

Appendix R Main and subsidiary food groups and disaggregation categories

Main and subsidiary food groups

Food groups are expressed as integers

Subsidiary food groups are integers with an alphabetical suffix

Cereals and Cereal Products

1 Pasta, rice and other miscellaneous cereals

1A	Not used for the NDNS Rolling Programme (RP)	Previously Pasta (replaced by 1D and 1E)
1B	Not used for the NDNS RP	Previously Rice (replaced by 1F and 1G)
1C	Pizza	All types - thin and crispy, deep pan, French bread, etc. Includes homemade pizza
1D	Pasta (manufactured products and ready meals)	All types of purchased/retail products or ready meals based on pasta or noodles; includes filled fresh pasta and canned pasta <i>New subsidiary food group set up for the NDNS RP</i>

1E	Pasta (other, including homemade dishes)	Dried and cooked plain pasta (including fresh pasta and gluten-free), egg noodles and recipes for homemade dishes (including macaroni cheese)
		<i>New subsidiary food group set up for the NDNS RP</i>
1F	Rice (manufactured products and ready meals)	All types of purchased/retail products or ready meals based on rice; includes ready meal risotto, ready cooked rice. <i>Not purchased rice pudding. Not takeaway rice dishes</i>
		<i>New subsidiary food group set up for the NDNS RP</i>
1G	Rice (other, including homemade dishes)	Raw and cooked plain rice, rice flour, rice flakes, rice noodles and recipes for homemade dishes, including fried rice, risotto. Rice dishes from a takeaway (eg egg fried or pilau rice). <i>Not homemade rice pudding</i>
		<i>New subsidiary food group set up for the NDNS RP</i>
1R	Other cereals	Includes flour (not rice flour), cous cous, bran, oats, semolina, papadums/poppadoms, dumplings, Yorkshire pudding

2 White bread

- 2R White bread (not high fibre, not multiseed bread) Sliced, unsliced, toast, fried. Includes all types of bread and bread products made with white wheat flour: French stick, milk loaf, slimmers, pitta bread, rolls, chappatis, soda bread, brioche, panini, focaccia, ciabatta, plain bagels, plain naan, garlic bread, cheese garlic bread, English muffins (white only), crumpets/pikelets, wheat tortillas, puri. *Not fruit loaf. Not high fibre. Not multiseed bread*

3 Wholemeal bread

- 3R Wholemeal bread Sliced, unsliced, toast, fried. Includes all types of bread and bread products made with wholewheat flour: chappatis, pitta bread, rolls, hi-bran bread, wholemeal soda bread, wholemeal multi-seeded, wholemeal puri and roti, paratha, wholemeal English muffins, wholewheat tortillas

59 Brown, granary and wheatgerm bread

- 59R Brown, granary and wheatgerm bread Sliced, unsliced, toast, fried. Includes Vitbe, rolls, Hovis Best of Both, Kingsmill 50/50, softgrain, brown chappatis, high fibre white bread, multiseed white bread

New food group set up for the NDNS RP

4 Other breads

4A *Not used for the NDNS RP* *Previously Softgrain bread (replaced by 59R)*

4R Other bread Breads made with non-wheat flour; sliced, unsliced, toast, fried. Includes rye bread, gluten free, oatmeal bread, besan flour chappatis, soya and linseed bread.

Food group revised to exclude brown, granary and wheatgerm bread (see food group 59R)

5 High fibre breakfast cereals

5R High fibre breakfast cereals All breakfast cereals with non-starch polysaccharide (Englyst fibre) of 4g/100g or more. Eg All Bran, muesli, Shredded Wheat. Includes porridge & Ready Brek

6 Other breakfast cereals

6R Other breakfast cereals (not high fibre) All breakfast cereals with non-starch polysaccharide (Englyst fibre) of less than 4g/100g. Eg Cornflakes, Coco Pops, Sugar Puffs. Includes Pop Tarts

7 Biscuits

7A	Biscuits (manufactured/retail)	All types of purchased/retail biscuits, sweet and savoury. Includes cream crackers, flapjacks, breadsticks, oatcakes, rice cakes, crispbread, cereal bars, ice cream cornet/wafers, gluten free biscuits. <i>Not caramel shortcake</i>
		<i>New subsidiary food group set up for the NDNS RP</i>
7B	Biscuits (homemade)	All types of homemade biscuit, sweet and savoury
		<i>New subsidiary food group set up for the NDNS RP</i>
7R	<i>Not used for the NDNS RP</i>	<i>Previously Biscuits (replaced by 7A and 7B)</i>

8 Buns, cakes, pastries and fruit pies

8A	<i>Not used for the NDNS RP</i>	<i>Previously Fruit pies (replaced by 8B and 8C)</i>
8B	Fruit pies (manufactured)	All types of purchased/retail fruit pies, one and two crusts; includes strudel, individual fruit pies from takeaways
		<i>New subsidiary food group set up for the NDNS RP</i>

