

intakes meals  
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University of Glasgow

# Appendix 1

**Summary of TNS data on top meal choices**

**Appendix 1:**  
**Summary of TNS data on top meal choices**

<b>Top Meal Choices (2009)</b>	<b>%</b>
<b>Breakfast</b>	
Breakfast Cereals	63.8
<i>Most popular:</i>	
<i>Porridge</i>	12.5
<i>Weetabix</i>	8
<i>Cornflakes</i>	8
<hr/>	
Toast	23.6
<i>Bread types</i>	
<i>White</i>	29
<i>Wholemeal</i>	17
<hr/>	
Sandwiches	4.0
<i>Fillings</i>	
<i>Bacon</i>	30
<i>Egg</i>	10
<i>Cheese</i>	7
<i>Ham</i>	2
<i>Tuna</i>	<1
<hr/>	
All day breakfast	3.4
<hr/>	
Egg on toast	2.6
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Bacon Sandwiches (additional to sandwich category)	1.4
<hr/>	
Cheese on toast	0.8
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<b>Mid-morning Snack</b>	
Total biscuits	30.4
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Fruit	29.8
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Bread & rolls	10.2
<hr/>	
Breakfast cereals	6.1
<hr/>	
Eggs	1.9
<hr/>	
Bacon	1.6
<hr/>	
<b>Lunch</b>	

**Appendix 1:**  
**Summary of TNS data on top meal choices**

<b>Top Meal Choices (2009)</b>	<b>%</b>
Sandwiches (various)	37.3
<i>Popular Fillings</i>	
<i>Cheese</i>	28
<i>Ham</i>	24
<i>Bacon</i>	6
<i>Egg</i>	5
<i>Tuna</i>	4
<i>Bread type</i>	
<i>White</i>	27
<i>Wholemeal</i>	18
Soup	15.0
<i>Popular varieties:</i>	
<i>Tomato</i>	24
<i>Homemade (unspecified variety)</i>	22
<i>Vegetable</i>	21
Roast meat meal (including vegetables & potatoes)	8.7
Cheese sandwiches*	7.4
Ham sandwiches*	6.6
Toast (alone)	6.4
Pies/pastries/puddings	6.0
Cheese on toast	5.4
Roast chicken**	3.5
Tomato soup	3.3
<b>Mid afternoon snack</b>	
Total snack foods	76.8
Biscuits (total)	33.6
Fresh fruit	32.6
Cakes, tarts, pastries	20.9
Crisps, nuts, snacks	15.4
Confectionery (total)	14.2
Total desserts	12.9

**Appendix 1:**  
**Summary of TNS data on top meal choices**

<b>Top Meal Choices (2009)</b>	<b>%</b>
Ice cream	1.4
<b>Evening meal</b>	
Pizza	8.5
Sandwiches	8.2
Fish & chips	6.8
Sausages with boiled/mashed potatoes	6.8
Fish with boiled potatoes	4.6
Curry	4.1
Stews/casseroles	3.9
Spaghetti bolognaise	3.5
Traditional ready meals	3.3
Burgers & grill steaks	3.3
<b>Evening snack</b>	
Crisps, nuts, snacks	17
Total desserts	15.2
Confectionary (total)	14.4
Cheese (excl cheddar)	6.1
Yoghurts & cold desserts	5.2
Plain/savoury biscuits	4.8
Total sandwiches	4.4
Ice cream & mousse	0.8

\* some overlap with total sandwiches

\*\* some overlap with total roast meat meal

# Appendix 2

**Draft eatwell week menu for nutritional analysis**

day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	scrambled egg & 1 slice of wholemeal toast  Glass pure fruit juice	baked beans, 1 rasher of grilled bacon, 1 grilled sausage, tomato, poached egg, 1 slice wholemeal toast, low fat spread  Glass pure fruit juice	Porridge made with water & 1% milk 1 slice wholemeal toast & low fat spread  Cup of tea / coffee	Wholegrain cereal & 1% milk 1 slice wholemeal toast & marmalade  Glass pure fruit juice	Wholegrain cereal & 1% milk 1 slice wholemeal toast & jam  Glass pure fruit juice	Wholegrain cereal & 1% milk 1 slice wholemeal toast & low fat spread	Wholegrain cereal & 1% milk 1 slice wholemeal toast, & jam  Glass pure fruit juice
<b>Lunch</b>	Cheese and beans on toast	Tomato soup, wholemeal roll	Chicken, vegetable & lentil soup (homemade) 1 wholemeal roll Low fat spread  Low fat natural yoghurt with fresh fruit	Baked potato and low-fat tuna mayonnaise	Cheddar cheese & salad wholemeal roll  Dried fruit Apricots/prunes	Egg & cress with low fat mayonnaise baguette (shop-bought)  Low fat low sugar fruit yoghurt 1 glass pure fruit juice	Houmous & falafel pitta  Fresh fruit salad
<b>Evening Meal</b>	Raita Lamb Tikka Masala Basmati rice Chapatti Vegetable side dish  Fresh fruit salad	Roast chicken, stuffing, roast / mashed potatoes, carrots, broccoli (frozen), gravy  Apple crumble & custard (homemade)	Wholemeal pasta with ratatouille & grated parmesan cheese  Cheese & oatcakes	Shepherd's pie (turkey mince) Mixed vegetables (frozen)  Low fat low sugar custard & fruit	Steamed /baked salmon (ready meal in a bag) Boiled potatoes Boiled green beans, carrots	Spaghetti bolognaise (lean beef mince) Mixed salad Fresh fruit salad	Oven baked fish & chips with frozen peas  Rice pudding with Raisins
<b>Additional foods and drinks</b>	Fresh fruit Fruit scone, low fat spread Packet low fat crisps 2-4 glasses of water tea, coffee or diet drinks	Fresh fruit  2-4 glasses of water tea, coffee or diet drinks	Fresh fruit 2 plain digestive biscuits Toast & banana  2-4 glasses of water tea, coffee or diet drinks	Fresh fruit Fresh fruit salad Mixed nuts  2-4 glasses of water tea, coffee or diet drinks	Fresh fruit Unhealthy snack  2-4 glasses of water tea, coffee or diet drinks	2 pieces of fresh fruit Skinny latté  2-4 glasses of water tea, coffee or diet drinks	Fresh fruit Pancake/drop scone and low fat spread  2-4 glasses of water tea, coffee or diet drinks

# Appendix 3

*eatwell week* nutritional analysis



Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 1</b>															
<b>Breakfast</b>															
<b>RECIPE</b>	SCRAMBLED EGG W/ MILK		0	0	148.31	12.22	10.68	3.11	0.85	0.00	0.00	180.39	0.08	0.39	0.11
		120	0	0	177.98	14.66	12.81	3.73	1.02	0.00	0.00	216.46	0.10	0.46	0.13
	<b>172</b> ROLLS WHOLEMEAL TOASTED				301.00	12.80	4.10	0.74	56.90	0.00	5.40	0.00	0.26	0.06	4.70
		40	0	0	120.40	5.12	1.64	0.30	22.76	0.00	2.16	0.00	0.10	0.02	1.88
	<b>9510</b> REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
	<b>2337</b> ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	0	0	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		320	0	0	414.58	20.58	21.45	5.68	37.21	13.35	2.31	257.76	0.33	0.52	2.31
<b>Lunch</b>															
	<b>138</b> BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
	<b>9510</b> REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
	<b>661</b> CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0	0	416.00	25.40	34.90	21.68	0.10	0.00	0.00	388.00	0.03	0.39	0.10
		20	0	0	83.20	5.08	6.98	4.34	0.02	0.00	0.00	77.60	0.01	0.08	0.02
	<b>2646</b> BEANS BAKED CANNED LOW SUGAR/ NO ADDED SUGAR		0	0	74.00	5.40	0.60	0.10	12.80	2.40	3.80	13.00	0.09	0.06	0.50
		200	1	80	148.00	10.80	1.20	0.20	25.60	4.80	7.60	26.00	0.18	0.12	1.00
<b>MEAL</b>		270	1	80	400.20	20.69	16.19	6.37	46.34	4.80	9.56	140.40	0.30	0.22	2.54
<b>Evening meal</b>															
	<b>10287</b> POPPADOMS/PAPPADOMS READY TO EAT PURCHASED OR RETAIL		0	0	425.00	16.20	19.60	2.29	49.00	0.00	6.50	3.00	0.32	0.12	1.50
		26	0	0	110.50	4.21	5.10	0.60	12.74	0.00	1.69	0.78	0.08	0.03	0.39
	<b>7622</b> NAAN BREAD PLAIN		0	0	285.00	7.80	7.30	0.97	50.10	0.00	2.00	7.00	0.27	0.05	3.00
		80	0	0	228.00	6.24	5.84	0.78	40.08	0.00	1.60	5.60	0.22	0.04	2.40
	<b>42</b> WHITE RICE BASMATI BOILED		0	0	117.00	2.80	0.70	0.16	26.50	0.00	0.60	0.00	0.03	0.00	0.20
		180	0	0	210.60	5.04	1.26	0.29	47.70	0.00	1.08	0.00	0.05	0.00	0.36
<b>RECIPE</b>	RAITA		0	0	30.16	2.36	0.48	0.29	4.23	0.12	0.35	10.78	0.07	0.10	0.16
		80	0	0	24.12	1.89	0.38	0.23	3.38	0.10	0.28	8.63	0.05	0.08	0.13
<b>RECIPE</b>	BEEF CURRY		0	0	79.72	7.90	2.36	0.87	7.24	1.22	2.15	176.98	0.08	0.08	1.58
		349	2	200	278.21	27.57	8.24	3.03	25.26	4.25	7.51	617.65	0.29	0.29	5.52
<b>RECIPE</b>	FRESH FRUIT SALAD		0	0	49.85	0.83	0.17	0.05	11.98	1.44	1.25	4.69	0.06	0.03	0.36
		160	2	160	79.76	1.32	0.27	0.08	19.17	2.30	2.00	7.50	0.10	0.05	0.57
<b>MEAL</b>		875	4	360	931.19	46.28	21.09	5.00	148.33	6.65	14.17	640.16	0.79	0.49	9.37
<b>Additional foods</b>															
	<b>10001</b> POTATO CRISPS IN SUNSEED OIL EG WALKERS, SENSATIONS, SAINSBURY AND TESCO STANDARD CR		0	0	523.00	6.30	31.50	2.69	57.20	0.00	3.90	0.00	0.21	0.08	3.20
		34.5	0	0	180.44	2.17	10.87	0.93	19.73	0.00	1.35	0.00	0.07	0.03	1.10
	<b>1977</b> BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		100	1	100	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
	<b>8543</b> MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
	<b>2314</b> TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>2308</b> COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		595.50	1.00	100.00	337.69	8.50	13.17	2.30	49.34	0.00	2.45	32.75	0.15	0.41	3.42
<b>DAY</b>		2060.50	6.00	540.00	2083.65	96.05	71.90	19.35	281.22	24.80	28.48	1071.08	1.57	1.64	17.63

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 2</b>															
<b>Breakfast</b>															
161	ROLLS, WHOLEMEAL, NOT FORTIFIED				244.00	10.40	3.30	0.60	46.10	0.00	4.40	0.00	0.25	0.05	3.80
		48	0	0	117.12	4.99	1.58	0.29	22.13	0.00	2.11	0.00	0.12	0.02	1.82
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS				622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
914	BACON RASHERS BACK GRILLED LEAN AND FAT				291.00	23.70	21.80	8.21	0.00	0.00	0.00	0.00	1.01	0.15	7.20
		50	0	0	145.50	11.85	10.90	4.11	0.00	0.00	0.00	0.00	0.51	0.08	3.60
2448	TOMATO KETCHUP				108.00	2.10	0.00	0.00	26.60	19.50	0.90	79.00	1.00	0.09	2.10
		10	0	0	10.80	0.21	0.00	0.00	2.66	1.95	0.09	7.90	0.10	0.01	0.21
2337	ORANGE JUICE UNSWEETENED PASTURISED				36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		268	1	80	389.62	17.85	19.48	6.05	38.22	15.30	2.35	49.20	0.85	0.14	5.93
<b>Lunch</b>															
161	ROLLS, WHOLEMEAL, NOT FORTIFIED				244.00	10.40	3.30	0.60	46.10	0.00	4.40	0.00	0.25	0.05	3.80
		48	0	0	117.12	4.99	1.58	0.29	22.13	0.00	2.11	0.00	0.12	0.02	1.82
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS				622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
2478	CREAM OF TOMATO SOUP CANNED				61.00	1.00	3.00	0.40	8.00	5.20	0.70	35.00	0.03	0.02	0.50
		200	0	0	122.00	2.00	6.00	0.80	16.00	10.40	1.40	70.00	0.06	0.04	1.00
260	DIGESTIVES HALF COATED IN CHOCOLATE				497.00	6.60	24.10	12.16	68.20	26.30	2.20	0.00	0.08	0.11	1.30
		26	0	0	129.22	1.72	6.27	3.16	17.73	6.84	0.57	0.00	0.02	0.03	0.34
<b>MEAL</b>		284	0	0	430.54	8.76	20.70	5.87	55.94	17.24	4.08	106.80	0.20	0.09	3.16
<b>Evening meal</b>															
1088	CHICKEN ROAST MEAT ONLY				177.00	27.30	7.50	2.06	0.00	0.00	0.00	11.00	0.07	0.16	9.20
		100	0	0	177.00	27.30	7.50	2.06	0.00	0.00	0.00	11.00	0.07	0.16	9.20
5065	ROAST POTATOES FROZEN IN A LIGHT BATTER, BAKED E.G. AUNT BESSIE				188.00	2.60	9.40	1.13	24.60	0.00	1.60	0.00	0.22	0.01	0.70
		170	0	0	319.60	4.42	15.98	1.92	41.82	0.00	2.72	0.00	0.37	0.02	1.19
1694	BROCCOLI SPEARS CALABRESE FROZEN BOILED				31.00	3.30	0.90	0.13	2.50	0.00	3.60	90.00	0.06	0.05	0.70
		85	1	85	26.35	2.81	0.77	0.11	2.13	0.00	3.06	76.50	0.05	0.04	0.60
1714	CARROTS-FROZEN BOILED				22.00	0.40	0.30	0.10	4.70	0.00	2.30	1074.00	0.03	0.03	0.30
		60	0.75	60	13.20	0.24	0.18	0.06	2.82	0.00	1.38	644.40	0.02	0.02	0.18
546	CUSTARD READY TO SERVE CANNED				98.00	2.70	2.90	1.92	16.30	8.60	0.10	99.00	0.12	0.19	0.10
		120	0	0	117.60	3.24	3.48	2.30	19.56	10.32	0.12	118.80	0.14	0.23	0.12
<b>RECIPE</b>	APPLE CRUMBLE				164.14	1.89	6.18	1.45	27.00	7.45	1.87	32.19	0.08	0.02	0.24
		170	1	125	279.03	3.22	10.51	2.46	45.91	12.66	3.18	54.72	0.14	0.03	0.41
<b>MEAL</b>		705	2.75	270	932.78	41.22	38.41	8.91	112.23	22.98	10.46	905.42	0.79	0.50	11.69
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY				95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		100	1	100	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
2092	ORANGES RAW FLESH ONLY				37.00	1.10	0.10	0.02	8.50	0.00	1.70	8.00	0.11	0.04	0.40
		160	1	160	59.20	1.76	0.16	0.03	13.60	0.00	2.72	12.80	0.18	0.06	0.64
8543	MILK SEMI-SKIMMED PASTEURISED WINTER				45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION				0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES				100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		721	2	260	216.45	8.09	2.46	1.40	43.21	0.00	3.82	45.55	0.26	0.45	2.95
<b>DAY</b>		1978	5.75	610	1969.39	75.92	81.06	22.24	249.60	55.52	20.71	1106.97	2.10	1.18	23.74

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 3</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
RECIPE	PORRIDGE		0	0	54.28	1.55	1.10	0.17	10.16	0.00	0.92	0.00	0.09	0.01	0.09
		212	0	0	115.07	3.29	2.33	0.37	21.55	0.00	1.94	0.00	0.19	0.01	0.20
MEAL		412	1	80	338.07	8.85	10.49	2.24	55.62	13.35	4.05	41.30	0.43	0.06	2.02
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
RECIPE	CHICKEN SOUP		0	0	50.34	3.33	0.78	0.21	7.99	0.00	1.40	192.41	0.08	0.02	0.92
		300	2	170	151.02	10.00	2.35	0.63	23.96	0.00	4.20	577.24	0.24	0.07	2.77
10198	JELLY, CONTAINING FRUIT JUICE, PURCHASED		0	0	50.00	1.30	0.00	0.00	11.90	11.90	0.00	0.00	0.00	0.00	0.00
		125	0	0	62.50	1.63	0.00	0.00	14.88	14.88	0.00	0.00	0.00	0.00	0.00
MEAL		475	2	170	382.52	16.43	10.36	2.46	59.55	14.88	6.16	614.04	0.36	0.09	4.29
<b>Evening meal</b>															
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		15	0	0	93.30	0.08	10.28	2.43	0.12	0.00	0.00	55.20	0.00	0.00	0.00
RECIPE	PASTA RATATOUILLE BAKE		0	0	114.89	4.85	3.01	0.78	18.26	0.00	2.30	61.95	0.09	0.03	1.02
		310	3	270	356.17	15.04	9.34	2.43	56.60	0.00	7.13	192.05	0.27	0.09	3.17
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0	0	416.00	25.40	34.90	21.68	0.10	0.00	0.00	388.00	0.03	0.39	0.10
		20	0	0	83.20	5.08	6.98	4.34	0.02	0.00	0.00	77.60	0.01	0.08	0.02
267	OATCAKES		0	0	454.00	11.20	20.30	6.39	60.30	0.90	6.90	0.00	0.32	0.09	0.70
		52	0	0	236.08	5.82	10.56	3.32	31.36	0.47	3.59	0.00	0.17	0.05	0.36
MEAL		397	3	270	768.75	26.02	37.15	12.52	88.09	0.47	10.72	324.85	0.44	0.22	3.56
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		100	1	100	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
260	DIGESTIVES HALF COATED IN CHOCOLATE		0	0	497.00	6.60	24.10	12.16	68.20	26.30	2.20	0.00	0.08	0.11	1.30
		26	0	0	129.22	1.72	6.27	3.16	17.73	6.84	0.57	0.00	0.02	0.03	0.34
1952	APPLES EATING RAW FLESH & SKIN ONLY		0	0	47.00	0.40	0.10	0.02	11.80	0.00	1.80	3.00	0.03	0.02	0.10
		100	1	100	47.00	0.40	0.10	0.02	11.80	0.00	1.80	3.00	0.03	0.02	0.10
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
MEAL		687	2	200	333.47	8.44	8.67	4.55	59.14	6.84	3.47	35.75	0.13	0.43	2.75
DAY		1971	8	720	1822.81	59.74	66.66	21.77	262.41	35.53	24.40	1015.94	1.36	0.81	12.62

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 4</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0	0	346.00	11.70	2.20	0.55	74.40	2.20	7.50	0.00	1.20	1.40	15.30
		37.5	0	0	129.75	4.39	0.83	0.21	27.90	0.83	2.81	0.00	0.45	0.53	5.74
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		100	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
2221	MARMALADE WITH PEEL		0	0	261.00	0.10	0.00	0.00	69.50	68.10	0.60	8.00	0.00	0.00	0.00
		15	0	0	39.15	0.02	0.00	0.00	10.43	10.22	0.09	1.20	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		352.5	1	80	436.90	13.36	10.59	3.08	77.00	24.39	5.01	65.50	0.72	0.83	7.66
<b>Lunch</b>															
1834	POTATOES OLD BAKED FLESH & SKIN		0	0	136.00	3.90	0.20	0.00	31.70	0.00	2.70	0.00	0.37	0.02	1.10
		220	0	0	299.20	8.58	0.44	0.00	69.74	0.00	5.94	0.00	0.81	0.04	2.42
3960	TUNA, CANNED, IN SPRING WATER, FISH ONLY		0	0	109.00	25.50	0.80	0.23	0.00	0.00	0.00	17.00	0.03	0.07	13.30
		45	0	0	49.05	11.48	0.36	0.10	0.00	0.00	0.00	7.65	0.01	0.03	5.99
2432	MAYONNAISE (RETAIL)		0	0	690.00	1.10	74.80	6.84	3.20	1.80	0.00	103.00	0.02	0.07	0.00
		33	0	0	227.70	0.36	24.68	2.26	1.06	0.59	0.00	33.99	0.01	0.02	0.00
1924	SWEETCORN, CANNED, DRAINED		0	0	122.00	2.90	1.20	0.16	26.60	0.00	1.40	18.00	0.04	0.06	1.50
		60	0.75	60	73.20	1.74	0.72	0.10	15.96	0.00	0.84	10.80	0.02	0.04	0.90
260	DIGESTIVES HALF COATED IN CHOCOLATE		0	0	497.00	6.60	24.10	12.16	68.20	26.30	2.20	0.00	0.08	0.11	1.30
		26	0	0	129.22	1.72	6.27	3.16	17.73	6.84	0.57	0.00	0.02	0.03	0.34
<b>MEAL</b>		384	0.75	60	778.37	23.87	32.47	5.62	104.49	7.43	7.35	52.44	0.88	0.16	9.64
<b>Evening meal</b>															
<b>RECIPE</b>	COTTAGE PIE		0	0	81.49	8.41	2.01	0.34	7.92	0.17	0.86	107.19	0.09	0.05	2.94
		328	0.75	60	267.29	27.58	6.58	1.11	25.98	0.54	2.82	351.57	0.29	0.15	9.65
1714	CARROTS-FROZEN BOILED		0	0	22.00	0.40	0.30	0.10	4.70	0.00	2.30	1074.00	0.03	0.03	0.30
		30	0.33	30	6.60	0.12	0.09	0.03	1.41	0.00	0.69	322.20	0.01	0.01	0.09
1808	PEAS FROZEN BOILED		0	0	69.00	6.00	0.90	0.17	9.70	0.00	5.10	95.00	0.26	0.09	1.60
		30	0.33	30	20.70	1.80	0.27	0.05	2.91	0.00	1.53	28.50	0.08	0.03	0.48
1720	CAULIFLOWER-FROZEN BOILED		0	0	20.00	2.00	0.50	0.10	2.00	0.00	1.20	10.00	0.02	0.04	0.30
		30	0.33	30	6.00	0.60	0.15	0.03	0.60	0.00	0.36	3.00	0.01	0.01	0.09
546	CUSTARD READY TO SERVE CANNED		0	0	98.00	2.70	2.90	1.92	16.30	8.60	0.10	99.00	0.12	0.19	0.10
		120	0	0	117.60	3.24	3.48	2.30	19.56	10.32	0.12	118.80	0.14	0.23	0.12
1977	BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		100	1	100	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
<b>MEAL</b>		638	2.74	250	513.19	34.54	10.87	3.64	73.66	10.86	6.62	828.07	0.57	0.49	11.13
<b>Additional foods</b>															
2629	MIXED NUTS AND RAISINS UNSALTED		0	0	481.00	14.10	34.10	5.71	31.50	12.80	4.50	1.00	0.59	0.11	5.50
		50	1	25	240.50	7.05	17.05	2.86	15.75	6.40	2.25	0.50	0.30	0.06	2.75
2044	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		0	0	57.00	0.40	0.10	0.04	14.60	0.00	0.70	3.00	0.05	0.01	0.20
		100	1	100	57.00	0.40	0.10	0.04	14.60	0.00	0.70	3.00	0.05	0.01	0.20
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		611	2	125	359.75	12.58	19.15	4.16	36.76	6.40	2.95	32.25	0.38	0.39	4.56
<b>DAY</b>		1985.5	6.49	515	2088.21	84.35	73.08	16.49	291.90	49.09	21.94	978.26	2.55	1.87	32.99

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 5</b>															
<b>Breakfast</b>															
6302	MALTED FLAKE CEREAL, NO ADDITIONS, NOT SPECIAL K		0	0	364.00	11.80	0.50	0.10	83.40	14.90	2.70	0.00	2.94	3.70	33.40
		30	0	0	109.20	3.54	0.15	0.03	25.02	4.47	0.81	0.00	0.88	1.11	10.02
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		100	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
2215	JAM WITH EDIBLE SEEDS PURCHASED		0	0	261.00	0.60	0.00	0.00	69.00	67.50	0.90	0.00	0.00	0.00	0.00
		15	0	0	39.15	0.09	0.00	0.00	10.35	10.13	0.14	0.00	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		345	1	80	416.35	12.59	9.91	2.91	74.04	27.95	3.06	64.30	1.15	1.41	11.94
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		80	0	0	213.60	9.52	2.32	0.42	41.28	0.00	3.92	0.00	0.23	0.04	3.04
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0	0	416.00	25.40	34.90	21.68	0.10	0.00	0.00	388.00	0.03	0.39	0.10
		20	0	0	83.20	5.08	6.98	4.34	0.02	0.00	0.00	77.60	0.01	0.08	0.02
<b>RECIPE</b>	SIMPLE SALAD		0	0	14.83	0.78	0.30	0.06	2.40	0.00	0.98	84.70	0.07	0.01	0.57
		54	0.7	54	8.01	0.42	0.16	0.03	1.30	0.00	0.53	45.74	0.04	0.01	0.31
2133	PRUNES DRIED UNCOOKED NO STONES		0	0	160.00	2.80	0.50	0.03	38.40	19.20	6.50	26.00	0.10	0.20	1.30
		25	1	25	40.00	0.70	0.13	0.01	9.60	4.80	1.63	6.50	0.03	0.05	0.33
1969	APRICOTS DRIED UNCOOKED DRY WEIGHT		0	0	188.00	4.80	0.70	0.38	43.40	21.70	7.70	108.00	0.00	0.20	3.00
		25	1	25	47.00	1.20	0.18	0.10	10.85	5.43	1.93	27.00	0.00	0.05	0.75
705	YOGURT LOW FAT NATURAL UNSWEETENED		0	0	56.00	4.70	1.00	0.67	7.40	0.00	0.00	12.00	0.12	0.22	0.10
		125	0	0	70.00	5.88	1.25	0.84	9.25	0.00	0.00	15.00	0.15	0.28	0.13
<b>MEAL</b>		339	2.7	104	524.01	22.85	17.86	7.35	72.38	10.23	8.00	208.64	0.45	0.50	4.57
<b>Evening meal</b>															
3772	LENTIL SOUP CANNED		0	0	47.00	3.10	0.20	0.08	8.80	0.60	1.20	1.00	0.01	0.02	3.20
		200	0	0	94.00	6.20	0.40	0.16	17.60	1.20	2.40	2.00	0.02	0.04	6.40
1520	SALMON STEAMED NO BONES		0	0	261.00	23.60	18.50	3.32	0.00	0.00	0.00	18.00	0.21	0.08	7.80
		120	0	0	313.20	28.32	22.20	3.98	0.00	0.00	0.00	21.60	0.25	0.10	9.36
851	BUTTER SALTED		0	0	741.00	0.60	81.80	52.93	0.70	0.00	0.00	910.00	0.00	0.07	0.00
		10	0	0	74.10	0.06	8.18	5.29	0.07	0.00	0.00	91.00	0.00	0.01	0.00
874	OLIVE OIL		0	0	899.00	0.00	99.90	14.30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		10	0	0	89.90	0.00	9.99	1.43	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1671	FRENCH BEANS/GREEN BEANS BOILED		0	0	22.00	1.80	0.50	0.10	2.90	0.00	2.40	55.00	0.06	0.04	0.40
		90	1	90	19.80	1.62	0.45	0.09	2.61	0.00	2.16	49.50	0.05	0.04	0.36
1714	CARROTS-FROZEN BOILED		0	0	22.00	0.40	0.30	0.10	4.70	0.00	2.30	1074.00	0.03	0.03	0.30
		60	0.75	60	13.20	0.24	0.18	0.06	2.82	0.00	1.38	644.40	0.02	0.02	0.18
1829	POTATOES OLD BOILED		0	0	72.00	1.80	0.10	0.02	17.00	0.00	1.20	0.00	0.18	0.01	0.50
		175	0	0	126.00	3.15	0.18	0.04	29.75	0.00	2.10	0.00	0.32	0.02	0.88
5474	CHEESECAKE LOW FAT FRUIT TOPPING PURCHASED		0	0	165.00	4.60	4.50	1.48	28.40	15.80	1.00	29.00	0.12	0.14	0.50
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		665	1.75	150	730.20	39.59	41.58	11.05	52.85	1.20	8.04	808.50	0.66	0.21	17.18
<b>Additional foods</b>															
2044	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		0	0	57.00	0.40	0.10	0.04	14.60	0.00	0.70	3.00	0.05	0.01	0.20
		100	1	100	57.00	0.40	0.10	0.04	14.60	0.00	0.70	3.00	0.05	0.01	0.20
2265	MARS BAR		0	0	473.00	4.50	18.30	10.30	77.30	59.60	0.40	38.00	0.05	0.20	0.20
		58	0	0	274.34	2.61	10.61	5.97	44.83	34.57	0.23	22.04	0.03	0.12	0.12
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		619	1	100	393.59	8.14	12.71	7.28	65.84	34.57	0.93	53.79	0.12	0.45	1.93
<b>DAY</b>		1968	6.45	434	2064.15	83.16	82.06	28.59	265.11	73.94	20.03	1135.23	2.38	2.58	35.61

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 6</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		100	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0	0	346.00	11.70	2.20	0.55	74.40	2.20	7.50	0.00	1.20	1.40	15.30
		37.5	0	0	129.75	4.39	0.83	0.21	27.90	0.83	2.81	0.00	0.45	0.53	5.74
<b>MEAL</b>		187.5	0	0	343.75	12.60	10.44	3.05	53.22	0.83	4.77	59.80	0.60	0.80	7.36
<b>Lunch</b>															
755	EGGS BOILED		0	0	147.00	12.50	10.80	3.10	0.00	0.00	0.00	190.00	0.07	0.35	0.10
		60	0	0	88.20	7.50	6.48	1.86	0.00	0.00	0.00	114.00	0.04	0.21	0.06
2432	MAYONNAISE (RETAIL)		0	0	690.00	1.10	74.80	6.84	3.20	1.80	0.00	103.00	0.02	0.07	0.00
		33	0	0	227.70	0.36	24.68	2.26	1.06	0.59	0.00	33.99	0.01	0.02	0.00
158	ROLLS WHITE CRUSTY		0	0	262.00	9.20	2.20	0.51	54.80	0.00	2.40	0.00	0.22	0.07	2.00
		112	0	0	293.44	10.30	2.46	0.57	61.38	0.00	2.69	0.00	0.25	0.08	2.24
704	YOGURT LOW FAT FRUIT		0	0	78.00	4.10	1.10	0.75	13.70	6.60	0.20	13.00	0.12	0.21	0.20
		125	0	0	97.50	5.13	1.38	0.94	17.13	8.25	0.25	16.25	0.15	0.26	0.25
1782	MUSTARD CRESS RAW		0	0	13.00	1.60	0.60	0.02	0.40	0.00	1.10	213.00	0.04	0.04	1.00
		2	0	0	0.26	0.03	0.01	0.00	0.01	0.00	0.02	4.26	0.00	0.00	0.02
<b>MEAL</b>		332	0	0	707.10	23.32	35.02	5.63	79.57	8.84	2.96	168.50	0.45	0.57	2.57
<b>Evening meal</b>															
9391	FRENCH DRESSING		0	0	481.00	0.10	49.40	7.96	9.70	5.50	0.00	0.00	0.00	0.00	0.00
		30	0	0	144.30	0.03	14.82	2.39	2.91	1.65	0.00	0.00	0.00	0.00	0.00
<b>RECIPE</b>	SIMPLE SALAD		0	0	14.83	0.78	0.30	0.06	2.40	0.00	0.98	84.70	0.07	0.01	0.57
		135	1.7	135	20.02	1.05	0.41	0.08	3.24	0.00	1.33	114.35	0.10	0.02	0.78
36	PASTA SPAGHETTI WHOLEMEAL BOILED		0	0	134.00	5.20	1.10	0.18	27.50	0.00	4.40	0.00	0.11	0.02	1.30
		150	0	0	201.00	7.80	1.65	0.27	41.25	0.00	6.60	0.00	0.17	0.03	1.95
<b>RECIPE</b>	BOLOGNESE		0	0	58.21	5.13	1.83	0.73	5.68	0.00	1.58	207.69	0.09	0.08	1.96
		320	5	410	186.26	16.41	5.86	2.32	18.17	0.00	5.06	664.62	0.29	0.25	6.28
<b>RECIPE</b>	FRESH FRUIT SALAD		0	0	49.85	0.83	0.17	0.05	11.98	1.44	1.25	4.69	0.06	0.03	0.36
		160	0	0	79.76	1.32	0.27	0.08	19.17	2.30	2.00	7.50	0.10	0.05	0.57
720	ICE CREAM, DAIRY, VANILLA, HARD, BLOCK		0	0	177.00	3.60	9.80	6.18	19.80	15.00	0.00	99.00	0.10	0.28	0.20
		75	0	0	132.75	2.70	7.35	4.64	14.85	11.25	0.00	74.25	0.08	0.21	0.15
7615	GARLIC (& HERB) BREAD		0	0	365.00	7.80	18.30	9.69	45.00	0.00	2.00	150.00	0.24	0.07	1.50
		40	0	0	146.00	3.12	7.32	3.88	18.00	0.00	0.80	60.00	0.10	0.03	0.60
<b>MEAL</b>		910	6.7	545	910.09	32.43	37.69	13.65	117.60	15.20	15.80	920.72	0.82	0.59	10.32
<b>Additional foods</b>															
8058	LATTE (ESPRESSO AND SKIMMED MILK) TAKEAWAY ONLY		0	0	32.00	3.20	0.30	0.15	4.50	0.00	0.00	1.00	0.02	0.20	0.60
		350	0	0	112.00	11.20	1.05	0.53	15.75	0.00	0.00	3.50	0.07	0.70	2.10
2092	ORANGES RAW FLESH ONLY		0	0	37.00	1.10	0.10	0.02	8.50	0.00	1.70	8.00	0.11	0.04	0.40
		160	0	0	59.20	1.76	0.16	0.03	13.60	0.00	2.72	12.80	0.18	0.06	0.64
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		100	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		4	0	0	4.00	0.58	0.00	0.00	0.44	0.00	0.00	0.00	0.00	0.01	0.99
<b>MEAL</b>		944	0	0	220.20	16.94	2.81	1.57	34.39	0.00	2.72	39.30	0.28	1.02	3.83
<b>DAY</b>		2373.5	6.7	545	2181.14	85.30	85.95	23.89	284.77	24.87	26.25	1188.32	2.14	2.98	24.08

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 7</b>															
<b>Breakfast</b>															
6302	MALTED FLAKE CEREAL, NO ADDITIONS, NOT SPECIAL K		0	0	364.00	11.80	0.50	0.10	83.40	14.90	2.70	0.00	2.94	3.70	33.40
		30	0	0	109.20	3.54	0.15	0.03	25.02	4.47	0.81	0.00	0.88	1.11	10.02
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
2215	JAM WITH EDIBLE SEEDS PURCHASED		0	0	261.00	0.60	0.00	0.00	69.00	67.50	0.90	0.00	0.00	0.00	0.00
		15	0	0	39.15	0.09	0.00	0.00	10.35	10.13	0.14	0.00	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		100	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
<b>MEAL</b>		<b>345</b>	<b>1</b>	<b>80</b>	<b>416.35</b>	<b>12.59</b>	<b>9.91</b>	<b>2.91</b>	<b>74.04</b>	<b>27.95</b>	<b>3.06</b>	<b>64.30</b>	<b>1.15</b>	<b>1.41</b>	<b>11.94</b>
<b>Lunch</b>															
3148	PITTA BREAD, WHITE, TOASTED		0	0	315.00	11.20	1.60	0.30	68.00	0.00	3.00	0.00	0.36	0.10	2.70
		95	0	0	299.25	10.64	1.52	0.29	64.60	0.00	2.85	0.00	0.34	0.10	2.57
1817	HUMMUS, NOT CANNED		0	0	330.00	7.80	29.70	3.02	8.60	0.00	3.30	87.00	0.05	0.09	0.40
		60	0	0	198.00	4.68	17.82	1.81	5.16	0.00	1.98	52.20	0.03	0.05	0.24
<b>RECIPE</b>	SIMPLE SALAD		0	0	14.83	0.78	0.30	0.06	2.40	0.00	0.98	84.70	0.07	0.01	0.57
		54	0.7	54	8.01	0.42	0.16	0.03	1.30	0.00	0.53	45.74	0.04	0.01	0.31
7857	PEPPERS-RED-FRESH UNCOOKED		0	0	32.00	1.00	0.40	0.06	6.40	0.00	1.60	640.00	0.01	0.03	1.30
		20	0.25	20	6.40	0.20	0.08	0.01	1.28	0.00	0.32	128.00	0.00	0.01	0.26
582	CHOCOLATE MOUSSE		0	0	344.00	7.40	28.20	15.98	16.40	15.60	0.60	348.00	0.06	0.28	0.10
		60	0	0	206.40	4.44	16.92	9.59	9.84	9.36	0.36	208.80	0.04	0.17	0.06
<b>MEAL</b>		<b>289</b>	<b>0.95</b>	<b>74</b>	<b>718.06</b>	<b>20.38</b>	<b>36.50</b>	<b>11.73</b>	<b>82.18</b>	<b>9.36</b>	<b>6.04</b>	<b>434.74</b>	<b>0.45</b>	<b>0.33</b>	<b>3.44</b>
<b>Evening meal</b>															
9524	HADDOCK IN BREADCRUMBS FROZEN GRILLED/BAKED		0	0	194.00	13.00	9.20	2.70	15.80	0.70	1.20	0.00	0.08	0.08	2.80
		120	0	0	232.80	15.60	11.04	3.24	18.96	0.84	1.44	0.00	0.10	0.10	3.36
1877	POTATO CHIPS OVEN READY THICK CUT BAKED		0	0	157.00	3.20	4.40	1.73	27.90	0.00	1.80	0.00	0.12	0.05	2.00
		165	0	0	259.05	5.28	7.26	2.85	46.04	0.00	2.97	0.00	0.20	0.08	3.30
1808	PEAS FROZEN BOILED		0	0	69.00	6.00	0.90	0.17	9.70	0.00	5.10	95.00	0.26	0.09	1.60
		80	1	80	55.20	4.80	0.72	0.14	7.76	0.00	4.08	76.00	0.21	0.07	1.28
2142	RAISINS DRIED WEIGHT		0	0	272.00	2.10	0.40	0.11	69.30	34.60	2.00	2.00	0.12	0.05	0.60
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
5474	CHEESECAKE LOW FAT FRUIT TOPPING PURCHASED		0	0	165.00	4.60	4.50	1.48	28.40	15.80	1.00	29.00	0.12	0.14	0.50
		120	0	0	198.00	5.52	5.40	1.78	34.08	18.96	1.20	34.80	0.14	0.17	0.60
<b>MEAL</b>		<b>485</b>	<b>1</b>	<b>80</b>	<b>745.05</b>	<b>31.2</b>	<b>24.42</b>	<b>8.0065</b>	<b>106.835</b>	<b>19.8</b>	<b>9.69</b>	<b>110.8</b>	<b>0.646</b>	<b>0.4185</b>	<b>8.54</b>
<b>Additional foods</b>															
2092	ORANGES RAW FLESH ONLY		0	0	37.00	1.10	0.10	0.02	8.50	0.00	1.70	8.00	0.11	0.04	0.40
		160	1	160	59.20	1.76	0.16	0.03	13.60	0.00	2.72	12.80	0.18	0.06	0.64
1952	APPLES EATING RAW FLESH & SKIN ONLY		0	0	47.00	0.40	0.10	0.02	11.80	0.00	1.80	3.00	0.03	0.02	0.10
		100	1	100	47	0.4	0.1	0.02	11.8	0	1.8	3	0.03	0.02	0.1
2142	RAISINS DRIED WEIGHT		0	0	272.00	2.10	0.40	0.11	69.30	34.60	2.00	2.00	0.12	0.05	0.60
		30	1	30	81.60	0.63	0.12	0.03	20.79	10.38	0.60	0.60	0.04	0.02	0.18
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		<b>751.00</b>	<b>3.00</b>	<b>290.00</b>	<b>250.05</b>	<b>7.92</b>	<b>2.38</b>	<b>1.35</b>	<b>52.60</b>	<b>10.38</b>	<b>5.12</b>	<b>45.15</b>	<b>0.28</b>	<b>0.42</b>	<b>2.53</b>
<b>DAY</b>		<b>1870.00</b>	<b>5.95</b>	<b>524.00</b>	<b>2129.51</b>	<b>72.09</b>	<b>73.21</b>	<b>23.99</b>	<b>315.65</b>	<b>67.49</b>	<b>23.91</b>	<b>654.99</b>	<b>2.52</b>	<b>2.58</b>	<b>26.45</b>
<b>WEEK</b>		<b>14206.5</b>	<b>45.3</b>	<b>3888.0</b>	<b>14338.8</b>	<b>556.6</b>	<b>533.9</b>	<b>156.3</b>	<b>1950.7</b>	<b>331.2</b>	<b>165.7</b>	<b>7150.8</b>	<b>14.6</b>	<b>13.6</b>	<b>173.1</b>
<b>AVERAGE</b>		<b>2029.5</b>	<b>6.5</b>	<b>555.4</b>	<b>2048.4</b>	<b>79.5</b>	<b>76.3</b>	<b>22.3</b>	<b>278.7</b>	<b>47.3</b>	<b>23.7</b>	<b>1021.5</b>	<b>2.1</b>	<b>1.9</b>	<b>24.7</b>
<b>% energy</b>						<b>15.5</b>	<b>33.5</b>	<b>9.8</b>	<b>51.0</b>	<b>8.7</b>					
<b>RNI</b>			<b>5.0</b>	<b>400.0</b>	<b>2000.0</b>	<b>15.0</b>	<b>35.0</b>	<b>11.0</b>	<b>50.0</b>	<b>11.0</b>	<b>18.0</b>	<b>600.0</b>	<b>1.0</b>	<b>1.3</b>	<b>17.0</b>
<b>Variation</b>			<b>1.5</b>	<b>155.4</b>	<b>48.4</b>	<b>0.5</b>	<b>-1.5</b>	<b>-1.2</b>	<b>1.0</b>	<b>-2.3</b>	<b>5.7</b>	<b>421.5</b>	<b>1.1</b>	<b>0.6</b>	<b>7.7</b>
						102%									

