

Mean, median, and linear, quadratic and exponential predicted portion weights: Age Group 2 (4-6y)

New Food	Food Code	n	Mean	Std Dev	Median	25th	75th	Minimum	Maximum	Predicted Portion Weight		
										LIN	QUA	EXP
Pasta, boiled	101	202	89.91	48.96	83.75	51.89	118.31	3.00	302.00	93.97	95.15	72.73
Pasta, canned in sauce	102	214	100.34	66.88	83.50	50.53	125.38	1.70	411.00	107.61	101.55	85.92
Ravioli, canned	103	20	143.88	78.67	142.45	90.00	191.75	20.00	322.00	137.51	131.26	108.54
Macaroni cheese, not canned	104	12	206.17	84.39	217.00	176.00	278.00	28.00	302.00	151.81	160.01	123.48
Rice, boiled	201	124	77.71	41.97	76.99	44.93	100.00	4.30	202.00	82.43	84.41	64.19
Pot noodles, pot rice, savoury rice or instant noodles	202	42	124.82	90.54	98.50	57.10	190.00	3.00	319.00	145.91	147.19	103.24
Pizza, thin base	301	119	84.94	42.51	81.95	58.00	105.70	10.90	341.00	87.09	86.36	71.48
Pizza, thick base	302	47	76.91	35.15	76.00	44.00	100.00	9.00	170.00	91.96	87.62	74.83
Yorkshire pudding	401	117	38.45	24.05	34.70	19.50	51.00	2.00	118.00	37.25	37.48	26.95
Cheese and onion pastie	402	10	117.40	35.44	125.00	75.75	151.00	63.00	160.00	99.21	100.53	89.90
Bread, white & softgrain sliced	501	464	49.23	20.07	46.20	35.50	61.08	8.63	186.00	44.77	46.74	38.41
Bread wholemeal, brown & granary sliced	502	164	47.54	22.34	47.75	29.87	60.92	6.00	142.60	42.98	46.50	35.98
Bread, white & softgrain toasted	503	342	38.41	17.68	35.00	27.00	47.52	1.80	110.25	35.67	37.60	29.71
Bread, wholemeal, brown & granary toasted	504	59	35.07	20.25	29.57	19.90	47.00	4.20	88.00	30.64	32.91	24.89
Bread, rolls white	505	232	48.77	20.87	45.00	39.13	54.57	7.00	159.00	45.04	45.94	38.86
Bread, white crusty	506	84	50.68	32.60	46.00	28.13	60.48	7.30	190.00	44.76	45.54	34.62
Crumpets / pikelets / scotch pancakes	507	60	60.99	29.31	54.17	39.03	80.00	15.60	142.00	53.49	57.36	44.29
Bread, rolls wholemeal & brown	508	32	49.00	17.64	46.50	37.88	55.75	11.40	102.70	42.97	44.35	35.41
Garlic bread	509	28	35.95	19.71	39.25	19.25	47.88	3.70	80.00	36.81	36.96	29.78
Bread, pitta white	510	7	45.53	25.58	63.00	15.60	67.00	11.60	69.00	41.70	44.01	33.58
Naan bread	511	9	66.56	51.74	46.00	29.50	110.50	11.00	160.00	54.82	54.36	43.59
Rice Krispie type cereals	901	223	26.17	13.90	24.00	16.90	33.70	1.50	98.00	25.48	25.89	20.48
Flake cereals	902	182	26.69	15.48	23.85	17.06	32.63	3.30	103.00	26.08	26.68	21.13
Weetabix	903	178	27.72	13.55	24.55	18.12	37.75	4.00	119.00	26.56	26.98	23.17
Coated cornflakes	904	155	30.74	16.28	29.88	20.53	36.00	1.50	109.47	30.51	30.85	25.64
Sugar puffed cereals	905	72	26.55	12.03	26.09	18.33	31.95	2.53	67.00	26.34	27.77	21.41
Hoop / Loop Cereals	906	70	30.88	13.50	30.33	21.96	37.80	4.10	90.00	27.62	27.89	22.81
Shreddies	907	44	34.25	13.50	32.70	25.00	38.00	12.55	73.30	34.38	37.27	28.27
Ready Brek, dry	908	39	27.76	17.96	25.75	17.00	32.00	1.80	103.00	28.54	26.16	24.31