8C	Fruit pies (homemade)	All types of homemade fruit pies, any fruit, any pastry <i>New subsidiary food group set up for the NDNS RP</i>
8D	Buns cakes and pastries (manufactured)	Includes any purchased/retail buns, cakes or pastries; danish pastries, currant bun, doughnuts, American muffins, eccles cakes, Bakewell tarts, jam tarts, scones (sweet and savoury), sponge cakes, fruit cakes, eclairs, fruit loaf, malt loaf, gateaux, pastry, mince pies, sponge fingers, scotch pancakes, croissants, custard tart, lemon meringue pie, egg custard, caramel shortcake <i>New subsidiary food group set up for the NDNS RP</i>
8E	Buns cakes and pastries (homemade)	All types of homemade buns, cakes and pastries. Includes pastry and potato scones. <i>Not fruit pies</i> <i>New subsidiary food group set up for the NDNS RP</i>
8R	<i>Not used for the NDNS RP</i>	<i>Previously buns, cakes and pastries(replaced by 8D and 8E)</i>
9 Puddings		
9A	<i>Not used for the NDNS RP</i>	<i>Previously Cereal based milk puddings (replaced by 9C and 9D)</i>
9B	<i>Not used for the NDNS RP</i>	<i>Previously Sponge puddings (replaced by 9E and 9F)</i>

9C	Cereal based milk puddings (manufactured)	Includes any purchased/retail cereal based milk puddings; rice pudding (including canned), custard (not egg custard), Angel Delight, blancmange, confectioners custard, sweet white sauce. Includes sweet packet mixes and custard packet mix made up with milk or soya milk
		<i>New subsidiary food group set up for the NDNS RP</i>
9D	Cereal based milk puddings (homemade)	All types of homemade cereal based milk puddings. <i>Not made up packet mixes</i>
		<i>New subsidiary food group set up for the NDNS RP</i>
9E	Sponge puddings (manufactured)	All types of retail/purchased sponge puddings, includes steamed, canned, suet pudding, jam roly poly, sponge flan, upside down pudding, treacle sponge, spotted dick
		<i>New subsidiary food group set up for the NDNS RP</i>
9F	Sponge puddings (homemade)	Includes any other sponge puddings and those made from homemade recipes
		<i>New subsidiary food group set up for the NDNS RP</i>
9G	Other cereal based puddings (manufactured)	Any other types of pudding purchased/retail. Includes trifle, pancakes, crumble, bread pudding, summer pudding, cheesecakes, tiramisu, rum baba, Christmas pudding, jelly cubes
		<i>New subsidiary food group set up for the NDNS RP</i>

9H Other cereal based puddings (homemade) Includes any other type of pudding made from homemade recipes. Includes jelly made up with water

New subsidiary food group set up for the NDNS RP

9R *Not used for the NDNS RP* *Previously Other cereal based puddings (replaced by 9G and 9H)*

Milk and Milk Products

10 Whole milk

10R Whole milk All types of whole cow's milk including pasteurised, UHT, sterilised, Channel Island, milk with added fatty acids

11 Semi-skimmed milk

11R Semi-skimmed milk All types of semi-skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids

60 1% Milk

60R 1% Milk Includes 1% and 0.75% fat milk

New food group set up for the NDNS RP (from Year 2)

12 Skimmed milk

12R Skimmed milk All types of skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids, Flora Pro.Active

13 Other milk and cream

13A Infant formula Includes all types of infant formula and progress milks, dry powder or ready made; SMA, Cow and Gate, Milupa, Nanny, Farleys, Hipp

13B Cream (including imitation cream) All types, including; single, double, whipping, sour, imitation cream, aerosol, dream topping, Tip Top, creme fraiche

13R Other milk¹ Includes goats, sheeps, evaporated, condensed, dried milk, milkshake, milk with added fibre, coffee whitener, buttermilk, flavoured milk drinks, purchased hot chocolate, breast milk, and all milk alternatives including soya, rice, oat and lactose-free

14 Cheese

14A	Cottage cheese	Includes diet and flavoured varieties
14B	Cheddar cheese	All types, including reduced fat cheddar cheese
		<i>New subsidiary food group set up for NDNS RP</i>
		<i>Year 3</i>
14R	Other cheese ²	All types except cottage and cheddar. Includes hard, soft, cream cheese, processed, reduced fat cheeses, vegetarian cheese, cheese spread, tofu and soya cheeses, sheep and goats cheeses, Benecol cheese. <i>Not fromage frais or Quark</i>
15	Yogurt, fromage frais and other dairy desserts	
15A	<i>Not used for the NDNS RP</i>	<i>Previously Fromage frais (replaced by 15C and 15D)</i>
15B	Yogurt	All types including soya, goats, sheeps, yogurt mousse, yogurt drink/smoothie, lassi, frozen yogurt, custard style yogurt, Greek yogurt, Yakult
15C	Fromage frais and other dairy desserts (manufactured)	All types of manufactured fromage frais or other dairy based desserts, includes chocolate and fruit cream desserts, mousse, milk jelly, junket, buttermilk desserts, fruit fools, creme caramel, panna cotta, chilled soya desserts, quark, egg custard
		<i>New subsidiary food group set up for the NDNS RP</i>

