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

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

### Cereal and Cereal Products

#### 1 Pasta, rice and other cereals

| 1A | Not used for DNSIYCS | Previously pasta (replaced by 1D and 1E) |
| 1B | Not used for DNSIYCS | Previously rice (replaced by 1F and 1G) |
| 1C | Pizza | All types - thin and crispy, deep pan, French bread, etc. Includes homemade pizza. |
| 1D | Pasta (manufactured products and ready meals) | All types of purchased/retail products or ready meals based on pasta or noodles; includes filled fresh pasta and canned pasta. |
| 1E | Pasta (other, including homemade dishes) | Dried and cooked plain pasta (including fresh pasta and gluten-free), egg noodles and recipes for homemade dishes (including macaroni cheese). |
| 1F | Rice (manufactured products and ready meals) | All types of purchased/retail products or ready meals based on rice; includes ready meal risotto, ready cooked rice. *Not purchased rice pudding. Not takeaway rice dishes.* |
| 1G | Rice (other, including homemade dishes) | Raw and cooked plain rice, rice flour, rice flakes, rice noodles and recipes for homemade dishes, including fried rice, risotto. *Not homemade rice pudding.* |
1R Other cereals  Includes flour (not rice flour), cous cous, bran, oats, semolina, papadums/poppadoms, dumplings, Yorkshire pudding.

2 White bread

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

3 Wholemeal bread

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

59 Brown, granary and wheatgerm bread

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

4 Other bread

4A *Not used for DNSIYCS*  *Previously softgrain bread (replaced by 59R)*

4R Other bread  Breads made with non-wheat flour; sliced, unsliced, toast, fried. Includes rye bread, gluten free, oatmeal bread, besan flour chappatis, soya and linseed bread.
5 High fibre breakfast cereals

5R Wholegrain and high fibre breakfast cereals

All breakfast cereals with non-starch polysaccharide (Englyst fibre) of 4g/100g or more. Eg All Bran, muesli, Shredded Wheat. Includes porridge & Ready Brek.

6 Other breakfast cereals

6R Other breakfast cereals (not high fibre)

All breakfast cereals with non-starch polysaccharide (Englyst fibre) of less than 4g/100g. Eg Cornflakes, Coco Pops, Sugar Puffs. Includes Pop Tarts, breakfast cereal bars and Nutri-grain bars.

7 Biscuits

7A Biscuits (manufactured/retail)

All types of purchased/retail biscuits, sweet and savoury. Includes cream crackers, flapjacks, breadsticks, oatcakes, rice cakes, crispbread, cereal bars, ice cream cornet/wafers, gluten free biscuits. Not caramel shortcake.

7B Biscuits (homemade)

All types of homemade biscuit, sweet and savoury.

7R Not used for DNSIYCS

Previously biscuits (replaced by 7A and 7B)

8 Buns, cakes, pastries and fruit pies

8A Not used for DNSIYCS

Previously fruit pies (replaced by 8B and 8C)

8B Fruit pies (manufactured)

All types of purchased/retail fruit pies, one and two crusts; includes strudel, individual fruit pies from takeaways.

8C Fruit pies (homemade)

All types of homemade fruit pies, any fruit, any pastry.

8D Buns, cakes and pastries (manufactured)

Includes any purchased/retail buns, cakes or pastries; danish pastries, currant bun, doughnuts, American muffins, eccles cakes, Bakewell tarts, jam tarts, scones (sweet and savoury), sponge cakes, fruit cakes, eclairs, fruit loaf, malt loaf, gateaux, pastry, mince pies, sponge fingers, scotch pancakes, croissants, custard tart, lemon meringue pie, egg custard, caramel shortcake.
8E Buns, cakes and pastries (homemade) All types of homemade buns, cakes and pastries. Includes pastry and potato scones. Not fruit pies.

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

9 Puddings

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

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

9C Cereal based milk puddings (manufactured) Includes any purchased/retail cereal based milk puddings; rice pudding (including canned), custard (not egg custard), Angel Delight, blancmange, confectioners custard, sweet white sauce. Includes sweet packet mixes and custard packet mix made up with milk or soya milk.

