

ANNEX F

Estimated Daily Intake of RS4-fibre* by the UK Population and Corresponding Intakes of Phosphorus from Proposed Food-Uses in the E.U.

**ESTIMATED DAILY INTAKE OF RS4-FIBRE* BY THE U.K.
POPULATION AND CORRESPONDING INTAKES OF
PHOSPHORUS FROM PROPOSED FOOD-USES IN THE E.U.**

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Table of Contents

	Page
1.0 INTRODUCTION	1
2.0 FOOD CONSUMPTION SURVEY DATA	2
2.1 Survey Description	2
2.2 Statistical Methods	3
3.0 FOOD USAGE DATA	3
4.0 FOOD SURVEY RESULTS	4
4.1 Estimated Daily RS4-fibre* and Phosphorus Intake from All Proposed Food-Uses in the E.U.	5
4.2 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses in the E.U.	8
4.2.1 All-Person Intakes	8
4.2.2 All-User Intakes	9
5.0 CONCLUSIONS	11
6.0 REFERENCES	12

List of Appendices

- APPENDIX A Estimated Daily Intake of Phosphated Distarch Phosphate from Individual Proposed Food-Uses by Different Population Groups Within the U.K.
- APPENDIX B Estimated Daily Per Kilogram Body Weight Intake of Phosphated Distarch Phosphate from Individual Proposed Food-Uses by Different Population Groups Within the U.K.
- APPENDIX C Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Different Population Groups Within the U.K.
- APPENDIX D Estimated Daily Per Kilogram Body Weight Intake of Phosphorus from Individual Proposed Food-Uses by Different Population Groups Within the U.K.
- APPENDIX E Representative MAFF Food Codes for All Proposed Food-Uses of RS4-fibre* in the U.K.

List of Tables

Table 3-1	Summary of the Individual Proposed Food-Uses and Use-Levels for RS4-fibre* and the Corresponding Use-Levels for Phosphorus in the UK	4
Table 4.1-1	Summary of the Estimated Daily Intake of RS4-fibre* from All Proposed Food Categories in the U.K. by Population Group (NDNS Data)	5
Table 4.1-2	Summary of the Estimated Daily Per Kilogram Body Weight Intake of RS4-fibre* from All Proposed Food Categories in the U.K. by Population Group (NDNS Data)	6
Table 4.1-3	Summary of the Estimated Daily Intake of Phosphorus from All Proposed Food Categories in the U.K. by Population Group (NDNS Data)	7
Table 4.1-4	Summary of the Estimated Daily Per Kilogram Body Weight Intake of Phosphorus from All Proposed Food Categories in the U.K. by Population Group (NDNS Data)	7
Table A-1	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS, 1992-1993)	A-1
Table A-2	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS, 1992-1993)	A-2
Table A-3	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1992-1993)	A-3
Table A-4	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1992-1993)	A-4
Table A-5	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Female Adults Aged 16 to 63 Years Within the U.K. (NDNS, 1992-1993)	A-5
Table A-6	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS, 1992-1993)	A-6
Table B-1	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS, 1992-1993)	B-1
Table B-2	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS, 1992-1993)	B-2
Table B-3	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1992-1993)	B-3
Table B-4	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1992-1993)	B-4
Table B-5	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Female Adults Aged 16 to 63 Years Within the U.K. (NDNS, 1992-1993)	B-5
Table B-6	Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS, 1992-1993)	B-6
Table C-1	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS, 1992-1993)	C-1
Table C-2	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS, 1992-1993)	C-1

Table C-3	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1992-1993)	C-2
Table C-4	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1992-1993)	C-3
Table C-5	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Female Adults Aged 16 to 63 Years Within the U.K. (NDNS, 1992-1993)	C-4
Table C-6	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS, 1992-1993)	C-5
Table D-1	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS, 1992-1993)	D-1
Table D-2	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS, 1992-1993)	D-1
Table D-3	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1992-1993)	D-2
Table D-4	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1992-1993)	D-3
Table D-5	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Female Adults Aged 16 to 63 Years Within the U.K. (NDNS, 1992-1993)	D-4
Table D-6	Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS, 1992-1993)	D-5

ESTIMATED DAILY INTAKE OF RS4-FIBRE* BY THE U.K. POPULATION AND CORRESPONDING INTAKES OF PHOSPHORUS FROM PROPOSED FOOD-USES IN THE E.U.

1.0 INTRODUCTION

RS4-fibre (Modified Starch, Phosphated di-starch phosphate) (hereafter referred to as RS4-fibre*) is a modified food starch prepared through the esterification and cross-linking of unmodified starch molecules from high amylose maize starch using a series of treatments, which also are used for the formation of monostarch or distarch phosphate (Weedon *et al.*, 1980; JECFA, 2001). National Starch intends to include RS4-fibre* as a resistant starch in foods to increase the dietary fibre content in various food products, in particular low moisture foods such as bread and bakery products, breakfast cereals, pasta and noodles, snacks, batters, and breading. National Starch proposes to market RS4-fibre*, specifically made from high amylose maize starch, for use as a novel food ingredient in Europe. An assessment of the consumption of RS4-fibre* and the corresponding intake of phosphorus, proposed for use in the E.U. in foods such as cereals and cereal products [biscuits (sweet), crackers, cakes and muffins, pasta, pizza dough, ready-to-eat breakfast cereals, tortillas, and white bread] and savoury snacks (pretzels) has been completed.

Estimates for the intake of RS4-fibre* and phosphorus in the E.U. were based on the proposed use-levels and food consumption data collected as part of The National Diet and Nutrition Survey programme, a joint initiative between the United Kingdom (U.K.) Food Standards Agency and the Department of Health. Calculations for the mean and high-level (97.5th percentile) all-person and all-user intakes, and percent consuming were performed for each of the individual proposed food-uses for RS4-fibre*. Similar calculations were used to determine the estimated total intake of RS4-fibre* and phosphorus from all proposed food-uses combined. In both cases, the per person and per kilogram body weight intakes were reported for the following population groups:

- children, ages 1½ to 4½ ;
- young people, ages 4 to 10;
- female teenagers, ages 11 to 18;
- male teenagers, ages 11 to 18;
- female adults, ages 16 to 64;
- male adults, ages 16 to 64.

2.0 FOOD CONSUMPTION SURVEY DATA

2.1 Survey Description

The National Diet and Nutrition Survey (NDNS) programme was commissioned jointly in 1992 by the Ministry of Agriculture, Fisheries and Food (MAFF) and the Department of Health. MAFF's responsibility for the program was transferred to the Food Standards Agency on its inception in April 2000. The NDNS programme consists of four different surveys for specific age groups, conducted approximately every 3 years in succession. Separate survey data are available from the U.K. Data Archive (UKDA) for The NDNS: Adults Aged 16 to 64 years collected in 2000-2001 (NDNS 2000-2001) (Office for National Statistics, 2005), the National Diet, Nutrition and Dental Survey of Children Aged 1½ to 4½ Years, 1992-1993 (NDNS, 1992-1993) (UKDA, 1995), the National Diet and Nutrition Survey: Young People aged 4 to 18 Years (NDNS, 1997) (UKDA, 2001), and the National Diet and Nutrition Survey: People Aged 65 Years and Over, 1994-1995; however, only the former three surveys were used to generate estimates in the current intake analysis. Combined, these surveys provide the most up-to-date data for evaluating food-use, food-consumption patterns, and nutritional status in the U.K., containing 4- or 7-day weighed food records for individuals selected using a stratified multi-stage random probability design, with sampling of private households throughout Great Britain using postal sectors (UKDA, 1995, 2001) or local authority wards (UKDA, 1991) as the primary sampling unit.

NDNS data were collected from individuals and households *via* 4- (children, aged 1½ to 4½) or 7-day (young people, aged 4 to 18 and adults, aged 16 to 64) weighed dietary intake records throughout all 4 seasons of the year (4 fieldwork waves of 3 months duration), in order to address variability in eating behaviours due to seasonality. Dietary data were recorded by survey respondents, or in the case of the children's survey, by parents or guardians, for the duration of the survey period. The adult NDNS 2000-2001 contains 7-day weighed dietary records for 1,724 individuals aged 16 to 64 who were not pregnant or breastfeeding, while, NDNS 1992-1993 contributes 4-day data from an additional 1,592 children 1½ to 4½ years of age. NDNS 1997 adds 7-day records for approximately 1,700 youth aged 4 to 18 (Office for National Statistics, 2005; UKDA, 1995, 2001). The initial postal and interview sifts to identify eligible children, youth, or adults, respectively, for the surveys identified 93%, 92%, and 65% eligibility; the maximum response rate (individuals agreeing to the initial dietary interview) from the eligible sample selected for participation in the survey were, 88%, 80%, and 61%, respectively, while only 81%, 64%, and 47% of surveyed individuals completed a full dietary record (Office for National Statistics, 2005; Gregory *et al.*, 1995; UKDA, 2001).

In addition to collecting information on the types and quantities of foods being consumed, the NDNS programme collects physiological, anthropometric and demographic information from individual survey participants, such as sex, age, measured height and weight (by the

interviewer), blood analytes, and other variables useful in characterizing consumption. The inclusion of this information allows for further assessment of food intake based on consumption by specific population groups of interest within the total surveyed samples. Sample weights were developed and incorporated with the youth survey (NDNS, 1997) to compensate for the potential under-representation of intakes from specific population groups as a result of sample variability due to differential sampling probabilities and differential non-response rates, particularly the lower response obtained from males, aged 15 to 18 years (UKDA, 2001).

To facilitate comparison with the adult and youth 7-day dietary survey data, dietary data from the children's survey (4-day data) was weighted to 7 days, based on the assumption that intake patterns on non-recording weekdays were similar to dietary intakes on recorded weekdays; the 2 weekend days were not reweighted. Accordingly, all food and drink consumed on the 2 recorded weekdays were averaged to give a daily intake value, which was multiplied by 5 to approximate intakes for all weekdays. These values were then combined with consumption data from weekend dietary records. Full details of the weighting method applied are provided in Appendix J of the report on the children's diet and nutrition survey (Gregory *et al.*, 1995).

2.2 Statistical Methods

Consumption data from individual dietary records, detailing food items ingested by each survey participant on each of the survey days, were collated by computer and used to generate estimates for the intakes of RS4-fibre* and phosphorus by the U.K. population. Estimates for the daily intakes of RS4-fibre* and phosphorus represent projected 7-day averages for each individual from Days 1 to 7 of NDNS data; these average amounts comprised the distribution from which mean and percentile intake estimates were produced. Mean and percentile estimates were generated using ratio estimation and nonparametric techniques, incorporating survey weights where appropriate (*i.e.* when using youth data to estimate intakes, as described in Section 2.1) in order to provide representative intakes for specific U.K. population groups. All-person intake refers to the estimated intake of RS4-fibre* and phosphorus averaged over all individuals surveyed regardless of whether they consumed food products in which RS4-fibre* is currently proposed for use, and therefore includes "zero" consumers (those who reported no intake of food products containing RS4-fibre* during the 7 survey days). All-user intake refers to the estimated intakes of RS4-fibre* and phosphorus by those individuals consuming food products in which the use of RS4-fibre* is under consideration, hence the 'all-user' designation. Individuals were considered users if they consumed 1 or more food products in which RS4-fibre* is proposed for use on 1 of the 7 survey days.

3.0 FOOD USAGE DATA

The individual proposed use-levels for RS4-fibre* and phosphorus employed in the current intake analysis are summarized in Table 3-1. Food codes representative of each proposed

food-use were chosen from the food code list associated with each food consumption survey and grouped in food-use categories according to the food type, main and subsidiary food group classifications detailed within the NDNS reports (Office for National Statistics 2005; UKDA 1995, 2001). All food codes included in the current intake assessment are listed in Appendix C. A given food code may not be associated with all 3 surveys; as with each new survey the food code list has been updated to reflect the availability of new foods and the discontinuation of certain obsolete codes.

Food Category	Proposed Food-Uses	RS4-fibre*		Phosphorus	
		Use-Level (g/100 g food)	Use-Level (%)	Use-Level (mg/100 g food)*	Use-Level (%)
Cereals and Cereal Products	Biscuits (sweet)	12.00	12.00	48	0.048
	Crackers	10.00	10.00	40	0.040
	Cakes and Muffins	20.00	20.00	80	0.080
	Pasta	20.00	20.00	80	0.080
	Pizza Dough	20.00	20.00	80	0.080
	Ready-to-Eat Breakfast Cereals	20.00	20.00	80	0.080
	Tortillas	20.00	20.00	80	0.080
	White Bread	20.00	20.00	80	0.080
Crisps and Savoury Snacks	Pretzels	35.00	35.00	140	0.140

RS4-fibre contains 0.4% phosphorus

4.0 FOOD SURVEY RESULTS

Estimates for the total daily intakes of RS4-fibre* from all proposed food-uses are provided in Tables 4.1-1 and 4.1-2, and for phosphorus in Tables 4.1-3 and 4.1-4. Estimates for the daily intake of RS4-fibre* from individual proposed food-uses in the E.U. are summarized in Tables A-1 to A-6 and B-1 to B-6 of Appendix A and B, respectively, and for phosphorus in Tables C-1 to C-6 and D-1 to D-6 of Appendix C and D, respectively. Tables A-1 to A-6 and C-1 to C-6 provide estimates for the daily intake of RS4-fibre* and phosphorus, respectively, in the U.K. on a per person basis (g/day and mg/day, respectively), whereas Tables B-1 to B-6 and D-1 to D-6 provide estimates on a per kilogram body weight basis (mg/kg body weight/day).

4.1 Estimated Daily RS4-fibre* and Phosphorus Intake from All Proposed Food-Uses in the E.U.

Table 4.1-1 summarizes the estimated total intake of RS4-fibre* (g/person/day) from all proposed food-uses in the E.U. by U.K. population group. Table 4.1-2 presents this data on a per kilogram body weight basis (g/kg body weight/day). As would be expected for a 7-day survey, the percentage of users was high among all age groups evaluated in the current intake assessment; greater than 93% of the population groups consisted of users of those food products in which RS4-fibre* is currently proposed for use (Table 4.1-1). Young people and male teenagers had the greatest percentage of users at 99.6% and 99.5%, respectively, followed by children and female teenagers at 98.6% and 97.8%, respectively. Large user percentages within a population group typically lead to similar results for the all-person and all-user consumption estimates. Consequently, only the all-user intake results will be discussed in detail.

Of the individual population groups, male teenagers were determined to have the greatest mean all-user intake of RS4-fibre, while male adults were determined to have the greatest 97.5th percentile all-user intakes of RS4-fibre* on an absolute basis with intakes of 34.5 g/person/day and 72.2 g/person/day, respectively, while children had the lowest mean and 97.5th percentile all-user intakes of 14.5 and 31.6 g/ person/day, respectively (Table 4.1-1).

