

Appendix 1: Results for Tests A, B and C

FINAL RECOMMENDED MODEL

Model WXY (final model)		The final model recommended by the Expert Group for the purposes of tightening the rules on broadcast advertising of foods to children. For foods, 0 or less = 'healthier', 1 to 3 = 'intermediate' and 4 or more = 'less healthy'. For drinks, 0 or less = 'healthier', 1 or more = 'less healthy'.										
Score		90.2	Total distribution (%) (H / I / U)		42.7	12.7	44.6	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		93.0 3.1	3.5 3.1	3.5 93.8
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods			Examples of intermediate foods			Examples of less healthy foods		
Bread, cereals and potatoes	102	44.1	37.3	<ul style="list-style-type: none"> • Crispbread, rye -5 • Pasta, plain, fresh, cooked -4 • Wholemeal bread, average -3 • Wheat Biscuit Cereal -3 • Old potatoes, roast in blended oil -2 • Wholemeal rolls -2 • New potatoes, boiled in unsalted water -1 • White rice, easy cook, boiled 0 • Oven chips, frozen, baked 0 	<ul style="list-style-type: none"> • White rice, fried 1 • White bread, sliced 1 • Malt bread, fruited 3 • Currant buns 3 	<ul style="list-style-type: none"> • Potato croquettes, fried in blended oil 4 • Chips, French fries, retail 7 • Sugar Coated Puffed Oat Cereal 7 • Cream crackers 8 • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 						
Milk and dairy products	77	28.6	63.6	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -4 • Skimmed milk, average -2 • Semi-skimmed milk, average 0 • Whole milk, average 0 • Yogurt, low fat, fruit 0 	<ul style="list-style-type: none"> • Cottage cheese, plain 1 • Fromage frais, plain 3 	<ul style="list-style-type: none"> • Greek yogurt, sheep 5 • Creme fraiche, half fat 11 • Camembert 14 • Cheddar type, half fat 14 • Cheddar cheese 18 						
Fruit and vegetables	109	99.1	0.0	<ul style="list-style-type: none"> • Peaches, raw -11 • Orange juice, unsweetened -9 • Pineapple, canned in juice -8 • Celery, raw -11 • Lettuce, average, raw -11 • Tomatoes, grilled -11 • Avocado, average -9 	•	•						
Meat, fish and alternatives	169	38.5	43.8	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -15 	<ul style="list-style-type: none"> • Eggs, chicken, fried in vegetable oil 1 	<ul style="list-style-type: none"> • Walnuts 4 • Chicken nuggets, takeaway 6 						

				<ul style="list-style-type: none"> • Chicken, breast, grilled without skin, meat only -4 • Cod, baked -1 • Beef, rump steak, lean only, grilled -1 • Beef, topside, roasted well-done, lean -1 • Eggs, chicken, boiled 0 • Mackerel, grilled 0 • Beef, mince, extra lean, stewed 0 • Lamb, leg, lean only, roast 0 	<ul style="list-style-type: none"> • Tuna, canned in oil, drained 1 • Beef, rump steak, lean and fat, fried 1 • Chicken, leg quarter, roasted, meat and skin 2 • Fish fingers, cod, grilled 3 	<ul style="list-style-type: none"> • Ham 7 • Pork sausages, chilled, fried 16 • Bacon rashers, streaky, fried 18
Foods high in fat, foods high in sugar	115	1.7	98.3	<ul style="list-style-type: none"> • Cola, diet 0 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Cola 2 • Sponge cake 15 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 16 • Digestive biscuits, plain 16 • Chocolate chip cookies 19 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24 • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 13 • Potato crisps 16 • Olive oil 20 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Baked beans, canned in tomato sauce, re-heated -11 • Celery, boiled in salted water -10 • Mushrooms, common, fried in corn oil -10 • Rhubarb, stewed with sugar -9 • Soya, non-dairy alternative to milk, unsweetened -1 • Chilli con carne 0 	<ul style="list-style-type: none"> • Sardines, canned in tomato sauce 2 • Strawberries, canned in syrup 3 • Lasagne 3 • Crumble, fruit 3 	<ul style="list-style-type: none"> • Cottage/Shepherd's pie, chilled/frozen, reheated 4 • Fruit pie, pastry top and bottom 6 • Peanuts, roasted and salted 10 • Mayonnaise, reduced calorie 18 • Mayonnaise, retail 22

Model SSCg3d	FOR COMPARISON. SLIGHT CHANGES FROM PREVIOUS PAPER DUE TO REVISED FRUIT AND VEGETABLE VARIABLE									
Score	88.2	Total distribution (%) (H / I / U)		35.0	26.9	38.1	Indicator dist (%): ‘Healthier’ (H/I/U)	89.7	6.0	4.3
							‘Less healthy’ (H/I/U)	0.0	9.1	90.9
Subset of foods	N	% healthier	% less healthy	Examples of ‘healthier food choices’	Examples of intermediate foods	Examples of ‘foods high in fat, salt or sugar’				
Bread, cereals and potatoes	103	24.3	35.9	<ul style="list-style-type: none"> New potatoes, boiled in unsalted water Wheat Biscuit Cereal Old potatoes, roast in blended oil White rice, easy cook, boiled Pasta, plain, fresh, cooked White rice, fried 	<ul style="list-style-type: none"> Oven chips, frozen, baked Crispbread, rye Wholemeal bread, average White bread, sliced Potato croquettes, fried in blended oil Wholemeal rolls 	<ul style="list-style-type: none"> Sugar Coated Puffed Oat Cereal Chips, French fries, retail Currant buns Flaked Corn Cereal Malt bread, fruited Cream crackers Honey and Nut Coated Flaked Corn Cereal 				
Milk and dairy products	81	23.5	45.7	<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural Skimmed milk, average Semi-skimmed milk, average Yogurt, low fat, plain Yogurt, low fat, fruit 	<ul style="list-style-type: none"> Whole milk, average Cottage cheese, plain Fromage frais, plain Greek yogurt, sheep 	<ul style="list-style-type: none"> Cheddar type, half fat Creme fraiche, half fat Cheddar cheese Camembert 				
Fruit and vegetables	121	98.3	0.0	<ul style="list-style-type: none"> Peaches, raw Pineapple, canned in juice Orange juice, unsweetened Celery, raw Lettuce, average, raw Tomatoes, grilled Avocado, average 	<ul style="list-style-type: none"> Currants 					
Meat, fish and alternatives	154	25.3	43.5	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water Mackerel, grilled Tofu, soya bean, steamed Tuna, canned in oil, drained Chicken, breast, grilled without skin, meat only Cod, baked Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> Lamb, leg, lean only, roast Beef, topside, roasted well-done, lean Eggs, chicken, boiled Beef, mince, extra lean, stewed Beef, rump steak, lean and fat, fried Eggs, chicken, fried in vegetable oil Chicken, leg quarter, roasted, meat and skin 	<ul style="list-style-type: none"> Chicken nuggets, takeaway Walnuts Ham Pork sausages, chilled, fried Bacon rashers, streaky, fried 				
Foods high	125	1.6	91.2	<ul style="list-style-type: none"> Cola, diet 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Cola 				

19/10/05

Annex 2

<p>in fat, foods high in sugar</p>						<ul style="list-style-type: none"> • Doughnuts, jam • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Digestive biscuits, plain • Sponge cake • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate Coated Wafer Biscuits • Chocolate chip cookies • Olive oil • Potato crisps, low fat • Butter • Potato crisps • Margarine, soft, polyunsaturated
<p>Composite foods</p>	<p>-</p>	<p>-</p>	<p>-</p>	<ul style="list-style-type: none"> • Celery, boiled in salted water • Sardines, canned in tomato sauce • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Baked beans, canned in tomato sauce, re-heated • Soya, non-dairy alternative to milk, unsweetened 	<ul style="list-style-type: none"> • Strawberries, canned in syrup • Crumble, fruit • Chilli con carne • Cottage/Shepherd's pie, chilled/frozen, reheated 	<ul style="list-style-type: none"> • Lasagne • Fruit pie, pastry top and bottom • Peanuts, roasted and salted • Mayonnaise, retail

Model 1.1		Fibre (NSP) criterion added. Healthier if score is 2 or less, less healthy if score is 9 or more.										
Score		89.9	Total distribution (%) (H / I / U)		40.2	27.1	32.7	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		94.7 1.6	4.4 10.9	0.9 87.5
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'	Examples of intermediate foods	Examples of 'foods high in fat, salt or sugar'						
Bread, cereals and potatoes	98	44.9	17.3	<ul style="list-style-type: none"> Wheat Biscuit Cereal Crispbread, rye New potatoes, boiled in unsalted water Old potatoes, roast in blended oil Wholemeal bread, average Pasta, plain, fresh, cooked White rice, easy cook, boiled Oven chips, frozen, baked White rice, fried Wholemeal rolls 	<ul style="list-style-type: none"> White bread, sliced Sugar Coated Puffed Oat Cereal Potato croquettes, fried in blended oil Currant buns 	<ul style="list-style-type: none"> Chips, French fries, retail Malt bread, fruited Flaked Corn Cereal Cream crackers Honey and Nut Coated Flaked Corn Cereal 						
Milk and dairy products	78	21.8	47.4	<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural Skimmed milk, average Semi-skimmed milk, average Yogurt, low fat, fruit 	<ul style="list-style-type: none"> Whole milk, average Cottage cheese, plain Fromage frais, plain Greek yogurt, sheep 	<ul style="list-style-type: none"> Cheddar type, half fat Creme fraiche, half fat Cheddar cheese Camembert 						
Fruit and vegetables	118	100.0	0.0	<ul style="list-style-type: none"> Peaches, raw Pineapple, canned in juice Orange juice, unsweetened Currants Lettuce, average, raw Celery, raw Tomatoes, grilled Avocado, average 	•	•						
Meat, fish and alternatives	148	27.0	39.9	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water Mackerel, grilled Tuna, canned in oil, drained Chicken, breast, grilled without skin, meat only Cod, baked Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> Lamb, leg, lean only, roast Beef, topside, roasted well-done, lean Eggs, chicken, boiled Beef, mince, extra lean, stewed Beef, rump steak, lean and fat, fried Eggs, chicken, fried in vegetable oil Chicken, leg quarter, roasted, meat 	<ul style="list-style-type: none"> Chicken nuggets, takeaway Ham Pork sausages, chilled, fried Bacon rashers, streaky, fried 						

					and skin • Walnuts	
Foods high in fat, foods high in sugar	106	1.9	89.6	<ul style="list-style-type: none"> • Cola, diet 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Cola • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Digestive biscuits, plain • Sponge cake • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate chip cookies • Potato crisps, low fat • Potato crisps • Olive oil • Butter • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Sardines, canned in tomato sauce • Baked beans, canned in tomato sauce, re-heated • Soya, non-dairy alternative to milk, unsweetened 	<ul style="list-style-type: none"> • Strawberries, canned in syrup • Crumble, fruit • Chilli con carne • Cottage/Shepherd's pie, chilled/frozen, reheated • Fruit pie, pastry top and bottom • Lasagne 	<ul style="list-style-type: none"> • Peanuts, roasted and salted • Mayonnaise, retail

Model 1.2		NMES replaced with total sugar criterion. Healthier if score is 3 or less, less healthy if score is 9 or more.										
Score		85.5	Total distribution (%) (H / I / U)		39.8	23.7	36.5	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		91.5 1.3	4.2 13.7	4.3 85.0
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'	Examples of intermediate foods	Examples of 'foods high in fat, salt or sugar'						
Bread, cereals and potatoes	105	27.6	25.7	<ul style="list-style-type: none"> Wheat Biscuit Cereal New potatoes, boiled in unsalted water White rice, easy cook, boiled Old potatoes, roast in blended oil Pasta, plain, fresh, cooked White rice, fried Crispbread, rye Oven chips, frozen, baked 	<ul style="list-style-type: none"> Wholemeal bread, average White bread, sliced Potato croquettes, fried in blended oil Wholemeal rolls Currant buns 	<ul style="list-style-type: none"> Sugar Coated Puffed Oat Cereal Malt bread, fruited Flaked Corn Cereal Chips, French fries, retail Honey and Nut Coated Flaked Corn Cereal Cream crackers 						
Milk and dairy products	82	24.4	47.6	<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural Skimmed milk, average Yogurt, low fat, plain Yogurt, low fat, fruit Semi-skimmed milk, average 	<ul style="list-style-type: none"> Cottage cheese, plain Fromage frais, plain Whole milk, average Greek yogurt, sheep 	<ul style="list-style-type: none"> Cheddar type, half fat Creme fraiche, half fat Cheddar cheese Camembert 						
Fruit and vegetables	122	100.0	0.0	<ul style="list-style-type: none"> Peaches, raw Pineapple, canned in juice Orange juice, unsweetened Currants Lettuce, average, raw Celery, raw Tomatoes, grilled Avocado, average 	•	•						
Meat, fish and alternatives	154	30.5	43.5	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water Mackerel, grilled Tofu, soya bean, steamed Tuna, canned in oil, drained Chicken, breast, grilled without skin, meat only Cod, baked Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> Beef, mince, extra lean, stewed Eggs, chicken, boiled Beef, rump steak, lean and fat, fried Eggs, chicken, fried in vegetable oil Chicken, leg quarter, roasted, meat and skin 	<ul style="list-style-type: none"> Chicken nuggets, takeaway Walnuts Ham Pork sausages, chilled, fried Bacon rashers, streaky, fried 						

				<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean • Lamb, leg, lean only, roast 		
Foods high in fat, foods high in sugar	125	4.0	86.4	<ul style="list-style-type: none"> • Cola, diet 	<ul style="list-style-type: none"> • Cola 	<ul style="list-style-type: none"> • Doughnuts, jam • Sponge cake • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Digestive biscuits, plain • Chocolate chip cookies • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Wafer Biscuits • Chocolate Coated Whipped Nougat and Caramel Bar • Olive oil • Potato crisps, low fat • Butter • Potato crisps • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Sardines, canned in tomato sauce • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Strawberries, canned in syrup • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • Chilli con carne • Cottage/Shepherd's pie, chilled/frozen, reheated • Crumble, fruit 	<ul style="list-style-type: none"> • Lasagne • Fruit pie, pastry top and bottom • Peanuts, roasted and salted • Mayonnaise, retail

Model 1.3	NMES criterion replaced with total sugar criterion and , fibre criterion added. Healthier if score is 2 or less, less healthy if score is 9 or more.										
Score	85.8	Total distribution (%) (H / I / U)		41.5	27.0	31.5	Indicator dist (%): ‘Healthier’ (H/I/U) ‘Less healthy’ (H/I/U)		95.6 1.5	3.5 20.0	0.9 78.5
Subset of foods	N	% healthier	% less healthy	Examples of ‘healthier food choices’		Examples of intermediate foods		Examples of ‘foods high in fat, salt or sugar’			
Bread, cereals and potatoes	100	52.0	13.0	<ul style="list-style-type: none"> • Crispbread, rye • Wholemeal bread, average • New potatoes, boiled in unsalted water • Old potatoes, roast in blended oil • Pasta, plain, fresh, cooked • White rice, easy cook, boiled • Oven chips, frozen, baked • Wholemeal rolls • White rice, fried 		<ul style="list-style-type: none"> • Wheat Biscuit Cereal • White bread, sliced • Sugar Coated Puffed Oat Cereal • Currant buns • Potato croquettes, fried in blended oil • Malt bread, fruited 		<ul style="list-style-type: none"> • Chips, French fries, retail • Flaked Corn Cereal • Cream crackers • Honey and Nut Coated Flaked Corn Cereal 			
Milk and dairy products	78	17.9	50.0	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural • Skimmed milk, average • Yogurt, low fat, fruit 		<ul style="list-style-type: none"> • Semi-skimmed milk, average • Cottage cheese, plain • Fromage frais, plain • Whole milk, average • Greek yogurt, sheep 		<ul style="list-style-type: none"> • Cheddar type, half fat • Creme fraiche, half fat • Cheddar cheese • Camembert 			
Fruit and vegetables	119	100.0	0.0	<ul style="list-style-type: none"> • Peaches, raw • Pineapple, canned in juice • Orange juice, unsweetened • Currants • Lettuce, average, raw • Celery, raw • Tomatoes, grilled • Avocado, average 		<ul style="list-style-type: none"> • 		<ul style="list-style-type: none"> • 			
Meat, fish and alternatives	148	27.0	39.9	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water • Mackerel, grilled • Tuna, canned in oil, drained • Chicken, breast, grilled without skin, meat only • Cod, baked • Beef, rump steak, lean only, grilled 		<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean • Lamb, leg, lean only, roast • Eggs, chicken, boiled • Beef, mince, extra lean, stewed • Eggs, chicken, fried in vegetable oil • Beef, rump steak, lean and fat, fried • Chicken, leg quarter, roasted, meat and skin 		<ul style="list-style-type: none"> • Chicken nuggets, takeaway • Ham • Pork sausages, chilled, fried • Bacon rashers, streaky, fried 			

					<ul style="list-style-type: none"> • Walnuts 	
Foods high in fat, foods high in sugar	106	2.8	84.0	<ul style="list-style-type: none"> • Cola, diet 	<ul style="list-style-type: none"> • Cola 	<ul style="list-style-type: none"> • Digestive biscuits, plain • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Sponge cake • Chocolate chip cookies • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Whipped Nougat and Caramel Bar • Potato crisps, low fat • Potato crisps • Olive oil • Butter • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Sardines, canned in tomato sauce • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • Chilli con carne • Cottage/Shepherd's pie, chilled/frozen, reheated • Crumble, fruit • Lasagne • Strawberries, canned in syrup • Fruit pie, pastry top and bottom 	<ul style="list-style-type: none"> • Peanuts, roasted and salted • Mayonnaise, retail

Model 2.1	Water content multiplier added. Healthier if score is 7 or less, less healthy if score is 18 or more.										
Score	87.3	Total distribution (%) (H / I / U)		37.0	13.1	46.9	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		90.6 0.0	7.7 14.3	1.7 85.7
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'		Examples of intermediate foods		Examples of 'foods high in fat, salt or sugar'			
Bread, cereals and potatoes	102	25.5	37.3	<ul style="list-style-type: none"> • New potatoes, boiled in unsalted water • Wheat Biscuit Cereal • White rice, easy cook, boiled • Old potatoes, roast in blended oil • Crispbread, rye • Pasta, plain, fresh, cooked • White rice, fried 		<ul style="list-style-type: none"> • Oven chips, frozen, baked • Sugar Coated Puffed Oat Cereal • Flaked Corn Cereal • White bread, sliced • Wholemeal bread, average • Cream crackers 		<ul style="list-style-type: none"> • Honey and Nut Coated Flaked Corn Cereal • Wholemeal rolls • Potato croquettes, fried in blended oil • Currant buns • Malt bread, fruited • Chips, French fries, retail 			
Milk and dairy products	82	32.9	56.1	<ul style="list-style-type: none"> • Skimmed milk, average • Fromage frais, virtually fat free, natural • Semi-skimmed milk, average • Yogurt, low fat, plain • Whole milk, average 		<ul style="list-style-type: none"> • Yoghurt, low fat, fruit 		<ul style="list-style-type: none"> • Cottage cheese, plain • Fromage frais, plain • Greek yogurt, sheep • Cheddar type, half fat • Cheddar cheese • Creme fraiche, half fat • Camembert 			
Fruit and vegetables	121	99.2	0.0	<ul style="list-style-type: none"> • Peaches, raw • Pineapple, canned in juice • Orange juice, unsweetened • Currants • Lettuce, average, raw • Celery, raw • Tomatoes, grilled • Avocado, average 		<ul style="list-style-type: none"> • 		<ul style="list-style-type: none"> • 			
Meat, fish and alternatives	154	25.3	53.2	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water • Mackerel, grilled • Tofu, soya bean, steamed • Tuna, canned in oil, drained • Chicken, breast, grilled without skin, meat only • Cod, baked • Beef, rump steak, lean only, grilled 		<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean • Lamb, leg, lean only, roast • Walnuts • Beef, mince, extra lean, stewed • Eggs, chicken, boiled • Beef, rump steak, lean and fat, fried 		<ul style="list-style-type: none"> • Eggs, chicken, fried in vegetable oil • Chicken, leg quarter, roasted, meat and skin • Chicken nuggets, takeaway • Ham • Pork sausages, chilled, fried • Bacon rashers, streaky, fried 			

