

Children's Food Examined

An analysis of 358 products
targeted at children (tables incl.)

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targeted at children**

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1 Summary

This report considers the nutritional quality of foods targeted specifically at children. Excluding confectionery, soft drinks and bag snack foods, a total of 358 children's products were identified:

- Approximately one third of these products did not give nutritional details of saturated fat, sugar and salt;
- Of the remainder, 77% contained high levels of sugar, salt, saturated fat or total fat;
- Just 7% of the products were low in fat, saturated fat, sugar and salt;
- Many of the products, especially those of poorer nutritional quality, used colourings and flavourings to boost their attractiveness.

Children need nutritious food for proper growth and development. While deficiency diseases such as rickets or protein-calorie malnutrition are now very rare in the UK, a significant number of modern children are suffering from iron deficiency anaemia, obesity and dental caries. The eating patterns acquired in childhood can also pave the way for diet-related diseases in later life.

Many factors in modern society serve to undermine healthy eating in children. Adults and peers provide strong role models for child behaviour, and there has been a general move towards people eating out more, snacking and buying processed food. Television advertisements for food aimed at children mainly promote products that are high in fat, sugar, or sodium. Most youngsters do not place much importance on eating foods that are healthy, and school meals tend to give the children what they want, rather than the balanced diet they need.

The food children eat will reflect the food available for purchase. The present report examined 358 foods found in six different retailers. These foods were selected because they all had packaging designed to attract children or were specifically labelled as suitable for children. The survey did not include

confectionery, soft drinks or juices, bag-snacks, crisps, or birthday cakes. The survey covered the remainder of the range of foods normally available: fruit and vegetables, canned foods, meat, fish and dairy products, frozen foods, cereals, desserts, etc. A total of 358 products were identified.

An analysis of the details given on product labels was undertaken in order to assess the products' nutritional value – principally the fat, saturated fat, sugar and salt – and the additives used in the products. These details are reproduced for all 358 products in the Appendix to this report.

Of the children's products examined, 32% failed to give information about saturated fat, sugar, and sodium. Of those that did provide the information, 30% contained high levels of saturated fat, 57% were high in sugar and 46% were high in sodium. Only a small number, some 7% of products, had low levels of fats, saturates, sugars and sodium and could be recommended as healthy products for children.

Table 1: Nutritional assessment of children's foods

High fat	16%
High saturated fat	30%
High sugar	57%
High sodium (salt)	46%
One or more of the four above	77%
Low levels of fat, saturated fat, sugar and salt	7%

An examination of the ingredients list on foods showed that 61% of the children's products in the survey contained added flavourings and/or flavour enhancers, and

38% contained added colouring agents – see table 2 below. One fifth of the artificially coloured products had at least 5 colourings added to them.

Table 2: Additives listed on the packaging of 358 children’s foods

Colours	38%
Flavours and/or flavour enhancers	61%
Either or both of the above	68%

The purpose of food labelling is to provide information so that shoppers can make informed choices. As noted above, nutritional labelling was inadequate on nearly a third of the products examined. With respect to ingredient labelling, the present survey found eleven products where the ingredient lists included compound ingredients such as ‘sausage’ or ‘bacon bites’ without giving a breakdown of what such compound ingredients contained. The survey also found an example of false claims being made – a label declared ‘No flavourings’ but included flavourings in the ingredients list, twice. Such labelling problems make it very difficult for parents to make an informed comparison of different products.

Recommendations

(i) Retailers, manufacturers and advertisers

- Ensure all products carry full nutritional information and full ingredients listing, and ensure that this information is clear and easy to understand.
- Classify nutrients as high/medium/low on labels to allow the consumer to assess more easily the nutritional quality of the product.
- Increase the marketing of healthy eating ranges for children.
- Reformulate products to fit in with healthy eating guidelines.

- Introduce price incentives to encourage healthy choices.
- Remove additives not required for food safety such as colourings and flavour-boosters.

(ii) Policy makers

- Introduce mandatory nutritional labelling giving clear information on key nutrients.
- Consider administering a food industry levy to be devoted to the promotion of naturally healthy foods such as fruit, vegetables, fish, lean meats, pulses and wholegrain cereals.
- Implement restrictions on the advertising of foods high in fats, sugar or salt that targets the under twelve age group.
- Implement strict controls over misleading health claims on foods.
- Ensure all schools have nutritional guidelines for balanced meals, and monitor schools and encourage them to implement the guidelines fully.
- Extend the current restrictions on the use of additives in baby food to apply to all foods marketed for children.
- Provide regular public service announcements that tell children about good nutrition.

(iii) Parents

- Recognise the tricks of the trade that make products attractive to children.
- When shopping, take a little time to check the labels: if there is anything you don't like the look of, put the product back on the shelf.
- Avoid taking children shopping, and avoid shops where inappropriate foods are displayed at child level, such as sweets at the checkout.
- When shopping with children, explain how companies boast about their products.

- Teach children how to read food labels, and how to say 'No' to unhealthy foods.
- Treat children to high quality foods whenever possible.
- Discuss with the child's teachers the need to educate on labels and advertising.
- Let politicians know that parents do not approve of the lax laws on children's foods.
- Where possible, avoid highly processed foods and look for fresh foods and foods that can be prepared at home. Don't keep lots of processed foods at home.
- Help local schools to make nutrition action plans that improve the quality of school meals and educate the pupils at the same time.
- Join local and national groups that campaign on children's food issues.

2 Introduction

2.1 Why a healthy diet is important for children

Food is meant to nourish children and help them grow. A child's diet can have profound influence upon his or her health, with effects that reach well into adulthood. There are many factors that encourage children to choose foods that are not good for them, and food preferences (and brand preferences) learned in childhood may persist into adult life.

A poor diet can contribute to a child becoming obese, or anaemic, or suffer dental decay. Childhood obesity can give rise to mechanical damage to joints and growing bones, and obesity and poor nourishment may lead to increased risk of degenerative diseases later in life, including diabetes, osteoporosis, high blood pressure, heart disease, and certain cancers (Roos and Prattala, 1999; Frankel, 1998).

The consensus view on sugars and disease identifies those sugars which are neither naturally present in milk nor intrinsically bound up in the cells of unprocessed fruit as 'Non-Milk Extrinsic' (NME) sugars, and states that NME sugar consumption is a cause of dental caries (COMA, 1991). The greatest tooth decay is found among those who consume sugar most frequently. Parents may be aware that consuming sweets between meals can threaten teeth as well as spoiling the appetite, but they may not be aware that *frequency* of consumption is the greatest risk factor, and therefore that sweet snacks and drinks between meals are the most likely cause of tooth damage. Nor may they realise that refined starches may also play a part in causing dental caries, as they form a sticky paste around the teeth. The combination of sugars and sticky starches – for example in the forms of biscuits and sweet breakfast cereals – may be especially damaging (Rugg-Gunn and Nunn, 1999).

A recent survey of over 750 children under three years old in the Manchester area found 40% with tooth decay and 23% with 'rampant' decay (HEA, 1999). In some parts of the city the decay rate rose to over 50% of young children. The previous year, the national dental survey covering 25% of all children aged 5 found that on average 45% of these children had evidence of dental caries (tooth decay), and the figure rose to 63% of 5-year-olds in Northern Ireland (BASCD, 1998).

Refined sugar is often referred to as empty calories; in other words it contains no vitamins, minerals, protein or fibre. Every calorie taken as refined sugar is a lost opportunity to eat a nutrient rich food that will encourage proper growth and development. If many sugary foods are eaten in addition to a normal balanced diet, they may also promote obesity.

Eating too much of some ingredients can mean that a child misses out on certain food components needed for health. For example, refined sugar contains 'empty calories' with no other nutrients, so while a diet high in added sugar may provide energy (calories), it may have insufficient amounts of important vitamins and minerals. A government survey of the diets of pre-school children showed that those consuming the most sugar in their diet were likely to consume the lowest levels of many vitamins and minerals (Gibson, 1997). Compared with children in the 1950s, the survey found modern children to be consuming large quantities of soft drinks, less bread and less milk and more sugar (Wadsworth, 1999).

A second study of pre-school children found that soft drinks had become more popular than any other drink (Rolls and Hourihane, 1995). Nearly three-quarters of pre-school children never drank plain water. The children drank squash and fruit drinks (37% of drinks), milk (18% of drinks), diet drinks (14% of drinks) along with tea, fruit juices and other products. The researchers found evidence that high levels of soft drink consumption could contribute to loss of appetite and possibly to poor weight gain and to loose stools, as well as putting teeth at risk. Poor appetite and bad behaviour at meal time decreased significantly when the quantity of soft drinks was reduced.

By the end of primary school and through much of secondary school, children's favourite food purchases are sweets, chocolates, crisps and carbonated drinks. These four types of food constitute virtually all purchases of food made by children aged 8-16 on the way to school, and on the way home after school, or eaten at home as an after-school snack (Gardner Merchant, 1998).

A government study of secondary school children's diets (COMA, 1989) found three-quarters of children aged 10-15 years were consuming more than the maximum recommended amount of fat, and there was evidence of low levels of intake of several vitamins and iron. Sugar and salt consumption levels were not measured. The study found that average weights of the children exceeded the standard level expected for their heights and ages. The report notes '*All the children consumed large quantities of bread, cakes, biscuits, puddings, milk, meat products, crisps, potatoes and particularly large quantities of chips.*' (para 9.2).

A new survey of school-age children is currently being undertaken. Early findings suggest that high fat consumption levels are being found, and that children are showing higher levels of obesity than were found in the earlier report (Jowell, 1999). As the Department of Health has stated, '*tackling obesity in adulthood must start in childhood. Children are getting heavier which creates long term risks for their health ... Obesity causes raised blood pressure and raised cholesterol levels which lead to coronary heart disease and stroke. It also fosters inactivity and generally involves an unhealthy diet, which together contribute to cancer, diabetes, gall bladder disease, arthritis and musculoskeletal problems.*' (Jowell, 1999). A recent study of childhood diets showed a link between high energy (calorie) consumption in childhood and a rise in the risk of non-tobacco-related cancers in adulthood (Frankel, 1998).

The proportion of energy derived from fat is considered to be a contributory factor in the development of cardiovascular disease, obesity and certain cancers (COMA, 1991; COMA, 1994). A Department of Health study of British school children showed that over three-quarters of them took in more than 35% of their energy as fat. Approximately one third of them had fat intakes that contributed to over 40% of their energy intakes (COMA, 1989).

High total fat intake and high saturated fat consumption are linked with raised blood cholesterol levels, and in adulthood, especially younger adulthood, these raised levels are considered a major risk factor in cardiovascular disease (COMA, 1994). Blood cholesterol (and other lipid) levels are affected by a variable combination of genetic susceptibility and diet. As there is no way to find out which children have a genetic tendency to develop high blood cholesterol, it is prudent to provide all children with a good standard of nutrition (James, 1982).

Generally, for adults with mild to moderate hypertension (raised blood pressure), a reduction in salt intake leads to a fall in blood pressure (COMA, 1994). Hypertension is a major risk factor for strokes and cardiovascular disease. Children can develop a liking for excessively salty foods at an early age, leading them to perceive unsalted foods as being flavourless, so that it seems sensible not to encourage this preference in the young. The 1994 government report on cardiovascular disease explicitly recommended a reduction in the sodium content of children's diets (COMA, 1994, para R2.9)

In summary, healthy eating during childhood can help to prevent health problems in the short term, and can bring positive benefits for a lifetime. Dietary disorders cause suffering to the individual, and loss to their family and to the wider community. It is a child's birthright to be provided with optimum nutrition through healthy and wholesome food. Ensuring that such food is provided is society's responsibility.

2.2 Influences on eating patterns

There are many influences on people's diets. These include the range of foods available in the shops, access to those shops, knowledge by the shopper about what to buy, the cost of products, cultural and peer pressures and individual needs and tastes. They include the information provided on the packaging to enable choice and comparisons between products. And they include the marketing of

food – in the present case, the marketing of food directed at children, or at the adults who buy the child's food, or at the retailers who stock the products.

The UK has the highest level of food advertising aimed at children within the European Union (Dibb, 1996). Most of the food advertisements aimed at children are for confectionery, sugary cereals, ready prepared foods, and fast food outlets. Nutritional analyses of the foods advertised on television to children in the UK have found that up to 95% of the products were high in fat, sugar or salt (Dibb, 1993; Dibb and Castell, 1995).

Children represent an enormous potential market because they have pocket money to spend, influence what their parents buy when they are shopping, and grow up to become adult consumers with brand loyalties. Advertising intends to persuade the consumer to buy a product, and therefore need to be interpreted in a different way to educational and entertainment messages. A full understanding of the purpose of TV advertising may not develop until the age of eleven or twelve (Young, 1990). Over one third of seven year olds are not able to tell the difference between a children's TV programme and the advertisements that run on the same channel, and one fifth of ten year olds have the same problem (Bjurstrom, 1994). Even greater confusion can be caused when familiar cartoon characters or TV personalities are used in adverts.

Children rarely choose a cereal because it is healthy. They are much more interested in things like the advertised free toys inside the packets, or tie-ins with children's programmes and films. Advertising can also confuse children about what is healthy and what is not; if a cereal is promoted 'with added vitamins and iron' it can appear to have entirely beneficial properties – but in reality it could be over 50% refined sugar by weight. Studies have shown that the amount of television viewed has a positive correlation with bad eating habits and faulty understanding of the principles of nutrition (Signorelli and Lears, 1992).

When a child demands something in the shop, even the most informed and responsible parent will eventually give in to these incessant demands, at least some of the time. This 'pester power' strongly influences what parents purchase in

their weekly shopping. Some studies on children's dietary behaviour have shown that the amount of TV watched weekly strongly correlates with children's attempts to influence parental food choices in the supermarket (Taras *et al*, 1989; Glast and White, 1976).

A survey by market research company Mintel found that 80% of the 500 mothers surveyed tried to ensure their children had a healthy diet, but half felt they were probably losing the 'constant battle' to prevent their children from over-indulging in unhealthy foods (Mintel, 1995). Crucially, a third of the parents admitted buying the products and brands their children asked for.

Buying products that your children demand may be a particular issue for families on low incomes: on the one hand, heavily promoted products are not likely to be the cheapest option available. On the other hand where there is no budget to be wasted on rejected food choices, parents will buy what they know their children will eat. The choices may be poor nutritionally, but the food will not be wasted. Yet dietary diseases, including tooth decay and obesity in children and diet-related degenerative diseases in adulthood, are most common among lower income groups (Nelson, 1999; WHO, 2000).

Television advertisements may be easier to identify than advertorials in magazines, or product placements, special clubs, puzzles and competitions. These less obvious forms of advertising are not so easily understood by the under twelve age group (Young, 1990). Brand names also crop up in sponsorship of sports and school equipment, with the aim of giving the product a benevolent or sporty image.

Further influences on healthy food choices lie in the use of marketing techniques on the product packaging designed to appeal to children. Cartoon characters, puzzles, games, children's TV programme tie-ins, home-assembly instructions, free gifts, club memberships, collectable tokens for attractive children's goods are all methods employed by the manufacturer to encourage sales to or for children.

Alongside these enticements, food product labels may also inhibit healthy choices by failing to provide adequate information for consumers to make comparisons. Missing details of the nutritional content makes it hard for a shopper to make a quick comparison before purchase. The legal requirement to display any nutritional information currently applies only to certain products (for example diet foods and foods making specific nutritional claims) and even then does not require the declaration of sugar content, salt content or saturated fat content – probably the three most useful indicators of nutritional quality.

When it comes to the ingredients of the food inside the packaging, there are yet further influences against making healthy food choices. Over 3000 additives, including colouring agents and flavour boosting compounds, are available to manufacturers to add to food products, including children's products (but not permitted for baby foods). Additives such as colourings and flavourings are used to enhance the appeal of the processed foods they are used in. Additives give a large advantage to foods that are generally of less nutritional quality and are used liberally in children's food products. They are used, for example, to make yogurt look and taste as if it has real strawberries in it, or to give fatty meat products the appearance of lean meat.

The point here is not that these chemicals may themselves be harmful – although some of them are undoubtedly a problem for a small number of children – but that they are a further influence against the promotion of healthy foods. Additives give an advantage to highly processed foods, and allow poor quality foods to appear highly attractive, particularly to children

3 The nutritional quality of children's foods

3.1 The purpose of the survey

The purpose of the present survey was to investigate whether food products being promoted specifically at or suitable for children were on balance healthy or unhealthy products. Our earlier examination of baby foods (Food Commission, 1996) and baby biscuits (Food Commission, 2000) found evidence that the range of foods available were not conducive to encouraging healthy choices, and our examination of advertising on children's television showed excessive promotion of foods of poor nutritional quality (Dibb, 1993; Dibb and Castell, 1995). We were therefore concerned that manufacturers may be exploiting the lack of regulation of food standards for products aimed at children in order to promote foods of poor nutritional quality.

3.2 Product selection

Product to be included in the survey were those which were targeted at children and available in one of six main retailers. The retailers were ASDA, Iceland, Marks & Spencer, Safeway, Sainsbury, and Tesco, and central London branches of these retailers were visited during February and March 2000.

The criteria for inclusion in the survey were that the product labels showed one or more of the following:

- familiar cartoon characters appealing to children (e.g. Tony the Tiger, Mr Men);
- tie-ins with children's TV programmes or films (e.g. Postman Pat, Star Wars);
- child-oriented animals or creatures (e.g. dinosaurs, sharks);
- child-oriented product shapes (e.g. alphabet pasta)

- free gifts or special promotional offers suitable for children;
- puzzles, competitions or games suitable for children;
- fund-raising offers to promote school equipment of children's sports equipment;
- instructions for use that stated parent's help was needed;
- use of words such as 'kids' or 'ideal children's snack' or 'perfect for school lunchboxes'.

All the retailers' food shelves were inspected, with the exception of the sections concerned with soft drinks, carbonates and fruit juices, confectionery and chocolates, birthday cakes, and bag snacks and crisps. It was considered that foods in these sections would be well known to parents as likely to be high in fats, sugar or salt

The survey identified 358 products that were considered as being targeted at or for children. The complete listing is given in the Appendix to this report.

3.3. Criteria for assessing nutritional quality

In order to evaluate the nutritional quality of the products selected, we used the guidance for judging foods given in the government's public advice booklet *Use Your Label: making sense of nutrition information* (MAFF, 1996). This booklet gives guidance to consumers on what should be regarded as 'a lot' or 'a little' in terms of the fat, saturated fat, sugar, salt and dietary fibre content of foods. The assessment of children's foods in the present survey used the MAFF guidelines for 'a lot' as a definition of a food high in that nutrient, and the guidelines for 'a little' as a definition of a food low in that nutrient. The MAFF guidelines are given in the table overleaf.

Tables 3: Definitions of levels of nutrients

Amounts are per 100g for most foods, or per serving for foods eaten as main dishes

	THIS IS A LOT	THIS IS A LITTLE
Sugars	10g	2g
Saturated fat	5g	1g
Total fat	20g	3g
Sodium	0.5g	0.1g

Source: MAFF, 1996

Note: In the present report, values at or above the figure for ‘a lot’ are referred to as high levels, and those at or below the figure for ‘a little’ are referred to as low levels. Values between those stated as ‘a lot’ and ‘a little’ are taken in the present report as being ‘moderate’ – thus a saturated fat content of 3g per 100g would be considered a food with a moderate level of saturated fat.

4 Results: Nutritional assessment

In summary, the 358 products showed the results given in the table below.

Moderate levels are those between the levels defined as ‘a lot’ and ‘a little’ in the previous table (table 3).

Table 4: Number of children’s food products found in each of the nutritional categories examined

	High levels	Moderate levels	Low levels or none	Missing/poor information
Sugar	140	71	35	112
Saturated fat	73	86	88	111
Total fat	56	179	112	11
Sodium (salt)	111	70	62	115

More detailed analyses for each of the nutritional categories are given in the following sections.

4.1 Sugar

Sugars are present naturally in many foods including milk, fruit and honey, and the following are all kinds of sugars: sucrose, lactose, fructose, dextrose, maltose, and glucose. When it says ‘sugar’ on a food label, this refers to refined sucrose made from sugar cane or beet. Confusingly, a product can say ‘no added sugar’ on the front of the packet, and still contain enough dried fruit, fruit syrup or malt extract to take the total sugar level to over 50% of the product by weight.

Dietary recommendations suggest that sugar should not contribute more than around 10% of energy. As an example, for a seven to ten year old child with an average daily intake of 1800 calories, the amount of sugar consumed should therefore be below 50g per day. Foods with more than 10g sugar per 100g or per portion were rated as having high levels of sugar (see note to Table 3). Of the 358 children’s food products examined, 112 gave no indication of their sugar content on their product labels. Of those that gave details of sugar content, 57% (140 out of 246) contained high levels of sugar. A further 71 (29%) contained moderate amounts (see note to Table 3). Examples of products with high levels of sugar are given in the table below.

Table 5: Examples of products with ‘a lot’ of sugar (> 10g/100g)

Manufacturer	Brand/Product Name	Sugars (g per 100g)
ASDA	Garden Gang dried pineapple & papaya	73.0
Safeway	Kids Own candy floss flavour delight	65.5
Nestle	Whirly Flings butterscotch flavour dessert	60.3
Kellogg’s	Smacks cereal and milk bar	58.0
Greens	Fun to Bake Club strawberry flavour cake kit	56.1
Askey’s	Jellikins fromage frais delight	50.0
Quaker	Sugar Puffs break fast cereal	49.0
Yeo Valley	Crazy Creatures yogurts	25.0

4.2 Saturated fat

The total amount of saturated fat in a diet has particular relevance to health. Health experts suggest that 10% or less of total energy intake should come from saturated fats. As an example, a seven to ten year old child with an average daily intake of 1800 calories should eat no more than 20g of saturated fat to keep within this general guideline.

Foods with more than 5g saturated fat per 100g or per portion were rated as having high levels of saturated fat (see note to Table 3). The present survey found

that more than 30% of the products did not disclose the amount of saturated fat in the food. Of the 247 products that did label saturated fat content, 73 of them (30%) contained high levels of saturates. Moderate amounts of saturated fat (see note to Table 3) were found in a further 86 products (35%). Examples of products containing high levels of saturated fat are given in the table below.

Table 6: Examples of products with ‘a lot’ of saturated fat (> 5g/100g)

Manufacturer	Brand/Product Name	Saturated fat (g per 100g)
ASDA	Garden Gang sweetened coconut cubes	28.0
Rivington	Pink Panther wafer biscuits	27.6
MD Foods Plc	Thomas the Tank Engine & Friends Cheese Triangles	19.0
Kraft	Dairylea Strip Cheese pizza flavour	17.5
Sainsbury’s	Mr Men cheese food slices	15.4
Safeway	Chocolate-hazelnut spread	12.7
Cadbury’s	Snowman ice lollies	10.3

4.3 Fat

Health experts recommend that everyone over the age of five should be eating a diet that obtains less than 35% of its energy from fat (COMA, 1991). As an example, a seven to ten year old child with an average daily intake of 1800 calories should eat no more than 70g of fat to keep within this general guideline.