Population Group	Age Group (Years)	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
				Mean (g)	Percentile (g)			Mean (g)	Percentile (g)		
					90	95	97.5		90	95	97.5
Children	1½ - 4½	98.6	1625	14.4	24.2	27.7	31.6	14.5	24.2	27.7	31.6
Young People	4-10	99.6	834	26.1	39.4	46.0	49.7	26.2	39.6	46.0	49.9
Female Teenager	11-18	97.8	436	26.0	40.7	46.5	54.2	26.1	40.7	46.6	54.2
Male Teenager	11-18	99.5	414	34.5	55.1	59.5	69.3	34.5	55.1	59.5	69.3
Female Adults	16-64	93.2	893	22.0	36.6	42.6	49.7	22.3	37.0	42.8	49.7
Male Adults	16-64	94.3	722	31.9	54.7	62.8	71.6	32.4	55.3	63.4	72.2

Conversely, on a body weight basis, young people and children were identified as having the highest mean intake of any population group and children were identified as having the highest 97.5th percentile all-user intake of RS4-fibre with a mean and 97.5th percentile all-user RS4-fibre* intake of 1.02 and 2.18 g/kg body weight/day, respectively, while female adults had

the lowest all-user mean and 97.5th percentile intakes, at 0.33 and 0.77 g/kg body weight/day, respectively (Table 4.1-2).

Table 4.1-2 Summary of the Estimated Daily Per Kilogram Body Weight Intake of RS4-fibre* from All Proposed Food Categories in the U.K. by Population Group (NDNS Data)											
Population Group	Age Group (Years)	% User	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
				Mean (g/kg)	Percentile (g/kg)			Mean (g/kg)	Percentile (g/kg)		
					90	95	97.5		90	95	97.5
Children	1½ - 4½	98.6	1625	1.00	1.67	1.94	2.17	1.02	1.67	1.94	2.18
Young People	4-10	99.6	834	1.02	1.58	1.73	1.94	1.02	1.58	1.73	1.94
Female Teenager	11-18	97.8	436	0.49	0.81	0.94	1.03	0.50	0.81	0.94	1.03
Male Teenager	11-18	99.5	414	0.64	1.06	1.20	1.25	0.64	1.06	1.20	1.25
Female Adult	16-64	93.2	893	0.31	0.58	0.67	0.77	0.33	0.58	0.68	0.77
Male Adult	16-64	94.3	722	0.37	0.68	0.81	0.91	0.39	0.69	0.81	0.92

In addition to the estimated daily intake of RS4-fibre*, the estimated daily intake of phosphorous in relation to the intake of RS4-fibre* was determined based on residual (*i.e.*, bound) phosphorous content of 0.4% (refer to Table 3-1) with the intake of the individual population groups as total daily intake on an absolute basis (mg/person/day) and intake on a body weight basis (mg/kg body weight/day) summarized in Table's 4.1-3 and 4.1-4, respectively. Of the individual population groups, male teenagers were determined to have the greatest mean all-user intakes of phosphorous on an absolute basis and male adults were determined to have the greatest 97.5th percentile all-user intake of phosphorous with values of 138.0 and 288.7 mg/person/day, respectively. Conversely, children had the lowest mean and 97.5th percentile intakes of phosphorous from RS4-fibre with values of 58.0 and 126.4 mg/person/day, respectively (Table 4.1-3). When assessed by sex, estimated daily RS4-fibre* intakes were lower in females relative to males

Population Group	Age Group (Years)	% User	Actual # of Total Users	All-Person Consumption			All-Users Consumption				
				Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
					90	95	97.5		90	95	97.5
Children	1½ - 4½	98.6	1625	57.8	96.7	110.7	126.4	58.0	96.7	110.7	126.4
Young People	4-10	99.6	834	104.4	157.6	184.2	198.7	104.6	158.5	184.2	199.5
Female Teenager	11-18	97.8	436	104.0	162.7	186.1	216.9	104.4	163.0	186.5	216.9
Male Teenager	11-18	99.5	414	138.0	220.2	237.8	277.2	138.0	220.2	237.8	277.2
Female Adults	16-64	93.2	893	88.1	146.2	170.4	198.7	89.3	148.0	171.2	198.7
Male Adults	16-64	94.3	722	127.4	218.9	251.4	286.3	129.5	221.1	253.7	288.7

On a body weight basis, young people were identified as having the highest mean intake of phosphorous of any population group, while children were identified as having the highest 97.5th percentile all-user phosphorous intake of 4.08 and 8.70 mg/kg body weight/day, respectively, while female adults had the lowest mean and 97.5th percentile intakes on a body weight basis, of 1.21 and 3.07 mg/kg body weight/day.

Population Group	Age Group (Years)	% User	Actual # of Total Users	All-Person Consumption			All-Users Consumption				
				Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
					90	95	97.5		90	95	97.5
Children	1½ - 4½	98.6	1625	4.01	6.69	7.74	8.67	4.06	6.70	7.77	8.70
Young People	4-10	99.6	834	4.06	6.32	6.93	7.75	4.08	6.32	6.93	7.75
Female Teenager	11-18	97.8	436	1.96	3.23	3.77	4.13	2.01	3.25	3.77	4.13
Male Teenager	11-18	99.5	414	2.54	4.24	4.79	4.98	2.56	4.24	4.79	4.98
Female Adult	16-64	93.2	893	1.24	2.31	2.68	3.07	1.33	2.33	2.72	3.07
Male Adult	16-64	94.3	722	1.49	2.73	3.22	3.62	1.58	2.76	3.24	3.68

4.2 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses in the E.U.

4.2.1 All-Person Intakes

Estimates for the mean and 97.5th percentile daily intakes of RS4-fibre* from each individual food category are summarized in Tables A-1 to A-6 and B-1 to B-6 on a g/day and mg/kg body weight/day basis, respectively. The total U.K. population was identified as being significant mean and 97.5th percentile consumers of white bread (84.9% to 95.7% users), biscuits (sweet) (56.2% to 89.4% users), ready-to-eat breakfast cereals (56.8% to 92.8% users), pasta (51.8% to 72.3%), pizza dough (14.1% to 45.0%), and cakes and muffins (36.3% to 67.0%). The consumption of crackers was significant in certain population groups (e.g., children, young people and female adults with 21.4% to 34.3% of users in the aforementioned population groups), while only the mean consumption of RS4-fibre from crackers was significant in other population groups (e.g., male and female teenagers, as well as male adults with the percentage of users ranging from 14.0% to 22.4%). Tortillas and pretzels were not significantly consumed by the U.K. population, with less than 1% of users in all population groups.

Consumption of white bread by the U.K. population made the most significant contribution to the all-person mean and 97.5th percentile intakes of RS4-fibre*, with the highest intakes of 16.58 g/person/day (192.8 mg/kg body weight/day) and 45.85 g/person/day (572.2 mg/kg body weight/day), respectively, reported by male adults (Tables A-6 and B-6). Consumption of biscuits (sweet), cakes and muffins, pasta, pizza dough, and ready-to-eat breakfast cereals also had a significant effect on mean and 97.5th percentile all-person intakes, with mean and 97.5th percentile intakes ranging from 2.14 to 5.41 g/person/day and 5.03 to 18.35 g/person/day, respectively in young people (Table A-1) and from 2.03 to 6.96 g/person/day and 9.91 to 22.09 g/person/day, respectively, in male teenagers (Table A-4).

On a body weight basis, the highest mean and 97.5th percentile all-person intakes of RS4-fibre* were identified in children consuming white bread, at 384.1 and 1,194.8 mg/kg body weight/day. The all-person intake of RS4-fibre* from biscuits and pizza dough by all population groups was lower than the other proposed food uses, with mean and 97.5th percentile intakes ranging from 14.3 to 115.5 mg/kg body weight and 12.4 to 132.6 mg/kg body weight/day at the 97.5th percentile. Female adult consumers had the lowest mean and 97.5th percentile all-person intakes of RS4-fibre* on a body weight basis with values of 0.31 and 0.67 g/kg body weight, respectively (Table 4.1-2).

In addition to the mean and 97.5th percentile daily intakes of RS4-fibre* in Tables A1 to A6 and B1 to B6, estimates for the mean and 97.5th percentile daily intakes of phosphorus from RS4-fibre* from each individual food category are summarized in Tables C-1 to C-6 and D-1 to D-6 on a mg/day and mg/kg body weight/day basis, respectively. Since the estimated intake of phosphorous is based upon the intake of RS4-fibre* in the analysis, the food-use categories and

the population groups identified as the low and high consumers of RS4-fibre* will be the same for low and high all-person consumption of phosphorous.

Consumption of white bread by the U.K. population made the most significant contribution to the all-person mean and 97.5th percentile intakes of phosphorous from RS4-fibre*, with the highest intakes of 66.33 mg/person/day (0.80 mg/kg body weight/day) and 183.38 mg/person/day (2.3 mg/kg body weight/day), respectively, reported by male adults on an absolute weight basis (Tables C-6 and D-6). Consumption of biscuits, cakes and muffins, pasta, pizza dough, and ready-to-eat breakfast cereals also had a significant effect on 97.5th percentile all-person intakes, with intakes ranging from 16.03 to 50.40 mg/person/day in children (Table C-1) and from 39.63 to 88.34 mg/person/day in male teenagers (Table C-4).

On a body weight basis, the highest mean and 97.5th percentile all-person intakes of phosphorous from RS4-fibre* were identified in 2 different population groups, young people and children. The highest mean all-person intake of phosphorous from RS4-fibre* was identified in young people consuming white bread at 1.7 mg/kg body weight/day, while the highest 97.5th percentile all-person intake of phosphorous from RS4-fibre* was identified in children with an approximate intake of 4.8 mg/kg body weight/day. The intake of phosphorous from RS4-fibre* from pizza dough by all population groups was low, with intakes of 0.48 to 1.0 mg/kg body weight/day at the 97.5th percentile. Female adult consumers had the lowest intakes of phosphorous from RS4-fibre* on a body weight basis.

4.2.2 All-User Intakes

Tables A-1 to A-6 and B-1 to B-6 also summarize the estimates for the mean all-user intakes of RS4-fibre* by the individual surveyed populations from each of the individual food-uses on a mg/day and µg/kg body weight/day basis, respectively. Similar to the results observed for the all-person intakes, the consumption of white bread by the U.K. population made the most significant contribution to the all-user mean and 97.5th percentile intakes of RS4-fibre* by individual population groups. Estimates for the 97.5th percentile all-user intakes of RS4-fibre* from white bread ranged from 18.34 g/person/day (1,268.9 mg/kg body weight/day) in children to 47.23 g/person/day (587.2 mg/kg body weight/day) in male adults. As with the all-person estimates, the consumption of biscuits (sweet), cakes and muffins, pasta, pizza dough, and ready-to-eat breakfast cereals by the surveyed populations also appeared to have a significant impact on RS4-fibre* intake as assessed by the all-user intake estimates. The all-user 97.5th percentile intakes of RS4-fibre* from these food-uses ranged from 5.31 g/person/day (377.7 mg/kg body weight/day) for children consuming biscuits (sweet) (Tables A-1 and B-1) to 29.42 g/person/day (390.5 mg/kg body weight/day) in male adults consuming pasta (Tables A-6 and B-6).

On an absolute basis, the highest mean and 97.5th percentile all-user intake of RS4-fibre* were identified in male adults consuming white bread with an approximate mean intake of

18.13 g/person/day, and a 97.5th percentile intake of approximately 47.23 g/person/day. However, on a per kilogram body weight basis, children consuming white bread were identified as having the highest mean and 97.5th percentile all-user intakes of RS4-fibre* of 448.6 and 1,268.9 mg/kg body weight/day, respectively.

The observed all-user intake of phosphorous from RS4-fibre* closely resembles the observed all-person intake of phosphorous from RS4-fibre*, with the all-user intake based upon the consumption of RS4-fibre*. The consumption of white bread by the U.K. population made the most significant contribution to the all-user mean and 97.5th percentile intakes of phosphorous from RS4-fibre* among individual population groups. Estimates for the 97.5th percentile all-user intakes of phosphorous from RS4-fibre* with white bread consumption ranged from 73.37 mg/person/day (5.1 mg/kg body weight/day) in children to 188.91 mg/person/day (2.3 mg/kg body weight/day) in male adults. As with the all-person estimates, the consumption of biscuits (sweet), cakes and muffins, pasta, pizza dough, and ready-to-eat breakfast cereals by the surveyed populations also appeared to have a significant impact on phosphorous intake from RS4-fibre* as assessed by the all-user intake estimates. The all-user 97.5th percentile intakes of phosphorous from RS4-fibre* according to the intended food-uses ranged from 21.26 mg/person/day (1.5 mg/kg body weight/day) for children consuming biscuits (sweet) (Tables C-1 and D-1) to 117.67 mg/person/day (1.6 mg/kg body weight/day) in male adults consuming pasta (Tables C-6 and D-6).

Male adults consuming white bread experienced the highest mean and 97.5th percentile all-user intakes of phosphorous from RS4-fibre* of 75.23 and 188.91 mg/person/day, respectively. However, on a per kilogram body weight basis, children consuming white bread were identified as having the highest mean and 97.5th percentile all-user intakes of RS4-fibre* of 1.8 and 5.1 mg/kg body weight/day, respectively. In addition to the children, young people also had the highest all-user mean intake of phosphorous from RS4-fibre* on a per kilogram body weight basis.

Less than 1 child, young person, teenager, and adults reported consuming RS4-fibre* contained in tortillas and pretzels. In addition, there were less than 160 consumers of pizza dough in various age groups including children, female teenagers, male teenagers, female adults, and male adults. Similarly, less than 160 female and male teenagers consumed crackers during the survey. Mean and 97.5th percentile intake estimates based on sample sizes of less than 30 and 160 respectively, may not be considered statistically reliable due to the limited sampling size (LSRO, 1995). As such, the reliability of estimates for the intake of RS4-fibre* based on the consumption of these foods may be questionable for certain individual population groups. Therefore, these food-uses have not been included overall when assessing the relative contribution of the individual food-use categories to high-level RS4-fibre* consumption in these specific population groups, as detailed in Sections 4.2-1 and 4.2-2.

5.0 CONCLUSIONS

Consumption data and information pertaining to the individual proposed food-uses for RS4-fibre* were used to estimate the all-person and all-user RS4-fibre* intakes of specific demographic groups in the U.K. population. This type of intake methodology is generally considered to be 'worst case' as a result of several conservative assumptions made in the consumption estimates. For example, it is often assumed that all food products within a food category contain the ingredient at the maximum specified level of use. In addition, it is well established that the length of a dietary survey affects the estimated consumption of individual users. Short-term surveys, such as the 4-day children's survey, may overestimate consumption of food products that are consumed relatively infrequently, particularly when weighted to 7 days (Gregory *et al.*, 1995).

