

GL 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
Glucose liquid, BP	100	85
Tapioca, raw	85	81
Arrowroot	85	80
Rice Krispies	82	76
Corn Flakes	84	75
Potato flour	90	68
Millet flour	90	68
Rice cakes	82	67
Rice flour	82	66
Cornflour	70	64
White rice, glutinous, raw	83	62
Sugar, white	58	61
Sugar, Demerara	58	61
Sugar, icing	58	61
Sugar, brown	58	59
Wheat flour, patent	75	58
Wheat flour, white, plain	75	58
Wheat flour, white, self-raising	75	57
Breadcrumbs, manufactured	72	57
Jaggery	58	56
Breadcrumbs, homemade	72	56
Wheat flour, white, breadmaking	75	56
Brown rice, raw	66	54
Noodles, plain, raw	70	53
Water biscuits	70	53
White rice, basmati, raw	65	52
Cassava, gari	55	51
Wheat flour, brown	75	51
Breadsticks	70	51
Noodles, egg, raw	70	50
Dates, dried	70	48
Wheat flour, wholemeal	75	48
Rice flour cakes, glutinous, Chinese	82	48
Shredded Wheat	67	48
Molasses	70	48
White rice, easy cook, raw	56	48
Short sweet biscuits	75	47
Gingernut biscuits	60	47
Honey	61	47
Fudge, homemade	57	46
Syrup, golden, pouring	58	46
Syrup, golden	58	46
White bread, French stick	82	46
Bannocks, made with wheat flour	72	45
Honeycomb	61	45
Syrup, corn, dark	58	44
Tortilla chips	74	44
Potato crisps, low fat	70	44
White rice, flaked, raw	56	43
Noodles, rice, dried	53	43
White rice, polished, raw	50	43
Red rice, raw	56	43
Muesli, with extra fruit	57	42

Bagels, plain	72	42
Bulgur wheat	55	42
Raisins	60	42
Chestnuts, dried	60	41
Potato crisps, thick-cut	70	41
Digestive biscuits, plain	60	41
Muesli, swiss style	57	41
Currants	60	41
Marmalade	57	40
Dates, dried, weighed with stones	70	40
Potato crisps, square	70	40
Sultanas	58	40
Bannocks, made with beremeal	72	40
White rolls, crusty	72	40
Puffed potato products	70	39
Potato crisps, thick, crinkle-cut	70	39
Treacle, black	58	39
Buckwheat	45	38
Muesli, with no added sugar	57	38
White bread, Vienna	72	38
Jam, fruit with edible seeds	55	38
Potato crisps, crinkle cut	70	38
Jam, stone fruit	55	38
Tamarind	65	37
Potato crisps	70	37
Ciabatta	72	37
White rolls, soft	72	37
Brown rolls, crusty	71	36
White bread, 'with added fibre'	72	36
Oatmeal, raw	49	36
Bran Flakes	51	36
Naan bread	72	36
Potato crisps, jacket	70	36
Syrup, maple	54	36
Rye bread	76	35
White bread, farmhouse or split tin, freshly baked	72	35
Oat based biscuits	54	35
Vermicelli, raw	45	35
Lasagna, sheets, raw	45	34
Granary bread	72	34
Redcurrant jelly	53	34
Milk bread	72	34
Macaroni, raw	45	34
Bucatini, white, raw	45	33
Lasagne, white, raw	45	33
Vermicelli, white, raw	45	33
Fusilli, white, raw	45	33
Fettucine, white, raw	45	33
Farfalle, white, raw	45	33
Conchiglietti, white, raw	45	33
Conchiglie, white, raw	45	33
Capelli d'angelo, white, raw	45	33
Cannelloni, white, raw	45	33
Couscous	65	33
Spaghetti, white, raw	45	33
Wholemeal rolls	72	33
Tagliatelle, white, raw	45	33
Rigatoni, white, raw	45	33
Penne, white, raw	45	33
Jam, diabetic	55	33

White bread, Scottish batch, unwrapped	64	33
Linguine, white, raw	45	33
Currant bread	63	32
Wheatgerm bread	80	32
Ice cream sauce, topping	60	32
Marmalade, diabetic	57	32
White bread, large, crusty	64	32
Oatmeal, quick cook, raw	49	32
White bread, average	64	32
Brown rolls, soft	71	32
White bread, large, tin	64	31
Paratha	72	31
White bread, Scottish batch, wrapped	64	31
Pitta bread, white	57	31
Granary rolls	72	31
Chapati flour, white	39	30
Brown bread, average	72	30
Figs, ready-to-eat	61	30
Croissants	70	30
White bread, premium	64	30
White bread, sliced	64	30
Spaghetti, wholemeal, raw	45	30
Quinoa	53	30
Grape juice concentrate	50	29
Chapati flour, brown	39	29
Soda Bread	52	28
White bread, Danish style	64	28
Black gram, duhli urad dahl, dried, raw	61	27
Broad beans, dried, raw	79	26
Black gram, chilki urad dahl, dried, raw	61	26
Blackcurrant juice drink, undiluted	42	26
Shortbread	40	25
Mung beans, dahl, dried, raw	54	25
Chapatis, made with fat	52	25
Mung beans, whole, dried, raw	54	25
Rye flour, whole	33	25
All-Bran	51	25
Pasta, plain, fresh, raw	45	25
Black gram, urad gram, dried, raw	61	25
Butter beans, dried, raw	45	24
Pineapple juice concentrate, unsweetened	50	24
Pinto beans, dried, raw	42	24
Apple juice concentrate, unsweetened	42	24
Papadums, raw	51	23
Wholemeal pastry, raw	59	23
Chapatis, made without fat	52	23
Pears, dried	43	23
Wholemeal bread, average	53	22
Pickle, sweet	60	22
Barley, pearl, raw	26	22
Puff pastry, frozen, raw	59	22
Orange juice concentrate, unsweetened	50	22
Flaky pastry, raw	59	21
Figs, dried	40	21
Apricots, ready-to-eat	57	21
Grapefruit juice concentrate, unsweetened	50	20
Cassava, frozen, raw	55	20
Bran, wheat	74	20
Cassava, raw	55	20
Chocolate, white	34	20