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

9E Sponge puddings (manufactured) All types of retail/purchased sponge puddings, includes steamed, canned, suet pudding, jam roly poly, sponge flan, upside down pudding, treacle sponge, spotted dick.

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

9G Other cereal based puddings (manufactured) Any other types of pudding purchased/retail. Includes trifle, pancakes, crumble, bread pudding, summer pudding, cheesecakes, tiramisu, rum baba, Christmas pudding, jelly cubes.

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

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

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

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

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

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

13 Other milk and cream
13A Infant formula
First Milk
Soy-based milk
Hungrier babies milk
Other (including hypoallergenic, goats, goodnight milk, extra hungry)
Growing up milk
Follow on milk

New infant food sub-categories set up for DNSIYC

13B Cream (including imitation cream)
All types, including; single, double, whipping, sour, imitation cream, aerosol, dream topping, Tip Top, creme fraiche.

13C Breast milk
13R Other milk\(^2\) Includes soya milk, goats, sheeps, evaporated, condensed, lactose-free, dried milk, milkshake, milk with added fibre, coffee whitener, buttermilk, flavoured milk drinks, purchased hot chocolate, rice milk.

14 Cheese

14A Cottage cheese Includes diet and flavoured varieties.

14B Cheddar cheese Includes diet.

14R Other cheese All types, including hard, soft, cream cheese, processed, reduced fat cheeses, vegetarian cheese, cheese spread, tofu and soya cheeses, sheep and goats cheeses, Benecol cheese. Not fromage frais or Quark.

15 Yogurt, fromage frais and dairy desserts

15A Not used for DNSIYCS Previously fromage frais (replaced by 15C and 15D)

15B Yogurt All types including soya, goats, sheeps, yogurt mousse, yogurt drink/smoothie, lassi, frozen yogurt, custard style yogurt, Greek yogurt, Yakult.

15C Fromage frais and dairy desserts (manufactured) All types of manufactured fromage frais or other dairy based desserts, includes chocolate and fruit cream desserts, mousse, milk jelly, junket, buttermilk desserts, fruit fools, creme caramel, panna cotta, chilled soya desserts, quark, egg custard.

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

53 Ice cream

53R Ice cream All types of ice cream, dairy and non-dairy, choc ices, ice cream desserts eg Arctic roll, ice cream containing lollies, milk ice lollies, low fat/low calorie ice cream, sorbet.
Eggs and Egg dishes

16 Eggs and egg dishes

16A Not used for DNSIYCS

16B Not used for DNSIYCS

16C Manufactured egg products including ready meals
Any type of manufactured/retail egg dishes including ready meals: quiches, flans, scotch eggs, meringue, pavlova, curried eggs, egg mayonnaise sandwich filler.

16D Other egg and egg dishes including homemade
Includes all types of egg (duck, hen, goose) boiled, fried, scrambled, poached, dried, omelettes (sweet or savoury), eggy bread. Includes any homemade egg recipe dish.

Fat Spreads

17 Butter¹

17R Butter
Salted and unsalted, butter ghee, spreadable butter. Not light spreadable butter, not half fat butter, not brandy butter.

18 Polyunsaturated margarine and oils¹

18A Polyunsaturated margarine
Margarine claiming to be high in polyunsaturated fatty acids.

18B Polyunsaturated oils
Includes corn oil, sunflower oil, solid sunflower oil.

19 Low fat spread

19A Polyunsaturated low fat spread
Spreads containing 40% or less fat, claiming to be high in polyunsaturated fatty acids. Includes cholesterol lowering spreads.
### 20 Other margarine, fats and oils

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>20A</td>
<td>Block margarine</td>
</tr>
<tr>
<td>20B</td>
<td>Soft margarine not polyunsaturated</td>
</tr>
<tr>
<td>20C</td>
<td>Other cooking fats and oils not polyunsaturated</td>
</tr>
</tbody>
</table>

### 21 Reduced fat spread

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>21A</td>
<td>Reduced fat spread (polyunsaturated)</td>
</tr>
<tr>
<td>21B</td>
<td>Reduced fat spread (not polyunsaturated)</td>
</tr>
</tbody>
</table>

### Meat and meat products

#### 22 Bacon and ham

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>22A</td>
<td>Ready meals/meal centres based on bacon and ham purchased/retail products including ready meals.</td>
</tr>
<tr>
<td>22B</td>
<td>Other bacon and ham including homemade dishes</td>
</tr>
</tbody>
</table>

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1. Includes olive oil and rapeseed oil if more than 40% of the fat is not polyunsaturated.

