

**CONTRIBUTION OF
FOODS TO INTAKES OF
ENERGY AND SELECTED
NUTRIENTS USING FOOD
PURCHASE DATA IN
SCOTLAND
2001-2012**

Project Code

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This work was carried out using data from the UK Data Archive, University of Essex <http://www.data-archive.ac.uk/>, additional variables on sampling and income were provided by ONS, SIMD data were obtained from Scottish Neighbourhood Statistics.

EXECUTIVE SUMMARY

Introduction

Evidence based Scottish Dietary Targets (Goals) have been monitored since 2001 (Wrieden and Barton, 2015). The rationale for setting these food and nutrient targets was based on data mainly from the National Food Surveys of 1989-1991 and the foods consumed at that time. As national and global food supplies evolve, it is important to revisit the relative contribution of individual food categories to energy, fat, saturated fat, added sugars (non-milk extrinsic sugars (NMES)) and fibre (non-starch polysaccharides (NSP)) in the overall diet to inform policy development and ensure that key foods and drinks are included in the monitoring of overall population intakes. Further analysis by level of deprivation may help explain why there is little difference in population intakes of fat and saturated fat by level of deprivation in Scotland despite clear differences in the consumption of some foods (Wrieden and Barton, 2015).

Objective

The purpose of this work was to explore which foods and drinks are the main contributors to intakes of energy, fat, saturated fat, NMES and NSP in the Scottish diet and to identify any differences between quintiles of the Scottish Index of Multiple Deprivation (SIMD).

Methods

Household food purchase data for Scotland from 2001 to 2012, from the UK Living Costs and Food Survey (Expenditure and Food Survey until 2008), for 5484 households, were analysed to estimate the contribution that selected food groupings made to intakes of energy, fat, saturated fat, NMES and NSP. Adjustments were made for waste (Waste and Resource Action Programme Survey (WRAP), 2008) and data were analysed using general linear models within the complex samples module of SPSS (SPSS Inc., Chicago, IL, USA), weighting to the Scottish population and taking account of sampling methods.

Key Findings

The results suggest that snack, dessert foods and drinks that are high in sugar and fat namely confectionery and sweet biscuits, sugar-sweetened beverages, crisps and savoury snacks, and cakes pastries and puddings are large contributors to energy in the diet. Total confectionery and sweet biscuits, in addition to being the largest contributor of NMES and energy are also the second largest contributor to saturated fat and the third largest contributor to fat; providing

around 10% of energy and fat, and 14% of saturated fat. The table below provides a summary of the contribution of these foods to the overall diet.

Summary of the contribution that some snacks, dessert foods and drinks make to energy, fat, saturated fat and sugar intake (2010-2012 mean intake (percentage) per person per day)

	Weight g	Energy Kcal (%)	Fat g (%)	Saturated Fat g (%)	NMES g (%)*
Total Confectionery and Sweet Biscuits	44.1	191 (9.6)	8.5 (10.1)	4.4 (13.9)	18.1 (23.8)
Sugar Containing Soft Drinks	231.0	65.4 (3.3)	nil	nil	17.0 (22.3)
Crisps and Savoury Snacks	13.3	61.9 (3.1)	3.5 (4.1)	0.5 (1.5)	<0.1 (<1%)
Cakes, Pastries and Puddings	17.6	59.6 (3.0)	2.8 (3.3)	1.2 (3.7)	4.4 (5.8)

*Non-milk extrinsic sugars - sugars, excluding those in milk and milk products that are not incorporated into the cellular structure of foods, such as fruit and vegetables e.g. sugar released from fruit when it is blended or juiced, table sugar, honey and added sugar in cakes, biscuit, sweets, breakfast cereals and soft drinks

The results also suggest that there are several additional foods that may warrant monitoring in the future which also contribute considerably to the diet but perhaps differently by level of deprivation e.g. spreading fats, alcoholic drinks, cheese, cooking oil, ice cream and dairy desserts, cream and nuts.

Conclusion

Confectionery and sweet biscuits, sugar-sweetened beverages, crisps and savoury snacks, and cakes pastries and puddings are not necessary as part of a healthy balanced diet, and advice is that intake should be limited. Given that the prevalence of overweight and obesity in adults aged 16 to 64 in Scotland rose from 52.4% in 1995 to 62.6% in 2013 (Bromley et al., 2014), even a small reduction in consumption of these foods would assist greatly in reducing population energy intakes and moving the population diet towards the Scottish Dietary Goals. For example, it would be possible to reduce intakes by 120 kcals per person per day by reducing consumption from all of these categories by a third, providing such foods are not substituted.

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1. BACKGROUND

1.1 Introduction

Evidence based Scottish Dietary Targets (Goals) have been monitored since 2001 (Wrieden and Barton, 2015). The baseline figures used in the setting of these targets were derived mainly from the National Food Surveys of 1989-1991 and were an indication of food and nutrient intake at that time. As national and global food supplies are constantly evolving, it is important to revisit the relative contribution of individual food categories to energy, fat, saturated fat, added sugars (non-milk extrinsic sugars (NMES)) and fibre (non-starch polysaccharide (NSP)) in the overall diet to ensure that the most important foods and drinks are included in the monitoring of overall population intakes. Previous reports in 2010 and 2012 monitoring the Scottish Diet (Barton et al., 2010, Barton and Wrieden, 2012) showed that the consumption of some of the main foods contributing to total fat and saturated fat intake, such as milk and processed meat, were higher in households from more deprived areas. However, no socioeconomic differences have been detected in total fat and saturated fat intake (Barton et al., 2010, Barton and Wrieden, 2012). This new analysis assesses the contribution that foods high in NMES, fat and saturated fat intakes make to the Scottish diet to ensure that current policy is targeting the correct foods. It also explores the contribution that foods make to energy and non-starch polysaccharide intake.

This work has been carried out in order to inform the Food Standards Agency in Scotland (FSAS) policy and monitoring requirements in relation to progress towards the revised Dietary Goals for Scotland published in May 2013 (Scottish Government, 2013). These dietary goals set the direction of travel for the changes needed to improve the Scottish diet and so reduce the burden of common diet related diseases, and obesity. The goals are population level, nutrient and food-based targets, embedded into key policy documents and underpin Scottish Government policy on nutrition. This includes the recent publication of *Supporting Healthy Choices: A Framework for Voluntary Action* for the food and retail industry to improve Scotland's dietary health by reducing levels of energy, fats and NMES in the food chain (Scottish Government and Food Standards Agency in Scotland, 2014). It is important and timely to understand and update current knowledge on the relative contribution that individual food and drink categories make to the intake of energy, fat, saturated fat, NMES and NSP in Scotland.

Monitoring work by Barton and Wrieden (2012) using data from the Expenditure and Food Survey (EFS) and the Living Costs and Food Survey (LCF) reported population trends in diet and nutrient intakes in relation to Scottish Dietary Targets (SDTs) (Scottish Office, 1996) and a limited list of additional foods and drinks highlighted for reduction or increase in the Scottish Diet report (Scottish

Office, 1993). This work continues (Wrieden and Barton, 2015) with a focus on the revised Dietary Goals for Scotland (Scottish Government, 2013). However, national and global food supplies are constantly evolving and it is important to revisit the contribution of different food categories to the energy and macronutrients targeted for reduction in the diet and ensure that the most important foods and drinks are included in the monitoring of overall population intakes and in relation to deprivation.

It is also important to explore differences in the relative contributions from household foods and drinks compared to eaten out foods and drinks. Previous analysis (Wrieden and Barton, 2011) suggested that the energy density of food eaten out is about 30% higher than household food suggesting a difference in the proportions of foods and drinks consumed and therefore their relative contribution to macronutrients and energy. This new work will help to inform Scottish Government and FSAS policy and monitoring in relation to Supporting Healthy Choices (Scottish Government and Food Standards Agency in Scotland, 2014).

1.2 Purpose

The purpose of this work was to explore which foods and drinks are the main contributors to intakes of energy, fat, saturated fat, NMES and NSP in the Scottish Diet, both inside and out of the home. This is important in order to inform FSAS and government policy and further explain differences in the intake of some foods by level of deprivation which do not necessarily translate into differences in nutrient intakes.

2. METHODOLOGY

The EFS/LCF is an annual household budget survey designed to collect information about household food and expenditure. It collects household food purchase and eating out data from every person over seven years of age in each household over a 14 day period. Although it is not designed to measure intakes of specific individuals, valuable data on average population intakes of specific food groups and nutrients can be produced using appropriate methodology for comparison with population level goals. The advantages and disadvantages of using data from the LCFS are provided in Appendix 2 of the Estimation of Food and Nutrient Intakes from Food Purchase Data in Scotland 2001-2012 by Wrieden and Barton (2015).

EFS/LCF data for each year, in its raw form, was obtained from the UK Data Archive. Data on sampling methodology, and Scottish Index of Multiple Deprivation (SIMD) quintiles were obtained from the UK Office for National Statistics (ONS).

As per monitoring work (Wrieden and Barton, 2015) household consumption data over two weeks minus waste (Appendix 1) (based on purchases) for each food code was multiplied by the appropriate nutrient content per gram (provided by Defra) in MS Access to obtain the nutrient intake per food for each household. These intakes were then divided by the number of individuals in the household and divided by 14 to obtain the mean daily nutrient intake per person for each food. The resultant data was exported to SPSS. In order to calculate mean population intake it was also necessary to add information on zero intake of foods per household. This was carried out by listing one occurrence of each food code by each household – i.e. listing the 517 (of the 522 food codes that nutrient information is available for) by each of the 5484 households, merging nutrient data for each household where available and re-coding all missing values as zero.

Preliminary analysis highlighted the need to group similar foods in order to determine results for the contribution of foods to energy, the macronutrients and NSP. The way that the NDNS present similar data was consulted prior to grouping foods (Henderson et al. 2003). Preliminary grouping in collaboration with FSAS resulted in 65 food groupings being established (of which 2 groups have been used for those foods of little nutritional value and those food codes that may have a substantial nutrient contribution but were too heterogeneous or too difficult to group with other foods (unclassified foods, the largest component being “unspecified meal e.g. 'meal', 'school meal' or 'meal at work’”— a breakdown of all unclassified foods can be found in Appendix 3)). A further 8 combined “total” food groups were also established e.g. ‘total fruit and vegetables’ which was an addition of the fruit, vegetable and fruit (and vegetable) juice groups. Appendix 2 lists the 73 food groupings with

Appendix 3 providing detail on the breakdown of each of these food groupings by food code. As this work was exploratory in nature, these food groupings are broad and are different to those used by Wrieden and Barton (2015) in that they do not consider the different components of composite dishes / items. For example the 'total processed red meat' group includes the carbohydrate component for some items (e.g. pastry) and the 'fruit and vegetable' group does not include the vegetable component of composite dishes (e.g. Bolognese, pizza etc.). Mean daily intakes per person of each of the food groupings were calculated and zero intakes were added for non-consumers as described above.

2.1 Analysis of Data

Due to the multi-staged stratified sampling procedure of the LCF, data were analysed using descriptive statistics and general linear models within the complex samples module of SPSS, version 21 (SPSS Inc., Chicago, IL, USA) and weighted according to the population in Scotland. The data were weighted so that estimates obtained for mean food nutrient intake more accurately reflected that of the population in Scotland and household composition. The data were weighted according to the sampling methodology of the original data collected by ONS (Office for National Statistics, 2010) to reduce the effect of non-response bias and to ensure that estimates obtained more accurately reflected that of the Scottish population and household composition. The weights were produced in two stages: firstly the data were weighted to compensate for non-response (sample-based weighting) and secondly the sample distribution was weighted so that it matched the population distribution in terms of region, age group and sex (population based weighting) (Department for Environment Food & Rural Affairs (Defra), 2013b). The weights were provided by Defra.

Linear associations between the contribution of each food group to energy or nutrient intake over time or by SIMD quintile were assessed by linear regression. Wald tests were used to give an indication of statistical significance for differences and trends and adjustment for multiple comparisons was made using the least significance difference method.

2.2 Presentation of Results

Results are presented for the key contributing food groupings, and full results of the 67 food groupings and 8 total groups can be provided in Excel spreadsheets on request. Results are provided for population data (i.e. includes consumers and non-consumers) for the % contribution of each food grouping to the total nutrient intake for energy in kcal, and for fat, saturated fat, NMES and NSP in g.

Differences in Contributing Foods over Time

The tables presenting results for 2001 to 2012 have been ordered in descending order from the highest overall contributor of energy, fat, saturated fat, NMES or NSP, for food groupings that contribute to more than 1% of total intake. The tables also provide results on household and eaten out consumption and for time periods 2001-2003, 2004-2006, 2007-2009 and 2010-2012. As household consumption makes the greatest contribution (on the whole) to total consumption, the household column is ordered correctly in descending order, however this is not the case for eaten out consumption. P-values were calculated for the linear trend over time of the contributing amount in kcal or g rather than the % contribution.

Differences in Contributing Foods by SIMD

For the tables presenting analysis by SIMD, a pragmatic decision was taken to present only the results for food groupings where there was both a significant difference for linear trend and an absolute difference between SIMD quintile 1 and SIMD quintile 5 which was greater than or equal to 20% (5% for energy) of the difference between the means for SIMD quintile 1 and SIMD quintile 5 from the 2010-2012 SIMD analysis. Percentage contributions provided are based on the total intake for the SIMD quintile rather than that of the overall population. P-values were calculated for the linear trend of the contributing amount in kcal or g rather than the % contribution. The absolute difference column is the absolute difference between the most and the least deprived quintile and is a simple measure of inequality. A positive figure shows that contribution of the food grouping is greater in the most deprived quintile and a negative figure shows that contribution of the food grouping is greater in the least deprived quintile.

3. RESULTS

3.1 Contribution of Foods to Intakes of Energy, Macronutrients and Fibre

Contribution to Energy Intake

Table 1 shows that the highest contributors to energy were total confectionery and sweet biscuits (9.7%), bread and rolls (8.1%), total processed red meat (7.5%), total milk (6.1%) and unclassified foods (5.6%). With the exception of unclassified foods and sandwiches, household consumption provided the greatest proportion of total energy for each of the food groupings. The highest contributors to total energy from eaten out foods and drinks were unclassified foods (4.1%), alcoholic drinks (1.2%), sandwiches (1.2%), total processed red meat (0.9%), sugar containing soft drinks (0.8%), total confectionery and sweet biscuits (0.6%), and processed potatoes (0.7%).

Contribution to Fat Intake

Table 2 shows that the highest contributors to fat were total spreading fats (12.4%), total processed red meat (12.3%), total confectionery and sweet biscuits (10.3%), unclassified foods (6.8%), cooking oil (6.4%), total milk (6.4%) and total cheese (5.1%). With the exception of unclassified foods, sandwiches and eaten out main meal components, household consumption provided the greatest proportion of fat for each of the food groupings. The highest contributors to fat from eaten out foods and drinks were unclassified foods (5.3%), sandwiches (1.5%), total processed red meat (1.3%), eaten out main meal components (1.0%), processed potatoes (0.7%), total confectionery and sweet biscuits (0.6%), crisps and savoury snacks (0.6%) and cakes, pastries and puddings (0.6%).

Contribution to Saturated Fat Intake

Table 3 shows that the highest contributors to saturated fat were total spreading fats (14.2%), total confectionery and sweet biscuits (14.0%), total processed red meat (12.1%), total milk (10.3%), total cheese (8.2%), and unclassified foods (5.5%). With the exception of unclassified foods and sandwiches, household consumption provided the greatest proportion of saturated fat for each of the food groupings. The highest contributors to saturated fat from eaten out foods and drinks were unclassified foods (3.6%), total processed red meat (1.3%), sandwiches (1.1%), total confectionery and sweet biscuits (0.8%), crisps and savoury snacks (0.6%) and cakes, pastries and puddings (0.6%).

Contribution to NMES Intake

Table 4 shows that the highest contributors to NMES were sugar containing soft drinks (24.4%), total confectionery and sweet biscuits (23.4%), sugar (14.6%), total fruit and vegetables (7.4%) and cakes, pastries and puddings (5.8%). For all food groupings, household consumption provided the greatest

proportion of NMES. The highest contributors to NMES from eaten out foods and drinks were sugar-containing soft drinks (4.6%), total confectionery and sweet biscuits (2.1%), alcoholic drinks (2.0%) and cakes, pastries and puddings (0.6%)

Contribution to NSP Intake

Table 5 shows that the highest contributors to NSP were total fruit and vegetables (24.5%), bread and rolls (15.4%), total breakfast cereals (10.1%), and unclassified foods (9.1%). With the exception of unclassified foods, sandwiches and eaten out main meal components, household consumption provided the greatest proportion of NSP for each of the food groupings. The highest contributors to NSP from eaten out foods and drinks were unclassified foods (6.9%), processed potatoes (1.2%), sandwiches (1.2%), fruit and vegetables (0.8%) crisps and savoury snacks (0.6%) and total processed red meat (from non-meat component) (0.5%).

Contribution Over Time

Although statistically significant changes over time were found in the contribution of foods to energy, fat, saturated fat, NMES and NSP, the magnitude of these differences was small.

In terms of contribution to energy, foods for which a significant decrease in the absolute amount contributed also resulted in the percentage contribution to energy decreasing, were bread and rolls, total milk and sugar containing soft drinks. Conversely the contribution from savoury sauces and dressings, ready meals and pizza to energy increased over the four 3 year periods.

In terms of foods contributing to fat and saturated fat over the four 3-year periods, total milk, crisps and savoury snacks, and bread and rolls decreased significantly in both absolute amount and in the percentage contribution as did ice cream and dairy desserts for fat only. In contrast, contribution from cream increased as did ready meals for fat only.

For NMES, sugar containing soft drinks contributed an average of 22.5g (26% of total NMES) in 2001-2003 but this had decreased to 17g (22%) by 2010-2012.

A significant decrease in the contribution of bread and rolls, and crisps and savoury snacks, to NSP was seen in absolute terms which was reflected in a decreasing percentage contributed. However, a small significant increase in the contribution from pasta, rice and noodles and other baked goods (i.e. items such as non-standard breads such as garlic bread, teacakes etc.) was observed.