Porridge	909	17	131.46	68.88	134.00	94.83	160.48	22.50	299.00	141.82	136.62	123.19
Shredded Wheat	910	19	31.72	19.22	24.67	20.40	46.00	5.80	84.83	28.52	30.60	24.06
Sandwich biscuits	1101	192	23.25	12.69	20.58	14.00	27.00	7.00	92.00	23.51	23.17	19.86
Chocolate biscuits, fully coated sandwich	1102	167	25.00	8.98	24.00	22.00	26.00	5.00	75.00	24.15	24.47	22.91

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Short sweet biscuits	1103	134	18.80	11.67	17.42	9.00	24.04	2.00	52.00	20.11	19.98	16.08
Semi sweet biscuits	1104	100	15.15	9.68	14.00	7.00	19.00	4.00	65.00	14.01	15.72	11.19
Digestive type biscuits	1105	114	23.22	12.53	20.90	14.00	30.00	6.00	86.00	22.96	23.31	19.25
Chocolate biscuits, fully coated biscuit only	1106	86	23.95	9.17	24.00	18.75	26.00	5.00	54.00	21.95	22.17	19.84
Cookies	1107	85	22.96	11.87	20.00	15.17	30.00	7.00	79.00	21.50	21.53	18.10
Digestives, half coated chocolate	1108	74	26.50	14.17	25.00	17.00	32.00	9.00	108.00	24.45	25.35	21.06
Ice-cream wafer	1109	78	3.73	1.83	3.00	3.00	4.25	1.00	13.00	4.12	4.01	3.65
Cheese flavoured biscuits	1110	66	25.60	15.89	26.38	15.75	31.00	4.00	100.00	23.35	23.87	19.36
Crackers	1111	71	17.71	9.01	16.00	11.00	22.00	5.75	45.00	16.22	16.06	12.94
Jaffa cakes	1112	45	26.13	11.44	24.00	17.13	37.50	7.00	52.67	24.06	25.55	20.63
Crunch biscuits	1113	28	21.10	10.50	18.50	14.75	26.50	7.50	56.00	21.32	21.58	17.46
Chocolate biscuits, fully coated, biscuit and marshmallow	1114	33	29.43	9.97	31.00	22.13	37.75	10.50	45.00	30.08	30.40	28.13
Short, sweet or semi-sweet biscuits, half coated chocolate	1115	32	24.81	13.16	25.50	14.63	28.00	5.00	66.00	22.10	23.00	18.70
Iced biscuits	1116	35	21.49	15.77	18.00	12.00	27.00	4.00	84.00	20.79	21.26	16.54
Tuc, ritz, saltines	1117	13	12.94	7.45	12.00	7.25	17.00	2.70	27.00	14.06	13.50	10.59
Fruit biscuits	1118	16	16.59	8.80	15.00	10.00	20.75	8.00	40.00	16.65	14.29	14.08
Bread sticks	1119	27	20.21	12.97	18.00	12.00	25.00	5.00	70.00	15.20	16.94	11.63
Flapjacks	1120	20	53.02	13.79	60.00	45.00	60.00	15.00	81.00	44.85	45.32	38.47
Wafer sandwich biscuit	1121	16	14.88	7.49	14.00	7.38	20.75	7.00	30.00	16.13	16.17	13.65
Chewy Cereal Bar	1122	10	26.70	5.30	28.88	22.06	31.25	18.00	33.00	25.75	25.94	23.86
Fruit pie	1201	35	80.78	37.24	69.40	54.00	110.00	10.00	198.00	68.49	70.52	54.73
Fairy / fancy cakes	1301	98	43.67	28.38	35.50	28.00	54.63	1.00	177.00	41.08	41.95	34.99
Sponge sandwich cake with filling (sponge made with fat)	1302	79	48.38	33.32	45.00	28.00	60.00	1.00	240.00	45.61	47.40	38.07
Doughnuts, jam and iced	1303	67	66.32	21.98	70.00	55.00	75.00	11.00	150.00	61.06	61.24	56.08
Chocolate cake / gateau (sponge made without fat)	1304	66	52.72	30.74	45.00	30.75	63.88	11.00	166.00	49.95	52.86	41.95
Slab cakes	1305	50	49.23	30.71	42.50	27.00	60.13	15.00	156.00	44.23	46.36	37.81
Chocolate mini rolls	1306	51	28.78	7.54	26.50	25.00	31.00	12.00	52.00	29.01	29.53	26.43
Buns and Teakakes	1307	37	51.21	18.15	54.29	34.29	62.00	13.00	98.00	45.61	49.83	36.98
