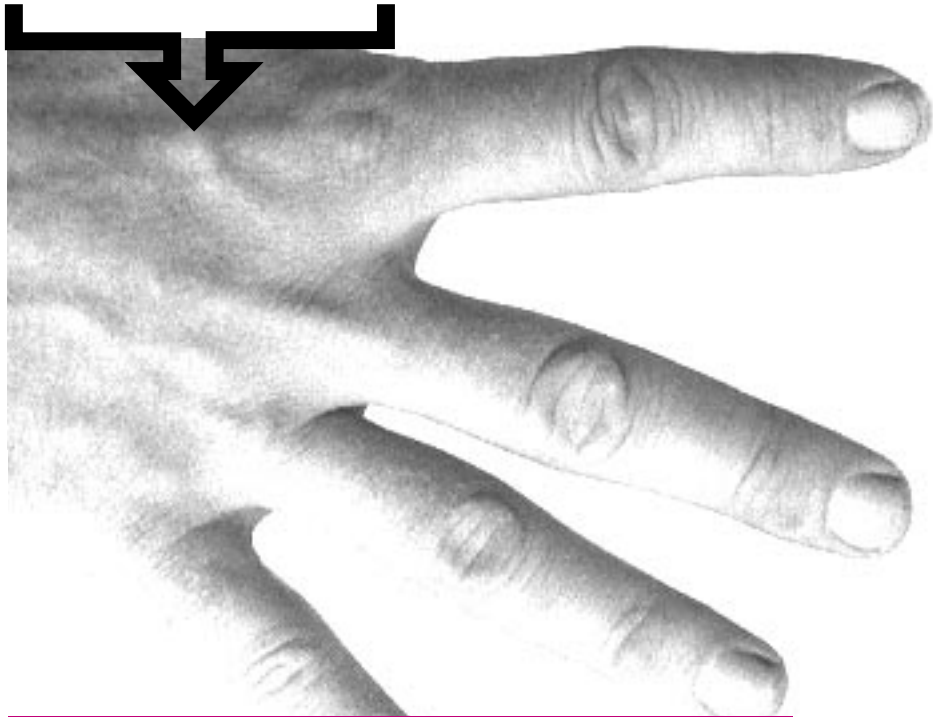


THE **GREENPEACE**
GM POCKET-GUIDE

Updated 01-07-04



despite shoppers telling supermarkets and manufacturers they don't want to eat GM food, GM ingredients are still sneaking into our food.

HOW THE PRODUCT RATINGS WORK:



Rating: green

Products guaranteed to be non-GM.

Rating: yellow

Products that are currently GM, but where the manufacturer is committed to making the product GM-free in the near future.

Rating: red

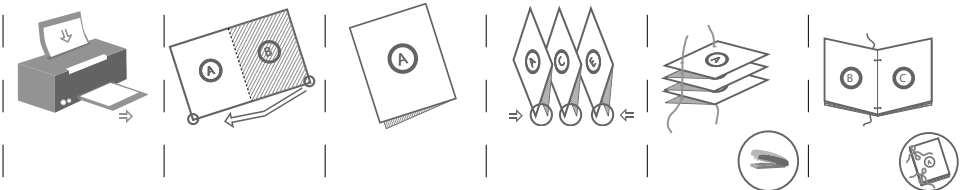
Products which may contain GM ingredients or be derived from animals fed on GM crops.

STAY UP TO DATE GO TO:

<http://www.greenpeace.org.uk/GMfoods>

MAKE YOUR GUIDE

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BABY FOOD and VITAMINS

- 👆🟢 Baby Organix
- 👆🟢 Boots' Baby Food
- 👆🟢 Cow & Gate Olvarit Organic
- 👇🔴 Cow & Gate Products
- 👆🟢 Farley's Rusks
- 👇🟡 Farley's Rusks (banana)
- 👇🟢 Farley's Rusks (marmite)
- 👇🟡 Farley's Rusks (reduced sugar gluten free)
- 👆🟢 Farley's Rusks (reduced sugar)
- 👇🟡 Heinz Baby Food
- 👆🟢 Heinz Organic Baby Food
- 👆🟢 Hipp Baby Food
- 👆🟢 Kallo Rusks
- 👇🟡 Milupa Babyfoods
- 👆🟢 Sainsbury's Organic Baby Food
- 👇🟡 Sainsbury's Baby Food
- 👇🟡 SMA Products
- 👇🔴 Superdrug Baby Food

