	0.2	1.2	0.08	1	8	N	N	Tr
1184	Onion sauce , made with whole milk	54	31	0.4	1.64	0.06	0.16	0.3	0.5	0.09	1	7	0.35	2	2
1185	made with semi-skimmed milk	44	24	0.4	1.61	0.07	0.16	0.3	0.7	0.08	Tr	6	0.21	2	1
1186	White sauce , savoury, made with whole milk	85	47	0.6	2.51	0.05	0.25	0.3	0.8	0.06	1	6	0.52	3	1
1187	made with semi-skimmed milk	69	35	0.6	2.47	0.06	0.26	0.2	1.0	0.06	Tr	5	0.30	2	1
1188	sweet, made with whole milk	78	43	0.5	2.32	0.04	0.23	0.3	0.7	0.06	1	5	0.48	3	1
1189	made with semi-skimmed milk	64	33	0.5	2.27	0.05	0.24	0.2	0.9	0.06	Tr	4	0.27	2	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Salad sauces, dressings and pickles										
1190	Apple chutney	Recipe	1.44	47.7	0.14	0.9	0.2	49.2	190	810
1191	Chutney , mango, oily	10 assorted samples	1.00	34.8	0.06	0.4	10.9	49.5	285	1202
1192	tomato	9 samples, 5 brands	1.00	63.8	0.19	1.2	0.2	31.0	128 ^a	542 ^a
1193	Dips , sour-cream based	7 samples, 4 brands; assorted flavours	1.00	54.1	0.46	2.9	37.0	4.0 ^b	360	1482
1194	Dressing , French, 'fat free'	Manufacturer's data (Kraft)	1.00	N	0.02	0.1	Tr	9.9	38	160
1195	blue cheese	7 samples, 2 brands	1.00	38.4	0.31	2.0	46.3	8.7	457	1886
1196	French	8 samples, 6 brands	1.00	33.3	0.02	0.1	49.4	4.5	462	1902
1197	thousand island	7 samples, 4 brands	1.00	47.6	0.18	1.1	30.2	12.5	323	1336
1198	Mayonnaise , retail		1.00	18.0	0.18	1.1	75.6	1.7	691	2843
1199	reduced calorie	12 samples, 8 brands	1.00	59.5	0.16	1.0	28.1	8.2	288	1188
1200	Pickle , sweet	9 samples, 4 brands	1.00	60.7	0.10	0.6	0.1	36.0	141 ^c	604 ^c
1201	Salad cream	3 samples, different brands	1.00	47.2	0.23	1.5	31.0	16.7	348	1440
1202	reduced calorie	Analysis and manufacturers' data	1.00	N	0.16	1.0	17.2	9.4	194	804
Non-salad sauces										
1203	Barbecue sauce	Ref. Marsh (1980)	1.00	(75.5)	0.16	1.0	0.1	23.4	93	395
1204	Brown sauce , sweet	10 bottles, 4 brands	1.00	68.2	0.19	1.2	0.1	22.2	98 ^d	418 ^d
1205	Cook-in-sauces , canned	9 samples, 3 brands; assorted flavours	1.00	87.4	0.18	1.1	0.8	8.3	43	181
1206	Curry sauce , canned	10 samples, 4 brands; assorted flavours	1.00	81.4	0.24	1.5	5.0	7.1	78	324
1207	Horseradish sauce	8 samples, 5 brands; creamed and plain samples	1.00	64.0	0.40	2.5	8.4 ^e	17.9 ^e	153	640

^a Includes 4 kcal, 18 kJ from acetic acid^b Includes 2.0g maltodextrins^c Includes 3 kcal, 14 kJ from acetic acid^d Includes 9 kcal, 39 kJ from acetic acid^e Creamed varieties have an average of 13g fat and 21g carbohydrate
Plain varieties have an average of 5g fat and 11g carbohydrate

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Salad sauces, dressings and pickles														
1190	Apple chutney	0.1	48.4	4.3	5.7	38.4	0	0	1.3	Tr	Tr	0.1	Tr	0
1191	Chutney , mango, oily	0.4	49.1	N	N	N	0	0	0.9	N	N	N	N	0
1192	tomato	2.9	28.1	13.6	14.2	0.3	0	0	1.3	Tr	Tr	0.1	N	0
1193	Dips , sour-cream based	Tr	2.0	0.9	0.7	0.4	Tr	Tr	N	N	N	N	N	(60)
1194	Dressing , French, 'fat free'	0.6	9.3	N	N	N	0	0	N	Tr	Tr	Tr	Tr	0
1195	blue cheese	1.0	7.7	4.0	3.5	0.2	0	Tr	0	N	N	N	N	41
1196	French	0	4.5	2.0	2.2	0.3	0	0	0	8.0	10.6	28.4	0.3	0
1197	thousand island	1.7	10.8	5.0	3.3	2.5	0	0	0.4	N	N	N	N	29
1198	Mayonnaise , <i>retail</i>	0.4	1.3	0.1	0.1	1.1	0	0	0	11.4	18.2	42.4	1.2	75
1199	reduced calorie	3.6	4.6	1.1	1.0	2.5	0	0	0	4.2	6.9	15.7	0.5	22
1200	Pickle , sweet	2.1	33.9	11.2	11.8	10.9	0	0	1.2	Tr	Tr	Tr	Tr	0
1201	Salad cream	Tr	16.7	1.9	1.9	12.9	0	0	N	3.3	11.4	14.5	0.1	43
1202	reduced calorie	0.2	9.2	2.5	2.3	4.4	0	0	N	2.5	4.7	9.1	0	7
Non-salad sauces														
1203	Barbecue sauce	0.1	(23.1)	N	N	N	0	0	0.5	0	0	0.1	0	0
1204	Brown sauce , sweet	2.6	19.6	7.3	8.3	4.0	0	0	0.7	Tr	Tr	Tr	0	0
1205	Cook-in-sauces , canned	3.3	5.0	1.1	1.3	2.6	0	Tr	N	0.1	0.4	0.2	0	Tr
1206	Curry sauce , canned	3.4	3.7	1.1	1.9	0.7	0	Tr	N	N	N	N	N	Tr
1207	Horseradish sauce	3.0	15.0	4.0	3.6	7.4	0	0 ^a	2.5	1.1	3.8	3.2	0.2	14

^a Creamed varieties contain lactose

Soups, sauces and miscellaneous foods *continued*

1190 to 1207

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Salad sauces, dressings and pickles													
1190	Apple chutney	166	186	20	9	23	0.8	0.10	0.2	263	0.11	1	1
1191	Chutney , mango, oily	1090	57	23	27	10	2.3	0.10	0.1	1720	0.10	N	N
1192	tomato	410	300	14	12	27	0.6	0.09	0.2	790	0.12	N	N
1193	Dips , sour-cream based	330	130	72	10	79	0.4	0.98	0.9	N	0.10	Tr	N
1194	Dressing , French, 'fat free'	1500	N	N	N	N	N	N	N	N	N	N	N
1195	blue cheese	1110	52	58	7	61	0.6	0.02	0.4	1400	0.10	1	6
1196	French	460	N	N	N	N	N	N	N	N	N	N	N
1197	thousand island	900	130	24	9	34	0.3	0.05	0.2	1390	0.07	1	5
1198	Mayonnaise , retail	450	16	8	1	27	0.3	0.02	0.1	750	Tr	N	35
1199	reduced calorie	(940)	N	N	N	N	N	N	N	(1450)	N	N	N
1200	Pickle , sweet	1610	94	15	6	12	0.6	Tr	0.1	1750	0.15	N	N
1201	Salad cream	1040	40	18	9	48	0.5	0.02	0.3	1620	0.10	N	11
1202	reduced calorie	N	N	N	N	N	N	N	N	N	N	N	N
Non-salad sauces													
1203	Barbecue sauce	1190	240	17	23	27	0.6	0.11	0.2	1830	0.10	Tr	1
1204	Brown sauce , sweet	1420	(330)	(35)	(53)	(21)	(1.2)	(0.10)	(0.2)	1620	(0.34)	N	N
1205	Cook-in-sauces , canned	940	130	7	5	20	0.4	0.03	0.1	620	0.07	N	N
1206	Curry sauce , canned	980	180	30	18	31	1.1	0.05	0.2	760	0.20	N	N
1207	Horseradish sauce	910	220	43	18	42	0.6	0.05	0.4	1710	0.18	N	N

Soups, sauces and miscellaneous foods *continued*

1190 to 1207

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Salad sauces, dressings and pickles															
1190	Apple chutney	0	11	0	0.20	0.05	0.01	0.3	0.2	0.09	0	4	0.04	1	5
1191	Chutney , mango, oily	0	130	0	N	0.02	0.03	0.1	Tr	N	0	N	N	N	1
1192	tomato	0	N	0	N	0.05	0.15	0.1	0.2	0.02	0	N	N	N	Tr
1193	Dips , sour-cream based	N	N	N	N	N	N	N	N	N	Tr	N	N	N	N
1194	Dressing , French, 'fat free'	0	0	0	N	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	Tr
1195	blue cheese	46	27	0.2	5.91	0.01	0.04	0	0.7	0.01	0	5	0.12	1	0
1196	French	0	0	0	20.49	0	0	0	0	0	0	0	0	0	0
1197	thousand island	14	170	0.1	8.10	0.01	0.02	0.1	0.2	0.02	0	4	0.10	1	Tr
1198	Mayonnaise , retail	86	100	0.3	16.87	0.02	0.07	Tr	0.3	0.01	1	4	N	N	Tr
1199	reduced calorie	Tr	57	Tr	8.33	N	N	N	N	N	0	N	N	N	0
1200	Pickle , sweet	0	250	0	N	0.03	0.01	0.1	0.1	0.01	0	Tr	N	Tr	Tr
1201	Salad cream	9	17	0.2	13.58	N	N	N	0.3	0.03	1	3	N	N	0
1202	reduced calorie	N	N	N	N	N	N	N	0.2	N	N	N	N	N	0
Non-salad sauces															
1203	Barbecue sauce	0	505	0	0.91	0.03	0.02	0.4	0.1	0.04	0	5	0.10	1	3
1204	Brown sauce , sweet	0	(40)	0	N	(0.13)	(0.09)	(0.1)	(0.2)	(0.10)	(0)	(8)	N	N	Tr
1205	Cook-in-sauces , canned	Tr	N	0	N	Tr	0.01	0.1	0.1	0.03	0	1	N	N	Tr
1206	Curry sauce , canned	0	N	0	N	Tr	0.03	0.1	0.2	0.02	0	N	N	N	Tr
1207	Horseradish sauce	Tr	Tr	Tr	N	N	N	N	N	N	Tr	N	N	N	Tr

Soups, sauces and miscellaneous foods *continued*

1208 to 1225

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Non-salad sauces continued</i>										
1208	Mint sauce	8 samples, 4 brands	1.00	68.7	0.26	1.6	Tr	21.5	101 ^a	432 ^a
1209	Pasta sauce , tomato based	9 samples, 4 brands; assorted types	1.00	83.9	0.32	2.0	1.5	6.9	47	200
1210	Piccalilli	9 samples, 4 brands; mild, saucy and sweet varieties	1.00	79.1	0.16	1.0	0.5	17.6 ^b	84 ^c	360 ^c
1211	Relish , burger/chilli/tomato	9 samples, 4 brands	1.00	68.4	0.19	1.2	0.1	27.6	114 ^d	485 ^d
1212	corn/cucumber/onion	9 samples, 5 brands	1.00	67.0	0.16	1.0	0.3	29.2	119 ^e	510 ^e
1213	Soy sauce	8 samples, 4 brands; light and dark varieties	1.00	68.6	0.48	3.0	Tr	8.2	43	182
1214	Sweet and sour sauce , canned	10 samples, 4 brands	1.00	81.7	0.06	0.4	0.1	10.6	44 ^f	188 ^f
1215	<i>takeaway</i>	7 samples purchased from Chinese restaurants	1.00	65.3	0.03	0.2	3.4	32.8	157 ^g	666 ^g
1216	Tartare sauce	10 samples, 4 brands	1.00	53.5	0.21	1.3	24.6	17.9	299 ^h	1241 ^h
1217	Tomato ketchup	10 samples, 5 brands	1.00	68.0	0.26	1.6	0.1	28.6	115	489
1218	Worcestershire sauce	7 samples, 3 brands	1.00	75.3	0.22	1.4	0.1	15.5	65	276
<i>Miscellaneous foods</i>										
1219	Baking powder	6 samples of the same brand	1.00	6.3	0.91	5.2	0	37.8	163	693
1220	Gelatine	Literature sources and Ref. Lewis and English (1990)	1.00	13.0	15.2	84.4	0	0	338	1435
1221	Gravy instant granules	7 samples, 3 brands	1.00	4.0	0.70	4.4	32.5	40.6	462	1927
1222	<i>made up</i>	Calculated from 23.5g granules to 300ml water	1.00	93.0	0.05	0.3	2.4	3.0	34	142
1223	Meat extract	Mixed sample including Bovril and own brands	1.00	39.0	6.64	40.4	0.6	3.2	179	760
1224	Mustard , smooth	10 samples, 7 types including English and French	1.00	63.7	1.14	7.1	8.2	9.7	139	579
1225	wholegrain	9 samples, 5 brands	1.00	65.0	1.31	8.2	10.2	4.2	140	584

^a Includes 14 kcal, 61 kJ from acetic acid^b Carbohydrate values range from 6g to 21g^c Includes 10 kcal, 43 kJ from acetic acid^d Includes 3 kcal, 14 kJ from acetic acid^e Includes 4 kcal, 18 kJ from acetic acid^f Includes 2 kcal, 8 kJ from acetic acid^g Includes 3 kcal, 12 kJ from acetic acid^h Includes 5 kcal, 22 kJ from acetic acid

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Non-salad sauces continued</i>														
1208	Mint sauce	0	21.5	4.9	4.8	11.8	0	0	N	Tr	Tr	Tr	Tr	0
1209	Pasta sauce , tomato based	1.2	5.7	2.9	2.8	Tr	0	0	N	0.2	0.3	0.8	N	0
1210	Piccalilli	2.8	14.8	6.5	6.8	1.5	0	0	1.0	0.1	0.1	0.3	N	0
1211	Relish , burger/chilli/tomato	2.5	25.1	6.5	6.8	11.8	0	0	1.3	Tr	Tr	Tr	Tr	0
1212	corn/cucumber/onion	3.6	25.6	8.1	8.5	9.0	0	0	1.2	Tr	0.1	0.2	N	0
1213	Soy sauce	0.9	7.3	2.2	0.9	4.2	0	0	0	0	0	0	0	0
1214	Sweet and sour sauce , canned	3.3	7.3	2.5	2.9	1.9	0	0	N	0.1	0	0	0	0
1215	<i>takeaway</i>	5.3	27.5	9.5	9.7	8.3	0	0	N	N	N	N	N	0
1216	Tartare sauce	1.7	16.2	6.5	6.3	3.4	0	0	Tr	N	N	N	N	49
1217	Tomato ketchup	1.1	27.5	5.9	6.4	15.2	0	0	0.9	Tr	Tr	Tr	Tr	0
1218	Worcestershire sauce	0.8	14.7	4.0	4.7	6.0	0	0	0	Tr	Tr	Tr	Tr	0
<i>Miscellaneous foods</i>														
1219	Baking powder	37.8	0	0	0	0	0	0	0	0	0	0	0	0
1220	Gelatine	0	0	0	0	0	0	0	0	0	0	0	0	0
1221	Gravy instant granules	39.3	1.3	0.6	0.5	0.2	0	0	Tr	N	N	N	N	N
1222	<i>made up</i>	2.9	0.1	Tr	Tr	Tr	0	0	Tr	N	N	N	N	N
1223	Meat extract	2.8	0.4	0.2	0.2	Tr	0	0	0	N	N	N	N	N
1224	Mustard , smooth	1.9	7.8	3.4	2.9	1.5	0	0	N	0.5	5.8	1.6	N	0
1225	wholegrain	0.3	3.9	2.0	1.9	Tr	0	0	4.9	0.6	7.2	1.9	N	0

Soups, sauces and miscellaneous foods *continued*

1208 to 1225

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Non-salad sauces continued</i>													
1208	Mint sauce	690	210	120	46	27	7.4	0.30	0.2	1120	0.86	Tr	Tr
1209	Pasta sauce , tomato based	410	490	23	21	42	0.7	0.16	0.2	830	0.10	N	N
1210	Piccalilli	1340	40	16	6	17	0.6	0.03	0.1	1330	0.10	N	N
1211	Relish , burger/chilli/tomato	480	290	13	12	26	0.3	0.07	0.1	980	0.10	N	N
1212	corn/cucumber/onion	340	110	13	9	24	0.3	0.07	0.2	660	0.07	N	N
1213	Soy sauce	7120	180	17	37	47	2.4	0.01	0.2	10640	0.18	N	N
1214	Sweet and sour sauce , canned	390	93	10	6	10	0.5	0.02	0.1	460	0.18	N	N
1215	<i>takeaway</i>	150	16	6	2	4	6.0	Tr	Tr	240	0.04	N	N
1216	Tartare sauce	800	42	15	17	36	0.5	0.03	0.3	1540	0.00	1	8
1217	Tomato ketchup	1630	350	13	19	31	0.3	0.05	0.1	1800	0.10	N	N
1218	Worcestershire sauce	1200	600	190	73	31	10.1	0.21	0.4	2090	0.98	(1)	(1)
<i>Miscellaneous foods</i>													
1219	Baking powder	11800 ^a	49	1130 ^a	9	8430 ^a	Tr	Tr	2.8	29	Tr	Tr	Tr
1220	Gelatine	330	7	250	15	32	2.1	0.05	0.2	N	0.13	19	6
1221	Gravy instant granules	6330	150	22	15	71	0.5	0.24	0.3	10000	0.40	N	N
1222	<i>made up</i>	460	10	1	1	5	Tr	0.02	Tr	730	Tr	N	N
1223	Meat extract	4370	970	37	65	400	8.1	0.26	1.5	6550	0.08	N	N
1224	Mustard , smooth	2950	200	70	82	190	2.9	0.19	1.0	3550	0.70	N	N
1225	wholegrain	1620	220	120	93	200	2.8	0.21	1.2	2210	0.70	N	N

^a The sodium, calcium and phosphorus content will depend on the brand

Soups, sauces and miscellaneous foods *continued*

1208 to 1225

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Non-salad sauces continued															
1208	Mint sauce	0	Tr	0	Tr	Tr	Tr	Tr	0.3	Tr	0	Tr	Tr	Tr	Tr
1209	Pasta sauce , tomato based	0	(100)	0	N	0.06	0.50	0.1	0.3	0.06	0	10	N	N	Tr
1210	Piccalilli	0	N	0	N	Tr	0.02	0.1	0.2	0.01	0	N	N	Tr	Tr
1211	Relish , burger/chilli/tomato	0	N	0	N	0.06	0.05	0.2	0.2	N	0	N	N	N	N
1212	corn/cucumber/onion	0	N	0	N	N	N	N	0.2	N	0	N	N	N	N
1213	Soy sauce	0	0	0	N	0.05	0.13	3.4	1.4	N	0	11	N	N	0
1214	Sweet and sour sauce , canned	0	N	0	N	0.11	Tr	0	0.1	N	0	N	N	N	N
1215	<i>takeaway</i>	0	N	0	N	0.11	Tr	0	Tr	N	0	N	N	N	N
1216	Tartare sauce	24	150	0.2	10.10	0.02	0.02	Tr	0.3	0.02	0	4	0.12	1	2
1217	Tomato ketchup	0	473	0	N	1.00	0.09	2.1	0.2	0.03	0	1	N	N	2
1218	Worcestershire sauce	0	8	0	N	Tr	(0.01)	0.4	0.2	N	0	(1)	N	N	0
Miscellaneous foods															
1219	Baking powder	0	0	0	Tr	Tr	Tr	Tr	1.0	Tr	0	Tr	Tr	Tr	0
1220	Gelatine	0	0	0	0	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
1221	Gravy instant granules	N	Tr	Tr	N	N	N	N	0.8	N	Tr	Tr	N	N	0
1222	<i>made up</i>	N	0	0	N	N	N	N	0.1	N	0	0	N	N	0
1223	Meat extract	N	0	0	N	9.70	8.50	87.0	3.0	0.57	8	1300	N	N	0
1224	Mustard , smooth	0	N	0	N	N	N	N	2.1	N	0	0	N	N	0
1225	wholegrain	0	N	0	N	N	N	N	2.4	N	0	0	N	N	0

Soups, sauces and miscellaneous foods *continued*

1226 to 1235

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Miscellaneous foods continued										
1226	Salt	2 samples	1.00	Tr	0	0	0	0	0	0
1227	Stock cubes, beef	10 samples, 6 brands including Bovril, Oxo & own brands	1.00	6.1	2.85 ^a	16.8 ^b	9.2	N	N	N
1228	chicken	7 samples, 4 brands including Oxo	1.00	5.8	2.50 ^c	15.4 ^b	15.4	9.9	237	990
1229	vegetable	8 samples, 4 brands including Oxo	1.00	5.7	2.16	13.5	17.3	11.6	253	1055
1230	Tomato puree	8 samples, 4 brands	1.00	0.80	0.8	5.0	0.3	14.2	76	323
1231	Vinegar	4 samples including malt, cider and wine vinegar	1.00	N	0.07	0.4	0	0.6	22 ^d	89 ^d
1232	Water, distilled	Included for recipe calculation	1.00	100.0	0	0	0	0	0	0
1233	Yeast extract	Mixed sample including Marmite and own brands	1.00	26.7	6.78 ^e	40.7 ^b	0.4	3.5	180	763
1234	Yeast, bakers, compressed	Literature sources	1.00	70.0	2.02 ^c	11.4 ^b	0.4	1.1	53	226
1235	dried	Literature sources	1.00	5.0	6.32 ^c	35.6 ^b	1.5	3.5	169	717

^a Includes 0.17g purine nitrogen^b (Total N – purine N) × 6.25^c Purine nitrogen forms about 10% of total nitrogen^d Includes 18 kcal, 73 kJ from acetic acid^e Includes 0.27g purine nitrogen

Soups, sauces and miscellaneous foods *continued*

1226 to 1235

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Miscellaneous foods continued</i>														
1226	Salt	0	0	0	0	0	0	0	0	0	0	0	0	0
1227	Stock cubes , beef	N	N	N	N	N	0	0	0	3.5	3.3	1.4	0.3	Tr
1228	chicken	7.9	2.0	Tr	0.3	1.6	0	0	0	N	N	N	N	Tr
1229	vegetable	9.4	2.2	0.1	0.7	1.4	0	0	Tr	N	N	N	N	0
1230	Tomato puree	0.1	14.1	6.5	7.6	Tr	0	0	2.8	Tr	0.1	0.1	N	0
1231	Vinegar	0	0.6	0.3	0.3	0	0	0	0	0	0	0	0	0
1232	Water , distilled	0	0	0	0	0	0	0	0	0	0	0	0	0
1233	Yeast extract	1.9	1.6	Tr	1.5	0.2	0	0	0	N	N	N	N	0
1234	Yeast , bakers, compressed	1.1	Tr	Tr	Tr	Tr	0	0	N	N	N	N	N	0
1235	dried	(3.5)	Tr	Tr	Tr	Tr	0	0	N	N	N	N	N	0

Soups, sauces and miscellaneous foods *continued*

1226 to 1235

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Miscellaneous foods continued</i>													
1226	Salt	39300	89	(10)	76	(1)	0.3	0.08	(0.1)	59900	Tr	N	44 ^a
1227	Stock cubes , beef	14560	490	40	32	240	1.2	0.70	0.8	21010	0.20	N	N
1228	chicken	16300	400	120	47	200	4.9	0.10	1.2	8850	0.27	N	N
1229	vegetable	16800	390	47	44	120	2.8	0.05	0.4	9550	0.26	N	N
1230	Tomato puree	240 ^b	1200	35	26	94	1.4	0.53	0.5	550	0.24	N	N
1231	Vinegar	5	34	3	4	10	(0.1)	(0.01)	(0.1)	47	(0.01)	(1)	N
1232	Water , distilled	0	0	0	0	0	0	0	0	0	0	0	0
1233	Yeast extract	4300	2100	70	160	950	2.9	0.20	2.7	6630	0.19	N	49
1234	Yeast , bakers, compressed	16	610	25	59	390	5.0	1.60	3.2	20	N	N	N
1235	dried	(50)	(2000)	80	230	(1290)	20.0	5.00	8.0	N	N	N	N

^a Iodised salt contains 3100µg iodine per 100g. Sea salt contains 50µg iodine per 100g

^b The sodium content of unsalted tomato puree is approximately 20mg per 100g

Soups, sauces and miscellaneous foods *continued*

1226 to 1235

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
<i>Miscellaneous foods continued</i>															
1226	Salt	0	0	0	0	0	1	0	0	0	0	0	0	0	0
1227	Stock cubes , beef	N	N	0	N	N	N	N	N	N	N	N	N	N	0
1228	chicken	N	N	0	N	N	N	N	N	N	N	N	N	N	0
1229	vegetable	0	N	0	N	N	N	N	N	N	Tr	N	N	N	0
1230	Tomato puree	0	1784	0	5.37	0.40	0.19	4.0	0.7	0.11	0	48	1.00	6	10
1231	Vinegar	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1232	Water , distilled	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1233	Yeast extract	0	0	0	N	4.10	11.9	64.0	9.0	1.60	1	2620	N	N	0
1234	Yeast , bakers, compressed	0	Tr	0	Tr	0.71	1.70	11.0	2.0	0.60	Tr	1250	3.50	60	Tr
1235	dried	0	Tr	0	Tr	2.33 ^a	4.00	8.5	7.0	2.00	Tr	4000	11.00	200	Tr

^a Value for bakers yeast. Brewers yeast contains 15.6mg thiamin per 100g

Section 2.2

Milk and milk products

Some of the data in this section of the Tables have been taken from the *Milk Products and Eggs* (1989) supplement. However, new analytical data have been incorporated for pasteurised liquid milk, other milks and cream, yoghurt, fromage frais, ice cream, puddings and chilled desserts, and cheese. Foods for which new data are incorporated have been allocated a new food code and can thus easily be identified in the food index.

Variation of milk composition by season is pertinent to this section (e.g. carotenes, iodine). Where summer and winter values are given separately, summer are June/September and winter are January/March. Recipe calculations use the average of the values for summer and winter milks. Some loss of vitamins is inevitable when milk is stored. On the doorstep, milk exposed for several hours to bright sunlight can lose up to 70 per cent of its riboflavin. Vitamin C can also decline under these conditions from the 1–1.5mg per 100g in the original milk to almost zero. There will also be gradual losses of folate and vitamin B₁₂ from UHT and sterilised milks even under ideal storage conditions because of the reactions with small amounts of oxygen in the pack.

As many products are sold or measured by volume, example specific gravities (densities) of some of these products are given below. More detailed information can be found in the *Milk Products and Eggs* supplement and in the appropriate analytical reports (see general introduction). For the majority of purposes, the values are given on a weight basis may be regarded as the same as those expressed by volume.

<i>Specific gravities of selected dairy products</i>			
Skimmed milk	1.03	Double cream	0.94
Semi-skimmed milk	1.03	Yogurt, low fat, fruit	1.08
Whole milk	1.03	Ice creams:	
Evaporated milk	1.07	vanilla, dairy	0.61
Single cream	1.00	vanilla, non dairy	0.51
Whipping cream	0.96		

Losses of labile vitamins assigned on recipe calculation were estimated using the figures in Section 4.3.

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Skimmed milk										
206	Skimmed milk, average	Weighted average of pasteurised, sterilised and UHT	1.00	90.9	0.54	3.4	0.2	4.4	32	136
207	pasteurised, <i>average</i>	Average of summer (June/Sep) and winter milk (Jan/Mar). Samples from 11 areas, in glass bottles (50%), plastic containers (30%) and cartons (20%)	1.00	90.8	0.55	3.5	0.3	4.8	34	144
208	pasteurised, <i>fortified plus SMP</i>	10 samples, own label and Vitapint ^a	1.00	89.3	0.60	3.8	0.1	6.0	39	164
209	sterilised	21 samples, summer (June/Sep) and winter (Jan/Mar)	1.00	91.4	0.45	2.9	0.3	5.4	35	147
210	UHT	22 samples, summer (June/Sep) and winter (Jan/Mar)	1.00	91.3	0.44	2.8	0.1	3.9	27	114
Semi-skimmed milk										
211	Semi-skimmed milk, average	Weighted average of pasteurised and UHT	1.00	89.6	0.54	3.4	1.7	4.7	46	195
212	pasteurised, <i>average</i>	Average of summer and winter milk. Samples from 11 areas, in glass bottles (50%), plastic containers (30%) and cartons (20%)	1.00	89.4	0.54	3.5	1.7	4.7	46	195
213	pasteurised, <i>summer</i>	Samples taken in June and September	1.00	89.5	0.55	3.5	1.7	4.5	46	194
214	pasteurised, <i>winter</i>	Samples taken in January and March	1.00	89.5	0.54	3.4	1.7	4.9	47	196
215	pasteurised, <i>fortified plus SMP</i>	10 samples, own label and Vitapint ^a	1.00	88.4	0.59	3.7	1.6	5.8	51	215
216	UHT	22 samples, average of winter and summer	1.00	90.9	0.50	3.3	1.6	4.9	46	194

^a SMP = Skimmed milk proteins

Milk and milk products

206 to 216

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids				Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	Poly-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	g	mg
Skimmed milk														
206	Skimmed milk, average	0	4.4	0	0	0	0	4.4	0	0.1	0.1	Tr	Tr	3
207	pasteurised, average	0	4.8	0	0	0	0	4.8	0	0.1	0.1	Tr	Tr	4
208	pasteurised, fortified plus SMP	0	6.0	0	0	0	0	6.0	0	0.1	Tr	Tr	Tr	2
209	sterilised	0	5.4	0	0	0	0	5.4	0	0.3	Tr	Tr	Tr	2
210	UHT	0	3.9	0	0	0	0	3.9	0	N	N	Tr	Tr	2
Semi-skimmed milk														
211	Semi-skimmed milk, average	0	4.7	0	0	0	0	4.7	0	1.1	0.4	Tr	0.1	6
212	pasteurised, average	0	4.7	0	0	0	0	4.7	0	1.1	0.4	Tr	0.1	6
213	pasteurised, summer	0	4.5	0	0	0	0	4.5	0	1.0	0.4	0.1	0.1	6
214	pasteurised, winter	0	4.9	0	0	0	0	4.9	0	1.0	0.4	0.1	0.1	6
215	pasteurised, fortified plus SMP	0	5.8	0	0	0	0	5.8	0	1.0	0.5	Tr	(0.1)	7
216	UHT	0	4.9	0	0	0	0	4.9	0	1.1	0.4	Tr	(0.1)	7

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Skimmed milk													
206	Skimmed milk, average	44	160	122	11	96	0.03	Tr	0.5	89	Tr	1	29
207	pasteurised, average	44	162	125	11	96	0.03	Tr	0.5	87	Tr	1	30 ^a
208	pasteurised, fortified plus SMP	61	170	140	13	110	0.04	Tr	0.4	110	Tr	(1)	(15)
209	sterilised	38	140	105	10	91	Tr	0.01	0.3	94	Tr	2	20
210	UHT	40	148	102	10	92	Tr	0.01	0.3	102	Tr	2	25
Semi-skimmed milk													
211	Semi-skimmed milk, average	43	156	120	11	94	0.02	Tr	0.4	87	Tr	1	30
212	pasteurised, average	43	156	120	11	94	0.02	Tr	0.4	87	Tr	1	30
213	pasteurised, summer	43	152	118	11	93	0.02	Tr	0.4	85	Tr	Tr	20
214	pasteurised, winter	43	161	123	11	96	0.02	Tr	0.4	89	Tr	1	41
215	pasteurised, fortified plus SMP	59	150	130	12	100	0.03	Tr	0.4	110	Tr	(1)	(15)
216	UHT	50	150	110	11	90	0.17	Tr	0.4	100	Tr	(1)	(31)

^a Winter milk may contain slightly higher levels of Iodine than summer milk

Milk and milk products
206 to 216
Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Skimmed milk															
206	Skimmed milk, average	1	Tr	Tr	Tr	0.03	0.22	0.1	0.7	0.06	0.8	9	0.48	2.4	1
207	pasteurised, average	1	Tr	Tr	Tr	0.03	0.22	0.1	0.7	0.06	0.8	9	0.50	2.5	1
208	pasteurised, fortified plus SMP	43	5	0.3	0.01	0.04	0.19	0.1	0.9	0.06	0.4	5	0.40	2.4	1
209	sterilised	Tr	7	Tr	0.03	0.03	0.16	0.1	0.5	0.02	0.3	Tr	0.38	1.6	Tr
210	UHT	Tr	Tr	0.1	0.02	0.04	0.17	0.1	0.8	0.02	0.6	1	0.41	1.8	Tr
Semi-skimmed milk															
211	Semi-skimmed milk, average	19	9	Tr	0.04	0.04	0.24	0.1	0.8	0.06	0.4	6	0.32	2.0	1
212	pasteurised, average	19	9	Tr	0.04	0.03	0.24	0.1	0.6	0.06	0.9	9	0.68	3.0	2
213	pasteurised, summer	15	7	Tr	0.05	0.03	0.24	0.1	0.6	0.06	0.8	7	0.57	2.9	2
214	pasteurised, winter	22	11	Tr	0.03	0.03	0.24	0.1	0.7	0.06	0.9	12	0.80	3.0	2
215	pasteurised, fortified plus SMP	90	5	0.1	0.04	0.04	0.19	0.1	0.9	0.06	0.4	5	0.37	2.3	1
216	UHT	20	11	0	0.03	0.04	0.18	0.1	0.8	0.05	0.2	2	0.33	1.8	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Whole milk										
217	Whole milk, average	Includes pasteurised, sterilised and UHT	1.00	87.6	0.52	3.3	3.9	4.5	66	274
218	pasteurised, <i>average</i>	Average of summer and winter milk. Samples from 11 areas, in glass bottles (50%), plastic containers (30%) and cartons (20%) ^a	1.00	87.3	0.52	3.3	3.9	4.6	66	274
219	pasteurised, <i>summer</i>	Samples taken in June and September	1.00	87.4	0.53	3.4	4.0	4.1	65	270
220	pasteurised, <i>winter</i>	Samples taken in January and March	1.00	87.3	0.52	3.3	3.9	5.0	67	289
221	sterilised	10 samples, 2 brands, polybottles	1.00	87.6	0.55	3.5	3.9	4.5	66	277
222	UHT	22 samples, summer (Jun/Sep) and winter (Jan/Mar)	1.00	90.2	0.50	3.2	3.9	4.8	66	276
Channel Island milk										
223	Channel Island milk, whole, pasteurised	Samples from dairy and retail outlets. Fat from Milk Marketing Board	1.00	86.4	0.57	3.6	5.1	4.8	78	327
Breakfast milk										
224	Breakfast milk, pasteurised, average	Fresh pasteurised Channel Island (homogenised) milk. Average of 6 samples of summer and winter milk	1.00	86.6	0.56	3.5	4.7	4.3	72	302
225	<i>summer</i>	3 samples	1.00	86.7	0.61	3.9	4.7	4.1	73	306
226	<i>winter</i>	3 samples	1.00	86.5	0.50	3.2	4.7	4.4	72	299

^a All the values for pasteurised milk are equally applicable to unpasteurised milk

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Whole milk														
217	Whole milk, average	0	4.5	0	0	0	0	4.5	0	2.5	1.0	0.1	0.1	14
218	pasteurised, average	0	4.6	0	0	0	0	4.6	0	2.5	1.0	0.1	0.1	14
219	pasteurised, summer	0	4.1	0	0	0	0	4.1	0	2.5	1.0	0.1	0.1	14
220	pasteurised, winter	0	5.0	0	0	0	0	5.0	0	2.5	1.0	0.1	0.1	14
221	sterilised	0	4.5	0	0	0	0	4.5	0	2.4	1.1	0.1	0.1	14
222	UHT	0	4.8	0	0	0	0	4.8	0	2.4	1.1	0.1	0.1	14
Channel Island milk														
223	Channel Island milk, whole, pasteurised	0	4.8	0	0	0	0	4.8	0	3.3	1.3	0.1	(0.1)	16
Breakfast milk														
224	Breakfast milk, pasteurised, average	0	4.3	0	0	0	0	4.3	0	3.0	1.1	0.2	0.2	16
225	summer	0	4.1	0	0	0	0	4.1	0	3.0	1.2	0.2	0.2	16
226	winter	0	4.4	0	0	0	0	4.4	0	3.3	1.0	0.1	0.1	16

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Whole milk													
217	Whole milk, average	43	155	118	11	93	0.03	Tr	0.4	89	Tr	1	31
218	pasteurised, <i>average</i>	43	155	118	11	93	0.03	Tr	0.4	89	Tr	1	31
219	pasteurised, <i>summer</i>	43	150	116	11	91	0.03	Tr	0.4	90	Tr	1	20
220	pasteurised, <i>winter</i>	43	159	121	11	96	0.03	Tr	0.4	88	Tr	1	41
221	sterilised	57	140	120	13	91	0.18	Tr	0.3	100	Tr	(1)	(31)
222	UHT	55	140	110	11	87	0.23	0.01	0.4	93	Tr	(1)	(31)
Channel Island milk													
223	Channel Island milk, whole, pasteurised	54	140	130	12	100	0.05	Tr	0.4	100	Tr	(1)	N
Breakfast milk													
224	Breakfast milk, pasteurised, average	39	131	129	12	106	Tr	0.01	0.4	(100)	Tr	(1)	29
225	<i>summer</i>	39	131	129	12	106	Tr	0.01	0.4	(100)	Tr	(1)	24
226	<i>winter</i>	39	131	129	12	106	Tr	0.01	0.4	(100)	Tr	(1)	34

Milk and milk products *continued*

217 to 226

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Whole milk															
217	Whole milk, average	33	20	Tr	0.08	0.03	0.23	0.2	0.6	0.06	0.9	8	0.58	2.5	2
218	pasteurised, average	30	19	Tr	0.08	0.03	0.23	0.2	0.6	0.06	0.9	8	0.58	2.5	2
219	pasteurised, summer	32	25	Tr	0.08	0.03	0.24	0.2	0.5	0.06	0.9	6	0.57	2.3	2
220	pasteurised, winter	28	13	Tr	0.07	0.03	0.22	0.2	0.7	0.07	0.8	9	0.60	2.8	2
221	sterilised	61	21	Tr	0.12	0.03	0.14	0.1	0.8	0.04	0.1	Tr	0.28	1.8	Tr
222	UHT	54	31	0	0.08	0.04	0.18	0.1	0.8	0.04	0.2	1	0.32	1.8	Tr
Channel Island milk															
223	Channel Island milk, whole, pasteurised	46	71	Tr	0.11	0.04	0.19	0.1	0.9	0.06	0.4	6	0.36	1.9	1
Breakfast milk															
224	Breakfast milk, pasteurised, average	35	41	0.1	0.17	0.04	0.22	0.1	0.6	0.03	0.8	6	0.38	1.9	(1)
225	summer	70	82	0.1	0.17	0.04	0.22	0.1	0.6	0.03	0.8	6	0.38	1.9	(1)
226	winter	Tr	Tr	0.1	0.17	0.04	0.22	0.1	0.6	0.03	0.8	6	0.38	1.9	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Processed milks										
227	Condensed milk , skimmed, <i>sweetened</i>	10 cans (Fussells)	1.00	29.7	1.57	10.0	0.2	60.0	267	1137
228	whole, <i>sweetened</i>	10 cans, 2 brands	1.00	25.9	1.33	8.5	10.1	55.5	333	1406
229	Dried skimmed milk	20 samples, 7 brands, fortified	1.00	3.0	5.70	36.1	0.6	52.9	348	1482
230	<i>with vegetable fat</i>	12 samples, 5 brands, fortified	1.00	2.0	3.70	23.3	25.9	42.6	487	2038
231	Evaporated milk , whole	12 samples, Ideal, Carnation and own brands	1.00	69.1	1.32	8.4	9.4	8.5	151	629
232	light, 4% fat	7 samples, 4 brands	1.00	75.9	1.22	7.8	4.1	10.3	107	449
233	Flavoured milk , pasteurised	10 samples, 6 brands; strawberry, banana	1.00	83.9	0.57	3.6	1.5	9.6 ^a	64	270
234	pasteurised, chocolate	9 samples, 6 brands, including low fat, semi-skimmed	1.00	82.8	0.56	3.6	1.5	9.4 ^a	63	267
235	Milkshake , <i>thick, takeaway</i>	10 samples, 3 brands including chocolate, vanilla, and banana	1.00	73.2	0.58	3.7	1.8	15.3	88	374
Other milks										
236	Goats milk , pasteurised	20 samples from one herd and literature sources	1.00	88.9	0.49	3.1	3.7	4.4	62	260
237	Human milk , mature	Department of Health and literature sources	1.00	87.1	0.20	1.3 ^b	4.1	7.2	69	289
238	Sheeps milk , <i>raw</i>	30 samples from 2 herds and literature sources	1.00	83.0	0.85	5.4	5.8	5.1	93	388
239	Soya , non-dairy alternative to milk, <i>sweetened, calcium enriched</i>	10 samples, 9 brands	1.00	90.1	0.55	3.1	2.4	2.5	43	182
240	Soya , non-dairy alternative to milk, <i>unsweetened</i>	10 samples, 8 brands	1.00	93.0	0.42	2.4	1.6	0.5	26	108

^a Including oligosaccharides from the glucose syrup/maltodextrins in the product^b N x 6.38. True protein = 0.85g per 100g excluding the non-protein nitrogen

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Processed milks														
227	Condensed milk , skimmed, <i>sweetened</i>	0	60.0	0	0	46.7	0	13.3	0	0.1	0.1	Tr	Tr	1
228	whole, <i>sweetened</i>	0	55.5	0	0	43.2	0	12.3	0	6.3	2.9	0.3	N	36
229	Dried skimmed milk	0	52.9	0	0	0	0	52.9	0	0.4	0.2	Tr	Tr	12
230	<i>with vegetable fat</i>	0	42.6	0	0	0	0	42.6	0	16.8	7.3	0.7	N	17
231	Evaporated milk , whole	0	8.5	0	0	0	0	8.5	0	5.9	2.7	0.3	N	34
232	light, 4% fat	0	10.3	0	0	0	0	10.3	0	2.5	1.1	0.2	0.2	17
233	Flavoured milk , pasteurised	0.2	8.9 ^a	Tr	Tr	3.9	0.1	4.9	0	1.0	0.3	0.1	Tr	7
234	pasteurised, chocolate	0.4	8.3 ^a	Tr	1.3	2.1	0.8	4.1	0	1.0	0.4	0.1	0.1	7
235	Milkshake , thick, <i>takeaway</i>	0.3	11.1	0.3	4.2	1.4	0.7	4.5	Tr	1.2	0.4	0.1	0.1	11
Other milks														
236	Goats milk , pasteurised	0	4.4	0	0	0	0	4.4	0	2.4	1.0	0.2	0.1	11
237	Human milk , mature	0	7.2	0	0	0	0	7.2	0	1.8	1.6	0.5	N	16
238	Sheeps milk , <i>raw</i>	0	5.1	0	0	0	0	5.1	0	3.6	1.5	0.3	0.4	12
239	Soya , non-dairy alternative to milk, <i>sweetened, calcium enriched</i>	0	2.2	0.3	1.2	0.7	0	0	Tr	0.4	0.5	1.4	N	0
240	Soya , non-dairy alternative to milk, <i>unsweetened</i>	0	0.2	0	0	0.2	0	0	0.2	0.2	0.3	1.1	Tr	0

^a Not including oligosaccharides from the glucose syrup/maltodextrins in the product

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Processed milks													
227	Condensed milk , skimmed, <i>sweetened</i>	150	450	330	33	270	0.33	Tr	1.2	300	Tr	(3)	(89)
228	whole, <i>sweetened</i>	140	360	290	29	240	0.23	Tr	1.0	230	Tr	(3)	74
229	Dried skimmed milk	550	1590	1280	130	970	0.27	Tr	4.0	1070	Tr	(11)	(150)
230	<i>with vegetable fat</i>	440	1030	840	74	680	0.19	Tr	0.6	760	Tr	(7)	N
231	Evaporated milk , whole	180	360	290	29	260	0.26	0.02	0.9	250	Tr	(3)	11
232	light, 4% <i>fat</i>	115	336	260	25	233	Tr	Tr	1.0	222	Tr	3	47
233	Flavoured milk , pasteurised	52	168	120	12	102	0.13	Tr	0.4	110	Tr	N	N
234	pasteurised, chocolate	45	206	115	19	107	0.62	0.06	0.5	110	0.1	N	N
235	Milkshake , <i>thick, takeaway</i>	57	171	129	13	120	Tr	Tr	0.1	111	Tr	2	37
Other milks													
236	Goats milk , pasteurised	42	170	100	13	90	0.12	0.03	0.5	150	Tr	N	N
237	Human milk , mature	15	58	34	3	15	0.07	0.04	0.3	42	Tr	1	7
238	Sheeps milk , <i>raw</i>	44	120	170	18	150	0.03	0.10	0.7	82	Tr	N	N
239	Soya , non-dairy alternative to milk, <i>sweetened, calcium enriched</i>	56	119	89	18	89	0.31	0.09	0.3	3	0.2	4	1
240	Soya , non-dairy alternative to milk, <i>unsweetened</i>	32	74	13	15	48	0.43	0.09	0.3	3	0.3	4	1

Milk and milk products *continued*

227 to 240

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Processed milks															
227	Condensed milk, skimmed, <i>sweetened</i>	28	20	0.9	0.04	0.11	0.51	0.3	2.3	0.09	0.9	16	1.03	5.2	5
228	whole, <i>sweetened</i>	110	70	5.4	0.19	0.09	0.46	0.3	2.0	0.07	0.7	15	0.85	3.9	4
229	Dried skimmed milk	350 ^a	5 ^a	2.1 ^a	0.27 ^a	0.38	1.63	1.0	8.5	0.60	2.6	51	3.28	20.1	13
230	with vegetable fat	395	15	10.5	1.32	0.23	1.20	0.6	5.5	0.35	2.3	36	2.15	15.0	11
231	Evaporated milk, whole	105	100	4.0 ^b	0.19	0.07	0.42	0.2	2.0	0.07	0.1	11	0.75	4.0	1
232	light, 4% fat	50	21	3.1	0.11	0.07	(0.42)	0.2	(2.0)	0.04	0.2	8	(0.75)	(4.0)	(1)
233	Flavoured milk, pasteurised	20	8	0	0.03	0.03	0.17	0.1	0.8	0.03	0.1	2	0.30	2.2	Tr
234	pasteurised, chocolate	20	8	0	0.03	0.03	0.17	0.1	0.8	0.03	0.1	2	0.30	2.2	Tr
235	Milkshake, thick, takeaway	35	11	Tr	0.10	0.03	0.23	0.1	0.7	0.03	0.5	4	0.31	2.0	1
Other milks															
236	Goats milk, pasteurised	44	Tr	0.1	0.03	0.03	0.04	0.1	0.7	0.06	0.1	1	0.41	3.0	1
237	Human milk, mature	58	(24)	Tr	0.34	0.02	0.03	0.2	0.5	0.01	Tr	5	0.25	0.7	4
238	Sheeps milk, raw	83	Tr	0.2	0.11	0.08	0.32	0.4	1.3	0.08	0.6	5	0.45	2.5	5
239	Soya, non-dairy alternative to milk, <i>sweetened, calcium enriched</i>	0	Tr	0	0.32	0.06	0.05	0.1	0.7	0.03	0	9	Tr	N	1
240	Soya, non-dairy alternative to milk, <i>unsweetened</i>	Tr	Tr	0	0.32	0.06	0.05	0.1	0.7	0.03	0	14	Tr	1.0	0

^a Unfortified skimmed milk powder contains approximately 8µg retinol, 3µg carotene, Tr vitamin D, and 0.01mg vitamin E per 100g. Some brands contain as much as 755µg retinol, 10µg carotene and 4.6µg vitamin D per 100g

^b This is for fortified product. Unfortified evaporated milk contains approximately 0.09µg vitamin D per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Fresh creams (pasteurised)										
241	Cream , single	Average of 22 samples of summer and winter cream	1.00	77.0	0.52	3.3	19.1	2.2	193	798
242	soured	8 samples, 4 brands	1.00	72.5	0.45	2.9	19.9	3.8	205	845
243	whipping	Average of 22 samples of summer and winter cream	1.00	54.5	0.31	2.0	40.3	2.7	381	1568
244	double	Average of 22 samples of summer and winter cream. Includes Jersey cream	1.00	46.9	0.25	1.6	53.7 ^a	1.7	496	2041
245	clotted	17 samples, 3 brands	1.00	32.2	0.25	1.6	63.5	2.3	586	2413
246	Crème fraîche	9 samples, 6 brands	1.00	55.8	0.34	2.2	40.0	2.4	378	1556
247	half fat	8 samples, 6 brands	1.00	76.5	0.42	2.7	15.0	4.4	162	671
248	Dairy cream , extra thick	16 samples, 4 brands, summer and winter	1.00	69.0	0.45	2.9	23.5	3.4	236	973
Sterilised creams										
249	Cream , sterilised, canned	13 cans, 6 brands	1.00	69.2	0.39	2.5	23.9	3.7	239	985
UHT creams										
250	Dairy cream , UHT, canned spray	10 samples, 6 brands	1.00	63.6	0.30	1.9	24.2	7.2	252	1043
251	UHT, canned spray, half fat	4 samples, 1 brand (Anchor Light)	1.00	71.9	0.44	2.8	17.3	7.6	196	811
Imitation creams										
252	Dream Topping , made up with semi-skimmed milk	Recipe	1.00	71.5	0.61	3.9	11.7	12.2	166	694

^a Double cream with added alcohol contains 39.7g fat, 10.3g carbohydrate (8.0g sucrose, 2.0g lactose, 0.3g maltodextrins), 5.0g alcohol, 531kcal and 2186kJ energy per 100g

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids				Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	Poly-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	g	mg
Fresh creams (pasteurised)														
241	Cream , single	0	2.2	0	0	0	0	2.2	0	12.2	5.1	0.6	0.7	55
242	soured	0	3.8	0	0	0	0	3.8	0	12.5	5.8	0.6	N	60
243	whipping	0	2.7	0	0	0	0	2.7	0	25.2	11.7	1.1	N	105
244	double	0	1.7	0	0	0	0	1.7	0	33.4	13.8	1.9	1.8	137
245	clotted	0	2.3	0	0	0	0	2.3	0	39.7	18.4	1.8	N	170
246	Crème fraîche	0.3	2.1	0	0	0	0	2.1	0	27.1	8.6	1.1	0.8	113
247	half fat	1.4	3.0	0	0	0	0	3.0	0	10.2	3.2	0.4	0.3	N
248	Dairy cream , extra thick	0	3.4	0	0	0	0	3.4	0	15.3	6.0	0.8	0.8	74
Sterilised creams														
249	Cream , sterilised, canned	0	3.7	0	0	0	0	3.7	0	14.9	6.9	0.7	N	65
UHT creams														
250	Dairy cream , UHT, canned spray	0	7.2	0	0	0	0	3.3	0	15.2	6.1	0.8	0.8	(68)
251	UHT, canned spray, half fat	0	7.4	0	0	3.8	0	3.6	0	10.9	4.3	0.6	0.6	46
Imitation creams														
252	Dream Topping , made up with semi-skimmed milk	2.1	10.2	Tr	Tr	4.5	0.2	5.4	Tr	10.5	0.5	0.1	N	6

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Fresh creams (pasteurised)													
241	Cream , single	29	104	89	8	79	Tr	Tr	0.3	80	Tr	N	N
242	soured	41	110	93	10	81	0.4	Tr	0.5	81	Tr	Tr	N
243	whipping	25	86	58	6	59	Tr	Tr	0.2	59	Tr	N	N
244	double	22	65	49	5	52	0.1	Tr	0.2	36	Tr	3	35
245	clotted	18	55	37	5	40	0.1	0.09	0.2	40	Tr	Tr	Tr
246	Crème fraîche	22	81	58	6	58	0.1	Tr	0.2	55	Tr	0	8
247	half fat	36	122	95	9	81	0.1	Tr	0.3	N	Tr	(4)	(8)
248	Dairy cream , extra thick	29	100	95	8	81	0.1	0.01	0.3	N	Tr	N	N
Sterilised creams													
249	Cream , sterilised, canned	53	110	86	10	73	0.8	Tr	1.1	78	Tr	Tr	N
UHT creams													
250	Dairy cream , UHT, canned spray	31	107	54	7	57	Tr	Tr	0.2	66	Tr	1	11
251	UHT, canned spray, half fat	35	110	87	9	77	Tr	Tr	0.3	66	Tr	1	11
Imitation creams													
252	Dream Topping , made up with semi-skimmed milk	70	130	99	9	94	0.1	0.03	0.4	82	Tr	N	12

Milk and milk products *continued*

241 to 252

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Fresh creams (pasteurised)															
241	Cream , single	291	169	0.3	0.47	0.03	0.19	0.1	0.5	0.03	0.4	5	0.30	2.8	1
242	soured	330	105	0.2	0.44	0.03	0.17	0.1	0.7	0.04	0.2	12	0.24	1.5	Tr
243	whipping	399	247	0.3	1.32	0.02	0.17	Tr	0.5	0.04	0.2	7	0.22	1.4	1
244	double	779 ^a	483 ^a	0.3	1.64 ^a	0.02	0.19	Tr	0.3	0.01	0.6	7	0.23	0.9	1
245	clotted	705	685	0.3	1.48	0.02	0.16	Tr	0.4	0.03	0.1	6	0.14	1.0	Tr
246	Crème fraîche	388	143	0.3	0.72	0.02	0.21	0.1	N	0.01	0.2	3	N	N	N
247	half fat	300	21	Tr	0.42	0.02	0.21	0.1	N	0.01	0.2	3	N	N	N
248	Dairy cream , extra thick	435	384	0.3	0.80	0.03	0.19	0.1	0.5	0.03	0.4	5	0.30	2.8	1
Sterilised creams															
249	Cream , sterilised, canned	240	215	Tr	0.48	0.02	0.16	0.1	0.6	0.02	0.1	1	0.25	2.1	Tr
UHT creams															
250	Dairy cream , UHT, canned spray	279	111	0.3	0.79	0.03	0.26	0.1	0.5	0.02	0.1	6	0.19	1.7	0
251	UHT, canned spray, half fat	147	39	Tr	0.46	0.03	0.26	0.1	0.5	0.02	0.1	6	0.19	1.7	0
Imitation creams															
252	Dream Topping , made up with semi-skimmed milk	16	N ^b	0	N	0.04	0.19	0.1	0.9	0.05	0.5	4	N	N	1

^a Double cream with added alcohol contains 390mg retinol, 187mg carotene and 1.08mg Vitamin E

^b β-Carotene is added as a colouring agent

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Imitation creams continued</i>										
253	Elmlea , single	5 samples	1.00	76.8	0.49	3.1	14.5	4.0	158	654
254	whipping	4 samples	1.00	62.4	0.41	2.6	29.9	3.3	292	1204
255	double	4 samples	1.00	55.8	0.41	2.6	35.7	3.6	345	1423
256	Tip Top dessert topping	4 samples	1.00	78.1	0.77	4.9	6.5	9.0	112	468
<i>Cheeses</i>										
257	Brie	20 samples, with outer rind removed	0.69	48.7	3.18	20.3	29.1	Tr	343	1422
258	Camembert	18 samples	1.00	54.4	3.37	21.5	22.7	Tr	290	1205
259	Cheddar cheese	20 samples of English cheddar including mild and mature, spring and autumn.	1.00	36.6	3.98	25.4	34.9	0.1	416	1725
260	Cheddar type , half fat	16 samples	1.00	47.4	5.13	32.7	15.8	Tr	273	1141
261	Cheddar , vegetarian	16 samples	1.00	37.2	4.00	25.5	32.0	Tr	390	1618
262	Cheese spread , plain	20 samples, 7 brands, portions and tubs	1.00	58.8	1.77	11.3	22.8	4.4	267	1106
263	reduced fat	13 samples, 9 brands, portions and tubs	1.00	61.4	2.35	15.0	9.5	7.9	175	733
264	Cottage cheese , plain	16 samples	1.00	78.6	1.97	12.6	4.3	3.1	101	423
265	plain, reduced fat	20 samples	1.00	81.9	2.09	13.3	1.5	3.3	79	334
266	plain, <i>with additions</i>	10 samples, mixed, e.g. with pineapple	1.00	76.9	2.00	12.8	3.8	2.6	95	400
267	Cream cheese	3 samples	1.00	45.5	0.49	3.1	47.4	Tr	439	1807
268	Danish blue	18 samples	1.00	46.3	3.22	20.5	28.9	Tr	342	1418
269	Edam	20 samples	1.00	43.8	4.18	26.7	26.0	Tr	341	1416
270	Feta	18 samples, made from sheeps and goats milk	1.00	56.5	2.45	15.6	20.2	1.5	250	1037

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Imitation creams continued														
253	Elmlea , single	0	4.0	0	0	0	0	4.0	0.3 ^a	9.2	3.2	1.3	0.4	(4)
254	whipping	0	3.3	0	0	0	0	3.3	0.1 ^a	26.4	2.8	0.9	N	8
255	double	0	3.6	0	0	0	0	2.3	0.1 ^a	24.3	6.5	2.8	0.9	(11)
256	Tip Top dessert topping	1.9	7.1	0	0	0.3	0	6.8	Tr	5.9	0.2	0.1	0.1	4
Cheeses														
257	Brie	0	Tr	0	0	0	0	Tr	0	18.2	6.7	0.6	1.3	93
258	Camembert	0	Tr	0	0	0	0	Tr	0	14.2	6.6	0.7	N	72
259	Cheddar cheese	0	0.1	0	0	0	0	0.1	0	21.7	9.4	1.1	1.4	97
260	Cheddar type , half fat	0	Tr	0	0	0	0	Tr	0	9.9	4.6	0.4	N	43
261	Cheddar , vegetarian	0	Tr	0	0	0	0	Tr	0	20.8	8.7	1.2	1.5	105
262	Cheese spread , plain	0	4.4	0	0	0	0	4.4	0	15.8	5.8	0.8	1.1	67
263	reduced fat	0.6	7.3	0	0	0	0	7.3	0	6.6	2.4	0.3	0.5	N
264	Cottage cheese , plain	0	3.1	0	0	0	0	3.1	0	2.3	1.2	0.2	0.2	16
265	plain, reduced fat	0	3.3	0	0	0	0	3.3	0	1.0	0.4	Tr	Tr	5
266	plain, <i>with additions</i>	0	2.6	0.6	0	0	0	2.0	Tr	2.4	1.1	0.1	N	13
267	Cream cheese	0	Tr	0	0	0	0	Tr	0	29.7	13.7	1.4	N	95
268	Danish blue	0	Tr	0	0	0	0	Tr	0	19.1	7.5	1.0	1.1	75
269	Edam	0	Tr	0	0	0	0	Tr	0	15.8	5.2	0.4	(0.7)	71
270	Feta	0	1.5	0	0	0	0	1.4	0	(13.7)	(4.1)	(0.6)	N	70

^a Carob and guar gums are added as thickeners

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Imitation creams continued</i>													
253	Elmlea , single	61	139	96	10	88	0.1	Tr	0.3	N	Tr	(2)	N
254	whipping	56	94	78	9	75	0.4	Tr	0.3	77	Tr	2	12
255	double	47	109	79	8	73	0.2	Tr	0.3	N	N	(2)	N
256	Tip Top dessert topping	110	205	173	18	171	0.2	Tr	0.6	147	Tr	(2)	N
<i>Cheeses</i>													
257	Brie	556	91	256	15	232	Tr	Tr	2.0	900	Tr	5	16
258	Camembert	605	104	235	14	241	Tr	Tr	2.1	1120	Tr	7	N
259	Cheddar cheese	723	75	739	29	505	0.3	0.03	4.1	1040	Tr	6	30
260	Cheddar type , half fat	670	110	840	39	620	0.2	0.05	2.8	1110	Tr	11	N
261	Cheddar , vegetarian	670	67	690	31	490	0.2	Tr	1.9	990	0.1	5	26
262	Cheese spread , plain	1077	219	498	24	835	Tr	Tr	1.8	820	Tr	(4)	29
263	reduced fat	1035	235	485	24	850	0.3	0.05	1.7	775	Tr	4	29
264	Cottage cheese , plain	(300)	(161)	(127)	(13)	(171)	Tr	Tr	(0.6)	(490)	Tr	(4)	(24)
265	plain, reduced fat	300	161	127	13	171	Tr	Tr	0.6	490	Tr	4	24
266	plain, <i>with additions</i>	360	130	110	12	160	0.1	0.05	0.5	590	Tr	(4)	N
267	Cream cheese	300	160	98	10	100	0.1	(0.04)	0.5	480	Tr	4	N
268	Danish blue	1220	88	488	20	344	Tr	Tr	3.0	1950	Tr	7	12
269	Edam	996	89	795	34	508	0.3	Tr	3.8	1570	Tr	7	13
270	Feta	1440	95	360	20	280	0.2	0.07	0.9	2350	Tr	5	N

Milk and milk products *continued*

253 to 270

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Imitation creams continued															
253	Elmlea , single	11	166	Tr	0.84	N	N	N	0.7	N	N	N	N	N	N
254	whipping	9	340	Tr	0.53	0.04	0.24	0.1	0.4	0.01	0.3	8	0.23	1.1	N
255	double	10	363	Tr	1.33	N	N	N	0.6	N	N	N	N	N	N
256	Tip Top dessert topping	Tr	Tr	Tr	0.14	0.04	0.33	0.1	1.2	0.02	0.1	7	N	N	Tr
Cheeses															
257	Brie	297	192	0.2	0.81	0.03 ^a	0.33	0.5	4.6	0.14	0.6	55	0.50	3.6	Tr
258	Camembert	230	315	0.1	0.65	0.05	0.52	0.9	4.9	0.23	1.1	83	0.80	7.5	Tr
259	Cheddar cheese	364	141	0.3	0.52	0.03	0.39	0.1	6.8	0.15	2.4	31	0.50	4.4	Tr
260	Cheddar type , half fat	190	121	0.1	0.47	0.03	0.53	0.1	7.4	0.13	1.3	56	0.51	3.8	Tr
261	Cheddar , vegetarian	356	203	0.3	0.80	0.03	0.41	0	6.2	0.11	1.2	30	0.30	2.6	Tr
262	Cheese spread , plain	262	119	0.2	0.30	0.05	0.36	0.1	3.2	0.08	0.6	19	0.51	3.6	Tr
263	reduced fat	119	90	N	0.40	0.06	0.53	0.1	3.1	0.07	2.0	7	0.42	3.0	Tr
264	Cottage cheese , plain	46	13	0	0.10	(0.05)	(0.24)	(0.2)	(3.4)	(0.05)	(0.6)	(22)	(0.30)	(5.1)	Tr
265	plain, reduced fat	16	4	0	0.03	0.05	0.24	0.2	3.4	0.05	0.6	22	0.30	5.1	Tr
266	plain, <i>with additions</i>	43	10	0	0.08	0.06	0.21	0.2	3.0	0.08	0.6	13	0.31	3.0	1
267	Cream cheese	385	220	0.3	1.00	0.03	0.13	0.1	0.7	0.04	0.3	11	0.27	1.6	Tr
268	Danish blue	244	283	(0.2)	0.71	0.03	0.41	0.6	5.5	0.10	1.3	55	0.53	2.7	Tr
269	Edam	188	182	(0.2)	(0.80)	0.03	0.35	0.1	6.1	0.09	2.1	39	0.38	1.8	Tr
270	Feta	220	33	0.5	0.37	0.04	0.21	0.2	3.5	0.07	1.1	23	0.36	2.4	Tr

^a The rind alone contains 0.05mg thiamin per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Cheeses continued										
271	Goats milk soft cheese , full fat, white rind	16 samples, English and French	1.00	50.8	3.30	21.1	25.8	1.0	320	1329
272	Gouda	18 samples	1.00	40.4	3.97	25.3	30.6	Tr	377	1562
273	Hard cheese , average	Average of English Cheddar, Red Leicester and Double Gloucester	1.00	37.3	3.91	24.9	34.5	0.1	411	1702
274	Mozzarella , fresh	18 samples ^a	1.00	57.4	2.91	18.6	20.3	Tr	257	1067
275	Parmesan , fresh	8 samples, wedges/freshly grated ^b	1.00	27.6	5.67	36.2	29.7	0.9	415	1729
276	Processed cheese , plain	20 samples, 7 brands	1.00	47.4	2.79	17.8	23.0	5.0	297	1234
277	slices, reduced fat	10 samples, 7 brands	1.00	52.5	3.51	22.4	13.3	5.0	228	953
278	Spreadable cheese , soft white, low fat	18 samples of extra light soft cheese spreads up to 10% fat	1.00	72.5	2.33	14.9	8.0	3.5	132	549
279	soft white, medium fat	20 samples, including Philadelphia light, 15% fat	1.00	69.1	1.54	9.8	16.3	3.5	199	826
280	soft white, full fat	20 samples, including Philadelphia, 30% fat	1.00	58.6	1.17	7.5	31.3	Tr	312	1286
281	Stilton , blue	20 samples	1.00	38.0	3.72	23.7	35.0	0.1	410	1698
282	White cheese , average	Average of Cheshire, Lancashire and Wensleydale	1.00	41.1	3.72	23.7	31.8	0.1	381	1580
Yogurts and Fromage frais										
283	Whole milk yogurt , plain	22 samples, 2 brands	1.00	81.9	0.89	5.7	3.0	7.8	79	333
284	fruit	9 samples, 5 brands, assorted flavours including bio varieties	1.00	76.0	0.63	4.0	3.0	17.7	109	463
285	infant, fruit flavour	8 samples, 4 brands, assorted flavours	1.00	78.4	0.59	3.8	3.7	11.1	90	378
286	twinpot, thick and creamy with fruit	11 samples, 8 brands, various flavours	1.00	74.7	0.71	4.1	3.2	16.2	106	446

^a Grated in drums contains 48.8g water, 25g protein, 21.7g fat, 295kcal and 1228kJ energy per 100g^b Grated in drums contains 19g water, 43.3g protein, 34.6g fat, 0.9g carbohydrate, 488kcal and 2031kJ energy per 100g

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Cheeses continued														
271	Goats milk soft cheese, full fat, white rind	0	1.0	0	0	0	0	0.9	0	17.9	6.1	1.0	1.0	93
272	Gouda	0	Tr	0	0	0	0	Tr	0	20.3	7.4	0.9	1.1	85
273	Hard cheese, average	0	0.1	0	0	0	0	0.1	0	21.6	10.1	1.0	N	100
274	Mozzarella, fresh	0	Tr	0	0	0	0	Tr	0	13.8	5.0	0.8	0.8	58
275	Parmesan, fresh	0	0.9	0	0	0	0	0.9	0	19.3	7.7	1.1	1.1	93
276	Processed cheese, plain	0	5.0	0	0	0	0	5.0	0	14.3	6.3	0.8	1.1	85
277	slices, reduced fat	0	5.0	0	0	0	0	5.0	0	8.1	3.6	0.5	0.4	(48)
278	Spreadable cheese, soft white, low fat	0	3.5	0	0	0	0	3.5	0	(5.2)	(2.0)	(0.3)	(0.3)	(24)
279	soft white, medium fat	0	3.5	0	0	0	0	3.5	0	(10.7)	(4.0)	(0.5)	(0.7)	(48)
280	soft white, full fat	0	Tr	0	0	0	0	Tr	0	20.5	7.8	1.0	1.2	92
281	Stilton, blue	0	0.1	0	0	0	0	0.1	0	23.0	9.2	1.2	1.5	95
282	White cheese, average	0	0.1	0	0	0	0	0.1	0	21.1	7.9	0.7	N	90
Yogurts and fromage frais														
283	Whole milk yogurt, plain	0	7.8	0	0	0	0	4.7	N	1.7	0.9	0.2	N	11
284	fruit	1.1	16.6 ^a	3.3	2.2	6.2	0.2	4.0	N	2.0	0.7	0.1	0.1	3
285	infant, fruit flavour	0.7	10.4	Tr	1.5	4.5	0.1	3.6	0.1	2.5	0.9	0.1	0.1	4
286	twinpot, thick and creamy with fruit	0.6 ^b	15.6	2.3	2.2	6.9	0.2	3.5	N	N	N	N	N	N

^a 'Real' fruit yogurts contain 12.1g total sugars per 100g^b includes maltodextrins

Milk and milk products *continued*

271 to 286

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Cheeses continued													
271	Goats milk soft cheese, full fat, white rind	601	132	133	14	229	Tr	0.06	1.0	(1060)	Tr	6	51
272	Gouda	925	82	773	32	498	0.3	Tr	3.9	1440	Tr	8	N
273	Hard cheese, average	687	76	731	29	500	0.3	0.05	4.1	1005	Tr	6	30
274	Mozzarella, fresh	395	51	362	15	267	Tr	Tr	2.7	650	Tr	6	18
275	Parmesan, fresh	756	152	1025	41	680	0.8	0.84	5.1	(1260)	Tr	12	72
276	Processed cheese, plain	1351	178	610	27	768	0.5	Tr	2.6	1080	Tr	5	27
277	slices, reduced fat	1390	185	800	31	640	0.3	0.07	3.0	(1080)	Tr	(7)	(27)
278	Spreadable cheese, soft white, low fat	(438)	(135)	(116)	(11)	(148)	Tr	Tr	(1.1)	(745)	Tr	(3)	(11)
279	soft white, medium fat	346	120	99	10	129	Tr	Tr	0.7	(590)	Tr	(4)	(11)
280	soft white, full fat	288	89	76	7	97	Tr	Tr	0.7	490	Tr	3	11
281	Stilton, blue	788	96	326	15	314	0.2	0.04	2.9	1230	Tr	7	40
282	White cheese, average	502	82	544	22	408	0.3	0.03	3.5	810	Tr	3	41
Yogurts and fromage frais													
283	Whole milk yogurt, plain	80	280	200	19	170	0.1	Tr	0.7	170	Tr	(2)	(63)
284	fruit	58	170	122	13	96	0.1	Tr	0.4	179	Tr	2	27
285	infant, fruit flavour	46	176	120	12	114	0.2	0.02	0.5	(179)	Tr	(2)	(27)
286	twinpot, thick and creamy with fruit	53	175	130	13	106	0.2	Tr	0.4	N	Tr	N	N

Milk and milk products *continued*

271 to 286

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Cheeses continued															
271	Goats milk soft cheese, full fat, white rind	333	Tr	(0.5)	0.63	0.03	0.39	0.7	6.0	0.10	0.5	22	0.40	5.1	Tr
272	Gouda	258	139	(0.2)	0.57	0.03	0.30	0.1	7.0	0.08	1.7	43	0.32	1.4	Tr
273	Hard cheese, average	330	215	0.3	0.52	0.03	0.41	0.1	6.8	0.15	2.4	31	0.50	3.0	Tr
274	Mozzarella, fresh	258	152	0.2	0.31	0.03	0.40	0.1	5.0	0.10	1.7	20	0.25	2.2	Tr
275	Parmesan, fresh	371	233	0.3	0.76	0.03	0.32	0.1	9.0	0.11	3.3	12	0.43	3.3	Tr
276	Processed cheese, plain	270	95	0.2	0.55	0.06	0.25	0.1	4.7	0.07	1.2	15	0.60	5.6	Tr
277	slices, reduced fat	157	197	N	0.54	0.06	0.25	0.1	4.7	0.07	1.2	15	0.60	5.6	Tr
278	Spreadable cheese, soft white, low fat	86	158	N	0.42	(0.06)	(0.52)	(0.1)	(5.3)	(0.02)	(0.6)	(47)	(0.40)	(10.1)	Tr
279	soft white, medium fat	(195)	(175)	0.1	(0.12)	(0.04)	(0.34)	(0.1)	(3.5)	(0.01)	(0.4)	(30)	(0.26)	(6.7)	Tr
280	soft white, full fat	260	199	0.1	0.24	0.03	0.26	0.1	2.7	0.01	0.3	23	0.20	5.1	Tr
281	Stilton, blue	360	182	0.2	0.60	0.03	0.47	0.7	5.9	0.13	1.2	78	0.90	3.3	Tr
282	White cheese, average	351	231	0.2	0.62	0.02	0.46	0.1	6.3	0.08	1.6	39	0.29	3.9	Tr
Yogurts and fromage frais															
283	Whole milk yogurt, plain	28	21	0	0.05	0.06	0.27	0.2	1.3	0.10	0.2	18	0.50	2.6	1
284	fruit	36	Tr	0.1	0.18	0.12	0.16	0.1	0.7	0.01	0.3	10	0.40	1.1	1
285	infant, fruit flavour	(36)	Tr	(0.1)	(0.18)	0.12	0.15	(0.1)	(0.7)	0.01	0.3	10	(0.40)	(1.1)	Tr
286	twinpot, thick and creamy with fruit	(20)	(15)	0	(0.12)	(0.06)	(0.19)	(0.2)	(0.9)	(0.08)	0	(13)	(0.36)	(2.0)	(2)

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Yogurts and Fromage frais continued</i>										
287	Low fat yogurt , plain	8 samples, 5 brands	1.00	87.2	0.75	4.8	1.0	7.4	56	237
288	fruit	21 samples, 9 brands, including French set	1.00	78.9	0.66	4.2	1.1	13.7	78	331
289	Virtually fat free/diet yogurt , plain	6 samples, 4 brands, including bio varieties	1.00	86.9	0.84	5.4	0.2	8.2	54	230
290	fruit	14 samples, 10 brands, including bio varieties, flavours include strawberry, raspberry, black cherry and rhubarb	1.00	85.4	0.75	4.8	0.2	7.0	47	201
291	Greek style yogurt , plain	7 samples, 6 brands, made with whole milk	1.00	78.2	0.90	5.7	10.2	4.8	133	551
292	fruit	6 samples, 4 brands, including peach, apricot, strawberry and blackcurrant, made with whole milk	1.00	73.5	0.76	4.8	8.4	11.2	137	572
293	Drinking yogurt	5 samples (Ambrosia), UHT	1.00	84.4	0.48	3.1	Tr	13.1	62	263
294	Greek yogurt , sheep	3 samples (Total), 'set' variety and manufacturer's data	1.00	80.9	0.75	4.8	6.0	5.0	92	384
295	Lassi , <i>sweetened</i> ^a	5 samples	1.00	83.3	0.41	2.6	0.9	11.6	62	263
296	Soya , alternative to yogurt, fruit	3 samples, Soja sun, strawberry	1.00	81.1	0.37	2.1	1.8	12.9	73	309
297	Tzatziki	Yogurt-based Greek starter. Recipe	1.00	85.8	0.60	3.8	4.9	1.9	66	275
298	Fromage frais , plain	5 samples, 3 brands	1.00	81.8	0.96	6.1	8.0	4.4	113	470
299	fruit	7 samples, 4 brands, including strawberry, peach, apricot and raspberry flavour	1.00	74.7	0.83	5.3	5.6	13.9	124	520
300	virtually fat free, natural	7 samples, 6 brands	1.00	87.2	1.20	7.7	0.1	4.6	49	208
301	virtually fat free, fruit	11 samples, 6 brands, including strawberry, raspberry, apricot and blackcherry flavour	1.00	86.7	1.07	6.8	0.2	5.6	50	213

^a Yakult (fermented skimmed milk drink) contains 1.2g protein, 0.1g fat, 18.0g carbohydrate, 77kcal and 322kJ energy per 100ml

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Yogurts and fromage frais continued</i>														
287	Low fat yogurt , plain	0.3	7.1	1.5	Tr	4.0	Tr	Tr	N	0.7	0.2	Tr	Tr	1
288	fruit	1.0	12.7	Tr	1.0	6.1	0.3	4.4	0.2	(0.8)	(0.3)	Tr	Tr	(0)
289	Virtually fat free/diet yogurt , plain	0.3	7.9	1.6	Tr	0.1	Tr	4.6	0	(0.1)	(0.1)	Tr	Tr	N
290	fruit	0.7	6.3	0.2	0.7	0.1	0	4.0	Tr	(0.1)	(0.1)	Tr	Tr	N
291	Greek style yogurt , plain	0.3	4.5	0.1	Tr	Tr	Tr	3.5	0	6.8	2.5	0.3	0.2	17
292	fruit	0.7	10.5	Tr	1.0	3.8	0.4	4.0	Tr	5.6	2.2	0.2	0.2	14
293	Drinking yogurt	0	13.1	1.3	1.1	6.0	0	2.8	Tr	Tr	Tr	Tr	Tr	Tr
294	Greek yogurt , sheep	0	5.0	0	0	0	0	4.5	0	4.2	1.6	0.2	N	(14)
295	Lassi , <i>sweetened</i>	0.2	11.2	0.1	0.1	2.3	0.1	8.6	0	0.6	0.2	Tr	Tr	N
296	Soya , alternative to yogurt, fruit	0.7	12.1	2.7	2.0	7.4	0	0	0.3	0.3	0.4	1.1	0	0
297	Tzatziki	0.2	1.7	0.3	0.3	0.1	0	0.3	0.3	2.8	1.4	0.3	N	N
298	Fromage frais , plain	0.3	4.1	0	0	0	0	4.0	0	5.5	1.8	0.2	0.1	9
299	fruit	0.6	13.3	1.1	0.8	8.3	0.1	3.0	Tr	3.5	1.6	0.2	0.1	20
300	virtually fat free, natural	0.2	4.4	0.2	0	0	0	4.1	0	0.1	Tr	Tr	Tr	1
301	virtually fat free, fruit	0.7	4.9	0.7	0.9	0.2	0	2.9	0.4	0.1	0.1	Tr	Tr	1

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Yogurts and fromage frais continued</i>													
287	Low fat yogurt , plain	63	228	162	16	143	0.1	0.03	0.6	235	Tr	2	34
288	fruit	62	204	140	15	120	0.1	Tr	0.5	(130)	Tr	(2)	(48)
289	Virtually fat free/diet yogurt , plain	71	247	160	16	151	0.1	0.03	0.6	252	Tr	2	53
290	fruit	73	180	130	13	110	0.1	Tr	0.4	120	Tr	(1)	N
291	Greek style yogurt , plain	66	184	126	13	138	0.1	Tr	0.5	159	Tr	3	39
292	fruit	64	218	141	14	136	0.2	Tr	0.6	(159)	Tr	(3)	(39)
293	Drinking yogurt	47	130	100	11	81	0.1	0.01	0.3	75	Tr	(1)	N
294	Greek yogurt , sheep	150	190	150	16	140	Tr	Tr	0.5	220	Tr	1	N
295	Lassi , <i>sweetened</i>	45	109	92	9	74	Tr	Tr	0.3	85	Tr	N	N
296	Soya , alternative to yogurt, fruit	24	94	14	15	72	0.5	Tr	0.2	22	0.2	2	10
297	Tzatziki	372	150	88	11	93	0.3	0.01	0.3	569	0.1	1	N
298	Fromage frais , plain	36	143	110	11	123	0.1	0.03	0.4	137	Tr	3	17
299	fruit	35	110	86	8	110	0.1	0.02	0.4	78	Tr	(3)	(17)
300	virtually fat free, natural	37	155	127	12	120	0.1	0.03	0.6	(137)	Tr	(3)	23
301	virtually fat free, fruit	(33)	(110)	(87)	(8)	(110)	(0.1)	(0.01)	(0.3)	(89)	Tr	(2)	N

Milk and milk products *continued*

287 to 301

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
<i>Yogurts and fromage frais continued</i>															
287	Low fat yogurt , plain	8	Tr	0.1	Tr	0.12	0.22	0.1	1.0	0.01	0.3	18	0.56	1.5	1
288	fruit	(10)	Tr	Tr	0.28	0.12	0.21	0.1	1.0	Tr	0.3	16	0.33	2.3	1
289	Virtually fat free/diet yogurt , plain	Tr	Tr	Tr	Tr	(0.04)	(0.29)	(0.1)	(1.0)	(0.07)	(0.2)	(8)	N	N	(1)
290	fruit	Tr	Tr	Tr	0.03	0.04	0.29	0.1	1.0	0.07	(0.2)	8	N	N	1
291	Greek style yogurt , plain	115	Tr	0.1	0.38	0.12	0.13	(0.1)	(1.5)	0.01	0.2	(6)	N	N	Tr
292	fruit	115	Tr	0.1	0.39	(0.12)	(0.13)	(0.1)	(1.5)	Tr	0	(6)	N	N	Tr
293	Drinking yogurt	Tr	Tr	Tr	Tr	0.03	0.16	0.1	0.7	0.05	0.2	12	0.19	0.9	0
294	Greek yogurt , sheep	86	(11)	0.2	0.73	0.05	0.33	0.2	1.0	0.08	0.2	3	N	N	Tr
295	Lassi , <i>sweetened</i>	9	Tr	Tr	N	N	0.21	N	N	N	N	N	N	N	N
296	Soya , alternative to yogurt, fruit	23	(3)	0	1.91	0.11	0.02	N	0.7	Tr	0	N	0.12	1.0	0
297	Tzatziki	61	46	0	0.23	0.03	0.20	0.1	0.9	0.05	0.1	7	N	N	1
298	Fromage frais , plain	82	Tr	0	0.15	0.13	0.20	0.1	1.2	0.01	0.5	15	0.47	Tr	Tr
299	fruit	82	Tr	0	(0.01)	0.12	0.13	0.1	1.2	0.01	0.5	15	0.38	0.6	Tr
300	virtually fat free, natural	(3)	Tr	Tr	Tr	(0.03)	(0.37)	(0.1)	1.8	(0.07)	(1.4)	(15)	N	N	Tr
301	virtually fat free, fruit	(3)	Tr	Tr	Tr	(0.03)	(0.37)	(0.1)	1.8	(0.07)	(1.4)	(15)	N	N	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Ice creams										
302	Choc ice	10 samples, 5 brands, non-dairy	1.00	44.4	0.51	3.2	21.7	23.2 ^a	295	1229
303	Chocolate nut sundae	Recipe	1.00	53.3	0.44	2.6	14.9	26.2	243	1016
304	Cornetto-type ice-cream cone	10 samples, 5 brands, chocolate and nut and mint choc chip flavours ^b	1.00	42.5	0.64	4.0	17.8	28.8 ^a	284	1187
305	Frozen ice-cream desserts	10 samples, 7 brands e.g. Viennetta, Romantica, After Eight	1.00	51.4	0.56	3.5	17.6	21.0 ^a	251	1046
306	Ice-cream bar , chocolate coated	10 samples, different brands including Mars, Bounty and Snickers	1.00	33.1	0.80	5.0	23.3	21.8	311	1295
307	Ice-cream wafers	6 samples, 2 brands	1.00	2.8	1.77	10.1	0.7	78.8	342	1458
308	Ice-cream , dairy, vanilla	11 samples	1.00	62.5	0.56	3.6	9.8	19.8 ^a	177	741
309	dairy, premium	10 samples, 5 brands	1.00	60.9	0.61	3.9	15.1	16.8 ^a	215	894
310	Ice-cream , non-dairy, vanilla	14 samples, hard and soft scoop	1.00	66.5	0.48	3.0	7.8	18.8 ^a	153	640
311	Lollies , containing ice-cream	3 samples	1.00	75.2	0.19	1.4	3.8	20.9	118	499
312	with real fruit juice	10 samples, 6 brands, assorted flavours	1.00	77.8	0.02	0.1	0.3	18.6 ^a	73	310
313	Sorbet , fruit	10 samples, assorted flavours	1.00	68.9	0.03	0.2	0.3	24.8 ^a	97	411
Puddings and chilled desserts										
314	Banoffee pie	10 samples, 6 brands including 2 Mississippi mud pie	1.00	41.4	0.61	3.8	20.0	32.9 ^a	319	1331
315	Cheesecake , frozen	10 samples, assorted flavours, fruit topping	1.00	43.6	0.64	4.0	16.2	35.2 ^a	294	1231
316	fruit, individual	8 samples, 3 brands including strawberry, apricot, blackcurrant and cherry	1.00	46.6	0.97	6.1	12.3	34.5	264	1111