Chocolate, milk	34	19
Peaches, dried	35	19
Chestnuts, weighed with shells	60	18
Old potatoes, Pentland Crown, raw	101	18
Pigeon peas, dahl, dried, raw	30	18
Jam, reduced sugar	55	18
Fu-fu, yam	49	18
Pigeon peas, whole, dried, raw	30	18
Tortillas, made with wheat flour	30	18
Breadnut seeds	25	18
Buttermilk powder	35	18
Split peas, dried, raw	30	17
Chick pea flour	35	17
Lentils, red, split, dried, raw	30	17
Barley, whole grain, raw	26	17
Old potatoes, Maris Piper, raw	101	17
Old potatoes, average, raw	101	17
Apples, eating, dried	29	17
Old potatoes, Desiree, raw	101	17
Old potatoes, King Edward, raw	101	17
Blackeye beans, dried, raw	30	16
Tomato ketchup	55	16
New potatoes, average, raw	101	16
High juice drink, concentrated	50	16
Ice cream, dairy, flavoured	60	15
Breadfruit, raw	65	15
Lime juice cordial, undiluted	50	15
Haricot beans, dried, raw	30	15
Peas, dried, raw	28	15
New potatoes, canned, re-heated, drained	101	15
Ice cream, non-dairy, mixes	60	15
Aduki beans, dried, raw	30	15
Apricots, dried	35	15
Lentils, green and brown, whole, dried, raw	30	15
Fu-fu, sweet potato	54	14
Ice cream, non-dairy, flavoured	60	14
Chick peas, split, dried, raw	28	14
Yam, raw	49	14
Chick peas, whole, dried, raw	28	14
Bananas	54	13
Carob flour	15	13
Chocolate, plain	20	13
Ice cream, with cone	60	13
Dates, raw	40	13
Ice cream bar, chocolate coated	60	13
Sweet potato, raw	54	12
Ice cream, dairy, vanilla	60	12
Chocolate, cooking	20	12
Lychees, raw	75	11
Plantain, raw	39	11
Choux pastry, raw	59	11
Dates, raw, weighed with stones	40	11
Ice cream, non-dairy, vanilla	60	11
Prunes	29	11
Red kidney beans, dried, raw	25	11
Parsnip, raw	85	11
Pinto beans, dried, boiled in unsalted water	42	10
Prunes, ready-to-eat	29	10
Mushrooms, Jew's ear, tough, dried, raw	15	10
Sauce, dry, casserole mix	15	10

Broad beans, canned, re-heated, drained	79	10
Sauce, dry mix	15	10
Ice cream, dairy, premium	60	10
Mushrooms, shiitake, dried, raw	15	10
Mushrooms, Chinese, dried, raw	15	9
Betel nuts	15	9
Grapes, weighed with pips	59	9
White sauce packet mix	15	9
Custard apple/Sugar apple	54	9
Mushrooms, Jew's ear, tender, dried, raw	15	9
Prunes, weighed with stones	29	9
Mixed nuts and raisins	30	9
Custard apple/Bullock's heart	54	9
Lollies, with real fruit juice	50	9
Grapes, average	59	9
Mung beans, whole, dried, boiled in unsalted water	54	8
Sweet chilli sauce, Blue Dragon	15	8
Bananas, weighed with skin	54	8
Butter beans, dried, boiled in unsalted water	45	8
Chocolate, diabetic	20	8
Ice cream, non-dairy, reduced calorie	60	8
Mung beans, dahl, dried, boiled in unsalted water	54	8
Black gram, chilki urad dahl, dried, boiled in unsalted water	61	8
Pomegranate	67	8
Prunes, ready-to-eat, weighed with stones	29	8
Cranberry juice	50	7
Dressing, 'fat free'	50	7
Chutney, mango, oily	15	7
Prune juice	50	7
Aduki beans, dried, boiled in unsalted water	30	7
Sunflower seeds	35	7
Lychees, raw, weighed with skin and stone	75	7
Chutney, mango, sweet	15	7
Mangoes, ripe, raw	53	7
Yogurt, twinpot, thick and creamy with fruit	41	7
Mustard powder	35	7
Yogurt, whole milk, fruit	41	7
Squash, acorn, raw	75	7
Chutney, apple, homemade	15	7
Tigernuts	15	7
Peas, raw	66	7
Hoisin sauce	15	7
Onions, dried, raw	10	7
Pineapple, raw	66	7
Dressing, thousand island, reduced calorie	50	7
Carob powder	15	6
Feijoa pineapple guava	59	6
Pigeon peas, dahl, dried, boiled in unsalted water	30	6
Kiwi fruit	52	6
Pomegranate juice, fresh	50	6
Yogurt, low fat, fruit	41	6
Pears, canned in syrup	44	6
Squash, butternut, raw	75	6
Sharon fruit, persimmon	31	6
Grape juice, unsweetened	50	6
Red kidney beans, dried, boiled in unsalted water	35	6
Mango, unripe, raw	53	6
Peas, frozen, raw	66	6
Pigeon peas, whole, dried, boiled in unsalted water	30	6
Peaches, canned in syrup	42	6