BREAD, CAKES and CEREALS

- 👇🔴 Allinson Bread
- 👇🔴 Anytime Tea Cakes
- 👇🔴 Burgen Soya & Linseed Bread
- 👇🔴 Cadbury's Caramel Cake Bars
- 👇🔴 Cadbury's Chocolate Cake
- 👇🔴 Cadbury's Mini Rolls
- 👆🟢 Entenmann's Cakes
- 👆🟢 Hovis
- 👆🟢 Jordans Crunchy Crisp
- 👆🟢 Jordans Organic Crunchy
- 👆🟢 Jordans The Original Crunchy
- 👆🟢 Kellogg's Choco Cornflakes
- 👆🟢 Kellogg's Frosted Wheats
- 👇🔴 Kellogg's Nutri-Grain
- 👇🔴 Kellogg's Pop Tarts
- 👇🔴 Kellogg's Rice Krispies Squares
- 👆🟢 Kingsmill Breads
- 👇🔴 Lyons Apple Pies
- 👇🔴 Lyons Battenburgs
- 👇🔴 Lyons Cakes
- 👇🔴 Lyons Viennese Whirls
- 👆🟢 Mighty White Bread
- 👆🟢 Mother's Pride
- 👇🔴 Mr Kipling Cakes
- 👇🔴 Nimble
- 👆🟢 Quaker Harvest Crunch
- 👆🟢 Quaker Oat Bran Crispies

- 👆🟢 Quaker Oat Krunchies
- 👆🟢 Quaker Oats
- 👆🟢 Quaker Oatso Honey
- 👆🟢 Quaker Oatso Simple Apple Varieties
- 👇🟡 Quaker Oatso Simple Chocolate Flakes
- 👆🟢 Quaker Oatso Simple Regular
- 👆🟢 Quaker Puffed Wheat
- 👆🟢 Quaker Scott's Porage Oats
- 👆🟢 Quaker Sugar Puffs
- 👆🟢 Ryvita
- 👆🟢 Sainsbury's Bread
- 👆🟢 Sainsbury's Organic Chocolate Cake
- 👆🟢 Sunblest Finger Rolls
- 👆🟢 Sunblest Fruited Teacakes
- 👆🟢 Sunblest Hot Cross Buns
- 👆🟢 Sunblest Mini Yum Yums
- 👇🔴 Sunblest Pancakes
- 👆🟢 Sunblest Standard Muffins
- 👆🟢 Sunblest Sunmalt Loaf
- 👆🟢 Waitrose Organic Breads
- 👆🟢 Weetabix Products
- 👇🟡 Weight Watchers Products
- 👆🟢 Whitworth's Cake Mixes
- 👆🟢 Whole Earth Cornflakes

CONDIMENTS and SAUCES etc.

- 👇🔴 Bird's Angel Delight
- 👇🔴 Bird's Custard
- 👇🔴 Bird's Dream Topping
- 👆🟢 Bisto Vegetarian Gravy Granules
- 👇🔴 Chicken Tonight Creamy Sauces
- 👇🔴 Colman's Potato Bake Mix
- 👇🔴 Colman's Turkey Casserole Mix
- 👇🔴 Dolmio Stir-In
- 👇🔴 Dolmio Tomato and Smokey Bacon Sauce
- 👆🟢 Enjoy Organic Company Korma Sauce
- 👆🟢 Enjoy Organic Company Tikka Masala Sauce
- 👇🔴 Five Brothers Alfredo & button mushrooms
- 👆🟢 Go Organic Vegetable Korma Sauce
- 👇🔴 Hellmann's Mayonnaise
- 👇🔴 Homepride Cheese & Bacon Potato Bake
- 👇🔴 Homepride Ham and Mushroom Pasta Sauce
- 👆🟢 Kallo Organic Stock Cubes
- 👇🔴 Knorr Chicken Stock
- 👇🔴 Knorr Creamy Ham Sauce

