

Food (taxonomic name)	Preparation	Variety	Family	Phytoestrogens	Isoflavones	Lignans
Apple ( <i>Malus domestica</i> )	Cored	Cox	Rosaceae	4	2	2
Apple ( <i>Malus domestica</i> )	Cored	Golden Delicious	Rosaceae	5	2	3
Apple ( <i>Malus domestica</i> )	Cored	Granny Smith	Rosaceae	4	2	2
Apple ( <i>Malus domestica</i> )	Cored	Red dessert	Rosaceae	3	1	2
Apple ( <i>Malus domestica</i> )	Peeled, cored & cooked	Cooking apple	Rosaceae	9	7	2
Apple ( <i>Malus domestica</i> )	Peeled & cored	Cooking apple	Rosaceae	5	3	2
Apple ( <i>Malus domestica</i> )	Peeled & cored	Cox	Rosaceae	5	2	2
Apple ( <i>Malus domestica</i> )	Peeled & cored	Golden Delicious	Rosaceae	5	3	2
Apple ( <i>Malus domestica</i> )	Peeled & cored	Granny Smith	Rosaceae	4	2	2
Apple ( <i>Malus domestica</i> )	Peeled & cored	Red dessert	Rosaceae	2	<1	<1
Apricot ( <i>Prunus armeniaca</i> )	Stoned		Rosaceae	53	1	52
Apricot ( <i>Prunus armeniaca</i> )	Dried		Rosaceae	443	12	431
Apricot ( <i>Prunus armeniaca</i> )	Tinned in syrup, drained		Rosaceae	24	2	22
Asparagus ( <i>Asparagus officinalis</i> )	Cooked		Asparagaceae	154	2	152
Aubergine ( <i>Solanum melongena</i> )	Raw		Solanaceae	9	<1	8
Aubergine ( <i>Solanum melongena</i> )	Cooked		Solanaceae	8	<1	8
Avocado ( <i>Persea americana</i> )	Peeled & stoned		Lauraceae	43	9	34
Banana ( <i>Musa</i> sp.)	Peeled		Musaceae	3	2	1
Beans, baked ( <i>Phaseolus vulgaris</i> )	Cold		Fabaceae	28	5	22
Beans, baked ( <i>Phaseolus vulgaris</i> )	Heated		Fabaceae	25	6	19
Beans, Broad beans ( <i>Vicia faba</i> )	Fresh, podded		Fabaceae	21	<1	21

Beans, Broad beans ( <i>Vicia faba</i> )	Cooked		Fabaceae	22	<1	21
Beans, Butter beans ( <i>Phaseolus limensis</i> )	Dried		Fabaceae	196	51	143
Beans, Butter beans ( <i>Phaseolus limensis</i> )	Cooked from dried		Fabaceae	36	13	22
Beans, French beans ( <i>Phaseolus vulgaris</i> )			Fabaceae	147	50	94
Beans, French beans ( <i>Phaseolus vulgaris</i> )	Cooked		Fabaceae	159	48	109
Beans, Haricot beans ( <i>Phaseolus vulgaris</i> )	Dried		Fabaceae	132	21	106
Beans, Haricot beans ( <i>Phaseolus vulgaris</i> )	Cooked from dried		Fabaceae	29	6	22
Beans, Kidney beans ( <i>Phaseolus vulgaris</i> )	Dried		Fabaceae	172	73	89
Beans, Kidney beans ( <i>Phaseolus vulgaris</i> )	Cooked from dried		Fabaceae	41	14	26
Beans, Runner beans ( <i>Phaseolus coccineus</i> )	Trimmed & strung		Fabaceae	201	164	26
Beans, Runner beans ( <i>Phaseolus coccineus</i> )	Trimmed, strung & cooked		Fabaceae	156	132	18
Beansprouts ( <i>Vigna radiata</i> )	Pre-washed		Fabaceae	798	351	86
Beetroot ( <i>Beta vulgaris</i> )	Raw, peeled		Chenopodia ceae	8	1	7
Beetroot ( <i>Beta vulgaris</i> )	Cooked		Chenopodia ceae	10	<1	10
Beetroot ( <i>Beta vulgaris</i> )	Pickled		Chenopodia ceae	5	1	4
Beetroot ( <i>Beta vulgaris</i> )	Precooked		Chenopodia ceae	8	1	7

