

## List Of Supermarket/Manufacturers' Food Portion Data

Product	Supermarket/Manufacturers' Data	Weight
<b>Children's Ready Meals</b>		
<b>NB Children's Ready Meals - Percentages of ingredients taken from packaging do not total 100% therefore gram weights of ingredients do not add up to total weight of meal.</b>		
Blue Parrot Café Chicken Curry	Sainsbury's	250g each (140g curry, 110g rice)
Blue Parrot Café Chicken Curry with Rice	Sainsbury's	300g
Blue Parrot Café Chicken Meal (Chicken Fillet, Roast Potatoes, Carrots, Peas)	Sainsbury's	285g
Blue Parrot Café Shepherd's Pie	Sainsbury's	250g each
Blue Parrot Café Sweet & Sour Chicken with Noodles	Sainsbury's	300g
Cheesy Tuna Pie	Marks & Spencer	256g (Potatoes 117g, Tuna 39g, Cheese 14g, Sweetcorn 7g)
Chicken & Tomato Rice	Marks & Spencer	200g (Chicken 44g, Cooked Rice 90g, Tomatoes 18g, Sweetcorn 12g)
Children's Chicken & Pasta Bake	Marks & Spencer	225g (Chicken 43g, Pasta 61g, Tomato 14g, Sweetcorn 14g)
Children's Shepherd's Pie	Marks & Spencer	210g each
Children's Tuna & Pasta Bake	Marks & Spencer	230g (Pasta 83g, Tuna 37g, Semi-skimmed Milk 46g, Tomato 18g, Cheese 14g)
Chilli Potato Wedges	Tesco	235g each (Potatoes 96g, Chilli 139g)
Chunky Cod & Chips with Ketchup	Marks & Spencer	200g (Chips 100g, Cod 48g, Ketchup 24g)
Cod and Vegetable Fish Cake Meal	Marks & Spencer	190g (Potato Rosti 78g, Cod 36g, Tomato 29g)
Kids Chicken & Vegetable Smiley Face Pie (Potato Topping)	Tesco	235g
Kids Chicken Nuggets & Chips	Tesco	180g each (81g nuggets, 99g chips)
Kids Fish & Chips	Tesco	220g (92g chips, 73g cod, 51g tomato relish)
Kidz Curry	Tesco	250g each (140g curry, 110g rice)
Kidz Footballs & Bootlaces	Tesco	250g each (Meatballs 48g, Spaghetti in Tomato Sauce 202g)
Kidz Shepherd's Pie	Tesco	235g each
Mini Chicken Burgers & Fries	Marks & Spencer	240g (Fries 100g, Burger, 48g, Beans, 60g, Tomato Ketchup 32g)
Mini Indian Meal	Marks & Spencer	160g (Chicken 94g, Naan Bread 40g, Mango Chutney 19g)
Mini Yorkshire Pudding & Sausage Casserole	Marks & Spencer	240g (Sausages 55g, Carrots 22g, Potato 22g, Yorkshire Pudding 14g)
Nuggets & Chips	Marks & Spencer	200g (Chicken Nuggets 50g, Chips 100g, Tomato Ketchup 30g)
Pasta Footballs & Meatballs	Marks & Spencer	250g (Cooked Pasta 85g, Tomatoes 43g, Meat 45g)
Real Fish Fingers with Fresh Pasta Shells	Marks & Spencer	195g (Cod 47g, Breadcrumbs 23g, Cooked Pasta 12g)

Product		Supermarket/Manufacturers' Data	Weight
	Roast Chicken Meal	Marks & Spencer	200g (Chicken Breast 46g, Potatoes 48g, Carrot 20g, Pork Sausage 8g)
	Sausage with Carrot & Swede Mesh	Marks & Spencer	215g (Pork Sausage 39g, Potato 97g, Carrots 22g, Swede 11g)
	Sausage, Beans & Mash	Tesco	235g (Sausages 50g, Mash 77g, Baked Beans 108g )
	Tweenies Meal for One	Marks & Spencer	295g (Chicken Nuggets 74g, Chips 103g, Raspberry Yogurt 91g, Tomato Ketchup 27g)
<b>Pasta</b>			
<b>Macaroni</b>			
	Blue Parrot Café Macaroni	Sainsbury's	300g
	Cheesy Spirals	Marks & Spencer	200g (Pasta 84g, Cheese - low fat 24g, Cheddar 8g)
	Kidz Cheesy Tubes	Tesco	200g
	Macaroni Cheese - Small can	Heinz	200g/220g
	Macaroni Cheese - Large can	Asda/Asda Smartprice	410g
<b>Pasta Canned in Sauce</b>			
	Blue Parrot Café Numberelli	Sainsbury's	213g
	Blue Parrot Café Alphabetti	Sainsbury's	410g
	Kids Spaghetti Letters	Tesco	410g
	Pasta Shapes in Tomato Sauce - Small	Heinz	205g
		HP	213g
	Pasta Shapes in Tomato Sauce - Large	Heinz	400g
		HP	410g
	Spaghetti in Tomato Sauce - Small	Heinz	200g
		Sainsbury's	212g
		Asda	215g
	Spaghetti in Tomato Sauce - Large	Asda/Asda Smartprice/Sainsbury's/Tesco	410g
	Spaghetti Hoops/Loops/Rings in Tomato Sauce - Small	Heinz	205g
		Sainsbury's	212g
		Asda	215g
	Spaghetti Hoops/Loops/Rings in Tomato Sauce - Large	Heinz	400g
<b>Pasta with Meatballs</b>			
	Mr. Men & Little Miss Spaghetti & Mini Meatballs	Pataks	220g (Meatballs 35g)
	Pasta Footballs & Meatballs	Marks & Spencer	250g (Cooked Pasta 85g, Tomatoes 43g, Meat 45g)

Product		Supermarket/Manufacturers' Data	Weight
	Spaghetti with Chicken Meatballs	Heinz	400g
		Asda Smartprice/Tesco	410g
<b>Pasta with Sausages</b>			
	Pasta Shapes with Mini Sausages	Heinz	200g
	Spaghetti Rings with Sausages - Small	Tesco	215g
	Spaghetti Rings with Sausages - Large	Tesco	410g
	Spaghetti with Sausages - Small	Heinz	200g
	Spaghetti with Sausages - Large	Heinz	400g
	Hoops 'n' Hot Dogs	Heinz	400g
	Spaghetti Loops with Mini Sausages	Asda	410g
	Pizza Pasta	HP	400g
<b>Ravioli</b>			
	Beef Ravioli	Asda Smartprice	400g
	Cheese Ravioli	Marks & Spencer	250g
	Cheese & Tomato Ravioli	Heinz	410g
	Ravioli - Small	Heinz	200g
	Ravioli - Large	Tesco/Asda	400g
		Heinz	410g
<b>Spaghetti Bolognese</b>			
	Blue Parrot Café Spaghetti Bolognese	Sainsbury's	300g
	Spaghetti Bolognese - Small can	Marks & Spencer	200g (Pasta 80g, Beef 60g, Tomatoes 34g)
		Heinz	200g
		Tesco	300g
	Spaghetti Bolognese - Large can	Heinz	400g
		Asda Smartprice/Asda/Tesco	410g
<b>Pasta with Other Additions</b>			
	Blue Parrot Café Spaghetti with Cheese-filled Pork Nuggets	Sainsbury's	200g (Spaghetti in Tomato Sauce 92g, Cheese 58g, Pork Nuggets 24g)
	Children's Chicken & Pasta Bake	Marks & Spencer	225g (Chicken 43g, Pasta 61g, Tomato 14g, Sweetcorn 14g)
	Children's Tuna & Pasta Bake	Marks & Spencer	230g (Pasta 83g, Tuna 37g, Semi-skimmed Milk 46g, Tomato 18g, Cheese 14g)
<b>Pot Snacks</b>			

Product		Supermarket/Manufacturers' Data	Weight
<b>Small (up to 75g dry weight)</b>			
<b>Pasta</b>			
	Pasta Breaks (All varieties)	Asda	67g dry weight (212g made up)
	Pasta Quick Snacks	Sainsbury's	63g dry weight (255g made up)/74g dry weight (283g made up)
	Pot Noodle Fun Pots	Golden Wonder	55g/56g
	Pot Pasta	Knorr	71g
	Snack Stops (Pasta)	Crosse & Blackwell	57g dry weight (237g made up)/60g dry weight (210g made up)
<b>Potato</b>			
	Cheese & Chive Potato	Nestle	49g pot (dry weight)
	Mash Break	Asda	57g dry weight (216g made up)
	Mash Quick Snack	Sainsbury's	60g dry weight (240g made up)
	Roast Onion & Potato	Crosse & Blackwell	60g pot (dry weight)
<b>Rice</b>			
	Rice Break	Asda	60g dry weight (209g made up)
	Rice Quick Snacks	Sainsbury's	67g dry weight (237g made up)/70g dry weight (246g made up)
	Pot Rice	Knorr	68g/74g
<b>Medium (76g to 100g dry weight)</b>			
<b>CousCous</b>			
	CousCous Snack Stops	Crosse & Blackwell	80g dry weight (240g made up)
<b>Pasta</b>			
	Cup Noodles	Tiger Tiger	90g
	Healthy Choice Pasta Breaks	Asda	81g dry weight
	Noodle Snack	Asda	89g dry weight (292g made up)/93g dry weight (296g made up)
	Pot Noodle	Golden Wonder	86g/87g/89g/90g
	Pot Noodle Snacks	Asda Smartprice	76g dry weight (292g made up)
	Pot Snacks Noodles	Abbey	82g dry (300g made up)
	Quick Snacks	Tesco Value	80g dry weight
	Snack Stops (Pasta)	Crosse & Blackwell	97g dry weight (412g made up)
	Taste Breaks (Pasta)	Knorr	94g dry weight (340g made up)
<b>Rice</b>			

Product		Supermarket/Manufacturers' Data	Weight
	Taste Breaks (Rice)	Knorr	90g dry weight (293g made up)/93g dry weight (347g made up)
			96g dry weight (347g made up)/98g dry weight (347g made up)
<b>Large (over 101g dry weight)</b>			
<b>Pasta</b>			
	Big Snack Stops (Pasta)	Crosse & Blackwell	106g dry weight (413g made up)/109g dry weight (421g made up)
			110g dry weight (410g made up)/114g dry weight (421g made up)
	Micronoodles	Knorr	100g dry weight (279g made up)
	Pot Noodle King Pot (All varieties)	Golden Wonder	118g/120g
<b>Instant Noodles</b>			
	95% Fat Free Noodles (All flavours)	Heinz	85g pack
	Instant Noodles	Blue Dragon	80g/85g
	Instant Noodles	Asda/HaoHao	85g pack
	Noodles	Asda Smartprice	65g
	Super Noodles	Bachelor's	100g
<b>Pizza</b>			
<b>Small (Up to 80g)</b>			
	Cheese & Tomato Pizza (10 pack)	Asda Smartprice/Co-op Value/Tesco Value	60g to 63g
	Cheese & Tomato Pizza Fingers	McCain's	30g
	Cheese & Tomato Pizza Grills	Somerfield	30g
	Children's Pizza	Somerfield	80g
	Kid's Crew Cheese & Tomato Fun Size Pizza	Iceland	46g
	Pizza Grills	Somerfield	78g
<b>Medium (81g to 99g)</b>			
	Basic Tomato & Cheese Flavour Pizza (10 pack)	Somerfield	97g
	Cheese & Tomato Pizza - Kids	Tesco	92g/122g/129g
	Children's Pizza	Asda	85g/90g/95g
	Kid's Crew Cheese & Tomato Pizza	Iceland	96g
	Kids Pizza	Tesco/Co-op	91g
	Pizza	Marks & Spencer	95g
	Pizza Squares - 4 inch	Somerfield	85g

Product	Supermarket/Manufacturers' Data	Weight
<b>Large (over 100g)</b>		
Cheese & Tomato Pizza (10 pack)	Tesco Value	150g
Cheese & Tomato Pizzas	Tesco	190g
Kids Pizza Face	Tesco	121g
Kidz Pizza Star	Tesco	150g
Mega Value Pizza	Tesco	129g
Micro Pizza	Asda/McCain's	135g
Pizza Squares - 4 inch	Asda	100g
<b>Breads</b>		
<b>Rolls</b>		
Brown Mini Rolls	Marks & Spencer	28g each
Burger Buns	Asda/Tesco	55g each
Burger Buns - Mega Value (24 pack)	Tesco	50g each
Burger Buns - Seeded (12 pack)	Tesco	95g each
Hot Dog Rolls - Large White	Asda/Tesco	85g each
Petit Pains - Mini (6 pack)	Tesco	50g each
Rolls - Assorted Mini (9 pack)	Tesco	34g each
Submarine Rolls - Mini	Marks & Spencer	23g each
<b>Pitta Bread</b>		
Pitta Bread - Mini	Marks & Spencer	13g each
Pitta Bread - Mini White (10 pack)	Tesco	27g each
<b>Other Breads</b>		
Kidz Garlic Bread	Tesco	100g each
Naan Bread - Mini	Tesco	60g/75g
Naan Bread (6 pack) - Mini	Somerfield	45g each
Naan Bread (6 pack) - Mini	Asda	50g each
Poppadums - Minis	Sainsbury's	50g each
<b>Breakfast Cereals</b>		
<b>Wholegrain &amp; High-Fibre Breakfast Cereals</b>		
Bitesize Shredded Wheat	Nestle	40g individual pack
Coco Shreddies	Nestle	45g individual pack

Product		Supermarket/Manufacturers' Data	Weight
	Crrrunch/Minibix Snack Pack	Weetabix	40g individual pack
	Golden Wheat Pillows	Tesco	25g each
	Healthy Eating Wheat Biscuits	Tesco	19g each
	Shreddies	Nestle	45g individual pack
<b>Breakfast Cereals (not wholegrain or high-fibre)</b>			
	Blue Parrot Café Rice Pops	Sainsbury's	25g individual pack
	Breakfast Bubbles	Tesco's	21g individual pack
	Cheerios	Nestle	30g individual pack
	Choco Flakes	Asda/Sainsbury's/Tesco's	30g individual pack
	Choco Snaps	Asda/Sainbury's	30g individual pack
	Cinnamon Grahams	Nestle	30g individual pack
	Coco Pops	Kellogg's	30g individual pack
	Coco Snaps	Tesco's	30g individual pack
	Corn Flakes	Kellogg's	17g individual pack
	Corn Flakes	Asda/Tesco's/Sainsbury's/Somerfield	25g Individual pack
	Corn Pops	Kellogg's	25g individual pack
	Crisp Rice	Somerfield	25g Individual pack
	Crispy Nut Corn Flakes	Asda	30g individual pack
	Frosted Flakes	Asda/Tesco's/Sainsbury's	30g individual pack
	Frosties	Kellogg's	25g individual pack
	Golden Nuggets	Nestle	30g individual pack
	Honey Nut Corn Flakes	Sainsbury's/Somerfield	30g individual pack
	Rice Krispies	Kellogg's	20g individual pack
	Rice Snaps	Asda	25g individual pack
	Ricicles	Kellogg's	30g individual pack
<b>Cereal &amp; Breakfast Bars</b>			
<b>Small (up to 25g)</b>			
	Caramel Waffles	Big Cereal Company	20g
	Coco Pops Cereal and Milk Bar	Kelloggs	20g
	Frosted Rice & Marshmallow Bar	Tesco	20g
	Fruit Winders (All flavours)	Kelloggs	18g
	Grizzly Fruit Bar	Lyme Regis Foods	25g
	Harvest Chewees	Quaker	22g

Product		Supermarket/Manufacturers' Data	Weight
	Kidz Organic Fruit Bars	Lyme Regis Foods	20g
	Maple Bars	Big Cereal Company	22g
	Mueslix Bars	Kelloggs	25g
	New Yorker Breakfast Bars	Herv	25g
	Rice Krispie Squares	Kelloggs	18g/22g/28g/36g
	Rice Krispie Treats	Kelloggs	22g/23g/25g
	Rice Krispies Cereal and Milk Bar	Kelloggs	20g
	Rice Plus Marshmallow Puffs Cereal Bars	Tesco	20g
	Snack Bars	Benecol	25g
	Special K Cereal Bars	Kelloggs	23g
	Zaps Fruit Bar	Lyme Regis Foods	25g
<b>Medium (26g to 39g)</b>			
	Alpen Cereal Bars	Weetabix	29g
	Apricot/Chocolate Bites	Big Cereal Company	35g
	Breakfast Bars	Jordans	36g
	Breakfast Snack Bars	Leclerc	38g
	Brunch Bars (All varieties)	Cadbury's	35g
	Bugs Cereal Bars	Leclerc	27g
	Cereal Bars	Seeds of Change	26g/29g
	Cereal Bars - Tasty	Doves Farm	35g
	Cereal Bars (All flavours)	Asda	37g
	Cereal Bars/Chewy Crisp Cereal Bars	Asda/Sainsbury'sTesco's	27g
	Chocolate Caramel Krispie Square	Kelloggs	36g
	Chocolate Rice Krispie Square	Kelloggs	28g
	Corn Flakes/Frosties Cereal and Milk Bar	Kelloggs	27g
	Crunchy Cereal Bars	Jordans	33g
	Fruit & Fibre Bars	Asda	29g
	Fruitsome	Rowntree's	35g
	Frusli Bars (All varieties)	Jordans	34g
	Geobars	Traidcraft	35g
	La Fruit Fruit Bar	Lyme Regis Foods	35g
	Looney Tunes Bugs Cereal Bars	Leclerc	27g
	Muesli Bars	Outspan	35g
	Nutrigrain Bars	Kelloggs	37g

