

Instruction Manual for Analysis of EPIC Food Frequency Questionnaire

Appendix 3-2



Instruction Manual for analysis of EPIC Food Frequency Questionnaire

The methods described below were employed in a study where the EPIC food frequency questionnaire (FFQ) was used to assess habitual diet in a group of young adults taking part in an *n*-3 fatty acid supplementation trial¹. Therefore, many food codes have been selected because foods they relate to have been analysed for fatty acid content. Other users may wish to adapt the food codes suggested here, depending on the foods and/or nutrients of interest in their research.

Step 1 - Selecting food items for analysis

For most lines in the food frequency questionnaire (FFQ) a number of food choices could be assumed. From the information given, it is not possible to know exactly which foods are eaten and in what proportions. Therefore assumptions must be made e.g. that the participant’s nutritional intake comes from one or all foods described in a single line entry (Figure 1).

Figure 1: Line 1 – EPIC FFQ

MEAT AND FISH (medium serving)	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
Beef, roast, steak, mince, stew or casserole									

Extra information, reported in additional questions numbered 3, 4, 5, 6, 10 and 13 on pages 9-11 at the back of the FFQ, may help inform this decision.

Tables 1 – 6 at the back of this booklet provide a list of foods chosen to represent foods on each FFQ line. Each line has an identifying number (Line ID). Foods chosen as representative have a McCance and Widdowson’s food code (code) and description (food description). The fourth column refers to the supplementary questions on pages 9-11 of the EPIC FFQ which provide extra information relating e.g. to food preparation and cooking methods (cross ref) (Figure 2).

Not all foods have a cross reference (e.g. foods 19176, 19332 in Figure 2), however, they should still be included in the analysis. Food items that have a cross reference may be excluded if information provided in the supplementary questions supports this.

In the example below, if the participant had indicated in question 10 that they “ate most of the fat” we would include the food coded 18063 and exclude that coded 18062. However, the supplementary question only asks about what is done when fat is visible on meat and therefore we cannot assume that this is the usual food choice. In this example we would use foods coded 18063, 19176 and 19332 in equal proportions for nutritional analysis of line 1.

Figure 2

Table 1: (Meat and Fish)

Line ID	Code	Food Description	Cross Ref
1	18063	Beef sirloin joint roasted lean and fat	Q10
1	18062	Beef sirloin joint roasted lean	Q10
1	19176	Beef stew made with lean beef	
1	19332	Beef casserole made with lean beef	

FFQ: Line entry 1: Beef: roast, steak, mince, stew or casserole.

Step 2 - Estimating portion size

Participants are provided with a booklet adapted from the MAFF photographic food atlas ². Each page comprises eight pictures of a food depicting different portion sizes. Each participant is asked to complete a table indicating the picture number that represents his usual consumption for each food (Figure 3). In the example below, the participant has indicated their usual portion size of rice is most closely represented by picture 11 on page 1 of the MAFF photographic atlas. Table 8 provides an amount in grams for each picture that can be entered to the dietary analysis programme.

Figure 3: Instructions for using the MAFF photographic atlas to describe usual portion size



Table 7

PAGE	ITEM	PICTURE NO
1	Rice – boiled	11
3	Pasta or Asian noodles	

PAGE: The page in the MAFF food atlas that contains the pictures for the particular food item

PICTURE NO: The picture that represents the portion the subject usually has for this particular food item.

Where this information is provided, it can be used in place of standard portion size and may improve accuracy of dietary assessment. For many of the food items, there is no relevant picture in the photographic atlas so no information about the individual's usual portion size can be obtained. In this case the standard portion size should be used. Therefore either a *standard* (Tables 1-6) or *estimated usual* (Tables 7 & 8) portion size can be used to provide an estimate of intake in grams (Figure 4).

Line ID	Code	Food Description	Cross Ref	*Standard Portion size (g)	Adjusted standard portion size (g) (no type info)
1	18063	Beef sirloin joint roasted lean and fat	Q10	120	30
1	18062	Beef sirloin joint roasted lean	Q10	120	30
1	19176	Beef stew made with lean beef		330	83
1	19332	Beef casserole made with lean beef		330	83

**Use estimated usual portion size where information has been provided*

Step 3 - Calculating amount of each food to be entered in the analysis

Once the portion size of each included food item in a FFQ single line entry is decided, it must be adjusted to provide a proportionally representative amount.

