

*Food Composition Tables for Pacific Island Household Income
and Expenditure Surveys
Database development and user guide*

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Origin and development of the Food Composition Tables for Pacific Island Household Income and Expenditure Surveys

The previous food composition data for the Pacific region was published in 2003. Since this time, many changes to eating patterns and the food supply have occurred. There was no standardised tool to approximate the nutrition profile of the Pacific Island Countries and Territories (PICTs) using food commodities purchased based on the changes to the food supply. The database to which this user guide refers is aimed at linking consumption classifications with established food composition databases and edible portion conversion factors, to create a tool to approximate nutrient intakes of households in the Pacific region.

The work to develop the database has been supported by SPC and FAO. Data collection activities of PICTs have produced abundant data pertaining to the consumption patterns of the Pacific peoples. Household income and expenditure survey (HIES) data, usually gathered by each PICT every five to ten years, provide important nationally representative insight into the income level, expenditure, housing situation for each household surveyed. This survey also requires households to complete a food diary over two weeks, where all food commodities purchased and gifted are recorded. This provides surveyors with large amounts of practical data. To analyse this data, an effective connection between the food diary data and food composition data needed to be established. This was possible through application of two crucial factors, Classification of Individual Consumption according to Purpose (COICOP) codes and edible portion conversion factors (EPCF).

The existing database that is currently used, “Pacific Island Food Composition Table 2nd Edition”, has the limitations of not including imported or branded food products which are increasingly being consumed within the region. The database is also lacking edible portion conversion factors and data coding required to create a database capable of analysing food consumption patterns, which is almost always coded in accordance to COICOP. Generation of a database specific to HIES data is expected to be a beneficial tool for food composition activities of the PICT region. The database updates and expands upon the quantity, quality and range of food data available to be used in analyses. The data within the database, due to the amalgamation of other databases, can be exchanged with other countries within the region.

Database structure

Food composition databases are translational tools for the analysis of food information. This food information is commonly derived from individual intakes such as those conducted during national surveys. This information is based on reporting of consumed foods through retrospective recall. In some countries such as the PICT the surveys collect food information which includes household intakes based on food items that are purchased and prepared. Such surveys therefore need to consider not only the food purchased or acquired for the members of the household but also food items received as gifts. The database of this report relates to household food data, specifically the Household Income and Expenditure Survey (HIES) for which food diaries are collected, as outlined previously. Foods within this database have been organised in a nested hierarchical food group structure. The foods have been classified into 16 divisions (Table 1) – following COICOP – which have been further categorised into 109 subclasses. Beside each food item is a COICOP code that has been generated to uniquely identify each food in the database. Foods have been arranged alphabetically within each food group based on the expected use of the database. The food code consists of the COICOP group (e.g. 011, 012, 0111), COICOP class (e.g. 1, 2, 3 etc.), sub-class (e.g. _017, _016, _015 etc.) and the individual food code (e.g. _01, _02, _03 etc.). The code conforms to the COICOP classification system as outlined by the United Nations Statistics Division.

Table 1: COICOP classes used to categorise foods within the database

COICOP Class	1.1 COICOP group Food	COICOP Class	1.2 COICOP group Non-Alcoholic Beverages	COICOP Class	2.1 COICOP group Alcoholic Beverages	COICOP Class	11.1 COICOP group Catering Services
1.1.1	Breads and cereals	1.2.1	Coffee,	2.1.1	Beer	11.1.1	Restaurants, cafes and the likes
1.1.2	Meat	1.2.2	Mineral water, soft drinks, fruit and vegetable juices	2.1.2	Wine	11.1.2	Canteens
1.1.3	Fish and seafood			2.1.3	Spirits		
1.1.4	Milk, cheese and eggs						
1.1.5	Oils and fats						
1.1.6	Fruit						
1.1.7	Vegetables						
1.1.8	Sugar, jam, honey, chocolate, confectionary						
1.1.9	Food products (other)						

Sources of the data

This database is underpinned by data from the Pacific Islands Composition Table 2nd edition (PIFCT) to provide the most accurate values for the Pacific region. However, to achieve the primary goal of creating a current database that incorporates edible portions of food with current nutrient data, international tables from different countries and regions were sourced to borrow data for complete datasets as is required for a database that will be used to analyse intake data. The international databases were selected by regional relevance, validity of data and whether the data is up to date to create a tiered selection system (Table 2). Any nutrient data from primary or secondary sources was scrutinised prior to its incorporation into the database, this involved ensuring the correct species or variety with matching of scientific name where

possible, relevance to the region and whether it underwent a similar preparation method as used in the PIFCT. Data matching was undertaken with reference to the FAO INFOOD Food Matching Guidelines.

Table 2: Selection of international food composition data

Priority of use	Database
Core	The Pacific Islands Food Composition Table 2 nd Edition
Primary	AUSNUT 2011-13, NUTTAB 2010 Online, USDA Food Composition Database SR 28, NZ Food Files 2014
Secondary	PacTrac2 (Hawaii), South Korea Standard Food Composition Table 8 th Edition, Energy and Nutrient Food Composition Database (Singapore), Food Composition Table for Bangladesh 1 st Edition, ASEAN Food Composition Database Electronic Version 1

To build upon the existing PIFCT, emphasis was placed on collecting data regarding the edible and inedible portions of foods to allow for dietary analysis of whole foods as purchased and as consumed. Where required nutrient values were calculated using retention factors or referenced from similar foods to provide complete datasets. Where data did not exist for edible portions, assumptions were made based upon similar foods, how it is commonly consumed in the region or the state in which it is purchased. If no data existed for a prepared commodity retention factors were applied where appropriate.

Identification of key foods

Data Collection

Due to an increase in access to imported foods in the Pacific Island region, the list of entries in the database was created through categorisation of HIES food diary data into Classification of Individual Consumption According to Purpose (COICOP) divisions. This ensured that imported and/or branded foods are included.

Cooked mixed dishes and takeaway meals

Cooked mixed dishes prepared to a recipe were calculated using Foodworks Software (Version 8, Xyris Software, Spring Hill, QLD, Australia), however this cannot account for the large variance in regional recipes for the same dish.

Due to the inclusion of takeaway meals, ratios of food components of these items were calculated to approximate the composition of the dish purchased. To better accommodate takeaway food providers not following recommended dietary intakes for food components in dishes served, food component ratios were developed from a Healthy Eating Index-2005 (Miller et al. 2011) analysis of fast-food restaurant menus (Kirkpatrick et al. 2014). The ratios (Table 3) were developed by comparing the scores attributed to the amount of servings of the food component of interest in the menu. It should be noted that these ratios were developed from American commercial fast food restaurants and translations of the ratios may not accurately reflect takeaway portions of local PICT take away restaurants. Further research is required to appropriately investigate takeaway food components and the consumption rates.

Table 3: Ratios used to calculate the composition of take away dishes

Food Components	Meat	Veg	Grains	Fruit	Total
Meat, Veg, Grains, Fruits	0.46	0.19	0.28	0.07	1.00
Meat, Veg, Grains	0.49	0.21	0.30		1.00
Meat, Veg, Veg	0.70	0.15 [^]			1.00
Meat, Veg	0.70	0.30			1.00
Meat, Grains	0.62		0.38		1.00
Veg, Grains		0.41	0.59		1.00
[^] For takeaway food items that have two vegetable components, vegetable ratio was divided by two and each component multiplied by it.					

Quality assurance

The proximate values of all foods within the database were confirmed prior to release. As this database was based on an existing database, the same foods were included. Food items that were within a value of $\pm 10\%$ energy range were included. This meant that for a single food item the total energy, based on the summation of proximate values, could range from 90-110%. Traditionally an accepted reference range of $\pm 3\%$ energy is used though, in this instance, some foods were specific to PICT and reported with increased frequency based on the HIES data. Further research would require updated laboratory analysis of foods with a wider range of values. Foods that previously appeared in two different food groups were removed from one food group to ensure database use allowed a food to only be selected from one food group. The food group that was retained was selected based on conceptual similarity and professional judgement when considering the main components of each food.

Expected database use

The database was developed with the purpose of connecting various data sources to analyse the nutrient profile of the Pacific Islands region in an efficient manner, while working within limited resource constraints. Through the inclusion of COICOP coding and edible portions, the data collected as part of the food diary in the regular HIES conducted in the region, can be analysed to provide a household nutrition profile. As the food diary also records food purchases made over two weeks, by applying edible portion ratios to the food quantities purchased, the nutrients consumed can be approximated.

The food composition data in this database can be used in a variety of ways including:

- Calculating nutritional profile and status of individuals and groups
- Informing health policies of governments and organisations
- Assessing the ongoing health status of a region
- Planning special diets for individuals and groups with special dietary requirements
- Informing agricultural practices to address consumer's nutritional deficiencies or needs
- Developing educational tools to display the nutritional content of foods locally consumed

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Food composition tables

Abbreviations

The symbols used in this database have been listed below. The units used are metric.

Table 4: Symbols used in the database

Symbol	Description
g	grams
mg	milligrams
µg	micrograms
kcal	kilocalories
kJ	kilojoules
N/A	not available
*	edible portion assumption made. See assumptions
#	converted from kJ/kcal
^	calculated to 100g portion

Source code

The different data sources are listed below with an alphanumeric code with full citations for sources listed in the reference section.

Table 5: Data sources and codes included in the database

Source	Code
ASEAN Food Composition Database 2014	A1
AUSNUT 2011-13	A2
AusFOODS 2015	A3
Bangladesh Food Composition Table 2013	B1
Calculated from weighted average	C1
Calculated from retention factors (AUSNUT, Bogнар)	C2
Calculated from takeaway food ratios	C3
FAO/INFOODS Global Food Composition Database For Fish and Shellfish, version 1.0 (uFiSh1.0)	F1
Food Composition Database for South East Asia	F2
Food and Nutrition in Fiji v.1 (1990)	F3
FAO SI 2013 HIES Alessandro	F4
FoodWorks	F5
Japanese FCT	J1
Korea - Standard Food Composition Table 8th Edition	K1
Managing Animals in New Guinea: Preying the Game in the Highlands	M1
NZ FOODfiles 2014	N1

NUTTAB Online	N2
Nutrient Composition of Malaysian Marine Fishes	N3
Pacific Island Food Composition 2nd Edition	P1
Principles of Meat Science	P2
Singapore - Energy and Nutrient Composition Database	S1
Tropical fruits: Crop Production Science in Horticulture 24	T1
USDA SR 28	U1
West Africa Food Composition Database 2012	W1

General nutrient types

There are 23 nutrients in the database along with edible portion for each item. The following table provides a list of the nutrients and the units of expression.

Table 6: Nutrient types included in the updated database

Component Name	Units
Water	g
Energy	kcal
Energy	kJ
Protein	g
Total fat	g
CHO (carbohydrate), available	g
TDF (total dietary fibre)	g
Na (sodium)	mg
Mg (magnesium)	mg
K (potassium)	mg
Ca (calcium)	mg
Fe (iron)	mg
Zn (zinc)	mg
Retinol	µg
β-carotene equiv. µg	µg
Total vitamin A equiv. (retinol equivalents)	µg
Thiamin (vitamin B1)	mg
Riboflavin (vitamin B2)	mg
Niacin	mg
Vitamin B12	µg
Vitamin C	mg
Vitamin E	mg
Cholesterol	mg



Included assumptions

Table 7: Assumptions made for each food item

New code	Finalised description	Assumptions
Foods purchased or acquired for the home		
0111_011	Rice in all forms	
0111_001_01	Rice, brown, uncooked	
0111_001_02	Rice, white, uncooked	Assume polished rice
0111_001_99	Rice, not further specified	Average of white and brown rice
0111_002	Grain, flour or meal (including maize, wheat, rice, cassava)	
0111_002_01	Flour, cassava	EP Assume to be 100%, Average of other entries.
0111_002_02	Flour, cornflour/maize	
0111_002_03	Flour, rice	
0111_002_04	Flour, wheat, white, plain	
0111_002_05	Flour, wheat, wholemeal, plain	
0111_002_99	Flour, not further specified	Plain white, wholemeal and self raising flour
0111_003	Breads	
0111_003_01	Bread, loaf, from white flour	Regular cut
0111_003_02	Bread, loaf, from wholemeal flour	
0111_003_03	Bread, loaf, with grains	Assume light grain
0111_003_04	Bread, loaf, all others	Brown, French/Italian, Coastal (Local Produce) .Edible portions Assume to be 100%, Average of other entries.
0111_003_05	English muffin, plain, white	Assume untoasted



0111_003_06	Bread, garlic	Assume fresh
0111_003_07	Flatbread, naan	Assume plain, Indian restaurant
0111_003_08	Flatbread, all others	Average of Roti and tortilla
0111_003_99	Bread, loaf, not further specified	Assume sliced wholemeal, white and grain bread
0111_004	Buns	
0111_004_01	Bun/bread roll, white	Assume bread roll
0111_004_02	Bun/bread roll, wholemeal	
0111_004_03	Bun, sweetened composite	Average of sticky cinnamon with icing, sweet fruit bun, fruit bun glazed, sweet with mock cream and jam (un iced)
0111_004_99	Bun/roll, not further specified	Wholemeal, white and grain
0111_005	Biscuits	
0111_005_01	Biscuits, chocolate	
0111_005_02	Biscuits, plain e.g. cabin, hard, Pacific Island	Assume cabin biscuit
0111_005_03	Biscuits, sweet, all others	Average of cream/jam filled, fruit filled, sweet w coconut, plain sweet, shortbread
0111_005_04	Biscuits, wafer	Cream filled wafer
0111_005_05	Crackers, all others	Average of Rice, Prawn and Crispbread cracker
0111_005_06	Crackers/crispbread, plain e.g. saltines, saos	SAO/Jatz cracker
0111_005_98	Biscuits, not further specified	Average of chocolate, chocolate coated, plain sweet, cream wafer, wheatmeal, cabin hard. EP = Average of NUTTAB biscuits
0111_005_99	Crackers, not further specified	Average of all others, plain crackers
0111_006	Cakes and muffins	
0111_006_01	Cake, plain, commercial	
0111_006_02	Cake, cheesecake, commercial	Assume plain cream cheese
0111_006_03	Cake, chocolate, commercial	Assume iced
0111_006_04	Muffin, plain, commercial	Un iced plain



0111_006_05	Muffin, chocolate, commercial	
0111_006_98	Cake, not further specified	Chocolate, plain, fruit cake
0111_006_99	Muffin, not further specified	Plain, chocolate, blueberry, banana
0111_007	Other bakery products e.g. sweet pies, pizza, quiches	
0111_007_01	Croissant	Assume commercial
0111_007_02	Manihiki bread	Coconut bread - Assume EP 100% (All other bakery products are 100%)
0111_007_03	Pie, sweet/fruit, all others	Average of sweet apple, sweet lemon meringue, sweet fruit mince, sweet pecan, sweet stone fruit. Assume commercial
0111_007_04	Pastry, breakfast	Average of Danish, chocolate filled roll, fruit-paste, custard filled Danish, cream/custard éclair
0111_007_96	Pastry, not further specified	Average of filo, puff, short. EP: Average of NUTTAB FOODfiles pastry entries
0111_007_97	Quiche, not further specified	Average of ham and cheese, spinach
0111_007_98	Doughnut, not further specified	Average of cinnamon and sugar, unfilled glazed
0111_007_99	Pizza, frozen, commercial, not further specified	Assume commercial. Average of Ham and Pineapple, Supreme, Meat, Vegetarian
0111_008	Mixes and doughs for preparation of bakery products	
0111_008_01	Cake mix	Assume dry mix. Average of plain, chocolate, sponge
0111_008_02	Biscuit mix	
0111_008_03	Pancake mix	Crepe/pancake dry mix
0111_009	Pasta and noodle products	
0111_009_01	Noodles, instant (Maggi-type) dry	Unflavoured, dry
0111_009_02	Pasta, canned	Assume canned spaghetti in tomato sauce
0111_009_03	Pasta, plain, white (spaghetti, macaroni etc.), uncooked	Assume dry. Average of macaroni, wheat flour pasta, white wheat flour and egg
0111_009_99	Noodles, not further specified	Assume dry. Average of buckwheat or soba, instant, vermicelli (rice



		stick)
0111_010	Cereal preparations, e.g. cornflakes, oat flakes and other cereal products e.g. tapioca, sago and other starches	
0111_010_01	Breakfast cereal, flakes of corn, added nuts and/or sugar coated added vitamins, e.g. frosted flakes	Frosted flakes
0111_010_02	Breakfast cereal, flakes of corn, added vitamins, e.g. corn flakes	Corn flakes
0111_010_03	Breakfast cereal, fruit added e.g. sultana bran/raisin bran	Sultana bran
0111_010_04	Breakfast cereal, mixed grain (rice & wheat), flakes, sweetened, added vitamins, e.g. special K	Special K
0111_010_05	Breakfast cereal, puffed or popped rice, added vitamins, e.g. rice bubbles	Rice bubbles
0111_010_06	Breakfast cereal, puffed or popped rice, cocoa coating, added vitamins, e.g. cocoa pops	Cocoa pops - chocolate flavoured cereal
0111_010_07	Breakfast cereal, whole wheat, biscuit, added vitamins, e.g. weetbix, vita-brits	Weetbix
0111_010_8	Oats, porridge, dry	Assume Rolled oats (composite)
0111_010_98	Muesli, not further specified	Assume dry. Average of Swiss style, toasted. EP: Average of Muesli - NZ Food Files
0111_010_99	Breakfast cereal, not further specified	Average of Frosted flakes, Corn flakes, Sultana bran, Special K, Rice bubbles, Cocoa pops, Weetbix
0112_011	Fresh, chilled or frozen meat of cows	
0112_011_01	Beef, mince/ground, lean	Assume premium
0112_011_02	Beef, mince/ground, regular	5-10% fat
0112_011_03	Beef, soup bones	Assume bone and vegetable. Assume bone is beef
0112_011_04	Beef, lean, cuts not specified	Average of casserole, chuck, diced, loin, roasting cuts, rump medallion. Fully trimmed, separable lean.
0112_011_05	Beef, regular, cut not specified	Average of Casserole, chuck, diced, roasting cuts, rump. Untrimmed.



