

Low glycaemic index diet in pregnancy and child asthma: follow-up of the ROLO trial

Sophie Callanan¹, Mohammad Talaei², Anna Delahunt¹, Seif O Shaheen^{2,3*}, Fionnuala M McAuliffe^{1*}

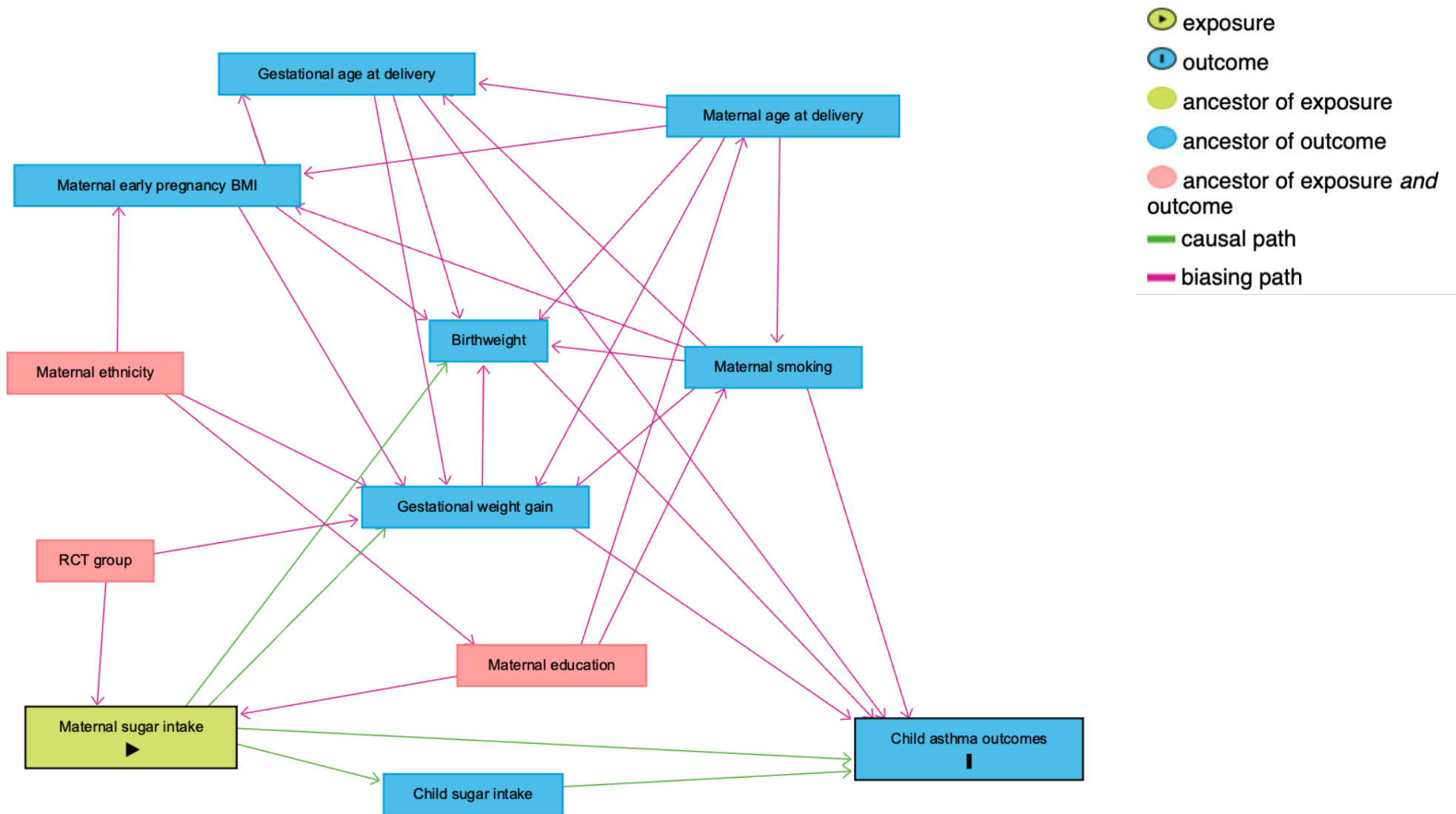
*Joint senior authors.

Affiliations:

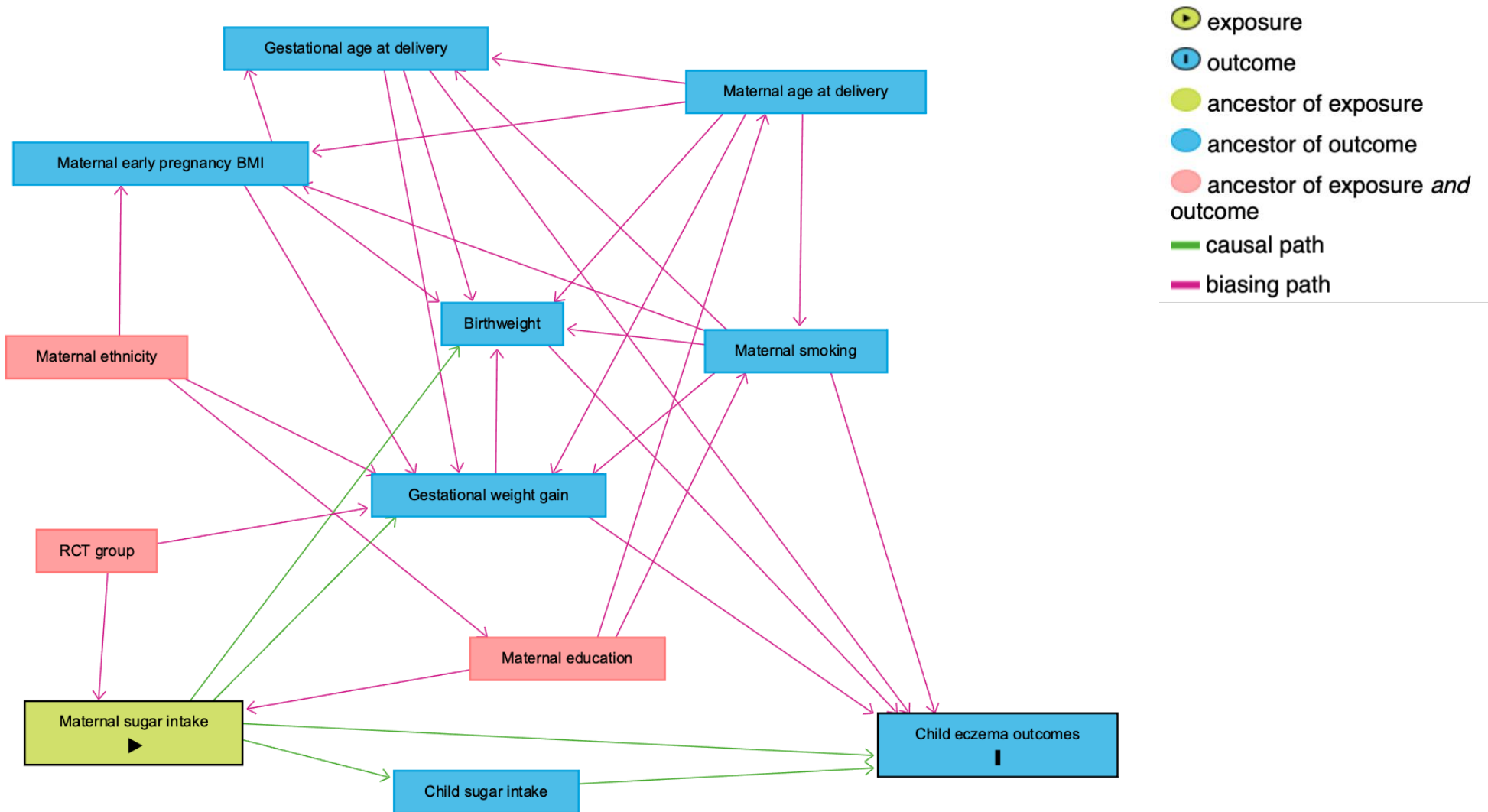
1. UCD Perinatal Research Centre, School of Medicine, University College Dublin, National Maternity Hospital, Dublin, Ireland.
2. Wolfson Institute of Population Health, Barts and The London School of Medicine and Dentistry, Queen Mary University of London, London, UK.
3. Allergy and Lung Health Unit, Melbourne School of Population and Global Health, The University of Melbourne, Victoria, Australia.

Corresponding author:

Professor Fionnuala M McAuliffe, UCD Perinatal Research Centre, School of Medicine, University College Dublin, The National Maternity Hospital, Dublin, Ireland, Telephone: +353 1 637 3216, Fax: +353 1 662 7586, E-mail: fionnuala.mcauliffe@ucd.ie



Supplementary Figure 1. Directed acyclic graph of asthma outcomes in childhood created using the online DAGitty tool (1).



Supplementary Figure 2. Directed acyclic graph of eczema outcomes in childhood created using the online DAGitty tool (1).

Supplementary Table 1. Maternal and child characteristics from the ROLO trial for those with eczema outcomes at any time point.

	Total (N = 514)		Intervention (N = 260)		Control (N = 254)		P-value
	Mean / Median / n	SD / (IQR) / %	Mean / Median / n	SD / (IQR) / %	Mean / Median / n	SD / (IQR) / %	
Maternal characteristics							
Age at delivery (years)	33.1	(30.4, 35.5)	32.8	3.95	33.0	3.80	0.49
HP index	7.20	(0.60, 12.4)	6.95	(0.37, 11.9)	7.35	(0.60, 12.7)	0.60
Early pregnancy body mass index (kg/m ²)	25.5	(23.3, 28.0)	25.5	(23.3, 28.5)	25.5	(23.3, 27.9)	0.99
<i>Gestational weight gain</i>							
Inadequate, n (%)	68	13.2	38	14.6	30	11.8	0.48
Adequate, n (%)	150	29.2	81	31.2	69	27.2	
Excessive, n (%)	207	40.3	99	38.1	108	42.5	
Missing, n (%)	89	17.3	42	16.2	47	18.5	
<i>Smoking in pregnancy</i>							
Yes, n (%)	16	3.10	12	4.60	4	1.60	0.047
No, n (%)	498	96.9	248	95.4	250	98.4	
<i>Education level</i>							
Completed tertiary level, n (%)	261	50.8	130	50.0	131	51.6	0.67
Completed some tertiary level, n (%)	101	19.6	48	18.5	53	20.9	
Any secondary education, n (%)	89	17.3	50	19.2	39	15.4	
Missing, n (%)	63	12.3	32	12.3	31	12.2	
<i>Ethnicity</i>							
White Irish, n (%)	471	91.6	242	93.1	229	90.2	0.23
Other, n (%)	43	8.40	18	6.90	25	9.80	
Child characteristics							
<i>Child sex</i>							
Male, n (%)	257	50.0	132	50.8	125	49.2	0.72
Female, n (%)	257	50.0	128	49.2	129	50.8	
Birthweight (kg)	4.02	0.45	4.06	0.46	3.98	0.44	0.05
Gestational age at delivery (days)	283	(277, 288)	284	(277, 289)	282	(277, 288)	0.10
Age at 2-year follow-up (years)	2.06	(2.03, 2.06)	2.06	(2.03, 2.06)	2.06	(2.02, 2.06)	0.96
Age at 5-year follow-up (years)	5.17	(5.09, 5.20)	5.17	(5.09, 5.19)	5.17	(5.09, 5.20)	0.34
Age at 9-11-year follow-up (years)	9.88	(9.36, 10.1)	9.88	(9.33, 10.1)	9.88	(9.36, 10.1)	0.49

Abbreviations: ROLO: Randomised cOntrol trial of LOw glycaemic index diet in pregnancy versus no dietary intervention to prevent recurrence of macrosomia; HP: Hasse and Pratschke index. Results presented as mean (SD standard deviation) for normally distributed variables, median (IQR interquartile range 25th, 75th percentile) for non-normally distributed variables, and n (%) for categorical variables.

Supplementary Table 2. Differences in maternal and child characteristics between trial groups in the ROLO cohort at specific time points.

