

Appendix M. Main and Subsidiary Food Groups

MRC Human Nutrition Research

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This appendix documents the food groups used in dietary surveys such as NDNS which have been adapted for DNSIYC. Some food groups are historical and therefore no longer used and new food groups have been created to replace them, i.e. food group 1A was originally all pasta dishes and then became food group 1D and 1E to separate commercial and homemade pasta dishes, and in other cases new sub category food groups have been added i.e. food group 13A (infant formula) and 52R (commercial toddler foods). These sub categories are specific to DNSIYC to account for the different types of foods consumed in this age group.

- Food groups are expressed as integers
- Subsidiary food groups are integers with alphabetical suffix

Cereal and Cereal Products

1 Pasta, rice and other cereals

1A	Not used for DNSIYC	Previously pasta (replaced by 1D and 1E)
1B	Not used for DNSIYC	Previously rice (replaced by 1F and 1G)
1C	Pizza	All types - thin and crispy, deep pan, French bread, etc. Includes homemade pizza.
1D	Pasta (manufactured products and ready meals)	All types of purchased/retail products or ready meals based on pasta or noodles; includes filled fresh pasta and canned pasta.
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).
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>
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>
1R	Other cereals	Includes flour (not rice flour), cous cous, bran, oats, semolina, papadums/poppadoms, dumplings, Yorkshire pudding.

2 White bread

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

3 Wholemeal bread

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

59 Brown, granary and wheatgerm bread

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

4 Other bread

- 4A *Not used for DNSIYC* *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.

5 High fibre breakfast cereals

- 5R Wholegrain and 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, breakfast cereal bars and Nutri-grain bars.

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.*
- 7B Biscuits (homemade) All types of homemade biscuit, sweet and savoury.
- 7R *Not used for DNSIYC* *Previously biscuits (replaced by 7A and 7B)*

8 Buns, cakes, pastries and fruit pies

- 8A *Not used for DNSIYC* *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.
- 8C Fruit pies (homemade) All types of homemade fruit pies, any fruit, any pastry.
- 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.

8E Buns, cakes and pastries (homemade) All types of homemade buns, cakes and pastries. Includes pastry and potato scones. *Not fruit pies.*

8R *Not used for DNSIYC* *Previously buns, cakes and pastries (replaced by 8D and 8E)*

9 Puddings

9A *Not used for DNSIYC* *Previously cereal based milk puddings (replaced by 9C and 9D)*

9B *Not used for DNSIYC* *Previously sponge puddings (replaced by 9E and 9F)*

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.

9D Cereal based milk puddings (homemade) All types of homemade cereal based milk puddings. *Not made up packet mixes.*

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.

9F Sponge puddings (homemade) Includes any other sponge puddings and those made from homemade recipes.

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.

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

9R *Not used for DNSIYC* *Previously other puddings (replaced by 9G and 9H)*

Milk and Milk Products

10 Whole milk

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

11 Semi skimmed milk

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

60 1% fat milk

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

12 Skimmed milk

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

13 Other milk and cream

13A Infant formula
First Milk
Soy-based milk
Hungrier babies milk
Other (including hypoallergenic, goats, goodnight milk, extra hungry)
Growing up milk
Follow on milk
New infant food sub-categories set up for DNSIYC

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.

13C Breast milk

13R Other milk² Includes soya milk, goats, sheeps, evaporated, condensed, lactose-free, dried milk, milkshake, milk with added fibre, coffee whitener, buttermilk, flavoured milk drinks, purchased hot chocolate, rice milk.

14 Cheese

14A Cottage cheese Includes diet and flavoured varieties.

14B Cheddar cheese Includes diet.

14R Other cheese All types, including 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 dairy desserts

15A *Not used for DNSIYC* 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 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.

15D Dairy desserts (homemade) Includes any type of homemade fromage frais or dairy dessert.

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 DNSIYC	<i>Previously eggs (replaced by 16C and 16D)</i>
16B Not used for DNSIYC	<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.
16D Other egg 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.

Fat Spreads

17 Butter¹

17R Butter	Salted and unsalted, butter ghee, spreadable butter. <i>Not light spreadable butter, not half fat butter, not brandy butter.</i>
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18 Polyunsaturated margarine and oils¹

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

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 Other margarine, fats and oils¹

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 spread¹

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

Meat and meat products

22 Bacon and ham

22A	Ready meals/meal centres based on bacon and ham	Any types of bacon and ham purchased/retail products including ready meals.
22B	Other bacon and ham including homemade dishes	Includes bacon and gammon joints, steaks, chops and rashers, any ham except in ready meals.
22R	<i>Not used for DNSIYC</i>	<i>Previously bacon and ham (replaced by 22A and 22B).</i>

23 Beef, veal and dishes

23A	Manufactured beef products including ready meals	Any types of beef and veal products purchased/retail, including ready meals, canned beef products and pastrami.
23B	Other beef and 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.