In summary, on an all-user basis, the highest mean and 97.5th percentile intakes of RS4-fibre* by the U.K. population from all proposed food-uses in the E.U., was observed in male teenagers and adults, respectively. The highest mean estimated intake of RS4-fibre was 34.5 g/person/day (0.64 mg/kg body weight/day) in male teenagers while the highest estimated intake at the 97.5th was 72.2 g/person/day (0.92 g/kg body weight/day), respectively. On a body weight basis, children and young people consumed the greatest amount of RS4-fibre* at mean all-user intake levels of 1.02 g/kg body weight/day (14.5 to 26.2 g/person/day), while children alone had the highest intake of RS4-fibre at the 97.5th percentile all-user intakes of 2.18 g/kg body weight/day (35.5 g/person/day). Similarly, the highest mean and 97.5th percentile intakes of phosphorous from RS4-fibre* by the U.K. population from all proposed food-uses in the E.U., was observed in male teenagers and male adults, respectively, with estimated intakes of 138.0 mg/person/day (2.56 mg/kg body weight/day) and 288.7 mg/person/day (3.68 mg/kg body weight/day). In addition, on a body weight basis, children consumed the greatest amount of phosphorous from RS4-fibre*, with a 97.5th percentile all-user intakes of 8.70 mg/kg body weight/day (126.4 mg/person/day), while young people had the highest mean intake of phosphorous from RS4-fibre with intakes of 4.08 mg/kg body weight/day (104.6 mg/person/day), respectively.

6.0 REFERENCES

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APPENDIX A

**Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by
Different Population Groups Within the U.K.**

Table A-1 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS, 1992-1993)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (g)	Percentile (g)			Mean (g)	Percentile (g)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	84.4	1391	1.66	3.65	4.49	5.31	1.86	3.75	4.56	5.31
Crackers	24.6	406	0.15	0.57	0.91	1.21	0.60	1.24	1.61	1.89
Cakes and Muffins	40.8	673	1.05	3.57	5.03	6.29	2.55	5.57	6.50	8.44
Pasta	52.9	871	2.35	7.06	9.77	12.60	4.42	9.40	12.51	15.77
Pizza Dough	14.1	233	0.35	1.08	2.56	4.01	2.41	5.37	7.03	8.01
Ready-To-Eat Breakfast Cereals	89.4	1474	3.37	6.78	8.15	9.43	3.72	7.04	8.33	9.65
Tortillas	0	0	na	na	na	na	na	na	na	na
White Bread	85.6	1411	5.59	12.25	15.43	17.83	6.45	12.80	15.93	18.34
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table A-2 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (g)	Percentile (g)			Mean (g)	Percentile (g)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	89.4	748	2.14	4.34	5.59	6.67	2.23	4.29	5.31	6.65
Crackers	34.3	287	0.22	0.76	1.19	1.53	0.64	1.40	1.69	2.11
Cakes and Muffins	67.0	561	2.39	6.20	7.80	9.31	3.55	7.00	8.74	10.37
Pasta	72.3	605	4.02	9.70	13.86	18.35	5.58	11.14	16.31	19.63
Pizza Dough	45.0	377	0.98	2.94	3.94	5.03	2.19	4.10	5.12	6.65
Ready-To-Eat Breakfast Cereals	92.8	777	5.41	10.58	12.34	15.42	5.80	10.68	13.03	15.94
Tortillas	0.1	1	<0.01	na	na	na	0.79	0.79	0.79	0.79
White Bread	95.7	801	11.07	19.97	24.09	30.06	11.54	20.43	24.31	30.11
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table A-3 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (g)	Percentile (g)			Mean (g)	Percentile (g)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	73.5	328	1.39	3.43	4.83	6.12	1.77	3.98	4.83	6.12
Crackers	22.4	100	0.14	0.47	0.87	1.31	0.63	1.34	1.79	2.34
Cakes and Muffins	55.4	247	2.13	5.57	7.97	10.31	3.88	7.60	10.06	11.37
Pasta	64.6	288	4.93	13.54	17.54	21.22	7.65	16.16	20.84	24.97
Pizza Dough	43.9	196	1.41	4.18	5.75	7.23	3.05	6.10	7.23	8.82
Ready-To-Eat Breakfast Cereals	71.1	317	3.94	9.34	13.06	16.23	5.35	10.43	14.26	16.37
Tortillas	0.0	0	na	na	na	na	na	na	na	na
White Bread	94.6	422	12.14	22.31	26.23	28.86	12.61	22.49	26.31	28.86
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table A-4 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (g)	Percentile (g)			Mean (g)	Percentile (g)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	76.2	317	2.03	5.02	6.12	9.91	2.58	5.52	7.90	10.18
Crackers	21.2	88	0.15	0.49	0.94	1.41	0.70	1.49	2.09	2.59
Cakes and Muffins	53.4	222	2.30	6.29	9.03	12.37	4.34	9.03	12.00	17.06
Pasta	59.6	248	4.60	12.10	17.37	21.71	7.98	15.96	19.48	26.42
Pizza Dough	49.0	204	2.47	7.50	10.32	12.74	5.15	10.37	13.31	15.02
Ready-To-Eat Breakfast Cereals	81.7	340	6.96	14.54	18.00	22.09	8.37	15.42	19.20	24.51
Tortillas	0	0	na	na	na	na	na	na	na	na
White Bread	95.4	397	16.07	30.86	35.86	39.31	16.74	31.03	35.86	40.69
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table A-5 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Female Adults Aged 16 to 63 Years Within the U.K. (NDNS, 2000-2001)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (g)	Percentile (g)			Mean (g)	Percentile (g)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	56.2	538	0.98	2.86	4.03	5.18	1.63	3.75	4.75	6.19
Crackers	21.4	205	0.18	0.64	1.07	1.63	0.80	1.73	2.43	3.34
Cakes and Muffins	39.9	382	1.67	5.34	7.26	9.51	4.07	8.09	10.49	13.20
Pasta	51.8	496	4.28	12.71	15.65	19.05	7.80	15.43	18.00	21.09
Pizza Dough	22.1	212	0.89	3.52	5.23	7.12	3.81	7.12	9.90	12.73
Ready-To-Eat Breakfast Cereals	60.9	583	3.74	9.81	12.60	15.43	5.86	11.80	14.49	17.86
Tortillas	0.1	1	0.01	na	na	na	4.84	4.84	4.84	4.84
White Bread	84.9	813	10.29	21.43	24.94	28.97	11.40	21.86	25.31	28.97
<u>Crisps and Savoury Snacks</u>										
Pretzels	0.6	6	0.02	na	na	na	2.69	6.50	6.50	6.50

Table A-6 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS, 2000-2001)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (g)	Percentile (g)			Mean (g)	Percentile (g)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	56.3	431	1.50	3.94	5.95	8.71	2.48	5.55	7.56	9.94
Crackers	14.0	107	0.11	0.43	0.80	1.07	0.76	1.51	2.14	2.54
Cakes and Muffins	36.3	278	1.98	6.86	9.54	12.49	5.29	10.43	15.43	19.54
Pasta	53.7	411	5.45	14.86	19.31	25.69	9.72	18.54	25.31	29.42
Pizza Dough	27.3	209	1.57	5.83	8.22	10.70	5.56	10.69	13.75	16.50
Ready-To-Eat Breakfast Cereals	56.8	435	4.70	13.20	17.08	19.97	7.90	16.23	19.43	24.00
Tortillas	0.0	0	na	na	na	na	na	na	na	na
White Bread	87.9	673	16.58	34.60	41.11	45.85	18.13	35.46	42.54	47.23
<u>Crisps and Savoury Snacks</u>										
Pretzels	0.4	3	0.01	na	na	na	2.80	4.25	4.25	4.25

APPENDIX B

**Estimated Daily Per Kilogram Body Weight Intake of RS4-fibre*
from Individual Proposed Food-Uses by Different Population
Groups Within the U.K.**

Table B-1 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS, 1992-1993)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	84.4	1391	115.5	255.9	304.0	376.9	130.7	259.1	302.4	377.7
Crackers	24.6	406	10.7	38.9	66.8	90.1	43.5	91.3	131.3	150.1
Cakes and Muffins	40.8	673	73.1	246.1	351.7	442.0	178.7	383.7	468.2	561.2
Pasta	52.9	871	165.3	501.8	677.1	873.4	312.7	657.9	862.7	1109.0
Pizza Dough	14.1	233	23.3	75.3	175.4	261.1	164.7	338.3	463.1	646.3
Ready-To-Eat Breakfast Cereals	89.4	1474	235.1	481.9	579.2	682.5	262.8	500.0	608.2	716.7
Tortillas	0	0	na	na	na	na	na	na	na	na
White Bread	85.6	1411	384.1	852.5	1040.6	1194.8	448.6	907.9	1094.0	1268.9
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table B-2 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	89.4	748	84.5	180.5	221.8	262.2	88.4	180.1	215.9	252.2
Crackers	34.3	287	8.9	29.7	44.5	60.7	25.7	53.8	74.0	85.5
Cakes and Muffins	67.0	561	92.7	248.1	300.8	360.3	137.9	277.0	339.9	409.7
Pasta	72.3	605	159.9	379.9	499.1	690.6	222.1	454.6	590.1	814.5
Pizza Dough	45.0	377	36.9	107.3	145.6	194.0	82.6	151.8	201.3	265.2
Ready-To-Eat Breakfast Cereals	92.8	777	212.3	415.9	492.4	559.4	228.6	427.3	495.9	559.9
Tortillas	0.1	1	0.0	na	na	na	32.0	32.0	32.0	32.0
White Bread	95.7	801	425.8	773.3	950.4	1118.8	445.2	779.6	955.6	1135.6
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table B-3 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	73.5	328	27.6	75.0	95.2	119.5	36.0	80.6	103.3	129.0
Crackers	22.4	100	2.6	9.5	16.1	23.0	12.2	25.6	34.7	39.4
Cakes and Muffins	55.4	247	41.6	119.2	169.2	207.8	76.4	163.0	207.1	259.5
Pasta	64.6	288	90.9	234.7	335.6	433.6	143.2	307.0	374.9	497.4
Pizza Dough	43.9	196	25.3	75.8	105.2	130.9	56.9	108.3	132.2	162.2
Ready-To-Eat Breakfast Cereals	71.1	317	74.4	194.0	248.5	296.3	104.2	216.0	274.1	311.1
Tortillas	0.0	0	na	na	na	na	na	na	na	na
White Bread	94.6	422	228.8	447.2	520.1	567.3	242.4	455.6	521.7	567.8
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table B-4 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	76.2	317	39.5	101.2	127.9	215.3	50.3	111.0	142.6	215.4
Crackers	21.2	88	2.9	10.5	18.0	28.4	13.5	29.0	33.3	49.9
Cakes and Muffins	53.4	222	43.9	129.2	180.7	222.4	83.2	172.2	220.2	242.1
Pasta	59.6	248	84.4	241.7	305.0	390.6	147.0	282.0	377.0	468.9
Pizza Dough	49.0	204	43.5	132.6	177.7	219.5	91.7	180.2	219.5	268.4
Ready-To-Eat Breakfast Cereals	81.7	340	131.6	290.1	368.7	427.1	159.1	301.8	381.0	435.6
Tortillas	0	0	na	na	na	na	na	na	na	na
White Bread	95.4	397	291.2	546.8	632.7	770.5	305.8	560.3	642.6	770.5
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table B-5 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Female Adults Aged 16 to 63 Years Within the U.K. (NDNS, 2000-2001)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	56.2	538	14.3	43.8	58.8	77.0	24.5	56.8	72.3	87.7
Crackers	21.4	205	2.5	8.7	15.9	22.4	11.8	27.5	34.9	40.8
Cakes and Muffins	39.9	382	24.0	80.1	112.6	154.8	60.2	121.0	163.3	187.7
Pasta	51.8	496	60.4	185.1	241.6	286.5	117.1	238.8	286.5	332.6
Pizza Dough	22.1	212	12.4	49.2	73.6	106.6	56.2	110.5	153.4	173.6
Ready-To-Eat Breakfast Cereals	60.9	583	52.3	144.6	187.4	224.0	85.9	173.3	214.8	260.2
Tortillas	0.1	1	0.1	na	na	na	68.0	68.0	68.0	68.0
White Bread	84.9	813	143.9	306.1	377.0	427.8	170.0	318.6	393.9	447.3
<u>Crisps and Savoury Snacks</u>										
Pretzels	0.6	6	0.3	na	na	na	42.2	102.1	102.1	102.1

Table B-6 Estimated Daily Intake of RS4-fibre* from Individual Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS, 2000-2001)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	56.3	431	17.4	49.9	71.9	100.9	30.0	65.4	88.9	115.6
Crackers	14.0	107	1.2	5.1	9.1	13.3	8.9	17.6	26.3	27.8
Cakes and Muffins	36.3	278	23.5	81.4	117.3	159.2	64.7	136.3	177.8	227.0
Pasta	53.7	411	64.6	188.4	236.0	305.2	120.5	232.3	302.5	390.5
Pizza Dough	27.3	209	18.4	70.4	98.5	128.7	67.5	124.1	170.8	207.0
Ready-To-Eat Breakfast Cereals	56.8	435	54.2	159.3	195.6	259.2	95.4	192.8	247.3	318.5
Tortillas	0.0	0	na	na	na	na	na	na	na	na
White Bread	87.9	673	192.8	404.7	501.1	572.2	220.4	418.5	519.6	587.2
<u>Crisps and Savoury Snacks</u>										
Pretzels	0.4	3	0.1	na	na	na	30.0	45.0	45.0	45.0