	Intervention			Control			P-value
	N	Mean / Median / n	SD / (IQR) / %	N	Mean / Median / n	SD / (IQR) / %	
2-year follow-up (N = 271)							
Maternal characteristics							
Age at delivery (years)	142	33.2	3.84	129	33.2	3.44	0.92
HP index	142	6.62	9.85	129	8.12	9.67	0.21
Early pregnancy body mass index (kg/m ²)	142	25.2	(23.3, 27.9)	129	24.6	(22.6, 27.6)	0.13
<i>Gestational weight gain</i>							
Inadequate, n (%)	142	20	14.1	129	14	10.9	0.10
Adequate, n (%)	142	44	31.0	129	27	20.9	
Excessive, n (%)	142	51	62.0	129	64	49.6	
Missing, n (%)	142	27	16.2	129	24	18.6	
<i>Smoking in pregnancy</i>							
Yes, n (%)	142	4	2.80	129	1	0.80	0.21
No, n (%)	142	138	97.1	129	128	99.2	
<i>Education level</i>							
Completed tertiary level, n (%)	142	75	52.8	129	75	58.1	0.70
Completed some tertiary level, n (%)	142	30	21.1	129	23	17.8	
Any secondary education, n (%)	142	26	18.3	129	19	14.7	
Missing, n (%)	142	11	7.70	129	12	9.30	
<i>Ethnicity</i>							
White Irish, n (%)	142	132	93.0	129	113	87.6	0.14
Other, n (%)	142	10	7.00	129	16	21.4	
Child characteristics							
Birthweight (kg)	142	4.09	0.47	129	4.02	0.42	0.23
Gestational age at delivery (days)	142	284	(277, 289)	129	284	(278, 288)	0.67
5-year follow-up (N = 357)							
Maternal characteristics							
Age at delivery (years)	186	32.8	3.99	171	33.8	3.79	0.024
HP index	186	5.80	9.68	171	6.53	9.76	0.53
Early pregnancy body mass index (kg/m ²)	186	25.2	(22.8, 27.6)	171	25.41	(23.3, 27.7)	0.70
<i>Gestational weight gain</i>							
Inadequate, n (%)	186	28	15.1	171	22	12.9	0.75

Adequate, n (%)	186	58	31.2	171	49	28.7	
Excessive, n (%)	186	70	37.6	171	66	38.6	
Missing, n (%)	186	30	16.1	171	34	19.9	
<i>Smoking in pregnancy</i>							
Yes, n (%)	186	7	3.80	171	4	2.30	0.44
No, n (%)	186	179	96.2	171	167	97.7	
<i>Education level</i>							
Completed tertiary level, n (%)	186	97	52.2	171	100	58.5	0.53
Completed some tertiary level, n (%)	186	35	18.8	171	32	18.7	
Any secondary education, n (%)	186	36	19.4	171	24	14.0	
Missing, n (%)	186	18	9.70	171	15	8.80	
<i>Ethnicity</i>							
White Irish, n (%)	186	173	93.0	171	156	91.2	0.66
Other, n (%)	186	13	7.00	171	15	8.80	
Child characteristics							
Birthweight (kg)	186	4.09	0.46	171	3.97	0.42	0.012
Gestational age at delivery (days)	186	284	(278, 290)	171	283	(277, 288)	0.037
9-11 year follow-up (N = 391)							
Maternal characteristics							
Age at delivery (years)	196	32.9	4.01	195	32.8	3.76	0.74
HP index	196	6.44	9.12	195	6.03	9.00	0.66
Early pregnancy body mass index (kg/m ²)	196	25.4	(23.1, 28.0)	195	25.7	(23.3, 27.6)	0.81
<i>Gestational weight gain</i>							
Inadequate, n (%)	196	32	16.3	195	19	9.70	0.15
Adequate, n (%)	196	63	32.1	195	56	28.7	
Excessive, n (%)	196	69	35.2	195	83	42.6	
Missing, n (%)	196	32	16.3	195	37	19.0	
<i>Smoking in pregnancy</i>							
Yes, n (%)	196	9	4.60	195	4	2.10	0.16
No, n (%)	196	187	95.4	195	191	97.9	
<i>Education level</i>							
Completed tertiary level, n (%)	196	103	52.6	195	104	53.3	0.91
Completed some tertiary level, n (%)	196	34	17.3	195	38	19.5	
Any secondary education, n (%)	196	32	16.3	195	29	14.9	
Missing, n (%)	196	27	13.8	195	24	12.3	

<i>Ethnicity</i>							
White Irish, n (%)	196	181	92.3	195	179	91.8	0.67
Other, n (%)	196	15	7.7	195	16	8.20	
Child characteristics							
Birthweight (kg)	196	4.06	0.48	195	4.01	0.45	0.30
Gestational age at delivery (days)	196	284	(277, 289)	195	282	(277, 288)	0.12

Abbreviations: ROLO: Randomised cOntrol trial of LOw glycaemic index diet in pregnancy versus no dietary intervention to prevent recurrence of macrosomia; HP: Hasse and Pratschke index. Results presented as mean (SD standard deviation) for normally distributed variables, median (IQR interquartile range 25th, 75th percentile) for non-normally distributed variables, and n (%) for categorical variables.

N = total population with available data; n = frequency.

Supplementary Table 3. Differences in maternal and child characteristics between trial interventions in the ROLO cohort, stratified by maternal education level.

	Intervention			Control			P-value
	N	Mean / Median / n	SD / (IQR) / %	N	Mean / Median / n	SD / (IQR) / %	
Incomplete Tertiary Level Education							
Asthma outcomes at any time point (N = 169)							
Maternal characteristics							
Age at delivery (years)	85	31.8	4.44	84	32.2	3.86	0.57
HP index	85	3.08	10.1	84	5.74	8.79	0.07
Early pregnancy body mass index (kg/m ²)	85	25.8	(23.9, 29.4)	84	25.2	(23.5, 29.6)	0.59
<i>Gestational weight gain</i>							
Inadequate, n (%)	85	10	11.8	84	12	14.3	0.91
Adequate, n (%)	85	24	28.2	84	26	31.0	
Excessive, n (%)	85	37	43.5	84	34	40.5	
Missing, n (%)	85	14	16.5	84	12	14.3	
<i>Smoking in pregnancy</i>							
Yes, n (%)	85	8	9.40	84	3	3.60	0.12
No, n (%)	85	77	90.6	84	81	96.4	
<i>Ethnicity</i>							
White Irish, n (%)	85	82	96.5	84	80	95.2	0.69
Other, n (%)	85	3	3.50	84	4	4.80	
Child characteristics							
Birthweight (kg)	85	4.12	0.48	84	3.92	0.41	0.006
Gestational age at delivery (days)	85	284	(277, 290)	84	281	(274, 288)	0.09
Eczema outcomes at any time point (N = 190)							
Maternal characteristics							
Age at delivery (years)	98	31.9	4.30	92	32.3	3.95	0.67
HP index	98	2.72	10.1	92	5.87	9.05	0.025
Early pregnancy body mass index (kg/m ²)	98	25.8	(23.9, 29.3)	92	25.2	(23.3, 29.3)	0.48
<i>Gestational weight gain</i>							
Inadequate, n (%)	98	11	11.2	92	13	14.1	0.87
Adequate, n (%)	98	27	27.6	92	28	30.4	
Excessive, n (%)	98	44	44.9	92	37	40.2	
Missing, n (%)	98	16	16.3	92	14	15.2	

<i>Smoking in pregnancy</i>							
Yes, n (%)	98	10	10.2	92	3	3.30	0.06
No, n (%)	98	88	89.8	92	89	96.7	
<i>Ethnicity</i>							
White Irish, n (%)	98	93	94.9	92	86	93.5	0.68
Other, n (%)	98	5	5.10	92	6	6.50	
Child characteristics							
Birthweight (kg)	98	4.09	0.48	92	3.93	0.40	0.020
Gestational age at delivery (days)	98	282	7.80	92	280	8.48	0.12
2-year follow-up (N = 98)							
Maternal characteristics							
Age at delivery (years)	56	32.5	4.19	42	32.8	3.33	0.70
HP index	56	3.35	9.91	42	7.91	9.10	0.022
Early pregnancy body mass index (kg/m ²)	56	26.0	(23.8, 29.8)	42	24.5	(22.7, 28.5)	0.12
<i>Gestational weight gain</i>							
Inadequate, n (%)	56	8	14.3	42	5	11.9	0.97
Adequate, n (%)	56	17	30.4	42	13	31.0	
Excessive, n (%)	56	22	39.3	42	18	42.9	
Missing, n (%)	56	9	16.1	42	6	14.3	
<i>Smoking in pregnancy</i>							
Yes, n (%)	56	4	7.10	42	1	2.40	0.29
No, n (%)	56	52	92.9	42	41	97.6	
<i>Ethnicity</i>							
White Irish, n (%)	56	52	92.9	42	38	90.5	0.67
Other, n (%)	56	4	7.10	42	4	9.50	
Child characteristics							
Birthweight (kg)	56	4.08	0.53	42	3.99	0.37	0.31
Gestational age at delivery (days)	56	281	7.99	42	282	8.54	0.71
5-year follow-up (N = 127)							
Maternal characteristics							
Age at delivery (years)	71	31.8	4.57	56	32.6	4.04	0.30
HP index	71	3.90	(-3.90, 10.6)	56	7.10	(1.25, 11.3)	0.23
Early pregnancy body mass index (kg/m ²)	71	25.9	(23.8, 29.3)	56	25.0	(23.5, 30.5)	0.77
<i>Gestational weight gain</i>							
Inadequate, n (%)	71	9	12.7	56	9	16.1	0.26

Adequate, n (%)	71	17	23.9	56	21	37.5	
Excessive, n (%)	71	32	45.1	56	17	30.4	
Missing, n (%)	71	13	18.3	56	9	16.1	
<i>Smoking in pregnancy</i>							
Yes, n (%)	71	6	8.50	56	3	5.40	0.50
No, n (%)	71	65	91.5	56	53	94.6	
<i>Ethnicity</i>							
White Irish, n (%)	71	68	95.8	56	53	94.6	0.77
Other, n (%)	71	3	4.20	56	3	5.40	
Child characteristics							
Birthweight (kg)	71	4.14	0.48	56	3.89	0.38	0.002
Gestational age at delivery (days)	71	285	(278, 290)	56	281	(274, 288)	0.10
9-11 year follow-up (N = 133)							
Maternal characteristics							
Age at delivery (years)	66	31.8	4.53	67	31.6	3.95	0.87
HP index	66	3.77	9.64	67	5.44	8.28	0.29
Early pregnancy body mass index (kg/m ²)	66	25.7	(23.9, 29.0)	67	25.1	(23.3, 27.6)	0.54
<i>Gestational weight gain</i>							
Inadequate, n (%)	66	7	10.6	67	8	11.9	0.96
Adequate, n (%)	66	19	28.8	67	19	28.4	
Excessive, n (%)	66	28	42.4	67	30	44.8	
Missing, n (%)	66	12	18.2	67	10	14.9	
<i>Smoking in pregnancy</i>							
Yes, n (%)	66	7	10.6	67	3	4.5	0.18
No, n (%)	66	59	89.4	67	64	95.5	
<i>Ethnicity</i>							
White Irish, n (%)	66	63	95.5	67	65	97.0	0.64
Other, n (%)	66	3	4.50	67	2	3.00	
Child characteristics							
Birthweight (kg)	66	4.10	0.49	67	3.98	0.42	0.14
Gestational age at delivery (days)	66	282	8.27	67	280	8.29	0.08
Complete Tertiary Level Education							
Asthma outcomes at any time point (n = 245)							
Maternal characteristics							
Age at delivery (years)	122	33.7	3.26	123	33.8	3.57	0.83

HP index	122	8.30	(3.00, 12.4)	123	7.50	(0.80, 12.9)	0.28
Early pregnancy body mass index (kg/m ²)	122	24.7	(22.6, 27.4)	123	25.5	(23.3, 27.6)	0.38
<i>Gestational weight gain</i>							
Inadequate, n (%)	122	20	16.4	123	12	9.8	0.05
Adequate, n (%)	122	46	37.7	123	33	26.8	
Excessive, n (%)	122	37	30.3	123	52	42.3	
Missing, n (%)	122	19	15.6	123	26	21.1	
<i>Smoking in pregnancy</i>							
Yes, n (%)	122	0	0.00	123	0	0.00	-
No, n (%)	122	122	100	123	123	100	
<i>Ethnicity</i>							
White Irish, n (%)	122	110	90.2	123	106	86.2	0.33
Other, n (%)	122	12	9.8	123	17	13.8	
Child characteristics							
Birthweight (kg)	122	4.08	0.43	123	4.02	0.43	0.31
Gestational age at delivery (days)	122	284	(278, 290)	123	283	(279, 288)	0.39
Eczema outcomes at any time point (N = 261)							
Maternal characteristics							
Age at delivery (years)	130	33.7	3.30	131	33.6	3.68	0.82
HP index	130	8.30	(3.00, 12.4)	131	7.5	(0.60, 12.9)	0.28
Early pregnancy body mass index (kg/m ²)	130	24.8	(22.6, 27.3)	131	25.5	(23.3, 27.6)	0.82*
<i>Gestational weight gain</i>							
Inadequate, n (%)	130	20	15.4	131	12	9.2	0.025
Adequate, n (%)	130	49	37.7	131	33	25.2	
Excessive, n (%)	130	41	31.5	131	58	44.3	
Missing, n (%)	130	20	15.4	131	28	21.4	
<i>Smoking in pregnancy</i>							
Yes, n (%)	130	0	0.00	131	0	0.00	-
No, n (%)	130	130	100	131	131	100	
<i>Ethnicity</i>							
White Irish, n (%)	130	117	90.0	131	112	85.5	0.27
Other, n (%)	130	13	10.0	131	19	14.5	
Child characteristics							
Birthweight (kg)	130	4.08	0.42	131	4.02	0.43	0.23
Gestational age at delivery (days)	130	284	(277, 290)	131	283	(278, 288)	0.33

