

## GI data in numeric order: version 4

Please note that this might contain errors.

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

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Name	GI	GL/100g
Old potatoes, Maris Piper, raw	101	17
New potatoes, average, raw	101	16
New potatoes, canned, re-heated, drained	101	15
Old potatoes, Pentland Crown, raw	101	18
Old potatoes, King Edward, raw	101	17
Old potatoes, Desiree, raw	101	17
Old potatoes, average, raw	101	17
Glucose liquid, BP	100	85
Millet flour	90	68
Potato flour	90	68
Parsnip, raw	85	11
Turnip, raw	85	4
Tapioca, raw	85	81
Arrowroot	85	80
Corn Flakes	84	75
White rice, glutinous, raw	83	62
Rice Krispies	82	76
Rice flour	82	66
White bread, French stick	82	46
Rice cakes	82	67
Rice flour cakes, glutinous, Chinese	82	48
Guava, raw	80	4
Guava, raw, weighed with skin and pips	80	4
Wheatgerm bread	80	32
Broad beans, dried, raw	79	26
Broad beans, canned, re-heated, drained	79	10
Rye bread	76	35
Wheat flour, white, self-raising	75	57
Wheat flour, white, plain	75	58
Gourd, snake, raw	75	3
Wheat flour, white, breadmaking	75	56
Squash, acorn, raw	75	7
Gourd, karela, raw	75	1
Lychees, raw	75	11
Squash, spaghetti, raw	75	3
Wheat flour, brown	75	51
Gourd, kantola, canned, drained	75	2
Gourd, kantola, raw	75	2
Gourd, bottle, raw	75	2
Gourd, ash, raw	75	2
Gourd, ridge, raw	75	2
Short sweet biscuits	75	47
Lychees, raw, weighed with skin and stone	75	7
Squash, butternut, raw	75	6
Pumpkin, raw	75	2
Gourd, tinda, canned, drained	75	2
Gourd, karela, canned, drained	75	1
Gourd, tinda, raw	75	3
Marrow, raw	75	2
Wheat flour, wholemeal	75	48
Wheat flour, patent	75	58
Bran, wheat	74	20
Tortilla chips	74	44

Granary bread	72	34
Milk bread	72	34
White bread, Vienna	72	38
White bread, farmhouse or split tin, freshly baked	72	35
Wholemeal rolls	72	33
White rolls, soft	72	37
White rolls, crusty	72	40
Breadcrumbs, homemade	72	56
Granary rolls	72	31
Bread, softgrain	72	0
Paratha	72	31
Bagels, plain	72	42
Ciabatta	72	37
Naan bread	72	36
Breadcrumbs, manufactured	72	57
Bannocks, made with beremeal	72	40
White bread, 'with added fibre'	72	36
Bannocks, made with wheat flour	72	45
Melon, watermelon	72	5
Bread, speciality, white	72	0
Brown bread, average	72	30
Brown rolls, soft	71	32
Brown rolls, crusty	71	36
Potato crisps, low fat	70	44
Croissants	70	30
Potato crisps, jacket	70	36
Potato crisps, thick, crinkle-cut	70	39
Puffed potato products	70	39
Molasses	70	48
Cornflour	70	64
Dates, dried	70	48
Dates, dried, weighed with stones	70	40
Water biscuits	70	53
Noodles, plain, raw	70	53
Potato crisps	70	37
Croissants, savoury, retail	70	0
Potato crisps, square	70	40
Breadsticks	70	51
Swede, raw	70	4
Potato crisps, thick-cut	70	41
Croissants, sweet, retail	70	0
Potato crisps, crinkle cut	70	38
Noodles, egg, raw	70	50
Beetroot, raw	67	5
Beetroot, pickled, drained	67	4
Shredded Wheat	67	48
Pomegranate	67	8
Peas, frozen, raw	66	6
Peas, raw	66	7
Sugar-snap peas, raw	66	3
Pineapple, raw, weighed with skin and top	66	3
Pineapple, raw	66	7
Brown rice, raw	66	54
White rice, basmati, raw	65	52
Couscous	65	33
Breadfruit, raw	65	15
Melon, Galia, weighed with skin	65	2
Melon, average, weighed whole	65	2
Melon, Galia	65	4
Melon, Honeydew, weighed whole	65	3

Melon, Honeydew	65	4
Melon, Galia, weighed whole	65	2
Melon, average, weighed with skin	65	2
Melon, average	65	4
Melon, Honeydew, weighed with skin	65	3
Melon, Canteloupe-type	65	3
Melon, watermelon, weighed whole	65	3
Melon, Canteloupe-type, weighed with skin	65	2
Melon, Canteloupe-type, weighed whole	65	2
Tamarind	65	37
White bread, average	64	32
White bread, Scottish batch, wrapped	64	31
White bread, premium	64	30
White bread, sliced	64	30
White bread, Danish style	64	28
White bread, Scottish batch, unwrapped	64	33
White bread, large, tin	64	31
White bread, large, crusty	64	32
Currant bread	63	32
Honeycomb	61	45
Black gram, urad gram, dried, raw	61	25
Honey	61	47
Black gram, chilki urad dahl, dried, raw	61	26
Black gram, duhli urad dahl, dried, raw	61	27
Figs, ready-to-eat	61	30
Black gram, chilki urad dahl, dried, boiled in unsalted water	61	8
Gingernut biscuits	60	47
Ice cream sauce, topping	60	32
Currants	60	41
Pickle, sweet	60	22
Ice cream bar, chocolate coated	60	13
Ice cream, with cone	60	13
Mayonnaise, retail	60	1
Ice cream, non-dairy, flavoured	60	14
Chestnuts, weighed with shells	60	18
Digestive biscuits, plain	60	41
Ice cream, dairy, vanilla	60	12
Raisins	60	42
Ice cream, non-dairy, mixes	60	15
Ice cream, dairy, flavoured	60	15
Ice cream, non-dairy, reduced calorie	60	8
Ice cream, non-dairy, vanilla	60	11
Chestnuts, dried	60	41
Ice cream, dairy, premium	60	10
Puff pastry, frozen, raw	59	22
Flaky pastry, raw	59	21
Choux pastry, raw	59	11
Grapes, average	59	9
Grapes, weighed with pips	59	9
Feijoa pineapple guava	59	6
Wholemeal pastry, raw	59	23
Cola, diet	58	0
Paw-paw, raw	58	5
Cola	58	6
Papaya, unripe, raw	58	3
Jaggery	58	56
Sugar, Demerara	58	61
Syrup, golden	58	46
Syrup, corn, dark	58	44
Sugar, white	58	61

