## 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

<table>
<thead>
<tr>
<th>1</th>
<th>Pasta, rice and other miscellaneous cereals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1A</td>
<td>Not used for the NDNS Rolling Programme (RP)</td>
</tr>
<tr>
<td>1B</td>
<td>Not used for the NDNS RP</td>
</tr>
<tr>
<td>1C</td>
<td>Pizza</td>
</tr>
<tr>
<td>1D</td>
<td>Pasta (manufactured products and ready meals)</td>
</tr>
</tbody>
</table>

*New subsidiary food group set up for the NDNS RP*
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1E</td>
<td>Pasta (other, including homemade dishes)</td>
<td>Dried and cooked plain pasta (including fresh pasta and gluten-free), egg noodles and recipes for homemade dishes (including macaroni cheese)</td>
</tr>
<tr>
<td></td>
<td><em>New subsidiary food group set up for the NDNS RP</em></td>
<td></td>
</tr>
<tr>
<td>1F</td>
<td>Rice (manufactured products and ready meals)</td>
<td>All types of purchased/retail products or ready meals based on rice; includes ready meal risotto, ready cooked rice. <em>Not purchased rice pudding. Not takeaway rice dishes</em></td>
</tr>
<tr>
<td></td>
<td><em>New subsidiary food group set up for the NDNS RP</em></td>
<td></td>
</tr>
<tr>
<td>1G</td>
<td>Rice (other, including homemade dishes)</td>
<td>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). <em>Not homemade rice pudding</em></td>
</tr>
<tr>
<td></td>
<td><em>New subsidiary food group set up for the NDNS RP</em></td>
<td></td>
</tr>
<tr>
<td>1R</td>
<td>Other cereals</td>
<td>Includes flour (not rice flour), couscous, bran, oats, semolina, papadums/poppadoms, dumplings, Yorkshire pudding</td>
</tr>
</tbody>
</table>

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

National Diet and Nutrition Survey
Years 1 to 9 of the RP (2008/2009 – 2016/2017): Time trend and income analysis
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. *Not caramel shortcake*

*New subsidiary food group set up for the NDNS RP*

7B  Biscuits (homemade)
All types of homemade biscuit, sweet and savoury

*New subsidiary food group set up for the NDNS RP*

7R  *Not used for the NDNS RP*
Previously Biscuits (replaced by 7A and 7B)

8  Buns, cakes, pastries and fruit pies

8A  *Not used for the NDNS RP*
Previously Fruit pies (replaced by 8B and 8C)

8B  Fruit pies (manufactured)
All types of purchased/retail fruit pies, one and two crusts; includes strudel, individual fruit pies from takeaways

*New subsidiary food group set up for the NDNS RP*
<table>
<thead>
<tr>
<th>Code</th>
<th>Item Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8C</td>
<td>Fruit pies (homemade)</td>
<td>All types of homemade fruit pies, any fruit, any pastry. New subsidiary food group set up for the NDNS RP.</td>
</tr>
<tr>
<td>8D</td>
<td>Buns cakes and pastries (manufactured)</td>
<td>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. New subsidiary food group set up for the NDNS RP.</td>
</tr>
<tr>
<td>8E</td>
<td>Buns cakes and pastries (homemade)</td>
<td>All types of homemade buns, cakes and pastries. Includes pastry and potato scones. Not fruit pies. New subsidiary food group set up for the NDNS RP.</td>
</tr>
<tr>
<td>8R</td>
<td>Not used for the NDNS RP</td>
<td>Previously buns, cakes and pastries (replaced by 8D and 8E).</td>
</tr>
<tr>
<td>9</td>
<td>Puddings</td>
<td></td>
</tr>
<tr>
<td>9A</td>
<td>Not used for the NDNS RP</td>
<td>Previously Cereal based milk puddings (replaced by 9C and 9D).</td>
</tr>
<tr>
<td>9B</td>
<td>Not used for the NDNS RP</td>
<td>Previously Sponge puddings (replaced by 9E and 9F).</td>
</tr>
</tbody>
</table>

