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| **Supplementary Table 2: Description of the food items included in each of the 26 food groups** |
| **Food group** | **Foods included** |
| Fresh meat | Bacon & ham (gammon), beef & veal, lamb, pork, chicken and turkey & game |
| Meat dishes | Offal & offal dishes, beef & veal dishes, lamb, pork & bacon dishes and poultry & game dishes |
| Meat products | burgers, sausages, meat pies & pastries |
| Whole milk | Whole milk |
| Low fat, skimmed & fortified milks | Low fat, skimmed & fortified milks |
| Cheeses | All cheese |
| Butter | Butter (over 80% fat) and hard cooking fats |
| Low- fat spreads | Low fat spreads (under 40 % fat) |
| Spreading fats and oils | Other fat spreads (40 – 80 % fat) and oils (not including those used in recipes) |
| Ice cream and creams | Ice cream and creams |
| Puddings and chilled desserts | Yoghurts, desserts and rice puddings & custard |
| Savouries | Pizza, noodles, stuffing, savoury rice, quiche, savoury pastries and pasta with sauce.  |
| Savoury snacks | Pretzels, popcorn, breadsticks, potato crisps and corn snacks. |
| Soups, sauces & miscellaneous foods | Soups, sauces, houmous, vinegar, mustard, mayonnaise, dressings and gravy |
| Biscuits, cakes, pastries & buns | Biscuits including crackers and cakes, pastries and buns |
| Sugars, confectionary & preserves | Sugars, syrups, preserves & sweeteners, chocolate confectionary and non-chocolate confectionary |
| Potatoes | Potatoes (boiled/baked/mashed) |
| Potatoes chipped, fried & roasted potatoes | Chipped, fried & roasted potatoes |
| Potato Products | Processed & homemade potato products |
| Fish, fish products & fish dishes | Fish & fish products and fish dishes |
| Eggs & egg dishes | Eggs & egg dishes i.e. omelettes  |
| Vegetable & pulse dishes | Vegetable & pulse dishes |
| Breads and rolls | White sliced bread & rolls, wholemeal & brown bread & rolls and other breads |
| RTEBC\* | RTEBC (does not include porridge) |
| Other | Rice, pasta, flours, grains, other breakfast cereals, non-alcoholic beverages, nuts and seeds, herbs and spices, fruit, vegetables, other milk and milk-based beverages. |
| Nutritional supplements | Nutritional supplements |

\*RTEBC, ready-to-eat breakfast cereals