Table 1: Mean contribution of foods¹ providing more than 1% of energy (2001-2012 data)

Food Grouping	% Contribution to Total Kcal			Kcal (% Contribution to Total Kcal)				Linear P- Value for Association ²
	2001-2012			2001-2003	2004-2006	2007-2009	2010-2012	
	All	Household	Eaten Out	All	All	All	All	
Total Confectionery and Sweet Biscuits	9.7	9.1	0.6	208 (9.84)	194 (9.47)	211 (10.05)	191 (9.55)	NS
Bread and Rolls	8.1	7.9	0.2	189 (8.94)	172 (8.40)	157 (7.51)	147 (7.37)	<0.001
Total Processed Red Meat ³	7.5	6.6	0.9	163 (7.70)	152 (7.40)	152 (7.25)	151 (7.55)	0.020
Total Milk	6.1	5.9	0.1	139 (6.57)	125 (6.07)	124 (5.92)	113 (5.66)	<0.001
Unclassified Foods	5.6	1.5	4.1	130 (6.17)	108 (5.27)	116 (5.55)	112 (5.58)	NS
Total Fruit and Vegetables	4.9	4.7	0.2	93.7 (4.43)	102 (4.99)	106 (5.08)	98.1 (4.91)	NS
Total Spreading Fats	4.7	4.7	0.0	102 (4.81)	97.0 (4.72)	95.5 (4.56)	96.8 (4.84)	NS
Alcoholic Drinks	3.9	2.7	1.2	82.3 (3.89)	83.3 (4.06)	76.5 (3.65)	79.6 (3.98)	NS
Sugar Containing Soft Drinks	3.7	3.0	0.8	87.3 (4.13)	81.5 (3.97)	75.5 (3.60)	65.4 (3.27)	<0.001
Total Breakfast Cereal	3.6	3.6	0.0	69.8 (3.30)	70.5 (3.43)	82.4 (3.94)	77.9 (3.90)	0.005
Crisps and Savoury Snacks	3.2	2.9	0.4	75.1 (3.55)	63.4 (3.09)	67.5 (3.22)	61.9 (3.09)	<0.001
Cakes, Pastries and Puddings	3.0	2.6	0.4	64.1 (3.04)	64.1 (3.12)	63.7 (3.04)	59.6 (2.98)	NS
Pasta, Rice and Noodles	2.8	2.6	0.2	56.7 (2.68)	53.8 (2.62)	58.1 (2.77)	62.4 (3.12)	NS
Total Cheese	2.6	2.5	0.0	51.6 (2.44)	51.6 (2.51)	56.1 (2.68)	52.8 (2.64)	NS
Unprocessed Red Meat	2.5	2.4	0.1	55.6 (2.63)	51.4 (2.50)	52.2 (2.49)	50.2 (2.51)	NS
Cooking Oil	2.4	2.4	0.0	44.2 (2.09)	50.5 (2.46)	54.2 (2.59)	52.0 (2.60)	NS
Processed Potatoes	2.4	1.8	0.7	55.5 (2.63)	47.7 (2.32)	47.9 (2.29)	49.9 (2.50)	0.016
Sugar	2.2	2.2	0.0	51.3 (2.43)	41.9 (2.04)	42.4 (2.03)	43.3 (2.17)	NS
Poultry	1.8	1.7	0.1	37.0 (1.75)	38.3 (1.87)	37.4 (1.78)	39.1 (1.95)	NS
Savoury Sauces and Dressings	1.7	1.6	0.1	29.8 (1.41)	33.2 (1.62)	39.4 (1.88)	37.6 (1.88)	<0.001
Ice Cream and Dairy Desserts	1.7	1.6	0.1	34.8 (1.65)	34.5 (1.68)	34.5 (1.65)	34.3 (1.72)	NS
Potatoes	1.5	1.4	0.2	26.0 (1.23)	36.2 (1.77)	33.6 (1.60)	30.7 (1.54)	0.009
Ready Meals	1.5	1.5	0.0	28.0 (1.33)	31.2 (1.52)	32.1 (1.53)	33.1 (1.66)	0.001
Sandwiches	1.4	0.2	1.2	31.3 (1.48)	30.1 (1.46)	29.4 (1.40)	27.4 (1.37)	0.029
Other Baked Goods	1.4	1.3	0.1	24.6 (1.17)	28.4 (1.38)	32.7 (1.56)	31.2 (1.56)	<0.001
Pizza	1.2	1.0	0.2	21.7 (1.03)	23.1 (1.13)	23.1 (1.10)	28.8 (1.44)	<0.001
Yoghurt and Fromage Frais	1.1	1.1	0.0	18.3 (0.86)	23.1 (1.13)	23.5 (1.12)	23.3 (1.16)	<0.001
Other Foods ⁴	7.6	6.3	1.3	143 (6.82)	165 (8.00)	170 (8.16)	149 (5.34)	-

¹Please see Appendix 3 for details of foods in each food grouping; ²P-values are for the linear association over time of the contributing amount in kcal; ³May include starch component e.g. pastry / potato / bread; ⁴Full list of food groupings are provided in Appendix 2

Table 2: Mean contribution of foods¹ providing more than 1% of fat (2001-2012 data)

Food Grouping	% Contribution to Total Fat			Fat g (% Contribution to Total Fat)				Linear P- Value for Association ²
	2001-2012			2001-2003	2004-2006	2007-2009	2010-2012	
	All	Household	Eaten Out	All	All	All	All	
Total Spreading Fats	12.4	12.3	0.1	11.1 (12.60)	10.6 (12.40)	10.5 (11.91)	10.7 (12.71)	NS
Total Processed Red Meat ³	12.3	11.0	1.3	11.3 (12.78)	10.5 (12.22)	10.5 (11.82)	10.4 (12.37)	<0.001
Total Confectionery and Sweet Biscuits	10.3	9.7	0.6	9.2 (10.34)	8.6 (10.02)	9.3 (10.56)	8.5 (10.15)	NS
Unclassified Foods	6.8	1.5	5.3	6.7 (7.58)	5.5 (6.39)	5.9 (6.66)	5.6 (6.63)	NS
Cooking Oil	6.4	6.4	0.0	4.9 (5.55)	5.6 (6.53)	6.0 (6.81)	5.8 (6.87)	0.002
Total Milk	6.4	6.3	0.1	6.5 (7.36)	5.6 (6.49)	5.4 (6.08)	4.8 (5.72)	<0.001
Total Cheese	5.1	5.0	0.0	4.3 (4.82)	4.3 (4.97)	4.6 (5.26)	4.3 (5.17)	NS
Crisps and Savoury Snacks	4.6	4.0	0.6	4.6 (5.17)	3.9 (4.52)	4.0 (4.54)	3.5 (4.14)	<0.001
Unprocessed Red Meat	4.0	3.8	0.1	3.7 (4.13)	3.3 (3.90)	3.5 (3.91)	3.3 (3.87)	0.026
Cakes, Pastries and Puddings	3.3	2.7	0.6	2.9 (3.24)	2.9 (3.35)	3.0 (3.34)	2.8 (3.31)	0.001
Savoury Sauces and Dressings	2.8	2.5	0.2	1.9 (2.17)	2.3 (2.64)	2.8 (3.16)	2.6 (3.11)	<0.001
Poultry	2.4	2.2	0.2	2.0 (2.22)	2.1 (2.39)	2.0 (2.26)	2.1 (2.54)	NS
Processed Potatoes	2.2	1.5	0.7	2.2 (2.48)	1.9 (2.18)	1.8 (2.07)	1.8 (2.18)	<0.001
Ice Cream and Dairy Desserts	2.1	1.9	0.2	1.9 (2.15)	1.9 (2.18)	1.8 (2.06)	1.7 (1.98)	<0.001
Bread and Rolls	1.8	1.7	0.1	1.7 (1.94)	1.6 (1.89)	1.5 (1.68)	1.4 (1.62)	0.029
Ready Meals	1.8	1.8	0.0	1.3 (1.51)	1.5 (1.77)	1.6 (1.84)	1.6 (1.93)	<0.001
Sandwiches	1.7	0.3	1.5	1.6 (1.81)	1.5 (1.77)	1.5 (1.69)	1.4 (1.65)	NS
Eggs	1.6	1.4	0.2	1.5 (1.71)	1.3 (1.53)	1.4 (1.58)	1.2 (1.41)	NS
Nuts	1.3	1.3	0.0	0.7 (0.84)	1.2 (1.41)	1.4 (1.64)	1.2 (1.45)	NS
Cream	1.3	1.2	0.0	0.9 (1.01)	1.1 (1.28)	1.1 (1.29)	1.2 (1.46)	<0.001
Pizza	1.0	0.9	0.2	0.8 (0.90)	0.9 (1.00)	0.8 (0.96)	1.1 (1.28)	0.011
Eaten Out Main Meal Component	1.0	0.0	1.0	0.6 (0.70)	1.0 (1.20)	0.9 (1.00)	0.8 (0.94)	NS
Total Fruit and Vegetables	1.0	0.9	0.1	0.8 (0.88)	0.9 (1.01)	0.9 (0.99)	0.8 (0.94)	NS
Other Foods ⁴	6.6	5.9	0.7	4.4 (6.11)	3.9 (6.96)	3.3 (6.89)	1.5 (6.57)	-

¹Please see Appendix 3 for details of foods in each food grouping; ²P-values are for the linear association over time of the contributing amount in g; ³May include starch component e.g. pastry / potato / bread; ⁴Full list of food groupings are provided in Appendix 2

Table 3: Mean contribution of foods¹ providing more than 1% of saturated fat (2001-2012 data)

Food Grouping	% Contribution to Saturated Fat			Saturated Fat g (% Contribution to Saturated Fat)				Linear P-Value for Association ²
	2001-2012			2001-2003	2004-2006	2007-2009	2010-2012	
	All	Household	Eaten Out	All	All	All	All	
Total Spreading Fats	14.2	14.1	0.2	4.6 (13.18)	4.9 (14.32)	4.7 (13.89)	5.0 (15.68)	NS
Total Confectionery and Sweet Biscuits	14.0	13.2	0.8	4.9 (14.08)	4.6 (13.54)	4.9 (14.44)	4.4 (13.89)	0.042
Total Processed Red Meat ³	12.1	10.8	1.3	4.4 (12.41)	4.0 (11.88)	4.0 (11.70)	4.0 (12.41)	0.007
Total Milk	10.3	10.1	0.2	4.1 (11.65)	3.5 (10.28)	3.4 (9.80)	3.0 (9.31)	<0.001
Total Cheese	8.2	8.1	0.1	2.7 (7.72)	2.7 (7.99)	3.0 (8.63)	2.7 (8.55)	NS
Unclassified Foods	5.5	1.9	3.6	2.0 (5.80)	1.7 (5.05)	1.9 (5.50)	1.8 (5.60)	NS
Unprocessed Red Meat	4.3	4.2	0.1	1.5 (4.40)	1.4 (4.20)	1.5 (4.29)	1.4 (4.29)	NS
Crisps and Savoury Snacks	3.7	3.0	0.6	1.8 (5.18)	1.5 (4.48)	1.2 (3.38)	0.5 (1.52)	<0.001
Cakes, Pastries and Puddings	3.6	3.1	0.6	1.2 (3.56)	1.2 (3.68)	1.3 (3.66)	1.2 (3.65)	NS
Ice Cream and Dairy Desserts	3.5	3.2	0.3	1.2 (3.52)	1.2 (3.62)	1.2 (3.48)	1.1 (3.44)	NS
Cream	2.0	2.0	0.0	0.6 (1.61)	0.7 (2.05)	0.7 (2.11)	0.8 (2.42)	0.002
Cooking Oil	1.9	1.9	0.0	0.6 (1.57)	0.6 (1.89)	0.7 (2.02)	0.7 (2.08)	NS
Poultry	1.7	1.6	0.1	0.6 (1.57)	0.6 (1.71)	0.6 (1.64)	0.6 (1.87)	NS
Sandwiches	1.3	0.2	1.1	0.5 (1.36)	0.4 (1.33)	0.5 (1.33)	0.4 (1.33)	NS
Ready Meals	1.2	1.2	0.0	0.4 (1.12)	0.4 (1.26)	0.4 (1.18)	0.4 (1.23)	NS
Eggs	1.1	1.0	0.1	0.4 (1.19)	0.4 (1.06)	0.4 (1.13)	0.3 (1.00)	<0.001
Pizza	1.1	0.9	0.2	0.3 (0.93)	0.4 (1.04)	0.3 (1.02)	0.4 (1.38)	<0.001
Processed Potatoes	1.1	0.9	0.2	0.4 (1.25)	0.4 (1.11)	0.3 (0.95)	0.3 (1.04)	<0.001
Savoury Sauces and Dressings	1.1	0.9	0.2	0.3 (0.87)	0.4 (1.10)	0.4 (1.22)	0.3 (1.07)	0.015
Bread and Rolls	1.0	0.9	0.2	0.4 (1.11)	0.4 (1.10)	0.3 (0.99)	0.3 (0.91)	<0.001
Other Foods ⁴	7.0	6.1	0.9	2.1 (5.88)	2.5 (7.30)	2.6 (7.65)	2.3 (7.33)	-

¹Please see Appendix 3 for details of foods in each food grouping; ²P-values are for the linear association over time of the contributing amount in g; ³May include starch component e.g. pastry / potato / bread; ⁴Full list of food groupings are provided in Appendix 2

Table 4: Mean contribution of foods¹ providing more than 1% of NMES (2001-2012 data)

Food Grouping	% Contribution to NMES			NMES g (% Contribution to NMES)				Linear P- Value for Association ²
	2001-2012			2001-2003	2004-2006	2007-2009	2010-2012	
	All	Household	Eaten Out	All	All	All	All	
Sugar Containing Soft Drinks	24.4	19.8	4.6	22.5 (25.85)	21.1 (25.66)	19.5 (23.74)	17.0 (22.27)	<0.001
Total Confectionery and Sweet Biscuits	23.4	21.3	2.1	20.2 (23.31)	18.6 (22.67)	19.7 (23.98)	18.1 (23.77)	0.020
Sugar	14.6	14.6	0.0	13.7 (15.73)	11.2 (13.61)	11.3 (13.77)	11.5 (15.12)	NS
Total Fruit and Vegetables	7.4	7.0	0.4	5.7 (6.61)	6.1 (7.40)	6.4 (7.80)	5.9 (7.75)	NS
Cakes, Pastries and Puddings	5.8	5.2	0.6	4.9 (5.60)	4.9 (6.03)	4.8 (5.82)	4.4 (5.79)	0.032
Jam, marmalade, honey and sweet spreads	4.3	4.3	0.1	3.2 (3.72)	3.5 (4.31)	3.9 (4.74)	3.5 (4.57)	NS
Ice Cream and Dairy Desserts	3.7	3.4	0.3	2.9 (3.29)	2.8 (3.44)	3.0 (3.6)	3.3 (4.37)	0.011
Total Breakfast Cereal	3.3	3.3	0.0	2.9 (3.29)	2.6 (3.11)	2.9 (3.58)	2.5 (3.24)	NS
Alcoholic Drinks	3.0	1.0	2.0	2.7 (3.13)	2.7 (3.32)	2.3 (2.76)	2.2 (2.90)	<0.001
Savoury Sauces and Dressings	2.4	2.4	0.0	2.0 (2.32)	1.9 (2.37)	2.0 (2.46)	2.0 (2.61)	NS
Yoghurt and Fromage Frais	2.1	2.1	0.0	1.5 (1.67)	1.8 (2.24)	1.9 (2.28)	1.9 (2.43)	<0.001
Unclassified Foods	1.0	0.7	0.4	0.9 (1.02)	0.9 (1.04)	0.9 (1.07)	0.8 (1.02)	NS
Other Foods ³	4.5	3.9	0.6	3.9 (4.46)	4.0 (4.81)	3.6 (4.39)	3.2 (4.16)	-

¹Please see Appendix 3 for details of foods in each food grouping; ²P-values are for the linear association over time of the contributing amount in g; ³Full list of food groupings are provided in Appendix 2

Table 5: Mean contribution of foods¹ providing more than 1% of NSP (2001-2012 data)

Food Grouping	% Contribution to NSP			NSP g (% Contribution to NSP)				Linear P- Value for Association ²
	2001-2012			2001-2003	2004-2006	2007-2009	2010-2012	
	All	Household	Eaten Out	All	All	All	All	
Total Fruit and Vegetables	24.5	23.7	0.8	2.9 (23.55)	3.1 (25.15)	3.2 (25.06)	2.9 (24.12)	NS
Bread and Rolls	15.4	15.2	0.2	2.0 (16.38)	2.0 (16.17)	1.9 (14.68)	1.8 (14.43)	<0.001
Total Breakfast Cereal	10.1	10.1	0.0	1.3 (10.52)	1.2 (9.50)	1.3 (10.33)	1.2 (9.98)	NS
Unclassified Foods	9.1	2.2	6.9	1.3 (10.46)	1.0 (8.39)	1.1 (8.70)	1.1 (8.73)	NS
Total Confectionery and Sweet Biscuits	4.9	4.8	0.1	0.6 (4.64)	0.5 (4.36)	0.6 (4.83)	0.7 (5.65)	<0.001
Processed Potatoes	4.7	3.5	1.2	0.6 (5.16)	0.5 (4.30)	0.6 (4.35)	0.6 (5.10)	NS
Crisps and Savoury Snacks	4.3	3.6	0.6	0.7 (5.37)	0.6 (4.53)	0.5 (3.72)	0.4 (3.48)	<0.001
Potatoes	4.0	3.6	0.4	0.4 (3.23)	0.6 (4.78)	0.5 (4.29)	0.4 (3.59)	NS
Pasta, Rice and Noodles	3.5	3.3	0.2	0.4 (3.06)	0.4 (3.33)	0.5 (3.74)	0.5 (3.85)	0.001
Total Processed Red Meat ³	2.5	2.0	0.5	0.3 (2.54)	0.3 (2.36)	0.3 (2.31)	0.3 (2.76)	0.045
Other Baked Goods	2.0	1.9	0.1	0.2 (1.65)	0.2 (1.95)	0.3 (2.24)	0.3 (2.28)	<0.001
Cakes, Pastries and Puddings	1.6	1.3	0.2	0.2 (1.49)	0.2 (1.49)	0.2 (1.61)	0.2 (1.76)	<0.001
Ready Meals	1.6	1.6	0.0	0.2 (1.42)	0.2 (1.50)	0.2 (1.53)	0.2 (1.82)	<0.001
Pizza	1.5	1.2	0.2	0.2 (1.39)	0.2 (1.46)	0.2 (1.35)	0.2 (1.65)	0.017
Savoury Sauces and Dressings	1.5	1.4	0.1	0.2 (1.26)	0.2 (1.50)	0.2 (1.58)	0.2 (1.64)	<0.001
Flour	1.3	1.3	0.0	0.1 (1.01)	0.2 (1.22)	0.2 (1.64)	0.2 (1.31)	0.046
Sandwiches	1.3	0.2	1.2	0.2 (1.40)	0.2 (1.36)	0.2 (1.30)	0.2 (1.26)	NS
Eaten Out Main Meal Component	1.1	0.0	1.1	0.1 (0.84)	0.2 (1.29)	0.1 (1.17)	0.1 (1.10)	NS
Nuts	1.1	1.1	0.0	0.1 (0.73)	0.1 (1.17)	0.2 (1.36)	0.1 (1.20)	0.001
Soup	1.1	0.6	0.5	0.1 (1.10)	0.1 (1.09)	0.1 (0.99)	0.1 (1.17)	NS
Other Foods ³	3.1	2.8	0.3	0.3 (2.80)	0.4 (3.09)	0.4 (3.21)	0.4 (3.12)	-

¹Please see Appendix 3 for details of foods in each food grouping; ²P-values are for the linear association over time of the contributing amount in g; ³May include starch component e.g. pastry / potato / bread; ⁴Full list of food groupings are provided in Appendix 2

3.2 Contribution of Foods to Intakes of Energy, Macronutrients and Fibre by SIMD

Tables 6, 7 and 8 provide the results for the analysis of foods contributing to energy, fat and saturated fat by SIMD for 2010 to 2012. As may be expected, the foods within each of the three tables are broadly similar with the numbers of foods reducing in line with the reduction in intake. In all 3 tables the number of food groupings that contributed more energy, fat and saturated fat to the least deprived compared to the most deprived is greater. It should be noted that the majority of foods that contributed more energy, fat or saturated fat to the most deprived are already monitored (Wrieden and Barton, 2015) however greater intakes of cheese, nuts, cream and poultry by the least deprived are not. This explains why monitoring results, which suggested that there were clear differences in the intake of some foods by deprivation, did not necessarily translate into differences in macronutrient intakes.

