

# 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	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Pasta (replaced by 1D and 1E)</i>
1B	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Rice (replaced by 1F and 1G)</i>
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 Rolling Programme</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 Rolling Programme</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 Rolling Programme</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 Rolling Programme</i>
1R	Other cereals	Includes flour (not rice flour), cous cous, bran, oats, semolina, papadums/poppadoms, dumplings, Yorkshire pudding
<b>2 White bread</b>		
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. <i>Not fruit loaf. Not high fibre. Not multiseed bread</i>
<b>3 Wholemeal bread</b>		
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
<b>59 Brown, granary and wheatgerm bread</b>		
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 <i>New food group set up for the NDNS Rolling Programme</i>
<b>4 Other breads</b>		
4A	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Softgrain bread (replaced by 59R)</i>

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. <i>Food group revised to exclude brown, granary and wheatgerm bread (see food group 59R)</i>
<b>5 High fibre breakfast cereals</b>		
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
<b>6 Other breakfast cereals</b>		
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
<b>7 Biscuits</b>		
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 Rolling Programme</i>
7B	Biscuits (homemade)	All types of homemade biscuit, sweet and savoury <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
7R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Biscuits (replaced by 7A and 7B)</i>
<b>8 Buns, cakes, pastries and fruit pies</b>		
8A	<i>Not used for the NDNS Rolling Programme</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 Rolling Programme</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 Rolling Programme</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 Rolling Programme</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 Rolling Programme</i>
8R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously buns, cakes and pastries(replaced by 8D and 8E)</i>
<b>9 Puddings</b>		
9A	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Cereal based milk puddings (replaced by 9C and 9D)</i>
9B	<i>Not used for the NDNS Rolling Programme</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 Rolling Programme</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 Rolling Programme</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 Rolling Programme</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 Rolling Programme</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 Rolling Programme</i>
9H	Other cereal based puddings (homemade)	Includes any other type of pudding made from homemade recipes. Includes jelly made up with water <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
9R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Other cereal based puddings (replaced by 9G and 9H)</i>

### **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

<b>60</b>	<b>1% Milk</b>	
60R	1% Milk	Includes 1% and 0.75% fat milk <i>New food group set up for the NDNS Rolling Programme (from year 2)</i>
<b>12</b>	<b>Skimmed milk</b>	
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
<b>13</b>	<b>Other milk and cream</b>	
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 milk <sup>1</sup>	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
<b>14</b>	<b>Cheese</b>	
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 year 3</i>
14R	Other cheese <sup>2</sup>	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>
<b>15</b>	<b>Yogurt, fromage frais and other dairy desserts</b>	

15A	<i>Not used for the NDNS Rolling Programme</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 Rolling Programme</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 Rolling Programme</i>
15R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Other dairy desserts (replaced by 15C and 15D)</i>
<b>53</b>	<b>Ice cream</b>	
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	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Eggs (replaced by 16C and 16D)</i>
16B	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Egg dishes (replaced by 16C and 16D)</i>
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 <i>New subsidiary food group set up for the NDNS Rolling Programme</i>

- 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), egg bread. Includes any homemade egg recipe dish  
*New subsidiary food group set up for the NDNS Rolling Programme*

## **Fat Spreads**

### **17 Butter<sup>3</sup>**

- 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<sup>3</sup>**

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

- 18B Polyunsaturated oils Includes corn oil, sunflower oil, solid sunflower oil

### **19 Low fat spread<sup>3</sup>**

- 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 polyunsaturated<sup>3</sup>**

- 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 spread<sup>3</sup>**



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|-----|--|---|
| 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**

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|-----|---|--|
| 22A | Ready meals/meal centres based on bacon and ham | Any types of bacon and ham purchased/retail products including ready meals<br><i>New subsidiary food group set up for the NDNS Rolling Programme</i>                 |
| 22B | Other bacon and ham (including homemade dishes) | Includes bacon and gammon joints, steaks, chops and rashers, any ham except in ready meals<br><i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

22R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Bacon and ham (replaced by 22A and 22B)</i>
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### **23 Beef, veal and dishes**

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|-----|--|---|
| 23A | Manufactured beef products (including ready meals)   | Any types of beef and veal products purchased/retail, including ready meals, canned beef products and pastrami<br><i>New subsidiary food group set up for the NDNS Rolling Programme</i>  |
| 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<br><i>New subsidiary food group set up for the NDNS Rolling Programme</i> |