Chutney, tomato, homemade	15	6
Baked beans, canned in tomato sauce	40	6
Chutney, mixed fruit	15	6
Blackeye beans, dried, boiled in unsalted water	30	6
Red kidney beans, canned, re-heated, drained	35	6
Cola	58	6
Dressing, thousand island	50	6
Mandarin oranges, canned in syrup	48	6
Chestnuts	15	5
Cashew nuts, roasted and salted	26	5
Cashew nuts, plain	26	5
Chick peas, whole, dried, boiled in unsalted water	28	5
Baked beans, canned in tomato sauce, with burgers	40	5
Kiwi fruit, weighed with skin	52	5
Lentils, red, split, dried, boiled in unsalted water	30	5
Mangoes, ripe, raw, weighed with skin and stone	53	5
Yogurt, greek style, fruit	41	5
Baked beans, canned in tomato sauce, reduced sugar	40	5
Passion fruit juice	43	5
Yogurt, infant, fruit flavour	41	5
Fruit juice drink, carbonated, ready to drink	50	5
Baked beans, canned in tomato sauce, reduced sugar, reduced salt	40	5
Mango juice, canned	55	5
Lassi, sweetened	41	5
Rambutan	30	5
Pears, Conference, raw, weighed with core	38	5
Sweet and sour sauce, take-away	15	5
Chutney, tomato	15	5
Fruit juice drink, ready to drink	50	5
Dressing, French, fat free	50	5
Chick peas, split, dried, boiled in unsalted water	28	5
Paw-paw, raw	58	5
Garlic, raw	32	5
Dressing, low fat	50	5
Dressing, yogurt-based	50	5
Peanut butter, smooth	40	5
Apples, eating, red dessert, raw	38	5
Haricot beans, dried, boiled in unsalted water	30	5
Ortaniques	42	5
Lentils, green and brown, whole, dried, boiled in salted water	30	5
Beetroot, raw	67	5
Melon, watermelon	72	5
Figs, raw	52	5
Kumquats, raw	54	5
Pears, Conference, raw	38	5
Chick peas, canned, re-heated, drained	28	5
Garlic puree	32	5
Tomato puree	35	5
Pineapple juice, unsweetened	50	5
Guava, raw	80	4
Clementines	43	4
Apples, eating, Granny Smith, raw, weighed with core	38	4
Bradfruit	38	4
Pears, average, raw	38	4
Melon, average	65	4
Apples, eating, average, raw, weighed with core	38	4
Apples, eating, average, raw	38	4
Paw-paw, raw, weighed with skin and pips	58	4
Peaches, canned in juice	42	4
Apricots, raw, weighed with stones	57	4

Apples, eating, average, raw, peeled	38	4
Oranges	43	4
Guava, raw, weighed with skin and pips	80	4
Carrots, old, raw	45	4
Apples, eating, Granny Smith, raw	38	4
Apples, eating, Golden Delicious, raw, weighed with core	38	4
Apples, eating, Golden Delicious, raw	38	4
Apples, eating, Cox's Pippin, raw, weighed with core	38	4
Apples, eating, Cox's Pippin, raw	38	4
Plums, Victoria, raw, weighed with stones	39	4
Apples, eating, red dessert, raw, weighed with core	38	4
Pears, average, raw, peeled	38	4
Grapefruit juice, unsweetened	50	4
Orange juice, freshly squeezed	50	4
Plums, Victoria, raw	39	4
Pears, canned in juice	44	4
Orange juice, unsweetened	50	4
Melon, Galia	65	4
Beetroot, pickled, drained	67	4
Apple juice, unsweetened	42	4
Swede, raw	70	4
Melon, Honeydew	65	4
Nectarines	43	4
Medlars quince	35	4
Apricots, raw	57	4
Turnip, raw	85	4
Mandarin oranges, canned in juice	48	4
Satsumas	43	4
Gourd, snake, raw	75	3
Melon, watermelon, weighed whole	65	3
Oranges, weighed with peel and pips	43	3
Pears, Nashi, raw	38	3
Plums, average, raw	39	3
Apples, cooking, raw, peeled	38	3
Peaches, raw	38	3
Pomelo	42	3
Broad beans, raw	40	3
Apples, eating, average, raw, peeled, weighed with skin and core	38	3
Cherries, raw	22	3
Pears, average, raw, weighed with core	38	3
Pineapple, raw, weighed with skin and top	66	3
Human milk, mature	35	3
Mint sauce, homemade	15	3
Carrots, young, raw	45	3
Papaya, unripe, raw	58	3
Pears, Comice, raw	38	3
Oyster sauce	15	3
Melon, Honeydew, weighed whole	65	3
Sugar-snap peas, raw	66	3
Plums, average, raw, weighed with stones	39	3
Cider, vintage	40	3
White wine, sweet	44	3
Coconut, creamed block	45	3
Coconut, desiccated	45	3
Salsify, raw scorzonera	30	3
Melon, Honeydew, weighed with skin	65	3
Satsumas, weighed with peel	43	3
Gourd, tinda, raw	75	3
Damsons, raw, weighed with stones	35	3
Pears, William, raw, weighed with core	38	3