2. Previously bacon and ham (replaced by 22A and 22B).
## 23 Beef, veal and dishes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>23A</td>
<td>Manufactured beef products including ready meals</td>
<td>Any types of beef and veal products purchased/retail, including ready meals, canned beef products and pastrami.</td>
</tr>
<tr>
<td>23B</td>
<td>Other beef and veal including homemade recipe dishes</td>
<td>Includes beef and veal joints, steaks, mince, cooked beef slices and homemade recipes for stews, casseroles, meat balls, lasagne, chilli, beef curry, bolognese sauce, cottage pie. Includes beef based takeaway dishes.</td>
</tr>
<tr>
<td>23R</td>
<td>Not used for DNSIYCS</td>
<td>Previously beef, veal and dishes (replaced by 23A and 23B)</td>
</tr>
</tbody>
</table>

## 24 Lamb and dishes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>24A</td>
<td>Manufactured lamb products including ready meals</td>
<td>Any types of lamb product purchased/retail, including ready meals and canned products.</td>
</tr>
<tr>
<td>24B</td>
<td>Other lamb including homemade recipe dishes</td>
<td>Includes lamb joints, chops, fillets and homemade recipes for Irish stew, shepherds pie, lamb curries and casseroles. Includes lamb based takeaway dishes.</td>
</tr>
<tr>
<td>24R</td>
<td>Not used for DNSIYCS</td>
<td>Previously lamb and dishes (replaced by 24A and 24B)</td>
</tr>
</tbody>
</table>

## 25 Pork and dishes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>25A</td>
<td>Manufactured pork products including ready meals</td>
<td>Any types of pork product (not ham or bacon) purchased/retail including ready meals and canned pork products.</td>
</tr>
<tr>
<td>25B</td>
<td>Other pork including homemade recipe dishes</td>
<td>Includes pork joints, chops, steaks, belly rashers, crackling and homemade recipes for stews, casseroles, sweet and sour pork. Includes pork based takeaway dishes.</td>
</tr>
<tr>
<td>25R</td>
<td>Not used for DNSIYCS</td>
<td>Previously pork and dishes (replaced by 25A and 25B)</td>
</tr>
</tbody>
</table>
26 Coated chicken

26A Manufactured coated chicken/turkey products

Any type of coated chicken or turkey products purchased/retail or takeaway. Includes Kentucky Fried Chicken, nuggets, drumsticks, chicken kievs, burgers (with/without bun).

26R Not used for DNSIYC

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

27 Chicken and turkey dishes

27A Manufactured chicken products including ready meals

Any type of chicken or turkey products purchased/retail, including ready meals, sandwich fillings, canned chicken/turkey and dishes. Not chicken/turkey sausages. Not coated chicken/turkey.

27B Other chicken/turkey including homemade recipe dishes

Includes chicken and turkey roasts, barbecued, curries, stews, casseroles and any other homemade recipes, including coated chicken or turkey. Includes takeaway dishes. Not liver or giblets.

27R Not used for DNSIYC

Previously chicken and turkey dishes (replaced by 27A and 27B)

28 Liver and dishes

28R Liver and dishes

Any type of liver (fried, stewed, braised, grilled) and liver dishes; liver casserole, liver sausage, liver pate. Includes liver-based ready meals.

