

MEAT/OFFAL	FISH/SEAFOOD	FISH/SEAFOOD	POULTRY
Beef steak	Bass	Calamari/squid	Chicken
Fillet of beef	Cod (fresh)	Clams	Poussin
Sirloin steak	Crab/ocean sticks (surimi)	Cockles	Chicken liver
Roast beef	Dab/lemon sole	Crab	Guinea fowl
Rump steak	Dover sole	Crawfish/crayfish	Ostrich
Tongue	Grey mullet	Dublin Bay prawns	Pigeon
Bresaola, air-dried/wind-dried beef	Haddock	Lobster	Quail
Veal escalope	Hake	Mediterranean prawn/gambas	Turkey
Veal chop	Halibut	Mussels	<b>NON-FAT DAIRY</b>
Kidney	Herring	Oysters	Non-fat cottage cheese
Calf's liver	Mackerel	Prawns	Non-fat fromage frais
Pre-cooked ham slices (no fat or rind)	Monkfish	Scallops	Non-fat, Greek yogurt
Pre-cooked chicken and turkey slices (no fat or rind)	Plaice	Shrimp	Non-fat quark/non-fat yogurt (plain or flavored w aspartame)
Fat-reduced bacon	Pollock/Coley	Skate	Skimmed milk
Game (venison, pheasant, partridge, rabbit/hare, grouse)	Rainbow trout/salmon trout	Swordfish	<b>VEGETABLE PROTEIN</b>
<b>EGGS</b>	Red mullet	Tuna	Tofu
Hen's eggs	Salmon	Turbot	
Quail's eggs	Smoked salmon	Whiting	
	Sardines	Fish roe (cod, salmon, herring)	
	Sea bream	Whelks	

VEGETABLES			
Artichoke	Rhubarb	Chicory	Palm hearts
Asparagus	Salad leaves: all types of lettuce	Courgette	Peppers (sweet)
Aubergine	Soya beans	Cucumber	Pumpkin/marrow/squash
Beetroot	Spinach	Fennel	Radish
Broccoli/ purple sprouting broccoli	Swede	French beans/ string beans	
Cabbage: all types	Swiss chard	Leek	
Carrot	Tomatoes	Mushrooms	
Celery/celeriac	Turnip	Onion	