Table 9 shows that the only foods contributing to NMES intake for which there were absolute differences between SIMD quintiles based on the cut-off criteria previously defined were sugar-containing soft drinks and sugar. It should be noted that these 2 food groupings combined contributed more NMES (10.2g) to the diet of the most deprived than the overall difference (3.1g) and that the least deprived consumed more NMES from other sources, in particular fruit and vegetable juices, and cakes, pastries and puddings.

Table 10 shows that the only foods contributing to NSP intake for which there were absolute differences between SIMD quintiles based on the cut-off criteria used were total fruit and vegetables and total breakfast cereal. They contributed the majority of the additional NSP consumed by the least deprived compared to the most deprived and as such continue to be two key food groupings to be targeted in health promotion programmes. However, mean intakes in the least deprived also remained far below the recommended population average of 18g/day, and were just above the recommended individual minimum of 12g/day, highlighting that the majority of the population would benefit from increasing NSP intake.

Table 6: Mean contribution to energy from selected foods¹ by SIMD (LCF Household and Eaten Out Data for 2010 to 2012 combined)

	Overall kcal (%)	SIMD Quintile kcal (%)					Absolute difference between SIMD 1 and SIMD 5 kcal (%)	P-value for linear association
		1 Most Deprived	2	3	4	5 Least Deprived		
Foods with greater contribution in most deprived								
Total Processed Red Meat ²	151 (7.6)	169.8 (8.7)	149.2 (7.9)	161.5 (7.6)	145.7 (7.1)	130.7 (6.5)	39 (2.2)	<0.001
Whole Milk	30.9 (1.5)	48 (2.5)	30.8 (1.6)	29.5 (1.4)	29.9 (1.5)	17.5 (0.9)	30.4 (1.6)	0.001
Sugar Containing Soft Drinks	65.4 (3.3)	84.7 (4.4)	60.1 (3.2)	61.4 (2.9)	58.9 (2.9)	60.5 (3)	24.3 (1.3)	0.005
Processed Potatoes	49.9 (2.5)	59.7 (3.1)	51.1 (2.7)	50.4 (2.4)	49.1 (2.4)	40.5 (2)	19.2 (1.1)	0.002
Sugar	43.3 (2.2)	45.4 (2.3)	55.1 (2.9)	49.5 (2.3)	37.1 (1.8)	31.8 (1.6)	13.6 (0.8)	0.007
Foods with greater contribution in least deprived								
Total Fruit and Vegetables	98.1 (4.9)	76.7 (3.9)	82.1 (4.4)	112.4 (5.3)	107.4 (5.2)	111.3 (5.6)	-34.5 (-1.6)	<0.001
Total Breakfast Cereal	77.9 (3.9)	60.8 (3.1)	69.5 (3.7)	83.8 (4)	86.6 (4.2)	88.5 (4.4)	-27.7 (-1.3)	0.002
Eaten Out Main Meal Component	15.7 (0.8)	4.8 (0.2)	12.6 (0.7)	18.6 (0.9)	13.6 (0.7)	27.1 (1.4)	-22.3 (-1.1)	0.037
Cakes, Pastries and Puddings	59.6 (3)	47.7 (2.5)	54.1 (2.9)	64.3 (3)	63.7 (3.1)	67.7 (3.4)	-20 (-0.9)	<0.001
Total Cheese	52.8 (2.6)	42.5 (2.2)	48 (2.5)	55.5 (2.6)	54.8 (2.7)	62.1 (3.1)	-19.7 (-0.9)	<0.001
Sweet Biscuits	98.8 (4.9)	87.9 (4.5)	91.7 (4.9)	98.9 (4.7)	109.8 (5.4)	105.9 (5.3)	-18 (-0.8)	0.013
Other Baked Goods	31.2 (1.6)	22 (1.1)	29 (1.5)	35.4 (1.7)	32.8 (1.6)	36.5 (1.8)	-14.5 (-0.7)	<0.001
Nuts	14.3 (0.7)	7.5 (0.4)	10.7 (0.6)	16.1 (0.8)	14.8 (0.7)	21.3 (1.1)	-13.8 (-0.7)	0.001
Flour	15.3 (0.8)	3.5 (0.2)	17.3 (0.9)	15.8 (0.7)	26.8 (1.3)	15.1 (0.8)	-11.6 (-0.6)	0.048
Cream	11.6 (0.6)	6.1 (0.3)	10.1 (0.5)	10.7 (0.5)	12.9 (0.6)	17.4 (0.9)	-11.3 (-0.6)	<0.001
Other Foods ³	1183 (59.2)	1175 (60.5)	1113 (59.1)	1255 (59.2)	1203 (58.8)	1170 (58.4)	5.4 (2.1)	-
Total Energy	1999	1942	1885	2119	2047	2004	-61.4	-

The selected foods presented are those where there is an 11kcal or above absolute difference between SIMD 1 and SIMD 5 and where there is a significant difference. ¹Please see Appendix 3 for details of foods in each food grouping;

²May include starch component e.g. pastry / potato / bread; ³Full list of food groupings are provided in Appendix 2

Table 7: Mean contribution to fat from selected foods¹ by SIMD (LCF Household and Eaten Out Data for 2010 to 2012 combined)

	Overall g (%)	SIMD Quintile g (%)					Absolute difference between SIMD 1 and SIMD 5 g (%)	P-value for linear association
		1 Most Deprived	2	3	4	5 Least Deprived		
Foods with greater contribution in most deprived								
Total Processed Red Meat ²	10.4 (12.4)	11.8 (14.4)	10.2 (1.0)	11.1 (12.6)	10.1 (11.5)	9.0 (10.7)	2.8 (3.7)	<0.001
Whole Milk	1.9 (2.2)	2.9 (3.5)	1.9 (2.4)	1.8 (2.0)	1.8 (2.1)	1.1 (1.3)	1.8 (2.3)	0.001
Processed Potatoes	1.8 (2.2)	2.2 (2.7)	1.8 (2.3)	1.9 (2.1)	1.8 (2.1)	1.5 (1.8)	0.7 (0.9)	0.003
Foods with greater contribution in least deprived								
Total Cheese	4.3 (5.2)	3.5 (4.3)	4.0 (5.0)	4.6 (5.2)	4.5 (5.2)	5.1 (6.1)	-1.6 (-1.8)	<0.001
Cream	1.2 (1.5)	0.6 (0.8)	1.1 (1.4)	1.1 (1.3)	1.4 (1.6)	1.8 (2.2)	-1.2 (-1.4)	<0.001
Eaten Out Main Meal Component	0.8 (0.9)	0.3 (0.3)	0.6 (0.8)	0.9 (1.0)	0.7 (0.8)	1.4 (1.7)	-1.2 (-1.4)	0.037
Nuts	1.2 (1.5)	0.6 (0.8)	0.9 (1.2)	1.4 (1.6)	1.3 (1.4)	1.8 (2.2)	-1.2 (-1.4)	0.001
Cakes, Pastries and Puddings	2.8 (3.3)	2.2 (2.7)	2.6 (3.2)	3.0 (3.4)	3.0 (3.4)	3.1 (3.8)	-0.9 (-1.0)	<0.001
Sweet Biscuits	4.7 (5.6)	4.2 (5.1)	4.4 (5.5)	4.8 (5.4)	5.2 (6.0)	5.1 (6.1)	-0.9 (-0.9)	0.014
Ready Meals	1.6 (1.9)	1.3 (1.5)	1.7 (2.1)	1.7 (1.9)	1.8 (2.0)	1.8 (2.1)	-0.5 (-0.6)	0.006
Semi-skimmed Milk	2.4 (2.8)	1.9 (2.3)	2.4 (3.1)	2.7 (3.0)	2.4 (2.8)	2.4 (2.9)	-0.5 (-0.6)	0.055
Total Breakfast Cereal	0.8 (1.0)	0.5 (0.6)	0.7 (0.9)	0.9 (1.0)	0.9 (1.1)	1.0 (1.2)	-0.5 (-0.5)	<0.001
Poultry	2.1 (2.5)	1.9 (2.3)	1.9 (2.4)	2.1 (2.3)	2.5 (2.8)	2.3 (2.8)	-0.4 (-0.4)	0.035
Sandwiches	1.4 (1.7)	1.2 (1.4)	1.2 (1.5)	1.5 (1.7)	1.5 (1.7)	1.6 (1.9)	-0.4 (-0.5)	0.025
Unprocessed Fish	0.6 (0.8)	0.4 (0.5)	0.6 (0.7)	0.6 (0.6)	0.8 (1.0)	0.8 (1.0)	-0.4 (-0.4)	<0.001
Other Baked Goods	0.7 (0.9)	0.5 (0.6)	0.7 (0.8)	0.8 (0.9)	0.8 (0.9)	0.8 (1.0)	-0.3 (-0.4)	<0.001
Total Fruit and Vegetables	0.8 (0.9)	0.6 (0.8)	0.7 (0.9)	0.9 (1.0)	0.9 (1.0)	0.9 (1.1)	-0.3 (-0.3)	<0.001
Other Foods ³	44.6 (53)	45.2 (55.3)	41.5 (52.6)	46.8 (52.8)	46.1 (52.7)	42.4 (50.5)	2.9 (4.8)	-
Total Fat	84.1	81.8	78.9	88.6	87.5	83.9	-2.0	-

The selected foods presented are those where there is a 0.3g or above absolute difference between SIMD 1 and SIMD 5 and where there is a significant difference. ¹Please see Appendix 3 for details of foods in each food grouping;

²May include starch component e.g. pastry / potato / bread; ³Full list of food groupings are provided in Appendix 2

Table 8: Mean contribution to saturated fat from selected foods¹ by SIMD (LCF Household and Eaten Out Data for 2010 to 2012 combined)

	Overall g (%)	SIMD Quintile g (%)					Absolute difference between SIMD 1 and SIMD 5 g (%)	<i>P-value for linear association</i>
		1 Most Deprived	2	3	4	5 Least Deprived		
<i>Foods with greater contribution in most deprived</i>								
Whole Milk	1.2 (3.7)	1.8 (6.1)	1.2 (4.0)	1.1 (3.3)	1.2 (3.5)	0.7 (2.1)	1.2 (4.0)	0.001
Total Processed Red Meat ²	4.0 (12.4)	4.5 (14.8)	3.9 (13.0)	4.3 (12.5)	3.9 (11.6)	3.4 (10.5)	1.1 (4.3)	<0.001
<i>Foods with greater contribution in least deprived</i>								
Total Cheese	2.7 (8.6)	2.2 (7.2)	2.5 (8.3)	2.9 (8.5)	2.8 (8.6)	3.2 (9.9)	-1 (-2.7)	<0.001
Cream	0.8 (2.4)	0.4 (1.3)	0.7 (2.2)	0.7 (2.1)	0.9 (2.6)	1.2 (3.6)	-0.8 (-2.3)	<0.001
Sweet Biscuits	2.4 (7.5)	2.1 (6.9)	2.2 (7.3)	2.4 (7.1)	2.6 (8.0)	2.6 (7.9)	-0.5 (-1.0)	0.016
Cakes, Pastries and Puddings	1.2 (3.7)	0.9 (3.1)	1.1 (3.6)	1.3 (3.7)	1.3 (3.8)	1.3 (4.1)	-0.4 (-1.0)	<0.001
Eaten Out Main Meal Component	0.2 (0.6)	0.1 (0.2)	0.1 (0.4)	0.2 (0.5)	0.2 (0.5)	0.4 (1.2)	-0.3 (-1.0)	0.028
Other Foods ³	19.5 (61.0)	18.4 (60.5)	18.3 (61.1)	21.2 (62.2)	20.3 (61.1)	19.7 (60.6)	-1.2 (0.03)	-
Total Saturated Fat	32.0	30.4	30.0	34.1	33.2	32.5	-2.0	-

The selected foods presented are those where there is a 0.3g or above absolute difference between SIMD 1 and SIMD 5 and where there is a significant difference. ¹Please see Appendix 3 for details of foods in each food grouping;

²May include starch component e.g. pastry / potato / bread; ³Full list of food groupings are provided in Appendix 2

Table 9: Mean contribution to NMES from selected foods¹ by SIMD (LCF Household and Eaten Out Data for 2010 to 2012 combined)

	Overall g (%)	SIMD Quintile g (%)					Absolute difference between SIMD 1 and SIMD 5 g (%)	P-value for linear association
		1 Most Deprived	2	3	4	5 Least Deprived		
Foods with greater contribution in most deprived								
Sugar Containing Soft Drinks	17.0 (22.3)	22.2 (28.8)	15.5 (20.8)	16.1 (19.7)	15.1 (20.3)	15.7 (21.1)	6.6 (7.6)	0.004
Sugar	11.5 (15.1)	12.1 (15.7)	14.7 (19.7)	13.2 (16.2)	9.9 (13.3)	8.5 (11.4)	3.6 (4.2)	0.002
Foods with greater contribution in least deprived								
Fruit (and veg) juice	4.1 (5.4)	3.2 (4.1)	3.2 (4.3)	5.0 (6.1)	4.2 (5.6)	4.9 (6.6)	-1.7 (-2.5)	0.001
Cakes, Pastries and Puddings	4.4 (5.8)	3.5 (4.6)	3.9 (5.3)	4.8 (5.9)	4.7 (6.3)	5.0 (6.8)	-1.5 (-2.2)	<0.001
Jam, marmalade, honey and sweet spreads	3.5 (4.6)	2.8 (3.6)	2.8 (3.8)	4.4 (5.4)	3.4 (4.6)	4.0 (5.3)	-1.2 (-1.7)	0.008
Sweet Biscuits	5.5 (7.3)	4.9 (6.3)	5.1 (6.9)	5.6 (6.9)	6.1 (8.3)	5.9 (8.0)	-1.1 (-1.7)	0.014
Other Foods ²	30.3 (39.7)	28.6 (37.0)	29.2 (39.2)	32.4 (39.8)	30.9 (41.6)	30.2 (40.7)	-1.6 (-3.7)	-
Total NMES	76.3	77.3	74.4	81.5	74.3	74.2	3.1	-

The selected foods presented are those where there is a 1.0g or above absolute difference between SIMD 1 and SIMD 5 and where there is a significant difference. ¹Please see Appendix 3 for details of foods in each food grouping;

²Full list of food groupings are provided in Appendix 2

Table 10: Mean contribution to NSP from selected foods¹ by SIMD (LCF Household and Eaten Out Data for 2010 to 2012 combined)

	Overall g (%)	SIMD Quintile g (%)					Absolute difference between SIMD 1 and SIMD 5 g (%)	P-value for linear association
		1 Most Deprived	2	3	4	5 Least Deprived		
<i>Foods with greater contribution in least deprived</i>								
Total Fruit and Vegetables	2.9 (24.1)	2.3 (20.8)	2.6 (22.7)	3.2 (24.8)	3.3 (25.5)	3.4 (26.0)	-1.0 (-5.1)	<0.001
Total Breakfast Cereal	1.2 (10.0)	0.9 (7.7)	1.1 (10.1)	1.3 (9.8)	1.4 (10.8)	1.4 (11.2)	-0.6 (-3.5)	<0.001
Other Foods²	8.1 (66.4)	8.0 (71.3)	7.5 (67.0)	8.4 (65.2)	8.0 (63.1)	8.1 (62.9)	-0.2 (8.4)	-
Total NSP	12.2	11.2	11.2	12.9	12.7	12.9	-1.8	-

The selected foods presented are those where there is a 0.4g or above absolute difference between SIMD 1 and SIMD 5 and where there is a significant difference. ¹Please see Appendix 3 for details of foods in each food grouping;

²Full list of food groupings are provided in Appendix 2

4. DISCUSSION

It is of concern that some of the largest contributors to energy, fat and NMES are snacks, dessert foods and drinks that are often calorie dense and nutrient poor and are not required as part of a healthy balanced diet, namely confectionery and sweet biscuits, sugar-sweetened beverages, crisps and savoury snacks. The results highlight that total confectionery and sweet biscuits, a category that is often considered a high contributor of NMES, is also a high contributor of energy, fat and saturated fat. They constitute the largest contributor to energy, third largest to fat and second largest to saturated fat, providing around 10% of energy and fat, and 14% of saturated fat. It is also of interest that this group contributes a large proportion of energy and saturated fat irrespective of socioeconomic position.

Given that the prevalence of overweight and obesity in adults aged 16 to 64 in Scotland rose from 52.4% in 1995 to 62.6% in 2013 (Bromley et al., 2014), even a small reduction in consumption of these foods would assist greatly in reducing population energy intakes and moving the population diet towards the Scottish Dietary Goals. For example, it would be possible to reduce intakes by 120 kcals per person per day by reducing consumption from all of these categories by a third, providing such foods are not substituted. The results show the importance of targeting certain foods for reduction in the diet and for reformulation as advocated in Supporting Healthy Choices (Scottish Government and Food Standards Agency in Scotland, 2014)

The majority of foods that contribute most energy, fat, saturated fat, NMES and NSP are already monitored (Wrieden and Barton, 2015). The work has highlighted that certain foods that are not monitored at present contribute an appreciable amount of energy, fat or saturated fat to the diet. In particular, spreading fats, alcoholic drinks, cheese, cooking oil, ice cream and dairy desserts, and cream together provide 15.8% of energy, 27.3% of fat and 29.8% of saturated fat. Also, differences were found by deprivation level in foods not already monitored, namely the contribution of cheese, cream and nuts to energy, fat and saturated fat. These additional foods may warrant monitoring in the future. The finding that sugar containing soft drink consumption has dropped (Wrieden and Barton, 2015) is also reflected in a drop in the contribution that sugar containing soft drinks make to energy and NMES intake over time.

