

New Records for Database:

Food Item	Group	Unit	Quantity	Carbs	Fibre	Fat	Calories
Tuna, brine	FH	g	190	0	0	5	234
Tuna, oil	FH	g	250	0	0	28	450
Turkey, breast	MT	g	100	0	0	8	145
Turkey, roast	MT	g	100	0	0	6.5	170
Turnips	VG	g	240	4.8	4	0	29
Veal, loin chop	MT	g	50	0	0	1.5	73
Veal, shank	MT	g	80	0	0	2	117
Viennetta, chocolate	DY	ml	100	13	0	9	133
Viennetta, vanilla	DY	ml	100	13	0	10	124
Water Biscuits	CG	biscuit	3	16	1	2.6	92
Watercress	VG	g	32	0.5	0	0	6
Weetabix	CG	g	45	33.3	4	0.7	149
Wensleydale Cheese	DY	g	30	0	0	9.5	112
White Bread	CG	g	35	17.3	0	0.7	82
White Bread, sliced	CG	slice	1	12	0	1	66
White Roll	CG	g	45	23.2	1	1.9	121
Wholemeal Bread	CG	g	38	15.8	2	0.9	82
Wholemeal Crackers	CG	cracker	3	15	1	2.4	87
Wholemeal Roll	CG	g	48	23.2	3	1.4	116
Yam	VG	g	100	37.5	2	0.4	153
Yam, Boiled	VG	g	50	18.8	1	0.2	77
Grilled Octopus	FH	g	412	5.3	0	12.1	243
Elk Meat	MT	oz	4	5.3	0	1.5	130
Ostrich	MT	g	100	0	0	3.87	155

Ostrich: Type: MT, Measurement: g, Quantity: 100, Carbs: 0g, Fibre 0, Fat: 3.87g Calories: 155

Grilled Octopus: Type: FH, Measurement: g, Quantity: 412, Carbs: 5.3g, Fibre 0, Fat: 12.1g Calories: 243

Elk Meat, Type: MT, Measurement: oz, Quantity: 4, Carbs: 5.3g, Fibre 0, Fat: 1.5g Calories: 130