

PHOTOGRAPH	FOOD	WEIGHT (G)
1a	Cornflakes	20
1b	Cornflakes	40
1c	Cornflakes	55
2a	Cheddar cheese	18.5
2b	Cheddar cheese	36
2c	Cheddar cheese	54
3a	Quiche lorraine	65
3b	Quiche lorraine	110
3c	Quiche lorraine	150
4a	Roast beef/cold meat	30
4b	Roast beef/cold meat	60
4c	Roast beef/cold meat	90
5a	Ratatouille	185
5b	Ratatouille	305
5c	Ratatouille	425
6a	Fish in breadcrumbs	130
6b	Fish in breadcrumbs	190
6c	Fish in breadcrumbs	250
7a	Chips	130
7b	Chips	180
7c	Chips	240
8a	White rice	60
8b	White rice	160
8c	White rice	270
9a	Spaghetti, white	65
9b	Spaghetti, white	200
9c	Spaghetti, white	340
10a	Boiled potatoes	120
10b	Boiled potatoes	180
10c	Boiled potatoes	220
11a	Mashed potatoes	120
11b	Mashed potatoes	180
11c	Mashed potatoes	220
12a	Baked beans	80
12b	Baked beans	135
12c	Baked beans	190
13a	Carrot slices	40
13b	Carrot slices	60
13c	Carrot slices	85
14a	Cabbage	60
14b	Cabbage	90
14c	Cabbage	120
15a	Victoria sponge cake	50
15b	Victoria sponge cake	95
15c	Victoria sponge cake	140
16a	Rich fruit cake	50
16b	Rich fruit cake	95
16c	Rich fruit cake	140
17a	Apple crumble	75
17b	Apple crumble	185
17c	Apple crumble	280
18a	Spread on bread	4
18b	Spread on bread	10
18c	Spread on bread	14
19a	Meat stew (no veg)	77
19b	Meat stew (no veg)	128
19c	Meat stew (no veg)	179
20a	Shepherd's pie	200
20b	Shepherd's pie	346
20c	Shepherd's pie	492