Appendix 1: food groups classification

**Fat Spreads:** butter, polyunsaturated and not polyunsaturated margarine and oils, low fat spread

**Sweet spreads fillings and icing:** ice cream topping sauce, chocolate spread, mincemeat, glace cherries, mixed peel, icing, and marzipan.

**Crisps and savoury snacks:** all potato and cereal based snacks, popcorn (not sweet), twiglets, pretzels, pork scratching.

**Nuts and seeds:** nut and fruit mixes, coconut, salted peanuts, nut butters, tahini, Bombay mix.

**Chocolate confectionery:** chocolate bars, filled bars, assortments, carob, diabetic and low calorie chocolate.

**Biscuits:** all types of purchased/retail biscuits, sweet and savoury. Includes cream crackers, ice cream cornet/wafers, flapjacks and breadsticks (not caramel shortcake).

**Cheese:** all types except cottage cheese.

**Buns cakes & pastries:** include all types of any purchased/retail and homemade buns, cakes or pastries, Danish pastries, muffins, tart fruit loaf, pastry, custard tart, pie, caramel shortcake.

**Cream:** all type including; single, double, whipping, sour, imitation cream, dream topping, Tip Top, crème fraiche.

**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.

**Sugar confectionery:** includes boiled sweets, gums, fudge, mints, rock, liquorice, toffees, chewing gum, sweet popcorn, ice lollies (without ice cream).

**High fibre breakfast cereals:** all breakfast cereals with non-starch polysaccharide (Englyst fibre) of 4g/100g or more, all bran, muesli, shredded wheat. Also, includes porridge, Ready Brek, chocolate, honey, nut, fruit and shredded wheat).

**Breakfast cereals not high fibre:** all non-starch polysaccharide <4g/100g. Eg. Cornflakes, Coco Pops, Sugar Puffs and Nutri-grain bars.

**Preserves:** jam, fruit spreads, marmalade, honey, lemon curd (includes low sugar types).

**Sausages takeaway:** all types of sausage manufactured products/ ready meal, and homemade sausage dishes.

**Burgers and kebabs:** any type of purchased/ retail or takeaway burger or kebab products including beef-burgers, hamburgers, cheeseburgers (with or without roll).

**White bread:** all types of bread and bread products made with white wheat flour. Not include high fibre, not multi-seeds bread.

**Pizza:** all types; thin and crispy, deep pan, French bread, etc. Also, include homemade pizza.

**Coated chicken and turkey manufactured:** any type of coated chicken or turkey products purchased/retail or takeaway. Includes Kentucky, Fried Chicken, nuggets, drumsticks, chicken kievs and burgers (with or without bun).

**Other milk:** includes soya milk, goats, sheeps, condensed, dried milk, milkshake, rice milk and hot chocolate.

**Whole milk:** all types of whole cow’s milk including pasteurised, UHT, milk with added fatty acids.

**Semi-skimmed milk:** all types of semi-skimmed cow’s milk including pasteurised, UHT, milk with added fatty acids.

**Soft drinks not low calorie carbonated:** all types including tonic water, red Bull, not carbonated mineral water, not alcoholic lemonade.

**Fruit juice (100%):** includes 100% single or mixed fruit juices/smithies, sweetened or unsweetened canned, bottled, cartons, carbonated, still, freshly, squeezed, vegetable juice.

**Citrus fruit not canned:** including oranges, grapefruit, limes, tangerines, ortaniques etc**.**