29 Burgers and kebabs

29R Burgers and kebabs purchased

Any type of purchased/retail or takeaway burger or kebab products including beefburgers, hamburgers, cheeseburgers, (with or without roll) doner/shish/kofte kebabs (with or without pitta bread and salad), grillsteaks, steaklets. Not homemade burgers or kebabs; not chicken.
### 30 Sausages

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

- **30B** Other sausages including homemade dishes: All types of sausage and homemade sausage dishes, including takeaway. Beef, pork, chicken/turkey sausages, polony, sausage in batter, saveloy, frankfurters, sausage casseroles, toad in the hole, sausage meat stuffing, canned sausages. *Not sausage rolls.*

- **30R** Not used for DNSIYC: Previously sausages (replaced by 30A and 30B)

### 31 Meat pies and pastries

- **31A** Manufactured meat pies and pastries: Any type of purchased/retail meat pies and pastries: chicken, turkey, beef, ham, steak and kidney, pork pies, game pie, meat samosas, meat pancake rolls, Cornish pasties, sausage rolls.

- **31B** Homemade meat pies and pastries: Includes any type of homemade meat pies or pastries.

- **31R** Not used for DNSIYC: Previously meat pies and pastries (replaced by 31A and 31B)

### 32 Other meat and meat products

- **32A** Other meat products manufactured including ready meals: Any other type of purchased/retail meat products, canned meat or ready meal, including pepperami, corned beef, luncheon meat, meat paste, meat loaf, black/white pudding, faggots, haggis, salami, haslet, tongue, garlic sausage.

- **32B** Other meat including homemade recipe dishes: Includes any other meat such as game (venison, grouse, rabbit, pheasant), duck, goose, pigeon, offal (not liver), giblets, oxtail and homemade recipe dishes.

- **32R** Not used for DNSIYC: Previously other meat and meat products (replaced by 32A and 32B)
Fish and fish dishes

33 White fish coated or fried

33R White fish coated or fried

Any type of white fish or roe (cod, plaice, haddock etc) purchased/retail or homemade, coated and/or fried. Includes battered and fried takeaway white fish, fried, grilled or baked fish fingers, fish cakes, scampi, McDonalds Fillet-o-Fish.

34 Other white fish, shellfish and fish dishes

34A Not used for DNSIYCS

Previously other white fish and fish dishes (replaced by 34C and 34D)

34B Not used for DNSIYCS

Previously shellfish (replaced by 34E and 34F)

34C Manufactured white fish products including ready meals

Any type of white fish (cod, plaice, haddock etc) product purchased/retail including ready meals, e.g. white fish in sauce. Not coated fish.

34D Other white fish including homemade dishes

Includes poached, steamed, grilled, baked, smoked, dried white fish, caviar, and homemade white fish dishes, e.g. kedgeree, fish curry.

34E Manufactured shellfish products including ready meals

Any type of shellfish purchased/retail product including shellfish based ready meals. Includes canned shellfish. Not takeaway shellfish products.

34F Other shellfish including homemade dishes

Includes any type of shellfish (mussels, prawns, crab etc) and homemade and takeaway shellfish dishes.

34G Manufactured canned tuna products including ready meals

Any purchased/retail product based on canned tuna, including tuna sandwich fillers and purchased tuna in sauce/dressing. Includes canned tuna (in brine, oil (any), spring water).

34H Other canned tuna including homemade dishes

Includes homemade recipes based on canned tuna.
### 35 Oily fish

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>35A</td>
<td>Manufactured shellfish products including ready meals</td>
<td>Any type of oily fish purchased/retail product including canned in oil/brine/tomato, pickled, sushi, ready meals, taramasalata, pate, paste.</td>
</tr>
<tr>
<td>35B</td>
<td>Other oily fish including homemade dishes</td>
<td>Includes any oily fish or roe such as herrings, kippers, mackerel, sprats, eels, salmon, tuna (not canned), sardines, trout (baked, fried, grilled). Also homemade recipes based on oily fish.</td>
</tr>
<tr>
<td>35R</td>
<td>Not used for DNSIYCS</td>
<td>Previously oily fish (replaced by 34G, 34H, 35A and 35B)</td>
</tr>
</tbody>
</table>

### Vegetables, potatoes

#### 36 Salad and other raw vegetables

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>36A</td>
<td>Carrots raw</td>
<td></td>
</tr>
<tr>
<td>36B</td>
<td>Salad and other raw vegetables</td>
<td>All types of raw vegetables, including coleslaw, tzatziki, guacamole, fresh herbs. Purchased or homemade. Not salads made with cooked vegetables or potato salad.</td>
</tr>
<tr>
<td>36C</td>
<td>Tomatoes raw</td>
<td></td>
</tr>
</tbody>
</table>