Sponge cake, no filling	1308	41	53.76	31.00	50.00	34.33	63.50	15.00	170.00	45.11	46.60	37.45
Scones	1309	24	42.38	14.99	47.50	31.50	48.75	6.60	70.00	47.45	46.87	41.78
Iced buns	1310	20	69.35	22.84	65.00	56.75	84.25	38.50	131.50	60.92	62.18	56.81
Chocolate crispie cakes	1311	33	28.88	12.30	27.00	23.00	31.50	10.00	56.00	28.79	28.76	25.29
Croissants	1312	28	54.00	20.20	52.25	44.48	62.38	12.00	99.70	47.08	47.42	41.86
Doughnuts, ring	1313	25	58.18	32.66	60.00	37.00	60.00	19.00	187.60	56.19	54.15	49.06
Jam tarts	1314	27	40.23	22.12	34.00	32.00	38.00	15.00	132.00	37.83	38.07	34.73

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Bakewell/Frangapine Tart	1315	16	48.69	23.38	46.00	40.13	59.25	2.00	117.00	43.35	45.24	38.08
Custard	1401	98	98.47	39.14	90.00	75.25	120.00	12.00	225.00	93.80	93.11	79.69
Milk pudding	1402	39	149.89	65.49	150.00	110.00	196.00	9.00	331.50	147.81	151.19	124.12
Instant dessert	1403	31	105.16	42.58	107.00	76.00	122.50	20.00	223.00	106.42	110.58	93.42
Steamed sponge pudding	1501	35	89.75	46.87	85.00	55.00	110.00	24.70	250.00	80.49	80.48	70.08
Jelly	1601	82	106.97	55.11	113.63	64.25	126.25	5.00	251.50	98.52	98.69	82.10
Crumble	1602	21	97.55	56.04	85.00	48.65	170.00	25.30	175.00	92.06	93.03	76.34
Milk on cereal	1701	524	105.33	46.75	101.21	73.40	129.74	5.50	326.13	103.73	106.17	88.46
Milk as a drink	1702	419	152.58	55.01	153.43	117.50	192.40	1.40	359.90	158.37	155.54	140.40
Milk in tea or coffee	1703	196	53.27	33.52	49.41	30.00	68.83	1.00	251.00	56.30	55.28	45.82
Hot drink made with milk	1704	110	161.43	60.67	171.71	117.70	202.25	17.50	326.00	150.89	155.77	133.36
Milk in a milkshake	1705	10	177.19	60.93	188.10	110.75	210.48	88.00	278.00	169.24	166.12	155.55
Milkshakes bought	1706	30	223.98	106.72	207.00	157.50	241.88	4.00	520.00	216.24	216.55	188.55
Milkshake, shop bought, thick	1707	21	322.26	78.43	335.50	299.00	336.00	166.00	591.00	274.25	289.95	247.41
Cream	1708	35	21.25	12.51	22.00	10.00	30.00	1.00	46.00	20.54	20.75	15.68
Hard cheese	2401	285	27.48	15.51	24.50	17.00	36.64	2.25	93.00	25.55	25.79	20.53
Cheese spread	2402	96	18.81	14.05	15.00	12.08	22.92	2.00	108.00	16.69	17.17	13.39
Processed cheese	2403	81	22.87	10.60	21.00	18.00	25.00	2.80	76.00	21.83	21.49	18.92
Cream cheese	2404	24	13.40	6.93	10.95	8.08	19.50	4.00	25.00	14.63	15.37	11.10
Hard cheese on toast	2405	54	35.55	17.75	33.50	21.19	45.63	6.30	100.70	31.92	32.26	24.87
Hard cheese on baked potato	2406	38	24.41	13.63	23.55	14.56	34.25	2.10	63.00	23.42	24.10	17.86
Hard cheese on bread	2407	180	26.70	14.44	24.50	17.00	35.83	1.10	75.00	25.95	26.37	20.97
Fromage frais	2501	174	57.76	22.12	52.00	43.75	61.42	8.40	160.00	60.43	58.77	55.88
Yoghurt	2601	207	117.45	34.12	122.00	100.00	133.00	6.00	250.00	114.73	115.55	104.00
Twin pot yoghurt	2602	38	149.70	30.27	150.00	148.38	173.50	67.00	200.00	149.43	151.56	146.67
