

UNITED NATIONS RATION SCALE (2018 AUGUST REVISION)

Code No.	COMMODITY	Kcal
1000. MEATS, FISH, NUTS, BEANS & DAIRY		
1100	BEANS BLACK DRIED	3,410
1101	BEANS BLACK EYE DRIED	3,460
1102	BEANS BROAD DRIED	3,410
1103	BEANS IN TOMATO SAUCE CANNED	800
1104	BEANS KIDNEY CANNED	880
1105	BEANS KIDNEY DRIED	3,370
1106	BEANS NAVY DRIED	3,370
1107	BEEF BOLOGNA	2,040
1108	BEEF CHUCK ROLL BONELESS FROZEN	2,650
1109	BEEF CORNED CANNED	2,500
1110	BEEF GRAVY BASE	3,690
1111	BEEF GROUND FROZEN	2,150
1112	BEEF KIDNEY WHOLE FROZEN	990
1113	BEEF LIVER FROZEN	1,350
1114	BEEF PATTIES FROZEN	2,250
1115	BEEF EYE ROUND FROZEN	1,930
1116	BEEF RUMP BONELESS FROZEN	1,450
1117	BEEF SALAMI FROZEN	2,630
1118	BEEF SAUSAGES FROZEN	2,570
1119	BEEF STRIPLOIN BONELESS FROZEN	2,140
1120	BEEF STEAK & KIDNEY PIE FROZEN	2,270
1121	BEEF STEAK RIBEYE FROZEN	2,530
1122	BEEF STEW CANNED	950
1123	BEEF STEWING BONELESS FROZEN	2,215
1124	BEEF STOCK BASE	1,700
1125	BEEF TOPSIDE BONELESS FROZEN	2,140
1126	BEEF TRIPE CLEANED FROZEN	850
1127	CHICKEN SAUSAGES FROZEN	2,230
1128	CHICKEN BREAST BONELESS FROZEN	1,120
1129	CHICKEN EGG (EACH)	83
1130	CHICKEN GRAVY BASE	3,810
1131	CHICKEN STOCK BASE	2,500
1132	CHICKEN WHOLE GRADE A FROZEN	2,150
1133	DAIRY CHEESE CAMBAZOLA	4,260
1134	DAIRY CHEESE HAVARTI	4,000
1135	DAIRY CHEESE MOZZARELLA	2,590
1136	DAIRY CHEESE CHEDDAR	4,030
1137	DAIRY CHEESE DANISH BLUE	3,530
1138	DAIRY CHEESE EDAM	3,460
1139	DAIRY CHEESE FETA	2,400
1140	DAIRY CHEESE GOUDA	3,580
1141	DAIRY CHEESE GRATED PARMESAN	4,200
1142	DAIRY CHEESE HALLOUMI	3,120
1143	DAIRY CHEESE HARD CANNED	3,900
1144	DAIRY CHEESE PROCESSED SLICES	3,070
1145	DAIRY CHEESE COTTAGE	980
1146	DAIRY CREAM	1,930
1147	DAIRY CREAM SOUR	1,930
1148	DAIRY ICE CREAM CHOCOLATE	2,160
1149	DAIRY ICE CREAM PISTACHIO	2,220

Code No.	COMMODITY	Kcal
1150	DAIRY ICE CREAM STRAWBERRY	2,290
1151	DAIRY ICE CREAM VANILLA	2,070
1152	DAIRY MILK CHOCOLATE LONG LIFE	830
1153	DAIRY MILK CONDENSED SWEETENED	3,210
1154	DAIRY MILK DRIED	4,960
1155	DAIRY MILK EVAPORATED WITHOUT SUGAR	1,350
1156	DAIRY MILK LONG LIFE REDUCED FAT	500
1157	DAIRY MILK LONG LIFE FULL FAT	610
1158	DAIRY SORBET LEMON	1,040
1159	DAIRY SORBET MANGO	1,040
1160	DAIRY YOGURT LOW FAT PINEAPPLE LONG LIFE	850
1161	DAIRY YOGURT LOW FAT BLUEBERRY LONG LIFE	850
1162	DAIRY YOGURT LOW FAT PLAIN LONG LIFE	630