- 👇🔴 Knorr Hollandaise Sauce
- 👇🔴 Knorr Parsley Sauce
- 👇🔴 Lloyd Grossman Creamy Sauces
- 👇🔴 Nestle Maggi Stocks
- 👇🔴 Oxo
- 👇🟡 Patak's Moglai
- 👆🟢 Paxo Sage & Onion Mix
- 👇🔴 Paxo Sausagemeat & Thyme
- 👇🔴 Ragu White Lasagne Sauce
- 👆🟢 Sacla Organic Green Pesto
- 👇🔴 Sacla Red Pesto Sauce
- 👇🔴 Sacla Tomato & Marscapone
- 👇🔴 Schwartz Bacon Bits
- 👆🟢 Seeds of Change Organic Sweet & Sour Sauce
- 👆🟢 Seeds of Change Pasta Sauces
- 👆🟢 Sharwood's Indian Cooking Sauces
- 👆🟢 Sharwood's Soy Sauce
- 👇🔴 Sharwood's Stir-Fry Sauces
- 👇🔴 Sharwood's Singapore Laska
- 👆🟢 Simply Delicious Organic Mayonnaise
- 👆🟢 Tilda Madhur Jaffrey Balti Sauce
- 👆🟢 Tilda Madhur Jaffrey Goan Coconut
- 👇🔴 Tilda Madhur Jaffrey Sauces With Cream & Yoghurt
- 👇🔴 Uncle Ben's Risotto Stir-in-Sauce Rooted Vegetable
- 👇🔴 Uncle Ben's Risotto Stir-in-Sauce Tomato & Basil
- 👇🔴 Uncle Ben's Two Step Fry & Stir Balti Sabzi

CONVENIENCE FOODS, CANS and JARS

- 👇🔴 Ambrosia Creamed Rice
- 👇🔴 Batchelors Cup a Soup Chicken & Leek
- 👇🔴 Batchelors Super Noodles (chicken)
- 👇🔴 Baxters Dairy & Meat Soups
- 👆🟢 Baxters Vegetarian Range Soups
- 👇🔴 Bovril
- 👇🔴 Buitoni Cheese/Beef Ravioli
- 👇🔴 Campbell's Meat Balls in Tomato Sauce
- 👇🔴 Campbell's Soups
- 👇🔴 Dolmio Carbonara Sauce
- 👆🟢 Duchy Originals Lemon Curd
- 👆🟢 Duerr's Jams
- 👇🔴 Duerr's Lemon Curd
- 👆🟢 Duerr's Peanut Butter
- 👆🟢 Duerr's Pie Fillings and Mince Meats

- 👇🔴 Fray Bentos Products
- 👆🟢 Green & Blacks Chocolate Spread
- 👇🟡 Heinz Baked Bean Chilli Con Carne
- 👆🟢 Heinz Baked Beans
- 👇🟡 Heinz Baked Beans with Bacon
- 👇🟡 Heinz Cheezy Beans
- 👇🟡 Heinz Tomato Ketchup
- 👇🔴 Homepride Cream of Tomato Soup
- 👆🟢 Marmite
- 👆🟢 New Covent Garden Organic Soups
- 👇🔴 New Covent Garden Soups
- 👇🔴 Nutella
- 👇🟡 Patak's Chicken Balti
- 👇🟡 Patak's Chicken Shorva Soup
- 👇🟡 Patak's Madras
- 👇🟡 Patak's Medium Balti
- 👇🟡 Patak's Korma Curry Sauce
- 👆🟢 Robertson's Jams and Marmalades
- 👇🔴 Robertson's Lemon Curd
- 👆🟢 The Noodle Company Noodles
- 👇🔴 Vesta Beef Curry
- 👇🔴 Vesta Beef Risotto
- 👇🔴 Vesta Chicken Curry
- 👇🔴 Vesta Chicken Supreme
- 👇🔴 Vesta Chow Mein