Squash, spaghetti, raw	75	3
Pears, William, raw	38	3
Yogurt, low fat, plain	41	3
Yogurt, virtually fat free/diet, fruit	41	3
Water chestnuts, raw	25	3
Pears, average, raw, peeled, weighed with skin and core	38	3
Piccalilli	15	3
Soya beans, dried, raw	17	3
Horseradish sauce	15	3
Peaches, raw, weighed with stone	38	3
Tartare sauce	15	3
Peanut butter, wholegrain	40	3
Pears, Comice, raw, weighed with core	38	3
Mint sauce	15	3
Damsons, raw	35	3
Melon, Canteloupe-type	65	3
Tangerines	43	3
Yogurt, whole milk, plain	41	3
Hummus	25	3
Strawberries, raw	40	2
Quinces	35	2
Bilberries	25	2
Passion fruit	30	2
Melon, average, weighed with skin	65	2
Human milk, colostrum	35	2
Melon, Canteloupe-type, weighed with skin	65	2
Melon, Canteloupe-type, weighed whole	65	2
Gooseberries, dessert, raw	25	2
Clementines, weighed with peel and pips	35	2
Grapefruit, raw	25	2
Plums, yellow, raw	39	2
Physalis	15	2
Melon, Galia, weighed with skin	65	2
Pears, Nashi, weighed with core	38	2
Melon, average, weighed whole	65	2
Tangerines, weighed with peel and pips	43	2
Melon, Galia, weighed whole	65	2
Cherries, raw, weighed with stones	22	2
Loquats, raw	35	2
Orange juice, freshly squeezed, weighed as whole fruit	50	2
Greengages, raw	25	2
Channel Island milk, semi-skimmed, UHT	35	2
Greengages, raw, weighed with stones	25	2
Channel Island milk, whole, pasteurised, winter	35	2
Channel Island milk, whole, pasteurised	35	2
Channel Island milk, whole, pasteurised, summer	35	2
Mulberries, raw	25	2
Pomelo, weighed with peel and pips	43	2
Apples, cooking, weighed with skin and core	38	2
Elderberries	25	2
Plums, yellow, raw, weighed with stones	39	2
Marrow, raw	75	2
Coconut cream	41	2
Coconut milk	41	2
Yogurt, greek style, plain	41	2
Breakfast milk, winter	35	2
Breakfast milk, pasteurised, average	35	2
Pumpkin seeds	10	2
Peanuts, dry roasted	15	2
Gourd, ridge, raw	75	2

Mixed nuts	15	2
Melon seeds	25	2
Sweet and sour sauce, canned	15	2
Worcestershire sauce	15	2
Yogurt, greek, sheep	41	2
Gourd, tinda, canned, drained	75	2
Peanuts, plain	15	2
Spinach, dried	15	2
Gourd, ash, raw	75	2
Gourd, bottle, raw	75	2
Gourd, kantola, raw	75	2
Dressing, French	50	2
Dressing, oil and lemon	50	2
Gourd, kantola, canned, drained	75	2
Papri beans, raw	42	2
Mushrooms, Jew's ear, tough, dried, soaked, raw	15	2
Sword beans, raw	30	2
Cider, sweet	40	2
Carrot juice	43	2
White wine, sparkling	44	2
Whole milk, pasteurised, winter	35	2
Semi-skimmed milk, average	35	2
Water chestnuts, canned, drained	25	2
Semi-skimmed milk, UHT	35	2
Whole milk yogurt, goats	41	2
Skimmed milk, pasteurised, average	35	2
Skimmed milk, pasteurised, summer	35	2
Tomatoes, sun dried	38	2
Human milk, transitional	35	2
Semi-skimmed milk, pasteurised, winter	35	2
Semi-skimmed milk, pasteurised, fortified plus SMP	35	2
Skimmed milk, sterilised	35	2
Semi-skimmed milk, pasteurised, average	35	2
Sheeps milk, raw	35	2
Coconut, fresh	45	2
Semi-skimmed milk, pasteurised, summer	35	2
Cocoa powder	20	2
Buttermilk	35	2
Whole milk, UHT	35	2
Goats milk, pasteurised	35	2
Oyster sauce	15	2
Whole milk, sterilised	35	2
Whole milk, pasteurised, average	35	2
Whole milk, average	35	2
Pumpkin, raw	75	2
Whole milk yogurt, 'organic'	41	2
Skimmed milk, average	35	2
Cranberries	25	1
Tomato juice	38	1
Gooseberries, cooking, raw	25	1
Rose wine, medium	44	1
Cluster beans, raw	30	1
Balor beans, canned, drained	30	1
Mange-tout peas, raw	28	1
Mushroom, dried	15	1
Loganberries, raw	25	1
Brussels sprouts, raw	15	1
Artichoke, globe, raw	20	1
Lemons, peeled	43	1
Lemons, peeled, raw, weighed with peel and pips	43	1