Foods with more than 20g fat per 100g or per portion were considered to have high levels of fat (see note to Table 3). Eleven of the 358 products in the survey could not be classified because of incomplete information on the labels. Of the remaining 347 products, 56 (16%) contained high levels of total fat. A further 168 (48%) products contained moderate amounts of total fat (see note to Table 3). Examples of products containing high levels of fat are given in the table below.

Table 7: Examples of products with ‘a lot’ of total fat (> 20g/100g)

Manufacturer	Brand/Product Name	Fat Content (g per 100g)
Safeway	Chocolate hazelnut spread	39.0
McVitie's	Milky Way cake bars	32.6
Herta	Snappy Dogs hot dog sausages	29.3
Danepack	Streakers crispy cooked bacon	29.2
Burtons	Barbie chocolate bars with strawberry filling	28.7
Nestle	Milkybar biscuits	28.1

4.4 Sodium (salt)

Dietary guidelines suggest an upper daily limit of around 2.5 grams of sodium, equivalent to 6 grams of salt. Foods rated as having high levels of sodium were those with 0.5 grams sodium per 100g or per portion.

Of the 358 children's products examined in the present survey, 115 products did not declare their sodium or salt content. Of the remaining 243 products, 111 (46%) contained high levels of sodium (see note to Table 3). Moderate amounts were found in a further 70 (29%) of foods (see note to Table 3).

Table 8: Examples of products with 'a lot' of sodium (> 0.5g/100g)

Manufacturer	Brand/Product Name	Sodium (g per 100g)
Bestfoods UK Ltd	Fun Pots, chicken and mushroom flavour noodles	1.8
Kraft	Dairylea Lunchables, double cheese	1.5
Feldhues	Batman, pork and chicken sausage slices	1.2
Kellogg's	Rice Krispies cereal	1.2
Tesco	Billy Bear sausage slices	1.2
Quaker Oats Ltd	Oat Krunchies, cereal	1.1

4.5 Healthier products

Although many products were low in fat, say, or sugar or salt, all too frequently a product that was low in one measure was high in another. A low salt product was often a high sugar product. Indeed, out of the 358 products examined, the large majority, 77%, were high in one or more of the four dietary constituents – sugar, saturated fat, total fat or salt.

Of the products with full nutritional labelling, we found a total of four products that were low in sugar, saturated fat, total fat and salt. We also identified several other products which, being plain fresh or frozen fruit or vegetables, could be

presumed to be low in the same components. In all we identified 23 products in our survey which met healthy nutritional criteria. This gave a figure of, at most, 7% healthy foods compared to at least 77% unhealthy foods – a ratio of at least eleven to one against healthy choices.

Table 9: Examples of products with ‘a little’ total fat, saturated fat, sugar and sodium

Manufacturer	Brand/Product Name
Iceland	Frozen baby corn on the cob, broad beans etc.
ASDA	Garden Gang fresh apples, pears, bananas
HL Foods	Smash Original instant potato powder

The use of child-oriented packaging for healthy products is to be commended. We found Iceland were selling frozen vegetables such as baby corn and broccoli mix with the help of cartoon characters, and Safeway were selling snack packs of ready-washed raw baby carrots. Plain fresh fruit such as pears, apples and baby bananas were on sale in Asda, Tesco, and Safeway, often with phrases such as ‘ideal for children’s lunch boxes’ written on the bags. Sainsbury’s are also introducing fruit packed in wrappers with Loony Toones cartoon characters.

Asda and Safeway were also selling dried fruit and nuts in small bags and packets. Most of the plain dried fruit was low in fat and sodium, but high in fruit sugar, which in this form can harm the teeth so should only be eaten in moderation and not as a snack between meals. Other fruit products sold as snacks had added at or added sugar: they included 50g bags of coconut cubes with added sugar, banana chips with candy coating and added fat, and dried pineapple and papaya with extra added sugar. These products can contain more sugar per 100g than a chocolate bar, or more saturated fat than a bag of potato crisps, so they are certainly not foods that should be consumed on a regular basis.

5 Results: Additives

As suggested in the introduction to this report, additives such as colourings and flavourings provide food manufacturers with the opportunity to boost the attractiveness of their products. In the present study, we found colourings and flavour-boosting agents (flavourings and flavour enhancers) used in many of the 358 products, as shown below.

Table 10: Colourings and flavour-boosting additives in children's foods

	Contained none	Contained 1 or more	Contained 5 or more	Missing/poor information
Colours	218	130	25	10
Flavours	140	208	na	10
Flavour enhancers	333	14	0	12

na = not available (manufacturers declare 'flavourings' without specifying the number used).

5.1 Colourings

A wide range of common colouring additives was found in children's food products in the present survey. Some of these colourings are identified as a possible hazard to some sensitive individuals, as shown in the table overleaf.

Ten food products did not give complete listings of the colourings that may have been present in the food as they referred to compound ingredients, such as 'cheese', 'bacon bites' or 'sausages', without indicating the constituents of these compound ingredients. Of the remaining 348 products targeted at children, 130 (38%) contained at least one added colouring, and 25 (19%) of these were found to contain five or more artificial colours.

Table 11: Colouring agents found in foods in the study

E Number	Alternative Names	Potential Health Risks
E100	Curcumin (turmeric)	Presumed safe
E101 (i)	Riboflavin (Vitamin B ₂)	Presumed safe
E101 (ii)	Riboflavin-5'-phosphate	Presumed safe
E102	Tartrazine	Many reports of adverse reactions, especially in people who are asthmatic or allergic to aspirin
E104	Quinoline yellow	Can provoke adverse reactions in some sensitive people
E110	Sunset yellow FCF	Can provoke adverse reactions in some sensitive people
E120	Cochineal (carmine acid)	May cause allergic symptoms. Extracted from insect carcasses.
E122	Carmoisine (azorubine)	Can provoke adverse reactions in some sensitive people
E124	Ponceau 4R	Can provoke adverse reactions in some sensitive people
E129	Allura red AC	Can provoke adverse reactions in some sensitive people
E131	Patent blue V	Can provoke adverse reactions in some sensitive people
E132	Indigo carmine	Can provoke adverse reactions in some sensitive people
E133	Brilliant blue FCF	Can provoke adverse reactions in some sensitive people
E141	Copper complexes of chlorophyll and chlorophyllins	Presumed safe
E142	Green S	Can provoke adverse reactions in some sensitive people
E150 (a)	Plain caramel	Approved on relatively limited data
E150 (b)	Caustic sulphite caramel	Approved on relatively limited data
E150 (c)	Ammonia caramel	May pose hazard to those deficient in vitamin B6 and with deficient white blood cells
E150 (d)	Sulphite ammonia caramel	Approved on relatively limited data
E153	Carbon black (vegetable carbon)	Some preparations may contain small quantities of benzpyrenes and polynuclear aromatic hydrocarbons, known to cause cancer in laboratory animals
E160 (a)(i)	Mixed carotenes	Presumed safe
E160(a)(ii)	Beta-carotene	Presumed safe
E160 (b)	Annatto	Can provoke intolerance symptoms
E160 (c)	Paprika extract (capsanthin)	Presumed safe
E160 (e)	Beta-8'-apo-carotenal	Presumed safe
E161	Xanthophylls	Presumed safe
E161 (b)	Lutein	Presumed safe
E162	Beetroot red (betanin)	Presumed safe
E163	Anthocyanins	Approved on relatively limited data
E171	Titanium oxide	Presumed safe
E172	Iron oxides and hydroxides	Presumed safe

Source: Lang and Millstone, 1992.

Examples of children’s foods containing large numbers of colouring agents are given in the following table.

Table 12: Examples of foods containing seven or more colouring agents

Manufacturer	Brand/Product name	Colourings used	Total
Tesco	Little Miss mini iced buns	E104, E122, E124, E129, E131, E132, E133, E153, E171	9
Nestle	Mini Smarties chocolate dessert	E100, E101, E120, E133, E141, E160e, E163, E171, E150a	9
Supercook	Junior Baker cookie stars	E150c, E122, E102, E133, E100, E141, E160b, E162	8
Greens	Gingerbread cookie kit	E104, E110, E124, E153, E171, E122, E133, E132	8
Mars	Vanilla Ice-cream M&Ms	E104, E110, E122, E124, E120, E133, E171	7

5.2 Flavourings

Thousands of compounds may be described by the single word ‘flavouring’ on the ingredients list. Manufacturers do not have to provide the consumer with any details about the compounds they have used to flavour their products.

As with colourings (see above) ten products gave inadequate details on the ingredients in the product because of the use of compound ingredients without specifying the constituents. Of the remaining 348 products we found 208 (57%) contained flavourings,

5.3 Flavour enhancers

Flavour enhancers are a specific group of additives, including monosodium glutamate (E621). Confusingly, other ingredients may be used to boost taste in foods, including hydrolysed vegetable protein and yeast extract, but they are not listed as flavour enhancers on the label or treated as such in the present survey. Twelve products could not be classified because of unspecified compound ingredients

5.4 Use of additives to promote unhealthy foods

Manufacturers argue that food additives assist them in making their foods more palatable and thereby allowing consumers to have a wider range of foods. In particular they argue that preservatives and anti-oxidant agents are necessary to ensure the safety and nutritional value of stored food. Colourings and flavourings are largely used to boost the appearance and taste of foods which might otherwise look or taste dull.

In the present survey, we examined the use of colourings and flavourings in foods according to the product's nutritional rating. We examined the colourings and flavourings used in foods that were rated healthy in terms of their nutritional rating (i.e. 'a little' sugar, salt, saturated fat and total fat), and in foods that were rated as unhealthy in one, two or three of the nutritional criteria (i.e. rated as having 'a lot' of sugar, salt, saturated or total fat).

The results showed that none of the healthy food products contained colouring or flavour-boosting additives, whereas 67% of the unhealthy products (foods rated as having 'a lot' of fat, saturated fat, sugar or salt) did utilise these additives (see Table 10 below). The figure rose to 70% for those products that were unhealthy in two or more respects, and to 73% for those products unhealthy in three or more respects (e.g. having 'a lot' of sugar and saturated fat and total fat).

These figures suggest that colouring and flavour-boosting additives are primarily used to increase the sales of those products with the worst nutritional profiles.

Table 13: Proportion of children’s products containing colouring or flavour-boosting additives

Children’s food products	Coloured	Flavour-boosted	Either coloured or flavoured
Healthy products (23)	0%	0%	0%
Unhealthy products (one or more criteria) (227)	32%	62%	67%
Unhealthy products (two or more criteria) (105)	32%	66%	70%
Unhealthy products (three or more criteria) (37)	41%	65%	73%

6 Results: Labelling

The present survey found a number of problems with the labelling of children's food products, including poor nutritional labelling, confusing ingredients lists, misleading statements and bad advice.

6.1 Incomplete nutrition labelling

Although the large majority of foods gave nutritional details for fat, carbohydrate and protein, nearly a third of the products failed to give details of saturated fat, sugar or salt/sodium levels. At present, nutritional information is provided voluntarily by manufacturers (unless a nutritional claim is made for the product). The survey shows that the majority of manufacturers are now providing the information needed on sugar, fats and salt, which shows that it should be easy for the remaining manufacturers to do so.

Table 14: Nutrition details missing from the labels of children's food products

	Number (and percentage) of products with missing information
Sodium	115 (32%)
Sugars	112 (31%)
Saturated fat	111 (31%)
Total fat	11 (3%)

Some nutrition information panels were placed on parts of the packaging that made them very difficult to find, let alone read. For example, some six-packs of yogurt and desserts had the nutritional information printed inside between the

cartons, making it very difficult to view without accidentally breaking the packs apart.

Certain frozen foods gave a nutritional breakdown for the raw product, while others gave nutrition details for the product after cooking, which made it difficult to be certain that products were being validly compared. Fatty foods, for example, may lose fat during baking or grilling, and most foods will lose significant amounts of moisture, making the comparisons 'per 100g' difficult to compare. Furthermore, some products did not indicate whether the details they gave applied to the raw or the cooked version.

6.2 Incomplete and confusing ingredients lists

Compound ingredients such as 'hot dog sausages', 'batter', 'mini burgers', 'bacon bites' and 'cheese' were listed on some packaging, but without a breakdown of what these contained. For a shopper trying to avoid additives or allergens, this lack of detailed information presents problems.

Additives such as colourings were sometimes listed as E-numbers, and sometimes as their full names. This has the potential to confuse consumers who are attempting to make comparisons.

6.3 Misleading statements or inappropriate advice

The wrapper on packet of ASDA cake bars stated "No colours, No Flavourings" and then listed 'flavourings' twice as ingredients. Mistakes on labels – such as misplaced decimal points – were seen on canned goods in Sainsbury's and on frozen vegetables in Iceland.

Inappropriate advice was also found on several products. Quaker Harvest chewy cereal bars say 'They are ideal for school lunchboxes – or as a snack anytime' on their packaging. However, these products are 30% sugar (30g of sugar per 100g)

and are just the sort of foods which dental health educators recommend should not be promoted as a snack food for consumption between meals.

Jacob's Yum Tums sweet biscuits carry messages on the front of their packs such as 'Nutritious snacks – vitamins and minerals', which again promotes snacking on sweet food, and also describes processed food as 'nutritious' due to the added vitamins and minerals. The Food Commission has argued that unhealthy foods (with high levels of fat, saturated fat, sugar or salt) should not be promoted as nutritious on the basis of added nutrients (Bonner, 1999). Similarly, the survey found examples of products where certain ingredients were promoted on the front of the pack, yet the content was nutritionally questionable. Phrases such as 'with cereal and milk' on the front of the pack draw attention away from the main ingredient in the food – sugar (e.g. Kellogg's Smacks bars with 58% sugar).

7 Conclusion

This survey of children's food products – products intentionally marketed to or for children – has found that the majority are foods rich in sugar, saturated fat, total fat or salt. We found more than eleven bad products were being marketed for every good one.

If food companies were deliberately trying to undermine the nutritional status of children they could hardly achieve this more effectively. The survey had excluded products that are well known to be of poor nutritional quality – such as soft drinks and confectionery – and did not investigate the foods marketed to children in fast food restaurants and service stations. We suspected the large majority of products in these categories would be high in fat, saturated fat, sugar or salt. But having set these aside it might have been expected that the remaining foods aimed at children would be of good nutritional quality. Sadly, this was not the case.

As discussed in section 2.2, children are exposed to a wide array of messages that encourage them to buy – or persuade their parents to buy – products that are marketed particularly for them. Parents cannot be expected to persuade children to ignore this marketing, or ignore the products in the supermarkets. If the products are putting children's health at risk, then controls may be necessary, both on the nature of the products and the marketing and labelling of them.

The present survey found some examples of healthy foods being promoted to children. These initiatives are to be applauded: the energy devoted to promoting the current range of foods should, we believe, be devoted to encouraging the consumption of far better diets. This hope – that food companies could be a force for the good – underpins our recommendations from the present survey. The recommendations are given in the Summary section at the start of this report.

8 References

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9 Appendices: A guide to all the products studied

The tables in the following pages, pages A1 – A55, show the products examined in his survey, along with the details of their nutritional content (where given by the manufacturer) and their nutritional status in terms of high and low fat, sugar etc. The colourings and flavouring additives used in the products are also listed.

Terms used in the tables:

Y = Yes

N = No

? = Missing or confusing information

High Fat = Total fat content of 20g or more per 100g of product.

High Sat = Total saturated fat content of 5g or more per 100g of product.

High Sugar = Total sugar content of 10g or more per 100g of product.

High Sodium = A sodium content of 0.5g or more per 100g of product (equivalent to 1.25g of salt or more per 100g of product).

High Fibre = Total dietary fibre (also known as Non-Starch Polysaccharide, or NSP) content of 3g or more per 100g of product.

Low Fat = Total fat content of 3g or less per 100g of product, not to be confused with words on packaging that say things like ‘reduced fat’ and ‘lower fat’.

Low Sat = Total saturated fat content of 1g or less per 100g of product.

Low Sugar = Total sugar content of 2g or less per 100g of product, not to be confused with words on packaging that say things like 'reduced sugar' or 'no added sugar'.

Low Sodium = Total sodium content of 0.1g or less per 100g of product (equivalent to 0.25g or less of salt per 100g of product).

Low Fibre = Total fibre content of 0.5g or less per 100g of product.

F Enhancer = Indicates the presence of flavour enhancers, such as monosodium glutamate (E621).

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Acre Lea Foods Ltd	Chicken Shapes		1107	265
Acre Lea Foods Ltd	Chicken Millenium Bugs		1577	378
Allied Frozen Foods	Crazy Creatures Raspberry Ripple Mousse	100ml	658	157
Anchor	Big Top Whipped Topping	55ml	245/100ml	59/100ml
Asda	5 Choc Button Bars	21	1769	420
Asda	5 Stripy Cheese Fingers		1181	267
Asda	6 Mini Savoury Eggs		1290	310
Asda	8 Cheezy Slices		1246	300
Asda	8 Mini Cheese Burgers + Buns		962	229
Asda	8 Mini Chicken Burgers + Buns		1206	287
Asda	Beans + Jumbo Sausages	210	633	151
Asda	Biscuit 'Baas'	23	2169	581
Asda	Cheezy Spread	33	1155	279
Asda	Choco Shells	30	1626	384
Asda	Choco Snaps	30	1619	382
Asda	Choco Squares	30	1827	434
Asda	Chocolate Mousse		757	180
Asda	Fairy Cakes Kit		1392	330
Asda	Freeze Pops	20ml	125/100ml	30
Asda	Frosted Flakes	30	1590	370
Asda	Garden Gang Coconut Cubes	50	2181	522
Asda	Garden Gang Dried Apricots	50	701	165
Asda	Garden Gang Dried Banana Chips	30	2184	522
Asda	Garden Gang Dried Pineapple + Papaya	50	1318	310
Asda	Garden Gang Fresh Apples		235	55
Asda	Garden Gang Fresh Bananas		423	100
Asda	Garden Gang Fresh Pears		?	?
Asda	Garden Gang Raisins + Sultanas	50	1181	278
Asda	Garden Gang Seedless Raisins	14	?	?
Asda	Golden Balls	30	1601	377
Asda	Golden Puffs	30	1537	362
Asda	Honey Nut Hoops	30	1631	385

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Acre Lea Foods Ltd	Chicken Shapes	15.9	2.4	0.9	1.8	0.4
Acre Lea Foods Ltd	Chicken Millenium Bugs	23.7	4	1	1.1	0.4
Allied Frozen Foods	Crazy Creatures Raspberry Ripple Mousse	6.1	3.1	21.9	0.1	0.1
Anchor	Big Top Whipped Topping	5.7	?	?	?	?
Asda	5 Choc Button Bars	23	?	?	?	?
Asda	5 Stripy Cheese Fingers	37	?	?	?	?
Asda	6 Mini Savoury Eggs	22	7	0.7	1.2	0.6
Asda	8 Cheezy Slices	25	?	?	?	?
Asda	8 Mini Cheese Burgers + Buns	9	3.8	5	2.2	0.6
Asda	8 Mini Chicken Burgers + Buns	11	?	?	?	?
Asda	Beans + Jumbo Sausages	7	2.4	5	2.6	0.6
Asda	Biscuit 'Baas'	26	15	48	1.1	0.2
Asda	Cheezy Spread	24	?	?	?	?
Asda	Choco Shells	4.9	1.2	37	5	0.4
Asda	Choco Snaps	2.4	1.2	39	2.3	0.7
Asda	Choco Squares	14	3.6	32	4	0.1
Asda	Chocolate Mousse	8	6	22	Tr	Tr
Asda	Fairy Cakes Kit	7.9	2.2	45.7	0.7	0.3
Asda	Freeze Pops	Tr	Tr	7	Tr	Tr
Asda	Frosted Flakes	0.7	0.2	39	2.1	0.5
Asda	Garden Gang Coconut Cubes	30	28	58	2	Tr
Asda	Garden Gang Dried Apricots	0.6	0.3	36	3.1	Tr
Asda	Garden Gang Dried Banana Chips	28	28	64	0.5	Tr
Asda	Garden Gang Dried Pineapple + Papaya	0	0	73	3	Tr
Asda	Garden Gang Fresh Apples	0	Tr	12	1.8	Tr
Asda	Garden Gang Fresh Bananas	0.3	0	20	3.1	Tr
Asda	Garden Gang Fresh Pears	?	?	?	?	?
Asda	Garden Gang Raisins + Sultanas	0.4	0.3	65	7	Tr
Asda	Garden Gang Seedless Raisins	?	?	?	?	?
Asda	Golden Balls	1.6	0.4	38	1.3	0.3
Asda	Golden Puffs	1.1	0.2	55	2.7	Tr
Asda	Honey Nut Hoops	4.1	0.8	32	3	0.6

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Acre Lea Foods Ltd	Chicken Shapes	N	N	N	N	N
Acre Lea Foods Ltd	Chicken Millenium Bugs	Y	N	N	N	N
Allied Frozen Foods	Crazy Creatures Raspberry Ripple Mousse	N	N	Y	N	N
Anchor	Big Top Whipped Topping	N	?	?	?	?
Asda	5 Choc Button Bars	Y	?	?	?	?
Asda	5 Stripy Cheese Fingers	Y	?	?	?	?
Asda	6 Mini Savoury Eggs	Y	Y	N	Y	N
Asda	8 Cheezy Slices	Y	?	?	?	?
Asda	8 Mini Cheese Burgers + Buns	N	N	N	Y	N
Asda	8 Mini Chicken Burgers + Buns	N	?	?	?	?
Asda	Beans + Jumbo Sausages	N	N	N	Y	N
Asda	Biscuit 'Baas'	Y	Y	Y	N	N
Asda	Cheezy Spread	Y	?	?	?	?
Asda	Choco Shells	N	N	Y	N	Y
Asda	Choco Snaps	N	N	Y	Y	N
Asda	Choco Squares	N	N	Y	N	Y
Asda	Chocolate Mousse	N	Y	Y	N	N
Asda	Fairy Cakes Kit	N	N	Y	N	N
Asda	Freeze Pops	N	N	N	N	N
Asda	Frosted Flakes	N	N	Y	Y	N
Asda	Garden Gang Coconut Cubes	Y	Y	Y	N	N
Asda	Garden Gang Dried Apricots	N	N	Y	N	Y
Asda	Garden Gang Dried Banana Chips	Y	Y	Y	N	N
Asda	Garden Gang Dried Pineapple + Papaya	N	N	Y	N	Y
Asda	Garden Gang Fresh Apples	N	N	Y	N	N
Asda	Garden Gang Fresh Bananas	N	N	Y	N	Y
Asda	Garden Gang Fresh Pears	?	?	?	?	?
Asda	Garden Gang Raisins + Sultanas	N	N	Y	N	Y
Asda	Garden Gang Seedless Raisins	?	?	?	?	?
Asda	Golden Balls	N	N	Y	N	N
Asda	Golden Puffs	N	N	Y	N	N
Asda	Honey Nut Hoops	N	N	Y	Y	Y

