

## GI data in alphabetic order: version 2

Please note that this might contain errors.

You use this at your own risk. Please send me suggested changes.

peter@morganscott.co.uk

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	GI
Abalone, canned in brine, drained	0
Aduki beans, dried, boiled in unsalted water	30
Aduki beans, dried, raw	30
Advocaat	0
Agar, dried	0
Agar, dried, soaked and drained	0
Alfalfa sprouts, raw	15
All-Bran	51
Allspice, ground	0
Almonds	15
Almonds, toasted	15
Almonds, weighed with shells	15
Anchovies, canned in oil, drained	0
Anise seeds	0
Apple juice concentrate, unsweetened	42
Apple juice, unsweetened	42
Apples, cooking, raw, peeled	38
Apples, cooking, weighed with skin and core	38
Apples, eating, average, raw	38
Apples, eating, average, raw, peeled	38
Apples, eating, average, raw, peeled, weighed with skin and core	38
Apples, eating, average, raw, weighed with core	38
Apples, eating, Cox's Pippin, raw	38
Apples, eating, Cox's Pippin, raw, weighed with core	38
Apples, eating, dried	29
Apples, eating, Golden Delicious, raw	38
Apples, eating, Golden Delicious, raw, weighed with core	38
Apples, eating, Granny Smith, raw	38
Apples, eating, Granny Smith, raw, weighed with core	38
Apples, eating, red dessert, raw	38
Apples, eating, red dessert, raw, weighed with core	38
Apricots, dried	35
Apricots, raw	57
Apricots, raw, weighed with stones	57
Apricots, ready-to-eat	57
Arrowroot	85
Artichoke, globe, raw	20
Asafoetida	0
Asparagus, canned, re-heated, drained	15
Asparagus, raw	15
Aubergine, raw	20
Avocado, average	10
Avocado, average, weighed with skin and stone	10
Avocado, Fuerte	10
Avocado, Fuerte, weighed with skin and stone	10
Avocado, Hass	10
Avocado, Hass, weighed with skin and stone	10
Ayr, raw	0
Bacha, raw	0
Bacon rashers, back, fat trimmed, raw	0
Bacon rashers, back, raw	0
Bacon rashers, middle, raw	0
Bacon rashers, streaky, raw	0

Bacon, fat only, raw, average	0
Bagels, plain	72
Baked beans, canned in tomato sauce	40
Baked beans, canned in tomato sauce, reduced sugar	40
Baked beans, canned in tomato sauce, reduced sugar, reduced salt	40
Baked beans, canned in tomato sauce, with burgers	40
Baking powder	0
Balor beans, canned, drained	30
Balor beans, raw	30
Bamboo shoots, canned, drained	20
Bananas	54
Bananas, weighed with skin	54
Bannocks, made with beremeal	72
Bannocks, made with wheat flour	72
Barcelona nuts	15
Barcelona nuts, weighed with shells	15
Barley, pearl, raw	26
Barley, whole grain, raw	26
Basil, dried, ground	0
Basil, fresh	0
Bass, Sea, raw	0
Bay leaf, dried	0
Beansprouts, mung, canned, drained	15
Beansprouts, mung, raw	15
Beef slices	0
Beef, average, extra trimmed fat, raw	0
Beef, average, extra trimmed lean, raw	0
Beef, average, trimmed fat, raw	0
Beef, average, trimmed lean, raw	0
Beef, braising steak, raw, lean	0
Beef, braising steak, raw, lean and fat	0
Beef, brisket, raw, lean	0
Beef, brisket, raw, lean and fat	0
Beef, fillet steak, raw, lean	0
Beef, fillet steak, raw, lean and fat	0
Beef, flank, raw, lean	0
Beef, flank, raw, lean and fat	0
Beef, fore-rib/rib-roast, raw, lean	0
Beef, fore-rib/rib-roast, raw, lean and fat	0
Beef, mince, extra lean, raw	0
Beef, mince, raw	0
Beef, rump steak, raw, lean	0
Beef, salted, dried, raw	0
Beef, silverside, raw, lean	0
Beef, silverside, raw, lean and fat	0
Beef, silverside, salted, raw, lean	0
Beef, silverside, salted, raw, lean and fat	0
Beef, sirloin steak, from steakhouse, lean	0
Beef, sirloin steak, from steakhouse, lean and fat	0
Beef, sirloin steak, raw, lean	0
Beef, sirloin steak, raw, lean and fat	0
Beef, stewing steak, raw, lean	0
Beef, stewing steak, raw, lean and fat	0
Beef, topside, raw, lean	0
Beef, topside, raw, lean and fat	0
Beefburgers, chilled/frozen, raw	0
Beefburgers, low fat, chilled/frozen, raw	0
Beer, bitter, average	0
Beer, bitter, canned	0
Beer, bitter, draught	0