CRISPS, SWEETS and BISCUITS

- 👇🔴 After Eight
- 👇🔴 All Gold
- 👇🔴 Black Magic
- 👇🔴 Blue Ribband
- 👇🔴 Bounty
- 👇🔴 Cadbury's Chocolate
- 👇🔴 Cadbury's Mini Eggs
- 👇🔴 Cadbury's Time Out
- 👇🔴 Cadbury's Caramel
- 👇🔴 Cadbury's Chocolate Eclairs
- 👇🔴 Cadbury's Wispa
- 👇🔴 Celebrations
- 👇🔴 Dairy Box
- 👇🔴 Dime Bar
- 👇🔴 Doritos
- 👇🔴 Dove
- 👆🟢 Doves Farm Digestive Creams
- 👇🔴 Ferrero Rocher
- 👇🔴 Fox's Classic
- 👇🔴 Fox's crunch creams
- 👇🔴 Fox's Echo

- ⬇️ Fox's Rocky
- ⬇️ Fox's Triples
- ⬇️ Galaxy
- ⬇️ Golden Wonder Sausage and Tomato, Cheese and Onion and Prawn Cocktail Crisps
- ⬆️ Golden Wonder Crisps Ready Salted
- ⬆️ Green & Blacks Chocolate
- ⬆️ Green & Blacks White Chocolate Buttons
- ⬇️ Haribo Build-a-Burger
- ⬇️ Haribo Star Mix
- ⬇️ Haribo Tangfastics
- ⬇️ Jacob's Choice Grain
- ⬇️ Jacob's Cream Crackers Italian
- ⬇️ Jacob's Cream Crackers Sundried Tomato
- ⬆️ Jacob's Original Cream Crackers
- ⬇️ Jacob's Ritz Crackers with Cheddar
- ⬆️ Jacob's Ritz Original
- ⬇️ Jacob's Twiglets
- ⬇️ Jacob's Club
- ⬆️ Jacob's Cornish Wafer
- ⬆️ Jacob's Hovis Cracker
- ⬇️ Jammie Dodgers
- ⬆️ Kettle Chips Lightly Salted
- ⬇️ Kettle Chips Mature Cheddar & Burgundy
- ⬆️ Kettle Chips Organic Lightly Salted
- ⬇️ KP Mini Cheddars
- ⬇️ KP Mix Cheese Flavour
- ⬇️ KP Nutty Snack Mix
- ⬇️ KP Skips Prawn Cocktail
- ⬇️ Liquorice Allsorts
- ⬇️ M&Ms
- ⬇️ Maltesers
- ⬆️ Marks and Spencers Organic Crisps
- ⬇️ Mars
- ⬇️ Matchmakers
- ⬇️ Maynards Wine Gums
- ⬇️ McCoys Crisps
- ⬇️ McVitie's Biscuits
- ⬇️ McVitie's Go Ahead
- ⬇️ McVitie's Jaffa Cakes
- ⬇️ Milk Tray
- ⬇️ Milky Way
- ⬇️ Miniature Heroes
- ⬇️ Nestle Aero
- ⬇️ Nestle Kit Kat
- ⬇️ Nestle Rolo
- ⬇️ Nestle Rolo Biscuits
- ⬇️ Nestle Smarties
- ⬇️ McVitie's Go Ahead
- ⬇️ Penguin
- ⬇️ Polo Smoothies
- ⬇️ Pringles

