

UNITED NATIONS RATION SCALE (2024 REVISION)

Code No.	COMMODITY	Kcal
1000. MEATS, FISH, NUTS, BEANS & DAIRY		
1100	BEANS BLACK DRIED	3050
1101	BEANS BLACK EYE DRIED	3240
1102	BEANS BROAD DRIED	3200
1103	BEANS IN TOMATO SAUCE CANNED	790
1104	BEANS KIDNEY CANNED	940
1105	BEANS KIDNEY DRIED	3130
1106	BEANS NAVY DRIED	3130
1107	BEEF BOLOGNA	2040
1108	BEEF CHUCK ROLL BONELESS FROZEN	1770
1109	BEEF CORNED CANNED	2300
1110	BEEF GRAVY BASE	3690
1111	BEEF GROUND FROZEN	2110
1112	BEEF KIDNEY WHOLE FROZEN	900
1113	BEEF LIVER FROZEN	1300
1114	BEEF PATTIES FROZEN	2080
1115	BEEF EYE ROUND FROZEN	1280
1116	BEEF RUMP BONELESS FROZEN	1370
1117	BEEF SALAMI FROZEN	2440
1118	BEEF SAUSAGES FROZEN	2360
1119	BEEF STRIPLOIN BONELESS FROZEN	1540
1120	BEEF STEAK & KIDNEY PIE FROZEN	2015
1121	BEEF STEAK RIBEYE FROZEN	1660
1122	BEEF STEW CANNED	940
1123	BEEF STEWING BONELESS FROZEN	1250
1124	BEEF STOCK BASE	2010
1125	BEEF TOPSIDE BONELESS FROZEN	1670
1126	BEEF TRIPE CLEANED FROZEN	780
1127	CHICKEN SAUSAGES FROZEN	2200
1128	CHICKEN BREAST BONELESS FROZEN	1050
1129	CHICKEN EGG (EACH)	83
1130	CHICKEN GRAVY BASE	3810
1131	CHICKEN STOCK BASE	2500
1132	CHICKEN WHOLE GRADE A FROZEN	2010
1133	DAIRY CHEESE CAMBAZOLA	3600
1134	DAIRY CHEESE HAVARTI	4200
1135	DAIRY CHEESE MOZZARELLA	3210
1136	DAIRY CHEESE CHEDDAR	3910
1137	DAIRY CHEESE DANISH BLUE	3520
1138	DAIRY CHEESE EDAM	3250
1139	DAIRY CHEESE FETA	2650
1140	DAIRY CHEESE GOUDA	3600
1141	DAIRY CHEESE GRATED PARMESAN	3890
1142	DAIRY CHEESE HALLOUMI	3170
1143	DAIRY CHEESE HARD CANNED	2800
1144	DAIRY CHEESE PROCESSED SLICES	3010
1145	DAIRY CHEESE COTTAGE	1010
1146	DAIRY CREAM	1930
1147	DAIRY CREAM SOUR	1980
1148	DAIRY ICE CREAM CHOCOLATE	2270
1149	DAIRY ICE CREAM PISTACHIO	2050

Code No.	COMMODITY	Kcal
1150	DAIRY ICE CREAM STRAWBERRY	2130
1151	DAIRY ICE CREAM VANILLA	2070
1152	DAIRY MILK CHOCOLATE LONG LIFE	840
1153	DAIRY MILK CONDENSED SWEETENED	3280
1154	DAIRY MILK DRIED	4960
1155	DAIRY MILK EVAPORATED WITHOUT SUGAR	1350
1156	DAIRY MILK LONG LIFE REDUCED FAT	450
1157	DAIRY MILK LONG LIFE FULL FAT	620
1158	DAIRY SORBET LEMON	1148
1159	DAIRY SORBET MANGO	1145
1160	DAIRY YOGURT LOW FAT PINEAPPLE LONG LIFE	840
1161	DAIRY YOGURT LOW FAT BLUEBERRY LONG LIFE	840
1162	DAIRY YOGURT LOW FAT PLAIN LONG LIFE	540
1163	DAIRY YOGURT LOW FAT STRAWBERRY LONG LIFE	840
1164	DAIRY YOGURT LOW FAT VANILLA LONG LIFE	840
1165	FISH ANCHOVIES DRIED	2730