The adjusted portion size for a selected food item is calculated by dividing its portion size by the total number of the selected food items in the FFQ line.

A) Using standard portion sizes (as found in Step 2, page 2):

- If, according to step 1, all the food items in the FFQ line are to be included in equal proportion, for each food use the assigned adjusted portion size (fig 4). This has been calculated by dividing the standard portion size of a food item with the number of the food items in each line entry.
- If according to the supplementary information, some food items are to be excluded, then the total portion should be divided between the selected food items. In other words, the **new** adjusted portion size for each of the selected food items equals their standard portion size divided by the number of the foods (see example 1).

Example 1:

Table 1

Line ID	Code	Food Description	Cross Ref	Standard Portion size (g)	Adjusted standard portion size (g) (no type info)
1	18063	Beef sirloin joint roasted lean and fat	Q10	120	30
1	18062	Beef sirloin joint roasted lean	Q10	120	30
1	19176	Beef stew made with lean beef		330	83
1	19332	Beef casserole made with lean beef		330	83

Line 1: For example, if the answer to Q10 is “ate as little as possible” we can assume that mainly lean meat is eaten, and food code 18062 should be chosen over 18063. The other two choices, 19176 and 19332 do not depend on any supplementary question and so are included in any case. Therefore the 2nd, 3rd and 4th foods are included in equal proportions. The new adjusted portion size for each one of them is their standard portion size divided with the number 3:

18063: 0g 18062: 40g 19176: 110g 19332: 110g

B) Using individual portion sizes (as found in Step 2, page 2):

- If, instead of the standard portion size, you have information about the individual’s usual portion size of a particular food, this amount should be divided by the number of food items selected for the particular line entry (see Example 2):

Example 2:

Table 1

Line ID	Code	Food Description	Cross Ref	Standard Portion size (g)	Adjusted standard portion size (g) (no type info)
1	18063	Beef sirloin joint roasted lean and fat	Q10	120	30
1	18062	Beef sirloin joint roasted lean	Q10	120	30
1	19176	Beef stew made with lean beef		330	83
1	19332	Beef casserole made with lean beef		330	83

Line 1: For example, if the answer to Q10 is “ate most of the fat” we can assume visible fat on meat is eaten, so between 18063 and 18062 food items you should choose the 18063 and exclude the 18062. The other two choices, 19176 and 19332 do not depend on any supplementary question and so are included in any case. The 1st, 3rd and 4th foods should be included in equal proportions.

In the following example information relating to the individual’s reported usual intake is available from table 7. Portion size depicted from photographs in the MAFF photographic food atlas can be converted to grams using table 8.

Table 7

32 Roast Beef/Lamb 3 2 8
 36 Beef stew/casserole 3 6 4

Roast Beef										
Picture #	321	322	323	324	325	326	327	328		
Amt (g)	23	45	67	89	112	134	156	178	200	22.14
Meat&Veg stew										
Picture #	361	362	363	364	365	366	367	368		
Amt (g)	93	158	222	287	352	416	481	546	611	64.71

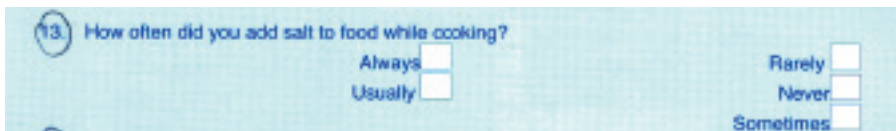
From this information we know that for food code 18063 the portion size is 178g and for 19332 and 19176, the portion size for each one is 287g. The new adjusted portion size for each food item is the actual portion size (estimated from photographs) divided by the number of foods included in the FFQ line entry (i.e. 3):

18063: 178 / 3 g = 59g
18062: 0g
19176: 287 / 3 g = 96 g
19332: 287 / 3 g = 96 g

Notes:

- Cross Ref question 10 (visible fat on meat): When the answer “ate some of the fat” is selected, then both the lean and the fat option should be included in equal proportions.
- Cross Ref question 13 (salt): the answers *always* and *usually* should be treated both as *always*, while the answers *rarely* and *never* should be treated both as *never*. (*fig 5*) *Sometimes* should be translated as a bit of both, so you should select both the salted and unsalted version.