- ⬇️ Quality Street
- ⬇️ Refreshers
- ⬇️ Roses
- ⬇️ Rowntree's Fruit Gums
- ⬇️ Snickers
- ⬇️ Terry's Chocolates
- ⬆️ Tesco Organic Chocolate
- ⬆️ Tesco Organic Crisps
- ⬇️ Thornton's Chocolates
- ⬇️ Toblerone
- ⬇️ Tunnock's Caramel
- ⬇️ Twix
- ⬇️ Viscount
- ⬇️ Wagon Wheels
- ⬇️ Walkers Crisps
- ⬆️ Walkers Organic Shortbread Fingers
- ⬆️ Walkers Wheat'n'Oat Organic Biscuits
- ⬇️ Werther's Original
- ⬇️ Wheat Crunchies
- ⬇️ Wotsits
- ⬇️ Wotsits Wafflers Cheese Flavour

DAIRY

- ⬇️ Actimel
- ⬇️ Anchor Butter
- ⬇️ Arla Pur Filter Milk
- ⬇️ Asda Milk/Dairy Products
- ⬇️ Baby Danone Yoghurt
- ⬆️ Benecol Cream Cheese
- ⬆️ Benecol Yoghurt
- ⬇️ Biopot Yoghurt
- ⬇️ Bob the Builder Yoghurt
- ⬇️ Budgens Cottage Cheese Range
- ⬇️ Buitoni Parmesan Cheese
- ⬇️ Cadbury's Mousse
- ⬇️ Cadbury's Truffles
- ⬇️ Carapelli
- ⬇️ Cathedral City Cheddar
- ⬆️ Charleville Organic Cheddar
- ⬇️ Cheestrings
- ⬇️ Co-op Milk/Dairy Products
- ⬆️ Co-op Organic Milk
- ⬆️ Coleraine Organic Cheddar
- ⬇️ Country Life Butter
- ⬇️ Dairy Crest Milk
- ⬇️ Dairy Milk Buttons Dessert
- ⬇️ Dairylea
- ⬇️ Dairylea Lunchables
- ⬇️ Danone Bio Activa
- ⬇️ Davidstow Cheese
- ⬇️ Elmlea
- ⬇️ Express Milk

- ⬇️ Fruitini
- ⬇️ Kerrygold Butter
- ⬇️ Loseley Jersey Yoghurt
- ⬆️ Loseley Organic Dairy Products
- ⬇️ Lurpak
- ⬇️ Marks & Spencer Dairy Products
- ⬆️ Marks & Spencer Fresh Milk Products
- ⬇️ Mars Active Energy
- ⬇️ Morrisons Milk/Dairy Products
- ⬇️ Muller Classic Thick and Cream
- ⬇️ Muller Fromage Frais
- ⬇️ Muller Yoghurt
- ⬇️ Mullerice
- ⬇️ Nestle Carnation Milk
- ⬇️ Nestle LC1
- ⬇️ Philadelphia
- ⬇️ Primula
- ⬆️ Provamel Dessert
- ⬆️ Provamel Soya Fruity
- ⬆️ Provamel Soya Milk
- ⬆️ Rachel's Organic Yoghurt
- ⬇️ Robert Wiseman Milk
- ⬇️ Safeway Milk/Dairy Products
- ⬇️ Sainsbury's Milk/Dairy Products
- ⬆️ Sainsbury's Organic Brie
- ⬆️ Sainsbury's Organic Butter
- ⬇️ Shape Yoghurt
- ⬇️ Ski Yoghurt
- ⬇️ Somerfield Milk/Dairy Products
- ⬆️ Somerfield Organic Milk
- ⬇️ St Ivel Tweenies Yoghurt
- ⬇️ Tesco Milk/Dairy Products
- ⬆️ Tesco Organic Cheddar
- ⬆️ Tesco Organic Milk
- ⬇️ Total Yoghurt
- ⬇️ Unigate Milk
- ⬇️ Waitrose Milk/Dairy Products
- ⬇️ Yakult
- ⬆️ Yeo Valley Butter
- ⬆️ Yeo Valley Cream
- ⬆️ Yeo Valley Yogurt
- ⬇️ Yoplait Pokemon Yoghurt
- ⬇️ Yoplait Yoghurt