**National Diet and Nutrition Survey**
Years 1 to 9 of the RP (2008/2009 – 2016/2017): Time trend and income analysis
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>9C</td>
<td>Cereal based milk puddings (manufactured)</td>
<td>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. <em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>9D</td>
<td>Cereal based milk puddings (homemade)</td>
<td>All types of homemade cereal based milk puddings. <em>Not made up packet mixes</em></td>
</tr>
<tr>
<td>9E</td>
<td>Sponge puddings (manufactured)</td>
<td>All types of retail/purchased sponge puddings, includes steamed, canned, suet pudding, jam roly poly, sponge flan, upside down pudding, treacle sponge, spotted dick.</td>
</tr>
<tr>
<td>9F</td>
<td>Sponge puddings (homemade)</td>
<td>Includes any other sponge puddings and those made from homemade recipes.</td>
</tr>
<tr>
<td>9G</td>
<td>Other cereal based puddings (manufactured)</td>
<td>Any other types of pudding purchased/retail. Includes trifle, pancakes, crumble, bread pudding, summer pudding, cheesecakes, tiramisu, rum baba, Christmas pudding, jelly cubes.</td>
</tr>
</tbody>
</table>

*National Diet and Nutrition Survey*
*Years 1 to 9 of the RP (2008/2009 – 2016/2017): Time trend and income analysis*
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9H</td>
<td>Other cereal based puddings (homemade)</td>
<td>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.</td>
</tr>
<tr>
<td>9R</td>
<td>Not used for the NDNS RP</td>
<td>Previously Other cereal based puddings (replaced by 9G and 9H).</td>
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</tbody>
</table>

**Milk and Milk Products**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Whole milk</td>
<td>All types of whole cow's milk including pasteurised, UHT, sterilised, Channel Island, milk with added fatty acids.</td>
</tr>
<tr>
<td>10R</td>
<td>Whole milk</td>
<td>All types of whole cow's milk including pasteurised, UHT, sterilised, Channel Island, milk with added fatty acids.</td>
</tr>
<tr>
<td>11</td>
<td>Semi-skimmed milk</td>
<td>All types of semi-skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids.</td>
</tr>
<tr>
<td>11R</td>
<td>Semi-skimmed milk</td>
<td>All types of semi-skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids.</td>
</tr>
<tr>
<td>60</td>
<td>1% Milk</td>
<td></td>
</tr>
</tbody>
</table>
60R 1% Milk  
Includes 1% and 0.75% fat milk

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

<table>
<thead>
<tr>
<th>12</th>
<th>Skimmed milk</th>
</tr>
</thead>
</table>
| 12R | Skimmed milk  
All types of skimmed cow's milk including pasteurised, UHT, sterilised, canned, milk with added vitamins or fatty acids, Flora Pro.Activ |

<table>
<thead>
<tr>
<th>13</th>
<th>Other milk and cream</th>
</tr>
</thead>
</table>
| 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 |

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*National Diet and Nutrition Survey*

*Years 1 to 9 of the RP (2008/2009 – 2016/2017): Time trend and income analysis*
14A Cottage cheese  
Includes diet and flavoured varieties

14B Cheddar cheese  
All types, including reduced fat cheddar cheese

*New subsidiary food group set up for NDNS RP*

**Year 3**

14R Other cheese

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. *Not fromage frais or Quark*

15 Yogurt, fromage frais and other dairy desserts

15A *Not used for the NDNS RP*  
*Previously Fromage frais (replaced by 15C and 15D)*

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

*New subsidiary food group set up for the NDNS RP*
15D Dairy desserts
(homemade)
Includes any type of homemade fromage frais or dairy dessert

New subsidiary food group set up for the NDNS RP

15R Not used for the NDNS RP
Previously Other dairy desserts (replaced by 15C and 15D)

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

Eggs and Egg Dishes

16 Eggs and egg dishes

16A Not used for the NDNS RP
Previously Eggs (replaced by 16C and 16D)

16B Not used for the NDNS RP
Previously Egg dishes (replaced by 16C and 16D)
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 mayonnaise sandwich filler