Sugar, icing	58	61
Syrup, golden, pouring	58	46
Paw-paw, raw, weighed with skin and pips	58	4
Sugar, brown	58	59
Treacle, black	58	39
Sultanas	58	40
Pitta bread, white	57	31
Fudge, homemade	57	46
Marmalade	57	40
Marmalade, diabetic	57	32
Muesli, with extra fruit	57	42
Muesli, with no added sugar	57	38
Muesli	57	0
Apricots, raw, weighed with stones	57	4
Muesli, swiss style	57	41
Apricots, ready-to-eat	57	21
Apricots, raw	57	4
White rice, easy cook, raw	56	48
Red rice, raw	56	43
White rice, flaked, raw	56	43
Jam, diabetic	55	33
Jam, stone fruit	55	38
Cassava, gari	55	51
Cassava, frozen, raw	55	20
Cassava, raw	55	20
Jam, reduced sugar	55	18
Bulgur wheat	55	42
Tomato ketchup	55	16
Mango juice, canned	55	5
Jam, fruit with edible seeds	55	38
Mung beans, whole, dried, raw	54	25
Mung beans, whole, dried, boiled in unsalted water	54	8
Syrup, maple	54	36
Kumquats, raw	54	5
Bananas	54	13
Custard apple/Bullock's heart	54	9
Custard apple/Sugar apple	54	9
Sweet potato, raw	54	12
Mung beans, dahl, dried, raw	54	25
Bananas, weighed with skin	54	8
Oat based biscuits	54	35
Mung beans, dahl, dried, boiled in unsalted water	54	8
Fu-fu, sweet potato	54	14
Mango, unripe, raw	53	6
Noodles, rice, dried	53	43
Redcurrant jelly	53	34
Quinoa	53	30
Mangoes, ripe, raw	53	7
Mangoes, ripe, raw, weighed with skin and stone	53	5
Wholemeal bread, average	53	22
Chapatis, made without fat	52	23
Chapatis, made with fat	52	25
Kiwi fruit, weighed with skin	52	5
Soda Bread	52	28
Figs, raw	52	5
Kiwi fruit	52	6
Papadums, raw	51	23
Bran Flakes	51	36
All-Bran	51	25
Lollies, with real fruit juice	50	9

Fruit juice drink, low calorie, ready to drink	50	1
Orange juice, freshly squeezed, weighed as whole fruit	50	2
Grapefruit juice concentrate, unsweetened	50	20
Grape juice concentrate	50	29
Dressing, yogurt-based	50	5
Dressing, low fat	50	5
Dressing, French, homemade	50	0
Pomegranate juice, fresh	50	6
Dressing, oil and lemon	50	2
Dressing, thousand island, reduced calorie	50	7
Grape juice, unsweetened	50	6
Dressing, 'fat free'	50	7
Shrimps, boiled	50	0
Fruit juice drink, carbonated, ready to drink	50	5
White rice, polished, raw	50	43
Lemon juice, fresh, weighed as whole fruit	50	0
Orange juice, unsweetened	50	4
Cranberry juice	50	7
Orange juice, freshly squeezed	50	4
Dressing, reduced calorie	50	0
Pineapple juice concentrate, unsweetened	50	24
Dressing, French	50	2
Dressing, thousand island	50	6
Lemon juice, fresh	50	1
Grapefruit juice, unsweetened	50	4
Prune juice	50	7
Pineapple juice, unsweetened	50	5
Orange juice concentrate, unsweetened	50	22
High juice drink, concentrated	50	16
Lime juice cordial, undiluted	50	15
Fruit juice drink, ready to drink	50	5
Lime juice, fresh	50	1
Dressing, French, fat free	50	5
Oatmeal, raw	49	36
Yam, raw	49	14
Fu-fu, yam	49	18
Oatmeal, quick cook, raw	49	32
Mandarin oranges, canned in juice	48	4
Mandarin oranges, canned in syrup	48	6
Coconut, fresh	45	2
Coconut, desiccated	45	3
Coconut, creamed block	45	3
Tagliatelle, white, raw	45	33
Butter beans, dried, boiled in unsalted water	45	8
Lasagne, white, raw	45	33
Buckwheat	45	38
Linguine, white, raw	45	33
Bucatini, white, raw	45	33
Cannelloni, white, raw	45	33
Rigatoni, white, raw	45	33
Capelli d'angelo, white, raw	45	33
Conchiglie, white, raw	45	33
Farfalle, white, raw	45	33
Penne, white, raw	45	33
Fettucine, white, raw	45	33
Carrots, young, raw	45	3
Vermicelli, raw	45	35
Fusilli, white, raw	45	33
Pasta, plain, fresh, raw	45	25
Vermicelli, white, raw	45	33

Lasagna, sheets, raw	45	34
Butter beans, dried, raw	45	24
Carrots, old, raw	45	4
Spaghetti, wholemeal, raw	45	30
Conchiglietti, white, raw	45	33
Macaroni, raw	45	34
Spaghetti, white, raw	45	33
Pears, canned in juice	44	4
Pears, canned in syrup	44	6
White wine, medium	44	1
White wine, sweet	44	3
White wine, sparkling	44	2
Red wine	44	0
White wine, dry	44	0
Rose wine, medium	44	1
Pears, dried	43	23
Passion fruit juice	43	5
Pomelo, weighed with peel and pips	43	2
Carrot juice	43	2
Nectarines	43	4
Clementines	43	4
Tangerines, weighed with peel and pips	43	2
Tangerines	43	3
Oranges, weighed with peel and pips	43	3
Satsumas, weighed with peel	43	3
Satsumas	43	4
Limes, peeled, weighed with peel and pips	43	0
Limes, peeled	43	0
Lemons, peeled, raw, weighed with peel and pips	43	1
Lemons, peeled	43	1
Oranges	43	4
Pomelo	42	3
Peaches, canned in juice	42	4
Ortaniques	42	5
Apple juice concentrate, unsweetened	42	24
Apple juice, unsweetened	42	4
Blackcurrant juice drink, undiluted	42	26
Peaches, canned in syrup	42	6
Papri beans, raw	42	2
Pinto beans, dried, boiled in unsalted water	42	10
Pinto beans, dried, raw	42	24
Yogurt, whole milk, plain	41	3
Yogurt, low fat, plain	41	3
Yogurt, low fat, fruit	41	6
Yogurt, infant, fruit flavour	41	5
Tzatziki	41	1
Yogurt, virtually fat free/diet, fruit	41	3
Whole milk yogurt, 'organic'	41	2
Yogurt, greek style, plain	41	2
Yogurt, greek style, fruit	41	5
Whole milk yogurt, goats	41	2
Yogurt, whole milk, fruit	41	7
Yogurt, twinpot, thick and creamy with fruit	41	7
Coconut cream	41	2
Coconut milk	41	2
Yogurt, greek, sheep	41	2
Lassi, sweetened	41	5
Cider, dry	40	1
Peanut butter, smooth	40	5
Cider, vintage	40	3