DRINKS

- ⬆️ Bonsoy Organic Soya Milk
- ⬇️ C-Vit
- ⬇️ Cadbury's Highlights
- ⬇️ Cadbury's Toppers
- ⬆️ Clipper Teas and Coffees
- ⬆️ Coca-Cola
- ⬆️ Del Monte Fruit Juice

- ⬆️ Dutchy Organic Lemon Refresher
- ⬇️ Friij
- ⬆️ Green & Blacks Hot Chocolate
- ⬇️ Gulp
- ⬇️ Lurpicks
- ⬆️ Libby Organic Juice
- ⬇️ Mars Active Energy
- ⬇️ Nesquick
- ⬇️ Options Chocolate Au Lait
- ⬆️ Organic Tea
- ⬇️ Ovaltine
- ⬇️ Ovaltine Light
- ⬆️ Pepsi
- ⬆️ Purdey's
- ⬇️ Ribena
- ⬆️ Santa Cruz Organic Sparkling Drink
- ⬇️ Shakey Jake

FROZEN FOODS

- ⬇️ Ben & Jerry's Icecream
- ⬇️ Bird's Eye Burgers
- ⬇️ Bird's Eye Chicken Products
- ⬇️ Bird's Eye Beef & Onion Pie
- ⬆️ Co-op Frozen Chicken
- ⬇️ Dalepak Beefburgers
- ⬇️ Dalepak Cauliflower Cheese Grills
- ⬇️ Dalepak Leek & Potato Grills
- ⬇️ Dalepak Quarterpounders
- ⬇️ Enjoy! Chicken Breast with Black Olives
- ⬇️ Enjoy! Thai Chicken Rice
- ⬇️ Findus Crispy Pancakes
- ⬇️ Findus Lean Cuisine
- ⬇️ Findus New York Takeout
- ⬆️ For Georgia's Sake Organic Chicken Nuggets
- ⬇️ Goodfellas Frozen Pizza
- ⬇️ Haagen-Dazs
- ⬇️ Heinz Baked Bean Pizza
- ⬇️ Iceland Beef Burgers
- ⬆️ Iceland Cheese & Tomato Pizza
- ⬆️ Iceland Frozen Chicken
- ⬇️ Linda McCartney Chicken & Mushroom Style Pie
- ⬆️ Linda McCartney Cornish Pasties
- ⬇️ Linda McCartney Creamy Cajun Bake
- ⬆️ Linda McCartney Deep Country Pies
- ⬇️ Linda McCartney Dippers
- ⬇️ Linda McCartney Fillets
- ⬇️ Linda McCartney Fish Cakes
- ⬇️ Linda McCartney Flame Grilled Burgers
- ⬇️ Linda McCartney Hot Dogs
- ⬇️ Linda McCartney Lasagne

- ← 🟡 Linda McCartney Leek & Potato Pasty
- ↑ 🟢 Linda McCartney Max Chilli & Potato Wedges
- ← 🟡 Linda McCartney Max Pasta
- ↑ 🟢 Linda McCartney Mince
- ← 🟡 Linda McCartney Moussaka
- ← 🟡 Linda McCartney Nuggets
- ↑ 🟢 Linda McCartney Organic Range
- ← 🟡 Linda McCartney Rashers
- ↑ 🟢 Linda McCartney Sausage Rolls
- ↑ 🟢 Linda McCartney Sausages
- ← 🟡 Linda McCartney Shepherds Pie
- ↑ 🟢 Linda McCartney Spaghetti Bolognese
- ← 🟡 Linda McCartney Tex Mex Enchiladas
- ← 🟡 Linda McCartney Toad in the Hole
- ← 🟡 Linda McCartney Vegetable Curry
- ← 🟡 Linda McCartney Vegetable Pie
- ↓ 🟡 Magnum
- ↑ 🟢 McCain Chips
- ← 🟡 McCain Pizzas
- ← 🟡 McVities Devonshire Cheesecake
- ↓ 🟡 Mini Milk
- ↑ 🟢 Organix Sausages
- ← 🟡 Patak's Chicken Balti
- ← 🟡 Patak's Chicken Korma
- ↓ 🟡 Pillsbury Chocolate Chip Cookie Dough
- ↑ 🟢 Pure Organics Pizzas
- ↑ 🟢 Quorn Products
- ↓ 🟡 Sara Lee Cakes
- ↓ 🟡 Sharwood's Chicken Balti
- ↓ 🟡 Solero
- ↑ 🟢 Waitrose Organic Ice Cream
- ← 🟡 Weight Watchers Products