1166	FISH COD FILLET FROZEN	820
1167	FISH COD WHOLE DRIED	1200
1168	FISH CRAYFISH DRIED	2880
1169	FISH FINGERS FROZEN	2200
1170	FISH HADDOCK FILLET FROZEN	740
1171	FISH HERRING CAN IN OIL	2120
1172	FISH HERRING CAN IN TOMATO SAUCE	1730
1173	FISH KING MACKEREL WHOLE FROZEN	1930
1174	FISH MACKEREL CAN IN OIL	1520
1175	FISH MACKEREL CAN IN TOMATO SAUCE	1560
1176	FISH PILCHARDS CAN	1850
1177	FISH PLAICE FILLET FROZEN	860
1178	FISH POLLOCK FILLET FROZEN	750
1179	FISH PRAWNS DRIED 100 - 120 PER KG	2780
1180	FISH RED SNAPPER WHOLE FROZEN	1000
1181	FISH SALMON CANNED IN BRINE	1475
1182	FISH SARDINES IN OIL	2080
1183	FISH SARDINES IN TOMATO SAUCE	1860
1184	FISH SHRIMP COOKED PEELED FROZEN 80 - 100 PER KG	680
1185	FISH SHRIMP RAW UNPEELED FROZEN 60 - 80 PER KG	770
1186	FISH SQUID WHOLE CLEANED FROZEN	784
1187	FISH TILAPIA WHOLE FROZEN	960
1188	FISH TUNA IN OIL CANNED	1860
1189	GOAT WHOLE FROZEN	1090
1190	LAMB CHOPS FROZEN	1800
1191	LAMB LEG BONE IN FROZEN	1950
1192	LAMB LOIN BONE IN FROZEN	1300
1193	LENTILS CHANNA DRIED	3390
1194	LENTILS MASOUR WHOLE DRIED	3240
1195	LENTILS MASOUR SPLIT WASHED DRIED	3240
1196	LENTILS MOONG WHOLE DRIED	3390
1197	LENTILS MOONG SPLIT WASHED DRIED	3390
1198	LENTILS URAD WHOLE DRIED	3500
1199	LENTILS URAD SPLIT WASHED DRIED	3500
1200	MUTTON FROZEN SIX WAY CUTS	1378
1201	NUTS ALMONDS UNSALTED SHELLED	5790
1202	NUTS CASHEWS UNSALTED SHELLED	5740
1203	NUTS COCONUT MEAT DRIED SWEETENED SHREDDED	6630

Code No.	COMMODITY	Kcal
1204	NUTS PEANUTS UNSALTED DRY ROASTED SHELLLED	5870
1205	NUTS PECANS UNSALTED SHELLLED	6910
1206	NUTS WALNUTS UNSALTED SHELLLED	6540
1207	PEAS GARBANZO CHICK PEAS DRIED	3740
1208	PORK BACON BACK SLICED FROZEN	2990
1209	PORK BACON BACK WHOLE SMOKED FROZEN	3450
1210	PORK BACON GAMMON STEAK BONELESS EXTRA LEAN	2220
1211	PORK BACON STREAKY SMOKED FROZEN	3780
1212	PORK BRATWURST FROZEN	2480
1213	PORK FRANKFURTERS FROZEN	2690
1214	PORK HAM CANNED	1210
1215	PORK HAM SMOKED BONELESS FROZEN	1490
1216	PORK LEG BONELESS FROZEN	2050
1217	PORK LOIN BONE-IN FROZEN	1100
1218	PORK LOIN CHOPS CENTRE CUT FROZEN	1100
1219	PORK LUNCHEON MEAT CANNED	2620
1220	PORK MORTADELLA	3180
1221	PORK NECK WHOLE FROZEN	2370
1222	PORK PEPPERONI FROZEN	3950
1223	PORK PIE FROZEN	3280
1224	PORK SALAMI FROZEN	4070
1225	PORK SAUSAGES FROZEN	3250
1226	PORK SHOULDER BONELESS FROZEN	1890
1227	PORK SPARE RIBS FROZEN	2340
1228	TOFU RAW FIRM	950