0112_011_98	Beef, steak, not further specified	Average of blade, fillet, round, rump, scotch steak. (Fully trimmed/Untrimmed)
0112_011_99	Beef, not further specified	Average of steak, lean and regular
0112_012	Fresh, chilled or frozen meat of pig	
0112_012_01	Pork, lean, cuts not specified	Average of butterfly, diced, fillet, forequarter, leg roast, loin chop, rump, scotch roast. Fully trimmed
0112_012_02	Pork, regular, cuts not specified	Average of butterfly, forequarter, leg roast, loin chop, loin cutlet, loin roast, medallion, rump, scotch roast. Untrimmed
0112_012_03	Swine, purchased live	Assume medium fat
0112_012_99	Pork, not further specified	Average of Lean and regular cuts
0112_013	Fresh, chilled or frozen meat of sheep/lamb	
0112_013_01	Mutton flaps	New Zealand imported
0112_013_02	Lamb and mutton, lean, cuts not specified	Average of mutton all cuts, lamb all cuts. Separable fat.
0112_013_03	Lamb and mutton, regular, cuts not specified	Average of butterfly, casserole, chop, chump chop, diced, fillet. Fully trimmed
0112_013_99	Lamb and mutton, not further specified	Average of butterfly, chop, chump chop, diced, shank, rump. Untrimmed
0112_014	Fresh, chilled or frozen meat of goat	
0112_014_99	Goat meat, not further specified	Assume lean
0112_015	Fresh, chilled or frozen meat of chicken	
0112_015_01	Chicken, breast	
0112_015_02	Chicken, quarters	Composite cuts
0112_015_03	Chicken, thighs	
0112_015_04	Chicken, whole	Assume broiler chicken
0112_015_05	Chicken, purchased live	Assume broiler chicken
0112_015_99	Chicken, not further specified	Average of breast, quarters, thighs, whole
0112_016	Fresh, chilled or frozen meat of duck, goose and	



	turkey	
0112_016_01	Turkey, breast	Assume flesh only
0112_016_02	Turkey, tail	
0112_016_03	Turkey, wing	
0112_016_97	Turkey, not further specified	Average of thigh and breast
0112_016_98	Goose, not further specified	Wild caught
0112_016_99	Duck, not further specified	Assume lean
0112_017	All other fresh, chilled or frozen meat	
0112_017_01	Bandicoot	Also known as mumut
0112_017_02	Bat/flying fox (fruit bat)	Assume flying fox
0112_017_03	Cassowary	
0112_017_04	Bird, all others, e.g. pigeon, noddy bird	Average of pigeon, pheasant, quail, guinea hen
0112_017_05	Crocodile	Crocodilus porosus - Saltwater
0112_017_06	Deer	
0112_017_07	Dog	Only edible portion, bought as edible flesh
0112_017_08	Horse, mule, donkey, camel and the like	Average of horse, camel rump, swamp buffalo topside. Only edible portion, bought as edible flesh
0112_017_09	Insects, e.g. ants	Average of Insects, ants, grub and silkworm
0112_017_10	Possum	
0112_017_11	Quail	Flesh and skin
0112_017_12	Rabbit	Farmed rabbit
0112_017_13	Rat	Rattus ruber - Giant rat
0112_017_14	Reptiles, e.g. snake, lizard	Assume local mix of lizard, snakes, alligator etc.
0112_017_15	Snail	Viviparus bengalensis
0112_018	Fresh, chilled or frozen meat of offal	



0112_018_95	Beef, offal, not further specified	Assume sweet breads
0112_018_96	Chicken, offal, not further specified	Heart, gizzard, giblets
0112_018_97	Goat, offal, not further specified	Assume heart
0112_018_98	Lamb, offal, not further specified	Average of heart, kidney, lambs fry, sweetbreads
0112_018_99	Pork, offal, not further specified	Average of brain, Chitterlings, heart, kidneys, liver, lungs, pancreas, spleen, stomach, tongue
0112_019	Dried, salted or smoked meat and edible offal, e.g. sausages, salami, bacon, ham, pate	
0112_019_01	Beef, salted e.g. jerky	Assume beef, cured, dried
0112_019_02	Pig blood	Assume raw
0112_019_03	Devon/fritz, processed luncheon meat, beef, pork	Beef/pork combination
0112_019_04	Luncheon meat, chicken	Chicken roll
0112_019_05	Pate, not further specified	Average of chicken liver, pork liver
0112_019_06	Salami	
0112_019_07	Sausage, beef, raw	
0112_019_08	Sausage, canned	Assume Vienna sausages are the most common canned sausage
0112_019_09	Sausage, chicken, raw	
0112_019_10	Sausage, chorizo, raw	Pork/beef sausage
0112_019_11	Sausage, hot dog, all others	Average of turkey, chicken, pork, meat
0112_019_12	Sausage, lamb, raw	
0112_019_13	Sausage, pork, raw	
0112_019_98	Sausage, not further specified, raw	Average of beef, pork, lamb. Assume 100% EP from Average of NZ FOODfiles Sausages
0112_019_99	Bacon, not further specified	Average of breakfast rasher and middle rasher
0112_020	Other preserved or processed meat or meat based products e.g. canned meat and pies (excludes lard and other animal fat and soups and stocks	



	containing meat)	
0112_020_01	Beef, canned, corned	
0112_020_02	Camp pie, canned	
0112_020_03	Casserole, canned	Casserole or curry, meat and vegetable canned
0112_020_04	Chicken curry, canned	Assume 100% EP from NUTTAB 2010 canned soup
0112_020_05	Duck/goose, canned	Assume duck with vegetables canned
0112_020_06	Lamb, mutton or sheep tongue, canned	Assume tongue - Beef or Sheep
0112_020_07	Pie, steak and kidney	Assume commercial - meat and kidney
0112_020_08	Pork, canned	Ham - Lean & Fat
0112_020_09	Sausage roll	
0112_020_10	Spam, canned	
0112_020_11	Stew/Irish stew, canned	
0112_020_12	Vegetables & sausages, canned	
0112_020_13	Vegetables & steak, canned	
0112_020_96	Beef, canned, not further specified	Average of beef corned, corned with cereal, veal jelly loaf
0112_020_97	Hamburger patties, rissoles, not further specified	Average of Chicken, beef, lamb and pork
0112_020_98	Pie, meat, not further specified	Average of commercial, beef, chicken, pork, steak and kidney
0112_020_99	Canned meat, not further specified	Average of beef, camp pie, casserole, duck/goose, lamb/mutton/sheep tongue, pork, spam.
0113_021	Fresh, chilled or frozen meat and edible offal or marine mammals	
0113_021_01	Seal	Assume ringed seal, only seal available.
0113_021_02	Walrus	
0113_021_03	Whale	Assume beluga whale. Only whale available.
0113_022	Fresh, chilled or frozen fish	



0113_022_01	Mackerel, Spanish, "Walu"	
0113_022_02	Sardine	
0113_022_03	Shark	
0113_022_04	Snapper	
0113_022_05	Sweetlip, painted	
0113_022_06	Tuna, albacore	Big eye and Yellow fin combined in a category
0113_022_07	Tuna, skip jack	
0113_022_08	Tuna, yellow fin, big eye	
0113_022_09	Tuna, composite, flesh	Assume EP is same as Tuna nfs
0113_022_96	Tuna, not further specified	See nfs calculations
0113_022_97	Fish, reef, not further specified	EP = Average of snapper, grouper, grey mullet, skipjack, leatherjacket
0113_022_98	Fish, pelagic/ocean, not further specified	Average of tuna, trevally, mackerel, swordfish, Bluefin, barracuda
0113_022_99	Fish, not further specified	Average of reef fish, pelagic fish
0113_023	Fresh, chilled, frozen seafood e.g. crustaceans, molluscs and other shellfish, sea snails	Assume fresh unless otherwise specified
0113_023_01	Beche de mer/sea cucumber	
0113_023_02	Crab, coconut	
0113_023_03	Crab, land	
0113_023_04	Crab, mud	Average of mud and coconut crab
0113_023_05	Mussels	
0113_023_06	Octopus	
0113_023_07	Oyster	
0113_023_08	Scallop	
0113_023_09	Sea snail	Assume sea snail refers to abalone, ear shells, sea ears, muttonfish, muttonshells, ormer, perlemoen



0113_023_10	Sea urchin	
0113_023_11	Seaweed	Average of Lumi and Nama seaweed. EP = Laver seaweed (generic name for edible seaweed)
0113_023_12	Sici-shell, meat	Small oyster
0113_023_13	Stingray	
0113_023_14	Turtle	Chelonia mydas - Green sea turtle
0113_023_15	Trochus	
0113_023_95	Squid, not further specified	Average of squid and arrow squid
0113_023_96	Sea-hare, not further specified	Average of skin and intestines. Assume 100% EP due to no known refuse.
0113_023_97	Prawn/shrimp, not further specified	Average of King prawn, mixed shrimps
0113_023_98	Crab, not further specified	Average of swimming blue, blue crab and mud crab
0113_023_99	Crayfish / lobster, not further specified	Average of lobster, rock lobster, spiny lobster, mangrove lobster
0113_024	Dried, salted, pickled or smoked fish and seafood	
0113_024_01	Fish, dried, salted	fish species tbc
0113_024_02	Fish, pickled	Assume herring. Most common pickled fish
0113_024_03	Fish, smoked	EP = Average of salmon, cod, hoki
0113_025	Other preserved or processed fish and seafood based products e.g. canned fish, caviar, roe & fish pie	
0113_025_01	Anchovy, canned, not further specified	Average of canned and canned with oil
0113_025_02	Caviar (roe)	Assume red caviar
0113_025_03	Crab, canned	Assume crabmeat, canned in brine
0113_025_04	Crab, imitation	Assume surumi crab sticks - imitation crab
0113_025_05	Fish finger, crumbed, purchased frozen, raw	
0113_025_06	Herring, canned, not further specified	Assume pickled and canned (AUSNUT Food Detail Files)



0113_025_07	Mackerel, canned, not further specified	Average of oil and canned
0113_025_08	Mussels, canned	
0113_025_09	Oysters, canned	
0113_025_10	Pie, fish	fish type tbc
0113_025_11	Salmon, canned, not further specified	See nfs calculations
0113_025_12	Sardines, canned, not further specified	See nfs calculations
0113_025_13	Tuna, canned in brine	
0113_025_14	Tuna, canned in oil	
0113_025_15	Tuna, canned in tomato	
0113_025_16	Tuna canned, not further specified	Average of brine, oil and tomato
0113_025_97	Fish, canned in oil, not further specified	Average of anchovy, sardine, salmon, tuna
0113_025_98	Fish, canned in brine, not further specified	Average of mackerel, salmon, sardine, tuna
0113_025_99	Fish, canned, not further specified,	Average of brine and oil
0114_026	Dairy milk and alternatives	
0114_026_01	Milk, skim, 0.3% fat	Assume 0.15% fat
0114_026_03	Milk, lite/low fat, 1.5% fat	Assume 1.5% fat
0114_026_02	Milk, whole (full cream)	Assume 3.5% fat
0114_026_04	Milk, long life, shelf stable (UHT), skim	Assume trim <0.1 %
0114_026_05	Milk, long life, shelf stable (UHT), whole	Assume 3.5% fat
0114_026_06	Milk, flavoured (e.g. chocolate, strawberry, vanilla)	Average of chocolate, strawberry, coffee, other flavours
0114_026_07	Milk, almond	
0114_026_08	Milk, rice	
0114_026_09	Milk, goat	
0114_026_98	Milk, long life, shelf stable (UHT), not further specified	Average of trim, light and whole



0114_026_99	Milk, fresh, not further specified	Average of skim, whole, lite
0114_027	Soy milk	
0114_027_01	Milk, soy	
0114_028	Condensed milk	
0114_028_01	Milk, condensed, skim, sweetened	Assume 0.2% fat
0114_028_02	Milk, condensed, whole, sweetened	
0114_028_03	Milk, condensed, skim	Assume evaporated is unsweetened condensed (<0.5%)
0114_028_04	Milk, condensed, whole	Assume evaporated is unsweetened condensed
0114_028_99	Milk, condensed, not further specified	Average of all condensed milk
0114_029	Evaporated milk	
0114_029_01	Milk, unsweetened, evaporated, skim	Assume <0.5% fat
0114_029_02	Milk, unsweetened, evaporated, whole	
0114_029_99	Milk, unsweetened, evaporated, not further specified	Average of evaporated milk entries
0114_030	Powdered milk	
0114_030_01	Milk, powdered, full cream	
0114_030_02	Milk, powdered, skim	
0114_030_03	Creamer, powdered	
0114_030_99	Milk, powdered, not further specified	Average of and skim, full cream, instant non-fat
0114_031	Yoghurt	
0114_031_01	Yoghurt, fruit	
0114_031_02	Yoghurt drink	Assume smoothie
0114_031_03	Yoghurt, plain/natural	Average of low fat, reduced fat, unsweetened
0114_031_99	Yoghurt, not further specified	Average of Greek style, honey flavoured, dessert flavoured, soy
0114_032	Cream	



0114_032_01	Cream, coconut, canned/UHT	
0114_032_02	Cream, coconut, fresh, no water	
0114_032_03	Cream, sour	
0114_032_98	Cream, dairy based, not further specified	Pure, reduced fat, thickened cream. EP = Average of cream NZ FOODfiles
0114_032_99	Cream, coconut, not further specified	Average of UHT and fresh. EP = average of coconut cream in NZ FOODfiles
0114_033	Milk-based desserts	
0114_033_01	Custard	Assume premade
0114_033_02	Pudding (dairy based)	Made from pudding mix
0114_034	Cheese	
0114_034_01	Cheese, block e.g. Cheddar, Edam, Swiss	Average of cheddar, edam, Swiss. Assume EP =Average of relevant cheeses - NZ FOODfiles 2010
0114_034_02	Cheese, fresh e.g. Fetta, Ricotta	Average of fetta, ricotta, cream cheese, fromage frais
0114_034_03	Cheese, slices e.g. Kraft, American	Assume processed cheddar
0114_034_04	Cheese, soft e.g. Brie, Camembert	Average of blue vein, camembert, brie. Assume EP =Average of relevant cheeses - NZ FOODfiles 2010
0114_034_05	Cheese, spreads/canned e.g. Nacho dip, Cheese Wiz	Assume cheddar cheese spread
0114_034_06	Fromage frais/fruche	
0114_034_99	Cheese, not further specified	Average of block, fresh, slices, soft
0114_035	Eggs	
0114_035_01	Egg, chicken, fresh	
0114_035_02	Egg, duck, fresh	
0114_035_03	Egg, quail, fresh	
0114_035_04	Egg, turtle, fresh	
0114_036	Butter	



0114_036_01	Ghee/clarified butter	
0114_036_99	Butter, not further specified	
0115_038	Margarine	
0115_038_01	Margarine, cooking	
0115_038_99	Margarine, not further specified	Average of cooking, reduced fat, regular. EP = Assume same as margarine cooking
0115_039	Peanut butter and other nut butters or similar	
0115_039_01	Tahini	Sesame seed butter
0115_039_99	Peanut butter, not further specified	Average of sugar added, no salt added, added sugar and salt and no added sugar or salt
0115_040	Edible oils	
0115_040_01	Oil, coconut	
0115_040_02	Oil, cooking	Assume vegetable
0115_040_03	Oil, olive	
0115_040_04	Oil, vegetable	Assume vegetable blend
0115_040_99	Oil, not further specified	Average of olive, vegetable and coconut
0115_041	Edible animal and vegetable fats	
0115_041_01	Dripping, beef	
0115_041_02	Lard and suet	
0115_041_03	Pork fat, rendered	Assume EP = 100% due to nature of product.
0115_041_04	Shortening	Assume animal fat
0116_042	Fresh, chilled, frozen fruit	Assume fresh unless otherwise specified
0116_042_01	Apple	Average of golden apple, granny smith, apple, Jonathan, pink lady, red delicious, royal gala
0116_042_02	Apricot	Prunus armeniaca
0116_042_03	Avocado	Persea Americana



0116_042_04	Banana, common e.g. Cavendish	
0116_042_05	Banana, cooking	
0116_042_06	Banana	Average of PNG, Australian, Samoan, cooking, common varieties, Cavendish, lady finger
0116_042_07	Breadfruit	Pulp of breadfruit
0116_042_08	Cherries	
0116_042_09	Chinese apple, "bair"	Also known as Jujube
0116_042_10	Coconut, embryo	"Uto" Also known as coconut apple
0116_042_11	Coconut, green	Immature flesh - drinking
0116_042_12	Coconut, brown	For making cream
0116_042_13	Cranberries	
0116_042_14	Custard apple, peeled	
0116_042_15	Durian	
0116_042_16	Fig	Including skin, flesh and seeds
0116_042_17	Fruit, prepared, pureed, all others	Nfs fruit
0116_042_18	Fruit, prepared, pureed, apple sauce	Assume apple
0116_042_19	Grapefruit	
0116_042_20	Grapes	Average of green, red, black
0116_042_21	Guava	
0116_042_22	Inikori	Uli
0116_042_23	Ivi	Tahitian Chestnuts
0116_042_24	Jackfruit	
0116_042_25	Kiwi fruit, with skin	Assume green
0116_042_26	Lemon	
0116_042_27	Lime	



