

# **Nutrition Scale**

Style 61223 Food Monitor 10000



# INSTRUCTION MANUAL & FOOD CODES

Your Food Monitor 10000 Nutrition Scale weighs your food and calculates the calories and totals of 6 common nutrients\*.

Knowing the nutrients in your food allows you to control what you eat. You can adjust your food portions to suit your health requirements and lifestyle.

\*NUTTAB 2010 – Australian Food Composition Tables: Food Standards Australia New Zealand, Canberra

#### **QUICK START INSTRUCTIONS**

The following sequence is used to obtain the nutrition values of food

- 1. If using a bowl to place the food in, place it on the scale first (Please refer to Page 3 for details on the tare function)
- 2. Press 'ON' to activate the scale. It is ready for use when 'zeroed'.
- Select the unit measure by pressing 'oz/g'. If measuring liquids, select either ml or fl oz.
- 4. Place the food on the scale (or in bowl): the weight will appear in the display window.
- 5. Find the corresponding food code at the back of this booklet. Enter the 3 digit number.
  - Note: The booklet lists 958 foods. If your food has not been specifically coded, please find the food that is closest in content and use its 3 digit number.
- The scale will then instantly and simultaneously display the nutrient values of the food weighed.
- 7. Press 'M+' to save to memory. 'M01' will appear representing the first food measured and saved.
- 8. Remove the first food. Press 'CLR/MC' to clear the food code number. Place the next food on the scale.
- Repeat steps 4 8 for additional foods ('M02', 'M03', 'M04' etc will appear sequentially with every additional food saved).
- 10. Press 'MR' (Memory Recall) to view stored cumulative values of the different foods weighed. Weight is not shown.
- 11. There are 2 methods to clear the saved data before commencing a new series of weighing and measuring.
  - i. Turn the scale off, then turn it on
  - ii. With the scale in weighing mode (WT is displayed), the food values show '000' and the last 'M' number saved is displayed. Touch the 'CLR/MC' key. 'M' will flash. Touch the 'CLR/MC' key again. The 'M' number disappears confirming that all the data last saved has now been cleared. The scale is now ready for weighing and measuring again.

## FEATURES AND SPECIFICATIONS

# LCD FULL DISPLAY

Switch on and Auto off
Capacity: 10.000g / 361oz /

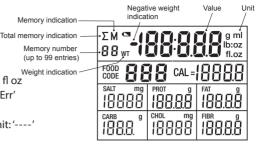
10.000ml / 360 fl oz

Graduation: 1g / 0.1oz / 1ml / 0.1 fl oz Overload indication (>10,000g): 'Err'

Low battery indication: 'Lo'

Nutrition data exceeds scale's limit: '----'

Power supply: 4 x AAA batteries



#### **FUNCTION KEYS**

'OFF' and 'ON' - Power on/off 'Zero' - Also performs 'Add and Weigh Tare function' CLR/MC - Clear memory

oz/g - Unit selection

M+ - Save to memory

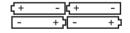
MR - Memory recall

0 - 9 - Numerical touch keys



#### **INSTALLING THE BATTERIES**

Purchase  $4 \times AAA$  alkaline batteries. Then turn the scale over to open the battery compartment by lifting the tab. Insert the batteries and ensure the +/- terminals face the



correct direction by corresponding with the markings inside the compartment.

The scale displays 'Lo' when batteries need replacing. Always use new, fresh alkaline batteries.

#### **BATTERY WARNING**

- Non-rechargeable batteries are not to be recharged.
- Only batteries of the same or equivalent type are to be used.
- Batteries are to be inserted with the correct polarity.
- Remove exhausted batteries from the product.
- Remove batteries from the battery compartment when not in use.
- Never throw batteries in a fire or attempt to open up their outer casing.

# **BATTERY WARNING:**

### **INTERNAL BURNS / CHOKING HAZARD**

Swallowing batteries may lead to serious injury or death (severe burns can occur within 2 hours).

#### **IMMEDIATELY SEE A DOCTOR**

Emergency Telephone Numbers AUSTRALIA 000

Poisons Information Centre AUSTRALIA 13 1126

#### KEEP RATTERIES OUT OF REACH OF CHILDREN

Dispose of batteries immediately and responsibly

# **OPERATING THE SCALE**

We recommend you read the instructions carefully first before attempting to operate the scale. Please keep this booklet for future reference.

## Simple weighing

- 1. If using a bowl to contain the food, put it on the scale first before turning on.
- 2. Press the 'ON' to activate the scale.
- The scale displays all the information segments as '0'. 'WT' will appear at the top left corner of the screen indicating that the scale is in weighing mode and ready for use.
- Select the unit measure by pressing 'oz/g'.
- 5. Place the food slowly onto the scale.
- 6. The weight value will be shown.

# To measure liquids

- Place the container on the scale first before turning on.
   Then select either ml or fl oz by pressing 'oz/g'.
- 2. Pour the liquid into your container, checking the display at the same time. Stop when the volume reaches your need.



#### Power on/off

If left idle for about 60 seconds the scale automatically turns itself off. Otherwise, press 'OFF'. This will help preserve battery life.

#### Tare function

Use 'ZERO' for this function.

The function allows the separate weighing of foods as each food is added to the scale. No need to empty the bowl if using one.

- 1. After weighing the first food, press 'ZERO'.
- 2. With the first food on the scale, add the second food. The readout will now show the weight of the second food only. Repeat these steps if you have additional foods to weigh. The total combined weight of the foods must not exceed the capacity of the scale, which is 10,000g / 361oz / 10,000ml / 360 fl oz.
- 3. The total weight of the items on the scale, (including the bowl if using one), can be obtained by pressing the 'ZERO' button again. Remove all items from the scale. The total weight will be displayed as a negative number.

If you use this function, the weight of the bowl will be omitted thereby providing the nutrition values calculated based only on the weight of the food - not the food AND container. In simple terms, when you put an empty container on the scale and press the 'zero' key, it returns the weight registered on the scale to zero. When you place food in the container, only the food is weighed.

Many foods, such as whole apples, may be weighed directly on the scale, so there is no need to set a tare weight. Other foods that are liquid and items such as cottage cheese or apple sauce must obviously be placed in a separate container before being set on the scale. Whenever a separate container or wrapper is used, you must set the tare weight of the empty container first.