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>THIS IS THE FINAL VERSION OF THE EATWELL WEEK- plus 500kcal</b>															
<b>Day 1</b>															
<b>Breakfast</b>															
<b>RECIPE</b>	SCRAMBLED EGG W/ MILK		0	0	148.31	12.22	10.68	3.11	0.85	0.00	0.00	180.39	0.08	0.39	0.11
		120	0	0	177.98	14.66	12.81	3.73	1.02	0.00	0.00	216.46	0.10	0.46	0.13
	<b>138</b> BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
	<b>9510</b> REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
	<b>2337</b> ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	0	0	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		320	0	0	400.98	20.22	20.97	5.59	35.09	13.35	2.11	257.76	0.34	0.51	1.95
<b>Lunch</b>															
	<b>138</b> BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
	<b>9510</b> REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
	<b>661</b> CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0	0	416.00	25.40	34.90	21.68	0.10	0.00	0.00	388.00	0.03	0.39	0.10
		20	0	0	83.20	5.08	6.98	4.34	0.02	0.00	0.00	77.60	0.01	0.08	0.02
	<b>2646</b> BEANS BAKED CANNED LOW SUGAR/ NO ADDED SUGAR		0	0	74.00	5.40	0.60	0.10	12.80	2.40	3.80	13.00	0.09	0.06	0.50
		200	1	80	148.00	10.80	1.20	0.20	25.60	4.80	7.60	26.00	0.18	0.12	1.00
<b>MEAL</b>		270	1	80	400.20	20.69	16.19	6.37	46.34	4.80	9.56	140.40	0.30	0.22	2.54
<b>Evening meal</b>															
	<b>10287</b> POPPADOMS/PAPPADOMS READY TO EAT PURCHASED OR RETAIL		0	0	425.00	16.20	19.60	2.29	49.00	0.00	6.50	3.00	0.32	0.12	1.50
		26	0	0	110.50	4.21	5.10	0.60	12.74	0.00	1.69	0.78	0.08	0.03	0.39
	<b>7622</b> NAAN BREAD PLAIN		0	0	285.00	7.80	7.30	0.97	50.10	0.00	2.00	7.00	0.27	0.05	3.00
		80	0	0	228.00	6.24	5.84	0.78	40.08	0.00	1.60	5.60	0.22	0.04	2.40
	<b>42</b> WHITE RICE BASMATI BOILED		0	0	117.00	2.80	0.70	0.16	26.50	0.00	0.60	0.00	0.03	0.00	0.20
		290	0	0	339.30	8.12	2.03	0.46	76.85	0.00	1.74	0.00	0.09	0.00	0.58
<b>RECIPE</b>	RAITA		0	0	30.16	2.36	0.48	0.29	4.23	0.12	0.35	10.78	0.07	0.10	0.16
		80	0	0	24.12	1.89	0.38	0.23	3.38	0.10	0.28	8.63	0.05	0.08	0.13
<b>RECIPE</b>	BEEF CURRY		0	0	79.72	7.90	2.36	0.87	7.24	1.22	2.15	176.98	0.08	0.08	1.58
		475	3	300	378.65	37.53	11.22	4.13	34.38	5.78	10.22	840.64	0.39	0.39	7.51
<b>RECIPE</b>	FRESH FRUIT SALAD		0	0	49.85	0.83	0.17	0.05	11.98	1.44	1.25	4.69	0.06	0.03	0.36
		160	2	160	79.76	1.32	0.27	0.08	19.17	2.30	2.00	7.50	0.10	0.05	0.57
<b>MEAL</b>		1111	5	460	1160.33	59.31	24.84	6.27	186.60	8.18	17.54	863.15	0.93	0.59	11.58
<b>Additional foods</b>															
	<b>10001</b> POTATO CRISPS IN SUNSEED OIL EG WALKERS, SENSATIONS, SAINSBURY AND TESCO STANDARD CR		0	0	523.00	6.30	31.50	2.69	57.20	0.00	3.90	0.00	0.21	0.08	3.20
		34.5	0	0	180.44	2.17	10.87	0.93	19.73	0.00	1.35	0.00	0.07	0.03	1.10
	<b>1977</b> BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		200	2	200	190.00	2.40	0.60	0.22	46.40	0.00	2.20	8.00	0.08	0.12	1.40
	<b>8543</b> MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
	<b>2314</b> TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>2308</b> COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		695.50	2.00	200.00	432.69	9.70	13.47	2.41	72.54	0.00	3.55	36.75	0.19	0.47	4.12
<b>DAY</b>		2396.50	8.00	740.00	2394.19	109.92	75.47	20.65	340.57	26.33	32.75	1298.07	1.76	1.80	20.18



Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 2</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		80	0	0	213.60	9.52	2.32	0.42	41.28	0.00	3.92	0.00	0.23	0.04	3.04
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		20	0	0	124.40	0.10	13.70	3.25	0.16	0.00	0.00	73.60	0.00	0.00	0.00
914	BACON RASHERS BACK GRILLED LEAN AND FAT		0	0	291.00	23.70	21.80	8.21	0.00	0.00	0.00	0.00	1.01	0.15	7.20
		50	0	0	145.50	11.85	10.90	4.11	0.00	0.00	0.00	0.00	0.51	0.08	3.60
2448	TOMATO KETCHUP		0	0	108.00	2.10	0.00	0.00	26.60	19.50	0.90	79.00	1.00	0.09	2.10
		10	0	0	10.80	0.21	0.00	0.00	2.66	1.95	0.09	7.90	0.10	0.01	0.21
2337	ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		310	1	80	548.30	22.43	27.07	7.81	57.45	15.30	4.16	86.00	0.96	0.15	7.15
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
2478	CREAM OF TOMATO SOUP CANNED		0	0	61.00	1.00	3.00	0.40	8.00	5.20	0.70	35.00	0.03	0.02	0.50
		200	0	0	122.00	2.00	6.00	0.80	16.00	10.40	1.40	70.00	0.06	0.04	1.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0	0	497.00	6.60	24.10	12.16	68.20	26.30	2.20	0.00	0.08	0.11	1.30
		26	0	0	129.22	1.72	6.27	3.16	17.73	6.84	0.57	0.00	0.02	0.03	0.34
<b>MEAL</b>		276	0	0	420.22	8.53	20.28	5.80	54.45	17.24	3.93	106.80	0.20	0.09	2.86
<b>Evening meal</b>															
1088	CHICKEN ROAST MEAT ONLY		0	0	177.00	27.30	7.50	2.06	0.00	0.00	0.00	11.00	0.07	0.16	9.20
		150	0	0	265.50	40.95	11.25	3.09	0.00	0.00	0.00	16.50	0.11	0.24	13.80
5065	ROAST POTATOES FROZEN IN A LIGHT BATTER, BAKED E.G. AUNT BESSIE		0	0	188.00	2.60	9.40	1.13	24.60	0.00	1.60	0.00	0.22	0.01	0.70
		170	0	0	319.60	4.42	15.98	1.92	41.82	0.00	2.72	0.00	0.37	0.02	1.19
1694	BROCCOLI SPEARS CALABRESE FROZEN BOILED		0	0	31.00	3.30	0.90	0.13	2.50	0.00	3.60	90.00	0.06	0.05	0.70
		85	1	85	26.35	2.81	0.77	0.11	2.13	0.00	3.06	76.50	0.05	0.04	0.60
1714	CARROTS-FROZEN BOILED		0	0	22.00	0.40	0.30	0.10	4.70	0.00	2.30	1074.00	0.03	0.03	0.30
		120	1.5	120	26.40	0.48	0.36	0.12	5.64	0.00	2.76	1288.80	0.04	0.04	0.36
546	CUSTARD READY TO SERVE CANNED		0	0	98.00	2.70	2.90	1.92	16.30	8.60	0.10	99.00	0.12	0.19	0.10
		120	0	0	117.60	3.24	3.48	2.30	19.56	10.32	0.12	118.80	0.14	0.23	0.12
<b>RECIPE</b>	APPLE CRUMBLE		0	0	164.14	1.89	6.18	1.45	27.00	7.45	1.87	32.19	0.08	0.02	0.24
		170	1	125	279.03	3.22	10.51	2.46	45.91	12.66	3.18	54.72	0.14	0.03	0.41
<b>MEAL</b>		815	3.5	330	1034.48	55.11	42.34	10.00	115.05	22.98	11.84	1555.32	0.85	0.59	16.47
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		200	2	200	190.00	2.40	0.60	0.22	46.40	0.00	2.20	8.00	0.08	0.12	1.40
2092	ORANGES RAW FLESH ONLY		0	0	37.00	1.10	0.10	0.02	8.50	0.00	1.70	8.00	0.11	0.04	0.40
		160	1	160	59.20	1.76	0.16	0.03	13.60	0.00	2.72	12.80	0.18	0.06	0.64
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		821	3	360	311.45	9.29	2.76	1.51	66.41	0.00	4.92	49.55	0.30	0.51	3.65
<b>DAY</b>		2222	7.5	770	2314.45	95.35	92.45	25.12	293.36	55.52	24.85	1797.67	2.30	1.35	30.13

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 3</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
RECIPE	PORRIDGE		0	0	54.28	1.55	1.10	0.17	10.16	0.00	0.92	0.00	0.09	0.01	0.09
		212	0	0	115.07	3.29	2.33	0.37	21.55	0.00	1.94	0.00	0.19	0.01	0.20
MEAL		412	1	80	338.07	8.85	10.49	2.24	55.62	13.35	4.05	41.30	0.43	0.06	2.02
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
RECIPE	CHICKEN SOUP		0	0	50.34	3.33	0.78	0.21	7.99	0.00	1.40	192.41	0.08	0.02	0.92
		300	2	170	151.02	10.00	2.35	0.63	23.96	0.00	4.20	577.24	0.24	0.07	2.77
10198	JELLY, CONTAINING FRUIT JUICE, PURCHASED		0	0	50.00	1.30	0.00	0.00	11.90	11.90	0.00	0.00	0.00	0.00	0.00
		125	0	0	62.50	1.63	0.00	0.00	14.88	14.88	0.00	0.00	0.00	0.00	0.00
MEAL		475	2	170	382.52	16.43	10.36	2.46	59.55	14.88	6.16	614.04	0.36	0.09	4.29
<b>Evening meal</b>															
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		15	0	0	93.30	0.08	10.28	2.43	0.12	0.00	0.00	55.20	0.00	0.00	0.00
RECIPE	PASTA RATATOUILLE BAKE		0	0	114.89	4.85	3.01	0.78	18.26	0.00	2.30	61.95	0.09	0.03	1.02
		310	3	270	356.17	15.04	9.34	2.43	56.60	0.00	7.13	192.05	0.27	0.09	3.17
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0	0	416.00	25.40	34.90	21.68	0.10	0.00	0.00	388.00	0.03	0.39	0.10
		20	0	0	83.20	5.08	6.98	4.34	0.02	0.00	0.00	77.60	0.01	0.08	0.02
267	OATCAKES		0	0	454.00	11.20	20.30	6.39	60.30	0.90	6.90	0.00	0.32	0.09	0.70
		52	0	0	236.08	5.82	10.56	3.32	31.36	0.47	3.59	0.00	0.17	0.05	0.36
MEAL		397	3	270	768.75	26.02	37.15	12.52	88.09	0.47	10.72	324.85	0.44	0.22	3.56
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		200	2	200	190.00	2.40	0.60	0.22	46.40	0.00	2.20	8.00	0.08	0.12	1.40
260	DIGESTIVES HALF COATED IN CHOCOLATE		0	0	497.00	6.60	24.10	12.16	68.20	26.30	2.20	0.00	0.08	0.11	1.30
		26	0	0	129.22	1.72	6.27	3.16	17.73	6.84	0.57	0.00	0.02	0.03	0.34
1952	APPLES EATING RAW FLESH & SKIN ONLY		0	0	47.00	0.40	0.10	0.02	11.80	0.00	1.80	3.00	0.03	0.02	0.10
		100	1	100	47.00	0.40	0.10	0.02	11.80	0.00	1.80	3.00	0.03	0.02	0.10
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
MEAL		787	3	300	428.47	9.64	8.97	4.66	82.34	6.84	4.57	39.75	0.17	0.49	3.45
DAY		2071	9	820	1917.81	60.94	66.96	21.88	285.61	35.53	25.50	1019.94	1.40	0.87	13.32

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 4</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0	0	346.00	11.70	2.20	0.55	74.40	2.20	7.50	0.00	1.20	1.40	15.30
		56.25	0	0	194.63	6.58	1.24	0.31	41.85	1.24	4.22	0.00	0.68	0.79	8.61
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		150	0	0	67.50	5.10	2.40	1.52	6.90	0.00	0.00	34.50	0.05	0.38	0.15
2221	MARMALADE WITH PEEL		0	0	261.00	0.10	0.00	0.00	69.50	68.10	0.60	8.00	0.00	0.00	0.00
		30	0	0	78.30	0.03	0.00	0.00	20.85	20.43	0.18	2.40	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		436.25	1	80	563.43	17.27	11.80	3.69	103.67	35.02	6.51	78.20	0.96	1.21	10.58
<b>Lunch</b>															
1834	POTATOES OLD BAKED FLESH & SKIN		0	0	136.00	3.90	0.20	0.00	31.70	0.00	2.70	0.00	0.37	0.02	1.10
		220	0	0	299.20	8.58	0.44	0.00	69.74	0.00	5.94	0.00	0.81	0.04	2.42
3960	TUNA, CANNED, IN SPRING WATER, FISH ONLY		0	0	109.00	25.50	0.80	0.23	0.00	0.00	0.00	17.00	0.03	0.07	13.30
		90	0	0	98.10	22.95	0.72	0.21	0.00	0.00	0.00	15.30	0.03	0.06	11.97
2432	MAYONNAISE (RETAIL)		0	0	690.00	1.10	74.80	6.84	3.20	1.80	0.00	103.00	0.02	0.07	0.00
		66	0	0	455.40	0.73	49.37	4.51	2.11	1.19	0.00	67.98	0.01	0.05	0.00
1924	SWEETCORN, CANNED, DRAINED		0	0	122.00	2.90	1.20	0.16	26.60	0.00	1.40	18.00	0.04	0.06	1.50
		90	1	90	109.80	2.61	1.08	0.14	23.94	0.00	1.26	16.20	0.04	0.05	1.35
260	DIGESTIVES HALF COATED IN CHOCOLATE		0	0	497.00	6.60	24.10	12.16	68.20	26.30	2.20	0.00	0.08	0.11	1.30
		26	0	0	129.22	1.72	6.27	3.16	17.73	6.84	0.57	0.00	0.02	0.03	0.34
<b>MEAL</b>		492	1	90	1091.72	36.58	57.87	8.03	113.52	8.03	7.77	99.48	0.91	0.24	16.08
<b>Evening meal</b>															
<b>RECIPE</b>	COTTAGE PIE		0	0	81.49	8.41	2.01	0.34	7.92	0.17	0.86	107.19	0.09	0.05	2.94
		480	0.75	60	391.16	40.36	9.63	1.63	38.01	0.80	4.13	514.50	0.43	0.22	14.12
1714	CARROTS-FROZEN BOILED		0	0	22.00	0.40	0.30	0.10	4.70	0.00	2.30	1074.00	0.03	0.03	0.30
		30	0.33	30	6.60	0.12	0.09	0.03	1.41	0.00	0.69	322.20	0.01	0.01	0.09
1808	PEAS FROZEN BOILED		0	0	69.00	6.00	0.90	0.17	9.70	0.00	5.10	95.00	0.26	0.09	1.60
		30	0.33	30	20.70	1.80	0.27	0.05	2.91	0.00	1.53	28.50	0.08	0.03	0.48
1720	CAULIFLOWER-FROZEN BOILED		0	0	20.00	2.00	0.50	0.10	2.00	0.00	1.20	10.00	0.02	0.04	0.30
		30	0.33	30	6.00	0.60	0.15	0.03	0.60	0.00	0.36	3.00	0.01	0.01	0.09
546	CUSTARD READY TO SERVE CANNED		0	0	98.00	2.70	2.90	1.92	16.30	8.60	0.10	99.00	0.12	0.19	0.10
		120	0	0	117.60	3.24	3.48	2.30	19.56	10.32	0.12	118.80	0.14	0.23	0.12
1977	BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		200	2	200	190.00	2.40	0.60	0.22	46.40	0.00	2.20	8.00	0.08	0.12	1.40
<b>MEAL</b>		890	3.74	350	732.06	48.52	14.22	4.26	108.89	11.12	9.03	995.00	0.74	0.62	16.30
<b>Additional foods</b>															
2629	MIXED NUTS AND RAISINS UNSALTED		0	0	481.00	14.10	34.10	5.71	31.50	12.80	4.50	1.00	0.59	0.11	5.50
		50	1	25	240.50	7.05	17.05	2.86	15.75	6.40	2.25	0.50	0.30	0.06	2.75
2044	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		0	0	57.00	0.40	0.10	0.04	14.60	0.00	0.70	3.00	0.05	0.01	0.20
		100	1	100	57.00	0.40	0.10	0.04	14.60	0.00	0.70	3.00	0.05	0.01	0.20
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	56.25	4.25	2.00	1.26	5.75	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		611	2	125	359.75	12.58	19.15	4.16	36.76	6.40	2.95	32.25	0.38	0.39	4.56
<b>DAY</b>		2429.25	7.74	645	2746.95	114.95	103.04	20.14	362.85	60.56	26.26	1204.93	3.00	2.46	47.52



Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 6</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		40	0	0	106.80	4.76	1.16	0.21	20.64	0.00	1.96	0.00	0.12	0.02	1.52
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0	0	622.00	0.50	68.50	16.23	0.80	0.00	0.00	368.00	0.00	0.00	0.00
		10	0	0	62.20	0.05	6.85	1.62	0.08	0.00	0.00	36.80	0.00	0.00	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		150	0	0	67.50	5.10	2.40	1.52	6.90	0.00	0.00	34.50	0.05	0.38	0.15
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0	0	346.00	11.70	2.20	0.55	74.40	2.20	7.50	0.00	1.20	1.40	15.30
		56.25	0	0	194.63	6.58	1.24	0.31	41.85	1.24	4.22	0.00	0.68	0.79	8.61
<b>MEAL</b>		256.25	0	0	431.13	16.49	11.65	3.66	69.47	1.24	6.18	71.30	0.84	1.18	10.28
<b>Lunch</b>															
755	EGGS BOILED		0	0	147.00	12.50	10.80	3.10	0.00	0.00	0.00	190.00	0.07	0.35	0.10
		60	0	0	88.20	7.50	6.48	1.86	0.00	0.00	0.00	114.00	0.04	0.21	0.06
2432	MAYONNAISE (RETAIL)		0	0	690.00	1.10	74.80	6.84	3.20	1.80	0.00	103.00	0.02	0.07	0.00
		33	0	0	227.70	0.36	24.68	2.26	1.06	0.59	0.00	33.99	0.01	0.02	0.00
158	ROLLS WHITE CRUSTY		0	0	262.00	9.20	2.20	0.51	54.80	0.00	2.40	0.00	0.22	0.07	2.00
		112	0	0	293.44	10.30	2.46	0.57	61.38	0.00	2.69	0.00	0.25	0.08	2.24
704	YOGURT LOW FAT FRUIT		0	0	78.00	4.10	1.10	0.75	13.70	6.60	0.20	13.00	0.12	0.21	0.20
		125	0	0	97.50	5.13	1.38	0.94	17.13	8.25	0.25	16.25	0.15	0.26	0.25
1782	MUSTARD CRESS RAW		0	0	13.00	1.60	0.60	0.02	0.40	0.00	1.10	213.00	0.04	0.04	1.00
		2	0	0	0.26	0.03	0.01	0.00	0.01	0.00	0.02	4.26	0.00	0.00	0.02
<b>MEAL</b>		332	0	0	707.10	23.32	35.02	5.63	79.57	8.84	2.96	168.50	0.45	0.57	2.57
<b>Evening meal</b>															
9391	FRENCH DRESSING		0	0	481.00	0.10	49.40	7.96	9.70	5.50	0.00	0.00	0.00	0.00	0.00
		30	0	0	144.30	0.03	14.82	2.39	2.91	1.65	0.00	0.00	0.00	0.00	0.00
<b>RECIPE</b>	SIMPLE SALAD		0	0	14.83	0.78	0.30	0.06	2.40	0.00	0.98	84.70	0.07	0.01	0.57
		135	1.7	135	20.02	1.05	0.41	0.08	3.24	0.00	1.33	114.35	0.10	0.02	0.78
36	PASTA SPAGHETTI WHOLEMEAL BOILED		0	0	134.00	5.20	1.10	0.18	27.50	0.00	4.40	0.00	0.11	0.02	1.30
		270	0	0	361.80	14.04	2.97	0.49	74.25	0.00	11.88	0.00	0.30	0.05	3.51
<b>RECIPE</b>	BOLOGNESE		0	0	58.21	5.13	1.83	0.73	5.68	0.00	1.58	207.69	0.09	0.08	1.96
		480	7	620	279.39	24.62	8.80	3.49	27.26	0.00	7.60	996.93	0.43	0.37	9.42
<b>RECIPE</b>	FRESH FRUIT SALAD		0	0	49.85	0.83	0.17	0.05	11.98	1.44	1.25	4.69	0.06	0.03	0.36
		160	0	0	79.76	1.32	0.27	0.08	19.17	2.30	2.00	7.50	0.10	0.05	0.57
720	ICE CREAM, DAIRY, VANILLA, HARD, BLOCK		0	0	177.00	3.60	9.80	6.18	19.80	15.00	0.00	99.00	0.10	0.28	0.20
		75	0	0	132.75	2.70	7.35	4.64	14.85	11.25	0.00	74.25	0.08	0.21	0.15
7615	GARLIC (& HERB) BREAD		0	0	365.00	7.80	18.30	9.69	45.00	0.00	2.00	150.00	0.24	0.07	1.50
		40	0	0	146.00	3.12	7.32	3.88	18.00	0.00	0.80	60.00	0.10	0.03	0.60
<b>MEAL</b>		1190	8.7	755	1164.02	46.88	41.94	15.03	159.68	15.20	23.61	1253.03	1.09	0.73	15.02
<b>Additional foods</b>															
8058	LATTE (ESPRESSO AND SKIMMED MILK) TAKEAWAY ONLY		0	0	32.00	3.20	0.30	0.15	4.50	0.00	0.00	1.00	0.02	0.20	0.60
		350	0	0	112.00	11.20	1.05	0.53	15.75	0.00	0.00	3.50	0.07	0.70	2.10
2092	ORANGES RAW FLESH ONLY		0	0	37.00	1.10	0.10	0.02	8.50	0.00	1.70	8.00	0.11	0.04	0.40
		160	0	0	59.20	1.76	0.16	0.03	13.60	0.00	2.72	12.80	0.18	0.06	0.64
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		100	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		4	0	0	4.00	0.58	0.00	0.00	0.44	0.00	0.00	0.00	0.00	0.01	0.99
1977	BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		100	1	100	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
<b>MEAL</b>		944	1	100	315.2	18.144	3.11	1.677	57.59	0	3.82	43.3	0.3176	1.0824	4.532
<b>DAY</b>		2722.25	9.7	855	2617.44	104.84	91.71	25.99	366.31	25.29	36.57	1536.13	2.69	3.57	32.40



Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>THIS IS THE FINAL VERSION OF THE EATWELL WEEK- minus 500kcal</b>															
<b>Day 1</b>															
<b>Breakfast</b>															
<b>RECIPE</b>	SCRAMBLED EGG W/ MILK		0	0	148.31	12.22	10.68	3.11	0.85	0.00	0.00	180.39	0.08	0.39	0.11
		120	0	0	177.98	14.66	12.81	3.73	1.02	0.00	0.00	216.46	0.10	0.46	0.13
	<b>138</b> BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		31	0	0	82.77	3.69	0.90	0.16	16.00	0.00	1.52	0.00	0.09	0.02	1.18
	<b>9990</b> REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0	0	553.00	0.20	60.80	14.41	1.30	0.00	0.00	980.00	0.00	0.00	0.00
		10	0	0	55.30	0.02	6.08	1.44	0.13	0.00	0.00	98.00	0.00	0.00	0.00
	<b>2337</b> ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	0	0	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		311	0	0	370.05	19.12	19.94	5.36	30.50	13.35	1.67	318.96	0.31	0.51	1.60
<b>Lunch</b>															
	<b>138</b> BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		31	0	0	82.77	3.69	0.90	0.16	16.00	0.00	1.52	0.00	0.09	0.02	1.18
	<b>9986</b> VERY LOW FAT SPREAD (20-25%) NOT PUFA LOW IN TRANS		0	0	262.00	5.90	25.50	6.82	2.50	0.00	0.00	566.00	0.00	0.00	0.00
		10	0	0	26.20	0.59	2.55	0.68	0.25	0.00	0.00	56.60	0.00	0.00	0.00
	<b>661</b> CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0	0	416.00	25.40	34.90	21.68	0.10	0.00	0.00	388.00	0.03	0.39	0.10
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>2646</b> BEANS BAKED CANNED LOW SUGAR/ NO ADDED SUGAR		0	0	74.00	5.40	0.60	0.10	12.80	2.40	3.80	13.00	0.09	0.06	0.50
		200	1	80	148.00	10.80	1.20	0.20	25.60	4.80	7.60	26.00	0.18	0.12	1.00
<b>MEAL</b>		241	1	80	256.97	15.08	4.65	1.05	41.85	4.80	9.12	82.60	0.27	0.14	2.18
<b>Evening meal</b>															
	<b>10287</b> POPPADOMS/PAPPADOMS READY TO EAT PURCHASED OR RETAIL		0	0	425.00	16.20	19.60	2.29	49.00	0.00	6.50	3.00	0.32	0.12	1.50
		26	0	0	110.50	4.21	5.10	0.60	12.74	0.00	1.69	0.78	0.08	0.03	0.39
	<b>7622</b> NAAN BREAD PLAIN		0	0	285.00	7.80	7.30	0.97	50.10	0.00	2.00	7.00	0.27	0.05	3.00
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>42</b> WHITE RICE BASMATI BOILED		0	0	117.00	2.80	0.70	0.16	26.50	0.00	0.60	0.00	0.03	0.00	0.20
		180	0	0	210.60	5.04	1.26	0.29	47.70	0.00	1.08	0.00	0.05	0.00	0.36
<b>RECIPE</b>	RAITA		0	0	30.16	2.36	0.48	0.29	4.23	0.12	0.35	10.78	0.07	0.10	0.16
		80	0	0	24.12	1.89	0.38	0.23	3.38	0.10	0.28	8.63	0.05	0.08	0.13
<b>RECIPE</b>	BEEF CURRY		0	0	79.72	7.90	2.36	0.87	7.24	1.22	2.15	176.98	0.08	0.08	1.58
		349	2	200	278.21	27.57	8.24	3.03	25.26	4.25	7.51	617.65	0.29	0.29	5.52
<b>RECIPE</b>	FRESH FRUIT SALAD		0	0	49.85	0.83	0.17	0.05	11.98	1.44	1.25	4.69	0.06	0.03	0.36
		160	2	160	79.76	1.32	0.27	0.08	19.17	2.30	2.00	7.50	0.10	0.05	0.57
<b>MEAL</b>		795	4	360	703.19	40.04	15.25	4.23	108.25	6.65	12.57	634.56	0.58	0.45	6.97
<b>Additional foods</b>															
	<b>10001</b> POTATO CRISPS IN SUNSEED OIL EG WALKERS, SENSATIONS, SAINSBURY AND TESCO STANDARD CR		0	0	523.00	6.30	31.50	2.69	57.20	0.00	3.90	0.00	0.21	0.08	3.20
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>1977</b> BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		100	1	100	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
	<b>8543</b> MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>10251</b> ONE PERCENT (1%) MILK, PASTEURISED		0	0	40.00	3.30	1.00	0.60	4.80	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	50.00	4.13	1.25	0.75	6.00	0.00	0.00	28.75	0.04	0.31	0.13
	<b>2314</b> TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>2308</b> COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		436.00	1.00	100.00	151.00	6.20	1.55	0.86	29.86	0.00	1.10	32.75	0.08	0.39	2.31
<b>DAY</b>		1783.00	6.00	540.00	1481.20	80.44	41.39	11.50	210.45	24.80	24.45	1068.88	1.24	1.48	13.06

Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 2</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		62	0	0	165.54	7.38	1.80	0.33	31.99	0.00	3.04	0.00	0.18	0.03	2.36
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0	0	553.00	0.20	60.80	14.41	1.30	0.00	0.00	980.00	0.00	0.00	0.00
		10	0	0	55.30	0.02	6.08	1.44	0.13	0.00	0.00	98.00	0.00	0.00	0.00
914	BACON RASHERS BACK GRILLED LEAN AND FAT		0	0	291.00	23.70	21.80	8.21	0.00	0.00	0.00	0.00	1.01	0.15	7.20
		50	0	0	145.50	11.85	10.90	4.11	0.00	0.00	0.00	0.00	0.51	0.08	3.60
2448	TOMATO KETCHUP		0	0	108.00	2.10	0.00	0.00	26.60	19.50	0.90	79.00	1.00	0.09	2.10
		10	0	0	10.80	0.21	0.00	0.00	2.66	1.95	0.09	7.90	0.10	0.01	0.21
2337	ORANGE JUICE UNSWEETENED PASTURISED		0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
<b>MEAL</b>		282	1	80	431.14	20.21	18.93	5.90	48.13	15.30	3.28	110.40	0.90	0.15	6.47
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		31	0	0	82.77	3.69	0.90	0.16	16.00	0.00	1.52	0.00	0.09	0.02	1.18
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0	0	553.00	0.20	60.80	14.41	1.30	0.00	0.00	980.00	0.00	0.00	0.00
		10	0	0	55.30	0.02	6.08	1.44	0.13	0.00	0.00	98.00	0.00	0.00	0.00
2478	CREAM OF TOMATO SOUP CANNED		0	0	61.00	1.00	3.00	0.40	8.00	5.20	0.70	35.00	0.03	0.02	0.50
		200	0	0	122.00	2.00	6.00	0.80	16.00	10.40	1.40	70.00	0.06	0.04	1.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0	0	497.00	6.60	24.10	12.16	68.20	26.30	2.20	0.00	0.08	0.11	1.30
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		241	0	0	260.07	5.71	12.98	2.41	32.13	10.40	2.92	168.00	0.15	0.06	2.18
<b>Evening meal</b>															
1088	CHICKEN ROAST MEAT ONLY		0	0	177.00	27.30	7.50	2.06	0.00	0.00	0.00	11.00	0.07	0.16	9.20
		100	0	0	177.00	27.30	7.50	2.06	0.00	0.00	0.00	11.00	0.07	0.16	9.20
5065	ROAST POTATOES FROZEN IN A LIGHT BATTER, BAKED E.G. AUNT BESSIE		0	0	188.00	2.60	9.40	1.13	24.60	0.00	1.60	0.00	0.22	0.01	0.70
		170	0	0	319.60	4.42	15.98	1.92	41.82	0.00	2.72	0.00	0.37	0.02	1.19
1694	BROCCOLI SPEARS CALABRESE FROZEN BOILED		0	0	31.00	3.30	0.90	0.13	2.50	0.00	3.60	90.00	0.06	0.05	0.70
		85	1	85	26.35	2.81	0.77	0.11	2.13	0.00	3.06	76.50	0.05	0.04	0.60
1714	CARROTS-FROZEN BOILED		0	0	22.00	0.40	0.30	0.10	4.70	0.00	2.30	1074.00	0.03	0.03	0.30
		60	0.75	60	13.20	0.24	0.18	0.06	2.82	0.00	1.38	644.40	0.02	0.02	0.18
546	CUSTARD READY TO SERVE CANNED		0	0	98.00	2.70	2.90	1.92	16.30	8.60	0.10	99.00	0.12	0.19	0.10
		120	0	0	117.60	3.24	3.48	2.30	19.56	10.32	0.12	118.80	0.14	0.23	0.12
<b>RECIPE</b>	APPLE CRUMBLE		0	0	164.14	1.89	6.18	1.45	27.00	7.45	1.87	32.19	0.08	0.02	0.24
		170	1	125	279.03	3.22	10.51	2.46	45.91	12.66	3.18	54.72	0.14	0.03	0.41
<b>MEAL</b>		705	2.75	270	932.78	41.22	38.41	8.91	112.23	22.98	10.46	905.42	0.79	0.50	11.69
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		100	1	100	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
2092	ORANGES RAW FLESH ONLY		0	0	37.00	1.10	0.10	0.02	8.50	0.00	1.70	8.00	0.11	0.04	0.40
		160	1	160	59.20	1.76	0.16	0.03	13.60	0.00	2.72	12.80	0.18	0.06	0.64
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		0	0	40.00	3.30	1.00	0.60	4.80	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	50.00	4.13	1.25	0.75	6.00	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION		0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
<b>MEAL</b>		596	2	260	210.2	7.961	1.71	0.892	43.46	0	3.82	45.55	0.2559	0.4491	2.953
<b>DAY</b>		1824	5.75	610	1834.19	75.10	72.03	18.11	235.95	48.68	20.47	1229.37	2.10	1.15	23.29



Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 3</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED	0	0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS	0	0	0	553.00	0.20	60.80	14.41	1.30	0.00	0.00	980.00	0.00	0.00	0.00
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED	0	0	0	36.00	0.50	0.10	0.02	8.90	8.90	0.10	3.00	0.08	0.02	0.20
		150	1	80	54.00	0.75	0.15	0.03	13.35	13.35	0.15	4.50	0.12	0.03	0.30
RECIPE	PORRIDGE	0	0	0	54.28	1.55	1.10	0.17	10.16	0.00	0.92	0.00	0.09	0.01	0.09
		212	0	0	115.07	3.29	2.33	0.37	21.55	0.00	1.94	0.00	0.19	0.01	0.20
MEAL		362	1	80	169.07	4.04	2.48	0.40	34.90	13.35	2.09	4.50	0.31	0.04	0.50
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED	0	0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		31	0	0	82.77	3.69	0.90	0.16	16.00	0.00	1.52	0.00	0.09	0.02	1.18
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS	0	0	0	553.00	0.20	60.80	14.41	1.30	0.00	0.00	980.00	0.00	0.00	0.00
		10	0	0	55.30	0.02	6.08	1.44	0.13	0.00	0.00	98.00	0.00	0.00	0.00
RECIPE	CHICKEN SOUP	0	0	0	50.34	3.33	0.78	0.21	7.99	0.00	1.40	192.41	0.08	0.02	0.92
		300	2	170	151.02	10.00	2.35	0.63	23.96	0.00	4.20	577.24	0.24	0.07	2.77
10198	JELLY, CONTAINING FRUIT JUICE, PURCHASED	0	0	0	50.00	1.30	0.00	0.00	11.90	11.90	0.00	0.00	0.00	0.00	0.00
		125	0	0	62.50	1.63	0.00	0.00	14.88	14.88	0.00	0.00	0.00	0.00	0.00
MEAL		466	2	170	351.59	15.33	9.32	2.23	54.96	14.88	5.72	675.24	0.33	0.09	3.95
<b>Evening meal</b>															
9986	VERY LOW FAT SPREAD (20-25%) NOT PUFA LOW IN TRANS	0	0	0	262.00	5.90	25.50	6.82	2.50	0.00	0.00	566.00	0.00	0.00	0.00
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RECIPE	PASTA RATATOUILLE BAKE	0	0	0	114.89	4.85	3.01	0.78	18.26	0.00	2.30	61.95	0.09	0.03	1.02
		310	3	270	356.17	15.04	9.34	2.43	56.60	0.00	7.13	192.05	0.27	0.09	3.17
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES	0	0	0	416.00	25.40	34.90	21.68	0.10	0.00	0.00	388.00	0.03	0.39	0.10
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
267	OATCAKES	0	0	0	454.00	11.20	20.30	6.39	60.30	0.90	6.90	0.00	0.32	0.09	0.70
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEAL		310	3	270	356.17	15.04	9.34	2.43	56.60	0.00	7.13	192.05	0.27	0.09	3.17
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY	0	0	0	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
		100	1	100	95.00	1.20	0.30	0.11	23.20	0.00	1.10	4.00	0.04	0.06	0.70
260	DIGESTIVES HALF COATED IN CHOCOLATE	0	0	0	497.00	6.60	24.10	12.16	68.20	26.30	2.20	0.00	0.08	0.11	1.30
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1952	APPLES EATING RAW FLESH & SKIN ONLY	0	0	0	47.00	0.40	0.10	0.02	11.80	0.00	1.80	3.00	0.03	0.02	0.10
		100	1	100	47.00	0.40	0.10	0.02	11.80	0.00	1.80	3.00	0.03	0.02	0.10
8543	MILK SEMI-SKIMMED PASTEURISED WINTER	0	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED	0	0	0	40.00	3.30	1.00	0.60	4.80	0.00	0.00	23.00	0.03	0.25	0.10
		125	0	0	50.00	4.13	1.25	0.75	6.00	0.00	0.00	28.75	0.04	0.31	0.13
2314	TEA STRONG INFUSION	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES	0	0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		6	0	0	6.00	0.88	0.00	0.00	0.66	0.00	0.00	0.00	0.00	0.01	1.49
MEAL		536	2	200	198	6.601	1.65	0.88	41.66	0	2.9	35.75	0.1099	0.4051	2.413
DAY		1674	8	720	1074.83	41.01	22.79	5.94	188.11	28.23	17.84	907.54	1.03	0.63	10.04





Food Code	Name	Weight (g)	F&V portions	F&V g	Energy kcal	Protein g	Fat g	Saturated fat g	Carbohydrate g	NMES g	Fibre g	vit. A µg	Thiamin mg	Riboflavin mg	Niacin mg
<b>Day 6</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED	0	0	0	267.00	11.90	2.90	0.53	51.60	0.00	4.90	0.00	0.29	0.05	3.80
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS	0	0	0	553.00	0.20	60.80	14.41	1.30	0.00	0.00	980.00	0.00	0.00	0.00
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER	0	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED	100	0	0	40.00	3.30	1.00	0.60	4.80	0.00	0.00	23.00	0.03	0.25	0.10
		100	0	0	40.00	3.30	1.00	0.60	4.80	0.00	0.00	23.00	0.03	0.25	0.10
225	WEETABIX AND OTHER WHOLEWHEAT BISKS	37.5	0	0	346.00	11.70	2.20	0.55	74.40	2.20	7.50	0.00	1.20	1.40	15.30
		37.5	0	0	129.75	4.39	0.83	0.21	27.90	0.83	2.81	0.00	0.45	0.53	5.74
<b>MEAL</b>		37.5	0	0	169.75	7.6875	1.825	0.80625	32.7	0.825	2.8125	23	0.48	0.775	5.8375
<b>Lunch</b>															
755	EGGS BOILED	60	0	0	147.00	12.50	10.80	3.10	0.00	0.00	0.00	190.00	0.07	0.35	0.10
		60	0	0	88.20	7.50	6.48	1.86	0.00	0.00	0.00	114.00	0.04	0.21	0.06
2432	MAYONNAISE (RETAIL)	33	0	0	690.00	1.10	74.80	6.84	3.20	1.80	0.00	103.00	0.02	0.07	0.00
		33	0	0	227.70	0.36	24.68	2.26	1.06	0.59	0.00	33.99	0.01	0.02	0.00
158	ROLLS WHITE CRUSTY	112	0	0	262.00	9.20	2.20	0.51	54.80	0.00	2.40	0.00	0.22	0.07	2.00
		112	0	0	293.44	10.30	2.46	0.57	61.38	0.00	2.69	0.00	0.25	0.08	2.24
704	YOGURT LOW FAT FRUIT	125	0	0	78.00	4.10	1.10	0.75	13.70	6.60	0.20	13.00	0.12	0.21	0.20
		125	0	0	97.50	5.13	1.38	0.94	17.13	8.25	0.25	16.25	0.15	0.26	0.25
1782	MUSTARD CRESS RAW	2	0	0	13.00	1.60	0.60	0.02	0.40	0.00	1.10	213.00	0.04	0.04	1.00
		2	0	0	0.26	0.03	0.01	0.00	0.01	0.00	0.02	4.26	0.00	0.00	0.02
<b>MEAL</b>		332	0	0	707.10	23.32	35.02	5.63	79.57	8.84	2.96	168.50	0.45	0.57	2.57
<b>Evening meal</b>															
9391	FRENCH DRESSING	30	0	0	481.00	0.10	49.40	7.96	9.70	5.50	0.00	0.00	0.00	0.00	0.00
		30	0	0	144.30	0.03	14.82	2.39	2.91	1.65	0.00	0.00	0.00	0.00	0.00
<b>RECIPE</b>	SIMPLE SALAD	135	1.7	135	14.83	0.78	0.30	0.06	2.40	0.00	0.98	84.70	0.07	0.01	0.57
		135	1.7	135	20.02	1.05	0.41	0.08	3.24	0.00	1.33	114.35	0.10	0.02	0.78
36	PASTA SPAGHETTI WHOLEMEAL BOILED	150	0	0	134.00	5.20	1.10	0.18	27.50	0.00	4.40	0.00	0.11	0.02	1.30
		150	0	0	201.00	7.80	1.65	0.27	41.25	0.00	6.60	0.00	0.17	0.03	1.95
<b>RECIPE</b>	BOLOGNESE	320	5	410	58.21	5.13	1.83	0.73	5.68	0.00	1.58	207.69	0.09	0.08	1.96
		320	5	410	186.26	16.41	5.86	2.32	18.17	0.00	5.06	664.62	0.29	0.25	6.28
<b>RECIPE</b>	FRESH FRUIT SALAD	160	0	0	49.85	0.83	0.17	0.05	11.98	1.44	1.25	4.69	0.06	0.03	0.36
		160	0	0	79.76	1.32	0.27	0.08	19.17	2.30	2.00	7.50	0.10	0.05	0.57
720	ICE CREAM, DAIRY, VANILLA, HARD, BLOCK	75	0	0	177.00	3.60	9.80	6.18	19.80	15.00	0.00	99.00	0.10	0.28	0.20
		75	0	0	132.75	2.70	7.35	4.64	14.85	11.25	0.00	74.25	0.08	0.21	0.15
7615	GARLIC (& HERB) BREAD	0	0	0	365.00	7.80	18.30	9.69	45.00	0.00	2.00	150.00	0.24	0.07	1.50
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		870	6.7	545	764.09	29.31	30.37	9.77	99.60	15.20	15.00	860.72	0.72	0.56	9.72
<b>Additional foods</b>															
8058	LATTE (ESPRESSO AND SKIMMED MILK) TAKEAWAY ONLY	350	0	0	32.00	3.20	0.30	0.15	4.50	0.00	0.00	1.00	0.02	0.20	0.60
		350	0	0	112.00	11.20	1.05	0.53	15.75	0.00	0.00	3.50	0.07	0.70	2.10
2092	ORANGES RAW FLESH ONLY	160	0	0	37.00	1.10	0.10	0.02	8.50	0.00	1.70	8.00	0.11	0.04	0.40
		160	0	0	59.20	1.76	0.16	0.03	13.60	0.00	2.72	12.80	0.18	0.06	0.64
8543	MILK SEMI-SKIMMED PASTEURISED WINTER	0	0	0	45.00	3.40	1.60	1.01	4.60	0.00	0.00	23.00	0.03	0.25	0.10
		0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED	100	0	0	40.00	3.30	1.00	0.60	4.80	0.00	0.00	23.00	0.03	0.25	0.10
		100	0	0	40.00	3.30	1.00	0.60	4.80	0.00	0.00	23.00	0.03	0.25	0.10
2314	TEA STRONG INFUSION	330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		330	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES	4	0	0	100.00	14.60	0.00	0.00	11.00	0.00	0.00	0.00	0.04	0.21	24.80
		4	0	0	4.00	0.58	0.00	0.00	0.44	0.00	0.00	0.00	0.00	0.01	0.99
<b>MEAL</b>		844	0	0	215.2	16.844	2.21	1.157	34.59	0	2.72	39.3	0.2776	1.0224	3.832
<b>DAY</b>		2083.5	6.7	545	1856.14	77.17	69.42	17.36	246.45	24.87	23.49	1091.52	1.92	2.93	21.96



Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 1</b>															
<b>Breakfast</b>															
<b>RECIPE</b>	SCRAMBLED EGG W/ MILK		0.37	0.09	2.48	34.00	137.37	0.34	149.61	75.08	12.98	203.19	1.76	1.28	10.38
		120	0.44	0.11	2.98	40.80	164.85	0.41	179.53	90.10	15.57	243.83	2.11	1.54	12.46
	<b>172</b> ROLLS WHOLEMEAL TOASTED		0.00	0.10	0.00	70.00	604.00	1.51	306.00	107.00	75.00	243.00	3.00	2.10	9.00
		40	0.00	0.04	0.00	28.00	241.60	0.60	122.40	42.80	30.00	97.20	1.20	0.84	3.60
	<b>9510</b> REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
	<b>2337</b> ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		320	64.94	0.30	2.98	103.30	501.45	1.25	531.23	149.30	57.77	362.33	3.61	2.38	17.56
<b>Lunch</b>															
	<b>138</b> BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
	<b>9510</b> REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
	<b>661</b> CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		20	0.00	0.02	0.48	6.20	144.60	0.36	15.00	147.80	5.80	101.00	0.06	0.82	1.20
	<b>2646</b> BEANS BAKED CANNED LOW SUGAR/ NO ADDED SUGAR		0.00	0.10	0.00	23.00	200.00	0.50	320.00	55.00	32.00	100.00	1.40	0.50	2.00
		200	0.00	0.20	0.00	46.00	400.00	1.00	640.00	110.00	64.00	200.00	2.80	1.00	4.00
<b>MEAL</b>		270	0.00	0.26	0.48	69.00	832.60	2.08	783.70	301.60	96.40	383.60	3.82	2.46	9.60
<b>Evening meal</b>															
	<b>10287</b> POPPADOMS/PAPPADOMS READY TO EAT PURCHASED OR RETAIL		0.00	0.40	0.00	136.00	1574.00	3.94	230.00	42.00	48.00	164.00	2.00	1.20	4.00
		26	0.00	0.10	0.00	35.36	409.24	1.02	59.80	10.92	12.48	42.64	0.52	0.31	1.04
	<b>7622</b> NAAN BREAD PLAIN		0.00	0.20	0.00	15.00	300.00	0.75	172.00	187.00	21.00	299.00	1.60	0.70	0.00
		80	0.00	0.16	0.00	12.00	240.00	0.60	137.60	149.60	16.80	239.20	1.28	0.56	0.00
	<b>42</b> WHITE RICE BASMATI BOILED		0.00	0.00	0.00	5.00	4.00	0.01	15.00	14.00	6.00	30.00	0.10	0.40	5.00
		180	0.00	0.00	0.00	9.00	7.20	0.02	27.00	25.20	10.80	54.00	0.18	0.72	9.00
<b>RECIPE</b>	RAITA		1.17	0.00	0.12	7.29	31.47	0.08	179.78	78.41	12.06	87.45	0.29	0.31	0.82
		80	0.94	0.00	0.10	5.84	25.17	0.06	143.82	62.73	9.65	69.96	0.24	0.25	0.66
<b>RECIPE</b>	BEEF CURRY		36.17	0.25	0.66	13.60	103.86	0.26	409.58	39.13	25.35	88.59	2.76	1.80	2.87
		349	126.22	0.88	2.30	47.46	362.46	0.91	1429.43	136.56	88.46	309.18	9.64	6.29	10.03
<b>RECIPE</b>	FRESH FRUIT SALAD		35.64	0.13	0.00	18.90	4.58	0.01	204.01	20.05	12.99	20.20	0.22	0.10	0.66
		160	57.03	0.21	0.00	30.24	7.32	0.02	326.42	32.07	20.79	32.32	0.35	0.16	1.06
<b>MEAL</b>		875	184.18	1.35	2.40	139.89	1051.40	2.63	2124.07	417.07	158.98	747.29	12.20	8.29	21.79
<b>Additional foods</b>															
	<b>10001</b> POTATO CRISPS IN SUNSEED OIL EG WALKERS, SENSATIONS, SAINSBURY AND TESCO STANDARD CR		6.00	0.80	0.00	41.00	660.00	1.65	935.00	29.00	39.00	110.00	1.50	0.50	0.00
		34.5	2.07	0.28	0.00	14.15	227.70	0.57	322.58	10.01	13.46	37.95	0.52	0.17	0.00
	<b>1977</b> BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
	<b>8543</b> MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
	<b>2314</b> TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
	<b>2308</b> COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		595.50	15.57	0.70	1.13	60.31	284.81	0.71	1261.13	174.41	86.36	214.45	1.09	0.94	2.79
<b>DAY</b>		2060.50	264.70	2.62	6.98	372.50	2670.26	6.68	4700.13	1042.38	399.51	1707.67	20.73	14.06	51.73

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 2</b>															
<b>Breakfast</b>															
161	ROLLS, WHOLEMEAL, NOT FORTIFIED		0.00	0.10	0.00	57.00	450.00	1.13	248.00	87.00	61.00	197.00	2.40	1.70	7.00
		48	0.00	0.05	0.00	27.36	216.00	0.54	119.04	41.76	29.28	94.56	1.15	0.82	3.36
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
914	BACON RASHERS BACK GRILLED LEAN AND FAT		0.00	0.50	0.50	0.00	1520.00	3.80	350.00	7.00	21.00	180.00	0.60	1.80	12.00
		50	0.00	0.25	0.25	0.00	760.00	1.90	175.00	3.50	10.50	90.00	0.30	0.90	6.00
2448	TOMATO KETCHUP		2.00	0.00	0.00	1.00	1200.00	3.00	590.00	25.00	19.00	43.00	1.20	0.10	0.00
		10	0.20	0.00	0.00	0.10	120.00	0.30	59.00	2.50	1.90	4.30	0.12	0.01	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		<b>268</b>	<b>64.70</b>	<b>0.45</b>	<b>0.25</b>	<b>61.96</b>	<b>1191.00</b>	<b>2.98</b>	<b>582.34</b>	<b>64.16</b>	<b>53.88</b>	<b>210.16</b>	<b>1.87</b>	<b>1.73</b>	<b>10.86</b>
<b>Lunch</b>															
161	ROLLS, WHOLEMEAL, NOT FORTIFIED		0.00	0.10	0.00	57.00	450.00	1.13	248.00	87.00	61.00	197.00	2.40	1.70	7.00
		48	0.00	0.05	0.00	27.36	216.00	0.54	119.04	41.76	29.28	94.56	1.15	0.82	3.36
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
2478	CREAM OF TOMATO SOUP CANNED		0.00	0.00	0.00	12.00	270.00	0.68	151.00	11.00	7.00	17.00	0.50	0.10	0.00
		200	0.00	0.00	0.00	24.00	540.00	1.35	302.00	22.00	14.00	34.00	1.00	0.20	0.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		26	0.00	0.03	0.00	3.38	111.80	0.28	54.60	21.84	10.66	33.80	0.55	0.26	0.52
<b>MEAL</b>		<b>284</b>	<b>0.00</b>	<b>0.07</b>	<b>0.00</b>	<b>54.74</b>	<b>947.80</b>	<b>2.37</b>	<b>479.94</b>	<b>87.00</b>	<b>54.14</b>	<b>164.16</b>	<b>2.70</b>	<b>1.28</b>	<b>3.88</b>
<b>Evening meal</b>															
1088	CHICKEN ROAST MEAT ONLY		0.00	0.40	0.00	10.00	80.00	0.20	330.00	11.00	26.00	220.00	0.70	1.50	17.00
		100	0.00	0.40	0.00	10.00	80.00	0.20	330.00	11.00	26.00	220.00	0.70	1.50	17.00
5065	ROAST POTATOES FROZEN IN A LIGHT BATTER, BAKED E.G. AUNT BESSIE		6.70	0.30	0.00	22.00	209.00	0.52	325.00	12.00	18.00	42.00	0.60	0.40	1.00
		170	11.39	0.51	0.00	37.40	355.30	0.89	552.50	20.40	30.60	71.40	1.02	0.68	1.70
1694	BROCCOLI SPEARS CALABRESE FROZEN BOILED		64.00	0.10	0.00	64.00	13.00	0.03	240.00	37.00	18.00	67.00	0.60	0.30	0.00
		85	54.40	0.09	0.00	54.40	11.05	0.03	204.00	31.45	15.30	56.95	0.51	0.26	0.00
1714	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		60	1.20	0.06	0.00	9.00	21.00	0.05	66.00	18.00	3.00	11.40	0.18	0.06	0.60
546	CUSTARD READY TO SERVE CANNED		0.00	0.00	0.20	1.00	41.00	0.10	129.00	91.00	9.00	83.00	0.10	0.30	1.00
		120	0.00	0.00	0.24	1.20	49.20	0.12	154.80	109.20	10.80	99.60	0.12	0.36	1.20
<b>RECIPE</b>	APPLE CRUMBLE		12.09	0.09	0.00	1.59	67.57	0.17	112.56	18.58	11.00	39.45	0.49	0.21	0.55
		170	20.55	0.15	0.00	2.70	114.86	0.29	191.35	31.58	18.71	67.07	0.83	0.36	0.93
<b>MEAL</b>		<b>705</b>	<b>87.54</b>	<b>1.20</b>	<b>0.24</b>	<b>114.70</b>	<b>631.41</b>	<b>1.58</b>	<b>1498.65</b>	<b>221.63</b>	<b>104.41</b>	<b>526.42</b>	<b>3.36</b>	<b>3.21</b>	<b>21.43</b>
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
		160	86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		<b>721</b>	<b>99.90</b>	<b>0.59</b>	<b>1.13</b>	<b>95.76</b>	<b>65.11</b>	<b>0.16</b>	<b>1178.55</b>	<b>239.60</b>	<b>88.90</b>	<b>210.10</b>	<b>0.74</b>	<b>0.93</b>	<b>4.39</b>
<b>DAY</b>		<b>1978</b>	<b>252.14</b>	<b>2.31</b>	<b>1.62</b>	<b>327.16</b>	<b>2835.32</b>	<b>7.09</b>	<b>3739.48</b>	<b>612.39</b>	<b>301.33</b>	<b>1110.84</b>	<b>8.66</b>	<b>7.14</b>	<b>40.56</b>

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 3</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>RECIPE</b>	PORRIDGE		0.00	0.03	0.00	1.97	0.28	0.00	51.88	6.77	16.21	55.26	0.51	0.35	0.42
		212	0.00	0.07	0.00	4.18	0.60	0.00	109.98	14.35	34.37	117.16	1.08	0.75	0.90
<b>MEAL</b>		412	64.50	0.26	0.00	55.48	303.60	0.76	463.68	73.15	72.97	219.26	2.34	1.39	6.80
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
<b>RECIPE</b>	CHICKEN SOUP		2.24	0.17	0.00	8.99	55.38	0.14	196.71	21.44	10.40	42.02	0.55	0.30	2.07
		300	6.71	0.52	0.00	26.97	166.15	0.42	590.13	64.31	31.21	126.07	1.65	0.89	6.20
10198	JELLY, CONTAINING FRUIT JUICE, PURCHASED		2.50	0.00	0.00	1.00	6.00	0.02	15.00	7.00	1.00	2.00	0.40	0.00	0.00
		125	3.13	0.00	0.00	1.25	7.50	0.02	18.75	8.75	1.25	2.50	0.50	0.00	0.00
<b>MEAL</b>		475	9.83	0.56	0.00	45.02	461.65	1.15	737.58	116.86	59.06	211.17	3.11	1.53	10.60
<b>Evening meal</b>															
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		15	0.00	0.00	0.00	0.00	120.00	0.30	6.45	2.10	0.30	2.70	0.00	0.00	0.00
<b>RECIPE</b>	PASTA RATATOUILLE BAKE		5.16	0.10	0.04	15.55	64.08	0.16	259.52	52.97	21.36	87.52	1.03	0.59	4.40
		310	15.98	0.31	0.13	48.22	198.65	0.50	804.52	164.20	66.23	271.30	3.19	1.84	13.64
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		20	0.00	0.02	0.48	6.20	144.60	0.36	15.00	147.80	5.80	101.00	0.06	0.82	1.20
267	OATCAKES		0.00	0.10	0.00	26.00	780.00	1.95	340.00	54.00	100.00	420.00	4.50	2.30	3.00
		52	0.00	0.05	0.00	13.52	405.60	1.01	176.80	28.08	52.00	218.40	2.34	1.20	1.56
<b>MEAL</b>		397	15.98	0.38	0.61	67.94	868.85	2.17	1002.77	342.18	124.33	593.40	5.59	3.86	16.40
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		26	0.00	0.03	0.00	3.38	111.80	0.28	54.60	21.84	10.66	33.80	0.55	0.26	0.52
1952	APPLES EATING RAW FLESH & SKIN ONLY		6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
		100	6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		687	19.50	0.55	1.13	50.54	171.91	0.43	1113.15	190.24	88.56	221.30	1.22	1.13	3.31
<b>DAY</b>		1971	109.81	1.75	1.73	218.98	1806.01	4.52	3317.18	722.42	344.92	1245.13	12.26	7.90	37.11



Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 4</b>															
<b>Breakfast</b>															
<b>138</b>	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
<b>9510</b>	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
<b>225</b>	WEETABIX AND OTHER WHOLEWHEAT BISKS		0.00	0.20	0.00	170.00	260.00	0.65	397.00	30.00	83.00	259.00	11.90	1.70	5.00
		37.5	0.00	0.08	0.00	63.75	97.50	0.24	148.88	11.25	31.13	97.13	4.46	0.64	1.88
<b>8543</b>	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
<b>2221</b>	MARMALADE WITH PEEL		10.00	0.00	0.00	5.00	18.00	0.05	44.00	35.00	4.00	13.00	0.60	0.20	1.00
		15	1.50	0.00	0.00	0.75	2.70	0.01	6.60	5.25	0.60	1.95	0.09	0.03	0.15
<b>2337</b>	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		352.5	68.00	0.37	0.90	127.80	444.20	1.11	666.18	195.30	80.33	297.18	5.81	1.71	8.93
<b>Lunch</b>															
<b>1834</b>	POTATOES OLD BAKED FLESH & SKIN		14.00	0.50	0.00	44.00	12.00	0.03	630.00	11.00	32.00	68.00	0.70	0.50	2.00
		220	30.80	1.10	0.00	96.80	26.40	0.07	1386.00	24.20	70.40	149.60	1.54	1.10	4.40
<b>3960</b>	TUNA, CANNED, IN SPRING WATER, FISH ONLY		0.00	0.50	3.00	4.00	50.00	0.13	237.00	11.00	27.00	163.00	1.50	0.80	80.00
		45	0.00	0.23	1.35	1.80	22.50	0.06	106.65	4.95	12.15	73.35	0.68	0.36	36.00
<b>2432</b>	MAYONNAISE (RETAIL)		0.00	0.00	0.50	4.00	620.00	1.55	16.00	8.00	1.00	27.00	0.30	0.10	2.00
		33	0.00	0.00	0.17	1.32	204.60	0.51	5.28	2.64	0.33	8.91	0.10	0.03	0.66
<b>1924</b>	SWEETCORN, CANNED, DRAINED		1.00	0.10	0.00	20.00	270.00	0.68	220.00	4.00	23.00	79.00	0.50	0.50	0.00
		60	0.60	0.06	0.00	12.00	162.00	0.41	132.00	2.40	13.80	47.40	0.30	0.30	0.00
<b>260</b>	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		26	0.00	0.03	0.00	3.38	111.80	0.28	54.60	21.84	10.66	33.80	0.55	0.26	0.52
<b>MEAL</b>		384	31.40	1.41	1.52	115.30	527.30	1.32	1684.53	56.03	107.34	313.06	3.16	2.05	41.58
<b>Evening meal</b>															
<b>RECIPE</b>	COTTAGE PIE		1.57	0.32	0.24	7.11	81.13	0.20	277.83	11.46	15.81	90.42	0.46	0.47	3.63
		328	5.14	1.04	0.80	23.31	266.10	0.67	911.30	37.58	51.86	296.57	1.51	1.53	11.92
<b>1714</b>	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		30	0.60	0.03	0.00	4.50	10.50	0.03	33.00	9.00	1.50	5.70	0.09	0.03	0.30
<b>1808</b>	PEAS FROZEN BOILED		12.00	0.10	0.00	33.00	2.00	0.01	150.00	35.00	21.00	99.00	1.60	0.70	0.00
		30	3.60	0.03	0.00	9.90	0.60	0.00	45.00	10.50	6.30	29.70	0.48	0.21	0.00
<b>1720</b>	CAULIFLOWER-FROZEN BOILED		31.00	0.10	0.00	20.00	7.00	0.02	210.00	21.00	8.00	38.00	0.30	0.20	0.00
		30	9.30	0.03	0.00	6.00	2.10	0.01	63.00	6.30	2.40	11.40	0.09	0.06	0.00
<b>546</b>	CUSTARD READY TO SERVE CANNED		0.00	0.00	0.20	1.00	41.00	0.10	129.00	91.00	9.00	83.00	0.10	0.30	1.00
		120	0.00	0.00	0.24	1.20	49.20	0.12	154.80	109.20	10.80	99.60	0.12	0.36	1.20
<b>1977</b>	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
<b>MEAL</b>		638	29.64	1.43	1.04	58.91	329.50	0.82	1607.10	178.58	106.86	470.97	2.59	2.39	14.42
<b>Additional foods</b>															
<b>2629</b>	MIXED NUTS AND RAISINS UNSALTED		0.40	0.40	0.00	56.00	25.00	0.06	810.00	84.00	164.00	306.00	3.10	2.40	32.00
		50	0.20	0.20	0.00	28.00	12.50	0.03	405.00	42.00	82.00	153.00	1.55	1.20	16.00
<b>2044</b>	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
		100	3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
<b>8543</b>	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
<b>2314</b>	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
<b>2308</b>	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		611	5.70	0.43	1.13	62.16	70.61	0.18	1143.55	212.40	127.90	318.50	2.13	1.87	18.79
<b>DAY</b>		1985.5	134.74	3.63	4.58	364.17	1371.61	3.43	5101.35	642.31	422.43	1399.70	13.69	8.02	83.71

Food Code	Name		vit. C	vit. B6	vit B12	Folate	Sodium	Salt	Potassium	Calcium	Magnesium	Phosphorous	Iron	Zinc	Selenium
		Weight (g)	mg	mg	µg	µg	mg	g	mg	mg	mg	mg	mg	mg	µg
<b>Day 5</b>															
<b>Breakfast</b>															
6302	MALTED FLAKE CEREAL, NO ADDITIONS, NOT SPECIAL K		0.00	3.70	2.70	330.00	700.00	1.75	216.00	66.00	46.00	174.00	22.50	1.50	8.00
		30	0.00	1.11	0.81	99.00	210.00	0.53	64.80	19.80	13.80	52.20	6.75	0.45	2.40
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
2215	JAM WITH EDIBLE SEEDS PURCHASED		10.00	0.00	0.00	0.00	29.00	0.07	43.00	12.00	5.00	10.00	0.20	0.00	0.00
		15	1.50	0.00	0.00	0.00	4.35	0.01	6.45	1.80	0.75	1.50	0.03	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		345	68.00	1.40	1.71	162.30	558.35	1.40	581.95	200.40	63.15	251.80	8.04	1.49	9.30
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		80	0.00	0.08	0.00	33.60	416.00	1.04	248.80	84.80	52.80	161.60	1.92	1.28	8.80
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		20	0.00	0.02	0.48	6.20	144.60	0.36	15.00	147.80	5.80	101.00	0.06	0.82	1.20
<b>RECIPE</b>	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
		54	13.15	0.04	0.00	15.41	3.13	0.01	110.13	8.05	4.09	16.15	0.29	0.07	0.13
2133	PRUNES DRIED UNCOOKED NO STONES		0.00	0.20	0.00	4.00	12.00	0.03	860.00	38.00	27.00	83.00	2.90	0.50	3.00
		25	0.00	0.05	0.00	1.00	3.00	0.01	215.00	9.50	6.75	20.75	0.73	0.13	0.75
1969	APRICOTS DRIED UNCOOKED DRY WEIGHT		0.00	0.20	0.00	14.00	56.00	0.14	1880.00	92.00	65.00	120.00	4.10	0.70	7.00
		25	0.00	0.05	0.00	3.50	14.00	0.04	470.00	23.00	16.25	30.00	1.03	0.18	1.75
705	YOGURT LOW FAT NATURAL UNSWEETENED		0.00	0.00	0.30	5.00	63.00	0.16	228.00	162.00	16.00	143.00	0.10	0.60	2.00
		125	0.00	0.00	0.38	6.25	78.75	0.20	285.00	202.50	20.00	178.75	0.13	0.75	2.50
<b>MEAL</b>		339	13.15	0.24	0.86	65.96	739.48	1.85	1348.23	477.05	105.89	510.05	4.14	3.22	15.13
<b>Evening meal</b>															
3772	LENTIL SOUP CANNED		0.20	0.00	0.00	16.00	240.00	0.60	97.00	11.00	9.00	40.00	0.70	0.30	2.00
		200	0.40	0.00	0.00	32.00	480.00	1.20	194.00	22.00	18.00	80.00	1.40	0.60	4.00
1520	SALMON STEAMED NO BONES		0.00	0.20	2.10	6.00	48.00	0.12	402.00	11.00	29.00	254.00	0.30	0.50	20.00
		120	0.00	0.24	2.52	7.20	57.60	0.14	482.40	13.20	34.80	304.80	0.36	0.60	24.00
851	BUTTER SALTED		0.00	0.00	0.30	0.00	606.00	1.52	29.00	18.00	2.00	23.00	0.00	0.10	0.00
		10	0.00	0.00	0.03	0.00	60.60	0.15	2.90	1.80	0.20	2.30	0.00	0.01	0.00
874	OLIVE OIL		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00
		10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00
1671	FRENCH BEANS/GREEN BEANS BOILED		11.00	0.10	0.00	57.00	3.00	0.01	180.00	34.00	16.00	42.00	1.10	0.20	0.00
		90	9.90	0.09	0.00	51.30	2.70	0.01	162.00	30.60	14.40	37.80	0.99	0.18	0.00
1714	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		60	1.20	0.06	0.00	9.00	21.00	0.05	66.00	18.00	3.00	11.40	0.18	0.06	0.60
1829	POTATOES OLD BOILED		6.00	0.30	0.00	19.00	7.00	0.02	280.00	5.00	14.00	31.00	0.40	0.30	1.00
		175	10.50	0.53	0.00	33.25	12.25	0.03	490.00	8.75	24.50	54.25	0.70	0.53	1.75
5474	CHEESECAKE LOW FAT FRUIT TOPPING PURCHASED		0.50	0.00	0.00	7.00	151.00	0.38	165.00	78.00	13.00	100.00	0.40	0.50	2.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		665	22.00	0.92	2.55	132.75	634.15	1.59	1397.30	94.35	94.90	490.55	3.67	1.98	30.35
<b>Additional foods</b>															
2044	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
		100	3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
2265	MARS BAR		0.00	0.00	0.40	5.00	150.00	0.38	250.00	95.00	32.00	110.00	1.20	0.70	2.00
		58	0.00	0.00	0.23	2.90	87.00	0.22	145.00	55.10	18.56	63.80	0.70	0.41	1.16
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		619	5.50	0.23	1.36	37.06	145.11	0.36	883.55	225.50	64.46	229.30	1.27	1.07	3.95
<b>DAY</b>		1968	108.65	2.78	6.47	398.07	2077.09	5.19	4211.03	997.30	328.40	1481.70	17.13	7.76	58.73

Food Code Name		vit. C	vit. B6	vit B12	Folate	Sodium	Salt	Potassium	Calcium	Magnesium	Phosphorous	Iron	Zinc	Selenium	
		Weight (g)	mg	mg	µg	µg	mg	g	mg	mg	mg	mg	mg	µg	
<b>Day 6</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0.00	0.20	0.00	170.00	260.00	0.65	397.00	30.00	83.00	259.00	11.90	1.70	5.00
		37.5	0.00	0.08	0.00	63.75	97.50	0.24	148.88	11.25	31.13	97.13	4.46	0.64	1.88
<b>MEAL</b>		187.5	2.00	0.22	0.90	92.55	426.50	1.07	434.58	175.05	67.73	275.73	5.42	1.68	7.28
<b>Lunch</b>															
755	EGGS BOILED		0.00	0.10	1.10	39.00	140.00	0.35	130.00	57.00	12.00	200.00	1.90	1.30	11.00
		60	0.00	0.06	0.66	23.40	84.00	0.21	78.00	34.20	7.20	120.00	1.14	0.78	6.60
2432	MAYONNAISE (RETAIL)		0.00	0.00	0.50	4.00	620.00	1.55	16.00	8.00	1.00	27.00	0.30	0.10	2.00
		33	0.00	0.00	0.17	1.32	204.60	0.51	5.28	2.64	0.33	8.91	0.10	0.03	0.66
158	ROLLS WHITE CRUSTY		0.00	0.00	0.00	31.00	606.00	1.52	164.00	177.00	22.00	104.00	1.70	0.90	4.00
		112	0.00	0.00	0.00	34.72	678.72	1.70	183.68	198.24	24.64	116.48	1.90	1.01	4.48
704	YOGURT LOW FAT FRUIT		0.00	0.00	0.30	1.00	62.00	0.16	204.00	140.00	15.00	120.00	0.10	0.50	2.00
		125	0.00	0.00	0.38	1.25	77.50	0.19	255.00	175.00	18.75	150.00	0.13	0.63	2.50
1782	MUSTARD CRESS RAW		33.00	0.10	0.00	60.00	19.00	0.05	110.00	50.00	22.00	33.00	1.00	0.30	1.00
		2	0.66	0.00	0.00	1.20	0.38	0.00	2.20	1.00	0.44	0.66	0.02	0.01	0.02
<b>MEAL</b>		332	0.66	0.06	1.20	61.89	1045.20	2.61	524.16	411.08	51.36	396.05	3.29	2.45	14.26
<b>Evening meal</b>															
9391	FRENCH DRESSING		0.00	0.00	0.00	0.00	700.00	1.75	29.00	6.00	14.00	12.00	0.90	0.10	0.00
		30	0.00	0.00	0.00	0.00	210.00	0.53	8.70	1.80	4.20	3.60	0.27	0.03	0.00
RECIPE	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
		135	32.87	0.11	0.00	38.53	7.82	0.02	275.33	20.12	10.23	40.38	0.72	0.18	0.32
36	PASTA SPAGHETTI WHOLEMEAL BOILED		0.00	0.00	0.00	8.00	5.00	0.01	82.00	30.00	46.00	124.00	1.50	1.20	5.00
		150	0.00	0.00	0.00	12.00	7.50	0.02	123.00	45.00	69.00	186.00	2.25	1.80	7.50
RECIPE	BOLOGNESE		14.23	0.23	0.30	16.83	50.54	0.13	388.72	29.83	18.06	70.89	1.15	0.95	2.93
		320	45.54	0.72	0.96	53.85	161.73	0.40	1243.91	95.47	57.80	226.85	3.66	3.03	9.37
RECIPE	FRESH FRUIT SALAD		35.64	0.13	0.00	18.90	4.58	0.01	204.01	20.05	12.99	20.20	0.22	0.10	0.66
		160	57.03	0.21	0.00	30.24	7.32	0.02	326.42	32.07	20.79	32.32	0.35	0.16	1.06
720	ICE CREAM, DAIRY, VANILLA, HARD, BLOCK		1.00	0.00	0.50	6.00	60.00	0.15	174.00	100.00	12.00	91.00	0.00	0.30	2.00
		75	0.75	0.00	0.38	4.50	45.00	0.11	130.50	75.00	9.00	68.25	0.00	0.23	1.50
7615	GARLIC (& HERB) BREAD		0.00	0.10	0.00	20.00	644.00	1.61	96.00	96.00	20.00	84.00	1.50	0.50	4.00
		40	0.00	0.04	0.00	8.00	257.60	0.64	38.40	38.40	8.00	33.60	0.60	0.20	1.60
<b>MEAL</b>		910	136.18	1.09	1.33	147.13	696.97	1.74	2146.26	307.86	179.02	591.00	7.85	5.63	21.34
<b>Additional foods</b>															
8058	LATTE (ESPRESSO AND SKIMMED MILK) TAKEAWAY ONLY		0.90	0.10	0.70	10.00	42.00	0.11	156.00	113.00	12.00	86.00	0.00	0.50	1.00
		350	3.15	0.35	2.45	35.00	147.00	0.37	546.00	395.50	42.00	301.00	0.00	1.75	3.50
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
		160	86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		4	0.00	0.00	0.00	0.44	3.24	0.01	151.20	5.60	13.20	12.40	0.18	0.04	0.36
<b>MEAL</b>		944	91.55	0.61	3.35	113.54	199.24	0.50	1209.70	596.30	87.80	452.90	0.34	2.35	6.46
<b>DAY</b>		2373.5	230.39	1.97	6.78	415.11	2367.91	5.92	4314.70	1490.29	385.91	1715.68	16.91	12.11	49.34

Food Code	Name		vit. C	vit. B6	vit B12	Folate	Sodium	Salt	Potassium	Calcium	Magnesium	Phosphorous	Iron	Zinc	Selenium
		Weight (g)	mg	mg	µg	µg	mg	g	mg	mg	mg	mg	mg	mg	µg
<b>Day 7</b>															
<b>Breakfast</b>															
6302	MALTED FLAKE CEREAL, NO ADDITIONS, NOT SPECIAL K		0.00	3.70	2.70	330.00	700.00	1.75	216.00	66.00	46.00	174.00	22.50	1.50	8.00
		30	0.00	1.11	0.81	99.00	210.00	0.53	64.80	19.80	13.80	52.20	6.75	0.45	2.40
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
2215	JAM WITH EDIBLE SEEDS PURCHASED		10.00	0.00	0.00	0.00	29.00	0.07	43.00	12.00	5.00	10.00	0.20	0.00	0.00
		15	1.50	0.00	0.00	0.00	4.35	0.01	6.45	1.80	0.75	1.50	0.03	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
<b>MEAL</b>		345	68.00	1.40	1.71	162.30	558.35	1.40	581.95	200.40	63.15	251.80	8.04	1.49	9.30
<b>Lunch</b>															
3148	PITTA BREAD, WHITE, TOASTED		0.00	0.20	0.00	25.00	542.00	1.36	220.00	170.00	27.00	122.00	2.30	1.00	2.00
		95	0.00	0.19	0.00	23.75	514.90	1.29	209.00	161.50	25.65	115.90	2.19	0.95	1.90
1817	HUMMUS, NOT CANNED		7.00	0.10	0.00	48.00	500.00	1.25	190.00	41.00	62.00	160.00	1.90	1.40	4.00
		60	4.20	0.06	0.00	28.80	300.00	0.75	114.00	24.60	37.20	96.00	1.14	0.84	2.40
<b>RECIPE</b>	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
		54	13.15	0.04	0.00	15.41	3.13	0.01	110.13	8.05	4.09	16.15	0.29	0.07	0.13
7857	PEPPERS-RED-FRESH UNCOOKED		140.00	0.40	0.00	21.00	4.00	0.01	160.00	8.00	14.00	22.00	0.30	0.10	0.00
		20	28.00	0.08	0.00	4.20	0.80	0.00	32.00	1.60	2.80	4.40	0.06	0.02	0.00
582	CHOCOLATE MOUSSE		0.30	0.00	1.30	28.00	71.00	0.18	153.00	49.00	29.00	141.00	1.50	1.00	7.00
		60	0.18	0.00	0.78	16.80	42.60	0.11	91.80	29.40	17.40	84.60	0.90	0.60	4.20
<b>MEAL</b>		289	45.53	0.37	0.78	88.96	861.43	2.15	556.93	225.15	87.14	317.05	4.57	2.48	8.63
<b>Evening meal</b>															
9524	HADDOCK IN BREADCRUMBS FROZEN GRILLED/BAKED		0.00	0.20	1.00	6.00	410.00	1.03	400.00	120.00	21.00	200.00	0.80	0.40	18.00
		120	0.00	0.24	1.20	7.20	492.00	1.23	480.00	144.00	25.20	240.00	0.96	0.48	21.60
1877	POTATO CHIPS OVEN READY THICK CUT BAKED		8.00	0.40	0.00	25.00	62.00	0.16	530.00	12.00	24.00	130.00	0.80	0.40	2.00
		165	13.20	0.66	0.00	41.25	102.30	0.26	874.50	19.80	39.60	214.50	1.32	0.66	3.30
1808	PEAS FROZEN BOILED		12.00	0.10	0.00	33.00	2.00	0.01	150.00	35.00	21.00	99.00	1.60	0.70	0.00
		80	9.60	0.08	0.00	26.40	1.60	0.00	120.00	28.00	16.80	79.20	1.28	0.56	0.00
2142	RAISINS DRIED WEIGHT		1.00	0.30	0.00	10.00	60.00	0.15	1020.00	46.00	35.00	76.00	3.80	0.70	8.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
5474	CHEESECAKE LOW FAT FRUIT TOPPING PURCHASED		0.50	0.00	0.00	7.00	151.00	0.38	165.00	78.00	13.00	100.00	0.40	0.50	2.00
		120	0.60	0.00	0.00	8.40	181.20	0.45	198.00	93.60	15.60	120.00	0.48	0.60	2.40
<b>MEAL</b>		485	23.4	0.98	1.2	83.25	777.1	1.94275	1672.5	285.4	97.2	653.7	4.04	2.3	27.3
<b>Additional foods</b>															
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
		160	86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
1952	APPLES EATING RAW FLESH & SKIN ONLY		6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
		100	6	0.1	0	1	3	0.0075	120	4	5	11	0.1	0.1	0
2142	RAISINS DRIED WEIGHT		1.00	0.30	0.00	10.00	60.00	0.15	1020.00	46.00	35.00	76.00	3.80	0.70	8.00
		30	0.30	0.09	0.00	3.00	18.00	0.05	306.00	13.80	10.50	22.80	1.14	0.21	2.40
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		751.00	95.20	0.48	1.13	85.76	85.11	0.21	1204.55	251.40	70.40	215.90	1.68	1.04	5.79
<b>DAY</b>		1870.00	232.13	3.23	4.82	420.27	2281.99	5.70	4015.93	962.35	317.89	1438.45	18.33	7.31	51.02
<b>WEEK</b>		14206.5	1332.6	18.3	33.0	2516.3	15410.2	38.5	29399.8	6469.4	2500.4	10099.2	107.7	64.287895	372.2
<b>AVERAGE</b>		2029.5	190.4	2.6	4.7	359.5	2201.5	5.5	4200.0	924.2	357.2	1442.7	15.4	9.2	53.2
<b>% energy</b>															
<b>RNI</b>			40.0	1.4	1.5	200.0	1600.0	5.0	3500.0	700.0	300.0	550.0	14.8	9.5	75.0
<b>Variation</b>			150.4	1.2	3.2	159.5	601.5	0.5	700.0	224.2	57.2	892.7	0.6	-0.3	-21.8

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>THIS IS THE FINAL VERSION OF THE EATWELL WEEK- plus 500kcal</b>															
<b>Day 1</b>															
<b>Breakfast</b>															
<b>RECIPE</b>	SCRAMBLED EGG W/ MILK		0.37	0.09	2.48	34.00	137.37	0.34	149.61	75.08	12.98	203.19	1.76	1.28	10.38
		120	0.44	0.11	2.98	40.80	164.85	0.41	179.53	90.10	15.57	243.83	2.11	1.54	12.46
	<b>138</b> BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
	<b>9510</b> REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
	<b>2337</b> ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		320	64.94	0.30	2.98	92.10	467.85	1.17	533.23	148.90	54.17	345.93	3.37	2.18	18.36
<b>Lunch</b>															
	<b>138</b> BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
	<b>9510</b> REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
	<b>661</b> CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		20	0.00	0.02	0.48	6.20	144.60	0.36	15.00	147.80	5.80	101.00	0.06	0.82	1.20
	<b>2646</b> BEANS BAKED CANNED LOW SUGAR/ NO ADDED SUGAR		0.00	0.10	0.00	23.00	200.00	0.50	320.00	55.00	32.00	100.00	1.40	0.50	2.00
		200	0.00	0.20	0.00	46.00	400.00	1.00	640.00	110.00	64.00	200.00	2.80	1.00	4.00
<b>MEAL</b>		270	0.00	0.26	0.48	69.00	832.60	2.08	783.70	301.60	96.40	383.60	3.82	2.46	9.60
<b>Evening meal</b>															
	<b>10287</b> POPPADOMS/PAPPADOMS READY TO EAT PURCHASED OR RETAIL		0.00	0.40	0.00	136.00	1574.00	3.94	230.00	42.00	48.00	164.00	2.00	1.20	4.00
		26	0.00	0.10	0.00	35.36	409.24	1.02	59.80	10.92	12.48	42.64	0.52	0.31	1.04
	<b>7622</b> NAAN BREAD PLAIN		0.00	0.20	0.00	15.00	300.00	0.75	172.00	187.00	21.00	299.00	1.60	0.70	0.00
		80	0.00	0.16	0.00	12.00	240.00	0.60	137.60	149.60	16.80	239.20	1.28	0.56	0.00
	<b>42</b> WHITE RICE BASMATI BOILED		0.00	0.00	0.00	5.00	4.00	0.01	15.00	14.00	6.00	30.00	0.10	0.40	5.00
		290	0.00	0.00	0.00	14.50	11.60	0.03	43.50	40.60	17.40	87.00	0.29	1.16	14.50
<b>RECIPE</b>	RAITA		1.17	0.00	0.12	7.29	31.47	0.08	179.78	78.41	12.06	87.45	0.29	0.31	0.82
		80	0.94	0.00	0.10	5.84	25.17	0.06	143.82	62.73	9.65	69.96	0.24	0.25	0.66
<b>RECIPE</b>	BEEF CURRY		36.17	0.25	0.66	13.60	103.86	0.26	409.58	39.13	25.35	88.59	2.76	1.80	2.87
		475	171.79	1.19	3.13	64.59	493.33	1.23	1945.49	185.86	120.40	420.80	13.12	8.56	13.65
<b>RECIPE</b>	FRESH FRUIT SALAD		35.64	0.13	0.00	18.90	4.58	0.01	204.01	20.05	12.99	20.20	0.22	0.10	0.66
		160	57.03	0.21	0.00	30.24	7.32	0.02	326.42	32.07	20.79	32.32	0.35	0.16	1.06
<b>MEAL</b>		1111	229.75	1.67	3.23	162.52	1186.66	2.97	2656.64	481.77	197.52	891.91	15.79	11.00	30.90
<b>Additional foods</b>															
	<b>10001</b> POTATO CRISPS IN SUNSEED OIL EG WALKERS, SENSATIONS, SAINSBURY AND TESCO STANDARD CR		6.00	0.80	0.00	41.00	660.00	1.65	935.00	29.00	39.00	110.00	1.50	0.50	0.00
		34.5	2.07	0.28	0.00	14.15	227.70	0.57	322.58	10.01	13.46	37.95	0.52	0.17	0.00
	<b>1977</b> BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		200	22.00	0.60	0.00	28.00	2.00	0.01	800.00	12.00	68.00	56.00	0.60	0.40	2.00
	<b>8543</b> MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
	<b>2314</b> TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
	<b>2308</b> COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		695.50	26.57	1.00	1.13	74.31	285.81	0.71	1661.13	180.41	120.36	242.45	1.39	1.14	3.79
<b>DAY</b>		2396.50	321.26	3.23	7.81	397.93	2772.92	6.93	5634.70	1112.68	468.45	1863.89	24.38	16.77	62.65