Fig 5



13. How often did you add salt to food while cooking?

Always

Usually

Rarely

Never

Sometimes

- FFQ lines 13 – 15, Cross ref Q6: If there is information about the source of fat used for cooking (e.g. frying), add one standard portion of this, assigning the appropriate frequency factor for each of the FFQ lines. The code and the standard portion sizes for this are at the end of table 1: Meat and Fish.
- Milk: Refer to question 3 and 4 to decide type and quantity of milk and enter as a once daily amount: 1 pint = 568mls; ½ pint = 284mls. The codes for the different types of milk (skimmed, semi-skimmed, whole-fat etc) are at the end of table 6.

Step 4: Entering Data to Excel Spreadsheet

Line ID	Link Q (Cross Ref)	M & W No (Code)	Portion Size (Calculated Adjusted portion size)	X factor	Amount (g)
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The quantity of each food (calculated adjusted portion size) added in the analysis is multiplied by the appropriate frequency (X) factor (Table 9) to give the estimated daily consumption for a particular food (*Amount (g)*).

Table 9: Frequency factors for calculating weight in grams of food consumed daily

	EPIC entry	X factor
1	Never or < once/month	0
2	1-3/month	0.07
3	once/week	0.14
4	2-4/week	0.43
5	5-6/week	0.79
6	once/day	1
7	2-3/day	2.5
8	4-5/day	4.5
9	6+/day	6

Step 5 Entering data to dietary analysis software e.g. Microdiet

Use the food code to search for each food item, type in the quantity in grams and add each food in the list.

Table 1: Meat and Fish*If fish is fried add oil/fat separately*

Line ID	Code	Food Description	Cross Ref	Portion size (g)	Adjusted portion size (g) *
1	18063	Beef sirloin joint roasted lean and fat	Q10, DR†	120	56
1	18062	Beef sirloin joint roasted lean	Q10, DR	120	56
1	19176	Beef stew made with lean beef	Q10, DR	330	56
1	19332	Beef casserole made with lean beef	Q10, DR	330	56
2	19029	Beefburgers, chilled/frozen, fried	DR	60	30
2	19030	Beefburgers, chilled/frozen, grilled	DR	60	30
3	18252	Pork, loin chops, grilled lean and fat	Q10, DR	120	30
3	18251	Pork, loin chops, grilled, lean	Q10, DR	120	30
3	18255	Pork loin chops roasted lean	Q10, DR	120	30
3	18256	Pork loin chops, roasted, lean & fat	Q10, DR	120	30
4	18100	Lamb, average, trimmed fat, cooked	Q10, DR	120	22
4	18141	Lamb, loin chops, grilled lean	Q10, DR	60	22
4	18477	Lamb, loin chops, lean and fat grilled	Q10, DR	60	22
4	18480	Lamb, leg, lean & fat, roast	Q10, DR	120	22
5	18323	Chicken breast grilled, without skin, meat only	DR	130	58
5	18359	Turkey, light meat, roasted	DR	100	58
6	19018	Bacon rasher, streaky, grilled	DR	40	10
6	19017	Bacon rasher, streaky, fried	DR	40	10
6	50356	Bacon rasher, lean only, grilled average	DR	40	10
6	50352	Bacon rasher, lean only, fried average		40	10
7	19024	Ham, canned	DR	40	16
7	19026	Ham, premium	DR	23	16
8	19128	Corned beef, canned	DR	40	20
8	19135	Luncheon meat, canned	DR	40	20
9	19076	Beef sausages, chilled, fried	DR	45	15
9	19077	Beef sausages, chilled, grilled	DR	45	15
9	19080	Pork sausages, chilled, grilled	DR	45	15
10	19316	Cornish pastie	DR	155	26
10	19069	Steak and kidney/Beef pie, individual, chilled/frozen, baked		160	26
10	19067	Sausage rolls, flaky pastry, homemade		60	26
10	19063	Pork pie, individual		140	26
11	18413	Liver, lamb, raw		40	13
11	19106	Liver sausage		40	13
11	19317	pate, liver		40	13
12	16023	Cod in batter, fried in retail blend oil		180	
13	16287	Fish fingers, cod, frozen	Q6	60	