#### How to obtain nutrition data

Note: The booklet lists 958 foods. If your food has not been specifically coded, please find the food that is closest in content and use its 3 digit number.

- 1. Weigh the food first. Refer to Page 3.
- Then search for the corresponding 3 digit food code from the list at the back of this booklet.

This easy-to-use scale instantly calculates the calorie, fibre and nutrient values of the food weighed - Handy if you are consciously watching your calories or carbohydrates and about to devour a huge piece of rich chocolate cake!

- Enter the food code using the numerical keypad.
   For example, the code for Sugar Banana is '026' (Banana, lady finger or sugar, peeled, raw)
- The scale will instantly and simultaneously display the nutrition values of the food weighed. It will identify the Calorie, Salt, Protein, Fat, Carbohydrate, Cholesterol and Fibre content.
- 5. If a nutrient value exceeds the scale's display limit, '----' will appear on the screen. Simply reduce the portion of food weighed.

# How to save nutrition data and obtain total values

\* The scale allows up to 99 foods saved to memory

- Weigh your first food, then key its corresponding food code to obtain the nutrition values (steps as above)
- 2. Press 'M+' to save it.
- The display will show 'M01' to indicate the first saved nutrition data.
- Before adding the next item, touch the 'CLR/MC' key to clear and 'zero' the display. Add the next item, weigh, enter its food code, then press 'M+' again.
- 5. The display will show 'M02' to indicate the second saved nutrition data.
- Repeat Steps 1 4 for the third item.
   The display will show 'M03' to indicate the third saved nutrition data.
- 7. To view the accumulated total values of all the foods entered in the one session, press the 'MR' key (memory recall). The scale will display the accumulated amounts of Calorie, Salt, Protein, Fat, Carbohydrate (with sugar alcohols), Cholesterol and Fibre content. The total weight of the foods placed on the scale will not be shown.

This useful function accumulates and saves data and allows tracking of the total nutrients consumed. If you are conscious of your diet, there is no need to abstain from your favourite foods. Simply reduce your portions! This scale helps monitor your eating habits and lets you decide on the amounts and types of food to eat beneficial to your general health.

#### How to recall saved nutrition data

- 1. When in weighing mode (WT is displayed), press the memory recall key or 'MR'.
- 2. The scale displays the stored cumulative values of the different foods weighed. If 5 items were last saved, then the scale will show ' $\Sigma$ M05' confirming that the values shown relate to those 5 food items. The total weight of the items placed on the scale will not be shown.
- 3. To return to weighing mode, press 'MR'.

#### How to clear saved nutrition data

There are 2 methods to clear the saved data before commencing a new series of weighing and measuring.

- i. Turn the scale off, then turn it on
- ii. With the scale in weighing mode (WT is displayed), the food values show '000' and the last 'M' number saved is displayed. Touch the 'CLR/MC' key. 'M' will flash. Touch the 'CLR/MC' key again. The 'M' number disappears confirming that all the data last saved has now been cleared. The scale is now ready for weighing and measuring again.

# **Caring for your Scale**

- Handle the scale with care. Do not pound on it.
- When necessary, wipe the glass platform with a slightly damp cloth.
- Avoid the use of corrosive cleaners.
- Do not immerse the scale in water.
- Do not attempt to dismantle the scale. It does not contain parts that may be repaired by the user.
- Do not subject the scale to extreme temperatures.



# **Nutrition Scale**

Style 61223 Food Monitor 10000



**FOOD CODES** 

The following pages list 958 foods. If your food item has not been specifically coded, please find the item that is closest in content and use its 3 digit number. You must enter 3 digits. Failure to do this will result in an invalid entry. For example, the correct code for 'Almond, milk chocolate-coated' is 001, not '1'

Α		035	Barley, pearl, raw
		036	Basil, green, raw
001	Almond, milk chocolate-coated	037	Bean, broad, fresh, boiled, drained
002	Anchovy, canned in oil, drained	038	Bean, broad, fresh, raw
003	Apple, dried	039	Bean, butter, fresh, boiled, drained
004	Apple, green skin, unpeeled, raw	040	Bean, butter, fresh, raw
005	Apple, jonathon, unpeeled, raw	041	Bean, cannellini, canned, drained
006	Apricot, canned in syrup	042	Bean, green, fresh, boiled, drained
007	Apricot, dried	043	Bean, green, fresh, raw
800	Apricot, raw	044	Bean, green, frozen, boiled, drained
009	Artichoke heart, canned in brine, drained	045	Bean, haricot, dried
010	Artichoke, globe, raw	046	Bean, haricot, dried, boiled, drained
011	Artichoke, jerusalem, peeled, raw	047	Bean, lima, dried
012	Asparagus, canned in brine, drained	048	Bean, lima, dried, boiled, drained
013	Asparagus, raw	049	Bean, red kidney, dried
014	Avocado, raw	050	Bean, red kidney, dried, boiled, drained
		051	Bean, red, fresh, boiled, drained
		052	Bean, red, fresh, raw
		053	Bean, red, kidney, canned, drained
В		054	Bean, soya, canned, drained
		055	Bean, soya, dried
015	Bacon, breakfast rasher, fried	056	Bean, soya, dried, boiled, drained
016	Bacon, breakfast rasher, grilled	057	Beans, mixed, canned, drained
017	Bacon, breakfast rasher, raw	058	Beans, refried, canned
018	Bacon, middle rasher, lean, grilled	059	Beef chow mein (beef & noodles), Chinese
019	Bacon, middle rasher, lean, raw		restaurant-style
020	Bagel, from white flour	060	Beef hot salad, Thai restaurant-style
021	Baked beans, canned in tomato sauce	061	Beef, all cuts, separable fat, cooked
022	Baked beans, canned in tomato sauce, salt	062	Beef, all cuts, separable fat, raw
	reduced	063	Beef, BBQ/grill/fry cuts, fully-trimmed, cooked
023	Baking soda (bicarbonate), dry powder	064	Beef, BBQ/grill/fry cuts, fully-trimmed, raw
024	Bamboo shoot, canned in water, heated,	065	Beef, blade steak, fully-trimmed, grilled
	drained	066	Beef, blade steak, fully-trimmed, raw
025	Banana, cavendish, peeled, raw	067	Beef, casserole cuts, fully-trimmed, cooked
026	Banana, lady finger or sugar, peeled, raw	068	Beef, casserole cuts, fully-trimmed, raw
027	Bar, carob	069	Beef, chuck steak, fully-trimmed, casseroled
028	Bar, honeycomb centre, chocolate-coated	070	Beef, chuck steak, fully-trimmed, raw
029	Bar, muesli, plain or with dried fruit	071	Beef, corned, 50% trimmed
030	Bar, muesli, plain or with dried fruit,	072	Beef, corned, canned
	chocolate-coated	073	Beef, corned, lean
031	Bar, muesli, plain or with dried fruit,	074	Beef, diced, fully-trimmed, dry fried
	yoghurt-coated	075	Beef, diced, fully-trimmed, raw
032	Bar, muesli, with added nuts	076	Beef, diced, untrimmed, dry fried
033	Bar, muesli, with chocolate chips	077	Beef, diced, untrimmed, raw
034	Barley, pearl, boiled, no added fat or salt	078	Beef, eye fillet, separable lean, grilled
		•	