23R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Beef, veal and dishes (replaced by 23A and 23B)</i>
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<b>24</b>	<b>Lamb and dishes</b>	
24A	Manufactured lamb products (including ready meals)	Any types of lamb product purchased/retail, including ready meals and canned products <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
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 <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
24R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Lamb and dishes (replaced by 24A and 24B)</i>
<b>25</b>	<b>Pork and dishes</b>	
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 <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
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 <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
25R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Pork and dishes (replaced by 25A and 25B)</i>
<b>26</b>	<b>Coated chicken and turkey manufactured</b>	
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) <i>New subsidiary food group set up for the NDNS Rolling Programme</i>

<b>26R</b>	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Coated chicken and turkey (replaced by 26A and 27B)</i>
<b>27 Chicken and turkey dishes</b>		
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. <i>Not chicken/turkey sausages. Not coated chicken/turkey</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
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. <i>Not liver or giblets</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
<b>27R</b>	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Chicken and turkey dishes (replaced by 27A and 27B)</i>
<b>28 Liver, products and dishes</b>		
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
<b>29 Burgers and kebabs</b>		
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. <i>Not homemade burgers or kebabs; not chicken</i>
<b>30 Sausages</b>		
30A	Ready meals based on sausages	Any type of manufactured product/ready meal, eg toad in the hole, sausage and mash <i>New subsidiary food group set up for the NDNS Rolling Programme</i>

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 Rolling Programme</i>
30R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Sausages (replaced by 30A and 30B)</i>
<b>31 Meat pies and pastries</b>		
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 Rolling Programme</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 Rolling Programme</i>
31R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Meat pies and pastries (replaced by 31A and 31B)</i>
<b>32 Other meat and meat products</b>		
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 <i>New subsidiary food group set up for the NDNS Rolling Programme</i>

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 Rolling Programme*

32R *Not used for the NDNS Rolling Programme*

*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 Rolling Programme*

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

34B *Not used for the NDNS Rolling Programme*

*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 Rolling Programme*

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 Rolling Programme*

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 Rolling Programme*

34F	Other shellfish (including homemade dishes)	Includes any type of shellfish (mussels, prawns, crab etc) and homemade and takeaway shellfish dishes <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
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 Rolling Programme</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 Rolling Programme</i>
<b>35</b>	<b>Oily fish</b>	
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 Rolling Programme</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 Rolling Programme</i>
35R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Oily fish (replaced by 34G, 34H, 35A and 35B)</i>

## **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. <i>Not salads made with cooked vegetables or potato salad</i>
36C	Tomatoes raw	
<b>37</b>	<b>Vegetables (not raw)</b>	
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	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Vegetable dishes (not raw)(replaced by 37I, 37K, 37L and 37M)</i>
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. <i>Not baked beans. Not soup</i> <i>New subsidiary food group set up for the NDNS Rolling Programme</i>

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 <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
37L	Other manufactured vegetable products (including ready meals)	Any type of purchased/retail vegetable products, including ready meals <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
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 <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
37R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Other vegetables (not raw) (replaced by 37I, 37K and 37M)</i>
<b>38</b>	<b>Chips, fried and roast potatoes and potato products</b>	
38A	Chips purchased including takeaway	Any type of purchased/retail or takeaway chips or French fries, including fresh and frozen, oven and microwave
38B	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Fried or roast potatoes and fried potato products (replaced by 38C and 38D)</i>
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 <i>New subsidiary food group set up for the NDNS Rolling Programme</i>



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 Rolling Programme</i>
38R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Potato products not fried (replaced by 38C)</i>
<b>39</b>	<b>Other potatoes, potato salads and dishes</b>	
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 Rolling Programme</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 Rolling Programme</i>
39R	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Other potatoes, potato salads and dishes (replaced by 39A and 39B)</i>
<b>Savoury Snacks</b>		
<b>42</b>	<b>Crisps and savoury snacks</b>	
42R	Crisps and savoury snacks	Includes all potato and cereal based snacks, popcorn (not sweet), twiglets, pretzels, pork scratchings
<b>Nuts and Seeds</b>		
<b>56</b>	<b>Nuts and seeds</b>	
56R	Nuts and seeds	Includes fruit and nut mixes, coconut, salted peanuts, nut butters, tahini, bombay mix
<b>Fruit</b>		
<b>40</b>	<b>Fruit</b>	
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
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**

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
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#### **44 Chocolate confectionery**