Foods high in fat, foods high in sugar	125	4.8	88.0	<ul style="list-style-type: none"> • Cola, diet 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Cola • Digestive biscuits, plain • Chocolate Coated Wafer Biscuits • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Chocolate Coated Whipped Nougat Bar • Chocolate chip cookies • Doughnuts, jam • Chocolate Coated Whipped Nougat and Caramel Bar • Sponge cake • Olive oil • Potato crisps, low fat • Potato crisps • Butter • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Rhubarb, stewed with sugar • Sardines, canned in tomato sauce • Strawberries, canned in syrup • Mushrooms, common, fried in corn oil • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Crumble, fruit • Peanuts, roasted and salted • Cottage/Shepherd's pie, chilled/frozen, reheated • Lasagne • Fruit pie, pastry top and bottom • Mayonnaise, retail • Chilli con carne

Model 2.2	Energy density criterion removed, water content multiplier added. Healthier food if score is 2 or less, less healthy if score is 16 or more.										
Score	87.1	Total distribution (%) (H / I / U)		33.6	24.5	41.9	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		93.2 0.0	5.9 18.2	0.9 81.8
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'	Examples of intermediate foods	Examples of 'foods high in fat, salt or sugar'					
Bread, cereals and potatoes	102	23.5	22.5	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • New potatoes, boiled in unsalted water • Pasta, plain, fresh, cooked • Old potatoes, roast in blended oil • White rice, easy cook, boiled • Crispbread, rye 	<ul style="list-style-type: none"> • Oven chips, frozen, baked • White rice, fried • Sugar Coated Puffed Oat Cereal • Flaked Corn Cereal • White bread, sliced • Wholemeal bread, average • Cream crackers • Honey and Nut Coated Flaked Corn Cereal • Wholemeal rolls 	<ul style="list-style-type: none"> • Currant buns • Potato croquettes, fried in blended oil • Malt bread, fruited • Chips, French fries, retail 					
Milk and dairy products	81	17.3	63.0	<ul style="list-style-type: none"> • Skimmed milk, average • Fromage frais, virtually fat free, natural • Semi-skimmed milk, average 	<ul style="list-style-type: none"> • Yogurt, low fat, plain • Yogurt, low fat, fruit • Whole milk, average 	<ul style="list-style-type: none"> • Cottage cheese, plain • Fromage frais, plain • Greek yogurt, sheep • Cheddar type, half fat • Cheddar cheese • Creme fraiche, half fat • Camembert 					
Fruit and vegetables	121	100.0	0.0	<ul style="list-style-type: none"> • Peaches, raw • Pineapple, canned in juice • Orange juice, unsweetened • Currants • Lettuce, average, raw • Celery, raw • Tomatoes, grilled • Avocado, average 	•	•					
Meat, fish and alternatives	154	26.6	43.5	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water • Mackerel, grilled • Tuna, canned in oil, drained • Tofu, soya bean, steamed • Chicken, breast, grilled without skin, meat only 	<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean • Lamb, leg, lean only, roast • Walnuts • Beef, mince, extra lean, stewed • Beef, rump steak, lean and fat, fried • Eggs, chicken, fried in vegetable oil 	<ul style="list-style-type: none"> • Chicken, leg quarter, roasted, meat and skin • Chicken nuggets, takeaway • Ham • Pork sausages, chilled, fried • Bacon rashers, streaky, fried 					

				<ul style="list-style-type: none"> • Cod, baked • Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> • Eggs, chicken, boiled 	
Foods high in fat, foods high in sugar	125	2.4	84.0	<ul style="list-style-type: none"> • Cola, diet 	<ul style="list-style-type: none"> • Olive oil 	<ul style="list-style-type: none"> • Digestive biscuits, plain • Chocolate Coated Wafer Biscuits • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Chocolate Coated Whipped Nougat Bar • Doughnuts, jam • Chocolate chip cookies • Chocolate Coated Whipped Nougat and Caramel Bar • Sponge cake • Cola • Potato crisps, low fat • Potato crisps • Butter • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Sardines, canned in tomato sauce • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Strawberries, canned in syrup • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • Chilli con carne • Peanuts, roasted and salted • Crumble, fruit 	<ul style="list-style-type: none"> • Fruit pie, pastry top and bottom • Cottage/Shepherd's pie, chilled/frozen, reheated • Lasagne • Mayonnaise, retail

Model 3.1		Calcium and iron criteria replaced with protein criterion. Healthier if score is 0 or less, less healthy if score is 9 or more.									
Score	83.5	Total distribution (%) (H / I / U)		40.2	29.8	30.0	Indicator dist (%): 'Healthier' (H/I/U)		87.2	11.9	0.9
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'		Examples of intermediate foods		Examples of 'foods high in fat, salt or sugar'			
Bread, cereals and potatoes	104	20.2	30.8	<ul style="list-style-type: none"> • Pasta, plain, fresh, cooked • New potatoes, boiled in unsalted water • White rice, easy cook, boiled • Old potatoes, roast in blended oil 		<ul style="list-style-type: none"> • Crispbread, rye • White rice, fried • Oven chips, frozen, baked • Wheat Biscuit Cereal • Wholemeal bread, average • Wholemeal rolls • White bread, sliced • Potato croquettes, fried in blended oil 		<ul style="list-style-type: none"> • Chips, French fries, retail • Currant buns • Malt bread, fruited • Sugar Coated Puffed Oat Cereal • Cream crackers • Flaked Corn Cereal • Honey and Nut Coated Flaked Corn Cereal 			
Milk and dairy products	81	24.7	43.2	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural • Skimmed milk, average • Semi-skimmed milk, average • Cottage cheese, plain • Yogurt, low fat, plain 		<ul style="list-style-type: none"> • Yogurt, low fat, fruit • Whole milk, average • Fromage frais, plain • Greek yogurt, sheep 		<ul style="list-style-type: none"> • Camembert • Cheddar type, half fat • Creme fraiche, half fat • Cheddar cheese 			
Fruit and vegetables	121	96.7	0.0	<ul style="list-style-type: none"> • Pineapple, canned in juice • Peaches, raw • Orange juice, unsweetened • Celery, raw • Lettuce, average, raw • Tomatoes, grilled • Avocado, average 		<ul style="list-style-type: none"> • Currants 					
Meat, fish and alternatives	155	56.8	14.8	<ul style="list-style-type: none"> • Mackerel, grilled • Lentils, red, split, dried, boiled in unsalted water • Tuna, canned in oil, drained • Cod, baked • Chicken, breast, grilled without skin, meat only • Lamb, leg, lean only, roast • Beef, rump steak, lean only, grilled • Beef, topside, roasted well-done, 		<ul style="list-style-type: none"> • Chicken nuggets, takeaway • Ham • Walnuts 		<ul style="list-style-type: none"> • Pork sausages, chilled, fried • Bacon rashers, streaky, fried 			

				<ul style="list-style-type: none"> lean • Tofu, soya bean, steamed • Beef, mince, extra lean, stewed • Beef, rump steak, lean and fat, fried • Chicken, leg quarter, roasted, meat and skin • Eggs, chicken, boiled • Eggs, chicken, fried in vegetable oil 		
Foods high in fat, foods high in sugar	136	2.2	87.5	<ul style="list-style-type: none"> • Cola, diet 	•	<ul style="list-style-type: none"> • Cola • Doughnuts, jam • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Sponge cake • Digestive biscuits, plain • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Wafer Biscuits • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate chip cookies • Fat spread (20-25% fat), polyunsaturated • Potato crisps, low fat • Olive oil • Potato crisps • Fat spread (60% fat), polyunsaturated • Butter • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Sardines, canned in tomato sauce • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • Lasagne • Cottage/Shepherd's pie, chilled/frozen, reheated • Crumble, fruit • Strawberries, canned in syrup • Chilli con carne • Fruit pie, pastry top and bottom 	<ul style="list-style-type: none"> • Peanuts, roasted and salted • Mayonnaise, reduced calorie • Mayonnaise, retail

Model 3.2	Calcium, iron and n-3 fatty acids criteria replaced with protein criterion. Healthier if score is 0 or less, less healthy if score is 9 or more.											
Score	82.7	Total distribution (%) (H / I / U)		40.5	30.4	29.1	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)			87.8	11.4	0.8
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'			Examples of intermediate foods			Examples of 'foods high in fat, salt or sugar'		
Bread, cereals and potatoes	104	20.2	30.8	<ul style="list-style-type: none"> • Pasta, plain, fresh, cooked • New potatoes, boiled in unsalted water • White rice, easy cook, boiled • Old potatoes, roast in blended oil 			<ul style="list-style-type: none"> • Crispbread, rye • White rice, fried • Wheat Biscuit Cereal • Oven chips, frozen, baked • Wholemeal bread, average • Wholemeal rolls • White bread, sliced • Potato croquettes, fried in blended oil 			<ul style="list-style-type: none"> • Chips, French fries, retail • Currant buns • Malt bread, fruited • Sugar Coated Puffed Oat Cereal • Cream crackers • Flaked Corn Cereal • Honey and Nut Coated Flaked Corn Cereal 		
Milk and dairy products	81	24.7	43.2	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural • Skimmed milk, average • Semi-skimmed milk, average • Cottage cheese, plain • Yogurt, low fat, plain 			<ul style="list-style-type: none"> • Yogurt, low fat, fruit • Whole milk, average • Fromage frais, plain • Greek yogurt, sheep 			<ul style="list-style-type: none"> • Cheddar type, half fat • Camembert • Creme fraiche, half fat • Cheddar cheese 		
Fruit and vegetables	121	96.7	0.0	<ul style="list-style-type: none"> • Pineapple, canned in juice • Peaches, raw • Orange juice, unsweetened • Celery, raw • Lettuce, average, raw • Tomatoes, grilled • Avocado, average 			<ul style="list-style-type: none"> • Currants 					
Meat, fish and alternatives	181	55.2	13.3	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water • Chicken, breast, grilled without skin, meat only • Beef, rump steak, lean only, grilled • Beef, topside, roasted well-done, lean • Cod, baked • Mackerel, grilled • Tofu, soya bean, steamed 			<ul style="list-style-type: none"> • Chicken nuggets, takeaway • Ham • Walnuts 			<ul style="list-style-type: none"> • Pork sausages, chilled, fried • Bacon rashers, streaky, fried 		

				<ul style="list-style-type: none"> • Lamb, leg, lean only, roast • Beef, mince, extra lean, stewed • Tuna, canned in oil, drained • Beef, rump steak, lean and fat, fried • Chicken, leg quarter, roasted, meat and skin • Eggs, chicken, boiled • Eggs, chicken, fried in vegetable oil • Fish fingers, cod, grilled 		
Foods high in fat, foods high in sugar	137	2.2	87.6	<ul style="list-style-type: none"> • Cola, diet 	•	<ul style="list-style-type: none"> • Cola • Doughnuts, jam • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Sponge cake • Digestive biscuits, plain • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Wafer Biscuits • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate chip cookies • Fat spread (20-25% fat), polyunsaturated • Potato crisps, low fat • Olive oil • Potato crisps • Fat spread (60% fat), polyunsaturated • Butter • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Baked beans, canned in tomato sauce, re-heated • Sardines, canned in tomato sauce 	<ul style="list-style-type: none"> • Lasagne • Cottage/Shepherd's pie, chilled/frozen, reheated • Crumble, fruit • Strawberries, canned in syrup • Chilli con carne • Fruit pie, pastry top and bottom 	<ul style="list-style-type: none"> • Peanuts, roasted and salted • Mayonnaise, reduced calorie • Mayonnaise, retail

Model 4.1		Energy density scores capped at 5. Healthier if score is 2 or less, less healthy if score is 9 or more.										
Score		88.6	Total distribution (%) (H / I / U)		35.2	26.9	37.9	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		89.7	6.9	3.4
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'	Examples of intermediate foods	Examples of 'foods high in fat, salt or sugar'						
Bread, cereals and potatoes	103	24.3	35.9	<ul style="list-style-type: none"> • New potatoes, boiled in unsalted water • White rice, easy cook, boiled • Old potatoes, roast in blended oil • Wheat Biscuit Cereal • Pasta, plain, fresh, cooked • White rice, fried 	<ul style="list-style-type: none"> • Oven chips, frozen, baked • Crispbread, rye • Wholemeal bread, average • White bread, sliced • Potato croquettes, fried in blended oil • Wholemeal rolls 	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal • Chips, French fries, retail • Currant buns • Flaked Corn Cereal • Malt bread, fruited • Cream crackers • Honey and Nut Coated Flaked Corn Cereal 						
Milk and dairy products	81	23.5	45.7	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural • Skimmed milk, average • Yogurt, low fat, plain • Semi-skimmed milk, average • Yogurt, low fat, fruit 	<ul style="list-style-type: none"> • Cottage cheese, plain • Fromage frais, plain • Greek yogurt, sheep • Whole milk, average 	<ul style="list-style-type: none"> • Creme fraiche, half fat • Cheddar type, half fat • Cheddar cheese • Camembert 						
Fruit and vegetables	121	98.3	0.0	<ul style="list-style-type: none"> • Pineapple, canned in juice • Peaches, raw • Orange juice, unsweetened • Celery, raw • Lettuce, average, raw • Tomatoes, grilled • Avocado, average 	•	•						
Meat, fish and alternatives	154	25.3	42.2	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water • Mackerel, grilled • Tofu, soya bean, steamed • Tuna, canned in oil, drained • Chicken, breast, grilled without skin, meat only • Cod, baked • Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean • Lamb, leg, lean only, roast • Eggs, chicken, boiled • Beef, mince, extra lean, stewed • Beef, rump steak, lean and fat, fried • Eggs, chicken, fried in vegetable oil • Chicken, leg quarter, roasted, meat and skin 	<ul style="list-style-type: none"> • Walnuts • Chicken nuggets, takeaway • Ham • Pork sausages, chilled, fried • Bacon rashers, streaky, fried 						
Foods high in fat, foods	125	1.6	91.2	<ul style="list-style-type: none"> • Cola, diet 	•	<ul style="list-style-type: none"> • Cola • Doughnuts, jam 						

<p>high in sugar</p>						<ul style="list-style-type: none"> • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Digestive biscuits, plain • Sponge cake • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Wafer Biscuits • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate chip cookies • Olive oil • Butter • Potato crisps, low fat • Margarine, soft, polyunsaturated • Potato crisps
<p>Composite foods</p>	<p>-</p>	<p>-</p>	<p>-</p>	<ul style="list-style-type: none"> • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Rhubarb, stewed with sugar • Sardines, canned in tomato sauce • Mushrooms, common, fried in corn oil • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • Chilli con carne • Cottage/Shepherd's pie, chilled/frozen, reheated • Crumble, fruit • Strawberries, canned in syrup 	<ul style="list-style-type: none"> • Lasagne • Fruit pie, pastry top and bottom • Peanuts, roasted and salted • Mayonnaise, retail

Model 4.2	Energy density and saturated fat replaced with a fat quality criterion. Healthier if score is 0 or less, less healthy if score is 6 or more.											
Score	90.5	Total distribution (%) (H / I / U)		33.8	30.0	36.2	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)			93.8	5.3	0.9
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'			Examples of intermediate foods			Examples of 'foods high in fat, salt or sugar'		
Bread, cereals and potatoes	103	21.4	34.0	<ul style="list-style-type: none"> Wheat Biscuit Cereal Pasta, plain, fresh, cooked New potatoes, boiled in unsalted water Old potatoes, roast in blended oil White rice, easy cook, boiled 			<ul style="list-style-type: none"> Crispbread, rye White rice, fried Oven chips, frozen, baked Wholemeal bread, average White bread, sliced Sugar Coated Puffed Oat Cereal Chips, French fries, retail Potato croquettes, fried in blended oil Wholemeal rolls 			<ul style="list-style-type: none"> Cream crackers Flaked Corn Cereal Currant buns Malt bread, fruited Honey and Nut Coated Flaked Corn Cereal 		
Milk and dairy products	80	17.5	48.8	<ul style="list-style-type: none"> Skimmed milk, average Fromage frais, virtually fat free, natural Semi-skimmed milk, average 			<ul style="list-style-type: none"> Yogurt, low fat, plain Whole milk, average Yogurt, low fat, fruit Fromage frais, plain Greek yogurt, sheep Cottage cheese, plain 			<ul style="list-style-type: none"> Cheddar type, half fat Creme fraiche, half fat Cheddar cheese Camembert 		
Fruit and vegetables	110	100.0	0.0	<ul style="list-style-type: none"> Peaches, raw Pineapple, canned in juice Orange juice, unsweetened Celery, raw Lettuce, average, raw Avocado, average Tomatoes, grilled 			<ul style="list-style-type: none"> 			<ul style="list-style-type: none"> 		
Meat, fish and alternatives	153	31.4	27.5	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water Mackerel, grilled Tofu, soya bean, steamed Tuna, canned in oil, drained Cod, baked Chicken, breast, grilled without skin, meat only Beef, rump steak, lean only, grilled 			<ul style="list-style-type: none"> Eggs, chicken, boiled Eggs, chicken, fried in vegetable oil Beef, rump steak, lean and fat, fried Beef, mince, extra lean, stewed Chicken, leg quarter, roasted, meat and skin 			<ul style="list-style-type: none"> Chicken nuggets, takeaway Ham Pork sausages, chilled, fried Bacon rashers, streaky, fried 		

				<ul style="list-style-type: none"> • Walnuts • Lamb, leg, lean only, roast • Beef, topside, roasted well-done, lean 		
Foods high in fat, foods high in sugar	122	1.6	91.8	<ul style="list-style-type: none"> • Cola, diet 	<ul style="list-style-type: none"> • Olive oil 	<ul style="list-style-type: none"> • Cola • Doughnuts, jam • Digestive biscuits, plain • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Sponge cake • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Wafer Biscuits • Chocolate chip cookies • Margarine, soft, polyunsaturated • Potato crisps, low fat • Butter • Potato crisps
Composite foods	-	-	-	<ul style="list-style-type: none"> • Sardines, canned in tomato sauce • Soya, non-dairy alternative to milk, unsweetened • Mushrooms, common, fried in corn oil • Celery, boiled in salted water • Rhubarb, stewed with sugar • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • Chilli con carne • Crumble, fruit • Lasagne • Cottage/Shepherd's pie, chilled/frozen, reheated • Strawberries, canned in syrup • Fruit pie, pastry top and bottom 	<ul style="list-style-type: none"> • Mayonnaise, retail • Peanuts, roasted and salted

