

List of foods for the smaller database for *The Foods You Eat*, the foods included in *Food Tables* (A E Bender & D A Bender, OUP, 1986)

1	All-Bran
2	almonds - shelled
3	apples
4	apricots
5	apricots - dried
6	artichoke - globe
7	artichoke - Jerusalem
8	asparagus
9	aubergine
10	avocado
11	bacon collar joint - raw
12	bacon collar joint - boiled
13	bacon - gammon rashers - grilled
14	bacon - gammon joint - raw
15	bacon - gammon joint - boiled
16	bacon rashers - raw
17	bacon rashers - fried
18	bacon rashers - grilled
19	banana
20	Barcelona nuts - shelled
21	barley - pearl - raw
22	barley - pearl - boiled
23	bean sprouts - canned
24	beans - baked canned
25	beans - broad
26	beans - butter - raw
27	beans - butter - boiled
28	beans - French
29	beans - haricot - raw
30	beans - haricot - boiled
31	beans - mung (dahl) - raw
32	beans - mung (dahl) - boiled
33	beans - red kidney - raw
34	beans - runner - raw
35	beans - runner - boiled
36	beef - brisket - raw
37	beef - brisket - boiled
38	beef - canned corned beef
39	beef - minced - raw
40	beef - minced - stewed
41	beef - rump steak - raw
42	beef - rump steak - fried
43	beef - rump steak - grilled
44	beef - salt beef
45	beef - sirloin - raw
46	beef - roast
47	beef - stewing - raw
48	beef - stewed steak
49	beef - topside - raw
50	beef - topside roast
51	beer - bitter
52	beer - lager
53	beer - stout
54	beetroot - raw

55	beetroot - boiled
56	Bemax
57	bilberries
58	biscuits - chocolate coated
59	biscuits - cream crackers
60	biscuits - plain digestive
61	biscuits - chocolate digestive
62	biscuits - semi-sweet
63	biscuits - shortbread
64	biscuits - wafer biscuits
65	biscuits - water biscuits
66	blackberries
67	black currants
68	black pudding - fried
69	bloater - grilled
70	Bounty bar
71	brain - boiled
72	bran - wheat
73	Brazil nuts - shelled
74	bread - brown
75	bread - malt
76	bread - white
77	bread - white toasted
78	bread - wholemeal
79	bread - starch reduced rolls
80	bread - white rolls
81	breadcrumbs
82	broccoli - raw
83	broccoli - boiled
84	Brussels sprouts - raw
85	Brussels sprouts - boiled
86	bun - currant
87	butter
88	cabbage - savoy - raw
89	cabbage - savoy -boiled
90	cabbage - spring - boiled
91	cabbage - white - raw
92	cabbage - winter - raw
93	cabbage - winter - boiled
94	cake - fruit
95	cake - Madeira
96	cake - rock cakes
97	cake - sponge
98	cake - sponge - fatless
99	cake - fancy iced
100	carrots - raw
101	carrots - boiled
102	cauliflower - raw
103	cauliflower - boiled
104	cauliflower cheese
105	celeriac
106	celery - raw
107	celery - boiled
108	chapatis - made with fat
109	chapatis - made without fat
110	cheese - soft (camembert)
111	cheese - Cheddar
112	cheese - cottage
113	cheese - cream