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Acre Lea Foods Ltd	Chicken Shapes	N	N	Y	N	N
Acre Lea Foods Ltd	Chicken Millenium Bugs	Y	N	Y	N	N
Allied Frozen Foods	Crazy Creatures Raspberry Ripple Mousse	N	N	N	Y	Y
Anchor	Big Top Whipped Topping	N	?	?	?	?
Asda	5 Choc Button Bars	N	?	?	?	?
Asda	5 Stripy Cheese Fingers	N	?	?	?	?
Asda	6 Mini Savoury Eggs	N	N	Y	N	N
Asda	8 Cheezy Slices	N	?	?	?	?
Asda	8 Mini Cheese Burgers + Buns	N	N	N	N	N
Asda	8 Mini Chicken Burgers + Buns	N	?	?	?	?
Asda	Beans + Jumbo Sausages	N	N	N	N	N
Asda	Biscuit 'Baas'	N	N	N	N	N
Asda	Cheezy Spread	N	?	?	?	?
Asda	Choco Shells	N	N	N	N	N
Asda	Choco Snaps	Y	N	N	N	N
Asda	Choco Squares	N	N	N	Y	N
Asda	Chocolate Mousse	N	N	N	Y	Y
Asda	Fairy Cakes Kit	N	N	N	N	N
Asda	Freeze Pops	Y	Y	N	Y	Y
Asda	Frosted Flakes	Y	Y	N	N	N
Asda	Garden Gang Coconut Cubes	N	N	N	Y	N
Asda	Garden Gang Dried Apricots	Y	Y	N	Y	N
Asda	Garden Gang Dried Banana Chips	N	N	N	Y	Y
Asda	Garden Gang Dried Pineapple + Papaya	Y	Y	N	Y	N
Asda	Garden Gang Fresh Apples	Y	Y	N	Y	N
Asda	Garden Gang Fresh Bananas	Y	Y	N	Y	N
Asda	Garden Gang Fresh Pears	?	?	?	?	?
Asda	Garden Gang Raisins + Sultanas	Y	Y	N	Y	N
Asda	Garden Gang Seedless Raisins	?	?	?	?	?
Asda	Golden Balls	Y	Y	N	N	N
Asda	Golden Puffs	Y	Y	N	Y	N
Asda	Honey Nut Hoops	N	Y	N	N	N

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Acre Lea Foods Ltd	Chicken Shapes	5: capsanthin, vegetable carbon, quinoline yellow, ponceau 4R, brilliant blue FCF	N	N
Acre Lea Foods Ltd	Chicken Millenium Bugs	2: cochineal, capsanthin	N	N
Allied Frozen Foods	Crazy Creatures Raspberry Ripple Mousse	4: beetroot red, annatto, anthocyanins, turmeric	Y	N
Anchor	Big Top Whipped Topping	None	Y	N
Asda	5 Choc Button Bars	None	Y	N
Asda	5 Stripy Cheese Fingers	1: annatto	N	N
Asda	6 Mini Savoury Eggs	2: paprika extract, annatto	N	N
Asda	8 Cheezy Slices	None	N	N
Asda	8 Mini Cheese Burgers + Buns	2: beta carotene, paprika extract	N	N
Asda	8 Mini Chicken Burgers + Buns	None	N	N
Asda	Beans + Jumbo Sausages	?	?	?
Asda	Biscuit 'Baas'	None	N	N
Asda	Cheezy Spread	None	N	N
Asda	Choco Shells	None	Y	N
Asda	Choco Snaps	None	Y	N
Asda	Choco Squares	None	Y	N
Asda	Chocolate Mousse	None	N	N
Asda	Fairy Cakes Kit	6: E124, E133, E104, E120, E129, E122	Y	N
Asda	Freeze Pops	5: E150d, E104, E122, E133, E124	Y	N
Asda	Frosted Flakes	None	Y	N
Asda	Garden Gang Coconut Cubes	None	N	N
Asda	Garden Gang Dried Apricots	None	N	N
Asda	Garden Gang Dried Banana Chips	None	N	N
Asda	Garden Gang Dried Pineapple + Papaya	None	N	N
Asda	Garden Gang Fresh Apples	None	N	N
Asda	Garden Gang Fresh Bananas	None	N	N
Asda	Garden Gang Fresh Pears	None	N	N
Asda	Garden Gang Raisins + Sultanas	None	N	N
Asda	Garden Gang Seedless Raisins	?	?	?
Asda	Golden Balls	1: annatto	Y	N
Asda	Golden Puffs	None	N	N
Asda	Honey Nut Hoops	None	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Asda	Ice Snaps	60ml	289	68
Asda	Jungle Crunch	30	1587	374
Asda	Little Squirts Chocolate Flavour Topping		1337	315
Asda	Little Squirts Strawberry Flavour Topping		1312	309
Asda	Mini Muffins Kit		1414	337
Asda	Pizza - Cheese + Onion	90	1132	269
Asda	Pizza - Cheese + Tomato	90	1041	247
Asda	Pizza - Ham + Pineapple	95	1021	242
Asda	Pizza - Hot Dog	92	1104	263
Asda	Pizza - Pepperoni	85	1277	304
Asda	Postman Pat Fromage Frais	50	653	156
Asda	Raspberry Mousse		728	173
Asda	Rice Snaps	30	1561	368
Asda	Rocket Lollies	53ml	202	48
Asda	Sausage Stick	25	1424	342
Asda	Spaghetti Loops + Sausages	205	402	96
Asda	Spaghetti Loops in Tomato Sauce	205	272	64
Askey's Ltd	Jellikins Banana Flavour Fromage Frais Delight		1890	449
Askey's Ltd	Jellikins Strawberry Flav Fromage Frais Delight		1883	447
Batchelors	Mushy Original, Processed Peas		325	77
Bernard Matthews	Cooked Dinosaur Turkey Roll 10 Slices		?	?
Bernard Matthews	Dinosaurs Turkey in Crumb coating		1218(raw)	292
Bernard Matthews	Footballers Turkey Shapes		1360	326
Bernard Matthews	Golden Fishies Fish Meat in Crumb		915	219
Bernard Matthews	Jetters Turkey Shapes		1260	302
Bernard Matthews	Soccer Slices Turkey Roll		?	?
Bernard Matthews	Turkey 2000		1213	291
Bernard Matthews	Twizzlers		1184	285
Bestfoods	Fun Pots - Chicken & Mushroom Flav Nood	59	1810	430
Bestfoods UK Ltd	Fun Pots Burger Flavour Noodles	59(dry)	1766	420

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Asda	Ice Snaps	0	0	17	0	0
Asda	Jungle Crunch	1.5	0	34	3.5	0.15
Asda	Little Squirts Chocolate Flavour Topping	2	?	?	?	?
Asda	Little Squirts Strawberry Flavour Topping	0	?	?	?	?
Asda	Mini Muffins Kit	13.8	5	24.1	0.9	0.3
Asda	Pizza - Cheese + Onion	9	3.8	2.5	1.9	0.4
Asda	Pizza - Cheese + Tomato	7	3.5	2.7	1.8	0.4
Asda	Pizza - Ham + Pineapple	6	2.9	3.9	1.7	0.4
Asda	Pizza - Hot Dog	11	4.7	1.8	1.4	0.5
Asda	Pizza - Pepperoni	12	5.7	2.1	1.8	0.5
Asda	Postman Pat Fromage Frais	8	4.8	15	Tr	Tr
Asda	Raspberry Mousse	7	6	24	Tr	Tr
Asda	Rice Snaps	1.3	0.6	10	2.2	1.2
Asda	Rocket Lollies	0.3	0.1	10.2	Tr	?
Asda	Sausage Stick	24	?	?	?	?
Asda	Spaghetti Loops + Sausages	3.9	1.4	4.8	0.4	0.6
Asda	Spaghetti Loops in Tomato Sauce	0.2	Tr	5.3	0.5	0.7
Askey's Ltd	Jellikins Banana Flavour Fromage Frais Deli	13.6	11.2	50.8	0	0.7
Askey's Ltd	Jellikins Strawberry Flav Fromage Frais Deli	13.6	11.1	50.2	0.1	0.7
Batchelors	Mushy Original, Processed Peas	0.2	ess than 0.1	1.7	2.7	0.2
Bernard Matthews	Cooked Dinosaur Turkey Roll 10 Slices	?	?	?	?	?
Bernard Matthews	Dinosaurs Turkey in Crumb coating	18.9	?	?	?	?
Bernard Matthews	Footballers Turkey Shapes	20	?	?	?	?
Bernard Matthews	Golden Fishies Fish Meat in Crumb	11.5	0.8	Tr	0.7	0.6
Bernard Matthews	Jettors Turkey Shapes	18.3	?	?	?	?
Bernard Matthews	Soccer Slices Turkey Roll	?	?	?	?	?
Bernard Matthews	Turkey 2000	18.4	?	?	?	?
Bernard Matthews	Twizzlers	21.3	?	?	?	?
Bestfoods	Fun Pots - Chicken & Mushroom Flav Nood	15.3	7.4	6.1	3.7	1.8
Bestfoods UK Ltd	Fun Pots Burger Flavour Noodles	14.9	7.2	8.1	3.3	1.6

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Asda	Ice Snaps	N	N	Y	N	N
Asda	Jungle Crunch	N	N	Y	N	Y
Asda	Little Squirts Chocolate Flavour Topping	N	?	?	?	?
Asda	Little Squirts Strawberry Flavour Topping	N	?	?	?	?
Asda	Mini Muffins Kit	N	Y	Y	N	N
Asda	Pizza - Cheese + Onion	N	N	N	N	N
Asda	Pizza - Cheese + Tomato	N	N	N	N	N
Asda	Pizza - Ham + Pineapple	N	N	N	N	N
Asda	Pizza - Hot Dog	N	N	N	Y	N
Asda	Pizza - Pepperoni	N	Y	N	Y	N
Asda	Postman Pat Fromage Frais	N	N	Y	N	N
Asda	Raspberry Mousse	N	Y	Y	N	N
Asda	Rice Snaps	N	N	Y	Y	N
Asda	Rocket Lollies	N	N	Y	?	N
Asda	Sausage Stick	Y	?	?	?	?
Asda	Spaghetti Loops + Sausages	N	N	N	Y	N
Asda	Spaghetti Loops in Tomato Sauce	N	N	N	Y	N
Askey's Ltd	Jellikins Banana Flavour Fromage Frais Deli	N	Y	Y	Y	N
Askey's Ltd	Jellikins Strawberry Flav Fromage Frais Deli	N	Y	Y	Y	N
Batchelors	Mushy Original, Processed Peas	N	N	N	N	N
Bernard Matthews	Cooked Dinosaur Turkey Roll 10 Slices	?	?	?	?	?
Bernard Matthews	Dinosaurs Turkey in Crumb coating	Y	?	?	?	?
Bernard Matthews	Footballers Turkey Shapes	Y	?	?	?	?
Bernard Matthews	Golden Fishies Fish Meat in Crumb	N	N	N	Y	N
Bernard Matthews	Jettors Turkey Shapes	N	?	?	?	?
Bernard Matthews	Soccer Slices Turkey Roll	?	?	?	?	?
Bernard Matthews	Turkey 2000	N	?	?	?	?
Bernard Matthews	Twizzlers	Y	?	?	?	?
Bestfoods	Fun Pots - Chicken & Mushroom Flav Nood	N	Y	N	Y	Y
Bestfoods UK Ltd	Fun Pots Burger Flavour Noodles	N	Y	N	Y	Y

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Asda	Ice Snaps	Y	Y	N	Y	Y
Asda	Jungle Crunch	Y	Y	N	N	N
Asda	Little Squirts Chocolate Flavour Topping	Y	?	?	?	?
Asda	Little Squirts Strawberry Flavour Topping	Y	?	?	?	?
Asda	Mini Muffins Kit	N	N	N	N	N
Asda	Pizza - Cheese + Onion	N	N	N	N	N
Asda	Pizza - Cheese + Tomato	N	N	N	N	N
Asda	Pizza - Ham + Pineapple	N	N	N	N	N
Asda	Pizza - Hot Dog	N	N	Y	N	N
Asda	Pizza - Pepperoni	N	N	N	N	N
Asda	Postman Pat Fromage Frais	N	N	N	Y	Y
Asda	Raspberry Mousse	N	N	N	Y	Y
Asda	Rice Snaps	Y	Y	N	N	N
Asda	Rocket Lollies	Y	Y	N	?	Y
Asda	Sausage Stick	N	?	?	?	?
Asda	Spaghetti Loops + Sausages	N	N	N	N	Y
Asda	Spaghetti Loops in Tomato Sauce	Y	Y	N	N	Y
Askey's Ltd	Jellikins Banana Flavour Fromage Frais Deli	N	N	N	N	Y
Askey's Ltd	Jellikins Strawberry Flav Fromage Frais Deli	N	N	N	N	Y
Batchelors	Mushy Original, Processed Peas	Y	Y	Y	N	N
Bernard Matthews	Cooked Dinosaur Turkey Roll 10 Slices	?	?	?	?	?
Bernard Matthews	Dinosaurs Turkey in Crumb coating	N	?	?	?	?
Bernard Matthews	Footballers Turkey Shapes	N	?	?	?	?
Bernard Matthews	Golden Fishies Fish Meat in Crumb	N	Y	Y	N	N
Bernard Matthews	Jettlers Turkey Shapes	N	?	?	?	?
Bernard Matthews	Soccer Slices Turkey Roll	?	?	?	?	?
Bernard Matthews	Turkey 2000	N	?	?	?	?
Bernard Matthews	Twizzlers	N	?	?	?	?
Bestfoods	Fun Pots - Chicken & Mushroom Flav Nood	N	N	N	N	N
Bestfoods UK Ltd	Fun Pots Burger Flavour Noodles	N	N	N	N	N

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Asda	Ice Snaps	2: annatto, riboflavin	Y	N
Asda	Jungle Crunch	None	Y	N
Asda	Little Squirts Chocolate Flavour Topping	None	Y	N
Asda	Little Squirts Strawberry Flavour Topping	1: anthocyanins	Y	N
Asda	Mini Muffins Kit	None	Y	N
Asda	Pizza - Cheese + Onion	1: annatto	N	N
Asda	Pizza - Cheese + Tomato	1: annatto	N	N
Asda	Pizza - Ham + Pineapple	None	N	N
Asda	Pizza - Hot Dog	1: annatto	Y	N
Asda	Pizza - Pepperoni	1: annatto	N	N
Asda	Postman Pat Fromage Frais	1: anthocyanins	Y	N
Asda	Raspberry Mousse	1: betanin	Y	N
Asda	Rice Snaps	None	N	N
Asda	Rocket Lollies	5: beetroot red, veg carbon, curcumin, anthocyanins, annatto	Y	N
Asda	Sausage Stick	None	N	N
Asda	Spaghetti Loops + Sausages	?	?	Y
Asda	Spaghetti Loops in Tomato Sauce	None	N	Y
Askey's Ltd	Jellikins Banana Flavour Fromage Frais	5: beta carotene, cochineal, ccs of Delichlorophylls+chlorophyllins, paprika ext, lutein	Y	N
Askey's Ltd	Jellikins Strawberry Flav Fromage Frais	6: beetroot red, annatto, cochineal, ccs of Delichlorophylls + chlor, paprika extract, lutein	Y	N
Batchelors	Mushy Original, Processed Peas	2: E102, E133	N	N
Bernard Matthews	Cooked Dinosaur Turkey Roll 10 Slices	None	Y	Y
Bernard Matthews	Dinosaurs Turkey in Crumb coating	2: paprika extract, turmeric ext	Y	Y
Bernard Matthews	Footballers Turkey Shapes	2: paprika extract, turmeric ext	Y	Y
Bernard Matthews	Golden Fishies Fish Meat in Crumb	2: paprika ext, turmeric ext	?	?
Bernard Matthews	Jettters Turkey Shapes	2: paprika extract, turmeric extract	Y	N
Bernard Matthews	Soccer Slices Turkey Roll	None	Y	Y
Bernard Matthews	Turkey 2000	2: paprika ext, turmeric ext	Y	N
Bernard Matthews	Twizzlers	2: paprika, E120	Y	N
Bestfoods	Fun Pots - Chicken & Mushroom Flav Nood	1: curcumin	Y	Y
Bestfoods UK Ltd	Fun Pots Burger Flavour Noodles	None	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Bestfoods UK Ltd	Fun Pots Nice 'n' Spicy Noodles	59(dry)	1805	429
Birds Eye	Alphabites	56	654 (raw)	156
Boekos BV	Dennis the Menace Chompers		1065	257
Burtons	Jammie Dodgers Triple Pack		1867	444
Burton's	Barbie Bite Size Biscuits	28	2012	480
Burton's	Barbie Milk Choc Coated Bars + Strawb Fillii	25	2170	519
Burton's	Cartoonies Biscuits	25	2067	493
Buxted	Tweety Bites Chicken + Turkey in Coating		962	230
Cadbury's	6 Cake Selection - Caramel Cake		1642	391
Cadbury's	6 Cake Selection - Creamy White Buttons		1777	424
Cadbury's	6 Cake Selection - Flake Cake		1801	430
Cadbury's	Animals Biscuits		2070	493
Cadbury's	Cadbury Land 6 Fudge Cakes		1887	433
Cadbury's	Monty Moose Milk Chocolate Mousse	40	755	180
Cadbury's	Snowmen Ice Lollies	65ml	1035/100g	248
Cadiso Food	Sun Lolly Orange Lollies 10 pack	62ml	370	90
Cadiso Food	Tropical Flavour Lollies 16 pack	62ml	360	85
Calypso	Rugrats 40 Pasteurised Freezepops		125.3	29.5
Calypso (Cooke Bros)	20 Flintstones Pasteurised Freezepops	20ml/50ml	125.3	29.5
Calypso Soft Drinks Lt	Cool Calypso Strawberry Flavour Ice Lollies	62ml	243/100ml	57/100ml
Calypso Soft Drinks Lt	Orange Flavour Ice Lollies	62ml	250/100ml	58.8/100ml
Campbells	Meatballs in Bolognese Sauce		416	99
Campbells	Meatballs in Gravy		374	89
Campbells	Meatballs in Onion Gravy		383	92
Campbells	Meatballs in Tomato Sauce		406	97
Dailycer Ltd	Thomas the Tank Engine & Friends Cereal	30	1570	370
Dairy Crest - Yoplait	Petits Filous Frubes	40	531	126
Dairy Crest - Yoplait	Wildlife Choobs Squeezable Fromage Frais	40	464	110
Dairy Crest - Yoplait	Wildlife Fromage Frais	50	409	97
Dairy Crest - Yoplait	Wildlife Yo-to-Go Yogurt	90	437	104
Danepack	Streakers Crispy Cooked Bacon		2030	485
Del Monte	Fruitini Strawberry Jelly	140	274	65