Model 5.1		Fruit and vegetable scores capped at 5. Healthier is score is 2 or less, less healthy if score is 9 or more.									
Score	85.6	Total distribution (%) (H / I / U)		32.7	28.7	38.6	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		84.6	11.1	4.3
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'		Examples of intermediate foods		Examples of 'foods high in fat, salt or sugar'			
Bread, cereals and potatoes	103	24.3	35.9	<ul style="list-style-type: none"> New potatoes, boiled in unsalted water Wheat Biscuit Cereal Old potatoes, roast in blended oil White rice, easy cook, boiled Pasta, plain, fresh, cooked White rice, fried 		<ul style="list-style-type: none"> Oven chips, frozen, baked Crispbread, rye Wholemeal bread, average White bread, sliced Potato croquettes, fried in blended oil Wholemeal rolls 		<ul style="list-style-type: none"> Sugar Coated Puffed Oat Cereal Chips, French fries, retail Currant buns Flaked Corn Cereal Malt bread, fruited Cream crackers Honey and Nut Coated Flaked Corn Cereal 			
Milk and dairy products	81	23.5	45.7	<ul style="list-style-type: none"> Skimmed milk, average Fromage frais, virtually fat free, natural Semi-skimmed milk, average Yogurt, low fat, plain Yogurt, low fat, fruit 		<ul style="list-style-type: none"> Whole milk, average Fromage frais, plain Greek yogurt, sheep Cottage cheese, plain 		<ul style="list-style-type: none"> Cheddar type, half fat Creme fraiche, half fat Cheddar cheese Camembert 			
Fruit and vegetables	121	92.6	0.0	<ul style="list-style-type: none"> Peaches, raw Pineapple, canned in juice Celery, raw Lettuce, average, raw Tomatoes, grilled Avocado, average 		<ul style="list-style-type: none"> Orange juice, unsweetened Currants 					
Meat, fish and alternatives	154	25.3	43.5	<ul style="list-style-type: none"> Mackerel, grilled Lentils, red, split, dried, boiled in unsalted water Tofu, soya bean, steamed Tuna, canned in oil, drained Chicken, breast, grilled without skin, meat only Cod, baked Beef, rump steak, lean only, grilled 		<ul style="list-style-type: none"> Lamb, leg, lean only, roast Beef, topside, roasted well-done, lean Eggs, chicken, boiled Beef, mince, extra lean, stewed Eggs, chicken, fried in vegetable oil Beef, rump steak, lean and fat, fried Chicken, leg quarter, roasted, meat and skin 		<ul style="list-style-type: none"> Chicken nuggets, takeaway Walnuts Ham Pork sausages, chilled, fried Bacon rashers, streaky, fried 			
Foods high in fat, foods high in	125	1.6	91.2	<ul style="list-style-type: none"> Cola, diet 		<ul style="list-style-type: none"> 		<ul style="list-style-type: none"> Cola Doughnuts, jam Dark Chocolate Coated Orange 			

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sugar						<p>Jelly Layered Sponge Cakes</p> <ul style="list-style-type: none"> • Digestive biscuits, plain • Sponge cake • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate Coated Wafer Biscuits • Chocolate chip cookies • Olive oil • Potato crisps, low fat • Butter • Potato crisps • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Sardines, canned in tomato sauce • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • Chilli con carne • Cottage/Shepherd's pie, chilled/frozen, reheated • Strawberries, canned in syrup • Crumble, fruit 	<ul style="list-style-type: none"> • Lasagne • Fruit pie, pastry top and bottom • Peanuts, roasted and salted • Mayonnaise, retail

Model 5.2		All 'C' nutrient scores capped at 5. Healthier is score is 2 or less, less healthy if score is 9 or more.										
Score		86.3	Total distribution (%) (H / I / U)		31.7	28.2	40.1	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		87.5 0.0	8.0 10.5	4.5 89.5
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'	Examples of intermediate foods	Examples of 'foods high in fat, salt or sugar'						
Bread, cereals and potatoes	103	23.3	38.8	<ul style="list-style-type: none"> New potatoes, boiled in unsalted water Old potatoes, roast in blended oil White rice, easy cook, boiled Pasta, plain, fresh, cooked White rice, fried 	<ul style="list-style-type: none"> Oven chips, frozen, baked Wheat Biscuit Cereal Crispbread, rye Wholemeal bread, average White bread, sliced Potato croquettes, fried in blended oil Wholemeal rolls 	<ul style="list-style-type: none"> Sugar Coated Puffed Oat Cereal Chips, French fries, retail Currant buns Flaked Corn Cereal Malt bread, fruited Cream crackers Honey and Nut Coated Flaked Corn Cereal 						
Milk and dairy products	80	22.5	46.3	<ul style="list-style-type: none"> Skimmed milk, average Fromage frais, virtually fat free, natural Semi-skimmed milk, average Yogurt, low fat, plain Yogurt, low fat, fruit 	<ul style="list-style-type: none"> Whole milk, average Fromage frais, plain Greek yogurt, sheep Cottage cheese, plain 	<ul style="list-style-type: none"> Creme fraiche, half fat Cheddar type, half fat Camembert Cheddar cheese 						
Fruit and vegetables	110	96.4	0.0	<ul style="list-style-type: none"> Peaches, raw Pineapple, canned in juice Celery, raw Lettuce, average, raw Tomatoes, grilled Avocado, average 	<ul style="list-style-type: none"> Orange juice, unsweetened 	<ul style="list-style-type: none"> 						
Meat, fish and alternatives	153	23.5	46.4	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water Tofu, soya bean, steamed Tuna, canned in oil, drained Chicken, breast, grilled without skin, meat only Mackerel, grilled Cod, baked Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> Lamb, leg, lean only, roast Beef, topside, roasted well-done, lean Eggs, chicken, boiled Beef, mince, extra lean, stewed Eggs, chicken, fried in vegetable oil Beef, rump steak, lean and fat, fried Chicken, leg quarter, roasted, meat and skin 	<ul style="list-style-type: none"> Chicken nuggets, takeaway Walnuts Ham Pork sausages, chilled, fried Bacon rashers, streaky, fried 						
Foods high in fat, foods high in	122	0.8	90.2	<ul style="list-style-type: none"> Cola, diet 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Cola Doughnuts, jam Dark Chocolate Coated Orange 						

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sugar						<ul style="list-style-type: none"> Jelly Layered Sponge Cakes • Digestive biscuits, plain • Sponge cake • Chocolate Coated Whipped Nougat Bar • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate Coated Wafer Biscuits • Chocolate chip cookies • Olive oil • Potato crisps, low fat • Butter • Potato crisps • Margarine, soft, polyunsaturated
Composite foods	-	-	-	<ul style="list-style-type: none"> • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Sardines, canned in tomato sauce • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil 	<ul style="list-style-type: none"> • Baked beans, canned in tomato sauce, re-heated • Chilli con carne • Cottage/Shepherd's pie, chilled/frozen, reheated • Strawberries, canned in syrup • Crumble, fruit 	<ul style="list-style-type: none"> • Lasagne • Fruit pie, pastry top and bottom • Peanuts, roasted and salted • Mayonnaise, retail

Model 5.3		Ceiling removed for 'A' nutrients. Healthier if score is 2 or less, less healthy if score is 9 or more.									
Score	84.3	Total distribution (%) (H / I / U)		32.6	27.6	39.8	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		84.6 0.0	8.6 9.1	6.8 90.9
Subset of foods	N	% healthier	% less healthy	Examples of 'healthier food choices'		Examples of intermediate foods		Examples of 'foods high in fat, salt or sugar'			
Bread, cereals and potatoes	103	24.3	35.9	<ul style="list-style-type: none"> • New potatoes, boiled in unsalted water • White rice, easy cook, boiled • Old potatoes, roast in blended oil • Wheat Biscuit Cereal • Pasta, plain, fresh, cooked • White rice, fried 		<ul style="list-style-type: none"> • Oven chips, frozen, baked • Crispbread, rye • Wholemeal bread, average • White bread, sliced • Potato croquettes, fried in blended oil • Wholemeal rolls 		<ul style="list-style-type: none"> • Chips, French fries, retail • Currant buns • Flaked Corn Cereal • Malt bread, fruited • Cream crackers • Sugar Coated Puffed Oat Cereal • Honey and Nut Coated Flaked Corn Cereal 			
Milk and dairy products	81	23.5	45.7	<ul style="list-style-type: none"> • Skimmed milk, average • Fromage frais, virtually fat free, natural • Semi-skimmed milk, average • Yogurt, low fat, plain • Yogurt, low fat, fruit 		<ul style="list-style-type: none"> • Whole milk, average • Cottage cheese, plain • Fromage frais, plain • Greek yogurt, sheep 		<ul style="list-style-type: none"> • Creme fraiche, half fat • Cheddar type, half fat • Camembert • Cheddar cheese 			
Fruit and vegetables	121	92.6	3.3	<ul style="list-style-type: none"> • Peaches, raw • Pineapple, canned in juice • Lettuce, average, raw • Celery, raw • Tomatoes, grilled • Avocado, average 		<ul style="list-style-type: none"> • Orange juice, unsweetened 		<ul style="list-style-type: none"> • Currants 			
Meat, fish and alternatives	154	25.3	43.5	<ul style="list-style-type: none"> • Mackerel, grilled • Lentils, red, split, dried, boiled in unsalted water • Tofu, soya bean, steamed • Tuna, canned in oil, drained • Chicken, breast, grilled without skin, meat only • Cod, baked • Beef, rump steak, lean only, grilled 		<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean • Lamb, leg, lean only, roast • Beef, mince, extra lean, stewed • Eggs, chicken, boiled • Beef, rump steak, lean and fat, fried • Eggs, chicken, fried in vegetable oil • Chicken, leg quarter, roasted, meat and skin 		<ul style="list-style-type: none"> • Chicken nuggets, takeaway • Walnuts • Ham • Pork sausages, chilled, fried • Bacon rashers, streaky, fried 			
Foods high in fat, foods high in	125	0.8	92.0	<ul style="list-style-type: none"> • Cola, diet 		<ul style="list-style-type: none"> • 		<ul style="list-style-type: none"> • Cola • Doughnuts, jam • Digestive biscuits, plain 			

sugar						<ul style="list-style-type: none"> • Sponge cake • Chocolate chip cookies • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes • Chocolate Coated Wafer Biscuits • Chocolate Coated Whipped Nougat and Caramel Bar • Chocolate Coated Whipped Nougat Bar • Potato crisps, low fat • Olive oil • Potato crisps • Margarine, soft, polyunsaturated • Butter
Composite foods	-	-	-	<ul style="list-style-type: none"> • Sardines, canned in tomato sauce • Soya, non-dairy alternative to milk, unsweetened • Celery, boiled in salted water • Rhubarb, stewed with sugar • Mushrooms, common, fried in corn oil • Baked beans, canned in tomato sauce, re-heated 	<ul style="list-style-type: none"> • Chilli con carne • Cottage/Shepherd's pie, chilled/frozen, reheated • Strawberries, canned in syrup • Crumble, fruit 	<ul style="list-style-type: none"> • Lasagne • Fruit pie, pastry top and bottom • Peanuts, roasted and salted • Mayonnaise, retail

Appendix 2: Results for Test D

	Model SSCg3d FOR COMPARISON.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Apricots (ready-to-eat) • Red kidney beans • Peas • Apples • Bananas • Baked beans
Intermediate	<ul style="list-style-type: none"> • Porridge, made with water • Wheat Flakes Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Roast lamb • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • Crispbread • White bread (added fibre) • Wholemeal bread
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal • Cocoa Coated Puffed Rice Cereal • Sugar Coated Flaked Corn Cereal • Flaked Corn Cereal • Bran Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil • Butter • Soft margarine • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Parmesan • Crispy bacon • Roasted peanuts 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

	Model 1.1 Fibre (NSP) criterion added. Healthier if score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal • Bran Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Red kidney beans • Apricots (ready-to-eat) • Peas • Apples • Bananas • Baked beans • Crispbread • Wholemeal bread • White bread (added fibre)
Intermediate	<ul style="list-style-type: none"> • Porridge, made with water • Sugar Coated Puffed Oat Cereal • Wheat Flakes Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Roast lamb • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated
Less healthy	<ul style="list-style-type: none"> • Cocoa Coated Puffed Rice Cereal • Sugar Coated Flaked Corn Cereal • Flaked Corn Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil • Butter • Soft margarine • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Roasted peanuts • Parmesan • Crispy bacon 	<ul style="list-style-type: none"> • Potato crisps

	Model 1.2 NMES replaced with total sugars criterion. Healthier if score is 3 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak • Roast lamb 	<ul style="list-style-type: none"> • Apples • Peas • Bananas • Red kidney beans • Apricots, ready-to-eat • Baked beans • Crispbread
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal • Porridge made with water • Muesli (no added sugar) • Cocoa Coated Puffed Rice Cereal • Bran Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • White bread (added fibre) • Wholemeal bread
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal • Sugar Coated Flaked Corn Cereal • Flaked Corn Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil • Butter • Soft margarine • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Parmesan • Crispy bacon • Salted peanuts 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

	Model 1.3 NMES replaced with total sugars and fibre (NSP) criterion. Healthier if score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal • Muesli (no added sugar) • Bran Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Red kidney beans • Peas • Apples • Apricots (ready-to-eat) • Baked beans • Crispbread • Bananas • Wholemeal bread • White bread (added fibre)
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal • Sugar Coated Puffed Oat Cereal • Porridge, made with water • Cocoa Coated Puffed Rice Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Roast lamb • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal • Sugar Coated Flaked Corn Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil • Butter • Soft polyunsaturated margarine • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Roasted peanuts • Parmesan • Crispy bacon 	<ul style="list-style-type: none"> • Potato crisps

Model 2.1 Water content multiplier added. Healthier if score is 7 or less, less healthy if score is 18 or more.				
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Apples • Peas • Bananas • Red kidney beans • Apricots • Baked beans • Crispbread
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal • Cocoa Coated Puffed Rice Cereal • Sugar Coated Puffed Oat Cereal • Sugar Coated Flaked Corn Cereal • Flaked Corn Cereal • Bran Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Roast lamb • Boiled egg 	<ul style="list-style-type: none"> • White bread (added fibre) • Wholemeal crackers • Wholemeal bread
Less healthy	<ul style="list-style-type: none"> • Honey and Nut Coated Flaked Corn Cereal • Porridge, made with water 	<ul style="list-style-type: none"> • Olive oil • Butter • Soft margarine • Hard margarine 	<ul style="list-style-type: none"> • Dry roasted peanuts • Fried fishfingers • Parmesan • Half fat cheddar • Crispy bacon 	<ul style="list-style-type: none"> • Wheat Sticks, Yeast Extract Coated • Potato crisps • Wholemeal scones

	Model 2.2 Energy density removed, water content multiplier added. Healthier if score is 2 or less, less healthy if score is 16 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Apples • Bananas • Red kidney beans • Peas • Apricots (ready-to-eat) • Baked beans • Crispbread
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal • Sugar Coated Puffed Oat Cereal • Cocoa Coated Puffed Rice Cereal • Sugar Coated Flaked Corn Cereal • Flaked Corn Cereal • Bran Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil 	<ul style="list-style-type: none"> • Roast lamb • Boiled egg 	<ul style="list-style-type: none"> • White bread (added fibre) • Wholemeal crackers • Wholemeal bread • Wheat Sticks, Yeast Extract Coated
Less healthy	<ul style="list-style-type: none"> • Porridge made with water 	<ul style="list-style-type: none"> • Butter • Soft polyunsaturated margarine • Hard margarine 	<ul style="list-style-type: none"> • Roasted peanuts • Fried fish fingers • Parmesan • Half fat cheddar • Crispy bacon 	<ul style="list-style-type: none"> • Wholemeal scones • Potato crisps

	Model 3.1 Calcium and iron criteria replaced with protein criterion. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Roast lamb • Grilled beef steak • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • Red kidney beans • Peas • Apples • Apricots (ready-to-eat) • Bananas • Baked beans
Intermediate	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Porridge made with water 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Crispbread • Wholemeal bread • White bread (added fibre) • Wholemeal crackers
Less healthy	<ul style="list-style-type: none"> • Wheat Flakes Cereal • Sugar Coated Puffed Oat Cereal • Bran Cereal • Flaked Corn Cereal • Cocoa Coated Puffed Rice Cereal • Honey and Nut Coated Flaked Corn Cereal • Sugar Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • 25% PUFA fat spread • 40% fat blended spread • 40% fat dairy spread • Olive oil • Butter • 70% fat PUFA fat spread • Soft polyunsaturated margarine • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Crispy bacon • Parmesan • Roasted peanuts 	<ul style="list-style-type: none"> • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

	Model 3.2 Calcium, iron and n-3 fatty acids criteria replaced with protein criterion. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Grilled chicken breast • Grilled beef steak • Roast lamb • Canned tuna • Boiled egg 	<ul style="list-style-type: none"> • Red kidney beans • Peas • Apples • Apricots (ready-to-eat) • Bananas • Baked beans
Intermediate	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Porridge, made with water 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Smoked salmon • Fried fish fingers 	<ul style="list-style-type: none"> • Crispbread • Wholemeal bread • White bread (added fibre) • Wholemeal crackers
Less healthy	<ul style="list-style-type: none"> • Wheat Flakes Cereal • Sugar Coated Puffed Oat Cereal • Bran Cereal • Flaked Corn Cereal • Cocoa Coated Puffed Rice Cereal • Honey and Nut Coated Flaked Corn Cereal • Sugar Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • 25% PUFA fat spread • 40% fat blended spread • 40% fat dairy spread • Olive oil • Butter • 70% fat PUFA fat spread • Soft polyunsaturated margarine • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Crispy bacon • Parmesan • Roasted peanuts 	<ul style="list-style-type: none"> • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

Model 4.1 Energy density scores capped at 5. Healthier if score is 2 or less, less healthy if score is 9 or more.				
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Apples • Apricots (ready-to-eat) • Red kidney beans • Peas • Bananas • Baked beans
Intermediate	<ul style="list-style-type: none"> • Porridge, made with water • Wheat Flakes Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Roast lamb • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • Crispbread • White bread (added fibre) • Wholemeal bread
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal • Cocoa Coated Puffed Rice Cereal • Sugar Coated Flaked Corn Cereal • Flaked Corn Cereal • Bran Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil • Butter • Polyunsaturated margarine • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Parmesan • Crispy bacon • Roasted peanuts 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