14	16017	Cod, steamed	Q6	120	23
14	16049	Haddock, steamed	Q6	85	23
14	50587	Halibut, steamed	Q6	85	23
14	16085	Lemon sole, steamed	Q6	150	23
14	50595	Plaice, steamed	Q6	130	23
14	16045	Haddock, grilled	Q6	85	40
14	16083	Lemon sole, grilled	Q6	150	40
14	16103	Plaice, grilled	Q6	130	40
15	16325	Mackerel, grilled	Q6	220	28
15	16176	Herring, grilled	Q6	119	28
15	16330	Trout, rainbow, grilled	Q6	120	28
15	16327	Salmon, grilled	Q6	100	28
15	50615	Kipper, baked	Q6	125	28
15	16228	Tuna, raw	Q6	120	
15	16205	Salmon, steamed	Q6	100	
15	16210	Salmon, red, canned in brine, flesh only, drained		45	17
15	16329	Sardines, canned in oil, drained		50	17
15	16230	Tuna, canned in oil, drained		45	17
15	16201	Pilchards, canned in tomato sauce		55	17
16	16331	Crab, boiled		40	12
16	16234	Crab, canned in brine, drained		50	12
16	16239	Prawns, boiled		60	12
16	16256	Mussels, boiled		40	12
17	16307	Taramasalata		45	40
17	16300	Roe, cod, hard, fried in blended oil		116	40

Table 2: Bread and Savoury Biscuits; Potatoes, Rice and Pastas

Line ID	Code	Food Description	Cross Ref	Portion size (g)	Adjusted portion size (g)
18	50048	White bread, average		30	
19	11456	Brown bread, average		30	
20	11476	Wholemeal bread, average		30	
21	11510	Cream crackers		7	
22	11511	Crispbread, rye		10	
23	11142	Porridge, made with milk and water		200	66
23	11569	Porridge, made with water		200	66
23	11496	Ready brek		200	66
24	11485	All Bran	Q5	30	6
24	50	Muesli	Q5	30	6
24	11497	Rice Krispies	Q5	30	6
24	11501	Special K	Q5	30	6
24	11505	Weetabix		30	6
25	50666	Old potatoes, baked, flesh only		180	60
25	13002	New potatoes, boiled in salted water		180	60
25	50669	Old potatoes, mashed with butter		180	60
26	50682	Chips, straight cut, frozen, fried in corn oil		180	51
26	13423	Chips, French fries, retail		100	51
26	50687	Oven chips, frozen, baked		180	51
27	50672	Roast potatoes(old) in corn oil		200	
28	15296	Potato salad with mayonnaise		112	
29	11050	White rice, polished , boiled		150	
30	11443	Brown rice, boiled		150	
31	11450	Pasta, plain, fresh, cooked		230	77
31	11453	Spaghetti, white boiled		230	77
31	11448	Macaroni		230	77
32	11455	Spaghetti, wholemeal, boiled		230	60
33	19247	Moussaka		330	87
33	19238	Lasagna		450	87
34	15252	Pizza, cheese and tomato recipe		240	