Peanut butter, wholegrain	40	3
Strawberries, raw	40	2
Broad beans, raw	40	3
Cider, sweet	40	2
Dates, raw, weighed with stones	40	11
Dates, raw	40	13
Baked beans, canned in tomato sauce	40	6
Baked beans, canned in tomato sauce, reduced sugar	40	5
Baked beans, canned in tomato sauce, reduced sugar, reduced salt	40	5
Baked beans, canned in tomato sauce, with burgers	40	5
Figs, dried	40	21
Shortbread	40	25
Plantain, raw	39	11
Plums, average, raw	39	3
Plums, yellow, raw	39	2
Plums, Victoria, raw	39	4
Plums, yellow, raw, weighed with stones	39	2
Chapati flour, white	39	30
Chapati flour, brown	39	29
Plums, average, raw, weighed with stones	39	3
Plums, Victoria, raw, weighed with stones	39	4
Pears, average, raw	38	4
Tomatoes, sun dried	38	2
Tomatoes, cherry, raw	38	1
Apples, eating, Cox's Pippin, raw, weighed with core	38	4
Apples, eating, Cox's Pippin, raw	38	4
Peaches, raw, weighed with stone	38	3
Tomato juice	38	1
Tomatoes, canned, whole contents	38	1
Apples, cooking, raw, peeled	38	3
Apples, eating, average, raw, weighed with core	38	4
Peaches, raw	38	3
Pears, William, raw, weighed with core	38	3
Pears, average, raw, peeled	38	4
Pears, Conference, raw, weighed with core	38	5
Pears, average, raw, peeled, weighed with skin and core	38	3
Pears, Conference, raw	38	5
Pears, Comice, raw, weighed with core	38	3
Pears, Comice, raw	38	3
Pears, Nashi, raw	38	3
Pears, average, raw, weighed with core	38	3
Pears, Nashi, weighed with core	38	2
Pears, William, raw	38	3
Apples, eating, Granny Smith, raw	38	4
Apples, eating, Golden Delicious, raw	38	4
Apples, eating, red dessert, raw	38	5
Apples, eating, Golden Delicious, raw, weighed with core	38	4
Apples, cooking, weighed with skin and core	38	2
Apples, eating, Granny Smith, raw, weighed with core	38	4
Apples, eating, red dessert, raw, weighed with core	38	4
Apples, eating, average, raw, peeled, weighed with skin and core	38	3
Apples, eating, average, raw	38	4
Apples, eating, average, raw, peeled	38	4
Bradfruit	38	4
Tomatoes, raw	38	1
Red kidney beans, canned, re-heated, drained	35	6
Peaches, dried	35	19
Tomato puree	35	5
Red kidney beans, dried, boiled in unsalted water	35	6
Sesame seeds	35	0

Clementines, weighed with peel and pips	35	2
Quinces	35	2
Breakfast milk, summer	35	1
Channel Island milk, whole, pasteurised	35	2
Mustard powder	35	7
Damsons, raw, weighed with stones	35	3
Breakfast milk, pasteurised, average	35	2
Sunflower seeds	35	7
Breakfast milk, winter	35	2
Whole milk, pasteurised, winter	35	2
Apricots, dried	35	15
Celeriac, raw	35	1
Channel Island milk, semi-skimmed, UHT	35	2
Channel Island milk, whole, pasteurised, winter	35	2
Semi-skimmed milk, pasteurised, average	35	2
Whole milk, UHT	35	2
Chick pea flour	35	17
Damsons, raw	35	3
Loquats, raw	35	2
Channel Island milk, whole, pasteurised, summer	35	2
Skimmed milk, average	35	2
Skimmed milk, sterilised	35	2
Skimmed milk, UHT	35	1
Skimmed milk, pasteurised, winter	35	1
Skimmed milk, pasteurised, summer	35	2
Skimmed milk, pasteurised, average	35	2
Whole milk, average	35	2
Semi-skimmed milk, average	35	2
Whole milk, pasteurised, summer	35	1
Human milk, transitional	35	2
Semi-skimmed milk, pasteurised, winter	35	2
Semi-skimmed milk, pasteurised, summer	35	2
Whole milk, sterilised	35	2
Buttermilk	35	2
Buttermilk powder	35	18
Human milk, mature	35	3
Goats milk, pasteurised	35	2
Semi-skimmed milk, UHT	35	2
Whole milk, pasteurised, average	35	2
Semi-skimmed milk, pasteurised, fortified plus SMP	35	2
Organic semi-skimmed milk, pasteurised	35	0
Medlars quince	35	4
Human milk, colostrum	35	2
Sheeps milk, raw	35	2
Chocolate, white	34	20
Chocolate, milk	34	19
Rye flour, whole	33	25
Garlic, raw	32	5
Garlic puree	32	5
Endive, raw	32	0
Sharon fruit, persimmon	31	6
Lentils, green and brown, whole, dried, boiled in salted water	30	5
Haricot beans, dried, raw	30	15
Balor beans, canned, drained	30	1
Papri beans, canned, drained	30	1
Tortillas, made with wheat flour	30	18
Sword beans, raw	30	2
Haricot beans, dried, boiled in unsalted water	30	5
Lentils, red, split, dried, boiled in unsalted water	30	5
Aduki beans, dried, boiled in unsalted water	30	7