	Model 4.2 Energy density and saturated fat replaced with a fat quality criterion. Healthier food if score is 0 or less, less healthy if score is 6 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak • Roast lamb 	<ul style="list-style-type: none"> • Red kidney beans • Apples • Bananas • Peas • Baked beans
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal • Sugar Coated Puffed Oat Cereal • Cocoa Coated Puffed Rice Cereal 	<ul style="list-style-type: none"> • Olive oil 	<ul style="list-style-type: none"> • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • Crispbread • White bread (added fibre) • Wholemeal bread
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Flaked Corn Cereal • Porridge, made with water • Flaked Corn Cereal • Bran Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Soft polyunsaturated margarine • Butter • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Parmesan • Roasted peanuts • Crispy bacon 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

	Model 5.1 Fruit and vegetable scores capped at 5. Healthier is score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Apples • Apricots (ready-to-eat) • Red kidney beans • Peas • Bananas • Baked beans
Intermediate	<ul style="list-style-type: none"> • Porridge, made with water • Wheat Flakes Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Roast lamb • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • Crispbread • White bread (added fibre) • Wholemeal bread
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal • Cocoa Coated Puffed Rice Cereal • Sugar Coated Flaked Corn Cereal • Flaked Corn Cereal • Bran Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil • Butter • Polyunsaturated margarine • Hard margarine 	<ul style="list-style-type: none"> • Half fat cheddar • Parmesan • Crispy bacon • Roasted peanuts 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

	Model 5.2 All 'C' nutrient scores capped at 5. Healthier if score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Apples • Red kidney beans • Peas • Bananas
Intermediate	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Porridge, made with water 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Roast lamb • Boiled egg 	<ul style="list-style-type: none"> • Baked beans • Crispbread • Wholemeal bread • White bread (added fibre)
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal • Cocoa Coated Puffed Rice Cereal • Sugar Coated Flaked Corn Cereal • Flaked Corn Cereal • Bran Cereal • Wheat Flakes Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil • Butter • Polyunsaturated margarine • Hard margarine 	<ul style="list-style-type: none"> • Fried fishfingers • Half fat cheddar • Parmesan • Crispy bacon • Roasted peanuts 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

Model 5.3 No ceiling for 'A' nutrients. Healthier if score is 2 or less, less healthy if score is 9 or more.				
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal • Wheat Biscuit Cereal 		<ul style="list-style-type: none"> • Soya beans • Canned tuna • Grilled chicken breast • Grilled beef steak 	<ul style="list-style-type: none"> • Apples • Apricots (ready-to-eat) • Red kidney beans • Peas • Bananas • Baked beans
Intermediate	<ul style="list-style-type: none"> • Porridge, made with water • Wheat Flakes Cereal 		<ul style="list-style-type: none"> • Roast lamb • Boiled egg • Fried fishfingers 	<ul style="list-style-type: none"> • Crispbread • White bread (added fibre) • Wholemeal bread
Less healthy	<ul style="list-style-type: none"> • Bran Cereal • Flaked Corn Cereal • Cocoa Coated Puffed Rice Cereal • Sugar Coated Flaked Corn Cereal • Sugar Coated Puffed Oat Cereal • Honey and Nut Coated Flaked Corn Cereal 	<ul style="list-style-type: none"> • Olive oil • Soft polyunsaturated margarine • Hard margarine • Butter 	<ul style="list-style-type: none"> • Half fat cheddar • Roasted peanuts • Parmesan • Crispy bacon 	<ul style="list-style-type: none"> • Wholemeal crackers • Wholemeal scones • Wheat Sticks, Yeast Extract Coated • Potato crisps

Appendix 3 - Results for Tests A, B and C

Model SSCg3d		Basic model. Healthier if score is 2 or less, less healthy if score is 9 or more.									
Score	88.2	Total distribution (%) (H / I / U)		35.0	26.9	38.1	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		89.7	6.0	4.3
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	103	24.3	35.9	<ul style="list-style-type: none"> New potatoes, boiled in unsalted water 0 Wheat Biscuit Cereal 1 Old potatoes, roast in blended oil 1 White rice, easy cook, boiled 1 Pasta, plain, fresh, cooked 2 White rice, fried 2 	<ul style="list-style-type: none"> Oven chips, frozen, baked 3 Crispbread, rye 4 Wholemeal bread, average 6 White bread, sliced 6 Potato croquettes, fried in blended oil 7 Wholemeal rolls 8 	<ul style="list-style-type: none"> Sugar Coated Puffed Oat Cereal 9 Currant buns 11 Chips, French fries, retail 11 Flaked Corn Cereal 12 Malt bread, fruited 13 Cream crackers 14 Honey and Nut Coated Flaked Corn Cereal 16 					
Milk and dairy products	81	23.5	45.7	<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural -1 Skimmed milk, average -1 Semi-skimmed milk, average 1 Yogurt, low fat, plain 1 Yogurt, low fat, fruit 2 	<ul style="list-style-type: none"> Cottage cheese, plain 5 Fromage frais, plain 5 Greek yogurt, sheep 5 Whole milk, average 5 	<ul style="list-style-type: none"> Cheddar type, half fat 12 Creme fraiche, half fat 12 Cheddar cheese 16 Camembert 17 					
Fruit and vegetables	121	98.3	0.0	<ul style="list-style-type: none"> Peaches, raw -10 Pineapple, canned in juice -10 Orange juice, unsweetened -2 Celery, raw -10 Lettuce, average, raw -10 Tomatoes, grilled -9 Avocado, average -4 	<ul style="list-style-type: none"> Currants 3 						
Meat, fish and alternatives	154	25.3	43.5	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water -10 Mackerel, grilled -5 Tofu, soya bean, steamed -4 Tuna, canned in oil, drained -2 Chicken, breast, grilled without skin, meat only 0 Cod, baked 0 Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> Lamb, leg, lean only, roast 3 Beef, topside, roasted well-done, lean 3 Eggs, chicken, boiled 4 Beef, mince, extra lean, stewed 4 Eggs, chicken, fried in vegetable oil 5 Beef, rump steak, lean and fat, fried 5 	<ul style="list-style-type: none"> Chicken nuggets, takeaway 11 Walnuts 12 Ham 12 Pork sausages, chilled, fried 20 Bacon rashers, streaky, fried 23 					

				2	• Chicken, leg quarter, roasted, meat and skin 7	
Foods high in fat, foods high in sugar	125	1.6	91.2	• Cola, diet 0	•	<ul style="list-style-type: none"> • Cola 10 • Doughnuts, jam 16 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 19 • Digestive biscuits, plain 22 • Sponge cake 23 • Chocolate Coated Whipped Nougat Bar 25 • Chocolate Coated Whipped Nougat and Caramel Bar 26 • Chocolate Coated Wafer Biscuits 26 • Chocolate chip cookies 28 • Olive oil 20 • Potato crisps, low fat 21 • Butter 23 • Potato crisps 24 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -9 • Rhubarb, stewed with sugar -8 • Sardines, canned in tomato sauce -8 • Mushrooms, common, fried in corn oil -7 • Baked beans, canned in tomato sauce, re-heated -3 • Soya, non-dairy alternative to milk, unsweetened 0 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 3 • Crumble, fruit 5 • Chilli con carne 6 • Cottage/Shepherd's pie, chilled/frozen, reheated 7 	<ul style="list-style-type: none"> • Lasagne 9 • Fruit pie, pastry top and bottom 9 • Peanuts, roasted and salted 20 • Mayonnaise, retail 22

Model W		NMES replaced with total sugars and fibre (NSP). Healthier of score is 2 or less, less healthy if score is 9 or more.									
Score	85.8	Total distribution (%) (H / I / U)		41.5	27.0	31.5	Indicator dist (%): 'Healthier' (H/I/U)		95.6	3.5	0.9
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	100	52.0	13.0	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -10 • Crispbread, rye -7 • Wholemeal bread, average -2 • New potatoes, boiled in unsalted water -1 • Old potatoes, roast in blended oil -1 • Pasta, plain, fresh, cooked 0 • White rice, easy cook, boiled 1 • Oven chips, frozen, baked 1 • Wholemeal rolls 1 • White rice, fried 2 	<ul style="list-style-type: none"> • White bread, sliced 3 • Sugar Coated Puffed Oat Cereal 5 • Currant buns 5 • Potato croquettes, fried in blended oil 6 • Malt bread, fruited 6 	<ul style="list-style-type: none"> • Chips, French fries, retail 9 • Flaked Corn Cereal 9 • Cream crackers 11 • Honey and Nut Coated Flaked Corn Cereal 13 					
Milk and dairy products	78	17.9	50.0	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -1 • Skimmed milk, average 0 • Yogurt, low fat, fruit 1 	<ul style="list-style-type: none"> • Semi-skimmed milk, average 3 • Cottage cheese, plain 5 • Fromage frais, plain 5 • Greek yogurt, sheep 6 • Whole milk, average 6 	<ul style="list-style-type: none"> • Cheddar type, half fat 12 • Creme fraiche, half fat 12 • Cheddar cheese 16 • Camembert 17 					
Fruit and vegetables	119	100.0	0.0	<ul style="list-style-type: none"> • Peaches, raw -11 • Pineapple, canned in juice -8 • Orange juice, unsweetened -6 • Currants 1 • Celery, raw -11 • Lettuce, average, raw -11 • Tomatoes, grilled -11 • Avocado, average -8 							
Meat, fish and alternatives	148	27.0	39.9	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -12 • Mackerel, grilled -5 • Tuna, canned in oil, drained -2 • Chicken, breast, grilled without skin, meat only 0 • Cod, baked 0 • Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Beef, topside, roasted well-done, lean 3 • Eggs, chicken, boiled 4 • Beef, mince, extra lean, stewed 4 • Eggs, chicken, fried in vegetable oil 5 • Beef, rump steak, lean and fat, fried 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 11 • Ham 12 • Pork sausages, chilled, fried 20 • Bacon rashers, streaky, fried 23 					

				2	5	
					<ul style="list-style-type: none"> • Chicken, leg quarter, roasted, meat and skin 7 • Walnuts 8 	
Foods high in fat, foods high in sugar	106	2.8	84.0	0	5	<ul style="list-style-type: none"> • Cola, diet • Cola • Digestive biscuits, plain 17 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 18 • Sponge cake 18 • Chocolate chip cookies 22 • Chocolate Coated Whipped Nougat Bar 25 • Chocolate Coated Whipped Nougat and Caramel Bar 26 • Potato crisps, low fat 13 • Potato crisps 17 • Olive oil 20 • Butter 23 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -10 • Rhubarb, stewed with sugar -9 • Mushrooms, common, fried in corn oil -9 • Sardines, canned in tomato sauce -8 • Baked beans, canned in tomato sauce, re-heated -8 • Soya, non-dairy alternative to milk, unsweetened 0 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 3 • Crumble, fruit 4 • Chilli con carne 5 • Cottage/Shepherd's pie, chilled/frozen, reheated 6 • Fruit pie, pastry top and bottom 7 • Lasagne 8 	<ul style="list-style-type: none"> • Peanuts, roasted and salted 12 • Mayonnaise, retail 22

Model X		Iron, calcium and n-3 fatty acids replaced with protein. Healthier if score is 0 or less, less healthy if score is 9 or more.												
Score		82.7	Total distribution (%) (H / I / U)			40.5	30.4	29.1	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)			87.8	11.4	0.8
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods			Examples of intermediate foods			Examples of less healthy foods				
Bread, cereals and potatoes	104	20.2	30.8	<ul style="list-style-type: none"> Pasta, plain, fresh, cooked -2 New potatoes, boiled in unsalted water 0 Old potatoes, roast in blended oil 0 White rice, easy cook, boiled 0 	<ul style="list-style-type: none"> Crispbread, rye 1 White rice, fried 1 Wheat Biscuit Cereal 2 Oven chips, frozen, baked 2 Wholemeal bread, average 3 Wholemeal rolls 3 White bread, sliced 4 Potato croquettes, fried in blended oil 5 	<ul style="list-style-type: none"> Currant buns 9 Chips, French fries, retail 9 Malt bread, fruited 10 Sugar Coated Puffed Oat Cereal 11 Cream crackers 11 Flaked Corn Cereal 13 Honey and Nut Coated Flaked Corn Cereal 17 								
Milk and dairy products	81	24.7	43.2	<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural -4 Skimmed milk, average -3 Semi-skimmed milk, average -1 Cottage cheese, plain -1 Yogurt, low fat, plain 0 	<ul style="list-style-type: none"> Yogurt, low fat, fruit 1 Fromage frais, plain 3 Whole milk, average 3 Greek yogurt, sheep 4 	<ul style="list-style-type: none"> Cheddar type, half fat 9 Camembert 9 Creme fraiche, half fat 11 Cheddar cheese 13 								
Fruit and vegetables	121	96.7	0.0	<ul style="list-style-type: none"> Peaches, raw -10 Pineapple, canned in juice -10 Orange juice, unsweetened -2 Celery, raw -10 Lettuce, average, raw -10 Tomatoes, grilled -9 Avocado, average -5 	<ul style="list-style-type: none"> Currants 2 									
Meat, fish and alternatives	181	55.2	13.3	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water -13 Chicken, breast, grilled without skin, meat only -9 Cod, baked -6 Beef, rump steak, lean only, grilled -6 Beef, topside, roasted well-done, lean -6 Mackerel, grilled -5 	<ul style="list-style-type: none"> Chicken nuggets, takeaway 1 Ham 2 Walnuts 4 	<ul style="list-style-type: none"> Pork sausages, chilled, fried 13 Bacon rashers, streaky, fried 13 								

				<ul style="list-style-type: none"> • Lamb, leg, lean only, roast -5 • Beef, mince, extra lean, stewed-5 • Tofu, soya bean, steamed -5 • Tuna, canned in oil, drained -4 • Beef, rump steak, lean and fat, fried -4 • Chicken, leg quarter, roasted, meat and skin -3 • Eggs, chicken, boiled -2 • Eggs, chicken, fried in vegetable oil -2 • Fish fingers, cod, grilled 0 		
Foods high in fat, foods high in sugar	137	2.2	87.6	<ul style="list-style-type: none"> • Cola, diet 0 	•	<ul style="list-style-type: none"> • Cola 10 • Doughnuts, jam 13 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 17 • Sponge cake 20 • Digestive biscuits, plain 21 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Wafer Biscuits 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24 • Chocolate chip cookies 25 • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 18 • Olive oil 20 • Potato crisps 21 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -9 • Rhubarb, stewed with sugar -8 • Mushrooms, common, fried in corn oil -8 • Baked beans, canned in tomato sauce, re-heated -6 • Sardines, canned in tomato sauce 	<ul style="list-style-type: none"> • Chilli con carne 1 • Strawberries, canned in syrup 3 • Lasagne 3 • Crumble, fruit 4 • Cottage/Shepherd's pie, chilled/frozen, reheated 5 	<ul style="list-style-type: none"> • Peanuts, roasted and salted 10 • Mayonnaise, reduced calorie 17 • Mayonnaise, retail 22

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				<ul style="list-style-type: none">• Soya, non-dairy alternative to milk, unsweetened	-3 -2	<ul style="list-style-type: none">• Fruit pie, pastry top and bottom 8	
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Model Y	All 'C' nutrients capped at 5 points. Healthier if score is 2 or less, less healthy if score is 9 or more.												
Score	86.3	Total distribution (%) (H / I / U)			31.7	28.2	40.1	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)			87.5	8.0	4.5
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods			Examples of intermediate foods			Examples of less healthy foods			
Bread, cereals and potatoes	103	23.3	38.8	<ul style="list-style-type: none"> • New potatoes, boiled in unsalted water 0 • Old potatoes, roast in blended oil 1 • White rice, easy cook, boiled 1 • Pasta, plain, fresh, cooked 2 • White rice, fried 2 	<ul style="list-style-type: none"> • Oven chips, frozen, baked 3 • Crispbread, rye 4 • Wheat Biscuit Cereal 4 • Wholemeal bread, average 6 • White bread, sliced 6 • Potato croquettes, fried in blended oil 7 • Wholemeal rolls 8 	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal 9 • Currant buns 11 • Chips, French fries, retail 11 • Malt bread, fruited 12 • Flaked Corn Cereal 12 • Cream crackers 14 • Honey and Nut Coated Flaked Corn Cereal 16 							
Milk and dairy products	80	22.5	46.3	<ul style="list-style-type: none"> • Skimmed milk, average -2 • Fromage frais, virtually fat free, natural -1 • Semi-skimmed milk, average 1 • Yogurt, low fat, plain 2 • Yogurt, low fat, fruit 2 	<ul style="list-style-type: none"> • Whole milk, average 4 • Cottage cheese, plain 5 • Fromage frais, plain 5 • Greek yogurt, sheep 5 	<ul style="list-style-type: none"> • Creme fraiche, half fat 12 • Cheddar type, half fat 15 • Camembert 17 • Cheddar cheese 18 							
Fruit and vegetables	110	96.4	0.0	<ul style="list-style-type: none"> • Peaches, raw -5 • Pineapple, canned in juice -5 • Orange juice, unsweetened 2 • Celery, raw -5 • Lettuce, average, raw -5 • Tomatoes, grilled -4 • Avocado, average 1 	<ul style="list-style-type: none"> • Currants 8 								
Meat, fish and alternatives	153	23.5	46.4	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -5 • Tofu, soya bean, steamed -4 • Chicken, breast, grilled without skin, meat only 0 • Cod, baked 0 • Mackerel, grilled 0 • Tuna, canned in oil, drained 0 • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean 3 • Lamb, leg, lean only, roast 3 • Beef, mince, extra lean, stewed 4 • Eggs, chicken, boiled 4 • Beef, rump steak, lean and fat, fried 6 • Eggs, chicken, fried in vegetable oil 6 • Chicken, leg quarter, roasted, meat 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 11 • Ham 12 • Walnuts 12 • Pork sausages, chilled, fried 20 • Bacon rashers, streaky, fried 23 							

					and skin	7	
Foods high in fat, foods high in sugar	122	0.8	90.2	<ul style="list-style-type: none"> • Cola, diet 0 	•		<ul style="list-style-type: none"> • Cola 10 • Doughnuts, jam 17 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 19 • Sponge cake 23 • Digestive biscuits, plain 23 • Chocolate Coated Whipped Nougat Bar 25 • Chocolate Coated Wafer Biscuits 26 • Chocolate Coated Whipped Nougat and Caramel Bar 26 • Chocolate chip cookies 28 • Olive oil 20 • Potato crisps, low fat 21 • Butter 23 • Potato crisps 25 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -4 • Rhubarb, stewed with sugar -3 • Sardines, canned in tomato sauce -3 • Mushrooms, common, fried in corn oil -2 • Soya, non-dairy alternative to milk, unsweetened 0 	<ul style="list-style-type: none"> • Baked beans, canned in tomato sauce, re-heated 3 • Strawberries, canned in syrup 3 • Chilli con carne 5 • Crumble, fruit 7 • Cottage/Shepherd's pie, chilled/frozen, reheated 7 		<ul style="list-style-type: none"> • Lasagne 9 • Fruit pie, pastry top and bottom 11 • Peanuts, roasted and salted 20 • Mayonnaise, retail 23