0116_042_28	Lychee	
0116_042_29	Mandarin	
0116_042_30	Mango	Average of mango flesh, mango peeled, Malaysian mango, Australian mango, PNG mango
0116_042_31	Mangosteen	
0116_042_32	Mangrove fruits	Sonneratia caseolaris
0116_042_33	Nectarine	
0116_042_34	Orange	
0116_042_35	Pandanus	
0116_042_36	Papaya	
0116_042_37	Passionfruit	
0116_042_38	Pawpaw	Average of PNG and Australian - Assume yellow flesh Carica papaya. EP = Paw
0116_042_39	Peach	
0116_042_40	Pear, Peckham's	Assume Packham variety
0116_042_41	Pineapple	
0116_042_42	Plum	
0116_042_43	Pomelo	
0116_042_44	Prune	Dried plum
0116_042_45	Rambutan	
0116_042_46	Santol	
0116_042_47	Sapodilla	
0116_042_48	Sapote	
0116_042_49	Sour sop	
0116_042_50	Starfruit	



0116_042_51	Strawberry	
0116_042_52	Tamarillo (tree tomato)	
0116_042_53	Tamarind	
0116_042_54	Tamarind, pods	Assume pods is the immature fruit
0116_042_55	Tangerine	
0116_042_56	Tarawau	Average of Fiji and Vanuatu
0116_042_57	Tava	Pacific lychee
0116_042_58	Water apple	Java apple, (Syzygium samarangense)
0116_042_59	Watermelon	Assume red pulp PNG
0116_042_97	Melon, not further specified	Average of rockmelon, watermelon, honeydew
0116_042_98	Coconut, not further specified	Average of coconut immature and mature
0116_042_99	Fruit, not further specified	Assume average of apple, orange, coconut, mango, banana
0116_043	Dried fruit, fruit peel, fruit kernels, nuts and edible seeds	
0116_043_01	Almond, not further specified	Average of Beach almond (Fiji and Vanuatu), Indian almond, almond with skin. Assume EP: Natural almond with shell - NZ FOODfiles
0116_043_02	Apricot, dried	
0116_043_03	Betelnut, kernels, raw	Also known as Areca
0116_043_04	Chestnut, not further specified	Average of Tahitian chestnuts and European chestnuts
0116_043_05	Coconut, dried	
0116_043_06	Cutnut, Fiji, raw	Navele
0116_043_07	Cutnut, Vanuatu, raw	Navele
0116_043_08	Nuts, mixed, salted	Assume commercial blend
0116_043_09	Nuts, mixed, unsalted	Assume commercial blend



0116_043_10	Pandanus nuts, kernel, raw	
0116_043_11	Peanut, raw	With shell
0116_043_12	Peanut, salted, roasted	
0116_043_13	Peanut, unsalted	Assume roasted
0116_043_14	Pilanut, PNG, kernels, dried	Same as Ngali
0116_043_15	Pilanut, PNG, kernels, raw, ripe	Same as Ngali
0116_043_16	Pilanut (Ngali/nangai), not further specified	Average of dried and raw
0116_043_98	Mixed dried fruit, not further specified	
0116_043_99	Nuts, not further specified	Average of chestnut, Pilanut, cutnut, almond, betelnut, pandanus, peanut, candlenut, macadamia, pistachio
0116_044	Preserved fruit and fruit based products (excluding jams, syrups etc.)	
0116_044_01	Apricot, canned in syrup	
0116_044_02	Apricot, canned in juice	
0116_044_03	Pear, canned in juice	
0116_044_04	Pear, canned in syrup	Undrained - assume 60:40 Fruit to juice ratio
0116_044_05	Pineapple, canned in juice	Undrained - assume 60:40 Fruit to juice ratio
0116_044_06	Pineapple, canned in syrup	
0116_044_99	Fruit, canned, not further specified	Average of all entries in 0116_044
0117_045	Fresh, chilled, frozen, dried vegetables cultivated for their leaves or stalks, fruit, or roots	assume fresh unless otherwise specified
0117_045_01	Banana, cooking, raw	
0117_045_02	Beans, green	
0117_045_03	Beans, long	Same as yard long beans, snake beans, asparagus beans
0117_045_04	Beans, sprouts	Assume mung bean sprouts
0117_045_05	Broccoli	



0117_045_06	Cabbage, slippery bush	Same as Aibika, Vauvau, Pele, Sunset Hibiscus, Lau Pele, Island Cabbage, Bele
0117_045_07	Cabbage, Chinese	
0117_045_08	Cabbage, European, white	
0117_045_09	Cabbage, fern	Assume fern leaves
0117_045_10	Carrot	Assume peeled
0117_045_11	Chilli	
0117_045_12	Choko	
0117_045_13	Cucumber, unpeeled	Assume common
0117_045_14	Daikon (oriental radish)	Oriental
0117_045_15	Eggplant	
0117_045_16	Garlic, peeled	Assume peeled
0117_045_17	Leaves, sweet potato	
0117_045_18	Leaves, taro	Assume calocasia esculenta (common taro)
0117_045_19	Leaves, tips, pumpkin	
0117_045_20	Leaves, watercress	
0117_045_21	Lentils, raw	
0117_045_22	Okra (lady fingers, ochro, gumbo)	
0117_045_23	Onion, brown	
0117_045_24	Onion, shallot	Assume eschallots
0117_045_25	Onion, spring	
0117_045_26	Peas, green,	
0117_045_27	Peas, split, dried	
0117_045_28	Pumpkin	
0117_045_29	Spinach, kangkong	Assume water spinach



0117_045_30	Squash, raw	Combined cultivars
0117_045_31	Swede	
0117_045_32	Tomato, common	
0117_045_33	Zucchini	Courgette
0117_045_93	Beans, green, not further specified	Average of green beans (AUSNUT and NZ FOODfiles)
0117_045_94	Cabbage, not further specified	Average of cabbage, Chinese cabbage, swamp cabbage, leafy cabbage, white cabbage, edible hibiscus
0117_045_95	Capsicum, not further specified	Average of green, red, yellow
0117_045_96	Corn, cob, not further specified	Only sweet corn cob available
0117_045_97	Lettuce, not further specified	Average of iceberg and common
0117_045_98	Spinach, not further specified	Average of New Zealand, Tahitian, Ceylon, Tropical. Assume EP: Spinach, fresh, raw NZ FOODfiles
0117_045_99	Vegetables, not further specified	Average of vegetables in this category
0117_046	Fresh or chilled potatoes and other tuber vegetables e.g. cassava	Assume fresh unless otherwise specified
0117_046_01	Cassava, tapioca, manioc	Same as manioc
0117_046_02	Kumara / sweet potato	Assume composite
0117_046_03	Potato, powdered	
0117_046_04	Taro, common	TBC
0117_046_05	Taro, giant (taamu)	TBC same as Taamu
0117_046_97	Taro, not further specified	Average of taro corm, common, elephant foot yam, giant, Chinese, giant swamp
0117_046_98	Yam, not further specified	Average of Chinese spiny, kaile, greater, Chinese, trifida, tikau, rotundata. Assume EP = Common land yam
0117_046_99	Potato, not further specified	
0117_047	Products of tuber vegetables	
0117_047_01	Chips, banana, commercial	Assume 100% EP due to nature of product



0117_047_02	Chips, breadfruit, commercial	Assume 100% EP due to nature of product. http://www.marinamarket.com/breadfruit-chips-sukun.html
0117_047_03	Chips, pea-flour	Assume 100% EP due to nature of product
0117_047_04	Chips, potato (crisps)	
0117_047_05	Chips, taro, commercial	Assume 100% EP due to nature of product
0117_047_06	Savoury snacks, chips e.g. Twisties, Pringles, Cheezeballs	Average of cheese snack, sweet potato chips, cheese & grain, corn chip, multigrain chip
0117_047_99	Chips, not further specified	Average of banana, pea-flour, potato, taro, savoury snacks
0117_048	Preserved or processed vegetables and vegetable-based products (excludes potato starch (01.1.1_010); soups and stocks (01.1.9_066); herbs and spices (01.1.9_062); vegetable juices (01.2.2_074))	
0117_048_01	Asparagus, canned	
0117_048_02	Beans, legumes canned e.g. red kidney, chickpea, butter, lima	Average of broad, red kidney, soya, mixed, lupin, cannellini, chickpea. Assume EP: 100% from average of AUSNUT canned beans
0117_048_03	Beetroot, canned	
0117_048_04	Cucumber pickled, dill	
0117_048_05	Kimchee (fermented cabbage)	
0117_048_06	Mushrooms, canned	
0117_048_07	Olives, canned	
0117_048_08	Peas, green, canned	
0117_048_09	Tomato, canned	
0117_048_10	Tomato paste	
0117_048_98	Baked beans, canned, not further specified	Average of baked beans in tomato sauce, with pork, canned in bbq sauce, canned in tomato & cheese sauce
0117_048_99	Corn, canned, not further specified	Sweet corn and baby sweet corn



0118_049	Sugar, all types	
0118_049_01	Artificial sugar substitute	Sweetening product in powdered formulation containing intense sweetener (such as aspartame, sucralose or stevia), also containing maltodextrin.
0118_049_02	Sugar, brown	
0118_049_03	Sugar, white	
0118_049_99	Sugar, not further specified	Average of brown and white
0118_050	Jam/marmalade	
0118_050_01	Jam	
0118_050_02	Marmalade	Assume orange
0118_051	Jelly	
0118_051_01	Jelly, prepared	Prepared with water
0118_051_02	Jelly, crystals/powder	
0118_052	Honey	
0118_052_01	Honey	
0118_053	Syrups – golden and maple, etc., including parts of plant preserved in sugar	
0118_053_99	Syrup, sweet pouring, not further specified	Average of golden syrup, pancake syrup, maple syrup
0118_054	Chocolate in bars or slabs	
0118_054_01	Chocolate candies (e.g. M&Ms)	Sugar coated
0118_054_02	Chocolate, dark	
0118_054_03	Chocolate, milk	
0118_054_04	Chocolate, milk with nuts	All brands of milk chocolate containing added hazelnuts, almonds, coconut or cashews
0118_054_05	Chocolate, white	
0118_054_99	Chocolate, not further specified	Average of all entries in this category



0118_055	Toffees, pastilles and other confectionery products	
0118_055_01	Liquorice	Assume black
0118_055_02	Sweets, boiled, hard	
0118_055_03	Sweets, jelly lollies	
0118_056	Chewing gum	
0118_056_01	Chewing gum, bubble gum	
0118_058	Edible ice cream/ice	
0118_058_01	Ice blocks, flavoured ice, popsicles	Various flavours
0118_058_02	Ice cream, chocolate	Ice cream, chocolate composite
0118_058_03	Ice cream, cone or bar	Waffle cone, regular fat chocolate coated.
0118_058_04	Ice cream, fruit flavoured	Various flavours, regular fat
0118_058_05	Ice cream, vanilla	Regular fat
0118_058_99	Sorbet, not further specified	
0118_059	Cocoa based foods/dessert preparations (excluding cocoa/powder)	
118_059_01	Nutella, or other chocolate spread	
0119_060	Salt	
0119_060_01	Salt, iodised	
0119_060_02	Salt, non iodised	Assume non ionised
0119_060_99	Salt, not further specified	Average of iodised, non iodised
0119_061	Condiments and spices, e.g. cumin seeds, pepper, pimento, ginger	
0119_061_01	Ajinomoto, MSG or similar	Assume MSG
0119_061_02	Cardamom	Assume ground
0119_061_03	Chili, dried	



0119_061_04	Chilli powder/flakes	
0119_061_05	Cinnamon	Assume ground
0119_061_06	Cloves	
0119_061_07	Coriander seeds	
0119_061_08	Cumin	
0119_061_09	Curry powder	Typical ingredients include the spices cumin, coriander seed and turmeric.
0119_061_10	Garam masala	Assume commercial: mix of pepper, cloves, cinnamon, mace, cardamom, bay leaf, cumin, nutmeg, cloves, ginger, yellow chilli
0119_061_11	Ginger root, fresh	
0119_061_12	Lemon grass	
0119_061_13	Mustard seeds	Assume yellow, ground
0119_061_14	Nutmeg	Assume ground
0119_061_15	Paprika	
0119_061_16	Pepper	Average of black and white used
0119_061_17	Saffron	
0119_061_18	Salsa	Commercially prepared, Mexican style, tomato based dip. Typical ingredients include tomato, onion, capsicum, jalapenos, salt and chilli.
0119_061_19	Turmeric	Assume powder
0119_061_20	Vanilla essence	Extract
0119_061_99	Spices, not further specified	Average of chilli powder, cloves, coriander seeds, cumin seeds, mustard seeds, paprika, ground pepper, turmeric powder
0119_062	Culinary herbs, e.g. coriander leaves, parsley	
0119_062_01	Basil	Leaves and stem
0119_062_02	Bay leaves	Assume dry leaf and crumbled



0119_062_03	Coriander leaves	Assume fresh, leaves and stem
0119_062_04	Mint/peppermint	Leaves and stem
0119_062_05	Oregano	Dried and powdered
0119_062_06	Parsley, flakes	Assume dried
0119_062_07	Parsley, leaves	Assume fresh
0119_062_08	Rosemary	Fresh
0119_062_09	Thyme	Dried
0119_063	Sauces	Assume all commercial
0119_063_01	Banana ketsup	Derived from FoodWorks recipe Assume EP = 100% due to nature of product
0119_063_02	Chutney	Jam-like preserve containing fruit, dried fruit, sugar, vinegar, salt and spices.
0119_063_03	Dressing, salad, not further specified	Average of Italian, vinaigrette, thousand island
0119_063_04	Mayonnaise	
0119_063_05	Mustard, American style	Yellowish paste prepared from ground mustard seeds (typically 10 - 30% of total product), water, vinegar, salt and herbs or other spices, sold packaged in jars and used as a condiment without further preparation.
0119_063_06	Mustard, French style	Assume EP is the same for French style dressing
0119_063_07	Relish, tomato	Assume chutney = relish. Cooked.
0119_063_08	Sauce, bbq	
0119_063_09	Sauce, chilli, Asian, commercial	
0119_063_10	Sauce, soy/shoyu	
0119_063_11	Sauce, tomato, for pasta	
0119_063_12	Sauce, tomato, ketchup	Catsup/Ketchup
0119_063_13	Sauce, Worcestershire	



0119_063_14	Tabasco	
0119_063_99	Sauce, not further specified	Average of bbq, Tomato, Chilli, Ketchup
0119_064	Seasonings	
0119_064_01	Adobo seasoning	Calculated from FoodWorks recipe. Assume EP: 100% due to nature of the product
0119_064_02	Gravy powder, dried, unprepared	
0119_064_03	Kimchee paste	Assume pickle same as paste
0119_064_04	Maggi sarap seasoning	Assume 100% EP due to nature of product
0119_064_05	Sinigang mix	Assume to be tamarind seasoning mix, most common sinigang mix
0119_064_06	Soup/noodle seasoning	Assume nfs noodle seasoning flavour
0119_064_99	Bouillon/stock cube, not further specified	Assume unspecified stock cube
0119_065	Vinegar	
0119_065_01	Vinegar, plain	
0119_065_99	Vinegar, not further specified	Average of plain, apple cider, balsamic
0119_066	Other food products, e.g. homogenised baby food	
0119_066_01	Baking powder	
0119_066_02	Baking soda	
0119_066_03	Custard powder	Assume dry
0119_066_04	Inaru	Assume Inaru is inari = Sushu of fried bean curd
0119_066_05	Ofato (type of huhu grub)	Cerambycidae family
0119_066_06	Stuffing mix	Assume bread based
0119_066_07	Wasabi	Assume wasabi paste
0119_066_08	Yeast spread, e.g. Vegemite	
0119_066_09	Yeast/baker's yeast	
0119_066_98	Infant formula, not further specified	Prepared with water. Assume average of Isomil, Similac (Pacific



		brands)
0119_066_99	Popcorn, cooked, not further specified	Average of regular, candied, butter flavoured
0121_067	Coffee	
0121_067_01	Coffee, ground	Assume ground roasted beans.
0121_067_02	Coffee, iced, commercial	Assume regular fat
0121_067_03	Coffee, instant (powder, e.g. Nescafe)	Assume dry
0121_067_04	Coffee, mix (e.g. 3in1)	Coffee and milk concentrate
0121_067_99	Coffee, not further specified	Average of ground and instant
0121_068	Tea	
0121_068_01	Tea, black, bag	Black tea
0121_068_02	Tea, iced, commercial	
0121_068_03	Tea, mix (e.g. 3in1)	Tea powder with dairy creamer and sugar added, commercial packet
0121_068_04	Tea, powder	Camellia sinensis species
0121_068_99	Tea, not further specified	Average of powder, bag and 3in1
0121_069	Cocoa	
0121_069_01	Cocoa, cocoa powder	
0121_070	Other non-alcoholic beverages	
0121_070_01	Iced chocolate, commercial	Bottled/canned, assume chocolate milk
0121_070_02	Beverage, chocolate flavour, from base (Milo)	Milo
0121_070_03	Beverages, OVALTINE, Classic Malt powder	Ovaltine
0122_070_04	Energy drinks, caffeine added, e.g. red bull, V	Average of Hype, Monster, Mother, Red Bull, Red Eye, Rockstar
0122_070_05	Powdered drink/flavouring, e.g. Kool aid/Tang	Average of raspberry, lemon & barley, orange & mango
0122_070_06	Sports drinks, all flavours e.g. Gatorade, staminade, PowerAde	Assume all flavours