1229	TURKEY BREAST BONELESS FROZEN	1140
1230	TURKEY WHOLE FROZEN	1440
1231	VEAL LOIN FROZEN	1200
1232	DAIRY MILK PASTEURIZED FULL FAT	600
1233	DAIRY MILK PASTEURIZED SKIMMED FAT	410
1234	DAIRY YOGURT PASTERIZED LOW FAT PINEAPPLE	770
1235	DAIRY YOGURT PASTERIZED LOW FAT BLUEBERRY	770
1236	DAIRY YOGURT PASTERIZED LOW FAT PLAIN	650
1237	DAIRY YOGURT PASTERIZED LOW FAT STRAWBWRRY	770
1238	DAIRY YOGURT PASTERIZED LOW FAT VANILLA	770
1239	DAIRY CREAM CHEESE	3490
1240	GOAT SIX WAY CUT FROZEN	1090
2000. BREADS, GRAINS, CEREALS & BEVERAGES		
2100	BISCUITS MORNING COFFEE	4530
2101	BISCUITS PETIT BEURRE	4400
2102	BISCUITS SODA CRAKERS	3960
2103	BISCUITS SWEETMEAL	4800
2104	BREAD BROWN FRESH SLICED	2515
2105	BREAD BROWN FROZEN SLICED	2510
2106	BREAD BUNS HAMBURGER FRESH	2710
2107	BREAD BUNS HAMBURGER FROZEN	2710
2108	BREAD BUNS HOT DOG FRESH	2720
2109	BREAD BUNS HOT DOG FROZEN	2720
2110	BREAD FRENCH STICK FRESH	2770
2111	BREAD FRENCH STICK FROZEN	2770
2112	BREAD FRUIT FRESH SLICED	2800
2113	BREAD FRUIT FROZEN SLICED	2800
2114	BREAD PITA FRESH	2750
2115	BREAD PITA FROZEN	2750

Code No.	COMMODITY	Kcal
2116	BREAD ROLLS FRESH	2790
2117	BREAD ROLLS FROZEN	2790
2118	BREAD RYE FRESH SLICED	2370
2119	BREAD RYE FROZEN SLICED	2370
2120	BREAD TORTILLAS CORN	2430
2121	BREAD TORTILLAS CORN FROZEN	2430
2122	BREAD TORTILLAS FLOUR	3210
2123	BREAD TORTILLAS FLOUR FROZEN	3210
2124	BREAD WHITE FRESH SLICED	2320
2125	BREAD WHITE FROZEN SLICED	2320
2126	BREADCRUMBS DRY	3790
2127	CEREALS BRAN FLAKES RAISINS	3530
2128	CEREALS CORNFLAKES	3760
2129	CEREALS CORNMEAL DRY UNCOOKED	3460
2130	CEREALS MUESLI	3550
2131	CEREALS OATMEAL DRY UNCOOKED	3710
2132	CEREALS RICE BASED PUFFED	3830
2133	CEREALS WHEAT BASED FLAKED	3570
2134	CEREALS WHITE OATS DRY UNCOOKED	3740
2135	COFFEE GROUND	3300
2136	COFFEE INSTANT	3200
2137	COFFEE INSTANT INDIVIDUAL POUCH	3200
2138	CORNFLOUR (STARCH)	3810
2139	CORNMEAL WHITE DE-GERMED	3390
2140	CORNMEAL WHOLE	3620
2141	CORNMEAL YELLOW DE-GERMED	3390
2142	COUSCOUS	3600
2143	FLOUR CASSAVA	3580
2144	FLOUR CHAPATI ATTA	3630
2145	FLOUR GRAM	3590
2146	FLOUR PEARL MILLET	3737
2147	FLOUR PLAIN TAIN	3630
2148	FLOUR WHITE ALL PURPOSE	3640
2149	FLOUR WHOLEWHEAT	3670
2150	FLOUR YAM ELUBO	3620
2151	NOODLES EGG	3580
2152	NOODLES INSTANT	4230
2153	NOODLES RICE	3560
2154	PASTA LASAGNA	3580
2155	PASTA MACARONI	3700
2156	PASTA SPAGHETTI	3700
2157	PIZZA SHELL FROZEN	2840