Beer, bitter, keg	0
Beer, mild, draught	0
Beetroot, pickled, drained	67
Beetroot, raw	67
Bele, raw	0
Betel leaves, fresh	0
Betel nuts	15
Bicarbonate of soda	0
Bierwurst	0
Bilberries	25
Bitter, best/premium	0
Bitter, low alcohol	0
Black bean sauce	0
Black gram, chilki urad dahl, dried, boiled in unsalted water	61
Black gram, chilki urad dahl, dried, raw	61
Black gram, duhli urad dahl, dried, raw	61
Black gram, urad gram, dried, raw	61
Black pudding, raw	0
Blackberries, raw	25
Blackcurrant juice drink, undiluted	42
Blackcurrant seed oil	0
Blackcurrants, raw	15
Blackeye beans, dried, boiled in unsalted water	30
Blackeye beans, dried, raw	30
Blended spread (70-80% fat)	0
Blended spread, (40% fat)	0
Boal, raw	0
Bombay duck	0
Borage oil	0
Bran Flakes	51
Bran, wheat	74
Bratwurst	0
Brawn	0
Brazil nuts	15
Brazil nuts, weighed with shells	15
Bread, softgrain	72
Bread, speciality, white	72
Breadcrumbs, homemade	72
Breadcrumbs, manufactured	72
Breadfruit, raw	65
Breadnut seeds	25
Breadsticks	70
Breakfast milk, pasteurised, average	35
Breakfast milk, summer	35
Breakfast milk, winter	35
Bream, Sea, raw	0
Bridie/Scotch pie, individual	0
Broad beans, canned, re-heated, drained	79
Broad beans, dried, raw	79
Broad beans, raw	40
Broccoli, green, raw	10
Broccoli, purple sprouting, raw	10
Brown ale, bottled	0
Brown bread, average	72
Brown rice, raw	66
Brown rolls, crusty	71
Brown rolls, soft	71
Brown sauce, hot	0
Brussels sprouts, raw	15
Bucatini, white, raw	45

Buckwheat	45
Bulgur wheat	55
Butter	0
Butter beans, dried, boiled in unsalted water	45
Butter beans, dried, raw	45
Butter, spreadable	0
Buttermilk	35
Buttermilk powder	35
Butteroil, unsalted	0
Cabbage, Chinese, raw	10
Cabbage, January King, raw	10
Cabbage, raw, average	10
Cabbage, red, raw	10
Cabbage, Savoy, raw	10
Cabbage, summer, raw	10
Cabbage, white, raw	10
Cannelloni, white, raw	45
Capelli d'angelo, white, raw	45
Capers in spirit vinegar, Sainsbury	10
Caraway seeds	0
Cardamom, ground	0
Carob flour	15
Carob powder	15
Carp, raw	0
Carrot juice	43
Carrots, old, raw	45
Carrots, young, raw	45
Cashew nuts, plain	26
Cashew nuts, roasted and salted	26
Cassava, frozen, raw	55
Cassava, gari	55
Cassava, raw	55
Catfish, raw	0
Cauliflower, raw	15
Caviare, bottled in brine, drained	0
Celeriac, raw	35
Celery seeds	0
Celery, raw	15
Cervelat	0
Champagne	0
Channel Island milk, semi-skimmed, UHT	35
Channel Island milk, whole, pasteurised	35
Channel Island milk, whole, pasteurised, summer	35
Channel Island milk, whole, pasteurised, winter	35
Chapati flour, brown	39
Chapati flour, white	39
Chapatis, made with fat	52
Chapatis, made without fat	52
Chard, Swiss, raw	10
Cheese spread, flavoured	0
Cheese spread, lactic	0
Cheese spread, plain	0
Cheese spread, reduced fat	0
Cheese, Brie	0
Cheese, Caerphilly	0
Cheese, Camembert	0
Cheese, cheddar type, half fat	0
Cheese, Cheddar, Australian	0
Cheese, Cheddar, average	0
Cheese, Cheddar, Canadian	0

Cheese, cheddar, English	0
Cheese, Cheddar, Irish	0
Cheese, Cheddar, New Zealand	0
Cheese, Cheddar, vegetarian	0
Cheese, Cheshire	0
Cheese, Cheshire-type, reduced fat	0
Cheese, cottage, plain	0
Cheese, cottage, plain, reduced fat	0
Cheese, cream	0
Cheese, Danish blue	0
Cheese, Derby	0
Cheese, Double Gloucester	0
Cheese, Edam	0
Cheese, Edam-type, reduced fat	0
Cheese, Emmental	0
Cheese, Feta	0
Cheese, goats milk soft, full fat, white rind	0
Cheese, Gouda	0
Cheese, Gruyere	0
Cheese, hard, average	0
Cheese, Lancashire	0
Cheese, Leicester	0
Cheese, Mozzarella, fresh	0
Cheese, Parmesan, fresh	0
Cheese, processed, plain	0
Cheese, processed, slices, reduced fat	0
Cheese, processed, smoked	0
Cheese, Red Windsor	0
Cheese, Ricotta	0
Cheese, Roquefort	0
Cheese, Sage Derby	0
Cheese, spreadable, soft white, full fat	0
Cheese, spreadable, soft white, low fat	0
Cheese, spreadable, soft white, medium fat	0
Cheese, Stilton, blue	0
Cheese, Stilton, white	0
Cheese, Wensleydale	0
Cheese, white, average	0
Cherries, raw	22
Cherries, raw, weighed with stones	22
Cherries, West Indian	25
Cherry brandy	0
Chervil, dried	0
Chestnuts	60
Chestnuts, dried	60
Chestnuts, weighed with shells	60
Chick pea flour	35
Chick peas, canned, re-heated, drained	28
Chick peas, split, dried, boiled in unsalted water	28
Chick peas, split, dried, raw	28
Chick peas, whole, dried, boiled in unsalted water	28
Chick peas, whole, dried, raw	28
Chicken, corn-fed, raw, dark meat only	0
Chicken, corn-fed, raw, light meat only	0
Chicken, corn-fed, raw, meat only	0
Chicken, corn-fed, raw, skin only	0
Chicken, dark meat, raw	0
Chicken, leg quarter, raw, meat and skin	0
Chicken, leg quarter, raw, meat and skin, weighed with bone	0
Chicken, light meat, raw	0

