

acorn flour	857	beans - soya	870
acorn squash	858	beans - soya boiled	44
advocaat	1	beansprouts	45
All Bran	2	beansprouts - alfalfa	46
almonds - shelled	3	beef brisket - boiled	47
amaranth leaves	859	beef canned stewed - steak	48
anchovies - canned in oil	4	beef forerib - roast	49
anchovy - raw	860	beef rump steak - grilled	50
apple juice - unsweetened	5	beef salt silverside	51
apple sauce	861	beef salted ox tongue	52
apples - cooking	6	beef sirloin - roast	53
apples - dessert	7	beef stewed - mince	54
apricots	8	beef stewing - steak	55
apricots - canned in juice	9	beef topside - roast	56
apricots - canned in syrup	10	beefburger - fried	57
apricots - dried	11	beer bitter	58
arrowroot flour	862	beer lager	59
artichoke - globe	12	beer stout	60
artichoke - Jerusalem	13	beet greens	871
asparagus	14	beetroot - boiled	61
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avocado	16	Benecol light spread	874
babaco	17	Benecol Olive spread	875
bacon - collar joint - boiled	18	betel (areca nuts)	62
bacon - gammon joint - boiled	22	bhajia (pakora)	63
bacon - gammon steak - grilled	23	bhindi (okra - ladies fingers)	64
bacon - rasher back - grilled	19	bilberries	65
bacon - rasher middle - grilled	20	biscuits - chocolate coated	66
bacon - rasher streaky - grilled	21	biscuits - cream crackers	67
bagel	863	biscuits - digestive chocolate	68
bagel - cinnamon and raisin	864	biscuits - digestive plain	69
bamboo shoots	865	biscuits - gingernuts	70
banana	24	biscuits - oatcakes	71
banana - green (matoki)	25	biscuits - semisweet	72
banana chips	866	biscuits - shortbread	73
banoffee pie	867	biscuits - wafer biscuits	74
barbecue sauce	26	biscuits - water biscuits	75
Barcelona nuts - shelled	27	biscuits - wholemeal crackers	76
barley pearl raw	28	black pudding - fried	77
basil	29	blackberries	78
bass	30	blackcurrants	79
bean sprouts - mung beans	868	bloater - grilled	80
bean sprouts - soya	869	blueberries	81
beans - aduki - boiled	31	bologna	876
beans - baked canned	32	Bombay mix (chevda)	82
beans - baked canned low sugar/salt	33	borage	877
beans - black gram - boiled	34	Bounty bar	83
beans - blackeye - boiled	35	Bovril	84
beans - broad beans	36	Bran Buds	85
beans - butter beans canned	37	Bran Flakes	86
beans - French	38	Brazil nuts shelled	87
beans - haricot - boiled	39	bread - wholemeal toasted	116
beans - mung boiled - (dahl)	40	bread - brown	88
beans - pinto beans - boiled	41	bread - brown crusty roll	89
beans - red kidney - boiled	42	bread - brown soft roll	90
beans - runner	43	bread - brown toasted	91

bread - burger bun	92	butternut squash	885
bread - ciabatta	878	cabbage - Chinese leaves	143
bread - croissant	93	cabbage - green	144
bread - currant	94	cabbage - red	145
bread - French loaf (baguette)	95	cabbage - white	146
bread - garlic bread	879	cake - gateau	147
bread - granary	96	cake - Madeira	148
bread - Hovis brown	97	cake - plain fruit	149
bread - Hovis brown toasted	98	cake - rich fruit	150
bread - malt	99	cake - sponge	151
bread - naan	100	cake - sponge fatless	152
bread - oat meal	880	calabash gourd	886
bread - pitta	101	Cape gooseberry (physalis Chinese lantern)	153
bread - rye	102	carambola (starfruit star apple)	154
bread - Scottish batch	103	cardoon	887
bread - soda bread	104	carob flour	888
bread - Vienna	105	carp	155
bread - Vitbe	106	carrots	156
bread - West Indian	107	cashew nuts - unsalted	157
bread - white	108	cassava	889
bread - white added fibre	112	cassava - baked	159
bread - white crusty roll	109	cassava meal (gari)	158
bread - white sliced	110	cauliflower	160
bread - white soft roll	111	cauliflower cheese	161
bread - white toasted	113	celeriac	162
bread - wholemeal	114	celery	163
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breadfruit	117	chayote (cho cho christophene)	167
