

## UK ITEMS

### VEGETABLES

Alfalfa sprouts  
 Asparagus  
 Aubergine  
 Avocado  
 Beans  
 String beans  
 Bok choy  
 Broccoli  
 Brussels Sprouts  
 Cabbage  
 Celery  
 Courgette  
 Cress  
 Kale  
 Lettuce  
 Parsley  
 Peas  
 Rocket  
 Runner Beans  
 Seaweed  
 Snow Peas  
 Spinach  
 Spring Greens  
 Sugar Snap Peas  
 Watercress

### OTHER VEGETABLES

Beetroot  
 Bean Sprouts  
 Butternut squash/pumpkin  
 Capsicum (Peppers)  
 Carrot  
 Cauliflower  
 Chickpeas  
 Cucumber  
 Lotus Root  
 Lentils (All)  
 Marrow  
 Mushroom  
 Olives  
 Onion  
 Okra  
 Parsnip  
 Potato  
 Pumpkin  
 Rhubarb  
 Shallots  
 Swede  
 Sweet Corn/Corn on the cob  
 Sweet Potato  
 Tomato  
 White Turnip

## List subject to change

### FRUIT

Apples  
 Apricot  
 Banana  
 Cherries  
 Dates  
 Galia Melon  
 Grapefruit  
 Grapes (All)  
 Kiwifruit  
 Lemon  
 Limes  
 Lychee  
 Mandarines  
 Mango  
 Nectarines  
 Oranges  
 Papaya  
 Passionfruit  
 Pawpaw  
 Peaches  
 Pears  
 Peaches  
 Pomegranate  
 Pineapple  
 Plantain  
 Plums  
 Prunes  
 Raisins  
 Red Currants  
 Rockmelon  
 Sultanas  
 Tamarind  
 Watermelon

### SEAFOOD

Abalone  
 Anchovy  
 Cuttlefish  
 Eel  
 Tuna  
 Vendace  
 Glenryk Pilchards in Tomato sauce  
 Grants Traditional Smoked Scottish  
 Salmon 300G  
 John West Kippers in oil  
 Kipper (Manx)  
 Tesco Boneless Cod Fillets  
 Tesco Boneless Sea Bass  
 Tesco Boneless Smoked Haddock  
 Tesco Cooked Mussels  
 Tesco Omega Fish Fingers  
 Tesco Prawns  
 Tesco Raw Squid Rings

Tesco Rollmop Herrings  
 Tesco Sardines in Sunflower oil  
 Tesco Sardines in Tomato Sauce  
 Tesco Seafood Sticks  
 Tesco Smoked Kippers with Butter  
 Tesco Smoked Mackerel  
 Tesco Smoked Salmon  
 Tesco Smooth Smoked Scottish Salmon Pa  
 Van Smirren Cockles

### BEANS

Adzuki beans  
 Baked Beans (Heinz)  
 Black beans  
 Borlotti beans  
 Broad beans  
 Butter beans  
 Cannellini beans  
 Chickpeas  
 Dried Peas  
 Haricot beans  
 kidney beans  
 Lima beans  
 Spaghetti (Heinz)

### HERBAL TEAS

Chamomile Tea  
 Dandelion Tea  
 Green Tea  
 Peppermint Tea  
 Pukka night time blend  
 Pukka Cleanse blend  
 Pukka Peace blend



# FoodFit

## Compatibility

# U.K List

### List subject to change

#### ALCOHOLIC DRINKS

Ballantines Glenfiddich Scotch Whiskey  
Birra  
Budweiser  
Captain Morgan Dark Rum 70Cl  
Champagne (all)  
Chivas  
Corona Extra 18 X 330ML  
Courvoisier V.S. Cognac  
Fosters Lager Beer  
Gordon's Premium Pink Gin  
Grouse Scotch Whisky  
Heineken Lager  
Jack Daniel's Tennessee Whiskey  
Kopparberg Strawberry & Lime Cider  
Lambs Navy Rum 70Cl  
Malibu White Rum With Coconut  
Moretti Lager Beer  
Prosecco  
Red Wine (All)  
White Wine (All)  
Rose wine  
San Miguel lager  
Scots Club Scotch Whisky  
Stout  
Smirnoff Ice 70Cl  
Smirnoff Red Label Vodka  
Stella Artois Larga  
Tesco Dark Rum 1L  
Tesco Napoleon Brandy  
Three Barrels Brandy  
Wkd Blue 700ML