*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

*New subsidiary food group set up for the NDNS RP*

**Fat Spreads**

17  **Butter**

17R  **Butter**  Salted and unsalted, butter ghee, spreadable butter. *Not light spreadable butter, not half fat butter, not brandy butter*

18  **Polyunsaturated margarine and oils**

18A  **Polyunsaturated margarine**  Margarine claiming to be high in polyunsaturated fatty acids

18B  **Polyunsaturated oils**  Includes corn oil, sunflower oil, solid sunflower oil
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>19</td>
<td><strong>Low fat spread</strong>&lt;sup&gt;3&lt;/sup&gt;</td>
<td></td>
</tr>
<tr>
<td>19A</td>
<td>Polyunsaturated low fat spread</td>
<td>Spreads containing 40% or less fat, claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads</td>
</tr>
<tr>
<td>19R</td>
<td>Low fat spread not polyunsaturated</td>
<td>Spreads containing 40% or less fat, not claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads and half fat butter</td>
</tr>
<tr>
<td>20</td>
<td><strong>Margarine and other cooking fats and oils NOT polyunsaturated</strong>&lt;sup&gt;3&lt;/sup&gt;</td>
<td></td>
</tr>
<tr>
<td>20A</td>
<td>Block margarine</td>
<td>All hard margarine and block fats (75-90% fat)</td>
</tr>
<tr>
<td>20B</td>
<td>Soft margarine not polyunsaturated</td>
<td>Tub margarine not claiming to be high in polyunsaturated fatty acids</td>
</tr>
<tr>
<td>20C</td>
<td>Other cooking fats and oils not polyunsaturated</td>
<td>Includes blended vegetable oil, suet (animal and vegetable), lard, compound cooking fat, dripping, olive oil, rapeseed oil, ghee made from oil, animal fats</td>
</tr>
<tr>
<td>21</td>
<td><strong>Reduced fat spread</strong>&lt;sup&gt;3&lt;/sup&gt;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Reduced fat spread (polyunsaturated)</td>
<td>Spreads containing more than 40% and less than 80% fat, claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads</td>
</tr>
<tr>
<td>---</td>
<td>-------------------------------------</td>
<td>----------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>21A</td>
<td>Reduced fat spread (not polyunsaturated)</td>
<td>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</td>
</tr>
</tbody>
</table>

**Meat and Meat Products**

<table>
<thead>
<tr>
<th></th>
<th>Bacon and ham</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>Bacon and ham</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Ready meals/meal centres based on bacon and ham</th>
<th>Any types of bacon and ham purchased/retail products including ready meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>22A</td>
<td></td>
<td><em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Other bacon and ham (including homemade dishes)</th>
<th>Includes bacon and gammon joints, steaks, chops and rashers, any ham except in ready meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>22B</td>
<td></td>
<td><em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Not used for the NDNS RP</th>
<th>Previously Bacon and ham (replaced by 22A and 22B)</th>
</tr>
</thead>
<tbody>
<tr>
<td>22R</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## 23 Beef, veal and dishes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>23A</td>
<td>Manufactured beef products (including ready meals)</td>
<td>Any types of beef and veal products purchased/retail, including ready meals, canned beef products and pastrami. <em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>23B</td>
<td>Other beef &amp; veal (including homemade recipe dishes)</td>
<td>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. <em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>23R</td>
<td>Not used for the NDNS RP</td>
<td><em>Previously Beef, veal and dishes (replaced by 23A and 23B)</em></td>
</tr>
</tbody>
</table>