^a Including oligosaccharides from the glucose syrup/maltodextrins in the product^b Strawberry flavour contains 46.8g water, 3.3g protein, 11.8g fat, 34.3g carbohydrate (9.0g starch, 23.8g sugars), 248kcal and 1042kJ energy per 100g

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Ice creams														
302	Choc ice	0.7	20.5 ^a	0.3	Tr	13.1	2.4	4.7	Tr	18.4	1.9	0.4	0.1	7
303	Chocolate nut sundae	1.3	24.5	7.0	4.8	10.1	0	2.7	0.2	8.6	4.3	0.9	N	28
304	Cornetto-type ice-cream cone	8.7	18.9 ^a	0.8	Tr	14.4	0.6	3.1	0.3	13.2	3.2	0.6	0.7	15
305	Frozen ice-cream desserts	0.7	19.7 ^a	0.5	Tr	13.8	1.3	4.1	Tr	14.2	2.2	0.5	0.2	(4)
306	Ice-cream bar , chocolate coated	0.6	21.2	2.2	0.1	18.9	0	0	Tr	12.5	7.8	1.3	0.7	N
307	Ice-cream wafers	77.7	1.1	0.1	0.1	0.7	0.2	0	N	N	N	N	N	0
308	Ice-cream , dairy, vanilla	Tr	18.7 ^a	2.0	0	11.5	Tr	5.2	Tr ^b	6.1	2.8	0.3	0.8	24
309	dairy, premium	Tr	16.7 ^a	Tr	Tr	12.0	Tr	4.7	Tr	9.1	4.4	0.6	0.7	N
310	Ice-cream , non-dairy, vanilla	0	18.0 ^a	3.8	Tr	9.4	Tr	4.8	Tr ^b	4.8	2.2	0.4	0.3	7
311	Lollies , containing ice-cream	0	20.9	2.9	0.4	12.6	0	5.0	0	2.1	1.2	0.3	Tr	4
312	with real fruit juice	0	17.8 ^a	1.0	0.9	15.9	0	0	0	N	N	N	N	N
313	Sorbet , fruit	0	23.3 ^a	3.6	1.6	17.2	0.8	0	Tr	N	N	N	N	0
Puddings and chilled desserts														
314	Banoffee pie	11.4	20.9 ^a	1.4	1.3	15.0	0.8	2.3	2.5	N	N	N	N	N
315	Cheesecake , frozen	10.0	25.0 ^a	1.8	1.6	19.4	0.9	1.3	0.8	9.4	5.0	0.8	0.7	92
316	fruit, individual	9.1	25.4	2.3	2.0	18.1	0.4	2.6	1.0	7.5	3.5	0.5	0.2	15

^a Not including oligosaccharides from the glucose syrup/maltodextrins in the product^b Gums and cellulose derivatives are added as stabilisers

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Ice creams													
302	Choc ice	70	189	84	22	87	0.3	0.10	0.3	N	0.1	N	N
303	Chocolate nut sundae	85	134	50	16	65	0.3	0.05	0.2	84	0.1	2	24
304	Cornetto-type ice-cream cone	69	181	84	20	94	0.7	0.13	0.4	209	0.3	2	26
305	Frozen ice-cream desserts	62	234	93	21	94	0.2	0.13	0.4	110	0.1	N	20
306	Ice-cream bar , chocolate coated	91	250	140	31	145	0.7	0.04	0.7	175	0.2	N	160
307	Ice-cream wafers	93	190	170	46	130	2.0	0.11	0.7	130	0.7	N	N
308	Ice-cream , dairy, vanilla	60	174	100	12	91	Tr	Tr	0.3	110	Tr	2	32
309	dairy, premium	(60)	(174)	(100)	(12)	(91)	Tr	Tr	(0.3)	N	Tr	(2)	57
310	Ice-cream , non-dairy, vanilla	62	164	72	11	74	0.1	Tr	0.2	107	Tr	2	36
311	Lollies , containing ice-cream	31	69	49	6	39	0.2	Tr	0.1	53	Tr	Tr	84
312	with real fruit juice	11	28	5	2	3	Tr	Tr	0	114	Tr	Tr	Tr
313	Sorbet , fruit	10	41	8	4	4	0.1	0.04	0	16	0.2	1	Tr
Puddings and chilled desserts													
314	Banoffee pie	164	163	84	15	89	0.3	0.08	0.4	N	0.2	N	N
315	Cheesecake , frozen	146	96	56	9	64	0.5	0.06	0.4	220	0.2	(2)	9
316	fruit, individual	151	165	78	13	100	0.4	Tr	0.5	258	0.1	2	26

Milk and milk products *continued*

302 to 316

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Ice creams															
302	Choc ice	Tr	Tr	Tr	0.27	N	N	N	0.8	N	N	N	N	N	N
303	Chocolate nut sundae	140	89	0	0.75	0.08	0.17	0.3	0.5	0.02	0.4	7	0.29	3.8	1
304	Cornetto-type ice-cream cone	27	15	1.2	0.06	0.07	0.18	0.4	0.9	0.03	0.7	9	0.47	2.5	N
305	Frozen ice-cream desserts	2	5	0.3	Tr	0.04	0.20	0.2	0.8	0.06	0.4	3	N	N	0
306	Ice-cream bar, chocolate coated	78	47	0.2	(1.10)	0.05	0.29	0.6	1.4	0.04	0.4	12	0.50	6.5	0
307	Ice-cream wafers	0	0	0	N	0.20	0.04	2.3	2.1	0.15	0	15	N	N	0
308	Ice-cream, dairy, vanilla	91	45	0.5	0.49	0.10	0.28	0.2	0.9	0.04	0.5	6	1.05	2.2	1
309	dairy, premium	164	80	0.3	0.26	(0.10)	(0.28)	(0.2)	(0.9)	(0.04)	(0.5)	(6)	(1.05)	(2.2)	(1)
310	Ice-cream, non-dairy, vanilla	1	5	Tr	0.60	0.14	0.26	0.2	0.7	Tr	0.7	8	0.43	3.0	1
311	Lollies, containing ice-cream	14	9	0.5	0.51	0.02	0.09	0.1	0.4	0.04	0.2	8	0.30	3.0	Tr
312	with real fruit juice	Tr	Tr	Tr	Tr	0.04	N	N	N	Tr	Tr	N	N	N	7
313	Sorbet, fruit	Tr	95	0	Tr	0.04	Tr	0.2	0.2	Tr	Tr	5	0.08	0	12
Puddings and chilled desserts															
314	Banoffee pie	105	70	N	1.11	0.09	0.12	0.5	0.8	Tr	0.3	5	N	N	N
315	Cheesecake, frozen	97	50	0.2	1.19	0.07	0.09	0.5	0.9	0.02	0.5	7	N	N	6
316	fruit, individual	N	Tr	N	1.29	0.12	0.14	0.5	0.8	0.04	Tr	(7)	0.35	1.4	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Puddings and chilled desserts continued</i>										
317	Chocolate dairy desserts	8 samples, 4 brands including milk chocolate and caramel and white chocolate dessert pots, chilled	1.00	58.8	0.68	4.3	10.7	26.7	214	896
318	Creme caramel	9 samples, 4 brands	1.00	72.0	0.47	3.0	1.6	20.6	104	440
319	Custard, made up with whole milk	Recipe	1.00	75.2	0.60	3.9	4.5	16.2	118	494
320	made up with semi-skimmed milk	Recipe	1.00	77.5	0.63	4.0	2.0	16.4	95	404
321	Custard, ready to eat	10 samples, 3 brands, canned and tetra-pak; ambient	1.00	77.5	0.43	2.7	2.9	16.3	98	414
322	Instant dessert powder	10 samples, 2 types, assorted flavours	1.00	1.0	0.39	2.4	17.3	60.1	391	1643
323	Jelly, made with water	Recipe	1.00	84.0	0.21	1.2	0	15.1	61	260
324	Meringue	Recipe	1.00	1.7	0.84	5.3	Tr	96.0	381	1625
325	with cream	Recipe. Ref. Wiles et al. (1980)	1.00	46.5	0.41	2.6	24.2	27.2	330	1375
326	Milk pudding, made with whole milk	e.g. rice, sago, semolina, tapioca; recipe	1.00	72.2	0.64	4.1	4.3	19.6	130	545
327	Mousse, chocolate	10 samples, 4 brands, fresh	1.00	67.3	0.63	4.0	6.5	19.9	149	627
328	chocolate, reduced fat	7 samples, 4 brands	1.00	69.0	0.86	5.5	3.7	18.0	123	518
329	fruit	8 samples, assorted flavours, fresh	1.00	71.7	0.71	4.5	6.4	18.0	143	601
330	Pavlova, with fruit and cream	12 samples, 7 brands, including raspberry, strawberry and tropical fruits, frozen	1.00	39.6	0.43	2.7	13.2	42.2 ^a	288	1210
331	no fruit	10 samples, 6 brands, frozen	1.00	26.0	0.61	3.8	19.7	47.4 ^a	370	1552
332	Profiteroles with sauce	10 samples, 7 brands, frozen	1.00	39.6	0.88	5.5	25.7	24.6 ^a	345	1436

^a Including oligosaccharides from the glucose syrup/maltodextrins in the product

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Puddings and chilled desserts continued</i>														
317	Chocolate dairy desserts	2.7	24.0	0.4	0.2	17.3	0.7	5.4	Tr	6.3	3.3	0.4	0.5	21
318	Creme caramel	2.6	18.0	2.3	1.3	10.3	0.5	3.5	N	0.9	0.5	0.1	0.2	N
319	Custard, made up with whole milk	5.1	11.1	Tr	0	5.9	0	5.2	0	2.9	1.2	0.2	0.2	16
320	<i>made up with semi-skimmed milk</i>	5.1	11.3	Tr	0	5.9	0	5.4	0	1.2	0.5	0.1	0.1	7
321	Custard, canned	3.5	12.8	Tr	Tr	8.2	Tr	4.6	(0.1)	0	0.8	0.1	0.1	2
322	Instant dessert powder	19.4	40.7	Tr	Tr	38.3	0	2.2	(1.0)	15.9	0.3	0.2	N	1
323	Jelly, made with water	0	15.1	3.5	1.7	8.6	1.3	0	0	0	0	0	0	0
324	Meringue	0	96.0	Tr	0	96.0	0	0	0	Tr	Tr	Tr	Tr	0
325	with cream	0	27.2	Tr	0	25.6	0	1.6	0	15.1	7.0	0.7	N	63
326	Milk pudding, made with whole milk	9.2	10.4	Tr	Tr	5.5	0	4.9	0.1	2.7	1.1	0.2	0.2	15
327	Mousse, chocolate	2.4	17.5	1.1	1.8	10.8	0	3.8	N	3.3	2.7	0.1	1.3	N
328	chocolate, reduced fat	2.2	15.8	Tr	6.3	3.8	Tr	5.7	N	2.5	0.9	0.1	0	1
329	fruit	Tr	18.0	3.1	2.9	7.6	0.3	3.7	N	4.1	1.8	0.1	0.7	N
330	Pavlova, with fruit and cream	1.1	41.0 ^a	2.5	1.7	35.9	Tr	0.9	0.3	7.3	4.6	0.7	0.9	30
331	no fruit	0.3	45.3 ^a	2.1	0.8	40.1	1.1	1.1	(0.3)	10.8	6.8	1.0	1.3	45
332	Profiteroles with sauce	6.4	17.0 ^a	1.8	0.8	11.7	1.2	1.5	N	14.0	8.7	1.7	1.3	N

^a Not including oligosaccharides from the glucose syrup/maltodextrins in the product

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Puddings and chilled desserts continued</i>													
317	Chocolate dairy desserts	74	195	135	20	125	0.4	0.07	0.5	N	0.1	1	26
318	Creme caramel	70	150	94	9	77	Tr	Tr	0.3	100	Tr	N	33
319	Custard, made up with whole milk	67	182	138	13	110	0.1	0.01	0.5	129	N	N	N
320	<i>made up with semi-skimmed milk</i>	67	184	140	13	111	0.1	0.01	0.5	127	N	N	N
321	Custard, canned	41	129	91	9	83	0.1	Tr	0.3	137	Tr	1	26
322	Instant dessert powder	1100	64	20	11	650	0.5	0.20	0.4	45	0.1	N	Tr
323	Jelly, made with water	5	5	7	Tr	1	0.4	0.01	N	6	N	N	N
324	Meringue	116	92	12	8	20	0.2	0.12	0.1	99	Tr	4	2
325	with cream	46	76	38	6	41	0.1	0.03	0.2	62	Tr	N	N
326	Milk pudding, made with whole milk	47	176	130	13	109	0.1	0.02	0.5	98	N	N	N
327	Mousse, chocolate	67	220	97	28	100	0.2	0.12	0.6	86	0.2	N	N
328	chocolate, reduced fat	69	301	126	33	133	1.2	0.12	0.8	191	0.1	2	66
329	fruit	62	150	120	12	96	Tr	Tr	0.4	110	Tr	N	N
330	Pavlova, with fruit and cream	41	80	26	6	27	0.3	Tr	0.1	N	0.1	N	N
331	no fruit	67	133	44	15	48	0.5	0.11	0.3	N	0.3	N	N
332	Profiteroles with sauce	130	190	58	25	114	1.5	0.18	0.6	209	0.2	5	12

Milk and milk products *continued*

317 to 332

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
<i>Puddings and chilled desserts continued</i>															
317	Chocolate dairy desserts	83	52	Tr	0.52	0.04	0.28	0.2	1.0	0.03	0.6	1	0.50	1.9	Tr
318	Crème caramel	37	8	0.1	0.03	0.03	0.20	0.1	0.7	0.03	0.3	8	N	N	0
319	Custard, made up with whole milk	38	23	Tr	0.07	0.03	0.24	0.2	0.7	0.06	1.0	7	0.60	2.9	1
320	made up with semi-skimmed milk	21	10	Tr	0.04	0.04	0.25	0.1	0.9	0.06	0.4	6	0.33	2.3	1
321	Custard, canned	36	376	Tr	0.29	0.12	0.19	0.1	0.3	0.01	0.2	2	0.43	1.3	0
322	Instant dessert powder	N	N	N	N	Tr	0.01	Tr	0.5	Tr	0.3	Tr	N	N	0
323	Jelly, made with water	0	0	0	0	0	0	0	0	0	0	0	0	0	0
324	Meringue	0	0	0	0	0	0.21	0.1	1.5	0.01	0.1	4	0.13	4.1	0
325	with cream	239	148	0.2	0.79	0.01	0.16	0	0.7	0.03	0.1	5	0.17	1.9	1
326	Milk pudding, made with whole milk	36	21	Tr	0.09	0.03	0.22	0.3	0.8	0.06	1.0	5	0.49	2.8	2
327	Mousse, chocolate	46	11	Tr	1.01	0.04	0.21	0.2	0.9	0.04	0.2	6	(0.74)	(2.1)	0
328	chocolate, reduced fat	N	Tr	Tr	0.79	0.12	0.26	(0.2)	0.8	0.01	0	(0)	0.74	2.1	0
329	fruit	36	16	0.1	0.39	0.04	0.23	0.2	1.1	0.05	0.2	6	N	N	Tr
330	Pavlova, with fruit and cream	119	70	N	0.33	0.03	0.18	0.2	1.0	Tr	Tr	10	0.38	1.3	5
331	no fruit	155	50	Tr	1.00	0.06	0.12	0.2	0.8	Tr	Tr	8	N	N	0
332	Profiteroles with sauce	114	90	0.3	1.18	0.07	0.14	0.3	1.2	0.02	0.3	9	0.63	3.7	Tr

Milk and milk products *continued*

333 to 337

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Puddings and chilled desserts continued</i>										
333	Rice pudding , canned	10 cans, 7 brands	1.00	79.2	0.53	3.3	1.3	16.1	85	362
334	canned, low fat	10 samples, 6 brands	1.00	82.1	0.56	3.5	0.8	13.4	71	304
335	Torte , fruit	8 samples, 5 brands including lemon, raspberry and passion fruit	1.00	53.0	0.60	3.8	15.5	27.7	258	1080
336	Trifle	Recipe	1.00	66.5	0.43	2.6	8.1	21.0	166	696
337	fruit	12 samples, 7 brands	1.00	67.9	0.41	2.6	9.0	19.5	164	689

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Puddings and chilled desserts continued</i>														
333	Rice pudding , canned	7.3	8.7	Tr	Tr	4.9	Tr	3.9	0.1	0.8	0.3	0.1	Tr	(9)
334	canned, low fat	7.2	6.1	Tr	Tr	1.8	Tr	4.3	(0.1)	(0.5)	(0.2)	(0.1)	Tr	N
335	Torte , fruit	9.9	17.4	1.3	0.6	13.0	0.7	1.8	0.5	9.4	4.7	1.2	0.6	42
336	Trifle	4.3	16.7	2.7	2.0	8.9	0.8	2.2	0.4	2.4	2.6	1.7	N	21
337	fruit	4.2	15.3	1.8	4.6	6.2	Tr	2.7	2.1	5.6	2.5	0.4	0.2	13

Milk and milk products *continued*

333 to 337

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Puddings and chilled desserts continued</i>													
333	Rice pudding , canned	43	130	88	12	86	0.1	0.13	0.5	93	0.1	N	28
334	canned, low fat	(43)	(130)	(88)	(12)	(86)	(0.1)	(0.13)	(0.5)	(93)	(0.1)	N	(28)
335	Torte , fruit	88	116	66	10	77	0.3	0.34	0.5	N	0.1	N	N
336	Trifle	70	119	57	11	71	0.3	0.04	0.3	125	0.1	1	N
337	fruit	65	137	73	10	84	0.2	0.02	0.3	95	Tr	2	37

Milk and milk products *continued*

333 to 337

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
<i>Puddings and chilled desserts continued</i>															
333	Rice pudding , canned	16	10	Tr	0.16	0.01	0.13	0.2	0.6	0.01	Tr	0	0.30	2.0	0
334	canned, low fat	(16)	(10)	Tr	(0.10)	(0.01)	(0.13)	(0.2)	(0.7)	(0.01)	Tr	Tr	(0.30)	(2.0)	Tr
335	Torte , fruit	99	77	Tr	1.43	0.03	0.09	0.2	0.5	0.02	Tr	3	N	N	Tr
336	Trifle	82	216	0.3	1.68	0.08	0.12	0.3	0.5	0.03	0.2	6	0.31	3.1	5
337	fruit	N	Tr	N	0.66	0.12	0.08	0.1	0.5	0.01	0.2	(8)	0.29	0.7	Tr

Section 2.3

Eggs and egg dishes

The eggs and egg dishes in this section of the Tables are taken from the *Milk Products and Eggs* (1989) supplement.

Although most of the nutrients in eggs have been analysed, a few of the values for cooked eggs were derived by calculation from the amounts in raw eggs. Allowances have been made for any water loss or fat uptake in cases where eggs were cooked with fat.

The nutrient content of eggs may vary by rearing method (e.g. battery, deep litter, free range) and by the type of feed used (e.g. for vitamin D).

Losses of labile vitamins assigned on recipe calculation were estimated using the figures in Section 4.3.

Eggs and egg dishes

338 to 350

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Eggs										
338	Eggs , chicken, <i>raw</i>	Analysis of battery, deep litter and free range ^a	1.00	75.1	2.01	12.5	11.2	Tr	151	627
339	white, <i>raw</i>	34 eggs and literature sources	1.00	88.3	1.44	9.0	Tr	Tr	36	153
340	yolk, <i>raw</i>	34 eggs and literature sources	1.00	51.0	2.58	16.1	30.5	Tr	339	1402
341	chicken, <i>boiled</i>	10 eggs	1.00	75.1	2.01	12.5	10.8	Tr	147	612
342	<i>fried in vegetable oil</i>	12 eggs, shallow fried	1.00	70.1	2.18	13.6	13.9	Tr	179	745
343	<i>poached</i> ^b	10 eggs, no fat added	1.00	75.1	2.01	12.5	10.8	Tr	147	612
344	<i>scrambled, with milk</i>	Recipe	1.00	63.4	1.75	10.9	23.4	0.7	257	1062
345	duck, whole, <i>raw</i>	Analytical and literature sources. Ref. Posati and Orr (1976)	1.00	70.6	2.29	14.3	11.8	Tr	163	680
Egg dishes										
346	Omelette , plain	Recipe	1.00	68.9	1.75	10.9	16.8	Tr	195	808
347	cheese	Recipe. Ref. Wiles <i>et al.</i> (1980)	1.00	57.8	2.51	15.9	23.0	Tr	271	1121
348	Quiche , cheese and egg	Recipe. Ref. Wiles <i>et al.</i> (1980)	1.00	47.1	2.00	12.4	22.3	17.1	315	1310
349	cheese and egg, wholemeal	Recipe	1.00	47.1	2.11	13.1	22.5	14.3	309	1284
350	Quiche , Lorraine	Recipe	1.00	39.8	2.20	13.7	25.5	19.6	358	1488

^a An average egg is composed of 11% shell, 58% white and 31% yolk

^b Eggs poached with fat added contain 74.4g water, 12.4g protein, 11.7g fat, Tr carbohydrate, 155 kcals and 644 kJ per 100g

Eggs and egg dishes

338 to 350

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Eggs														
338	Eggs , chicken, <i>raw</i>	0	Tr	Tr	0	0	0	0	0	3.2	4.4	1.7	0.1	391
339	white, <i>raw</i>	0	Tr	Tr	0	0	0	0	0	Tr	Tr	Tr	Tr	0
340	yolk, <i>raw</i>	0	Tr	Tr	0	0	0	0	0	8.7	13.2	3.4	N	1120
341	chicken, <i>boiled</i>	0	Tr	Tr	0	0	0	0	0	3.1	4.7	1.2	N	385
342	<i>fried in vegetable oil</i>	0	Tr	Tr	0	0	0	0	0	4.0	6.0	1.5	N	435
343	<i>poached</i>	0	Tr	Tr	0	0	0	0	0	3.1	4.7	1.2	N	385
344	<i>scrambled, with milk</i>	0	0.7	Tr	0	0	0	0.7	0	11.6	7.3	1.9	0.6	361
345	duck, whole, <i>raw</i>	0	Tr	Tr	0	0	0	0	0	2.9	4.9	2.0	0.1	680
Egg dishes														
346	Omelette , plain	0	0	Tr	0	0	0	0	0	7.2	5.6	1.7	N	357
347	cheese	0	Tr	Tr	0	0	0	Tr	0	12.2	6.9	1.5	N	268
348	Quiche , cheese and egg	15.6	1.5	Tr	Tr	0.1	0	1.2	0.6	9.9	7.4	3.2	N	133
349	cheese and egg, wholemeal	12.6	1.7	0	Tr	0.2	0	1.2	1.8	10.0	7.4	3.3	N	133
350	Quiche , Lorraine	17.4	2.1	Tr	Tr	0.1	0	1.8	0.7	10.6	9.0	4.0	N	116

Eggs and egg dishes

338 to 350

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Eggs													
338	Eggs, chicken, <i>raw</i>	140	130	57	12	200	1.9	0.08	1.3	160	Tr	11	53
339	white, <i>raw</i>	190	150	5	11	33	0.1	0.02	0.1	170	Tr	6	(3)
340	yolk, <i>raw</i>	50	120	130	15	500	6.1	0.15	3.9	140	0.1	20	(140)
341	chicken, <i>boiled</i>	140	130	57	12	200	1.9	0.08	1.3	160	Tr	11	53
342	<i>fried in vegetable oil</i>	160	150	65	14	230	2.2	0.09	1.5	180	Tr	12	60
343	<i>poached</i>	140	130	57	12	200	1.9	0.08	1.3	160	Tr	11	53
344	<i>scrambled, with milk</i>	222	137	67	12	182	1.6	0.07	1.1	308	Tr	9	54
345	duck, whole, <i>raw</i>	120	190	63	16	200	2.9	N	1.4	N	(0.1)	N	N
Egg dishes													
346	Omelette , plain	1024	117	51	12	175	1.7	0.07	1.1	1521	Tr	10	50
347	cheese	921	103	287	18	288	1.2	0.06	2.1	1356	Tr	9	43
348	Quiche , cheese and egg	366	124	262	18	227	1.0	0.06	1.6	550	0.1	5	N
349	cheese and egg, wholemeal	347	163	242	38	270	1.4	0.12	2.1	511	0.6	6	N
350	Quiche , Lorraine	572	182	231	20	223	1.0	0.07	1.6	796	0.2	5	N

Eggs and egg dishes

338 to 350

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Eggs															
338	Eggs , chicken, <i>raw</i>	190	Tr	1.8 ^a	1.11	0.09	0.47	0.1	3.7	0.12	2.5	50	1.77	20.0	0
339	white, <i>raw</i>	0	0	0	0	0.01	0.43	0.1	2.6	0.02	0.1	13	0.30	7.0	0
340	yolk, <i>raw</i>	535	Tr	4.9 ^a	3.11	0.30	0.54	0.1	4.7	0.30	6.9	130	4.60	50.0	0
341	chicken, <i>boiled</i>	190	Tr	1.8 ^a	1.11	0.07	0.35	0.1	3.7	0.12	1.1	39	1.30	16.0	0
342	<i>fried in vegetable oil</i>	215	Tr	2.0 ^a	N	0.07	0.31	0.1	4.0	0.14	1.6	40	1.30	18.0	0
343	<i>poached</i>	190	Tr	1.8 ^a	1.11	0.07	0.36	0.1	3.7	0.12	1.0	45	1.30	15.0	0
344	<i>scrambled, with milk</i>	320	104	1.6 ^a	1.23	0.07	0.35	0.1	3.1	0.09	2.2	30	1.32	16.9	Tr
345	duck, whole, <i>raw</i>	540	120	5.0	N	0.16	0.47	0.2	4.2	0.25	5.4	80	N	N	0
Egg dishes															
346	Omelette , plain	247	53	1.6	1.12	0.07	0.33	0.1	3.2	0.09	2.2	30	1.31	17.3	Tr
347	cheese	287	83	1.2	0.91	0.06	0.35	0.1	4.4	0.11	2.3	30	1.03	12.9	Tr
348	Quiche , cheese and egg	184	59	0.9	2.21	0.09	0.23	0.4	3.2	0.09	1.5	16	0.61	7.1	1
349	cheese and egg, wholemeal	184	59	0.9	2.44	0.13	0.23	1.3	3.3	0.17	1.5	23	0.71	8.3	1
350	Quiche , Lorraine	157	55	1.0	2.34	0.17	0.24	1.2	3.2	0.14	1.4	15	0.70	6.2	1

^a If the hens have been fed a supplement, values may be considerably higher

Section 2.4

Fats and oils

Most data in this section are derived from the *Miscellaneous Foods* (1994) supplement, although there are a few new values obtained from analysis or from manufacturers. Foods for which new data are incorporated have been allocated a new food code and can thus easily be identified in the food index.

Most oils show a wide range of fatty acid composition depending on the variety, growing conditions and maturity of the seed. In addition, the blend of fats and oils used in many of the foods included in this section can frequently be adjusted by manufacturers and this will alter the fatty acid composition. If accurate fatty acid data are required for specific products, and analytical facilities are not available, it is advisable to contact the manufacturer directly.

The profile for fatty acids in 'vegetable oil' was calculated from the values for the component soya, rape, and corn oils, the proportions of which may vary, and this profile, which is of doubtful value, has been included only to aid recipe calculation and survey work where unidentified oil has been consumed.

Fats and oils

351 to 361

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Spreading fats										
351	Butter	Average of UK/Irish, Danish, French, New Zealand, salted and unsalted	1.00	14.9	0.10	0.6	82.2	0.6	744	3059
352	spreadable	8 samples, different brands	1.00	15.5	0.08	0.5	82.5	Tr	745	3061
353	Blended spread (70–80% fat)	30 samples including Clover, Golden Crown and Willow	1.00	21.0	0.10	0.6	74.8	1.1	680	2795
354	(40% fat)	20 samples including Anchor half fat butter and Clover Extra Light	1.00	51.4	1.02	6.5	40.3	0.4	390	1608
355	Dairy spread (40% fat)	Manufacturers' data on own brands	1.00	(52.9)	1.10	7.0	40.0	0.1	388	1601
356	Margarine, hard, animal and vegetable fats	10 samples of Echo and Stork	1.00	16.0	0.03	0.2	79.3	1.0	718	2954
357	hard, vegetable fats only	4 samples of Tomor. Analysis and manufacturer's data (Rakusens Ltd)	1.00	16.0	0.03	0.2	82.3	0	742	3049
358	soft, not polyunsaturated	20 samples of a mixture of Stork SB and own brands soft margarine	1.00	16.0	0.03	0.2	81.7	1.0	740	3042
359	soft, polyunsaturated	20 samples of a mixture of Blue Band and own brands soya margarine	1.00	16.0	Tr	Tr	82.8	0.2	746	3067
360	Fat spread (70–80% fat), not polyunsaturated	10 samples including Krona Gold	1.00	22.0	0.06	0.4	71.2	Tr	642	2641
361	(70% fat), polyunsaturated	Data from TRANSFAIR; 5 samples including Vitalite	1.00	(26.6)	(0.08)	(0.5)	68.5	(0.8)	622	2556

Fats and oils

351 to 361

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Spreading fats														
351	Butter	0	0.6	0	0	0	0	0.6	0	52.1	20.9	2.8	2.9	213
352	spreadable	0	Tr	0	0	0	0	Tr	0	45.4	22.7	3.5	2.8	280
353	Blended spread (70–80% fat)	0	1.1	0	0	0	0	1.1	0	25.5	37.5	8.5	4.3	67
354	(40% fat)	0	0.4	0	0	0	0	0.4	0	18.1	13.4	7.3	4.9	46
355	Dairy spread (40% fat)	0	0.1	0	0	0	0	0.1	0	26.8	10.0	1.2	N	N
356	Margarine , hard, animal and vegetable fats	0	1.0	0	0	0	0	1.0	0	34.6	36.2	5.4	12.2	285
357	hard, vegetable fats only	0	0	0	0	0	0	0	0	40.0	21.0	21.3	1.0	15
358	soft, not polyunsaturated	0	1.0	0	0	0	0	1.0	0	27.2	38.9	12.4	8.9	275
359	soft, polyunsaturated	0	0.2	0	0	0	0	0.2	0	17.0	26.6	36.0	6.7	2
360	Fat spread (70–80% fat), not polyunsaturated	0	0	0	0	0	0	0	0	30.4	31.2	6.5	11.5	86
361	(70% fat), polyunsaturated	0	(0.8)	0	0	0	0	(0.8)	0	16.2	15.2	33.6	0.3	Tr

Fats and oils

351 to 361

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Spreading fats													
351	Butter	606 ^a	27	18	2	23	Tr	0.01	0.1	994	Tr	Tr	38
352	spreadable	390 ^b	(15)	(15)	(2)	(24)	(0.2)	(0.03)	(0.1)	640	Tr	Tr	(38)
353	Blended spread (70–80% fat)	670	43	14	2	18	Tr	Tr	Tr	1010	Tr	N	N
354	(40% fat)	510	N	N	N	N	N	N	N	780	Tr	N	N
355	Dairy spread (40% fat)	600	N	N	N	N	N	N	N	(930)	Tr	N	N
356	Margarine , hard, animal and vegetable fats	940	5	4	1	12	0.3	0.04	N	1200	Tr	Tr	N
357	hard, vegetable fats only	590	5	4	1	12	0.3	0.04	N	1200	Tr	Tr	N
358	soft, not polyunsaturated	880	5	4	1	12	0.3	0.04	N	(1320)	Tr	Tr	N
359	soft, polyunsaturated	680	5	4	1	12	0.3	0.04	N	(1020)	Tr	Tr	N
360	Fat spread (70–80% fat), not polyunsaturated	1060	43	14	2	18	Tr	Tr	Tr	1270	Tr	N	N
361	(70% fat), polyunsaturated	(800)	N	N	N	N	Tr	Tr	N	(1200)	Tr	N	N

^a Unsalted butter contains 9mg Na and 19mg Cl per 100g

^b Average of salted and unsalted. Salted versions contain between 800 to 1500mg Na per 100g

Fats and oils

351 to 361

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene ^a μg	Vitamin D μg	Vitamin ^b E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Spreading fats															
351	Butter	958	608	0.9	1.85	Tr	0.07	Tr	0.1	Tr	0.3	Tr	0.05	0.2	Tr
352	spreadable	(815)	670	Tr	2.90	Tr	(0.02)	Tr	(0.1)	Tr	Tr	Tr	(0.04)	Tr	0
353	Blended spread (70–80% fat)	565	445	4.1	11.28	Tr	Tr	Tr	0.1	Tr	Tr	Tr	Tr	Tr	0
354	(40% fat)	160	430	0.2	3.88	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
355	Dairy spread (40% fat)	N	N	N	N	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
356	Margarine, hard, animal and vegetable fats	(665)	(750)	(7.9)	4.44	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
357	hard, vegetable fats only	(665)	(750)	(7.9)	N	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
358	soft, not polyunsaturated	745	445	7.8	12.34	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
359	soft, polyunsaturated	675	350	(7.9)	32.60	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
360	Fat spread (70–80% fat), not polyunsaturated	40	330	5.8	2.53	Tr	Tr	Tr	0.1	Tr	Tr	Tr	Tr	Tr	0
361	(70% fat), polyunsaturated	N	N	N	(38.00)	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0

^a Some brands may not contain β-carotene

^b The vitamin E content will vary according to the type of oil

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Spreading fats continued										
362	Fat spread (60% fat), polyunsaturated	10 samples including Vitalite Light	1.00	(37.7)	0.03	0.2	60.8	1.3	553	2274
363	(60% fat), with olive oil	5 samples including Olivio and own brands	1.00	38.2	0.02	0.1	62.7	1.1	569	2339
364	(40% fat), not polyunsaturated	20 samples including Gold and Delight. Fat data from TRANSFAIR	1.00	52.3	1.02	6.5	37.5	1.3	368	1519
365	(35–40% fat), polyunsaturated	Manufacturers' data (Gold Sunflower and Flora Extra Light)	1.00	53.8	0.76	4.9	37.6	1.8	365	1503
366	(20–25% fat), not polyunsaturated	20 samples including Gold Lowest and Outline. Fat data from TRANSFAIR	1.00	59.0	0.92	5.9	25.5	2.5	262	1084
367	polyunsaturated	Manufacturers' data on own brands	1.00	(78.7)	0	0	20.0	0.8	183	753
368	(5% fat)	Manufacturer's data (Tesco)	1.00	N	0.63	4.0	5.0	14.5 ^a	115	484
Cooking fats										
369	Compound cooking fat	10 samples of a mixture of Cookeen and White Cap	1.00	Tr	Tr	Tr	99.9	0	899	3696
370	Dripping , beef	Data from TRANSFAIR; 5 samples, different brands	1.00	1.0	Tr	Tr	99.0	Tr	891	3663
371	Ghee , butter	5 assorted samples	1.00	0.1	Tr	Tr	99.8	Tr	898	3693
372	vegetable	5 samples; different types	1.00	0.1	Tr	Tr	99.4	Tr	895	3678
373	Lard	6 samples; 3 brands	1.00	1.0	Tr	Tr	99.0	0	891	3663
374	Suet , shredded	6 samples of the same brand	1.00	1.5	Tr	Tr	86.7	12.1	826	3402
375	vegetable	10 samples; 5 brands	1.00	0.8	0.19	1.2	87.9	10.1	836	3444

^aIncluding maltodextrin

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Spreading fats continued														
362	Fat spread (60% fat), polyunsaturated	0	1.3	0	0	0	0	1.3	0	11.3	18.1	28.6	3.3	3
363	(60% fat), with olive oil	0	1.1	0	0	0	0	1.1	0	11.3	36.4	12.5	6.0	0
364	(40% fat), not polyunsaturated	0	1.3	0	0	0	0	1.3	0	8.4	21.0	6.2	4.4	6
365	(35–40% fat), polyunsaturated	0.6	1.3	0	0	0	0	1.3	0	8.9	9.4	18.0	0.7	Tr
366	(20–25% fat), not polyunsaturated	Tr	1.1	0	0	0	0	1.1	0	6.8	14.0	3.4	3.9	8
367	polyunsaturated	0.8	0	0	0	0	0	0	0	3.7	7.2	9.1	N	Tr
368	(5% fat)	0	4.8	0	0	0	0	4.8	(5.0)	6.0	1.1	3.2	N	N
Cooking fats														
369	Compound cooking fat	0	0	0	0	0	0	0	0	49.5	41.2	5.3	16.4	425
370	Dripping , beef	0	Tr	0	0	0	0	0	0	50.6	38.0	2.4	4.4	94
371	Ghee , butter	0	Tr	0	0	0	0	0	0	66.0	24.1	3.4	N	280
372	vegetable	0	Tr	0	0	0	0	0	0	48.4	37.0	9.7	1.1	0
373	Lard	0	0	0	0	0	0	0	0	40.3	43.4	10.0	Tr	93
374	Suet , shredded	11.9	0.2	0.1	0.1	Tr	Tr	0	0.5	49.9	30.4	2.2	(4.0)	82
375	vegetable	10.1	0	0	0	0	0	0	0	45.0	26.3	12.8	21.8	0

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Spreading fats continued													
362	Fat spread (60% fat), polyunsaturated	710	N	N	N	N	Tr	Tr	N	1070	Tr	N	N
363	(60% fat), with olive oil	600	N	N	N	N	Tr	Tr	N	910	Tr	N	N
364	(40% fat), not polyunsaturated	650	110	39	4	82	Tr	Tr	0.2	800	Tr	N	N
365	(35–40% fat), polyunsaturated	650	N	N	N	N	Tr	Tr	N	990	Tr	N	N
366	(20–25% fat), not polyunsaturated	540	630	N	N	N	Tr	Tr	N	(830)	Tr	N	N
367	polyunsaturated	500	N	N	N	N	Tr	Tr	N	(770)	Tr	N	N
368	(5% fat)	500	N	N	N	N	Tr	Tr	N	(770)	Tr	N	N
Cooking fats													
369	Compound cooking fat	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr
370	Dripping , beef	5	4	1	Tr	13	0.2	N	N	2	Tr	Tr	(5)
371	Ghee , butter	2	3	Tr	Tr	Tr	0.2	Tr	Tr	28	Tr	Tr	N
372	vegetable	1	1	Tr	Tr	Tr	Tr	0.14	Tr	N	Tr	N	N
373	Lard	2	1	1	1	3	0.1	0.02	N	4	Tr	Tr	Tr
374	Suet , shredded	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	N	5
375	vegetable	10	Tr	Tr	Tr	Tr	Tr	Tr	Tr	N	Tr	Tr	Tr

Fats and oils *continued*

362 to 375

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene ^a µg	Vitamin D µg	Vitamin ^b E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Spreading fats continued															
362	Fat spread (60% fat), polyunsaturated	980	Tr	N	30.75	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
363	(60% fat), with olive oil	N	N	N	N	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
364	(40% fat), not polyunsaturated	650	805	8.4	8.01	Tr	Tr	Tr	1.4	Tr	Tr	Tr	Tr	Tr	0
365	(35–40% fat), polyunsaturated	N	N	N	N	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
366	(20–25% fat), not polyunsaturated	470	575	7.8	5.11	Tr	Tr	Tr	1.9	Tr	Tr	Tr	Tr	Tr	0
367	polyunsaturated	N	N	N	N	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
368	(5% fat)	N	800	5.0	N	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
Cooking fats															
369	Compound cooking fat	0	0	0	Tr	0	0	0	0	0	0	0	0	0	0
370	Dripping , beef	N	N	Tr	0.40	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
371	Ghee , butter	675	500	1.9	3.31	0	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	0
372	vegetable	Tr	Tr	0	10.27	0	0	Tr	Tr	Tr	0	0	Tr	Tr	0
373	Lard	Tr	0	N	1.00	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
374	Suet , shredded	52	73	Tr	1.50	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
375	vegetable	0	0	0	17.97	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0

^a Some brands may not contain β-carotene

^b The vitamin E content will vary according to the type of oil

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Oils										
376	Coconut oil	Mean of 35 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
377	Cod liver oil	Mean of 20 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
378	Corn oil	Mean of 42 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
379	Evening primrose oil	Mean of 35 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
380	Olive oil	Mean of 35 samples; including virgin and extra virgin olive oil	1.00	Tr	Tr	Tr	99.9	0	899	3696
381	Palm oil	Mean of 55 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
382	Peanut (Groundnut) oil	Mean of 71 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
383	Rapeseed oil	Mean of 100 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
384	Safflower oil	Mean of 28 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
385	Sesame oil	Mean of 22 samples and literature sources	1.00	0.1	0.03	0.2	99.7	0	898	3692
386	Soya oil	Mean of 39 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
387	Sunflower oil	Mean of 46 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
388	Vegetable oil , blended, average	Data from the Institute of Human Nutrition and Brain Chemistry	1.00	Tr	Tr	Tr	99.9	0	899	3696
389	Walnut oil	Mean of 13 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696
390	Wheatgerm oil	Mean of 35 samples	1.00	Tr	Tr	Tr	99.9	0	899	3696

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids				Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	Poly-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	g	mg
Oils														
376	Coconut oil	0	0	0	0	0	0	0	0	86.5	6.0	1.5	Tr	0
377	Cod liver oil	0	0	0	0	0	0	0	0	21.1	44.6	30.5	Tr	(570)
378	Corn oil	0	0	0	0	0	0	0	0	14.4	29.9	51.3	Tr	0
379	Evening primrose oil	0	0	0	0	0	0	0	0	7.8	10.6	76.6	Tr	0
380	Olive oil	0	0	0	0	0	0	0	0	14.3	73.0	8.2	0	0
381	Palm oil	0	0	0	0	0	0	0	0	47.8	37.1	10.4	Tr	0
382	Peanut (Groundnut) oil	0	0	0	0	0	0	0	0	20.0	44.4	31.0	Tr	0
383	Rapeseed oil	0	0	0	0	0	0	0	0	6.6	59.3	29.3	Tr	0
384	Safflower oil	0	0	0	0	0	0	0	0	9.7	12.0	74.0	Tr	0
385	Sesame oil	0	0	0	0	0	0	0	0	14.6	37.5	43.4	Tr	0
386	Soya oil	0	0	0	0	0	0	0	0	15.6	21.3	58.8	Tr	0
387	Sunflower oil	0	0	0	0	0	0	0	0	12.0	20.5	63.3	Tr	0
388	Vegetable oil, blended, average	0	0	0	0	0	0	0	0	11.7 ^a	53.2 ^a	29.8 ^a	Tr	0
389	Walnut oil	0	0	0	0	0	0	0	0	9.1	16.5	69.9	Tr	0
390	Wheatgerm oil	0	0	0	0	0	0	0	0	18.6	16.6	60.4	Tr	0

^a The fatty acid profile will depend on the blend of oil used

Fats and oils *continued*

376 to 390

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Oils															
376	Coconut oil	0	Tr	0	0.66	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
377	Cod liver oil	18000	Tr	210.0	20.00	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	0
378	Corn oil	0	Tr	0	17.24	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
379	Evening primrose oil	0	Tr	0	N	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
380	Olive oil	0	N	0	5.10	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
381	Palm oil	0	Tr ^a	0	33.12	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
382	Peanut (Groundnut) oil	0	Tr	0	15.16	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
383	Rapeseed oil	0	Tr	0	22.21	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
384	Safflower oil	0	Tr	0	40.68	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
385	Sesame oil	0	Tr	0	N	0.01	0.07	0.1	Tr	Tr	0	Tr	Tr	Tr	0
386	Soya oil	0	Tr	0	16.06	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
387	Sunflower oil	0	Tr	0	49.22	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
388	Vegetable oil, blended, average	0	Tr	0	N ^b	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
389	Walnut oil	0	Tr	0	N	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0
390	Wheatgerm oil	0	Tr	0	136.65	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	0

^a Unrefined palm oil contains approximately 30000mg β- and 24000mg α- carotene per 100g

^b The vitamin E content will vary according to the type of oil

Section 2.5

Meat and meat products

This section of the Tables is largely based on the recent *Meat, Poultry and Game* (1995) and *Meat Products and Dishes* (1996) supplements. New analytical data for a few takeaway meat dishes have been incorporated. Foods for which new data are incorporated have been allocated a new food code and can thus easily be identified in the food index.

The nutrient values were constructed from the separable fat and lean in meat (and meat and skin for poultry) analysed following dissection into lean meat, separable fat and inedible matter (or meat, skin and inedible matter for poultry). Since it was not possible to analyse all samples for all nutrients, some values for minerals and vitamins were interpolated from analytical values from similar cuts and cooking methods, usually in proportion to the protein content of the samples.

The major source of variation in meat composition is the proportion of lean to fat, as a result of husbandry techniques and trimming practices, both at retail level and in the home. This affects levels of most other nutrients, which are distributed differently in the two fractions.

Users should note that all values are expressed per 100g edible portion. Guidance for calculating nutrient content 'as purchased' or 'as served' (e.g. including rind or bone) is given in Section 4.2. For weight loss on cooking and calculation of cooked edible proportion obtained from raw meat see Section 4.3.

Losses of labile vitamins assigned to cooked dishes and food were estimated using figures in Section 4.3.

Taxonomic names for foods in this part of the Tables can be found in Section 4.5.

Meat and meat products

391 to 399

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Bacon										
391	Bacon rashers, back, raw	10 samples; smoked and unsmoked, loose and prepacked British, Danish and Dutch bacon	0.97	63.9	2.64	16.5	16.5	0	215	891
392	<i>dry-fried</i>	10 samples; smoked and unsmoked, loose and prepacked British, Danish and Dutch bacon	1.00	49.7	3.87	24.2	22.0	0	295	1225
393	<i>grilled</i>	15 samples; smoked and unsmoked, loose and prepacked British, Danish and Dutch bacon	1.00	50.4	3.71	23.2	21.6	0	287	1194
394	<i>grilled crispy</i>	10 samples; smoked and unsmoked, loose and prepacked British, Danish and Dutch bacon	1.00	37.8	5.76	36.0	18.8	0	313	1308
395	<i>microwaved</i>	15 samples; smoked and unsmoked, loose and prepacked British, Danish and Dutch bacon	1.00	45.5	3.87	24.2	23.3	0	307	1274
396	fat trimmed, <i>raw</i>	24 samples, back fat removed. MLC data and calculation from No 395	1.00	69.5	3.01	18.8	6.7	0	136	568
397	fat trimmed, <i>grilled</i>	15 samples; smoked and unsmoked, loose and prepacked British, Danish & Dutch bacon, back fat removed	1.00	56.2	4.11	25.7	12.3	0	214	892
398	reduced salt, <i>grilled</i>	6 samples; smoked and unsmoked, loose and prepacked British and Danish bacon	1.00	51.6	3.86	24.1	20.6	0	282	1172
399	middle, grilled	9 samples; smoked and unsmoked, loose and prepacked British and Danish bacon	1.00	47.8	3.97	24.8	23.1	0	307	1276

Meat and meat products

391 to 399

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		
Bacon									
391	Bacon rashers, back, raw	0	0	0	6.2	6.9	2.2	0.1	53
392	<i>dry-fried</i>	0	0	0	8.3	9.2	2.8	0.1	65
393	<i>grilled</i>	0	0	0	8.1	9.0	2.8	Tr	75
394	<i>grilled crispy</i>	0	0	0	7.1	7.9	2.4	0.1	68
395	<i>microwaved</i>	0	0	0	8.8	9.8	3.0	0.1	84
396	<i>fat trimmed, raw</i>	0	0	0	2.5	2.8	0.9	Tr	(31)
397	<i>fat trimmed, grilled</i>	0	0	0	4.6	5.2	1.6	0.1	44
398	<i>reduced salt, grilled</i>	0	0	0	7.8	8.7	2.7	0.1	74
399	middle, grilled	0	0	0	8.4	10.0	3.0	0.1	83

Meat and meat products

391 to 399

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Bacon													
391	Bacon rashers, back, raw	1540	300	5	17	150	0.4	0.06	1.2	2350	0.01	8	5
392	<i>dry-fried</i>	1910	360	6	21	180	0.6	0.06	1.9	(3510)	0.01	18	7
393	<i>grilled</i>	1880	340	7	21	180	0.6	0.05	1.7	2780	0.01	12	7
394	<i>grilled crispy</i>	(2700)	510	10	32	300	1.1	0.10	3.1	(3510)	0.01	18	11
395	<i>microwaved</i>	2330	360	8	23	200	0.7	0.06	2.0	(2360)	0.01	12	7
396	<i>fat trimmed, raw</i>	(1350)	(250)	(6)	(16)	(150)	(0.5)	(0.05)	(1.5)	(1740)	(0.01)	(9)	(6)
397	<i>fat trimmed, grilled</i>	(1930)	360	8	23	210	0.7	0.07	2.2	(2500)	0.01	13	8
398	<i>reduced salt, grilled</i>	1130	340	7	22	200	0.7	0.09	2.1	1500	0.01	12	7
399	middle, grilled	1960	350	8	21	220	0.7	0.07	2.2	2050	0.01	11	8

Meat and meat products

391 to 399

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Bacon															
391	Bacon rashers, back, raw	Tr	Tr	0.3	0.02	0.63	0.11	5.6	2.6	0.46	Tr	3	1.00	2	1
392	<i>dry-fried</i>	Tr	Tr	0.6	0.07	0.86	0.14	6.8	4.4	0.53	1	2	1.26	5	Tr
393	<i>grilled</i>	Tr	Tr	0.6	0.07	1.16	0.15	7.2	3.8	0.52	1	5	1.24	3	Tr
394	<i>grilled crispy</i>	Tr	Tr	1.0	0.10	1.38	0.24	10.8	6.6	0.71	1	4	1.34	5	Tr
395	<i>microwaved</i>	Tr	Tr	0.6	0.07	1.10	0.16	7.9	4.4	0.55	1	2	1.26	5	Tr
396	<i>fat trimmed, raw</i>	Tr	Tr	(0.5)	(0.05)	(0.68)	(0.12)	(5.4)	(3.3)	(0.35)	(1)	(2)	(0.93)	(4)	Tr
397	<i>fat trimmed, grilled</i>	Tr	Tr	0.7	0.07	0.98	0.17	7.7	4.7	0.50	1	3	1.34	5	Tr
398	<i>reduced salt, grilled</i>	Tr	Tr	0.6	0.07	0.92	0.16	7.2	4.4	0.47	1	2	1.25	5	Tr
399	middle, grilled	Tr	Tr	0.6	0.13	0.77	0.17	7.5	5.1	0.42	1	3	1.27	6	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Bacon <i>continued</i>										
400	Bacon rashers, streaky, raw	10 samples; smoked and unsmoked, loose and prepacked British and Danish bacon	(0.91)	57.3	2.53	15.8	23.6	0	276	1142
401	<i>grilled</i>	10 samples; smoked and unsmoked, loose and prepacked British and Danish bacon	1.00	44.0	3.81	23.8	26.9	0	337	1400
402	<i>fried</i>	10 samples; smoked and unsmoked, loose and prepacked British and Danish bacon	1.00	45.1	3.81	23.8	26.6	0	335	1389
403	Bacon, fat only, average, raw	Fat from five different cuts	1.00	12.8	0.76	4.8	80.9	0	747	3075
404	average, <i>cooked</i>	Fat from five different cuts	1.00	13.8	1.48	9.3	72.8	0	692	2852
405	Ham	10 samples, 9 brands; loose and prepacked including honey roast and smoked Ham. Added water 10–15%	1.00	73.2	2.94	18.4	3.3	1.0	107	451
406	gammon joint, <i>raw</i>	10 samples; smoked and unsmoked, prepacked British and Danish gammon	0.92	68.6	2.80	17.5	7.5	0	138	575
407	<i>boiled</i>	10 samples; smoked and unsmoked, prepacked British and Danish gammon	1.00	61.2	3.73	23.3	12.3	0	204	851
408	gammon rashers, <i>grilled</i>	5 samples; unsmoked British gammon	1.00	58.2	4.40	27.5	9.9	0	199	834
Beef										
409	Beef, average, trimmed lean, raw	LGC; average of 10 different cuts	1.00	71.9	3.60	22.5	4.3	0	129	542
410	trimmed fat, <i>raw</i>	LGC; average of 10 different cuts	1.00	35.0	3.02	18.9	53.6	0	558	2305
411	Beef, fat, cooked	LGC; average of 8 different cuts	1.00	33.6	2.48	15.5	52.3	0	533	2199

Meat and meat products *continued*

400 to 411

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Bacon <i>continued</i>									
400	Bacon rashers, streaky, raw	0	0	0	8.2	10.2	3.5	0.1	65
401	<i>grilled</i>	0	0	0	9.8	11.5	3.7	0.1	90
402	<i>fried</i>	0	0	0	9.1	11.1	4.5	2.6	78
403	Bacon, fat only, average, raw	0	0	0	31.5	36.1	8.9	N	198
404	average, <i>cooked</i>	0	0	0	28.5	32.9	7.6	N	270
405	Ham	0	1.0	0	1.1	1.4	0.5	Tr	58
406	gammon joint, <i>raw</i>	0	0	0	2.5	3.3	1.2	Tr	23
407	<i>boiled</i>	0	0	0	4.1	5.4	1.9	Tr	83
408	gammon rashers, <i>grilled</i>	0	0	0	3.4	4.1	1.7	0.1	83
Beef									
409	Beef, average, trimmed lean, raw	0	0	0	1.7	1.9	0.2	0.1	58
410	trimmed fat, <i>raw</i>	0	0	0	24.9	24.2	1.7	2.4	72
411	Beef, fat, cooked	0	0	0	24.3	23.4	1.8	2.4	97

Meat and meat products *continued*

400 to 411

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Bacon <i>continued</i>													
400	Bacon rashers, streaky, raw	1260	250	6	15	140	0.5	0.06	1.5	1500	0.01	7	7
401	<i>grilled</i>	1680	330	9	20	180	0.8	0.15	2.5	2630	0.01	11	6
402	<i>fried</i>	(1880)	350	7	21	200	0.7	0.07	2.1	(2320)	0.01	10	7
403	Bacon, fat only, average, raw	560	75	3	4	38 ^a	0.7	0.06	0.6	810	Tr	(1)	(11)
404	average, <i>cooked</i>	990	130	7	10	90	0.8	0.09	0.8	1520	Tr	(2)	(11)
405	Ham	1200	340	7	24	340	0.7	0.12	1.8	1470	0.01	11	5
406	gammon joint, <i>raw</i>	(880)	190	7	17	130	0.6	0.08	1.5	(1980)	0.01	11	7
407	<i>boiled</i>	1180	250	9	18	170	0.8	0.10	2.1	(2640)	0.01	12	9
408	gammon rashers, <i>grilled</i>	1930	380	8	26	230	0.8	0.09	2.2	(2680)	0.02	14	8
Beef													
409	Beef, average, trimmed lean, raw	63	350	5	22	200	2.7	0.03	4.1	51	0.01	7	10
410	trimmed fat, <i>raw</i>	26	140	5	9	79	0.7	0.02	1.1	28	Tr	2	10
411	Beef, fat, cooked	35	200	6	12	110	1.0	0.01	1.5	39	0.01	3	14

^a Sweetcure bacon contains 140mg P per 100g fat

Meat and meat products *continued*

400 to 411

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Bacon <i>continued</i>															
400	Bacon rashers, streaky, raw	Tr	Tr	0.9	0.07	0.45	0.14	4.7	2.7	0.30	1	3	0.92	2	Tr
401	<i>grilled</i>	Tr	Tr	0.7	0.07	0.70	0.17	6.3	4.3	0.40	1	3	1.22	4	Tr
402	<i>fried</i>	Tr	Tr	0.6	N	0.75	0.14	7.1	4.4	0.47	1	1	1.24	5	Tr
403	Bacon, fat only, average, raw	Tr	Tr	Tr	0.11	N	N	N	0.9	N	Tr	Tr	N	Tr	0
404	average, <i>cooked</i>	Tr	Tr	Tr	0.36	N	N	N	1.7	N	Tr	Tr	N	Tr	0
405	Ham	Tr	Tr	N	0.04	0.80	0.17	6.5	3.1	0.61	1	19	1.03	3	Tr
406	gammon joint, <i>raw</i>	Tr	Tr	0.6	0.06	0.44	0.13	5.3	2.9	0.43	Tr	4	1.07	2	Tr
407	<i>boiled</i>	Tr	Tr	0.8	0.08	0.58	0.16	5.4	3.9	0.42	Tr	3	1.43	2	Tr
408	gammon rashers, <i>grilled</i>	Tr	Tr	0.8	0.08	1.16	0.18	6.4	5.5	0.16	1	3	1.43	6	Tr
Beef															
409	Beef, average, trimmed lean, raw	Tr	Tr	0.5	0.13	0.10	0.21	5.0	4.7	0.53	2	19	0.75	1	0
410	trimmed fat, <i>raw</i>	Tr	Tr	Tr	0.06	0.04	0.13	1.2	1.7	0.17	1	18	0.43	1	0
411	Beef, fat, cooked	Tr	Tr	Tr	0.08	0.05	0.18	1.6	1.8	0.23	2	26	0.60	2	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Beef continued										
412	Braising steak , braised, lean	10 samples	1.00	55.5	5.50	34.4	9.7	0	225	944
413	lean and fat	Calculated from 90% lean and 9% fat	1.00	53.1	5.26	32.9	12.7	0	246	1029
414	Fore-rib/rib-roast , <i>raw</i> , lean and fat	Calculated from 75% lean and 25% fat	0.85	61.4	3.01	18.8	19.8	0	253	1052
415	<i>roasted</i> , lean and fat	Calculated from 78% lean and 22% fat	0.84	49.8	4.64	29.1	20.4	0	300	1250
416	Mince , <i>raw</i>	10 samples	1.00	62.0 ^a	3.15	19.7	16.2 ^b	0	225	934
417	<i>microwaved</i>	10 samples	1.00	55.3	4.22	26.4	17.5	0	263	1096
418	<i>stewed</i>	10 samples	1.00	64.4	3.49	21.8	13.5	0	209	870
419	extra lean, <i>stewed</i>	17 samples	1.00	66.6	3.95	24.7	8.7	0	177	742
420	Rump steak , <i>raw</i> , lean and fat	Calculated from 88% lean and 11% fat	0.99	68.2	3.31	20.7	10.1	0	174	726
421	<i>barbecued</i> , lean	10 samples	1.00	62.4	4.99	31.2	5.7	0	176	741
422	<i>fried</i> , lean	10 samples	1.00	61.7	4.94	30.9	6.6	0	183	770
423	<i>fried</i> , lean and fat	Calculated from 87% lean and 12% fat	1.00	57.2	4.54	28.4	12.7	0	228	953
424	<i>grilled</i> , lean	10 samples	1.00	62.9	4.96	31.0	5.9	0	177	745
425	from steakhouse, lean	10 samples	1.00	63.0	4.77	29.8	4.7	0	162	681
426	strips, <i>stir-fried</i> , lean	10 samples	1.00	57.9	5.17	32.3	8.8	0	208	875
427	Silverside , salted, <i>boiled</i> , lean	Calculated from 88% lean and 11% fat	1.00	60.4	4.86	30.4	6.9	0	184	772
428	Stewing steak , <i>raw</i> , lean and fat	Calculated from 90% lean and 9% fat	1.00	70.1	3.54	22.1	6.4	0	146	613
429	<i>stewed</i> , lean and fat	Calculated from 84% lean and 14% fat	1.00	59.4	4.67	29.2	9.6	0	203	852
430	Topside , <i>raw</i> , lean and fat	Calculated from 84% lean and 15% fat	0.99	65.8	3.26	20.4	12.9	0	198	824
431	<i>roasted well-done</i> , lean	10 samples	1.00	56.9	5.79	36.2	6.3	0	202	849
432	lean and fat	Calculated from 88% lean and 11% fat	1.00	53.0	5.25	32.8	12.5	0	244	1020

^a Water ranged from 57.3 to 70.0g per 100g

^b Fat ranged from 7.8g to 26.5g per 100g

Meat and meat products *continued*

412 to 432

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids				Cholest- erol mg
					Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Beef continued									
412	Braising steak , braised, lean	0	0	0	4.1	4.1	0.6	0.4	100
413	lean and fat	0	0	0	5.3	5.2	0.8	0.5	100
414	Fore-rib/rib-roast , <i>raw</i> , lean and fat	0	0	0	8.9	8.8	0.7	0.8	59
415	<i>roasted</i> , lean and fat	0	0	0	9.2	9.1	0.7	0.8	83
416	Mince , <i>raw</i>	0	0	0	6.9	6.9	0.5	0.8	60
417	<i>microwaved</i>	0	0	0	7.6	7.7	0.7	0.8	80
418	<i>stewed</i>	0	0	0	5.7	5.7	0.6	0.7	79
419	extra lean, <i>stewed</i>	0	0	0	3.8	3.8	0.3	0.4	75
420	Rump steak , <i>raw</i> , lean and fat	0	0	0	4.3	4.4	0.6	0.3	60
421	<i>barbecued</i> , lean	0	0	0	2.4	2.4	0.4	0.2	76
422	<i>fried</i> , lean	0	0	0	2.4	2.5	0.9	0.2	86
423	<i>fried</i> , lean and fat	0	0	0	4.9	5.2	1.6	0.4	84
424	<i>grilled</i> , lean	0	0	0	2.5	2.5	0.5	0.2	76
425	from steakhouse, lean	0	0	0	2.0	2.0	0.3	0.1	73
426	strips, <i>stir-fried</i> , lean	0	0	0	3.3	3.5	1.2	0.3	92
427	Silverside , salted, <i>boiled</i> , lean	0	0	0	2.5	3.4	0.3	0.2	74
428	Stewing steak , <i>raw</i> , lean and fat	0	0	0	2.6	2.9	0.4	0.2	69
429	<i>stewed</i> , lean and fat	0	0	0	3.7	4.2	0.9	0.3	91
430	Topside , <i>raw</i> , lean and fat	0	0	0	5.4	5.8	0.8	0.4	48
431	<i>roasted well-done</i> , lean	0	0	0	2.6	2.8	0.3	0.2	88
432	lean and fat	0	0	0	5.2	5.7	0.6	0.5	83

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Beef continued													
412	Braising steak , braised, lean	62	340	8	23	220	2.7	Tr	9.5	62	Tr	11	15
413	lean and fat	60	330	8	22	210	2.6	Tr	8.7	61	Tr	10	15
414	Fore-rib/rib-roast , <i>raw</i> , lean and fat	52	290	5	19	170	1.5	0.03	2.9	44	Tr	6	10
415	<i>roasted</i> , lean and fat	54	320	8	20	190	1.8	Tr	6.1	58	Tr	10	12
416	Mince , <i>raw</i>	80	260	9	17	160	1.4	Tr	3.9	76	Tr	7	9
417	<i>microwaved</i>	91	290	12	20	190	2.0	Tr	5.2	110	0.02	9	16
418	<i>stewed</i>	73	210	20	15	150	2.7	0.10	5.0	63	0.02	7	14
419	extra lean, <i>stewed</i>	75	280	14	18	170	2.3	0.08	5.6	61	Tr	8	10
420	Rump steak , <i>raw</i> , lean and fat	56	350	4	22	200	2.7	0.04	3.5	38	Tr	7	11
421	<i>barbecued</i> , lean	78	460	8	29	270	3.2	0.10	5.1	61	0.04	10	11
422	<i>fried</i> , lean	78	390	5	25	240	3.0	0.02	5.2	50	0.02	10	9
423	<i>fried</i> , lean and fat	71	360	5	23	220	2.7	0.02	4.7	47	0.02	9	9
424	<i>grilled</i> , lean	74	430	7	29	260	3.6	0.04	5.6	62	0.02	10	12
425	from steakhouse, lean	72	410	7	28	250	2.4	0.04	5.4	60	0.02	10	11
426	strips, <i>stir-fried</i> , lean	78	450	7	30	270	2.6	0.04	5.8	64	0.02	11	12
427	Silverside , salted, <i>boiled</i> , lean	1020	190	10	17	150	2.0	Tr	5.3	1690	0.02	10	11
428	Stewing steak , <i>raw</i> , lean and fat	66	340	5	20	180	2.0	0.04	5.3	66	Tr	7	13
429	<i>stewed</i> , lean and fat	51	250	15	19	180	2.3	0.04	7.5	33	0.01	10	12
430	Topside , <i>raw</i> , lean and fat	67	340	5	22	190	1.7	0.07	3.5	44	0.02	7	9
431	<i>roasted well-done</i> , lean	62	410	8	27	230	2.9	0.04	6.5	36	0.01	12	13
432	lean and fat	57	370	7	24	210	2.6	0.04	5.8	34	0.01	11	12

Meat and meat products *continued*

412 to 432

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Beef continued															
412	Braising steak , braised, lean	Tr	8	0.8	0.02	0.05	0.26	5.2	8.0	0.34	3	54	0.55	2	0
413	lean and fat	Tr	7	0.7	0.03	0.05	0.26	4.9	7.5	0.33	3	52	0.57	2	0
414	Fore-rib/rib-roast , <i>raw</i> , lean and fat	Tr	6	0.4	0.12	0.09	0.21	4.1	5.3	0.43	2	16	0.66	1	0
415	<i>roasted</i> , lean and fat	Tr	6	0.6	0.19	0.06	0.17	4.5	6.1	0.36	3	19	0.54	2	0
416	Mince , <i>raw</i>	Tr	Tr	0.7	0.17	0.06	0.13	5.8	3.6	0.37	2	14	0.49	1	0
417	<i>microwaved</i>	Tr	8	0.6	0.31	0.08	0.31	8.0	4.3	0.38	3	17	0.53	2	0
418	<i>stewed</i>	9	25	0.8	0.34	0.03	0.19	4.6	4.4	0.28	2	17	0.36	5	0
419	extra lean, <i>stewed</i>	Tr	8	0.6	0.30	0.03	0.13	4.8	4.5	0.16	3	20	0.36	2	0
420	Rump steak , <i>raw</i> , lean and fat	Tr	Tr	0.4	0.04	0.09	0.23	4.9	4.5	0.61	2	5	0.65	1	0
421	<i>barbecued</i> , lean	Tr	8	0.7	0.20	0.15	0.32	6.8	7.0	0.36	3	10	0.78	2	0
422	<i>fried</i> , lean	Tr	8	0.7	0.18	0.14	0.29	5.9	6.7	0.63	2	5	0.74	2	0
423	<i>fried</i> , lean and fat	Tr	7	0.6	N	0.13	0.27	5.3	6.0	0.57	2	5	0.70	2	0
424	<i>grilled</i> , lean	Tr	8	0.4	0.07	0.13	0.28	6.8	7.0	0.65	3	(5)	0.91	2	0
425	from steakhouse, lean	Tr	8	0.7	N	0.13	0.27	6.5	6.7	0.63	2	17	0.88	2	0
426	strips, <i>stir-fried</i> , lean	Tr	8	0.7	0.06	0.21	0.30	6.8	7.2	0.73	3	5	0.94	2	0
427	Silverside , salted, <i>boiled</i> , lean	Tr	8	0.7	0.10	0.05	0.27	2.6	6.8	0.39	2	12	0.40	2	0
428	Stewing steak , <i>raw</i> , lean and fat	Tr	Tr	0.7	0.20	0.07	0.26	4.0	4.3	0.42	2	6	0.65	1	0
429	<i>stewed</i> , lean and fat	Tr	7	0.6	0.17	0.03	0.15	2.4	6.2	0.23	2	11	0.30	2	0
430	Topside , <i>raw</i> , lean and fat	Tr	Tr	0.4	0.13	0.08	0.17	4.6	4.3	0.48	2	22	0.59	1	0
431	<i>roasted well-done</i> , lean	Tr	8	0.8	0.08	0.09	0.29	5.8	8.1	0.56	3	21	0.60	2	0
432	lean and fat	Tr	7	0.7	0.08	0.08	0.27	5.2	7.2	0.51	3	20	0.56	2	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Lamb										
433	Lamb , average, trimmed lean, <i>raw</i>	LGC; average of 8 different cuts	1.00	70.6	3.23	20.2	8.0	0	153	639
434	trimmed fat, <i>raw</i>	LGC; average of 8 different cuts	1.00	34.7	2.13	13.3	51.6	0	518	2135
435	fat, <i>cooked</i>	LGC; average of 8 different cuts	1.00	28.3	2.64	15.4	56.3	0	568	2345
436	Best end neck cutlets , <i>raw</i> , lean and fat	Calculated from 66% lean and 34% fat	0.74	53.9	2.61	16.3	27.9	0	316	1309
437	<i>grilled</i> , lean	33 samples	0.48	57.4	4.56	28.5	13.8	0	238	995
438	lean and fat	Calculated from 68% lean and 32% fat	0.72	46.1	3.91	24.5	29.9	0	367	1523
439	Breast , <i>roasted</i> , lean	10 samples	1.00	54.4	4.27	26.7	18.5	0	273	1138
440	lean and fat	Calculated from 62% lean and 36% fat	1.00	45.5	3.59	22.4	29.9	0	359	1487
441	Leg , average, <i>raw</i> , lean and fat	Calculated from 83% lean and 17% fat	1.00	67.4	3.05	19.0	12.3	0	187	778
442	Leg, whole , <i>roasted medium</i> , lean	10 samples	0.77	60.5	4.75	29.7	9.4	0	203	853
443	lean and fat	Calculated from 89% lean and 11% fat	1.00	57.3	4.50	28.1	14.2	0	240	1003
444	Loin chops , <i>raw</i> , lean and fat	Calculated from 72% lean and 28% fat	0.78	59.3	2.81	17.6	23.0	0	277	1150
445	<i>grilled</i> , lean	33 samples	0.61	59.6	4.67	29.2	10.7	0	213	892
446	lean and fat	Calculated from 76% lean and 24% fat	0.81	50.5	4.24	26.5	22.1	0	305	1268
447	<i>microwaved</i> , lean and fat	Calculated from 72% lean and 28% fat	0.82	45.3	4.39	27.5	26.9	0	352	1463
448	<i>roasted</i> , lean and fat	Calculated from 73% lean and 27% fat	0.88	43.8	4.66	29.1	26.9	0	359	1490
449	Mince , <i>raw</i>	10 samples	1.00	67.1 ^a	3.06	19.1	13.3 ^b	0	196	817
450	<i>stewed</i>	10 samples	1.00	62.8	3.90	24.4	12.3	0	208	870
451	Neck fillet , strips, <i>stir-fried</i> , lean	10 samples	1.00	55.3	3.90	24.4	20.0	0	278	1155

^a Water ranged from 63.0g to 71.6g per 100g^b Fat ranged from 8.1g to 22.8g per 100g

Meat and meat products *continued*

433 to 451

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Lamb									
433	Lamb , average, trimmed lean, <i>raw</i>	0	0	0	3.5	3.1	0.5	0.6	74
434	trimmed fat, <i>raw</i>	0	0	0	26.3	19.5	2.3	4.8	92
435	fat, <i>cooked</i>	0	0	0	28.4	21.6	2.4	5.3	100
436	Best end neck cutlets , <i>raw</i> , lean and fat	0	0	0	13.6	10.4	1.4	2.3	76
437	<i>grilled</i> , lean	0	0	0	6.5	5.1	0.7	1.1	100
438	lean and fat	0	0	0	14.5	11.2	1.5	2.5	105
439	Breast , <i>roasted</i> , lean	0	0	0	8.6	7.0	0.9	1.6	95
440	lean and fat	0	0	0	14.3	11.4	1.4	2.7	93
441	Leg , average, <i>raw</i> , lean and fat	0	0	0	5.4	4.9	0.7	0.9	78
442	Leg, whole , <i>roasted medium</i> , lean	0	0	0	3.8	3.9	0.6	0.7	100
443	lean and fat	0	0	0	5.7	6.1	0.8	1.2	100
444	Loin chops , <i>raw</i> , lean and fat	0	0	0	10.8	8.8	1.2	1.8	79
445	<i>grilled</i> , lean	0	0	0	4.9	4.0	0.6	0.9	96
446	lean and fat	0	0	0	10.5	8.4	1.3	1.9	100
447	<i>microwaved</i> , lean and fat	0	0	0	12.8	10.2	1.5	2.3	110
448	<i>roasted</i> , lean and fat	0	0	0	12.8	10.2	1.5	2.3	115
449	Mince , <i>raw</i>	0	0	0	6.2	5.3	0.6	1.1	77
450	<i>stewed</i>	0	0	0	5.8	4.8	0.6	0.9	96
451	Neck fillet , strips, <i>stir-fried</i> , lean	0	0	0	8.2	7.6	2.2	1.3	86

Meat and meat products *continued*

433 to 451

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Lamb													
433	Lamb, average, trimmed lean, <i>raw</i>	70	330	12	22	190	1.4	0.08	3.3	74	0.01	4	6
434	trimmed fat, <i>raw</i>	36	140	9	9	86	0.7	0.03	0.9	43	0.01	2	6
435	fat, <i>cooked</i>	72	260	11	18	160	1.1	0.05	1.5	67	0.01	4	6
436	Best end neck cutlets, <i>raw</i> , lean and fat	58	250	11	17	150	1.0	0.05	1.9	62	0.01	3	8
437	<i>grilled</i> , lean	84	370	23	26	230	1.9	0.11	3.6	71	0.01	4	6
438	lean and fat	81	340	19	24	210	1.7	0.09	2.9	71	0.01	4	6
439	Breast, <i>roasted</i> , lean	93	330	8	22	200	1.6	0.07	5.1	67	0.01	4	6
440	lean and fat	85	300	9	21	180	1.4	0.06	3.7	67	0.01	4	6
441	Leg, average, <i>raw</i> , lean and fat	58	320	7	22	190	1.4	0.08	2.8	59	0.01	2	2
442	Leg, whole, <i>roasted medium</i> , lean	63	360	7	26	220	1.8	0.11	4.6	67	0.02	4	3
443	lean and fat	64	340	7	25	210	1.7	0.10	4.3	67	0.02	4	3
444	Loin chops, <i>raw</i> , lean and fat	63	280	13	19	170	1.3	0.07	2.0	65	0.01	3	7
445	<i>grilled</i> , lean	80	400	22	28	240	2.1	0.10	3.6	73	0.02	4	6
446	lean and fat	81	370	20	27	230	1.9	0.09	3.1	74	0.02	4	6
447	<i>microwaved</i> , lean and fat	74	310	17	24	200	1.8	0.09	3.3	76	0.01	4	6
448	<i>roasted</i> , lean and fat	85	370	20	27	230	2.1	0.11	4.6	80	0.01	4	6
449	Mince, <i>raw</i>	69	310	17	21	190	1.6	0.08	3.5	68	0.01	2	6
450	<i>stewed</i>	59	270	15	20	180	2.1	0.11	4.6	46	0.02	3	5
451	Neck fillet, strips, <i>stir-fried</i> , lean	68	360	7	23	210	1.8	0.08	5.2	61	0.02	4	6

Meat and meat products *continued*

433 to 451

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Lamb															
433	Lamb, average, trimmed lean, raw	6	Tr	0.4	0.09	0.09	0.20	5.4	3.9	0.30	2	6	0.92	2	0
434	trimmed fat, raw	29	Tr	0.5	0.14	0.07	0.12	2.2	1.3	0.10	1	4	0.47	1	0
435	fat, cooked	29	Tr	0.5	0.28	0.09	0.17	3.6	2.0	0.20	1	4	0.74	1	0
436	Best end neck cutlets, raw, lean and fat	15	Tr	0.4	0.07	0.15	0.16	5.1	3.2	0.34	1	11	0.40	2	0
437	grilled, lean	Tr	Tr	0.6	0.10	0.16	0.19	7.0	5.9	0.40	3	4	1.40	2	0
438	lean and fat	9	Tr	0.6	0.16	0.14	0.19	6.0	4.7	0.32	2	4	1.21	2	0
439	Breast, roasted, lean	Tr	Tr	0.6	0.11	0.08	0.19	5.7	5.6	0.16	3	6	1.30	2	0
440	lean and fat	10	Tr	0.5	0.17	0.09	0.18	4.9	4.2	0.16	2	5	1.09	2	0
441	Leg, average, raw, lean and fat	9	Tr	0.7	0.05	0.14	0.23	5.1	3.7	0.33	1	11	1.25	2	0
442	Leg, whole, roasted medium, lean	Tr	Tr	0.7	0.03	0.12	0.29	6.2	5.8	0.34	2	2	1.50	3	0
443	lean and fat	Tr	Tr	0.6	0.05	0.12	0.28	5.9	5.4	0.32	2	2	1.41	2	0
444	Loin chops, raw, lean and fat	12	Tr	0.8	0.07	0.13	0.22	5.0	3.6	0.23	1	3	0.86	1	0
445	grilled, lean	Tr	Tr	0.6	0.02	0.17	0.26	8.3	6.1	0.52	3	6	1.40	3	0
446	lean and fat	7	Tr	(0.3)	0.09	0.16	0.25	7.3	5.2	0.44	3	6	1.28	2	0
447	microwaved, lean and fat	8	Tr	0.6	0.14	0.14	0.20	5.5	5.4	0.27	3	3	1.34	2	0
448	roasted, lean and fat	8	Tr	0.6	0.11	0.14	0.31	6.0	5.7	0.29	3	5	1.35	2	0
449	Mince, raw	5	Tr	0.8	0.18	0.12	0.18	4.8	3.7	0.20	2	2	0.90	2	0
450	stewed	5	Tr	0.5	0.11	0.09	0.21	5.2	5.3	0.21	2	9	0.90	4	0
451	Neck fillet, strips, stir-fried, lean	Tr	Tr	0.6	0.59	0.17	0.20	4.6	5.1	0.20	2	7	1.20	2	0

Meat and meat products *continued*

452 to 467

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Lamb <i>continued</i>										
452	Shoulder, raw, lean and fat	Calculated from 76% lean and 24% fat	0.80	61.6	2.81	17.6	18.3	0	235	976
453	diced, kebabs, grilled, lean and fat	Calculated from 85% lean and 15% fat	1.00	52.1	4.56	28.5	19.3	0	288	1199
454	whole, roasted, lean	10 samples	1.00	56.9	4.35	27.2	12.1	0	218	910
455	lean and fat	Calculated from 78% lean and 22% fat	0.79	50.5	3.96	24.7	22.1	0	298	1238
456	Stewing lamb, pressure cooked, lean	10 samples	0.67	56.6	4.59	28.7	14.8	0	248	1036
457	<i>stewed,</i> lean	10 samples	0.68	58.9	4.26	26.6	14.8	0	240	1000
458	lean and fat	Calculated from 85% lean and 15% fat	1.00	56.1	3.91	24.4	20.1	0	279	1159
Pork										
459	Pork, average, trimmed lean, raw	LGC; average of 8 different cuts	1.00	74.0	3.49	21.8	4.0	0	123	519
460	trimmed fat, <i>raw</i>	LGC; average of 8 different cuts	1.00	33.6	1.62	10.1	56.4	0	548	2259
461	fat, <i>cooked</i>	LGC; average of 5 different cuts	1.00	33.1	2.27	14.2	50.9	0	515	2125
462	Belly joint/slices, grilled, lean and fat	25 samples, 58% lean and 42% fat	0.85	48.6	4.38	27.4	23.4	0	320	1332
463	Diced, casseroled, lean only	10 samples	1.00	62.2	5.07	31.7	6.4	0	184	776
464	Fillet strips, stir-fried, lean	10 samples	1.00	59.6	5.14	32.1	5.9	0	182	764
465	Leg joint, raw, lean and fat	Calculated from 79% lean and 21% fat	0.87	64.4	3.04	19.0	15.2	0	213	885
466	<i>roasted medium,</i> lean	10 samples	0.85	61.1	5.28	33.0	5.5	0	182	765
467	lean and fat	Calculated from 83% lean and 17% fat	1.00	58.3	4.94	30.9	10.2	0	215	903

Meat and meat products *continued*

452 to 467

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Lamb <i>continued</i>									
452	Shoulder, raw, lean and fat	0	0	0	8.5	7.1	1.0	1.0	76
453	diced, kebabs, grilled, lean and fat	0	0	0	9.0	7.5	1.0	1.5	110
454	whole, roasted, lean	0	0	0	5.5	4.7	0.6	0.9	105
455	lean and fat	0	0	0	10.4	8.7	1.0	1.7	105
456	Stewing lamb, pressure cooked, lean	0	0	0	6.5	5.6	1.0	1.0	100
457	<i>stewed,</i> lean	0	0	0	6.5	5.6	1.0	1.0	94
458	lean and fat	0	0	0	9.2	7.7	1.3	1.5	92
Pork									
459	Pork, average, trimmed lean, raw	0	0	0	1.4	1.5	0.7	Tr	63
460	trimmed fat, <i>raw</i>	0	0	0	20.4	23.7	9.5	0.3	71
461	fat, <i>cooked</i>	0	0	0	17.9	21.5	8.9	0.3	98
462	Belly joint/slices, grilled, lean and fat	0	0	0	8.2	9.5	4.0	0.1	97
463	Diced, casseroled, lean only	0	0	0	1.9	2.3	1.6	Tr	99
464	Fillet strips, stir-fried, lean	0	0	0	1.3	1.8	2.2	Tr	90
465	Leg joint, raw, lean and fat	0	0	0	5.1	6.4	2.5	0.1	63
466	<i>roasted medium,</i> lean	0	0	0	1.9	2.3	0.7	Tr	100
467	lean and fat	0	0	0	3.6	4.4	1.4	Tr	100

Meat and meat products *continued*

452 to 467

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Lamb <i>continued</i>													
452	Shoulder, raw, lean and fat	63	280	6	19	160	1.1	0.08	3.4	63	0.02	3	3
453	diced, kebabs, grilled, lean and fat	87	420	14	28	240	1.8	0.12	5.6	76	0.03	4	6
454	whole, roasted, lean	80	330	8	23	210	1.8	0.10	5.8	81	0.01	6	6
455	lean and fat	80	320	9	22	190	1.6	0.09	5.0	79	0.01	5	7
456	Stewing lamb, pressure cooked, lean	65	240	31	20	180	1.9	0.13	6.0	72	0.01	4	6
457	<i>stewed,</i> lean	49	160	37	16	140	1.9	0.09	6.1	67	0.01	4	6
458	lean and fat	50	170	33	16	140	1.7	0.08	5.4	65	0.01	4	6
Pork													
459	Pork, average, trimmed lean, raw	63	380	7	24	190	0.7	0.05	2.1	51	0.01	13	5
460	trimmed fat, <i>raw</i>	47	160	9	9	91	0.4	0.04	0.6	51	Tr	7	5
461	fat, <i>cooked</i>	69	240	10	14	140	0.6	0.05	0.9	67	Tr	9	5
462	Belly joint/slices, grilled, lean and fat	97	350	20	23	220	0.9	0.12	2.9	96	0.02	17	5
463	Diced, casseroled, lean only	37	220	12	21	180	1.0	0.13	3.6	39	0.02	20	5
464	Fillet strips, stir-fried, lean	71	540	8	35	320	1.4	0.14	2.6	70	0.02	20	3
465	Leg joint, raw, lean and fat	60	330	6	21	180	0.7	0.02	1.9	50	Tr	12	5
466	<i>roasted medium,</i> lean	69	400	10	27	250	1.1	0.06	3.2	67	Tr	21	3
467	lean and fat	70	380	10	26	240	1.0	0.06	2.9	67	Tr	20	3