Product		Supermarket/Manufacturers' Data	Weight
	Rice Krispie Treats Single Serve	Kelloggs	37g
	Tracker Breakfast Bars/Crisp Rice Bars	Mars	27g
	Tracker Choc Chip/Roast Nut	Mars	37g
	Tropical Fruit Breakfast Bars	Asda	29g
	Vitality Red Fruit Bars	Asda	26g
<b>Large (over 40g)</b>			
	Cereal Bars - Easy	Doves Farm	40g
	Cleanse Cereal Bar	The Food Doctor	45g
	Fruit & Nut Bar	Eat Natural	50g
	Maxim Cereal Coated Bar		55g
	Nutri Grain Elevenses Bar	Kelloggs	45g
	Nutrigrain Minis	Kelloggs	44g
<b>Pop Tarts</b>			
	Pop-Tarts	Kelloggs	52g each
	Pop-Tarts Snak-Stix	Kelloggs	52g each
	Pop-Tarts Pastry Swirls	Kelloggs	62g each
<b>Biscuits</b>			
<b>Children-Specific Biscuits</b>			
	Action Man Chocolate Coated Wafers	Bbb	13g
	Animals Mini Packs	Cadburys	25g bag (4g each)
	Bob the Builder Tools Biscuit	Bbb	25g pack
	Bubblegum Mini Iced Biscuits	Bbb	25g bag
	Happy Faces Biscuits	Jacobs	15g
	Hoobs Mini Rainbow Chocolate Chip Cookies	Bbb	25g bag
	Iced Gems	Jacob's	30g bag (2g each)
	Mini BN (All flavours)	McVitie's	42g bag (7g each)
	Party Ring Snack Pack	Fox's	25g pot (6g each)
	Party Rings	Fox's	6g each
	Scooby Doo Mini Fudge Choc Chip Cookies		6g each
	Sea Creatures Mini Milk Chocolate Digestives	Tesco	30g bag
	Teletubbies Custard Creams	McVitie's	25g
	Wafer Creams	Tunnock's	20g

Product		Supermarket/Manufacturers' Data	Weight
	Wwe Smack Down Bars	Bbb	50g each
<b>Sandwich Biscuits</b>			
	Blueberry Crème Brulee Creams	Asda	20g
	BN Sandwich Biscuits (All flavours)	McVitie's	19g
	Bourbon Creams	Asda/Crawford's/Tesco/Tesco Value	14g
	Caramel Crunch/Choc Chip/Classic Creams	Fox's	14g
	Chocolate Hob Nob/Digestive/Gipsy/Vanilla Hob Nob Creams	McVitie's	13g
	Chocolate Viennese Sandwich	Fox's	15g
	Crunch Creams	Fox's	13g
	Custard Creams	Asda/Crawford's	12g
		Tesco	13g
	Dessert Cream Biscuits	Tesco	25g
	Fudge Brownie Creams	Asda	13g
	Jam Rings	Crawford's	13g
	Jam Sandwich Creams	Fox's/Tesco	15g
	Jammie Dodger Minis	Burton's	37g tub/30g pack (5g each)
	Jammie Dodgers	Burton's	19g
	Lemon Puff Biscuits	Tesco	14g
	Malted Milk/Nice Creams	Tesco	13g
	Maple Syrup Creams	Asda/Sainsbury's	13g
	Rich Tea Finger Creams	Fox's	11g
	Sunbreak Creams	Fox's	9g
<b>Chocolate Biscuits- Fully Coated Sandwich</b>			
	After Dinner Mint Cream Biscuits	Tesco	14g
	Blue Riband	Nestle	21g
	Breakaway	Nestle	23g
	Caramel Log	Tunnocks	25g
	Caramel Wafers	Tunnocks	27g
	Caramel Wafers	Tesco	30g
	Chocolate Breaks	Tesco	22g
	Chocolate Classic	Fox's	14g
	Chocolate Covered Biscuit (All varieties)	Asda/Tesco	25g
	Chocolate Polar Biscuit Bar (All varieties)	Sainsbury's	26g

Product	Supermarket/Manufacturers' Data	Weight
Chocolate Sandwich (All varieties)	Tesco	26g
Chocolate Wafer Bars	Tesco Value	20g
Chocolate Wafer Bars	Crawford's	22g
Chocolate Wafer Creams/Florida Orange Wafers	Tunnock's	20g
Chunky Take a Break Milk Chocolate Wafers	Asda	55g
Classic	Fox's	25g
Classic Biscuits	Fox's	10g
Club	Jacob's	24g
Echo	Fox's	50g (25g per piece)
Kit Kat - 4 Finger	Nestle	48g
Kit Kat - 2 Finger	Nestle	21g
Kit Kat Chunky	Nestle	55g
Kit Kat Chunky White	Nestle	53g
Kit Kat Chunky Snack Size	Nestle	26g
Kit Kat Chunky Mini	Nestle	17g
Milky Way Crispy Roll Biscuits	Mars	6g
Montana	Rivington	26g
Penguin (All flavours)	McVitie's	26g
Penguin Wing Dings	McVitie's	30g bag
Riva	McVitie's	25g
Rolo Biscuits	Nestle	21g
Take a Break Milk Chocolate Wafers (All flavours)	Asda	22g
Taxi	McVitie's	27g
Taxi, Big Bar	McVitie's	42g
Time Out	Cadbury's	40g (20g per biscuit)
Time Out Snack Size	Cadbury's	11g
Toffee Crisp Biscuits	Nestle	27g
Twix Mini Biscuits	Mars	9g
Twix Top Biscuits	Mars	28g
Viscount	Burton's	17g
Viscount Biscuit Bars	Burton's	25g
Wagon Wheels - Jammie	Burton's	41g
Wagon Wheels - Mini	Burton's	22g
Wagon Wheels - Original	Burton's	38g
Yorkie Biscuits	Nestle	25g

Product		Supermarket/Manufacturers' Data	Weight
<b>Short Sweet Biscuits</b>			
	All Butter Biscuits	Asda/Tesco	9g
	Almond Thins	Sainsbury's/Tesco	3g
	Butter Tea	Fox's	10g
	Chocolate Chip Shortbread Rounds	Tesco/Sainsbury's	20g
	Clotted Cream Shortbread	Tesco	20g
	Coconut Rings	Tesco	9g
	Highland Fingers/Shortbread	McVitie's	14g
	Lincoln Biscuits	McVitie's/Sainsbury's	8g
	Malted Milk Biscuits	Asda/Tesco/Sainsbury's	8g
	Organic Shortbread Fingers	Sainsbury's/Tesco	16g
		Asda	6g
	Petit Beurre	Fox's	7g
	Petticoat Tails	Tesco	13g
	Rich Shortie	Asda/Crawford's/Tesco's/Sainsbury's	10g
	Shortbread Fingers	Asda/McVitie's	18g
		Sainsbury's	20g
	Shortcake	Crawford's	10g
		Tesco Value	11g
		Tesco	12g
		Asda/Sainsbury's	14g
	Thistle Shortbread	Tesco	12g
	Viennese Fingers	Mr Kipling	32g
	Viennese Whirls (All varieties)	Tesco	37g/39g
		Mr Kipling	27g
<b>Semi-Sweet Biscuits</b>			
	25% Less Fat Rich Tea Biscuits	Sainsbury's/Tesco	10g
	Arrowroot	Crawford's	7g
	Marie Biscuits	Crawford's	7g
	Morning Coffee Biscuits	Asda/Crawford's/Tesco	5g
	Nice Biscuits	Crawford's	5g
		Asda/Fox's/Tesco	8g
		Sainsbury's	12g

Product		Supermarket/Manufacturers' Data	Weight
	Rich Tea Biscuits	McVitie's/Tesco/TescoValue	8g
		Asda/Sainsbury's	10g
		Fox's	15g
	Rich Tea Fingers	Asda/Tesco	5g
<b>Digestive-type Biscuits</b>			
	25% Less Fat Digestive Biscuits	Tesco	14g
		McVitie's	15g
		Asda	16g
	Digestive Biscuits	Crawford's	13g
		Asda	14g
		McVitie's	15g
		Tesco	15g/16g
	Hob Nobs	McVitie's	14g
	Oat & Wholemeal Biscuits	Crawford's	14g
	Organic Digestives	Tesco	13g
<b>Chocolate Biscuits - Fully Coated, Biscuit Only</b>			
	Ace	McVitie's	25g
	Chocolate Digestive Bars	Tesco	22g
	Chocolate Fingers	Cadbury's	6g
	Chocolate Fingers - Mini	Cadburys	5g
	Chocolate Fingers - Mini Pack	Cadbury's	17g (6g each)
	Gold	McVitie's	23g
	Jestives (Chocolate Coated Digestives)	Cadbury's	15g
	Mini YoYo	McVitie's	24g
	Rocky	Fox's	25g
	Snack Shortcake	Cadbury	20g (10g each)
<b>Cookies</b>			
	Bakewells	Fox's	20g
	Big Softie Bars	Fox's	25g
	Big Softie Cakes	Fox's	23g
	Boasters (All varieties)	McVitie's	17g
	Choc Chip Cookies	Sainsbury's	7g

Product		Supermarket/Manufacturers' Data	Weight
		Tesco/Tesco Value	11g
		Asda	12g
	Chocolate Chip Cookies - Organic	Tesco	17g
	Cookies - White Chocolate Chunk	Tesco	10g
	Cookies (All varieties)	Heinz	12g
	Double Choc Chip Cookies	Fox's	17g
	Luxury Bakewell Cookies	Tesco	20g
	Luxury Chocolate Chip & Hazelnut Cookies	Tesco	22g
	Maryland Cookies	Burton's	11g
	Maryland Cookies Minis	Burton's	30g bag (4g each)
	Mini Chocolate Chip Cookies	Asda/Burton/Tesco	30g bag
	Mini Cookies	McVitie's	3g
	Rolo Cookies	Nestle	50g
	Stem Ginger Cookies	Tesco	16g
	Triple Cookies (All varieties)	Tesco	25g
<b>Digestives - Half Coated Chocolate</b>			
	25% Less Fat Milk Chocolate Digestives	McVitie's/Tesco	17g
	Chocolate Digestive Biscuits	Tesco Value	13g
		Asda/Tesco	17g
	Chocolate Digestive Biscuits/Digestive Caramel Biscuits	McVitie's	17g
	Chocolate Digestive/Hob Nob Minis	McVitie's	30g bag (5g each)
	Chocolate Hob Nobs	McVitie's	16g
	Chocolate Homewheat	McVitie's	17g
	Chocolate Homewheat Minis	McVitie's	3g
	Munchbites	McVitie's	30g bag (2g each)
<b>Ice Cream Wafers</b>			
	Café Curls	Askey	5g
	Cup Cornets	Askey	4g
	Ice Cream Cones	Marcantio	2g
	Ice Cream Wafers	Askey	1g
	Little Bear Wafer Cups	Marcantio	4g
	Little Bear Wafers	Marcantio	2g
	Luxury Waffle Cones	Askey	15g

Product		Supermarket/Manufacturers' Data	Weight
	Party Cornets	Askey	4g
	Pompadour Fan Wafers	Askey	9g
	St Louis Cones	Askey	13g
<b>Cheese Flavoured Biscuits</b>			
	Cheddars	McVitie's	4g
	Cheese Melts	Carr's	5g
	Cheese Sandwich Biscuit	Tesco	8g
	Cheese Thin Biscuits	Asda	4g
<b>Crackers</b>			
	Brown Wheat Crackers	Asda	9g
	Butter Puffs (Flaky Savoury Biscuits)	Asda/McVitie's	10g
	Cream Crackers	Asda	8g
		Crawford's	9g
	Crispbread	Ryvita	9g
	Krackawheat	McVitie's	7g
	Mediterranean Style Savoury Biscuit Selection	Tesco	4g
	Melts	Carr's	4g
	Multigrain Crackers	Asda/Tesco	6g
	Oatcakes	Nairns	11g
	Onion & Sesame Crackers	Tesco	4g
	Organic Wholemeal Crackers	Tesco	7g
	Original Crisbakes	Tesco	8g
	Poppy & Sesame Thin Biscuits/Crackers	Asda/Tesco	4g
	Water Biscuits, Large	Carr's	8g
	Water Biscuits, Small	Carr's	3g
		Tesco	5g
	Wholemeal Bran	Fox's	14g
<b>Jaffa Cakes</b>			
	Jaffa Cakes	Asda/Tesco Value	11g
		Lyon's/Tesco	12g
		McVitie's	13g
	Jaffa Cakes (Fully coated)	McVitie's	16g

Product		Supermarket/Manufacturers' Data	Weight
	Jaffa Delights	Lees	22g
	Mini Jaffa Cakes	McVitie's	42g tub (7g each)
	Mini Jaffa Cakes	Marks & Spencer	100g pack
<b>Crunch Biscuits</b>			
	Abbey Crunch	McVitie's	10g
	Chocolate Crinkle Crunch	Fox's	12g
	Crinkle Crunch	Fox's	10g/11g
	Crispy Treats	Tesco	16g
	Crunch Biscuits - Variety Pack	Tesco	14g
	Ginger Nuts	Asda	10g
		Tesco	11g
		McVitie's	12g
	Ginger Snaps	Fox's	8g
	Ginger Thins	Asda	5g
	Golden Crunch	Fox's	7g
	Perkins	Tunnock's	14g
	Sprinkle Crinkle Crunch	Fox's	15g
<b>Chocolate Biscuits - Fully Coated, Biscuit &amp; Mallow</b>			
	Chocolate Teacakes	Marks & Spencer	18g
	Jam Tea Cakes	Burton's/Tesco Value	13g
	Jam Teacakes	Tesco	14g
	Jam Teacakes	Lees	20g
	Munchmallows	Crawford's	18g
	Tea Cakes	Tunnock's	22g
<b>Short Semi-Sweet Biscuits - Half-Coated with Chocolate</b>			
	Caramel Shortbread (4 pack)	Tesco	45g
	Caramel Shortcake	Tesco	26g
	Caramel Shortcake	Mr Kipling	35g
	Caramel Shortcake (3 pack)	Asda	70g
	Chocolate Butter Tea	Fox's	13g
	Chocolate Florentines	Tesco	8g
	Chocolate Ginger Nuts	McVitie's	14g

Product		Supermarket/Manufacturers' Data	Weight
	Chocolate Malted Milk Biscuits	Asda/Tesco	11g
	Chocolate Rich Tea	Asda/Tesco	12g
	Millionaires	Fox's	15g
<b>Fruit Biscuits</b>			
	Fruit Shortcake Biscuit	McVitie's/Tesco	8g
	Garibaldi Biscuits	Tesco/Sainsbury's	9g
	Fruit Shortcake Biscuit	Asda/Sainsbury's	10g
<b>Bread Sticks</b>			
	Bread Sticks (All flavours)	Asda/Tesco	5g
<b>Flapjacks</b>			
	Apricot Flapjack	Marks & Spencer	86g
	Chocolate & Hazelnut Flapjack	Marks & Spencer	71g
	Chocolate Dipped Flapjack	Marks & Spencer	96g
	Flapjack	Sainsbury's	35g
	Flapjack Mini Bites	Marks & Spencer	13g
	Flapjacks - Chocolate Chip (6 pack)	Tesco	37g
	Flapjacks - Fruit	Mr Kipling	24g
	Flapjacks - Sultana (8 pack)	Tesco	49g
	Flapjacks (All varieties)	McVitie's	85g
	Flapjacks (pack of 4)	Marks & Spencer	50g
	Snickers Flapjack	McVitie's	75g
<b>Wafer Sandwich Biscuits</b>			
	Pink Panther Wafers/Pink Wafers	Rivington	8g
	Pink and White Jammie Wafers	Caxton	14g
<b>Miscellaneous Biscuits</b>			
	Coconut Macaroons	Sainsbury's	33g
	Fig Rolls	Crawford's	15g
		Asda/Sainsbury's	19g
	French Toast	Asda/Tesco	8g
	Melba Toast	Asda	5g