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Brussels sprouts	121	cheese - cheddar	171
buckwheat	883	cheese - cheddar reduced fat	172
bulgur	884	cheese - Cheshire	173
bullocks heart (custard apple)	122	cheese - Cheshire reduced fat	174
bun - Chelsea	123	cheese - cottage	175
bun - currant	124	cheese - cottage reduced fat	176
bun - hot cross	125	cheese - cream	177
Burger King bacon double cheeseburger de luxe	128	cheese - Danish blue	178
Burger King barbecue bacon double cheese	129	cheese - Derby	179
Burger King Broiler	126	cheese - double Gloucester	180
Burger King Broiler sauce	127	cheese - Edam	181
Burger King Chicken Tenders	130	cheese - Emmental	182
Burger King double cheeseburger	131	cheese - Feta	183
Burger King egg and cheese croissant	132	cheese - goat	184
Burger King egg cheese and ham croissant	133	cheese - Gouda	185
Burger King Fish Tenders	134	cheese - Gruyere	186
Burger King mushroom Swiss double cheese	135	cheese - Lancashire	187
Burger King Ranch dip sauce	136	cheese - Leicester	188
Burger King sweet and sour sauce	137	cheese - Parmesan	189
Burger King tartar dip sauce	138	cheese - processed	190
Burger King Tater Tenders	139	cheese - quark	191
Burger King Whopper hamburger	140	cheese - ricotta	192
butter	141	cheese - Roquefort	193
butter - unsalted	142	cheese - soft full fat	194

cheese - soft medium fat	195	crab - canned	246
cheese - Stilton	196	crabsticks	247
cheese - Wensleydale	197	cranberries	248
cheese spread	168	cranberry sauce	894
cherries	198	crayfish	249
cherries - glacé	199	cream - clotted	250
chestnuts - weighed with shells	200	cream - double	251
chevda (Bombay mix)	201	cream - half (coffee cream)	252
chicken - leg quarter	202	cream - single	253
chicken - roast dark meat	203	cream - soured	254
chicken - roast light meat	204	cream - whipping	255
chicken - roast meat and skin	205	creme caramel	256
chicken - roast meat only	206	creme eggs (Easter eggs)	257
chicken - wing quarter	207	crème fraiche	895
chicken breast	977	crème fraiche - half fat	896
chickpea flour (besan)	891	crispbread rye	258
chickpeas - boiled	208	croissant	897
chickpeas - raw	892	croutons	898
chicory	209	crumpet	259
Chinese gooseberry (kiwi)	210	Crunchy Nut Corn Flakes	260
Chinese lantern (physalis Cape gooseberry)	211	cucumber	261
Chinese leaves (Chinese cabbage)	212	currants dried	262
chives	213	custard - made with egg	266
cho cho (chayote - christophene)	214	custard - made with milk from powder	267
chocolate - milk	215	custard apple (bullocks heart)	263
chocolate - plain	216	custard apple (sugar apple - sweetsop)	264
chocolate - white	217	custard powder	265
chocolates - filled	218	dab	268
Christmas pudding	219	dahl - boiled	269
cider - dry	220	damsons	270
cider - sweet	221	dandelion leaves	899
clementine	222	dates - dried	271
cockles - boiled	223	dates - fresh	272
Coco Pops	224	dill leaves	273
cocoa powder	225	dogfish (rock salmon)	274
coconut	226	dogfish (rock salmon) - battered - fried	275
coconut desiccated	227	doughnut - jam	276
cod	228	doughnut - ring	277
cod - battered fried	230	Dover sole	278
cod roe - battered fried	229	drinking chocolate powder	279
coffee - instant	231	dripping - beef	280
cola	232	drop scones (Scotch pancakes)	281
coleslaw	233	duck - roast meat fat and skin	283
coley (saithe)	234	duck - roast meat only	282
conger eel	235	dumplings suet	284
cooking fat	295	durian	285
coriander leaves	236	eel - jellied	287
corn flakes	237	eel (weighed with bones)	286
corn on the cob (sweetcorn - maize)	238	egg	288
corn snacks	239	egg - duck	291
corned beef (canned)	240	egg - quail	900
cornflour	241	egg white	289
Cornish pastie	242	egg yolk	290
cornsalad	893	elderberries	901
courgette	243	Elmlea double	902
couscous	244	Elmlea single	903
crab - boiled - weighed w shell	245	Elmlea whipping	904