0122_071	Mineral or spring waters; all drinking water sold in containers	
0122_071_01	Bottled water/spring water	
0122_071_02	Mineral water, natural, unflavoured	
0122_072	Soft drinks	
0122_072_01	Cola flavour soft drink e.g.. Coko cola/Pepsi	Coca Cola
0122_072_02	Lemonade, soft drink, e.g.. Sprite, 7 Up	Lemonade
0122_072_03	Mineral, water, flavoured	
0122_072_04	Soft drink, diet, intense sweetened	Average of cola, orange, lemonade, lemon, passionfruit, raspberry
0122_072_05	Tonic	
0122_072_99	Soft drink, not further specified	Average of cola, lemonade, intense sweetener
0122_073	Fruit juices	
0122_073_01	Coconut toddy, fresh	Assume 100% EP due to nature of product
0122_073_02	Coconut, water only	Average of immature and cavity fluid
0122_073_03	Juice, apple	
0122_073_04	Juice, guava	Assume commercial
0122_073_05	Juice, lemon	Assume commercial
0122_073_06	Juice, mango	Assume commercial
0122_073_07	Juice, orange	Assume commercial
0122_073_08	Juice, pineapple	Assume commercial
0122_073_09	Juice, tropical	Assume commercial beverage prepared from tropical juices such as pineapple juice, orange juice, apple juice, pear juice, passionfruit pulp and mango pulp.
0122_073_99	Juice, fruit, not further specified	Average of orange, apple, mango, guava
0122_074	Vegetable juices	



0122_074_01	Juice, tomato	Assume canned tomato juice
0122_074_02	Juice, vegetable	Assume commercial V8 vegetable juice
0122_075	Syrups and concentrates for the preparation of beverages	
0122_075_99	Cordial, not further specified	Average of orange, apple & berry, blackcurrant, lime
0211_076	Spirits	
0211_076_01	Gin	
0211_076_02	Rum, not further specified	Average of dark and light rum
0211_076_03	Tequila	
0211_076_04	Vodka	Assume 80% proof
0211_076_05	Whiskey	
0211_077	Liqueurs	
0211_077_01	Baileys	Assume cream base liqueur
0211_077_02	Kahlua	Assume coffee base liqueur
0212_078	Wine and wine-based aperitifs	
0212_078_01	Brandy	
0212_078_02	Port	
0212_078_03	Wine, red	
0212_078_04	Wine, sake	Assume dry
0212_078_05	Wine, sparkling	Assume white
0212_078_06	Wine, white	
0212_078_98	Sherry, not further specified	
0212_078_99	Wine, not further specified	Average of red, white and sparkling wine used
0213_079	Local beer	
0213_079_01	Beer, bitter/draught	Assume 100% EP due to average of other beer entries



0213_079_02	Beer, homebrew	
0213_079_03	Beer, lager	
0213_079_04	Beer, low alcohol	Assume <1% alcohol
0213_079_05	Beer, reduced alcohol (light)	
0213_080	Imported beer	
0213_080_99	Beer, not further specified	Assume NZ beers to be used as imported beers. Average of Reduced, medium and full strength used.
0213_081	Other related drinks	
0213_081_01	Coconut toddy, boiled	Assume slightly fermented
0213_081_02	Jelly based drinks, e.g. aloe Vera	
0213_081_03	Tuba	Palm Wine
0231_087	Kava (also known as yaqona or sakau)	
0231_087_99	Kava/ sakau / yaqona, not further specified	Assume prepared
0231_089	Cola nuts, betel nuts and betel leaves	
0231_089_01	Betel nut	
0231_089_02	Betel leaves	
1111_260	Food consumed outside of the home including food from catering services (e.g. restaurants and cafes) and food and beverage products sold for immediate consumption	
1111_260_01	Bacon and egg, fried	Assume made with vegetable oil, assume chicken egg
1111_260_02	Bacon and egg, poached	Nfs, assume chicken egg
1111_260_03	Bacon and egg, scrambled	Assume chicken egg scrambled with milk
1111_260_04	Bacon and egg, cooking methods not further specified	Average of bacon and egg (scrambled, poached, fried)
1111_260_05	Banana, cooked	
1111_260_06	Bread, from white or wholemeal flour, commercial,	Toast: assume white bread (1 medium slice); butter added (1



	toasted with eggs, chicken, fried, bacon, fried	tbsp.), eggs (2 eggs). Assume made with vegetable oil, bacon 78g. Calculated from FoodWorks recipe
1111_260_07	Bread, from white or wholemeal flour, commercial, toasted with eggs, chicken, scrambled, bacon, fried	Toast: assume white bread; butter added, eggs. Assume made with vegetable oil, bacon (128g). Calculated from FoodWorks recipe
1111_260_08	Breadfruit, cooked	Average of baked and boiled
1111_260_09	Bun, abrahang, ampan (bean filled bun)	Assume steam
1111_260_10	Bun, Chinese steam/ keke puaa	Keke puaa = Samoan pork bun
1111_260_11	Chicken with breadfruit, mixed cooking methods	
1111_260_12	Chicken with cassava, mixed cooking methods	Cooking method assume average of fried and baked
1111_260_13	Chicken with taro, mixed cooking methods	Cooking method assume average of fried and baked
1111_260_14	Chicken, fried with potato chips, deep fried	Chicken assume fried with vegetable oil
1111_260_15	Chicken, fried with rice	Chicken assume fried with vegetable oil
1111_260_16	Empanada, Latinos beef, prepared	USDA naming
1111_260_17	Falafel, chickpea patty, deep fried, fat not further defined	AUSNUT naming
1111_260_18	Fish, baked, with potato chips, deep fried	
1111_260_19	Fish, baked, with rice, boiled	
1111_260_20	Fish, battered, deep fried with potato chips, deep fried	
1111_260_21	Fish, battered, deep fried with rice, boiled	
1111_260_22	Fish, with cassava; mixed cooking methods	
1111_260_23	Fish, with rice and taro; mixed cooking methods	
1111_260_24	Fish, with taro; mixed cooking methods	
1111_260_25	Lamb chops, mixed cooking methods with potato chips, deep fried	Lamb and chips. Assume fried with vegetable oil
1111_260_26	Lamb chops, mixed cooking methods with rice, boiled	Lamb. Assume fried in vegetable oil
1111_260_27	Lasagne, beef, Italian restaurant- style	



1111_260_28	Milkshake, chocolate or coffee flavour, regular fat cow's milk, without ice cream	Name from AUSNUT
1111_260_29	Milkshake, non-chocolate or coffee flavours, regular fat cow's milk, without ice cream	Name from AUSNUT
1111_260_31	Lamb chops, mixed cooking methods with rice, boiled and taro, boiled	
1111_260_32	Nem, spring roll, with vegetables and pork, deep fried	
1111_260_33	Noodles, Chow Mein	
1111_260_34	Pancake, with syrup from café or restaurant	
1111_260_35	Pancake, without syrup from café or restaurant	
1111_260_36	Pasta, with cream sauce	
1111_260_37	Pasta, with Bolognese sauce	Spaghetti Bolognese (NUTTAB)
1111_260_38	Pasta, with tomato sauce, Italian restaurant-style	
1111_260_39	Poke, ready to eat	Calculated from FoodWorks recipe. Assume EP: 100% due to nature of the product
1111_260_40	Poke, sweet dessert	Calculated from FoodWorks recipe. Assume EP: 100% due to nature of the product
1111_260_40	Potato, chips, regular, deep fried, blended oil, salted	Assume fried in vegetable oil
1111_260_41	Ravioli, beef, Italian restaurant- style	Assume cooked - beef and pork
1111_260_42	Rice, boiled with eggs, chicken, fried	Home prepared fried rice made from white rice, egg, garlic and onion. Fried in soy sauce and an undefined oil.
1111_260_43	Rice, boiled with eggs, chicken, scrambled	
1111_260_44	Rice, boiled with eggs, chicken, not further specified	
1111_260_45	Rice, boiled with pumpkin, boiled	
1111_260_46	Rice, not further specified, boiled	Average of brown, white highland and white lowland rice
1111_260_47	Rice, not further specified, fried	Assume ready to eat Chinese takeaway
1111_260_48	Salad, garden	Assume mix of fresh tomato, iceberg lettuce and cucumber - No dressing



1111_260_49	Sandwich, filled with chicken	Untoasted sandwich or roll made from bread, chicken and table spread.
1111_260_50	Sandwich, filled with egg	Untoasted sandwich or roll made from bread, egg and table spread. Calculated from FoodWorks recipe. Assume EP: 100% due to nature of the product
1111_260_51	Sandwich, filled with ham	Untoasted sandwich or roll made from bread, ham and table spread.
1111_260_52	Sandwich, filled with ham and cheese	Untoasted sandwich or roll made from bread, ham, cheese and table spread.
1111_260_53	Sandwich, filled with jam	Assume 2 slices of white bread, margarine (4.75g), jam (berry fruit 10g - Serving size). Calculated from FoodWorks recipe. Assume EP: 100% due to nature of the product
1111_260_54	Sandwich, filled with spam	Assume 2 slices of white bread, butter, spam
1111_260_55	Sandwich, filled with tuna and mayonnaise	02F20056 - Sandwich or roll with tuna (AUSNUT 2011) + Mayonnaise (14g - Serving size)
1111_260_56	Sandwich, not further specified	Average of all above sandwiches (49, 50, 51, 52)
1111_260_57	Soup, chicken from café or restaurant	Assume with vegetables
1111_260_58	Soup, vegetable from café or restaurant	
1111_260_59	Steak, mixed cooking methods with cassava, boiled	Assume beef, steak, average of cuts
1111_260_60	Steak, mixed cooking methods with rice, boiled and taro, boiled	Assume beef, steak, average of cuts
1111_260_61	Steak, mixed cooking methods with rice, boiled	Assume beef, steak, average of cuts
1111_260_62	Steak, mixed cooking methods with taro, boiled	Assume beef, steak, average of cuts
1111_260_63	Steak, mixed cooking methods with potato chips, deep fried	Assume beef, steak, average of cuts
1111_260_64	Sushi, fish, restaurant style	Assume tuna with seaweed
1111_260_65	Takeaway, bbq'd chicken, with salad, green and potato	
1111_260_66	Takeaway, bbq'd, spare ribs, beef ribs, with or without added fat	Assume untrimmed
1111_260_67	Takeaway, bbq'd, turkey tail, with or without added fat	



1111_260_68	Takeaway, bbq'd pork spareribs, with or without added fat, with salad, mixed	
1111_260_69	Takeaway, bbq'd pork, with or without added fat, with salad, mixed	
1111_260_70	Takeaway, bbq'd pork, with or without added fat with salad, green and potato	
1111_260_71	Takeaway, bbq'd chicken, with or without added fat, with salad, mixed vegetables	Salad. Assume served with dressing/vinaigrette
1111_260_72	Takeaway, bbq'd fish, with salad, mixed	
1111_260_73	Takeaway, bbq'd fish, with salad, green and potato	
1111_260_74	Takeaway, bbq'd beef, with or without added fat, with salad	
1111_260_75	Takeaway, bbq'd beef, with salad, green and potato	
1111_260_76	Takeaway, breadfruit (kon)	Assume boiled and pounded
1111_260_77	Takeaway, chicken with rice, Assume fried	
1111_260_78	Takeaway, Chinese, noodle dish	Assume chow mein
1111_260_79	Takeaway, Chinese, stir fry, beef, with rice	Only homemade available
1111_260_80	Takeaway, Chinese, stir fry, chicken with rice	
1111_260_81	Takeaway, Chinese, stir fry, pork with rice	Only homemade available
1111_260_82	Takeaway, chops, with rice, boiled and taro, boiled	
1111_260_83	Takeaway, chicken, fried	
1111_260_84	Takeaway, chicken, not further specified, mixed cooking methods	Average of breast, thigh, drumstick and fillet
1111_260_85	Takeaway, curry, chicken, with naan	
1111_260_86	Takeaway, curry, chicken, with rice	Assume homemade
1111_260_87	Takeaway, fish, battered, deep fried and potato chips	
1111_260_88	Takeaway, fish, fried, bbq'd	Assume white fish



1111_260_89	Takeaway, fish, fried, sweet & sour	
1111_260_90	Takeaway, hamburger, bread roll, beef patty	Average of cheese burger and hamburger with bun and fillings
1111_260_91	Takeaway, hot dog, bread roll, frankfurt filling	Assume white bun
1111_260_92	Takeaway, Lamb, chop, untrimmed, coated, baked, roasted, fried, grilled or bbq'd, with or without added fat, with and potato chips, deep fried	
1111_260_93	Takeaway, pizza, ham and pineapple	Assume takeaway style
1111_260_94	Takeaway, pizza, meat	Assume takeaway style
1111_260_95	Takeaway, pizza, not further specified	Average of meat, ham and pineapple, vegetable pizzas
1111_260_96	Takeaway, pizza, vegetarian	Assume takeaway style
1111_260_97	Takeaway, salad, potato, added dressing	A salad typically containing cooked potato and a dressing and other ingredients such as parsley and salt.
1111_260_98	Takeaway, salad, mixed vegetables	Assume made from leafy greens and tomato
1111_260_99	Takeaway, steak and chips	
1111_260_100%	Takeaway, yam/taro	Average of yam nfs mixed methods and taro nfs mixed methods
1111_260_101	Tapioca, pearl or seed style, boiled	
1111_260_102	Taro, not further specified, boiled	Average of taro varieties, boiled
1111_260_103	Tuna, raw, sashimi style , restaurant style	
1111_260_104	Waffle, plain, frozen, commercial	Assume commercial
Cooked foods received as gifts		
1111_300	Cooked Rice	
1111_300_01	Rice, boiled, with coconut cream	Assume white rice. Assume 100% % EP due to nature of the product
1111_300_02	Rice, brown, boiled	
1111_300_03	Rice, white, boiled	
1111_301	Buns	



1111_301_01	Bun, German	Fried dough style. Maori similar recipe to German/Samoan fried bread style
1111_302	Cakes	
1111_302_01	Cake, taro	Assume Steamed taro cake (Vietnamese). Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_303	Other bakery products e.g. sweet pies, pizza, quiches	
1111_303_01	Coconut bread	
1111_303_02	Karinto (Japanese fried dough)	Calculated from recipe. Assume 100% EP due to nature of the product
1111_303_03	Pizza, homemade	Average of Hawaiian, meat lovers, supreme, vegetable
1111_303_04	Tama/Palauan dough ball (traditional Palauan fried dough) or other homemade doughnut/Island dumpling (sweet)	Calculated from recipe. Assume 100% EP due to nature of the product
1111_304	Pasta products	
1111_304_01	Noodle bowl, kimchee	Assume commercial. Assume 100% EP due to nature of the product
1111_304_02	Noodle bowl, ramen	
1111_304_03	Noodles, instant (Maggi-type) boiled, drained	
1111_305	Cereal preparations, e.g. cornflakes, oat flakes and other cereal products e.g. tapioca, sago and other starches	
1111_305_01	Oats, plain, boiled	
1111_306	Dried, salted or smoked meat and edible offal, e.g. sausages, salami, bacon, ham, pate	
1111_306_01	Bacon, fried	Assume lean 73% and 27 % fat
1111_306_02	Bacon, grilled	Assume lean 73% and 27 % fat
1111_306_03	Ham steak, grilled	
1111_306_04	Sausage, beef, grilled	



1111_306_05	Sausage, chicken, grilled	
1111_306_06	Sausage, chorizo, grilled	
1111_306_07	Sausage, frankfurt, grilled	Same as Vienna Sausages
1111_306_08	Sausage, lamb, grilled	
1111_306_09	Sausage, pork, grilled	
1111_306_99	Sausage, not further specified, grilled	Average of beef, chicken, chorizo, lamb, pork
1111_307	All meats, cooked	
1111_307_01	Beef, fried	Average of hindquarter (flank, rump, sirloin, fillet)
1111_307_02	Beef, fried, crumbed	Assume schnitzel, fat not further defined
1111_307_03	Beef, grilled/bbq	Average of blade and rump steak
1111_307_04	Beef, simmered/stewed	Assume untrimmed. Average of blade steak, casserole cuts, chuck steak, rump, silverside roast
1111_307_05	Chicken, adobo	Assume 100% EP due to nature of product
1111_307_06	Chicken, fried	Assume light meat
1111_307_07	Chicken, fried, crumbed	Assume light meat (breast or wing)
1111_307_08	Chicken, grilled/bbq	Average of breast, thigh, wing, leg
1111_307_09	Chicken, nuggets	Assume crumbed
1111_307_10	Chicken, simmered/stewed	Assume Skin and fat. Average of breast, drumstick, fillet, Maryland, thigh, wing
1111_307_11	Lamb, fried	Average of leg chop, fillet and middle loin
1111_307_12	Lamb, fried, crumbed	Assume French cutlet. Average of semi and fully trimmed (ASUNUT)
1111_307_13	Lamb, grilled/bbq	Average of mid loin and chump (lean and fat, trimmed)
1111_307_14	Lamb, simmered/stewed	Assume semi-trimmed. Average of casserole, chop, forequarter, shank
1111_307_15	Pork, fried (puaa vela)	Average of mid loin chop separable fat and lean