Whilst the proportion of energy, macronutrients and NSP obtained from eaten out foods is relatively small, the results can be used to inform policies on catering, of which the most

notable is the contribution that sugar containing drinks makes to NMES in eating out. Sugar containing soft drinks were the most frequently purchased beverage in a recent assessment of foods and drinks consumed out of the home by the NPD Group. They found that around one-third of all eating out of the home occasions included a soft drink, and around two-thirds of these were non-diet (NPD Group Inc, 2014).

Further to scrutiny of results by the FSAS and the project steering group, it may be decided that additional foods should be monitored on an annual basis. Additionally, it may be felt to be worthwhile to track the contribution that certain food groupings make to nutrient intake over time, e.g. the contribution that sugar containing soft drinks have made to energy and NMES intake over time and the contribution that crisps and savoury snacks make to fat and saturated fat in light of re-formulation work with industry. However it must be borne in mind that any changes in nutrient intake due to recent product re-formulation are unlikely to have been found over the last three years studied (2010-2012) as work with the Food Standards Agency in Scotland and the food industry is ongoing, and this will be monitored in future years. The food composition data used for this analysis are updated on a rolling basis, however some of the market share data are out-dated, dating back to 1999, and require to be updated. Work is ongoing to update these market shares using data provided by KANTAR (a commercial market research company) (Department for Environment Food & Rural Affairs (Defra), 2010). Data for 2010 onwards have been obtained by Defra from the Department of Health and Public Health England (due to the responsibility for nutrition passing from the FSA to the Department of Health) and work continues to update nutrient compositions on a rolling basis (Department for Environment Food & Rural Affairs (Defra), 2013a). A limitation of the methodology used here is that there could be a time delay of several years for the nutrient composition of products to be updated.

Conclusion

Confectionery and sweet biscuits should only contribute a very small amount to a balanced healthy diet as illustrated by the Eatwell plate. Reducing sugary drinks by two-thirds and halving confectionery and sweet biscuit intake (the top 2 contributors to NMES intake) has the potential to bring population NMES intake below the dietary goal for Scotland (less than 11% of food energy) (Scottish Government, 2013) and offer a significant reduction in excess energy. This work provides evidence that the lack of an association between deprivation and fat or

saturated fat intake masks distinct differences in the contributors to the intakes of these nutrients. Consideration should be given to monitoring trends in consumption of foods such as cheese, cooking oil and cream.

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6. APPENDICES

Appendix 1: Recommended Edible Food Waste Estimates

Appendix 2: Food Groupings Used for Contributing Foods Analysis

Appendix 3: Breakdown of Food Groupings by Food Code

Appendix 1: Recommended Edible Food Waste Estimates

The following figures for estimated waste are from the Waste and Resource Action Programme Survey (WRAP) (2008). The incorporation of these figures in the estimation of food and nutrient intakes from the EFS were discussed in the Annex of the 2007 Family Food report (Department for Environment Food & Rural Affairs (Defra), 2008) and were mapped to the EFS food codes for this purpose by Defra (personal communication).

Defra Code	Description	Single Adult Waste	Multiple Adult Waste
402	UHT whole milk	0.1	0.1
403	Sterilised whole milk	0.1	0.1
404	Pasteurised or homogenised whole milk	0.1	0.1
501	School Milk	0.1	0.1
601	Welfare milk	0.1	0.1
901	Condensed or evaporated milk	0.1	0.1
1102	Infant or baby milks - ready to drink	0.1	0.1
1103	Infant or baby milks - dried	0.1	0.1
1201	Instant dried milk	0.1	0.1
1301	Yoghurt	0.1146	0.0802
1302	Fromage frais	0.1	0.1
1502	Fully skimmed milk	0.1	0.1
1503	Semi-skimmed milk	0.1	0.1
1603	Dairy desserts - not frozen	0.1	0.1
1605	Dried milk products	0.1	0.1
1606	Milk drinks & other milks (replaced 200405 onwards)	0.1	0.1
1607	Milk drinks & other milks	0.1	0.1
1608	Non-dairy milk substitutes	0.1	0.1
1701	Cream	0.1222	0.096
2201	Hard cheese - Cheddar type	0.0883	0.0829
2202	Hard cheese - Other UK or foreign equivalent	0.0883	0.0829
2203	Hard cheese - Edam or other foreign	0.0883	0.0829
2205	Cottage cheese	0.0883	0.0829
2206	Soft natural cheese	0.0883	0.0829
2301	Processed cheese	0.0883	0.0829
3102	Beef joints - on the bone	0.0815	0.0457
3103	Beef joints - boned	0.0815	0.0457
3104	Beef steak - less expensive	0.0815	0.0457
3105	Beef steak - more expensive	0.0815	0.0457
3106	Minced beef	0.0815	0.0457
3107	All other beef and veal	0.0815	0.0457
3601	Mutton	0.0224	0.0262
3602	Lamb joints	0.0224	0.0262
3603	Lamb chops	0.0224	0.0262
3604	All other lamb	0.0224	0.0262
4101	Pork joints	0.2041	0.133
4102	Pork chops	0.2041	0.133
4103	Pork fillets and steaks	0.2041	0.133
4104	All other pork	0.2041	0.133
4603	Ox liver	0.0815	0.0457
4604	Lambs liver	0.0224	0.0262
4605	Pigs liver	0.2041	0.133
4607	All other liver	0.0584	0.0401
5101	All offal other than liver	0.0584	0.0401
5502	Bacon and ham joints, uncooked	0.2041	0.133
5505	Bacon and ham rashers, uncooked	0.2041	0.133
5801	Ham and bacon	0.2041	0.133
5903	Cooked chicken and turkey	0.1855	0.0837
5904	Takeaway chicken	0.1855	0.0837
6201	Corned beef - canned or sliced	0.0815	0.0457
6601	Other cooked meat	0.0584	0.0401
7102	Other canned meat and canned meat products	0.0584	0.0401

7401	Chicken - whole or part	0.1855	0.0837
7703	Turkey - whole or part	0.1855	0.0837
7704	Poultry other than chicken or turkey	0.1855	0.0837
7801	Other fresh, chilled or frozen meat	0.0584	0.0401
7901	Sausages, uncooked - pork	0.0584	0.0401
8001	Sausages, uncooked - beef etc.	0.0584	0.0401
8302	Meat pies - ready to eat	0.2563	0.29
8303	Sausage rolls - ready to eat	0.2563	0.29
8401	Meat pies, pasties and puddings - frozen or not frozen	0.2563	0.29
8501	Burgers - frozen or not frozen	0.0584	0.0401
8901	Complete meat-based ready meals - frozen or not frozen	0.2563	0.29
8902	Other convenience meat products - frozen or not frozen	0.2563	0.29
9301	Pate	0.1324	0.0755
9302	Delicatessen type sausages	0.0584	0.0401
9403	Meat pastes and spreads	0.1324	0.0755
9501	Takeaway meat pies and pasties	0.2563	0.29
9502	Takeaway burger and bun	0.2563	0.29
9503	Takeaway kebabs	0.2563	0.29
9504	Takeaway sausages and saveloys	0.2563	0.29
9505	Takeaway meat based meals	0.2563	0.29
9506	Takeaway miscellaneous meats	0.2563	0.29
10201	White fish, fresh or chilled	0.096	0.0418
10202	White fish, frozen	0.096	0.0418
10601	Herrings and other blue fish, fresh or chilled	0.096	0.0418
10602	Herrings and other blue fish, frozen	0.096	0.0418
10701	Salmon, fresh or chilled	0.096	0.0418
10702	Salmon, frozen	0.096	0.0418
10801	Blue fish, dried or salted or smoked	0.096	0.0418
11401	White fish, dried or salted or smoked	0.096	0.0418
11702	Shellfish, fresh or chilled	0.2178	0.0621
11703	Shellfish, frozen	0.2178	0.0621
11801	Takeaway fish	0.096	0.0418
11901	Tinned salmon	0.096	0.0418
12001	Other tinned or bottled fish	0.096	0.0418
12103	Ready meals and other fish products - frozen or not frozen	0.2563	0.29
12304	Takeaway fish products	0.2563	0.29
12305	Takeaway fish based meals	0.2563	0.29
12901	Eggs	0.073	0.0463
13501	Butter	0.0386	0.0176
13801	Soft margarine	0.0386	0.0176
13802	Other margarine	0.0386	0.0176
13901	Lard, cooking fat	0.1267	0.091
14304	Olive Oil	0.1267	0.091
14305	Other vegetable and salad oils	0.1267	0.091
14802	Reduced fat spreads	0.0386	0.0176
14803	Low fat spreads	0.0386	0.0176
14805	Suet and dripping	0.0584	0.0401
14807	Imitation cream	0.1	0.1
15001	Sugar	0.1267	0.091
15101	Jams and fruit curds	0.1267	0.091
15201	Marmalade	0.1267	0.091
15301	Syrup, treacle	0.1267	0.091
15401	Honey	0.1267	0.091
15501	Potatoes - bought Jan-Aug, previous year's crop	0.3718	0.2416
15502	Potatoes - bought Jan-Aug, this year's crop	0.3718	0.2416
15503	Potatoes - bought Sep-Dec, current crop or new imported	0.3718	0.2416
15504	Fresh potatoes not specified elsewhere	0.3718	0.2416
15505	Fresh new potatoes	0.3718	0.2416
15506	Fresh baking potatoes	0.3718	0.2416
16201	Fresh cabbages	0.7014	0.4155
16301	Fresh brussels sprouts	0.1701	0.0794
16401	Fresh cauliflower	0.1449	0.1019

16701	Lettuce and leafy salads	0.5069	0.3519
16702	Prepared lettuce salads	0.6023	0.4633
16801	Fresh peas	0.0917	0.0417
16901	Fresh beans	0.5589	0.3071
17101	Other fresh green vegetables	0.2589	0.1589
17201	Fresh carrots	0.3835	0.1681
17301	Fresh turnips and swede	0.1231	0.0669
17401	Other fresh root vegetables	0.225	0.1511
17501	Fresh onions, leeks and shallots	0.2143	0.1408
17601	Fresh cucumbers	0.3717	0.2357
17701	Fresh mushrooms	0.1483	0.104
17801	Fresh tomatoes	0.1582	0.0926
18301	Fresh vegetable stew pack, stir-fry pack etc.	0.3429	0.2301
18302	Fresh stem vegetables	0.6075	0.453
18303	Fresh marrow, courgettes, aubergine, pumpkin and other vegetables	0.1691	0.1147
18304	Fresh herbs	0.1267	0.091
18401	Tomatoes, canned or bottled	0.1582	0.0926
18501	Peas, canned	0.0917	0.0417
18802	Baked beans in sauce	0.0828	0.0309
18803	Other canned beans and pulses	0.2589	0.1589
19101	Other canned vegetables	0.2589	0.1589
19201	Dried pulses, other than air-dried	0.2589	0.1589
19501	Air-dried vegetables	0.3429	0.2301
19602	Tomato puree and vegetable purees	0.1267	0.091
19603	Vegetable juices e.g. tomato juice, carrot juice	0.1	0.1
19702	Chips - frozen or not frozen	0.3718	0.2416
19703	Takeaway chips	0.3718	0.2416
19801	Instant potato	0.3718	0.2416
19901	Canned potatoes	0.3718	0.2416
20002	Crisps and potato snacks	0.1239	0.0809
20101	Other potato products - frozen or not frozen	0.3718	0.2416
20301	Peas, frozen	0.0917	0.0417
20401	Beans, frozen	0.5589	0.3071
20601	Ready meals and other vegetable products - frozen or not frozen	0.2563	0.29
20604	All vegetable takeaway products	0.2563	0.29
20801	Other frozen vegetables	0.2589	0.1589
21001	Fresh oranges	0.3382	0.2325
21401	Other fresh citrus fruits	0.0536	0.041
21701	Fresh apples	0.6627	0.2772
21801	Fresh pears	0.1442	0.1929
22101	Fresh stone fruit	0.2036	0.1797
22201	Fresh grapes	0.0833	0.0778
22701	Other fresh soft fruit	0.433	0.2521
22801	Fresh bananas	0.1545	0.082
22901	Fresh melons	0.2848	0.1797
23101	Other fresh fruit	0.1404	0.0938
23301	Tinned peaches, pears and pineapples	0.0806	0.0899
23601	All other tinned or bottled fruit	0.0806	0.0899
24001	Dried fruit	0.0806	0.0899
24101	Frozen strawberries, apple slices, peach halves, oranges and other frozen fruits	0.0806	0.0899
24502	Nuts & edible seeds	0.0228	0.043
24503	Peanut butter	0.0228	0.043
24801	Pure fruit juices	0.1	0.1
25102	White bread, standard, unsliced	0.3335	0.2399
25202	White bread, standard, sliced	0.3335	0.2399
25701	White bread, premium, sliced and unsliced	0.3335	0.2399
25801	White bread, soft grain, sliced and unsliced	0.3335	0.2399
25901	Brown bread, sliced and unsliced	0.3335	0.2399
26001	Wholemeal and granary bread, sliced and unsliced	0.3335	0.2399
26302	Rolls - white, brown or wholemeal	0.3942	0.1718
26303	Malt bread and fruit loaves	0.0861	0.0241

26304	Vienna and French bread	0.3942	0.1718
26305	Starch reduced bread and rolls	0.3335	0.2399
26308	Other breads	0.3349	0.4585
26309	Sandwiches	0.2563	0.29
26310	Sandwiches from takeaway	0.2563	0.29
26311	Takeaway breads	0.3349	0.4585
26401	Flour	0.0677	0.0641
26701	Buns, scones and teacakes	0.1239	0.1163
27001	Cakes and pastries, not frozen	0.2802	0.1703
27002	Takeaway pastries	0.2802	0.1703
27101	Crisp bread	0.0539	0.0438
27402	Sweet biscuits (not chocolate) and cereal bars	0.0539	0.0438
27403	Cream crackers and other unsweetened biscuits	0.0539	0.0438
27702	Chocolate biscuits	0.0539	0.0438
28101	Oatmeal and oat products	0.0275	0.0224
28202	Muesli	0.0275	0.0224
28203	High fibre breakfast cereals	0.0275	0.0224
28204	Sweetened breakfast cereals	0.0275	0.0224
28205	Other breakfast cereals	0.0275	0.0224
28502	Canned or fresh carton custard	0.0638	0.0283
28503	All canned milk puddings	0.0638	0.0283
28601	Puddings	0.0638	0.0283
28702	Dried rice	0.2335	0.1402
28703	Cooked rice	0.2335	0.1402
28704	Takeaway rice	0.2335	0.1402
29001	Invalid foods, slimming foods and sports foods	0.0448	0.0656
29101	Infant cereal foods	0.1	0.1
29402	Cakes and pastries - frozen	0.2802	0.1703
29501	Canned pasta	0.2563	0.29
29502	Dried and fresh pasta	0.1848	0.1595
29503	Takeaway pasta and noodles	0.2563	0.29
29601	Pizzas - frozen and not frozen	0.2563	0.29
29602	Takeaway pizza	0.2563	0.29
29907	Cake, pudding and dessert mixes	0.298	0.4353
29909	Cereal snacks	0.0275	0.0224
29915	Quiches and flans - frozen and not frozen	0.2563	0.29
29916	Takeaway crisps, savoury snacks, popcorn, poppadums, prawn crackers	0.1239	0.0809
29919	Other cereal foods - frozen and not frozen	0.0275	0.0224
30101	Other cereals	0	0
30401	Tea	0.1	0.1
30701	Coffee beans and ground coffee	0.1	0.1
30801	Instant coffee	0.1	0.1
30901	Coffee essences	0.1	0.1
31001	Tea and coffee from takeaway	0.1	0.1
31201	Cocoa and chocolate drinks	0.0448	0.0656
31301	Malt drinks and chocolate versions of malted drinks	0.0448	0.0656
31401	Mineral or spring waters	0.1	0.1
31501	Baby foods	0.1	0.1
31801	Soups - canned or cartons	0.2563	0.29
31901	Soups - dehydrated or powdered	0.0448	0.0656
32001	Soups - from takeaway	0.2563	0.29
32101	Other takeaway food brought home	0.2563	0.29
32201	Meals on wheels - items not specified	0.2563	0.29
32302	Salad dressings	0.1267	0.091
32303	Other spreads and dressings	0.1267	0.091
32702	Pickles	0.1267	0.091
32703	Sauces	0.1267	0.091
32704	Takeaway sauces and mayonnaise	0.1267	0.091

32801	Stock cubes and meat and yeast extracts	0.298	0.4353
32901	Jelly squares or crystals	0.0638	0.0283
33203	Ice cream tub or block	0.0638	0.0283
33302	Ice cream cornets, choc-ices, lollies with ice cream	0.0638	0.0283
33303	Ice lollies, sorbet, frozen mousse, frozen yoghurt	0.0638	0.0283
33304	Takeaway ice cream, ice cream products, milkshakes	0.0638	0.0283
33401	Salt	0.1267	0.091
33501	Artificial sweeteners	0.1267	0.091
33602	Vinegar	0.1267	0.091
33603	Spices and dried herbs	0.1267	0.091
33604	Bisto, gravy granules, stuffing mix, baking powder, yeast	0.298	0.4353
33605	Wine and beer making kits	0.1	0.1
33606	Fruit teas, instant tea, herbal tea, rosehip tea	0.1	0.1
33607	Payment for food, type not specified	0.1	0.1
33901	Soya and novel protein foods	0.2589	0.1589
34001	Soft drinks, concentrated, not low calorie	0.1	0.1
34101	Soft drinks, not concentrated, not low calorie	0.1	0.1
34301	Soft drinks, concentrated, low calorie	0.1	0.1
34401	Soft drinks, not concentrated, low calorie	0.1	0.1
35001	Chocolate bars - solid	0.0958	0.0575
35101	Chocolate bars - filled	0.0958	0.0575
35202	Chewing gum	0.1239	0.0809
35301	Mints	0.0958	0.0575
35302	Boiled sweets	0.0958	0.0575
35401	Fudges, toffees, caramels	0.0958	0.0575
35501	Takeaway confectionery	0.0958	0.0575
38102	Beers	0.1	0.1
38202	Lagers and continental beers	0.1	0.1
38302	Ciders and perry	0.1	0.1
38402	Champagne, sparkling wines and wine with mixer	0.1	0.1
38403	Table wine	0.1	0.1
38501	Spirits with mixer	0.1	0.1
38601	Fortified wines	0.1	0.1
38701	Spirits	0.1	0.1
38801	Liqueurs and cocktails	0.1	0.1
38901	Alcopops	0.1	0.1
100101	Meat or fish based curry with sauce	0	0
100102	Meat or fish based curry without sauce	0	0
100103	Vegetable or fruit based curry	0	0
100104	Dhal and dhal dishes	0	0
100105	Samosas	0	0
100106	Other Indian dishes	0	0
100107	Indian breads	0	0
100108	Indian buffet or shared meal or unspecified Indian meal	0	0
100201	Chinese or Thai meat or fish based dishes excluding curry	0	0
100202	Chop suey and fu yung dishes	0	0
100203	Chinese or Thai vegetable based main course dishes excluding curry	0	0
100204	Chinese or Thai curry	0	0
100205	Spring rolls	0	0
100206	Other Chinese or Thai dishes	0	0
100207	Chinese or Thai buffet or shared meal or unspecified Chinese or Thai meal	0	0
100301	All other ethnic meals	0	0
110101	Steak - without sauce e.g. braised, sirloin	0	0
110102	Roast meat with sauce or gravy	0	0
110103	Pork chops with sauce or gravy	0	0
110104	Lamb chops with sauce or gravy	0	0
110105	Spare ribs	0	0
110106	Bacon	0	0