Product		Supermarket/Manufacturers' Data	Weight
	Put the Kettle On	Fox's	11g
	Rispinos (All flavours)		20g/50g
	Sesame Snaps	Sainsbury's	40g
	Snowballs	Asda/Lees/Tesco Value	18g
		Tesco	21g
		Tunnocks	25g
<b>Buns, Cakes &amp; Pastries</b>			
<b><i>Children-Specific Cakes</i></b>			
	Chocolate Chips Cake - Chocolate Teddy Bear	Tesco	60g
	Gingerbread - Elephant	Tesco	90g
<b><i>Fairy/Fancy Cakes</i></b>			
	Butterfly Cakes	Mr Kipling	29g
	Chocolate Mini Bites	Marks & Spencer	17g
	Cup Cakes	Sainsbury's	51g
	Cup Cakes (Assorted)	Sainsbury's	37g
	Fairy Cakes	Sainsbury's	14g
		Tesco Value	16g
		Asda	20g
		Tesco	23g
	Fairy Cakes - Iced (12 pack)	Tesco	24g
	Fairy Cakes - Mini (12 pack)	Tesco	13g
	Fern Cakes	Asda	59g
	Fondant Fancies	Asda/Mr Kipling	27g
		Marks & Spencer	31g
		Sainsbury's	32g
	Cherry Bakewells Minis	Sainsbury's	27g
<b><i>Doughnuts, Jam &amp; Iced</i></b>			
	Doughnuts Mini (Frozen)	Tesco	16g
	Donut Twists (American)	Asda	75g
	Donuts	Asda	60g
	Donuts	Tesco	78g
	Yum Yums (4 pack)	Tesco	53g

Product		Supermarket/Manufacturers' Data	Weight
<b>Mini Rolls</b>			
	Caterpillar Mini Rolls	Marks & Spencer	32g
	Mini Rolls (All flavours)	Tesco	22g/27g/31g/23g
	Mini Rolls (All flavours)	Sainsbury's	29g
	Mini Rolls (All flavours)	Cadbury's	29g/32g
	Mini Rolls (All flavours)	Asda	31g/26g
<b>Chocolate Crispie Cakes</b>			
	Blue Parrot Café Banana Crispie Bars	Sainsbury's	24g
	Blue Parrot Café Chocolate Crispie Bars	Sainsbury's	24g
	Chocolate Rice Crisp Cakes	Asda	24g
	Pigs in Mud Chocolate Crispies	Sainsbury's	21g
<b>Muffins</b>			
	Chococcino Muffin	Marks & Spencer	70g
	Galaxy Muffin	McVitie's	92g
	Mini Muffins	Asda	17g
	Mini Muffins - American Style (All flavours)	Tesco	28g
	Muffins - American Style (All flavours)	Tesco	72g/65g/72g/70g
	Muffins - Organic (4 pack)	Tesco	70g
	Muffins - Rolo	Nestle	81g
	Muffins (All flavours)	Asda	116g
	Muffins (All flavours)	Tesco	122g/127g/133g/127g
	Muffins (All flavours)	McVitie's	95g/99g
<b>Cake Bars</b>			
	Blueberry Muffin Bar	Mr Kipling	50g
	Cake Bars	Sainsbury's	25g
		McVitie's	28g
		Asda	29g
		Asda/Somerfield/Tesco	30g
		Mr Kipling/Tesco	32g
	Cake Slices - Chocolate (6 pack)	Tesco	20g
	Cake Slices - Fruit (6 pack)	Tesco Value	24g

Product		Supermarket/Manufacturers' Data	Weight
	Cake Slices - Less than 3% fat - (All flavours)	Tesco	29g/25g/23g/26g
	Cake Snack Bars (All flavours)	Tesco	50g
	Caramel Cake Bar	Cadbury's	48g
	Chocolate Cake Bar	Cadbury's	40g
	Fudge Cakes	Cadbury's	26g
	Jam Splat Cake Bars	McVitie's	27g
	Mini Cake Bars - Bounty/Galaxy	McVitie's	33g
	Starburst (All varieties)	McVitie's	30g
	Toffee & Pecan Muffin Bar	Mr Kipling	60g
<b>Miscellaneous Cakes</b>			
	Brownies	Marks & Spencer	33g
		Sainsbury's	60g
	Glazed Mini Tartlets	Mr Kipling	56g
	Jam/Lemon Curd Tarts	Tesco	35g/34g
		Asda	37g
	M&M's Chocolate Brownie	McVitie's	91g
	Mini Pancakes with Sauce	Tesco	7g
<b>Dairy Drinks</b>			
	Aero/Galaxy Chocolate Drink	Nestle	180ml carton
	Ambrosia Splat Milkshakes (All flavours)	Unilever	200ml carton
	Bio Yoghurt Fruit Drink	Organic	250g
	Extra Chocolate Drink	Mars	330ml
	Flavoured Milk Drink	Yazoo	200ml/500ml
	Fresh 'n' Low To Go		250ml
	Frijj Milkshake		500ml
	Fruit Smoothie	Tesco	250ml
	Gulp Low Fat Milk Drink		500ml
	Milky Way Milk Shake		500g
	Muller Vitality Yoghurt Drink	Muller	100g
	Nesquick Flavoured Milk	Nestle UK Ltd	200ml/250ml/330ml bottle
	Real Fruit Flavour Milk	Coolbest	250ml
	Rowntree Drinking Yoghurt (All flavours)	Nestle	200ml
	Shape Bio Yoghurt Drink	St.Ivel	100g

Product		Supermarket/Manufacturers' Data	Weight
	Shape Low Fat Smoothie	St.lvel	250ml
	Smoothies	Marks & Spencer	250ml bottle
	Soya Milkshake	Provamel	250ml/330ml
	Thick Milk Shake	Somerfield	250ml
	Tropicana Smoothie	Tropicana	250ml
	Yoghurt Drink	Orchard Maid	250ml
<b>Cheese</b>			
<b>Cheese Triangles</b>			
	Cheese Spread Triangles	Asda/Dairyalea	14g
		Laughing Cow	18g
	Cheese Spread Triangles - Chunky	Asda/Dairyalea	23g
<b>Cheese Slices</b>			
	Cheese Slices	Asda Smartprice	17g
	Cheese Slices	Asda/Dairyalea/Somerfield Basics	20g
	Cheese Slices - Thick	Dairyalea/Somerfield Children's Selection	25g
<b>Individual Portions</b>			
	Blue Parrot Café Cheddar Fingers	Sainsbury's	30g
	Cheese Mates	St lvel	20g
	Cheese Sticks	Marks & Spencer	20g
	Cheestring Minis	Golden Vale	10g
	Cheestrings/Cheestring Twisters	Golden Vale	21g
	Edam Cheese	Vergeer	20g
	Kraft Strip Cheese	Dairyalea	21g
	Mini Babybel 2 Go	Fromageries Bel	19g average
	Pick & Mix Cheddar Cheese	Marks & Spencer	30g
	Pick & Mix Edam Cheese	Marks & Spencer	17g
	Pick & Mix Leicester Cheese	Marks & Spencer	35g
	Simpson's Cheestix		25g
	Snack Pack	Cathedral City	50g
<b>Cheese Dippers</b>			
	Cheese Dippers	Marks & Spencer	31g each (Cream cheese 22g, Bread Sticks (5) 9g)

Product		Supermarket/Manufacturers' Data	Weight
	Cheez Dippers Original	Laughing Cow	35g (Breadsticks (8) 11g, Processed Cheese Dip 24g)
	Cheez Double Dippers	Laughing Cow	40g (Breadsticks (8) 10g, Crispy Bacon Bitz 5g, Cheese Spread 25g)
	Dairylea Double Dunkers - Nachos	Dairylea	80g (Cheese 22g, Salsa Sauce 43g, Nachos (15) 15g)
	Dairylea Double Dunkers - Pizza	Dairylea	80g (Cheese 22g, Pizza Sauce 42g, Pizza Crackers (9) 16g)
	Dairylea Dunkers	Dairylea	50g (Processed Cheese Spread 35g, Corn & Potato Snacks (8) 15g)
	Philadelphia Cheese Snacks	Kraft	50g (Cream Cheese 36g, Breadsticks (6) 14g)
<b>Cheese-based Meals</b>			
	Bite to Eat		102g (Crackers 24g, Ham 41g, Cheese 37g)
	Dairylea Funpack Lunchables - Ham & Cheese Pizza (Complete Meal)	Dairylea	110g (Crackers (3) 34g, Ham Slices (9) 15g, Cheese Slices (9) 20g, Tomato Ketchup 27g, Dime Sweets (3) 14g & 200ml Capri Sun Orange Drink
	Dairylea Funpack Lunchables - Harvest Ham (Complete Meal)	Dairylea	100g (Crackers (4) 19g, Ham Slices (6) 38g, Cheese Slices (6) 29g, Dime Sweets (4), 19g) & 200ml Capri Sun Orange Drink
	Dairylea Funpack Lunchables - Hot Dogs (Complete Meal)	Dairylea	113g (Bread Rolls (3) 30g, Sausages (3) 40g, Cheese 20g, Tomato Ketchup 10g, Dime Sweets (3) 13g & 200ml Capri Sun Orange Drink
	Dairylea Lunchables - Chicken Burgers	Dairylea	95g (Bread Rolls (2) 35g, Chicken Burger 29g, Tomato Ketchup 10g, Cheese Slices (4) 21g)
	Dairylea Lunchables - Double Cheese	Dairylea	110g (Biscuits (8) 30g, Cheese (8) 40g, Cheese (8) 40g)
	Dairylea Lunchables - Ham & Cheese Pizza	Dairylea	97g (Biscuits (3) 33g, Cheese (9) 25g, Ham (9) 14g, Pizza Sauce 25g)
	Dairylea Lunchables - Hot Dogs	Dairylea	100g (Bread Rolls (3) 30g, Sausages (3) 40g, Cheese 20g, Tomato Ketchup 10g)
	Dairylea Lunchables - Pizza Pepperoni & Cheese	Dairylea	97g (Biscuits (3) 36g, Cheese (9) 24g, Pepperoni (9) 15g, Pizza Sauce 25g)
	Dairylea Lunchables - Tasty Chicken	Dairylea	110g (Crackers (8) 31g, Chicken Slices (8) 69g, Cheese Slices (8) 45g)
	Dairylea Lunchables - Tender Turkey	Dairylea	110g (Biscuits (8) 30g, Cheese (8) 40g, Turkey (8) 40g)
	Munchsters Lunchpod (Chicken & Cheese)	Munchsters	95g (Ham 38g, Cheese 32g, Potato & Wheat Shells (10) 30g)
	Munchsters Lunchpod (Ham & Cheese)	Munchsters	95g (Chicken 38g, Cheese 32g, Potato & Wheat Shells (10) 30g)
	Snack 'n' Crunch		110g (Crackers (8) 23g, Ham, 49g, Cheese 38g)
<b>Fromage Frais</b>			
<b>40g pots</b>			
	Children's Fromage Frais	Marks & Spencer	42g

Product		Supermarket/Manufacturers' Data	Weight
	Munch Bunch Pot Shots Fromage Frais	Eden Vale	42g
	Munch Bunch Squeezy Pot Shots Fromage Frais	Eden Vale	40g
	Petit Filous Frubes (Fromage Frais)	Yoplait	40g
	Tom & Jerry Fromage Frais	Tesco	42g
	Wildlife Choobs	Yoplait	40g
<b>50g pots</b>			
	Arctic Life Fromage Frais	St Ivel	50g
	Blue Parrot Café Fromage Frais	Sainsbury's	50g
	Children's Fromage Frais	Somerfield	50g
	Disney Fromage Frais	Nestle UK Ltd	50g
	Fromage Frais	Pokemon	50g
	Hoobs Fromage Frais		50g
	Looney Tunes Fromage Frais		50g
	Monster Inc Fromage Frais	Nestle	50g
	Muller Fromage Frais	Muller	50g
	Organic Fromage Frais for Kids	Harmonie	50g
	Rowntree Fruit Ctr Fromage Frais	Nestle	50g
	Thomas the Tank Engine/Bob the Builder Fromage Frais	Arla Foods	50g
	Wildlife Fromage Frais	Yoplait	50g
	Winnie the Pooh Fromage Frais	Nestle	50g
<b>60g pots</b>			
	Fromage Frais	Asda Smartprice/Kwik Save/Somerfield/Tesco Value	60g
	Milky Bar White Chocolate Fromage Frais	Nestle	60g
	Winnie the Pooh Chocolate Fromage Frais	Nestle	60g
	Organic Fromage Frais for Kids	Yeo Valley	60g
	Petit Filous Fromage Frais	Yoplait	60g
<b>80g pots</b>			
	Blue Parrot Café Fromage Frais	Sainsbury's	80g
	Muller Yogz Fromage Frais	Muller	85g
	Munch Bunch Mega Pot Shots Fromage Frais	Eden Vale	80g
<b>90g pots</b>			

Product		Supermarket/Manufacturers' Data	Weight
	Organic Fromage Frais	Yeo Valley	90g
	Petit Filous Custard Style Fromage Frais	Yoplait	90g
	Wildlife from the Sea Fromage Frais	Yoplait	90g
<b>100g and above pots</b>			
	Fromage Frais	Asda/Heinz/Tesco	100g
	Fruit on the Bottom Fromage Frais	Somerfield/Tesco	100g
	Healthy Eating Fromage Frais	Somerfield/Tesco	100g
	Low Fat Fromage Frais Desserts	Sainsbury's	100g
	Muller Fromage Frais	Muller	110g
	Petit Filous Fromage Frais, Big Pots	Yoplait	100g
	Shape Fromage Frais Secret Garden	St Ivel	100g
	Smooth and Creamy Fromage Frais Desserts	Tesco	100g
	Virtually Fat Free Fromage Frais, Be Good to Yourself	Sainsbury's	100g
	Weight Watchers Fat Free Fromage Frais	Heinz	100g
<b>Baby Fromage Frais</b>			
	Baby Fromage Frais	Danone	50g
	4 Month Fromage Frais	H.J.Heinz Co. Ltd.	163g jar
<b>Yogurt</b>			
<b>90g pots</b>			
	Petit Filous Yogurt (Organic)	Yoplait	90g
	Petit Filous Yogurt with Fruit Puree	Yoplait	90g
	Simpson's Yogurt	St Ivel	90g
	Wildlife Yo-to-Go Yogurt	Yoplait	90g
<b>100g pots</b>			
	Butt Ugly Martians Yogurt	Yoplait	100g
	Mini Moo's Wholemilk Yogurt	Tesco	100g
	Munch Bunch Wholemilk Yogurt	Eden Vale	100g
	Organic Children's Yogurt	Yeo Valley	100g
	Power Puff Girl's Yogurt	Arla Foods	100g
	Shape Low Fat Yogurt	St.Ivel	100g
	Thomas the Tank Engine Yogurt	Arla Foods	100g

Product		Supermarket/Manufacturers' Data	Weight
<b>120g/125g pots</b>			
	Bio Fat Free Fruit Yogurt	Waitrose	125g
	Bio Fruit Yogurt	Waitrose	125g
	Bio Goat Milk Yoghurt	St. Helen's Farm	125g
	Bio Low Fat Fruit Yogurt	Rowan Glen	125g
	Bio Natural Yoghurt	Danone	125g
	Bio Yoghurt with Cereal	Danone	125g
	Extra Fruit Low Fat Yogurt	Ski	125g
	French Set/Smooth Set Yogurt	Tesco/Somerfield	125g
	Low Fat Organic Yogurt (All Flavours)	Tesco/Somerfield	125g
	Low Fat Yogurt	Tesco/Tesco Value/Somerfield Basics/Kwiksave	125g
	Low Fat/Healthy Eating Yogurt	Asda/Benecol/Somerfield/St Ivel Ski/Tesco/Yoplait	125g
	Organic Fat Free Fruit Yogurt	Yeo Valley	125g
	Set Yogurt	Asda/Tesco	125g
	Shape Bio Yogurt	St Ivel	125g
	Shape Fat Free Bio Yogurt	St.Ivel	120g
	Thick & Creamy Yogurt	Tesco	125g
	Very Low Fat Bio Yogurt	Somerfield/Tesco	125g
	Weightwatchers	Heinz	120g
	West Country Yoghurt	Tesco	125g
	Whole Milk Bio Yogurt (All Flavours)	Somerfield	125g
	Yogurt (All flavours)	Heinz	120g
<b>150g and above pots</b>			
	Bio Fruit Yogurt	Waitrose	150g
	Bio Fruit Yogurt	Waitrose	170g
	Bio Light Yogurt	Loseley	150g
	Extra Fruit Yogurt	Ski	150g
	Extremely Fruity Yoghurt (4 pack)	Marks & Spencer	150g
	Extremely Fruity Yoghurt (individual)	Marks & Spencer	200g
	Farmhouse Yogurt	Waitrose	150g
	Finest Yogurt	Tesco	150g
	Fruit Yogurt	Tesco	150g
	Low Fat Deep Fill Fruit Yogurt	Ski	160g