1163	DAIRY YOGURT LOW FAT STRAWBERRY LONG LIFE	850
1164	DAIRY YOGURT LOW FAT VANILLA LONG LIFE	850
1165	FISH ANCHOVIES DRIED	2,730
1166	FISH COD FILLET FROZEN	740
1167	FISH COD WHOLE DRIED	2,900
1168	FISH CRAYFISH DRIED	2,081.0
1169	FISH FINGERS FROZEN	2,320
1170	FISH HADDOCK FILLET FROZEN	828
1171	FISH HERRING CAN IN OIL	3,165
1172	FISH HERRING CAN IN TOMATO SAUCE	1,870
1173	FISH KING MACKEREL WHOLE FROZEN	1,050
1174	FISH MACKEREL CAN IN OIL	2,238
1175	FISH MACKEREL CAN IN TOMATO SAUCE	1,520
1176	FISH PILCHARDS CAN	2,238
1177	FISH PLAICE FILLET FROZEN	910
1178	FISH POLLOCK FILLET FROZEN	920
1179	FISH PRAWNS DRIED 100 - 120 PER KG	3,757
1180	FISH RED SNAPPER WHOLE FROZEN	960
1181	FISH SALMON CANNED IN BRINE	1,545
1182	FISH SARDINES IN OIL	2,240
1183	FISH SARDINES IN TOMATO SAUCE	1,415
1184	FISH SHRIMP COOKED PEELED FROZEN 80 - 100 PER KG	990
1185	FISH SHRIMP RAW UNPEELED FROZEN 60 - 80 PER KG	850
1186	FISH SQUID WHOLE CLEANED FROZEN	797
1187	FISH TILAPIA WHOLE FROZEN	960
1188	FISH TUNA IN OIL CANNED	1,860
1189	GOAT WHOLE FROZEN	1,130
1190	LAMB CHOPS FROZEN	2,250
1191	LAMB LEG BONE IN FROZEN	2,400
1192	LAMB LOIN BONE IN FROZEN	3,030
1193	LENTILS CHANNA DRIED	3,520
1194	LENTILS MASOUR WHOLE DRIED	3,520
1195	LENTILS MASOUR SPLIT WASHED DRIED	3,520
1196	LENTILS MOONG WHOLE DRIED	3,520
1197	LENTILS MOONG SPLIT WASHED DRIED	3,520
1198	LENTILS URAD WHOLE DRIED	3,520
1199	LENTILS URAD SPLIT WASHED DRIED	3,520
1200	MUTTON FROZEN SIX WAY CUTS	1,378
1201	NUTS ALMONDS UNSALTED SHELLLED	5,790
1202	NUTS CASHEWS UNSALTED SHELLLED	5,740
1203	NUTS COCONUT MEAT DRIED SWEETENED SHREDDED	6,220

Code No.	COMMODITY	Kcal
1204	NUTS PEANUTS UNSALTED DRY ROASTED SHELLED	5,870
1205	NUTS PECANS UNSALTED SHELLED	6,910
1206	NUTS WALNUTS UNSALTED SHELLED	6,540
1207	PEAS GARBANZO CHICK PEAS DRIED	3,780
1208	PORK BACON BACK SLICED FROZEN	2,330
1209	PORK BACON BACK WHOLE SMOKED FROZEN	1,940
1210	PORK BACON GAMMON STEAK BONELESS EXTRA LEAN	1,740
1211	PORK BACON STREAKY SMOKED FROZEN	3,170
1212	PORK BRATWURST FROZEN	2,480
1213	PORK FRANKFURTERS FROZEN	2,530
1214	PORK HAM CANNED	1,200
1215	PORK HAM SMOKED BONELESS FROZEN	1,200
1216	PORK LEG BONELESS FROZEN	1,160
1217	PORK LOIN BONE-IN FROZEN	1,040
1218	PORK LOIN CHOPS CENTRE CUT FROZEN	1,700
1219	PORK LUNCHEON MEAT CANNED	3,070
1220	PORK MORTADELLA	3,110