APPENDIX C

**Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by
Different Population Groups Within the U.K.**

Table C-1 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS, 1992-1993)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	84.4	1391	6.65	14.61	17.97	21.26	7.45	15.02	18.24	21.26
Crackers	24.6	406	0.59	2.29	3.66	4.86	2.38	4.97	6.43	7.57
Cakes and Muffins	40.8	673	4.21	14.29	20.11	25.14	10.21	22.29	26.00	33.77
Pasta	52.9	871	9.41	28.23	39.07	50.40	17.69	37.60	50.05	63.09
Pizza Dough	14.1	233	1.39	4.34	10.25	16.03	9.62	21.50	28.13	32.06
Ready-To-Eat Breakfast Cereals	89.4	1474	13.49	27.11	32.60	37.71	14.88	28.17	33.32	38.58
Tortillas	0	0	na	na	na	na	na	na	na	na
White Bread	87.8	1447	22.35	49.01	61.71	71.32	25.80	51.22	63.70	73.37
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table C-2 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	89.4	748	8.57	17.35	22.35	26.67	8.90	17.16	21.26	26.61
Crackers	34.3	287	0.90	3.03	4.74	6.11	2.56	5.60	6.74	8.46
Cakes and Muffins	67.0	561	9.56	24.80	31.20	37.26	14.21	28.00	34.97	41.49
Pasta	72.3	605	16.08	38.80	55.43	73.42	22.34	44.55	65.26	78.51
Pizza Dough	45.0	377	3.91	11.75	15.78	20.11	8.75	16.41	20.49	26.59
Ready-To-Eat Breakfast Cereals	92.8	777	21.65	42.33	49.37	61.67	23.22	42.73	52.11	63.77
Tortillas	0.1	1	<0.01	na	na	na	3.17	3.17	3.17	3.17
White Bread	95.8	802	44.29	79.89	96.34	120.23	46.17	81.71	97.26	120.46
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table C-3 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	73.5	328	5.55	13.71	19.32	24.48	7.07	15.91	19.34	24.48
Crackers	22.4	100	0.55	1.89	3.49	5.26	2.51	5.37	7.14	9.37
Cakes and Muffins	55.4	247	8.51	22.29	31.89	41.26	15.51	30.40	40.23	45.49
Pasta	64.6	288	19.72	54.15	70.17	84.89	30.59	64.64	83.37	99.89
Pizza Dough	43.9	196	5.65	16.72	23.01	28.91	12.20	24.39	28.91	35.26
Ready-To-Eat Breakfast Cereals	71.1	317	15.77	37.37	52.23	64.94	21.41	41.71	57.03	65.49
Tortillas	0.0	0	na	na	na	na	na	na	na	na
White Bread	94.8	423	48.55	89.26	104.91	115.43	50.45	89.94	105.22	115.43
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table C-4 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	76.2	317	8.12	20.09	24.47	39.63	10.31	22.08	31.61	40.73
Crackers	21.2	88	0.59	1.94	3.77	5.66	2.82	5.94	8.34	10.34
Cakes and Muffins	53.4	222	9.21	25.14	36.11	49.49	17.35	36.11	48.00	68.23
Pasta	59.6	248	18.42	48.39	69.49	86.86	31.93	63.84	77.92	105.67
Pizza Dough	49.0	204	9.89	29.98	41.30	50.98	20.60	41.49	53.24	60.09
Ready-To-Eat Breakfast Cereals	81.7	340	27.83	58.17	72.00	88.34	33.47	61.69	76.80	98.05
Tortillas	0	0	na	na	na	na	na	na	na	na
White Bread	95.4	397	64.27	123.43	143.43	157.26	66.96	124.11	143.43	162.74
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table C-5 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Female Adults Aged 16 to 63 Years Within the U.K. (NDNS, 2000-2001)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	56.2	538	3.92	11.45	16.11	20.71	6.51	15.02	18.99	24.75
Crackers	21.4	205	0.72	2.57	4.29	6.51	3.21	6.91	9.71	13.37
Cakes and Muffins	39.9	382	6.69	21.37	29.03	38.06	16.26	32.34	41.94	52.80
Pasta	51.8	496	17.13	50.83	62.59	76.18	31.19	61.71	72.00	84.34
Pizza Dough	22.1	212	3.57	14.08	20.93	28.47	15.24	28.47	39.60	50.91
Ready-To-Eat Breakfast Cereals	60.9	583	14.95	39.23	50.40	61.71	23.46	47.20	57.94	71.43
Tortillas	0.1	1	0.02	na	na	na	19.34	19.34	19.34	19.34
White Bread	84.9	813	41.17	85.71	99.77	115.89	45.58	87.43	101.26	115.89
<u>Crisps and Savoury Snacks</u>										
Pretzels	0.6	6	0.07	na	na	na	10.77	26.00	26.00	26.00

Table C-6 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS, 2000-2001)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg)	Percentile (mg)			Mean (mg)	Percentile (mg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	56.3	431	5.99	15.77	23.79	34.83	9.91	22.22	30.26	39.77
Crackers	14.0	107	0.43	1.71	3.20	4.29	3.03	6.06	8.57	10.17
Cakes and Muffins	36.3	278	7.92	27.43	38.17	49.94	21.14	41.71	61.71	78.17
Pasta	53.7	411	21.80	59.43	77.26	102.74	38.90	74.17	101.26	117.67
Pizza Dough	27.3	209	6.30	23.32	32.87	42.81	22.26	42.74	55.00	66.00
Ready-To-Eat Breakfast Cereals	56.8	435	18.80	52.80	68.32	79.89	31.59	64.91	77.71	96.00
Tortillas	0.0	0	na	na	na	na	na	na	na	na
White Bread	87.9	673	66.33	138.40	164.46	183.38	72.53	141.83	170.17	188.91
<u>Crisps and Savoury Snacks</u>										
Pretzels	0.4	3	0.04	na	na	na	11.20	17.00	17.00	17.00

APPENDIX D

**Estimated Daily Per Kilogram Body Weight Intake of Phosphorus
from Individual Proposed Food-Uses by Different Population
Groups Within the U.K.**

Table D-1 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Children Aged 1½ to 4½ Years Within the U.K. (NDNS, 1992-1993)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	84.4	1391	0.5	1.0	1.2	1.5	0.5	1.0	1.2	1.5
Crackers	24.6	406	0.0	0.2	0.3	0.4	0.2	0.4	0.5	0.6
Cakes and Muffins	40.8	673	0.3	1.0	1.4	1.8	0.7	1.5	1.9	2.2
Pasta	52.9	871	0.7	2.0	2.7	3.5	1.3	2.6	3.5	4.4
Pizza Dough	14.1	233	0.1	0.3	0.7	1.0	0.7	1.4	1.9	2.6
Ready-To-Eat Breakfast Cereals	89.4	1474	0.9	1.9	2.3	2.7	1.1	2.0	2.4	2.9
Tortillas	0	0	na	na	na	na	na	na	na	na
White Bread	87.8	1447	1.5	3.4	4.2	4.8	1.8	3.6	4.4	5.1
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table D-2 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Young People Aged 4 to 10 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	89.4	748	0.3	0.7	0.9	1.0	0.4	0.7	0.9	1.0
Crackers	34.3	287	0.0	0.1	0.2	0.2	0.1	0.2	0.3	0.3
Cakes and Muffins	67.0	561	0.4	1.0	1.2	1.4	0.6	1.1	1.4	1.6
Pasta	72.3	605	0.6	1.5	2.0	2.8	0.9	1.8	2.4	3.3
Pizza Dough	45.0	377	0.1	0.4	0.6	0.8	0.3	0.6	0.8	1.1
Ready-To-Eat Breakfast Cereals	92.8	777	0.8	1.7	2.0	2.2	0.9	1.7	2.0	2.2
Tortillas	0.1	1	<0.1	na	na	na	0.1	0.1	0.1	0.1
White Bread	95.8	802	1.7	3.1	3.8	4.5	1.8	3.1	3.8	4.5
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table D-3 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Female Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	73.5	328	0.1	0.3	0.4	0.5	0.2	0.3	0.4	0.6
Crackers	22.4	100	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.2
Cakes and Muffins	55.4	247	0.2	0.5	0.7	0.9	0.3	0.7	0.9	1.1
Pasta	64.6	288	0.5	1.4	2.0	2.6	0.8	1.8	2.2	2.9
Pizza Dough	43.9	196	0.1	0.4	0.6	0.7	0.3	0.6	0.7	0.9
Ready-To-Eat Breakfast Cereals	71.1	317	0.3	0.8	1.0	1.2	0.4	0.9	1.1	1.2
Tortillas	0.0	0	na	na	na	na	na	na	na	na
White Bread	94.8	423	1.0	2.0	2.3	2.5	1.1	2.0	2.4	2.5
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table D-4 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Male Teenagers Aged 11 to 18 Years Within the U.K. (NDNS, 1997)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	76.2	317	0.2	0.4	0.5	0.9	0.2	0.4	0.6	0.9
Crackers	21.2	88	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.2
Cakes and Muffins	53.4	222	0.2	0.5	0.7	0.9	0.3	0.7	0.9	1.0
Pasta	59.6	248	0.3	1.0	1.2	1.6	0.6	1.1	1.5	1.9
Pizza Dough	49.0	204	0.2	0.5	0.7	0.9	0.4	0.7	0.9	1.1
Ready-To-Eat Breakfast Cereals	81.7	340	0.5	1.2	1.5	1.7	0.6	1.2	1.5	1.7
Tortillas	0	0	na	na	na	na	na	na	na	na
White Bread	95.4	397	1.2	2.2	2.5	3.1	1.2	2.2	2.6	3.1
<u>Crisps and Savoury Snacks</u>										
Pretzels	0	0	na	na	na	na	na	na	na	na

Table D-5 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Female Adults Aged 16 to 63 Years Within the U.K. (NDNS, 2000-2001)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	56.2	538	0.1	0.2	0.2	0.3	0.1	0.2	0.3	0.4
Crackers	21.4	205	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.2
Cakes and Muffins	39.9	382	0.1	0.3	0.5	0.6	0.2	0.5	0.7	0.8
Pasta	51.8	496	0.2	0.7	1.0	1.1	0.5	1.0	1.1	1.3
Pizza Dough	22.1	212	0.0	0.2	0.3	0.4	0.2	0.4	0.6	0.7
Ready-To-Eat Breakfast Cereals	60.9	583	0.2	0.6	0.7	0.9	0.3	0.7	0.9	1.0
Tortillas	0.1	1	<0.1	na	na	na	0.3	0.3	0.3	0.3
White Bread	84.9	813	0.6	1.2	1.5	1.7	0.7	1.3	1.6	1.8
<u>Crisps and Savoury Snacks</u>										
Pretzels	0.6	6	<0.1	na	na	na	0.2	0.4	0.4	0.4

Table D-6 Estimated Daily Intake of Phosphorus from Individual Proposed Food-Uses by Male Adults Aged 16 to 64 Years Within the U.K. (NDNS, 2000-2001)

Food-Use Category	% Users	Actual # of Total Users	All-Person Consumption				All-Users Consumption			
			Mean (mg/kg)	Percentile (mg/kg)			Mean (mg/kg)	Percentile (mg/kg)		
				90	95	97.5		90	95	97.5
<u>Cereals and Cereal Products</u>										
Biscuits (sweet)	56.3	431	0.1	0.2	0.3	0.4	0.1	0.3	0.4	0.5
Crackers	14.0	107	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1
Cakes and Muffins	36.3	278	0.1	0.3	0.5	0.6	0.3	0.5	0.7	0.9
Pasta	53.7	411	0.3	0.8	0.9	1.2	0.5	0.9	1.2	1.6
Pizza Dough	27.3	209	0.1	0.3	0.4	0.5	0.3	0.5	0.7	0.8
Ready-To-Eat Breakfast Cereals	56.8	435	0.2	0.6	0.8	1.0	0.4	0.8	1.0	1.3
Tortillas	0.0	0	na	na	na	na	na	na	na	na
White Bread	87.9	673	0.8	1.6	2.0	2.3	0.9	1.7	2.1	2.3
<u>Crisps and Savoury Snacks</u>										
Pretzels	0.4	3	<0.1	na	na	na	0.1	0.2	0.2	0.2

APPENDIX E

**Representative Food Codes for All Proposed Food-Uses for
RS4-fibre* in the E.U.**

Representative Food Codes for All Proposed Food-Uses for RS4-fibre* in the E.U.

Cereal and Cereal Products

Biscuits (sweet)

[RS4-fibre*] = 12.00%

- 253 Chocolate biscuits, full coated, containing biscuit filling only, eg Breakaway, United, chocolate fi
- 254 Chocolate short or sweet biscuits, half coated, eg Cadburys Animals and Burton's Cartoonies NOT half
- 259 Digestives, sweetmeal or wheatmeal, plain. NOT reduced sugar, NOT reduced fat, NOT Hob Nobs, NOT dig
- 260 Digestive, chocolate half-coated, NOT chocolate Hob-nobs
- 261 Flapjacks, cookies, purchased, NOT homemade, NOT cereal crunch bars
- 262 Fruit biscuits, NOT wholemeal eg Fruit shortcake, Shrewsbury, Jaspers
- 263 Gingernut biscuits, purchased NOT homemade
- 265 Jam filled biscuits, eg Jammie Dodgers
- 267 Oatcakes, purchased NOT homemade
- 268 Sandwich cream biscuits, eg custard creams, bourbons, coconut creams NOT crunch creams, NOT wholemea
- 269 Semi-sweet biscuits, eg Osborne, Rich Tea, Marie, Morning Coffee NOT half coated with chocolate
- 270 Short, sweet biscuits, eg Lincoln, Shortcake, Malted milk, Nice NOT coconut biscuits
- 271 Shortbread (made with flour, butter and sugar), homemade NOT wholemeal
- 272 Sandwich wafer biscuits, cream filled
- 273 Wafers and cornets, Ice cream cones and wafers, weight excluding ice cream
- 274 Water biscuits, Bath Olivers
- 276 Wholemeal biscuits, plain or flavoured, wholemeal digestives NOT digestives with oats
- 277 Wholemeal biscuits fruit, nut, or fruit and nut, NOT digestive
- 278 Wholemeal biscuits, cream filled NOT digestive
- 280 Snowballs, coconut and chocolate coated marshmallow NOT chocolate marshmallow biscuits
- 281 Fruit and nut biscuits
- 321 Digestive nut crunch, made with butter, digestive biscuits, nuts, and condensed milk
- 348 Macaroons, almond NOT coconut
- 357 Flapjacks, cookies, homemade (made with oats, margarine (NOT polyunsaturated), syrup and sugar)
- 3429 ALMOND BISCUITS MADE WITH WHOLEMEA
- 3564 GINGER SNAPS NO ADDED FAT
- 3575 COOKIES WITH RICE BUTTER APPLE A
- 3579 FLAPJACKS WITH BLACKBERRIES APPLE
- 3580 OAT AND COCONUT BISCUITS WITH OLIV
- 3783 Iced gem biscuits fortified
- 3802 BRANDY SNAPS
- 3891 Staffordshire oatcakes
- 4071 Biscuits with polyunsaturated fat and almonds

- 4103 Shortbread, wholemeal, purchased
- 4259 Shortbread with margarine
- 4282 Shortbread, wholemeal, made with polyunsaturated fat
- 4454 Ginger biscuit
- 4511 Millionaires shortbread
- 4547 Crookes crunch slim biscuits
- 4637 Coconut biscuit
- 4674 Oatcakes made with butter
- 4751 Crunch biscuits
- 4819 Gingerbread
- 4905 Ginger biscuits
- 4917 Honey and oat biscuits
- 4948 M&M cookies
- 4956 Ginger biscuits
- 4974 Oatcakes
- 4983 Biscuit slice
- 4985 Biscuits with butter
- 5441 Chocolate brick biscuit
- 5495 Chocolate brick biscuit, made with margarine
- 5496 Shortbread made with margarine
- 5594 Fruit biscuits, low fat, e.g., McVities Go Ahead Fruit Ins
- 5653 Wholemeal and oat biscuits
- 5665 Biscuit, school with sultanas
- 5752 Oat flapjack, dipped in chocolate
- 5955 Shortbread biscuits, with sunflower
- 5970 Short sweet biscuits, with jam
- 5974 Sultana cookies, with oats
- 5986 Flapjack, made with spreadable butter
- 6022 Nut cookies
- 6099 Crackerjack biscuit
- 6137 Flapjack, made with Gold extra light margarine
- 6252 Coconut slices
- 6310 Chocolate crisp, rice biscuit bar
- 6400 Chocoinis, McVities, Go ahead, 85% fat
- 6506 Shortbread, made with soft margarine and
- 6583 Peanut butter biscuits, made with Flora margarine
- 6610 Shortbread, fresh, Fields sunflower
- 6619 Ginger biscuits, made with butter
- 6932 Gingerbread men (biscuits) with re
- 7650 Cornish wafers, e.g. Jacobs
- 7651 Coconut cookies, not lced, purchased, e.g. Mr. Men and Little Misses cookies
- 7652 Cream sandwich biscuits, or cream crackers e.g. custard creams, bourbons, coconut
creams NOT crunch
- 7656 Chewy cereal snack bars with any additions, e.g. Cluster, Harvest chewy bars, Jordans
Chewy bars, McVities Solar, own brand NOT Tracker bars, NOT Original crunchy bars,
NOT Har
- 7657 Digestives with oats, plain, e.g.. Hob-nobs, Rustics, Oatbakes, Snapjacks, NOT
wholemeal digestives
- 7658 Digestives with oats, chocolate, half-coated, e.g. Hob-nobs, Rustics, Oatbakes NOT
wholemeal digesti
- 7659 Digestives with oats and fruit, e.g. Snapjacks, Rustics

