NUMERABILE V



NON NUMERABILE



AUBERGINE 1/2

BACON *

BANANA

BEANS

BEEF

BISCUIT /

BREAD *

CAKE

CARBOHYDRATE V



CARROT

CEREAL *

CHESE

CHICKEN *

CHOCOLATE *

COFFEE

CREAM *

CRISPS /

DAIRY PRODUCTS





DUCK

EGG /

FATS /

FISH *

FRUIT *

GRAPES 1



ICE CREAM *

LAMB *

LETTUCE *

MEAT



MUSHROOM V



NUTS /



ONION

ORANGE 1

(ORANGE) JUICE

PASTA **

PEACH 1/2



PEAS 1

PEPPER *

BELL PEPPER



PORK

POTATO

PROTEIN 7

RICE

SAUSAGE

STEAK

STRAWBERRY 1



SUGAR *

SWEET

TEA

TOAST *

TOMATO

TUNA

VEGETABLES V

VENISON *

WATER

YOGHURT 1