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 2</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		80	0.00	0.08	0.00	33.60	416.00	1.04	248.80	84.80	52.80	161.60	1.92	1.28	8.80
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		20	0.00	0.00	0.00	0.00	160.00	0.40	8.60	2.80	0.40	3.60	0.00	0.00	0.00
914	BACON RASHERS BACK GRILLED LEAN AND FAT		0.00	0.50	0.50	0.00	1520.00	3.80	350.00	7.00	21.00	180.00	0.60	1.80	12.00
		50	0.00	0.25	0.25	0.00	760.00	1.90	175.00	3.50	10.50	90.00	0.30	0.90	6.00
2448	TOMATO KETCHUP		2.00	0.00	0.00	1.00	1200.00	3.00	590.00	25.00	19.00	43.00	1.20	0.10	0.00
		10	0.20	0.00	0.00	0.10	120.00	0.30	59.00	2.50	1.90	4.30	0.12	0.01	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		<b>310</b>	<b>64.70</b>	<b>0.48</b>	<b>0.25</b>	<b>68.20</b>	<b>1471.00</b>	<b>3.68</b>	<b>716.40</b>	<b>108.60</b>	<b>77.60</b>	<b>279.00</b>	<b>2.64</b>	<b>2.19</b>	<b>16.30</b>
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
2478	CREAM OF TOMATO SOUP CANNED		0.00	0.00	0.00	12.00	270.00	0.68	151.00	11.00	7.00	17.00	0.50	0.10	0.00
		200	0.00	0.00	0.00	24.00	540.00	1.35	302.00	22.00	14.00	34.00	1.00	0.20	0.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		26	0.00	0.03	0.00	3.38	111.80	0.28	54.60	21.84	10.66	33.80	0.55	0.26	0.52
<b>MEAL</b>		<b>276</b>	<b>0.00</b>	<b>0.07</b>	<b>0.00</b>	<b>44.18</b>	<b>939.80</b>	<b>2.35</b>	<b>485.30</b>	<b>87.64</b>	<b>51.26</b>	<b>150.40</b>	<b>2.51</b>	<b>1.10</b>	<b>4.92</b>
<b>Evening meal</b>															
1088	CHICKEN ROAST MEAT ONLY		0.00	0.40	0.00	10.00	80.00	0.20	330.00	11.00	26.00	220.00	0.70	1.50	17.00
		150	0.00	0.60	0.00	15.00	120.00	0.30	495.00	16.50	39.00	330.00	1.05	2.25	25.50
5065	ROAST POTATOES FROZEN IN A LIGHT BATTER, BAKED E.G. AUNT BESSIE		6.70	0.30	0.00	22.00	209.00	0.52	325.00	12.00	18.00	42.00	0.60	0.40	1.00
		170	11.39	0.51	0.00	37.40	355.30	0.89	552.50	20.40	30.60	71.40	1.02	0.68	1.70
1694	BROCCOLI SPEARS CALABRESE FROZEN BOILED		64.00	0.10	0.00	64.00	13.00	0.03	240.00	37.00	18.00	67.00	0.60	0.30	0.00
		85	54.40	0.09	0.00	54.40	11.05	0.03	204.00	31.45	15.30	56.95	0.51	0.26	0.00
1714	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		120	2.40	0.12	0.00	18.00	42.00	0.11	132.00	36.00	6.00	22.80	0.36	0.12	1.20
546	CUSTARD READY TO SERVE CANNED		0.00	0.00	0.20	1.00	41.00	0.10	129.00	91.00	9.00	83.00	0.10	0.30	1.00
		120	0.00	0.00	0.24	1.20	49.20	0.12	154.80	109.20	10.80	99.60	0.12	0.36	1.20
<b>RECIPE</b>	APPLE CRUMBLE		12.09	0.09	0.00	1.59	67.57	0.17	112.56	18.58	11.00	39.45	0.49	0.21	0.55
		170	20.55	0.15	0.00	2.70	114.86	0.29	191.35	31.58	18.71	67.07	0.83	0.36	0.93
<b>MEAL</b>		<b>815</b>	<b>88.74</b>	<b>1.46</b>	<b>0.24</b>	<b>128.70</b>	<b>692.41</b>	<b>1.73</b>	<b>1729.65</b>	<b>245.13</b>	<b>120.41</b>	<b>647.82</b>	<b>3.89</b>	<b>4.02</b>	<b>30.53</b>
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		200	22.00	0.60	0.00	28.00	2.00	0.01	800.00	12.00	68.00	56.00	0.60	0.40	2.00
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
		160	86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		<b>821</b>	<b>110.90</b>	<b>0.89</b>	<b>1.13</b>	<b>109.76</b>	<b>66.11</b>	<b>0.17</b>	<b>1578.55</b>	<b>245.60</b>	<b>122.90</b>	<b>238.10</b>	<b>1.04</b>	<b>1.13</b>	<b>5.39</b>
<b>DAY</b>		<b>2222</b>	<b>264.34</b>	<b>2.89</b>	<b>1.62</b>	<b>350.84</b>	<b>3169.32</b>	<b>7.92</b>	<b>4509.90</b>	<b>686.97</b>	<b>372.17</b>	<b>1315.32</b>	<b>10.07</b>	<b>8.44</b>	<b>57.14</b>

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 3</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
RECIPE	PORRIDGE		0.00	0.03	0.00	1.97	0.28	0.00	51.88	6.77	16.21	55.26	0.51	0.35	0.42
		212	0.00	0.07	0.00	4.18	0.60	0.00	109.98	14.35	34.37	117.16	1.08	0.75	0.90
MEAL		412	64.50	0.26	0.00	55.48	303.60	0.76	463.68	73.15	72.97	219.26	2.34	1.39	6.80
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
RECIPE	CHICKEN SOUP		2.24	0.17	0.00	8.99	55.38	0.14	196.71	21.44	10.40	42.02	0.55	0.30	2.07
		300	6.71	0.52	0.00	26.97	166.15	0.42	590.13	64.31	31.21	126.07	1.65	0.89	6.20
10198	JELLY, CONTAINING FRUIT JUICE, PURCHASED		2.50	0.00	0.00	1.00	6.00	0.02	15.00	7.00	1.00	2.00	0.40	0.00	0.00
		125	3.13	0.00	0.00	1.25	7.50	0.02	18.75	8.75	1.25	2.50	0.50	0.00	0.00
MEAL		475	9.83	0.56	0.00	45.02	461.65	1.15	737.58	116.86	59.06	211.17	3.11	1.53	10.60
<b>Evening meal</b>															
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		15	0.00	0.00	0.00	0.00	120.00	0.30	6.45	2.10	0.30	2.70	0.00	0.00	0.00
RECIPE	PASTA RATATOUILLE BAKE		5.16	0.10	0.04	15.55	64.08	0.16	259.52	52.97	21.36	87.52	1.03	0.59	4.40
		310	15.98	0.31	0.13	48.22	198.65	0.50	804.52	164.20	66.23	271.30	3.19	1.84	13.64
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		20	0.00	0.02	0.48	6.20	144.60	0.36	15.00	147.80	5.80	101.00	0.06	0.82	1.20
267	OATCAKES		0.00	0.10	0.00	26.00	780.00	1.95	340.00	54.00	100.00	420.00	4.50	2.30	3.00
		52	0.00	0.05	0.00	13.52	405.60	1.01	176.80	28.08	52.00	218.40	2.34	1.20	1.56
MEAL		397	15.98	0.38	0.61	67.94	868.85	2.17	1002.77	342.18	124.33	593.40	5.59	3.86	16.40
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		200	22.00	0.60	0.00	28.00	2.00	0.01	800.00	12.00	68.00	56.00	0.60	0.40	2.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		26	0.00	0.03	0.00	3.38	111.80	0.28	54.60	21.84	10.66	33.80	0.55	0.26	0.52
1952	APPLES EATING RAW FLESH & SKIN ONLY		6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
		100	6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
MEAL		787	30.50	0.85	1.13	64.54	172.91	0.43	1513.15	196.24	122.56	249.30	1.52	1.33	4.31
DAY		2071	120.81	2.05	1.73	232.98	1807.01	4.52	3717.18	728.42	378.92	1273.13	12.56	8.10	38.11

Food Code	Name		vit. C	vit. B6	vit B12	Folate	Sodium	Salt	Potassium	Calcium	Magnesium	Phosphorous	Iron	Zinc	Selenium
		Weight (g)	mg	mg	µg	µg	mg	g	mg	mg	mg	mg	mg	mg	µg
<b>Day 4</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0.00	0.20	0.00	170.00	260.00	0.65	397.00	30.00	83.00	259.00	11.90	1.70	5.00
		56.25	0.00	0.11	0.00	95.63	146.25	0.37	223.31	16.88	46.69	145.69	6.69	0.96	2.81
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		150	3.00	0.15	1.35	18.00	61.50	0.15	235.50	180.00	15.00	144.00	0.00	0.60	1.50
2221	MARMALADE WITH PEEL		10.00	0.00	0.00	5.00	18.00	0.05	44.00	35.00	4.00	13.00	0.60	0.20	1.00
		30	3.00	0.00	0.00	1.50	5.40	0.01	13.20	10.50	1.20	3.90	0.18	0.06	0.30
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		436.25	70.50	0.45	1.35	166.43	516.15	1.29	825.71	266.18	101.49	395.69	8.13	2.26	10.51
<b>Lunch</b>															
1834	POTATOES OLD BAKED FLESH & SKIN		14.00	0.50	0.00	44.00	12.00	0.03	630.00	11.00	32.00	68.00	0.70	0.50	2.00
		220	30.80	1.10	0.00	96.80	26.40	0.07	1386.00	24.20	70.40	149.60	1.54	1.10	4.40
3960	TUNA, CANNED, IN SPRING WATER, FISH ONLY		0.00	0.50	3.00	4.00	50.00	0.13	237.00	11.00	27.00	163.00	1.50	0.80	80.00
		90	0.00	0.45	2.70	3.60	45.00	0.11	213.30	9.90	24.30	146.70	1.35	0.72	72.00
2432	MAYONNAISE (RETAIL)		0.00	0.00	0.50	4.00	620.00	1.55	16.00	8.00	1.00	27.00	0.30	0.10	2.00
		66	0.00	0.00	0.33	2.64	409.20	1.02	10.56	5.28	0.66	17.82	0.20	0.07	1.32
1924	SWEETCORN, CANNED, DRAINED		1.00	0.10	0.00	20.00	270.00	0.68	220.00	4.00	23.00	79.00	0.50	0.50	0.00
		90	0.90	0.09	0.00	18.00	243.00	0.61	198.00	3.60	20.70	71.10	0.45	0.45	0.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		26	0.00	0.03	0.00	3.38	111.80	0.28	54.60	21.84	10.66	33.80	0.55	0.26	0.52
<b>MEAL</b>		492	31.70	1.67	3.03	124.42	835.40	2.09	1862.46	64.82	126.72	419.02	4.08	2.60	78.24
<b>Evening meal</b>															
<b>RECIPE</b> COTTAGE PIE															
			1.57	0.32	0.24	7.11	81.13	0.20	277.83	11.46	15.81	90.42	0.46	0.47	3.63
		480	7.52	1.52	1.17	34.12	389.41	0.97	1333.60	54.99	75.90	434.00	2.21	2.24	17.44
1714	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		30	0.60	0.03	0.00	4.50	10.50	0.03	33.00	9.00	1.50	5.70	0.09	0.03	0.30
1808	PEAS FROZEN BOILED		12.00	0.10	0.00	33.00	2.00	0.01	150.00	35.00	21.00	99.00	1.60	0.70	0.00
		30	3.60	0.03	0.00	9.90	0.60	0.00	45.00	10.50	6.30	29.70	0.48	0.21	0.00
1720	CAULIFLOWER-FROZEN BOILED		31.00	0.10	0.00	20.00	7.00	0.02	210.00	21.00	8.00	38.00	0.30	0.20	0.00
		30	9.30	0.03	0.00	6.00	2.10	0.01	63.00	6.30	2.40	11.40	0.09	0.06	0.00
546	CUSTARD READY TO SERVE CANNED		0.00	0.00	0.20	1.00	41.00	0.10	129.00	91.00	9.00	83.00	0.10	0.30	1.00
		120	0.00	0.00	0.24	1.20	49.20	0.12	154.80	109.20	10.80	99.60	0.12	0.36	1.20
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		200	22.00	0.60	0.00	28.00	2.00	0.01	800.00	12.00	68.00	56.00	0.60	0.40	2.00
<b>MEAL</b>		890	43.02	2.21	1.41	83.72	453.81	1.13	2429.40	201.99	164.90	636.40	3.59	3.30	20.94
<b>Additional foods</b>															
2629	MIXED NUTS AND RAISINS UNSALTED		0.40	0.40	0.00	56.00	25.00	0.06	810.00	84.00	164.00	306.00	3.10	2.40	32.00
		50	0.20	0.20	0.00	28.00	12.50	0.03	405.00	42.00	82.00	153.00	1.55	1.20	16.00
2044	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
		100	3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		611	5.70	0.43	1.13	62.16	70.61	0.18	1143.55	212.40	127.90	318.50	2.13	1.87	18.79
<b>DAY</b>		2429.25	150.92	4.75	6.91	436.72	1875.97	4.69	6261.13	745.38	521.00	1769.61	17.93	10.02	128.48



Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 5</b>															
<b>Breakfast</b>															
6302	MALTED FLAKE CEREAL, NO ADDITIONS, NOT SPECIAL K		0.00	3.70	2.70	330.00	700.00	1.75	216.00	66.00	46.00	174.00	22.50	1.50	8.00
		50	0.00	1.85	1.35	165.00	350.00	0.88	108.00	33.00	23.00	87.00	11.25	0.75	4.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		150	3.00	0.15	1.35	18.00	61.50	0.15	235.50	180.00	15.00	144.00	0.00	0.60	1.50
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		80	0.00	0.08	0.00	33.60	416.00	1.04	248.80	84.80	52.80	161.60	1.92	1.28	8.80
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		20	0.00	0.00	0.00	0.00	160.00	0.40	8.60	2.80	0.40	3.60	0.00	0.00	0.00
2215	JAM WITH EDIBLE SEEDS PURCHASED		10.00	0.00	0.00	0.00	29.00	0.07	43.00	12.00	5.00	10.00	0.20	0.00	0.00
		30	3.00	0.00	0.00	0.00	8.70	0.02	12.90	3.60	1.50	3.00	0.06	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		480	70.50	2.23	2.70	251.10	1011.20	2.53	838.80	319.20	104.70	418.70	13.53	2.63	15.80
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		80	0.00	0.08	0.00	33.60	416.00	1.04	248.80	84.80	52.80	161.60	1.92	1.28	8.80
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		20	0.00	0.02	0.48	6.20	144.60	0.36	15.00	147.80	5.80	101.00	0.06	0.82	1.20
<b>RECIPE</b>	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
		54	13.15	0.04	0.00	15.41	3.13	0.01	110.13	8.05	4.09	16.15	0.29	0.07	0.13
2133	PRUNES DRIED UNCOOKED NO STONES		0.00	0.20	0.00	4.00	12.00	0.03	860.00	38.00	27.00	83.00	2.90	0.50	3.00
		25	0.00	0.05	0.00	1.00	3.00	0.01	215.00	9.50	6.75	20.75	0.73	0.13	0.75
1969	APRICOTS DRIED UNCOOKED DRY WEIGHT		0.00	0.20	0.00	14.00	56.00	0.14	1880.00	92.00	65.00	120.00	4.10	0.70	7.00
		25	0.00	0.05	0.00	3.50	14.00	0.04	470.00	23.00	16.25	30.00	1.03	0.18	1.75
705	YOGURT LOW FAT NATURAL UNSWEETENED		0.00	0.00	0.30	5.00	63.00	0.16	228.00	162.00	16.00	143.00	0.10	0.60	2.00
		125	0.00	0.00	0.38	6.25	78.75	0.20	285.00	202.50	20.00	178.75	0.13	0.75	2.50
<b>MEAL</b>		339	13.15	0.24	0.86	65.96	739.48	1.85	1348.23	477.05	105.89	510.05	4.14	3.22	15.13
<b>Evening meal</b>															
3772	LENTIL SOUP CANNED		0.20	0.00	0.00	16.00	240.00	0.60	97.00	11.00	9.00	40.00	0.70	0.30	2.00
		200	0.40	0.00	0.00	32.00	480.00	1.20	194.00	22.00	18.00	80.00	1.40	0.60	4.00
1520	SALMON STEAMED NO BONES		0.00	0.20	2.10	6.00	48.00	0.12	402.00	11.00	29.00	254.00	0.30	0.50	20.00
		120	0.00	0.24	2.52	7.20	57.60	0.14	482.40	13.20	34.80	304.80	0.36	0.60	24.00
851	BUTTER SALTED		0.00	0.00	0.30	0.00	606.00	1.52	29.00	18.00	2.00	23.00	0.00	0.10	0.00
		10	0.00	0.00	0.03	0.00	60.60	0.15	2.90	1.80	0.20	2.30	0.00	0.01	0.00
874	OLIVE OIL		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00
		10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00
1671	FRENCH BEANS/GREEN BEANS BOILED		11.00	0.10	0.00	57.00	3.00	0.01	180.00	34.00	16.00	42.00	1.10	0.20	0.00
		90	9.90	0.09	0.00	51.30	2.70	0.01	162.00	30.60	14.40	37.80	0.99	0.18	0.00
1714	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		60	1.20	0.06	0.00	9.00	21.00	0.05	66.00	18.00	3.00	11.40	0.18	0.06	0.60
1829	POTATOES OLD BOILED		6.00	0.30	0.00	19.00	7.00	0.02	280.00	5.00	14.00	31.00	0.40	0.30	1.00
		220	13.20	0.66	0.00	41.80	15.40	0.04	616.00	11.00	30.80	68.20	0.88	0.66	2.20
5474	CHEESECAKE LOW FAT FRUIT TOPPING PURCHASED		0.50	0.00	0.00	7.00	151.00	0.38	165.00	78.00	13.00	100.00	0.40	0.50	2.00
		120	0.60	0.00	0.00	8.40	181.20	0.45	198.00	93.60	15.60	120.00	0.48	0.60	2.40
<b>MEAL</b>		830	25.30	1.05	2.55	149.70	818.50	2.05	1721.30	190.20	116.80	624.50	4.33	2.71	33.20
<b>Additional foods</b>															
2044	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
		100	3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
2265	MARS BAR		0.00	0.00	0.40	5.00	150.00	0.38	250.00	95.00	32.00	110.00	1.20	0.70	2.00
		58	0.00	0.00	0.23	2.90	87.00	0.22	145.00	55.10	18.56	63.80	0.70	0.41	1.16
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
<b>MEAL</b>		619	16.5	0.525	1.357	51.06	146.11	0.365275	1283.55	231.5	98.46	257.3	1.572	1.272	4.95
<b>DAY</b>		2268	125.45	4.05	7.46	517.82	2715.29	6.79	5191.88	1217.95	425.85	1810.55	23.58	9.83	69.08

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 6</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		40	0.00	0.04	0.00	16.80	208.00	0.52	124.40	42.40	26.40	80.80	0.96	0.64	4.40
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		10	0.00	0.00	0.00	0.00	80.00	0.20	4.30	1.40	0.20	1.80	0.00	0.00	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		150	3.00	0.15	1.35	18.00	61.50	0.15	235.50	180.00	15.00	144.00	0.00	0.60	1.50
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0.00	0.20	0.00	170.00	260.00	0.65	397.00	30.00	83.00	259.00	11.90	1.70	5.00
		56.25	0.00	0.11	0.00	95.63	146.25	0.37	223.31	16.88	46.69	145.69	6.69	0.96	2.81
<b>MEAL</b>		256.25	3.00	0.30	1.35	130.43	495.75	1.24	587.51	240.68	88.29	372.29	7.65	2.20	8.71
<b>Lunch</b>															
755	EGGS BOILED		0.00	0.10	1.10	39.00	140.00	0.35	130.00	57.00	12.00	200.00	1.90	1.30	11.00
		60	0.00	0.06	0.66	23.40	84.00	0.21	78.00	34.20	7.20	120.00	1.14	0.78	6.60
2432	MAYONNAISE (RETAIL)		0.00	0.00	0.50	4.00	620.00	1.55	16.00	8.00	1.00	27.00	0.30	0.10	2.00
		33	0.00	0.00	0.17	1.32	204.60	0.51	5.28	2.64	0.33	8.91	0.10	0.03	0.66
158	ROLLS WHITE CRUSTY		0.00	0.00	0.00	31.00	606.00	1.52	164.00	177.00	22.00	104.00	1.70	0.90	4.00
		112	0.00	0.00	0.00	34.72	678.72	1.70	183.68	198.24	24.64	116.48	1.90	1.01	4.48
704	YOGURT LOW FAT FRUIT		0.00	0.00	0.30	1.00	62.00	0.16	204.00	140.00	15.00	120.00	0.10	0.50	2.00
		125	0.00	0.00	0.38	1.25	77.50	0.19	255.00	175.00	18.75	150.00	0.13	0.63	2.50
1782	MUSTARD CRESS RAW		33.00	0.10	0.00	60.00	19.00	0.05	110.00	50.00	22.00	33.00	1.00	0.30	1.00
		2	0.66	0.00	0.00	1.20	0.38	0.00	2.20	1.00	0.44	0.66	0.02	0.01	0.02
<b>MEAL</b>		332	0.66	0.06	1.20	61.89	1045.20	2.61	524.16	411.08	51.36	396.05	3.29	2.45	14.26
<b>Evening meal</b>															
9391	FRENCH DRESSING		0.00	0.00	0.00	0.00	700.00	1.75	29.00	6.00	14.00	12.00	0.90	0.10	0.00
		30	0.00	0.00	0.00	0.00	210.00	0.53	8.70	1.80	4.20	3.60	0.27	0.03	0.00
RECIPE	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
		135	32.87	0.11	0.00	38.53	7.82	0.02	275.33	20.12	10.23	40.38	0.72	0.18	0.32
36	PASTA SPAGHETTI WHOLEMEAL BOILED		0.00	0.00	0.00	8.00	5.00	0.01	82.00	30.00	46.00	124.00	1.50	1.20	5.00
		270	0.00	0.00	0.00	21.60	13.50	0.03	221.40	81.00	124.20	334.80	4.05	3.24	13.50
RECIPE	BOLOGNESE		14.23	0.23	0.30	16.83	50.54	0.13	388.72	29.83	18.06	70.89	1.15	0.95	2.93
		480	68.31	1.09	1.44	80.78	242.59	0.61	1865.86	143.20	86.70	340.28	5.50	4.55	14.05
RECIPE	FRESH FRUIT SALAD		35.64	0.13	0.00	18.90	4.58	0.01	204.01	20.05	12.99	20.20	0.22	0.10	0.66
		160	57.03	0.21	0.00	30.24	7.32	0.02	326.42	32.07	20.79	32.32	0.35	0.16	1.06
720	ICE CREAM, DAIRY, VANILLA, HARD, BLOCK		1.00	0.00	0.50	6.00	60.00	0.15	174.00	100.00	12.00	91.00	0.00	0.30	2.00
		75	0.75	0.00	0.38	4.50	45.00	0.11	130.50	75.00	9.00	68.25	0.00	0.23	1.50
7615	GARLIC (& HERB) BREAD		0.00	0.10	0.00	20.00	644.00	1.61	96.00	96.00	20.00	84.00	1.50	0.50	4.00
		40	0.00	0.04	0.00	8.00	257.60	0.64	38.40	38.40	8.00	33.60	0.60	0.20	1.60
<b>MEAL</b>		1190	158.96	1.45	1.81	183.65	783.83	1.96	2866.61	391.59	263.12	853.23	11.49	8.58	32.03
<b>Additional foods</b>															
8058	LATTE (ESPRESSO AND SKIMMED MILK) TAKEAWAY ONLY		0.90	0.10	0.70	10.00	42.00	0.11	156.00	113.00	12.00	86.00	0.00	0.50	1.00
		350	3.15	0.35	2.45	35.00	147.00	0.37	546.00	395.50	42.00	301.00	0.00	1.75	3.50
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
		160	86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		4	0.00	0.00	0.00	0.44	3.24	0.01	151.20	5.60	13.20	12.40	0.18	0.04	0.36
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
<b>MEAL</b>		944	102.55	0.91	3.35	127.54	200.24	0.5006	1609.7	602.3	121.8	480.9	0.644	2.554	7.46
<b>DAY</b>		2722.25	265.17	2.72	7.71	503.51	2525.02	6.31	5587.99	1645.64	524.57	2102.46	23.07	15.78	62.46

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 7</b>															
<b>Breakfast</b>															
6302	MALTED FLAKE CEREAL, NO ADDITIONS, NOT SPECIAL K		0.00	3.70	2.70	330.00	700.00	1.75	216.00	66.00	46.00	174.00	22.50	1.50	8.00
		50	0.00	1.85	1.35	165.00	350.00	0.88	108.00	33.00	23.00	87.00	11.25	0.75	4.00
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		80	0.00	0.08	0.00	33.60	416.00	1.04	248.80	84.80	52.80	161.60	1.92	1.28	8.80
9510	REDUCED FAT SPREAD (70-80%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	800.00	2.00	43.00	14.00	2.00	18.00	0.00	0.00	0.00
		20	0.00	0.00	0.00	0.00	160.00	0.40	8.60	2.80	0.40	3.60	0.00	0.00	0.00
2215	JAM WITH EDIBLE SEEDS PURCHASED		10.00	0.00	0.00	0.00	29.00	0.07	43.00	12.00	5.00	10.00	0.20	0.00	0.00
		30	3.00	0.00	0.00	0.00	8.70	0.02	12.90	3.60	1.50	3.00	0.06	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		150	3.00	0.15	1.35	18.00	61.50	0.15	235.50	180.00	15.00	144.00	0.00	0.60	1.50
<b>MEAL</b>		<b>480</b>	<b>70.50</b>	<b>2.23</b>	<b>2.70</b>	<b>251.10</b>	<b>1011.20</b>	<b>2.53</b>	<b>838.80</b>	<b>319.20</b>	<b>104.70</b>	<b>418.70</b>	<b>13.53</b>	<b>2.63</b>	<b>15.80</b>
<b>Lunch</b>															
3148	PITTA BREAD, WHITE, TOASTED		0.00	0.20	0.00	25.00	542.00	1.36	220.00	170.00	27.00	122.00	2.30	1.00	2.00
		95	0.00	0.19	0.00	23.75	514.90	1.29	209.00	161.50	25.65	115.90	2.19	0.95	1.90
1817	HUMMUS, NOT CANNED		7.00	0.10	0.00	48.00	500.00	1.25	190.00	41.00	62.00	160.00	1.90	1.40	4.00
		60	4.20	0.06	0.00	28.80	300.00	0.75	114.00	24.60	37.20	96.00	1.14	0.84	2.40
<b>RECIPE</b>	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
		108	26.29	0.09	0.00	30.83	6.25	0.02	220.27	16.09	8.19	32.31	0.58	0.14	0.25
7857	PEPPERS-RED-FRESH UNCOOKED		140.00	0.40	0.00	21.00	4.00	0.01	160.00	8.00	14.00	22.00	0.30	0.10	0.00
		40	56.00	0.16	0.00	8.40	1.60	0.00	64.00	3.20	5.60	8.80	0.12	0.04	0.00
582	CHOCOLATE MOUSSE		0.30	0.00	1.30	28.00	71.00	0.18	153.00	49.00	29.00	141.00	1.50	1.00	7.00
		60	0.18	0.00	0.78	16.80	42.60	0.11	91.80	29.40	17.40	84.60	0.90	0.60	4.20
<b>MEAL</b>		<b>363</b>	<b>86.67</b>	<b>0.50</b>	<b>0.78</b>	<b>108.58</b>	<b>865.35</b>	<b>2.16</b>	<b>699.07</b>	<b>234.79</b>	<b>94.04</b>	<b>337.61</b>	<b>4.92</b>	<b>2.57</b>	<b>8.75</b>
<b>Evening meal</b>															
9524	HADDOCK IN BREADCRUMBS FROZEN GRILLED/BAKED		0.00	0.20	1.00	6.00	410.00	1.03	400.00	120.00	21.00	200.00	0.80	0.40	18.00
		120	0.00	0.24	1.20	7.20	492.00	1.23	480.00	144.00	25.20	240.00	0.96	0.48	21.60
1877	POTATO CHIPS OVEN READY THICK CUT BAKED		8.00	0.40	0.00	25.00	62.00	0.16	530.00	12.00	24.00	130.00	0.80	0.40	2.00
		240	19.20	0.96	0.00	60.00	148.80	0.37	1272.00	28.80	57.60	312.00	1.92	0.96	4.80
1808	PEAS FROZEN BOILED		12.00	0.10	0.00	33.00	2.00	0.01	150.00	35.00	21.00	99.00	1.60	0.70	0.00
		160	19.20	0.16	0.00	52.80	3.20	0.01	240.00	56.00	33.60	158.40	2.56	1.12	0.00
2142	RAISINS DRIED WEIGHT		1.00	0.30	0.00	10.00	60.00	0.15	1020.00	46.00	35.00	76.00	3.80	0.70	8.00
		30	0.30	0.09	0.00	3.00	18.00	0.05	306.00	13.80	10.50	22.80	1.14	0.21	2.40
<b>MEAL</b>		<b>550</b>	<b>38.70</b>	<b>1.45</b>	<b>1.20</b>	<b>123.00</b>	<b>662.00</b>	<b>1.66</b>	<b>2298.00</b>	<b>242.60</b>	<b>126.90</b>	<b>733.20</b>	<b>6.58</b>	<b>2.77</b>	<b>28.80</b>
<b>Additional foods</b>															
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
		160	86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
1952	APPLES EATING RAW FLESH & SKIN ONLY		6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
		100	6	0.1	0	1	3	0.0075	120	4	5	11	0.1	0.1	0
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
<b>MEAL</b>		<b>721.00</b>	<b>105.90</b>	<b>0.69</b>	<b>1.13</b>	<b>96.76</b>	<b>68.11</b>	<b>0.17</b>	<b>1298.55</b>	<b>243.60</b>	<b>93.90</b>	<b>221.10</b>	<b>0.84</b>	<b>1.03</b>	<b>4.39</b>
<b>DAY</b>		<b>2114.00</b>	<b>301.77</b>	<b>4.86</b>	<b>5.81</b>	<b>579.44</b>	<b>2606.66</b>	<b>6.52</b>	<b>5134.42</b>	<b>1040.19</b>	<b>419.54</b>	<b>1710.61</b>	<b>25.87</b>	<b>9.00</b>	<b>57.74</b>
<b>WEEK</b>		<b>16223.0</b>	<b>1549.7</b>	<b>24.6</b>	<b>39.1</b>	<b>3019.2</b>	<b>17472.2</b>	<b>43.7</b>	<b>36037.2</b>	<b>7177.2</b>	<b>3110.5</b>	<b>11845.6</b>	<b>137.5</b>	<b>77.938432</b>	<b>475.7</b>
<b>AVERAGE</b>		<b>2317.6</b>	<b>221.4</b>	<b>3.5</b>	<b>5.6</b>	<b>431.3</b>	<b>2496.0</b>	<b>6.2</b>	<b>5148.2</b>	<b>1025.3</b>	<b>444.4</b>	<b>1692.2</b>	<b>19.6</b>	<b>11.1</b>	<b>68.0</b>
<b>% energy</b>															
<b>RNI</b>			<b>40.0</b>	<b>1.4</b>	<b>1.5</b>	<b>200.0</b>	<b>1600.0</b>	<b>5.0</b>	<b>3500.0</b>	<b>700.0</b>	<b>300.0</b>	<b>550.0</b>	<b>14.8</b>	<b>9.5</b>	<b>75.0</b>
<b>Variation</b>			<b>181.4</b>	<b>2.1</b>	<b>4.1</b>	<b>231.3</b>	<b>896.0</b>	<b>1.2</b>	<b>1648.2</b>	<b>325.3</b>	<b>144.4</b>	<b>1142.2</b>	<b>4.8</b>	<b>1.6</b>	<b>-7.0</b>

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>THIS IS THE FINAL VERSION OF THE EATWELL WEEK- minus 500kcal</b>															
<b>Day 1</b>															
<b>Breakfast</b>															
<b>RECIPE</b>	SCRAMBLED EGG W/ MILK		0.37	0.09	2.48	34.00	137.37	0.34	149.61	75.08	12.98	203.19	1.76	1.28	10.38
		120	0.44	0.11	2.98	40.80	164.85	0.41	179.53	90.10	15.57	243.83	2.11	1.54	12.46
	<b>138</b> BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		31	0.00	0.03	0.00	13.02	161.20	0.40	96.41	32.86	20.46	62.62	0.74	0.50	3.41
	<b>9990</b> REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		10	0.00	0.00	0.00	0.00	71.00	0.18	11.00	3.90	0.40	8.20	0.00	0.02	0.00
	<b>2337</b> ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		311	64.94	0.29	2.98	88.32	412.05	1.03	511.94	141.86	48.43	334.15	3.16	2.05	17.37
<b>Lunch</b>															
	<b>138</b> BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		31	0.00	0.03	0.00	13.02	161.20	0.40	96.41	32.86	20.46	62.62	0.74	0.50	3.41
	<b>9986</b> VERY LOW FAT SPREAD (20-25%) NOT PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	540.00	1.35	630.00	39.00	4.00	82.00	0.00	0.20	0.00
		10	0.00	0.00	0.00	0.00	54.00	0.14	63.00	3.90	0.40	8.20	0.00	0.02	0.00
	<b>661</b> CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>2646</b> BEANS BAKED CANNED LOW SUGAR/ NO ADDED SUGAR		0.00	0.10	0.00	23.00	200.00	0.50	320.00	55.00	32.00	100.00	1.40	0.50	2.00
		200	0.00	0.20	0.00	46.00	400.00	1.00	640.00	110.00	64.00	200.00	2.80	1.00	4.00
<b>MEAL</b>		241	0.00	0.23	0.00	59.02	615.20	1.54	799.41	146.76	84.86	270.82	3.54	1.52	7.41
<b>Evening meal</b>															
	<b>10287</b> POPPADOMS/PAPPADOMS READY TO EAT PURCHASED OR RETAIL		0.00	0.40	0.00	136.00	1574.00	3.94	230.00	42.00	48.00	164.00	2.00	1.20	4.00
		26	0.00	0.10	0.00	35.36	409.24	1.02	59.80	10.92	12.48	42.64	0.52	0.31	1.04
	<b>7622</b> NAAN BREAD PLAIN		0.00	0.20	0.00	15.00	300.00	0.75	172.00	187.00	21.00	299.00	1.60	0.70	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>42</b> WHITE RICE BASMATI BOILED		0.00	0.00	0.00	5.00	4.00	0.01	15.00	14.00	6.00	30.00	0.10	0.40	5.00
		180	0.00	0.00	0.00	9.00	7.20	0.02	27.00	25.20	10.80	54.00	0.18	0.72	9.00
<b>RECIPE</b>	RAITA		1.17	0.00	0.12	7.29	31.47	0.08	179.78	78.41	12.06	87.45	0.29	0.31	0.82
		80	0.94	0.00	0.10	5.84	25.17	0.06	143.82	62.73	9.65	69.96	0.24	0.25	0.66
<b>RECIPE</b>	BEEF CURRY		36.17	0.25	0.66	13.60	103.86	0.26	409.58	39.13	25.35	88.59	2.76	1.80	2.87
		349	126.22	0.88	2.30	47.46	362.46	0.91	1429.43	136.56	88.46	309.18	9.64	6.29	10.03
<b>RECIPE</b>	FRESH FRUIT SALAD		35.64	0.13	0.00	18.90	4.58	0.01	204.01	20.05	12.99	20.20	0.22	0.10	0.66
		160	57.03	0.21	0.00	30.24	7.32	0.02	326.42	32.07	20.79	32.32	0.35	0.16	1.06
<b>MEAL</b>		795	184.18	1.19	2.40	127.89	811.40	2.03	1986.47	267.47	142.18	508.09	10.92	7.73	21.79
<b>Additional foods</b>															
	<b>10001</b> POTATO CRISPS IN SUNSEED OIL EG WALKERS, SENSATIONS, SAINSBURY AND TESCO STANDARD CR		6.00	0.80	0.00	41.00	660.00	1.65	935.00	29.00	39.00	110.00	1.50	0.50	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>1977</b> BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
	<b>8543</b> MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	<b>10251</b> ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
	<b>2314</b> TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
	<b>2308</b> COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		436.00	13.50	0.43	1.13	46.16	57.11	0.14	938.55	164.40	72.90	176.50	0.58	0.77	2.79
<b>DAY</b>		1783.00	262.63	2.14	6.50	321.39	1895.76	4.74	4236.37	720.49	348.37	1289.56	18.20	12.06	49.35

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 2</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		62	0.00	0.06	0.00	26.04	322.40	0.81	192.82	65.72	40.92	125.24	1.49	0.99	6.82
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		10	0.00	0.00	0.00	0.00	71.00	0.18	11.00	3.90	0.40	8.20	0.00	0.02	0.00
914	BACON RASHERS BACK GRILLED LEAN AND FAT		0.00	0.50	0.50	0.00	1520.00	3.80	350.00	7.00	21.00	180.00	0.60	1.80	12.00
		50	0.00	0.25	0.25	0.00	760.00	1.90	175.00	3.50	10.50	90.00	0.30	0.90	6.00
2448	TOMATO KETCHUP		2.00	0.00	0.00	1.00	1200.00	3.00	590.00	25.00	19.00	43.00	1.20	0.10	0.00
		10	0.20	0.00	0.00	0.10	120.00	0.30	59.00	2.50	1.90	4.30	0.12	0.01	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		282	64.70	0.46	0.25	60.64	1288.40	3.22	662.82	90.62	65.72	247.24	2.21	1.92	14.32
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		31	0.00	0.03	0.00	13.02	161.20	0.40	96.41	32.86	20.46	62.62	0.74	0.50	3.41
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		10	0.00	0.00	0.00	0.00	71.00	0.18	11.00	3.90	0.40	8.20	0.00	0.02	0.00
2478	CREAM OF TOMATO SOUP CANNED		0.00	0.00	0.00	12.00	270.00	0.68	151.00	11.00	7.00	17.00	0.50	0.10	0.00
		200	0.00	0.00	0.00	24.00	540.00	1.35	302.00	22.00	14.00	34.00	1.00	0.20	0.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		241	0.00	0.03	0.00	37.02	772.20	1.93	409.41	58.76	34.86	104.82	1.74	0.72	3.41
<b>Evening meal</b>															
1088	CHICKEN ROAST MEAT ONLY		0.00	0.40	0.00	10.00	80.00	0.20	330.00	11.00	26.00	220.00	0.70	1.50	17.00
		100	0.00	0.40	0.00	10.00	80.00	0.20	330.00	11.00	26.00	220.00	0.70	1.50	17.00
5065	ROAST POTATOES FROZEN IN A LIGHT BATTER, BAKED E.G. AUNT BESSIE		6.70	0.30	0.00	22.00	209.00	0.52	325.00	12.00	18.00	42.00	0.60	0.40	1.00
		170	11.39	0.51	0.00	37.40	355.30	0.89	552.50	20.40	30.60	71.40	1.02	0.68	1.70
1694	BROCCOLI SPEARS CALABRESE FROZEN BOILED		64.00	0.10	0.00	64.00	13.00	0.03	240.00	37.00	18.00	67.00	0.60	0.30	0.00
		85	54.40	0.09	0.00	54.40	11.05	0.03	204.00	31.45	15.30	56.95	0.51	0.26	0.00
1714	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		60	1.20	0.06	0.00	9.00	21.00	0.05	66.00	18.00	3.00	11.40	0.18	0.06	0.60
546	CUSTARD READY TO SERVE CANNED		0.00	0.00	0.20	1.00	41.00	0.10	129.00	91.00	9.00	83.00	0.10	0.30	1.00
		120	0.00	0.00	0.24	1.20	49.20	0.12	154.80	109.20	10.80	99.60	0.12	0.36	1.20
RECIPE	APPLE CRUMBLE		12.09	0.09	0.00	1.59	67.57	0.17	112.56	18.58	11.00	39.45	0.49	0.21	0.55
		170	20.55	0.15	0.00	2.70	114.86	0.29	191.35	31.58	18.71	67.07	0.83	0.36	0.93
<b>MEAL</b>		705	87.54	1.20	0.24	114.70	631.41	1.58	1498.65	221.63	104.41	526.42	3.36	3.21	21.43
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
		160	86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		596	99.9	0.585	1.125	95.76	65.11	0.162775	1178.55	239.6	88.9	210.1	0.736	0.926	4.39
<b>DAY</b>		1824	252.14	2.28	1.62	308.12	2757.12	6.89	3749.43	610.61	293.89	1088.58	8.05	6.78	43.55

Food Code	Name		vit. C	vit. B6	vit B12	Folate	Sodium	Salt	Potassium	Calcium	Magnesium	Phosphorous	Iron	Zinc	Selenium
		Weight (g)	mg	mg	µg	µg	mg	g	mg	mg	mg	mg	mg	mg	µg
<b>Day 3</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
RECIPE	PORRIDGE		0.00	0.03	0.00	1.97	0.28	0.00	51.88	6.77	16.21	55.26	0.51	0.35	0.42
		212	0.00	0.07	0.00	4.18	0.60	0.00	109.98	14.35	34.37	117.16	1.08	0.75	0.90
MEAL		362	64.50	0.22	0.00	38.68	15.60	0.04	334.98	29.35	46.37	136.66	1.38	0.75	2.40
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		31	0.00	0.03	0.00	13.02	161.20	0.40	96.41	32.86	20.46	62.62	0.74	0.50	3.41
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		10	0.00	0.00	0.00	0.00	71.00	0.18	11.00	3.90	0.40	8.20	0.00	0.02	0.00
RECIPE	CHICKEN SOUP		2.24	0.17	0.00	8.99	55.38	0.14	196.71	21.44	10.40	42.02	0.55	0.30	2.07
		300	6.71	0.52	0.00	26.97	166.15	0.42	590.13	64.31	31.21	126.07	1.65	0.89	6.20
10198	JELLY, CONTAINING FRUIT JUICE, PURCHASED		2.50	0.00	0.00	1.00	6.00	0.02	15.00	7.00	1.00	2.00	0.40	0.00	0.00
		125	3.13	0.00	0.00	1.25	7.50	0.02	18.75	8.75	1.25	2.50	0.50	0.00	0.00
MEAL		466	9.83	0.55	0.00	41.24	405.85	1.01	716.29	109.82	53.32	199.39	2.89	1.40	9.61
<b>Evening meal</b>															
9986	VERY LOW FAT SPREAD (20-25%) NOT PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	540.00	1.35	630.00	39.00	4.00	82.00	0.00	0.20	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
RECIPE	PASTA RATATOUILLE BAKE		5.16	0.10	0.04	15.55	64.08	0.16	259.52	52.97	21.36	87.52	1.03	0.59	4.40
		310	15.98	0.31	0.13	48.22	198.65	0.50	804.52	164.20	66.23	271.30	3.19	1.84	13.64
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
267	OATCAKES		0.00	0.10	0.00	26.00	780.00	1.95	340.00	54.00	100.00	420.00	4.50	2.30	3.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
MEAL		310	15.98	0.31	0.13	48.22	198.65	0.50	804.52	164.20	66.23	271.30	3.19	1.84	13.64
<b>Additional foods</b>															
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1952	APPLES EATING RAW FLESH & SKIN ONLY		6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
		100	6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
MEAL		536	19.5	0.525	1.125	47.16	60.11	0.150275	1058.55	168.4	77.9	187.5	0.676	0.866	2.79
DAY		1674	109.81	1.60	1.25	175.30	680.21	1.70	2914.34	471.76	243.82	794.85	8.14	4.86	28.44