Model (3)		Drinks multiplied by 3. Healthier if score is 2 or less, less healthy if score is 9 or more.									
Score	88.8	Total distribution (%) (H / I / U)		34.4	26.0	39.6	Indicator dist (%): 'Healthier' (H/I/U)		89.7	6.0	4.3
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	103	24.3	35.9	<ul style="list-style-type: none"> New potatoes, boiled in unsalted water 0 White rice, easy cook, boiled 1 Old potatoes, roast in blended oil 1 Wheat Biscuit Cereal 1 Pasta, plain, fresh, cooked 2 White rice, fried 2 		<ul style="list-style-type: none"> Oven chips, frozen, baked 3 Crispbread, rye 4 White bread, sliced 6 Wholemeal bread, average 6 Potato croquettes, fried in blended oil 7 Wholemeal rolls 8 		<ul style="list-style-type: none"> Sugar Coated Puffed Oat Cereal 9 Currant buns 11 Chips, French fries, retail 11 Flaked Corn Cereal 12 Malt bread, fruited 13 Cream crackers 14 Honey and Nut Coated Flaked Corn Cereal 16 			
Milk and dairy products	81	23.5	51.9	<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural -1 Skimmed milk, average -1 Yogurt, low fat, plain 1 Yogurt, low fat, fruit 2 Semi-skimmed milk, average 2 		<ul style="list-style-type: none"> Cottage cheese, plain 5 Greek yogurt, sheep 5 Fromage frais, plain 5 Whole milk, average 7 		<ul style="list-style-type: none"> Cheddar type, half fat 12 Creme fraiche, half fat 12 Cheddar cheese 16 Camembert 17 			
Fruit and vegetables	121	98.3	0.0	<ul style="list-style-type: none"> Peaches, raw -10 Pineapple, canned in juice -10 Orange juice, unsweetened 1 Celery, raw -10 Lettuce, average, raw -10 Tomatoes, grilled -9 Avocado, average -4 		<ul style="list-style-type: none"> Currants 3 					
Meat, fish and alternatives	154	25.3	43.5	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water -10 Mackerel, grilled -5 Tofu, soya bean, steamed -4 Tuna, canned in oil, drained -2 Chicken, breast, grilled without skin, meat only 0 Cod, baked 0 Beef, rump steak, lean only, grilled 2 		<ul style="list-style-type: none"> Beef, topside, roasted well-done, lean 3 Lamb, leg, lean only, roast 3 Eggs, chicken, boiled 4 Beef, mince, extra lean, stewed 4 Eggs, chicken, fried in vegetable oil 5 Beef, rump steak, lean and fat, fried 5 Chicken, leg quarter, roasted, meat and skin 7 		<ul style="list-style-type: none"> Chicken nuggets, takeaway 11 Walnuts 12 Ham 12 Pork sausages, chilled, fried 20 Bacon rashers, streaky, fried 23 			

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Foods high in fat, foods high in sugar	130	1.5	92.3	<ul style="list-style-type: none"> • Cola, diet 0 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Cola 11 • Doughnuts, jam 16 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 19 • Digestive biscuits, plain 22 • Sponge cake 23 • Chocolate Coated Whipped Nougat Bar 25 • Chocolate Coated Whipped Nougat and Caramel Bar 26 • Chocolate Coated Wafer Biscuits 26 • Chocolate chip cookies 28 • Fat spread (20-25% fat), polyunsaturated 10 • Olive oil 20 • Potato crisps, low fat 21 • Butter 23 • Potato crisps 24 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -9 • Rhubarb, stewed with sugar -8 • Sardines, canned in tomato sauce -8 • Mushrooms, common, fried in corn oil -7 • Baked beans, canned in tomato sauce, re-heated -3 • Soya, non-dairy alternative to milk, unsweetened 1 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 3 • Crumble, fruit 5 • Chilli con carne 6 • Cottage/Shepherd's pie, chilled/frozen, reheated 7 	<ul style="list-style-type: none"> • Fruit pie, pastry top and bottom 9 • Lasagne 9 • Peanuts, roasted and salted 20 • Mayonnaise, retail 22

Model WX	NMES, iron, calcium, and n-3 fatty acids removed. Fibre (NSP), total sugars and protein added. Healthier if score is 0 or less, less healthy if score is 9 or more.										
Score	81.9	Total distribution (%) (H / I / U)		48.8	28.3	22.9	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		96.7	3.3	0.0
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	102	50.0	9.8	<ul style="list-style-type: none"> • Crispbread, rye -10 • Wheat Biscuit Cereal -9 • Wholemeal bread, average -5 • Pasta, plain, fresh, cooked -4 • Wholemeal rolls -4 • Old potatoes, roast in blended oil -2 • New potatoes, boiled in unsalted water -1 • White rice, easy cook, boiled 0 • Oven chips, frozen, baked 0 	<ul style="list-style-type: none"> • White rice, fried 1 • White bread, sliced 1 • Malt bread, fruited 3 • Currant buns 3 • Potato croquettes, fried in blended oil 4 • Chips, French fries, retail 7 • Sugar Coated Puffed Oat Cereal 7 • Cream crackers 8 	<ul style="list-style-type: none"> • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 					
Milk and dairy products	78	19.2	44.9	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -4 • Skimmed milk, average -3 • Cottage cheese, plain -1 • Yogurt, low fat, fruit 0 	<ul style="list-style-type: none"> • Semi-skimmed milk, average 1 • Whole milk, average 3 • Fromage frais, plain 3 • Greek yogurt, sheep 5 	<ul style="list-style-type: none"> • Camembert 9 • Cheddar type, half fat 9 • Creme fraiche, half fat 11 • Cheddar cheese 13 					
Fruit and vegetables	119	99.2	0.0	<ul style="list-style-type: none"> • Peaches, raw -11 • Pineapple, canned in juice -8 • Orange juice, unsweetened -7 • Currants 0 • Celery, raw -11 • Lettuce, average, raw -11 • Tomatoes, grilled -11 • Avocado, average -9 	•	•					
Meat, fish and alternatives	172	59.3	11.6	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -15 • Chicken, breast, grilled without skin, meat only -9 • Cod, baked -6 • Beef, rump steak, lean only, grilled -6 • Beef, topside, roasted well-done, 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 1 • Ham 2 	<ul style="list-style-type: none"> • Pork sausages, chilled, fried 13 • Bacon rashers, streaky, fried 13 					

				<ul style="list-style-type: none"> lean -6 • Mackerel, grilled -5 • Beef, mince, extra lean, stewed -5 • Lamb, leg, lean only, roast -5 • Tuna, canned in oil, drained -4 • Beef, rump steak, lean and fat, fried -4 • Chicken, leg quarter, roasted, meat and skin -3 • Eggs, chicken, boiled -2 • Eggs, chicken, fried in vegetable oil -2 • Fish fingers, cod, grilled 0 • Walnuts 0 		
Foods high in fat, foods high in sugar	118	2.5	80.5	<ul style="list-style-type: none"> • Cola, diet 0 	<ul style="list-style-type: none"> • Cola 5 	<ul style="list-style-type: none"> • Sponge cake 15 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 16 • Digestive biscuits, plain 16 • Chocolate chip cookies 19 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24 • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 10 • Potato crisps 14 • Olive oil 20 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Baked beans, canned in tomato sauce, re-heated -11 • Celery, boiled in salted water -10 • Mushrooms, common, fried in corn oil -10 • Rhubarb, stewed with sugar -9 • Sardines, canned in tomato sauce -3 • Soya, non-dairy alternative to milk, 	<ul style="list-style-type: none"> • Lasagne 2 • Peanuts, roasted and salted 2 • Strawberries, canned in syrup 3 • Crumble, fruit 3 • Cottage/Shepherd's pie, chilled/frozen, reheated 4 • Fruit pie, pastry top and bottom 6 	<ul style="list-style-type: none"> • Mayonnaise, reduced calorie 18 • Mayonnaise, retail 22

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				unsweetened	-2		
				• Chilli con carne	0		

Model WY		NMES replaced with total sugars and fibre (NSP). All 'C' nutrients capped at 5 points. Healthier if score is 2 or less, less healthy if score is 9 or more.										
Score		84.7	Total distribution (%) (H / I / U)		37.8	29.8	32.4	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		91.2	7.0	1.8
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods			Examples of intermediate foods			Examples of less healthy foods		
Bread, cereals and potatoes	100	45.0	14.0	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -3 • Crispbread, rye -2 • New potatoes, boiled in unsalted water -1 • Old potatoes, roast in blended oil -1 • Pasta, plain, fresh, cooked 0 • Wholemeal bread, average 0 • White rice, easy cook, boiled 1 • Oven chips, frozen, baked 1 • White rice, fried 2 • Wholemeal rolls 2 	<ul style="list-style-type: none"> • White bread, sliced 3 • Sugar Coated Puffed Oat Cereal 5 • Currant buns 5 • Potato croquettes, fried in blended oil 6 • Malt bread, fruited 6 	<ul style="list-style-type: none"> • Chips, French fries, retail 9 • Flaked Corn Cereal 9 • Cream crackers 11 • Honey and Nut Coated Flaked Corn Cereal 13 						
Milk and dairy products	78	17.9	47.4	<ul style="list-style-type: none"> • Skimmed milk, average -1 • Fromage frais, virtually fat free, natural -1 • Yogurt, low fat, fruit 1 	<ul style="list-style-type: none"> • Semi-skimmed milk, average 3 • Whole milk, average 5 • Fromage frais, plain 5 • Cottage cheese, plain 5 • Greek yogurt, sheep 6 	<ul style="list-style-type: none"> • Creme fraiche, half fat 12 • Cheddar type, half fat 14 • Camembert 17 • Cheddar cheese 18 						
Fruit and vegetables	119	95.0	0.0	<ul style="list-style-type: none"> • Peaches, raw -6 • Pineapple, canned in juice -3 • Orange juice, unsweetened -2 • Celery, raw -6 • Lettuce, average, raw -6 • Tomatoes, grilled -6 • Avocado, average -3 	<ul style="list-style-type: none"> • Currants 6 	<ul style="list-style-type: none"> • 						
Meat, fish and alternatives	148	25.7	41.2	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -7 • Mackerel, grilled 0 • Cod, baked 0 • Tuna, canned in oil, drained 0 • Chicken, breast, grilled without skin, meat only 0 • Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Beef, topside, roasted well-done, lean 3 • Eggs, chicken, boiled 4 • Beef, mince, extra lean, stewed 4 • Eggs, chicken, fried in vegetable oil 5 • Beef, rump steak, lean and fat, fried 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 11 • Ham 12 • Pork sausages, chilled, fried 20 • Bacon rashers, streaky, fried 23 						

				2	5	
					<ul style="list-style-type: none"> • Chicken, leg quarter, roasted, meat and skin 7 • Walnuts 8 	
Foods high in fat, foods high in sugar	111	1.8	86.5	0	5	<ul style="list-style-type: none"> • Cola, diet • Cola • Digestive biscuits, plain 17 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 18 • Sponge cake 18 • Chocolate chip cookies 22 • Chocolate Coated Whipped Nougat Bar 25 • Chocolate Coated Whipped Nougat and Caramel Bar 26 • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 16 • Potato crisps 19 • Olive oil 20 • Butter 23 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -5 • Rhubarb, stewed with sugar -4 • Mushrooms, common, fried in corn oil -4 • Baked beans, canned in tomato sauce, re-heated -3 • Sardines, canned in tomato sauce -3 • Soya, non-dairy alternative to milk, unsweetened 0 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 3 • Chilli con carne 5 • Crumble, fruit 6 • Cottage/Shepherd's pie, chilled/frozen, reheated 6 • Lasagne 8 	<ul style="list-style-type: none"> • Fruit pie, pastry top and bottom 9 • Peanuts, roasted and salted 15 • Mayonnaise, retail 22

Model W(3)	NMES replaced with total sugars and fibre (NSP). Drinks multiplied by 3. Healthier if score is 2 or less, less healthy if score is 9 or more										
Score	86.6	Total distribution (%) (H / I / U)		40.2	26.4	33.4	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		95.6	3.5	0.9
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	100	52.0	13.0	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -10 • Crispbread, rye -7 • Wholemeal bread, average -2 • New potatoes, boiled in unsalted water -1 • Old potatoes, roast in blended oil -1 • Pasta, plain, fresh, cooked 0 • White rice, easy cook, boiled 1 • Oven chips, frozen, baked 1 • Wholemeal rolls 1 • White rice, fried 2 	<ul style="list-style-type: none"> • White bread, sliced 3 • Sugar Coated Puffed Oat Cereal 5 • Currant buns 5 • Potato croquettes, fried in blended oil 6 • Malt bread, fruited 6 	<ul style="list-style-type: none"> • Chips, French fries, retail 9 • Flaked Corn Cereal 9 • Cream crackers 11 • Honey and Nut Coated Flaked Corn Cereal 13 					
Milk and dairy products	78	12.8	62.8	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -1 • Skimmed milk, average 1 • Yogurt, low fat, fruit 1 	<ul style="list-style-type: none"> • Semi-skimmed milk, average 5 • Fromage frais, plain 5 • Cottage cheese, plain 5 • Greek yogurt, sheep 6 	<ul style="list-style-type: none"> • Whole milk, average 9 • Creme fraiche, half fat 12 • Cheddar type, half fat 12 • Cheddar cheese 16 • Camembert 17 					
Fruit and vegetables	119	100.0	0.0	<ul style="list-style-type: none"> • Peaches, raw -11 • Pineapple, canned in juice -8 • Orange juice, unsweetened -4 • Currants 1 • Celery, raw -11 • Lettuce, average, raw -11 • Tomatoes, grilled -11 • Avocado, average -8 	•	•					
Meat, fish and alternatives	148	27.0	39.9	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -12 • Mackerel, grilled -5 • Tuna, canned in oil, drained -2 • Cod, baked 0 • Chicken, breast, grilled without skin, meat only 0 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Beef, topside, roasted well-done, lean 3 • Eggs, chicken, boiled 4 • Beef, mince, extra lean, stewed 4 • Eggs, chicken, fried in vegetable oil 5 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 11 • Ham 12 • Pork sausages, chilled, fried 20 • Bacon rashers, streaky, fried 23 					

				<ul style="list-style-type: none"> • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Beef, rump steak, lean and fat, fried 5 • Chicken, leg quarter, roasted, meat and skin 7 • Walnuts 8 	
Foods high in fat, foods high in sugar	111	1.8	87.4	<ul style="list-style-type: none"> • Cola, diet 0 	<ul style="list-style-type: none"> • Cola 8 	<ul style="list-style-type: none"> • Digestive biscuits, plain 17 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 18 • Sponge cake 18 • Chocolate chip cookies 22 • Chocolate Coated Whipped Nougat Bar 25 • Chocolate Coated Whipped Nougat and Caramel Bar 26 • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 13 • Potato crisps 17 • Olive oil 20 • Butter 23 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -10 • Rhubarb, stewed with sugar -9 • Mushrooms, common, fried in corn oil -9 • Baked beans, canned in tomato sauce, re-heated -8 • Sardines, canned in tomato sauce -8 • Soya, non-dairy alternative to milk, unsweetened 1 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 3 • Crumble, fruit 4 • Chilli con carne 5 • Cottage/Shepherd's pie, chilled/frozen, reheated 6 • Fruit pie, pastry top and bottom 7 • Lasagne 8 	<ul style="list-style-type: none"> • Peanuts, roasted and salted 12 • Mayonnaise, retail 22

Model XY		Iron, calcium and n-3 fatty acids replaced by protein. Protein and F&V capped at 5 points. Healthier if score is 0 or less, less healthy if score is 9 or more.									
Score	80.5	Total distribution (%) (H / I / U)		33.1	34.2	32.7	Indicator dist (%): ‘Healthier’ (H/I/U) ‘Less healthy’ (H/I/U)		82.9	15.5	1.6
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	104	20.2	31.7	<ul style="list-style-type: none"> Pasta, plain, fresh, cooked -2 New potatoes, boiled in unsalted water 0 Old potatoes, roast in blended oil 0 White rice, easy cook, boiled 0 	<ul style="list-style-type: none"> Crispbread, rye 1 White rice, fried 1 Oven chips, frozen, baked 2 Wheat Biscuit Cereal 3 Wholemeal bread, average 3 Wholemeal rolls 4 White bread, sliced 4 Potato croquettes, fried in blended oil 5 	<ul style="list-style-type: none"> Currant buns 9 Chips, French fries, retail 9 Malt bread, fruited 10 Sugar Coated Puffed Oat Cereal 11 Cream crackers 11 Flaked Corn Cereal 13 Honey and Nut Coated Flaked Corn Cereal 17 					
Milk and dairy products	81	22.2	45.7	<ul style="list-style-type: none"> Skimmed milk, average -4 Fromage frais, virtually fat free, natural -4 Semi-skimmed milk, average -1 Yogurt, low fat, plain 0 	<ul style="list-style-type: none"> Yogurt, low fat, fruit 1 Cottage cheese, plain 1 Whole milk, average 2 Fromage frais, plain 3 Greek yogurt, sheep 4 	<ul style="list-style-type: none"> Creme fraiche, half fat 11 Cheddar type, half fat 14 Camembert 14 Cheddar cheese 18 					
Fruit and vegetables	121	90.1	0.0	<ul style="list-style-type: none"> Peaches, raw -5 Pineapple, canned in juice -5 Celery, raw -5 Lettuce, average, raw -5 Tomatoes, grilled -4 Avocado, average 0 	<ul style="list-style-type: none"> Orange juice, unsweetened 2 Currants 7 	<ul style="list-style-type: none"> 					
Meat, fish and alternatives	181	37.6	27.1	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water -8 Tofu, soya bean, steamed -5 Chicken, breast, grilled without skin, meat only -4 Beef, rump steak, lean only, grilled -1 Cod, baked -1 Beef, topside, roasted well-done, lean -1 Lamb, leg, lean only, roast 0 Eggs, chicken, boiled 0 	<ul style="list-style-type: none"> Tuna, canned in oil, drained 1 Eggs, chicken, fried in vegetable oil 1 Beef, rump steak, lean and fat, fried 1 Chicken, leg quarter, roasted, meat and skin 2 Fish fingers, cod, grilled 3 Chicken nuggets, takeaway 6 Ham 7 Walnuts 8 	<ul style="list-style-type: none"> Pork sausages, chilled, fried 16 Bacon rashers, streaky, fried 18 					

				<ul style="list-style-type: none"> • Mackerel, grilled 0 • Beef, mince, extra lean, stewed 0 		
Foods high in fat, foods high in sugar	137	1.5	89.1	<ul style="list-style-type: none"> • Cola, diet 0 	•	<ul style="list-style-type: none"> • Cola 10 • Doughnuts, jam 13 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 17 • Sponge cake 20 • Digestive biscuits, plain 21 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Wafer Biscuits 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24 • Chocolate chip cookies 25 • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 18 • Olive oil 20 • Potato crisps 21 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -4 • Rhubarb, stewed with sugar -3 • Mushrooms, common, fried in corn oil -3 • Soya, non-dairy alternative to milk, unsweetened -2 • Baked beans, canned in tomato sauce, re-heated -1 	<ul style="list-style-type: none"> • Chilli con carne 1 • Sardines, canned in tomato sauce 2 • Strawberries, canned in syrup 3 • Lasagne 4 • Cottage/Shepherd's pie, chilled/frozen, reheated 5 • Crumble, fruit 6 	<ul style="list-style-type: none"> • Fruit pie, pastry top and bottom 10 • Peanuts, roasted and salted 15 • Mayonnaise, reduced calorie 17 • Mayonnaise, retail 22