2-year follow-up (N = 150)**Maternal characteristics**

Age at delivery (years)	75	33.8	3.40	75	33.4	3.58	0.51
HP index	75	9.11	9.33	75	7.96	9.84	0.47
Early pregnancy body mass index (kg/m ²)	75	24.8	(22.8, 27.1)	75	24.6	(22.2, 27.4)	0.54*
<i>Gestational weight gain</i>							
Inadequate, n (%)	75	10	13.3	75	7	9.30	0.025
Adequate, n (%)	75	25	33.3	75	11	14.7	
Excessive, n (%)	75	25	33.3	75	39	52.0	
Missing, n (%)	75	15	20.0	75	18	24.0	
<i>Smoking in pregnancy</i>							
Yes, n (%)	75	0	0.00	75	0	0.00	-
No, n (%)	75	75	100	75	75	100	
<i>Ethnicity</i>							
White Irish, n (%)	75	69	92.0	75	63	84.0	0.13
Other, n (%)	75	6	8.00	75	12	16.0	

Child characteristics

Birthweight (kg)	75	4.09	0.43	75	4.04	0.44	0.49
Gestational age at delivery (days)	75	284	(279, 290)	75	284	(279, 288)	0.48

5-year follow-up (N = 197)**Maternal characteristics**

Age at delivery (years)	97	25.2	4.15	100	25.3	3.47	0.36
HP index	97	8.20	(3.05, 12.5)	100	8.5	(1.95, 12.9)	0.76
Early pregnancy body mass index (kg/m ²)	97	24.7	(22.3, 27.1)	100	25.4	(22.6, 27.5)	0.42
<i>Gestational weight gain</i>							
Inadequate, n (%)	97	15	15.5	100	11	11.0	0.07
Adequate, n (%)	97	38	39.2	100	25	25.0	
Excessive, n (%)	97	30	30.9	100	42	42.0	
Missing, n (%)	97	14	14.4	100	22	22.0	
<i>Smoking in pregnancy</i>							
Yes, n (%)	97	0	0.00	100	0	0.00	-
No, n (%)	97	97	100	100	100	100	
<i>Ethnicity</i>							
White Irish, n (%)	97	87	89.7	100	88	88.0	0.71
Other, n (%)	97	10	10.3	100	12	12.0	

Child characteristics

Birthweight (kg)	97	4.06	0.42	100	4.02	0.43	0.56
Gestational age at delivery (days)	97	284	(279, 290)	100	284	(279, 288)	0.41

9-11 year follow-up (N = 207)**Maternal characteristics**

Age at delivery (years)	103	33.9	3.25	104	33.5	3.54	0.47
HP index	103	8.70	(3.00, 12.5)	104	7.45	(1.95, 12.8)	0.23
Early pregnancy body mass index (kg/m ²)	103	24.8	(22.6, 27.3)	104	25.6	(23.3, 27.6)	0.40

Gestational weight gain

Inadequate, n (%)	103	19	18.4	104	6.70	6.70	0.008
Adequate, n (%)	103	40	38.8	104	28.8	28.8	
Excessive, n (%)	103	29	28.2	104	42.3	42.3	
Missing, n (%)	103	15	14.6	104	22.1	22.1	

Smoking in pregnancy

Yes, n (%)	103	0	0.00	104	0	0.00	-
No, n (%)	103	103	100	104	104	100	

Ethnicity

White Irish, n (%)	103	91	88.3	104	90	86.5	0.69
Other, n (%)	103	12	11.7	104	14	13.5	

Child characteristics

Birthweight (kg)	103	4.08	0.45	104	4.04	0.43	0.56
Gestational age at delivery (days)	103	284	(277, 289)	104	283	(279, 288)	0.78

Abbreviations: ROLO: Randomised cOntrol trial of LOw glycaemic index diet in pregnancy versus no dietary intervention to prevent recurrence of macrosomia; HP: Hasse and Pratschke index. Results presented as mean (SD standard deviation) for normally distributed variables, median (IQR interquartile range 25th, 75th percentile) for non-normally distributed variables, and n (%) for categorical variables.

N = total population with available data; n = frequency.

*Log transformed data was used.

Supplementary Table 4. Sensitivity analyses of associations between ROLO trial intervention arms in pregnancy and child outcomes.

Trial Group	Asthma			Eczema		
	Control	Intervention		Control	Intervention	
	Ref	OR (95%CI)	<i>P</i> -value	Ref	OR (95%CI)	<i>P</i> -value
Overall						
Any time point						
Cases/non-cases	21/216	17/220		-	-	-
Unadjusted	1.00	0.79 (0.40, 1.54)	0.50	-	-	-
Adjusted ^a	1.00	0.77 (0.39, 1.52)	0.46	-	-	-
5 years						
Cases/non-cases	9/177	16/155		14/157	19/167	
Unadjusted	1.00	0.49 (0.21, 1.14)	0.10	1.00	1.27 (0.61, 2.63)	0.51
Adjusted ^b	1.00	0.43 (0.18, 1.03)	0.06	1.00	1.30 (0.61, 2.74)	0.49
Incomplete Tertiary Level Education						
Any time point						
Cases/non-cases	12/72	6/79		11/81	12/86	
Unadjusted	1.00	0.45 (0.16, 1.27)	0.14	1.00	1.02 (0.42, 2.45)	0.95
Adjusted ^{c,d}	1.00	0.53 (0.18, 1.54)	0.25	1.00	1.04 (0.42, 2.58)	0.93
5 years						
Cases/non-cases	9/47	2/69		6/50	7/64	
Unadjusted	1.00	0.15 (0.03, 0.73)	0.02	1.00	0.91 (0.28, 2.88)	0.88
Adjusted ^e	1.00	0.16 (0.03, 0.85)	0.03	1.00	0.62 (0.17, 2.18)	0.46
Complete Tertiary Level Education						
Any time point						
Cases/non-cases	8/115	11/111		-	-	-
Unadjusted	1.00	1.42 (0.55, 3.67)	0.46	-	-	-

Adjusted ^f	1.00	1.36 (0.51, 3.59)	0.54	-	-	-
5 years						
Cases/non-cases	7/93	7/90		5/95	9/88	
Unadjusted	1.00	1.03 (0.34, 3.06)	0.95	1.00	1.94 (0.62, 6.02)	0.25
Adjusted ^g	1.00	0.97 (0.31, 3.03)	0.97	1.00	2.13 (0.64, 7.04)	0.22

Abbreviations: ROLO: Randomised cOntrol trial of LOw glycaemic index diet in pregnancy versus no dietary intervention to prevent recurrence of macrosomia; Ref: Reference group; OR: Odds ratio; CI: Confidence interval.

Values determined using logistic regression.

^aAsthma model: adjusted for child sex, age at follow-up, birthweight,

^bModels adjusted for maternal age at delivery, child sex, age at follow-up, birthweight, gestational age at delivery.

^cAsthma model: adjusted for child sex, age at follow-up, birthweight.

^dEczema model: adjusted for maternal smoking in pregnancy, HP index, child sex, age at follow-up, birthweight.

^eModels adjusted for maternal age at delivery, child sex, age at follow-up, birthweight, gestational age at delivery.

^fAsthma model: adjusted for child sex, age at follow-up, birthweight.

^gModels adjusted for maternal age at delivery, child sex, age at follow-up, birthweight, gestational age at delivery.

Supplementary Table 5. Associations between maternal mean carbohydrate intake during pregnancy and child outcomes at any time point.

	Quartiles of mean carbohydrate intake during pregnancy (g)				<i>P</i> for trend	Per quartile
	Q1 (168g – 217g)	Q2 (217g – 231g)	Q3 (231g – 244g)	Q4 (245g – 341g)		
Asthma at any time point						
Cases/non-cases	5/95	7/98	7/98	13/68		
OR (95% CI) ^a	1.00	1.36 (0.41, 4.44)	1.41 (0.43, 4.61)	3.56 (1.21, 10.49)	0.015	1.52 (1.07, 2.16)
OR (95% CI) ^b	1.00	1.39 (0.41, 4.63)	1.37 (0.41, 4.53)	3.62 (1.20, 10.92)	0.017	1.52 (1.06, 2.16)
OR (95% CI) ^c	1.00	1.42 (0.42, 4.76)	1.34 (0.40, 4.50)	3.77 (1.23, 11.52)	0.016	1.53 (1.07, 2.19)
OR (95% CI) ^d	1.00	1.52 (0.44, 5.18)	1.31 (0.38, 4.45)	4.48 (1.42, 14.15)	0.011	1.59 (1.10, 2.30)
Eczema at any time point						
Cases/non-cases	13/96	12/98	15/95	15/81		
OR (95% CI) ^a	1.00	0.90 (0.39, 2.08)	1.19 (0.53, 2.66)	1.34 (0.60, 3.00)	0.36	1.12 (0.87, 1.45)
OR (95% CI) ^b	1.00	0.98 (0.41, 2.30)	1.36 (0.60, 3.08)	1.40 (0.61, 3.19)	0.31	1.14 (0.88, 1.48)
OR (95% CI) ^c	1.00	0.97 (0.41, 2.27)	1.34 (0.59, 3.06)	1.39 (0.61, 3.18)	0.32	1.14 (0.88, 1.48)
OR (95% CI) ^d	1.00	0.94 (0.39, 2.21)	1.38 (0.60, 3.17)	1.33 (0.58, 3.07)	0.35	1.13 (0.87, 1.47)

Abbreviations: Q: Quartile; OR: Odds ratio; CI: Confidence interval.

Values determined using multivariate logistic regression.

^aCrude model adjusted for mean total energy intake.

^bModel 1 adjusted for child sex, age at follow-up, trial group, maternal education, maternal ethnicity, mean total energy intake.

^cModel 2 adjusted for Model 1 + maternal age at delivery, maternal smoking in pregnancy.

^dModel 3 adjusted for Model 2 + gestational weight gain, birthweight, gestational age at delivery.

Supplementary Table 6. Associations between maternal mean carbohydrate intake during pregnancy and child outcomes at specific time points.

	Quartiles of mean carbohydrate intake during pregnancy (g)				P for trend	Per quartile
	Q1	Q2	Q3	Q4		
2-years						
Eczema						
Cases/non-cases	2/46	9/51	10/60	8/58		
OR (95% CI) ^a	1.00	4.03 (0.82, 19.64)	3.85 (0.80, 18.47)	3.09 (0.62, 15.32)	0.35	1.20 (0.83, 1.74)
OR (95% CI) ^b	1.00	4.70 (0.93, 23.60)	4.54 (0.92, 22.44)	3.66 (0.71, 18.85)	0.26	1.26 (0.86, 1.84)
OR (95% CI) ^c	1.00	4.87 (0.86, 24.54)	4.73 (0.95, 23.42)	3.66 (0.71, 18.91)	0.25	1.26 (0.86, 1.85)
OR (95% CI) ^d	1.00	5.13 (1.97, 27.01)	4.93 (0.98, 24.65)	3.80 (0.71, 20.30)	0.23	1.28 (0.86, 1.91)
5-years						
Asthma						
Cases/non-cases	3/74	6/77	5/81	8/55		
OR (95% CI) ^a	1.00	1.99 (0.47, 8.35)	1.65 (0.37, 7.27)	3.44 (0.86, 13.63)	0.09	1.41 (0.93, 2.13)
OR (95% CI) ^b	1.00	1.98 (0.46, 8.38)	1.50 (0.33, 6.66)	3.23 (0.79, 13.16)	0.13	1.37 (0.90, 2.10)
OR (95% CI) ^c	1.00	1.96 (0.46, 8.31)	1.45 (0.32, 6.56)	3.23 (0.79, 13.23)	0.13	1.37 (0.89, 2.10)
OR (95% CI) ^d	1.00	2.24 (0.50, 9.98)	1.42 (0.30, 6.69)	4.07 (0.94, 17.58)	0.10	1.44 (0.92, 2.24)
Eczema						
Cases/non-cases	8/69	4/79	7/79	6/57		
OR (95% CI) ^a	1.00	0.44 (0.12, 1.56)	0.82 (0.28, 2.40)	0.86 (0.28, 2.64)	0.99	0.99 (0.68, 1.45)
OR (95% CI) ^b	1.00	0.50 (0.14, 1.78)	0.91 (0.30, 2.76)	0.97 (0.30, 3.09)	0.85	1.03 (0.70, 1.51)
OR (95% CI) ^c	1.00	0.49 (0.13, 1.76)	0.80 (0.26, 2.50)	0.94 (0.29, 3.02)	0.94	1.01 (0.68, 1.49)
OR (95% CI) ^d	1.00	0.47 (0.13, 1.73)	0.85 (0.26, 2.77)	0.83 (0.25, 2.75)	0.96	0.98 (0.66, 1.45)