Chicken, meat only, average, raw	0
Chicken, skin, raw	0
Chicken, wing quarter, raw, meat and skin	0
Chicken, wing quarter, raw, meat and skin, weighed with bone	0
Chicory, raw	15
Chilli powder	0
Chilli sauce	0
Chinese 5 spice	0
Chital, raw	0
Chives, fresh	0
Chocolate, cooking	20
Chocolate, diabetic	20
Chocolate, milk	34
Chocolate, plain	20
Chocolate, white	34
Chorizo	0
Choux pastry, raw	59
Chutney, apple, homemade	15
Chutney, mango, oily	15
Chutney, mango, sweet	15
Chutney, mixed fruit	15
Chutney, tomato	15
Chutney, tomato, homemade	15
Ciabatta	72
Cider, dry	40
Cider, low alcohol	0
Cider, sweet	40
Cider, vintage	40
Cinnamon, ground	0
Clams, canned in brine, drained	0
Clementines	43
Clementines, weighed with peel and pips	35
Cloves, dried	0
Cluster beans, raw	30
Cockles, boiled	0
Cockles, bottled in vinegar, drained	0
Cocoa powder	20
Coconut cream	41
Coconut milk	41
Coconut oil	0
Coconut, creamed block	45
Coconut, desiccated	45
Coconut, fresh	45
Cod liver oil	0
Cod, frozen, raw	0
Cod, raw	0
Cod, smoked, raw	0
Coffee and chicory essence	0
Coffee, infusion, average	0
Coffee, infusion, average, with single cream	0
Coffee, infusion, strong	0
Coffee, infusion, weak	0
Coffee, instant	0
Cola	58
Cola, diet	58
Coley, frozen, raw	0
Coley, raw	0
Compound cooking fat	0
Compound cooking fat, polyunsaturated	0
Conchiglie, white, raw	45

Conchiglietti, white, raw	45
Conger eel, raw	0
Consomme	0
Cook-in-sauces, canned	0
Coriander leaves, dried	0
Coriander leaves, fresh	0
Coriander seeds	0
Corn Flakes	84
Corn oil	0
Cornflour	70
Cottage cheese, plain, with additions	0
Cottonseed oil	0
Courgette, raw	15
Couscous	65
Crab, boiled	0
Crab, boiled, weighed with shell	0
Crab, canned in brine, drained	0
Crabsticks	0
Cranberries	25
Cranberry juice	50
Crayfish, raw	0
Cream liqueurs	0
Cream of tartar	0
Cream, dairy, extra thick	0
Cream, dairy, UHT, canned spray	0
Cream, dairy, UHT, canned spray, half fat	0
Cream, fresh, clotted	0
Cream, fresh, double, including Jersey cream	0
Cream, fresh, half	0
Cream, fresh, single	0
Cream, fresh, soured	0
Cream, fresh, whipping	0
Cream, frozen, single	0
Cream, frozen, whipping	0
Cream, sterilised, canned	0
Cream, UHT, half	0
Cream, UHT, single	0
Cream, UHT, whipping	0
Creme fraiche	0
Creme fraiche, half fat	0
Croissants	70
Croissants, savoury, retail	70
Croissants, sweet, retail	70
Cucumber, raw	15
Cumin seeds	0
Curacao	0
Curly kale, raw	10
Currant bread	63
Currants	60
Curry leaves, fresh	0
Curry paste	15
Curry powder	0
Curry powder, mixed flavours	0
Curry sauce, canned	15
Curry, fish and vegetable, Bangladeshi	0
Custard apple/Bullock's heart	54
Custard apple/Sugar apple	54
Cuttlefish, raw	0
Dab, raw	0
Dairy spread (40% fat)	0

Damsons, raw	35
Damsons, raw, weighed with stones	35
Dates, dried	70
Dates, dried, weighed with stones	70
Dates, raw	40
Dates, raw, weighed with stones	40
Digestive biscuits, plain	60
Dill seeds	0
Dill, dried	0
Dill, fresh	0
Dover sole, raw	0
Dressing, blue cheese	0
Dressing, 'fat free'	50
Dressing, French	50
Dressing, French, fat free	50
Dressing, French, homemade	50
Dressing, low fat	50
Dressing, oil and lemon	50
Dressing, reduced calorie	50
Dressing, thousand island	50
Dressing, thousand island, reduced calorie	50
Dressing, yogurt-based	50
Drinking chocolate powder	0
Drinking chocolate powder, reduced fat	0
Dripping, beef	0
Duck, crispy, chinese style	0
Duck, raw, meat only	0
Duck, raw, meat only, weighed with fat, skin and bone	0
Duck, raw, meat, fat and skin	0
Economy burgers, frozen, raw	0
Eel, jellied	0
Eel, raw	0
Egg nog	0
Egg white, dried	0
Eggs, chicken, white, raw	0
Eggs, chicken, whole, battery, raw	0
Eggs, chicken, whole, free-range, raw	0
Eggs, chicken, yolk, raw	0
Eggs, duck, whole, raw	0
Eggs, quail, whole, raw	0
Eggs, turkey, whole, raw	0
Elderberries	25
Endive, raw	32
Evening primrose oil	0
Farfalle, white, raw	45
Fat spread (20-25% fat), not polyunsaturated	0
Fat spread (20-25% fat), polyunsaturated	0
Fat spread (35-40% fat), polyunsaturated	0
Fat spread (40% fat), not polyunsaturated	0
Fat spread (5% fat)	0
Fat spread (60% fat), polyunsaturated	0
Fat spread (60% fat), with olive oil	0
Fat spread (70% fat), polyunsaturated	0
Fat spread (70-80% fat), not polyunsaturated	0
Fat spread 70% fat, monounsaturated	0
Feijoa pineapple guava	59
Fennel seeds	0
Fennel, Florence, raw	15
Fenugreek leaves, raw	10
Fenugreek seeds	0



