

Nutrient profiles: Development of Final Model

Final Report

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Contents page

CONTENTS PAGE	2
SUMMARY	3
1. INTRODUCTION	4
2. MODIFICATIONS FOR FOODS HIGH IN FAT, SALT OR SUGAR, AND PROTEIN	4
3. A MODIFICATION TO ENSURE THAT THE CATEGORISATION OF NUTS ACKNOWLEDGES THEIR CONTRIBUTION TO A HEALTHY DIET	9
4. ASSESSING WHETHER THE CATEGORISATION OF DRIED FRUIT ACKNOWLEDGES THEIR CONTRIBUTION TO A HEALTHY DIET	11
5. TESTING MODIFICATIONS IN COMBINATION	12

Summary

This paper describes the results of testing two types of modification to Model WXY to deal with issues raised during the recent consultation on the model. These issues were that:

- a) Some processed foods with particularly high levels of fat, sugar or salt were not categorised as 'high in fat, salt or sugar' foods because of their protein content
- b) The categorisation of nuts and dried fruit did not adequately acknowledge their contribution to a healthy diet

This paper recommends that the following modifications be applied to Model WXY

- a) Modification **AP11** i.e. where the total points for A nutrients (energy, saturated fat, total sugars and sodium) are 11 or more then protein scores 0.
- b) Modification **.nut** where points are scored for nut content in the same way as points are scored for fruit and vegetable content.

However, because Modifications **AP11** and **.nut** counteract one another to some degree, a further modification is also recommended:

- c) Modification **FVN** i.e. where the total points for fruit, vegetables and nuts are 5 then Modification AP11 does not apply

1. Introduction

During the consultation on the refined nutrient profiling model (Model WXY) a small number of new concerns about the categorisation of individual foods were raised. These were that:

- a) some processed foods with particularly high levels of fat, salt or sugar were not categorised as such because of their protein content
- b) the categorisation of nuts and dried fruit did not adequately acknowledge their contribution to a healthy diet.

This paper describes the testing of modifications to Model WXY that might address these concerns.

2. Modifications for foods high in fat, salt or sugar, and protein

Three types of modification were tested:

- a) Modifications prot3 and prot4 where protein points are capped at 3 and 4 respectively (rather than 5).
- b) Modifications A7, A8, A9, A10, A11 and A12 where if the total points for A nutrients (energy, saturated fat, total sugars and sodium) equals or exceeds 7, 8, 9, 10, 11 or 12 points respectively then all points for C nutrients (protein, fibre and fruit and vegetables) score 0.
- c) Modifications AP7, AP8, AP9, AP10, AP11 and AP12 where if the total points for A nutrients equals or exceeds 7, 8, 9, 10, 11 or 12 points respectively then all points for protein score 0.

For details of the tests used see *Final Report on the further refinement and testing of Model SSCg3d*¹.

Results

Table 1 below summarises the results of Tests A, B and C for these 14 modifications.

¹ <http://www.food.gov.uk/healthiereating/nutlab/nutprof070905>

Table 1. Comparisons of models with Model WXY

Model	Test A Distribution			Test B Accuracy score (compared to WXY)	Test C Indicators	
	H	I	U			
WXY	41.8	12.9	45.3	87.8		
WXYprot3	34.9 ↓	15.1 ↑	50.0 ↑	86.8 (-1.0)	BCP MFA C	Malt bread, fruited; Currant buns: I to U Cod, baked; Beef, rump steak, lean only, grilled; Beef, topside, roasted well-done, lean; Eggs, chicken, boiled; Mackerel, grilled; Beef, mince, extra lean, stewed; Lamb, leg, lean only, roast: H to I Chicken, leg quarter, roasted, meat and skin; Fish fingers, cod, grilled: I to U Chilli con carne: H to I Sardines, canned in tomato sauce; Lasagne: I to U
WXYprot4	38.4 ↓	13.9 ↑	47.7 ↑	88.1 (+0.3)	MFA C	Eggs, chicken, boiled; Mackerel, grilled; Beef, mince, extra lean, stewed; Lamb, leg, lean only, roast: H to I Fish fingers, cod, grilled: I to U Chilli con carne: H to I Lasagne: I to U
WXYA7	37.0 ↓	5.7 ↓	57.3 ↑	85.3 (-2.5)	BCP MFA C	Weetabix; Wholemeal bread, average; Wholemeal rolls: H to U; White bread, sliced; Malt bread, fruited; Currant buns: I to U Chicken, leg quarter, roasted, meat and skin; Fish fingers, cod, grilled: I to U Baked beans, canned in tomato sauce, re-heated: H to U Sardines, canned in tomato sauce; Lasagne: I to U
WXYA8	38.3 ↓	7.7 ↓	54.0 ↑	89.4 (+1.6)	BCP MFA C	Wholemeal rolls: H to U Malt bread, fruited; Currant buns: I to U Fish fingers, cod, grilled: I to U Lasagne: I to U
WXYA9	39.4 ↓	10.0 ↓	50.6 ↑	87.1 (-0.7)	BCP C	Malt bread, fruited; Currant buns: I to U Lasagne: I to U
WXYA10	39.8 ↓	10.5 ↓	49.7 ↑	87.1 (-0.7)	BCP	Malt bread, fruited; Currant buns: I to U
WXY A11	40.1	11.2	48.7	87.2		(No Test C indicators changed)

	↓	↓	↑	(-0.6)		category)
WXY A12	40.3 ↓	11.7 ↓	48.0 ↑	86.9 (-0.9)		(No Test C indicators changed category)
WXYAP7	39.5 ↓	7.5 ↓	53.0 ↑	86.4 (-1.4)	BCP MFA C	Weetabix; Wholemeal bread, average; Wholemeal rolls: H to I; White bread, sliced; Malt bread, fruited; Currant buns: I to U Chicken, leg quarter, roasted, meat and skin; Fish fingers, cod, grilled: I to U Sardines, canned in tomato sauce; Lasagne: I to U
WXYAP8	40.2 ↓	9.0 ↓	50.8 ↑	86.1 (-1.7)	BCP MFA C	Wholemeal rolls: H to I Malt bread, fruited; Currant buns: I to U Fish fingers, cod, grilled: I to U Lasagne: I to U
WXYAP9	41.2 ↓	10.9 ↓	47.9 ↑	86.9 (-0.9)	BCP C	Malt bread, fruited; Currant buns: I to U Lasagne: I to U
WXYAP10	41.6 ↓	11.3 ↓	47.1 ↑	86.9 (-0.9)	BCP	Malt bread, fruited; Currant buns: I to U
WXYAP11	41.6 ↓	12.1 ↓	46.3 ↑	87.1 (-0.7)		(No Test C indicators changed category)
WXYAP12	41.6 ↓	12.6 ↓	45.8 ↑	86.8 (-1.0)		(No Test C indicators changed category)

H = Healthier, I = Intermediate, U = High in fat, salt or sugar, ↑ = proportion greater than with Model WXY, ↓ = proportion less than with Model WXY,
BCP = Bread, cereals and potatoes; MD = Milk and dairy products; FV = Fruit and vegetables; MFA = Meat, fish and alternatives; FS = Foods high in fat, foods high in sugar; C = composite foods.

Table1 shows that broadly the modifications tested resulted in fewer foods classified as healthier than by Model WXY. The modifications that involved restricting the possibility of scoring points for C nutrients (to those foods which score less than a threshold number of points for A nutrients ('A' modifications)) had a greater effect on the proportion of foods that were classified as healthier than capping the points that can be scored for protein at a lower level ('prot' modifications). The modifications that involved restricting the possibility of scoring points for protein to those foods which score less than a threshold number of A nutrients ('AP' modifications) had an intermediate effect between 'A' modifications and 'prot' modifications.

'A' modifications have a greater potential to change the score a food is awarded than 'prot' modifications. WXYprot3 scores could only differ from WXY scores by 2 points but in theory WXYA scores (whatever the threshold) could differ from WXY scores by 15 points. However in actual fact both Modifications prot3 and prot4 had a greater effect

on the categorisation of C test indicator foods than any of the 'A' modifications. 'prot' modifications had a particularly large effect on the classification of foods from the 'Meat, fish and alternatives' group. Even some fish and fish products moved from healthier to intermediate or from intermediate to high in fat, salt or sugar.

Although 'AP' modifications have less potential to change the score a food is awarded than 'A' modifications, 'AP' modifications had almost identical effects to 'A' modifications on the reclassification of C test indicator foods: even for foods in the 'Bread, cereals and potatoes' group.

Table 2 (attached at annex A) shows the same foods as in Table 4.1 of the *Final Report on the further refinement and testing of Model SSCg3d²*. It shows how each of the foods score with six different modifications (the 'prot3' and the 'prot4' modifications and the 'A10', 'A11', 'AP10' and 'AP11' modifications). Foods which have moved into a different category due to the modification have been highlighted. It shows that in general the modifications had the greatest effect on breads and cereals, meat and fish and fast foods. Products moved from healthier to intermediate or from intermediate to high in fat, salt or sugar. With some 'A' modifications products even moved from healthier to high in fat, salt or sugar.

Table 3 provides a summary of the reclassifications from healthier or intermediate to foods high in fat, salt or sugar in Table 2. Modification prot3 had the greatest effect, and Modifications A11 and AP11 the least effect.

Table 3. Summary of reclassifications from healthier or intermediate to high in fat, salt or sugar for the foods in Table 2

Model	Bread and cereals	Meat, fish and alternatives	Fast foods	Total
WXYprot3	3	4	5	14
WXYprot4	0	2	4	7
WXYA10	6	0	4	10
WXYA11	1	0	2	3
WXYAP10	6	0	4	10
WXYAP11	1	0	2	3

Tables 2 and 3 show that most of the modifications, even though they had some desirable effects, in particular moving some fast foods which are high in fat, saturated fat or sodium into the high in fat, salt or sugar category, nevertheless had other consequences in that many breads, cereals, meat, fish and alternatives (such as nuts) were also reclassified.

² <http://www.food.gov.uk/healthiereating/nutlab/nutprof070905>

Tables 1-3 also show that Modification AP11 had only a modest effect on the classification of most foods i.e. it does not present a radical change to Model WXY. It had no effect on C Test indicator foods unlike the 'prot' modifications but it does have an effect on the points scored by some individual fast foods such as Takeaway Double Beef Patty in Sesame Seed Bun (8 points instead of 3 with WXY) and Takeaway cheeseburger (9 points instead of 4). Some fast foods, such as Takeaway Double Beef Patty in Sesame Seed Bun are in consequence re-categorised from intermediate to high in fat, salt or sugar.

Conclusions

The results of the testing described above suggest that capping of protein points at lower than 5 ('prot' modifications') would not be a useful modification. Although it addresses the issue that some processed foods with particularly high levels of fat, salt or sugar are not categorised as such because of their protein content, it also results in other foods, in particular from the 'Meat, fish and alternatives' group being classified as high in fat, salt or sugar.

Modifications that involved restricting the possibility of scoring points for all C nutrients to those foods which score more than a threshold number of points for A nutrients ('A' modifications) appear useful. It would mean that foods where the levels of energy, saturated fat, sugar or sodium are particularly high would not be promoted regardless of their protein, fibre or fruit and vegetable content. However 'A' modifications mean that potentially too many foods, including foods such as dried fruit and high fibre foods from the 'Bread, cereals and potatoes' group would be reclassified as high in fat, salt or sugar, and not just processed foods with high levels of protein.

'AP' modifications that involve restricting the possibility of scoring points for just protein rather than all C nutrients have similar effects on the categorisation of foods to 'A' modifications but since their effects on the scores awarded by the model is less they provide greater scope for reformulation to lead to a more beneficial classification.

A threshold of 11 points for the A nutrients has enough of an impact to affect the re-categorisation of some foods, particularly fast foods, but not too large an effect as to cause the re-categorisation of many breads and breakfast cereals.

We therefore consider that Modification **AP11** could usefully be applied to the model.

3. A modification to ensure that the categorisation of nuts acknowledges their contribution to a healthy diet

One type of modification was tested:

- a) Modification **.nut** where points are scored for nut content in the same way as points are scored for fruit and vegetable content.

In order to implement this modification a clear definition of nuts is required³. Using this definition Modification **.nut** was tested by examining the change in scores and categorisations produced by this modification to nuts and products containing nuts.

Results

Table 4 shows the results of testing the **.nut** modification in this way. It shows that the **.nut** modification does mean that many plain unsalted nuts e.g. walnuts, Brazil nuts, peanuts, pecan nuts, and almonds are re-categorised from high in fat, salt or sugar to healthier or intermediate while salted nuts and products containing nuts do not change their categorisation.

Conclusions

We therefore consider that Modification **.nut** should be applied to the model.

Table 4. Results of scoring for nut content in the same way as the content of fruit and vegetables is scored, for selected nuts and products containing nuts.

	F&V content	Total points	Classification
<i>Almonds</i>	<i>0.00</i>	<i>1</i>	<i>I</i>
Almonds FV	1.00	-4	H
<i>Brazil nuts</i>	<i>0.00</i>	<i>8</i>	<i>U</i>
Brazil nuts FV	1.00	3	I
<i>Peanuts, plain</i>	<i>0.00</i>	<i>5</i>	<i>U</i>
Peanuts, plain FV	1.00	0	H
<i>Peanuts and raisins</i>	<i>0.50</i>	<i>5</i>	<i>U</i>
Peanuts and raisins FV	1.00	1	I
<i>Pecan nuts</i>	<i>0.00</i>	<i>3</i>	<i>I</i>
Pecan nuts FV	1.00	-2	H

³ From: Guidance on the definition of 'fruit, vegetables and nuts' and method of calculating the fruit, vegetable and nut content of a product for calculating nutrient profiling score.

<i>Mixed nuts</i>	0.00	8	U
Mixed nuts FV	1.00	3	I
<i>Walnuts</i>	0.00	4	U
Walnuts FV	1.00	-1	H
Chestnuts	0.00	-3	H
Chestnuts FV	1.00	-8	H
Hazelnuts	0.00	2	H
Hazelnuts FV	1.00	-3	H
Peanuts, roasted and salted	0.00	10	U
Peanuts, roasted and salted – FV	1.00	5	U
Peanuts, dry roasted	0.00	13	U
Peanuts, dry roasted FV	1.00	8	U
Own-brand Dry Roasted Peanuts	0.00	15	U
Own-brand Dry Roasted Peanuts FV	1.00	10	U
Peanuts, roasted and salted	0.00	10	U
Peanuts, roasted and salted FV	1.00	5	U
Own-brand Roasted Salted Cashew Nuts	0.00	12	U
Own-brand Roasted Salted Cashew Nuts FV	1.00	7	U
Cashew nuts, roasted and salted	0.00	12	U
Cashew nuts, roasted and salted FV	1.00	7	U
Pistachio nuts, roasted and salted	0.00	10	U
Pistachio nuts, roasted and salted FV	1.00	5	U
Macadamia nuts, salted	0.00	13	U
Macadamia nuts, salted FV	1.00	8	U
Nut roast	0.00	-1	H
Nut roast FV	0.80	-6	H
Peanut butter, smooth	0.00	11	U
Peanut butter, smooth FV	1.00	6	U
Marzipan, retail	0.00	10	U
Marzipan, retail FV	0.25	10	U
Marzipan, home-made	0.00	8	U
Marzipan, home-made FV	0.25	8	U
Cereal crunchy bar	0.00	5	U
Cereal crunchy bar FV	0.05	5	U
Cereal chewy bar	0.00	10	U
Cereal chewy bar FV	0.05	10	U
Coconut filled chocolate bar	0.00	20	U
Coconut filled chocolate bar FV	0.70	18	U
Chocolate and peanut bar	0.00	22	U
Chocolate and peanut bar FV	0.30	22	U
Trail mix	0.00	13	U
Trail mix FV	0.12	13	U

Plain text = standard WXY score

Bold text = WXY score with nuts included in 'fruit and vegetables' definition

Those foods in italics have moved to a 'healthier' category as a result of the modification

4. Assessing whether the categorisation of dried fruit acknowledges their contribution to a healthy diet

During the consultation on Model WXY the issue of whether the categorisation of dried fruit by the model did not adequately acknowledge their contribution to a healthy diet was raised. Accordingly the categorisations of a wider range of dried fruit in the databases was examined using Model WXY.

Results

Table 5 shows the results of this testing. It shows that although some dried fruit are categorised as high in fat, salt or sugar by Model WXY, many dried fruits are classified as intermediate or healthier

Conclusions

In light of the distribution of dried fruits across each of the categories, we consider that no further modification to the model is required.

Table 5. Scores and categorisations of dried and ready-to-eat fruits using Model WXY

Food name	Total points	Classification
Prunes, ready-to-eat	-3	H
Apricots, ready-to-eat	-2	H
Figs, dried	0	H
Figs, ready-to-eat	0	H
Peanuts and raisins*	1	I
Dates, dried	1	I
Dried mixed fruit	4	U
Raisins	5	U
Sultanas	5	U
Currants	5	U

* assuming peanuts count towards the fruit and vegetable content.

5. Testing modifications in combination

Modifications in combination do not necessarily have additive effects, their effects can be multiplicative or they can cancel one another out, therefore 'prot', 'A' and 'AP' modifications and the '.nut' modification were tested in combination.

Results

Table 6 below summarises the results of Tests A, B and C for 8 possible combinations of modifications, together with the results of the single modifications.

This table also shows how the modifications re-categorise the following additional products:

- Chestnuts, almonds, hazelnuts, pecan nuts, plain peanuts, Brazil nuts, mixed nuts, nut roast, smooth peanut butter,
- Dried figs, dried dates, dried mixed fruit, raisins, sultanas, figs ready to eat, prunes ready to eat, apricots ready to eat
- Peanuts and raisins

Table 6. Comparisons of models with Model WXY

Model	Test A Dist			Test B Accuracy score (compared to WXY)	Test C Indicators		Extra nuts and dried fruit added
	H	I	U				
WXY	41.8	12.9	45.3	87.8			
WXY.nut	42.5 ↑	12.9 ↓	44.6 ↓	91.2 (+3.4)	FVN	Walnuts: U to H	Almonds; Hazelnuts; Pecan nuts: I to H Peanuts, plain: U to H Peanuts and raisins; Brazil nuts; Mixed nuts: U to I
WXYprot3	34.9 ↓	15.1 ↑	50.0 ↑	86.8 (-1.0)	BCP MFA	Malt bread, fruited; Currant buns: I to U Cod, baked; Beef, rump steak, lean only, grilled; Beef, topside, roasted well-done, lean; Eggs, chicken, boiled; Mackerel, grilled; Beef, mince, extra lean, stewed; Lamb, leg, lean only, roast: H to I Chicken, leg quarter,	Hazelnuts; Pecan nuts: I to U Nut roast: I to U

					C	roasted, meat and skin; Fish fingers, cod, grilled: I to U Chilli con carne: H to I Sardines, canned in tomato sauce; Lasagne: I to U	
WXYprot3.nut	35.4 ↓	15.3 ↑	49.3 ↑	89.8 (+2.0)	BCP FVN MFA C	Malt bread, fruited; Currant buns: I to U Walnuts: U to I Cod, baked; Beef, rump steak, lean only, grilled; Beef, topside, roasted well-done, lean; Eggs, chicken, boiled; Mackerel, grilled; Beef, mince, extra lean, stewed; Lamb, leg, lean only, roast: H to I Chicken, leg quarter, roasted, meat and skin; Fish fingers, cod, grilled: I to U Chilli con carne: H to I Sardines, canned in tomato sauce; Lasagne: I to U	Almonds; Hazelnuts; Pecan nuts: I to H Peanuts and raisins; Peanuts, plain: U to I
WXYprot4	38.4 ↓	13.9 ↑	47.7 ↑	88.1 (+0.3)	MFA C	Eggs, chicken, boiled; Mackerel, grilled; Beef, mince, extra lean, stewed; Lamb, leg, lean only, roast: H to I Fish fingers, cod, grilled: I to U Chilli con carne: H to I Lasagne: I to U	Pecan nuts: I to U
WXYprot4.nut	38.8 ↓	14.1 ↑	47.1 ↑	91.0 (+3.2)	FVN MFA C	Walnuts: U to H Eggs, chicken, boiled; Mackerel, grilled; Beef, mince, extra lean, stewed; Lamb, leg, lean only, roast: H to I Fish fingers, cod, grilled: I to U Chilli con carne: H to I Lasagne: I to U	Almonds; Hazelnuts; Pecan nuts: I to H Peanuts and raisins; Peanuts, plain: U to I
WXYA10	39.8 ↓	10.5 ↓	49.7 ↑	87.1 (-0.7)	BCP	Malt bread, fruited; Currant buns: I to U	Figs, dried; Figs, ready-to-eat; Apricots, ready-to-eat: H to U Almonds; Dates, dried; Hazelnuts; Pecan nuts: I to U
WXYA10.nut	39.8 ↓	10.5 ↓	49.7 ↑	87.1 (-0.7)	BCP	Malt bread, fruited; Currant buns: I to U	Figs, dried; Figs, ready-to-eat; Apricots, ready-to-eat: H to U Almonds; Dates,

							dried; Hazelnuts; Pecan nuts: I to U
WXYA11	40.1 ↓	11.2 ↓	48.7 ↑	87.2 (-0.6)		(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to U Almonds; Hazelnuts; Dates, dried; Pecan nuts: I to U
WXY A11.nut	40.2 ↓	11.2 ↓	48.6 ↓	87.2 (-0.6)		(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to U Almonds; Hazelnuts; Dates, dried; Pecan nuts: I to U
WXY A12	40.3 ↓	11.7 ↓	48.0 ↑	86.9 (-0.9)		(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to U Hazelnuts; Dates, dried; Pecan nuts: I to U
WXY A 12.nut	40.5 ↓	11.6 ↓	47.9 ↑	87.3 (-0.5)		(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to U Hazelnuts; Dates, dried; Pecan nuts: I to U Almonds: I to H
WXYAP10	41.6 ↓	11.3 ↓	47.1 ↑	86.9 (-0.9)	BCP	Malt bread, fruited; Currant buns: I to U	Figs, dried: H to I Figs, ready-to-eat; Apricots, ready-to-eat: H to U Almonds; Hazelnuts; Pecan nuts: I to U
WXYAP10.nut	41.6 ↓	11.6 ↓	46.8 ↑	88.2 (+0.4)	BCP	Malt bread, fruited; Currant buns: I to U	Figs, dried: H to I Figs, ready-to-eat; Apricots, ready-to-eat: H to U
WXYAP11	41.6 ↓	12.1 ↓	46.3 ↑	87.1 (-0.7)		(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to I Almonds; Hazelnuts; Pecan nuts: I to U
WXY AP11.nut	41.8 ↑	12.4 ↓	45.8 ↑	88.4 (+0.6)		(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to I
WXY AP12	41.6 ↓	12.6 ↓	45.8 ↑	86.8 (-1.0)		(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to I Hazelnuts; Pecan nuts: I to U
WXY AP12.nut	41.9 ↑	12.6 ↓	45.5 ↑	88.0 (+0.2)		(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to I Almonds: I to H

Conclusions

All three types of modifications designed to ensure that high protein foods with particularly high levels of fat, sugar or salt are categorised as high in fat, salt or sugar foods i.e 'prot', 'A' and 'AP' modifications counteract the beneficial effects of the '.nut' modifications.