#### TEA

Chai Tea  
Clipper Organic  
Earl Grey  
Jasmine  
Lemongrass  
Matcha Organic Tea powder  
Pg Tips Decaffeinated  
Rooibos  
Rosehip  
Tesco Finest English Breakfast  
Tesco Gold  
Tetley Original  
Thompson  
Twinings English Breakfast  
Twinings Every Day  
Twinings Irish Breakfast  
Yorkshire 80 Tea Bags  
Yorkshire Decaffeinated

#### SUGARS SWEETERERS

Agave syrup  
Canderel-E (aspartame)  
Coconut Sugar  
Demerara Sugar  
Golden Syrup  
Honey  
Maple Syrup (Clarks)  
Saccharine (Hermestetas)  
Splenda  
Sugar Brown  
Sugar White

#### OTHER DRINKS

Choc Quik  
Coffee (All types)  
Coke  
Coke Diet  
Cranberry Juice  
Equinox kombucha (All)  
Fanta (Orange)  
Ginger Ale  
Instant Choc (Cadbury)  
Milo  
Ovaltine  
PepsiMax  
Ribena  
River cottage kombucha (All)  
Lemonade (All)

#### GRAINS / CEREALS

Bite Size Rice Snaps  
Buckwheat  
Cheerios (Nestle)  
Corn (Maise)  
Corn Thins  
Cornflakes  
Hokkien Noodles  
Honey Nut Shredded Wheat  
Millet  
Nutrigrain  
Oat Bran  
Oats (All)  
Pasta (Durham Wheat)  
Quinoa  
Rice Basmati  
Rice Brown  
Rice Crispies  
Rice Crackers  
Rice Jasmine  
Rice Noodles  
Rice Thins  
Rice White  
Rye  
Weetabix

#### SPICES

Agar Agar  
Anise  
Safron  
Tumeric  
Cardiman  
Cumin  
Garam Masala

#### CONDIMENTS

Apple Cider Vinegar  
Malt Vinegar  
Balsamic vinegar  
Celtic Salt (sea salt)  
Chilli  
Cinnamon  
Curry Powder  
Curry leaves  
Garlic  
Ginger  
Heinz Salad Cream  
Horseradish sauce  
Himalayan salt  
Marmite  
Mint Sauce  
Mixed Spice  
Mustard  
Nutmeg  
Pepper (black and white)  
Cayenne Pepper  
Rock salt  
Salt (refined table)  
Salt Herbemare  
Vege Salt  
Celtic sea salt  
Vegemite  
Vanilla (pure)

#### SAUCES

Worcestershire sauce  
Soy sauce  
HP sauce  
Tamari  
Tomato Sauce  
Fish sauce  
Oyster sauce  
B.B.Q. Sauce (HP)



## List subject to change

### DAIRY FOODS

Butter  
Carnation Milk  
Condensed Milk  
Cows Cheese (All)  
Cows Cream (All)  
Cows Yoghurt (All)  
Goats Cheese (All)  
Sheep Cheese (All)  
Semi-skimmed Milk  
Skimmed Milk  
Whole Milk  
Eggs (all)

### DRIED HERBS

Basil  
Chives  
Coriander  
Mixed Herbs  
Oregano  
Rosemary  
Season-All

### DAIRY ALTERNATIVE

Alpro Coconut Yoghurt  
Alpro Oat Milk  
Coconut milk/cream  
Goats Milk  
Hemp Milk  
Kokos Coconut Yoghurt  
Margarine (all types)  
Oatly Oat Milk  
Rice Milk (Provamel)  
Rice Milk Rice Dream)  
Rice milk (Alpro)  
Rice milk (Rude Health)  
Sheeps Milk  
So-Good Alm Milk  
Soy cheese  
Soy Yoghurt  
Tempeh  
Tofu

### SEEDS

Chia Seeds  
Hemp Seeds  
Linseed Seeds (flax seed oil)  
Poppy Seeds  
Pumpkin seeds  
Sesame Seeds  
Tahini  
Sunflower  
Rapeseed