## 24 Lamb and dishes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>24A</td>
<td>Manufactured lamb products (including ready meals)</td>
<td>Any types of lamb product purchased/retail, including ready meals and canned products. <em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>Code</td>
<td>Description</td>
<td>Details</td>
</tr>
<tr>
<td>------</td>
<td>-------------</td>
<td>---------</td>
</tr>
<tr>
<td>24B</td>
<td>Other lamb (including homemade recipe dishes)</td>
<td>Includes lamb joints, chops, fillets and homemade recipes for Irish stew, shepherds pie, lamb curries and casseroles. Includes lamb based takeaway dishes. <em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>24R</td>
<td>Not used for the NDNS RP</td>
<td>Previously Lamb and dishes (replaced by 24A and 24B)</td>
</tr>
<tr>
<td>25</td>
<td>Pork and dishes</td>
<td></td>
</tr>
<tr>
<td>25A</td>
<td>Manufactured pork products (including ready meals)</td>
<td>Any types of pork product (not ham or bacon) purchased/retail including ready meals and canned pork products. <em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>25B</td>
<td>Other pork (including homemade recipe dishes)</td>
<td>Includes pork joints, chops, steaks, belly rashers, crackling and homemade recipes for stews, casseroles, sweet and sour pork. Includes pork based takeaway dishes. <em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>25R</td>
<td>Not used for the NDNS RP</td>
<td>Previously Pork and dishes (replaced by 25A and 25B)</td>
</tr>
</tbody>
</table>
26  **Coated chicken and turkey manufactured**

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<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>26A</td>
<td>Manufactured coated chicken/turkey products</td>
<td>Any type of coated chicken or turkey products purchased/retail or takeaway. Includes Kentucky Fried Chicken, nuggets, drumsticks, chicken kievs, burgers (with/without bun)</td>
</tr>
<tr>
<td>26R</td>
<td>Not used for the NDNS RP</td>
<td>Previously Coated chicken and turkey (replaced by 26A and 27)</td>
</tr>
</tbody>
</table>

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27  **Chicken and turkey dishes**

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<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>27A</td>
<td>Manufactured chicken products (including ready meals)</td>
<td>Any type of chicken or turkey products purchased/retail, including ready meals, sandwich fillings, canned chicken/turkey and dishes. <em>Not chicken/turkey sausages. Not coated chicken/turkey</em></td>
</tr>
<tr>
<td>27B</td>
<td>Other chicken/turkey (including homemade recipe dishes)</td>
<td>Includes chicken and turkey roasts, barbecued, curries, stews, casseroles and any other homemade recipes, including coated chicken or turkey. Includes takeaway dishes. <em>Not liver or giblets</em></td>
</tr>
<tr>
<td>27R</td>
<td>Not used for the NDNS RP</td>
<td>Previously Chicken and turkey dishes (replaced by 27A and 27B)</td>
</tr>
</tbody>
</table>
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
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
</table>
| 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. *Not sausage rolls*
| | | *New subsidiary food group set up for the NDNS RP* |
| 30R  | Not used for the NDNS RP | Previously Sausages (replaced by 30A and 30B) |
| 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 |
| | | *New subsidiary food group set up for the NDNS RP* |
| 31B  | Meat pies and pastries (homemade) | Includes any type of homemade meat pies or pastries |
| | | *New subsidiary food group set up for the NDNS RP* |
| 31R  | Not used for the NDNS RP | Previously Meat pies and pastries (replaced by 31A and 31B) |
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

National Diet and Nutrition Survey  
Years 1 to 9 of the RP (2008/2009 – 2016/2017): Time trend and income analysis
### Manufactured canned tuna products (including ready meals) (34G)

- 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).

*New subsidiary food group set up for the NDNS RP*

### Other canned tuna (including homemade dishes) (34H)

- Includes homemade recipes based on canned tuna.

*New subsidiary food group set up for the NDNS RP*

### Oily fish (35)

#### Manufactured oily fish products (including ready meals) (35A)

- Any type of oily fish purchased/retail product including canned in oil/brine/tomato, pickled, sushi, ready meals, taramasalata, pate, paste.

*New subsidiary food group set up for the NDNS RP*

#### Other oily fish (including homemade dishes) (35B)

- Includes any oily fish or roe such as herrings, kippers, mackerel, sprats, eels, salmon, tuna (*not canned*), sardines, trout (baked, fried, grilled). Also homemade recipes based on oily fish.