114	cheese - Danish blue
115	cheese - Edam
116	cheese - Parmesan
117	cheese - processed
118	cheese - Stilton
119	cherries
120	cherries - glacé
121	chestnuts - weighed with shells
122	chicken - raw - boned
123	chicken - raw - meat and skin
124	chicken - boiled
125	chicken - roast - boned
126	chicken - roast - skin and bone
127	chicory
128	chocolate - milk
129	chocolate - plain
130	Christmas pudding
131	cider - dry
132	cider - sweet
133	cockles - boiled
134	cocoa powder
135	coconut
136	coconut - desiccated
137	cod - raw fillet
138	cod - baked fillet
139	cod - fried
140	cod - battered - fried
141	cod - grilled
142	cod - poached
143	cod - steamed
144	cornflakes
145	cornflour
146	Cornish pastie
147	crab - boiled - weighed w shell
148	crab - canned
149	cranberries
150	cream - double
151	cream - single
152	cream - sterilized
153	cream - whipping
154	crispbread - rye
155	crispbread - wheat
156	cucumber
157	currants - dried
158	custard - made with egg
159	custard - made with milk from powder
160	damsons
161	dates - dried
162	dogfish (rock salmon) - battered - fried
163	drinking chocolate powder
164	dripping
165	duck - raw - boned
166	duck - raw - meat and skin
167	duck - roast
168	dumplings - suet
169	eel - raw - weighed with bones
170	eel - stewed - weighed with bones
171	egg
172	egg white

173	egg yolk
174	egg - dried
175	egg - scrambled
176	endive
177	cooking fat
178	figs - dried
179	fish fingers - frozen
180	fish fingers - fried
181	fish cakes
182	fish paste
183	flour - brown
184	flour - white
185	flour - self raising
186	flour - wholemeal
187	fruit gums
188	fruit juice - unsweetened
189	fruit juice - sweetened
190	fruit pie - individual
191	fruit salad - canned
192	goose - roast
193	gooseberries
194	Grape-nuts
195	grapefruit
196	grapefruit - canned in syrup
197	grapes - black
198	grapes - white
199	greengages
200	haggis
201	halibut - raw
202	halibut - steamed
203	ham
204	hamburger - raw
205	hamburger - fried
206	hare - stewed
207	heart - raw
208	heart - roast
209	heart - stewed
210	herring
211	herring - fried in oatmeal
212	herring - grilled
213	honey
214	ice cream - dairy
215	ice cream - non-dairy
216	jam
217	jelly (packet)
218	kidney - raw
219	kidney - fried
220	kidney - stewed
221	kipper
222	lamb - breast
223	lamb - breast - roast
224	lamb chops
225	lamb chops - grilled
226	lamb cutlets
227	lamb cutlets - grilled
228	lamb - leg
229	lamb - leg - roast
230	lamb - scrag and neck
231	lamb - scrag and neck - stewed

232	lamb - shoulder
233	lamb - shoulder - roast
234	lard
235	leeks - raw
236	leeks - boiled
237	lemon
238	lemon juice
239	lemonade
240	lemon curd
241	lemon sole
242	lemon sole - fried
243	lemon sole - steamed
244	lentils - raw
245	lentils - boiled
246	lettuce
247	liquorice allsorts
248	liver
249	liver - fried
250	liver - stewed
251	lobster - boiled
252	loganberries
253	luncheon meat
254	macaroni - raw
255	macaroni - boiled
256	macaroni cheese
257	mackerel
258	mackerel - fried
259	mango
260	margarine
261	margarine (low fat spread)
262	marmalade
263	marrow
264	marrow - boiled
265	Mars bar
266	marzipan (almond paste)
267	matzo
268	mayonnaise
269	melon
270	meringue - unfilled
271	milk - full cream
272	milk - skimmed
273	milk - Channel Islands
274	milk - condensed skimmed
275	milk - sweetened condensed
276	milk - dried skimmed
277	milk - dried whole
278	milk - evaporated whole milk
279	milk - goat
280	milk - human
281	mincemeat (sweet)
282	muesli
283	mushrooms
284	mushrooms - fried
285	mussels - weighed with shell
286	mussels - boiled - weighed with shell
287	mustard and cress
288	nectarines
289	oatmeal
290	porridge