Model X(3)	Iron, calcium and n-3 fatty acids replaced with protein. Drinks multiplied by 3. Healthier if score is 0 or less, less healthy if score is 9 or more.										
Score	82.0	Total distribution (%) (H / I / U)		39.4	31.1	29.5	Indicator dist (%): 'Healthier' (H/I/U)		83.7	15.5	0.8
							'Less healthy' (H/I/U)		2.5	14.0	83.5
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	104	20.2	30.8	<ul style="list-style-type: none"> • Pasta, plain, fresh, cooked -2 • New potatoes, boiled in unsalted water 0 • Old potatoes, roast in blended oil 0 • White rice, easy cook, boiled 0 	<ul style="list-style-type: none"> • Crispbread, rye 1 • White rice, fried 1 • Wheat Biscuit Cereal 2 • Oven chips, frozen, baked 2 • Wholemeal bread, average 3 • Wholemeal rolls 3 • White bread, sliced 4 • Potato croquettes, fried in blended oil 5 	<ul style="list-style-type: none"> • Currant buns 9 • Chips, French fries, retail 9 • Malt bread, fruited 10 • Sugar Coated Puffed Oat Cereal 11 • Cream crackers 11 • Flaked Corn Cereal 13 • Honey and Nut Coated Flaked Corn Cereal 17 					
Milk and dairy products	81	24.7	43.2	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -4 • Skimmed milk, average -4 • Semi-skimmed milk, average -1 • Cottage cheese, plain -1 • Yogurt, low fat, plain 0 	<ul style="list-style-type: none"> • Yogurt, low fat, fruit 1 • Fromage frais, plain 3 • Greek yogurt, sheep 4 • Whole milk, average 4 	<ul style="list-style-type: none"> • Cheddar type, half fat 9 • Camembert 9 • Creme fraiche, half fat 11 • Cheddar cheese 13 					
Fruit and vegetables	121	92.6	0.0	<ul style="list-style-type: none"> • Peaches, raw -10 • Pineapple, canned in juice -10 • Celery, raw -10 • Lettuce, average, raw -10 • Tomatoes, grilled -9 • Avocado, average -5 	<ul style="list-style-type: none"> • Orange juice, unsweetened 1 • Currants 2 						
Meat, fish and alternatives	181	55.2	13.3	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -13 • Chicken, breast, grilled without skin, meat only -9 • Beef, rump steak, lean only, grilled -6 • Cod, baked -6 • Beef, topside, roasted well-done, lean -6 • Lamb, leg, lean only, roast -5 • Mackerel, grilled -5 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 1 • Ham 2 • Walnuts 4 	<ul style="list-style-type: none"> • Pork sausages, chilled, fried 13 • Bacon rashers, streaky, fried 13 					

				<ul style="list-style-type: none"> • Beef, mince, extra lean, stewed -5 • Tofu, soya bean, steamed -5 • Tuna, canned in oil, drained -4 • Beef, rump steak, lean and fat, fried -4 • Chicken, leg quarter, roasted, meat and skin -3 • Eggs, chicken, boiled -2 • Eggs, chicken, fried in vegetable oil -2 • Fish fingers, cod, grilled 0 		
Foods high in fat, foods high in sugar	137	1.5	89.1	<ul style="list-style-type: none"> • Cola, diet 0 	•	<ul style="list-style-type: none"> • Cola 11 • Doughnuts, jam 13 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 17 • Sponge cake 20 • Digestive biscuits, plain 21 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Wafer Biscuits 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24 • Chocolate chip cookies 25 • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 18 • Olive oil 20 • Potato crisps 21 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -9 • Rhubarb, stewed with sugar -8 • Mushrooms, common, fried in corn oil -8 • Baked beans, canned in tomato sauce, re-heated -6 • Sardines, canned in tomato sauce -3 	<ul style="list-style-type: none"> • Chilli con carne 1 • Strawberries, canned in syrup 3 • Lasagne 3 • Crumble, fruit 4 • Cottage/Shepherd's pie, chilled/frozen, reheated 5 • Fruit pie, pastry top and bottom 8 	<ul style="list-style-type: none"> • Peanuts, roasted and salted 10 • Mayonnaise, reduced calorie 17 • Mayonnaise, retail 22

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				<ul style="list-style-type: none">• Soya, non-dairy alternative to milk, unsweetened	-3		
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Model Y(3)	'C' nutrients capped at 5 points, drinks multiplied by 3. Healthier if score is 2 or less, less healthy if score is 9 or more.										
Score	85.8	Total distribution (%) (H / I / U)		31.1	28.4	40.5	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		83.8 0.0	11.9 7.8	4.3 92.2
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	103	23.3	36.9	<ul style="list-style-type: none"> • New potatoes, boiled in unsalted water 0 • White rice, easy cook, boiled 1 • Old potatoes, roast in blended oil 1 • White rice, fried 2 • Pasta, plain, fresh, cooked 2 	<ul style="list-style-type: none"> • Oven chips, frozen, baked 3 • Wheat Biscuit Cereal 3 • Crispbread, rye 4 • White bread, sliced 6 • Wholemeal bread, average 6 • Potato croquettes, fried in blended oil 7 • Wholemeal rolls 8 	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal 9 • Chips, French fries, retail 11 • Currant buns 11 • Flaked Corn Cereal 12 • Malt bread, fruited 13 • Cream crackers 14 • Honey and Nut Coated Flaked Corn Cereal 16 					
Milk and dairy products	81	23.5	51.9	<ul style="list-style-type: none"> • Skimmed milk, average -1 • Fromage frais, virtually fat free, natural -1 • Yogurt, low fat, plain 1 • Semi-skimmed milk, average 2 • Yogurt, low fat, fruit 2 	<ul style="list-style-type: none"> • Cottage cheese, plain 5 • Greek yogurt, sheep 5 • Fromage frais, plain 5 • Whole milk, average 7 	<ul style="list-style-type: none"> • Creme fraiche, half fat 12 • Cheddar type, half fat 14 • Camembert 17 • Cheddar cheese 18 					
Fruit and vegetables	121	91.7	0.0	<ul style="list-style-type: none"> • Peaches, raw -5 • Pineapple, canned in juice -5 • Celery, raw -5 • Lettuce, average, raw -5 • Tomatoes, grilled -4 • Avocado, average 1 	<ul style="list-style-type: none"> • Orange juice, unsweetened 6 • Currants 8 	<ul style="list-style-type: none"> • 					
Meat, fish and alternatives	154	25.3	44.2	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -5 • Tofu, soya bean, steamed -4 • Chicken, breast, grilled without skin, meat only 0 • Cod, baked 0 • Tuna, canned in oil, drained 0 • Mackerel, grilled 0 • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean 3 • Lamb, leg, lean only, roast 3 • Eggs, chicken, boiled 4 • Beef, mince, extra lean, stewed 4 • Eggs, chicken, fried in vegetable oil 5 • Beef, rump steak, lean and fat, fried 5 • Chicken, leg quarter, roasted, meat and skin 7 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 11 • Walnuts 12 • Ham 12 • Pork sausages, chilled, fried 20 • Bacon rashers, streaky, fried 23 					

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Foods high in fat, foods high in sugar	130	0.8	93.1	<ul style="list-style-type: none"> • Cola, diet 0 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Cola 11 • Doughnuts, jam 16 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 19 • Digestive biscuits, plain 22 • Sponge cake 23 • Chocolate Coated Whipped Nougat Bar 25 • Chocolate Coated Whipped Nougat and Caramel Bar 26 • Chocolate Coated Wafer Biscuits 26 • Chocolate chip cookies 28 • Fat spread (20-25% fat), polyunsaturated 10 • Olive oil 20 • Potato crisps, low fat 21 • Butter 23 • Potato crisps 24 • Margarine, soft, polyunsaturated 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -4 • Rhubarb, stewed with sugar -3 • Sardines, canned in tomato sauce -3 • Mushrooms, common, fried in corn oil -2 • Soya, non-dairy alternative to milk, unsweetened 1 • Baked beans, canned in tomato sauce, re-heated 2 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 3 • Chilli con carne 6 • Crumble, fruit 7 • Cottage/Shepherd's pie, chilled/frozen, reheated 7 	<ul style="list-style-type: none"> • Lasagne 9 • Fruit pie, pastry top and bottom 11 • Peanuts, roasted and salted 20 • Mayonnaise, retail 22

Model WXY	NMES, iron, calcium and n-3 fatty acids removed. Total sugars, fibre (NSP) and protein added. F&V, protein and fibre (NSP) capped at 5. Healthier if score is 0 or less, less healthy if score is 9 or more.										
Score	79.1	Total distribution (%) (H / I / U)		39.5	33.7	26.8	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		90.0 3.0	10.0 25.8	0.0 71.2
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	102	44.1	10.8	<ul style="list-style-type: none"> • Crispbread, rye -5 • Pasta, plain, fresh, cooked -4 • Wheat Biscuit Cereal -3 • Wholemeal bread, average -3 • Old potatoes, roast in blended oil -2 • Wholemeal rolls -2 • New potatoes, boiled in unsalted water -1 • White rice, easy cook, boiled 0 • Oven chips, frozen, baked 0 	<ul style="list-style-type: none"> • White rice, fried 1 • White bread, sliced 1 • Currant buns 3 • Malt bread, fruited 3 • Potato croquettes, fried in blended oil 4 • Sugar Coated Puffed Oat Cereal 7 • Chips, French fries, retail 7 • Cream crackers 8 	<ul style="list-style-type: none"> • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 					
Milk and dairy products	78	16.7	47.4	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -4 • Skimmed milk, average -3 • Yogurt, low fat, fruit 0 	<ul style="list-style-type: none"> • Cottage cheese, plain 1 • Semi-skimmed milk, average 1 • Fromage frais, plain 3 • Whole milk, average 3 • Greek yogurt, sheep 5 	<ul style="list-style-type: none"> • Creme fraiche, half fat 11 • Cheddar type, half fat 14 • Camembert 14 • Cheddar cheese 18 					
Fruit and vegetables	119	93.3	0.0	<ul style="list-style-type: none"> • Peaches, raw -6 • Pineapple, canned in juice -3 • Orange juice, unsweetened -2 • Celery, raw -6 • Lettuce, average, raw -6 • Tomatoes, grilled -6 • Avocado, average -4 	<ul style="list-style-type: none"> • Currants 5 						
Meat, fish and alternatives	172	38.4	25.6	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -10 • Chicken, breast, grilled without skin, meat only -4 • Cod, baked -1 • Beef, rump steak, lean only, grilled -1 • Beef, topside, roasted well-done, lean -1 	<ul style="list-style-type: none"> • Tuna, canned in oil, drained 1 • Eggs, chicken, fried in vegetable oil 1 • Beef, rump steak, lean and fat, fried 1 • Chicken, leg quarter, roasted, meat and skin 2 • Fish fingers, cod, grilled 3 • Walnuts 4 	<ul style="list-style-type: none"> • Pork sausages, chilled, fried 16 • Bacon rashers, streaky, fried 18 					

				<ul style="list-style-type: none"> • Mackerel, grilled 0 • Lamb, leg, lean only, roast 0 • Eggs, chicken, boiled 0 • Beef, mince, extra lean, stewed 0 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 6 • Ham 7 	
Foods high in fat, foods high in sugar	117	1.7	81.2	<ul style="list-style-type: none"> • Cola, diet 0 	<ul style="list-style-type: none"> • Cola 5 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 13 • Potato crisps 16 • Olive oil 20 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26 • Sponge cake 15 • Digestive biscuits, plain 16 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 16 • Chocolate chip cookies 19 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24
Composite foods	-	-	-	<ul style="list-style-type: none"> • Baked beans, canned in tomato sauce, re-heated -6 • Celery, boiled in salted water -5 • Mushrooms, common, fried in corn oil -5 • Rhubarb, stewed with sugar -4 • Soya, non-dairy alternative to milk, unsweetened -2 • Chilli con carne 0 	<ul style="list-style-type: none"> • Sardines, canned in tomato sauce 2 • Strawberries, canned in syrup 3 • Lasagne 3 • Cottage/Shepherd's pie, chilled/frozen, reheated 4 • Crumble, fruit 5 • Fruit pie, pastry top and bottom 7 	<ul style="list-style-type: none"> • Peanuts, roasted and salted 10 • Mayonnaise, reduced calorie 18 • Mayonnaise, retail 22

Model WX(3)	NMES, iron, calcium and n-3 fatty acids removed. Total sugars, fibre (NSP) and protein added. For drinks, nutrient density measured per 300g. Healthier if score is 0 or less, less healthy if score is 9 or more.										
Score	82.4	Total distribution (%) (H / I / U)		48.2	28.4	23.4	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		96.7	3.3	0.0
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	102	50.0	9.8	<ul style="list-style-type: none"> • Crispbread, rye -10 • Wheat Biscuit Cereal -9 • Wholemeal bread, average -5 • Pasta, plain, fresh, cooked -4 • Wholemeal rolls -4 • Old potatoes, roast in blended oil -2 • New potatoes, boiled in unsalted water -1 • White rice, easy cook, boiled 0 • Oven chips, frozen, baked 0 	<ul style="list-style-type: none"> • White rice, fried 1 • White bread, sliced 1 • Malt bread, fruited 3 • Currant buns 3 • Potato croquettes, fried in blended oil 4 • Chips, French fries, retail 7 • Sugar Coated Puffed Oat Cereal 7 • Cream crackers 8 	<ul style="list-style-type: none"> • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 					
Milk and dairy products	78	16.7	44.9	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -4 • Skimmed milk, average -2 • Cottage cheese, plain -1 • Yogurt, low fat, fruit 0 	<ul style="list-style-type: none"> • Semi-skimmed milk, average 2 • Fromage frais, plain 3 • Greek yogurt, sheep 5 • Whole milk, average 6 	<ul style="list-style-type: none"> • Camembert 9 • Cheddar type, half fat 9 • Creme fraiche, half fat 11 • Cheddar cheese 13 					
Fruit and vegetables	121	99.2	0.0	<ul style="list-style-type: none"> • Peaches, raw -11 • Pineapple, canned in juice -8 • Orange juice, unsweetened -4 • Currants 0 • Celery, raw -11 • Lettuce, average, raw -11 • Tomatoes, grilled -11 • Avocado, average -9 							
Meat, fish and alternatives	172	59.3	11.6	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -15 • Chicken, breast, grilled without skin, meat only -9 • Cod, baked -6 • Beef, rump steak, lean only, grilled -6 • Beef, topside, roasted well-done, 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 1 • Ham 2 	<ul style="list-style-type: none"> • Pork sausages, chilled, fried 13 • Bacon rashers, streaky, fried 13 					

				<ul style="list-style-type: none"> lean -6 • Mackerel, grilled -5 • Beef, mince, extra lean, stewed -5 • Lamb, leg, lean only, roast -5 • Tuna, canned in oil, drained -4 • Beef, rump steak, lean and fat, fried -4 • Chicken, leg quarter, roasted, meat and skin -3 • Eggs, chicken, boiled -2 • Eggs, chicken, fried in vegetable oil -2 • Fish fingers, cod, grilled 0 • Walnuts 0 		
Foods high in fat, foods high in sugar	117	2.6	82.9	<ul style="list-style-type: none"> • Cola, diet 0 	<ul style="list-style-type: none"> • Cola 8 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 10 • Potato crisps 14 • Olive oil 20 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26 • Sponge cake 15 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 16 • Digestive biscuits, plain 16 • Chocolate chip cookies 19 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24
Composite foods	-	-	-	<ul style="list-style-type: none"> • Baked beans, canned in tomato sauce, re-heated -11 • Celery, boiled in salted water -10 • Mushrooms, common, fried in corn oil -10 • Rhubarb, stewed with sugar -9 • Soya, non-dairy alternative to milk, unsweetened -3 • Sardines, canned in tomato sauce 	<ul style="list-style-type: none"> • Lasagne 2 • Peanuts, roasted and salted 2 • Strawberries, canned in syrup 3 • Crumble, fruit 3 • Cottage/Shepherd's pie, chilled/frozen, reheated 4 • Fruit pie, pastry top and bottom 6 	<ul style="list-style-type: none"> • Mayonnaise, reduced calorie 18 • Mayonnaise, retail 22

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Annex 2

				<ul style="list-style-type: none">• Chilli con carne	-3 0		
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Model WY(3)		NMES replaced by fibre (NSP) and total sugars. ‘C’ nutrients capped at 5. Drinks multiplied by 3. Healthier if score is 2 or less, less healthy if score is 9 or more.										
Score		85.4	Total distribution (%) (H / I / U)		37.0	28.6	34.4	Indicator dist (%): ‘Healthier’ (H/I/U) ‘Less healthy’ (H/I/U)		91.2	7.0	1.8
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods			Examples of intermediate foods			Examples of less healthy foods		
Bread, cereals and potatoes	100	45.0	14.0	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -3 • Crispbread, rye -2 • Old potatoes, roast in blended oil -1 • New potatoes, boiled in unsalted water -1 • Pasta, plain, fresh, cooked 0 • Wholemeal bread, average 0 • White rice, easy cook, boiled 1 • Oven chips, frozen, baked 1 • White rice, fried 2 • Wholemeal rolls 2 	<ul style="list-style-type: none"> • White bread, sliced 3 • Sugar Coated Puffed Oat Cereal 5 • Currant buns 5 • Malt bread, fruited 6 • Potato croquettes, fried in blended oil 6 	<ul style="list-style-type: none"> • Chips, French fries, retail 9 • Flaked Corn Cereal 9 • Cream crackers 11 • Honey and Nut Coated Flaked Corn Cereal 13 						
Milk and dairy products	78	12.8	62.8	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -1 • Skimmed milk, average 1 • Yogurt, low fat, fruit 1 	<ul style="list-style-type: none"> • Fromage frais, plain 5 • Semi-skimmed milk, average 5 • Cottage cheese, plain 5 • Greek yogurt, sheep 6 	<ul style="list-style-type: none"> • Whole milk, average 9 • Creme fraiche, half fat 12 • Cheddar type, half fat 14 • Camembert 17 • Cheddar cheese 18 						
Fruit and vegetables	119	95.0	0.0	<ul style="list-style-type: none"> • Peaches, raw -6 • Pineapple, canned in juice -3 • Lettuce, average, raw -6 • Tomatoes, grilled -6 • Celery, raw -6 • Avocado, average -3 • Orange juice, unsweetened 1 	<ul style="list-style-type: none"> • Currants 6 							
Meat, fish and alternatives	148	25.7	41.2	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -7 • Chicken, breast, grilled without skin, meat only 0 • Mackerel, grilled 0 • Tuna, canned in oil, drained 0 • Cod, baked 0 • Beef, rump steak, lean only, grilled 	<ul style="list-style-type: none"> • Beef, topside, roasted well-done, lean 3 • Lamb, leg, lean only, roast 3 • Beef, mince, extra lean, stewed 4 • Eggs, chicken, boiled 4 • Beef, rump steak, lean and fat, fried 5 • Eggs, chicken, fried in vegetable oil 	<ul style="list-style-type: none"> • Chicken nuggets, takeaway 11 • Ham 12 • Pork sausages, chilled, fried 20 • Bacon rashers, streaky, fried 23 						