1111_307_16	Pork, adobo	Assume 100% EP due to nature of product
1111_307_17	Pork, fried, crumbed	Assume schnitzel
1111_307_18	Pork, grilled/bbq	Average of ham steak, mid loin, loin medallion, scotch fillet
1111_307_19	Pork, simmered/stewed	Assume fully trimmed. Average of diced, fillet, loin chop, loin roast, spare ribs
1111_307_93	Beef, cooked, not further specified	Average of untrimmed, semi trimmed fully trimmed (fried, grilled, stewed - AUSNUT)
1111_307_94	Chicken cooked, (moa vela), not further specified	Assume skin and fat. Average of breast, drumstick, fillet, Maryland, thigh
1111_307_95	Lamb, cooked, not further specified	Average of untrimmed, semi trimmed fully trimmed (fried, grilled, stewed - AUSNUT)
1111_307_96	Pork, cooked, not further specified	Average of untrimmed, semi trimmed fully trimmed (fried, grilled, stewed - AUSNUT)
1111_307_97	Meat, regular, all cuts, separable fat, cooked	Average of beef, lamb, pork (all cuts separable fat)
1111_307_98	Meat, bbq/grill/fry cuts, semi-trimmed, cooked	Average of pork forequarter, lamb bbq cuts, beef bbq cuts. Semi trimmed
1111_307_99	Meat, lean, bbq/grill/fry cuts, fully-trimmed, cooked	Average of pork forequarter, lamb bbq cuts, beef bbq cuts. Fully trimmed
1111_308	Cooked seafood e.g. crustaceans, molluscs and other shellfish, sea snails	Assume fresh unless otherwise specified
1111_308_01	Arkshell, boiled	EP for small ark shell raw used. Cooking method involves boiling in shell
1111_308_02	Crab, coconut, cooked	
1111_308_03	Crayfish, lobster cooked	Assume cooked is average of cooking methods
1111_308_04	Mussels, cooked	Assume green
1111_308_05	Octopus, bbq	Assume marinated and grilled
1111_308_06	Octopus, cooked	
1111_308_07	Prawn/shrimp, cooked	Average of prawn/shrimp cooked
1111_308_08	Scallop, cooked	Average of cooked and deep fried



1111_308_09	Squid, battered, fried (calamari)	
1111_308_10	Squid, cooked	Average of fried, boiled, stir fry
1111_308_11	Turtle, cooked	Assume flesh
1111_308_99	Crab, cooked, not further specified	
1111_309	Eggs	
1111_309_01	Egg, chicken, fried	Assume made with vegetable oil
1111_309_02	Egg, chicken, hardboiled	Assume hard boiled
1111_309_03	Egg, chicken, poached	
1111_309_04	Egg, chicken, scrambled	Assume milk added
1111_309_05	Omelette, plain	
1111_309_99	Egg, chicken, cooked, not further specified	Average of fried, hardboiled, poached, scrambled
1111_310	Cooked fruit	
1111_310_01	Breadfruit, boiled (fai, ulu vela)	
1111_310_02	Pawpaw shoots, boiled	
1111_311	Cooked vegetables cultivated for their leaves or stalks, fruit, or roots	
1111_311_01	Amaranth, boiled	
1111_311_02	Asparagus, boiled	
1111_311_03	Banana, cooking, ami, baked	Assume 100% EP due to nature of product
1111_311_04	Banana, cooking, boiled, unsalted	
1111_311_05	Banana, cooking, flowers, boiled	Assume 100% EP due to nature of product
1111_311_06	Banana, cooking, opine, baked	
1111_311_07	Banana, cooking, ripe, fried	Assume 100% EP due to nature of product
1111_311_08	Beans, broad, boiled	
1111_311_09	Beans, butter, boiled	



1111_311_10	Beans, green, boiled	
1111_311_11	Bean salad, commercial	
1111_311_12	Beans, lima, dried, boiled	
1111_311_13	Beans, mung, dahl, cooked	Dahl = Split beans. Assume boiled
1111_311_14	Beans, red kidney, dried, boiled	
1111_311_15	Beans, snake (yard-long), boiled	
1111_311_16	Beans, soya, dried, boiled	
1111_311_17	Beans, yard-long, cooked	Same as snake bean but different values
1111_311_18	Broccoli, boiled	
1111_311_19	Brussel sprouts, boiled	
1111_311_20	Cabbage, bush, slippery, boiled	Same as Aibika, Vauvau, Slippery Cabbage, Sunset Hibiscus, Lau pele, Island Cabbage, bele, edible hibiscus
1111_311_21	Cabbage, Chinese, boiled	Assume cook = boiled
1111_311_22	Cabbage, European, white, boiled	
1111_311_23	Cabbage, not further specified, boiled	Average of red, white, swamp, Chinese. Assume 100% EP due to nature of product
1111_311_24	Capsicum, boiled	Assume red and green
1111_311_25	Carrot, boiled	Assume peeled
1111_311_26	Cauliflower, boiled	
1111_311_27	Celery, boiled	
1111_311_28	Choko, boiled	Assume peeled
1111_311_29	Corn, cob, baked	Assume EP is equivalent to boiled as kernels still attached to cob
1111_311_30	Corn, cob, boiled	Assume sweet
1111_311_31	Eggplant, boiled	Assume no salt added
1111_311_32	Garden cress, leaves and stems, boiled	



1111_311_33	Garlic, boiled	
1111_311_34	Gourd, boiled	Assume Luffa cylindrica
1111_311_35	Leaves and shoots, drumstick tree, boiled	
1111_311_36	Leaves, choko, boiled	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_37	Leaves, coastal tree, boiled	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_38	Leaves, fern, boiled	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_39	Leaves, fig poke, boiled	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_40	Leaves, hibiscus (bele), boiled	Same as Aibika, Vauvau, Pele, Sunset Hibiscus, Lau Pele, Island Cabbage, Slippery Cabbage, Bele
1111_311_41	Leaves, Indianmulberry (noni, kura), boiled	Derived from retention factors. Assume 100% EP due to nature of product and already prepared and cooked
1111_311_42	Leaves, jointfir, boiled	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_43	Leaves, kale (seedling), boiled	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_44	Leaves, nightshade, boiled	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_45	Leaves, okra, boiled	Cannot find leaves
1111_311_46	Leaves, pepper, boiled	Assume hot
1111_311_47	Leaves, puha, boiled	Leaves and upper stem
1111_311_48	Leaves, radish, boiled	
1111_311_49	Leaves, sweet potato, boiled	
1111_311_50	Leaves, taro, boiled	
1111_311_51	Leaves, tips, pumpkin, boiled	
1111_311_52	Leaves, watercress, cooked	



1111_311_53	Leaves, waterdropwort, boiled	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_54	Leaves, wingedbeans, cooked	Assume 100% EP due to nature of product and already prepared and cooked
1111_311_55	Leek, boiled	
1111_311_56	Lentils, boiled	Average of green, red and brown lentils
1111_311_57	Marrow, boiled	Assume peeled, no salt added, assume oriental pickling melon
1111_311_58	Okra (lady fingers, ochro, gumbo), boiled	
1111_311_59	Onion, brown, boiled	Assume mature
1111_311_60	Parsnip, boiled	Assume peeled
1111_311_61	Peas, dried, boiled	
1111_311_62	Peas, dried, fried	Assume 100% EP due to nature of product and already prepared and cooked. Assume vegetable oil
1111_311_63	Peas, green, boiled	
1111_311_64	Peas, split, dried, boiled	
1111_311_65	Peas, with edible pod, boiled	Assume snow pea
1111_311_66	Pit pit, baked	
1111_311_67	Pumpkin, boiled	
1111_311_68	Silver beet, boiled	
1111_311_69	Spinach, Ceylon, leaves, boiled	Ceylon = Malabar
1111_311_70	Spinach, frozen, boiled	
1111_311_71	Spinach, kangkong, boiled	Also known as swamp cabbage, water spinach
1111_311_72	Spinach, not further specified, boiled	Average of New Zealand, Tropical, frozen, Ceylon, Tahitian
1111_311_73	Spinach, not further specified, leaves, baked, earth-oven	Assume tropical leaves
1111_311_74	Squash, boiled	Average of summer varieties



1111_311_75	Swede, boiled	
1111_311_76	Taro, stalks, boiled	
1111_311_77	Tomato, common, boiled	
1111_311_78	Vegetables, mixed, boiled	Assume frozen, boiled
1111_311_79	Wingedbeans, pods, baked, earth-oven	Assume 100% % EP assume similar to boiled. No refuse noted in baked winged bean recipes
1111_311_80	Wingedbeans, pods, boiled	
1111_311_81	Zucchini, boiled	
1111_312	Cooked potatoes and other tuber vegetables e.g. cassava	
1111_312_01	Cassava, tapioca, manioc, baked	Assume peeled
1111_312_02	Cassava, tapioca, manioc, boiled	
1111_312_03	Potato, white, baked	Assume peeled
1111_312_04	Potato, white, boiled	Assume peeled
1111_312_05	Potato, white, mashed	Assume peeled, mashed with butter and milk and rua potatoes
1111_312_06	Sweet potato, kumara, baked	Same as kumara
1111_312_07	Sweet potato, kumara, boiled	Same as kumara
1111_312_08	Taro, Chinese, baked	
1111_312_09	Taro, Chinese, boiled	
1111_312_10	Taro, common, baked	Combined cultivars
1111_312_11	Taro, common, boiled	Combined cultivars
1111_312_12	Taro, not further specified, cooked, multiple methods	Average of Chinese, common, giant, land. Baked/boiled
1111_312_13	Taro, giant (taamu), baked	
1111_312_14	Taro, giant (taamu), boiled	
1111_312_15	Taro, land/Honolulu, baked	Assume common



1111_312_16	Taro, land/Honolulu, boiled	Assume common
1111_312_17	Wingedbean, root, baked	
1111_312_18	Wingedbean, root, boiled	Calculated from retention factors
1111_312_19	Yam, Chinese, baked	Calculated from retention factors
1111_312_20	Yam, Chinese, boiled	Calculated from retention factors
1111_312_21	Yam, Chinese, spiny, baked	Calculated from retention factors
1111_312_22	Yam, Chinese, spiny, boiled	Calculated from retention factors
1111_312_99	Yam, not further specified, cooked	
1111_313	Products of tuber vegetables	
1111_313_01	Chips, banana, home prepared	Assume made with vegetable oil
1111_313_02	Chips, breadfruit, home prepared	Assume made with vegetable oil, assume mature breadfruit (95% breadfruit: 5% oil). Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_313_03	Chips, cassava, home prepared	Assume made with vegetable oil, assume mature breadfruit (95% breadfruit: 5% oil). Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_313_04	Chips, taro, home prepared	Assume fried
1111_314	Condiments and spices, e.g. cumin seeds, pepper, pimento, ginger	
1111_314_01	Ginger, boiled	
1111_315	Sauces	Assume commercial
1111_315_01	Vaipolo	Tongan, a spicy salt water seasoning made with hot peppers, and sea water. Assume 100% EP due to nature of the product
1111_316	Seasonings	
1111_316_01	Gravy powder, prepared	
1111_317	Other cooked food products, e.g. homogenised baby food	



1111_317_01	Banana pihlohlo	Micronesia, grated tapioca, coconut milk, sugar and ripe banana. Assume 100% EP due to nature of the product
1111_317_02	Banana salad	Assume fruit salad
1111_317_03	Copra milk with breadfruit	Copra = Coconut. Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_317_04	Faai ai fee, pusi (cooked octopus with coconut cream, ink included)	Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_317_05	Faiai limu (cooked seaweed in coconut cream, baked)	Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_317_06	Fish with copra milk	Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_317_07	Laplap (grated cassava, cooked)	Assume 100% EP due to nature of the product
1111_317_08	Nalot (vegetable dish made from roasted taro, banana or breadfruit mixed with coconut cream)	Values for Fa'alifu used instead (similar process) Pounded with coconut milk - Roasted or boiled.
1111_317_09	Poi, paiai (Steamed corm where, taro is pounded with small amount of water)	Assume 3 finger poi, 30% Solid. Assume 100% EP as derived from 2 finger poi
1111_317_10	Rice and taiyo (rice with tinned fish)	Assume tinned tuna
1111_317_11	Rice and vegetable, stir fry style, using soy sauce	
1111_317_12	Soup, beef	Assume beef and vegetable - café
1111_317_13	Soup, chicken	Assume chicken and vegetable - café
1111_317_14	Soup, chicken, noodle	Assume dry mix, prepared. Assume 100% EP due to nature of the product
1111_317_15	Soup, crab	
1111_317_16	Soup, pumpkin	
1111_317_17	Soup, taro	Assume with pork. Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_317_18	Soup, tomato	
1111_317_19	Soup, vegetable	
1111_317_20	Sukiyaki (Noodle soup with meat and vegetables, Asian style)	Instant dry mix



1111_317_21	Tamales	Assume pork
1111_317_22	Taro banana balls (taro patties made using egg and fried with oil)	Assume Taro balls with 1 cup of cooking banana. Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_317_23	Taro cake (taro patties made using egg and fried with oil)	Calculated from FoodWorks recipe. Assume 100% EP due to nature of the product
1111_318	Coffee	
1111_318_01	Coffee, brewed	Average of Latte, long black, Cappuccino, flat white (Single shot whole milk)
1111_319	Tea	
1111_319_01	Tea, black, brewed, no milk	
1111_319_02	Tea, black, brewed, with milk	White = black with milk
1111_319_03	Tea, chamomile	
1111_319_04	Tea, fruit flavoured, sweetened	
1111_319_05	Tea, green	
1111_319_06	Tea, Indian	Assume 100% EP as Average of other teas
1111_319_99	Tea, not further specified	Average of black and green used, Assume without milk

Edible portions

Table 8: Edible portion codes and their sources

CODE	SOURCE
A1	ASEAN Food Composition Database 2014
A2	AUSNUT 2011-13
A3	AusFOODS 2015
B1	Bangladesh Food Composition Table 2013
C1	Calculated from weighted average
C2	Calculated from retention factors (AUSNUT, Bogнар)
C3	Calculated from takeaway food ratios
F1	FAO/INFOODS Global Food Composition Database For Fish and Shellfish, version 1.0 (uFiSh1.0)
F2	FOOD COMPOSITION DATABASE FOR EAST ASIA 1972
F3	Food and Nutrition in Fiji v.1 (1990)
F4	FAO SI 2013 HIES Alessandro
F5	FOODWORKS
F6	FAO: Yield and nutritional value of the commercially more important fish species.
J1	Japanese FCT
K1	Korea - Standard Food Composition Table 8th Edition
M1	Managing Animals in New Guinea: Preying the Game in the Highlands
N1	NZ FoodFiles 2014
N2	NUTTAB Online
N3	Nutrient Composition of Malaysian Marine Fishes
P1	Pacific Island Food Composition 2nd Edition
P2	Principles of Meat Science
S1	Singapore - Energy and Nutrient Composition Database
T1	Tropical fruits: Crop Production Science in Horticulture 24
U1	USDA SR 28
W1	West Africa Food Composition Database 2012
CODE	NOTE

* Edible portion assumption made. See assumptions

Converted from kJ/kcal

^ Calculated to 100g

Energy calculation from Total Fat, CHO and Protein are outside idea range

~ but within 10%

Table 9: Edible portions and their sources applicable to each food type

New code	SOURCE	Finalised description
		Foods purchased or acquired for the home
0111_011		Rice in all forms
0111_001_01	N1	Rice, brown, uncooked
0111_001_02	N1	Rice, white, uncooked
0111_001_99	C1	Rice, not further specified
0111_002		Grain, flour or meal (including maize, wheat, rice, cassava)
0111_002_01	P1	Flour, cassava
0111_002_02	P1, N1	Flour, cornflour/maize
0111_002_03	N1	Flour, rice
0111_002_04	P1, N1	Flour, wheat, white, plain
0111_002_05	P1, N1	Flour, wheat, wholemeal, plain
0111_002_99	C1	Flour, not further specified
0111_003		Breads
0111_003_01	P1, A2	Bread, loaf, from white flour
0111_003_02	P1, A2	Bread, loaf, from wholemeal flour
0111_003_03	N1	Bread, loaf, with grains
0111_003_04	C1	Bread, loaf, all others
0111_003_05	A2	English muffin, plain, white
0111_003_06	P1, N1	Bread, garlic
0111_003_07	N1	Flatbread, naan
0111_003_08	C1	Flatbread, all others
0111_003_99	C1	Bread, loaf, not specified
0111_004		Buns
0111_004_01	P1, N1	Bun/bread roll, white
0111_004_02	P1, N1	Bun/bread roll, wholemeal
0111_004_03	C1	Bun, sweetened composite
0111_004_99	C1	Bun/roll, not further specified
0111_005		Biscuits
0111_005_01	P1, N1	Biscuits, chocolate
0111_005_02	P1, N1	Biscuits, plain e.g. cabin, hard, Pacific Island
0111_005_03	C1	Biscuits, sweet, all others
0111_005_04	P1, A2	Biscuits, wafer
0111_005_05	C1	Crackers, all others
0111_005_06	P1, N1	Crackers/crispbread, plain e.g. saltines, saos
0111_005_98	C1	Biscuits, not further specified
0111_005_99	C1	Crackers, not further specified
0111_006		Cakes and muffins
0111_006_01	P1, N1	Cake, plain, commercial