2158	POPPADOMS	3290
2159	RICE ARBORIO	3450
2160	RICE BASMATI	3450
2161	RICE GLUTINOUS STICKY	3500
2162	RICE JAPONICA	3550
2163	RICE JASMINE	3520
2164	RICE LONG GRAIN WHITE	3520
2165	RICE WILD	3700
2166	SEMOLINA	3600
2167	TEA GREEN GUNPOWDER SENCHA	0
2168	TEA INDIVIDUAL BAGS ENGLISH BREAKFAST	0
2169	TEA INSTANT ICED MIX SWEETENED	3680
2170	TEA LOOSE LEAF	0

Code No.	COMMODITY	Kcal
2171	TEA MINT MOROCCAN	0
2172	TEA YERBA MATE SOUTH AMERICA	0
3000. FATS, OILS & SWEETS		
3100	BUTTER CANNED SALTED	7300
3101	BUTTER SALTED FROZEN	7300
3102	BUTTER UNSALTED FROZEN	7400
3103	CHOCOLATE COOKING SEMI-SWEET	5580
3104	CHOCOLATE DRINK MIX	3770
3105	CHUTNEY INDIAN STYLE WITH MANGO	2550
3106	COCOA BAKING CANNED	4200
3107	CRYSTALS MIX FRUIT	3840
3108	CRYSTALS ORANGE	3840
3109	CRYSTALS PINEAPPLE	3840
3110	CUSTARD POWDER FLAVOUR CARAMEL	3490
3111	CUSTARD POWDER FLAVOUR EGG	4100
3112	GHEE	8970
3113	HONEY	3300
3114	JAM APRICOT	2680
3115	JAM GRAPE	2500
3116	ORANGE MARMALADE	2680
3117	JAM RASPBERRY	2730
3118	JAM STRAWBERRY	2670
3119	JELLO FRUIT GELATINE FLAVOURS	3810
3120	MARGARINE CANNED	7300
3121	MARGARINE FROZEN	7300
3122	MAYONNAISE	6800
3123	MUSTARD ENGLISH PREPARED	1890
3124	MUSTARD FRENCH PREPARED	1000
3125	OIL CORN	8900
3126	OIL OLIVE VIRGIN	8900
3127	OIL PALM	8900
3128	OIL PEANUT	8900
3129	OIL SESAME	8900
3130	OIL SUNFLOWER	8900
3131	OIL VEGETABLE	8900
3132	PICKLED MIXED RELISH	380
3133	PICKLES MIXED	2260
3134	PIE FILLER APPLE	1160
3135	PIE FILLER MIXED FRUITS	2530
3136	PIE FILLER STRAWBERRY	1040
3137	SALAD DRESSING FRENCH	3930
3138	SALAD DRESSING ITALIAN	1770
3139	SALAD DRESSING THOUSAND ISLANDS	3600
3140	SALAD DRESSING VINAIGRETTE	1800
3141	SAUCE BBQ	1750
3142	SAUCE BROWN	1010
3143	SAUCE CHILLI	830
3144	SAUCE CHINESE BEAN	1500
3145	SAUCE FISH	530
3146	SAUCE MINT	1010
3147	SAUCE SOYA	720
3148	SAUCE TABASCO	160
3149	SAUCE TOMATO KETCHUP	1000
3150	SAUCE WORCESTERSHIRE	950

Code No.	COMMODITY	Kcal
3151	SHORTENING CANNED	8950
3152	SHORTENING FROZEN	8950
3153	SPREAD CHOCOLATE	5460
3154	SPREAD PEANUT BUTTER	6300
3155	SPREAD SESAME SEED (TAHINI)	6740
3156	SUGAR BROWN	3960
3157	SUGAR ICING SUGAR	3890
3158	SUGAR WHITE	3950
3159	SYRUP GOLDEN	3280
3160	TAPIOCA	3580
4000. FRUIT, VEGETABLES & SPICES		
4100	ALMOND FLAVORING	0
4101	ALMOND POWDER	6290
4102	BAKING POWDER	970
4103	BAKING SODA	0
4104	FRUIT APPLES EATING FRESH	560
4105	FRUIT APPLESauce CANNED	420