- 7660 Digestives with Oats, fruit and chocolate, half-coated e.g. Snapjacks
- 7661 Jaffa cakes, any flavour
- 7662 Chocolate chip cookies, e.g. Crawfords Mini Cookies, including own brand
- 7663 Chocolate chip cookies with nuts, e.g. Boosters, Maryland Maxi
- 7664 Fig rolls, any type, including banana and date bars
- 8162 Shortbread, purchased
- 8166 Marshmallow biscuits, e.g. Jamborees NOT chocolate coated
- 8191 All butter biscuits, e.g. Petit Beurre, including own brand NOT shortbread
- 8192 Carob half coated biscuits
- 8193 Chocolate biscuits, full coated, containing biscuit and cream filling, e.g. Hob Nob bars, Club biscu
- 8194 Chocolate biscuits, full coated, containing wafer and cream, e.g. Taxi, Club wafer NOT Kit Kat
- 8195 Chocolate coated biscuits, containing marshmallows, e.g. Teacakes, Wagon Wheels, Munchmallows
- 8196 Crunch biscuit, NOT crunchy cereal bars, NOT cream filled
- 8197 Crunch biscuit, half coated with chocolate. NOT crunchy cereal bars, NOT cream filled.
- 8198 Crunch biscuit, with cream filling. NOT crunchy cereal bars.
- 8199 Digestives, sweetmeal or wheatmeal plain, reduced sugar, e.g. Sainsbury's reduced sugar wheatmeal di
- 8200 Honey biscuits, e.g. McVities Happy Bears
- 8201 Iced biscuits, Iced rings, party rings
- 8203 Ostlers, moist biscuit, any flavour
- 8204 Chocolate semi-sweet biscuits, half coated, e.g. Burton's Royal Tea
- 8308 Strollers, e.g. chocolate covered biscuit, fruit and caramel drops
- 8484 Garibaldi biscuits
- 8541 Jam and cream filled biscuits, e.g. Jacobs Happy Faces
- 8619 Flapjacks made with sunflower margarine and corn oil
- 8633 Oat slices
- 8679 Shortbread, made with half wholemeal flour and polyunsaturated margarine
- 8823 Rice Krispie biscuit, made from Mars bars
- 8865 Chocolate digestive crunch
- 8867 Gluten free, low protein wafer cream biscuit
- 8872 Gluten free tea biscuits
- 8989 Digestives, sweetmeal or wheatmeal, plain, reduced fat (25% less), McVities Light Digestives only
- 9069 Flapjacks mad with polyunsaturated fat, high in oats
- 9472 Digestives, half coated with chocolate, reduced fat, e.g., McVities Light Homewheat
- 9473 Short sweet biscuits, reduced fat, e.g., Burton's Trim
- 9770 OATMEAL COOKIES
- 9838 Shortbread with cornflakes
- 103098 Gingerbread
- 103161 Wholemeal almond shortbread
- 103391 Flapjacks with cornflakes
- 103682 Nut cookies not wholemeal
- 103802 Brandy snaps

Mixtures Containing Biscuits
 (Adjusted for biscuit content of 15%)
 [RS4-fibre*] = 1.80%

- 5155 Ice cream, luxury or premium, dairy, containing chocolate, caramel, toffee, nuts and/or biscuit piec
- 8009 Ice cream, non-dairy, soft scoop, containing toffee, chocolate, nuts, caramel, fudge, or biscuit pie
- 8226 Chocolate ices, containing caramel, biscuits and or nuts, e.g. Mars, Snickers, Winner, Figaro, Magnu
- 8663 Ice cream, dairy, soft scoop with chocolate, nuts, caramel, toffee or biscuit pieces. NOT luxury or

Crackers

[RS4-fibre*] = 10.00%

- 251 Cheese biscuits, eg Cheddars any flavour, Cheeselets, Cheese thins, KP cheese biscuits, McVities Mini Cheddars, Walkers Say Cheese, Crawford's 'Cheese Snips', Golden Wonder 'Pre
- 252 Cheese sandwich biscuits, eg Tuc with 'real cheese' filling, including own brand
- 256 Crispbreads, e.g. Ryvita (wheat and rye), Energen. NOT high Fibre Ryvita, NOT starch reduced Energen
- 257 Crispbreads, starch reduced, e.g. Energen
- 258 Crispbreads, extra light, e.g. Krispen, Crackerbread, Cracottes, French Toasts, Dutch Crispbakes
- 266 Matzo
- 279 Ritz, Saltines, Wyna, TUC, Krackawheat crackers
- 1905 Puffed potato products, any other flavour including plain/ready salted, e.g. Smiths, Quavers, Golden
- 2735 RICE CAKES WITH ADDED SUGAR E.G. S
- 3236 RICE CAKES FLAVOURED NO ADDED SU
- 3267 RICE CAKES
- 6992 Prawn crackers
- 7325 Crispbread, rye, with sesame seeds only, e.g. Ryvita with sesame seeds, or high fibre, e.g. High Fib
- 7649 Bread sticks, Grissini
- 7653 Crispbreads, starch reduced, e.g. Energen or rye with sesame seeds, e.g. Ryvita with sesame seeds
- 7654 Crackers, savoury with additions, e.g. sesame seeds and or poppy seeds NOT Ryvita
- 8868 Gluten free rice cookies
- 8962 Siro, white four biscuits made with vegetable oil
- 103267 Rice cakes

Cakes & Muffins

[RS4-fibre*] = 20.00%

- 101 All bran loaf (made with All Bran and dried fruit)
- 262 Fruit biscuits, NOT wholemeal eg Fruit shortcake, Shrewsbury, Jaspers
- 304 Battenburg, i.e. sponge with marzipan coating and jam
- 305 Caramel shortcake, homemade, i.e. shortbread with caramel layer and chocolate topping
- 306 Chinese cakes and pastries, purchased
- 307 Chinese glutinous rice flour cakes, purchased
- 309 Chocolate cupcakes, chocolate fairy cakes, iced, homemade
- 310 Chocolate krispie cakes, made with Rice Krispies and Cornflakes
- 320 Date and walnut loaf, made with margarine (NOT polyunsaturated), dates and walnuts

- 322 Dough cake, yeast fruit cake, doughbuns, Bara Brith, Muesli bread
- 326 Eccles cakes, Chorley cakes
- 329 Fairy cakes, fancy iced cakes, purchased, eg fondant fancies NOT chocolate
- 332 Fruit cake, rich, purchased, eg Dundee, cherry, Christmas cake mixture NOT iced
- 333 Fruit cake, rich, iced, with marzipan and royal icing, homemade, eg Christmas cake
- 334 Fruit cake, plain, light fruit cake, homemade NOT wholemeal
- 345 Lardy cake, made with yeast base, sugar and fat
- 349 Madeira cake, luncheon cake, seed cake, fairy cakes, coffee cake, American muffins, homemade no fill
- 370 Rock cakes, made with margarine (NOT polyunsaturated), flour, sugar, currants
- 376 Swiss roll, Sponge cake, NOT chocolate, made without fat, jam filled, homemade
- 379 Sponge cake, NOT chocolate, made without fat, purchased, frozen, fresh cream filling
- 380 Swiss roll, Sponge cake, NOT chocolate, purchased, jam filled, NO icing
- 381 Spongecake, packet mix, as served
- 382 Sultana loaf, made with flour, fat, sultanas and sugar
- 383 Swiss roll, chocolate covered, mini roll, purchased
- 384 Teacakes NOT wholemeal, NOT chocolate marshmallow teacake
- 385 Teacakes, toasted NOT wholemeal, NOT chocolate marshmallow teacake
- 387 Walnut gateaux
- 388 Walnut loaf, made with flour, margarine (NOT polyunsaturated), walnuts and sugar
- 407 Wholemeal fruit buns, wholemeal Chelsea buns, wholemeal tea cakes, NOT chocolate marshmallow teacake
- 413 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), jam filling, water icing, hom
- 423 Teacakes, wholemeal, toasted NOT chocolate Marshmallow teacake
- 510 Cheesecake, with fruit topping, purchased, frozen
- 2644 Sponge cake, NOT chocolate, made with margarine (NOT polyunsaturated), homemade NO filling, NO icing
- 2778 Fruit cake made with white and who
- 2813 Cheesecake chocolate with cream a
- 2904 Fruit cake with apricots and butte
- 2910 Banana cake with sultanas bran & b
- 3034 BANOFFEE CHEESECAKE
- 3054 FRUIT AND SEED CAKE WITH WHOLEMEAL
- 3082 CHOCOLATE CAKE NO FILLING
- 3091 CHOCOLATE SPONGE CAKE MADE WITH RE
- 3339 FRUIT CAKE WITH SEMOLINA NO FAT
- 3515 ORANGE CHEESECAKE WITH JELLY EVAP
- 3570 FRUIT CAKE WITH WHOLEMEAL FLOUR O
- 3647 FRUIT CAKE DIABETIC NO FAT
- 3687 CHEESECAKE NO FRUIT WITH CREAM
- 3853 Almond cake, no flour
- 3870 Chocolate cake, made with gold top milk (winter)
- 3888 Apple slice, cake
- 3894 Chocolate cake, made with chocolate and butter
- 3897 Chocolate cake with two layers of icing, frozen, purchased, e.g. Sara Lee Double Chocolate Cake
- 3899 Carrot cake made with wholemeal flour with cream cheese icing, purchased
- 3920 Blackcurrant shortcake
- 3928 Lemon cheesecake
- 3930 Fruit cake, made with wholemeal flour and polyunsaturated fat

4023 Cherry sultana and almond cake
4047 Sponge cake, half brown half white
4079 Chocolate brownies
4124 Marks and Spencer, bramley apple Swiss roll
4127 Chocolate cakes
4159 Chorley cake
4161 Wholemeal sponge cake, with butter and apricot jam
4167 Bran loaf
4201 Tea cake, wholemeal, no fat
4216 Simnel cake
4224 Marmalade cake
4239 Carrot cake with almonds
4287 Cheesecake
4294 Date slice
4295 Light fruit cake, made with all butter
4300 Simnel cake with wholemeal and polyunsaturated fat
4313 Cherry and almond cake, no fat
4325 Wholemeal date and walnut loaf
4349 Wholemeal fruit loaf
4367 Lemon sponge with yellow spread
4383 Low fat sponge cake
4392 Waitrose apricot cake, wholemeal
4408 Chocolate chip cake, wholemeal
4416 Chocolate cake, made with polyunsaturated fat and polyunsaturated icing
4439 Chocolate cake with chocolate icing
4440 Marmalade cake
4442 Apple and almond custard cake
4460 Maid of honour, cake
4489 Boiled fruitcake
4495 Chocolate cheesecake
4498 Chocolate cake with yellow spread
4513 Jam sponge cake, wholemeal, with Flora margarine
4542 Dough cake, yeast fruit cake, doughbuns, Bara Brith
4573 Coconut cakes, made with polyunsaturated fat
4581 Wholemeal fatless sponge cake
4583 Fatless fruit loaf
4587 Date and walnut cake, made with butter
4620 Cheesecake
4621 Cherry and orange loaf
4635 Coconut cake with yellow spread
4643 Chocolate cake, made with butter and margarine
4646 Mr. Kipling's coconut slice, cake slice
4656 Cheesecake
4667 Whitworths cheesecake mix, made with skim milk
4685 Swiss roll, made with Flora margarine
4686 Eccles cake, made with Flora margarine
4687 Chocolate cake, made with polyunsaturated fat and xr eggs
4694 Date and walnut cake, made with polyunsaturated fat
4704 Rock cakes with polyunsaturated fat
4706 Orange tea loaf
4721 Honey cake

4722 Apple slice, cake
 4735 Chocolate cake
 4765 Chocolate cream gateaux, chocolate cream cake
 4790 Bran muffins
 4792 Chocolate and orange cake
 4801 Chocolate cake, no egg
 4811 Apricot cake
 4821 Cherry cake
 4829 Yeast fruitcake
 4854 Cheesecake
 4868 Fudge biscuit cake
 4872 Apple cake
 4876 Spice cake
 4899 Bran and raisin muffins
 4913 Mincemeat cake
 4914 Almond slice, wholemeal
 4924 Tea loaf
 4940 Almond slice, wholemeal, cake
 4952 Wholemeal ginger cake
 4959 Chocolate cheesecake
 4963 Rich fruit cake, with polyunsaturated fat
 4995 Fruitcake
 5026 Low fat cake
 5029 Plain fruitcake with clover
 5030 Sponge cake with yellow spread
 5031 Rock cakes made with yellow spread
 5158 Chocolate chip muffins
 5179 Sponge cake, NOT chocolate, made with polyunsaturated margarine, with buttercream filling, homemade
 5228 BANANA CAKE (PUFA MARGARINE & GOLD
 5377 Sponge cake, made with margarine, lemon and glaze icing
 5378 Chocolate sponge cake, made with buttercream brow
 5390 Rice Krispie cake, with wholemeal pastry base
 5404 Chocolate and walnut brownies
 5406 Cornflake, chocolate, and syrup cake
 5448 Sponge cake, NOT chocolate, purchased, jam filled with icing
 5474 Cheesecake, low fat, with fruit topping, purchased, frozen or chilled, e.g., McVities Go Ahead chees
 5487 Sponge cake, apple, made with reduced fat, monounsaturated spread
 5534 Sponge cake, made with fondant icing and buttercream filling, e.g. Victoria sandwich
 5537 Rock cakes, made with butter, sultanas, and walnuts
 5603 Chocolate cake, double, Sara Lee Death by Chocolate ONLY
 5656 Carrot, apple, and walnut cake
 5661 Chocolate cake with no filling, no icing, made with part wholemeal flour
 5722 Carrot cake, not wholemeal, iced, purchased
 5766 Chocolate caramel cake, made with wholemeal pastry, polyunsaturated margarine and syrup
 5771 Cakes, yogurt filled
 5818 Madeira cake with glaze cherries
 5910 Sponge cake, chocolate, made with low fat spread
 5922 Orange lemon cake, made with dried fruit and polyunsaturated spread