<b>Blackberries (<i>Rubus</i> sp.)</b>	Fresh		Rosaceae	57	<1	56
<b>Blackberries (<i>Rubus</i> sp.)</b>	Stewed from fresh		Rosaceae	221	<1	220
<b>Blackcurrant (<i>Ribes nigrum</i>)</b>	Fresh		Grossulariaceae	109	2	107
<b>Blackcurrant (<i>Ribes nigrum</i>)</b>	Tinned in juice and syrup, drained		Grossulariaceae	69	<1	69
<b>Broccoli (<i>Brassica oleracea</i>)</b>	Fresh, thick stalks removed		Brassicaceae	71	<1	71
<b>Broccoli (<i>Brassica oleracea</i>)</b>	Cooked, thick stalks removed		Brassicaceae	96	3	90
<b>Broccoli, sprouting (<i>Brassica oleracea</i>)</b>	Tough stalks removed		Brassicaceae	68	1	66
<b>Broccoli, sprouting (<i>Brassica oleracea</i>)</b>	Cooked from fresh		Brassicaceae	41	3	38
<b>Brussel sprouts (<i>Brassica oleracea</i>)</b>			Brassicaceae	75	<1	74
<b>Brussel sprouts (<i>Brassica oleracea</i>)</b>	Cooked		Brassicaceae	59	<1	58
<b>Cabbage, green (<i>Brassica oleracea</i>)</b>			Brassicaceae	11	<1	10
<b>Cabbage, green (<i>Brassica oleracea</i>)</b>	Cooked		Brassicaceae	8	<1	7
<b>Cabbage, January King (<i>Brassica oleracea</i>)</b>			Brassicaceae	14	4	10
<b>Cabbage, January King (<i>Brassica oleracea</i>)</b>	Cooked		Brassicaceae	6	1	5
<b>Cabbage, red (<i>Brassica oleracea</i>)</b>			Brassicaceae	7	<1	6
<b>Cabbage, red (<i>Brassica oleracea</i>)</b>	Cooked		Brassicaceae	4	<1	4
<b>Cabbage, Savoy (<i>Brassica oleracea</i>)</b>			Brassicaceae	30	4	26
<b>Cabbage, Savoy (<i>Brassica oleracea</i>)</b>	Cooked		Brassicaceae	15	3	12

<b>Cabbage, white (<i>Brassica oleracea</i>)</b>			Brassicaceae	12	<1	11
<b>Cabbage, white (<i>Brassica oleracea</i>)</b>	Cooked		Brassicaceae	8	<1	8
<b>Carrots (<i>Daucus carota</i>)</b>			Apiaceae	125	4	121
<b>Carrots (<i>Daucus carota</i>)</b>	Cooked		Apiaceae	114	3	111
<b>Carrots (<i>Daucus carota</i>)</b>	Tinned		Apiaceae	49	<1	48
<b>Cauliflower (<i>Brassica oleracea</i>)</b>			Brassicaceae	15	<1	14
<b>Cauliflower (<i>Brassica oleracea</i>)</b>	Cooked		Brassicaceae	12	<1	11
<b>Celeriac (<i>Apium graveolens</i>)</b>	Peeled		Apiaceae	14	2	13
<b>Celeriac (<i>Apium graveolens</i>)</b>	Peeled, cooked		Apiaceae	36	<1	35
<b>Celery (<i>Apium graveolens</i>)</b>			Apiaceae	7	<1	7
<b>Celery (<i>Apium graveolens</i>)</b>	Cooked		Apiaceae	8	<1	8
<b>Cherries (<i>Prunus</i> sp.)</b>	Stoned		Rosaceae	27	20	6
<b>Cherries (<i>Prunus</i> sp.)</b>	Glace		Rosaceae	7	4	3
<b>Chestnuts (<i>Castanea sativa</i>)</b>			Fagaceae	217	2	214
<b>Chestnuts (<i>Castanea sativa</i>)</b>	Cooked		Fagaceae	283	2	280
<b>Chick peas (<i>Cicer arietinum</i>)</b>	Dried		Fabaceae	609	607	2
<b>Chick peas (<i>Cicer arietinum</i>)</b>	Cooked from dried		Fabaceae	420	416	4
<b>Chick peas, as Houmous</b>				169	135	34
<b>Chicory (<i>Cichorium intybus</i>)</b>			Asteraceae	19	<1	19
<b>Chinese leaves (<i>Brassica rapa</i>)</b>			Brassicaceae	12	1	11
<b>Clementine (<i>Citrus reticulata</i>)</b>	Pith and skin removed		Rutaceae	6	<1	5