23R *Not used for DNSIYC*

Previously beef, veal and dishes (replaced by 23A and 23B)

24 Lamb and dishes

24A Manufactured lamb products including ready meals

Any types of lamb product purchased/retail, including ready meals and canned products.

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.

24R *Not used for DNSIYC*

Previously lamb and dishes (replaced by 24A and 24B)

25 Pork and dishes

25A Manufactured pork products including ready meals

Any types of pork product (not ham or bacon) purchased/retail including ready meals and canned pork products.

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.

25R *Not used for DNSIYC*

Previously pork and dishes (replaced by 25A and 25B)

26 Coated chicken

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).

26R *Not used for DNSIYC*

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

27 Chicken and turkey dishes

27A	Manufactured chicken products including ready meals	Any type of chicken or turkey products purchased/retail, including ready meals, sandwich fillings, canned chicken/turkey and dishes. <i>Not chicken/turkey sausages. Not coated chicken/turkey.</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>
27R	<i>Not used for DNSIYC</i>	<i>Previously chicken and turkey dishes (replaced by 27A and 27B)</i>

28 Liver 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.
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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. <i>Not homemade burgers or kebabs; not chicken.</i>
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30 Sausages

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

30R *Not used for DNSIYC*

Previously sausages (replaced by 30A and 30B)

31 Meat pies and pastries

31A Manufactured meat pies and pastries

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.

31B Homemade meat pies and pastries

Includes any type of homemade meat pies or pastries.

31R *Not used for DNSIYC*

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.

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.

32R *Not used for DNSIYC*

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	<i>Not used for DNSIYC</i>	<i>Previously other white fish and fish dishes (replaced by 34C and 34D)</i>
34B	<i>Not used for DNSIYC</i>	<i>Previously shellfish (replaced by 34E and 34 F)</i>
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. <i>Not coated fish.</i>
34D	Other white fish including homemade dishes	Includes poached, steamed, grilled, baked, smoked, dried white fish, caviar, and homemade white fish dishes, e.g. kedgerree, fish curry.
34E	Manufactured shellfish products including ready meals	Any type of shellfish purchased/retail product including shellfish based ready meals. Includes canned shellfish. <i>Not takeaway shellfish products.</i>
34F	Other shellfish including homemade dishes	Includes any type of shellfish (mussels, prawns, crab etc) and homemade and takeaway shellfish dishes.
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).
34H	Other canned tuna including homemade dishes	Includes homemade recipes based on canned tuna.

35 Oily fish

35A	Manufactured shellfish 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.
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.
35R	<i>Not used for DNSIYC</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. *Not salads made with cooked vegetables or potato salad.*
- 36C Tomatoes raw

37 Vegetables not raw

- 37A Peas not raw Includes canned and pease pudding canned. Includes cooked dried, mushy, frozen and mange tout peas. Includes pea curry.
- 37B Green beans not raw Includes cooked (fresh or frozen) or canned.
- 37C Baked beans French, runner and green beans Canned baked beans in sauce. Includes baked beans with additions e.g. sausages, burgers, pasta.
- 37D Leafy green vegetables not raw Includes cooked or canned broccoli, spinach, cabbage (all types), brussels sprouts, chard.
- 37E Carrots not raw Includes boiled, fried, canned.
- 37F Tomatoes not raw Includes fried, grilled, canned, sundried tomatoes and passata.
- 37G *Not used for DNSIYC* *Previously vegetable dishes (not raw) (replaced by 37I, 37K, 37L and 37M)*
- 37I Beans and pulses including ready meal and homemade dishes Any type of lentils, dried beans and pulses, and purchased/retail products, takeaway and homemade dishes based on these. Includes hummous, dahl, dosa, falafel, soya flour. *Not baked beans. Not soup.*
- 37K Meat alternatives including ready meal and homemade dishes Any type of products based on meat alternatives such as TVP, soya mince, Quorn and tofu. Includes ready meals and homemade dishes based on these.