Table 3: Dairy Products; spread

Line ID	Code	Food Description	Cross Ref	Portion size (g)	Adjusted portion size (g)
35	12332	Cream, Fresh, Single		20	7
35	12339	Dairy Cream, UHT, Canned Spray, Half Fat		10	7
36	12334	Cream, Fresh, Double		30	19
36	12333	Cream, Fresh, Whipping		45	19
37	12379	Yoghurt, Low Fat, Plain		125	31
37	12380	Yoghurt, Low Fat, Fruit		125	31
37	12369	Fromage Frais, Plain		125	31
37	12370	Fromage Frais, Fruit		125	31
38	50260	Whole Milk Yoghurt, Plain		125	31
38	12375	Whole Milk Yoghurt, Fruit		125	31
38	12376	Yoghurt, Greek Style, Plain		125	31
38	12377	Yoghurt, Greek Style, fruit		125	31
39	12247	Mousse, Frozen		125	62
39	12397	Crème Caramel		125	62
40	12344	Cheese, Brie		40	13
40	12137	Cheese, Cheddar, English		40	13
40	12355	Cheese, Edam		40	13
41	12351	Cottage Cheese, Plain		40	13
41	50233	Cottage Cheese, Plain, With Additions		40	13
41	12366	Spreadable Cheese, Soft, White Low Fat		40	13
42	12918	Eggs, Chicken, Whole Raw		50	
43	12925	Quiche, Lorraine		120	60
43	12923	Quiche, Cheese and Egg		120	60
44	17512	Salad Cream, Reduced Calorie		30	16
44	17511	Mayonnaise, Reduced Calorie		33	16
45	17512	Salad Cream		30	16
45	17510	Mayonnaise, Retail		33	16
46	17509	Dressing, French		15	
47	17304	Dressing, Low Fat		15	7
47	17305	Dressing, Oil and Lemon		15	7
47	17306	Dressing, Thousand Island		30	7
48	17485	Butter		15	
49	50309	Margarine	Q8	15	
50	17551	Fat Spread (70% fat), Polyunsaturated	Q8	15	7
50	17027	Fat Spread (35-40% fat), Polyunsaturated	Q8	15	7
51	17020	Margarine, Soft, Not Polyunsaturated	Q8	15	7
51	17025	Fat Spread (60% fat) with Olive Oil	Q8	15	7
52	50308	Low Fat Spread	Q8	15	
53	17553	Fat Spread, (20-25% fat) Not Polyunsaturated	Q8	15	

Table 4: Sweets and Snacks; soups, sauces and spreads

Line ID	Code	Food/description	Cross Ref	Portion size (g)	Adjusted portion size (g)
54	11512	Digestive biscuits, chocolate		20	5
54	11507	Chocolate biscuit, cream filled, full coated		12	5
54	1508	Chocolate chip cookies		11	5
55	11513	Digestive biscuits, plain		13	4
55	11514	Ginger nut biscuit		9	4
55	11517	Oat based biscuits		13	4
56/57	11202	Fruit cake, rich, retail		70	17
56/57	11580	Sponge cake		60	17
56/57	11195	Chocolate cake		65	17
56/57	11608	Muffins, American style, chocolate chip		80	17
58	11592	Scones, plain		48	13
58	11264	Scones, cheese		48	13
58	11543	Scones, fruit, retail		48	13
58	11571	Flapjacks		60	13
59	11480	Croissants		60	18
59	50136	Doughnuts, jam		75	18
59	11538	Danish pastries		110	18
59	11590	Hot cross buns		50	18
60/61	11591	Mince pies, individual		48	30
60/61	11547	Fruit pie, individual		50	30
60/61	11546	Crumble, fruit		170	30
62/63	50164	Sponge pudding		170	
64	11286	Bread and butter pudding		170	40
64	12406	Rice pudding, canned		200	40
64	12399	Custard, ready to eat		150	40
64	12250	Trifle, frozen		113	40
65	12390	Lollies, containing ice-cream		60	14
65	50268	Ice-cream, dairy, flavoured		60	14
65	50270	Ice-cream, non-dairy, flavoured		60	14
65	12384	Choc ice		50	14
66	17089	Chocolate, milk		50	10
66	17491	Chocolate, plain		50	10
66	17088	Chocolate, fancy and filled		10	10
66	17091	Chocolate, white		50	10
67	17547	Mars bar		68	8
67	17550	Twix		50	8
67	17493	Kit Kat		20	8
67	17546	Bounty bar		58	8
67	17549	Snickers		48	8
67	17548	Milky Way		55	8

68	17120	Toffees, mixed		8	2
68	17117	Peppermints		2	2
68	17101	Boiled sweets		8	2
69	17063	Sugar, white		5	
69	17060	Sugar, brown		5	
70	17495	Potato crisps		40	20
70	17497	Tortilla chips		40	20
71	14870	Almonds		20	5
71	14871	Brazil nuts		20	5
71	50990	Peanuts, roasted and salted		40	5
71	14879	Walnuts		20	5
71	14811	Cashew nuts, plain		25	5