Product		Supermarket/Manufacturers' Data	Weight
	Low Fat Yogurt	Muller	150g
	Luxury Fruit Yogurt	Rowan Glen	150g
	Muller Vitality Yogurt	Muller	175g
	Mullerlight Yogurt	Muller	200g
	Natural Yogurt	Waitrose	150g
	Organic Fat Free Fruit Yogurt	Yeo Valley	150g
	Seriously Fruity Low Fat Yogurt	Waitrose	150g
	Seriously Smooth Low Fat Yogurt	Waitrose	150g
	Shape Candy Box	St.Ivel	150g
	Shape Extra	St.Ivel	150g
	Starburst Splits	Mars	150g
	Thick & Creamy Yogurt	Asda/Somerfield/Waitrose	150g
<b>Custard Style Yogurts</b>			
	Teletubbies Custard Style Yoghurt	St.Ivel	90g
	Custard Style Yogurt (All Flavours)	Tesco/Somerfield/Waitrose	125g
<b>Greek Yogurt</b>			
	Greek 0% Fat Yogurt	Total	150g
	Greek Style Natural Yogurt	St Ivel	100g
		Asda	125g
		Asda/Waitrose	150g
	Indulgent Greek Style Layered Yogurt	Somerfield	125g
	Organic Greek Style Selection Yogurt	Tesco	100g
	Shape Greek Style Yogurt	St.Ivel	100g
	Thick & Creamy Greek Style Yogurt	Waitrose	125g
<b>Split Yogurt</b>			
	Muller Breakfast Corner with Rice Krispies	Muller	150g (Strawberry Flavour Yogurt 122g, Strawberry Preserve 23g, Rice Krispies 5g)
	Muller Candy Corner Dessert - Mississippi Mud Pie	Muller	150g (Toffee & Coffee Flavour Yogurt 112g, Chocolate Sauce 20g, Chocolate Crumble 18g)
	Muller Candy Corner Dessert - Raspberry Pavlova	Muller	150g (Yogurt 98g, Meringue Flavour Sauce 19g, Raspberry Sauce 1g, Chocolate-Coated Meringue & Crisped Rice 14g)
	Muller Corner Dessert - Lemon Cheesecake	Muller	150g (Yogurt 111g, Lemon Sauce 21g, Crumbled Digestives 18g)

Product		Supermarket/Manufacturers' Data	Weight
	Muller Corner Dessert - Rhubarb Crumble	Muller	150g (Yoghurt 111g, Rhubarb in Syrup 21g, Crumble 18g)
	Muller Corner Dessert - Sticky Toffee Pudding	Muller	150g (Toffee Flavour Yogurt 111g, Toffee Sauce 21g, Toffee Crumble 18g)
	Muller Crunch Corner - Banana Choco Flake	Muller	150g (Yogurt 113g, Banana Sauce 22g, Chocolate-Covered Cornflakes 15g)
	Muller Crunch Corner - Rum & Raisin	Muller	150g (Yoghurt 111g, Rum Flavour Sauce 14g, Cocolate-Covered Raisins 25g)
	Muller Crunch Corner - Vanilla Choco Balls	Muller	150g (Yogurt 114g, Vanilla Sauce 21g, Chocolate-Coated Puffed Rice 15g)
	Muller Fruit Corner with Fruit	Muller	175g (Yogurt 138g, Fruit 37g)
	Yogz Mini Corner Yogurt - Strawberry & Banana	Muller	85g (Yogurt 63g, Strawberry Flavour Crunch 11g, Milk Chocolate Sugar Strands 11g)
	Yogz Mini Corner Yogurt - Toffee Chocolate	Muller	85g (Yogurt 65g, Candy Coated Chocolate Chips 13g, Chocolate Covered Puffed Rice 7g)
<b>Soya Yogurt</b>			
	Yofu Junior	Provamel	125g
<b>Baby Yogurts</b>			
	Baby Danone	Danone	50g
	Bebe Fruit Yogurt	Vrai	60g
	Shape Baby & Toddler	St Ivel	90g
<b>Yogurt Mousse</b>			
	Triple Trouble Mousse Yogurt	Tesco	67g each
<b>Yogurt Desserts</b>			
	Rowntree Swirly Yoghurt Dessert	Nestle	80g pot
	Yogurt Dessert - Thick & Creamy (4 pack)	Tesco	85g
	West Country Yoghurt Dessert	Tesco	125g
<b>Desserts</b>			
<b>Chocolate Dips</b>			
	Cadbury Dippin Fingers	St Ivel	45g (20g biscuit (4), 25g chocolate mousse)
	Penguin Flipper Dipper	McVitie's	50g (30g chocolate dip, 20g biscuit)

Product		Supermarket/Manufacturers' Data	Weight
	Totally Dippy	Sainsbury's	35g (Chocolate & Hazelnut Dip 20g, Breadsticks (10) 15g)
<b>Up to 49g pots</b>			
	Ambrosia Splat Custard Tubes (All flavours)	Unilever	40g tube
	Cadburyland Mousse	St Ivel	40g
	Kid's Crew Mousse	Iceland	48g
	Milky Way Chocolate Mousse	Eden Vale	50g
	Rowntree Fruity Swirl	Nestle UK Ltd	50g
	Strawberry Yoghurt & Raspberry Fromage Frais Dessert	Tesco	50g
<b>50g to 69g pots</b>			
	Aero Mousse	Nestle	59g
	Cadbury's Chocolate Mousse/Low Fat Chocolate Mousse	St Ivel	55g
	Cadbury's Light Dairy Milk Mousse	St Ivel	64g
	Cadbury's Smart Pots	Askey's	63g
	Chocolate Mousse	Heinz	54g
		Tesco	60g
		Waitrose	62g
		Asda	63g
		Sainsbury	63g
	Disney Mousse	Nestle	60g
	Fruit Mousse	Somerfield/Tesco	60g
		Sainsbury	63g
	Ice Cream & Jelly Minipots	Tesco	63g
	Iced Desserts	Heinz	57g
	Kid's Crew Dive In Sponge Puddings	Iceland	60g
	Monsters Inc Blackcurrant Mousse	Nestle	60g
	Mousse	Asda	63g
<b>70g to 89g pots</b>			
	Aero Twist Mousse	Nestle	75g
	Chocolate Tiramisu	Heinz	76g
	Exquisite Delights (All flavours)	Somerfield	80g
	Fruit Mousse	Waitrose	80g
	Galaxy Mousse	Eden Vale	75g

Product		Supermarket/Manufacturers' Data	Weight
	Lemon Soufflé	Tesco	84g
	Milky Bar Dessert	Nestle	80g
	Monsters Inc I Scream Dessert	Nestle	80g
	More than a Mousse	Nestle	75g
	Rolo Desserts	Nestle	77g
	Tiramisu	Solo	86g
	Yogz Jelly	Muller	75g
<b>90g to 109g pots</b>			
	Cadbury's Chocolate Mousse	St Ivel	100g
	Cadbury's Crunchie Dessert	St Ivel	100g (Chocolate Dessert 85g, Crunchie Pieces 15g)
	Cadbury's Dairy Milk Buttons Dessert	St Ivel	100g (Chocolate Dessert 85g, Chocolate Buttons 15g)
	Cadbury's Flake Chocolate Dessert	St Ivel	100g (Chocolate Dessert 89g, Chocolate Flake 11g)
	Cadbury's Trifle	St Ivel	90g
		St Ivel	100g
	Chocolate Mousse	Marie Morin/Waitrose	100g
		Tesco/Waitrose	90g
	Crème Brulee	Rians/Sainsbury's/Somerfield/Waitrose	100g
		Waitrose	110g/130g/135g
		Marks & Spencer	95g
	Crème Caramel	Asda Smartprice/Nestle/Somerfield/Tesco/Waitrose	100g
		Tesco	120g
	Desserts	Asda Smartprice/Somerfield Basics/Kwik Save	100g
	Fruit Mousse	Waitrose	90g
	Lemon Mousse	Marks & Spencer	90g
	Mousse	St Ivel Shape	100g
	Mousse	Starburst	90g
	Perfectly Balanced Low Fat Fruit Mousse	Waitrose	95g
	Raspberry Ripple Mousse	Tesco Value	100g
	Raspberry Shortcake Sundae	Tesco	103g
	Smarties Mini Dessert	Nestle	100g
	Split-Pot Desserts	Nestle	100g
	Starburst Juicy Mousse	Eden Vale	90g
	Tiramisu	Sainsbury's/Tesco	100g
		Waitrose	90g

Product		Supermarket/Manufacturers' Data	Weight
	Toffee Chocolate Dessert	Heinz	97g
	Toffee Crisp Dessert	Nestle	100g
	Trifle	Eden Vale/Solo	100g
<b>110g to 129g pots</b>			
	Twist - 95% Fat Free - All flavours	Tesco	110g
	Trifle	Eden Vale/Tesco/Waitrose	113g
	Fruit Fool (All flavours)	Tesco	113g
		Somerfield/Waitrose	114g
	Sainsbury's Be Good to Yourself Desserts	Sainsbury's	115g
	Sainsbury's Chocolate Heaven Dessert	Sainsbury's	115g
	Desserts	Tesco Value	115g
	Crème Caramel	Marks & Spencer	120g
	So Good Desserts (All flavours)	Somerfield	120g
	Trifle	Iceland/Nestle/Sainsbury's/Somerfield/St Ivel Shape	125g
	Chocolate Mousse	Onken	125g
	Provamel Soya Dessert	Provamel	125g
	Chocolate Fudge Brownie Dessert	Tesco	125g
	Crème Caramel	Vrai	125g
	Organic Desserts	Vrai	125g
	Chocolate Crème Dessert	Somerfield	125g
	Rowntree RTE Fruity Pots (All flavours)	Nestle UK Ltd	125g
	Rowntree RTE Jelly Pots (All flavours)	Nestle UK Ltd	125g
<b>130g and above pots</b>			
	Ambrosia Dessert Pots (Custard)	Unilever	140g
	Ambrosia Dessert Pots (Rice)	Unilever	150g
	Ambrosia Splat Dessert Pots (All flavours)	Unilever	135g
	Choc Pots	Cadbury's	135g
	Creamed Rice in a Pot	Ambrosia	150g
	Fruit Trifle	Marks & Spencer	150g
	Mousse	Onken	150g
	Mullerice 99% Fat Free	Muller	150g
	Mullerice Dessert	Muller	150g
		Muller	200g

Product		Supermarket/Manufacturers' Data	Weight
	Mullerlight Mousse	Muller	150g
	Pots of Real Fruit Jelly	Marks & Spencer	175g
	Raspberry Sundae	Waitrose	150g
	Ready to Eat Pot Dessert	Ambrosia	135g
		Ambrosia	150g
	Sticky Toffee Pudding Dessert	Tesco	140g
	Sundae - All flavours	Tesco/Waitrose	130g
	Surprise Desserts	Tesco/Waitrose	150g
	Triple Chocolate Sundae	Marks & Spencer	140g
<b>Fruit in Cans/Cartons</b>			
	Blue Parrot Café Fruit in Jelly	Sainsbury's	120g
	Cool Fruits Fruit in Jelly	Australian Gold	120g
	Fruit Express Bowls	Del Monte	130g/185g
	Fruit Gel Bowls	Dole	123g
	Fruit Snack Bowls	Dole	113g
	Fruit To Go Fruit Bowls	Del Monte	113g
	Fruitime Fruit in Juice (All varieties)	Tesco	140g
	Fruitin Jelly/Custard/Juice	Del Monte	140g
	Healthy Eating Fruit Compote	Tesco	140g
<b>Beef Dishes</b>			
	Blue Parrot Café Shepherd's Pie	Sainsbury's	250g
	Children's Shepherd's Pie	Marks & Spencer	210g
	Chilli Potato Wedges	Tesco	235g (Potatoes 96g, Chilli 139g)
	Kidz Footballs & Bootlaces	Tesco	250g (Meatballs 48g, Spaghetti in Tomato Sauce 202g)
	Kidz Shepherd's Pie	Tesco	235g
<b>Coated Chicken &amp; Turkey</b>			
<b>Chicken Nuggets</b>			
	Bugs Bunny / Tweenies Chicken Nuggets	Marks & Spencer	20g
	Noddy Chicken Nuggets	Glenhaven	20g
	Southern Fried Chicken Nuggets	Asda	14g/17g
		Tesco	18g/21g
	Teddy Bear Nuggets	Marks & Spencer	15g

Product		Supermarket/Manufacturers' Data	Weight
<b>Chicken Dippers</b>			
	Big Ears Chicken Dippers	Glenhaven	20g
	Blue Parrot Café Chicken Dippers	Sainsbury's	20g
	Chicken Dippers	Bird's Eye	18g
		Asda/Tesco	20g
		Asda	27g
	Kids Chicken Nuggets & Chips	Tesco	180g (Chicken Nuggets 81g, Chips 99g)
	Nuggets & Chips	Marks & Spencer	200g (Chicken Nuggets 50g, Chips 100g, Tomato Ketchup 30g)
<b>Chicken/Turkey Fingers &amp; Shapes</b>			
	Blue Parrot Café Wild About Chicken	Sainsbury's	39g
	Chicken Fingers/Sticks	Asda/Bird's Eye/Tesco	25g
	Chicken O's	Birds Eye	30g
	Dinosaurs	Bernard Matthew's	50g
	Footballers	Bernard Matthews	25g
	Jetters	Bernard Matthew's	25g (100g serving)
	Kids Breaded Chicken Fingers	Tesco	26g
	Kid's Crew 1, 2, 3 Chicken Shapes	Iceland	25g
	Mini Kiev's	McCain	16g
	Turkey Drumstick Shapes (6 pack)	Somerfield	57g
	Turkistix	Bernard Matthews	25g
	Twizzlers	Bernard Matthews	50g
<b>Chicken/Turkey Burgers</b>			
	Breaded Chicken Burgers	Asda/Bird's Eye/Somerfield/Tesco	57g
		Somerfield	70g
	Chicken Burgers	Asda	45g
		Bird's Eye	60g
	Chicken Quarter Pounders	Birds Eye	120g
	Chickenburgers - Battered	Tesco	100g
	Turkey Cheeseburger	Tesco	105g
		Somerfield	106g
<b>Chicken Burgers in Buns</b>			

Product		Supermarket/Manufacturers' Data	Weight
	Chicken Burgers in Buns with Mayonnaise (2 pack)	Tesco	205g
	Micro Snacks Chicken Burger in Bun	Asda	110g (Bun 50g, Burger 50g, Barbecue Sauce 10g)
	Mini Chicken Burgers & Fries	Marks & Spencer	240g (Fries 100g, Burger, 48g, Beans, 60g, Tomato Ketchup 32g)
	Mini Chicken Burgers in Buns (6 pack)	Tesco	53g
<b>Chicken &amp; Turkey Dishes</b>			
	Blue Parrot Café Chicken Curry	Sainsbury's	250g (140g curry, 110g rice)
	Blue Parrot Café Chicken Curry with Rice	Sainsbury's	300g
	Blue Parrot Café Chicken Meal (Chicken Fillet, Roast Potatoes, Carrots, Peas)	Sainsbury's	285g
	Blue Parrot Café Sweet & Sour Chicken with Noodles	Sainsbury's	300g
	Chicken & Tomato Rice	Marks & Spencer	200g (Chicken 44g, Cooked Rice 90g, Tomatoes 18g, Sweetcorn 12g)
	Kids Chicken & Vegetable Smiley Face Pie (Potato Topping)	Tesco	235g
	Kidz Curry	Tesco	250g (140g curry, 110g rice)
	Micro Chicken Wings (All varieties)	McCain	135g
	Mini Indian Meal	Marks & Spencer	160g (Chicken 94g, Naan Bread 40g, Mnago Chutney 19g)
	Roast Chicken Meal	Marks & Spencer	200g (Chicken Breast 46g, Potatoes 48g, Carrot 20g, Pork Sausage 8g)
	Tweenies Meal for One	Marks & Spencer	295g (Chicken Nuggets 74g, Chips 103g, Raspberry Yoghurt 91g, Tomato Ketchup 27g)
<b>Burgers</b>			
<b>Small (Up to 69g)</b>			
	100% Beef Burger	Birds Eye	40g
	2oz Beefburgers	Asda	45g
	Bacon Burgers	Asda	57g
	Beef Burgers	Asda	50g
		Asda/Tesco	57g
	Beefburgers with Onion	Tesco	47g
		Somerfield	57g
	Everyday/Economy Beefburgers	Co-op/Somerfield	50g
	Kid's Crew Double Decker Toppers	Iceland	55g
	Organic Beef Burgers	Somerfield	57g
	Original and Best Burger	Birds Eye	50g
	Thinner Flatter Burgers (12 pack)	Asda	42g

Product		Supermarket/Manufacturers' Data	Weight
	Wee Willie Winkie Mini Burgers	Hall's	57g
<b>Medium (70g to 109g)</b>			
	Chargrill Beef Burger	Bird's Eye	80g
	Flamegrilled Beefburgers	Tesco	88g
	Hamburgers with Onion & Gravy	Goblin	106g
	Lamb Quarter Pounder	Birds Eye	100g
	Pork Quarter Pounder	Birds Eye	90g
	Quarter Pound Beefburgers	Tesco	80g
	Quarterpounders/4oz Beefburgers with or without onions	Bird's Eye	80g
		Asda	85g/87g
<b>Large (110g to 129g)</b>			
	American Style Hamburgers (2 pack)	Tesco	125g
	Bacon Burgers (2 pack)	Co-op	114g
	Chargrill Beef Burger	Asdas	113g
		Coop/Tesco	114g
	Chargrilled Pork Burgers (2 pack)	Co-op	114g
	Ploughmans Pickle Filled Beef Burgers (2 pack)	Asda	125g
	Quarterpounders/4oz Beefburgers with or without onions	Somerfield	113g
		Asda/Co-op/Tesco	114g
<b>Mega (130g and above)</b>			
	American Style Cheeseburgers (4 pack)	Tesco	132g
	Gigantic Burgers (2 pack)	Somerfield	150g
	Homestyle Beefburgers	Birds Eye	140g
	Mega Burger	Birds Eye	130g
<b>Burgers in Buns</b>			
	Beef Burgers in Bun	Tesco	203g
		Asda	103g
	Cheeseburger in a Bun	Asda	115g
		Tesco	255g
	Micro Cheeseburger in Bun	Asda	115g (Bun 51g, Burger 41g, Cheese 12g, Relish 11g)
	Micro Snacks Beefburger in a Bun	Asda	103g (Bun 50g, Burger 42g, Relish 11g)