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 4</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0.00	0.20	0.00	170.00	260.00	0.65	397.00	30.00	83.00	259.00	11.90	1.70	5.00
		37.5	0.00	0.08	0.00	63.75	97.50	0.24	148.88	11.25	31.13	97.13	4.46	0.64	1.88
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
2221	MARMALADE WITH PEEL		10.00	0.00	0.00	5.00	18.00	0.05	44.00	35.00	4.00	13.00	0.60	0.20	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		<b>187.5</b>	<b>66.5</b>	<b>0.325</b>	<b>0.9</b>	<b>110.25</b>	<b>153.5</b>	<b>0.38375</b>	<b>530.875</b>	<b>146.25</b>	<b>53.125</b>	<b>212.625</b>	<b>4.7625</b>	<b>1.0375</b>	<b>4.375</b>
<b>Lunch</b>															
1834	POTATOES OLD BAKED FLESH & SKIN		14.00	0.50	0.00	44.00	12.00	0.03	630.00	11.00	32.00	68.00	0.70	0.50	2.00
		220	30.80	1.10	0.00	96.80	26.40	0.07	1386.00	24.20	70.40	149.60	1.54	1.10	4.40
3960	TUNA, CANNED, IN SPRING WATER, FISH ONLY		0.00	0.50	3.00	4.00	50.00	0.13	237.00	11.00	27.00	163.00	1.50	0.80	80.00
		45	0.00	0.23	1.35	1.80	22.50	0.06	106.65	4.95	12.15	73.35	0.68	0.36	36.00
2432	MAYONNAISE (RETAIL)		0.00	0.00	0.50	4.00	620.00	1.55	16.00	8.00	1.00	27.00	0.30	0.10	2.00
		33	0.00	0.00	0.17	1.32	204.60	0.51	5.28	2.64	0.33	8.91	0.10	0.03	0.66
1924	SWEETCORN, CANNED, DRAINED		1.00	0.10	0.00	20.00	270.00	0.68	220.00	4.00	23.00	79.00	0.50	0.50	0.00
		60	0.60	0.06	0.00	12.00	162.00	0.41	132.00	2.40	13.80	47.40	0.30	0.30	0.00
260	DIGESTIVES HALF COATED IN CHOCOLATE		0.00	0.10	0.00	13.00	430.00	1.08	210.00	84.00	41.00	130.00	2.10	1.00	2.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		<b>358</b>	<b>31.40</b>	<b>1.39</b>	<b>1.52</b>	<b>111.92</b>	<b>415.50</b>	<b>1.04</b>	<b>1629.93</b>	<b>34.19</b>	<b>96.68</b>	<b>279.26</b>	<b>2.61</b>	<b>1.79</b>	<b>41.06</b>
<b>Evening meal</b>															
<b>RECIPE</b>	COTTAGE PIE		1.57	0.32	0.24	7.11	81.13	0.20	277.83	11.46	15.81	90.42	0.46	0.47	3.63
		328	5.14	1.04	0.80	23.31	266.10	0.67	911.30	37.58	51.86	296.57	1.51	1.53	11.92
1714	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		30	0.60	0.03	0.00	4.50	10.50	0.03	33.00	9.00	1.50	5.70	0.09	0.03	0.30
1808	PEAS FROZEN BOILED		12.00	0.10	0.00	33.00	2.00	0.01	150.00	35.00	21.00	99.00	1.60	0.70	0.00
		30	3.60	0.03	0.00	9.90	0.60	0.00	45.00	10.50	6.30	29.70	0.48	0.21	0.00
1720	CAULIFLOWER-FROZEN BOILED		31.00	0.10	0.00	20.00	7.00	0.02	210.00	21.00	8.00	38.00	0.30	0.20	0.00
		30	9.30	0.03	0.00	6.00	2.10	0.01	63.00	6.30	2.40	11.40	0.09	0.06	0.00
546	CUSTARD READY TO SERVE CANNED		0.00	0.00	0.20	1.00	41.00	0.10	129.00	91.00	9.00	83.00	0.10	0.30	1.00
		120	0.00	0.00	0.24	1.20	49.20	0.12	154.80	109.20	10.80	99.60	0.12	0.36	1.20
1977	BANANAS RAW FLESH ONLY		11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
		100	11.00	0.30	0.00	14.00	1.00	0.00	400.00	6.00	34.00	28.00	0.30	0.20	1.00
<b>MEAL</b>		<b>638</b>	<b>29.64</b>	<b>1.43</b>	<b>1.04</b>	<b>58.91</b>	<b>329.50</b>	<b>0.82</b>	<b>1607.10</b>	<b>178.58</b>	<b>106.86</b>	<b>470.97</b>	<b>2.59</b>	<b>2.39</b>	<b>14.42</b>
<b>Additional foods</b>															
2629	MIXED NUTS AND RAISINS UNSALTED		0.40	0.40	0.00	56.00	25.00	0.06	810.00	84.00	164.00	306.00	3.10	2.40	32.00
		50	0.20	0.20	0.00	28.00	12.50	0.03	405.00	42.00	82.00	153.00	1.55	1.20	16.00
2044	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
		100	3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		<b>486</b>	<b>5.7</b>	<b>0.425</b>	<b>1.125</b>	<b>62.16</b>	<b>70.61</b>	<b>0.176525</b>	<b>1143.55</b>	<b>212.4</b>	<b>127.9</b>	<b>318.5</b>	<b>2.126</b>	<b>1.866</b>	<b>18.79</b>
<b>DAY</b>		<b>1669.5</b>	<b>133.24</b>	<b>3.56</b>	<b>4.58</b>	<b>343.24</b>	<b>969.11</b>	<b>2.42</b>	<b>4911.45</b>	<b>571.42</b>	<b>384.57</b>	<b>1281.35</b>	<b>12.09</b>	<b>7.09</b>	<b>78.64</b>

Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 5</b>															
<b>Breakfast</b>															
6302	MALTED FLAKE CEREAL, NO ADDITIONS, NOT SPECIAL K		0.00	3.70	2.70	330.00	700.00	1.75	216.00	66.00	46.00	174.00	22.50	1.50	8.00
		30	0.00	1.11	0.81	99.00	210.00	0.53	64.80	19.80	13.80	52.20	6.75	0.45	2.40
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2215	JAM WITH EDIBLE SEEDS PURCHASED		10.00	0.00	0.00	0.00	29.00	0.07	43.00	12.00	5.00	10.00	0.20	0.00	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
<b>MEAL</b>		180	66.5	1.36	1.71	145.5	266	0.665	446.8	154.8	35.8	167.7	7.05	0.85	4.9
<b>Lunch</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		62	0.00	0.06	0.00	26.04	322.40	0.81	192.82	65.72	40.92	125.24	1.49	0.99	6.82
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		10	0.00	0.00	0.00	0.00	71.00	0.18	11.00	3.90	0.40	8.20	0.00	0.02	0.00
661	CHEESE CHEDDAR ANY OTHER OR FOR RECIPES		0.00	0.10	2.40	31.00	723.00	1.81	75.00	739.00	29.00	505.00	0.30	4.10	6.00
		20	0.00	0.02	0.48	6.20	144.60	0.36	15.00	147.80	5.80	101.00	0.06	0.82	1.20
<b>RECIPE</b>	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
		54	13.15	0.04	0.00	15.41	3.13	0.01	110.13	8.05	4.09	16.15	0.29	0.07	0.13
2133	PRUNES DRIED UNCOOKED NO STONES		0.00	0.20	0.00	4.00	12.00	0.03	860.00	38.00	27.00	83.00	2.90	0.50	3.00
		25	0.00	0.05	0.00	1.00	3.00	0.01	215.00	9.50	6.75	20.75	0.73	0.13	0.75
1969	APRICOTS DRIED UNCOOKED DRY WEIGHT		0.00	0.20	0.00	14.00	56.00	0.14	1880.00	92.00	65.00	120.00	4.10	0.70	7.00
		25	0.00	0.05	0.00	3.50	14.00	0.04	470.00	23.00	16.25	30.00	1.03	0.18	1.75
705	YOGURT LOW FAT NATURAL UNSWEETENED		0.00	0.00	0.30	5.00	63.00	0.16	228.00	162.00	16.00	143.00	0.10	0.60	2.00
		125	0.00	0.00	0.38	6.25	78.75	0.20	285.00	202.50	20.00	178.75	0.13	0.75	2.50
<b>MEAL</b>		321	13.15	0.23	0.86	58.40	636.88	1.59	1298.95	460.47	94.21	480.09	3.71	2.95	13.15
<b>Evening meal</b>															
3772	LENTIL SOUP CANNED		0.20	0.00	0.00	16.00	240.00	0.60	97.00	11.00	9.00	40.00	0.70	0.30	2.00
		200	0.40	0.00	0.00	32.00	480.00	1.20	194.00	22.00	18.00	80.00	1.40	0.60	4.00
1520	SALMON STEAMED NO BONES		0.00	0.20	2.10	6.00	48.00	0.12	402.00	11.00	29.00	254.00	0.30	0.50	20.00
		120	0.00	0.24	2.52	7.20	57.60	0.14	482.40	13.20	34.80	304.80	0.36	0.60	24.00
851	BUTTER SALTED		0.00	0.00	0.30	0.00	606.00	1.52	29.00	18.00	2.00	23.00	0.00	0.10	0.00
		10	0.00	0.00	0.03	0.00	60.60	0.15	2.90	1.80	0.20	2.30	0.00	0.01	0.00
874	OLIVE OIL		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00
		10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00	0.00
1671	FRENCH BEANS/GREEN BEANS BOILED		11.00	0.10	0.00	57.00	3.00	0.01	180.00	34.00	16.00	42.00	1.10	0.20	0.00
		90	9.90	0.09	0.00	51.30	2.70	0.01	162.00	30.60	14.40	37.80	0.99	0.18	0.00
1714	CARROTS-FROZEN BOILED		2.00	0.10	0.00	15.00	35.00	0.09	110.00	30.00	5.00	19.00	0.30	0.10	1.00
		60	1.20	0.06	0.00	9.00	21.00	0.05	66.00	18.00	3.00	11.40	0.18	0.06	0.60
1829	POTATOES OLD BOILED		6.00	0.30	0.00	19.00	7.00	0.02	280.00	5.00	14.00	31.00	0.40	0.30	1.00
		175	10.50	0.53	0.00	33.25	12.25	0.03	490.00	8.75	24.50	54.25	0.70	0.53	1.75
5474	CHEESECAKE LOW FAT FRUIT TOPPING PURCHASED		0.50	0.00	0.00	7.00	151.00	0.38	165.00	78.00	13.00	100.00	0.40	0.50	2.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		665	22.00	0.92	2.55	132.75	634.15	1.59	1397.30	94.35	94.90	490.55	3.67	1.98	30.35
<b>Additional foods</b>															
2044	GRAPES WHITE RAW FLESH & SKIN WEIGHED WITH PIPS		3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
		100	3.00	0.10	0.00	2.00	2.00	0.01	200.00	12.00	7.00	17.00	0.30	0.10	1.00
2265	MARS BAR		0.00	0.00	0.40	5.00	150.00	0.38	250.00	95.00	32.00	110.00	1.20	0.70	2.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		436	5.5	0.225	1.125	34.16	58.11	0.145275	738.55	170.4	45.9	165.5	0.576	0.666	2.79
<b>DAY</b>		1602	107.15	2.73	6.24	370.81	1595.14	3.99	3881.60	880.02	270.81	1303.84	15.01	6.44	51.19



Food Code	Name	Weight (g)	vit. C mg	vit. B6 mg	vit B12 µg	Folate µg	Sodium mg	Salt g	Potassium mg	Calcium mg	Magnesium mg	Phosphorous mg	Iron mg	Zinc mg	Selenium µg
<b>Day 6</b>															
<b>Breakfast</b>															
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
0			0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
0			0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
0			0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
100			2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
225	WEETABIX AND OTHER WHOLEWHEAT BISKS		0.00	0.20	0.00	170.00	260.00	0.65	397.00	30.00	83.00	259.00	11.90	1.70	5.00
37.5			0.00	0.08	0.00	63.75	97.50	0.24	148.88	11.25	31.13	97.13	4.46	0.64	1.88
<b>MEAL</b>		37.5	2	0.175	0.9	75.75	138.5	0.34625	305.875	131.25	41.125	193.125	4.4625	1.0375	2.875
<b>Lunch</b>															
755	EGGS BOILED		0.00	0.10	1.10	39.00	140.00	0.35	130.00	57.00	12.00	200.00	1.90	1.30	11.00
60			0.00	0.06	0.66	23.40	84.00	0.21	78.00	34.20	7.20	120.00	1.14	0.78	6.60
2432	MAYONNAISE (RETAIL)		0.00	0.00	0.50	4.00	620.00	1.55	16.00	8.00	1.00	27.00	0.30	0.10	2.00
33			0.00	0.00	0.17	1.32	204.60	0.51	5.28	2.64	0.33	8.91	0.10	0.03	0.66
158	ROLLS WHITE CRUSTY		0.00	0.00	0.00	31.00	606.00	1.52	164.00	177.00	22.00	104.00	1.70	0.90	4.00
112			0.00	0.00	0.00	34.72	678.72	1.70	183.68	198.24	24.64	116.48	1.90	1.01	4.48
704	YOGURT LOW FAT FRUIT		0.00	0.00	0.30	1.00	62.00	0.16	204.00	140.00	15.00	120.00	0.10	0.50	2.00
125			0.00	0.00	0.38	1.25	77.50	0.19	255.00	175.00	18.75	150.00	0.13	0.63	2.50
1782	MUSTARD CRESS RAW		33.00	0.10	0.00	60.00	19.00	0.05	110.00	50.00	22.00	33.00	1.00	0.30	1.00
2			0.66	0.00	0.00	1.20	0.38	0.00	2.20	1.00	0.44	0.66	0.02	0.01	0.02
<b>MEAL</b>		332	0.66	0.06	1.20	61.89	1045.20	2.61	524.16	411.08	51.36	396.05	3.29	2.45	14.26
<b>Evening meal</b>															
9391	FRENCH DRESSING		0.00	0.00	0.00	0.00	700.00	1.75	29.00	6.00	14.00	12.00	0.90	0.10	0.00
30			0.00	0.00	0.00	0.00	210.00	0.53	8.70	1.80	4.20	3.60	0.27	0.03	0.00
RECIPE	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
135			32.87	0.11	0.00	38.53	7.82	0.02	275.33	20.12	10.23	40.38	0.72	0.18	0.32
36	PASTA SPAGHETTI WHOLEMEAL BOILED		0.00	0.00	0.00	8.00	5.00	0.01	82.00	30.00	46.00	124.00	1.50	1.20	5.00
150			0.00	0.00	0.00	12.00	7.50	0.02	123.00	45.00	69.00	186.00	2.25	1.80	7.50
RECIPE	BOLOGNESE		14.23	0.23	0.30	16.83	50.54	0.13	388.72	29.83	18.06	70.89	1.15	0.95	2.93
320			45.54	0.72	0.96	53.85	161.73	0.40	1243.91	95.47	57.80	226.85	3.66	3.03	9.37
RECIPE	FRESH FRUIT SALAD		35.64	0.13	0.00	18.90	4.58	0.01	204.01	20.05	12.99	20.20	0.22	0.10	0.66
160			57.03	0.21	0.00	30.24	7.32	0.02	326.42	32.07	20.79	32.32	0.35	0.16	1.06
720	ICE CREAM, DAIRY, VANILLA, HARD, BLOCK		1.00	0.00	0.50	6.00	60.00	0.15	174.00	100.00	12.00	91.00	0.00	0.30	2.00
75			0.75	0.00	0.38	4.50	45.00	0.11	130.50	75.00	9.00	68.25	0.00	0.23	1.50
7615	GARLIC (& HERB) BREAD		0.00	0.10	0.00	20.00	644.00	1.61	96.00	96.00	20.00	84.00	1.50	0.50	4.00
0			0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		870	136.18	1.05	1.33	139.13	439.37	1.10	2107.86	269.46	171.02	557.40	7.25	5.43	19.74
<b>Additional foods</b>															
8058	LATTE (ESPRESSO AND SKIMMED MILK) TAKEAWAY ONLY		0.90	0.10	0.70	10.00	42.00	0.11	156.00	113.00	12.00	86.00	0.00	0.50	1.00
350			3.15	0.35	2.45	35.00	147.00	0.37	546.00	395.50	42.00	301.00	0.00	1.75	3.50
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
160			86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
0			0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
100			2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
330			0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
4			0.00	0.00	0.00	0.44	3.24	0.01	151.20	5.60	13.20	12.40	0.18	0.04	0.36
<b>MEAL</b>		844	91.55	0.61	3.35	113.54	199.24	0.4981	1209.7	596.3	87.8	452.9	0.344	2.354	6.46
<b>DAY</b>		2083.5	230.39	1.89	6.78	390.31	1822.31	4.56	4147.60	1408.09	351.31	1599.48	15.35	11.27	43.34

Food Code	Name	Weight (g)	vit. C	vit. B6	vit B12	Folate	Sodium	Salt	Potassium	Calcium	Magnesium	Phosphorous	Iron	Zinc	Selenium
			mg	mg	µg	µg	mg	g	mg	mg	mg	mg	mg	mg	µg
<b>Day 7</b>															
<b>Breakfast</b>															
6302	MALTED FLAKE CEREAL, NO ADDITIONS, NOT SPECIAL K		0.00	3.70	2.70	330.00	700.00	1.75	216.00	66.00	46.00	174.00	22.50	1.50	8.00
		30	0.00	1.11	0.81	99.00	210.00	0.53	64.80	19.80	13.80	52.20	6.75	0.45	2.40
138	BREAD WHOLEMEAL TOASTED		0.00	0.10	0.00	42.00	520.00	1.30	311.00	106.00	66.00	202.00	2.40	1.60	11.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9990	REDUCED FAT SPREAD (60%) PUFA LOW IN TRANS		0.00	0.00	0.00	0.00	710.00	1.78	110.00	39.00	4.00	82.00	0.00	0.20	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2215	JAM WITH EDIBLE SEEDS PURCHASED		10.00	0.00	0.00	0.00	29.00	0.07	43.00	12.00	5.00	10.00	0.20	0.00	0.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
2337	ORANGE JUICE UNSWEETENED PASTURISED		43.00	0.10	0.00	23.00	10.00	0.03	150.00	10.00	8.00	13.00	0.20	0.00	1.00
		150	64.50	0.15	0.00	34.50	15.00	0.04	225.00	15.00	12.00	19.50	0.30	0.00	1.50
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		100	2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
<b>MEAL</b>		<b>180</b>	<b>66.5</b>	<b>1.36</b>	<b>1.71</b>	<b>145.5</b>	<b>266</b>	<b>0.665</b>	<b>446.8</b>	<b>154.8</b>	<b>35.8</b>	<b>167.7</b>	<b>7.05</b>	<b>0.85</b>	<b>4.9</b>
<b>Lunch</b>															
3148	PITTA BREAD, WHITE, TOASTED		0.00	0.20	0.00	25.00	542.00	1.36	220.00	170.00	27.00	122.00	2.30	1.00	2.00
		95	0.00	0.19	0.00	23.75	514.90	1.29	209.00	161.50	25.65	115.90	2.19	0.95	1.90
1817	HUMMUS, NOT CANNED		7.00	0.10	0.00	48.00	500.00	1.25	190.00	41.00	62.00	160.00	1.90	1.40	4.00
		60	4.20	0.06	0.00	28.80	300.00	0.75	114.00	24.60	37.20	96.00	1.14	0.84	2.40
<b>RECIPE</b>	SIMPLE SALAD		24.35	0.08	0.00	28.54	5.79	0.01	203.95	14.90	7.58	29.91	0.53	0.13	0.23
		54	13.15	0.04	0.00	15.41	3.13	0.01	110.13	8.05	4.09	16.15	0.29	0.07	0.13
7857	PEPPERS-RED-FRESH UNCOOKED		140.00	0.40	0.00	21.00	4.00	0.01	160.00	8.00	14.00	22.00	0.30	0.10	0.00
		20	28.00	0.08	0.00	4.20	0.80	0.00	32.00	1.60	2.80	4.40	0.06	0.02	0.00
582	CHOCOLATE MOUSSE		0.30	0.00	1.30	28.00	71.00	0.18	153.00	49.00	29.00	141.00	1.50	1.00	7.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>MEAL</b>		<b>229</b>	<b>45.35</b>	<b>0.37</b>	<b>0.00</b>	<b>72.16</b>	<b>818.83</b>	<b>2.05</b>	<b>465.13</b>	<b>195.75</b>	<b>69.74</b>	<b>232.45</b>	<b>3.67</b>	<b>1.88</b>	<b>4.43</b>
<b>Evening meal</b>															
9524	HADDOCK IN BREADCRUMBS FROZEN GRILLED/BAKED		0.00	0.20	1.00	6.00	410.00	1.03	400.00	120.00	21.00	200.00	0.80	0.40	18.00
		120	0.00	0.24	1.20	7.20	492.00	1.23	480.00	144.00	25.20	240.00	0.96	0.48	21.60
1877	POTATO CHIPS OVEN READY THICK CUT BAKED		8.00	0.40	0.00	25.00	62.00	0.16	530.00	12.00	24.00	130.00	0.80	0.40	2.00
		80	6.40	0.32	0.00	20.00	49.60	0.12	424.00	9.60	19.20	104.00	0.64	0.32	1.60
1808	PEAS FROZEN BOILED		12.00	0.10	0.00	33.00	2.00	0.01	150.00	35.00	21.00	99.00	1.60	0.70	0.00
		80	9.60	0.08	0.00	26.40	1.60	0.00	120.00	28.00	16.80	79.20	1.28	0.56	0.00
2142	RAISINS DRIED WEIGHT		1.00	0.30	0.00	10.00	60.00	0.15	1020.00	46.00	35.00	76.00	3.80	0.70	8.00
		30	0.30	0.09	0.00	3.00	18.00	0.05	306.00	13.80	10.50	22.80	1.14	0.21	2.40
<b>MEAL</b>		<b>310</b>	<b>16.30</b>	<b>0.73</b>	<b>1.20</b>	<b>56.60</b>	<b>561.20</b>	<b>1.40</b>	<b>1330.00</b>	<b>195.40</b>	<b>71.70</b>	<b>446.00</b>	<b>4.02</b>	<b>1.57</b>	<b>25.60</b>
<b>Additional foods</b>															
2092	ORANGES RAW FLESH ONLY		54.00	0.10	0.00	31.00	5.00	0.01	150.00	47.00	10.00	21.00	0.10	0.10	1.00
		160	86.40	0.16	0.00	49.60	8.00	0.02	240.00	75.20	16.00	33.60	0.16	0.16	1.60
1952	APPLES EATING RAW FLESH & SKIN ONLY		6.00	0.10	0.00	1.00	3.00	0.01	120.00	4.00	5.00	11.00	0.10	0.10	0.00
		100	6	0.1	0	1	3	0.0075	120	4	5	11	0.1	0.1	0
8543	MILK SEMI-SKIMMED PASTEURISED WINTER		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
10251	ONE PERCENT (1%) MILK, PASTEURISED		2.00	0.10	0.90	12.00	41.00	0.10	157.00	120.00	10.00	96.00	0.00	0.40	1.00
		125	2.50	0.13	1.13	15.00	51.25	0.13	196.25	150.00	12.50	120.00	0.00	0.50	1.25
2314	TEA STRONG INFUSION		0.00	0.00	0.00	5.00	0.00	0.00	35.00	0.00	2.00	3.00	0.00	0.00	0.00
		330	0.00	0.00	0.00	16.50	0.00	0.00	115.50	0.00	6.60	9.90	0.00	0.00	0.00
2308	COFFEE INSTANT POWDER OR GRANULES		0.00	0.00	0.00	11.00	81.00	0.20	3780.00	140.00	330.00	310.00	4.60	1.10	9.00
		6	0.00	0.00	0.00	0.66	4.86	0.01	226.80	8.40	19.80	18.60	0.28	0.07	0.54
<b>MEAL</b>		<b>596.00</b>	<b>94.90</b>	<b>0.39</b>	<b>1.13</b>	<b>82.76</b>	<b>67.11</b>	<b>0.17</b>	<b>898.55</b>	<b>237.60</b>	<b>59.90</b>	<b>193.10</b>	<b>0.54</b>	<b>0.83</b>	<b>3.39</b>
<b>DAY</b>		<b>1315.00</b>	<b>223.05</b>	<b>2.85</b>	<b>4.04</b>	<b>357.02</b>	<b>1713.14</b>	<b>4.28</b>	<b>3140.48</b>	<b>783.55</b>	<b>237.14</b>	<b>1039.25</b>	<b>15.28</b>	<b>5.13</b>	<b>38.32</b>
<b>WEEK</b>		<b>11951.0</b>	<b>1318.4</b>	<b>17.1</b>	<b>31.0</b>	<b>2266.2</b>	<b>11432.8</b>	<b>28.6</b>	<b>26981.3</b>	<b>5445.9</b>	<b>2129.9</b>	<b>8396.9</b>	<b>92.1</b>	<b>53.619395</b>	<b>332.8</b>
<b>AVERAGE</b>		<b>1707.3</b>	<b>188.3</b>	<b>2.4</b>	<b>4.4</b>	<b>323.7</b>	<b>1633.3</b>	<b>4.1</b>	<b>3854.5</b>	<b>778.0</b>	<b>304.3</b>	<b>1199.6</b>	<b>13.2</b>	<b>7.7</b>	<b>47.5</b>
<b>% energy</b>															
<b>RNI</b>			<b>40.0</b>	<b>1.4</b>	<b>1.5</b>	<b>200.0</b>	<b>1600.0</b>	<b>5.0</b>	<b>3500.0</b>	<b>700.0</b>	<b>300.0</b>	<b>550.0</b>	<b>14.8</b>	<b>9.5</b>	<b>75.0</b>
<b>Variation</b>			<b>148.3</b>	<b>1.0</b>	<b>2.9</b>	<b>123.7</b>	<b>33.3</b>	<b>-0.9</b>	<b>354.5</b>	<b>78.0</b>	<b>4.3</b>	<b>649.6</b>	<b>-1.6</b>	<b>-1.8</b>	<b>-27.5</b>

# Appendix 4

Pre-focus group *eatwell week* resource



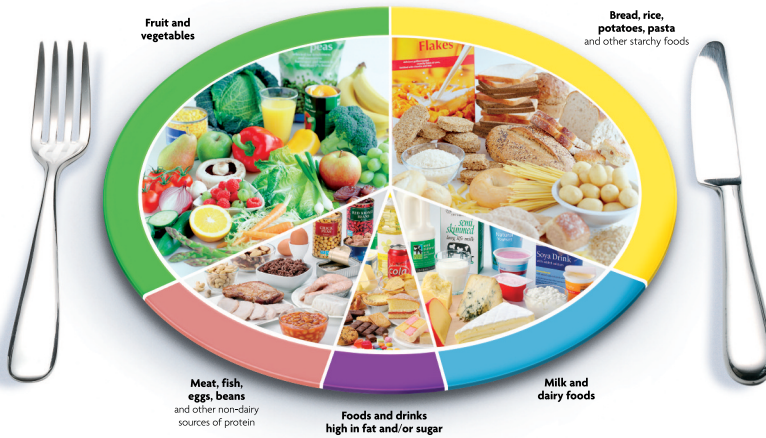
# *The eatwell week*





## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The eatwell plate shows the different types of foods we need to eat, in the right proportions, to have a healthy well balanced diet. The eatwell plate applies to most people, whether they're a healthy weight or overweight.

You don't need to get the balance right every day, it can be easier to get it right over a longer period like a week. We have put together an *eatwell week* as an example of how you can put the eatwell plate into action. The *eatwell week* includes familiar everyday foods as it is based on meals and snacks most commonly eaten by people in the UK.



The first thing you might notice about the *eatwell week* is that there are very few foods which are high in fat and sugar. These are foods from the purple section of the eatwell plate and should be eaten least often, and in smaller amounts as part of a healthy diet.

The *eatwell week* is designed to provide the right balance of nutrients and enough energy (calories) for the average woman. Men, or those women who are physically active, may need to eat more food than is shown in the *eatwell week*. At the back of this booklet, there is information for people who may want or need to eat more or less than the *eatwell week*.

The two keys to a healthy diet are eating the right amount of food depending on how active you are and eating a variety of foods to make sure you're getting a balanced diet. The *eatwell week* illustrates **one way** you might do this and will help you to see how you can use the eatwell plate to enjoy a healthy and well balanced diet every week.

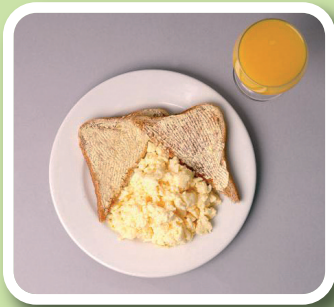




The *eatwell week* is shown over the following pages. The meals and other foods included do not have to be eaten in the order shown here, the arrangement of the meals is an illustration to get you started. You can mix and match different meals on different days to suit you. If you want, you could include the snacks as part of your meals. It's important to remember that it is the balance of foods across the week that matters.

You can see the foods included at eat each meal on the front of each page and on the back you can find the ingredients lists for some of the meals, as well as other tips to help you with the *eatwell week*. Most days include meat or poultry for at least one meal. If you are vegetarian you can swap the meat and poultry for a vegetarian product.





Scrambled egg  
1 thick slice wholemeal bread toasted  
Low fat spread (2 tsp)

Glass pure fruit juice (150 ml)

**Breakfast**  
**Saturday**



Baked beans (small tin)  
Cheddar cheese  
(2 tbsp grated)

1 slice thick wholemeal  
bread toasted

Low fat spread (2 tsp)

**Lunch**  
**Saturday**



Raita ( $\frac{1}{4}$  recipe)  
Poppadoms (2)  
Beef Curry ( $\frac{1}{2}$  recipe)  
Basmati rice  
( $4\frac{1}{2}$  heaped tbsp cooked)  
Nan bread (1 small)

Fresh fruit salad ( $\frac{1}{4}$  recipe)

**Evening Meal**  
**Saturday**



Fresh fruit (e.g. banana, apple)  
Packet of crisps (small)

**Snacks**  
**Saturday**

These foods can be consumed at any time of the day





## Scrambled Egg Ingredients

- 2 eggs
- 20ml semi-skimmed milk

Try poached or boiled eggs for a change

- we have used reduced sugar beans here. Look for other products which are lower in sugar, fat and salt.

## Beef Curry Ingredients (serves 2)

- 200g lean stewing beef
- 1 onion, finely chopped
- 1 pepper, finely chopped
- 1 carrot
- 2 cloves of garlic
- 1 tbsp curry powder
- 1 tin chopped tomatoes
- 1 tbsp mango chutney
- 1 tbsp tomato puree
- 130g basmati rice, (dried weight)

If you would like a change swap the beef for lean lamb or chicken

- you should try to drink between 6 and 8 glasses of fluid each day, you can find more information in the drinks section at the back of the booklet.

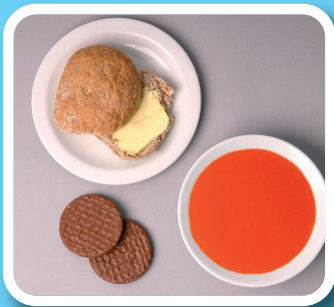




1 wholemeal roll  
 Low fat spread (2 tsp)  
 2 rashers of grilled back bacon  
 Tomato ketchup (2 tsp)

Glass pure fruit juice (150 ml)

**Breakfast**  
**Sunday**



Cream of tomato soup  
 (½ 400 ml can)

1 wholemeal roll  
 Low fat spread (2 tsp)

2 chocolate digestive biscuits

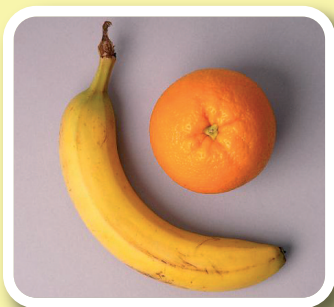
**Lunch**  
**Sunday**



Roast chicken (2½ slices breast)  
 Roast potatoes (2 medium)  
 Carrots (1½ tbsp)  
 Broccoli (2 spears)

Apple crumble (⅙ of recipe)  
 Custard (⅓ of a can)

**Evening Meal**  
**Sunday**



Fresh fruit  
 (e.g. banana, orange)

**Snacks**  
**Sunday**

These foods can be consumed at any time of the day

- if you like tomato ketchup or other sauces check the labels and choose those that are lower in salt

- try other kinds of soup for variety e.g. lentil
- check the label and choose lower salt varieties

- to keep this meal lower in fat eat the chicken without the skin

### Apple Crumble Ingredients (serves 6)

#### Crumble

- 125g plain flour
- 75g low-fat spread
- 50g caster sugar
- 50g rolled oats

#### Fruit

- 750g Bramley Apples
- 1 tbsp caster sugar
- 1 orange, grated rind and juice
- 2 tsp low fat spread

For a change serve the crumble with low fat ice cream or yogurt  
Avoid single or double cream which are high in saturated fat

- fresh fruit is a handy snack, but if you have not got any you could try some fruit tinned in juice instead



Porridge ( $\frac{1}{2}$  recipe)  
 & semi-skimmed milk (50 ml)  
 1 thick slice wholemeal bread  
 toasted  
 Low fat spread (2 tsp)  
 Glass pure fruit juice (150 ml)

**Breakfast**  
**Monday**



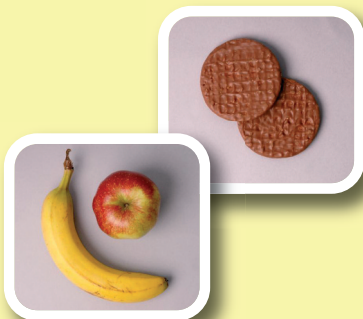
Homemade Chicken & vegetable  
 soup (large bowl)  
 1 wholemeal roll  
 Low fat spread (2 tsp)  
 Jelly with fruit juice  
 (retail, 1 pot )

**Lunch**  
**Monday**



Pasta Ratatouille bake  
 ( $\frac{1}{4}$  recipe)  
 Oatcakes (3)  
 Low fat spread (2 tsp)  
 Cheddar cheese (small chunk)

**Evening Meal**  
**Monday**



2 chocolate digestive biscuits  
 Fresh fruit  
 (e.g. apple & banana )

**Snacks**  
**Monday**

These foods can be consumed at any time of the day

- if you don't like porridge any wholegrain breakfast cereal is ok

### Chicken soup Ingredients

- leftover chicken, including carcass
- 4 large potatoes, diced
- 2 large carrots, chopped
- 2g black peppercorns, 2 bay leaves
- 1 large onion, diced
- water
- 110g chopped green beans

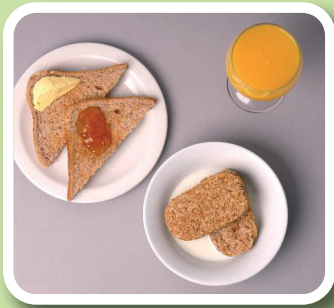
You can use other vegetables if you prefer

### Pasta Ratatouille Bake Ingredients (serves 4)

- 200g macaroni (dry weight)
- 1 tsp fresh or dried oregano
- 200g broad beans, fresh, frozen or canned (rinsed)
- 2 tbsp olive oil
- 1 tsp fresh or dried basil
- 125 ml water
- 2 medium onions, chopped
- 4 medium tomatoes, chopped
- 25g parmesan cheese, grated
- 1 clove garlic, crushed
- 4 small courgettes sliced

The vegetables you add to meals like this count towards your five-a-day

- you can swap the chocolate digestives for other biscuits e.g fig roll, ginger nut, plain digestives etc



Wholewheat biscuits (2)  
Semi-skimmed milk (100 ml)  
1 thick slice wholemeal bread  
toasted  
Low fat spread (2 tsp)  
Marmalade (2 tsp)  
Glass pure fruit juice (150 ml)

**Breakfast**  
Tuesday



Baked potato (large)  
Tuna ( $\frac{1}{2}$  small can)  
Sweetcorn (2 tbsp)  
Mayonnaise (1 heaped tbsp)  
  
2 chocolate digestive biscuits

**Lunch**  
Tuesday



Cottage pie ( $\frac{1}{2}$  recipe)  
Mixed vegetables (3 tbsp)  
  
Custard ( $\frac{1}{3}$  of a can)  
& fruit (banana)

**Evening Meal**  
Tuesday



Fresh fruit  
(e.g. grapes, small bunch)  
Mixed nuts & raisins  
(small bag)

**Snack**  
Tuesday

These foods can be consumed at any time of the day



- you could try some fruit with your cereal one day

- have baked beans instead of tuna with the baked potato for a change

### Cottage Pie Ingredients (serves 2)

- 3-4 potatoes, peeled and cubed
- 1 carrot, chopped
- Dash of light soy sauce
- 1 tbsp olive oil
- 200g turkey mince
- 300 ml water
- 1 small onion, finely chopped
- 1 tbsp tomato puree
- Dash of Worcestershire sauce

The vegetables you add to meals like this count towards your five-a-day

- you can swap raisins for any other fruit – try dried apricots or dates





Wholegrain cereal (4 tbs)  
Semi-skimmed milk (100ml)  
1 slice thick wholemeal bread  
toasted  
Low fat spread (2 tsp)  
Jam (2 tsp)  
Glass pure fruit juice (150 ml)

**Breakfast**  
**Wednesday**



2 slices thick wholemeal bread  
Low fat spread (2 tsp)  
Cheddar cheese (2 tbs) grated  
Salad (2 tbs)  
Dried apricots/prunes  
(2 heaped tbs)  
Low fat natural yoghurt  
(1 pot)

**Lunch**  
**Wednesday**



Lentil soup (½ 400ml tin)  
Steamed /baked salmon (1 fillet)  
Boiled potatoes (3 medium sized)  
Green beans (3 tbs)  
Carrots (1½ tbs)

**Evening Meal**  
**Wednesday**



Fresh fruit  
(e.g. grapes, small bunch)  
Chocolate bar  
(standard)

**Snacks**  
**Wednesday**

These foods can be consumed at any time of the day





- **wholegrain foods contain more fibre and other nutrients than white or refined starchy foods.**

- **by grating the cheese for your sandwich you will use less and help cut down on saturated fats**

- **most of us should be eating more fish**
- **fish is an excellent source of protein and contains many vitamins and minerals**
- **aim for at least two portions of fish a week, including a portion of oily fish**
- **choose fish from sustainable sources**

- **if you don't like the chocolate bar shown here choose one that you prefer**





Wholewheat bisks (2)  
 Semi-skimmed milk (100 ml)  
 1 thick slice wholemeal bread  
 toasted  
 Low fat spread (2 tsp)

Glass pure fruit juice (150 ml)

**Breakfast**  
**Thursday**



Egg & cress with mayonnaise  
 baguette (retail)

Low fat low sugar fruit yoghurt  
 (1 pot)

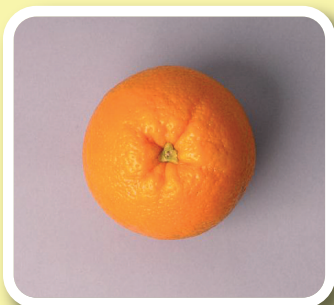
Skinny latté (tall)

**Lunch**  
**Thursday**



Garlic & herb bread  
 (2 slices)  
 Spaghetti bolognese  
 (½ recipe)  
 Simple salad (small bowl/side plate)  
 & French dressing (2 tbsp)  
 Fresh fruit salad (¼ recipe)  
 Ice cream (1 heaped scoop)

**Evening Meal**  
**Thursday**



Fresh fruit  
 (e.g. orange)

**Snacks**  
**Thursday**

These foods can be consumed at any time of the day

- **wholegrain foods are digested more slowly so they can help make us feel full for longer**

- **some foods can be bought and eaten on the go**
- **always check the labels for the fat, sugar and salt content**

### **Spaghetti Bolognese Sauce (serves 2)**

- 100g lean beef mince
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 400g can of chopped tomatoes
- 1 tbsp tomato puree
- 1 tsp dried mixed herbs
- ½ red pepper, chopped
- ½ carrot, chopped
- 100g mushrooms, sliced
- ½ courgette, chopped

**The vegetables you add to meals like this count towards your five-a-day**

- **having fruit as a snack will help you reach your five-a-day**



Wholegrain cereal (4 tbsp)  
Semi-skimmed milk (100 ml)  
1 slice thick wholemeal bread  
toasted  
Low fat spread (2 tsp)  
Jam (2 level tsp)  
Glass pure fruit juice (150 ml)

**Breakfast**  
**Friday**



Hummus (2 tbsp)  
Simple Salad (2 tbsp)  
1 pitta bread toasted

Pot of chocolate mousse  
(retail, 1 pot)

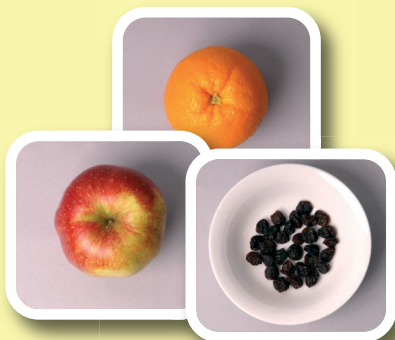
**Lunch**  
**Friday**



Oven baked haddock in breadcrumbs  
(1 medium fillet)  
Oven chips (medium portion)  
Peas (2½ tbsp)

1 slice (1/6 of cake) low fat cheese-  
cake with fruit topping

**Evening Meal**  
**Friday**



Fresh fruit  
(e.g. orange, apple)

Raisins (1 tbsp)

**Snacks**  
**Friday**

These foods can be consumed at any time of the day



- **wholegrain foods contain more fibre and other nutrients than white or refined starchy foods**

- **trying different breads like pitta will add variety to your diet**

- **oven chips are lower in fat than deep-fried chips**
- **choose thick cut chips which are lower in fat than crinkly chips or thin cut French fries**

- **dried fruit counts towards your five-a-day**





## Drinks

Alongside the foods shown in the *eatwell week*, it is important that you drink between 6 and 8 glasses of fluid per day. Water is the best choice, but tea, coffee, milk, fruit juice and other soft drinks also count towards your fluid intake.

## Sugary drinks

Fizzy drinks, squashes and 'juice drinks' contain lots of sugar – so a lot of calories - and very few nutrients. Sugar added to tea/coffee also adds to your energy intake. If you do have sugary or fizzy drinks keep them to a minimum and with meals rather than between meals as the sugar they contain can also damage teeth. Instead, try plain water or squashes with no sugar.