				2	5	
					<ul style="list-style-type: none"> • Chicken, leg quarter, roasted, meat and skin 7 • Walnuts 8 	
Foods high in fat, foods high in sugar	110	0.9	90.0	0	8	<ul style="list-style-type: none"> • Cola, diet • Cola • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 16 • Potato crisps 19 • Olive oil 20 • Butter 23 • Margarine, soft, polyunsaturated 26 • Digestive biscuits, plain 17 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 18 • Sponge cake 18 • Chocolate chip cookies 22 • Chocolate Coated Whipped Nougat Bar 25 • Chocolate Coated Whipped Nougat and Caramel Bar 26
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -5 • Rhubarb, stewed with sugar -4 • Mushrooms, common, fried in corn oil -4 • Sardines, canned in tomato sauce -3 • Baked beans, canned in tomato sauce, re-heated -3 • Soya, non-dairy alternative to milk, unsweetened 1 	<ul style="list-style-type: none"> • Strawberries, canned in syrup 3 • Chilli con carne 5 • Crumble, fruit 6 • Cottage/Shepherd's pie, chilled/frozen, reheated 6 • Fruit pie, pastry top and bottom 8 • Lasagne 8 	<ul style="list-style-type: none"> • Peanuts, roasted and salted 15 • Mayonnaise, retail 22

Model XY(3)		Iron, calcium and n-3 fatty acids replaced with protein. Protein and F&V capped at 5. Drinks multiplied by 3. Healthier if score is 0 or less, less healthy if score is 9 or more.									
Score	82.4	Total distribution (%) (H / I / U)		32.8	33.2	34.0	Indicator dist (%): ‘Healthier’ (H/I/U) ‘Less healthy’ (H/I/U)		82.9	15.5	1.6
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods		Examples of intermediate foods		Examples of less healthy foods			
Bread, cereals and potatoes	104	20.2	31.7	<ul style="list-style-type: none"> Pasta, plain, fresh, cooked -2 White rice, easy cook, boiled 0 Old potatoes, roast in blended oil 0 New potatoes, boiled in unsalted water 0 	<ul style="list-style-type: none"> White rice, fried 1 Crispbread, rye 1 Oven chips, frozen, baked 2 Wholemeal bread, average 3 Wheat Biscuit Cereal 3 Wholemeal rolls 4 White bread, sliced 4 Potato croquettes, fried in blended oil 5 	<ul style="list-style-type: none"> Chips, French fries, retail 9 Currant buns 9 Malt bread, fruited 10 Cream crackers 11 Sugar Coated Puffed Oat Cereal 11 Flaked Corn Cereal 13 Honey and Nut Coated Flaked Corn Cereal 17 					
Milk and dairy products	81	22.2	46.9	<ul style="list-style-type: none"> Fromage frais, virtually fat free, natural -4 Skimmed milk, average -3 Semi-skimmed milk, average 0 Yogurt, low fat, plain 0 	<ul style="list-style-type: none"> Cottage cheese, plain 1 Yogurt, low fat, fruit 1 Fromage frais, plain 3 Greek yogurt, sheep 4 Whole milk, average 5 	<ul style="list-style-type: none"> Creme fraiche, half fat 11 Camembert 14 Cheddar type, half fat 14 Cheddar cheese 18 					
Fruit and vegetables	121	90.1	0.0	<ul style="list-style-type: none"> Peaches, raw -5 Pineapple, canned in juice -5 Celery, raw -5 Lettuce, average, raw -5 Tomatoes, grilled -4 Avocado, average 0 	<ul style="list-style-type: none"> Orange juice, unsweetened 6 Currants 7 						
Meat, fish and alternatives	181	37.6	27.1	<ul style="list-style-type: none"> Lentils, red, split, dried, boiled in unsalted water -8 Tofu, soya bean, steamed -5 Chicken, breast, grilled without skin, meat only -4 Cod, baked -1 Beef, rump steak, lean only, grilled -1 Beef, topside, roasted well-done, lean -1 Eggs, chicken, boiled 0 Mackerel, grilled 0 	<ul style="list-style-type: none"> Eggs, chicken, fried in vegetable oil 1 Tuna, canned in oil, drained 1 Beef, rump steak, lean and fat, fried 1 Chicken, leg quarter, roasted, meat and skin 2 Fish fingers, cod, grilled 3 Chicken nuggets, takeaway 6 Ham 7 Walnuts 8 	<ul style="list-style-type: none"> Pork sausages, chilled, fried 16 Bacon rashers, streaky, fried 18 					

				<ul style="list-style-type: none"> • Beef, mince, extra lean, stewed 0 • Lamb, leg, lean only, roast 0 		
Foods high in fat, foods high in sugar	137	1.5	92.7	<ul style="list-style-type: none"> • Cola, diet 0 	•	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 18 • Olive oil 20 • Potato crisps 21 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26 • Cola 11 • Doughnuts, jam 13 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 17 • Sponge cake 20 • Digestive biscuits, plain 21 • Chocolate Coated Wafer Biscuits 23 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24 • Chocolate chip cookies 25
Composite foods	-	-	-	<ul style="list-style-type: none"> • Celery, boiled in salted water -4 • Soya, non-dairy alternative to milk, unsweetened -3 • Mushrooms, common, fried in corn oil -3 • Rhubarb, stewed with sugar -3 • Baked beans, canned in tomato sauce, re-heated -1 	<ul style="list-style-type: none"> • Chilli con carne 1 • Sardines, canned in tomato sauce 2 • Strawberries, canned in syrup 3 • Lasagne 4 • Cottage/Shepherd's pie, chilled/frozen, reheated 5 • Crumble, fruit 6 	<ul style="list-style-type: none"> • Fruit pie, pastry top and bottom 9 • Peanuts, roasted and salted 15 • Mayonnaise, reduced calorie 17 • Mayonnaise, retail 22

Model WXY(3)	NMES, iron, calcium and n-3 fatty acids removed. Total sugars, fibre (NSP) and protein added. F&V, protein and fibre (NSP) capped at 5. Drinks multiplied by 3. Healthier if score is 0 or less, less healthy if score is 9 or more.											
Score	79.4	Total distribution (%) (H / I / U)			38.2	33.5	28.3	Indicator dist (%): 'Healthier' (H/I/U) 'Less healthy' (H/I/U)		87.5	12.5	0.0
Subset of foods	N	% healthier	% less healthy	Examples of healthier foods			Examples of intermediate foods			Examples of less healthy foods		
Bread, cereals and potatoes	102	44.1	10.8	<ul style="list-style-type: none"> • Crispbread, rye -5 • Pasta, plain, fresh, cooked -4 • Wheat Biscuit Cereal -3 • Wholemeal bread, average -3 • Old potatoes, roast in blended oil -2 • Wholemeal rolls -2 • New potatoes, boiled in unsalted water -1 • White rice, easy cook, boiled 0 • Oven chips, frozen, baked 0 	<ul style="list-style-type: none"> • White rice, fried 1 • White bread, sliced 1 • Currant buns 3 • Malt bread, fruited 3 • Potato croquettes, fried in blended oil 4 • Sugar Coated Puffed Oat Cereal 7 • Chips, French fries, retail 7 • Cream crackers 8 	<ul style="list-style-type: none"> • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 						
Milk and dairy products	78	12.8	53.8	<ul style="list-style-type: none"> • Fromage frais, virtually fat free, natural -4 • Skimmed milk, average -1 • Yogurt, low fat, fruit 0 	<ul style="list-style-type: none"> • Cottage cheese, plain 1 • Semi-skimmed milk, average 3 • Fromage frais, plain 3 • Greek yogurt, sheep 5 • Whole milk, average 7 	<ul style="list-style-type: none"> • Creme fraiche, half fat 11 • Cheddar type, half fat 14 • Camembert 14 • Cheddar cheese 18 						
Fruit and vegetables	119	90.8	0.0	<ul style="list-style-type: none"> • Peaches, raw -6 • Pineapple, canned in juice -3 • Celery, raw -6 • Lettuce, average, raw -6 • Tomatoes, grilled -6 • Avocado, average -4 	<ul style="list-style-type: none"> • Orange juice, unsweetened 1 • Currants 5 							
Meat, fish and alternatives	172	38.4	25.6	<ul style="list-style-type: none"> • Lentils, red, split, dried, boiled in unsalted water -10 • Chicken, breast, grilled without skin, meat only -4 • Beef, rump steak, lean only, grilled -1 • Cod, baked -1 • Beef, topside, roasted well-done, lean -1 • Eggs, chicken, boiled 0 	<ul style="list-style-type: none"> • Tuna, canned in oil, drained 1 • Eggs, chicken, fried in vegetable oil 1 • Beef, rump steak, lean and fat, fried 1 • Chicken, leg quarter, roasted, meat and skin 2 • Fish fingers, cod, grilled 3 • Walnuts 4 • Chicken nuggets, takeaway 6 	<ul style="list-style-type: none"> • Pork sausages, chilled, fried 16 • Bacon rashers, streaky, fried 18 						

				<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 0 • Mackerel, grilled 0 • Beef, mince, extra lean, stewed 0 	<ul style="list-style-type: none"> • Ham 7 	
Foods high in fat, foods high in sugar	117	1.7	84.6	<ul style="list-style-type: none"> • Cola, diet 0 	<ul style="list-style-type: none"> • Cola 8 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Potato crisps, low fat 13 • Potato crisps 16 • Olive oil 20 • Fat spread (60% fat), polyunsaturated 23 • Butter 25 • Margarine, soft, polyunsaturated 26 • Sponge cake 15 • Dark Chocolate Coated Orange Jelly Layered Sponge Cakes 16 • Digestive biscuits, plain 16 • Chocolate chip cookies 19 • Chocolate Coated Whipped Nougat Bar 23 • Chocolate Coated Whipped Nougat and Caramel Bar 24
Composite foods	-	-	-	<ul style="list-style-type: none"> • Baked beans, canned in tomato sauce, re-heated -6 • Celery, boiled in salted water -5 • Mushrooms, common, fried in corn oil -5 • Rhubarb, stewed with sugar -4 • Soya, non-dairy alternative to milk, unsweetened -3 • Chilli con carne 0 	<ul style="list-style-type: none"> • Sardines, canned in tomato sauce 2 • Strawberries, canned in syrup 3 • Lasagne 3 • Cottage/Shepherd's pie, chilled/frozen, reheated 4 • Crumble, fruit 5 • Fruit pie, pastry top and bottom 7 	<ul style="list-style-type: none"> • Peanuts, roasted and salted 10 • Mayonnaise, reduced calorie 18 • Mayonnaise, retail 22

19/10/05

Annex 2

Appendix 4 – Results for Test D

Model SSCg3d	Basic model. Healthier if score is 2 or less, less healthy if score is 9 or more			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> Wheat Biscuit Cereal 1 Wheat Biscuit Cereal 2 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Soya beans, dried, boiled in unsalted water -10 Tuna, canned in oil, drained -2 Chicken, breast, grilled without skin, meat only 0 Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> Apples, eating, average, raw -10 Red kidney beans, dried, boiled in unsalted water -10 Peas, boiled in unsalted water -10 Apricots, ready-to-eat -10 Bananas -9 Baked beans, canned in tomato sauce, re-heated -3
Intermediate	<ul style="list-style-type: none"> Porridge, made with water 6 Wheat Flakes Cereal 8 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Lamb, leg, lean only, roast 3 Eggs, chicken, boiled 4 Fish fingers, cod, fried in blended oil 8 	<ul style="list-style-type: none"> Crispbread, rye 4 White bread, 'with added fibre' 5 Wholemeal bread, average 6
Less healthy	<ul style="list-style-type: none"> Sugar Coated Puffed Oat Cereal 9 Cocoa Coated Puffed Rice Cereal 9 Sugar Coated Flaked Corn Cereal 11 Flaked Corn Cereal 12 Bran Cereal 12 Honey and Nut Coated Flaked Corn Cereal 16 	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 10 Blended spread, (40% fat) 19 Olive oil 20 Dairy spread (40% fat) 20 Butter, spreadable 21 Butter 23 Fat spread (70% fat), polyunsaturated 24 Margarine, soft, polyunsaturated 26 Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> Cheddar type, half fat 12 Parmesan, fresh 14 Bacon rashers, back, grilled crispy 20 Peanuts, dry roasted 22 	<ul style="list-style-type: none"> Wholemeal crackers 12 Scones, wholemeal 13 Wheat Sticks, Yeast Extract Coated 17 Potato crisps 24

Model W	NMES replaced with total sugars and fibre (NSP). Healthier of score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -10 • Wheat Biscuit Cereal -8 • Muesli, with no added sugar -4 • Bran Cereal -2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -18 • Tuna, canned in oil, drained -2 • Chicken, breast, grilled without skin, meat only 0 • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -19 • Peas, boiled in unsalted water -16 • Apples, eating, average, raw -10 • Apricots, ready-to-eat -10 • Baked beans, canned in tomato sauce, re-heated -8 • Crispbread, rye -7 • Bananas -6 • Wholemeal bread, average -2 • White bread, 'with added fibre' 0
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal 3 • Porridge, made with water 5 • Sugar Coated Puffed Oat Cereal 5 • Cocoa Coated Puffed Rice Cereal 8 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Eggs, chicken, boiled 4 • Fish fingers, cod, fried in blended oil 8 	<ul style="list-style-type: none"> • Wholemeal crackers 6 • Scones, wholemeal 6 • Wheat Sticks, Yeast Extract Coated 7
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal 9 • Sugar Coated Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 13 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 19 • Olive oil 20 • Dairy spread (40% fat) 20 • Butter, spreadable 21 • Butter 23 • Fat spread (70% fat), polyunsaturated 24 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 12 • Peanuts, dry roasted 13 • Parmesan, fresh 14 • Bacon rashers, back, grilled crispy 20 	<ul style="list-style-type: none"> • Potato crisps 17

Model X	Iron, calcium and n-3 fatty acids replaced with protein. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> Wheat Biscuit Cereal -2 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Soya beans, dried, boiled in unsalted water -17 Chicken, breast, grilled without skin, meat only -9 Beef, rump steak, lean only, grilled -6 Lamb, leg, lean only, roast -5 Tuna, canned in oil, drained -4 Eggs, chicken, boiled -2 	<ul style="list-style-type: none"> Red kidney beans, dried, boiled in unsalted water -14 Peas, boiled in unsalted water -14 Apples, eating, average, raw -10 Apricots, ready-to-eat -10 Bananas -9 Baked beans, canned in tomato sauce, re-heated -6
Intermediate	<ul style="list-style-type: none"> Wheat Biscuit Cereal 2 Porridge, made with water 6 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Fish fingers, cod, fried in blended oil 1 Salmon, smoked 1 	<ul style="list-style-type: none"> Crispbread, rye 1 Wholemeal bread, average 3 White bread, 'with added fibre' 3 Wholemeal crackers 8
Less healthy	<ul style="list-style-type: none"> Wheat Flakes Cereal 9 Sugar Coated Puffed Oat Cereal 11 Bran Cereal 12 Flaked Corn Cereal 13 Cocoa Coated Puffed Rice Cereal 16 Sugar Coated Flaked Corn Cereal 17 Honey and Nut Coated Flaked Corn Cereal 17 	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 10 Blended spread, (40% fat) 15 Dairy spread (40% fat) 16 Olive oil 20 Butter, spreadable 23 Butter 25 Fat spread (70% fat), polyunsaturated 25 Margarine, soft, polyunsaturated 26 Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> Cheddar type, half fat 9 Bacon rashers, back, grilled crispy 10 Peanuts, dry roasted 13 Parmesan, fresh 13 	<ul style="list-style-type: none"> Scones, wholemeal 10 Wheat Sticks, Yeast Extract Coated 11 Potato crisps 21

Model Y	All 'C' nutrients capped at 5 points. Healthier if score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> Wheat Biscuit Cereal 2 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Soya beans, dried, boiled in unsalted water -5 Chicken, breast, grilled without skin, meat only 0 Tuna, canned in oil, drained 0 Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> Apples, eating, average, raw -5 Red kidney beans, dried, boiled in unsalted water -5 Peas, boiled in unsalted water -5 Bananas -4
Intermediate	<ul style="list-style-type: none"> Wheat Biscuit Cereal 4 Porridge, made with water 6 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Lamb, leg, lean only, roast 3 Eggs, chicken, boiled 4 	<ul style="list-style-type: none"> Baked beans, canned in tomato sauce, re-heated 3 Crispbread, rye 4 Wholemeal bread, average 6 White bread, 'with added fibre' 6
Less healthy	<ul style="list-style-type: none"> Sugar Coated Puffed Oat Cereal 9 Cocoa Coated Puffed Rice Cereal 11 Sugar Coated Flaked Corn Cereal 11 Flaked Corn Cereal 12 Bran Cereal 12 Wheat Flakes Cereal 15 Honey and Nut Coated Flaked Corn Cereal 16 	<ul style="list-style-type: none"> Fat spread (20-25% fat), polyunsaturated 10 Blended spread, (40% fat) 19 Olive oil 20 Dairy spread (40% fat) 20 Butter, spreadable 21 Butter 23 Fat spread (70% fat), polyunsaturated 24 Margarine, soft, polyunsaturated 26 Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> Fish fingers, cod, fried in blended oil 9 Cheddar type, half fat 15 Parmesan, fresh 18 Bacon rashers, back, grilled crispy 20 Peanuts, dry roasted 23 	<ul style="list-style-type: none"> Wholemeal crackers 12 Scones, wholemeal 13 Wheat Sticks, Yeast Extract Coated 18 Potato crisps 25

Model (3)	Drinks multiplied by 3. Healthier if score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 1 • Wheat Biscuit Cereal 2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -10 • Tuna, canned in oil, drained -2 • Chicken, breast, grilled without skin, meat only 0 • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Apples, eating, average, raw -10 • Apricots, ready-to-eat -10 • Red kidney beans, dried, boiled in unsalted water -10 • Peas, boiled in unsalted water -10 • Bananas -9 • Baked beans, canned in tomato sauce, re-heated -3
Intermediate	<ul style="list-style-type: none"> • Porridge, made with water 6 • Wheat Flakes Cereal 8 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Eggs, chicken, boiled 4 • Fish fingers, cod, fried in blended oil 8 	<ul style="list-style-type: none"> • Crispbread, rye 4 • White bread, 'with added fibre' 5 • Wholemeal bread, average 6
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal 9 • Cocoa Coated Puffed Rice Cereal 9 • Sugar Coated Flaked Corn Cereal 11 • Flaked Corn Cereal 12 • Bran Cereal 12 • Honey and Nut Coated Flaked Corn Cereal 16 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 19 • Olive oil 20 • Dairy spread (40% fat) 20 • Butter, spreadable 21 • Butter 23 • Fat spread (70% fat), polyunsaturated 24 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 12 • Parmesan, fresh 14 • Bacon rashers, back, grilled crispy 20 • Peanuts, dry roasted 22 	<ul style="list-style-type: none"> • Wholemeal crackers 12 • Scones, wholemeal 13 • Wheat Sticks, Yeast Extract Coated 17 • Potato crisps 24