<b>Coconut (<i>Cocos nucifera</i>)</b>	Fresh		Arecaceae	42	10	32
<b>Coconut (<i>Cocos nucifera</i>)</b>	Desiccated		Arecaceae	26	3	23
<b>Courgette (<i>Cucurbita pepo</i>)</b>			Cucurbitaceae	35	<1	35
<b>Courgette (<i>Cucurbita pepo</i>)</b>	Cooked		Cucurbitaceae	46	3	43
<b>Cranberries (<i>Vaccinium</i> sp.)</b>			Ericaceae	93	3	88
<b>Cucumber (<i>Cucumis sativus</i>)</b>			Cucurbitaceae	12	<1	12
<b>Cucumber (<i>Cucumis sativus</i>)</b>	w/o Skin		Cucurbitaceae	13	<1	13
<b>Curly kale (<i>Brassica oleracea</i>)</b>	Cooked		Brassicaceae	8	2	6
<b>Dates (<i>Phoenix dactylifera</i>)</b>	Boxed, stones removed		Arecaceae	168	4	163
<b>Dates (<i>Phoenix dactylifera</i>)</b>	Dried		Arecaceae	599	14	584
<b>Dates, medjool (<i>Phoenix dactylifera</i>)</b>	Stones removed		Arecaceae	192	35	157
<b>Fennel (<i>Foeniculum vulgare</i>)</b>			Apiaceae	72	<1	72
<b>Fennel (<i>Foeniculum vulgare</i>)</b>	Cooked		Apiaceae	85	<1	85
<b>Figs (<i>Ficus</i> sp.)</b>			Moraceae	389	12	376
<b>Figs (<i>Ficus</i> sp.)</b>	Dried		Moraceae	129	14	114
<b>Garlic (<i>Allium sativum</i>)</b>	Peeled		Alliaceae	99	2	97
<b>Gooseberries (<i>Ribes uva-crispa</i>)</b>			Grossulariaceae	72	<1	71
<b>Gooseberries (<i>Ribes uva-crispa</i>)</b>	Stewed with sugar		Grossulariaceae	121	<1	121
<b>Grapefruit (<i>Citrus x paradisi</i>)</b>	Peel, pith and pips removed		Rutaceae	39	17	21
<b>Grapefruit (<i>Citrus x paradisi</i>)</b>	Tinned in juice		Rutaceae	21	13	4
<b>Grapes, black (<i>Vitis</i> sp.)</b>	Seeds removed		Vitaceae	19	5	14
<b>Grapes, dried as Currants (<i>Vitis</i> sp.)</b>	Dried		Vitaceae	87	17	70
<b>Grapes, dried as Raisins (<i>Vitis</i> sp.)</b>	Dried		Vitaceae	88	7	81

