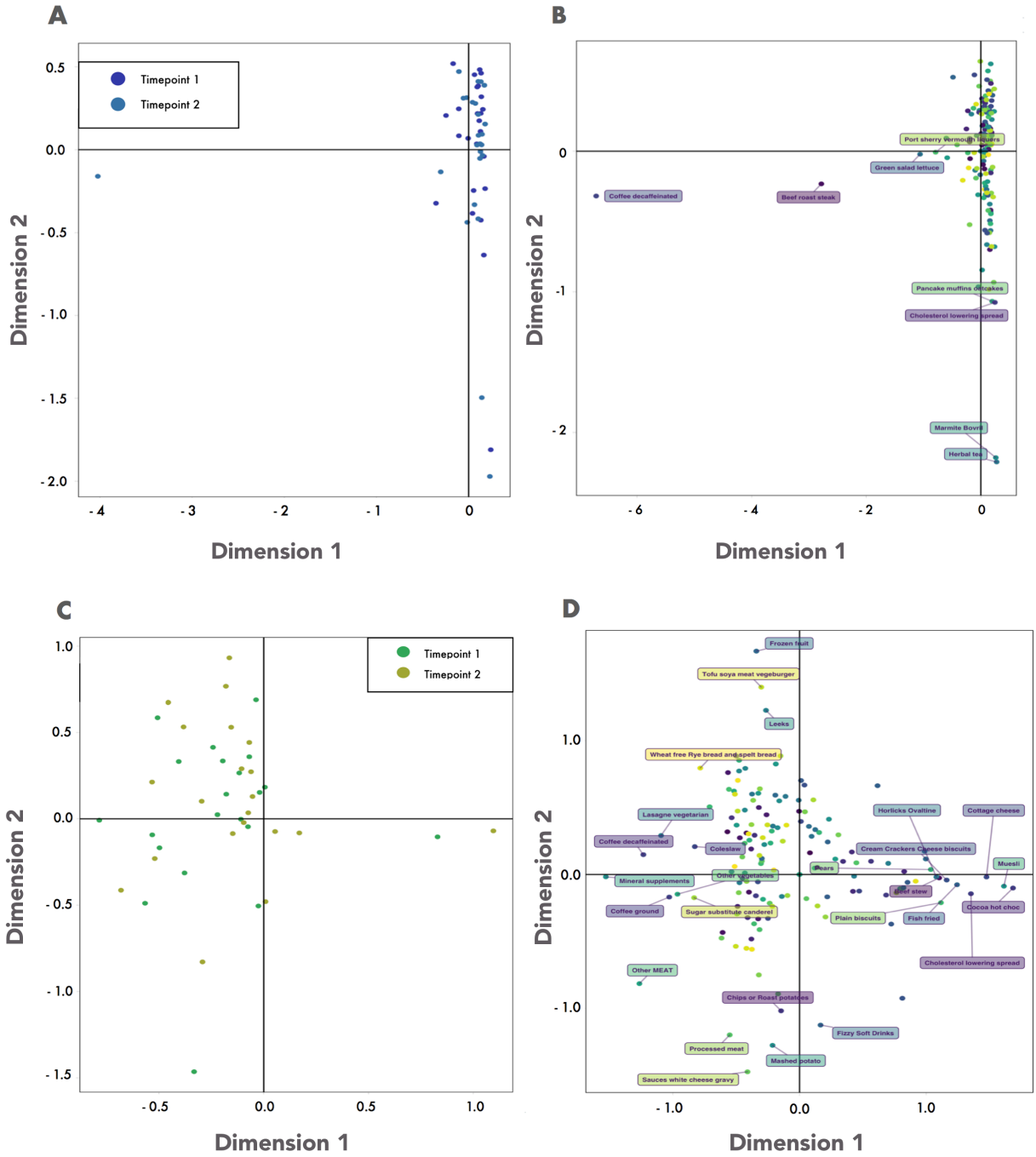
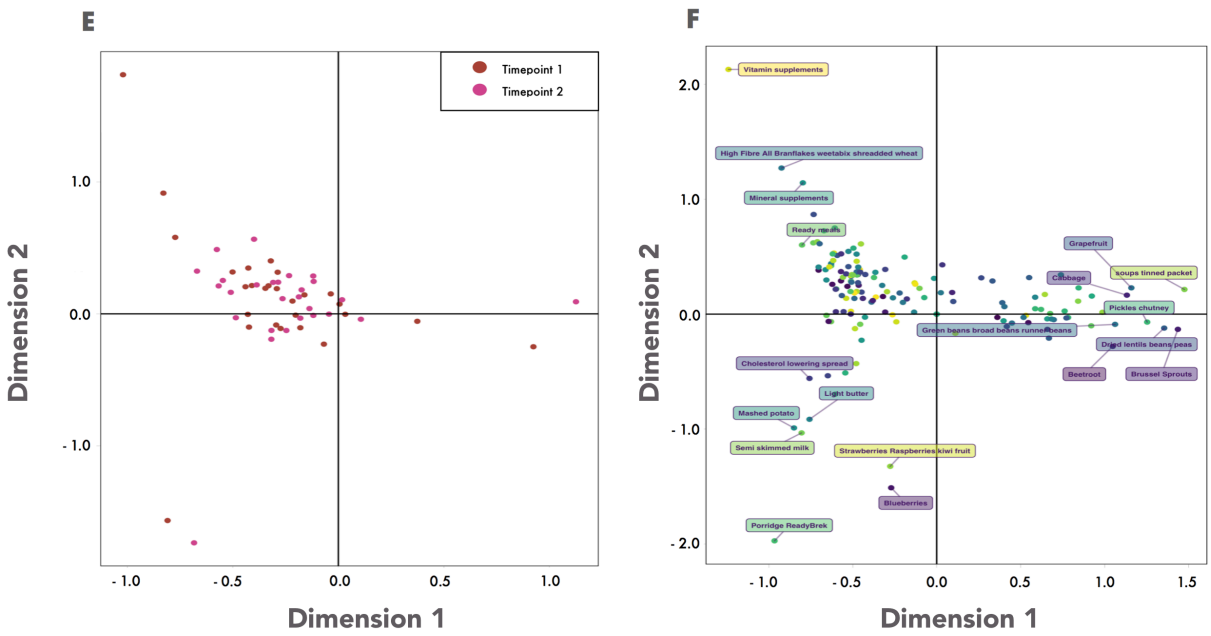

A
Timepoint 1
Timepoint 2
Dimension 2
Dimension 1
B
Port sherry Vermouth liquers
Green salad lettuce
Coffee decaffeinated
Beef roast steak
Pancake muffins oatcakes
Cholesterol lowering spread
Marmite Bovril
Herbal tea
Dimension 2
Dimension 1
C
Timepoint 1
Timepoint 2
Dimension 2
Dimension 1
D
Frozen fruit
Tofu soya meat vegeburger
Leeks
Wheat free Rye bread and spelt bread
Lasagne vegetarian
Horlicks Ovaltine
Cottage cheese
Coffee decaffeinated
Coleslaw
Cream Crackers Cheese biscuits
Muesli
Pears
Mineral supplements
Other vegetables
Beef stew
Coffee ground
Sugar substitute canderel
Plain biscuits
Fish fried
Cocoa hot choc
Cholesterol lowering spread
Other MEAT
Chips or Roast potatoes
Fizzy Soft Drinks
Processed meat
Mashed potato
Sauces white cheese gravy
Dimension 2
Dimension 1


E
Timepoint 1
Timepoint 2
Dimension 2
Dimension 1
1.0
0.0
- 1.0
- 1.0
- 0.5
0.0
0.5
1.0
F
Vitamin supplements
High Fibre All Branflakes weetabix shreadded wheat
Mineral supplements
Ready meals
Grapefruit
Cabbage
soups tinned packet
Pickles chutney
Green beans broad beans runner beans
Dried lentils beans peas
Beetroot
Brussel Sprouts
Cholesterol lowering spread
Light butter
Mashed potato
Semi skimmed milk
Strawberries Raspberries kiwi fruit
Blueberries
Porridge ReadyBrek
Dimension 2
Dimension 1
2.0
1.0
0.0
- 1.0
- 2.0
- 1.0
- 0.5
0.0
0.5
1.0
1.5