Product		Supermarket/Manufacturers' Data	Weight
	Mini Beef Burgers in Buns (6 pack)	Tesco	53g
	Mini Cheeseburgers	Asda	61g (Bun 28g, Burger 28g, Cheese 5g)
	Mini Cheeseburgers (Frozen)	Asda	47g (Bun 22g, Burger 20g, Processed Cheese 5g)
<b>Sausages</b>			
<b>Hot Dog Sausages</b>			
	Ball Dogs (Hot Dog Sausages)	Herta	7g
	Beechwood Smoked Frankfurters (10 pack)	Somerfield	35g
	Bockwurst Frankfurters	Princes	45g
	Frankfurters	Herta	35g
	Hot Dog & Onion Roll	Asda	216g
	Hot Dog Sausages	Princes	23g
		Tesco Value	28g
	Hot Dog Sausages - American Style	Tesco	75g
	Hot Dog Sausages Mini - American Style	Tesco	10g
	Jumbo Frankfurters	Herta	90g
	Lite Hot Dogs	Princes	23g
	Micro Snacks Hot Dogs	Asda	185g (Baguette 104g, Frankfurter 41g, Onion 120g, Ketchup 20g)
	Soccer Hot Dogs	Princes	50g
<b>Sausages</b>			
	Chipolata Sausages	Tesco	28g
		Asda	33g
	Cocktail Sausages	Asda	13g/15g
		Tesco	14g
		Somerfield	16g
	Cooked Pork Cocktail Sausages (25 pack)	Tesco	10g
	Mini Bangers	Asda	10g
	Mini Skinless Pork Sausages	Marks & Spencer	10g
	Mini Toad-in-the-Hole (12 pack)	Somerfield	10g
	Peperami Spiced Sausage Minis	Matteson's	10g
	Pork Cocktail Sausages	Marks & Spencer	12g
	Small Pork Sausages	Marks & Spencer	28g
	Turkey Cocktail Sausages (32 Pack)	Asda	14g
	Wee Willie Winkies	Halls	10g

Product		Supermarket/Manufacturers' Data	Weight
<b>Pepperami</b>			
	Peperami Hot	Unilever	25g
	Peperami in a Roll	Unilever	50g
<b>Sausage Meals</b>			
	Mini Yorkshire Pudding & Sausage Casserole	Marks & Spencer	240g (Sausages 55g, Carrots 22g, Potato 22g, Yorkshire Pudding 14g)
	Sausage with Carrot & Swede Mesh	Marks & Spencer	215g (Pork Sausage 39g, Potato 97g, Carrots 22g, Swede 11g)
	Sausage, Beans & Mash	Tesco	235g (Sausages 50g, Mash 77g, Baked Beans 108g)
<b>Meat Pies &amp; Pastries</b>			
<b>Sausage Rolls - Party</b>			
	Party Sausage Rolls	Asda/Tesco	12g/15g
	Party Sausage Rolls	Somerfield	16g
	Cocktail Sausage Rolls	Sainsburys	15g
<b>Sausage Rolls - Snack</b>			
	Sausage Snack Rolls	Asda	33g
	Sausage Rolls	Waitrose	35g/75g
<b>Sausage Rolls - Medium</b>			
	Sausage Rolls	Tesco Value	55g/59g
		Somerfield Basics/Kwik Save	60g
		Sainsbury's	65g
		Tesco	59g/67g
		Somerfield	73g
		Pork Farms	77g
		Ginsters	80g
		Asda	85g
<b>Sausage Rolls - Large</b>			
	Sausage Rolls	Asda	128g
<b>Pork Pies</b>			

Product		Supermarket/Manufacturers' Data	Weight
	Dinkies Pork/Pork & Bacon Pies	Tesco	15g
	Pork Pies - Buffet	Bowyer's	77g
		Tesco	80g
	Pork Pies - Melton Mowbray Buffet	Asda/Tesco	76g
	Pork Pies - Melton Mowbray Mini	Asda	50g
		Tesco	49g
	Pork Pies - Mini	Sainsbury's	43g
		Tesco	45g
		Bowyer's	50g
	Pork Pies - Snack Size	Pork Farms	82g
<b>Scotch Pies</b>			
	Scotch Pie	Coutryside	145g
		Bell's	160g
		Asda	175g
<b>Miscellaneous Meat Pies</b>			
	Buffet Bar	Ginster's	90g
	Corned Beef Crispbakes (4 pack)	Tesco	114g
	Cornish Snack Pasties	Asda	60g
	Mini Cornish Pasties	Marks & Spencer	72g
	Roaster Bar	Ginster's	130g
	Scotch Egg Bar	Ginster's	94g
	Snack Pies	Asda	70g
	Steak & Kidney Puddings	Goblin	140g
		Fray Bentos	213g
<b>Processed Meats</b>			
	Billy Bear Sausage	Tesco	20g per slice
	Blue Parrot Café Wafer Thin Ham	Sainsbury's	10g per slice
	Blue Parrot Café Wafer Thin Turkey	Sainsbury's	10g per slice
	Clumsy Clown	Tesco	20g per slice
	Digimon Turkey & Pork Slices		14g per slice
	Dinosaur Turkey Roll	Matthews	10g per slice
	Soccer Billy	Feldhues	17g per slice

Product		Supermarket/Manufacturers' Data	Weight
	Soccer Slices Turkey Roll	Matthews	10g per slice
	Thomas & Friends Ham	Mattessons	10g per slice
	Tweety Turkey & Pork Slices		14g per slice
<b>White Fish Coated and/or Fried</b>			
<b>Fish Fingers</b>			
	Blue Parrot Café Jumbo Cod Fish Fingers	Sainsbury's	71g
	Cod Fish Fingers	Asda/Bird's Eye/Somerfield/Tesco	30g
	Fish Fingers in Crispy Batter	Birds Eye	30g
	Haddock Fish Fingers	Birds Eye	30g
	Kids Fish Fingers	Tesco	30g
<b>Fish Cakes</b>			
	Mini Fish Cakes	Bird's Eye	20g
	Fish Cakes	Somerfield Basics/Kwiksave	24g
		Birds Eye	25g
		Asda Smartprice/Somerfields Basic/Kwik Save/Tesco	42g
		Asda	50g
		Somerfield Basics	56g
	Cod Fish Cakes	Tesco	49g
		Bird's Eye	50g
		Asda/Somerfield	85g
	Big Time Cod Cake	Birds Eye	115g
<b>Fish Shapes</b>			
	Captains Coins	Birds Eye	20g
	Cheesy Tuna Bites	Tesco	31g
	Kids Shark Bites	Tesco	71g
<b>Fish Meals</b>			
	Cheesy Tuna Pie	Marks & Spencer	256g (Potatoes 117g, Tuna 39g, Cheese 14g, Sweetcorn 7g)
	Children's Tuna & Pasta Bake	Marks & Spencer	230g (Pasta 83g, Meat 37g, SS Milk 46g, Tomato 18g, Cheese 14g)
	Chunky Cod & Chips with Ketchup	Marks & Spencer	200g (Chips 100g, Cod 48g, Ketchup 24g)
	Cod and Vegetable Fish Cake Meal	Marks & Spencer	190g (Potato Rosti 78g, Cod 36g, Tomato 29g)
	Kids Fish & Chips	Tesco	220g (Chips 92g, Cod 73g, Tomato Relish 51g)

Product		Supermarket/Manufacturers' Data	Weight
	Real Fish Fingers with Fresh Pasta Shells	Marks & Spencer	195g (Cod 47g, Breadcrumbs 23g, Cooked Pasta 12g)
<b>Vegetable Dishes</b>			
<b>Vegetable Fingers</b>			
	Crispy Veg Fingers	Birds Eye	30g
<b>Vegetable Burgers</b>			
	Vegeburger/Vegetable Burger	Asda	57g
		Tesco	65g
		Co-op	75g
<b>Vegetable Quarter Pounders</b>			
	Vegetarian Quarter Pounder	Bird's Eye/Tesco	115g
<b>Meat-Free Sausages</b>			
	Blue Parrot Café Veggie Sausage Sticks	Sainsbury's	12g
	Cumberland Meat Free Bangers	Asda	42g
<b>Meat-Free Hot Dog Sausages</b>			
	Blue Parrot Café Mini Meat Free Hot Dogs	Sainsbury's	12g
	Vegetarian Hot Dog Sausages (10 pack)	Tesco	30g
<b>Other Meat-Free Items</b>			
	Blue Parrot Café Mini Meat Free Nuggets	Sainsbury's	19g
	Blue Parrot Café Veggie Nuggets	Sainsbury's	10g
	Mushroom Burger	Tesco	88g/79g
	Onion Bhaji	Safeway	57g
	Vegetable Cutlets (2 pack)	Safeway	100g
	Vegetable Grills (4 packs)	Co-op	85g
	Vegetable Samosa	Safeway	65g
		Tesco	70g
	Vegetable Slices (2 pack)	Tesco	150g
	Vegetable Spring Rolls (4 pack)	Tesco	60g
		Safeway	70g

Product		Supermarket/Manufacturers' Data	Weight
<b>Baked Beans</b>			
<b><i>Baked Beans in Sauce</i></b>			
	Baked Beans - Small can	Heinz	150g
		Heinz	200g
		Asda	215g
		HP/Tesco	220g
		Asda	300g
	Healthy Choice Baked Beans - Small can	Asda	215g
		Tesco	220g
	Barbecue/Curried Beans	Heinz	200g
	Baked Beans - Large can	Asda Smartprice/Heinz	415g
		Asda/Tesco	420g
	Healthy Choice Baked Beans	Asda/Tesco	420g
<b><i>Baked Beans with Sausages</i></b>			
	Baked Bean Bolognese	Heinz	390g
	Baked Bean Chicken Curry	Heinz	390g
	Baked Beans with Sausages - Small can	Heinz	200g
		Asda	215g
		Tesco	220g
	Baked Beans with Sausages - Large can	Heinz	415g
		Asda Smartprice/Asda/Tesco	420g
	Baked Beans with Vegetarian Sausages	Heinz	200g
	Healthy Balance Baked Beans with Sausages	Heinz	400g
	Good for You Baked Beans with Sausages	Asda	420g
	Sausage Casserole	Asda Smartprice	392g
<b><i>Baked Beans with Nuggets</i></b>			
	Baked Beans with Chicken Nuggets	Asda	415g
	Beans 'n' Nuggets	HP	415g
	Blue Parrot Café Baked Beans & Pork Nuggetts	Sainsbury's	400g
<b><i>Baked Beans with Other Additions</i></b>			
	All Day Breakfast	Heinz	415g (Beans 214g, Sausages 80g, Pork & Egg Nuggets 60g, Mushrooms 27g, Bacon 19g)

Product	Supermarket/Manufacturers' Data	Weight
All Day Breakfast (Meat Free)	Heinz	415g
Baked Bean Cheesy	Heinz	395g
Beef Grill 'n' Chips	HP	410g
Blue Parrot Café Baked Beans & Chicken Drummers	Sainsbury's	400g
Full Monty	Heinz	410g
London Grill	Heinz	405g
Omelette, Chips and Beans	HP	410g
Sausage, Beans 'n' Wedges	HP	410g
The Big BBQ	HP	410g
<b>Potato Products</b>		
<b>Micro Chips</b>		
Fries to Go		90g
Micro Chips	Asda/Marks and Spencer/McCain	100g
Mega Micro Chips	McCain	220g
<b>Potato Waffles</b>		
Mini Potato Waffles	Tesco	15g
Kid's Crew Mini Potato Waffles	Iceland	28g
Potato Waffles	Asda/Tesco/Somerfield	56g
	Bird's Eye	60g
<b>Potato Wedges</b>		
Blue Parrot Café Vegetable & Potato Wedges	Sainsbury's	35g
Micro Wedges in Sauce	McCain	200g
<b>Other Potato Products</b>		
Alphabites	Birds Eye	8g
Crispy Potato Fritters	Birds Eye	20g
Kid's Crew Salt & Vinegar Potato Balls	Iceland	8g
Kid's Crew Snakes and Ladders	Iceland	15g
Mini Potato Rosti Selection (12 pack)	Somerfield	15g
Monster Feet	Asda	25g
Potato Croquettes	Tesco	49g
Potato Stars	Asda	19g

Product		Supermarket/Manufacturers' Data	Weight
	Smiles	McCain	18g
<b>Fruit Snacks</b>			
	Bite Size Dried Fruit Snacks	Sundora	50g/125g
	Blue Parrot Café Snack Pack (Raisins, Prunes or Apricots)	Sainsbury's	50g
	Blue Parrot Café Snack Pack Raisins	Sainsbury's	14g
	Captain Organic Dried Fruit		50g
	Dried Fruit Snack Pack	Marks & Spencer/Somerfield	50g
	Fruit Flakes	Fruit Bowl	20g
	Frutti Max	Sundora	25g
	Funky Fruit	Whitworth's	50g
	Garden Gang Mini Raisins	Asda	70g
	Garden Gang Raisins & Sultanas	Asda	50g
	Raisin Snack	Sunmaid	43g
	School Bars	Fruit Bowl	20g
	Snack Pack Apple Slices/Strawberries	Somerfield	60g
	Snack Pack Grapes	Somerfield	70g
<b>Crisps &amp; Savoury Snacks</b>			
<b>Crisps</b>			
	Basics Crisps	Somerfield Basics/Tesco Value	20g
	Be Good to Yourself Crisps (All flavours)	Sainsbury's	25g
	Beano Crisps	Snackhouse	17g
	Blue Parrot Café Assorted Bakes	Sainsbury's	20g
	Brannigans Potato Chips (All flavours)	KP Foods	30g/40g
	Bubbled Potato Chips	Royster's	31g
	Crinkle Cut Crisps	Seabrook	32g
		Waitrose	40g
	Crisps (All flavours)	Co-op	20g
		Asda/Bensons/Co-op/KP Foods/Peak	25g
		Sainsbury's/Somerfield Basics/Tesco's	
		Waitrose/Walker's/Golden Wonder	
		Walker's	27g
		Walker's	34g

Product		Supermarket/Manufacturers' Data	Weight
		Golden Wonder	35g
		Golden Wonder/Pringles	50g
	Golden Lights (All flavours)	Golden Wonder	21g
	Handcooked Crisps	Marks & Spencer	40g
	Hedgerow Crisps	Tofties	30g
	Kettle Chips (All flavours)	Kettle Foods	40g/50g
	Lites (All flavours)	Walker's	24g/28g
	McCoys Potato Chips	KP Foods	35g/50g
	Potato Chips	McCoy's	35g
	Quite Hot Crisps (All flavours)	Golden Wonder	40g
	Quite Strong Crisps (All flavours)	Golden Wonder	40g
	Square Crisps (All flavours)	Walker's	25g
	Streaky Crisps	Co-op	50g
	Thick n' Crunchy Crisps	Golden Wonder	40g
<b>Bacon Snacks</b>			
	Bacon Bites	Red Mill	50g
	Bacon Fries	Walker's	25g
	Bacon Rashers	Marks & Spencer	40g
	Bacon Streaks	Red Mill	60g
	Snack Rashers	Waitrose	50g
<b>Cheese Snacks</b>			
	Cheese & Onion Twirls	Redmill	40g
	Cheese Curls	Co-op	40g
		Red Mill	50g
	Cheese Flavour Cheetos	Walker's	24g
	Cheese Moments	Walker's	28g/50g
	Cheese Puffs	Co-op	16g
		Asda	18g
		Waitrose	50g
	Cheese Savouries	Asda	33g
	Cheese Tasters	Marks & Spencer	30g
	Cheeselets	Jacob's	30g
	Derwent Valley Cheesy Curls	KP Foods	50g