Pigeon peas, dahl, dried, boiled in unsalted water	30	6
Lentils, green and brown, whole, dried, raw	30	15
Balor beans, raw	30	1
Blackeye beans, dried, boiled in unsalted water	30	6
Pigeon peas, whole, dried, raw	30	18
Lentils, red, split, dried, raw	30	17
Pigeon peas, whole, dried, boiled in unsalted water	30	6
Pigeon peas, dahl, dried, raw	30	18
Salsify, raw scorzonera	30	3
Quark cheese	30	1
Blackeye beans, dried, raw	30	16
Mixed nuts and raisins	30	9
Aduki beans, dried, raw	30	15
Rambutan	30	5
Split peas, dried, raw	30	17
Cluster beans, raw	30	1
Passion fruit	30	2
Passion fruit, weighed with skin	30	1
Prunes	29	11
Prunes, weighed with stones	29	9
Prunes, ready-to-eat, weighed with stones	29	8
Prunes, ready-to-eat	29	10
Apples, eating, dried	29	17
Chick peas, whole, dried, raw	28	14
Chick peas, whole, dried, boiled in unsalted water	28	5
Chick peas, canned, re-heated, drained	28	5
Chick peas, split, dried, boiled in unsalted water	28	5
Chick peas, split, dried, raw	28	14
Peas, dried, raw	28	15
Mange-tout peas, raw	28	1
Cashew nuts, roasted and salted	26	5
Cashew nuts, plain	26	5
Barley, whole grain, raw	26	17
Barley, pearl, raw	26	22
Raspberries, frozen	25	1
Water chestnuts, raw	25	3
Cranberries	25	1
Runner beans, boiled in unsalted water	25	1
Elderberries	25	2
Cherries, West Indian	25	1
Water chestnuts, canned, drained	25	2
Bilberries	25	2
Blackberries, raw	25	1
Gooseberries, dessert, raw	25	2
Redcurrants, raw	25	1
Grapefruit, raw	25	2
Loganberries, raw	25	1
Whitecurrants, raw	25	1
Greengages, raw	25	2
Mulberries, raw	25	2
Greengages, raw, weighed with stones	25	2
Raspberries, raw	25	1
Grapefruit, raw, weighed with peel and pips	25	1
Gooseberries, cooking, raw	25	1
Poppy seeds	25	0
Breadnut seeds	25	18
Red kidney beans, dried, raw	25	11
Runner beans, raw	25	1
Melon seeds	25	2
Green beans/French beans, raw	25	1

Hummus	25	3
Cherries, raw, weighed with stones	22	2
Cherries, raw	22	3
Okra, raw	20	1
Chocolate, plain	20	13
Chocolate, cooking	20	12
Chocolate, diabetic	20	8
Aubergine, raw	20	0
Okra, canned, drained	20	0
Artichoke, globe, raw	20	1
Bamboo shoots, canned, drained	20	0
Cocoa powder	20	2
Soya beans, dried, raw	17	3
Soya beans, dried, boiled in unsalted water	17	1
Peanuts, plain, weighed with shells	15	1
Walnuts, weighed with shells	15	0
Curry sauce, canned	15	1
Celery, raw	15	0
Thai red curry paste, Sainsbury	15	1
Carob flour	15	13
Tartare sauce	15	3
Sweet chilli sauce, Blue Dragon	15	8
Madras curry paste, Patak	15	1
Chicory, raw	15	0
Cauliflower, raw	15	0
Sweet and sour sauce, canned	15	2
Piccalilli	15	3
Olives, in brine	15	0
Olives, in brine, weighed with stones	15	0
Worcestershire sauce	15	2
Mushrooms, Jew's ear, tender, dried, soaked, raw	15	1
Mushrooms, Jew's ear, tough, dried, raw	15	10
Sweet and sour sauce, take-away	15	5
Mushrooms, Jew's ear, tough, dried, soaked, raw	15	2
Mushrooms, Jew's ear, tender, dried, raw	15	9
Carob powder	15	6
Blackcurrants, raw	15	1
White sauce packet mix	15	9
Peanuts, plain	15	2
Tigernuts	15	7
Shanghai nuts	15	0
Almonds	15	1
Brazil nuts	15	0
Peanuts, roasted and salted	15	1
Hazelnuts	15	1
Peanuts, dry roasted	15	2
Walnuts	15	0
Beansprouts, mung, raw	15	1
Oyster sauce	15	2
Gherkins, pickled, drained	15	0
Hoisin sauce	15	7
Leeks, raw	15	0
Almonds, weighed with shells	15	0
Courgette, raw	15	0
Almonds, toasted	15	1
Radish, white/mooli, raw	15	0
Hazelnuts, weighed with shells	15	0
Mushrooms, oyster, raw	15	0
Fennel, Florence, raw	15	0
Pistachio nuts, roasted and salted	15	1

Green pesto, Sainsbury	15	0
Gherkins, raw	15	0
Mixed nuts	15	2
Chutney, apple, homemade	15	7
Sauerkraut	15	0
Pasta sauce, tomato based	15	1
Macadamia nuts, salted	15	1
Mushrooms, shiitake, dried, raw	15	10
Tomato sauce, homemade	15	1
Mint sauce	15	3
Pickle, lime, oily	15	1
Chutney, tomato, homemade	15	6
Pickle, mango, oily	15	1
Pickle, chilli, oily	15	1
Chutney, mixed fruit	15	6
Mushroom, dried	15	1
Pickle, mixed vegetables	15	1
Pine nuts	15	1
Chutney, mango, oily	15	7
Mushrooms, common, raw	15	0
Chutney, tomato	15	5
Mushrooms, Chinese, dried, raw	15	9
Mint sauce, homemade	15	3
Curry paste	15	1
Sauce, dry mix	15	10
Radish, red, raw	15	0
Oyster sauce	15	3
Sauce, dry, casserole mix	15	10
Hot pepper sauce	15	0
Beansprouts, mung, canned, drained	15	0
Chutney, mango, sweet	15	7
Barcelona nuts, weighed with shells	15	0
Pistachio nuts, roasted and salted, weighed with shells	15	1
Mushrooms, straw, canned, drained	15	0
Cucumber, raw	15	0
Sambal Oelek sauce	15	0
Onions, raw	15	1
Pecan nuts	15	1
Shallots, raw	15	0
Barcelona nuts	15	1
Spring onions, bulbs only, raw	15	1
Spring onions, bulbs and tops, raw	15	0
Alfalfa sprouts, raw	15	0
Brussels sprouts, raw	15	1
Asparagus, raw	15	0
Horseradish sauce	15	3
Spinach, dried	15	2
Pecan nuts, weighed with shells	15	0
Physalis	15	2
Betel nuts	15	9
Asparagus, canned, re-heated, drained	15	0
Brazil nuts, weighed with shells	15	0
Chestnuts	15	5
Yogurt, virtually fat free/diet, plain	14	1
Pumpkin seeds	10	2
Raddiccio, raw	10	0
Avocado, average	10	0
Peppers, capsicum, chilli, green, raw	10	0
Spring greens, raw	10	0
Radish leaves, raw	10	0