- 5923 Sponge cake, apricot, made with polyunsaturated margarine
- 5962 Apple and marmalade cake made with polyunsaturated margarine
- 5985 Sponge cake, chocolate, made with butter, with buttercream filling e.g. Victoria sandwich
- 6008 Semolina and almond cake
- 6034 Spiced Dutch apple cake with walnuts
- 6061 Cake bars, reduced fat, e.g. go-ahead
- 6116 Almond slices, made with Flora light margarine
- 6130 Date and chocolate slice
- 6142 Pineapple upside-down cake
- 6198 Fruit cake, Vitalite, made with semi-skimmed milk and sultanas
- 6213 Fairy cakes, made with Olivio
- 6246 Mandarin gateau
- 6277 No-cook chocolate cake, with raisins
- 6287 Apple cake made with polyunsaturated margarine
- 6317 Fruit cake with walnuts and ground almonds
- 6337 Sponge cake, made with margarine and polyunsaturated spread, with buttercream filling
- 6385 Rich chocolate Danish dessert, e.g. Sara Lee
- 6457 Fruit cake, made with reduced fat spread, iced
- 6532 Apple cake, made with butter and whole milk
- 6590 Carrot cake with walnuts, not wholemeal
- 6597 Fairy cakes; American Muffins; triple chocolate, McVities American Dream ONLY
- 6603 Banana muffin
- 6654 Cake with ground almonds and marmalade
- 6735 Banana cake with sultanas, made with low fat spread
- 6918 Fruit cake with walnuts
- 6962 Cheesecake fruit individual full
- 7685 Carrot cake made with wholemeal flour, purchased NOT iced
- 7686 Cherry cake, purchased
- 7687 Chocolate cupcakes, Fairy cakes, fancy iced cakes, chocolate, iced, purchased
- 7688 Coconut cake, purchased
- 7690 Fruit cake, plain, made with wholemeal flour, purchased
- 7691 Ginger cake, purchased
- 7692 Welsh cake, made with flour, margarine (NOT polyunsaturated), dried fruit and eggs
- 7694 Chocolate gateau, with cream, purchased e.g. Black Forest gateau, Black Forest dessert, sponge dessert with black cherries and cream
- 8105 Fruit cake, plain, light fruit cake, purchased NOT wholemeal
- 8195 Chocolate coated biscuits, containing marshmallows, e.g. Teacakes, Wagon Wheels, Munchmallows
- 8367 Madeira cake, luncheon cake, seed cake, fairy cakes, coffee cake, American muffins, purchased, no fi
- 8507 Sponge cake, swiss roll. NOT chocolate, made without fat, with jam and fresh cream filling, homemade
- 8508 Sponge cake, swiss roll. NOT chocolate, jam and fresh buttercream filling, purchased
- 8550 Gateau, with cream, purchased NOT Black Forest or chocolate gateau, e.g. strawberry gateau
- 8552 Sponge cake, swiss roll. NOT chocolate, made without fat, with fresh cream filling, homemade
- 8553 Chocolate sponge cake, chocolate swiss roll, made without fat, fresh cream filling, homemade
- 8554 Chocolate sponge cake, chocolate swiss roll, buttercream filling, made without fat, homemade

- 8555 Chocolate sponge cake, chocolate fairy cakes, chocolate American muffin, NO filling, NO icing, purch
- 8562 Chocolate sponge cake, chocolate swiss roll, buttercream filling, purchased
- 8563 Sponge cake, NOT chocolate, made without fat, homemade NO filling
- 8564 Swiss roll, buttercream filling, purchased NOT chocolate Swiss roll
- 8567 Fruit cake, plain, made with wholemeal flour, homemade
- 8568 Fruit cake, rich, iced, with marzipan and royal icing, purchased, e.g. Christmas cake
- 8576 Chocolate cake, no fat, no filling or icing
- 8600 Sponge cake, with fat, no filling or icing, made with polyunsaturated margarine
- 8606 Chocolate chip cakes, made with polyunsaturated margarine
- 8626 Cheesecake, chocolate, purchased, frozen or chilled, NO fruit
- 8647 Sponge cake, NOT chocolate, made with polyunsaturated margarine, jam filling, water icing, homemade
- 8650 Carrot cake made with wholemeal flour, homemade, NOT iced
- 8672 Caramel shortcake, purchased, ie shortbread with caramel layer and chocolate topping
- 8713 Chocolate cake, homemade, made with polyunsaturated margarine, no filling or icing
- 8762 Cheesecake with fruit topping, purchased, not homemade
- 8770 Orange cake, homemade, icing made with orange
- 8794 Apricot and coconut sponge cake
- 8858 Lemon sponge cake, made with polyunsaturated margarine
- 8875 Chocolate cake, made with reduced fat spread and wholemeal flour
- 8896 Sponge cake, with buttercream and jam filling, and chocolate icing
- 8926 Sponge cake, reduced fat, jam filling and chocolate icing
- 8927 Shortcake, made with reduced fat polyunsaturated spread
- 8930 Chocolate biscuit cake
- 8975 Coffee cake, with reduced fat and butter icing
- 9010 Sponge cake made with 70-80% fat spread
- 9020 McVities golden syrup cake
- 9548 Sponge cake, made with butter
- 9556 Sponge cake, NOT chocolate, made with polyunsaturated margarine, water icing, NO filling
- 9587 Sponge cake, wholemeal, NOT chocolate, made with polyunsaturated margarine, buttercream filling made
- 9588 Chocolate sponge cake, made with polyunsaturated margarine. NO filling, No icing.
- 9633 Fruit cake, wholemeal, made with polyunsaturated margarine
- 9659 Sponge cake, wholemeal, NOT chocolate, made with polyunsaturated margarine. NO filling; NO icing
- 9688 Rock cakes made with polyunsaturated margarine and white Flora
- 9707 CURRANT CAKE WITH BUTTER
- 9744 Date and raisin cake, made with no sugar, homemade
- 9761 CARROT CAKE - NO EGG OR FAT
- 9788 SIMNEL CAKE
- 9803 Apple cake, made with butter
- 9847 FRUIT CAKE (NO FAT)
- 9924 DIABETIC FRUIT CAKE (FLORA W/M FL
- 9925 Fruit cake, made with compound cooking fat
- 103021 Sponge cake made with polyunsaturated margarine and polyunsaturated buttercream icing
- 103027 Sponge cake with ground almonds
- 103046 Sponge cake, with polyunsaturated margarine and chocolate fudge icing
- 103053 Carrot cake

103073 Cheesecake (greens) topped with cherries and cream
 103081 Fruit cake, with wholemeal flour and butter
 103082 Chocolate sponge cake, fairy cakes, American muffins, made with margarine (NOT polyunsaturated) NO f
 103099 Queen cake
 103100 Apple cake
 103120 Chocolate cornflake cakes made with butter
 103157 Fat free sponge cake with jam, made with wholemeal flour
 103186 Triffin cake
 103194 Chocolate cake, with ground almonds, and chocolate and rum cream icing
 103195 Lemon cream sponge cake, made with polyunsaturated margarine, with lemon and UHT cream
 103198 Coconut cake, made with polyunsaturated margarine and condensed milk
 103208 Fruitcake with yellow spread
 103214 Wholemeal sultana sponge cake
 103237 Chocolate zucchini cake
 103239 Wholemeal coconut and fruit cake
 103243 Fruit cake, made with polyunsaturated margarine and evaporated milk
 103280 Wholemeal chocolate cake, with fudge icing
 103294 Chocolate cake, made with polyunsaturated oil
 103297 German choix and nut cake
 103300 Sponge cake, steamed, wholemeal, fruit pudding, with hard margarine
 103314 Chocolate cake, made with wholemeal flour and chocolate
 103351 Jam sponge cake, made with gold top milk (winter)
 103367 Sponge cake with yellow spread, jam, and dream topping
 103370 Banana cake, with walnuts and raisins
 103394 Eccles cakes, wholemeal, made with 1/2 lard and 1/2 soft margarine
 103396 Plain fruit cake with polyunsaturated margarine
 103420 Wholemeal fruit teacake, toasted
 103425 Fruit cake, made with half wholemeal, half sr and polyunsaturated oil
 103438 Pineapple upside down cake, made with wholemeal flour and soya milk
 103445 Wholemeal apple cake with polyunsaturated margarine
 103473 Date cake, with oats
 103474 Chocolate cake, no filling
 103520 Caramel shortcake
 103525 Chocolate cake, with fresh cream filling
 103536 Chocolate cake, wholemeal flour with butter
 103541 Light fruit cake, made with butter
 103544 Fruitcake
 103560 Welsh cakes
 103565 Wholemeal sponge cake, with buttercream filling, made with yellow spread, Eccles cakes
 103567 Sponge cake, made with polyunsaturated margarine, no filling or topping
 103594 Chocolate sponge cake, made with butter
 103597 Coconut and nut cake, made with butter and oats, no flour
 103598 Sponge cake, made with butter, no filling or icing
 103662 Lemon cake
 103686 Guinness cake with butter
 103696 Coconut cake
 103714 Ginger cake made with lard
 103729 Sponge cake, made with butter, with butter icing and jam

103748 Coconut rock cakes no sugar
103776 Pineapple and mincemeat cake
103796 Wholemeal fruit cake, no sugar

Pasta

[RS4-fibre*] = 20.00%

25 Pasta, cannelloni, dried
26 Pasta, lasagne, dried
27 Macaroni, not wholemeal boiled in water
28 Macaroni, not wholemeal, raw pasta
29 Pasta noodles, dried
30 Noodles, plain, boiled In water
32 Noodles, egg, boiled in water
33 Pasta, spaghetti, dried white
34 Spaghetti, tagliatelli, fettuccine, vermicelli, white, boiled in water NOT macaroni or egg-based pasta NOT egg noodles, NOT fresh pasta
35 Pasta spaghetti wholemeal dry
36 Spaghetti, wholemeal (brown), wholemeal pasta, wholemeal macaroni, boiled in water, NOT fresh
3229 RICE NOODLES BOILED
4844 Canned noodles, fried in butter
8716 Gluten free pasta, made with cornflour, boiled
8871 Gluten free wholemeal spaghetti, canned

(adjusted for pasta content of 40%)

[RS4-fibre*] = 8.00%

38 Macaroni, canned in cheese sauce NO meat additions
39 Ravioli, canned, i.e. pasta, meat filling and tomato sauce
40 Spaghetti, white, canned In Bolognese sauce
41 Spaghetti, white, pasta, white, all shapes, canned In tomato sauce or canned in tomato and cheese sauce NOT reduced sugar, NOT ravioli, NOT macaroni, NOT fortified
1347 Lasagne, purchased, frozen or chilled, ready meal, with meat sauce, NOT vegetarian lasagne, NOT chic
1348 Lasagne, homemade, with meat sauce NOT vegetarian lasagne
2707 Noodle stir fry mix with chicken
2761 Lamb lasagne with bottled pasta sa
2785 Courgette mushroom and pasta bake
2809 Tuna Pasta
2826 Chicken and Bacon pasta gratin e.g
2856 Pork stir fry with noodles and pep
2864 Lasagne with red wine and butter i
2871 Prawn pasta bake with dolmio sauce
2876 Tuna and pasta with sweetcorn and
2877 Tuna and pasta bake with tomato sa
2878 Tuna and pasta bake with sweetcorn
2892 Lasagne with lean mince pasta sau
2908 Lasagne with mushrooms cook in sa
2929 Lasagne with potatoes bolognese s
2945 Tuna and pasta bake with tomatoes

2952 Rice and macaroni pudding with wat
3050 BEEF LASAGNE WITH TINNED TOMS AND
3062 PASTA BAKE WITH COOK IN SAUCE SKIM
3063 LASAGNE WITH TURKEY AND PASTA SAUC
3104 LASAGNE WITH OLIVE OIL SEMI-SKIMME
3108 TUNA PASTA BAKE WITH CHEESE BROCCIL
3113 VEG PASTA BAKE WITH SPINACH CARROT
3118 TUNA PASTA WITH SWEETCORN AND TOAS
3125 PASTA BAKE WITH PASTA SAUCE PEPPER
3146 LASAGNE WITH BOTTLED PASTA CHEESE
3187 LASAGNE REDUCED FAT e.g M&S
3309 LASAGNE WITH BEEF MINCE TOMATOES B
3385 LASAGNE BEEF WITH PARMESAN AND FU
3386 LASAGNE LEAN BEEF WITH MUSHROOM
3390 HAM AND TOMATO PASTA BAKE TOPPED
3424 PASTA BAKE WITH CHEESE BACON AND
3477 LASAGNE WITH HIGH LEVELS OF PEPPER
3492 TURKEY LASAGNE WITH PASSATA PUFA
3539 LASAGNE WITH MINCED BEEF BACON AN
3600 LASAGNE WITH BEEF MINCE BAKED BEA
3617 TUNA PASTA WITH SOUP CARROTS BROCC
3641 PASTA BAKE WITH BACON TOMATOES AND
3673 TUNA AND PASTA BAKE WITH PEPPER C
3675 LASAGNE WITH BORLOTTI BEANS CARRO
3678 VEGETABLE LASAGNE WITH MUSHROOMS
3694 SALMON PASTA SAUCE WITH YOGURT PE
3983 Lasagne
4032 Lasagne
4067 Wholemeal lasagne, made with proto vegetables
4097 Sainsbury's pasta salad with ham
4098 Napolini, canned mushroom and pasta crests
4100 Sainbury's tagliatelle
4110 Ross seafood lasagne
4241 Lasagne
4247 Lasagne
4277 Lasagne with carrot
4306 Chicken and pasta
4405 Aubergine, carrot, and macaroni stew
4462 Lasagne
4485 Lasagne, with mince and chicken livers
4522 Macaroni casserole
4589 Lasagne
4597 Lasagne sauce, made with butter and wholemeal flour
4647 Lasagne with cottage cheese
4702 Macaroni, savoury
4767 Macaroni and cheese, with potato
4768 Macaroni and cheese, with potatoes and cauliflower
4820 Stir fry vegetables and noodles
4964 Lasagne
5164 Sainsbury's pasta tubes in cheese
5185 PASTA BAKE WITH EGGS BROCCOLI & CH