9-11 years

Asthma						
Cases/non-cases	4/81	5/78	5/79	10/60		
OR (95% CI) ^a	1.00	1.27 (0.33, 4.93)	1.31 (0.33, 4.93)	3.32 (0.99, 11.11)	0.039	1.49 (1.01, 2.22)
OR (95% CI) ^b	1.00	1.26 (0.31, 5.01)	1.24 (0.31, 4.89)	3.18 (0.92, 10.99)	0.05	1.47 (0.98, 2.20)
OR (95% CI) ^c	1.00	1.27 (0.31, 5.06)	1.17 (0.29, 4.68)	3.20 (0.92, 11.15)	0.06	1.46 (0.97, 2.20)
OR (95% CI) ^d	1.00	1.44 (0.35, 5.96)	1.16 (0.28, 4.84)	4.70 (1.26, 17.56)	0.024	1.61 (1.04, 2.49)
Eczema						
Cases/non-cases	5/80	2/81	4/80	4/66		
OR (95% CI) ^a	1.00	0.40 (0.07, 2.18)	0.78 (0.20, 3.03)	0.99 (0.25, 3.87)	0.87	1.03 (0.64, 1.65)
OR (95% CI) ^b	1.00	0.38 (0.07, 2.16)	0.78 (0.19, 3.11)	0.98 (0.24, 4.00)	0.89	1.02 (0.63, 1.67)
OR (95% CI) ^c	1.00	0.39 (0.07, 2.17)	0.70 (0.17, 2.92)	0.95 (0.23, 3.91)	0.95	1.00 (0.61, 1.64)
OR (95% CI) ^d	1.00	0.46 (0.07, 2.85)	0.86 (0.18, 3.94)	1.12 (0.23, 5.26)	0.77	1.07 (0.64, 1.79)

Abbreviations: Q: Quartile; OR: Odds ratio; CI: Confidence interval.

Values determined using multivariate logistic regression.

^aCrude model adjusted for mean total energy intake.

^bModel 1 adjusted for child sex, age at follow-up, trial group, maternal education, maternal ethnicity, mean total energy intake.

^cModel 2 adjusted for Model 1 + maternal age at delivery, maternal smoking in pregnancy.

^dModel 3 adjusted for Model 2 + gestational weight gain, birthweight, gestational age at delivery.

Supplementary Methods

Handling of missing data in analyses

To maximise statistical power, categorical variables with unavailable data were recoded to include a “missing category” for the following; adherence to gestational weight gain guidelines (n = 89); maternal education level (n = 63) for analyses of asthma and eczema outcomes at any time point. A total of 463 imputations were performed for continuous variables with unavailable data. The mean imputation method was used to replace unavailable data with the mean of the available data for the following variables; maternal age at delivery (n = 1); maternal early pregnancy BMI (n = 4); child age at 2-year follow-up (n = 231); child age at 5-year follow-up (n = 125); child age at 9-11-year follow-up (n = 102) for analyses of asthma and eczema outcomes at any time point.

Supplementary References

1. Textor J, van der Zander B, Gilthorpe MS, et al. Robust causal inference using directed acyclic graphs: the R package ‘dagitty’. *Int J Epidemiol.* 2017;45(6):1887-94.



Low glycaemic index foods – best choice of carbohydrate

- Apples, oranges, pears, peaches, plums, kiwis, berries
- Beans and lentils
- Most vegetables
- Pasta made from durum wheat
- Basmati rice
- Barley
- Noodles
- Porridge and oat based foods
- Hummus
- Nuts

Medium glycaemic index foods

- Honey
- Couscous
- Baby new potatoes
- Shredded wheat
- Ice cream

High glycaemic index foods – do not eat these foods

- Glucose/sugar, sugary foods & drinks
- White and brown bread
- White and brown rice
- Cornflakes / krispies
- Sugared and malted cereals
- Baked potato
- Mashed potato
- Exotic fruits – banana, mangoes, pineapple, watermelon etc.

A variety of lower glycaemic index versions of bread include pitta bread, rye bread, wraps, granary style bread, pumpernickel bread, and sourdough bread.

An example of a **low glycaemic index meal plan** is outlined below:

Breakfast

- Oat based cereal, e.g. porridge, oatibix
- Low sugar museli, All Bran, Shredded Wheat
- Granary or sourdough bread/toast

Snacks

- Fruit (apples, oranges, pears, peaches, berries, kiwi, plums)
- Natural yogurt
- Popcorn
- Rye bread
- Fruit loaf
- Hummus/cheese/lentil spread on rye or wholegrain crackers
- Oatcakes

Lunch

- Bean or lentil based soup
- Add baked beans to jacket potato or wholegrain toast
- Bean salad
- Add variety with different breads, e.g. pitta bread, wraps, and granary style bread made with mixed grains, rye bread, and pumpernickel bread

Evening meal

- Basmati rice, sweet potato, buckwheat, bulgar wheat, pearl barley, noodles
- Pasta (watch the amount – most people eat too much)
- New potatoes
- Include more beans and pulses (added to soups, stews, and casseroles)

Tips on how to follow a low GI diet

A low GI diet is easy to follow!

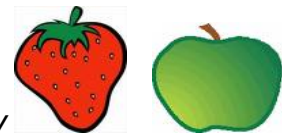
Replacing high GI foods with low GI foods in a 'this for that' approach will lower the overall GI of each meal, for example eating porridge for breakfast instead of cornflakes, whole-grain bread instead of white bread, or fruit and yogurt in place of cookies.

Remember the GI only applies to foods containing carbohydrate. It is impossible to measure the GI of protein rich foods (meat, eggs, fish, cheese and nuts) or fat rich foods (oils, butter and cream).

A food's GI does not make it a 'good' or 'bad' food. Some high GI foods like potatoes are still nutritious foods. Also, many low/medium GI foods like chocolate and crisps that are high in saturated fat and therefore are not particularly healthy. We need to base our food choices on the overall nutritional content of food, taking into account the saturated fat, salt, fibre, energy content, and the GI.

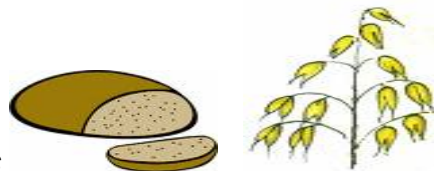
7 Guidelines to low-GI eating

1. *Eat 5 or more servings of fruit and vegetables each day*



Aim to have 2 portions of fruit and 3+ portions of vegetables every day. Fruit and vegetables provide us with fibre, water, vitamins and antioxidants which help protect us against colds and flues and numerous diseases (ranging from high blood pressure to cancer). Most fruits have a low GI – particularly apples, oranges, pears, peaches, plums, kiwis and berries. Tropical fruits, such as pineapple, melon, mango and bananas have medium to high GI. Berries have the lowest GI of all fruit so enjoy them by the bowl. Most vegetables have a low GI. Potatoes are the exception; having a high GI. However, new/baby potatoes or sweet potato have lower GI values than old and mashed potatoes.

2. *Eat low GI breads and cereals and grains*



The type of bread, cereal and grains you eat affect the GI of your diet the most. The best breads to choose include: granary/mixed grain bread, sourdough, rye, pumpernickel, sourdough, pitta, and wraps. Fruit cake has also a low GI due to the fruit content.

The best cereals to choose are oat based cereals, shredded wheat, no-added sugar muesli or all bran. Grains like pasta, noodles, basmati rice, sweet

potato, new baby potatoes, barley and buckwheat are the lowest GI versions. These foods will keep you fuller and more satisfied for longer.

3. *Eat more legumes, beans, peas, and lentils*



Legumes (peas, beans, lentils and pulses) have the lowest GI values of almost any other food. They are also high in fibre and are full of nutrients (B vitamins, iron, zinc and magnesium). Legumes are also 'prebiotics'. This means that they provide food for our gut bacteria and keep our digestive systems healthy.

4. *Eat more nuts and seeds*



Even though nuts and seeds are high in fat they mainly contain healthy unsaturated fats, so they are a nutritious substitute for less healthy snacks that are high in saturated ('bad') fats such as chocolate and biscuits. Nuts contain lots of vitamin E and selenium; both are powerful antioxidants that protect against premature ageing from UV rays of the sun. Aim to have a small handful of nuts a day which is about 21 almonds/cashews. Flaxseed is useful to sprinkle over cereal or add to baked goods. Nut butters (peanut butter, cashew butter) may be used instead of butter.

5. *Eat more fish and seafood*



Fish does not have a GI value as it is a protein food. Fish is an excellent source of protein and healthy fats. Oily fish (salmon, trout, mackerel, sardines and fresh tuna) contain omega 3 fats which are important for your baby's brain and eye development, but they also protect you from developing heart disease. Some research has linked omega 3 fats with better mood, lower rates of depression and stronger immune function. Aim to have at least one portion of oily fish and one portion of white fish each week. If you dislike fish then an omega 3 supplement is recommended (examples 'mor-DHA' or 'pregnacare' with omega 3).

6. *Eat lean red meat, poultry and eggs*



Meat, chicken and eggs have no GI value as they are a protein food and not carbohydrate. Red meat is the best source of iron (helps in the formation of your baby's blood). Having healthy levels of iron stores increases your energy levels and improves exercise tolerance. A chronic shortage of iron

leads to anaemia, the symptoms of which include pale skin, excessive tiredness, breathlessness and decreased attention span. Choose at least two portions of red meat each week (beef, lamb). Other sources of iron include green leafy vegetables, egg yolk and darker cuts of poultry.

7. *Eat dairy products*



Milk, cheese, yogurt and milk products (milk puddings, custard, ice-cream) are the richest sources of calcium in our diet. Calcium is essential for healthy bones and teeth. It also controls your blood pressure and muscle function. Calcium is particularly important in the last trimester of pregnancy as your baby is laying down their own bones. Try to have 5 servings of dairy products each day (glass of milk, yogurt, and matchbox size of cheese). Remember to count the milk used to make puddings and custards. Ice-cream has a slightly higher GI than milk as there is some sugar added but can be enjoyed in moderation.

ROLO_Foods_for_Carbohydrates_Sugars

food_code	Food_Name
11485	All-Bran
14870	Almonds
14803	Almonds, toasted
2018	Alpen Light cereal bar (fruit)
2006	Alpro Soya Probiotic Dairy free altern to yogurt, w Ca
10256	Ambient Tomato-based sauce for bolognese, FSA
10258	Ambient Tomato-based sauce, lower fat, FSA Sept 2004
10259	Ambient/ fresh Tomato-based sauce + vegetables, FSA
10257	Ambient/Fresh Tomato-based sauce, Napoletana, FSA
10214	American muffins, chocolate, FSA Sept 2004
10215	American muffins, not chocolate, FSA Sept 2004
17531	Apple chutney
14272	Apple juice concentrate, unsweetened
14272	Apple juice concentrate, unsweetened
14271	Apple juice, unsweetened
11278	Apple pie, one crust
11279	Apple pie, pastry top and bottom
11281	Apple pie, wholemeal, pastry top and bottom
17288	Apple sauce, homemade
14006	Apples, cooking, baked with sugar, flesh and skin
14002	Apples, cooking, raw, peeled
14004	Apples, cooking, stewed with sugar
14005	Apples, cooking, stewed without sugar
14012	Apples, eating, average, raw
14014	Apples, eating, average, raw, peeled
14019	Apples, eating, Golden Delicious, raw
14021	Apples, eating, Granny Smith, raw
14290	Apricots, canned in syrup
14031	Apricots, dried
14033	Apricots, dried, stewed without sugar
14025	Apricots, raw
14036	Apricots, ready-to-eat

12198	Arctic roll
13154	Artichoke, globe, boiled, weighed as served
13153	Artichoke, globe, raw
13442	Asparagus, boiled in salted water
13158	Asparagus, boiled, weighed as served
13160	Asparagus, canned, re-heated, drained
13157	Asparagus, raw
13413	Aubergine, fried in blended oil
13412	Aubergine, fried in butter
13162	Aubergine, fried in corn oil
13161	Aubergine, raw
15002	Aubergine, stuffed with rice
14037	Avocado, average
2002	Avonmore Supermilk
11534	Bagels, plain
13043	Baked beans, canned in tomato sauce
13046	Baked beans, canned in tomato sauce, ?sugar & salt
13045	Baked beans, canned in tomato sauce, reduced sugar
13044	Baked beans, canned in tomato sauce, re-heated
11283	Bakewell tart
17355	Baking powder
13163	Bamboo shoots, canned, drained
11573	Banana bread
14044	Banana chips
14045	Bananas
12394	Banoffee pie
17289	Barbecue sauce
17186	Barley water, concentrated, made up
11003	Barley, pearl, boiled
2019	Barn Brack
11574	Battenburg cake
15007	Beanburger, red kidney bean, fried in vegetable oil
15366	Beanburger, soya, fried in vegetable oil
13053	Beansprouts, mung, boiled in salted water