1221	PORK NECK WHOLE FROZEN	2,370
1222	PORK PEPPERONI FROZEN	4,032
1223	PORK PIE FROZEN	3,498
1224	PORK SALAMI FROZEN	4,120
1225	PORK SAUSAGES FROZEN	2,990
1226	PORK SHOULDER BONELESS FROZEN	2,500
1227	PORK SPARE RIBS FROZEN	2,520
1228	TOFU RAW FIRM	820
1229	TURKEY BREAST BONELESS FROZEN	1,140
1230	TURKEY WHOLE FROZEN	1,539
1231	VEAL LOIN FROZEN	1,630
2000. BREADS, GRAINS, CEREALS & BEVERAGES		
2100	BISCUITS MORNING COFFEE	4,400
2101	BISCUITS PETIT BEURRE	4,360
2102	BISCUITS SODA CRAKERS	4,210
2103	BISCUITS SWEETMEAL	4,540
2104	BREAD BROWN FRESH SLICED	2,250
2105	BREAD BROWN FROZEN SLICED	2,250
2106	BREAD BUNS HAMBURGER FRESH	2,700
2107	BREAD BUNS HAMBURGER FROZEN	2,700
2108	BREAD BUNS HOT DOG FRESH	2,700
2109	BREAD BUNS HOT DOG FROZEN	2,700
2110	BREAD FRENCH STICK FRESH	2,780
2111	BREAD FRENCH STICK FROZEN	2,780
2112	BREAD FRUIT FRESH SLICED	2,800
2113	BREAD FRUIT FROZEN SLICED	2,800
2114	BREAD PITA FRESH	2,750
2115	BREAD PITA FROZEN	2,750
2116	BREAD ROLLS FRESH	2,550
2117	BREAD ROLLS FROZEN	2,550
2118	BREAD RYE FRESH SLICED	2,590
2119	BREAD RYE FROZEN SLICED	2,590
2120	BREAD TORTILLAS CORN	2,180
2121	BREAD TORTILLAS CORN FROZEN	2,180
2122	BREAD TORTILLAS FLOUR	3,060
2123	BREAD TORTILLAS FLOUR FROZEN	3,060
2124	BREAD WHITE FRESH SLICED	2,300

Code No.	COMMODITY	Kcal
2125	BREAD WHITE FROZEN SLICED	2,300
2126	BREADCRUMBS DRY	3,670
2127	CEREALS BRAN FLAKES RAISINS	3,180
2128	CEREALS CORNFLAKES	3,760
2129	CEREALS CORNMEAL DRY UNCOOKED	3,660
2130	CEREALS MUESLI	3,550
2131	CEREALS OATMEAL DRY UNCOOKED	3,710
2132	CEREALS RICE BASED PUFFED	3,830
2133	CEREALS WHEAT BASED FLAKED	3,510
2134	CEREALS WHITE OATS DRY UNCOOKED	3,740
2135	COFFEE GROUND	3,970
2136	COFFEE INSTANT	2,850
2137	COFFEE INSTANT INDIVIDUAL POUCH	2,850
2138	CORNFLOUR (STARCH)	3,610
2139	CORNMEAL WHITE DE-GERMED	3,690
2140	CORNMEAL WHOLE	3,700
2141	CORNMEAL YELLOW DE-GERMED	3,690
2142	COUSCOUS	3,760
2143	FLOUR CASSAVA	3,510
2144	FLOU CHAPATI ATTA	3,400
2145	FLOUR GRAM	3,590
2146	FLOUR PEARL MILLET	3,725
2147	FLOUR PLAIN TAIN	2,910
2148	FLOUR WHITE ALL PURPOSE	3,560
2149	FLOUR WHOLEWHEAT	3,390
2150	FLOUR YAM ELUBO	3,520
2151	NOODLES EGG	3,640
2152	NOODLES INSTANT	4,200
2153	NOODLES RICE	3,630
2154	PASTA LASAGNA	3,560
2155	PASTA MACARONI	3,710
2156	PASTA SPAGHETTI	3,700
2157	PIZZA SHELL FROZEN	2,640
2158	POPPADOMS	4,000