So for example with Modification .nut

- Walnuts and plain peanuts move from high in fat, salt or sugar to healthier
- Almonds, hazelnuts and pecan nuts move from intermediate to healthier
- and peanuts and raisins, Brazil nuts and mixed nuts move from high in fat, salt or sugar to intermediate

But with Modification AP11.nut

- Walnuts, pine nuts, plain peanuts, peanuts and raisins, Brazil nuts and mixed nuts remain categorized as high in fat, salt or sugar
- Almonds, hazelnuts and pecan nuts remain categorized as intermediate

Earlier in this paper it was concluded that both Modification AP11 and Modification .nut should be adopted. The conclusion from testing these modifications in combination (and other combinations of possible modifications designed to ensure that high protein foods with particularly high levels of fat, sugar or salt are categorised as high in fat, salt or sugar foods) is that they do not work well together.

(Note that Modification AP11 also has a detrimental effect on the categorisation of some dried fruit e.g. dried figs and figs ready-to-eat move from Healthier to Intermediate)

A possible solution

The negative effects of the AP11 Modification on the categorisation of nuts might be reduced by the following modification:

Modification **FVN** i.e. where the total points for fruit, vegetables and nuts are 5 then Modification AP11 does not apply

The rationale for the Modification FVN is that the consumption of foods which contain a large amount of fruit, vegetables and nuts should be given greater encouragement (on the basis of current public health recommendations) than foods containing a large amount of protein and fibre. Modification FVN means that foods containing a large amount of fruit, vegetables and nuts are not subject to Modification AP11, thereby exempting those products from the effects of this modification.

Results

Table 7 below summarises the results of Tests A, B and C for this modification with the AP11 modification and with and without the .nut modification

Table 8 (attached at annex 2) shows how Models WXY, and WXYAP11FVN.nut categorise individual foods, the same foods as in Table 4.1 of the *Final Report on the further refinement and testing of Model SSCg3d*.

Conclusions

Table 7 shows that adding the FVN modification to Model WXYAP11.nut restores all the beneficial re-categorisations of nuts lost by adding the AP11 modification to the .nut modification.

Table 7 also shows that the FVN modification restores some of the re-categorisations of dried fruit lost by applying the AP11 modification to Model WXY.

As pointed out earlier the AP11 modification reclassifies some fast foods which as high in fat, salt or sugar. Table 8 shows that that the FVN modification has no effect on these beneficial re-categorisations so that Takeaway Double Beef Patty in Sesame Seed Bun still scores 8 points instead of 3 with WXY and Takeaway cheeseburger scores 9 points instead of 4.

FVN, in effect, ensures that the AP11 modification does not apply to unprocessed fruit (including dried fruit), vegetables and nuts and to a few processed products containing very high levels of fruit, vegetable or nut.

If Modifications **AP11** and **.nut** are both adopted then we recommend that the **FVN** should also be applied.

Table 7. Comparisons of models with Model WXY

Model	Test A Dist			Test B Accuracy score (compared to WXY)	Test C Indicators	Extra nuts and dried fruit added
	H	I	U			
WXY	41.8	12.9	45.3	87.8		
WXY.nut	42.5 ↑	12.9 ↓	44.6 ↓	91.2 (+3.4)	FVN	Walnuts: U to H Almonds; Hazelnuts; Pecan nuts: I to H Pine nuts; Peanuts, plain: U to H Peanuts and raisins; Brazil nuts; Mixed nuts: U to I
WXYAP11	41.6 ↓	12.1 ↓	46.3 ↑	87.1 (-0.7)	(No Test C indicators changed category)	Figs, dried; Figs, ready-to-eat: H to I Almonds; Hazelnuts; Pecan nuts: I to U
WXYAP11FVN	41.9 ↑	11.8 ↓	46.3 ↑	87.5 (-0.3)	(No Test C indicators changed category)	Almonds; Hazelnuts; Pecan nuts: I to U
WXYAP11FVN.nut	42.5		45.2	92.0	FVN	Walnuts: U to H Almonds; Hazelnuts; Pecan nuts: I to H Peanuts, plain: U to H

								Peanuts and raisins; Brazil nuts; Mixed nuts: U to I
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The Nutrient Profiling Model as agreed by the Agency's Board

This is a "simple scoring" system, where points are allocated on the basis of the nutritional content in 100g of the food or drink. There are three steps to working out the overall score for the food or drink - as follows:

Work out total 'A' points

A maximum of ten points can be awarded for each nutrient.

Total 'A' points = (points for energy) + (points for saturated fat) + (points for sugars) + (points for sodium)

The following table indicates the points scored, depending on the content of each nutrient in 100g of the food:

Points ⇒	0	1	2	3	4	5	6	7	8	9	10
Energy (kJ)	≤ 335	>335	>670	>1005	>1340	>1675	>2010	>2345	>2680	>3015	>3350
Sat Fat (g)	≤ 1	>1	>2	>3	>4	>5	>6	>7	>8	>9	>10
Total Sugar (g)	≤ 4.5	>4.5	>9	>13.5	>18	>22.5	>27	>31	>36	>40	>45
Sodium (mg)	≤ 90	>90	>180	>270	>360	>450	>540	>630	>720	>810	>900

If a food or drink scores 11 or more 'A' points then it can not score points for protein unless it also scores 5 points for fruit, veg and nuts.

Work out total 'C' points

A maximum of five points can be awarded for each nutrient / food component.

Total 'C' points = (points for fruit, veg & nut content) + (points for fibre [either NSP or AOAC]) + (points for protein)

The following table indicates the points scored, depending on the content of each nutrient / food component in 100g of the food

Points ⇒	0	1	2	3	4	5*
Fruit, Veg & Nuts(%)	≤ 40	>40	>60	-	-	>80
NSP Fibre – (g)	≤ 0.7	>0.7	>1.4	>2.1	>2.8	>3.5
Or AOAC Fibre – (g)	≤ 0.9	>0.9	>1.9	>2.8	>3.7	>4.7
Protein (g)	≤ 1.6	>1.6	>3.2	>4.8	>6.4	>8.0

***If a food or drink scores 5 points for fruit, veg & nuts the 'A' nutrient cut-off no longer applies.**

Work out overall score

- If a food or drink scores less than 11 'A' points then the overall score is calculated as follows:
Overall score = (total 'A' points) minus (total 'C' points)
- If a food or drink scores 11 or more 'A' points but scores 5 points for fruit, vegetables and nuts then the overall score is calculated as follows.
Overall score = (total 'A' points) minus (total 'C' points)
- If a food scores 11 or more 'A' points but also scores less than 5 points for fruit, veg and nuts then the overall score is calculated as follows.
Overall score = (total 'A' points) minus (fibre points + fruit, veg and nuts points only) [i.e. no points for protein]

A **food** is classified as "less healthy" where it scores **4 points or more**.

A **drink** is classified as "less healthy" where it scores **1 point or more**

Table 2: WXYprot3, XWYprot4, WXYA10, WXYA11, WXYAP10 and WXYAP11 scores for individual foods

(WXY scores in brackets, foods that have changed category highlighted)

WXYp rot3 score	Bread	Cereals	Potatoes	Milk and Dairy (inc fat spreads)	Meat, Fish and Alternatives	Ready Meals
-10						
-9					<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water 	
-8					<ul style="list-style-type: none"> Tofu, soya bean, steamed (
-7						
-6						
-5						
-4		<ul style="list-style-type: none"> Branded Wheat Biscuit Cereal 				
-3	<ul style="list-style-type: none"> Crispbread, rye 			<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural 		
-2	<ul style="list-style-type: none"> Supermarket Own Brand Value Range Sliced Brown Bread Supermarket Own Brand Value Range Simply Brown Bread - Medium Sliced 	<ul style="list-style-type: none"> Supermarket Own Brand Instant Hot Oat Cereal 	<ul style="list-style-type: none"> Supermarket Own Brand Healthy Eating Range Oven Chips Old potatoes, roast in blended oil 	<ul style="list-style-type: none"> Skimmed milk, average 	<ul style="list-style-type: none"> Chicken, breast, grilled without skin, meat only 	<ul style="list-style-type: none"> Supermarket Own Brand Spaghetti Bolognese
-1	<ul style="list-style-type: none"> Supermarket Own Brand Medium Sliced Brown Bread Supermarket Own Brand Premium Range Wholemeal Medium Sliced Bread Branded Wholemeal Bread - Medium Sliced Wholemeal bread, average 	<ul style="list-style-type: none"> Branded Wheat Biscuit Cereal Branded Wheat Biscuit Cereal 	<ul style="list-style-type: none"> New potatoes, boiled in unsalted water 	<ul style="list-style-type: none"> Yoghurt, low fat, plain 		<ul style="list-style-type: none"> Branded Roast Beef Dinner Branded Lasagne Branded Specifically for Weight Loss Spaghetti Bolognese
0	<ul style="list-style-type: none"> Branded Medium Sliced Brown Loaf Wholemeal rolls Supermarket Own Brand Medium Wholemeal Baps Branded Medium Sliced White Bread 	<ul style="list-style-type: none"> Muesli, with no added sugar Branded Wheat Biscuit Cereal - No Added Sugar Supermarket Own Brand Healthy Eating Range Wheat Biscuits 	<ul style="list-style-type: none"> Branded Oven Baked Potato Chips "Home Fried Style" Supermarket Own Brand Crispy Roasting Potatoes Takeaway Fries Oven chips, frozen, baked 	<ul style="list-style-type: none"> Yoghurt, low fat, fruit Whole milk, average(Semi-skimmed milk, average 		<ul style="list-style-type: none"> Supermarket Own Brand Chicken Tikka Masala & Rice Supermarket Own Brand - Chicken Jalfrezi & Pilau Rice Branded Beef Stew & Dumplings Branded Chicken Curry with Rice Branded Meat Alternative Cottage Pie Supermarket Own Brand Broccoli Mornay

						<ul style="list-style-type: none"> Supermarket Own Brand 2 Jacket Potatoes with Cheese
1	<ul style="list-style-type: none"> Branded Danish Toaster, soft light white bread 	<ul style="list-style-type: none"> Branded Wheat Biscuit Cereal - 			<ul style="list-style-type: none"> Supermarket Own Brand Value Range Fish Fingers Cod, baked Beef, rump steak, lean only, grilled Beef, topside, roasted well-done, lean 	<ul style="list-style-type: none"> Branded Lasagne Branded Specifically for Weight Loss Chicken Curry
2	<ul style="list-style-type: none"> Branded Premium Brown Medium Sliced Bread Branded Wholemeal Deliciously Soft Wholemeal Bread Branded Supreme Medium White Sliced Bread Supermarket Own Brand White Thick Sliced Bread Branded Rolls, 4 Big Soft White White Bread, sliced 		<ul style="list-style-type: none"> Supermarket Own Brand Crispy Roast Potatoes Supermarket Own Brand Potato Croquettes 		<ul style="list-style-type: none"> Eggs, chicken, boiled Beef, mince, extra lean, stewed Lamb, leg, lean only, roast Mackerel, grilled 	<ul style="list-style-type: none"> Branded Italian Fish Bake Supermarket Own Brand Cod Portions in Butter Sauce Supermarket Own Brand Beef in Black Bean Sauce – mild Supermarket Own Brand Healthy Eating Range Lasagne Branded Specifically for Weight Loss Lasagne Branded Sweet Chilli Chicken with egg and pea rice Chilli con carne
3		<ul style="list-style-type: none"> Branded Mini Wheat Biscuits Cereal 		<ul style="list-style-type: none"> Cottage Cheese, plain Fromage frais, plain 	<ul style="list-style-type: none"> Supermarket Own Brand Chicken Nuggets Supermarket Own Brand Value Range Chicken Nuggets Tuna, canned in oil, drained Eggs, chicken, fried in vegetable oil Beef, rump steak, lean and fat, fried 	<ul style="list-style-type: none"> Branded Vegetable Lasagne Supermarket Own Brand Lasagne Branded Ocean Pie Supermarket Own Brand Chicken Curry with Rice
4	<ul style="list-style-type: none"> Branded Milk Roll, Soft White Sliced Bread Currant buns Malt bread, fruited 		<ul style="list-style-type: none"> Takeaway Fries – no added salt Branded Oven Chips Branded Chunky Croquettes Potato croquettes, fried in blended oil 	<ul style="list-style-type: none"> Supermarket Own Brand Healthy Eating Range Sunflower Low Fat Spread Substitute 	<ul style="list-style-type: none"> Chicken, leg quarter, roasted, meat and skin Sardines, canned in Tomato sauce 	<ul style="list-style-type: none"> Supermarket Own Brand Mash Potato Topped Cumberland Pie Cottage/Shepherd's pie, chilled/frozen, reheated
5		<ul style="list-style-type: none"> Porridge, made with water 		<ul style="list-style-type: none"> Greek yoghurt, sheep 	<ul style="list-style-type: none"> Branded Roasted Chicken Bites Fish fingers, cod, grilled 	<ul style="list-style-type: none"> Lasagne
6		<ul style="list-style-type: none"> Branded Wheat Biscuit Cereal (18 biscuits) Supermarket Own Brand Bran Flakes 	<ul style="list-style-type: none"> Takeaway Onion Rings 		<ul style="list-style-type: none"> Walnuts 	
7		<ul style="list-style-type: none"> Branded Bran Cereal Original Supermarket Own Brand Instant Hot Oats 	<ul style="list-style-type: none"> Chips, French fries, retail Takeaway Fries Takeaway Potato 			

		<ul style="list-style-type: none"> (10 sachets) Supermarket Own Brand Instant Hot Oat Cereal Supermarket Own Brand Instant Hot Oat Cereal Branded Multigrain Hoop Cereal Branded Sugar Coated Puffed Oat Cereal 	Wedges			
8		<ul style="list-style-type: none"> Branded Bran Cereal Branded Flaked Corn Cereal 	<ul style="list-style-type: none"> Supermarket Own Brand Value Range Potato Waffles 		<ul style="list-style-type: none"> Chicken nuggets, takeaway 	
9		<ul style="list-style-type: none"> Branded Oat Cluster Crunchy Cereal Branded Wheat Flakes with Dried Fruit Cereal Branded Puffed Rice Cereal 			<ul style="list-style-type: none"> Ham 	
10		<ul style="list-style-type: none"> Branded Flaked Wheat Cereal Branded Flaked Wheat Cereal 		<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 	<ul style="list-style-type: none"> Supermarket Own Brand 8 Turkey & Chicken Thick Sausages 	
11		<ul style="list-style-type: none"> Corn Flakes Branded Honey and Nut Coated Flaked Corn Cereal 		<ul style="list-style-type: none"> Creme Fraiche, half fat 	<ul style="list-style-type: none"> Supermarket Own Brand Premium Range Aberdeen Angus Thick Beef Sausages Supermarket Own Brand Value Range Chicken Kiev 	
12		<ul style="list-style-type: none"> Supermarket Own Brand Triple Chocolate Crunch Branded Cocoa Coated Puffed Rice Cereal 				
13		<ul style="list-style-type: none"> Supermarket Own Brand Frosted Flakes 				
14		<ul style="list-style-type: none"> Branded Sugar Coated Flaked Corn Cereal 				
15		<ul style="list-style-type: none"> Branded Honey and Nut Coated Flaked Corn Cereal Branded Cocoa Coated Puffed Rice Cereal 				
16		<ul style="list-style-type: none"> Branded Sugar Coated Flaked Corn Cereal 		<ul style="list-style-type: none"> Cheddar type, half fat Camembert 		
17		<ul style="list-style-type: none"> Branded Sugar Coated Puffed Oat Cereal 			<ul style="list-style-type: none"> Branded 8 Thick Pork & Beef Sausages 	
18				<ul style="list-style-type: none"> Supermarket Own Brand Reduced Fat Sunflower Spread Supermarket Own Brand Healthy Eating Range Living Olive Light Spread 	<ul style="list-style-type: none"> Pork sausages, chilled, fried 	

				<ul style="list-style-type: none"> • Branded Light Margarine 		
19						
20				<ul style="list-style-type: none"> • Cheddar Cheese • Olive oil 	<ul style="list-style-type: none"> • Bacon rashers, streaky, fried 	
21						
22				<ul style="list-style-type: none"> • Branded Butter Alternative • Branded Margarine 		
23						
24						
25				<ul style="list-style-type: none"> • Butter 		
26				<ul style="list-style-type: none"> • Supermarket Own Brand Value Range Butter Salted • Margarine, soft, polyunsaturated 		

WXYp rot3 score	Foods High in fat, salt and sugar + Crisps and savoury snacks	Fast Food – Burgers, Chicken	Fast Food - Pizzas	Baked beans and Tinned Pasta	Fruit and vegetable based products	Drinks
-10				<ul style="list-style-type: none"> Branded Reduced Sugar & Salt Baked Beans in Tomato Sauce 		
-9				<ul style="list-style-type: none"> Branded Healthy Baked Beans in Tomato Sauce 		
-8						
-7				<ul style="list-style-type: none"> Branded Baked Beans Supermarket Own Brand Value Baked Beans in Tomato sauce 		
-6		<ul style="list-style-type: none"> Takeaway Side garden salad 		<ul style="list-style-type: none"> Baked beans, canned in Tomato sauce, re-heated 	<ul style="list-style-type: none"> Peaches, raw Celery, raw Lettuce, average, raw Tomatoes, grilled 	
-5			<ul style="list-style-type: none"> Takeaway Coleslaw 	<ul style="list-style-type: none"> Supermarket Own Brand Value Range Baked Beans in a Tomato Sauce Branded Baked Beans in a Rich Tomato Sauce 	<ul style="list-style-type: none"> Celery, boiled in salted water Mushrooms, common, fried in corn oil 	<ul style="list-style-type: none"> Fruit juice drink, low calorie, ready to drink
-4				<ul style="list-style-type: none"> Supermarket Own Brand Baked Beans in a Rich Tomato Sauce Supermarket Own Brand Beans in Tomato Sauce 	<ul style="list-style-type: none"> Orange juice, unsweetened Avocado, average Rhubarb, stewed with sugar 	<ul style="list-style-type: none"> Orange juice, unsweetened
-3					<ul style="list-style-type: none"> Pineapple, canned in juice 	<ul style="list-style-type: none"> Apple juice, unsweetened Grape juice, unsweetened Pineapple juice, unsweetened Fruit juice drink, ready to drink Tomato juice
-2						<ul style="list-style-type: none"> Skimmed milk, average
-1				<ul style="list-style-type: none"> Branded Spaghetti in a rich Tomato sauce 		<ul style="list-style-type: none"> Flavoured milk, pasteurised, Chocolate Lassi, sweetened Soya, non-dairy alternative to milk, sweetened, calcium enriched Soya, non-dairy alternative to milk,

0		<ul style="list-style-type: none"> Roasted Caesar salad without dressing and croutons (Takeaway) 				<ul style="list-style-type: none"> unsweetened Water, distilled Tea, black, infusion, average Coffee, infusion, average Cola, diet Whole milk, average Semi-skimmed milk, average Flavoured milk, pasteurised
1		<ul style="list-style-type: none"> Takeaway Veggie Burger with mayo Caesar salad Crispy BLT salad without dressing 	<ul style="list-style-type: none"> Potato Wedges (Takeaway) 	<ul style="list-style-type: none"> Supermarket Own Brand Kids Range Spaghetti Letters 		<ul style="list-style-type: none"> Lemonade Drinking Chocolate powder, made up with semi-skimmed milk
2			<ul style="list-style-type: none"> Vegetarian Pizza (Takeaway) 			<ul style="list-style-type: none"> Cola Fruit juice drink, carbonated, ready to drink Channel Island milk, whole, pasteurised Milkshake, thick, takeaway Fizzy Orange Drink (Takeaway) 1% low fat Chocolate milk
3		<ul style="list-style-type: none"> Fruit Jelly (Takeaway) 	<ul style="list-style-type: none"> Lower fat Pizza - Diced chicken, red onion and green pepper (Takeaway) 	<ul style="list-style-type: none"> Branded Spaghetti Bolognese Supermarket Own Brand Beef Ravioli in spicy Tomato & beef sauce 	<ul style="list-style-type: none"> Strawberries, canned in syrup 	<ul style="list-style-type: none"> Drinking Chocolate powder, made up with whole milk
4		<ul style="list-style-type: none"> Deli Style Sandwiches - Roast Beef and mature cheddar (Takeaway) French fries King size - no added salt (Takeaway) Fruit & Yoghurt (Takeaway) 	<ul style="list-style-type: none"> Cheese and Tomato (Takeaway) Vegetarian (Takeaway) Chicken Supreme (Takeaway) 			<ul style="list-style-type: none"> Milkshake – Vanilla (large) (Takeaway)
5	<ul style="list-style-type: none"> Doughnuts, jam 	<ul style="list-style-type: none"> Double Beef Patty in Sesame Seed Bun (Takeaway) 	<ul style="list-style-type: none"> Deep Pan Pizza - Chicken (Takeaway) Medium Thin and Crispy vegetarian (Takeaway) 		<ul style="list-style-type: none"> Currants Fruit crumble 	
6		<ul style="list-style-type: none"> Flame Grilled Burger in Sesame Seed Bun (Takeaway) Takeaway Fish Burger in Bun Onion Rings (Takeaway) Cheese Burger 	<ul style="list-style-type: none"> Lower fat Pizza - Ham, pineapple and diced red Tomato (Takeaway) 	<ul style="list-style-type: none"> Supermarket Own Brand Spaghetti Rings in Tomato Sauce 		<ul style="list-style-type: none"> Milkshake , large-strawberry (syrup added) (Takeaway)

7		<ul style="list-style-type: none"> (Takeaway) Crispy Chicken Sandwich (Takeaway) Double Beef Patty in Sesame Seed Bun with Special Sauce (Takeaway) French Fries King size (Takeaway) Potato wedges (Takeaway) 				<ul style="list-style-type: none"> Milkshake , large-Chocolate (syrup added) (Takeaway)
8		<ul style="list-style-type: none"> Crispy Chicken Strips in Tortilla Wrap (Takeaway) Grilled Chicken Caesar Salad with Low Fat Light Caesar Dressing and Croutons (Takeaway) Double Sausage & Egg Breakfast English Muffin (Takeaway) 	<ul style="list-style-type: none"> Extra meat Toppings and Cheese (Takeaway) Chicken Strips (Takeaway) 			
9		<ul style="list-style-type: none"> Bacon Roll (Takeaway) Flame Grilled Burger in Sesame Seed Bun with Cheese (Takeaway) Crispy Battered Chicken Breast (Takeaway) 	<ul style="list-style-type: none"> Large Deep Pan Pizza Cheese only (Takeaway) 14" Large Cheese Stuffed Crust Pizza Extra Toppings (Takeaway) 			
10	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated (<ul style="list-style-type: none"> Double Flame Grilled Burger (Takeaway) Crispy Battered Chicken Drumstick (Takeaway) 	<ul style="list-style-type: none"> Pizza – Extra Meat (Takeaway) Large Deep Pan Thin and Crispy Pizza - Quartered Ham (Takeaway) 6" Pizza - (Takeaway) Hot Chicken Wings (Takeaway) 			
11		<ul style="list-style-type: none"> Cheese Burger (Takeaway) Lemon meringue pie (Takeaway) 	<ul style="list-style-type: none"> 12" Medium- pepperoni (Takeaway) 			
12	<ul style="list-style-type: none"> Peanuts, roasted and salted Branded Wheat Sticks – Yeast Extract Coated 	<ul style="list-style-type: none"> Crispy Chicken Strips (Takeaway) 	<ul style="list-style-type: none"> Low Carbohydrate Pizza - Pepperoni (net carbs 23g) (Takeaway) Garlic bread with Cheese (Takeaway) Low Carbohydrate Pizza - Meat (net carbs 26g) (Takeaway) 			
13	<ul style="list-style-type: none"> Branded - Original Salted Peanuts 	<ul style="list-style-type: none"> Hot wings (Takeaway) 				
14	<ul style="list-style-type: none"> Supermarket Own Brand Roasted Salted Cashew Nuts Potato Crisps, low fat 	<ul style="list-style-type: none"> Crispy Battered Chicken Thigh (Takeaway) 				