Fettucine, white, raw	45
Figs, dried	40
Figs, raw	52
Figs, ready-to-eat	61
Fish paste	0
Fish sauce, Blue Dragon	0
Fisherman's pie, retail	0
Flaky pastry, raw	59
Flounder, raw	0
Flying fish, raw	0
Fromage frais, fruit	0
Fromage frais, plain	0
Fromage frais, virtually fat free, fruit	0
Fromage frais, virtually fat free, natural	0
Fruit juice drink, carbonated, ready to drink	50
Fruit juice drink, low calorie, ready to drink	50
Fruit juice drink, ready to drink	50
Fudge, homemade	57
Fu-fu, sweet potato	54
Fu-fu, yam	49
Fusilli, white, raw	45
Garam masala	0
Garlic powder	0
Garlic puree	32
Garlic, raw	32
Gelatine	0
Ghee, butter	0
Ghee, vegetable	0
Gherkins, pickled, drained	15
Gherkins, raw	15
Giblets, chicken, raw	0
Ginger, fresh	0
Ginger, ground	0
Gingernut biscuits	60
Glucose liquid, BP	100
Goats milk, pasteurised	35
Goose, raw, meat, fat and skin	0
Gooseberries, cooking, raw	25
Gooseberries, dessert, raw	25
Gourd, ash, raw	75
Gourd, bottle, raw	75
Gourd, kantola, canned, drained	75
Gourd, kantola, raw	75
Gourd, karela, canned, drained	75
Gourd, karela, raw	75
Gourd, ridge, raw	75
Gourd, snake, raw	75
Gourd, tinda, canned, drained	75
Gourd, tinda, raw	75
Granary bread	72
Granary rolls	72
Grape juice concentrate	50
Grape juice, unsweetened	50
Grapefruit juice concentrate, unsweetened	50
Grapefruit juice, unsweetened	50
Grapefruit, raw	25
Grapefruit, raw, weighed with peel and pips	25
Grapes, average	59
Grapes, weighed with pips	59
Grapeseed oil	0

Green beans/French beans, raw	25
Green pesto, Sainsbury	15
Greengages, raw	25
Greengages, raw, weighed with stones	25
Grillsteaks, beef, chilled/frozen, raw	0
Guava, raw	80
Guava, raw, weighed with skin and pips	80
Haddock, frozen, raw	0
Haddock, raw	0
Haddock, smoked, raw	0
Hake, raw	0
Halibut, raw	0
Ham	0
Ham, canned	0
Ham, gammon joint, boiled	0
Ham, gammon joint, raw	0
Ham, Parma	0
Ham, premium	0
Haricot beans, dried, boiled in unsalted water	30
Haricot beans, dried, raw	30
Hazelnut oil	0
Hazelnuts	15
Hazelnuts, weighed with shells	15
Heart, lamb, raw	0
Heart, ox, raw	0
Heart, pig, raw	0
Herring, canned in tomato sauce	0
Herring, pickled	10
Herring, raw	0
Herrings, dried, salted	0
Herrings, dried, salted, weighed with bones and skin	0
High juice drink, concentrated	50
Hilsa, raw	0
Hoisin sauce	15
Hoki, raw	0
Honey	61
Honeycomb	61
Horlicks LowFat Instant powder	0
Horseradish sauce	15
Hot pepper sauce	15
Human milk, colostrum	35
Human milk, mature	35
Human milk, transitional	35
Hummus	25
Ice cream bar, chocolate coated	60
Ice cream sauce, topping	60
Ice cream, dairy, flavoured	60
Ice cream, dairy, premium	60
Ice cream, dairy, vanilla	60
Ice cream, non-dairy, flavoured	60
Ice cream, non-dairy, mixes	60
Ice cream, non-dairy, reduced calorie	60
Ice cream, non-dairy, vanilla	60
Ice cream, with cone	60
Jackfish, raw	0
Jaggery	58
Jam, diabetic	55
Jam, fruit with edible seeds	55
Jam, reduced sugar	55
Jam, stone fruit	55

John Dory, raw	0
Kabana	0
Kalabasu, raw	0
Katla, raw	0
Khichadi, with butter ghee	0
Kidney, lamb, raw	0
Kidney, ox, raw	0
Kidney, pig, raw	0
Kipper, raw	0
Kiwi fruit	52
Kiwi fruit, weighed with skin	52
Kumquats, raw	54
Lager	0
Lager, alcohol-free	0
Lager, low alcohol	0
Lager, premium	0
Lamb, average, extra trimmed fat, raw	0
Lamb, average, extra trimmed lean, raw	0
Lamb, average, trimmed fat, raw	0
Lamb, best end neck cutlets, raw, lean and fat	0
Lamb, best end neck cutlets, raw, lean and fat, weighed with bone	0
Lamb, breast, raw, lean	0
Lamb, breast, raw, lean and fat	0
Lamb, lean only, raw, average	0
Lamb, leg, average, lean and fat, raw	0
Lamb, loin chops, lean and fat, raw	0
Lamb, loin chops, raw, lean and fat, weighed with bone	0
Lamb, loin joint, raw, lean and fat	0
Lamb, loin joint, raw, lean and fat, weighed with bone	0
Lamb, mince, raw	0
Lamb, neck fillet, raw, lean	0
Lamb, shoulder, raw, lean and fat	0
Lamb, shoulder, raw, lean and fat, weighed with bone	0
Lamb, stewing, raw, lean and fat	0
Lamb, stewing, raw, lean and fat, weighed with bone	0
Lard	0
Lasagna, sheets, raw	45
Lasagne, white, raw	45
Lassi, sweetened	41
Laverbread	0
Leeks, raw	15
Lemon juice, fresh	50
Lemon juice, fresh, weighed as whole fruit	50
Lemon sole, raw	0
Lemons, peeled	43
Lemons, peeled, raw, weighed with peel and pips	43
Lentils, green and brown, whole, dried, boiled in salted water	30
Lentils, green and brown, whole, dried, raw	30
Lentils, red, split, dried, boiled in unsalted water	30
Lentils, red, split, dried, raw	30
Lettuce, average, raw	10
Lettuce, butterhead, raw	10
Lettuce, Cos, raw	10
Lettuce, Iceberg, raw	10
Lettuce, Webbs, raw	10
Lime juice cordial, undiluted	50
Lime juice, fresh	50
Limes, peeled	43
Limes, peeled, weighed with peel and pips	43
Ling, raw	0