2159	RICE ARBORIO	3,480
2160	RICE BASMATI	3,550
2161	RICE GLUTINOUS STICKY	3,700
2162	RICE JAPONICA	3,530
2163	RICE JASMINE	3,560
2164	RICE LONG GRAIN WHITE	3,650
2165	RICE WILD	3,570
2166	SEMOLINA	3,600
2167	TEA GREEN GUNPOWDER SENCHA	0
2168	TEA INDIVIDUAL BAGS ENGLISH BREAKFAST	0
2169	TEA INSTANT ICED MIX SWEETENED	3,680
2170	TEA LOOSE LEAF	0
2171	TEA MINT MOROCCAN	0
2172	TEA YERBA MATE SOUTH AMERICA	0
3000. FATS, OILS & SWEETS		
3100	BUTTER CANNED SALTED	7,170
3101	BUTTER SALTED FROZEN	7,170
3102	BUTTER UNSALTED FROZEN	7,170
3103	CHOCOLATE COOKING SEMI-SWEET	5,410
3104	CHOCOLATE DRINK MIX	4,110

Code No.	COMMODITY	Kcal
3105	CHUTNEY INDIAN STYLE WITH MANGO	2,664
3106	COCOA BAKING CANNED	3,120
3107	CRYSTALS MIX FRUIT	4,000
3108	CRYSTALS ORANGE	4,000
3109	CRYSTALS PINEAPPLE	4,000
3110	CUSTARD POWDER FLAVOUR CARAMEL	3,480
3111	CUSTARD POWDER FLAVOUR EGG	3,480
3112	GHEE	8,760
3113	HONEY	3,040
3114	JAM APRICOT	2,420
3115	JAM GRAPE	2,780
3116	ORANGE MARMALADE	2,600
3117	JAM RASPBERRY	2,420
3118	JAM STRAWBERRY	2,420
3119	JELLO FRUIT GELATINE FLAVOURS	3,810
3120	MARGARINE CANNED	7,230
3121	MARGARINE FROZEN	7,230
3122	MAYONNAISE	6,800
3123	MUSTARD ENGLISH PREPARED	2,000
3124	MUSTARD FRENCH PREPARED	1,000
3125	OIL CORN	8,820
3126	OIL OLIVE VIRGIN	8,570
3127	OIL PALM	8,840
3128	OIL PEANUT	8,570
3129	OIL SESAME	8,890
3130	OIL SUNFLOWER	8,800
3131	OIL VEGETABLE	8,840
3132	PICKLED MIXED RELISH	1,500
3133	PICKLES MIXED	2,700
3134	PIE FILLER APPLE	1,000
3135	PIE FILLER MIXED FRUITS	2,800
3136	PIE FILLER STRAWBERRY	940
3137	SALAD DRESSING FRENCH	3,400
3138	SALAD DRESSING ITALIAN	2,400
3139	SALAD DRESSING THOUSAND ISLANDS	2,800
3140	SALAD DRESSING VINAIGRETTE	2,860
3141	SAUCE BBQ	1,330
3142	SAUCE BROWN	1,180
3143	SAUCE CHILLI	1,000
3144	SAUCE CHINESE BEAN	1,400
3145	SAUCE FISH	350
3146	SAUCE MINT	940
3147	SAUCE SOYA	500
3148	SAUCE TABASCO	160
3149	SAUCE TOMATO KETCHUP	1,000
3150	SAUCE WORCESTERSHIRE	1,130
3151	SHORTENING CANNED	8,840
3152	SHORTENING FROZEN	8,840
3153	SPREAD CHOCOLATE	5,410
3154	SPREAD PEANUT BUTTER	5,880
3155	SPREAD SESAME SEED (TAHINI)	5,950
3156	SUGAR BROWN	3,960
3157	SUGAR ICING SUGAR	3,890
3158	SUGAR WHITE	3,870

Code No.	COMMODITY	Kcal
3159	SYRUP GOLDEN	2,680
3160	TAPIOCA	3,580
4000. FRUIT, VEGETABLES & SPICES		
4100	ALMOND FLAVORING	0
4101	ALMOND POWDER	5,750