15	<ul style="list-style-type: none"> Sponge cake 	<ul style="list-style-type: none"> Popcorn Style Crispy Coated Chicken Bites (Takeaway) 	<ul style="list-style-type: none"> New York Style Baked Cheesecake (Takeaway) 			
16	<ul style="list-style-type: none"> Digestive biscuits, plain Branded Dark Chocolate Coated Orange Jelly Layered Sponge Cakes Potato Crisps 					
17	<ul style="list-style-type: none"> Branded Mini - Poppadoms, coriander chutney flavour Supermarket Own Brand Dry Roasted Peanuts Branded Spice Mexican Chilli ridge cut potato chips 	<ul style="list-style-type: none"> Tomato Ketchup Dip (Takeaway) 				
18	<ul style="list-style-type: none"> Branded Wheat Tubes, Crispy Bacon Branded Salt & Vinegar Crisps Reduced calorie mayonnaise 	<ul style="list-style-type: none"> Double Choc Chip Cake (Takeaway) 	<ul style="list-style-type: none"> Indulgence Desert (Takeaway) 			
19	<ul style="list-style-type: none"> Branded Chocolate Coated Wafer Biscuits Chocolate chip Cookies 					
20	<ul style="list-style-type: none"> Branded Cheddar Flavour Biscuits (Olive oil 					
21	<ul style="list-style-type: none"> Branded Pickled Onion Flavour Maize Snacks 					
22	<ul style="list-style-type: none"> Mayonnaise, retail 					
23	<ul style="list-style-type: none"> Branded Chocolate Coated Whipped Nougat Branded Potato Rings original potato rings 					
24	<ul style="list-style-type: none"> Branded Prawn Cocktail Maize Snacks Branded Chocolate Coated Caramel and Nougat Bar 					
25	<ul style="list-style-type: none"> Butter Branded Corn sticks-spicy flavour 		<ul style="list-style-type: none"> Cheese Cake (Takeaway) 			
26	<ul style="list-style-type: none"> Margarine, soft, polyunsaturated 					

WXYp rot4 score	Bread	Cereals	Potatoes	Milk and Dairy (inc fat spreads)	Meat, Fish and Alternatives	Ready Meals
-10					<ul style="list-style-type: none"> ▪ Lentils, red, split, dried, boiled in unsalted water 	
-9					<ul style="list-style-type: none"> • Tofu, soya bean, steamed 	
-8						
-7						
-6						
-5		<ul style="list-style-type: none"> ▪ Branded Wheat Biscuit Cereal 				
-4	<ul style="list-style-type: none"> • Crispbread, rye 			<ul style="list-style-type: none"> ▪ Fromage frais, virtually fat free, natural 		
-3	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value Range Sliced Brown Bread ▪ Supermarket Own Brand Value Range Brown Bread - Medium Sliced 	<ul style="list-style-type: none"> • Supermarket Own Brand Instant Hot Oat Cereal 			<ul style="list-style-type: none"> • Chicken, breast, grilled without skin, meat only 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Spaghetti Bolognese
-2	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Medium Sliced Brown Bread ▪ Supermarket Own Brand Premium Wholemeal Medium Sliced Bread ▪ Branded Wholemeal Bread - Medium Sliced ▪ Wholemeal bread, average 	<ul style="list-style-type: none"> ▪ Branded Wheat Biscuit Cereal • Branded Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • Supermarket Own Brand Healthy Eating Range Oven Chips • Old potatoes, roast in blended oil 	<ul style="list-style-type: none"> • Skimmed milk, average 		<ul style="list-style-type: none"> ▪ Branded Roast Beef Dinner
-1	<ul style="list-style-type: none"> ▪ Wholemeal Rolls ▪ Branded Family Life Medium Sliced Brown Loaf ▪ Supermarket Own Brand 6 Medium Wholemeal Baps ▪ Branded Medium Sliced White Bread 	<ul style="list-style-type: none"> ▪ Muesli, with no added sugar ▪ Branded Wheat Biscuit Cereal - No Added Sugar ▪ Supermarket Own Brand Healthy Eating Range Wheat Biscuits 	<ul style="list-style-type: none"> ▪ New potatoes, boiled in unsalted water 	<ul style="list-style-type: none"> • Yoghurt, low fat, plain 		<ul style="list-style-type: none"> ▪ Branded Lasagne ▪ Branded Specifically for Weight Loss Spaghetti Bolognese ▪ Supermarket Own Brand Chicken Tikka Masala & Rice ▪ Supermarket Own Brand Indian Style - Chicken Jalfrezi & Pilau Rice
0	<ul style="list-style-type: none"> ▪ Branded Danish Toaster, soft light white bread 		<ul style="list-style-type: none"> ▪ Branded Oven Baked Home Style Fries ▪ Supermarket Own Brand Crispy Roasting Potatoes ▪ Takeaway Fries ▪ Oven chips, frozen, baked 	<ul style="list-style-type: none"> ▪ Yoghurt, low fat, fruit ▪ Whole milk, average ▪ Semi-skimmed milk, average 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value 10 Fish Fingers ▪ Cod, baked ▪ Beef, rump steak, lean only, grilled ▪ Beef, topside, roasted well-done, lean 	<ul style="list-style-type: none"> ▪ Branded Beef Stew & Dumplings ▪ Branded Chicken Curry with Rice ▪ Branded Meat Alternative Cottage Pie ▪ Supermarket Own Brand Broccoli Mornay ▪ Supermarket Own Brand 2 Jacket Potatoes with Cheese

1	<ul style="list-style-type: none"> • Branded Premium Brown Medium Sliced Bread • Branded Wholemeal Deliciously Soft Wholemeal Bread • Branded Supreme Medium White Sliced Bread • Supermarket Own Brand White Thick Sliced Bread • Branded Rolls, 4 Big Soft White • White Bread, Sliced 	<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal - 			<ul style="list-style-type: none"> ▪ Eggs, chicken, boiled ▪ Beef, mince, extra lean, stewed ▪ Lamb, leg, lean only, roast ▪ Mackerel, grilled 	<ul style="list-style-type: none"> ▪ Branded Lasagne ▪ Branded Specifically for Weight Loss Chicken Curry ▪ Chilli con carne ▪ Branded Italian Fish Bake ▪ Supermarket Own Brand 4 Cod Portions in Butter Sauce ▪ Supermarket Own Brand Beef in Black Bean Sauce – mild ▪ Supermarket Own Brand Healthy Eating Range Lasagne
2		<ul style="list-style-type: none"> ▪ Branded Mini Wheat Biscuits Cereal 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Great British Crispy Roast Potatoes ▪ Supermarket Own Brand Potato Croquettes 	<ul style="list-style-type: none"> ▪ Cottage Cheese, plain 	<ul style="list-style-type: none"> ▪ Tuna, canned in oil, drained ▪ Eggs, chicken, fried in vegetable oil ▪ Beef, rump steak, lean and fat, fried ▪ Supermarket Own Brand Breaded Chicken Nuggets ▪ Supermarket Own Brand Value Chicken Nuggets 	<ul style="list-style-type: none"> ▪ Branded Specifically For Weight Loss Beef Lasagne ▪ Branded Sweet Chilli Chicken with egg and pea rice
3	<ul style="list-style-type: none"> • Branded Milk Roll, Soft White Sliced Bread • Currant Buns • Malt bread, fruited 			<ul style="list-style-type: none"> ▪ Fromage frais, plain 	<ul style="list-style-type: none"> ▪ Chicken, leg quarter, roasted, meat and skin ▪ Sardines, canned in Tomato sauce 	<ul style="list-style-type: none"> ▪ Branded Vegetable Lasagne ▪ Supermarket Own Brand Lasagne ▪ Branded Ocean Pie ▪ Supermarket Own Brand Chicken Curry with Rice ▪ Supermarket Own Brand Mash Potato Topped Cumberland Pie
4			<ul style="list-style-type: none"> ▪ Takeaway Fries – no added salt ▪ Branded Oven Baked Chips ▪ Branded Chunky Croquettes ▪ Potato croquettes, fried in blended oil 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand 5% Fat Sunflower Low Fat Spread Substitute 	<ul style="list-style-type: none"> • Branded Roasted Chicken Bites ▪ Fish fingers, cod, grilled 	<ul style="list-style-type: none"> ▪ Cottage/Shepherd's pie, chilled/frozen, reheated ▪ Lasagne
5		<ul style="list-style-type: none"> • Porridge, made with water • Branded Wheat Biscuit Cereal (18 biscuits) • Supermarket Own Brand Bran Flakes 		<ul style="list-style-type: none"> ▪ Greek yoghurt, sheep 	<ul style="list-style-type: none"> • Walnuts 	
6		<ul style="list-style-type: none"> • Branded Bran Cereal Original • Supermarket Own 	<ul style="list-style-type: none"> • Takeaway Onion Rings 			

		<ul style="list-style-type: none"> Brand Instant Hot Oats (10 sachets) Supermarket Own Brand Instant Hot Oat Cereal Supermarket Own Brand Instant Hot Oat Cereal Branded Multigrain Hoop Cereal 				
7		<ul style="list-style-type: none"> Branded Sugar Coated Puffed Oat Cereal Branded Bran Cereal Branded Flaked Corn Cereal 	<ul style="list-style-type: none"> Chips, French fries, retail Takeaway Fries Takeaway Potato Wedges 		<ul style="list-style-type: none"> Chicken nuggets, takeaway 	
8		<ul style="list-style-type: none"> Branded Oat Cluster Crunchy Cereal Branded Wheat Flakes with Dried Fruit Cereal 	<ul style="list-style-type: none"> Supermarket Own Brand 8 Potato Waffles 		<ul style="list-style-type: none"> Ham 	
9		<ul style="list-style-type: none"> Branded Puffed Rice Cereal Branded Flaked Wheat Cereal Branded Flaked Wheat Cereal 			<ul style="list-style-type: none"> Supermarket Own Brand 8 Turkey & Chicken Thick Sausages 	
10		<ul style="list-style-type: none"> Corn Flakes 		<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 	<ul style="list-style-type: none"> Supermarket Own Brand Premium Range Aberdeen Angus Thick Beef Sausages Supermarket Own Brand Value Range 2 Chicken Kiev 	
11		<ul style="list-style-type: none"> Branded Honey and Nut Coated Flaked Corn Cereal Supermarket Own Brand Triple Chocolate Crunch 		<ul style="list-style-type: none"> Creame Fraiche, half fat 		
12		<ul style="list-style-type: none"> Branded Cocoa Coated Puffed Rice Cereal 				
13		<ul style="list-style-type: none"> Supermarket Own Brand Frosted Flakes 				
14		<ul style="list-style-type: none"> Branded Sugar Coated Flaked Corn Cereal Branded Honey and Nut Coated Flaked Corn Cereal 				
15		<ul style="list-style-type: none"> Branded Cocoa Coated Puffed Rice Cereal 		<ul style="list-style-type: none"> Cheddar type, half fat Camembert (
16		<ul style="list-style-type: none"> Branded Sugar Coated Flaked Corn Cereal Branded Sugar Coated Puffed Oat Cereal 			<ul style="list-style-type: none"> Branded 8 Thick Pork & Beef Sausages 	
17					<ul style="list-style-type: none"> Pork sausages, chilled, fried 	

18				<ul style="list-style-type: none"> • Supermarket Own Brand Reduced Fat Sunflower Spread • Supermarket Own Brand Healthy Living Olive Light Spread • Branded Light Margarine 		
19				<ul style="list-style-type: none"> • Cheddar Cheese 	<ul style="list-style-type: none"> • Bacon rashers, streaky, fried 	
20				<ul style="list-style-type: none"> • Olive oil 		
21				<ul style="list-style-type: none"> • 		
22				<ul style="list-style-type: none"> • Branded Butter Alternative • Branded Margarine 		
23						
24						
25				<ul style="list-style-type: none"> • Butter 		
26				<ul style="list-style-type: none"> • Supermarket Own Brand Value Range Butter Salted • Margarine, soft, polyunsaturated 		

WXY prot4 score	Foods High in fat, salt and sugar + Crisps and savoury snacks	Fast Food – Burgers, Chicken	Fast Food - Pizzas	Baked beans and Tinned Pasta	Fruit and vegetable based products	Drinks
-10				<ul style="list-style-type: none"> Branded Reduced Sugar & Salt Baked Beans in Tomato Sauce 		
-9				<ul style="list-style-type: none"> Branded Healthy Eating Baked Beans in Tomato Sauce 		
-8						
-7				<ul style="list-style-type: none"> Branded Baked Beans Supermarket Own Brand Value Baked Beans in Tomato sauce 		
-6		<ul style="list-style-type: none"> Side garden salad (Takeaway) 	<ul style="list-style-type: none"> Coleslaw (Takeaway) 	<ul style="list-style-type: none"> Baked beans, canned in Tomato sauce, reheated 	<ul style="list-style-type: none"> Peaches, raw Celery, raw Lettuce, average, raw Tomatoes, grilled 	
-5				<ul style="list-style-type: none"> Supermarket Own Brand Baked Beans in a Tomato Sauce Branded Baked Beans in a Rich Tomato Sauce 	<ul style="list-style-type: none"> Celery, boiled in salted water Mushrooms, common, fried in corn oil 	<ul style="list-style-type: none"> Fruit juice drink, low calorie, ready to drink
-4				<ul style="list-style-type: none"> Supermarket Own Brand Baked Beans in a Rich Tomato Sauce Supermarket Own Brand Beans in Tomato Sauce 	<ul style="list-style-type: none"> Orange juice, unsweetened Avocado, average Rhubarb, stewed with sugar 	<ul style="list-style-type: none"> Orange juice, unsweetened
-3					<ul style="list-style-type: none"> Pineapple, canned in juice 	<ul style="list-style-type: none"> Apple juice, unsweetened Grape juice, unsweetened Pineapple juice, unsweetened Fruit juice drink, ready to drink Tomato juice
-2						<ul style="list-style-type: none"> Skimmed milk, average
-1		<ul style="list-style-type: none"> Roasted Caesar salad without dressing and croutons (Takeaway) 		<ul style="list-style-type: none"> Branded Spaghetti in a rich Tomato sauce 		<ul style="list-style-type: none"> Flavoured milk, pasteurised, Chocolate Lassi, sweetened Soya, non-dairy alternative to milk, sweetened, calcium enriched Soya, non-dairy alternative to milk, unsweetened

0		<ul style="list-style-type: none"> Takeaway Veggie Burger with mayo Caesar salad Crispy BLT salad without dressing 				<ul style="list-style-type: none"> Water, distilled Tea, black, infusion, average Coffee, infusion, average Cola, diet Whole milk, average Semi-skimmed milk, average Flavoured milk, pasteurised
1			<ul style="list-style-type: none"> Potato wedges (Takeaway) Vegetarian Supreme (Takeaway) 	<ul style="list-style-type: none"> Supermarket Own Brand Kids Range Spaghetti Letters 		<ul style="list-style-type: none"> Lemonade Drinking Chocolate powder, made up with semi-skimmed milk
2			<ul style="list-style-type: none"> 12" lower fat Pizza - Diced chicken, red onion and green pepper (Takeaway) 			<ul style="list-style-type: none"> Cola Fruit juice drink, carbonated, ready to drink Channel Island milk, whole, pasteurised Milkshake, thick, takeaway 1% low fat Chocolate milk Fizzy Orange Drink (Takeaway)
3		<ul style="list-style-type: none"> Fruit Jelly (Takeaway) Deli Style Sandwiches - Roast Beef and mature cheddar (Takeaway) 	<ul style="list-style-type: none"> Cheese and Tomato deluxe 9.5" (Takeaway) Extra large - Chicken Supreme (Takeaway) 	<ul style="list-style-type: none"> Branded Spaghetti Bolognese Supermarket Own Brand Beef Ravioli in spicy Tomato & beef sauce 	<ul style="list-style-type: none"> Strawberries, canned in syrup 	<ul style="list-style-type: none"> Drinking Chocolate powder, made up with whole milk
4		<ul style="list-style-type: none"> French fries King size - no added salt (Takeaway) Fruit & Yoghurt (Takeaway) Double Beef Patty in Sesame Bun (Takeaway) 	<ul style="list-style-type: none"> Vegetarian Supreme (Takeaway) 12" Medium Pan Pizza chicken Supreme (Takeaway) 12" Medium Thin and Crispy Veggie (Takeaway) 			<ul style="list-style-type: none"> Milkshake – Vanilla (large) (Takeaway)
5	<ul style="list-style-type: none"> Doughnuts, jam 	<ul style="list-style-type: none"> Flame Grilled Beef Patty in Sesame Bun Sandwich (Takeaway) Takeaway Large Fish Burger Cheese Burger (Takeaway) 	<ul style="list-style-type: none"> 14" lower fat Pizza - Ham, pineapple and diced red Tomato (Takeaway) 		<ul style="list-style-type: none"> Currants Fruit crumble 	
6		<ul style="list-style-type: none"> Onion Rings (Takeaway) Crunchy Chicken Sandwich (Takeaway) Double Beef Patty in Sesame Bun with Special Sauce (Takeaway) 		<ul style="list-style-type: none"> Supermarket Own Brand Spaghetti Rings in Tomato Sauce 		<ul style="list-style-type: none"> Milkshake , large-strawberry (syrup added) (Takeaway)

7		<ul style="list-style-type: none"> French fries King size (Takeaway) Potato wedges (Takeaway) Crispy Chicken Tortilla Wrap (Takeaway) Grilled Chicken Caesar Salad with Low Fat Light Caesar Dressing and Croutons (Takeaway) Double Sausage & Egg Breakfast English Muffin (Takeaway) 	<ul style="list-style-type: none"> Crispy Chicken Strips (Takeaway) Extra Toppings Pizza 9.5" (Takeaway) 			<ul style="list-style-type: none"> Milkshake , large-Chocolate (syrup added) (Takeaway)
8		<ul style="list-style-type: none"> Bacon Roll (Takeaway) Flame Grilled Beef Patty in Sesame Bun Sandwich with Cheese (Takeaway) Crispy Chicken Breast (Takeaway) 	<ul style="list-style-type: none"> 14" Large Pan Pizza Cheese only (Takeaway) 14" Large Cheese Stuffed Crust Pizza Extra Toppings (Takeaway) 			
9		<ul style="list-style-type: none"> Double Flame Grilled Burger (Takeaway) Crispy Battered Chicken Drumstick (Takeaway) 	<ul style="list-style-type: none"> 12" Medium Pan Pizza - Meat (Takeaway) 14" Large Pan Thin and Crispy Pizza - Quartered Ham (Takeaway) 6" Pizza - Extra Toppings (Takeaway) Hot Chicken Wings (Takeaway) 			
10	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 	<ul style="list-style-type: none"> Cheese Burger (Takeaway) 	<ul style="list-style-type: none"> 12" Pizza - pepperoni (Takeaway) 			
11	<ul style="list-style-type: none"> Branded Wheat Sticks - Yeast Extract Coated Peanuts, roasted and salted 	<ul style="list-style-type: none"> Lemon meringue pie (Takeaway) Crispy Chicken Strips (Takeaway) 	<ul style="list-style-type: none"> 6" Low Carbohydrate Pizza - Pepperoni (net carbs 23g) (Takeaway) Garlic bread with Cheese (Takeaway) 			
12	<ul style="list-style-type: none"> Branded - Original Salted Peanuts 	<ul style="list-style-type: none"> Hot wings (Takeaway) 	<ul style="list-style-type: none"> 6" Low Carbohydrate Pizza - Meat (net carbs 26g) (Takeaway) 			
13	<ul style="list-style-type: none"> Supermarket Own Brand Roasted Salted Cashew Nuts Potato Crisps, low fat 	<ul style="list-style-type: none"> Crispy Battered Chicken Thigh (Takeaway) 				
14		<ul style="list-style-type: none"> Crispy Coated Popcorn Style Chicken (Takeaway) 	<ul style="list-style-type: none"> New York Style Baked Cheesecake (Takeaway) 			
15	<ul style="list-style-type: none"> Sponge cake 					
16	<ul style="list-style-type: none"> Digestive biscuits, plain Dark Chocolate Coated Orange Jelly Layered Sponge Cakes Potato Crisps Branded Mini Poppadoms, coriander 					

	<ul style="list-style-type: none"> chutney flavour Supermarket Own Brand Dry Roasted Peanuts Branded Spice Mexican Chilli ridge cut potato chips 					
17	<ul style="list-style-type: none"> Branded Wheat Tubes, Crispy Bacon Branded Salt & Vinegar Crisps 	<ul style="list-style-type: none"> Tomato Ketchup Dip (Takeaway) 				
18	<ul style="list-style-type: none"> Reduced calorie mayonnaise Branded Chocolate Coated Wafer Bar 	<ul style="list-style-type: none"> Double Choc Chip Cake (Takeaway) 	<ul style="list-style-type: none"> Indulgence Dessert (Takeaway) 			
19	<ul style="list-style-type: none"> Chocolate chip Cookies Branded Cheddar Flavour Mini Biscuits 					
20	<ul style="list-style-type: none"> Olive oil 					
21	<ul style="list-style-type: none"> Branded , Pickled Onion flavour 					
22	<ul style="list-style-type: none"> Mayonnaise, retail 					
23	<ul style="list-style-type: none"> Chocolate Coated Whipped Nougat Bar Branded Potato Rings 					
24	<ul style="list-style-type: none"> Branded Prawn Cocktail Maize Snacks Chocolate Coated Caramel and Nougat Bar 					
25	<ul style="list-style-type: none"> Butter Branded Corn Sticks - Spicy Flavour 		<ul style="list-style-type: none"> Cheese Cake (Takeaway) 			
26	<ul style="list-style-type: none"> Margarine, soft, polyunsaturated 					