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Bestfoods UK Ltd	Fun Pots Nice 'n' Spicy Noodles	15.3	7.3	6.8	3.2	1.4
Birds Eye	Alphabites	6.7	2.8	0.5	1.8	0.4
Boekos BV	Dennis the Menace Chompers	20.5	7.2	1.5	0	0.8
Burtons	Jammie Dodgers Triple Pack	16.6	?	?	?	?
Burton's	Barbie Bite Size Biscuits	20.8	?	?	?	?
Burton's	Barbie Milk Choc Coated Bars + Strawb Fillii	28.7	?	?	?	?
Burton's	Cartoonies Biscuits	23.2	12.6	33.2	1.5	0.3
Buxted	Tweety Bites Chicken + Turkey in Coating	11.8	1.5	0.8	1	0.7
Cadbury's	6 Cake Selection - Caramel Cake	16.6	?	?	?	?
Cadbury's	6 Cake Selection - Creamy White Buttons	21.6	?	?	?	?
Cadbury's	6 Cake Selection - Flake Cake	22.2	?	?	?	?
Cadbury's	Animals Biscuits	20.9	?	?	?	?
Cadbury's	Cadbury Land 6 Fudge Cakes	17.3	?	?	?	?
Cadbury's	Monty Moose Milk Chocolate Mousse	7.4	?	?	?	?
Cadbury's	Snowmen Ice Lollies	14.1	10.3	21	0.7	0.06
Cadiso Food	Sun Lolly Orange Lollies 10 pack	0	?	?	?	?
Cadiso Food	Tropical Flavour Lollies 16 pack	0	?	?	?	?
Calypso	Rugrats 40 Pasteurised Freezepops	Negligible	?	?	?	?
Calypso (Cooke Bros)	20 Flintstones Pasteurised Freezepops	Negligible	?	?	?	?
Calypso Soft Drinks Lt	Cool Calypso Strawberry Flavour Ice Lollies	Tr	?	?	?	?
Calypso Soft Drinks Lt	Orange Flavour Ice Lollies	Tr	?	?	?	?
Campbells	Meatballs in Bolognese Sauce	3.9	?	?	?	?
Campbells	Meatballs in Gravy	3.3	?	?	?	?
Campbells	Meatballs in Onion Gravy	4	?	?	?	?
Campbells	Meatballs in Tomato Sauce	3.4	?	?	?	?
Dailycer Ltd	Thomas the Tank Engine & Friends Cereal	1.5	0.2	36.4	3.5	0.4
Dairy Crest - Yoplait	Petits Filous Frubes	4.8	?	?	?	?
Dairy Crest - Yoplait	Wildlife Choobs Squeezable Fromage Frais	2.9	?	?	?	?
Dairy Crest - Yoplait	Wildlife Fromage Frais	1.3	?	?	?	?
Dairy Crest - Yoplait	Wildlife Yo-to-Go Yogurt	2.4	?	?	?	?
Danepack	Streakers Crispy Cooked Bacon	29.2	?	?	?	?
Del Monte	Fruitini Strawberry Jelly	0.1	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Bestfoods UK Ltd	Fun Pots Nice 'n' Spicy Noodles	N	Y	N	Y	Y
Birds Eye	Alphabites	N	N	N	N	N
Boekos BV	Dennis the Menace Chompers	Y	Y	N	Y	N
Burtons	Jammie Dodgers Triple Pack	N	?	?	?	?
Burton's	Barbie Bite Size Biscuits	Y	?	?	?	?
Burton's	Barbie Milk Choc Coated Bars + Strawb Fillii	Y	?	?	?	?
Burton's	Cartoonies Biscuits	Y	Y	Y	N	N
Buxted	Tweety Bites Chicken + Turkey in Coating	N	N	N	Y	N
Cadbury's	6 Cake Selection - Caramel Cake	N	?	?	?	?
Cadbury's	6 Cake Selection - Creamy White Buttons	Y	?	?	?	?
Cadbury's	6 Cake Selection - Flake Cake	Y	?	?	?	?
Cadbury's	Animals Biscuits	Y	?	?	?	?
Cadbury's	Cadbury Land 6 Fudge Cakes	N	?	?	?	?
Cadbury's	Monty Moose Milk Chocolate Mousse	N	?	?	?	?
Cadbury's	Snowmen Ice Lollies	N	Y	Y	N	N
Cadiso Food	Sun Lolly Orange Lollies 10 pack	N	?	?	?	?
Cadiso Food	Tropical Flavour Lollies 16 pack	N	?	?	?	?
Calypso	Rugrats 40 Pasteurised Freezepops	N	?	?	?	?
Calypso (Cooke Bros)	20 Flintstones Pasteurised Freezepops	N	?	?	?	?
Calypso Soft Drinks Lt	Cool Calypso Strawberry Flavour Ice Lollies	N	?	?	?	?
Calypso Soft Drinks Lt	Orange Flavour Ice Lollies	N	?	?	?	?
Campbells	Meatballs in Bolognese Sauce	N	?	?	?	?
Campbells	Meatballs in Gravy	N	?	?	?	?
Campbells	Meatballs in Onion Gravy	N	?	?	?	?
Campbells	Meatballs in Tomato Sauce	N	?	?	?	?
Dailycer Ltd	Thomas the Tank Engine & Friends Cereal	N	N	Y	N	Y
Dairy Crest - Yoplait	Petits Filous Frubes	N	?	?	?	?
Dairy Crest - Yoplait	Wildlife Choobs Squeezable Fromage Frais	N	?	?	?	?
Dairy Crest - Yoplait	Wildlife Fromage Frais	N	?	?	?	?
Dairy Crest - Yoplait	Wildlife Yo-to-Go Yogurt	N	?	?	?	?
Danepack	Streakers Crispy Cooked Bacon	Y	?	?	?	?
Del Monte	Fruitini Strawberry Jelly	N	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Bestfoods UK Ltd	Fun Pots Nice 'n' Spicy Noodles	N	N	N	N	N
Birds Eye	Alphabites	N	N	Y	N	N
Boekos BV	Dennis the Menace Chompers	N	N	Y	N	Y
Burtons	Jammie Dodgers Triple Pack	N	?	?	?	?
Burton's	Barbie Bite Size Biscuits	N	?	?	?	?
Burton's	Barbie Milk Choc Coated Bars + Strawb Fillii	N	?	?	?	?
Burton's	Cartoonies Biscuits	N	N	N	N	N
Buxted	Tweety Bites Chicken + Turkey in Coating	N	N	Y	N	N
Cadbury's	6 Cake Selection - Caramel Cake	N	?	?	?	?
Cadbury's	6 Cake Selection - Creamy White Buttons	N	?	?	?	?
Cadbury's	6 Cake Selection - Flake Cake	N	?	?	?	?
Cadbury's	Animals Biscuits	N	?	?	?	?
Cadbury's	Cadbury Land 6 Fudge Cakes	N	?	?	?	?
Cadbury's	Monty Moose Milk Chocolate Mousse	N	?	?	?	?
Cadbury's	Snowmen Ice Lollies	N	N	N	Y	N
Cadiso Food	Sun Lolly Orange Lollies 10 pack	N	?	?	?	?
Cadiso Food	Tropical Flavour Lollies 16 pack	N	?	?	?	?
Calypso	Rugrats 40 Pasteurised Freezepops	N	?	?	?	?
Calypso (Cooke Bros)	20 Flintstones Pasteurised Freezepops	Y	?	?	?	?
Calypso Soft Drinks Lt	Cool Calypso Strawberry Flavour Ice Lollies	Y	?	?	?	?
Calypso Soft Drinks Lt	Orange Flavour Ice Lollies	Y	?	?	?	?
Campbells	Meatballs in Bolognese Sauce	N	?	?	?	?
Campbells	Meatballs in Gravy	N	?	?	?	?
Campbells	Meatballs in Onion Gravy	N	?	?	?	?
Campbells	Meatballs in Tomato Sauce	N	?	?	?	?
Dailycer Ltd	Thomas the Tank Engine & Friends Cereal	Y	Y	N	N	N
Dairy Crest - Yoplait	Petits Filous Frubes	N	?	?	?	?
Dairy Crest - Yoplait	Wildlife Choobs Squeezable Fromage Frais	Y	?	?	?	?
Dairy Crest - Yoplait	Wildlife Fromage Frais	Y	?	?	?	?
Dairy Crest - Yoplait	Wildlife Yo-to-Go Yogurt	Y	?	?	?	?
Danepack	Streakers Crispy Cooked Bacon	N	?	?	?	?
Del Monte	Fruitini Strawberry Jelly	N	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Bestfoods UK Ltd	Fun Pots Nice 'n' Spicy Noodles	1: paprika extract	Y	Y
Birds Eye	Alphabites	None	N	N
Boekos BV	Dennis the Menace Chompers	None	Y	N
Burtons	Jammie Dodgers Triple Pack	1: carmoisine	Y	N
Burton's	Barbie Bite Size Biscuits	2: E120, E171	Y	N
Burton's	Barbie Milk Choc Coated Bars + Strawb Fillii	1: E120	Y	N
Burton's	Cartoonies Biscuits	1: E150c	Y	N
Buxted	Tweety Bites Chicken + Turkey in Coating	2: E160c, E100	Y	N
Cadbury's	6 Cake Selection - Caramel Cake	None	Y	N
Cadbury's	6 Cake Selection - Creamy White Buttons	None	Y	N
Cadbury's	6 Cake Selection - Flake Cake	None	Y	N
Cadbury's	Animals Biscuits	None	Y	N
Cadbury's	Cadbury Land 6 Fudge Cakes	None	Y	N
Cadbury's	Monty Moose Milk Chocolate Mousse	None	Y	N
Cadbury's	Snowmen Ice Lollies	None	Y	N
Cadiso Food	Sun Lolly Orange Lollies 10 pack	1: beta carotene	Y	N
Cadiso Food	Tropical Flavour Lollies 16 pack	1: beta carotene	Y	N
Calypso	Rugrats 40 Pasteurised Freezepops	5: E150d, E104, E122, E133, E124	Y	N
Calypso (Cooke Bros)	20 Flintstones Pasteurised Freezepops	5: E150d, E104, E122, E133, E124	Y	N
Calypso Soft Drinks Lt	Cool Calypso Strawberry Flavour Ice Lollies	1: anthocyanins	Y	Y
Calypso Soft Drinks Lt	Orange Flavour Ice Lollies	1: beta carotene	Y	N
Campbells	Meatballs in Bolognese Sauce	None	Y	N
Campbells	Meatballs in Gravy	1: caramel	Y	N
Campbells	Meatballs in Onion Gravy	1: caramel	Y	N
Campbells	Meatballs in Tomato Sauce	None	Y	N
Dailycer Ltd	Thomas the Tank Engine & Friends Cereal	None	Y	N
Dairy Crest - Yoplait	Petits Filous Frubes	3: blackcurrant concentrate, paprika extract, grape juice	Y	N
Dairy Crest - Yoplait	Wildlife Choobs Squeezable Fromage Frais	2: paprika extract, beetroot red	Y	N
Dairy Crest - Yoplait	Wildlife Fromage Frais	2: blackcurrant extract, paprika extract	Y	N
Dairy Crest - Yoplait	Wildlife Yo-to-Go Yogurt	None	Y	N
Danepack	Streakers Crispy Cooked Bacon	None	N	N
Del Monte	Fruitini Strawberry Jelly	2: cochineal, annatto	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Earlstone Foods	Fruitz Cereal	30	1672	395
Eden Vale	Milkyway Mousse	50	953	229
Eden Vale	Munch Bunch Mega Pot Shots Fromage Fra	80	500	119
Eden Vale	Munch Bunch Mix Ups Yogurt + Fruit Puree	125	399	94
Eden Vale	Munch Bunch Pot Shots Fromage Frais	42	520	124
Eden Vale	Munch Bunch Squeezy Pot Shots From. Fra	40	520	124
Eden Vale	Munch Bunch Wholemilk Set Yogurt 8 Pack	100	401	95
Eden Vale	Munch Bunch Wholemilk Yogurt - Strawberr	100	441	105
Feldhues	Batman Pork & Chicken Sausage 7 Slices		971	234
Feldhues	Billy Alien Pork + Turkey Slices		808	194
Fox's	Alphabics		1938	462
Frontline Foods	Buxted Looney Tunes Bites		982	236
Frontline Foods	Taz Chicken Nuggets		1043	249
Golden Vale	CheeStrings	21	1316	317
Golden Vale	CheeStrings Twisters	21	1316	317
Grampian	Chicken in the Jungle		1076	258
Greens	FTBC Banana Flavour Cake Kit		1474	350
Greens	FTBC Big Bug Cookie Kit		2066	493
Greens	FTBC Crazy Cookie Capers Cookie Kit		1663	395
Greens	FTBC Gingerbread Cookie Kit		1671	396
Greens	FTBC Rainbow Surprise Cake Kit		1671	398
Greens	FTBC Toffee Flavour Cake Kit		1397	322
Greens	Fun to Bake Club Cartoons Choc Flav Cake Kit		1453	345
Greens	Fun To Bake Club Scooby Doo Cookie Kit		1608	381
Greens	Fun To Bake Club Strawberry Flavour Cake Kit		1435	340
Heinz	Action Man Pasta Shapes in Tomato Sauce	205	250	59
Heinz	Barbie Pasta Shapes in Tomato Sauce	205	254	60
Heinz	Noddy Pasta Shapes in Tomato Sauce	205	264	62
Heinz	Rugrats Pasta Shapes in Tomato Sauce	210	257	61

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Earlstone Foods	Fruitzz Cereal	3.9	0.5	28.2	2.1	0.2
Eden Vale	Milkyway Mousse	14.5	?	?	?	?
Eden Vale	Munch Bunch Mega Pot Shots Fromage Fra	4	?	?	?	?
Eden Vale	Munch Bunch Mix Ups Yogurt + Fruit Puree	1.8	1.1	9.6	?	?
Eden Vale	Munch Bunch Pot Shots Fromage Frais	4	2.5	14	?	?
Eden Vale	Munch Bunch Squeezy Pot Shots From. Fra	4	2.5	14	?	?
Eden Vale	Munch Bunch Wholemilk Set Yogurt 8 Pack	3	?	?	?	?
Eden Vale	Munch Bunch Wholemilk Yogurt - Strawberr	2.9	?	?	?	?
Feldhues	Batman Pork & Chicken Sausage 7 Slices	17.8	6.9	1.5	Tr	1.2
Feldhues	Billy Alien Pork + Turkey Slices	12.7	5.1	1.5	Tr	0.8
Fox's	Alphabics	18.5	?	?	1.9	0.6
Frontline Foods	Buxted Looney Tunes Bites	13.6	2.5	0.3	1.4	0.4
Frontline Foods	Taz Chicken Nuggets	15	2.8	0.5	0.7	0.4
Golden Vale	CheeStrings	25	?	?	?	?
Golden Vale	CheeStrings Twisters	25	?	?	?	?
Grampian	Chicken in the Jungle	17.1	4.5	0.9	2.4	0.6
Greens	FTBC Banana Flavour Cake Kit	10	?	?	?	?
Greens	FTBC Big Bug Cookie Kit	24	?	?	?	?
Greens	FTBC Crazy Cookie Capers Cookie Kit	6.5	?	?	?	?
Greens	FTBC Gingerbread Cookie Kit	10.2	4.6	38.6	2.2	0.23
Greens	FTBC Rainbow Surprise Cake Kit	16.5	?	?	?	?
Greens	FTBC Toffee Flavour Cake Kit	9	3	38.9	1	0.52
Greens	Fun to Bake Club Cartoons Choc Flav Cake	9	?	?	?	?
Greens	Fun To Bake Club Scooby Doo Cookie Kit	7.5	2.5	56.1	0.9	0.2
Greens	Fun To Bake Club Strawberry Flavour Cake	8.5	?	?	?	?
Heinz	Action Man Pasta Shapes in Tomato Sauce	0.3	Tr	4.4	0.4	0.4
Heinz	Barbie Pasta Shapes in Tomato Sauce	0.4	Tr	4.3	0.6	0.4
Heinz	Noddy Pasta Shapes in Tomato Sauce	0.4	Tr	4.4	0.6	0.4
Heinz	Rugrats Pasta Shapes in Tomato Sauce	0.4	Tr	4.4	0.6	0.4

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Earlstone Foods	Fruitz Cereal	N	N	Y	N	N
Eden Vale	Milkyway Mousse	N	?	?	?	?
Eden Vale	Munch Bunch Mega Pot Shots Fromage Fra	N	?	?	?	?
Eden Vale	Munch Bunch Mix Ups Yogurt + Fruit Puree	N	N	N	?	?
Eden Vale	Munch Bunch Pot Shots Fromage Frais	N	N	Y	?	?
Eden Vale	Munch Bunch Squeezy Pot Shots From. Fra	N	N	Y	?	?
Eden Vale	Munch Bunch Wholemilk Set Yogurt 8 Pack	N	?	?	?	?
Eden Vale	Munch Bunch Wholemilk Yogurt - Strawberr	N	?	?	?	?
Feldhues	Batman Pork & Chicken Sausage 7 Slices	N	Y	N	Y	N
Feldhues	Billy Alien Pork + Turkey Slices	N	Y	N	Y	N
Fox's	Alphabics	N	?	?	Y	N
Frontline Foods	Buxted Looney Tunes Bites	N	N	N	N	N
Frontline Foods	Taz Chicken Nuggets	N	N	N	N	N
Golden Vale	CheeStrings	Y	?	?	?	?
Golden Vale	CheeStrings Twisters	Y	?	?	?	?
Grampian	Chicken in the Jungle	N	N	N	Y	N
Greens	FTBC Banana Flavour Cake Kit	N	?	?	?	?
Greens	FTBC Big Bug Cookie Kit	Y	?	?	?	?
Greens	FTBC Crazy Cookie Capers Cookie Kit	N	?	?	?	?
Greens	FTBC Gingerbread Cookie Kit	N	N	Y	N	N
Greens	FTBC Rainbow Surprise Cake Kit	N	?	?	?	?
Greens	FTBC Toffee Flavour Cake Kit	N	N	Y	Y	N
Greens	Fun to Bake Club Cartoons Choc Flav Cake	N	?	?	?	?
Greens	Fun To Bake Club Scooby Doo Cookie Kit	N	N	Y	N	N
Greens	Fun To Bake Club Strawberry Flavour Cake	N	?	?	?	?
Heinz	Action Man Pasta Shapes in Tomato Sauce	N	N	N	N	N
Heinz	Barbie Pasta Shapes in Tomato Sauce	N	N	N	N	N
Heinz	Noddy Pasta Shapes in Tomato Sauce	N	N	N	N	N
Heinz	Rugrats Pasta Shapes in Tomato Sauce	N	N	N	N	N

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Earlstreet Foods	Fruitz Cereal	N	Y	N	N	N
Eden Vale	Milkyway Mousse	N	?	?	?	?
Eden Vale	Munch Bunch Mega Pot Shots Fromage Fra	N	?	?	?	?
Eden Vale	Munch Bunch Mix Ups Yogurt + Fruit Puree	Y	N	N	?	?
Eden Vale	Munch Bunch Pot Shots Fromage Frais	N	N	N	?	?
Eden Vale	Munch Bunch Squeezy Pot Shots From. Fra	N	N	N	?	?
Eden Vale	Munch Bunch Wholemilk Set Yogurt 8 Pack	Y	?	?	?	?
Eden Vale	Munch Bunch Wholemilk Yogurt - Strawberr	Y	?	?	?	?
Feldhues	Batman Pork & Chicken Sausage 7 Slices	N	N	Y	N	Y
Feldhues	Billy Alien Pork + Turkey Slices	N	N	Y	N	Y
Fox's	Alphabics	N	?	?	N	N
Frontline Foods	Buxted Looney Tunes Bites	N	N	Y	N	N
Frontline Foods	Taz Chicken Nuggets	N	N	Y	N	N
Golden Vale	CheeStrings	N	?	?	?	?
Golden Vale	CheeStrings Twisters	N	?	?	?	?
Grampian	Chicken in the Jungle	N	N	Y	N	N
Greens	FTBC Banana Flavour Cake Kit	N	?	?	?	?
Greens	FTBC Big Bug Cookie Kit	N	?	?	?	?
Greens	FTBC Crazy Cookie Capers Cookie Kit	N	?	?	?	?
Greens	FTBC Gingerbread Cookie Kit	N	N	N	N	N
Greens	FTBC Rainbow Surprise Cake Kit	N	?	?	?	?
Greens	FTBC Toffee Flavour Cake Kit	N	N	N	N	N
Greens	Fun to Bake Club Cartoons Choc Flav Cake	N	?	?	?	?
Greens	Fun To Bake Club Scooby Doo Cookie Kit	N	N	N	N	N
Greens	Fun To Bake Club Strawberry Flavour Cake	N	?	?	?	?
Heinz	Action Man Pasta Shapes in Tomato Sauce	Y	Y	N	N	N
Heinz	Barbie Pasta Shapes in Tomato Sauce	Y	Y	N	N	N
Heinz	Noddy Pasta Shapes in Tomato Sauce	Y	Y	N	N	N
Heinz	Rugrats Pasta Shapes in Tomato Sauce	Y	Y	N	N	N

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Earlstreet Foods	Fruitz Cereal	2: E163, annatto	Y	N
Eden Vale	Milkyway Mousse	None	N	N
Eden Vale	Munch Bunch Mega Pot Shots Fromage Fra	None	Y	N
Eden Vale	Munch Bunch Mix Ups Yogurt + Fruit Puree	1: anthocyanin	Y	N
Eden Vale	Munch Bunch Pot Shots Fromage Frais	None	Y	N
Eden Vale	Munch Bunch Squeezy Pot Shots From. Fra	None	Y	N
Eden Vale	Munch Bunch Wholemilk Set Yogurt 8 Pack	4: annatto, anthocyanin, beta carotene, betanin	Y	N
Eden Vale	Munch Bunch Wholemilk Yogurt - Strawberry	1: anthocyanins	Y	N
Feldhues	Batman Pork & Chicken Sausage 7 Slices	None	N	N
Feldhues	Billy Alien Pork + Turkey Slices	None	N	N
Fox's	Alphabics	None	Y	N
Frontline Foods	Buxted Looney Tunes Bites	2: E160c, E100	Y	N
Frontline Foods	Taz Chicken Nuggets	None	N	N
Golden Vale	CheeStrings	1: annatto	Y	N
Golden Vale	CheeStrings Twisters	1: annatto	Y	N
Grampian	Chicken in the Jungle	None	Y	N
Greens	FTBC Banana Flavour Cake Kit	8: turmeric, E153, E171, E122, E124, E104,	Y	N
Greens	FTBC Big Bug Cookie Kit	4: E131, E104, E110, E124	Y	N
Greens	FTBC Crazy Cookie Capers Cookie Kit	E133	Y	N
Greens	FTBC Gingerbread Cookie Kit	9: burnt sugar, E104, E110, E124, E153, E171, E122, E133, E132	N	N
Greens	FTBC Rainbow Surprise Cake Kit	5: E124, E110, E104, E133, E132	Y	N
Greens	FTBC Toffee Flavour Cake Kit	8: burnt sugar, E153, E171, E122, E124, E104, E133, E132	Y	N
Greens	Fun to Bake Club Cartoons Choc Flav Cake	5: E153, E124, E104, E133, E132	N	N
Greens	Fun To Bake Club Scooby Doo Cookie Kit	9: quinoline yellow, brilliant blue, E153, E171, E122, E124, E132, E133, E104	N	N
Greens	Fun To Bake Club Strawberry Flavour Cake	9: carmoisine, turmeric, E153, E171, E122, E124, E104, E133, E132	Y	N
Heinz	Action Man Pasta Shapes in Tomato Sauce	None	Y	N
Heinz	Barbie Pasta Shapes in Tomato Sauce	None	Y	N
Heinz	Noddy Pasta Shapes in Tomato Sauce	None	Y	N
Heinz	Rugrats Pasta Shapes in Tomato Sauce	None	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Heinz	Star Wars Pasta Shapes in Tomato Sauce	200	249	59
Heinz	Taz Baked Beans & Bacon Bites in Tom Sat	200	482	115
Heinz	Taz Baked Beans & Mini Saus in Tom Sauce	200	423	100
Heinz	Teletubbies Past & Mini Saus in Tomato Sat	200	381	91
Heinz	Teletubbies Pasta Shapes in Tomato Sauce	205	257	61
Heinz	Thomas & F Pasta & Mini Saus in Tom Sau	200	385	92
Heinz	Thomas the Tank Eng & F Pasta in Tom Sa	200	250	59
Herta	8 Snappy Dogs		1305	315
Highgrove Foods	Noddy Yogurts - Strawberry Carton	100	485	116
HL Foods Ltd	Smash Original	162.5	254	60
HP Foods Ltd	Animal Hospital Pasta Shapes in Tomato Sa	205	288	68
HP Foods Ltd	Barney Pasta in Tomato Sauce	213	288	68
HP Foods Ltd	My Little Pony Pasta in Tomato Sauce	213	288	68
HP Foods Ltd	Postman Pat Pasta Shapes in Tomato Sauc	205	288	68
HP Foods Ltd	Tactix Football Pasta in Tomato Sauce	205	288	68
HP Foods Ltd	Tom & Jerry Pasta Shapes in Tomato Sauc	205	288	68
HP Foods Ltd	Tots TV Pasta Shapes in Tomato Sauce	205	288	68
Hula Hoops	Mealtime Potato Rings		1202	287
Iceland	2 Ice Cream Rolls		916	218
Iceland	Baby Corn Cobs		99	24
Iceland	Broad Beans		294	69
Iceland	Broccoli Mix		136	32
Iceland	Button Sprouts		181	43
Iceland	Country Style Vegetable Mix		185	44
Iceland	Cut Leeks		93	22
Iceland	Dennis the Menace Chicken Shapes		1146	274
Iceland	Icebreakers Lollies	60ml	276/100ml	64
Iceland	Screwballs	100ml	541/100ml	130
Iceland	Soft Scoop - Mint Choc Chip		779	188
Iceland	Soft Scoop - Neapolitan		694	165
Iceland	Soft Scoop - Raspberry Ripple		658	157
Iceland	Soft Scoop - Rum and Raisin		697	166
Iceland	Soft Scoop - Yellow Vanilla		685	163