110107	Gammon or ham	0	0
110108	All offal including liver, kidney, tongue	0	0
110201	Chicken or turkey with sauce or gravy	0	0
110202	Chicken or turkey in breadcrumbs or batter	0	0
110203	Duck with sauce or gravy	0	0
110204	Game with sauce or gravy	0	0
110301	Small or single burgers	0	0
110302	Large or double burgers	0	0
110303	Chicken burger	0	0
110401	Kebabs - all types including chicken	0	0
110402	Plain sausages e.g. beef, pork	0	0
110403	Other sausages	0	0
110404	Hot dogs and sausage sandwiches	0	0
110501	Meat pies (pastry topped) and pasties	0	0
110502	Meat pies (potato topped e.g. shepherd's pie)	0	0
110503	Sausage roll (pastry)	0	0
110601	Meat and vegetable stews, casseroles or hotpots	0	0
110602	Chicken or turkey stews, casseroles or hotpots	0	0
110603	Meat lasagne, cannelloni, moussaka and other meat-based oven baked dishes	0	0
110701	All pates	0	0
110801	Other meat products or dishes	0	0
120101	White fish - grilled, steamed, baked or boiled - without sauce	0	0
120102	White fish - fried (incl. in batter/breadcrumbs) - without sauce	0	0
120201	Trout, tuna and salmon only - fresh - without sauce or dressing	0	0
120202	Other fatty fish - without sauce or dressing e.g. herring, mackerel, sardines	0	0
120301	Shellfish - without sauce or dressing e.g. prawns, shrimps, oysters, crab	0	0
120401	Kippers and other smoked fish e.g. smoked salmon	0	0
120501	Other fish products and unspecified 'fish' e.g. squid, sushi, crabsticks	0	0
120601	Fish, processed, in breadcrumbs (fish fingers, fish cakes, scampi) - without sauce or dressing	0	0
120602	Fish burgers (in bun)	0	0
120603	Fish based pie or other dish e.g. paella, kedgeree, tuna pasta bake	0	0
130101	Cottage cheese including with pineapple	0	0
130102	Soft, continental or processed cheese e.g. brie	0	0
130103	Cheddar, blue or other hard cheese and unspecified 'cheese'	0	0
130104	Quiche and cheese pies or pasties	0	0
130105	Other cheese dishes e.g. Welsh rarebit, cheese and biscuits	0	0
130201	Pizza - cheese and tomato, vegetable or unspecified 'pizza'	0	0
130202	Pizza - meat, fish or poultry	0	0
130301	Eggs - boiled or poached	0	0
130302	Eggs - scrambled, fried, omelettes or unspecified 'egg'	0	0
130303	Other egg dishes e.g. egg mayonnaise	0	0
140101	Chips and French fries - from fast food outlet e.g. McDonalds	0	0
140102	Chips - served with meal e.g. from restaurant or chip shop	0	0
140103	Potatoes - boiled or unspecified 'potato'	0	0
140104	Potatoes - mashed	0	0
140105	Potatoes - roast	0	0
140106	Sautéed potatoes, potato croquettes, hash browns etc.	0	0
140107	Baked or jacket potatoes - without filling	0	0
140108	Other potato dishes (e.g. wedges, potato salad) including unspecified 'potato dish'	0	0
150101	Lettuce and cress	0	0
150102	Other green vegetables e.g. spinach, cabbage, sprouts	0	0
150201	Peppers - raw or cooked	0	0
150202	Courgettes, marrow, aubergine, pumpkin, plantain, cucumbers	0	0
150203	Peas and sweetcorn	0	0

150204	Baked beans and other beans (not green beans) and pulses	0	0
150205	Tomato - fresh or raw	0	0
150206	Tomato - cooked or processed	0	0
150301	Carrots	0	0
150302	Onions - raw, cooked or unspecified 'onions'	0	0
150303	Onions - fried	0	0
150304	Other root vegetables or tubers e.g. turnip, parsnip, radish, beetroot	0	0
150401	Mushrooms - raw or cooked	0	0
150501	Mixed vegetables or unspecified 'vegetable'	0	0
150502	Other vegetables e.g. artichoke, asparagus	0	0
150503	Vegetables in batter or breadcrumbs and deep fried vegetables e.g. onion rings	0	0
150504	Onion and other vegetable bhajis and pakora	0	0
150601	Veggie burger, bean burger, veggie sausage, nut roast	0	0
150602	Vegetable lasagne, vegetable cannelloni, vegetable moussaka and other oven baked vegetable based dishes	0	0
150603	Stuffed vegetables (e.g. stuffed pepper) and vegetable based starter	0	0
150604	Vegetable based stews and casseroles and vegetable based pies	0	0
160101	Mixed salad, main course - without dressing	0	0
160102	Mixed salad, side dish - without dressing - including unspecified 'salad'	0	0
160103	Green salad - without dressing	0	0
160201	Vegetable or fruit and nut salad - with dressing	0	0
160202	Pasta, rice, mixed bean or cereal-based salads - with dressing	0	0
160301	Meat salad e.g. beef, lamb salads	0	0
160302	Chicken or turkey salad	0	0
160303	Fish salad e.g. tuna, salmon salads	0	0
160401	Cheese salad including ploughman's	0	0
160402	Egg salad	0	0
160501	Other salads e.g. Greek, Florida, Russian	0	0
160601	Salad buffet or buffet meal where items not specified	0	0
170101	Fried rice and risotto	0	0
170102	All cooked rice excluding fried rice e.g. boiled, pilau, savoury	0	0
170103	Pasta - not filled and plain noodles (including pot noodle) - without sauce	0	0
170104	Pasta - filled e.g. ravioli, tortellini - without sauce	0	0
170105	Noodles with meat, vegetables etc.	0	0
180101	Meat & fish soups	0	0
180102	Vegetable based soups	0	0
180103	Chinese soups, consommé (meat, fish or veg)	0	0
180104	Other soups including unspecified 'soup'	0	0
190101	Muesli and oat crunch cereals	0	0
190102	Other high fibre breakfast cereals e.g. Allbran, Weetabix	0	0
190103	Sweetened breakfast cereals e.g. Frosties, Sugar Puffs	0	0
190104	Hot breakfast cereals e.g. porridge, Ready Brek	0	0
190105	Other breakfast cereals and unspecified 'cereal' e.g. Cornflakes, Rice Krispies, Special K	0	0
200101	All citrus fruit, fresh e.g. orange, grapefruit	0	0
200102	Banana, fresh	0	0
200103	Apples, fresh	0	0
200104	Pears, fresh	0	0
200105	Stone fruit, fresh e.g. apricot, plum, peach, cherry, avocado	0	0
200106	Grapes, fresh	0	0
200107	Soft fruit or berries, fresh e.g. strawberries, blackberries - without cream or ice cream	0	0
200108	Melon, fresh	0	0
200109	Pineapple, fresh	0	0
200110	Fresh fruit salad - without cream or ice cream	0	0
200111	Other fresh fruit (kiwi, passion) and unspecified 'fruit'	0	0
200112	Free school fruit	0	0

200201	Dried fruit e.g. sultanas, raisins	0	0
200301	Tinned, stewed, baked or processed fruit - without cream or ice cream	0	0
210101	Yoghurt and fromage frais	0	0
220101	White bread, with or without butter or margarine (toasted or untoasted)	0	0
220102	Brown or wholemeal bread, with or without butter or margarine (toasted or untoasted)	0	0
220103	White rolls, baguettes etc. without butter or margarine (or butter or margarine not specified)	0	0
220104	Brown or wholemeal rolls, baguettes etc. without butter or margarine (or butter or margarine not specified)	0	0
220105	Garlic bread	0	0
220106	Croissant	0	0
220107	Continental breads e.g. pitta, ciabatta, focaccia	0	0
220108	Muffins, crumpets	0	0
220109	Fried bread, including croutons	0	0
220110	Other bread, rolls, toast, unspecified 'bread' etc.	0	0
230101	Meat based sandwich on white bread or roll	0	0
230102	Meat based sandwich on brown bread or roll	0	0
230103	Meat based sandwich bread not specified	0	0
230104	Chicken or turkey based sandwich on white bread or roll	0	0
230105	Chicken or turkey based sandwich on brown bread or roll	0	0
230106	Chicken or turkey based sandwich bread not specified	0	0
230107	Bacon and egg based sandwich on white bread or roll including Bacon and Egg McMuffin	0	0
230108	Bacon and egg based sandwich on brown bread or roll	0	0
230109	Bacon and egg based sandwich bread not specified	0	0
230110	Fish based sandwich on white bread or roll	0	0
230111	Fish based sandwich on brown bread or roll	0	0
230112	Fish based sandwich bread not specified	0	0
230201	Cheese based sandwich on white bread or roll	0	0
230202	Cheese based sandwich on brown bread or roll	0	0
230203	Cheese based sandwich bread not specified	0	0
230204	Egg based sandwich on white bread or roll including Egg McMuffin	0	0
230205	Egg based sandwich on brown bread or roll	0	0
230206	Egg based sandwich bread not specified	0	0
230207	Vegetarian based sandwich on white bread or roll	0	0
230208	Vegetarian based sandwich on brown bread or roll	0	0
230209	Vegetarian based sandwich bread not specified	0	0
230210	Sweet-filled sandwich	0	0
230211	Unspecified sandwiches or rolls	0	0
240101	Cheese or cream based sauce e.g. carbonara, cauliflower cheese	0	0
240102	Meat-based sauce e.g. Bolognese, chilli con carne	0	0
240103	Fish or seafood based sauce	0	0
240104	Tomato based sauce containing vegetables including ratatouille	0	0
240105	Other savoury sauce or unspecified 'sauce'	0	0
240106	Sweet sauce e.g. syrup, treacle, chocolate sauce	0	0
240107	Fruit or vegetable based condiments	0	0
240108	Other condiments or sauces	0	0
240201	Salad dressings and dips	0	0
240202	Mayonnaise	0	0
240203	Coleslaw	0	0
240301	Fruit filling e.g. peaches for pancakes	0	0
240302	Vegetable filling	0	0
240303	Cheese filling including cheddar cheese, cottage cheese	0	0
240304	Fish based filling e.g. tuna mayonnaise	0	0
240401	Butter and margarine	0	0
240402	Jam, marmalade and honey	0	0
240403	Cream - single, double, sour etc.	0	0

240404	Custard	0	0
240405	Sugar (as an addition to tea, coffee etc.)	0	0
240501	Commercial baby food in a jar or can	0	0
240601	Yorkshire puddings and dumplings	0	0
240701	Unspecified meal e.g. 'meal', 'school meal' or 'meal at work'	0	0
250101	Coffee, black including espresso	0	0
250102	Coffee, white including cappuccino, latte	0	0
250103	Coffee, black or white not specified	0	0
250104	Tea, white (including black or white not specified)	0	0
250105	Tea, black including Chinese tea, herbal tea, fruit tea	0	0
250106	Hot chocolate or cocoa, with milk or water	0	0
260201	Mineral water	0	0
260202	Soft drink (incl. carbonates and still) - low calorie	0	0
260203	Soft drink (incl. carbonates & still) - not low calorie (including drinks where calorie content unspecified)	0	0
260204	Pure fruit juices	0	0
260205	Vegetable juices e.g. tomato juice, carrot juice	0	0
260206	Soft drink where pure juice or juice drink not specified	0	0
260301	Milk as a drink	0	0
260302	Milk on cereal	0	0
260303	Milkshake and flavoured milk	0	0
260304	Free school milk	0	0
270101	Spirits	0	0
270102	Liqueurs	0	0
270103	Cocktails	0	0
270104	Spirits or liqueurs with mixer e.g. gin & tonic, Bacardi & coke	0	0
270201	Wine (not sparkling) including unspecified 'wine'	0	0
270202	Sparkling wines (e.g. Champagne) and wine with mixer (e.g. Bucks Fizz)	0	0
270203	Fortified wine e.g. sherry, port, vermouth	0	0
270204	Cider or perry - half pint or bottle	0	0
270205	Cider or perry - pint or can or size not specified	0	0
270206	Alcoholic soft drinks (alcopops), and ready-mixed bottled drinks	0	0
270301	Bitter - half pint or bottle	0	0
270302	Bitter - pint or can or size not specified	0	0
270303	Lager or other beers including unspecified 'beer' - half pint or bottle	0	0
270304	Lager or other beers including unspecified 'beer' - pint or can or size not specified	0	0
270401	Round of drinks, alcohol not otherwise specified	0	0
280101	Solid, unfilled chocolate bars and sweets and unspecified 'chocolate'	0	0
280102	Filled chocolate-coated bars and sweets e.g. Mars, Snickers, Minstrels	0	0
280103	Single chocolate (after dinner)	0	0
280104	Chewing gum and bubble gum	0	0
280105	Mints e.g. Polo, Extra Strong	0	0
280106	Boiled sweets, jellies and unspecified 'sweets' e.g. fruit gums	0	0
280107	Uncoated toffee or fudge, uncoated e.g. Toffos, chocolate éclairs, caramels	0	0
280108	Pick 'n' mix, nougat, liquorice and other sweets	0	0
290101	Ice cream in a cone, cornet or wafer and ice cream desserts	0	0
290103	Ice cream scoop or tub including ice cream served with dessert	0	0
290104	Iced lollies and sorbets	0	0
290201	Doughnut	0	0
290202	Cream pastries e.g. chocolate éclairs, profiteroles	0	0
290203	Cream sponge or gateau (not chocolate) e.g. Victoria sandwich	0	0
290204	Rich chocolate cake or chocolate gateau e.g. Death by Chocolate	0	0
290205	Fruit and other pies or pastries	0	0
290206	Fruit cake	0	0
290207	Other sponge cakes or desserts (not cream cakes)	0	0
290208	Custard desserts or sweet soufflé	0	0

290209	Meringue desserts including pavlova	0	0
290210	Cheesecake	0	0
290211	Fool, trifle and mousse desserts	0	0
290212	Jelly	0	0
290213	Milk and rice puddings including tapioca, semolina	0	0
290214	Other cakes and desserts, unspecified 'cake' or 'dessert'	0	0
290301	Waffles and pancakes	0	0
290401	Teacakes, scones, currant buns, iced buns	0	0
300101	Fully-coated chocolate biscuits or wafers	0	0
300102	Sweet biscuits including half-coated chocolate biscuits	0	0
300103	Cereal bars and cereal based cakes	0	0
300104	Savoury biscuits	0	0
310101	Nuts, nut products and seeds	0	0
310102	Potato crisps or snacks including unspecified 'crisps', prawn crackers	0	0
310103	Corn snacks, based on maize	0	0
310104	Wheat based savoury snack	0	0
310201	Popcorn	0	0
310301	Other savoury snacks (including hors d'oeuvres)	0	0

Appendix 2: Food Groupings Used for Contributing Foods Analysis

Appendix 2: Food Groupings Used for Contributing Foods Analysis¹

Food Grouping Code	Food Grouping Description	Weight ²	Secondary Food Grouping Code	Secondary Food Grouping Description	Weight ²	Tertiary Food Grouping Code	Tertiary Food Grouping Description	Weight ²
48	Semi-skimmed Milk	131.6	62	Total Milk	232.2			
49	Skimmed Milk	14.3						
67	Whole Milk	69.5						
28	Milk Drinks	1.5						
69	Yoghurt and Fromage Frais	24.4						
11	Cream	2.9						
23	Low Fat Cheese	0.4	60	Total Cheese	14.7			
27	Medium Fat Cheese	4.8						
19	Full Fat Cheese	9.5						
3	Block Margarine	0.2						
9	Cooking Fat	0.4						
10	Cooking Oil	6.1						
6	Butter	6.4	52	Total Spreading Fats	15.7			
50	Soft Margarine	1.7						
43	Reduced and Low Fat Spread	7.6						
15	Eggs	1.0						
17	Fruit	96.3	61	Total Fruit and Vegetables	246.9			
18	Fruit (and veg) juice	45.1						
66	Vegetables	105.5						
51	Soup	16.8						
37	Potatoes	55.9						
40	Processed Potatoes	29.2						
65	Unprocessed Red Meat	27.5						
2	Bacon and Ham	14.7	63	Total Processed Red Meat	63.3			
5	Burgers and Kebabs	6.7						
26	Meat Filled Pastry	10.1						
45	Sausages	14.4						
33	Other processed meat	17.3						
38	Poultry	29.7						
41	Processed Poultry	1.0						
64	Unprocessed Fish	11.0						
39	Processed Fish	5.2						
30	Non Meat Savoury Pastry	1.3						
34	Pasta, Rice and Noodles	24.2						
36	Pizza	9.7						
16	Flour	4.6						
24	Low fibre and lower NMES Breakfast Cereal	4.3	59	Total Breakfast Cereal	20.7			
25	Low fibre or high NMES Breakfast Cereal	4.8						
68	Wholegrain/ high fibre Breakfast Cereal	11.7						
4	Bread and Rolls	74.7						

Appendix 2: Food Groupings Used for Contributing Foods Analysis

32	Other Baked Goods	10.8						
7	Cakes, Pastries and Puddings	17.6						
29	Milk Puddings	3.9						
20	Ice Cream and Dairy Desserts	32.2						
22	Jelly, Ice Lollies and Sorbets	0.9						
21	Jam, marmalade, honey and sweet spreads	5.6						
53	Sugar	11.6						
8	Chocolate Confectionery	14.7	70	Total Confectionery	21.8	71	Total Confectionery and Sweet Biscuits	44.1
54	Sugar Confectionery	7.1						
57	Sweet Biscuits	22.3						
46	Savoury Biscuits	2.5						
47	Savoury Sauces and Dressings	22.4						
42	Ready Meals	20.5						
58	Takeaway Main Meal Component	5.8						
13	Eaten Out Main Meal Component	6.5						
14	Eaten Out Side Dish	0.4						
44	Sandwiches	14.1						
12	Crisps and Savoury Snacks	13.3						
31	Nuts	2.4						
35	Peanut Butter	0.5						
55	Sugar Containing Soft Drinks	231.0						
56	Sugar Free Soft Drinks	97.9						
1	Alcoholic Drinks	159.4						
-8	Unclassified Foods	27.8						
-9	Foods of Little Nutritional Value	65.9						
Total		1701						

¹Appendix 3 provides detail on the breakdown of each of these food groupings by food code; ²Average weight in grams, per food group, per person, per day - 2001-2012 data combined.