Product		Supermarket/Manufacturers' Data	Weight
	Mini Cheddars (All flavours)	McVitie's	30g/35g/50g
	Savoury Selection Cheese Flavour Moments	Walker's	28g
<b>Chipsticks &amp; Fries</b>			
	Chipleets	Marks & Spencer	50g
	Chipsticks (All flavours)	Walker's	23g
	Count On Us French Fries	Marks & Spencer	25g
	Crunchy Sticks	Co-op/KP Foods	50g
	French Fries (All flavours)	Walker's	22g
	Mini Chips (All flavours)	KP Foods	33g
	Salt & Vinegar Sticks	Co-op	16g
		Asda	22g
	Savoury Sticks	Red Mill/Waitrose	50g
<b>Crunchy Snacks</b>			
	Crunchies (All flavours)	KP Foods	14g
	Crunchy Fries (All flavours)	Golden Wonder	30g
	Roast Pork Crunch	Red Mill	30g
	Wheat Crunchies (All flavours)	Golden Wonder	31g/35g/50g
<b>Onion Rings</b>			
	Count On Us Onion rings	Marks & Spencer	20g
	Director's Cut Onion Rings	Snackhouse	50g
	Onion Rings	Asda/Co-op	16g
		Walker's	25g
		Marks & Spencer	40g
		KP Foods/Red Mill/Waitrose	50g
<b>Potato Rings</b>			
	Hula Hoops (All flavours)	KP Foods	27g/34g
	Hula Hoops Minis (All flavours)	KP Foods	35g
	Hula Hoops Shoks (All flavours)	KP Foods	55g
	Hula Hoops XL (All flavours)	KP Foods	37g/50g
	Loops (All flavours)	Asda	25g

Product		Supermarket/Manufacturers' Data	Weight
<b>Prawn Snacks</b>			
	Prawn Cocktail Flavour Shells	Co-op/Marks and Spencer/Waitrose	50g
	Prawn Crackers	Co-op/Red Mill/Somerfield	50g
		Tesco	60g
		Asda	70g
	Scampi Frites	Walker's	27g
<b>Tortilla Chips</b>			
	Doritos (All flavours)	Walker's	20g/24g/33g/40g
	Doritos Big Eats	Walker's	55g
	Doritos Corn Chips	Walker's	33g
	Phileas Fogg Devilishly Hot Tortilla	KP Foods	50g
	Phileas Fogg Nacho Tortilla	KP Foods	50g
	Tortilla Chips	Redmill	75g
<b>Twirl/Twist Snacks</b>			
	Salt & Vinegar Twirls	Red Mill	40g
	Director's Cut Chilli Twists	Snackhouse	50g
	Twirls	Co-op/Waitrose	50g
<b>Other Snacks</b>			
	Beastie Bites (All flavours)	Asda	25g
	Blue Parrot Café Mini Baked Snacks	Sainsbury's	25g
	Bugles (All flavours)	Golden Wonder	20g/25g/40g
	Cool O's	Red Mill	38g
	Count On Us Spicy Stars	Marks & Spencer	20g
	Curls (All flavours)	Asda	14g
	Discos (All flavours)	KP Foods	28g/31g
	Footballs (All flavours)	Walker's	23g
	Frazzles	Walker's	23g
	Frisps (All flavours)	KP Foods	28g/31g
	Go Ahead Oven Bakes (All flavours)	United Biscuits UK Ltd	20g
	Grab Bags	Walker's	60g
	Krusty Wingdings	Snackhouse	25g
	Max	Walkers	35g

Product	Supermarket/Manufacturers' Data	Weight
Monster Munch - Mega	Walker's	40g
Monster Munch (All flavours)	Walker's	25g
Nik Naks (All flavours)	Golden Wonder	34g/50g
Phileas Fogg Chicettas Four Cheeses	KP Foods	35g
Phileas Fogg Mild Coriander Chutney Poppadum	KP Foods	30g
Phileas Fogg Spicy Indonesian Crackers	KP Foods	60g
Pom Bear (All varieties)	Wolf UK	25g
Poppadoms	KP Foods	66g
Pork Crackles	Red Mill	50g
Pork Scratchings	KP Foods	20g/50g
Quavers (All flavours)	Walker's	20g/34g
Ready Salted Potato Waffles	Asda	55g
Ridge Chips	McCoy's	35g/50g
Ringos	Golden Wonder	20g
Sensations	Walker's	40g
Simpsons Eat My Shorts	Snackhouse	30g
Simpsons No Problemos	Snackhouse	35g
Simpsons Wedgies	Snackhouse	30g
Simpsons Windings	Snackhouse	25g
Skips (All flavours)	KP Foods	17g/19g
Snac-a-Jacks Rice & Corn Snacks	Quaker	30g/35g
Snaps (All flavours)	Walker's	19g
Space Raiders (All flavours)	KP Foods	17g/34g
Space War Snacks	Snackhouse	35g
Squares	Marks & Spencer	50g
Super Space Raiders (All flavours)	KP Foods	34g
Thai Bites	Jacob's	25g
Titan AE Snacks	Snackhouse	35g
Transform-a-Snack	Redmill	45g
Twiglets	Jacob's	30g
Wafflers	Golden Wonder	31g/35g
Walker's Max (All flavours)	Walker's	55g
Weenie Wotsits	Golden Wonder	13g
Whopping Wotsits	Golden Wonder	31g
Wiggles (All flavours)	Asda	23g

Product		Supermarket/Manufacturers' Data	Weight
	Wotsits (All flavours)	Golden Wonder	19g/21g/40g
	<b>NB Weights of crisps and savoury snacks are for the packet.</b>		
<b>Nuts and Seeds</b>			
<b>Cashews</b>			
	Roasted Salted Cashew Nuts	KP Foods	20g/50g
		Golden Wonder	25g
	Brannigans Beer Nuts	KP Foods	50g
<b>Mixed Nuts</b>			
	Mixed Nuts & Raisins	Golden Wonder	40g
		KP Foods	50g
	Shots - Nut & Candy Mix	KP Foods	45g
<b>Peanuts</b>			
	Curry Flavour Peanuts with Golden Sultanas	KP Foods	45g
	Dry Roasted Peanuts	Golden Wonder/KP Foods	50g
	Nutsters (All Flavours)	KP Foods	38g
	Roasted Salted Peanuts (All flavours)	KP Foods	25g
		KP Foods	45g
		Golden Wonder/KP Foods	50g
<b>Pistachios</b>			
	Roasted Salted Pistachio Nuts	KP Foods	25g
		Golden Wonder	40g
		KP Foods	50g
<b>Sugar Confectionery</b>			
	Airwaves/Extra Chewing Gum	Wrigleys	2g per stick
	American Hard Gums	Asda	6g each
	Assorted Toffees	Asda/Bassett's	8g each
	Baby Foam Bananas	Marks & Spencer	4g each
	Black Jacks	Bassett's	3g each
	Blackcurrant & Liquorice Sweets	Millar's/Tesco	8g each

Product	Supermarket/Manufacturers' Data	Weight
Blue Parrot Café Jelly Bears	Sainsbury's	2g each
Blue Parrot Café Milk Cow Gums	Sainsbury's	3g each
Bottle Shape Sweet	Woolworth's Pick 'n' Mix	15g each
Brazil Nut Toffees	Tesco	7g each
Bursting Bugs	Rowntrees	42g pack (5g each)
Butter Mintoes	Sainsbury's/Tesco	9g each
Campino	Bendicks (Mayfair) Ltd	43g roll (4g each)
Candy Roll (Pink & White)	Woolworth's Pick 'n' Mix	2g each
Catherine Wheels	Sainsbury's	19g each
Cheeky Monkeys	Asda	8g each
Chewbar Kola	Big Baby	21g each
Chewing Gum	Wrigleys	3g per piece
Chewitts		16g pack (3g each)
Chocolate Eclairs	Cadbury's	7g each
Chupa Chups Lollies		13g each
Clear Fruits	Sainsbury's	7g each
Cola Bottle - large	Woolworth's Pick 'n' Mix	5g each
Cola Bottle - medium	Woolworth's Pick 'n' Mix	3g each
Cola Bottles	Asda	4g each
Dainty Dollies	Jojos	45g
Dairy Toffees	Sainsbury's	7g each
Dinosaur Family	Asda	6g each
Dolly Beads Necklace	Swizzels Matlow	18g
Dolly Mixtures	Asda/Asda Smartprice/Marks and Spencer/Tesco	average 1g each
Double Dip	Swizzels Matlow	21g (Swizzelstick 8g)
Double Lolly	Swizzels Matlow	9g each
Drumstick Chewy Sweet Lolly	Swizzels Matlow	14g/21g
	Woolworth's Pick 'n' Mix	15g each
Everton Mints	Tesco	7g each
Extra Strong Mints	Trebor	44g roll (4g each)
Fantastically Fizzy Fish	Marks & Spencer	5g each
Fizzers	Swizzels Matlow/Woolworth's	7g tube (15 sweets)
Fizzy Cola Bottle - large	Woolworth's Pick 'n' Mix	8g each
Fizzy Cola Bottles	Swizzels Matlow	20g bag (1g each)
	Woolworth's Pick 'n' Mix	8g each

Product	Supermarket/Manufacturers' Data	Weight
Fizzy Laces	Sainsbury's	4g each
Fizzy Lances	Sainsbury's	4g each
	Tesco	5g each
Fizzy Lemon Fish	Asda	5g each
Fizzy Poles	Sainsbury's	10g each
Flump Twists	B&B	15g
Flumps Cable	Bassett's	16g
Flying Saucers	Asda	22g bag (1g each)
	Sainsbury's	25g bag
Foamy Bananas	Asda	4g each
Fox's Fruits - 10 piece Stickpack	Nestle	50g (5g each)
Fox's Glacier Mints - 10 piece Stickpack	Nestle	50g (5g each)
Fried Egg	Woolworth's Pick 'n' Mix	4g each
Fruit Assortment	Tesco	9g each
Fruit BonBons	Pascall	7g each
Fruit Faces	Bassett's	42g bag
Fruit Gums (17 sweets)	Rowntrees	40g (3g each)
Fruit Gums Minis	Rowntrees	17g tube
Fruit Lolly	Swizzels Matlow	13g each
Fruit Pastille Body Parts	Rowntrees	42g (3g each)
Fruit Pastilles	Asda	6g each
Fruit Pastilles - Minis	Rowntree's	18g roll (3g each)
Fruit Pastilles (14 sweets)	Rowntrees	42g roll (3g each)
Fruit Rush	Rowntrees	45g bag (5g each)
Fruit Salad & Black Jacks	Bassett's	190g bag
Fruit Salad Chew Bar	Bassett's	21g
Fruit Sherbets	Tesco	9g each
Fruit Splits	Tesco	9g each
Fruit Squoosh	Nestle	15g
Fruit Twists	Sainsbury's	10g each
Fruit-tella	Lambert's	43g pack (4g each)
Fudge	Asda	14g each
	Tesco	9g each
Funtastic Minis Variety	Nestle	17g each
Glacier Mints	Fox's	26g each

Product	Supermarket/Manufacturers' Data	Weight
Gum/Foam Face	Woolworth's Pick 'n' Mix	4g each
Gummi Bears	Woolworth's Pick 'n' Mix	2g each
Gummy Planes	Tesco	2g each
Happy Cola Minis	Haribo	18g pack (1g each)
HB (All flavours)	Wrigleys	4g per piece
Humbugs	Sainsbury's	8g each
Ice Cream Cones	Tesco	2g each
Im Bru Bars	McCowan's	20g each
	Asda/Bassett's/Tesco/Woolworth's	6g each
Jelly Bean Assortment	The Jelly Bean Factory	125g tube (1g each)
Jelly Beans	Asda/Tesco	2g each
	Woolworth's Pick 'n' Mix	3g each
Jelly Fish	Woolworth's Pick 'n' Mix	14g each
Jelly Lips	Woolworth's Pick 'n' Mix	9g each
Jelly Rings	Woolworth's Pick 'n' Mix	4g each
Jelly Snake	Woolworth's Pick 'n' Mix	48g packet (3g each)
Jelly Tots Minis	Rowntrees	19g bag/43g (1g each)
Laces	Asda/Tesco	3g each
Lances	Asda	6g each
Liquorice Allsorts	Bassett's	47g bag (7g average)
	Asda	6g each
Liquorice Catherine Wheels	Sainsbury's	19g each
Locketts	Mars	43g pack
Lollipops	Tesco Value	10g each
Lolly Mix	Tesco	6g each
Lots of Lollies	Asda	10g/14g each
Love Hearts	Swizzel's	11g/16g tube (2g each)
Macaroon Bars	Lees of Scotland	40g/70g
Marshmallows	Asda	8g each
McCowan's Highland Toffee	McCowan's	43g
Megabeans	Rowntrees	52g bag (2g each)
Midget Gems	Lion	2g each
Milk Bottles	Asda/Bassett's/Marks and Spencer	3g each
	Woolworth's Pick 'n' Mix	6g each
Millions		15g/78g pack

Product	Supermarket/Manufacturers' Data	Weight
Mini Beans	Jojos	45g
Mini Jelly Babies	Bassett's/Marks & Spencer/Tesco	4g each
Mint Assortment	Sainsbury's/Tesco's	8g each
Mint Humbugs	Asda Smartprice/Tesco/Thornton's	9g each
Mint Imperials	Asda Smartprice/Asda	15g each
Mint Imperials	Sainsbury's/Tesco	3g each
Molly Moos (Cola Flavour Gums)	Marks & Spencer	8g each
Monkey Head (Foam & Jelly)	Woolworth's Pick 'n' Mix	8g each
Moo Choos	Bassett's	42g bag (5g each)
Murray Mints	Bassett's	6g each
Nougat	Bassett's	113g bar
Ocean Mix	Tesco	7g each
Original Butter Candies	Werther's	4g each
Original Chewy Toffees	Werther's	6g each
Parma Violets	Swizzels Matlow	7g tube
Party Lollies	Sainsbury's	6g each
Penny Pigs (Fruit Gums)	Marks and Spencer	7g each
Percy Pigs (Fruit Gums)	Marks and Spencer	8g each
Polo Smoothies	Nestle	3g each
Polos	Nestle	34g/37g/38g (1.5g each)
Rainbow Drops	Swizzels Matlow	43g pack
Refreshers	Bassett's	12g/35g tube (2g each)
Refreshers Chew Bar	Matlow's	14g/25g
Refreshers Gums	Bassett's	4g each
Rhubarb & Custard	Asda	8g each
Scary Mix	Tesco	2g each
Scottish Fudge Bar	Lees of Scotland	60g
Scottish Tablet Bar	Lees of Scotland	40g/60g
Shell - Pink Foam	Woolworth's Pick 'n' Mix	5g each
Sherbet Lemons	Bassett's	6g each
Sherbet Lollies	Swizzel's	12g (Lolly 3g)
Shrimps	Haribo	17g bag (1g each)
Skittles	Mars	55g (1g each)
Skittles Mint	Mars	45g bag
Skittles Sours	Mars	55g bag

Product		Supermarket/Manufacturers' Data	Weight
	Soft Mints	Trebor	50g pack (4g each)
	Sour Cherry Lips	Asda	4g each
	Sourheads	Woolworth's Pick 'n' Mix	4g each
	Sparkling Fruit Drops	Tesco	7g each
	Sparkling Mints	Tesco	6g each
	Spider	Woolworth's Pick 'n' Mix	21g each
	Squeelingly Fizzy Piglets (Soft Gums)	Marks & Spencer	5g each
	Starburst Flipsters	Mars	4g each
	Starburst Fruity Animals Fun Size	Mars	15g bag
	Starburst Fruity Chews	Mars	45g bag (5g each)
	Starburst Joosters Jelly Beans Fun Size	Mars	17g (2g each)
	Starburst Juicy Gums Fun Size	Mars	15g bag
	Starburst Original Fun Size	Mars	15g bag
	Starburst Sea Monsters	Mars	5g (white base)/3g
	Starburst Smiles Fun Size	Mars	16g bag
	Super Sour Snakes	Asda	3g each
	Teeth & Lips	Tesco	30g/60g bag
	Tic Tac	Ferrero	16g pack
	Toffee Bars	McCowan's	18g each
	Toffos (All flavours)	Nestle	47g tube (5g each)
	Tooty Frooties	Rowntrees	45g bag (2g each)
	Tooty Frooties Minis	Rowntrees	19g bag
	Triple X Mints	Nestle	48g packet (3g each)
	Tunes	Mars	37g (4g)
	Tweenies Goody Bag	Marks & Spencer	110g
	Value Lollipops	Asda	10g each
	Wine Gums	Maynard's	23g/52g tube (4g each)
		Woolworth's Pick 'n' Mix	5g each
		Asda Smartprice	6g each
	Wine Pastilles	Maynard's	52g roll (4g each)
	Yowie	Bassett's	52g
<b>Popcorn</b>			
	Microwaveable Popcorn	Act II	300g
	Popcorn	Butterkist	30g/100g/200g