Grapes, red, seedless ( <i>Vitis</i> sp.)			Vitaceae	21	6	15
Grapes, white, seedless ( <i>Vitis</i> sp.)			Vitaceae	18	<1	17
Green beans ( <i>Phaseolus vulgaris</i> )	Frozen, sliced		Fabaceae	58	19	38
Green beans ( <i>Phaseolus vulgaris</i> )	Frozen, sliced, cooked		Fabaceae	46	16	30
Greengage ( <i>Prunus</i> sp.)	Stoned		Rosaceae	105	2	103
Kiwi ( <i>Actinidia delicosa</i> )	Skin removed		Actinidiaceae	111	<1	111
Leek ( <i>Allium ampeloprasum</i> )			Alliaceae	66	1	65
Leek ( <i>Allium ampeloprasum</i> )	Cooked		Alliaceae	61	9	52
Lemon ( <i>Citrus x limon</i> )	Freshly juiced		Rutaceae	4	1	2
Lemon ( <i>Citrus x limon</i> )	Peeled		Rutaceae	29	4	25
Lentils, red ( <i>Lens culinaris</i> )	Dried		Fabaceae	54	51	3
Lentils, red ( <i>Lens culinaris</i> )	Cooked		Fabaceae	14	13	<1
Lettuce, cos ( <i>Lactuca sativa</i> )			Asteraceae	5	<1	4
Lettuce, iceberg ( <i>Lactuca sativa</i> )			Asteraceae	7	<1	7
Lettuce, little gem ( <i>Lactuca sativa</i> )			Asteraceae	7	1	6
Lettuce, round ( <i>Lactuca sativa</i> )			Asteraceae	8	<1	8
Lychees ( <i>Litchi chinensis</i> )	Tinned in syrup		Sapindaceae	4	3	<1
Mandarin ( <i>Citrus reticulata</i> )	Tinned		Rutaceae	5	2	2
Mangetout ( <i>Pisum sativum</i> )	Cooked		Fabaceae	47	38	9
Mango ( <i>Mangifera</i> sp.)	Skinned & stoned		Anacardiaceae	20	1	19

<b>Mango (<i>Magnifera</i> sp.)</b>	Tinned in syrup		Anacardiaceae	4	3	<1
<b>Marrow (<i>Cucurbita</i> sp.)</b>			Cucurbitaceae	9	<1	9
<b>Marrow (<i>Cucurbita</i> sp.)</b>	Cooked		Cucurbitaceae	8	<1	8
<b>Melon, cantaloupe (<i>Cucumis melo</i> ssp.)</b>	Skin & seeds removed		Cucurbitaceae	16	<1	16
<b>Melon, galia (<i>Cucumis melo</i> ssp.)</b>	Skin & seeds removed		Cucurbitaceae	11	<1	11
<b>Melon, honeydew (<i>Cucumis melo</i> ssp.)</b>	Skin & seeds removed		Cucurbitaceae	25	3	22
<b>Melon, water (<i>Citrullus lanatus</i>)</b>	Skin & seeds removed		Cucurbitaceae	35	<1	34
<b>Mung beans (<i>Vigna radiata</i>)</b>	Dried		Fabaceae	323	32	289
<b>Mung beans (<i>Vigna radiata</i>)</b>	Cooked from dried		Fabaceae	50	8	42
<b>Mushrooms (<i>Agaricus bisporus</i>)</b>	Wiped & trimmed		Agariaceae	n/a	n/a	<1
<b>Mushrooms (<i>Agaricus bisporus</i>)</b>	Cooked		Agariaceae	2	2	<1
<b>Mushrooms (<i>Agaricus bisporus</i>)</b>	Microwaved		Agariaceae	<1	<1	<1
<b>Nectarine (<i>Prunus persica</i>)</b>	Stones removed		Rosaceae	25	1	24
<b>Okra (<i>Abelmoschus esculentus</i>)</b>	Topped & tailed		Malvaceae	86	2	84
<b>Olives, black, pitted (<i>Olea europaea</i>)</b>	Tinned in brine, drained in jar of brine,		Oleaceae	16	2	14
<b>Olives, green (<i>Olea europaea</i>)</b>	stoned, drained		Oleaceae	33	1	32
<b>Onion rings (<i>Allium cepa</i>)</b>	Breaded/battered		Alliaceae	55	44	11
<b>Onions (<i>Allium cepa</i>)</b>			Alliaceae	31	<1	31
<b>Onions (<i>Allium cepa</i>)</b>	Cooked		Alliaceae	21	<1	20
<b>Orange (<i>Citrus sinensis</i>)</b>	peel & pith removed		Rutaceae	36	12	21
<b>Orange (<i>Citrus sinensis</i>)</b>	Longlife juice		Rutaceae	9	<1	4