## Alcohol

Alcohol is not necessary as part of a healthy diet, a small amount can be included, but remember:

- Alcohol is high in calories so can contribute to weight gain
- Alcohol should be taken instead of other high calorie snacks, not as well as them,
- Alcohol taken alone can increase appetite,

Women can drink up to 2 to 3 units of alcohol a day and men up to 3 to 4 units a day, without significant risk to their health.



## Meal plans & shopping

Using the *eatwell week* can help you plan meals and the shopping you will need for the week.

- Make out a shopping list as this can help you save time, money and minimise waste
- Look at supermarket “own brands”, they are usually cheaper and generally provide the same nutrients as branded products
- Choose wholegrain foods (bread, breakfast cereal, pasta & rice). Foods like this are more bulky and so help make us feel full, which means we are less likely to eat too much
- Frozen and tinned goods are cheaper than “fresh” and count towards your 5-a-day. Frozen vegetables are just as nutritious as fresh and are quick, convenient and less likely to lead to waste
- Choose ‘buy one get one free’ and other offers wisely. If the foods on offer aren’t on your list, or you don’t usually eat them, then buying them could be a waste rather than a bargain. Don’t go for the ones that are high in fat or sugar, despite the tempting price
- Use leftovers whenever possible. For example use the chicken, including the carcass, from the Sunday roast, to make soup to have for lunch the following day
- Cooking in bulk can give you enough food left for another day. You can freeze the excess for a time when you want a night off from cooking. For example extra bolognese sauce or soup can be frozen for use the next week

Although the *eatwell week* shows a variety of breakfasts, you don’t have to have them all - most people eat the same breakfast cereal every day and that’s fine.



## Energy

The amount of calories needed every day is different for everyone depending on whether you are a man, woman or child, your body weight, and how active you are. Some people might find the *eatwell week* too much to eat, while others may find it not enough, especially if they are very active. For children over the age of 2 years the foods in the *eatwell week* are entirely appropriate.

It is all too easy to eat more calories than you need without realising it by eating extra foods and drinks which are high in fat and sugar like crisps, chocolate, sweets, alcohol and sugary drinks over and above what is shown in the *eatwell week*.

If you find the *eatwell week* does not provide enough to eat, you can increase the amount of calories in a more healthy way by:

- Having a bigger portion of breakfast cereal
- Having an extra serving of main meals i.e. spaghetti bolognese, cottage pie & curry
- Having extra pasta, rice, potatoes with main meals
- Having an extra banana (or other pieces of fruit) each day
- Increasing your portions of vegetables/salad with each meal
- Increasing fillings such as tuna and sweetcorn in baked potatoes and sandwiches

If you find the *eatwell week* is too much to eat you can cut down the amount of food by:

- Having either breakfast cereal or toast at breakfast
- Skipping desserts such as chocolate mousse & cheesecake
- Missing out crisps, chocolate bar and chocolate biscuits
- Having main meals without extra bread like garlic or naan bread

If you need to reduce further the calories you eat, to lose weight or to avoid weight gain, you can reduce the amount of fats. They contain over twice as many calories as carbohydrate or protein. You can move onto 1% fat milk and use lower fat spread, or do without spreads altogether. If you decide to cut back on the amount of food you eat, it is still important to eat starchy foods (e.g. cereals, porridge, bread, pasta, potatoes) and at least five portions of fruit and vegetables each day. If you fill up on to these foods, you will not go hungry.





## Salt

Adults should eat no more than 6g of salt a day (1 teaspoon) - following the *eatwell week* you will do this. Many people eat more than this. If you are used to eating more salt, the *eatwell week* may taste bland at first, but your taste will soon adapt to a lower intake:

- Most salt comes added to common manufactured foods: compare the labels of different products and choose the one with the lowest salt or those marked no- or low-salt
- Don't add salt when cooking or at the table: use alternative flavourings e.g. lemon juice, herbs, spices and garlic

## Fruit & Vegetables

Most people know that we should be eating more fruit and vegetables, but most of us aren't eating enough. We should be eating at least five portions of fruit and vegetables every day.

As a general rule, it is a good plan to have a piece (or portion) of fruit or vegetables with every meal. You can keep fruit as a snack for later. Don't forget that the fruit and vegetables contained in recipes like the pasta ratatouille bake, chicken and vegetable soup and apple crumble also count towards your five-a-day.



## Food labelling

Understanding food labels is helpful when trying to eat a healthy diet. A lot of supermarkets use the Food Standards Agency front-of-pack labels, a system which helps you to identify foods that have a high, medium or low content of fats, sugars and salt.

% pie (175g) typically contains (pack serves 4)				
Calories	Fat	Saturates	Sugars	Salt
383 kcal	MEDIUM 18.5g	HIGH 8.9g	LOW 2.2g	MEDIUM 1.28g
	26%	45%	2%	21%
of your guideline daily amount				

Try to pick products with more greens and ambers and fewer reds for a healthier choice.

If products do not use this type of food labelling, you can use the following as a guide for whether products are high, medium or low:

### Fat:

- More than 20 grams of total fat per 100 grams is **high**
- 3 to 20 grams of total fat per 100 grams is **moderate**
- Less than 3 grams of total fat is **low**

### Saturated fat (saturates):

- More than 5 grams of saturated fat per 100 grams is **high**
- 1.5 to 5 grams of saturated fat per 100 grams is **moderate**
- Less than 1.5 grams of saturated fat per 100 grams is **low**

## Recipes

You can get all the recipes for the main meals included in the *eatwell week* on the FSA website [www.eatwell.gov.uk](http://www.eatwell.gov.uk). If you want to buy a convenience meal instead of a home-made main meal, check the label out. Convenience meals can be more expensive than homemade meals and many are high in fats, salt and sugar. Reading and comparing the food labels will help you make a healthier choice.

## Eating Out

Remember:

- Although being served a big portion might feel like good value for money it makes it all too easy to eat too much or have lots more fat and calories than you need
- Try to choose the healthier options, tips on making healthier choices can be found at [www.eatwell.gov.uk](http://www.eatwell.gov.uk).
- We all overindulge at times and you can compensate for this by eating healthily, by using the eatwell plate for the rest of the week.



## Food Safety

To help avoid food poisoning it's important to make sure the food you make for yourself and for other people is safe to eat.

### Preparing

- Wash your hands to prevent spreading bacteria around and onto your food
- Keep work-tops clean. If they have been touched by raw meat, poultry or eggs you must wash them thoroughly
- Always cover raw meat or fish and store in the bottom shelf of the fridge where it cannot touch or drip onto other foods
- Check the label to make sure you store foods correctly and that nothing is past its 'use by date'

### Cooking

- Make sure food is properly cooked. To check that it's steaming hot all the way through cut food open with a small knife. If it is steaming hot in the middle it should be cooked through
- If you have cooked food that you aren't going to eat straight away, cool it as quickly as possible (within 1-2 hours) and then store in the fridge or freeze it. Don't keep leftovers in the fridge for longer than two days

### Storing

- Make sure your fridge is cold enough. The temperature should be between 0 and 5 degrees
- Food can be kept safely in the freezer for a long time provided it stays frozen the whole time
- Always follow the freezing or thawing instructions on food labels

More information on food safety can be found at [www.eatwell.gov.uk](http://www.eatwell.gov.uk).





University  
of Glasgow

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# Appendix 5

Consumer focus group materials

## Appendix 5: Consumer focus group materials- Recruitment instructions

### Introduction

Thank you for agreeing to work on this job. The Food Standards Agency has commissioned Ipsos MORI to conduct reconvened focus groups among members of the public to test a resource called *eatwell week*. *eatwell week* contains a week long menu of meals and snacks which has been designed by nutritionists to help people achieve a balanced diet over the course of one week. It comes in the form of an A5 folder and contains photos and descriptions of each of the meals as well as supplementary information about how to use it.

Each group will meet twice with a two week gap in between. At the first session, we will discuss general attitudes to healthy eating, introduce *eatwell week* and get participants' initial reactions to it. Participants will be asked to try out the menu in the gap between the groups and the second groups will involve a discussion about their experience of trying *eatwell week*.

### Materials

Your work pack should contain the following:

- Recruitment questionnaires
- Showcards
- Invitation cards

### Recruiting the groups

For each group, we need to recruit 9 people, on the assumption that 7 will turn up on the night. Recruitment must be conducted face to face and, as far as possible, it is important to ensure that participants do not know each other. Therefore, please **do not** recruit people living on the same street, friends, work colleagues or people who have taken part in research in the last 6 months and do not snowball from one participant to another.

Dates and times for the groups are detailed in the recruitment questionnaire. Please ensure that participants are able to attend both sessions. We also need you to arrange a suitable venue for the group(s) you are recruiting. Please choose a local hotel that will be handy for your recruits. Please request that they use comfortable chairs and that these are set up in a circle and not around a table – we are looking for a relaxed atmosphere. Additionally, please ensure that the venue provides light refreshments i.e. tea, coffee, juice and biscuits and can provide a flip chart.

All groups should last an hour and a half so please ensure that all participants are able to stay for the full 90 minutes. We also need you to explain to them that the discussion will be recorded. This is standard practice and is only done so that the researchers can listen to the discussion again.

Each person agreeing to participate will be given £85 in cash as a thank you for attending. They will receive £30 for attending the first session and £55 for the second session. To reflect the higher cost of living in London, participants in Group 3 will be given £100 for attending (£40 for the first session and £60 for the second session). The incentive payment covers total compensation for the participant's time, travel expenses and child care costs. **In exceptional circumstances additional payments can be made. We would not expect this to be more than about one person every couple of groups.** Please let (MAGNETIC FIELD STAFF MEMBER) know the amount and which participants require additional

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expenses over and above the incentive payment. Please inform (MAGNETIC FIELD STAFF MEMBER) about this the day before each group.

We are not providing additional money to cover the costs of buying the foods required to try following the *eatwell week* menu as we need to know if cost is a significant barrier to following it. It is designed be affordable even for those on low incomes so we need to see if this is the case.

In the recruitment questionnaire we have set out some quotas which you should do your best to achieve. The table below shows the main composition of each focus group.

### Group Composition

Location	Age	SES	Ethnicity	Living arrangements	Working status	Qualifications	Income	Cooking habits
Dundee	16-44 (at least 3 who are 16-24)	C2DE	Any	At least 3 who live alone and at least 3 who live with family (with one or more children aged under 18)	At least 2 who work part time and at least 2 who do not work	At least 3 have no/few qualifications	All low income - less than £15,999 household income per year	All don't cook/ cook very little
Salford	25-44	C2DE	At least two non-white people	At least 3 who live with their spouse/partner only and at least 3 who live with family (with one or more children aged under 18)	At least 2 who work full time, at least 2 who work part time and at least 2 who do not work	At least 3 have no/few qualifications	All low income - less than £15,999 household income per year	All cook at least a moderate amount
London	35-59	ABC1	At least two non-white people	At least 2 who live alone, at least 2 who live with their spouse/partner only and at least 2 who live with family (with one or more children aged under 18)	At least 5 who work full time	Any	All medium/high income – more than £16,000 household income per year	All don't cook/ cook very little
Redditch	45+ (at least 3 who are 60+)	ABC1	At least one non-white person	At least 2 who live alone, at least 2 who live with their spouse/partner only and at least 2 who live with family (with one or more children aged under 18)	At least 2 who work part time and at least 2 who do not work	Any	All medium/high income – more than £16,000 household income per year	All cook at least a moderate amount

### All groups

#### *Gender*

All groups must contain a mix of genders – at least three females and at least two males in each group.

#### *Vegetarians*

As the menu is not suitable for vegetarians, we need to exclude them from the research. However, if someone says that they eat fish and/or white meat but not red meat then you can recruit them.

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#### *Eating at home*

Because the testing of *eatwell week* requires people to stick to a menu of meals as best they can over the course of the week, it is not really suitable for people who eat out most nights. Therefore, Q9 excludes anyone who typically eats out four or more nights per week.

#### *Responsibility for food shopping and meal preparation*

It is essential that all group participants are solely or jointly responsible for choosing what food to buy for the household and for preparing meals. This is because we need to test *eatwell week* among people who will actually be shopping for the ingredients required for *eatwell week* and preparing the meals – there is no point in having a participant attend the group if they are simply going to report back on how their partner found it to use. Q8 checks that participants are responsible for at least half of the household food shopping. This does not mean that they are given a list and asked to pick things up – they have to actually be involved in the decisions about what to buy. Q10 checks that the participant is responsible for preparing at least half of the evening meals they eat at home. If someone has their main meal of the day at lunchtime rather than in the evening that is fine. Q8 and Q10 are not asked to people who live alone (Q7).

#### **Age**

Age ranges are specified for each group. However, please ensure that you recruit a mix of ages from within the range.

#### **Ethnicity**

We would like you to recruit a small number of participants whose ethnicity is not white – at least one person for group 4 and at least two people for groups 2 and 3. In the showcard we have provided the full range of categories for the respondent to choose from. However, as our only criterion is that they are non-white, we do not need you to record anything other than 'white' or 'non-white' in the questionnaire.

#### **Living arrangements**

There are quotas on living arrangements for each group as we want to see how *eatwell week* works for different household compositions. Within groups, we have set minimum quotas on certain living arrangements – living alone, living with a partner and living with children (with or without a partner too). As long as the minimum requirements for each group are met, you can include people who have other living arrangements, for example, people who live with friends or flatmates.

#### **Working status**

We are interested in seeing how *eatwell week* fits into the different lifestyles of people who work full-time, part-time and not at all (Q14). We have set minimum quotas on these for each group which we would like you to meet.

#### **Qualifications**

Groups 1 and 2 should contain at least three people who have no or few qualifications (Q13). We have defined this as having nothing higher than Standard Grades/GCSE or equivalent. Other than that, there are no quotas on qualifications.



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### **Income**

The affordability of buying the ingredients required to follow *eatwell week* is an important issue. Therefore, groups 1 and 2 will contain only low income participants (Q12). Please ensure that their total annual **household** income from all sources (including benefits) is no more than £15,999.

### **Cooking habits**

Finally, we are looking for a range of participants in terms of cooking habits. For groups 1 and 3, we are looking for people who do not actually 'cook' very much. These would be people who tend to eat ready meals or foods that just require heating up, for example, pizzas, fish and chips that just require heating in the oven or tinned soup etc. Groups 2 and 4 should contain people who actually 'cook' a bit more. So, this can either be cooking a meal from scratch or using a combination of some fresh ingredients and some pre-prepared ingredients. For example, cooking meat and vegetables for a curry but using a jar of ready-made curry sauce. Ideally, it would be good if groups 2 and 4 contain a mix of those who cook from scratch and those who use a combination of fresh and pre-prepared ingredients but we have not set any quotas on this.

### **Task between groups**

It is essential that participants agree at the recruitment stage that they would be willing to try *eatwell week* between the two groups as there will be no value in them attending the second group if they have not done so.

The introduction to the recruitment questionnaire deliberately doesn't mention that taking part in the research requires them to do this as we want to ask a more general question (Q2) about how interested, in principle, they would be in trying something like this (we're trying to stop people agreeing just because the incentive is attractive). There is then another question (Q3) to confirm that they are willing to do so for this study. Therefore, please follow the script closely and do not mention that the research requires testing a menu in your introduction.

Clearly, there will be people for whom personal circumstances during the gap between the groups mean that they can no longer manage to try *eatwell week*. However, we would like to avoid this as much as possible so if someone mentions that they will be doing something different to normal between the groups, for example, going on holiday, going away for work, going in to hospital, it is unlikely that they will be able to try *eatwell week* so please do not recruit them.

Furthermore, we understand that some people will have reservations about agreeing to trying something that they haven't seen. We don't want to give them too many details about it at the recruitment stage but please reassure them that it has been designed to be suitable for the general public so we hope it won't be too different to what they normally eat. Also, if the menu does contain something that they really don't like, they will not have to eat it.

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**Recruitment questionnaire**

Please also note the following:

- Q5 Please screen out any respondent who works, or who has friends/ family who work in market research, journalism, advertising/PR, nutrition or health promotion.
- Q6 Also screen out anyone who has attended a group discussion in the last six months.

Please send out standard invitation cards to all recruits. Additionally, please phone recruits the day before the first groups take place to re-confirm their attendance. The research team will phone them before the second sessions so we don't need you to call them again at this stage.

Please send your list of recruits to (INSERT MAGNETIC FIELD MEMBER OF STAFF) in field the day before each group is due to start (T: INSERT). If you have any problems or queries during recruitment, please contact me on 0131 226 8676

Thank you once again for your help with the recruitment.

**Initial group  
Introduction**

Introduce self and Ipsos MORI

Thank participants for their time

Explain session will last about an hour and a half.

Explain background to the research: we're talking to people all over the UK – we'll be discussing healthy eating in general and asking you to try out a week long menu designed to help people achieve a balanced diet.

Emphasise confidentiality

This is a discussion group, and we want to hear from all of you. We are interested in your thoughts and opinions; there are no right or wrong answers.

Obtain permission to record discussion - explain about not talking at once

Introductions – spend a minute finding out from person next to you how long they've lived in x/what their favourite food is then introduce each other.

**Attitudes towards healthy eating**

*Flipchart exercise – what words come to mind when you think of the term 'healthy eating'?*

**PROBE ON:**

1. good things/bad things
2. difficult things/easy things.

*Are your favourite foods healthy foods?*

Would you like to eat more healthily than you do at the moment?

**PROBE:**

- what are the main reasons?
- what makes it difficult?
- what gets in the way?
- when was the last day you did not eat many healthy foods?
  - why was that?

**The eatwell plate**

*Show the eatwell plate. Explain purpose of it – The eatwell plate was introduced a few years ago with the aim of making healthy eating easier to understand by showing the types and proportions of foods we need to have a healthy and well balanced diet. The eatwell plate shows how much of what you eat should come from each food group and how people should aim to balance their diet over the course of about a week.*

Have you seen it before?

**PROBE:**

- where?
- what do you think of it?
- is it useful?
- have you tried to follow it?

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### Initial reactions to the *eatwell week* resource

*Describe what eatwell week is – To give people more help in achieving a balanced diet, a new resource, the eatwell week, has been produced by nutritionists. It is a week-long menu of meals and snacks that will help people to achieve a balanced diet over the course of a week. It has been put together in the form of this folder. This is what, ideally, we'd like you to try for a week before the next session.*

*I'm going to split you up into pairs and give you a chance to look through it. I'm also going to give you some stickers that you can use while you are looking at it. If there is something that you really like, maybe a specific meal or a specific photo, then stick a star on it. If there is something you really don't like, stick a coloured dot on it and if there is something that you don't understand or want to question, stick the question mark on it.*

*Before, you get started I just want to stress that I haven't been involved in the design of this at all so you can say what you like about it!*

*Give them 15 minutes do this.*

We'll go through your views on the different sections of *eatwell week* in a moment, but first I just want to get your initial reaction to it overall. What do you think of it?

PROBE:

- how do you feel about trying it now?
  - better/worse?
- is it a good idea?
  - does it look like something you would be interested in trying?
  - is it well presented/laid out?
  - what do you think of the front cover?
  - what do you think of the style of it in general?
  - is it clear what the purpose of *eatwell week* is?
  - is it clear how *eatwell week* should be used?
  - who do you think it is aimed at?
    - just people who need to lose weight/anyone?
  - what is the best thing about it?
  - what is the worst thing about it?

Where would you expect to see the *eatwell week* advertised/made available?

PROMPTS:

3. GP surgery
4. hospital
5. adverts on TV/radio/internet
6. adverts in supermarkets

### **Views on the menu**

What is your initial reaction to the meals included in the *eatwell week* menu?

PROBE:

- breakfasts
- lunches
- evening meals
- snacks

If you were to benefit from using it, would you have to follow it exactly? (or is it clear that that you can mix and match across the days?)

Are there any foods that you have never tried before?

PROBE:

- would you know where to get them?

Which meals do you think you would make?

PROBE :

- What appeals to you about those?
  - PROMPTS
    - sound/look appetising
    - look easy to make
    - because you normally eat them
    - because you don't normally eat them but would like to try them
    - are cheap to make

Which meals do you think you would not make?

PROBE :

- What puts you off?
  - PROMPTS
    - do not like
    - too much time to prepare
    - sounds difficult to make
    - cost
    - cultural reasons
    - allergy/intolerance

What about the other people you live with, do you think they would eat these meals?

PROBE:

- what about you children
- what about your partners/husbands/wives?

What do you think about the photos of the foods?

PROBE:

- are they clear?
- realistic?
- appetising?
- useful/necessary?
- which ones in particular are good?
  - what do you like about that one?
- which ones don't you like?
  - what is bad about that one?

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What do you think of the information provided on the back of the meals?

PROBE:

- is it useful to have the full ingredients list for the evening meals?
- what do you think about the tips?

How does the *eatwell week* menu compare to the *amount* of food you would normally eat?

PROBE:

- overall?
- the amount of particular meals?
- the amount of snacks/puddings?
  - are you surprised about the lack of snacks included?

How does the *eatwell week* menu compare to the *type* of food you would normally eat?

Probe:

- do you think it would be more or less healthy?
- does it include more/less variety?
- what is there too much of?
- what is there not enough of?

Do you think that following the *eatwell week* menu would mean you would spend more or less time preparing meals as you do at the moment?

PROBE:

- any meal types in particular?
  - breakfasts/lunch/dinner/snacks
- any specific meals?

Do you think you would be able to get the foods/ingredients easily?

PROBE IF NOT:

- which ones?
- do the shops you normally go to stock these foods?

Would you know how to prepare the meals?

PROBE:

- did you notice that the recipes are available on the eatwell website?
- do you think you would use your own recipes or would you try following the ones on the website?

Do you think that following the *eatwell week* menu would mean you would spend more or less money on food as you do at the moment?

IF MORE, PROBE:

- would you be willing to spend this extra money?

### **Views on the 'supplementary information'**

*As you'll have seen, as well as the menu, there is extra information designed to give you a bit more guidance about how to use the eatwell week menu. I just want to ask you about it to ensure everything is clear.*

*Judge whether need to give them additional five minutes to read it again.*

Is the information...

- clear?
  - is there anything that wasn't explained well?
- useful?
- anything you thought was interesting?
- would you follow this guidance?
  - is there anything you disagreed with?
- any other comments?
- anything else you would want to know?

Do you have any other comments on any of the particular sections?

- Introduction
- Drinks
- Info on energy requirements – what to do if you find the full menu too little/much to eat
- Planning and shopping
- Salt
- Fruit and vegetables
- Food labelling
- Recipes
- Eating out
- Food safety

Overall, is the amount of information provided too much/too little?

PROBE:

- what would you remove?
- is there any other information you would like to have included in there?

Do you have any questions about *eatwell week* that were not answered in this information?

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**Trying out the eatwell week menu**

*Explain to participants - we would like you to try following eatwell week for a week between now and the next group in two weeks time. You can start on whichever day you want as long as it's a week before the next group.*

How do you feel now about trying the menu for a week?

PROBE:

7. what are you looking forward to?
8. what are you worried about?

*We have provided you with this diary which we'd like you to use while trying the eatwell week. Please make a note of what you ate each day - this doesn't need to be very detailed, it's just to help jog your memory when you come to the next group.*

*Please bring the eatwell week folder back with you to the next group too.*

*Please also make some notes about how you feel about using the menu. For example, if you are enjoying it, finding it makes like easier, finding it time-consuming to get the ingredients/prepare the food, are bored with it, are hungry, are more full than usual, are craving something that's not on the menu and so on.*

*It would also be useful if you can give an estimate of how much it cost to buy the ingredients.*

*Finally, since we're just testing eatwell week at the moment, I'm going to give you printouts of all of the recipes as some of them are not yet on the website.*

*Do you have any questions?*



## **Reconvened group**

### **Introduction**

Thank participants for returning

Remind participants about purpose of research – we are interested in hearing how you got on when you tried *eatwell week*.

Explain session will last about an hour and a half

Emphasise confidentiality

Obtain permission to record discussion - want to hear from everyone but remind about not talking at once

### **Use of *eatwell week* resource**

*Exercise: ask participants to give themselves a mark out of ten for how well they did at sticking to eatwell week and then ask them to give the eatwell week a mark out of ten for how good a resource it is.*

So, can you just tell me a bit more about how much you followed *eatwell week* menu?

PROBE:

- how did you use it?
  - did you stick to it exactly or did you pick and choose bits to use?

*Flipchart exercise: what were the good things, problems and surprises about using eatwell week?*

PROBE:

- *which meals did you enjoy most?*
- *which meals did you like least?*

Do you feel that the menu included enough of a variety of different foods?

- more or less than you would usually have?

How much did you substitute the food/meals?

- - which ones?
- - what type of things did you substitute them with?
  - did you try to substitute them with similar foods?
  - did you feel confident that you knew what other foods were suitable substitutes?
  - did you follow any of the tips on substituting ingredients?

Did you feel that following the menu meant you had too much or too little food each day?

- was it more or less than you would usually eat?
  - was it more or less in the way of snacks than you would usually eat?
- were you still hungry?
- did you add things to the menu?
  - was this things suggested in the supplementary information or other things?
  - was it mainly snacks (fruit or more unhealthy snacks?) or did you add things to the meals/have extra servings/make more than the recipe suggested?
- did you miss things out because it was too much for you?
  - was this things suggested in the supplementary information or other things?
- did you crave particular foods?

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- did you have them?
- Did you have three meals a day plus the number of snacks suggested?
  - or did you have smaller meals so that you could have more snacks?
  - or larger meals and fewer snacks?
- Were the foods easy to prepare?
  - did you use your own recipes or the recipes I gave you?
  - when *eatwell week* is launched , people would have to get them on the website – they would not be given paper copies - would having to go to the website to get the recipes be ok/a hassle?
  - would the fact that the evening meals contain the list of ingredients be sufficient?
  - were the recipes easy to follow?
  - did you spend more, less, or about the same amount of time as you would usually, in preparing the foods/meals?
  - was this because it was foods you were not used to preparing or because it meant that you did more cooking from scratch than?
- Did the food taste nice?
  - did you add any of your own ingredients?
  - did you add additional salt and pepper?
  - did you try to use alternative flavouring instead of salt? lemon juice? herbs and spices? garlic?
- Did you spend more or less money as you would have usually, in getting the foods/ingredients?
  - how much more or less
  - was anything particularly expensive/surprisingly cheap?
- Were you able to get hold of the required foods?
  - was this at the place where you usually do your food shopping or did you have to go elsewhere?
  - did your food shopping take any longer?
  - if you hadn't had something before, did you have problems finding it in the shop?
- Did you change your shopping habits at all in line with the guidance on shopping in the supplementary information?
  - did you choose supermarket own brands more than usual?
  - did you choose more wholegrain foods than usual?
  - did you buy more frozen foods, in particular vegetables, than usual?
  - did you try to avoid buying things that weren't on your list even if they were a bargain?
  - did you follow any of the tips on the back of the meals about choosing healthier options?
  - did you look at the salt content of foods?
  - did you choose low or no salt options?
  - did you look at the red, amber and green labels on food that provide information on the fat, sugar and salt content of foods?
  - did this make any difference to whether you bought them?
  - if foods didn't have the red, amber, green labels did you look at the fat, sugar and salt content?

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- Did you follow the guidance on planning meals?
  - did you make a shopping list?
  - use leftovers for other meals?
  - cook in bulk?
  - did you spend more or less time and effort as you would usually, in planning your meals for the week?
  - did you waste more or less food than you would have usually?
- Do you think the eatwell week resource meant that you ate more or less healthily for the week?
  - did you feel any better or worse for using it (e.g. energy levels etc.)?
  - did you lose or gain weight?
  - how do you feel about that?
- Did you eat out at all during your eatwell week?
  - was this at a restaurant or at someone's house?
  - how did that fit in with the *eatwell week*?
  - did it affect what you had?
  - did you consider what the eatwell menu suggested for that day?
  - did you use the guidance about eating out on the eatwell website?
  - how did you feel about eating what you did when you were out?
  - did it change what you ate on any other days? For example, did you eat less the next day?
- If you prepare food for other(s) in your household, did you use it for their food too?
  - what did they think about it?
- If you live with others but don't cook for them, did they use it at all?
  - how did they use it?
  - what bits did they use?
  - what did they think of it?
- Did other people in your household who did not use eatwell week make any comments about it?

**Behaviour since completed *eatwell week***

Has trying the *eatwell week* changed the way in which you think about your diet?

Were you surprised at all about what a balanced diet includes?

1. More/less fruit/veg?
2. More/less meat?
3. More/less fish?
4. More/less snacks?
5. More/less puddings?

What has happened since the end of your *eatwell week*?

PROBE:

- have you gone back to eating what you would have before you tried *eatwell week*
- what has changed?
- do you feel any better/worse for eating in this way than when you were using *eatwell week*?

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Do you think you will (continue to) use *eatwell week* in the future?

PROBE:

- the *eatwell week* provides meals for one week only. How do you think that *eatwell week* could be used long term? I'm assuming you'd get bored eating the same meals each week!
  - now that you have this as guidance, do you have a better idea of what a balanced diet is?
  - would you feel confident about using the *eatwell week* as a guide and substituting foods yourself in order to achieve a balanced diet?
  - would you (continue to) follow the advice in the supplementary information?
- which meals are you most likely to you use/not use again?
- Overall, what difference do you think having tried *eatwell week* will make to how you eat from now on?

### **Suggestions for improvements**

Can you think of anything that would improve *eatwell week*?

PROBE:

- variety and types of food
- layout, photos
- explanation on how to use
- supplementary information
- recipes
- have cheaper foods
- are there any foods which are missing and you think should be included?

Is there anything else you would like to say about your experience of using *eatwell week* or how it could be improved?

# Appendix 6

Ipsos MORI report-  
Testing the *eatwell week* resource

**Ipsos MORI**  
Scotland



# **Testing the *eatwell week* resource**

Research report to  
Food Standards Agency

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# **Executive summary**

## Introduction

In late 2009, the Food Standards Agency commissioned a team from the Department of Human Nutrition at the University of Glasgow to design and test an *eatwell week* resource aimed at increasing consumers' understanding of the need for balance in their diet.

Ipsos MORI Scotland, an independent research agency, was sub-contracted to test the draft resource with consumers and with health professionals who might use it in their work. This report presents the findings from that testing.

## Methodology

### Testing with consumers

The resource was tested with a range of consumers in different demographic groups, with different cooking habits and in different parts of the UK (Dundee, Lewisham, Redditch and Salford). Four groups of consumers met twice. In the first session they were introduced to the resource and discussed their initial reactions and in the second session, two weeks later, they discussed their experiences of trying *eatwell week*.

Three depth interviews were undertaken with consumers with lower literacy levels. The interviews focused on participants' comprehension of the resource and, in particular, whether there were specific words or aspects of the text with which they had difficulty.

### Testing with health professionals

A group of other health professionals (GP Practice Nurses, Cardiac Rehabilitation Nurses and Occupational Health Nurses) who worked in various locations across the Scottish Central Belt met twice: once to be introduced to the resource and to discuss their initial reactions and a fortnight later to discuss their experiences of using the resource with clients.

In addition, there was one focus group with health promotion professionals and one focus group with community Dietitians (both groups were held in London).



## The concept of *eatwell week*

Participants in the research indicated that the introduction of a tool to improve the public's understanding of the need for 'balance' is welcomed and *eatwell week* was perceived to fill a gap in current resources.

However, by providing only limited information on the underlying principles of healthy eating, and limited advice on how to make substitutions and introduce variety going forward, the resource has less impact than it might otherwise have.

The Dietitians who participated in the research were often dealing with clients who have complex nutritional needs and the very generic approach of *eatwell week* was therefore considered to be of very little use to them.

Dietitians (who tended to focus on the weight management implications of the resource) also wanted detailed information on calorie intake to be included. However, other health professionals, health promotion professionals and consumers tended not to want detailed calorie information to be included. The absence of this information was seen as a positive feature that enhanced the appeal of the resource and made it seem less like 'a diet'.

Health professionals and some members of the general public had concerns about *eatwell week* being used, unsupervised, by the wider public. The primary concern was that consumers would consider all foods within *eatwell week* to be 'healthy' and that the message of balance would not be understood. Indeed, there was evidence of participants misinterpreting the message in this way.

It was felt that the principles and intentions of the *eatwell week* needed to be made much clearer in order to ensure they could be communicated without supervision.

## Suggested change

- Provide information to increase longevity of the resource. Having followed the week, it was felt that users need some guiding principles which they could apply to their ongoing eating habits. There was support among participants for the inclusion of more meal choices within the week (or as additional suggestions which they could use to substitute within the week or for more variety going forward).

## Presentation and style

Initial reactions to the presentation of the document were very positive. Most appealing were the flip-through meal pages. These were extremely popular with both the public and professionals and helped convey the message that users could mix meals and snacks from different days. The popularity of the flip-through meal pages does, however, pose a problem. Participants were drawn to these pages, and often failed to read the introductory and supplementary text. This often left people with questions, for example the purpose of the document or the intended users, which *are* answered within the document

Health professionals, in particular, felt that the objectives of *eatwell week* were not made clear enough - that it was not apparent who the booklet was intended for and what purpose it served.

There was a view that the days of the week labels on the flip-through meal pages detracted from the intended message of flexibility and adaptability.

The interviews with the three participants recruited from an adult literacy class confirmed that the resource is not suitable for people with very low levels of literacy. If consumers with very low literacy levels are to be included then alternative versions of the resource, or alternative formats such as DVD, should be produced.

## Suggested changes

- Provide clearer and concise objectives for *eatwell week*.
- The front cover requires more text to make it clear what the booklet is. A subheading detailing the purpose and objectives should be sufficient to do this.
- An alternative to relying on people turning to the supplementary information at the rear of the booklet is to integrate more information into the flip-through meal pages.
- We think it would be helpful to include a 'Frequently Asked Questions' section to address some of the most important and common issues.

## The content

The contents of *eatwell week* were often a surprise. There was a preconception among the general public that it would contain more salad and vegetables. Participants were pleasantly surprised that it contained, largely, foods that they recognised and already ate (although

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often in ready meal or takeaway format). They were pleased that *eatwell week* was realistic and included 'treats'.

There were different reactions to the evening meals included in *eatwell week*. One view was that, overall, they were rather bland, boring and old fashioned. Other participants were much more positive, stating that the meals felt close to what they currently ate and praising the inclusion of common and 'unfussy' ingredients that they already used regularly.

Among participants who currently cooked very little, the thrill and sense of achievement of cooking something, from fresh ingredients, for themselves and their families was palpable. While this initial enthusiasm was positive and acted as a motivator to use *eatwell week*, it may begin to fade in some circumstances, as the novelty wears off and time constraints remain an issue.

Health professionals, predominantly based in London, felt that *eatwell week* was not suitable for many of the ethnic and cultural groups that they dealt with. The meals were perceived to be very European. This limitation prevented these health professionals from feeling they would be able to adopt *eatwell week* in their work.

Lack of cooking skills did not appear to be a significant barrier. Participants who usually did not cook, or cooked very little, found the recipes easy to follow, 'do-able' and felt a sense of achievement from having cooked from scratch. The fact that the recipes did not have long, off-putting lists of ingredients was commented on positively.

That said participants who were not motivated to cook at all substituted with ready meals or takeaways. It is unlikely that the inclusion of even simpler recipes or cooking tips would encourage these people. Perhaps the most that *eatwell week* could do, which might at least help people make small changes, would be to provide advice on choosing healthier ready meals and takeaways.

Among both the general public and health professionals, there was a general perception that there was a great deal, perhaps even too much, bread and carbohydrate included in *eatwell week*. Given that it *is* a balanced diet, this suggests that people had reservations about these foods, possibly because they are familiar with diet plans that reduce these food types. This belief needs to be addressed if people are to follow the week accurately and not seek to 'correct' it.

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#### Suggested changes

- Highlight foods which should be eaten rarely. If high fat or high sugar foods are included, health professionals supported highlighting them as ‘treat’ foods that are not to be consumed more than, say, once a week.
- There was overwhelming support for the inclusion of recipes in the eatwell week booklet.
- Provide more choice. To make eatwell week more accessible and achievable to a greater number of people, participants advocated including more recipe ideas, perhaps as substitutions to ones that they have prepared before (in a previous week), or do not like. They would also like more advice on how to include some pre-prepared foods or takeaways in the week. It was felt that by increasing the flexibility, more people would feel able to take part and make at least incremental improvements to their diet. In its current form, Dietitians and health promotion professionals felt it was unachievable for many of those most in need of change.

#### Participant behaviour

Following the trial period, those who managed to follow the week quite closely reported an increased sense of wellbeing. Changes included consuming fewer fatty and/or sugary snacks. In particular, participants who did not normally have breakfast found they were eating fewer snacks mid-morning.

Even those who did not follow the week closely reported being influenced by the booklet when making decisions about what to eat while on the go or out socialising.

The general public highlight the time required to prepare the meals was the biggest barrier.

Participants who skipped breakfast complained that they were up too early to be ready to eat, that they lack the facilities to prepare and eat breakfast once at work, or that they simply did not have time to have breakfast.

The lack of facilities to prepare either breakfast or lunch at work was also raised as a significant barrier to eating the full range of suggested meals. There was therefore support for the inclusion of more ‘packed lunch’ or sandwich options for those having to eat away from the home.

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While the message of flexibility and adaptability is central to *eatwell week*, this was difficult for participants who lacked the requisite food knowledge to be able to make sensible substitutions or adaptations to the meals.

Instead of following the *eatwell week* closely and adopting the principles of flexibility and adaptability, another approach (seen among those with good nutritional knowledge and relatively healthy eating habits) was simply to use the *eatwell week* booklet to help plan and as a source of meal ideas.

The guidance on snacks was one of the areas most frequently misinterpreted by participants: one interpretation was that the snack was to be consumed at the end of the day; where two snacks were shown, this could be interpreted this as an 'either or' choice; another misunderstanding was that the suggested or pictured fruits could not be substituted with other fruits that people might prefer or might want to try for variety.

#### Suggested changes

- Highlight the benefits of *eatwell week* and a healthy diet. This may help provide at least some incentive for people to change their eating habits and behaviour.
- Provide advice to those who don't currently eat breakfast
- Provide advice to those who don't have cooking facilities at lunchtime
- Provide support to counter common areas of weakness. It may help some to be clearer that *eatwell week* is already designed to allow for 'treats' and recognises that most people will eat differently on different days (e.g. the weekend) – so it's not a good idea to follow it for five days and then have whatever you like at the weekend. However, for others, it may be more realistic to suggest small changes at the weekend.

#### Overall conclusions

Overall, consumers and the 'other' health professionals who used the resource with clients were positive – in some cases very positive - about *eatwell week*. Health promotion professionals were quite positive about some aspects but had more concerns. The least enthusiastic group were the community Dietitians. Although they welcomed the concept, they had a number of concerns and, in general, they did not feel the resource would meet the needs of their particular client groups.

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The *eatwell week* appeared to help people make incremental improvements to their diet. Generally, those with the least nutritional knowledge and least healthy diets learned fundamental nutritional lessons and basic cookery skills that will enable them to eat more healthily. Those who were more knowledgeable and have healthier diets were prompted to make smaller changes such starting to eat breakfast or reducing their salt intake.

Focus group testing suggested that the *eatwell week* was less successful in promoting an overall understanding of the proportions of each food group required to maintain a healthy balanced diet. However, it may be unrealistic for one tool to achieve this given the multitude of influences individuals food choices and attitudes towards healthy eating.

# **1 Introduction**

In late 2009, the Food Standards Agency commissioned a team from the Department of Human Nutrition at the University of Glasgow to design and test an *eatwell week* resource aimed at increasing consumers' understanding of the need for balance in their diet. Designed as a complementary resource to the *eatwell plate*, it is hoped that, by presenting a balanced diet over the course of week, people will gain a greater understanding of the proportions of different types of foods they should be eating and gain an understanding of how to implement healthy eating over the course of a week.

Ipsos MORI Scotland, an independent research agency, was sub-contracted to test the draft resource with consumers and with health professionals who might use it in their work. The research was conducted in September and October 2010.

This report presents the findings from that testing. Chapter 2 sets out the methodology used, Chapter 3 discusses reactions to the concept of *eatwell week*, Chapter 4 describes views on the presentation and style of the resource, Chapter 5 explores the content and Chapter 6 considers the behaviour and experiences of participants who tried using the resource for a week. Finally, Chapter 7 summarises the overall conclusions from the testing.

There is a list of suggested changes at the end of each of the main findings chapters. Some of these suggestions come directly from participants in the research. Others come from the Ipsos MORI research team but are based on analysis of the issues that emerged in the testing.

## **2 Methodology**

The draft *eatwell week* resource was tested with consumers, health promotion professionals, Dietitians and 'other' health professionals (GP Practice Nurses, Cardiac Rehabilitation Nurses and Occupational Health Nurses) in September and October 2010. Further details of the sampling, recruitment and testing are provided below.

### **2.1 Sampling and recruitment**

#### **2.1.1 Consumers**

The aim was to test the appeal and effectiveness of the resource with a range of consumers in different demographic groups, in different parts of the UK and with different cooking habits.

Four groups of consumers met twice. In the first session they were introduced to the resource and discussed their initial reactions and in the second session, two weeks later, they discussed their experiences of trying *eatwell week*.

The composition of each group is shown in the table below.

There were nine participants in Dundee (five men and four women), Salford (four men and five women) and Redditch (five men and four women). In Lewisham, eight participants (three men and five women) attended the first session and seven (three men and four women) attended the second session.

Across the groups, there were five participants from minority ethnic groups



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Location	Age	Socio-economic status	Living arrangements	Working status	Qualifications	Income	Cooking habits
Dundee	16-44 (at least 3 who are 16-24)	C2DE <sup>1</sup>	At least 3 who live alone and at least 3 who live with family (with one or more children aged under 18)	At least 2 who work part time and at least 2 who do not work	At least 3 have no/few qualifications	All low income - less than £15,999 household income per year	All don't cook/ cook very little <sup>2</sup>
Salford	25-44	C2DE	At least 3 who live with their spouse/partner only and at least 3 who live with family (with one or more children aged under 18)	At least 2 who work full time, at least 2 who work part time and at least 2 who do not work	At least 3 have no/few qualifications	All low income - less than £15,999 household income per year	All cook at least a moderate amount <sup>3</sup>
Lewisham	35-59	ABC1	At least 2 who live alone, at least 2 who live with their spouse/partner only and at least 2 who live with family (with one or more children aged under 18)	At least 5 who work full time	Any	All medium/ high income – more than £16,000 household income per year	All don't cook/ cook very little
Redditch	45+ (at least 3 who are 60+)	ABC1	At least 2 who live alone, at least 2 who live with their spouse/partner only and at least 2 who live with family (with one or more children aged under 18)	At least 2 who work part time and at least 2 who do not work	Any	All medium/ high income – more than £16,000 household income per year	All cook at least a moderate amount

<sup>1</sup> Participants were classified into one of the six social grades commonly used in research. These are based on the current or previous occupation of the chief income earner in the household. Broadly speaking, the groups ABC1 correspond to professional, managerial and clerical occupations whilst groups C2DE refer to skilled-manual and unskilled manual occupations and the economically inactive.