Dairy desserts	2701	90	75.79	38.72	63.00	56.31	89.50	24.00	251.00	70.64	70.90	63.08
Eggs, fried / poached	2801	107	50.40	19.18	50.00	42.40	60.00	6.30	121.00	47.60	49.06	40.28
Eggs, boiled	2802	119	50.01	26.92	50.00	30.26	59.90	3.90	141.50	49.68	49.41	43.01
Scrambled egg	2803	26	71.30	30.18	68.90	42.83	96.20	28.00	121.00	77.44	80.00	64.33
Quiche	2804	12	74.82	31.03	81.00	49.75	103.50	22.00	109.80	65.39	71.07	47.58
Butter	3001	177	8.81	5.60	7.50	5.00	10.75	1.00	30.00	7.86	7.93	6.26
Soft margarine & fat spreads	3002	482	7.51	3.62	6.98	5.00	9.15	1.00	25.73	7.09	7.46	5.98
Ham	4001	222	28.67	18.73	23.17	15.88	37.71	2.00	116.50	25.93	25.75	20.69
Bacon	4002	103	35.12	35.48	25.00	15.00	41.67	1.80	205.00	29.07	31.11	20.24
Roast meat	4101	122	47.58	33.94	41.05	22.75	65.00	2.50	210.25	42.63	44.36	29.80

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Mince/ meat sauce	4102	69	90.88	70.66	78.00	42.65	115.05	5.00	385.00	87.08	84.92	65.78
Pork chops	4103	40	59.31	41.00	47.50	30.55	83.00	1.50	188.00	50.18	50.18	34.88
Stew	4104	24	104.91	65.28	104.00	55.73	148.00	15.10	290.00	105.78	102.44	80.83
Shepherds pie	4105	10	130.86	64.98	129.50	77.25	197.45	40.00	228.00	145.90	140.24	118.23
Lasagne	4106	8	186.75	137.09	127.00	107.75	228.50	75.00	500.00	154.52	150.65	121.63
Chicken / turkey nuggets/fingers/goujons	4401	197	61.59	27.15	61.00	42.00	75.00	1.00	150.00	61.78	61.35	53.07
Chicken / turkey/ vegetable burger	4402	57	68.14	26.33	64.00	51.70	85.00	14.80	137.00	58.68	59.83	47.78
Chicken burger in bun	4403	2	139.15	36.56	139.15	113.30		113.30	165.00	134.37	137.64	130.42
Cooked chicken / turkey	4501	241	55.00	37.03	47.00	30.25	69.00	4.50	235.50	49.64	52.03	35.74
Chicken / turkey slices	4502	56	24.82	13.34	23.67	14.59	34.19	4.60	70.00	23.85	23.85	19.64
Chicken Curry	4503	8	100.71	57.18	90.28	56.65	165.93	22.80	180.00	94.66	94.66	73.16
Pate/Meat Paste	4601	46	14.99	10.89	13.45	6.88	20.00	2.00	54.00	14.18	13.76	10.25
Burgers	4701	105	52.55	28.78	42.00	35.50	64.25	3.90	150.00	49.35	48.29	40.08
Burger in bun	4702	45	102.03	22.39	103.00	100.00	105.00	25.00	180.00	98.67	99.84	89.54
Cheeseburger in bun	4703	29	114.00	37.56	117.00	100.00	119.00	18.50	194.00	109.26	109.63	97.32
Sausages	4801	297	54.30	26.26	50.00	35.83	68.17	3.90	174.00	53.01	53.45	43.96
Frankfurters	4802	80	53.66	28.71	48.05	33.25	70.00	8.00	186.00	50.74	49.22	42.78
Sausage in Batter	4803	10	81.50	29.97	79.00	51.25	115.00	41.00	116.00	82.06	85.67	69.48
Sausage rolls	4901	101	63.41	30.88	60.00	49.25	69.50	1.00	171.00	61.39	60.22	52.03
Meat pies, including chicken	4902	74	91.01	39.47	85.90	64.85	116.00	13.50	225.00	86.67	90.36	68.55
Corned beef	5001	47	42.76	25.96	41.00	25.00	53.00	6.00	160.00	39.37	40.95	31.63
Procesed cold meat	5002	56	31.44	20.67	24.50	18.17	38.25	1.30	88.00	30.65	28.63	23.29
Fish fingers	5101	174	60.53	25.39	56.00	46.64	75.00	7.80	189.00	55.11	56.09	47.44
Cod in batter	5102	49	95.97	46.02	95.00	70.00	120.00	12.10	208.00	82.36	83.72	67.06