<b>Papaya (<i>Carica papaya</i>)</b>	Peel & seeds removed		Caricaceae	4	2	2
<b>Parsley (<i>Petroselinum crispum</i>)</b>	Leaves		Apiaceae	197	59	137
<b>Parsnip (<i>Pastinaca sativa</i>)</b>			Apiaceae	65	5	60
<b>Parsnip (<i>Pastinaca sativa</i>)</b>	Cooked		Apiaceae	66	<1	65
<b>Passion Fruit (<i>Passiflora edulis</i>)</b>	Juice & seeds		Passifloraceae	71	43	26
<b>Peach (<i>Prunus perica</i>)</b>	Stoned		Rosaceae	43	<1	42
<b>Peach (<i>Prunus perica</i>)</b>	Tinned in syrup, drained		Rosaceae	2	2	<1
<b>Pear (<i>Pyrus communis</i>)</b>	w/o Skin	Comice	Rosaceae	19	2	17
<b>Pear (<i>Pyrus communis</i>)</b>	w/o Skin	Conference	Rosaceae	6	<1	5
<b>Pear (<i>Pyrus communis</i>)</b>	w/o Skin	Williams	Rosaceae	6	6	<1
<b>Pear (<i>Pyrus communis</i>)</b>	Tinned, drained		Rosaceae	1	<1	<1
<b>Pear (<i>Pyrus communis</i>)</b>	w/o skin	Comice	Rosaceae	8	<1	7
<b>Pear (<i>Pyrus communis</i>)</b>	w/o Skin	Conference	Rosaceae	3	<1	3
<b>Pear (<i>Pyrus communis</i>)</b>	w/o Skin	Williams	Rosaceae	3	3	<1
<b>Peas (<i>Pisum sativum</i>)</b>	Tinned, processed, drained		Fabaceae	2	2	<1
<b>Peas, fresh (<i>Pisum sativum</i>)</b>			Fabaceae	3	2	1
<b>Peas, fresh (<i>Pisum sativum</i>)</b>	Cooked		Fabaceae	1	1	<1
<b>Peas, frozen (<i>Pisum sativum</i>)</b>			Fabaceae	3	1	2
<b>Peas, frozen (<i>Pisum sativum</i>)</b>	Cooked		Fabaceae	2	1	1
<b>Peas, garden (<i>Pisum sativum</i>)</b>	Tinned, drained		Fabaceae	2	1	1
<b>Peas, marrowfat (<i>Pisum sativum</i>)</b>	Tinned, drained		Fabaceae	51	50	<1
<b>Peas, mushy (<i>Pisum sativum</i>)</b>	Tinned/frozen		Fabaceae	15	14	1
<b>Peas, petit pois (<i>Pisum sativum</i>)</b>	Frozen		Fabaceae	8	6	2