#### 37 Vegetables not raw

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>37A</td>
<td>Peas not raw</td>
<td>Includes canned and pease pudding. Includes cooked dried, mushy, frozen and mange tout peas. Includes pea curry.</td>
</tr>
<tr>
<td>37B</td>
<td>Green beans not raw</td>
<td>Includes cooked (fresh or frozen) or canned.</td>
</tr>
<tr>
<td>37C</td>
<td>Baked beans</td>
<td>French, runner and green beans Canned baked beans in sauce. Includes baked beans with additions e.g. sausages, burgers, pasta.</td>
</tr>
<tr>
<td>37D</td>
<td>Leafy green vegetables not raw</td>
<td>Includes cooked or canned broccoli, spinach, cabbage (all types), brussels sprouts, chard.</td>
</tr>
<tr>
<td>37E</td>
<td>Carrots not raw</td>
<td>Includes boiled, fried, canned.</td>
</tr>
<tr>
<td>Code</td>
<td>Description</td>
<td>Details</td>
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<tr>
<td>------</td>
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</tr>
<tr>
<td>37F</td>
<td>Tomatoes not raw</td>
<td>Includes fried, grilled, canned, sundried tomatoes and passata.</td>
</tr>
<tr>
<td>37G</td>
<td>Not used for DNSIYCS</td>
<td>Previously vegetable dishes (not raw) (replaced by 37I, 37K, 37L and 37M)</td>
</tr>
<tr>
<td>37I</td>
<td>Beans and pulses including ready meal and homemade dishes</td>
<td>Any type of lentils, dried beans and pulses, and purchased/retail products, takeaway and homemade dishes based on these. Includes hummous, dahl, dosa, falafel, soya flour. <em>Not baked beans. Not soup.</em></td>
</tr>
<tr>
<td>37K</td>
<td>Meat alternatives including ready meal and homemade dishes</td>
<td>Any type of products based on meat alternatives such as TVP, soya mince, Quorn and tofu. Includes ready meals and homemade dishes based on these.</td>
</tr>
<tr>
<td>37L</td>
<td>Other manufactured vegetable products including ready meals</td>
<td>Any type of purchased/retail vegetable products, including ready meals.</td>
</tr>
<tr>
<td>37M</td>
<td>Other vegetables including homemade dishes</td>
<td>Includes all other non-raw vegetables and homemade vegetable dishes such as vegetable curries, casseroles and stews, pies, vegetable lasagne, cauliflower cheese, vegieburgers (not soya/tofu), bubble and squeak, vegetable samosas, pancake rolls, ratatouille, vegetable fingers, vegetable stir-fries etc. Includes pickled vegetables. Includes vegetable based takeaway foods.</td>
</tr>
<tr>
<td>37R</td>
<td>Not used for DNSIYCS</td>
<td>Previously other vegetables (not raw) (replaced by 37I, 37K and 37M)</td>
</tr>
</tbody>
</table>

### 38 Chips fried and roast potatoes and potato products

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>38A</td>
<td>Chips purchased including takeaway</td>
<td>Any type of purchased/retail or takeaway chips or French fries, including fresh and frozen, oven and microwave.</td>
</tr>
<tr>
<td>38B</td>
<td>Not used for DNSIYCS</td>
<td>Previously fried or roast potatoes and fried potato products (replaced by 38C and 38D)</td>
</tr>
<tr>
<td>38C</td>
<td>Other manufactured potato products fried/baked</td>
<td>Any other type of purchased/retail potato product not chips) such as roast potato,</td>
</tr>
</tbody>
</table>
sliced potato with or without batter, waffles, croquettes, crunchies, alphabites, fritters, hash browns, wedges. Fried, grilled or baked.

38D Other fried/roast potatoes including homemade dishes

Any homemade fried or roast potato products, including chips and potatoes roasted in fat.

38R Not used for DNSIYC

Previously potato products not fried (replaced by 38C)

39 Other potatoes, potato salads and dishes

39A Other potato products and dishes (manufactured)

Any other type of potato product, purchased/retail. Including instant potato (Smash), canned potatoes, potato salad and potato based ready meals (cheese and potato pie, aloo curries).