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Heinz	Star Wars Pasta Shapes in Tomato Sauce	0.3	Tr	4.3	0.6	0.4
Heinz	Taz Baked Beans & Bacon Bites in Tom Sa	4.5	1.6	4.5	3.2	0.6
Heinz	Taz Baked Beans & Mini Saus in Tom Sauc	3.3	1.1	4.7	2.8	0.6
Heinz	Teletubbies Past & Mini Saus in Tomato Sat	3.3	1.2	4.1	0.5	0.5
Heinz	Teletubbies Pasta Shapes in Tomato Sauce	0.4	Tr	4.4	0.6	0.4
Heinz	Thomas & F Pasta & Mini Saus in Tom Sau	3.4	1.2	4.1	0.5	0.5
Heinz	Thomas the Tank Eng & F Pasta in Tom Sa	0.4	Tr	4.4	0.6	0.4
Herta	8 Snappy Dogs	29.3	11.8	0.9	Tr	0.9
Highgrove Foods	Noddy Yogurts - Strawberry Carton	4	?	?	?	?
HL Foods Ltd	Smash Original	0.2	0.1	0.3	0.6	0.1
HP Foods Ltd	Animal Hospital Pasta Shapes in Tomato Sa	0.4	0.2	5.5	0.7	0.5
HP Foods Ltd	Barney Pasta in Tomato Sauce	0.4	0.2	5.5	0.7	0.5
HP Foods Ltd	My Little Pony Pasta in Tomato Sauce	0.4	0.2	5.5	0.7	0.5
HP Foods Ltd	Postman Pat Pasta Shapes in Tomato Sauc	0.4	0.2	5.5	0.7	0.5
HP Foods Ltd	Tactix Football Pasta in Tomato Sauce	0.4	0.2	5.5	0.7	0.5
HP Foods Ltd	Tom & Jerry Pasta Shapes in Tomato Sauc	0.4	0.2	5.5	0.7	0.5
HP Foods Ltd	Tots TV Pasta Shapes in Tomato Sauce	0.4	0.2	5.5	0.7	0.5
Hula Hoops	Mealtime Potato Rings	16	8	1.2	2.7	0.7
Iceland	2 Ice Cream Rolls	8.6	7.5	22.9	0.3	0.1
Iceland	Baby Corn Cobs	0.4	Tr	1.8	2	Tr
Iceland	Broad Beans	0.5	Tr	0.9	5.8	Tr
Iceland	Broccoli Mix	0.7	Tr	3.7	2.3	Tr
Iceland	Button Sprouts	1.4	0.3	3.1	4.1	Tr
Iceland	Country Style Vegetable Mix	0.6	Tr	3.3	2.8	Tr
Iceland	Cut Leeks	0.5	0.1	2.2	2.2	0.2
Iceland	Dennis the Menace Chicken Shapes	15.1	3.4	0.7	1.1	0.4
Iceland	Icebreakers Lollies	Tr	Tr	16.2	Tr	0.2
Iceland	Screwballs	6.3	5.9	15.3	0.4	Tr
Iceland	Soft Scoop - Mint Choc Chip	9.3	3.2	22.6	0.3	0.3
Iceland	Soft Scoop - Neapolitan	7.4	3.4	19.3	Tr	0.6
Iceland	Soft Scoop - Raspberry Ripple	6.8	3.1	19.4	Tr	0.6
Iceland	Soft Scoop - Rum and Raisin	7.5	1.5	21.8	0.2	0.3
Iceland	Soft Scoop - Yellow Vanilla	7.4	3.4	19.6	Tr	0.6

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Heinz	Star Wars Pasta Shapes in Tomato Sauce	N	N	N	N	N
Heinz	Taz Baked Beans & Bacon Bites in Tom Sa	N	N	N	Y	N
Heinz	Taz Baked Beans & Mini Saus in Tom Sauce	N	N	N	Y	N
Heinz	Teletubbies Past & Mini Saus in Tomato Sa	N	N	N	Y	N
Heinz	Teletubbies Pasta Shapes in Tomato Sauce	N	N	N	N	N
Heinz	Thomas & F Pasta & Mini Saus in Tom Sau	N	N	N	Y	N
Heinz	Thomas the Tank Eng & F Pasta in Tom Sa	N	N	N	N	N
Herta	8 Snappy Dogs	Y	Y	N	Y	N
Highgrove Foods	Noddy Yogurts - Strawberry Carton	N	?	?	?	?
HL Foods Ltd	Smash Original	N	N	N	N	N
HP Foods Ltd	Animal Hospital Pasta Shapes in Tomato Sa	N	N	N	Y	N
HP Foods Ltd	Barney Pasta in Tomato Sauce	N	N	N	Y	N
HP Foods Ltd	My Little Pony Pasta in Tomato Sauce	N	N	N	Y	N
HP Foods Ltd	Postman Pat Pasta Shapes in Tomato Sauc	N	N	N	Y	N
HP Foods Ltd	Tactix Football Pasta in Tomato Sauce	N	N	N	Y	N
HP Foods Ltd	Tom & Jerry Pasta Shapes in Tomato Sauc	N	N	N	Y	N
HP Foods Ltd	Tots TV Pasta Shapes in Tomato Sauce	N	N	N	Y	N
Hula Hoops	Mealtime Potato Rings	N	Y	N	Y	N
Iceland	2 Ice Cream Rolls	N	Y	Y	N	N
Iceland	Baby Corn Cobs	N	N	N	N	N
Iceland	Broad Beans	N	N	N	N	Y
Iceland	Broccoli Mix	N	N	N	N	N
Iceland	Button Sprouts	N	N	N	N	Y
Iceland	Country Style Vegetable Mix	N	N	N	N	N
Iceland	Cut Leeks	N	N	N	N	N
Iceland	Dennis the Menace Chicken Shapes	N	N	N	N	N
Iceland	Icebreakers Lollies	N	N	Y	N	N
Iceland	Screwballs	N	Y	Y	N	N
Iceland	Soft Scoop - Mint Choc Chip	N	N	Y	N	N
Iceland	Soft Scoop - Neapolitan	N	N	Y	Y	N
Iceland	Soft Scoop - Raspberry Ripple	N	N	Y	Y	N
Iceland	Soft Scoop - Rum and Raisin	N	N	Y	N	N
Iceland	Soft Scoop - Yellow Vanilla	N	N	Y	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Heinz	Star Wars Pasta Shapes in Tomato Sauce	Y	Y	N	N	N
Heinz	Taz Baked Beans & Bacon Bites in Tom Sa	N	N	N	N	N
Heinz	Taz Baked Beans & Mini Saus in Tom Sauce	N	N	N	N	N
Heinz	Teletubbies Past & Mini Saus in Tomato Sa	N	N	N	N	Y
Heinz	Teletubbies Pasta Shapes in Tomato Sauce	Y	Y	N	N	N
Heinz	Thomas & F Pasta & Mini Saus in Tom Sau	N	N	N	N	Y
Heinz	Thomas the Tank Eng & F Pasta in Tom Sa	Y	Y	N	N	N
Herta	8 Snappy Dogs	N	N	Y	N	Y
Highgrove Foods	Noddy Yogurts - Strawberry Carton	N	?	?	?	?
HL Foods Ltd	Smash Original	Y	Y	Y	Y	N
HP Foods Ltd	Animal Hospital Pasta Shapes in Tomato Sa	Y	Y	N	N	N
HP Foods Ltd	Barney Pasta in Tomato Sauce	Y	Y	N	N	N
HP Foods Ltd	My Little Pony Pasta in Tomato Sauce	Y	Y	N	N	N
HP Foods Ltd	Postman Pat Pasta Shapes in Tomato Sauc	Y	Y	N	N	N
HP Foods Ltd	Tactix Football Pasta in Tomato Sauce	Y	Y	N	N	N
HP Foods Ltd	Tom & Jerry Pasta Shapes in Tomato Sauc	Y	Y	N	N	N
HP Foods Ltd	Tots TV Pasta Shapes in Tomato Sauce	Y	Y	N	N	N
Hula Hoops	Mealtime Potato Rings	N	N	Y	N	N
Iceland	2 Ice Cream Rolls	N	N	N	Y	Y
Iceland	Baby Corn Cobs	Y	Y	Y	Y	N
Iceland	Broad Beans	Y	Y	Y	Y	N
Iceland	Broccoli Mix	Y	Y	N	Y	N
Iceland	Button Sprouts	Y	Y	N	Y	N
Iceland	Country Style Vegetable Mix	Y	Y	N	Y	N
Iceland	Cut Leeks	Y	Y	N	N	N
Iceland	Dennis the Menace Chicken Shapes	N	N	Y	N	N
Iceland	Icebreakers Lollies	Y	Y	N	N	Y
Iceland	Screwballs	N	N	N	Y	Y
Iceland	Soft Scoop - Mint Choc Chip	N	N	N	Y	Y
Iceland	Soft Scoop - Neapolitan	N	N	N	N	Y
Iceland	Soft Scoop - Raspberry Ripple	N	N	N	N	Y
Iceland	Soft Scoop - Rum and Raisin	N	N	N	N	Y
Iceland	Soft Scoop - Yellow Vanilla	N	N	N	N	Y

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Heinz	Star Wars Pasta Shapes in Tomato Sauce	None	Y	N
Heinz	Taz Baked Beans & Bacon Bites in Tom Sa	?	Y	?
Heinz	Taz Baked Beans & Mini Saus in Tom Sauc	?	?	?
Heinz	Teletubbies Past & Mini Saus in Tomato Sa	?	?	?
Heinz	Teletubbies Pasta Shapes in Tomato Sauce	None	Y	N
Heinz	Thomas & F Pasta & Mini Saus in Tom Sau	?	?	?
Heinz	Thomas the Tank Eng & F Pasta in Tom Sa	None	Y	N
Herta	8 Snappy Dogs	None	Y	N
Highgrove Foods	Noddy Yogurts - Strawberry Carton	3: curcumin, annatto, anthocyanins	Y	N
HL Foods Ltd	Smash Original	None	N	N
HP Foods Ltd	Animal Hospital Pasta Shapes in Tomato S	None	N	N
HP Foods Ltd	Barney Pasta in Tomato Sauce	None	N	N
HP Foods Ltd	My Little Pony Pasta in Tomato Sauce	None	N	N
HP Foods Ltd	Postman Pat Pasta Shapes in Tomato Sauc	None	N	N
HP Foods Ltd	Tactix Football Pasta in Tomato Sauce	None	N	N
HP Foods Ltd	Tom & Jerry Pasta Shapes in Tomato Sauc	None	N	N
HP Foods Ltd	Tots TV Pasta Shapes in Tomato Sauce	None	N	N
Hula Hoops	Mealtime Potato Rings	None	N	Y
Iceland	2 Ice Cream Rolls	3: curcumin, anthocyanins, annatto	Y	N
Iceland	Baby Corn Cobs	None	N	N
Iceland	Broad Beans	None	N	N
Iceland	Broccoli Mix	None	N	N
Iceland	Button Sprouts	None	N	N
Iceland	Country Style Vegetable Mix	None	N	N
Iceland	Cut Leeks	None	N	N
Iceland	Dennis the Menace Chicken Shapes	None	N	N
Iceland	Icebreakers Lollies	2: annatto, anthocyanins	Y	N
Iceland	Screwballs	4: curcumin, anthocyanins, annatto, beetroot red	Y	N
Iceland	Soft Scoop - Mint Choc Chip	None	Y	N
Iceland	Soft Scoop - Neapolitan	3: curcumin, annatto, betanin	N	N
Iceland	Soft Scoop - Raspberry Ripple	3: curcumin, anthocyanins, annatto	Y	N
Iceland	Soft Scoop - Rum and Raisin	1: caramel	Y	N
Iceland	Soft Scoop - Yellow Vanilla	2: curcumin, annatto	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Iceland	Choco Cornlakes	30	1692	399
Iceland	Cauliflower, Peas and Carrots		174	41
Iceland	Sliced Mushrooms		55	13
Jacob's	Yum Tums Choc Filled Cake Bears		1705	405
Jacob's	Yum Tums Happy Faces Biscuits		1930	459
Jacob's	Yum Tums Iced Gems	30	1652	390
Kellogg's	Coco Pops	30	1600	380
Kellogg's	Coco Pops Cereal Bar	20	2000	470
Kellogg's	Corn Pops	30	1600	380
Kellogg's	Frosted Wheats	40	1450	340
Kellogg's	Frosties	30	1600	370
Kellogg's	Frosties Cereal Bar	27	1950	470
Kellogg's	Honey Loops Cereal	30	1550	370
Kellogg's	Honey Rice Krispies	30	1600	380
Kellogg's	Rice Krispies	30	1600	370
Kellogg's	Ricicles	30	1600	380
Kellogg's	Smacks Cereal Bar	20	2000	470
Kirpac Ltd	Mr Men & Little Miss - Beans, Bangers, Burç	220	394	94
Kraft	Dairylea Spread Triangles		1125	270
Kraft	Dairylea Strip Cheese	21	1395	335
Kraft	Dairylea Dunkers + Breadsticks	50	1310	315
Kraft	Dairylea Dunkers + Jumbo Tube Chipsticks	50	1525	365
Kraft	Dairylea Dunkers Dip + Pizza Crackers	50	1565	375
Kraft	Dairylea Dunkers Dip + S & V Tubesticks	50	1425	345
Kraft	Dairylea Lunchables Double Cheese	110	1560	350
Kraft	Dairylea Lunchables Harvest Ham	110	1190	285
Kraft	Dairylea Lunchables Tasty Chicken	110	1190	285
Kraft	Dairylea Strip Cheese Pizza Flavour	21	1445	350
Kraft	Dairylea Thick Slices		1265	305
Kraft	Dairylea Thick Slices - Light		930	220
Laughing Cow	Cheez Dippers	70	1204	288
Leaf Ireland Ltd	Mr Freeze 20 Sugarfree Freeze Pops	20ml	30	7.2
M&M	Vanilla Icecream M&Ms	71g	?	?

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Iceland	Choco Cornlakes	3.5	1.1	33	3.2	0.6
Iceland	Cauliflower, Peas and Carrots	0.6	0.1	2.7	0.4	2.9
Iceland	Sliced Mushrooms	0.5	0.1	0.2	Tr	1.1
Jacob's	Yum Tums Choc Filled Cake Bears	16	?	?	?	?
Jacob's	Yum Tums Happy Faces Biscuits	17	9.6	35.9	1.8	0.3
Jacob's	Yum Tums Iced Gems	3.1	1.2	50.4	1.5	0.2
Kellogg's	Coco Pops	2	1	39	2.5	0.8
Kellogg's	Coco Pops Cereal Bar	16	12	50	0.8	0.4
Kellogg's	Corn Pops	2	0.4	35	2	0
Kellogg's	Frosted Wheats	1.5	0.2	19	9	0.01
Kellogg's	Frosties	0.5	0.1	38	2	0.7
Kellogg's	Frosties Cereal Bar	15	11	37	0.8	0.6
Kellogg's	Honey Loops Cereal	3	0.5	36	7	0.6
Kellogg's	Honey Rice Krispies	0.5	0.2	35	1	0.8
Kellogg's	Rice Krispies	1	0.3	10	1.5	1.1
Kellogg's	Ricicles	0.7	0.2	41	1	0.7
Kellogg's	Smacks Cereal Bar	16	12	58	2	0.15
Kirpac Ltd	Mr Men & Little Miss - Beans, Bangers, Burç	3.9	2.3	4	1.8	0.5
Kraft	Dairylea Spread Triangles	22	14.5	6.1	0	1
Kraft	Dairylea Strip Cheese	27	18	1.4	0	1.3
Kraft	Dairylea Dunkers + Breadsticks	18.5	13	5.6	0.9	1
Kraft	Dairylea Dunkers + Jumbo Tube Chipsticks	25	11.5	6.3	1.4	0.9
Kraft	Dairylea Dunkers Dip + Pizza Crackers	27	16	4.1	1.4	1.2
Kraft	Dairylea Dunkers Dip + S & V Tubesticks	24	12	6.4	1.2	0.9
Kraft	Dairylea Lunchables Double Cheese	26	16.5	2.4	0.3	1.5
Kraft	Dairylea Lunchables Harvest Ham	17	4.3	2	0.3	1.1
Kraft	Dairylea Lunchables Tasty Chicken	16.5	4.2	2	0.3	1
Kraft	Dairylea Strip Cheese Pizza Flavour	26.5	17.5	0.2	0.1	1.2
Kraft	Dairylea Thick Slices	24.5	16	6.3	0	1.2
Kraft	Dairylea Thick Slices - Light	12.5	8.3	7	0	1.4
Laughing Cow	Cheez Dippers	16	?	?	?	?
Leaf Ireland Ltd	Mr Freeze 20 Sugarfree Freeze Pops	0	?	?	?	?
M&M	Vanilla Icecream M&Ms	?	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Iceland	Choco Cornlakes	N	N	Y	Y	Y
Iceland	Cauliflower, Peas and Carrots	N	N	N	N	N
Iceland	Sliced Mushrooms	N	N	N	N	N
Jacob's	Yum Tums Choc Filled Cake Bears	N	?	?	?	?
Jacob's	Yum Tums Happy Faces Biscuits	N	Y	Y	N	N
Jacob's	Yum Tums Iced Gems	N	N	Y	N	N
Kellogg's	Coco Pops	N	N	Y	Y	N
Kellogg's	Coco Pops Cereal Bar	N	Y	Y	N	N
Kellogg's	Corn Pops	N	N	Y	Y	N
Kellogg's	Frosted Wheats	N	N	Y	N	N
Kellogg's	Frosties	N	N	Y	Y	N
Kellogg's	Frosties Cereal Bar	N	Y	Y	Y	N
Kellogg's	Honey Loops Cereal	N	N	Y	Y	Y
Kellogg's	Honey Rice Krispies	N	N	Y	Y	N
Kellogg's	Rice Krispies	N	N	Y	Y	N
Kellogg's	Ricicles	N	N	Y	Y	N
Kellogg's	Smacks Cereal Bar	N	Y	Y	N	N
Kirpac Ltd	Mr Men & Little Miss - Beans, Bangers, Burg	N	N	N	Y	N
Kraft	Dairylea Spread Triangles	Y	Y	N	Y	N
Kraft	Dairylea Strip Cheese	Y	Y	N	Y	N
Kraft	Dairylea Dunkers + Breadsticks	N	Y	N	Y	N
Kraft	Dairylea Dunkers + Jumbo Tube Chipsticks	Y	Y	N	Y	N
Kraft	Dairylea Dunkers Dip + Pizza Crackers	Y	Y	N	Y	N
Kraft	Dairylea Dunkers Dip + S & V Tubesticks	Y	Y	N	Y	N
Kraft	Dairylea Lunchables Double Cheese	Y	Y	N	Y	N
Kraft	Dairylea Lunchables Harvest Ham	N	N	N	Y	N
Kraft	Dairylea Lunchables Tasty Chicken	N	N	N	Y	N
Kraft	Dairylea Strip Cheese Pizza Flavour	Y	Y	N	Y	N
Kraft	Dairylea Thick Slices	Y	Y	N	Y	N
Kraft	Dairylea Thick Slices - Light	N	Y	N	Y	N
Laughing Cow	Cheez Dippers	N	?	?	?	?
Leaf Ireland Ltd	Mr Freeze 20 Sugarfree Freeze Pops	N	?	?	?	?
M&M	Vanilla Icecream M&Ms	?	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Iceland	Choco Cornlakes	N	N	N	N	N
Iceland	Cauliflower, Peas and Carrots	Y	Y	N	Y	N
Iceland	Sliced Mushrooms	Y	Y	Y	Y	N
Jacob's	Yum Tums Choc Filled Cake Bears	N	?	?	?	?
Jacob's	Yum Tums Happy Faces Biscuits	N	N	N	N	N
Jacob's	Yum Tums Iced Gems	N	N	N	N	N
Kellogg's	Coco Pops	Y	Y	N	N	N
Kellogg's	Coco Pops Cereal Bar	N	N	N	N	N
Kellogg's	Corn Pops	Y	Y	N	N	N
Kellogg's	Frosted Wheats	Y	Y	N	Y	N
Kellogg's	Frosties	Y	Y	N	N	N
Kellogg's	Frosties Cereal Bar	N	N	N	N	N
Kellogg's	Honey Loops Cereal	Y	Y	N	N	N
Kellogg's	Honey Rice Krispies	Y	Y	N	N	N
Kellogg's	Rice Krispies	Y	Y	N	N	N
Kellogg's	Ricicles	Y	Y	N	N	N
Kellogg's	Smacks Cereal Bar	N	N	N	N	N
Kirpac Ltd	Mr Men & Little Miss - Beans, Bangers, Burg	N	N	N	N	N
Kraft	Dairylea Spread Triangles	N	N	N	N	Y
Kraft	Dairylea Strip Cheese	N	N	Y	N	Y
Kraft	Dairylea Dunkers + Breadsticks	N	N	N	N	N
Kraft	Dairylea Dunkers + Jumbo Tube Chipsticks	N	N	N	N	N
Kraft	Dairylea Dunkers Dip + Pizza Crackers	N	N	N	N	N
Kraft	Dairylea Dunkers Dip + S & V Tubesticks	N	N	N	N	N
Kraft	Dairylea Lunchables Double Cheese	N	N	N	N	Y
Kraft	Dairylea Lunchables Harvest Ham	N	N	Y	N	Y
Kraft	Dairylea Lunchables Tasty Chicken	N	N	Y	N	Y
Kraft	Dairylea Strip Cheese Pizza Flavour	N	N	Y	N	Y
Kraft	Dairylea Thick Slices	N	N	N	N	Y
Kraft	Dairylea Thick Slices - Light	N	N	N	N	Y
Laughing Cow	Cheez Dippers	N	?	?	?	?
Leaf Ireland Ltd	Mr Freeze 20 Sugarfree Freeze Pops	N	?	?	?	?
M&M	Vanilla Icecream M&Ms	?	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Iceland	Choco Cornlakes	None	N	N
Iceland	Cauliflower, Peas and Carrots	None	N	N
Iceland	Sliced Mushrooms	None	N	N
Jacob's	Yum Tums Choc Filled Cake Bears	None	Y	N
Jacob's	Yum Tums Happy Faces Biscuits	None	Y	N
Jacob's	Yum Tums Iced Gems	2: carmoisine, anthocyanins	Y	N
Kellogg's	Coco Pops	None	Y	N
Kellogg's	Coco Pops Cereal Bar	None	Y	N
Kellogg's	Corn Pops	1: annatto	Y	N
Kellogg's	Frosted Wheats	None	N	N
Kellogg's	Frosties	None	Y	N
Kellogg's	Frosties Cereal Bar	None	Y	N
Kellogg's	Honey Loops Cereal	1: mixed carotenes	Y	N
Kellogg's	Honey Rice Krispies	None	Y	N
Kellogg's	Rice Krispies	None	Y	N
Kellogg's	Ricicles	None	Y	N
Kellogg's	Smacks Cereal Bar	None	Y	N
Kirpac Ltd	Mr Men & Little Miss - Beans, Bangers, Burgers	None	Y	N
Kraft	Dairylea Spread Triangles	None	N	N
Kraft	Dairylea Strip Cheese	None	Y	N
Kraft	Dairylea Dunkers + Breadsticks	None	N	N
Kraft	Dairylea Dunkers + Jumbo Tube Chipsticks	None	Y	Y
Kraft	Dairylea Dunkers Dip + Pizza Crackers	None	Y	N
Kraft	Dairylea Dunkers Dip + S & V Tubesticks	None	Y	Y
Kraft	Dairylea Lunchables Double Cheese	1: E160a	Y	N
Kraft	Dairylea Lunchables Harvest Ham	None	Y	N
Kraft	Dairylea Lunchables Tasty Chicken	None	Y	N
Kraft	Dairylea Strip Cheese Pizza Flavour	2: E160a, E160e	N	N
Kraft	Dairylea Thick Slices	None	N	N
Kraft	Dairylea Thick Slices - Light	None	N	N
Laughing Cow	Cheez Dippers	None	N	N
Leaf Ireland Ltd	Mr Freeze 20 Sugarfree Freeze Pops	5: E104, E110, E122, E142, E150d	Y	N
M&M	Vanilla Icecream M&Ms	7: E104, E110, E122, E124, E120, E133, E171	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Marks and Spencer	Bugs Bunny Chicken Nuggets		1020	245
Marks and Spencer	Cheese + Tomato Pizza	95	970	230
Marks and Spencer	Devilishly Chocolate + Vanilla Puddings	105	1715	410
Marks and Spencer	Dippers Whipped Cheese and Breadsticks	31	1437	344
Marks and Spencer	Fabby Fromage Frais	42	644	154
Marks and Spencer	Organic Fruit Yogurt 4 Pack - Strawb Cartor	100	395	94
Mattesons	Mr Happy Chicken + Turkey Slices		1029	248
Mattesons	Thomas & Friends Shaped Pork Slices		1277	308
McCain	Smiles Potato Shapes		806 (raw)	192
McVitie's	5 Millky Way Cake Bars		2212	530
McVitie's	BN Chocolate Flavour Biscuits		1950	460
McVitie's	BN Strawberry Flavour Biscuits		1680	400
McVitie's	Jaffa Cakes		1620	384
McVitie's	Toasting Waffles		1964	470
MD Foods Ltd	Harmonie Organic Fromage Frais for Kids	50	557	132
MD Foods Plc	Action Man Polar Mission Yogurt	100	375	89
MD Foods Plc	Star Wars Episode 1 Fromage Frais	50	570	136
MD Foods Plc	Star Wars Episode 1 Tatooine Candy Yogu	133	474	112
MD Foods Plc	Thomas & Friends Cheese Triangles		1340	320
MD Foods Plc	Thomas & Friends Fromage Frais	50	576	135
MD Foods Plc	Thomas & Friends Whole Milk Yogurt	100	396	94
Muller Dairy (UK) Ltd	Yogz - Toffee Flavour	85	703	167
Muller Dairy (UK) Ltd	Yogz - Vanilla Flavour	85	591	141
Muller Dairy (UK) Ltd	Yogz Fromage Frais 6 Pack	50	579	138
Muller Dairy (UK) Ltd	Yogz Jelly - Blackcurrant	75	316	74
Nestle	101 Dalmatians Choc Dessert with From Fr	60	925	220
Nestle	Choco Shreddies	45	1540	363
Nestle	Cinnamon Golden Grahams	30	1743	413
Nestle	Frosted Shreddies	45	1540	363
Nestle	Golden Nuggets	30	1619	381
Nestle	Honey Nut Cheerios	30	1588	374
Nestle	Milky Bar Dessert 80g pack		1985	470
Nestle	Milkybar Biscuits		2180	521