Peas, split, dried ( <i>Pisum sativum</i> )			Fabaceae	15	11	4
Peas, split, dried ( <i>Pisum sativum</i> )	Cooked		Fabaceae	13	12	<1
Peas, sugar snap ( <i>Pisum sativum</i> )	Cooked		Fabaceae	44	31	13
Peas, whole, dried ( <i>Pisum sativum</i> )			Fabaceae	29	28	<1
Peas, whole, dried ( <i>Pisum sativum</i> )	Cooked		Fabaceae	10	9	<1
Pepper, green ( <i>Capsicum annuum</i> )			Solanaceae	11	<1	11
Pepper, red ( <i>Capsicum annuum</i> )			Solanaceae	16	5	11
Pepper, yellow ( <i>Capsicum annuum</i> )			Solanaceae	11	6	5
Pineapple ( <i>Ananas comosus</i> )			Bromelidaceae	38	21	17
Pineapple ( <i>Ananas comosus</i> )	Tinned in juice, drained		Bromelidaceae	14	2	12
Plum, red ( <i>Prunus domestica</i> )			Rosaceae	8	2	6
Plum, Victoria ( <i>Prunus domestica</i> )			Rosaceae	26	2	24
Plum, yellow ( <i>Prunus domestica</i> )			Rosaceae	72	2	69
Plum, yellow ( <i>Prunus domestica</i> )	Cooked		Rosaceae	152	2	150
Pomegranate ( <i>Punica granatum</i> )	Flesh & seeds		Lythraceae	304	<1	304
Potato, chips ( <i>Solanum tuberosum</i> )	From chip-shop		Solanaceae	11	7	3
Potato, chips ( <i>Solanum tuberosum</i> )	Oven chips		Solanaceae	15	11	4
Potato, crisps ( <i>Solanum tuberosum</i> )			Solanaceae	22	5	17

Potato, for baking ( <i>Solanum tuberosum</i> )	Boiled		Solanaceae	3	2	1
Potato, for baking ( <i>Solanum tuberosum</i> )	w/o Skin, boiled		Solanaceae	2	1	<1
Potato, mashed, instant ( <i>Solanum tuberosum</i> )			Solanaceae	4	2	1
Potato, new ( <i>Solanum tuberosum</i> )			Solanaceae	18	16	2
Potato, new ( <i>Solanum tuberosum</i> )	Boiled		Solanaceae	5	2	3
Potato, new ( <i>Solanum tuberosum</i> )	w/o Skin		Solanaceae	4	2	2
Potato, new ( <i>Solanum tuberosum</i> )	w/o Skin, boiled		Solanaceae	3	3	<1
Potato, old ( <i>Solanum tuberosum</i> )			Solanaceae	10	8	2
Potato, old ( <i>Solanum tuberosum</i> )	Baked		Solanaceae	3	2	1
Potato, old ( <i>Solanum tuberosum</i> )	Boiled		Solanaceae	1	<1	<1
Potato, old ( <i>Solanum tuberosum</i> )	w/o Skin, baked		Solanaceae	3	1	2
Potato, red ( <i>Solanum tuberosum</i> )	w/o Skin		Solanaceae	10	1	8
Potato, red ( <i>Solanum tuberosum</i> )	w/o Skin, boiled		Solanaceae	20	5	15
Potato, waffle ( <i>Solanum tuberosum</i> )	Cooked		Solanaceae	9	5	4
Prune ( <i>Prunus domestica</i> )	Dried		Rosaceae	363	6	357
Prune ( <i>Prunus domestica</i> )	Cooked from dried		Rosaceae	108	2	106
Prune ( <i>Prunus domestica</i> )	Semi-dried, ready to eat		Rosaceae	284	3	281
Prune ( <i>Prunus domestica</i> )	Tinned in syrup & juice, not drained		Rosaceae	75	3	72
Pumpkin ( <i>Cucurbita</i> sp.)			Cucurbitaceae	154	<1	154
Quince ( <i>Cydonia oblonga</i> )	Stewed		Rosaceae	9	2	7
Radish ( <i>Raphanus sativus</i> )			Brassicaceae	3	<1	3

