

Appendix 1

**Estimated Daily Intake of Docosahexaenoic Acid (DHA)
from DHA-Rich Algal Oil (*Schizochytrium* sp.)
by the U.K. Population from
Authorized and Proposed Food Categories**



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BY THE U.K. POPULATION FROM
AUTHORIZED AND PROPOSED FOOD CATEGORIES**

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ESTIMATED DAILY INTAKE OF DOCOSAHEXAENOIC ACID (DHA) FROM DHA-RICH ALGAL OIL (*SCHIZOCHYTRIUM* SP.) BY THE U.K. POPULATION FROM AUTHORIZED AND PROPOSED FOOD CATEGORIES

1.0 INTRODUCTION

An assessment has been completed of the consumption of docosahexaenoic acid (DHA)-rich oil from the microalgae *Schizochytrium* sp. (DHA from DHA-rich Algal Oil), authorized for use in the European Union (E.U.) in foods such as breakfast cereals (wholegrain and high fibre breakfast cereals, and other breakfast cereals), dairy analogues (except drinks) (cheese analogues, soy products and imitation milk products, excluding drinks), spreadable fats and dressings (spreadable fats and dressings), and dairy products (except milk-based drinks) (cheese, products including milk, fromage frais and yogurts, excluding drinks). In addition to the authorized food-uses, the assessment also included proposed food-uses of DHA from DHA-rich Algal Oil, such as non-alcoholic beverages (carbonated beverages; fruit juice and nectars; fruit juice-based drinks excluding fruit juice and nectars; non-alcoholic, non-carbonated water-based drinks including energy and sports drinks; milk-based drinks, and soy-based beverages), bakery products, bread and rolls (biscuits, buns, cakes and pastries, other breads (including croissants and muffins), pie crusts, white bread, and wholemeal bread rolls), and nutrition bars (cereal bars and nutrition bars).

Food consumption data collected as part of the United Kingdom (U.K.) Food Standards Agency's, Dietary Survey Programme (DSP) were used as a basis for the estimates for the intake of DHA from DHA-rich Algal Oil in the E.U. The mean and high-level (95th percentile) all-person and all-user intakes, and percent consuming were calculated for each of the individual authorized and proposed food-uses. Similar calculations were used to determine the estimated total intake of DHA from DHA-rich Algal Oil from all authorized and proposed food-uses combined. In both cases, the per person and per kilogram body weight intakes were reported for the following population groups:

- children, aged 1½ to 4½ ;
- young people, aged 4 to 10;
- female teenagers, aged 11 to 18;
- male teenagers, aged 11 to 18;
- female adults, aged 16 to 64;
- male adults, aged 16 to 64.

2.0 FOOD CONSUMPTION SURVEY DATA

2.1 Survey Description

The Ministry of Agriculture, Fisheries, and Food (MAFF) and the Department of Health were responsible for the joint commission of the National Diet and Nutrition Survey (NDNS) program in 1992. The responsibility for the program was subsequently transferred from MAFF to the Food Standards Agency upon its inception in April 2000. The NDNS program itself consists of 4 different surveys targeting specific age groups, which were conducted every 3 years in succession. Separate survey data are available from the U.K. Data Archive (UKDA) for the NDNS: Adults Aged 16 to 64 years collected in 2000-2001 (NDNS 2000-2001) (Office for National Statistics, 2005), the National Diet, Nutrition and Dental Survey of Children Aged 1½ to 4½ Years, 1992-1993 (NDNS, 1992-1993) (UKDA, 1995), the National Diet and Nutrition Survey: Young People aged 4 to 18 Years (NDNS, 1997) (UKDA, 2001), and the National Diet and Nutrition Survey: People Aged 65 Years and Over, 1994-1995. Although all 4 surveys are available, only the former 3 were utilized in the generation of estimates in the current intake analysis. When combined, the survey results provide the most current data for the evaluation of food-use, food-consumption patterns, and nutritional status for individuals residing within the U.K. Weighted 4- or 7-day food records for individuals were selected using a stratified multi-stage random probability design, with sampling of private households throughout Great Britain using postal sectors (UKDA, 1995, 2001; Office for National Statistics, 2005) as the primary sampling unit.

NDNS data were collected from individuals as well as households *via* 4- (children, aged 1½ to 4½) or 7-day (young people, aged 4 to 18 and adults, aged 16 to 64) weighted dietary intake records throughout all 4 seasons of the year (4 fieldwork waves of 3 months duration), in order to address variability in eating behaviours due to seasonality. Dietary data were recorded by survey respondents or by parents or guardians in the case of the children's survey for the duration of the survey period. NDNS 2000-2001 contains 7-day weighted dietary records for more than 1,724 individuals aged 16 to 64, while, NDNS 1992-1993 contributes 4-day data from an additional 1,592 children 1½ to 4½ years of age. NDNS 1997 adds 7-day records for approximately 1,700 youth aged 4 to 18 (UKDA, 1995, 2001; Office for National Statistics, 2005). Initial postal questionnaires and interviews were employed to identify eligible children, youth, or adults, respectively, for the surveys. Overall, response rates of 93%, 92%, and 73% were achieved; the maximum response rate (individuals agreeing to the initial dietary interview) from the eligible sample selected for participation in the survey were, 88%, 80%, and 61%, respectively, while only 81%, 64%, and 47% of surveyed individuals completed a full dietary record (Gregory *et al.*, 1995; UKDA, 2001; Office for National Statistics, 2005).

The NDNS program collects physiological, anthropometric and demographic information from individual survey participants, such as sex, age, measured height and weight (by the

interviewer), blood analytes, and other variables useful in characterizing consumption in addition to collecting information on the types and quantities of foods being consumed. Further assessment of food intake based on consumption by specific population groups of interest within the total surveyed samples was made possible by the inclusion of this information. In order to compensate for the potential under-representation of intakes from specific population groups resulting from sample variability due to differential sampling probabilities and differential non-response rates [particularly the lower response rate among males aged 15 to 18 years (UKDA, 2001)], sample weights were developed and incorporated with the youth survey (NDNS, 1997).

Weighting the children's survey data to 7 days facilitated the comparison of adult and youth 7-day dietary survey data to dietary data obtained in the 4-day children's survey. This change was based on the assumption that intake patterns on non-recording weekdays were similar to the intakes on recorded weekdays. The 2 weekend days were not re-weighted. All food and drinks consumed on the 2-recorded weekdays were averaged to obtain a daily intake value, which was then multiplied by 5 to approximate intakes for all weekdays. This data was combined with consumption data from weekend dietary records. The full details of the weighting method employed are provided in Appendix J of the report on the children's diet and nutrition study (Gregory *et al.*, 1995).

2.2 Statistical Methods

Estimates for the intake of DHA from DHA-rich Algal Oil by the U.K. population were generated and collated by computer, using consumption data from individual dietary records, detailing food items ingested by each survey participant on each of the survey days. Estimates for the daily intake of DHA from DHA-rich Algal Oil represent projected 7-day averages for each individual from Days 1 to 7 of NDNS data. The distribution from which mean and percentile intake estimates were produced was comprised of these average amounts. Mean and percentile estimates were generated using ratio estimation and nonparametric techniques, incorporating survey weights where appropriate (*i.e.* when using youth data to estimate intakes, as described in Section 2.1) in order to provide representative intakes for specific U.K. population groups. All-person intake refers to the estimated intake of DHA from DHA-rich Algal Oil averaged over all individuals surveyed regardless of whether they consumed food products in which DHA from DHA-rich Algal Oil is currently authorized and proposed for use, and therefore includes "zero" consumers (those who reported no intake of food products containing DHA from DHA-rich Algal Oil during the 7 survey days). All-user intake refers to the estimated intake of DHA from DHA-rich Algal Oil by those individuals consuming food products in which the use of DHA from DHA-rich Algal Oil is either currently authorized or under consideration, hence the 'all-user' designation. Individuals were considered users if they consumed 1 or more food products in which DHA from DHA-rich Algal Oil is authorized or proposed for use on 1 of the 7 survey days.

3.0 FOOD USAGE DATA

The individual authorized and proposed use-levels for DHA from DHA-rich Algal Oil employed in the current intake analysis are summarized in Table 3-1. All food codes included in the current intake assessment are listed in Appendix C. It should be noted that a given food code may not be associated with all 3 surveys; as with each new survey, the food code list has been updated to reflect the availability of new foods and the discontinuation of certain obsolete codes.

Table 3-1 Summary of the Individual Authorized and Proposed Food Uses and Use-Levels for DHA from DHA-rich Algal Oil in the E.U.		
Food Category	Food-Use	Use-Level (mg/100 g)
Authorized Uses		
Breakfast cereals	Other Breakfast Cereals	500
	Wholegrain and High Fibre Breakfast Cereals	500
Dairy analogues (except drinks)	Cheese Analogues*	600
	Soy and Imitation Milk Products (Excluding Drinks)	200
Spreadable fat and dressings	Spreadable Fats and Dressings	600
Dairy products (except milk-based drinks)	Cheese	600
	Milk Products (Including Milk, Fromage Frais, and Yogurt Products; Excluding Drinks)	200
Proposed Uses		
Non-alcoholic beverages	Carbonated Beverages	60
	Fruit Juice and Nectar	60
	Fruit Juice-based Drinks (Excluding Nectars and Fruit Juices)	60
	Non-Alcoholic, Non-Carbonated, Water-based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	60
	Milk and Milk-based Drinks	60
	Dairy Analogue Drinks (Soy-based Beverages)	60
Bakery products Bread and rolls	Biscuits	200
	Buns, Cakes, Pastries	200
	Other Breads (Including Croissants, Muffins, and Mixtures)	200
	Pie Crusts	200
	White Bread	200
	Wholemeal Bread	200
Nutrition bars	Cereal Bars and Nutrition Bars	500

*No food codes were found for cheese analogues in the MAFF food code list.

In addition to the authorized and proposed uses of DHA from DHA-rich Algal Oil listed in Table 3-1, this oil is currently used in food supplements (200 mg/daily dose as recommended by the manufacturer), dietary foods for specific medical purposes in accordance with the particular nutritional requirements of the persons for whom the products are intended, and in foods

intended for use in energy-restricted diets for weight reduction (200 mg/meal replacement). These uses were omitted from the current intake assessment as they are specific to a small group of individuals.

4.0 FOOD SURVEY RESULTS

Estimates for the total daily intake of DHA from DHA-rich Algal Oil from all authorized and proposed food-uses are summarized in Tables 4.1-1 and 4.1-2. Tables A-1 to A-6 also provide estimates for the daily intake of DHA from DHA-rich Algal Oil, on a by food group basis, in the U.K. per person (mg/day), whereas Tables B-1 to B-6 provide estimates on a per kilogram body weight basis (mg/kg body weight/day).

4.1 Estimated Daily Intake of DHA from DHA-rich Algal Oil from All Authorized and Proposed Food-Uses in the E.U.

Table 4.1-1 summarizes the estimated total intake of DHA from DHA-rich Algal Oil (mg/person/day) from all authorized and proposed food-uses in the E.U. by U.K. population group, while Table 4.1-2 presents the data on a per kilogram body weight basis (mg/kg body weight/day). The percentage of users was high among all age groups evaluated in the current intake assessment as would be expected for a 7-day survey. As a consequence, only the all-user intake results will be discussed in detail.

Estimated daily intakes of DHA from DHA-rich Algal Oil (Table 4.1-1), generally increased with age in all groups; however, these values were lower in females relative to males.

Population Group	Age Group (Years)	% User	Actual # of Total Users	All-Person Consumption			All-Users Consumption				
				Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
					90	95	97.5		90	95	97.5
Children	1½-4½	98.8	1,628	418	648	724	829	419	647	725	853
Young People	4-10	99.6	834	662	972	1,107	1,222	662	972	1,107	1,222
Female Teenagers	11-18	97.8	436	667	1,047	1,165	1,278	665	1,038	1,144	1,250
Male Teenagers	11-18	99.5	414	871	1,316	1,489	1,607	869	1,312	1,489	1,607
Female Adults	16-64	94.1	901	619	960	1,108	1,230	626	962	1,119	1,231
Male Adults	16-64	94.8	726	795	1,247	1,502	1,664	802	1,250	1,502	1,662

On a body weight basis female adults had the lowest mean and 97.5th percentile intakes, at 9 and 19 mg/kg body weight/day, respectively (Table 4.1-2).

Population Group	Age Group (Years)	% User	Actual # of Total Users	All-Person Consumption			All-Users Consumption				
				Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
					90	95	97.5		90	95	97.5
Children	1½-4½	98.8	1,628	29	45	51	57	29	45	51	57
Young People	4-10	99.6	834	26	38	43	49	26	38	43	49
Female Teenagers	11-18	97.8	436	12	20	23	26	13	20	23	26
Male Teenagers	11-18	99.5	414	16	25	28	31	16	25	28	31
Female Adults	16-64	94.1	901	9	15	17	19	9	15	17	19
Male Adults	16-64	94.8	726	9	15	18	21	10	16	18	21

4.2 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses in the E.U.

4.2.1 All-Person Intakes

Estimates for the mean and 97.5th percentile daily intakes of DHA from DHA-rich Algal Oil from each individual food category are summarized in Tables A-1 to A-6 and B-1 to B-6 on a mg/day and mg/kg body weight/day basis, respectively. The U.K. population was identified as being significant consumers of white bread (83.4 to 95.6% users), biscuits (60.3 to 91.3% users), and cheese (66.0 to 82.1% users). A substantial number of users also was identified for carbonated beverages (53.5 to 91.3% users), buns, cakes and pastries (54.2 to 80.2% users), spreadable fats and dressings (43.2 to 76.8% users), and other breads (41.0 to 62.8% users). Soy and imitation milk products (except drinks), non-alcoholic, non-carbonated, water-based flavoured drinks (including energy drinks, sports drinks), and milk and milk-based drinks were not significantly consumed by the U.K. population, with less than 6.3% in all population groups.

4.2.2 All-User Intakes

Tables A-1 to A-6 and B-1 to B-6 also summarize the estimates for the mean all-user intakes of DHA from DHA-rich Algal Oil by the individual surveyed populations from each of the individual food-uses on a mg/day and mg/kg body weight/day basis, respectively.

Less than 30 individuals from all population groups reported consuming soy and imitation milk products (excluding drinks) formulated with DHA from DHA-rich Algal Oil. Fewer than 30

individuals among the surveyed children, young people, and female and male teenagers, and female adults reported consuming non-alcoholic, non-carbonated, water-based flavoured drinks (including energy drinks, sports drinks), while fewer than 30 individuals among the surveyed children and female teenagers reported consuming cereal bars and nutrition bars. In addition, there were less than 160 consumers of cereal and nutrition bars, fruit juice-based drinks, non-alcoholic, non-carbonated water-based flavoured drinks (including energy drinks, sports drinks), wholemeal bread, and milk-based drinks in some of the individual population groups. Mean and 95th percentile intake estimates based on sample sizes of less than 30 and 160 respectively, may not be considered statistically reliable due to the limited sampling size (LSRO, 1995). As such, the reliability of estimates for the intake of DHA from DHA-rich Algal Oil based on the consumption of these foods may be questionable for certain individual population groups. Therefore, these food-uses have not been included when assessing the relative contribution of the individual food-use categories to high-level DHA from DHA-rich Algal Oil consumption in these specific population groups, as detailed in Sections 4.2-1 and 4.2-2.

6.0 CONCLUSIONS

Consumption data and information pertaining to the individual authorized and proposed food-uses for DHA from DHA-rich Algal Oil were used to estimate the all-person and all-user DHA from DHA-Rich Algal Oil intakes of specific demographic groups in the U.K. population. This type of intake methodology is generally considered to be “worst case” as a result of several conservative assumptions made in the consumption estimates. For example, it is often assumed that all food products within a food category contain the ingredient at the maximum specified level of use. In addition, it is well established that the length of a dietary survey affects the estimated consumption of individual users. Short-term surveys, such as the 4-day children’s survey, may overestimate consumption of food products that are consumed relatively infrequently, particularly when weighted to 7 days (Gregory *et al.*, 1995).

In summary:

- Male adults were determined to have the greatest 97.5th percentile all-user intakes, with a value of 1,662 mg/person/day (Table 4.1-1).
- Estimated daily intakes of DHA from DHA-rich Algal Oil generally increased with age in all groups; however, these values were lower in females relative to males.
- Female adults had the lowest mean and 97.5th percentile intakes, at 9 and 19 mg/kg body weight/day, respectively.

Consumption data was presented from FAOSTAT, DAFNE databases, and a school milk measure study conducted by CEAS consultants, which were representative of *per capita* consumption of food categories for various European countries. Patterns of consumption

across the E.U. member states were compared by assessing the consumption of food categories that are consistent with the authorized and proposed food-uses for DHA. These data show that estimates of intake of DHA from authorized and proposed food-uses using UK NDNS data are representative of the intake across the member states of the E.U., as supported by patterns of food consumption that are consistent across member states.

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APPENDIX A

Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Different Population Groups Within the U.K.

Table A-1 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS Data, 1992-1993)										
Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	66.0	1,087	44	116	147	182	66	135	169	205
Wholegrain and High Fibre Breakfast Cereals	59.4	979	45	124	163	197	75	154	191	220
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.5	8	< 1*	na	na	na	10*	27*	27*	27*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	43.2	712	13	44	60	76	30	63	79	99
<u>Dairy products (except milk-based drinks)</u>										
Cheese	66.0	1,088	40	107	145	177	59	128	163	204
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	62.1	1,024	60	166	207	258	95	196	239	278
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	53.5	882	43	136	188	237	79	178	233	275
Fruit Juice and Nectar	35.6	586	22	74	115	183	62	138	201	243
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	12.9	212	16	26	86	163	122	295	401	531
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	1.3	21	1*	na	na	na	43*	78*	109*	136*
Milk-Based Drinks	1.5	25	< 1*	na	na	na	3*	5*	9*	10*
Soy-Based Beverages	6.5	107	3	na	15*	39*	41	89*	100*	113*

Table A-1 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS Data, 1992-1993)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Bakery products, breads and rolls</u>										
Biscuits	87.1	1,435	30	64	79	93	34	67	80	94
Buns, Cakes, and Pastries	54.2	893	19	55	71	93	34	70	89	110
Other Breads (Including Croissants, Muffins, and Mixtures)	41.0	675	13	40	67	95	30	72	99	125
Pie Crusts	19.8	327	3	13	24	32	17	35	48	55
White Bread	84.9	1,399	55	121	154	178	65	128	159	184
Wholemeal Bread	27.0	445	13	50	77	101	46	99	121	144
<u>Nutrition Bars</u>										
Cereal Bars and Nutrition Bars	1.4	23	1*	na	na	na	54*	96*	115*	196*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements. (Section 4.2.2)
na = not applicable

Table A-2 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	79.1	662	82	194	234	267	102	205	242	281
Wholegrain and High Fibre Breakfast Cereals	57.0	477	58	160	214	295	103	201	269	347
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.6	5	< 1*	na	na	5*	4*	6*	6*	6*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	76.8	643	36	81	102	135	48	93	117	158
<u>Dairy products (except milk-based drinks)</u>										
Cheese	82.1	687	59	137	182	224	71	151	187	236
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	70.4	589	59	151	207	246	84	183	229	270
Proposed Uses										
<u>Beverages</u>										
Carbonated Beverages	83.2	696	92	229	287	343	109	241	301	370
Fruit Juice and Nectar	51.5	431	31	93	141	182	59	136	168	233
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	16.6	139	14	36*	92*	143*	83	182*	302*	470*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	1.7	14	1*	na	na	na	40*	103*	136*	136*
Milk-Based Drinks	3.2	27	< 1*	na	na	1*	3*	8*	8*	12*
Soy-Based Beverages	14.2	119	5	22*	31*	45*	34	58*	87*	108*

Table A-2 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Bakery products, bread and rolls</u>										
Biscuits	91.3	764	40	82	100	120	43	82	100	119
Buns, Cakes, and Pastries	80.2	671	44	99	122	154	54	106	127	158
Other Breads (Including Croissants, Muffins, and Mixtures)	51.4	430	15	41	63	85	29	64	85	115
Pie Crusts	37.0	310	7	22	33	41	18	36	46	52
White Bread	95.6	800	109	195	234	293	114	198	236	293
Wholemeal Bread	25.9	217	13	45	83	112	50	111	135	161
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	4.8	40	2	na	na	28*	43	84*	133*	161*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table A-3 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	52.2	233	59	196	232	288	109	230	269	329
Wholegrain and High Fibre Breakfast Cereals	40.4	180	43	143	218	311	102	235	317	356
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.4	2	< 1*	na	na	na	7*	7*	7*	7*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	73.3	327	35	90	110	142	48	98	129	152
<u>Dairy products (except milk-based drinks)</u>										
Cheese	79.8	356	84	195	240	285	102	206	247	295
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	49.1	219	37	117	166	188	74	166	188	214
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	87.2	389	133	319	401	470	147	328	401	470
Fruit Juice and Nectar	51.8	231	35	104	166	202	70	166	202	227
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	9.4	42	8	na	45*	104*	91	290*	338*	347*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	2.7	12	1*	na	na	28*	34*	72*	91*	91*
Milk-Based Drinks	1.1	5	< 1*	na	na	na	3*	7*	7*	7*
Soy-Based Beverages	11.4	51	4	10*	30*	41*	35	57*	90*	100*

Table A-3 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Bakery products, bread and rolls</u>										
Biscuits	75.1	335	26	69	94	110	33	77	99	113
Buns, Cakes, and Pastries	70.6	315	39	96	123	166	54	107	152	171
Other Breads (Including Croissants, Muffins, and Mixtures)	62.8	280	26	72	100	132	41	85	117	143
Pie Crusts	36.3	162	8	26	39	48	21	42	49	61
White Bread	93.9	419	119	223	262	289	125	225	263	289
Wholemeal Bread	26.2	117	12	46*	77*	97*	47	97*	108*	196*
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	6.3	28	2*	na	na	27*	43*	106*	109*	132*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table A-4 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	65.1	271	108	286	359	480	165	322	399	525
Wholegrain and High Fibre Breakfast Cereals	46.6	194	70	230	305	376	152	320	376	500
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.5	2	< 1*	na	na	na	5*	5*	5*	5*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	71.4	297	44	113	130	153	62	117	146	165
<u>Dairy products (except milk-based drinks)</u>										
Cheese	78.1	325	89	197	270	337	110	207	288	339
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	47.1	196	38	109	179	245	81	181	245	266
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	91.3	380	179	365	455	583	192	374	474	583
Fruit Juice and Nectar	44.5	185	35	112	162	230	80	180	238	295
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	7.2	30	9	na	31*	71*	121	272*	382*	802*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	6.3	26	3*	na	23*	30*	47*	67*	182*	182*
Milk-Based Drinks	1.7	7	< 1*	na	na	na	3*	7*	7*	7*
Soy-Based Beverages	13.9	58	6	29*	44*	74*	48	89*	125*	139*