Fishcakes	5103	63	70.65	34.61	60.00	50.00	90.00	9.60	181.00	63.53	64.96	54.20
Fish in Breadcrumbs	5104	25	77.44	26.97	78.00	59.10	98.50	25.90	134.00	72.73	75.81	65.81
Prawns	5301	15	30.86	24.62	28.00	13.00	41.00	1.60	100.00	28.96	29.05	20.46
Oily Fish, canned	5401	79	42.74	24.96	41.00	23.00	58.00	2.00	104.00	36.52	36.66	28.71
Oily fish, canned on bread	5402	66	40.71	24.01	35.75	22.00	56.38	2.00	104.00	34.66	34.65	27.73
Carrots, raw	5501	90	35.49	26.14	27.50	18.00	50.10	2.00	133.33	31.90	32.95	22.87
Cucumber, raw	5601	171	24.82	19.04	22.00	14.00	30.33	1.00	142.75	22.89	23.17	17.93
Lettuce, raw	5602	104	16.79	13.20	15.00	9.06	20.00	1.90	95.00	15.60	15.77	11.25
Coleslaw	5603	35	43.82	28.91	43.00	23.40	52.00	4.55	131.00	37.03	37.64	28.22
Onions, raw	5604	22	11.32	8.32	10.00	4.00	20.00	2.50	30.00	12.23	12.07	9.37
Raw peppers	5605	20	10.36	8.49	8.00	4.05	13.75	1.00	31.00	13.19	13.18	9.78

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Celery, raw	5606	15	17.25	8.63	15.00	10.00	26.33	4.75	30.00	14.37	15.36	10.18
Tomatoes, raw	5701	139	34.08	23.26	31.50	19.50	42.00	2.00	195.00	32.10	32.57	24.31
Peas/ mixed vegetables, boiled	5801	268	34.44	19.70	30.00	19.20	43.00	1.40	115.00	31.86	33.43	23.67
Peas, processed	5802	69	40.21	29.70	33.80	21.00	47.50	2.00	140.00	40.43	40.20	29.18
Runner beans, boiled	5901	55	29.56	19.30	27.90	14.00	40.00	2.60	88.00	27.97	26.29	19.72
French/green beans, boiled	5902	29	31.00	25.43	21.80	11.00	50.50	3.90	114.33	27.36	24.95	19.49
Baked beans in tomato sauce	6001	317	74.42	44.30	70.00	45.00	91.25	4.00	439.00	74.94	73.42	58.40
Baked beans in tomato sauce with sausages	6002	36	158.91	66.70	168.00	92.63	222.25	40.00	275.00	143.28	143.15	112.53
Baked beans on toast	6003	61	109.49	52.37	101.00	75.00	139.50	23.00	230.00	101.02	97.90	80.13
Broccoli, boiled	6101	124	37.16	20.47	34.75	22.85	50.75	1.30	110.00	33.86	35.28	25.11
Cabbage, boiled	6102	106	39.78	24.93	37.00	21.00	58.80	5.00	182.00	35.39	37.13	25.32
Brussels sprouts, boiled	6103	53	35.73	24.26	35.00	16.43	45.45	4.90	140.00	33.48	34.23	22.97
Carrots, boiled	6201	336	35.68	20.23	34.25	21.00	45.40	1.00	114.00	33.86	34.40	25.79
Tomatoes, canned	6301	20	52.83	32.42	45.00	23.93	72.50	16.00	129.00	55.62	58.35	40.69
Tomatoes, grilled	6302	10	38.76	18.72	38.00	24.63	57.50	12.00	65.90	32.61	31.06	24.37
Cauliflower, boiled	6501	118	41.90	27.80	37.05	20.78	60.00	3.80	157.00	40.05	40.26	28.93
Sweetcorn, boiled	6502	113	41.81	34.91	33.00	23.50	53.50	7.20	311.00	37.50	38.87	27.51
Swede/turnip, boiled	6503	60	33.31	23.87	30.00	18.25	40.00	3.10	116.00	36.68	36.32	25.44
Onions, cooked	6504	32	23.43	16.78	20.00	9.93	32.41	1.00	77.00	17.07	16.75	11.77
Mushrooms, stewed or grilled	6505	26	25.44	14.70	20.90	13.83	37.38	2.10	59.50	23.25	22.52	15.77
Beetroot, cooked	6506	17	27.97	12.88	28.00	17.80	35.17	9.80	62.00	26.67	26.52	21.12