0111_006_02	P1, A2	Cake, cheesecake, commercial
0111_006_03	P1, N1	Cake, chocolate, commercial
0111_006_04	A2	Muffin, plain, commercial
0111_006_05	N1	Muffin, chocolate, commercial
0111_006_98	C1	Cake, not further specified
0111_006_99	C1	Muffin, not further specified
0111_007		Other bakery products e.g. sweet pies, pizza, quiches
0111_007_01	P1, N1	Croissant
0111_007_02	P1	Manihiki bread
0111_007_03	C1	Pie, sweet/fruit, all others
0111_007_04	C1	Pastry, breakfast
0111_007_96	C1	Pastry, not further specified
0111_007_97	C1	Quiche, not further specified
0111_007_98	C1	Doughnut, not further specified
0111_007_99	C1	Pizza, frozen, commercial, not further specified
0111_008		Mixes and doughs for preparation of bakery products
0111_008_01	C1	Cake mix
0111_008_02	A2	Biscuit mix
0111_008_03	A2	Pancake mix
0111_009		Pasta and noodle products
0111_009_01	A2	Noodles, instant (Maggi-type) dry
0111_009_02	P1, N1	Pasta, canned
0111_009_03	C1	Pasta, plain, white (spaghetti, macaroni etc), uncooked
0111_009_99	C1	Noodles, not further specified
0111_010	C1	Cereal preparations, e.g. cornflakes, oat flakes and other cereal products e.g. tapioca, sago and other starches
0111_010_01	P1, A2	Breakfast cereal, flakes of corn, added nuts and/or sugar coated added vitamins, e.g. frosted flakes
0111_010_02	P1, N1	Breakfast cereal, flakes of corn, added vitamins, e.g. corn flakes
0111_010_03	P1, N1	Breakfast cereal, fruit added e.g. sultana bran/raisin bran
0111_010_04	P1, N1	Breakfast cereal, mixed grain (rice & wheat), flakes, sweetened, added vitamins, e.g. special K
0111_010_05	P1, N1	Breakfast cereal, puffed or popped rice, added vitamins, e.g. rice bubbles
0111_010_06	P1, N1	Breakfast cereal, puffed or popped rice, cocoa coating, added vitamins, e.g. cocoa pops
0111_010_07	P1, N1	Breakfast cereal, whole wheat, biscuit, added vitamins, e.g. weetbix, vita-brits
0111_010_08	N1	Oats, porridge, dry
0111_010_98	C1	Muesli, not further specified
0111_010_99	C1	Breakfast cereal, not further specified
0112_011		Fresh, chilled or frozen meat of cows
0112_011_01	N1	Beef, mince/ground, lean
0112_011_02	A2	Beef, mince/ground, regular

0112_011_03	N1	Beef, soup bones
0112_011_04	C1	Beef, lean, cuts not specified
0112_011_05	C1	Beef, regular, cut not specified
0112_011_98	C1	Beef, steak, not further specified
0112_011_99	C1	Beef, not further specified
0112_012		Fresh, chilled or frozen meat of pig
0112_012_01	C1	Pork, lean, cuts not specified
0112_012_02	C1	Pork, regular, cuts not specified
0112_012_03	F2	Swine, purchased live
0112_012_04	C1	Pork, not further specified
0112_013		Fresh, chilled or frozen meat of sheep/lamb
0112_013_01	U1	Mutton flaps
0112_013_02	C1	Lamb and mutton, lean, cuts not specified
0112_013_03	C1	Lamb and mutton, regular, cuts not specified
0112_013_99	C1	Lamb and mutton, not further specified
0112_014		Fresh, chilled or frozen meat of goat
0112_014_99	B1	Goat meat, not further specified
0112_015		Fresh, chilled or frozen meat of chicken
0112_015_01	N1	Chicken, breast
0112_015_02	N1	Chicken, quarters
0112_015_03	N1	Chicken, thighs
0112_015_04	P1, U1	Chicken, whole
0112_015_05	P1, P2	Chicken, purchased live
0112_015_99	C1	Chicken, not further specified
0112_016		Fresh, chilled or frozen meat of duck, goose and turkey
0112_016_01	N1	Turkey, breast
0112_016_02	F4	Turkey, tail
0112_016_03	N1	Turkey, wing
0112_016_97	C1	Turkey, not further specified
0112_016_98	A2, F2	Goose, not further specified
0112_016_99	N1	Duck, not further specified
0112_017		All other fresh, chilled or frozen meat
0112_017_01	P1, M1	Bandicoot
0112_017_02	F4, M1	Bat/flying fox (fruit bat)
0112_017_03	P1	Cassowary
0112_017_04	C1, M1	Bird, all others, e.g. pigeon, noddy bird
0112_017_05	P1, A2	Crocodile
0112_017_06	U1	Deer
0112_017_07	F2	Dog
0112_017_08	C1	Horse, mule, donkey, camel and the like

0112_017_09	C1	Insects, e.g. ants
0112_017_10	A2	Possum
0112_017_11	A2	Quail
0112_017_12	A2	Rabbit
0112_017_13	P1, M1	Rat
0112_017_14	F4, S1	Reptiles, e.g. snake, lizard
0112_017_15	P1, K1	Snail
0112_018		Fresh, chilled or frozen meat of offal
0112_018_95	N1	Beef, offal, not further specified
0112_018_96	C1	Chicken, offal, not further specified
0112_018_97	S1	Goat, offal, not further specified
0112_018_98	C1	Lamb, offal, not further specified
0112_018_99	C1	Pork, offal, not further specified
0112_019		Dried, salted or smoked meat, e.g. sausages, salami, bacon, ham, pate
0112_019_01	U1	Beef, salted e.g. jerky
0112_019_02	S1	Blood, pig
0112_019_03	P1, A2	Devon/fritz, processed luncheon meat, beef and pork
0112_019_04	P1, N1	Luncheon meat, chicken
0112_019_05	C1	Pate, not further specified
0112_019_06	P1, N1	Salami
0112_019_07	P1, N1	Sausage, beef, raw
0112_019_08	U1	Sausage, canned
0112_019_09	N1	Sausage, chicken, raw
0112_019_10	A2	Sausage, chorizo, raw
0112_019_11	C1	Sausage, hot dog, all others
0112_019_12	P1, N1	Sausage, lamb, raw
0112_019_13	P1, N1	Sausage, pork, raw
0112_019_98	C1	Sausage, not further specified, raw
0112_019_99	C1	Bacon, not further specified
0112_020		Other preserved or processed meat or meat based products e.g. canned meat and pies (excludes lard and other animal fat and soups and stocks containing meat)
0112_020_01	P1, A2	Beef, canned, corned
0112_020_02	P1, A2	Camp pie, canned
0112_020_03	A2	Casserole, canned
0112_020_04	F4	Chicken curry, canned
0112_020_05	S1	Duck/goose, canned
0112_020_06	N1	Lamb, mutton or sheep tongue, canned
0112_020_07	A2	Pie, steak and kidney
0112_020_08	P1, N1	Pork, canned
0112_020_09	P1, A2	Sausage roll

0112_020_10	P1, A2	Spam, canned
0112_020_11	P1, A2	Stew/Irish stew, canned
0112_020_12	P1, A2	Vegetables & sausages, canned
0112_020_13	P1, A2	Vegetables & steak, canned
0112_020_96	C1	Beef, canned, not further specified
0112_020_97	C1	Hamburger patties, rissoles, not further specified
0112_020_98	C1	Pie, meat, not further specified
0112_020_99	C1	Canned meat, not further specified
0113_021		Fresh, chilled or frozen meat and edible offal or marine mammals
0113_021_01	U1	Seal
0113_021_02	U1	Walrus
0113_021_03	U1	Whale
0113_022		Fresh, chilled or frozen fish
0113_022_01	P1, F6	Mackerel, Spanish, "Walu"
0113_022_02	A2, F6	Sardine
0113_022_03	N1, F6	Shark
0113_022_04	N1	Snapper
0113_022_05	P1, N3	Sweetlip, painted
0113_022_06	P1, F6	Tuna, albacore
0113_022_07	N1	Tuna, skip jack
0113_022_08	U1, F6	Tuna, yellow fin, big eye
0113_022_09	P1, C1	Tuna, composite, flesh
0113_022_96	C1	Tuna, not further specified
0113_022_97	P1, C1	Fish, reef, not further specified
0113_022_98	C1	Fish, pelagic/ocean, not further specified
0113_022_99	C1	Fish, not further specified
0113_023		Fresh, chilled, frozen seafood e.g. crustaceans, molluscs and other shellfish, sea snails
0113_023_01	P1, J1	Beche de mar/sea cucumber
0113_023_02	F4	Crab, coconut
0113_023_03	A1, F1, F4	Crab, land
0113_023_04	F1	Crab, mud
0113_023_05	P1, N1	Mussels
0113_023_06	P1, F6	Octopus
0113_023_07	P1, F6	Oyster
0113_023_08	P1, N1	Scallop
0113_023_09	P1, N1	Sea snail
0113_023_10	K1	Sea urchin
0113_023_11	C1	Seaweed
0113_023_12	P1	Sici-shell, meat
0113_023_13	P1, S1	Stingray

0113_023_14	P1, U1	Turtle
0113_023_15	F4	Trochus
0113_023_95	C1, F6	Squid, not further specified
0113_023_96	C1	Sea-hare, not further specified
0113_023_97	C1	Prawn/shrimp, not further specified
0113_023_98	F1	Crab, not further specified
0113_023_99	C1	Crayfish / lobster, not further specified
0113_024		Dried, salted, pickled or smoked fish and seafood
0113_024_01	P1, N1	Fish, dried, salted
0113_024_02	A2	Fish, pickled
0113_024_03	P1, C1	Fish, smoked
0113_025		Other preserved or processed fish and seafood based products e.g. canned fish, caviar, roe & fish pie
0113_025_01	C1	Anchovy, canned, not further specified
0113_025_02	P1, A2	Caviar (roe)
0113_025_03	P1, N1	Crab, canned
0113_025_04	N1	Crab, imitation
0113_025_05	P1, A2	Fish finger, crumbed, purchased frozen, raw
0113_025_06	A2	Herring, canned, not further specified
0113_025_07	C1	Mackerel, canned, not further specified
0113_025_08	P1, A2	Mussels, canned
0113_025_09	A2	Oysters, canned
0113_025_10	N1	Pie, fish
0113_025_11	C1	Salmon, canned, not further specified
0113_025_12	C1	Sardines, canned, not further specified
0113_025_13	P1, A2	Tuna, canned in brine
0113_025_14	P1, A2	Tuna, canned in oil
0113_025_15	S1	Tuna, canned in tomato
0113_025_16	C1	Tuna canned, not further specified
0113_025_97	C1	Fish, canned in oil, not further specified
0113_025_98	C1	Fish, canned in brine, not further specified
0113_025_99	C1	Fish, canned, not further specified
0114_026		Dairy milk and alternatives
0114_026_01	P1, N1	Milk, skim, 0.3% fat
0114_026_03	N1	Milk, lite/low fat, 1.5% fat
0114_026_02	P1, N1	Milk, whole (full cream)
0114_026_04	N1	Milk, long life, shelf stable (UHT), skim
0114_026_05	P1, N1	Milk, long life, shelf stable (UHT), whole
0114_026_06	C1	Milk, flavoured (e.g. chocolate, strawberry, vanilla)
0114_026_07	A2	Milk, almond
0114_026_08	N1	Milk, rice

0114_026_09	N1	Milk, goat
0114_026_98	C1	Milk, long life, shelf stable (UHT), not further specified
0114_026_99	C1	Milk, fresh, not further specified
0114_027		Soy milk
0114_027_01	P1, N1	Milk, soy
0114_028		Condensed milk
0114_028_01	P1, N1	Milk, condensed, skim, sweetened
0114_028_02	P1, N1	Milk, condensed, whole, sweetened
0114_028_03	P1, A2	Milk, condensed, skim
0114_028_04	P1, A2	Milk, condensed, whole
0114_028_99	C1	Milk, condensed, not further specified
0114_029		Evaporated milk
0114_029_01	P1, A2	Milk, unsweetened, evaporated, skim
0114_029_02	P1, A2	Milk, unsweetened, evaporated, whole
0114_029_99	C1	Milk, unsweetened, evaporated, not further specified
0114_030		Powdered milk
0114_030_01	P1, N1	Milk, powdered, full cream
0114_030_02	P1, N1	Milk, powdered, skim
0114_030_03	U1	Creamer, powdered
0114_030_99	C1	Milk, powdered, not further specified
0114_031		Yoghurt
0114_031_01	P1, N1	Yoghurt, fruit
0114_031_02	N1	Yoghurt drink
0114_031_03	C1	Yoghurt, plain/natural
0114_031_99	C1	Yoghurt, not further specified
0114_032		Cream
0114_032_01	P1, A2	Cream, coconut, canned/UHT
0114_032_02	P1, N1	Cream, coconut, fresh, no water
0114_032_03	P1, N1	Cream, sour
0114_032_98	C1	Cream, dairy based, not further specified
0114_032_99	C1	Cream, coconut, not further specified
0114_033		Milk-based desserts
0114_033_01	P1, A2	Custard
0114_033_02	P1, A2	Pudding (dairy based)
0114_034		Cheese
0114_034_01	C1	Cheese, block e.g. Cheddar, Edam, Swiss
0114_034_02	C1	Cheese, fresh e.g. Fetta, Ricotta
0114_034_03	P1, N1	Cheese, slices e.g. Kraft, American
0114_034_04	C1	Cheese, soft e.g. Brie, Camembert
0114_034_05	P1, N1	Cheese, spreads/canned e.g. Nacho dip, Cheese Wiz

0114_034_06	P1, N1	Fromage frais/fruche
0114_034_99	C1	Cheese, not further specified
0114_035		Eggs
0114_035_01	P1, N1	Egg, chicken, fresh
0114_035_02	P1, A2	Egg, duck, fresh
0114_035_03	P1, A2	Egg, quail, fresh
0114_035_04	P1, S1	Egg, turtle, fresh
0114_036		Butter
0114_036_01	P1, A2	Ghee/clarified butter
0114_036_99	P1, A2	Butter, not further specified
0115_038		Margarine
0115_038_01	P1, A2	Margarine, cooking
0115_038_99	C1	Margarine, not further specified
0115_039		Peanut butter and other nut butters or similar
0115_039_01	N1	Tahini
0115_039_99	C1	Peanut butter, not further specified
0115_040		Edible oils
0115_040_01	P1, N1	Oil, coconut
0115_040_02	P1, N1	Oil, cooking
0115_040_03	P1, N1	Oil, olive
0115_040_04	P1, N1	Oil, vegetable
0115_040_99	C1	Oil, not further specified
0115_041		Edible animal and vegetable fats
0115_041_01	P1, A2	Dripping, beef
0115_041_02	N1	Lard and suet
0115_041_03	P1	Pork fat, rendered
0115_041_04	A2	Shortening
0116_042		Fresh, chilled, frozen fruit
0116_042_01	C1	Apple
0116_042_02	P1, A2	Apricot
0116_042_03	P1, A2	Avocado
0116_042_04	P1, A2	Banana, common e.g. Cavendish
0116_042_05	P1, A2	Banana, cooking
0116_042_06	C1	Banana
0116_042_07	P1, U1	Breadfruit
0116_042_08	N1	Cherries
0116_042_09	P1, U1	Chinese apple, "bair"
0116_042_10	N1	Coconut, embryo
0116_042_11	P1, F2	Coconut, green
0116_042_12	P1, A2	Coconut, brown

0116_042_13	P1, N1	Cranberries
0116_042_14	P1, N1	Custard apple, peeled
0116_042_15	P1, U1	Durian
0116_042_16	P1, A2	Fig
0116_042_17	A2	Fruit, prepared, pureed, all others
0116_042_18	A2	Fruit, prepared, pureed, apple sauce
0116_042_19	P1, N1	Grapefruit
0116_042_20	C1	Grapes
0116_042_21	P1, A2	Guava
0116_042_22	F4	Inikori
0116_042_23	P1, F2	Ivi
0116_042_24	P1, A2	Jackfruit
0116_042_25	P1, A2	Kiwi fruit, with skin
0116_042_26	P1, N1	Lemon
0116_042_27	P1, A2	Lime
0116_042_28	P1, N1	Lychee
0116_042_29	P1, A2	Mandarin
0116_042_30	C1	Mango
0116_042_31	P1, S1	Mangosteen
0116_042_32	F4, F3	Mangrove fruits
0116_042_33	P1, N1	Nectarine
0116_042_34	P1, A2	Orange
0116_042_35	P1	Pandanus
0116_042_36	A2	Papaya
0116_042_37	P1, A2	Passionfruit
0116_042_38	C1, N1	Pawpaw
0116_042_39	P1, N1	Peach
0116_042_40	P1, N1	Pear, Packhams
0116_042_41	P1, N1	Pineapple
0116_042_42	P1, A2	Plum
0116_042_43	P1, B1	Pomelo
0116_042_44	P1, N1	Prune
0116_042_45	P1, A2	Rambutan
0116_042_46	T1	Santol
0116_042_47	P1, U1	Sapodilla
0116_042_48	P1, U1	Sapote
0116_042_49	P1, U1	Sour sop
0116_042_50	P1, U1	Starfruit
0116_042_51	P1, A2	Strawberry
0116_042_52	A2	Tamarillo (tree tomato)

0116_042_53	P1, U1	Tamarind
0116_042_54	P1, F2	Tamarind, pods
0116_042_55	N1	Tangerine
0116_042_56	C1	Tarawau
0116_042_57	P1	Tava
0116_042_58	P1, B1	Water apple
0116_042_59	P1, N1	Watermelon
0116_042_97	C1	Melon, not further specified
0116_042_98	C1	Coconut, not further specified
0116_042_99	C1	Fruit, not further specified
0116_043		Dried fruit, fruit peel, fruit kernels, nuts and edible seeds
0116_043_01	C1, N1	Almond, not further specified
0116_043_02	P1, N1	Apricot, dried
0116_043_03	P1, F2	Betelnut, kernels, raw
0116_043_04	C1	Chestnut, not further specified
0116_043_05	N1	Coconut, dried
0116_043_06	P1	Cutnut, Fiji, raw
0116_043_07	P1	Cutnut, Vanuatu, raw
0116_043_08	P1, N1	Nuts, mixed, salted
0116_043_09	A2	Nuts, mixed, unsalted
0116_043_10	P1, A2	Pandanus nuts, kernel, raw
0116_043_11	P1, N1	Peanut, raw
0116_043_12	P1, N1	Peanut, salted, roasted
0116_043_13	N1	Peanut, unsalted
0116_043_14	P1, U1	Pilanut, PNG, kernels, dried
0116_043_15	P1	Pilanut, PNG, kernels, raw, ripe
0116_043_16	C1	Pilanut (Ngali/nangai), not further specified
0116_043_98	N1	Mixed dried fruit, not further specified
0116_043_99	C1	Nuts, not further specified
0116_044		Preserved fruit and fruit based products (excluding jams, syrups etc.)
0116_044_01	P1, N1	Apricot, canned in syrup
0116_044_02	N1	Apricot, canned in juice
0116_044_03	P1, N1	Pear, canned in juice
0116_044_04	P1, N1	Pear, canned in syrup
0116_044_05	N1	Pineapple, canned in juice
0116_044_06	P1, N1	Pineapple, canned in syrup
0116_044_99	C1	Fruit, canned, not further specified
0117_045		Fresh, chilled, frozen, dried vegetables cultivated for their leaves or stalks, fruit, or roots
0117_045_01	P1, N1	Banana, cooking, raw
0117_045_02	A2	Beans, green