13055	Beansprouts, mung, canned, drained
13426	Beansprouts, mung, raw
13427	Beansprouts, mung, stir-fried in blended oil
19330	Beef bourguignonne
19332	Beef casserole, made with canned cook-in sauce
19165	Beef chow mein, retail, reheated
19166	Beef curry
19169	Beef curry, chilled/frozen, reheated
540	Beef curry, retail
19172	Beef in sauce with vegetables, chilled/frozen, reheated
19174	Beef olives
19051	Beef pie, chilled/frozen, baked
19076	Beef sausages, chilled, fried
19077	Beef sausages, chilled, grilled
19334	Beef stew
19181	Beef Stroganoff
19335	Beef, stir-fried with green peppers
19032	Beefburgers, homemade, fried, with bun
19034	Beefburgers, homemade, grilled, with bun
17506	Beer, bitter, average
1097	Beer, mild, draught
13165	Beetroot, boiled in salted water
13166	Beetroot, pickled, drained
13164	Beetroot, raw
15018	Bhaji, carrot, potato and pea, with vegetable oil
15038	Bhaji, potato and onion
15046	Bhaji, vegetable, with vegetable oil
19310	Big Mac
14047	Bilberries
17291	Black bean sauce
505	Black pudding, fried
14048	Blackberries, raw
14049	Blackberries, stewed with sugar
14050	Blackberries, stewed without sugar

14051	Blackberry and apple, stewed with sugar
17188	Blackcurrant juice drink, conc, made up (e.g. Ribena)
17187	Blackcurrant juice drink, concentrated (e.g. Ribena)
14053	Blackcurrants, raw
13063	Blackeye beans, dried, boiled in unsalted water
17101	Boiled sweets
19352	Bolognese sauce with meat
19183	Bolognese sauce
14807	Bombay mix
1034	Bombay Mix
17546	Bounty bar
1175	Bovril
11486	Bran Flakes
11005	Bran, wheat
11165	Brandy snaps
19097	Bratwurst
14871	Brazil nuts
11286	Bread and butter pudding
17519	Bread sauce, made with whole milk
11068	Breadcrumbs, homemade
11069	Breadcrumbs, manufactured
17123	Breadsticks
12344	Brie
13066	Broad beans, boiled in unsalted water
13069	Broad beans, canned, re-heated, drained
15049	Broccoli in cheese sauce, made with whole milk
13171	Broccoli, green, boiled in salted water
13172	Broccoli, green, boiled in unsalted water
13173	Broccoli, green, frozen, boiled in unsalted water
13170	Broccoli, green, raw
11456	Brown bread, average
11071	Brown bread, large, sliced
11073	Brown bread, toasted
11443	Brown rice, boiled

11477	Brown rolls, crusty
11478	Brown rolls, soft
1165	Brown sauce, bottled
13178	Brussels sprouts, boiled in salted water
13179	Brussels sprouts, boiled in unsalted water
13443	Brussels sprouts, frozen, boiled in unsalted water
11007	Bulgur wheat
13429	Butter beans, canned, re-heated, drained
13071	Butter beans, dried, boiled in unsalted water
13070	Butter beans, dried, raw
17485	Butter
17486	Butter, spreadable
12022	Buttermilk
13184	Cabbage, boiled in salted water, average
13444	Cabbage, boiled in unsalted water, average
13187	Cabbage, Chinese, raw
13468	Cabbage, raw, average
13191	Cabbage, red, boiled in salted water
13190	Cabbage, red, raw
13193	Cabbage, Savoy, boiled in salted water
13192	Cabbage, Savoy, raw
13445	Cabbage, white, raw
2010	Cadbury's Crunchie
10230	Cake bars, chocolate, FSA Sept 2004
10231	Cake bars, not chocolate, FSA Sept 2004
12345	Camembert
19184	Cannelloni, chilled/frozen, reheated
15058	Cannelloni, spinach
10217	Cappuccinio/latte, FSA Sept 2004
17357	Carob powder
17249	Carrot and orange soup
11616	Carrot cake with topping
13199	Carrot juice
13450	Carrots, canned, re-heated, drained

13206	Carrots, frozen, boiled in unsalted water
13201	Carrots, old, boiled in salted water
13447	Carrots, old, boiled in unsalted water
13446	Carrots, old, raw
13204	Carrots, young, boiled in salted water
13449	Carrots, young, boiled in unsalted water
13448	Carrots, young, raw
14811	Cashew nuts, plain
14812	Cashew nuts, roasted and salted
13210	Cassava, boiled in unsalted water
13213	Cassava, gari
13208	Cassava, raw
15368	Casserole, vegetable
15369	Cauliflower cheese, made with semi-skimmed milk
15064	Cauliflower cheese, made with whole milk
15067	Cauliflower in white sauce, made with whole milk
13216	Cauliflower, boiled in salted water
13217	Cauliflower, boiled in unsalted water
13218	Cauliflower, frozen, boiled in unsalted water
13215	Cauliflower, raw
13220	Celeriac, boiled in salted water
13219	Celeriac, raw
13222	Celery, boiled in salted water
13451	Celery, raw
17494	Cereal chewy bar
17103	Cereal crunchy bar
17226	Champagne
11458	Chapatis, made with fat
13224	Chard, Swiss, boiled in unsalted water
13223	Chard, Swiss, raw
11623	Cheerios
11550	Cheese and onion rolls, pastry
11219	Cheese pastry, cooked
12267	Cheese pudding

17524	Cheese sauce packet mix, made up with s/s milk
17523	Cheese sauce packet mix, made up with whole milk
17522	Cheese sauce, made with semi-skimmed milk
17521	Cheese sauce, made with whole milk
12143	Cheese spread, flavoured
12349	Cheese spread, plain
12350	Cheese spread, reduced fat
12131	Cheese, Brie
12348	Cheese, Cheddar type, reduced fat
12346	Cheese, Cheddar, average
12137	Cheese, Cheddar, English
12138	Cheese, Cheddar, Irish
12141	Cheese, Cheddar-type, reduced fat
12153	Cheese, Double Gloucester
12157	Cheese, Feta
12171	Cheese, Parmesan
12176	Cheese, Ricotta
12180	Cheese, Stilton, blue
12182	Cheese, Wensleydale
19314	Cheeseburger, takeaway
12218	Cheesecake
12396	Cheesecake, fruit, individual
11588	Chelsea buns
14068	Cherries, glace
14061	Cherries, raw
14065	Cherries, stewed without sugar
1120	Cherry brandy
14813	Chestnuts
17104	Chew sweets
19120	Chick breast, marinated w garlic+herbs, chill/froz baked
13073	Chick pea flour
13078	Chick peas, canned, re-heated, drained
13430	Chick peas, whole, dried, boiled in unsalted water
13074	Chick peas, whole, dried, raw

19054	Chicken and mushroom pie, single crust, homemade
19118	Chicken breast in crumbs, chilled, fried
19119	Chicken breast in crumbs, chilled, grilled
19315	Chicken burger, takeaway
19350	Chicken chasseur
19321	Chicken chow mein, takeaway
19322	Chicken curry, average, takeaway
19188	Chicken curry, chilled/frozen, reheated
19189	Chicken curry, chilled/frozen, reheated, with rice
19336	Chicken curry, made with canned curry sauce
549	Chicken curry, retail
550	Chicken curry, with rice
19122	Chicken goujons, chilled/frozen, baked
19195	Chicken in white sauce, made with whole milk
19123	Chicken kiev, frozen, baked
19197	Chicken korma
17254	Chicken noodle soup, dried, as served
19124	Chicken nuggets, takeaway
19055	Chicken pie, individual, chilled/frozen, baked
19198	Chicken risotto
19323	Chicken satay
19126	Chicken slices
17250	Chicken soup, cream of, canned
17251	Chicken soup, cream of, canned, condensed
17252	Chicken soup, cream of, canned, condensed, as served
19127	Chicken tandoori, chilled, reheated
19325	Chicken tikka masala, retail
19204	Chicken wings, marinated, chilled/frozen, barbecued
19205	Chicken wings, marinated, chilled/frozen, bbq, w/w bone
444	Chicken, breaded, fried in vegetable oil
19201	Chicken, stir-fried w rice and veg, frozen, reheated
19200	Chicken, stir-fried with peppers in black bean sauce
13079	Chilli beans, canned, re-heated
19337	Chilli con carne

19207	Chilli con carne, canned
19208	Chilli con carne, chilled/frozen, reheated
19209	Chilli con carne, chilled/frozen, reheated, with rice
17294	Chilli sauce
15370	Chilli, vegetable
10210	Chinese cook-in-sauces, sweet & sour, FSA Sept 2004
10211	Chinese stir-fry sauces, FSA Sept 2004
13024	Chips, crinkle cut, frozen, fried in corn oil
684	Chips, fine cut, frozen, fried in blended oil
13026	Chips, fine cut, frozen, fried in corn oil
13423	Chips, French fries, retail
13407	Chips, homemade, fried in blended oil
13021	Chips, homemade, fried in corn oil
13406	Chips, homemade, fried in dripping
13408	Chips, homemade, fried in sunflower oil
13410	Chips, retail, fried in corn oil
13411	Chips, retail, fried in sunflower oil
13422	Chips, retail, fried in vegetable oil
681	Chips, straight cut, frozen, fried in blended oil
13027	Chips, thick cut, frozen, fried in corn oil
12384	Choc ice
11507	Chocolate biscuits, cream filled, full coated
11506	Chocolate biscuits, full coated
11195	Chocolate cake
11196	Chocolate cake, with butter icing
11508	Chocolate chip cookies
17084	Chocolate covered bar with fruit/nut wafer/biscuit
17083	Chocolate covered caramels
17492	Chocolate covered caramels
17085	Chocolate covered ice cream bar
12398	Chocolate dairy desserts
11527	Chocolate fudge cake
17070	Chocolate nut spread
12411	Chocolate nut sundae

17069	Chocolate spread
17086	Chocolate, cooking
17087	Chocolate, diabetic
17088	Chocolate, fancy and filled
17089	Chocolate, milk
17090	Chocolate, plain
17491	Chocolate, plain
17091	Chocolate, white
1018	Chocolates, fancy and filled
19099	Chorizo
11290	Christmas pudding
17342	Chutney, mango, oily
17343	Chutney, mango, sweet
17344	Chutney, mixed fruit
17345	Chutney, tomato
17346	Chutney, tomato, homemade
11609	Ciabatta
17222	Cider, dry
17224	Cider, sweet
14291	Clementines
2003	Club Orange mineral
1080	Coca-cola
11488	Coco Pops
12082	Cocoa powder
12084	Cocoa powder, made up with semi-skimmed milk
12083	Cocoa powder, made up with whole milk
11197	Coconut cake
14819	Coconut cream
17105	Coconut ice
14820	Coconut milk
14873	Coconut, desiccated
14816	Coconut, fresh
16027	Cod, coated in crumbs, frozen, fried in blended oil
16021	Cod, in batter, fried in blended oil

16023	Cod, in batter, fried in retail blend oil
16024	Cod, in batter, fried in sunflower oil
16025	Cod, in batter, frozen, baked
17545	Coffee and chicory essence
17163	Coffee and chicory essence, with water
12026	Coffee Compliment
17152	Coffee, infusion, average
17157	Coffee, infusion, average, with semi-skimmed milk
17155	Coffee, infusion, average, with single cream
17156	Coffee, infusion, average, with whole milk
17153	Coffee, infusion, strong
17154	Coffee, infusion, weak
17158	Coffee, instant
17161	Coffee, instant, made up with water and s/s milk
17160	Coffee, instant, made up with water and whole milk
17159	Coffee, instant, made up with water
17164	Coffee, Irish
17175	Cola
13229	Cole leaves, dried, boiled in unsalted water
15077	Coleslaw, with mayonnaise, retail
15078	Coleslaw, with reduced calorie dressing, retail
68	Common Sense Oat Bran Flakes
12028	Condensed milk, skimmed, sweetened
12029	Condensed milk, whole, sweetened
17295	Cook-in-sauces, canned
17126	Corn and starch snacks
11490	Corn Flakes
17125	Corn snacks
19212	Corned beef hash
19128	Corned beef, canned
12386	Cornetto type ice cream cone
12202	Cornetto
11435	Cornflour
12351	Cottage cheese, plain

12352	Cottage cheese, plain, reduced fat
12148	Cottage cheese, plain, with additions
19215	Cottage/Shepherd's pie
19216	Cottage/Shepherd's pie, chilled/frozen, reheated
13231	Courgette, boiled in unsalted water
13415	Courgette, fried in blended oil
13414	Courgette, fried in butter
13232	Courgette, fried in corn oil
13230	Courgette, raw
11339	Couscous
14073	Cranberries
17537	Cranberry juice
17296	Cranberry sauce
12353	Cream cheese
11510	Cream crackers
11234	Cream horns
17242	Cream liqueurs
12334	Cream, fresh, double
12112	Cream, fresh, half
12332	Cream, fresh, single
12114	Cream, fresh, soured
12333	Cream, fresh, whipping
12121	Cream, UHT, half
12122	Cream, UHT, single
12397	Creme caramel
12221	Creme caramel, homemade
17544	Creme egg
17092	Creme eggs
12335	Creme fraiche
12336	Creme fraiche, half fat
11511	Crispbread, rye
11576	Crispie cakes
11480	Croissants
11293	Crumble, apple