15D	Dairy desserts (homemade)	Includes any type of homemade fromage frais or dairy dessert <i>New subsidiary food group set up for the NDNS RP</i>
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15R	<i>Not used for the NDNS RP</i>	<i>Previously Other dairy desserts (replaced by 15C and 15D)</i>
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53 Ice cream

53R	Ice cream	All types of ice cream, dairy and non-dairy, choc ices, ice cream desserts eg Arctic roll, ice cream containing lollies, milk ice lollies, low fat/low calorie ice cream, sorbet
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Eggs and Egg Dishes

16 Eggs and egg dishes

16A	<i>Not used for the NDNS RP</i>	<i>Previously Eggs (replaced by 16C and 16D)</i>
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16B	<i>Not used for the NDNS RP</i>	<i>Previously Egg dishes (replaced by 16C and 16D)</i>
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16C	Manufactured egg products including ready meals	Any type of manufactured/retail egg dishes including ready meals: quiches, flans, scotch eggs, meringue, pavlova, curried eggs, egg mayonaise sandwich filler
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New subsidiary food group set up for the NDNS RP

16D	Other eggs and egg dishes including homemade	Includes all types of egg (duck, hen, goose) boiled, fried, scrambled, poached, dried, omelettes (sweet or savoury), eggy bread. Includes any homemade egg recipe dish
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New subsidiary food group set up for the NDNS RP

Fat Spreads

17 Butter³

17R	Butter	Salted and unsalted, butter ghee, spreadable butter. <i>Not light spreadable butter, not half fat butter, not brandy butter</i>
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18 Polyunsaturated margarine and oils³

18A	Polyunsaturated margarine	Margarine claiming to be high in polyunsaturated fatty acids
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18B	Polyunsaturated oils	Includes corn oil, sunflower oil, solid sunflower oil
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19 Low fat spread³

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|-----|------------------------------------|---|
| 19A | Polyunsaturated low fat spread | Spreads containing 40% or less fat, claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads |
| 19R | Low fat spread not polyunsaturated | Spreads containing 40% or less fat, not claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads and half fat butter |

20 Margarine and other cooking fats and oils NOT

polyunsaturated³

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|-----|---|---|
| 20A | Block margarine | All hard margarine and block fats (75-90% fat) |
| 20B | Soft margarine not polyunsaturated | Tub margarine not claiming to be high in polyunsaturated fatty acids |
| 20C | Other cooking fats and oils not polyunsaturated | Includes blended vegetable oil, suet (animal and vegetable), lard, compound cooking fat, dripping, olive oil, rapeseed oil, ghee made from oil, animal fats |

21 Reduced fat spread³

21A	Reduced fat spread (polyunsaturated)	Spreads containing more than 40% and less than 80% fat, claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads
21B	Reduced fat spread (not polyunsaturated)	Spreads containing more than 40% and less than 80% fat, not claiming to be high in polyunsaturated fatty acids; includes spreads made with olive oil or rapeseed oil and light spreadable butter. Includes cholesterol lowering spreads

Meat and Meat Products

22 Bacon and ham

22A	Ready meals/meal centres based on bacon and ham	Any types of bacon and ham purchased/retail products including ready meals <i>New subsidiary food group set up for the NDNS RP</i>
22B	Other bacon and ham (including homemade dishes)	Includes bacon and gammon joints, steaks, chops and rashers, any ham except in ready meals <i>New subsidiary food group set up for the NDNS RP</i>
22R	<i>Not used for the NDNS RP</i>	<i>Previously Bacon and ham (replaced by 22A and 22B)</i>

23 Beef, veal and dishes

23A Manufactured beef products (including ready meals) Any types of beef and veal products purchased/retail, including ready meals, canned beef products and pastrami

New subsidiary food group set up for the NDNS RP

23B Other beef & veal (including homemade recipe dishes) Includes beef and veal joints, steaks, mince, cooked beef slices and homemade recipes for stews, casseroles, meat balls, lasagne, chilli, beef curry, bolognese sauce, cottage pie. Includes beef based takeaway dishes

New subsidiary food group set up for the NDNS RP

23R *Not used for the NDNS RP* *Previously Beef, veal and dishes (replaced by 23A and 23B)*

24 Lamb and dishes

24A Manufactured lamb products (including ready meals) Any types of lamb product purchased/retail, including ready meals and canned products

New subsidiary food group set up for the NDNS RP

24B	Other lamb (including homemade recipe dishes)	Includes lamb joints, chops, fillets and homemade recipes for Irish stew, shepherds pie, lamb curries and casseroles. Includes lamb based takeaway dishes
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New subsidiary food group set up for the NDNS RP

24R	<i>Not used for the NDNS RP</i>	<i>Previously Lamb and dishes (replaced by 24A and 24B)</i>
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25 **Pork and dishes**

25A	Manufactured pork products (including ready meals)	Any types of pork product (not ham or bacon) purchased/retail including ready meals and canned pork products
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New subsidiary food group set up for the NDNS RP

25B	Other pork (including homemade recipe dishes)	Includes pork joints, chops, steaks, belly rashers, crackling and homemade recipes for stews, casseroles, sweet and sour pork. Includes pork based takeaway dishes
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New subsidiary food group set up for the NDNS RP