0117_045_03	P1, A2	Beans, long
0117_045_04	P1, N1	Beans, sprouts
0117_045_05	N1	Broccoli
0117_045_06	P1, K1	Cabbage, slippery bush
0117_045_07	P1, N1	Cabbage, Chinese
0117_045_08	A2	Cabbage, European, white
0117_045_09	P1, F2	Cabbage, fern
0117_045_10	P1, N1	Carrot
0117_045_11	N1	Chilli
0117_045_12	A2	Choko
0117_045_13	P1, A2	Cucumber, unpeeled
0117_045_14	P1, A2	Daikon (oriental radish)
0117_045_15	P1, N1	Eggplant
0117_045_16	P1, N1	Garlic, peeled
0117_045_17	P1, U1	Leaves, sweet potato
0117_045_18	P1, N1	Leaves, taro
0117_045_19	P1, U1	Leaves, tips, pumpkin
0117_045_20	P1, N1	Leaves, watercress
0117_045_21	N1	Lentils, raw
0117_045_22	P1, N1	Okra (lady fingers, ochro, gumbo)
0117_045_23	P1, A2	Onion, brown
0117_045_24	P1, U1	Onion, shallot
0117_045_25	N1	Onion, spring
0117_045_26	N1	Peas, green,
0117_045_27	N1	Peas, split, dried
0117_045_28	P1, N1	Pumpkin
0117_045_29	A2	Spinach, kangkong
0117_045_30	N1	Squash, raw
0117_045_31	N1	Swede
0117_045_32	P1, A2	Tomato, common
0117_045_33	N1	Zucchini
0117_045_93	C1	Beans, green, not further specified
0117_045_94	C1	Cabbage, not further specified
0117_045_95	C1	Capsicum, not further specified
0117_045_96	A2	Corn, cob, not further specified
0117_045_97	C1, N1	Lettuce, not further specified
0117_045_98	C1	Spinach, not further specified
0117_045_99	C1	Vegetables, not further specified
0117_046		Fresh or chilled potatoes and other tuber vegetables e.g. cassava
0117_046_01	P1, N1	Cassava, tapioca, manioc

0117_046_02	P1, N1	Kumara / sweet potato
0117_046_03	N1	Potato, not further specified
0117_046_04	P1, N1	Taro, common
0117_046_05	P1, B1	Taro, giant (taamu)
0117_046_97	C1	Taro, not further specified
0117_046_98	C1	Yam, not further specified
0117_046_99	A2	Potato, powdered
0117_047		Products of tuber vegetables
0117_047_01	P1	Chips, banana, commercial
0117_047_02	C1	Chips, breadfruit, commercial
0117_047_03	P1	Chips, pea-flour
0117_047_04	P1, N1	Chips, potato (crisps)
0117_047_05	P1	Chips, taro, commercial
0117_047_06	C1	Savoury snacks, chips e.g. Twisties, Pringles, Cheezeballs
0117_047_99	C1	Chips, not further specified
0117_048		Preserved or processed vegetables and vegetable-based products (excludes potato starch (01.1.1_010); soups and stocks (01.1.9_066); herbs and spices (01.1.9_062); vegetable juices (01.2.2_074))
0117_048_01	P1, N1	Asparagus, canned
0117_048_02	C1	Beans, legumes canned e.g. red kidney, chickpea, butter, lima
0117_048_03	P1, N1	Beetroot, canned
0117_048_04	P1, U1	Cucumber pickled, dill
0117_048_05	P1, N1	Kimchee (fermented cabbage)
0117_048_06	P1, N1	Mushrooms, canned
0117_048_07	U1	Olives, canned
0117_048_08	P1, N1	Peas, green, canned
0117_048_09	P1, N1	Tomato, canned
0117_048_10	P1, N1	Tomato paste
0117_048_98	C1	Baked beans, canned, not further specified
0117_048_99	C1	Corn, canned, not further specified
0118_049		Sugar, all types
0118_049_01	A2	Artificial sugar substitute
0118_049_02	P1, N1	Sugar, brown
0118_049_03	P1, N1	Sugar, white
0118_049_99	C1	Sugar, not further specified
0118_050		Jam/marmalade
0118_050_01	P1, A2	Jam
0118_050_02	P1, U1	Marmalade
0118_051		Jelly
0118_051_01	P1, N1	Jelly, prepared
0118_051_02	P1, N1	Jelly, crystals/powder

0118_052		Honey
0118_052_01	P1, N1	Honey
0118_053		Syrups – golden and maple, etc., including parts of plant preserved in sugar
0118_053_99	C1	Syrup, sweet pouring, not further specified
0118_054		Chocolate in bars or slabs
0118_054_01	A2	Chocolate candies (e.g. M&Ms)
0118_054_02	P1, N1	Chocolate, dark
0118_054_03	P1, A2	Chocolate, milk
0118_054_04	P1, A2	Chocolate, milk with nuts
0118_054_05	N1	Chocolate, white
0118_054_99	C1	Chocolate, not further specified
0118_055		Toffees, pastilles and other confectionery products
0118_055_01	P1, A2	Liquorice
0118_055_02	P1, N1	Sweets, boiled, hard
0118_055_03	A2	Sweets, jelly lollies
0118_056		Chewing gum
0118_056_01	P1, N1	Chewing gum, bubble gum
0118_058		Edible ice cream/ice
0118_058_01	A2	Ice blocks, flavoured ice, popsicles
0118_058_02	N1	Ice cream, chocolate
0118_058_03	A2	Ice cream, cone or bar
0118_058_04	A2	Ice cream, fruit flavoured
0118_058_05	P1, N1	Ice cream, vanilla
0118_058_99	A2	Sorbet, not further specified
0118_059		Cocoa based foods/dessert preparations (excluding cocoa/powder)
118_059_01	N1	Nutella, or other chocolate spread
0119_060		Salt
0119_060_01	N1	Salt, iodised
0119_060_02	N1	Salt, non-iodised
0119_060_99	C1	Salt, not further specified
0119_061		Condiments and spices, e.g. cumin seeds, pepper, pimento, ginger
0119_061_01	U1	Ajinomoto, MSG or similar
0119_061_02	P1, N1	Cardamom
0119_061_03	P1, A2	Chili, dried
0119_061_04	P1, N1	Chilli powder/flakes
0119_061_05	P1, N1	Cinnamon
0119_061_06	P1, N1	Cloves
0119_061_07	P1, N1	Coriander seeds
0119_061_08	P1, N1	Cumin

0119_061_09	P1, N1	Curry powder
0119_061_10	U1	Garam masala
0119_061_11	P1, A2	Ginger root, fresh
0119_061_12	P1, B1	Lemon grass
0119_061_13	P1, N1	Mustard seeds
0119_061_14	P1, N1	Nutmeg
0119_061_15	P1, N1	Paprika
0119_061_16	A2	Pepper
0119_061_17	P1, U1	Saffron
0119_061_18	A2	Salsa
0119_061_19	P1, N1	Turmeric
0119_061_20	U1	Vanilla essence
0119_061_99	C1	Spices, not further specified
0119_062		Culinary herbs, e.g. coriander leaves, parsley
0119_062_01	N1	Basil
0119_062_02	N1	Bay leaves
0119_062_03	A2	Coriander leaves
0119_062_04	A2	Mint/peppermint
0119_062_05	P1, A2	Oregano
0119_062_06	N1	Parsley, flakes
0119_062_07	P1, N1	Parsley, leaves
0119_062_08	A2	Rosemary
0119_062_09	N1	Thyme
0119_063		Sauces
0119_063_01	F5	Banana ketchup
0119_063_02	A2	Chutney
0119_063_03	P1, N1	Mayonnaise
0119_063_04	A2	Mustard, American style
0119_063_05	N1, A2	Mustard, French style
0119_063_06	N1	Relish, tomato
0119_063_07	P1, N1	Sauce, BBQ
0119_063_08	P1, N1	Sauce, chilli, Asian, commercial
0119_063_09	P1, N1	Sauce, soy/shoyu
0119_063_10	P1, A2	Sauce, tomato, for pasta
0119_063_11	P1, N1	Sauce, tomato, ketchup
0119_063_12	P1, N1	Sauce, Worcestershire
0119_063_13	N1	Tabasco
0119_063_98	C1	Dressing, salad, not further specified
0119_063_99	C1	Sauce, not further specified
0119_064		Seasonings

0119_064_01	F5	Adobo seasoning
0119_064_02	P1, A2	Gravy powder, dried, unprepared
0119_064_03	N1	Kimchee paste
0119_064_04		Maggi sarap seasoning
0119_064_05	U1	Sinigang mix
0119_064_06	N1	Soup/noodle seasoning
0119_064_99	P1, N1	Bouillon/stock cube, not further specified
0119_065		Vinegar
0119_065_01	P1, N1	Vinegar, plain
0119_065_99	C1	Vinegar, not further specified
0119_066		Other food products, e.g. homogenised baby food
0119_066_01	N1	Baking powder
0119_066_02	N1	Baking soda
0119_066_03	A2	Custard powder
0119_066_04	A2	Inaru
0119_066_05	P1	Ofato (type of huhu grub)
0119_066_06	A2	Stuffing mix
0119_066_07	A2	Wasabi
0119_066_08	P1, A2	Yeast spread, e.g. Vegemite
0119_066_09	P1, N1	Yeast/baker's yeast
0119_066_98	A2	Infant formula, not further specified
0119_066_99	C1	Popcorn, cooked, not further specified
0121_067		Coffee
0121_067_01	N1	Coffee, ground
0121_067_02	A2	Coffee, iced, commercial
0121_067_03	P1, N1	Coffee, instant (powder, e.g. Nescafé)
0121_067_04	A2	Coffee, mix (e.g. 3in1)
0121_067_99	C1	Coffee, not further specified
0121_068		Tea
0121_068_01	K1	Tea, black, bag
0121_068_02	A3	Tea, iced, commercial
0121_068_03	S1	Tea, mix (e.g. 3in1)
0121_068_04	B1	Tea, powder
0121_068_99	C1	Tea, not further specified
0121_069		Cocoa
0121_069_01	P1, N1	Cocoa, cocoa powder
0121_070		Other non-alcoholic beverages
0121_070_01	A2	Iced chocolate, commercial
0121_070_02	P1, N1	Beverage, chocolate flavour, from base (Milo)
0121_070_03	P1, N1	Beverages, OVALTINE, Classic Malt powder

0121_070_04	C1	Energy drinks, caffeine added, e.g. red bull, V
0121_070_05	C1	Powdered drink/flavouring, e.g. Kool Aid/Tang
0121_070_06	A2	Sports drinks, all flavours e.g. Gatorade, Staminade, Powerade
0122_071		Mineral or spring waters; all drinking water sold in containers
0122_071_01	A2	Bottled water/spring water
0122_071_02	P1, A2	Mineral water, natural, unflavoured
0122_072		Soft drinks
0122_072_01	N1	Cola flavour soft drink e.g. Coco cola/Pepsi
0122_072_02	N1	Lemonade, soft drink, e.g. Sprite, 7 Up
0122_072_03	P1, A2	Mineral, water, flavoured
0122_072_04	C1	Soft drink, diet, intense sweetened
0122_072_05	N1	Tonic
0122_072_99	C1	Soft drink, not further specified
0122_073		Fruit juices
0122_073_01	P1	Coconut toddy, fresh
0122_073_02	C1	Coconut, water only
0122_073_03	N1	Juice, apple
0122_073_04	A2	Juice, guava
0122_073_05	P1, A2	Juice, lemon
0122_073_06	A2	Juice, mango
0122_073_07	P1, A2	Juice, orange
0122_073_08	A2	Juice, pineapple
0122_073_09	A2	Juice, tropical
0122_073_99	C1	Juice, fruit, not further specified
0122_074		Vegetable juices
0122_074_01	P1, N1	Juice, tomato
0122_074_02	U1	Juice, vegetable
0122_075		Syrups and concentrates for the preparation of beverages
0122_075_99	C1	Cordial, not further specified
0211_076		Spirits
0211_076_01	P1, A2	Gin
0211_076_02	A2	Rum, not further specified
0211_076_03	A2	Tequila
0211_076_04	N1	Vodka
0211_076_05	P1, N1	Whiskey
0211_077		Liqueurs
0211_077_01	N1	Baileys
0211_077_02	N1	Kahlua
0212_078		Wine and wine-based aperitifs
0212_078_01	P1, A2	Brandy

0212_078_02	P1, A2	Port
0212_078_03	P1, A2	Wine, red
0212_078_04	N1	Wine, sake
0212_078_05	A2	Wine, sparkling
0212_078_06	P1, A2	Wine, white
0212_078_98	A2	Sherry, not further specified
0212_078_99	C1	Wine, not further specified
0213_079		Local beer
0213_079_01	P1, A2	Beer, bitter/draught
0213_079_02	A2	Beer, homebrew
0213_079_03	A2	Beer, lager
0213_079_04	P1, A2	Beer, low alcohol
0213_079_05	P1, A2	Beer, reduced alcohol (light)
0213_080		Imported beer
0213_080_01	C1	Beer, not further specified
0213_081		Other related drinks
0213_081_01	P1, N1	Coconut toddy, boiled
0213_081_02	A2	Jelly based drinks, e.g. Aloe Vera
0213_081_03	W1	Tuba
0231_087		Kava (also known as yaqona or sakau)
0231_087_99	P1, N1	Kava/ sakau / yaqona, not further specified
0231_089		Cola nuts, betel nuts and betel leaves
0231_089_01	P1, F2	Betel nut
0231_089_02	B1	Betel leaves
1111_260		Food consumed outside of the home including food from catering services (e.g. restaurants and cafes) and food and beverage products sold for immediate consumption
1111_260_01	A2	Bacon and egg, fried
1111_260_02	A2	Bacon and egg, poached
1111_260_03	A2	Bacon and egg, scrambled
1111_260_04	C1	Bacon and egg, not further specified, cooking methods
1111_260_05	P1, A2	Banana, cooked
1111_260_06	F5	Bread, from white or wholemeal flour, commercial, toasted with eggs, chicken, fried, bacon, fried
1111_260_07	F5	Bread, from white or wholemeal flour, commercial, toasted with eggs, chicken, scrambled, bacon, fried
1111_260_08	C1	Breadfruit, cooked
1111_260_09	A2	Bun, abrasang, ampan (bean filled bun)
1111_260_10	A2	Bun, Chinese steam/ keke puua
1111_260_11	C3	Chicken with breadfruit, mixed cooking methods
1111_260_12	C3	Chicken with cassava, mixed cooking methods
1111_260_13	C3	Chicken with taro, mixed cooking methods

1111_260_14	C3	Chicken, fried with potato chips, deep fried
1111_260_15	C3	Chicken, fried with rice
1111_260_16	U1	Empanada, Latinos beef, prepared
1111_260_17	A2	Falafel, chickpea patty, deep fried, fat not further defined
1111_260_18	C3	Fish, baked, with potato chips, deep fried
1111_260_19	C3	Fish, baked, with rice, boiled
1111_260_20	C3	Fish, battered, deep fried with potato chips, deep fried
1111_260_21	C3	Fish, battered, deep fried with rice, boiled
1111_260_22	C3	Fish, with cassava; mixed cooking methods
1111_260_23	C3	Fish, with rice and taro; mixed cooking methods
1111_260_24	C3	Fish, with taro; mixed cooking methods
1111_260_25	C3	Lamb chops, mixed cooking methods with potato chips, deep fried
1111_260_26	C3	Lamb chops, mixed cooking methods with rice, boiled
1111_260_27	P1, A2	Lasagne, beef, Italian restaurant- style
1111_260_28	A2	Milkshake, chocolate or coffee flavour, regular fat cows milk, without ice cream
1111_260_29	A2	Milkshake, non-chocolate or coffee flavours, regular fat cows milk, without ice cream
1111_260_30	C3	Lamb chops, mixed cooking methods with rice, boiled and taro, boiled
1111_260_31	A2	Nem, spring roll, with vegetables and pork, deep fried
1111_260_32	P1, N1	Noodles, Chow Mein
1111_260_33	P1, A2	Pancake, with syrup from café or restaurant
1111_260_34	A2	Pancake, without syrup from café or restaurant
1111_260_35	A2	Pasta, with cream sauce
1111_260_36	A2	Pasta, with Bolognese sauce
1111_260_37	A2	Pasta, with tomato sauce, Italian restaurant-style
1111_260_38	F5	Poke, ready to eat
1111_260_39	F5	Poke, sweet dessert
1111_260_40	P1, A2	Potato, chips, regular, deep fried, blended oil, salted
1111_260_41	P1, N1	Ravioli, beef, Italian restaurant- style
1111_260_42	A2	Rice, boiled with eggs, chicken, fried
1111_260_43	C3	Rice, boiled with eggs, chicken, scrambled
1111_260_44	C3	Rice, boiled with eggs, chicken, not further specified
1111_260_45	C3	Rice, boiled with pumpkin, boiled
1111_260_46	C1, N1	Rice, not further specified, boiled
1111_260_47	N1	Rice, not further specified, fried
1111_260_48	A2	Salad, garden
1111_260_49	A2	Sandwich, filled with chicken
1111_260_50	A2	Sandwich, filled with egg
1111_260_51	A2	Sandwich, filled with ham
1111_260_52	A2	Sandwich, filled with ham and cheese