*New subsidiary food group set up for the NDNS RP*

#### Not used for the NDNS RP (35R)

- Previously Oily fish (replaced by 34G, 34H, 35A and 35B)
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>36</td>
<td>Salad and other raw vegetables</td>
<td></td>
</tr>
<tr>
<td>36A</td>
<td>Carrots (raw)</td>
<td></td>
</tr>
<tr>
<td>36B</td>
<td>Salad and other raw vegetables</td>
<td>All types of raw vegetables, including coleslaw, tzatziki, guacamole, fresh herbs. Purchased or homemade. <em>Not salads made with cooked vegetables or potato salad</em></td>
</tr>
<tr>
<td>36C</td>
<td>Tomatoes raw</td>
<td></td>
</tr>
<tr>
<td>37</td>
<td>Vegetables (not raw)</td>
<td></td>
</tr>
<tr>
<td>37A</td>
<td>Peas not raw</td>
<td>Includes canned and pease pudding canned. Includes cooked dried, mushy, frozen and mange tout peas. Includes pea curry</td>
</tr>
<tr>
<td>37B</td>
<td>Green beans not raw</td>
<td>Includes cooked (fresh or frozen) or canned French, runner and green beans</td>
</tr>
<tr>
<td>37C</td>
<td>Baked beans</td>
<td>Canned baked beans in sauce. Includes baked beans with additions e.g. sausages, burgers, pasta</td>
</tr>
<tr>
<td>37D</td>
<td>Leafy green vegetables not raw</td>
<td>Includes cooked or canned broccoli, spinach, cabbage (all types), brussels sprouts, chard</td>
</tr>
<tr>
<td>37E</td>
<td>Carrots not raw</td>
<td>Includes boiled, fried, canned</td>
</tr>
</tbody>
</table>
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 hummus, 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**
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>37M</td>
<td>Other vegetables (including homemade dishes)</td>
<td>Includes all other non-raw vegetables and homemade vegetable dishes such as vegetable curries, casseroles and stews, pies, vegetable lasagne, cauliflower cheese, veggieburgers (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</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>37R</td>
<td>Not used for the NDNS RP</td>
<td>Previously Other vegetables (not raw) (replaced by 37I, 37K and 37M)</td>
</tr>
<tr>
<td>38</td>
<td>Chips, fried and roast potatoes and potato products</td>
<td></td>
</tr>
<tr>
<td>38A</td>
<td>Chips purchased including takeaway</td>
<td>Any type of purchased/retail or takeaway chips or French fries, including fresh and frozen, oven and microwave</td>
</tr>
<tr>
<td>38B</td>
<td>Not used for the NDNS RP</td>
<td>Previously Fried or roast potatoes and fried potato products (replaced by 38C and 38D)</td>
</tr>
<tr>
<td>38C</td>
<td>Other manufactured potato products fried/baked</td>
<td>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</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>New subsidiary food group set up for the NDNS RP</em></td>
</tr>
<tr>
<td>Code</td>
<td>Description</td>
<td>Notes</td>
</tr>
<tr>
<td>------</td>
<td>-------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| 38D  | Other fried/roast potatoes (including homemade dishes) | Any homemade fried or roast potato products, including chips and potatoes roasted in fat.  
|      |                                                 | *New subsidiary food group set up for the NDNS RP*                   |
| 38R  | Not used for the NDNS RP                        | Previously Potato products not fried (replaced by 38C)               |
| 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)  
|      |                                                 | *New subsidiary food group set up for the NDNS RP*                   |
| 39B  | Other potatoes (including homemade dishes)       | Includes all other types of potato such as boiled, mashed, baked and homemade potato salads and dishes  
|      |                                                 | *New subsidiary food group set up for the NDNS RP*                   |
| 39R  | Not used for the NDNS RP                        | Previously Other potatoes, potato salads and dishes (replaced by 39A and 39B)   |
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
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>40E</td>
<td>Canned fruit in syrup</td>
<td></td>
</tr>
<tr>
<td>40R</td>
<td>Other fruit not canned</td>
<td>Includes plums, grapes, apricots etc; raw and stewed. Fruit pie fillings, dried fruit, fruit salad</td>
</tr>
</tbody>
</table>