4102	BAKING POWDER	970
4103	BAKING SODA	0
4104	FRUIT APPLES EATING FRESH	520
4105	FRUIT APPLESAUCE CANNED	420
4106	FRUIT APRICOTS FRESH	480
4107	FRUIT APRICOTS CANNED	690
4108	FRUIT AVOCADO FRESH	1,740
4109	FRUIT BANANA FRESH	920
4110	FRUIT BANANA PLANTAIN FRESH	1,220
4111	FRUIT BLACKCURRANT FROZEN	810
4112	FRUIT CHERRIES CANNED	730
4113	FRUIT CLEMENTINE FRESH	470
4114	FRUIT COCKTAIL CANNED	570
4115	FRUIT CURRANTS DRIED	2,830
4116	FRUIT DATES PITTED DRIED	3,130
4117	FRUIT DATES UNPITTED FRESH	2,750
4118	FRUIT GRAPEFRUIT FRESH	330
4119	FRUIT GRAPES SEEDED OR SEEDLESS FRESH	800
4120	FRUIT GUAVA FRESH	680
4121	FRUIT MANDARIN FRESH	530
4122	FRUIT MANGO FRESH	650
4123	FRUIT MELONS SWEET FRESH	350
4124	FRUIT MELONS WATER FRESH	290
4125	FRUIT ORANGES FRESH	470
4126	FRUIT PAPAYA FRESH	430
4127	FRUIT PEACHES CANNED HALVES MEDIUM SYRUP	600
4128	FRUIT PEACHES FRESH	390
4129	FRUIT PEARS CANNED MEDIUM SYRUP	620
4130	FRUIT PEARS FRESH	590
4131	FRUIT PINEAPPLE PIECES CANNED MEDIUM SYRUP	520
4132	FRUIT PINEAPPLES FRESH	490
4133	FRUIT PLUMS CANNED PITTED MEDIUM SYRUP	580
4134	FRUIT PLUMS FRESH	460
4135	FRUIT POMEGRANATE FRESH	830
4136	FRUIT PRUNES DRIED SEEDLESS	3,400
4137	FRUIT RAISINS DRIED	3,000
4138	GELATINE	3,350
4139	HERB BASIL DRIED	2,330
4140	HERB BAY LEAF WHOLE	3,130
4141	HERB CHIVES DRIED	3,110
4142	HERB DILL DRIED	2,530
4143	HERB MARJORAM DRIED	2,710
4144	HERB OREGANO DRIED	2,650
4145	HERB PARSLEY DRIED	2,920
4146	HERB ROSEMARY DRIED	3,310
4147	HERB SAGE DRIED	3,150
4148	HERB TARRAGON DRIED	2,950
4149	HERB THYME DRIED	2,760
4150	JUICE APPLE	460

Code No.	COMMODITY	Kcal
4151	JUICE DRINK CRANBERRY	470
4152	JUICE GRAPE	560
4153	JUICE GRAPEFRUIT	300
4154	JUICE LIME	250
4155	JUICE NECTAR GUAVA	545
4156	JUICE ORANGE	490
4157	JUICE PINEAPPLE	530
4158	JUICE SQUASH LEMON	610
4159	JUICE SQUASH ORANGE	610
4160	JUICE TOMATO	170
4161	LEMON ACID EXTRACT	0
4162	ROSE WATER	0
4163	SALT TABLE	0
4164	SEAWEED DRIED	3,060
4165	SPICE ALLSPICE GROUND	2,630
4166	SPICE ANISEED GROUND	3,370
4167	SPICE ANISEED WHOLE	3,370
4168	SPICE CARDAMON GROUND	3,110
4169	SPICE CARDAMON WHOLE	3,110
4170	SPICE CHILI GROUND	2,820
4171	SPICE CHILIES DRIED WHOLE	2,820
4172	SPICE CINNAMON GROUND	2,470
4173	SPICE CLOVES GROUND	2,740
4174	SPICE CLOVES WHOLE	2,740
4175	SPICE CORIANDER GROUND	2,980