070	Deef we fill the constitution with		
079	Beef, eye fillet, separable lean, raw	121	Beverage base, drinking chocolate, unfortified
080 081	Beef, fillet steak, fully-trimmed, grilled Beef, fillet steak, fully-trimmed, raw	122	Beverage base, malted milk powder, added
082	Beef, heart, raw	122	vitamins A, B1, B2 & D
083	Beef, in black bean sauce, Chinese	123	Beverage, chocolate flavour, from drinking
003	restaurant-style	124	chocolate, with regular fat milk
084	Beef, in oyster sauce, Chinese restaurant-style	124 125	Biscuit, savoury, cheese-flavoured
085	Beef, kidney, raw		Biscuit, savoury, crisphaged, suffed & teasted
086	Beef, kidney, simmered	126	Biscuit, savoury, crispbread, puffed & toasted
087	Beef, liver, raw	127 128	Biscuit, savoury, flavoured Biscuit, savoury, from rye flour, crispbread
088	Beef, liver, simmered	120	Biscuit, savoury, from white flour, flaky
089	Beef, loin (fillet, sirloin, scotch fillet, t-bone),	129	cracker style
007	separable fat, grilled	130	Biscuit, savoury, from white flour, plain snack
090	Beef, loin (fillet, sirloin, scotch fillet, t-bone),	150	cracker style
070	separable fat, raw	131	Biscuit, savoury, from white flour, Salada® style
091	Beef, roasting cuts, fully-trimmed, cooked	132	Biscuit, savoury, from white flour, water
092	Beef, roasting cuts, fully-trimmed, raw	132	cracker style
093	Beef, round medallion, separable lean, raw	133	Biscuit, savoury, rice cracker
094	Beef, round steak, fully-trimmed, raw	134	Biscuit, savoury, wholemeal wheat flour
095	Beef, rump steak, fully-trimmed, grilled	135	Biscuit, savoury, wholemeal wheat flour,
096	Beef, rump steak, fully-trimmed, raw	155	crispbread
097	Beef, scotch fillet, fully-trimmed, grilled	136	Biscuit, sweet, ANZAC style
098	Beef, scotch fillet, fully-trimmed, raw	137	Biscuit, sweet, chocolate chip
099	Beef, silverside minute steak, separable	138	Biscuit, sweet, chocolate chip & nut
0,,,	lean, raw	139	Biscuit, sweet, chocolate flavour, sandwich,
100	Beef, silverside minute steak, separable	137	cream filling
	lean, roasted	140	Biscuit, sweet, chocolate flavoured
101	Beef, silverside roast, fully-trimmed, raw	141	Biscuit, sweet, chocolate-coated
102	Beef, silverside roast, fully-trimmed, roasted	142	Biscuit, sweet, cream-filled on biscuit base,
	without oil or fat		chocolate-coated
103	Beef, sirloin steak, fully-trimmed, grilled	143	Biscuit, sweet, fruit-filled (spicy fruit roll style)
104	Beef, sirloin steak, fully-trimmed, raw	144	Biscuit, sweet, ginger flavoured
105	Beef, stir-fry strips, fully-trimmed, dry fried	145	Biscuit, sweet, iced
106	Beef, stir-fry strips, fully-trimmed, raw	146	Biscuit, sweet, jam-filled
107	Beef, t-bone steak, fully-trimmed, grilled	147	Biscuit, sweet, macaroon
108	Beef, t-bone steak, fully-trimmed, raw	148	Biscuit, sweet, marshmallow filling
109	Beef, topside roast, fully-trimmed, raw	149	Biscuit, sweet, marshmallow filling,
110	Beef, topside roast, fully-trimmed, roasted		chocolate-coated
111	Beef, tripe, raw	150	Biscuit, sweet, oatmeal
112	Beef, tripe, simmered	151	Biscuit, sweet, plain
113	Beer, draught	152	Biscuit, sweet, sandwich, cream & jam filling
114	Beer, reduced alcohol or light beer	153	Biscuit, sweet, shortbread style
115	Beer, stout	154	Biscuit, sweet, vanilla flavour, sandwich, cream
116	Beetroot, canned, drained		filling
117	Beetroot, fresh, peeled, boiled, drained	155	Biscuit, sweet, wheatmeal
118	Beetroot, fresh, peeled, raw	156	Biscuit, sweet, with coconut
119	Beverage base, chocolate flavour, added iron &	157	Blackberry, purchased frozen
	vitamins A & B3	158	Blackberry, raw
120	Beverage base, chocolate flavour, unfortified	159	Blueberry, purchased frozen
	(Nesquik® brand)	160	Blueberry, raw
			•