Spring onions, bulbs only, raw	15	1
Peppers, capsicum, red, raw	10	1
Papri beans, canned, drained	30	1
Pasta sauce, tomato based	15	1
Peppers, capsicum, yellow, raw	10	1
Lemon juice, fresh	50	1
White wine, medium	44	1
Quark cheese	30	1
Almonds, toasted	15	1
Peanuts, plain, weighed with shells	15	1
Barcelona nuts	15	1
Lime juice, fresh	50	1
Pine nuts	15	1
Pistachio nuts, roasted and salted	15	1
Macadamia nuts, salted	15	1
Pecan nuts	15	1
Peanuts, roasted and salted	15	1
Pistachio nuts, roasted and salted, weighed with shells	15	1
Pickle, lime, oily	15	1
Tomato sauce, homemade	15	1
Balor beans, raw	30	1
Pickle, mango, oily	15	1
Pickle, chilli, oily	15	1
Pickle, mixed vegetables	15	1
Fruit juice drink, low calorie, ready to drink	50	1
Mayonnaise, retail	60	1
Curry paste	15	1
Runner beans, raw	25	1
Herring, pickled	10	1
Green beans/French beans, raw	25	1
Beansprouts, mung, raw	15	1
Soya beans, dried, boiled in unsalted water	17	1
Runner beans, boiled in unsalted water	25	1
Curry sauce, canned	15	1
Celeriac, raw	35	1
Whole milk, pasteurised, summer	35	1
Tzatziki	41	1
Yogurt, virtually fat free/diet, plain	14	1
Raspberries, raw	25	1
Passion fruit, weighed with skin	30	1
Okra, raw	20	1
Gourd, karela, raw	75	1
Breakfast milk, summer	35	1
Blackberries, raw	25	1
Redcurrants, raw	25	1
Skimmed milk, UHT	35	1
Hazelnuts	15	1
Cherries, West Indian	25	1
Mushrooms, Jew's ear, tender, dried, soaked, raw	15	1
Raspberries, frozen	25	1
Cider, dry	40	1
Thai red curry paste, Sainsbury	15	1
Madras curry paste, Patak	15	1
Whitecurrants, raw	25	1
Tomatoes, canned, whole contents	38	1
Gourd, karela, canned, drained	75	1
Grapefruit, raw, weighed with peel and pips	25	1
Onions, raw	15	1
Almonds	15	1
Tomatoes, cherry, raw	38	1

Skimmed milk, pasteurised, winter	35	1
Tomatoes, raw	38	1
Blackcurrants, raw	15	1
Pale ale, bottled	0	0
Chital, raw	0	0
Catfish, raw	0	0
Bombay duck	0	0
Bele, raw	0	0
Lager, premium	0	0
Stout, extra	0	0
Hake, raw	0	0
Beer, bitter, draught	0	0
Shandy	0	0
Bass, Sea, raw	0	0
Ayr, raw	0	0
Stout, bottled	0	0
White fish, dried, salted	0	0
Lager, alcohol-free	0	0
Lager, low alcohol	0	0
John Dory, raw	0	0
Strong ale/barley wine	0	0
Haddock, frozen, raw	0	0
Haddock, smoked, raw	0	0
Beer, bitter, average	0	0
Boal, raw	0	0
Beer, bitter, canned	0	0
Cod, raw	0	0
Lemon sole, raw	0	0
Bream, Sea, raw	0	0
Lemon juice, fresh, weighed as whole fruit	50	0
Hoki, raw	0	0
Kalabasu, raw	0	0
Halibut, raw	0	0
Stout, Mackeson	0	0
Stout, Guinness	0	0
Haddock, raw	0	0
Tea, herbal, infusion	0	0
Horlicks LowFat Instant powder	0	0
Coffee, infusion, average, with single cream	0	0
Cream liqueurs	0	0
Advocaat	0	0
Curacao	0	0
Cherry brandy	0	0
Spirits, 40% volume	0	0
Spirits, 37.5% volume	0	0
Tea, black, infusion, strong	0	0
Tea, infusion, average, with whole milk	0	0
Tea, green, infusion	0	0
Coffee, infusion, weak	0	0
Tea, lemon, instant powder, with water	0	0
Tea, black, infusion, weak	0	0
Cola, diet	58	0
Red wine	44	0
Champagne	0	0
Vermouth, sweet	0	0
White wine, dry	44	0
Flounder, raw	0	0
Mullet, Grey, raw	0	0
Tea, Chinese, leaves, infusion	0	0
Sherry, sweet	0	0