25R	<i>Not used for the NDNS RP</i>	<i>Previously Pork and dishes (replaced by 25A and 25B)</i>
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26 Coated chicken and turkey manufactured

26A Manufactured coated chicken/turkey products Any type of coated chicken or turkey products purchased/retail or takeaway. Includes Kentucky Fried Chicken, nuggets, drumsticks, chicken kiev, burgers (with/without bun)

New subsidiary food group set up for the NDNS RP

26R *Not used for the NDNS RP*

Previously Coated chicken and turkey (replaced by 26A and 27B)

27 Chicken and turkey dishes

27A Manufactured chicken products (including ready meals) Any type of chicken or turkey products purchased/retail, including ready meals, sandwich fillings, canned chicken/turkey and dishes. *Not chicken/turkey sausages. Not coated chicken/turkey*

New subsidiary food group set up for the NDNS RP

27B Other chicken/turkey (including homemade recipe dishes) Includes chicken and turkey roasts, barbecued, curries, stews, casseroles and any other homemade recipes, including coated chicken or turkey. Includes takeaway dishes. *Not liver or giblets*

New subsidiary food group set up for the NDNS RP

27R *Not used for the NDNS RP*

Previously Chicken and turkey dishes (replaced by 27A and 27B)

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28 Liver, products and dishes

28R Liver and dishes Any type of liver (fried, stewed, braised, grilled) and liver dishes; liver casserole, liver sausage, liver pate. Includes liver-based ready meals

29 Burgers and kebabs

29R Burgers and kebabs purchased Any type of purchased/retail or takeaway burger or kebab products including beefburgers, hamburgers, cheeseburgers, (with or without roll) doner/shish/kofte kebabs (with or without pitta bread and salad), grillsteaks, steaklets. *Not homemade burgers or kebabs; not chicken*

30 Sausages

30A Ready meals based on sausages Any type of manufactured product/ready meal, eg toad in the hole, sausage and mash

New subsidiary food group set up for the NDNS RP

30B	Other sausages (including homemade dishes)	All types of sausage and homemade sausage dishes, including takeaway. Beef, pork, chicken/turkey sausages, polony, sausage in batter, saveloy, frankfurters, sausage casseroles, toad in the hole, sausage meat stuffing, canned sausages. <i>Not sausage rolls</i>
		<i>New subsidiary food group set up for the NDNS RP</i>

30R	Not used for the NDNS RP	Previously Sausages (replaced by 30A and 30B)
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31 Meat pies and pastries

31A	Meat pies and pastries (manufactured)	Any type of purchased/retail meat pies and pastries: chicken, turkey, beef, ham, steak and kidney, pork pies, game pie, meat samosas, meat pancake rolls, Cornish pasties, sausage rolls
		<i>New subsidiary food group set up for the NDNS RP</i>

31B	Meat pies and pastries (homemade)	Includes any type of homemade meat pies or pastries
		<i>New subsidiary food group set up for the NDNS RP</i>

31R	Not used for the NDNS RP	Previously Meat pies and pastries (replaced by 31A and 31B)
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32 Other meat and meat products

32A Other meat products (manufactured including ready meals) Any other type of purchased/retail meat products, canned meat or ready meal, including pepperami, corned beef, luncheon meat, meat paste, meat loaf, black/white pudding, faggots, haggis, salami, haslet, tongue, garlic sausage

New subsidiary food group set up for the NDNS RP

32B Other meat (including homemade recipe dishes) Includes any other meat such as game (venison, grouse, rabbit, pheasant), duck, goose, pigeon, offal (not liver), giblets, oxtail and homemade recipe dishes

New subsidiary food group set up for the NDNS RP

32R *Not used for the NDNS RP*

Previously Other meat and meat products (replaced by 32A and 32B)

Fish and Fish Dishes

33 White fish coated or fried

33R White fish coated or fried Any type of white fish or roe (cod, plaice, haddock etc) purchased/retail or homemade, coated and/or fried. Includes battered and fried takeaway white fish, fried, grilled or baked fish fingers, fish cakes, scampi, McDonalds Fillet o Fish

34 Other white fish, shellfish and fish dishes

34A *Not used for the NDNS RP*

Previously Other white fish and fish dishes (replaced by 34C and 34D)

34B *Not used for the NDNS RP*

Previously Shellfish (replaced by 34E and 34F)

34C Manufactured white fish products (including ready meals)

Any type of white fish (cod, plaice, haddock etc) product purchased/retail including ready meals, e.g. white fish in sauce. *Not coated fish*

New subsidiary food group set up for the NDNS RP

34D Other white fish (including homemade dishes)

Includes poached, steamed, grilled, baked, smoked, dried white fish, caviar, and homemade white fish dishes, e.g. kedgeree, fish curry

New subsidiary food group set up for the NDNS RP

34E Manufactured shellfish products (including ready meals)

Any type of shellfish purchased/retail product including shellfish based ready meals. Includes canned shellfish. *Not takeaway shellfish products*

New subsidiary food group set up for the NDNS RP

34F Other shellfish (including homemade dishes)

Includes any type of shellfish (mussels, prawns, crab etc) and homemade and takeaway shellfish dishes