Linguine, white, raw	45
Liqueurs, high strength	0
Liqueurs, low-medium strength	0
Liquorice powder	0
Liver, calf, raw	0
Liver, chicken, raw	0
Liver, lamb, raw	0
Liver, ox, raw	0
Liver, pig, raw	0
Lobster, boiled	0
Lobster, boiled, weighed with shell	0
Loganberries, raw	25
Lollies, with real fruit juice	50
Loquats, raw	35
Lychees, raw	75
Lychees, raw, weighed with skin and stone	75
Macadamia nuts, salted	15
Macaroni, raw	45
Mace, ground	0
Mackerel pate, smoked	0
Mackerel, canned in brine, drained	0
Mackerel, canned in tomato sauce	0
Mackerel, raw	0
Mackerel, smoked	0
Madras curry paste, Patak	15
Mandarin oranges, canned in juice	48
Mandarin oranges, canned in syrup	48
Mange-tout peas, raw	28
Mango juice, canned	55
Mango, unripe, raw	53
Mangoes, ripe, raw	53
Mangoes, ripe, raw, weighed with skin and stone	53
Margarine, catering	0
Margarine, hard, animal and vegetable fats	0
Margarine, hard, vegetable fats only	0
Margarine, soft, not polyunsaturated	0
Margarine, soft, polyunsaturated	0
Margarine, soya	0
Marjoram, dried	0
Marmalade	57
Marmalade, diabetic	57
Marrow, raw	75
Mayonnaise, homemade	0
Mayonnaise, reduced calorie, retail	0
Mayonnaise, retail	60
Medlars quince	35
Melon seeds	25
Melon, average	65
Melon, average, weighed whole	65
Melon, average, weighed with skin	65
Melon, Canteloupe-type	65
Melon, Canteloupe-type, weighed whole	65
Melon, Canteloupe-type, weighed with skin	65
Melon, Galia	65
Melon, Galia, weighed whole	65
Melon, Galia, weighed with skin	65
Melon, Honeydew	65
Melon, Honeydew, weighed whole	65
Melon, Honeydew, weighed with skin	65
Melon, watermelon	72

Melon, watermelon, weighed whole	65
Milk bread	72
Millet flour	90
Mint sauce	15
Mint sauce, homemade	15
Mint, dried	0
Mint, fresh	0
Mixed herbs, dried	0
Mixed nuts	15
Mixed nuts and raisins	30
Mixed spices	0
Molasses	70
Monkfish, raw	0
Mortadella	0
Muesli	57
Muesli, swiss style	57
Muesli, with extra fruit	57
Muesli, with no added sugar	57
Mulberries, raw	25
Mullet, Grey, raw	0
Mullet, Red, raw	0
Mung beans, dahl, dried, boiled in unsalted water	54
Mung beans, dahl, dried, raw	54
Mung beans, whole, dried, boiled in unsalted water	54
Mung beans, whole, dried, raw	54
Mushroom, dried	15
Mushrooms, Chinese, dried, raw	15
Mushrooms, common, raw	15
Mushrooms, Jew's ear, tender, dried, raw	15
Mushrooms, Jew's ear, tender, dried, soaked, raw	15
Mushrooms, Jew's ear, tough, dried, raw	15
Mushrooms, Jew's ear, tough, dried, soaked, raw	15
Mushrooms, oyster, raw	15
Mushrooms, shiitake, dried, raw	15
Mushrooms, straw, canned, drained	15
Mussels, boiled	0
Mussels, boiled, weighed with shells	0
Mussels, canned and bottled, drained	0
Mussels, raw	0
Mustard and cress, raw	10
Mustard leaves, raw	10
Mustard powder	35
Mustard seeds	0
Mustard, smooth	0
Mustard, wholegrain	0
Naan bread	72
Nectarines	43
New potatoes, average, raw	101
New potatoes, canned, re-heated, drained	101
New Zealand lamb, leg, whole, frozen, raw, lean and fat, weighed with bone	0
Noodles, egg, raw	70
Noodles, plain, raw	70
Noodles, rice, dried	53
Nutmeg, ground	0
Oat based biscuits	54
Oatmeal, quick cook, raw	49
Oatmeal, raw	49
Octopus, raw	0
Okra, canned, drained	20
Okra, raw	20