### OILS and FATS

Coconut Oil  
Grape Seed Oil  
Lard  
Olive Oil  
Rice Bran Oil  
Sunflower

### MEATS

Bacon  
Beef  
Chicken  
Chicken nuggets  
Duck  
Goat  
Ham  
Lamb  
Pork  
Pheasant  
Turkey  
Venison (Deer)

### FOOD COLOURINGS

Blue  
Green  
Red  
Yellow

### NUTS/SNACKS

Almonds  
Brazil  
Cashews  
Flax (Linseed)  
Hazelnuts  
Walnuts  
Macadamia  
Pecans  
Pine Nuts

Pistachio  
Walnut  
Oven Chips  
Potato Waffles  
Potato Waffles Sweet Potato  
Oatcakes (Nairns)

### FLOUR

Baking Powder  
Bi Carb Soda  
Buckwheat Flour  
Coconut Flour  
Cornflour  
Cream of Tartar  
Spelt (Dinkle)  
Rye Flour  
White Flour Plain  
White Flour Self Raising  
Wholemeal Flour

### CHOCOLATE SWEETS

Cacao  
Carob  
Chocolate (Lindt)  
Galaxy Milk Chocolate  
Galaxy Ripple Chocolate Multipack  
Galaxy Salted Caramel Choc Bar  
Liquorice  
Mars Bar  
Ms Molly's Milk Chocolate Bar 1  
Nutella  
Snickers Chocolate Multipack  
Tesco Classic 74% Dark Chocolat  
Tesco Milk Chocolate Raisins  
Twix

### LAUNDRY KITCHEN CHEMICALS

Aeroguard  
Almat Laundry liquid Tropical  
Almat Laundry Tablets-Bio  
Almat Washing liquid Lavender  
Bleach  
Cold Power  
Domestos  
Fairy Dish washing Liquid  
Fabreeze  
Fluffy Fabric Softener  
Fly Spray  
Lenor Fabric softener  
Nappisan  
Persil  
Persil Dish Liquid  
Pine-O-Cleen



## List subject to change

### METALS

Aluminium  
Gold  
Mercury  
Silver  
Nickel  
Stainless Steel  
Stainless Steel Hospital Grade  
Pyrex Cookware  
Enamel Cookware  
Cast Iron Cookware

### HAIR / FIBRES

Alpaca Wool  
Bamboo  
Cotton  
Mixed Feathers  
Polyester  
Silk  
Wool

### BATHROOM PRODUCTS

Aquafresh (all types)  
Baby shampoo (Johnsons)  
Banana Boat Sunscreen  
Colgate (all types)  
Dove Deodorant  
Dove Soap (All)  
Gillette Shaving Foam  
Lux BodyWash  
Mum Deodorant  
Nivea  
Palmer coconut oil conditione  
Palmer coconut oil shampoo  
Palmolive Gold Soap  
Palmolive Shower Milk  
Pantene Shampoo & Conditioner  
Sanex zero shower gel  
Sensodyne  
Talcum Powder  
Wella Balsam

### GLUTEN FREE

ASDA Free From Plain Naans  
BFree Stone Baked GF Pitta  
BFree Stone Baked Pitta Bread  
Free From Gravy Granules  
Free From Lasagne Sheets  
Free From Long Life Coconut Drink  
Free From Long Life Oat Drink  
Free From Mature Cheddar Alternative  
Free From Mayonnaise  
Free From Spaghetti  
Free From Special Flakes  
Genious GF Crumpets  
Genius GF Brioche Burger Buns  
Genius GF Protein Punch Bread Crisps  
Genius GF Short Crust Pastry  
Genius GF Sliced Fruit Loaf  
Genius GF Soft White Farmhouse  
Genius GF Toastie  
Genius GF White Rolls  
Goodfella's GF Margherita Pizza  
Nairns GF Chocolate Chip Biscuits  
Nestle GoFree Cornflakes  
Schar GF Cream Crackers  
Schar GF White Rolls  
Schar GF Wholesome Seeded Loaf  
Schar GF Wholesome White Loaf  
Tesco Free From White Bread  
Tesco Free From Brown Bread  
Tesco Free From Digestive Biscuits  
Tesco Free From Pure Oats  
Tesco Free From Spaghetti  
Tesco Free From White Tortilla Wraps  
Warburtons GF Artisan Tiger Bloomer  
Warburtons GF Artisan White  
Sourdough Cob  
Warburtons GF Multiseed  
Warburtons GF White Loaf  
Warburtons GF White Sandwich Thins