4106	FRUIT APRICOTS FRESH	440
4107	FRUIT APRICOTS CANNED	800
4108	FRUIT AVOCADO FRESH	1500
4109	FRUIT BANANA FRESH	900
4110	FRUIT BANANA PLANTAIN FRESH	1400
4111	FRUIT BLACKCURRANT FROZEN	650
4112	FRUIT CHERRIES CANNED	720
4113	FRUIT CLEMENTINE FRESH	490
4114	FRUIT COCKTAIL CANNED	600
4115	FRUIT CURRANTS DRIED	2970
4116	FRUIT DATES PITTED DRIED	3140
4117	FRUIT DATES UNPITTED FRESH	2980
4118	FRUIT GRAPEFRUIT FRESH	390
4119	FRUIT GRAPES SEEDED OR SEEDLESS FRESH	750
4120	FRUIT GUAVA FRESH	680
4121	FRUIT MANDARIN FRESH	600
4122	FRUIT MANGO FRESH	600
4123	FRUIT MELONS SWEET FRESH	300
4124	FRUIT MELONS WATER FRESH	300
4125	FRUIT ORANGES FRESH	490
4126	FRUIT PAPAYA FRESH	380
4127	FRUIT PEACHES CANNED HALVES MEDIUM SYRUP	560
4128	FRUIT PEACHES FRESH	430
4129	FRUIT PEARS CANNED MEDIUM SYRUP	580
4130	FRUIT PEARS FRESH	480
4131	FRUIT PINEAPPLE PIECES CANNED MEDIUM SYRUP	520
4132	FRUIT PINEAPPLES FRESH	490
4133	FRUIT PLUMS CANNED PITTED MEDIUM SYRUP	630
4134	FRUIT PLUMS FRESH	520
4135	FRUIT POMEGRANATE FRESH	790
4136	FRUIT PRUNES DRIED SEEDLESS	2470
4137	FRUIT RAISINS DRIED	3100
4138	GELATINE	3580
4139	HERB BASIL DRIED	2330
4140	HERB BAY LEAF WHOLE	3330
4141	HERB CHIVES DRIED	3250
4142	HERB DILL DRIED	3200

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4143	HERB MARJORAM DRIED	2710
4144	HERB OREGANO DRIED	2650
4145	HERB PARSLEY DRIED	2950
4146	HERB ROSEMARY DRIED	3310
4147	HERB SAGE DRIED	3250
4148	HERB TARRAGON DRIED	3500
4149	HERB THYME DRIED	2850
4150	JUICE APPLE	460
4151	JUICE DRINK CRANBERRY	460
4152	JUICE GRAPE	560
4153	JUICE GRAPEFRUIT	380
4154	JUICE LIME	320
4155	JUICE NECTAR GUAVA	480
4156	JUICE ORANGE	480
4157	JUICE PINEAPPLE	540
4158	JUICE SQUASH LEMON	680
4159	JUICE SQUASH ORANGE	680
4160	JUICE TOMATO	190
4161	LEMON ACID EXTRACT	4500
4162	ROSE WATER	0
4163	SALT TABLE	0
4164	SEAWEED DRIED	3060
4165	SPICE ALLSPICE GROUND	2630
4166	SPICE ANISEED GROUND	3370
4167	SPICE ANISEED WHOLE	3370
4168	SPICE CARDAMON GROUND	3200
4169	SPICE CARDAMON WHOLE	3200
4170	SPICE CHILI GROUND	3050
4171	SPICE CHILIES DRIED WHOLE	3050
4172	SPICE CINNAMON GROUND	2550
4173	SPICE CLOVES GROUND	3290
4174	SPICE CLOVES WHOLE	3290
4175	SPICE CORIANDER GROUND	3100
4176	SPICE CORIANDER WHOLE	3100
4177	SPICE CUMIN GROUND	4020
4178	SPICE CUMIN SEED	4020
4179	SPICE CURRY POWDER	3350
4180	SPICE DRY MELON SEEDS (EGUSI)	6050
4181	SPICE FENNEL SEEDS	3450
4182	SPICE GARLIC POWDER	3440