39B Other potatoes including homemade dishes

Includes all other types of potato such as boiled, mashed, baked and homemade potato salads and dishes.

39R Not used for DNSIYC

Previously other potatoes, potato salads and dishes (replaced by 39A and 39B)

Savoury snacks

42 Crisps and savoury snacks

42R Crisps and savoury snacks

Includes all potato and cereal based snacks, popcorn (not sweet), twiglets, pretzels, pork scratchings.

56 Nuts and seeds

56R Nuts and seeds

Includes fruit and nut mixes, coconut, salted peanuts, nut butters, tahini, bombay mix.

Fruit

40 Fruit

40A Apples and pears not canned

Includes raw, baked, stewed (with or without sugar), dried, apple sauce. Includes Asian pears.
40B  Citrus fruit not canned  Includes oranges, grapefruit, limes, tangerines, ortaniques etc.
40C  Bananas  Includes baked bananas, banana chips.
40D  Canned fruit in juice  Includes canned in water. Includes prunes.
40E  Canned fruit in syrup
40R  Other fruit not canned  Includes plums, grapes, apricots etc; raw and stewed. Fruit pie fillings, dried fruit, fruit salad.

**Sugars, preserves and confectionery**

**41 Sugars, preserves and sweet spread**

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

**43 Sugar confectionery**

43R  Sugar confectionery  Includes boiled sweets, gums, pastilles, fudge, chews, mints, rock, liquorice, toffees, chewing gum, sweet popcorn, ice lollies (without ice cream), nougat, halva.

**44 Chocolate confectionery**

44R  Chocolate confectionery  Includes chocolate bars, filled bars, assortments, carob, diabetic and low calorie chocolate.
Non-Alcoholic Beverages

45 Fruit juice

45R Fruit juice

Includes 100% single or mixed fruit juices, sweetened or unsweetened, canned, bottled, cartons, carbonated, still, freshly squeezed, vegetable juice.

57 Soft drinks not low calorie

57A Soft drinks not low calorie concentrated

All types including squashes and cordials and water used as a diluent.

57B Soft drinks not low calorie carbonated

All types, including tonic water, Red Bull. Not carbonated mineral water; Not alcoholic lemonade.

57C Soft drinks not low calorie ready to drink still

All types of still soft drinks, not carbonated. Includes RTD ribena and Sunny D.

58 Soft drinks low calorie

58A Soft drinks low calorie concentrated

All low calorie, no added sugar, sugar free types and water used as a diluent.

58B Soft drinks low calorie carbonated

All low calorie, no added sugar, sugar free types; includes slimline tonic water. Not carbonated mineral water.

58C Soft drinks low calorie ready to drink still

All low calorie, no added sugar, sugar free types.

61 Smoothies 100% fruit and/or juice

61R Smoothies 100% fruit and/or juice

Includes 100% single or mixed fruit smoothies, sweetened or unsweetened, cartons, freshly squeezed

51 Tea, coffee and water

51A Coffee (made up weight)

Includes instant and leaf bean, decaffeinated, vending machine with whitener, coffee essence, water used as a diluent and instant/takeaway latte, cappuccinos, mochas.
51B Tea (made up weight)  Infusion, instant, decaffeinated, vending machine with whitener and water used as a diluent. Includes green and instant fruit/herbal.

51C Herbal tea (made up weight)

51D Bottled water (still or carbonated)  Includes carbonated and still, herbal tonics. *Not sweetened drinks or tonic water.*

51R Tap water only  Includes water drunk alone, used in recipes, or used as diluent for powdered beverages only. *Not water as diluent for concentrated soft drinks, instant coffee or instant tea.*

**Alcoholic beverages**

**47 Spirits and liqueurs**

47A Liqueurs  Includes cream liqueurs, Pernod, Southern Comfort, Tia Maria, cherry brandy, Pimms

47B Spirits  70 % proof spirits (brandy, gin, rum, vodka, whisky).

**48 Wine**

48A Wine  White, red, rosé, champagne and sparkling wines.