4176	SPICE CORIANDER WHOLE	2,980
4177	SPICE CUMIN GROUND	3,750
4178	SPICE CUMIN SEED	3,750
4179	SPICE CURRY POWDER	3,250
4180	SPICE DRY MELON SEEDS (EGUSI)	3,050
4181	SPICE FENNEL SEEDS	3,450
4182	SPICE GARLIC POWDER	3,310
4183	SPICE GINGER GROUND	3,350
4184	SPICE LEMON GRASS DRIED	3,000
4185	SPICE MACE GROUND	4,750
4186	SPICE MANGO SEEDS WILD DRY (Ogbono)	700
4187	SPICE MUSTARD DRY	5,080
4188	SPICE MUSTARD SEED	5,080
4189	SPICE NUTMEG WHOLE	5,250
4190	SPICE ONION FLAKES	3,470
4191	SPICE ONION POWDER	3,470
4192	SPICE PAPRIKA GROUND	2,820
4193	SPICE PEPPER PURE BLACK GROUND	2,550
4194	SPICE PEPPER PURE WHITE GROUND	2,960
4195	SPICE PEPPER RED CAYENNE GROUND	3,180
4196	SPICE PICKLING	3,050
4197	SPICE POPPY SEED WHOLE	5,510
4198	SPICE SAFFRON POWDERED	3,100
4199	SPICE SAVORY	2,720
4200	SPICE SESAME SEEDS	5,730
4201	SPICE TARRAGON GROUND	2,950
4202	SPICE TURMERIC GROUND	3,120
4203	STOCK BASE VEGETARIAN	2,130
4204	VANILLA EXTRACT	2,880

Code No.	COMMODITY	Kcal
4205	VEGETABLE ASPARAGUS FROZEN	200
4206	VEGETABLE AUBERGINE/EGGPLANT FRESH	210
4207	VEGETABLE BAMBOO SHOOTS CANNED	190
4208	VEGETABLE BEANS GREEN CANNED	190
4209	VEGETABLE BEANS GREEN FRESH	310
4210	VEGETABLE BEANS GREEN FROZEN	330
4211	VEGETABLE BEANS WAX CANNED	200
4212	VEGETABLE BEANS YELLOW FROZEN	330
4213	VEGETABLE BEETROOTS CANNED	280
4214	VEGETABLE BEETROOTS FRESH	430
4215	VEGETABLE BROCCOLI FRESH	340
4216	VEGETABLE BROCCOLI FROZEN	290
4217	VEGETABLE BRUSSEL SPROUTS FROZEN	410
4218	VEGETABLE CABBAGE CHINESE FRESH	130
4219	VEGETABLE CABBAGE HEADED FRESH	250
4220	VEGETABLE CARROTS CANNED	250
4221	VEGETABLE CARROTS FROZEN	430
4222	VEGETABLE CARROTS FRESH	430
4223	VEGETABLE CASSAVA LEAVES FROZEN	1,310
4224	VEGETABLE CAULIFLOWER FRESH	250
4225	VEGETABLE CAULIFLOWER FROZEN	240
4226	VEGETABLE CELERY FRESH	160
4227	VEGETABLE CHICORY FRESH	170
4228	VEGETABLE CORN KERNEL CANNED	880
4229	VEGETABLE CORN KERNEL FROZEN	880
4230	VEGETABLE CORN FRESH	860
4231	VEGETABLE CUCUMBER FRESH	130
4232	VEGETABLE ENDIVE FRESH	170
4233	VEGETABLE GARLIC FRESH	1,490
4234	VEGETABLE GARRI CASSAVA FRESH	1,600
4235	VEGETABLE GINGER FRESH	800
4236	VEGETABLE LEEK FRESH	270
4237	VEGETABLE LEMON FRESH	250
4238	VEGETABLE LETTUCE CRISP HEAD ICEBERG FRESH	120
4239	VEGETABLE LETTUCE LEAF BUTTER HEAD/CABBAGE	130
4240	VEGETABLE MINT FRESH	440
4241	VEGETABLE MIXED DICED CANNED	800