<sup>2</sup> most meals are ready meals, takeaways or food that just needs heated up

<sup>3</sup> most meals are cooked from scratch or from a mix of fresh ingredients and pre-prepared ingredients such as sauces

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Recruitment was undertaken by market research recruiters working in street or door-to-door in the relevant locations and using a screening questionnaire to ensure the quotas were met. To thank participants for their time, cover any travel or childcare expenses and to encourage participation from groups who might not normally take part in such research, participants were given £85 in cash (£100 in Lewisham in recognition of the higher cost of living).

It was felt that there was little point in testing *eatwell week* with people who would have very little interest in such a resource and who would be very unlikely to use it, so potential participants were asked:

*Experts in nutrition are producing a menu of example meals and recipes that people can follow to ensure that they have a balanced diet over the course of a week. If you saw this somewhere, how interested would you be in trying it out?*

Only those who said they would be 'very interested' or 'quite interested' were recruited. Those who said they would be 'not very interested' or 'not at all interested' were excluded. Potential recruits were also asked:

*Taking part in this research would involve trying out the menu that I have just described in between the two group sessions. Are you willing to do this?*

Only those willing to try out the menu were recruited. Other than these two questions, participants were not given any other information about *eatwell week* in advance of the first session.

People who were responsible for less than half of their household shopping, who prepared less than half of the evening meals in their household and people who typically ate fewer than four evening meals a week at home were also excluded.

#### 2.1.2 Health promotion professionals

There was one focus group with six health promotion professionals based in London. This group comprised four participants who worked for Primary Care Trusts (PCTs) in a variety of roles relating to public health, health promotion and community development/community food initiatives and two representatives from major health charities.

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Recruitment was undertaken by telephone by contacting PCTs and relevant charities to identify people in relevant roles. Participants were given £60 to thank them for attending the group out of working hours, to cover any expenses and to ensure that participation was not just from those who were particularly interested in such a resource.

#### **2.1.3**      **Dietitians**

There was one focus group with seven community Dietitians in London. The original plan had been to reconvene this group to discuss their experiences of using the resource with clients. However (as discussed in the findings), they did not feel that the resource was suitable for use with their clients so the second meeting was cancelled.

Recruitment was undertaken primarily by telephone (also by email). Participants were given £120 (on the basis of two sessions) to thank them for attending the group out of working hours, to cover any expenses and to ensure that participation was not just from those who were particularly interested in such a resource.

#### **2.1.4**      **Other health professionals**

A group of six other health professionals, who worked in various locations across the Scottish Central Belt, met in Falkirk. The group comprised two GP Practice Nurses (one ran individual and group weight loss programmes, and one did not run programmes but frequently provided healthy eating advice to clients as a brief intervention), two Cardiac Rehabilitation Nurses (who delivered individual cardiac rehabilitation programmes including dietary advice) and two Occupational Health Nurses (who worked in the NHS and whose main role was health promotion, including healthy eating advice, to NHS employees and students. This ranged from specific advice to individuals at the pre-employment stage to promotional stands at events).

This group met twice – once to be introduced to the resource and to discuss their initial reactions, and a fortnight later to discuss their experiences of using the resource with clients.

These participants were recruited by telephone via their employers. Participants were given £120 (on the basis of two sessions) to thank them for attending the group out of working hours, to cover any expenses and to ensure that participation was not just from those who were particularly interested in such a resource

## 2.2 Testing

All focus groups were moderated by the three member of the Ipsos MORI research team. The topic guides used in each session are shown in Appendix 6.

Each session lasted around 90 minutes and, with the permission of participants, the discussions were recorded and transcribed for analysis.

The consumers were given a diary to jot down their thoughts and reactions while they tried to follow *eatwell week*. The main aim of the diary was to prompt participants to think about different aspects and to write things down as they happened, so they could remember them at the reconvened discussion. It was not intended for analysis or as an accurate record of what was consumed.

## 2.3 Testing with consumers with lower literacy levels

In addition to the groups with consumers, three depth interviews were undertaken with consumers with lower literacy levels (two men and one woman). The participants were recruited through an adult literacy class in Edinburgh. The interviews focused on participants' comprehension of the resource and, in particular, whether there were specific words or aspects of the text with which they had difficulty. .

The interviews lasted around three-quarters of an hour and participants were given £20 in cash to thank them for their time.

## 2.4 Analysis

With the permission of participants, all groups and interviews were recorded and transcribed for analysis. The three researchers who conducted the groups/interviews read over the transcripts then met to discuss the key themes and issues that had emerged. The themes and sub-themes were listed and then the transcripts were read again in detail and annotated to identify passages and quotes related to the themes. New themes were discussed among the researchers and added where appropriate.

## 3 The concept of *eatwell week*

The premise of *eatwell week* is warmly greeted by participants. However, while the concept itself is viewed positively, there are a number of areas that need to be addressed in order to satisfy the needs and expectations of both the general public and health professionals. This chapter lays out the positive and negative views towards the *eatwell week* concept, before highlighting the suggested changes.

### 3.1 Positives

The introduction of a tool that will improve the public's understanding of the need for 'balance' was welcomed and *eatwell week* was perceived by participants to fill a gap in current resources. While members of the public associated healthy eating with the term 'balance', the concept was not fully understood.

General public participants agreed that the *eatwell week* booklet should be made available in a wide variety of ways. It was felt that the greater the circulation, the greater the opportunity to have a positive impact on people's eating habits. There was support for making *eatwell week* available to pick up in supermarkets, work canteens and in medical establishments, such as doctors surgeries, hospitals and pharmacies. Members of the general public also supported *eatwell week* being handed out by medical professionals, such as GPs, practice nurses or healthcare assistants. If wider circulation were possible, it was felt that a copy should be delivered to every home in the country.

I think every home should have one through the front door as soon as possible

Female, 35-59, ABC1, Lewisham

Finally, schools were seen as an ideal way of distributing *eatwell week*: teaching could be provided alongside the resource to help overcome the lack of food skills and nutritional knowledge displayed by many young people.

Although the existing *eatwell* plate was well regarded and frequently used by health professionals, its limitations were recognised. Health professionals shared stories of clients misinterpreting the message:

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I was working with a group of ladies the other day who thought that they should eat the amount of food that was actually pictured... They were a group of Somali ladies, but actually their English was quite good. There was a bit of a language barrier but that wasn't it really. It was just their kind of, you know, understanding of this resource that we were working with, and one of them suddenly, the penny dropped, said, 'You know, I'm struggling to manage my weight and if I ate all the food in this picture [in a day], how is that going to help me lose my weight?' And I just thought, 'oh my gosh'.

### Health promotion professional, London

It's a beautiful tool to use in practice but for people that just see it up on the wall... Like today, the health promotion stand today, with those students coming along. I had to explain to them, you know this is not what your plate should look like at every meal time. And that's a little bit of misunderstanding because it is a plate and what do we put on a plate? One meal. If you didn't have that education it could be like oh, well I have got to have a bit of this and a bit of that, a bit of fat and sugar.

### Dietitian, London

Health professionals<sup>4</sup> acknowledged that the *eatwell week* is a useful concept and that, potentially, it could be helpful in communicating the importance of a balanced diet to the general public. The 'other' health professionals (i.e. GP Practice Nurses, Cardiac Rehabilitation Nurses and Occupational Health Nurses), in particular, felt it was potentially a very useful tool and pulled together the various healthy eating messages that they tried to give to clients.

I think it's aimed at everyone, I think it's user friendly, sort of colourful and well laid out and quite straightforward and I think anyone, it's giving you hints and tips on the back, so I think it's useful for everyone.

### Other health professional, Falkirk

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<sup>4</sup> Throughout the report, we have used the term "health professional" when referring to some or all of the health professionals who took part and where there were no clear differences between the sub-groups of the health professionals involved. We have specified "dietitian", "health promotion professional" or "other health professional" where we wish to distinguish between the different groups.

## 3.2 Potential Problems

### 3.2.1 Too prescriptive

In the current format, there was a view among health professionals, primarily Dietitians and health promotion professionals, that the *eatwell week* was failing to fulfil its potential. Huge changes are not called for, however; minor alterations would help *eatwell week* fulfil its objective of promoting long-term, sustainable changes to people's diets.

They're trying to be really specific but I guess there are things you need to associate to reinforce the healthy eating message.

**Dietitian, London**

There was concern among health professionals - borne out by the experiences of consumers - that the prescriptive approach of *eatwell week* limits the long term benefits. By providing only limited information on the underlying principles of healthy eating, and limited advice on how to make substitutions and introduce variety going forward, the resource has less impact than it might otherwise have. Although there are links to further advice on the FSA website, this does not solve the problem because most consumers will not seek out this further information.

What I'm saying is how do you apply it then? Learn me how to apply this to my family, because this book doesn't tell me how to do it.

**Female, 25-44, C2DE, Salford**

### 3.2.2 Not accessible to those most in need

The *eatwell week* appears to be highly prescriptive. Therefore, there was a suspicion among Dietitians and health promotion professionals that it would not be willingly, or independently, adopted by those with the worst diets. Instead, they thought *eatwell week* would be used predominantly by those that least need it - those who already have an interest in, or a knowledge of, nutrition.

I think if you're used to looking at what you eat and what have you, you do sort of get it. I think it would be more problematic if you gave it to someone that has not really got much of an idea... How to count calories, to look at what they eat, to control portion sizes and what have you. I think it would be more tricky with that.

**Other health professional, Falkirk**

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The reality, however, was that reactions to *eatwell week* were largely determined by individuals' own motivation and interest in eating a healthier diet. Across general public participants, there was a range of reactions, from close to dismissal (these people probably made some effort only because they were part of the research process), to those that engaged fully, followed the week and sought out additional healthy eating advice above and beyond *eatwell week*.

You've got to have the mindset to be thinking about you're going to eat well.

**Female, 25-44, C2DE, Salford**

If I was in that frame of mind and I've got it in my mind [that] I want to start eating better, I want to increase my health, I would pick it up and look at it but it doesn't grab my attention.

**Male, 16-44, C2DE, Dundee**

I've had much more energy, I've drunk loads and loads of water and I've accessed loads of websites, Natural News. I've been drinking cranberry juice, pomegranate juice<sup>5</sup>, things that I would never... I've banned all fizzy drinks from the house.

**Female, 35-59, ABC1, Lewisham**

### 3.2.3 Suitability for use by health professionals

In dealing with those most in need of nutritional support, health professionals have to offer tailored advice that elicits incremental change in eating habits. The Dietitians who participated in the research were often dealing with clients who have complex nutritional needs and the very generic approach of *eatwell week* was therefore considered to be of very little use to them. These Dietitians, in particular, felt that the one small group that they may be able to implement *eatwell week* with were those who need to gain weight. This, of course, should not be the case and is not the intention of *eatwell week*, but it does underline the need to spell out more clearly the aims of the resource and who it is suitable for.

Dietitians (who tended to focus on the weight management implications of the resource) wanted detailed information on calorie intake to be included. They were insistent that this level of information was required in order to be able to provide some level of personalisation of *eatwell week* to their clients. However, other health professionals, health promotion professionals and consumers tended not to want detailed calorie information to be included.

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<sup>5</sup> It should be noted that it is not advisable to drink too much fruit juice.



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The absence of this information was seen as a positive feature that enhanced the appeal of the resource and made it seem less like 'a diet'.

I notice it's not really saying anything about calories, but it is subtly put in later. A lot of people who are on diets tend to focus on how many calories they're allowed and that's where I suppose substituting alcohol comes into it, I'll just skip my tea, this isn't really talking about calories at all. It's positive because then they're thinking well it's not a diet because there is no mention in that. It is like a healthy eating plan.

**Other health professional, Falkirk**

It was pointed out by health professionals that there was no mention of the benefits of exercise in *eatwell week*. While recognising that exercise is not directly related to healthy eating, they argued that it is a fundamental element of managing a healthy weight.

### 3.2.4 Risk of misuse if used without supervision

Health professionals and some members of the general public had concerns about *eatwell week* being used, unsupervised, by the wider public. They feared that there are a number of areas in which the messages could be misconstrued. The primary concern was that consumers would consider all foods within *eatwell week* to be 'healthy' and that the message of balance would not be understood. For example, there were concerns that the inclusion of a bacon sandwich, chocolate and crisps would lead some people to increase their consumption of these items, because they have been included in a guide to healthy eating and were therefore 'healthy'. Indeed, there was evidence of participants misinterpreting the information in this way: *"they're telling us to get this so it must be healthy"* (Female, Dundee). A couple of participants, for example, admitted that they ate the same evening meal (the fish and chips) three times in the trial week.

Researcher: Three times?

I'm a bit of a fussy eater, so I don't like spaghetti bolognese or pasta.

**Female, 35-59, ABC1, Lewisham**

According to who you give that to, they could suddenly [think], 'oh you can have bacon sandwiches [often]'.

**Male, 45+, ABC1, Redditch**

I find it very strange that chocolate biscuits are put in.

And crisps. Full fat crisps you've got there.

**Male and female, 45+, ABC1, Redditch**

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It was felt that the principles and intentions of the *eatwell week* needed to be made much clearer in order to ensure they could be communicated without supervision. This issue will be discussed further in Chapter 3.

Similarly, there was some concern among health professionals that people may not follow the guidance on what to do if the *eatwell week* contains too much food for them and may therefore eat greater quantities of food and more foods high in fat and/or sugar (e.g. chocolate; crisps; and puddings) than they had been eating previously.

But what if people are a healthy weight? And then they think oh, I have got to start eating all of these extra biscuits and half a plate of rice, which is the first picture that I see. And they were starting to over eat. You know, they might already be having a balanced diet.

**Dietitian, London**

The thing is you use it as bible don't you? When you want to lose weight, people follow it to the letter and you will just say okay I have to have all of this and I am going to eat it all, and thank you very much, [it's] healthy eating, so thank you very much.

**Other health professional, Falkirk**

There was some evidence of such fears being realised, with weight gain from following *eatwell week* being reported by one female participant (though it should be noted that the research did not attempt to measure weight gain or loss and there were also reports of weight loss). More generally, there was some evidence that people did not understand the guidance on how to adjust their intake, while the health promotion professionals felt that the guidance could be clearer.

### 3.3 Suggested changes

#### 3.3.1 Provide information to increase longevity of the resource

The *eatwell week* booklet could be amended to enable users to continue achieving a balanced diet. Having followed the week, it was felt that users need some guiding principles which they could apply to their ongoing eating habits. It was those with the poorest eating habits and least knowledge of healthy diet and nutrition that appeared to struggle most in adapting the *eatwell week* and making sensible choices outside the structure of the week.

Furthermore, participants supported the inclusion of more meal choices within the week (or as additional suggestions which they could use to substitute within the week or for more variety going forward). By providing direct alternatives for the existing meals, it was thought that the prescriptive feel of the booklet would be softened and that it would become more

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achievable. Alternatively, it was felt (particularly by the general public) that further recipes, to act as inspiration and a source of ideas, could be included in the appendices. Other suggestions included producing follow-up weeks, or producing seasonal *eatwell weeks* to reflect the types of food eaten by season and the types of foods readily available.

We didn't go through, as we say alphabetically or anything like that. You just sort of go 'oh I fancy that'.

**Male, 45+, ABC1, Redditch**

It's over seven days, maybe if you had like ten or something.

**Male, 25-44, C2DE, Salford**

Even though I didn't stick to everything, it is a good reference.

**Female, 25-44, C2DE, Salford**

There are some people who want to be prescribed, you know, told exactly what [to eat]. You know the people who have gone to Weightwatchers. But then the problem is, is that sustainable in the long term? [...] So you know, what is the point then of producing a resource that might have a benefit for a couple of weeks.

**Health promotion professional, London**

### 3.3.2 Use Schools and target the 'next generation'

All groups recognised the role that *eatwell week* could play in educating younger people about how to eat a more balanced diet, as well teaching them some cookery skills. Schools are cited by participants as an ideal distribution channel and perhaps one which would also reach parents through 'pester-power' (though it should be noted that research participants tend to alight on schools as the solution for a very wide range of social policy issues).

Another perspective took this focus on young people a step further, with the suggestion that the current generation of adults is either beyond help, or less in need of support than the younger generation - the whole focus should therefore be switched to the 'next generation'. Whether this was a genuine sentiment or simply a diversionary tactic remains unclear.

### 3.3.3 Don't rely on GPs to distribute *eatwell week*

Those who were reluctant to have *eatwell week* distributed without some accompanying professional guidance, did not necessarily consider GPs to be the ideal alternative. Dietitians and health promotion professionals were sceptical of the suitability of GPs. There was a feeling that GPs may not have the willingness to engage with *eatwell week* and, their ability to use it appropriately was therefore questioned. They were fearful that GPs would

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simply give it to people who they felt needed to lose weight and that, it might therefore be provided to unsuitable people, for example those with high cholesterol or diabetes.

(In fact, the nutritionists who designed the *eatwell week* suggest it would be appropriate for the majority of diabetics - this could be clarified in a section setting out the objectives and the intended audience – see section 4.2.1). As these participants saw *eatwell week* as a resource for the general public who *do not* have health complications related to their diet, they considered it inappropriate for GPs to distribute. Instead, they considered practice nurses, healthcare assistants, or others who frequently advise people on living a healthy lifestyle, to be far more appropriate people to disseminate the *eatwell week* booklet. Encouragingly, the other health professionals (including GP practice nurses) who tested the resource were extremely positive about it and felt that it was a very useful tool which they could use with clients.

## **4 Presentation and style**

The appearance of the *eatwell week* booklet is vital if it is to be widely adopted by the general public. The overall look and feel of the booklet was viewed positively and in line with the standard people would expect. There are areas that could be improved, however, with the presentation of text inside and on the cover of the booklet being the primary areas of concern.

### **4.1 Positives**

Initial reactions to the presentation of the document were very positive. The glossy presentation style was considered to make it feel professional and trustworthy, although the back page falling off (in some batches) did detract from this somewhat.

Most appealing were the flip-through meal pages. These were extremely popular with both the public and professionals, and further enhanced the sense of professional production, as well as suggesting to the user that this was a contemporary document. Moreover, the flip-through format helped convey the message that users could mix meals and snacks from different days.

This is quite quirky and modern. That is less boring... there is like something to be said about the way it has been designed.

**Dietitian, London**

This is the entertaining bit isn't it?

**Health promotion professional, London**

The inclusion of pictures was also deemed to be very positive. Not only did they increase engagement with the booklet, but they also served as a useful guide in the preparation of meals.

Really helps a lot giving you, you know what it's supposed to look like when you're finished.

**Female, 35-59, ABC1, Lewisham**

The current format was felt to be consistent with other documents currently designed for use in the kitchen with the wipe clean material considered to be a sensible design feature.

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She [client] just loved everything, she just stood there and said, 'it's bright, it's colourful, it's easy to read, it's easy to flip-flop back and forward, the stuff is easily presented, it catches the eye, it's wipe proof' she said, 'I just loved it'.

Other health professional, Falkirk

### 4.2 Potential Problems

#### 4.2.1 Objectives and targets not clear

Health professionals, in particular, felt that the objectives of *eatwell week* were not made clear enough - that it was not apparent who the booklet was intended for and what purpose it served. Although much of the information to answer these questions is provided within the booklet, there are issues around the way in which this information is currently presented.

#### 4.2.2 Flip-through meal pages are *too* popular

The popularity of the flip-through meal pages does, however, pose a problem. Participants were drawn to these pages, and often failed to read the introductory and supplementary text. This often left people with questions, for example the purpose of the document or the intended users, which *are* answered within the document. To some extent, this can be countered with improvements to the presentation style, layout and prominence given to that text (the issue of integrating more of the supplementary information in the flip-through sections is discussed below in section 4.3.3).

It's a bit more difficult because it's mainly these pages that the patients were interested in.

Other health professional, Falkirk

Scrap the text you've got in front of that and almost put the little comments with the recipes.

Health promotion professional, London

Dietitians and health promotion professionals, in particular, felt that the text was too dense and some of the vocabulary used was inappropriate for the general public.

#### 4.2.3 Front page lacks detail

While the front cover artwork was considered to be bright and attractive, the text, or lack of it, led to fundamental questions remaining unanswered. The lack of clear information, detailing what the booklet is about, led to some inaccurate assumptions. Most commonly, people concluded that the booklet supported an event, '*eatwell week*' (which, incidentally, was a popular concept).

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#### 4.2.4 Using days of the week labels

The use of days of the week to label the flip-through meal pages was considered to detract from the intended message of flexibility and adaptability. Participants felt that if they are being encouraged to mix and match meals within the booklet as the format suggests, the days of the week are redundant.

#### 4.2.5 Use of complex and confusing language

Participants highlighted two issues with the language used within the *eatwell week* booklet. Firstly, identified by both the general public and health professionals, there was the inclusion of a few terms that would not tend to be used in that context by the general public such as 'retail, 1 pot' and 'standard' in reference to a chocolate bar. Similarly, some of the measures were considered to be strange, for example, 'salad (2 tbsp)'. If the booklet is to be widely adopted, people felt that it should seek to use more down-to-earth and conversational language.

Secondly, as highlighted by the Dietitians and health promotion professionals, some of the language and terminology used, particularly in the introductory and supplementary text, was too complex for some of the intended users.

The interviews with the three participants recruited from an adult literacy class confirmed that the resource is not suitable for people with very low levels of literacy. Although the interviews highlighted a few terms that could be simplified ("ratatouille" could be changed to "pasta bake", "e.g." could be changed to "for example" and "thawing" could be changed to "de-frosting"), the participants also struggled with many words that could not be simplified such as "plate", "recipe", "weight" and "balanced". If consumers with very low literacy levels are to be included then alternative versions of the resource, or alternative formats such as DVD, should be produced.

#### 4.2.6 Presentation of text too dense

As well as using some language that was considered too complex, the presentation of some of the text was criticised, particularly by Dietitians and health promotion professionals. They felt that, in its current format, most of their clients would not even attempt to read the information provided in the introduction or the supplementary information at the end of the booklet. Health professionals were generally happy with the content but felt that, if it is to be read, the information needs to be written more concisely and, ideally, presented in much shorter bullets. The key exception is the information on fat, which was considered too confusing (this was also raised by general public).

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It is quite hard to really decide what the good fat is.

I find it very difficult to know... When they say 26%<sup>6</sup>, is that 26% of your daily intake?

**Female and male, 45+, ABC1, Redditch**

I don't understand that food labelling [section]. No matter how many times I read it I don't understand it.

**Female, 25-44, C2DE, Salford**

Members of the general public were less critical of the text and its presentation. However, it was clear that many were paying little attention to the introductory and supplementary information and were mainly focused on the flip-through meal pages.

### 4.2.7 Pictures of meals deceptive

As stated previously, the pictures of the meals were very warmly welcomed. Participants thought they looked attractive, professional and were helpful in producing the meals. On having worked through the week, however, a view emerged that they were a little unclear and possibly deceptive. This appeared to stem from the size of the plates used in the photographs. It was assumed that a small plate was used to make portions look larger. We feel that this lack of clarity could damage the credibility of the initiative.

## 4.3 Suggested changes

### 4.3.1 Provide clearer and concise objectives for *eatwell week*

Although much of the information is already included, the objectives of *eatwell week*, as well as the target audience, need to be made more explicit within the booklet. Health professionals suggested that these be included, as clear concise bullet points, at the start of the booklet.

I've read it and read it, you know the first couple of pages it's not clear.

**Female, 25-44, C2DE, Salford**

Just tell people what you want them to do with this. I think that's what we need.

**Other health professional, Falkirk**

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<sup>6</sup> The participant was referring to the example food label (shown on the second last page of the resource) which indicated that the fat content was 26% of the guideline daily amount.



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They've created something, just throwing a load of ideas together, but haven't made their objectives first. Like not in a nasty way, but what is the point of what it's supposed to be?

Dietitian, London

### 4.3.2 Provide more information on the front cover

The front cover requires more text to make it clear what the booklet is. A subheading detailing the purpose and objectives should be sufficient to do this. Health professionals suggested the phrase, 'an introduction to healthy eating' would be suitable but, given its importance, introducing the concept of balance might also be sensible.

### 4.3.3 Integrate more information into the flip-through pages

An alternative to relying on people turning to the supplementary information at the rear of the booklet is to integrate more information into the flip-through meal pages. The existing information presented on the rear of the pages was popular and was being read. It was felt that finding places to provide this additional information in the more popular element of the booklet would increase the frequency with which it is read. In addition, because it would be found alongside an example, it would be read more in context and so more likely to be understood and retained.

... just as little points, because then people will read it every day and they'll go, 'Okay'. Every time they use it, the message will go in and go in and go in and if it's a good line, it might go in.

Health promotion professional, London

If it is not possible to integrate all the supplementary information in the flip-through sections, there could perhaps be sign-posts to the supplementary information (e.g. *"we have used reduced sugar beans here. For more tips on how to reduce sugar and salt, see page 4 at the back of this booklet"*.)

### 4.3.4 Provide a 'Frequently Asked Questions' section

We think it would be helpful to include a 'Frequently Asked Questions' section to address some of the most important and common issues such as:

*Who is this for?*

*Is this for people who need to lose weight?*

*What if I don't like some of the meals?*

*What if I don't like some of the ingredients?*

*Do I have to follow this exactly or can I swap things around?*

*Can I substitute some foods with other things I like?*

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*Can I buy a take-away or a ready meal instead?*

*I don't normally eat breakfast. What should I do?*

*I don't have facilities to make lunch at work. What should I do?*

*What if there's too much food for me?*

*What if there's not enough food for me?*

*Isn't there too much bread?*

*Shouldn't there be more fruit and veg?*

*Does this mean that it's ok to eat chocolate biscuits and crisps?*

*If I follow this during the week, can I have what I like at the weekend?*

## 5 The content

Regardless of the concept and the presentation of *eatwell week*, the content has to seem attractive and practical if the resource is to be a success. Getting the content right for such a wide target audience is perhaps the biggest challenge and meeting the needs and preferences of the whole population is clearly not possible.

### 5.1 Positives

The contents of *eatwell week* were often a surprise. There was a preconception amongst the general public that it would contain more salad and vegetables, frequently referred to as 'rabbit food'. Participants were pleasantly surprised that it contained, largely, foods that they recognised and that they already ate (although often in ready meal or takeaway format). They were pleased that *eatwell week* was realistic and included 'treats'. The inclusion of crisps, chocolate bars and biscuits was generally welcomed although a few chose to not even expose themselves to the temptation. These people avoided these foods altogether or made substitutions to healthier options.

I never thought or expected to see apple crumble or chocolate biscuits.

Female, 16-44, C2DE, Dundee

You eat the whole packet, don't you?

Female, 45+, ABC1, Redditch

It's not all just vegetables and steamed fish.

Other health professional, Falkirk

### 5.2 Potential problems

#### 5.2.1 Evening meals divide opinion

There were different reactions to the evening meals included in *eatwell week*. One view was that, overall, they were rather bland, boring and old fashioned (highlighted by the fact that there was no gravy with the roast chicken or sauce with the salmon).

They're thinking, 'what do the British people eat?' And I suppose, when I used to go round to my grandma's house, she did always used to have things like that and it was all very dry.

It reminds me of my Nan's dinners from years ago.

Male and female, 35-59, ABC1, Lewisham

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I wouldn't be able to eat this and it looks... this is really horrible, but it looks really old fashioned. It's like people you see 30 years ago.

**Health promotion professional, London**

Other participants were much more positive, stating that the meals felt close to what they currently ate and praising the inclusion of common and 'unfussy' ingredients that they already used regularly.

The lady I gave this to just absolutely loved it - loved it. She was blown away with how easily the stuff in her cupboard could become healthy meals [...] It was all stuff she had in the house, it wasn't like recipes where a pinch of coriander and a slice of some weird vegetable, she said it was stuff I had in the house.

**Other health professional, Falkirk**

Given the relatively small number of groups, it was difficult to draw any definite conclusions about factors which may influence these reactions but it may be that the meals appeal less to consumers who have a less traditional diet (who would perhaps tend to be more affluent and younger). Those minority ethnic participants who tended to eat spicier foods also found the evening meals rather bland.

Among those who did not currently cook, the thrill and sense of achievement of cooking something, from fresh ingredients, for themselves and their families was palpable.

I felt like a gourmet chef.

**Female, 35-59, ABC1, Lewisham**

While this initial enthusiasm was positive and acted as a motivator to use *eatwell week*, in some circumstances it may begin to fade, as the novelty wears off and time constraints remain an issue.

So, I think probably I'll take something from it but I'd just like to be a bit more realistic and think, 'Well I did pretty well on this, this week,' but going forward, I don't know.

**Male, 35-59, ABC1, Lewisham**

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However, there was also a view that, through practice and repeated use, the time burden of using *eatwell week* would be reduced.

I found that even doing this, at first it felt like a chore, getting up in the morning, doing my breakfast and then preparing the lunch to take with me. But then, as I went on it didn't feel so much of a chore. It felt more natural, fitting in to my lifestyle. So, I think, after a while it would naturally just slot into place and I'd make the time, wake up that little bit earlier.

Female, 35-59, ABC1, Lewisham

The least popular of the evening meals was the pasta ratatouille bake. Those who did not like the sound of it either avoided it or altered it beyond recognition (e.g. by omitting the vegetables). In particular, the courgette was not popular. However, the name was also off-putting. Those who had not heard of ratatouille were quick to dismiss it and take a negative view of it. This meal may benefit from rebranding to 'pasta bake' or 'vegetable pasta bake'. Participants feel that notable omissions from *eatwell week* included a Chinese style meal and pizza.

Health professionals, predominantly based in London, felt that *eatwell week* was not suitable for many of the ethnic and cultural groups that they dealt with. The meals were perceived to be very European. Once again, this limitation prevented these health professionals from feeling they would be able to adopt *eatwell week* in their work.

### 5.2.2 Recipes

There was overwhelming support for the inclusion of recipes within the *eatwell week* booklet. Participants had two main reservations about accessing recipes online. Firstly, they pointed out that there are people who do not have internet access and would therefore be excluded or at least disadvantaged. Secondly, they stated that it was not convenient to have to find recipes online and many of those interviewed indicated that they simply wouldn't bother. It was agreed that taking the computer, even a laptop, into the kitchen was inconvenient as it could get dirty. It also prevented someone else from using it, an important factor in a busy household. Going to the effort of printing out a recipe from the internet was not seen as realistic (and was not an option for those who had internet access but no printer).

Yes in the back, because if you're going back and forward on your computer and you've got food on your hands you just want your recipe to be sitting there.

Female, 16-44, C2DE, Dundee

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Lack of cooking skills did not appear to be a significant barrier. Participants who usually did not cook, or cooked very little, found the recipes easy to follow, 'do-able' and felt a sense of achievement from having cooked from scratch. The fact that the recipes did not have long, off-putting lists of ingredients was commented on positively.

That said, participants who were not motivated to cook at all substituted with ready meals or takeaways. It is unlikely that the inclusion of even simpler recipes or cooking tips would encourage these people. Perhaps the most that *eatwell week* could do, which might at least help people make small changes, would be to provide advice on choosing healthier ready meals and takeaways.

It was pointed out that there appears to be a small error in the recipe for beef curry: the use of stewing beef is not consistent with the cooking time detailed in the provided recipe. Following the recipe exactly was reported to have left the meat tough and unpleasantly chewy.

### 5.2.3 Not enough choice

As discussed in 'The concept of *eatwell week*' chapter above, one view was that *eatwell week* was too prescriptive and did not offer enough flexibility. It was suggested that there should be more meal choices, as detailed previously, guidance on how to eat healthy ready meals or takeaway alternatives when people simply don't have the time, or perhaps the energy, to cook. It was believed that this approach would give people a more realistic and achievable guide which would still help them make improvements to their diet.

I wouldn't follow it because I wouldn't be making soup and stuff like that. That's laziness and all. I don't like curry, so I wouldn't make that, there's certain things I don't like, there's nothing there tells you an alternative kind of thing.

Female, 25-44, C2DE, Salford

### 5.2.4 The quantity of food

One initial reaction (particularly women), as well as more considered reflection after trying *eatwell week*, was that there was simply too much food included in the *eatwell week*. This view clearly reinforces the point that much of the guidance goes unread, as discussed in the 'Participant behaviour' chapter, but there are also other issues arising that should be considered.

I did do some of the recipes on it but I couldn't eat all what was on there, far too much.

Female, 45+, ABC1, Redditch

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It just seems an awful lot, I don't usually eat breakfast or lunch.

Female, 16-44, C2DE, Dundee

Well, I'd never get through four meals a day.

Male, 35-59, ABC1, Lewisham

Among both the general public and health professionals, there was a general perception that there was a great deal, perhaps even too much, bread and carbohydrate included in *eatwell week*. This was the case both on first examination of the *eatwell week* booklet and having trialled it for a week. Given that it *is* a balanced diet, this suggests that people had reservations about these foods, possibly because they are familiar with diet plans that reduce these food types. Perhaps they therefore assumed that these are unhealthy and fattening. This belief needs to be addressed if people are to follow the week accurately and not seek to 'correct' it.

Extra pasta or rice, see I would think that's too fattening. I wouldn't do that, I would probably rather have more mince for the Bolognese than have more pasta, because like the pasta is starchy and all the rest.

Female, 16-44, C2DE, Dundee

The bread, I just felt there was too much bread.

Yes, I'd agree.

But on the first three days there was bread for breakfast and lunch.

Females and male, 35-59, ABC1, Lewisham

Furthermore, having already noted the 'large' amount of food, there was a view (found among both consumers and health professionals) that the inclusion of puddings, starters and side dishes in the evening meal was an unnecessary extra. They also resented the extra preparation time that these dishes required. These people would rather have a larger main meal and follow this with a simple pudding, if they felt they needed one.

### 5.2.5 Not supporting 5 A DAY

There was a view among Dietitians and health promotion professionals (and, to a lesser extent, among consumers) that *eatwell week* did not support the current 5 A DAY campaign overtly enough. As one of the most widely recognised and frequently mentioned nutritional initiatives, they would like to see the *eatwell week* building on and supporting this campaign. Not highlighting the fact that there is an average of five portions of fruit and vegetables each day, could be seen as a missed opportunity to reinforce a healthy eating principle that could prolong the usefulness of *eatwell week*.

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On the other hand, some other consumers liked the fact that the fruit and vegetables were not highlighted.

#### 5.2.6 Assumptions about the nutritional value of all *eatwell week* meals

Health professionals, and Dietitians in particular, expressed concern about the inclusion of high fat, high sugar treats such as crisps and chocolate. Although they recognised there is a place for them in a balanced diet, they were concerned that by including these foods, the wrong message was being sent about what food were 'healthy'. As discussed previously, they worried that, without professional guidance and having not read the booklet completely, a member of the general public might believe that all food included in *eatwell week* was healthy, regardless of how frequently they ate it.

I think the chocolate bar makes it looks like [they are] the same as those grapes. You know chocolate bar, grapes, it is pretty much giving the message that they are quite similar. You can substitute your grapes for your chocolate bar.

**Other health professional, Falkirk**

In what kind of a diet are chocolate biscuits a good snack to have whether you are a healthy BMI or not? You know the occasional... they are appearing four times in one week and something like chocolate biscuits, I would encourage as an occasional... That looks more regular. [If] something is happening two or three times a week, that's quite regular.

**Dietitian, London**

## 5.3 Suggested changes

### 5.3.1 Highlight foods which should be eaten rarely

If high fat or high sugar foods are included, health professionals supported highlighting them as 'treat' foods that are not to be consumed more than, say, once a week. Similar to the existing traffic-light food labelling, it was suggested that these foods could be given a clear warning to try to counter any confusion.

### 5.3.2 Include recipes in the booklet

The inclusion of recipes in the *eatwell week* booklet was widely supported. Participants suggested that they should be included in an appendix at the rear. This is not to say that a supporting website is not a good idea. Participants were in a favour of a site that included further information, for example more recipes and healthy eating tips.



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### 5.3.3 Provide more choice

To make *eatwell week* more accessible and achievable to a greater number of people, participants advocated including more recipe ideas, perhaps as substitutions to ones that they have prepared before (in a previous week), or do not like. They would also like more advice on how to include some pre-prepared foods or takeaways in the week. It was felt that by increasing the flexibility, more people would feel able to take part and make at least incremental improvements to their diet. In its current form, Dietitians and health promotion professionals felt it was unachievable for many of those most in need of change.

### 5.3.4 Reduce the complexity of meals

For those who are not used to cooking, creating just *one* dish for an evening meal was an achievement. Reducing the number of dishes (pudding, starter, side dishes) included in the evening meal, could make them more likely to attempt cooking rather than opting for a ready meal or take-away.

As more confident cooks may be happy to include these additional dishes, they could be included as optional extras, making it possible to satisfy more than one group of participants. While such changes will clearly have implications for the nutritional balance of the week, by increasing flexibility, *eatwell week* will become more relevant, accessible and useful for more people.

### 5.3.5 Highlight 5 A DAY

In order to support this initiative, it was suggested that the fruit and vegetables used in each recipe be highlighted. It was felt that this increased focus would help people better understand what is and is not included in the 5 A DAY campaign, as well as helping people gain a greater understanding of what makes up an individual portion.

## **6 Participant behaviour**

The true measure of *eatwell week*'s successes and flaws are best assessed by how participants understood and reacted to the booklet. This chapter considers the positive and negative experiences of participants who tried to follow it for a week. In light of these findings, this chapter concludes with the research team's suggested changes aimed at maximising the impact of *eatwell week*.

### **6.1 Positives**

Following the trial period, those who managed to follow the week quite closely reported an increased sense of wellbeing. Positive effects that were reported included feeling more energetic, sleeping better, and relief from bouts of indigestion. Changes included consuming fewer fatty and/or sugary snacks. In particular, participants who did not normally have breakfast found they were eating fewer snacks mid-morning.

Having a yoghurt with fruit [for breakfast], it cut out the chocolate Kit Kat that I normally have midday.

**Male, 45+, ABC1, Redditch**

Even those who did not follow the week closely reported being influenced by the booklet when making decisions about what to eat while on the go or out socialising.

It did make me think about what I ordered, so I ordered something that wasn't fried [and] that came with rice, so in that way, it made me think about what I was eating.

**Female, 45+, ABC1, Redditch**

On one occasion I just went for the sushi for lunch and got that because I knew that was low fat, good energy...

**Male, 35-59, ABC1, Lewisham**

Despite being designed to encourage flexibility and adaptation, those who followed it *very* closely reported being particularly satisfied. These participants included former dieters who were content to follow prescriptive regimes – they were happy to eat *exactly* what they are told, safe in the knowledge that this was a healthy diet.

Having less choice was also seen as a benefit. Following *eatwell week* saved time, because participants did not have to think about and decide what they were going to eat.

## 6.2 Potential problems

### 6.2.1 Personal barriers

Participants felt that there were aspects of their lives that prevented them from eating a healthy diet. Prior to discussing the *eatwell week* concept, people acknowledged that time was a barrier to healthy eating. Reflecting on *eatwell week*, the general public highlight the time required to prepare the meals was the biggest barrier.

Yeah, because as much as if I get in from work and it's late, there's no way I'll start cooking. I'd rather just grab something quick on the way back and just munch that and then to bed and in the morning I'm away again.

**Male, 35-59, ABC1, Lewisham**

I won't be able to stick to any of those, I know for a fact I won't. The fact is time, when I come home I don't want to be slaving down the cooker cooking one of these things, I'm too tired.

**Male, 25-44, C2DE, Salford**

Among those who did not normally eat three meals a day, working patterns were frequently cited as the reason. Participants who skipped breakfast complained that they were up too early to be ready to eat, that they lack the facilities to prepare and eat breakfast once at work or that they simply did not have time to have breakfast as well as get ready for work and get their families off for the day.

I start work at eight in the morning, so eating at six is just a no-no. I'm not even hungry at that time in the morning.

**Male, 35-59, ABC1, Lewisham**

The Saturday and Sunday ones I think are great because you've got a bit more time and again it would be...but you know I'm up and out by 7 in the morning. So having to do all of that would be a bit daunting for me.

**Female, 45+, ABC, Redditch**

The lack of facilities to prepare either breakfast or lunch at work was also raised as a significant barrier to eating the full range of suggested meals. Consumers may have neither facilities to heat food nor local amenities at which to purchase the types of meals being suggested. For this reason, there was support for the inclusion of more 'packed lunch' or sandwich options for those having to eat away from the home.

Balancing work and family life was also considered a significant barrier. Where members of the family kept very different hours due to work (especially shift work) and school as well as social activities, participants were daunted by the thought of preparing fresh food to feed

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everyone at the same time, including finding the preparation time. For families who eat individually, consuming different meals at different times, *eatwell week* did not sit comfortably with their current routines. However, there were reports of *eatwell week* galvanising families: they came together to eat as a family, and sometimes also collaborated to prepare the food.

#### 6.2.2 The cost of taking part

An initial reaction to *eatwell week* was that it would be expensive to follow and that the inclusion of fresh ingredients would lead to an increase in wastage (when compared to a diet of frozen ready meals for example). Although no detailed comparison was available, the sense among the general public following the trial period was that *eatwell week* was actually cheaper because they were buying fewer treats or extra unhealthy items. It is the initial concern about expense that needs to be fought to increase potential uptake.

#### 6.2.3 Using *eatwell week* in a flexible way

While the message of flexibility and adaptability is central to *eatwell week*, there were participants who lacked the requisite food knowledge to be able to make sensible substitutions or adaptations to the meals. Those who struggled to take the message of flexibility on board at all ate only what was detailed, while others made inappropriate alterations. One reaction (seen particularly among participants from lower social grades), was to follow the week loosely, adapting recipes to be acceptable to their tastes and the tastes of their families. Unfortunately, this involved removing vegetables from the meal, or eating the same meal on multiple occasions throughout the week.

Another reaction (seen among those with more food knowledge perhaps), was to prepare the required dish, but not follow the recipes provided. The danger here is that consumers make a far less healthy version of the dish, but consider it to be fine as it is included in the week. These two extreme situations highlight the need for participants to be provided with more supporting and underpinning knowledge to help them follow the week in a flexible way and in order to prolong its impact.