Table A-4 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Bakery products, bread and rolls</u>										
Biscuits	75.7	315	37	90	117	165	47	99	133	174
Buns, Cakes, and Pastries	70.2	292	46	112	141	194	64	121	164	214
Other Breads (Including Croissants, Muffins, and Mixtures)	57.2	238	28	81	109	190	50	104	147	208
Pie Crusts	41.8	174	11	35	51	65	28	55	68	83
White Bread	95.2	396	159	301	359	379	166	309	359	407
Wholemeal Bread	20.7	86	14	43*	90*	124*	69	146*	205*	307*
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	7.7	32	4	na	26*	58*	49	94*	149*	149*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table A-5 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Female Adults Aged 16 to 64 Years Within the U.K. (NDNS Data, 2000-2001)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	33.2	318	34	114	180	254	97	215	287	329
Wholegrain and High Fibre Breakfast Cereals	46.2	443	70	205	302	400	146	304	400	472
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.7	7	1*	na	na	4*	13*	23*	23*	23*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	60.8	582	35	94	124	155	54	114	133	165
<u>Dairy products (except milk-based drinks)</u>										
Cheese	76.0	728	98	214	278	339	116	232	295	360
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	44.8	429	50	171	224	276	104	224	276	331
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	58.5	560	77	221	334	438	125	301	403	517
Fruit Juice and Nectar	44.7	428	29	97	130	162	62	130	165	217
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	4.8	46	2	na	3*	25*	43	106*	129*	165*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	3.0	29	2*	na	na	21*	49*	107*	118*	253*
Milk-Based Drinks	2.6	25	< 1*	na	na	1*	5*	7*	17*	23*
Soy-Based Beverages	4.3	41	2	na	na	29*	40	54*	66*	83*

Table A-5 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Female Adults Aged 16 to 64 Years Within the U.K. (NDNS Data, 2000-2001)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Bakery products, bread and rolls</u>										
Biscuits	61.6	590	21	58	78	99	29	65	79	103
Buns, Cakes, and Pastries	57.4	550	34	93	120	145	55	114	135	169
Other Breads (Including Croissants, Muffins, and Mixtures)	61.0	584	37	103	139	189	58	127	164	208
Pie Crusts	30.8	295	8	27	38	47	25	44	54	62
White Bread	83.4	799	101	211	246	277	113	218	251	279
Wholemeal Bread	37.0	354	27	95	126	156	68	133	171	227
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	5.7	55	3	na	21*	45*	57	120*	155*	204*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table A-6 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS Data, 2000-2001)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	30.2	231	38	150	223	291	119	278	322	384
Wholegrain and High Fibre Breakfast Cereals	44.1	338	93	279	403	486	197	414	494	607
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.3	2	1*	na	na	5*	17*	29*	29*	29*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	66.4	509	56	147	181	235	81	165	206	258
<u>Dairy products (except milk-based drinks)</u>										
Cheese	79.8	611	124	250	320	445	140	261	351	456
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	35.0	268	39	135	193	258	108	226	293	322
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	55.5	425	80	249	343	449	132	300	419	572
Fruit Juice and Nectar	43.5	333	33	102	148	202	73	154	206	264
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	2.9	22	3*	na	na	29*	85*	143*	182*	345*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	5.6	43	4	na	21*	43*	67	193*	243*	293*
Milk-Based Drinks	2.5	19	< 1*	na	na	1*	5*	14*	21*	21*
Soy-Based Beverages	3.7	28	2*	na	na	31*	41*	97*	129*	129*

Table A-6 Estimated Daily Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS Data, 2000-2001)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Bakery products, bread and rolls</u>										
Biscuits	60.3	462	29	79	114	153	43	93	124	171
Buns, Cakes, and Pastries	55.0	421	43	119	170	208	71	150	195	236
Other Breads (Including Croissants, Muffins, and Mixtures)	59.7	457	48	135	189	265	78	174	243	318
Pie Crusts	42.4	325	15	46	64	78	34	64	78	98
White Bread	87.3	669	162	344	400	458	177	352	425	471
Wholemeal Bread	32.0	245	37	140	200	274	109	236	284	326
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	5.5	42	5	na	24*	79*	85	166*	191*	214*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

APPENDIX B

**Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil
from Individual Authorized and Proposed Food-Uses by Different Population
Groups Within the U.K.**

Table B-1 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS Data, 1992-1993)										
Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	66.0	1,087	3	8	10	13	5	9	12	15
Wholegrain and High Fibre Breakfast Cereals	59.4	979	3	9	12	15	5	11	14	16
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.5	8	< 1*	na	na	na	1*	2*	2*	2*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	43.2	712	1	3	4	5	2	4	6	7
<u>Dairy products (except milk-based drinks)</u>										
Cheese	66.0	1,088	3	8	10	13	4	9	11	14
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	62.1	1,024	4	12	16	18	7	14	17	21
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	53.5	882	3	9	13	16	5	12	16	20
Fruit Juice and Nectar	35.6	586	2	5	8	13	4	10	14	17
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	12.9	212	1	2	6	13	9	19	28	48
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	1.3	21	< 1*	na	na	na	3*	6*	9*	9*

Table B-1 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS Data, 1992-1993)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Milk-Based Drinks	1.5	25	< 1*	na	na	na	< 1*	< 1*	1*	1*
Soy-Based Beverages	6.5	107	< 1	na	1*	3*	3	6*	8*	8*
<u>Bakery products, breads and rolls</u>										
Biscuits	87.1	1,435	2	4	5	6	2	5	6	7
Buns, Cakes, and Pastries	54.2	893	1	4	5	6	2	5	6	7
Other Breads (Including Croissants, Muffins, and Mixtures)	41.0	675	1	3	5	6	2	5	7	8
Pie Crusts	19.8	327	< 1	1	2	2	1	3	3	4
White Bread	84.9	1,399	4	8	10	12	4	9	11	13
Wholemeal Bread	27.0	445	1	3	5	7	3	7	8	10
<u>Nutrition Bars</u>										
Cereal Bars and Nutrition Bars	1.4	23	< 1*	na	na	na	4*	9*	9*	16*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table B-2 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	79.1	662	3	8	9	11	4	8	10	11
Wholegrain and High Fibre Breakfast Cereals	57.0	477	2	6	8	12	4	8	11	13
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.6	5	< 1*	na	na	< 1*	< 1*	< 1*	< 1*	< 1*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	76.8	643	1	3	4	5	2	4	4	7
<u>Dairy products (except milk-based drinks)</u>										
Cheese	82.1	687	2	5	7	9	3	6	8	9
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	70.4	589	2	6	8	11	3	7	10	13
Proposed Uses										
<u>Beverages</u>										
Carbonated Beverages	83.2	696	4	8	11	13	4	9	12	13
Fruit Juice and Nectar	51.5	431	1	4	5	7	2	5	7	10
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	16.6	139	1	1	3	5	3	8	11	16
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	1.7	14	< 1*	na	na	na	1*	4*	4*	4*

Table B-2 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Milk-Based Drinks	3.2	27	< 1*	na	na	< 1*	< 1*	< 1*	< 1*	< 1*
Soy-Based Beverages	14.2	119	< 1	1*	2*	2*	1	2*	3*	4*
<u>Bakery products, bread and rolls</u>										
Biscuits	91.3	764	2	3	4	5	2	3	4	5
Buns, Cakes, and Pastries	80.2	671	2	4	5	6	2	4	5	6
Other Breads (Including Croissants, Muffins, and Mixtures)	51.4	430	1	2	2	3	1	2	3	4
Pie Crusts	37.0	310	< 1	1	1	1	1	1	2	2
White Bread	95.6	800	4	8	10	11	4	8	10	11
Wholemeal Bread	25.9	217	1	2	3	5	2	4	5	6
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	4.8	40	< 1	na	na	1*	1	3*	3*	5*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table B-3 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	52.2	233	1	4	5	6	2	5	6	8
Wholegrain and High Fibre Breakfast Cereals	40.4	180	1	3	4	5	2	4	6	7
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.4	2	< 1*	na	na	na	< 1*	< 1*	< 1*	< 1*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	73.3	327	1	2	2	3	1	2	3	3
<u>Dairy products (except milk-based drinks)</u>										
Cheese	79.8	356	2	4	4	5	2	4	5	6
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	49.1	219	1	2	3	4	1	3	4	5
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	87.2	389	2	6	7	9	3	6	7	9
Fruit Juice and Nectar	51.8	231	1	2	3	4	1	3	4	5
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	9.4	42	< 1	na	1*	2*	2	6*	7*	8*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	2.7	12	< 1*	na	na	< 1*	1*	1*	2*	2*

Table B-3 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Milk-Based Drinks	1.1	5	< 1*	na	na	na	< 1*	< 1*	< 1*	< 1*
Soy-Based Beverages	11.4	51	< 1	< 1*	1*	1*	1	1*	2*	2*
<u>Bakery products, bread and rolls</u>										
Biscuits	75.1	335	1	1	2	2	1	2	2	2
Buns, Cakes, and Pastries	70.6	315	1	2	3	3	1	2	3	3
Other Breads (Including Croissants, Muffins, and Mixtures)	62.8	280	< 1	1	2	2	1	1	2	3
Pie Crusts	36.3	162	< 1	< 1	1	1	< 1	1	1	1
White Bread	93.9	419	2	4	5	6	2	5	5	6
Wholemeal Bread	26.2	117	< 1	1*	1*	2*	1	2*	2*	4*
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	6.3	28	< 1*	na	na	1*	1*	2*	2*	3*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table B-4 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS Data, 1997)										
Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	65.1	271	2	6	7	9	3	7	9	10
Wholegrain and High Fibre Breakfast Cereals	46.6	194	1	4	6	7	3	6	7	9
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.5	2	< 1*	na	na	na	< 1*	< 1*	< 1*	< 1*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	71.4	297	1	2	3	3	1	2	3	3
<u>Dairy products (except milk-based drinks)</u>										
Cheese	78.1	325	2	4	5	6	2	4	5	6
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	47.1	196	1	2	4	5	2	4	5	6
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	91.3	380	3	7	9	10	4	7	9	10
Fruit Juice and Nectar	44.5	185	1	2	3	4	1	3	4	5
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	7.2	30	< 1	na	1*	1*	2	6*	10*	12*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	6.3	26	< 1*	na	< 1*	1*	1*	2*	3*	3*

Table B-4 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Milk-Based Drinks	1.7	7	< 1*	na	na	na	< 1*	< 1*	< 1*	< 1*
Soy-Based Beverages	13.9	58	< 1	< 1*	1*	1*	1	2*	2*	2*
<u>Bakery products, bread and rolls</u>										
Biscuits	75.7	315	1	2	2	4	1	2	3	4
Buns, Cakes, and Pastries	70.2	292	1	2	3	3	1	2	3	4
Other Breads (Including Croissants, Muffins, and Mixtures)	57.2	238	< 1	1	2	3	1	2	3	3
Pie Crusts	41.8	174	< 1	1	1	1	< 1	1	1	1
White Bread	95.2	396	3	5	6	8	3	6	6	8
Wholemeal Bread	20.7	86	< 1	1*	2*	3*	1	3*	4*	4*
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	7.7	32	< 1	na	< 1*	1*	1	2*	2*	3*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table B-5 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Female Adults Aged 16 to 64 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	33.2	318	< 1	2	3	4	1	3	4	5
Wholegrain and High Fibre Breakfast Cereals	46.2	443	1	3	4	5	2	4	5	7
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.7	7	< 1*	na	na	< 1*	< 1*	< 1*	< 1*	< 1*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	60.8	582	< 1	1	2	2	1	2	2	3
<u>Dairy products (except milk-based drinks)</u>										
Cheese	76.0	728	1	3	4	5	2	4	4	6
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	44.8	429	1	2	3	4	1	3	4	5
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	58.5	560	1	3	5	6	2	4	6	7
Fruit Juice and Nectar	44.7	428	< 1	1	2	2	1	2	3	3
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	4.8	46	< 1	na	na	< 1*	1	2*	2*	2*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	3.0	29	< 1*	na	na	< 1*	1	2*	2*	4*
Milk-Based Drinks	2.6	25	< 1*	na	na	< 1*	< 1*	< 1*	< 1*	< 1*
Soy-Based Beverages	4.3	41	< 1	na	na	< 1*	1	1*	1*	1*

Table B-5 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Female Adults Aged 16 to 64 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Bakery products, bread and rolls</u>										
Biscuits	61.6	590	< 1	1	1	2	< 1	1	1	2
Buns, Cakes, and Pastries	57.4	550	< 1	1	2	2	1	2	2	3
Other Breads (Including Croissants, Muffins, and Mixtures)	61.0	584	1	2	2	3	1	2	3	4
Pie Crusts	30.8	295	< 1	< 1	1	1	< 1	1	1	1
White Bread	83.4	799	1	3	4	4	2	3	4	4
Wholemeal Bread	37.0	354	< 1	1	2	2	1	2	3	3
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	5.7	55	< 1	na	< 1 *	1*	1	2*	2*	4*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

Table B-6 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
Authorized Uses										
<u>Breakfast cereals</u>										
Other Breakfast Cereals	30.2	231	< 1	2	3	3	1	3	4	4
Wholegrain and High Fibre Breakfast Cereals	44.1	338	1	3	5	6	2	5	6	8
<u>Dairy analogues (except drinks)</u>										
Soy and Imitation Milk Products (Excluding Drinks)	0.3	2	< 1*	na	na	< 1*	< 1*	< 1*	< 1*	< 1*
<u>Spreadable fats and dressings</u>										
Spreadable Fats and Dressings	66.4	509	1	2	2	3	1	2	2	3
<u>Dairy products (except milk-based drinks)</u>										
Cheese	79.8	611	1	3	4	5	2	3	4	5
Milk Products (Including Milk, Fromage Frais and Yoghurt Products; Excluding Drinks)	35.0	268	< 1	2	2	3	1	3	3	4
Proposed Uses										
<u>Non-alcoholic beverages</u>										
Carbonated Beverages	55.5	425	1	3	4	5	2	4	5	7
Fruit Juice and Nectar	43.5	333	< 1	1	2	2	1	2	3	3
Fruit Juice-Based Drinks (Excluding Nectars and Fruit Juice)	2.9	22	< 1*	na	na	< 1*	1*	2*	2*	5*
Non-Alcoholic, Non-Carbonated, Water-Based Flavoured Drinks (Including Energy Drinks, Sports Drinks)	5.6	43	< 1	na	< 1*	1*	1	2*	3*	3*
Milk-Based Drinks	2.5	19	< 1*	na	na	< 1*	< 1*	< 1*	< 1*	< 1*
Soy-Based Beverages	3.7	28	< 1*	na	na	< 1*	1*	1*	2*	2*

Table B-6 Estimated Daily Per Kilogram Body Weight Intake of DHA from DHA-rich Algal Oil from Individual Authorized and Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS Data, 1997)

Population Group	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Bakery products, bread and rolls</u>										
Biscuits	60.3	462	< 1	1	1	2	1	1	2	2
Buns, Cakes, and Pastries	55.0	421	< 1	1	2	3	1	2	2	3
Other Breads (Including Croissants, Muffins, and Mixtures)	59.7	457	1	2	2	3	1	2	3	4
Pie Crusts	42.4	325	< 1	1	1	1	< 1	1	1	1
White Bread	87.3	669	2	4	5	6	2	4	5	6
Wholemeal Bread	32.0	245	< 1	2	2	3	1	3	3	4
<u>Nutrition bars</u>										
Cereal Bars and Nutrition Bars	5.5	42	< 1	na	< 1*	1*	1	2*	3*	3*

*Indicates an intake estimate that may not be statistically reliable, as the sample size does not meet the minimum reporting requirements (Section 4.2.2).
na = not applicable

APPENDIX C

**Representative MAFF Food Codes for All Authorized and Proposed Food-Uses of DHA
from DHA-rich Algal Oil in the U.K.**

**Representative MAFF Food Codes for All Authorized and Proposed Food-Uses for
DHA from DHA-rich Algal Oil in the U.K.**

AUTHORIZED USES**Breakfast Cereals****Other Breakfast Cereals**

[DHA] = 0.5%

204	Coco Pops, Kellogg's only
205	Cornflakes, Kellogg's only
206	Cornflakes, own brand NOT Kellogg's
220	Rice Krispies, Kellogg's only
223	Special K, Kellogg's high protein cereal
224	Sugar puffs
227	Frosties, Kellogg's only
232	Honey Nut Cornflakes, Crunchy Nut Cornflakes, e.g. Kellogg's, own brand
2970	Special K with Red Berries
3159	New Yorker Breakfast Bar Fortified
3188	Belgian Chocolate Dream Kelloggs
3353	Kellogg Frosties Cereal And Milk B
3370	Chocolate Flavoured Cornflake Cere
3450	Aldi Honey Balls Cereal
3546	Crunchy Rice And Wheat Flakes Cere
3723	Pokemon Breakfast Cereal with Mars
4165	Cornflake crisp
4331	Ricles, Kellogg's NOT with marshmallow shapes
4741	Team cereal, Nabisco
5168	Chex cereal, Frosted
5199	Nesquik Chocolate cereal
5357	Choco Flakes, Kellogg's only
6208	Honey Nut Hoops, Sainsbury's
6302	Malty Flakes, own brand.
7626	Frosted Cornflakes, own brand, e.g. Sainsbury's Snowflakes or Frosted Flakes NOT Kellogg's
7630	Rice Krispies, own brand, e.g. Sainsbury's Rice Pops, Rice Crunchies, Crisp Rice, NOT Kellogg's
8181	Chockles, chocolate flavoured coated cornflakes and puffed rice, clusters with mallow pieces, e.g. S
8184	Golden Crackles, wheat and maize cereal In brown sugar and honey e.g. Kellogg's
8185	Golden Grahams, corn and wheat squares with brown sugar and honey e.g. Nestle
8187	Mallo's, mixed grain cereal with mallow pieces e.g. Sainsburys
8483	Coco Pops, own brand e.g. Cocoa Rice, Coco Snaps, Cocoa puffs, Cocoa Crunchies, Coco Bears. NOT Kell
8625	Tesco, Fruity Hoops breakfast cereal
8675	Honey Bears, bear shaped toasted rice with honey and brown sugar, e.g. Coop
8819	Ricles, Kellogg's, with marshmallow shapes
8853	Pop Tarts, Kellogg's, any flavor
8910	Boulders breakfast cereal, Tesco only
9032	Cinnamon Toast Crunch or Cinnamon Grahams cereal, Nestle
9148	Superstars, vanilla flavoured, star shaped breakfast cereal
9188	Corn pops, Kellogg's only
9275	Cheerios, honey nut, nestle
9823	Chex, Crunchy Nut, crunch cages of toasted corn with nuts and honey

103675 Crunchy nut cornflakes*

*Please note that foodcodes numbered from 3,000 to 3,999 that had been used in the children's and youth survey were assigned to new foods for the 2000-2001 adult survey. Thus, to continue using these foods, new codes from 103,000 to 103,999 were assigned.