11546	Crumble, fruit
11235	Crumpets, fresh
11535	Crumpets, toasted
11520	Crunch biscuits, cream filled
11491	Crunchy Nut Corn Flakes
13233	Cucumber, raw
13235	Curly kale, boiled in salted water
11076	Currant bread
11536	Currant buns
17297	Curry paste
17298	Curry sauce, canned
15115	Curry, gobi aloo sag, retail
15125	Curry, lentil, red/masoor dahl, mung bean dahl & tomato
15120	Curry, lentil, red/masoor dahl, Punjabi
16278	Curry, prawn and mushroom
16333	Curry, prawn, takeaway
15148	Curry, spinach
15156	Curry, vegetable, takeaway
11013	Custard powder
11537	Custard tarts, individual
12225	Custard, canned
12227	Custard, egg
12413	Custard, made up with semi-skimmed milk
12224	Custard, made up with skimmed milk
12412	Custard, made up with whole milk
12399	Custard, ready to eat
17017	Dairy spread (40% fat)
12258	Dairy/fat spread
11538	Danish pastries
14085	Dates, dried
14083	Dates, raw
11512	Digestive biscuits, chocolate
11513	Digestive biscuits, plain
17299	Dips, sour-cream based

15160	Dosa, plain
11241	Doughnuts, custard-filled
11242	Doughnuts, jam
11539	Doughnuts, ring
11244	Doughnuts, ring, ice
12228	Dream Topping
12229	Dream Topping, made up with whole milk
17300	Dressing, blue cheese
17301	Dressing, 'fat free'
17509	Dressing, French
17538	Dressing, French, fat free
17304	Dressing, low fat
17305	Dressing, oil and lemon
17306	Dressing, thousand island
14087	Dried mixed fruit
10264	Dried pasta and sauce mix, FSA Sept 2004
200	Dried skimmed milk
12030	Dried skimmed milk
17498	Drinking chocolate powder
17532	Drinking chocolate powder, made up with s/s milk
12096	Drinking chocolate powder, made up with skim milk
17533	Drinking chocolate powder, made up with whole milk
17499	Drinking chocolate powder, reduced fat
12193	Drinking yogurt
11603	Dumplings
11246	Eclairs, fresh
11247	Eclairs, frozen
12355	Edam
12818	Egg fried rice
11444	Egg fried rice, takeaway
10246	Egg noodles, fine, cooked, FSA Sept 2004
10245	Egg noodles, medium, cooked, FSA Sept 2004
12926	Eggs, chicken, scrambled, with milk
14089	Elderberries

11303	Eve's pudding
15162	Falafel, fried in vegetable oil
11528	Fancy iced cakes, individual
2004	Fanta Orange mineral
17027	Fat spread (35-40% fat), polyunsaturated
17025	Fat spread (60% fat), with olive oil
13242	Fennel, Florence, boiled in salted water
13241	Fennel, Florence, raw
13243	Fenugreek leaves, raw
12356	Feta
14092	Figs, dried
14093	Figs, dried, stewed with sugar
14095	Figs, ready-to-eat
16285	Fish cakes, cod, homemade
16282	Fish cakes, fried in blended oil
16284	Fish cakes, fried in sunflower oil
16281	Fish cakes, grilled
16291	Fish fingers, cod, fried in sunflower oil
16288	Fish fingers, cod, grilled
653	Fish fingers, grilled
16334	Fish paste
16294	Fish pie
11583	Flaky pastry, cooked
11307	Flan case, sponge
11305	Flan, sponge, with fruit
11571	Flapjacks
12326	Flavoured milk, pasteurised
12325	Flavoured milk, pasteurised, chocolate
17106	Foam sweets
19101	Frankfurter with bun
19100	Frankfurter
1157	French dressing
17256	French onion soup
10251	Fresh egg pasta filled with cheese only, cooked, FSA

10252	Fresh egg pasta filled with cheese+ tomato, cooked, FSA
10255	Fresh egg pasta filled with meat, cooked, FSA Sept 2004
10253	Fresh egg pasta filled with mushrooms, cooked, FSA
10254	Fresh egg pasta w green veg/herbs+cheese, cooked, FSA
10249	Fresh egg pasta, spaghetti/tagliatelle, raw, FSA
10250	Fresh white egg tagliatelle, cooked, FSA Sept 2004
12370	Fromage frais, fruit
17390	Fromage frais, fruit, baby
12369	Fromage frais, plain
12371	Fromage frais, virtually fat free, natural
11492	Frosties
12385	Frozen ice cream desserts
11529	Fruit cake, plain, retail
11577	Fruit cake, rich
11578	Fruit cake, rich, iced
11202	Fruit cake, rich, retail
116	Fruit cake, wholemeal
11579	Fruit cake, wholemeal
14096	Fruit cocktail, canned in juice
14097	Fruit cocktail, canned in syrup
17391	Fruit desserts, baby
17192	Fruit drink, low calorie, concentrated, made up
17194	Fruit drink, low sugar, concentrated, fortified, made up
17190	Fruit drink/squash, concentrated, made up
1026	Fruit gums
17107	Fruit gums/jellies
17177	Fruit juice drink, carbonated, ready to drink
17196	Fruit juice drink, low calorie, ready to drink
17195	Fruit juice drink, ready to drink
11493	Fruit 'n Fibre
17108	Fruit pastilles
14098	Fruit pie filling
11547	Fruit pie, individual
11596	Fruit pie, one crust

11597	Fruit pie, pastry top and bottom
11598	Fruit pie, pastry top and bottom, blackcurrant
14303	Fruit salad, homemade
17071	Fruit spread
17518	Fudge
12161	Full fat soft cheese
11460	Garlic bread, pre-packed, frozen
15179	Garlic mushrooms
17359	Garlic puree
13244	Garlic, raw
11205	Gateau
17257	Gazpacho
13246	Gherkins, pickled, drained
13245	Gherkins, raw
17178	Ginger ale, dry
13247	Ginger root, raw
11206	Gingerbread
11514	Gingernut biscuits
11173	Gingernut biscuits, homemade
12162	Goats milk soft cheese
12357	Goats milk soft cheese, full fat, white rind
12328	Goats milk, pasteurised
2020	Golden Linseed
14103	Gooseberries, dessert, raw
12358	Gouda
19340	Goulash
11461	Granary bread
11479	Granary rolls
14273	Grape juice, unsweetened
14276	Grapefruit juice concentrate, unsweetened
14276	Grapefruit juice concentrate, unsweetened
14275	Grapefruit juice, unsweetened
14107	Grapefruit, canned in juice
14108	Grapefruit, canned in syrup

14292	Grapefruit, raw
14109	Grapes, average
17310	Gravy instant granules
17311	Gravy instant granules, made up with water
12194	Greek yogurt, cows
17415	Green beans, dried
13082	Green beans/French beans, boiled in salted water
13083	Green beans/French beans, boiled in unsalted water
13085	Green beans/French beans, canned, re-heated, drained
13432	Green beans/French beans, frozen, boiled in u/s water
13431	Green beans/French beans, raw
17312	Guacamole
16063	Haddock, coated in crumbs, frozen, fried in blended oil
16062	Haddock, coated in crumbs, frozen, raw
16054	Haddock, in batter, fried in retail blend oil
16055	Haddock, in batter, fried in sunflower oil
16060	Haddock, in flour, fried in sunflower oil
17111	Halva, semolina
11481	Hamburger buns
19311	Hamburger, takeaway
13087	Haricot beans, dried, boiled in unsalted water
2023	Hash Browns
14874	Hazelnuts
17198	High juice drink, concentrated, made up
17313	Hollandaise sauce, homemade
11175	Homemade biscuits, rubbing-in method
17050	Honey
17051	Honeycomb
17502	Horlicks LowFat Instant powder
12098	Horlicks powder, made up with whole milk
17314	Horseradish sauce
13258	Horseradish, raw
11590	Hot cross buns
17315	Hot pepper sauce

13433	Hummus
12391	Ice cream bar, chocolate coated
17053	Ice cream sauce, topping
12212	Ice cream wafers
12205	Ice cream, dairy, flavoured
12392	Ice cream, dairy, premium
12387	Ice cream, dairy, vanilla
12207	Ice cream, non-dairy, flavoured
12208	Ice cream, non-dairy, mixes
12209	Ice cream, non-dairy, reduced calorie
12388	Ice cream, non-dairy, vanilla
12210	Ice cream, with cone
12211	Ice cream, with wafers
17054	Icing, butter
17056	Icing, glace
10208	Indian cooki-in-sauces, korma/tikka masala, FSA 2004
10209	Indian cook-in-sauces, other, FSA, Sept 2004
17500	Instant drinks powder, chocolate, low calorie
17501	Instant drinks powder, malted
17508	Instant soup powder, as served
17262	Instant soup powder, calorie controlled, as served
2013	Jacobs Fig Roll
11515	Jaffa cakes
10216	Jaffa cakes, FSA Sept 2004
11254	Jam tarts
11540	Jam tarts, retail
17072	Jam, diabetic
17073	Jam, fruit with edible seeds
17075	Jam, reduced sugar
17074	Jam, stone fruit
12237	Jelly, made with water
2001	Kelloggs All Bran
2022	Kelloggs Country Store
17493	Kit Kat

14293	Kiwi fruit
17212	Lager, alcohol-free
1099	Lager, bottled
19232	Lamb rogan josh
19234	Lamb vindaloo
11052	Lasagna, boiled
19346	Lasagne
19238	Lasagne, chilled/frozen, reheated
15187	Lasagne, vegetable
15189	Lasagne, vegetable, retail
13264	Leeks, boiled in salted water
13452	Leeks, boiled in unsalted water
13466	Leeks, raw
17490	Lemon curd
17077	Lemon curd, homemade
1090	Lemon juice
14277	Lemon juice, fresh
11548	Lemon meringue pie
16087	Lemon sole, goujons, baked
592	Lemon sole, in crumbs, fried
17179	Lemonade
1081	Lemonade, bottled
17199	Lemonade, homemade
14129	Lemons, peeled
14128	Lemons, whole, without pips
15197	Lentil and potato pie
15202	Lentil and rice roast
17264	Lentil soup
17263	Lentil soup, canned
13089	Lentils, green and brown, whole, dried, raw
13090	Lentils, green and brown, whole, in salted water
13434	Lentils, red, split, dried, boiled in unsalted water
13091	Lentils, red, split, dried, raw
13453	Lettuce, average, raw

13267	Lettuce, butterhead, raw
13268	Lettuce, Cos, raw
13269	Lettuce, Iceberg, raw
17200	Lime juice cordial, concentrated
17201	Lime juice cordial, concentrated, made up
1083	Lime juice cordial, undiluted
14279	Lime juice, fresh
14131	Limes, peeled
17112	Liquorice allsorts
17113	Liquorice shapes
14133	Loganberries, raw
12390	Lollies, containing ice-cream
12389	Lollies, with real fruit juice
17265	Low calorie soup, canned
12192	Low calorie yogurt
12189	Low fat yogurt, flavoured
12191	Low fat yogurt, muesli/nut
12188	Low fat yogurt, plain
17543	Lucozade
14142	Lychees, raw
14823	Macadamia nuts, salted
11562	Macaroni cheese
11448	Macaroni, boiled
10242	Macaroni, cooked, FSA Sept 2004
12828	Macaroon
11531	Madeira cake
17127	Maize and rice flour snacks
11084	Malt bread
11462	Malt bread, fruited
2009	Maltesers
14146	Mandarin oranges, canned in juice
13436	Mange-tout peas, boiled in salted water
13122	Mange-tout peas, raw
13124	Mange-tout peas, stir-fried in blended oil

14280	Mango juice, canned
13273	Mango, unripe, raw
14294	Mangoes, ripe, raw
12257	Margarine
17021	Margarine, soft, polyunsaturated
17078	Marmalade
17079	Marmalade, diabetic
1179	Marmite
13125	Marrowfat peas, canned, re-heated, drained
17547	Mars bar
17114	Marshmallows
14875	Marzipan, retail
17316	Mayonnaise
17511	Mayonnaise, reduced calorie
17510	Mayonnaise, retail
12279	Mayonnaise, retail, reduced calorie
2012	McVities Hobnobs
14153	Melon, average
14154	Melon, average, weighed whole
14295	Melon, Canteloupe-type
14159	Melon, Galia
14162	Melon, Honeydew
14296	Melon, watermelon
12829	Meringue
12830	Meringue, with cream
13028	Microwave chips, cooked
11085	Milk bread
12105	Milk shake powder, made up with whole milk
12327	Milkshake, thick, takeaway
17548	Milky Way
11591	Mince pies, individual
17267	Minestrone soup
17542	Minestrone soup, canned
17319	Mint sauce