#### 6.2.4 Assuming the contents of *eatwell week* are all 'healthy'

As discussed in 'The concept of *eatwell week*' and 'The content' chapters, there were fears among health professionals that, in some extreme cases, people participating in *eatwell week* may take the view that because something is included in the booklet, it represents a 'healthy' food that they can eat often. In extreme cases, this could stretch to people assuming that the takeaway version of an *eatwell week* meal is equally nutritious. This is particularly of concern where people are using the *eatwell week* without any professional guidance or assistance.

## Appendix 6: Ipsos MORI report- Testing the *eatwell week* resource

Chop and change because it's healthy eating and they're all healthy meals.  
So like chop and change as long as it's any of the seven days.

Male, 16-44, C2DE, Dundee

### 6.2.5 *eatwell week* used simply as a source of ideas

Instead of following the *eatwell week* closely and adopting the principles of flexibility and adaptability, one approach (seen among those with good nutritional knowledge and relatively healthy eating habits), was simply to use the *eatwell week* booklet to help plan and as a source of meal ideas. This group of people, generally slightly older and of a higher social grade, did not feel that they needed to make wholesale changes to their diet and instead picked out areas from the booklet that they wished to make improvements to, for example, being more disciplined in eating breakfast or reducing salt intake. For this group of people, *eatwell week* simply acted as a prompt and reminder.

Because this group tended to be quite motivated to eat healthily, they were happy to use *eatwell week* to 'fine tune' their diets. The format of *eatwell week* is not therefore ideal for them. Because they had no intention of following the week or eating many of the suggested meals, much of the information appeared to be wasted on this group. However, almost everyone who tried *eatwell week* was able to say that they learn at least something from doing so.

### 6.2.6 The timing and choice of snacks

The guidance on snacks was one of the areas most frequently misinterpreted by participants. Misinterpretations included:

- thinking that the snack was to be consumed at the end of every day (despite the clear instruction at the bottom of every snack section)
- where two snacks were shown, thinking this was an 'either or' choice.
- feeling bound by the suggested or pictured fruits rather than substituting with other fruits that they might prefer or might want to try for variety. Again this appeared to highlight that, despite the written guidance, participants sometimes seek to follow *eatwell week* exactly as it has been laid out.

### 6.2.7 Weakness at weekends

There were a number of common areas in which participants feel that they fall short of, or deviate from, *eatwell week*. It seemed to be common for good intentions and self control to disappear at the weekend. One view was that if they 'behaved' well during the week, keeping to a healthy diet, then a weekend binge of alcohol and takeaway food was

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### Ipsos MORI report- Testing the *eatwell week* resource

justifiable. There was however a certain level of guilt associated with such behaviour, with participants sometimes expressing a sense of despondency and defeat. The ‘treats’ provided in *eatwell week* did not appear to satisfy participants’ desire to binge.

It’s the weekend when you go out on the beer you’ve got to have a kebab or something. Everyone does.

It’s easy isn’t it, easy option, cheap, very quick. No matter if you try to do healthy all week, you spoil it at the weekend.

Male, 25-44, C2DE, Salford

## 6.3 Suggested changes

### 6.3.1 Highlight the benefits of *eatwell week* and a healthy diet

Given the benefits reported after only a week of healthy eating, it was suggested that these positive aspects of a healthy diet should be highlighted within the *eatwell week* booklet. It was thought that this may help provide at least some incentive for people to change their eating habits and behaviour.

### 6.3.2 Provide clearer and concise objectives for *eatwell week*

While this is a recommendation that was also made in the ‘presentation and style’ chapter, it applies equally here, as the presentation and content of objectives had a huge impact on participants’ understanding and interpretation of the *eatwell week* booklet. Although much of the behaviour that deviates from the principle of *eatwell week* was small scale, this was following a session spent discussing initial reactions to the resource, so participants were inevitably more aware of the principles and objectives than they might otherwise have been. The concern therefore remains that these mistakes will be magnified if people are picking up and seeking to implement *eatwell week* unaided. It appears that participants are reluctant to read a great deal of supporting and explanatory information. This reinforces the need for a set of clear and concise objectives and instructions (perhaps in the form of ‘Frequently Asked Questions’), presented in bullet points, which will provide participants with a greater level of understanding.

### 6.3.3 Provide advice to those who don’t currently eat breakfast

It is clearly preferable for people to eat a substantial breakfast, and one of the benefits of *eatwell week* was that it encouraged some participants, who previously did not eat breakfast, to do so. However, there were others who simply rejected the idea of breakfast and ignored that aspect of *eatwell week* altogether.

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### Ipsos MORI report- Testing the *eatwell week* resource

Providing these people with encouragement and tips to make small changes (e.g. eating a small amount of food first thing and then something else a couple of hours later, and providing suggestions for relatively healthy options that are quick to prepare and easy for people to eat on the go or take to work, such as fruit or yoghurt) may be more realistic and lead to some small improvements.

#### 6.3.4 Providing advice to those who don't have cooking facilities at lunchtime

For people in certain jobs, particularly those who needed to take a packed lunch and who couldn't heat or buy food, the perception was that very few of the lunches were suitable. While they may have been able to adapt some of the lunches with relatively little effort, the immediate impression of whether something is achievable and realistic is important too. Providing additional 'easy' packed lunch options, as well as specific advice and tips, will widen the appeal of the resource and help more of these people make incremental changes.

#### 6.3.5 Provide support to counter common areas of weakness

As participants identified the weekend as a difficult time to consume a healthy diet, it may be possible for *eatwell week* to give more help and advice to counter this common lapse. People reported not wanting to cook at the weekend and eating take-away instead. There was also a more widespread weakness for consuming alcohol at the weekend.

It may help some to be clearer that *eatwell week* is already designed to allow for 'treats' and recognises that most people will eat differently on different days (e.g. the weekend) – so it's not a good idea to follow it for five days and then have whatever you like at the weekend. However, for others, it may be more realistic to suggest small changes at the weekend.

You have got to show them that even though you have been good five days out of seven... those two days can be really bad.

Dietitian, London

## 7 Overall conclusions

Overall, consumers and the 'other' health professionals<sup>7</sup> who used the resource with clients, were positive – in some cases very positive - about *eatwell week*. Health promotion professionals were quite positive about some aspects but had more concerns. The least enthusiastic group were the community Dietitians. Although they welcomed the concept, they had a number of concerns and, in general, they did not feel the resource would meet the needs of their particular client groups.

*eatwell week* appeared to help people make incremental improvements to their diet. Generally, those with the least nutritional knowledge and least healthy diets learned fundamental nutritional lessons and basic cookery skills that will enable them to eat more healthily. Those who were more knowledgeable and have healthier diets were prompted to make smaller changes such starting to eat breakfast or reducing their salt intake.

Focus group testing suggested that the *eatwell week* was less successful in promoting an overall understanding of the proportions of each food group required to maintain a healthy balanced diet. However, it may be unrealistic for one tool to achieve this given the multitude of influences individuals food choices and attitudes towards healthy eating.

However, it is important to note that, by trying to be all things to all people, the message of *eatwell week* may be weakened with everyone. Changes made to suit one group may mean that features that appealed to other groups are lost.

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<sup>7</sup> i.e. GP Practice Nurses, Cardiac Rehabilitation Nurses and Occupational Health Nurses.



# Appendix 7

Post focus group *eatwell week* resource

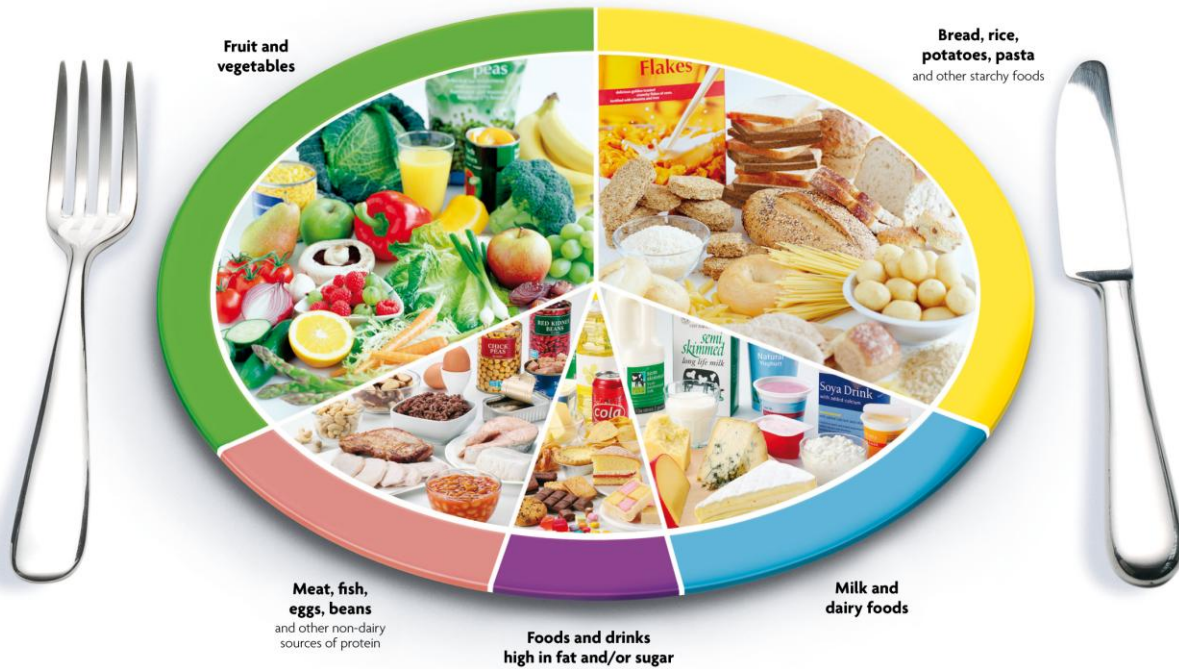


# *The eatwell week*

*putting healthy eating  
into practice*

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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The **eatwell plate** shows the different types of foods, in the right proportions, for a healthy, balanced diet.

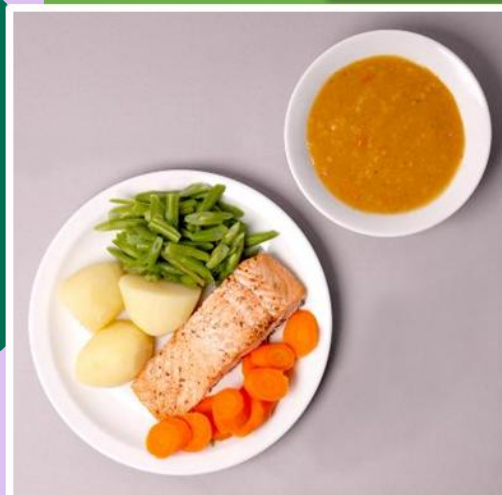
This **eatwell week** guide aims to show you one way to use the eatwell plate to eat more healthily. This guide will also help you to keep eating healthily beyond the **eatwell week**.

## Healthy eating can help you to:

- manage your weight
- lower your risk of developing heart disease, diabetes and some types of cancer

## Most people should be eating:

- plenty of fruit and vegetables- at least five portions a day
- plenty of starchy foods like potatoes, rice, bread and pasta, especially wholegrain and wholemeal varieties.
- some meat or other non dairy sources of protein
  - *at least one portion of oily fish every week*
- some dairy foods – with focus on lower fat versions
- only a small amount of foods that are high in fat and/or sugar
  - *as little saturated fat and added sugar as possible*
- as little salt as possible



**You don't need to get the balance right every day; you might find it easier over a longer period like a week.**

### Who is the *eatwell week* for?

- The *eatwell week* is suitable for most people, including those who are a healthy weight or overweight

### What foods are in the *eatwell week*?

- The *eatwell week* includes commonly eaten meals and snacks

### How do I use the *eatwell week*?

- The *eatwell week* shows you different meals and snacks each day
- The meals and snacks shown are for ONE adult- there is information for adults who need more or less food than shown here at the back of the guide.
- You don't need to have the meals in the order shown
- There is more information on the back of each page to help you use the *eatwell week*

### Why does the *eatwell week* include foods like puddings, crisps, biscuits and chocolate?

- Healthy eating does not mean you need to stop eating these foods, but you should eat just a small amount, less often
- The *eatwell week* shows you how you can include a small amount of high fat and/or sugar foods in a healthy balanced diet
- If you wouldn't normally eat these types of foods, you don't need to start!

## **BREAKFAST**

- the **eatwell week** shows you a few different breakfasts
- some breakfasts are more suited to when you have more time
- if you prefer, you can eat the same low sugar, wholegrain breakfast everyday

## **LUNCH**

- the **eatwell week** shows some different lunches
- most of the lunches can be taken as a packed lunch
- some lunches take more time to prepare
- remember that you can eat the lunches whenever you like during the week

## **EVENING MEAL**

- the **eatwell week** shows seven different evening meals
- each evening meal should be eaten only once over the week
- the **variety** of meals and foods in the **eatwell week** help you to eat healthily
- remember you can choose what meal to have on each day
- always include the fruit & vegetables that go with the meals

## **SNACKS**

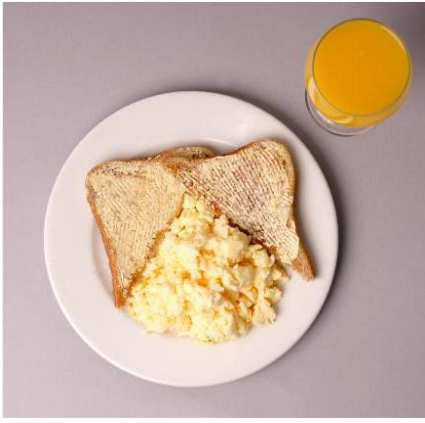
- these snacks can be eaten at any time of the day, although it is better for your teeth if you eat any sugary foods with meals
- most days there is more than one snack - they can all be included that day
- you can have snacks as part of meals - or keep parts of the meals as a snack
- you don't need to have the crisps, chocolate or biscuits, but do eat the fruit

- if breakfast seems like too much when you first get up, save it for later
- if you don't have time to eat in the morning, try making a packed breakfast the night before or keep a box of wholegrain cereal at work
- a healthy breakfast might help you avoid eating less healthily later in the day

- there are a few soups for lunch; soups can be heated up at home and taken out in a flask
- when you reheat food, make sure that it's steaming hot all the way through
- shop bought lunches can be expensive and are often high in fat and salt
- make sure you check food labels if you do buy pre-prepared foods for lunch

- if you don't eat meat and poultry, use a vegetarian product, beans or pulses
- recipes for some of the meals & foods (labelled [r]) are at the back of booklet
- there are also some tips/suggestions for alternative meals
- if you cook more food than you can use, you can keep leftovers in the fridge for two days or in the freezer for longer

- the only drinks shown in the week are fruit juice and milk, but you should have 6-8 glasses of fluid per day
- for more information on what types of drinks to have, see the drinks section at the back of the booklet



### Scrambled egg [r]

One thick slice of wholemeal bread with thinly spread low fat spread (about 10g)

A small glass of pure orange juice

(or your choice of type of fruit juice -150 ml)



A small tin of baked beans (200g)

Two tablespoons of grated cheddar cheese (20g)

One thick slice wholemeal bread (toasted)

Thinly spread low fat spread



Three tablespoons of raita [r] ( $\frac{1}{2}$  of the recipe)

Two poppadoms and one small naan bread

Curry [r] ( $\frac{1}{2}$  recipe)

Four and a half tablespoons of cooked basmati rice (about 65g uncooked rice)

Fresh fruit salad [r] ( $\frac{1}{4}$  recipe- a small bowlful)



A banana (or your choice of another piece of fruit)

Standard packet of crisps (35g)



- we have used a low fat, **polyunsaturated** spread
- using low-fat spreads instead of butter will help you reduce the amount of fat you consume
- you might want to use less spread than we have here
- if you don't want scrambled eggs, try poached or boiled eggs instead

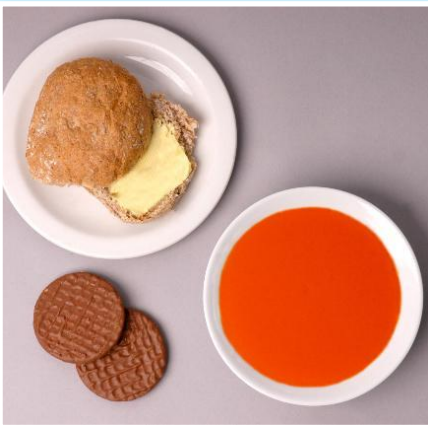
- we have used reduced sugar baked beans
- look for other products like these which are lower in sugar, fat or salt
- for more information on food labels, see the back of this guide

- this curry is easy to make and is lower in fat and salt than a take-away
- if you make more of this recipe than you use, you can freeze to use later
- take a look at the tips on storing and freezing food at the back of this guide
- if you use a jar of shop-bought sauce, make sure you check the label and choose one which is lower in fat , sugar and salt

- avoid buying multi-packs of crisps and biscuits; although this might seem cheaper, you might end up eating more crisps because you have them in the house



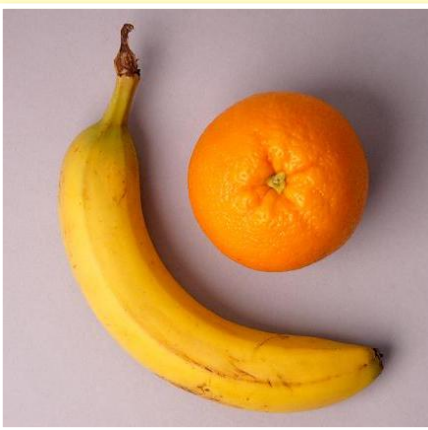
One wholemeal roll with thinly spread low fat spread  
Two rashers of grilled back bacon  
Two teaspoons of tomato ketchup  
A small glass of pure orange juice  
(or your choice of fruit juice -150 ml)



Half a can of cream of tomato soup (200ml)  
One wholemeal roll  
Thinly spread low fat spread  
Two chocolate digestive biscuits



Two and a half slices of roast chicken breast  
Two roast potatoes (medium sized)  
Two tablespoons of boiled carrots  
Four small broccoli spears  
Apple crumble [r] (½ recipe)  
Custard (¼ of a carton- 125ml)



A banana and an orange  
(or your choice of other pieces of fruit)

- you don't have to include sauces like ketchup with this breakfast; if do you like sauces, check the labels and choose one that is lower in salt
- bacon is high in salt and fat, so it's a food you should only consume in small amounts

- check the labels on tins of soup and choose lower salt varieties
- if you don't use all the soup, put it in a sealed container and store in the fridge
- use leftover soup within two days
- you could keep the biscuits as a snack for later

- to keep meals like this one lower in fat, eat the meat without the skin
- use any left-over chicken and the carcass to make soup [r]
- if you don't cook a whole chicken, have one small chicken breast instead
- frozen vegetables are as good as fresh; this mean you can keep them for longer, so you might have less waste

- if you haven't got any fresh fruit, you could try some tinned fruit
- use fruit tinned in juice, rather than syrup



Porridge [r] & semi-skimmed milk

(50 ml- about half a small yogurt pot)

One thick slice of wholemeal toast with thinly spread low fat spread

A small glass of pure orange juice

(or your choice of fruit juice -150 ml)



A large bowl of home-made soup- chicken & vegetable [r]

A wholemeal roll with thinly spread low fat spread

One pot of jelly (shop-bought)



Pasta bake [r] (½ recipe)

Three oatcakes with thinly spread low fat spread

A small chunk of cheddar cheese (about 20g)



Two chocolate digestive biscuits

A banana and an apple

(or your choice of other pieces of fruit)

- if you don't like porridge you could try instant oats or another low sugar wholegrain breakfast cereal
- porridge can be quite a filling breakfast, so you might want to have the bread later on in the morning

- use different vegetables in the soup recipe if you prefer
- keep leftover soup in the fridge or freezer for another day; see the food safety section at the back of this guide

- the vegetables you add to meals count towards your five-a-day
- if you buy a jar of pasta sauce, compare the labels for one lower in fat and salt
- add extra vegetables to jars of cook-in sauces; tinned tomatoes or passata can make a jar of sauce go further

- fruit is a good choice for a snack
- if you don't want something sweet, try vegetables instead; carrot sticks, peppers and cucumber are just as easy to eat as fresh fruit



Two wholemeal biscuits with semi-skimmed milk  
(100 ml- just less than a small yogurt pot)

One thick slice of wholemeal toast with thinly spread low  
fat spread and thinly spread marmalade

A small glass of pure orange juice  
(or your choice of fruit juice -150 ml)



A large baked potato

$\frac{1}{2}$  a small can of tuna (about 45g)

Two tablespoons of sweetcorn

One heaped tablespoon of mayonnaise

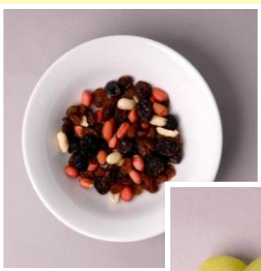
Two chocolate digestive biscuits



Cottage pie [r] ( $\frac{1}{2}$  recipe)

Three tablespoons of boiled mixed vegetables

Custard ( $\frac{1}{4}$  of a carton- 125ml) and fruit (e.g. a whole  
banana)



A handful of grapes

(or your choice of another piece of fruit)

A small bag of plain mixed nuts & raisins

- to keep your breakfast lower in sugar, avoid choosing sugar coated cereals
- try having some fruit with your cereal instead

- try to choose tuna canned in spring water as it can contain less salt and fat
- you could use the rest of the sweetcorn in a pasta bake or have it with your dinner
- keep leftover tinned vegetables in a plastic container in the fridge
- next time, try a small portion of left over curry or Bolognese with your potato or swap tuna for prawns

- if you cook more mince than you need, you can freeze it to use later
- using frozen mixed vegetables helps you to eat a variety of vegetables with less waste
- instead of custard, you could have a pot of low fat natural yoghurt

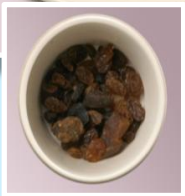
- if you don't want to buy individual servings of dried fruit and nuts, make up smaller servings yourself
- this way you can mix and match the fruit and nuts you like the most



One small bowl of wholegrain cereal (about 4 tbsp)  
with semi-skimmed milk (about 100 ml)

One thick slice of wholemeal toast with thinly spread low  
fat spread and thin layer of jam

A small glass of pure orange juice  
(or your choice of fruit juice -150 ml)



Two thick slices of wholemeal bread

Thinly spread low fat spread

Two tablespoons of grated cheddar cheese (about 20g)

Salad [r]

Two tablespoons of dried fruit

One pot of low fat natural yoghurt



½ a can of lentil soup (200ml) or homemade soup [r]

One fillet of steamed or baked salmon

Three medium sized boiled potatoes

Three tablespoons of boiled green beans

Two tablespoons of boiled carrots



A handful of grapes

(or your choice of another piece of fruit)

A standard chocolate bar (about 60g)



- semi skimmed milk is a healthy choice, but you could choose 1% or skimmed milk if you wanted to cut down on fat

- grating your cheese can help you to use less
- using less cheese will help you to cut down on saturated fats
- you don't need to follow the salad recipe, just pack your sandwiches with as much salad as you can

- grill or microwave salmon
- the fish is cooked when it changes colour and flakes easily with a fork
- for a change, boil some leeks for a couple of minutes with pasta, then flake some cooked salmon through the pasta and serve
- there is more on eating fish at the back of this guide

- the eatwell week shows you that foods like chocolate can be included as part of a healthy balanced diet
- healthy eating is not about excluding these foods altogether, it's about consuming them less frequently and in smaller amounts



Two wholewheat buns with semi-skimmed milk  
(about 100 ml)

One thick slice wholemeal bread toasted with thinly  
spread low fat spread

A small glass of pure orange juice

(or your choice of fruit juice -150 ml)



Baguette with egg mayonnaise & cress (shop-bought)

One pot of low fat, low sugar fruit yoghurt

Skinny latté or skinny cappuccino (tall)



Two slices of garlic & herb bread

Bolognese sauce [r] (½recipe)

A small portion of spaghetti  
(about 70g uncooked spaghetti)

Small bowl/side plate of salad [r]

Two teaspoons of French dressing

Small bowl of fresh fruit salad [r] and a scoop of ice cream



An orange (or your choice of another piece of fruit)

- wholegrain foods are a good choice at breakfast time
- they are digested more slowly and can help make you feel full

- healthy eating doesn't mean you have to make everything from scratch at home
- if you do buy something to eat when you're out and about, look for food labels to check the fat, sugar and salt content

- this meal is packed with fruit & vegetables
- although you can't see them, the vegetables in this meal count towards your five-a-day
- a small bowl of salad and a small bowl of fruit salad each count as a portion too
- you don't have to have any dressing on your salad

- if you are preparing fruit salad for dinner, you could have the rest as a snack
- take some extra fruit salad to work in a plastic pot
- although the meals and snacks can be swapped around across the *eatwell week*, you should still aim to have at least 5 portions of fruit and vegetables each day



One small bowl of wholegrain cereal (about 4 tbsp)  
Semi-skimmed milk (about 100 ml)  
One thick slice of wholemeal bread with thinly spread low fat spread and thinly spread jam  
A small glass of pure orange juice  
(or your choice of fruit juice -150 ml)



Two tablespoons of houmous  
Salad [r]  
One pitta bread  
One pot of chocolate mousse (shop-bought)



One oven baked haddock fillet in breadcrumbs  
A medium portion of oven chips (about 15 chips)  
Three tablespoons of peas  
One slice of low fat cheesecake with fruit topping



An orange and an apple  
A tablespoon of raisins  
(or your choice of other pieces of fruit)

- if you usually have white bread you're unsure about wholemeal bread, try white breads with added wholegrain first

- trying different breads like pitta will add variety to your diet
- you can toast the pitta bread if you like
- put the houmous and salad into containers to make a packed lunch
- stuff the pitta bread with as much salad as you can

- choose thick cut oven chips which are usually lower in fat than thin cut or deep fried chips
- if you use tinned vegetables, choose those without added salt
- if buying a whole cheesecake means you'll have more than one slice, you could buy an individual slice instead

- there are a few different types of fruit shown in the *eatwell week*
- you don't have to eat all the different types of fruit, but it is good to try to eat a few different types of fruit and vegetables
- it can be better to eat dried fruit and other sweet foods with your meals as this is better for your teeth

## Some questions answered...

### Will there be enough for me to eat?

- There are plenty of starchy foods and fruit and vegetables in the *eatwell week* to keep you from getting hungry. If you are overweight and used to eating more, you should find that amount of these foods in *eatwell week* will help stop you getting hungry.

### What if I need to eat more or less than is shown in the *eatwell week*?

The amount of calories needed every day is different for everyone, depending on whether you are a man or a woman, your body weight and how active you are.

### How can I eat *more* and keep eating healthily?

If you are male and/or physically active and you need to eat more:

- Have more wholegrain, low sugar breakfast cereal
- Have a bigger portion of the main meals like the curry, including the extra pasta, rice or potatoes
- Have extra fruit and have more vegetables with your meals
- Increase the amount of fillings such as tuna in baked potatoes and sandwiches

### How can I eat *less* and keep eating healthily?

- Skip desserts, chocolate, biscuits and crisps
- Have **either** breakfast cereal or toast at breakfast
- Have your main meals without the extra bread
- Remember, it's important to eat plenty of starchy foods and fruit and vegetables

## Why are there a lot of bread, pasta, potatoes and rice in the *eatwell week*?

- Starchy foods (like bread, pasta, potatoes, rice and breakfast cereals) make up a large section of the eatwell plate
- Most of us should be eating more starchy foods
- Starchy foods are a good source of energy and nutrients
- Some people think starchy foods are fattening, but they're actually lower in calories than foods that are high in fat
- *Watch out for the added fats and sugars used for cooking and serving starchy foods, because this is what increases the number of calories*

## What about drinks?

- It's important to drink between 6 and 8 glasses or cups of fluid per day
- The *eatwell week* shows drinks which contribute to your energy intake (fruit juice and milk)
- Make sure you drink enough each day; water is a good choice, but tea and coffee also count towards your fluid intake
- For other drinks, you should choose low-sugar drinks
- If you choose to include a sugary drink, you should eat less of something else, for example crisps, biscuits, chocolate or a dessert
- If sugary or fizzy drinks, juice drinks or fruit juices are consumed, it's best to have them **with** meals, as this is better for your teeth

## What about alcohol?

Alcohol is not necessary as part of a healthy diet, a small amount can be included, but remember:

- Alcohol is high in calories and can contribute to weight gain
- If you choose to include some alcohol you should eat less of something else, for example crisps, biscuits, chocolate or a dessert

## Salt

Following the *eatwell week* can help you to cut down on the amount of salt you consume. We shouldn't eat more than 6g of salt a day (1 teaspoon), including salt added at the table. If you are used to eating more salt, the *eatwell week* may taste a little bland, but your tastes will adapt to less salt.

- Most salt comes added to common manufactured foods
- Compare the labels of different products and choose the one with the lowest salt or those marked no-salt or reduced salt
- Don't add salt when cooking or at the table
- Use alternative flavourings e.g. lemon juice, herbs, spices and garlic

## Fish

We should be eating at least two portions of fish a week including one portion of oily fish. The *eatwell week* has one portion of oily fish (salmon) and two other types (haddock and canned tuna). Canned tuna does not count as 'oily fish', because the oils are removed during processing.

### Oily fish

- includes fish such as salmon, mackerel, sardines, trout and herring
- is rich in omega 3 fatty acids, which helps prevent heart disease
- is a good source of vitamins A and D

### White fish

- includes fish such as haddock, plaice, pollack, coley and cod
- is very low in fat

Just like beans and pulses or chicken without the skin, white fish is a healthier low-fat alternative to, for example, red or processed meat that tends to be higher in fat, especially saturated fat. Frozen fish is just as good for you as fresh.



## Meat

A moderate amount of meat can be consumed as part of a healthy balanced diet; it is also possible to have a healthy balanced diet without meat. Meat is a good source of protein and vitamins and minerals. Frozen meat is as good for you as fresh.

There is probably a link between red and processed meat consumption and bowel cancer. Adults who consume more than 90 g/day of red and processed meat should consider reducing their intake to 70 g/day. The amount of red and processed meat in the *eatwell week* is lower than the recommended maximum amount.

## Meal plans & shopping

- Make a shopping list, to help you save time and money and minimise waste
- Own brands can be cheaper, but always check the labels
- Don't go for offers on foods that are high in fat or sugar
- Choose '*buy one get one free*' and other offers wisely; if the foods on offer aren't on your list, then buying them could be a waste rather than a bargain

## Eating Out

- When you're eating out, big portions can seem like good value for money, but they often contain more fat, sugar, salt and calories than you need
- You don't always need to clear your plate!
- If you do overindulge with a take away meal or while eating out, avoiding biscuits, chocolate, or crisps over the next couple of days will help you get the balance right again
- Choose dishes that are grilled, boiled, steamed or stir-fried
- Choose tomato-based sauces over oily, buttery or creamy sauces

## Food labels

Understanding food labels is helpful when you are trying to eat healthily. A lot of supermarkets use colour coded front-of-pack labels which help you to identify foods that have a **high**, **medium** or **low** content of fats, saturates, sugars and salt.

If your food labels don't use colours, this guide will help you to know whether the levels of fat, sugars and salt are **high**, **medium** or **low** using the nutrition information on the back of most packs.

		Food Shopping Card			
		Sugars	Fat	Saturates	Salt
<b>Check how much fat, sugar and salt is in your food</b>	What is <b>HIGH</b> per100g	Over 15g	Over 20g	Over 5g	Over 1.5g
	What is <b>MEDIUM</b> per100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
	What is <b>LOW</b> per100g	5g and below	3g and below	1.5g and below	0.3g and below

Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

Pick products with more **low** and **medium** amounts of sugars, fats and salt for a healthier choice.

If you buy a convenience meal instead of a home-made main meal, always check the label. Convenience meals can be more expensive than homemade and many are high in fats, salt and sugar. Reading and comparing the food labels will help you make a healthier choice.

# Food Safety

It's important that food you make for yourself and for other people is safe to eat.

## Preparing

- Wash your hands to prevent spreading bacteria around and onto your food
- Keep work-tops clean- wash them if they have been touched by raw meat, poultry or eggs
- Cover raw meat or fish and store in the bottom shelf of the fridge where it cannot touch or drip onto other foods
- Check the label to make sure you store foods correctly and that nothing is past its 'use by date'

## Cooking

- Make sure food is properly cooked. To check that it's steaming hot all the way through cut food open with a small knife. If it is steaming hot in the middle it should be cooked through
- If you have cooked food that you aren't going to eat straight away, cool it as quickly as possible (within 1-2 hours) and then store in the fridge or freeze it. Don't keep leftovers in the fridge for longer than two days

## Storing

- Make sure your fridge is cold enough. The temperature should be between 0 and 5 degrees
- Eat any leftovers kept in the fridge within two days
- Food can be kept safely in the freezer for a long time provided it stays frozen the whole time
- Cool food as quickly as possible and then put it in the freezer
- Always follow the freezing or thawing instructions on food labels

# Recipes- [r]

## Porridge

**Serves:** 1

**Time to make:** 5-10 minutes

### Ingredients

- 30g plain rolled oats
- 250 ml water

### Method

1. In a pot, slowly add the water to the oats, stirring well
2. Bring slowly to the boil, stirring frequently until the mixture thickens

### OR

Mix oats with the water and microwave for 2-3 minutes.

## Scrambled egg

**Serves:** 1

**Time to make:** 5 minutes

### Ingredients

- 2 medium eggs
- 20 ml semi-skimmed milk

### Method

1. Beat the eggs and milk together in a bowl
2. Add to a **non-stick** pan and cook over a gentle heat for about five minute, stirring all the time until the mixture thickens

**You could add some spring onions, mushrooms or grilled tomatoes to your scrambled egg.**

# Homemade Soup

**This recipe is useful if you've had a Sunday roast and you're not sure what to do with the leftovers. Use the chicken carcass (or bones from any roast) as the base for the soup and add in any leftover vegetables. Add red lentils at the start for a traditional lentil soup.**

**Serves:** 8

**Time to make:** 90 minutes to cook the chicken; half an hour to prepare the veg

## Ingredients

- 1 leftover chicken frame/carcass – bones, meat, giblets etc
- pepper to taste
- 2 large carrots, chopped
- 1 large onion, diced
- 110g chopped green beans
- 4 large potatoes, diced

## Method

1. Place the chicken in a large pot. Add enough water to cover it and gently simmer for 90 minutes
2. Remove all bones and chicken carcass, but leave any chicken pieces in the water. Add the carrots, onions, green beans and potatoes and season with pepper. Add enough water to ensure that all the vegetables are covered. Cover and simmer gently until the vegetables are soft.

**Try adding other herbs and spices to your soup. Don't add salt to this recipe, the flavour comes from the meat and any herbs you add. Skim off the fat with a spoon. This recipe will keep in the fridge for a couple of days or you can keep it in the freezer for longer.**

# Raita

**This homemade raita and a couple of poppadoms are good with a Saturday night curry (see the curry recipe on the next page).**

**Serves:** 2

**Time to make:** 10 minutes

## Ingredients

- 125ml low fat yogurt
- ¼ cucumber, grated
- ¼ tsp of mint sauce
- pepper to taste

## Method

1. Mix all the ingredients together and serve as an accompaniment to the curry.

**If you are cooking for one, you can reduce the amount of ingredients for all of these meals. Similarly, if you are cooking for more than two, you can make extra.**

# Curry

**Serves:** 2

**Time to make:** less than half an hour to make; about 20 minutes to cook

## Ingredients

- 200g stewing beef
- 1 tbsp olive oil
- 1 onion, chopped
- 1 pepper, chopped
- 1 carrot, chopped
- 2 cloves of garlic
- 1 tbsp curry powder
- 1 tin chopped tomatoes
- 1 tbsp mango chutney
- 1 tbsp tomato puree

## Method

1. Chop the beef into cubes, about 2cm square
2. Brown the beef in the oil in a **non-stick** pan over a low heat; add the onion and cook for 5 minutes, stirring occasionally
3. Add the chopped pepper, carrot and garlic, cook for 5 minutes, stirring often to stop it from sticking. Add a little water if necessary
4. Add the curry powder and stir well to mix
5. Add tomatoes, mango chutney and tomato puree, simmer gently for 20 minutes, adding more water if necessary

**You can change the type of meat used in a curry, but make sure you choose meat with less fat in it. Alternatively, you could choose to use a meat substitute, pulses such as chick peas or green lentils, or make a vegetable curry instead. If you want to make a fish curry, add cooked fish or prawns in at the end, once the vegetables are cooked.**

# Pasta bake

**You can use different types of pasta, different herbs and different vegetables each time you make this recipe.**

**Serves:** 2

**Time to make:** half an hour to make; half an hour to bake

## Ingredients

- 100g macaroni (dry weight)
- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 1 tsp fresh or dried oregano
- 1 tsp fresh or dried basil
- 2 medium tomatoes, chopped
- 2 small courgettes, sliced
- 100g broad beans, fresh, frozen or canned (rinsed)
- 65ml vegetable stock, made from ¼ reduced salt stock cube
- 10g parmesan cheese, grated

## Method

1. Preheat the oven to 180°C / gas mark 4
2. Cook the macaroni according to the packet instructions and drain. Meanwhile, heat the oil and cook the onion and garlic slowly until soft
3. Stir in the herbs, tomatoes, courgettes, beans, stock and seasoning and simmer for 5 minutes
4. Combine the pasta and vegetables. Place in a baking dish and sprinkle the cheese on top then cover and cook for 30-35 minutes in the oven

**You don't have to use olive oil- other liquid vegetable oils like sunflower oil will work just as well. You can also use tinned tomatoes instead of fresh tomatoes. If you don't have time to bake this dish, just soften the vegetables for a few minutes more and serve up.**



# Cottage pie

You could use any type of mince in this pie- choose a leaner mince.

**Serves:** 2

**Time to make:** just over an hour

## Ingredients

- 3-4 potatoes (or parsnips)
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 carrot, chopped
- 200g turkey mince
- 1 tbsp tomato purée
- 300ml water
- dash of Worcestershire sauce
- dash of light soy sauce (use reduced salt if available)

## Method

1. Boil the potatoes in water for about 10 minutes until they're soft. Mash them.
2. Heat the oil in a frying pan, add the chopped onion and carrot and stir for 4 minutes or so, until the onion starts to brown
3. Add the mince and cook over a medium heat until it has browned
4. Drain off any excess fat before adding the tomato purée and water. For a bit of an extra kick add a dash of Worcestershire sauce and light soy sauce
5. Cover and simmer for about 25 minutes. Add some more water if the mince starts to stick to the pan
6. Turn the grill to medium. Transfer the mince to an ovenproof dish and top with the mash
7. Grill for 5 minutes or until the potato starts to brown on top and go crisp

**If you are reheating the pie later, heat in an oven at 180°C/gas mark 4 for half an hour until steaming hot all the way through.**

# Bolognese sauce

**Serves:** 2

**Time to make:** half an hour to prepare; 20 minutes to cook

## Ingredients

- 100g lean beef mince
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 400g can of chopped tomatoes
- 1 tbsp tomato puree
- 1 tsp dried mixed herbs
- ½ red pepper, chopped
- 100g mushrooms, sliced
- ½ carrot, chopped
- ½ courgette, chopped
- pepper to taste

## Method

1. Heat the oil and brown the mince over a gentle heat, stirring to stop it from sticking
2. Add the onion to the mince and cook for 2-3 minutes
3. Add the remaining ingredients, bring the sauce to the boil, then lower the heat and simmer gently for 15-20 minutes
4. Add pepper to taste

**Serve this over spaghetti or with another type of pasta.**

**You can swap the beef mince for another lean mince or use different vegetables if you prefer.**

**Next time you make this, swap half the mince for red kidney beans, add some chopped chillies or chilli flakes instead of dried herbs and serve with boiled rice.**

# Apple crumble

**Serves:** 2

**Time to make:** about 15 minutes to make; half an hour to bake

## Ingredients

### For the crumble

- 40g plain flour
- 25g low-fat spread
- 1 tbsp caster sugar
- 1 tbsp rolled oats

### For the fruit

- 250g Bramley apples
- 1 tsp caster sugar
- 1 orange, grated rind and juice
- ½ tsp low-fat spread

## Method

1. Heat the oven to 200°C/gas 6.
2. Sieve the flour into a bowl and rub the spread in with your fingertips until it resembles breadcrumbs. Stir in the sugar and the oats
3. Peel and thickly slice the apples and toss with the sugar and grated orange rind and juice. Transfer the fruit to an ovenproof dish
4. Cover the fruit with the crumble mixture and dot with spread
5. Bake for 20-30 minutes until the crumble is golden and crisp. Serve warm with custard

**This makes a great dessert for a family meal or a meal with friends. Add some spices when you cook the fruit- try nutmeg, cinnamon, cloves or ginger. You could also try using different fruit in your recipe, for example rhubarb, berries, plums or whatever fruit is in season. Using seasonal fruit can be cheaper too.**

# Salad

**Serves:** 2

**Time to make:** 10 minutes

## Ingredients

- 1/3 lettuce
- 3-4 small tomatoes, quartered
- Two inches of cucumber, sliced
- 1/3 green pepper, cut into strips
- 2 spring onions, sliced

## Method

1. Wash and prepare all the ingredients and mix in a large bowl.

**You don't have to prepare this whole salad if you're just making a sandwich- just pack your sandwich with whatever vegetables you like. You could also try a salad with any of your lunches or evening meals.**

# Fruit salad

**Serves:** 2

**Time to make:** 20 minutes

## Ingredients

- 1 banana, sliced
- 1 apple, sliced
- 1 orange, segmented
- 4 strawberries, quartered
- 10 grapes, halved
- 1 kiwi fruit, sliced
- 100ml unsweetened orange juice

## Method

1. Prepare the fruit and place in a large serving dish then add the orange juice.

**If you just need a small amount of fruit salad, you could just use one or two of the fruits shown here instead. Each time you make a salad or fruit salad, try to use different fruit and vegetables.**



Food  
Standards  
Agency

Buidheann  
Inbhe-Bìdhe

The Food Standards Agency in Scotland has developed the *eatwell week* with scientists at the University of Glasgow. The *eatwell week* has been designed to meet UK Dietary Reference Values.

The *eatwell week* provides an illustration of how to achieve a healthy balanced diet over the course of a week.

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