Wholegrain and High Fibre Breakfast Cereals

[DHA] = 0.5%

- 201 All bran, Kellogg's only
- 202 Branflakes without sultanas, Kellogg's only, e.g. Healthwise. NOT wheat flakes
- 203 Branflakes with sultanas, Kellogg's only NOT wheat flakes. Sultana bran.
- 207 Farmhouse bran
- 208 Farmhouse bran with banana and apple
- 209 Farmhouse bran with honey and nut
- 210 Grapenuts
- 212 Muesli, with added sugar, e.g. Alpen or Country Store NOT "crunchy" Muesli, Jordan's Crispy Muesli
- 213 Muesli, crunchy cluster type cereal without nuts, e.g. Quaker Harvest Luxury Raisin Crunch, Jordan's
- 214 Muesli, no added sugar, homemade or shop bought, Waitrose NO Added Sugar Muesli, Alpen No added sugar
- 218 Puffed wheat
- 219 Ready Brek, Warm Start, other Instant oat cereals, NOT flavoured, NOT containing fruit and nuts, mad
- 221 Shredded wheat, cubs, mini shredded wheat
- 222 Shreddies, any brand NOT frosted, NOT coco
- 225 Weetabix, other whole wheat bisks, wheat flakes without sultanas or raisins e.g. Weetabix Advantage
- 226 Wheat flakes with sultanas or raisins
- 228 Multi-grain Start, Kellogg's
- 229 Fruit and Fibre, any brand, e.g. Kellogg's Optima
- 230 Nutrigrain
- 231 Oat Krunchies, Quaker
- 2675 Ready Brek, Warm Start, other Instant oat cereals, NOT flavoured, NOT containing fruit and nuts dry
- 2741 Porridge with water and carnation
- 3008 Honey & Nut Bran Flakes Own Brand
- 3226 Get Up & Go Oatwheat & Cornflake
- 3357 All Bran Apricot Bites Kelloggs O
- 3415 Dorset Cereal with Fruit and Nuts
- 3762 Quaker Oat Bran Crispies
- 3800 Flakes and Grains Cereal with Trop
- 3820 Muesli
- 3849 Homemade granola
- 3912 Crank's muesli
- 3956 Homemade muesli
- 4004 Porridge made with 5 pints and sugar
- 4014 Sainsbury's hot oat cereal with bran
- 4044 Porridge, with 10% bran
- 4084 Oat and bran flakes, no additions, own brand, e.g. Sainsbury's
- 4184 Wheat flakes, 30% bran, Co-op
- 4246 Muesli
- 4274 Muesli
- 4289 Corn flakes, High fibre only, e.g. Ryvita
- 4299 Porridge

4302	Muesli
4517	Muesli
4671	Muesli
4716	Muesli
4858	Muesli
4932	Weetabix, top bran
5140	Kellogg's Krumbly
5202	Chocolate Chip Crisp, Sainsbury's only
5204	Frosted wheats, Kellogg's
5207	Feast of Flakes, Quaker
5208	Chocco crunchies, Tesco
5327	Fruit and Fibre, own brand, NOT Kellogg's
5328	Crunchy/crispy muesli type cereal with nuts, e.g., Jordans Maple and Pecan Original Crunch, Quaker H
5329	Ready Brek; Instant oat cereal with fruit and nuts, dry weight
5333	Sustain, Kellogg's
5334	All bran type cereal, Nestlé Fibre 1 only
5363	Strike, Kellogg's
5508	All bran plus, Kellogg's only
6043	Bran Crisp, Jordan's only
6132	Fruitibix, Weetabix
6159	Apricot Crunchies, Tesco only
6209	Strawberry crisp clusters, Tesco
6452	Strawberry crisp cereal, Sainsbury's
6544	Oat bran flakes with raisins and apple, Safeway ONLY
6836	Muesli no added sugar with extra
6851	Bananabix
7051	Raisin Splitz, Kellogg's only
7623	Branflakes without sultanas, own brand NOT Kellogg's, NOT wheat flakes, e.g. Force
7624	Branflakes with sultanas, own brand NOT Kellogg's, NOT Wheat flakes
7628	Bran buds, Kellogg's only
7629	Muesli, with extra fruit and nuts, e.g. Alpen with tropical fruit, Sainsbury's Fruit and Spice
7632	Weetos, chocolate covered rings
7637	Cheerios, Multi, any flavor
7638	Toppas, Kellogg's
7639	Crueli
7640	Ready Brek, Warm Start, other Instant oat cereals, NOT flavoured, NOT containing fruit and nuts, mad
7641	Ready Brek, Warm Start, other Instant oat cereals, flavoured, e.g. chocolate, NOT containing fruit o
7642	Ready Brek, warm start, other instant oat cereal, flavoured, e.g. chocolate, NOT containing fruit or
7643	Ready Brek, Warm Start, other Instant oat cereals, flavoured, e.g. chocolate, NOT containing fruit o
7647	Oat bran flakes, no additions, Kellogg's Common Sense only
7648	Oat bran flakes with raisins and apple, Kellogg's Common Sense only
8005	Ready Brek, Warm Start, other Instant oat cereals, flavoured, e.g. chocolate, NOT containing fruit o
8182	Shreddies, frosted only
8183	All bran type cereal, Fruit and nut bran, Weetabix Crunchy Bran only
8186	Golden Oatmeal Crisp, oat and rice flakes with raisins and almonds, e.g. Kellogg's
8188	Oat and wheat bran, e.g. Weetabix
8189	Instant oat cereal, containing fruit and nuts, e.g. Quake Awake, Quaker Hot Oat Crunch
8190	Shredded Wheat Fruitful, mini, fruit filled, own brands, e.g. Sainsbury's Apricot Wheats, Raisin whe
8383	Shreddies, Coco only, Nestle

- 8481 All bran type cereal, Sainsbury's Hi Fibre Bran only
- 8482 All bran type cereal, e.g. Tesco bran breakfast cereal NOT Kellogg's, NOT Sainsbury's, NOT Weetabix
- 8486 Honey Nut Loops, Kellogg's only
- 8492 Lucky charms, nestle, oat cereal with marshmallows
- 8712 Clusters, Nestle only
- 8729 Milupa breakfast cereal, fortified
- 8958 Nut Feast, Kellogg's only
- 9119 Porridge, with soya milk and almonds
- 9150 Aseeda (porridge with yogurt)
- 9276 Oat bran flakes with raisins and apple, Co-op ONLY
- 9796 Perfect Balance, Heinz weight watchers
- 9818 Oat and bran flakes with raisins and apple, Sainsbury's only
- 103047 Allinsons natural bran plus
- 103048 Muesli
- 103421 Ready Brek, Warm Start, other Instant oat cereals, NOT flavoured, NOT containing fruit and nuts, mad
- 103658 Toasted bran cereal, e.g. Sainsbury's

Mixed Foods containing Wholegrain and High Fibre Breakfast Cereals
Adjustment for cereal content of 28.57%

[DHA] = 0.14%

- 3421 Ready Brek with Skimmed Milk
- 3778 Wholewheat Corn & Rice Cereal with
- 5330 Ready Brek; Instant oat cereal with fruit and nuts, made with all whole milk
- 5331 Ready Brek; Instant oat cereal with fruit and nuts, made with all semi-skimmed milk
- 5332 Ready Brek; Instant oat cereal with fruit and nuts, made with all skimmed milk
- 5344 Porridge, (NOT instant) made with semi-skimmed milk and water
- 5747 Quaker Quick and Hearty Honey Bran (made up with water)
- 9348 Ready Brek; Warm Start; other instant oat cereals; NOT flavoured, made up with water only, no milk
- 9549 Porridge, (NOT instant) made with skimmed milk and water
- 103154 Porridge, made with skimmed milk and sugar
- 103299 Porridge, made with oats and bran half water half skimmed milk

Mixed Foods containing Wholegrain and High Fibre Breakfast Cereals
Adjustment for cereal content of 15%

[DHA] = 0.08%

- 215 Porridge, (NOT Instant) made with all water
- 216 Porridge, (NOT instant) made with all whole milk
- 217 Porridge, (NOT instant) made with whole milk and water
- 3210 Porridge with Soya Milk Sweetened
- 3211 Porridge with Soya Milk Unsweetened
- 3797 Porridge Made Semiskimmed Milk
- 3925 Porridge, (NOT instant) made with all skimmed milk
- 4476 Porridge, made with half semi-skimmed milk and half water
- 4927 Porridge, made with evaporated milk
- 6854 Porridge with soya milk and water
- 7644 Porridge with bran, (NOT Instant) made with all whole milk
- 7645 Porridge with bran, (NOT Instant) made with all semi-skimmed milk
- 7646 Porridge with bran, (NOT Instant) made with all skimmed milk
- 8645 Porridge, made with whole and semi-skimmed milk
- 8756 Porridge, made with 1/2 semi-skimmed milk and 1/2 water
- 103428 Porridge made with half whole milk, half UHT skimmed milk

- 103439 Porridge made with 2/3 semi-skimmed and 1/3 soya cream
- 103626 Porridge made with skimmed milk and water
- 103797 Porridge, (NOT instant) made with all semi-skimmed milk

Dairy Analogues (Except Drinks)

Soy and Imitation Milk Products (Excluding Drinks)

[DHA] = 0.2%

- 630 Artificial cream, Dream Topping, made up with whole milk, weight as served
- 697 Tip-top cream, NOT Tip Top Pours and Whips
- 2681 Elmlea, imitation cream, double cream only
- 4209 Artificial cream, Dream Topping, made with skimmed milk, as served
- 4328 Elmlea, imitation cream, single cream only
- 6828 Elmlea light single cream
- 6968 Cream non-dairy UHT aerosol
- 6982 Coffee whitener liquid (skimmed)
- 6983 Coffee creamer liquid (glucose sy
- 7718 Elmlea, imitation cream, whipping cream only
- 7720 Artificial cream, Dream Topping, made with semi-skimmed milk, as served
- 8368 Tip-top pours and whips not tip top cream
- 9112 Birds Eye Superwhip, low fat "cream"
- 103453 Low fat super whip

Mixed Foods containing Soy or Imitation Milk Products

Adjustment for content of 500%

[DHA] = 1.00%

- 631 Dream topping powder

Spreadable Fats and Dressings

Spreadable Fats and Dressings

[DHA] = 0.6%

- 859 Low fat spread, (40% fat), NOT polyunsaturated, NOT low in trans fatty acids, e.g. Gold Light [NOT G
- 866 Reduced fat spread, (70-80% fat), NOT polyunsaturated, salted or unsalted, e.g. Clover, Meadowcup, G
- 2849 Flora Pro Activ Spread (33% Fat)
- 3243 Benecol Light Spread
- 3364 Benecol Olive Oil Spread
- 7774 Low fat spread, polyunsaturated, (40 % fat), NOT low in trans fatty acids, e.g. Flora Extra Light, L
- 7775 Reduced fat spread, (60% fat), NOT polyunsaturated or low in trans fatty acids. NOT olive oil based,
- 7776 Very low fat spread, NOT polyunsaturated or low in trans fatty acids, (20-25 % fat) e.g. Gold Lowest
- 8230 Reduced fat spread, (60 % fat) made with olive oil, NOT low in trans fatty acids, e.g. Sainsburys o
- 8480 Reduced fat spread, polyunsaturated, (70-80 % fat), NOT low in trans fatty acids, e.g. I Can' t Beli
- 8487 Very very low fat spread (5 % fat) with Simplese, e.g. Tesco lowest ever fat spread, Tesco 95% Fat-
- 8509 Reduced fat spread, polyunsaturated, (60 % fat), NOT low in trans fatty acids, NOT olive oil based,

- 8510 Very low fat spread, polyunsaturated (20-25 % fat), NOT low in trans fatty acids, e.g. Sainsburys Su
- 8511 Low fat spread (40 % fat) NOT polyunsaturated, (60 % fat), made with olive oil, NOT olive Spreadable
- 9408 Reduced fat spread, (70-80% fat), monounsaturated e.g., Not Butter But Better, Safeway's Don't Flutt
- 9409 Reduced fat spread, (70-80% fat), NOT polyunsaturated, no hydrogenated fat e.g., Whole Earth Super S
- 9510 Reduced fat spread, (70-80% fat), polyunsaturated, low in trans fatty acids e.g., Co-op/ Iceland/ Pu
- 9511 Low fat Spread (40% fat), polyunsaturated, low in trans fatty acids e.g., Flora Light, Sainsbury's S
- 9827 Utterly butterly, St. Ivel reduced fat spread
- 9985 Reduced fat spread, (60% fat), made with olive oil, low in trans fatty acids e.g., Co-op Reduced Fat
- 9986 Very low fat spread (20-25% fat), NOT polyunsaturated, low in trans fatty acids e.g., Delight Diet,
- 9987 Reduced fat spread, (60% fat), with added fish oil/ omega 3 fatty acids
- 9988 Low fat spread (40% fat), NOT polyunsaturated, low in trans fatty acids e.g., Delight Low Fat, I Can
- 9989 Low fat spread, (40% fat), NOT polyunsaturated, made with olive oil, low in trans fatty acids
- 9990 Reduced fat spread (60% fat), polyunsaturated, low in trans fatty acids e.g., Sainsbury's Sunflower
- 103003 Reduced fat spread, polyunsaturated, Dairycrest, Willow

Dairy Products (Except Milk-Based Drinks)

Cheese

[DHA] = 0.6%

- 651 Caerphilly
- 652 Camembert
- 653 Cheddar, Australian
- 654 Cheddar, English
- 657 Cheddar, Irish
- 658 Cheddar, New Zealand
- 659 Cheese cheddar low fat
- 660 Cheddar, vegetarian
- 661 Cheddar, any other or non-specified country of origin NOT smoked
- 662 Cheshire, blue Cheshire
- 663 Cheese Cheshire low fat
- 664 Danish blue
- 665 Derby
- 666 Sage derby
- 667 Double Gloucester
- 668 Edam, Port Salut, St Paulin NOT reduced fat
- 669 Feta
- 670 Gouda
- 671 Gruyere, Emmental
- 672 Leicestershire
- 673 Lancashire
- 674 Lymswold
- 675 Mozzarella
- 676 Parmesan
- 677 Processed cheese slices or blocks, e.g. Kraft Singles NOT reduced fat, NOT smoked cheese or cheese

678	Red Windsor
679	Stilton, blue
680	Stilton, white
681	Roquefort, gorgonzola, dolcelatte, cambozola
682	Smoked processed cheese, with or without additions, e.g. ham, mushrooms, shrimp NOT smoked hard ched
683	Wensleydale
684	Cheese spreads and triangles, flavoured, e.g. Primula NOT Flora cheese spread
685	Cheese spreads and triangles, plain, e.g. Dairylea, Primula, Mr. Men, Laughing Cow NOT low fat, NOT
686	Cottage cheese, flavoured with additions, e.g. pineapple, onion NOT very low fat versions
687	Cottage cheese, plain NOT very low fat versions
688	Cream cheese, (full fat) with or without additions (not walnuts), e.g. Philadelphia, Boursin, Roule
689	Lactic cheese spread
690	Cheese soft low fat
691	Brie, any, Melbury
692	Cream cheese (full fat) with walnuts
693	Blue cheese, low fat only
818	Welsh rarebit, i.e. cheese, milk, seasoning NO toast
820	Toast toppers, canned, any
2220	Lemon, lime or orange curd, lemon cheese, homemade
2703	Cheese Soft Full Fat. Philadelphia
2742	Benecol Cream Cheese Spread
2909	Mushrooms with cheese and olive oil
4082	Soya cheese, e.g. Marigold, Plamil Veeze spread
4177	Cheese pie
4414	Cheese spreads and triangles, low fat, half fat, e.g. Delight, Kerrygold Light, Kraft Dairylea Light
4564	Gougere
5005	Findus cheese pancakes, fried in lard
6084	Cheese, egg, and onion pie
6191	Cheese pie, made with filo pastry
6259	Deep fried cheese (Brie) in batter
6958	Cheese Port Salut/St Paulin
6978	Cheese Mascarpone
6979	Cheese Soft Low Fat
6980	Cheese Paneer
6981	Cheese Halloumi
6996	Nachos cheese (corn chips with mel)
7057	Goats cheese, full fat
7112	Cream cheese (medium fat) with or without additions (NOT walnuts), e.g. Philadelphia Light, Sainsbury
7724	Snack hard cheese, any flavor, e.g. Mr Cheese Cheds
7725	Cottage cheese, very low fat, diet, low calorie, half fat, e.g. St Ivel Shape, own brand NO addition
7726	Cottage cheese, with additions (e.g. pineapple, chives), very low fat, diet, low calorie, half fat,
7727	Edam type, reduced fat (11%), e.g. Sainsburys, Safeway, Trimrite Dutch cheese
7728	Ricotta
7729	Processed cheese slices, reduced fat, e.g. Kraft Light Singles, Delight Cheese slices, Tesco Healthy
7730	Cottage cheese snack pots, with vegetable additions including coleslaw, e.g. Edenvale, own brand
7731	Cheddar/Cheshire type low fat hard cheese, e.g. Delight, Tendale, Shape, own brand NOT Edam reduced

- 7732 Processed cheese spread type slices, e.g. Dairylea, Cheesestrings. NOT reduced fat, NOT Kraft single
- 7733 Cheese spread with sunflower oil e.g. Flora
- 7734 Quark, very low fat soft cheese
- 8218 Cheddar type smoked hard cheese, e.g. Applewood smoked cheddar
- 8219 Sunflower oil cheddar type "cheese", alternative to cheddar cheese e.g. Flora
- 9113 Tofu cheese
- 103767 Deep fried cheese balls

Mixed Foods containing Cheese

Adjustment for cheese content of ~ 55%

[DHA] = 0.33%

- 389 Welsh cheesecake, i.e. shortcrust pastry base with jam, sponge filling (not containing ground almond)
- 509 Cheesecake, baked, homemade
- 510 Cheesecake, with fruit topping, purchased, frozen
- 588 Cheesecake, packet mix, as served, includes fruit topping
- 815 Soufflé, cheese
- 2813 Cheesecake chocolate with cream a
- 3034 Banoffee Cheesecake
- 3515 Orange Cheesecake with Jelly Evap
- 3687 Cheesecake No Fruit with Cream
- 3866 Cheesecake, homemade
- 3928 Lemon cheesecake
- 4287 Cheesecake
- 4495 Chocolate cheesecake
- 4620 Cheesecake
- 4627 Homemade blackcurrant cheesecake
- 4656 Cheesecake
- 4854 Cheesecake
- 4959 Chocolate cheesecake
- 5474 Cheesecake, low fat, with fruit topping, purchased, frozen or chilled, e.g., McVities Go Ahead cheese
- 5946 Blackcurrant cheesecake, homemade with canned fruit
- 6743 Cheese and onion flan, made with crème fraiche and fromage frais
- 6962 Cheesecake fruit individual full
- 8626 Cheesecake, chocolate, purchased, frozen or chilled, NO fruit
- 8762 Cheesecake with fruit topping, purchased, not homemade
- 8787 Cheesecake, packet mix, as served, no fruit topping
- 103073 Cheesecake (greens) topped with cherries and cream

Mixed Foods containing Cheese

Adjustment for cheese content of ~10 to 20%

[DHA] = ~0.06 to 0.21%

- 804 Pizza, cheese and tomato frozen
- 805 Pizza, cheese and tomato only, thin and crispy base
- 806 Pizza, cheese and tomato only, with any other base, e.g. Deep pan, homemade with scone or crumpet ba
- 1333 Cheeseburger, beef burger with cheese in a bun, takeaway NOT quarter pounder
- 1339 Cheeseburger, beef burger with cheese in a bun, takeaway, quarter pounder
- 2655 Beanburger, in a bun with cheese, e.g. Burger King spicy bean burger, Wimpy spicy, weight with bun a
- 2955 KFC zinger tower burger inc cheese
- 2963 Vegetable Melt with Cheese Tomato

4647	Lasagne with cottage cheese
5305	Burger King, Whopper with cheese ONLY
5307	Burger King, Double Whopper with cheese ONLY
5659	Beef burger, with cheese filling, grilled
5679	Turkey lasagne, with canned macaroni and cheese, and bot
5807	Pizza, half wholemeal base, with low fat cheese
5977	Rice balls with mozzarella cheese, onions
6029	Lasagne, with lean beef mince, mushrooms, tomatoes, and cheese
6143	Lasagne, made with milk, cheese sauce, lean mince, and onions
6534	Pork lasagne, with onions, cheese sauce, made with whole milk
6660	Lasagne, made with minced beef and tomato puree, no cheese
6687	Vegetable and cheese pie, retail, e.g. Asda
6694	Lasagne, with lamb mince, lasagne sauce, and cheese
8093	Pasta, fresh. Stuffed with cheese and vegetables, purchased, e.g. ricotta and spinach tortellini, ag
8175	Tortellini, pasta with cheese filling NOT meat or ricotta cheese filling
8523	Pizza, cheese and tomato only, French bread base
8524	Pizza, cheese or cheese and tomato, with vegetables and/or fruit (e.g. pineapple) no meat, no fish,
8525	Pizza, cheese or cheese and tomato, with vegetables and/or fruit (e.g. pineapple) no meat, no fish,
8526	Pizza, cheese or cheese and tomato, with vegetables and/or fruit (e.g. pineapple) no meat, no fish,
9528	Bacon and cheese grills, e.g. Danepak
9598	Turkey melts, turkey breast with cheese and tomato topping, e.g., Sun Valley
9786	Bacon burger with cheese
103372	Lasagne, with beef and high cheese
103504	Pizza, cheese and tomato, with wholemeal base

Mixed Foods containing Cheese

Adjustment for cheese content of up to 10%

[DHA] = up to 0.06%

356	Cheese pastry, cooked, made with 1/2 lard and 1/2 margarine
367	Scones, cheese NOT wholemeal
763	Omelet, plain or other, cooked In blended vegetable oil, e.g. bacon, mushroom, Spanish NOT cheese,
764	Omelet, plain or other, cooked in butter, e.g. bacon, mushroom, Spanish NOT cheese, ham, or sweet
765	Omelet, plain or other cooked in margarine (NOT polyunsaturated), e.g. bacon, mushroom, Spanish NO
766	Omelet, plain or other cooked In polyunsaturated margarine or oil e.g. bacon, mushroom, Spanish NO
771	Omelet, cheese, cooked in blended vegetable oil
774	Omelet, cheese, cooked in polyunsaturated margarine or oil
801	Cheese and egg flan, custard tart with cheese
802	Potato and cheese pie, i.e. potato, fat, cheese and milk
813	Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other qu
817	Welsh rarebit, including white bread toasted, cheese, milk and seasoning
819	Macaroni and cheese, any NOT canned
1350	Moussaka, made with minced lamb or beef, potatoes, and cheese sauce
1364	Moussaka, made with minced lamb or beef, aubergines, and cheese sauce, NO potato
1722	Cauliflower and cheese, Cauliflower in cheese sauce made with whole milk
2710	Quiche cheese and onion purchase
2744	macaroni and cauliflower cheese

2798	Macaroni cheese with single cream
2812	Pasta with ham and cheese
2900	Cauliflower cheese with butter and
2905	Broccoli and cheese quiche with re
2928	Macaroni cheese with leeks tomato
2983	Matar Paneer - Pea and cheese curr
3002	Potato bake with cheese tomatoes a
3012	Four cheese and Garlic mushroom ta
3018	Courgette and Cheese Bake with But
3048	Macaroni Cheese with Butter and Se
3064	Ham and Leek Quiche No Cheese Mad
3106	Baked Parsnips with Cheese and Oni
3108	Tuna Pasta Bake with Cheese Brocil
3135	Cheese Omelet with Green Pepper
3171	Fish in Broccoli & Cheese Sauce R
3195	Tuna & Cheese Lattice Pie E.G. Asda
3205	Findus Savory Cheese Pancakes
3320	Gammon with Cheese Sauce and Spina
3337	Aubergine Bake with Ham Cheese And
3399	Trout with Tomatoes Cheese Apple
3411	Vegetarian Cheese & Onion Quiche
3423	Spinach and Goats Cheese Quiche Wi
3424	Pasta Bake with Cheese Bacon And
3452	Ham and Leeks in Cheese Sauce
3500	Macaroni Cheese with Carrots Red
3516	Bacon Cheese and Egg Pie 2 Crust
3590	Soya Bread with Eggs Cheese And O
3614	Macaroni Cheese with Low Fat Chedd
3631	Pasta with Bacon Butter and Cheese
3652	Spinach Quiche with Cheese Olivio
3663	Leek Potato and Cheese Pie with M
3691	Leeks in Cheese Sauce with Olive O
3899	Carrot cake made with wholemeal flour with cream cheese icing, purchased
3972	Macaroni and cheese, with butter and semi-skimmed milk
4075	Potato cake with cheese
4194	Cheese scone, wholemeal
4255	Macaroni and cheese
4304	Cheese pie
4318	Macaroni and cheese
4395	Macaroni and cheese with ham
4399	Potato and cheese pie
4438	Cheese and onion pie
4467	Cheese, potato, and onion pastie, purchased
4539	Cheese and onion pastry
4591	Egg and cheese flan
4611	Cheese scone, made with butter, semi-skimmed milk, and Edam
4613	Cauliflower with cheese, made with half skim milk and half water
4630	Cheese and vegetable pie
4712	Potato, cheese, and leek flan
4715	Cheese pie, with potatoes
4742	Fish and cheese pie
4744	Macaroni and cheese
4760	Macaroni and cheese
4767	Macaroni and cheese, with potato
4768	Macaroni and cheese, with potatoes and cauliflower
4778	Macaroni and cheese