Watercress, raw	10	0
Spinach, raw	10	0
Herring, pickled	10	1
Lettuce, average, raw	10	0
Cabbage, raw, average	10	0
Spinach, canned, drained	10	0
Lettuce, butterhead, raw	10	0
Curly kale, raw	10	0
Fenugreek leaves, raw	10	0
Peppers, capsicum, green, raw	10	0
Cabbage, red, raw	10	0
Cabbage, summer, raw	10	0
Mustard and cress, raw	10	0
Mustard leaves, raw	10	0
Peppers, capsicum, chilli, red, raw	10	0
Onions, dried, raw	10	7
Capers in spirit vinegar, Sainsbury	10	0
Onions, pickled, cocktail/silverskin, drained	10	0
Cabbage, Savoy, raw	10	0
Peppers, capsicum, red, raw	10	1
Cabbage, January King, raw	10	0
Cabbage, Chinese, raw	10	0
Broccoli, purple sprouting, raw	10	0
Broccoli, green, raw	10	0
Lettuce, Cos, raw	10	0
Salad, green	10	0
Lettuce, Iceberg, raw	10	0
Lettuce, Webbs, raw	10	0
Onions, pickled, drained	10	0
Cabbage, white, raw	10	0
Chard, Swiss, raw	10	0
Peppers, capsicum, yellow, raw	10	1
Avocado, Hass, weighed with skin and stone	10	0
Avocado, Hass	10	0
Avocado, Fuerte, weighed with skin and stone	10	0
Avocado, Fuerte	10	0
Avocado, average, weighed with skin and stone	10	0
Rhubarb, raw	10	0
Vinegar	5	0
Tahini paste	5	0
Cod, frozen, raw	0	0
Dab, raw	0	0
Blended spread (70-80% fat)	0	0
Flounder, raw	0	0
Carp, raw	0	0
Whiting, raw	0	0
Turbot, raw	0	0
Tilapia, raw	0	0
Redfish, raw	0	0
Plaice, raw	0	0
Parrot fish, raw	0	0
Mullet, Grey, raw	0	0
Monkfish, raw	0	0
Ling, raw	0	0
Mullet, Red, raw	0	0
Coley, frozen, raw	0	0
Katla, raw	0	0
Beer, bitter, canned	0	0
Beer, bitter, average	0	0
Strong ale/barley wine	0	0

Rohu, raw	0	0
Rock Salmon/Dogfish, raw	0	0
Shark, raw	0	0
Lager, low alcohol	0	0
Conger eel, raw	0	0
Dover sole, raw	0	0
Stout, Mackeson	0	0
Cod, smoked, raw	0	0
Flying fish, raw	0	0
Stout, Guinness	0	0
Coley, raw	0	0
White fish, dried, salted	0	0
Pale ale, bottled	0	0
Lager, premium	0	0
Skate, raw	0	0
Compound cooking fat, polyunsaturated	0	0
Wheatgerm oil	0	0
Corn oil	0	0
Safflower oil	0	0
Sesame oil	0	0
Soya oil	0	0
Walnut oil	0	0
Blackcurrant seed oil	0	0
Borage oil	0	0
Cod liver oil	0	0
Dairy spread (40% fat)	0	0
Sunflower oil	0	0
Cottonseed oil	0	0
Butteroil, unsalted	0	0
Eggs, chicken, whole, battery, raw	0	0
Eggs, chicken, whole, free-range, raw	0	0
Eggs, chicken, white, raw	0	0
Eggs, chicken, yolk, raw	0	0
Eggs, quail, whole, raw	0	0
Eggs, turkey, whole, raw	0	0
Egg white, dried	0	0
Eggs, duck, whole, raw	0	0
Vegetable oil, blended, average	0	0
Fat spread (20-25% fat), not polyunsaturated	0	0
Margarine, soft, polyunsaturated	0	0
Margarine, soft, not polyunsaturated	0	0
Fat spread (60% fat), polyunsaturated	0	0
Fat spread (35-40% fat), polyunsaturated	0	0
Fat spread 70% fat, monounsaturated	0	0
Margarine, soya	0	0
Butter	0	0
Butter, spreadable	0	0
Margarine, hard, vegetable fats only	0	0
Coconut oil	0	0
Fat spread (40% fat), not polyunsaturated	0	0
Rapeseed oil	0	0
Fat spread (5% fat)	0	0
Fat spread (70-80% fat), not polyunsaturated	0	0
Margarine, catering	0	0
Peanut (Groundnut) oil	0	0
Palm oil	0	0
Olive oil	0	0
Hazelnut oil	0	0
Grapeseed oil	0	0
Evening primrose oil	0	0

Shandy	0	0
Fat spread (70% fat), polyunsaturated	0	0
Egg nog	0	0
Stout, extra	0	0
Tea, green, infusion	0	0
Tea, herbal, infusion	0	0
Tea, lemon, instant powder, with water	0	0
Tea, black, infusion, weak	0	0
Sherry, sweet	0	0
Sherry, medium	0	0
Sherry, dry	0	0
Port	0	0
Tea, black, infusion, strong	0	0
Liqueurs, low-medium strength	0	0
Coffee, infusion, average, with single cream	0	0
Liqueurs, high strength	0	0
Cream liqueurs	0	0
Champagne	0	0
Advocaat	0	0
Curacao	0	0
Cherry brandy	0	0
Vermouth, dry	0	0
Vermouth, sweet	0	0
Spirits, 37.5% volume	0	0
Spirits, 40% volume	0	0
Tonic wine	0	0
Drinking chocolate powder	0	0
Blended spread, (40% fat)	0	0
Stout, bottled	0	0
Lager, alcohol-free	0	0
Bitter, best/premium	0	0
Bitter, low alcohol	0	0
Brown ale, bottled	0	0
Lager	0	0
Beer, bitter, keg	0	0
Cider, low alcohol	0	0
Tea, Chinese, leaves, infusion	0	0
Drinking chocolate powder, reduced fat	0	0
Beer, bitter, draught	0	0
Tea, lemon, instant powder	0	0
Coffee, instant	0	0
Tea, black, infusion, average	0	0
Coffee and chicory essence	0	0
Ayr, raw	0	0
Chicken, corn-fed, raw, skin only	0	0
Coffee, infusion, strong	0	0
Coffee, infusion, weak	0	0
Tea, infusion, average, with whole milk	0	0
Coffee, infusion, average	0	0
Horlicks LowFat Instant powder	0	0
Hilsa, raw	0	0
Mackerel pate, smoked	0	0
Roe, cod, hard, raw	0	0
Crabsticks	0	0
Caviare, bottled in brine, drained	0	0
Roe, herring, soft, raw	0	0
Taramasalata	0	0
Tuna pate	0	0
Fish paste	0	0
Seafood cocktail	0	0