44R	Chocolate confectionery	Includes chocolate bars, filled bars, assortments, carob, diabetic and low calorie chocolate
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### **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
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61R	Smoothies	100% fruit and/or juice (not smoothies containing dairy) <i>New subsidiary food group set up for NDNS year 3</i>
<b>57</b>	<b>Soft drinks, not diet</b>	
57A	Soft drinks not low calorie concentrated <sup>1</sup>	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. <i>Not carbonated mineral water; Not alcoholic lemonade</i>
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
<b>58</b>	<b>Soft drinks, diet</b>	
58A	Soft drinks low calorie concentrated <sup>1</sup>	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. <i>Not carbonated mineral water</i>
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
<b>51</b>	<b>Tea, coffee and water</b>	
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. *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<sup>4</sup> Includes drinking chocolate, cocoa, Ovaltine, Horlicks, malted drinks, milk shake powder etc

50B	<i>Not used for the NDNS Rolling Programme</i>	<i>Previously Soups (replaced by 50C and 50D)</i>
50C	Soup <sup>1</sup> (manufactured/retail)	Any type of purchased/retail soup products, includes dried, condensed, canned, fresh <i>New subsidiary food group set up for the NDNS Rolling Programme</i>
50D	Soup (homemade)	All homemade soup recipes <i>New subsidiary food group set up for the NDNS Rolling Programme</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 Rolling Programme</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
52R	Commercial toddlers foods	Includes instant and ready to eat foods specifically manufactured for young children

### **Dietary Supplements**

#### **54 Dietary supplements**

54A	<i>Revised for the NDNS Rolling Programme</i>	<i>Previously Tablets and capsules</i>
54A	Cod liver oil and other fish oils	According to first oil named in product name <i>Subsidiary food group revised for the NDNS Rolling Programme years 1-3, replaced in year 4 by 54N and 54P</i>

<b>54B</b>	<b>Revised for the NDNS Rolling Programme</b>	<b>Previously Oils and syrups</b>
54B	Evening primrose oil and other plant oils	According to first oil named in product name <i>Subsidiary food group revised for the NDNS Rolling Programme</i>
<b>54C</b>	<b>Revised for the NDNS Rolling Programme</b>	<b>Previously Drops and powders</b>
54C	Single vitamins/minerals not Folic acid, iron, calcium	<i>Subsidiary food group revised for the NDNS Rolling Programme years 1-3, replaced in year 4 by 54L and 54M</i>
54D	Folic acid	<i>New subsidiary food group set up for the NDNS Rolling Programme</i>
54E	Iron only or with vitamin C	<i>New subsidiary food group set up for the NDNS Rolling Programme</i>
54F	Calcium only or with vitamin D	<i>New subsidiary food group set up for the NDNS Rolling Programme</i>
54G	Vitamins (two or more including multivitamins) no minerals	<i>New subsidiary food group set up for the NDNS Rolling Programme</i>
54H	Minerals (two or more including multiminerals) no vitamins	<i>New subsidiary food group set up for the NDNS Rolling Programme</i>
54I	Vitamins and minerals (including multivitamins & minerals)	<i>New subsidiary food group set up for the NDNS Rolling Programme</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 Rolling Programme</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 Rolling Programme</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>
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 Rolling Programme	<i>Previously Nutritionally complete supplements (replaced by 50E)</i>

### **Artificial Sweeteners**

#### **55 Artificial sweeteners<sup>5</sup>**

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 juice<sup>6</sup>** Any juiced fruit (including fruit juice in smoothies)

**Smoothie fruit<sup>7</sup>** 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<sup>8</sup>

**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

<b>Processed red meat<sup>9</sup></b>	Manufactured, cured and/or dried meat, including bacon and ham
<b>Processed poultry<sup>9</sup></b>	Manufactured, cured and/or dried meat, including chicken paste
<b>Lamb (red meat)</b>	Any muscle meat <sup>10</sup> from: Mutton Lamb
<b>Pork (red meat)</b>	Any muscle meat <sup>10</sup> from: All types of pork, not bacon or ham
<b>Beef (red meat)</b>	Any muscle meat <sup>10</sup> from: Beef Veal
<b>Other red meat</b>	Any muscle meat <sup>10</sup> from: Goat Venison
<b>Poultry (white meat)</b>	Any muscle meat <sup>10</sup> from: Chicken Turkey
<b>Game birds</b>	Any muscle meat <sup>10</sup> from: Duck Goose Partridge Pheasant
<b>White fish</b>	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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<sup>1</sup> Concentrated soft drinks, dried milk and dried soups are reported as made up

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

<sup>3</sup> Fats and oils used in cooking are reported with the food they are cooked with

<sup>4</sup> 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

<sup>5</sup> Consumption of artificial sweeteners is not reported in the food consumption tables

<sup>6</sup> In Years 1 to 3 of the NDNS rolling programme, 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.

<sup>7</sup> 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.

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

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

<sup>10</sup> Muscle meat includes steak, mince, chops and roasting joints