Meat and meat products *continued*

452 to 467

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Lamb <i>continued</i>															
452	Shoulder, raw, lean and fat	11	Tr	0.4	0.13	0.14	0.16	4.4	2.9	0.23	2	4	0.88	1	0
453	diced, kebabs, grilled, lean and fat	Tr	Tr	0.6	0.19	0.12	0.25	6.8	5.7	0.21	3	7	1.40	2	0
454	whole, roasted, lean	Tr	Tr	0.8	0.06	0.11	0.23	5.3	5.6	0.21	2	4	1.10	2	0
455	lean and fat	6	Tr	0.7	0.15	0.10	0.21	5.0	4.8	0.20	2	4	0.99	2	0
456	Stewing lamb, pressure cooked, lean	Tr	Tr	0.6	0.04	0.14	0.20	4.3	6.0	0.18	3	2	1.40	2	0
457	<i>stewed,</i> lean	Tr	Tr	0.6	0.20	0.04	0.12	2.3	5.5	0.11	3	2	1.30	2	0
458	lean and fat	Tr	Tr	0.6	0.20	0.05	0.12	2.4	4.9	0.11	2	2	1.19	2	0
Pork															
459	Pork, average, trimmed lean, raw	Tr	Tr	0.5	0.05	0.98	0.24	6.9	4.5	0.54	1	3	1.46	2	0
460	trimmed fat, <i>raw</i>	Tr	Tr	1.3	0.03	0.20	0.13	2.1	1.1	0.11	1	2	0.61	5	0
461	fat, <i>cooked</i>	Tr	Tr	2.1	0.05	0.37	0.16	3.8	1.5	0.16	Tr	2	0.86	8	0
462	Belly joint/slices, grilled, lean and fat	Tr	Tr	1.1	0.03	0.60	0.18	7.0	4.9	0.38	1	8	1.77	4	0
463	Diced, casseroled, lean only	Tr	Tr	0.8	0.05	0.48	0.25	4.2	6.6	0.36	1	3	0.94	5	0
464	Fillet strips, stir-fried, lean	Tr	Tr	0.8	0.19	1.53	0.41	10.1	6.6	0.78	1	4	2.20	5	0
465	Leg joint, raw, lean and fat	Tr	Tr	0.9	0.07	0.68	0.18	5.8	3.9	0.42	1	1	1.32	3	0
466	<i>roasted medium,</i> lean	Tr	Tr	0.7	0.02	0.73	0.25	9.7	6.7	0.50	1	4	2.90	5	0
467	lean and fat	Tr	Tr	1.0	0.03	0.71	0.24	9.2	6.1	0.47	1	4	2.67	5	0

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Pork continued										
468	Loin chops, raw , lean and fat	Calculated from 70% lean and 30% fat	0.84	59.8	2.98	18.6	21.7	0	270	1119
469	<i>barbecued</i> , lean and fat	Calculated from 82% lean and 18% fat	0.84	55.0	4.53	28.3	15.8	0	255	1066
470	<i>grilled</i> , lean	22 samples of a mixture of loin and pork chops	0.77	61.2	5.06	31.6	6.4	0	184	774
471	lean and fat	Calculated from 80% lean and 20% fat	1.00	54.6	4.64	29.0	15.7	0	257	1074
472	<i>microwaved</i> , lean and fat	Calculated from 82% lean and 18% fat	0.80	55.4	4.83	30.2	14.1	0	248	1035
473	<i>roasted</i> , lean and fat	Calculated from 78% lean and 22% fat	0.76	49.1	5.10	31.9	19.3	0	301	1256
474	Steaks, raw , lean and fat	Calculated from 89% lean and 11% fat	1.00	69.6	3.36	21.0	9.4	0	169	705
475	<i>grilled</i> , lean and fat	Calculated from 92% lean and 8% fat	1.00	59.1	5.19	32.4	7.6	0	198	832
Veal										
476	Veal , escalope, <i>raw</i>	9 samples	1.00	75.1	3.63	22.7	1.7	0	106	449
477	<i>fried</i>	9 samples	1.00	58.7	5.39	33.7	6.8	0	196	825
Chicken										
478	Dark meat, raw	31 samples	1.00	75.8	3.34	20.9	2.8	0	109	459
479	Light meat, raw	31 samples	1.00	74.2	3.84	24.0	1.1	0	106	449
480	Meat , average, <i>raw</i>	Calculated from 44% light meat and 56% dark meat	1.00	75.1	3.57	22.3	2.1	0	108	457
481	Breast, casseroled , meat only	Calculated from light meat from fresh and frozen chicken	1.00	67.7	4.54	28.4	5.2	0	160	675
482	<i>grilled without skin</i> , meat only	10 samples	1.00	66.6	5.11	32.0	2.2	0	148	626
483	strips, <i>stir-fried</i>	10 samples	1.00	65.9	4.76	29.7	4.6	0	161	677

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Pork <i>continued</i>									
468	Loin chops , raw, lean and fat	0	0	0	8.0	8.5	3.6	0.1	61
469	<i>barbecued</i> , lean and fat	0	0	0	5.7	6.3	2.6	0.1	87
470	<i>grilled</i> , lean	0	0	0	2.2	2.6	1.0	Tr	75
471	lean and fat	0	0	0	5.6	6.5	2.5	0.1	86
472	<i>microwaved</i> , lean and fat	0	0	0	4.9	5.7	2.5	0.1	100
473	<i>roasted</i> , lean and fat	0	0	0	7.0	7.8	3.1	0.1	110
474	Steaks , raw, lean and fat	0	0	0	3.3	3.8	1.6	0.1	63
475	<i>grilled</i> , lean and fat	0	0	0	2.7	3.0	1.2	Tr	100
Veal									
476	Veal , escalope, raw	0	0	0	0.6	0.7	0.3	Tr	52
477	<i>fried</i>	0	0	0	1.8	2.5	1.9	0.1	110
Chicken									
478	Dark meat , raw	0	0	0	0.8	1.3	0.6	Tr	105
479	Light meat , raw	0	0	0	0.3	0.5	0.2	Tr	70
480	Meat , average, raw	0	0	0	0.6	1.0	0.4	Tr	90
481	Breast , <i>casseroled</i> , meat only	0	0	0	1.5	2.4	1.0	0.1	90
482	<i>grilled without skin</i> , meat only	0	0	0	0.6	1.0	0.4	Tr	94
483	strips, <i>stir-fried</i>	0	0	0	N	N	N	N	87

Meat and meat products *continued*

468 to 483

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Pork continued													
468	Loin chops, raw , lean and fat	53	300	10	19	170	0.4	0.06	1.3	56	0.01	11	8
469	<i>barbecued</i> , lean and fat	68	400	21	26	240	0.8	0.08	2.3	64	0.02	17	5
470	<i>grilled</i> , lean	66	410	14	28	250	0.7	0.08	2.4	70	0.02	18	3
471	lean and fat	70	390	14	26	230	0.7	0.08	2.2	73	0.02	17	3
472	<i>microwaved</i> , lean and fat	58	330	19	24	220	0.7	0.07	2.4	65	0.02	19	5
473	<i>roasted</i> , lean and fat	68	360	19	25	230	0.8	0.09	2.4	70	0.02	20	5
474	Steaks, raw , lean and fat	58	360	6	22	210	0.7	0.02	1.7	51	Tr	13	5
475	<i>grilled</i> , lean and fat	76	460	8	32	280	1.1	0.10	2.7	68	0.02	20	5
Veal													
476	Veal , escalope, <i>raw</i>	59	350	4	24	230	0.6	Tr	2.4	54	0.02	9	9
477	<i>fried</i>	86	460	6	32	300	0.9	Tr	3.1	77	0.02	11	8
Chicken													
478	Dark meat, raw	90	390	7	24	110	0.8	0.02	1.7	110	0.01	14	6
479	Light meat, raw	60	370	5	29	220	0.5	0.05	0.7	77	0.01	12	6
480	Meat, average, raw	77	380	6	26	160	0.7	0.03	1.2	95	0.01	13	6
481	Breast, casseroled , meat only	60	270	9	25	210	0.5	0.06	1.1	60	0.01	13	8
482	<i>grilled without skin</i> , meat only	55	460	6	36	310	0.4	0.04	0.8	67	0.01	16	7
483	<i>strips, stir-fried</i>	61	420	6	33	280	0.5	0.08	0.8	63	0.01	15	7

Meat and meat products *continued*

468 to 483

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Pork <i>continued</i>															
468	Loin chops , <i>raw</i> , lean and fat	Tr	Tr	0.9	0.11	0.81	0.18	4.9	3.3	0.62	1	1	0.97	3	0
469	<i>barbecued</i> , lean and fat	Tr	Tr	1.0	0.02	1.03	0.17	8.6	5.6	0.32	1	1	1.82	6	0
470	<i>grilled</i> , lean	Tr	Tr	0.8	0.01	0.78	0.16	9.1	6.2	0.56	1	7	1.22	4	0
471	lean and fat	Tr	Tr	1.1	0.02	0.70	0.17	8.2	5.3	0.49	1	6	1.20	5	0
472	<i>microwaved</i> , lean and fat	Tr	Tr	1.0	0.03	0.92	0.17	7.0	6.0	0.37	1	4	1.93	5	0
473	<i>roasted</i> , lean and fat	Tr	Tr	1.1	0.03	0.77	0.16	8.4	6.3	0.42	1	2	2.05	6	0
474	Steaks , <i>raw</i> , lean and fat	Tr	Tr	0.6	0.05	0.85	0.22	6.8	4.2	0.54	1	1	1.42	2	0
475	<i>grilled</i> , lean and fat	Tr	Tr	0.9	0.02	1.45	0.27	9.1	6.6	0.68	1	8	2.09	5	0
Veal															
476	Veal , escalope, <i>raw</i>	Tr	Tr	1.4	0.26	0.12	0.23	7.8	4.8	0.65	2	23	0.87	1	0
477	<i>fried</i>	6	Tr	1.3	0.39	0.08	0.25	7.8	7.6	0.70	4	17	1.02	5	0
Chicken															
478	Dark meat , <i>raw</i>	20	Tr	0.1	0.17	0.14	0.22	5.6	4.1	0.28	1	9	1.09	3	0
479	Light meat , <i>raw</i>	Tr	Tr	0.2	0.13	0.14	0.14	10.7	4.7	0.51	Tr	14	1.26	2	0
480	Meat , average, <i>raw</i>	11	Tr	0.1	0.15	0.14	0.18	7.8	4.3	0.38	Tr	19	1.16	2	0
481	Breast , <i>casseroled</i> , meat only	Tr	Tr	0.1	0.07	0.06	0.13	8.8	5.6	0.36	Tr	6	1.34	2	0
482	<i>grilled without skin</i> , meat only	Tr	Tr	0.3	0.17	0.14	0.13	15.8	6.2	0.63	Tr	6	1.67	2	0
483	strips, <i>stir-fried</i>	Tr	Tr	0.2	N	0.11	0.16	14.4	5.8	0.44	Tr	5	1.56	2	0

Meat and meat products *continued*

484 to 500

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Chicken <i>continued</i>										
484	Breast in crumbs, chilled, fried	4 samples	1.00	53.2	2.88	18.0	12.7	14.8	242	1013
485	Drumsticks, roasted, meat and skin	Calculated from 89% dark meat and 11% skin from fresh and frozen chicken	0.63	63.0	4.14	25.8	9.1	0	185	775
486	Roasted, meat, average	Calculated from 46% light meat and 54% dark meat	1.00	65.3	4.37	27.3	7.5	0	177	742
487	dark meat	19 samples of a mixture of fresh and frozen chicken	1.00	63.9	3.90	24.4	10.9	0	196	819
488	light meat	19 samples of a mixture of fresh and frozen chicken	1.00	66.9	4.83	30.2	3.6	0	153	645
489	leg quarter, meat and skin	20 samples	0.51	60.9	3.34	20.9	16.9	0	236	981
490	wing quarter, meat and skin	20 samples	0.53	59.9	3.97	24.8	14.1	0	226	943
491	Skin, dry, roasted/grilled	34 samples; crisply roasted	1.00	31.1	3.45	21.5	46.1	0	501	2070
Turkey										
492	Dark meat, raw	20 samples	1.00	75.8	3.26	20.4	2.5	0	104	439
493	Light meat, raw	20 samples	1.00	74.9	3.90	24.4	0.8	0	105	444
494	Meat, average, raw	Calculated from 56% light meat and 44% dark meat	1.00	75.3	3.62	22.6	1.6	0	105	443
495	Breast, fillet, grilled, meat only	9 samples; skinless	1.00	63.0	5.60	35.0	1.7	0	155	658
496	strips, <i>stir-fried</i>	8 samples; skinless	1.00	64.4	4.96	31.0	4.5	0	164	692
497	Roasted, dark meat	27 samples including self-basting turkey	1.00	64.3	4.71	29.4	6.6	0	177	745
498	light meat	18 samples	1.00	65.1	5.39	33.7	2.0	0	153	648
499	meat, average	Calculated from 51% light meat and 49% dark meat from fresh, frozen and self-basting turkey	1.00	64.6	4.99	31.2	4.6	0	166	701
500	Skin, dry, roasted	10 samples	1.00	29.5	3.06	29.9	40.2	0	481	1995

Meat and meat products *continued*

484 to 500

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Chicken continued									
484	Breast in crumbs, chilled, fried	14.0	0.8	(0.7)	2.1	5.3	4.6	0.4	(33)
485	Drumsticks, roasted, meat and skin	0	0	0	2.5	4.3	1.8	0.1	135
486	Roasted, meat, average	0	0	0	2.9	5.1	2.2	0.1	120
487	dark meat	0	0	0	1.0	1.6	0.7	0.1	82
488	light meat	0	0	0	2.1	3.4	1.5	0.1	105
489	leg quarter, meat and skin	0	0	0	4.6	7.8	3.2	0.2	115
490	wing quarter, meat and skin	0	0	0	3.9	6.4	2.7	0.2	100
491	Skin, dry, roasted/grilled	0	0	0	12.9	22.5	7.7	0.6	170
Turkey									
492	Dark meat, raw	0	0	0	0.8	1.0	0.6	Tr	86
493	Light meat, raw	0	0	0	0.3	0.3	0.2	Tr	57
494	Meat, average, raw	0	0	0	0.5	0.6	0.4	Tr	70
495	Breast, fillet, grilled, meat only	0	0	0	0.6	0.6	0.3	Tr	74
496	strips, <i>stir-fried</i>	0	0	0	N	N	N	N	72
497	Roasted, dark meat	0	0	0	2.0	2.4	1.7	0.1	120
498	light meat	0	0	0	0.7	0.7	0.5	Tr	82
499	meat, average	0	0	0	1.4	1.7	1.1	0.1	100
500	Skin, dry, roasted	0	0	0	13.2	15.6	8.8	0.6	290

Meat and meat products *continued*

484 to 500

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Chicken continued													
484	Breast in crumbs, chilled, fried	(420)	(280)	(21)	(24)	(180)	(0.1)	(0.06)	(0.5)	(620)	(0.12)	N	N
485	Drumsticks, roasted, meat and skin	130	280	15	25	210	1.0	0.09	2.3	90	0.02	17	7
486	Roasted, meat, average	100	300	17	23	200	0.8	0.08	2.2	88	0.02	17	6
487	dark meat	60	360	7	30	250	0.4	0.17	0.8	62	0.01	14	7
488	light meat	80	330	11	26	220	0.7	0.10	1.5	75	0.02	16	7
489	leg quarter, meat and skin	95	230	12	20	180	0.8	0.06	1.7	85	0.01	16	7
490	wing quarter, meat and skin	100	260	11	24	200	0.6	0.04	1.1	75	0.01	15	7
491	Skin, dry, roasted/grilled	80	260	16	26	210	1.3	0.05	1.2	N	0.03	N	N
Turkey													
492	Dark meat, raw	90	310	7	22	200	1.0	0.04	3.1	73	Tr	15	5
493	Light meat, raw	50	360	4	27	230	0.3	0.01	1.0	39	Tr	10	6
494	Meat, average, raw	68	340	5	25	220	0.6	0.02	1.9	54	Tr	13	6
495	Breast, fillet, grilled, meat only	90	550	5	42	380	0.6	0.08	1.7	85	0.01	17	8
496	strips, <i>stir-fried</i>	60	420	5	32	280	0.4	0.04	1.3	75	0.01	15	7
497	Roasted, dark meat	110	330	17	25	260	1.2	0.11	3.4	86	0.02	17	8
498	light meat	50	400	6	30	260	0.5	0.05	1.4	52	0.01	14	8
499	meat, average	90	350	11	27	260	0.8	0.09	2.5	85	0.01	17	8
500	Skin, dry, roasted	110	330	20	33	250	1.6	0.07	1.8	N	0.03	N	N

Meat and meat products *continued*

484 to 500

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Chicken <i>continued</i>															
484	Breast in crumbs, chilled, fried	Tr	Tr	N	(0.61)	(0.11)	(0.06)	7.6	(4.1)	(0.49)	Tr	(6)	(1.11)	(2)	0
485	Drumsticks, roasted, meat and skin	24	Tr	0.2	0.21	0.09	0.14	5.5	4.9	0.19	1	12	1.31	3	0
486	Roasted, meat, average	24	Tr	0.1	0.23	0.07	0.11	6.2	5.3	0.27	1	10	1.34	4	0
487	dark meat	Tr	Tr	0.3	0.31	0.07	0.23	12.6	5.5	0.54	Tr	10	1.38	2	0
488	light meat	11	Tr	0.2	0.23	0.07	0.16	9.2	5.3	0.36	Tr	10	1.39	3	0
489	leg quarter, meat and skin	26	Tr	0.2	0.23	0.07	0.28	5.0	4.6	0.40	1	11	1.21	3	0
490	wing quarter, meat and skin	13	Tr	0.4	0.27	0.06	0.17	10.0	4.9	0.25	Tr	6	0.67	1	0
491	Skin, dry, roasted/grilled	N	Tr	1.0	N	N	N	N	N	N	N	N	N	N	0
Turkey															
492	Dark meat, raw	Tr	Tr	0.4	Tr	0.08	0.31	4.6	4.0	0.35	2	28	0.75	2	0
493	Light meat, raw	Tr	Tr	0.3	Tr	0.06	0.15	10.7	4.3	0.81	1	9	0.66	1	0
494	Meat, average, raw	Tr	Tr	0.3	0.01	0.07	0.22	8.0	4.4	0.61	2	17	0.70	2	0
495	Breast, fillet, grilled, meat only	Tr	Tr	0.4	0.02	0.07	0.15	14.0	6.8	0.63	1	7	0.95	2	0
496	strips, <i>stir-fried</i>	Tr	Tr	0.3	N	0.07	0.12	13.5	6.1	0.69	1	8	0.84	2	0
497	Roasted, dark meat	Tr	Tr	0.3	Tr	0.05	0.25	7.2	5.7	0.44	2	20	1.06	3	0
498	light meat	Tr	Tr	0.1	0.02	0.05	0.16	12.9	6.8	0.47	1	18	0.97	2	0
499	meat, average	Tr	Tr	0.3	0.06	0.06	0.19	10.3	6.2	0.49	1	17	0.98	2	0
500	Skin, dry, roasted	N	Tr	N	N	N	N	N	N	N	N	N	N	N	0

Meat and meat products *continued*

501 to 509

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Duck										
501	Duck, raw , meat only	19 samples, meat from dressed carcass	0.28	74.8	3.15	19.7	6.5	0	137	575
502	<i>crispy, Chinese style</i>	10 samples from Chinese takeaways, seasoned roasted duck	1.00	44.0	4.46	27.9	24.2	0.3	331	1375
503	<i>roasted</i> , meat only	10 samples from dressed carcass	0.21	62.1	4.05	25.3	10.4	0	195	815
504	meat, fat and skin	20 samples; meat, fat and skin = 0.42 of dressed carcass	1.00	42.6	3.20	20.0	38.1	0	423	1750
Goose										
505	Goose, roasted , meat, fat and skin	5 samples; meat, fat and skin = 0.65 of dressed carcass	1.00	51.1	4.40	27.5	21.2	0	301	1252
Pheasant										
506	Pheasant, roasted , meat only	10 samples from dressed carcass	0.52	59.4	4.46	27.9	12.0	0	220	918
Rabbit										
507	Rabbit, raw , meat only	10 samples from leg and loin	1.00	71.5	3.50	21.9	5.5	0	137	576
508	<i>stewed</i> , meat only	30 samples of a mixture of fresh, wild, farmed and frozen imported	0.60	70.7	3.39	21.2	3.2	0	114	479
Venison										
509	Venison, roast	Haunch, meat only, calculated from raw	1.00	60.4	5.70	35.6	2.5	0	165	698

Meat and meat products *continued*

501 to 509

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		
Duck									
501	Duck, raw , meat only	0	0	0	2.0	3.2	1.0	0.1	110
502	<i>crispy, Chinese style</i>	0	0	0	(7.2)	(12.3)	(3.4)	(0.2)	(63)
503	<i>roasted</i> , meat only	0	0	0	3.3	5.2	1.3	0.1	115
504	meat, fat and skin	0	0	0	11.4	19.3	5.3	0.4	99
Goose									
505	Goose, roasted , meat, fat and skin	0	0	0	(6.6)	(9.9)	(2.4)	Tr	(91)
Pheasant									
506	Pheasant, roasted , meat only	0	0	0	4.1	5.6	1.6	0.1	(220)
Rabbit									
507	Rabbit, raw , meat only	0	0	0	2.1	1.3	1.8	0.1	53
508	<i>stewed</i> , meat only	0	0	0	1.7	0.7	0.6	0.1	49
Venison									
509	Venison, roast	0	0	0	N	N	N	Tr	N

Meat and meat products *continued***501 to 509****Inorganic constituents per 100g edible portion**

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Duck													
501	Duck, raw , meat only	110	290	12	19	200	2.4	0.34	1.9	98	Tr	22	N
502	crispy, Chinese style	453	292	(22)	25	257	4.0	0.30	2.8	(396)	0.10	(22)	N
503	roasted , meat only	96	270	13	20	200	2.7	0.31	2.6	96	Tr	(22)	N
504	meat, fat and skin	87	220	22	17	180	1.7	0.23	2.2	76	0.20	(22)	N
Goose													
505	Goose, roasted , meat, fat and skin	80	320	10	23	220	3.3	0.15	2.6	80	0.01	N	N
Pheasant													
506	Pheasant, roasted , meat only	66	360	28	26	220	2.2	0.10	1.3	170	0.02	(14)	N
Rabbit													
507	Rabbit, raw , meat only	67	360	22	25	220	1.0	0.06	1.4	74	0.01	17	N
508	stewed , meat only	48	200	39	18	150	1.1	0.06	1.7	45	0.02	(16)	N
Venison													
509	Venison, roast	52	290	6	27	240	5.1	0.36	3.9	59	0.04	(14)	N

Meat and meat products *continued*

501 to 509

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Duck															
501	Duck , raw, meat only	(24)	Tr	N	0.02	0.36	0.45	5.3	4.2	0.34	3	25	1.60	6	0
502	<i>crispy, Chinese style</i>	9	Tr	1.0	2.17	0.09	0.39	3.5	(4.2)	0.15	3	(15)	(1.50)	Tr	(0)
503	<i>roasted</i> , meat only	N	N	N	0.02	0.26	0.47	5.1	5.4	0.25	3	10	1.50	4	0
504	meat, fat and skin	N	N	N	N	0.18	0.51	3.8	4.2	0.31	2	15	2.60	7	0
Goose															
505	Goose , <i>roasted</i> , meat, fat and skin	(21)	Tr	N	N	0.12	0.51	4.6	(5.5)	0.42	2	12	1.40	3	0
Pheasant															
506	Pheasant , <i>roasted</i> , meat only	N	N	N	N	0.02	0.29	9.2	6.0	0.57	3	20	(0.96)	N	0
Rabbit															
507	Rabbit , raw, meat only	N	N	N	0.13	0.10	0.19	8.4	4.1	0.50	10	5	0.80	1	0
508	<i>stewed</i> , meat only	N	N	N	N	0.02	0.16	6.2	5.1	0.29	3	5	0.80	1	0
Venison															
509	Venison , roast	N	N	N	N	0.16	0.69	5.5	6.5	0.65	1	6	N	N	0

Meat and meat products *continued*

510 to 526

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Offal										
510	Heart , lamb, <i>roasted</i>	10 samples, fat and valves removed	1.00	58.8	4.05	25.3	13.9	0	226	944
511	Kidney , lamb, <i>fried</i>	10 samples, skin and core removed	1.00	62.8	3.79	23.7	10.3	0	188	784
512	ox, <i>stewed</i>	10 samples, skin and core removed	1.00	69.2	3.92	24.5	4.4	0	138	579
513	pig, <i>stewed</i>	20 samples, core removed. Salt added	1.00	66.3	3.91	24.4	6.1	0	153	641
514	Liver , calf, <i>fried</i>	10 samples	1.00	64.5	3.57	22.3	9.6	Tr	176	734
515	chicken, <i>fried</i>	10 samples	1.00	65.9	3.54	22.1	8.9	Tr	169	705
516	lamb, <i>fried</i>	10 samples	1.00	53.9	4.82	30.1	12.9	Tr	237	989
517	ox, <i>stewed</i>	18 samples, coated in seasoned flour	1.00	62.6	3.96	24.8	9.5	3.6	198	831
518	pig, <i>stewed</i>	18 samples, coated in seasoned flour	1.00	62.1	4.09	25.6	8.1	3.6	189	793
519	Oxtail , <i>stewed</i>	12 samples, meat only. Salt added	1.00	53.9	4.88	30.5	13.4	0	243	1014
520	Tongue , sheep, <i>stewed</i>	Fat and skin removed	1.00	56.9	2.91	18.2	24.0	0	289	1197
521	Tripe , dressed, <i>raw</i>	6 samples	1.00	92.1	1.14	7.1	0.5	0	33	139
522	Trotters and tails , <i>boiled</i>	23% trotters and 77% pig tails. Salt added	0.54	53.5	3.17	19.8	22.3	0	280	1162
Burgers and grillsteaks										
523	Beefburgers , <i>chilled/frozen, raw</i>	8 samples, 3 brands. 98-99% meat	1.00	56.1	2.74	17.1	24.7	0.1	291	1206
524	<i>fried</i>	8 samples, 3 brands	1.00	46.2	4.56	28.5	23.9	0.1	329	1370
525	<i>grilled</i>	8 samples, 3 brands	1.00	47.9	4.24	26.5	24.4	0.1	326	1355
526	Big Mac	Manufacturer's data (McDonald's). Portion includes two beefburgers, bun, sauce, cheese, lettuce, onions and pickles	1.00	N	1.98	12.4	10.7	22.0	228	959

Meat and meat products *continued*

510 to 526

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Offal									
510	Heart , lamb, <i>roasted</i>	0	0	0	N	N	N	Tr	260
511	Kidney , lamb, <i>fried</i>	0	0	0	N	N	N	Tr	610
512	ox, <i>stewed</i>	0	0	0	1.4	1.0	0.9	0.1	460
513	pig, <i>stewed</i>	0	0	0	2.0	1.6	0.9	Tr	700
514	Liver , calf, <i>fried</i>	0	0	0	N	N	N	Tr	330
515	chicken, <i>fried</i>	0	0	0	N	N	N	Tr	350
516	lamb, <i>fried</i>	0	0	0	N	N	N	Tr	400
517	ox, <i>stewed</i>	3.6	Tr	0	3.5	1.5	2.0	Tr	240
518	pig, <i>stewed</i>	3.6	0	0	2.5	1.3	2.2	Tr	290
519	Oxtail , <i>stewed</i>	0	0	0	N	N	N	Tr	110
520	Tongue , sheep, <i>stewed</i>	0	0	0	N	N	N	Tr	(270)
521	Tripe , dressed, <i>raw</i>	0	0	0	0.2	0.2	Tr	Tr	64
522	Trotters and tails , <i>boiled</i>	0	0	0	N	N	N	Tr	N
Burgers and grillsteaks									
523	Beefburgers , <i>chilled/frozen, raw</i>	Tr	0.1	0	10.7	11.4	0.5	1.4	76
524	<i>fried</i>	Tr	0.1	0	10.7	10.8	0.8	0.8	96
525	<i>grilled</i>	Tr	0.1	0	10.9	11.2	0.7	1.4	(75)
526	Big Mac	16.6	5.4	N	4.6	4.4	1.6	0.1	23

Meat and meat products *continued*

510 to 526

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Offal													
510	Heart , lamb, <i>roasted</i>	84	210	7	21	240	6.0	0.66	2.8	100	0.03	N	N
511	Kidney , lamb, <i>fried</i>	230	280	14	21	350	11.2	0.58	3.6	410	0.13	(209)	N
512	ox, <i>stewed</i>	150	210	17	19	290	9.0	0.63	3.0	190	0.14	(210)	N
513	pig, <i>stewed</i>	370	190	13	21	330	6.4	0.84	4.7	480	0.18	(250)	N
514	Liver , calf, <i>fried</i>	70	350	8	24	380	12.2	23.86	15.9	110	0.29	(27)	N
515	chicken, <i>fried</i>	79	300	9	23	350	11.3	0.52	3.8	110	0.35	N	N
516	lamb, <i>fried</i>	82	340	8	25	500	7.7	13.54	5.9	140	0.45	(62)	N
517	ox, <i>stewed</i>	110	250	11	19	380	7.8	2.30	4.3	120	0.44	(50)	N
518	pig, <i>stewed</i>	130	250	11	22	390	17.0	2.50	8.2	150	0.40	(50)	N
519	Oxtail , <i>stewed</i>	190	170	14	18	140	3.8	0.27	8.8	270	N	N	N
520	Tongue , sheep, <i>stewed</i>	80	110	11	13	200	3.4	N	N	80	N	N	N
521	Tripe , dressed, <i>raw</i>	50	12	52	3	16	0.2	0.04	0.7	8	0.02	N	N
522	Trotters and tails , <i>boiled</i>	1620	30	130	8	110	0.7	0.07	2.4	2490	0.01	N	N
Burgers and grillsteaks													
523	Beefburgers , <i>chilled/frozen, raw</i>	290	290	7	16	150	1.7	0.12	3.8	350	0.02	8	(8)
524	<i>fried</i>	470	420	12	26	240	2.8	0.13	6.3	570	0.02	(10)	(13)
525	<i>grilled</i>	400	380	10	22	210	2.5	0.13	6.1	520	0.02	(9)	(12)
526	Big Mac	430	142	68	22	142	0.9	N	N	192	N	N	N

Meat and meat products *continued*

510 to 526

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Offal															
510	Heart , lamb, <i>roasted</i>	Tr	Tr	0.1	N	0.24	1.37	3.8	5.6	0.26	6	2	(3.80)	(8)	2
511	Kidney , lamb, <i>fried</i>	110	Tr	0.6	0.41	0.52	3.10	9.1	5.3	0.48	54	70	4.60	73	5
512	ox, <i>stewed</i>	45	N	N	0.42	0.24	3.29	6.2	(5.5)	0.57	38	130	3.10	79	5
513	pig, <i>stewed</i>	46	Tr	N	0.36	0.19	2.10	6.1	5.2	0.28	15	43	2.40	53	11
514	Liver , calf, <i>fried</i>	(25200) ^a	100	0.3	0.50	0.61	2.89	13.6	5.8	0.89	58	110	4.10	50	19
515	chicken, <i>fried</i>	(10500) ^a	Tr	N	0.34	0.63	2.72	12.9	4.4	0.55	45	1350	5.90	216	23
516	lamb, <i>fried</i>	(19700) ^a	60	0.9	0.32	0.38	5.65	19.9	4.9	0.53	83	207	8.00	33	19
517	ox, <i>stewed</i>	(17300) ^a	1500	1.1	0.44	0.18	3.60	10.3	5.3	0.52	110	290	5.70	50	15
518	pig, <i>stewed</i>	(22600) ^a	Tr	1.1	0.16	0.21	3.10	11.5	5.5	0.64	26	110	4.60	34	9
519	Oxtail , <i>stewed</i>	Tr	Tr	Tr	0.45	0.02	0.28	3.3	6.5	0.14	2	9	0.90	2	0
520	Tongue , sheep, <i>stewed</i>	Tr	Tr	Tr	(0.32)	(0.13)	(0.45)	(3.7)	3.9	(0.10)	(7)	(4)	(0.80)	(2)	(6)
521	Tripe , dressed, <i>raw</i>	Tr	Tr	Tr	0.08	Tr	Tr	Tr	1.2	Tr	Tr	7	Tr	1	3
522	Trotters and tails , <i>boiled</i>	Tr	Tr	Tr	N	0.06	0.20	0.9	3.7	N	1	3	N	N	0
Burgers and grillsteaks															
523	Beefburgers , <i>chilled/frozen, raw</i>	Tr	Tr	1.2	0.28	0.01	0.15	3.5	2.5	0.28	2	9	0.78	1	0
524	<i>fried</i>	Tr	Tr	(1.9)	0.54	Tr	0.22	5.5	4.3	0.31	3	8	0.85	2	0
525	<i>grilled</i>	Tr	Tr	(1.8)	0.39	0.01	0.20	5.1	4.0	0.31	3	10	0.84	2	0
526	Big Mac	2	N	0.3	0.23	0.05	0.11	N	N	0.01	N	N	N	N	1

^a Total retinol

Meat and meat products *continued*

527 to 534

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Burgers and grillsteaks <i>continued</i>										
527	Cheeseburger, takeaway	Manufacturers' data and calculation from ingredient proportions. Includes beefburger, bun, cheese, mustard, ketchup, onions and pickles	1.00	(47.0)	2.18	13.6	11.8	26.1	259	1086
528	Chicken burger, takeaway	Manufacturers' data. Portion includes chicken burger, bun, lettuce and mayonnaise	1.00	N	2.00	12.5	10.8	23.4	267	1118
529	Economy burgers, frozen, raw	10 samples, 6 brands containing onion. 60% meat	1.00	57.1	2.19	13.7	21.2	4.0	261	1081
530	grilled	10 samples, 6 brands containing onion	1.00	50.8	2.53	15.8	19.3	9.7 ^a	273	1138
531	Grillsteaks, beef, chilled/frozen, grilled	10 samples, 7 brands	1.00	50.1	3.54	22.1	23.9	0.5	305	1268
532	Hamburger, takeaway	Manufacturers' data and calculation from ingredient proportions. Portion includes bun, beefburger, mustard, ketchup, onions and pickles	1.00	(49.4)	2.22	13.9	9.6	26.9	243	1022
533	Quarterpounder with cheese, takeaway	Manufacturers' data (McDonald's). Portion includes a quarter pound beefburger, bun, ketchup, mustard, onions, pickles and slice of cheese	1.00	N	2.44	15.1	13.0	19.5	250	1048
534	Whopper burger	Manufacturers' data and calculation from ingredient proportions. Portion includes bun, beefburger, mayonnaise, lettuce, tomato, ketchup, onions and pickles	1.00	(52.5)	1.70	10.7	14.8	17.4	241	1008

^a Includes 0.1g oligosaccharides per 100g food

Meat and meat products *continued*

527 to 534

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		
Burgers and grillsteaks <i>continued</i>									
527	Cheeseburger, takeaway	21.2	4.9	(0.7)	(6.2)	(5.4)	(0.9)	(0.3)	(32)
528	Chicken burger, takeaway	N	N	Tr	N	N	N	N	N
529	Economy burgers, frozen, raw	3.1	0.9	0.9	8.0	9.4	2.1	0.8	(92)
530	<i>grilled</i>	8.9	0.7	0.8	7.3	8.6	1.9	0.7	84
531	Grillsteaks, beef, chilled/frozen, grilled	Tr	0.5	Tr	10.8	10.7	0.8	(0.7)	88
532	Hamburger, takeaway	21.2	5.7	(0.8)	(4.0)	(4.2)	(0.8)	(0.2)	(40)
533	Quarterpounder with cheese, takeaway	14.0	5.5	N	6.4	5.6	0.9	0.1	33
534	Whopper burger	14.4	3.0	(0.8)	4.4	(5.4)	(4.2)	(0.3)	31

Meat and meat products *continued*

527 to 534

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Burgers and grillsteaks continued													
527	Cheeseburger, takeaway	678	210	85	(27)	(230)	1.1	(0.13)	(3.0)	(920)	(0.23)	(15)	(15)
528	Chicken burger, takeaway	560	190	19	N	N	0.4	N	N	N	Tr	(9)	N
529	Economy burgers, frozen, raw	590	210	32	18	170	2.1	0.11	2.5	830	0.13	N	N
530	<i>grilled</i>	800	270	110	25	200	2.5	0.15	1.2	(1200)	0.25	N	N
531	Grillsteaks, beef, chilled/frozen, grilled	710	360	18	19	190	2.4	0.10	4.7	980	0.02	(3)	N
532	Hamburger, takeaway	620	210	40	(28)	(170)	1.2	(0.12)	(3.0)	(900)	(0.25)	(16)	(13)
533	Quarterpounder with cheese, takeaway	511	168	110	22	141	1.0	N	N	391	N	N	N
534	Whopper burger	333	(230)	(50)	(20)	(130)	(1.8)	(0.09)	(2.2)	(670)	(0.21)	(12)	(13)

Meat and meat products *continued*

527 to 534

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Burgers and grillsteaks <i>continued</i>															
527	Cheeseburger, takeaway	(24)	(23)	(0.3)	(0.26)	0.17	0.18	2.2	(2.8)	0.19	2	(23)	(0.46)	(1)	N
528	Chicken burger, takeaway	N	N	N	N	0.26	0.07	4.3	N	0.28	N	N	N	N	N
529	Economy burgers, frozen, raw	(4)	Tr	N	N	0.07	0.23	2.6	N	0.17	2	12	N	N	Tr
530	grilled	5	Tr	N	N	0.07	0.07	3.8	N	0.17	2	24	N	N	Tr
531	Grillsteaks, beef, chilled/frozen, grilled	Tr	Tr	N	0.15	0.13	0.14	4.2	4.7	0.18	3	N	0.63	2	Tr
532	Hamburger, takeaway	N	Tr	(0.3)	(0.22)	0.19	0.12	2.5	(2.7)	(0.18)	(1)	(24)	(0.48)	(1)	N
533	Quarterpounder with cheese, takeaway	Tr	N	0.2	0.14	0.04	0.12	N	N	0.06	N	N	N	N	Tr
534	Whopper burger	(7)	(94)	(0.2)	(1.80)	(0.15)	(0.11)	(2.4)	(2.0)	(0.13)	(1)	(25)	(0.40)	(1)	(2)

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Meat products										
535	Black pudding, dry-fried	8 samples, 6 brands	1.00	44.3	1.65	10.3	21.5	16.6	297	1236
536	Chicken nuggets, takeaway	2 samples	1.00	47.8	2.99	18.7	13.0	19.5	265	1111
537	Chicken pie, individual, chilled/frozen, baked	12 samples including chicken, chicken and ham, chicken and mushroom and chicken and vegetable pies. 10.5-25% meat	1.00	45.6	1.44	9.0	17.7	24.6	288	1202
538	Chicken roll	10 samples, 3 brands	1.00	71.3	2.74	17.1	4.8	5.2	131	552
539	Corned beef, canned	10 samples, 4 brands	1.00	59.5	4.14	25.9	10.9	1.0	205	860
540	Cornish pastie	10 samples, 5 brands	1.00	46.5	1.07	6.7	16.3	25.0	267	1117
541	Frankfurter	10 samples, 7 brands of continental style frankfurters. 75-90% meat	1.00	54.2	2.17	13.6	25.4	1.1	287	1189
542	Game pie	Recipe	1.00	29.3	1.95	12.2	22.5	34.7 ^a	381	1595
543	Haggis, boiled	8 samples	1.00	46.2	1.71	10.7	21.7	19.2	310	1292
544	Liver sausage	10 samples, 4 brands	1.00	58.4	2.14	13.4	16.7	6.0	226	942
545	Luncheon meat, canned	10 samples, 9 brands	1.00	54.4	2.06	12.9	23.8	3.6	279	1158
546	Meat spread	10 samples of a mixture of beef and ham based spreads. 70-90% meat	1.00	64.6	2.51	15.7	13.4	2.3	192	800
547	Pate, liver	20 samples including canned	1.00	47.6	2.02	12.6	32.7	(0.8)	348	1437
548	meat, reduced fat	11 samples, assorted types; pork meat and liver based. 70-80% meat	1.00	65.0	2.88	18.0	12.0	3.0	191	798
549	Polony	24 samples	1.00	52.0	1.50	9.4	21.1	14.2	281	1168

^a Includes 0.1g oligosaccharides per 100g food

Meat and meat products *continued*

535 to 549

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Meat products									
535	Black pudding, dry-fried	16.4	0.2	(0.2)	(8.5)	(8.1)	(3.6)	N	68
536	Chicken nuggets, takeaway	18.4	1.1	0.2	3.3	6.8	2.2	1.5	55
537	Chicken pie, individual, chilled/frozen, baked	23.0	1.6	0.8	7.0	7.4	2.4	1.2	32
538	Chicken roll	5.2	0	Tr	1.5	2.1	0.9	0.08	40
539	Corned beef, canned	0	1.0	0	5.7	4.3	0.3	0.68	84
540	Cornish pastie	24.1	0.9	0.9	5.9	8.4	1.2	3.42	33
541	Frankfurter	Tr	1.1	0.1	9.2	11.5	3.0	0.12	76
542	Game pie	31.2	3.4	1.3	7.9	9.0	4.0	0.2	60
543	Haggis, boiled	(19.2)	Tr	(0.2)	7.6	6.9	1.4	N	91
544	Liver sausage	5.0	1.0	0.7	5.3	5.7	2.3	Tr	115
545	Luncheon meat, canned	3.6	Tr	0.2	8.7	11.0	3.0	0.4	64
546	Meat spread	2.1	0.2	Tr	5.5	5.8	1.2	0.2	62
547	Pate, liver	0.8	0.4	Tr	9.5	11.8	3.0	Tr	170
548	meat, reduced fat	1.7	1.3	Tr	3.5	3.9	1.5	0.1	160
549	Polony	(14.2)	Tr	N	N	N	N	N	40

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Meat products													
535	Black pudding, dry-fried	(940)	(110)	(120)	(16)	(80)	(12.3)	(0.11)	(0.7)	(1560)	N	6	5
536	Chicken nuggets, takeaway	510	280	25	23	210	0.6	Tr	0.5	690	0.10	N	N
537	Chicken pie, individual, chilled/frozen, baked	430	140	60	15	90	0.8	0.06	0.6	710	0.23	N	N
538	Chicken roll	680	190	18	18	220	0.4	0.11	0.5	1050	0.02	N	N
539	Corned beef, canned	860	140	27	15	130	2.4	0.18	5.5	1560	0.02	(8)	14
540	Cornish pastie	400	140	60	14	75	1.1	0.31	0.6	720	0.20	(2)	3
541	Frankfurter	920	170	12	11	200	1.1	0.11	1.4	1280	0.02	(8)	18
542	Game pie	430	170	64	18	120	2.1	0.15	1.2	650	0.28	4	8
543	Haggis, boiled	770	170	29	36	160	4.8	0.44	1.9	1200	N	N	N
544	Liver sausage	810	180	20	14	260	6.0	0.91	2.6	1150	0.19	N	N
545	Luncheon meat, canned	920	120	39	10	200	1.0	0.10	1.5	1410	0.05	(7)	N ^a
546	Meat spread	810	220	15	14	140	4.7	0.13	3.3	1540	0.09	N	N
547	Pate, liver	750	150	16	11	450	5.9	0.46	2.8	880	0.16	N	N
548	meat, reduced fat	710	190	14	14	240	6.4	0.46	2.7	1180	0.16	N	N
549	Polony	870	120	42	13	130	1.3	0.32	1.2	1160	N	N	N ^a

^a Iodine from erythrosine is present but largely unavailable

Meat and meat products *continued*

535 to 549

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Meat products															
535	Black pudding, dry-fried	41	Tr	(0.7)	0.24	0.09	0.07	1.0	2.8	0.04	1	5	0.60	2	0
536	Chicken nuggets, takeaway	14	Tr	N	1.29	0.09	0.10	6.3	3.9	0.29	Tr	20	1.30	7	0
537	Chicken pie, individual, chilled/frozen, baked	Tr	Tr	N	N	0.41	0.09	1.5	1.6	0.12	Tr	8	0.64	4	N
538	Chicken roll	Tr	Tr	N	N	0.26	0.08	6.5	N	0.34	Tr	9	0.80	2	Tr
539	Corned beef, canned	Tr	Tr	1.3	0.78	Tr	0.20	2.6	6.5	0.18	2	5	0.40	2	0
540	Cornish pastie	Tr	N	N	1.30	0.09	0.06	1.3	1.7	0.19	Tr	5	0.60	1	Tr
541	Frankfurter	Tr	Tr	N	0.63	0.32	0.15	2.8	2.2	0.12	1	3	0.75	2	N
542	Game pie	610	77	(0.9)	(0.96)	0.21	0.24	3.0	2.4	0.21	3	75	0.62	12	1
543	Haggis, boiled	(1800)	Tr	(0.1)	0.41	0.16	0.35	1.5	2.0	0.07	2	8	0.50	12	Tr
544	Liver sausage	2600	N	(0.6)	0.10	0.36	1.16	3.7	2.4	0.25	10	36	1.50	7	Tr
545	Luncheon meat, canned	Tr	Tr	N	0.11	0.06	0.15	1.2	2.7	0.10	1	13	0.50	Tr	27 ^a
546	Meat spread	Tr	Tr	N	0.49	0.07	0.19	3.4	1.8	0.13	3	6	0.75	4	0
547	Pate, liver	7300	130	1.2	N	0.10	1.17	1.9	2.8	0.25	8	99	2.10	14	N
548	meat, reduced fat	5930	N	N	0.77	0.46	1.12	7.1	2.2	0.35	12	31	2.68	27	18
549	Polony	Tr	Tr	N	0.09	0.17	0.10	1.5	1.8	0.08	Tr	4	0.50	Tr	N

^a Some brands pie contain ascorbate, range 12-60mg per 100g

Meat and meat products *continued*

550 to 562

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Meat products continued										
550	Pork pie, individual	8 samples of 8cm pies including Melton Mowbray. 28-39% meat	1.00	37.5	1.73	10.8	25.7	23.7	363	1514
551	Salami	22 samples including Danish, French, German and Italian. 90-100% meat	1.00	33.7	3.34	20.9 ^a	39.2 ^a	0.5 ^a	438	1814
552	Sausages, beef, chilled, grilled	6 samples of thick sausages	1.00	48.0	2.13	13.3	19.5	13.1	278	1157
553	pork, <i>raw</i> , average	Average of frozen and chilled samples, thick and thin, 65-70% meat	1.00	49.4	1.91	11.9	25.0	9.6	309	1282
554	pork, <i>chilled, fried</i>	16 samples	1.00	46.4	2.22	13.9	23.9	9.9	308	1279
555	Sausages, pork, chilled, grilled	16 samples	1.00	45.9	2.32	14.5	22.1	9.8	294	1221
556	reduced fat, <i>chilled/frozen, grilled</i>	7 samples, 5 brands	1.00	50.1	2.59	16.2	13.8	10.8	230	959
557	Sausages, premium, chilled, grilled	Calculated from raw. 10 samples, 9 brands including Cumberland and Lincolnshire sausages. 65-90% meat	1.00	49.3	2.69	16.8	22.4	6.3	292	1215
558	Sausage rolls, puff pastry	Manufacturers' data	1.00	N	1.58	9.9	27.6	25.4	383	1596
559	Saveloy, unbattered, takeaway	20 samples	1.00	56.1	2.20	13.8	22.3	10.8 ^b	296	1233
560	Scotch eggs, retail	10 samples, 8 brands	1.00	54.0	1.92	12.0	16.0	13.1	241	1006
561	Steak and kidney pie, single crust, homemade	Recipe	1.00	50.9	2.68	16.5	15.1	15.7	261	1091
562	Steak and kidney/Beef pie, individual, chilled/frozen, baked	16 samples including minced beef, minced beef and onion, minced beef and vegetable, steak, and steak and kidney pies. 12.5-30% meat	1.00	41.4	1.41	8.8	19.4	26.7	310	1295

^a Danish salami contains 13.4g protein, 49.7g fat, 2.2g CHO, 509kcal, 2102kJ;
German salami contains 20.7g protein, 31.5g fat, 2.6g CHO, 376kcal, 1559kJ;

French salami contains 21.0g protein, 37.4g fat, 1.9g CHO, 428kcal, 1771kJ;
Italian salami contains 23.4g protein, 30.7g fat, 0.9g CHO 373kcal, 1548kJ per 100g food

^b Includes 0.64g oligosaccharides per 100g food

Meat and meat products *continued*

550 to 562

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids				Cholest- erol mg
					Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Meat products continued									
550	Pork pie, individual	22.7	1.0	0.9	9.7	11.0	3.2	0.4	45
551	Salami	Tr	0.5	0.1	14.6	17.7	4.4	0.2	83
552	Sausages, beef, chilled, grilled	11.7	1.4	0.7	7.9	8.8	1.4	0.4	42
553	pork, raw, average	6.8	2.8	1.0	9.2	11.2	3.4	0.2	60
554	pork, chilled, fried	8.4	1.6	0.7	8.5	10.3	3.5	0.1	53
555	Sausages, pork, chilled, grilled	8.3	1.5	0.7	8.0	9.6	3.0	0.1	53
556	reduced fat, chilled/frozen, grilled	9.9	0.9	1.5	4.9	5.9	2.1	0.1	55
557	Sausages, premium, chilled, grilled	5.4	0.9	N	8.2	9.4	3.3	(0.1)	72
558	Sausage rolls, puff pastry	(24.5)	0.9	(1.0)	11.2	N	N	N	N
559	Saveloy, unbattered, takeaway	8.9	1.3	0.8	7.5	9.8	3.6	0.4	78
560	Scotch eggs, retail	13.1	Tr	N	4.3	6.8	2.8	0.2	165
561	Steak and kidney pie, single crust, homemade	15.4	0.3	0.6	4.9	5.8	3.5	0.8	112
562	Steak and kidney/Beef pie, individual, chilled/frozen, baked	25.2	1.5	0.5	8.4	7.8	1.9	1.2	39

Meat and meat products *continued*

550 to 562

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Meat products continued													
550	Pork pie, individual	650	160	68	17	100	1.1	0.08	1.0	760	0.23	6	7
551	Salami	1800 ^a	320	11	18	170	1.3	0.12	3.0	3270	0.04	(7)	(15) ^b
552	Sausages, beef, chilled, grilled	1200	190	80	15	200	1.4	0.11	2.0	1640	0.21	4	6
553	pork, raw, average	860	160	103	13	175	0.9	0.07	0.9	1235	0.17	(5)	(7)
554	pork, chilled, fried	1070	180	110	15	220	1.1	0.12	1.1	1430	0.19	6	(8)
555	Sausages, pork, chilled, grilled	1080	190	110	15	220	1.1	0.11	1.4	1660	0.20	(6)	8
556	Sausages, reduced fat, chilled/frozen, grilled	1180	260	130	19	230	1.3	0.08	1.7	1580	0.24	(7)	(9)
557	premium, chilled, grilled	(840)	(220)	(180)	(16)	(180)	(1.2)	(0.07)	(1.4)	(920)	(0.16)	N	N
558	Sausage rolls, puff pastry	600	N	N	N	N	N	N	N	N	N	N	N
559	Saveloy, unbattered, takeaway	1150	180	81	18	230	4.5	0.11	1.2	(1770)	0.16	N	N
560	Scotch eggs, retail	670	130	50	15	170	1.8	0.23	1.2	980	0.20	N	17
561	Steak and kidney pie, single crust, homemade	669	264	33	19	176	2.7	0.20	3.4	1017	0.16	39	N
562	Steak and kidney/Beef pie, individual, chilled/frozen, baked	460	140	60	15	95	1.3	0.07	1.4	(690)	0.26	N	N

^a Danish salami contains 1840mg Na; French 1700mg; German 1500mg; Italian 1335mg per 100g food

^b Iodine from erythrosine is present but largely unavailable

Meat and meat products *continued*

550 to 562

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Meat products <i>continued</i>															
550	Pork pie, individual	Tr	Tr	N	0.21	0.19	0.06	2.3	1.0	0.15	Tr	5	0.74	2	4
551	Salami	Tr	Tr	N	0.23	0.60	0.23	5.6	2.8	0.36	2	3	1.66	7	N
552	Sausages, beef, chilled, grilled	Tr	Tr	N	0.67	Tr	0.11	2.5	1.8	0.11	1	7	0.64	3	N ^a
553	pork, raw, average	Tr	Tr	0.9	0.93	0.03	0.11	2.5	1.5	0.12	1	13	0.77	5	7
554	pork, chilled, fried	Tr	Tr	(1.1)	0.86	0.01	0.13	3.1	2.0	0.09	1	3	0.85	5	5
555	Sausages, pork, chilled, grilled	Tr	Tr	(1.1)	0.92	Tr	0.13	3.1	2.0	0.12	1	4	0.93	5	5
556	Sausages, reduced fat, chilled/frozen, grilled	Tr	Tr	N	0.30	Tr	0.13	2.8	2.0	0.11	1	32	1.04	3	37
557	premium, chilled, grilled	Tr	Tr	N	(0.80)	(0.05)	(0.10)	(2.7)	(1.5)	(0.14)	(1)	(8)	(0.76)	(3)	(8)
558	Sausage rolls, puff pastry	N	N	N	N	N	N	N	N	N	N	N	N	N	N
559	Saveloy, unbattered, takeaway	19	Tr	N	0.45	0.14	0.09	1.9	1.9	0.06	Tr	1	0.86	4	N
560	Scotch eggs, retail	30	Tr	0.7	N	0.08	0.21	1.0	2.9	0.13	1	42	(1.10)	(9)	N
561	Steak and kidney pie, single crust, homemade	69	24	N	2.05	0.15	0.56	3.7	3.3	0.31	4	6	1.12	(9)	2
562	Steak and kidney/Beef pie, individual, chilled/frozen, baked	5	20	0.7	1.04	0.40	(0.15)	(1.6)	(1.6)	(0.06)	(2)	(8)	0.61	3	Tr

^a Ascorbic acid is added as an antioxidant. Measurable levels may be present

Meat and meat products *continued*

563 to 575

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Meat products continued										
563	Stewed steak with gravy , canned	10 samples, 9 brands	1.00	71.0	2.59	16.2	10.1	0.6	158	659
564	Tongue slices	7 samples of a mixture of chilled, canned and delicatessen tongue. 90-100% meat	1.00	63.0	2.99	18.7	14.0	Tr	201	836
565	Turkey roll	10 samples, 8 brands	1.00	64.1	2.70	16.9	9.0	4.7	166	696
566	White pudding	6 samples	1.00	22.8	1.12	7.0	31.8	36.3	450	1876
Meat dishes										
567	Beef bourguignonne	Recipe	1.00	(71.2)	2.30	14.0	6.3	2.5 ^a	122	511
568	made with lean beef	Recipe	1.00	(73.4)	2.35	14.3	4.3	2.5 ^b	105	442
569	Beef casserole , made with canned cook-in sauce	Recipe	1.00	71.6	2.42	15.1	6.5	4.5	136	570
570	Beef chow mein , retail, reheated	12 samples from different shops. Noodles with beef and vegetables in sauce	1.00	71.7	1.07	6.7	6.0	14.7	136	571
571	Beef curry , chilled/frozen, reheated	6 samples, 3 brands, sauce only	1.00	69.5	2.16	13.5	6.6	6.3	137	575
572	with rice	Calculated from 57% beef curry and 43% boiled white rice	1.00	69.7	1.38	8.6	3.9	16.4	131	551
573	reduced fat	Recipe	1.00	70.2	3.00	18.8	7.1	1.0 ^c	143	598
574	Beef stew	Recipe	1.00	76.3	1.92	12.0	4.6	4.7 ^b	107	449
575	Beef, stir-fried with green peppers	Recipe	1.00	(71.2)	1.89	11.8	8.0	5.8	141	589

^a Includes 0.3g oligosaccharides per 100g food^b Includes 0.4g oligosaccharides per 100g food^c Includes 0.2g oligosaccharides per 100g food

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
Meat products <i>continued</i>									
563	Stewed steak with gravy, canned	0.6	Tr	Tr	4.7	4.4	0.3	0.4	38
564	Tongue slices	0	Tr	Tr	6.0	6.4	0.9	0.7	115
565	Turkey roll	4.7	0	N	2.7	3.8	2.0	0.1	150
566	White pudding	(36.3)	Tr	N	N	N	N	N	22
Meat dishes									
567	Beef bourguignonne	1.4	0.8	0.4	2.1	2.9	0.9	0.1	42
568	made with lean beef	1.4	0.8	0.4	1.3	2.0	0.7	0.1	40
569	Beef casserole, made with canned cook-in sauce	1.8	2.7	N	2.7	2.9	0.4	0.3	44
570	Beef chow mein, retail, reheated	12.3	2.4	N	1.3	3.1	1.4	N	N
571	Beef curry, chilled/frozen, reheated	1.8	4.5	1.2	3.1	2.5	0.6	N	32
572	with rice	13.8	2.6	0.8	1.8	1.4	0.3	N	18
573	reduced fat	0.2	0.6	0.2	2.2	3.3	0.9	0.3	53
574	Beef stew	2.3	2.0	0.7	1.5	2.1	0.6	0.1	35
575	Beef, stir-fried with green peppers	2.2	3.5	0.8	2.7	3.7	1.1	0.2	32

Meat and meat products *continued*

563 to 575

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Meat products continued													
563	Stewed steak with gravy, canned	340	200	11	15	120	2.1	0.18	3.9	510	0.02	N	N
564	Tongue slices	1000	140	10	16	260	2.6	0.18	3.0	1190	0.02	8	11
565	Turkey roll	690	180	15	17	200	0.8	0.11	1.5	1110	0.04	N	N
566	White pudding	370	190	38	61	230	2.1	0.43	1.6	600	N	N	N
Meat dishes													
567	Beef bourguignonne	347	323	14	18	133	1.66	0.18	3.2	497	0.09	6	N
568	made with lean beef	365	337	14	19	139	1.71	0.18	3.4	545	0.09	6	N
569	Beef casserole, made with canned cook-in sauce	557	282	7	16	137	1.2	0.02	4.0	375	0.04	N	N
570	Beef chow mein, retail, reheated	590	N	N	N	N	1.3	N	N	910	N	N	N
571	Beef curry, chilled/frozen, reheated	540	340	N	N	N	N	N	N	690	N	N	N
572	with rice	260	210	Tr	2	15	0.1	0.03	0.2	400	0.13	2	2
573	reduced fat	224	339	25	27	174	1.93	0.04	5.2	310	0.10	6	15
574	Beef stew	357	234	15	13	105	1.18	0.05	2.7	513	0.05	4	8
575	Beef, stir-fried with green peppers	319	276	10	20	122	1.91	0.04	2.0	456	0.07	4	7

Meat and meat products *continued*

563 to 575

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Meat products <i>continued</i>															
563	Stewed steak with gravy, canned	Tr	Tr	N	0.59	0.02	0.16	2.3	2.8	0.29	2	6	0.30	1	Tr
564	Tongue slices	Tr	Tr	N	N	0.03	0.18	2.0	N	0.12	5	4	N	N	0
565	Turkey roll	Tr	Tr	N	N	0.05	0.08	5.2	N	0.25	1	5	0.40	2	Tr
566	White pudding	Tr	Tr	N	1.00	0.26	0.08	0.5	1.3	0.06	1	6	0.80	18	0
Meat dishes															
567	Beef bourguignonne	Tr	19	0.4	(0.16)	0.08	0.17	2.5	2.7	0.25	1	7	0.62	3	1
568	made with lean beef	Tr	19	0.5	(0.16)	0.09	0.17	2.7	2.8	0.27	1	7	0.63	3	1
569	Beef casserole, made with canned cook-in sauce	Tr	N	0.4	N	0.04	0.16	2.2	3.1	0.25	1	19	N	N	Tr
570	Beef chow mein, retail, reheated	Tr	Tr	N	(0.43)	0.03	0.03	N	1.1	N	Tr	N	N	N	Tr
571	Beef curry, chilled/frozen, reheated	Tr	Tr	N	0.62	0.05	0.16	2.4	1.6	0.20	N	N	0.71	3	Tr
572	with rice	Tr	Tr	N	0.35	0.03	0.10	1.5	1.1	0.14	N	N	0.49	2	Tr
573	reduced fat	Tr	110	0.4	0.08	0.07	0.20	3.0	2.9	0.32	1	22	0.42	1	1
574	Beef stew	0	1888	0.4	(0.19)	0.06	0.11	1.8	2.3	0.21	1	4	0.31	1	1
575	Beef, stir-fried with green peppers	Tr	165	0.2	(0.29)	0.05	0.11	2.3	2.5	0.38	1	11	0.32	N	38

Meat and meat products *continued*

576 to 589

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Meat dishes continued										
576	Bolognese sauce (with meat)	Recipe	1.00	70.8	1.88	11.8	11.6	2.5	161	670
577	Chicken chasseur	Recipe	1.00	76.9	2.07	12.8	4.1	2.3 ^a	97	406
578	Chicken chow mein , <i>takeaway</i>	10 samples	1.00	69.0	1.36	8.5	7.2	12.7	147	614
579	Chicken curry , average, <i>takeaway</i>	50 samples, 10 each of Korma, Tikka Masala, Dhansak, Jalfrezi and Dopiaza. Meat and sauce only	1.00	70.2	1.88	11.7	9.8	2.5	145	603
580	<i>chilled/frozen, reheated,</i> with rice	Calculated from 55% chicken curry and 45% boiled white rice	1.00	69.2	1.22	7.6	5.0	16.3	137	575
581	Chicken curry , made with canned curry sauce	Recipe	1.00	67.0	2.99	18.7	6.5	4.4	150	628
582	Chicken in white sauce , canned	10 samples, 4 brands	1.00	73.6	2.29	14.3	8.3	2.5	141	590
583	Chicken satay	10 samples, <i>takeaway</i>	1.00	60.5	3.47	21.7	10.3	3.0	191	798
584	Chicken tandoori , <i>chilled, reheated</i>	7 samples, 6 brands. 95-96% meat	1.00	56.4	4.38	27.4	10.8	2.0	214	897
585	Chicken tikka masala , <i>retail</i>	21 samples, chilled, frozen and <i>takeaway</i>	1.00	68.2	2.08	12.9	10.6	2.6	157	656
586	Chicken wings , <i>marinated,</i> <i>chilled/frozen, barbecued</i>	4 samples including American and Chinese style and hot and spicy wings	0.65	50.5	4.38	27.4	16.6	4.1	274	1146
587	Chicken , stir-fried with rice and vegetables, <i>frozen, reheated</i>	6 samples. 10-13% meat	1.00	67.9	1.04	6.5	4.6	17.1 ^b	132	554
588	Chilli con carne	Recipe	1.00	74.1	1.47	9.2	7.5	4.4	121	504
589	<i>chilled/frozen, reheated,</i> with rice	Calculated from 60% chilli con carne and 40% boiled white rice	1.00	73.8	0.88	5.5	2.7	16.1	107	451

^a Includes 0.3g oligosaccharides per 100g food^b Includes 0.6g oligosaccharides per 100g food

Meat and meat products *continued*

576 to 589

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids			Cholest- erol mg	
					Satd g	Mono- unsatd g	Poly- unsatd g		Trans g
<i>Meat dishes continued</i>									
576	Bolognese sauce (with meat)	0.2	2.1	0.6	4.2	5.2	1.0	0.5	33
577	Chicken chasseur	1.2	1.1	0.3	1.0	2.0	0.8	Tr	41
578	Chicken chow mein , <i>takeaway</i>	6.6	0.3	1.1	1.2	3.9	1.8	0	13
579	Chicken curry , <i>average, takeaway</i>	1.2	1.2	2.0	2.9	4.0	2.5	0.1	37
580	<i>chilled/frozen, reheated</i> , with rice	13.9	2.4	0.8	2.2	1.6	0.8	N	28
581	Chicken curry , made with canned curry sauce	2.1	2.3	N	N	N	N	Tr	72
582	Chicken in white sauce , canned	2.5	0	Tr	2.3	3.9	1.6	Tr	49
583	Chicken satay	1.4	1.6	2.2	3.0	4.3	2.5	0	57
584	Chicken tandoori , <i>chilled, reheated</i>	1.0	1.0	Tr	3.3	5.0	2.0	0.1	120
585	Chicken tikka masala , <i>retail</i>	0.6	1.8	1.6	3.6	4.3	2.3	0.2	46
586	Chicken wings , <i>marinated, chilled/frozen, barbecued</i>	0.5	3.6	Tr	4.6	7.5	3.3	(0.2)	(120)
587	Chicken , stir-fried with rice and vegetables, <i>frozen, reheated</i>	12.6	3.9	1.3	N	N	N	N	N
588	Chilli con carne	1.2	2.7	1.1	2.9	3.2	0.5	0.3	24
589	<i>chilled/frozen, reheated</i> , with rice	14.5	1.6	0.9	1.1	1.1	0.1	0.1	N

Meat and meat products *continued*

576 to 589

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Meat dishes continued</i>													
576	Bolognese sauce (with meat)	306	305	16	16	105	1.06	0.05	2.3	449	0.07	4	7
577	Chicken chasseur	208	266	12	19	129	0.64	0.11	0.5	309	0.07	7	5
578	Chicken chow mein , <i>takeaway</i>	466	90	46	11	64	1.01	0.05	0.4	(720)	0.15	N	N
579	Chicken curry , average, <i>takeaway</i>	356	218	41	22	112	2.32	0.08	0.6	515	0.24	7	7
580	<i>chilled/frozen, reheated</i> , with rice	250	180	N	N	N	N	N	N	360	N	N	N
581	Chicken curry , made with canned curry sauce	663	413	23	32	147	1.2	0.05	1.1	542	0.13	N	N
582	Chicken in white sauce , canned	370	80	13	11	70	0.6	0.07	0.9	470	0.03	N	N
583	Chicken satay	613	363	30	43	223	1.0	0.14	0.9	690	0.39	12	23
584	Chicken tandoori , <i>chilled, reheated</i>	590	470	58	36	280	1.8	0.12	1.5	860	0.18	(16)	(7)
585	Chicken tikka masala , <i>retail</i>	424	289	55	25	145	1.2	0.11	0.7	(654)	0.23	(8)	N
586	Chicken wings , <i>marinated, chilled/frozen, barbecued</i>	390	350	42	27	200	1.3	0.09	1.6	610	0.15	(17)	(6)
587	Chicken , stir-fried with rice and vegetables, <i>frozen, reheated</i>	410	180	22	13	95	1.1	0.10	2.0	870	0.08	N	N
588	Chilli con carne	303	276	20	16	91	1.0	0.10	1.7	462	0.10	3	4
589	<i>chilled/frozen, reheated</i> , with rice	180	190	26	14	68	1.0	0.10	1.0	(290)	0.23	2	N

Meat and meat products *continued*

576 to 589

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Meat dishes <i>continued</i>															
576	Bolognese sauce (with meat)	Tr	738	0.4	0.60	0.06	0.07	2.9	2.1	0.22	1	9	0.32	1	3
577	Chicken chasseur	3	26	0.2	(0.14)	0.07	0.10	4.6	2.4	0.24	Tr	7	0.66	2	1
578	Chicken chow mein , <i>takeaway</i>	Tr	110	N	0.96	0.05	(0.03)	1.8	1.3	0.08	Tr	4	0.47	2	Tr
579	Chicken curry , average, <i>takeaway</i>	15	119	0.3	2.12	0.05	0.07	2.5	1.8	0.19	Tr	N	0.66	2	Tr
580	<i>chilled/frozen, reheated,</i> <i>with rice</i>	N	205	N	0.72	0.11	0.08	2.2	1.5	0.15	N	N	0.65	2	1
581	Chicken curry , made with canned curry sauce	9	N	0.1	N	0.09	0.13	5.0	3.6	0.25	Tr	N	N	N	Tr
582	Chicken in white sauce , canned	Tr	Tr	N	N	0.01	0.10	2.3	N	0.10	Tr	5	N	N	0
583	Chicken satay	5	23	N	1.41	0.07	0.07	11.0	3.2	0.22	Tr	27	0.93	6	Tr
584	Chicken tandoori , <i>chilled,</i> <i>reheated</i>	Tr	210	(0.2)	1.49	0.12	0.19	10.2	5.8	0.61	1	16	2.25	5	2
585	Chicken tikka masala , <i>retail</i>	43	104	0.3	1.72	0.08	0.14	4.2	1.9	0.29	1	21	0.98	6	Tr
586	Chicken wings , <i>marinated,</i> <i>chilled/frozen, barbecued</i>	(24)	N	(0.1)	(0.23)	(0.07)	(0.11)	(6.2)	(5.3)	(0.27)	(1)	(10)	(1.34)	(4)	Tr
587	Chicken , stir-fried with rice and vegetables, <i>frozen, reheated</i>	Tr	565	N	N	0.09	0.09	1.9	1.3	0.22	Tr	21	0.50	4	2
588	Chilli con carne	Tr	277	0.3	(0.56)	0.07	0.06	2.2	1.6	0.19	1	9	0.25	1	7
589	<i>chilled/frozen, reheated,</i> <i>with rice</i>	39	59	N	N	0.05	0.08	1.1	1.0	0.13	Tr	10	0.39	3	N

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Meat dishes continued										
590	Coq au vin	Recipe	0.82	(68.7)	1.81	11.1	11.0	3.2	155	647
591	Coronation chicken	Recipe	1.00	46.7	2.67	16.6	31.7	3.2	364	1505
592	Cottage/Shepherd's pie, <i>chilled/frozen, reheated</i>	11 samples including beef and lamb. 11.5-25% meat	1.00	73.1	0.72	4.5	5.4	11.9	111	467
593	Doner kebabs, meat only	20 samples from assorted takeaways	1.00	42.0	3.76	23.5	31.4	0	377	1561
594	in pitta bread with salad	Calculated from 50% doner kebab, 22% pitta bread and 28% salad	1.00	53.7	2.27	14.2	16.2	14.0 ^a	255	1065
595	Faggots in gravy, <i>chilled/frozen,</i> <i>reheated</i>	8 samples, 3 brands. 11-35% meat	1.00	69.6	1.31	8.2	7.5	12.6 ^b	148	619
596	Goulash	Recipe	1.00	80.4	1.11	6.9	3.0	6.5 ^c	79	332
597	Irish stew	Recipe	1.00	77.3	1.18	7.4	6.2	8.6 ^d	118	493
598	made with lean lamb	Recipe	1.00	78.6	1.23	7.7	4.9	8.6 ^d	107	450
599	canned	10 samples, 2 brands	1.00	82.5	0.75	4.7	5.1	6.8	91	379
600	Lamb curry, made with canned curry sauce	Recipe	1.00	59.6	2.49	15.6	18.9	4.4	249	1032
601	Lamb kheema	Recipe	1.00	69.2	1.76	11.0	13.4	3.6 ^e	176	740
602	Lamb/Beef hot pot with potatoes, <i>chilled/frozen, retail, reheated</i>	10 samples, 6 brands of beef, lamb and Lancashire hot pot. 10-32% meat	1.00	74.4	1.15	7.2	4.4	10.6	108	455
603	Lancashire hotpot	Recipe	1.00	77.4	1.18	7.4	6.9	7.4 ^a	119	500
604	Lasagne	Recipe	1.00	62.3	1.60	9.8	10.8	14.6 ^b	191	800
605	<i>chilled/frozen, reheated</i>	12 samples, 11 brands. 10-20% meat	1.00	68.1	1.18	7.4	6.1	15.7	143	603

^a Includes 0.2g oligosaccharides per 100g food^b Includes 0.1g oligosaccharides per 100g food^c Includes 0.4g oligosaccharides per 100g food^d Includes 0.3g oligosaccharides per 100g food^e Includes 0.6g oligosaccharides per 100g food

Meat and meat products *continued*

590 to 605

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids				Cholest- erol mg
					Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Meat dishes continued</i>									
590	Coq au vin	2.8	0.4	0.3	4.2	4.4	1.6	0.2	67
591	Coronation chicken	0.2	3.0	N	5.3	8.5	15.9	0.5	89
592	Cottage/Shepherd's pie, <i>chilled/frozen, reheated</i>	10.3	1.6	0.9	2.4	2.2	0.4	0.3	16
593	Doner kebabs, meat only	0	0	0	15.3	12.0	1.4	2.4	94
594	in pitta bread with salad	12.3	1.5	0.8	7.8	6.1	0.9	1.4	47
595	Faggots in gravy, chilled/frozen, <i>reheated</i>	10.8	1.7	0.2	2.5	2.9	1.0	0.1	45
596	Goulash	4.3	1.7	0.8	0.9	1.4	0.5	0.1	17
597	Irish stew	6.5	1.8	1.0	2.9	2.3	0.4	0.5	27
598	made with lean lamb	6.5	1.8	1.0	2.2	1.8	0.3	0.4	26
599	canned	5.6	1.2	N	2.5	2.0	0.3	0.4	15
600	Lamb curry, made with canned curry sauce	2.1	2.3	N	N	N	N	N	63
601	Lamb kheema	1.1	1.5	1.3	3.8	6.1	2.4	0.5	38
602	Lamb/Beef hot pot with potatoes, <i>chilled/frozen, retail, reheated</i>	9.6	1.0	0.9	1.7	1.9	0.5	0.4	N
603	Lancashire hotpot	5.8	1.4	0.9	3.0	2.7	0.9	0.5	27
604	Lasagne	11.7	2.7	0.8	4.5	3.8	1.4	0.3	26
605	<i>chilled/frozen, reheated</i>	12.7	3.0	0.7	2.8	2.2	0.7	0.3	18

Meat and meat products *continued*

590 to 605

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Meat dishes continued</i>													
590	Coq au vin	250	281	16	19	86	1.1	0.11	0.9	383	0.10	8	N
591	Coronation chicken	236	213	12	17	142	0.8	0.07	0.9	377	0.03	N	17
592	Cottage/Shepherd's pie, <i>chilled/frozen, reheated</i>	420	240	20	14	65	0.7	0.04	0.9	710	0.08	N	N
593	Doner kebabs, meat only	860	350	23	25	210	2.1	0.11	4.0	N	0.06	6	4
594	in pitta bread with salad	550	260	37	20	130	1.6	0.11	2.2	N	0.17	3	3
595	Faggots in gravy, chilled/frozen, <i>reheated</i>	540	120	32	10	80	1.7	0.30	0.9	(830)	0.15	N	N
596	Goulash	360	278	12	15	70	0.9	0.07	1.5	547	0.08	2	5
597	Irish stew	94	275	13	14	78	0.7	0.06	1.5	157	0.08	1	4
598	made with lean lamb	95	281	12	14	85	0.7	0.06	1.6	69	0.08	2	6
599	canned	280	130	10	8	40	1.2	0.13	0.7	(430)	0.05	N	N
600	Lamb curry, made with canned curry sauce	649	358	22	26	155	1.6	0.09	3.2	520	0.13	N	N
601	Lamb kheema	235	284	29	23	124	1.7	0.08	2.0	347	0.15	1	5
602	Lamb/Beef hot pot with potatoes, <i>chilled/frozen, retail, reheated</i>	330	260	17	16	80	0.8	0.07	1.3	(510)	0.08	N	N
603	Lancashire hotpot	185	278	11	14	79	0.6	0.06	1.5	288	0.06	1	4
604	Lasagne	340	224	100	19	142	0.8	0.09	1.6	496	0.17	5	14
605	<i>chilled/frozen, reheated</i>	390	230	80	19	120	1.0	0.10	1.4	(600)	0.22	N	N

Meat and meat products *continued*

590 to 605

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
<i>Meat dishes continued</i>															
590	Coq au vin	50	28	0.3	0.16	0.10	0.15	2.6	1.6	0.16	Tr	5	0.60	3	1
591	Coronation chicken	37	36	0.2	6.12	0.05	0.12	5.5	3.2	0.22	Tr	7	N	N	Tr
592	Cottage/Shepherd's pie, <i>chilled/frozen, reheated</i>	17	110	0.1 ^a	0.28	0.15	0.10	1.3	0.8	0.19	1	14	0.39	1	1
593	Doner kebabs, meat only	Tr	Tr	0.6	0.56	0.11	0.25	5.8	4.9	0.20	2	7	1.10	2	0
594	in pitta bread with salad	Tr	91	0.3	0.47	0.14	0.14	3.4	2.9	0.14	1	16	0.60	1	2
595	Faggots in gravy, <i>chilled/frozen, reheated</i>	1100	55	0.5	0.33	0.10	0.56	2.0	N	0.13	6	19	N	N	Tr
596	Goulash	Tr	206	0.2	0.33	0.08	0.06	1.2	1.3	0.23	Tr	10	0.26	1	8
597	Irish stew	3	1730	0.1	0.12	0.12	0.05	1.3	1.4	0.21	1	8	0.38	1	3
598	made with lean lamb	2	1726	0.1	0.12	0.12	0.05	1.4	1.5	0.26	1	8	0.39	1	3
599	canned	Tr	N	N	N	0.02	0.06	0.9	N	0.14	Tr	3	N	N	N
600	Lamb curry, made with canned curry sauce	6	N	0.3	N	0.09	0.12	2.5	2.9	0.15	1	N	N	N	Tr
601	Lamb kheema	2	270	0.4	(0.33)	0.12	0.10	2.4	2.0	0.13	1	11	0.41	1	4
602	Lamb/Beef hot pot with potatoes, <i>chilled/frozen, retail, reheated</i>	N	N	N	N	0.43	0.09	1.5	N	0.29	1	25	N	N	Tr
603	Lancashire hotpot	3	867	0.1	(0.08)	0.11	0.05	1.3	1.4	0.20	1	8	0.37	1	3
604	Lasagne	50	519	0.4	0.81	0.11	0.11	1.7	1.9	0.13	1	7	0.41	2	2
605	<i>chilled/frozen, reheated</i>	Tr	N	N	N	0.33	0.12	1.4	1.3	0.14	1	11	0.38	4	N

^a Contribution from 25-hydroxycholecalciferol not included

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Meat dishes continued										
606	Meat samosas, takeaway	10 samples from Indian restaurants	1.00	44.5	1.82	11.4	17.3	18.9	272	1136
607	Moussaka, chilled/frozen/ longlife, reheated	8 samples, 4 brands of beef and lamb. 20-23% meat	1.00	70.6	1.33	8.3	8.3	8.6 ^a	140	586
608	Pasta with meat and tomato sauce	Recipe	1.00	76.7	0.94	5.7	3.6	12.3	101	426
609	Pork casserole, made with canned cook-in sauce	Recipe	1.00	70.1	2.74	17.1	7.8	3.8	154	641
610	Sausage casserole	Recipe	1.00	68.5	1.90	11.9	10.9	5.1 ^b	165	687
611	Shish kebab, meat only	20 samples from assorted takeaways	1.00	59.4	4.64	29.0	10.0	0	206	863
612	in pitta bread with salad	Calculated from 37% shish kebab, 27% pitta bread and 36% salad	1.00	64.1	2.16	13.5	4.1	17.2 ^b	155	656
613	Spaghetti bolognese, chilled/ frozen, reheated	12 samples. Meat sauce portion only, 10-18% meat	1.00	76.9	1.49	9.3	5.7	5.3	108	454
614	chilled/frozen, reheated, with spaghetti	Recipe. Calculated using 56% spaghetti and 44% meat and sauce	1.00	75.2	1.01	6.1	2.9	14.8	106	447
615	Spring rolls, meat, takeaway	10 samples	1.00	54.9	1.04	6.5	16.4	18.2	242	1009
616	Sweet and sour chicken, takeaway	10 samples	1.00	59.2	1.21	7.6	10.0	19.7	194	814
617	Sweet and sour pork	Recipe	1.00	59.7	2.04	12.7	8.6	11.3 ^c	177	741

^a Includes 0.1g oligosaccharides per 100g food^b Includes 0.3g oligosaccharides per 100g food^c Includes 0.4g oligosaccharides per 100g food

Meat and meat products *continued*

606 to 617

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Dietary fibre NSP g	Fatty acids				Cholest- erol mg
					Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Meat dishes continued</i>									
606	Meat samosas, takeaway	16.8	1.9	(2.4)	4.5	7.0	4.8	0.2	20
607	Moussaka, chilled/frozen/longlife, reheated	6.5	2.0	0.8	2.9	3.6	1.1	0.4	26
608	Pasta with meat and tomato sauce	10.7	1.6	N	1.4	1.3	0.4	0.1	11
609	Pork casserole, made with canned cook-in sauce	1.5	2.3	Tr	2.7	3.2	1.4	0.1	50
610	Sausage casserole	2.7	2.1	0.9	3.5	4.5	2.0	0	40
611	Shish kebab, meat only	0	0	0	3.9	4.3	0.8	0.6	90
612	in pitta bread with salad	15.0	1.9	1.0	1.5	1.6	0.5	0.2	33
613	Spaghetti bolognese, chilled/frozen, reheated	2.3	3.0	0.9	2.3	2.5	0.5	0.2	N
614	chilled/frozen, reheated, with spaghetti	13.2	1.6	1.1	1.1	1.2	0.4	0.1	N
615	Spring rolls, meat, takeaway	12.0	1.8	1.9	3.8	7.1	4.8	Tr	7
616	Sweet and sour chicken, takeaway	8.8	10.7	N	1.3	5.2	3.0	Tr	24
617	Sweet and sour pork	3.4	7.5	0.6	2.0	3.9	2.0	0	51

Meat and meat products *continued*

606 to 617

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Meat dishes continued													
606	Meat samosas, takeaway	409	258	64	26	138	2.6	0.15	2.3	(631)	0.45	N	N
607	Moussaka, chilled/frozen/longlife, reheated	350	250	75	77	110	0.6	0.12	0.1	(540)	0.13	N	N
608	Pasta with meat and tomato sauce	117	183	11	16	63	0.7	0.09	1.0	224	0.20	N	N
609	Pork casserole, made with canned cook-in sauce	476	345	8	20	176	0.7	0.03	1.4	324	0.03	10	4
610	Sausage casserole	650	250	32	18	140	0.9	0.06	1.2	790	0.11	6	5
611	Shish kebab, meat only	510	420	7	29	250	2.6	0.14	6.1	N	0.03	4	6
612	in pitta bread with salad	330	260	34	19	130	1.6	0.12	2.5	N	0.19	2	3
613	Spaghetti bolognese, chilled/frozen, reheated	410	290	21	18	85	1.3	0.08	1.5	(630)	0.15	(1)	N
614	chilled/frozen, reheated, with spaghetti	180	141	13	16	62	0.9	0.09	0.9	(277)	0.23	(3)	N
615	Spring rolls, meat, takeaway	485	117	32	13	64	1.2	0.06	0.6	(749)	0.24	N	N
616	Sweet and sour chicken, takeaway	259	142	35	13	114	2.4	0.04	0.3	(400)	0.19	(6)	N
617	Sweet and sour pork	494	307	15	20	143	0.9	0.08	1.3	718	0.06	7	(6)

Meat and meat products *continued*

606 to 617

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Meat dishes <i>continued</i>															
606	Meat samosas , takeaway	2	28	0.3	0.55	(0.21)	(0.09)	(2.3)	(2.2)	(0.15)	(1)	(6)	(0.75)	(2)	Tr
607	Moussaka , chilled/frozen/ longlife, reheated	40	235	0.3	N	0.05	0.19	1.5	1.5	0.15	1	8	0.48	2	N
608	Pasta with meat and tomato sauce	Tr	(25)	0.1	N	0.04	0.14	1.1	1.1	0.07	Tr	7	N	N	Tr
609	Pork casserole , made with canned cook-in sauce	Tr	Tr	0.5	0.03	0.54	0.14	4.4	3.4	0.36	1	1	0.90	1	Tr
610	Sausage casserole	Tr	19	0.5	N	0.32	0.10	2.7	2.1	0.21	Tr	5	0.60	2	Tr
611	Shish kebab , meat only	Tr	Tr	0.6	0.67	0.14	0.28	7.0	6.0	0.26	3	9	1.40	3	0
612	in pitta bread with salad	Tr	120	0.2	0.50	0.16	0.12	3.2	2.8	0.14	1	20	0.58	1	3
613	Spaghetti bolognese , chilled/frozen, reheated	Tr	N	N	N	N	N	N	N	N	N	N	N	N	Tr
614	chilled/frozen, reheated, with spaghetti	Tr	N	N	N	N	N	N	N	N	N	N	N	N	Tr
615	Spring rolls , meat, <i>takeaway</i>	Tr	175	N	1.47	0.10	0.07	1.0	1.0	0.06	Tr	3	0.33	3	Tr
616	Sweet and sour chicken , <i>takeaway</i>	2	135	0.6	2.14	0.04	0.05	2.1	1.3	0.12	Tr	(2)	0.39	2	Tr
617	Sweet and sour pork	7	474	0.4	(0.30)	0.47	0.14	3.4	2.7	0.30	1	10	0.73	2	14

Section 2.6

Fish and fish products

This section of the Tables is largely based on data in the *Fish and Fish Products* (1993) supplement although some new analytical data on takeaway fish dishes have been incorporated. Foods for which new data are incorporated have been allocated a new food code and can thus easily be identified in the food index.

