



Apples



Bananas



Watermelon



Mango



Passionfruit



Pineapple





Sultanas





Papaya



Raspberries





Rhubarb





Star fruit





Fruit juice





Aubergine





Broccoli





Frozen carrots





Courgettes





Mushrooms



Mouli



Okra





Onions



Peppers



Corn-on-the-cob





Tin of peas





Wholemeal bread





White bread



Brown rice





Porridge





Chapattis





Sweet potato



Noodles





Steak



Chicken breast



Fish



Eggs





Nuts





Black-eyed beans



Cheese





Yoghurt





Milk



Haloumi



Olive Oil



Ghee





Margarine





Biscuits



Sweets



Sugar





Fizzy drink



Crisps





Baklava





Tomato ketchup