161	Brawn	193	Breakfast cereal, wheat bran, pellets, added
162	Bread roll, from white flour		vitamins B1, B2 & folate, Iron, Magnesium & Zinc
163	Bread roll, mixed grain	194	Breakfast cereal, whole wheat, biscuit, added
164	Bread, flat (pita or Lebanese), white		vitamins B1, B2, B3 & folate, Iron & Zinc
165	Bread, flat (pita or Lebanese), wholemeal	195	Breakfast cereal, whole wheat, biscuit, organic,
166	Bread, from rye flour, dark		added vitamins B1, B2 & B3
167	Bread, from rye flour, light	196	Breakfast cereal, whole wheat, flakes, added
168	Bread, from wheat flour, added dried fruit		vitamins B1 & B3
169	Bread, from wheat flour, added dried fruit,	197	Breakfast cereal, whole wheat, puffed, added
	toasted	100	vitamins B1, B2 & B3 & Iron
170	Bread, from white flour	198	Bream, flesh, raw
171	Bread, from white flour, added fibre	199	Broccoli, fresh, boiled, drained
172	Bread, from white flour, toasted	200	Broccoli, fresh, microwaved
173	Bread, from wholemeal flour	201	Broccoli, fresh, raw
174	Bread, from wholemeal flour, toasted	202	Broccoli, frozen, boiled, drained
175	Bread, garlic, made with butter, commercial	203	Brownie, chocolate, without nuts, homemade
176	Bread, gluten free, homemade	204	Brussels sprout, fresh, boiled, drained
177	Bread, mixed grain	205	Brussels sprout, fresh, raw
178	Bread, mixed grain, toasted	206	Brussels sprout, frozen, boiled, drained
179	Bread, Naan, Indian restaurant style	207 208	Buffalo, riverine, cube roll, raw
180	Bread, pumpernickel	208	Bulgur (burghul, burgaul), boiled, no added fat or salt
181	Bread, Roti, Indian restaurant style	209	Bulgur (burghul, burgaul), dry
182	Breadcrumbs, white, commercial	210	Bun, sweet, with dried fruit, uniced
183	Breakfast cereal, flakes of corn, added nuts,	210	Butter, no added salt
	added vitamins B1, B2, B3, C & folate, Iron & Zinc	211	Butter, salted
184	Breakfast cereal, flakes of corn, added vitamins	212	Buttermilk, cultured, 2% fat
	B1, B2, B3, C & folate, Iron & Zinc	213	Dutterrillik, Cultureu, 270 lat
185	Breakfast cereal, mixed grain (oat, rice &		
	wheat), flakes, added vitamins B1, B2,		
	B3 & D, & Iron	C	
186	Breakfast cereal, mixed grain (rice & wheat),	214	Cabbage roll, stuffed with meat & rice, Lebanese
	flakes, sweetened, added vitamins B1, B2, B3,		restaurant-style
107	B6 & folate, Calcium, Iron & Zinc	215	Cabbage, bok choy, raw
187	Breakfast cereal, mixed grain (wheat, corn, rice	216	Cabbage, chinese flowering, raw
	& oat), flakes, added dried fruit & nuts, added	217	Cabbage, chinese, raw
100	vitamins B1, B2, B3, C & folate, Calcium & Iron	218	Cabbage, mustard, raw
188	Breakfast cereal, mixed grain (wheat, oat &	219	Cabbage, red, boiled, drained
	corn), extruded shapes, added vitamins B1, B2,	220	Cabbage, red, canned, heated, drained
189	B3, B6 & C, Calcium & Iron Breakfast cereal, mixed grain flakes (wheat,	221	Cabbage, red, raw
109		222	Cabbage, savoy, raw
	oats), added dried fruit, added vitamins B1, B2, B3 & folate & Iron	223	Cabbage, white, boiled, drained
190	Breakfast cereal, puffed or popped rice, added	224	Cabbage, white, raw
170	vitamins B1, B2, B3, Calcium & folate, Iron & Zinc	225	Cake mix, chocolate flavour, dry
191	Breakfast cereal, puffed or popped rice, cocoa	226	Cake mix, plain, dry
171	coating, added vitamins B1, B2, B3 & folate,	227	Cake mix, sponge, dry
	Calcium, Iron & Zinc	228	Cake, cheesecake, biscuit base, cream cheese
192	Breakfast cereal, wheat bran, flakes, sultanas,		topping, commercial
.,_	added vitamins B1, B2, B3, B6 & folate, Iron &	229	Cake, chocolate, iced, commercial
	Zinc	230	Cake, chocolate, prepared from dry mix, uniced