Appendix 3: Breakdown of Food Groupings by Food Code

Food Code	Description	Food Grouping Code	Food Grouping Description	Factor
30401	Tea	-9	Foods of Little Nutritional Value	1
30701	Coffee beans and ground coffee	-9	Foods of Little Nutritional Value	1
30801	Instant coffee	-9	Foods of Little Nutritional Value	1
30901	Coffee essences	-9	Foods of Little Nutritional Value	1
31001	Tea and coffee from takeaway	-9	Foods of Little Nutritional Value	1
31401	Mineral or spring waters	-9	Foods of Little Nutritional Value	1
33401	Salt	-9	Foods of Little Nutritional Value	1
250101	Coffee, black including espresso	-9	Foods of Little Nutritional Value	1
250102	Coffee, white including cappuccino, latte	-9	Foods of Little Nutritional Value	1
250103	Coffee, black or white not specified	-9	Foods of Little Nutritional Value	1
250104	Tea, white (including black or white not specified)	-9	Foods of Little Nutritional Value	1
250105	Tea, black including Chinese tea, herbal tea, fruit tea	-9	Foods of Little Nutritional Value	1
260201	Mineral water	-9	Foods of Little Nutritional Value	1
14807	Imitation cream	-8	Unclassified Foods	1
29001	Invalid foods, slimming foods and sports foods	-8	Unclassified Foods	1
29101	Infant cereal foods	-8	Unclassified Foods	1
29919	Other cereal foods - frozen and not frozen	-8	Unclassified Foods	1
30101	Other cereals	-8	Unclassified Foods	1
31501	Baby foods	-8	Unclassified Foods	1
32201	Meals on wheels - items not specified	-8	Unclassified Foods	1
32801	Stock cubes and meat and yeast extracts	-8	Unclassified Foods	1
33901	Soya and novel protein foods	-8	Unclassified Foods	1
35202	Chewing gum	-8	Unclassified Foods	1
240501	Commercial baby food in a jar or can	-8	Unclassified Foods	1
240601	Yorkshire puddings and dumplings	-8	Unclassified Foods	1
240701	Unspecified meal e.g. 'meal', 'school meal' or 'meal at work'	-8	Unclassified Foods	1
280104	Chewing gum and bubble gum	-8	Unclassified Foods	1
310201	Popcorn	-8	Unclassified Foods	1
310301	Other savoury snacks (including hors d'oeuvres)	-8	Unclassified Foods	1
38102	Beers	1	Alcoholic Drinks	1
38202	Lagers and continental beers	1	Alcoholic Drinks	1
38302	Ciders and perry	1	Alcoholic Drinks	1
38402	Champagne, sparkling wines and wine with mixer	1	Alcoholic Drinks	1
38403	Table wine	1	Alcoholic Drinks	1
38501	Spirits with mixer	1	Alcoholic Drinks	0.15
38601	Fortified wines	1	Alcoholic Drinks	1
38701	Spirits	1	Alcoholic Drinks	1
38801	Liqueurs and cocktails	1	Alcoholic Drinks	1
38901	Alcopops	1	Alcoholic Drinks	0.15
270101	Spirits	1	Alcoholic Drinks	1
270102	Liqueurs	1	Alcoholic Drinks	1
270103	Cocktails	1	Alcoholic Drinks	1
270104	Spirits or liqueurs with mixer e.g. gin & tonic, Bacardi & coke	1	Alcoholic Drinks	0.15
270201	Wine (not sparkling) including unspecified 'wine'	1	Alcoholic Drinks	1

270202	Sparkling wines (e.g. Champagne) and wine with mixer (e.g. Bucks Fizz)	1	Alcoholic Drinks	1
270203	Fortified wine e.g. sherry, port, vermouth	1	Alcoholic Drinks	1
270204	Cider or perry - half pint or bottle	1	Alcoholic Drinks	1
270205	Cider or perry - pint or can or size not specified	1	Alcoholic Drinks	1
270206	Alcoholic soft drinks (alcopops), and ready-mixed bottled drinks	1	Alcoholic Drinks	0.15
270301	Bitter - half pint or bottle	1	Alcoholic Drinks	1
270302	Bitter - pint or can or size not specified	1	Alcoholic Drinks	1
270303	Lager or other beers including unspecified 'beer' - half pint or bottle	1	Alcoholic Drinks	1
270304	Lager or other beers including unspecified 'beer' - pint can or size not specified	1	Alcoholic Drinks	1
270401	Round of drinks, alcohol not otherwise specified	1	Alcoholic Drinks	1
5502	Bacon and ham joints, uncooked	2	Bacon and Ham	1
5505	Bacon and ham rashers, uncooked	2	Bacon and Ham	1
5801	Ham and bacon	2	Bacon and Ham	1
110106	Bacon	2	Bacon and Ham	1
110107	Gammon or ham	2	Bacon and Ham	1
13802	Other margarine	3	Block Margarine	1
25102	White bread, standard, unsliced	4	Bread and Rolls	1
25202	White bread, standard, sliced	4	Bread and Rolls	1
25701	White bread, premium, sliced and unsliced	4	Bread and Rolls	1
25801	White bread, soft grain, sliced and unsliced	4	Bread and Rolls	1
25901	Brown bread, sliced and unsliced	4	Bread and Rolls	1
26001	Wholemeal and granary bread, sliced and unsliced	4	Bread and Rolls	1
26302	Rolls - white, brown or wholemeal	4	Bread and Rolls	1
26304	Vienna and French bread	4	Bread and Rolls	1
26305	Starch reduced bread and rolls	4	Bread and Rolls	1
220101	White bread, with or without butter or margarine (toasted or untoasted)	4	Bread and Rolls	1
220102	Brown or wholemeal bread, with or without butter or margarine (toasted or untoasted)	4	Bread and Rolls	1
220103	White rolls, baguettes etc. without butter or margarine (or butter or margarine not specified)	4	Bread and Rolls	1
220104	Brown or wholemeal rolls, baguettes etc. without butter or margarine (or butter or margarine not specified)	4	Bread and Rolls	1
220108	Muffins, crumpets	4	Bread and Rolls	1
220110	Other bread, rolls, toast, unspecified 'bread' etc.	4	Bread and Rolls	1
8501	Burgers - frozen or not frozen	5	Burgers and Kebabs	1
9502	Takeaway burger and bun	5	Burgers and Kebabs	1
9503	Takeaway kebabs	5	Burgers and Kebabs	1
110301	Small or single burgers	5	Burgers and Kebabs	1
110302	Large or double burgers	5	Burgers and Kebabs	1
110401	Kebabs - all types including chicken	5	Burgers and Kebabs	1
13501	Butter	6	Butter	1
27001	Cakes and pastries, not frozen	7	Cakes, Pastries and Puddings	1
27002	Takeaway pastries	7	Cakes, Pastries and Puddings	1
28601	Puddings	7	Cakes, Pastries and Puddings	1
29402	Cakes and pastries - frozen	7	Cakes, Pastries and Puddings	1
29907	Cake, pudding and dessert mixes	7	Cakes, Pastries and Puddings	1
290201	Doughnut	7	Cakes, Pastries and Puddings	1
290202	Cream pastries e.g. chocolate éclairs, profiteroles	7	Cakes, Pastries and Puddings	1
290203	Cream sponge or gâteau (not chocolate) e.g. Victoria sandwich	7	Cakes, Pastries and Puddings	1

290204	Rich chocolate cake or chocolate gateau e.g. Death by Chocolate	7	Cakes, Pastries and Puddings	1
290205	Fruit and other pies or pastries	7	Cakes, Pastries and Puddings	1
290206	Fruit cake	7	Cakes, Pastries and Puddings	1
290207	Other sponge cakes or desserts (not cream cakes)	7	Cakes, Pastries and Puddings	1
290209	Meringue desserts including pavlova	7	Cakes, Pastries and Puddings	1
290210	Cheesecake	7	Cakes, Pastries and Puddings	1
290214	Other cakes and desserts, unspecified 'cake' or 'dessert'	7	Cakes, Pastries and Puddings	1
35001	Chocolate bars - solid	8	Chocolate Confectionery	1
35101	Chocolate bars - filled	8	Chocolate Confectionery	1
280101	Solid, unfilled chocolate bars and sweets and unspecified 'chocolate'	8	Chocolate Confectionery	1
280102	Filled chocolate-coated bars and sweets e.g. Mars, Snickers, Minstrels	8	Chocolate Confectionery	1
280103	Single chocolate (after dinner)	8	Chocolate Confectionery	1
13901	Lard, cooking fat	9	Cooking Fat	1
14805	Suet and dripping	9	Cooking Fat	1
14304	Olive Oil	10	Cooking Oil	1
14305	Other vegetable and salad oils	10	Cooking Oil	1
1701	Cream	11	Cream	1
240403	Cream - single, double, sour etc.	11	Cream	1
20002	Crisps and potato snacks	12	Crisps and Savoury Snacks	1
29909	Cereal snacks	12	Crisps and Savoury Snacks	1
29916	Takeaway crisps, savoury snacks, popcorn, poppadums, prawn crackers	12	Crisps and Savoury Snacks	1
310102	Potato crisps or snacks including unspecified 'crisps', prawn crackers	12	Crisps and Savoury Snacks	1
310103	Cornsnacks, based on maize	12	Crisps and Savoury Snacks	1
310104	Wheat based savoury snack	12	Crisps and Savoury Snacks	1
100101	Meat or fish based curry with sauce	13	Eaten Out Main Meal Component	1
100102	Meat or fish based curry without sauce	13	Eaten Out Main Meal Component	1
100103	Vegetable or fruit based curry	13	Eaten Out Main Meal Component	1
100104	Dhal and dhal dishes	13	Eaten Out Main Meal Component	1
100108	Indian buffet or shared meal or unspecified Indian meal	13	Eaten Out Main Meal Component	1
100201	Chinese or Thai meat or fish based dishes excluding curry	13	Eaten Out Main Meal Component	1
100202	Chop suey and fu yung dishes	13	Eaten Out Main Meal Component	1
100203	Chinese or Thai vegetable based main course dishes excluding curry	13	Eaten Out Main Meal Component	1
100204	Chinese or Thai curry	13	Eaten Out Main Meal Component	1
100207	Chinese or Thai buffet or shared meal or unspecified Chinese or Thai meal	13	Eaten Out Main Meal Component	1
100301	All other ethnic meals	13	Eaten Out Main Meal Component	1
110502	Meat pies (potato topped e.g. shepherd's pie)	13	Eaten Out Main Meal Component	1
110601	Meat and vegetable stews, casseroles or hotpots	13	Eaten Out Main Meal Component	1
110602	Chicken or turkey stews, casseroles or hotpots	13	Eaten Out Main Meal Component	1
110603	Meat lasagne, cannelloni, moussaka and other meat-based oven baked dishes	13	Eaten Out Main Meal Component	1
120603	Fish based pie or other dish e.g. paella, kedgeree, tuna pasta bake	13	Eaten Out Main Meal Component	1
150601	Veggie burger, bean burger, veggie sausage, nut roast	13	Eaten Out Main Meal Component	1
150602	Vegetable lasagne, vegetable cannelloni, vegetable moussaka and other oven baked vegetable based dishes	13	Eaten Out Main Meal Component	1
150604	Vegetable based stews and casseroles and vegetable based pies	13	Eaten Out Main Meal Component	1
160301	Meat salad e.g. beef, lamb salads	13	Eaten Out Main Meal Component	1
160302	Chicken or turkey salad	13	Eaten Out Main Meal Component	1
160303	Fish salad e.g. tuna, salmon salads	13	Eaten Out Main Meal Component	1
160401	Cheese salad including ploughmans	13	Eaten Out Main Meal Component	1
160402	Egg salad	13	Eaten Out Main Meal Component	1

160601	Salad buffet or buffet meal where items not specified	13	Eaten Out Main Meal Component	1
170105	Noodles with meat, vegetables etc.	13	Eaten Out Main Meal Component	1
100105	Samosas	14	Eaten Out Side Dish	1
100106	Other Indian dishes	14	Eaten Out Side Dish	1
100205	Spring rolls	14	Eaten Out Side Dish	1
100206	Other Chinese or Thai dishes	14	Eaten Out Side Dish	1
130303	Other egg dishes e.g. egg mayonnaise	14	Eaten Out Side Dish	1
150503	Vegetables in batter or breadcrumbs and deep fried vegetables e.g. onion rings	14	Eaten Out Side Dish	1
150504	Onion and other vegetable bhajis and pakora	14	Eaten Out Side Dish	1
150603	Stuffed vegetables (e.g. stuffed pepper) and vegetable based starter	14	Eaten Out Side Dish	1
160201	Vegetable or fruit and nut salad - with dressing	14	Eaten Out Side Dish	1
160501	Other salads e.g. Greek, Florida, Russian	14	Eaten Out Side Dish	1
12901	Eggs	15	Eggs	1
130301	Eggs - boiled or poached	15	Eggs	1
130302	Eggs - scrambled, fried, omelettes or unspecified 'egg'	15	Eggs	1
26401	Flour	16	Flour	1
21001	Fresh oranges	17	Fruit	1
21401	Other fresh citrus fruits	17	Fruit	1
21701	Fresh apples	17	Fruit	1
21801	Fresh pears	17	Fruit	1
22101	Fresh stone fruit	17	Fruit	1
22201	Fresh grapes	17	Fruit	1
22701	Other fresh soft fruit	17	Fruit	1
22801	Fresh bananas	17	Fruit	1
22901	Fresh melons	17	Fruit	1
23101	Other fresh fruit	17	Fruit	1
23301	Tinned peaches, pears and pineapples	17	Fruit	1
23601	All other tinned or bottled fruit	17	Fruit	1
24001	Dried fruit	17	Fruit	1
24101	Frozen strawberries, apple slices, peach halves, oranges and other frozen fruits	17	Fruit	1
200101	All citrus fruit, fresh e.g. orange, grapefruit	17	Fruit	1
200102	Banana, fresh	17	Fruit	1
200103	Apples, fresh	17	Fruit	1
200104	Pears, fresh	17	Fruit	1
200105	Stone fruit, fresh e.g. apricot, plum, peach, cherry, avocado	17	Fruit	1
200106	Grapes, fresh	17	Fruit	1
200107	Soft fruit or berries, fresh e.g. strawberries, blackberries - without cream or ice cream	17	Fruit	1
200108	Melon, fresh	17	Fruit	1
200109	Pineapple, fresh	17	Fruit	1
200110	Fresh fruit salad - without cream or ice cream	17	Fruit	1
200111	Other fresh fruit (kiwi, passion) and unspecified 'fruit'	17	Fruit	1
200112	Free school fruit	17	Fruit	1
200201	Dried fruit e.g. sultanas, raisins	17	Fruit	1
200301	Tinned, stewed, baked or processed fruit - without cream or ice cream	17	Fruit	1
240301	Fruit filling e.g. peaches for pancakes	17	Fruit	1
19603	Vegetable juices e.g. tomato juice, carrot juice	18	Fruit (and veg) juice	1
24801	Pure fruit juices	18	Fruit (and veg) juice	1
260204	Pure fruit juices	18	Fruit (and veg) juice	1

260205	Vegetable juices e.g. tomato juice, carrot juice	18	Fruit (and veg) juice	1
2201	Hard cheese - Cheddar type	19	Full Fat Cheese	1
2202	Hard cheese - Other UK or foreign equivalent	19	Full Fat Cheese	1
130103	Cheddar, blue or other hard cheese and unspecified 'cheese'	19	Full Fat Cheese	1
1603	Dairy desserts - not frozen	20	Ice Cream and Dairy Desserts	1
33203	Ice cream tub or block	20	Ice Cream and Dairy Desserts	1
33302	Ice cream cornets, choc-ices, lollies with ice cream	20	Ice Cream and Dairy Desserts	1
33303	Ice lollies, sorbet, frozen mousse, frozen yoghurt	20	Ice Cream and Dairy Desserts	1
33304	Takeaway ice cream, ice cream products, milkshakes	20	Ice Cream and Dairy Desserts	1
290101	Ice cream in a cone, cornet or wafer and ice cream desserts	20	Ice Cream and Dairy Desserts	1
290103	Ice cream scoop or tub including ice cream served with dessert	20	Ice Cream and Dairy Desserts	1
290211	Fool, trifle and mousse desserts	20	Ice Cream and Dairy Desserts	1
15101	Jams and fruit curds	21	Jam, marmalade, honey and sweet spreads	1
15201	Marmalade	21	Jam, marmalade, honey and sweet spreads	1
15301	Syrup, treacle	21	Jam, marmalade, honey and sweet spreads	1
15401	Honey	21	Jam, marmalade, honey and sweet spreads	1
32303	Other spreads and dressings	21	Jam, marmalade, honey and sweet spreads	1
240106	Sweet sauce e.g. syrup, treacle, chocolate sauce	21	Jam, marmalade, honey and sweet spreads	1
240107	Fruit or vegetable based condiments	21	Jam, marmalade, honey and sweet spreads	1
240402	Jam, marmalade and honey	21	Jam, marmalade, honey and sweet spreads	1
32901	Jelly squares or crystals	22	Jelly, Ice Lollies and Sorbets	1
290104	Iced lollies and sorbets	22	Jelly, Ice Lollies and Sorbets	1
290212	Jelly	22	Jelly, Ice Lollies and Sorbets	1
2205	Cottage cheese	23	Low Fat Cheese	1
130101	Cottage cheese including with pineapple	23	Low Fat Cheese	1
28205	Other breakfast cereals	24	Low fibre and lower NMES Breakfast Cereal	1
28204	Sweetened breakfast cereals	25	Low fibre or high NMES Breakfast Cereal	1
190103	Sweetened breakfast cereals e.g. Frosties, Sugar Puffs	25	Low fibre or high NMES Breakfast Cereal	1
190105	Other breakfast cereals and unspecified 'cereal' e.g. Cornflakes, Rice Krispies, Special K	25	Low fibre or high NMES Breakfast Cereal	1
8302	Meat pies - ready to eat	26	Meat Filled Pastry	1
8303	Sausage rolls - ready to eat	26	Meat Filled Pastry	1
8401	Meat pies, pasties and puddings - frozen or not frozen	26	Meat Filled Pastry	1
9501	Takeaway meat pies and pasties	26	Meat Filled Pastry	1
110501	Meat pies (pastry topped) and pasties	26	Meat Filled Pastry	1
110503	Sausage roll (pastry)	26	Meat Filled Pastry	1
2203	Hard cheese - Edam or other foreign	27	Medium Fat Cheese	1
2206	Soft natural cheese	27	Medium Fat Cheese	1
2301	Processed cheese	27	Medium Fat Cheese	1
130102	Soft, continental or processed cheese e.g. brie	27	Medium Fat Cheese	1
31201	Cocoa and chocolate drinks	28	Milk Drinks	1
31301	Malt drinks and chocolate versions of malted drinks	28	Milk Drinks	1
250106	Hot chocolate or cocoa, with milk or water	28	Milk Drinks	1
28502	Canned or fresh carton custard	29	Milk Puddings	1
28503	All canned milk puddings	29	Milk Puddings	1
240404	Custard	29	Milk Puddings	1
290208	Custard desserts or sweet soufflé	29	Milk Puddings	1
290213	Milk and rice puddings including tapioca, semolina	29	Milk Puddings	1
29915	Quiches and flans - frozen and not frozen	30	Non Meat Savoury Pastry	1