4242	VEGETABLE MIXED FROZEN	640
4243	VEGETABLE MUSHROOMS CANNED	250
4244	VEGETABLE MUSHROOMS FRESH BUTTON	250
4245	VEGETABLE OKRA FRESH	330
4246	VEGETABLE OKRA FROZEN	330
4247	VEGETABLE OLIVES GREEN CANNED	1,450
4248	VEGETABLE OLIVES BLACK CANNED	1,450
4249	VEGETABLE ONIONS RED FRESH	420
4250	VEGETABLE ONIONS WHITE FRESH	380
4251	VEGETABLE PARSLEY FRESH	360
4252	VEGETABLE PARSNIP FRESH	750
4253	VEGETABLE PEAS CANNED GREEN	530
4254	VEGETABLE PEAS DRIED	3,540
4255	VEGETABLE PEAS GREEN FROZEN	770
4256	VEGETABLE PEAS GREEN SNOW FRESH	810
4257	VEGETABLE PEPPER CHILI RED FRESH	400
4258	VEGETABLE PEPPER GREEN HOT FRESH	400

Code No.	COMMODITY	Kcal
4259	VEGETABLE PEPPER PIMENTO CANNED	510
4260	VEGETABLE PEPPER SWEET GREEN FRESH	270
4261	VEGETABLE PEPPER SWEET RED FRESH	270
4262	VEGETABLE POTATO FRENCH FRIES FROZEN	1,470
4263	VEGETABLE POTATOES FRESH WASHED	750
4264	VEGETABLE POTATOES POWDER/FLAKES MASH	3,370
4265	VEGETABLE POTATOES SWEET FRESH WASHED	1,050
4266	VEGETABLE POTATOES WHOLE CANNED	440
4267	VEGETABLE PUMPKIN FRESH	260
4268	VEGETABLE RADISH FRESH	200
4269	VEGETABLE RAPE DRIED	800
4270	VEGETABLE SHALLOTS FRESH	720
4271	VEGETABLE SPINACH FRESH	220
4272	VEGETABLE SPINACH FROZEN	290
4273	VEGETABLE TOMATO PASTE CANNED	570
4274	VEGETABLE TOMATOES FRESH	210
4275	VEGETABLE TOMATOES WHOLE CANNED	150
4276	VEGETABLE TURNIP FRESH	270
4277	VEGETABLE YAM FRESH	1,200
4278	VEGETABLE ZUCCHINI FRESH	210
4279	VINEGAR BALSAMIC	1,000
4280	VINEGAR WHITE	180
4281	YEAST DRIED	1,050
4282	VEGETABLE LETTUCE ELONGATED (COS ROMAINE)	200
4283	VEGETABLE SPRING ONIONS FRESH	300
4284	FRUIT KIWI FRESH	490
4285	FRUIT STRAWBERRIES WHOLE FROZEN	360
4286	COCONUT MILK	1,690
4287	VEGETABLE AUBERGINE DICED FROZEN	210
4288	VEGETABLE GARLIC CLOVES FROZEN	1,380
4289	VEGETABLE GINGER WHOLE FROZEN	800
4290	VEGETABLE LEEK RINGS FROZEN	270
4291	MIXED SWEET PEPPER FROZEN	240
4292	VEGETABLE ONIONS DICED FROZEN	360
4293	VEGETABLE PARSLEY FROZEN	360
4294	VEGETABLE SHREDDED CABBAGE FROZEN	290
4295	VEGETABLE POTATOES WEDGES FROZEN	750
4296	VEGETABLE TOMATOES DICED FROZEN	210
4297	VEGETABLE WHOLE RED CHILLI FROZEN	260
4298	VEGETABLE ZUCCHINI SLICED FROZEN	210
4299	VEGETABLE ARROW ROOT FRESH	650
6000 & 9000 HALAL		
6107	BEEF BOLOGNA FROZEN HALAL	2,040
6108	BEEF CHUCK ROLL BONELESS FROZEN HALAL	2,650