Fish are mainly drawn from a wild population which means that their composition is probably more variable than that of foods drawn from domesticated inbred stock whose nutrition has been closely controlled. There is considerable variation in composition within one species and this variation is probably greater than that between species.

The fat content of many fish show considerable seasonal changes and it is difficult to assign definite values. The actual fat content of fish normally landed and consumed shows less variation because the fish tend to be caught during a limited part of the cycle; the values used are therefore based on the fat content of the fish during the period when the major landings of the species are made.

In fish with fine bones it is often difficult to remove the bones completely, whether before analysis or before consumption. The calcium and phosphorus content of these fish is more variable than in a fish which can be boned easily. The values in the Tables are based on samples which have been prepared for consumption in the normal way.

The crustaceans and molluscs tend to accumulate many cations from their environment, and the concentration of iron, copper and zinc reported in these fish shows very wide variation, depending on the source of the samples and the metallic contamination to which they have been exposed.

Users should note that all values are expressed per 100g edible portion. Guidance for calculating nutrient content 'as purchased' or 'as served' (e.g. including bone or shells) is given in Section 4.2. For weight loss on cooking and calculation of cooked edible portion obtainable from raw fish see Section 4.3. Losses of labile vitamins assigned to cooked dishes or foods were estimated from figures found in Section 4.3.

Taxonomic names for foods in this part of the Tables can be found in Section 4.5.

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
White fish										
618	Cod, raw	11 samples from assorted outlets, fillets	0.86 ^a	80.8	2.93	18.3	0.7	0	80	337
619	<i>baked</i>	Baked in the oven with added butter, fillets; flesh only	0.85	76.6	3.43	21.4	1.2	Tr	96	408
620	<i>poached</i>	Poached in milk, butter and salt added, fillets; flesh only	0.87	77.7	3.35	20.9	1.1	Tr	94	396
621	<i>frozen, raw</i>	11 samples from assorted supermarkets; steaks	1.00	82.4	2.67	16.7	0.6	0	72	306
622	<i>frozen, grilled</i>	12 samples, grilled with butter and salt added; steaks	1.00	78.0	3.32	20.8	1.3	Tr	95	402
623	<i>in batter, fried in blended oil</i>	Samples as fried in retail blend oil, fatty acids calculated	1.00	54.9	2.58	16.1	15.4	11.7	247	1031
624	<i>in crumbs, frozen, fried in blended oil</i>	10 samples, 7 brands; shallow fried in blended oil, 5 minutes per side ^b	0.98	55.9	1.98	12.4	14.3	15.2	235	983
625	<i>in parsley sauce, frozen, boiled</i>	10 samples, 4 brands; boiled in bag for 20 minutes	1.00	82.1	1.92	12.0	2.8	2.8	84	352
626	<i>dried, salted, boiled</i>	Soaked 24 hours and boiled	0.83	64.9	5.20	32.5	0.9	0	138	586
627	Coley, raw	Literature sources and estimation from frozen coley	0.47	80.2	2.93	18.3	1.0	0	82	348
628	<i>steamed</i>	Analytical and calculated values, pieces from tail end; flesh only	0.85	74.8	3.73	23.3	1.3	0	105	444
629	Haddock, raw	12 samples from assorted outlets; fillets	0.83 ^c	79.4	3.04	19.0	0.6	0	81	345
630	<i>steamed</i>	12 samples steamed for 20 minutes, fillets; flesh only	0.84 ^c	78.3	3.34	20.9	0.6	0	89	378
631	<i>smoked, steamed</i>	Analysis and calculation from raw, cutlets; flesh only	0.65	71.6	3.73	23.3	0.9	0	101	429
632	<i>in crumbs, frozen, fried in blended oil</i>	10 samples, 7 brands; shallow fried in blended oil for 10-15 minutes per side ^b	0.80 ^d	59.9	2.35	14.7	10.0	12.6	196	822

^a Some fillets contained skin and bones. Values ranged from 0.79 to 1.00^b Composition of oven baked fish in crumbs is very similar to fried in blended oil^c Some fillets contained skin and bones^d Levels ranged from 0.66 to 1.00

Fish and fish products
618 to 632
Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids				Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	Poly-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	g	mg
White fish														
618	Cod, raw	0	0	0	0	0	0	0	0	0.1	0.1	0.3	0	46
619	<i>baked</i>	0	Tr	0	0	0	0	Tr	0	(0.3)	(0.2)	(0.4)	0	(56)
620	<i>poached</i>	0	Tr	0	0	0	0	Tr	0	(0.3)	(0.1)	(0.3)	0	(53)
621	<i>frozen, raw</i>	0	0	0	0	0	0	0	0	0.1	0.1	0.2	0	39
622	<i>frozen, grilled</i>	0	0	0	0	0	0	Tr	0	0.4	0.2	0.3	0	(49)
623	<i>in batter, fried in blended oil</i>	11.7	Tr	Tr	Tr	Tr	Tr	Tr	0.5	1.6	5.5	7.5	N	N
624	<i>in crumbs, frozen, fried in blended oil</i>	15.0	0.2	0.1	Tr	Tr	Tr	0.1	(0.4)	(1.5)	(5.2)	(7.0)	N	N
625	<i>in parsley sauce, frozen, boiled</i>	2.8	Tr	Tr	Tr	Tr	0	Tr	(0.1)	N	N	N	N	N
626	<i>dried, salted, boiled</i>	0	0	0	0	0	0	0	0	0.2	0.1	0.4	N	59
627	Coley, raw	0	0	0	0	0	0	0	0	0.1	0.3	0.3	Tr	(40)
628	<i>steamed</i>	0	0	0	0	0	0	0	0	0.2	0.3	0.4	Tr	55
629	Haddock, raw	0	0	0	0	0	0	0	0	0.1	0.1	0.2	Tr	36
630	<i>steamed</i>	0	0	0	0	0	0	0	0	0.1	0.1	0.2	Tr	38
631	<i>smoked, steamed</i>	0	0	0	0	0	0	0	0	(0.2)	(0.1)	(0.3)	Tr	(47)
632	<i>in crumbs, frozen, fried in blended oil</i>	12.6	Tr	Tr	Tr	Tr	Tr	0	(0.6)	N	N	N	N	N

Fish and fish products

618 to 632

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
White fish													
618	Cod, raw	60	340	9	22	180	0.1	0.02	0.4	76	0.01	28	110
619	<i>baked</i>	340	350	11	26	190	0.1	0.02	0.5	520	0.01	34	(130)
620	<i>poached</i>	110	330	11	26	180	0.1	0.02	0.5	150	0.01	33	(120)
621	<i>frozen, raw</i>	71	340	8	22	180	0.1	0.06	0.4	120	0.01	27	(110)
622	<i>frozen, grilled</i>	91	380	10	26	200	0.1	0.07	0.5	140	0.01	33	(130)
623	<i>in batter, fried in blended oil</i>	160	290	67	25	200	0.5	0.04	0.5	160	0.12	N	N
624	<i>in crumbs, frozen, fried in blended oil</i>	480	230	43	19	190	0.4	0.08	0.4	650	0.12	17	N
625	<i>in parsley sauce, frozen, boiled</i>	260	270	51	19	170	0.1	0.04	0.4	N	0.02	N	N
626	<i>dried, salted, boiled</i>	400	31	22	35	160	1.8	N	N	670	0.01	52	N
627	Coley, raw	86	360	9	(25)	250	(0.3)	0.05	0.5	(84)	(0.01)	(18)	(36)
628	<i>steamed</i>	97	460	19	31	410	0.6	0.06	0.6	83	(0.01)	(23)	(46)
629	Haddock, raw	67	360	14	24	200	0.1	0.03	0.4	86	0.01	27	250
630	<i>steamed</i>	73	370	26	24	200	0.1	0.02	0.5	100	0.01	28	(260)
631	<i>smoked, steamed</i>	990	440	29	30	240	0.1	0.04	0.4	1570	0.01	36	(340)
632	<i>in crumbs, frozen, fried in blended oil</i>	290	230	120	21	200	0.8	0.05	0.4	400	0.21	18	250

Fish and fish products
618 to 632
Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
White fish															
618	Cod, raw	2	Tr	Tr	0.44	0.04	0.05	2.4	3.4	0.18	1	12	0.27	1	Tr
619	<i>baked</i>	2	Tr	Tr	0.59	0.03	0.05	2.3	4.0	0.19	2	12	0.26	1	Tr
620	<i>poached</i>	(2)	Tr	Tr	0.61	0.04	0.06	2.8	3.9	0.21	2	14	0.31	1	Tr
621	<i>frozen, raw</i>	2	Tr	Tr	(0.44)	0.04	0.05	1.6	3.1	(0.18)	1	6	(0.27)	(1)	Tr
622	<i>frozen, grilled</i>	2	Tr	Tr	(1.00)	0.05	0.06	1.9	3.9	(0.22)	2	10	(0.34)	(1)	Tr
623	<i>in batter, fried in blended oil</i>	N	Tr	Tr	N	0.09	0.07	1.7	3.0	0.13	2	57	0.30	3	Tr
624	<i>in crumbs, frozen, fried in blended oil</i>	Tr	N	Tr	(3.45)	0.07	0.06	1.2	2.3	0.09	N	6	0.32	3	Tr
625	<i>in parsley sauce, frozen, boiled</i>	Tr	Tr	Tr	N	0.06	0.10	1.1	2.2	0.13	N	17	0.47	2	Tr
626	<i>dried, salted, boiled</i>	(2)	Tr	Tr	N	Tr	Tr	N	6.1	N	Tr	Tr	N	Tr	Tr
627	Coley, raw	4	Tr	Tr	0.36	(0.15)	(0.20)	(2.3)	3.4	(0.29)	(3)	N	(0.42)	(3)	Tr
628	<i>steamed</i>	5	Tr	0.3	0.46	(0.19)	(0.27)	(2.9)	4.4	(0.40)	(5)	N	(0.46)	(3)	Tr
629	Haddock, raw	Tr	Tr	Tr	0.39	0.04	0.07	4.4	3.6	0.39	1	9	0.26	2	Tr
630	<i>steamed</i>	Tr	Tr	Tr	0.41	0.04	0.11	4.1	3.9	0.41	2	9	0.25	1	Tr
631	<i>smoked, steamed</i>	Tr	Tr	Tr	N	0.05	0.16	4.3	4.4	0.46	2	N	0.26	1	Tr
632	<i>in crumbs, frozen, fried in blended oil</i>	Tr	Tr	Tr	N	0.08	0.08	2.8	2.7	0.24	1	N	0.26	2	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
White fish continued										
633	Halibut, grilled	Calculated from raw, cutlets and steaks; flesh only	0.78	72.1	4.05	25.3	2.2	0	121	513
634	Lemon sole, raw	Literature sources	N	81.2	2.78	17.4	1.5	0	83	351
635	<i>steamed</i>	Flesh only	0.71	77.2	3.29	20.6	0.9	0	91	384
636	<i>goujons, baked</i>	Calculated from manufacturers' proportions	1.00	54.1	2.58	16.0	14.6	14.7	187	775
637	<i>goujons, fried in blended oil</i>	Calculated from manufacturers' proportions	1.00	40.8	2.51	15.5	28.7	14.3	374	1553
638	Plaice, raw	8 fish purchased whole, and literature sources	0.42	79.5	2.67	16.7	1.4	0	79	336
639	<i>frozen, steamed</i>	12 samples, steamed for 15-20 minutes, fillets; flesh only	0.72 ^c	78.0	3.14	19.6	1.5 ^a	0	92	389
640	<i>in batter, fried in blended oil</i>	Samples as fried in retail blend oil, fatty acids calculated	1.00	52.4	2.43	15.2	16.8	12.0	257	1072
641	<i>in crumbs, fried in blended oil</i>	8 fillets, dipped in egg and breadcrumbs and fried; flesh only, light skin included	1.00	59.9	2.88	18.0	13.7	8.6	228	951
642	<i>goujons, baked</i>	Calculated from manufacturers' proportions	1.00	40.8	1.43	8.8	18.3	27.7	304	1270
643	<i>goujons, fried in blended oil</i>	Calculated from manufacturers' proportions	1.00	27.9	1.39	8.5	32.3	27.0	426	1771
644	Rock Salmon/Dogfish, in batter, fried in blended oil	Samples as fried in retail blend oil, fatty acids calculated	0.93	51.3	2.83	14.7 ^b	21.9	10.3	295	1225
645	Skate, in batter, fried in blended oil	Samples as fried in retail blend oil, fatty acids calculated	0.85	50.7	3.67	14.7 ^b	10.1	4.9	168	702
646	Whiting, steamed	Analysis and calculation from steamed, flesh only	0.93	76.9	3.35	20.9	0.9	0	92	389
647	<i>in crumbs, fried in blended oil</i>	Fillets coated in crumbs and fried	0.90	63.0	2.90	18.1	10.3	7.0	191	801

^a Skin contains 7g fat per 100g^b (Total N - non-protein N) × 6.25^c Levels ranged from 0.49 to 0.81

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
White fish continued														
633	Halibut, grilled	0	0	0	0	0	0	0	0	0.4	0.7	0.5	Tr	41
634	Lemon sole, raw	0	0	0	0	0	0	0	0	0.2	0.3	0.5	Tr	60
635	<i>steamed</i>	0	0	0	0	0	0	0	0	0.1	0.2	0.3	Tr	73
636	<i>goujons, baked</i>	13.9	0.9	Tr	Tr	Tr	Tr	0.4	N	N	N	N	N	55
637	<i>goujons, fried in blended oil</i>	13.4	0.9	0	0	Tr	Tr	0.4	N	(2.9)	(11.4)	(12.3)	N	53
638	Plaice, raw	0	0	0	0	0	0	0	0	0.2	0.4	0.3	Tr	42
639	<i>frozen, steamed</i>	0	0	0	0	0	0	0	0	0.2	0.4	0.4	Tr	54
640	<i>in batter, fried in blended oil</i>	12.0	Tr	Tr	Tr	Tr	0	Tr	(0.5)	1.8	6.1	8.2	N	N
641	<i>in crumbs, fried in blended oil</i>	(8.3)	(0.3)	Tr	Tr	Tr	(0.2)	Tr	(0.2)	1.5	4.9	6.7	N	N
642	<i>goujons, baked</i>	27.0	0.9	Tr	Tr	Tr	Tr	0.5	N	N	N	N	N	23
643	<i>goujons, fried in blended oil</i>	26.1	0.9	0	0	Tr	Tr	0.4	N	(3.4)	(12.9)	(13.3)	N	22
644	Rock Salmon/Dogfish, in batter, fried in blended oil	10.3	Tr	Tr	Tr	Tr	Tr	Tr	(0.4)	(2.9)	(8.0)	(9.9)	N	N
645	Skate, in batter, fried in blended oil	(4.8)	(0.1)	Tr	Tr	Tr	Tr	Tr	(0.2)	1.0	3.4	4.7	N	N
646	Whiting, steamed	0	0	0	0	0	0	0	0	0.1	0.3	0.2	Tr	55
647	<i>in crumbs, fried in blended oil</i>	6.8	0.2	Tr	Tr	Tr	Tr	0	0.2	1.1	3.7	5.0	N	N

Fish and fish products *continued*

633 to 647

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
White fish continued													
633	Halibut, grilled	71	490	34	29	240	0.6	0.05	0.5	71	0.01	N	47
634	Lemon sole, raw	(95)	(230)	(17)	(17)	(200)	(0.5)	0.01	0.4	(97)	N	60	N
635	<i>steamed</i>	120	280	21	20	250	0.6	0.01	0.5	120	N	73	N
636	<i>goujons, baked</i>	200	230	49	20	200	0.9	0.04	0.5	260	N	N	N
637	<i>goujons, fried in blended oil</i>	190	220	48	19	190	0.9	0.04	0.5	250	N	N	N
638	Plaice, raw	120	280	45	22	180	0.3	0.02	0.5	170	0.01	37	33
639	<i>frozen, steamed</i>	110	290	27 ^a	22	160	0.2	0.02	0.6	140	0.01	40	(36)
640	<i>in batter, fried in blended oil</i>	210	210	73	20	170	0.5	0.06	0.7	240	0.14	6	N
641	<i>in crumbs, fried in blended oil</i>	220	280	67	24	180	0.8	(0.02)	0.7	310	(0.16)	(29)	(31)
642	<i>goujons, baked</i>	480	220	130	21	120	1.2	0.06	0.5	710	0.28	N	N
643	<i>goujons, fried in blended oil</i>	470	210	120	20	120	1.2	0.06	0.5	690	0.27	N	N
644	Rock Salmon/Dogfish, in batter, fried in blended oil	160	230	44	18	190	0.5	0.08	0.4	170	0.14	22	N
645	Skate, in batter, fried in blended oil	140	240	50	27	180	1.0	0.09	0.9	170	N	N	N
646	Whiting, steamed	110	400	21	28	190	0.1	0.01	0.4	140	0.01	25	80
647	<i>in crumbs, fried in blended oil</i>	200	320	48	33	260	0.7	N	N	190	N	N	N

^a Skin contains 150mg Ca per 100g

Fish and fish products *continued*

633 to 647

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
White fish continued															
633	Halibut, grilled	N	Tr	N	1.00	0.07	0.07	6.1	4.7	0.40	1	11	0.35	4	Tr
634	Lemon sole, raw	Tr	Tr	Tr	N	0.09	0.08	3.5	0.2	N	1	11	0.30	(5)	Tr
635	<i>steamed</i>	Tr	Tr	Tr	N	0.10	0.10	3.8	3.8	N	1	13	0.29	5	Tr
636	<i>goujons, baked</i>	9	3	0	(3.07)	0.08	0.08	2.2	3.0	N	1	11	(0.24)	(4)	Tr
637	<i>goujons, fried in blended oil</i>	8	3	Tr	(6.49)	0.09	0.08	2.2	3.0	N	1	14	(0.24)	(3)	Tr
638	Plaice, raw	Tr	Tr	Tr	N	0.20	0.19	3.2	3.1	0.22	1	11	0.80	(47)	Tr
639	<i>frozen, steamed</i>	Tr	Tr	Tr	N	0.29	0.17	2.4	3.7	0.24	1	(14)	0.87	48	Tr
640	<i>in batter, fried in blended oil</i>	N	Tr	Tr	N	0.19	0.32	1.8	2.8	0.12	N	27	0.82	30	Tr
641	<i>in crumbs, fried in blended oil</i>	Tr	Tr	Tr	(3.31)	0.23	0.18	2.9	3.4	(0.15)	1	17	(0.52)	(30)	Tr
642	<i>goujons, baked</i>	9	3	0	(3.42)	0.07	0.11	1.2	1.7	0.20	1	5	(0.29)	N	Tr
643	<i>goujons, fried in blended oil</i>	9	3	Tr	6.83	0.08	0.10	1.2	1.7	0.16	1	6	(0.28)	N	Tr
644	Rock Salmon/Dogfish, in batter, fried in blended oil	94	Tr	N	N	0.07	0.08	3.2	2.8	0.21	N	4	0.57	12	Tr
645	Skate, in batter, fried in blended oil	9	Tr	N	1.20	0.03	0.10	2.4	2.7	N	N	N	N	N	Tr
646	Whiting, steamed	Tr	Tr	Tr	N	0.05	0.31	1.8	3.9	0.20	N	N	0.24	1	Tr
647	<i>in crumbs, fried in blended oil</i>	Tr	Tr	Tr	(2.48)	N	N	N	3.4	N	N	N	N	N	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Fatty fish										
648	Anchovies , canned in oil, <i>drained</i>	10 samples, 4 brands.	0.74	46.4	4.03	25.2	10.0	0	191	798
649	Eel , <i>jellied</i>	10 samples from assorted outlets. Jelly included in analysis	0.95	82.7	1.35	8.4	7.1	Tr	98	406
650	Herring , <i>raw</i>	35 fish, purchased whole over the year	0.50	68.0 ^a	2.85	17.8	13.2 ^b	0	190	791
651	<i>grilled</i>	Samples gutted, grilled for 7 minutes per side; flesh only	0.68	63.9	3.22	20.1	11.2	0	181	756
652	Kipper , <i>raw</i>	10 samples from assorted outlets. Smoked cured herring	0.55	61.2	2.80	17.5	17.7 ^c	0	229	952
653	<i>grilled</i>	10 samples, grilled 4-5 minutes; flesh only	0.63	55.9	3.22	20.1	19.4	0	255	1060
654	Mackerel , <i>raw</i>	10 samples from assorted outlets, purchased whole; flesh and skin	0.71	64.0 ^d	2.99	18.7	16.1 ^e	0	220	914
655	<i>grilled</i>	10 samples, grilled for 5 minutes per side; flesh and skin	0.92	58.6	3.33	20.8	17.3	0	239	994
656	<i>smoked</i>	10 samples, flesh and skin	0.99	47.1	3.02	18.9	30.9	0	354	1465
657	Pilchards , canned in tomato sauce	10 samples, 6 brands; whole contents	1.00	70.4	2.67	16.7	8.1	1.1	144	601
658	Salmon , <i>raw</i>	11 farmed and wild samples, whole fish and steaks	0.79 ^f	67.2	3.23	20.2	11.0 ^g	0	180	750
659	<i>grilled</i>	Calculated from raw, steaks; flesh only	0.82	60.7	3.87	24.2	13.1	0	215	896
660	<i>steamed</i>	Calculated from raw, steaks; flesh only	0.77	64.5	3.49	21.8	11.9	0	194	812
661	<i>smoked</i>	4 samples	1.00	64.9	4.06	25.4	4.5	0	142	598
662	<i>pink</i> , canned in brine, <i>flesh only, drained</i>	6 samples, 3 brands.	0.79	71.3	3.79	23.5	6.6	0	153	644

^a Levels range from 57-79g per 100g being highest in spring and lowest in autumn/winter^b Levels range from 5g per 100g in spring to 20g per 100g in winter^c Levels range from 13.3g to 22.2g fat per 100g^d Levels range from 56 to 74g water per 100g^e Levels range from 6 to 23g fat per 100g^f This is an average value. The value for whole salmon is 0.62 and salmon steaks 0.81^g Wild salmon entering the river contain approximately 14.5g fat per 100g

Fish and fish products *continued*

648 to 662

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids				Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	Poly-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	g	mg
Fatty fish														
648	Anchovies , canned in oil, <i>drained</i>	0	0	0	0	0	0	0	0	1.6	5.3	1.8	Tr	63
649	Eel , <i>jellied</i>	Tr	0	0	0	0	0	0	0	1.9	3.5	1.0	Tr	79
650	Herring , <i>raw</i>	0	0	0	0	0	0	0	0	3.3	5.5	2.7	Tr	50
651	<i>grilled</i>	0	0	0	0	0	0	0	0	2.8	4.7	2.3	Tr	43
652	Kipper , <i>raw</i>	0	0	0	0	0	0	0	0	2.8	9.3	3.9	0	64
653	<i>grilled</i>	0	0	0	0	0	0	0	0	3.1	10.2	4.2	0	70
654	Mackerel , <i>raw</i>	0	0	0	0	0	0	0	0	3.3	7.9	3.3	0	54
655	<i>grilled</i>	0	0	0	0	0	0	0	0	3.5	8.5	3.5	0	58
656	<i>smoked</i>	0	0	0	0	0	0	0	0	(6.3)	(15.1)	(6.3)	0	105
657	Pilchards , canned in tomato sauce	0.2	0.9	0.4	0.5	Tr	0	0	Tr	1.7	2.2	3.4	0	56
658	Salmon , <i>raw</i>	0	0	0	0	0	0	0	0	1.9	4.4	3.1	0	50
659	<i>grilled</i>	0	0	0	0	0	0	0	0	2.5	5.8	4.1	0	60
660	<i>steamed</i>	0	0	0	0	0	0	0	0	2.0	4.7	3.3	0	54
661	<i>smoked</i>	0	0	0	0	0	0	0	0	(0.8)	(1.8)	(1.3)	0	35
662	pink, canned in brine, <i>flesh only, drained</i>	0	0	0	0	0	0	0	0	1.3	2.4	1.9	0	28

Fish and fish products *continued*

648 to 662

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Fatty fish													
648	Anchovies , canned in oil, <i>drained</i>	3930	230	300	56	300	4.1	0.17	3.0	6090	0.18	N	N
649	Eel , <i>jellied</i>	660	55	62	6	73	0.1	0.04	0.9	980	0.04	22	14
650	Herring , <i>raw</i>	120	320	60	32	230	1.2	0.14	0.9	170	0.04	35	29
651	<i>grilled</i>	160	430	79	42	310	1.6	0.19	1.2	220	0.05	46	38
652	Kipper , <i>raw</i>	830	340	53	27	230	1.6	0.12	1.0	1190	0.04	32	55
653	<i>grilled</i>	940	390	60	31	260	1.8	0.14	1.1	1350	0.05	36	63
654	Mackerel , <i>raw</i>	63	290	11	24	200	0.8	0.08	0.6	82	0.02	30	140
655	<i>grilled</i>	63	360	12	28	230	0.8	0.09	0.7	97	0.02	36	(170)
656	<i>smoked</i>	750	310	20	28	210	1.2	0.09	1.1	1130	0.02	33	(150)
657	Pilchards , canned in tomato sauce	290	310	250	29	280	2.5	0.16	1.3	520	0.11	30	64
658	Salmon , <i>raw</i>	45	360	21	27	250	0.4	0.03	0.6	58	0.02	(26)	37
659	<i>grilled</i>	54	430	25	32	300	0.5	0.04	0.7	69	0.02	(31)	44
660	<i>steamed</i>	49	390	23	29	270	0.4	0.03	0.7	63	0.02	(28)	4
661	<i>smoked</i>	1880	420	19	32	250	0.6	0.09	0.4	2850	0.02	(24)	N
662	pink, canned in brine, <i>flesh only</i> , <i>drained</i>	430	260	91	25	170	0.6	0.05	0.8	730	Tr	25	59

Fish and fish products *continued*

648 to 662

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Fatty fish															
648	Anchovies , canned in oil, <i>drained</i>	57	Tr	N	N	Tr	0.10	3.8	4.7	N	11	18	N	N	Tr
649	Eel , <i>jellied</i>	110	Tr	3.0	2.60	0.07	0.16	0.8	1.6	0.03	2	N	0.35	2	Tr
650	Herring , <i>raw</i>	44	Tr	19.0 ^a	0.76	0.01	0.26	4.1	3.3	0.44	13	9	0.81	7	Tr
651	<i>grilled</i>	34	Tr	16.1	0.64	Tr	0.27	4.0	3.8	0.35	15	10	0.78	7	Tr
652	Kipper , <i>raw</i>	32	Tr	8.0	0.32	Tr	0.28	4.1	3.3	0.27	10	6	0.53	5	Tr
653	<i>grilled</i>	38	Tr	9.4	0.37	Tr	0.27	4.5	3.8	0.25	12	5	0.51	5	Tr
654	Mackerel , <i>raw</i>	45	Tr	8.2	0.43	0.14	0.29	8.6	3.5	0.41	8	N	0.81	5	Tr
655	<i>grilled</i>	48	Tr	8.8	0.46	0.15	0.32	9.4	3.9	0.45	1	N	0.93	6	Tr
656	<i>smoked</i>	31	Tr	8.0	0.25	0.26	0.52	9.5	3.5	0.50	6	N	1.03	3	Tr
657	Pilchards , canned in tomato sauce	7	(140)	14.0	2.56	0.01	0.33	5.9	3.1	0.27	13	N	0.85	11	Tr
658	Salmon , <i>raw</i>	13 ^b	Tr	5.9 ^b	1.91	0.23	0.13	7.2	3.8	0.75	4	16	1.02	7	Tr
659	<i>grilled</i>	16	Tr	7.1	2.29	0.25	0.14	7.7	4.5	0.81	5	19	1.16	9	Tr
660	<i>steamed</i>	14	Tr	8.7	2.07	0.22	0.14	7.0	4.1	0.81	4	17	0.88	7	Tr
661	<i>smoked</i>	N	Tr	N	N	0.16	0.17	8.8	4.7	(0.28)	(3)	(2)	(0.87)	N	Tr
662	pink, canned in brine, <i>flesh only, drained</i>	31	Tr	9.2	1.52	0.02	0.22	5.9	4.4	0.21	4	14	0.74	9	Tr

^a Levels range from 7mg to 31mg vitamin D per 100g

^b These are values for Atlantic salmon. Pacific salmon may contain 90 (20-150)mg retinol and 12.5 (5-20)mg vitamin D per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Fatty fish continued										
663	Sardines , canned in brine, <i>drained</i>	10 samples, 4 brands.	0.79	66.2	3.44	21.5	9.6	0	172	721
664	canned in oil, <i>drained</i>	13 samples, 10 brands; canned in vegetable and olive oil	0.82	58.6	3.73	23.3	14.1 ^a	0	220	918
665	canned in tomato sauce	10 samples, 8 brands; whole contents	1.00	69.3	2.72	17.0	9.9	1.4	162	678
666	Swordfish , <i>grilled</i>	Calculated from raw, steaks; flesh only	0.89	75.5	3.67	22.9	5.2	0	139	583
667	Trout , rainbow, <i>grilled</i>	11 samples, grilled 7 minutes per side; flesh only	0.73	73.3	3.44	21.5	5.4 ^b	0	135	565
668	Tuna , canned in brine, <i>drained</i>	10 samples, 9 brands; skipjack tuna	0.81	74.6	3.76	23.5	0.6	0	99	422
669	canned in oil, <i>drained</i>	10 samples, 6 brands; skipjack tuna	0.79	63.3	4.34	27.1	9.0	0	189	794
670	Whitebait , in flour, <i>fried</i>	Whole fish; rolled in flour and fried	1.00	23.5	3.12	19.5	47.5	5.3	525	2174
Crustacea										
671	Crab , <i>boiled</i>	12 samples; purchased boiled. Light and dark meat	0.35	71.0	3.12	19.5	5.5	Tr	128	535
672	canned in brine, <i>drained</i>	6 cans, 2 brands. White meat only	0.44	79.2	2.90	18.1	0.5	Tr	77	326
673	Lobster , <i>boiled</i>	Boiled in fresh water	0.36	74.3	3.54	22.1	1.6	Tr	103	435
674	Prawns , <i>boiled</i>	Samples cooked in sea or salt water	0.38	70.0	3.62	22.6	0.9	0	99	418
675	Scampi , in breadcrumbs, <i>frozen</i> , <i>fried in blended oil</i>	10 samples, 8 brands. Deep fried for 4 minutes	1.00	49.8	1.50	9.4	13.6	20.5	237	991
676	Shrimps , canned in brine, <i>drained</i>	10 cans, 3 brands	0.65	74.9	3.33	20.8	1.2	Tr	94	398
677	<i>frozen</i>	10 packets from Chinese supermarkets. Shrimps and prawns	1.00	81.2	2.64	16.5	0.8	Tr	73	310

^a If not drained the fat content is approximately 24.4g per 100g^b Skin contains 17.3g fat per 100g

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Fatty fish continued														
663	Sardines , canned in brine, <i>drained</i>	0	0	0	0	0	0	0	0	N	N	N	0	60
664	canned in oil, <i>drained</i>	0	0	0	0	0	0	0	0	2.9	4.8	5.0	0.1	65
665	canned in tomato sauce	Tr	1.4	0.6	0.8	Tr	0	0	Tr	2.8	2.9	3.2	0	76
666	Swordfish , <i>grilled</i>	0	0	0	0	0	0	0	0	1.2	2.1	1.4	0	52
667	Trout , rainbow, <i>grilled</i>	0	0	0	0	0	0	0	0	1.1	2.0	1.7	0	70 ^a
668	Tuna , canned in brine, <i>drained</i>	0	0	0	0	0	0	0	0	0.2	0.1	0.2	0	51
669	canned in oil, <i>drained</i>	0	0	0	0	0	0	0	0	1.5	2.3	4.8	0.2	50
670	Whitebait , in flour, <i>fried</i>	(5.2)	(0.1)	Tr	Tr	Tr	Tr	0	0.2	N	N	N	N	N
Crustacea														
671	Crab , <i>boiled</i>	Tr	Tr	0	0	0	0	0	0	0.7	1.5	1.6	0	72
672	canned in brine, <i>drained</i>	Tr	Tr	0	0	0	0	0	0	(0.1)	(0.1)	(0.1)	0	(72)
673	Lobster , <i>boiled</i>	Tr	Tr	0	0	0	0	0	0	0.2	0.3	0.6	0	110
674	Prawns , <i>boiled</i>	0	0	0	0	0	0	0	0	0.2	0.2	0.2	0	(280)
675	Scampi , in breadcrumbs, <i>frozen</i> , <i>fried in blended oil</i>	20.5	Tr	Tr	Tr	Tr	Tr	0	N	1.4	5.1	6.4	N	110
676	Shrimps , canned in brine, <i>drained</i>	Tr	Tr	0	0	0	0	0	0	0.2	0.3	0.4	0	(130)
677	<i>frozen</i>	Tr	Tr	0	0	0	0	0	0	(0.1)	(0.2)	(0.3)	0	(130)

^a Skin contains 230mg cholesterol per 100g

Fish and fish products *continued*

663 to 677

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Fatty fish continued													
663	Sardines , canned in brine, <i>drained</i>	530	320	540	45	510	2.3	0.16	2.3	810	0.20	41	23
664	canned in oil, <i>drained</i>	450	410	500	46	520	2.3	0.11	2.2	620	0.19	49	23
665	canned in tomato sauce	350	410	430	39	420	2.9	0.16	2.4	590	0.24	37	N
666	Swordfish , <i>grilled</i>	170	450	5	34	340	0.6	N	N	170	0.03	(57)	N
667	Trout , rainbow, <i>grilled</i>	55	410	21 ^a	26	250 ^a	0.4	0.05	0.5 ^a	65	0.01	21	(15)
668	Tuna , canned in brine, <i>drained</i>	320	230	8	27	170	1.0	0.05	0.7	550	Tr	78	13
669	canned in oil, <i>drained</i>	290	260	12	33	200	1.6	0.20	1.1	530	0.05	90	14
670	Whitebait , in flour, <i>fried</i>	230	110	860	50	860	5.1	N	N	330	N	N	N
Crustacea													
671	Crab , <i>boiled</i>	420	250	N	58	340	1.6	1.77	5.5	640	0.17	(84)	N
672	canned in brine, <i>drained</i>	550	100	120	32	140	2.8	0.42	5.7	830	N	N	N
673	Lobster , <i>boiled</i>	330	260	62	34	260	0.8	1.35	2.5	530	(0.03)	(54)	(100)
674	Prawns , <i>boiled</i>	1590	260	110	(49)	270	1.1	(0.20)	2.2	2550	0.01	(23)	(30)
675	Scampi , in breadcrumbs, <i>frozen</i> , <i>fried in blended oil</i>	660	130	210	24	310	1.7	0.16	0.6	610	0.35	17	41
676	Shrimps , canned in brine, <i>drained</i>	980	100	110	49	150	5.1	0.23	1.9	1510	0.04	(21)	81
677	<i>frozen</i>	380	75	130	47	150	2.6	0.15	1.1	520	0.15	(43)	(100)

^a Skin contains 890mg Ca, 750mg P and 4.1mg Zn per 100g

Fish and fish products *continued*

663 to 677

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Fatty fish continued															
663	Sardines , canned in brine, <i>drained</i>	6	Tr	4.6	N	0.01	0.26	6.1	4.0	0.16	13	8	0.76	10	Tr
664	canned in oil, <i>drained</i>	7	Tr	5.0	0.31	0.01	0.29	6.9	4.4	0.18	15	8	0.86	5	Tr
665	canned in tomato sauce	9	140	8.0	3.08	0.02	0.28	5.5	3.2	0.35	14	13	0.50	5	Tr
666	Swordfish , <i>grilled</i>	N	Tr	N	N	0.19	0.20	9.5	4.3	0.59	5	N	0.50	N	Tr
667	Trout , rainbow, <i>grilled</i>	29	Tr	9.6 ^a	1.01 ^a	0.20	0.12	4.2	4.0	0.35	5	10	1.58	3	Tr
668	Tuna , canned in brine, <i>drained</i>	N	Tr	3.6	0.55	0.02	0.11	14.4	4.4	0.47	4	4	0.29	2	Tr
669	canned in oil, <i>drained</i>	N	Tr	3.0	1.94	0.02	0.12	16.1	5.1	0.51	5	5	0.32	3	Tr
670	Whitebait , in flour, <i>fried</i>	N	Tr	N	N	N	N	N	3.6	N	N	N	N	N	Tr
Crustacea															
671	Crab , <i>boiled</i>	Tr	Tr	Tr	N	0.07	0.86	1.5	3.6	0.16	Tr	20	0.95	7	Tr
672	canned in brine, <i>drained</i>	Tr	Tr	Tr	N	Tr	0.05	1.1	3.4	N	Tr	N	N	Tr	Tr
673	Lobster , <i>boiled</i>	Tr	Tr	Tr	(1.47)	0.08	0.05	1.5	4.1	(0.08)	(3)	(9)	(1.00)	(7)	Tr
674	Prawns , <i>boiled</i>	Tr	Tr	Tr	N	(0.02)	(0.12)	(0.3)	4.8	(0.04)	(8)	N	(0.16)	(1)	Tr
675	Scampi , in breadcrumbs, <i>frozen, fried in blended oil</i>	Tr	Tr	Tr	N	0.11	0.04	1.2	1.8	0.09	1	N	0.26	1	Tr
676	Shrimps , canned in brine, <i>drained</i>	N	Tr	Tr	N	0.01	0.02	0.8	3.9	0.03	2	15	0.35	1	Tr
677	<i>frozen</i>	2	Tr	Tr	N	Tr	0.02	0.5	3.1	(0.08)	3	14	(0.24)	(1)	Tr

^a Skin contains 2.9mg Vit E and 24ug Vit D per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Molluscs										
678	Cockles, boiled	11 samples from assorted outlets; fresh and frozen	1.00	83.0	1.92	12.0	0.6	Tr	53	226
679	Mussels, boiled	11 fresh and frozen samples, boiled for 2 minutes	0.27	72.9	2.67	16.7	2.7	3.5 ^a	104	440
680	Squid, frozen, raw	5 samples, 4 brands	0.59	84.2	2.10	13.1	1.5	(1.0) ^a	70	294
681	in batter, fried in blended oil	Calculated from dissection of shop bought samples	1.00	62.4	1.85	11.5	10.0	15.7	195	815
682	Whelks, boiled	10 samples from assorted outlets, boiled in salted water	0.34	73.9	3.12	19.5	1.2	Tr ^a	89	376
683	Winkles, boiled	11 samples, from stalls and fishmongers. Purchased cooked	0.19	73.0	2.46	15.4	1.2	Tr ^a	72	306
Fish products and dishes										
684	Crabsticks	10 samples from assorted outlets. Crab flavoured minced fish sticks	1.00	76.6	1.60	10.0	0.4	6.6	68	290
685	Curry, fish, Bangladeshi	Recipe	1.00	70.8	1.97	12.3	8.0	1.5	127	529
686	prawn, takeaway	20 samples, average of 10 Bhuna and 10 Madras	1.00	76.4	1.31	8.2	8.5	2.2	117	488
687	Fish balls, steamed	7 varieties from different Chinese shops	1.00	82.2	1.89	11.8	0.5	5.5	74	313
688	Fish cakes, fried in blended oil	Samples as frozen; shallow fried 5 minutes each side	1.00	55.2	1.38	8.6	13.4	16.8	218	911
689	Fish fingers, cod, fried in blended oil	Samples as frozen; shallow fried 4 minutes each side	1.00	53.8	2.11	13.2	14.1	15.5	238	994
690	grilled	Samples as frozen; grilled 5 minutes each side	1.00	55.7	2.29	14.3	8.9	16.6	200	838
691	Fish paste	30 samples, sardine, crab, lobster and salmon	1.00	67.1	2.45	15.3	10.5	3.7	170	708
692	Fisherman's pie, retail	Calculated from manufacturers' proportions	1.00	75.3	1.42	8.9	5.4	8.9	118	493

^a As glycogen

Fish and fish products *continued*

678 to 692

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
Molluscs														
678	Cockles, boiled	Tr	Tr	0	0	0	0	0	0	0.2	0.1	0.2	0	53
679	Mussels, boiled	Tr	Tr	0	0	0	0	0	0	0.5	0.4	1.0	0	58
680	Squid, frozen, raw	Tr	Tr	0	0	0	0	0	0	0.3	0.2	0.5	0	200
681	in batter, fried in blended oil	12.9	2.2	0	0	0.1	Tr	2.0	0.5	2.1	3.3	3.7	N	145
682	Whelks, boiled	Tr	Tr	0	0	0	0	0	0	0.2	0.2	0.3	0	125
683	Winkles, boiled	Tr	Tr	0	0	0	0	0	0	0.2	0.2	0.4	0	105
Fish products and dishes														
684	Crabsticks	6.6	Tr	Tr	Tr	Tr	0	0	0	N	N	N	N	(39)
685	Curry, fish, Bangladeshi	Tr	1.0	0.4	0.3	0.3	0	0	0.3	N	N	N	Tr	N
686	prawn, takeaway	0.9	1.2	0.5	0.6	0.1	0.1	0.1	2.0	1.4	3.8	2.9	Tr	144
687	Fish balls, steamed	5.5	Tr	0	0	0	0	0	0	N	N	N	N	N
688	Fish cakes, fried in blended oil	16.8	Tr	Tr	Tr	Tr	Tr	Tr	N	1.8	5.4	5.6	N	21
689	Fish fingers, cod, fried in blended oil	15.5	Tr	Tr	Tr	Tr	Tr	0	0.6	(3.6)	(5.3)	(4.6)	N	32
690	grilled	16.6	Tr	Tr	Tr	Tr	Tr	0	0.7	2.8	3.4	2.3	N	35
691	Fish paste	3.2	0.5	Tr	Tr	0.5	Tr	0	(0.2)	N	N	N	N	N
692	Fisherman's pie, retail	7.2	1.7	0.1	Tr	0.1	Tr	1.4	0.5	1.8	1.3	0.7	N	N

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Molluscs													
678	Cockles, boiled	490	110	91	46	140	28.0	0.38	2.1	750	0.84	(43)	(160)
679	Mussels, boiled	360	140	52	38	190	6.8	0.21	2.3	590	0.26	43	120
680	Squid, frozen, raw	190	150	13	36	170	0.2	0.68	1.2	280	0.02	(66)	(20)
681	in batter, fried in blended oil	88	230	81	23	160	0.7	0.52	0.9	65	0.11	(35)	(19)
682	Whelks, boiled	280	190	84	87	140	3.3	6.59 ^a	12.1 ^b	480	0.12	N	N
683	Winkles, boiled	750	220	130	310	160	10.2	1.70	3.3	1160	1.20	N	80
Fish products and dishes													
684	Crabsticks	700	58	13	7	47	0.8	0.28	3.7	1010	0.08	N	N
685	Curry, fish, Bangladeshi	N	260	N	N	261	1.1	0.09	N	N	N	N	N
686	prawn, takeaway	311	198	97	26	95	4.2	0.12	0.8	440	0.31	14	34
687	Fish balls, steamed	750	110	26	13	100	0.2	0.07	0.3	1030	0.02	N	N
688	Fish cakes, fried in blended oil	510	230	110	18	110	0.8	0.03	0.4	(640)	0.20	N	N
689	Fish fingers, cod, fried in blended oil	450	260	85	22	220	0.8	0.04	0.3	550	0.19	(21)	(120)
690	grilled	440	290	92	22	220	0.8	0.02	0.4	590	0.21	(23)	110
691	Fish paste	600	300	280	33	310	18.3 ^c	0.60	2.0	940	N	N	310 ^d
692	Fisherman's pie, retail	130	260	71	21	120	0.4	0.04	0.5	(200)	0.05	13	N

^a Levels ranged from 1.2 to 18.5mg Cu per 100g^b Levels ranged from 5.6 to 20.0mg Zn per 100g^c Iron oxides are often added as a colourant^d Crab paste contains 240µg I and salmon paste 370µg I per 100g

Fish and fish products *continued*

678 to 692

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Molluscs															
678	Cockles, boiled	40	Tr	Tr	N	0.05	0.11	1.2	2.6	0.04	47	N	0.27	9	Tr
679	Mussels, boiled	N	Tr	Tr	1.05	0.02	0.38	1.3	3.6	0.06	22	(37)	0.40	9	Tr
680	Squid, frozen, raw	(15)	0	Tr	(1.20)	0.05	0.02	2.1	2.8	(0.69)	3	2	(0.68)	N	0
681	in batter, fried in blended oil	46	13	0.1	2.35	0.10	0.13	1.6	2.5	0.32	2	15	0.52	N	Tr
682	Whelks, boiled	N	Tr	Tr	0.80	0.04	0.17	1.3	4.2	0.09	21	(6)	0.55	6	Tr
683	Winkles, boiled	N	Tr	Tr	3.90	0.29	0.38	1.7	3.3	0.10	36	N	0.38	3	Tr
Fish products and dishes															
684	Crabsticks	Tr	Tr	Tr	N	0.01	0.06	0.2	1.9	0.02	1	N	N	N	Tr
685	Curry, fish, Bangladeshi	N	107	2.7	N	N	N	0.7	2.3	N	4	N	N	N	0
686	prawn, takeaway	7	279	Tr	3.16	0.02	0.05	0.6	1.2	0.08	0	4	0.30	2	2
687	Fish balls, steamed	N	Tr	N	N	0.02	0.03	0.8	2.2	N	1	4	N	N	0
688	Fish cakes, fried in blended oil	Tr	Tr	Tr	N	0.07	0.14	1.6	1.6	0.25	1	N	0.33	1	Tr
689	Fish fingers, cod, fried in blended oil	Tr	Tr	Tr	N	0.11	0.07	1.6	2.5	0.15	1	16	0.32	1	Tr
690	grilled	Tr	Tr	Tr	N	0.12	0.08	1.7	2.7	0.17	1	16	0.35	1	Tr
691	Fish paste	19 ^a	Tr	N	0.87	0.02	0.20	4.1	2.9	N	N	N	N	N	Tr
692	Fisherman's pie, retail	57	32	0.2	(0.33)	0.06	0.07	0.9	1.8	(0.14)	(0)	(10)	(0.22)	(1)	2

^a Salmon paste contains 49µg retinol per 100g

Fish and fish products *continued*

693 to 700

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Fish products and dishes continued</i>										
693	Kedgeree	Recipe	1.00	64.3	2.58	16.0	9.1	8.0	176	738
694	Roe, cod, hard, fried in blended oil	Parboiled, slices, coated in crumbs and fried in blended oil. Some nutrients calculated from raw	1.00	62.0	3.34	20.9	11.9	3.0	202	844
695	Salmon en croute, retail	Calculated from manufacturers' proportions	1.00	49.3	1.93	11.8	19.1	18.0	288	1202
696	Seafood cocktail	Recipe. Mussels, crabsticks, prawns, squid and cockles	1.00	75.3	2.50	15.6	1.5	2.9	87	369
697	Seafood pasta, retail	Calculated from manufacturers' proportions	1.00	77.1	1.45	8.9	4.8	7.6	110	460
698	Szechuan prawns with vegetables, takeaway	10 samples from different outlets	1.00	81.1	1.25	7.8	4.7	2.5	83	347
699	Taramasalata	10 assorted samples. Greek dish based on cod's roe	1.00	35.9	0.51	3.2	52.9	4.1	504	2077
700	Tuna pate	Calculated from manufacturers' proportions	1.00	61.8	2.71	17.0	18.6	0.4	236	982

Fish and fish products *continued*

693 to 700

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids				Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	Trans g	
<i>Fish products and dishes continued</i>														
693	Kedgeree	8.0	0	Tr	Tr	Tr	0	0	0	(2.1)	(3.0)	(3.1)	N	(126)
694	Roe, cod, hard, fried in blended oil	3.0	Tr	Tr	Tr	Tr	Tr	0	0.1	1.6	4.1	5.7	N	315
695	Salmon en croute, retail	17.1	0.9	0.1	Tr	0.1	0.5	0.2	N	3.1	2.9	1.4	N	31
696	Seafood cocktail	1.4	Tr	0	0	0	0	0	0	0.3	0.2	0.5	N	(115)
697	Seafood pasta, retail	5.9	1.6	0.2	0.2	0.1	0.1	1.0	0.4	2.8	1.2	0.3	N	41
698	Szechuan prawns with vegetables, takeaway	1.2	0.8	0.4	0.4	Tr	Tr	Tr	1.4	0.7	2.4	1.4	Tr	56
699	Taramasalata	4.1	Tr	Tr	Tr	Tr	Tr	Tr	Tr	4.1	29.3	16.7	0.9	25
700	Tuna pate	Tr	0.3	0.1	0.1	0.2	0	0	Tr	7.8	4.4	5.3	N	72

Fish and fish products *continued*

693 to 700

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Fish products and dishes continued</i>													
693	Kedgeree	851	277	35	22	192	0.6	0.08	0.7	1314	0.06	23	192
694	Roe, cod, hard, fried in blended oil	120	170	13	9	300	1.0	0.22	3.3	230	0.12	N	N
695	Salmon en croute, retail	190	200	47	18	140	0.6	0.08	0.5	320	0.13	N	N
696	Seafood cocktail	620	160	52	(32)	170	5.6	(0.36)	2.4	940	0.20	N	N
697	Seafood pasta, retail	170	190	38	20	100	0.4	0.07	0.5	260	0.11	12	39
698	Szechuan prawns with vegetables, takeaway	536	102	40	15	65	1.1	0.11	0.4	(827)	Tr	N	N
699	Taramasalata	650	60	21	6	50	0.4	N	0.4	1040	0.12	N	N
700	Tuna pate	390	170	12	21	130	0.8	0.05	0.5	640	Tr	N	17

Fish and fish products *continued*

693 to 700

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
<i>Fish products and dishes continued</i>															
693	Kedgeree	93	23	1.0	N	0.05	0.21	2.5	3.4	0.29	2	N	0.62	6	Tr
694	Roe, cod, hard, fried in blended oil	75	Tr	17.0	N	0.59	0.37	1.0	3.9	0.28	11	N	2.60	15	Tr
695	Salmon en croute, retail	30	13	(3.4)	N	0.13	0.07	2.5	2.3	0.31	2	12	N	N	Tr
696	Seafood cocktail	6	Tr	Tr	(0.56)	0.03	0.20	1.2	3.3	0.14	15	N	(0.30)	N	Tr
697	Seafood pasta, retail	52	52	0	0.40	0.03	0.06	1.0	1.7	0.09	1	6	0.21	1	1
698	Szechuan prawns with vegetables, takeaway	Tr	569	N	1.99	0.02	N	0.4	N	0.06	N	N	N	N	2
699	Taramasalata	N	N	N	N	0.08	0.10	0.3	0.6	N	3	4	N	N	1
700	Tuna pate	N	59	2.9	2.71	0.02	0.09	10.1	3.2	0.34	3	4	0.22	1	1

Section 2.7

Vegetables

The foods in this section of the Tables have largely been taken from the *Vegetables, Herbs and Spices* (1991) and *Vegetable Dishes* (1992) supplements. Some new analytical data on vegetable products have been incorporated. Foods for which new data are incorporated have been allocated a new food code and can thus easily be identified in the food index.

Because many of the vegetables and pulses eaten in this country are imported, a larger number of literature values from foreign sources have been used in this food group than many others in the Tables.

For most boiled vegetables, data is included for foods in boiled unsalted water. The amount of salt added to vegetables when boiled can vary considerably. Where foods are included as boiled in salted water, the water contained 0.5% salt. For fried foods the type of oil used for frying has been included in the name; this will determine the fatty acid profile of that particular food. Most values for cooked foods were obtained by analysis, but some were calculated from raw foods. For these any nutrient losses were estimated using the factors shown in Section 4.3. The changes in weight of beans and some other vegetables when soaked and cooked are shown in Section 4.3.

Samples of the same or similar foods always vary somewhat in composition. Some nutrients differ in a consistent way between varieties of a vegetable and with season as shown for potatoes. There are also differences with the length of storage, the depth of peeling or the number of outer leaves removed, and with cooking conditions (such as the extent to which a vegetable is cut up, the amount of water and the length of cooking, although there is little or no difference between vegetables cooked with microwaves or by more conventional methods). Any differences arising from the method of cultivation, for example 'organic' methods, appear to be small and inconsistent. It is not practical to give specific nutrient values for each of these factors, and the Tables therefore show average values for most products.

Users should note that all values are expressed per 100g edible portion. Guidance for calculating nutrient content 'as purchased' or 'as served' (e.g. including pods, tough skin and outer leaves) is given in Section 4.2.

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Early potatoes										
701	New potatoes , average, raw	IFR; flesh only	0.89	81.7	0.28	1.7	0.3	16.1	70	298
702	<i>boiled in unsalted water</i>	IFR. Samples as raw; boiled 20 minutes	1.00	80.5	0.24	1.5	0.3	17.8	75	321
703	<i>in skins, boiled in unsalted water</i>	LGC; boiled 20 minutes	1.00	81.1	0.23	1.4	0.3	15.4	66	281
704	<i>canned, re-heated, drained</i>	LGC; 10 samples, 4 brands	0.65	81.3	0.23	1.5	0.1	15.1	63	271
Main crop potatoes										
705	Old potatoes , average, raw	IFR; 4 varieties sampled over two years. Flesh only	0.80	79.0	0.33	2.1	0.2	17.2	75	318
706	<i>baked, flesh and skin</i>	Calculation from flesh only	1.00	62.6	0.62	3.9	0.2	31.7	136	581
707	<i>baked, flesh only</i>	IFR. Samples as raw; baked 90 minutes 200°C	0.67	78.9	0.35	2.2	0.1	18.0	77	329
708	<i>boiled in unsalted water</i>	IFR. Samples as raw; boiled 20 minutes	1.00	80.3	0.29	1.8	0.1	17.0	72	306
709	<i>mashed with butter</i>	Calculation from boiled (100g), butter (5g), milk (7g)	1.00	77.6	0.29	1.8	4.3	15.5	104	438
710	<i>roast in blended oil</i>	Calculation from roast in corn oil	1.00	64.7	0.46	2.9	4.5	25.9	149	630
711	<i>roast in corn oil</i>	IFR. Samples as raw; roasted in shallow oil 90 minutes 200°C	1.00	64.7	0.46	2.9	4.5	25.9	149	630
712	<i>roast in lard</i>	Calculation from roast in corn oil	1.00	64.7	0.46	2.9	4.5	25.9	149	630

Vegetables
701 to 712
Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Early potatoes													
701	New potatoes, average, raw	14.8	1.3	0.3	0.3	0.7	0	0	1.0	0.1	Tr	0.1	0
702	<i>boiled in unsalted water</i>	16.7	1.1	0.3	0.2	0.6	0	0	1.1	0.1	Tr	0.1	0
703	<i>in skins, boiled in unsalted water</i>	14.4	1.0	0.3	0.2	0.5	0	0	1.5	0.1	Tr	0.1	0
704	<i>canned, re-heated, drained</i>	14.4	0.7	0.1	0.1	0.5	0	0	0.8	Tr	Tr	0.1	0
Main crop potatoes													
705	Old potatoes, average, raw	16.6	0.6	0.2	0.1	0.3	0	0	1.3	Tr	Tr	0.1	0
706	<i>baked, flesh and skin</i>	30.5	1.2	0.3	0.3	0.6	0	0	2.7	Tr	Tr	0.1	0
707	<i>baked, flesh only</i>	17.3	0.7	0.2	0.1	0.4	0	0	1.4	Tr	Tr	0.1	0
708	<i>boiled in unsalted water</i>	16.3	0.7	0.2	0.1	0.4	0	0	1.2	Tr	Tr	0.1	0
709	<i>mashed with butter</i>	14.5	1.0	0.2	0.1	0.4	0	0	1.1	2.8	1.0	0.2	12
710	<i>roast in blended oil</i>	25.3	0.6	0.2	0.1	0.3	0	0	1.8	0.4	2.2	1.6	0
711	<i>roast in corn oil</i>	25.3	0.6	0.2	0.1	0.3	0	0	1.8	0.6	1.1	2.6	0
712	<i>roast in lard</i>	25.3	0.6	0.2	0.1	0.4	0	0	1.8	1.8	2.0	0.4	4

Vegetables

701 to 712

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Early potatoes													
701	New potatoes , average, raw	11	320	6	14	34	0.3	0.09	0.2	57	(0.1)	(1)	(3)
702	<i>boiled in unsalted water</i>	9	250	5	12	28	0.3	0.06	0.1	43	(0.1)	(1)	(3)
703	<i>in skins, boiled in unsalted water</i>	10	430	13	18	54	1.6	0.06	0.3	(43)	0.2	(1)	(3)
704	<i>canned, re-heated, drained</i>	250	220	24	11	27	0.9	0.04	Tr	430	0.1	N	N
Main crop potatoes													
705	Old potatoes , average, raw	7	360	5	17	37	0.4	0.08	0.3	66	0.1	1	3
706	<i>baked, flesh and skin</i>	12	630	11	32	68	0.7	0.14	0.5	120	0.2	2	5
707	<i>baked, flesh only</i>	7	360	7	18	40	0.4	0.08	0.3	72	0.1	1	3
708	<i>boiled in unsalted water</i>	7	280	5	14	31	0.4	0.07	0.3	45	0.1	1	3
709	<i>mashed with butter</i>	43	260	13	13	35	0.4	0.06	0.3	98	0.1	1	5
710	<i>roast in blended oil</i>	9	570	8	25	55	0.7	0.11	0.4	99	0.1	1	4
711	<i>roast in corn oil</i>	9	570	8	25	55	0.7	0.11	0.4	99	0.1	1	4
712	<i>roast in lard</i>	9	570	8	25	55	0.7	0.11	0.4	99	0.1	1	4

Vegetables

701 to 712

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Early potatoes															
701	New potatoes , average, raw	0	Tr	0	(0.06)	0.15	0.02	0.4	0.4	(0.44)	0	25	(0.37)	(0.3)	16
702	boiled in unsalted water	0	Tr	0	(0.06)	0.09	0.06	0.4	0.3	0.36	0	18	(0.38)	(0.3)	15
703	in skins, boiled in unsalted water	0	Tr	0	(0.06)	0.13	0.02	0.4	0.4	(0.33)	0	19	(0.38)	(0.3)	9
704	canned, re-heated, drained	0	Tr	0	(0.06)	(0.02)	(0.03)	(0.7)	0.3	(0.16)	0	(11)	N	Tr	5
Main crop potatoes															
705	Old potatoes , average, raw	0	Tr	0	0.06	0.21	0.02	0.6	0.5	0.44	0	35	0.37	0.3	11 ^a
706	baked, flesh and skin	0	Tr	0	0.11	0.37	0.02	1.1	0.9	0.54	0	44	0.46	0.5	14
707	baked, flesh only	0	Tr	0	0.06	0.21	0.01	0.6	0.5	0.31	0	25	0.26	0.3	8
708	boiled in unsalted water	0	Tr	0	0.06	0.18	0.01	0.5	0.4	0.33	0	19	0.38	0.3	6
709	mashed with butter	39	21	Tr	0.15	0.16	0.02	0.5	0.4	0.30	Tr	24	0.36	0.4	5
710	roast in blended oil	0	Tr	0	N	0.23	0.02	0.7	0.7	0.31	0	36	0.25	0.3	8
711	roast in corn oil	0	Tr	0	0.78	0.23	0.02	0.7	0.7	0.31	0	36	0.25	0.3	8
712	roast in lard	Tr	Tr	N	Tr	0.23	0.02	0.7	0.7	0.31	Tr	36	0.25	0.3	8

^a Freshly dug potatoes contain 21mg vitamin C per 100g. This falls to 9mg per 100g after 3 months storage and to 7mg after 9 months

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Chipped old potatoes										
713	Chips, homemade, fried in blended oil	Calculation from fried in corn oil	1.00	56.5	0.63	3.9	6.7 ^a	30.1	189	796
714	<i>fried in corn oil</i>	IFR. Samples as raw potatoes; deep fried 6 minutes 190°C	1.00	56.5	0.63	3.9	6.7 ^a	30.1	189	796
715	<i>fried in dripping</i>	Calculation from fried in corn oil	1.00	56.5	0.63	3.9	6.7 ^a	30.1	189	796
716	<i>retail, fried in blended oil</i>	Calculation from fried in vegetable oil	1.00	52.3	0.51	3.2	12.4 ^a	30.5	239	1001
717	<i>fried in dripping</i>	Calculation from fried in vegetable oil	1.00	52.3	0.51	3.2	12.4 ^a	30.5	239	1001
718	<i>fried in vegetable oil</i>	5 samples from fish and chip shops	1.00	52.3	0.51	3.2	12.4 ^a	30.5	239	1001
719	French fries, <i>retail</i>	5 samples from burger outlets. Manufacturers' data	1.00	43.8	0.54	3.3	15.5 ^a	34.0	280	1174
720	straight cut, <i>frozen, fried in blended oil</i>	Calculation from fried in corn oil	1.00	40.3	0.66	4.1	13.5 ^a	36.0	273	1145
721	<i>frozen, fried in corn oil</i>	LGC; 10 samples, 10 brands. Deep fried 3-5 minutes	1.00	40.3	0.66	4.1	13.5 ^a	36.0	273	1145
722	<i>fried in dripping</i>	Calculation from fried in corn oil	1.00	40.3	0.66	4.1	13.5 ^a	36.0	273	1145
723	fine cut, <i>frozen, fried in blended oil</i>	Calculation from fried in corn oil	1.00	26.0	0.72	4.5	21.3 ^a	41.2	364	1524
724	<i>frozen, fried in corn oil</i>	LGC; 10 samples, 4 brands. Deep fried 1-4 minutes	1.00	26.0	0.72	4.5	21.3 ^a	41.2	364	1524
725	<i>frozen, fried in dripping</i>	Calculation from fried in corn oil	1.00	26.0	0.72	4.5	21.3 ^a	41.2	364	1524
726	Microwave chips, cooked	LGC; 10 samples, 2 brands; cooked as packet directions	1.00	50.4	0.58	3.6	9.6	32.1	221	930
727	Oven chips, frozen, baked	LGC; 10 samples, 7 brands. Oven baked 15-20 minutes	1.00	58.5	0.52	3.2	4.2	29.8	162	687

^a The fat content of chips will be variable and dependent on a number of factors related to their preparation

Vegetables *continued*

713 to 727

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Chipped old potatoes													
713	Chips, homemade, fried in blended oil	29.5	0.6	0.2	0.1	0.3	0	0	2.2	0.6	3.3	2.4	0
714	<i>fried in corn oil</i>	29.5	0.6	0.2	0.1	0.3	0	0	2.2	0.9	1.7	3.9	0
715	<i>fried in dripping</i>	29.5	0.6	0.2	0.1	0.3	0	0	2.2	3.7	2.5	0.2	6
716	<i>retail, fried in blended oil</i>	28.8	1.7	0.5	0.4	0.8	0	0	(2.2)	1.1	6.2	4.5	0
717	<i>fried in dripping</i>	28.8	1.7	0.5	0.4	0.8	0	0	(2.2)	6.8	4.6	0.3	11
718	<i>fried in vegetable oil</i>	28.8	1.7	0.5	0.4	0.8	0	0	(2.2)	3.6	5.3	3.1	0
719	French fries, <i>retail</i>	32.7	1.3	0.2	0.1	1.0	0	0	(2.1)	5.8	6.9	2.1	N
720	straight cut, <i>frozen, fried in blended oil</i>	35.3	0.7	0.2	0.2	0.3	0	0	2.4	1.2	6.7	4.9	0
721	<i>frozen, fried in corn oil</i>	35.3	0.7	0.2	0.2	0.3	0	0	2.4	2.5	3.4	7.0	0
722	<i>fried in dripping</i>	35.3	0.7	0.2	0.2	0.3	0	0	2.4	7.5	5.0	0.3	12
723	<i>fine cut, frozen, fried in blended oil</i>	40.6	0.6	0.2	0.2	0.2	0	0	(2.4)	1.8	10.6	7.8	0
724	<i>frozen, fried in corn oil</i>	40.6	0.6	0.2	0.2	0.2	0	0	2.7	4.0	5.4	11.0	0
725	<i>frozen, fried in dripping</i>	40.6	0.6	0.2	0.2	0.2	0	0	2.7	11.8	7.9	0.5	19
726	Microwave chips, cooked	31.5	0.6	0.2	0.1	0.3	0	0	2.9	N	N	N	0
727	Oven chips, frozen, baked	29.1	0.7	0.2	0.1	0.4	0	0	2.0	1.8	1.6	0.6	0

Vegetables *continued*

713 to 727

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Chipped old potatoes													
713	Chips, homemade, fried in blended oil	12	660	11	31	62	0.8	0.14	0.6	120	0.2	2	5
714	<i>fried in corn oil</i>	12	660	11	31	62	0.8	0.14	0.6	120	0.2	2	5
715	<i>fried in dripping</i>	12	660	11	31	63	0.8	0.14	0.6	120	0.2	2	5
716	<i>retail, fried in blended oil</i>	35	(660)	(11)	(31)	(62)	0.9	(0.14)	(0.6)	(120)	(0.2)	(2)	(5)
717	<i>fried in dripping</i>	35	(660)	(11)	(31)	(63)	0.9	(0.14)	(0.6)	(120)	(0.2)	(2)	(5)
718	<i>fried in vegetable oil</i>	35	(660)	(11)	(31)	(62)	0.9	(0.14)	(0.6)	(120)	(0.2)	(2)	(5)
719	French fries, <i>retail</i>	310 ^a	650	14	(26)	(130)	1.0	(0.17)	(0.5)	480	(0.1)	(2)	N
720	straight cut, <i>frozen, fried in blended oil</i>	29	710	15	33	120	0.9	0.24	0.6	76	0.2	(2)	(7)
721	<i>frozen, fried in corn oil</i>	29	710	15	33	120	0.9	0.24	0.6	76	0.2	(2)	(7)
722	<i>fried in dripping</i>	30	710	15	33	120	0.9	0.24	0.6	76	0.2	(2)	(8)
723	fine cut, <i>frozen, fried in blended oil</i>	97	720	19	34	170	1.0	0.22	0.6	98	0.2	(3)	(8)
724	<i>frozen, fried in corn oil</i>	97	720	19	34	170	1.0	0.22	0.6	98	0.2	(3)	(8)
725	<i>frozen, fried in dripping</i>	98	720	19	34	170	1.0	0.22	0.6	98	0.2	(3)	(9)
726	Microwave chips, cooked	40	530	17	30	99	1.0	0.14	0.4	64	0.2	2	6
727	Oven chips, frozen, baked	53	530	(12)	27	120	0.8	0.22	0.4	74	0.2	N	N

^a Unsalted French fries contain approximately 35mg Na per 100g

Vegetables *continued*

713 to 727

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Chipped old potatoes															
713	Chips, homemade, fried in blended oil	0	Tr	0	N	0.24	0.02	0.7	0.9	0.32	0	43	0.25	0.4	9
714	<i>fried in corn oil</i>	0	Tr	0	4.90	0.24	0.02	0.7	0.9	0.32	0	43	0.25	0.4	9
715	<i>fried in dripping</i>	N	N	Tr	0.02	0.24	0.02	0.7	0.9	0.32	Tr	43	0.25	0.4	9
716	<i>retail, fried in blended oil</i>	Tr	Tr	0	N	0.08	0.01	(0.7)	0.8	(0.32)	0	N	(0.25)	(0.4)	(9) ^a
717	<i>fried in dripping</i>	N	N	Tr	0.04	0.08	0.01	(0.7)	0.8	(0.32)	Tr	N	(0.25)	(0.4)	(9) ^a
718	<i>fried in vegetable oil</i>	Tr	Tr	0	0.39	0.08	0.01	(0.7)	0.8	(0.32)	0	36	(0.25)	(0.4)	(9) ^a
719	French fries, <i>retail</i>	0	Tr	0	1.00	0.08	0.05	2.3	0.8	0.36	0	31	N	N	4
720	straight cut, <i>frozen, fried in blended oil</i>	0	Tr	0	N	0.16	0.08	2.1	1.0	0.46	0	30	N	N	16
721	<i>frozen, fried in corn oil</i>	0	Tr	0	3.27	0.16	0.08	2.1	1.0	0.46	0	30	N	N	16
722	<i>fried in dripping</i>	N	N	Tr	0.04	0.16	0.08	2.1	1.0	0.46	Tr	30	N	N	16
723	fine cut, <i>frozen, fried in blended oil</i>	0	Tr	0	N	0.18	0.09	2.4	1.1	0.52	0	34	N	N	12
724	<i>frozen, fried in corn oil</i>	0	Tr	0	(5.16)	0.18	0.09	2.4	1.1	0.52	0	34	N	N	12
725	<i>frozen, fried in dripping</i>	N	N	Tr	0.06	0.18	0.09	2.4	1.1	0.52	Tr	34	N	N	12
726	Microwave chips, cooked	0	Tr	0	N	0.12	0.07	2.1	0.9	0.29	0	20	N	N	11
727	Oven chips, frozen, baked	0	Tr	0	0.44	0.11	0.04	2.2	0.8	0.37	0	21	N	N	12

^a Storage of uncooked chips under some conditions may significantly reduce vitamin C levels which could approach zero

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Potato products										
728	Instant potato powder, made up with water	Calculated from ingredients; made up as packet directions	1.00	83.3	0.24	1.5	0.1	13.5	57	245
729	made up with whole milk	Calculated from ingredients; made up as packet directions	1.00	80.0	0.37	2.4	1.2	14.8	76	322
730	Potato croquettes, fried in blended oil	LGC; 10 samples, 5 brands. Shallow fried 5-7 minutes	1.00	58.2	0.59	3.7	13.1	21.6	214	893
731	Potato fritters, battered, cooked	2 samples of different brands, oven cooked	1.00	59.5	0.51	3.2	8.5	25.5	185	777
732	Potato waffles, frozen, cooked	IFR. 10 samples (Birds Eye); grilled, shallow and deep fried in corn oil, oven baked	1.00	52.7	0.51	3.2	8.2	30.3	200	842
Beans and lentils										
733	Aduki beans, dried, boiled in unsalted water	LGC analysis and calculation from dried	1.00	59.4	1.48	9.3	0.2	22.5 ^a	123	525
734	Baked beans, canned in tomato sauce, re-heated	LGC; 10 cans, 7 brands	1.00	71.5	0.83	5.2	0.6	15.3	84	355
735	reduced sugar, reduced salt	LGC; 5 cans, 2 own brands	1.00	73.6	0.85	5.4	0.6	12.5	73	311
736	Beansprouts, mung, raw	IFR; as purchased	1.00	90.4	0.47	2.9	0.5	4.0	31	131
737	stir-fried in blended oil	LGC. 6 samples; stir-fried 2 minutes. And calculated from raw	1.00	88.4	0.30	1.9	6.1	2.5	72	298
738	Black gram, urad gram, dried, raw	Whole beans. Literature sources	1.00	11.5	3.98	24.9	1.4	40.8 ^a	275	1169
739	dried, boiled in unsalted water	As raw; soaked and boiled	1.00	71.3	1.25	7.8	0.4	13.6 ^a	89	379

^a Including oligosaccharides

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Potato products													
728	Instant potato powder, made up with water	12.7	0.7	0.1	0.1	Tr	0	0.6	1.0	Tr	Tr	0.1	0
729	<i>made up with whole milk</i>	12.7	2.0	0.1	0.1	Tr	0	1.9	1.0	0.7	0.3	0.1	4
730	Potato croquettes, fried in blended oil	21.1	0.5	0.2	0.3	0.1	0	0	1.3	1.7	3.2	7.6	0
731	Potato fritters, battered, cooked	25.2	0.3	0.1	Tr	0.2	Tr	Tr	1.5	3.8	3.3	1.0	1
732	Potato waffles, frozen, cooked	29.8	0.6	0.1	0.1	0.3	0	0.1	2.3	1.0	2.0	4.7	0
Beans and lentils													
733	Aduki beans, dried, boiled in unsalted water	20.8	0.5 ^a	Tr	Tr	0.3	0.1	0	5.5	N	N	N	0
734	Baked beans, canned in tomato sauce, re-heated	9.4	5.9	0.9	1.0	3.9	0	0	3.7	0.1	0.1	0.3	0
735	<i>reduced sugar, reduced salt</i>	9.7	2.8	0.4	0.6	1.8	0	0	3.8	0.1	0.1	0.3	0
736	Beansprouts, mung, raw	1.8	2.2	1.1	1.1	Tr	0	0	1.5	0.1	0.1	0.2	0
737	<i>stir-fried in blended oil</i>	1.1	1.4	0.6	0.8	Tr	0	0	0.9	0.5	3.0	2.2	0
738	Black gram, urad gram, dried, raw	37.6	1.3 ^a	0.1	0.1	1.1	0	0	N	0.2	0.2	0.7	0
739	<i>dried, boiled in unsalted water</i>	13.0	0.3 ^a	Tr	Tr	0.3	0	0	N	0.1	0.1	0.2	0

^a Not including oligosaccharides

Vegetables *continued*

728 to 739

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Potato products													
728	Instant potato powder, made up with water	200	260	13	12	41	0.4	0.04	0.2	290	0.1	N	N
729	<i>made up with whole milk</i>	210	290	44	15	66	0.4	0.04	0.3	310	0.1	N	N
730	Potato croquettes, fried in blended oil	420	360	44	19	49	0.9	0.08	0.3	650	0.2	N	N
731	Potato fritters, battered, cooked	405	300	18	16	87	0.5	0.02	0.2	535	0.1	N	N
732	Potato waffles, frozen, cooked	430	480	32	21	120	0.5	Tr	0.3	630	0.1	N	N
Beans and lentils													
733	Aduki beans, dried, boiled in unsalted water	2	570	39	60	180	1.9	0.51	2.3	N	0.8	1	N
734	Baked beans, canned in tomato sauce, re-heated	530	310	53	31	100	1.4	0.03	0.5	820	0.3	2	3
735	<i>reduced sugar, reduced salt</i>	330	270	45	29	90	1.2	0.10	0.5	480	0.3	2	3
736	Beansprouts, mung, raw	5	74	20	18	48	1.7	0.08	0.3	15	0.3	1	N
737	<i>stir-fried in blended oil</i>	3	45	12	11	29	1.0	0.05	0.2	9	0.2	(1)	N
738	Black gram, urad gram, dried, raw	40	800	150	160	370	6.3	0.72	2.8	N	1.2	N	N
739	<i>dried, boiled in unsalted water</i>	13	260	49	52	120	2.0	0.23	0.9	N	0.4	N	N

Vegetables *continued*

728 to 739

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Potato products															
728	Instant potato powder, made up with water	0	3	0	0.05	0.01	0.03	1.2	0.4	0.15	0	2	N	N	23
729	<i>made up with whole milk</i>	14	8	Tr	0.06	0.02	0.07	1.2	0.5	0.17	0.1	4	N	N	23
730	Potato croquettes, fried in blended oil	0	N	0	N	0.08	0.08	1.4	1.0	0.22	0	2	N	N	2
731	Potato fritters, battered, cooked	0	Tr	0	0.88	0.06	0.04	1.4	0.7	0.14	0.1	14	0.40	8.0	9
732	Potato waffles, frozen, cooked	0	Tr	0	N	N	N	N	0.7	N	0	N	N	N	36
Beans and lentils															
733	Aduki beans, dried, boiled in unsalted water	0	6	0	N	0.14	0.08	0.9	1.5	N	0	N	N	N	Tr
734	Baked beans, canned in tomato sauce, re-heated	0	74	0	0.37	0.09	0.06	0.5	0.8	0.14	0	22	0.18	2.5	Tr
735	<i>reduced sugar, reduced salt</i>	0	77	0	0.39	0.09	0.06	0.5	0.9	0.14	0	23	0.19	2.6	Tr
736	Beansprouts, mung, raw	0	40	0	N	0.11	0.04	0.5	0.5	0.10	0	61	0.38	N	7
737	<i>stir-fried in blended oil</i>	0	24	0	N	0.06	0.02	0.3	0.3	0.07	0	43	0.23	N	7
738	Black gram, urad gram, dried, raw	0	38	0	N	0.42	0.37	2.0	4.6	N	0	132	N	N	Tr
739	<i>dried, boiled in unsalted water</i>	0	12	0	N	(0.11)	(0.09)	(0.5)	1.5	N	0	(33)	N	N	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Beans and lentils continued										
740	Blackeye beans, dried, raw	Whole beans. Analysis and literature sources	1.00	10.7	3.76	23.5	1.6	54.1 ^a	311	1324
741	<i>dried, boiled in unsalted water</i>	As raw; soaked and boiled	1.00	66.2	1.41	8.8	0.7	19.9 ^a	116	494
742	Broad beans, frozen, boiled in unsalted water	LGC; 10 samples, 7 brands. Boiled 3-10 minutes	1.00	73.8	1.27	7.9	0.6	11.7 ^a	81	344
743	Butter beans, canned, re-heated, drained	LGC; 10 cans, 5 brands	0.57	74.0	0.95	5.9	0.5	13.0 ^a	77	327
744	Chick pea flour/besan flour	Literature sources and estimation from whole peas	1.00	(10.0)	3.15	19.7	(5.4)	(49.6) ^a	313	1328
745	Chick peas, whole, dried, raw	Analytical and literature sources. Kabuli variety	1.00	10.0	3.42	21.3	5.4	49.6 ^a	320	1355
746	<i>dried, boiled in unsalted water</i>	As raw. Soaked and boiled	1.00	65.8	1.35	8.4	2.1	18.2 ^a	121	512
747	<i>canned, re-heated, drained</i>	LGC. Whole peas; 10 samples, 5 brands	0.60	67.5	1.15	7.2	2.9	16.1 ^a	115	487
748	Green beans/French beans, raw	IFR; pods and beans, ends trimmed	0.83	90.7	0.31	1.9	0.5	3.2	24	99
749	<i>frozen, boiled in unsalted water</i>	LGC; 10 samples, 8 brands. Boiled 3-8 minutes	1.00	90.0	0.28	1.7	0.1	4.7	25	108
750	Hummus	LGC. Chick pea spread; 10 samples, retail and homemade	1.00	61.4	1.22	7.6	12.6	11.6 ^a	187	781
751	Lentils, green and brown, whole, dried, raw	LGC; 10 samples, 6 brands. Continental type	1.00	10.8	3.90	24.3	1.9	48.8 ^a	297	1264
752	<i>dried, boiled in salted water</i>	LGC; as raw. Boiled 10 minutes, simmered 25 minutes	1.00	66.7	1.41	8.8	0.7	16.9 ^a	105	446
753	Lentils, red, split, dried, raw	LGC; as purchased	1.00	11.1	3.80	23.8	1.3	56.3 ^a	318	1353
754	<i>dried, boiled in unsalted water</i>	LGC. As purchased; boiled 20 minutes	1.00	72.1	1.22	7.6	0.4	17.5 ^a	100	424

^a Including oligosaccharides

Vegetables *continued*

740 to 754

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Beans and lentils continued													
740	Blackeye beans, dried, raw	47.5	2.9 ^a	0.2	0.1	2.5	0.1	0	8.2	0.5	0.1	0.7	0
741	<i>dried, boiled in unsalted water</i>	18.0	1.1 ^a	0.1	Tr	0.9	Tr	0	3.5	0.2	0.1	0.3	0
742	Broad beans, frozen, boiled in unsalted water	10.0	1.3 ^a	Tr	Tr	1.3	0	0	6.5	0.1	0.1	0.3	0
743	Butter beans, canned, re-heated, drained	10.9	1.1 ^a	Tr	Tr	1.1	0	0	4.6	0.1	Tr	0.2	0
744	Chick pea flour/besan flour	(43.8)	(2.6) ^a	Tr	(0.2)	(2.4)	0	0	(10.7)	(0.5)	(1.1)	(2.7)	0
745	Chick peas, whole, dried, raw	43.8	2.6 ^a	Tr	0.2	2.4	0	0	10.7	0.5	1.1	2.7	0
746	<i>dried, boiled in unsalted water</i>	16.6	1.0 ^a	Tr	0.1	0.9	0	0	4.3	0.2	0.4	1.0	0
747	<i>canned, re-heated, drained</i>	15.1	0.4 ^a	Tr	Tr	0.4	0	0	4.1	0.3	0.7	1.3	0
748	Green beans/French beans, raw	0.9	2.3	0.8	1.1	0.4	0	0	2.2	(0.1)	Tr	(0.3)	0
749	<i>frozen, boiled in unsalted water</i>	2.6	2.1	0.7	1.0	0.4	0	0	4.1	Tr	Tr	Tr	0
750	Hummus	9.3	1.9 ^a	Tr	0.2	1.7	0	0	2.4	N	N	N	0
751	Lentils, green and brown, whole, dried, raw	44.5	1.2 ^a	Tr	0.1	1.1	0	0	8.9	0.2	0.3	0.8	0
752	<i>dried, boiled in salted water</i>	15.9	0.4 ^a	Tr	Tr	0.4	0	0	3.8	0.1	0.1	0.3	0
753	Lentils, red, split, dried, raw	50.8	2.4 ^a	Tr	0.2	2.2	0	0	4.9	0.2	0.2	0.5	0
754	<i>dried, boiled in unsalted water</i>	16.2	0.8 ^a	Tr	0.1	0.7	0	0	1.9	Tr	0.1	0.2	0