232 Cake, furul, light in colour, uniced, commercial 233 Cake, fruit, ind, uniced, commercial 234 Cake, lamington, plain, commercial 235 Cake, plain, prepared from dry mix, uniced 236 Calamari, crumbed, fried, from restaurants & takeaway outlets 237 Cannelloni, beef, Italian restaurant-style 238 Capsicum, green, raw 239 Capsicum, green, raw 240 Caramels, soft & hard 241 Carrot, baby, peeled, boiled, drained 242 Carrot, baby, peeled, boiled, drained 243 Carrot, mature, peeled, raw 243 Carrot, mature, peeled, famel 244 Carrot, mature, peeled, famel 245 Cauliflower, boiled, drained 246 Cauliflower, boiled, drained 247 Cauliflower, boiled, drained 248 Caleriac, peeled, boiled, drained 249 Celeriac, peeled, boiled, drained 240 Carrot, mature, peeled, raw 241 Carrot, mature, peeled, raw 242 Carrot, mature, peeled, raw 243 Carrot, mature, peeled, raw 244 Carrot, mature, peeled, raw 245 Cauliflower, boiled, drained 246 Cauliflower, boiled, drained 247 Cauliflower, boiled, drained 248 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, boiled, drained 240 Celeriac, peeled, boiled, drained 241 Celeriac, peeled, boiled, drained 242 Celeriac, peeled, boiled, drained 243 Celeriac, peeled, boiled, drained 244 Celeriac, peeled, boiled, drained 245 Celeriac, peeled, boiled, drained 246 Celeriac, peeled, boiled, drained 247 Celeriac, peeled, boiled, drained 248 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, boiled, drained 240 Celeriac, peeled, boiled, drained 241 Celeriac, peeled, boiled, drained 242 Celeriac, peeled, boiled, drained 243 Celeriac, peeled, boiled, drained 244 Celeriac, peeled, boiled, drained 245 Celeriac, peeled, boiled, drained 246 Celeriac, peeled, boiled, drained 247 Chicken, press Lean, skin & fat, baked 248 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, boiled, drained 250 Cheese, plue vein 251 Cheese, spile vein 252 Cheese, plue vein 253 Cheese, bleeddar, reduced fat (~25%) 254 Cheese, cheddar, reduced fat (~25%) 255 Cheese, cheddar, reduced fat (~25%) 256 Cheese, cheddar, reduced f				
234 Cake, fruit, rich, uniced, commercial 235 Cake, plain, propared from dry mix, uniced 236 Calamari, crumbed, fried, from restaurants & takeaway outlets 237 Cannelloni, beef, Italian restaurant-style 238 Capsicum, green, raw 239 Capsicum, green, raw 230 Cannelloni, beef, Italian restaurant-style 230 Caront, baby, peeled, boiled, drained 241 Carrot, baby, peeled, raw 242 Carrot, baby, peeled, raw 243 Carrot, matrue, peeled, low 244 Carrot, matrue, peeled, boiled, drained 245 Cauliflower, boiled, added cheese sauce 246 Cauliflower, boiled, drained 247 Cauliflower, boiled, drained 248 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, boiled, drained 240 Carrot, baby, peeled, boiled, drained 241 Carrot, matrue, peeled, boiled, drained 242 Carrot, matrue, peeled, boiled, drained 243 Carrot, matrue, peeled, boiled, drained 244 Carrot, matrue, peeled, boiled, drained 245 Cauliflower, raw 246 Cauliflower, boiled, added cheese sauce 247 Cauliflower, raw 248 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, raw 240 Cleriac, peeled, raw 240 Cleres, pread, cheddar 241 Cleres, pread, cheddar 242 Cerrot, baby, peeled, praw 243 Carrot, matrue, peeled, boiled, drained 244 Carrot, matrue, peeled, boiled, drained 245 Chicken, preast, lean, psike fat, baked 246 Cauliflower, raw 248 Celeriac, peeled, poiled, drained 249 Celeriac, peeled, raw 240 Celeriac, peeled, praw 250 Celery, raw 251 Cheese spread, cheddar 252 Cheese spread, cheddar 253 Cheese, pread, cheddar 254 Cheese, pread, cheddar 255 Cheese, pread, cheddar 256 Cheese, camembert 257 Cheese, cheddar, processed 258 Cheese, cheddar, preduced fat (~15%) 259 Cheese, cheddar, preduced fat (~25%) 250 Cheese, cheddar, preduced fat (~25%) 250 Cheese, cheddar, preduced fat (~25%) 251 Cheese, cheed, preduced fat (~25%) 252 Cheese, cheed, preduced fat (~25%) 253 Cheese, cheed, preduced fat (~25%) 254 Cheese, parmesan, finely grated 255 Cheese, parmesan, finely grated 256 Cheese, parmesan, finely grated 257 Cheese, parmesan, finely grated 258 Cheese, parmesan, finely gra	231	Cake, cupcake, iced, commercial		
Cake, lamington, plain, commercial Cake, plain, prepared from dry mix, uniced Calamari, crumbed, fried, from restaurants & takeaway outlets Capsicum, geen, raw Capsicum, red, raw Carrot, baby, peeled, boiled, drained Carrot, baby, peeled, boiled, drained Carrot, baby, peeled, raw Califlower, boiled, drained Carrot, baby, peeled, boiled, drained Carrot, mature, peeled, raw Califlower, boiled, drained Califlower, boiled, drained Carrot, baby, peeled, boiled, drained Carrot, baby, peeled, boiled, drained Carrot, mature, peeled, raw Califlower, boiled, drained Califlower, boiled, drained Califlower, boiled, drained Carrot, baby, peeled, boiled, drained Carrot, mature, peeled, raw Califlower, boiled, drained Celeriac, peeled, boiled, drained Celeriac,	232	Cake, fruit, light in colour, uniced, commercial		, 3
Cauliflower, biole, drained Cauliflower, boiled, drained Cauliflower, boiled, drained Cauliflower, sow Celery, raw Celeriac, peeled, noiled, drained Celeriac, peeled, noiled, d	233	Cake, fruit, rich, uniced, commercial	280	Cherry, raw
Calamari, rrumbed, fried, from restaurants & takeaway outlets  Takeaway outlets  Capsicum, green, raw  Capsicum, green, raw  Capsicum, green, raw  Carrot, baby, peeled, billed, drained  Carrot, baby, peeled, raw  Cauliflower, boiled, drained  Cauliflower, boiled, drained  Cauliflower, boiled, drained  Cauliflower, boiled, drained  Cauliflower, raw  Celeriac, peeled, boiled, drained  Celeriac, peeled, peeled, raw  Celeriac, peeled, peeled, peeled, peeled, peeled, peeled, peeled, raw  Celeriac, peeled, raw  Celeriac, peeled,	234	Cake, lamington, plain, commercial	281	