endive	292	grapefruit - canned in syrup	340
faggots	293	grapefruit juice - unsweetened	338
Farmhouse Bran	294	Grapenuts	341
feijoa (pineapple guava)	296	grapes	342
fennel - Florence	297	greengages	343
fiddlehead fern	905	grenadilla (yellow passion fruit)	344
figs - dried	298	groundnuts (peanuts - monkey nuts)	345
figs - fresh	299	grouse - weighed with bone	346
fish cake - fried with bun - takeaway	300	guava	347
fish cakes - fried	301	guinea fowl - meat and skin	917
fish fingers - fried	302	haddock	348
fish fingers - grilled	303	haggis	349
fish paste	304	hake	350
flaxseed	906	halibut	351
Flora Light spread	907	ham - canned	353
Flora Original spread	908	ham and pork - chopped - canned	352
Flora Proactive spread	909	hamburger - fried	354
flounder	306	hazel nuts - shelled	355
flour - barley	910	heart lamb	356
flour - chapati - brown	308	heart of palm - canned	918
flour - chapati - white	307	heart ox	357
flour - cornmeal	911	heart pig	358
flour - rice - brown	912	herring	359
flour - rice - white	913	herring - grilled	360
flour - rye	309	herring - pickled	361
flour - wheat - brown	310	hoisin sauce	919
flour - white - self raising	311	hoki	362
flour - white - breadmaking	313	honey	363
flour - white - plain	314	Honey Crunch Corn Flakes	920
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flying fish	315	horse meat	921
frankfurters (see also hotdog)	316	horseradish sauce	365
French dressing	317	hot dog - takeaway frankfurter and bun	366
French fries - takeaway	318	huckleberries	367
fromage frais - fruit	319	hummus	368
fromage frais - plain	320	ice cream - choc ice	369
fromage frais - very low fat	321	ice cream - dairy	370
Frosted Flakes (Kellogs)	914	ice cream - non-dairy	371
Frosted Rice Krispies	915	ice cream - sorbet / water ice	372
Frosted Wheaties	916	jackfruit	922
Frosties	322	Jaffa cakes	373
fruit cocktail - canned in juice	323	jam	374
fruit cocktail - canned in syrup	324	jam tarts	375
fruit gums	325	Japanese medlars (loquats)	376
fruit pie - individual	326	jelly - packet	377
Fruitn Fibre	327	John Dory	378
gari (fermented cassava meal)	328	jujube (Chinese date - Indian plum)	379
garlic	329	kaki (sharon fruit - persimmon)	380
ghee	330	kale	381
ghee - palm	331	KFC chicken hot wings	382
ghee - vegetable	332	KFC chicken sandwich	383
goose roast - meat only	333	KFC crispy chicken breast	384
gooseberries - cooking	334	KFC crispy chicken drumstick	385
gooseberries - dessert	335	KFC crispy chicken thigh	386
grape juice - unsweetened	336	KFC crispy chicken wing	387
grapefruit	337	kidney - lamb	388
grapefruit - canned in juice	339	kidney - ox	389

kidney - pig	390	mango	446
kipper - boil in bag	391	mangosteen	447
kipper - grilled	392	margarine - dairy spread	448
Kit Kat	393	margarine - dairy spread	924
kiwi (Chinese gooseberry)	394	margarine - hard	449
kohl rabi	395	margarine - hard vegetarian	450
kumquats	396	margarine - low fat spread	451
ladies fingers (bhindi okra)	397	margarine - polyunsaturated	452
lamb - breast - roast	398	margarine - soft vegetarian	454
lamb - cutlets - grilled	399	margarine - very low fat spread	455
lamb - leg - roast	400	margarine soft	453
lamb - loin chops - grilled	401	marmalade	456
lamb - scrag and neck - stewed	402	Marmite	457
lamb - shoulder - roast	403	marrow	458
lard	404	Mars bar	459
lasagne - boiled	405	marzipan (almond paste)	460
lasagne - raw	406	matoki (green banana)	461
leeks	407	matzo	462
lemon	408	mayonnaise - bought	463
lemon curd	409	mayonnaise - fat free	925
lemon sole	410	mayonnaise - home made	464
lemon sole - goujons - fried	411	mayonnaise - reduced calorie	465
lemonade	412	McDonalds apple bran muffin	466
lentils - green - boiled	413	McDonalds apple Danish	467
lentils - red - boiled	414	McDonalds apple pie	468
lettuce	415	McDonalds bacon and egg biscuit	469