Bitter, low alcohol	0	0
Brown ale, bottled	0	0
Drinking chocolate powder, reduced fat	0	0
Vermouth, dry	0	0
Drinking chocolate powder	0	0
Tea, lemon, instant powder	0	0
Coffee, instant	0	0
Tea, black, infusion, average	0	0
Lager	0	0
Coffee, infusion, average	0	0
Cider, low alcohol	0	0
Bitter, best/premium	0	0
Coffee and chicory essence	0	0
Sherry, medium	0	0
Sherry, dry	0	0
Port	0	0
Tonic wine	0	0
Liqueurs, low-medium strength	0	0
Egg nog	0	0
Coffee, infusion, strong	0	0
Liqueurs, high strength	0	0
Beer, bitter, keg	0	0
Margarine, soft, not polyunsaturated	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
Blended spread, (40% fat)	0	0
Margarine, hard, vegetable fats only	0	0
Margarine, hard, animal and vegetable fats	0	0
Shrimps, boiled	50	0
Margarine, soft, polyunsaturated	0	0
Fat spread (60% fat), polyunsaturated	0	0
Blended spread (70-80% fat)	0	0
Fat spread (35-40% fat), polyunsaturated	0	0
Fat spread 70% fat, monounsaturated	0	0
Margarine, soya	0	0
Butter	0	0
Plaice, raw	0	0
Dairy spread (40% fat)	0	0
Crab, canned in brine, drained	0	0
Sardines, canned in tomato sauce	0	0
Swordfish, raw	0	0
Sprats, raw	0	0
Sardines, raw	0	0
Prawns, dried	0	0
Prawns, frozen, raw	0	0
Prawns, boiled, weighed with shells	0	0
Prawns, boiled	0	0
Dripping, beef	0	0
Crayfish, raw	0	0
Suet, shredded	0	0
Shrimps, boiled, weighed with shells	0	0
Shrimps, canned in brine, drained	0	0
Shrimps, frozen	0	0
Shrimps, dried	0	0
Crab, boiled	0	0

Lobster, boiled	0	0
Crab, boiled, weighed with shell	0	0
Lobster, boiled, weighed with shell	0	0
Fat spread (70% fat), polyunsaturated	0	0
Prawns, raw	0	0
Eggs, turkey, whole, raw	0	0
Cod liver oil	0	0
Vegetable oil, blended, average	0	0
Sunflower oil	0	0
Compound cooking fat, polyunsaturated	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
Butter, spreadable	0	0
Eggs, quail, whole, raw	0	0
Walnut oil	0	0
Egg white, dried	0	0
Eggs, duck, whole, raw	0	0
Croissants, savoury, retail	70	0
Croissants, sweet, retail	70	0
Chicken, corn-fed, raw, skin only	0	0
Bread, speciality, white	72	0
Bread, softgrain	72	0
Muesli	57	0
Eggs, chicken, yolk, raw	0	0
Evening primrose oil	0	0
Fat spread (40% fat), not polyunsaturated	0	0
Fat spread (20-25% fat), not polyunsaturated	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
Borage oil	0	0
Grapeseed oil	0	0
Blackcurrant seed oil	0	0
Cottonseed oil	0	0
Rapeseed oil	0	0
Coconut oil	0	0
Wheatgerm oil	0	0
Corn oil	0	0
Safflower oil	0	0
Sesame oil	0	0
Soya oil	0	0
Mackerel, raw	0	0
Hazelnut oil	0	0
Cockles, bottled in vinegar, drained	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
Trout, brown, raw	0	0
Cockles, boiled	0	0
Ling, raw	0	0