130104	Quiche and cheese pies or pasties	30	Non Meat Savoury Pastry	1
24502	Nuts & edible seeds	31	Nuts	1
310101	Nuts, nut products and seeds	31	Nuts	1
26303	Malt bread and fruit loaves	32	Other Baked Goods	1
26308	Other breads	32	Other Baked Goods	1
26311	Takeaway breads	32	Other Baked Goods	1
26701	Buns, scones and teacakes	32	Other Baked Goods	1
100107	Indian breads	32	Other Baked Goods	1
220105	Garlic bread	32	Other Baked Goods	1
220106	Croissant	32	Other Baked Goods	1
220107	Continental breads e.g. pitta, ciabatta, focaccia	32	Other Baked Goods	1
220109	Fried bread, including croutons	32	Other Baked Goods	1
290301	Waffles and pancakes	32	Other Baked Goods	1
290401	Teacakes, scones, currant buns, iced buns	32	Other Baked Goods	1
6201	Corned beef - canned or sliced	33	Other processed meat	1
6601	Other cooked meat	33	Other processed meat	1
7102	Other canned meat and canned meat products	33	Other processed meat	1
8902	Other convenience meat products - frozen or not frozen	33	Other processed meat	1
9301	Pate	33	Other processed meat	1
9403	Meat pastes and spreads	33	Other processed meat	1
9506	Takeaway miscellaneous meats	33	Other processed meat	1
110701	All pates	33	Other processed meat	1
110801	Other meat products or dishes	33	Other processed meat	1
28702	Dried rice	34	Pasta, Rice and Noodles	1
28703	Cooked rice	34	Pasta, Rice and Noodles	1
28704	Takeaway rice	34	Pasta, Rice and Noodles	1
29501	Canned pasta	34	Pasta, Rice and Noodles	1
29502	Dried and fresh pasta	34	Pasta, Rice and Noodles	1
29503	Takeaway pasta and noodles	34	Pasta, Rice and Noodles	1
160202	Pasta, rice, mixed bean or cereal-based salads - with dressing	34	Pasta, Rice and Noodles	1
170101	Fried rice and risotto	34	Pasta, Rice and Noodles	1
170102	All cooked rice excluding fried rice e.g. boiled, pilau, savoury	34	Pasta, Rice and Noodles	1
170103	Pasta - not filled and plain noodles (including pot noodle) - without sauce	34	Pasta, Rice and Noodles	1
170104	Pasta - filled e.g. ravioli, tortellini - without sauce	34	Pasta, Rice and Noodles	1
24503	Peanut butter	35	Peanut Butter	1
29601	Pizzas - frozen and not frozen	36	Pizza	1
29602	Takeaway pizza	36	Pizza	1
130201	Pizza - cheese and tomato, vegetable or unspecified 'pizza'	36	Pizza	1
130202	Pizza - meat, fish or poultry	36	Pizza	1
15501	Potatoes - bought Jan-Aug, previous year's crop	37	Potatoes	1
15502	Potatoes - bought Jan-Aug, this year's crop	37	Potatoes	1
15503	Potatoes - bought Sep-Dec, current crop or new imported	37	Potatoes	1
15504	Fresh potatoes not specified elsewhere	37	Potatoes	1
15505	Fresh new potatoes	37	Potatoes	1
15506	Fresh baking potatoes	37	Potatoes	1
19901	Canned potatoes	37	Potatoes	1
140103	Potatoes - boiled or unspecified 'potato'	37	Potatoes	1
140104	Potatoes - mashed	37	Potatoes	1

140105	Potatoes - roast	37	Potatoes	1
140106	Sautéed potatoes, potato croquettes, hash browns etc.	37	Potatoes	1
140107	Baked or jacket potatoes - without filling	37	Potatoes	1
140108	Other potato dishes (e.g. wedges, potato salad) including unspecified 'potato dish'	37	Potatoes	1
5903	Cooked chicken and turkey	38	Poultry	1
7401	Chicken - whole or part	38	Poultry	1
7703	Turkey - whole or part	38	Poultry	1
7704	Poultry other than chicken or turkey	38	Poultry	1
110201	Chicken or turkey with sauce or gravy	38	Poultry	1
110202	Chicken or turkey in breadcrumbs or batter	38	Poultry	1
110203	Duck with sauce or gravy	38	Poultry	1
11801	Takeaway fish	39	Processed Fish	1
12001	Other tinned or bottled fish	39	Processed Fish	1
12304	Takeaway fish products	39	Processed Fish	1
120601	Fish, processed, in breadcrumbs (fish fingers, fish cakes, scampi) - without sauce or dressing	39	Processed Fish	1
120602	Fish burgers (in bun)	39	Processed Fish	1
240304	Fish based filling e.g. tuna mayonnaise	39	Processed Fish	1
19702	Chips - frozen or not frozen	40	Processed Potatoes	1
19703	Takeaway chips	40	Processed Potatoes	1
19801	Instant potato	40	Processed Potatoes	1
20101	Other potato products - frozen or not frozen	40	Processed Potatoes	1
140101	Chips and French fries - from fast food outlet e.g. McDonalds	40	Processed Potatoes	1
140102	Chips - served with meal e.g. from restaurant or chip shop	40	Processed Potatoes	1
5904	Takeaway chicken	41	Processed Poultry	1
110303	Chicken burger	41	Processed Poultry	1
8901	Complete meat-based ready meals - frozen or not frozen	42	Ready Meals	1
12103	Ready meals and other fish products - frozen or not frozen	42	Ready Meals	1
20601	Ready meals and other vegetable products - frozen or not frozen	42	Ready Meals	1
14802	Reduced fat spreads	43	Reduced and Low Fat Spread	1
14803	Low fat spreads	43	Reduced and Low Fat Spread	1
26309	Sandwiches	44	Sandwiches	1
26310	Sandwiches from takeaway	44	Sandwiches	1
230101	Meat based sandwich on white bread or roll	44	Sandwiches	1
230102	Meat based sandwich on brown bread or roll	44	Sandwiches	1
230103	Meat based sandwich bread not specified	44	Sandwiches	1
230104	Chicken or turkey based sandwich on white bread or roll	44	Sandwiches	1
230105	Chicken or turkey based sandwich on brown bread or roll	44	Sandwiches	1
230106	Chicken or turkey based sandwich bread not specified	44	Sandwiches	1
230107	Bacon and egg based sandwich on white bread or roll including Bacon and Egg McMuffin	44	Sandwiches	1
230108	Bacon and egg based sandwich on brown bread or roll	44	Sandwiches	1
230109	Bacon and egg based sandwich bread not specified	44	Sandwiches	1
230110	Fish based sandwich on white bread or roll	44	Sandwiches	1
230111	Fish based sandwich on brown bread or roll	44	Sandwiches	1
230112	Fish based sandwich bread not specified	44	Sandwiches	1
230201	Cheese based sandwich on white bread or roll	44	Sandwiches	1

230202	Cheese based sandwich on brown bread or roll	44	Sandwiches	1
230203	Cheese based sandwich bread not specified	44	Sandwiches	1
230204	Egg based sandwich on white bread or roll including Egg McMuffin	44	Sandwiches	1
230205	Egg based sandwich on brown bread or roll	44	Sandwiches	1
230206	Egg based sandwich bread not specified	44	Sandwiches	1
230207	Vegetarian based sandwich on white bread or roll	44	Sandwiches	1
230208	Vegetarian based sandwich on brown bread or roll	44	Sandwiches	1
230209	Vegetarian based sandwich bread not specified	44	Sandwiches	1
230210	Sweet-filled sandwich	44	Sandwiches	1
230211	Unspecified sandwiches or rolls	44	Sandwiches	1
7901	Sausages, uncooked - pork	45	Sausages	1
8001	Sausages, uncooked - beef etc.	45	Sausages	1
9302	Delicatessen type sausages	45	Sausages	1
9504	Takeaway sausages and saveloys	45	Sausages	1
110402	Plain sausages e.g. beef, pork	45	Sausages	1
110403	Other sausages	45	Sausages	1
110404	Hot dogs and sausage sandwiches	45	Sausages	1
27101	Crispbread	46	Savoury Biscuits	1
27403	Cream crackers and other unsweetened biscuits	46	Savoury Biscuits	1
300104	Savoury biscuits	46	Savoury Biscuits	1
32302	Salad dressings	47	Savoury Sauces and Dressings	1
32702	Pickles	47	Savoury Sauces and Dressings	1
32703	Sauces	47	Savoury Sauces and Dressings	1
32704	Takeaway sauces and mayonnaise	47	Savoury Sauces and Dressings	1
240101	Cheese or cream based sauce e.g. carbonara, cauliflower cheese	47	Savoury Sauces and Dressings	1
240102	Meat-based sauce e.g. bolognese, chilli con carne	47	Savoury Sauces and Dressings	1
240103	Fish or seafood based sauce	47	Savoury Sauces and Dressings	1
240104	Tomato based sauce containing vegetables including ratatouille	47	Savoury Sauces and Dressings	1
240105	Other savoury sauce or unspecified 'sauce'	47	Savoury Sauces and Dressings	1
240108	Other condiments or sauces	47	Savoury Sauces and Dressings	1
240201	Salad dressings and dips	47	Savoury Sauces and Dressings	1
240202	Mayonnaise	47	Savoury Sauces and Dressings	1
240203	Coleslaw	47	Savoury Sauces and Dressings	1
1503	Semi-skimmed milk	48	Semi-skimmed Milk	1
1502	Fully skimmed milk	49	Skimmed Milk	1
13801	Soft margarine	50	Soft Margarine	1
31801	Soups - canned or cartons	51	Soup	1
31901	Soups - dehydrated or powdered	51	Soup	1
32001	Soups - from takeaway	51	Soup	1
180101	Meat & fish soups	51	Soup	1
180102	Vegetable based soups	51	Soup	1
180103	Chinese soups, consommé (meat, fish or veg)	51	Soup	1
180104	Other soups including unspecified 'soup'	51	Soup	1
13501	Butter	52	Total Spreading Fats	1
13801	Soft margarine	52	Total Spreading Fats	1
14802	Reduced fat spreads	52	Total Spreading Fats	1
14803	Low fat spreads	52	Total Spreading Fats	1
240401	Butter and margarine	52	Spreading Fats	1

15001	Sugar	53	Sugar	1
240405	Sugar (as an addition to tea, coffee etc.)	53	Sugar	1
35301	Mints	54	Sugar Confectionery	1
35302	Boiled sweets	54	Sugar Confectionery	1
35401	Fudges, toffees, caramels	54	Sugar Confectionery	1
35501	Takeaway confectionery	54	Sugar Confectionery	1
280105	Mints e.g. Polo, Extra Strong	54	Sugar Confectionery	1
280106	Boiled sweets, jellies and unspecified 'sweets' e.g. fruit gums	54	Sugar Confectionery	1
280107	Uncoated toffee or fudge, uncoated e.g. Toffos, chocolate eclairs, caramels	54	Sugar Confectionery	1
280108	Pick 'n' mix, nougat, liquorice and other sweets	54	Sugar Confectionery	1
34001	Soft drinks, concentrated, not low calorie	55	Sugar Containing Soft Drinks	1
34101	Soft drinks, not concentrated, not low calorie	55	Sugar Containing Soft Drinks	1
38501	Spirits with mixer	55	Sugar Containing Soft Drinks	0.85
38901	Alcopops	55	Sugar Containing Soft Drinks	0.85
260203	Soft drink (incl carbonates & still) - not low calorie (including drinks where calorie content unspecified)	55	Sugar Containing Soft Drinks	1
260206	Soft drink where pure juice or juice drink not specified	55	Sugar Containing Soft Drinks	1
270104	Spirits or liqueurs with mixer e.g. gin & tonic, Bacardi & coke	55	Sugar Containing Soft Drinks	0.85
270206	Alcoholic soft drinks (alcopops), and ready-mixed bottled drinks	55	Sugar Containing Soft Drinks	0.85
34301	Soft drinks, concentrated, low calorie	56	Sugar Free Soft Drinks	1
34401	Soft drinks, not concentrated, low calorie	56	Sugar Free Soft Drinks	1
260202	Soft drink (incl carbonates and still) - low calorie	56	Sugar Free Soft Drinks	1
27402	Sweet biscuits (not chocolate) and cereal bars	57	Sweet Biscuits	1
27702	Chocolate biscuits	57	Sweet Biscuits	1
300101	Fully-coated chocolate biscuits or wafers	57	Sweet Biscuits	1
300102	Sweet biscuits including half-coated chocolate biscuits	57	Sweet Biscuits	1
300103	Cereal bars and cereal based cakes	57	Sweet Biscuits	1
9505	Takeaway meat based meals	58	Takeaway Main Meal Component	1
12305	Takeaway fish based meals	58	Takeaway Main Meal Component	1
20604	All vegetable takeaway products	58	Takeaway Main Meal Component	1
28101	Oatmeal and oat products	59	Total Breakfast Cereal	1
28202	Muesli	59	Total Breakfast Cereal	1
28203	High fibre breakfast cereals	59	Total Breakfast Cereal	1
28204	Sweetened breakfast cereals	59	Total Breakfast Cereal	1
28205	Other breakfast cereals	59	Total Breakfast Cereal	1
190101	Muesli and oat crunch cereals	59	Total Breakfast Cereal	1
190102	Other high fibre breakfast cereals e.g. Allbran, Weetabix	59	Total Breakfast Cereal	1
190103	Sweetened breakfast cereals e.g. Frosties, Sugar Puffs	59	Total Breakfast Cereal	1
190104	Hot breakfast cereals e.g. porridge, Ready Brek	59	Total Breakfast Cereal	1
190105	Other breakfast cereals and unspecified 'cereal' e.g. Cornflakes, Rice Krispies, Special K	59	Total Breakfast Cereal	1
2201	Hard cheese - Cheddar type	60	Total Cheese	1
2202	Hard cheese - Other UK or foreign equivalent	60	Total Cheese	1
2203	Hard cheese - Edam or other foreign	60	Total Cheese	1
2205	Cottage cheese	60	Total Cheese	1
2206	Soft natural cheese	60	Total Cheese	1
2301	Processed cheese	60	Total Cheese	1

130101	Cottage cheese including with pineapple	60	Total Cheese	2
130105	Other cheese dishes e.g. Welsh rarebit, cheese and biscuits	60	Total Cheese	1
240303	Cheese filling including cheddar cheese, cottage cheese	60	Total Cheese	1
16201	Fresh cabbages	61	Total Fruit and Vegetables	1
16301	Fresh Brussels sprouts	61	Total Fruit and Vegetables	1
16401	Fresh cauliflower	61	Total Fruit and Vegetables	1
16701	Lettuce and leafy salads	61	Total Fruit and Vegetables	1
16702	Prepared lettuce salads	61	Total Fruit and Vegetables	1
16801	Fresh peas	61	Total Fruit and Vegetables	1
16901	Fresh beans	61	Total Fruit and Vegetables	1
17101	Other fresh green vegetables	61	Total Fruit and Vegetables	1
17201	Fresh carrots	61	Total Fruit and Vegetables	1
17301	Fresh turnips and swede	61	Total Fruit and Vegetables	1
17401	Other fresh root vegetables	61	Total Fruit and Vegetables	1
17501	Fresh onions, leeks and shallots	61	Total Fruit and Vegetables	1
17601	Fresh cucumbers	61	Total Fruit and Vegetables	1
17701	Fresh mushrooms	61	Total Fruit and Vegetables	1
17801	Fresh tomatoes	61	Total Fruit and Vegetables	1
18301	Fresh vegetable stewpack, stirfry pack etc.	61	Total Fruit and Vegetables	1
18302	Fresh stem vegetables	61	Total Fruit and Vegetables	1
18303	Fresh marrow, courgettes, aubergine, pumpkin and other vegetables	61	Total Fruit and Vegetables	1
18304	Fresh herbs	61	Total Fruit and Vegetables	1
18401	Tomatoes, canned or bottled	61	Total Fruit and Vegetables	1
18501	Peas, canned	61	Total Fruit and Vegetables	1
18802	Baked beans in sauce	61	Total Fruit and Vegetables	1
18803	Other canned beans and pulses	61	Total Fruit and Vegetables	1
19101	Other canned vegetables	61	Total Fruit and Vegetables	1
19201	Dried pulses, other than air-dried	61	Total Fruit and Vegetables	1
19501	Air-dried vegetables	61	Total Fruit and Vegetables	1
19602	Tomato puree and vegetable purees	61	Total Fruit and Vegetables	1
19603	Vegetable juices e.g. tomato juice, carrot juice	61	Total Fruit and Vegetables	1
20301	Peas, frozen	61	Total Fruit and Vegetables	1
20401	Beans, frozen	61	Total Fruit and Vegetables	1
20801	Other frozen vegetables	61	Total Fruit and Vegetables	1
21001	Fresh oranges	61	Total Fruit and Vegetables	1
21401	Other fresh citrus fruits	61	Total Fruit and Vegetables	1
21701	Fresh apples	61	Total Fruit and Vegetables	1
21801	Fresh pears	61	Total Fruit and Vegetables	1
22101	Fresh stone fruit	61	Total Fruit and Vegetables	1
22201	Fresh grapes	61	Total Fruit and Vegetables	1
22701	Other fresh soft fruit	61	Total Fruit and Vegetables	1
22801	Fresh bananas	61	Total Fruit and Vegetables	1
22901	Fresh melons	61	Total Fruit and Vegetables	1
23101	Other fresh fruit	61	Total Fruit and Vegetables	1
23301	Tinned peaches, pears and pineapples	61	Total Fruit and Vegetables	1
23601	All other tinned or bottled fruit	61	Total Fruit and Vegetables	1
24001	Dried fruit	61	Total Fruit and Vegetables	1
24101	Frozen strawberries, apple slices, peach halves, oranges and other frozen fruits	61	Total Fruit and Vegetables	1