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ling	417	McDonalds Big Mac	471
liqueurs	418	McDonalds Cheeseburger	472
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lobster - boiled	428	McDonalds hamburger	482
loganberries	429	McDonalds hash brown potatoes	483
loquats (Japanese medlars)	430	McDonalds honey sauce	484
lotus root	923	McDonalds hot cakes with syrup	485
luncheon meat - canned	431	McDonalds hot caramel sundae	486
lychees	432	McDonalds hot fudge sundae	487
M and Ms - Smarties	433	McDonalds hot mustard sauce	488
macadamia nuts (Queensland nuts)	434	McDonalds iced cheese Danish	489
macaroni - boiled	436	McDonalds McChicken sandwich	490
macaroni - raw	437	McDonalds McDLT hamburger	491
macaroni cheese	435	McDonalds McDonaldland Cookie	492
mackerel	438	McDonalds McLean deluxe hamburger	493
mackerel - canned in brine	439	McDonalds milk shake chocolate low fat	494
mackerel - canned in tomato	440	McDonalds milk shake strawberry vanilla low fat	495
mackerel - grilled	441	McDonalds pork sausage	496
mackerel - smoked	442	McDonalds Quarterpounder cheeseburger	497
maize (sweetcorn)	443	McDonalds Quarterpounder hamburger	498
mammie apple (mamey)	444	McDonalds raspberry Danish	499
mange tout - boiled	445	McDonalds salad dressing peppercorn	500

McDonalds salad dressing red French	501	noodles - plain - boiled	549
McDonalds sausage and egg biscuit	502	noodles - plain - raw	550
McDonalds sausage biscuit	503	noodles - rice - cooked	935
McDonalds sausage McMuffin with egg	504	noodles - rice - raw	936
McDonalds sausage McMuffin with egg	505	Nutri Grain breakfast cereal	551
McDonalds scrambled eggs	506	octopus	937
McDonalds side salad	507	oil - coconut	552
McDonalds strawberry sundae	508	oil - corn	553
McDonalds sweet and sour sauce	509	oil - cottonseed	554
McDonalds vanilla frozen yogurt	510	oil - mixed vegetable	555
medlars	511	oil - olive	556
melba toast	926	oil - palm	557
melon - canteloupe	513	oil - peanut	558
melon - galia	514	oil - rapeseed	559
melon - honeydew	515	oil - safflower	560
melon - watermelon	516	oil - sesame	561
melon seeds	512	oil - soya	562
meringue (unfilled)	517	oil - sunflower	563
milk - full cream	521	okra (ladies fingers - bhindi)	564
milk - sheep	524	olives in brine	565
milk - calcium fortified	518	onion - fried	566
milk - Channel Island	519	onion - raw	567
milk - dried skimmed (vitamin A enriched)	927	orange juice - unsweetened	568
milk - dried skimmed with vegetable fat	928	oranges	569
milk - evaporated	520	oregano	570
milk - goat	522	ortaniques	571
milk - semi-skimmed (half fat)	523	ostrich	938
milk - skimmed	525	Oxo cube	572
milk - soya	929	oxtail - stewed	573
milk - soya sweetened - calcium enriched	930	oyster sauce	939
Milky Way	526	oysters - weighed without shells	574
mincemeat (sweet)	527	pakora (bhajia)	575
mint	528	pancakes sweet	576
mint sauce	529	papadums - raw	577
miso	931	paratha	578
monkey nuts (peanuts - groundnuts)	530	parsley	579
monkfish	531	parsnip - boiled	580
mooli (white radish)	532	partridge - weighed with bone	581
muesli - no added sugar	533	passion fruit (purple grenadilla)	582
muesli - Swiss style	534	pasta sauce - tomato based	979
muesli - with extra fruit	535	pastrami	940
muffins	536	pastrami - turkey	941
muffins - bran	537	pastry - Danish	583
mulberries	538	pastry - flaky - baked	584
mullet	539	pastry - flaky - raw	585
mushrooms	541	pastry - phyllo	942
mushrooms - fried in butter	540	pastry - shortcrust - baked	586
mushrooms - oyster	932	pastry - shortcrust - raw	587
mushrooms - portabella	933	pastry - wholemeal - baked	588
mushrooms - straw	934	pastry - wholemeal - raw	589
mussels - boiled - weighed with shell	542	pawpaw	590
mustard and cress	543	peaches	591
mustard leaves	544	peaches - canned in juice	592
naan	545	peaches - canned in syrup	593