4807	Egg and cheese flan
4813	Tomato and cheese savory
4831	Cauliflower and cheese
4837	Lentil and cheese rissoles
4898	Cauliflower cheese crunchies
4900	Chicken and cheese triangles, baked
4925	Cheese pie
4938	Cheese and onion quiche
5015	Potato saucery with cheese
5219	Chicken breast, stuffed with cheese and ham
5241	Cauliflower and cheese i.e. in cheese sauce, made with semi-skimmed milk
5345	Cauliflower and cheese i.e. in cheese sauce, made with skimmed milk
5369	Macaroni and cheese, wholewheat with bacon peppers
5411	Minced turkey and chicken in cheese flavor coating
5429	Pasta and cheese sauce mix with butter and milk
5464	Macaroni and cheese, made with polyunsaturated margarine
5475	Cheese flan, made with semi-skimmed milk, 1/2 fat cheese, and polyunsaturated margarine
5476	Corned beef hash, with cheddar cheese and onions
5492	Refried beans and onions, with nachos, melt with cheese
5555	Spaghetti with bacon and cheese
5576	Potato and cheese pie, with baked eggs
5620	Quiche, cheese and tomato, made with wholemeal pastry
5625	Tuna rice, with packet soup, cheese with bran
5694	Tuna and pasta bake, with sweet corn, cheese and
5717	Cheese and onion rissole, oven baked
5718	Pasta in cheese sauce made with semi-skimmed milk
5720	Chicken bake, with mushroom soup, mayonnaise, cheese and
5737	Mashed potato, with cheese, butter, and cream
5740	Cheese and potato pie, with instant potatoes and eggs
5755	Dover sole, prawns, cheese and mushrooms in parsley sauce
5765	Chicken breast, in cheese sauce, with onions, peppers, and
5767	Lentil and vegetables in tomato sauce with cheese and
5781	Corned beef hash, with cheese sauce and onions
5797	Macaroni and cheese, with ham, made with semi-skimmed milk
5806	Beef and macaroni, in cheese sauce
5835	Cheese, tomato, and potato bake, with Greek yogurt
5873	Quiche, cheese and tomato, pastry made with polyunsaturated margarine
5874	Mashed potatoes, baked with cheddar cheese, butter
5885	Cauliflower and cheese, with turkey, made with
5894	Cheese and vegetable bake with courgettes,
5948	Seafood crepes, with prawns, scallops, cheese
6083	Vegetable pie, with cheese and eggs
6086	Macaroni and cheese, with minced beef
6098	Cheese and tomato medley with onions, bacon, and mushrooms
6112	Omelet, cheese and onion, fried in blended vegetable oil
6123	Broccoli and cauliflower with cheese
6139	Cheese and vegetable pasta
6140	Cheese and sweet corn flan, made with single cream
6146	Bacon and onions in cheese sauce
6147	Egg noodles in cheese sauce
6169	Sardine and cottage cheese pie, double crust
6172	Omelet, with potatoes, cheese, and onions
6204	Macaroni and cheese with ham and whole milk
6242	Potato bake, with sweet corn, creme fraiche, cheese
6303	Fish pie, with cheese, and semi-skimmed milk
6343	Cauliflower and cheese, with skimmed milk and Flora margarine

6346	Chicken lattice, with cheese and broccoli
6351	Pasta with cheese and chicken soup
6358	Cheese soufflé, made with skimmed milk and Flora light spread
6360	Cauliflower and cheese, with streaky bacon
6366	Cheese ravioli, in tomato sauce canned
6372	Tuna and pasta bake with sweet corn and cheese
6405	Quiche, cheese, mushroom, and onion, made with polyunsaturated margarine
6458	Quiche, cheese and bacon, pastry made with all lard
6501	Steak crumble with cheese
6508	Cheese, onion, and potato pie, shortcrust pastry
6509	Omelet, cheese, fried in Flora spread
6520	Omelet, made with semi-skimmed milk, cheese, and bacon, no fat
6523	Chili con carne, made with lean mince, baked beans, and cheese
6550	Turkey and broccoli bake, with cheese sauce
6554	Cheese pie, no pastry, with dried potatoes and egg
6565	Chicken and blue cheese in white wine sauce
6567	Potato bake, with onions, mushrooms, and cheese
6584	Pasta in cheese and broccoli sauce
6673	Beef mince, with pancakes and cheese sauce
6716	Cauliflower and cheese, with potatoes, carrots, skim milk, and low fat spread
6776	Tuna pasta bake, with tomatoes, crisps. cheese and mushrooms
6785	Macaroni and cheese, made with semi-skimmed milk and reduced fat milk
6809	Spaghetti bake with cheese and onions
6811	Cauliflower soup, with leeks, cheese, and cream
6888	Cauliflower cheese made with s/s
6922	Potato and cheese bake
6976	Cheese topped rolls/baps white
7772	Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, purchased NOT whole
7773	Welsh rarebit, including wholemeal bread toasted, cheese, milk, and seasoning
8277	Fish feasts i.e. white fish filled with cheese sauce coated in breadcrumbs grilled or baked
8565	Quiche Lorraine, made with shortcrust pastry, filled with bacon, cheese, egg and milk, also other qu
8566	Quiche, mushroom, made with shortcrust pastry, filled with mushrooms and cheese, homemade, pastry ma
8605	Cheese straws
8673	Quiche, made with edam cheese, pastry made with polyunsaturated margarine, not whole milk
8698	Cauliflower and cheese, low fat cheese with polyunsaturated margarine
8742	Macaroni and cheese, made with mushroom soup
8757	Extra lean mince, stewed with vegetables and added cheese
8779	Quiche, cheese and onion, homemade
8781	Lentil loaf with cheese, homemade
8800	Shepherds pie, lean and fat, with cheese
8806	Spar wedges, cereal and potato snack, and cream cheese
8847	Broccoli and cheese soup, homemade
8883	Macaroni and cheese, with bacon, cream, and tomato
8895	Cheese and potato pie, made with low fat spread and whole milk
8955	Fish pie, with prawns and cheese
8974	Cauliflower cheese and tuna with oil
8984	Cauliflower and cheese with bacon and olive oil
9018	Omelet, cheese and tomato, made with olive oil
9036	Vegetable pie, one crust, made with polyunsaturated margarine and low fat cheese
9081	Eggy bread, brown, made with cheese and polyunsaturated oil
9116	Cheese pudding, made with semi-skimmed milk, and polyunsaturated margarine
9192	Celery and cottage cheese soup

9291	White fish with vegetables and cheese sauce, frozen ready meal, e.g., Birds Eye Tuscany Bake
9316	White fish in cheese sauce in a pastry case, frozen ready meal, e.g., Birds Eye Cheese Normandy en C
9327	Haddock bake with cheese sauce, potatoes and topping, frozen ready meal, e.g., Young's
9334	Omelet, plain or other cooked in olive oil e.g., bacon, mushroom, Spanish. NOT cheese, ham, or swe
9336	TOMATO AND CHEESE QUICHE PURCHASED
9355	Omelet, plain or other cooked in dripping, e.g., bacon, mushroom, Spanish. NOT cheese, ham, or swe
9639	Omelet, plain or other cooked in lard; e.g., bacon, mushroom, Spanish. NOT cheese, ham or sweet
9644	Cheese and potato pie, pastry made with all margarine
9708	Cream cheese and potato bake, with raisins
9802	Cheese quiche made with single cre
9861	Cheese & tomato quiche
9968	Fish pie with cheese and potato to
103020	Cheese, egg, and vegetable pie
103035	Quiche, cheese and spinach, made with wholemeal shortcrust pastry
103054	Cheese and onion flan, with wholemeal pastry
103056	Cheese and onion pastie with flaky pastry
103080	Liver and cheese hot pot
103187	Quiche, cheese and high onion
103191	Cheese and onion pastie, pastry made with polyunsaturated margarine
103196	Cheese, onion, and potato flan
103201	Quiche, cheese and mushroom, Marks and Spencer
103205	Findus pancakes, savory cheese, purchased, grilled or fried in blended vegetable oil
103245	Whiting, with tomato and cheese
103251	Omelet, cheese, fried in lard
103291	Wholemeal cheese scone
103293	Bubble and squeak, i.e. sausages, onions, and potatoes, with cheese baked
103317	Quiche, bluecheese, made with wholemeal flour
103333	Macaroni and cheese, made with semi-skimmed milk
103335	Bacon grills, with cheese, breaded and grilled
103339	Cheese, potato, and onion pie
103373	Lentil and cheese flan, wholemeal pastry, made with half butter and half vegetable fat
103397	Cheese, onion, and potato cake, in batter, deep fried in compound cooking fat
103400	Cheese scone, made with polyunsaturated margarine
103448	Potato and cheese pie, made with dried skim milk
103449	Potato skins with cheese
103451	Omelet, Spanish, with sausage, beef, mushroom, and cheese
103465	Chicken and courgette casserole, with cheese
103491	Cheese and onion pastie, homemade
103535	Cheese tart, wholemeal
103538	Macaroni and cheese, made with polyunsaturated margarine, and skimmed milk
103543	Cauliflower and cheese, with butter sauce
103551	Egg and cheese surprise
103573	Cheese bread
103583	Cheese and bacon pastie, purchased
103596	Carrots au gratin (with cheese)
103683	Cheese and egg flan, pastry made with all margarine (NOT polyunsaturated)
103774	Quiche, soft cheese and mushroom

Milk Products (Including Milk, Fromage Frais and Yogurt Products; Excluding Drinks)

[DHA] = 0.2%

- 632 Clotted cream
- 633 Sour cream, cultured
- 697 Tip-top cream, NOT Tip Top Pours and Whips
- 701 Creamy yogurt, whole milk yogurt, flavoured or containing fruit/nuts or with separate fruit/nuts, in
- 702 Creamy yogurt, whole milk yogurt, natural, unsweetened, e.g. Sainsbury's whole milk natural yogurt,
- 703 Low fat yogurt, any flavor but NOT containing fruit or nuts, sweetened, includes set yogurt
- 704 Low fat yogurt, containing fruit only, sweetened, includes live yogurt range, includes low fat bio
- 705 Low fat yogurt, natural, unsweetened NOT longlife, UHT or pasteurized
- 706 Low fat yogurt, containing muslin or nuts only, sweetened or unsweetened NOT longlife, UHT or pasteu
- 707 Yogurt, low fat, unsweetened, any fruit or fruit flavoured
- 708 Low fat yogurt, longlife, UHT or pasteurized (not refrigerated), natural or any fruit or flavor
- 710 Yogurt made from goats or sheeps milk, any flavor NOT artificially sweetened NOT Greek yogurt
- 711 Yogurt drink, UHT, (not refrigerated) e.g. Ambrosia
- 712 Low fat yogurt, natural, slightly sweetened NOT longlife, UHT or pasteurized
- 713 Low fat diet yogurt, with artificial sweetener, e.g. own brand NOT longlife, UHT or pasteurized
- 2700 Yogurt virtually fat free natural
- 2701 Yogurt virtually fat free fruit
- 2702 Yogurt low fat french set fruit
- 2730 Low fat yogurt containing fruit
- 2991 Curried yogurt with gram flour
- 3014 Creme fraiche
- 3223 Yogurt and fromage frais mousse I
- 3732 Greek style yogurt low fat flavor
- 4089 Homemade yogurt with semi-skimmed milk
- 4320 Chambourcy nouvelle fruit and nut yogurt
- 5213 Yogurt drink, fortified with vitamins, e.g., Ribena
- 5254 Fromage frais, low fat or unspecified, fruit or fruit flavor, e.g., Petit Filous, Yoplait Wildlife,
- 5255 Fromage frais, fruit or fruit flavor, fortified with vitamins A, C and D and calcium, e.g., Ribena
- 5256 Fromage frais, fruit or fruit flavor, fortified with iron and calcium, e.g., Nestlé Hippo. NOT virt
- 5259 Thick and creamy twinpot fruit yogurts, full fat yogurt with separate fruit portion, e.g., Muller fr
- 5260 Thick and creamy; whole milk yogurt, fortified with vitamins A, C and D, e.g., Ribena
- 5261 Thick and creamy; whole milk yogurt, fortified with vitamin C, e.g., Mr Men
- 5361 Yogurt, with added cream and sugar
- 5408 Thick and creamy twinpot yogurt with separate cereal/ crumble portion, with fruit
- 5529 Thick and creamy; whole milk yogurt; fortified with vitamin E and B vitamins, e.g., Müller Kids Corn
- 5771 Cakes, yogurt filled
- 5835 Cheese, tomato, and potato bake, with Greek yogurt
- 6828 Elmlea light single cream
- 6968 Cream non-dairy UHT aerosol
- 6985 Creme Fraiche half fat (15%)
- 6986 Cream dairy UHT aerosol half f
- 6997 Yogurt Greek style cows with h
- 7709 Chocolate mousse, rich, e.g. St Ivel Real, Chambourcy Real Chocolate Mousse, Sainsbury Chocolate Mou
- 7711 Mousse, fruit flavoured, e.g. St Ivel Real orange and lemon, Strawberry or Banana HIPPO Potta Mousse
- 7719 Smatana, cream
- 7734 Quark, very low fat soft cheese

- 7735 Fromage frais, plain, unflavored, unsweetened, e.g. Yoplait Petits Filous, Chambourcy, own brand NO
- 7736 Fromage frais, creamy, full fat, flavoured or containing fruit or with separate fruit, e.g. Chambour
- 7737 Fromage frais, fruit or fruit flavor, fortified with vitamins A and C and calcium e.g. Mr. Men, Sai
- 7738 Fromage frais, very low fat, virtually fat free, plain, unflavored, unsweetened, e.g. St Ivel Shape
- 7739 Fromage frais, very low fat, virtually fat free, flavoured or containing fruit or with separate fru
- 7740 Fromage frais mousse, e.g. Chambourcy Mousse de Fromage Frais
- 7741 Greek or Greek style cows milk yogurt, strained, plain, unflavored, e.g. Total, own brand, Asda natu
- 7742 Greek sheeps milk yogurt, natural, unflavored and unsweetened, e.g. Total original sheeps yogurt N
- 7743 Soya yogurt full fat, sweetened, e.g. Sojal dairy free yoga, Soja Sun
- 7746 Low fat yogurt, any but NOT containing fruit, fortified with vitamins A, C, and D, e.g. Chambourcy H
- 7748 Low fat yogurt, containing fruit, fortified with vitamins A, C, and D, e.g. Chambourcy Hippo Fruit y
- 7749 Low fat fruit yogurt, containing fruit, fortified with vitamins A and C, e.g. Mr. Men, St Ivel Fiend
- 7750 Low fat yogurt, any but NOT containing fruit, fortified with vitamins A and C, e.g. Mr. Men
- 7751 Very low fat yogurt, containing fruit, with artificial sweetener, fortified with vitamins C and D
- 7753 Yogurt fruit mousse, NOT fortified, e.g. Boots, own brand
- 7754 Yogurt and jelly dessert, e.g. Munch Bunch wobblers, Turtles yogurt jelly dessert, St Ivel Tremblers
- 7755 Yogurt drink, containing pureed fruit, NOT containing artificial sweetener e.g. Yop, Ski Cool, own b
- 7756 Yogurt drink, light, containing fruit juice, with artificial sweetener, e.g. Ski Cool Lite, Yop Light
- 7757 Frozen yogurt, NOT in a cone, e.g. Mr. Whippy type only
- 7885 Yogurt coated peanuts, raisins or banana chips NOT yogurt gums
- 7969 Milk gums
- 7985 Fromage frais, very low fat, virtually fat free, diet, flavoured or containing fruit or with separa
- 7986 Yogurt drink, containing fruit juice, NOT containing artificial sweetener e.g. Ski Cool
- 8207 Fruit custard dessert, e.g. Dairy Crest Custard Crazy, own brand NOT custard style yogurt
- 8220 Custard style fruit yogurt NOT custard fruit dessert, e.g. Sainsbury's fruit on the bottom custard
- 8221 Fromage frais, plain, unflavored, sweetened, e.g. Petit Danone, Sainsbury's petit fromage frais,
- 8222 Low fat diet yogurt, Longlife, UHT or pasteurized, with artificial sweetener, e.g. Hermesetas Light
- 8223 Very low fat yogurt, longlife or UHT or pasteurized, natural or any fruit or flavor, e.g. Fruittis,
- 8224 Yogurt mousse with cream, e.g. Ski Frousse
- 8227 Frozen yogurt In a cone, e.g. Walls Fresta, Ski Cone
- 8228 Frozen yogurt, NOT in a cone, e.g. Ski Soft Serve, Walls Fresta, Orchard Maid, own brand, includes M
- 8229 Frozen yogurt, ice lollies
- 8376 Very low fat yogurt, containing fruit, with artificial sweetener e.g. own brand, St Ivel Shape, virt
- 8488 Very low fat yogurt, any flavor, with Simplese, Tesco Healthy Eating Bio only
- 8513 Chocolate ice cream containing yogurt e.g. Ski Bar
- 8557 Milk jelly, purchased, e.g. Chambourcy
- 8613 Thick and creamy yogurt, whole milk yogurt, flavoured or containing fruit/nuts or with separate frui
- 8661 Chocolate dairy desserts, chilled, e.g., Nestlé Rolo, Cadburys Caramel, Nestlé Milky Bar, Cadburys D
- 8740 Marks and Spencer, bugs bunny, strawberry fromage frais mousse
- 8894 St. Ivel prize, whipped yogurt with cream
- 8935 Baby and toddler yogurt, whole milk yogurt sweetened with fruit juice, St Ivel Baby and Toddler yogu
- 8990 Very low fat yogurt, containing fruit, with added sugar, no artificial sweetener, NOT fortified NOT

- 9115 Soya yogurt, low fat, with added sugar and fruit, e.g. Granose
 9142 Greek or Greek style yogurt, with fruit/nuts or honey, e.g., Tesco thick and creamy Greek style hone
 9272 Very low fat; virtually fat free yogurt, any flavor but not containing fruit or nuts, with artificiali
 9881 Thick and creamy twinpot yogurt with separate cereal/ crumble portion, NO fruit e.g., Muller crunch

Mixed Foods containing Milk Products
Adjustment for yogurt content of 70 to 90%
 [DHA] = 0.14 to 0.18%

- 1741 Cucumber and grain flour raita, i.e. Asian vegetable side dish with yogurt
 2660 Tzatziki, Greek style cucumber and yogurt
 7761 Ice lollies, milk, e.g. Walls Mini Milk, Lyons Maid, Mr. Men Dairy, Friff
 9791 Chocolate mousse, low fat; low calorie; light, e.g., Cadburys Light, own brand low fat mousse, St. M

Mixed Foods containing Milk Products
Adjustment for yogurt content of 30 to 40%
 [DHA] = 0.06 to 0.08%

- 9031 Wheat and yogurt soup
 9139 Fruit in creamy yogurt sauce
 7769 Eggy bread, French toast, Gypsy toast, made with whole milk, fried in blended vegetable oil NOT whole

Mixed Foods containing Milk Products
Adjustment for yogurt content of 15%
 [DHA] = 0.03%

- 3393 Lamb curry with spinach yogurt g
 3467 Chicken curry with yogurt and cash
 3533 Chicken with rice yogurt and egg
 3692 Lamb curry with yogurt butter no
 3694 Salmon pasta sauce with yogurt pe
 3926 Chicken curry, made with yogurt and blended vegetable oil
 3935 Pork chop in onion and yogurt
 4129 Quiche, with tuna and yogurt
 5756 Lamb curry, with tomatoes and yogurt
 6068 Chicken curry, with yogurt, canned tomatoes, and peppers
 6069 Lamb curry, with yogurt, onion, and pepper
 6080 Chicken biryani and rice, no vegetables, no yogurt
 6091 Potato and tomato gratinee, with yogurt
 6161 Mushroom sauce, made with yogurt, milk, and onions
 6409 Chicken curry, with chicken breast, yogurt, and
 6455 Curry sauce, with yogurt, coconut and chili
 6489 Vegetable curry, with tomatoes, onions, yogurt, peas
 6797 Chicken breast, coated with yogurt and breadcrumbs
 8997 Chicken with yogurt and tomato
 9150 Aseeda (porridge with yogurt)
 9151 Mulah, minced lamb with yogurt
 103015 Yogurt curry
 103446 Wholemeal scone made with goats yogurt
 103636 Potato, curried, with yogurt
 103650 Chicken curry with yogurt and butter

PROPOSED USES

Non-Alcoholic Beverages

Carbonated Beverages

[DHA] = 0.06%

- 2320 Apple juice drink or grape juice drink, carbonated, NOT canned e.g., Tango Apple, Sholer Grapetize. NOT Ribena, Appletise, Shloer, Kiri
- 2321 Lemonade or shandy canned, carbonated. Includes traditional and old-fashioned lemonade. NOT still lemonade. NOT 7 Up lemon and lime or Sprite
- 2322 Lemonade or shandy, carbonated. NOT canned. NOT 7 Up Lemon and Lime or Sprite
- 2323 Carbonated beverages, low calorie, canned
- 2324 Carbonated beverages, low calorie, bottled
- 2340 Fruit juice and lemonade drink, carbonated, contains at least 50 % juice (orange, grapefruit, pineapple) e.g. Britvic 55, Rawlings 60, Aqualibra NOT juice drink (less than 50%)
- 2404 Fruit juice and lemonade, carbonated, canned, contains at least 50% juice (orange, grapefruit, pineapple) e.g. Britvic 55, Rawlings 60 NOT apple juice, NOT juice drink (less th
- 2641 Apple juice drink, carbonated, canned e.g. Tango Apple, NOT Appletise, Shloer, Kiri
- 2843 V energy drink fortified with gua
- 3247 Lipovitan b3 carbonated energy dri
- 3749 Purdeys multivitamin fruit drink
- 4729 Ready to drink Ribena blackcurrant juice drink, Diet Ribena Spark, low calorie, canned, carbonated (sparkling), vitamin C drink, NOT Baby Ribena
- 5115 Ready to drink Ribena blackcurrant juice drink, NOT low calorie, made with spring water, canned, Sparkling Ribena Spring
- 5116 Ready to drink Ribena blackcurrant juice drink, low calorie, made with spring water, canned, Ribena spring, no added sugar
- 5151 Amé sparkling juice drink with herbs and vitamins ONLY
- 5253 Mineral water based drinks, light or low calorie, still or carbonated, sweetened with artificial sweeteners e.g., Caledonian clear light, Sainsbury's diet elderflower juice dr
- 5343 Mineral water based drinks, still or carbonated, sweetened with sugar e.g., Caledonian Clear, Calm and Clear, Sainsbury's elderflower juice drink, Sainsbury's Mirelle
- 5506 Ready to drink Ribena juice drink, low calorie lightly sparkling spring water, any flavor, Ribena Twist
- 5545 Red bull or red card energy drink, carbonated (Britvic) ONLY
- 5947 Virgin or Boots fruit flavoured high energy drink ONLY
- 7894 Cola, any flavor, canned. Includes cherry, strawberry, or tropical Cola, NOT caffeine free, NOT low calorie
- 7895 Cola, any flavor including cherry strawberry and tropical cola, NOT caffeine free or canned, e.g. Coca Cola, Pepsi Cola
- 7896 Cola, cherry cola, canned, low calorie, NOT caffeine free, e.g. Diet Coke, Diet Cherry Cola, Diet Pepsi, Pepsi Max, Tab Clear
- 7897 Cola, NOT caffeine free or canned, e.g. Diet Coke, Diet Pepsi, Pepsi Max, Tab Clear.
- 7898 Lemonade, canned, diet (low calorie, sugar free, or no added sugar) Includes traditional and old fashioned or diet lemonade NOT Diet 7 Up Lemon and Lime or Diet Sprite
- 7899 Lemonade, diet (low calorie or sugar free), NOT canned, e.g. Diet lemonade NOT Diet 7 Up Lemon and Lime or Diet Sprite
- 7900 Carbonated beverages, not containing fruit juice, canned, e.g. ginger beer, orangeade, limeade, cherryyade, 7 UP, Sprite, cream soda, Dr. Pepper, NOT Cola, tonic water, Irn Br
- 7901 Carbonated beverages NOT containing fruit juice, NOT canned, e.g. ginger beer, limeade, orangeade, cherryyade Sprite, cream soda, Dr. Pepper, NOT cola, tonic water, Irn Bru or I
- 7902 Carbonated beverages, NOT containing fruit juice, canned, low calorie, e.g. diet ginger beer, diet limeade, diet cherryyade, diet orangeade, diet 7 up, diet Sprite, Dr. Pepper d
- 7903 Carbonated beverages, NOT containing fruit juice, low calorie, NOT canned, e.g. diet ginger beer, diet limeade, diet cherryyade, diet 7 up, diet Sprite, Dr. Pepper Diet, NOT col