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Marks and Spencer	Bugs Bunny Chicken Nuggets	13.1	2	0.4	0.5	0.18
Marks and Spencer	Cheese + Tomato Pizza	6.6	3.1	5.8	1.2	0.38
Marks and Spencer	Devilishly Chocolate + Vanilla Puddings	23.8	13.3	28.1	0.9	0.39
Marks and Spencer	Dippers Whipped Cheese and Breadsticks	24.3	15.4	2.9	0.8	0.5
Marks and Spencer	Fabby Fromage Frais	7.9	4.9	13.6	0.4	0.02
Marks and Spencer	Organic Fruit Yogurt 4 Pack - Strawb Cartor	3.1	2	11.2	0.2	0.07
Mattesons	Mr Happy Chicken + Turkey Slices	20	?	?	?	?
Mattesons	Thomas & Friends Shaped Pork Slices	26	?	?	?	?
McCain	Smiles Potato Shapes	6.9	?	?	?	?
McVitie's	5 Millky Way Cake Bars	32.6	?	?	?	?
McVitie's	BN Chocolate Flavour Biscuits	17	10	30	2.6	0.2
McVitie's	BN Strawberry Flavour Biscuits	6.8	3.3	35	1.3	0.2
McVitie's	Jaffa Cakes	8.1	4.2	52	1.3	0.1
McVitie's	Toasting Waffles	25.6	9.8	27.5	0.9	0.4
MD Foods Ltd	Harmonie Organic Fromage Frais for Kids	4.6	?	?	?	?
MD Foods Plc	Action Man Polar Mission Yogurt	3	?	?	?	?
MD Foods Plc	Star Wars Episode 1 Fromage Frais	5.4	?	?	?	?
MD Foods Plc	Star Wars Episode 1 Tatooine Candy Yogu	2.7	?	?	?	?
MD Foods Plc	Thomas & Friends Cheese Triangles	28	19	6	?	?
MD Foods Plc	Thomas & Friends Fromage Frais	4.9	?	?	?	?
MD Foods Plc	Thomas & Friends Whole Milk Yogurt	2.9	?	?	?	?
Muller Dairy (UK) Ltd	Yogz - Toffee Flavour	4.7	?	?	?	?
Muller Dairy (UK) Ltd	Yogz - Vanilla Flavour	5	?	?	?	?
Muller Dairy (UK) Ltd	Yogz Fromage Frais 6 Pack	6.7	?	?	?	?
Muller Dairy (UK) Ltd	Yogz Jelly - Blackcurrant	Tr	?	?	?	?
Nestle	101 Dalmatians Choc Dessert with From Fr	11.3	6.5	22.1	1	0.13
Nestle	Choco Shreddies	1.8	0.6	32.5	7.1	0.4
Nestle	Cinnamon Golden Grahams	9.8	2.1	33.9	4.2	0.7
Nestle	Frosted Shreddies	1.3	0.4	35.4	6.8	0.4
Nestle	Golden Nuggets	0.7	0.1	40	1.5	0.5
Nestle	Honey Nut Cheerios	3.4	0.8	35.8	5.2	0.7
Nestle	Milky Bar Dessert 80g pack	18.5	9.7	58.9	0.2	1.1
Nestle	Milkybar Biscuits	28.1	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Marks and Spencer	Bugs Bunny Chicken Nuggets	N	N	N	N	N
Marks and Spencer	Cheese + Tomato Pizza	N	N	N	N	N
Marks and Spencer	Devilishly Chocolate + Vanilla Puddings	Y	Y	Y	N	N
Marks and Spencer	Dippers Whipped Cheese and Breadsticks	Y	Y	N	Y	N
Marks and Spencer	Fabby Fromage Frais	N	N	Y	N	N
Marks and Spencer	Organic Fruit Yogurt 4 Pack - Strawb Cartor	N	N	Y	N	N
Mattesons	Mr Happy Chicken + Turkey Slices	Y	?	?	?	?
Mattesons	Thomas & Friends Shaped Pork Slices	Y	?	?	?	?
McCain	Smiles Potato Shapes	N	?	?	?	?
McVitie's	5 Millky Way Cake Bars	Y	?	?	?	?
McVitie's	BN Chocolate Flavour Biscuits	N	Y	Y	N	N
McVitie's	BN Strawberry Flavour Biscuits	N	N	Y	N	N
McVitie's	Jaffa Cakes	N	N	Y	N	N
McVitie's	Toasting Waffles	Y	Y	Y	N	N
MD Foods Ltd	Harmonie Organic Fromage Frais for Kids	N	?	?	?	?
MD Foods Plc	Action Man Polar Mission Yogurt	N	?	?	?	?
MD Foods Plc	Star Wars Episode 1 Fromage Frais	N	?	?	?	?
MD Foods Plc	Star Wars Episode 1 Tatooine Candy Yogu	N	?	?	?	?
MD Foods Plc	Thomas & Friends Cheese Triangles	Y	Y	N	?	?
MD Foods Plc	Thomas & Friends Fromage Frais	N	?	?	?	?
MD Foods Plc	Thomas & Friends Whole Milk Yogurt	N	?	?	?	?
Muller Dairy (UK) Ltd	Yogz - Toffee Flavour	N	?	?	?	?
Muller Dairy (UK) Ltd	Yogz - Vanilla Flavour	N	?	?	?	?
Muller Dairy (UK) Ltd	Yogz Fromage Frais 6 Pack	N	?	?	?	?
Muller Dairy (UK) Ltd	Yogz Jelly - Blackcurrant	N	?	?	?	?
Nestle	101 Dalmatians Choc Dessert with From Fr	N	Y	Y	N	N
Nestle	Choco Shreddies	N	N	Y	N	Y
Nestle	Cinnamon Golden Grahams	N	N	Y	Y	Y
Nestle	Frosted Shreddies	N	N	Y	N	Y
Nestle	Golden Nuggets	N	N	Y	Y	N
Nestle	Honey Nut Cheerios	N	N	Y	Y	Y
Nestle	Milky Bar Dessert 80g pack	N	Y	Y	Y	N
Nestle	Milkybar Biscuits	Y	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Marks and Spencer	Bugs Bunny Chicken Nuggets	N	N	Y	N	Y
Marks and Spencer	Cheese + Tomato Pizza	N	N	N	N	N
Marks and Spencer	Devilishly Chocolate + Vanilla Puddings	N	N	N	N	N
Marks and Spencer	Dippers Whipped Cheese and Breadsticks	N	N	N	N	N
Marks and Spencer	Fabby Fromage Frais	N	N	N	Y	Y
Marks and Spencer	Organic Fruit Yogurt 4 Pack - Strawb Cartor	N	N	N	Y	Y
Mattesons	Mr Happy Chicken + Turkey Slices	N	?	?	?	?
Mattesons	Thomas & Friends Shaped Pork Slices	N	?	?	?	?
McCain	Smiles Potato Shapes	N	?	?	?	?
McVitie's	5 Millky Way Cake Bars	N	?	?	?	?
McVitie's	BN Chocolate Flavour Biscuits	N	N	N	N	N
McVitie's	BN Strawberry Flavour Biscuits	N	N	N	N	N
McVitie's	Jaffa Cakes	N	N	N	Y	N
McVitie's	Toasting Waffles	N	N	N	N	N
MD Foods Ltd	Harmonie Organic Fromage Frais for Kids	N	?	?	?	?
MD Foods Plc	Action Man Polar Mission Yogurt	Y	?	?	?	?
MD Foods Plc	Star Wars Episode 1 Fromage Frais	N	?	?	?	?
MD Foods Plc	Star Wars Episode 1 Tatooine Candy Yogu	Y	?	?	?	?
MD Foods Plc	Thomas & Friends Cheese Triangles	N	N	N	?	?
MD Foods Plc	Thomas & Friends Fromage Frais	N	?	?	?	?
MD Foods Plc	Thomas & Friends Whole Milk Yogurt	Y	?	?	?	?
Muller Dairy (UK) Ltd	Yogz - Toffee Flavour	N	?	?	?	?
Muller Dairy (UK) Ltd	Yogz - Vanilla Flavour	N	?	?	?	?
Muller Dairy (UK) Ltd	Yogz Fromage Frais 6 Pack	N	?	?	?	?
Muller Dairy (UK) Ltd	Yogz Jelly - Blackcurrant	Y	?	?	?	?
Nestle	101 Dalmatians Choc Dessert with From Fr	N	N	N	N	N
Nestle	Choco Shreddies	Y	Y	N	N	N
Nestle	Cinnamon Golden Grahams	N	N	N	N	N
Nestle	Frosted Shreddies	Y	Y	N	N	N
Nestle	Golden Nuggets	Y	Y	N	N	N
Nestle	Honey Nut Cheerios	N	Y	N	N	N
Nestle	Milky Bar Dessert 80g pack	N	N	N	N	Y
Nestle	Milkybar Biscuits	N	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Marks and Spencer	Bugs Bunny Chicken Nuggets	2: E100, E160c	N	N
Marks and Spencer	Cheese + Tomato Pizza	None	N	N
Marks and Spencer	Devilishly Chocolate + Vanilla Puddings	None	Y	N
Marks and Spencer	Dippers Whipped Cheese and Breadsticks	None	N	N
Marks and Spencer	Fabby Fromage Frais	None	Y	N
Marks and Spencer	Organic Fruit Yogurt 4 Pack - Strawb Cartor	None	Y	N
Mattesons	Mr Happy Chicken + Turkey Slices	None	N	N
Mattesons	Thomas & Friends Shaped Pork Slices	None	N	N
McCain	Smiles Potato Shapes	None	N	N
McVitie's	5 Millky Way Cake Bars	None	Y	N
McVitie's	BN Chocolate Flavour Biscuits	None	N	N
McVitie's	BN Strawberry Flavour Biscuits	1: E124	Y	N
McVitie's	Jaffa Cakes	1: curcumin	Y	N
McVitie's	Toasting Waffles	None	Y	N
MD Foods Ltd	Harmonie Organic Fromage Frais for Kids	None	N	N
MD Foods Plc	Action Man Polar Mission Yogurt	2: paprika extract, carmoisine	Y	N
MD Foods Plc	Star Wars Episode 1 Fromage Frais	1: anthocyanins	Y	N
MD Foods Plc	Star Wars Episode 1 Tattooine Candy Yogu	4: E100, E120, E141, turmeric	Y	N
MD Foods Plc	Thomas & Friends Cheese Triangles	None	N	N
MD Foods Plc	Thomas & Friends Fromage Frais	None	Y	N
MD Foods Plc	Thomas & Friends Whole Milk Yogurt	None	Y	N
Muller Dairy (UK) Ltd	Yogz - Toffee Flavour	5: E120, E141, E160c, E160b, E171	Y	N
Muller Dairy (UK) Ltd	Yogz - Vanilla Flavour	None	Y	N
Muller Dairy (UK) Ltd	Yogz Fromage Frais 6 Pack	None	Y	N
Muller Dairy (UK) Ltd	Yogz Jelly - Blackcurrant	2: annatto, carmoisine	Y	N
Nestle	101 Dalmatians Choc Dessert with From Fr	None	Y	N
Nestle	Choco Shreddies	None	Y	N
Nestle	Cinnamon Golden Grahams	2: caramel (E150c), annatto	Y	N
Nestle	Frosted Shreddies	None	N	N
Nestle	Golden Nuggets	1: beta carotene	Y	N
Nestle	Honey Nut Cheerios	None	Y	N
Nestle	Milky Bar Dessert 80g pack	1: beta carotene	Y	N
Nestle	Milkybar Biscuits	None	N	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Nestle	Mini Smarties Chocolate Dessert (dry mix)	42g	1785	425
Nestle	Nesquick Biscuit Sticks	20	2080	496
Nestle	Nesquick Chocolate Flavour Cereal	30	1684	398
Nestle	Paws Ice Cream		360/100ml	125
Nestle	Rolo Dessert	70	925	220
Nestle	Rowntree Fuit Pastilles Jelly Pot	125	?	?
Nestle	Shreddies	45	1456	343
Nestle	Smarties Thick Shake Chocolate Dessert	70	1040	250
Nestle	Tarzan Funsize Cakes		1930	460
Nestle	Tarzan Milk Chocolate Mousse	50	825	195
Nestle	Toffo Dessert	70	665	160
Nestle	Whirly Flings Butterscotch Flavour Dessert		1910 (dry)	455
Onken	FruFoo Dairy Toffee Dessert	110	610	146
Onken	Onkyblok Fromage Frais	100	573	137
Pillsbury	Thomas & F Apple Toasters Desserts	50	1557	376
Pillsbury	Thomas & F Choc Toaster Desserts	50	1614	385
Primula	Hot Dog Spread 150g tub		927	222
Primula	Savoury Spread 150g tub		1092	261
Primula	Tangy Tomato Spread 150g tub		1084	259
Primula	Xtreme Dipz - Pizza Cheese Flav + Breadsti	60	1330	318
Princes	Planet/Animal Pasta for Kids	30-60g dried	1440	339
Pure Organics Ltd	Organic Chicken Burgers		545	130
Pure Organics Ltd	Pork Hulas		794	190
Quaker	Oat Krunchies	30	1645	393
Quaker Oats Ltd	Choco Puffs	35	1675	401
Quaker Oats Ltd	Harvest Cereal Bar Apple & Raisin	22	1695	405
Quaker Oats Ltd	Harvest Cereal Bar Chocolate Chip	22	1780	426
Quaker Oats Ltd	Harvest Cereal Bar White Chocolate Chip	22	1780	426
Quaker Oats Ltd	Sugar Puffs	30	1620	386
Renshaw	Regal Ice Icing Play Kit		?	?
Rivington	Pink Panther Biscuits		2246	538
Safeway	10 Apples - Ideal for children's lunchboxes		199	47

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Nestle	Mini Smarties Chocolate Dessert (dry mix)	13	8.4	57.4	1.2	0.5
Nestle	Nesquick Biscuit Sticks	23.6	11.1	49.8	1	0.1
Nestle	Nesquick Chocolate Flavour Cereal	4.8	3.4	38	2.4	0.3
Nestle	Paws Ice Cream	5.9	?	?	?	?
Nestle	Rolo Dessert	11.6	7.2	24.5	0.5	0.1
Nestle	Rowntree Fuit Pastilles Jelly Pot	?	?	?	?	?
Nestle	Shreddies	1.9	0.4	15.4	11.2	0.5
Nestle	Smarties Thick Shake Chocolate Dessert	9.8	?	?	?	?
Nestle	Tarzan Funsize Cakes	21.7	?	?	?	?
Nestle	Tarzan Milk Chocolate Mousse	8.9	3.9	25.1	0.3	0.06
Nestle	Toffo Dessert	5.8	1.4	18.3	0.4	0.1
Nestle	Whirly Flings Butterscotch Flavour Dessert	15.8	12.8	60.3	0.2	0.9
Onken	FruFoo Dairy Toffee Dessert	8	?	?	?	?
Onken	Onkyblok Fromage Frais	6.2	?	?	?	?
Pillsbury	Thomas & F Apple Toasters Desserts	16.2	?	?	?	?
Pillsbury	Thomas & F Choc Toaster Desserts	18.4	?	?	?	?
Primula	Hot Dog Spread 150g tub	16	?	?	?	?
Primula	Savoury Spread 150g tub	21	?	?	?	?
Primula	Tangy Tomato Spread 150g tub	21	?	?	?	?
Primula	Xtreme Dipz - Pizza Cheese Flav + Breadsti	16.7	?	?	?	?
Princes	Planet/Animal Pasta for Kids	1	?	?	?	?
Pure Organics Ltd	Organic Chicken Burgers	5.4	1.8	?	3	0.7
Pure Organics Ltd	Pork Hulas	11.9	4.9	2	2	0.8
Quaker	Oat Krunchies	7	1.1	13	5.5	1.1
Quaker Oats Ltd	Choco Puffs	3.5	2	49	1	0.3
Quaker Oats Ltd	Harvest Cereal Bar Apple & Raisin	12	7.5	27.5	3	0.2
Quaker Oats Ltd	Harvest Cereal Bar Chocolate Chip	16	9.5	30	3	0.3
Quaker Oats Ltd	Harvest Cereal Bar White Chocolate Chip	15	9	30	3	0.3
Quaker Oats Ltd	Sugar Puffs	1	0.2	49	3	Tr
Renshaw	Regal Ice Icing Play Kit	?	?	?	?	?
Rivington	Pink Panther Biscuits	32.5	27.6	21.5	1.5	0.13
Safeway	10 Apples - Ideal for children's lunchboxes	0.1	Tr	11.8	1.8	Tr

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Nestle	Mini Smarties Chocolate Dessert (dry mix)	N	Y	Y	Y	N
Nestle	Nesquick Biscuit Sticks	Y	Y	Y	N	N
Nestle	Nesquick Chocolate Flavour Cereal	N	N	Y	N	N
Nestle	Paws Ice Cream	N	?	?	?	?
Nestle	Rolo Dessert	N	Y	Y	N	N
Nestle	Rowntree Fruit Pastilles Jelly Pot	?	?	?	?	?
Nestle	Shreddies	N	N	Y	Y	Y
Nestle	Smarties Thick Shake Chocolate Dessert	N	?	?	?	?
Nestle	Tarzan Funsize Cakes	Y	?	?	?	?
Nestle	Tarzan Milk Chocolate Mousse	N	N	Y	N	N
Nestle	Toffo Dessert	N	N	Y	N	N
Nestle	Whirly Flings Butterscotch Flavour Dessert	N	Y	Y	Y	N
Onken	FruFoo Dairy Toffee Dessert	N	?	?	?	?
Onken	Onkyblok Fromage Frais	N	?	?	?	?
Pillsbury	Thomas & F Apple Toasters Desserts	N	?	?	?	?
Pillsbury	Thomas & F Choc Toaster Desserts	N	?	?	?	?
Primula	Hot Dog Spread 150g tub	N	?	?	?	?
Primula	Savoury Spread 150g tub	Y	?	?	?	?
Primula	Tangy Tomato Spread 150g tub	Y	?	?	?	?
Primula	Xtreme Dipz - Pizza Cheese Flav + Breadsti	N	?	?	?	?
Princes	Planet/Animal Pasta for Kids	N	?	?	?	?
Pure Organics Ltd	Organic Chicken Burgers	N	N	?	Y	Y
Pure Organics Ltd	Pork Hulas	N	N	N	Y	N
Quaker	Oat Krunchies	N	N	Y	Y	Y
Quaker Oats Ltd	Choco Puffs	N	N	Y	N	N
Quaker Oats Ltd	Harvest Cereal Bar Apple & Raisin	N	Y	Y	N	Y
Quaker Oats Ltd	Harvest Cereal Bar Chocolate Chip	N	Y	Y	N	Y
Quaker Oats Ltd	Harvest Cereal Bar White Chocolate Chip	N	Y	Y	N	Y
Quaker Oats Ltd	Sugar Puffs	N	N	Y	N	Y
Renshaw	Regal Ice Icing Play Kit	?	?	?	?	?
Rivington	Pink Panther Biscuits	Y	Y	Y	N	N
Safeway	10 Apples - Ideal for children's lunchboxes	N	N	Y	N	N