48B Fortified wine  Port, sherry, vermouth, martini.

48C Low alcohol and alcohol free wine  Includes fruit juice and wine drinks.

**49 Beer, lager, cider and perry**

49A Beers and lagers  Premium and non premium, stout, strong ale, low carbohydrate, homemade (bottled, draft and canned).

49B Low alcohol and alcohol free beer and lager  Includes shandy.

49C Cider and perry  Includes Babycham.
49D  Low alcohol and alcohol free cider and perry

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

**Miscellaneous**

**50 Miscellaneous**

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

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

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

50D  Soup homemade All homemade soup recipes.

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

50R  Savoury sauces, pickles, gravies and condiments Includes white sauces, cook in sauces, sauce mixes, tomato ketchup, Bovril/Marmite, pickles, chutney, stuffing, gravy, mayonnaise, salad cream and dressings, yeast, stock cubes, dried herbs and spices and tomato puree.

**Commercial toddlers foods and drinks**

**52 Commercial toddler foods and drinks**

52A  Commercial toddler drinks Includes powdered, concentrated and ready to drink beverages specifically manufactured for young children.

52R  Commercial toddler foods Includes instant and ready to eat foods specifically manufactured for young children.

Fruit based products and dishes
Cereal based products and dishes
Other savoury based products and dishes (not snacks)
Meat/fish based products and
Diet and Nutrition Survey of Infants and Young Children in Scotland, 2011

Dishes
Dairy based products and dishes
Snacks (sweet and savoury)

*New infant food sub-categories set up for DNSIYC*

**Dietary Supplements**

**54 Dietary supplements**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>54A</td>
<td>Not used for DNSIYC</td>
<td><em>Previously cod liver oil and other fish oils (replaced by 54N and 54P)</em></td>
</tr>
<tr>
<td>54B</td>
<td>Evening primrose oil and other plant oils</td>
<td>According to first oil named in product name.</td>
</tr>
<tr>
<td>54C</td>
<td>Single vitamins or minerals not folic, iron, calcium, vitamin D</td>
<td></td>
</tr>
<tr>
<td>54D</td>
<td>Folic acid</td>
<td></td>
</tr>
<tr>
<td>54E</td>
<td>Iron only or with vitamin C</td>
<td></td>
</tr>
<tr>
<td>54F</td>
<td>Calcium only or with vitamin D</td>
<td></td>
</tr>
<tr>
<td>54G</td>
<td>Vitamins (two or more including multivitamins) no minerals</td>
<td></td>
</tr>
<tr>
<td>54H</td>
<td>Minerals (two or more including multiminerals) no vitamins</td>
<td></td>
</tr>
<tr>
<td>54I</td>
<td>Vitamins and minerals (including multivitamins and multiminerals)</td>
<td></td>
</tr>
<tr>
<td>54J</td>
<td>Non-nutrient supplements (including herbal)</td>
<td>Includes echinacea, aloe vera, St John's wort, garlic capsules.</td>
</tr>
<tr>
<td>54K</td>
<td>Other nutrient supplements</td>
<td>Includes kelp, glucosamine sulphate, royal jelly, cranberry, lecithin, brewers yeast, amino acid powders, caffeine.</td>
</tr>
<tr>
<td>54N</td>
<td>Cod liver oil and other fish oils including with Vitamin A, D, E</td>
<td>According to first oil named in product name.</td>
</tr>
</tbody>
</table>
54P  Multivitamin and/or minerals with omega 3

54R  *Not used for DNSIYCS*  *Previously nutritionally complete supplements (replaced by 50E)*

**Artificial Sweeteners**

**55 Artificial sweeteners**

55R  Artificial sweeteners\(^4\)  Includes granulated table top sweeteners, tablet, liquid or mini cube sweeteners.

\(^1\) Fats and oils used in cooking are reported with the food they are cooked with.

\(^2\) Concentrated soft drinks, dried milk and dried soups are reported as made up.

\(^3\) Subsidiary group 50A covers only the dry weight of the powdered beverage. The water or milk used to make up the beverage is reported elsewhere.

\(^4\) Consumption of artificial sweeteners is not reported in the food consumption tables.