takeavay outlets  Cannelloni, beef, Italian restaurant-style  Capsicum, green, raw  Capsicum, red, raw  Carrot, baby, peeled, boiled, drained  Carrot, baby, peeled, raw  Carrot, mature, peeled, raw  Califlower, boiled, drained  Calliflower, sow  Celeriac, peeled, boiled, drained  Celeriac, peeled, boiled, drained  Celeriac, peeled, boiled, drained  Celeriac, peeled, fraw  Celeriac, peeled, boiled, drained  Celeriac, peeled, fraw  Celeriac, peeled, boiled, drained  Celeriac, peeled, raw  Celeriac, peeled, boiled, drained  Celeriac, peeled, raw  Celeriac, peeled, boiled, drained  Celeriac, peeled, boiled, dr	235	Cake, plain, prepared from dry mix, uniced		food chain-style
Cannelloni, beef, Italian restaurant-style Capsicum, green, raw Capsicum, green, raw Capsicum, green, raw Carot, baby, peeled, boiled, drained Carrot, baby, peeled, raw Carot, mature, peeled, boiled, drained Carot, mature, peeled, boiled, drained Carot, mature, peeled, raw Cauliflower, boiled, drained Carot, mature, peeled, boiled, drained Carot, mature, peeled, added chees sauce Cauliflower, boiled, drained Cauliflower, poiled, drained Calliflower, raw Celeriac, peeled, boiled, drained Celery, raw Celeriac, peeled, added cheese sauce Celery, raw Celeriac, peeled, boiled, drained Celery, raw Celeriac, peeled, boiled, drained Celery, raw Celeriac, peeled, poiled, drained Chicken, hilp, lean, baked Chicken, hilp, lean, baked Chicken, hilp, lean, baked Chicken, hilp, lean, casseroled Chicken, hilp, lean, raw Chicken, milp, lean, pake Chicken, hilp, lean, pake Chicken, hilp, lean, pake Chicken, hilp, le	236	Calamari, crumbed, fried, from restaurants &	282	Chicken cacciatore, Italian restaurant-style
Chinese restaurant-style Chicken, breast, lean, baked Chicken, breast, lean, baked Chicken, breast, lean, casseroled Chicken, breast, lean, grilled Chicken, drumstick, lean, skin & fat, baked Chicken, drumstick, lean, skin & fat, baked Chicken, free curry, Thai restaurant-style Chicken, green curry, Thai restaurant-style Chicken, green curry, Thai restaurant-style Chicken, green curry, Thai restaurant-style Chicken, liver, cooked Chicken, liver, cooked Chicken, preed, breat without oil Chicken, nugget, purchased frozen, baked without oil Chicken, preaph, lean, baked Chicken, spaparable fat, composite, baked Chicken, spaparable fat, composite, baked Chicken, thigh, lean, baked Chicken, thigh, lean, baked Chicken, thigh, lean, baked Chicken, thigh, lean, casseroled Chicken, thigh, lean, asseroled Chicken, wing, lean, baked Chicken, wing, lean, paked Chicken, wing, lean, baked Chicken, wing, lean, paked Chicken, wing, lean		takeaway outlets	283	Chicken chop suey, Chinese restaurant-style
239 Capsicum, red, raw 240 Caramels, soft & hard 241 Carrot, baby, peeled, boiled, drained 242 Carrot, baby, peeled, raw 243 Carrot, mature, peeled, raw 244 Carrot, mature, peeled, raw 245 Cauliflower, boiled, drained 246 Cauliflower, boiled, drained 247 Cauliflower, boiled, drained 248 Celeriac, peeled, raw 249 Chicken, breast, lean, skin & fat, baked 240 Cauliflower, boiled, added chese sauce 241 Cauliflower, raw 242 Cauliflower, raw 243 Celeriac, peeled, boiled, drained 244 Celeriac, peeled, boiled, drained 245 Celeriac, peeled, boiled, drained 246 Celeriac, peeled, raw 247 Celeriac, peeled, raw 248 Celeriac, peeled, raw 249 Celeriac, peeled, raw 240 Celeriac, peeled, raw 240 Celery, raw 241 Cheses spread, cheddar 242 Cheses pread, cream chese 243 Cheese, blended for pizza use 244 Cheses, blended for pizza use 245 Cheese, cheddar, reduced fat (~15%) 256 Cheese, cheddar, reduced fat (~15%) 257 Cheese, cheddar, reduced fat (~25%) 258 Cheese, cheddar, reduced fat (~25%) 259 Cheese, cheddar, reduced fat (~25%) 260 Cheese, cheddar, reduced fat (~25%) 261 Cheese, cream dottage 262 Cheese, creamed cottage 263 Cheese, creamed cottage 264 Cheese, creamed cottage 265 Cheese, creamed cottage 266 Cheese, creamed cottage 267 Cheese, phaloumi 268 Cheese, phaloumi 269 Cheese, phaloumi 260 Cheese, haloumi 260 Cheese, haloumi 261 Cheese, parmesan, shaved 270 Cheese, parmesan, shaved 271 Cheese, porvolone style 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, provolone style 276 Cheese, porvolone style 277 Cheese, porvolone style 278 Cheese, porvolone style 279 Cheese, portion, white mould coated (includes brie 270 Cheese, portion, white mould coated (includes brie 270 Cheese, portion, white mould coated (includes brie 271 Cheese, portion, white mould coated (includes brie 272 Cheese, portion, style 273 Cheese, portion, style 274 Cheese, portion, style 275 Cheese, portion, style 276 Cheese, portion, style 277 Cheese, portion, style 278 Cheese, portion, style 279 Cheese, portion,	237	Cannelloni, beef, Italian restaurant- style	284	Chicken chow mein (chicken & noodles),
Carrot, baby, peeled, boiled, drained 286 Chicken, breast, lean, casseroled Chicken, breast, lean, grilled Chicken, breast, lean, saw Chicken, drumstick, lean, skin & fat, baked Chicken, breast, lean, skin & fat, taw Chicken, drumstick, lean, skin & fat, raw Chicken, green curry, Thai restaurant-style Chicken, liver, cooked Chicken, liver, cooked Chicken, liver, cooked Chicken, liver, raw Chicken, preact, liver, cooked Chicken, liver, raw Chicken, upget, purchased frozen, baked without oil Chicken, separable fat, composite, baked Chicken, thigh, lean, baked Chicken, thigh, lean, casseroled Chicken, wing, lean, casseroled Chicken	238	Capsicum, green, raw		Chinese restaurant-style