WXY A10 score	Bread	Cereals	Potatoes	Milk and Dairy (inc fat spreads)	Meat, Fish and Alternatives	Ready Meals
-10					<ul style="list-style-type: none"> ▪ Lentils, red, split, dried, boiled in unsalted water ▪ Tofu, soya bean, steamed 	
-9						
-8						
-7						
-6		<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal 				
-5	<ul style="list-style-type: none"> ▪ Crispbread, rye 					
-4		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Instant Hot Oat Cereal 		<ul style="list-style-type: none"> ▪ Fromage frais, virtually fat free, natural 	<ul style="list-style-type: none"> ▪ Chicken, breast, grilled without skin, meat only 	
-3	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value Range Medium Sliced Brown Bread ▪ Supermarket Own Brand Value Range Simply Brown Bread - Medium Sliced ▪ Supermarket Own Brand - Medium Sliced Brown Bread ▪ Supermarket Own Brand Premium Wholemeal Medium Sliced Bread ▪ Branded Wholemeal Bread - Medium Sliced ▪ Wholemeal bread, average 	<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal • Branded Wheat Biscuit Cereal 				<ul style="list-style-type: none"> ▪ Supermarket Own Brand Spaghetti Bolognese ▪ Branded Roast Beef Dinner
-2	<ul style="list-style-type: none"> ▪ Branded Family Life Medium Sliced Brown Loaf ▪ Wholemeal rolls ▪ Supermarket Own Brand 6 Medium Wholemeal Baps 	<ul style="list-style-type: none"> ▪ Muesli, with no added sugar ▪ Branded Wheat Biscuit Cereal - No Added Sugar ▪ Supermarket Own Brand healthy Living 24 Wheat Biscuits 	<ul style="list-style-type: none"> • Supermarket Own Brand Healthy Eating Range Oven Chips • Old potatoes, roast in blended oil 	<ul style="list-style-type: none"> • Skimmed milk, average 		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Chicken Tikka Masala & Rice
-1	<ul style="list-style-type: none"> ▪ Branded Medium Sliced White Bread ▪ Branded Danish Toaster, soft light white bread 	<ul style="list-style-type: none"> ▪ Branded Wheat Biscuit Cereal - Original 	<ul style="list-style-type: none"> ▪ New potatoes, boiled in unsalted water 	<ul style="list-style-type: none"> • Yoghurt, low fat, plain 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value 10 Fish Fingers ▪ Cod, baked ▪ Beef, rump steak, lean only, grilled ▪ Beef, topside, roasted well-done, lean 	<ul style="list-style-type: none"> ▪ Branded Lasagne ▪ Branded Specifically for Weight Loss Spaghetti Bolognese ▪ Supermarket Own Brand Indian Style - Chicken Jalfrezi & Pilau Rice
0	<ul style="list-style-type: none"> ▪ Branded Supreme 		<ul style="list-style-type: none"> ▪ Branded Oven Baked 	<ul style="list-style-type: none"> ▪ Yoghurt, low fat, fruit 	<ul style="list-style-type: none"> ▪ Eggs, chicken, boiled 	<ul style="list-style-type: none"> ▪ Branded Beef Stew &

	<ul style="list-style-type: none"> ▪ Medium White Sliced Bread ▪ Supermarket Own Brand White Thick Sliced Bread ▪ Branded Rolls, 4 Big Soft White 		<ul style="list-style-type: none"> ▪ Home Style Fries ▪ Supermarket Own Brand Crispy Roasting Potatoes ▪ Takeaway Fries ▪ Oven chips, frozen, baked 	<ul style="list-style-type: none"> ▪ Whole milk, average ▪ Semi-skimmed milk, average 	<ul style="list-style-type: none"> ▪ Beef, mince, extra lean, stewed ▪ Lamb, leg, lean only, roast ▪ Mackerel, grilled 	<ul style="list-style-type: none"> ▪ Dumplings ▪ Branded Chicken Curry with Rice ▪ Branded Meat Alternative Cottage Pie ▪ Supermarket Own Brand Broccoli Mornay ▪ Supermarket Own Brand 2 Jacket Potatoes with Cheese ▪ Branded Lasagne ▪ Branded Italian Fish Bake ▪ Supermarket Own Brand 4 Cod Portions in Butter Sauce ▪ Supermarket Own Brand Beef in Black Bean Sauce – mild ▪ Chilli con carne
1	<ul style="list-style-type: none"> • White bread, sliced 			<ul style="list-style-type: none"> ▪ Cottage Cheese, plain 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand breaded Chicken Nuggets ▪ Supermarket Own Brand Value Chicken Nuggets ▪ Tuna, canned in oil, drained ▪ Eggs, chicken, fried in vegetable oil ▪ Beef, rump steak, lean and fat, fried 	<ul style="list-style-type: none"> ▪ Branded Specifically for Weight Loss Chicken Curry ▪ Supermarket Own Brand Healthy Eating Range Lasagne
2			<ul style="list-style-type: none"> ▪ Supermarket Own Brand Great British Crispy Roast Potatoes ▪ Supermarket Own Brand Potato Croquettes 		<ul style="list-style-type: none"> ▪ Chicken, leg quarter, roasted, meat and skin ▪ Sardines, canned in Tomato sauce 	<ul style="list-style-type: none"> ▪ Branded Specifically For Weight Loss Beef Lasagne ▪ Branded Sweet Chilli Chicken with egg and pea rice
3				<ul style="list-style-type: none"> ▪ Fromage frais, plain 	<ul style="list-style-type: none"> ▪ Branded Roasted Chicken Bites ▪ Fish fingers, cod, grilled 	<ul style="list-style-type: none"> ▪ Branded Vegetable Lasagne ▪ Supermarket Own Brand Lasagne ▪ Branded Ocean Pie ▪ Supermarket Own Brand Chicken Curry with Rice • Supermarket Own Brand Mash Potato Topped Cumberland Pie ▪ Lasagne
4			<ul style="list-style-type: none"> ▪ Branded Oven Baked Chips ▪ Branded Chunky Croquettes ▪ Potato croquettes, fried in blended oil 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand 5% Fat Sunflower Low Fat Spread Substitute 		<ul style="list-style-type: none"> ▪ Cottage/Shepherd's pie, chilled/frozen, reheated

5		<ul style="list-style-type: none"> Porridge, made with water 		<ul style="list-style-type: none"> Greek yoghurt, sheep 		
6						
7						
8						
9						
10	<ul style="list-style-type: none"> Branded Premium Brown Medium Sliced Bread Branded Wholemeal Deliciously Soft Wholemeal Bread Branded Milk Roll, Soft White Sliced Bread Currant buns Malt bread, fruited 		<ul style="list-style-type: none"> Takeaway Fries – no added salt Supermarket Own Brand 8 Potato Waffles 	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 		
11		<ul style="list-style-type: none"> Branded Mini Wheat Biscuits Cereal 	<ul style="list-style-type: none"> Chips, French fries, retail 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Chicken nuggets, takeaway 	
12			<ul style="list-style-type: none"> Takeaway Onion Rings 	<ul style="list-style-type: none"> Creme Fraiche, half fat 	<ul style="list-style-type: none"> Ham 	
13		<ul style="list-style-type: none"> Branded Puffed Rice Cereal 	<ul style="list-style-type: none"> Takeaway Fries Takeaway Potato Wedges 		<ul style="list-style-type: none"> Walnuts 	
14		<ul style="list-style-type: none"> Branded Wheat Biscuit Cereal (18 biscuits) Supermarket Own Brand Bran Flakes Branded Sugar Coated Puffed Oat Cereal 			<ul style="list-style-type: none"> Supermarket Own Brand 8 Turkey & Chicken Thick Sausages Supermarket Own Brand Value Range 2 Chicken Kiev 	
15		<ul style="list-style-type: none"> Branded Bran Cereal Original Supermarket Own Brand Instant Hot Oats (10 sachets) Supermarket Own Brand Instant Hot Oat Cereal Supermarket Own Brand Instant Hot Oat Cereal Branded Multigrain Hoop Cereal Branded Flaked Corn Cereal Branded Flaked Wheat Cereal Corn Flakes 			<ul style="list-style-type: none"> Supermarket Own Brand Premium Range Aberdeen Angus Thick Beef Sausages 	
16		<ul style="list-style-type: none"> Branded Bran Cereal Branded Flaked Wheat Cereal 				
17		<ul style="list-style-type: none"> Branded Oat Cluster Crunchy Cereal Branded Wheat Flakes with Dried Fruit Cereal Branded Honey and Nut Coated Flaked 				

		<ul style="list-style-type: none"> Corn Cereal Branded Cocoa Coated Puffed Rice Cereal Branded Cocoa Coated Puffed Rice Cereal 				
18		<ul style="list-style-type: none"> Supermarket Own Brand Frosted Flakes Branded Sugar Coated Flaked Corn Cereal 		<ul style="list-style-type: none"> Supermarket Own Brand Reduced Fat Sunflower Spread Supermarket Own Brand Healthy Living Olive Light Spread Branded Light Margarine 		
19		<ul style="list-style-type: none"> Branded Honey and Nut Coated Flaked Corn Cereal Branded Sugar Coated Flaked Corn Cereal 		<ul style="list-style-type: none"> Cheddar type, half fat Camembert 		
20		<ul style="list-style-type: none"> Supermarket Own Brand Triple Chocolate Crunch 		<ul style="list-style-type: none"> Olive oil 	<ul style="list-style-type: none"> Branded 8 Thick Pork & Beef Sausages 	
21					<ul style="list-style-type: none"> Pork sausages, chilled, fried 	
22				<ul style="list-style-type: none"> Branded Butter Alternative Branded Margarine 		
23				<ul style="list-style-type: none"> Cheddar Cheese 	<ul style="list-style-type: none"> Bacon rashers, streaky, fried 	
24		<ul style="list-style-type: none"> Branded Sugar Coated Puffed Oat Cereal 				
25				<ul style="list-style-type: none"> Butter 		
26				<ul style="list-style-type: none"> Supermarket Own Brand Value Range Butter Salted Margarine, soft, polyunsaturated 		

WXY A10 score	Foods High in fat, salt and sugar + Crisps and savory snacks	Fast Food – Burgers, Chicken	Fast Food - Pizzas	Baked beans and Tinned Pasta	Fruit and vegetable based products	Drinks
-10				<ul style="list-style-type: none"> • Branded Reduced Sugar & Salt Baked Beans in Tomato Sauce (
-9				<ul style="list-style-type: none"> • Branded Healthy Eating Baked Beans in Tomato Sauce 		
-8						
-7			<ul style="list-style-type: none"> • Coleslaw,Takeaway 	<ul style="list-style-type: none"> • Branded Baked Beans • Supermarket Own Brand Value Baked Beans in Tomato sauce 		
-6		<ul style="list-style-type: none"> • Side garden salad (Takeaway) 		<ul style="list-style-type: none"> • Baked beans, canned in Tomato sauce, re-heated 	<ul style="list-style-type: none"> • Peaches, raw • Celery, raw • Lettuce, average raw • Tomatoes, grilled 	
-5				<ul style="list-style-type: none"> • Supermarket Own Brand Baked Beans in a Tomato Sauce • Branded Baked Beans in a Rich Tomato Sauce 	<ul style="list-style-type: none"> • Celery, boiled in salted water • Mushrooms, common, fried in corn oil 	<ul style="list-style-type: none"> • Fruit juice drink, low calorie, ready to drink
-4				<ul style="list-style-type: none"> • Supermarket Own Brand Baked Beans in a Rich Tomato Sauce • Supermarket Own Brand Beans in Tomato Sauce 	<ul style="list-style-type: none"> • Orange juice, unsweetened • Avocado, average • Rhubarb, stewed with sugar 	<ul style="list-style-type: none"> • Orange juice, unsweetened
-3					<ul style="list-style-type: none"> • Pineapple, canned in juice 	<ul style="list-style-type: none"> • Fruit juice drink, ready to drink • Tomato juice • Apple juice, unsweetened • Grape juice, unsweetened • Pineapple juice, unsweetened
-2		<ul style="list-style-type: none"> • Roasted Caesar salad without dressing and croutons (Takeaway) 				<ul style="list-style-type: none"> • Skimmed milk, average
-1		<ul style="list-style-type: none"> • Takeaway Veggie Burger with mayo 		<ul style="list-style-type: none"> • Branded Spaghetti in a rich Tomato sauce 		<ul style="list-style-type: none"> • Flavoured milk, pasteurised, Chocolate • Lassi, sweetened • Soya, non-dairy alternative to milk, unsweetened (• Soya, non-dairy alternative to milk,

						sweetened, calcium enriched
0		<ul style="list-style-type: none"> Caesar salad Crispy BLT salad without dressing (Takeaway) 	<ul style="list-style-type: none"> Vegetarian Supreme (Takeaway) 			<ul style="list-style-type: none"> Water, distilled Tea, black, infusion, average Coffee, infusion, average Cola, diet Whole milk, average Semi-skimmed milk, average Flavoured milk, pasteurised
1			<ul style="list-style-type: none"> Potato wedges (Takeaway) 12" lower fat Pizza - Diced chicken, red onion and green pepper (Takeaway) 	<ul style="list-style-type: none"> Supermarket Own Brand Kids Range Spaghetti Letters 		<ul style="list-style-type: none"> Lemonade Drinking Chocolate powder, made up with semi-skimmed milk
2		<ul style="list-style-type: none"> Deli Style Sandwiches - Roast Beef and mature cheddar (Takeaway) 				<ul style="list-style-type: none"> Cola Fruit juice drink, carbonated, ready to drink Channel Island milk, whole, pasteurised Milkshake, thick, takeaway 1% low fat Chocolate milk Fizzy Orange Drink (Takeaway)
3		<ul style="list-style-type: none"> Fruit Jelly (Takeaway) 		<ul style="list-style-type: none"> Branded Spaghetti Bolognese Supermarket Own Brand Beef Ravioli in spicy Tomato & beef sauce 	<ul style="list-style-type: none"> Strawberries, canned in syrup 	<ul style="list-style-type: none"> Drinking Chocolate powder, made up with whole milk
4		<ul style="list-style-type: none"> Fruit & Yoghurt (Takeaway) 				<ul style="list-style-type: none"> Milkshake – Vanilla (large) (Takeaway)
5					<ul style="list-style-type: none"> Fruit crumble 	
6				<ul style="list-style-type: none"> Supermarket Own Brand Spaghetti Rings in Tomato Sauce 		<ul style="list-style-type: none"> Milkshake , large-strawberry (syrup added) (Takeaway)
7						<ul style="list-style-type: none"> Milkshake , large-Chocolate (syrup added) (Takeaway)
8						
9						
10	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 	<ul style="list-style-type: none"> French fries King size - no added salt (Takeaway) Flame Grilled Beef Patty in Sesame Bun Sandwich (Takeaway) 	<ul style="list-style-type: none"> Vegetarian Supreme (Takeaway) Extra Large Pizza - Chicken Supreme (Takeaway) 12" Medium Pan Pizza 			

			<ul style="list-style-type: none"> chicken Supreme (Takeaway) 12" Medium Thin and Crispy Veggie (Takeaway) 14" lower fat Pizza - Ham, pineapple and diced red Tomato (Takeaway) 			
11		<ul style="list-style-type: none"> Double Beef Patty in Sesame Bun (Takeaway) Takeaway Large Fish Burger Crunchy Chicken Sandwich (Takeaway) Double Beef Patty in Sesame Bun with Special Sauce (Takeaway) 	<ul style="list-style-type: none"> Cheese and Tomato deluxe 9.5" (Takeaway) Crispy Chicken Strips (Takeaway) 			
12		<ul style="list-style-type: none"> Onion Rings (Takeaway) Cheese Burger (Takeaway) Crispy Chicken Tortilla Wrap (Takeaway) Grilled Chicken Caesar Salad with Low Fat Light Caesar Dressing and Croutons (Takeaway) Double Sausage & Egg Breakfast English Muffin (Takeaway) Crispy Chicken Breast (Takeaway) Lemon meringue pie (Takeaway) 				
13	<ul style="list-style-type: none"> Doughnuts, jam 	<ul style="list-style-type: none"> French fries King size (Takeaway) Potato wedges (Takeaway) Flame Grilled Beef Patty in Sesame Bun Sandwich with Cheese (Takeaway) Double Flame Grilled Burger (Takeaway) Crispy Battered Chicken Drumstick (Takeaway) 	<ul style="list-style-type: none"> Extra Toppings Pizza 9.5" (Takeaway) 14" Large Pan Pizza Cheese only (Takeaway) Hot Chicken Wings (Takeaway) 		<ul style="list-style-type: none"> Currants 	
14		<ul style="list-style-type: none"> Bacon Roll (Takeaway) 	<ul style="list-style-type: none"> 14" Large Cheese Stuffed Crust Pizza Extra Toppings (Takeaway) 14" Large Pan Thin and 			

			<ul style="list-style-type: none"> Crispy Pizza - Quartered Ham (Takeaway) 6" Pizza - Extra Toppings (Takeaway) 			
15		<ul style="list-style-type: none"> Cheese Burger (Takeaway) Crispy Chicken Strips (Takeaway) 	<ul style="list-style-type: none"> 12" Medium Pan Pizza - Meat (Takeaway) 			
16		<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 12" Pizza - pepperoni (Takeaway) 			
17		<ul style="list-style-type: none"> Tomato Ketchup Dip (Takeaway) Hot wings (Takeaway) Crispy Battered Chicken Thigh (Takeaway) 	<ul style="list-style-type: none"> Garlic bread with Cheese (Takeaway) 			
18	<ul style="list-style-type: none"> Reduced calorie mayonnaise 	<ul style="list-style-type: none"> Crispy Coated Popcorn Style Chicken (Takeaway) 				
19	<ul style="list-style-type: none"> Sponge cake Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 		<ul style="list-style-type: none"> 6" Low Carbohydrate Pizza - Meat (net carbs 26g) (Takeaway) New York Style Baked Cheesecake (Takeaway) 			
20	<ul style="list-style-type: none"> Peanuts, roasted and salted Branded Wheat Sticks - Yeast Extract Coated Olive oil 		<ul style="list-style-type: none"> 6" Low Carbohydrate Pizza - Pepperoni (net carbs 23g) (Takeaway) Indulgence Dessert (Takeaway) 			
21	<ul style="list-style-type: none"> Branded - Original Salted Peanuts 					
22	<ul style="list-style-type: none"> Supermarket Own Brand Roasted Salted Cashew Nuts Potato Crisps, low fat Digestive biscuits, plain Mayonnaise, retail 					
23						
24	<ul style="list-style-type: none"> Potato Crisps Chocolate chip Cookies 	<ul style="list-style-type: none"> Double Choc Chip Cake (Takeaway) 				
25	<ul style="list-style-type: none"> Branded Mini Poppadoms, coriander chutney flavour Supermarket Own Brand Dry Roasted Peanuts Branded Spice Mexican Chilli ridge cut potato chips Chocolate Coated Whipped Nougat Bar Butter 					

26	<ul style="list-style-type: none"> • Branded Wheat Tubes, Crispy Bacon • Branded Salt & Vinegar Crisps • Branded Cheddar Flavour Mini Biscuits • Branded , Pickled Onion flavour • Branded Potato Rings • Branded Chocolate Coated Caramel and Nougat Bar (• Margarine, soft, polyunsaturated 					
27	<ul style="list-style-type: none"> • Branded Chocolate Coated Wafer Bar • Branded Prawn Cocktail Maize Snacks • Branded Corn Sticks - Spicy Flavour 					
28			<ul style="list-style-type: none"> • Cheese Cake (Takeaway) 			

WXY AP10 score	Bread	Cereals	Potatoes	Milk and Dairy (inc fat spreads)	Meat, Fish and Alternatives	Ready Meals
-10					<ul style="list-style-type: none"> ▪ Lentils, red, split, dried, boiled in unsalted water ▪ Tofu, soya bean, steamed (
-9						
-8						
-7						
-6		<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal 				
-5	<ul style="list-style-type: none"> ▪ Crispbread, rye 					
-4		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Instant Hot Oat Cereal 		<ul style="list-style-type: none"> ▪ Fromage frais, virtually fat free, natural (<ul style="list-style-type: none"> ▪ Chicken, breast, grilled without skin, meat only 	
-3	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value Range Medium Sliced Brown Bread ▪ Supermarket Own Brand Value Range 	<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal • Branded Wheat Biscuit Cereal 				<ul style="list-style-type: none"> ▪ Supermarket Own Brand Spaghetti Bolognese ▪ Branded Roast Beef Dinner

	<ul style="list-style-type: none"> ▪ Simply Brown Bread - Medium Sliced ▪ Supermarket Own Brand - Medium Sliced Brown Bread ▪ Supermarket Own Brand Premium Wholemeal Medium Sliced Bread ▪ Branded Wholemeal Bread - Medium Sliced ▪ Wholemeal bread, average 					
-2	<ul style="list-style-type: none"> ▪ Branded Family Life Medium Sliced Brown Loaf ▪ Wholemeal rolls ▪ Supermarket Own Brand 6 Medium Wholemeal Baps 	<ul style="list-style-type: none"> ▪ Muesli, with no added sugar ▪ Branded Wheat Biscuit Cereal - No Added Sugar ▪ Supermarket Own Brand healthy Living 24 Wheat Biscuits 	<ul style="list-style-type: none"> • Supermarket Own Brand Healthy Eating Range Oven Chips • Old potatoes, roast in blended oil 	<ul style="list-style-type: none"> • Skimmed milk, average 		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Chicken Tikka Masala & Rice
-1	<ul style="list-style-type: none"> ▪ Branded Medium Sliced White Bread ▪ Branded Danish Toaster, soft light white bread 	<ul style="list-style-type: none"> ▪ Branded Wheat Biscuit Cereal - Original 	<ul style="list-style-type: none"> ▪ New potatoes, boiled in unsalted water 	<ul style="list-style-type: none"> • Yoghurt, low fat, plain 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value 10 Fish Fingers ▪ Cod, baked ▪ Beef, rump steak, lean only, grilled ▪ Beef, topside, roasted well-done, lean 	<ul style="list-style-type: none"> ▪ Branded Lasagne ▪ Branded Specifically for Weight Loss Spaghetti Bolognese ▪ Supermarket Own Brand Indian Style - Chicken Jalfrezi & Pilau Rice
0	<ul style="list-style-type: none"> ▪ Branded Supreme Medium White Sliced Bread ▪ Supermarket Own Brand White Thick Sliced Bread ▪ Branded Rolls, 4 Big Soft White 		<ul style="list-style-type: none"> ▪ Branded Oven Baked Home Style Fries ▪ Supermarket Own Brand Crispy Roasting Potatoes ▪ Takeaway Fries ▪ Oven chips, frozen, baked 	<ul style="list-style-type: none"> ▪ Yoghurt, low fat, fruit ▪ Whole milk, average ▪ Semi-skimmed milk, average 	<ul style="list-style-type: none"> ▪ Eggs, chicken, boiled ▪ Beef, mince, extra lean, stewed ▪ Lamb, leg, lean only, roast ▪ Mackerel, grilled 	<ul style="list-style-type: none"> ▪ Branded Beef Stew & Dumplings ▪ Branded Chicken Curry with Rice ▪ Branded Meat Alternative Cottage Pie ▪ Supermarket Own Brand Broccoli Mornay ▪ Supermarket Own Brand 2 Jacket Potatoes with Cheese ▪ Branded Lasagne ▪ Branded Italian Fish Bake ▪ Supermarket Own Brand 4 Cod Portions in Butter Sauce ▪ Supermarket Own Brand Beef in Black Bean Sauce – mild ▪ Chilli con carne
1	<ul style="list-style-type: none"> • White bread, sliced 			<ul style="list-style-type: none"> ▪ Cottage Cheese, plain 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand breaded Chicken Nuggets ▪ Supermarket Own Brand Value Chicken Nuggets ▪ Tuna, canned in oil, 	<ul style="list-style-type: none"> ▪ Branded Specifically for Weight Loss Chicken Curry ▪ Supermarket Own Brand Healthy Eating Range Lasagne