^a Not including oligosaccharides

Vegetables *continued*

740 to 754

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Beans and lentils continued													
740	Blackeye beans, dried, raw	16	1170	81	140	410	7.6	0.75	3.2	N	1.3	7	N
741	<i>dried, boiled in unsalted water</i>	5	320	21	45	140	1.9	0.22	1.1	N	0.5	3	N
742	Broad beans, frozen, boiled in unsalted water	8	280	56	36	150	1.6	0.32	1.0	15	0.3	1	(6)
743	Butter beans, canned, re-heated, drained	420	290	15	27	68	1.5	0.14	0.6	660	0.3	(3)	N
744	Chick pea flour/besan flour	(39)	(1000)	180	120	340	8.3	0.62	3.1	(60)	2.1	2	N
745	Chick peas, whole, dried, raw	39	1000	160	130	310	5.5	0.95	3.0	60	2.4	2	N
746	<i>dried, boiled in unsalted water</i>	5	270	46	37	83	2.1	0.28	1.2	7	0.7	1	N
747	<i>canned, re-heated, drained</i>	220	110	43	24	81	1.5	0.05	0.8	280	0.8	1	N
748	Green beans/French beans, raw	Tr	230	36	17	38	1.2	0.01	0.2	9	N	Tr	N
749	<i>frozen, boiled in unsalted water</i>	8	160	56	17	33	0.6	0.05	0.2	21	0.2	Tr	N
750	Hummus	670	190	41	62	160	1.9	0.30	1.4	670	0.5	4	N
751	Lentils, green and brown, whole, dried, raw	12	940	71	110	350	11.1	1.02	3.9	87	1.4	105	N
752	<i>dried, boiled in salted water</i>	3	310	22	34	130	3.5	0.33	1.4	26	0.5	40	N
753	Lentils, red, split, dried, raw	36	710	51	83	320	7.6	0.58	3.1	64	N	(6)	N
754	<i>dried, boiled in unsalted water</i>	12	220	16	26	100	2.4	0.19	1.0	20	N	(2)	N

Vegetables *continued*

740 to 754

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Beans and lentils continued															
740	Blackeye beans, dried, raw	0	35	0	N	0.87	0.19	2.1	5.0	0.36	0	630	1.50	18.4	1
741	<i>dried, boiled in unsalted water</i>	0	13	0	N	0.19	0.05	0.5	1.9	0.10	0	210	0.30	7.0	Tr
742	Broad beans, frozen, boiled in unsalted water	0	225	0	0.61	(0.03)	(0.06)	(3.0)	1.3	(0.08)	0	(32)	(3.80)	(2.1)	8
743	Butter beans, canned, re-heated, drained	0	Tr	0	0.33	0.05	0.03	0.2	0.9	0.05	0	12	N	N	Tr
744	Chick pea flour/besan flour	0	(60)	0	(2.88)	(0.39)	(0.24)	(1.9)	2.6	(0.53)	0	(180)	(1.59)	N	Tr
745	Chick peas, whole, dried, raw	0	60	0	2.88	0.39	0.24	1.9	2.9	0.53	0	180	1.59	N	Tr
746	<i>dried, boiled in unsalted water</i>	0	23	0	1.10	0.10	0.07	0.7	1.1	0.14	0	66	0.29	N	Tr
747	<i>canned, re-heated, drained</i>	0	21	0	1.55	0.05	0.03	0.2	1.0	0.04	0	11	N	N	Tr
748	Green beans/French beans, raw	0	(330)	0	0.20	0.05	0.07	0.9	0.5	0.05	0	64	0.09	1.0	12
749	<i>frozen, boiled in unsalted water</i>	0	520	0	0.12	0.05	0.09	0.4	0.4	0.06	0	48	N	N	7
750	Hummus	0	N	0	N	0.16	0.05	1.1	1.0	N	0	N	N	N	1
751	Lentils, green and brown, whole, dried, raw	0	N	0	N	0.41	0.27	2.2	3.3	0.93	0	110	N	N	Tr
752	<i>dried, boiled in salted water</i>	0	N	0	N	0.14	0.08	0.6	1.2	0.28	0	30	N	N	Tr
753	Lentils, red, split, dried, raw	0	(60)	0	N	0.50	0.20	2.0	3.2	0.60	0	35	1.36	N	Tr
754	<i>dried, boiled in unsalted water</i>	0	(20)	0	N	0.11	0.04	0.4	1.0	0.11	0	33	0.31	N	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Beans and lentils continued										
755	Mung beans, whole, dried, raw	Literature sources	1.00	11.0	3.80	23.9	1.1	46.3 ^a	279	1188
756	<i>dried, boiled in unsalted water</i>	As raw, soaked and boiled	1.00	69.3	1.21	7.6	0.4	15.3 ^a	91	389
757	Red kidney beans, dried, raw	Whole beans. Analytical and literature sources	1.00	11.2	3.54	22.1	1.4	44.1 ^a	266	1133
758	<i>dried, boiled in unsalted water</i>	As raw, soaked and boiled	1.00	66.0	1.35	8.4	0.5	17.4 ^a	103	440
759	<i>canned, re-heated, drained</i>	LGC; 10 cans, 6 brands	0.64	67.5	1.11	6.9	0.6	17.8 ^a	100	424
760	Runner beans, raw	IFR; ends and sides trimmed	0.86	91.2	0.26	1.6	0.4	3.2	22	93
761	<i>boiled in unsalted water</i>	IFR. Sliced and boiled 20 minutes	1.00	92.8	0.19	1.2	0.5	2.3	18	76
762	Soya beans, dried, raw	Whole beans. Analysis and literature sources	1.00	8.5	5.74	35.9	18.6	15.8 ^a	370	1551
763	<i>dried, boiled in unsalted water</i>	As raw	1.00	64.3	2.24	14.0	7.3	5.1 ^a	141	590
764	Tofu, soya bean, steamed	LGC. Soya bean curd; 7 assorted samples	1.00	85.0	1.29	8.1	4.2	0.7 ^a	73	304
765	<i>steamed, fried</i>	Calcd. from steamed and ref. Haytowitz and Matthews (1986)	1.00	51.0	3.76	23.5	17.7	2.0 ^a	261	1086
Peas										
766	Mange-tout peas, raw	LGC. Whole pods, ends trimmed; 10 samples	0.92	88.7	0.58	3.6	0.2	4.2	32	136
767	<i>boiled in salted water</i>	LGC. As raw; boiled 3 minutes. And calculated from raw	1.00	89.2	0.51	3.2	0.1	3.3	26	111
768	<i>stir-fried in blended oil</i>	LGC. As raw; stir-fried 5 minutes. And calculated from raw	1.00	83.6	0.61	3.8	4.8	3.5	71	298
769	Mushy peas, canned, re-heated	LGC; 10 samples, 3 brands	1.00	76.5	0.92	5.8	0.7	13.8 ^a	81	345

^a Including oligosaccharides

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Beans and lentils continued													
755	Mung beans, whole, dried, raw	40.9	1.5 ^a	0.2	0.3	1.0	0	0	10.0	0.3	0.1	0.5	0
756	<i>dried, boiled in unsalted water</i>	14.1	0.5 ^a	0.1	0.1	0.3	0	0	3.0	0.1	Tr	0.2	0
757	Red kidney beans, dried, raw	38.0	2.5 ^a	0.2	0.1	2.2	0	0	15.7	0.2	0.1	0.8	0
758	<i>dried, boiled in unsalted water</i>	14.5	1.0 ^a	0.1	Tr	0.8	0	0	6.7	0.1	Tr	0.3	0
759	<i>canned, re-heated, drained</i>	12.8	3.6 ^a	0.1	0.1	3.3	0	0	6.2	0.1	0.1	0.3	0
760	Runner beans, raw	0.4	2.8	0.9	1.3	0.6	0	0	2.0	0.1	Tr	0.2	0
761	<i>boiled in unsalted water</i>	0.3	2.0	0.6	0.9	0.5	0	0	1.9	0.1	Tr	0.3	0
762	Soya beans, dried, raw	4.8	5.5 ^a	0.2	0.5	4.8	0	0	15.7	2.3	3.5	9.1	0
763	<i>dried, boiled in unsalted water</i>	1.9	2.1 ^a	0.1	0.2	1.9	0	0	6.1	0.9	1.4	3.5	0
764	Tofu, soya bean, steamed	0.3	0.3 ^a	Tr	Tr	0.2	0	0	N	0.5	0.8	2.0	0
765	<i>steamed, fried</i>	0.9	0.9 ^a	0.1	0.1	0.6	0	0	N	N	N	N	0
Peas													
766	Mange-tout peas, raw	0.8	3.4	2.6	0.3	0.5	0	0	2.3	Tr	Tr	0.1	0
767	<i>boiled in salted water</i>	0.5	2.8	2.1	0.1	0.6	0	0	2.2	Tr	Tr	Tr	0
768	<i>stir-fried in blended oil</i>	0.2	3.3	2.4	0.2	0.7	0	0	2.4	0.4	2.4	1.8	0
769	Mushy peas, canned, re-heated	10.7	1.7 ^a	Tr	Tr	1.6	0	0	1.8	0.1	0.1	0.3	0

^a Not including oligosaccharides

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Beans and lentils continued													
755	Mung beans, whole, dried, raw	12	1250	89	150	360	6.0	0.47	2.7	12	0.8	16	N
756	<i>dried, boiled in unsalted water</i>	2	270	24	43	81	1.4	0.19	0.9	4	0.3	5	N
757	Red kidney beans, dried, raw	18	1370	100	150	410	6.4	0.68	3.0	(2)	1.2	16	N
758	<i>dried, boiled in unsalted water</i>	2	420	37	45	130	2.5	0.23	1.0	(1)	0.5	6	N
759	<i>canned, re-heated, drained</i>	390	280	71	30	130	2.0	Tr	0.7	640	0.3	6	N
760	Runner beans, raw	Tr	220	33	19	34	1.2	0.02	0.2	21	0.2	N	2
761	<i>boiled in unsalted water</i>	1	130	22	14	21	1.0	0.01	0.2	5	0.2	N	Tr
762	Soya beans, dried, raw	5	1730	240	250	660	9.7	1.55	4.3	7	2.6	14	6
763	<i>dried, boiled in unsalted water</i>	1	510	83	63	250	3.0	0.32	0.9	3	0.7	5	2
764	Tofu, soya bean, steamed	4	63	510 ^a	23 ^a	95	1.2	0.20	0.7	16	0.4	N	N
765	<i>steamed, fried</i>	12	180	1480	67	270	3.5	0.58	2.0	46	1.2	N	N
Peas													
766	Mange-tout peas, raw	2	200	44	28	62	0.8	0.06	0.5	28	0.3	Tr	N
767	<i>boiled in salted water</i>	42	170	35	22	55	0.8	0.06	0.4	72	0.3	Tr	N
768	<i>stir-fried in blended oil</i>	2	210	46	29	65	0.8	0.06	0.5	29	0.3	Tr	N
769	Mushy peas, canned, re-heated	340	170	14	22	100	1.3	0.11	0.7	490	0.2	N	N

^a If nigari is used as a coagulant Ca and Mg are 150 and 59mg per 100g respectively

Vegetables *continued*

755 to 769

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Beans and lentils continued															
755	Mung beans, whole, dried, raw	0	24	0	N	0.36	0.26	2.1	3.8	0.38	0	140	1.91	N	Tr
756	<i>dried, boiled in unsalted water</i>	0	12	0	N	0.09	0.07	0.5	1.2	0.07	0	35	0.41	N	Tr
757	Red kidney beans, dried, raw	0	11	0	0.52	0.65	0.19	2.1	3.5	0.40	0	130	0.78	N	4
758	<i>dried, boiled in unsalted water</i>	0	4	0	0.20	0.17	0.05	0.6	1.3	0.12	0	42	0.22	N	1
759	<i>canned, re-heated, drained</i>	0	4	0	0.19	0.21	0.06	0.6	1.1	0.11	0	15	0.15	N	Tr
760	Runner beans, raw	0	145	0	0.23	0.06	0.03	Tr	0.4	0.08	0	60	0.05	0.7	18
761	<i>boiled in unsalted water</i>	0	120	0	0.23	0.05	0.02	Tr	0.3	0.04	0	42	0.04	0.5	10
762	Soya beans, dried, raw	0	12	0	2.90	0.61	0.27	2.2	5.7	0.38	0	370	0.79	65.0	Tr
763	<i>dried, boiled in unsalted water</i>	0	6	0	1.13	0.12	0.09	0.5	2.2	0.23	0	54	0.18	25.0	Tr
764	Tofu, soya bean, steamed	0	2	0	0.95	0.06	0.02	0.1	1.3	0.07	0	15	0.05	N	0
765	<i>steamed, fried</i>	0	2	0	N	0.09	0.02	0.1	3.8	0.10	0	27	0.14	N	0
Peas															
766	Mange-tout peas, raw	0	695	0	0.39	0.22	0.15	0.6	0.6	0.18	0	10	0.72	5.3	54
767	<i>boiled in salted water</i>	0	665	0	0.37	0.14	0.16	0.4	0.5	0.14	0	8	0.67	3.7	28
768	<i>stir-fried in blended oil</i>	0	725	0	N	0.17	0.14	0.6	0.6	0.17	0	9	0.68	5.0	51
769	Mushy peas, canned, re-heated	0	Tr	0	(0.30)	N	N	N	0.9	N	0	N	N	Tr	Tr

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Peas continued										
770	Peas, raw	IFR; whole peas, no pods	0.37	74.6	1.10	6.9	1.5	11.3 ^a	83	344
771	<i>boiled in unsalted water</i>	IFR. As raw; boiled 20 minutes	1.00	75.6	1.07	6.7	1.6	10.0 ^a	79	329
772	<i>frozen, boiled in salted water</i>	Based on frozen, boiled in unsalted water	1.00	78.3	0.95	6.0	0.9	9.7 ^a	69	291
773	<i>boiled in unsalted water</i>	LGC; 10 samples, 8 brands. Boiled 2-5 minutes	1.00	78.3	0.95	6.0	0.9	9.7 ^a	69	291
774	<i>canned, re-heated, drained</i>	LGC; 10 samples, 9 brands	0.67	77.9	0.85	5.3	0.9	13.5 ^a	80	339
775	Petit pois, frozen, boiled in unsalted water	Based on boiled in salted water	1.00	81.1	0.80	5.0	0.9	5.5 ^a	49	206
776	Processed peas, canned, re-heated, drained	LGC; 10 samples, 7 brands	0.65	69.6	1.10	6.9	0.7	17.5 ^a	99	423
Vegetables, general										
777	Asparagus, raw	IFR; tough base of stems removed	0.75	91.4	0.47	2.9	0.6	2.0	25	103
778	<i>boiled in salted water</i>	IFR. Soft tips only; boiled 15 minutes	0.48	91.5	0.55	3.4	0.8	1.4	26	110
779	Aubergine, raw	IFR; ends trimmed	0.96 ^b	92.9	0.14	0.9	0.4	2.2	15	64
780	<i>fried in corn oil</i>	IFR. Sliced; shallow fried 10 minutes	1.00	59.5	0.19	1.2	31.9	2.8	302	1246
781	Beetroot, raw	IFR; top and root trimmed, peeled	0.80	87.1	0.27	1.7	0.1	7.6	36	154
782	<i>boiled in salted water</i>	IFR. As raw; boiled 45 minutes	0.80	82.4	0.37	2.3	0.1	9.5	46	195
783	<i>pickled, drained</i>	LGC; 10 samples, 5 brands. Whole and sliced	0.65	88.6	0.19	1.2	0.2	5.6	28 ^c	117 ^c
784	Broccoli, green, raw	IFR; tough stems removed	0.61	88.2	0.71	4.4	0.9	1.8 ^a	33	138
785	<i>boiled in unsalted water</i>	IFR. As raw, cut into florets; boiled 15 minutes	1.00	91.1	0.50	3.1	0.8	1.1 ^a	24	100

^a Including oligosaccharides^b If peeled = 0.77^c Acetic acid from vinegar will contribute to the energy value

Vegetables *continued*

770 to 785

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Peas continued													
770	Peas, raw	7.0	2.3 ^a	0.1	0.1	2.1	0	0	4.7	0.3	0.2	0.7	0
771	<i>boiled in unsalted water</i>	7.6	1.2 ^a	Tr	Tr	1.2	0	0	4.5	0.3	0.2	0.8	0
772	<i>frozen, boiled in salted water</i>	4.7	2.7 ^a	0.1	0.1	2.5	0	0	5.1	0.2	0.1	0.5	0
773	<i>boiled in unsalted water</i>	4.7	2.7 ^a	0.1	0.1	2.5	0	0	5.1	0.2	0.1	0.5	0
774	<i>canned, re-heated, drained</i>	6.3	3.9 ^a	Tr	0.1	3.8	0	0	5.1	0.2	0.1	0.4	0
775	Petit pois, frozen, boiled in unsalted water	Tr	3.0 ^a	1.0	0.5	1.5	0	0	4.5	0.2	0.1	0.5	0
776	Processed peas, canned, re-heated, drained	14.7	1.5 ^a	Tr	Tr	1.5	0	0	4.8	0.1	0.1	0.3	0
Vegetables, general													
777	Asparagus, raw	0.1	1.9	0.7	1.1	0.1	0	0	1.7	0.1	0.1	0.2	0
778	<i>boiled in salted water</i>	Tr	1.4	0.5	0.7	0.2	0	0	1.4	0.1	0.2	0.3	0
779	Aubergine, raw	0.2	2.0	1.1	0.8	0.1	0	0	2.0	0.1	Tr	0.2	0
780	<i>fried in corn oil</i>	0.2	2.6	1.4	1.1	0.1	0	0	2.3	4.1	7.9	18.5	0
781	Beetroot, raw	0.6	7.0	0.2	0.1	6.7	0	0	1.9	Tr	Tr	0.1	0
782	<i>boiled in salted water</i>	0.7	8.8	0.2	0.1	8.5	0	0	1.9	Tr	Tr	0.1	0
783	<i>pickled, drained</i>	Tr	5.6	0.6	0.6	4.4	0	0	1.7	Tr	Tr	0.1	0
784	Broccoli, green, raw	0.1	1.5 ^a	0.5	0.8	0.2	0	0	2.6	0.2	0.1	0.5	0
785	<i>boiled in unsalted water</i>	Tr	0.9 ^a	0.3	0.5	0.1	0	0	2.3	0.2	0.1	0.4	0

^a Not including oligosaccharides

Vegetables *continued*

770 to 785

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Peas continued													
770	Peas, raw	1	330	21	34	130	2.8	0.05	1.1	39	0.4	Tr	2
771	<i>boiled in unsalted water</i>	Tr	230	19	29	130	1.5	0.03	1.0	8	0.4	Tr	2
772	<i>frozen, boiled in salted water</i>	(94)	150	35	21	99	1.6	(0.03)	0.7	(120)	0.3	(1)	(2)
773	<i>boiled in unsalted water</i>	2	150	35	21	99	1.6	(0.03)	0.7	9	0.3	Tr	(2)
774	<i>canned, re-heated, drained</i>	250	130	30	20	81	1.9	0.02	0.6	360	0.2	Tr	N
775	Petit pois, frozen, boiled in unsalted water	(2)	130	42	24	95	1.6	0.11	0.9	(9)	0.3	(1)	(2)
776	Processed peas, canned, re-heated, drained	380	150	33	25	89	1.8	0.09	0.7	520	0.3	N	13
Vegetables, general													
777	Asparagus, raw	1	260	27	13	72	0.7	0.08	0.7	60	0.2	(1)	Tr
778	<i>boiled in salted water</i>	60	220	25	13	50	0.6	0.08	0.7	110	0.2	(1)	Tr
779	Aubergine, raw	2	210	10	11	16	0.3	0.01	0.2	14	0.1	(1)	1
780	<i>fried in corn oil</i>	2	170	8	8	25	0.5	0.03	0.1	16	0.2	(1)	(1)
781	Beetroot, raw	66	380	20	11	51	1.0	0.02	0.4	59	0.7	Tr	N
782	<i>boiled in salted water</i>	110	510	29	16	87	0.8	0.03	0.5	N	0.9	Tr	N
783	<i>pickled, drained</i>	120	190	19	13	17	0.5	0.04	0.3	210	0.2	Tr	N
784	Broccoli, green, raw	8	370	56	22	87	1.7	0.02	0.6	100	0.2	Tr	2
785	<i>boiled in unsalted water</i>	(13)	170	40	13	57	1.0	0.02	0.4	(23)	0.2	Tr	2

Vegetables *continued*

770 to 785

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Peas continued															
770	Peas, raw	0	300	0	0.21	0.74	0.02	2.5	1.1	0.12	0	62	(0.15)	0.5	24
771	<i>boiled in unsalted water</i>	0	250	0	0.21	0.70	0.03	1.8	1.1	0.09	0	27	0.15	0.4	16
772	<i>frozen, boiled in salted water</i>	0	405	0	0.18	0.26	0.09	1.6	0.9	0.09	0	47	0.14	0.4	12
773	<i>boiled in unsalted water</i>	0	571	0	0.18	0.26	0.09	1.6	0.9	0.09	0	33	0.14	0.4	12
774	<i>canned, re-heated, drained</i>	0	534	0	0.22	0.09	0.07	1.2	0.9	0.06	0	25	(0.04)	Tr	1
775	Petit pois, frozen, boiled in unsalted water	0	(405)	0	(0.18)	0.13	0.12	1.5	0.9	0.09	0	50	(0.14)	(0.4)	8
776	Processed peas, canned, re-heated, drained	0	60	0	0.30	0.10	0.04	0.4	1.1	0.10	0	11	(0.04)	Tr	Tr
Vegetables, general															
777	Asparagus, raw	0	315	0	1.16	0.16	0.06	1.0	0.5	0.09	0	175	0.17	(0.4)	12
778	<i>boiled in salted water</i>	0	389	0	(1.16)	0.12	0.06	0.8	0.6	0.07	0	173	0.16	0.4	10
779	Aubergine, raw	0	70	0	0.03	0.02	0.01	0.1	0.2	0.08	0	18	0.08	N	4
780	<i>fried in corn oil</i>	0	125	0	5.50	0	Tr	Tr	0.2	0.07	0	(5)	(0.07)	N	1
781	Beetroot, raw	0	20	0	Tr	0.01	0.01	0.1	0.3	0.03	0	150	0.12	Tr	5
782	<i>boiled in salted water</i>	0	27	0	Tr	0.01	0.01	0.1	0.3	0.04	0	110	0.10	Tr	5
783	<i>pickled, drained</i>	0	Tr	0	Tr	0.02	0.03	0.1	0.2	0.04	0	2	(0.10)	Tr	N
784	Broccoli, green, raw	0	575	0	(1.30)	0.10	0.06	0.9	0.8	0.14	0	90	N	N	87
785	<i>boiled in unsalted water</i>	0	475	0	(1.10)	0.05	0.05	0.7	0.6	0.11	0	64	N	N	44

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Vegetables, general continued										
786	Brussels sprouts, raw	IFR; base trimmed, outer leaves removed	0.69	84.3	0.56	3.5	1.4	4.1 ^a	42	177
787	<i>boiled in unsalted water</i>	IFR. As raw; boiled 15 minutes	1.00	86.9	0.46	2.9	1.3	3.5 ^a	35	153
788	<i>frozen, boiled in unsalted water</i>	LGC. 10 samples, 8 brands; boiled 5-10 minutes	1.00	86.8	0.56	3.5	(1.3)	2.5 ^a	35	148
789	Cabbage, raw, average	Average of January King, Savoy, summer and white	0.77	90.1	0.28	1.7	0.4	4.1	26	109
790	<i>boiled in unsalted water, average</i>	As raw	1.00	93.1	0.16	1.0	0.4	2.2	16	67
791	<i>white, raw</i>	IFR; outer leaves and stem removed	0.91	90.7	0.23	1.4	0.2	5.0	27	113
792	Carrots, old, raw	IFR; ends trimmed, peeled	0.70	89.8	0.10	0.6	0.3	7.9 ^a	35	146
793	<i>boiled in unsalted water</i>	IFR. As raw; sliced and boiled 12.5 minutes	1.00	90.5	0.10	0.6	0.4	4.9 ^a	24	100
794	<i>young, raw</i>	IFR; ends trimmed, scrubbed	0.87	88.8	0.11	0.7	0.5	6.0 ^a	30	125
795	<i>young, boiled in unsalted water</i>	IFR. As raw; sliced and boiled 15 minutes	1.00	90.7	0.09	0.6	0.4	4.4 ^a	22	93
796	<i>canned, re-heated, drained</i>	LGC; 10 cans, 5 brands	0.61	91.9	0.09	0.5	0.3	4.2 ^a	20	87
797	Cauliflower, raw	IFR; florets only	0.45	88.4	0.58	3.6	0.9	3.0 ^a	34	142
798	<i>boiled in unsalted water</i>	IFR. As raw; boiled 13 minutes	1.00	90.6	0.47	2.9	0.9	2.1 ^a	28	117
799	Celery, raw	IFR; stem only	0.91	95.1	0.08	0.5	0.2	0.9	7	30
800	<i>boiled in salted water</i>	IFR. Stem only; boiled 20 minutes	1.00	95.2	0.08	0.5	0.3	0.8	8	34
801	Chicory, raw	IFR. Stem and inner leaves; pale variety	0.80	94.3	0.09	0.5	0.6	2.8	11 ^b	45 ^b
802	Courgette, raw	IFR; ends trimmed	0.88	93.7	0.29	1.8	0.4	1.8	18	74
803	<i>boiled in unsalted water</i>	Analysis and calculation from raw	1.00	93.0	0.32	2.0	0.4	2.0	19	81
804	<i>fried in corn oil</i>	IFR. As raw; sliced and shallow fried 5 minutes	1.00	86.8	0.41	2.6	4.8	2.6	63	265
805	Cucumber, raw	IFR; ends trimmed, not peeled	0.97 ^c	96.4	0.11	0.7	0.1	1.5	10	40

^a Including oligosaccharides^b Contains inulin; 32 per cent total carbohydrate taken to be available for energy purposes^c If peeled = 0.77

Vegetables *continued*

786 to 805

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Vegetables, general continued													
786	Brussels sprouts, raw	0.8	3.1 ^a	1.1	1.3	0.7	0	0	4.1	0.3	0.1	0.7	0
787	<i>boiled in unsalted water</i>	0.3	3.0 ^a	1.3	1.1	0.6	0	0	3.1	0.3	0.1	0.7	0
788	<i>frozen, boiled in unsalted water</i>	0.4	2.4 ^a	1.0	0.9	0.5	0	0	4.3	0.3	0.1	0.7	0
789	Cabbage, raw, average	0.1	4.0	2.0	1.8	0.3	0	0	2.4	0.1	Tr	0.3	0
790	<i>boiled in unsalted water, average</i>	0.1	2.0	1.0	0.9	0.1	0	0	1.8	0.1	Tr	0.3	0
791	<i>white, raw</i>	0.1	4.9	2.3	2.1	0.5	0	0	2.1	Tr	Tr	0.1	0
792	Carrots, old, raw	0.3	7.4 ^a	2.3	1.9	3.2	0	0	2.4	0.1	Tr	0.2	0
793	<i>boiled in unsalted water</i>	0.2	4.6 ^a	1.4	1.2	2.0	0	0	2.5	0.1	Tr	0.2	0
794	<i>young, raw</i>	0.2	5.6 ^a	(1.7)	(1.5)	(2.4)	0	0	2.4	0.1	Tr	0.3	0
795	<i>young, boiled in unsalted water</i>	0.2	4.2 ^a	(1.3)	(1.1)	(1.8)	0	0	2.3	0.1	Tr	0.2	0
796	<i>canned, re-heated, drained</i>	0.4	3.7 ^a	0.8	0.7	2.2	0	0	1.9	(0.1)	Tr	(0.2)	0
797	Cauliflower, raw	0.4	2.5 ^a	1.3	1.1	0.1	0	0	1.8	0.2	0.1	0.5	0
798	<i>boiled in unsalted water</i>	0.2	1.8 ^a	0.9	0.8	0.1	0	0	1.6	0.2	0.1	0.5	0
799	Celery, raw	Tr	0.9	0.4	0.3	0.2	0	0	1.1	Tr	Tr	0.1	0
800	<i>boiled in salted water</i>	Tr	0.8	0.3	0.3	0.2	0	0	1.2	0.1	0.1	0.1	0
801	Chicory, raw	0.2	0.7	0.3	0.4	Tr	0	0	0.9	0.2	Tr	0.3	0
802	Courgette, raw	0.1	1.7	0.7	0.8	0.2	0	0	0.9	0.1	Tr	0.2	0
803	<i>boiled in unsalted water</i>	0.1	1.9	0.8	0.9	0.2	0	0	1.2	0.1	Tr	0.2	0
804	<i>fried in corn oil</i>	0.1	2.5	1.0	1.2	0.3	0	0	1.2	0.6	1.2	2.8	0
805	Cucumber, raw	0.1	1.4 ^b	0.7	0.7	Tr	0	0	0.6	Tr	Tr	Tr	0

^a Not including oligosaccharides^b Peeled cucumbers contain approximately 2.0g total sugars per 100g as equal quantities of glucose and fructose

Vegetables *continued*

786 to 805

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Vegetables, general continued													
786	Brussels sprouts, raw	6	450	26	8	77	0.7	0.02	0.5	38	0.2	N	1
787	<i>boiled in unsalted water</i>	2	310	20	13	61	0.5	0.03	0.3	16	0.2	N	1
788	<i>frozen, boiled in unsalted water</i>	8	340	29	17	66	0.6	0.04	0.4	15	0.2	N	(1)
789	Cabbage, raw, average	5	270	52	8	41	0.7	0.02	0.3	37	0.2	(1)	2
790	<i>boiled in unsalted water, average</i>	8	120	33	4	25	0.3	0.01	0.1	9	0.2	(2)	2
791	<i>white, raw</i>	7	240	49	6	29	0.5	0.01	0.2	40	0.2	Tr	2
792	Carrots, old, raw	25	170	25	3	15	0.3	0.02	0.1	33	0.1	1	2
793	<i>boiled in unsalted water</i>	50	120	24	3	17	0.4	0.01	0.1	31	0.1	1	2
794	<i>young, raw</i>	40	240	34	9	25	0.4	0.02	0.2	39	(0.1)	(1)	(2)
795	<i>young, boiled in unsalted water</i>	23	160	30	6	15	0.4	0.02	0.2	28	(0.1)	(1)	(2)
796	<i>canned, re-heated, drained</i>	370	110	25	5	14	0.6	0.04	0.1	490	0.1	(1)	N
797	Cauliflower, raw	9	380	21	17	64	0.7	0.03	0.6	28	0.3	Tr	Tr
798	<i>boiled in unsalted water</i>	4	120	17	12	52	0.4	0.02	0.4	14	0.2	Tr	Tr
799	Celery, raw	60	320	41	5	21	0.4	0.01	0.1	130	0.1	(3)	N
800	<i>boiled in salted water</i>	160	230	45	4	20	0.3	0.01	0.1	250	0.1	(3)	N
801	Chicory, raw	1	170	21	6	27	0.4	0.05	0.2	25	0.3	N	N
802	Courgette, raw	1	360	25	22	45	0.8	0.02	0.3	45	0.1	(1)	N
803	<i>boiled in unsalted water</i>	1	210	19	17	36	0.6	0.01	0.2	26	0.1	(1)	N
804	<i>fried in corn oil</i>	1	490	38	32	61	1.4	0.05	0.5	65	0.1	(1)	N
805	Cucumber, raw	3	140	18	8	49	0.3	0.01	0.1	17	0.1	Tr	3

Vegetables *continued*

786 to 805

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Vegetables, general continued															
786	Brussels sprouts, raw	0	215	0	1.00	0.15	0.11	0.2	0.7	0.37	0	135	1.00	0.4	115
787	<i>boiled in unsalted water</i>	0	320	0	0.90	0.07	0.09	Tr	0.5	0.19	0	110	0.28	0.3	60
788	<i>frozen, boiled in unsalted water</i>	0	320	0	(0.90)	0.09	0.08	Tr	0.7	0.28	0	67	(0.28)	(0.3)	69
789	Cabbage, raw, average	0	1150 ^a	0	0.20 ^b	0.15	0.02	0.5	0.3	0.17	0	75	0.21	0.1	49
790	<i>boiled in unsalted water, average</i>	0	805 ^a	0	0.20 ^b	0.08	0.01	0.3	0.2	0.08	0	39	0.15	Tr	20
791	<i>white, raw</i>	0	19	0	0.20	0.12	0.01	0.3	0.2	0.18	0	34	0.21	0.1	35
792	Carrots, old, raw	0	12472	0	0.56	0.10	0.01	0.2	0.1	0.14	0	12	0.25	0.6	6
793	<i>boiled in unsalted water</i>	0	13402	0	0.56	0.09	Tr	Tr	0.1	0.10	0	16	0.18	0.4	2
794	<i>young, raw</i>	0	7807	0	(0.56)	0.04	0.02	0.2	0.1	0.07	0	28	(0.25)	(0.6)	4
795	<i>young, boiled in unsalted water</i>	0	7703	0	(0.56)	0.05	0.01	0.1	0.1	0.05	0	17	0.18	0.4	2
796	<i>canned, re-heated, drained</i>	0	2070	0	0.64	0.01	0.02	0.2	0.1	0.07	0	8	0.10	0.4	1
797	Cauliflower, raw	0	50	0	0.22	0.17	0.05	0.6	0.9	0.28	0	66	0.60	1.5	43
798	<i>boiled in unsalted water</i>	0	60	0	0.11	0.07	0.04	0.4	0.7	0.15	0	51	0.42	1.0	27
799	Celery, raw	0	50	0	0.20	0.06	0.01	0.3	0.1	0.03	0	16	0.40	0.1	8
800	<i>boiled in salted water</i>	0	50	0	0.20	0.06	0.01	Tr	0.1	0.03	0	10	0.28	Tr	4
801	Chicory, raw	0	120	0	N	0.14	Tr	0.1	0.2	0.01	0	14	N	N	5
802	Courgette, raw	0	610	0	N	0.12	0.02	0.3	0.3	0.15	0	52	0.08	N	21
803	<i>boiled in unsalted water</i>	0	(440)	0	N	0.08	0.02	0.2	0.3	0.09	0	31	0.11	N	11
804	<i>fried in corn oil</i>	0	500	0	0.83	0.10	0.01	0.4	0.4	0.09	0	42	N	N	15
805	Cucumber, raw	0	60 ^c	0	0.07	0.03	0.01	0.2	0.1	0.04	0	9	0.30	0.9	2

^a Average figures. The amount of carotene in leafy vegetables depends on the amount of chlorophyll, and the outer green leaves may contain 50 times as much as inner white ones

^b The value for inner leaves. Outer leaves contain 7.0mg α-tocopherol per 100g

^c Carotene can be as high as 260μg per 100g. In peeled cucumbers the carotene ranges from 0 to 35μg per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Vegetables, general continued										
806	Curly kale, raw	IFR; main ribs and stalks removed	0.85	88.4	0.55	3.4	1.6	1.4	33	140
807	<i>boiled in salted water</i>	IFR. As raw; shredded and boiled 7 minutes	1.00	90.9	0.39	2.4	1.1	1.0	24	100
808	Fennel, Florence, raw	IFR; inner leaves and bulb only	0.80	94.2	0.15	0.9	0.2	1.8	12	50
809	<i>boiled in salted water</i>	IFR. As raw; boiled 14 minutes	1.00	94.4	0.14	0.9	0.2	1.5	11	47
810	Garlic, raw	IFR; peeled cloves	0.79	64.3	1.27	7.9	0.6	16.3	98	411
811	Gherkins, pickled, drained	LGC; 10 samples, 5 brands	0.67	92.8	0.14	0.9	0.1	2.6	14 ^a	61 ^a
812	Gourd, karela, raw	LGC; 5 samples. Ends trimmed	0.93	93.3	0.26	1.6	0.2	0.8	11	47
813	Leeks, raw	IFR; trimmed and outer leaves removed	0.57 ^b	90.8	0.26	1.6	0.5	2.9 ^c	22	93
814	<i>boiled in unsalted water</i>	IFR. As raw; chopped and boiled 22 minutes	1.00	92.2	0.20	1.2	0.7	2.6 ^c	21	87
815	Lettuce, average, raw	Average of 4 varieties	0.74	95.1	0.13	0.8	0.5	1.7	14	59
816	Iceberg, raw	IFR; outer leaves removed	0.83	95.6	0.11	0.7	0.3	1.9	13	53
817	Marrow, raw	IFR; flesh only, seeds removed	0.54	95.6	0.08	0.5	0.2	2.2	12	51
818	<i>boiled in unsalted water</i>	IFR. As raw; cut and boiled 19 minutes	1.00	95.9	0.07	0.4	0.2	1.6	9	38
819	Mixed vegetables, frozen, boiled in salted water	LGC; 10 samples. Assorted varieties. Simmered 3-7 minutes	1.00	85.8	0.53	3.3	0.5	6.6	42	180
820	Mushrooms, common, raw	IFR; stalks trimmed where necessary	0.97 ^d	92.6	0.64 ^e	1.8 ^f	0.5	0.4	13	55
821	<i>fried in butter</i>	Calculation from fried in corn oil	1.00	74.8	0.95 ^e	2.4 ^f	16.2	0.3	157	645
822	<i>fried in corn oil</i>	IFR. As raw; sliced and fried 8 minutes	1.00	74.8	0.95 ^e	2.4 ^f	16.2	0.3	157	645
823	Mustard and cress, raw	IFR; leaves and cut stems	1.00 ^g	95.3	0.26	1.6	0.6	0.4	13	56
824	Okra, raw	IFR and literature sources. Ends trimmed	0.74	86.6	0.40	2.8	1.0	3.0	31	130
825	<i>boiled in unsalted water</i>	Calculated from raw	1.00	87.9	0.40	2.5	0.9	2.7	28	119
826	<i>stir-fried in corn oil</i>	IFR. As raw; sliced and fried 5 minutes	1.00	54.5	0.69	4.3	26.1	4.4	269	1122

^a Acetic acid from vinegar will contribute to the energy value^b Bulb only = 0.36^c Including oligosaccharides^d If peeled = 0.75^e 60 per cent of this nitrogen is non-protein nitrogen^f (Total N - non-protein N) × 6.25^g If purchased on soil block = 0.27

Vegetables *continued*

806 to 826

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Vegetables, general continued													
806	Curly kale, raw	0.1	1.3	(0.6)	(0.6)	(0.1)	0	0	3.1	0.2	0.1	0.9	0
807	<i>boiled in salted water</i>	0.1	0.9	(0.4)	(0.4)	(0.1)	0	0	2.8	0.2	0.1	0.6	0
808	Fennel, Florence, raw	0.1	1.7	0.9	0.7	0.1	0	0	2.4	Tr	Tr	Tr	0
809	<i>boiled in salted water</i>	0.1	1.4	0.7	0.6	0.1	0	0	2.3	Tr	Tr	Tr	0
810	Garlic, raw	14.7	1.6	0.4	0.6	0.6	0	0	4.1	0.1	Tr	0.3	0
811	Gherkins, pickled, drained	0.2	2.4	0.5	0.8	1.1	0	0	(1.2)	Tr	Tr	Tr	0
812	Gourd, karela, raw	0.8	Tr	Tr	Tr	Tr	0	0	2.6	N	N	N	0
813	Leeks, raw	0.3	2.2 ^a	0.8	0.9	0.5	0	0	2.2	0.1	Tr	0.3	0
814	<i>boiled in unsalted water</i>	0.2	2.0 ^a	0.7	0.8	0.5	0	0	1.7	0.1	Tr	0.4	0
815	Lettuce, average, raw	Tr	1.7	0.7	0.8	0.2	0	0	0.9	0.1	Tr	0.3	0
816	Iceberg, raw	Tr	1.9	0.7	0.9	0.2	0	0	0.6	Tr	Tr	0.2	0
817	Marrow, raw	0.1	2.1	0.8	1.1	0.2	0	0	0.5	Tr	Tr	Tr	0
818	<i>boiled in unsalted water</i>	0.2	1.4	0.5	0.7	0.1	0	0	0.6	Tr	Tr	Tr	0
819	Mixed vegetables, frozen, boiled in salted water	3.0	3.6	0.4	0.4	2.8	0	0	N	N	N	N	0
820	Mushrooms, common, raw	0.2	0.2	0.1	0.1	0.1	0	0	1.1	0.1	Tr	0.3	0
821	<i>fried in butter</i>	0.2	0.1	Tr	Tr	Tr	0	0	1.5	10.7	3.9	0.5	37
822	<i>fried in corn oil</i>	0.2	0.1	Tr	Tr	Tr	0	0	1.5	2.1	4.0	9.4	0
823	Mustard and cress, raw	Tr	0.4	N	N	N	0	0	1.1	Tr	0.2	0.2	0
824	Okra, raw	0.5	2.5	0.6	0.9	0.9	0	0	4.0	0.3	0.1	0.3	0
825	<i>boiled in unsalted water</i>	0.5	2.3	0.6	0.8	0.9	0	0	3.6	0.3	0.1	0.3	0
826	<i>stir-fried in corn oil</i>	0.8	3.6	0.9	1.3	1.4	0	0	6.3	3.3	6.5	15.1	0

^a Not including oligosaccharides

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Vegetables, general continued													
806	Curly kale, raw	43	450	130	34	61	1.7	0.03	0.4	68	0.8	(2)	N
807	<i>boiled in salted water</i>	100	160	150	8	39	2.0	0.02	0.2	N	0.4	(2)	N
808	Fennel, Florence, raw	11	440	24	8	26	0.3	0.02	0.5	27	N	N	N
809	<i>boiled in salted water</i>	96	300	20	7	21	0.2	0.01	0.4	120	N	N	N
810	Garlic, raw	4	620	19	25	170	1.9	0.06	1.0	73	0.5	2	3
811	Gherkins, pickled, drained	690	110	20	11	22	0.7	0.10	0.3	1060	0.1	N	N
812	Gourd, karela, raw	1	330	19	31	48	1.4	0.27	0.4	21	0.3	N	N
813	Leeks, raw	2	260	24	3	44	1.1	0.02	0.2	59	0.2	(1)	N
814	<i>boiled in unsalted water</i>	6	150	20	2	32	0.7	0.02	0.2	43	0.2	(1)	N
815	Lettuce, average, raw	3	220	28	6	28	0.7	0.01	0.2	47	0.3	(1)	2
816	Iceberg, raw	2	160	19	5	18	0.4	0.01	0.1	42	0.3	(1)	2
817	Marrow, raw	1	140	18	10	17	0.2	0.02	0.2	30	N	N	N
818	<i>boiled in unsalted water</i>	1	110	14	7	18	0.1	0.01	0.2	14	N	N	N
819	Mixed vegetables, frozen, boiled in salted water	96	130	35	16	57	0.8	0.02	0.4	140	0.2	N	N
820	Mushrooms, common, raw	5	320	6	9	80	0.6	0.72	0.4	69	0.1	9	3
821	<i>fried in butter</i>	150	340	11	19	110	1.0	0.40	0.5	320	0.1	12	11
822	<i>fried in corn oil</i>	4	340	8	19	100	1.0	0.40	0.5	89	0.1	12	4
823	Mustard and cress, raw	19	110	50	22	33	1.0	0.01	0.3	39	N	N	N
824	Okra, raw	8	330	160	71	59	1.1	0.13	0.6	41	N	(1)	N
825	<i>boiled in unsalted water</i>	5	310	120	57	54	0.6	0.09	0.5	N	N	(1)	N
826	<i>stir-fried in corn oil</i>	13	480	220	110	89	1.5	0.19	1.0	64	N	(2)	N

Vegetables continued

806 to 826

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Vegetables, general continued															
806	Curly kale, raw	0	3145	0	(1.70)	0.08	0.09	1.0	0.7	0.26	0	120	0.09	0.5	110
807	<i>boiled in salted water</i>	0	3375	0	(1.33)	0.02	0.06	0.8	0.5	0.13	0	86	0.05	0.4	71
808	Fennel, Florence, raw	0	140	0	N	0.06	0.01	0.6	N	0.06	0	42	N	N	5
809	<i>boiled in salted water</i>	0	60	0	N	0.05	0.01	0.4	N	0.08	0	26	N	N	2
810	Garlic, raw	0	Tr	0	0.01	0.13	0.03	0.3	1.9	0.38	0	5	N	N	17
811	Gherkins, pickled, drained	0	2	0	N	Tr	0.02	0.1	0.1	N	0	6	N	N	1
812	Gourd, karela, raw	0	345	0	N	0.09	0.05	0.4	0.3	N	0	45	N	N	185
813	Leeks, raw	0	177	0	0.92	0.29	0.05	0.4	0.2	0.48	0	56	0.12	1.4	17
814	<i>boiled in unsalted water</i>	0	150	0	0.78	0.02	0.02	0.4	0.2	0.05	0	40	0.10	1.0	7
815	Lettuce, average, raw	0	1023 ^a	0	0.57	0.12	0.02	0.4	0.1	0.04	0	55	(0.18)	0.7	5
816	Iceberg, raw	0	50 ^a	0	0.57	0.11	0.01	0.3	0.1	0.03	0	53	(0.18)	0.7	3
817	Marrow, raw	0	110	0	Tr	0.08	Tr	0.2	0.1	0.03	0	13	0.10	0.4	11
818	<i>boiled in unsalted water</i>	0	110	0	Tr	0.08	Tr	0.2	0.1	0.01	0	15	0.07	0.4	3
819	Mixed vegetables, frozen, boiled in salted water	0	2520	0	N	0.12	0.09	0.8	0.5	0.11	0	52	N	N	13
820	Mushrooms, common, raw	0	0	0	0.12	0.09	0.31	3.2	0.3	0.18	0	44	2.00	12.0	1
821	<i>fried in butter</i>	160	85	0.1	0.40	0.09	0.34	2.3	0.4	0.19	Tr	11	1.40	8.0	1
822	<i>fried in corn oil</i>	0	Tr	0	2.84	0.09	0.34	2.3	0.4	0.19	0	11	1.40	8.0	1
823	Mustard and cress, raw	0	(1280)	0	0.70	0.04	0.04	1.0	0.3	0.15	0	60	N	N	33
824	Okra, raw	0	515	0	N	0.20	0.06	1.0	0.4	0.21	0	88	0.25	N	21
825	<i>boiled in unsalted water</i>	0	465	0	N	0.13	0.05	0.9	0.3	0.19	0	46	0.21	N	16
826	<i>stir-fried in corn oil</i>	0	560	0	4.50	0.17	0.06	0.9	0.6	0.20	0	83	0.23	N	21

^a Average figures. The outer green leaves may contain 50 times as much as the inner white ones

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Vegetables, general continued										
827	Onions, raw	IFR; flesh only	0.91	89.0	0.20	1.2	0.2	7.9 ^a	36	150
828	<i>fried in corn oil</i>	IFR. As raw; sliced into rings and fried 15 minutes ^b	1.00	65.7	0.37	2.3	11.2	14.1 ^a	164	684
829	<i>pickled, drained</i>	LGC; 10 samples, 7 brands	0.58	90.6	0.14	0.9	0.2	4.9 ^a	24 ^c	101 ^c
830	<i>pickled, cocktail/silverskin, drained</i>	LGC; 10 samples, 8 brands	0.59	91.8	0.10	0.6	0.1	3.1 ^a	15 ^c	63 ^c
831	Parsnip, raw	LGC; ends trimmed and peeled	0.72	79.3	0.29	1.8	1.1	12.5 ^a	64	271
832	<i>boiled in unsalted water</i>	LGC. As raw; sliced and boiled 12 minutes ^d	1.00	78.7	0.26	1.6	1.2	12.9 ^a	66	278
833	Peppers, capsicum, chilli, green, raw	Refs. Cashel et al. (1989), Gopalan et al. (1980)	0.90	85.7	0.46	2.9	0.6	0.7	20	83
834	<i>capsicum, green, raw</i>	IFR; stalk and seeds removed	0.84	93.3	0.13	0.8	0.3	2.6 ^a	15	65
835	<i>green, boiled in salted water</i>	IFR. As raw; sliced and boiled 15 minutes	1.00	92.6	0.16	1.0	0.5	2.6 ^a	18	76
836	<i>capsicum, red, raw</i>	IFR; stalk and seeds removed	0.83	90.4	0.17	1.0	0.4	6.4 ^a	32	134
837	<i>red, boiled in salted water</i>	Calculation from raw	1.00	89.5	0.19	1.1	0.4	7.0 ^a	34	145
838	Plantain, boiled in unsalted water	10 samples. Flesh only; boiled 30 minutes. And literature sources	1.00	68.5	0.13	0.8	0.2	28.5	112	477
839	<i>ripe, fried in vegetable oil</i>	8 samples	1.00	34.7	0.24	1.5	9.2	47.5	267	1126
840	Pumpkin, raw	IFR; flesh only, peeled thickly, seeds removed	0.67	95.0	0.12	0.7	0.2	2.2	13	55
841	<i>boiled in salted water</i>	IFR. As raw; boiled 15 minutes	1.00	94.9	0.10	0.6	0.3	2.1	13	56
842	Quorn, pieces, as purchased	Manufacturer's information (Marlow Foods); pieces	1.00	74.2	2.25 ^e	14.1	3.2	1.9 ^a	92	389
843	Radish, red, raw	IFR; ends trimmed, flesh and skin	0.81	95.4	0.11	0.7	0.2	1.9	12	49
844	Shallots, raw	Literature sources	0.72	92.8	0.24	1.5	0.2	3.3	20	86

^a Including oligosaccharides^b Onion rings in batter, frozen, oven baked contain 3.6g protein, 15.3g fat, 31.3g carbohydrate (26.4g starch, 4.9g sugars), 269kcal and 1128kJ energy per 100g^c Acetic acid from vinegar will contribute to the energy value^d Roast parsnip, frozen, contains 2.3g protein, 5.7g fat, 21.0g carbohydrate (11.9g starch, 9.1g sugar), 139kcal and 585kJ energy per 100g^e Additional non-protein nitrogen from chitin is present in variable amounts

Vegetables *continued*

827 to 844

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Vegetables, general continued													
827	Onions, raw	Tr	5.6 ^a	2.1	1.6	1.9	0	0	1.4	Tr	Tr	0.1	0
828	<i>fried in corn oil</i>	0.1	10.0 ^a	3.8	2.8	3.4	0	0	3.1	1.4	2.8	6.5	0
829	<i>pickled, drained</i>	Tr	3.5 ^a	0.9	1.4	1.2	0	0	1.2	Tr	Tr	0.1	0
830	<i>pickled, cocktail/silverskin, drained</i>	Tr	2.2 ^a	0.7	1.3	0.2	0	0	N	Tr	Tr	Tr	0
831	Parsnip, raw	6.2	5.7 ^a	0.8	0.5	4.3	0	0	4.6	0.2	0.5	0.2	0
832	<i>boiled in unsalted water</i>	6.4	5.9 ^a	0.8	0.5	4.5	0	0	4.7	0.2	0.5	0.2	0
833	Peppers, capsicum, chilli, green, raw	Tr	0.7	0.4	0.2	0.1	0	0	N	N	N	N	0
834	<i>capsicum, green, raw</i>	0.1	2.4 ^a	1.0	1.4	Tr	0	0	1.6	0.1	Tr	0.2	0
835	<i>green, boiled in salted water</i>	0.2	2.3 ^a	0.9	1.4	Tr	0	0	1.8	0.1	Tr	0.3	0
836	<i>capsicum, red, raw</i>	0.1	6.1 ^a	2.5	3.6	Tr	0	0	1.6	0.1	Tr	0.2	0
837	<i>red, boiled in salted water</i>	0.1	6.7 ^a	2.7	3.9	Tr	0	0	1.7	0.1	Tr	0.2	0
838	Plantain, boiled in unsalted water	23.0	5.5	0.8	0.9	3.9	0	0	1.2	0.1	Tr	0.1	0
839	<i>ripe, fried in vegetable oil</i>	36.0	11.5	2.3	2.3	6.9	0	0	2.3	1.0	3.3	4.5	0
840	Pumpkin, raw	0.3	1.7	0.7	0.6	0.4	0	0	1.0	0.1	Tr	Tr	0
841	<i>boiled in salted water</i>	0.1	1.8	0.7	0.6	0.4	0	0	1.1	0.1	Tr	Tr	0
842	Quorn, pieces, as purchased	1.1	0.8 ^a	0.8	Tr	Tr	Tr	Tr	4.8	0.6	0.7	1.9	0
843	Radish, red, raw	Tr	1.9	1.2	0.7	Tr	0	0	0.9	0.1	Tr	0.1	0
844	Shallots, raw	Tr	3.3	1.2	1.0	1.1	0	0	(1.4)	Tr	Tr	0.1	0

^a Not including oligosaccharides

Vegetables *continued*

827 to 844

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Vegetables, general continued													
827	Onions, raw	3	160	25	4	30	0.3	0.05	0.2	25	0.1	(1)	3
828	<i>fried in corn oil</i>	4	370	47	8	44	0.8	0.04	0.3	53	0.2	(2)	6
829	<i>pickled, drained</i>	450	93	22	5	23	0.2	0.04	0.1	730	0.1	(1)	(3)
830	<i>pickled, cocktail/silverskin, drained</i>	620	60	29	5	16	0.5	0.04	0.1	990	0.1	N	N
831	Parsnip, raw	10	450	41	23	74	0.6	0.05	0.3	49	0.5	2	N
832	<i>boiled in unsalted water</i>	4	350	50	23	76	0.6	0.04	0.3	33	0.3	N	N
833	Peppers, capsicum, chilli, green, raw	7	220	30	24	80	1.2	N	0.4	15	N	N	N
834	<i>capsicum, green, raw</i>	4	120	8	10	19	0.4	0.02	0.1	19	0.1	Tr	1
835	<i>green, boiled in salted water</i>	70	140	9	10	23	0.4	0.03	0.2	100	0.1	Tr	1
836	<i>capsicum, red, raw</i>	4	160	8	14	22	0.3	0.01	0.1	24	0.1	Tr	(1)
837	<i>red, boiled in salted water</i>	70	180	9	14	26	0.3	0.01	0.2	100	0.1	Tr	(1)
838	Plantain, boiled in unsalted water	4	400	5	33	31	0.5	0.08	0.2	50	N	(2)	N
839	<i>ripe, fried in vegetable oil</i>	3	610	6	54	66	0.8	0.20	0.4	110	N	(3)	N
840	Pumpkin, raw	Tr	130	29	10	19	0.4	0.02	0.2	37	(0.1)	N	N
841	<i>boiled in salted water</i>	76	84	23	7	15	0.1	0.02	0.2	N	(0.1)	N	N
842	Quorn, pieces, as purchased	348	120	29	37	237	0.6	0.10	7.0	N	2.8	N	N
843	Radish, red, raw	11	240	19	5	20	0.6	0.01	0.2	37	0.1	(2)	(1)
844	Shallots, raw	10	180	24	(4)	50	0.8	(0.05)	0.4	(25)	(0.1)	(1)	(3)

Vegetables *continued*

827 to 844

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Vegetables, general continued															
827	Onions, raw	0	10	0	0.31	0.13	Tr	0.7	0.3	0.20	0	17	0.11	0.9	5
828	<i>fried in corn oil</i>	0	40	0	1.93	0.08	0.01	Tr	0.5	0.10	0	38	0.12	1.3	3
829	<i>pickled, drained</i>	0	(10)	0	(0.31)	0.02	Tr	0.1	0.2	0.10	0	14	N	N	Tr
830	<i>pickled, cocktail/silverskin, drained</i>	0	Tr	0	N	N	Tr	N	0.1	N	0	N	N	N	Tr
831	Parsnip, raw	0	30	0	1.00	0.23	0.01	1.0	0.5	0.11	0	87	0.50	0.1	17
832	<i>boiled in unsalted water</i>	0	30	0	1.00	0.07	0.01	0.7	0.4	0.09	0	41	0.35	Tr	10
833	Peppers, capsicum, chilli, green, raw	0	175	0	N	0.07	0.08	1.1	0.5	N	0	29	N	N	120
834	<i>capsicum, green, raw</i>	0	265	0	0.80	0.01	0.01	0.1	0.1	0.30	0	36	0.08	N	120
835	<i>green, boiled in salted water</i>	0	240	0	0.80	0.01	0.02	Tr	0.2	0.26	0	19	0.06	N	69
836	<i>capsicum, red, raw</i>	0	3840	0	0.80	0.01	0.03	1.3	0.2	0.36	0	21	0.08	N	140
837	<i>red, boiled in salted water</i>	0	3780	0	0.90	0.01	0.03	0.9	0.2	0.31	0	11	0.06	N	81
838	Plantain, boiled in unsalted water	0	(350)	0	(0.20)	0.03	0.04	0.5	0.1	0.24	0	22	0.25	N	9
839	<i>ripe, fried in vegetable oil</i>	0	N	0	N	0.11	0.02	0.6	0.2	(1.00)	0	37	0.73	N	12
840	Pumpkin, raw	0	450	0	1.06	0.16	Tr	0.1	0.1	0.02	0	10	0.40	(0.4)	14
841	<i>boiled in salted water</i>	0	955	0	(1.06)	0.14	Tr	0.1	0.1	0.03	0	10	0.30	(0.4)	7
842	Quorn, pieces, as purchased	0	0	0	0	0.10	0.39	0.3	(2.7)	0.08	0.3	21	0.36	5.9	0
843	Radish, red, raw	0	Tr	0	0	0.03	Tr	0.4	0.1	0.07	0	38	0.18	N	17
844	Shallots, raw	0	N	0	(0.31)	0.04	0.06	0.6	0.4	(0.20)	0	(17)	(0.11)	(0.9)	13

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Vegetables, general continued										
845	Spinach , raw	IFR; ribs and stems removed	0.81	89.7	0.45	2.8	0.8	1.6	25	103
846	<i>boiled in unsalted water</i>	IFR. As raw; shredded	1.00	91.8	0.35	2.2	0.8	0.8	19	79
847	<i>frozen, boiled in unsalted water</i>	LGC; 10 samples, 8 brands. Boiled 2-10 minutes	1.00	91.6	0.50	3.1	(0.8)	0.5	21	90
848	Spring greens , raw	IFR; main ribs and stems removed	0.84	86.2	0.48	3.0	1.0	3.1	33	136
849	<i>boiled in unsalted water</i>	IFR. As raw; boiled 12 minutes	1.00	92.2	0.30	1.9	0.7	1.6	20	82
850	Spring onions , bulbs and <i>tops, raw</i>	IFR; peeled bulb and leaves	0.69	92.2	0.32	2.0	0.5	3.0	23	98
851	Swede , raw	IFR; flesh only, peeled thinly	0.73	91.2	0.11	0.7	0.3	5.0	24	101
852	<i>boiled in unsalted water</i>	IFR. As raw; diced and boiled 22 minutes	1.00	95.8	0.05	0.3	0.1	2.3	11	46
853	Sweet potato , raw	IFR; flesh only, yellow variety	0.84	73.7	0.19	1.2	0.3	21.3	87	372
854	<i>boiled in salted water</i>	IFR. As raw; boiled 27 minutes	1.00	74.7	0.18	1.1	0.3	20.5	84	358
855	Sweetcorn , baby, canned, <i>drained</i>	Ref. Wu Leung et al. (1972)	0.53	92.5	0.46	2.9	0.4	2.0	23	96
856	kernels, canned, <i>re-heated</i> , <i>drained</i>	LGC; 10 samples, 5 brands	0.82	72.3	0.47	2.9	1.2	26.6 ^a	122	519
857	on-the-cob, whole, <i>boiled in unsalted water</i>	IFR; boiled 19 minutes	0.59	69.9	0.68	4.2	2.3	19.6 ^a	111	470
858	Tomatoes , raw	IFR; flesh, skin and seeds	1.00	93.1	0.11	0.7	0.3	3.1	17	73
859	<i>fried in corn oil</i>	IFR. As raw; sliced and fried 10 minutes	1.00	84.4	0.13	0.7	7.7	5.0	91	377
860	<i>grilled</i>	Calculated from raw using water loss of 13%	1.00	92.1	0.13	0.08	0.3	3.5	20	83
861	canned, <i>whole contents</i>	LGC; 10 samples, 10 brands. Tomatoes and juice	1.00 ^b	94.0	0.16	1.0	0.1	3.0	16	69
862	Turnip , raw	IFR; flesh only, peeled thinly	0.75	91.2	0.14	0.9	0.3	4.7	23	98
863	<i>boiled in unsalted water</i>	IFR. As raw; diced and boiled 19 minutes	1.00	93.1	0.10	0.6	0.2	2.0	12	51

^a Including oligosaccharides^b Drained = 0.6

Vegetables *continued*

845 to 863

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Vegetables, general continued													
845	Spinach, raw	0.1	1.5	0.5	0.5	0.5	0	0	2.1	0.1	0.1	0.5	0
846	<i>boiled in unsalted water</i>	Tr	0.8	0.3	0.3	0.3	0	0	2.1	0.1	0.1	0.5	0
847	<i>frozen, boiled in unsalted water</i>	0.2	0.3	0.1	Tr	0.1	0	0	(2.1)	0.1	0.1	0.5	0
848	Spring greens, raw	0.4	2.7	(1.3)	(1.2)	(0.2)	0	0	3.4	0.1	0.1	0.6	0
849	<i>boiled in unsalted water</i>	0.2	1.4	(0.7)	(0.6)	(0.1)	0	0	2.6	0.1	0.1	0.4	0
850	Spring onions, bulbs and tops, raw	0.2	2.8	1.2	1.4	0.2	0	0	1.5	0.1	0.1	0.2	0
851	Swede, raw	0.1	4.9	2.7	2.0	0.2	0	0	1.9	Tr	Tr	0.2	0
852	<i>boiled in unsalted water</i>	0.1	2.2	1.2	0.9	0.1	0	0	0.7	Tr	Tr	0.1	0
853	Sweet potato, raw	15.6	5.7	0.7	0.6	4.4	Tr	0	2.4	0.1	Tr	0.1	0
854	<i>boiled in salted water</i>	8.9	11.6	N	N	N	N	0	2.3	0.1	Tr	0.1	0
855	Sweetcorn, baby, canned, drained	0.6	1.4	1.0	0.4	Tr	0	0	1.5	N	N	N	0
856	<i>kernels, canned, re-heated, drained</i>	16.6	9.6 ^a	0.7	0.5	8.4	0.1	0	1.4	0.2	0.3	0.5	0
857	<i>on-the-cob, whole, boiled in unsalted water</i>	16.9	2.3 ^a	0.5	0.3	1.3	0.1	0	2.2	0.2	0.3	0.5	0
858	Tomatoes, raw	Tr	3.1	1.4	1.5	0.1	0	0	1.0	0.1	0.1	0.2	0
859	<i>fried in corn oil</i>	0.1	4.9	2.3	2.5	0.2	0	0	1.3	1.0	1.9	4.5	0
860	<i>grilled</i>	Tr	3.5	1.6	1.7	0.1	0	0	1.5	1.1	0.1	0.2	0
861	<i>canned, whole contents</i>	0.2	2.8	1.3	1.4	Tr	0	0	0.7	Tr	Tr	Tr	0
862	Turnip, raw	0.2	4.5	2.3	1.7	0.6	0	0	2.4	Tr	Tr	0.2	0
863	<i>boiled in unsalted water</i>	0.1	1.9	0.9	0.7	0.3	0	0	1.9	Tr	Tr	0.1	0

^a Not including oligosaccharides

Vegetables *continued*

845 to 863

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Vegetables, general continued													
845	Spinach, raw	140	500	170	54	45	2.1	0.04	0.7	98	0.6	(1)	2
846	<i>boiled in unsalted water</i>	120	230	160	34	28	1.6	0.01	0.5	56	0.5	(1)	2
847	<i>frozen, boiled in unsalted water</i>	16	340	150	31	48	1.7	0.09	0.6	31	0.2	(1)	(2)
848	Spring greens, raw	20	370	210	19	91	3.0	0.02	0.4	78	N	N	N
849	<i>boiled in unsalted water</i>	10	160	75	8	29	1.4	0.02	0.3	16	N	N	N
850	Spring onions, bulbs and tops, raw	7	260	39	12	29	1.9	0.06	0.4	31	0.2	N	N
851	Swede, raw	15	170	53	9	40	0.1	0.01	0.3	31	(0.1)	(1)	N
852	<i>boiled in unsalted water</i>	14	86	26	4	11	0.1	Tr	0.1	9	(0.1)	(1)	N
853	Sweet potato, raw	40	370	24	18	50	0.7	0.14	0.3	65	0.4	(1)	2
854	<i>boiled in salted water</i>	32	300	23	45	50	0.7	0.14	0.3	52	0.4	(1)	2
855	Sweetcorn, baby, canned, drained	1140	180	8	N	N	1.2	N	N	1760	N	N	N
856	<i>kernels, canned, re-heated, drained</i>	270	220	4	23	79	0.5	Tr	0.5	390	0.1	Tr	N
857	<i>on-the-cob, whole, boiled in unsalted water</i>	1	240	3	34	81	0.6	0.04	0.4	14	0.2	Tr	N
858	Tomatoes, raw	9	250	7	7	24	0.5	0.01	0.1	55	0.1	Tr	2
859	<i>fried in corn oil</i>	10	300	12	13	24	0.5	0.02	0.1	57	0.1	Tr	2
860	<i>grilled</i>	10	286	8	8	27	0.6	0.01	0.1	63	0.1	Tr	2
861	<i>canned, whole contents</i>	39	250	12	11	19	0.4	0.07	0.1	93	0.1	Tr	(3)
862	Turnip, raw	15	280	48	8	41	0.2	0.01	0.1	39	0.1	(1)	N
863	<i>boiled in unsalted water</i>	28	200	45	6	31	0.2	0.01	0.1	31	0.1	(1)	N

Vegetables *continued*

845 to 863

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Vegetables, general continued															
845	Spinach, raw	0	3535	0	1.71	0.07	0.09	1.2	0.7	0.17	0	114	(0.27)	(0.1)	26
846	<i>boiled in unsalted water</i>	0	6604	0	(1.71)	0.06	0.05	0.9	0.6	0.09	0	81	0.21	0.1	8
847	<i>frozen, boiled in unsalted water</i>	0	(6604)	0	(1.71)	(0.06)	(0.05)	(0.9)	0.8	(0.09)	0	52	(0.21)	(0.1)	6
848	Spring greens, raw	0	8295	0	N	0.07	0.11	1.5	0.5	0.23	0	92	0.39	(0.4)	180
849	<i>boiled in unsalted water</i>	0	2270	0	N	0.05	0.06	1.2	0.3	0.18	0	66	0.30	(0.4)	77
850	Spring onions, bulbs and tops, raw	0	620	0	N	0.05	0.03	0.5	0.5	0.13	0	54	0.07	N	26
851	Swede, raw	0	350	0	Tr	0.15	Tr	1.2	0.1	0.21	0	31	0.11	0.1	31
852	<i>boiled in unsalted water</i>	0	165	0	Tr	0.13	0.01	1.0	0.1	0.04	0	18	0.07	Tr	15
853	Sweet potato, raw	0	3930 ^a	0	(0.28)	0.17	Tr	0.5	0.3	0.09	0	17	0.59	N	23
854	<i>boiled in salted water</i>	0	3960 ^b	0	(0.28)	0.07	0.01	0.5	0.3	0.05	0	8	0.53	N	17
855	Sweetcorn, baby, canned, drained	0	(140)	0	N	0.02	0.04	0.1	0.3	N	0	N	N	N	14
856	<i>kernels, canned, re-heated, drained</i>	0	110	0	0.46	0.04	0.06	1.5	0.5	0.13	0	20	0.22	N	1
857	<i>on-the-cob, whole, boiled in unsalted water</i>	0	120	0	0.88	0.18	0.05	2.0	0.5	0.15	0	34	0.63	N	7
858	Tomatoes, raw	0	564	0	1.22	0.09	0.01	1.0	0.1	0.14	0	22	0.25	1.5	17
859	<i>fried in corn oil</i>	0	765	0	N	0.09	0.01	0.5	0.1	0.10	0	17	(0.25)	(1.5)	16
860	<i>grilled</i>	0	646	0	1.40	0.11	0.01	1.1	0.1	0.16	0	25	0.29	1.7	19
861	<i>canned, whole contents</i>	0	362	0	1.22	0.05	0.02	0.7	0.1	0.11	0	18	0.20	1.5	12
862	Turnip, raw	0	20	0	Tr	0.05	0.01	0.4	0.2	0.08	0	14	0.20	0.1	17
863	<i>boiled in unsalted water</i>	0	20	0	Tr	0.05	0.02	0.2	0.1	0.04	0	8	0.14	Tr	10

^a Value for orange fleshed varieties. Carotene can range from 1820 to 16000μg per 100g. White fleshed varieties contain approximately 69μg per 100g

^b White fleshed varieties contain approximately 66μg per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Vegetables, general continued										
864	Watercress, raw	IFR; large stalks removed	0.62	92.5	0.48	3.0	1.0	0.4	22	94
865	Yam, raw	IFR; flesh only	0.81	67.2	0.25	1.5	0.3	28.2	114	488
866	<i>boiled in unsalted water</i>	IFR. As raw; boiled 25 minutes	1.00	64.4	0.27	1.7	0.3	33.0	133	568
Vegetable dishes										
867	Beanburger, soya, fried in vegetable oil	Recipe from review of recipe collection	1.00	57.4	1.71	10.6	11.0	13.7	193	807
868	Bubble and squeak, fried in vegetable oil	Fried cabbage and potato. Recipe from Wiles et al, 1980	1.00	77.5	0.23	1.4	9.1	9.8	125	519
869	Cannelloni, vegetable	Pasta tubes with mixed vegetable filling. Recipe from dietary survey records	1.00	68.7	0.81	5.1	9.1	15.5	161	675
870	Casserole, vegetable	Recipe from dietary survey records	1.00	84.2	0.35	2.2	0.4	10.6	52	221
871	Cauliflower cheese, made with semi-skimmed milk	Recipe	1.00	79.0	0.96	6.0	6.5	5.1	102	423
872	Chilli, vegetable	Recipe from dietary survey records	1.00	82.7	0.42	2.6	0.6	10.7	56	238
873	Coleslaw, with mayonnaise, retail	Recipe from average of manufacturers' proportions	1.00	65.6	0.20	1.2	26.4	4.2	258	939
874	<i>with reduced calorie dressing, retail</i>	Recipe from average of manufacturers' proportions	1.00	86.2	0.14	0.9	4.5	6.1	67	280
875	Curry, chick pea dahl	Punjabi dish. Split chick peas and tomato. Recipe from dietary survey records	1.00	63.7	1.27	7.9	6.1	17.9	154	645
876	<i>vegetable, retail, with rice</i>	4 samples, 2 brands; cooked in conventional and microwave ovens according to packet directions	1.00	74.5	0.53	3.3	3.0	16.4	102	429

Vegetables *continued*

864 to 876

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Vegetables, general continued													
864	Watercress, raw	Tr	0.4	0.2	0.1	0.1	0	0	1.5	0.3	0.1	0.4	0
865	Yam, raw	27.5	0.7	0.2	0.1	0.4	0	0	1.3	0.1	Tr	0.1	0
866	<i>boiled in unsalted water</i>	32.3	0.7	0.2	0.1	0.4	0	0	1.4	0.1	Tr	0.1	0
Vegetable dishes													
867	Beanburger, soya, fried in vegetable oil	9.1	3.5	0.9	0.9	1.6	0	0	4.7	1.52	4.18	3.97	33
868	Bubble and squeak, fried in vegetable oil	8.4	1.4	0.6	0.5	0.3	0	0	1.5	1.1	4.7	2.9	0
869	Cannelloni, vegetable	13.0	2.4	0.2	0.2	0.1	0.2	1.7	0.8	3.5	3.4	1.5	15
870	Casserole, vegetable	5.5	4.6	1.4	1.3	1.8	0	0	2.1	0.1	0.1	0.2	0
871	Cauliflower cheese, made with semi-skimmed milk	2.1	2.9	0.9	0.7	0.1	0	1.2	1.3	2.9	1.7	1.4	11
872	Chilli, vegetable	5.6	4.5	0.9	0.8	2.8	0	0	2.5	0.1	0.1	0.2	Tr
873	Coleslaw, with mayonnaise, retail	0.2	3.9	1.5	1.4	1.0	0	0	1.4	3.9	6.0	15.3	26
874	<i>with reduced calorie dressing, retail</i>	0.1	6.0	1.5	1.4	3.1	0	0	1.4	0.5	1.5	2.2	0
875	Curry, chick pea dahl	14.7	1.8	0.4	0.4	1.0	0	0	N	0.7	2.6	2.2	0
876	<i>vegetable, retail, with rice</i>	14.0	2.4	0.7	0.8	0.7	Tr	0.2	N	N	N	N	Tr

Inorganic constituents per 100g edible portion

No.	Food	mg										µg	
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Vegetables, general continued													
864	Watercress, raw	49	230	170	15	52	2.2	0.01	0.7	170	0.6	N	N
865	Yam, raw	2	380	15	15	27	0.7	0.01	0.3	10	0.1	N	N
866	<i>boiled in unsalted water</i>	17	260	12	12	21	0.4	0.03	0.4	40	Tr	N	N
Vegetable dishes													
867	Beanburger, soya, fried in vegetable oil	265	449	69	53	211	2.7	0.28	1.1	412	0.9	4	N
868	Bubble and squeak, fried in vegetable oil	8	204	19	9	29	0.4	0.04	0.2	28	0.2	(2)	4
869	Cannelloni, vegetable	266	117	104	14	93	0.5	0.05	0.6	N	0.2	N	N
870	Casserole, vegetable	73	318	23	16	51	0.6	0.06	0.3	143	0.2	1	(3)
871	Cauliflower cheese, made with semi-skimmed milk	199	309	120	18	119	0.6	0.03	0.9	314	0.2	1	11
872	Chilli, vegetable	307	251	29	17	58	0.8	0.03	0.3	481	0.2	2	N
873	Coleslaw, with mayonnaise, retail	160	150	32	3	26	0.4	0.01	0.2	290	0.1	N	13
874	<i>with reduced calorie dressing, retail</i>	200	160	31	6	19	0.3	0.01	0.1	330	0.1	Tr	2
875	Curry, chick pea dahl	19	398	23	40	120	2.0	0.35	1.3	38	0.6	1	N
876	<i>vegetable, retail, with rice</i>	250	150	37	16	54	0.8	0.10	0.4	380	0.3	N	N

Vegetables *continued*

864 to 876

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Vegetables, general continued															
864	Watercress, raw	0	2520	0	1.46	0.16	0.06	0.3	0.5	0.23	0	45	0.10	0.4	62
865	Yam, raw	0	Tr ^a	0	N	0.16	0.01	0.2	0.3	0.16	0	8	0.31	N	4
866	<i>boiled in unsalted water</i>	0	Tr	0	N	0.14	0.01	0.2	0.4	0.12	0	6	0.31	N	4
Vegetable dishes															
867	Beanburger, soya, fried in vegetable oil	16	190	0.2	1.28	0.19	0.11	0.9	2.0	0.17	0.2	22	0.48	18.1	4
868	Bubble and squeak, fried in vegetable oil	0	411	0	N	0.13	0.01	0.4	0.3	0.21	0	30	0.27	0.2	13
869	Cannelloni, vegetable	56	493	N	0.26	0.06	0.11	0.4	1.0	0.06	0.4	(4)	(0.13)	(0.7)	3
870	Casserole, vegetable	0	1464	0	0.78	0.15	0.09	1.2	0.4	0.18	0	22	0.24	0.7	7
871	Cauliflower cheese, made with semi-skimmed milk	56	58	0.2	1.01	0.11	0.11	0.4	1.5	0.18	0.3	25	0.43	1.8	15
872	Chilli, vegetable	Tr	1559	0	0.54	0.09	0.03	0.6	0.4	0.10	0	13	0.15	N	6
873	Coleslaw, with mayonnaise, retail	29	870	0.1	6.74	0.08	0.03	0.2	0.2	0.12	0.2	21	N	N	20
874	<i>with reduced calorie dressing, retail</i>	0	755	0	1.22	0.08	0.01	0.2	0.1	0.12	0	20	0.14	0.1	20
875	Curry, chick pea dahl	0	198	0	1.16	0.13	0.07	0.7	1.1	0.17	0	32	0.46	N	2
876	<i>vegetable, retail, with rice</i>	Tr	N	Tr	N	0.06	0.08	0.6	0.7	0.13	Tr	8	N	N	N

^a Yellow fleshed varieties contain 400 to 1440µg carotene per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Vegetable dishes continued</i>										
877	Flan , vegetable	Recipe from dietary survey records and dissection of shop-bought samples	1.00	58.1	0.87	5.3	14.5	19.9	226	945
878	Garlic mushrooms (not coated)	Recipe from review of recipe collection ^a	1.00	77.5	0.70	2.1	14.4	0.7	140	579
879	Lasagne , vegetable, <i>retail</i>	8 assorted samples; cooked in conventional and microwave ovens according to packet directions	1.00	72.6	0.77	4.8	5.3	13.4	117	492
880	Moussaka , vegetable, <i>retail</i>	7 samples, 3 brands; cooked in conventional and microwave ovens according to packet directions	1.00	75.4	0.94	5.9	4.9	8.0	98	410
881	Nut roast	Recipe from review of recipe collection. Mixed nuts	1.00	38.8	2.42	13.2	23.5	18.4	333	1386
882	Pakora/bhajia , vegetable, <i>retail</i>	Recipe from manufacturer	1.00	50.5	1.04	6.4	14.7	21.4	235	975
883	Pancakes , stuffed with vegetables	Tomato, mushroom and onion stuffing. Recipe adapted from a recipe from Leeds Polytechnic	1.00	72.7	0.67	3.9	7.6	14.1	137	573
884	Pasty , vegetable	Recipe from dietary survey records	1.00	45.8	0.69	4.0	16.5	33.1	289	1208
885	Pie , vegetable	Recipe from review of recipe collection	1.00	68.0	0.52	3.0	8.4	18.8	159	663
886	Ratatouille , <i>retail</i>	9 frozen samples, 3 brands; shallow fried then simmered for 35-40 minutes	1.00	85.5	0.20	1.2	6.6	3.7	78	324
887	Risotto , vegetable	White rice, vegetables, red kidney beans and cashew nuts. Recipe from Leeds Polytechnic	1.00	66.9	0.77	4.1	6.5	19.2	147	619
888	Salad , green	Lettuce, cucumber, pepper and celery. Recipe from review of recipe collection	1.00	95.1	0.12	0.7	0.3	1.8	12	51
889	potato, with mayonnaise, <i>retail</i>	Recipe from manufacturers	1.00	59.0	0.25	1.5	26.5	11.4	287	1063

^aGarlic mushrooms in breadcrumbs contain 4.3g protein, 17.3g fat, 19.4g carbohydrate (18.3g starch, 1.1g sugars), 246kcal and 1024kJ energy per 100g

Vegetables *continued*

877 to 889

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
<i>Vegetable dishes continued</i>													
877	Flan , vegetable	17.3	2.4	0.4	0.4	0.5	Tr	0.7	1.5	5.4	6.4	3.2	15
878	Garlic mushrooms (not coated)	0.3	0.3	0.1	0.1	0.1	0	0.1	1.2	8.9	3.5	0.8	36
879	Lasagne , vegetable, <i>retail</i>	9.0	4.4	0.7	0.7	0.2	1.6	1.2	N	N	N	N	N
880	Moussaka , vegetable, <i>retail</i>	3.5	4.5	1.0	1.0	0.5	0.9	1.1	N	N	N	N	N
881	Nut roast	15.3	4.0	0.4	0.4	2.6	0.5	0	4.1	3.6	12.8	5.8	0
882	Pakora/bhajia , vegetable, <i>retail</i>	17.5	2.4	0.7	0.6	1.1	Tr	0	(3.6)	1.0	7.6	4.8	0
883	Pancakes , stuffed with vegetables	9.9	3.8	0.9	0.8	0.4	Tr	1.6	1.0	2.2	2.3	2.6	27
884	Pasty , vegetable	31.3	1.6	0.3	0.2	0.6	0.1	0	2.0	5.1	6.2	4.3	8
885	Pie , vegetable	15.7	2.8	1.0	1.0	0.6	0	0	1.5	2.6	3.1	2.2	4
886	Ratatouille , <i>retail</i>	0.1	3.6	1.7	1.8	Tr	0	0	(1.0)	0.8	1.6	3.6	0
887	Risotto , vegetable	16.3	2.4	0.6	0.7	1.2	0	0	2.2	1.0	3.3	1.8	0
888	Salad , green	0.1	1.7	0.8	0.9	0.1	0	0	1.0	0.1	Tr	0.1	0
889	potato, with mayonnaise, <i>retail</i>	10.2	1.1	0.2	0.1	0.7	0	0	0.8	3.9	6.1	15.4	26

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Vegetable dishes continued													
877	Flan, vegetable	268	124	121	12	94	0.8	0.05	0.6	417	0.2	1	N
878	Garlic mushrooms (not coated)	108	348	10	10	90	0.7	0.76	0.4	242	0.1	10	10
879	Lasagne, vegetable, <i>retail</i>	390	190	73	18	87	0.8	0.02	0.4	620	0.2	N	N
880	Moussaka, vegetable, <i>retail</i>	450	330	76	25	100	1.0	0.06	0.5	690	0.2	N	N
881	Nut roast	189	421	77	113	261	2.1	0.54	2.0	297	1.4	4	9
882	Pakora/bhajia, vegetable, <i>retail</i>	61	490	99	47	130	3.7	0.21	1.1	71	0.7	(1)	N
883	Pancakes, stuffed with vegetables	139	238	76	13	80	0.8	0.13	0.4	247	0.2	2	N
884	Pasty, vegetable	237	141	62	12	55	0.9	0.08	0.3	392	0.3	1	N
885	Pie, vegetable	170	246	41	14	52	0.8	0.10	0.3	298	0.2	1	N
886	Ratatouille, <i>retail</i>	19	220	22	15	27	0.6	0.06	0.2	55	0.1	N	N
887	Risotto, vegetable	348	242	32	28	100	1.1	0.30	0.8	557	0.4	7	N
888	Salad, green	6	165	19	8	34	0.4	0.01	0.1	31	0.2	Tr	2
889	potato, with mayonnaise, <i>retail</i>	160	180	6	9	29	0.4	0.05	0.2	290	0.1	N	14

Vegetables *continued*

877 to 889

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Vegetable dishes <i>continued</i>															
877	Flan , vegetable	77	2172	0.6	2.57	0.09	0.08	0.6	1.2	0.10	0.3	19	N	N	8
878	Garlic mushrooms (not coated)	162	103	0.2	0.44	0.08	0.27	2.7	0.4	0.16	0.1	23	1.70	10.2	1
879	Lasagne , vegetable, <i>retail</i>	N	N	N	N	0.25	0.29	2.0	1.1	0.44	N	6	N	N	N
880	Moussaka , vegetable, <i>retail</i>	N	N	N	N	0.06	0.07	0.7	1.3	0.18	Tr	12	N	N	N
881	Nut roast	0	17	0	5.53	0.43	0.31	6.3	3.3	0.24	Tr	48	0.83	23.6	0
882	Pakora/bhajia , vegetable, <i>retail</i>	0	965	0	3.66	(0.17)	(0.10)	(1.2)	1.0	(0.23)	0	(30)	(0.53)	N	7
883	Pancakes , stuffed with vegetables	66	184	0.6	2.81	0.08	0.13	0.8	0.8	0.11	0.4	13	0.52	3.6	3
884	Pasty , vegetable	59	927	0.7	3.17	0.14	0.01	0.8	0.8	0.12	Tr	14	0.19	0.5	3
885	Pie , vegetable	30	1674	0.3	1.94	0.13	0.13	1.3	0.5	0.15	Tr	23	0.24	1.0	9
886	Ratatouille , <i>retail</i>	0	185	0	2.66	0.04	0.05	0.6	0.2	0.10	0	41	N	N	12
887	Risotto , vegetable	0	518	0	1.14	0.13	0.08	1.3	0.8	0.16	0	13	0.50	N	10
888	Salad , green	0	370	0	0.41	0.05	0.01	0.2	0.1	0.11	0	29	(0.21)	N	36
889	potato, with mayonnaise, <i>retail</i>	30	35	0.1	6.68	0.12	0.03	0.3	0.4	0.21	0.2	18	N	N	4

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Vegetable dishes continued</i>										
890	Salad , rice	Rice, vegetables, nut and raisin. Recipe from dietary survey records	1.00	65.8	0.51	3.0	7.5	23.1	165	696
891	Samosas , vegetable, <i>retail</i>	5 samples, 3 brands; mixed vegetable filling	1.00	51.3	0.82	5.1	9.3	30.0	217	911
892	Sauerkraut	IFR; 10 samples, 3 brands. Bottled and canned, drained	0.71	91.0	0.17	1.1	Tr	1.1	9	36
893	Shepherd's pie , vegetable, <i>retail</i>	Vegetable, lentil and barley base with potato topping. Recipe from manufacturer	1.00	77.5	0.30	1.9	4.9	13.3	101	425
894	Tagliatelle , with vegetables, <i>retail</i>	Recipe from manufacturer	1.00	83.3	0.28	1.6	3.0	11.0	74	315
895	Vegeburger , <i>retail</i> , <i>grilled</i>	6 samples, 3 brands; soya protein based. Grilled 6-10 minutes	1.00	50.3	2.91	16.6	11.1	8.0	196	821
896	Vegetable and cheese grill/burger , in crumbs, <i>baked/grilled</i>	9 samples, 6 brands including cheese grills and cheese and onion crispbakes	1.00	53.6	1.12	7.0	14.0	23.0	240	1005
897	Vegetable bake	Assorted vegetables topped with cheese sauce and breadcrumbs. Recipe from dietary survey records	1.00	73.9	0.69	4.3	7.2	13.1	131	548
898	Vegetable kiev , <i>baked</i>	4 samples, 2 brands including cordon bleu and traditional style	1.00	56.8	1.59	9.9	13.7	17.6	229	957
899	Vegetable stir fry mix , <i>fried in vegetable oil</i>	8 assorted frozen samples; stir-fried 4-7 minutes	1.00	83.8	0.32	2.0	3.6	6.4	64	270
900	Vegetables , <i>stir-fried</i> , <i>takeaway</i>	10 samples from different outlets	1.00	88.1	0.29	1.8	4.1	2.1	52	216
901	Vegetarian sausages , <i>baked/grilled</i>	4 samples, 3 brands, baked or grilled	1.00	57.8	2.38	14.9	9.4	9.2	179	748

Vegetables *continued*

890 to 901

Composition of food per 100g edible portion

No.	Food	Starch g	Total sugars g	Individual sugars					Dietary fibre NSP g	Fatty acids			Cholest- erol mg
				Gluc g	Fruct g	Sucr g	Malt g	Lact g		Satd g	Mono- unsatd g	Poly- unsatd g	
Vegetable dishes continued													
890	Salad, rice	18.3	4.8	1.9	1.9	0.9	0	0	0.7	1.1	3.8	2.1	0
891	Samosas, vegetable, retail	27.3	2.7	0.3	0.2	1.1	1.1	0	2.5	N	N	N	0
892	Sauerkraut	Tr	1.1	0.7	0.3	0.1	0	0	2.2	Tr	Tr	Tr	0
893	Shepherd's pie, vegetable, retail	11.4	1.7	0.6	0.5	0.5	Tr	0.1	1.2	2.0	1.2	1.4	7
894	Tagliatelle, with vegetables, retail	8.6	2.2	0.5	0.5	0.9	0.1	0.3	0.7	0.8	0.7	1.3	2
895	Vegeburger, retail, grilled	4.4	3.6	0.5	0.4	1.8	0.9	0	4.2	N	N	N	N
896	Vegetable and cheese grill/burger, in crumbs, baked/grilled	18.6	1.3	0.2	0.2	0.2	0.3	0.4	1.6	4.6	4.4	3.0	N
897	Vegetable bake	8.6	4.3	0.8	0.7	0.9	Tr	1.8	1.2	2.9	2.1	1.7	11
898	Vegetable kiev, baked	13.4	1.3	0.2	0.1	0.3	0.5	0.2	1.2	5.0	5.2	2.8	13
899	Vegetable stir fry mix, fried in vegetable oil	2.5	3.9	1.4	1.2	1.1	0.2	0	N	0.3	1.8	1.3	0
900	Vegetables, stir-fried, takeaway	1.6	0.2	Tr	0.2	Tr	Tr	0	1.8	0.8	2.2	0.6	1
901	Vegetarian sausages, baked/grilled	2.9	1.3	0.5	0.5	0.2	0.1	0	2.6	2.3	4.1	1.9	0

Vegetables *continued*

890 to 901

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Vegetable dishes continued													
890	Salad, rice	234	179	21	25	70	1.0	0.19	0.8	351	0.3	(4)	(4)
891	Samosas, vegetable, retail	390	150	65	19	65	1.5	0.11	0.5	590	0.3	N	N
892	Sauerkraut	590	180	50	10	23	1.2	0.05	0.3	860	0.2	Tr	(1)
893	Shepherd's pie, vegetable, retail	340	240	12	14	36	0.6	0.07	0.3	560	(0.1)	(7)	N
894	Tagliatelle, with vegetables, retail	6	100	13	8	29	0.4	0.04	0.2	22	0.1	Tr	(1)
895	Vegeburger, retail, grilled	490	610	100	80	240	4.5	0.40	1.6	660	1.1	8	N
896	Vegetable and cheese grill/burger, in crumbs, baked/grilled	587	260	154	20	147	0.9	0.10	0.8	921	0.2	4	32
897	Vegetable bake	118	238	105	15	91	0.5	0.04	0.5	(204)	(0.1)	(2)	(16)
898	Vegetable kiev, baked	521	209	105	22	115	1.5	0.12	0.8	(804)	0.3	N	N
899	Vegetable stir fry mix, fried in vegetable oil	11	230	30	16	46	0.5	0.11	0.3	27	0.1	Tr	N
900	Vegetables, stir-fried, takeaway	399	119	13	9	32	1.0	0.05	0.2	(616)	0.1	Tr	N
901	Vegetarian sausages, baked/grilled	895	351	136	54	193	3.1	0.24	1.0	1347	0.8	4	Tr

Vegetables *continued*

890 to 901

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Vegetable dishes continued															
890	Salad, rice	0	134	0	(1.19)	0.05	0.02	0.9	0.7	0.12	0	21	(0.14)	(1.2)	12
891	Samosas, vegetable, <i>retail</i>	0	N	0	N	0.12	0.08	1.1	0.7	0.15	0	44	N	N	N
892	Sauerkraut	0	18	0	N	0.04	0.01	0.2	0.2	0.15	0	16	0.23	N	10
893	Shepherd's pie, vegetable, <i>retail</i>	29	585	Tr	(0.75)	0.11	0.01	0.4	0.4	0.18	Tr	10	0.24	(0.5)	4
894	Tagliatelle, with vegetables, <i>retail</i>	10	170	Tr	0.63	0.03	0.01	0.3	0.3	0.05	Tr	4	0.07	0.4	2
895	Vegeburger, <i>retail, grilled</i>	N	Tr	N	N	2.40 ^a	0.42 ^a	2.8 ^b	3.9	0.30 ^b	N	95	N	N	N
896	Vegetable and cheese, grill/burger, in crumbs, <i>baked/grilled</i>	17	265	1.0	1.12	0.07	0.11	1.0	1.2	0.05	0.4	8	0.30	2.0	2
897	Vegetable bake	59	2512	(0.3)	1.58	0.10	0.10	0.4	0.9	0.15	0.4	(11)	0.33	1.2	4
898	Vegetable kiev, <i>baked</i>	10	513	N	1.03	2.78	0.11	0.7	N	0.04	N	10	N	N	N
899	Vegetable stir fry mix, <i>fried in vegetable oil</i>	0	N	0	N	0.07	0.13	1.0	0.3	0.25	0	16	N	N	8
900	Vegetables, <i>stir-fried, takeaway</i>	Tr	575	0	1.26	0.03	0.13	0.3	0.3	0.05	0	3	0.30	3.3	2
901	Vegetarian sausages, <i>baked/grilled</i>	0	N	0	N	1.72	0.14	1.1	2.5	0.05	N	34	0.30	5.5	Tr

^a 2 samples contained added thiamin and riboflavin

^b 1 sample contained added niacin and vitamin B6

Section 2.8

Herbs and spices

The foods in this section of the Tables have been taken from the *Vegetables, Herbs, and Spices* (1991) supplement. The majority of values are derived from literature.