New subsidiary food group set up for the NDNS RP

34G	Manufactured canned tuna products (including ready meals)	Any purchased/retail product based on canned tuna, including tuna sandwich fillers and purchased tuna in sauce/dressing. Includes canned tuna (in brine, oil (any), spring water)
		<i>New subsidiary food group set up for the NDNS RP</i>
34H	Other canned tuna (including homemade dishes)	Includes homemade recipes based on canned tuna
		<i>New subsidiary food group set up for the NDNS RP</i>
35	Oily fish	
35A	Manufactured oily fish products (including ready meals)	Any type of oily fish purchased/retail product including canned in oil/brine/tomato, pickled, sushi, ready meals, taramasalata, pate, paste
		<i>New subsidiary food group set up for the NDNS RP</i>
35B	Other oily fish (including homemade dishes)	Includes any oily fish or roe such as herrings, kippers, mackerel, sprats, eels, salmon, tuna (<i>not canned</i>), sardines, trout (baked, fried, grilled). Also homemade recipes based on oily fish
		<i>New subsidiary food group set up for the NDNS RP</i>
35R	Not used for the NDNS RP	Previously Oily fish (replaced by 34G, 34H, 35A and 35B)

Vegetables, Potatoes

36 Salad and other raw vegetables

36A Carrots (raw)

36B Salad and other raw vegetables All types of raw vegetables, including coleslaw, tzatziki, guacamole, fresh herbs. Purchased or homemade. *Not salads made with cooked vegetables or potato salad*

36C Tomatoes raw

37 Vegetables (not raw)

37A Peas not raw Includes canned and pease pudding canned. Includes cooked dried, mushy, frozen and mange tout peas. Includes pea curry

37B Green beans not raw Includes cooked (fresh or frozen) or canned French, runner and green beans

37C Baked beans Canned baked beans in sauce. Includes baked beans with additions e.g. sausages, burgers, pasta

37D Leafy green vegetables not raw Includes cooked or canned broccoli, spinach, cabbage (all types), brussels sprouts, chard

37E Carrots not raw Includes boiled, fried, canned

37F Tomatoes not raw Includes fried, grilled, canned, sundried tomatoes and passata

37G *Not used for the NDNS RP* *Previously Vegetable dishes (not raw)(replaced by 37I, 37K, 37L and 37M)*

37I Beans and pulses (including ready meal & homemade dishes) Any type of lentils, dried beans and pulses, and purchased/retail products, takeaway and homemade dishes based on these. Includes hummous, dahl, dosa, falafel, soya flour. *Not baked beans. Not soup*

New subsidiary food group set up for the NDNS RP

37K Meat alternatives (including ready meals and homemade dishes) Any type of products based on meat alternatives such as textured vegetable protein (TVP), soya mince, Quorn and tofu. Includes ready meals and homemade dishes based on these

New subsidiary food group set up for the NDNS RP

37L Other manufactured vegetable products (including ready meals) Any type of purchased/retail vegetable products, including ready meals

New subsidiary food group set up for the NDNS RP

37M Other vegetables (including homemade dishes) Includes all other non-raw vegetables and homemade vegetable dishes such as vegetable curries, casseroles and stews, pies, vegetable lasagne, cauliflower cheese, vegieburgers (not soya/tofu), bubble and squeak, vegetable samosas, pancake rolls, ratatouille, vegetable fingers, vegetable stir-fries etc. Includes pickled vegetables. Includes vegetable based takeaway foods

New subsidiary food group set up for the NDNS RP

37R *Not used for the NDNS RP*

Previously Other vegetables (not raw) (replaced by 37I, 37K and 37M)

38 Chips, fried and roast potatoes and potato products

38A Chips purchased including takeaway

Any type of purchased/retail or takeaway chips or French fries, including fresh and frozen, oven and microwave

38B *Not used for the NDNS RP*

Previously Fried or roast potatoes and fried potato products (replaced by 38C and 38D)

38C Other manufactured potato products fried/baked

Any other type of purchased/retail potato product (not chips) such as roast potato, sliced potato with or without batter, waffles, croquettes, crunchies, alphabites, fritters, hash browns, wedges. Fried, grilled or baked

New subsidiary food group set up for the NDNS RP

38D	Other fried/roast potatoes (including homemade dishes)	Any homemade fried or roast potato products, including chips and potatoes roasted in fat
		<i>New subsidiary food group set up for the NDNS RP</i>
38R	<i>Not used for the NDNS RP</i>	<i>Previously Potato products not fried (replaced by 38C)</i>
39 Other potatoes, potato salads and dishes		
39A	Other potato products and dishes (manufactured)	Any other type of potato product, purchased/retail. Including instant potato (Smash), canned potatoes, potato salad and potato based ready meals (cheese and potato pie, aloo curries)
		<i>New subsidiary food group set up for the NDNS RP</i>
39B	Other potatoes (including homemade dishes)	Includes all other types of potato such as boiled, mashed, baked and homemade potato salads and dishes
		<i>New subsidiary food group set up for the NDNS RP</i>
39R	<i>Not used for the NDNS RP</i>	<i>Previously Other potatoes, potato salads and dishes (replaced by 39A and 39B)</i>