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Nestle	Mini Smarties Chocolate Dessert (dry mix)	N	N	N	N	N
Nestle	Nesquick Biscuit Sticks	N	N	N	Y	N
Nestle	Nesquick Chocolate Flavour Cereal	N	N	N	N	N
Nestle	Paws Ice Cream	N	?	?	?	?
Nestle	Rolo Dessert	N	N	N	Y	Y
Nestle	Rowntree Fruit Pastilles Jelly Pot	?	?	?	?	?
Nestle	Shreddies	Y	Y	N	N	N
Nestle	Smarties Thick Shake Chocolate Dessert	N	?	?	?	?
Nestle	Tarzan Funsize Cakes	N	?	?	?	?
Nestle	Tarzan Milk Chocolate Mousse	N	N	N	Y	Y
Nestle	Toffo Dessert	N	N	N	Y	Y
Nestle	Whirly Flings Butterscotch Flavour Dessert	N	N	N	N	Y
Onken	FruFoo Dairy Toffee Dessert	N	?	?	?	?
Onken	Onkyblok Fromage Frais	N	?	?	?	?
Pillsbury	Thomas & F Apple Toasters Desserts	N	?	?	?	?
Pillsbury	Thomas & F Choc Toaster Desserts	N	?	?	?	?
Primula	Hot Dog Spread 150g tub	N	?	?	?	?
Primula	Savoury Spread 150g tub	N	?	?	?	?
Primula	Tangy Tomato Spread 150g tub	N	?	?	?	?
Primula	Xtreme Dipz - Pizza Cheese Flav + Breadsti	N	?	?	?	?
Princes	Planet/Animal Pasta for Kids	Y	?	?	?	?
Pure Organics Ltd	Organic Chicken Burgers	N	N	?	N	N
Pure Organics Ltd	Pork Hulas	N	N	Y	N	N
Quaker	Oat Krunchies	N	N	N	N	N
Quaker Oats Ltd	Choco Puffs	N	N	N	N	N
Quaker Oats Ltd	Harvest Cereal Bar Apple & Raisin	N	N	N	N	N
Quaker Oats Ltd	Harvest Cereal Bar Chocolate Chip	N	N	N	N	N
Quaker Oats Ltd	Harvest Cereal Bar White Chocolate Chip	N	N	N	N	N
Quaker Oats Ltd	Sugar Puffs	Y	Y	N	Y	N
Renshaw	Regal Ice Icing Play Kit	?	?	?	?	?
Rivington	Pink Panther Biscuits	N	N	N	N	N
Safeway	10 Apples - Ideal for children's lunchboxes	Y	Y	N	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
		9: E100, E101, E120, E133, E141, E160e, E163, E171, E150a	Y	N
Nestle	Mini Smarties Chocolate Dessert (dry mix)	E171, E150a	Y	N
Nestle	Nesquick Biscuit Sticks	None	Y	N
Nestle	Nesquick Chocolate Flavour Cereal	None	Y	N
Nestle	Paws Ice Cream	2: B-carotene, riboflavin-5-phosphate	Y	N
Nestle	Rolo Dessert	None	Y	N
Nestle	Rowntree Fuit Pastilles Jelly Pot	2: carmoisine, green S	Y	N
Nestle	Shreddies	None	N	N
Nestle	Smarties Thick Shake Chocolate Dessert	E171	Y	N
Nestle	Tarzan Funsize Cakes	None	Y	N
Nestle	Tarzan Milk Chocolate Mousse	None	Y	N
Nestle	Toffo Dessert	1: annatto	Y	N
Nestle	Whirly Flings Butterscotch Flavour Dessert	2: E160a, E150c	Y	N
Onken	FruFoo Dairy Toffee Dessert	None	Y	N
Onken	Onkyblok Fromage Frais	2: betanin, safflower	Y	N
Pillsbury	Thomas & F Apple Toasters Desserts	1: E160a	Y	N
Pillsbury	Thomas & F Choc Toaster Desserts	2: E161, E104	Y	N
Primula	Hot Dog Spread 150g tub	?	Y	?
Primula	Savoury Spread 150g tub	?	?	?
Primula	Tangy Tomato Spread 150g tub	None	Y	Y
Primula	Xtreme Dipz - Pizza Cheese Flav + Breadsti	None	?	?
Princes	Planet/Animal Pasta for Kids	None	N	N
Pure Organics Ltd	Organic Chicken Burgers	None	N	N
Pure Organics Ltd	Pork Hulas	None	N	N
Quaker	Oat Krunchies	None	N	N
Quaker Oats Ltd	Choco Puffs	None	Y	N
Quaker Oats Ltd	Harvest Cereal Bar Apple & Raisin	None	Y	N
Quaker Oats Ltd	Harvest Cereal Bar Chocolate Chip	None	Y	N
Quaker Oats Ltd	Harvest Cereal Bar White Chocolate Chip	None	Y	N
Quaker Oats Ltd	Sugar Puffs	None	N	N
Renshaw	Regal Ice Icing Play Kit	3: E104, E110, E122	Y	N
Rivington	Pink Panther Biscuits	1: allura red (E129)	Y	N
Safeway	10 Apples - Ideal for children's lunchboxes	None	N	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Safeway	2 Mini Sausage Rolls		1520	365
Safeway	8 Mini Sausages & Tomato Sauce Dip	95	937	224
Safeway	Baby Bananas		426	100
Safeway	Breaded Chicken Nuggets		931(raw)	233
Safeway	Choco Crunchies	30	1636	386
Safeway	Chocolate Hazelnut Spread 350g jar	17 approx	2378	571
Safeway	Chocolate Spread 350g jar	17 approx	2348	562
Safeway	Chocolate Teddies Cereal	30	1628	385
Safeway	Dried Apricots	50	880	207
Safeway	Farmyard Crunch	25	1647	388
Safeway	Frosted Flakes	30	1611	379
Safeway	Frozen Mini Waffles		789	188
Safeway	Jungle Crunch Cereal	25	1587	374
Safeway	Kids Own Banana Flavour Delight 80g pack	20g (dry)	1903	452
Safeway	Kids Own Candyfloss Flavour Delight 80g pack	20g (dry)	1803	427
Safeway	Kids Own Cheesy Feet	17	1700	410
Safeway	Kids Own Cheesy Stripes	17	1772	415
Safeway	Kids Own Fried Egg Shaped Lollies	90ml	430/100ml	103
Safeway	Kids Own Raspberry Flav Delight 80g pack	20g (dry)	1908	453
Safeway	Kids Own Strawberry Flav Delight 80g pack	20g (dry)	1909	453
Safeway	Mini Crunch Carrots	40	131	31
Safeway	Monster Mousse	100ml	309/100ml	73
Safeway	Monster Pots Fromage Frais	50	541	129
Safeway	Orange Juice Lollies	75ml	397/100ml	93
Safeway	Raisin & Sultana Mix	50	1292	309
Safeway	Raisins	5 x14	?	?
Safeway	Spaghetti Letters in Tomato Sauce	205	260	61
Safeway	Spaghetti Rings & Sausages in Tomato Sauce	205	437	104
Sainsbury's	12 Mini Yorkshire Puddings		1329	318
Sainsbury's	6 Cheese Triangles		1100	265
Sainsbury's	8 Mini Beef Burgers + Sesame Seed Buns		1181	282
Sainsbury's	Beans + Burgers in Tomato Sauce	200	453	108

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Safeway	2 Mini Sausage Rolls	26.1	11.7	1.1	1.3	0.7
Safeway	8 Mini Sausages & Tomato Sauce Dip	13.5	?	?	?	?
Safeway	Baby Bananas	0.3	0.1	20.9	1.1	Tr
Safeway	Breaded Chicken Nuggets	13.8	2.5	1	1.1	0.2
Safeway	Choco Crunchies	2.4	1.2	38.5	0.7	0.7
Safeway	Chocolate Hazelnut Spread 350g jar	39	12.7	47.5	3.7	Tr
Safeway	Chocolate Spread 350g jar	34.7	9.7	59.6	0.1	Tr
Safeway	Chocolate Teddies Cereal	5.3	1.8	34.4	4.9	0.2
Safeway	Dried Apricots	0.4	Tr	37.8	6.3	Tr
Safeway	Farmyard Crunch	2	0.5	44.2	2	0.1
Safeway	Frosted Flakes	0.5	0.4	39.6	0.6	0.8
Safeway	Frozen Mini Waffles	8	4	1	2.2	0.3
Safeway	Jungle Crunch Cereal	1.5	0.4	37.9	2.3	0.6
Safeway	Kids Own Banana Flavour Delight 80g pack	13.2	10.2	51.1	0.1	0.8
Safeway	Kids Own Candyfloss Flavour Delight 80g pack	8.9	8.2	65.5	0.8	0.8
Safeway	Kids Own Cheesy Feet	4.4	21.7	0.1	0	0.6
Safeway	Kids Own Cheesy Stripes	35	21.7	0.1	0	0.6
Safeway	Kids Own Fried Egg Shaped Lollies	1	0.8	22.6	Tr	0
Safeway	Kids Own Raspberry Flav Delight 80g pack	13.8	10.3	49.8	0.3	0.8
Safeway	Kids Own Strawberry Flav Delight 80g pack	14.2	11.9	54.2	0.3	0.8
Safeway	Mini Crunch Carrots	0.5	0.1	5.5	2.4	Tr
Safeway	Monster Mousse	2.9	1.5	10.3	Tr	Tr
Safeway	Monster Pots Fromage Frais	4.7	?	?	?	?
Safeway	Orange Juice Lollies	0	?	?	?	?
Safeway	Raisin & Sultana Mix	0.8	Tr	54	5.7	Tr
Safeway	Raisins	?	?	?	?	?
Safeway	Spaghetti Letters in Tomato Sauce	0.4	Tr	4.3	0.4	0.6
Safeway	Spaghetti Rings & Sausages in Tomato Sauce	4.4	1.6	3.1	0.6	0.5
Sainsbury's	12 Mini Yorkshire Puddings	16.4	3.1	9.4	1.2	0.4
Sainsbury's	6 Cheese Triangles	22	12.9	5.8	0	1.1
Sainsbury's	8 Mini Beef Burgers + Sesame Seed Buns	13.3	6.2	2.3	1.6	0.7
Sainsbury's	Beans + Burgers in Tomato Sauce	3.6	1.3	5.1	2.6	0.8

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Safeway	2 Mini Sausage Rolls	Y	Y	N	Y	N
Safeway	8 Mini Sausages & Tomato Sauce Dip	N	?	?	?	?
Safeway	Baby Bananas	N	N	Y	N	N
Safeway	Breaded Chicken Nuggets	N	N	N	N	N
Safeway	Choco Crunchies	N	N	Y	Y	N
Safeway	Chocolate Hazelnut Spread 350g jar	Y	Y	Y	N	Y
Safeway	Chocolate Spread 350g jar	Y	Y	Y	N	N
Safeway	Chocolate Teddies Cereal	N	N	Y	N	Y
Safeway	Dried Apricots	N	N	Y	N	Y
Safeway	Farmyard Crunch	N	N	Y	N	N
Safeway	Frosted Flakes	N	N	Y	Y	N
Safeway	Frozen Mini Waffles	N	N	N	N	N
Safeway	Jungle Crunch Cereal	N	N	Y	Y	N
Safeway	Kids Own Banana Flavour Delight 80g pack	N	Y	Y	Y	N
Safeway	Kids Own Candyfloss Flavour Delight 80g pack	N	Y	Y	Y	N
Safeway	Kids Own Cheesy Feet	Y	Y	N	Y	N
Safeway	Kids Own Cheesy Stripes	Y	Y	N	Y	N
Safeway	Kids Own Fried Egg Shaped Lollies	N	N	Y	N	N
Safeway	Kids Own Raspberry Flav Delight 80g pack	N	Y	Y	Y	N
Safeway	Kids Own Strawberry Flav Delight 80g pack	N	Y	Y	Y	N
Safeway	Mini Crunch Carrots	N	N	N	N	N
Safeway	Monster Mousse	N	N	Y	N	N
Safeway	Monster Pots Fromage Frais	N	?	?	?	?
Safeway	Orange Juice Lollies	N	?	?	?	?
Safeway	Raisin & Sultana Mix	N	N	Y	N	Y
Safeway	Raisins	?	?	?	?	?
Safeway	Spaghetti Letters in Tomato Sauce	N	N	N	Y	N
Safeway	Spaghetti Rings & Sausages in Tomato Sauce	N	N	N	Y	N
Sainsbury's	12 Mini Yorkshire Puddings	N	N	N	N	N
Sainsbury's	6 Cheese Triangles	Y	Y	N	Y	N
Sainsbury's	8 Mini Beef Burgers + Sesame Seed Buns	N	Y	N	Y	N
Sainsbury's	Beans + Burgers in Tomato Sauce	N	N	N	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Safeway	2 Mini Sausage Rolls	N	N	Y	N	N
Safeway	8 Mini Sausages & Tomato Sauce Dip	N	?	?	?	?
Safeway	Baby Bananas	Y	Y	N	Y	N
Safeway	Breaded Chicken Nuggets	N	N	Y	N	N
Safeway	Choco Crunchies	Y	N	N	N	N
Safeway	Chocolate Hazelnut Spread 350g jar	N	N	N	Y	N
Safeway	Chocolate Spread 350g jar	N	N	N	Y	Y
Safeway	Chocolate Teddies Cereal	N	N	N	N	N
Safeway	Dried Apricots	Y	Y	N	Y	N
Safeway	Farmyard Crunch	Y	Y	N	Y	N
Safeway	Frosted Flakes	Y	Y	N	N	N
Safeway	Frozen Mini Waffles	N	N	Y	N	N
Safeway	Jungle Crunch Cereal	Y	Y	N	N	N
Safeway	Kids Own Banana Flavour Delight 80g pack	N	N	N	N	Y
Safeway	Kids Own Candyfloss Flavour Delight 80g pack	N	N	N	N	N
Safeway	Kids Own Cheesy Feet	N	N	Y	N	Y
Safeway	Kids Own Cheesy Stripes	N	N	Y	N	Y
Safeway	Kids Own Fried Egg Shaped Lollies	Y	Y	N	Y	Y
Safeway	Kids Own Raspberry Flav Delight 80g pack	N	N	N	N	Y
Safeway	Kids Own Strawberry Flav Delight 80g pack	N	N	N	N	Y
Safeway	Mini Crunch Carrots	Y	Y	N	Y	N
Safeway	Monster Mousse	Y	N	N	Y	Y
Safeway	Monster Pots Fromage Frais	N	?	?	?	?
Safeway	Orange Juice Lollies	Y	?	?	?	?
Safeway	Raisin & Sultana Mix	Y	Y	N	Y	N
Safeway	Raisins	?	?	?	?	?
Safeway	Spaghetti Letters in Tomato Sauce	Y	Y	N	N	N
Safeway	Spaghetti Rings & Sausages in Tomato Sauce	N	N	N	N	N
Sainsbury's	12 Mini Yorkshire Puddings	N	N	N	N	N
Sainsbury's	6 Cheese Triangles	N	N	N	N	Y
Sainsbury's	8 Mini Beef Burgers + Sesame Seed Buns	N	N	N	N	N
Sainsbury's	Beans + Burgers in Tomato Sauce	N	N	N	N	N

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Safeway	2 Mini Sausage Rolls	None	Y	N
Safeway	8 Mini Sausages & Tomato Sauce Dip	None	N	N
Safeway	Baby Bananas	None	N	N
Safeway	Breaded Chicken Nuggets	1: capsanthin	Y	N
Safeway	Choco Crunchies	None	Y	N
Safeway	Chocolate Hazelnut Spread 350g jar	None	Y	N
Safeway	Chocolate Spread 350g jar	None	Y	N
Safeway	Chocolate Teddies Cereal	None	Y	N
Safeway	Dried Apricots	None	N	N
Safeway	Farmyard Crunch	None	Y	N
Safeway	Frosted Flakes	None	N	N
Safeway	Frozen Mini Waffles	None	N	N
Safeway	Jungle Crunch Cereal	None	Y	N
Safeway	Kids Own Banana Flavour Delight 80g pack	1: annatto	Y	N
Safeway	Kids Own Candyfloss Flavour Delight 80g pack	3: carmoisine, beetroot red, beta carotene	Y	N
Safeway	Kids Own Cheesy Feet	None	N	N
Safeway	Kids Own Cheesy Stripes	1: annatto	N	N
Safeway	Kids Own Fried Egg Shaped Lollies	2: beetroot red, curcumin	Y	N
Safeway	Kids Own Raspberry Flav Delight 80g pack	2: beetroot red, beta carotene	Y	N
Safeway	Kids Own Strawberry Flav Delight 80g pack	2: cochineal, annatto	Y	N
Safeway	Mini Crunch Carrots	None	N	N
Safeway	Monster Mousse	4: beetroot red, anthocyanins, curcumin, annatto	Y	N
Safeway	Monster Pots Fromage Frais	4: curcumin, anthocyanins, beetroot red, paprika extract	Y	N
Safeway	Orange Juice Lollies	2: curcumin, beetroot red	Y	N
Safeway	Raisin & Sultana Mix	None	N	N
Safeway	Raisins	?	?	?
Safeway	Spaghetti Letters in Tomato Sauce	None	N	N
Safeway	Spaghetti Rings & Sausages in Tomato Sauce	None	Y	N
Sainsbury's	12 Mini Yorkshire Puddings	None	N	N
Sainsbury's	6 Cheese Triangles	None	N	N
Sainsbury's	8 Mini Beef Burgers + Sesame Seed Buns	1: cochineal	Y	N
Sainsbury's	Beans + Burgers in Tomato Sauce	None	N	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Sainsbury's	Beans + Meatballs in Tomato Sauce	200	453	108
Sainsbury's	Beans + Pork Sausages in Tomato Sauce	210	498	118
Sainsbury's	Cheese Spread		1162	280
Sainsbury's	Choco Flakes	30	1568	369
Sainsbury's	Choco Snaps	30	1609	379
Sainsbury's	Frosted Flakes	30	1583	373
Sainsbury's	Gigglers Honey + Apple Flavour Cereal	30	1547	570
Sainsbury's	Golden Pops	30	1597	376
Sainsbury's	Golden Puffs	20	1519	358
Sainsbury's	Honey Nut Loops	30	1627	384
Sainsbury's	Instant Hot Oat Cereal	40	1501	356
Sainsbury's	Little Miss Pasta in Tomato Sauce	205	273	64
Sainsbury's	Mr Men Cheese Food Slices		1288	310
Sainsbury's	Mr Men Cheese Food Slices - Light		773	185
Sainsbury's	Mr Men Cheese Triangles		1134	273
Sainsbury's	Mr Men Pasta in Tomato Sauce	205	273	64
Sainsbury's	Mr Men Yogurts Pack - Strawberry Carton	80	431	102
Sainsbury's	Mr Strong's Strawberry Yogurt	125	441	105
Sainsbury's	Numberelli Pasta Shapes in Tomato Sauce	205	273	64
Sainsbury's	Rice Pops	30	1570	370
Sainsbury's	Snowman Ice Cream Log		717	171
Sainsbury's	Spaghetti Rings & Pork Sausages in Tom S	205	461	110
Sainsbury's	Wibble Wobble World Jelly		277	65
Senoble SA	La Gout de la Vie Organic Fromage Frais	60	425	101
Sofraco SA	Ice Cream Squeezies	40ml	739	176
St Ivel	Cadbury's Flake Mik Chocolate Dessert	100	1075	257
St Ivel	Dairy Milk Buttons Chocolate Dessert	100	1097	262
St Ivel	Rugrats Wholemilk Yogurt 6 Pack - Strawbe	90	473	112
St Ivel	Teletubbies Tubby Custard Style Yogurt	90	475	113
Streamline	Mr Rush's Raspberry Jam		947	226
Streamline	Mr Small's Strawberry Jam		932	223
Supercook	Junior Baker Cookie Stars		?	?
Supercook	Junior Baker Raspberry Flavour Mini Muffins		?	?