- 7907 Ready to drink Ribena blackcurrant juice drink, Ribena Spark, NOT low calorie, canned, carbonated (sparkling), vitamin C drink, NOT Baby Ribena, NOT sparkling Ribena Spring
- 7910 Pear juice drink, carbonated, e.g. Shloer NOT Shloer apple juice, NOT canned
- 8320 Cola, cherry cola, caffeine free, canned e.g. Caffeine Free Coke, Caffeine Free Pepsi, Caffeine Free Cherry Coke
- 8321 Cola, cherry cola, caffeine free, NOT canned. E.g. Caffeine Free Coke, Caffeine free Pepsi, Caffeine free Cherry Coke
- 8322 Cola, cherry cola, caffeine free, canned, low calorie. E.g. Caffeine Free Diet Coke, Caffeine Free Diet Pepsi, Caffeine Free Diet Cherry Cola
- 8323 Cola, caffeine free, NOT canned. E.g. Caffeine free diet Coke, Caffeine Free Diet Pepsi
- 8324 Irn Bru, canned
- 8325 Irn Bru, NOT canned
- 8326 Diet Irn Bru, canned
- 8327 Diet Irn Bru, NOT canned
- 8328 Fruit juice drink, fruit drink, fruit crush, carbonated, canned, containing less than 50% fruit juice, e.g. Sunkist, Citrus spring, Fanta, Gini, Lilt, Orangina, Vimto, Rio, own
- 8332 Tonic water, NOT slimline, canned
- 8360 Fruit juice drink, fruit drink, fruit crush, carbonated, low calorie, containing fruit juice, low calorie, e.g. Diet Sunkist, Diet Fanta, Diet Gini, Diet Tango, (NOT Tango App
- 8362 Apple juice drink, carbonated, canned, low calorie, e.g. Diet Kiri, low calorie Tango Apple
- 8378 Tonic water, NOT slimline, NOT canned
- 8379 Tonic water, Slimline, canned
- 8380 Tonic water, Slimline, NOT canned
- 8444 Fruit juice drink, fruit drink, fruit crush, carbonated, fortified with vitamin C (ascorbic acid), containing fruit juice e.g. Tango (NOT Tango apple), Sunkist, Citrus Spring, Fanta,, NOT low calorie
- 8445 Fruit Juice drink, fruit drink, fruit crush, carbonated, fortified with vitamin C (ascorbic acid), containing fruit juice, low calorie, e.g. Diet Sunkist, Diet Fanta, Diet Gini
- 8446 Fruit juice drink, fruit drink, fruit crush, carbonated, NOT fortified with vitamin C (ascorbic acid) e.g. Robinson's sparkling juice drink, Lilt, NOT apple, pear, or grape jui
- 8447 Fruit juice drink, fruit drink, fruit crush, carbonated, NOT fortified with vitamin C (ascorbic acid) NOT apple, pear or grape juice drink, NOT juice and lemonade
- 8448 Fruit juice drink, fruit drink, fruit crush, carbonated, low calorie NOT fortified with vitamin C (ascorbic acid) e.g. Diet Lilt, NOT apple, pear, or grape juice drink, NOT jui
- 8449 Fruit Juice drink, fruit drink, fruit crush, carbonated, low calorie, NOT fortified with vitamin C (ascorbic acid) NOT apple, pear, or grape juice drink, NOT juice and lemonade
- 8457 Apple juice drink, carbonated, low calorie, NOT canned, NOT Ribena, e.g. Diet Kiri, low calorie Tango Apple
- 8753 Lemonade, fortified with vitamin C (ascorbic acid), not canned
- 9100 Suncharm, Iron brew soft drink
- 9168 Clear Cola, not sugarfree, not canned
- 9181 Clear Cola, sugarfree, canned, e.g. Tab clear
- 9198 Clear Cola, sugarfree, not canned, e.g. Tab clear
- 9991 7-Up only, canned, not low calorie
- 9992 7-Up Light only, canned
- 9993 7-Up only, NOT canned, not low calorie
- 9994 7-Up Light only, NOT canned, bottled

Fruit Juice and Nectar
Adjusted for Concentration Factor of 500%
[DHA] = 0.30%

9186 Concentrated apple/pear juice, unsweetened

Fruit Juice and Nectar
Adjusted for Concentration Factor of 400%
[DHA] = 0.24%

2359 Orange juice, frozen, concentrated, NOT canned, unsweetened

Fruit Juice and Nectar
[DHA] = 0.06%

- 2064 Lemons, juice only, no peel or flesh or leftover peel and flesh weighed, includes Jif lemon juice etc
- 2317 Apple juice, canned, unsweetened, e.g. Appletise, Shloer, Kiri, NOT Tango Apple
- 2318 Apple juice, pasteurized only, NOT canned, unsweetened
- 2319 Apple juice, UHT or Longlife unsweetened NOT pasteurized, NOT canned, e.g. Appletise, Shloer, Kiri. NOT Tango Apple
- 2325 Grape juice, NOT canned, unsweetened
- 2326 Grapefruit juice, canned, sweetened
- 2327 Grapefruit juice, not canned, unsweetened
- 2328 Grapefruit juice, canned unsweetened
- 2329 Grapefruit juice, pasteurized, NOT canned, but unsweetened
- 2330 Grapefruit juice, UHT or Longlife NOT pasteurized, NOT canned, but unsweetened
- 2334 Orange juice, canned, sweetened
- 2335 Orange juice, not canned, sweetened
- 2336 Orange juice, canned, unsweetened
- 2337 Orange juice, pasteurized, unsweetened NOT canned
- 2338 Orange juice, UHT or Longlife NOT pasteurized, unsweetened. NOT canned.
- 2339 Orange juice, freshly squeezed, includes home-squeezed orange juice NOT pasteurized, UHT or Longlife, unsweetened NOT canned
- 2341 Pineapple juice, canned, sweetened
- 2342 Pineapple juice, not canned, sweetened
- 2343 Pineapple juice, canned unsweetened
- 2344 Pineapple juice, pasteurized, unsweetened, NOT canned
- 2345 Pineapple juice, UHT or Longlife, unsweetened. NOT pasteurized, NOT canned
- 2355 Tomato juice, canned unsweetened
- 2356 Tomato juice, NOT canned, unsweetened
- 2357 Mixed fruit juice, 100% juice, e.g. Real NO sugar or water, NOT canned, unsweetened
- 2360 Orange juice, frozen, made up, NOT canned, unsweetened
- 2361 Carrot juice, NOT canned, unsweetened
- 2689 Lemon juice 50% vit c loss
- 2985 Fruit juices/smoothie with vitamin
- 3959 Orange juice, concentrate, homemade
- 3961 Grapefruit juice, concentrate
- 4192 Apple juice, concentrated
- 4987 Capri sonne, fruit juice drink
- 6827 Sunny Delight, fruit juice drink
- 8450 Mixed fruit juice, 100% fruit juice e.g. "Real", canned unsweetened
- 8539 Juice only, from fruit canned in juice
- 8604 Mango juice, NOT canned, unsweetened
- 8640 Prune juice, NOT canned. Unsweetened.
- 9350 Redcurrant juice, homemade, fresh. NOT canned

Fruit Juice-based Drinks (Not Nectars or Fruit Juices)

Adjusted for Concentration Factor of 700%

[DHA] = 0.42%

- 7917 Concentrated fruit drink, fruit squash, fruit cordial, fruit crush, NOT blackcurrant - C-vit, multi-
- 7919 Concentrated fruit drink, fruit squash, fruit cordial, fruit crush, blackcurrant flavor only, C-Vit
- 8791 Concentrated Ribena blackcurrant juice drink, new formulation (with more vitamins) NOT low sugar, NO
- 8792 Concentrated Ribena blackcurrant juice drink, light, low sugar, new formulation (with more vitamins)

Fruit Juice-based Drinks (Not Nectars or Fruit Juices)

Adjusted for Concentration Factor of 500%

[DHA] = 0.30%

- 5110 Ready to drink fruit drink, fruit squash, fruit cordial, fruit crush, low calorie or diet barley wat
- 7913 Concentrated high juice drink, high juice squash, blackcurrant, fortified with vitamin C (ascorbic a
- 8458 Concentrated high juice drink, high juice squash, any flavor, EXCEPT blackcurrant, fortified with v
- 8610 Concentrated fruit juice drink, Special R, low calorie, i.e. Robinson's
- 8616 Concentrated fruit juice drink, NOT low calorie, apple, fortified with vitamin C (ascorbic acid)
- 8760 Concentrated fruit juice drink, NOT low calorie, mixed fruit, fortified with vitamin C (ascorbic ac
- 8850 Concentrated fruit juice drink, low calorie or diet, mixed fruit, fortified with vitamin C (ascorbic
- 9170 Concentrated fruit juice drink, blackcurrant, fortified
- 9183 Concentrated fruit drinks, low calori ed, fortified, i.e. Wells

Fruit Juice-based Drinks (Not Nectars or Fruit Juices)

[DHA] = 0.06%

- 3362 Wolfra multivitamin fruit juice dr
- 3548 Fruit juice drink with vit A C &
- 3806 Fruit drink with cream and vit E
- 5502 Ready to drink Ribena juice drink or smoothie, orange, orange and apricot, range tropical, or pineap
- 5504 Ready to drink Ribena blackcurrant juice drink, light, low sugar NOT carbonated, Ribena Light, NOT n
- 6402 Start-up fruit juice drink, Sanatogen, fortified
- 6963 Robinsons special r concentrates
- 7914 Ready to drink, high juice drink, high juice squash, blackcurrant, fortified with vitamin C (ascorbi
- 8459 Ready to drink, high juice drink, high juice squash, any flavor, EXCEPT blackcurrant, fortified wit
- 8691 Ready to drink fruit juice drink, NOT low calorie, NO artificial sweetener, apple, fortified with vi
- 9137 Ready to drink, lemon and lime drink, fortified, i.e. Boots

Non-Alcoholic, Non-Carbonated, Water-based Flavoured Drinks (Energy Drinks, Sports Drinks)

[DHA] = 0.06%

- 2333 Lucozade drink, carbonated, NOT canned. NOT Lucozade with orange, lemon or tropical barley
- 2403 Lucozade canned, carbonated, NOT Lucozade with orange, lemon or tropical barley
- 2843 V energy drink fortified with gua
- 3247 Lipovitan b3 carbonated energy dri

3484	Lucozade sport bottled
3738	Lucozade solstis with B vitamins
5468	Lucozade sport, isotonic lucozade, canned, carbonated
5545	Red bull or red card energy drink, carbonated (Britvic) ONLY
5947	Virgin or Boots fruit flavoured high energy drink ONLY
7327	Lucozade light, canned
8331	Lucozade light, NOT canned
8490	Lucozade fortified with vitamin C (ascorbic acid), carbonated, e.g. Lucozade orange, lemon or tropic
8515	Lucozade, canned, fortified with vitamin C (ascorbic acid), e.g. Lucozade orange, lemon or tropical
8888	Lucozade, sport, isotonic drinks, not carbonated

Milk-based Drinks

[DHA] = 0.06%

601	Buttermilk
612	Milk, mixed skimmed and whole milk drink, sterilized, e.g. Crazy Milk, Breaktime, Stripes NOT chocolate flavoured milk, NOT milk shake, NOT Nescafe Frappe
618	Condensed milk, skimmed, sweetened, undiluted
619	Condensed milk, whole, sweetened, undiluted
622	Evaporated milk, whole, unsweetened, undiluted
623	Goats milk, Summer (May-October)
624	Goats milk, Winter (November-April)
625	Sheeps milk, Summer (May-October)
626	Sheeps milk, Winter (November-April)
627	Milk shake, homemade, NO ice cream
628	Milk shake, homemade, thick, with ice cream
629	Milk shake, purchased, thick, with ice cream, e.g. McDonalds, Wimpy
629	Milk shake, purchased, thick, with ice cream, e.g. McDonalds, Wimpy
711	Yogurt drink, UHT, (not refrigerated) e.g. Ambrosia
3028	Build up drink made with egg banana
3237	Goats milk uht
3554	Milkshake with skimmed milk + arti
4703	Low fat whipping cream
4713	Evaporated milk, low fat, canned, e.g. Carnation Lite, own brand light
4988	Shape single cream
5213	Yogurt drink, fortified with vitamins, e.g., Ribena
7091	Coffee, iced, low fat, carton, ready to drink, e.g. Nescafe Frappe
7714	Mars bar chocolate milk drink
7716	Coffee Compliment, dry weight
7755	Yogurt drink, containing pureed fruit, NOT containing artificial sweetener e.g. Yop, Ski Cool, own brand, NOT light yogurt drinks
7891	Coffee, iced, low fat, carton, ready to drink e.g. Nescafe Frappe
7986	Yogurt drink, containing fruit juice, NOT containing artificial sweetener e.g. Ski Cool
8212	Milk, mixed skimmed and whole milk drink, sterilized, chocolate flavoured, e.g. Crazy Milk, Breaktime, Stripes, Yazoo, NOT milk shake, NOT Cadburys Chocolate milk drink, NOT Ma
8214	Milk shake, UHT, purchased, carton, made with whole milk, e.g. Ed the Duck Milkshake
8215	Milk shake, flavoured milk drink, purchased, made with semi-skimmed milk, carton, fresh, not UHT/longlife, e.g. Munch Bunch Shakers, Friji fresh classic shakes, Tesco fresh str
8216	Milk (semi-skimmed) and fruit juice mixed, purchased, e.g. Frulait
8217	Cadbury's Chocolate Milk Drink, low fat, made with skimmed milk, real chocolate drink, carton
8621	Nourishment, fortified milk drink
9072	Thick milk shakes, fresh, purchased e.g., Sainsbury's, Tesco extra thick American style
9182	Boots Follow-on-milk drink, banana and strawberry
103755	Evaporated milk, made up

Dairy Analogue Drinks (Soy-based Beverages)

[DHA] = 0.06%

- 650 Soya milk NOT sweetened, NOT flavoured
- 3410 So good fortified soya drink
- 3769 Soya alternative to milk unsweetened
- 7715 Soya milk, flavoured, e.g. Granose, Provamel, Holland and Barratt, Whitewave
- 8512 Soya milk, sweetened, NOT flavoured
- 8726 Soya milk, sweetened, enriched with calcium, e.g. Tesco, Plamil Vitapints

Bakery Products, Bread and Rolls

Biscuits

[DHA] = 0.2%

- 251 Cheese biscuits, e.g. Cheddars any flavor, Cheeselets, Cheese thins, KP cheese biscuits, McVities Min
- 252 Cheese sandwich biscuits, e.g. Tuc with 'real cheese' filling, including own brand
- 253 Chocolate biscuits, full coated, containing biscuit filling only, e.g. Breakaway, United, chocolate fi
- 254 Chocolate short or sweet biscuits, half coated, e.g. Cadburys Animals and Burton's Cartoons NOT half
- 255 Cream cracker biscuits NOT wholemeal Cream crackers, wholemeal, e.g. Farmhouse-type, Jacobs brown wheat
- 256 Crispbreads, e.g. Ryvita (wheat and rye), Energen. NOT high Fibre Ryvita, NOT starch reduced Energen
- 257 Crispbreads, starch reduced, e.g. Energen
- 258 Crispbreads, extra light, e.g. Krispen, Crackerbread, Cracottes, French Toasts, Dutch Crispbakes
- 259 Digestives, sweetmeal or wheatmeal, plain. NOT reduced sugar, NOT reduced fat, NOT Hob Nobs, NOT dig
- 260 Digestive, chocolate half-coated, NOT chocolate Hob-nobs
- 261 Flapjacks, cookies, purchased, NOT homemade, NOT cereal crunch bars
- 262 Fruit biscuits, NOT wholemeal e.g. Fruit shortcake, Shrewsbury, Jaspers
- 263 Gingernut biscuits, purchased NOT homemade
- 264 Homemade biscuits, e.g. Easter biscuits (made with margarine (NOT polyunsaturated), flour, sugar and e
- 265 Jam filled biscuits, e.g. Jammie Dodgers
- 266 Matzo
- 267 Oatcakes, purchased NOT homemade
- 268 Sandwich cream biscuits, e.g. custard creams, bourbons, coconut creams NOT crunch creams, NOT wholemea
- 269 Semi-sweet biscuits, e.g. Osborne, Rich Tea, Marie, Morning Coffee NOT half coated with chocolate
- 270 Short, sweet biscuits, e.g. Lincoln, Shortcake, Malted milk, Nice NOT coconut biscuits
- 271 Shortbread (made with flour, butter and sugar), homemade NOT wholemeal
- 272 Sandwich wafer biscuits, cream filled
- 273 Wafers and cornets, Ice cream cones and wafers, weight excluding ice cream
- 274 Water biscuits, Bath Olivers
- 276 Wholemeal biscuits, plain or flavoured, wholemeal digestives NOT digestives with oats
- 277 Wholemeal biscuits fruit, nut, or fruit and nut, NOT digestive
- 278 Wholemeal biscuits, cream filled NOT digestive
- 279 Ritz, Saltines, Wyna, TUC, Krackawheat crackers
- 280 Snowballs, coconut and chocolate coated marshmallow NOT chocolate marshmallow biscuits
- 281 Fruit and nut biscuits

348	Macaroons, almond NOT coconut
357	Flapjacks, cookies, homemade (made with oats, margarine (NOT polyunsaturated), syrup and sugar)
411	Melting moments, homemade, made with margarine (NOT polyunsaturated), sugar, flour, cornflour, glaze
412	Slimming biscuits, e.g. Slender bars, Bisks, Limmits
2762	Oat and Date slice made with whole
3267	Rice cakes
3429	Almond biscuits made with wholemea
3491	Banana and raisin flapjack
3564	Ginger snaps no added fat
3575	Cookies with rice butter apple a
3579	Flapjacks with blackberries apple
3580	Oat and coconut biscuits with oliv
3783	Iced gem biscuits fortified
3802	Brandy snaps
3891	Staffordshire oatcakes
3978	Gathia
4069	Homemade biscuits, no egg
4071	Biscuits with polyunsaturated fat and almonds
4103	Shortbread, wholemeal, purchased
4259	Shortbread with margarine
4282	Shortbread, wholemeal, made with polyunsaturated fat
4454	Ginger biscuit
4471	Homemade crunch
4511	Millionaires shortbread
4547	Crookes crunch slim biscuits
4637	Coconut biscuit
4674	Oatcakes made with butter
4751	Crunch biscuits
4819	Gingerbread
4905	Ginger biscuits
4917	Honey and oat biscuits
4948	M&M cookies
4974	Oatcakes
4983	Biscuit slice
4985	Biscuits with butter
5441	Chocolate brick biscuit
5495	Chocolate brick biscuit, made with margarine
5496	Shortbread made with margarine
5594	Fruit biscuits, low fat, e.g., McVities Go Ahead Fruit Ins
5665	Biscuit, school with sultanas
5752	Oat flapjack, dipped in chocolate
5770	Cereal bar, fruit filled, fortified with vitamins and minerals, e.g., Kellogg's Nutri-Grain
5955	Shortbread biscuits, with sunflower
5970	Short sweet biscuits, with jam
5974	Sultana cookies, with oats
5986	Flapjack, made with spreadable butter
6022	Nut cookies
6099	Crackerjack biscuit
6137	Flapjack, made with Gold extra light margarine
6252	Coconut slices
6277	No-cook chocolate cake, with raisins
6400	Chocoinis, McVities, Go ahead, 85% fat
6506	Shortbread, made with soft margarine and
6583	Peanut butter biscuits, made with Flora margarine