### BAKERY

Hovis Original 7 Seeds Bread  
Hovis Soft White Medium Bread  
Hovis Wholemeal Medium Bread  
HW Nevill's Wholemeal Bread  
Kingsmill Soft White Medium  
Tesco Ciabatta Roll  
Tesco Multiseed Batch  
Tesco Pannini  
Tesco Seeded Panini  
Tesco White Bread  
Tesco Wholemeal Bread  
Warburtons Crumpets  
Warburtons Farmhouse White Bread  
Warburtons Old English White Bread  
Warburtons Sliced Tiger  
Warburtons Toastie Sliced White Bread  
Warburtons Crumpets  
Warburtons Farmhouse White Bread  
Warburtons Old English White Bread  
Warburtons Sliced Tiger  
Warburtons Toastie Sliced White Bread

### STOCK

Gravox  
Kello Organic Beef Stock Cubes  
Kello Organic Vegetable Stock  
Knorr Lamb Stock  
Knorr Organic Vegetable Stock Pot  
OXO Beef Stock  
OXO Chicken Stock  
OXO Vegetable Stock  
Tesco Finest Vegetable Stock

### SOUP MIXES

Grace Chicken Flavour Noodle Soup Mix  
Grace Cock Flavour Soup Mix  
Grace Fish Tea Soup Mix  
Grace Pumpkin Soup Mix  
Tesco Vegetable Soup Mix  
Tesco Yellow Split Peas

### HEALTH SHOP PRODUCTS

Acai powder  
Almond Meal  
Apricots (dried)  
Beef Gelatin/collagen  
Bentonite clay  
Blackstrap Molasses  
Bone broth (All)



## List subject to change

### HEALTH SHOP Products Continued

Braggs All-purpose seasoning  
Camu Camu  
CousCous  
Cranberries (dried)  
Diatomaceous Earth FG  
Dulse (All)  
Elderflower mix  
Falafel  
Fig (dried)  
Flaxseed oil  
Hemp protein powder  
Hemp seed oil  
Maca Powder  
Manuka honey  
Nori  
Nutra Organics Berry powder  
Nutritional Yeast (All)  
Organix rice cakes  
Quinoa  
Spirulina  
Wheatgrass

### BERRIES

Bilberry  
Blackberry  
Blackcurrent  
Blueberry  
Boysenberry  
Cloudberry  
Cranberry  
Gogiberry  
Lingonberry  
Mulberry  
Strawberry  
Raspberries  
Elderberry  
Acai berry

### COMMON SUPPLEMENTS

Algae omega 3  
Aloe Vera  
Barley Green  
Bee pollen  
Chlorella  
Fish oil (all)  
Krill Oil  
Liquorice - herb powder/ liquid  
Maca maqui berry  
Marshmallow root powder  
Oregano Oil  
Psyllium  
Panadol  
Paracetamol  
Slippery Elm Powder  
Spirulina  
Udos 3-6-9 blend oil  
Wheatgrass

### ESSENTIAL OILS

Geranium  
Jojoba  
Lavender  
Orange  
Rosehip oil

### SANITISER / ANTIBACTERIAL

ASDA Antibacterial Washing Up Liquid  
Baylis & Harding Aloe Tea Tree & Lime  
Hand Wash  
Carex Antibacterial Hand & Surface Spray  
Carex Antibacterial Original Wash  
Dettol Antibacterial Hygiene Gel  
Dettol Antibacterial Original Soap  
Fairy antibacterial Washing Up Liquid  
Eucalyptus  
Lifebuoy Hand Sanitiser Gel  
Method Antibacterial All Purpose Cleaner  
Wild Rhubarb Sanxi Derm Antibacterial Gel

### OTHERS

Cigarette Smoke  
Haggis (ALL)  
Nurofen