Cuttlefish, 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
Abalone, canned in brine, drained	0	0
Rohu, raw	0	0
Dab, raw	0	0
Conger eel, raw	0	0
Cod, frozen, raw	0	0
Coley, raw	0	0
Flying fish, raw	0	0
Cod, smoked, raw	0	0
Coley, frozen, raw	0	0
Skate, raw	0	0
Red snapper, raw	0	0
Rock Salmon/Dogfish, raw	0	0
Mullet, Red, raw	0	0
Katla, raw	0	0
Carp, raw	0	0
Whiting, raw	0	0
Turbot, raw	0	0
Tilapia, raw	0	0
Redfish, raw	0	0
Parrot fish, raw	0	0
Monkfish, raw	0	0
Winkles, boiled	0	0
Shark, raw	0	0
Trout, rainbow, raw	0	0
Squid, raw	0	0
Orange roughy, raw	0	0
Bacha, raw	0	0
Eel, raw	0	0
Herrings, dried, salted	0	0
Herring, raw	0	0
Tuna, raw	0	0
Tuna, canned in oil, drained	0	0
Mackerel, smoked	0	0
Salmon, raw	0	0
Pilchards, canned in tomato sauce	0	0
Sardines, canned in oil, drained	0	0
Salmon, pink, canned in brine, flesh only, drained	0	0
Tuna, canned in brine, drained	0	0
Salmon, pink, canned in brine, flesh and bones, drained	0	0
Salmon, smoked	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
Dover sole, raw	0	0
Anchovies, canned in oil, drained	0	0
Fish paste	0	0
Mackerel, canned in brine, drained	0	0
Oysters, raw	0	0
Fisherman's pie, retail	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
Eel, jellied	0	0
Tuna pate	0	0
Squid, frozen, raw	0	0
Seafood cocktail	0	0
Curry, fish and vegetable, Bangladeshi	0	0
Kipper, raw	0	0
Hilsa, raw	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
Taramasalata	0	0
Cheese spread, lactic	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, Stilton, white	0	0
Cheese, Ricotta	0	0
Cheese, Derby	0	0
Shanghai nuts	15	0
Cheese, Cheshire	0	0
Progress, reconstituted	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
Cheese, Cheddar, average	0	0
Cheese, Double Gloucester	0	0
Cheese, Wensleydale	0	0
Cheese, Caerphilly	0	0
Cheese, Feta	0	0
Cheese, Stilton, blue	0	0
Cheese, Cheshire-type, reduced fat	0	0
Cream, frozen, whipping	0	0
Beef, fore-rib/rib-roast, raw, lean	0	0
Poppy seeds	25	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
Cream, dairy, UHT, canned spray, half fat	0	0
Cheese, Emmental	0	0
Organic semi-skimmed milk, pasteurised	35	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
Cream, fresh, single	0	0
Cheese, spreadable, soft white, full fat	0	0
Cream, sterilised, canned	0	0
Pork, loin chops, raw, lean and fat, weighed with bone	0	0
Cheese, spreadable, soft white, low fat	0	0
Whole turkey, raw, weighed with bone	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
Pork, hand, shoulder joint, raw, lean and fat	0	0
Pork, leg joint, raw, lean	0	0
Veal, mince, raw	0	0
Pork, loin chops, raw, lean and fat	0	0
Veal, escalope, raw	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, chump chops, raw, lean and fat, weighed with bone	0	0
Pork, chump steaks, raw, lean and fat	0	0
Pork, diced, raw, lean	0	0
Pork, trimmed lean, raw	0	0
Pork, crackling, cooked	0	0
Cheese, cottage, plain	0	0
Brazil nuts	15	0
Cheese, processed, slices, reduced fat	0	0
Cheese, processed, plain	0	0
Cheese, Parmesan, fresh	0	0
Cheese, Mozzarella, fresh	0	0
Cheese, hard, average	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
Turkey, dark meat, raw	0	0
Cheese, cottage, plain, reduced fat	0	0
Cheese, spreadable, soft white, medium fat	0	0
Cheese spread, reduced fat	0	0
Cheese spread, plain	0	0
Cheese, cheddar type, half fat	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
Cheese, cream	0	0
Spinach, raw	10	0
Gherkins, pickled, drained	15	0
Gherkins, raw	15	0
Fenugreek leaves, raw	10	0
Fennel, Florence, raw	15	0
Curly kale, raw	10	0
Cucumber, raw	15	0
Courgette, raw	15	0
Endive, raw	32	0
Cabbage, white, raw	10	0
Peppers, capsicum, chilli, green, raw	10	0
Tahini paste	5	0
Leeks, raw	15	0
Cabbage, Savoy, raw	10	0
Lettuce, average, raw	10	0
Celery, raw	15	0
Watercress, raw	10	0
Radish, white/mooli, raw	15	0
Spring greens, raw	10	0
Spinach, canned, drained	10	0
Shallots, raw	15	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
Cabbage, raw, average	10	0
Onions, pickled, cocktail/silverskin, drained	10	0
Capers in spirit vinegar, Sainsbury	10	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
Green pesto, Sainsbury	15	0
Sambal Oelek sauce	15	0
Peppers, capsicum, chilli, red, raw	10	0
Mushrooms, common, raw	15	0
Lettuce, Webbs, raw	10	0
Lettuce, Iceberg, raw	10	0
Peppers, capsicum, green, raw	10	0
Lettuce, butterhead, raw	10	0
Cabbage, red, raw	10	0
Onions, pickled, drained	10	0
Okra, canned, drained	20	0
Mustard leaves, raw	10	0
Mustard and cress, raw	10	0
Mushrooms, straw, canned, drained	15	0
Mushrooms, oyster, raw	15	0
Chard, Swiss, raw	10	0
Cauliflower, raw	15	0
Chicory, raw	15	0
Cabbage, summer, raw	10	0
Raddiccio, raw	10	0
Lettuce, Cos, raw	10	0
Stock cubes, chicken	0	0
Radish leaves, raw	10	0
Cook-in-sauces, canned	0	0
Soy sauce	0	0
Gelatine	0	0

Cream of tartar	0	0
Bicarbonate of soda	0	0
Baking powder	0	0
Vinegar	5	0
Yeast, dried	0	0
Stock cubes, beef	0	0
Mustard, smooth	0	0
Dressing, reduced calorie	50	0
Stock cubes, vegetable	0	0
Dressing, blue cheese	0	0
Salt	0	0
Mustard, wholegrain	0	0
Consomme	0	0
Pecan nuts, weighed with shells	15	0
Sesame seeds	35	0
Barcelona nuts, weighed with shells	15	0
Brazil nuts, weighed with shells	15	0
Walnuts, weighed with shells	15	0
Hazelnuts, weighed with shells	15	0
Almonds, weighed with shells	15	0
Walnuts	15	0
Water, distilled	0	0
Sauerkraut	15	0
Pork, spare ribs, raw, lean and fat	0	0
Spring onions, bulbs and tops, raw	15	0
Alfalfa sprouts, raw	15	0
Asparagus, canned, re-heated, drained	15	0
Asparagus, raw	15	0
Bamboo shoots, canned, drained	20	0
Agar, dried, soaked and drained	0	0
Agar, dried	0	0
Cabbage, January King, raw	10	0
Cabbage, Chinese, raw	10	0
Broccoli, purple sprouting, raw	10	0
Mayonnaise, reduced calorie, retail	0	0
Broccoli, green, raw	10	0
Radish, red, raw	15	0
Laverbread	0	0
Salad, green	10	0
Khichadi, with butter ghee	0	0
Beansprouts, mung, canned, drained	15	0
Pork scratchings	0	0
Hot pepper sauce	15	0
Chilli sauce	0	0
Black bean sauce	0	0
Brown sauce, hot	0	0
Dressing, French, homemade	50	0
Mayonnaise, homemade	0	0
Aubergine, raw	20	0
Curry powder	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
Bacon rashers, middle, raw	0	0
Ham	0	0
Garam masala	0	0
Coriander leaves, dried	0	0
Coriander seeds	0	0