Model WX	NMES, iron, calcium, and n-3 fatty acids removed. Fibre (NSP), total sugars and protein added. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -12 • Wheat Biscuit Cereal -9 • Muesli, with no added sugar -8 • Bran Cereal -2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -25 • Chicken, breast, grilled without skin, meat only -9 • Beef, rump steak, lean only, grilled -6 • Lamb, leg, lean only, roast -5 • Tuna, canned in oil, drained -4 • Eggs, chicken, boiled -2 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -23 • Peas, boiled in unsalted water -20 • Baked beans, canned in tomato sauce, re-heated -11 • Crispbread, rye -10 • Apples, eating, average, raw -10 • Apricots, ready-to-eat -10 • Bananas -6 • Wholemeal bread, average -5 • White bread, 'with added fibre' -2
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal 4 • Porridge, made with water 5 • Sugar Coated Puffed Oat Cereal 7 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Fish fingers, cod, fried in blended oil 1 • Salmon, smoked 1 • Peanuts, dry roasted 4 	<ul style="list-style-type: none"> • Wheat Sticks, Yeast Extract Coated 1 • Wholemeal crackers 2 • Scones, wholemeal 3
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 • Cocoa Coated Puffed Rice Cereal 15 • Sugar Coated Flaked Corn Cereal 16 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 15 • Dairy spread (40% fat) 16 • Olive oil 20 • Butter, spreadable 23 • Butter 25 • Fat spread (70% fat), polyunsaturated 25 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 9 • Bacon rashers, back, grilled crispy 10 • Parmesan, fresh 13 	<ul style="list-style-type: none"> • Potato crisps 14

Model WY	NMES replaced with total sugars and fibre (NSP). All 'C' nutrients capped at 5 points. Healthier if score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -3 • Wheat Biscuit Cereal -3 • Muesli, with no added sugar 1 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -10 • Tuna, canned in oil, drained 0 • Chicken, breast, grilled without skin, meat only 0 • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -10 • Peas, boiled in unsalted water -10 • Apples, eating, average, raw -5 • Baked beans, canned in tomato sauce, re-heated -3 • Crispbread, rye -2 • Apricots, ready-to-eat -2 • Bananas -1 • Wholemeal bread, average 0 • White bread, 'with added fibre' 0
Intermediate	<ul style="list-style-type: none"> • Bran Cereal 3 • Sugar Coated Puffed Oat Cereal 5 • Porridge, made with water 5 • Cocoa Coated Puffed Rice Cereal 8 • Wheat Flakes Cereal 8 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Eggs, chicken, boiled 4 • Fish fingers, cod, fried in blended oil 8 	<ul style="list-style-type: none"> • Wholemeal crackers 7 • Scones, wholemeal 8
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal 9 • Sugar Coated Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 13 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 19 • Olive oil 20 • Dairy spread (40% fat) 20 • Butter, spreadable 21 • Butter 23 • Fat spread (70% fat), polyunsaturated 24 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and 	<ul style="list-style-type: none"> • Cheddar type, half fat 14 • Peanuts, dry roasted 17 • Parmesan, fresh 18 • Bacon rashers, back, grilled crispy 20 	<ul style="list-style-type: none"> • Wheat Sticks, Yeast Extract Coated 12 • Potato crisps 19

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Annex 2

		vegetable fats	28		
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Model W(3)	NMES replaced with total sugars and fibre (NSP). Drinks multiplied by 3. Healthier if score is 2 or less, less healthy if score is 9 or more			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -10 • Wheat Biscuit Cereal -8 • Muesli, with no added sugar -4 • Bran Cereal -2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -18 • Tuna, canned in oil, drained -2 • Chicken, breast, grilled without skin, meat only 0 • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -19 • Peas, boiled in unsalted water -16 • Apples, eating, average, raw -10 • Apricots, ready-to-eat -10 • Baked beans, canned in tomato sauce, re-heated -8 • Crispbread, rye -7 • Bananas -6 • Wholemeal bread, average -2 • White bread, 'with added fibre' 0
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal 3 • Sugar Coated Puffed Oat Cereal 5 • Porridge, made with water 5 • Cocoa Coated Puffed Rice Cereal 8 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Eggs, chicken, boiled 4 • Fish fingers, cod, fried in blended oil 8 	<ul style="list-style-type: none"> • Wholemeal crackers 6 • Scones, wholemeal 6 • Wheat Sticks, Yeast Extract Coated 7
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal 9 • Sugar Coated Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 13 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 19 • Olive oil 20 • Dairy spread (40% fat) 20 • Butter, spreadable 21 • Butter 23 • Fat spread (70% fat), polyunsaturated 24 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 12 • Peanuts, dry roasted 13 • Parmesan, fresh 14 • Bacon rashers, back, grilled crispy 20 	<ul style="list-style-type: none"> • Potato crisps 17

Model XY	Iron, calcium and n-3 fatty acids replaced by protein. Protein and F&V capped at 5 points. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -1 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -9 • Chicken, breast, grilled without skin, meat only -4 • Beef, rump steak, lean only, grilled -1 • Lamb, leg, lean only, roast 0 • Eggs, chicken, boiled 0 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -9 • Peas, boiled in unsalted water -9 • Apples, eating, average, raw -5 • Apricots, ready-to-eat -5 • Bananas -4 • Baked beans, canned in tomato sauce, re-heated -1
Intermediate	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 3 • Porridge, made with water 6 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Tuna, canned in oil, drained 1 • Fish fingers, cod, fried in blended oil 4 • Salmon, smoked 6 	<ul style="list-style-type: none"> • Crispbread, rye 1 • Wholemeal bread, average 3 • White bread, 'with added fibre' 3
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal 11 • Flaked Corn Cereal 13 • Wheat Flakes Cereal 13 • Bran Cereal 15 • Cocoa Coated Puffed Rice Cereal 16 • Honey and Nut Coated Flaked Corn Cereal 17 • Sugar Coated Flaked Corn Cereal 17 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 15 • Dairy spread (40% fat) 16 • Olive oil 20 • Butter, spreadable 23 • Butter 25 • Fat spread (70% fat), polyunsaturated 25 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 14 • Bacon rashers, back, grilled crispy 15 • Parmesan, fresh 18 • Peanuts, dry roasted 18 	<ul style="list-style-type: none"> • Wholemeal crackers 9 • Scones, wholemeal 10 • Wheat Sticks, Yeast Extract Coated 13 • Potato crisps 21

Model X(3)	Iron, calcium and n-3 fatty acids replaced with protein. Drinks multiplied by 3. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -17 • Chicken, breast, grilled without skin, meat only -9 • Beef, rump steak, lean only, grilled -6 • Lamb, leg, lean only, roast -5 • Tuna, canned in oil, drained -4 • Eggs, chicken, boiled -2 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -14 • Peas, boiled in unsalted water -14 • Apples, eating, average, raw -10 • Apricots, ready-to-eat -10 • Bananas -9 • Baked beans, canned in tomato sauce, re-heated -6
Intermediate	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 2 • Porridge, made with water 6 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Fish fingers, cod, fried in blended oil 1 • Salmon, smoked 1 	<ul style="list-style-type: none"> • Crispbread, rye 1 • Wholemeal bread, average 3 • White bread, 'with added fibre' 3 • Wholemeal crackers 8
Less healthy	<ul style="list-style-type: none"> • Wheat Flakes Cereal 9 • Sugar Coated Puffed Oat Cereal 11 • Bran Cereal 12 • Flaked Corn Cereal 13 • Cocoa Coated Puffed Rice Cereal 16 • Honey and Nut Coated Flaked Corn Cereal 17 • Sugar Coated Flaked Corn Cereal 17 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 15 • Dairy spread (40% fat) 16 • Olive oil 20 • Butter, spreadable 23 • Butter 25 • Fat spread (70% fat), polyunsaturated 25 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 9 • Bacon rashers, back, grilled crispy 10 • Parmesan, fresh 13 • Peanuts, dry roasted 13 	<ul style="list-style-type: none"> • Scones, wholemeal 10 • Wheat Sticks, Yeast Extract Coated 11 • Potato crisps 21

Model Y(3)	'C' nutrients capped at 5 points, drinks multiplied by 3. Healthier if score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -5 • Chicken, breast, grilled without skin, meat only 0 • Tuna, canned in oil, drained 0 • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Apples, eating, average, raw -5 • Apricots, ready-to-eat -5 • Red kidney beans, dried, boiled in unsalted water-5 • Peas, boiled in unsalted water -5 • Bananas -4 • Baked beans, canned in tomato sauce, re-heated 2
Intermediate	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 3 • Porridge, made with water 6 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Eggs, chicken, boiled 4 • Fish fingers, cod, fried in blended oil 8 	<ul style="list-style-type: none"> • Crispbread, rye 4 • White bread, 'with added fibre' 5 • Wholemeal bread, average 6
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal 9 • Cocoa Coated Puffed Rice Cereal 9 • Sugar Coated Flaked Corn Cereal 11 • Flaked Corn Cereal 12 • Bran Cereal 12 • Wheat Flakes Cereal 13 • Honey and Nut Coated Flaked Corn Cereal 16 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 19 • Olive oil 20 • Dairy spread (40% fat) 20 • Butter, spreadable 21 • Butter 23 • Fat spread (70% fat), polyunsaturated 24 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 14 • Parmesan, fresh 18 • Bacon rashers, back, grilled crispy 20 • Peanuts, dry roasted 22 	<ul style="list-style-type: none"> • Wholemeal crackers 12 • Scones, wholemeal 13 • Wheat Sticks, Yeast Extract Coated 17 • Potato crisps 24

Model WXY	NMES, iron, calcium and n-3 fatty acids removed. Total sugars, fibre (NSP) and protein added. F&V, protein and fibre (NSP) capped at 5. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -6 • Wheat Biscuit Cereal -3 • Muesli, with no added sugar -2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -14 • Chicken, breast, grilled without skin, meat only -4 • Beef, rump steak, lean only, grilled -1 • Lamb, leg, lean only, roast 0 • Eggs, chicken, boiled 0 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -14 • Peas, boiled in unsalted water -14 • Baked beans, canned in tomato sauce, re-heated -6 • Crispbread, rye -5 • Apples, eating, average, raw -5 • Wholemeal bread, average -3 • White bread, 'with added fibre' -2 • Apricots, ready-to-eat -2 • Bananas -1
Intermediate	<ul style="list-style-type: none"> • Porridge, made with water 5 • Bran Cereal 6 • Sugar Coated Puffed Oat Cereal 7 • Wheat Flakes Cereal 8 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Tuna, canned in oil, drained 1 • Fish fingers, cod, fried in blended oil 4 • Salmon, smoked 6 	<ul style="list-style-type: none"> • Wholemeal crackers 4 • Scones, wholemeal 5 • Wheat Sticks, Yeast Extract Coated 8
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 • Cocoa Coated Puffed Rice Cereal 15 • Sugar Coated Flaked Corn Cereal 16 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 15 • Dairy spread (40% fat) 16 • Olive oil 20 • Butter, spreadable 23 • Butter 25 • Fat spread (70% fat), polyunsaturated 25 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Peanuts, dry roasted 13 • Cheddar type, half fat 14 • Bacon rashers, back, grilled crispy 15 • Parmesan, fresh 18 	<ul style="list-style-type: none"> • Potato crisps 16

Model WX(3)	NMES, iron, calcium and n-3 fatty acids removed. Total sugars, fibre (NSP) and protein added. For drinks, nutrient density measured per 300g. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -12 • Wheat Biscuit Cereal -9 • Muesli, with no added sugar -8 • Bran Cereal -2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -25 • Chicken, breast, grilled without skin, meat only -9 • Beef, rump steak, lean only, grilled -6 • Lamb, leg, lean only, roast -5 • Tuna, canned in oil, drained -4 • Eggs, chicken, boiled -2 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -23 • Peas, boiled in unsalted water -20 • Baked beans, canned in tomato sauce, re-heated -11 • Crispbread, rye -10 • Apples, eating, average, raw -10 • Apricots, ready-to-eat -10 • Bananas -6 • Wholemeal bread, average -5 • White bread, 'with added fibre' -2
Intermediate	<ul style="list-style-type: none"> • Wheat Flakes Cereal 4 • Porridge, made with water 5 • Sugar Coated Puffed Oat Cereal 7 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Fish fingers, cod, fried in blended oil 1 • Salmon, smoked 1 • Peanuts, dry roasted 4 	<ul style="list-style-type: none"> • Wheat Sticks, Yeast Extract Coated 1 • Wholemeal crackers 2 • Scones, wholemeal 3
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 • Cocoa Coated Puffed Rice Cereal 15 • Sugar Coated Flaked Corn Cereal 16 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 15 • Dairy spread (40% fat) 16 • Olive oil 20 • Butter, spreadable 23 • Butter 25 • Fat spread (70% fat), polyunsaturated 25 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 9 • Bacon rashers, back, grilled crispy 10 • Parmesan, fresh 13 	<ul style="list-style-type: none"> • Potato crisps 14

Model WY(3)	NMES replaced by fibre (NSP) and total sugars. 'C' nutrients capped at 5. Drinks multiplied by 3. Healthier if score is 2 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -3 • Wheat Biscuit Cereal -3 • Muesli, with no added sugar 1 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -10 • Chicken, breast, grilled without skin, meat only 0 • Tuna, canned in oil, drained 0 • Beef, rump steak, lean only, grilled 2 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -10 • Peas, boiled in unsalted water -10 • Apples, eating, average, raw -5 • Baked beans, canned in tomato sauce, re-heated -3 • Crispbread, rye -2 • Apricots, ready-to-eat -2 • Bananas -1 • Wholemeal bread, average 0 • White bread, 'with added fibre' 0
Intermediate	<ul style="list-style-type: none"> • Bran Cereal 3 • Sugar Coated Puffed Oat Cereal 5 • Porridge, made with water 5 • Cocoa Coated Puffed Rice Cereal 8 • Wheat Flakes Cereal 8 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Lamb, leg, lean only, roast 3 • Eggs, chicken, boiled 4 • Fish fingers, cod, fried in blended oil 8 	<ul style="list-style-type: none"> • Wholemeal crackers 7 • Scones, wholemeal 8
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal 9 • Sugar Coated Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 13 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 19 • Olive oil 20 • Dairy spread (40% fat) 20 • Butter, spreadable 21 • Butter 23 • Fat spread (70% fat), polyunsaturated 24 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and 	<ul style="list-style-type: none"> • Cheddar type, half fat 14 • Peanuts, dry roasted 17 • Parmesan, fresh 18 • Bacon rashers, back, grilled crispy 20 	<ul style="list-style-type: none"> • Wheat Sticks, Yeast Extract Coated 12 • Potato crisps 19

19/10/05

Annex 2

		vegetable fats	28		
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Model XY(3)	Iron, calcium and n-3 fatty acids replaced with protein. Protein and F&V capped at 5. Drinks multiplied by 3. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -1 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -9 • Chicken, breast, grilled without skin, meat only -4 • Beef, rump steak, lean only, grilled -1 • Eggs, chicken, boiled 0 • Lamb, leg, lean only, roast 0 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -9 • Peas, boiled in unsalted water -9 • Apples, eating, average, raw -5 • Apricots, ready-to-eat -5 • Bananas -4 • Baked beans, canned in tomato sauce, re-heated -1
Intermediate	<ul style="list-style-type: none"> • Wheat Biscuit Cereal 3 • Porridge, made with water 6 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Tuna, canned in oil, drained 1 • Fish fingers, cod, fried in blended oil 4 • Salmon, smoked 6 	<ul style="list-style-type: none"> • Crispbread, rye 1 • Wholemeal bread, average 3 • White bread, 'with added fibre' 3
Less healthy	<ul style="list-style-type: none"> • Sugar Coated Puffed Oat Cereal 11 • Flaked Corn Cereal 13 • Wheat Flakes Cereal 13 • Bran Cereal 15 • Cocoa Coated Puffed Rice Cereal 16 • Honey and Nut Coated Flaked Corn Cereal 17 • Sugar Coated Flaked Corn Cereal 17 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 15 • Dairy spread (40% fat) 16 • Olive oil 20 • Butter, spreadable 23 • Butter 25 • Fat spread (70% fat), polyunsaturated 25 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Cheddar type, half fat 14 • Bacon rashers, back, grilled crispy 15 • Parmesan, fresh 18 • Peanuts, dry roasted 18 	<ul style="list-style-type: none"> • Wholemeal crackers 9 • Scones, wholemeal 10 • Wheat Sticks, Yeast Extract Coated 13 • Potato crisps 21

Model WXY(3)	NMES replaced by fibre (NSP) and total sugars. 'C' nutrients capped at 5. Drinks multiplied by 3. Healthier if score is 0 or less, less healthy if score is 9 or more.			
	Breakfast cereals	Fats, spreads and oils	High protein	High fibre
Healthier	<ul style="list-style-type: none"> • Wheat Biscuit Cereal -6 • Wheat Biscuit Cereal -3 • Muesli, with no added sugar -2 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Soya beans, dried, boiled in unsalted water -14 • Chicken, breast, grilled without skin, meat only -4 • Beef, rump steak, lean only, grilled -1 • Eggs, chicken, boiled 0 • Lamb, leg, lean only, roast 0 	<ul style="list-style-type: none"> • Red kidney beans, dried, boiled in unsalted water -14 • Peas, boiled in unsalted water -14 • Baked beans, canned in tomato sauce, re-heated -6 • Crispbread, rye -5 • Apples, eating, average, raw -5 • Wholemeal bread, average -3 • White bread, 'with added fibre' -2 • Apricots, ready-to-eat -2 • Bananas -1
Intermediate	<ul style="list-style-type: none"> • Porridge, made with water 5 • Bran Cereal 6 • Sugar Coated Puffed Oat Cereal 7 • Wheat Flakes Cereal 8 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Tuna, canned in oil, drained 1 • Fish fingers, cod, fried in blended oil 4 • Salmon, smoked 6 	<ul style="list-style-type: none"> • Wholemeal crackers 4 • Scones, wholemeal 5 • Wheat Sticks, Yeast Extract Coated 8
Less healthy	<ul style="list-style-type: none"> • Flaked Corn Cereal 10 • Honey and Nut Coated Flaked Corn Cereal 14 • Cocoa Coated Puffed Rice Cereal 15 • Sugar Coated Flaked Corn Cereal 16 	<ul style="list-style-type: none"> • Fat spread (20-25% fat), polyunsaturated 10 • Blended spread, (40% fat) 15 • Dairy spread (40% fat) 16 • Olive oil 20 • Butter, spreadable 23 • Butter 25 • Fat spread (70% fat), polyunsaturated 25 • Margarine, soft, polyunsaturated 26 • Margarine, hard, animal and vegetable fats 28 	<ul style="list-style-type: none"> • Peanuts, dry roasted 13 • Cheddar type, half fat 14 • Bacon rashers, back, grilled crispy 15 • Parmesan, fresh 18 	<ul style="list-style-type: none"> • Potato crisps 16