Carrot, baby, peeled, boiled, drained 287 Chicken, breast, lean, grilled 288 Chicken, breast, lean, raw 289 Chicken, drumstick, lean, skin & fat, baked 289 Chicken, drumstick, lean, skin & fat, raw 240 Carlot, mature, peeled, raw 241 Carot, mature, peeled, and 242 Chicken, drumstick, lean, skin & fat, raw 242 Cauliflower, boiled, drained 243 Cauliflower, boiled, drained 244 Carot, patcher, boiled, drained 246 Cauliflower, raw 247 Cauliflower, raw 248 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, raw 250 Celery, raw 251 Cheese spread, cheddar 252 Cheese spread, cream cheese 253 Cheese, blended for pizza use 254 Cheese, blended for pizza use 255 Cheese, camembert 256 Cheese, cheddar, reduced fat (~15%) 257 Cheese, cheddar, reduced fat (~25%) 258 Cheese, cheddar, reduced fat (~25%) 259 Cheese, cheddar, reduced fat (~25%) 260 Cheese, cream 261 Cheese, cream 262 Cheese, cream cottage 263 Cheese, cream cottage 264 Cheese, cream cottage 265 Cheese, cream cottage 266 Cheese, cream cottage 267 Cheese, feta (fetta), sheep & cows milk 268 Cheese, parmesan, shaved 279 Cheese, parmesan, finely grated 270 Cheese, parmesan, finely grated 271 Cheese, parmesan, finely grated 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, provolone style 276 Cheese, provolone style 277 Cheese, provolone style 278 Cheese, provolone style 279 Cheese, provolone style 270 Cheese, post, white mould coated (includes brie & camembert) 270 Cheese, post, white mould coated (includes brie & camembert) 271 Cheese, post, white mould coated (includes brie & camembert) 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, provolone style 276 Cheese, post, white mould coated (includes brie & camembert) 277 Cheese, post, white mould coated (includes brie & camembert) 278 Cheese, provolone style 279 Cheese, provolone style 270 Cheese, provolone style 271 Cheese, provolone style 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 27	239	Capsicum, red, raw	285	Chicken, breast, lean, baked
Carrot, baby, peeled, raw 243 Carrot, mature, peeled, raw 244 Carrot, mature, peeled, raw 255 Cauliflower, boiled, added chees sauce 266 Cauliflower, boiled, drained 277 Cauliflower, boiled, added chees sauce 288 Chicken, drumstick, lean, skin & fat, baked 289 Chicken, drumstick, lean, skin & fat, raw 290 Chicken, green curry, Thai restaurant-style 240 Cauliflower, boiled, drained 241 Cauliflower, raw 242 Celeriac, peeled, boiled, drained 243 Celeriac, peeled, raw 244 Celeriac, peeled, raw 245 Celery, raw 246 Celeriac, peeled, raw 247 Celeriac, peeled, raw 248 Celeriac, peeled, raw 249 Celeriac, peeled, raw 250 Celery, raw 251 Chicken, processed 252 Chicken, thigh, lean, baked 253 Cheese spread, cream cheese 254 Cheese, plended for pizza use 255 Cheese, blended for pizza use 256 Cheese, cheddar, processed 257 Cheese, cheddar, reduced fat (~15%) 258 Cheese, cheddar, reduced fat (~25%) 259 Cheese, cheddar, reduced fat (~25%) 250 Cheese, cheddar, reduced fat (~25%) 251 Cheese, cheddar, reduced fat (~25%) 252 Cheese, cheddar, reduced fat (~25%) 253 Cheese, cheddar, reduced fat (~25%) 254 Cheese, cheddar, reduced fat (~25%) 255 Cheese, cheddar, reduced fat (~25%) 256 Cheese, cheddar, reduced fat (~25%) 257 Cheese, cheddar, reduced fat (~25%) 258 Cheese, cheddar, reduced fat (~25%) 259 Cheese, cheddar, reduced fat (~25%) 260 Cheese, cream 270 Chicken, wing, lean, skin & fat, baked 271 Cheese, edam 272 Cheese, edam 273 Chicken, wing, lean, pakin & fat, baked 274 Cheese, edam 275 Cheese, creamed cottage 276 Cheese, edam 277 Cheese, feta (fetta), sheep & cows milk 278 Cheese, pararella 279 Cheese, pararesan, finely grated 270 Cheese, parmesan, finely grated 271 Cheese, parmesan, finely grated 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, provolone style 276 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 278 Cheese, soft, white mould coated (includes brie & camembert) 278 Cheese, soft, white mo	240	Caramels, soft & hard	286	Chicken, breast, lean, casseroled
Carrot, mature, peeled, boiled, drained  289 Chicken, drumstick, lean, skin & fat, taked  244 Carrot, mature, peeled, raw  245 Cauliflower, boiled, added cheese sauce  246 Cauliflower, boiled, drained  247 Cauliflower, boiled, drained  248 Celeriac, peeled, boiled, drained  249 Chicken, liver, raw  240 Celeriac, peeled, boiled, drained  240 Celeriac, peeled, raw  241 Celeriac, peeled, raw  242 Celeriac, peeled, raw  243 Celeriac, peeled, raw  244 Celeriac, peeled, raw  245 Celeriac, peeled, raw  246 Celeriac, peeled, raw  257 Chicken, liver, raw  258 Chicken, sipar, purchased frozen, baked without oil  259 Chicken, separable fat, composite, baked  260 Chicken, separable fat, composite, baked  261 Chicken, separable fat, composite, baked  262 Chicken, thigh, lean, casseroled  263 Chicken, wing, lean, raw  264 Chicken, wing, lean, baked  265 Cheese, cheddar, reduced fat (~15%)  266 Cheese, cheddar, reduced fat (~25%)  267 Cheese, cheeddar, reduced fat (~25%)  268 Cheese, cheeddar, reduced fat (~25%)  269 Cheese, cheeddar, reduced fat (~36%)  260 Cheese, cream  261 Cheese, cream  262 Cheese, cream  263 Cheese, feta (fetta), sheep & cows milk  265 Cheese, gouda  266 Cheese, feta (fetta), sheep & cows milk  267 Cheese, havarti style  268 Cheese, mozzarella  279 Cheese, parmesan, finely grated  270 Cheese, parmesan, finely grated  271 Cheese, parmesan, finely grated  272 Cheese, parmesan, finely grated  273 Cheese, provolone style  274 Cheese, provolone style  275 Cheese, provolone style  276 Cheese, provolone style  277 Cheese, provolone style  278 Cheese, provolone style  279 Cheese, rother mould coated (includes brie & camembert)  277 Cheese, soft, white mould coated (includes brie & camembert)  278 Cheese, provolone style  279 Cheese, soft, white mould coated (includes brie & camembert)  270 Cheese, soft, white mould coated (includes brie & camembert)  271 Cheese, soft, white mould coated (includes brie & camembert)	241	Carrot, baby, peeled, boiled, drained	287	Chicken, breast, lean, grilled