Margarine, hard, animal and vegetable fats	0	0
Kipper, raw	0	0
Winkles, boiled	0	0
Herring, canned in tomato sauce	0	0
Jackfish, raw	0	0
Mackerel, canned in tomato sauce	0	0
Pangas, raw	0	0
Herrings, dried, salted, weighed with bones and skin	0	0
Pilchards, canned in tomato sauce	0	0
Mackerel, smoked	0	0
Eel, jellied	0	0
Orange roughy, raw	0	0
Curry, fish and vegetable, Bangladeshi	0	0
Cuttlefish, raw	0	0
Pomfret, white, raw	0	0
Pomfret, black, raw	0	0
Pollack, Alaskan, raw	0	0
Plaice, frozen, raw	0	0
Whelks, boiled	0	0
Winkles, boiled, weighed with shells	0	0
Whelks, boiled, weighed with shells	0	0
Clams, canned in brine, drained	0	0
Abalone, canned in brine, drained	0	0
Fisherman's pie, retail	0	0
Cockles, bottled in vinegar, drained	0	0
Oysters, raw	0	0
Mussels, raw	0	0
Mussels, boiled	0	0
Mussels, boiled, weighed with shells	0	0
Mussels, canned and bottled, drained	0	0
Octopus, raw	0	0
Squid, dried	0	0
Oysters, raw, weighed with shells	0	0
Squid, raw	0	0
Squid, frozen, raw	0	0
Herrings, dried, salted	0	0
Cockles, boiled	0	0
Crab, boiled, weighed with shell	0	0
Bacha, raw	0	0
Prawns, boiled	0	0
Prawns, raw	0	0
Crayfish, raw	0	0
Crab, canned in brine, drained	0	0
Shrimps, boiled, weighed with shells	0	0
Shrimps, canned in brine, drained	0	0
Shrimps, frozen	0	0
Shrimps, dried	0	0
Prawns, frozen, raw	0	0
Lobster, boiled	0	0
Prawns, dried	0	0
Lobster, boiled, weighed with shell	0	0
Suet, shredded	0	0
Dripping, beef	0	0
Compound cooking fat	0	0
Ghee, butter	0	0
Lard	0	0
Suet, vegetable	0	0
Ghee, vegetable	0	0
Fat spread (20-25% fat), polyunsaturated	0	0
Fat spread (60% fat), with olive oil	0	0

Crab, boiled	0	0
Salmon, smoked	0	0
Red snapper, raw	0	0
Herring, raw	0	0
Tuna, raw	0	0
Tuna, canned in oil, drained	0	0
Anchovies, canned in oil, drained	0	0
Salmon, raw	0	0
Trout, rainbow, raw	0	0
Sardines, canned in oil, drained	0	0
Salmon, pink, canned in brine, flesh only, drained	0	0
Prawns, boiled, weighed with shells	0	0
Salmon, pink, canned in brine, flesh and bones, drained	0	0
Eel, raw	0	0
Sardines, canned in brine, drained	0	0
Salmon, red, canned in brine, flesh only, drained	0	0
Salmon, red, canned in brine, flesh and bones, drained	0	0
Mackerel, raw	0	0
Mackerel, canned in brine, drained	0	0
Trout, brown, raw	0	0
Sardines, canned in tomato sauce	0	0
Swordfish, raw	0	0
Sprats, raw	0	0
Sardines, raw	0	0
Tuna, canned in brine, drained	0	0
Pork, crackling, cooked	0	0
Beef, fore-rib/rib-roast, raw, lean	0	0
Whole turkey, raw	0	0
Turkey, skin, raw	0	0
Turkey, light meat, raw	0	0
Turkey, meat, average, raw	0	0
Rabbit, raw, meat only	0	0
Pork, fillet, raw, lean and fat	0	0
Pork, hand, shoulder joint, raw, lean	0	0
Turkey, dark meat, raw	0	0
Pork, leg joint, raw, lean	0	0
Veal, mince, raw	0	0
Pork, loin chops, raw, lean and fat	0	0
Pork, loin chops, raw, lean and fat, weighed with bone	0	0
Pork, spare rib joint, raw, lean and fat, weighed with bone	0	0
Pork, extra trimmed lean, raw	0	0
Pork, trimmed fat, raw	0	0
Pork, extra trimmed fat, raw	0	0
Pork, belly joint/slices, raw, lean and fat	0	0
Pork, belly joint/slices, raw, lean and fat, weighed with bone	0	0
Pork, diced, raw, lean and fat	0	0
Pork, hand, shoulder joint, raw, lean and fat	0	0
Cheese, cheddar type, half fat	0	0
Cheese, Gouda	0	0
Cottage cheese, plain, with additions	0	0
Cheese, white, average	0	0
Cheese, Edam	0	0
Cheese, Danish blue	0	0
Cheese, cream	0	0
Cheese, cottage, plain, reduced fat	0	0
Cheese, cottage, plain	0	0
Whole turkey, raw, weighed with bone	0	0
Cheese spread, plain	0	0
Pork, diced, raw, lean	0	0
Cheese, Cheddar, vegetarian	0	0