Product		Supermarket/Manufacturers' Data	Weight
	Popcorn - Crunchy Buttered	Matlow's	90g bag
	Popcorn - Ready To Eat (All varieties)	Popz	80g tub/100g bag
	Popcorn - Sweet (All flavours)	Tesco	150g pack
<b>Chocolate Confectionery</b>			
	Aero Bar	Nestle	39g/46g (7g per piece)
	Aero Honeycombe	Nestle	40g
	Aero Milk, Chunky	Nestle	39g
	Aero Snack Size	Nestle	21g
	Aero Milk, Mini	Nestle	11g
	After Dinner Chocolate Mint Sticks (All flavours)	Asda	1g each
	After Dinner Mints	Asda	10g each
		Tesco	8g each
	After Eight Mints	Nestle	14g each
	After Eight White Chocolate Mints	Nestle	9g each
	Animal Bar	Nestle	19g
	Belgian Chocolates	Tesco	15g each
	Bingo	Burton's	25g
	Biscuit & Caramel Chocolate Twin Bars	Waitrose	58g (29g each)
	Boost	Cadbury's	55g
	Bounty Bar (plain/milk)	Mars	57g (29g per finger)
	Bounty Fun Size	Mars	29g
	Bournville	Cadbury's	45g
	Brunch Bar (All varieties)	Cadbury's	35g
	Caramac	Nestle	30g (5g per piece)
	Caramel	Cadbury's	50g (8g per piece)
	Caramel Treat Size	Cadbury's	17g
	Caramel Twin Bar	Cadbury's	48g
	Caramel, Nougat & Peanut Bars	Waitrose	55g
	Cartoonies	Burton's	25g
	Celebrations	Mars	6g/7g/8g/9g
	Choc Dips (All flavours)	KP Foods	32g
	Chocolate Bar	Asda/Tesco Value	100g
	Chocolate Bar with Crisped Rice	Tesco	150g each
	Chocolate Buttons	Cadbury's	33g ( 2 buttons 1g)

Product	Supermarket/Manufacturers' Data	Weight
Chocolate Buttons	Asda	70g bag (2 buttons 1g)
Chocolate Buttons - Large	Cadbury's	65g
Chocolate Buttons Treat Size	Cadbury's	14g
Chocolate Coated Mint Bar	Lees of Scotland	60g
Chocolate Covered Brazil Nut	Woolworth's Pick 'n' Mix	9g each
Chocolate Cream	Fry's	50g
Chocolate Football	Woolworth's Pick 'n' Mix	6g each
Chocolate Lollipops - Large	Marks & Spencer	52g
Chocolate Nuts	Woolworth's Pick 'n' Mix	1g each
Chocolate Orange Bars	Terry's	40g
Chocolate Peanuts	Marks & Spencer	130g (1g each)
Chocolate Popcorn	Marks & Spencer	100g bag (4g each)
Chocolate Raisins	Marks & Spencer	130g bag (1g each)
Chocolate Raisins	Woolworth's Pick 'n' Mix	2g each
Chocolate Whirls (8 pack)	Asda	17g each
Chomp	Cadbury's	27g
Coconut & Chocolate Twin Bars	Waitrose	25g each
Coconut Dreams (10 snack size)	Asda	25g each
Crunch - Milk Chocolate	Nestle	33g
Crunch - White Chocolate	Nestle	31g
Crunch Nuggets	Cadbury's	200g bag (1-3g each)
Crunchie - Kingsize	Cadbury's	59g
Crunchie	Cadbury's	39g/40g/42g
Crunchie - Snack Size	Cadbury's	26g
Crunchie - Treat Size	Cadbury's	17g
Curly Wurly	Cadbury's	29g
Dairy Milk Single	Cadbury's	21g/49g (9g per piece)/55g
Dairy Milk Snack Size	Cadbury's	30g
Dairy Milk Treat Size	Cadbury's	15g
Dotty Chocolate Bars	Duncan's	39g
Double Cream Bar	Nestle	47g/150g bar (6g per piece)
Double Decker	Cadbury's	65g
Double Decker Snack Size	Cadbury's	36g
Double Take	Sainsbury's	22g
Dream	Cadbury's	45g (8g per oiece)

Product	Supermarket/Manufacturers' Data	Weight
Drifter	Nestle	60g (30g per finger)
Dubble Chocolate Bar		40g
Excellence Bar	Lindt	100g
Finest Milk Chocolate	Tesco	100g (10g per piece)
Finger Kinder Bueno Twin Bars	Ferrero	43g (22g each)
Finger of Fudge	Cadbury's	25g
Finger of Fudge Treat Size	Cadbury's	14g
Flake	Cadbury's	32g
Flake Snack Size	Cadbury's	17g
Flipz Chocolate	Nestle	50g
Flyte	Mars	23g/45g
Fruit & Nut Kingsize	Cadbury's	85g
Fruit & Nut/Whole Nut	Cadbury's	49g (8g per piece)
Fruit and Nut/Whole Nut Tasters	Cadbury's	45g
Fuse	Cadbury's	49g
Galaxy Bar/Hazelnut/Sultana & Hazelnut	Mars	46g
Galaxy Caramel	Mars	49g (7g per piece)
Galaxy Liaison	Mars	54g
Galaxy Milk - King Size	Mars	80g (9g per piece)
Galaxy Milk	Mars	47g
Galaxy - Snack Size	Mars	25g
Galaxy Minstrels	Mars	42g/115g (3g each)
Galaxy Ripple	Mars	33g
Giant Milk Chocolate Buttons	Cadbury's	49g (1g each)
Golden Cup - Large	Nestle	60g
Golden Cup - Standard	Nestle	37g
Golden Cup - Small	Nestle	22g
Kinder Egg	Kinder	20g
Kinder Max	Kinder	21g (4g square)
Kit Kat - 4 Finger	Nestle	48g
Kit Kat - 2 Finger	Nestle	21g
Kit Kat Chunky	Nestle	55g
Kit Kat Chunky White	Nestle	53g
Kit Kat Chunky Snack Size	Nestle	26g
Kit Kat Chunky Mini	Nestle	17g

Product	Supermarket/Manufacturers' Data	Weight
Lion Bar - King Size	Nestle	80g
Lion Bar - Standard	Nestle	53g
Lion Bar - Peanut	Nestle	49g
Lion Bar Snack	Nestle	34g
Lion Bar Mini	Nestle	16g
Little Rolo	Nestle	40g bag (2g each)
M&M's Crispy	Mars	36g bag (2 for 1g each)
M&M's Minis	Mars	33g
M&M's Peanuts	Mars	45g bag (2g each)
Macaroon Bar	Lees of Scotland	70g
Maltesers - King Size	Mars	59g (3g each)
Maltesers - Standard	Mars	37g
Maltesers Fun Size	Mars	23g
Marble	Cadbury's	46g
Mars Bar The Big One (King Size)	Mars	100g
Mars Bar	Mars	54g/65g
Mars Bar Snack Size	Mars	39g
Mars Bar Fun Size	Mars	19g
Maverick	Nestle	60g
Maxi Mini Treat Size Units	Cadbury's	40g
Mighty Caramel/Peanut (Snack size)	Asda	40g
Mighty Caramel/Peanut (Treat size)	Asda	20g
Milk Chocolate Whirls (Snack size)	Asda	26g
Milk Chocolate Whirls (Treat size)	Asda	18g
Milky Bar	Nestle	13g
Milky Bar Buttons	Nestle	16g/30g bag (1g each)
Milky Bar Chew	Nestle	26g
Milky Bar Munchies	Nestle	38g (3g each)
Milky Way Bar	Mars	52g (26g each)
Milky Way Snack Size	Mars	26g
Milky Way Fun Size	Mars	17g
Milky Way Magic Stars	Mars	30g
Milky Way Magic Stars Fun Size	Mars	15g
Mini Egg	Woolworth's Pick 'n' Mix	3g each
Mint Crisps	Tesco	6g each

Product	Supermarket/Manufacturers' Data	Weight
Minties	Nestle	44g tube (4g each)
Munchies	Nestle	52g (7g each)
Nougat & Caramel Bars	Waitrose	55g
Nuts About Caramel	Cadbury's	50g/55g
Organic Chocolate	Tesco	100g
Peppermint Cream	Fry's	50g
Picnic	Cadbury's	48g
Poppets	Payne's	45g
Pretzel Flipz	Nestle	50g
Quality Street Big Purple	Nestle	39g
Revels	Mars	35g
Rolos	Nestle	57g (5g each)
Rolos Minis	Nestle	27g pack
Shots	Cadbury's	200g bag (4g each)
Smarties - Giant	Nestle	49g (2g each)
Smarties	Nestle	20g/37g/42g (1g each)
Smarties Minis	Nestle	15g box (2 smarties 1g)
Smarties - Mini Eggs	Nestle	106g
Snickers The Big One (King Size)	Mars	100g
Snickers	Mars	65g
Snickers Fun Size	Mars	20g
Snickers Snack Size	Mars	44g
Snickers Cruncher Single	Mars	40g
Snickers Cruncher Snack Time	Mars	27g
Snowflake	Cadbury's	35g
Spira	Cadbury's	40g (20g per finger)
Surprise Egg	Kinder	20g
Taz	Cadbury's	20g
Time Out	Cadbury's	40g (20g per biscuit)
Time Out Snack Size	Cadbury's	11g
Toblerone	Tobler	100g (7g piece)
Toblerone Mini	Tobler	35g (4g per piece)
Toffee Crisp	Nestle	48g
Toffee Crisp Snack Size	Nestle	30g
Toffee Crisp Minis	Nestle	18g

Product		Supermarket/Manufacturers' Data	Weight
	Toffee Crisp Clusters	Nestle	44g
	Topic	Mars	47g
	Turkish Delight	Sultan's	53g
	Turkish Delight	Fry's	51g
	Tweenies White Chocolate Bar	Marks & Spencer	13g
	Tweeny Bar	Kinnerton	12g
	Twirl	Cadbury's	42g (21g per finger)
	Twirl Snack Size	Cadbury's	22g
	Twix Kingsize	Mars	85g (43g per finger)
	Twix	Mars	58g (29g per finger)
	Twix Funsized	Mars	31g
	Twix (from Pick 'n' Mix)	Mars	21g
	Twix Mini Biscuits	Mars	150g bag (9g each)
	Twix Snack Size	Mars	42g
	Walnut Whip	Nestle	31g
	Westlife Bar	Cadbury's	29g
	White Chocolate Bar	Tesco	50g/150g each
	White Chocolate Button with Hundreds & Thousands on top	Woolworth's Pick 'n' Mix	1g each
	White Chocolate Buttons	Marks & Spencer	113g (1g each)
	White Chocolate Ice Cream Cone	Woolworth's Pick 'n' Mix	5g each
	White Chocolate Mouse	Woolworth's Pick 'n' Mix	9g each
	Wildlife	Cadbury's	24g
	Wispa	Cadbury's	39g
	Wispa Treat Size	Cadbury's	15g
	Wispa Bite	Cadbury's	47g
	Wispa Mint	Cadbury's	50g
	Wonka Xploder Bar	Nestle	30g
	Yorkie - Honeycombe	Nestle	64g (13g piece)
	Yorkie - Kingsize	Nestle	85g
	Yorkie Original	Nestle	70g (15g per piece)
	Yorkie - Raisin & Biscuit	Nestle	63g (14g per piece)
	Yorkie - The Nutter	Nestle	53g
<b>Fruit Juice</b>			
	Pure Pineapple Juice	Co-op	220ml

Product		Supermarket/Manufacturers' Data	Weight
	Blue Parrot Café Apple/Orange Pure Fruit Juice	Sainsbury's	250ml
	Blue Parrot Café Tropical Juice Drink	Sainsbury's	250ml
	Food To Go Orange Juice	Marks & Spencer	250ml
	Freshly Squeezed Orange Juice (Bottle)	Tesco	250ml
	Fruit Smoothie	Princes	250ml
	Pure Apple Juice	Copella	250ml bottle
	Pure Fruit Juice (Cartons)	Asda/Tesco	200ml
	Pure Fruit Juice	Marks & Spencer/Waitrose	250ml carton
	Pure Fruit Juice	Tesco/Tropicana	330ml bottle
	Rio Fruit Juice	Hall and Woodhouse	330ml
	V8 Vegetable Juice	Campbell Soup Co	330ml
<b>Alcohol</b>			
<b>Beers &amp; Lagers</b>			
	Bottles		250ml/275ml/330ml/500ml/550ml/6409ml/660ml/750ml
	Cans		275ml/440ml/500ml
<b>Cider</b>			
	Bottles		250ml/275ml/330ml/440ml/500ml
	Cans		250ml/275ml/440ml
<b>Alcopops</b>			
	Sidekick Schnapps		30ml
	Bacardi Breezer		200ml/275ml
	Archers		275ml
	Born Black		275ml
	Cachaca Bambao		275ml
	FCUK		275ml
	Red Star Vodka Ice		275ml
	Reef		275ml
	Smirnoff Ice		275ml
	Vodka Red Square		275ml
	Hooch		330ml
	Wkd Vodka		330ml

Product	Supermarket/Manufacturers' Data	Weight
<b>Ice Cream and Ice Lollies</b>		
102 Dalmations	Nestle	45ml lolly
Assorted Fromage Frais Lollies (8 pack)	Tesco	33g
Assorted Fruit Flavour Lollies	Asda Smartprice	50ml
	Tesco	32g
	Tesco Value/Somerfield/Somerfield Basics	57g
Assorted Fruit Splits	Tesco	66g
	Asda/Somerfield	73ml
Assorted Fruit Yogurt Splits (6 pack)	Tesco	63g
Assorted Ice Lollies	Asda	30g
Assorted Ice Pops	Asda/Pokemon	50g
Assorted Milkshake Lollies (8 pack)	Tesco	33g
Assorted No Added Sugar Fruit Lollies	Tesco	30g
Assorted Real Fruit Lollies (10 pack)	Tesco	77g
Assorted Fruit Juice Lollies (10 Pack)	Asda	54g
Bart Simpson Ice Lolly	Safeway	42g
Blue Parrot Café Chocolate Jaffa Lollies	Sainsbury's	48ml
Blue Parrot Café Fromage Frais Lollies	Sainsbury's	30ml
Blue Parrot Café Mini Apple Juice Lollies	Sainsbury's	30g
Blue Parrot Café Real Fruit Juice Lollies	Sainsbury's	30g
Blue Parrot Café Real Fruit Juice Rocket Lolly	Sainsbury's	58g
Bounty Ice Cream Bars		100ml
Bournville Ice Cream Sticks	Cadbury's	120ml
Bugs Pops Lolly	Nestle	50ml stick
Calippo	Wall's	105ml
Cameo Cones (3 pack)	Tesco	63g
Celebration Mini Bars (12 pack)	Somerfield	20ml
Choc Ices	Marks & Spencer	44g
	Tesco	54g
	Iceland	70g
	Asda/Somerfield	70ml
	Somerfield Basics	62ml
	Asda	57ml
	Waitrose	65ml
Tesco Value	31g	

Product	Supermarket/Manufacturers' Data	Weight
Choc Ices - Dark	Tesco	43g
Chocolate & Nut Ice Cream Cone (4 pack)	Asda	74g
	Tesco	77g
Chocolate & Vanilla Cones	Marks & Spencer	66g
Chocolate Cones (4 pack)	Somerfield	63ml
Chocolate Flutes (8 pack)	Somerfield	60ml
Choc-O-Malt Sundae (2 pack)	Tesco	103g
Chunky Chocolate & Vanilla Giants	Marks & Spencer	63g
Chunky Freezepop	Calypso	50g
Chupster	Wall's	75ml
Cones (All Flavours) (4 pack)	Somerfield	110ml
	Tesco	76g/75g
Cool Calypso Freeze Drinks	Calypso	62g
Cornetto Classico	Wall's	65g
Cornetto Family Pack	Wall's	60g
Cornetto Fruity	Wall's	65g
Cornetto Miniatures	Wall's	19g
Cornetto Whippy	Wall's	70g
Cornish Raspberry Splits ( 10 pack)	Tesco	47g
Crème Egg Ice Cream Cones	Cadbury's	110ml
Crunchie Ice Cream Bar	Cadbury's	65ml
Dairy Cream Cones (2 pack)	Tesco	68g
Dairy Iced Dessert	Marks & Spencer	69g
Dairy Milk Ice Cream Sticks	Cadbury's	66g
Double Lickers (10 pack)	Somerfield	60ml
Dream Ice Cream Lollies	Cadbury's	66g
Exotic So-Lo Lollies 99% Fat Free	Iceland	60g
Exploding Wonka	Nestle	50ml lolly
Extreme (All flavours)	Nestle	145ml lolly
Extreme Duo	Nestle	155ml stick
Fab	Nestle	60g stick
Fabulously Fruity Tubes	Marks & Spencer	80g
Feast	Wall's	92ml
Figaro Choc Ice	Nestle	80ml
Finest Clotted Cream Splits	Tesco	73ml

Product	Supermarket/Manufacturers' Data	Weight
Fives	Wall's	50ml
Flake Ice Cream 99 Cones	Cadbury's	125ml
Freezepops Rugrats		20g
Freezepops Simpson's		20g/150g
Freezepops Tom & Jerry		20g/100g
Fresh Milk Lollies with Added Calcium (8 pack)	Asda	30g
Freshly Squeezed Orange Juice Lollies (4 pack)	Tesco	80g
Fromage Frais Lollies	Asda	30ml
Frubetto Orange	Nestle	80ml lolly
Frubetto Raspberry	Nestle	80ml lolly
Fruit and Nut Ice Cream Cones	Cadbury's	125ml
Fruit Pastilles Lollies	Rowntrees	65g
Fruit Splits	Asda	74g
Galaxy Ice Cream Bars	Galaxy	53g
Gold Selection Bombes (2 pack)	Somerfield	115ml
Healthy Eating Mini Fruit Lollies	Tesco	45g
Ice Cream Bars (All varieties)	Waitrose	80ml
Ice Cream Cones	Iceland	110g
	Tesco	120ml
Ice Cream Lollies	Tesco	85g
	Waitrose	110ml
Ice Cream Mini Rolls	Cadbury's	45ml
Ice Cream Minis	Mackies	100ml
Ice Cream Sundae	Marks & Spencer	180ml
Ice Snaps (Orange & Lemon Flavour) (12 pack)	Asda	50ml
Jelly Babies Ice Lollies	Bassets	40g
Jumbo Freezepop	Calypso	100g
Jungle Poles Freeze Pops	Crown Beverage Company	20g
Jungly Banana	Nestle	75ml stick
Kid's Crew Ice Breakers	Iceland	60g
Kid's Crew Ice Cream Sundaes	Iceland	40g
Kid's Crew Strawberry & Vanilla Ice Cream	Iceland	83g
Kit Kat Chunky	Nestle	65ml pack
La Creameria Minis	Nestle	120ml cup
Luxury Majestic	Iceland	100ml