4183	SPICE GINGER GROUND	3400
4184	SPICE LEMON GRASS DRIED	3400
4185	SPICE MACE GROUND	4800
4186	SPICE MANGO SEEDS WILD DRY (Ogbono)	7160
4187	SPICE MUSTARD DRY	5200
4188	SPICE MUSTARD SEED	5100
4189	SPICE NUTMEG WHOLE	5100
4190	SPICE ONION FLAKES	3470
4191	SPICE ONION POWDER	3400
4192	SPICE PAPRIKA GROUND	3400
4193	SPICE PEPPER PURE BLACK GROUND	3060
4194	SPICE PEPPER PURE WHITE GROUND	3010
4195	SPICE PEPPER RED CAYENNE GROUND	3700
4196	SPICE PICKLING	4110

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4197	SPICE POPPY SEED WHOLE	5250
4198	SPICE SAFFRON POWDERED	3400
4199	SPICE SAVORY	2720
4200	SPICE SESAME SEEDS	6030
4201	SPICE TARRAGON GROUND	3100
4202	SPICE TURMERIC GROUND	3650
4203	STOCK BASE VEGETARIAN	3200
4204	VANILLA EXTRACT	2550
4205	VEGETABLE ASPARAGUS FROZEN	220
4206	VEGETABLE AUBERGINE/EGGPLANT FRESH	230
4207	VEGETABLE BAMBOO SHOOTS CANNED	180
4208	VEGETABLE BEANS GREEN CANNED	190
4209	VEGETABLE BEANS GREEN FRESH	280
4210	VEGETABLE BEANS GREEN FROZEN	270
4211	VEGETABLE BEANS WAX CANNED	200
4212	VEGETABLE BEANS YELLOW FROZEN	280
4213	VEGETABLE BEETROOTS CANNED	400
4214	VEGETABLE BEETROOTS FRESH	480
4215	VEGETABLE BROCCOLI FRESH	300
4216	VEGETABLE BROCCOLI FROZEN	320
4217	VEGETABLE BRUSSEL SPROUTS FROZEN	380
4218	VEGETABLE CABBAGE CHINESE FRESH	130
4219	VEGETABLE CABBAGE HEADED FRESH	210
4220	VEGETABLE CARROTS CANNED	240
4221	VEGETABLE CARROTS FROZEN	360
4222	VEGETABLE CARROTS FRESH	320
4223	VEGETABLE CASSAVA LEAVES FROZEN	450
4224	VEGETABLE CAULIFLOWER FRESH	220
4225	VEGETABLE CAULIFLOWER FROZEN	240
4226	VEGETABLE CELERY FRESH	160
4227	VEGETABLE CHICORY FRESH	170
4228	VEGETABLE CORN KERNEL CANNED	710
4229	VEGETABLE CORN KERNEL FROZEN	880
4230	VEGETABLE CORN FRESH	860
4231	VEGETABLE CUCUMBER FRESH	130
4232	VEGETABLE ENDIVE FRESH	140
4233	VEGETABLE GARLIC FRESH	1400
4234	VEGETABLE GARRI CASSAVA FRESH	1600
4235	VEGETABLE GINGER FRESH	800
4236	VEGETABLE LEEK FRESH	320
4237	VEGETABLE LEMON FRESH	280
4238	VEGETABLE LETTUCE CRISP HEAD ICEBERG FRESH	140
4239	VEGETABLE LETTUCE LEAF BUTTER HEAD/CABBAGE	150
4240	VEGETABLE MINT FRESH	490
4241	VEGETABLE MIXED DICED CANNED	560
4242	VEGETABLE MIXED FROZEN	640
4243	VEGETABLE MUSHROOMS CANNED	250
4244	VEGETABLE MUSHROOMS FRESH BUTTON	220
4245	VEGETABLE OKRA FRESH	300
4246	VEGETABLE OKRA FROZEN	290
4247	VEGETABLE OLIVES GREEN CANNED	1520
4248	VEGETABLE OLIVES BLACK CANNED	1350