Savoury Snacks

42 Crisps and savoury snacks

42R Crisps and savoury snacks Includes all potato and cereal based snacks, popcorn (not sweet), twiglets, pretzels, pork scratchings

Nuts and Seeds

56 Nuts and seeds

56R Nuts and seeds Includes fruit and nut mixes, coconut, salted peanuts, nut butters, tahini, bombay mix

Fruit

40 Fruit

40A Apples and pears not canned Includes raw, baked, stewed (with or without sugar), dried, apple sauce. Includes Asian pears

40B Citrus fruit not canned Includes oranges, grapefruit, limes, tangerines, ortaniques etc

40C Bananas Includes baked bananas, banana chips

40D Canned fruit in juice Includes canned in water. Includes prunes

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| 40E | Canned fruit in syrup | |
| 40R | Other fruit not canned | Includes plums, grapes, apricots etc; raw and stewed. Fruit pie fillings, dried fruit, fruit salad |

Sugar, Preserves and Confectionery

41 Sugars, preserves and sweet spreads

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|-----|----------------------------------|---|
| 41A | Sugar | Includes glucose, golden syrup, treacle, maple syrup |
| 41B | Preserves | Includes jam, fruit spreads, marmalade, honey, lemon curd. Includes low sugar types |
| 41R | Sweet spreads fillings and icing | Includes ice cream topping sauce, chocolate spread, mincemeat, glace cherries, mixed peel, icing, brandy/rum butter, marzipan |

43 Sugar confectionery

- | | | |
|-----|---------------------|--|
| 43R | Sugar confectionery | Includes boiled sweets, gums, pastilles, fudge, chews, mints, rock, liquorice, toffees, chewing gum, sweet popcorn, ice lollies (without ice cream), nougat, halva |
|-----|---------------------|--|

44 Chocolate confectionery

- 44R Chocolate confectionery Includes chocolate bars, filled bars, assortments, carob, diabetic and low calorie chocolate

Non-Alcoholic Beverages

45 Fruit juice

- 45R Fruit juice Includes 100% single or mixed fruit juices/smoothies, sweetened or unsweetened, canned, bottled, cartons, carbonated, still, freshly squeezed, vegetable juice

- 61R Smoothies 100% fruit and/or juice (not smoothies containing dairy)

New subsidiary food group set up for NDNS year 3

57 Soft drinks, not diet

- 57A Soft drinks not low calorie concentrated¹ All types including squashes and cordials and water used as a diluent

- 57B Soft drinks not low calorie carbonated All types, including tonic water and carbonated energy drinks. *Not carbonated mineral water; Not alcoholic lemonade*

57C Soft drinks not low calorie, ready to drink, still All types of still soft drinks and energy drinks, not carbonated. Includes RTD Ribena and Sunny D

58 Soft drinks, diet

58A Soft drinks low calorie concentrated¹ All low calorie, no added sugar, sugar free types and water used as a diluent

58B Soft drinks low calorie carbonated All low calorie, no added sugar, sugar free types; includes slimline tonic water and low calorie energy drinks. *Not carbonated mineral water*

58C Soft drinks low calorie, ready to drink, still All types of still soft drinks and energy drinks, not carbonated; low calorie, no added sugar, sugar free types

51 Tea, coffee and water

51A Coffee (made up weight) Includes instant and leaf bean, decaffeinated, vending machine with whitener, coffee essence, water used as a diluent and instant/takeaway latte, cappuccinos, mochas

51B Tea (made up) Infusion, instant, decaffeinated, vending machine with whitener and water used as a diluent. Includes green and instant fruit/herbal

51C Herbal tea (made up)

51D	Bottled water still or carbonated	Includes carbonated and still, herbal tonics. <i>Not sweetened drinks or tonic water</i>
51R	Tap water only	Includes water drunk alone, used in recipes, or used as diluent for powdered beverages only. <i>Not water as diluent for concentrated soft drinks, instant coffee or instant tea</i>

Alcoholic Beverages

47 Spirits and liqueurs

47A	Liqueurs	Includes cream liqueurs, Pernod, Southern Comfort, Tia Maria, cherry brandy, Pimms
47B	Spirits	70 % proof spirits (brandy, gin, rum, vodka, whisky)

48 Wine

48A	Wine	White, red, rosé, champagne and sparkling wines
48B	Fortified wine	Port, sherry, vermouth, martini
48C	Low alcohol and alcohol free wine	Includes fruit juice and wine drinks

49 Beer lager cider and perry

49A	Beers and lagers	Premium and non premium, stout, strong ale, low carbohydrate, homemade (bottled, draft and canned)
49B	Low alcohol & alcohol free beer & lager	Includes shandy
49C	Cider and perry	Includes Babycham
49D	Low alcohol & alcohol free cider & perry	
49E	Alcoholic soft drinks (Alcopops)	Includes fruit flavoured and spirit based alcoholic soft drinks, and low calorie versions, such as Bacardi Breezer

Miscellaneous

50 Miscellaneous

50A	Beverages dry weight ⁴	Includes drinking chocolate, cocoa, Ovaltine, Horlicks, malted drinks, milk shake powder etc
50B	<i>Not used for the NDNS RP</i>	<i>Previously Soups (replaced by 50C and 50D)</i>