nectarines	546	peanut butter	594
noodles - egg - boiled	547	peanuts - dry roasted	597
noodles - egg - raw	548	peanuts - roasted and salted	598

peanuts (monkey nuts - ground nuts)	595	pork - trotters and tail - salted	648
peanuts and raisins	596	pork pie	644
pear	599	pork scratchings	950
pear - nashi (Asian pears)	600	porridge - made with milk	649
peas - boiled	601	porridge - made with water	650
peas - frozen boiled	603	port	651
peas - frozen petit pois	602	potato crisps	652
peas - pigeon boiled	604	potato crisps - low fat	653
peas - sugar snap peas	605	potato flour	951
pecan nuts (hickory nuts)	606	potato hoops	654
peppers - green	607	potatoes - chips	655
peppers - red	608	potatoes - croquettes fried	656
peppers - yellow	943	potatoes - French fries	657
persimmon (kaki - sharon fruit)	609	potatoes - frozen oven chips	658
pheasant - weighed with bone	610	potatoes - microwave chips	659
physalis (Cape gooseberry - Chinese lantern)	611	potatoes - new - boiled	660
pigeon - meat and skin	944	potatoes - old - baked	661
pigeon - weighed with bone	612	potatoes - old - boiled	662
pignolias (pine nuts - pine kernels)	613	potatoes - roast	663
pilchards - canned in tomato	614	prawns - boiled - weighed with shells	664
pine nuts (pignolias - pine kernels)	615	pretzels - salted	952
pineapple	616	prickly pear (cactus fruit)	665
pineapple - canned in juice	619	prunes - stewed without sugar	666
pineapple - canned in syrup	620	Puffed Wheat	667
pineapple guava (feijoa)	617	pumpkin - boiled	669
pineapple juice - unsweetened	618	pumpkin seeds	668
pistachio nuts - roasted and salted	621	quail - meat and skin	953
pizza - average takeaway	622	Queensland nuts (macadamia nuts)	670
pizza - beef and onion	623	quiche	671
pizza - beef chicken and onion	624	quince	672
pizza - cheese	625	quinoa	673
pizza - chicken and pineapple / Hawaiian)	626	Quorn pieces	989
pizza - chicken curry and peas	627	rabbit - weighed with bone	674
pizza - chicken mushroom and tomato	628	raddiccio	675
pizza - combination supreme	629	radish	676
pizza - curry beef and peas	630	radish - white (mooli)	677
pizza - onion tomato green pepper mushroom	631	Raisin Bran	954
pizza - pepperoni beef salami and mushroom	632	raisins	678
pizza - shrimp and cucumber	633	rambutan (hairy lychee)	679
pizza - shrimp squid and mushroom	634	raspberries	680
plaice	635	Ready Brek	681
plaice - battered - fried	637	redcurrants	682
plaice goujons - fried	636	relish - hamburger	955
plantain - boiled	638	relish - hot dog	956
plantain	945	relish - sweet	957
plum sauce	946	rhubarb	683
plums	639	rice - brown - raw	687
plums - Victoria	640	rice - brown - boiled	686
plums - yellow	641	rice - white - boiled	688
pomegranate	642	rice - white - raw	689
pomelo (shaddock)	643	rice - wild - boiled	958
popcorn - candied	947	rice - wild - raw	959
popcorn - plain	948	Rice Krispies	684
poppy seed	949	rice pudding - canned	685
pork - belly - grilled	645	Ricicles	690
pork - leg - roast	646	rock salmon (dogfish)	691
pork - loin chops - grilled	647	rock salmon (dogfish) - battered - fried	692

roe - cod (hard)	693	semolina pudding - skimmed milk	734
roe - herring (soft)	694	semolina pudding - whole milk	735
sago	695	sesame seeds	736
sago pudding - skimmed milk	696	shaddock (pomelo)	737
sago pudding - whole milk	697	shark	976
saithe (coley)	698	sharon fruit (kaki - persimmon)	738
salad cream	699	sherry - dry	739
salad cream - reduced calorie	700	sherry - medium	740
salad dressing - 1000 Island	960	sherry - sweet	741
salad dressing - bleu cheese	961	Shredded Wheat	742
salad dressing - fat-free Italian	962	Shreddies	743
salad dressing - fat-free ranch dressing	963	shrimps - boiled	744
salad dressing - French dressing	964	skate	745
salad dressing - Italian	965	skate - battered - fried	746