					<ul style="list-style-type: none"> drained ▪ Eggs, chicken, fried in vegetable oil ▪ Beef, rump steak, lean and fat, fried 	
2			<ul style="list-style-type: none"> ▪ Supermarket Own Brand Great British Crispy Roast Potatoes ▪ Supermarket Own Brand Potato Croquettes 		<ul style="list-style-type: none"> ▪ Chicken, leg quarter, roasted, meat and skin ▪ Sardines, canned in Tomato sauce 	<ul style="list-style-type: none"> ▪ Branded Specifically For Weight Loss Beef Lasagne ▪ Branded Sweet Chilli Chicken with egg and pea rice
3				<ul style="list-style-type: none"> ▪ Fromage frais, plain 	<ul style="list-style-type: none"> ▪ Branded Roasted Chicken Bites ▪ Fish fingers, cod, grilled 	<ul style="list-style-type: none"> ▪ Branded Vegetable Lasagne ▪ Supermarket Own Brand Lasagne ▪ Branded Ocean Pie ▪ Supermarket Own Brand Chicken Curry with Rice • Supermarket Own Brand Mash Potato Topped Cumberland Pie ▪ Lasagne
4			<ul style="list-style-type: none"> ▪ Branded Oven Baked Chips ▪ Branded Chunky Croquettes ▪ Potato croquettes, fried in blended oil 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand 5% Fat Sunflower Low Fat Spread Substitute 		<ul style="list-style-type: none"> ▪ Cottage/Shepherd's pie, chilled/frozen, reheated
5	<ul style="list-style-type: none"> • Branded Premium Brown Medium Sliced Bread • Branded Wholemeal Deliciously Soft Wholemeal Bread 	<ul style="list-style-type: none"> • Porridge, made with water 		<ul style="list-style-type: none"> ▪ Greek yoghurt, sheep 		
6		<ul style="list-style-type: none"> • Branded Mini Wheat Biscuits Cereal 	<ul style="list-style-type: none"> • Takeaway Fries – no added salt 			
7	<ul style="list-style-type: none"> • Currant buns • Malt bread, fruited • Branded Milk Roll, Soft White Sliced Bread 					
8						
9		<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal (18 biscuits) • Supermarket Own Brand Bran Flakes • Branded Sugar Coated Puffed Oat Cereal 	<ul style="list-style-type: none"> • Supermarket Own Brand 8 Potato Waffles • Chips, French fries, retail 		<ul style="list-style-type: none"> • Walnuts 	
10		<ul style="list-style-type: none"> • Branded Bran Cereal Original • Supermarket Own Brand Instant Hot Oats 		<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 		

		<ul style="list-style-type: none"> (10 sachets) Supermarket Own Brand Instant Hot Oat Cereal Supermarket Own Brand Instant Hot Oat Cereal Branded Multigrain Hoop Cereal Branded Flaked Corn Cereal 				
11		<ul style="list-style-type: none"> Branded Bran Cereal 			<ul style="list-style-type: none"> Chicken nuggets, takeaway 	
12		<ul style="list-style-type: none"> Branded Puffed Rice Cereal Branded Wheat Flakes with Dried Fruit Cereal Branded Oat Cluster Crunchy Cereal 	<ul style="list-style-type: none"> Takeaway Onion Rings 	<ul style="list-style-type: none"> Creme Fraiche, half fat 	<ul style="list-style-type: none"> Ham 	
13		<ul style="list-style-type: none"> Branded Flaked Wheat Cereal Branded Flaked Wheat Cereal 	<ul style="list-style-type: none"> Takeaway Fries Takeaway Potato Wedges 	<ul style="list-style-type: none"> Branded Light Margarine 		
14		<ul style="list-style-type: none"> Branded Honey and Nut Coated Flaked Corn Cereal 			<ul style="list-style-type: none"> Supermarket Own Brand 8 Turkey & Chicken Thick Sausages Supermarket Own Brand Value Range 2 Chicken Kiev Supermarket Own Brand Premium Range Aberdeen Angus Thick Beef Sausages 	
15		<ul style="list-style-type: none"> Branded Cocoa Coated Puffed Rice Cereal Supermarket Own Brand Triple Chocolate Crunch 				
16		<ul style="list-style-type: none"> Supermarket Own Brand Frosted Flakes Branded Sugar Coated Flaked Corn Cereal 				
17		<ul style="list-style-type: none"> Branded Cocoa Coated Puffed Rice Cereal 				
18				<ul style="list-style-type: none"> Supermarket Own Brand Reduced Fat Sunflower Spread Supermarket Own Brand Healthy Living Olive Light Spread 		
19				<ul style="list-style-type: none"> Cheddar type, half fat 		

20		<ul style="list-style-type: none"> • Branded Sugar Coated Puffed Oat Cereal 		<ul style="list-style-type: none"> • Camembert • Olive oil 	<ul style="list-style-type: none"> • Branded 8 Thick Pork & Beef Sausages 	
21					<ul style="list-style-type: none"> • Pork sausages, chilled, fried 	
22				<ul style="list-style-type: none"> • Branded Butter Alternative • Branded Margarine 		
23				<ul style="list-style-type: none"> • Cheddar Cheese 	<ul style="list-style-type: none"> • Bacon rashers, streaky, fried 	
24						
25				<ul style="list-style-type: none"> • Butter 		
26				<ul style="list-style-type: none"> • Supermarket Own Brand Value Range Butter Salted • Margarine, soft, polyunsaturated 		

WXY AP10 score	Foods High in fat, salt and sugar + Crisps and savoury snacks	Fast Food – Burgers, Chicken	Fast Food - Pizzas	Baked beans and Tinned Pasta	Fruit and vegetable based products	Drinks
-10				<ul style="list-style-type: none"> • Branded Reduced Sugar & Salt Baked Beans in Tomato Sauce 		
-9				<ul style="list-style-type: none"> • Branded Healthy Eating Baked Beans in Tomato Sauce 		
-8						
-7			<ul style="list-style-type: none"> • Coleslaw (Takeaway) 	<ul style="list-style-type: none"> • Branded Baked Beans • Supermarket Own Brand Value Baked Beans in Tomato sauce 		
-6		<ul style="list-style-type: none"> • Side garden salad (Takeaway) 		<ul style="list-style-type: none"> • Baked beans, canned in Tomato sauce, re-heated 	<ul style="list-style-type: none"> • Peaches, raw • Celery, raw • Lettuce, average, raw • Tomatoes, grilled 	
-5				<ul style="list-style-type: none"> • Supermarket Own Brand Baked Beans in a Tomato Sauce • Branded Baked Beans in a Rich Tomato Sauce 	<ul style="list-style-type: none"> • Celery, boiled in salted water • Mushrooms, common, fried in corn oil 	<ul style="list-style-type: none"> • Fruit juice drink, low calorie, ready to drink
-4				<ul style="list-style-type: none"> • Supermarket Own Brand Baked Beans in a Rich Tomato Sauce • Supermarket Own Brand Beans in Tomato Sauce 	<ul style="list-style-type: none"> • Orange juice, unsweetened • Avocado, average • Rhubarb, stewed with sugar 	<ul style="list-style-type: none"> • Orange juice, unsweetened
-3					<ul style="list-style-type: none"> • Pineapple, canned in juice 	<ul style="list-style-type: none"> • Fruit juice drink, ready to drink • Tomato juice

						<ul style="list-style-type: none"> • Apple juice, unsweetened • Grape juice, unsweetened • Pineapple juice, unsweetened
-2		<ul style="list-style-type: none"> • Roasted Caesar salad without dressing and croutons (Takeaway) 				<ul style="list-style-type: none"> • Skimmed milk, average
-1		<ul style="list-style-type: none"> • Takeaway Veggie Burger with mayo 		<ul style="list-style-type: none"> • Branded Spaghetti in a rich Tomato sauce 		<ul style="list-style-type: none"> • Flavoured milk, pasteurised, Chocolate Lassi, sweetened • Soya, non-dairy alternative to milk, unsweetened • Soya, non-dairy alternative to milk, sweetened, calcium enriched
0		<ul style="list-style-type: none"> • Caesar salad • Crispy BLT salad without dressing (Takeaway) 	<ul style="list-style-type: none"> • Vegetarian Supreme (Takeaway) 			<ul style="list-style-type: none"> • Water, distilled • Tea, black, infusion, average • Coffee, infusion, average • Cola, diet • Whole milk, average • Semi-skimmed milk, average • Flavoured milk, pasteurised
1			<ul style="list-style-type: none"> • Potato wedges (Takeaway) • 12" lower fat Pizza - Diced chicken, red onion and green pepper (Takeaway) 	<ul style="list-style-type: none"> • Supermarket Own Brand Kids Range Spaghetti Letters 		<ul style="list-style-type: none"> • Lemonade • Drinking Chocolate powder, made up with semi-skimmed milk
2		<ul style="list-style-type: none"> • Deli Style Sandwiches - Roast Beef and mature cheddar (Takeaway) 				<ul style="list-style-type: none"> • Cola • Fruit juice drink, carbonated, ready to drink • Channel Island milk, whole, pasteurised • Milkshake, thick, takeaway • 1% low fat Chocolate milk • Fizzy Orange Drink (Takeaway)
3		<ul style="list-style-type: none"> • Fruit Jelly (Takeaway) 		<ul style="list-style-type: none"> • Branded Spaghetti Bolognese • Supermarket Own Brand Beef Ravioli in spicy Tomato & beef sauce 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 	<ul style="list-style-type: none"> • Drinking Chocolate powder, made up with whole milk

4		<ul style="list-style-type: none"> Fruit & Yoghurt (Takeaway) 				<ul style="list-style-type: none"> Milkshake – Vanilla (large) (Takeaway)
5					<ul style="list-style-type: none"> Fruit crumble 	
6				<ul style="list-style-type: none"> Supermarket Own Brand Spaghetti Rings in Tomato Sauce 	<ul style="list-style-type: none"> Currants 	<ul style="list-style-type: none"> Milkshake , large-strawberry (syrup added) (Takeaway)
7			<ul style="list-style-type: none"> Extra Large Pizza - Chicken Supreme (Takeaway) Cheese and Tomato deluxe 9.5" (Takeaway) 			<ul style="list-style-type: none"> Milkshake , large-Chocolate (syrup added) (Takeaway)
8	<ul style="list-style-type: none"> Doughnuts, jam 	<ul style="list-style-type: none"> Double Beef Patty in Sesame Bun (Takeaway) Onion Rings (Takeaway) 	<ul style="list-style-type: none"> 12" Medium Pan Pizza chicken Supreme (Takeaway) 12" Medium Thin and Crispy Veggie (Takeaway) 			
9		<ul style="list-style-type: none"> Flame Grilled Beef Patty in Sesame Bun Sandwich (Takeaway) Takeaway Large Fish Burger Cheese Burger (Takeaway) French fries King size - no added salt (Takeaway) Potato wedges (Takeaway) French fries King size (Takeaway) 	<ul style="list-style-type: none"> 14" lower fat Pizza - Ham, pineapple and diced red Tomato (Takeaway) 			
10	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 	<ul style="list-style-type: none"> Crunchy Chicken Sandwich (Takeaway) Double Beef Patty in Sesame Bun with Special Sauce (Takeaway) 	<ul style="list-style-type: none"> Vegetarian Supreme (Takeaway) 			
11		<ul style="list-style-type: none"> Crispy Chicken Tortilla Wrap (Takeaway) Lemon meringue pie (Takeaway) Grilled Chicken Caesar Salad with Low Fat Light Caesar Dressing and Croutons (Takeaway) Double Sausage & Egg Breakfast English Muffin (Takeaway) 	<ul style="list-style-type: none"> Crispy Chicken Strips (Takeaway) Extra Toppings Pizza 9.5" (Takeaway) 			
12		<ul style="list-style-type: none"> Crispy Battered Chicken Breast (Takeaway) 	<ul style="list-style-type: none"> 14" Large Pan Pizza Cheese only (Takeaway) 			

		<ul style="list-style-type: none"> Flame Grilled Beef Patty in Sesame Bun Sandwich with Cheese (Takeaway) Bacon Roll (Takeaway) 	<ul style="list-style-type: none"> 14" Large Cheese Stuffed Crust Pizza Extra Toppings (Takeaway) 			
13		<ul style="list-style-type: none"> Double Flame Grilled Burger (Takeaway) Crispy Battered Chicken Drumstick (Takeaway) 	<ul style="list-style-type: none"> Hot Chicken Wings (Takeaway) 14" Large Pan Thin and Crispy Pizza - Quartered Ham (Takeaway) 6" Pizza - Extra Toppings (Takeaway) 12" Medium Pan Pizza - Meat (Takeaway) 			
14		<ul style="list-style-type: none"> Cheese Burger (Takeaway) 	<ul style="list-style-type: none"> 12" Pizza - pepperoni (Takeaway) 6" Low Carbohydrate Pizza - Meat (net carbs 26g) (Takeaway) 			
15	<ul style="list-style-type: none"> Branded Wheat Sticks - Yeast Extract Coated 	<ul style="list-style-type: none"> Crispy Chicken Strips (Takeaway) 	<ul style="list-style-type: none"> Garlic bread with Cheese (Takeaway) 6" Low Carbohydrate Pizza - Pepperoni (net carbs 23g) (Takeaway) 			
16	<ul style="list-style-type: none"> Branded - Original Salted Peanuts 	<ul style="list-style-type: none"> Hot wings (Takeaway) 				
17	<ul style="list-style-type: none"> Potato Crisps, low fat Supermarket Own Brand Roasted Salted Cashew Nuts 	<ul style="list-style-type: none"> Tomato Ketchup Dip (Takeaway) Crispy Battered Chicken Thigh (Takeaway) 				
18	<ul style="list-style-type: none"> Reduced calorie mayonnaise Sponge cake Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 	<ul style="list-style-type: none"> Crispy Coated Popcorn Style Chicken (Takeaway) 	<ul style="list-style-type: none"> New York Style Baked Cheesecake (Takeaway) 			
19	<ul style="list-style-type: none"> Potato Crisps Digestive biscuits, plain 					
20	<ul style="list-style-type: none"> Peanuts, roasted and salted Olive oil Branded Mini Poppadoms, coriander chutney flavour Supermarket Own Brand Dry Roasted Peanuts Branded Spice Mexican Chilli ridge cut potato chips 		<ul style="list-style-type: none"> Indulgence Dessert (Takeaway) 			

21	<ul style="list-style-type: none"> • Branded Wheat Tubes, Crispy Bacon • Branded Salt & Vinegar Crisps • 	<ul style="list-style-type: none"> • Double Choc Chip Cake (Takeaway) 				
22	<ul style="list-style-type: none"> • Mayonnaise, retail • Chocolate chip Cookies • Branded Chocolate Coated Wafer Bar 					
23	<ul style="list-style-type: none"> • Branded Cheddar Flavour Mini Biscuits 					
24	<ul style="list-style-type: none"> • Branded , Pickled Onion flavour • Branded Potato Rings original potato rings 					
25	<ul style="list-style-type: none"> • Chocolate Coated Whipped Nougat Bar • Butter 					
26	<ul style="list-style-type: none"> • Chocolate Coated Caramel and Nougat Bar • Margarine, soft, polyunsaturated • Branded Prawn Cocktail Maize Snacks 					
27	<ul style="list-style-type: none"> • Branded Corn Sticks - Spicy Flavour 					
28			<ul style="list-style-type: none"> • Cheese Cake (Takeaway) 			

WXY A11 score	Bread	Cereals	Potatoes	Milk and Dairy (inc fat spreads)	Meat, Fish and Alternatives	Ready Meals
-10					<ul style="list-style-type: none"> ▪ Lentils, red, split, dried, boiled in unsalted water ▪ Tofu, soya bean, steamed 	
-9						
-8						
-7						
-6		<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal 				
-5	<ul style="list-style-type: none"> ▪ Crispbread, rye 					
-4		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Instant Hot Oat Cereal 		<ul style="list-style-type: none"> ▪ Fromage frais, virtually fat free, natural 	<ul style="list-style-type: none"> ▪ Chicken, breast, grilled without skin, meat only 	
-3	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value Range Medium Sliced Brown Bread ▪ Supermarket Own Brand Value Range Simply Brown Bread - Medium Sliced ▪ Supermarket Own Brand - Medium Sliced Brown Bread ▪ Supermarket Own Brand Premium Wholemeal Medium Sliced Bread ▪ Branded Wholemeal Bread - Medium Sliced ▪ Wholemeal bread, average 	<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal • Branded Wheat Biscuit Cereal 				<ul style="list-style-type: none"> ▪ Supermarket Own Brand Spaghetti Bolognese ▪ Branded Roast Beef Dinner
-2	<ul style="list-style-type: none"> ▪ Branded Family Life Medium Sliced Brown Loaf ▪ Wholemeal rolls ▪ Supermarket Own Brand 6 Medium Wholemeal Baps 	<ul style="list-style-type: none"> ▪ Muesli, with no added sugar ▪ Branded Wheat Biscuit Cereal - No Added Sugar ▪ Supermarket Own Brand healthy Living 24 Wheat Biscuits 	<ul style="list-style-type: none"> • Supermarket Own Brand Healthy Eating Range Oven Chips • Old potatoes, roast in blended oil 	<ul style="list-style-type: none"> • Skimmed milk, average 		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Chicken Tikka Masala & Rice
-1	<ul style="list-style-type: none"> ▪ Branded Medium Sliced White Bread ▪ Branded Danish Toaster, soft light white bread 	<ul style="list-style-type: none"> ▪ Branded Wheat Biscuit Cereal - Original 	<ul style="list-style-type: none"> ▪ New potatoes, boiled in unsalted water 	<ul style="list-style-type: none"> • Yoghurt, low fat, plain 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value 10 Fish Fingers ▪ Cod, baked ▪ Beef, rump steak, lean only, grilled ▪ Beef, topside, roasted well-done, lean 	<ul style="list-style-type: none"> ▪ Branded Lasagne ▪ Branded Specifically for Weight Loss Spaghetti Bolognese ▪ Supermarket Own Brand Indian Style - Chicken Jalfrezi & Pilau Rice
0	<ul style="list-style-type: none"> ▪ Branded Supreme Medium White Sliced Bread 		<ul style="list-style-type: none"> ▪ Branded Oven Baked Home Style Fries ▪ Supermarket Own 	<ul style="list-style-type: none"> ▪ Yoghurt, low fat, fruit ▪ Whole milk, average ▪ Semi-skimmed milk, 	<ul style="list-style-type: none"> ▪ Eggs, chicken, boiled ▪ Beef, mince, extra lean, stewed 	<ul style="list-style-type: none"> ▪ Branded Beef Stew & Dumplings ▪ Branded Chicken Curry

	<ul style="list-style-type: none"> ▪ Supermarket Own Brand White Thick Sliced Bread • Branded Rolls, 4 Big Soft White • Branded Premium Brown Medium Sliced Bread ▪ Branded Wholemeal Deliciously Soft Wholemeal Bread 		<ul style="list-style-type: none"> Brand Crispy Roasting Potatoes ▪ Takeaway Fries ▪ Oven chips, frozen, baked 	average	<ul style="list-style-type: none"> ▪ Lamb, leg, lean only, roast ▪ Mackerel, grilled 	<ul style="list-style-type: none"> with Rice ▪ Branded Meat Alternative Cottage Pie ▪ Supermarket Own Brand Broccoli Mornay ▪ Supermarket Own Brand 2 Jacket Potatoes with Cheese ▪ Branded Lasagne ▪ Branded Italian Fish Bake ▪ Supermarket Own Brand Cod Portions in Butter Sauce ▪ Supermarket Own Brand Beef in Black Bean Sauce – mild ▪ Chilli con carne
1	<ul style="list-style-type: none"> • White bread, sliced 			<ul style="list-style-type: none"> ▪ Cottage Cheese, plain 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand breaded Chicken Nuggets ▪ Supermarket Own Brand Value Chicken Nuggets ▪ Tuna, canned in oil, drained ▪ Eggs, chicken, fried in vegetable oil ▪ Beef, rump steak, lean and fat, fried 	<ul style="list-style-type: none"> ▪ Branded Specifically for Weight Loss Chicken Curry ▪ Supermarket Own Brand Healthy Eating Range Lasagne
2	<ul style="list-style-type: none"> • Branded Milk Roll, Soft White Sliced Bread 		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Great British Crispy Roast Potatoes ▪ Supermarket Own Brand Potato Croquettes 		<ul style="list-style-type: none"> ▪ Chicken, leg quarter, roasted, meat and skin ▪ Sardines, canned in Tomato sauce 	<ul style="list-style-type: none"> ▪ Branded Specifically For Weight Loss Beef Lasagne ▪ Branded Sweet Chilli Chicken with egg and pea rice
3	<ul style="list-style-type: none"> • Currant buns • Malt bread, fruited 			<ul style="list-style-type: none"> ▪ Fromage frais, plain 	<ul style="list-style-type: none"> ▪ Branded Roasted Chicken Bites ▪ Fish fingers, cod, grilled 	<ul style="list-style-type: none"> ▪ Branded Vegetable Lasagne ▪ Supermarket Own Brand Lasagne ▪ Branded Ocean Pie ▪ Supermarket Own Brand Chicken Curry with Rice • Supermarket Own Brand Mash Potato Topped Cumberland Pie ▪ Lasagne
4			<ul style="list-style-type: none"> ▪ Branded Oven Baked Chips ▪ Branded Chunky Croquettes ▪ Potato croquettes, fried in blended oil 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand 5% Fat Sunflower Low Fat Spread Substitute 		<ul style="list-style-type: none"> ▪ Cottage/Shepherd's pie, chilled/frozen, reheated
5		<ul style="list-style-type: none"> • Porridge, made with water 		<ul style="list-style-type: none"> ▪ Greek yoghurt, sheep 		

6						
7						
8			<ul style="list-style-type: none"> ▪ Supermarket Own Brand 8 Potato Waffles 			
9						
10			<ul style="list-style-type: none"> • Takeaway Fries – no added salt • 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 		
11		<ul style="list-style-type: none"> • Branded Mini Wheat Biscuits Cereal 	<ul style="list-style-type: none"> • Chips, French fries, retail 		<ul style="list-style-type: none"> • Chicken nuggets, takeaway 	
12			<ul style="list-style-type: none"> • Takeaway Onion Rings 	<ul style="list-style-type: none"> • Creme Fraiche, half fat 	<ul style="list-style-type: none"> • Ham 	
13		<ul style="list-style-type: none"> ▪ Branded Puffed Rice Cereal 	<ul style="list-style-type: none"> ▪ Takeaway Fries • Takeaway Potato Wedges 		<ul style="list-style-type: none"> • Walnuts 	
14		<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal (18 biscuits) • Supermarket Own Brand Bran Flakes • Branded Sugar Coated Puffed Oat Cereal 			<ul style="list-style-type: none"> • Supermarket Own Brand 8 Turkey & Chicken Thick Sausages • Supermarket Own Brand Value Range 2 Chicken Kiev 	
15		<ul style="list-style-type: none"> • Branded Bran Cereal Original • Supermarket Own Brand Instant Hot Oats (10 sachets) • Supermarket Own Brand Instant Hot Oat Cereal • Supermarket Own Brand Instant Hot Oat Cereal • Branded Multigrain Hoop Cereal • Branded Flaked Corn Cereal • Branded Flaked Wheat Cereal • Corn Flakes 			<ul style="list-style-type: none"> • Supermarket Own Brand Premium Range Aberdeen Angus Thick Beef Sausages 	
16		<ul style="list-style-type: none"> • Branded Bran Cereal • Branded Flaked Wheat Cereal 				
17		<ul style="list-style-type: none"> • Branded Oat Cluster Crunchy Cereal • Branded Wheat Flakes with Dried Fruit Cereal • Branded Honey and Nut Coated Flaked Corn Cereal • Branded Cocoa Coated Puffed Rice Cereal • Branded Cocoa Coated Puffed Rice Cereal 				
18		<ul style="list-style-type: none"> • Supermarket Own Brand Frosted Flakes • Branded Sugar Coated 		<ul style="list-style-type: none"> • Supermarket Own Brand Reduced Fat Sunflower Spread 		