50C	Soup ¹ (manufactured/retail)	Any type of purchased/retail soup products, includes dried, condensed, canned, fresh
		<i>New subsidiary food group set up for the NDNS RP</i>
50D	Soup (homemade)	All homemade soup recipes
		<i>New subsidiary food group set up for the NDNS RP</i>
50E	Nutrition powders and drinks	Includes Complan, Slimfast, Ensure, protein powders and meal replacement drinks
		<i>New subsidiary food group set up for the NDNS RP</i>
50R	Savoury sauces pickles gravies & condiments	Includes white sauces, cook in sauces, sauce mixes, tomato ketchup, Bovril/Marmite, pickles, chutney, stuffing, gravy, mayonnaise, salad cream and dressings, yeast, stock cubes, dried herbs and spices and tomato puree

Commercial Toddlers Foods and Drinks

52 Commercial toddlers foods and drinks

52A	Commercial toddlers drinks	Includes powdered, concentrated and ready to drink beverages specifically manufactured for young children
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52R	Commercial toddlers foods	Includes instant and ready to eat foods specifically manufactured for young children
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Dietary Supplements

54 Dietary supplements

54A	<i>Revised for the NDNS RP</i>	<i>Previously Tablets and capsules</i>
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54A	Cod liver oil and other fish oils	According to first oil named in product name <i>Subsidiary food group revised for the NDNS RP Years 1 to 3, replaced in year 4 by 54N and 54P</i>
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54B	<i>Revised for the NDNS RP</i>	<i>Previously Oils and syrups</i>
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54B	Evening primrose oil and other plant oils	According to first oil named in product name <i>Subsidiary food group revised for the NDNS RP</i>
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54C	<i>Revised for the NDNS RP</i>	<i>Previously Drops and powders</i>
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54C	Single vitamins/minerals not Folic acid, iron, calcium	<i>Subsidiary food group revised for the NDNS RP Years 1 to 3, replaced in year 4 by 54L and 54M</i>
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54D	Folic acid	<i>New subsidiary food group set up for the NDNS RP</i>
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54E	Iron only or with vitamin C	<i>New subsidiary food group set up for the NDNS RP</i>
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54F	Calcium only or with vitamin D	<i>New subsidiary food group set up for the NDNS RP</i>
54G	Vitamins (two or more including multivitamins) no minerals	<i>New subsidiary food group set up for the NDNS RP</i>
54H	Minerals (two or more including multiminerals) no vitamins	<i>New subsidiary food group set up for the NDNS RP</i>
54I	Vitamins and minerals (including multivitamins & minerals)	<i>New subsidiary food group set up for the NDNS RP</i>
54J	Non-nutrient supplements (including herbal)	Includes echinacea, aloe vera, St Johns wort, garlic capsules <i>New subsidiary food group set up for the NDNS RP</i>
54K	Other nutrient supplements	Includes kelp, glucosamine sulphate, royal jelly, cranberry, lecithin, brewers yeast, amino acid powders, caffeine <i>New subsidiary food group set up for the NDNS RP</i>
54L	Vitamin C	<i>New subsidiary food group set up for NDNS year 4</i>
54M	Single vitamins/minerals not Folic acid, iron, calcium or vitamin C	<i>New subsidiary food group set up for NDNS year 4</i>

National Diet and Nutrition Survey

Years 1 to 9 of the RP (2008/2009 – 2016/2017): Time trend and income analysis

54N	Cod liver oil and other fish oils (including with vitamins A,D,E)	<i>New subsidiary food group set up for NDNS Year 4</i>
54P	Multivitamins and/or minerals with omega 3	<i>New subsidiary food group set up for NDNS year 4</i>
54R	Not used for the NDNS RP	<i>Previously Nutritionally complete supplements (replaced by 50E)</i>

Artificial Sweeteners

55 Artificial sweeteners⁵

55R	Artificial sweeteners	Includes granulated table top sweeteners, tablet, liquid or mini cube sweeteners
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Disaggregation categories

Disaggregation categories are expressed as food types

Specific foods within each disaggregation category are listed here, however this may not be an exhaustive list of all foods available

Fruit juice⁶ Any juiced fruit (including fruit juice in smoothies)

National Diet and Nutrition Survey

Years 1 to 9 of the RP (2008/2009 – 2016/2017): Time trend and income analysis

Smoothie fruit⁷ Pureed or crushed fruit contained in smoothies

Dried fruit Any dried fruit, not with added sugar

Banana chips

Currants

Dates

Prunes

Raisins

Sultanas

Fresh and canned fruit Apples

Apricots

Avocado

Bananas

Blackberries

Blackcurrants

Blueberries

Cherries

Cranberries

Damsons

Figs

Gooseberries

Grapefruit

Grapes

Greengage

Guava

Kiwi

Lemon

Lime

Loganberries

Lychees

Mangoes

Melons (any)