Product	Supermarket/Manufacturers' Data	Weight
M & M's Cones	Mars	71g
Magnum Caramel & Nuts	Wall's	52g
Magnum Classic	Wall's	86g
Magnum Double Caramel	Wall's	99g
Magnum Fresh Yogurt	Wall's	86g
Magnum Moments	Wall's	9g
Magnum Snacksize	Wall's	50g
Maltesers Ice Cream Bars		75ml
Mars Ice Cream Bar	Mars	57g
Maxibon	Nestle	65g pack
Mega Majestics	Iceland	80g
Mega Truffle	Nestle	100ml stick
Mini Calippo	Walls	60ml
Mini Cones (10 pack)	Somerfield	25ml
Mini Cups (All varieties)	Haagen Dazs	100ml
Mini Feast	Wall's	60ml
Mini Fruit	Wall's	35g
Mini Fruit Cameo Lollies (8 pack)	Tesco	32g
Mini Lollies (All flavours)	Waitrose	30ml
Mini Magnum	Wall's	60ml
Mini Majestics (8 pack)	Waitrose	45ml
Mini Milk	Wall's	23g
Mini Milk (All flavours)	Safeway	27g
Mini Twister	Wall's	39g
Minissime	Haagen Dazs	45ml
Mint Crisp	Nestle	75ml stick
Monster Inc Lollies	Nestle	65ml
Montego Orange	Nestle	100ml
Mr Men (All flavours)	Nestle	40ml stick
Munch Bunch Fromage Frais Lollies	Eden Valley	30ml
Nuts About Caramel Ice Cream Sticks	Cadbury's	120ml
Orange & Blackcurant Ice Breakers	Iceland	60g
Orange & Cranberry Lollies (4 pack)	Tesco	80g
Orange Flavour Ice Lollies (10 pack)	Somerfield	73g
Orange Ice Cream Desserts (2 pack)	Tesco	100g

Product		Supermarket/Manufacturers' Data	Weight
	Orange Juice Lollies	Tropicana	50g
		Waitrose	60g
		Asda/Tesco	73g
	Orange Maid	Nestle	65g
	Organic Apple & Blackcurrant Lollies (10 pack)	Tesco	33g
	Penny Pops		20ml
	Perfectly Balanced Sundaes (All flavours)	Waitrose	175ml
	Pokemon Freezepops		50g
	Pokemon Orange Juice Lollies	Iceland	75g
	Pooh Sticks	Nestle	40ml pack
	Pop Lollies	Asda	45ml
	Push Ups	Asda	80ml
	Raspberry & Vanilla Screwballs (4 pack)	Asda	66g
	Real Choc Mini Choc Ice Lollies	Tesco	31g
	Real Choc Mini Cones	Tesco	48g
	Real Orange Lollies	Tesco	32g
	Refreshers Ice Lollies	Bassets	45g
	Ribena Blackcurrant Ice Lollies	Ribena	52g
	Rocket Fruit Lollies	Asda	58g
	Rocket Lollies		58g
		Iceland	60g
		Tesco	62g
	Rolo Lolly	Nestle	80ml stick
	Rowntrees Icecreamers	Nestle	15ml lolly
	Rugrats Freezepops	Calypso	20g
	Safari Sugar Free Freezepops	Calypso	20g
	Screwballs	Asda/Tesco	60g
	Simpsons Assorted Freezepops	Calypso	50g
	Slammer	Nestle	115ml
	Slimey Limey Lollies	Tesco	54g
	Smarties Lolly	Nestle	68ml stick
	Smarties Pop Up Lollies	Nestle	55g
	Snickers Ice Cream Bars		51g
	Solero Exotic Fruits	Wall's	75g
	Solero Exotic Fruits Mini	Wall's	41g

Product		Supermarket/Manufacturers' Data	Weight
	Solero Shots	Wall's	163ml
	Solero Smoover	Wall's	110ml
	Spagnola/Stracciatella	Carte D'Or	120ml
	Strawberries & Cream Ice Lollies	Marks & Spencer	50g
	Strawberry & Vanilla Cones	Marks & Spencer	120ml
	Strawberry Ice Cream Cones	Asda	75g
	Sugar-free Freezepops	Calypso	20g
	Sun Lollies (All flavours)	Cardiso Foods	62g
	Toffee Crisp	Nestle	80ml stick
	Toffee Crumble	Nestle	75ml stick
	Traffic Cone	Nestle	65ml lolly
	Tricerapops		65ml
	Twister	Wall's	80ml
	Twister Ice Lolly	Safeway	80g
	Twix Ice Cream Bars		44g
	Vanilla Cups	Nestle	95ml cup
	Whippy Cornetto	Wall's	125ml
	Whipster	Wall's	84g
	White Magnum	Wall's	86g
	Wonka Sweet & Sour Lollies	Nestle	60ml
	Xtreme Mr Freeze		150ml
	Zoom	Nestle	66ml stick
<b>Specific Gravity Conversions for Ice Creams and Ice Lollies</b>			
	<b>Product</b>	<b>Specific Gravity</b>	
	Frozen Ice Cream Dessert (not fruit) e.g chocolate/toffee/biscuit	0.574	
	Standard Vanilla Ice Cream (non dairy)	0.513	
	Standard Chocolate Ice Cream (non dairy)	0.54	
	Standard Fruit Flavoured Ice Cream (non dairy)	0.607	
	Dairy Vanilla/Plain Ice Cream	0.614	
	Dairy Chocolate Ice Cream	0.632	
	Premium/Luxury Dairy Vanilla/Plain Ice Cream	0.849	
	Premium/Luxury Dairy Chocolate Ice Cream	0.914	
	Dairy Free/Soya Alternative to Ice Cream	0.78	
	Virtually fat Free Alternative to Ice Cream	0.725	

Product		Supermarket/Manufacturers' Data	Weight
	Ice Cream Bars, Non Dairy (Chocolate Flavoured Coating) Economy		0.637
	Chocolate/Chocolate Mint and Nut Ice Cream Cone, Cornetto Type		0.579
	Ice Lollies Containing Real Fruit Juice		0.874
	Fruit Sorbet		0.791
<b>Soft Drinks, Carbonated (not low calorie)</b>			
	7-up	Cadbury Schweppes	330ml/500ml
	7-up Cherry	Cadbury Schweppes	330ml/375ml
	Carbonated Soft Drinks	Asda	250ml bottle
	Cherry Coke	Coca Cola	330ml/500ml
	Coca Cola	Coca Cola	150ml can/330ml can & bottle/500ml bottle
	Cola	Waitrose	150ml
		Asda/Marks and Spencer/Tesco/Waitrose	330ml can
		Marks and Spencer	500ml bottle
	Cream Soda	Tesco	330ml can
	Dr Pepper	Cadbury Schweppes	150ml bottle/330ml/440ml/500ml
	Fanta	Coca Cola	150ml/330ml/500ml
	Fruit Crush (All flavours)	Tesco	330ml
	Ginger Beer	Fentimanns	275ml
		Britvic 55/Co-op/Panda	330ml
	Irn Bru	Barr	250ml/330ml/500ml
	Kick Cola Stimulation Drink	Tesco	250ml
	Lemonade	Co-op/Somerfield's/Waitrose	250ml
		Tesco	330ml
	Lemonade Shandy	Tesco	330ml
	Lilt	Coca Cola	330ml/500ml
	Lime Minipop	Co-op	250ml
	Limon	Panda	330ml
	Lucozade/Lucozade Sport	GlaxoSmithKline	330ml
	Minute Maid	Coca Cola	150ml
	Oasis		500ml bottle
	Orangeade	Co-op/Panda	330ml
		Tesco	250ml bottle
	Organic Cola	Tesco	330ml
	Organic Lemonade	Tesco	330ml can

Product	Supermarket/Manufacturers' Data	Weight
Original Cola	Somerfield	250ml
Panda Pops Cola	Panda Pops	330ml bottle
Pepsi Cola	PepsiCo	330ml
Pineapple Juice Drink	Britvic	250ml can/275ml bottle/350ml can
Red Kola	Barr	330ml can/500ml bottle
Schweppes Mixer Drinks	Cadbury Schweppes	150ml
Snapple Fruit Punch	Snapple	500ml bottle
Sparkling Fruit Drinks	Tesco	330ml can/500ml bottle
Spring Water with Fruit	Tesco	330ml
Sprite	Coca Cola	150ml/330ml/500ml
St Clements Sundaze Sparkling Juice Drinks	Barr	330ml
St Michael Carbonated Fruit Drinks	Marks and Spencer	330ml can
Sunkist Lemon/Orange	Cadbury Schweppes	330ml
Tango Drink	Britvic	150ml/330ml/375ml/500ml
Thirst Quencher	Marks and Spencer	330ml
Vimto	Nichols Group	330ml
Virgin Cola	Virgin	330ml
<b>Soft Drinks, Still (not low calorie)</b>		
Apple Juice	Co-op	330ml each
Cartoon Network Fruit Drink	Calypso	200ml carton
Cranberry & Raspberry Drink	Ocean Spray	200ml carton
Cranberry Juice Drink	Tesco	330ml bottle
Cup Drinks	Calypso	185ml
Orange Juice Drink	Asda Smartprice	200ml each
Five Alive Fruit Drink		250ml each
Fruit Crush	Tesco	250ml
Fruit Drink	Asda/Tesco Value	200ml carton
	Tesco	288ml carton
Fruit Shoots Fruit Drink	Robinson's	200ml/300ml
Kwik Save Fruit Juice Drinks (All Varieties)	Somerfield	250ml each
Lemon & Lime	Co-op	330ml each
Lemonade (Still)	Marks and Spencer	250ml carton
Orange/Apple Juice Drinks	Marks and Spencer	250ml carton
Ribena	GlaxoSmithKline	288ml carton/500ml bottle/600ml bottle

Product		Supermarket/Manufacturers' Data	Weight
	Still Lemonade	Waitrose	250ml each
	Sunny Delight (All varieties except Light)	Procter & Gamble	200ml/500ml
	Tropical Juice with Sweeteners	Co-op	330ml each
<b>Soft Drinks, Carbonated, Low Calorie</b>			
	7-up Diet	Cadbury Schweppes	330ml/500ml
	Cherry Coke Diet	Coca Cola	330ml
	Cherry Coke Diet Caffeine Free	Coca Cola	330ml
	Diet Coke	Coca Cola	150ml/330ml/500ml
	Diet Cola	Asda/Tesco	250ml
		Asda/Panda/Marks and Spencer	330ml
		Somerfield/Tesco/Waitrose	
		Marks and Spencer	500ml bottle
	Diet Crush	Tesco	330ml cans
	Diet Fanta		330ml can/500ml bottle
	Diet Kick Stimulation Drink	Tesco	250ml
	Diet Lemonade	Asda	250ml
	Dr Pepper Diet	Cadbury Schweppes	330ml/440ml
	Irn Bru Diet	Barr	250ml/330ml
	Lilt Diet	Coca Cola	330ml/500ml
	Limon Diet	Panda	330ml
	No Added Sugar Carbonated Drinks	Co-op	250ml/330ml
	Orangeade Diet	Somerfield	250ml
		Panda	330ml
	Pepsi Cola Diet	PepsiCo	330ml/500ml
	Pepsi Max	PepsiCo	330ml
	Schweppes Malvern Sparkling	Cadbury Schweppes	150ml
	Schweppes Soda Water	Cadbury Schweppes	330ml
	Sparkling Mountain Spring Water	Tesco	500ml
	Spring Water Flavoured (All varieties)	Tesco	330ml
	Sugar Free Cherryade/Limeade	Tesco	250ml bottle
	Tango Sparkling Apple/Orange Drink Diet	Britvic	330ml
	Vimto Diet	Nichols Group	330ml
	Virgin Cola Diet/Diet Caffeine Free	Virgin	330ml

Product	Supermarket/Manufacturers' Data	Weight
<b>Soft Drinks, Still, Low Calorie</b>		
Fruit Break	Robinson's	375ml
Fruit Shoot Diet	Robinson's	200ml/300ml
No Added Sugar Fruit Drinks (Cartons)	Asda	250ml
	Tesco	288ml carton
Ribena Blackcurrant Diet	GlaxoSmithKline	288ml carton/500ml bottle/600ml bottle
Ribena Toothkind	GlaxoSmithKline	288ml carton/500ml bottle/600ml bottle
Special R	Robinson's	250ml/300ml
Sunny Delight Light	Procter & Gamble	200ml
<b>Commercial Toddlers' Drinks</b>		
Concentrated Juice	H.J.Heinz Co. Ltd.	29g (125ml, diluted)
Crushed Fruit Baby Juice	Cow & Gate	350ml
Organic Juice	Cow & Gate	125ml
Purified Water with a Hint of Strawberry	H.J.Heinz Co. Ltd.	100ml
Ready to Serve Juice, Apple & Carrot	H.J.Heinz Co. Ltd.	125ml
Ready-to-Drink Fruit Juice	Cow & Gate	125ml
Ready-to-Drink Juices	Cow & Gate	350ml
<b>Commercial Toddlers' Foods</b>		
<b>Meals</b>		
Organic Savoury Jars from 4 Months	Boots	125g
Organic Savoury Jars from 7 Months	Boots	190g
Organic Dessert Jars from 4 Months	Boots	125g
Organic Dessert Jars from 7 Months	Boots	190g
Breakfasts from 4 Months	Cow & Gate	125g
Breakfasts from 7 Months	Cow & Gate	190g
Main Courses from 4 Months	Cow & Gate	125g
Main Courses from 7 Months	Cow & Gate	190g
Main Courses from 12 Months	Cow & Gate	240g
Desserts from 4 Months	Cow & Gate	125g
Desserts from 7 Months	Cow & Gate	190g
<i>First Taste</i> Purees from 4 Months	Cow & Gate	125g
Organic Jars from 4 Months	Hipp	125g
Organic Desserts from 4 Months	Hipp	125g

Product		Supermarket/Manufacturers' Data	Weight
	Breakfast Jars from 4 Months	H.J.Heinz Co. Ltd.	128g
	Baby Savoury Cans from 4 Months	H.J.Heinz Co. Ltd.	128g
	Baby Dessert Cans from 4 Months	H.J.Heinz Co. Ltd.	128g
	Baby Dessert Jars from 4 Months	H.J.Heinz Co. Ltd.	128g
	Baby Savoury Jars from 4 Months	H.J.Heinz Co. Ltd.	163g
	Baby Savoury Jars from 7 Months	H.J.Heinz Co. Ltd.	200g
	Baby Savoury Cans from 7 Months	H.J.Heinz Co. Ltd.	163g
	Junior Cuisine, Savoury, from 1 Year	H.J.Heinz Co. Ltd.	225g
	Junior Cuisine, Dessert, from 1 Year	H.J.Heinz Co. Ltd.	200g
	Simply Fruit/Vegetables (All varieties)	H.J.Heinz Co. Ltd.	120g jar
	Desserts & Breakfasts in Jars from 4 months	Organix	100g
	Desserts & Breakfasts in Jars from 7 months	Organix	190g
	Baby Meals in Jars from 4 Months	Organix	100g
	Savoury from 7 Months	Organix	190g
	Savoury from 12 Months	Organix	250g
	Simply Fruit (All varieties)	The Original Fresh Babyfood Company	100g pot
	Simply Organic (All varieties)	The Original Fresh Babyfood Company	125g pot/175g pot
<b>Biscuits &amp; Savoury Snacks</b>			
	Biscuits	Cow & Gate	5g
	Cereal Bars	Organix	30g
	Chocolate Rice Sandwich Biscuits	Cow & Gate	19g
	Curly Puffs	Organix	15g bag
	Gluten Free Rusks	Farley's	28g each
	Organic Baby Ricecakes	Boots	50g
	Organic Baby Ricecakes from 6 months	Hipp	50g
	Organic Pure Rice Cakes	Cow & Gate	2g
	Rusks	Farley's	17g each
	Tomato & Basil Breadsticks	Organix	25g bag
<b>Fruit Snacks</b>			
	Organic Raisins	Organix	14g per pack
	Sultanas & Chopped Apples	Organix	25g per pack
	Sun Dried Raisins, Chopped Apricots & Cherries	Organix	25g per pack





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