MEAT, POULTRY, MEAT SUBSTITUTES and EGGS

- ↑ 🟢 Asda (Farmed) Fish
- ↓ 🟡 Asda Beef
- ↑ 🟢 Asda Chicken
- ↑ 🟢 Asda Eggs
- ↓ 🟡 Asda Lamb
- ↑ 🟢 Asda Organic Bacon
- ↑ 🟢 Asda Organic Beef Mince
- ↑ 🟢 Asda Organic Lamb Chops
- ↓ 🟡 Asda Pork/Bacon
- ↑ 🟢 Bernard Matthews Turkey Products
- ↑ 🟢 Brandons Turkey Fresh
- ↑ 🟢 Brandons Tutbury Turkey
- ↓ 🟡 Bridgeway Farm Free Range eggs

- ↑ 🟢 Butterball Turkeys
- ↑ 🟢 Buxted Turkeys
- ↑ 🟢 Cauldron Organic Smoked Tofu
- ↑ 🟢 Cauldron Organic Vegetarian Sausages
- ← 🟡 Chicken Run Eggs
- ← 🟡 Co-op Beef
- ↑ 🟢 Co-op Eggs
- ↑ 🟢 Co-op Free Range Eggs
- ↑ 🟢 Co-op Fresh Chicken
- ↑ 🟢 Co-op fresh Pork
- ← 🟡 Co-op Lamb
- ↑ 🟢 Co-op New Zealand Lamb
- ↑ 🟢 Co-op Salmon
- ↑ 🟢 Co-op Trout
- ↑ 🟢 Columbus Eggs
- ↓ 🟡 Danepak Bacon
- ↓ 🟡 Danepak Cheese & Bacon Grills
- ↑ 🟢 Daylay Eggs
- ↑ 🟢 Deans "Pick of the Flock" eggs
- ↑ 🟢 Deans Goldenlay Fresh Eggs
- ↓ 🟡 Grampian Chicken Escalope
- ↓ 🟡 Grampian Chicken Goujons
- ↑ 🟢 Grampian Chicken in the Jungle
- ↓ 🟡 Grampian Chicken Thighs
- ↑ 🟢 Grampian Whole Chicken
- ↓ 🟡 Iceland (Farmed) Fish
- ↓ 🟡 Iceland Beef
- ↑ 🟢 Iceland Chicken
- ↑ 🟢 Iceland Eggs
- ↓ 🟡 Iceland Fresh Lamb
- ↓ 🟡 Iceland fresh Pork
- ↑ 🟢 Kelly Bronze Turkeys
- ↑ 🟢 Marks and Spencer Farmed Fish
- ↑ 🟢 Marks and Spencer Fresh Pork
- ↑ 🟢 Marks and Spencer Eggs
- ↑ 🟢 Marks and Spencer Fresh Beef
- ↑ 🟢 Marks and Spencer Fresh Chicken
- ↑ 🟢 Marks and Spencer Fresh Lamb
- ↑ 🟢 Marks and Spencer Organic Meat
- ↑ 🟢 Marks and Spencer Salmon (fresh and smoked)
- ↑ 🟢 Marshalls Chicken Legs
- ↓ 🟡 Matternons Meat Pate
- ↓ 🟡 Morningstar Farms Back Bacon
- ↓ 🟡 Morningstar Farms Streaky Strips
- ↓ 🟡 Morrisons Beef
- ↓ 🟡 Morrisons Chicken
- ↓ 🟡 Morrisons Eggs
- ↓ 🟡 Morrisons Lamb
- ↓ 🟡 Morrisons Pork
- ↑ 🟢 Moy Park Chicken
- ↑ 🟢 Moy Park Free Range Chicken
- ↑ 🟢 Moy Park Organic Chicken
- ↑ 🟢 Organic Soya Milk
- ↑ 🟢 Organic Turkeys