Food Codes (soups, sauces and spreads)

Line ID	Code	Food Description	Cross Ref	Portion size (g)	Adjusted Portion size (g)
72	17284	Vegetable soup, canned		220	
73	17250	Chicken soup, cream of, canned		220	110
73	17272	Oxtail soup, canned		220	110
74	12271	Cheese sauce packet mix		60	16
74	12302	White sauce packet mix		60	16
74	17298	Curry sauce		115	16
74	17323	Pasta sauce, tomato based		90	16
74	17311	Gravy instant granules, made up		70	16
75	17513	Tomato Ketchup		30	
76	17345	Chutney, Tomato		15	5
76	17352	Pickle, sweet		15	5
76	17343	Chutney, Mango, sweet		15	5
77	17517	Marmite		9	
78	17073	Jam, fruit with edible seeds		15	5
78	17078	Marmalade		15	5
78	17050	Honey		20	5
79	14876	Peanut butter, smooth		16	

Table 5: Drinks and Fruit

Line ID	Code	Food Description	Cross Ref	Portion size (g)	Adjusted Portion size (g)
80	17165	Tea, black, infusion, average		150	
80	17174	Tea, lemon, instant powder, with water		150	
81	17159	Coffee, instant, made up with water		150	
83	51056	Coffee-mate		5	
84	51050	Cocoa powder		15	
84	17498	Drinking chocolate powder		20	
85	51071	Horlicks powder, made up with semi-skimmed milk		150	
85	17504	Ovaltine powder		20	
86	17228	Red Wine		125	
86	17230	White wine (dry)		125	
87	17506	Beer, bitter, average		474	
87	17211	Lager		474	
87	17222	Cider, dry		474	
88	17234	Port		50	
88	17239	Sherry, medium		50	
88	17239	Vermouth, dry		48	
89.	17247	Spirits, 40%		23	
90	17505	Diet Cola		330	
91	17175	Cola		330	
92	14301	Orange juice, unsweetened		200	
92	14271	Apple juice, unsweetened		200	
93	17190	Fruit drink/squash, concentrated, made up		200	
94	50856	Apples, eating, average raw		100	
95	50942	Pears, average, raw		200	
96	14298	Oranges		160	
97	14292	Grapefruit, raw		80	
98	50867	Bananas		100	
99	50903	Grapes, average		100	
100	14153	Melon, average		175	
101	14299	Peaches, raw		110	25
101	14300	Plums, average, raw		55	25
101	50860	Apricots, raw		65	25
102	50967	Strawberries, raw		80	73
102	50959	Raspberries, raw		80	73
102	14293	Kiwi fruit		60	73
103	50891	Fruit cocktail, canned in juice		105	52
103	50892	Fruit cocktail, canned in syrup		105	52
104	50958	Raisins		30	13
104	14231	Prunes		24	13