Old potatoes, average, raw	101
Old potatoes, Desiree, raw	101
Old potatoes, King Edward, raw	101
Old potatoes, Maris Piper, raw	101
Old potatoes, Pentland Crown, raw	101
Olive oil	0
Olives, in brine	15
Olives, in brine, weighed with stones	15
Onions, dried, raw	10
Onions, pickled, cocktail/silverskin, drained	10
Onions, pickled, drained	10
Onions, raw	15
Orange juice concentrate, unsweetened	50
Orange juice, freshly squeezed	50
Orange juice, freshly squeezed, weighed as whole fruit	50
Orange juice, unsweetened	50
Orange roughly, raw	0
Oranges	43
Oranges, weighed with peel and pips	43
Oregano, dried, ground	0
Oregano, fresh	0
Organic semi-skimmed milk, pasteurised	35
Ortaniques	42
Oxtail, raw	0
Oyster sauce	15
Oyster sauce	15
Oysters, raw	0
Oysters, raw, weighed with shells	0
Pale ale, bottled	0
Palm oil	0
Pangas, raw	0
Papadums, raw	51
Papaya, unripe, raw	58
Papri beans, canned, drained	30
Papri beans, raw	42
Paprika	0
Paratha	72
Parrot fish, raw	0
Parsley, dried	0
Parsley, fresh	0
Parsnip, raw	85
Passion fruit	30
Passion fruit juice	43
Passion fruit, weighed with skin	30
Pasta sauce, tomato based	15
Pasta, plain, fresh, raw	45
Pate, liver	0
Pate, liver, in a tube	0
Pate, meat, reduced fat	0
Paw-paw, raw	58
Paw-paw, raw, weighed with skin and pips	58
Peaches, canned in juice	42
Peaches, canned in syrup	42
Peaches, dried	35
Peaches, raw	38
Peaches, raw, weighed with stone	38
Peanut (Groundnut) oil	0
Peanut butter, smooth	40
Peanut butter, wholegrain	40
Peanuts, dry roasted	15

Peanuts, plain	15
Peanuts, plain, weighed with shells	15
Peanuts, roasted and salted	15
Pears, average, raw	38
Pears, average, raw, peeled	38
Pears, average, raw, peeled, weighed with skin and core	38
Pears, average, raw, weighed with core	38
Pears, canned in juice	44
Pears, canned in syrup	44
Pears, Comice, raw	38
Pears, Comice, raw, weighed with core	38
Pears, Conference, raw	38
Pears, Conference, raw, weighed with core	38
Pears, dried	43
Pears, Nashi, raw	38
Pears, Nashi, weighed with core	38
Pears, William, raw	38
Pears, William, raw, weighed with core	38
Peas, dried, raw	28
Peas, frozen, raw	66
Peas, raw	66
Pecan nuts	15
Pecan nuts, weighed with shells	15
Penne, white, raw	45
Pepper, black	0
Pepper, cayenne, ground	0
Pepper, white	0
Pepperami	0
Peppers, capsicum, chilli, green, raw	10
Peppers, capsicum, chilli, red, raw	10
Peppers, capsicum, green, raw	10
Peppers, capsicum, red, raw	10
Peppers, capsicum, yellow, raw	10
Pheasant breast meat, raw	0
Pheasant leg meat only, raw	0
Pheasant meat and skin, raw	0
Physalis	15
Piccalilli	15
Pickle, chilli, oily	15
Pickle, lime, oily	15
Pickle, mango, oily	15
Pickle, mixed vegetables	15
Pickle, sweet	60
Pigeon peas, dahl, dried, boiled in unsalted water	30
Pigeon peas, dahl, dried, raw	30
Pigeon peas, whole, dried, boiled in unsalted water	30
Pigeon peas, whole, dried, raw	30
Pilchards, canned in tomato sauce	0
Pine nuts	15
Pineapple juice concentrate, unsweetened	50
Pineapple juice, unsweetened	50
Pineapple, raw	66
Pineapple, raw, weighed with skin and top	66
Pinto beans, dried, boiled in unsalted water	42
Pinto beans, dried, raw	42
Pistachio nuts, roasted and salted	15
Pistachio nuts, roasted and salted, weighed with shells	15
Pitta bread, white	57
Plaice, frozen, raw	0
Plaice, raw	0

Plantain, raw	39
Plums, average, raw	39
Plums, average, raw, weighed with stones	39
Plums, Victoria, raw	39
Plums, Victoria, raw, weighed with stones	39
Plums, yellow, raw	39
Plums, yellow, raw, weighed with stones	39
Pollack, Alaskan, raw	0
Polony	0
Pomegranate	67
Pomegranate juice, fresh	50
Pomelo	42
Pomelo, weighed with peel and pips	43
Pomfret, black, raw	0
Pomfret, white, raw	0
Poppy seeds	25
Pork haslet	0
Pork scratchings	0
Pork shoulder, cured, slices	0
Pork slices	0
Pork, belly joint/slices, raw, lean and fat	0
Pork, belly joint/slices, raw, lean and fat, weighed with bone	0
Pork, chump chops, raw, lean and fat	0
Pork, chump chops, raw, lean and fat, weighed with bone	0
Pork, chump steaks, raw, lean and fat	0
Pork, crackling, cooked	0
Pork, diced, raw, lean	0
Pork, diced, raw, lean and fat	0
Pork, extra trimmed fat, raw	0
Pork, extra trimmed lean, raw	0
Pork, fillet, raw, lean and fat	0
Pork, hand, shoulder joint, raw, lean	0
Pork, hand, shoulder joint, raw, lean and fat	0
Pork, leg joint, lean and fat, raw	0
Pork, leg joint, raw, lean	0
Pork, leg joint, raw, lean and fat, weighed with bone	0
Pork, loin chops, raw, lean and fat	0
Pork, loin chops, raw, lean and fat, weighed with bone	0
Pork, loin joint, raw, lean and fat	0
Pork, loin joint, raw, lean and fat, weighed with bone	0
Pork, loin steaks, raw, lean and fat	0
Pork, mince, raw	0
Pork, spare rib chops, raw, lean and fat	0
Pork, spare rib chops, raw, lean and fat, weighed with bone	0
Pork, spare rib joint, raw, lean and fat	0
Pork, spare rib joint, raw, lean and fat, weighed with bone	0
Pork, spare rib slices, raw, lean and fat, weighed with bone	0
Pork, spare rib steaks, raw, lean and fat	0
Pork, spare ribs, raw, lean and fat	0
Pork, steaks, raw, lean	0
Pork, steaks, raw, lean and fat	0
Pork, trimmed fat, raw	0
Pork, trimmed lean, raw	0
Port	0
Potato crisps	70
Potato crisps, crinkle cut	70
Potato crisps, jacket	70
Potato crisps, low fat	70
Potato crisps, square	70
Potato crisps, thick, crinkle-cut	70