5196 Tuna and pasta bake
5302 Turkey and pasta bake
5349 Sweet and sour stir fry noodles with mushrooms
5351 Lasagne, with turkey mince, carrots and wine
5358 Pasta bake with hotdogs and potato
5384 Soups with pasta e.g., Heinz Chicken Pastini, Minestrone Italiano
5428 Chicken lasagne, with Dolmio sauce
5432 Lasagne, with beanfeast bolognese
5435 Lasagne, made with mince beef, packet lasagne
5467 Spicy chicken casserole, with noodles and vegetables, in cook-in sauce
5479 Lasagne, beef, made with white sauce with semi-skimmed milk
5536 Salmon and broccoli pasta, made with whole milk, cheddar
5539 Chicken lasagne
5541 Duck and noodle stir fry with mange-tout
5542 Chicken, sweetcorn, and pepper stir fry with noodles
5557 Tuna lasagne
5602 Turkey or pork sausage pasta bake, with tomatoes and mushrooms
5619 Aubergine lasagne
5642 Pork bolognaise, made with pork, tomatoes, and pasta
5646 Lasagne, with turkey mince, carrots, tomatoes and wine
5679 Turkey lasagne, with canned macaroni and cheese, and bot
5694 Tuna and pasta bake, with sweetcorn, cheese and
5696 Lasagne, lamb, with tinned tomatoes, no white sauce
5711 Chicken and chilli beans with pasta
5723 Italian tuna twists, pasta with tuna
5748 Lasagne made with lamb
5786 Lasagne, with quorn and kidney beans
5787 Tuna baked with white sauce and pasta
5789 Tuna and pasta bake
5804 Asparagus and spinach cannelloni, e.g. Waitrose
5806 Beef and macaroni, in cheese sauce
5814 Lasagne, with pork mince and smoked bacon
5832 Chicken and bacon lasagne, purchased, ready meal
5840 Tuna and pasta bake, made with skimmed milk
5844 Lasagne, made with minced lamb
5850 Vegetable risotto with packaged pasta mix, pesto sauce
5870 Tuna and pasta bake, made with packet mix
5888 Pasta with vegetable bake, with cook in sauce and mushrooms
5896 Creamy chicken pasta and asparagus
5898 Tuna and pasta bake, ready meal
5906 Lasagne, with Quorn, lean minced beef, and polyunsaturated fat
5911 Tuna and pasta bake, with half fat condensed
5912 Smoked bacon and vegetable pasta with peppers
5957 Lasagne, with smoked bacon and lamb mince
5973 Pasta bake, with tinned tomatoes, onions, and chicken
5984 Lasagne, made with beef mince, mushrooms, peppers, spreadable
6001 Lasagne, made with lean steak mince
6002 Chicken pesto pasta
6006 Pasta, with tuna and anchovies in olive oil
6007 Tagliatelle with bacon and pesto
6029 Lasagne, with lean beef mince, mushrooms, tomatoes, and cheese

6031 Pasa, with chicken, bacon, peas, sweetcorn
6053 Beans with vegetables and pasta
6075 Chicken and broccoli pasta bake
6086 Macaroni and cheese, with minced beef
6106 Vegetarian lasagne, with vegetable mince, ketchup, and canned tomatoes
6129 Pasta with ham and egg
6143 Lasagne, made with milk, cheese sauce, lean mince, and onions
6183 Soup, with Chinese leaf, green beans, and noodles
6184 Stir-fried brocolli, noodles, frankfurter
6199 Tuna napolitana
6206 Tagliatelle, fresh with mushroom and bacon, purchased
6218 Lasagne, made with red wine and olive oil
6220 Tuna and pasta bake, with craned
6274 Lasagne, with turkey mince, peas, and soya milk
6283 Tuna and pasta bake with FC milk, sweetcorn
6323 Quorn vegetarian lasagne, frozen/chilled
6326 Lasagne with pasta sauce, white sauce
6359 Lasagne, made with lean mince beef, skim milk with added vitamin C
6366 Cheese ravioli, in tomato sauce canned
6371 Chilli, mince with pasta and savoury rice
6372 Tuna and pasta bake with sweetcorn and cheese
6377 Lamb macaroni, with skim milk, lamb, onions, and tomatoes
6378 Tuna and pasta with tomato sauce and olive oil
6381 Cannelloni, made with mince beef, onion, pasta sauce, and tomatoes
6382 Lasagne, made with lean beef mince, and mushrooms
6418 Lasagne, with minced beef, courgettes, and mushrooms
6439 Lasagne, lean minced beef, mushrooms, semi-skimmed milk
6445 Lasagne, with soya mince, mushrooms, whole milk and olive oil
6456 Lasagne, made with minced beef, tomatoes, and whole milk
6483 Seafood and pasta bake, with salmon, tuna, mushroom soup
6514 Pasta bake, beef mince, sweetcorn, and petit pois
6517 Lasagne, made with lean mince, onion, mushrooms, and canned tomatoes
6534 Pork lasagne, with onions, cheese sauce, made with whole milk
6549 Chicken and pasta bake, with vegetables and
6561 Pasta with sausages, bacon, and vegetables
6613 Stuffed peppers, with pasta, onions, mushrooms, and egg
6628 Tuna and pasta bake with onion and tomatoes
6629 Lasagne, wholewheat, with minced beef and semi-skimmed milk
6645 Lasagne, made with minced beef, tomatoes, and mozzarella
6660 Lasagne, made with minced beef and tomato puree, no cheese
6669 Lasagne, made with beef mince, mushrooms, onions, tinned tomatoes, and Flora
6688 Lasagne with beef, no white sauce
6694 Lasagne, with lamb mince, lasagne sauce, and cheese
6704 Lasagne, made with lean mince beef, olive oil, red wine, and pasta
6718 Vegetable pasta, with carrots, onions, white cabbage, and tomatoes
6730 Pasta bake with ham, mushrooms, peppers, and condensed partly skimmed milk
6751 Oriental chicken with noodles and vegetables
6763 Lasagne, made with beef, mushrooms, tomatoes, and skim milk
6776 Tuna pasta bake, with tomatoes, crisps. cheese and mushrooms
6809 Spaghetti bake with cheese and onions
6817 Lasagne, with turkey mince, broccoli, courgettes, butter, and milk

- 6861 Lasagne with lean beef mince pasta
- 6876 Vegetable lasagne
- 6930 Vegetable lasagne with aubergine a
- 7601 Lasagne, white or wholemeal sheet of pasta, cannelloni, boiled in water
- 7778 Chicken lasagne, purchased, frozen or chilled
- 7782 Meat balls and Pasta/baked beans, e.g. Campbell's, canned
- 7840 Beans, baked, in tomato sauce with pasta, canned, e.g. Crosse and Blackwell Fred Bear Beans and Past
- 8093 Pasta, fresh. Stuffed with cheese and vegetables, purchased, e.g. ricotta and spinach tortellini, ag
- 8175 Tortellini, pasta with cheese filling NOT meat or ricotta cheese filling
- 8361 Ravioli, pasta with meat filling etc fresh or frozen, NOT canned
- 8593 Noodle and waterchestnut soup
- 8620 Lasagne, made with extra lean mince
- 8666 Tagliatelle with ham and mushrooms, ready meal, chilled or frozen
- 8748 Pasta, broccoli, carrot in cheese sauce, homemade
- 8784 Vegetable lasagne, homemade
- 8944 Chicken with pasta and vegetables
- 8946 Sausage with pasta and vegetables
- 9037 Apple lasagne, with instant custard
- 9096 Lasagne made with lean mince
- 9099 Sainsbury's pasta salad, Italian style
- 9102 Ravioli, pasta with tuna in spicy tomato sauce; canned; e.g., Tesco
- 9135 Lasagne, made with olive oil and skimmed milk
- 9146 Tagliatelle, vegetable, retail
- 9147 Marks and Spencer vegetable cannelloni
- 9172 Ravioli, pasta with vegetable filling in tomato sauce; canned
- 9177 Lasagne, made with lean mince, wholewheat pastry, and polyunsaturated spread
- 9191 Vegetarian lasagne
- 103143 Vegetable lasagne, ready meal, purchased, cooked
- 103235 Chinese chicken and noodles
- 103236 Wholemeal vegetable lasagne
- 103372 Lasagne, with beef and high cheese
- 103395 Lasagne, wholemeal
- 103398 Spinach lasagne, no meat
- 103404 Vegetable lasagne
- 103478 Fish with pasta

(adjusted for pasta content of 80%)

[RS4-fibre*] = 16.00%

- 819 Macaroni and cheese, any NOT canned
- 2744 macaroni and cauliflower cheese wi
- 2812 Pasta with ham and cheese
- 2855 Spaghetti bolognese with lamb carr
- 2865 Pasta with bacon pepperoni shrim
- 2997 Bacon pasta with carrots green be
- 3207 PASTA & VEGETABLES IN TOMATO SAUCE
- 3222 VEGETABLE & PASTA IN A CREAMY TOMA
- 3261 PASTA WITH QUORN FROMAGE FRAIS PES
- 3291 PASTA WITH BRIE ASPARAGUS ARTICHO

3292 PASTA CARBONARA WITH TVP AND PEPPE
3316 SPAGHETTI CARBONARA WITH SINGLE CR
3420 PASTA WITH SMOKED SALMON ASPARAGU
3449 MACARONI WITH LENTILS AUBERGINE
3488 PASTA RADIATORI WITH CHICKEN & COU
3521 PASTA WITH BACON PEPPERS TOMATOE
3631 PASTA WITH BACON BUTTER AND CHEESE
3661 PASTA IN WHITE SAUCE WITH VEG MUF
3876 Bird's Eye Italienne pasta with mushrooms
3915 Bird's Eye macaroni, cheese, and ham pie
3972 Macaroni and cheese, with butter and semi-skimmed milk
4095 Fried noodles with vegetables
4133 Spaghetti bolognaise
4176 Pasta parmigiana
4255 Macaroni and cheese
4272 Spaghetti bolognaise, canned
4288 Mixed noodles, fried in vegetable oil
4318 Macaroni and cheese
4329 Spaghetti melanese
4388 Wholemeal pasta salad
4395 Macaroni and cheese with ham
4458 Macaroni and cheese, no milk
4490 Macaroni pudding, with skim milk and sugar
4744 Macaroni and cheese
4760 Macaroni and cheese
4778 Macaroni and cheese
4884 Leek and pasta in sauce
5148 Homemade tomato pasta
5156 BATCHELORS PASTAMANIA PASTA IN TOM
5166 Batchelor's supernoodles pasta
5206 Bachelor's made up pasta and sauce
5369 Macaroni and cheese, wholewheat with bacon peppers
5405 Pasta in tomato mushroom sauce from packet
5464 Macaroni and cheese, made with polyunsaturated margarine
5488 Spaghetti carbonara
5516 Pasta and sauce, tomato based, made up
5555 Spaghetti with bacon and cheese
5632 Spaghetti carbonara, with streaky bacon and mushrooms
5718 Pasta in cheese sauce made with semi-skimmed milk
5780 Fettucine alfredo
5797 Macaroni and cheese, with ham, made with semi-skimmed milk
5837 Pasta carbonara made with streaky bacon and mushrooms
6139 Cheese and vegetable pasta
6147 Egg noodles in cheese sauce
6177 Pasta with bacon and onion, made with polyunsaturated oil
6204 Macaroni and cheese with ham and whole milk
6255 Fortified pasta shapes with mini sausages
6269 Bacon macaroni
6306 Heinz meat free spaghetti bolognese
6308 Pasta, with tuna, onions, mushrooms, reduced calorie
6338 Spaghetti in tomato and bacon sauce

- 6351 Pasta with cheese and chicken soup
- 6387 Spaghetti carbonara
- 6393 Pasta with chicken in tomato and basil sauce
- 6406 Pasta in chicken and mushroom sauce, Netto packet sauce
- 6584 Pasta in cheese and brocolli sauce
- 6785 Macaroni and cheese, made with semi-skimmed milk and reduced fat milk
- 6823 Noodles with onions, mushrooms, and fresh peas
- 7602 Spaghetti, white, pasta, white, all shapes, canned in tomato sauce, reduced sugar, NOT ravioli or ma
- 8611 Pasta shapes in tomato sauce fortified with vitamins and minerals, e.g. HP Postman Pat, Power Ranger
- 8656 Spaghetti bolognaise, made with lean mince
- 8742 Macaroni and cheese, made with mushroom soup
- 8883 Macaroni and cheese, with bacon, cream, and tomato
- 8906 Spaghetti with tuna, tomatoes, mushrooms, courgettes
- 9060 Macaroni and cheese pie, scotch pie shell, purchased
- 9098 Spaghetti carbonara
- 9245 Spaghetti Bolognaise, beef, frozen or chilled, ready meal. Purchased.
- 9273 Pasta with sausages canned in tomato sauce
- 9371 Pasta, fresh, plain, boiled, any type. NOT dried pasta; NOT stuffed pasta
- 9525 Pasta with ham and mushroom sauce
- 9554 MACARONI PUD HOMEMADE WITH EVAP MI
- 103007 Pasta in meat sauce
- 103094 Spaghetti in cheese and ham sauce
- 103147 Spaghetti carbonara
- 103174 Spaghetti, wholemeal (brown), other wholemeal pasta, all shapes, canned In tomato sauce NOT reduced
- 103230 Pasta, in blue cheese, tomato, and salami sauce
- 103238 Spaghetti carbonara
- 103286 Wholemeal macaroni pudding with milk and sugar
- 103333 Macaroni and cheese, made with semi-skimmed milk
- 103344 Macaroni pudding made with semi-skimmed milk
- 103402 Macaroni and cheese, sauce made with skimmed milk
- 103538 Macaroni and cheese, made with polyunsaturated margarine, and skimmed milk
- 103760 Spaghetti, wholemeal (brown), other wholemeal pasta, canned In tomato sauce, reduced sugar, e.g. Wei

Pizza Dough

[RS4-fibre*] = 20%

- 8574 Pizza, base with losses

(Adjusted for pasta content of 55%)

[RS4-fibre*] = 11%

- 804 Pizza, cheese and tomato frozen
- 805 Pizza, cheese and tomato only, thin and crispy base
- 806 Pizza, cheese and tomato only, with any other base, e.g. Deep pan, homemade with scone or crumpet ba
- 807 Pizza, chicken and mushroom, thin and crispy base
- 809 Pizza, ham, thin and crispy base