4249	VEGETABLE ONIONS RED FRESH	350
4250	VEGETABLE ONIONS WHITE FRESH	380

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4251	VEGETABLE PARSLEY FRESH	280
4252	VEGETABLE PARSNIP FRESH	720
4253	VEGETABLE PEAS CANNED GREEN	550
4254	VEGETABLE PEAS DRIED	330
4255	VEGETABLE PEAS GREEN FROZEN	720
4256	VEGETABLE PEAS GREEN SNOW FRESH	420
4257	VEGETABLE PEPPER CHILI RED FRESH	470
4258	VEGETABLE PEPPER GREEN HOT FRESH	430
4259	VEGETABLE PEPPER PIMENTO CANNED	250
4260	VEGETABLE PEPPER SWEET GREEN FRESH	190
4261	VEGETABLE PEPPER SWEET RED FRESH	270
4262	VEGETABLE POTATO FRENCH FRIES FROZEN	1400
4263	VEGETABLE POTATOES FRESH WASHED	720
4264	VEGETABLE POTATOES POWDER/FLAKES MASH	3490
4265	VEGETABLE POTATOES SWEET FRESH WASHED	840
4266	VEGETABLE POTATOES WHOLE CANNED	620
4267	VEGETABLE PUMPKIN FRESH	330
4268	VEGETABLE RADISH FRESH	160
4269	VEGETABLE RAPE DRIED	800
4270	VEGETABLE SHALLOTS FRESH	250
4271	VEGETABLE SPINACH FRESH	190
4272	VEGETABLE SPINACH FROZEN	240
4273	VEGETABLE TOMATO PASTE CANNED	760
4274	VEGETABLE TOMATOES FRESH	180
4275	VEGETABLE TOMATOES WHOLE CANNED	200
4276	VEGETABLE TURNIP FRESH	260
4277	VEGETABLE YAM FRESH	1180
4278	VEGETABLE ZUCCHINI FRESH	200
4279	VINEGAR BALSAMIC	880
4280	VINEGAR WHITE	180
4281	YEAST DRIED	3250
4282	VEGETABLE LETTUCE ELONGATED (COS ROMAINE)	180
4283	VEGETABLE SPRING ONIONS FRESH	300
4284	FRUIT KIWI FRESH	550
4285	FRUIT STRAWBERRIES WHOLE FROZEN	290
4286	COCONUT MILK	1510
4287	VEGETABLE AUBERGINE DICED FROZEN	210
4288	VEGETABLE GARLIC CLOVES FROZEN	1260
4289	VEGETABLE GINGER WHOLE FROZEN	800
4290	VEGETABLE LEEK RINGS FROZEN	270
4291	MIXED SWEET PEPPER FROZEN	270
4292	VEGETABLE ONIONS DICED FROZEN	330
4293	VEGETABLE PARSLEY FROZEN	360
4294	VEGETABLE SHREDDED CABBAGE FROZEN	250
4295	VEGETABLE POTATOES WEDGES FROZEN	1570
4296	VEGETABLE TOMATOES DICED FROZEN	210
4297	VEGETABLE WHOLE RED CHILLI FROZEN	370
4298	VEGETABLE ZUCCHINI SLICED FROZEN	170
4299	VEGETABLE ARROW ROOT FRESH	650
4300	LEMON JUICE CONCENTRATE	310
4301	FRUIT BANANA MATOOKE FRESH	105
6000 & 9000 HALAL		
6107	BEEF BOLOGNA FROZEN HALAL	2040
6108	BEEF CHUCK ROLL BONELESS FROZEN HALAL	1770

Code No.	COMMODITY	Kcal
6109	BEEF CORNED CANNED HALAL	2300
6110	BEEF GRAVE BASE HALAL	3690
6111	BEEF GROUND FROZEN HALAL	2110
6112	BEEF KIDNEY WHOLE FROZEN HALAL	900
6113	BEEF LIVER FROZEN HALAL	1300
6114	BEEF PATTIES FROZEN HALAL	2080
6115	BEEF EYE ROUND FROZEN HALAL	1280