Cheese, cheddar, English	0	0
Cheese, Camembert	0	0
Cheese, Brie	0	0
Cheese, goats milk soft, full fat, white rind	0	0
Economy burgers, frozen, raw	0	0
Beefburgers, chilled/frozen, raw	0	0
Venison, raw	0	0
Veal, escalope, raw	0	0
Cheese spread, reduced fat	0	0
Sweetbread, lamb, raw	0	0
Heart, lamb, raw	0	0
Giblets, chicken, raw	0	0
Heart, pig, raw	0	0
Liver, lamb, raw	0	0
Tripe, dressed, raw	0	0
Tongue, ox, pickled, raw	0	0
Liver, pig, raw	0	0
Tongue, lamb, raw	0	0
Pork, chump chops, raw, lean and fat, weighed with bone	0	0
Oxtail, raw	0	0
Kidney, pig, raw	0	0
Kabana	0	0
Bierwurst	0	0
Bratwurst	0	0
Cervelat	0	0
Chorizo	0	0
Bridie/Scotch pie, individual	0	0
Ham, canned	0	0
Ham, Parma	0	0
Ham, premium	0	0
Liver, ox, raw	0	0
Pork, spare rib chops, raw, lean and fat, weighed with bone	0	0
Cheese, Parmesan, fresh	0	0
Pork, trimmed lean, raw	0	0
Pork, chump chops, raw, lean and fat	0	0
Pork, spare rib joint, raw, lean and fat	0	0
Pork, spare ribs, raw, lean and fat	0	0
Pork, spare rib slices, raw, lean and fat, weighed with bone	0	0
Pork, spare rib steaks, raw, lean and fat	0	0
Pork, steaks, raw, lean and fat	0	0
Pork, leg joint, lean and fat, raw	0	0
Kidney, lamb, raw	0	0
Pork, steaks, raw, lean	0	0
Kidney, ox, raw	0	0
Pork, loin joint, raw, lean and fat, weighed with bone	0	0
Pork, loin steaks, raw, lean and fat	0	0
Pork, mince, raw	0	0
Pork, spare rib chops, raw, lean and fat	0	0
Pork, loin joint, raw, lean and fat	0	0
Heart, ox, raw	0	0
Liver, chicken, raw	0	0
Liver, calf, raw	0	0
Pork, chump steaks, raw, lean and fat	0	0
Pork, leg joint, raw, lean and fat, weighed with bone	0	0
Consomme	0	0
Bicarbonate of soda	0	0
Baking powder	0	0
Yeast, dried	0	0
Stock cubes, beef	0	0
Mustard, smooth	0	0

Water, distilled	0	0
Stock cubes, vegetable	0	0
Stock cubes, chicken	0	0
Cream, sterilised, canned	0	0
Mustard, wholegrain	0	0
Soy sauce	0	0
Fromage frais, plain	0	0
Fromage frais, fruit	0	0
Fromage frais, virtually fat free, natural	0	0
Fromage frais, virtually fat free, fruit	0	0
Cream, dairy, UHT, canned spray	0	0
Cream, UHT, whipping	0	0
Cream, UHT, single	0	0
Cream, UHT, half	0	0
Cheese, hard, average	0	0
Salt	0	0
Khichadi, with butter ghee	0	0
Fish sauce, Blue Dragon	0	0
Pheasant leg meat only, raw	0	0
Pheasant meat and skin, raw	0	0
Pheasant breast meat, raw	0	0
Seaweed, wakame, dried, raw	0	0
Seaweed, nori, dried, raw	0	0
Seaweed, kombu, dried, raw	0	0
Seaweed, Irish moss, raw	0	0
Agar, dried, soaked and drained	0	0
Cream of tartar	0	0
Laverbread	0	0
Gelatine	0	0
Pork scratchings	0	0
Chilli sauce	0	0
Black bean sauce	0	0
Brown sauce, hot	0	0
Mayonnaise, homemade	0	0
Dressing, blue cheese	0	0
Mayonnaise, reduced calorie, retail	0	0
Cook-in-sauces, canned	0	0
Cream, frozen, whipping	0	0
Agar, dried	0	0
Cheese, Wensleydale	0	0
Cheese, Cheshire-type, reduced fat	0	0
Cheese, Cheshire	0	0
Cheese spread, lactic	0	0
Cheese spread, flavoured	0	0
Cheese, Cheddar, New Zealand	0	0
Cheese, Cheddar, Irish	0	0
Cheese, Cheddar, Canadian	0	0
Cheese, Cheddar, Australian	0	0
Cream, dairy, UHT, canned spray, half fat	0	0
Cheese, Double Gloucester	0	0
Cheese, Stilton, white	0	0
Cheese, Caerphilly	0	0
Cheese, Feta	0	0
Cheese, Stilton, blue	0	0
Cheese, spreadable, soft white, low fat	0	0
Cheese, spreadable, soft white, medium fat	0	0
Cheese, spreadable, soft white, full fat	0	0
Cheese, processed, slices, reduced fat	0	0
Cheese, processed, plain	0	0
Grillsteaks, beef, chilled/frozen, raw	0	0

Cheese, Cheddar, average	0	0
Cheese, Sage Derby	0	0
Cream, frozen, single	0	0
Cream, fresh, double, including Jersey cream	0	0
Cream, fresh, whipping	0	0
Cream, fresh, half	0	0
Cream, fresh, soured	0	0
Cream, fresh, clotted	0	0
Creme fraiche	0	0
Creme fraiche, half fat	0	0
Cream, dairy, extra thick	0	0
Cheese, Derby	0	0
Progress, reconstituted	0	0
Cheese, Ricotta	0	0
Cheese, Emmental	0	0
Cheese, Gruyere	0	0
Cheese, Lancashire	0	0
Cheese, Leicester	0	0
Cheese, processed, smoked	0	0
Cheese, Red Windsor	0	0
Cheese, Roquefort	0	0
Cheese, Edam-type, reduced fat	0	0
Cheese, Mozzarella, fresh	0	0
Cream, fresh, single	0	0
Caraway seeds	0	0
Coriander leaves, fresh	0	0
Asafoetida	0	0
Fennel seeds	0	0
Cloves, dried	0	0
Cinnamon, ground	0	0
Chives, fresh	0	0
Chinese 5 spice	0	0
Chilli powder	0	0
Tamarind pulp	0	0
Celery seeds	0	0
Dill seeds	0	0
Bay leaf, dried	0	0
Ginger, fresh	0	0
Basil, fresh	0	0
Cardamom, ground	0	0
Anise seeds	0	0
Allspice, ground	0	0
Basil, dried, ground	0	0
Tarragon, dried, ground	0	0
Beef, sirloin steak, raw, lean	0	0
Chervil, dried	0	0
Garam masala	0	0
Pork shoulder, cured, slices	0	0
Beef, silverside, raw, lean	0	0
Beef, silverside, salted, raw, lean	0	0
Bacon rashers, back, fat trimmed, raw	0	0
Bacon rashers, back, raw	0	0
Bacon, fat only, raw, average	0	0
Ham, gammon joint, boiled	0	0
Ham, gammon joint, raw	0	0
Bacon rashers, streaky, raw	0	0
Garlic powder	0	0
Ham	0	0
Fenugreek seeds	0	0
Coriander leaves, dried	0	0