		Flaked Corn Cereal		<ul style="list-style-type: none"> Supermarket Own Brand Healthy Living Olive Light Spread Branded Light Margarine 		
19		<ul style="list-style-type: none"> Branded Honey and Nut Coated Flaked Corn Cereal Branded Sugar Coated Flaked Corn Cereal 		<ul style="list-style-type: none"> Cheddar type, half fat Camembert 		
20		<ul style="list-style-type: none"> Supermarket Own Brand Triple Chocolate Crunch 		<ul style="list-style-type: none"> Olive oil 	<ul style="list-style-type: none"> Branded 8 Thick Pork & Beef Sausages 	
21					<ul style="list-style-type: none"> Pork sausages, chilled, fried 	
22				<ul style="list-style-type: none"> Branded Butter Alternative Branded Margarine 		
23				<ul style="list-style-type: none"> Cheddar Cheese 	<ul style="list-style-type: none"> Bacon rashers, streaky, fried 	
24		<ul style="list-style-type: none"> Branded Sugar Coated Puffed Oat Cereal 				
25				<ul style="list-style-type: none"> Butter 		
26				<ul style="list-style-type: none"> Supermarket Own Brand Value Range Butter Salted Margarine, soft, polyunsaturated 		

WXY A11 score	Foods High in fat, salt and sugar + Crisps and savoury snacks	Fast Food – Burgers, Chicken	Fast Food - Pizzas	Baked beans and Tinned Pasta	Fruit and vegetable based products	Drinks
-10				<ul style="list-style-type: none"> Branded Reduced Sugar & Salt Baked Beans in Tomato Sauce 		
-9				<ul style="list-style-type: none"> Branded Healthy Baked Beans in Tomato Sauce 		

-8						
-7			<ul style="list-style-type: none"> • Coleslaw (Takeaway) 	<ul style="list-style-type: none"> • Branded Baked Beans • Supermarket Own Brand Value Baked Beans in Tomato sauce 		
-6		<ul style="list-style-type: none"> • Side garden salad (Takeaway) 		<ul style="list-style-type: none"> • Baked beans, canned in Tomato sauce, re-heated 	<ul style="list-style-type: none"> • Peaches, raw • Celery, raw • Lettuce, average, raw • Tomatoes, grilled 	
-5				<ul style="list-style-type: none"> • Supermarket Own Brand Baked Beans in a Tomato Sauce • Branded Baked Beans in a Rich Tomato Sauce 	<ul style="list-style-type: none"> • Celery, boiled in salted water • Mushrooms, common, fried in corn oil 	<ul style="list-style-type: none"> • Fruit juice drink, low calorie, ready to drink
-4				<ul style="list-style-type: none"> • Supermarket Own Brand Baked Beans in a Rich Tomato Sauce • Supermarket Own Brand Beans in Tomato Sauce 	<ul style="list-style-type: none"> • Orange juice, unsweetened • Avocado, average • Rhubarb, stewed with sugar 	<ul style="list-style-type: none"> • Orange juice, unsweetened
-3					<ul style="list-style-type: none"> • Pineapple, canned in juice 	<ul style="list-style-type: none"> • Fruit juice drink, ready to drink • Tomato juice • Apple juice, unsweetened • Grape juice, unsweetened • Pineapple juice, unsweetened
-2		<ul style="list-style-type: none"> • Roasted Caesar salad without dressing and croutons (Takeaway) 				<ul style="list-style-type: none"> • Skimmed milk, average
-1		<ul style="list-style-type: none"> • Takeaway Veggie Burger with Mayonnaise 		<ul style="list-style-type: none"> • Branded Spaghetti in a rich Tomato sauce 		<ul style="list-style-type: none"> • Flavoured milk, pasteurised, Chocolate • Lassi, sweetened • Soya, non-dairy alternative to milk, unsweetened • Soya, non-dairy alternative to milk, sweetened, calcium enriched •
0		<ul style="list-style-type: none"> • Caesar salad • Crispy BLT salad without dressing (Takeaway) 	<ul style="list-style-type: none"> • Vegetarian (Takeaway) 			<ul style="list-style-type: none"> • Water, distilled • Tea, black, infusion, average • Coffee, infusion, average • Cola, diet • Whole milk, average • Semi-skimmed milk, average • Flavoured milk, pasteurised

1			<ul style="list-style-type: none"> • Potato wedges (Takeaway) • Lower fat Pizza - Diced chicken, red onion and green pepper (Takeaway) 	<ul style="list-style-type: none"> • Supermarket Own Brand Kids range Spaghetti Letters 		<ul style="list-style-type: none"> • Lemonade • Drinking Chocolate powder, made up with semi-skimmed milk
2		<ul style="list-style-type: none"> • Deli Style Sandwiches - Roast Beef and mature cheddar (Takeaway) 	<ul style="list-style-type: none"> • Extra Large Pizza - Chicken e (Takeaway) 			<ul style="list-style-type: none"> • Cola • Fruit juice drink, carbonated, ready to drink • Channel Island milk, whole, pasteurised • Milkshake, thick, takeaway • Fizzy Orange Drink (Takeaway) • 1% low fat Chocolate milk
3		<ul style="list-style-type: none"> • Fruit Jelly (Takeaway) 	<ul style="list-style-type: none"> • Deep Pan Pizza chicken Supreme (Takeaway) • Thin and Crispy Vegetarian (Takeaway) 	<ul style="list-style-type: none"> • Branded Spaghetti Bolognese • Supermarket Own Brand Beef Ravioli in spicy Tomato & beef sauce 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 	<ul style="list-style-type: none"> • Drinking Chocolate powder, made up with whole milk
4		<ul style="list-style-type: none"> • Fruit & Yoghurt (Takeaway) • French fries King size - no added salt (Takeaway) • Flame Grilled Beef Patty in Sesame Seed Bun (Takeaway) 	<ul style="list-style-type: none"> • Vegetarian Supreme (Takeaway) 			<ul style="list-style-type: none"> • Milkshake – Vanilla (large) (Takeaway)
5			<ul style="list-style-type: none"> • Lower Fat Pizza - Ham, pineapple and diced red Tomato (Takeaway) 		<ul style="list-style-type: none"> • Fruit crumble 	
6				<ul style="list-style-type: none"> • Supermarket Own Brand Spaghetti Rings in Tomato Sauce 		<ul style="list-style-type: none"> • Milkshake , large-strawberry (syrup added) (Takeaway)
7						<ul style="list-style-type: none"> • Milkshake , large-Chocolate (syrup added) (Takeaway)
8						
9						
10	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 					
11		<ul style="list-style-type: none"> • Double Beef Patty in Sesame Seed Bun (Takeaway) • Takeaway Fish Burger • Crispy Chicken sandwich (Takeaway) • Double Beef Patty in Sesame Seed Bun with Special Sauce (Takeaway) 	<ul style="list-style-type: none"> • Cheese and Tomato deluxe 9.5" (Takeaway) • Crispy Chicken Strips (Takeaway) 			

12		<ul style="list-style-type: none"> Onion Rings (Takeaway) Cheese Burger (Takeaway) Crispy Chicken Tortilla Wrap (Takeaway) Grilled Chicken Caesar Salad with Low Fat Light Caesar Dressing and Croutons (Takeaway) Double Sausage & Egg Breakfast English Muffin(TM) (Takeaway) Crispy Battered Chicken Breast (Takeaway) Lemon meringue pie (Takeaway) 				
13	<ul style="list-style-type: none"> Doughnuts, jam 	<ul style="list-style-type: none"> French fries King size (Takeaway) Potato wedges (Takeaway) Flame Grilled Beef Patty in Sesame Seed Bun with Cheese (Takeaway) Double flame grilled Burger (Takeaway) Crispy Battered Chicken Drumstick (Takeaway) 	<ul style="list-style-type: none"> Extra Toppings Pizza (Takeaway) Large Deep Pan Pizza Cheese only (Takeaway) Hot Chicken Wings (Takeaway) 		<ul style="list-style-type: none"> Currants 	
14		<ul style="list-style-type: none"> Bacon Roll (Takeaway) 	<ul style="list-style-type: none"> Large Cheese Stuffed Crust Pizza (Takeaway) Large Pan Thin and Crispy Pizza - Quartered Ham (Takeaway) 6" Pizza – Extra Toppings (Takeaway) 			
15		<ul style="list-style-type: none"> Cheese Burger (Takeaway) Crispy Chicken Strips (Takeaway) 	<ul style="list-style-type: none"> 12" Medium Pan Pizza Extra Meat (Takeaway) 			
16			<ul style="list-style-type: none"> 12" Medium Pizza - Pepperoni (Takeaway) 			
17		<ul style="list-style-type: none"> Tomato Ketchup Dip (Takeaway) Hot wings (Takeaway) Crispy Battered Chicken Thigh (Takeaway) 	<ul style="list-style-type: none"> Garlic bread with Cheese (Takeaway) 			
18	<ul style="list-style-type: none"> Reduced calorie mayonnaise 	<ul style="list-style-type: none"> Popcorn Style Crispy Coated Chicken Bites (Takeaway) 				

19	<ul style="list-style-type: none"> Sponge cake Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 		<ul style="list-style-type: none"> Low Carbohydrate Range - Meat (net carbs 26g) (Takeaway) New York Style Baked Cheesecake (Takeaway) 			
20	<ul style="list-style-type: none"> Peanuts, roasted and salted Branded Wheat Sticks - Yeast Extract Coated Olive oil 		<ul style="list-style-type: none"> Low Carbohydrate Range - Pepperoni (net carbs 23g) (Takeaway) Indulgence Dessert (Takeaway) 			
21	<ul style="list-style-type: none"> Branded - Original Salted Peanuts 					
22	<ul style="list-style-type: none"> Supermarket Own Brand Roasted Salted Cashew Nuts Potato Crisps, low fat Digestive biscuits, plain Mayonnaise, retail 					
23						
24	<ul style="list-style-type: none"> Potato Crisps Chocolate chip Cookies 	<ul style="list-style-type: none"> Double Choc Chip Cake (Takeaway) 				
25	<ul style="list-style-type: none"> Branded Mini Poppadoms, coriander chutney flavour Supermarket Own Brand Dry Roasted Peanuts Branded Spice Mexican Chilli ridge cut potato chips Chocolate Coated Whipped Nougat Bar Butter 					
26	<ul style="list-style-type: none"> Branded Wheat Tubes, Crispy Bacon Branded Salt & Vinegar Crisps Branded Cheddar Flavour Mini Biscuits Branded , Pickled Onion flavour Branded Potato Rings original potato rings Chocolate Coated Caramel and Nougat Bar Margarine, soft, polyunsaturated 					
27	<ul style="list-style-type: none"> Branded Chocolate Coated Wafer Bar Branded Prawn Cocktail Maize Snacks Branded Corn Sticks - Spicy Flavour 					

28			• Cheese Cake (Takeaway)			
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WXY AP11 score	Bread	Cereals	Potatoes	Milk and Dairy (inc fat spreads)	Meat, Fish and Alternatives	Ready Meals
-10					<ul style="list-style-type: none"> ▪ Lentils, red, split, dried, boiled in unsalted water ▪ Tofu, soya bean, steamed 	
-9						
-8						
-7						
-6		<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal 				
-5	<ul style="list-style-type: none"> ▪ Crispbread, rye 					
-4		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Instant Hot Oat Cereal 		<ul style="list-style-type: none"> ▪ Fromage frais, virtually fat free, natural 	<ul style="list-style-type: none"> ▪ Chicken, breast, grilled without skin, meat only 	
-3	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value Range Medium Sliced Brown Bread ▪ Supermarket Own Brand Value Range Simply Brown Bread - Medium Sliced ▪ Supermarket Own Brand - Medium Sliced Brown Bread ▪ Supermarket Own Brand Premium Wholemeal Medium Sliced Bread ▪ Branded Wholemeal 	<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal • Branded Wheat Biscuit Cereal 				<ul style="list-style-type: none"> ▪ Supermarket Own Brand Spaghetti Bolognese ▪ Branded Roast Beef Dinner

	<ul style="list-style-type: none"> Bread - Medium Sliced Wholemeal bread, average 					
-2	<ul style="list-style-type: none"> Branded Family Life Medium Sliced Brown Loaf Wholemeal rolls Supermarket Own Brand 6 Medium Wholemeal Baps 	<ul style="list-style-type: none"> Muesli, with no added sugar Branded Wheat Biscuit Cereal - No Added Sugar Supermarket Own Brand healthy Living 24 Wheat Biscuits 	<ul style="list-style-type: none"> Supermarket Own Brand Healthy Eating Range Oven Chips Old potatoes, roast in blended oil 	<ul style="list-style-type: none"> Skimmed milk, average 		<ul style="list-style-type: none"> Supermarket Own Brand Chicken Tikka Masala & Rice
-1	<ul style="list-style-type: none"> Branded Medium Sliced White Bread Branded Danish Toaster, soft light white bread 	<ul style="list-style-type: none"> Branded Wheat Biscuit Cereal - Original 	<ul style="list-style-type: none"> New potatoes, boiled in unsalted water 	<ul style="list-style-type: none"> Yoghurt, low fat, plain 	<ul style="list-style-type: none"> Supermarket Own Brand Value 10 Fish Fingers Cod, baked Beef, rump steak, lean only, grilled Beef, topside, roasted well-done, lean 	<ul style="list-style-type: none"> Branded Lasagne Branded Specifically for Weight Loss Spaghetti Bolognese Supermarket Own Brand Indian Style - Chicken Jalfrezi & Pilau Rice
0	<ul style="list-style-type: none"> Branded Supreme Medium White Sliced Bread Supermarket Own Brand White Thick Sliced Bread Branded Rolls, 4 Big Soft White Branded Premium Brown Medium Sliced Bread Branded Wholemeal Deliciously Soft Wholemeal Bread 		<ul style="list-style-type: none"> Branded Oven Bake Home Style Fries Supermarket Own Brand Crispy Roasting Potatoes Takeaway Fries Oven chips, frozen, baked 	<ul style="list-style-type: none"> Yoghurt, low fat, fruit Whole milk, average Semi-skimmed milk, average 	<ul style="list-style-type: none"> Eggs, chicken, boiled Beef, mince, extra lean, stewed Lamb, leg, lean only, roast Mackerel, grilled 	<ul style="list-style-type: none"> Branded Beef Stew & Dumplings Branded Chicken Curry with Rice Branded Meat Alternative Cottage Pie Supermarket Own Brand Broccoli Mornay Supermarket Own Brand 2 Jacket Potatoes with Cheese Branded Lasagne Branded Italian Fish Bake Supermarket Own Brand Cod Portions in Butter Sauce Supermarket Own Brand Beef in Black Bean Sauce – mild Chilli con carne
1	<ul style="list-style-type: none"> White bread, sliced 			<ul style="list-style-type: none"> Cottage Cheese, plain 	<ul style="list-style-type: none"> Supermarket Own Brand breaded Chicken Nuggets Supermarket Own Brand Value Chicken Nuggets Tuna, canned in oil, drained Eggs, chicken, fried in vegetable oil Beef, rump steak, lean and fat, fried 	<ul style="list-style-type: none"> Branded Specifically for Weight Loss Chicken Curry Supermarket Own Brand Healthy Eating Range Lasagne
2	<ul style="list-style-type: none"> Branded Milk Roll, Soft White Sliced Bread 		<ul style="list-style-type: none"> Supermarket Own Brand Great British Crispy Roast Potatoes Supermarket Own Brand Potato 		<ul style="list-style-type: none"> Chicken, leg quarter, roasted, meat and skin Sardines, canned in Tomato sauce 	<ul style="list-style-type: none"> Branded Specifically For Weight Loss Beef Lasagne Branded Sweet Chilli Chicken with egg and

			Croquettes			pea rice
3	<ul style="list-style-type: none"> • Currant buns • Malt bread, fruited 			<ul style="list-style-type: none"> ▪ Fromage frais, plain 	<ul style="list-style-type: none"> ▪ Branded Roasted Chicken Bites ▪ Fish fingers, cod, grilled 	<ul style="list-style-type: none"> ▪ Branded Vegetable Lasagne ▪ Supermarket Own Brand Lasagne ▪ Branded Ocean Pie ▪ Supermarket Own Brand Chicken Curry with Rice • Supermarket Own Brand Mash Potato Topped Cumberland Pie ▪ Lasagne
4			<ul style="list-style-type: none"> ▪ Branded Oven Baked Chips ▪ Branded Chunky Croquettes • Potato croquettes, fried in blended oil • Takeaway Fries – no added salt 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand 5% Fat Sunflower Low Fat Spread Substitute 		<ul style="list-style-type: none"> ▪ Cottage/Shepherd's pie, chilled/frozen, reheated
5		<ul style="list-style-type: none"> • Porridge, made with water 		<ul style="list-style-type: none"> ▪ Greek yoghurt, sheep 		
6		<ul style="list-style-type: none"> • Branded Mini Wheat Biscuits Cereal 				
7						
8						
9		<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal (18 biscuits) • Supermarket Own Brand Bran Flakes • Branded Sugar Coated Puffed Oat Cereal 	<ul style="list-style-type: none"> • Supermarket Own Brand 8 Potato Waffles • Chips, French fries, retail 		<ul style="list-style-type: none"> • Walnuts 	
10		<ul style="list-style-type: none"> • Branded Bran Cereal Original • Supermarket Own Brand Instant Hot Oats (10 sachets) • Supermarket Own Brand Instant Hot Oat Cereal • Supermarket Own Brand Instant Hot Oat Cereal • Branded Multigrain Hoop Cereal • Branded Flaked Corn Cereal 		<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 		
11		<ul style="list-style-type: none"> • Branded Bran Cereal • 			<ul style="list-style-type: none"> • Chicken nuggets, takeaway 	
12		<ul style="list-style-type: none"> • Branded Puffed Rice Cereal 	<ul style="list-style-type: none"> • Takeaway Onion Rings 	<ul style="list-style-type: none"> • Creme Fraiche, half fat 	<ul style="list-style-type: none"> • Ham 	

		<ul style="list-style-type: none"> • Branded Wheat Flakes with Dried Fruit Cereal • Branded Oat Cluster Crunchy Cereal 				
13		<ul style="list-style-type: none"> • Branded Flaked Wheat Cereal ▪ Branded Flaked Wheat Cereal 	<ul style="list-style-type: none"> ▪ Takeaway Fries • Takeaway Potato Wedges 	<ul style="list-style-type: none"> • Branded Light Margarine 		
14		<ul style="list-style-type: none"> • Branded Honey and Nut Coated Flaked Corn Cereal 			<ul style="list-style-type: none"> • Supermarket Own Brand 8 Turkey & Chicken Thick Sausages • Supermarket Own Brand Value Range 2 Chicken Kiev • Supermarket Own Brand Premium Range Aberdeen Angus Thick Beef Sausages 	
15		<ul style="list-style-type: none"> • Branded Cocoa Coated Puffed Rice Cereal • Supermarket Own Brand Triple Chocolate Crunch Cereal 				
16		<ul style="list-style-type: none"> • Supermarket Own Brand Frosted Flakes • Branded Sugar Coated Flaked Corn Cereal 				
17		<ul style="list-style-type: none"> • Branded Cocoa Coated Puffed Rice Cereal 				
18				<ul style="list-style-type: none"> • Supermarket Own Brand Reduced Fat Sunflower Spread • Supermarket Own Brand Healthy Living Olive Light Spread 		
19				<ul style="list-style-type: none"> • Cheddar type, half fat • Camembert 		
20		<ul style="list-style-type: none"> • Branded Sugar Coated Puffed Oat Cereal 		<ul style="list-style-type: none"> • Olive oil 	<ul style="list-style-type: none"> • Branded 8 Thick Pork & Beef Sausages 	
21					<ul style="list-style-type: none"> • Pork sausages, chilled, fried 	
22				<ul style="list-style-type: none"> • Branded Butter Alternative • Branded Margarine 		
23				<ul style="list-style-type: none"> • Cheddar Cheese 	<ul style="list-style-type: none"> • Bacon rashers, streaky, fried 	
24						
25				<ul style="list-style-type: none"> • Butter 		
26				<ul style="list-style-type: none"> • Supermarket Own Brand Value Range Butter Salted 		

				<ul style="list-style-type: none"> Margarine, soft, polyunsaturated 		
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WXYA P11 score	Foods High in fat, salt and sugar + Crisps and savoury snacks	Fast Food – Burgers, Chicken	Fast Food - Pizzas	Baked beans and Tinned Pasta	Fruit and vegetable based products	Drinks
-10				<ul style="list-style-type: none"> Branded Reduced Sugar & Salt Baked Beans in Tomato Sauce 		
-9				<ul style="list-style-type: none"> Branded Healthy Baked Beans in Tomato Sauce 		
-8						
-7			<ul style="list-style-type: none"> Coleslaw (Takeaway) 	<ul style="list-style-type: none"> Branded Baked Beans Supermarket Own Brand Value Baked Beans in Tomato sauce 		
-6		<ul style="list-style-type: none"> Side garden salad (Takeaway) 		<ul style="list-style-type: none"> Baked beans, canned in Tomato sauce, re-heated 	<ul style="list-style-type: none"> Peaches, raw Celery, raw Lettuce, average, raw Tomatoes, grilled 	
-5				<ul style="list-style-type: none"> Supermarket Own Brand Baked Beans in a Tomato Sauce Branded Baked Beans in a Rich Tomato Sauce 	<ul style="list-style-type: none"> Celery, boiled in salted water Mushrooms, common, fried in corn oil 	<ul style="list-style-type: none"> Fruit juice drink, low calorie, ready to drink
-4				<ul style="list-style-type: none"> Supermarket Own Brand Baked Beans in a Rich Tomato Sauce Supermarket Own Brand Beans in Tomato Sauce 	<ul style="list-style-type: none"> Orange juice, unsweetened Avocado, average Rhubarb, stewed with sugar 	<ul style="list-style-type: none"> Orange juice, unsweetened
-3					<ul style="list-style-type: none"> Pineapple, canned in juice 	<ul style="list-style-type: none"> Fruit juice drink, ready to drink Tomato juice Apple juice, unsweetened Grape juice, unsweetened Pineapple juice, unsweetened
-2		<ul style="list-style-type: none"> Roasted Caesar salad without dressing and croutons (Takeaway) 				<ul style="list-style-type: none"> Skimmed milk, average
-1		<ul style="list-style-type: none"> Takeaway Veggie Burger with mayo 		<ul style="list-style-type: none"> Branded Spaghetti in a rich Tomato sauce 		<ul style="list-style-type: none"> Flavoured milk, pasteurised, Chocolate