salad dressing - low calorie 1000 Island	966	Smarties - M and Ms	747
salad dressing - low calorie French dressing	967	smatana	748
salad dressing - low calorie Italian dressing	968	Snickers	978
salami	701	soup - chicken - canned	749
salmon	702	soup - mushroom - canned	750
salmon - canned	703	soup - tomato - canned	751
salmon - smoked	704	soup - vegetable - canned	752
salsify (scozonera)	705	soy sauce	753
samosa - meat	706	soya flour - full fat	754
samosa - vegetable	707	soya flour - low fat	755
sandwich spread	969	spaghetti - canned in tomato sauce	756
sapodilla	708	spaghetti - white - boiled	757
sardines - canned in oil	709	spaghetti - white - raw	758
sardines - canned in tomato	710	spaghetti - wholemeal - boiled	759
sardines - fresh	711	spaghetti - wholemeal - raw	760
satsumas	712	spaghetti squash	980
sauerkraut	970	Special K	761
sausage roll - flaky pastry	713	spinach	762
sausage roll - short pastry	714	spirits (40% alcohol by volume)	763
sausages - beef	715	sponge pudding	764
sausages - beef grilled	716	sprats	765
sausages - frankfurters	717	spring greens	766
sausages - low fat	718	spring onions	767
sausages - low fat grilled	719	squash - acorn	768
sausages - pork	720	squash - butternut	769
sausages - pork - grilled	721	squash - spaghetti	770
sausages - saveloys	722	squid	771
scallops	971	squid - battered fried	772
scampi in crumb - fried	723	starfruit (carambola star apple)	773
scones - cheese	724	Start breakfast cereal	774
scones - fruit	725	steak and kidney pie	775
scones - plain	726	strawberries	776
scones - wholemeal	727	suet - shredded	778
scones - wholemeal fruit	728	suet pudding	777
scones - wholemeal plain	729	sugar	779
scorzonera (salsify)	730	sugar apple (custard apple - sweetsop)	780
Scotch egg	731	Sugar Puffs	781
Scotch pancakes (drop scones)	732	Sultana Bran	782
sea bass	972	sultanas	783
seakale	733	sunflower seeds	784
seaweed - Irish moss	973	swede	785
seaweed - kelp	974	sweet potato - baked	786
seaweed - laver	975	sweet potato - boiled	787



sweet potato leaves	981	Weetabix	836
sweetbread - lamb	788	Weetaflake	837
sweetcorn (maize)	789	Weetaflake n raisin	838
sweets - boiled	790	Weetos	839
sweetsop (custard apple - sugar apple)	791	Wheat Bran Flakes	991
Swiss chard	792	whelks - weighed with shell	840
swordfish	793	whitebait - floured and fried	841
syrup - chocolate	982	whiting	842
syrup - corn	983	whiting - in crumbs - fried	843
syrup - corn - high fructose	984	wine - red	844
syrup - golden	794	wine - white - dry	845
taco shells	985	wine - white - sweet	846
tahini	986	winkles - weighed with shell	847
tamarillos (tree tomatoes)	795	yam	848
tamarind	796	yoghurt - soya with fruit	992
tangerines	797	yogurt - full cream - fruit	849
tannia	798	yogurt - full cream - plain	850
tapioca	799	yogurt - Greek - cows	851
taramasalata	800	yogurt - Greek - sheep	852
taro	801	yogurt - low fat - flavoured	853
taro leaves	802	yogurt - low fat - plain	854
teacakes - toasted	803	yogurt - low fat - with fruit	855
tempeh (fermented soya bean cake)	804	Yorkshire pudding	856
tigernuts (chuffa)	805		
toffees - mixed	806		
tofu (soya bean curd) - steamed	807		
tomato juice	808		
tomato ketchup	809		
tomatoes	810		
tomatoes - canned	990		
tomatoes - sun dried	987		
tongue - pickled	811		
tortilla chips	812		
trail mix	813		
treacle - black	815		
treacle tart	814		
tree tomatoes (tamarillos)	816		
tripe - stewed	817		
trout	818		
tuna	819		
tuna - canned in brine	820		
tuna - canned in oil	821		
turbot	822		
turkey - roast dark meat	823		
turkey - roast light meat	824		
turkey - roast meat and skin	825		
turkey - roast meat only	826		
turkey ham	988		
Turkish delight	827		
turnip	828		
turnip tops	829		
Twiglets	830		
Twix	831		
veal fillet - roast	832		
venison - roast	833		
walnuts - shelled	834		
watercress	835		