17320	Mint sauce, homemade
13095	Miso
14828	Mixed nuts and raisins
14827	Mixed nuts
13283	Mixed veg, stir-fry type, frozen, fried w blended oil
13282	Mixed vegetables, canned, re-heated, drained
13281	Mixed vegetables, frozen, boiled in salted water
17059	Molasses
12400	Mousse, chocolate
12401	Mousse, chocolate, low fat
12245	Mousse, chocolate, rich
12402	Mousse, fruit
12360	Mozzarella, fresh
11494	Muesli, Swiss style
11138	Muesli, with extra fruit
11495	Muesli, with no added sugar
11260	Muffins
11608	Muffins, American style, chocolate chip
11261	Muffins, bran
11541	Muffins, English style, white
11542	Muffins, English style, white, toasted
17270	Mushroom soup, cream of, canned
13288	Mushrooms, Chinese, dried, raw
13285	Mushrooms, common, boiled in salted water
13287	Mushrooms, common, canned, re-heated, drained
785	Mushrooms, common, fried in blended oil
13416	Mushrooms, common, fried in butter
13286	Mushrooms, common, fried in corn oil
13284	Mushrooms, common, raw
13437	Mushy peas, canned, re-heated
16256	Mussels, boiled
16255	Mussels, raw
17364	Mustard, smooth
17365	Mustard, wholegrain

11463	Naan bread
14297	Nectarines
13001	New potatoes, average, raw
13002	New potatoes, boiled in salted water
13003	New potatoes, boiled in unsalted water
13008	New potatoes, chipped, fried in corn oil
13006	New potatoes, frozen, `roast' in corn oil
13420	New potatoes, in skins, boiled in unsalted water
11056	Noodles, egg, boiled
11057	Noodles, fried
11059	Noodles, plain, boiled
15374	Nut roast
11612	Nutri-Grain
11517	Oat based biscuits
11489	Oat Bran Flakes, with raisins
11180	Oatcakes, homemade
11518	Oatcakes, retail
11018	Oatmeal, quick cook, raw
11017	Oatmeal, raw
13301	Okra, boiled in unsalted water
13302	Okra, stir-fried in corn oil
13010	Old potatoes, baked, flesh and skin
13011	Old potatoes, baked, flesh only
13013	Old potatoes, boiled in salted water
13014	Old potatoes, boiled in unsalted water
13421	Old potatoes, boiled in unsalted water
13402	Old potatoes, mashed with butter
13015	Old potatoes, mashed with margarine
13405	Old potatoes, mashed with polyunsatd. margarine
671	Old potatoes, roast in blended oil AND Roast potatoes
13016	Old potatoes, roast in corn oil
673	Old potatoes, roast in lard
12823	Omelette, Spanish
17525	Onion sauce, made with whole milk

13305	Onions, baked
13306	Onions, boiled in unsalted water
794	Onions, fried in blended oil
13417	Onions, fried in butter
13307	Onions, fried in corn oil
797	Onions, pickled, drained
13309	Onions, pickled, drained
13304	Onions, raw
1084	Orange drink, undiluted
14284	Orange juice concentrate, unsweetened
14284	Orange juice concentrate, unsweetened
14281	Orange juice, freshly squeezed
14301	Orange juice, unsweetened
14298	Oranges
14176	Oranges, weighed with peel and pips
17129	Oriental mix
17504	Ovaltine powder
12110	Ovaltine powder, made up with semi-skimmed milk
12111	Ovaltine powder, made up with skimmed milk
12109	Ovaltine powder, made up with whole milk
13029	Oven chips, frozen, baked
13030	Oven chips, thick cut, frozen, baked
1182	Oxo cubes
17272	Oxtail soup, canned
17273	Oxtail soup, dried
17274	Oxtail soup, dried, as served
17321	Oyster sauce
16260	Oysters, raw
15226	Pakora/bhajia, onion, fried in vegetable oil
15227	Pakora/bhajia, onion, retail
11345	Pakorras
19250	Pancakes, chicken, frozen, shallow-fried
11346	Pancakes, savoury
11604	Pancakes, savoury, made with whole milk

11319	Pancakes, sweet
11320	Pancakes, sweet, made with skimmed milk
11601	Pancakes, sweet, made with whole milk
11088	Papadums, fried
11464	Pappadums, takeaway
247	Parmesan
12361	Parmesan, fresh
13313	Parsnip, boiled in salted water
13314	Parsnip, boiled in unsalted water
13454	Parsnip, boiled in unsalted water
13312	Parsnip, raw
14285	Passion fruit juice
14178	Passion fruit
10265	Pasta and sauce mix, cooked, FSA - NO DATA
10241	Pasta bows, cooked, FSA Sept 2004
10263	Pasta sauce, carbonara type, FSA Sept 2004
17323	Pasta sauce, tomato based
17322	Pasta sauce, white
10240	Pasta shells, cooked, FSA Sept 2004
10238	Pasta twists, cooked in salted water, FSA Sept 2004
10239	Pasta twists, cooked in salted water, FSA Sept 2004
10237	Pasta twists, cooked, FSA Sept 2004
19347	Pasta with meat and tomato sauce
11451	Pasta, fresh, cheese and vegetable stuffed, cooked
11450	Pasta, plain, fresh, cooked
19317	Pate, liver
19145	Pate, meat, low fat
12403	Pavlova, no fruit
12404	Pavlova, with fruit and cream
14180	Paw-paw, raw
14188	Peaches, canned in juice
14185	Peaches, dried
14299	Peaches, raw
14876	Peanut butter, smooth

14830	Peanut butter, wholegrain
14882	Peanuts and raisins
14882	Peanuts and raisins
14878	Peanuts, dry roasted
14877	Peanuts, plain
14835	Peanuts, raisins and chocolate chips
14834	Peanuts, roasted and salted
14190	Pears, average, raw
14192	Pears, average, raw, peeled
14195	Pears, average, stewed without sugar
14197	Pears, canned in juice
14201	Pears, Conference, raw
13128	Peas, boiled in salted water
13439	Peas, boiled in unsalted water
13441	Peas, canned, re-heated, drained
13131	Peas, dried, boiled in unsalted water
13465	Peas, frozen, boiled in salted water
13440	Peas, frozen, boiled in unsalted water
13132	Peas, frozen, raw
14837	Pecan nuts
19108	Pepperami
17117	Peppermints
13316	Peppers, capsicum, chilli, green, raw
13317	Peppers, capsicum, chilli, red, raw
13319	Peppers, capsicum, green, boiled in salted water
13318	Peppers, capsicum, green, raw
13321	Peppers, capsicum, red, boiled in salted water
13320	Peppers, capsicum, red, raw
13322	Peppers, capsicum, yellow, raw
15238	Peppers, stuffed with rice
15240	Pesto sauce
10260	Pesto, green, FSA Sept 2004
10261	Pesto, red, FSA Sept 3004
13138	Petit pois, frozen, boiled in unsalted water

17349	Pickle, lime, oily
17351	Pickle, mixed vegetables
17352	Pickle, sweet
15241	Pie, Quorn and vegetable
15379	Pie, vegetable
15245	Pilaf, rice with spinach
11348	Pilau rice
14839	Pine nuts
14287	Pineapple juice concentrate, unsweetened
14287	Pineapple juice concentrate, unsweetened
14286	Pineapple juice, unsweetened
14211	Pineapple, canned in juice
14212	Pineapple, canned in syrup
14210	Pineapple, dried
14208	Pineapple, raw
13107	Pinto beans, dried, boiled in unsalted water
13106	Pinto beans, dried, raw
14840	Pistachio nuts, roasted and salted
11465	Pitta bread, white
11552	Pizza base, raw
11349	Pizza
15252	Pizza, cheese and tomato
11613	Pizza, cheese and tomato, deep pan
11553	Pizza, cheese and tomato, frozen
15254	Pizza, cheese and tomato, retail, frozen
11614	Pizza, cheese and tomato, thin base
11559	Pizza, chicken topped, chilled
11560	Pizza, fish topped, takeaway
11558	Pizza, ham and pineapple, chilled
11556	Pizza, meat topped
11557	Pizza, vegetarian
16112	Plaice, in batter, fried in retail blend oil
16113	Plaice, in batter, fried in sunflower oil
13324	Plantain, boiled in unsalted water

14300	Plums, average, raw
14215	Plums, average, stewed with sugar
14288	Pomegranate juice, fresh
17130	Popcorn, candied
17131	Popcorn, plain
19254	Pork and beef meatballs in tomato sauce
19090	Pork and beef, economy sausages, chilled, raw
19348	Pork casserole, made with canned cook-in sauce
19257	Pork chops in mustard and cream
19079	Pork sausages, chilled, fried
19080	Pork sausages, chilled, grilled
19082	Pork sausages, frozen, fried
19083	Pork sausages, frozen, grilled
19086	Pork sausages, reduced fat, chilled/frozen, grilled
19260	Pork spare ribs, 'barbecue style'
19262	Pork spare ribs, 'barbecue style', chilled/frozen, reheated
19261	Pork spare ribs, 'barbecue style', homemade, w/w bone
19263	Pork spare ribs, 'bbq style', chill/froz, reheated, w bone
11142	Porridge, made with milk and water
11143	Porridge, made with water
11569	Porridge, made with water
11570	Porridge, made with whole milk
17276	Potato and leek soup
15257	Potato cakes, fried in lard
15258	Potato cakes, fried in vegetable oil
17495	Potato crisps
17134	Potato crisps, crinkle cut
17135	Potato crisps, jacket
17496	Potato crisps, low fat
17139	Potato crisps, thick, crinkle-cut
17138	Potato crisps, thick-cut
13038	Potato croquettes, fried in blended oil
13039	Potato flour
17142	Potato rings

13040	Potato waffles, frozen, cooked
10228	Potato wedges, oven baked, FSA Sept 2004
15261	Potatoes with eggs
15260	Potatoes, duchesse
11551	Prawn crackers, takeaway
10223	Premium chilled carton soup, carrot+coriander, FSA
10224	Premium chilled carton soup, mushroom, FSA Sept 2004
10225	Premium chilled carton soup, tomato, FSA Sept 2004
19095	Premium sausages, chilled, grilled
17145	Pretzels
12362	Processed cheese, plain
12363	Processed cheese, slices, reduced fat
13140	Processed peas, canned, re-heated, drained
12405	Profiteroles with sauce
32047	Protifar/100g (NC-000048)
14289	Prune juice
14231	Prunes
14237	Prunes, canned in juice
14239	Prunes, ready-to-eat
11224	Puff pastry, frozen, raw
17147	Puffed potato products
11144	Puffed Wheat
14842	Pumpkin seeds
13327	Pumpkin, boiled in salted water
2021	Quaker Snack A Jack Rice Cakes
19312	Quarterpounder with cheese, takeaway
19048	Quarterpounder, takeaway
11323	Queen of puddings
12923	Quiche, cheese and egg
12925	Quiche, Lorraine
10205	Quiche, meat, retail, FSA Sept 2004
10207	Quiche, vegetable, retail, FSA Sept 2004
14843	Quinoa
17366	Quorn, myco-protein

13455	Quorn, pieces, as purchased
13330	Radish, red, raw
14242	Raisins
17324	Raita
14247	Raspberries, frozen
14244	Raspberries, raw
14245	Raspberries, stewed with sugar
14246	Raspberries, stewed without sugar
15263	Ratatouille
15264	Ratatouille, retail
11621	Ravioli, canned in tomato sauce
11496	Ready Brek
13435	Red kidney beans, canned, re-heated, drained
13110	Red kidney beans, dried, boiled in unsalted water
13109	Red kidney beans, dried, raw
11038	Red rice, boiled
17228	Red wine
14249	Redcurrants, raw
11617	Reduced fat cake
15265	Re-fried beans
17354	Relish, burger/chilli/tomato
17353	Relish, corn/cucumber/onion
14254	Rhubarb, stewed without sugar
1085	Ribena, undiluted
11618	Rice cakes
10222	Rice cakes, FSA Sept 2004
11497	Rice Krispies
2007	Rice Milk (Rice Dream Original with added Calcium)
10248	Rice noodles fine, cooked, FSA Sept 2004
12406	Rice pudding, canned
12407	Rice pudding, canned, low fat
2011	Rich Tea biscuits (Dunnes Stores)
11498	Ricicles
11605	Risotto, plain

