

SCHEDULE 1

Regulation 2

FOOD GROUPS

<i>Food Group</i>	<i>Food included in group</i>
A. Starchy food (sub-divided as shown)	A1: All types of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal. A2: All types of bread with no added fat or oil.
B. Fruit and vegetables (sub-divided as shown)	B1: Fruit of all types, whether fresh, frozen or dried. Fruit canned in water or juice. Fruit-based desserts (with a content of at least 50% fruit measured by the weight of the raw ingredients). B2: Vegetables of all types, whether fresh, frozen or dried. Vegetables canned in water or juice.
C. Meat, fish, eggs, beans and other non-dairy sources of protein	Meat and fish (in each case whether fresh, frozen, canned or dried), eggs, nuts, pulses and beans, other than green beans. Other non-dairy sources of protein. Any food containing meat together with food from groups A, B or D.
D. Milk and dairy (sub-divided as shown)	D1: Lower fat milk and lactose reduced milk. D2: Cheese, yoghurt (including frozen), fromage frais and custard.
E. Drinks (sub-divided as shown)	E1: Plain drinks: Plain water (still or carbonated). Lower fat milk or lactose reduced milk. Fruit juice or vegetable juice of no more than 150mls per portion. Plain soya, rice or oat drinks enriched with calcium. Plain fermented milk drinks. E2: Combination drinks of no more than 330mls per portion: Combinations of fruit juice or vegetable juice with— (a) plain water, in which case the fruit juice or vegetable juice must be at least 45% by volume, but no more than 150mls, and may contain vitamins and minerals; (b) lower fat milk, lactose reduced milk or plain fermented milk drinks (in each case with or without plain water) in which case the milk or

Status: This is the original version (as it was originally made).

<i>Food Group</i>	<i>Food included in group</i>
	<p>fermented milk drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey;</p> <p>(c) plain soya, rice or oat drink (in each case with or without plain water) in which case the soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Combinations of lower fat milk, lactose reduced milk, plain fermented milk drinks or plain soya, rice or oat drinks (in each case with or without plain water) with cocoa, in which case the lower fat milk, lactose reduced milk, fermented milk drink, soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Flavoured lower fat milk, flavoured lactose reduced milk or flavoured soya, rice or oat drinks, in which case the lower fat milk, lactose reduced milk, soya, rice or oat drink must be at least 90% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Tea and coffee.</p> <p>Hot chocolate which may contain vitamins, minerals and less than 5% added sugars or honey.</p>