

U K 300 list

FRUITS

Apples
Oranges
Banana
Strawberry
Watermelon
Mango
Lemon
Kiwifruit
Grapes
Peaches
Pears
Mandarines
Pineapple
Passionfruit
Cherries
Plums
Pawpaw
Apricot
Sultanas
Raisins
Grapefruit
Rockmelon
Raspberries
Red Currants
Prunes
Dates
Galia Melon
Nectarines
Limes

SEAFOOD

Fish (white)
Shellfish
Calamari
Salmon
Tuna
Kipper (Manx)

DRINKS

Beer
Red Wine
White Wine
Vodka
Whiskey
Bourbon
Rum
Gin
Brandy
Tea
Coffee
Ovaltine
Milo
Choc Quik
Instant Choc (Cadbury)
Ginger Ale
Coke
Diet Coke
Pepsi Max
Sprite-Lemonade
Fanta (Orange)
Dandelion Tea
Chamomile Tea
Peppermint Tea
Green Tea
Ribena
Red Cordial
Cranberry Juice

CONDIMENTS

Apple Cider Vinegar
Malt Vinegar
Salt (refined table)
Celtic Salt (sea salt)
Rock Salt
Herbemare Vege Salt
Pepper (black and white)
Cayenne Pepper
Tomato Sauce
HP sauce
B.B.Q. Sauce (HP)
Soy sauce
Worcester sauce
Horseradish sauce
Mustard
M.S.G. (621)
Gravox
Vegetable
Marmite
Bovril
Beef Stock (Magi)
Chicken Stock (OXO)
Heinz Salad Cream
Beef Stock (OXO)
Vegetable Stock (OXO)
Vanilla (pure)
Curry Powder
Mint Sauce
Ginger
Chilli
Garlic
Mixed Spice
Cinnamon
Nutmeg

DAIRY FOODS

Butter
Margarine (Flora)
Margarine (Olivio)
Margarine (Nuttalex)
Cream
Cows Yoghurt
Soy Yoghurt
Cows Cheese
Goats Cheese
Soy Cheese
So-Good
Vitasoy
Simply Soy
So Natural
Tofu
Rice Milk (Rice Dream)
Rice Milk (Provamel)
Carnation Milk
Condensed Milk
Skimmed Milk
Semi-Skim Milk
Whole Milk
Ice Cream
Eggs

SEEDS

Sesame
Sunflower
Poppy
Linseed (flax seed oil)

VEGETABLES

Potato
Tomato
Capsicum
Eggplant
Cabbage
Cauliflower
Brussell Sprouts
Mushroom
Broccoli
Spinach
Zucchini
Celery
Lettuce
Swede
Pumpkin
Peas
Carrot
Onion
Beetroot
Cucumber
White Turnip
Spring Greens
Snow Peas
Runner Beans
Beans
Asparagus
Alfalfa sprouts
Sweet Potato
Avocado
Corn
Shallots
Parsley
Rhubarb
Marrow
Sugar Snap Peas
Cress
Olives

MEATS / FATS

Beef
Pork
Lamb
Chicken
Bacon
Ham
Lard
Crisp& Dry Oil
Olive Oil
Grape Seed Oil
Sunflower (Flora)

FOOD COLOURINGS

Red
Blue
Green
Yellow

NUTS

Almonds
Cashews
Hazel
Brazil
Pistachio
Macadamia
Walnut
Pecans
Pine Nuts

DRIED HERBS

Mixed Herbs
Rosemary
Basil
Chives
Coriander
Oregano
Season-All

GRAINS / CEREALS

White Bread
Wholemeal Bread
Multigrain Bread
Rye Flour
White Flour
Wholemeal Flour
Cornflour
Buckwheat Flour
Bi Carb Soda
Corn Thins
Rice Thins
Rice Crackers
White Rice
Brown Rice
Lentils
Chick Peas
Kidney Beans
Dried Peas
Oats (Morning flake)
Oat Bran
Coconut
Baked Beans (Heinz)
Spaghetti (Heinz)
Pasta (Durham Wheat)
Hokkien Noodles
Rice Noodles
Cornflakes
Rice Bubbles
Cherrios (Nestle)
Bite Size (shred wheat)
Rice Snaps
Weet a Bix
Nutrigrain
Honey Nut Sh. Wheat
Just Right

SUGARS

White Sugar
Demerara Sugar
Brown Sugar
Canderel-E (aspartame)
Saccharine (Hermestetas)
Splenda
Honey
Maple Syrup (clarks)
Golden Syrup
Carob
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Galaxy)
Liquorice

CHEMICALS

Fly Spray
Aeroguard
Newspaper Ink
Bleach
Sard Wonder Soaker
Nappisan

Talcum Powder
Morning Fresh
Persil Dish Liquid
Pine-O-Clean
Domestos
Stergene Wool Mix
Omo
Dynamo
Bio Zet
Cold Power
Persil
Lenor Fabric Softener
Fluffy Fabric Softener

BATHROOM

CHEMICALS

Baby Shampoo
(Johnsons)
Fructis Sh & Condit
Pantene
Wella Balsam
Palmolive Shower Milk
Lux Body Wash
Mum Deodorant
Dove Deodorant
Rexona Sport Deodorant
Crystal Stick Deodorant
Body Choice Natural
Deod
Dove Soap
Sunlight Personal Soap
Palmolive Gold Soap
Aquafresh (all types)
Colgate (all types)
Sensodyne
Gillette Shaving Foam
Nivea Shaving Gel
UV Tripplegard
Sunscreen
Banana Boat Sunscreen

METALS

Mercury
Silver
Aluminium
Gold

HAIR/FIBRES

Mixed Feathers
Wool
Cotton
Polyester

OTHERS

Panadol paracetamol
Mersyndol
Panadine
Aspro
Nurofen
Codral (cold & flu)
Probiotics
Fish oil Capsules
Cigarette Smoke