						<ul style="list-style-type: none"> • Lassi, sweetened • Soya, non-dairy alternative to milk, unsweetened • Soya, non-dairy alternative to milk, sweetened, calcium enriched •
0		<ul style="list-style-type: none"> • Caesar salad • Crispy BLT salad without dressing (Takeaway) 	<ul style="list-style-type: none"> • Vegetarian Supreme (Takeaway) 			<ul style="list-style-type: none"> • Water, distilled • Tea, black, infusion, average • Coffee, infusion, average • Cola, diet • Whole milk, average • Semi-skimmed milk, average • Flavoured milk, pasteurised
1			<ul style="list-style-type: none"> • Potato wedges (Takeaway) • 12" lower fat Pizza - Diced chicken, red onion and green pepper (Takeaway) 	<ul style="list-style-type: none"> • Supermarket Own Brand Kids Range Spaghetti Letters 		<ul style="list-style-type: none"> • Lemonade • Drinking Chocolate powder, made up with semi-skimmed milk
2		<ul style="list-style-type: none"> • Deli Style Sandwiches - Roast Beef and mature cheddar (Takeaway) 	<ul style="list-style-type: none"> • Extra Large Pizza - Chicken Supreme (Takeaway) 			<ul style="list-style-type: none"> • Cola • Fruit juice drink, carbonated, ready to drink • Channel Island milk, whole, pasteurised • Milkshake, thick, takeaway • 1% low fat Chocolate milk • Fizzy Orange Drink (Takeaway)
3		<ul style="list-style-type: none"> • Fruit Jelly (Takeaway) 	<ul style="list-style-type: none"> • 12" Medium Pan Pizza chicken Supreme (Takeaway) 	<ul style="list-style-type: none"> • Branded Spaghetti Bolognese • Supermarket Own Brand Beef Ravioli in spicy Tomato & beef sauce 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 	<ul style="list-style-type: none"> • Drinking Chocolate powder, made up with whole milk
4		<ul style="list-style-type: none"> • Fruit & Yoghurt (Takeaway) • Flame Grilled Beef Patty in Sesame Bun Sandwich (Takeaway) 	<ul style="list-style-type: none"> • 12" Medium Thin and Crispy Veggie (Takeaway) 			<ul style="list-style-type: none"> • Milkshake – Vanilla (large) (Takeaway)
5			<ul style="list-style-type: none"> • 14" lower fat Pizza - Ham, pineapple and diced red Tomato (Takeaway) 		<ul style="list-style-type: none"> • Fruit crumble 	
6				<ul style="list-style-type: none"> • Supermarket Own Brand Spaghetti Rings 	<ul style="list-style-type: none"> • Currants 	<ul style="list-style-type: none"> • Milkshake , large-strawberry (syrup)

7			<ul style="list-style-type: none"> Cheese and Tomato deluxe 9.5" (Takeaway) 	in Tomato Sauce		<ul style="list-style-type: none"> Milkshake , large-Chocolate (syrup added) (Takeaway)
8	<ul style="list-style-type: none"> Doughnuts, jam 	<ul style="list-style-type: none"> Double Beef Patty in Sesame Bun (Takeaway) (Onion Rings (Takeaway) 3) 				
9		<ul style="list-style-type: none"> Takeaway fish Burger Cheese Burger (Takeaway) French fries King size - no added salt (Takeaway) Potato wedges (Takeaway) French fries King size (Takeaway) 				
10	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 	<ul style="list-style-type: none"> Crispy Chicken sandwich (Takeaway) Double Beef Patty in Sesame Bun with Special Sauce (Takeaway) 	<ul style="list-style-type: none"> Vegetarian Supreme (Takeaway) 			
11		<ul style="list-style-type: none"> Crispy Chicken Tortilla Wrap (Takeaway) Lemon meringue pie (Takeaway) Grilled Chicken Caesar Salad with Low Fat Light Caesar Dressing and Croutons (Takeaway) Double Sausage & Egg Breakfast English Muffin (Takeaway) 	<ul style="list-style-type: none"> Crispy Chicken Strips (Takeaway) Extra Toppings Pizza 9.5" (Takeaway) 			
12		<ul style="list-style-type: none"> Crispy Battered Chicken Breast (Takeaway) Flame Grilled Beef Patty in Sesame Bun Sandwich with Cheese (Takeaway) Bacon Roll (Takeaway) 	<ul style="list-style-type: none"> 14" Large Pan Pizza Cheese only (Takeaway) 14" Large Cheese stuffed Crust Pizza Extra Toppings (Takeaway) 			
13		<ul style="list-style-type: none"> Double Flame Grilled Burger (Takeaway) Crispy Battered Chicken Drumstick (Takeaway) 	<ul style="list-style-type: none"> Hot Chicken Wings (Takeaway) 14" Large Pan Thin and Crispy Pizza - Quartered Ham (Takeaway) 6" Pizza - (Takeaway) 12" Medium Pan Pizza 			

14		<ul style="list-style-type: none"> Cheese Burger (Takeaway) 	<ul style="list-style-type: none"> -Meat (Takeaway) 12" Pizza - pepperoni (Takeaway) Low Carbohydrate Pizza - Meat (net carbs 26g) (Takeaway) 			
15	<ul style="list-style-type: none"> Branded Wheat Sticks - Yeast Extract Coated 	<ul style="list-style-type: none"> Crispy Chicken Strips (Takeaway) 	<ul style="list-style-type: none"> Garlic bread with Cheese (Takeaway) Low Carbohydrate Pizza - Pepperoni (net carbs 23g) (Takeaway) 			
16	<ul style="list-style-type: none"> Branded - Original Salted Peanuts 	<ul style="list-style-type: none"> Hot wings (Takeaway) 				
17	<ul style="list-style-type: none"> Potato Crisps, low fat Supermarket Own Brand Roasted Salted Cashew Nuts 	<ul style="list-style-type: none"> Tomato Ketchup Dip (Takeaway) Crispy Battered Chicken Thigh (Takeaway) 				
18	<ul style="list-style-type: none"> Reduced calorie mayonnaise Sponge cake Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 	<ul style="list-style-type: none"> Popcorn Style Crispy Coated Chicken (Takeaway) 	<ul style="list-style-type: none"> New York Style Baked Cheesecake (Takeaway) 			
19	<ul style="list-style-type: none"> Potato Crisps Digestive biscuits, plain 					
20	<ul style="list-style-type: none"> Peanuts, roasted and salted Olive oil Branded Mini Poppadoms, coriander chutney flavour Supermarket Own Brand Dry Roasted Peanuts Branded Spicy Mexican Chilli ridge cut potato chips 		<ul style="list-style-type: none"> Indulgence (Takeaway) 			
21	<ul style="list-style-type: none"> Branded Wheat Tubes , Crispy Bacon Branded Salt & Vinegar Crisps 	<ul style="list-style-type: none"> Double Choc Chip Cake (Takeaway) 				
22	<ul style="list-style-type: none"> Mayonnaise, retail Chocolate chip Cookies Branded Chocolate Coated Wafer Bar 					
23	<ul style="list-style-type: none"> Branded Cheddar Flavour Mini Biscuits 					
24	<ul style="list-style-type: none"> Branded Pickled Onion 					

	flavour • Branded Potato Rings					
25	• Branded Chocolate Coated Whipped Nougat Bar • Butter					
26	• Branded Chocolate Coated Caramel and Nougat Bar • Margarine, soft, polyunsaturated • Branded Maize Snacks - Prawn Cocktail					
27	• Branded Corn snack - spicy flavour					
28			• Cheese Cake (Takeaway)			

ANNEX 2

WXY score	Bread	Cereals	Potatoes	Milk and Dairy (inc fat spreads)	Meat, Fish and Alternatives	Ready Meals
-10					<ul style="list-style-type: none"> ▪ Lentils, Red, Split, Dried, Boiled in Unsalted Water ▪ Tofu, Soya Bean, Steamed 	
-9						
-8						
-7						
-6						
-5	▪ Crisp-bread, Rye					
-4		▪ Supermarket Own Brand Instant Hot Oat Cereal		▪ Fromage Frais, Virtually Fat Free, Natural	▪ Crispy Battered Chicken Breast, Grilled Without Skin, Meat Only	

-3	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Medium Sliced Brown Bread ▪ Supermarket Value Range Brand Medium Sliced Brown Bread ▪ Supermarket Value Range Brand Brown Bread - Medium Sliced ▪ Supermarket Own Brand Premium Range Wholemeal Medium Sliced Bread ▪ Branded Wholemeal Bread - Medium Sliced ▪ Wholemeal Bread, Average 	<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal 				<ul style="list-style-type: none"> ▪ Supermarket Own Brand Spaghetti Bolognese ▪ Branded Roast Beef Dinner
-2	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Medium Sliced Brown Loaf ▪ Wholemeal Bread Rolls 	<ul style="list-style-type: none"> • Muesli, With No Added Sugar • Branded Swiss Style Muesli - No Added Sugar • Supermarket Healthy Eating Range Brand Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • Supermarket Healthy Eating Range Own Brand Oven Chips • Old Potatoes, Roasted in Blended Oil 	<ul style="list-style-type: none"> • Skimmed Milk, Average 		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Chicken Tikka Masala & Rice
-1	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Medium Wholemeal Buns ▪ Branded Medium Sliced White Bread ▪ Branded Danish, Soft Light White Bread For Toasting 	<ul style="list-style-type: none"> ▪ Branded Swiss Style Muesli - Original 	<ul style="list-style-type: none"> ▪ New Potatoes, Boiled In Unsalted Water 	<ul style="list-style-type: none"> • Yoghurt, Low Fat, Plain 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value Range Fish Fingers ▪ Cod, Baked; ▪ Beef, Rump Steak, Lean Only, Grilled; ▪ Beef, Topside, Roasted Well-done, Lean 	<ul style="list-style-type: none"> ▪ Branded Lasagne ▪ Branded Specifically for Weight Loss Spaghetti Bolognese ▪ Supermarket Own Brand Indian Style - Chicken Jalfrezi & Pilau Rice
0	<ul style="list-style-type: none"> ▪ Branded Premium Range Brown Medium Sliced Bread ▪ Branded Wholemeal Deliciously Soft Wholemeal Bread ▪ Branded Supreme Medium White Sliced Bread ▪ Supermarket Own Brand White Thick Sliced Bread ▪ Branded Soft White Bread Rolls 		<ul style="list-style-type: none"> ▪ Branded Oven Baked Potato Chips "Home Fried Style" ▪ Supermarket Own Brand Crispy Roasting Potatoes ▪ Takeaway, Fries ▪ Oven Chips, Frozen Baked 	<ul style="list-style-type: none"> ▪ Yoghurt, Low Fat, Fruit ▪ Semi-Skimmed Milk, Average ▪ Whole Milk, Average 	<ul style="list-style-type: none"> ▪ Mackerel, Grilled, ▪ Lamb, Leg, Lean Only, Roast; ▪ Eggs, Chicken, Boiled; ▪ Beef, Minced, Extra Lean, Stewed 	<ul style="list-style-type: none"> ▪ Branded Lasagne ▪ Branded Beef Stew & Dumplings ▪ Branded Italian Fish Bake ▪ Supermarket Own Brand Cod Portions in Butter Sauce ▪ Branded Chicken Curry with Rice ▪ Branded Meat Alternative Cottage Pie ▪ Supermarket Own Brand Broccoli Mornay ▪ Supermarket Own Brand Jacket Potatoes with Cheese ▪ Supermarket Own Brand Beef in Black Bean Sauce – Mild Chilli Con Carne
1	<ul style="list-style-type: none"> • White Bread, Sliced 	<ul style="list-style-type: none"> • Branded Mini Wheat Biscuits Cereal 		<ul style="list-style-type: none"> ▪ Cottage cheese, plain; 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Breaded Chicken Nuggets 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Breaded Range Lasagne

					<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value Range Chicken Nuggets ▪ Tuna, canned in oil, Drained; ▪ Eggs Chicken, Fried in Vegetable Oil; ▪ Beef Rump Steak, Lean and Fat, Fried 	<ul style="list-style-type: none"> ▪ Branded Specifically for Weight Loss Chicken Curry
2	<ul style="list-style-type: none"> • Branded Milk Roll, Soft White Sliced Bread 		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Great British Crispy Roast Potatoes ▪ Supermarket Own Brand Potato Croquettes 		<ul style="list-style-type: none"> ▪ Chicken, Leg Quartered, Roasted, Meat and Skin ▪ Sardines, Canned In Tomato Sauce 	<ul style="list-style-type: none"> ▪ Branded Specifically for Weight Loss Beef Lasagne ▪ Branded Sweet Chilli Chicken With Egg and Pea Rice
3	<ul style="list-style-type: none"> • Malt Bread, Fruited • Currant buns 			<ul style="list-style-type: none"> ▪ Fromage Frais, plain; 	<ul style="list-style-type: none"> ▪ Branded Roasted Chicken Bites ▪ Fish Fingers, Cod, Grilled 	<ul style="list-style-type: none"> ▪ Branded Vegetable Lasagne ▪ Supermarket Own Brand Lasagne ▪ Supermarket Own Brand Mash Potato Topped Cumberland Pie ▪ Branded Ocean Pie ▪ Supermarket Own Brand Chicken Curry With Rice ▪ Lasagne
4		<ul style="list-style-type: none"> • Branded Wheat Biscuit Cereal • Supermarket Own Brand Bran Flaked 	<ul style="list-style-type: none"> ▪ Takeaway Fries – No Added Salt ▪ Branded Oven Chips ▪ Branded Chunky Croquettes ▪ Potato Croquettes, Fried in Blended Oil 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand 5% Fat Sunflower Low Fat Spread Substitute 	<ul style="list-style-type: none"> ▪ Walnuts 	<ul style="list-style-type: none"> ▪ Cottage / Shepherds Pie, Frozen, Reheated
5		<ul style="list-style-type: none"> • Branded Bran Cereal, Original • Supermarket Own Brand Instant Hot Oats • Supermarket Own Brand Instant Hot Oat Cereal • Supermarket Own Brand Instant Hot Oat Cereal • Branded Multigrain Hoops Cereal 		<ul style="list-style-type: none"> ▪ Greek Yoghurt, Sheep 		
6		<ul style="list-style-type: none"> • Branded Bran Cereal 	<ul style="list-style-type: none"> • Takeaway onion rings 		<ul style="list-style-type: none"> ▪ Chicken Nuggets, Takeaway 	
7		<ul style="list-style-type: none"> • Branded Sugar Coated Puffed Oat Cereal • Branded Oat Cluster Crunchy Cereal • Branded Flaked Corn Cereal 	<ul style="list-style-type: none"> • Chips, French Fries, Retail • Takeaway French Fries • Takeaway Potato Wedges 		<ul style="list-style-type: none"> • Ham 	
8		<ul style="list-style-type: none"> • Branded Wheat Flaked 	<ul style="list-style-type: none"> ▪ Supermarket Own 		<ul style="list-style-type: none"> ▪ Supermarket Own 	

		<ul style="list-style-type: none"> Cereal Branded Wheat Flaked with Dried Fruit Cereal 	Brand Potato Waffles		Brand Turkey & Chicken Thick Sausages	
9		<ul style="list-style-type: none"> Branded Puffed Rice Cereal 			<ul style="list-style-type: none"> Supermarket Own Brand Aberdeen Angus Thick Beef Sausages 	
10		<ul style="list-style-type: none"> Flaked Corn Cereal 		<ul style="list-style-type: none"> Fat Spread, 20-25% Polyunsaturated 		
11		<ul style="list-style-type: none"> Supermarket Own Brand Triple Chocolate Crunch Cereal Branded Honey and Nut Coated Flaked Corn Cereal 		<ul style="list-style-type: none"> Crème Fraiche, Half Fat 		
12		<ul style="list-style-type: none"> Branded Cocoa Coated Puffed Rice Pops Cereal 			<ul style="list-style-type: none"> Supermarket Own Brand Value Range Chicken Kiev 	
13		<ul style="list-style-type: none"> Supermarket Own Brand Sugar Coated Flaked Corn Cereal 				
14		<ul style="list-style-type: none"> Honey and Nut Coated Flaked Corn Cereal Branded Sugar Coated Flaked Corn Cereal 		<ul style="list-style-type: none"> Cheddar Type Cheese, Half Fat; Camembert 		
15		<ul style="list-style-type: none"> Branded Cocoa Coated Puffed Rice Cereal 			<ul style="list-style-type: none"> Branded Thick Pork & Beef Sausages 	
16		<ul style="list-style-type: none"> Sugar Coated Flaked Corn Cereal Branded Sugar Coated Puffed Wheat Cereal 			<ul style="list-style-type: none"> Pork sausages, chilled, fried 	
17						
18				<ul style="list-style-type: none"> Cheddar Cheese Branded Light Margarine Supermarket Own Brand Reduced Fat Sunflower Spread Supermarket Own Brand Healthy Eating Range Olive Oil Light Spread 	<ul style="list-style-type: none"> Bacon Rashers, Streaky, Fried 	
19						
20				<ul style="list-style-type: none"> Olive Oil 		
21						
22				<ul style="list-style-type: none"> Branded Butter Alternative Branded Margarine 		
23						
24						
25				<ul style="list-style-type: none"> Butter 		
26				<ul style="list-style-type: none"> Supermarket Own Brand Value Range Butter, Salted Margarine, Soft, Polyunsaturated 		

WXY score	Foods High in fat, salt and sugar + crisps and savoury snacks	Fast Food – Burgers, Chicken	Fast Food - Pizzas	Baked beans and Tinned Pasta	Fruit and vegetable based products	Drinks
-10				<ul style="list-style-type: none"> • Branded Reduced Sugar & Salt Baked Beans in Tomato Sauce 		
-9				<ul style="list-style-type: none"> • Branded Healthy Eating Range Baked Beans in Tomato Sauce 		
-8						
-7			<ul style="list-style-type: none"> • Takeaway Coleslaw 	<ul style="list-style-type: none"> • Branded Baked Beans • Supermarket Own Brand Value Range Baked Beans in Tomato Sauce 		
-6		<ul style="list-style-type: none"> • Takeaway Green Side Salad 		<ul style="list-style-type: none"> ▪ Baked Beans, Canned in Tomato Sauce, Re-heated 	<ul style="list-style-type: none"> ▪ Peaches, Raw; ▪ Celery, Raw; ▪ Lettuce, Average, Raw; ▪ Tomatoes, Grilled 	
-5				<ul style="list-style-type: none"> • Supermarket Own Brand Value Baked 	<ul style="list-style-type: none"> ▪ Celery, Boiled in Salted Water ▪ Mushrooms, Common, 	<ul style="list-style-type: none"> • Fruit Juice Drink, Low Calorie, Ready to Drink

				Beans in a Tomato Sauce <ul style="list-style-type: none"> Branded Baked Beans in a Rich Tomato Sauce 	Fried in Corn Oil	
-4				<ul style="list-style-type: none"> Supermarket Own Brand Baked Beans in a Rich Tomato Sauce Supermarket Own Brand Baked Beans in Tomato Sauce 	<ul style="list-style-type: none"> Avocado, Average Rhubarb, Stewed With Sugar 	<ul style="list-style-type: none"> Orange Juice, Unsweetened
-3					<ul style="list-style-type: none"> Pineapple, Canned in Juice 	<ul style="list-style-type: none"> Apple Juice, Unsweetened Fruit Juice Drink, Ready to Drink Grape juice, unsweetened Pineapple Juice, Unsweetened Tomato Juice
-2		<ul style="list-style-type: none"> Takeaway Roasted Caesar Salad Without Dressing and Croutons 				<ul style="list-style-type: none"> Skimmed Milk, Average
-1		<ul style="list-style-type: none"> Takeaway Veggie Burger With Mayonnaise 		<ul style="list-style-type: none"> Branded Spaghetti in a Rich Tomato Sauce 		<ul style="list-style-type: none"> Flavoured Milk, Pasteurised, Chocolate Lassi, Sweetened Soya Non-dairy Alternative to Milk Sweetened, Calcium Enriched Soya, Non-dairy Alternative to Milk, Unsweetened
0		<ul style="list-style-type: none"> Takeaway Caesar Salad Takeaway Bacon, Lettuce and Tomato Salad Without Dressing 	<ul style="list-style-type: none"> Takeaway Vegetarian Pizza 			<ul style="list-style-type: none"> Water, distilled Tea, Black, Infusion, Average Coffee, Infusion, Average Cola, Diet Whole Milk, Average Semi-skimmed Milk, Average Flavoured Milk, Pasteurised
1			<ul style="list-style-type: none"> Takeaway Potato wedges Takeaway Lower Fat Diced Chicken, Red Onion and Green Pepper Pizza 	<ul style="list-style-type: none"> Supermarket Own Brand, Children's Range Spaghetti Letters 		<ul style="list-style-type: none"> Lemonade Drinking chocolate powder, Made up With Semi-Skimmed Milk
2		<ul style="list-style-type: none"> Takeaway Delicatessen Style Sandwiches- Roast Beef and mature cheddar 	<ul style="list-style-type: none"> Takeaway Cheese and Tomato Pizza Takeaway Extra Large Chicken Pizza with Extra Toppings 			<ul style="list-style-type: none"> Cola Fruit Juice Drink, Carbonated, Ready to Drink Channel Island Milk, Whole, Pasteurised

						<ul style="list-style-type: none"> • Milkshake, Thick, Takeaway • Takeaway 1% Low Fat Chocolate Milk • Takeaway Carbonated Orange Soda
3		<ul style="list-style-type: none"> • Takeaway Fruit Jelly with Fruit • Takeaway Double Beef Patty Burger in Sesame Seed Bun 	<ul style="list-style-type: none"> • Takeaway Chicken Pizza 	<ul style="list-style-type: none"> • Branded Spaghetti Bolognese • Supermarket Own Brand Beef Ravioli in Spicy Tomato & Beef Sauce 	<ul style="list-style-type: none"> • Strawberries, Canned in Syrup 	<ul style="list-style-type: none"> • Drinking Chocolate Powder, Made Up With Whole Milk
4		<ul style="list-style-type: none"> • Takeaway Flame Grilled Beef Burger in Sesame Seed Bun • Takeaway Fish Burger in Bun • Takeaway French fries- No Added Salt • Takeaway Beef Burger with Cheese in Bun • Takeaway Fruit & Yoghurt Pot 	<ul style="list-style-type: none"> • Takeaway Vegetarian Pizza • Takeaway Thin and Crispy Vegetarian Pizza 			<ul style="list-style-type: none"> • Takeaway Large Milkshake – Vanilla Flavour
5	<ul style="list-style-type: none"> • Doughnuts, jam 	<ul style="list-style-type: none"> • Takeaway Crispy Chicken Sandwich • Takeaway Double Beef Patty Burger with Special Sauce in Sesame Seed Bun 	<ul style="list-style-type: none"> • Takeaway Lower Fat Pizza - Ham, Pineapple and Diced Red Tomato 		<ul style="list-style-type: none"> ▪ Currants ▪ Fruit crumble 	
6		<ul style="list-style-type: none"> • Takeaway Onion Rings • Takeaway Crispy Chicken Strips in Tortilla Wrap • Takeaway Grilled Chicken Caesar Salad with Low Fat Light Caesar Salad Dressing and Croutons • Takeaway Double Sausage & Egg Breakfast English Muffin 	<ul style="list-style-type: none"> • Takeaway Extra Meat Toppings and Cheese Pizza • Takeaway Chicken Strips 	<ul style="list-style-type: none"> • Supermarket Own Brand Spaghetti Rings in Tomato Sauce 		<ul style="list-style-type: none"> • Takeaway Large Milkshake, Strawberry Syrup Added
7		<ul style="list-style-type: none"> • Takeaway Flame Grilled Beef Burger in Sesame Seed Bun with Cheese • Takeaway Special Coated French Fries • Takeaway Battered Crispy Battered Chicken Breast • Takeaway Potato Wedges • Takeaway Battered Chicken Drumstick • Takeaway Breakfast 	<ul style="list-style-type: none"> • Takeaway Cheese Pizza • Takeaway Extra Meat Toppings and Cheese Pizza with Cheese Stuffed Crust 			<ul style="list-style-type: none"> • Takeaway Large Milkshake, Chocolate Syrup added