Leeks, cooked	6507	6	35.42	17.27	33.10	22.58	51.00	12.30	60.00	25.50	23.23	17.91
Potato chips	6601	458	84.16	41.42	79.13	55.89	102.39	1.20	244.00	83.23	85.28	67.44
Roast potatoes	6701	204	68.80	45.79	60.00	35.00	96.00	3.40	342.00	64.97	67.95	45.56
Potato waffles/fritters/hash browns	6801	133	60.65	28.33	54.00	43.00	81.25	3.20	141.00	57.78	58.41	47.65
Potato croquettes	6802	20	95.20	47.70	90.00	52.50	148.75	29.00	188.00	74.18	80.91	56.05
Potatoes old, boiled	6901	204	83.77	44.88	81.81	50.93	113.00	11.00	239.90	81.52	81.66	61.71
Potatoes new, boiled	6902	156	72.87	47.14	63.75	38.20	99.23	3.00	240.00	74.64	74.78	56.66
Potatoes old, mashed	6903	170	91.67	51.13	84.50	51.62	120.00	7.00	280.00	89.71	90.86	69.94
Potatoes old baked, weighed with skin	6904	81	112.85	60.72	100.00	68.75	151.88	10.00	343.00	108.45	110.56	87.36
Potatoes old baked, flesh only	6905	49	89.03	61.98	75.00	45.85	112.00	5.40	267.00	83.05	85.44	61.11
Potatoes, instant	6906	33	82.83	37.29	72.50	60.00	110.63	29.80	174.95	80.59	76.49	68.30
Apples, eating weighed with skin and core	7001	292	86.43	34.15	95.94	63.13	109.19	3.00	186.90	80.60	83.76	68.68
Apples, eating flesh only	7002	75	62.80	37.89	53.00	32.00	92.33	3.00	157.00	64.11	65.62	51.92
Pears, flesh and skin	7003	29	107.74	52.76	119.50	69.11	145.00	18.00	198.00	101.01	102.37	84.08

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Pears, flesh only	7004	16	93.99	44.23	100.50	45.00	124.47	38.00	170.00	85.74	86.54	70.79
Tangerines/mandarins/clementines/satsumas, flesh only	7101	106	63.13	29.97	59.87	45.66	72.07	3.00	182.00	59.18	59.42	52.00
Oranges, flesh only	7102	61	91.01	56.90	87.00	50.00	115.20	7.50	318.00	85.00	88.11	64.65
Bananas, flesh only	7201	276	83.08	29.99	85.58	63.19	100.65	5.00	190.00	77.11	78.29	68.85
Canned Fruit	7301	46	82.82	60.16	71.45	36.00	116.25	4.00	338.00	87.84	94.13	66.64
Grapes	7501	96	60.46	36.55	51.00	32.31	76.39	4.00	227.00	56.42	60.02	44.81
Raisins/Sultanas	7502	63	23.75	34.69	16.75	14.00	25.00	3.00	282.00	20.10	20.66	15.18
Strawberries	7503	33	77.92	43.45	72.00	44.00	92.75	19.60	180.00	69.50	69.46	56.16
Melon	7504	25	128.80	76.58	102.00	72.48	186.50	49.50	308.00	105.50	107.50	76.99
Nectarines/Peaches	7505	19	92.92	37.36	91.00	72.50	116.50	18.00	168.50	74.40	79.35	61.93
Plums	7506	28	69.42	32.08	55.70	48.75	102.75	22.00	157.00	56.57	57.12	46.14
Kiwi Fruit	7507	22	57.05	28.17	57.75	33.75	76.00	9.00	110.50	51.14	54.88	40.81
Sugar, white	7601	344	5.62	4.86	4.63	3.14	6.70	1.00	64.50	5.49	5.67	4.32
Sugar, brown	7602	18	3.82	2.02	3.58	2.62	4.96	1.00	10.00	5.50	6.71	3.91
Jam and marmalade	7701	211	13.83	8.45	12.00	8.00	18.00	2.00	67.00	12.65	13.44	9.60
Syrup and honey	7702	59	10.51	7.03	9.20	6.00	13.50	1.20	40.00	11.05	11.94	8.10
Chocolate spread	7801	40	13.88	8.27	12.40	7.18	17.75	3.00	40.00	13.77	14.19	10.87
Ice cream sauce	7802	36	16.07	10.32	15.00	7.25	28.00	1.00	40.00	14.06	14.46	10.24
Water icing	7803	26	9.56	5.72	10.00	5.00	10.88	2.00	23.00	8.06	8.15	6.34