15378	Risotto, vegetable
11210	Rock cakes
16141	Rock Salmon, in batter, fried in sunflower oil w/bones
17181	Root beer
17229	Rose wine, medium
13114	Runner beans, boiled in unsalted water
11161	Rusks, plain
11091	Rye bread
17512	Salad cream
17327	Salad cream, reduced calorie
15286	Salad, bean, retail
15287	Salad, beetroot
15288	Salad, carrot and nut with French dressing, retail
15380	Salad, green
15293	Salad, pasta
15294	Salad, pasta, wholemeal
15295	Salad, potato, with French dressing
15296	Salad, potato, with mayonnaise
15297	Salad, potato, with mayonnaise, retail
15298	Salad, potato, with reduced calorie dressing, retail
15381	Salad, rice
15300	Salad, rice, brown
19110	Salami
13334	Salsify, raw
11353	Samosas, meat
11354	Samosas, vegetable
15305	Samosas, vegetable, retail
11182	Sandwich biscuits
11519	Sandwich biscuits, cream filled
11516	Sandwich biscuits, jam filled
17328	Sandwich spread
11564	Sandwich, Cheddar cheese and pickle, white bread
11565	Sandwich, Chicken salad, white bread
11567	Sandwich, Egg mayonnaise, white bread

11568	Sandwich, Tuna mayonnaise, white bread
16217	Sardines, canned in tomato sauce
14257	Satsumas
15306	Sauce, curry, onion, with butter
15307	Sauce, curry, onion, with vegetable oil
15308	Sauce, curry, sweet
15309	Sauce, curry, tomato and onion
17332	Sauce, dry mix, made up
17329	Sauce, dry, casserole mix
17330	Sauce, dry, casserole mix, made up
15311	Sauce, tomato and mushroom
15310	Sauce, tomato base
17333	Sauce, tomato base, homemade
13336	Sauerkraut
522	Sausage roll, flaky pastry
523	Sausage roll, short pastry
19067	Sausage rolls, flaky pastry, homemade
19066	Sausage rolls, puff pastry
11620	Savoury rice, cooked
16262	Scallops, steamed
16244	Scampi, in breadcrumbs, frozen, fried in sunflower oil
11264	Scones, cheese
11265	Scones, fruit
11543	Scones, fruit, retail
11592	Scones, plain
11593	Scones, wholemeal
17277	Scotch broth
11544	Scotch pancakes, retail
16306	Seafood cocktail
16305	Seafood pasta, retail
12312	Semi-skimmed milk, average
186	Semi-skimmed milk, pasteurised
12313	Semi-skimmed milk, pasteurised
12009	Semi-skimmed milk, pasteurised, average

12010	Semi-skimmed milk, pasteurised, fortified plus SMP
12418	Semi-skimmed milk, pasteurised, summer
12419	Semi-skimmed milk, pasteurised, winter
11521	Semi-sweet biscuits
11024	Semolina, raw
14844	Sesame seeds
13342	Shallots, raw
17217	Shandy
14259	Sharon fruit
19270	Shepherd's pie
17119	Sherbert sweets
17235	Sherry, dry
11523	Shortbread
11585	Shortcrust pastry, cooked
11522	Short-sweet biscuits
11499	Shredded Wheat
11500	Shreddies
12306	Skimmed milk, average
12307	Skimmed milk, pasteurised
12003	Skimmed milk, pasteurised, fortified plus SMP
12311	Skimmed milk, sterilised
12006	Skimmed milk, UHT, fortified plus SMP
17096	Smartie-type sweets
17549	Snickers
11092	Soda bread
17182	Soda, club
12393	Sorbet, fruit
12826	Souffle, plain
17334	Soy sauce
13116	Soya beans, dried, boiled in unsalted water
12043	Soya milk, flavoured
12042	Soya milk, plain
15314	Soya mince, granules
12381	Soya, alternative to yogurt, fruit

12330	Soya, non-dairy altern to milk, sweetened, Ca enriched
12331	Soya, non-dairy alternative to milk, unsweetened
19353	Spaghetti bol, chilled/frozen, reheated, w spaghetti
19272	Spaghetti bolognese
11357	Spaghetti, canned in tomato sauce
10266	Spaghetti, canned in tomato sauce, FSA Sept 2004
10243	Spaghetti, cooked, FSA Sept 2004
11453	Spaghetti, white, boiled
11455	Spaghetti, wholemeal, boiled
11501	Special K
13344	Spinach, boiled in salted water
13457	Spinach, boiled in unsalted water
17417	Spinach, dried
13458	Spinach, frozen, boiled in unsalted water
13456	Spinach, raw
11580	Sponge cake
11581	Sponge cake, fatless
11213	Sponge cake, jam filled
11214	Sponge cake, with butter icing
11532	Sponge cake, with dairy cream and jam
11325	Sponge pudding
11326	Sponge pudding, with dried fruit
12364	Spreadable cheese, soft white, full fat
12366	Spreadable cheese, soft white, low fat
13350	Spring greens, boiled in unsalted water
13348	Spring greens, raw
13352	Spring onions, bulbs and tops, raw
13351	Spring onions, bulbs only, raw
19327	Spring rolls, meat, takeaway
13356	Squash, butternut, baked
13355	Squash, butternut, raw
16267	Squid, dried
16266	Squid, in batter, fried in sunflower oil
16263	Squid, raw

11151	Start
19071	Steak and kidney pie, double crust, homemade
535	Steak and kidney pie, pastry top only
19072	Steak and kidney pudding, canned
19069	Steak and kidney/beef pie, individual, chill/frozen, baked
17219	Stout, Guinness
14262	Strawberries, canned in syrup
14261	Strawberries, frozen
14260	Strawberries, raw
11272	Strawberry tartlets
17371	Stuffing mix
17372	Stuffing mix, made up with water
11606	Stuffing, sage and onion
17373	Stuffing, sage and onion, homemade
11503	Sugar Puffs
17060	Sugar, brown
17061	Sugar, Demerara
17062	Sugar, icing
17063	Sugar, white
13144	Sugar-snap peas, boiled in salted water
13143	Sugar-snap peas, raw
11504	Sultana Bran
14263	Sultanas
14845	Sunflower seeds
14846	Sunflower seeds, toasted
10219	Sushi, tuna nigiri, FSA Sept 20
10220	Sushi, vegetable, FSA Sept 2004
13361	Swede, boiled in unsalted water
13359	Swede, raw
19324	Sweet and sour chicken, takeaway
19349	Sweet and sour pork
17335	Sweet and sour sauce, canned
17336	Sweet and sour sauce, take-away
13363	Sweet potato, baked

13464	Sweet potato, boiled in salted water
13463	Sweet potato, raw
13367	Sweetcorn, baby, canned, drained
13366	Sweetcorn, baby, fresh and frozen, boiled in salt water
13369	Sweetcorn, kernels, boiled in salted water
13370	Sweetcorn, kernels, boiled in unsalted water
13459	Sweetcorn, kernels, canned, re-heated, drained
13368	Sweetcorn, kernels, raw
13373	Sweetcorn, on-the-cob, whole, boiled in salted water
13374	Sweetcorn, on-the-cob, whole, in unsalted water
11216	Swiss roll
11533	Swiss roll, chocolate, individual
11217	Swiss rolls, chocolate, individual
17065	Syrup, golden
17066	Syrup, golden, pouring
17067	Syrup, maple
16335	Szechuan prawns with vegetables, takeaway
14847	Tahini paste
14266	Tangerines
11027	Tapioca, raw
17337	Tartare sauce
17172	Tea, herbal, infusion
17169	Tea, infusion, average, with semi-skimmed milk
17168	Tea, infusion, average, with whole milk
17173	Tea, lemon, instant powder
17174	Tea, lemon, instant powder, with water
11273	Teacakes, fresh
11545	Teacakes, toasted
12343	Tip Top dessert topping
17120	Toffees, mixed
15320	Tofu spread
13119	Tofu, soya bean, steamed
13120	Tofu, soya bean, steamed, fried
1163	Tomato chutney

13382	Tomato juice
17513	Tomato ketchup
17516	Tomato puree
1173	Tomato sauce
17278	Tomato soup, cream of, canned
17280	Tomato soup, cream of, canned, condensed, as served
17281	Tomato soup, dried
17282	Tomato soup, dried, as served
13461	Tomatoes, canned, whole contents
13388	Tomatoes, cherry, raw
828	Tomatoes, fried in blended oil
13385	Tomatoes, fried in corn oil
13419	Tomatoes, fried in lard
13467	Tomatoes, grilled
13460	Tomatoes, raw
17375	Tomatoes, sun dried
17184	Tonic water
17238	Tonic wine
17497	Tortilla chips
11093	Tortillas, made with wheat flour
10212	Traditional cook-in-sauces, tomato based, FSA
10213	Traditional cook-in-sauces, white sauce based, FSA 2004
17068	Treacle, black
12417	Trifle
12409	Trifle, fruit
2008	Tropicana Multivitamins Fruit Juice
17098	Truffles, mocha
19283	Turkey and pasta bake
19155	Turkey roast, frozen, cooked
19157	Turkey slices
17121	Turkish delight, with nuts
17122	Turkish delight, without nuts
13390	Turnip, boiled in salted water
13391	Turnip, boiled in unsalted water

13389	Turnip, raw
17550	Twix
11275	Vanilla slices
15326	Vegebanger mix, made with water, fried in vegetable oil
15340	Vegeburger mix, made up with water and egg, grilled
15333	Vegeburger mix, made up with water
15335	Vegeburger mix, made up with water, fried in veg oil
15338	Vegeburger mix, made w water+egg, fried in sunflow oil
15330	Vegeburger, retail, fried in vegetable oil
15331	Vegeburger, retail, grilled
15382	Vegetable bake
15362	Vegetable kiev, baked
17376	Vegetable puree
17283	Vegetable soup
17284	Vegetable soup, canned
17286	Vegetable soup, dried, as served
15345	Vegetable stir fry mix, fried in sunflower oil
15346	Vegetable stir fry mix, fried in vegetable oil
15364	Vegetables, stir-fried, takeaway
15365	Vegetarian sausages, baked/grilled
15347	Vine leaves, stuffed with rice
17339	Vinegar
11524	Wafer biscuits, filled
11509	Wafers, filled, chocolate, full coated
11276	Waffles
14879	Walnuts
11187	Water biscuits
13395	Water chestnuts, canned, drained
13394	Water chestnuts, raw
13462	Watercress, raw
11505	Weetabix
11156	Weetaflake 'n' raisin
11155	Weetaflake
11157	Weetos

17151	Wheat crunchies
11439	Wheat flour, white, plain
11440	Wheat flour, white, self-raising
11441	Wheat flour, wholemeal
11467	Wheatgerm bread
11098	Wheatgerm bread, average
11622	Wheatgerm
11099	White bread, average
11470	White bread, farmhouse or split tin, freshly baked
11471	White bread, French stick
50	White bread, fried in blended oil
11469	White bread, fried in lard
11105	White bread, fried
11100	White bread, large, crusty
11108	White bread, Scottish batch, unwrapped
11109	White bread, Scottish batch, wrapped
11468	White bread, sliced
11475	White bread, toasted
11110	White bread, Vienna
11472	White bread, 'with added fibre'
11473	White bread, 'with added fibre', toasted
12368	White cheese, average
11041	White rice, basmati, raw
11446	White rice, easy cook, boiled
11610	White rice, fried
11047	White rice, glutinous, boiled
11050	White rice, polished, boiled
11482	White rolls, crusty
11483	White rolls, soft
12304	White sauce packet mix, made up with s/s milk
12303	White sauce packet mix, made up with whole milk
17528	White sauce, savoury, made with semi-skimmed milk
17527	White sauce, savoury, made with whole milk
17529	White sauce, sweet, made with whole milk

17230	White wine, dry
17231	White wine, medium
17232	White wine, sparkling
16162	Whiting, in crumbs, fried in blended oil
16166	Whiting, in crumbs, fried in sunflower oil
12185	Whole milk yogurt, fruit
12375	Whole milk yogurt, fruit
12187	Whole milk yogurt, goats
12186	Whole milk yogurt, 'organic'
12184	Whole milk yogurt, plain AND greek yoghurt
12315	Whole milk, average
12316	Whole milk, pasteurised
12317	Whole milk, pasteurised, summer
12318	Whole milk, pasteurised, winter
12320	Whole milk, UHT
11476	Wholemeal bread, average
11114	Wholemeal bread, large
11115	Wholemeal bread, small, sliced
11116	Wholemeal bread, small, unsliced
11611	Wholemeal bread, toasted
11572	Wholemeal crackers
11484	Wholemeal rolls
19313	Whopper burger
17340	Worcestershire sauce
13400	Yam, boiled in unsalted water
17517	Yeast extract (e.g. Marmite)
17379	Yeast, dried
17408	Yogurt, fruit, baby
12377	Yogurt, greek style, fruit
12376	Yogurt, greek style, plain
12380	Yogurt, low fat, fruit
12379	Yogurt, low fat, plain
12374	Yogurt, twinpot, thick and creamy with fruit
12382	Yogurt, virtually fat free/diet, fruit

12383	Yogurt, virtually fat free/diet, plain
11607	Yorkshire pudding