- 6610 Shortbread, fresh, Fields sunflower
- 6619 Ginger biscuits, made with butter
- 6932 Gingerbread men (biscuits) with re
- 7325 Crispbread, rye, with sesame seeds only, e.g. Ryvita with sesame seeds, or high fibre, e.g. High Fib
- 7649 Bread sticks, Grissini
- 7650 Cornish wafers, e.g. Jacobs
- 7651 Coconut cookies, not lced, purchased, e.g. Mr. Men and Little Misses cookies
- 7652 Cream sandwich biscuits, or cream crackers e.g. custard creams, bourbons, coconut creams NOT crunch
- 7653 Crispbreads, starch reduced, e.g. Energen or rye with sesame seeds, e.g. Ryvita with sesame seeds
- 7654 Crackers, savory with additions, e.g. sesame seeds and or poppy seeds NOT Ryvita
- 7656 Chewy cereal snack bars with any additions, e.g. Cluster, Harvest chewy bars, Jordans Chewy bars, Mc
- 7657 Digestives with oats, plain, e.g.. Hob-nobs, Rustics, Oatbakes, Snapjacks, NOT wholemeal digestives
- 7658 Digestives with oats, chocolate, half-coated, e.g. Hob-nobs, Rustics, Oatbakes NOT wholemeal digesti
- 7659 Digestives with oats and fruit, e.g. Snapjacks, Rustics
- 7660 Digestives with Oats, fruit and chocolate, half-coated e.g. Snapjacks
- 7661 Jaffa cakes, any flavor
- 7662 Chocolate chip cookies, e.g. Crawford's Mini Cookies, including own brand
- 7663 Chocolate chip cookies with nuts, e.g. Boosters, Maryland Maxi
- 7664 Fig rolls, any type, including banana and date bars
- 7665 Cereal crunchy bars, e.g. Jordans Original Crunchy, Jordans Oat Bran Bars, Harvest crunch, including
- 7666 Homemade biscuits, wholemeal (made with wholemeal flour, margarine (NOT polyunsaturated), sugar and
- 7667 Gingernut biscuits, homemade (made with SR flour, baking soda, syrup, margarine (NOT polyunsaturated
- 7668 Oatcakes, homemade (made with lard)
- 8162 Shortbread, purchased
- 8166 Marshmallow biscuits, e.g. Jamborees NOT chocolate coated
- 8191 All butter biscuits, e.g. Petit Beurre, including own brand NOT shortbread
- 8192 Carob half coated biscuits
- 8193 Chocolate biscuits, full coated, containing biscuit and cream filling, e.g. Hob Nob bars, Club biscuit
- 8194 Chocolate biscuits, full coated, containing wafer and cream, e.g. Taxi, Club wafer NOT Kit Kat
- 8195 Chocolate coated biscuits, containing marshmallows, e.g. Teacakes, Wagon Wheels, Munchmallows
- 8196 Crunch biscuit, NOT crunchy cereal bars, NOT cream filled
- 8197 Crunch biscuit, half coated with chocolate. NOT crunchy cereal bars, NOT cream filled.
- 8198 Crunch biscuit, with cream filling. NOT crunchy cereal bars.
- 8199 Digestives, sweetmeal or wheatmeal plain, reduced sugar, e.g. Sainsbury's reduced sugar wheatmeal di
- 8200 Honey biscuits, e.g. McVities Happy Bears
- 8201 Iced biscuits, Iced rings, party rings
- 8203 Ostlers, moist biscuit, any flavor
- 8204 Chocolate semi-sweet biscuits, half coated, e.g. Burton's Royal Tea
- 8484 Garibaldi biscuits
- 8541 Jam and cream filled biscuits, e.g. Jacobs Happy Faces
- 8605 Cheese straws
- 8619 Flapjacks made with sunflower margarine and corn oil
- 8633 Oat slices
- 8679 Shortbread, made with half wholemeal flour and polyunsaturated margarine

8823	Rice Krispie biscuit, made from Mars bars
8867	Gluten free, low protein wafer cream biscuit
8868	Gluten free rice cookies
8872	Gluten free tea biscuits
8927	Shortcake, made with reduced fat polyunsaturated spread
8953	Coconut biscuits, homemade
8962	Siro, white flour biscuits made with vegetable oil
8969	Peanut butter cookies, homemade
8989	Digestives, sweetmeal or wheatmeal, plain, reduced fat (25% less), McVities Light Digestives only
9069	Flapjacks mad with polyunsaturated fat, high in oats
9196	Biscuits, homemade, made with olive oil
9472	Digestives, half coated with chocolate, reduced fat, e.g., McVities Light Homewheat
9473	Short sweet biscuits, reduced fat, e.g., Burton's Trim
9770	Oatmeal cookies
103161	Wholemeal almond shortbread
103267	Rice cakes
103501	Verkade gluten free biscuits
103682	Nut cookies not wholemeal
103802	Brandy snaps

Buns, Cakes, Pastries

[DHA] = 0.2%

101	All bran loaf (made with All Bran and dried fruit)
108	Currant bread (NOT malted)
109	Currant bread, NOT malted, toasted
149	Malt loaf (with or without currants), NOT wholemeal
150	Malt loaf (with or without currants) NOT wholemeal, toasted
166	Croissant, plain, not filled
167	Malt loaf, wholemeal
168	Malt loaf, toasted, wholemeal
301	Bakewell tart, frangipane tart, i.e. shortcrust pastry base with jam, sponge filling with ground almonds pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated)
302	Banana cake, homemade
303	Chelsea buns, Bath buns, NOT wholemeal
304	Battenburg, i.e. sponge with marzipan coating and jam
305	Caramel shortcake, homemade, i.e. shortbread with caramel layer and chocolate topping
306	Chinese cakes and pastries, purchased
307	Chinese glutinous rice flour cakes, purchased
308	Chocolate sponge cake, made with margarine (NOT polyunsaturated), with buttercream filling, homemade
309	Chocolate cupcakes, chocolate fairy cakes, iced, homemade
310	Chocolate krispie cakes, made with Rice Krispies and Cornflakes
311	Coconut tart
312	Coconut cornflake tray, made with margarine (NOT polyunsaturated), sugar, cornflakes, coconut
313	Cream horns, oysters, mille feuille, i.e. flaky pastry, cream filled fresh cream
314	Cream horns, oysters, mille feuille, i.e. flaky pastry, cream filled artificial cream
315	Currant buns, homemade NOT wholemeal (see also 303), NOT chelsea, or bath buns
316	Custard tart, individual, purchased
317	Custard tart, large, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
318	Danish pastry
319	Date and krispie crunch, made with margarine (NOT polyunsaturated), sugar, dates, Rice Krispies

- 320 Date and walnut loaf, made with margarine (NOT polyunsaturated), dates and walnuts
- 321 Digestive nut crunch, made with butter, digestive biscuits, nuts, and condensed milk
- 322 Dough cake, yeast fruit cake, doughbuns, Bara Brith, Muesli bread
- 323 Doughnuts, ring NOT wholemeal, NOT iced
- 324 Doughnuts, jam, artificial cream or fruit filling, homemade NOT wholemeal
- 325 Doughnuts, fresh cream filling NOT wholemeal
- 326 Eccles cakes, Chorley cakes
- 327 Éclairs, chocolate icing, real cream filling, fresh, purchased
- 328 Éclairs, chocolate icing, Artificial cream filling
- 329 Fairy cakes, fancy iced cakes, purchased, e.g. fondant fancies NOT chocolate
- 330 Florentines, i.e. nuts, dried fruit, butter, chocolate
- 331 Fruit cake, rich, homemade, e.g. Dundee, cherry, Christmas cake mixture NOT iced
- 332 Fruit cake, rich, purchased, e.g. Dundee, cherry, Christmas cake mixture NOT iced
- 333 Fruit cake, rich, iced, with marzipan and royal icing, homemade, e.g. Christmas cake
- 334 Fruit cake, plain, light fruit cake, homemade NOT wholemeal
- 335 Fruit squares, made with margarine (NOT polyunsaturated), flour, sugar, dried fruit
- 336 Gateau, with cream, homemade NOT Black Forest or chocolate gateau
- 337 Gingerbread, parkin
- 338 Gulab jamen, homemade, i.e. Indian syrup cake
- 339 Gulab jamen, purchased, i.e. Indian syrup cake
- 340 Jam tart, syrup tart, treacle tart, one crust, individual, purchased
- 341 Jam tart, syrup tart, treacle tart, one crust, individual, homemade Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 342 Jam tart, syrup tart, treacle tart, one crust, large, homemade, wholemeal pastry made with half margarine (NOT polyunsaturated) and half lard
- 343 Jam tart, syrup tart, treacle tart, two crusts, large, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 344 Jellabi, i.e. fried Asian pastry, soaked in syrup
- 345 Lardy cake, made with yeast base, sugar and fat
- 346 Lemon curd tart, one crust, with homemade lemon curd Pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 347 Lemon meringue pie, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 349 Madeira cake, luncheon cake, seed cake, fairy cakes, coffee cake, American muffins, homemade no filling, not iced, NOT chocolate
- 353 Mince pies, sweet, individual, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 354 Mincemeat tart, one crust, large, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 355 Mincemeat tart, two crusts, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
- 356 Cheese pastry, cooked, made with 1/2 lard and 1/2 margarine
- 365 Raisin rhapsody, made with shortcrust pastry, margarine (NOT polyunsaturated), raisins
- 366 Sata pastries, assorted (Indian pastries)
- 367 Scones, cheese NOT wholemeal
- 368 Scones, fruit or treacle NOT wholemeal
- 369 Scones, plain, oven baked NOT wholemeal
- 370 Rock cakes, made with margarine (NOT polyunsaturated), flour, sugar, currants
- 371 Scones, potato
- 372 Scones, wholemeal, plain
- 373 Scotch pancakes, drop scones, plain
- 374 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling homemade No icing
- 375 Sponge fingers, trifle sponges made without fat, purchased NOT chocolate
- 376 Swiss roll, Sponge cake, NOT chocolate, made without fat, jam filled, homemade
- 377 Swiss roll, Sponge cake, NOT chocolate, made without fat, with buttercream filling, homemade

- 378 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), with buttercream filling or icing, homemade
- 379 Sponge cake, NOT chocolate, made without fat, purchased, frozen, fresh cream filling
- 380 Swiss roll, Sponge cake, NOT chocolate, purchased, jam filled, NO icing
- 381 Spongecake, packet mix, as served
- 382 Sultana loaf, made with flour, fat, sultanas and sugar
- 383 Swiss roll, chocolate covered, mini roll, purchased
- 384 Teacakes NOT wholemeal, NOT chocolate marshmallow teacake
- 385 Teacakes, toasted NOT wholemeal, NOT chocolate marshmallow teacake
- 386 Custard slice, vanilla slice, i.e. flaky pastry, icing, custard filling
- 387 Walnut gateaux
- 388 Walnut loaf, made with flour, margarine (NOT polyunsaturated), walnuts and sugar
- 389 Welsh cheesecake, i.e. shortcrust pastry base with jam, sponge filling (not containing ground almonds) pastry (NOT wholemeal, made with half margarine (NOT polyunsaturated) and
- 391 Choux pastry cooked
- 392 Flaky pastry, uncooked
- 393 Flaky pastry cooked
- 395 Pastry shortcrust raw all margarine
- 396 Pastry, shortcrust, cooked, made with all margarine
- 397 Pastry, shortcrust, raw, made with all lard, not wholemeal
- 398 Pastry, shortcrust, cooked, made with all lard, not wholemeal
- 399 Pastry, shortcrust, uncooked, made with half margarine and half lard
- 400 Pastry, shortcrust, cooked
- 401 Pastry, shortcrust, raw, made with half compound cooking fat and half margarine, not wholemeal
- 402 Pastry, shortcrust, cooked, made with half compound cooking fat and half margarine
- 404 Wholemeal pastry uncooked
- 405 Wholemeal pastry cooked
- 406 Shortcrust pastry, cooked, purchased, e.g. pastry flan case
- 407 Wholemeal fruit buns, wholemeal Chelsea buns, wholemeal tea cakes, NOT chocolate marshmallow teacake
- 408 Iced buns, homemade
- 409 Macaroons, coconut, coconut pyramids
- 410 Doughnuts, wholemeal, ring or jam only
- 413 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling, water icing, homemade, e.g. Victoria sandwich
- 416 Pastry, shortcrust, made with all polyunsaturated margarine
- 417 Pastry, shortcrust, made with half lard, half polyunsaturated margarine
- 418 Pastry, shortcrust, made with compound cooking fat, cooked
- 419 Wholemeal pastry, made with all polyunsaturated margarine
- 420 Wholemeal pastry, made with hard margarine
- 421 Wholemeal pastry, made with lard
- 422 Puff pastry, purchased, cooked
- 423 Teacakes, wholemeal, toasted NOT chocolate Marshmallow teacake
- 541 CUSTARD TART
- 572 Jam tart, syrup tart, treacle tart, one crust, large, purchased
- 2644 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), homemade NO filling, NO icing
- 2778 Fruit cake made with white and who
- 2795 Banana bread
- 2804 Butterscotch tart made with short
- 2904 Fruit cake with apricots and butte
- 2910 Banana cake with sultanas bran & b
- 2941 Cherry franzipan flan
- 2993 Orange and lemon roulade with pean
- 3000 Mince pie made with low fat PUFA s

3037	Fruit loaf made with tea no fat
3038	Chocolate brownies with brandy and
3054	Fruit and seed cake with wholemeal
3082	Chocolate cake no filling
3091	Chocolate sponge cake made with re
3115	Cooked purchased flaky pastry
3189	Wholemeal fruit scones
3203	Mince pies pastry hard marg
3308	Mince pies puff pastry
3339	Fruit cake with semolina no fat
3446	Liver casserole with bacon tomato
3459	All bran loaf with wholemeal flour
3544	Vegan chocolate cake made with puf
3570	Fruit cake with wholemeal flour
3602	Banana bread with fructose hazeln
3647	Fruit cake diabetic no fat
3683	Fruit scones with reduced fat spre
3780	Scones fruit reduced fat e.g. M
3825	Macaroon made with puff pastry
3853	Almond cake, no flour
3861	Mince pies, pastry made with all lard
3870	Chocolate cake, made with gold top milk (winter)
3884	Mince pie, pastry made with all margarine
3888	Apple slice, cake
3894	Chocolate cake, made with chocolate and butter
3897	Chocolate cake with two layers of icing, frozen, purchased, e.g. Sara Lee Double Chocolate Cake
3899	Carrot cake made with wholemeal flour with cream cheese icing, purchased
3929	Nutty fingers with cornflakes
3930	Fruit cake, made with wholemeal flour and polyunsaturated fat
3953	Puff pastry
3954	Pastry, made with suet and egg
3963	Butterscotch shorties
4010	Suet pastry
4023	Cherry sultana and almond cake
4047	Sponge cake, half brown half white
4062	Caramel tartlet
4064	Potato scone, fried in dripping
4079	Chocolate brownies
4081	Shoofly pie
4107	Jam tart, pastry made with egg
4124	Marks and Spencer, bramley apple Swiss roll
4127	Chocolate cakes
4130	Lemon meringue pie
4138	Bakewell tart
4150	Lemon meringue pie
4159	Chorley cake
4161	Wholemeal sponge cake, with butter and apricot jam
4167	Bran loaf
4194	Cheese scone, wholemeal
4201	Tea cake, wholemeal, no fat
4202	Hot cross bun, toasted
4216	Simmnel cake
4224	Marmalade cake
4226	Flapjack with wholemeal flour
4228	Plain scone, toasted

4239	Carrot cake with almonds
4243	Swiss toffee apples
4248	Custard tart, with skimmed milk
4270	Bakewell tart
4280	Individual jam tart, wholemeal
4291	Flapjack with butter and polyunsaturated fat
4294	Date slice
4295	Light fruit cake, made with all butter
4300	Simnel cake with wholemeal and polyunsaturated fat
4310	Fruit scone, wholemeal, with polyunsaturated fat, and skimmed milk
4313	Cherry and almond cake, no fat
4323	Mince pie
4325	Wholemeal date and walnut loaf
4349	Wholemeal fruit loaf
4363	Scones, with lard and egg
4367	Lemon sponge with yellow spread
4374	Coconut buns
4383	Low fat sponge cake
4392	Waitrose apricot cake, wholemeal
4404	Lemon meringue pie
4408	Chocolate chip cake, wholemeal
4416	Chocolate cake, made with polyunsaturated fat and polyunsaturated icing
4428	Rice cake
4430	Bran scone (90% bran)
4433	Toffee bars, squares
4439	Chocolate cake with chocolate icing
4440	Marmalade cake
4441	Rhubarb and orange meringue
4442	Apple and almond custard cake
4452	Homemade Swiss roll, made with golden churn
4453	Tarts
4456	Currant bun, made with yellow spread
4460	Maid of honor, cake
4461	Rockbun, wholemeal
4478	Mince meat tart, flaky wholemeal pastry
4484	Mincemeat pie canned
4489	Boiled fruitcake
4497	Fruit scones made with egg and yellow spread
4498	Chocolate cake with yellow spread
4503	Macaroon tart
4505	Bakewell tart
4513	Jam sponge cake, wholemeal, with Flora margarine
4534	Scones, made with egg, 1/2 lard and 1/2 polyunsaturated fat
4535	Chocolate, coconut, and fruit squares
4537	Potato scone, fried in blended vegetable oil
4542	Dough cake, yeast fruit cake, doughbuns, Bara Brith
4556	Greek pastries, e.g. baklava, tangos, tsamilka, shredded type
4566	Orange and lemon chiffon pie
4573	Coconut cakes, made with polyunsaturated fat
4581	Wholemeal fatless sponge cake
4583	Fatless fruit loaf
4587	Date and walnut cake, made with butter
4592	Bakewell tart
4611	Cheese scone, made with butter, semi-skimmed milk, and Edam
4612	Flapjack, made with wholemeal flour and polyunsaturated fat
4619	Flapjack with nuts and fruit

4621	Cherry and orange loaf
4632	Choux pastry, made with butter
4635	Coconut cake with yellow spread
4643	Chocolate cake, made with butter and margarine
4646	Mr. Kipling's coconut slice, cake slice
4661	Apple meringue pie
4681	Doughnut made with Flora margarine
4685	Swiss roll, made with Flora margarine
4686	Eccles cake, made with Flora margarine
4687	Chocolate cake, made with polyunsaturated fat and xr eggs
4694	Date and walnut cake, made with polyunsaturated fat
4704	Rock cakes with polyunsaturated fat
4706	Orange tea loaf
4721	Honey cake
4722	Apple slice, cake
4735	Chocolate cake
4765	Chocolate cream gateaux, chocolate cream cake
4777	Scones, with Flora margarine and semi-skimmed milk
4790	Bran muffins
4792	Chocolate and orange cake
4797	Drop scone, wholemeal
4801	Chocolate cake, no egg
4811	Apricot cake
4821	Cherry cake
4829	Yeast fruitcake
4846	Scone, with polyunsaturated fat
4868	Fudge biscuit cake
4872	Apple cake
4876	Spice cake
4899	Bran and raisin muffins
4907	Buns
4911	Rock bun
4912	Fruit square
4913	Mincemeat cake
4914	Almond slice, wholemeal
4924	Tea loaf
4940	Almond slice, wholemeal, cake
4946	Scone, wholemeal, made with polyunsaturated fat
4950	Yeast bun, made with butter
4952	Wholemeal ginger cake
4963	Rich fruit cake, with polyunsaturated fat
4972	Lemon meringue pie
4975	Mincemeat pie
4995	Fruitcake
5012	Lemon tart
5025	Low fat scone
5026	Low fat cake
5029	Plain fruitcake with clover
5030	Sponge cake with yellow spread
5031	Rock cakes made with yellow spread
5145	Puff pastry, made with strong flour and solid vegetable oil
5158	Chocolate chip muffins
5179	Sponge cake, NOT chocolate, made with polyunsaturated margarine, with buttercream filling, homemade
5201	Chocolate cake bars, individual, coated with chocolate and filled e.g., Jaffa cake bars, Cadburys chocolate cake bars

5228	Banana cake (puma margarine & gold
5377	Sponge cake, made with margarine, lemon and glaze icing
5378	Chocolate sponge cake, made with buttercream brow
5390	Rice Krispie cake, with wholemeal pastry base
5404	Chocolate and walnut brownies
5406	Cornflake, chocolate, and syrup cake
5448	Sponge cake, NOT chocolate, purchased, jam filled with icing
5487	Sponge cake, apple, made with reduced fat, monounsaturated spread
5534	Sponge cake, made with fondant icing and buttercream filling, e.g. Victoria sandwich
5537	Rock cakes, made with butter, sultanas, and walnuts
5546	Chocolate fudge tart, made with shortcrust pastry
5550	Fruit scone, fat free
5573	Cherry roulade, made with pie filling and Elmlea cream
5590	Bread, sweet bun fingers made with reduced fat spread
5603	Chocolate cake, double, Sara Lee Death by Chocolate ONLY
5656	Carrot, apple, and walnut cake
5661	Chocolate cake with no filling, no icing, made with part wholemeal flour
5686	Plain scones, made with butter
5703	Plain scones, made with butter and brown sugar
5722	Carrot cake, not wholemeal, iced, purchased
5766	Chocolate caramel cake, made with wholemeal pastry, polyunsaturated margarine and syrup
5769	Wholemeal pastry made with white Flora and margarine
5771	Cakes, yogurt filled
5816	Mince pie pastry bottom with crumble
5818	Madeira cake with glaze cherries
5843	Cream bun, jam filled with fresh cream
5907	Fruit trifle tarts, any fruit, individual, purchased e.g., Mr. Kipling's
5910	Sponge cake, chocolate, made with low fat spread
5922	Orange lemon cake, made with dried fruit and polyunsaturated spread
5923	Sponge cake, apricot, made with polyunsaturated margarine
5959	Danish bar, vanilla, Sara Lee ONLY, cake
5962	Apple and marmalade cake made with polyunsaturated margarine
5971	Pineapple tart with cream
5985	Sponge cake, chocolate, made with butter, with buttercream filling e.g. Victoria sandwich
5992	Mississippi mud pie
5998	Manchester tart made with sweetener
6008	Semolina and almond cake
6034	Spiced Dutch apple cake with walnuts
6035	Gingerbread, parkin, made with wholemeal flour
6046	Jam tarts, pastry made with all lard
6061	Cake bars, reduced fat, e.g. go-ahead
6116	Almond slices, made with Flora light margarine
6130	Date and chocolate slice
6135	Naan bread, peshwari, sweet Naan with almonds
6163	Jam tart, made with Trex and polyunsaturated spread
6198	Fruit cake, Vitalite, made with semi-skimmed milk and sultanas
6213	Fairy cakes, made with Olivio
6230	Jam tarts, strawberry, wholemeal pastry made with all butter
6246	Mandarin gateau
6287	Apple cake made with polyunsaturated margarine
6317	Fruit cake with walnuts and ground almonds
6337	Sponge cake, made with margarine and polyunsaturated spread, with buttercream filling
6385	Rich chocolate Danish dessert, e.g. Sara Lee
6424	Jam tart, made with polyunsaturated, reduced fat spread
6457	Fruit cake, made with reduced fat spread, iced
6532	Apple cake, made with butter and whole milk