Coriander seeds	0	0
Cumin seeds	0	0
Curry leaves, fresh	0	0
Curry powder	0	0
Curry powder, mixed flavours	0	0
Dill, fresh	0	0
Dill, dried	0	0
Saffron	0	0
Bacon rashers, middle, raw	0	0
Hoki, raw	0	0
Parsley, fresh	0	0
Parsley, dried	0	0
Pepper, black	0	0
Mint, dried	0	0
Haddock, frozen, raw	0	0
Haddock, smoked, raw	0	0
Boal, raw	0	0
Haddock, raw	0	0
Rosemary, fresh	0	0
John Dory, raw	0	0
Oregano, fresh	0	0
Kalabasu, raw	0	0
Halibut, raw	0	0
Hake, raw	0	0
Bream, Sea, raw	0	0
Cod, raw	0	0
Chital, raw	0	0
Catfish, raw	0	0
Bombay duck	0	0
Bele, raw	0	0
Lemon sole, raw	0	0
Ginger, ground	0	0
Sage, dried, ground	0	0
Tamarind leaves, fresh	0	0
Mixed spices	0	0
Pepper, white	0	0
Tarragon, fresh	0	0
Rosemary, dried	0	0
Thyme, fresh	0	0
Thyme, dried, ground	0	0
Turmeric, ground	0	0
Paprika	0	0
Betel leaves, fresh	0	0
Oregano, dried, ground	0	0
Nutmeg, ground	0	0
Liquorice powder	0	0
Mace, ground	0	0
Marjoram, dried	0	0
Mint, fresh	0	0
Sage, fresh	0	0
Mustard seeds	0	0
Pepper, cayenne, ground	0	0
Beef, silverside, salted, raw, lean and fat	0	0
Mixed herbs, dried	0	0
Rack of lamb, raw, lean and fat	0	0
New Zealand lamb, leg, whole, frozen, raw, lean and fat, weighed with b	0	0
Lamb, lean only, raw, average	0	0
Lamb, loin chops, lean and fat, raw	0	0
Lamb, leg, average, lean and fat, raw	0	0
Lamb, loin chops, raw, lean and fat, weighed with bone	0	0

Rack of lamb, raw, lean and fat, weighed with bone	0	0
Lamb, shoulder, raw, lean and fat	0	0
Lamb, shoulder, raw, lean and fat, weighed with bone	0	0
Duck, raw, meat, fat and skin	0	0
Lamb, stewing, raw, lean and fat, weighed with bone	0	0
Lamb, loin joint, raw, lean and fat, weighed with bone	0	0
Lamb, best end neck cutlets, raw, lean and fat, weighed with bone	0	0
Lamb, average, extra trimmed lean, raw	0	0
Lamb, average, trimmed fat, raw	0	0
Lamb, average, extra trimmed fat, raw	0	0
Lamb, best end neck cutlets, raw, lean and fat	0	0
Lamb, breast, raw, lean and fat	0	0
Lamb, breast, raw, lean	0	0
Goose, raw, meat, fat and skin	0	0
Beef, sirloin steak, raw, lean and fat	0	0
Lamb, stewing, raw, lean and fat	0	0
Mortadella	0	0
Bass, Sea, raw	0	0
Steaklets, frozen, raw	0	0
Pork haslet	0	0
Pork slices	0	0
Rissoles, savoury	0	0
Tongue, canned	0	0
Tongue slices	0	0
Turkey slices	0	0
White pudding	0	0
Lamb, mince, raw	0	0
Pate, liver	0	0
Lamb, neck fillet, raw, lean	0	0
Pepperami	0	0
Polony	0	0
Salami	0	0
Pate, liver, in a tube	0	0
Beef slices	0	0
Black pudding, raw	0	0
Brawn	0	0
Lamb, loin joint, raw, lean and fat	0	0
Duck, raw, meat only, weighed with fat, skin and bone	0	0
Pate, meat, reduced fat	0	0
Beef, fillet steak, raw, lean and fat	0	0
Beef, mince, extra lean, raw	0	0
Beef, braising steak, raw, lean	0	0
Beef, brisket, raw, lean	0	0
Beef, salted, dried, raw	0	0
Beef, average, extra trimmed lean, raw	0	0
Beef, average, trimmed fat, raw	0	0
Beef, average, extra trimmed fat, raw	0	0
Beef, braising steak, raw, lean and fat	0	0
Duck, crispy, chinese style	0	0
Beef, fillet steak, raw, lean	0	0
Beef, flank, raw, lean	0	0
Beef, stewing steak, raw, lean	0	0
Beef, stewing steak, raw, lean and fat	0	0
Beef, topside, raw, lean	0	0
Beef, topside, raw, lean and fat	0	0
Beef, sirloin steak, from steakhouse, lean and fat	0	0
Beef, mince, raw	0	0
Beef, average, trimmed lean, raw	0	0
Beef, sirloin steak, from steakhouse, lean	0	0
Beef, silverside, raw, lean and fat	0	0

Beef, brisket, raw, lean and fat	0	0
Chicken, wing quarter, raw, meat and skin	0	0
Duck, raw, meat only	0	0
Poussin, raw, meat and skin	0	0
Poussin, raw, meat and skin, weighed with bone	0	0
Whole chicken, corn-fed, raw, weighed with bone	0	0
Chicken, corn-fed, raw, light meat only	0	0
Whole chicken, corn-fed, raw	0	0
Chicken, corn-fed, raw, meat only	0	0
Chicken, corn-fed, raw, dark meat only	0	0
Whole chicken, raw, weighed with bone	0	0
Beef, fore-rib/rib-roast, raw, lean and fat	0	0
Chicken, wing quarter, raw, meat and skin, weighed with bone	0	0
Beef, rump steak, raw, lean	0	0
Chicken, leg quarter, raw, meat and skin, weighed with bone	0	0
Chicken, leg quarter, raw, meat and skin	0	0
Chicken, skin, raw	0	0
Chicken, light meat, raw	0	0
Chicken, dark meat, raw	0	0
Chicken, meat only, average, raw	0	0
Beer, mild, draught	0	0
Beef, flank, raw, lean and fat	0	0
Beefburgers, low fat, chilled/frozen, raw	0	0
Whole chicken, raw	0	0