24801	Pure fruit juices	61	Total Fruit and Vegetables	1
150101	Lettuce and cress	61	Total Fruit and Vegetables	1
150102	Other green vegetables e.g. spinach, cabbage, sprouts	61	Total Fruit and Vegetables	1
150201	Peppers - raw or cooked	61	Total Fruit and Vegetables	1
150202	Courgettes, marrow, aubergine, pumpkin, plantain, cucumbers	61	Total Fruit and Vegetables	1
150203	Peas and sweetcorn	61	Total Fruit and Vegetables	1
150204	Baked beans and other beans (not green beans) and pulses	61	Total Fruit and Vegetables	1
150205	Tomato - fresh or raw	61	Total Fruit and Vegetables	1
150206	Tomato - cooked or processed	61	Total Fruit and Vegetables	1
150301	Carrots	61	Total Fruit and Vegetables	1
150302	Onions - raw, cooked or unspecified 'onions'	61	Total Fruit and Vegetables	1
150303	Onions - fried	61	Total Fruit and Vegetables	1
150304	Other root vegetables or tubers e.g. turnip, parsnip, radish, beetroot	61	Total Fruit and Vegetables	1
150401	Mushrooms - raw or cooked	61	Total Fruit and Vegetables	1
150501	Mixed vegetables or unspecified 'vegetable'	61	Total Fruit and Vegetables	1
150502	Other vegetables e.g. artichoke, asparagus	61	Total Fruit and Vegetables	1
160101	Mixed salad, main course - without dressing	61	Total Fruit and Vegetables	1
160102	Mixed salad, side dish - without dressing - including unspecified 'salad'	61	Total Fruit and Vegetables	1
160103	Green salad - without dressing	61	Total Fruit and Vegetables	1
200101	All citrus fruit, fresh e.g. orange, grapefruit	61	Total Fruit and Vegetables	1
200102	Banana, fresh	61	Total Fruit and Vegetables	1
200103	Apples, fresh	61	Total Fruit and Vegetables	1
200104	Pears, fresh	61	Total Fruit and Vegetables	1
200105	Stone fruit, fresh e.g. apricot, plum, peach, cherry, avocado	61	Total Fruit and Vegetables	1
200106	Grapes, fresh	61	Total Fruit and Vegetables	1
200107	Soft fruit or berries, fresh e.g. strawberries, blackberries - without cream or ice cream	61	Total Fruit and Vegetables	1
200108	Melon, fresh	61	Total Fruit and Vegetables	1
200109	Pineapple, fresh	61	Total Fruit and Vegetables	1
200110	Fresh fruit salad - without cream or ice cream	61	Total Fruit and Vegetables	1
200111	Other fresh fruit (kiwi, passion) and unspecified 'fruit'	61	Total Fruit and Vegetables	1
200112	Free school fruit	61	Total Fruit and Vegetables	1
200201	Dried fruit e.g. sultanas, raisins	61	Total Fruit and Vegetables	1
200301	Tinned, stewed, baked or processed fruit - without cream or ice cream	61	Total Fruit and Vegetables	1
240301	Fruit filling e.g. peaches for pancakes	61	Total Fruit and Vegetables	1
240302	Vegetable filling	61	Total Fruit and Vegetables	1
260204	Pure fruit juices	61	Total Fruit and Vegetables	1
260205	Vegetable juices e.g. tomato juice, carrot juice	61	Total Fruit and Vegetables	1
402	UHT whole milk	62	Total Milk	1
403	Sterilised whole milk	62	Total Milk	1
404	Pasteurised or homogenised whole milk	62	Total Milk	1
601	Welfare milk	62	Total Milk	1
901	Condensed or evaporated milk	62	Total Milk	1
1102	Infant or baby milks - ready to drink	62	Total Milk	1
1103	Infant or baby milks - dried	62	Total Milk	1
1201	Instant dried milk	62	Total Milk	1
1502	Fully skimmed milk	62	Total Milk	1
1503	Semi-skimmed milk	62	Total Milk	1
1605	Dried milk products	62	Total Milk	1

1606	Milk drinks & other milks (replaced 200405 onwards)	62	Total Milk	1
1607	Milk drinks & other milks	62	Total Milk	1
1608	Non-dairy milk substitutes	62	Total Milk	1
260301	Milk as a drink	62	Total Milk	1
260302	Milk on cereal	62	Total Milk	1
260303	Milkshake and flavoured milk	62	Total Milk	1
260304	Free school milk	62	Total Milk	1
5502	Bacon and ham joints, uncooked	63	Total Processed Red Meat	1
5505	Bacon and ham rashers, uncooked	63	Total Processed Red Meat	1
5801	Ham and bacon	63	Total Processed Red Meat	1
6201	Corned beef - canned or sliced	63	Total Processed Red Meat	1
6601	Other cooked meat	63	Total Processed Red Meat	1
7102	Other canned meat and canned meat products	63	Total Processed Red Meat	1
7901	Sausages, uncooked - pork	63	Total Processed Red Meat	1
8001	Sausages, uncooked - beef etc.	63	Total Processed Red Meat	1
8302	Meat pies - ready to eat	63	Total Processed Red Meat	1
8303	Sausage rolls - ready to eat	63	Total Processed Red Meat	1
8401	Meat pies, pasties and puddings - frozen or not frozen	63	Total Processed Red Meat	1
8501	Burgers - frozen or not frozen	63	Total Processed Red Meat	1
8902	Other convenience meat products - frozen or not frozen	63	Total Processed Red Meat	1
9301	Pate	63	Total Processed Red Meat	1
9302	Delicatessen type sausages	63	Total Processed Red Meat	1
9403	Meat pastes and spreads	63	Total Processed Red Meat	1
9501	Takeaway meat pies and pasties	63	Total Processed Red Meat	1
9502	Takeaway burger and bun	63	Total Processed Red Meat	1
9503	Takeaway kebabs	63	Total Processed Red Meat	1
9504	Takeaway sausages and saveloys	63	Total Processed Red Meat	1
9506	Takeaway miscellaneous meats	63	Total Processed Red Meat	1
110106	Bacon	63	Total Processed Red Meat	1
110107	Gammon or ham	63	Total Processed Red Meat	1
110301	Small or single burgers	63	Total Processed Red Meat	1
110302	Large or double burgers	63	Total Processed Red Meat	1
110401	Kebabs - all types including chicken	63	Total Processed Red Meat	1
110402	Plain sausages e.g. beef, pork	63	Total Processed Red Meat	1
110403	Other sausages	63	Total Processed Red Meat	1
110404	Hot dogs and sausage sandwiches	63	Total Processed Red Meat	1
110501	Meat pies (pastry topped) and pasties	63	Total Processed Red Meat	1
110503	Sausage roll (pastry)	63	Total Processed Red Meat	1
110701	All pates	63	Total Processed Red Meat	1
110801	Other meat products or dishes	63	Total Processed Red Meat	1
10201	White fish, fresh or chilled	64	Unprocessed Fish	1
10202	White fish, frozen	64	Unprocessed Fish	1
10601	Herrings and other blue fish, fresh or chilled	64	Unprocessed Fish	1
10602	Herrings and other blue fish, frozen	64	Unprocessed Fish	1
10701	Salmon, fresh or chilled	64	Unprocessed Fish	1
10702	Salmon, frozen	64	Unprocessed Fish	1
10801	Blue fish, dried or salted or smoked	64	Unprocessed Fish	1
11401	White fish, dried or salted or smoked	64	Unprocessed Fish	1

11702	Shellfish, fresh or chilled	64	Unprocessed Fish	1
11703	Shellfish, frozen	64	Unprocessed Fish	1
11901	Tinned salmon	64	Unprocessed Fish	1
120101	White fish - grilled, steamed, baked or boiled - without sauce	64	Unprocessed Fish	1
120102	White fish - fried (incl in batter/breadcrumbs) - without sauce	64	Unprocessed Fish	1
120201	Trout, tuna and salmon only - fresh - without sauce or dressing	64	Unprocessed Fish	1
120202	Other fatty fish - without sauce or dressing e.g. herring, mackerel, sardines	64	Unprocessed Fish	1
120301	Shellfish - without sauce or dressing e.g. prawns, shrimps, oysters, crab	64	Unprocessed Fish	1
120401	Kippers and other smoked fish e.g. smoked salmon	64	Unprocessed Fish	1
120501	Other fish products and unspecified 'fish' e.g. squid, sushi, crabsticks	64	Unprocessed Fish	1
3102	Beef joints - on the bone	65	Unprocessed Red Meat	1
3103	Beef joints - boned	65	Unprocessed Red Meat	1
3104	Beef steak - less expensive	65	Unprocessed Red Meat	1
3105	Beef steak - more expensive	65	Unprocessed Red Meat	1
3106	Minced beef	65	Unprocessed Red Meat	1
3107	All other beef and veal	65	Unprocessed Red Meat	1
3601	Mutton	65	Unprocessed Red Meat	1
3602	Lamb joints	65	Unprocessed Red Meat	1
3603	Lamb chops	65	Unprocessed Red Meat	1
3604	All other lamb	65	Unprocessed Red Meat	1
4101	Pork joints	65	Unprocessed Red Meat	1
4102	Pork chops	65	Unprocessed Red Meat	1
4103	Pork fillets and steaks	65	Unprocessed Red Meat	1
4104	All other pork	65	Unprocessed Red Meat	1
4603	Ox liver	65	Unprocessed Red Meat	1
4604	Lambs liver	65	Unprocessed Red Meat	1
4605	Pigs liver	65	Unprocessed Red Meat	1
4607	All other liver	65	Unprocessed Red Meat	1
5101	All offal other than liver	65	Unprocessed Red Meat	1
7801	Other fresh, chilled or frozen meat	65	Unprocessed Red Meat	1
110101	Steak - without sauce e.g. braised, sirloin	65	Unprocessed Red Meat	1
110102	Roast meat with sauce or gravy	65	Unprocessed Red Meat	1
110103	Pork chops with sauce or gravy	65	Unprocessed Red Meat	1
110104	Lamb chops with sauce or gravy	65	Unprocessed Red Meat	1
110105	Spare ribs	65	Unprocessed Red Meat	1
110108	All offal including liver, kidney, tongue	65	Unprocessed Red Meat	1
110204	Game with sauce or gravy	65	Unprocessed Red Meat	1
16201	Fresh cabbages	66	Vegetables	1
16301	Fresh Brussels sprouts	66	Vegetables	1
16401	Fresh cauliflower	66	Vegetables	1
16701	Lettuce and leafy salads	66	Vegetables	1
16702	Prepared lettuce salads	66	Vegetables	1
16801	Fresh peas	66	Vegetables	1
16901	Fresh beans	66	Vegetables	1
17101	Other fresh green vegetables	66	Vegetables	1
17201	Fresh carrots	66	Vegetables	1
17301	Fresh turnips and swede	66	Vegetables	1
17401	Other fresh root vegetables	66	Vegetables	1

17501	Fresh onions, leeks and shallots	66	Vegetables	1
17601	Fresh cucumbers	66	Vegetables	1
17701	Fresh mushrooms	66	Vegetables	1
17801	Fresh tomatoes	66	Vegetables	1
18301	Fresh vegetable stewpack, stirfry pack etc.	66	Vegetables	1
18302	Fresh stem vegetables	66	Vegetables	1
18303	Fresh marrow, courgettes, aubergine, pumpkin and other vegetables	66	Vegetables	1
18304	Fresh herbs	66	Vegetables	1
18401	Tomatoes, canned or bottled	66	Vegetables	1
18501	Peas, canned	66	Vegetables	1
18802	Baked beans in sauce	66	Vegetables	1
18803	Other canned beans and pulses	66	Vegetables	1
19101	Other canned vegetables	66	Vegetables	1
19201	Dried pulses, other than air-dried	66	Vegetables	1
19501	Air-dried vegetables	66	Vegetables	1
19602	Tomato puree and vegetable purees	66	Vegetables	1
20301	Peas, frozen	66	Vegetables	1
20401	Beans, frozen	66	Vegetables	1
20801	Other frozen vegetables	66	Vegetables	1
150101	Lettuce and cress	66	Vegetables	1
150102	Other green vegetables e.g. spinach, cabbage, sprouts	66	Vegetables	1
150201	Peppers - raw or cooked	66	Vegetables	1
150202	Courgettes, marrow, aubergine, pumpkin, plantain, cucumbers	66	Vegetables	1
150203	Peas and sweetcorn	66	Vegetables	1
150204	Baked beans and other beans (not green beans) and pulses	66	Vegetables	1
150205	Tomato - fresh or raw	66	Vegetables	1
150206	Tomato - cooked or processed	66	Vegetables	1
150301	Carrots	66	Vegetables	1
150302	Onions - raw, cooked or unspecified 'onions'	66	Vegetables	1
150303	Onions - fried	66	Vegetables	1
150304	Other root vegetables or tubers e.g. turnip, parsnip, radish, beetroot	66	Vegetables	1
150401	Mushrooms - raw or cooked	66	Vegetables	1
150501	Mixed vegetables or unspecified 'vegetable'	66	Vegetables	1
150502	Other vegetables e.g. artichoke, asparagus	66	Vegetables	1
160101	Mixed salad, main course - without dressing	66	Vegetables	1
160102	Mixed salad, side dish - without dressing - including unspecified 'salad'	66	Vegetables	1
160103	Green salad - without dressing	66	Vegetables	1
240302	Vegetable filling	66	Vegetables	1
402	UHT whole milk	67	Whole Milk	1
403	Sterilised whole milk	67	Whole Milk	1
404	Pasteurised or homogenised whole milk	67	Whole Milk	1
601	Welfare milk	67	Whole Milk	1
28101	Oatmeal and oat products	68	Wholegrain/ HF Breakfast Cereal	1
28202	Muesli	68	Wholegrain/ HF Breakfast Cereal	1
28203	High fibre breakfast cereals	68	Wholegrain/ HF Breakfast Cereal	1
190101	Muesli and oat crunch cereals	68	Wholegrain/ HF Breakfast Cereal	1
190102	Other high fibre breakfast cereals e.g. Allbran, Weetabix	68	Wholegrain/ HF Breakfast Cereal	1
190104	Hot breakfast cereals e.g. porridge, Ready Brek	68	Wholegrain/ HF Breakfast Cereal	1

1301	Yoghurt	69	Yoghurt and Fromage Frais	1
1302	Fromage frais	69	Yoghurt and Fromage Frais	1
210101	Yoghurt and fromage frais	69	Yoghurt and Fromage Frais	1
35001	Chocolate bars - solid	70	Total Confectionery	1
35101	Chocolate bars - filled	70	Total Confectionery	1
35301	Mints	70	Total Confectionery	1
35302	Boiled sweets	70	Total Confectionery	1
35401	Fudges, toffees, caramels	70	Total Confectionery	1
35501	Takeaway confectionery	70	Total Confectionery	1
280101	Solid, unfilled chocolate bars and sweets and unspecified 'chocolate'	70	Total Confectionery	1
280102	Filled chocolate-coated bars and sweets e.g. Mars, Snickers, Minstrels	70	Total Confectionery	1
280103	Single chocolate (after dinner)	70	Total Confectionery	1
280105	Mints e.g. Polo, Extra Strong	70	Total Confectionery	1
280106	Boiled sweets, jellies and unspecified 'sweets' e.g. fruit gums	70	Total Confectionery	1
280107	Uncoated toffee or fudge, uncoated e.g. Toffos, chocolate éclairs, caramels	70	Total Confectionery	1
280108	Pick 'n' mix, nougat, liquorice and other sweets	70	Total Confectionery	1
27402	Sweet biscuits (not chocolate) and cereal bars	71	Total Confectionery and Sweet Biscuits	1
27702	Chocolate biscuits	71	Total Confectionery and Sweet Biscuits	1
35001	Chocolate bars - solid	71	Total Confectionery and Sweet Biscuits	1
35101	Chocolate bars - filled	71	Total Confectionery and Sweet Biscuits	1
35301	Mints	71	Total Confectionery and Sweet Biscuits	1
35302	Boiled sweets	71	Total Confectionery and Sweet Biscuits	1
35401	Fudges, toffees, caramels	71	Total Confectionery and Sweet Biscuits	1
35501	Takeaway confectionery	71	Total Confectionery and Sweet Biscuits	1
280101	Solid, unfilled chocolate bars and sweets and unspecified 'chocolate'	71	Total Confectionery and Sweet Biscuits	1
280102	Filled chocolate-coated bars and sweets e.g. Mars, Snickers, Minstrels	71	Total Confectionery and Sweet Biscuits	1
280103	Single chocolate (after dinner)	71	Total Confectionery and Sweet Biscuits	1
280105	Mints e.g. Polo, Extra Strong	71	Total Confectionery and Sweet Biscuits	1
280106	Boiled sweets, jellies and unspecified 'sweets' e.g. fruit gums	71	Total Confectionery and Sweet Biscuits	1
280107	Uncoated toffee or fudge, uncoated e.g. Toffos, chocolate eclairs, caramels	71	Total Confectionery and Sweet Biscuits	1
280108	Pick 'n' mix, nougat, liquorice and other sweets	71	Total Confectionery and Sweet Biscuits	1
300101	Fully-coated chocolate biscuits or wafers	71	Total Confectionery and Sweet Biscuits	1
300102	Sweet biscuits including half-coated chocolate biscuits	71	Total Confectionery and Sweet Biscuits	1
300103	Cereal bars and cereal based cakes	71	Total Confectionery and Sweet Biscuits	1