### Sugar, Preserves and Confectionery

#### 41 Sugars, preserves and sweet spreads

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>41A</td>
<td>Sugar</td>
<td>Includes glucose, golden syrup, treacle, maple syrup</td>
</tr>
<tr>
<td>41B</td>
<td>Preserves</td>
<td>Includes jam, fruit spreads, marmalade, honey, lemon curd. Includes low sugar types</td>
</tr>
<tr>
<td>41R</td>
<td>Sweet spreads fillings and icing</td>
<td>Includes ice cream topping sauce, chocolate spread, mincemeat, glace cherries, mixed peel, icing, brandy/rum butter, marzipan</td>
</tr>
</tbody>
</table>

#### 43 Sugar confectionery

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>43R</td>
<td>Sugar confectionery</td>
<td>Includes boiled sweets, gums, pastilles, fudge, chews, mints, rock, liquorice, toffees, chewing gum, sweet popcorn, ice lollies (without ice cream), nougat, halva</td>
</tr>
</tbody>
</table>
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 concentrated\(^1\)  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 concentrated\(^1\)
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. *Not sweetened drinks or tonic water*

51R Tap water only
Includes water drunk alone, used in recipes, or used as diluent for powdered beverages only. *Not water as diluent for concentrated soft drinks, instant coffee or instant tea*

**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  Not used for the NDNS RP  Previously Soups (replaced by 50C and 50D)
50C  Soup¹ (manufactured/retail)  Any type of purchased/retail soup products, includes dried, condensed, canned, fresh  

*New subsidiary food group set up for the NDNS RP*

50D  Soup (homemade)  All homemade soup recipes  

*New subsidiary food group set up for the NDNS RP*

50E  Nutrition powders and drinks  Includes Complan, Slimfast, Ensure, protein powders and meal replacement drinks  

*New subsidiary food group set up for the NDNS RP*

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
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>52R</td>
<td>Commercial toddlers foods</td>
<td>Includes instant and ready to eat foods specifically manufactured for young children</td>
</tr>
<tr>
<td>54</td>
<td>Dietary supplements</td>
<td></td>
</tr>
<tr>
<td>54A</td>
<td>Revised for the NDNS RP</td>
<td>Previously Tablets and capsules</td>
</tr>
<tr>
<td>54A</td>
<td>Cod liver oil and other fish oils</td>
<td>According to first oil named in product name</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Subsidiary food group revised for the NDNS RP</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Years 1 to 3, replaced in year 4 by 54N and 54P</td>
</tr>
<tr>
<td>54B</td>
<td>Revised for the NDNS RP</td>
<td>Previously Oils and syrups</td>
</tr>
<tr>
<td>54B</td>
<td>Evening primrose oil and other plant oils</td>
<td>According to first oil named in product name</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Subsidiary food group revised for the NDNS RP</td>
</tr>
<tr>
<td>54C</td>
<td>Revised for the NDNS RP</td>
<td>Previously Drops and powders</td>
</tr>
<tr>
<td>54C</td>
<td>Single vitamins/minerals not Folic acid, iron, calcium</td>
<td>Subsidiary food group revised for the NDNS RP</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Years 1 to 3, replaced in year 4 by 54L and 54M</td>
</tr>
<tr>
<td>54D</td>
<td>Folic acid</td>
<td>New subsidiary food group set up for the NDNS RP</td>
</tr>
<tr>
<td>54E</td>
<td>Iron only or with vitamin C</td>
<td>New subsidiary food group set up for the NDNS RP</td>
</tr>
</tbody>
</table>
54F Calcium only or with vitamin D | New subsidiary food group set up for the NDNS RP

54G Vitamins (two or more including multivitamins) no minerals | New subsidiary food group set up for the NDNS RP

54H Minerals (two or more including multiminerals) no vitamins | New subsidiary food group set up for the NDNS RP

54I Vitamins and minerals (including multivitamins & minerals) | New subsidiary food group set up for the NDNS RP

54J Non-nutrient supplements (including herbal) | Includes echinacea, aloe vera, St Johns wort, garlic capsules

54K Other nutrient supplements | Includes kelp, glucosamine sulphate, royal jelly, cranberry, lecithin, brewers yeast, amino acid powders, caffeine