Crisps	7901	407	24.93	6.84	26.00	23.50	28.00	2.00	56.00	24.51	24.71	22.44
Cereal based snacks	7902	224	21.48	7.57	21.00	18.00	25.00	1.60	68.00	20.79	21.10	18.88
Potato rings	7903	90	26.18	7.86	29.50	22.88	30.00	3.00	45.50	25.35	25.79	23.03
Potato puffs	7904	67	18.92	6.32	18.25	17.00	20.00	5.00	45.00	18.79	18.80	17.34
Tortilla chips	7905	16	26.59	14.85	25.25	14.00	34.63	6.00	67.70	27.86	26.97	23.42
Chew sweets	8001	140	26.82	16.60	22.50	14.25	36.00	1.00	89.00	25.40	25.50	19.19
Ice lollies	8002	134	61.68	40.49	55.00	44.50	64.13	15.00	300.00	59.59	62.11	49.57
Boiled sweets	8003	122	14.77	14.59	10.00	5.00	17.25	2.00	100.00	16.85	17.36	11.49
Sugar-coated jelly sweets	8004	76	29.03	18.25	29.50	14.75	42.00	2.00	99.00	31.74	32.80	25.26
Gum sweets	8005	66	25.46	18.83	22.00	10.25	33.62	3.00	100.00	28.66	29.45	20.01
Coated chew sweets	8006	87	40.00	22.37	38.00	23.00	55.00	3.00	114.00	39.98	38.96	30.42
Chewing gum	8007	39	6.52	8.13	4.00	2.00	6.00	1.90	42.00	7.57	7.40	5.00
Sherbet sweets	8008	41	19.94	14.56	15.50	9.50	25.50	3.00	70.00	17.07	17.61	12.50
Candy	8009	38	30.09	25.72	20.50	13.88	34.75	4.00	102.00	31.94	28.49	22.09
Mints	8010	29	9.84	9.94	6.00	2.00	16.00	1.00	30.00	12.99	13.05	7.81
Marshmallows/ foam sweets	8011	41	23.40	24.20	16.00	5.50	30.00	1.00	105.00	20.91	20.72	12.43

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Toffees	8012	41	24.48	27.39	11.00	7.50	36.50	2.00	113.00	24.58	25.32	16.37
Pick N Mix	8013	30	41.98	22.14	39.00	25.00	57.00	8.00	100.00	44.19	47.27	36.23
Popcorn, sweet	8014	22	37.39	27.34	25.50	19.00	50.88	2.00	100.00	39.72	39.22	29.74
Chocolate with/without additions	8101	247	24.14	18.29	20.00	11.67	32.00	2.00	176.00	25.05	24.83	19.65
Kit Kat	8102	135	25.57	9.36	22.00	21.00	25.80	11.00	51.00	24.55	24.87	22.70
Coated small sweets	8103	137	28.51	17.79	25.50	15.00	37.00	1.00	110.00	29.39	28.10	22.39
Chocolate covered caramel	8104	96	30.87	16.77	26.00	18.00	43.00	5.00	113.00	31.06	31.20	26.49
Mars/ topic/ snickers	8105	45	38.29	19.86	32.00	19.00	65.00	8.00	66.50	43.36	43.20	37.30
Chocolate covered caramel biscuit	8106	62	35.67	14.58	31.00	28.00	44.63	4.00	85.00	34.82	35.42	30.93
White chocolate	8107	73	18.49	11.28	14.00	10.00	26.00	4.00	52.00	20.69	19.21	16.69
MilkyWay	8108	38	26.85	10.43	26.00	18.00	29.00	13.00	55.00	26.94	26.24	25.04
Maltesers	8109	49	27.64	12.66	27.50	20.50	37.00	1.75	58.00	28.44	28.04	24.41
Chocolate covered crispy caramel	8110	26	36.65	15.00	46.00	19.75	48.25	12.00	53.00	36.38	36.47	33.45
After dinner mints	8111	41	28.84	19.27	25.00	14.00	41.75	3.00	100.00	27.81	31.52	21.19
Coconut bars	8112	13	38.38	16.81	32.00	29.00	55.00	1.00	58.00	37.82	37.99	32.59
Crunchie	8113	18	30.97	12.58	36.00	18.00	42.00	12.00	45.00	29.88	29.92	26.71
Cream eggs/mintolai	8114	12	35.58	13.71	39.00	24.75	40.38	11.50	56.00	32.73	33.65	28.41
Fruit juice	8201	259	146.17	57.67	140.33	105.00	189.00	22.00	366.00	136.56	138.52	118.82