- 810 Pizza, ham, thick base, French bread
- 811 Pizza, ham, mushrooms, chicken, pepper, Deep pan, homemade with scone or crumpet base, NOT thin and
- 812 Pizza, ham, mushrooms, chicken, peppers, thin and crispy base
- 2743 PIZZA VEGETABLE LOWER FAT
- 2903 Pizza with anchovies and olive oil
- 3290 PIZZA HAM AND PINEAPPLE OLIVE OIL
- 3396 PIZZA WITH LARD SPREAD BACON PE
- 3398 PIZZA WITH RED PEPPER ARTICHOKE
- 3454 PIZZA WITH QUORN CANNED TOMATOES
- 3757 CHICKEN PIZZA FOR MICROWAVE E.G. M
- 3927 Pizza, made with scone base
- 4104 Pizza slice, tuna and prawn, Safeway
- 4121 Pizza, tuna
- 4131 Pizza
- 4220 Pizza, chilli con carne, McCain, frozen
- 4258 Pizza
- 4895 Pizza, Italian
- 4941 Pizza
- 5783 Pizza, homemade, with onions, courgettes, and mushrooms
- 5784 Pizza, scone type base
- 5807 Pizza, half wholemeal base, with low fat cheese
- 5849 Pizza, tuna and prawn, homemade
- 6017 Pizza, homemade, with bacon
- 6485 Pizza, homemade, with tomato sauce and olive oil
- 6522 Pizza, homemade, with creamed mushrooms and tomato puree
- 7882 Pizza snacks, pizza bits, other potato and tapioca snacks. E.g. Walkers Bitza Pizza, Marks and Spenc
- 8523 Pizza, cheese and tomato only, French bread base
- 8524 Pizza, cheese or cheese and tomato, with vegetables and/or fruit (e.g. pineapple) no meat, no fish,
- 8525 Pizza, cheese or cheese and tomato, with vegetables and/or fruit (e.g. pineapple) no meat, no fish,
- 8526 Pizza, cheese or cheese and tomato, with vegetables and/or fruit (e.g. pineapple) no meat, no fish,
- 8527 Pizza, chicken, with or without vegetables or fruit NO other meat, NO fish, thin and crispy base
- 8528 Pizza, chicken, with or without vegetables or fruit NO other meat, NO fish, with any other base, e.g
- 8529 Pizza, chicken, with or without vegetables or fruit NO other meat, NO fish, French bread base
- 8530 Pizza with meat topping, with or without vegetables or fruit e.g. pepperoni, ham, beef, bacon, salam
- 8531 Pizza with meat topping, with or without vegetables or fruit e.g. pepperoni, ham, beef, bacon, salam
- 8532 Pizza with meat topping, with or without vegetables or fruit e.g. pepperoni, ham, beef, bacon, salam
- 8533 Pizza with fish topping, with or without vegetables or fruit NO meat NO chicken, thin and crispy bas
- 8534 Pizza with fish topping, with or without vegetables or fruit NO meat NO chicken, with any other base

- 8535 Pizza with fish topping, with or without vegetables or fruit NO meat NO chicken, French bread base
- 8536 Pizza, with any combination of meat, chicken and fish toppings, with or without vegetables or fruit
- 8537 Pizza, with any combination of meat, chicken and fish toppings, with or without vegetables or fruit
- 8538 Pizza, with any combination of meat, chicken and fish toppings, with or without vegetables or fruit,
- 8738 Pizza, wholemeal, homemade, vegetarian
- 103044 Pizza, with egg, ham, artichoke, tuna, mushroom topping
- 103135 Pizza with scone base made with lard
- 103504 Pizza, cheese and tomato, with wholemeal base
- 103763 Pizza, scone base

Ready-to-Eat Breakfast Cereals

[RS4-fibre*] = 20.00%

- 201 All bran, Kellogg's only
- 202 Branflakes without sultanas, Kellogg's only, eg Healthwise. NOT wheat flakes
- 203 Branflakes with sultanas, Kellogg's only NOT wheat flakes. Sultana bran.
- 204 Coco Pops, Kellogg's only
- 205 Cornflakes, Kellogg's only
- 206 Cornflakes, own brand NOT Kellogg's
- 207 Farmhouse bran
- 208 Farmhouse bran with banana and apple
- 209 Farmhouse bran with honey and nut
- 210 Grapenuts
- 211 Smacks, Kellogg's
- 212 Muesli, with added sugar, eg Alpen or Country Store NOT "crunchy" Muesli, Jordan's Crispy Muesli
- 213 Muesli, crunchy cluster type cereal without nuts, e.g. Quaker Harvest Luxury Raisin Crunch, Jordan's
- 214 Muesli, no added sugar, homemade or shop bought, Waitrose NO Added Sugar Muesli, Alpen No added suga
- 218 Puffed wheat
- 219 Ready Brek, Warm Start, other Instant oat cereals, NOT flavoured, NOT containing fruit and nuts, mad
- 220 Rice Krispies, Kellogg's only
- 221 Shredded wheat, cubs, mini shredded wheat
- 222 Shreddies, any brand NOT frosted, NOT coco
- 223 Special K, Kellogg's high protein cereal
- 224 Sugar puffs
- 225 Weetabix, other whole wheat bisks, wheat flakes without sultanas or raisins e.g. Weetabix Advantage
- 226 Wheat flakes with sultanas or raisins
- 227 Frosties, Kellogg's only
- 228 Multi-grain Start, Kellogg's
- 229 Fruit and Fibre, any brand, eg Kellogg's Optima
- 230 Nutrigrain
- 231 Oat Krunchies, Quaker
- 232 Honey Nut Cornflakes, Crunchy Nut Cornflakes, eg Kellogg's, own brand

3188 BELGIAN CHOCOLATE DREAM Kelloggs
 3226 GET UP & GO OATWHEAT & CORNFLAKE
 3353 KELLOGGS FROSTIES CEREAL AND MILK B
 3357 ALL BRAN APRICOT BITES KELLOGGS O
 3370 CHOCOLATE FLAVOURED CORNFLAKE CERE
 3415 DORSET CEREAL WITH FRUIT AND NUTS
 3450 ALDI HONEY BALLS CEREAL
 3723 POKEMON BREAKFAST CEREAL WITH MARS
 3745 OAT & RICE CEREAL BAR FORTIFIED
 3763 FRUIT WINDERS KELLOGGS
 3778 WHOLEWHEAT CORN & RICE CEREAL WITH
 3800 FLAKES AND GRAINS CEREAL WITH TROP
 3820 Muesli
 3912 Crank's muesli
 4084 Oat and bran flakes, no additions, own brand, e.g. Sainsbury's
 4165 Cornflake crisp
 4184 Wheat flakes, 30% bran, Co-op
 4246 Muesli
 4274 Muesli
 4289 Corn flakes, High fibre only, e.g. Ryvita
 4302 Muesli
 4331 Ricicles, Kellogg's NOT with marshmallow shapes
 4517 Muesli
 4671 Muesli
 4716 Muesli
 4741 Team cereal, Nabisco
 4858 Muesli
 4932 Weetabix, top bran
 5124 Other Cereal (mainly Wheat Flour) and Potato Snacks -flavours: chilli type, prawn type, pickled onion
 5125 Other Cereal (mainly Maize) and Potato Snacks -flavours: chilli, hot n spicy, prawn type, pickled on
 5133 Chocolate twinpot desserts - chocolate dessert with separate nuts/dried fruit/cereal/caramel, e.g.,
 5140 Kellogg's Krumbly
 5168 Chex cereal, Frosted
 5199 Nesquik Chocolate cereal
 5202 Chocolate Chip Crisp, Sainsbury's only
 5204 Frosted wheats, Kellogg's
 5207 Feast of Flakes, Quaker
 5208 Chocco crunchies, Tesco
 5327 Fruit and Fibre, own brand, NOT Kellogg's
 5328 Crunchy/crispy muesli type cereal with nuts, e.g., Jordans Maple and Pecan Original Crunch, Quaker H
 5333 Sustain, Kellogg's
 5334 All bran type cereal, Nestlé Fibre 1 only
 5357 Choco Flakes, Kellogg's only
 5363 Strike, Kellogg's
 5508 All bran plus, Kellogg's only
 6043 Bran Crisp, Jordan's only
 6132 Fruitibix, Weetabix

- 6159 Apricot Crunchies, Tesco only
- 6208 Honey Nut Hoops, Sainsbury's
- 6209 Strawberry crisp clusters, Tesco
- 6302 Malty Flakes, own brand.
- 6452 Strawberry crisp cereal, Sainsbury's
- 6544 Oat bran flakes with raisins and apple, Safeway ONLY
- 6836 MUESLI NO ADDED SUGAR WITH EXTRA
- 7051 Raisin Splitz, Kellogg's only
- 7623 Branflakes without sultanas, own brand NOT Kellogg's, NOT wheat flakes, e.g. Force
- 7624 Branflakes with sultanas, own brand NOT Kellogg's, NOT Wheat flakes
- 7626 Frosted Cornflakes, own brand, e.g. Sainsbury's Snowflakes or Frosted Flakes NOT Kellogg's
- 7628 Bran buds, Kellogg's only
- 7629 Muesli, with extra fruit and nuts, , e.g. Alpen with tropical fruit, Sainsbury's Fruit and Spice
- 7630 Rice Krispies, own brand, e.g. Sainsbury's Rice Pops, Rice Crunchies, Crisp Rice, NOT Kellogg's
- 7632 Weetos, chocolate covered rings
- 7637 Cheerios, Multi, any flavour
- 7638 Toppas, Kellogg's
- 7639 Cruesli
- 7647 Oat bran flakes, no additions, Kellogg's Common Sense only
- 7648 Oat bran flakes with raisins and apple, Kellogg's Common Sense only
- 7874 Other Cereal (mainly wheat flour) and potato snacks, any other flavour incl. Plain/ready salted, e.g
- 7883 Other cereal (mainly maize) and potato snacks, any other flavour incl. Plain/ready salted, e.g.. KP
- 8182 Shreddies, frosted only
- 8183 All bran type cereal, Fruit and nut bran, Weetabix Crunchy Bran only
- 8184 Golden Crackles, wheat and maize cereal In brown sugar and honey e.g. Kellogg's
- 8185 Golden Grahams, corn and wheat squares with brown sugar and honey e.g. Nestle
- 8186 Golden Oatmeal Crisp, oat and rice flakes with raisins and almonds, e.g. Kellogg's
- 8187 Mallo's, mixed grain cereal with mallow pieces e.g. Sainsburys
- 8188 Oat and wheat bran, e.g. Weetabix
- 8189 Instant oat cereal, containing fruit and nuts, e.g. Quake Awake, Quaker Hot Oat Crunch
- 8190 Shredded Wheat Fruitful, mini, fruit filled, own brands, e.g. Sainsbury's Apricot Wheats, Raisin whe
- 8383 Shreddies, Coco only, Nestle
- 8481 All bran type cereal, Sainsbury's Hi Fibre Bran only
- 8482 All bran type cereal, e.g. Tesco bran breakfast cereal NOT Kellogg's, NOT Sainsbury's, NOT Weetabix
- 8483 Coco Pops, own brand e.g. Cocoa Rice, Coco Snaps, Cocoa puffs, Cocoa Crunchies, Coco Bears. NOT Kell
- 8486 Honey Nut Loops, Kellogg's only
- 8492 Lucky charms, nestle, oat cereal with marshmallows
- 8615 Cornflake and sugar puff Krispies
- 8625 Tesco, Fruity Hoops breakfast cereal
- 8675 Honey Bears, bear shaped toasted rice with honey and brown sugar, e.g. Coop
- 8712 Clusters, Nestle only
- 8729 Milupa breakfast cereal, fortified
- 8806 Spar wedges, cereal and potato snack, and cream cheese

- 8819 Ricles, Kellogg's, with marshmallow shapes
- 8910 Boulders breakfast cereal, Tesco only
- 8958 Nut Feast, Kellogg's only
- 9032 Cinnamon Toast Crunch or Cinnamon Grahams cereal, Nestle
- 9138 Cow and Gate, Olivarit, banana and pineapple muesli
- 9148 Superstars, vanilla flavoured, star shaped breakfast cereal
- 9188 Corn pops, Kellogg's only
- 9275 Cheerios, honey nut, nestle
- 9276 Oat bran flakes with raisins and apple, Co-op ONLY
- 9796 Perfect Balance, Heinz weight watchers
- 9818 Oat and bran flakes with raisins and apple, Sainsbury's only
- 9823 Chex, Crunchy Nut, crunch cages of toasted corn with nuts and honey
- 9823 Chex, Crunchy Nut, crunch cages of toasted corn with nuts and honey
- 103047 Allinsons natural bran plus
- 103048 Muesli
- 103658 Toasted bran cereal, e.g. Sainsbury's
- 103675 Crunchy nut cornflakes

Tortillas

(Adjusted for tortillas content of 25.00%)
 [RS4-fibre*] = 5.00%

- 3700 CHICKEN TORTILLAS WITH SALSA CHEE
- 5438 Beef, Mexican, with tortillas, peas, and beans

White Bread

[RS4-fibre*] = 20.00%

- 116 Pitta or pita bread, white
- 120 White bread, sliced, wrapped, Includes Kingsmill Top Grade White bread, Mothers Pride Premium, White
- 121 White bread, crusty, uncut NOT milk loaf, French stick, slimmers, Scottish batch, soda, Vienna high
- 122 White bread, any, EXCEPT high fibre and soft grain bread. Fried in blended vegetable oil.
- 123 White bread, any, EXCEPT high fibre and soft grain bread
- 124 White bread, any, (except high fibre and soft grain bread). Fried in dripping.
- 125 White bread, any, EXCEPT high fibre and soft grain bread. Fried in lard.
- 126 White bread, any, EXCEPT high fibre bread, soft grain bread and milk loaf, toasted.
- 127 French stick, Baguette
- 128 Milk loaf
- 129 Slimmers white bread, eg Nimble, Slimcea, Mothers Pride Light
- 130 Scottish batch bread
- 131 Soda bread
- 132 Vienna loaf
- 139 Breadcrumbs, white, homemade, dried
- 140 Breadcrumbs, shop-bought, dried
- 144 Chapatis, white, made with butter ghee
- 145 Chapatis, white, made with vegetable ghee
- 146 Chapatis, white, made without fat
- 157 Brown or white hamburger bun or roll, brown or white roll with sesame seeds

- 158 White, crusty rolls
- 159 White, soft rolls
- 160 White, starch reduced rolls, eg Energen
- 170 Brown or white hamburger roll or bun, brown or white roll with sesame seeds, toasted.
- 171 White rolls, any EXCEPT hamburger bun or rolls, toasted.
- 3148 PITTA BREAD WHITE TOASTED
- 4180 Bread
- 4182 Bread, toasted
- 4832 Dumpling, made with 1/2 wholemeal and 1/2 white flour
- 5931 Chapatis, white, made with polyunsaturated margarine
- 6592 Bread and butter pudding, made with semi-skimmed milk, white bread
- 6833 Panini white bread rolls (e.g. M&
- 6976 CHEESE TOPPED ROLLS/BAPS WHITE
- 7609 High fibre white bread
- 7610 High fibre white bread, toasted
- 7611 High fibre white bread, fried in dripping
- 7612 High fibre white bread, fried in lard
- 7613 High fibre white bread, fried in polyunsaturated oil
- 7615 French stick, Baguette, flavoured with garlic and or herbs
- 8073 Milk loaf, toasted
- 8522 High fibre white bread, fried in blended vegetable oil
- 8670 Chapatis, white, made with sunflower oil
- 8744 Ciabatta white bread, made with olive oil
- 8864 Gluten free white bread, not low protein
- 8964 Puri, made with white flour and Anchor butter
- 9467 White bread, fortified with vitamins and minerals, e.g., Tesco Healthy eating white bread.
NOT softg
- 9929 Toasted White bread, fortified with vitamins and minerals e.g., Tesco Healthy eating
white bread. NO
- 103323 Bread, fried in half Krona (reduced fat spread) and half polyunsaturated
margarine

Crisps and Savoury Snacks

Pretzels

[RS4-fibre*] = 35.00%

- 6825 Pretzels, any flavour e.g., Rumpler's, own brand