- ↓ 🟡 Pepperami
- ← 🟡 Realeat Chicken Style Roast
- ← 🟡 Realeat Lamb Style Roast
- ← 🟡 Realeat VegeBites
- ← 🟡 Realeat VegeSteak
- ← 🟡 Safeway Beef
- ← 🟡 Safeway Chicken
- ← 🟡 Safeway Eggs
- ↑ 🟢 Safeway Fish (farmed)
- ← 🟡 Safeway Lamb
- ← 🟡 Safeway Pork
- ↓ 🟡 Sainsbury's Beef
- ↑ 🟢 Sainsbury's Free Range Eggs
- ↓ 🟡 Sainsbury's Lamb
- ↓ 🟡 Sainsbury's Traditional Beef
- ↑ 🟢 Sainsbury's Chicken
- ↑ 🟢 Sainsbury's Outdoor Reared Bacon
- ↑ 🟢 Sainsbury's Outdoor Reared Pork
- ← 🟡 Sainsbury's Pork
- ↑ 🟢 Somerfield (Farmed) Fish
- ↓ 🟡 Somerfield Beef
- ↑ 🟢 Somerfield Chicken
- ↓ 🟡 Somerfield Eggs
- ↓ 🟡 Somerfield Lamb
- ↓ 🟡 Somerfield Pork
- ↓ 🟡 Tesco Beef
- ↑ 🟢 Tesco Chicken
- ↑ 🟢 Tesco Eggs
- ↑ 🟢 Tesco Farmed Fish (except Talapia)
- ← 🟡 Tesco Lamb
- ↑ 🟢 Tesco Organic Eggs
- ↓ 🟡 Tesco Pork
- ← 🟡 The Fourgrain Egg
- ↑ 🟢 Twydale Turkeys
- ↓ 🟡 Waitrose Beef
- ↑ 🟢 Waitrose Columbian Black Tail Eggs
- ← 🟡 Waitrose Eggs
- ↑ 🟢 Waitrose Fish
- ↑ 🟢 Waitrose Fresh Chicken
- ↑ 🟢 Waitrose Fresh Raw Venison
- ← 🟡 Waitrose Lamb
- ↑ 🟢 Waitrose New Zealand lamb
- ← 🟡 Waitrose Pork
- ↑ 🟢 Waitrose Wild Boar Sausages
- ↓ 🟡 Walls Sausages
- ← 🟡 Weekender Eggs

- ↓ 🟡 Gold
- ↓ 🟡 Golden Churn
- ↓ 🟡 I Can't Believe It's not Butter
- ↑ 🟢 Mazola
- ↑ 🟢 Meridian Sun Flower Oil
- ↓ 🟡 Olivio
- ↑ 🟢 Pura Gold Cup Sunflower Spread
- ↑ 🟢 Pura Light Touch
- ↑ 🟢 Pura Vegetable Oils
- ↑ 🟢 Pura Velvet Gold Spreads
- ↑ 🟢 Sainsbury's Organic Butter
- ↑ 🟢 Sainsbury's Organic Spreadable
- ↓ 🟡 Stork
- ↓ 🟡 Utterly Butterly
- ↓ 🟡 Vitalite
- ↓ 🟡 Willow

OILS, MARGARINES etc.

- ↑ 🟢 Benecol Spreads
- ↓ 🟡 Carapelli
- ↓ 🟡 Clover
- ↓ 🟡 Flora