- 6537 Mince pies, made with white Flora and margarine (NOT polyunsaturated)
- 6540 Apple frangipane
- 6570 Jam pie, made with eggs, sugar, white Flora and reduced fat spread
- 6590 Carrot cake with walnuts, not wholemeal
- 6597 Fairy cakes; American Muffins; triple chocolate, McVities American Dream ONLY
- 6603 Banana muffin
- 6609 Chocolate crunch, made with Flora margarine
- 6654 Cake with ground almonds and marmalade
- 6721 Lemon meringue pie, made with half Flora light margarine and half butter
- 6735 Banana cake with sultanas, made with low fat spread
- 6808 Coconut bun, made with reduced fat spread
- 6820 Mince pies with sweetened butter pastry
- 6918 Fruit cake with walnuts
- 6975 Scotch pancakes plain purchased
- 7674 Hot cross buns, rich currant buns NOT wholemeal
- 7675 Hot cross buns, rich currant buns, wholemeal
- 7676 Choux buns, filled with fresh cream NOT iced
- 7677 Choux buns, filled with fresh cream iced
- 7678 Doughnuts, confectioners custard filling
- 7679 Doughnuts, ring, iced
- 7680 Éclairs, chocolate icing, real fresh cream filling, homemade
- 7681 Mince pies, sweet, individual, shortcrust pastry, wholemeal, made with half margarine (NOT polyunsaturated) and half lard
- 7685 Carrot cake made with wholemeal flour, purchased NOT iced
- 7686 Cherry cake, purchased
- 7687 Chocolate cupcakes, Fairy cakes, fancy iced cakes, chocolate, iced, purchased
- 7688 Coconut cake, purchased
- 7689 Fairy cakes, iced, homemade, includes cupcakes NOT chocolate
- 7690 Fruit cake, plain, made with wholemeal flour, purchased
- 7691 Ginger cake, purchased
- 7692 Welsh cake, made with flour, margarine (NOT polyunsaturated), dried fruit and eggs
- 7694 Chocolate gateau, with cream, purchased e.g. Black Forest gateau, Black Forest dessert, sponge dessert with black cherries and cream
- 7708 Lemon meringue pie with real lemon filling
- 8105 Fruit cake, plain, light fruit cake, purchased NOT wholemeal
- 8123 Currant buns, purchased NOT wholemeal, NOT chelsea or bath buns
- 8125 Iced bun, purchased
- 8139 Doughnuts, jam, artificial cream or fruit filling, purchased NOT wholemeal
- 8176 Croissant, with sweet filling, Aberdeen Butteries Crumpets, English Muffins
- 8366 Croissant, with savory filling
- 8367 Madeira cake, luncheon cake, seed cake, fairy cakes, coffee cake, American muffins, purchased, no filling, not iced, NOT chocolate
- 8507 Sponge cake, Swiss roll. NOT chocolate, made without fat, with jam and fresh cream filling, homemade
- 8508 Sponge cake, Swiss roll. NOT chocolate, jam and fresh buttercream filling, purchased
- 8550 Gateau, with cream, purchased NOT Black Forest or chocolate gateau, e.g. strawberry gateau
- 8551 Chocolate gateau, Black Forest gateau, with cream, homemade
- 8552 Sponge cake, Swiss roll. NOT chocolate, made without fat, with fresh cream filling, homemade
- 8553 Chocolate sponge cake, chocolate Swiss roll, made without fat, fresh cream filling, homemade
- 8554 Chocolate sponge cake, chocolate Swiss roll, buttercream filling, made without fat, homemade
- 8555 Chocolate sponge cake, chocolate fairy cakes, chocolate American muffin, NO filling, NO icing, purchased
- 8562 Chocolate sponge cake, chocolate Swiss roll, buttercream filling, purchased
- 8563 Sponge cake, NOT chocolate, made without fat, homemade NO filling
- 8564 Swiss roll, buttercream filling, purchased NOT chocolate Swiss roll
- 8567 Fruit cake, plain, made with wholemeal flour, homemade

- 8568 Fruit cake, rich, iced, with marzipan and royal icing, purchased, e.g. Christmas cake
 8576 Chocolate cake, no fat, no filling or icing
 8600 Sponge cake, with fat, no filling or icing, made with polyunsaturated margarine
 8606 Chocolate chip cakes, made with polyunsaturated margarine
 8607 Fruit scone, made with polyunsaturated margarine
 8615 Cornflake and sugar puff Krispies
 8647 Sponge cake, NOT chocolate, made with polyunsaturated margarine, jam filling, water icing, homemade
 8650 Carrot cake made with wholemeal flour, homemade, NOT iced
 8655 Pastry, cooked, made with polyunsaturated margarine
 8672 Caramel shortcake, purchased, i.e. shortbread with caramel layer and chocolate topping
 8677 Wholemeal pastry, cooked, made with polyunsaturated margarine
 8678 Fruit scone, half wholemeal flour, made with polyunsaturated margarine
 8680 Sponge cake, homemade, made with polyunsaturated margarine, no filling or icing
 8693 Apple, date, and walnut loaf, homemade
 8705 Apple and mincemeat pie, two crusts, homemade
 8713 Chocolate cake, homemade, made with polyunsaturated margarine, no filling or icing
 8715 Fruit cake, homemade, made with light polyunsaturated margarine
 8717 Fruit cake, homemade, made with oatmeal, cornmeal, soya milk
 8724 Shortcrust pastry, not wholemeal, made with compound cooking fat and polyunsaturated margarine
 8758 Jam tart, individual, made with all margarine, homemade
 8770 Orange cake, homemade, icing made with orange
 8776 Scone, made with low fat spread (NOT polyunsaturated), semi-skimmed milk
 8780 Banana cake, homemade, made with wholemeal flour
 8794 Apricot and coconut sponge cake
 8813 Scone, made with reduced fat spread, compound cooking fat, and semi-skimmed milk
 8816 Butterscotch meringue pie
 8831 Bakewell tart, frangipane tart, i.e. shortcrust pastry base with jam, sponge filling with ground almonds. Pastry (NOT wholemeal), made with half polyunsaturated margarine and half lard
 8858 Lemon sponge cake, made with polyunsaturated margarine
 8865 Chocolate digestive crunch
 8870 Scones, made with gluten free flour
 8875 Chocolate cake, made with reduced fat spread and wholemeal flour
 8896 Sponge cake, with buttercream and jam filling, and chocolate icing
 8926 Sponge cake, reduced fat, jam filling and chocolate icing
 8930 Chocolate biscuit cake
 8970 Chocolate bran flake crispie bun, homemade
 8975 Coffee cake, with reduced fat and butter icing
 8977 Flaky pastry, made with reduced fat spread (polyunsaturated) and lard
 9010 Sponge cake made with 70-80% fat spread
 9020 McVities golden syrup cake
 9035 Chelsea buns, made with semi-skimmed milk and polyunsaturated margarine
 9047 Wholemeal fruit scone, made with polyunsaturated margarine
 9062 Chocolate cornflake crispie, made with low fat spread
 9289 Oatcakes, grilled
 9306 Fruit cake with polyunsaturated margarine; homemade. NOT wholemeal
 9363 Oatcakes, pancake type, not biscuit
 9374 Tortes, not chocolate based, purchased, frozen or chilled, (i.e. Biscuit base with mousse and cream topping e.g., Sara Lee Lemon Torte. NOT fruit flan with pastry base
 9548 Sponge cake, made with butter
 9556 Sponge cake, NOT chocolate, made with polyunsaturated margarine, water icing, NO filling
 9586 Scones, plain, made with polyunsaturated margarine. NOT wholemeal
 9587 Sponge cake, wholemeal, NOT chocolate, made with polyunsaturated margarine, buttercream filling made with polyunsaturated margarine, NO icing
 9588 Chocolate sponge cake, made with polyunsaturated margarine. NO filling, No icing.

9633	Fruit cake, wholemeal, made with polyunsaturated margarine
9643	Bakewell tart, pastry made with all margarine
9659	Sponge cake, wholemeal, NOT chocolate, made with polyunsaturated margarine. NO filling; NO icing
9686	Mince Pies Sweet Individual W Shor
9688	Rock cakes made with polyunsaturated margarine and white Flora
9707	Currant cake with butter
9724	M & S whiskey fruit loaf
9744	Date and raisin cake, made with no sugar, homemade
9750	Custard tart with PUFA pastry
9761	Carrot cake - no egg or fat
9768	Coconut cake homemade
9788	Simnel cake
9803	Apple cake, made with butter
9838	Shortbread with cornflakes
9847	Fruit cake (no fat)
9909	Banana and raisin bread
9924	Diabetic fruit cake (flora w/m fl
9925	Fruit cake, made with compound cooking fat
9954	Scones, plain, made with lard. NOT wholemeal
9955	Strawberry meringue pie
103021	Sponge cake made with polyunsaturated margarine and polyunsaturated buttercream icing
103027	Sponge cake with ground almonds
103030	Potato scone fried in blended vegetable oil
103046	Sponge cake, with polyunsaturated margarine and chocolate fudge icing
103050	Fruit loaf
103053	Carrot cake
103081	Fruit cake, with wholemeal flour and butter
103082	Chocolate sponge cake, fairy cakes, American muffins, made with margarine (NOT polyunsaturated) NO filling, NO icing, homemade
103098	Gingerbread
103099	Queen cake
103100	Apple cake
103101	Potato scone, fried in polyunsaturated oil
103115	Cooked purchased flaky pastry
103120	Chocolate cornflake cakes made with butter
103134	Butterscotch meringue pie
103157	Fat free sponge cake with jam, made with wholemeal flour
103175	Lemon meringue pie, pastry, wholemeal with polyunsaturated margarine
103181	Lemon meringue pie, pastry, made with 1/2 lard and 1/2 gold margarine
103185	Bakewell tart, pastry made with all lard
103186	Triffin cake
103189	Scones, wholemeal, fruit, purchased
103194	Chocolate cake, with ground almonds, and chocolate and rum cream icing
103195	Lemon cream sponge cake, made with polyunsaturated margarine, with lemon and UHT cream
103198	Coconut cake, made with polyunsaturated margarine and condensed milk
103202	Jam tart, pastry made with hard margarine
103203	Mince pies, sweet, individual, shortcrust pastry (NOT wholemeal), made with all margarine (NOT polyunsaturated)
103208	Fruitcake with yellow spread
103214	Wholemeal sultana sponge cake
103234	Bakewell tart, Sainsbury's
103237	Chocolate zucchini cake
103239	Wholemeal coconut and fruit cake
103243	Fruit cake, made with polyunsaturated margarine and evaporated milk
103250	Mark's and Spencer lemon cream pie (frozen), with shortcrust pastry

103252	Mincemeat tart, made with shortcrust pastry, two crusts, and compound cooking fat
103273	Mincemeat tart, enriched pastry, two crusts
103280	Wholemeal chocolate cake, with fudge icing
103291	Wholemeal cheese scone
103292	Puff pastry, date and cherry slice, purchased
103294	Chocolate cake, made with polyunsaturated oil
103297	German choix and nut cake
103304	Fruit scone, made with polyunsaturated margarine
103308	Mince pies, sweet, individual, puff pastry
103314	Chocolate cake, made with wholemeal flour and chocolate
103315	Jam tart, pastry made with hard margarine
103316	Bakewell tart, pastry, made with half lard and half polyunsaturated margarine
103320	Mincemeat tart, one crust, pastry made with all polyunsaturated margarine
103350	Gingerbread, Parkin, made with butter
103351	Jam sponge cake, made with gold top milk (winter)
103353	Lemon meringue pie pastry, made with Krona (reduced fat spread)
103364	Jam tart, pastry, made with half regular margarine and half polyunsaturated margarine
103367	Sponge cake with yellow spread, jam, and dream topping
103370	Banana cake, with walnuts and raisins
103391	Flapjacks with cornflakes
103394	Eccles cakes, wholemeal, made with 1/2 lard and 1/2 soft margarine
103396	Plain fruit cake with polyunsaturated margarine
103400	Cheese scone, made with polyunsaturated margarine
103417	Sultana and rhubarb pie, made with shortcrust pastry, two crusts
103420	Wholemeal fruit teacake, toasted
103425	Fruit cake, made with half wholemeal, half sr and polyunsaturated oil
103426	Mince pie, shortcrust pastry, made with polyunsaturated margarine, two crusts
103427	Potato slices, with egg and onion, baked
103438	Pineapple upside down cake, made with wholemeal flour and soya milk
103445	Wholemeal apple cake with polyunsaturated margarine
103446	Wholemeal scone made with goats yogurt
103469	Jam tart, pastry made with polyunsaturated margarine
103473	Date cake, with oats
103474	Chocolate cake, no filling
103498	Potato scone, grilled
103514	Date crunchies
103515	All bran loaf with fruit and nuts
103520	Caramel shortcake
103521	Fruit scone, made with half lard and half margarine
103525	Chocolate cake, with fresh cream filling
103530	Apple tart
103536	Chocolate cake, wholemeal flour with butter
103541	Light fruit cake, made with butter
103544	Fruitcake
103560	Welsh cakes
103563	Mince pies, pastry made with all compound cooking fat
103565	Wholemeal sponge cake, with buttercream filling, made with yellow spread, Eccles cakes
103566	Mince pies, pastry with egg
103567	Sponge cake, made with polyunsaturated margarine, no filling or topping
103569	Bakewell tart, pastry made with all polyunsaturated margarine
103594	Chocolate sponge cake, made with butter
103597	Coconut and nut cake, made with butter and oats, no flour
103598	Sponge cake, made with butter, no filling or icing
103613	Mince pie, two crusts, pastry made with polyunsaturated fat
103616	Yeast buns
103644	Toasted fruit scone

- 103662 Lemon cake
- 103670 Egg custard tart, no sugar
- 103684 Lemon meringue pie, biscuit base
- 103685 Coconut nibs
- 103686 Guinness cake with butter
- 103687 Mince pies, pastry made with butter, 1/2 wholemeal and 1/2 white flour
- 103696 Coconut cake
- 103704 Hazelnut meringue gateau
- 103707 Sconish fly cemetary
- 103708 Packet lemon meringue pie
- 103714 Ginger cake made with lard
- 103717 Wholemeal flapjack
- 103729 Sponge cake, made with butter, with butter icing and jam
- 103746 Wholemeal rock buns
- 103748 Coconut rock cakes no sugar
- 103776 Pineapple and mincemeat cake
- 103784 Sultana buns
- 103796 Wholemeal fruit cake, no sugar
- 103022 Potato scone, fried in lard

Other Breads (Including Croissants, Muffins, and Mixtures)

[DHA] = 0.2%

- 102 Brown bread, no added bran NOT wholemeal, wholewheat, stoneground, wholemeal, granary, wheatgerm, Ho
- 104 Brown bread, Including those with added bran, e.g. HI Bran or Vitbe NOT wholemeal, wholewheat, stonegr
- 105 Brown bread, including those with added bran, e.g. HI Bran or Vitbe NOT wholemeal, wholewheat, stonegr
- 106 Brown bread, including those with added bran, e.g. HI Bran or Vitbe, NOT wholemeal, wholewheat, stoneg
- 107 Brown bread, no added bran NOT wholemeal, wholewheat, stoneground, wholemeal, granary, wheatgerm, HO
- 110 Hovis or wheatgerm bread NOT HOVIS wholemeal or White Hovis
- 111 Hovis bread or wheatgerm bread NOT HOVIS wholemeal or White Hovis
- 112 Granary bread, i.e. with malted wheat or added barley, mixed whole grain bread NOT granary French st
- 113 Granary bread, le with malted wheat or added barley, mixed whole grain bread
- 114 Rye bread, Pumpernickel
- 115 Rye bread, toasted, pumpernickel
- 118 Vitbe bread, NOT Vitbe Hi Bran
- 119 Vitbe bread, toasted NOT Vitbe Hi Bran
- 147 Crumpets, pikelets
- 151 Muffins, English, NOT wholemeal
- 152 Muffins, English, toasted, NOT wholemeal
- 156 Rolls brown or granary
- 162 Hovis, granary, or rye bread, NOT HOVIS wholemeal or White Hovis. Fried in blended vegetable oil.
- 163 Hovis, granary, or rye bread (NOT HOVIS wholemeal or White HOVIS). Fried in dripping.
- 164 Hovis, granary, or rye bread, not wholemeal Hovis or white Hovis. Fried in lard.
- 165 Hovis, granary, or rye bread, NOT HOVIS wholemeal or White HOVIS. Fried in polyunsaturated oil.
- 169 Brown, granary, wheatgerm or wholegrain rolls NOT wholemeal, wholewheat or stoneground wholemeal, to
- 173 Muffins, English, wholemeal

174	Muffins, English, toasted, wholemeal
175	Gluten free/low protein bread
256	Crispbreads, e.g. Ryvita (wheat and rye), Energen. NOT high Fibre Ryvita, NOT starch reduced Energen.
257	Crispbreads, starch reduced, e.g. Energen
258	Crispbreads, extra light, e.g. Krispen, Crackerbread, Cracottes, French Toasts, Dutch Crispbakes
3301	Walnut bread with brown flour & po
3590	Soya bread with eggs cheese and o
3624	Bread with eggs and olive oil
3958	Maltflake bread
4037	Homemade bread, ½ wholemeal and ½ white flour
4085	Cornbread
4642	Stuffed chapatis
5750	Apricot and walnut loaf
6280	Masala puri fried in groundnut oil
6745	Soya and linseed bread, toasted
6756	Soya and linseed bread, Burghen
6825	Pretzels, any flavor e.g., Rumpel's, own brand
6833	Panini white bread rolls (e.g. M&
6838	Tortilla (wheat) soft
6839	Garlic bread. lower fat
6974	Focaccia plain garlic or herbs
6977	Ciabatta plain
7325	Crispbread, rye, with sesame seeds only, e.g. Ryvita with sesame seeds, or high fibre, e.g. High Fibre Ryvita
7604	Softgrain bread, e.g. Champion NOT fortified with folate, NOT Mighty White
7605	Softgrain bread, e.g. Champion NOT fortified with folate, NOT Mighty White, toasted
7606	Softgrain bread any, e.g. Mighty White, Champion, fried in dripping
7607	Softgrain bread, any, e.g. Mighty White and Champion, fried in lard
7608	Softgrain bread, any, e.g. Mighty White and Champion, fried in polyunsaturated oil
7609	High fibre white bread
7610	High fibre white bread, toasted
7611	High fibre white bread, fried in dripping
7612	High fibre white bread, fried in lard
7613	High fibre white bread, fried in polyunsaturated oil
7615	French stick, Baguette, flavoured with garlic and or herbs
7616	French granary stick, granary Baguette
7617	Oatmeal bread, e.g. Vitbe Hi Oatbran, Hovis Golden Oatbran
7618	Oatmeal bread, e.g. Vitbe Hi Oatbran, HOVIS Golden Oatbran, toasted
7619	Softgrain rolls
7620	Brown, granary, wheatgerm or wholegrain rolls, crusty. NOT wholemeal, wholewheat, or stoneground who
7621	Brown, granary, wheatgerm or wholegrain rolls, soft. NOT wholemeal, wholewheat or stoneground wholem
7622	Naan bread, plain
7653	Crispbreads, starch reduced, e.g. Energen or rye with sesame seeds, e.g. Ryvita with sesame seeds
8179	Softgrain bread fortified with folate, e.g. Mighty White ONLY
8180	Softgrain bread, fortified with folate, e.g. Mighty White ONLY, toasted
8363	Softgrain bread, any, e.g. Mighty White and Champion, fried in blended vegetable oil
8522	High fibre white bread, fried in blended vegetable oil
8595	Paratha
8630	Wholemeal muesli roll with raisins and sunflower seeds
8690	Roti, homemade
8700	Brown bread with added vitamins and calcium

8718	Gluten free bread, toasted
8744	Ciabatta white bread, made with olive oil
8773	Malt loaf made with All-Bran and semi-skimmed milk
8797	Puri, wholemeal, made with polyunsaturated margarine
8864	Gluten free white bread, not low protein
8964	Puri, made with white flour and Anchor butter
9054	Paratha with butter
9129	Brioche
9310	Softgrain bread, any, fried in olive oil
9372	Continental breads, Italian Breads, includes ciabatta, sciocco, focaccia, pugliese, fougasse. NOT va
9373	Bagels, plain only

Mixed Foods containing Other Breads

Adjustment for bread content of ~ 40 to 61%

[DHA] = 0.08 to 0.122%

4931	Ham sandwich, fried in blended vegetable oil
5626	Toaster pockets, flaky pastry toaster sandwiches, e.g., Pillsbury toaster pockets, cheese and bacon
1269	Lamb burgers, grill steaks, fried or grilled, e.g. Dale
1270	Beef burger, hamburger, economy or other, fried, with or without onion. NOT canned, NOT low fat beefb
1289	Lamb burgers, Grill steaks, beef, fried or grilled, e.g. Dale Kebabs, Dale Burgers in a bun
1316	Beef burgers, In batter, deep fried, purchased, takeaway
1330	Hamburger In a bun, beef burger In a bun, takeaway NOT quarter pounder
1333	Cheeseburger, beef burger with cheese In a bun, takeaway NOT quarter pounder
1336	Hamburger in a bun, beef burger In a bun, takeaway, quarter pounder
1339	Cheeseburger, beef burger with cheese In a bun, takeaway, quarter pounder
1340	Hamburger, kingsize, Big Mac, Whopper, with bun and relish, takeaway
1360	Turkey burger, grilled
1380	Turkey, burger, coated In egg and breadcrumbs, frozen or chilled, grilled or baked, no added fat e.g.
1382	Beef burgers, low fat grilled
2655	Beanburger, in a bun with cheese, e.g. Burger King spicy bean burger, Wimpy spicy, weight with bun a
2955	KFC zinger tower burger inc cheese
5262	Chicken burger, coated in crumbs or batter, takeaway, includes chicken burger, bun, lettuce and mayo
5304	Burger King, Whopper only
5305	Burger King, Whopper with cheese ONLY
5306	Burger King, Double Whopper only
5307	Burger King, Double Whopper with cheese ONLY
5452	Bacon burger
5633	Potato and carrot burger
6330	Burger King Double Supreme burger
9786	BACON BURGER WITH CHEESE

Mixed Foods containing Other Breads

Adjustment for bread content of ~ 20 to 25%

[DHA] = 0.04 to 0.05%

505	Bread pudding, made with bread, butter, dried fruit, sugar and spice
2746	Wholemeal bread pudding
3363	KFC chicken and salad in tortilla
3700	chicken tortillas with salsa cheese

4106	Bread pudding
4168	Bread pudding
4470	Wholemeal bread pudding with suet
5001	Bread pudding
5418	Bread pudding, made with whole milk and raisins
5438	Beef, Mexican, with tortillas, peas, and beans
6186	Bread pudding, made with water and polyunsaturated spread
6214	Bread pudding, made with Olivio rum, no milk
103505	Bread pudding, wholemeal
103697	Bread pudding, no fat