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

37R *Not used for DNSIYC*

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

38 Chips fried and roast potatoes and potato products

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|-----|------------------------------------|---|
| 38A | Chips purchased including takeaway | Any type of purchased/retail or takeaway chips or French fries, including fresh and frozen, oven and microwave. |
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38B *Not used for DNSIYC*

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

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| 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. |
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| 38D | Other fried/roast potatoes including homemade dishes | Any homemade fried or roast potato products, including chips and potatoes roasted in fat. |
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38R *Not used for DNSIYC*

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).
39B	Other potatoes including homemade dishes	Includes all other types of potato such as boiled, mashed, baked and homemade potato salads and dishes.
39R	<i>Not used for DNSIYC</i>	<i>Previously other potatoes, potato salads and dishes (replaced by 39A and 39B)</i>

Savoury snacks

42 Crisps and savoury snacks

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

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

Sugars, preserves and confectionery

41 Sugars, preserves and sweet spread

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

43 Sugar confectionery

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|-----|---------------------|---|
| 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

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| 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

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| 45R | Fruit juice | Includes 100% single or mixed fruit juices, sweetened or unsweetened, canned, bottled, cartons, carbonated, still, freshly squeezed, vegetable juice. |
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57 Soft drinks not low calorie

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| 57A | Soft drinks not low calorie concentrated ² | All types including squashes and cordials and water used as a diluent. |
| 57B | Soft drinks not low calorie carbonated | All types, including tonic water, Red Bull. <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, not carbonated. Includes RTD ribena and Sunny D. |

58 Soft drinks low calorie

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|-----|---|--|
| 58A | Soft drinks low calorie concentrated ² | 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. <i>Not carbonated mineral water.</i> |
| 58C | Soft drinks low calorie ready to drink still | All low calorie, no added sugar, sugar free types. |

61 Smoothies 100% fruit and/or juice

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| 61R | Smoothies 100% fruit and/or juice | Includes 100% single or mixed fruit smoothies, sweetened or unsweetened, cartons, freshly squeezed |
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51 Tea, coffee and water

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|-----|-------------------------------------|---|
| 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 weight) | Infusion, instant, decaffeinated, vending machine with whitener and water used as a diluent. Includes green and instant fruit/herbal. |
| 51C | Herbal tea (made up weight) | |
| 51D | Bottled water (still or carbonated) | Includes carbonated and still, herbal tonics. <i>Not sweetened drinks or tonic water.</i> |
| 51R | Tap water only | Includes water drunk alone, used in recipes, or used as diluent for powdered beverages only. <i>Not water as diluent for concentrated soft drinks, instant coffee or instant tea.</i> |

Alcoholic beverages

47 Spirits and liqueurs

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|-----|----------|--|
| 47A | Liqueurs | Includes cream liqueurs, Pernod, Southern Comfort, Tia Maria, cherry brandy, Pimms |
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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 and alcohol free beer and lager Includes shandy.

49C Cider and perry Includes Babycham.

49D Low alcohol and alcohol free cider and perry

49E Alcoholic soft drinks Includes alcoholic lemonade and 'diet' types.

Miscellaneous

50 Miscellaneous

50A Beverages dry weight³ Includes drinking chocolate, cocoa, Ovaltine, Horlicks, malted drinks, milk shake powder etc.

50B Not used for DNSIYC *Previously soups (replaced by 50C and 50D)*

50C Soup² (manufactured/retail) Any type of purchased/retail soup products, includes dried, condensed, canned, fresh.

50D Soup homemade All homemade soup recipes.

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

50R	Savoury sauces, pickles, gravies and 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.
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Commercial toddlers foods and drinks

52 Commercial toddler foods and drinks

52A	Commercial toddler drinks	Includes powdered, concentrated and ready to drink beverages specifically manufactured for young children.
52R	Commercial toddler foods Fruit based products and dishes Cereal based products and dishes Other savoury based products and dishes (not snacks) Meat/fish based products and dishes Dairy based products and dishes Snacks (sweet and savoury) <i>New infant food sub-categories set up for DNSIYC</i>	Includes instant and ready to eat foods specifically manufactured for young children.

Dietary Supplements

54 Dietary supplements

54A	<i>Not used for DNSIYC</i>	<i>Previously cod liver oil and other fish oils (replaced by 54N and 54P)</i>
54B	Evening primrose oil and other plant oils	According to first oil named in product name.
54C	Single vitamins or minerals not folic, iron, calcium, vitamin D	
54D	Folic acid	
54E	Iron only or with vitamin C	
54F	Calcium only or with vitamin D	

54G	Vitamins (two or more including multivitamins) no minerals	
54H	Minerals (two or more including multiminerals) no vitamins	
54I	Vitamins and minerals (including multivitamins and multiminerals)	
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.
54N	Cod liver oil and other fish oils including with Vitamin A, D, E	According to first oil named in product name.
54P	Multivitamin and/or minerals with omega 3	
54R	<i>Not used for DNSIYC</i>	<i>Previously nutritionally complete supplements (replaced by 50E)</i>

Artificial Sweeteners

55 Artificial sweeteners

55R	Artificial sweeteners ⁴	Includes granulated table top sweeteners, tablet, liquid or mini cube sweeteners.
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¹ Fats and oils used in cooking are reported with the food they are cooked with.

² Concentrated soft drinks, dried milk and dried soups are reported as made up.

³ 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.

⁴ Consumption of artificial sweeteners is not reported in the food consumption tables.