Milkshake powder	9301	68	10.26	6.04	9.76	6.00	14.00	1.00	30.00	9.63	10.52	7.23
Drinking chocolate instant powder	9302	22	11.05	5.64	11.00	6.00	14.19	2.00	26.00	12.92	12.95	10.65
Drinking chocolate powder	9303	30	12.00	9.87	10.00	4.78	18.00	1.20	52.00	9.79	10.43	7.01
Soup	9401	78	167.56	72.97	170.00	124.50	212.25	14.00	417.33	160.29	164.58	133.26
Gravy, thickened	9501	261	43.05	24.78	43.00	25.00	52.00	1.00	148.00	44.01	44.10	32.55
Tomato ketchup	9502	222	12.60	6.99	12.00	7.50	17.00	1.00	50.00	11.43	12.00	9.15
Mayonnaise	9503	95	12.90	9.91	10.50	7.80	15.00	1.00	58.00	11.07	11.12	8.31
Gravy, unthickened	9504	65	45.87	30.02	44.50	24.00	69.00	1.20	147.00	43.37	43.20	30.14
Marmite	9505	67	2.55	1.67	2.00	1.00	3.10	1.00	8.33	2.81	2.97	2.13
Cook in sauces	9506	35	48.35	43.34	33.00	17.00	65.80	2.60	170.00	43.68	45.86	27.16
Stuffing	9507	37	27.06	16.66	26.00	16.35	33.88	1.40	75.00	28.46	32.30	19.95
Pickle, sweet	9508	32	12.58	8.77	10.00	5.50	15.00	2.40	42.00	12.09	11.89	9.61
Tomato pasta sauce	9509	22	49.11	46.23	35.10	22.42	61.35	5.00	230.00	55.88	55.68	39.60
White/cheese sauce	9510	17	34.12	33.55	18.40	11.10	52.85	9.40	133.10	45.06	46.85	28.90
Vinegar	9511	27	2.73	1.66	2.00	1.00	4.00	1.00	6.00	2.67	2.67	2.21
Brown sauce	9512	13	8.36	5.24	7.00	4.50	12.50	1.90	18.00	8.11	8.67	5.38
Mint Sauce	9513	21	6.46	3.59	6.00	4.20	10.00	1.00	14.00	6.93	6.80	5.24

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Instant coffee	9601	36	121.45	46.54	117.00	85.98	149.50	45.40	220.00	113.50	116.54	98.21
Tea, infusion	9701	179	110.94	46.47	107.50	83.50	136.50	8.40	289.00	115.07	118.71	97.22
Water, mineral bottled	9901	27	184.62	97.55	160.00	110.50	200.83	80.00	500.00	162.62	155.90	136.04
Ice-cream	10301	238	62.95	28.27	60.00	46.00	75.00	6.00	230.00	62.73	63.80	54.00
Choc ice	10302	59	49.26	16.62	47.50	39.00	56.00	25.00	95.00	46.60	47.75	43.67
Ice-cream lollies	10303	49	64.69	14.48	64.00	59.00	76.50	15.00	90.00	63.08	63.70	59.76
Cornetto/King cone	10304	14	76.29	7.09	76.00	73.00	81.00	60.00	91.00	73.52	73.73	72.83
Milk ice lollies	10305	18	34.88	11.39	31.63	30.00	40.00	10.00	58.00	34.53	35.95	33.17
Peanut butter, smooth	10901	62	13.59	6.98	12.20	8.00	17.53	2.60	31.00	13.65	14.66	10.84
Peanuts	10902	15	26.15	14.39	24.00	19.00	26.00	3.00	59.50	28.83	30.52	23.52
Soft drinks, concentrated, not low calorie	11001	346	38.38	14.94	38.65	27.78	46.61	2.30	119.33	38.65	40.21	34.25
Soft drinks, carbonated, not low calorie	11101	360	209.43	83.62	200.00	150.19	258.00	26.67	520.00	194.31	201.17	173.05
Soft drinks, still, reconstituted (with and without sugar)	11201	195	214.46	66.69	212.60	185.00	260.00	46.50	520.00	203.65	208.71	184.71
Soft drinks, concentrated, low calorie	11301	306	38.70	17.49	35.92	27.94	45.30	2.00	160.80	37.05	38.21	32.65
Soft drinks, carbonated, low calorie	11401	196	186.70	72.68	176.00	135.51	234.44	13.00	402.60	179.00	180.67	161.70