Many of the values for carbohydrate are not analysed but are calculated by 'difference'. For spices this carbohydrate is likely to include much woody material and aromatic oils, resulting in an overestimate of both the carbohydrate and energy value. For some spices energy values and carbohydrate have therefore been given as 'unknown', i.e. as 'N'. Variation in the nutrient content of spices may arise due to the processing methods used, e.g. contamination from processing machinery can result in variation of the iron content of ground spices.

Taxonomic names for foods in this part of the Tables can be found in Section 4.5.

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Herbs and spices										
902	Chilli powder	Ref. Marsh <i>et al.</i> (1977) ^a	1.00	7.8	1.96	12.3	16.8	N	N	N
903	Chinese 5 spice	Calculated from recipe	1.00	9.1	1.53	9.5	8.7	N	N	N
904	Cinnamon, ground	Ref. Marsh <i>et al.</i> (1977)	1.00	9.5	0.62	3.9	3.2	N	N	N
905	Curry powder	2 samples ^b	1.00	8.5	1.52	9.5	10.8	26.1	233	979
906	Garam masala	Ref. Wharton <i>et al.</i> (1983)	1.00	10.1	2.50	15.6	15.1	45.2	379	1592
907	Mint, fresh	Literature sources	1.00	86.4	0.61	3.8	0.7	5.3	43	181
908	Mixed herbs, dried	Recipe; Equal quantities of Marjoram, Parsley, Sage and Thyme	1.00	8.1	1.93	12.1	8.5	36.3	261	1092
909	Mustard powder	2 brands	1.00	(8.0)	4.62	28.9	28.7	20.7	452	1884
910	Nutmeg, ground	Ref. Marsh <i>et al.</i> (1977)	1.00	6.2	1.10	5.8	36.3	N	N	N
911	Paprika	Ref. Marsh <i>et al.</i> (1977)	1.00	9.5	2.36	14.8	13.0	34.9	289	1209
912	Parsley, fresh	IFR; tough stalks removed	0.80	83.1	0.47	3.0	1.3	2.7	34	141
913	Pepper, black	Ref. Marsh <i>et al.</i> (1977)	1.00	10.5	2.05	10.9	3.3	N	N	N
914	white	Ref. Marsh <i>et al.</i> (1977)	1.00	11.4	1.95	10.4	2.1	N	N	N
915	Rosemary, dried	Ref. Marsh <i>et al.</i> (1977)	1.00	9.3	0.78	4.9	15.2	46.4	331	1387
916	Sage, dried, ground	Ref. Marsh <i>et al.</i> (1977)	1.00	8.0	1.70	10.6	12.7	42.7	315	1317
917	Thyme, dried, ground	Ref. Marsh <i>et al.</i> (1977)	1.00	7.8	1.46	9.1	7.4	45.3	276	1156

^a Mix of chilli pepper 83%, cumin 9%, oregano 4%, salt 2.5% and garlic powder 1.5%

^b Composition will vary according to variety

Herbs and spices

902 to 917

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
Herbs and spices													
902	Chilli powder	N	N	N	N	N	0	0	N	N	N	N	0
903	Chinese 5 spice	N	N	N	N	N	0	0	N	N	N	N	0
904	Cinnamon, ground	N	N	N	N	N	0	0	N	0.7	0.5	0.5	0
905	Curry powder	N	N	N	N	N	0	0	23.0	N	N	N	0
906	Garam masala	N	N	N	N	N	0	0	N	N	N	N	0
907	Mint, fresh	N	N	N	N	N	0	0	N	N	N	N	0
908	Mixed herbs, dried	N	N	N	N	N	0	0	N	N	N	N	0
909	Mustard powder	N	N	N	N	N	0	0	N	1.5	19.8	5.4	0
910	Nutmeg, ground	N	N	N	N	N	0	0	N	25.9	3.2	0.3	0
911	Paprika	N	N	N	N	N	0	0	N	1.9	1.4	7.1	0
912	Parsley, fresh	0.4	2.3	1.4	0.9	Tr	0	0	5.0	N	N	N	0
913	Pepper, black	Tr	N	N	N	N	0	0	N	N	N	N	0
914	white	Tr	N	N	N	N	0	0	N	N	N	N	0
915	Rosemary, dried	N	N	N	N	N	0	0	N	N	N	N	0
916	Sage, dried, ground	N	N	N	N	N	0	0	N	7.0	1.9	1.8	0
917	Thyme, dried, ground	N	N	N	N	N	0	0	N	2.7	0.5	1.2	0

Herbs and spices

902 to 917

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Herbs and spices													
902	Chilli powder	1010	1920	280	170	300	14.3	0.43	2.7	1510	2.2	N	N
903	Chinese 5 spice	63	1070	1040	210	260	25.6	0.74	2.9	N	8.4	N	N
904	Cinnamon, ground	26	500	1230	56	61	38.1 ^a	0.46	2.0	N	5.7	(15)	N
905	Curry powder	450	1830	640	280	270	58.3	1.04	4.1	470	4.7	N	N
906	Garam masala	97	1450	760	330	390	32.6	1.62	3.8	N	6.0	N	N
907	Mint, fresh	15	260	210	N	75	9.5	N	N	34	1.4	N	N
908	Mixed herbs, dried	81	1873	1653	280	235	69.0	0.73	4.6	N	9.8	N	N
909	Mustard powder	5	940	330	260	180	9.5	0.20	(6.5)	62	1.7	N	N
910	Nutmeg, ground	16	350	180	180	210	3.0	1.03	2.2	N	2.9	N	N
911	Paprika	34	2340	180	190	350	23.6	0.61	4.1	N	0.8	N	N
912	Parsley, fresh	33	760	200	23	64	7.7	0.03	0.7	160	0.2	(1)	N
913	Pepper, black	44	1260	430	190	170	11.2	1.13	1.4	60	6.5	(3)	N
914	white	5	73	270	90	180	14.3	1.13	1.1	60	4.5	(3)	N
915	Rosemary, dried	50	950	1280	220	70	29.3	0.55	3.2	N	0.5	N	N
916	Sage, dried, ground	11	1070	1650	430	91	28.1	0.76	4.7	N	25.0	N	N
917	Thyme, dried, ground	55	810	1890	220	200	123.6	0.86	6.2	N	7.6	N	N

^a Whole unground cinnamon contains 4mg Fe per 100g

Herbs and spices

902 to 917

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Herbs and spices															
902	Chilli powder	0	(21000)	0	N	0.35	0.79	7.9	2.6	N	0	0	N	N	0
903	Chinese 5 spice	0	138	0	N	0.21	0.24	5.3	N	N	0	0	N	N	0
904	Cinnamon, ground	0	(155)	0	N	0.08	0.14	1.3	N	N	0	0	N	N	0
905	Curry powder	0	(100)	0	N	0.25	0.28	3.5	N	N	0	0	N	N	0
906	Garam masala	0	(340)	0	N	0.35	0.33	2.5	N	N	0	0	N	N	0
907	Mint, fresh	0	(740)	0	5.00	0.12	0.33	1.1	N	N	0	110	N	N	31
908	Mixed herbs, dried	0	(8103)	0	N	N	0.34	5.0	N	N	N	N	N	N	30
909	Mustard powder	0	N	0	N	N	N	N	8.5	N	0	0	N	N	0
910	Nutmeg, ground	0	(60)	0	N	0.35	0.06	1.3	N	N	0	0	N	N	0
911	Paprika	0	36250	0	N	0.65	1.74	15.3	3.1	N	0	0	N	N	0
912	Parsley, fresh	0	4040	0	1.70	0.23	0.06	1.0	0.5	0.09	0	170	0.30	0.4	190
913	Pepper, black	0	(115)	0	N	0.11	0.24	1.1	N	N	0	0	N	N	0
914	white	0	Tr	0	N	0.02	0.13	0.2	N	N	0	0	N	N	0
915	Rosemary, dried	0	(1880)	0	N	N	N	1.0	N	N	0	0	N	N	0
916	Sage, dried, ground	0	(3540)	0	N	N	0.34	5.7	N	N	0	0	N	N	0
917	Thyme, dried, ground	0	(2280)	0	N	N	0.40	4.9	3.1	N	0	0	N	N	0

Section 2.9

Fruit

The data in this section of the Tables have been taken from the *Fruit and Nuts* (1992) supplement.

Because much of the fruit eaten in this country is imported, a larger number of literature values from foreign sources have been used in this food group than many others in the Tables.

In general the word 'raw' has not been included in the food name unless there is a processed or cooked version of the same food. The description 'whole' refers to fruit with skin and pips, but excluding any inedible stone.

The nutrient content of fruit samples can vary widely, the variation often being greater within the same fruit type than between different varieties of fruit.

During the process of stewing fruit, sucrose becomes inverted into glucose and fructose, the extent depending on the length of cooking time and level of acidity. A factor of 10% hydrolysis of sucrose has been applied to all stewed fruit. The nutrient values for stewed fruits have been derived from both analyses and calculation. The proportions of sugar used for cooking and the method of calculation of the data have been included in the description of the food and are those for average consumption of sugar. However, for fruit cooked with a different proportion of sugar, the values for fruit 'stewed without sugar' can be used, with the appropriate quantity of sugar added. Corrections have been made for both vitamin losses (see Section 4.3 for the factors used) and evaporative losses of 10% during stewing.

Values for canned fruit include either syrup or juice, unless it is stated that the contents have been drained. It has been found by analysis that sugar diffuses between the syrup or juice and the fruit until it reaches an equilibrium, so that there are no significant differences between the levels of sugars in the fruit and the syrup or juice. One study found that the only significant differences between the fruit and its canning liquid were that the fruit contained higher levels of carotenoids and fibre.

Users should note that all values are expressed per 100g edible portion. Guidance for calculating nutrient content 'as purchased' or 'as served' (e.g. including citrus rind and inedible stones) is given in Section 4.2.

Taxonomic names for foods included in this part of the Tables can be found in Section 4.5.

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Fruit, general										
918	Apples , cooking, <i>raw</i> , <i>peeled</i>	Bramley variety; flesh only	0.73	87.7	0.05	0.3	0.1	8.9	35	151
919	<i>stewed with sugar</i>	Samples as raw. 1000g fruit, 100g water, 120g sugar	1.00	77.7	0.05	0.3	0.1	19.1	74	314
920	<i>stewed without sugar</i>	Samples as <i>raw</i> . 1000g fruit, 100g water and calculation from No. 920	1.00	87.5	0.04	0.3	0.1	8.1	33	138
921	eating, average, <i>raw</i>	15 varieties; flesh and skin	0.89	84.5	0.06	0.4	0.1	11.8	47	199
922	<i>raw</i> , <i>peeled</i>	Literature sources and calculation from No. 921; flesh only	0.76	85.4	0.06	0.4	0.1	11.2	45	190
923	Apricots , <i>raw</i>	18 samples; flesh and skin	0.92	87.2	0.14	0.9	0.1	7.2	31	134
924	ready-to-eat	10 samples, no stones; semi-dried	1.00	29.7	0.63	4.0	0.6	36.5	158	674
925	canned in juice	10 samples, 5 brands. Drained proportion = 0.64	1.00	87.5	0.08	0.5	0.1	8.4	34	147
926	canned in syrup	10 samples, 9 brands. Drained proportion = 0.64	1.00	80.0	0.07	0.4	0.1	16.1	63	268
927	Avocado , average	Average of Fuerte and Hass varieties	0.71	72.5 ^a	0.30	1.9	19.5 ^b	1.9 ^c	190	784
928	Bananas	10 samples; flesh only	0.66	75.1	0.19	1.2	0.3	23.2	95	403
929	Blackberries , <i>raw</i>	Cultivated and wild berries; whole fruit	1.00	85.0	0.14	0.9	0.2	5.1	25	104
930	<i>stewed with sugar</i>	Calculated from 700g fruit, 210g water, 84g sugar	1.00	78.9	0.11	0.7	0.2	13.8	56	239
931	Blackcurrants , <i>raw</i>	Whole fruit, stalks removed	0.98	77.4	0.15	0.9	Tr	6.6	28	121
932	<i>stewed with sugar</i>	Calculated from 700g fruit, 210g water, 84g sugar	1.00	72.9	0.12	0.7	Tr	15.0	58	252

^a Water can range from 50 to 80g per 100g^c Including mannoheptulose^b Fat can range from 10 to 40g per 100g

Fruit

918 to 932

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
Fruit, general													
918	Apples , cooking, raw, peeled	Tr	8.9	2.0	5.9	1.0	0	0	1.6	Tr	Tr	0.1	0
919	stewed with sugar	Tr	19.1	2.8	6.3	10.1	0	0	1.2	Tr	Tr	0.1	0
920	stewed without sugar	Tr	8.1	1.8	5.5	0.8	0	0	1.5	Tr	Tr	0.1	0
921	eating, average, raw	Tr	11.8	1.7	6.2	3.9	0	0	1.8	Tr	Tr	0.1	0
922	raw, peeled	Tr	11.2	1.6	5.9	3.7	0	0	1.6	Tr	Tr	0.1	0
923	Apricots , raw	0	7.2	1.6	0.9	4.6	0	0	1.7	Tr	Tr	Tr	0
924	ready-to-eat	Tr	36.5	17.5	8.4	10.6	0	0	6.3	N	N	N	0
925	canned in juice	0	8.4	3.0	4.1	1.4	0	0	0.9	Tr	Tr	Tr	0
926	canned in syrup	0	16.1	6.7	5.8	3.7	0	0	0.9	Tr	Tr	Tr	0
927	Avocado , average	Tr	0.5 ^a	0.3	0.1	0.1	0	0	3.4	4.1	12.1	2.2	0
928	Bananas	2.3 ^b	20.9 ^b	4.8	5.0	11.1	0	0	1.1	0.1	Tr	0.1	0
929	Blackberries , raw	0	5.1	2.5	2.6	Tr	0	0	3.1	Tr	0.1	0.1	0
930	stewed with sugar	0	13.8	2.5	2.5	8.9	0	0	2.4	Tr	0.1	0.1	0
931	Blackcurrants , raw	0	6.6	3.0	3.4	0.3	0	0	3.6	Tr	Tr	Tr	0
932	stewed with sugar	0	15.0	2.8	3.2	9.0	0	0	2.8	Tr	Tr	Tr	0

^a Not including mannoheptulose^b These are proportions for yellow ripe bananas. The starch content falls and the sugar content rises on ripening

Fruit

918 to 932

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Fruit, general													
918	Apples , cooking, raw, peeled	2	88	4	3	7	0.1	0.02	Tr	2	Tr	Tr	Tr
919	stewed with sugar	4	140	4	3	7	0.1	0.02	Tr	2	Tr	Tr	Tr
920	stewed without sugar	4	150	4	3	8	0.1	0.02	Tr	2	Tr	Tr	Tr
921	eating, average, raw	3	120	4	5	11	0.1	0.02	0.1	Tr	0.1	Tr	Tr
922	raw, peeled	3	100	3	3	8	0.1	0.02	0.1	Tr	0.1	Tr	Tr
923	Apricots , raw	2	270	15	11	20	0.5	0.06	0.1	3	0.1	(1)	N
924	ready-to-eat	14	1380	73	43	82	3.4	0.35	0.5	29	0.3	(5)	N
925	canned in juice	5	170	21	7	12	0.4	0.03	0.1	2	Tr	Tr	7
926	canned in syrup	10	150	19	5	8	0.2	Tr	0.1	2	Tr	Tr	7
927	Avocado , average	6	450	11	25	39	0.4	0.19	0.4	6	0.2	Tr	2
928	Bananas	1	400	6	34	28	0.3	0.10	0.2	79	0.4	(1)	8
929	Blackberries , raw	2	160	41	23	31	0.7	0.11	0.2	22	1.4	Tr	N
930	stewed with sugar	1	130	32	17	24	0.5	0.09	0.2	17	1.1	Tr	N
931	Blackcurrants , raw	3	370	60	17	43	1.3	0.14	0.3	15	0.3	N	N
932	stewed with sugar	2	290	47	13	33	1.0	0.11	0.3	11	0.2	N	N

Fruit

918 to 932

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
<i>Fruit, general</i>															
918	Apples , cooking, raw, peeled	0	(17)	0	0.27	0.04	0.02	0.1	0.1	0.06	0	5	Tr	1.2	14 ^a
919	stewed with sugar	0	(14)	0	0.22	0.01	0.01	0.1	0.1	0.05	0	Tr	Tr	0.8	10 ^b
920	stewed without sugar	0	(15)	0	0.25	0.01	0.01	0.1	Tr	0.05	0	Tr	Tr	0.9	11
921	eating, average, raw	0	18	0	0.59	0.03	0.02	0.1	0.1	0.06	0	1	Tr	1.2	6 ^c
922	raw, peeled	0	17	0	0.27	0.03	0.02	0.1	0.1	0.06	0	1	Tr	1.1	4
923	Apricots , raw	0	405 ^d	0	N	0.04	0.05	0.5	0.1	0.08	0	5	0.24	N	6
924	ready-to-eat	0	545	0	N	Tr	0.16	2.3	0.5	0.14	0	11	0.58	N	1
925	canned in juice	0	210	0	N	0.02	0.01	0.3	0.1	0.06	0	2	0.06	0.4	14
926	canned in syrup	0	810	0	N	0.01	0.01	0.3	0.1	(0.06)	0	2	(0.06)	(0.4)	5
927	Avocado , average	0	16	0	3.20	0.10	0.18	1.1	0.3	0.36	0	11	1.10	3.6	6
928	Bananas	0	21	0	0.27	0.04	0.06	0.7	0.2	0.29	0	14	0.36	2.6	11
929	Blackberries , raw	0	80	0	2.37	0.02	0.05	0.5	0.1	0.05	0	34	0.25	0.4	15
930	stewed with sugar	0	62	0	1.85	0.01	0.03	0.3	0.1	0.03	0	5	0.15	0.2	9
931	Blackcurrants , raw	0	100	0	1.00	0.03	0.06	0.3	0.1	0.08	0	N	0.40	2.4	200 ^e
932	stewed with sugar	0	78	0	0.78	0.02	0.04	0.2	0.1	0.05	0	N	0.23	1.4	115

^a Unpeeled cooking apples contain 20mg vitamin C per 100g

^b Frozen apple slices, stewed with sugar, contain 12mg vitamin C per 100g

^c Levels ranged from 3 to 20mg vitamin C per 100g

^d Levels ranged from 200 to 3370μg carotene per 100g

^e Levels ranged from 150 to 230mg vitamin C per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Fruit, general continued</i>										
933	Cherries, raw	10 samples of black and red cherries; flesh and skin	0.83	82.8	0.14	0.9	0.1	11.5	48	203
934	canned in syrup	10 samples, red and black. Drained proportion = 0.61 with stones and 0.47 without stones	1.00	77.8	0.09	0.5	Tr	18.5	71	305
935	glace	10 samples, 8 brands; red and multicoloured	1.00	23.6	0.07	0.4	Tr	66.4	251	1069
936	Cherry pie filling	10 samples, 7 brands	1.00	75.8	0.07	0.4	Tr	21.5	82	351
937	Clementines	10 samples; flesh only	0.75	87.5	0.14	0.9	0.1	8.7	37	158
938	Currants	10 samples, 9 brands	1.00	15.7	0.37	2.3	0.4	67.8	267	1139
939	Damsons, raw	Flesh and skin	0.90	77.5	0.08	0.5	Tr	9.6	38	162
940	<i>stewed with sugar</i>	Calculated from 1050g fruit, 210g water, 126g sugar	1.00	70.6	0.07	0.4	Tr	19.3	74	316
941	Dates, raw	5 samples; flesh and skin	0.86	60.7	0.24	1.5	0.1	31.3	124	530
942	<i>dried</i>	Flesh and skin	0.84	14.6	0.53	3.3	0.2	68.0	270	1151
943	Dried mixed fruit	Calculated from recipe proportions ^a	1.00	15.5	0.37	2.3	0.4	68.1	268	1144
944	Figs, dried	Analysis and literature sources; whole fruit	1.00	16.8	0.57	3.6	1.6	52.9	227	967
945	ready-to-eat	6 samples; semi-dried	1.00	23.6	0.52	3.3	1.5	48.6	209	889
946	Fruit cocktail, canned in juice	10 samples, 6 brands. Drained proportion = 0.65	1.00	86.9	0.07	0.4	Tr	7.2	29	122
947	canned in syrup	Analysis and calculation from recipe proportions. Drained proportion = 0.66 ^b	1.00	81.8	0.06	0.4	Tr	14.8	57	244
948	Fruit pie filling	10 samples, 7 brands. Assorted flavours	1.00	79.5	0.06	0.4	Tr	20.1	77	328
949	Fruit salad, homemade	Recipe	1.00	81.8	0.11	0.7	0.1	14.8	60	253

^a Calculated as sultanas 49%, currants 24%, raisins 18% and peel 9%

^b Calculated as pears 42%, peaches 41%, pineapple 8%, grapes 5% and cherries 4%

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
<i>Fruit, general continued</i>													
933	Cherries, raw	0	11.5	5.9	5.3	0.2	0	0	0.9	Tr	Tr	Tr	0
934	canned in syrup	0	18.5	7.3	6.6	4.3	0.3	0	0.6	Tr	Tr	Tr	0
935	glace	0	66.4	23.6	12.7	9.5	20.7	0	0.9	Tr	Tr	Tr	0
936	Cherry pie filling	3.9	17.6	7.2	6.4	3.9	0.1	0	0.4	Tr	Tr	Tr	0
937	Clementines	0	8.7	1.5	1.7	5.6	0	0	1.2	Tr	Tr	Tr	0
938	Currants	0	67.8	34.4	33.3	Tr	0	0	1.9	N	N	N	0
939	Damsons, raw	0	9.6	5.2	3.4	1.0	0	0	(1.8)	Tr	Tr	Tr	0
940	<i>stewed with sugar</i>	0	19.3	4.9	3.4	11.1	0	0	(1.5)	Tr	Tr	Tr	0
941	Dates, raw	0	31.3	16.2	15.1	Tr	0	0	1.8	Tr	Tr	Tr	0
942	<i>dried</i>	0	68.0	(35.4)	(32.6)	Tr	0	0	4.0	0.1	0.1	Tr	0
943	Dried mixed fruit	0	68.1	33.3	31.6	0.8	2.3	0	2.2	N	N	N	0
944	Figs, dried	0	52.9	28.6	22.7	1.6	0	0	7.5	N	N	N	0
945	ready-to-eat	0	48.6	26.2	20.8	1.5	0	0	6.9	N	N	N	0
946	Fruit cocktail, canned in juice	0	7.2	3.2	3.5	0.5	0	0	1.0	Tr	Tr	Tr	0
947	canned in syrup	0	14.8	6.1	6.4	1.9	0.3	0	1.0	Tr	Tr	Tr	0
948	Fruit pie filling	5.5	14.6	5.2	5.5	3.9	0	0	1.0	N	N	N	0
949	Fruit salad, homemade	0.3	14.4	2.8	4.1	7.6	0	0	1.3	Tr	Tr	Tr	0

Fruit *continued*

933 to 949

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Fruit, general continued</i>													
933	Cherries, raw	1	210	13	10	21	0.2	0.07	0.1	Tr	0.1	(1)	Tr
934	canned in syrup	8	120	15	7	13	2.9	Tr	Tr	N	0.1	(1)	N ^a
935	glace	27	24	56	5	9	0.9	0.08	0.1	N	Tr	Tr	N ^a
936	Cherry pie filling	30	75	28	5	17	2.6	Tr	Tr	N	0.1	N	N
937	Clementines	4	130	31	10	18	0.1	0.01	0.1	(2)	Tr	N	N
938	Currants	14	720	93	30	71	1.3	0.81	0.3	16	0.7	N	N
939	Damsons, raw	2	290	24	11	16	0.4	0.08	(0.1)	Tr	N	Tr	N
940	stewed with sugar	1	240	19	9	13	0.3	0.07	(0.1)	Tr	N	Tr	N
941	Dates, raw	7	410	24	24	28	0.3	0.12	0.2	210	0.2	(1)	N
942	dried	10	700	45	41	60	1.3	0.26	0.4	370	0.3	(3)	N
943	Dried mixed fruit	48	880	73	29	73	2.2	0.47	0.4	13	0.4	N	N
944	Figs, dried	62	970	250	80	89	4.2	0.30	0.7	170	0.5	Tr	N
945	ready-to-eat	57	890	230	73	82	3.9	0.27	0.6	160	0.5	Tr	N
946	Fruit cocktail, canned in juice	3	95	9	7	14	0.4	0.04	0.1	2	0.1	Tr	N ^a
947	canned in syrup	3	95	5	5	9	0.3	0.02	0.1	3	0.1	Tr	N ^a
948	Fruit pie filling	43	84	30	5	15	1.0	0.02	Tr	45	0.1	Tr	N
949	Fruit salad, homemade	3	175	17	11	17	0.2	0.06	0.1	16	0.1	(1)	N

^a Iodine from erythrosine is present but largely unavailable

Fruit *continued*

933 to 949

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
<i>Fruit, general continued</i>															
933	Cherries, raw	0	25	0	0.13	0.03	0.03	0.2	0.1	0.05	0	5	0.26	0.4	11
934	canned in syrup	0	17	0	(0.06)	0.02	0.01	0.1	Tr	(0.22)	0	5	(0.08)	(0.1)	1
935	glace	0	7	0	Tr	Tr	Tr	Tr	Tr	Tr	0	Tr	Tr	Tr	Tr
936	Cherry pie filling	0	18	0	N	0.02	0.01	0.2	0.1	N	0	2	N	N	1
937	Clementines	0	75	0	N	0.09	0.04	0.3	0.1	(0.07)	0	18	(0.20)	N	54
938	Currants	0	6	0	N	0.16	0.05	0.9	0.2	0.23	0	4	0.07	4.8	Tr
939	Damsons, raw	0	(295)	0	0.70	0.10	0.03	0.3	0.1	(0.05)	0	(3)	0.27	0.1	(5)
940	stewed with sugar	0	(240)	0	0.57	0.06	0.02	0.2	0.1	(0.03)	0	Tr	0.17	0.1	(3)
941	Dates, raw	0	(18)	0	N	0.06	0.07	0.7	0.7	0.12	0	25	0.21	N	14
942	dried	0	(40)	0	N	0.07	0.09	1.8	1.5	0.19	0	13	0.78	N	Tr
943	Dried mixed fruit	0	9	0	N	0.10	0.05	0.7	0.2	0.22	0	15	0.09	3.9	Tr
944	Figs, dried	0	(64)	0	N	0.08	0.10	0.8	0.5	0.26	0	9	0.51	N	1
945	ready-to-eat	0	(59)	0	N	0.07	0.09	0.7	0.4	0.24	0	8	0.47	N	1
946	Fruit cocktail, canned in juice	0	54	0	N	0.01	0.01	0.3	0.1	0.04	0	6	0.05	0.3	14
947	canned in syrup	0	(54)	0	N	0.02	0.01	0.4	0.1	0.03	0	5	0.05	0.1	4
948	Fruit pie filling	0	17	0	N	0.01	0.01	0.2	0.1	N	0	3	N	N	7
949	Fruit salad, homemade	0	23	0	N	0.05	0.03	0.3	0.1	0.10	0	N	N	N	27

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Fruit, general continued</i>										
950	Gooseberries , cooking, <i>raw</i>	Tops and tails removed	0.91	90.1	0.18	1.1	0.4	3.0	19	81
951	<i>stewed with sugar</i>	1000g fruit, 150g water, 120g sugar	1.00	82.1	0.11	0.7	0.3	12.9	54	229
952	Grapefruit , <i>raw</i>	10 samples; flesh only	0.68	89.0	0.13	0.8	0.1	6.8	30	126
953	canned in juice	10 samples, 8 brands. Drained proportion = 0.52	1.00	88.6	0.09	0.6	Tr	7.3	30	120
954	canned in syrup	10 samples. Drained proportion = 0.52	1.00	81.8	0.08	0.5	Tr	15.5	60	257
955	Grapes , average	10 samples, white, black and seedless ^a	0.95	81.8	0.06	0.4	0.1	15.4	60	257
956	Guava , <i>raw</i>	Literature sources	0.90	84.7	0.13	0.8	0.5	5.0	26	112
957	canned in syrup	10 samples. Drained proportion = 0.62	1.00	77.6	0.06	0.4	Tr	15.7	60	258
958	Kiwi fruit	Analysis and literature sources, flesh and seeds	0.86	84.0	0.18	1.1	0.5	10.6	49	207
959	Lemon peel	Ref. 3	1.00	81.6	0.24	1.5	0.3	N	N	N
960	Lemons , <i>whole, without pips</i>	Analysis and literature sources; includes peel but no pips	0.99	86.3	0.16	1.0	0.3	3.2	19	79
961	Lychees , <i>raw</i>	Analysis and literature sources; flesh only	0.62	81.1	0.14	0.9	0.1	14.3	58	248
962	canned in syrup	Analysis and literature sources. Drained proportion = 0.50	1.00	79.3	0.06	0.4	Tr	17.7	68	290
963	Mandarin oranges , canned in juice	10 samples, 4 brands. Drained proportion = 0.56	1.00	89.6	0.11	0.7	Tr	7.7	32	135
964	canned in syrup	10 samples, 10 brands. Drained proportion = 0.56	1.00	84.8	0.08	0.5	Tr	13.4	52	223
965	Mangoes , <i>ripe, raw</i>	Literature sources; flesh only	0.68	82.4	0.11	0.7	0.2	14.1	57	245

^a Few significant differences reported between varieties

Fruit *continued*

950 to 965

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
<i>Fruit, general continued</i>													
950	Gooseberries , cooking, <i>raw</i>	0	3.0	1.3	1.6	Tr	0	0	2.4	N	N	N	0
951	<i>stewed with sugar</i>	0	12.9	2.4	2.6	7.8	0	0	1.9	N	N	N	0
952	Grapefruit , <i>raw</i>	0	6.8	2.1	2.3	2.4	0	0	1.3	Tr	Tr	Tr	0
953	canned in juice	0	7.3	3.6	3.4	0.3	0	0	0.4	Tr	Tr	Tr	0
954	canned in syrup	0	15.5	6.7	6.9	1.9	0	0	0.6	Tr	Tr	Tr	0
955	Grapes , average	0	15.4	7.6	7.8	0.1	0	0	0.7	Tr	Tr	Tr	0
956	Guava , <i>raw</i>	0.1	4.9	2.1	2.3	0.5	0	0	3.7	N	N	N	0
957	canned in syrup	Tr	15.7	5.5	6.5	3.7	0	0	3.0	Tr	Tr	Tr	0
958	Kiwi fruit	0.3	10.3	4.6	4.3	1.3	0	0	1.9	N	N	N	0
959	Lemon peel	0	N	N	N	N	0	0	N	0.1	Tr	0.1	0
960	Lemons , <i>whole, without pips</i>	0	3.2	1.4	1.4	0.4	0	0	N	0.1	Tr	0.1	0
961	Lychees , <i>raw</i>	0	14.3	7.0	7.3	Tr	0	0	0.7	Tr	Tr	Tr	0
962	canned in syrup	0	17.7	8.5	8.6	0.6	0	0	0.5	Tr	Tr	Tr	0
963	Mandarin oranges , canned in juice	0	7.7	2.8	3.1	1.8	0	0	0.3	Tr	Tr	Tr	0
964	canned in syrup	0	13.4	4.1	4.2	5.1	0	0	0.2	Tr	Tr	Tr	0
965	Mangoes , <i>ripe, raw</i>	0.3	13.8	0.7	3.0	10.1	0	0	2.6	0.1	Tr	Tr	0

Fruit *continued*

950 to 965

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Fruit, general continued</i>													
950	Gooseberries , cooking, raw	2	210	28	7	34	0.3	0.06	0.1	7	0.1	Tr	Tr
951	<i>stewed with sugar</i>	7	140	19	6	22	0.3	0.07	0.1	5	0.3	Tr	Tr
952	Grapefruit , raw	3	200	23	9	20	0.1	0.02	Tr	3	Tr	(1)	N
953	canned in juice	10	72	22	8	16	0.3	0.01	Tr	(5)	Tr	Tr	N
954	canned in syrup	10	79	17	7	13	0.7	(0.01)	0.4	(5)	Tr	Tr	N
955	Grapes , average	2	210	13	7	18	0.3	0.12	0.1	Tr	0.1	(1)	1
956	Guava , raw	5	230	13	12	25	0.4	0.10	0.2	4	0.1	N	N
957	canned in syrup	7	120	8	6	11	0.5	0.10	0.4	10	N	N	N
958	Kiwi fruit	4	290	25	15	32	0.4	0.13	0.1	39	0.1	N	N
959	Lemon peel	6	160	130	15	12	0.8	N	N	N	N	N	N
960	Lemons , whole, without pips	5	150	85	12	18	0.5	0.26	0.1	5	N	(1)	N
961	Lychees , raw	2	75	4	6	12	0.7	0.11	0.2	(5)	N	N	N
962	canned in syrup	1	160	6	9	30	0.5	0.15	0.3	3	0.1	N	N
963	Mandarin oranges , canned in juice	6	85	17	9	13	0.5	Tr	0.1	2	Tr	Tr	Tr
964	canned in syrup	6	49	17	7	8	0.2	Tr	Tr	2	Tr	Tr	Tr
965	Mangoes , ripe, raw	2	180	12	13	16	0.7	0.12	0.1	N	0.3	N	N

Fruit *continued*

950 to 965

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
<i>Fruit, general continued</i>															
950	Gooseberries , cooking, <i>raw</i>	0	110	0	0.37	0.03	0.03	0.3	0.2	0.02	0	(8)	0.29	0.5	14
951	<i>stewed with sugar</i>	0	41	0	0.29	0.01	0.02	0.2	0.1	0.01	0	6	0.17	0.3	11
952	Grapefruit , <i>raw</i>	0	17 ^a	0	(0.19)	0.05	0.02	0.3	0.1	0.03	0	26	0.28	(1.0)	36
953	canned in juice	0	Tr	0	(0.10)	0.04	0.01	0.3	0.1	(0.02)	0	6	(0.12)	(1.0)	33
954	canned in syrup	0	Tr	0	(0.11)	0.04	0.01	0.2	0.1	0.02	0	4	0.12	1.0	30
955	Grapes , average	0	17	0	Tr	0.05	0.01	0.2	Tr	0.10	0	2	0.05	0.3	3
956	Guava , <i>raw</i>	0	435 ^b	0	N	0.04	0.04	1.0	0.1	0.14	0	N	0.15	N	230 ^c
957	canned in syrup	0	(145)	0	N	(0.02)	(0.02)	(0.6)	0.1	(0.09)	0	N	(0.09)	N	180
958	Kiwi fruit	0	40	0	N	0.01	0.03	0.3	0.3	0.15	0	N	N	N	59
959	Lemon peel	0	30	0	N	0.06	0.08	0.4	0.2	0.17	0	N	0.32	N	130
960	Lemons , <i>whole, without pips</i>	0	18	0	N	0.05	0.04	0.2	0.1	0.11	0	N	0.23	0.5	58
961	Lychees , <i>raw</i>	0	0	0	N	Tr	0.04	Tr	0.1	N	0	N	N	N	8
962	canned in syrup	0	0	0	N	0.04	0.06	0.5	0.1	N	0	N	N	N	45
963	Mandarin oranges , canned in juice	0	95	0	Tr	0.08	0.01	0.2	0.1	(0.03)	0	12	(0.15)	(0.8)	20
964	canned in syrup	0	105	0	Tr	0.06	0.01	0.2	Tr	0.03	0	12	(0.15)	(0.8)	15
965	Mangoes , <i>ripe, raw</i>	0	696	0	1.05	0.04	0.05	0.5	1.3	0.13	0	N	0.16	N	37

^a Pink varieties contain approximately 770μg carotene per 100g

^b Peel included on analysis

^c Levels ranged from 9 to 410mg vitamin C per 100g

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Fruit, general continued</i>										
966	Melon , Canteloupe-type	10 samples, Canteloupe, Charantais and Rock; flesh only	0.59	92.1	0.10	0.6	0.1	4.2	19	81
967	Galia	11 samples; flesh only	0.64	91.7	0.08	0.5	0.1	5.6	24	102
968	Honeydew	10 samples; flesh only	0.63	92.2	0.10	0.6	0.1	6.6	28	119
969	watermelon	Literature sources; flesh only	0.57	92.3	0.07	0.5	0.3	7.1	31	133
970	Mixed peel	10 samples, 9 brands	1.00	20.9	0.05	0.3	0.9	59.1	231	984
971	Nectarines	10 samples; flesh and skin	0.89	88.9	0.22	1.4	0.1	9.0	40	171
972	Olives , in brine	Bottled, drained; flesh and skin, green	0.80	76.5	0.14	0.9	11.0	Tr	103	422
973	Oranges	Assorted varieties; flesh only	0.70 ^a	86.1	0.18	1.1	0.1	8.5	37	158
974	Passion fruit	Analysis and literature sources; flesh and pips	0.61	74.9	0.45	2.6	0.4	5.8	36	152
975	Paw-paw , <i>raw</i>	Literature sources; flesh only	0.75	88.5	0.08	0.5	0.1	8.8	36	153
976	canned in juice	10 samples. Drained proportion = 0.59	1.00	80.4	0.03	0.2	Tr	17.0	65	275
977	Peaches , <i>raw</i>	10 samples; flesh and skin	0.90	88.9	0.16	1.0	0.1	7.6	33	142
978	canned in juice	10 samples, 7 brands; halves and slices. Drained proportion = 0.68	1.00	86.7	0.09	0.6	Tr	9.7	39	165
979	canned in syrup	10 samples, 9 brands; halves and slices. Drained proportion = 0.62	1.00	81.1	0.08	0.5	Tr	14.0	55	233

^a Levels ranged from 0.60 to 0.74

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars				Dietary fibre	Fatty acids			Cholesterol	
				Gluc	Fruct	Sucr	Malt		Lact	NSP	Satd		Mono-unsatd
		g	g	g	g	g	g	g	g	g	g	mg	
<i>Fruit, general continued</i>													
966	Melon , Canteloupe-type	0	4.2	1.8	2.2	0.1	0	0	1.0	Tr	Tr	Tr	0
967	Galia	0	5.6	1.6	2.0	2.0	0	0	0.4	Tr	Tr	Tr	0
968	Honeydew	0	6.6	2.8	3.2	0.6	0	0	0.6	Tr	Tr	Tr	0
969	watermelon	0	7.1	1.3	2.3	3.4	0	0	0.1	0.1	0.1	0.1	0
970	Mixed peel	0	59.1	19.9	4.5	9.1	25.6	0	4.8	N	N	N	0
971	Nectarines	0	9.0	1.3	1.3	6.3	0	0	1.2	Tr	Tr	Tr	0
972	Olives , in brine	0	Tr	Tr	Tr	Tr	0	0	2.9	1.7	5.7	1.3	0
973	Oranges	0	8.5	2.2	2.4	3.9	0	0	1.7	Tr	Tr	Tr	0
974	Passion fruit	0	5.8	2.2	1.9	1.7	0	0	3.3	0.1	0.1	0.1	0
975	Paw-paw , raw	0	8.8	2.8	2.8	3.1	0	0	2.2	Tr	Tr	Tr	0
976	canned in juice	0	17.0	7.8	7.0	2.2	0	0	0.7	Tr	Tr	Tr	0
977	Peaches , raw	0	7.6	1.1	1.1	5.2	0	0	1.5	Tr	Tr	Tr	0
978	canned in juice	0	9.7	2.4	3.7	3.6	0	0	0.8	Tr	Tr	Tr	0
979	canned in syrup	0	14.0	3.7	3.6	6.7	0	0	0.9	Tr	Tr	Tr	0

Fruit *continued*

966 to 979

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
Fruit, general continued													
966	Melon , Canteloupe-type	8	210	20	11	13	0.3	Tr	Tr	44	Tr	Tr	(4)
967	Galia	31	150	13	12	10	0.2	Tr	0.1	75	Tr	Tr	N
968	Honeydew	32	210	9	10	16	0.1	Tr	Tr	45	Tr	Tr	N
969	watermelon	2	100	7	8	9	0.3	0.03	0.2	N	Tr	Tr	Tr
970	Mixed peel	280	21	130	12	6	1.3	0.15	0.2	N	0.1	N	N
971	Nectarines	1	170	7	10	22	0.4	0.06	0.1	5	0.1	(1)	3
972	Olives , in brine	2250	91	61	22	17	1.0	0.23	N	3750	N	N	N
973	Oranges	5	150	47	10	21	0.1	0.05	0.1	3	Tr	(1)	2
974	Passion fruit	19	200	11	29	64	1.3	N	0.8	N	N	N	N
975	Paw-paw , raw	5	200	23	11	13	0.5	0.08	0.2	11	0.1	N	N
976	canned in juice	8	110	23	8	6	0.4	0.10	0.3	40	N	N	N
977	Peaches , raw	1	160	7	9	22	0.4	0.06	0.1	Tr	0.1	(1)	3
978	canned in juice	12	170	4	7	19	0.4	0.04	0.1	(4)	0.1	Tr	N
979	canned in syrup	4	110	3	5	11	0.2	Tr	Tr	4	Tr	Tr	N

Fruit *continued*

966 to 979

Vitamins per 100g edible portion

No.	Food	Retinol µg	Carotene µg	Vitamin D µg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ µg	Folate µg	Panto- thenate mg	Biotin µg	Vitamin C mg
Fruit, general continued															
966	Melon , Canteloupe-type	0	1765	0	0.10	0.04	0.02	0.6	Tr	0.11	0	5	0.13	N	26
967	Galia	0	N	0	(0.10)	(0.03)	(0.01)	(0.4)	Tr	(0.09)	0	(3)	(0.17)	N	15
968	Honeydew	0	48	0	0.10	0.03	0.01	0.3	Tr	0.06	0	2	0.21	N	9
969	watermelon	0	116	0	(0.10)	0.05	0.01	0.1	Tr	0.14	0	2	0.21	1.0	8
970	Mixed peel	0	Tr	0	N	N	N	N	0.1	N	0	N	N	N	Tr
971	Nectarines	0	114	0	N	0.02	0.04	0.6	0.3	0.03	0	Tr	0.16	(0.2)	37
972	Olives , in brine	0	180 ^a	0	1.99	Tr	Tr	Tr	0.1	0.02	0	Tr	0.02	Tr	0
973	Oranges	0	47 ^b	0	0.24	0.11	0.04	0.4	0.1	0.10	0	31	0.37	1.0	54 ^c
974	Passion fruit	0	750	0	N	0.03	0.12	1.5	0.4	N	0	N	N	N	23
975	Paw-paw , raw	0	810	0	N	0.03	0.04	0.3	0.1	0.03	0	1	0.22	N	60
976	canned in juice	0	(255)	0	N	0.02	0.02	0.2	Tr	(0.01)	0	Tr	(0.20)	N	15
977	Peaches , raw	0	114	0	N	0.02	0.04	0.6	0.2	0.02	0	3	0.17	(0.2)	31
978	canned in juice	0	67	0	N	0.01	0.01	0.6	0.1	0.02	0	2	0.06	0.2	6
979	canned in syrup	0	75	0	N	0.01	0.01	0.6	0.1	0.02	0	7	0.05	0.1	5

^a Values for green olives. Ripe black olives contain 40µg carotene per 100g

^b Blood oranges have been found to contain 155µg carotene per 100g

^c Levels ranged from 44 to 79mg vitamin C per 100g

Fruit *continued*

980 to 993

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
Fruit, general continued										
980	Pears , average, <i>raw</i>	Average of Comice, Conference and Williams varieties; flesh and skin	0.91	83.8	0.05	0.3	0.1	10.0	40	169
981	<i>raw, peeled</i>	Literature sources and calculation from No.980; flesh only	0.70	83.8	0.05	0.3	0.1	10.4	41	175
982	canned in juice	10 samples, 7 brands. Drained proportion = 0.60	1.00	86.8	0.04	0.3	Tr	8.5	33	141
983	canned in syrup	10 samples, 8 brands. Drained proportion = 0.61	1.00	82.6	0.04	0.2	Tr	13.2	50	215
984	Pineapple , <i>raw</i>	10 samples; flesh only	0.53	86.5	0.06	0.4	0.2	10.1	41	176
985	canned in juice	10 samples, 10 brands; cubes and slices. Drained proportion = 0.54	1.00	86.8	0.05	0.3	Tr	12.2	47	200
986	canned in syrup	10 samples, 10 brands; cubes and slices. Drained proportion = 0.56	1.00	82.2	0.08	0.5	Tr	16.5	64	273
987	Plums , average, <i>raw</i>	Assorted varieties; flesh and skin	0.94	83.9	0.09	0.6	0.1	8.8	36	155
988	average, <i>stewed with sugar</i>	1350g fruit, 100g water, 162g sugar; stones removed	0.95	74.2	0.08	0.5	0.1	20.2	79	335
989	canned in syrup	10 samples, 7 brands; Red, Golden and Victoria. Drained proportion = 0.45 (without stones)	1.00	81.4	0.05	0.3	Tr	15.5	59	253
990	Prunes , canned in juice	10 samples; stones removed.	0.93	74.1	0.12	0.7	0.2	19.7	79	335
991	canned in syrup	11 samples, 6 brands; stones removed.	0.92	69.9	0.10	0.6	0.2	23.0	90	386
992	ready-to-eat	4 samples; semi-dried	0.86	31.1	0.40	2.5	0.4	34.0	141	601
993	Raisins	10 samples, 8 brands. Large stoned variety	1.00	13.2	0.34	2.1	0.4	69.3	272	1159

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
<i>Fruit, general continued</i>													
980	Pears , average, <i>raw</i>	0	10.0	2.3	7.1	0.7	0	0	2.2	Tr	Tr	Tr	0
981	<i>raw, peeled</i>	0	10.4	2.4	7.4	0.7	0	0	1.7	Tr	Tr	Tr	0
982	canned in juice	0	8.5	2.3	5.7	0.6	0	0	1.4	Tr	Tr	Tr	0
983	canned in syrup	0	13.2	3.4	6.1	3.4	0.2	0	1.1	Tr	Tr	Tr	0
984	Pineapple , <i>raw</i>	0	10.1	2.0	2.5	5.5	0	0	1.2	Tr	0.1	0.1	0
985	canned in juice	0	12.2	4.0	4.0	4.2	0	0	0.5	Tr	Tr	Tr	0
986	canned in syrup	0	16.5	6.0	4.8	5.8	0	0	0.7	Tr	Tr	Tr	0
987	Plums , average, <i>raw</i>	0	8.8	4.3	2.0	2.5	0	0	1.6	Tr	Tr	Tr	0
988	average, <i>stewed with sugar</i>	0	20.2	4.5	2.5	13.3	0	0	1.3	Tr	Tr	Tr	0
989	canned in syrup	0	15.5	7.1	6.2	2.2	0	0	0.8	Tr	Tr	Tr	0
990	Prunes , canned in juice	0	19.7	10.2	8.4	1.1	0	0	2.4	Tr	0.1	0.1	0
991	canned in syrup	0	23.0	11.0	5.5	6.5	0	0	2.8	Tr	0.1	0.1	0
992	ready-to-eat	0	34.0	17.9	12.1	4.1	0	0	5.7	N	N	N	0
993	Raisins	0	69.3	34.5	34.8	Tr	0	0	2.0	N	N	N	0

Fruit *continued*

980 to 993

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Fruit, general continued</i>													
980	Pears , average, <i>raw</i>	3	150	11	7	13	0.2	0.06	0.1	1	Tr	Tr	1
981	<i>raw, peeled</i>	3	150	11	7	13	0.2	0.06	0.1	1	Tr	Tr	1
982	canned in juice	3	81	6	5	10	0.2	Tr	0.1	(3)	Tr	Tr	Tr
983	canned in syrup	3	68	6	4	7	0.2	0.02	0.1	3	Tr	Tr	Tr
984	Pineapple , <i>raw</i>	2	160	18	16	10	0.2	0.11	0.1	29	0.5	Tr	Tr
985	canned in juice	1	71	8	13	5	0.5	0.08	0.1	(4)	0.9	Tr	Tr
986	canned in syrup	2	79	6	11	5	0.2	0.02	0.1	4	0.9	Tr	Tr
987	Plums , average, <i>raw</i>	2	240	13	8	23	0.4	0.10	0.1	Tr	0.1	Tr	Tr
988	average, <i>stewed with sugar</i>	2	200	11	7	19	0.3	0.08	0.1	Tr	0.1	Tr	Tr
989	canned in syrup	6	79	9	4	10	N	Tr	Tr	N	Tr	Tr	Tr
990	Prunes , canned in juice	18	340	26	15	30	2.2	0.09	1.0	N	0.1	Tr	N
991	canned in syrup	(18)	(340)	(26)	(15)	(30)	(2.2)	(0.09)	(1.0)	N	(0.1)	Tr	N
992	ready-to-eat	11	760	34	24	73	2.6	0.14	0.4	3	0.3	3	N
993	Raisins	60	1020	46	35	76	3.8	0.39	0.7	9	0.3	(8)	N

Fruit *continued*

980 to 993

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
Fruit, general continued															
980	Pears , average, <i>raw</i>	0	18	0	0.50	0.02	0.03	0.2	Tr	0.02	0	2	0.07	0.2	6
981	<i>raw, peeled</i>	0	19	0	Tr	0.02	0.03	0.2	Tr	0.02	0	2	0.07	0.2	6
982	canned in juice	0	Tr	0	Tr	0.01	0.01	0.2	Tr	0.03	0	4	0.04	0.2	3
983	canned in syrup	0	Tr	0	Tr	0.01	0.01	0.2	Tr	0.03	0	3	0.04	0.2	2
984	Pineapple , <i>raw</i>	0	18	0	0.10	0.08	0.03	0.3	0.1	0.09	0	5	0.16	0.3	12
985	canned in juice	0	12	0	(0.05)	0.09	0.01	0.2	0.1	0.09	0	1	0.11	0.1	11
986	canned in syrup	0	11	0	0.06	0.07	0.01	0.2	0.1	0.07	0	(1)	0.07	0.1	13
987	Plums , average, <i>raw</i>	0	376	0	0.61	0.05	0.03	1.1	0.1	0.05	0	3	0.15	Tr	4
988	average, <i>stewed with sugar</i>	0	65	0	0.51	0.03	0.02	0.7	0.1	0.03	0	Tr	0.09	Tr	3
989	canned in syrup	0	29	0	0.25	0.01	0.01	0.3	Tr	(0.02)	0	Tr	(0.04)	Tr	1
990	Prunes , canned in juice	0	140	0	N	0.02	0.02	0.5	0.1	(0.06)	0	5	(0.07)	Tr	Tr
991	canned in syrup	0	(140)	0	N	(0.02)	(0.02)	(0.5)	0.1	(0.05)	0	(5)	(0.06)	Tr	Tr
992	ready-to-eat	0	140	0	N	0.09	0.18	1.3	0.4	0.21	0	3	0.41	Tr	Tr
993	Raisins	0	12	0	N	0.12	0.05	0.6	0.2	0.25	0	10	0.15	2.0	1

Composition of food per 100g edible portion

No.	Food	Description and main data sources	Edible conversion factor	Water g	Total nitrogen g	Protein g	Fat g	Carbo- hydrate g	Energy value	
									kcal	kJ
<i>Fruit, general continued</i>										
994	Raspberries, raw	9 samples; whole fruit	1.00	87.0	0.22	1.4	0.3	4.6	25	109
995	canned in syrup	Mixed sample. Drained proportion = 0.52	1.00	74.0	0.10	0.6	0.1	22.5	88	374
996	Rhubarb, raw	Stems only	0.87	94.2	0.14	0.9	0.1	0.8	7	32
997	<i>stewed with sugar</i>	1000g fruit, 100g water, 120g sugar	1.00	84.6	0.14	0.9	0.1	11.5	48	203
998	canned in syrup	10 samples, 6 brands. Drained proportion = 0.56	1.00	90.6	0.08	0.5	Tr	7.6	31	130
999	Satsumas	10 samples; flesh only	0.71	87.4	0.14	0.9	0.1	8.5	36	155
1000	Strawberries, raw	9 samples; flesh and pips	0.95	89.5	0.13	0.8	0.1	6.0	27	113
1001	canned in syrup	10 samples. Drained proportion = 0.38	1.00	81.7	0.07	0.5	Tr	16.9	65	279
1002	Sultanas	10 samples, 9 brands; whole fruit	1.00	15.2	0.43	2.7	0.4	69.4	275	1171
1003	Tangerines	Flesh only	0.73	86.7	0.14	0.9	0.1	8.0	35	147

Fruit *continued*

994 to 1003

Composition of food per 100g edible portion

No.	Food	Starch	Total sugars	Individual sugars					Dietary fibre	Fatty acids			Cholesterol
				Gluc	Fruct	Sucr	Malt	Lact		NSP	Satd	Mono-unsatd	
		g	g	g	g	g	g	g	g	g	g	g	mg
Fruit, general continued													
994	Raspberries, raw	0	4.6	1.9	2.4	0.2	0	0	2.5	0.1	0.1	0.1	0
995	canned in syrup	0	22.5	N	N	N	0	0	1.5	Tr	Tr	Tr	0
996	Rhubarb, raw	0	0.8	0.4	0.4	0.1	0	0	1.4	Tr	Tr	Tr	0
997	stewed with sugar	0	11.5	1.2	1.2	9.1	0	0	1.2	Tr	Tr	Tr	0
998	canned in syrup	0	7.6	2.9	2.6	2.1	0	0	0.8	Tr	Tr	Tr	0
999	Satsumas	0	8.5	1.5	1.8	5.1	0	0	1.3	Tr	Tr	Tr	0
1000	Strawberries, raw	0	6.0	2.6	3.0	0.3	0	0	1.1	Tr	Tr	Tr	0
1001	canned in syrup	0	16.9	4.7	4.9	7.3	0	0	0.7	Tr	Tr	Tr	0
1002	Sultanas	0	69.4	34.8	34.6	Tr	0	0	2.0	N	N	N	0
1003	Tangerines	0	8.0	1.4	1.6	5.1	0	0	1.3	Tr	Tr	Tr	0

Fruit *continued*

994 to 1003

Inorganic constituents per 100g edible portion

No.	Food	mg									µg		
		Na	K	Ca	Mg	P	Fe	Cu	Zn	Cl	Mn	Se	I
<i>Fruit, general continued</i>													
994	Raspberries, raw	3	170	25	19	31	0.7	0.10	0.3	22	0.4	N	N
995	canned in syrup	4	100	14	11	14	1.7	0.10	N	5	0.3	N	N
996	Rhubarb, raw	3	290	93	13	17	0.3	0.07	0.1	87	0.2	Tr	N
997	stewed with sugar	1	210	33	6	18	0.1	0.02	Tr	75	0.3	Tr	N
998	canned in syrup	4	89	36	5	8	0.8	Tr	0.1	15	0.1	Tr	N
999	Satsumas	4	130	31	10	18	0.1	0.01	0.1	(2)	Tr	N	N
1000	Strawberries, raw	6	160	16	10	24	0.4	0.07	0.1	18	0.3	Tr	9
1001	canned in syrup	9	87	11	7	15	1.1	Tr	0.1	(5)	0.2	Tr	Na
1002	Sultanas	19	1060	64	31	86	2.2	0.40	0.3	16	0.3	N	N
1003	Tangerines	2	160	42	11	17	0.3	0.01	0.1	2	Tr	N	N

^a Iodine from erythrosine is present but largely unavailable

Fruit *continued*

994 to 1003

Vitamins per 100g edible portion

No.	Food	Retinol μg	Carotene μg	Vitamin D μg	Vitamin E mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Trypt 60 mg	Vitamin B ₆ mg	Vitamin B ₁₂ μg	Folate μg	Panto- thenate mg	Biotin μg	Vitamin C mg
<i>Fruit, general continued</i>															
994	Raspberries, raw	0	6	0	0.48	0.03	0.05	0.5	0.3	0.06	0	33	0.24	1.9	32
995	canned in syrup	0	3	0	0.15	0.01	0.03	0.3	0.1	0.04	0	(10)	0.17	(0.7)	7
996	Rhubarb, raw	0	60	0	0.20	0.03	0.03	0.3	0.1	0.02	0	7	0.09	N	6
997	<i>stewed with sugar</i>	0	28	0	0.17	0.03	0.02	0.2	0.1	0.02	0	4	0.08	N	5
998	canned in syrup	0	(18)	0	(0.11)	0.02	0.01	0.1	0.1	0.01	0	3	0.05	N	3
999	Satsumas	0	75	0	N	0.09	0.04	0.3	0.1	(0.07)	0	33	(0.20)	N	27
1000	Strawberries, raw	0	8	0	0.20	0.03	0.03	0.6	0.1	0.06	0	20	0.34	1.1	77
1001	canned in syrup	0	4	0	N	0.01	0.02	0.3	0.1	0.03	0	6	0.21	(1.0)	29
1002	Sultanas	0	12	0	0.70	0.09	0.05	0.8	0.2	0.25	0	27	0.09	4.8	Tr
1003	Tangerines	0	97	0	N	0.07	0.02	0.2	0.1	0.07	0	21	0.20	N	30

The Appendices

4.1

ANALYTICAL TECHNIQUES USED FOR THE TABLES

The methods which have been used for the analysis of foods in the Tables are shown; usually the first reference given is the most recent.

The nutrient values quoted in the Tables have been determined by a variety of methods. Although most give results of the same order of accuracy, with new methods merely improving the efficiency of analysis, some methods give different results and these have been documented in the Tables only where they appear to be substantial.

The following abbreviations are used in the text:-

GLC	Gas liquid chromatography
HPLC	High performance liquid chromatography
ICPOES	Inductively coupled plasma optical emission spectrophotometry

Nutrient	Method
Water	Freeze drying Vacuum drying at 70°C Air drying at 100°C
Nitrogen	Kjeldahl procedure Dumas combustion method
Fat	Werner Schmidt Egan <i>et al.</i> (1981) Weibuhl Stoldt Egan <i>et al.</i> (1981) Rose-Gottlieb Egan <i>et al.</i> (1981) Weibull-Berntrop IDF 125A (1988)
Fatty acids Trans fatty acids	GLC of methyl esters (IUPAC, 1976) (IUPAC, 1979)
Cholesterol	GLC
Phytosterols	GLC (IUPAC, 1987; AOAC, 1977)
Alcohol	Standard Inland Revenue distillation method

Nutrient	Method
<i>Carbohydrates</i>	
Total sugars (as monosaccharides)	Boehringer enzyme kit (Egan <i>et al.</i> , 1981) HPLC (Southgate <i>et al.</i> , 1978; Dean, 1978) Colorimetry (Southgate, 1976)
Starch	Enzymatic hydrolysis and measurement of glucose (Dean, 1978) Polarimetry (Egan <i>et al.</i> , 1981)
<i>Fibre</i>	
Non-starch polysaccharides	Englyst <i>et al.</i> (1994) Englyst <i>et al.</i> (1992) Englyst and Cummings (1988) Englyst and Cummings (1984) Englyst <i>et al.</i> (1982)
AOAC	Official method 985.29
<i>Inorganics</i>	
Sodium	ICPOES Emission spectrometry (Moxon, 1983) Atomic absorption spectrophotometry Flame photometry
Potassium	ICPOES Emission spectrometry Atomic absorption spectrophotometry Flame photometry
Calcium	ICPOES Atomic absorption spectrophotometry Titrimetry
Magnesium Copper Iron Zinc	ICPOES Atomic absorption spectrophotometry Colorimetry
Phosphorus	ICPOES Colorimetry
Chloride	Colorimetry Titrimetry
Manganese	ICPOES Atomic absorption spectrophotometry
Selenium	Hydride generation atomic absorption spectroscopy (Tinggi <i>et al.</i> , 1995) Fluorimetry (Michie <i>et al.</i> , 1978)
Iodine	Spectrophotometry (Moxon, 1980) GLC

Nutrient	Method
<i>Vitamins</i>	
<i>Fat soluble vitamins</i>	
Retinol β-Carotene Other carotenoids	HPLC Chromatographic separation and absorption spectrophotometry
Vitamin D	Reverse phase HPLC Biological assay and spectrophotometry GLC
Vitamin E	Normal phase HPLC Reverse phase HPLC Colorimetry combined with GLC (Christie <i>et al.</i> , 1973)
Vitamin K	HPLC in redox mode with electrochemical or UV detection (Bolton-Smith <i>et al.</i> , 2000; Shearer, 1996)
<i>Water soluble vitamins</i>	
Thiamin	HPLC with fluorimetric detection (Finglas and Faulks, 1984) Fluorimetry (Society of Public Analysts and Other Analytical Chemists: Analytical Methods Committee, 1951) Microbiological assay (Bell, 1974)
Riboflavin	HPLC with fluorimetric detection (Finglas and Faulks, 1984) Microbiological assay (Bell, 1974)
Niacin	HPLC (Kwiatowska <i>et al.</i> , 1989) Microbiological assay (Bell, 1974)
Vitamin B ₆	HPLC with fluorimetric detection (Kwiatowska <i>et al.</i> , 1989; Brubacher <i>et al.</i> , 1985) Microbiological assay (Bell, 1974)
Vitamin B ₁₂ Pantothenate Biotin	Microbiological assay (Bell, 1974)
Folate	Microbiological assay (Phillips and Wright, 1983; Bell, 1974)
<i>Vitamin C</i>	
Ascorbic acid Ascorbic acid and dehydroascorbic acid	HPLC with fluorimetric detection (Finglas and Faulks, 1984) Titrimetry (AOAC, 1975) Fluorimetry (AOAC, 1975)

4.2

CALCULATION OF NUTRIENT CONTENTS FOR FOODS 'AS PURCHASED' OR 'AS SERVED'

Many foods are purchased or served with material that is clearly inedible or material that might be discarded as inedible by some individuals. For the purposes of this publication 'waste' encompasses both types of material, which might include for example

- outer leaves or stalks of vegetables
- stones, pips or peel of fruit
- nut shells
- fish skin and bones
- meat fat and bones
- liquid contents of canned foods.

Previous editions of the food tables have included data for foods both with and without waste. All the nutrient values in this edition apply to the edible part of the food and are expressed per 100g of edible portion. The proportion of edible matter in the food is given in the Tables and allows calculation of the nutrient content of foods when weighed with waste. For raw foods the edible proportion factor refers to the edible material remaining after the inedible waste has been trimmed away, e.g. the outer leaves of a cabbage. If the quantity of food consumed (including waste) is known, this can be multiplied by the edible proportion enabling the nutrient values given in the Tables (as per 100g edible portion) to be used in calculations of nutrient content.

For canned foods, such as vegetables and fish, the proportion of the edible contents after the liquid has been drained off is given in the edible proportion column and the values in the Tables are for the drained contents only unless otherwise stated in the description, e.g. tomatoes, canned, whole contents.

For canned fruits whose media may be consumed, the proportion of the edible contents after the liquid has been drained off is given in the description. The values in the Tables for canned fruit are for the fruit together with the syrup or juice in which it was canned.

For the calculation of the composition of cooked foods from raw materials, users should refer to Section 4.3 Cooked foods and dishes.

The nutrient content of a food 'as purchased' is calculated by multiplying the nutrient content 'as consumed' by the edible conversion factor. Worked examples showing the calculation of nutrients in foods when weighed with waste (such as foods 'as purchased' or 'as served') are given below.

Example 1: Carbohydrate content of Bananas weighed with skin

Carbohydrate in Bananas (flesh only)	=	23.2g/ 100g
Edible conversion factor for Bananas weighed with skin	=	0.66
Carbohydrate in Bananas weighed with skin	=	23.2×0.66
	=	15.3g/ 100g bananas 'as purchased'

Example 2: Protein content of Lamb, loin chop, grilled, lean, weighed with fat and bone

Protein in Lamb, loin chop, grilled, lean (as consumed)	=	29.2g/ 100g
Edible conversion factor for Lamb, loin chop, grilled, lean, weighed with fat and bone	=	0.61
Protein in Lamb, loin chop, grilled, lean weighed with fat and bone	=	29.2×0.61
	=	17.8 g/ 100g lamb, loin chop, grilled 'as served'

Example 3: Carbohydrate content of Apples, eating, average, raw, weighed with core

Carbohydrate in Apples, eating, average, raw (flesh and skin only)	=	11.8g/ 100g
Edible conversion factor for Apples, eating, average, raw, weighed with core	=	0.89
Carbohydrate in Apples, eating, average, raw, weighed with core	=	11.8×0.89
	=	10.5g/ 100g apples, eating, raw, 'as purchased/served'

Example data

No.	Food	Edible conversion factor	Water (g)	Protein (g)	Fat (g)	Carbo- hydrate (g)
445	Lamb, loin chops, grilled, lean weighed with fat and bone	0.61	59.6 36.4	29.2 17.8	10.7 6.5	0 0
921	Apples, eating, average, raw weighed with core	0.89	84.5 75.2	0.4 0.4	0.1 0.1	11.8 10.5
928	Bananas, flesh only weighed with skin	0.66	75.1 49.6	1.2 0.8	0.3 0.2	23.2 15.3

4.3

COOKED FOODS AND DISHES

i Weight changes on preparation of foods

The figures below show the percentage changes in weight recorded during the cooking of foods included in this edition. The values were obtained by Holland *et al.* (1991), Wiles *et al.* (1980), Paul and Southgate (1977), McCance and Shipp (1933), and from previously unpublished determinations where a measure of weight change was available. The values should be treated as guidelines only; for more accurate figures users should make their own determinations. The weight changes during cooking of recipe dishes have been included with each recipe.

The majority of changes result from the loss or gain of water, but for many meats and fried foods there will also have been a loss or gain of fat. The values have been calculated as:

$$\frac{\text{Weight of cooked food or dish} - \text{Weight of raw food(s)}}{\text{Weight of raw food(s)}} \times 100$$

A value of +200 thus means not that the food doubled its weight, but that it gained twice its original weight on cooking (i.e. tripled in weight), because:

$$\frac{300 - 100}{100} \times 100 = +200$$

A plus sign (+) indicates that the food or dish gained weight on cooking while a minus sign (–) shows that it lost weight. The value given is a mean weight change, but where data is available for the range of losses, it is given in brackets.

For root and leafy vegetables boiled in water there is little difference in weight between the raw and cooked food.

CEREALS AND CEREAL PRODUCTS

	% weight change mean		% weight change mean
Rice and pasta		Bread	
Brown rice, boiled	+153	White bread, fried	–29
Savoury rice, cooked	+197	toasted	–18
White rice, easy cook, boiled	+177	‘with added fibre’, toasted	–16
Macaroni, dried, boiled	+146	Wholemeal bread, toasted	–15
Spaghetti, white, dried, boiled	+113		
egg, white, fresh, boiled	+82	Buns and pastries	
wholewheat, dried, boiled	+130	Crumpets, toasted	–11

CEREALS AND CEREAL PRODUCTS *continued*

	% weight change mean		% weight change mean
<i>Rice and pasta</i> <i>continued</i>		<i>Buns and pastries</i> <i>continued</i>	
Fusilli, dried, boiled	+123	Muffins, English style, toasted	-13
fresh, boiled	+82	Teacakes, toasted	-10
Tagliatelle, dried, boiled	+127		
egg, fresh, boiled	+83		

MEAT AND MEAT PRODUCTS

	% weight change mean (range)		% weight change mean (range)
<i>Bacon and ham</i>		<i>Pork</i>	
Bacon rashers, back, dry-fried	-33 (23-40)	Belly joint/slices, grilled	-36 (29-61)
back, grilled	-32 (22-44)	Diced, casseroled	-37 (31-410)
back, grilled crispy	-53 (28-68)	Fillet strips, stir-fried	-33 (26-40)
back, microwaved	-39 (26-48)	Leg joint, roasted medium	-35 (23-41)
back, fat trimmed, grilled	-33 (25-44)	Loin chops, barbecued grilled	-28 (15-48)
back, reduced salt, grilled	-32 (24-38)	microwaved	-32 (21-40)
middle, grilled	-38 (27-49)	roasted	-38 (24-57)
streaky, grilled	-35 (21-51)	Steaks, grilled	-38 (28-47)
Ham, gammon joint, boiled	-29 (15-40)	<i>Veal</i>	
Gammon rashers, grilled	-34 (32-50)	Escalope, fried	-38 (18-46)
<i>Beef</i>		<i>Chicken</i>	
Braising steak, braised	-40 (36-46)	Breast, casseroled, meat only	-25
Fore-rib/rib-roast, roasted	-34 (28-41)	grilled, without skin, meat only	-25
Mince, microwaved	-28 (19-43)	Breast, strips, stir-fried	-21 (17-29)
Mince, stewed	-18 (4-25)	Breast in crumbs, fried	-5
extra lean, stewed	-18 (9-29)	Drumsticks, roasted, meat and skin	-26 (14-50)
Rump steak, barbecued fried	-31 (18-47)		
grilled	-28 (18-35)	<i>Turkey</i>	
strips, stir-fried	-29 (17-40)	Breast fillet, grilled	-32 (23-46)
Silverside, salted, boiled	-39 (29-50)	strips, stir-fried	-23 (18-27)
Stewing steak, stewed	-36 (26-47)		
Topside, roasted, well-done	-42 (34-52)		

MEAT AND MEAT PRODUCTS *continued*

	% weight change mean (range)		% weight change mean (range)
Lamb		Burgers and grillsteaks	
Best-end neck cutlets, grilled	-32 (15-54)	Beefburgers, chilled/frozen, fried	-38
Breast, roasted	-28 (20-41)	grilled	-34
Leg, whole, roasted, medium	-31 (20-35)	Economy burgers, frozen, grilled	-17 (11-23)
Loin chops, grilled	-31 (15-52)	Grillsteaks, beef, chilled/frozen, grilled	-25
microwaved	-33 (24-41)		
roasted	-37 (17-57)		
Mince, stewed	-28 (22-33)	Meat products	
Shoulder, whole, roasted medium	-32 (21-40)	Black pudding, dry-fried	-12
Stewing lamb, pressure-cooked	-28 (22-40)	Chicken pie, chilled/frozen, baked	-5 (3-9)
stewed	-27 (21-41)	Sausages, beef, chilled, grilled	-25
		pork, frozen, fried	-20
		pork, chilled, grilled	-24
		pork, reduced fat, chilled, grilled	-24
		premium, chilled, grilled	-24

MEAT DISHES

	% weight change mean (range)
Beef curry, chilled/frozen, baked	-5
microwaved	-16
Chicken curry, chilled/frozen, baked	-1
microwaved	-24
Chicken tandoori, chilled, baked	-18
microwaved	-13
Chicken tikka masala, chilled/frozen, baked	-3 (Tr-4)
microwaved	-6 (2-9)
Chicken, stir-fried with rice and vegetables, frozen, reheated	-19 (15-23)
Chilli con carne, chilled/frozen, reheated, meat and sauce only	-6 (0-18)
Cottage/Shepherds pie, chilled/frozen, baked	-13 (1-48)
microwaved	-21 (1-40)
Faggots in gravy, chilled/frozen, baked	-6 (4-10)
microwaved	-2 (2-3)

MEAT DISHES *continued*

	% weight change mean (range)
Lamb/Beef hot pot with potatoes, chilled/frozen, baked	-13 (6-21)
microwaved	-8 (1-14)
Lasagne, chilled/frozen, baked	-17 (7-47)
Moussaka, chilled/frozen/longlife, baked	-9 (4-13)
microwaved	-7 (5-11)
Spaghetti bolognaise, chilled/frozen, baked	-7 (6-8)
microwaved	-15 (11-19)

FISH AND FISH PRODUCTS

	% weight change mean (range)		% weight change mean (range)
<i>White fish</i>		<i>Crustacea</i>	
Cod, baked fillets	-19	Crab, boiled	-20
poached fillets	-14	Lobster, boiled	-19
frozen, grilled steaks	-15	Scampi in breadcrumbs, fried	-23
dried, salted, boiled	+19		
Haddock, smoked, steamed	-15	<i>Molluscs</i>	
Lemon sole, steamed	-13	Mussels, boiled	-33
Plaice, in crumbs, fried in blended oil	+21		
Coley, steamed	-24	<i>Fish products and dishes</i>	
Whiting, steamed	+16	Fish cakes, fried	+2
in crumbs, fried in blended oil	+13	Fish fingers, fried	-10
		grilled	-7
<i>Fatty fish</i>		Roe, cod, hard, fried	-7
Herring, grilled	-9		
Salmon, steamed	-10		
Whitebait, fried	-23		

VEGETABLES AND VEGETABLE PRODUCTS

% weight change
mean (range)

<i>Beans and lentils</i>	
Aduki beans, soaked and boiled	+155
Black gram, urad gram, soaked and boiled	+208
Blackeye beans, soaked and boiled	+164
Chick peas, whole, soaked and boiled	+163
Lentils, green and brown, boiled	+139
red split, boiled	+227
Mung beans, whole, soaked and boiled	+199
Red kidney beans, soaked and boiled	+161
Soya beans, soaked and boiled	+156

ii Calculation of cooked edible matter from raw foods

The Tables show the edible conversion factors for the edible portion and Appendix 4.2 gives examples of calculation of the nutrient content of foods weighed with waste. It is sometimes necessary to estimate the amount of cooked edible material that would be obtained from a known weight of the raw food 'as purchased'. This is done by combining the percentage weight loss on cooking with the edible matter as a proportion of the cooked food, as follows:

Cooked edible matter as a proportion of raw 'as purchased' food

$$= \frac{\text{Edible proportion of cooked food} \times (100 - \% \text{ weight loss on cooking})}{100}$$

For example, the weight loss on grilling lamb chops is 31% and the edible proportion of grilled lamb chops, lean and fat, weighed with bone is 0.81. 200g of raw lamb chops with lean, fat and bone will therefore yield

$$200 \times \frac{0.81 \times (100-31)}{100} = 112\text{g cooked lamb (lean and fat) to eat}$$

iii Calculation of the composition of dishes prepared from recipes

The composition of cooked dishes in this book has been calculated, as in previous editions, from the recipes listed in Appendix 4.4, based on the composition of the ingredients, the changes in weight on cooking and the vitamin losses on cooking.

The change in weight on cooking is usually due only to the evaporation of water or to its gain by absorption. The composition of dishes where the method of preparation also involves a change in fat content cannot be calculated directly in this way. In these cases the cooked dishes were either analysed for fat and water before the calculations were made or the weight change was corrected for fat uptake measured after preparation.

The method of calculation was as follows. The weights of the raw ingredients were used to calculate the total amounts of nutrients in the raw dish. A correction to

allow for any wastage due to ingredients left on utensils and in the vessels used in preparation was made at this stage. The weight of the raw dish was then measured, using a scale accurate to about 1g. The dish was then cooked as specified and re-weighed. (A minor correction to allow for the difference between weighing the dish hot and at room temperature is not usually necessary). Where the difference in weight was accounted for by water alone, the nutrient composition and the water content of the cooked dish were calculated as follows:

$$\text{Nutrient content of cooked dish per 100 grams} = \frac{\text{Total nutrient content of raw ingredients}}{\text{Weight of cooked dish}} \times 100$$

$$\text{Water content of cooked dish per 100 grams} = \frac{\text{Water in raw ingredients} - \text{weight loss on cooking}}{\text{Weight of cooked dish}} \times 100$$

An example of this calculation is shown in Table 13 below.