		Bacon Roll				
8		<ul style="list-style-type: none"> Takeaway Double Flame Grilled Burger Takeaway Spicy Chicken Wings 	<ul style="list-style-type: none"> Takeaway Chicken, Beef and Pepperoni Pizza Takeaway Thin and Crispy Ham Pizza Takeaway Supreme Pizza 			
9		<ul style="list-style-type: none"> Takeaway Flame Grilled Cheese Burger 	<ul style="list-style-type: none"> Takeaway Pepperoni Pizza 			
10	<ul style="list-style-type: none"> Peanuts, Roasted and Salted Branded Wheat Sticks, Yeast Extract Coated 	<ul style="list-style-type: none"> Takeaway Crispy Coated Crispy Battered Chicken Breast Strips 	<ul style="list-style-type: none"> Takeaway Low Carbohydrate Range Pepperoni Pizza Takeaway Garlic Bread with Cheese 			
11	<ul style="list-style-type: none"> Branded Salted Peanuts 	<ul style="list-style-type: none"> Takeaway Spicy Chicken Wings Takeaway Lemon Meringue Pie 				
12	<ul style="list-style-type: none"> Supermarket Own Brand Roasted and Salted Cashew Nuts 	<ul style="list-style-type: none"> Takeaway Battered Crispy Battered Chicken Thigh 	<ul style="list-style-type: none"> Takeaway Low Carbohydrate Range Meat Pizza 			
13	<ul style="list-style-type: none"> Potato Crisps, Low Fat 	<ul style="list-style-type: none"> Takeaway Popcorn Style Crispy Coated Chicken Bites 				
14			<ul style="list-style-type: none"> Takeaway New York Style Baked Cheesecake 			
15	<ul style="list-style-type: none"> Sponge Cake Branded Mini Poppadoms, Coriander Chutney Flavour Supermarket Own Brand Dry Roasted Peanuts 					
16	<ul style="list-style-type: none"> Digestive Biscuits, Plain; Branded Dark Chocolate Coated Orange Jelly Layered Sponge Cakes Potato Crisps Branded Wheat Tubes, Crispy Bacon Flavour Snacks Branded Chilli Flavour Thick Cut Ridged Potato Crisps 					
17	<ul style="list-style-type: none"> Branded salt and vinegar crisps 	<ul style="list-style-type: none"> Takeaway Tomato Ketchup Dip 				
18	<ul style="list-style-type: none"> Branded Chocolate Coated Wafer Biscuits Reduced Calorie Mayonnaise Branded Mini Cheddar 	<ul style="list-style-type: none"> Takeaway Double Chocolate Chip Cake 	<ul style="list-style-type: none"> Takeaway Indulgence Dessert 			

	Flavour Biscuits					
19	▪ Chocolate Chip Cookies					
20	▪ Olive Oil					
21	• Branded Pickled Onion Flavour Maize and Corn Snack					
22	• Mayonnaise, Retail					
23	▪ Branded Chocolate Coated Whipped Nougat Bar ▪ Branded Salted Potato Rings					
24	▪ Branded Chocolate Coated Whipped Nougat and Caramel Bar ▪ Branded Prawn Cocktail Flavoured Maize Snacks					
25	▪ Butter ▪ Branded Spicy Flavoured Corn Snacks		• Takeaway Cheese Cake			
26						

WXYA P11FV N.nut score	Bread	Cereals	Potatoes	Milk and Dairy (inc fat spreads)	Meat, Fish and Alternatives	Ready Meals
-10					<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water Tofu, soya bean, steamed 	
-9						
-8						
-7						
-6		<ul style="list-style-type: none"> Branded Mini Wheat Biscuit Cereal 			<ul style="list-style-type: none"> Nut roast 	
-5	<ul style="list-style-type: none"> Crispbread, rye 					
-4		<ul style="list-style-type: none"> Supermarket Own Brand Instant Hot Oat Cereal 		<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural 	<ul style="list-style-type: none"> Chicken, breast, grilled without skin, meat only 	
-3	<ul style="list-style-type: none"> Wholemeal bread, average Supermarket Own Brand Value Range Medium Sliced Brown Bread Supermarket Own Brand Value Range Brown Bread - Medium Sliced Supermarket Own Brand - Medium Sliced Brown Bread Supermarket Own Brand Premium Range Wholemeal Medium Sliced Bread Branded Wholemeal Bread - Medium Sliced 	<ul style="list-style-type: none"> Branded Wheat Biscuit Cereal 				<ul style="list-style-type: none"> Supermarket Own Brand Spaghetti Bolognese Branded Roast Beef Dinner
-2	<ul style="list-style-type: none"> Branded Medium Sliced Brown Loaf Wholemeal rolls Supermarket Own Brand 6 Medium Wholemeal Baps 	<ul style="list-style-type: none"> Muesli, with no added sugar Branded Wheat Biscuit Cereal - No Added Sugar Supermarket Own Brand Healthy Eating Range 24 Wheat Biscuits 	<ul style="list-style-type: none"> Supermarket Own Brand Healthy Eating Range Oven Chips Old potatoes, roast in blended oil 	<ul style="list-style-type: none"> Skimmed milk, average 		<ul style="list-style-type: none"> Supermarket Own Brand Chicken Tikka Masala & Rice
-1	<ul style="list-style-type: none"> Branded Medium Sliced White Bread Branded Danish Toaster, soft light white bread 	<ul style="list-style-type: none"> Branded Wheat Biscuit Cereal - Original 	<ul style="list-style-type: none"> New potatoes, boiled in unsalted water 	<ul style="list-style-type: none"> Yoghurt, low fat, plain 	<ul style="list-style-type: none"> Supermarket Own Brand Value Range 10 Fish Fingers Cod, baked Beef, rump steak, lean only, grilled Beef, topside, roasted well-done, lean 	<ul style="list-style-type: none"> Branded Lasagne Branded Specifically for Weight Loss Spaghetti Bolognese Supermarket Own Brand Indian Style Meal Solutions - Chicken Jalfrezi & Pilau Rice

0	<ul style="list-style-type: none"> ▪ Branded Supreme Medium White Sliced Bread (0) ▪ Supermarket Own Brand White Thick Sliced Bread (0) ▪ Branded Rolls, 4 Big Soft White (0) ▪ Branded Premium Range Brown Medium Sliced Bread (0) ▪ Branded Wholemeal Deliciously Soft Wholemeal Bread (0) 		<ul style="list-style-type: none"> ▪ Branded Oven Bake Home Style Fries (0) ▪ Supermarket Own Brand Crispy Roasting Potatoes (0) ▪ Retailers French Fries (0) ▪ Oven chips, frozen, baked (0) 	<ul style="list-style-type: none"> ▪ Yoghurt, low fat, fruit (0) ▪ Semi-skimmed milk, average (0) ▪ Whole milk, average (0) 	<ul style="list-style-type: none"> ▪ Lamb, leg, lean only, roast (0) ▪ Mackerel, grilled (0) ▪ Eggs, Chicken, boiled (0) ▪ Beef, mince, extra lean, stewed (0) 	<ul style="list-style-type: none"> ▪ Branded Lasagne (0) ▪ Branded Beef Stew & Dumplings (0) ▪ Branded Italiano Fish Bake (0) ▪ Supermarket Own Brand 4 Cod Portions in Butter Sauce (0) ▪ Branded Chicken Curry with Rice (0) ▪ Branded Meat Alternative Cottage Pie (0) ▪ Supermarket Own Brand Broccoli Mornay (0) ▪ Supermarket Own Brand 2 Jacket Potatoes with Cheese (0) ▪ Supermarket Own Brand Beef in Black Bean Sauce - mild (0) ▪ Chilli con carne (0)
1	<ul style="list-style-type: none"> ▪ White bread, sliced 			<ul style="list-style-type: none"> ▪ Cottage cheese, plain 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand breaded Chicken Nuggets ▪ Supermarket Own Brand Value Range Chicken Nuggets ▪ Tuna, canned in oil, drained ▪ Eggs, Chicken, fried in vegetable oil ▪ Beef, rump steak, lean and fat, fried 	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Healthy Eating Range Lasagne ▪ Branded Specifically for Weight Loss Chicken Curry
2	<ul style="list-style-type: none"> ▪ Branded Milk Roll, Soft White Sliced Bread 		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Great British Crispy Roast Potatoes ▪ Supermarket Own Brand Potato Croquettes 		<ul style="list-style-type: none"> ▪ Chicken, leg quarter, roasted, meat and skin ▪ Sardines, canned in Tomato Sauce 	<ul style="list-style-type: none"> ▪ Branded Specifically for Weight Loss Beef Lasagne ▪ Branded Sweet Chilli Chicken with egg and pea rice
3	<ul style="list-style-type: none"> ▪ Currant buns ▪ Malt bread, fruited 			<ul style="list-style-type: none"> ▪ Fromage frais, plain 	<ul style="list-style-type: none"> ▪ Branded 15 Roasted Chicken Bites ▪ Fish fingers, cod, grilled 	<ul style="list-style-type: none"> ▪ Branded Vegetable Lasagne ▪ Supermarket Own Brand Lasagne ▪ Branded Ocean Pie ▪ Supermarket Own Brand Chicken Curry with Rice ▪ Supermarket Own Brand Mash Potato Topped Cumberland Pie ▪ Lasagne
4			<ul style="list-style-type: none"> ▪ Branded Oven Baked Chips 			<ul style="list-style-type: none"> ▪ Cottage/Shepherd's pie, chilled/frozen,

			<ul style="list-style-type: none"> ▪ Branded Chunky Croquettes ▪ Potato Croquettes, fried in blended oil ▪ Retail Fries – no added salt 			reheated
5		<ul style="list-style-type: none"> ▪ Porridge, made with water 		<ul style="list-style-type: none"> ▪ Greek yoghurt, sheep 		
6		<ul style="list-style-type: none"> ▪ Branded Mini Wheat Biscuit Cereal 				
7						
8			<ul style="list-style-type: none"> ▪ Supermarket Own Brand 8 Potato Waffles 			
9		<ul style="list-style-type: none"> ▪ Branded Mini Wheat Biscuit Cereal (18 biscuits) ▪ Supermarket Own Brand Bran Flaked 	<ul style="list-style-type: none"> ▪ Chips, French fries, retail ▪ Retail Fries ▪ Takeaway Potato wedges 			
10		<ul style="list-style-type: none"> ▪ Branded Honey Coated Puffed Oat Cereal ▪ Branded Bran Cereal Original ▪ Supermarket Own Brand Instant Hot Oats (10 sachets) ▪ Supermarket Own Brand Instant Hot Oat Cereal ▪ Supermarket Own Brand Instant Hot Oat Cereal ▪ Branded Multigrain Hoop Cereal 	<ul style="list-style-type: none"> ▪ 			
11		<ul style="list-style-type: none"> ▪ Branded Flaked Corn Cereal ▪ Branded Bran Cereal 			<ul style="list-style-type: none"> ▪ Chicken nuggets, takeaway 	
12		<ul style="list-style-type: none"> ▪ Branded Puffed Rice Cereal ▪ Branded Crunchy Oat Cluster Cereal ▪ Branded Wheat Flake and Dried Fruit Cereal 		<ul style="list-style-type: none"> ▪ Creme Fraiche, half fat 	<ul style="list-style-type: none"> ▪ Ham 	
13		<ul style="list-style-type: none"> ▪ Branded Wheat Flake Cereal ▪ Branded Wheat Flake Cereal 			<ul style="list-style-type: none"> ▪ Supermarket Own Brand 8 Turkey & Chicken Thick Sausages 	
14		<ul style="list-style-type: none"> ▪ Branded Flaked Corn Cereal ▪ Branded Honey and Nut Coated Flaked Corn Cereal 			<ul style="list-style-type: none"> ▪ Supermarket Own Brand Value Range 2 Chicken Kiev ▪ Supermarket Own Brand Premium Range Aberdeen Angus Thick Beef Sausages 	
15		<ul style="list-style-type: none"> ▪ Branded Cocoa Coated Puffed Rice Cereal ▪ Supermarket Own Brand Triple Chocolate 				

		Crunch Cereal				
16		<ul style="list-style-type: none"> ▪ Supermarket Own Brand Sugar Coated Flaked Corn Cereal ▪ Branded Sugar Coated Flaked Corn Cereal 				
17		<ul style="list-style-type: none"> ▪ Branded Cocoa Coated Puffed Rice Cereal 				
18						
19		<ul style="list-style-type: none"> ▪ Branded Sugar Coated Flaked Corn Cereal ▪ Branded Honey and Nut Coated Flaked Corn Cereal 		<ul style="list-style-type: none"> ▪ Camembert ▪ Cheddar type, half fat 		
20		<ul style="list-style-type: none"> ▪ Branded Honey Coated Puffed Oat Cereal 			<ul style="list-style-type: none"> ▪ Branded 8 Thick Pork & Beef Sausages 	
21					<ul style="list-style-type: none"> ▪ Pork sausages, chilled, fried 	
22						
23				<ul style="list-style-type: none"> ▪ Cheddar cheese 	<ul style="list-style-type: none"> ▪ Bacon rashers, streaky, fried 	
24						
25						
26						

WXYA P11FV N.nut score	Foods High in fat, salt and sugar + crisps and savoury snacks	Fast Food – Burgers, Chicken	Fast Food - Pizzas	Baked beans and Tinned Pasta	Fruit and vegetable based products	Drinks
-10				<ul style="list-style-type: none"> ▪ Branded Reduced Sugar & Salt Baked 		

				Beans in Tomato Sauce		
-9				▪ Branded Healthy Baked Beans in Tomato Sauce		
-8					▪ Chestnuts	
-7			▪ Coleslaw (Takeaway)	▪ Branded Baked Beans ▪ Supermarket Own Brand Value Baked Beans in Tomato Sauce		
-6		▪ Side garden salad (Takeaway)		▪ Baked beans, canned in Tomato Sauce, reheated	▪ Peaches, raw ▪ Celery, raw ▪ Lettuce, average, raw ▪ Tomatoes, grilled	
-5				▪ Supermarket Own Brand Value Range Baked Beans in a Tomato Sauce ▪ Branded Baked Beans in a Rich Tomato Sauce	▪ Celery, boiled in salted water ▪ Mushrooms, common, fried in corn oil	▪ Fruit juice drink, low calorie, ready to drink
-4				▪ Supermarket Own Brand Baked Beans in a Rich Tomato Sauce ▪ Supermarket Own Brand Beans in Tomato Sauce	▪ Rhubarb, stewed with sugar ▪ Orange juice, unsweetened ▪ Avocado, average ▪ Almonds	▪ Orange juice, unsweetened
-3					▪ Hazelnuts ▪ Prunes, ready-to-eat ▪ Pineapple, canned in juice	▪ Fruit juice drink, ready to drink ▪ Apple juice, unsweetened ▪ Grape juice, unsweetened ▪ Pineapple juice, unsweetened ▪ Coconut milk ▪ Tomato juice
-2		▪ Roasted Caesar salad without dressing and croutons (Takeaway)			▪ Pecan nuts ▪ Apricots, ready-to-eat	▪ Skimmed milk, average
-1		▪ Takeaway Veggie Burger with mayo (Takeaway)		▪ Branded Spaghetti in a rich Tomato Sauce	▪ Walnuts	▪ Soya, non-dairy alternative to milk, unsweetened ▪ Lassi, sweetened ▪ Soya, non-dairy alternative to milk, sweetened, calcium enriched ▪ Flavoured milk, pasteurised, chocolate
0		▪ Crispy BLT salad without dressing (Takeaway) (0) ▪ Crispy Caesar salad (Takeaway) (0)	▪ Vegetarian Supreme (Takeaway) (0)		▪ Pine nuts ▪ Peanuts, plain ▪ Figs, dried (0) ▪ Figs, ready-to-eat (0)	▪ Semi-skimmed milk, average (0) ▪ Cola, diet (0) ▪ Whole milk, average (0) ▪ Flavoured milk, pasteurised (0)

						<ul style="list-style-type: none"> Coffee, infusion, average (0) Tea, black, infusion, average (0) Water, distilled (0)
1		<ul style="list-style-type: none"> Deli Style Sandwiches - Roast Beef and mature cheddar (Takeaway) 	<ul style="list-style-type: none"> Potato wedges (Takeaway) 12" lower fat pizza - Diced Chicken, red onion and green pepper (Takeaway) 	<ul style="list-style-type: none"> Supermarket Own Brand Kids Range Spaghetti Letters 	<ul style="list-style-type: none"> Peanuts and raisins Dates, dried 	<ul style="list-style-type: none"> Drinking chocolate powder, made up with semi-skimmed milk Lemonade
2			<ul style="list-style-type: none"> Extra Large Chicken Pizza With Extra Toppings - (Takeaway) 			<ul style="list-style-type: none"> Channel Island milk, whole, pasteurised Cola Fruit juice drink, carbonated, ready to drink Milkshake, thick, takeaway 1% low fat chocolate milk (Takeaway) Fizzy Orange Soda (Takeaway)
3		<ul style="list-style-type: none"> Fruit Jelly (Takeaway) 	<ul style="list-style-type: none"> 12" medium pizza Chicken Supreme (Takeaway) 	<ul style="list-style-type: none"> Branded Spaghetti Bolognese Supermarket Own Brand Beef Ravioli in spicy Tomato & Beef Sauce 	<ul style="list-style-type: none"> Strawberries, canned in syrup Brazil nuts Mixed nuts 	<ul style="list-style-type: none"> Drinking chocolate powder, made up with whole milk
4	<ul style="list-style-type: none"> Supermarket Own Brand 5% fat Sunflower Low Fat Spread Substitute 	<ul style="list-style-type: none"> Flame Grilled Beef Patty in Sesame Seed Bun (Takeaway) French fries King size - no added salt (Takeaway) 	<ul style="list-style-type: none"> 12" Thin and Crispy Extra Veg Toppings (Takeaway) 		<ul style="list-style-type: none"> Dried mixed fruit 	<ul style="list-style-type: none"> Fruit & Yoghurt (Takeaway) Milkshake – Vanilla (large) (Takeaway)
5	<ul style="list-style-type: none"> Peanuts, roasted and salted Pistachio nuts, roasted and salted 		<ul style="list-style-type: none"> 14" lower fat pizza - Ham, pineapple and diced red Tomato (Takeaway) 		<ul style="list-style-type: none"> Raisins Sultanas Currants Fruit crumble 	
6	<ul style="list-style-type: none"> Peanut butter, smooth Branded - Original Salted Peanuts 			<ul style="list-style-type: none"> Supermarket Own Brand Spaghetti Rings in Tomato Sauce 		<ul style="list-style-type: none"> Milkshake , large-strawberry (syrup added) (Takeaway)
7	<ul style="list-style-type: none"> Cashew nuts, roasted and salted Supermarket Own Brand Roasted Salted Cashew Nuts 		<ul style="list-style-type: none"> Cheese and Tomato deluxe 9.5" (Takeaway) 			<ul style="list-style-type: none"> Milkshake , large-chocolate (syrup added) (Takeaway)
8	<ul style="list-style-type: none"> Macadamia nuts, salted Peanuts, dry roasted Doughnuts, jam 	<ul style="list-style-type: none"> Double Beef Patty in Sesame Seed Bun (Takeaway) Onion rings (Takeaway) 				
9		<ul style="list-style-type: none"> Takeaway Large Fish Burger (Takeaway) Cheese Burger (Takeaway) 				
10	<ul style="list-style-type: none"> Supermarket Own 	<ul style="list-style-type: none"> Crispy Chicken 				

	<ul style="list-style-type: none"> Brand Dry Roasted Peanuts Fat spread (20-25% fat), polyunsaturated 	<ul style="list-style-type: none"> Sandwich (Takeaway) Double Beef Patty in Sesame Seed Bun with Special Sauce (Takeaway) 				
11		<ul style="list-style-type: none"> Crispy Chicken Tortilla Wrap (Takeaway) Lemon meringue pie (Takeaway) Grilled Chicken Caesar Salad with Low Fat Light Caesar Dressing and Croutons (Takeaway) Double Sausage & Egg Breakfast English Muffin (Takeaway) 	<ul style="list-style-type: none"> Chicken Strips (Takeaway) Extra Toppings Pizza 9.5" (Takeaway) 			
12		<ul style="list-style-type: none"> Crispy Battered Chicken Breast (Takeaway) Flame Grilled Beef Patty in Sesame Seed Bun with cheese (Takeaway) Bacon Roll (Takeaway) 	<ul style="list-style-type: none"> 14" Large Pizza Cheese Only (Takeaway) 14" Large Cheese Stuffed Crust Pizza - Supreme (Takeaway) 			
13		<ul style="list-style-type: none"> Takeaway Chicken Drumstick Double Flame Grilled Burger (Takeaway) 	<ul style="list-style-type: none"> Hot Chicken Wings (Takeaway) 6" Pizza - Supreme (Takeaway) 14" Large Thin and Crispy Pizza - Quartered Ham (Takeaway) 12" Medium Pizza Extra Meat Toppings (Takeaway) 			
14		<ul style="list-style-type: none"> Cheese Burger (Takeaway) 	<ul style="list-style-type: none"> 12" Pepperoni Pizza (Takeaway) 6" Low Carbohydrate pizza - Extra Meat Toppings (net carbs 26g) (Takeaway) 			
15	<ul style="list-style-type: none"> Branded Wheat Sticks, Yeast Extract Coated 	<ul style="list-style-type: none"> Crispy Battered Chicken Strips (Takeaway) 	<ul style="list-style-type: none"> Garlic bread with cheese (Takeaway) 6" Low Carbohydrate pizza - Pepperoni (net carbs 23g) (Takeaway) 			
16		<ul style="list-style-type: none"> Hot wings (Takeaway) 				
17	<ul style="list-style-type: none"> Potato crisps, low fat 	<ul style="list-style-type: none"> Tomato Ketchup Dip (Takeaway) Crispy Battered Chicken Thigh (Takeaway) 				
18	<ul style="list-style-type: none"> Reduced calorie mayonnaise Branded Light Margarine 	<ul style="list-style-type: none"> Crispy Coated Popcorn Style Chicken (Takeaway) 	<ul style="list-style-type: none"> New York Style Baked Cheesecake (Takeaway) 			

	<ul style="list-style-type: none"> ▪ Supermarket Own Brand Reduced Fat Sunflower Spread ▪ Supermarket Own Brand Healthy Eating Range Olive Light Spread ▪ Sponge cake ▪ Branded Dark Chocolate Coated Orange Jelly Layered Cakes 					
19	<ul style="list-style-type: none"> ▪ Digestive biscuits, plain ▪ Potato crisps 					
20	<ul style="list-style-type: none"> ▪ Olive oil ▪ Branded Mini Poppadoms, coriander chutney flavour ▪ Branded Spicy Chilli ridge cut potato chips 		<ul style="list-style-type: none"> ▪ Indulgence Dessert (Takeaway) 			
21	<ul style="list-style-type: none"> ▪ Branded Wheat Tubes, Crispy Bacon ▪ Branded Salt & Vinegar Crisps 	<ul style="list-style-type: none"> ▪ Double Choc Chip Cake (Takeaway) 				
22	<ul style="list-style-type: none"> ▪ Branded Butter Alternative ▪ Original Branded Margarine ▪ Chocolate chip cookies ▪ Branded Chocolate Coated Wafer Biscuits 					
23	<ul style="list-style-type: none"> ▪ Branded Mini Cheddar Flavour Biscuits 					
24	<ul style="list-style-type: none"> ▪ Branded Puffed Maize Snacks, Pickled Onion flavour ▪ Branded Potato Rings 					
25	<ul style="list-style-type: none"> ▪ Branded Chocolate Covered Whipped Nougat Bar ▪ Butter 					
26	<ul style="list-style-type: none"> ▪ Branded Chocolate Covered Caramel and Nougat Bar ▪ Margarine, soft, polyunsaturated ▪ Supermarket Own Brand Value Range Butter, Salted ▪ Branded Skips Prawn Cocktail 					
27	<ul style="list-style-type: none"> ▪ Branded Corn Sticks, Spicy Flavour 					
28			<ul style="list-style-type: none"> ▪ Cheese Cake (Takeaway) 			

