

The Fatty & Sugary Group

A

Asian pastries

B

Biscuits, digestive, plain

Biscuits, homemade

Biscuits, gingernut

Biscuits, chocolate

Bounty bar

Burfi

Butter

C

Cake, coconut

Cake, battenburg

Cake, crispie

Cake, fancy

Cake, cherry

Cake, fruit

Cake, chocolate

Cake, lardy

Cakes, Jaffa

Chelsea buns

Chevda

Chocolate, plain

Chocolate, milk

Chocolate, fancy and filled

Chocolate nut spread

Choux buns

Christmas pudding

Coca cola, Lemonade, etc

Condensed milk, sweetened

Cordials

Corn snacks

Cream, single

Cream, double

Cream, whipping

Creme caramel

Croissants

Custards

D

Doughnuts

Dream Topping

Dripping

F

Fruit fool

Fruit gums

G

Gateau

Ghee, vegetable

Ghee, palm

Ghee, butter

Gingerbread

Glace cherries

Glucose liquid

Gulab Jamen

H

Halva

Halwa

Honey

Honeycomb

I

Ice-cream, all kinds

Instant dessert powder

J

Jaggery

Jam, fruit

Jellabi

Jelly

K

Kit Kat

Kulfi

L

Lard

Lemon curd

Liquorice allsorts

Low fat spread

M

Macaroon

Madeira cake

Margarine, all kinds

Marmalade

Mars Bar

Marzipan

Melting moments

Meringue

Milkshakes

Mousse

O

Oils, all kinds

P

Pancakes

Pastilles

Pastry, flaky

Pastry, shortcrust

Pastry, choux

Peppermints

Potato crisps

Potato hoops

R

Ribena

Rock cakes

Rosehip syrup

Rum baba

S

Scones, cheese

Shortbread

Smartie type sweets

Sorbets

Sponge cakes

Sponge puddings

Suet

Suet puddings

Sugar, white

Sugar, demerara

Sweets, boiled

Swiss rolls

Syrup, golden

T

Toffees

Tortilla chips

Treacle, black

Turkish delight

Twiglets

Y

Yorkshire Pudding