Table 13 *Custard, made up with whole milk*

Ingredient	Amount in recipe g	Amounts contributed			
		Water g	Protein g	Fat g	Carbo- hydrate g
Milk, whole (500ml)	515	451	17.0	20.1	23.2
Custard powder	25	3.1	0.1	0.2	23.0
Sugar	25	0	0	0	26.3
Total in recipe (a)	565	454.1	17.1	20.3	72.5
Cooked weight (b)	447				
Weight loss on cooking (c) = a – b	118				
% weight loss on cooking (d) = c/a × 100	20.9				
Nutrient content of cooked dish (per 100g) (e) = a/b × 100			3.8	4.5	16.2
Water content of cooked dish (per 100g) (f) = $\frac{a-c}{b} \times 100$		75.2			

If a recipe is to be calculated from the ingredients, but the weight of the cooked dish is not known, this may be estimated by using the % weight change from a similar recipe as follows (provided that all the weight change can be attributed to water):

$$\text{Weight of cooked dish} = \frac{\text{Weight of raw ingredients} \times (100 - \% \text{ weight loss of similar dish})}{100}$$

For recipes which gain weight on cooking, for example dumplings:

$$\text{Weight of cooked dish} = \frac{\text{Weight of raw ingredients} \times (100 + \% \text{ weight gain of similar dish})}{100}$$

iv Vitamin loss estimation in foods and recipe calculations

The losses of heat- and water-labile vitamins in cooked recipe dishes were estimated by assigning a set of factors for percentage vitamin losses to each ingredient in the recipe, according to its food group and the method of cooking. Vitamin losses were not assigned to minor ingredients such as herbs, spices and salt. The percentage vitamin losses used for each food group and cooking method are shown in the Tables below. This is a change from the approach used for previous editions, in which vitamin loss factors were applied to the whole recipe dish according to the major ingredient. The values in the Tables should be treated as guidelines only. Vitamin losses will vary according to the length, temperature and method of cooking, and the nature of the ingredients. For more accurate information the foods or composite dish should be analysed.

An example of the method of calculating the vitamin content in a cooked product taking into account the percentage vitamin loss is given below.

$$\text{Vitamin content of cooked dish per 100 grams} = \frac{\text{Vitamin content of uncooked dish per 100 grams} - \frac{\text{Vitamin content of uncooked dish}}{100} \times \text{\% vitamin loss on cooking}}{100}$$

For example, the thiamin content of brown bread, average, is 0.22 mg per 100 grams and the percentage thiamin loss on toasting bread is 15%. Therefore the thiamin content of toasted brown bread is calculated as

$$\frac{0.22 - (0.22 \times 15)}{100} = 0.19 \text{ mg}$$

Table 14 *Cereals: typical percentage losses of vitamins on cooking*

	% vitamin losses	
	Boiling	Baking
Thiamin	40	25 ^a
Riboflavin	40	15
Niacin	40	5
Vitamin B ₆	40	25
Folate	50	50
Pantothenate	40	25
Biotin	40	0

^a 15% in bread-making and toasting

Table 15 *Milk: typical percentage losses of vitamins on cooking*

	% vitamin losses		
	<u>Boiling^a</u>	<u>Sauces^b</u>	<u>Baked dishes</u>
Vitamin E	20	(20)	ND
Thiamin	10	20	25
Riboflavin	10	(10)	15
Niacin	(0)	(0)	5
Vitamin B ₆	10	20	25
Vitamin B ₁₂	5	(5)	ND
Folate	20	50	50
Pantothenate	10	20	25
Vitamin C	50	50	ND

^a In milk-based drinks, custards, etc.
ND = Not determined

^b For example, for cheese sauce
Values in brackets are estimates

Table 16 *Eggs: typical percentage losses of vitamins on cooking*

	% vitamin losses		
	<u>Scrambled</u>	<u>Omelette</u>	<u>Baked dishes</u>
Thiamin	5	5	15
Riboflavin	20	20	15
Niacin	5	5	5
Vitamin B ₆	15	15	25
Folate	30	30	50
Pantothenate	15	15	25

Table 17 *Meats: typical percentage losses of vitamins on cooking*

	% vitamin losses	
	<u>Meat, grilled or fried</u>	<u>Meat dishes^a</u>
Vitamin A	0	0
Vitamin E	20	20
Thiamin	20	20
Riboflavin	20	20
Niacin	20	20
Vitamin B ₆	20	20
Vitamin B ₁₂	20	20
Folate	ND ^b	50
Pantothenate	20	20
Biotin	10	10
Vitamin C	ND ^b	50

^a Some vitamins are lost on heating but the vitamins (and minerals and fat) that leach into the liquor during cooking will not be lost if the sauce or the gravy is eaten as part of the dish. On average therefore, the losses in meat dishes are no higher than from grilled or fried meat even though the cooking times are longer.

^b The amounts of folate and vitamin C in meat are too low to make meaningful calculations of losses.

ND = Not determined

Table 18 *Fish: typical percentage losses of vitamins on cooking^a*

	% vitamin losses			
	<u>Poaching</u>	<u>Baking</u>	<u>Grilling</u>	<u>Frying</u>
Vitamin A	0	0	0	0
Vitamin D	0	0	0	0
Vitamin E	0	0	0	0
Thiamin	10	30	10	20
Riboflavin	0	20	10	20
Niacin	10	20	10	20
Vitamin B ₆	0	10	10	20
Vitamin B ₁₂	0	10	0	0
Folate	0	20	0	0
Pantothenate	20	20	5	20
Biotin	10	10	0	10

^a Apart from grilling, the losses are mainly based on those found on cooking cod.

Table 19 *Vegetables: typical percentage losses of vitamins on cooking*

	% vitamin losses		
	<u>Boiling</u>	<u>Frying</u>	<u>Cooked dishes</u>
Carotene	ND	ND	0
Vitamin E	0	0	0
Thiamin	35	20	20
Riboflavin	20	0	20
Niacin	30	0	20
Vitamin B ₆	40	25	20
Folate	40	55	50
Pantothenate	ND	ND	20
Biotin	ND	ND	20
Vitamin C	45	30	50

ND = Not determined

Table 20 *Fruit: typical percentage losses of vitamins on stewing*

	<u>% vitamin loss</u>
Carotene	(0)
Thiamin	25
Riboflavin	25
Niacin	25
Vitamin B ₆	20
Folate	80
Pantothenate	25
Biotin	25
Vitamin C	25

Values in brackets are estimates

The Tables

Symbols and abbreviations used in the Tables

Symbols

0	None of the nutrient is present
Tr	Trace
N	The nutrient is present in significant quantities but there is no reliable information on the amount
()	Estimated value
<i>Italic text</i>	Carbohydrate estimated 'by difference' and energy values based upon these quantities

Abbreviations

IFR	Institute of Food Research, Norwich
LGC	Laboratory of The Government Chemist, Teddington
calcd.	calculated
Gluc	Glucose
Fruct	Fructose
Sucr	Sucrose
Malt	Maltose
Lact	Lactose
NSP	Non-starch polysaccharides
Satd	Saturated
Monounsatd	Monounsaturated (total)
Polyunsatd	Polyunsaturated (total)
Trypt	Tryptophan

4.4 RECIPES

All recipes in these tables that were previously published in the 5th edition or in a supplement have been recalculated using updated ingredient composition and standard portion sizes.

Where a recipe source indicated a portion but not the quantity of an ingredient the portion size was taken from Food Portion Sizes (MAFF, 1993) or weighed during recipe testing.

Portion sizes

Baking powder	1 tsp = 3.5g
Banana, without skin, medium	100g
Egg	50g
Egg white	32g
Egg yolk	18g
Flour	1 level tbsp = 20g, heaped = 30g
Garlic	1 clove = 4g
Herbs, dried	1 tsp = 1g
Marmite/Yeast extract	1 tsp = 9g
Mustard powder	1 tsp = 3g
Pepper	1 tsp = 1g
Salt	1 tsp = 5g
Soy sauce	1 tsp = 5g
Spices, dried	1 tsp = 3g
Sugar	1 tsp = 4g
Vegetable oil	1 tbsp = 11g

The amounts of beer, lemon juice, milk, stock, vinegar, water and wine are given in millilitres but for beer, milk and wine, the millilitre measures were converted to gram weights for the purposes of recipe calculation. Stock was made up using 6g stock cube to 190ml water.

Quantities have not been included for recipes obtained in confidence from manufacturers. The ingredients have however, been listed in quantity order.

For a number of recipes obtained from dietary survey records only the major ingredients were recorded. These recipes do not contain a measure for salt, spices or other 'lesser' ingredients and these were not therefore, included in the recipe calculation

Unless specified, all the recipe items used were raw. Whole pasteurised milk, Cheddar cheese, non-dairy vanilla ice cream, plain white flour and distilled water were used. The bacon was without rind, the carrots, onions, potatoes and root ginger were peeled, the chilli peppers were deseeded, and, except where otherwise specified, the turkey and chicken were skinless and boneless, and the beef, lamb and pork included both lean and fat.

Where canned fruit were used as ingredients, the nutrient composition was an average of the fruit canned in syrup and juice. Where canned tomatoes were used, the nutrient composition included the juice as well.

The type of fat used in the recipes has been specified. The vegetable oil was a retail blended vegetable oil. Margarine was soft, polyunsaturated. Butter was salted. For fried dishes, the fat used during frying has been included at the end of the ingredients list with the quantity absorbed shown in brackets.

The baking powder used was a proprietary preparation whose composition is listed in these Tables (No 1223). Use of another brand could result in a different composition in the cooked dish with respect to sodium, calcium and phosphorus.

19 **Pilau, plain**

200g raw white rice	90g sliced onion
45ml water absorbed on soaking	500ml boiling water
25g butter ghee	1 tsp salt
1 tsp cumin seeds	½ tsp turmeric

Soak the rice. Heat the ghee and add cumin seeds. Add the onion and fry for 5 minutes. Reduce heat, add remaining ingredients, cover and cook until all the water has been absorbed and the rice is soft.

Weight loss: 17%

25 **White rice, fried**

550g boiled rice	2g salt
168g chopped onion	¼ tsp pepper
2 tbsp vegetable oil	1g spices
21g garlic	

Fry onion and garlic until soft. Add boiled rice and seasoning. Fry until oil has been absorbed and rice is fully coated.

Weight loss: 5.6%

28 Macaroni cheese

280g cooked macaroni	25g flour
350ml milk	100g grated cheese
25g margarine	½ tsp salt

Boil the macaroni and drain well. Make a white sauce from the margarine, flour and milk. Add 75g of the cheese and season. Add the macaroni and put in a pie dish. Sprinkle with remaining cheese and brown under grill or in a hot oven at 220°C/mark 7.

Weight loss: 9.4%

72 Bacon, lettuce and tomato sandwich

86g white bread	16g lettuce
29g grilled bacon	11g mayonnaise
20g tomato	7g fat spread

Average weights from University of North London survey of commercial sandwiches

73 Cheese and pickle sandwich

75g white bread	16g sweet pickle
43g cheddar cheese	7g fat spread

Average weights from University of North London survey of commercial sandwiches

74 Chicken salad sandwich

89g white bread	12g lettuce
46g cooked chicken	12g cucumber
20g tomato	7g fat spread

Average weights from University of North London survey of commercial sandwiches

75 Egg mayonnaise sandwich

94g white bread	10g mayonnaise
42g boiled egg	7g fat spread

Average weights from University of North London survey of commercial sandwiches

76 Ham salad sandwich

88g white bread	11g lettuce
35g ham	9g cucumber
17g tomato	7g fat spread

Average weights from University of North London survey of commercial sandwiches

77 Tuna mayonnaise sandwich

93g white bread	15g mayonnaise
56g tuna, canned in brine, drained	7g fat spread

Average weights from University of North London survey of commercial sandwiches

91 Porridge, made with water

60g oatmeal	500ml water
7g salt	

Weight loss: 14%

92 Porridge, made with whole milk

60g oatmeal	500ml milk
7g salt	

Weight loss: 14%

111 Flapjacks

120g rolled oats	60g brown sugar
90g margarine	2g ginger
60g golden syrup	

Melt fat, add sugar and syrup. Work in the oats. Press into a greased sandwich tin and bake at 170°C/mark 3 for 30 minutes.

Weight loss: 5%

123 Wholemeal crackers

105g fat	630g plain flour
11.9g salt	210g wholemeal flour
15.4g bakers yeast	2.1g bicarbonate of soda

Recipe from Flour Milling and Baking Research Association.

Weight loss: 11%

124 Banana bread

125g margarine	500g bananas (weighed with skin)
250g self-raising flour	125g glacé cherries
175g caster sugar	125g sultanas
2 eggs	60g walnuts

Recipe from *Mary Berry's Complete Cookbook*, p. 475. Reproduced by permission of Dorling Kindersley Ltd. © 1995 Dorling Kindersley Ltd, text © 1995 Mary Berry

Pour the flour into a bowl, add the margarine and rub in until the mixture resembles fine breadcrumbs. Add the caster sugar, sultanas, chopped walnuts, and glacé cherries and mix well. Add the eggs and mashed bananas and beat the mixture until well blended. Spoon the mixture into a greased 2lb loaf tin bottom lined with greaseproof paper. Bake in a pre-heated oven at 160°C/mark 3 for about 1¼ hours until well risen.

Weight loss: 8.6%

125 Battenburg cake

100g flour	67.5g water
75g margarine	8g skimmed milk powder
120g sugar	5g baking powder
90g eggs	2g salt
58g marzipan	8g jam

Recipe from Flour Milling and Baking Research Association.

Weight loss: 10% cake

127 Carrot cake

225g self-raising flour	Topping:
150g light muscavado sugar	175g soft white full fat spreadable
2 eggs	cheese
100g carrots	100g icing sugar
2 ripe bananas	50g margarine
50g walnuts	few drops of vanilla essence
150g sunflower oil	
2 tsp baking powder	

Recipe based on *Mary Berry's Ultimate Cakes*. Reproduced with the permission of BBC Worldwide Limited. © Mary Berry 1994

Mix all the cake ingredients in a large bowl until thoroughly blended and smooth. Add the mixture to an 8 inch deep round tin lined with greased greaseproof paper. Level the mixture and bake in a pre-heated oven for about 50–60 minutes at 180°C/mark 4 until the cake is risen. Allow to cool and turn out onto a wire rack. Measure the topping ingredients into a bowl and mix until smooth. Spread over the top of the cake and chill before serving to allow the topping to harden.

Weight loss: 9.5%

129 Crispie cakes

112g plain chocolate
33g crisp rice cereal
33g corn flake type cereal

Melt chocolate in a bowl over hot water. Stir in cereals. Place in cases and allow to cool and set.

Weight loss: 0%

132 Fruit cake, rich

200g margarine	250g flour
200g brown sugar	¼ tsp salt
4 eggs	750g mixed fruit
20g black treacle	150g mixed glacé fruit, chopped
20ml brandy	1 tsp mixed spice

Cream the fat and sugar. Beat the eggs, treacle and brandy. Fold in the sifted flour and spices and mix in the fruit. Turn into a 20cm cake tin. Bake for 4 hours at 150°C/mark 2.

Weight loss: 5%

133 Fruit cake, rich, iced

1680g fruit cake, rich	Royal icing:
70g apricot jam	300g icing sugar
410g marzipan	1 egg white
	1 tsp lemon juice

Make the cake as in Rich Fruit Cake (No. 132) recipe. When cold spread with a thin layer of apricot jam and cover with marzipan. Make the icing by beating the egg whites and icing sugar; finally add lemon juice.

135 Fruit cake, wholemeal

200g margarine	4g mixed spice
200g brown sugar	200g wholemeal flour
3 eggs	200g mixed fruit
200g plain flour	100ml milk
2 tsp baking powder	

Cream the fat and sugar, beat in eggs. Sift white flour, baking powder and spice, add creamed mixture together with wholemeal flour and fruit. Add milk until soft. Bake for 1½–2 hours at 180°C/mark 4.

Weight loss: 5%

137 Jaffa cakes

33.1% baked sponge base
39.6% orange jelly
27.3% plain chocolate

Recipe from Flour Milling and Baking Research Association.

139 Muffins, American style, chocolate chip

150g self raising flour	50g butter
110ml milk	50g sugar
1 egg	½ tsp baking powder
120g plain chocolate	

Melt the butter in a saucepan and allow to cool. Sieve the flour into a large mixing bowl, add the sugar and baking powder and mix. Break the egg into a small bowl and whisk. Add the egg and the milk to the saucepan of melted butter and mix well. Pour the mixture into the flour and mix together quickly. Mix in the chocolate chips and divide the mixture into bun cases. Bake for 20–25 minutes at 200°C/mark 6.

Weight loss: 11.2%

142 Sponge cake

150g flour	150g caster sugar
1 tsp baking powder	3 eggs
150g margarine	

Cream the fat and sugar until light and fluffy. Add the beaten egg a little at a time and beat well. Fold in the sifted flour and baking powder. Bake for about 20 minutes at 190°C/mark 5.

Weight loss: 12.9%

143 Sponge cake, made without fat

4 eggs
100g caster sugar
100g flour

Whisk the eggs and sugar in a basin over hot water until stiff. Fold in flour. Bake for 25 minutes at 190°C/mark 5.

Weight loss: 13.8%

147/148 Flaky pastry

200g flour	½ tsp salt
75g margarine	85ml water
75g lard	10ml lemon juice

Divide fat into 4 portions. Sift flour and salt, rub in one portion of fat. Mix with water and lemon juice, then knead until smooth and leave for 15 minutes. Roll out, dot two thirds with another fat portion and fold into 3. Roll out and repeat process with remaining 2 fat portions. Bake at 220°C/mark 7.

Weight loss: 24.3%

149/150 Shortcrust pastry

200g flour	½ tsp salt
50g margarine	30ml water
50g lard	

Rub the fat into the flour, mix to a stiff dough with the water, roll out and bake at 200°C/mark 6.

Weight loss: 13.8%

151/152 **Wholemeal pastry**

200g wholemeal flour	2g salt
50g margarine	30ml water
50g lard	

Rub the fat into the flour, mix to a stiff dough with the water, roll out and bake at 220°C/mark 7.

Weight loss: 13.6%

154 **Chelsea buns**

200g strong flour	35g eggs
85g skimmed milk	15g yeast
65g margarine	55g currants
45g sugar	2g salt

Recipe from Flour Milling and Baking Research Association.

Weight loss: 15%

161 **Eccles cakes**

212g frozen puff pastry	25g butter
1 egg white	50g demerara sugar
25g mixed peel, chopped	100g currants
½ tsp ground mixed spice	Caster sugar for sprinkling

Recipe from *The Dairy Book of British Food*, by the Milk Marketing Board, published by Ebury Press. Reprinted by permission of The Random House Group Ltd.

Melt the butter in a saucepan, then stir in the currants, peel, sugar and spice and mix thoroughly. On a lightly floured surface, roll out the pastry very thinly and cut out eight 12.5cm (5 inch) circles using a saucer as a guide. Divide the fruit mixture between the circles, damp the edges of the pastry and draw them into the centre, sealing well together. Turn the cakes over and roll gently into circles with a rolling pin. Brush with egg white and sprinkle with caster sugar. Make 3 diagonal cuts across the top of each. Place on dampened baking sheets and bake at 220°C/mark 7 for about 15 minutes, until light golden brown.

Weight loss: 9.1%

164 **Hot cross buns**

450g strong flour	45g peel
28g fresh yeast	150ml milk
1 egg	60ml water
pinch salt	56g caster sugar
56g margarine	
112g currants	Glaze:
1g cinnamon	45g sugar
1g nutmeg	30ml milk
2g mixed spice	30ml water

Cream yeast with milk and add salt. Add to flour and eggs, and mix. Knead for 10 mins. Sprinkle with sugar, dot with fat and leave for 30 mins. Mix fat, sugar and fruit into mixture and mould. Cut a cross on each bun, glaze and bake for 15 minutes at 250°C/mark 9.

Weight loss: 15%

166 Mince pies, individual

300g raw short crust pastry (149)
200g mincemeat

Roll out the pastry and cut into rounds. Place half of the rounds in tart tins. Fill with mincemeat and cover with remaining pastry. Bake for about 20 minutes at 190°C/mark 5.

Weight loss 12.6%

170 Scones, plain

200g flour	50g margarine
4 tsp baking powder	10g sugar
¼ tsp salt	125ml milk

Sift the flour, sugar and baking powder and rub in fat. Mix in the milk. Roll out and cut into rounds. Bake in a hot oven at 220°C/mark 7 for about 10 minutes.

Weight loss: 18.5%

171 Scones, wholemeal

200g wholemeal flour	50g margarine
14g baking powder	10g sugar
1g salt	125ml milk

Method as recipe for plain scones (No.170).

Weight loss: 18.5%

174 Bread pudding

225g white bread	4g mixed spice
275ml milk	1 beaten egg
50g melted butter	175g dried fruit
75g demarara sugar	

Break bread into pieces, cover with milk and leave for 30 mins. Add remaining ingredients, mix well and bake for 1¼ hours at 180°C/mark 4.

Weight loss: 24%

176/177 Crumble, fruit, plain or wholemeal

400g prepared fruit
50g margarine

100g plain or wholemeal flour
100g sugar

Prepare fruit. Arrange in a dish and sprinkle with sugar. Rub together the other ingredients and pile on top. Bake for 40 minutes at 190°C/mark 5.

Weight loss: 7.4%

178/182 Fruit pie, one crust, plain or wholemeal

200g raw plain or wholemeal shortcrust pastry (149/151)
450g prepared fruit
80g sugar

Place fruit in pie dish and cover with pastry. Bake for 10–15 minutes at 200°C/mark 6 to set pastry, then about 20 minutes at 180°C/mark 4 to cook fruit.

Weight loss: 4.2%

179/183 Fruit pie, pastry top and bottom, plain or wholemeal

450g raw plain or wholemeal shortcrust pastry (149/151)
450g fruit (eg. apple, gooseberry, rhubarb, plum)
80g sugar

Line a pie dish with half the pastry. Fill with prepared fruit and sugar and cover with remaining pastry. Bake for 10–15 minutes at 220°C/mark 7 to set pastry, then for about 20–30 minutes at 180°C/mark 4 to cook the fruit.

Weight loss: 4.2%

181 Fruit pie, blackcurrant, pastry top and bottom

450g raw shortcrust pastry (149)
450g blackcurrants
80g sugar

Method as for fruit pie, pastry top and bottom (No. 179).

Weight loss: 4.2%

185 Pancakes, sweet

100g flour
250ml whole milk
1 egg

50g lard (for pan)
50g sugar

Sieve the flour into a basin, add the egg and about 100ml of the milk, stirring until smooth. Add the rest of the milk and beat to a smooth batter. Heat a little of the lard in a frying pan and pour in enough batter to cover the bottom. Cook both sides and turn onto sugared paper. Dredge lightly with sugar. Repeat until all the batter is used, to give about 10 pancakes.

Weight loss: 20%

187 Treacle tart

300g raw shortcrust pastry (149)
250g golden syrup
50g fresh breadcrumbs

Line shallow tins with pastry, pour in the syrup and sprinkle with the breadcrumbs.

Bake for 20–30 minutes at 200°C/mark 6.

Weight loss: 0%

189 Dumplings

100g flour
45g suet
75g water
1 tsp baking powder
½ tsp salt

Mix the dry ingredients together with the cold water to form a dough. Divide into balls, flour them and place in boiling water. Boil for 30 minutes.

Weight gain: + 52.7%

190 Pancakes, savoury

112g flour
300ml whole milk
1 egg
56g lard (for pan)
¼ tsp salt

Method as for sweet pancakes (No. 185).

Weight loss: 20%

192 Risotto

224g long grain rice
550g stock
84g chopped onion
56g margarine
1 tsp salt
1g pepper

Melt margarine, add onion and fry until soft. Add washed rice and stir over low heat for 10 minutes. Pour in stock, bring to boil and simmer until all is absorbed.

Weight loss: 37%

194 Stuffing, sage and onion

224g onion
112g white breadcrumbs
4g fresh sage, chopped
¼ tsp salt
¼ tsp pepper
1 egg
56g margarine

Parboil onions, drain and chop, mix with breadcrumbs, add sage. Melt margarine and add to stuffing. Mix thoroughly. Stir in egg and seasoning.

Weight loss: 19.0%

195 Yorkshire pudding

100g flour	250ml milk
1 tsp salt	20g dripping
1 egg	

Sieve flour and salt into a basin. Break in the egg and add about 100ml milk, stirring until smooth. Add the rest of the milk and beat to a smooth batter. Pour into a tin containing the hot dripping. Bake for about 40 minutes at 220°C/mark 7.

Weight loss: 16%

297 Tzatziki

250g Greek cows milk yogurt	213g cucumber
5g fresh garlic	4g salt
fresh chopped mint	

Recipe from yogurt manufacturers.

303 Chocolate nut sundae

115g ice cream	6g chopped nuts
45ml double cream	wafer (1g)
70g chocolate sauce	

Cover ice cream with whipped cream and chocolate sauce. Sprinkle with nuts, add wafer.

319/320 Custard made up with milk

500ml whole or semi-skimmed milk
25g custard powder
25g sugar

Blend custard powder with a little of the milk. Add sugar to remainder of milk and bring to the boil. Pour immediately over paste, stirring all the time. Return to pan, bring back to boiling point while stirring.

Weight loss: 20.9%

323 Jelly made with water

130g jelly cubes	440ml water
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Dissolve jelly cubes in hot water. Add rest of the cold water. Pour into a mould and allow to set.

324 Meringue

4 egg whites	200g caster sugar
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Whisk egg whites until stiff. Fold in the sugar. Pipe onto baking sheet and bake at 130°C/mark ½ for 3 hours.

Weight loss: 33.3%

325 Meringue with cream

40% meringue
60% whipping cream
Proportions derived from a number of shop-bought samples.

326 Milk pudding

500ml whole milk
50g rice, sago, semolina or tapioca
25g sugar

Simmer until cooked or bake in a moderate oven at 180°C/mark 4.
Weight loss: 19.1%

336 Trifle

75g sponge	250g custard
25g jam	25ml double cream
50g fruit juice	10g mixed nuts
75g tinned fruit	10g angelica and cherries
25ml sherry	

Slit sponge cake, spread with jam and sandwich together. Cut into 4cm cubes. Soak in fruit juice and sherry. Mix with fruit, cover with cold custard and decorate with whipped cream, nuts and angelica.

344 Scrambled eggs, with milk

2 eggs	20g butter
15ml milk	½ tsp salt

Melt butter in pan, stir in beaten egg, milk and seasoning. Cook over gentle heat until mixture thickens.
Weight loss: 10.9%

346 Omelette

2 eggs	½ tsp salt
10ml water	pepper
10g butter	

Beat eggs with salt and water. Heat butter in an omelette pan. Pour in the mixture and stir until it begins to thicken evenly. While still creamy, fold the omelette and serve.

Weight loss: 5.7%

347 Omelette, cheese

115g omelette, cooked
60g Cheddar cheese

Proportions are derived from recipe review.

348/349 Quiche, cheese and egg, plain or wholemeal

200g raw plain or wholemeal shortcrust pastry (149/151)
150g cheese 3 eggs
150g milk

Line a 20cm flan ring with the shortcrust pastry. Fill with grated cheese. Beat eggs in the warmed milk and pour into pastry case. Bake for 10 minutes at 200°C/mark 6 and then 30 minutes at 180°C/mark 4.

Weight loss: 10%

350 Quiche Lorraine

200g raw shortcrust pastry (149) 100g streaky bacon
2 eggs 100g cheese
200ml milk

Line a 20cm flan ring with shortcrust pastry. Fill with the fried, chopped bacon and grated cheese. Beat the eggs in warmed milk and pour into the pastry case. Bake for 10 minutes at 200°C/mark 6, then for 30 minutes at 180°C/mark 4.

Weight loss: 25.5%

542 Game pie

shortcrust pastry pork spare-rib
venison pheasant
middle bacon rashers redcurrant jelly
rabbit onions
chicken livers red wine

Proportions of main ingredients obtained from manufacturers.

561 Steak and kidney pie, single crust, homemade

400g stewing beef, diced 15g flour
200g lamb's kidneys, diced 100ml water
2 tsp salt 350g flaky pastry (147)

Place the meat and kidneys rolled in seasoned flour in a pie dish with the water. Cover with pastry. Bake for 20 minutes at 200°C/mark 6 then lower the heat to 150°C/mark 2 and cover with greaseproof paper. Cook for a further 2–2½ hours.

Weight loss: 21%

567 Beef bourguignonne

1 tbsp vegetable oil 5g tomato purée
100g button onions 1 tsp dried mixed herbs
1 clove garlic, crushed 250ml red wine
500g stewing beef, diced 250ml stock
50g streaky bacon rashers, chopped ½ tsp salt
15g flour ¼ tsp pepper
150g button mushrooms

575 Beef, stir-fried with green peppers

500g rump steak, thinly sliced	Marinade:
2 tbsp vegetable oil	4 tsp sugar
400g green peppers, sliced	1 red chilli, finely chopped
60g spring onions, sliced	2 tbsp soy sauce
20g root ginger, grated	2 tbsp sherry
20g cornflour	
¼ tsp salt	
¼ tsp pepper	

Marinate the steak for 30 minutes. Stir-fry the peppers, spring onions and ginger in oil for a few minutes, then add meat and stir-fry for 6 minutes.

Weight loss: 16%

576 Bolognese sauce (with meat)

1 clove garlic, crushed	397g canned tomatoes
60g onions, chopped	250ml stock
500g minced beef	2 tsp vegetable oil
40g carrots, chopped	½ tsp salt
30g celery, chopped	¼ tsp pepper
10g tomato purée	¼ tsp dried mixed herbs

Brown the garlic, onions and mince in oil, add carrots and celery. Stir in the other ingredients and simmer for 40 minutes with the lid on.

Weight loss: 32% (whole dish)

577 Chicken chasseur

800g chicken breast (weighed with bone)	1 tsp dried mixed herbs
150g shallots	½ tsp salt
1 tbsp vegetable oil	¼ tsp pepper
1 tbsp flour	1 clove garlic, crushed
300ml dry white wine	15g tomato purée
300ml stock	1 tsp brown sugar
2 bay leaves	100g button mushrooms

Brown the chicken and shallots in oil. Remove and transfer to a casserole dish. Add the flour to the pan and gradually blend in the wine and stock and bring to the boil. Add remaining ingredients and stir. Pour over the chicken, cover and cook for 1 hour at 180°C/mark 4.

Weight loss: 18%

581 Chicken curry, made with canned curry sauce

1 tbsp vegetable oil	385g curry sauce, canned
500g chicken breast	

Brown the chicken in oil. Add sauce, cover and simmer for 45 minutes.

Weight loss: 30%

588 Chilli con carne

500g minced beef	15ml vinegar
150g onions, chopped	1 tsp sugar
100g green peppers, chopped	30g tomato purée
1 tbsp vegetable oil	397g canned tomatoes
1 tsp salt	150ml stock
¼ tsp pepper	115g red kidney beans, canned, drained

Brown the mince, onions and peppers in oil. Blend the other ingredients and stir into the meat. Cover and simmer gently for 40 minutes. Add the kidney beans and continue cooking for a further 10 minutes.

Weight loss: 15%

590 Coq au vin

100g back bacon rashers, chopped	¼ tsp pepper
1000g chicken leg quarters (weighed with bone)	
50g butter	100g shallots
50g flour	1 tsp dried mixed herbs
½ tsp salt	100g button mushrooms
600ml red wine	

Brown the bacon and chicken coated in seasoned flour, in butter. Add the shallots, mixed herbs and red wine, cover and simmer for 35–45 minutes. Add the mushrooms and cook for another 20 minutes.

Weight loss: 16% (with bone), 19% (without bone).

591 Coronation chicken

300g mayonnaise	500g cooked light and dark chicken meat, diced
1 tbsp curry paste	
2 tbsp apricot jam	

Mix the ingredients together.

596 Goulash

300g onions, chopped	397g canned tomatoes
500g stewing beef, diced	150g green peppers, chopped
2 tbsp vegetable oil	1 tsp salt
2 cloves garlic, crushed	1 litre stock
2 tsp paprika	500g potatoes, diced
2g caraway seeds, crushed	

Brown the onions and meat in oil. Add remaining ingredients except for the potatoes. Cover and simmer for 1 hour. Add potatoes and simmer for a further 25 minutes.

Weight loss: 32%

597 Irish stew

500g lamb neck fillet, diced	1 tsp dried mixed herbs
150g onions, sliced	15g flour
200g carrots, sliced	½ tsp salt
500g potatoes, sliced	¼ tsp pepper
1 tbsp fresh parsley, chopped	300ml stock

Make layers of meat, vegetables, herbs, flour and seasoning in a casserole dish, ending with a top layer of potatoes. Pour in stock and cover. Bake for 1 hour at 170°C/mark 3, remove lid and cook for a further 30 minutes.

Weight loss: 13%

598 Irish stew, made with lean lamb

As for Irish stew (No. 597), except made with lean lamb neck fillet.

600 Lamb curry, made with canned curry sauce

500g stewing lamb, diced	385g curry sauce, canned
1 tbsp vegetable oil	

Brown the lamb in oil. Add the sauce, cover and simmer for 45 minutes.

Weight loss: 30%

601 Lamb kheema

6 tbsp vegetable oil	1 tsp cayenne pepper
75g onions, finely chopped	200ml water
2 garlic cloves, crushed	200g peas, frozen
500g minced lamb	2 tbsp fresh coriander leaves, chopped
8g root ginger, grated	1 tsp salt
2 green chillies, deseeded, finely chopped	2 tsp garam masala
1 tsp coriander seeds, crushed	220g canned tomatoes
	1 tsp ground cumin

Brown the onions, garlic and mince in oil. Add the ginger and spices. Stir in 150ml of the water, cover and simmer for 30 minutes. Add the remaining ingredients and bring back to the boil. Cover and cook for a further 10 minutes.

Weight loss: 21%

603 Lancashire hotpot

500g stewing lamb, diced	100g onions, sliced
½ tsp salt	500g potatoes, sliced
¼ tsp pepper	300ml stock
100g carrots, sliced	2 tsp vegetable oil
100g turnip, chopped	

Season the meat and mix with carrots, turnip and onions. Layer this with the potatoes in a casserole, beginning and ending with potatoes. Add stock and brush the top with oil. Cover and bake for 2 hours at 150°C/mark 2. Remove lid to brown the potatoes for the last 30 minutes.

Weight loss: 11%

604 **Lasagne**

Meat sauce:	Cheese sauce:
1 tbsp vegetable oil	30g margarine
50g streaky bacon rashers, chopped	30g flour
50g onions, chopped	400ml milk
50g carrots, chopped	75g cheese, grated
30g celery, chopped	
300g minced beef	200g lasagne, raw
220g canned tomatoes	
375ml stock	
1 clove garlic, crushed	To top:
½ tsp salt	25g cheese, grated
¼ tsp pepper	
½ tsp marjoram	
1 bay leaf	
50g mushrooms, sliced	

Brown the bacon, onions, carrots, celery and mince in the oil. Stir in the remaining ingredients for the meat sauce and simmer for 15 minutes. For the cheese sauce, melt the margarine, add flour and cook for a few minutes, stir in the milk and cheese and cook gently until mixture thickens. In a dish, add alternative layers of lasagne, meat and cheese sauce ending with a layer of lasagne and cheese sauce. Sprinkle with cheese and bake for 1 hour at 190°C/mark 5.

Weight loss: 26%

608 **Pasta with meat and tomato sauce**

340g minced beef	475g pasta sauce, tomato-based,
900g boiled pasta	canned

Brown the mince in a pan. Add pasta sauce and simmer for 20 minutes. Stir in pasta.

Weight loss: 17%

609 **Pork casserole, made with canned cook-in sauce**

675g pork steaks	390g cook-in sauce
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Pour the sauce over the pork steaks and cook in a covered casserole dish for 1½ hours at 180°C/mark 4.

Weight loss: 20%

610 Sausage casserole

400g diced pork	1 bay leaf
150g onions, chopped	1 tsp dried mixed herbs
200g streaky bacon rashers, chopped	300ml stock
1 tbsp vegetable oil	½ tsp salt
200g pork sausage, chopped	¼ tsp pepper
227g baked beans, in tomato sauce, canned	

Brown the pork, onions and bacon in the oil, add the remaining ingredients and bake, uncovered, for 1½ hours at 170°C/mark 3.

Weight loss: 15%

617 Sweet and sour pork

400g diced pork	<i>Sauce:</i>
	1 tbsp vegetable oil
	1 clove garlic, crushed
	7g root ginger, grated
	100g onions, chopped
	75g green peppers, sliced
	75g red peppers, sliced
	30g sugar
	30ml vinegar
	5g cornflour
	1 tbsp soy sauce
	1 tbsp sherry
	1 tbsp tomato purée
	5 tbsp water

Marinade:
½ tsp salt
1 tbsp soy sauce
2 tbsp sherry
tsp sugar

Batter:
20g cornflour
1 tbsp water
½ egg
vegetable oil (16g)

Marinate the pork for 1 hour. Coat the pork with batter ingredients and deep-fry for 4 minutes. For the sauce, stir-fry garlic, ginger and onions in oil, add the remaining ingredients and cook until thickened. Add pork, stir and heat through.

Weight loss: 28%

685 Curry, fish, Bangladeshi

450g boal, raw	2 tsp chilli powder
450g rohu, raw	2 tsp coriander powder
225g onions, chopped	½ tsp cumin powder
75g vegetable oil	1½ tsp turmeric
2 tsp salt	300g water

Cut the fish into 1 inch slices and sprinkle with some of the chilli, turmeric and coriander. Add 2 tbsps of water and mix. Heat half the oil and fry the fish for 6 to 8 minutes then remove from pan and set aside. Fry the onions in the remaining oil until brown, add remaining spices and the remaining water and cook for 6 minutes. Add the fish and salt and cook for 4–5 minutes. Add the water, cover and cook for 10 minutes.

Weight loss: 21%

693 Kedgerree

200g smoked haddock, cooked	25g margarine
100g boiled white rice	½ tsp salt
2 eggs	

Hard boil one egg. Melt the margarine and stir in the haddock, rice, salt and one beaten egg. Stir in chopped hard boiled egg and heat thoroughly.

Weight loss: 10%

867 Beanburger, soya, fried in vegetable oil

120g chopped onion	1 tsp mixed herbs
10g vegetable oil	20g soya sauce
320g boiled soya beans	35g tomato purée
75g porridge oats	1 egg
10g chopped fresh parsley	vegetable oil absorbed on frying (20g)

Fry onion in oil until brown. Mix beans and onions together with remaining ingredients, Form into 6–8 shapes approximately 1cm thick. Fry for 3 minutes either side.

Weight loss: 9%

868 Bubble and squeak, fried in vegetable oil

46% boiled cabbage
46% boiled potato
vegetable oil absorbed on frying (8%)

Fry the cabbage and potato together.

Weight loss: 10%

869 Cannelloni, vegetable

30% milk	2% boiled courgettes
25% boiled pasta	2% boiled cabbage
10% Ricotta cheese	2% boiled leeks
5% tomatoes	2% breadcrumbs
4% boiled onions	2% butter
4% vegetable oil	2% parmesan cheese
3% flour	1.5% cornflour
2% boiled carrots	0.5% salt
2% boiled spinach	

Proportions are derived from dietary survey records.

870 Casserole, vegetable

240g diced potato	90g canned sweetcorn
120g sliced carrot	90g frozen peas
120g diced onion	90g chopped tomatoes
120g diced swede	450g canned tomatoes
120g diced parsnip	1 tsp marmite

Place all ingredients in a casserole and stir. Cover and cook for approximately 1 hour at 190°C/mark 5.

Weight loss: 15%

871 Cauliflower cheese, made with semi-skimmed milk

100g grated cheese	25g margarine
1 small cauliflower (700g)	25g flour
100ml cauliflower water	250ml semi-skimmed milk
½ level tsp salt	pepper

Boil cauliflower until just tender, break into florets. Drain saving 100ml water, place in a dish and keep warm. Make a white sauce from the margarine, flour, milk and cauliflower water. Add 75g cheese and season. Pour over the cauliflower and sprinkle with the remaining cheese. Brown under a grill or in a hot oven, 220°C/mark 7.

Weight loss: 15%

872 Chilli, vegetable

120g onion	440g boiled or canned red kidney beans
240g carrots	10g chilli powder
240g parsnips	330g canned sweetcorn
120g pepper	14g oxo
180g courgette	568ml water
400g canned tomatoes	5g salt

Quantities are derived from dietary survey records.

Weight loss: 15%

873 Coleslaw, with mayonnaise, retail

cabbage	carrot
mayonnaise	onion

Proportions obtained from a manufacturer in confidence

874 Coleslaw, with reduced calorie dressing, retail

cabbage	carrot
reduced calorie dressing	onion

Proportions obtained from a manufacturer in confidence

875 Curry, chick pea dahl

225g dry chick pea dahl	1 tsp chilli powder
200ml water absorbed on soaking	½ tsp garam masala
28g vegetable oil	7g chopped green chilli
60g chopped onion	100g chopped tomato
2g crushed garlic	415ml water

Soak the chick pea dahl overnight. Fry the onion and garlic until brown. Add a little water together with spices and tomatoes. Stir and cook until dry. Add dahl and water, simmer until cooked.

Weight loss: 35%

877 Flan, vegetable

30.8% shortcrust pastry	15.4% white sauce made with skimmed milk
15.4% boiled carrot	7.7% cheese
15.4% boiled broccoli	
15.4% boiled onion	

Proportions are derived from dietary survey records.

878 Garlic mushrooms

250g mushrooms
2g garlic
40g butter

Clean mushrooms and remove stems. Crush the garlic and sauté in butter. Fill mushroom caps with the garlic butter mixture and grill for 5–7 minutes.

Weight loss: 19%

881 Nut roast

90g chopped onion	225g chopped mixed nuts
11g vegetable oil	115g wholemeal breadcrumbs
20g flour	1 tsp marmite
140ml water	1 tsp mixed herbs

Fry onion in the oil. Add flour and water and thicken. Mix in nuts, breadcrumbs, marmite and herbs. Pack into a loaf tin and cover with foil. Bake at 190°C/mark 5 for 35–45 minutes.

Weight loss: 13%

882 Pakora/bhajia, vegetable, retail

potato	cauliflower
onion	spinach
chick pea flour	self-raising flour
rapeseed oil	mixed spices
water	

Proportions obtained from manufacturer in confidence

883 Pancakes, stuffed with vegetables

320g prepared pancakes

Filling:

50g chopped mushrooms

90g chopped onion

200g canned tomatoes

1 tsp mixed herbs

Prepare the filling by cooking all the ingredients for approximately 15 minutes. Fill and roll up pancakes. Place under grill to reheat if necessary.

Weight loss: 20% for filling

884 Pasty, vegetable

50% cooked shortcrust pastry

6.3% boiled parsnip

15% boiled potato

6.3% boiled onion

7.5% water

6.3% boiled cabbage

6.3% boiled carrot

2.5% flour

Proportions are derived from dietary survey records

885 Pie, vegetable

100g chopped onion

200g canned tomatoes

100g sliced carrot

100ml water

100g sliced courgettes

2 tsp cornflour

60g chopped celery

1 tsp mixed herbs

50g sliced mushrooms

1 tsp marmite

80g chopped red pepper

300g raw shortcrust pastry

100g potatoes

Place vegetables in a pan, together with herbs and marmite. Bring to the boil and simmer for 20–25 minutes. Make cornflour into a paste, add to pan, boil and stir until mixture thickens. Pour into pie dish and leave to cool. Roll pastry to fit dish size. Cut an additional 1 inch strip from remaining pastry, wet and place around the edge of the dish. Cover with pastry top and seal edges. Bake at 200°C/mark 6 for 30–40 minutes.

Weight loss: 15%

887 Risotto, vegetable

90g chopped onion

60g thinly sliced celery

44g vegetable oil

160g diced red pepper

175g raw white rice

250g sliced mushrooms

15g crushed garlic

270g canned red kidney beans

600ml water

15g soya sauce

1 tsp salt

50g cashew nuts

Fry onion in half the oil, add rice and some of the garlic, cook with stirring for 3 minutes. Add water and salt, bring to the boil, cover and simmer for 30–40 minutes until all the water has been absorbed. Fry celery, pepper and mushrooms in the remaining oil until soft, add the rest of the garlic. Add rice mixture, kidney beans, soya sauce and nuts. Cook until the beans are heated through.

Weight loss: 31%

888 Salad, green

150g shredded lettuce
230g sliced cucumber

160g sliced green pepper
30g sliced celery

Toss all ingredients together.

889 Salad, potato with mayonnaise, retail

potato
mayonnaise
onion

Proportions obtained from a manufacturer in confidence

890 Salad, rice

720g boiled white rice
240g spring onion
90g sweetcorn
60g cashew nuts

60g raisins
40g soya sauce
60g vegetable oil
80g green pepper

Quantities are derived from dietary survey records.

893 Shepherd's pie, vegetable, retail

boiled potatoes
tomatoes
boiled onion
water
boiled lentils
boiled carrots
boiled courgettes

single cream
boiled pearl barley
butter
soya oil
tomato purée
corn starch
salt

Proportions obtained from a manufacturer in confidence

Weight loss: 11% on re-heating

894 Tagliatelle, with vegetables, retail

water
boiled tagliatelle
tomatoes
boiled onions
boiled courgettes
cream
milk

boiled aubergines
soya oil
modified starch
garlic purée
sugar
starch

Proportions obtained from a manufacturer in confidence

Weight loss: 9% on re-heating

897 Vegetable bake

210g carrots	30g flour
120g courgettes	426ml milk
120g onions	60g Leicester cheese
210g potatoes	½ tsp mustard powder
45g margarine	45g white breadcrumbs

Quantities are derived from dietary survey records.

Weight loss: 15%

908 Mixed herbs

25g marjoram	25g sage
25g parsley	25g thyme

949 Fruit salad

400g eating apples	200g bananas
113g grapes	120g kiwi fruit
320g oranges	113g strawberries
40ml lemon juice	

syrup

57g caster sugar	114ml water
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Dissolve the sugar in the water in a pan over a low heat. Bring to the boil and simmer for a minute, then remove from the heat and allow to cool. Prepare fruit and sprinkle with lemon juice. Mix fruit with the cool syrup and refrigerate.

1013 Marzipan

300g ground almonds	1 egg
150g caster sugar	20ml lemon juice
150g icing sugar	

Mix almonds and sugar, add beaten egg and knead all ingredients until smooth.

1066 Fudge

450g granulated sugar	75g butter
175ml evaporated milk	few drops of vanilla essence
150ml milk	

Dissolve sugar in milks and add butter. Bring to the boil and boil gently to 125°C. Remove from heat, add vanilla essence. Beat mixture until thick and grainy. Pour into tin and cut into squares when almost set.

Weight loss: 28%

1076 **Popcorn, candied**

45ml vegetable oil	<i>glaze</i>
75g popping corn	45ml water
	200g caster sugar
	25g butter

Prepare corn as for plain popcorn (No. 1077). Heat glaze ingredients until sugar has dissolved, boil to soft ball stage (125°C). Add the popped corn and stir until coated.

Weight loss: 7% (popcorn), 15.2% (glaze)

1077 **Popcorn, plain**

45ml vegetable oil	75g popping corn
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Heat oil gently in a saucepan until test corn pops. Remove from heat, add corn, cover and return to heat until all corn has popped.

1178/1179 **Bread sauce**

250ml whole or semi-skimmed milk	2 cloves
50g fresh breadcrumbs	mace
5g margarine	1 small onion
½ tsp salt	

Put milk and onion, stuck with cloves, in a saucepan and bring to the boil. Add breadcrumbs, and simmer for about 20 minutes over gentle heat. Remove onion, stir in margarine and season.

Weight loss: 6.8%

1180/1181 **Cheese sauce**

350ml whole or semi-skimmed milk	25g flour
75g cheese	25g margarine
½ level tsp salt	
cayenne pepper	

Melt the fat in a pan, add flour and cook gently for a few minutes stirring all the time. Add milk and cook until mixture thickens, stirring continually. Add grated cheese and seasoning. Reheat to soften the cheese, serve immediately.

Weight loss: 15.2%

1182/1183 **Cheese sauce, packet mix, made up**

1 pkt cheese sauce mix (33g)
284ml whole or semi-skimmed milk

Prepared as packet directions.

Weight loss: 9.1%

1184/1185 **Onion sauce**

350ml whole or semi-skimmed milk 25g flour
200g cooked onion 25g margarine
1 level tsp salt
pepper

Make the white sauce (as Nos. 1186/1187), add the chopped onion and seasoning.

Weight loss: 12.6%

1186/1187 **White sauce, savoury**

350ml whole or semi-skimmed milk 25g margarine
25g flour
½ level tsp salt

Melt fat in a pan. Add flour and cook for a few minutes stirring constantly. Add milk and salt, and cook gently until mixture thickens.

Weight loss: 18.1%

1188/1189 **White sauce, sweet**

350ml whole or semi-skimmed milk 30g sugar
25g flour
25g margarine

As savoury white sauce (Nos. 1186/1187) except adding sugar and omitting salt.

Weight loss: 16.7%

1190 **Apple chutney**

500g cooking apples 1 level teaspoon salt
400g onions 1 level teaspoon curry powder
100g raisins ½ level teaspoon mustard
400ml vinegar ½ level teaspoon pepper
450g sugar ½ level teaspoon ground ginger

Peel and core the apples and peel the onions and chop into small pieces. Mix all the ingredients except the sugar and boil gently until soft. Add the sugar and boil for a further 30 minutes.

Weight loss: 32.1%

4.5 ALTERNATIVE AND TAXONOMIC NAMES

- Foods are listed below in the same order as in the main Tables.
- The alternative names listed in the left-hand column below are those that were most frequently encountered during data collection and are included to help in identifying foods. It is important to recognise that in some cases such names may be used for more than one food and that all such usages may not appear in this list.
- To see if a name is listed, the food index should be consulted first. If the term is included as an alternative name, a cross reference entry indicates the food name to which it refers. This allows all alternatives to be listed together.
- Taxonomic names listed in the right-hand column refer as specifically as possible to the data used.
- Where two or more taxonomic names are listed, the data are representative of a mixture of these varieties.
- The abbreviation 'var' is used to indicate the specific variety or unspecified variety(ies); 'sp' and 'spp' are used to indicate that one or more than one species of the specified Genus is included.

Alternative names	Food names	Taxonomic names
Cereals		
	Oats	<i>Avena sativa</i>
	Rye	<i>Secale cereale</i>
	Wheat	<i>Triticum aestivum</i>
	Rice	<i>Oryza sativa</i>
	Pasta wheat	<i>Triticum durum</i>
Meat		
	Beef	<i>Bos taurus</i>
	Lamb	<i>Ovis aries</i>
	Pork	<i>Sus scrofa</i>
	Veal	<i>Bos taurus</i>
Poultry		
	Chicken	<i>Gallus domesticus</i>

Alternative names	Food names	Taxonomic names
	Turkey	<i>Meleagris gallopavo</i>
	Duck	<i>Anas platyrhynchos</i>
	Goose	<i>Anser anser</i>
	Pheasant	<i>Phasianus colchicus</i>
Game		
	Rabbit	<i>Lepus cuniculus</i>
	Venison	<i>Cervus</i> spp
Fish		
White fish		
	Cod	<i>Gadus morhua</i>
Coalfish Saithe	Coley	<i>Pollachius virens</i>
	Haddock	<i>Melanogrammus aeglefinus</i>
	Halibut	<i>Hippoglossus hippoglossus</i>
	Lemon sole	<i>Microstomus kitt</i>
	Plaice	<i>Pleuronetes platessa</i>
Rock eel Dogfish	Rock salmon	Probably <i>Squalus acanthias</i>
	Skate	<i>Raja</i> spp
	Whiting	<i>Merlangius merlangus</i>
Fatty fish		
	Anchovies	<i>Engraulis encrasicolus</i>
	Herring	<i>Clupea harengus</i>
	Kipper	<i>Clupea harengus</i>
	Mackerel	<i>Scomber scombrus</i>
	Pilchards	<i>Sardinops sagex ocellata</i>
	Salmon, Atlantic red	<i>Salmo salar</i> <i>Oncorhynchus nerka</i>

Alternative names	Food names	Taxonomic names
	Sardines	<i>Sardina pilchardus</i>
	Tuna	<i>Euthynnus</i> sp <i>Katsuwonus pelamis</i>
	Whitebait	Young of <i>Clupea harengus</i> and <i>Sprattus sprattus</i>
Crustacea		
	Crab	<i>Cancer pagurus</i>
	Lobster	<i>Homarus vulgaris</i>
	Prawns	<i>Palaemon serratus</i>
	Scampi	<i>Nephrops norvegicus</i>
	Shrimps	<i>Crangon crangon</i> <i>Pandalus montagui</i> <i>Pandalus borealis</i>
Molluscs		
	Cockles	<i>Cardium edule</i>
	Mussels	<i>Mytilus edulis</i>
	Squid	<i>Loligo vulgaris</i>
	Whelks	<i>Buccinum undatum</i>
	Winkles	<i>Littorina littorea</i>
Vegetables		
Potatoes		
Aloo Batata	Potatoes	<i>Solanum tuberosum</i>
Beans and lentils		
Adzuki beans	Aduki beans	<i>Vigna angularis</i>
	Baked beans	<i>Phaseolus vulgaris</i> (navy beans)
	Beansprouts, mung	<i>Phaseolus aureus</i>
Alad Urad	Black gram, urad gram	<i>Vigna mungo</i>

Alternative names	Food names	Taxonomic names
Blackeye peas Cowpeas Chori Lobia	Blackeye beans	<i>Vigna unguiculata</i>
	Broad beans	<i>Vicia faba</i>
Lima beans	Butter beans	<i>Phaseolus lunatus</i>
Channa Common gram Garbanzo Yellow gram	Chick peas	<i>Cicer arietinum</i>
Fansi	Green beans/ French beans	<i>Phaseolus vulgaris</i>
Continental lentils Masur	Lentils, green and brown	<i>Lens esculenta</i>
Masur dahl Masoor dahl	Lentils, red	<i>Lens esculenta</i>
Green gram Golden gram Moong beans	Mung beans	<i>Phaseolus aureus</i>
	Red kidney beans	<i>Phaseolus vulgaris</i>
	Runner beans	<i>Phaseolus coccineus</i>
	Soya beans	<i>Glycine max</i>
Peas		
Snowpeas	Mange-tout peas	<i>Pisum sativum</i> var <i>macrocarpum</i>
Badla Mattar Vatana	Peas	<i>Pisum sativum</i>
Other vegetables		
	Asparagus	<i>Asparagus officinalis</i> var <i>altilis</i>

Alternative names	Food names	Taxonomic names
Baingan Brinjal Eggplant Jew's apple Ringana	Aubergine	<i>Solanum melongena</i> var <i>ovigerum</i>
	Beetroot	<i>Beta vulgaris</i>
Calabrese	Broccoli , green	<i>Brassica oleracea</i> var <i>botrytis</i>
Chote bund gobhi Nhanu kobi	Brussel sprouts	<i>Brassica oleracea</i> var <i>gemmifera</i>
Bund gobhi Kobi	Cabbage	<i>Brassica oleracea</i>
	Cabbage , January King	<i>Brassica oleracea</i> var <i>capitata</i>
	Cabbage , white	<i>Brassica oleracea</i> var
Gajjar	Carrots	<i>Daucas carota</i>
Pangoli Phool gobhi	Cauliflower	<i>Brassica oleracea</i> var <i>botrytis</i>
	Celery	<i>Apium graveolens</i> var <i>dulce</i>
Belgian chicory Witloof	Chicory	<i>Cichorium intybus</i>
Zucchini	Courgette	<i>Cucurbita pepo</i>
Kakdi Khira	Cucumber	<i>Cucumis sativus</i>
Borecole Kale	Curly kale	<i>Brassica oleracea</i> var <i>acephala</i>
	Fennel , Florence	<i>Foeniculum vulgare</i> var <i>dulce</i>
Lassan Lehsan	Garlic	<i>Allium sativum</i>
	Gherkins	<i>Cucumis sativus</i>
Bitter gourd Balsam apple	Gourd , karela	<i>Momordica charantia</i>

Alternative names	Food names	Taxonomic names
	Leeks	<i>Allium ampeloprasum</i> var <i>porrum</i>
	Lettuce	<i>Lactuca sativa</i>
	Marrow	<i>Cucurbita pepo</i>
	Mushrooms, common	<i>Agaricus campestris</i>
	Mustard and cress	<i>Brassica and Lepidium</i> spp
Bhendi Bhinda Bhindi Gumbo Lady's fingers	Okra	<i>Hibiscus esculentus</i>
Dungli Kanda Piyaz	Onions	<i>Allium cepa</i>
	Parsnip	<i>Pastinaca sativa</i>
Pimento	Peppers , capsicum, chilli, green	<i>Capiscum annuum</i> var <i>grossum</i>
Bell peppers Motamircha Simila mirch Sweet peppers	Peppers , capsicum (green/red)	<i>Capsium annuum</i> var <i>grossum</i>
	Plantain	<i>Musa paradisiaca</i>
Kumra Lal kaddu Lal phupala	Pumpkin	<i>Cucurbita</i> sp
	Quorn, myco-protein	<i>Fusarium graminearum</i>
	Radish, red	<i>Raphanus sativus</i>
Palak Saag	Spinach	<i>Spinacia oleracea</i>
	Spring greens	<i>Brassica oleracea</i> var
	Spring onions	<i>Allium cepa</i>
Neeps (England) Rutabaga Yellow turnip	Swede	<i>Brassica napus</i> var <i>napobrassica</i>

Alternative names	Food names	Taxonomic names
Shakaria Yam (USA)	Sweet potato	<i>Ipomoea batatas</i>
	Sweetcorn	<i>Zea mays</i>
	Tomatoes	<i>Lycopersicon esculentum</i>
Neeps (Scotland) Shalgam	Turnip	<i>Brassica rapa var rapifera</i>
	Watercress	<i>Nasturtium officinale</i>
	Yam	<i>Dioscorea sp</i>

Herbs and spices

	Cinnamon	<i>Cinnamomum verum</i> <i>Cinnamomum aromaticum</i>
	Mint	<i>Mentha spicata</i>
	Mustard	<i>Sinapis alba</i> <i>Brassica hirta</i>
	Nutmeg	<i>Myristica fragrans</i>
	Paprika	<i>Capsicum annuum</i>
	Parsley	<i>Petroselinum crispum</i>
	Pepper, black	<i>Piper nigrum</i>
	Pepper, white	<i>Piper nigrum</i>
	Rosemary	<i>Rosmarinus officinalis</i>
	Sage	<i>Salvia officinalis</i>
	Thyme	<i>Thymus vulgaris</i>

Fruit

Tarel	Apples	<i>Malus pumila</i>
	Apricots	<i>Prunus armeniaca</i>
	Avocado	<i>Persea americana</i>
Kula	Bananas	<i>Musa spp</i>
	Blackberries	<i>Rubus ulmifolius</i>

Alternative names	Food names	Taxonomic names
	Blackcurrants	<i>Ribes nigrum</i>
	Cherries	<i>Prunus avium</i>
	Clementines	<i>Citrus reticulata</i> var <i>Clementine</i>
	Currants	<i>Vitis vinifera</i>
	Damsons	<i>Prunus domestica</i> subsp <i>institia</i>
	Dates	<i>Phoenix dactylifera</i>
Gullar	Figs	<i>Ficus carica</i>
	Gooseberries	<i>Ribes grossularia</i>
	Grapefruit	<i>Citrus paradisi</i>
	Grapes	<i>Vitis vinifera</i>
	Guava	<i>Psidium guajava</i>
Chinese gooseberry	Kiwi fruit	<i>Actinidia chinensis</i>
	Lemons	<i>Citrus limon</i>
Chinese cherry Lichee Lichi Litchee Litchi	Lychees	<i>Litchi chinensis</i>
	Mandarin oranges	<i>Citrus reticulata</i>
	Mangoes	<i>Mangifera indica</i>
	Melon, Cantaloupe-type	<i>Cucumis melo</i> var <i>cantaloupensis</i>
	Melon, Galia	<i>Cucumis melo</i> var <i>reticulata</i>
	Melon, Honeydew	<i>Cucumis melo</i> var <i>indorus</i>
	Nectarines	<i>Prunus persica</i> var <i>nectarina</i>
	Olives	<i>Olea europaea</i>
	Oranges	<i>Citrus sinensis</i>
Purple grenadillo	Passion fruit	<i>Passiflora edulis</i> f <i>edulis</i>

Alternative names	Food names	Taxonomic names
Papai Papaya	Paw-paw	<i>Carica papaya</i>
	Peaches	<i>Prunus persica</i>
	Pears	<i>Pyrus communis</i>
	Pineapple	<i>Ananas comosus</i>
	Plums	<i>Prunus domestica</i> subsp <i>domestica</i>
	Prunes	<i>Prunus domestica</i>
	Raisins	<i>Vitis vinifera</i>
	Raspberries	<i>Rubus idaeus</i>
	Rhubarb	<i>Rheum rhaponticum</i>
	Satsumas	<i>Citrus reticulata</i>
	Strawberries	<i>Fragaria</i> sp
	Sultanas	<i>Vitis vinifera</i>
	Tangerines	<i>Citrus reticulata</i>

Nuts and seeds

Badam	Almonds	<i>Prunus amygdalus</i>
	Brazil nuts	<i>Bertholletia excelsa</i>
Kaju	Cashew nuts	<i>Anacardium occidentale</i>
	Chestnuts	<i>Castanea vulgaris</i>
	Coconut	<i>Cocos nucifera</i>
	Hazelnuts	<i>Corylus avellana</i> <i>Corylus maxima</i>
Queensland nuts	Macadamia nuts	<i>Macadamia integrifolia</i> <i>Macadamia tetraphylla</i>
Groundnuts Monkey nuts	Peanuts	<i>Arachis hypogaea</i>
Hickory nuts	Pecan nuts	<i>Carya illinoensis</i>

Alternative names	Food names	Taxonomic names
Indian nuts Pignolias Pine kernels	Pine nuts	<i>Pinus pinea</i> <i>Pinus edulis</i>
Pista	Pistachio nuts	<i>Pistacia vera</i>
Benniseed Gingelly Til	Sesame seeds	<i>Sesamum indicum</i>
	Sunflower seeds	<i>Helianthus annuus</i>
Akhrot Madeira nuts	Walnuts	<i>Juglans regia</i>

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Note: Copies of the analytical reports can be consulted at the Department for Environment, Food and Rural Affairs library. Food Surveillance Information Sheets (which can be accessed on the Food Standards Agency website www.food.gov.uk) do not, in most cases, contain the full set of analytical results. Copies of the reports to the Food Standards Agency can be consulted at the Agency's Dr Elsie Widdowson Library.

4.7 FOOD INDEX

Foods are indexed by their publication number and, for ease of reference, each food has been assigned a consecutive publication number for the purposes of this edition only. In addition, each food has a unique food code number which will allow read-across to the supplements or the fifth edition, where appropriate.

For foods that have already been included in supplements or in the fifth edition and for which there are no new data, their food code number (including the unique 2 digit prefix) has been repeated. These prefixes are 11- *Cereals and Cereal Products*, 12 – *Milk Products and Eggs*, 13 – *Vegetables, Herbs and Spices*, 14 – *Fruit and Nuts*, 15 – *Vegetable Dishes*, 16 – *Fish and Fish Products*, 17 – *Miscellaneous Foods*, 18 – *Meat, Poultry and Game*, 19 – *Meat Products and Dishes*, and 50 – *Fifth Edition*. Foods that have not previously been included have been given a new food code number in the supplement using that prefix (e.g. plain bagel (11-534)). Where new data have been incorporated for an existing food, a new food code has been allocated but with the same supplement prefix (e.g. beef bourguignonne was 19-161, now 19-330). For ease of use the original food code number is given alongside the new food code. These are the numbers that will be used in nutrient databank applications.

The index includes two kinds of cross-reference. The first is the normal coverage of alternative names (e.g. Back bacon see **Bacon rashers, back**). The second is to common examples of components of generically described foods, including brand names, which although not part of the food name have in general been included in the product description (e.g. Anchor half fat butter see **Blended spread, 40% fat**).

	Publication number	New food code	Old food code
Actinidia chinensis	See Kiwi fruit		
Aduki beans, dried, boiled in unsalted water	733		50-693
Adzuki beans	See Aduki beans		
Agaricus campestris	See Mushrooms, common		
Akhrot	See Walnuts		
Alad	See Black gram, urad gram		
Ale, brown, bottled	1132		17-210
Ale, pale, bottled	1137		17-216
All-Bran	78	11-485	50-065
Allium ampeloprasum var porrum	See Leeks		
Allium cepa	See Onions, Spring onions		
Allium sativum	See Garlic		
Almonds	1004	14-870	50-972
Aloo	See Old potatoes		

	Publication number	New food code	Old food code
American style muffins, chocolate chip	139	11-608	
Anacardium occidentale	See Cashew nuts		
Ananas comosus	See Pineapple		
Anas platyrhynchos	See Duck		
Anchor half fat butter	see Blended spread (40% fat)		
Anchovies, canned in oil, drained	648	16-323	16-168
Anser anser	See Goose		
Apium graveolens var dulce	See Celery		
Apple chutney	1190	17-531	17-341
Apple juice, unsweetened	1121		14-271
Apples, cooking, raw, peeled	918		50-852
Apples, cooking, stewed with sugar	919		50-854
Apples, cooking, stewed without sugar	920		50-855
Apples, eating, average, raw	921		50-856
Apples, eating, average, raw, peeled	922		50-858
Apricots, canned in juice	925	14-302	50-864
Apricots, canned in syrup	926	14-290	50-863
Apricots, raw	923		50-860
Apricots, ready-to-eat	924		50-862
Arachis hypogaea	See Peanuts		
Asparagus, boiled in salted water	778	13-442	50-738
Asparagus, raw	777		50-737
Asparagus officinalis var altilis	See Asparagus		
Aubergine, fried in corn oil	780		50-740
Aubergine, raw	779		50-739
Avena sativa	See Oats		
Avocado, average	927		50-865
Bacon rashers, back, dry-fried	392		19-002
Bacon rashers, back, fat trimmed, grilled	397		19-008
Bacon rashers, back, fat trimmed, raw	396		19-007
Bacon rashers, back, grilled	393		19-003
Bacon rashers, back, grilled crispy	394		19-004
Bacon rashers, back, microwaved	395		19-005
Bacon rashers, back, raw	391		19-001
Bacon rashers, back, reduced salt, grilled	398		19-009
Bacon rashers, middle, grilled	399		19-015
Bacon rashers, streaky, fried	402		19-017
Bacon rashers, streaky, grilled	401		19-018
Bacon rashers, streaky, raw	400		19-016
Bacon, fat only, average, cooked	404		50-339
Bacon, fat only, average, raw	403		50-338
Bacon, lettuce and tomato sandwich, white bread	72	11-563	
Badam	See Almonds		
Badla	See Peas		
Bagels, plain	153	11-534	

	Publication number	New food code	Old food code
Baileys Original Irish cream	See Cream Liqueurs		
Baingan	See Aubergine		
Baked beans, canned in tomato sauce, re-heated	734		50-694
Baked beans, canned in tomato sauce, reduced sugar, reduced salt	735		50-695
Baking powder	1219		17-355
Balsam apple	See Gourd, karela		
Banana bread	124	11-573	
Bananas	928		50-867
Banoffee pie	314	12-394	
Barbecue sauce	1203		17-289
Barley wine/strong ale	1140		17-221
Batata	See Old potatoes		
Bath buns	See Chelsea buns		
Battenburg cake	125	11-574	50-109
Beanburger, soya, fried in vegetable oil	867	15-366	15-008
Beans, aduki, dried, boiled in unsalted water	See Aduki beans		
Beans, baked	See Baked beans		
Beans, blackeye	See Blackeye beans		
Beans, broad	See Broad beans		
Beans, butter	See Butter beans		
Beans, French	See Green beans/French beans		
Beans, green	See Green beans/French beans		
Beans, mung	See Mung beans		
Beans, red kidney	See Red kidney beans		
Beans, runner	See Runner beans		
Beans, soya	See Soya beans		
Beansprouts, mung, raw	736	13-426	50-696
Beansprouts, mung, stir-fried in blended oil	737	13-427	50-697
Beef bourguignonne	567	19-330	19-161
Beef bourguignonne, made with lean beef	568	19-331	19-162
Beef casserole, made with canned cook-in sauce	569	19-332	19-164
Beef chow mein, retail, reheated	570		19-165
Beef curry, chilled/frozen, reheated	571		19-169
Beef curry, chilled/frozen, reheated, with rice	572		19-170
Beef curry, reduced fat	573	19-333	19-167
Beef sausages, chilled, grilled	552		19-077
Beef stew	574	19-334	19-175
Beef, average, fat, cooked	411		18-005
Beef, average, trimmed fat, raw	410		18-003
Beef, average, trimmed lean, raw	409	18-468	18-001
Beef, braising steak, braised, lean	412		18-008
Beef, braising steak, braised, lean and fat	413		18-009
Beef, fore-rib/rib-roast, raw, lean and fat	414		18-029
Beef, fore-rib/rib-roast, roasted, lean and fat	415		18-034

	Publication number	New food code	Old food code
Beef, mince, extra lean, stewed	419		18-041
Beef, mince, microwaved	417		18-037
Beef, mince, raw	416	18-469	18-036
Beef, mince, stewed	418	18-470	18-038
Beef, rump steak, barbecued, lean	421		18-045
Beef, rump steak, fried, lean	422	18-473	18-047
Beef, rump steak, fried, lean and fat	423	18-472	18-048
Beef, rump steak, from steakhouse, lean	425		18-050
Beef, rump steak, grilled, lean	424	18-474	18-049
Beef, rump steak, raw, lean and fat	420	18-471	18-044
Beef, rump steak, strips, stir-fried, lean	426		18-052
Beef, silverside, salted, boiled, lean	427		18-060
Beef, stewing steak, raw, lean and fat	428		18-077
Beef, stewing steak, stewed, lean and fat	429		18-081
Beef, stir-fried with green peppers	575	19-335	19-180
Beef, topside, raw, lean and fat	430		18-085
Beef, topside, roasted well-done, lean	431		18-090
Beef, topside, roasted well-done, lean and fat	432		18-091
Beefburgers, chilled/frozen, fried	524		19-029
Beefburgers, chilled/frozen, grilled	525		19-030
Beefburgers, chilled/frozen, raw	523	19-309	19-028
Beer, bitter, average	1130	17-506	17-207
Beer, bitter, best/premium	1131		17-208
Beer, lager	1133		17-211
Beer, lager, alcohol-free	1134		17-212
Beer, lager, low alcohol	1135		17-213
Beer, lager, premium	1136		17-214
Beetroot, boiled in salted water	782		50-742
Beetroot, pickled, drained	783		50-743
Beetroot, raw	781		50-741
Belgian chicory	See Chicory		
Bell peppers	See Peppers, capsicum, green		
Belly joint/slices	See Pork, belly joint/slices		
Benniseed	See Sesame seeds		
Bertholletia excelsa	See Brazil nuts		
Best end neck cutlets	See Lamb, best end neck cutlets		
Beta vulgaris	See Beetroot		
Bhajia	See Pakora/Bhajia		
Bhendi	See Okra		
Bhinda	See Okra		
Bhindi	See Okra		
Big Mac	526	19-310	19-039
Biscuits, chocolate chip cookies	105	11-508	
Biscuits, chocolate, cream filled, full coated	104	11-507	
Biscuits, chocolate, full coated	103	11-506	50-093

	Publication number	New food code	Old food code
Biscuits, crunch, cream filled	108	11-520	
Biscuits, digestive, chocolate	109	11-512	50-096
Biscuits, digestive, plain	110	11-513	50-097
Biscuits, gingernut	112	11-514	50-099
Biscuits, oat based	113	11-517	
Biscuits, sandwich, cream filled	115	11-519	50-103
Biscuits, sandwich, jam filled	116	11-516	
Biscuits, semi-sweet	117	11-521	50-104
Biscuits, short sweet	118	11-522	50-105
Biscuits, wafer, filled	120	11-524	50-107
Biscuits, wafers, filled, chocolate, full coated	121	11-509	
Biscuits, water	122		11-187
Bitter gourd	see Gourd, karela		
Bitter, beer, average	1130	17-506	17-207
Bitter, best/premium	1131		17-208
Black gram, urad gram, dried, boiled in unsalted water	739		50-699
Black gram, urad gram, dried, raw	738		50-698
Black pudding, dry-fried	535		19-114
Blackberries, raw	929		50-869
Blackberries, stewed with sugar	930		50-870
Blackcurrant juice drink, undiluted	1114		17-187
Blackcurrants, raw	931		50-872
Blackcurrants, stewed with sugar	932		50-873
Blackeye beans, dried, boiled in unsalted water	741		50-701
Blackeye beans, dried, raw	740		50-700
Blackeye peas	See Blackeye beans		
Blended spread (70–80% fat)	353		17-015
Blended spread, (40% fat)	354		17-016
Blue Band	See Margarine, soft, polyunsaturated		
Blue cheese dressing	1195		17-300
Boiled sweets	1060		17-101
Bolognese sauce (with meat)	576	19-352	19-183
Bombay Mix	1073		50-1034
Borecole	See Curly kale		
Bos taurus	See Beef, veal		
Bounty bar	1047	17-546	17-082
Bournvita powder	1086		50-1043
Bovril	See Meat extract		
Braising steak	See Beef, braising steak		
Bran Flakes	79	11-486	50-066
Bran, wheat	1		50-001
Brandy	See Spirits		
Brassica and Lepidium	See Mustard and cress		
Brassica hirta	See Mustard		

	Publication number	New food code	Old food code
Brassica nappus var napobrassica	See Swede		
Brassica oleracea	See Cabbage		
Brassica oleracea var	See Spring greens		
Brassica oleracea var acephala	See Curly kale		
Brassica oleracea var botrytis	See Broccoli, Cauliflower		
Brassica oleracea var gemmifera	See Brussels sprouts		
Brassica rapa var rapifera	See Turnip		
Brazil nuts	1005	14-871	50-974
Bread pudding	174	11-594	50-151
Bread sauce, made with semi-skimmed milk	1179	17-520	50-1145
Bread sauce, made with whole milk	1178	17-519	50-1144
Bread, banana	124	11-573	
Bread, brown, average	40	11-456	50-033
Bread, ciabatta	43	11-609	
Bread, currant	44		50-037
Bread, garlic, pre-packed, frozen	45	11-460	
Bread, granary	46	11-461	50-039
Bread, malt, fruited	47	11-462	50-042
Bread, naan	48	11-463	50-043
Bread, pitta, white	50	11-465	50-045
Bread, rye	51		50-046
Bread, wheatgerm	52	11-467	
Bread, white, Danish style	59	11-466	11-112
Bread, white, farmhouse or split tin, freshly baked	56	11-470	11-101
Bread, white, French stick	57	11-471	11-107
Bread, white, fried in lard	54	11-469	50-051
Bread, white, premium	58	11-474	
Bread, white, sliced	53	11-468	50-049
Bread, white, toasted	55	11-475	50-052
Bread, white, 'with added fibre'	60	11-472	50-054
Bread, white, 'with added fibre', toasted	61	11-473	50-055
Bread, wholemeal, average	62	11-476	50-056
Bread, wholemeal, toasted	63	11-611	50-057
Breadsticks	1074		17-123
Breakfast milk, pasteurised, average	224	12-321	
Breakfast milk, summer	225	12-322	
Breakfast milk, winter	226	12-323	
Brie	257	12-344	50-226
Brinjal	See Aubergine		
Broad beans, frozen, boiled in unsalted water	742	13-428	50-702
Broccoli, green, boiled in unsalted water	785		50-745
Broccoli, green, raw	784		50-744
Brown ale, bottled	1132		17-210
Brown bread, average	40	11-456	50-033
Brown lentils	See Lentils, green and brown		

	Publication number	New food code	Old food code
Brown rice, boiled	17	11-443	50-019
Brown rice, raw	16	11-442	50-018
Brown rolls, crusty	64	11-477	50-058
Brown rolls, soft	65	11-478	50-059
Brown sauce, sweet	1204		17-293
Brussels sprouts, boiled in unsalted water	787		50-747
Brussels sprouts, frozen, boiled in unsalted water	788	13-443	50-748
Brussels sprouts, raw	786		50-746
Bubble and squeak, fried in vegetable oil	868	15-383	15-054
Buccinum undatum	See Whelks		
Build-up powder, shake	1087	17-534	
Build-up powder, soup	1088	17-535	
Bund gobhi	See Cabbage		
Buns, Chelsea	154	11-588	50-130
Buns, currant	156	11-536	50-133
Buns, hot cross	164	11-590	50-141
Burger, bean, soya, fried in vegetable oil	867	15-366	15-008
Burger, chicken, takeaway	528	19-315	19-041
Burgers, economy, frozen, grilled	530		19-043
Burgers, economy, frozen, raw	529		19-042
Burgers, hamburger	See also Beefburgers, Hamburger, Big Mac, Cheeseburger, Quarterpounder and whopper burger		
Butter	351	17-485	17-013
Butter, spreadable	352	17-486	17-014
Butter beans, canned, re-heated, drained	743	13-429	50-703
Cabbage, boiled in unsalted water, average	790	13-444	50-750
Cabbage, raw, average	789	13-468	50-749
Cabbage, white, raw	791	13-445	50-753
Cake mix, made up	126	11-525	11-192
Cake, banana bread	124	11-573	
Cake, Battenburg	125	11-574	50-109
Cake, carrot	127	11-616	
Cake, chocolate fudge cake	128	11-527	
Cake, Eccles	161	11-589	50-138
Cake, fruit, plain, retail	131	11-529	50-113
Cake, fruit, rich	132	11-577	50-114
Cake, fruit, rich, iced	133	11-578	50-115
Cake, fruit, wholemeal	134	11-579	50-116
Cake, Madeira	138	11-531	50-118
Cake, sponge	142	11-580	50-119
Cake, sponge, jam filled	144		50-121
Cake, sponge, made without fat	143	11-581	50-120
Cake, sponge, with dairy cream and jam	145	11-532	
Cake, reduced fat	140		11-617

	Publication number	New food code	Old food code
Calabrese	See Broccoli, green		
Calf liver, fried	514		18-410
Camembert	258	12-345	50-227
Cancer pagurus	See Crab		
Canned anchovies, in oil, drained	648	16-323	16-168
Canned apricots, in juice	925	14-302	50-864
Canned apricots, in syrup	926	14-290	50-863
Canned baked beans in tomato sauce, re-heated	734		50-694
Canned baked beans in tomato sauce, reduced sugar, reduced salt	735		50-695
Canned butter beans, re-heated, drained	743	13-429	50-703
Canned carrots, re-heated, drained	796	13-450	50-758
Canned cherries, in syrup	934		50-878
Canned chick peas, re-heated, drained	747		50-706
Canned chicken in white sauce	582		19-194
Canned cook-in-sauces	1205		17-295
Canned corned beef	539		19-128
Canned crab, in brine, drained	672		16-234
Canned cream, sterilised	249		50-217
Canned curry sauce	1206		17-298
Canned fruit cocktail, in juice	946		50-891
Canned fruit cocktail, in syrup	947		50-892
Canned grapefruit, in juice	953		50-901
Canned grapefruit, in syrup	954		50-902
Canned guava, in syrup	957		50-907
Canned luncheon meat	545		19-135
Canned lychees, in syrup	962		50-913
Canned mandarin oranges, in juice	963		50-914
Canned mandarin oranges, in syrup	964		50-915
Canned mushy peas, re-heated	769	13-437	50-728
Canned new potatoes, re-heated, drained	704		50-663
Canned paw-paw, in juice	976		50-937
Canned peaches, in juice	978		50-940
Canned peaches, in syrup	979		50-941
Canned pears, in juice	982		50-945
Canned pears, in syrup	983		50-946
Canned peas, re-heated, drained	774	13-441	50-733
Canned pilchards, in tomato sauce	657		16-201
Canned pineapple, in juice	985		50-948
Canned pineapple, in syrup	986		50-949
Canned plums, in syrup	989		50-954
Canned processed peas, re-heated, drained	776		50-736
Canned prunes, in juice	990		50-955
Canned prunes, in syrup	991		50-956
Canned raspberries, in syrup	995		50-960

	Publication number	New food code	Old food code
Canned ravioli, in tomato sauce	34		11-621
Canned red kidney beans, re-heated, drained	759	13-435	50-718
Canned rhubarb, in syrup	998		50-964
Canned rice pudding	333	12-406	50-287
Canned rice pudding, low fat	334	12-407	
Canned salmon, pink, in brine, flesh only, drained	662		16-208
Canned sardines, in brine, drained	663	16-328	16-215
Canned sardines, in oil, drained	664	16-329	16-216
Canned sardines, in tomato sauce	665		16-217
Canned shrimps, in brine, drained	676		16-247
Canned spaghetti, in tomato sauce	39		50-176
Canned sponge pudding	186	11-549	11-328
Canned strawberries, in syrup	1001		50-968
Canned sweetcorn, baby, drained	855		50-823
Canned sweetcorn, kernels, re-heated, drained	856	13-459	50-824
Canned tomatoes, whole contents	861	13-461	50-832
Canned tuna, in brine, drained	668		16-229
Canned tuna, in oil, drained	669		16-230
Cannelloni, vegetable	869	15-367	15-059
Capsicum annum	See Paprika		
Capsicum annum var grossum	See Peppers		
Cardium edule	See Cockles		
Carica papaya	See Paw-paw		
Carrots, canned, re-heated, drained	796	13-450	50-758
Carrots, old, boiled in unsalted water	793	13-447	50-755
Carrots, old, raw	792	13-446	50-754
Carrots, young, boiled in unsalted water	795	13-449	50-757
Carrots, young, raw	794	13-448	50-756
Carya illinoensis	See Pecan nuts		
Cashew nuts, roasted and salted	1006		50-976
Casserole, beef, made with canned cook-in sauce	569	19-332	19-164
Casserole, pork, made with canned cook-in sauce	609	19-348	19-256
Casserole, sausage	610	19-351	19-269
Casserole, vegetable	870	15-368	15-063
Castanea vulgaris	See Chestnuts		
Cauliflower cheese, made with semi-skimmed milk	871	15-369	15-065
Cauliflower, boiled in unsalted water	798		50-760
Cauliflower, raw	797		50-759
Celery, boiled in salted water	800		50-762
Celery, raw	799	13-451	50-761
Cereal chewy bar	1061	17-494	17-102
Cereal crunchy bar	1062		17-103
Channa	See Chick peas, whole		
Channel Island milk, whole, pasteurised	223		50-194

	Publication number	New food code	Old food code
Chapati flour, brown	2	11-433	50-002
Chapati flour, white	3	11-434	50-003
Chapatis, made with fat	41	11-458	50-035
Chapatis, made without fat	42	11-459	50-036
Cheddar cheese	259	12-346	50-228
Cheddar cheese and pickle sandwich, white bread	73	11-564	
Cheddar type, half fat	260	12-348	50-230
Cheddar, vegetarian	261	12-347	50-229
Cheerios	80	11-623	
Cheese and onion rolls, pastry	188	11-550	
Cheese sauce, made with semi-skimmed milk	1182	17-522	50-1147
Cheese sauce, made with whole milk	1181	17-521	50-1146
Cheese sauce, packet mix, made up with semi-skimmed milk	1183	17-524	50-1149
Cheese sauce, packet mix, made up with whole milk	1182	17-523	50-1148
Cheese spread, plain	262	12-349	50-231
Cheese spread, reduced fat	263	12-350	
Cheese, Brie	257	12-344	50-226
Cheese, Camembert	258	12-345	50-227
Cheese, Cheddar	259	12-346	50-228
Cheese, Cheddar type, half fat	260	12-348	50-230
Cheese, Cheddar, vegetarian	261	12-347	50-229
Cheese, cottage, plain	264	12-351	50-232
Cheese, cottage, plain, reduced fat	265	12-352	50-234
Cheese, cottage, plain, with additions	266		50-233
Cheese, cream	267	12-353	50-235
Cheese, Danish blue	268	12-354	50-236
Cheese, Edam	269	12-355	50-237
Cheese, Feta	270	12-356	50-238
Cheese, goats milk soft, full fat, white rind	271	12-357	12-162
Cheese, Gouda	272	12-358	50-243
Cheese, hard, average	273	12-359	50-244
Cheese, Mozzarella, fresh	274	12-360	12-170
Cheese, Parmesan, fresh	275	12-361	50-247
Cheese, processed, plain	276	12-362	50-248
Cheese, processed, slices, reduced fat	277	12-363	
Cheese, spreadable, soft white, full fat	280	12-364	50-242
Cheese, spreadable, soft white, low fat	278	12-366	
Cheese, spreadable, soft white, medium fat	279	12-365	50-246
Cheese, Stilton, blue	281	12-367	50-249
Cheese, white, average	282	12-368	50-250
Cheeseburger, takeaway	527	19-314	19-040
Cheesecake, frozen	315	12-395	50-274
Cheesecake, fruit, individual	316	12-396	