Potato crisps, thick-cut	70
Potato flour	90
Poussin, raw, meat and skin	0
Poussin, raw, meat and skin, weighed with bone	0
Prawns, boiled	0
Prawns, boiled, weighed with shells	0
Prawns, dried	0
Prawns, frozen, raw	0
Prawns, raw	0
Progress, reconstituted	0
Prune juice	50
Prunes	29
Prunes, ready-to-eat	29
Prunes, ready-to-eat, weighed with stones	29
Prunes, weighed with stones	29
Puff pastry, frozen, raw	59
Puffed potato products	70
Pumpkin seeds	10
Pumpkin, raw	75
Quark cheese	30
Quinces	35
Quinoa	53
Rabbit, raw, meat only	0
Rack of lamb, raw, lean and fat	0
Rack of lamb, raw, lean and fat, weighed with bone	0
Raddiccio, raw	10
Radish leaves, raw	10
Radish, red, raw	15
Radish, white/mooli, raw	15
Raisins	60
Rambutan	30
Rapeseed oil	0
Raspberries, frozen	25
Raspberries, raw	25
Red kidney beans, canned, re-heated, drained	35
Red kidney beans, dried, boiled in unsalted water	35
Red kidney beans, dried, raw	25
Red rice, raw	56
Red snapper, raw	0
Red wine	44
Redcurrant jelly	53
Redcurrants, raw	25
Redfish, raw	0
Rhubarb, raw	10
Rice cakes	82
Rice flour	82
Rice flour cakes, glutinous, Chinese	82
Rice Krispies	82
Rigatoni, white, raw	45
Rissoles, savoury	0
Rock Salmon/Dogfish, raw	0
Roe, cod, hard, raw	0
Roe, herring, soft, raw	0
Rohu, raw	0
Rose wine, medium	44
Rosemary, dried	0
Rosemary, fresh	0
Runner beans, boiled in unsalted water	25
Runner beans, raw	25
Rye bread	76

Rye flour, whole	33
Safflower oil	0
Saffron	0
Sage, dried, ground	0
Sage, fresh	0
Salad, green	10
Salami	0
Salmon, pink, canned in brine, flesh and bones, drained	0
Salmon, pink, canned in brine, flesh only, drained	0
Salmon, raw	0
Salmon, red, canned in brine, flesh and bones, drained	0
Salmon, red, canned in brine, flesh only, drained	0
Salmon, smoked	0
Salsify, raw scorzonera	30
Salt	0
Sambal Oelek sauce	15
Sardines, canned in brine, drained	0
Sardines, canned in oil, drained	0
Sardines, canned in tomato sauce	0
Sardines, raw	0
Satsumas	43
Satsumas, weighed with peel	43
Sauce, dry mix	15
Sauce, dry, casserole mix	15
Sauerkraut	15
Seafood cocktail	0
Seaweed, Irish moss, raw	0
Seaweed, kombu, dried, raw	0
Seaweed, nori, dried, raw	0
Seaweed, wakame, dried, raw	0
Semi-skimmed milk, average	35
Semi-skimmed milk, pasteurised, average	35
Semi-skimmed milk, pasteurised, fortified plus SMP	35
Semi-skimmed milk, pasteurised, summer	35
Semi-skimmed milk, pasteurised, winter	35
Semi-skimmed milk, UHT	35
Sesame oil	0
Sesame seeds	35
Shallots, raw	15
Shandy	0
Shanghai nuts	15
Shark, raw	0
Sharon fruit, persimmon	31
Sheeps milk, raw	35
Sherry, dry	0
Sherry, medium	0
Sherry, sweet	0
Short sweet biscuits	75
Shortbread	40
Shredded Wheat	67
Shrimps, boiled	50
Shrimps, boiled, weighed with shells	0
Shrimps, canned in brine, drained	0
Shrimps, dried	0
Shrimps, frozen	0
Skate, raw	0
Skimmed milk, average	35
Skimmed milk, pasteurised, average	35
Skimmed milk, pasteurised, summer	35
Skimmed milk, pasteurised, winter	35

Skimmed milk, sterilised	35
Skimmed milk, UHT	35
Soda Bread	52
Soy sauce	0
Soya beans, dried, boiled in unsalted water	17
Soya beans, dried, raw	17
Soya oil	0
Spaghetti, white, raw	45
Spaghetti, wholemeal, raw	45
Spinach, canned, drained	10
Spinach, dried	15
Spinach, raw	10
Spirits, 37.5% volume	0
Spirits, 40% volume	0
Split peas, dried, raw	30
Sprats, raw	0
Spring greens, raw	10
Spring onions, bulbs and tops, raw	15
Spring onions, bulbs only, raw	15
Squash, acorn, raw	75
Squash, butternut, raw	75
Squash, spaghetti, raw	75
Squid, dried	0
Squid, frozen, raw	0
Squid, raw	0
Steaklets, frozen, raw	0
Stock cubes, beef	0
Stock cubes, chicken	0
Stock cubes, vegetable	0
Stout, bottled	0
Stout, extra	0
Stout, Guinness	0
Stout, Mackeson	0
Strawberries, raw	40
Strong ale/barley wine	0
Suet, shredded	0
Suet, vegetable	0
Sugar, brown	58
Sugar, Demerara	58
Sugar, icing	58
Sugar, white	58
Sugar-snap peas, raw	66
Sultanas	58
Sunflower oil	0
Sunflower seeds	35
Swede, raw	70
Sweet and sour sauce, canned	15
Sweet and sour sauce, take-away	15
Sweet chilli sauce, Blue Dragon	15
Sweet potato, raw	54
Sweetbread, lamb, raw	0
Sword beans, raw	30
Swordfish, raw	0
Syrup, corn, dark	58
Syrup, golden	58
Syrup, golden, pouring	58
Syrup, maple	54
Tagliatelle, white, raw	45
Tahini paste	5
Tamarind	65