Pork, chump chops, raw, lean and fat	0	0
Curry leaves, fresh	0	0
Beef, silverside, raw, lean	0	0
Curry powder, mixed flavours	0	0
Dill, fresh	0	0
Dill, dried	0	0
Dill seeds	0	0
Fenugreek seeds	0	0
Garlic powder	0	0
Coriander leaves, fresh	0	0
Asafoetida	0	0
Fennel seeds	0	0
Cloves, dried	0	0
Cinnamon, ground	0	0
Cumin seeds	0	0
Beef, stewing steak, raw, lean and fat	0	0
Beef, fore-rib/rib-roast, 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
Beef, brisket, raw, lean and fat	0	0
Beef, fillet steak, raw, lean	0	0
Bacon rashers, back, fat trimmed, raw	0	0
Beef, stewing steak, raw, lean	0	0
Beef, silverside, salted, raw, lean	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, silverside, salted, raw, lean and fat	0	0
Beef, sirloin steak, raw, lean	0	0
Beef, sirloin steak, raw, lean and fat	0	0
Chilli powder	0	0
Beef, fillet steak, raw, lean and fat	0	0
Pepper, black	0	0
Chives, fresh	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
Oregano, fresh	0	0
Oregano, dried, ground	0	0
Paprika	0	0
Ginger, ground	0	0
Parsley, dried	0	0
Betel leaves, fresh	0	0
Mint, dried	0	0
Limes, peeled	43	0
Limes, peeled, weighed with peel and pips	43	0

Avocado, average	10	0
Avocado, average, weighed with skin and stone	10	0
Avocado, Fuerte	10	0
Avocado, Fuerte, weighed with skin and stone	10	0
Avocado, Hass	10	0
Avocado, Hass, weighed with skin and stone	10	0
Rhubarb, raw	10	0
Olives, in brine	15	0
Parsley, fresh	0	0
Tamarind pulp	0	0
Beef, flank, raw, lean and fat	0	0
Chervil, dried	0	0
Celery seeds	0	0
Caraway 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
Nutmeg, ground	0	0
Rosemary, fresh	0	0
Chinese 5 spice	0	0
Saffron	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
Mixed herbs, dried	0	0
Tarragon, dried, ground	0	0
Beefburgers, low fat, chilled/frozen, raw	0	0
Mortadella	0	0
Oxtail, raw	0	0
Sweetbread, lamb, 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
Tongue, lamb, raw	0	0
Pork shoulder, cured, slices	0	0
Liver, pig, raw	0	0
Grillsteaks, beef, chilled/frozen, 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

Pate, meat, reduced fat	0	0
Beef, rump steak, raw, lean	0	0
Ham, premium	0	0
Heart, ox, raw	0	0
Olives, in brine, weighed with stones	15	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
Pork, leg joint, raw, lean and fat, weighed with bone	0	0
Pork, steaks, raw, lean	0	0
Pork, spare rib chops, raw, lean and fat, weighed with bone	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
Liver, ox, raw	0	0
Pork, loin joint, raw, lean and fat	0	0
Pepperami	0	0
Liver, chicken, raw	0	0
Liver, calf, raw	0	0
Kidney, pig, raw	0	0
Kidney, ox, raw	0	0
Kidney, 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
Pork, spare rib chops, raw, lean and fat	0	0
Whole chicken, raw, weighed with bone	0	0
Pate, liver	0	0
Goose, raw, meat, fat and skin	0	0
Duck, crispy, chinese style	0	0
Duck, raw, meat, fat and skin	0	0
Duck, raw, meat only, weighed with fat, skin and bone	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
Lamb, breast, raw, lean and fat	0	0
Chicken, corn-fed, raw, dark meat only	0	0
Lamb, best end neck cutlets, raw, lean and fat	0	0
Whole chicken, raw	0	0
Chicken, wing quarter, raw, meat and skin, weighed with bone	0	0
Chicken, wing quarter, raw, meat and skin	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
Pork, spare rib joint, raw, lean and fat	0	0
Chicken, corn-fed, raw, meat only	0	0
Lamb, leg, average, lean and fat, raw	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
Lamb, loin joint, raw, lean and fat, weighed with bone	0	0
Lamb, neck fillet, raw, lean	0	0
Lamb, mince, raw	0	0
New Zealand lamb, leg, whole, frozen, raw, lean and fat, weighed with bone	0	0
Lamb, breast, raw, lean	0	0
Lamb, loin chops, lean and fat, raw	0	0
Beef, flank, raw, lean	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
Lamb, stewing, raw, lean and fat	0	0
Lamb, stewing, raw, lean and fat, weighed with bone	0	0
Rack of lamb, raw, lean and fat	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, lean only, raw, average	0	0