	Publication number	New food code	Old food code
Chelsea buns	154	11-588	50-130
Cherries, canned in syrup	934		50-878
Cherries, glaze	935		50-879
Cherries, raw	933		50-876
Cherry pie filling	936		50-880
Chestnuts	1007		50-977
Chew sweets	1063		17-104
Chick pea flour/besan flour	744		13-073
Chick peas, canned, re-heated, drained	747		50-706
Chick peas, whole, dried, boiled in unsalted water	746	13-430	50-705
Chick peas, whole, dried, raw	745		50-704
Chicken breast in crumbs, chilled, fried	484		19-118
Chicken burger, takeaway	528	19-315	19-041
Chicken chasseur	577	19-350	19-186
Chicken chow mein, takeaway	578	19-321	
Chicken curry, average, takeaway	579	19-322	
Chicken curry, chilled/frozen, reheated, with rice	580		19-189
Chicken curry, made with canned curry sauce	581	19-336	19-190
Chicken in white sauce, canned	582		19-194
Chicken liver, fried	515		18-412
Chicken noodle soup, dried, as served	1172		17-254
Chicken nuggets, takeaway	536		19-124
Chicken pie, individual, chilled/frozen, baked	537		19-055
Chicken roll	538		19-125
Chicken salad sandwich, white bread	74	11-565	
Chicken satay	583	19-323	
Chicken soup, cream of, canned	1161		17-250
Chicken soup, cream of, canned, condensed	1162		17-251
Chicken soup, cream of, canned, condensed, as served	1163		17-252
Chicken tandoori, chilled, reheated	584		19-127
Chicken tikka masala, retail	585	19-325	
Chicken wings, marinated, chilled/frozen, barbecued	586		19-204
Chicken, breast, casserole, meat only	481		18-307
Chicken, breast, grilled without skin, meat only	482		18-323
Chicken, breast, strips, stir-fried	483		18-326
Chicken, dark meat, raw	478		18-289
Chicken, drumsticks, roasted, meat and skin	485		18-335
Chicken, light meat, raw	479		18-290
Chicken, meat, average, raw	480	18-488	18-291
Chicken, roasted, dark meat	487		18-329
Chicken, roasted, leg quarter, meat and skin	489		18-337
Chicken, roasted, light meat	488		18-330
Chicken, roasted, meat, average	486		18-331

	Publication number	New food code	Old food code
Chicken, roasted, wing quarter, meat and skin	490		18-339
Chicken, skin, dry, roasted/grilled	491		18-332
Chicken, stir-fried with rice and vegetables, frozen, reheated	587		19-201
Chicken, sweet and sour, takeaway	616	19-324	
Chicory, raw	801		50-763
Chilli con carne	588	19-337	19-206
Chilli con carne, chilled/frozen, reheated, with rice	589		19-209
Chilli powder	902		50-838
Chilli, vegetable	872	15-370	15-073
Chinese 5 spice	903		13-813
Chinese cherry	See Lychees		
Chinese gooseberry	See Kiwi fruit		
Chips, fine cut, frozen, fried in blended oil	723		50-684
Chips, fine cut, frozen, fried in corn oil	724		50-685
Chips, fine cut, frozen, fried in dripping	725		50-686
Chips, French fries, retail	See French fries, retail		
Chips, homemade, fried in blended oil	713		50-674
Chips, homemade, fried in corn oil	714		50-675
Chips, homemade, fried in dripping	715		50-676
Chips, microwave, cooked	726		13-028
Chips, oven, frozen, baked	727		50-687
Chips, retail, fried in blended oil	716		50-677
Chips, retail, fried in dripping	717		50-678
Chips, retail, fried in vegetable oil	718	13-422	50-679
Chips, straight cut, frozen, fried in blended oil	720		50-681
Chips, straight cut, frozen, fried in corn oil	721		50-682
Chips, straight cut, frozen, fried in dripping	722		50-683
Choc ice	302	12-384	50-263
Chocolate biscuits, cream filled, full coated	104	11-507	
Chocolate biscuits, full coated	103	11-506	50-093
Chocolate chip cookies	105	11-508	
Chocolate covered caramels	1048	17-492	17-083
Chocolate dairy desserts	317	12-398	
Chocolate fudge cake	128	11-527	
Chocolate mousse	327	12-400	50-285
Chocolate mousse, reduced fat	328	12-401	
Chocolate nut spread	1030		17-070
Chocolate nut sundae	303	12-411	50-264
Chocolate spread	1029		17-069
Chocolate, fancy and filled	1049		17-088
Chocolate, milk	1050		17-089
Chocolate, plain	1051	17-491	17-090
Chocolate, white	1052		17-091
Chori	See Blackeye beans		

	Publication number	New food code	Old food code
Chote bund gobhi	See Brussels sprouts		
Chow mein, beef, retail, reheated	570		19-165
Chow mein, chicken, takeaway	578	19-321	
Christmas pudding, retail	175		50-153
Chutney, apple	1190	17-531	17-341
Chutney, mango, oily	1191		17-342
Chutney, tomato	1192		17-345
Ciabatta	43	11-609	
Cicer arietinum	See Chick peas		
Cichorium intybus	See Chicory		
Cider, dry	1141		17-222
Cider, low alcohol	1142		17-223
Cider, sweet	1143		17-224
Cider, vintage	1144		17-225
Cinnamomum aromaticum	See Cinnamon		
Cinnamomum verum	See Cinnamon		
Cinnamon, ground	904		50-839
Citrus limon	See Lemon		
Citrus paradisi	See Grapefruit		
Citrus reticulata	See Mandarin oranges, Tangerines		
Citrus reticulata var Clementine	See Clementines		
Citrus sinensis	See Oranges		
Clementines	937	14-291	50-881
Clotted cream, fresh	245		50-216
Clover	See Blended spread (70–80% fat)		
Clover Extra Light	See Blended spread (40% fat)		
Clupea harengus	See Herring, Kipper, Whitebait		
Clusters	81	11-487	
Coalfish	See Coley		
Cockles, boiled	678		16-252
Coco Pops	82	11-488	50-067
Cocoa powder	1089		50-1050
Coconut milk	1010		14-820
Coconut oil	376		17-031
Coconut, creamed block	1008	14-872	50-978
Coconut, desiccated	1009	14-873	50-979
Cocos nucifera	See Coconut		
Cod liver oil	377	17-488	17-032
Cod, baked	619		16-013
Cod, dried, salted, boiled	626		50-572
Cod, frozen, grilled	622		16-020
Cod, frozen, raw	621		16-019
Cod, in batter, fried in blended oil	623		16-021
Cod, in crumbs, frozen, fried in blended oil	624		16-027
Cod, in parsley sauce, frozen, boiled	625		16-030

	Publication number	New food code	Old food code
Cod, poached	620		16-015
Cod, raw	618		16-012
Coffee and chicory essence	1090	17-545	17-162
Coffee, infusion, average	1091		17-152
Coffee, instant	1092		17-158
Coffeemate	1093		50-1056
Cola	1107		17-175
Cola, diet	1108	17-505	
Coleslaw, with mayonnaise, retail	873		15-077
Coleslaw, with reduced calorie dressing, retail	874		15-078
Coley, raw	627		16-031
Coley, steamed	628	16-340	16-032
Common gram	See Chick peas, whole		
Complan powder, original and sweet	1094	17-540	50-1059
Complan powder, savoury	1095	17-541	50-1057
Compound cooking fat	369		17-004
Condensed milk, skimmed, sweetened	227		50-198
Condensed milk, whole, sweetened	228		50-199
Cook-in-sauces, canned	1205		17-295
Cooking apples, raw, peeled	918		50-852
Cooking apples, stewed with sugar	919		50-854
Cooking apples, stewed without sugar	920		50-855
Coq au vin	590	19-338	19-210
Corn chips	See Tortilla chips		
Corn Flakes	83	11-490	50-069
Corn Flakes, crunchy nut	84	11-491	50-070
Corn oil	378		17-033
Corn snacks	1075		17-125
Corn, sweet	See Sweetcorn		
Corned beef, canned	539		19-128
Cornetto-type ice-cream cone	304	12-386	50-265
Cornflour	4	11-435	50-004
Cornish pastie	540	19-316	19-056
Coronation chicken	591	19-339	19-213
Corylus avellana	See Hazelnuts		
Corylus maxima	See Hazelnuts		
Cottage cheese, plain	264	12-351	50-232
Cottage cheese, plain, reduced fat	265	12-352	50-234
Cottage cheese, plain, with additions	266		50-233
Cottage/Shepherd's pie, chilled/frozen, reheated	592		19-216
Courgette, boiled in unsalted water	803		50-765
Courgette, fried in corn oil	804		50-766
Courgette, raw	802		50-764
Cowpeas	See Blackeye beans		
Crab, boiled	671	16-331	16-232

	Publication number	New food code	Old food code
Crab, canned in brine, drained	672		16-234
Crabsticks	684		16-273
Crackers, cream	106	11-510	50-094
Crackers, wholemeal	123	11-572	50-108
Cranberry juice	1122	17-537	
Crangon crangon	See Shrimps		
Cream cheese	267	12-353	50-235
Cream crackers	106	11-510	50-094
Cream liqueurs	1157		17-242
Cream, dairy, extra thick	248	12-337	
Cream, dairy, UHT, canned spray	250	12-338	50-218
Cream, dairy, UHT, canned spray, half fat	251	12-339	
Cream, fresh, clotted	245		50-216
Cream, fresh, double	244	12-334	50-215
Cream, fresh, single	241	12-332	50-212
Cream, fresh, soured	242		50-213
Cream, fresh, whipping	243	12-333	50-214
Cream, sterilised, canned	249		50-217
Creme caramel	318	12-397	50-275
Creme egg	1053	17-544	17-092
Creme fraiche	246	12-335	
Creme fraiche, half fat	247	12-336	
Cress, mustard and	See Mustard and cress		
Cress, water	See Watercress		
Crispbread, rye	107	11-511	50-095
Crispie cakes	129	11-576	50-111
Crisps	See Potato crisps		
Croissants	66	11-480	50-060
Crumble, fruit	176	11-546	50-154
Crumble, fruit, wholemeal	177	11-595	50-155
Crumpets, toasted	155	11-535	50-132
Crunch biscuits, cream filled	108	11-520	
Crunchy Nut Corn Flakes	84	11-491	50-070
Cucumber, raw	805		50-767
Cucumis melo var indorus	See Melon, Honeydew		
Cucumis melo var cantatoupensis	See Melon, Canteloupe-type		
Cucumis melo var reticulata	See Melon, Galia		
Cucumis sativus	See Cucumber, Gherkins		
Cucurbita	See Pumpkin		
Cucurbita pepo	See Courgette, Marrow		
Curly kale, boiled in salted water	807		50-769
Curly kale, raw	806		50-768
Currant bread	44		50-037
Currant buns	156	11-536	50-133
Currants	938		50-883

	Publication number	New food code	Old food code
Curry powder	905		50-840
Curry sauce, canned	1206		17-298
Curry, beef, chilled/frozen, reheated	571		19-169
Curry, beef, chilled/frozen, reheated, with rice	572		19-170
Curry, beef, reduced fat	573	19-333	19-167
Curry, chick pea dahl	875	15-371	15-099
Curry, chicken, average, takeaway	579	19-322	
Curry, chicken, chilled/frozen, reheated, with rice	580		19-189
Curry, chicken, made with canned curry sauce	581	19-336	19-190
Curry, fish, Bangladeshi	685	16-336	16-274
Curry, lamb, made with canned curry sauce	600	19-344	19-227
Curry, prawn, takeaway	686	16-333	
Curry, vegetable, retail, with rice	876		15-155
Custard powder	5		50-005
Custard tarts, individual	157	11-537	50-134
Custard, ready-to-eat	321	12-399	50-278
Custard, made up with semi-skimmed milk	320	12-413	12-223
Custard, made up with whole milk	319	12-412	50-276
Dairy cream, extra thick	248	12-337	
Dairy cream, UHT, canned spray	250	12-338	50-218
Dairy cream, UHT, canned spray, half fat	251	12-339	
Dairy desserts, chocolate	317	12-398	
Dairy spread (40% fat)	355		17-017
Damsons, raw	939		14-077
Damsons, stewed with sugar	940		14-079
Danish blue	268	12-354	50-236
Danish pastries	158	11-538	50-135
Dates, dried	942		14-085
Dates, raw	941		14-083
Daucas carota	See Carrots		
Demerara sugar	See Sugar, demerara		
Digestive biscuits, chocolate	109	11-512	50-096
Digestive biscuits, plain	110	11-513	50-097
Dips, sour-cream based	1193		17-299
Discorea	See Yam		
Dogfish	See Rock salmon/Dogfish		
Doner kebab in pitta bread with salad	594		19-130
Doner kebabs, meat only	593		19-129
Double cream, fresh	244	12-334	50-215
Doughnuts, jam	159		50-136
Doughnuts, ring	160	11-539	50-137
Dream Topping, made up with semi-skimmed milk	252		50-221
Dressing, blue cheese	1195		17-300
Dressing, French	1196	17-509	17-302

	Publication number	New food code	Old food code
Dressing, French 'fat free'	1194	17-538	
Dressing, thousand island	1197		17-306
Dried mixed fruit	943		50-888
Dried skimmed milk	229		50-200
Dried skimmed milk, with vegetable fat	230		50-201
Drinking chocolate powder	1096	17-498	50-1064
Drinking chocolate powder, made up with semi-skimmed milk	1098	17-532	
Drinking chocolate powder, made up with whole milk	1097	17-533	
Drinking chocolate powder, reduced fat	1099	17-499	
Drinking yogurt	293		50-251
Dripping, beef	370	17-487	17-006
Drumsticks, chicken, roasted, meat and skin	485		18-335
Duck, crispy, Chinese style	502	18-490	
Duck, raw, meat only	501	18-489	18-369
Duck, roasted, meat only	503		18-372
Duck, roasted, meat, fat and skin	504		18-374
Dumplings	189	11-603	50-167
Dungli	See Onions		
Eating apples, average, raw	921		50-856
Eating apples, average, raw, peeled	922		50-858
Eccles cake	161	11-589	50-138
Echo	See Margarine, hard, animal and vegetable fats		
Eclairs, frozen	162		50-139
Economy burgers, frozen, grilled	530		19-043
Economy burgers, frozen, raw	529		19-042
Edam	269	12-355	50-237
Eel, jellied	649		16-174
Egg fried rice, takeaway	18	11-444	50-298
Egg mayonnaise sandwich, white bread	75	11-567	
Egg noodles, boiled	30		50-028
Egg noodles, raw	29		50-027
Eggplant	See Aubergine		
Eggs, chicken, boiled	341		50-293
Eggs, chicken, fried in vegetable oil	342	12-919	50-294
Eggs, chicken, poached	343		50-295
Eggs, chicken, raw	338	12-918	50-290
Eggs, chicken, scrambled, with milk	344	12-926	50-296
Eggs, chicken, white, raw	339		50-291
Eggs, chicken, yolk, raw	340		50-292
Eggs, duck, whole, raw	345	12-920	50-297
Elmlea, double	255	12-342	50-224
Elmlea, single	253	12-340	50-222

	Publication number	New food code	Old food code
Elmlea, whipping	254	12-341	50-223
Engraulis encrasicolus	See Anchovies		
Euthynnus	See Tuna		
Evaporated milk, light, 4% fat	232	12-324	
Evaporated milk, whole	231		50-202
Evening primrose oil	379		17-035
Faggots in gravy, chilled/frozen, reheated	595		19-131
Fancy iced cakes, individual	130	11-528	50-112
Fansi	See Green beans/French beans		
Fat spread (20–25% fat), not polyunsaturated	366	17-553	17-028
Fat spread (20–25% fat), polyunsaturated	367		17-029
Fat spread (35–40% fat), polyunsaturated	365		17-027
Fat spread (40% fat), not polyunsaturated	364	17-552	17-026
Fat spread (5% fat)	368	17-554	17-030
Fat spread (60% fat), polyunsaturated	362		17-024
Fat spread (60% fat), with olive oil	363		17-025
Fat spread (70% fat), polyunsaturated	361	17-551	17-023
Fat spread (70–80% fat), not polyunsaturated	360		17-022
Fennel, Florence, boiled in salted water	809		50-771
Fennel, Florence, raw	808		50-770
Feta	270	12-356	50-238
Ficus carica	See Figs		
Figs, dried	944		50-889
Figs, ready-to-eat	945		50-890
Fish balls, steamed	687		16-279
Fish cakes, fried in blended oil	688		16-282
Fish curry, Bangladeshi	685	16-336	16-274
Fish fingers, cod, fried in blended oil	689		16-289
Fish fingers, cod, grilled	690		16-288
Fish paste	691	16-334	16-293
Fisherman's pie, retail	692		16-295
Flaky pastry, cooked	148	11-583	50-125
Flaky pastry, raw	147	11-582	50-124
Flan, vegetable	877	15-372	15-175
Flapjacks	111	11-571	50-098
Flavoured milk, pasteurised	233	12-326	
Flavoured milk, pasteurised, chocolate	234	12-325	
Flora	See Fat spread (70% fat), polyunsaturated		
Flora Extra light	See Fat spread (40% fat), polyunsaturated		
Flour, chapati, brown	2	11-433	50-002
Flour, chapati, white	3	11-434	50-003
Flour, chick pea/besan	744		13-073
Flour, corn	4	11-435	50-004
Flour, rye, whole	7		50-007
Flour, soya, full fat	8		50-009

	Publication number	New food code	Old food code
Flour, soya, low fat	9		50-010
Flour, wheat, white, self-raising	13	11-440	50-015
Flour, wheat, brown	10	11-437	50-012
Flour, wheat, white, breadmaking	11	11-438	50-013
Flour, wheat, white, plain	12	11-439	50-014
Flour, wheat, wholemeal	14	11-441	50-016
Foeniculum vulgare var dulce	See Fennel, Florence		
Fore-rib	See Beef, fore-rib/rib roast		
Fragaria	See Strawberries		
Frankfurter	541		19-100
French beans	See Green beans/French beans		
French dressing	1196	17-509	17-302
French dressing, 'fat free'	1194	17-538	
French fries, retail	719	13-423	50-680
Fromage frais, fruit	299	12-370	50-239
Fromage frais, plain	298	12-369	50-240
Fromage frais, virtually fat free, fruit	301	12-372	
Fromage frais, virtually fat free, natural	300	12-371	
Frosties	85	11-492	50-071
Frozen ice-cream desserts	305	12-385	50-266
Fruit cake, plain, retail	131	11-529	50-113
Fruit cake, rich	132	11-577	50-114
Fruit cake, rich, iced	133	11-578	50-115
Fruit cake, wholemeal	134	11-579	50-116
Fruit cocktail, canned in juice	946		50-891
Fruit cocktail, canned in syrup	947		50-892
Fruit drink, low calorie, undiluted	1116		17-191
Fruit drink/squash, undiluted	1115		17-189
Fruit gums/jellies	1064		17-107
Fruit juice drink, carbonated, ready to drink	1109		17-177
Fruit juice drink, low calorie, ready to drink	1118		17-196
Fruit juice drink, ready to drink	1117		17-195
Fruit mousse	329	12-402	50-286
Fruit 'n Fibre	86	11-493	50-072
Fruit pastilles	1065		17-108
Fruit pie filling	948		50-893
Fruit pie, individual	180	11-547	50-158
Fruit pie, one crust	178	11-596	50-156
Fruit pie, pastry top and bottom	179	11-597	50-157
Fruit pie, pastry top and bottom, blackcurrant	181	11-598	50-150
Fruit pie, wholemeal, one crust	182	11-599	50-159
Fruit pie, wholemeal, pastry top and bottom	183	11-600	50-160
Fruit salad, homemade	949		50-894
Fruit spread	1031		17-071
Fudge	1066	17-518	17-109

	Publication number	New food code	Old food code
Fusarium graminearum	See Quorn, myco-protein		
Gadus morhua	See Cod		
Gajar	See Carrots		
Gallus domesticus	See Chicken		
Game pie	542		19-058
Garam masala	906		50-841
Garbanzo	See Chick peas		
Garlic bread, pre-packed, frozen	45	11-460	
Garlic mushrooms (not coated)	878	15-373	15-179
Garlic, raw	810		50-772
Gateau, chocolate based, frozen	135	11-526	
Gateau, fruit, frozen	136	11-530	
Gelatine	1220		17-360
Ghee, butter	371		17-007
Ghee, vegetable	372		17-009
Gherkins, pickled, drained	811		50-773
Gin	See Spirits		
Gingelly	See Sesame seeds		
Ginger ale, dry	1110		17-178
Gingernut biscuits	112	11-514	50-099
Glucose liquid, BP	1032		17-049
Glycine max	See Soya beans		
Goats milk soft cheese, full fat, white rind	271	12-357	12-162
Goats milk, pasteurised	236	12-328	50-204
Gobhi, bund	See Cabbage		
Gobhi, chote bund	See Brussels sprouts		
Gobhi, phool	See Cauliflower		
Gold	See Fat spread (40% fat), not polyunsaturated		
Gold Lowest	See Fat spread (20–25% fat), not polyunsaturated		
Gold Sunflower spread	See Fat spread (40% fat), polyunsaturated		
Golden gram	See Mung beans		
Goose, roasted, meat, fat and skin	505		18-376
Gooseberries, cooking, raw	950		50-895
Gooseberries, cooking, stewed with sugar	951		50-896
Gouda	272	12-358	50-243
Goulash	596	19-340	19-221
Gourd, bitter	See Gourd, karela		
Gourd, karela, raw	812		50-774
Gram, black	See Black gram, urad gram		
Gram, common	See Chick peas		
Gram, golden	See Mung beans		
Gram, green	See Mung beans		
Gram, yellow	See Chick peas		
Granary bread	46	11-461	50-039

	Publication number	New food code	Old food code
Granary rolls	67	11-479	
Grape juice, unsweetened	1123		14-273
Grapefruit juice, unsweetened	1124		14-275
Grapefruit, canned in juice	953		50-901
Grapefruit, canned in syrup	954		50-902
Grapefruit, raw	952	14-292	50-899
Grapes, average	955		50-903
Gravy instant granules	1221		17-310
Gravy instant granules, made up	1222		17-311
Greek pastries	163		50-140
Greek style yogurt, fruit	292	12-377	
Greek style yogurt, plain	291	12-376	
Greek yogurt, sheep	294	12-420	50-253
Green beans/French beans, frozen, boiled in unsalted water	749	13-432	50-708
Green beans/French beans, raw	748	13-431	50-707
Green gram	See Mung beans		
Greens, spring	See Spring greens		
Grillsteaks	See also Beefburgers		
Grillsteaks, beef, chilled/frozen, grilled	531		19-046
Groundnuts	See Peanuts		
Guava, canned in syrup	957		50-907
Guava, raw	956		50-905
Guinness	1139		17-219
Gullar	See Figs		
Haddock, in crumbs, frozen, fried in blended oil	632		16-063
Haddock, raw	629		16-044
Haddock, smoked, steamed	631		16-068
Haddock, steamed	630		16-049
Haggis, boiled	543		19-132
Halibut, grilled	633		16-074
Ham	405	19-308	19-023
Ham salad sandwich, white bread	76	11-566	
Ham, gammon joint, boiled	407		19-021
Ham, gammon joint, raw	406		19-020
Ham, gammon rashers, grilled	408		19-022
Hamburger	See also Big Mac, Cheeseburger, Quarterpounder and whopper burger		
Hamburger buns	68	11-481	50-061
Hamburger, takeaway	532	19-311	19-047
Hard cheese, average	273	12-359	50-244
Hazelnuts	1011	14-874	50-980
Heart, lamb, roasted	510	18-492	18-397
Helianthus annuus	See Sunflower seeds		
Herbs, mixed, dried	908	13-871	

	Publication number	New food code	Old food code
Herring, grilled	651		16-176
Herring, raw	650		16-175
Hibiscus esculentes	See Okra		
Hickory nuts	See Pecan nuts		
Himarus vulgaris	See Lobster		
Hippoglossus hippoglossus	See Halibut		
Honey	1033		17-050
Honeycomb	1034		17-051
Horlicks LowFat Instant powder	1100	17-502	50-1067
Horlicks powder	1101	17-503	50-1069
Horseradish sauce	1207		17-314
Hot cross buns	164	11-590	50-141
Hot pot, lamb/beef with potatoes, chilled/ frozen, retail, reheated	602		19-231
Hotpot, Lancashire	603	19-345	19-236
Hula Hoops	See Potato rings		
Human milk, mature	237		50-207
Hummus	750	13-433	50-709
Ice-cream bar, chocolate coated	306	12-391	
Ice-cream desserts, frozen	305	12-385	50-266
Ice-cream sauce, topping	1035		17-053
Ice-cream wafers	307		50-272
Ice-cream, dairy, premium	309	12-392	
Ice-cream, dairy, vanilla	308	12-387	50-267
Ice-cream, non-dairy, vanilla	310	12-388	50-269
Indian nuts	See Pine nuts		
Instant dessert powder	322		50-279
Instant drinks powder, chocolate, low calorie	1102	17-500	
Instant drinks powder, malted	1103	17-501	
Instant potato powder, made up with water	728		50-688
Instant potato powder, made up with whole milk	729		50-689
Instant soup powder, dried	1173	17-507	17-259
Instant soup powder, dried, made up with water	1174	17-508	17-260
Ipomoea batatas	See Sweet potato		
Irish stew	597	19-341	19-222
Irish stew, canned	599		19-224
Irish stew, made with lean lamb	598	19-342	19-223
Jaffa cakes	137	11-515	50-101
Jaggery	1036		17-058
Jam tarts, retail	165	11-540	50-143
Jam, fruit with edible seeds	1037		17-073
Jam, reduced sugar	1038		17-075
Jam, stone fruit	1039		17-074
Jelly, made with water	323		50-282
Jew's apple	see Aubergine		

	Publication number	New food code	Old food code
Juglans regia	See Walnuts		
Juice, apple, unsweetened	1121		14-271
Juice, cranberry	1122	17-537	
Juice, grape, unsweetened	1123		14-273
Juice, grapefruit, unsweetened	1124		14-275
Juice, lemon, fresh	1125		14-277
Juice, orange, unsweetened	1126	14-301	14-283
Juice, pineapple, unsweetened	1128		14-286
Juice, tomato	1129		50-1093
Kaju	See Cashew nuts		
Kakdi	See Cucumber		
Kale	See Curley kale		
Kanda	See Onions		
Kebab, doner, in pitta bread with salad	594		19-130
Kebab, doner, meat only	593		19-129
Kebab, shish, in pitta bread with salad	612		19-151
Kebab, shish, meat only	611		19-150
Kedgerree	693	16-337	16-296
Ketchup, tomato	1217	17-513	17-338
Kheema, lamb	601	19-343	19-228
Khira	See Cucumber		
Kidney beans	See Red kidney beans		
Kidney, lamb, fried	511	18-493	18-403
Kidney, ox, stewed	512		18-405
Kidney, pig, stewed	513		18-408
Kiev, vegetable, baked	898		15-362
Kipper, grilled	653		16-188
Kipper, raw	652		16-187
Kit Kat	1054	17-493	17-093
Kiwi fruit	958	14-293	50-908
Kobi	See Cabbage		
Kobi, nhanu	See Brussels sprouts		
Krona Gold	See Fat spread (70–80% fat), not polyunsaturated		
Kula	See Bananas		
Kumra	See Pumpkin		
Lactuca sativa	See Lettuce		
Lady's fingers	See Okra		
Lager	1133		17-211
Lager, alcohol-free	1134		17-212
Lager, low alcohol	1135		17-213
Lager, premium	1136		17-214
Lal kaddu	See Pumpkin		
Lal phupala	See Pumpkin		
Lamb curry, made with canned curry sauce	600	19-344	19-227

	Publication number	New food code	Old food code
Lamb kheema	601	19-343	19-228
Lamb, average, trimmed fat, cooked	435		18-100
Lamb, average, trimmed fat, raw	434		18-098
Lamb, average, trimmed lean, raw	433	18-475	18-097
Lamb, best end neck cutlets, grilled, lean	437		18-107
Lamb, best end neck cutlets, grilled, lean and fat	438		18-109
Lamb, best end neck cutlets, raw, lean and fat	436		18-101
Lamb, breast, roasted, lean	439		18-113
Lamb, breast, roasted, lean and fat	440		18-114
Lamb, heart, roasted	510	18-492	18-397
Lamb, kidney, fried	511	18-493	18-403
Lamb, leg, average, raw, lean and fat	441	18-478	18-123
Lamb, leg, whole, roasted medium, lean	442	18-479	18-135
Lamb, leg, whole, roasted medium, lean and fat	443	18-480	18-136
Lamb, liver, fried	516	18-494	18-414
Lamb, loin chops, grilled, lean	445		18-141
Lamb, loin chops, grilled, lean and fat	446	18-477	18-143
Lamb, loin chops, microwaved, lean and fat	447		18-147
Lamb, loin chops, raw, lean and fat	444	18-476	18-139
Lamb, loin chops, roasted, lean and fat	448		18-151
Lamb, mince, raw	449	18-481	18-158
Lamb, mince, stewed	450		18-159
Lamb, neck fillet, strips, stir-fried, lean	451		18-164
Lamb, shoulder, diced, kebabs, grilled, lean and fat	453		18-172
Lamb, shoulder, raw, lean and fat	452		18-170
Lamb, shoulder, whole, roasted, lean	454		18-179
Lamb, shoulder, whole, roasted, lean and fat	455		18-180
Lamb, stewing, pressure cooked, lean	456		18-184
Lamb, stewing, stewed, lean	457		18-186
Lamb, stewing, stewed, lean and fat	458		18-187
Lamb/Beef hot pot with potatoes, chilled/frozen, retail, reheated	602		19-231
Lancashire hotpot	603	19-345	19-236
Lard	373		17-010
Lasagne	604	19-346	19-237
Lasagne, chilled/frozen, reheated	605		19-238
Lasagne, vegetable, retail	879		15-189
Lassan	See Garlic		
Lassi, sweetened	295	12-373	
Leeks, boiled in unsalted water	814	13-452	50-776
Leeks, raw	813	13-466	50-775
Leg joint, pork	See Pork, leg joint		
Leg lamb	See Lamb, leg		
Lehsan	See Garlic		

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Lemon curd	1040	17-490	17-076
Lemon juice, fresh	1125		14-277
Lemon meringue pie	184	11-548	50-161
Lemon peel	959		14-127
Lemon sole, goujons, baked	636		16-087
Lemon sole, goujons, fried in blended oil	637		16-088
Lemon sole, raw	634		16-082
Lemon sole, steamed	635		16-085
Lemonade	1111		17-179
Lemons, whole, without pips	959		50-910
Lentils, green and brown, whole, dried, boiled in salted water	752		50-711
Lentils, green and brown, whole, dried, raw	751		50-710
Lentils, red, split, dried, boiled in unsalted water	754	13-434	50-713
Lentils, red, split, dried, raw	753		50-712
Lens esculenta	See Lentils		
Lettuce, average, raw	815	13-453	50-777
Lettuce, Iceberg, raw	816		50-779
Lichee	See Lychees		
Lichi	See Lychees		
Lima beans	See Butter beans		
Lime juice cordial, undiluted	1119		17-200
Liqueurs, cream	1157		17-242
Liqueurs, high strength	1158		17-244
Liqueurs, low-medium strength	1159		17-245
Liquorice allsorts	1067		17-112
Litchee	See Lychees		
Litchi	See Lychees		
Litchi chinensis	See Lychees		
Littorina littoria	See Winkles		
Liver pate	547	19-317	19-143
Liver sausage	544		19-106
Liver, calf, fried	514		18-410
Liver, chicken, fried	515		18-412
Liver, lamb, fried	516	18-494	18-414
Liver, ox, stewed	517		18-416
Liver, pig, stewed	518		18-418
Lobia	See Blackeye beans		
Lobster, boiled	673	16-332	16-236
Loin chops, lamb	See Lamb, loin chops		
Loin chops, pork	See Pork, loin chops		
Loligo vulgaris	See Squid		
Lollies, containing ice-cream	311	12-390	
Lollies, with real fruit juice	312	12-389	
Low calorie soup, canned	1164		17-265

	Publication number	New food code	Old food code
Low fat yogurt, fruit	288	12-380	50-257
Low fat yogurt, plain	287	12-379	50-255
Lucozade	1112	17-543	17-180
Luncheon meat, canned	545		19-135
Lychees, canned in syrup	962		50-913
Lychees, raw	961		50-911
Lycopersicon esculentum	See Tomatoes		
M & M's	See Smartie-type sweets		
Macadamia integrifolia	See Macadamia nuts		
Macadamia nuts, salted	1012		50-982
Macadamia tetraphylla	See Macadamia nuts		
Macaroni cheese	28	11-562	50-168
Macaroni, boiled	27	11-448	50-026
Macaroni, raw	26	11-447	50-025
Mackerel, grilled	655	16-325	16-194
Mackerel, raw	654	16-324	16-191
Mackerel, smoked	656		16-196
Madeira cake	138	11-531	50-118
Madeira nuts	See Walnuts		
Maize chips	See Tortilla chips		
Maize oil	See Corn oil		
Malt bread, fruited	47	11-462	50-042
Malus pumila	See Apples		
Mandarin oranges, canned in juice	963		50-914
Mandarin oranges, canned in syrup	964		50-915
Mangifera indica	See Mangoes		
Mange-tout peas, boiled in salted water	767	13-436	50-726
Mange-tout peas, raw	766		50-725
Mange-tout peas, stir-fried in blended oil	768		50-727
Mango chutney, oily	1191		17-342
Mangoes, ripe, raw	965	14-294	50-916
Margarine, hard, animal and vegetable fats	356		17-018
Margarine, hard, vegetable fats only	357	17-539	17-019
Margarine, soft, not polyunsaturated	358		17-020
Margarine, soft, polyunsaturated	359		17-021
Marmalade	1041		17-078
Marmite	See Yeast extract		
Marrow, boiled in unsalted water	818		50-781
Marrow, raw	817		50-780
Mars bar	1055	17-547	17-094
Marshmallows	1068		17-114
Marzipan, home-made	1013	14-881	50-983
Marzipan, retail	1014	14-875	50-984
Masoor dahl	See Lentils, red		
Masur	See Lentils, green and brown		

	Publication number	New food code	Old food code
Masur dahl	See Lentils, red		
Mattar	See Peas		
Mayonnaise, reduced calorie	1199	17-511	17-318
Mayonnaise, retail	1198	17-510	17-316
Meat extract	1223	17-514	17-361
Meat pate, reduced fat	548		19-145
Meat samosas, takeaway	606	19-326	
Meat spread	546		19-139
Melanogrammus aeglefinus	See Haddock		
Meleagris gallopavo	See Turkey		
Melon, Canteloupe-type	966	14-295	50-919
Melon, Galia	967		50-921
Melon, Honeydew	968		50-923
Melon, watermelon	969	14-296	50-925
Mentha spicata	See Mint		
Meringue	324	12-414	50-299
Meringue, with cream	325	12-415	50-300
Merlangius merlangus	See Whiting		
Microstomus kitt	See Lemon sole		
Microwave chips, cooked	726		13-028
Milk chocolate	1050		17-089
Milk pudding, made with whole milk	326	12-416	50-283
Milk shake powder	1104		50-1073
Milk, breakfast, pasteurised, average	224	12-321	
Milk, breakfast, summer	225	12-322	
Milk, breakfast, winter	226	12-323	
Milk, Channel Island, whole, pasteurised	223		50-194
Milk, coconut	1010		14-820
Milk, condensed, skimmed, sweetened	227		50-198
Milk, condensed, whole, sweetened	228		50-199
Milk, evaporated, light, 4% fat	232	12-324	
Milk, evaporated, whole	231		50-202
Milk, flavoured, pasteurised	233	12-326	
Milk, flavoured, pasteurised, chocolate	234	12-325	
Milk, goats, pasteurised	236	12-328	50-204
Milk, human, mature	237		50-207
Milk, semi-skimmed, average	211	12-312	50-185
Milk, semi-skimmed, pasteurised, average	212	12-313	50-186
Milk, semi-skimmed, pasteurised, fortified plus SMP	215		50-187
Milk, semi-skimmed, pasteurised, summer	213	12-418	
Milk, semi-skimmed, pasteurised, winter	214	12-419	
Milk, semi-skimmed, UHT	216	12-314	50-188
Milk, sheeps, raw	238	12-329	50-208
Milk, skimmed, average	206	12-306	50-181

	Publication number	New food code	Old food code
Milk, skimmed, dried	229		50-200
Milk, skimmed, dried, with vegetable fat	230		50-201
Milk, skimmed, pasteurised, average	207	12-307	50-182
Milk, skimmed, pasteurised, fortified plus SMP	208		50-183
Milk, skimmed, sterilised	209	12-311	12-007
Milk, skimmed, UHT	210	12-310	50-184
Milk, soya, non-dairy alternative, sweetened, calcium enriched	239	12-330	
Milk, soya, non-dairy alternative, unsweetened	240	12-331	50-209
Milk, whole, average	217	12-315	50-189
Milk, whole, pasteurised, average	218	12-316	50-190
Milk, whole, pasteurised, summer	219	12-317	50-191
Milk, whole, pasteurised, winter	220	12-318	50-192
Milk, whole, sterilised	221	12-319	50-193
Milk, whole, UHT	222	12-320	12-016
Milkshake, thick, takeaway	235	12-327	50-1072
Milky Way	1056	17-548	17-095
Mince pies, individual	166	11-591	50-144
Minced beef	See Beef, mince		
Minced lamb	See Lamb, mince		
Mincemeat	1042		17-080
Minestrone soup, canned	1165	17-542	17-266
Minestrone soup, dried, as served	1175		17-269
Mint sauce	1208		17-319
Mint, fresh	907		50-842
Mixed fruit, dried	943		50-888
Mixed herbs, dried	908	13-871	
Mixed nuts	1015		50-985
Mixed peel	970		50-926
Mixed vegetables, frozen, boiled in salted water	819		50-782
Momordica charantia	See Gourd, karela		
Monkey nuts	See Peanuts		
Moong beans	See Mung beans		
Motamircha	See Peppers, capsicum, green		
Moussaka, chilled/frozen/longlife, reheated	607		19-248
Moussaka, vegetable, retail	880		15-206
Mousse, chocolate	327	12-400	50-285
Mousse, chocolate, reduced fat	328	12-401	
Mousse, fruit	329	12-402	50-286
Mozzarella, fresh	274	12-360	12-170
Muesli, swiss style	87	11-494	50-073
Muesli, with no added sugar	88	11-495	50-074
Muffins, American style, chocolate chip	139	11-608	
Muffins, English style, white	167	11-541	
Muffins, English style, white, toasted	168	11-542	

	Publication number	New food code	Old food code
Mung beans, whole, dried, boiled in unsalted water	756		50-715
Mung beans, whole, dried, raw	755		50-714
Musa	See Bananas		
Musa paradisiaca	See Plantain		
Mushroom soup, cream of, canned	1166		17-270
Mushrooms, common, fried in butter	821		50-786
Mushrooms, common, fried in corn oil	822		50-787
Mushrooms, common, raw	820		50-783
Mushrooms, garlic (not coated)	878	15-373	15-179
Mushy peas, canned, re-heated	769	13-437	50-728
Mussels, boiled	679		16-256
Mustard and cress, raw	823		50-788
Mustard powder	909		50-843
Mustard, smooth	1224		17-364
Mustard, wholegrain	1225		17-365
Myristica fragrans	See Nutmeg		
Mytilus edulis	See Mussels		
Naan bread	48	11-463	50-043
Nasturtium officinale	See Watercress		
Nectarines	971	14-297	50-927
Neeps (England)	See Swede		
Neeps (Scotland)	See Turnip		
Nephrops norvegicus	See Scampi		
New potatoes, average, raw	701		50-660
New potatoes, boiled in unsalted water	702		50-661
New potatoes, canned, re-heated, drained	704		50-663
New potatoes, in skins, boiled in unsalted water	703	13-420	50-662
Nhanu kobi	See Brussels sprouts		
Noodles, egg, boiled	30		50-028
Noodles, egg, raw	29		50-027
Nut roast	881	15-374	15-213
Nutmeg, ground	910		50-844
Nutri-Grain	89	11-612	11-140
Nuts, almonds	1004	14-870	50-972
Nuts, brazil	1005	14-871	50-974
Nuts, cashew, roasted and salted	1006		50-976
Nuts, chestnuts	1007		50-977
Nuts, hazelnuts	1011	14-874	50-980
Nuts, macadamia, salted	1012		50-982
Nuts, mixed	1015		50-985
Nuts, peanuts, dry roasted	1019	14-878	50-989
Nuts, peanuts, plain	1018	14-877	50-987
Nuts, peanuts, roasted and salted	1020		50-990
Nuts, pecan	1021		50-991

	Publication number	New food code	Old food code
Nuts, pine	1022		50-992
Nuts, pistachio, roasted and salted	1023		14-840
Nuts, walnuts	1028	14-879	50-979
Oat based biscuits	113	11-517	
Oat Bran Flakes, with raisins	90	11-489	50-068
Oatcakes, retail	114	11-518	50-102
Oatmeal, quick cook, raw	6		50-006
Oil, coconut	376		17-031
Oil, cod liver	377	17-488	17-032
Oil, corn	378		17-033
Oil, evening primrose	379		17-035
Oil, olive	380		17-038
Oil, palm	381		17-039
Oil, peanut (Groundnut)	382		17-040
Oil, rapeseed	383		17-041
Oil, safflower	384		17-042
Oil, sesame	385		17-043
Oil, soya	386		17-044
Oil, sunflower	387		17-045
Oil, vegetable, blended, average	388	17-489	17-046
Oil, walnut	389		17-047
Oil, wheatgerm	390		17-048
Okra, raw	824		50-789
Okra, boiled in unsalted water	825		50-790
Okra, stir-fried in corn oil	826		50-791
Olea europaea	See Olives		
Old potatoes, average, raw	705		50-664
Old potatoes, baked, flesh and skin	706		50-665
Old potatoes, baked, flesh only	707		50-666
Old potatoes, boiled in unsalted water	708	13-421	50-668
Old potatoes, mashed with butter	709		50-669
Old potatoes, roast in blended oil	710		50-671
Old potatoes, roast in corn oil	711		50-672
Old potatoes, roast in lard	712		50-673
Olive oil	380		17-038
Olives, in brine	972		50-929
Omelette, cheese	347	12-922	50-302
Omelette, plain	346	12-921	50-301
Onion sauce, made with semi-skimmed milk	1185	17-526	50-1151
Onion sauce, made with whole milk	1184	17-525	50-1150
Onions, fried in corn oil	828		50-795
Onions, pickled, cocktail/silverskin, drained	830		50-798
Onions, pickled, drained	829		50-797
Onions, raw	827		50-792
Onions, spring	See Spring onions		

	Publication number	New food code	Old food code
Orange juice concentrate, unsweetened	1127		14-284
Orange juice, unsweetened	1126	14-301	14-283
Oranges	973	14-298	50-931
Oryza sativa	See Rice		
Ovaltine powder	1105	17-504	50-1076
Oven chips, frozen, baked	727		50-687
Ovis aries	See Lamb		
Ox kidney, stewed	512		18-405
Ox liver, stewed	517		18-416
Oxtail, stewed	519		18-420
Oxtail soup, canned	1167		17-272
Pakora/bhajia, vegetable, retail	882		15-232
Palak	See Spinach		
Paleamon serratus	See Prawns		
Pale ale, bottled	1137		17-216
Palm oil	381		17-039
Pancakes, savoury, made with whole milk	190	11-604	50-169
Pancakes, Scotch, retail	172	11-544	
Pancakes, stuffed with vegetables	883	15-376	15-233
Pancakes, sweet, made with whole milk	185	11-601	50-162
Pandulus borealis	See Shrimps		
Pandulus montagu	See Shrimps		
Pangoli	See Cauliflower		
Papai	See Paw-paw		
Papaya	See Paw-paw		
Pappadums, takeaway	49	11-464	50-044
Paprika	911		50-845
Parmesan, fresh	275	12-361	50-247
Parsley, fresh	912		50-846
Parsnip, boiled in unsalted water	832	13-454	50-800
Parsnip, raw	831		50-799
Passiflora edulis f edulis	See Passion fruit		
Passion fruit	974		50-933
Pasta sauce, tomato based	1209		17-323
Pasta with meat and tomato sauce	608	19-347	19-252
Pasta, fresh, cheese and vegetable stuffed, cooked	33	11-451	
Pasta, plain, fresh, cooked	32	11-450	
Pasta, plain, fresh, raw	31	11-449	
Paste, fish	691	16-334	16-293
Pastilles, fruit	1065		17-108
Pastinaca sativa	See Parsnip		
Pastries, Danish	158	11-538	50-135
Pastries, Greek	163		50-140
Pastry, flaky, cooked	148	11-583	50-125

	Publication number	New food code	Old food code
Pastry, flaky, raw	147	11-582	50-124
Pastry, shortcrust, cooked	150	11-585	50-127
Pastry, shortcrust, raw	149	11-584	50-126
Pastry, wholemeal, cooked	152	11-587	50-129
Pastry, wholemeal, raw	151	11-586	50-128
Pastie, Cornish	540	19-316	19-056
Pasty, vegetable	884	15-377	15-236
Pate, liver	547	19-317	19-143
Pate, meat, reduced fat	548		19-145
Pate, tuna	700		16-308
Pavlova, no fruit	331	12-403	
Pavlova, with fruit and cream	330	12-404	
Paw-paw, canned in juice	976		50-937
Paw-paw, raw	975		50-935
Peaches, canned in juice	978		50-940
Peaches, canned in syrup	979		50-941
Peaches, raw	977	14-299	50-938
Peanut butter, smooth	1016		50-986
Peanut (Groundnut) oil	382		17-040
Peanuts and raisins	1017	14-882	50-1036
Peanuts, dry roasted	1019	14-878	50-989
Peanuts, plain	1018	14-877	50-987
Peanuts, roasted and salted	1020		50-990
Pears, average, raw	980		50-942
Pears, average, raw, peeled	981		50-944
Pears, canned in juice	982		50-945
Pears, canned in syrup	983		50-946
Peas, blackeye	See Blackeye beans		
Peas, boiled in unsalted water	771	13-439	50-730
Peas, canned, re-heated, drained	774	13-441	50-733
Peas, chick pea	See Chick peas		
Peas, frozen, boiled in salted water	772	13-465	50-731
Peas, frozen, boiled in unsalted water	773	13-440	50-732
Peas, mange-tout	See Mange-tout peas		
Peas, mushy	See Mushy peas		
Peas, petit pois	See Petit pois		
Peas, processed	See Processed peas		
Peas, raw	770	13-438	50-729
Pecan nuts	1021		50-991
Peel, mixed	970		50-926
Pepper, black	913		50-847
Pepper, white	914		50-848
Peppermints	1069		17-117
Peppers, capsicum, chilli, green, raw	833		50-801
Peppers, capsicum, green, boiled in salted water	835		50-803

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Peppers, capsicum, green, raw	834		50-802
Peppers, capsicum, red, boiled in salted water	837		50-805
Peppers, capsicum, red, raw	836		50-804
Petit pois, frozen, boiled in unsalted water	775		50-735
Petroselinum crispum	See Parsley		
Phaseolus aureus	See Beansprouts, mung		
Phaseolus coccineus	See Runner beans		
Phaseolus lunatus	See Butter beans		
Phaseolus vulgaris	See Green beans/French beans, Baked beans, Red kidney beans		
Phasianus colchicus	See Pheasant		
Pheasant, roasted, meat only	506		18-383
Phoenix dactylifera	See Dates		
Phool gobhi	see Cauliflower		
Piccalilli	1210		17-347
Pickle, sweet	1200		17-352
Pickled onions, cocktail/silverskin, drained	830		50-798
Pickled onions, drained	829		50-797
Pie filling, cherry	936		50-880
Pie filling, fruit	948		50-893
Pie, chicken, individual, chilled/frozen, baked	537		19-055
Pie, cottage/shepherd's, chilled/frozen, reheated	592		19-216
Pie, fisherman's, retail	692		16-295
Pie, fruit, blackcurrant, pastry top and bottom	181	11-598	50-150
Pie, fruit, individual	180	11-547	50-158
Pie, fruit, one crust	178	11-596	50-156
Pie, fruit, pastry top and bottom	179	11-597	50-157
Pie, fruit, wholemeal, one crust	182	11-599	50-159
Pie, fruit, wholemeal, pastry top and bottom	183	11-600	50-160
Pie, game	542		19-058
Pie, lemon meringue	184	11-548	50-161
Pie, mince, individual	166	11-591	50-144
Pie, pork, individual	550		19-063
Pie, steak and kidney, single crust, homemade	561	19-329	19-070
Pie, steak and kidney/beef, individual, chilled/ frozen, baked	562		19-069
Pie, vegetable	885	15-379	15-243
Pig kidney, stewed	513		18-408
Pig liver, stewed	518		18-418
Pignolias	See Pine nuts		
Pilau, plain	19	11-561	15-250
Pilchards, canned in tomato sauce	657		16-201
Pimento	See Peppers, capsicum, chilli, green		
Pine kernels	See Pine nuts		
Pine nuts	1022		50-992

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Pineapple juice, unsweetened	1128		14-286
Pineapple, canned in juice	985		50-948
Pineapple, canned in syrup	986		50-949
Pineapple, raw	984		50-947
Pinus edulis	See Pine nuts		
Pinus pinea	See Pine nuts		
Piper nigrum	See Pepper		
Pista	See Pistachio nuts		
Pistacia vera	See Pistachio nuts		
Pistachio nuts, roasted and salted	1023		14-840
Pisum sativum	See Peas		
Pisum sativum var macrocarpum	See Mange-tout peas		
Pitta bread, white	50	11-465	50-045
Piyaz	See Onions		
Pizza base, raw	196	11-552	
Pizza, cheese and tomato, deep pan	197	11-613	
Pizza, cheese and tomato, french bread	199	11-554	
Pizza, cheese and tomato, frozen	200	11-553	50-171
Pizza, cheese and tomato, thin base	198	11-614	
Pizza, chicken topped, chilled	201	11-559	
Pizza, fish topped, takeaway	202	11-560	
Pizza, ham and pineapple, chilled	203	11-558	
Pizza, meat topped	204	11-556	
Pizza, vegetarian	205	11-557	
Plaice, frozen, steamed	639		16-108
Plaice, goujons, baked	642		16-119
Plaice, goujons, fried in blended oil	643		16-120
Plaice, in batter, fried in blended oil	640		16-110
Plaice, in crumbs, fried in blended oil	641		16-114
Plaice, raw	638		16-102
Plain chocolate	1051	17-491	17-090
Plantain, boiled in unsalted water	838		50-807
Plantain, ripe, fried in vegetable oil	839		50-808
Pleuronectes platessa	See Plaice		
Plums, average, raw	987	14-300	50-950
Plums, average, stewed with sugar	988		14-215
Plums, canned in syrup	989		50-954
Pollachius virens	See Coley		
Polony	549		19-109
Popcorn, candied	1076		17-130
Popcorn, plain	1077		17-131
Porage	See Porridge		
Pork casserole, made with canned cook-in sauce	609	19-348	19-256
Pork pie, individual	550		19-063
Pork sausages, chilled, fried	554		19-079

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Pork sausages, chilled, grilled	555		19-080
Pork sausages, raw, average	553	19-318	19-081
Pork sausages, reduced fat, chilled/frozen, grilled	556		19-086
Pork scratchings	1078		17-132
Pork, average, trimmed lean, raw	459		18-201
Pork, belly joint/slices, grilled, lean and fat	462		18-209
Pork, diced, casseroled, lean only	463	18-482	18-219
Pork, fat, cooked	461		18-205
Pork, fillet strips, stir-fried, lean	464		18-228
Pork, leg joint, raw, lean and fat	465	18-483	18-236
Pork, leg joint, roasted medium, lean	466	18-484	18-240
Pork, leg joint, roasted medium, lean and fat	467	18-485	18-241
Pork, loin chops, barbecued, lean and fat	469		18-249
Pork, loin chops, grilled, lean	470		18-251
Pork, loin chops, grilled, lean and fat	471		18-252
Pork, loin chops, microwaved, lean and fat	472		18-254
Pork, loin chops, raw, lean and fat	468		18-246
Pork, loin chops, roasted, lean and fat	473		18-256
Pork, steaks, grilled, lean and fat	475		18-286
Pork, steaks, raw, lean and fat	474		18-284
Pork, sweet and sour	617	19-349	19-276
Pork, trimmed fat, raw	460		18-203
Porridge, made with water	91	11-569	50-076
Porridge, made with whole milk	92	11-570	50-077
Port	1151		17-234
Pot noodles	See Pot savouries		
Pot savouries	1082		17-143
Pot savouries, made up	1083		17-144
Potato chips	See Chips		
Potato crisps	1079	17-495	17-133
Potato crisps, lower fat	1080	17-496	17-136
Potato croquettes, fried in blended oil	730		50-690
Potato fritters, battered, cooked	731	13-424	
Potato powder, instant, made up with water	728		50-688
Potato powder, instant, made up with whole milk	729		50-689
Potato rings	1081		17-142
Potato waffles, frozen, cooked	732		50-691
Potato, sweet	See Sweet potato		
Potatoes, new	See New potatoes		
Potatoes, old	See Old potatoes		
Prawn crackers, takeaway	191	11-551	
Prawn curry, takeaway	686	16-333	
Prawns, boiled	674		16-239
Prawns, Szechuan with vegetables, takeaway	698	16-335	
Processed cheese, plain	276	12-362	50-248

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Processed cheese, slices, reduced fat	277	12-363	
Processed peas, canned, re-heated, drained	776		50-736
Profiteroles with sauce	332	12-405	
Prunes, canned in juice	990		50-955
Prunes, canned in syrup	991		50-956
Prunes, ready-to-eat	992		50-957
Prunus amygdalus	See Almonds		
Prunus armeniaca	See Apricots		
Prunus avium	See Cherries		
Prunus domestica subsp domestica	See Plums		
Prunus domestica subsp institia	See Damsons		
Prunus persica	See Peaches		
Prunus persica var nectarina	See Nectarines		
Psidium guajava	See Guava		
Pudding, black, dry-fried	535		19-114
Pudding, bread	174	11-594	50-151
Pudding, Christmas, retail	175		50-153
Pudding, milk, made with whole milk	326	12-416	50-283
Pudding, rice, canned	333	12-406	50-287
Pudding, rice, canned, low fat	334	12-407	
Pudding, sponge, canned	186	11-549	11-328
Pudding, white	566		19-159
Pudding, Yorkshire	195	11-607	50-180
Puffed Wheat	93		50-078
Pumpkin, boiled in salted water	841		50-810
Pumpkin, raw	840		50-809
Puree, tomato	1230	17-516	17-374
Purple grenadillo	See Passion fruit		
Pyrus communis	See Pears		
Quarterpounder, takeaway	533	19-312	19-048
Queensland nuts	see Macadamia nuts, salted		
Quiche Lorraine	350	12-925	12-285
Quiche, cheese and egg	348	12-923	50-303
Quiche, cheese and egg, wholemeal	349	12-924	50-304
Quorn, pieces, as purchased	842	13-455	50-811
Rabbit, raw, meat only	507		18-387
Rabbit, stewed, meat only	508		18-388
Radish, red, raw	843		50-812
Raisins	993		50-958
Raja	See Skate		
Rapeseed oil	383		17-041
Raphanus sativa	See Radish, red		
Raspberries, canned in syrup	995		50-960
Raspberries, raw	994		50-959
Ratatouille, retail	886		15-264

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Ravioli, canned in tomato sauce	34	11-621	
Ready Brek	94	11-496	50-080
Red kidney beans, canned, re-heated, drained	759	13-435	50-718
Red kidney beans, dried, boiled in unsalted water	758		50-717
Red kidney beans, dried, raw	757		50-716
Red wine	1145		17-228
Reduced fat cake	140	11-617	
Relish, burger/chilli/tomato	1211		17-354
Relish, corn/cucumber/onion	1212		17-353
Rheum raphonticum	See Rhubarb		
Rhubarb, canned in syrup	998		50-964
Rhubarb, raw	996		50-961
Rhubarb, stewed with sugar	997		50-962
Ribena	See Blackcurrant juice drink		
Ribes grossularia	See Gooseberries		
Rice cakes	141	11-618	
Rice Krispies	95	11-497	50-081
Rice pudding, canned	333	12-406	50-287
Rice pudding, canned, low fat	334	12-407	
Rice, brown, boiled	17	11-443	50-019
Rice, brown, raw	16	11-442	50-018
Rice, egg fried, takeaway	18	11-444	50-298
Rice, pilau, plain	19	11-561	15-250
Rice, savoury, cooked	21	11-620	50-021
Rice, savoury, raw	20		50-020
Rice, white, basmati, raw	22		11-041
Rice, white, easy cook, boiled	24	11-446	50-023
Rice, white, easy cook, raw	23	11-445	50-022
Rice, white, fried	25	11-610	11-045
Ricicles	96	11-498	50-082
Ringana	See Aubergine		
Risotto, plain	192	11-605	50-173
Risotto, vegetable	887	15-378	15-275
Roast chicken	See Chicken, roasted		
Roast duck	See Duck, roasted		
Roast turkey	See Turkey, roasted		
Rock eel	See Rock Salmon/Dogfish		
Rock Salmon/Dogfish, in batter, fried in blended oil	644		16-134
Roe, cod, hard, fried in blended oil	694		16-300
Rolls, brown, crusty	64	11-477	50-058
Rolls, brown, soft	65	11-478	50-059
Rolls, granary	67	11-479	
Rolls, white, crusty	69	11-482	50-062
Rolls, white, soft	70	11-483	50-063

	Publication number	New food code	Old food code
Rolls, wholemeal	71	11-484	50-064
Rose wine, medium	1146		17-229
Rosmarinus officinalis	See Rosemary		
Rosemary, dried	915		50-849
Rubus idaeus	See Raspberries		
Rubus nigrum	See Blackcurrants		
Rubus ulmifolius	See Blackberries		
Rump steak beef, barbecued, lean	421		18-045
Rump steak beef, fried, lean	422	18-473	18-047
Rump steak beef, fried, lean and fat	423	18-472	18-048
Rump steak beef, from steakhouse, lean	425		18-050
Rump steak beef, grilled, lean	424	18-474	18-049
Rump steak beef, raw, lean and fat	420	18-471	18-044
Rump steak beef, strips, stir-fried, lean	426		18-052
Runner beans, boiled in unsalted water	761		50-720
Runner beans, raw	760		50-719
Rutabaga	See Swede		
Rye bread	51		50-046
Rye flour, whole	7	11-436	50-007
Saag	See Spinach		
Safflower oil	384		17-042
Sage, dried, ground	916		50-850
Saithe	See Coley		
Salad cream	1201	17-512	17-326
Salad cream, reduced calorie	1202		17-327
Salad, green	888	15-380	15-292
Salad, potato, with mayonnaise, retail	889		15-297
Salad, rice	890	15-381	15-299
Salami	551		19-110
Salmon en croute, retail	695		16-304
Salmon, grilled	659	16-327	16-203
Salmon, pink, canned in brine, flesh only, drained	662	16-338	16-208
Salmon, raw	658	16-326	16-202
Salmon, smoked	661		16-207
Salmon, steamed	660		16-205
Salmo salar	See Salmon		
Salt	1226		17-367
Salvia officinalis	See Sage		
Samosas, meat, takeaway	606	19-326	
Samosas, vegetable, retail	891		15-305
Sandwich biscuits, cream filled	115	11-519	50-103
Sandwich biscuits, jam filled	116	11-516	
Sandwich, Bacon, lettuce and tomato, white bread	72	11-563	
Sandwich, Cheddar cheese and pickle, white bread	73	11-564	
Sandwich, Chicken salad, white bread	74	11-565	

	Publication number	New food code	Old food code
Sandwich, Egg mayonnaise, white bread	75	11-567	
Sandwich, Ham salad, white bread	76	11-566	
Sandwich, Tuna mayonnaise, white bread	77	11-568	
Sardina pilchardus	See Sardines		
Sardines, canned in brine, drained	663	16-328	16-215
Sardines, canned in oil, drained	664	16-329	16-216
Sardines, canned in tomato sauce	665		16-217
Sardinops sagex ocellata	See Pilchards		
Satay, chicken	583	19-323	
Satsumas	999		50-965
Sauce, barbecue	1203		17-289
Sauce, bread, made with semi-skimmed milk	1179	17-520	50-1145
Sauce, bread, made with whole milk	1178	17-519	50-1144
Sauce, brown, sweet	1204		17-293
Sauce, cheese, made with semi-skimmed milk	1181	17-522	50-1147
Sauce, cheese, made with whole milk	1182	17-521	50-1146
Sauce, cheese, packet mix, made up with semi-skimmed milk	1183	17-524	50-1149
Sauce, cheese, packet mix, made up with whole milk	1184	17-523	50-1148
Sauce, curry, canned	1206		17-298
Sauce, horseradish	1207		17-314
Sauce, ice-cream topping	1035		17-053
Sauce, mint	1208		17-319
Sauce, onion, made with semi-skimmed milk	1185	17-526	50-1151
Sauce, onion, made with whole milk	1184	17-525	50-1150
Sauce, pasta, tomato based	1209		17-323
Sauce, soy	1213		17-334
Sauce, sweet and sour, canned	1214		17-335
Sauce, sweet and sour, take-away	1215		17-336
Sauce, tartare	1216		17-337
Sauce, white, savoury, made with semi-skimmed milk	1187	17-528	50-1153
Sauce, white, savoury, made with whole milk	1186	17-527	50-1152
Sauce, white, sweet, made with semi-skimmed milk	1189	17-530	50-1155
Sauce, white, sweet, made with whole milk	1188	17-529	50-1154
Sauce, Worcestershire	1218		17-340
Sauerkraut	892		13-336
Sausage casserole	610	19-351	19-269
Sausage rolls, puff pastry	558		19-066
Sausages, beef, chilled, grilled	552		19-077
Sausages, pork, chilled, fried	554		19-079
Sausages, pork, chilled, grilled	555		19-080
Sausages, pork, raw, average	553	19-318	19-081

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Sausages, pork, reduced fat, chilled/frozen, grilled	556		19-086
Sausages, premium, chilled, grilled	557		19-095
Sausages, vegetarian, baked/grilled	901		15-365
Saveloy, unbattered, takeaway	559	19-319	19-111
Savoury rice, cooked	21	11-620	50-025
Savoury rice, raw	20		50-020
Scampi, in breadcrumbs, frozen, fried in blended oil	675		16-243
Scomber scombrus	See Mackerel		
Scones, fruit, retail	169	11-543	50-145
Scones, plain	170	11-592	50-146
Scones, wholemeal	171	11-593	50-147
Scotch eggs, retail	560	19-320	50-305
Scotch pancakes, retail	172	11-544	11-270
Seafood cocktail	696		16-306
Seafood pasta, retail	697		16-305
Seeds, sesame	1024		50-994
Seeds, sunflower	1025		50-995
Semi-skimmed milk, average	211	12-312	50-185
Semi-skimmed milk, pasteurised, average	212	12-313	50-186
Semi-skimmed milk, pasteurised, fortified plus SMP	215		50-187
Semi-skimmed milk, pasteurised, summer	213	12-418	
Semi-skimmed milk, pasteurised, winter	214	12-419	
Semi-skimmed milk, UHT	216	12-314	50-188
Semi-sweet biscuits	117	11-521	50-104
Sesame oil	385		17-043
Sesame seeds	1024		50-994
Sesamum indicum	See Sesame seeds		
Shakaria	See Sweet potato		
Shalgam	See Turnip		
Shallots, raw	844		13-342
Shandy	1138		17-217
Sheep tongue, stewed	520		18-427
Sheeps milk, raw	238	12-329	50-208
Shepherd's pie, vegetable, retail	893		15-313
Sherbert sweets	1070		17-119
Sherry, dry	1152		17-235
Sherry, medium	1153		17-236
Sherry, sweet	1154		17-237
Shish kebab in pitta bread with salad	612		19-151
Shish kebab, meat only	611		19-150
Short sweet biscuits	118	11-522	50-105
Shortbread	119	11-523	50-106

	Publication number	New food code	Old food code
Shortcrust pastry, cooked	150	11-585	50-127
Shortcrust pastry, raw	149	11-584	50-126
Shoulder lamb	See Lamb, shoulder		
Shredded Wheat	97	11-499	50-083
Shreddies	98	11-500	50-084
Shrimps, canned in brine, drained	676		16-247
Shrimps, frozen	677		16-248
Silverside	See Beef, silverside		
Sinapis alba	See Mustard		
Single cream, fresh	241	12-332	50-212
Skate, in batter, fried in blended oil	645		16-146
Skimmed milk, average	206	12-306	50-181
Skimmed milk, dried	229		50-200
Skimmed milk, dried, with vegetable fat	228		50-201
Skimmed milk, pasteurised, average	207	12-307	50-182
Skimmed milk, pasteurised, fortified plus SMP	208		50-183
Skimmed milk, sterilised	209	12-311	12-007
Skimmed milk, UHT	210	12-310	50-184
Smartie-type sweets	1057		17-096
Snickers	1058	17-549	17-097
Snowpeas	See Mange-tout peas		
Solanum melongerna var ovigerum	See Aubergine		
Solanum tuberosum	See Potatoes		
Sorbet, fruit	313	12-393	50-273
Soup powder, instant, dried	1173	17-507	17-259
Soup powder, instant, dried, made up with water	1174	17-508	17-260
Soup, chicken noodle, dried, as served	1172		17-254
Soup, chicken, cream of, canned	1161		17-250
Soup, chicken, cream of, canned, condensed	1162		17-251
Soup, chicken, cream of, canned, condensed, as served	1163		17-252
Soup, low calorie, canned	1164		17-265
Soup, Minestrone, canned	1165	17-542	17-266
Soup, Minestrone, dried, as served	1175		17-269
Soup, mushroom, cream of, canned	1166		17-270
Soup, oxtail, canned	1167		17-272
Soup, tomato, cream of, canned	1168		17-278
Soup, tomato, cream of, canned, condensed	1169		17-279
Soup, tomato, cream of, canned, condensed, as served	1170		17-282
Soup, tomato, dried, as served	1176		17-282
Soup, vegetable, canned	1171		17-284
Soup, vegetable, dried, as served	1177		17-286
Soured cream, fresh	242		50-213
Soy sauce	1213		17-334

	Publication number	New food code	Old food code
Soya beans, dried, boiled in unsalted water	763		50-722
Soya beans, dried, raw	762		50-721
Soya flour, full fat	8		50-009
Soya flour, low fat	9		50-010
Soya oil	386		17-044
Soya, alternative to yogurt, fruit	296	12-381	50-258
Soya, non-dairy alternative to milk, sweetened, calcium enriched	239	12-330	
Soya, non-dairy alternative to milk, unsweetened	240	12-331	50-209
Spaghetti bolognese, chilled/frozen, reheated	613	19-328	19-273
Spaghetti bolognese, chilled/frozen, reheated, with spaghetti	614	19-353	
Spaghetti, canned in tomato sauce	39		50-176
Spaghetti, white, boiled	36	11-453	50-030
Spaghetti, white, raw	35	11-452	50-029
Spaghetti, wholemeal, boiled	38	11-455	50-032
Spaghetti, wholemeal, raw	37	11-454	50-031
Special K	99	11-501	50-086
Spinach, boiled in unsalted water	846	13-457	50-814
Spinach, frozen, boiled in unsalted water	847	13-458	50-815
Spinach, raw	845	13-456	50-813
Spinacia oleracea	See Spinach		
Spirits, 40% volume	1160		17-247
Sponge cake	142	11-580	50-119
Sponge cake, jam filled	144		50-121
Sponge cake, made without fat	143	11-581	50-120
Sponge cake, with dairy cream and jam	145	11-532	
Sponge pudding, canned	186	11-328	
Spread, cheese, plain	262	12-349	50-231
Spread, cheese, reduced fat	263	12-350	
Spread, chocolate	1029		17-069
Spread, chocolate nut	1030		17-070
Spread, fruit	1031		17-071
Spread, meat	546		19-139
Spreadable cheese, soft white, full fat	280	12-364	50-242
Spreadable cheese, soft white, low fat	278	12-366	
Spreadable cheese, soft white, medium fat	279	12-365	50-246
Spring greens, boiled in unsalted water	849		50-817
Spring greens, raw	848		50-816
Spring onions, bulbs and tops, raw	850		50-818
Spring rolls, meat, takeaway	615	19-327	
Sprouts, Brussels	see Brussels sprouts		
Squalus acanthias	See Rock salmon/Dogfish		
Squid, frozen, raw	680		16-264
Squid, in batter, fried in blended oil	681		16-265

	Publication number	New food code	Old food code
Steak and kidney pie, single crust, homemade	561	19-329	19-070
Steak and kidney/Beef pie, individual, chilled/ frozen, baked	562		19-069
Steak, braising	See Beef, braising steak		
Steak, rump, barbecued, lean	421		18-045
Steak, rump, fried, lean	422	18-473	18-047
Steak, rump, fried, lean and fat	423	18-472	18-048
Steak, rump, from steakhouse, lean	425		18-050
Steak, rump, grilled, lean	424	18-474	18-049
Steak, rump, raw, lean and fat	420	18-471	18-044
Steak, rump, strips, stir-fried, lean	426		18-052
Steak, stewed with gravy, canned	563		19-152
Steaks, pork	See Pork, steaks		
Stew, beef	574	19-334	19-175
Stew, Irish	597	19-341	19-222
Stew, Irish, canned	599		19-224
Stew, Irish, made with lean lamb	598	19-342	19-223
Stewed apples, cooking, stewed without sugar	920		50-855
Stewed apples, cooking, with sugar	919		50-854
Stewed blackberries, with sugar	930		50-870
Stewed blackcurrants, with sugar	932		50-873
Stewed damsons, with sugar	940		14-079
Stewed gooseberries, cooking, with sugar	951		50-896
Stewed plums, average, with sugar	988		14-215
Stewed rhubarb, with sugar	997		50-962
Stewed steak with gravy, canned	563		19-152
Stewing lamb	See Lamb, stewing		
Stewing steak	See Beef, stewing steak		
Stilton, blue	281	12-367	50-249
Stir-fried beef with green peppers	575	19-335	19-180
Stir-fried chicken, with rice and vegetables, frozen, reheated	587		19-201
Stir-fried lamb, neck fillets lean	451		18-164
Stir-fried pork, fillet strips, lean	464		18-228
Stir-fried turkey, breast, strips,	496		18-357
Stir-fried vegetables, takeaway	900	15-364	
Stir fry mix, vegetables, fried in vegetable oil	899		15-346
Stock cubes, beef	1227	17-515	17-368
Stock cubes, chicken	1228		17-369
Stock cubes, vegetable	1229		17-370
Stork	See Margarine, hard, animal and vegetable fats		
Stork SB	See Margarine, soft, not polyunsaturated		
Stout, Guinness	1139		17-219
Strawberries, canned in syrup	1001		50-968

	Publication number	New food code	Old food code
Strawberries, raw	1000		50-967
Strong ale/barley wine	1140		17-221
Stuffing mix, dried	193		17-371
Stuffing, sage and onion	194	11-606	17-373
Suet, shredded	374		17-011
Suet, vegetable	375		17-012
Sugar Puffs	100	11-503	50-088
Sugar, Demerara	1043		17-061
Sugar, white	1044		17-063
Sultana Bran	101	11-504	50-089
Sultanas	1002		50-969
Sunflower oil	387		17-045
Sunflower seeds	1025		50-995
Sunny Delight	1120	17-536	
Sus scrofa	See Pork		
Swede, boiled in unsalted water	852		50-820
Swede, raw	851		50-819
Sweet and sour chicken, takeaway	616	19-324	
Sweet and sour pork	617	19-349	19-276
Sweet and sour sauce, canned	1214		17-335
Sweet and sour sauce, take-away	1215		17-336
Sweet peppers	See Peppers, capsicum, green		
Sweet potato, boiled in salted water	854	13-464	50-822
Sweet potato, raw	853	13-463	50-821
Sweetcorn, baby, canned, drained	855		50-823
Sweetcorn, kernels, canned, re-heated, drained	856	13-459	50-824
Sweetcorn, on-the-cob, whole, boiled in unsalted water	857		13-370
Sweets, boiled	1060		17-101
Sweets, chew	1063		17-104
Sweets, sherbert	1070		17-119
Sweets, Smartie-type	1057		17-096
Swiss roll, chocolate, individual	146	11-533	50-123
Swordfish, grilled	666		16-222
Syrup, golden	1045		17-065
Szechuan prawns with vegetables, takeaway	698	16-335	
Tagliatelle, with vegetables, retail	894		15-317
Tahini paste	1026		50-996
Tandoori, chicken, chilled, reheated	584		19-127
Tangerines	1003		50-970
Taramasalata	699		16-307
Tarel	See Apples		
Tart, treacle	187	11-602	50-165
Tarts, custard, individual	157	11-537	50-134
Tarts, jam, retail	165	11-540	50-143

	Publication number	New food code	Old food code
Tartare sauce	1216		17-337
Tea, black, infusion, average	1106		17-165
Teacakes, toasted	173	11-545	50-149
Thousand island dressing	1197		17-306
Thyme, dried, ground	917		50-851
Thymus vulgaris	See Thyme		
Tikka masala, chicken, retail	585	19-325	
Til	See Sesame seeds		
Tip Top dessert topping	256	12-343	50-225
Toffees, mixed	1071		17-120
Tofu, soya bean, steamed	764		50-723
Tofu, soya bean, steamed, fried	765		50-724
Tomato chutney	1192		17-345
Tomato juice	1129		50-1093
Tomato ketchup	1217	17-513	17-338
Tomato puree	1230	17-516	17-374
Tomato soup, cream of, canned	1168		17-278
Tomato soup, cream of, canned, condensed	1169		17-279
Tomato soup, cream of, canned, condensed, as served	1170		17-280
Tomato soup, dried, as served	1176		17-282
Tomatoes, canned, whole contents	861	13-461	50-832
Tomatoes, fried in corn oil	859		50-829
Tomatoes, grilled	860	13-467	50-831
Tomatoes, raw	858	13-460	50-827
Tongue slices	564		19-154
Tongue, sheep, stewed	520		18-427
Tonic water	1113		17-184
Topside	See Beef, topside		
Torte, fruit	335	12-408	
Tortilla chips	1084	17-497	17-149
Trail Mix	1027		50-1041
Treacle tart	187	11-602	50-165
Treacle, black	1046		17-068
Trifle	336	12-417	50-288
Trifle, fruit	337	12-409	
Tripe, dressed, raw	521		18-428
Triticum aestivum	See Wheat		
Trotters and tails, boiled	522		18-429
Trout, rainbow, grilled	667	16-330	16-226
Tuna mayonnaise sandwich, white bread	77	11-568	
Tuna pate	700		16-308
Tuna, canned in brine, drained	668	16-339	16-229
Tuna, canned in oil, drained	669		16-230
Turkey roll	565		19-156

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Turkey, breast, fillet, grilled, meat only	495		18-356
Turkey, breast, strips, stir-fried	496		18-357
Turkey, dark meat, raw	492		18-348
Turkey, light meat, raw	493		18-349
Turkey, meat, average, raw	494		18-350
Turkey, roasted, dark meat	497		18-358
Turkey, roasted, light meat	498		18-359
Turkey, roasted, meat, average	499		18-361
Turkey, skin, dry, roasted	500		18-362
Turkish delight, without nuts	1072		17-122
Turnip, boiled in unsalted water	863		50-834
Turnip, raw	862		50-833
Turnip, yellow	See Swede		
Twiglets	1085		17-150
Twix	1059	17-550	17-100
Tzatziki	297	12-410	50-259
Urad	See Black gram, urad gram		
Vatana	See Peas		
Veal, escalope, fried	477	18-487	18-093
Veal, escalope, raw	476	18-486	18-092
Vegeburger, retail, grilled	895		15-331
Vegetable and cheese grill/burger, in crumbs, baked/grilled	896	15-363	
Vegetable bake	897	15-382	15-341
Vegetable cannelloni	869	15-367	15-059
Vegetable casserole	870	15-368	15-063
Vegetable chilli	872	15-370	15-073
Vegetable curry, retail, with rice	876		15-155
Vegetable flan	877	15-372	15-175
Vegetable kiev, baked	898		15-362
Vegetable lasagne, retail	879		15-189
Vegetable moussaka, retail	880		15-206
Vegetable oil, blended, average	388	17-489	17-046
Vegetable pasty	884	15-377	15-236
Vegetable pie	885	15-379	15-243
Vegetable risotto	887	15-378	15-275
Vegetable shepherd's pie, retail	893		15-313
Vegetable soup, canned	1171		17-284
Vegetable soup, dried, as served	1177		17-286
Vegetable stir fry mix, fried in vegetable oil	899		15-346
Vegetable, casserole	867	15-368	15-063
Vegetables, mixed, frozen, boiled in salted water	819		50-782
Vegetables, stir-fried, takeaway	900	15-364	
Vegetarian sausages, baked/grilled	901		15-365
Venison, roast	509	18-491	18-391

	Publication number	New food code	Old food code
Vermouth, dry	1155		17-239
Vermouth, sweet	1156		17-240
Vicia faba	See Broad beans		
Vigna angularis	See Aduki beans		
Vigna mungo	See Black gram, urad gram		
Vigna unguiculata	See Blackeye beans		
Vinegar	1231		17-339
Virtually fat free/diet yogurt, fruit	290	12-382	
Virtually fat free/diet yogurt, plain	289	12-383	
Vitalite Light	See Fat spread (60% fat), polyunsaturated		
Vitis vinifera	See Grapes, Currants, Raisins, Sultanas		
Vodka	See Spirits		
Wafer biscuits, filled	120	11-524	50-107
Wafers, filled, chocolate, full coated	121	11-509	
Walnut oil	389		17-047
Walnuts	1028	14-879	50-979
Water biscuits	122		11-187
Water, distilled	1232		17-377
Watercress, raw	864	13-462	50-835
Weetabix	102	11-505	50-090
Wheat flour, brown	10	11-437	50-012
Wheat flour, white, breadmaking	11	11-438	50-013
Wheat flour, white, plain	12	11-439	50-014
Wheat flour, white, self-raising	13	11-440	50-015
Wheat flour, wholemeal	14	11-441	50-016
Wheatgerm	15	11-622	50-017
Wheatgerm bread	52	11-467	
Wheatgerm oil	390		17-048
Whelks, boiled	682		16-268
Whipping cream, fresh	243	12-333	50-214
Whiskey	See Spirits		
White bread, Danish style	59	11-466	11-112
White bread, farmhouse or split tin, freshly baked	56	11-470	11-101
White bread, French stick	57		11-471
White bread, fried in lard	54	11-469	50-051
White bread, premium	58	11-474	
White bread, sliced	53	11-468	50-049
White bread, toasted	55	11-475	50-052
White bread, 'with added fibre'	60	11-472	50-054
White bread, 'with added fibre', toasted	61	11-473	50-055
White cheese, average	282	12-368	50-250
White chocolate	1052		17-091
White pudding	566		19-159
White rice, basmati, raw	22		11-041
White rice, easy cook, boiled	24	11-446	50-023

	Publication number	New food code	Old food code
White rice, easy cook, raw	23	11-445	50-022
White rice, fried	25	11-610	11-045
White rolls, crusty	69	11-482	50-062
White rolls, soft	70	11-483	50-063
White sauce, savoury, made with semi-skimmed milk	1187	17-528	50-1153
White sauce, savoury, made with whole milk	1186	17-527	50-1152
White sauce, sweet, made with semi-skimmed milk	1189	17-530	50-1155
White sauce, sweet, made with whole milk	1188	17-529	50-1154
White wine, dry	1147		17-230
White wine, medium	1148		17-231
White wine, sparkling	1149		17-232
White wine, sweet	1150		17-233
Whitebait, in flour, fried	670		16-231
Whiting, in crumbs, fried in blended oil	647		16-162
Whiting, steamed	646		16-160
Whole milk yogurt, fruit	284	12-375	50-261
Whole milk yogurt, plain	283		50-260
Whole milk yogurt, infant, fruit flavour	285	12-378	
Whole milk yogurt, twinpot, thick and creamy with fruit	286	12-374	
Whole milk, average	217	12-315	50-189
Whole milk, pasteurised, average	218	12-316	50-190
Whole milk, pasteurised, summer	219	12-317	50-191
Whole milk, pasteurised, winter	220	12-318	50-192
Whole milk, sterilised	221	12-319	50-193
Whole milk, UHT	222	12-320	12-016
Wholemeal bread, average	62	11-476	50-056
Wholemeal bread, toasted	63	11-611	50-057
Wholemeal crackers	123	11-572	50-108
Wholemeal pastry, cooked	152	11-587	50-129
Wholemeal pastry, raw	151	11-586	50-128
Wholemeal rolls	71	11-484	50-064
Whopper burger	534	19-313	19-050
Wine, red	1145		17-228
Wine, rose, medium	1146		17-229
Wine, white, dry	1147		17-230
Wine, white, medium	1148		17-231
Wine, white, sparkling	1149		17-232
Wine, white, sweet	1150		17-233
Winkles, boiled	683		16-270
Witloof	See Chicory		
Worcestershire sauce	1218		17-340
Yam (USA)	See Sweet potato		

	Publication number	New food code	Old food code
Yam, boiled in unsalted water	866		50-837
Yam, raw	865		50-838
Yeast extract	1233	17-517	17-380
Yeast, bakers, compressed	1234		17-378
Yeast, dried	1235		17-379
Yellow gram	See Chick peas		
Yellow turnip	See Swede		
Yogurt, drinking	293		50-251
Yogurt, Greek style, fruit	292	12-377	
Yogurt, Greek style, plain	291	12-376	
Yogurt, Greek, sheep	294	12-420	50-253
Yogurt, low fat, fruit	288	12-380	50-257
Yogurt, low fat, plain	287	12-379	50-255
Yogurt, soya alternative, fruit	296	12-381	50-258
Yogurt, virtually fat free/diet, fruit	290	12-382	
Yogurt, virtually fat free/diet, plain	289	12-383	
Yogurt, whole milk, infant, fruit flavour	285	12-378	
Yogurt, whole milk, fruit	284	12-375	50-261
Yogurt, whole milk, plain	283		50-260
Yogurt, whole milk, twinpot, thick and creamy with fruit	286	12-374	
Yorkshire pudding	195	11-607	50-180
Zea mays	See Sweetcorn		
Zucchini	See Courgette		