Pie Crusts

Mixed Foods Containing Pie Crusts

Adjustment for pie crust content of 53.28%

[DHA] = 0.107%

586	Fruit pie, any fruit, individual, purchased from McDonalds, Kentucky Fried Chicken or Wimpy
1120	Chicken pie, frozen, purchased, individual Size, two crusts, includes chicken and ham, or chicken and vegetable
1291	Bridies, scotch pies, mutton pies
1304	Pork pie, individual
1305	Pork pie, sliced, NO egg
1378	Steak pie, individual, flaky pastry, purchased
1379	Steak and kidney pie, two crusts, individual, flaky pastry, purchased
4588	Marks and Spencer, potato, cheese, egg, and tomato pie
4630	Cheese and vegetable pie
4640	Steak and kidney pie
7796	Pork pie, buffet, mini (diameter 1.5 inches)
103308	Mince pies, sweet, individual, puff pastry
103339	Cheese, potato, and onion pie

Mixed Foods Containing Pie Crusts

Adjustment for pie crust content of 49.00%

[DHA] = 0.098%

347	Lemon meringue pie, homemade, pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
353	Mince pies, sweet, individual, shortcrust pastry (NOT wholemeal), made with half margarine (NOT polyunsaturated) and half lard
520	Fruit pie, individual, purchased, two crusts, apple, blackcurrant, apricot or blackberry filling, e.g. Mr. Kiplings fruit pies
526	Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with all margarine (NOT polyunsaturated)
527	Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with all lard
528	Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
529	Fruit pie, other fruit, NOT wholemeal pastry, two crusts, made with half compound cooking fat and half margarine (NOT polyunsaturated)
530	Fruit pie, other fruit, wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
536	Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with all margarine (NOT polyunsaturated)
537	Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with all lard

- 538 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 539 Fruit pie, blackcurrant, NOT wholemeal pastry, two crusts, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 540 Fruit pie, blackcurrant, wholemeal pastry, two crusts, made with half lard and half margarine (NOT polyunsaturated)
- 1119 Chicken pie, turkey pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1292 Minced beef pie, purchased, two crusts, frozen
- 1294 Beef and potato pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1296 Bacon and egg pie, two crusts, shortcrust pastry made with half lard, half margarine (NOT polyunsaturated)
- 1298 Kidney and mushroom pie, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1300 Minced beef pie, purchased, two crusts, NOT frozen
- 1301 Minced beef pie, homemade, two crusts, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1310 Steak pie, two crusts or individual, shortcrust pastry made with half lard, and half margarine (NOT polyunsaturated) NOT canned
- 1313 Steak and kidney pie, two crusts, individual, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1314 Steak and kidney pie, two crusts, shortcrust pastry, made with half lard and half margarine (NOT polyunsaturated) NOT individual, NOT canned
- 1377 Steak and kidney pie, two crusts, shortcrust pastry, purchased
- 3824 Chicken pie, pastry made with 1/2 compound cooking fat and 1/2 margarine
- 3835 Beef and potato pie, pastry made with all lard
- 3838 Apple pie, wholemeal pastry made with all margarine
- 3840 Beef, onion, and tomato pie, made with puff pastry
- 3861 Mince pies, pastry made with all lard
- 3873 Apple pie, pastry, made with all butter
- 3881 Scotch baked bean pie
- 3884 Mince pie, pastry made with all margarine
- 3885 Sausage pie
- 3914 Homity pie
- 3915 Bird's Eye macaroni, cheese, and ham pie
- 3921 Marks and Spencer, garden vegetable pie
- 3941 Beef steak and mushroom pie
- 3946 Sainsbury's top crust poachers pie
- 3977 Individual fruit pie, wholemeal, commercial
- 3987 Beef and country vegetable pie, commercial
- 3999 Danish apple pie
- 4021 Game pie
- 4026 Steak and mushroom pie, purchased, shortcrust, two crusts
- 4046 Apple pie, two crusts
- 4068 Shepherds pie, made with proto vegetables
- 4081 Shoofly pie
- 4285 Gooseberry pie
- 4290 Steak pie
- 4304 Cheese pie
- 4305 Chicken and vegetable pie, purchased, made with wholemeal, shortcrust pastry
- 4315 Beef and mushroom pie
- 4322 Apple pie, two crusts
- 4323 Mince pie
- 4348 Rhubarb pie, shortcrust pastry, made with 1/2 lard and 1/2 butter
- 4493 Blackcurrant and apple pie

4496	Corned beef pie
4566	Orange and lemon chiffon pie
4641	Apple pie, shortcrust pastry, two crusts
4661	Apple meringue pie
4683	Savory pie
5360	Beef and egg pie, wholemeal pastry, two crusts
5365	Lamb pie, two crusts
5398	Fruit pie, apple pie, pastry made with all butter
5426	Ham, cheese, and leek pie, purchased
5462	Mince and mushroom pie, made with puff pastry
5478	Steak and kidney pie, with carrots, sweet corn, and frozen puff pastry
5481	Beef and onion pie, with puff pastry top
5484	Chicken and bacon pie, with hard boiled egg (chic br)
5519	Lamb and potato pie, two crusts
5520	Steak pie, puff pastry, top only, lean meat
5548	Chicken and vegetable pie, made with frozen mixed vegetables and sweet corn
5576	Potato and cheese pie, with baked eggs
5645	Tuna pie with puff pastry, tomatoes, onions, and RP
5707	Game pie, with venison, rabbit, pheasant, and chicken
5740	Cheese and potato pie, with instant potatoes and eggs
5744	Chicken and mushroom pie, made with polyunsaturated margarine and Flora spread
6524	Quorn and mushroom pie, two crusts, baked, e.g. Tesco
6536	Date and sour cream pie
6537	Mince pies, made with white Flora and margarine (NOT polyunsaturated)
6553	Spanish pie, made with minced beef and canned tomatoes
6554	Cheese pie, no pastry, with dried potatoes and egg
6570	Jam pie, made with eggs, sugar, white Flora and reduced fat spread
6573	Steak and vegetable pie, with white Flora, reduced fat
6577	Fruit pie, apple pie made with low fat spread
6596	Lemon pie, biscuit base, made with mousse and cream
6665	Apple crumble, made with pie filling and Weetabix
6967	Apple pie double crust purchased
7103	Quorn, savory pies with puff pastry, purchased, Sainsbury's
7681	Mince pies, sweet, individual, shortcrust pastry, wholemeal, made with half margarine (NOT polyunsaturated) and half lard
8637	Fruit pie, not blackcurrant, two crusts made with polyunsaturated fat
8667	Corned beef pie
8705	Apple and mincemeat pie, two crusts, homemade
8731	Steak pie, lean meat, two crusts or individual, shortcrust pastry made with polyunsaturated margarine NOT canned
8759	Mince pie, two crusts, shortcrust pastry, made with all margarine
8808	Steak pie, two crusts, puff pastry
8902	Steak and kidney pie, two crusts, homemade with margarine
9513	Fruit pie, not blackcurrant, made with 1/2 Flora margarine and 1/2 white Flora
9558	Fruit pie not blackcurrant PUFA ma
9594	Vegetarian pie, soya based, purchased e.g., Linda McCartney vegetarian country pie
9644	Cheese and potato pie, pastry made with all margarine
9686	Mince pies sweet individual w shor
9717	Fruit pie, apple pie, with jus-rol
9755	Mississippi mud pie
9778	Banoffee pie (Banana and coffee)
9867	Fruit pie, Tesco summerfruit pie, pastry made with all butter
9899	Corned beef and onion pie purchase
9952	Chicken and ham pie
9955	Strawberry meringue pie
9977	Steak and carrot pie (jus-rol puff

- 103020 Cheese, egg, and vegetable pie
- 103023 Individual steak pie, fried in dripping
- 103024 Meat and soy beefsteak pie puff pastry crust
- 103074 Corned beef, potato, carrot, and onion pie
- 103134 Butterscotch meringue pie
- 103175 Lemon meringue pie, pastry, wholemeal with polyunsaturated margarine
- 103181 Lemon meringue pie, pastry, made with 1/2 lard and 1/2 gold margarine
- 103197 Apple pie, shortcrust pastry made with polyunsaturated margarine
- 103203 Mince pies, sweet, individual, shortcrust pastry (NOT wholemeal), made with all margarine (NOT polyunsaturated)
- 103220 Minced pork and onion pie, shortcrust pastry, made with half lard and half margarine (NOT polyunsaturated)
- 103223 Turkey and ham pie (Tiffany's)
- 103227 Avocado pie
- 103278 Scotch pie, deep fried in dripping
- 103302 Steak and kidney pie, two crusts, flaky pastry
- 103423 Rabbit pie, two crusts, pastry made with suet
- 103426 Mince pie, shortcrust pastry, made with polyunsaturated margarine, two crusts
- 103440 Corned beef and potato pie, shortcrust pastry made with 1/2 lard and 1/2 polyunsaturated margarine, two crusts
- 103517 Apple and raspberry pie, pastry made with 3/4 lard and 1/4 margarine
- 103519 Corned beef pie with tomatoes and shortcrust pastry, two crusts
- 103523 Chicken and mushroom pie, purchased, with flaky pastry
- 103563 Mince pies, pastry made with all compound cooking fat
- 103566 Mince pies, pastry with egg
- 103575 Meat pie with total vegetable protein (TVP)
- 103589 Apple pie, wholemeal pastry, shortcrust, made with polyunsaturated fat
- 103608 Steak and kidney pie, two crusts, flaky pastry, purchased
- 103613 Mince pie, two crusts, pastry made with polyunsaturated fat
- 103659 Meat and potato pie, made with suet pastry
- 103687 Mince pies, pastry made with butter, 1/2 wholemeal and 1/2 white flour
- 103689 Vegetable pie, pastry made with 1/2 wholemeal and 1/2 white flour
- 103712 Cherry pie pastry, made with all Krona (reduced fat spread)
- 103727 Ross chicken and vegetable pie, flaky pastry
- 103741 Scotch pie with flaky pastry
- 103798 Apple and blackcurrant pie, pastry made with all polyunsaturated fat

Mixed Foods Containing Pie Crusts

Adjustment for pie crust content of 22.58%

[DHA] = 0.045%

- 521 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with all margarine (NOT polyunsaturated)
- 522 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with all lard
- 523 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 524 Fruit pie, other fruit, NOT wholemeal pastry, one crust, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 525 Fruit pie, other fruit, wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 531 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with all margarine (NOT polyunsaturated)
- 532 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with all lard
- 533 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)

- 534 Fruit pie, blackcurrant, NOT wholemeal pastry, one crust, made with half compound cooking fat and half margarine (NOT polyunsaturated)
- 535 Fruit pie, blackcurrant, wholemeal pastry, one crust, made with half lard and half margarine (NOT polyunsaturated)
- 802 Potato and cheese pie, i.e. potato, fat, cheese and milk
- 1118 Chicken pie, turkey pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1158 Rabbit pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1293 Beef and potato pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1297 Kidney and mushroom pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1302 Minced beef pie, homemade, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1303 Pork and egg pie, veal and egg pie, ham and egg pie, Grosvenor pie
- 1309 Steak pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated) NOT canned
- 1312 Steak and kidney pie, one crust, shortcrust pastry made with half lard and half margarine (NOT polyunsaturated)
- 1605 Fish pie, one pastry crust, shortcrust pastry made with half lard, half margarine (NOT polyunsaturated)
- 1950 Vegetable pie, mixed vegetables In white sauce with one pastry crust, made from half lard and half margarine (NOT polyunsaturated)
- 2769 Corned beef pie with new potatoes
- 2797 Chicken pie with home-made pastry
- 2831 Salmon Ocean Pie e.g. Youngs
- 2851 Salmon and Broccoli Pie with Potat
- 2886 Steak mushroom and onion pie
- 2891 Apple pie with butter and wholemea
- 2923 Corned beef pie with carrots and p
- 2990 Banoffee pie made with jar filling
- 3000 Mince pie made with low fat PUFA s
- 3195 Tuna & cheese lattice pie e.g. asda
- 3203 Mince pies pastry hard marg
- 3308 Mince pies puff pastry
- 3345 Apple pie with no sugar
- 3416 Chicken & broccoli pie potato bas
- 3512 Corned beef pie with baked beans
- 3513 Chicken pie with flora gravy and
- 3516 Bacon cheese and egg pie 2 crust
- 3558 Chicken & vegetable pie canned e
- 3574 Turkey and bacon pie with red wine
- 3663 Leek potato and cheese pie with m
- 3665 Gooseberry pie with puff pastry
- 3710 Chicken and ham pie with carrots
- 3717 Chicken and mushroom pie with oliv
- 4122 Steak pie, made with puff pastry, one crust
- 4130 Lemon meringue pie
- 4150 Lemon meringue pie
- 4164 Steak and kidney pie and carrots
- 4170 Mince pie
- 4177 Cheese pie
- 4195 Lentil pie
- 4215 Marks and Spencer, Cumberland pie, with beef
- 4265 Steak and kidney pie, one crust pastry

4267	Chicken and ham pie
4370	Steak, kidney, bacon, and mushroom pie
4396	Steak and kidney pie
4399	Potato and cheese pie
4404	Lemon meringue pie
4422	Fish pie, one crust, made with flaky pastry
4438	Cheese and onion pie
4477	Dutch apple pie
4484	Mincemeat pie canned
4699	Meat and potato pie
4715	Cheese pie, with potatoes
4717	Potato pie
4730	Vegetarian pie
4748	Raisin pie
4780	Butter bean pie
4840	Chicken and ham pie
4856	Apple pie
4864	Bacon pie
4888	Chicken and ham pie
4893	Meat and potato pie
4925	Cheese pie
4945	Huntingdon fidget pie
4961	Chicken pie, single crust pastry
4972	Lemon meringue pie
4975	Mincemeat pie
4986	Potato topped steak pie
5172	Chicken and mushroom pie with sing
5758	Liver and sausage pie
5768	Carrot and onion pie, made with wholemeal pastry
5785	Turkey mince, cottage pie, with vegetables and olive oil
5816	Mince pie pastry bottom with crumble
5834	Lamb pie, made with solus lamb and shortcrust pastry
5842	Beef and potato pie, with carrots, onions, and shortcrust pastry
5866	Steak and kidney pie, with mushrooms and frozen puff pastry
5903	Lamb pie, with total vegetable protein and potato crust
5918	Corned beef pie, puff pastry, one crust
5951	Beef, potato, and onion pie, half white Flora, half
5992	Mississippi mud pie
6039	Rhubarb pie pastry, made with Flora margarine and egg
6050	Beef and potato pie, with pastry crust
6083	Vegetable pie, with cheese and eggs
6084	Cheese, egg, and onion pie
6169	Sardine and cottage cheese pie, double crust
6191	Cheese pie, made with filo pastry
6238	Turkey pie, with mushroom soup
6244	Spinach pie
6249	Sara Lee summerfruits meringue pie
6270	Corned beef and potato pie with onions
6271	Fruit pie, apple and blackberry, wholemeal pastry made with all butter
6332	Beef layer pie with Swiss chard
6422	Pork and beef pie, with canned mushroom soup and
6430	Minced beef and onion pie, pastry made with all lard
6432	Chicken pie, with puff pastry and condensed
6433	Steak pie, canned steak, lard, golden churn in
6487	Ham, leek, and potato pie, e.g. Asda
6508	Cheese, onion, and potato pie, shortcrust pastry

6682	Lamb pie, with carrots, onions, one crust pastry made with suet
6687	Vegetable and cheese pie, retail, e.g. Asda
6710	Pumpkin pie, with tinned tomatoes and puff pastry
6715	Chicken and leek pie with chicken breast, carrots, and leeks
6721	Lemon meringue pie, made with half Flora light margarine and half butter
6820	Mince pies with sweetened butter pastry
6965	Banoffee pie purchased
7708	Lemon meringue pie with real lemon filling
8816	Butterscotch meringue pie
8843	Corned beef and onion pie, shortcrust pastry, made with lard and
8895	Cheese and potato pie, made with low fat spread and whole milk
8959	Beef and vegetable pie, with gravy, one crust, puff pastry
8988	Steak and kidney pie, pastry made with low fat spread (40%)
9007	Tuna pie, made with puff pastry
9036	Vegetable pie, one crust, made with polyunsaturated margarine and low fat cheese
9060	Macaroni and cheese pie, scotch pie shell, purchased
9194	Bacon and egg pie, made with all butter
9326	Corned beef and potato pie, homemade, with shortcrust pastry
9864	Chicken and vegetable pie, one crust
103250	Mark's and Spencer lemon cream pie (frozen), with shortcrust pastry
103261	Butter bean pie, made with wholemeal pastry, 20% soya flour
103346	Steak and high kidney pie, one crust, wholemeal pastry, made with butter
103353	Lemon meringue pie pastry, made with Krona (reduced fat spread)
103360	Apple pie with flaky pastry
103369	Pumpkin pie
103417	Sultana and rhubarb pie, made with shortcrust pastry, two crusts
103418	Mince and potato pie with shortcrust pastry
103448	Potato and cheese pie, made with dried skim milk
103480	Meat pie, pastry made with all margarine
103497	Wholemeal minced beef pie with onions

White Bread

[DHA] = 0.2%

116	Pitta or pita bread, white
120	White bread, sliced, wrapped, Includes Kingsmill Top Grade White bread, Mothers Pride Premium, White
121	White bread, crusty, uncut NOT milk loaf, French stick, slimmers, Scottish batch, soda, Vienna high
122	White bread, any, EXCEPT high fibre and soft grain bread. Fried in blended vegetable oil.
123	White bread, any, EXCEPT high fibre and soft grain bread
124	White bread, any, (except high fibre and soft grain bread). Fried in dripping.
125	White bread, any, EXCEPT high fibre and soft grain bread. Fried in lard.
126	White bread, any, EXCEPT high fibre bread, soft grain bread and milk loaf, toasted.
127	French stick, Baguette
128	Milk loaf
129	Slimmers white bread, e.g. Nimble, Slimcea, Mothers Pride Light
130	Scottish batch bread
131	Soda bread
132	Vienna loaf
139	Breadcrumbs, white, homemade, dried
144	Chapatis, white, made with butter ghee
145	Chapatis, white, made with vegetable ghee
146	Chapatis, white, made without fat
157	Brown or white hamburger bun or roll, brown or white roll with sesame seeds
158	White, crusty rolls

159	White, soft rolls
160	White, starch reduced rolls, e.g. Energen
170	Brown or white hamburger roll or bun, brown or white roll with sesame seeds, toasted.
171	White rolls, any EXCEPT hamburger bun or rolls, toasted.
2777	Chapatis with PUFA oil and ghee
3148	Pita bread white toasted
4180	Bread
4182	Bread, toasted
5931	Chapatis, white, made with polyunsaturated margarine
6976	Cheese topped rolls/baps white
8073	Milk loaf, toasted
8670	Chapatis, white, made with sunflower oil
9467	White bread, fortified with vitamins and minerals, e.g., Tesco Healthy eating white bread. NOT softg
9929	Toasted White bread, fortified with vitamins and minerals e.g., Tesco Healthy eating white bread.
103323	Bread, fried in half Krona (reduced fat spread) and half polyunsaturated margarine
103487	Juvela, gluten free bread, toasted
103573	Cheese bread
103694	Rice flour bread

Wholemeal Bread

[DHA] = 0.2%

117	Pitta or pita bread, wholemeal
133	Wholemeal bread, wholewheat bread, stoneground wholemeal bread NOT High Fibre white bread, NOT Vitbe
134	Wholemeal bread, wholewheat bread, stoneground wholemeal bread. Fried in blended vegetable oil.
135	Wholemeal bread, wholewheat bread, stoneground wholemeal bread. Fried in polyunsaturated oil.
136	Wholemeal bread, wholewheat bread, stoneground wholemeal bread. Fried in dripping.
137	Wholemeal bread, wholewheat bread, stoneground wholemeal bread. Fried in lard.
138	Wholemeal bread, wholewheat bread, stoneground wholemeal bread NOT high fibre white bread, NOT Vitbe
141	Chapatis, brown, made with butter ghee
142	Chapatis, brown, made with vegetable ghee
143	Chapatis, brown, made without fat
161	Wholemeal, wholewheat, stoneground wholemeal rolls
172	Wholemeal, wholewheat, stoneground wholemeal rolls. Toasted.
3172	Wholemeal bread slimmers toasted
3457	Chapati wholemeal with olive oil
3603	Wholemeal soda bread
3979	Wholemeal bread, fried in butter
5851	Wholemeal toast, reduced calorie
6463	Wholemeal bread, with sesame and sunflower seeds
7614	Wholemeal bread, Slimmers e.g. Nimble
8177	HI Bran bread, brown bread with added bran, e.g. Vitbe HI Bran
8178	HI Bran bread, brown bread with added bran, e.g. Vitbe HI Bran, toasted
8603	Chapatis, wholemeal, made with sunflower oil
9466	Wholemeal bread, fortified with vitamins and minerals, e.g., Tesco Healthy Eating wholemeal
9640	Wholemeal bread, fried in butter
103305	Homemade bread, mixed grain
103306	Homemade bread, mixed grain, toasted
103431	Soda bread, wholemeal, wheaten soda faris, toasted
103434	Wholewheat and rye bread, toasted, no yeast

- 103437 Soda bread, wholemeal, wheaten soda faris
- 103603 Soda bread, wholemeal, wheaten soda faris
- 103633 Wholemeal chapatis, no fat
- 103634 Wholemeal chapatis, stuffed

Nutrition Bars

Cereal bars and Nutrition bars

[DHA] = 0.5%

- 2987 Chocolate chip bar fortified e.g.
- 3159 New Yorker breakfast bar fortified
- 3216 Benecol snack bar chocolate chip
- 3745 oat and rice cereal bar fortified
- 4999 Fruit bar
- 5770 Cereal bar, fruit filled, fortified with vitamins and minerals, e.g., Kellogg's Nutri-Grain
- 6310 Chocolate crisp, rice biscuit bar
- 6655 Chewy cereal bar with coconut and chocolate topping
- 6883 Cereal bar with fruit. unfortified
- 7656 Chewy cereal snack bars with any additions, e.g. Cluster, Harvest chewy bars, Jordans Chewy bars, Mc
- 7665 Cereal crunchy bars, e.g. Jordans Original Crunchy, Jordans Oat Bran Bars, Harvest crunch, including
- 9066 Prewitts no added sugar fruit bar; Apple and Date or Banana
- 103546 Cambridge diet meal bar
- 103721 Crunchy bars, with oats, seeds, nuts, and fruit