6116	BEEF RUMP BONELESS FROZEN HALAL	1370
6117	BEEF SALAMI FROZEN HALAL	2440
6118	BEEF SAUSAGE FROZEN HALAL	2360
6119	BEEF STRIPLOIN BONELESS FROZEN HALAL	1540
6120	BEEF STEAK AND KIDNEY PIE FROZEN HALAL	2015
6121	BEEF STEAK RIB EYE FROZEN HALAL	1660
6122	BEEF STEW CANNED HALAL	940
6123	BEEF STEWING BONELESS FROZEN HALAL	1250
6124	BEEF STOCK BASE HALAL	2010
6125	BEEF TOPSIDE BONELESS FROZEN HALAL	1670
6126	BEEF TRIPE CLEANED FROZEN HALAL	780
6127	CHICKEN SAUSAGES FROZEN HALAL	2200
6128	CHICKEN BREAST BONELESS FROZEN HALAL	1050
6130	CHICKEN GRAVEY BASE HALAL	3810
6131	CHICKEN STOCK BASE HALAL	2500
6132	CHICKEN WHOLE GRADE A FROZEN HALAL	2010
6133	DAIRY CHEESE CAMBAZOLA HALAL	3600
6134	DAIRY CHEESE HAVARTI HALAL	4200
6135	DAIRY CHEESE MOZZARELLA HALAL	3210
6136	DAIRY CHEESE CHEDDAR HALAL	3910
6137	DAIRY CHEESE DANISH BLUE HALAL	3520
6138	DAIRY CHEESE EDAM HALAL	3250
6139	DAIRY CHEESE FETA HALAL	2650
6140	DAIRY CHEESE GOUDA HALAL	3600
6141	DAIRY CHEESE GRATED PARMESAN HALAL	3890
6142	DAIRY CHEESE HALLOUMI HALAL	3170
6143	DAIRY CHEESE HARD CANNED HALAL	2800
6144	DAIRY CHEESE PROCESSED SLICES HALAL	3010
6145	DAIRY CHEESE COTTAGE HALAL	1010
6148	DAIRY ICE CREAM CHOCOLATE HALAL	2270
6149	DAIRY ICE CREAM PISTACHIO HALAL	2050
6150	DAIRY ICE CREAM STRAWBERRY HALAL	2130
6151	DAIRY ICE CREAM VANILLA HALAL	2070
6160	DAIRY YOGHURT LOW FAT PINEAPPLE LONG LIFE HALAL	840
6161	DAIRY YOGHURT LOW FAT BLUEBERRY LONG LIFE HALAL	840
6162	DAIRY YOGHURT LOW FAT PLAIN LONG LIFE HALAL	540
6163	DAIRY YOGHURT LOW FAT STRAWBERRY LONG LIFE HALAL	840
6164	DAIRY YOGHURT LOW FAT VANILLA LONG LIFE HALAL	840
6189	GOAT WHOLE FROZEN HALAL	1090
6190	LAMB CHOPS FROZEN HALAL	1800
6191	LAMB LEG BONEIN FROZEN HALAL	1950
6192	LAMB LOIN BONE IN FROZEN HALAL	1300
6200	MUTTON FROZEN SIX WAY CUTS HALAL	1378
6229	TURKEY BREAST BONELESS FROZEN HALAL	1140
6230	TURKEY WHOLE FROZEN HALAL	1440

Code No.	COMMODITY	Kcal
6231	VEAL LOIN FROZEN HALAL	1200
6234	DAIRY YOGURT PASTERIZED LOW FAT PINEAPPLE- HALAL	770
6235	DAIRY YOGURT PASTERIZED LOW FAT BLUEBERRY- HALAL	770
6236	DAIRY YOGURT PASTERIZED LOW FAT PLAIN- HALAL	650
6237	DAIRY YOGURT PASTERIZED LOW FAT STRAWBERRY- HALAL	770
6238	DAIRY YOGURT PASTERIZED LOW FAT VANILLA- HALAL	770
6239	DAIRY CREAM CHEESE- HALAL	3490
6240	GOAT SIX CUT FROZEN- HALAL	1090
9100	ALMOND FLAVOURING - HALAL	0
9279	BALSAMIC VINEGAR HALAL	880
9280	VINEGAR WHITE HALAL	180