1111_260_53	F5	Sandwich, filled with jam
1111_260_54	F5	Sandwich, filled with spam
1111_260_55	F5	Sandwich, filled with tuna and mayonnaise
1111_260_56	C1	Sandwich, not further specified
1111_260_57	A2	Soup, chicken from café or restaurant
1111_260_58	A2	Soup, vegetable from café or restaurant
1111_260_59	C3	Steak, mixed cooking methods with cassava, boiled
1111_260_60	C3	Steak, mixed cooking methods with rice, boiled and taro, boiled
1111_260_61	C3	Steak, mixed cooking methods with rice, boiled
1111_260_62	C3	Steak, mixed cooking methods with taro, boiled
1111_260_63	C3	Steak, mixed cooking methods with potato chips, deep fried
1111_260_64	A2	Sushi, fish, restaurant style
1111_260_65	C3	Takeaway, bbq'd chicken, with salad, green and potato
1111_260_66	A2	Takeaway, bbq'd, spare ribs, beef ribs, with or without added fat
1111_260_67	P1	Takeaway, bbq'd, turkey tail, with or without added fat
1111_260_68	C3	Takeaway, bbq'd pork spareribs, with or without added fat, with salad, mixed
1111_260_69	C3	Takeaway, bbq'd pork, with or without added fat, with salad, mixed
1111_260_70	C3	Takeaway, bbq'd pork, with or without added fat with salad, green and potato
1111_260_71	C3	Takeaway, bbq'd chicken, with or without added fat, with salad, mixed vegetables
1111_260_72	C3	Takeaway, bbq'd fish, with salad, mixed
1111_260_73	C3	Takeaway, bbq'd fish, with salad, green and potato
1111_260_74	C3	Takeaway, bbq'd beef, with or without added fat, with salad
1111_260_75	C3	Takeaway, bbq'd beef, with salad, green and potato
1111_260_76	P1, N1	Takeaway, breadfruit (kon)
1111_260_77	C3	Takeaway, chicken with rice, assumed fried
1111_260_78	P1, N1	Takeaway, Chinese, noodle dish
1111_260_79	A2	Takeaway, Chinese, stir fry, beef, with rice
1111_260_80	A2	Takeaway, Chinese, stir fry, chicken with rice
1111_260_81	A2	Takeaway, Chinese, stir fry, pork with rice
1111_260_82	C3	Takeaway, chops, with rice, boiled and taro, boiled
1111_260_83	N1	Takeaway, chicken, fried
1111_260_84	C3	Takeaway, chicken, not further specified, mixed cooking methods
1111_260_85	C3	Takeaway, curry, chicken, with naan
1111_260_86	A2	Takeaway, curry, chicken, with rice
1111_260_87	C3	Takeaway, fish, battered, deep fried and potato chips
1111_260_88	A2	Takeaway, fish, fried, bbq'd
1111_260_89	N2, C1	Takeaway, fish, fried, sweet & sour
1111_260_90	P1, N1	Takeaway, hamburger, bread roll, beef patty

1111_260_91	P1, A2	Takeaway, hot dog, bread roll, frankfurt filling
1111_260_92	C3	Takeaway, Lamb, chop, untrimmed, coated, baked, roasted, fried, grilled or bbq'd, with or without added fat, with and potato chips, deep fried
1111_260_93	A2	Takeaway, pizza, ham and pineapple
1111_260_94	A2	Takeaway, pizza, meat
1111_260_95	C1	Takeaway, pizza, not further specified
1111_260_96	N1	Takeaway, pizza, vegetarian
1111_260_97	A2	Takeaway, salad, potato, added dressing
1111_260_98	A2	Takeaway, salad, mixed vegetables
1111_260_99	C3	Takeaway, steak and chips
1111_260_100	C1	Takeaway, yam/taro
1111_260_101	A2	Tapioca, pearl or seed style, boiled
1111_260_102	C1	Taro, not further specified, boiled
1111_260_103	A2	Tuna, raw, sashimi style , restaurant style
1111_260_104	A2	Waffle, plain, frozen, commercial
Cooked foods received as gifts		
1111_300		Cooked rice
1111_300_01	P1	Rice, boiled, with coconut cream
1111_300_02	P1, N1	Rice, brown, boiled
1111_300_03	P1, N1	Rice, white, boiled
1111_301		Buns
1111_301_01	N1	Bun, German
1111_302		Cakes
1111_302_01	F5	Cake, taro
1111_303		Other bakery products e.g. sweet pies, pizza, quiches
1111_303_01	S1	Coconut bread
1111_303_02	F5	Karinto (Japanese fried dough)
1111_303_03	C1	Pizza, homemade
1111_303_04	F5	Tama/Palauan dough ball (traditional Palauan fried dough) or other homemade doughnut/Island dumpling (sweet)
1111_304		Pasta products
1111_304_01	U1	Noodle bowl, kimchee
1111_304_02	N1	Noodle bowl, ramen
1111_304_03	P1, N1	Noodles, instant (Maggi-type) boiled, drained
1111_305		Cereal preparations, e.g. cornflakes, oat flakes and other cereal products e.g. tapioca, sago and other starches
1111_305_01	A2	Oats, plain, boiled
1111_306		Dried, salted or smoked meat and edible offal, e.g. sausages, salami, bacon, ham, pate
1111_306_01	P1, N1	Bacon, fried
1111_306_02	P1, N1	Bacon, grilled
1111_306_03	P1, A2	Ham steak, grilled

1111_306_04	P1, N1	Sausage, beef, grilled
1111_306_05	P1, N1	Sausage, chicken, grilled
1111_306_06	A2	Sausage, chorizo, grilled
1111_306_07	U1	Sausage, frankfurt, grilled
1111_306_08	N1	Sausage, lamb, grilled
1111_306_09	P1, N1	Sausage, pork, grilled
1111_306_99	C1	Sausage, not further specified, grilled
1111_307		All meats, cooked
1111_307_01	C1	Beef, fried
1111_307_02	A2	Beef, fried, crumbed
1111_307_03	C1	Beef, grilled/bbq
1111_307_04	C1	Beef, simmered/stewed
1111_307_05	F5	Chicken, adobo
1111_307_06	U1	Chicken, fried
1111_307_07	P1, N1	Chicken, fried, crumbed
1111_307_08	C1	Chicken, grilled/bbq
1111_307_09	N1	Chicken, nuggets
1111_307_10	C1	Chicken, simmered/stewed
1111_307_11	C1	Lamb, fried
1111_307_12	C1	Lamb, fried, crumbed
1111_307_13	C1	Lamb, grilled/bbq
1111_307_14	C1	Lamb, simmered/stewed
1111_307_15	C1	Pork, fried (puaa vela)
1111_307_16	F5	Pork, adobo
1111_307_17	N1	Pork, fried, crumbed
1111_307_18	C1	Pork, grilled/bbq
1111_307_19	C1	Pork, simmered/stewed
1111_307_93	C1	Beef, cooked, not further specified
1111_307_94	C1	Chicken cooked, (moa vela), not further specified
1111_307_95	C1	Lamb, cooked, not further specified
1111_307_96	C1	Pork, cooked, not further specified
1111_307_97	C1	Meat, regular, all cuts, separable fat, cooked
1111_307_98	C1	Meat, bbq/grill/fry cuts, semi-trimmed, cooked
1111_307_99	C1	Meat, lean, bbq/grill/fry cuts, fully-trimmed, cooked
1111_308		Cooked seafood e.g. crustaceans, molluscs and other shellfish, sea snails
1111_308_01	P1, K1	Arkshell, boiled
1111_308_02	C2	Crab, coconut, cooked
1111_308_03	A2	Crayfish, lobster cooked
1111_308_04	N1	Mussels, cooked
1111_308_05	A2	Octopus, BBQ

1111_308_06	A2	Octopus, cooked
1111_308_07	C1	Prawn/shrimp, cooked
1111_308_08	C1	Scallop, cooked
1111_308_09	A2	Squid, battered, fried (calamari)
1111_308_10	C1	Squid, cooked
1111_308_11	A2	Turtle, cooked
1111_308_99	A2	Crab, not further specified, cooked
1111_309		Eggs
1111_309_01	P1, N1	Egg, chicken, fried
1111_309_02	P1, N1	Egg, chicken, hardboiled
1111_309_03	P1, N1	Egg, chicken, poached
1111_309_04	P1, N1	Egg, chicken, scrambled
1111_309_05	P1, N1	Omelette, plain
1111_309_99	C1	Egg, chicken, cooked, not further specified
1111_310		Cooked fruit
1111_310_01	P1, N1	Breadfruit, boiled (fai, ulu vela)
1111_310_02	P1	Pawpaw shoots, boiled
1111_311		Cooked vegetables cultivated for their leaves or stalks, fruit, or roots
1111_311_01	P1, U1	Amaranth, boiled
1111_311_02	P1, N1	Asparagus, boiled
1111_311_03	P1	Banana, cooking, ami, baked
1111_311_04	P1, N1	Banana, cooking, boiled, unsalted
1111_311_05	P1	Banana, cooking, flowers, boiled
1111_311_06	P1, N1	Banana, cooking, opine, baked
1111_311_07	P1	Banana, cooking, ripe, fried
1111_311_08	P1, N1	Beans, broad, boiled
1111_311_09	P1, A2	Beans, butter, boiled
1111_311_10	P1, N1	Beans, green, boiled
1111_311_11	A2	Bean salad, commercial
1111_311_12	P1, N1	Beans, lima, dried, boiled
1111_311_13	P1, U1	Beans, mung, dahl, cooked
1111_311_14	P1, N1	Beans, red kidney, dried, boiled
1111_311_15	P1, U1	Beans, snake (yard-long), boiled
1111_311_16	P1, A2	Beans, soya, dried, boiled
1111_311_17	P1, U1	Beans, yard-long, cooked
1111_311_18	P1, N1	Broccoli, boiled
1111_311_19	P1, N1	Brussel sprouts, boiled
1111_311_20	P1	Cabbage, bush, slippery, boiled
1111_311_21	P1, N1	Cabbage, Chinese, boiled
1111_311_22	P1, A2	Cabbage, European, white, boiled

1111_311_23	C1	Cabbage, not further specified, boiled
1111_311_24	C1	Capsicum, boiled
1111_311_25	P1, N1	Carrot, boiled
1111_311_26	P1, N1	Cauliflower, boiled
1111_311_27	P1, A2	Celery, boiled
1111_311_28	P1, A2	Choko, boiled
1111_311_29	P1, N1	Corn, cob, baked
1111_311_30	P1, N1	Corn, cob, boiled
1111_311_31	P1, N1	Eggplant, boiled
1111_311_32	U1	Garden cress, leaves and stems, boiled
1111_311_33	P1, A2	Garlic, boiled
1111_311_34	P1, U1	Gourd, boiled
1111_311_35	P1, U1	Leaves and shoots, drumstick tree, boiled
1111_311_36	P1	Leaves, choko, boiled
1111_311_37	P1	Leaves, coastal tree, boiled
1111_311_38	P1	Leaves, fern, boiled
1111_311_39	P1	Leaves, fig poke, boiled
1111_311_40	P1	Leaves, hibiscus (bele), boiled
1111_311_41	C2	Leaves, Indianmulberry (noni, kura), boiled
1111_311_42	P1	Leaves, jointfir, boiled
1111_311_43	P1	Leaves, kale (seedling), boiled
1111_311_44	P1	Leaves, nightshade, boiled
1111_311_45	W1	Leaves, okra, boiled
1111_311_46	K1	Leaves, pepper, boiled
1111_311_47	P1, N1	Leaves, puha, boiled
1111_311_48	K1	Leaves, radish, boiled
1111_311_49	P1, U1	Leaves, sweet potato, boiled
1111_311_50	P1, U1	Leaves, taro, boiled
1111_311_51	P1, U1	Leaves, tips, pumpkin, boiled
1111_311_52	P1, A2	Leaves, watercress, cooked
1111_311_53	P1	Leaves, waterdropwort, boiled
1111_311_54	P1	Leaves, wingedbeans, cooked
1111_311_55	P1, N1	Leek, boiled
1111_311_56	P1, A2	Lentils, boiled
1111_311_57	P1, N1	Marrow, boiled
1111_311_58	P1, U1	Okra (lady fingers, ochro, gumbo), boiled
1111_311_59	P1, N1	Onion, brown, boiled
1111_311_60	P1, N1	Parsnip, boiled
1111_311_61	P1, N1	Peas, dried, boiled
1111_311_62	P1	Peas, dried, fried

1111_311_63	P1, N1	Peas, green, boiled
1111_311_64	P1, N1	Peas, split, dried, boiled
1111_311_65	P1, A2	Peas, with edible pod, boiled
1111_311_66	P1	Pit pit, baked
1111_311_67	P1, N1	Pumpkin, boiled
1111_311_68	P1, N1	Silver beet, boiled
1111_311_69	P1, U1	Spinach, Ceylon, leaves, boiled
1111_311_70	P1, A2	Spinach, frozen, boiled
1111_311_71	S1	Spinach, kangkong, boiled
1111_311_72	C1, N1	Spinach, not further specified, boiled
1111_311_73	P1	Spinach, not further specified, leaves, baked, earth-oven
1111_311_74	P1, U1	Squash, boiled
1111_311_75	P1, N1	Swede, boiled
1111_311_76	P1, K1	Taro, stalks, boiled
1111_311_77	P1, A2	Tomato, common, boiled
1111_311_78	P1, N1	Vegetables, mixed, boiled
1111_311_79	P1	Wingedbeans, pods, baked, earth-oven
1111_311_80	U1	Wingedbeans, pods, boiled
1111_311_81	P1, A2	Zucchini, boiled
1111_312		Cooked potatoes and other tuber vegetables e.g. cassava
1111_312_01	P1, N1	Cassava, tapioca, manioc, baked
1111_312_02	N1	Cassava, tapioca, manioc, boiled
1111_312_03	P1, A2	Potato, white, baked
1111_312_04	P1, A2	Potato, white, boiled
1111_312_05	N1	Potato, white, mashed
1111_312_06	P1, A2	Sweet potato, kumara, baked
1111_312_07	P1, N1	Sweet potato, kumara, boiled
1111_312_08	P1	Taro, Chinese, baked
1111_312_09	P1	Taro, Chinese, boiled
1111_312_10	N1	Taro, common, baked
1111_312_11	N1	Taro, common, boiled
1111_312_12	C1	Taro, not further specified, cooked, multiple methods
1111_312_13	P1	Taro, giant (taamu), baked
1111_312_14	P1, B1	Taro, giant (taamu), boiled
1111_312_15	P1, N1	Taro, land/honolulu, baked
1111_312_16	A2	Taro, land/honolulu, boiled
1111_312_17	P1	Wingedbean, root, baked
1111_312_18	C2	Wingedbean, root, boiled
1111_312_19	C2	Yam, Chinese, baked
1111_312_20	J1	Yam, Chinese, boiled

1111_312_21	C2	Yam, Chinese, spiny, baked
1111_312_22	C2	Yam, Chinese, spiny, boiled
1111_312_99	P1, A2	Yam, not further specified, cooked
1111_313		Products of tuber vegetables
1111_313_01	N1	Chips, banana, home prepared
1111_313_02	F5	Chips, breadfruit, home prepared
1111_313_03	F5	Chips, cassava, home prepared
1111_313_04	P1, U1	Chips, taro, home prepared
1111_314		Condiments and spices, e.g. cumin seeds, pepper, pimento, ginger
1111_314_01	P1, A2	Ginger, boiled
1111_315		Sauces
1111_315_01	F5	Vaipolo
1111_316		Seasonings
1111_316_01	P1, A2	Gravy powder, prepared
1111_317		Other cooked food products, e.g. homogenised baby food
1111_317_01	F5	Banana pihlohlo
1111_317_02	A2	Banana salad
1111_317_03	F5	Copra milk with breadfruit
1111_317_04	F5	Faai ai fee, pusi (cooked octopus with coconut cream, ink included)
1111_317_05	F5	Faai ai limu (cooked seaweed in coconut cream, baked)
1111_317_06	F5	Fish with copra milk
1111_317_07	P1	Laplap (grated cassava, cooked)
1111_317_08	F5	Nalot (vegetable dish made from roasted taro, banana or breadfruit mixed with coconut cream)
1111_317_09	P1, F2	Poi, paiai (Steamed corm where, taro is pounded with small amount of water)
1111_317_10	C3	Rice and taiyo (rice with tinned fish)
1111_317_11	A2	Rice and vegetable, stir fry style, using soy sauce
1111_317_12	A2	Soup, beef
1111_317_13	A2	Soup, chicken
1111_317_14	P1	Soup, chicken, noodle
1111_317_15	A2	Soup, crab
1111_317_16	N1	Soup, pumpkin
1111_317_17	F5	Soup, taro
1111_317_18	P1, A2	Soup, tomato
1111_317_19	N1	Soup, vegetable
1111_317_20	A2	Sukiyaki (Noodle soup with meat and vegetables, Asian style)
1111_317_21	U1	Tamales
1111_317_22	F5	Taro banana balls (taro patties made using egg and fried with oil)
1111_317_23	F5	Taro cake (taro patties made using egg and fried with oil)

1111_318		Coffee
1111_318_01	C1	Coffee, brewed
1111_319		Tea
1111_319_01	A2	Tea, black, brewed, no milk
1111_319_02	A2	Tea, black, brewed, with milk
1111_319_03	A2	Tea, chamomile
1111_319_04	N1	Tea, fruit flavoured, sweetened
1111_319_05	N1	Tea, green
1111_319_06	P1	Tea, Indian
1111_319_99	C1	Tea, not further specified