6109	BEEF CORNED CANNED HALAL	2,500
6110	BEEF GRAVE BASE HALAL	3,690
6111	BEEF GROUND FROZEN HALAL	2,150
6112	BEEF KIDNEY WHOLE FROZEN HALAL	990
6113	BEEF LIVER FROZEN HALAL	1,350
6114	BEEF PATTIES FROZEN HALAL	2,250
6115	BEEF EYE ROUND FROZEN HALAL	1,930
6116	BEEF RUMP BONELESS FROZEN HALAL	1,450
6117	BEEF SALAMI FROZEN HALAL	2,630
6118	BEEF SAUSAGE FROZEN HALAL	2,570

Code No.	COMMODITY	Kcal
6119	BEEF STRIPLOIN BONELESS FROZEN HALAL	2,140
6120	BEEF STEAK AND KIDNEY PIE FROZEN HALAL	2,270
6121	BEEF STEAK RIB EYE FROZEN HALAL	2,530
6122	BEEF STEW CANNED HALAL	950
6123	BEEF STEWING BONELESS FROZEN HALAL	2,215
6124	BEEF STOCK BASE HALAL	1,700
6125	BEEF TOPSIDE BONELESS FROZEN HALAL	2,140
6126	BEEF TRIPE CLEANED FROZEN HALAL	850
6127	CHICKEN SAUSAGES FROZEN HALAL	2,230
6128	CHICKEN BREAST BONELESS FROZEN HALAL	1,120
6130	CHICKEN GRAVEY BASE HALAL	3,810
6131	CHICKEN STOCK BASE HALAL	2,500
6132	CHICKEN WHOLE GRADE A FROZEN HALAL	2,150
6133	DAIRY CHEESE CAMBAZOLA HALAL	4,260
6134	DAIRY CHEESE HAVARTI HALAL	4,000
6135	DAIRY CHEESE MOZZARELLA HALAL	2,590
6136	DAIRY CHEESE CHEDDAR HALAL	4,030
6137	DAIRY CHEESE DANISH BLUE HALAL	3,530
6138	DAIRY CHEESE EDAM HALAL	3,460
6139	DAIRY CHEESE FETA HALAL	2,400
6140	DAIRY CHEESE GOUDA HALAL	3,580
6141	DAIRY CHEESE GRATED PARMESAN HALAL	4,200
6142	DAIRY CHEESE HALLOUMI HALAL	3,120
6143	DAIRY CHEESE HARD CANNED HALAL	3,900
6144	DAIRY CHEESE PROCESSED SLICES HALAL	3,070
6145	DAIRY CHEESE COTTAGE HALAL	980
6148	DAIRY ICE CREAM CHOCOLATE HALAL	2,160
6149	DAIRY ICE CREAM PISTACHIO HALAL	2,220
6150	DAIRY ICE CREAM STRAWBERRY HALAL	2,290
6151	DAIRY ICE CREAM VANILLA HALAL	2,070
6160	DAIRY YOGHURT LOW FAT PINEAPPLE LONG LIFE HALAL	850
6161	DAIRY YOGHURT LOW FAT BLUEBERRY LONG LIFE HALAL	850
6162	DAIRY YOGHURT LOW FAT PLAIN LONG LIFE HALAL	630
6163	DAIRY YOGHURT LOW FAT STRAWBERRY LONG LIFE HALAL	850
6164	DAIRY YOGHURT LOW FAT VANILLA LONG LIFE HALAL	850
6189	GOAT WHOLE FROZEN HALAL	1,130
6190	LAMB CHOPS FROZEN HALAL	2,250
6191	LAMB LEG BONEIN FROZEN HALAL	2,400
6192	LAMB LOIN BONE IN FROZEN HALAL	3,030
6200	MUTTON FROZEN SIX WAY CUTS HALAL	1,378
6229	TURKEY BREAST BONELESS FROZEN HALAL	1,140
6230	TURKEY WHOLE FROZEN HALAL	1,539
6231	VEAL LOIN FROZEN HALAL	1,630
9100	ALMOND FLAVOURING HALAL	0
9279	BALSAMIC VINEGAR HALAL	1,000
9280	VINEGAR WHITE HALAL	180