Table 6: Vegetables

Line ID	Code	Food Description	Cross Ref	Portion size (g)	Adjusted Portion size (g)
105	13450	Carrots, canned, re-heated drained	DR	60	20
105	13201	Carrots, old, boiled in salted water	Q13	60	20
105	13447	Carrots, old, boiled in unsalted water	Q13	60	20
106	13457	Spinach, boiled in unsalted water	Q13, DR	90	
107	13171	Broccoli, green, boiled in salted water	Q13, DR	90	30
107	13349	Spring greens, boiled in salted water	Q13, DR	90	30
107	50769	Curly Kale, boiled in salted water		90	30
107	50745	Broccoli, green, boiled in unsalted water	Q13, DR	90	45
107	50187	Spring greens, boiled in unsalted water	Q13, DR	90	45
108	50747	Brussels sprouts, boiled in unsalted water	Q13, DR	90	45
108	13178	Brussels sprouts, boiled in salted water	Q13, DR	90	45
109	13184	Cabbage, boiled in salted water, average	Q13, DR	90	45
109	13444	Cabbage, boiled in unsalted water, average	Q13, DR	90	45
110	13441	Peas, canned, re-heated and drained	DR	65	22
110	13465	Peas, frozen, boiled in salted water	Q13, DR	65	22
110	13440	Peas, frozen, boiled in unsalted water	Q13, DR	65	22
111	13082	Green beans/French beans, boiled in salted water	Q13, DR	90	33
111	13065	Broad beans, boiled in salted water	Q13, DR	120	33
111	13113	Runner beans, boiled in salted water	Q13, DR	90	33
111	13083	Green beans/French beans, boiled in unsalted water	Q13, DR	90	33
111	13066	Broad beans, boiled in unsalted water	Q13, DR	120	33
111	50720	Runner beans, boiled in unsalted water	Q13, DR	90	33
112	13275	Marrow, boiled in salted water	Q13, DR	224	78
112	50765	Courgettes, boiled in salted water	Q13, DR	90	78
112	13415	Courgettes, fried in blended oil	Q6, DR	90	
112	50781	Marrow, boiled in unsalted water	Q13, DR	224	
113	13218	Cauliflower, boiled in unsalted water	Q13, DR	90	
113	13216	Cauliflower, boiled in salted water	Q13, DR	90	
114	13454	Parsnip, boiled in unsalted water	Q13, DR	65	26
114	50834	Turnip, boiled in unsalted water	Q13, DR	110	26
114	50820	Swede, boiled in unsalted water	Q13, DR	60	26
114	1003	Parsnip, roast	DR	65	
114	13390	Turnip, boiled in salted water	Q13, DR	110	26
114	13360	Swede, boiled in salted water	Q13, DR	60	26
114	13313	Parsnip, boiled in salted water	Q13, DR	65	26

115	13452	Leeks, boiled in unsalted water	Q13, DR	160	
115	13264	Leeks boiled in salted water	Q13, DR	160	
116	50792	Onions, raw	DR	90	37
116	50794	Onions, fried in blended oil	Q6, DR	57	37
117	50772	Garlic, raw		10	
118	50783	Mushrooms, common raw	DR	44	22
118	50787	Mushrooms, common, fried in corn oil	Q6, DR	44	22
119	50802	Peppers, capsicum, green, raw	DR	160	
119	50804	Peppers, capsicum, red, raw	DR	160	
119	1332	Peppers capsicum, yellow, raw	DR	160	
120	13426	Bean sprouts, mung, raw	DR	60	30
120	13427	Bean sprouts, mung, stir fried in blended oil	Q6, DR	60	30
121	13453	Lettuce, average, raw	DR	30	13
121	50763	Cucumber, raw	DR	23	13
122	13462	Watercress, raw	DR	20	
123	13460	Tomatoes, raw	DR	85	28
123	13467	Tomatoes, grilled	DR	85	28
123	50828	Tomatoes fried in blended oil	Q6, DR	85	28
124	13368	Sweetcorn, kernels, raw	DR	60	
125	50743	Beetroot, pickled, drained	DR	35	
126	15077	Coleslaw, with mayonnaise, retail	DR	45	22
126	15078	Coleslaw with reduced calorie dressing, retail	DR	45	22
127	50865	Avocado, average		145	
128	13043	Baked beans, canned in tomato sauce	DR	135	
129	13434	Lentils, red, split, dried, boiled in unsalted water	Q13, DR	30	11
129	13142	Split peas, dried, boiled in unsalted water	Q13, DR	30	11
129	13435	Red kidney beans, canned, reheated, drained	DR	30	11
129	50706	Chick peas, canned, reheated, drained	DR	90	11
130	50724	Tofu, soya bean, steamed, fried	Q6, DR	60	12
130	15366	Bean burger, soya, fried in vegetable oil	DR	60	12
130	15314	Soya mince granules	DR	60	12
130	15330	Vegeburger, retail fried in vegetable oil	Q6, DR	60	12
130	15331	Vegeburger, retail, grilled	Q6, DR	60	12
131	12316	Whole milk, pasteurised, average	Q3,4		
131	12313	Semi skimmed, pasteurised, average	Q3,4		
131	12306	Skimmed milk, average	Q3,4		
131	50210	Soya milk	Q3,4		

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