Raspberries ( <i>Rubus idaeus</i> )			Rosaceae	26	2	24
Raspberries ( <i>Rubus idaeus</i> )	Tinned in syrup, drained		Rosaceae	21	5	15
Redcurrants ( <i>Ribes rubrum</i> )			Grossulariaceae	47	<1	46
Rhubarb ( <i>Rheum</i> sp.)			Polygonaceae	1	1	<1
Rhubarb ( <i>Rheum</i> sp.)	Cooked		Polygonaceae	3	2	<1
Salad cress ( <i>Lepidium sativum</i> )			Brassicaceae	18	3	15
Satsuma ( <i>Citrus unshiu</i> )			Rutaceae	24	2	12
Sharon fruit ( <i>Diospyros</i> sp.)			Ebenaceae	11	6	5
Soya bean ( <i>Glycine max</i> )	Cooked		Fabaceae	17556	17544	11
Soya bean ( <i>Glycine max</i> )	Frozen, cooked		Fabaceae	10687	10621	64
Soya bean, Tofu ( <i>Glycine max</i> )	Microwaved		Fabaceae	10619	10609	10
Soya flour ( <i>Glycine max</i> )			Fabaceae	124727	124381	345
Soya mince granules ( <i>Glycine max</i> )	Cooked		Fabaceae	20850	20745	101
Spinach ( <i>Spinacia oleracea</i> )			Amaranthaceae	7	2	5
Spinach ( <i>Spinacia oleracea</i> )	Cooked		Amaranthaceae	4	<1	3
Spring green ( <i>Brassica oleracea</i> )			Brassicaceae	56	11	45
Spring green ( <i>Brassica oleracea</i> )	Cooked		Brassicaceae	43	13	30
Spring onion ( <i>Allium</i> sp.)			Alliaceae	62	9	53
Strawberries ( <i>Fragaria × ananassa</i> )			Rosaceae	8	<1	7
Strawberries ( <i>Fragaria × ananassa</i> )	Tinned in syrup, drained		Rosaceae	40	2	38
Sultanas ( <i>Vitis</i> sp.)			Vitaceae	54	11	44

<b>Swede (<i>Brassica napobrassica</i>)</b>			Brassicaceae	6	1	5
<b>Swede (<i>Brassica napobrassica</i>)</b>	Cooked		Brassicaceae	2	<1	2
<b>Sweet potato (<i>Ipomoea batatas</i>)</b>			Convolvulaceae	259	1	258
<b>Sweet potato (<i>Ipomoea batatas</i>)</b>	Cooked		Convolvulaceae	251	1	249
<b>Sweetcorn (<i>Zea mays</i>)</b>	Boiled on the cob		Poaceae	9	2	7
<b>Sweetcorn (<i>Zea mays</i>)</b>	Frozen, tinned, drained		Poaceae	<1	<1	<1
<b>Sweetcorn (<i>Zea mays</i>)</b>	Frozen, tinned, drained, heated		Poaceae	3	<1	2
<b>Sweetcorn (<i>Zea mays</i>)</b>	Kernels from the cob		Poaceae	2	<1	1
<b>Sweetcorn, baby (<i>Zea mays</i>)</b>			Poaceae	6	<1	5
<b>Tomato (<i>Solanum lycopersicum</i>)</b>			Solanaceae	6	1	4
<b>Tomato (<i>Solanum lycopersicum</i>)</b>	Grilled		Solanaceae	7	<1	6
<b>Tomato (<i>Solanum lycopersicum</i>)</b>	Pureed		Solanaceae	9	5	5
<b>Tomato (<i>Solanum lycopersicum</i>)</b>	Tinned		Solanaceae	3	1	2
<b>Tomato ketchup</b>				14	7	8
<b>Turnip (<i>Brassica rapa</i>)</b>			Brassicaceae	12	<1	12
<b>Turnip (<i>Brassica rapa</i>)</b>	Cooked		Brassicaceae	8	<1	8
<b>Watercress (<i>Nasturtium</i> sp.)</b>			Brassicaceae	45	<1	45
<b>Vegetable grills</b>	Cooked			43	16	27
<b>Brown sauce</b>				214	46	168
<b>Fruit cocktail</b>	Tinned in syrup, drained			3	<1	3
<b>Mixed peel</b>				38	32	6

Pate vegetarian assorted				581	488	92
Pate vegetarian chick pea based ( <i>Cicer arietinum</i> )			Fabaceae	1494	1444	49
Pate, mushroom ( <i>Agaricus bisporus</i> )			Agariaceae	17	8	8