Nectarine

Olives

Oranges, any

Passion fruit

Peach

Pears

Pineapple

Plum

Pomegranate

Raspberries

Redcurrants

Rhubarb

Strawberries

White currants

Tomato puree

Tomato puree

Tomatoes

Tomatoes, any

Brassicaceae

Broccoli spears/calabrese

Brussel Sprouts

Cauliflower

Cress

Horseradish

Kohl rabi

Mooli

Pak choi/Bok choi

Radish

Red cabbage

Rocket

Savoy cabbage

Sea kale

Spring cabbage/greens

Sprouting broccoli

Swede

Swiss chard

Turnip

Turnip tops

Watercress

White cabbage

Winter/curly kale

Yellow, red and dark green leafy vegetables

Carrots (old and young)

Chinese leaves

Gourd

Jalapeno peppers and chillis - red

Parsley and other fresh herbs

Plantain

Pumpkin

Red pepper

Spinach

Squash (butternut)

Sweet potatoes

Vine leaves

Other vegetables

Artichokes

Asparagus

Aubergine

Beans (French/Green/Runner)

Beansprouts

Beetroot

Broad beans (fresh)

Capers

Celeriac

Celery

Chicory

Courgette

Cucumber

Endive

Fennel

Jalapeno peppers and chillis - green

Jerusalem artichokes

Yellow pepper

Garlic

Ginger Root

Green Banana

Green pepper

Leeks

Lettuce (iceberg, cos, webb, butterhead)

Marrow

Mushroom

Okra

Onion (including spring onion)

Parsnip

Peas (including mangetout and sugarsnap)

Raddiccio

Sweetcorn (including baby sweetcorn)

Water Chestnut

Yam

Beans and pulses

Baked beans

Balor

Blackeye

Butter

Chickpea

Flageolet

Haricot

Lentils

Mung

Pinto

Red kidney

	Soya
Nuts	All nuts ⁸
Sausages	Any meat consumed as a sausage
Burgers	Any meat consumed as a burger (not poultry)
	Grill steaks
Offal	Brain
	Heart
	Kidney
	Tongue
	Tripe
	Liver
	Oxtail
	Liver pâté

Processed red meat⁹ Manufactured, cured and/or dried meat, including
bacon and ham

Processed poultry⁹ Manufactured, cured and/or dried meat, including
chicken paste

Lamb (red meat) Any muscle meat¹⁰ from:

Mutton

Lamb

Pork (red meat) Any muscle meat¹⁰ from:

All types of pork, not bacon or ham

Beef (red meat) Any muscle meat¹⁰ from:

Beef

Veal

Other red meat

Any muscle meat¹⁰ from:

Goat

Venison

Poultry (white meat)

Any muscle meat¹⁰ from:

Chicken

Turkey

Game birds

Any muscle meat¹⁰ from:

Duck

Goose

Partridge

Pheasant

White fish

Ayr

Catfish

Caviar

Cod

Cod roe

Coley

Dover sole

Flounder

Haddock

Hake

Halibut

Hoki

John Dory

Lemon Sole

Ling

Marlin

Monkfish

Mullet, red and grey

Skate

Plaice

Pollack

Red fish

Red snapper

Rock salmon/Dogfish

Rohu

Sea bass

Sea bream

Shark

Tilapia

Turbot

Whiting

Oily fish

Anchovies

Bloater

Carp Trout

Eel Mackerel

Herring

Hilsa

Kipper

Jack fish

Pangas

Pilchards

Salmon (including canned)

Sardines

Sprats

Swordfish

Tuna (fresh only)

Whitebait

Shellfish

Abalone

Clams

Cockles

Crab

Lobster

Mussels

Octopus

Oysters

Prawns

Scallops

Shrimps

Squid

Whelks

Winkles

Canned tuna

Tuna (canned only)

Cottage cheese

Standard and low fat cottage cheese

Other cheese

All other types of cheese including reduced fat (*Revised for NDNS Year 3 onwards to exclude cheddar cheese*)

Cheddar cheese

All types including reduced fat cheddar cheese (*New disaggregation category set up for NDNS Year 3*)

¹ Concentrated soft drinks, dried milk and dried soups are reported as made up.

² 14R other cheese includes cheddar cheese for Years 1 and 2, from Year 3 cheddar cheese is reported in 14B.

³ Fats and oils used in cooking are reported with the food they are cooked with

⁴ Subsidiary group 50A covers only the dry weight of the powdered beverage. The water or milk used to make up the beverage is reported elsewhere

⁵ Consumption of artificial sweeteners is not reported in the food consumption tables

⁶ In Years 1 to 3 of the NDNS RP, the Fruit juice category included both the fruit and fruit juice components of smoothies. In Year 4, a new Smoothie fruit category was set up so that fruit from smoothies could be included with the other fruit categories (Dried fruit and Fresh and canned fruit) to calculate total fruit consumption.

⁷ Smoothie fruit is included in Fruit g/day and Total fruit (not including juice) and vegetables g/day in table 5.3. It is not reported separately.

⁸ Nuts are provided as a disaggregated variable in the NDNS dataset, however, nuts are not reported in table 5.3 of the main report.

⁹ Processed meat; no less than 30% meat having undergone any processing method other than boning, dicing, slicing, mincing, freezing

¹⁰ Muscle meat includes steak, mince, chops and roasting joints