54L Vitamin C | New subsidiary food group set up for NDNS year 4

54M Single vitamins/minerals not Folic acid, iron, calcium or vitamin C | New subsidiary food group set up for NDNS year 4

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)  
\textit{New subsidiary food group set up for NDNS}  
\textit{Year 4}

54P Multivitamins and/or minerals with omega 3  
\textit{New subsidiary food group set up for NDNS}  
\textit{year 4}

54R Not used for the NDNS RP  
\textit{Previously Nutritionally complete supplements (replaced by 50E)}

Artificial Sweeteners

55 Artificial sweeteners$^5$

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

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

\textbf{Fruit juice}$^6$  
Any juiced fruit (including fruit juice in smoothies)
Smoothie fruit

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
<table>
<thead>
<tr>
<th>Tomatoes</th>
<th>Tomatoes, any</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brassicaceae</td>
<td>Broccoli spears/calabrese</td>
</tr>
<tr>
<td></td>
<td>Brussel Sprouts</td>
</tr>
<tr>
<td></td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Cress</td>
</tr>
<tr>
<td></td>
<td>Horseradish</td>
</tr>
<tr>
<td></td>
<td>Kohl rabi</td>
</tr>
<tr>
<td></td>
<td>Mooli</td>
</tr>
<tr>
<td></td>
<td>Pak choi/Bok choi</td>
</tr>
<tr>
<td></td>
<td>Radish</td>
</tr>
<tr>
<td></td>
<td>Red cabbage</td>
</tr>
<tr>
<td></td>
<td>Rocket</td>
</tr>
<tr>
<td></td>
<td>Savoy cabbage</td>
</tr>
<tr>
<td></td>
<td>Sea kale</td>
</tr>
<tr>
<td></td>
<td>Spring cabbage/greens</td>
</tr>
</tbody>
</table>
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
<table>
<thead>
<tr>
<th><strong>Beans and pulses</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked beans</td>
<td></td>
</tr>
<tr>
<td>Balor</td>
<td></td>
</tr>
<tr>
<td>Blackeye</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td></td>
</tr>
<tr>
<td>Chickpea</td>
<td></td>
</tr>
<tr>
<td>Flageolet</td>
<td></td>
</tr>
<tr>
<td>Haricot</td>
<td></td>
</tr>
<tr>
<td>Lentils</td>
<td></td>
</tr>
<tr>
<td>Mung</td>
<td></td>
</tr>
<tr>
<td>Pinto</td>
<td></td>
</tr>
<tr>
<td>Red kidney</td>
<td></td>
</tr>
<tr>
<td>Category</td>
<td>Description</td>
</tr>
<tr>
<td>------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>Soya</td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td>All nuts</td>
</tr>
<tr>
<td>Sausages</td>
<td>Any meat consumed as a sausage</td>
</tr>
<tr>
<td>Burgers</td>
<td>Any meat consumed as a burger (not poultry)</td>
</tr>
<tr>
<td></td>
<td>Grill steaks</td>
</tr>
<tr>
<td>Offal</td>
<td>Brain</td>
</tr>
<tr>
<td></td>
<td>Heart</td>
</tr>
<tr>
<td></td>
<td>Kidney</td>
</tr>
<tr>
<td></td>
<td>Tongue</td>
</tr>
<tr>
<td></td>
<td>Tripe</td>
</tr>
<tr>
<td></td>
<td>Liver</td>
</tr>
<tr>
<td></td>
<td>Oxtail</td>
</tr>
<tr>
<td></td>
<td>Liver pâté</td>
</tr>
</tbody>
</table>
**Processed red meat**: Manufactured, cured and/or dried meat, including bacon and ham

**Processed poultry**: Manufactured, cured and/or dried meat, including chicken paste

**Lamb (red meat)**: Any muscle meat from:
- Mutton
- Lamb

**Pork (red meat)**: Any muscle meat from:
- All types of pork, not bacon or ham

**Beef (red meat)**: Any muscle meat from:
- Beef
- Veal
Other red meat

Any muscle meat from:

Goat

Venison

Poultry (white meat)

Any muscle meat from:

Chicken

Turkey

Game birds

Any muscle meat 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*)

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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

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