Tamarind leaves, fresh	0
Tamarind pulp	0
Tangerines	43
Tangerines, weighed with peel and pips	43
Tapioca, raw	85
Taramasalata	0
Tarragon, dried, ground	0
Tarragon, fresh	0
Tartare sauce	15
Tea, black, infusion, average	0
Tea, black, infusion, strong	0
Tea, black, infusion, weak	0
Tea, Chinese, leaves, infusion	0
Tea, green, infusion	0
Tea, herbal, infusion	0
Tea, infusion, average, with whole milk	0
Tea, lemon, instant powder	0
Tea, lemon, instant powder, with water	0
Thai red curry paste, Sainsbury	15
Thyme, dried, ground	0
Thyme, fresh	0
Tigernuts	15
Tilapia, raw	0
Tomato juice	38
Tomato ketchup	55
Tomato puree	35
Tomato sauce, homemade	15
Tomatoes, canned, whole contents	38
Tomatoes, cherry, raw	38
Tomatoes, raw	38
Tomatoes, sun dried	38
Tongue slices	0
Tongue, canned	0
Tongue, lamb, raw	0
Tongue, ox, pickled, raw	0
Tonic wine	0
Tortilla chips	74
Tortillas, made with wheat flour	30
Treacle, black	58
Tripe, dressed, raw	0
Trout, brown, raw	0
Trout, rainbow, raw	0
Tuna pate	0
Tuna, canned in brine, drained	0
Tuna, canned in oil, drained	0
Tuna, raw	0
Turbot, raw	0
Turkey slices	0
Turkey, dark meat, raw	0
Turkey, light meat, raw	0
Turkey, meat, average, raw	0
Turkey, skin, raw	0
Turmeric, ground	0
Turnip, raw	85
Tzatziki	41
Veal, escalope, raw	0
Veal, mince, raw	0
Vegetable oil, blended, average	0
Venison, raw	0
Vermicelli, raw	45

Vermicelli, white, raw	45
Vermouth, dry	0
Vermouth, sweet	0
Vinegar	5
Walnut oil	0
Walnuts	15
Walnuts, weighed with shells	15
Water biscuits	70
Water chestnuts, canned, drained	25
Water chestnuts, raw	25
Water, distilled	0
Watercress, raw	10
Wheat flour, brown	75
Wheat flour, patent	75
Wheat flour, white, breadmaking	75
Wheat flour, white, plain	75
Wheat flour, white, self-raising	75
Wheat flour, wholemeal	75
Wheatgerm bread	80
Wheatgerm oil	0
Whelks, boiled	0
Whelks, boiled, weighed with shells	0
White bread, average	64
White bread, Danish style	64
White bread, farmhouse or split tin, freshly baked	72
White bread, French stick	82
White bread, large, crusty	64
White bread, large, tin	64
White bread, premium	64
White bread, Scottish batch, unwrapped	64
White bread, Scottish batch, wrapped	64
White bread, sliced	64
White bread, Vienna	72
White bread, 'with added fibre'	72
White fish, dried, salted	0
White pudding	0
White rice, basmati, raw	65
White rice, easy cook, raw	56
White rice, flaked, raw	56
White rice, glutinous, raw	83
White rice, polished, raw	50
White rolls, crusty	72
White rolls, soft	72
White sauce packet mix	15
White wine, dry	44
White wine, medium	44
White wine, sparkling	44
White wine, sweet	44
Whitecurrants, raw	25
Whiting, raw	0
Whole chicken, corn-fed, raw	0
Whole chicken, corn-fed, raw, weighed with bone	0
Whole chicken, raw	0
Whole chicken, raw, weighed with bone	0
Whole milk yogurt, goats	41
Whole milk yogurt, 'organic'	41
Whole milk, average	35
Whole milk, pasteurised, average	35
Whole milk, pasteurised, summer	35
Whole milk, pasteurised, winter	35

Whole milk, sterilised	35
Whole milk, UHT	35
Whole turkey, raw	0
Whole turkey, raw, weighed with bone	0
Wholemeal bread, average	53
Wholemeal pastry, raw	59
Wholemeal rolls	72
Winkles, boiled	0
Winkles, boiled, weighed with shells	0
Worcestershire sauce	15
Yam, raw	49
Yeast, dried	0
Yogurt, greek style, fruit	41
Yogurt, greek style, plain	41
Yogurt, greek, sheep	41
Yogurt, infant, fruit flavour	41
Yogurt, low fat, fruit	41
Yogurt, low fat, plain	41
Yogurt, twinpot, thick and creamy with fruit	41
Yogurt, virtually fat free/diet, fruit	41
Yogurt, virtually fat free/diet, plain	14
Yogurt, whole milk, fruit	41
Yogurt, whole milk, plain	41