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Sainsbury's	Beans + Meatballs in Tomato Sauce	3.6	1.3	5.1	2.6	0.8
Sainsbury's	Beans + Pork Sausages in Tomato Sauce	4.4	2.1	5.9	3.4	0.6
Sainsbury's	Cheese Spread	22	14	5	0	1.1
Sainsbury's	Choco Flakes	0.8	0.4	36.7	3	0.8
Sainsbury's	Choco Snaps	2.4	1.2	38.5	2.3	0.7
Sainsbury's	Frosted Flakes	0.5	0.3	39.6	2.3	0.6
Sainsbury's	Gigglers Honey + Apple Flavour Cereal	1.4	0.5	45	4	0.1
Sainsbury's	Golden Pops	1.6	0.4	37.9	1.3	0.3
Sainsbury's	Golden Puffs	1	0.2	50	2.8	0.7
Sainsbury's	Honey Nut Loops	4.1	0.8	32	3	0.6
Sainsbury's	Instant Hot Oat Cereal	8.3	2	1.8	8.9	0.1
Sainsbury's	Little Miss Pasta in Tomato Sauce	0.3	0.1	4.6	0.5	0.3
Sainsbury's	Mr Men Cheese Food Slices	24	15.5	5.5	0	1.2
Sainsbury's	Mr Men Cheese Food Slices - Light	11	6.8	5.5	0	0.7
Sainsbury's	Mr Men Cheese Triangles	21	13.2	8	0	1.1
Sainsbury's	Mr Men Pasta in Tomato Sauce	0.3	0.1	4.6	0.5	0.3
Sainsbury's	Mr Men Yogurts Pack - Strawberry Carton	1.9	1.2	15.7	0.1	0.1
Sainsbury's	Mr Strong's Strawberry Yogurt	2.9	1.5	15.4	0	0.4
Sainsbury's	Numberelli Pasta Shapes in Tomato Sauce	0.3	0.1	4.6	0.5	0.3
Sainsbury's	Rice Pops	1.3	0.6	9.8	2.2	1.1
Sainsbury's	Snowman Ice Cream Log	7.2	6.6	23.3	0.1	0.1
Sainsbury's	Spaghetti Rings & Pork Sausages in Tom S	5.7	2.2	3.3	0.4	0.3
Sainsbury's	Wibble Wobble World Jelly	0	0	15.1	0	0
Senoble SA	La Gout de la Vie Organic Fromage Frais	2.7	?	?	?	?
Sofraco SA	Ice Cream Squeezies	7.7	?	?	?	?
St Ivel	Cadbury's Flake Mik Chocolate Dessert	13.9	?	?	?	?
St Ivel	Dairy Milk Buttons Chocolate Dessert	14.6	?	?	?	?
St Ivel	Rugrats Wholemilk Yogurt 6 Pack - Strawbe	3	1.9	14.3	0	0.1
St Ivel	Teletubbies Tubby Custard Style Yogurt	3	1.9	14.2	0	0.1
Streamline	Mr Rush's Raspberry Jam	0.5	?	?	?	?
Streamline	Mr Small's Strawberry Jam	0.2	?	?	?	?
Supercook	Junior Baker Cookie Stars	?	?	?	?	?
Supercook	Junior Baker Raspberry Flavour Mini Muffins	?	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Sainsbury's	Beans + Meatballs in Tomato Sauce	N	N	N	Y	N
Sainsbury's	Beans + Pork Sausages in Tomato Sauce	N	N	N	Y	N
Sainsbury's	Cheese Spread	Y	Y	N	Y	N
Sainsbury's	Choco Flakes	N	N	Y	Y	N
Sainsbury's	Choco Snaps	N	N	Y	Y	N
Sainsbury's	Frosted Flakes	N	N	Y	Y	N
Sainsbury's	Gigglers Honey + Apple Flavour Cereal	N	N	Y	N	N
Sainsbury's	Golden Pops	N	N	Y	N	N
Sainsbury's	Golden Puffs	N	N	Y	Y	N
Sainsbury's	Honey Nut Loops	N	N	Y	Y	N
Sainsbury's	Instant Hot Oat Cereal	N	N	N	N	Y
Sainsbury's	Little Miss Pasta in Tomato Sauce	N	N	N	N	N
Sainsbury's	Mr Men Cheese Food Slices	Y	Y	N	Y	N
Sainsbury's	Mr Men Cheese Food Slices - Light	N	Y	N	Y	N
Sainsbury's	Mr Men Cheese Triangles	Y	Y	N	Y	N
Sainsbury's	Mr Men Pasta in Tomato Sauce	N	N	N	N	N
Sainsbury's	Mr Men Yogurts Pack - Strawberry Carton	N	N	Y	N	N
Sainsbury's	Mr Strong's Strawberry Yogurt	N	N	Y	N	N
Sainsbury's	Numberelli Pasta Shapes in Tomato Sauce	N	N	N	N	N
Sainsbury's	Rice Pops	N	N	N	Y	N
Sainsbury's	Snowman Ice Cream Log	N	Y	Y	N	N
Sainsbury's	Spaghetti Rings & Pork Sausages in Tom S	N	N	N	N	N
Sainsbury's	Wibble Wobble World Jelly	N	N	Y	N	N
Senoble SA	La Gout de la Vie Organic Fromage Frais	N	?	?	?	?
Sofraco SA	Ice Cream Squeezies	N	?	?	?	?
St Ivel	Cadbury's Flake Mik Chocolate Dessert	N	?	?	?	?
St Ivel	Dairy Milk Buttons Chocolate Dessert	N	?	?	?	?
St Ivel	Rugrats Wholemilk Yogurt 6 Pack - Strawbe	N	N	Y	N	N
St Ivel	Teletubbies Tubby Custard Style Yogurt	N	N	Y	N	N
Streamline	Mr Rush's Raspberry Jam	N	?	?	?	?
Streamline	Mr Small's Strawberry Jam	N	?	?	?	?
Supercook	Junior Baker Cookie Stars	?	?	?	?	?
Supercook	Junior Baker Raspberry Flavour Mini Muffins	?	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Sainsbury's	Beans + Meatballs in Tomato Sauce	N	N	N	N	N
Sainsbury's	Beans + Pork Sausages in Tomato Sauce	N	N	N	N	Y
Sainsbury's	Cheese Spread	N	N	N	N	Y
Sainsbury's	Choco Flakes	Y	Y	N	N	N
Sainsbury's	Choco Snaps	Y	N	N	N	N
Sainsbury's	Frosted Flakes	Y	Y	N	N	N
Sainsbury's	Gigglers Honey + Apple Flavour Cereal	Y	Y	N	N	N
Sainsbury's	Golden Pops	Y	Y	N	N	N
Sainsbury's	Golden Puffs	Y	Y	N	N	N
Sainsbury's	Honey Nut Loops	N	Y	N	N	N
Sainsbury's	Instant Hot Oat Cereal	N	N	Y	Y	N
Sainsbury's	Little Miss Pasta in Tomato Sauce	Y	Y	N	N	Y
Sainsbury's	Mr Men Cheese Food Slices	N	N	N	N	Y
Sainsbury's	Mr Men Cheese Food Slices - Light	N	N	N	N	Y
Sainsbury's	Mr Men Cheese Triangles	N	N	N	N	Y
Sainsbury's	Mr Men Pasta in Tomato Sauce	Y	Y	N	N	Y
Sainsbury's	Mr Men Yogurts Pack - Strawberry Carton	Y	N	N	Y	Y
Sainsbury's	Mr Strong's Strawberry Yogurt	Y	N	N	N	Y
Sainsbury's	Numberelli Pasta Shapes in Tomato Sauce	Y	Y	N	N	Y
Sainsbury's	Rice Pops	Y	Y	N	N	N
Sainsbury's	Snowman Ice Cream Log	N	N	N	Y	Y
Sainsbury's	Spaghetti Rings & Pork Sausages in Tom S	N	N	N	N	Y
Sainsbury's	Wibble Wobble World Jelly	Y	Y	N	Y	Y
Senoble SA	La Gout de la Vie Organic Fromage Frais	Y	?	?	?	?
Sofraco SA	Ice Cream Squeezies	N	?	?	?	?
St Ivel	Cadbury's Flake Mik Chocolate Dessert	N	?	?	?	?
St Ivel	Dairy Milk Buttons Chocolate Dessert	N	?	?	?	?
St Ivel	Rugrats Wholemilk Yogurt 6 Pack - Strawbe	Y	N	N	Y	Y
St Ivel	Teletubbies Tubby Custard Style Yogurt	Y	N	N	Y	Y
Streamline	Mr Rush's Raspberry Jam	Y	?	?	?	?
Streamline	Mr Small's Strawberry Jam	Y	?	?	?	?
Supercook	Junior Baker Cookie Stars	?	?	?	?	?
Supercook	Junior Baker Raspberry Flavour Mini Muffins	?	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Sainsbury's	Beans + Meatballs in Tomato Sauce	None	N	N
Sainsbury's	Beans + Pork Sausages in Tomato Sauce	None	N	N
Sainsbury's	Cheese Spread	None	N	N
Sainsbury's	Choco Flakes	None	N	N
Sainsbury's	Choco Snaps	None	Y	N
Sainsbury's	Frosted Flakes	None	N	N
Sainsbury's	Gigglers Honey + Apple Flavour Cereal	None	N	N
Sainsbury's	Golden Pops	1: annatto	Y	N
Sainsbury's	Golden Puffs	None	N	N
Sainsbury's	Honey Nut Loops	1: annatto	Y	N
Sainsbury's	Instant Hot Oat Cereal	None	N	N
Sainsbury's	Little Miss Pasta in Tomato Sauce	None	N	N
Sainsbury's	Mr Men Cheese Food Slices	None	N	N
Sainsbury's	Mr Men Cheese Food Slices - Light	None	N	N
Sainsbury's	Mr Men Cheese Triangles	None	N	N
Sainsbury's	Mr Men Pasta in Tomato Sauce	None	N	N
Sainsbury's	Mr Men Yogurts Pack - Strawberry Carton	None	Y	N
Sainsbury's	Mr Strong's Strawberry Yogurt	1: betanin	Y	N
Sainsbury's	Numberelli Pasta Shapes in Tomato Sauce	None	N	N
Sainsbury's	Rice Pops	None	N	N
Sainsbury's	Snowman Ice Cream Log	None	Y	N
Sainsbury's	Spaghetti Rings & Pork Sausages in Tom S	None	N	N
Sainsbury's	Wibble Wobble World Jelly	2: carmines, annatto	Y	N
Senoble SA	La Gout de la Vie Organic Fromage Frais	None	Y	N
Sofraco SA	Ice Cream Squeezies	2: beetroot red, beta carotene	Y	N
St Ivel	Cadbury's Flake Mik Chocolate Dessert	None	Y	N
St Ivel	Dairy Milk Buttons Chocolate Dessert	None	Y	N
St Ivel	Rugrats Wholemilk Yogurt 6 Pack - Strawbe	3: anthocyanins, beetroot red, turmeric	Y	N
St Ivel	Teletubbies Tubby Custard Style Yogurt	2: beetroot red, annatto	Y	N
Streamline	Mr Rush's Raspberry Jam	1: ponceau 4R	N	N
Streamline	Mr Small's Strawberry Jam	1: ponceau 4R	N	N
Supercook	Junior Baker Cookie Stars	E162	Y	N
Supercook	Junior Baker Raspberry Flavour Mini Muffin	6: E122, E124, E129, E104, E133, E142	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Tesco	Animal Shapes Biscuits		1847	438
Tesco	Billy Bear Sausage Slices		971	234
Tesco	Breakfast Boulders	30	1607	379
Tesco	Choco Snaps	30	1609	379
Tesco	Clown Biscuits	25	1733	411
Tesco	Coco Flakes	30	1568	369
Tesco	Corn Flakes	30	1560	367
Tesco	Crunchy Crispy Treat Bars	22	424	101
Tesco	Fromage Frais 6 Pack - Strawberry Carton	60	557	133
Tesco	Frosted Flakes	30	1583	373
Tesco	Fun Size Apples		211	50
Tesco	Fun Size Pears		171	42
Tesco	Golden Honey Puffs	30	1602	378
Tesco	Honey Nut Corn Flakes	30	1640	387
Tesco	I Love Teddy Crisp	25	1633	386
Tesco	Instant Oat Hot Oat Cereal	30	1502	356
Tesco	Jammy Rings		1895	451
Tesco	Ladybird Shortbread Biscuits	70	1893	451
Tesco	Little Miss Mini Strawberry Iced Buns		1351	320
Tesco	Mr Men Mini Choc Iced Buns	37	1521	362
Tesco	Rice Snaps	30	1570	370
Tesco	Spaghetti Letters in Tomato Sauce	205	254	60
Tesco	Teddy Cake (single portion)	60	986	236
Tesco	Tom & Jerry Fromage Frais	42	590	140
Tryton Foods	Aunt Bessies Tidgy Puds		1452	346
Tryton Foods	Aunt Bessies Tidgy Toads		1022	244
Tyne	UFOs - Chicken Sausage Meat Shapes in Gravy		447	107
Walls	Mini Milk Ice Lollies Chocolate	31ml	444/100ml	106
Walls	Mini Milk Ice Lollies Vanilla	31ml	433/100ml	104
Walls	Polar Pat Lollies	85ml	440.2/100ml	106
Weetabix	Ready Brek Milk Chocolate Flav Cereal	40	1589	377

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Tesco	Animal Shapes Biscuits	11.7	5	21	2.4	0.2
Tesco	Billy Bear Sausage Slices	17.8	6.9	1.5	Tr	1.2
Tesco	Breakfast Boulders	1.4	0.3	31.1	2.3	0.5
Tesco	Choco Snaps	2.4	1.2	38.5	2.3	0.7
Tesco	Clown Biscuits	9.7	2.4	23.7	2	0.2
Tesco	Coco Flakes	0.8	0.4	36.7	3	0.8
Tesco	Corn Flakes	0.8	0.3	8.9	3.6	1.1
Tesco	Crunchy Crispy Treat Bars	4.1	1.6	7.3	0.5	0.1
Tesco	Fromage Frais 6 Pack - Strawberry Carton	6.1	4	13.5	Tr	Tr
Tesco	Frosted Flakes	0.5	0.3	39.6	2.3	0.8
Tesco	Fun Size Apples	0.1	Tr	11.8	1.8	Tr
Tesco	Fun Size Pears	0.1	Tr	10	2.2	0
Tesco	Golden Honey Puffs	1.9	0.4	50.5	3	0.1
Tesco	Honey Nut Corn Flakes	4.2	0.9	33.4	2.9	0.8
Tesco	I Love Teddy Crisp	6	1.5	39.5	4	0.2
Tesco	Instant Oat Hot Oat Cereal	8.3	2	1.8	8.9	Tr
Tesco	Jammy Rings	16.9	7.1	35.9	1.5	0.2
Tesco	Ladybird Shortbread Biscuits	18.9	11.3	64	1.1	0.1
Tesco	Little Miss Mini Strawberry Iced Buns	8.8	4.8	21	1.9	0.3
Tesco	Mr Men Mini Choc Iced Buns	14.7	5	18.4	2.1	0.3
Tesco	Rice Snaps	1.3	0.6	9.8	2.2	1.2
Tesco	Spaghetti Letters in Tomato Sauce	0.2	Tr	5.3	0.5	0.5
Tesco	Teddy Cake (single portion)	13	7.4	18.5	0.4	0.2
Tesco	Tom & Jerry Fromage Frais	5.1	3.2	16.1	Tr	Tr
Tryton Foods	Aunt Bessies Tidgy Pud's	14.1	1.6	3	2.1	0.5
Tryton Foods	Aunt Bessies Tidgy Toads	10.7	3.6	2.6	1.9	0.8
Tyne	UFOs - Chicken Sausage Meat Shapes in C	6.8	?	?	?	?
Walls	Mini Milk Ice Lollies Chocolate	3.3	?	?	?	?
Walls	Mini Milk Ice Lollies Vanilla	3.2	?	?	?	?
Walls	Polar Pat Lollies	5.2	?	?	?	?
Weetabix	Ready Brek Milk Chocolate Flav Cereal	9.6	4.9	24.6	7.9	Tr

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Tesco	Animal Shapes Biscuits	N	Y	Y	N	N
Tesco	Billy Bear Sausage Slices	N	Y	N	Y	N
Tesco	Breakfast Boulders	N	N	Y	Y	N
Tesco	Choco Snaps	N	N	Y	Y	N
Tesco	Clown Biscuits	N	N	Y	N	N
Tesco	Coco Flakes	N	N	Y	Y	Y
Tesco	Corn Flakes	N	N	N	Y	Y
Tesco	Crunchy Crispy Treat Bars	N	N	N	N	N
Tesco	Fromage Frais 6 Pack - Strawberry Carton	N	N	Y	N	N
Tesco	Frosted Flakes	N	N	Y	Y	N
Tesco	Fun Size Apples	N	N	Y	N	N
Tesco	Fun Size Pears	N	N	Y	N	N
Tesco	Golden Honey Puffs	N	N	Y	N	Y
Tesco	Honey Nut Corn Flakes	N	N	Y	Y	N
Tesco	I Love Teddy Crisp	N	N	Y	N	Y
Tesco	Instant Oat Hot Oat Cereal	N	N	N	N	Y
Tesco	Jammy Rings	N	Y	Y	N	N
Tesco	Ladybird Shortbread Biscuits	N	Y	Y	N	N
Tesco	Little Miss Mini Strawberry Iced Buns	N	N	Y	N	N
Tesco	Mr Men Mini Choc Iced Buns	N	Y	Y	N	N
Tesco	Rice Snaps	N	N	N	Y	N
Tesco	Spaghetti Letters in Tomato Sauce	N	N	N	Y	N
Tesco	Teddy Cake (single portion)	N	Y	Y	N	N
Tesco	Tom & Jerry Fromage Frais	N	N	Y	N	N
Tryton Foods	Aunt Bessies Tidgy Puds	N	N	N	Y	N
Tryton Foods	Aunt Bessies Tidgy Toads	N	N	N	Y	N
Tyne	UFOs - Chicken Sausage Meat Shapes in C	N	?	?	?	?
Walls	Mini Milk Ice Lollies Chocolate	N	?	?	?	?
Walls	Mini Milk Ice Lollies Vanilla	N	?	?	?	?
Walls	Polar Pat Lollies	N	?	?	?	?
Weetabix	Ready Brek Milk Chocolate Flav Cereal	N	N	Y	N	Y

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Tesco	Animal Shapes Biscuits	N	N	N	N	N
Tesco	Billy Bear Sausage Slices	N	N	Y	N	Y
Tesco	Breakfast Boulders	Y	Y	N	N	N
Tesco	Choco Snaps	Y	N	N	N	N
Tesco	Clown Biscuits	N	N	N	N	N
Tesco	Coco Flakes	Y	Y	N	N	N
Tesco	Corn Flakes	Y	Y	N	N	N
Tesco	Crunchy Crispy Treat Bars	N	N	N	N	Y
Tesco	Fromage Frais 6 Pack - Strawberry Carton	N	N	N	Y	Y
Tesco	Frosted Flakes	Y	Y	N	N	N
Tesco	Fun Size Apples	Y	Y	N	Y	N
Tesco	Fun Size Pears	Y	Y	N	Y	N
Tesco	Golden Honey Puffs	Y	Y	N	Y	N
Tesco	Honey Nut Corn Flakes	N	Y	N	N	N
Tesco	I Love Teddy Crisp	N	N	N	N	N
Tesco	Instant Oat Hot Oat Cereal	N	N	N	Y	N
Tesco	Jammy Rings	N	N	N	N	N
Tesco	Ladybird Shortbread Biscuits	N	N	N	Y	N
Tesco	Little Miss Mini Strawberry Iced Buns	N	N	N	N	N
Tesco	Mr Men Mini Choc Iced Buns	N	N	N	N	N
Tesco	Rice Snaps	Y	Y	N	N	N
Tesco	Spaghetti Letters in Tomato Sauce	Y	Y	N	N	Y
Tesco	Teddy Cake (single portion)	N	N	N	N	Y
Tesco	Tom & Jerry Fromage Frais	N	N	N	Y	Y
Tryton Foods	Aunt Bessies Tidgy Pud's	N	N	N	N	N
Tryton Foods	Aunt Bessies Tidgy Toads	N	N	N	N	N
Tyne	UFOs - Chicken Sausage Meat Shapes in C	N	?	?	?	?
Walls	Mini Milk Ice Lollies Chocolate	N	?	?	?	?
Walls	Mini Milk Ice Lollies Vanilla	N	?	?	?	?
Walls	Polar Pat Lollies	N	?	?	?	?
Weetabix	Ready Brek Milk Chocolate Flav Cereal	N	N	N	Y	N

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Tesco	Animal Shapes Biscuits	None	Y	N
Tesco	Billy Bear Sausage Slices	None	N	N
Tesco	Breakfast Boulders	1: annatto	Y	N
Tesco	Choco Snaps	None	Y	N
Tesco	Clown Biscuits	None	Y	N
Tesco	Coco Flakes	None	N	N
Tesco	Corn Flakes	None	N	N
Tesco	Crunchy Crispy Treat Bars	None	Y	N
Tesco	Fromage Frais 6 Pack - Strawberry Carton	1: paprika extract	Y	N
Tesco	Frosted Flakes	None	N	N
Tesco	Fun Size Apples	None	N	N
Tesco	Fun Size Pears	None	N	N
Tesco	Golden Honey Puffs	None	N	N
Tesco	Honey Nut Corn Flakes	None	N	N
Tesco	I Love Teddy Crisp	None	Y	N
Tesco	Instant Oat Hot Oat Cereal	None	N	N
Tesco	Jammy Rings	1: carmoisine	Y	N
Tesco	Ladybird Shortbread Biscuits	3: annatto, curcumin, ponceau 4R	Y	N
Tesco	Little Miss Mini Strawberry Iced Buns	9: E104, E122, E124, allura red AC, E131, E132, E133, E153, titanium dioxide	Y	N
Tesco	Mr Men Mini Choc Iced Buns	9: E104, E122, E124, allura red AC, E131, E132, E133, E153, titanium dioxide	Y	N
Tesco	Rice Snaps	None	N	N
Tesco	Spaghetti Letters in Tomato Sauce	None	N	N
Tesco	Teddy Cake (single portion)	None	Y	N
Tesco	Tom & Jerry Fromage Frais	None	Y	N
Tryton Foods	Aunt Bessies Tidgy Pud's	None	N	N
Tryton Foods	Aunt Bessies Tidgy Toads	None	Y	Y
Tyne	UFOs - Chicken Sausage Meat Shapes in C	None	Y	N
Walls	Mini Milk Ice Lollies Chocolate	None	Y	N
Walls	Mini Milk Ice Lollies Vanilla	None	Y	N
Walls	Polar Pat Lollies	2: E172, E171	Y	N
Weetabix	Ready Brek Milk Chocolate Flav Cereal	None	N	N

MANUFACTURER	BRAND/PRODUCT NAME	SERVING(g)	kJ/100g	kcal/100g
Weetabix	Ready Brek Original Cereal	40	1501	356
Weetabix	Weetos Chocolate Flavour	30	1625	384
Westler Foods Ltd	Mighty Meatballs		420	100
Ye Olde Oak	20 Mini Hotdogs in Brine 400g can		646	155
Ye Olde Oak	Bangers & Balls - Saus and Meatballs in Sauce		523	125
Yeo Valley	Organic Fruit Yogurt 4 Pack - Strawb Cartor	100	395	94
?	Baking With Barbie Cookies		?	?
?	Milky Way Chocolate Spread & Vanilla Stripes		2306	553

MANUFACTURER	BRAND/PRODUCT NAME	FAT/100g	SATg/100g	SUGAR/100g	FIBRE/100g	Na/100g
Weetabix	Ready Brek Original Cereal	8.3	2	1.8	8.9	Tr
Weetabix	Weetos Chocolate Flavour	5	1.2	36.3	5.6	0.3
Westler Foods Ltd	Mighty Meatballs	5.8	?	?	?	?
Ye Olde Oak	20 Mini Hotdogs in Brine 400g can	11.5	?	?	?	?
Ye Olde Oak	Bangers & Balls - Saus and Meatballs in Sau	7	?	?	?	?
Yeo Valley	Organic Fruit Yogurt 4 Pack - Strawb Cartor	3.1	2	11.2	0.2	0.1
?	Baking With Barbie Cookies	?	?	?	?	?
?	Milky Way Chocolate Spread & Vanilla Stripc	34.4	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	HIGH FAT?	HIGH SAT?	HIGH SUGAR?	HIGH Na?	HIGH FIBRE?
Weetabix	Ready Brek Original Cereal	N	N	N	N	Y
Weetabix	Weetos Chocolate Flavour	N	N	Y	N	N
Westler Foods Ltd	Mighty Meatballs	N	?	?	?	?
Ye Olde Oak	20 Mini Hotdogs in Brine 400g can	N	?	?	?	?
Ye Olde Oak	Bangers & Balls - Saus and Meatballs in Sau	N	?	?	?	?
Yeo Valley	Organic Fruit Yogurt 4 Pack - Strawb Cartor	N	N	Y	N	N
?	Baking With Barbie Cookies	?	?	?	?	?
?	Milky Way Chocolate Spread & Vanilla Stripes	Y	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	LOW FAT ?	LOW SAT?	LOW SUGAR?	LOW Na?	LOW FIBRE?
Weetabix	Ready Brek Original Cereal	N	N	Y	Y	N
Weetabix	Weetos Chocolate Flavour	N	N	N	N	N
Westler Foods Ltd	Mighty Meatballs	N	?	?	?	?
Ye Olde Oak	20 Mini Hotdogs in Brine 400g can	N	?	?	?	?
Ye Olde Oak	Bangers & Balls - Saus and Meatballs in Sau	N	?	?	?	?
Yeo Valley	Organic Fruit Yogurt 4 Pack - Strawb Cartor	N	N	N	Y	Y
?	Baking With Barbie Cookies	?	?	?	?	?
?	Milky Way Chocolate Spread & Vanilla Stripes	N	?	?	?	?

MANUFACTURER	BRAND/PRODUCT NAME	COLOURINGS	FLAVS	F ENHANCER
Weetabix	Ready Brek Original Cereal	None	N	N
Weetabix	Weetos Chocolate Flavour	None	Y	N
Westler Foods Ltd	Mighty Meatballs	1: caramel	Y	N
Ye Olde Oak	20 Mini Hotdogs in Brine 400g can	None	Y	N
Ye Olde Oak	Bangers & Balls - Saus and Meatballs in Sat	None	N	N
Yeo Valley	Organic Fruit Yogurt 4 Pack - Strawb Cartor	None	Y	N
?	Baking With Barbie Cookies	4: E129, E100, E160b, E162	Y	N
?	Milky Way Chocolate Spread & Vanilla Strip	None	Y	N