291	oil - vegetable
292	okra (ladies fingers - bhindi)
293	olives in brine
294	omelette
295	onion
296	onion - boiled
297	onion - fried
298	spring onions
299	oranges
300	orange juice
301	oxtail - stewed
302	pancakes - sweet
303	parsley
304	parsnip
305	parsnip - boiled
306	pastry - flaky - cooked
307	pastry - shortcrust - cooked
308	peaches
309	peaches - canned in syrup
310	peanut butter
311	peanuts (monkey nuts - ground nuts)
312	peanuts - roasted and salted
313	pear
314	peas
315	peas - boiled
316	peas - canned
317	peas - dried
318	peas - dried - boiled
319	split peas - dried
320	split peas - boiled
321	chickpeas
322	chickpeas - boiled
323	peppers - green
324	peppers - green - boiled
325	pilchards - canned in tomato
326	pineapple
327	pineapple - canned in syrup
328	plaice
329	plaice - fried in batter
330	plaice - fried in crumbs
331	plaice - steamed
332	plantain
333	plantain - boiled
334	plantain - fried
335	plums
336	plums - dessert
337	pork pie
338	pork chops
339	pork chops - grilled
340	pork - leg
341	pork - leg - roast
342	potatoes
343	potato - baked
344	potatoes - boiled
345	potato chips (fries)
346	potato crisps
347	prawns - boiled - weighed with shells
348	prunes
349	prunes - stewed

350	Puffed Wheat
351	pumpkin
352	Quiche Lorraine
353	rabbit - weighed with bone
354	radish
355	raisins
356	raspberries
357	Ready Brek
358	red currants
359	rhubarb
360	rhubarb - stewed
361	Rice Krispies
362	rice pudding - canned
363	rice - raw
364	rice - boiled
365	roe - cod (hard) - fried
366	roe - herring (soft) - fried
367	sago
368	salad cream
369	salami
370	salmon
371	salmon - canned
372	salmon - smoked
373	salmon - steamed
374	sardines - canned in oil
375	sardines - canned in tomato
376	satsumas
377	sauce - brown
378	sausage roll - flaky pastry
379	sausage roll - short pastry
380	liver sausage
381	sausages - beef
382	sausages - beef - fried
383	sausages - beef - grilled
384	frankfurters
385	sausages - pork
386	sausages - pork - fried
387	sausages - pork - grilled
388	saveloys
389	scampi in crumb - fried
390	scones
391	semolina
392	sherry - dry
393	sherry - sweet
394	Shredded Wheat
395	shrimps - boiled
396	skate - battered - fried
397	soup - chicken - canned
398	soup - mushroom - canned
399	soup - oxtail - canned
400	soup - tomato - canned
401	soup - vegetable - canned
402	soya flour (full fat)
403	soya flour (low fat)
404	spaghetti - raw
405	spaghetti - boiled
406	spaghetti - canned in tomato sauce
407	Special K
408	spinach

409	spirits (40% alcohol by volume)
410	sponge pudding
411	sprats - fried
412	spring greens
413	steak - canned - stewed
414	strawberries
415	suet - shredded
416	suet pudding
417	sugar
418	Sugar Puffs
419	sultanas
420	swede
421	swede - boiled
422	sweet potato - raw
423	sweet potato - boiled
424	sweetbread
425	sweetbread - fried with egg
426	sweetcorn - canned
427	sweetcorn kernels
428	boiled sweets
429	tangerines
430	tapioca
431	toffees - mixed
432	tomato juice
433	tomato ketchup
434	tomatoes
435	tomatoes - canned
436	tomatoes - fried
437	tongue - canned
438	tongue - pickled
439	treacle - black
440	treacle tart
441	tripe - stewed
442	trout
443	tuna - canned in oil
444	turkey - raw - boned
445	turkey - raw - meat and skin
446	turkey - roast - boned
447	turkey - roast - meat and skin
448	turnip
449	turnip - boiled
450	veal - cutlet - fried
451	veal - fillet
452	veal fillet - roast
453	veal - jellied - canned
454	venison
455	walnuts - shelled
456	watercress
457	watermelon
458	Weetabix
459	white currants
460	whitebait - floured and fried
461	whiting - fried
462	whiting - steamed
463	wine - red
464	wine - white - dry
465	wine - white - sweet
466	yam
467	yam - boiled

468	yoghourt - flavoured
469	yoghourt - natural (plain)
470	Yorkshire pudding