Carrot, mature, peeled, raw 290 Chicken, drumstick, lean, skin & fat, raw 245 Cauliflower, boiled, added cheese sauce 246 Cauliflower, raw 248 Celeriac, peeled, faw 249 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, boiled, drained 250 Celery, raw 251 Cheese spread, cheddar 252 Cheese spread, cream cheese 253 Cheese, pleueded for pizza use 254 Cheese, pleueded for pizza use 255 Cheese, camembert 256 Cheese, cheeddar, reduced fat (~15%) 257 Cheese, cheddar, reduced fat (~25%) 258 Cheese, cheddar, reduced fat (~25%) 259 Cheese, cheddar, reduced fat (~25%) 250 Cheese, cheddar, reduced fat (~25%) 251 Cheese, cheddar, reduced fat (~25%) 252 Cheese, cheddar, reduced fat (~25%) 253 Cheese, cheddar, reduced fat (~25%) 254 Cheese, cheddar, reduced fat (~25%) 255 Cheese, cheddar, reduced fat (~25%) 256 Cheese, cheddar, reduced fat (~25%) 257 Cheese, cheddar, reduced fat (~25%) 258 Cheese, cheddar, reduced fat (~25%) 260 Cheese, cheddar, reduced fat (~25%) 261 Cheese, cream 262 Cheese, cream 263 Cheese, cream 264 Cheese, cream 265 Cheese, creamd cortage 266 Cheese, creamd cortage 267 Cheese, creamd cortage 268 Cheese, pouda 269 Chicken, ving, lean, save 260 Cheese, dam 260 Cheese, creamd cortage 261 Cheese, creamd cortage 262 Cheese, creamd cortage 263 Cheese, parmes and sheep & cows milk 265 Cheese, pouda 266 Cheese, parmes and finely grated 267 Cheese, parmesan, finely grated 268 Cheese, mozzarella 269 Cheese, mozzarella, reduced fat 270 Cheese, parmesan, finely grated 271 Cheese, parmesan, finely grated 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, croam, style 276 Cheese, croam, style 277 Cheese, provolone style 278 Cheese, provolone style 279 Cheese, croam, style 270 Cheese, soft, white mould coated (includes brie & camembert) 271 Cheese, provolone style 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, camembert) 276 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, provolone style 278 Chee	242		288	Chicken, breast, lean, raw
Cauliflower, boiled, added cheese sauce 291 Chicken, green curry, Thai restaurant-style 246 Cauliflower, boiled, drained 247 Cauliflower, poiled, drained 248 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, raw 250 Celery, raw 251 Cheese spread, cheddar 252 Cheese spread, cream cheese 253 Cheese, blended for pizza use 254 Cheese, blue vein 255 Cheese, camembert 256 Cheese, camembert 257 Cheese, cheddar, processed 258 Cheese, cheddar, processed 259 Chicken, wing, lean, casseroled 250 Cheese, cheddar, processed 251 Cheese, cheddar, processed 252 Cheese, cheddar, reduced fat (~15%) 253 Cheese, cheddar, reduced fat (~25%) 254 Cheese, cheddar, reduced fat (~25%) 255 Cheese, cheddar, reduced fat (~25%) 256 Cheese, cheddar, regular fat 257 Cheese, cheddar, regular fat 260 Cheese, colby style 261 Cheese, cream 262 Cheese, cream 263 Cheese, cream 264 Cheese, cream 265 Cheese, cream 266 Cheese, camed cottage 267 Cheese, cream 268 Cheese, cream 269 Chicken, wing, lean, skin & fat, baked 260 Cheese, colby style 261 Cheese, cream 262 Cheese, cream 263 Cheese, cream 264 Cheese, feta (fetta), sheep & cows milk 265 Cheese, planumi 266 Cheese, planumi 267 Cheese, parmesan, shaved 268 Cheese, mozzarella 269 Cheese, mozzarella 260 Cheese, mozzarella 261 Cheese, parmesan, finely grated 262 Cheese, parmesan, finely grated 263 Cheese, provolone style 264 Cheese, provolone style 265 Cheese, provolone style 276 Cheese, provolone style 277 Cheese, provolone style 278 Cheese, provolone style 279 Cheese, provolone style 270 Cheese, provolone style 271 Cheese, provolone style 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, provolone style 276 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 278 Cheese, provolone style 279 Cheese, provolone style 270 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 278 Cheese, soft, white mould coated	243	Carrot, mature, peeled, boiled, drained	289	Chicken, drumstick, lean, skin & fat, baked
246 Cauliflower, boiled, drained 247 Cauliflower, raw 248 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, boiled, drained 249 Celeriac, peeled, raw 250 Celery, raw 251 Cheese spread, cream cheese 252 Cheese spread, cream cheese 253 Cheese, blended for pizza use 254 Cheese, blended for pizza use 255 Cheese, blended for pizza use 256 Cheese, cheddar, reduced fat (~15%) 257 Cheese, cheddar, reduced fat (~25%) 258 Cheese, cheddar, reduced fat (~25%) 259 Cheese, cheddar, reduced fat (~25%) 250 Cheese, cheddar, reduced fat (~25%) 251 Cheese, cheddar, reduced fat (~25%) 252 Cheese, cheddar, reduced fat (~25%) 253 Cheese, cheddar, reduced fat (~25%) 254 Cheese, cheddar, reduced fat (~25%) 255 Cheese, cheddar, reduced fat (~25%) 256 Cheese, cheddar, reduced fat (~25%) 257 Cheese, cheddar, reduced fat (~25%) 258 Cheese, cheddar, reduced fat (~25%) 259 Cheese, cheddar, reduced fat (~25%) 260 Cheese, cheddar, reduced fat (~25%) 261 Cheese, creamed cottage 262 Cheese, creamed cottage 263 Cheese, creamed cottage 264 Cheese, creamed cottage 265 Cheese, creamed cottage 266 Cheese, fat (fetta), sheep & cows milk 267 Cheese, haloumi 268 Cheese, mozzarella 269 Cheese, mozzarella 260 Cheese, mozzarella 261 Cheese, mozzarella 262 Cheese, mozzarella 263 Cheese, mozzarella, reduced fat 264 Cheese, mozzarella 265 Cheese, mozzarella 266 Cheese, mozzarella 267 Cheese, parmesan, finely grated 270 Cheese, parmesan, finely grated 271 Cheese, parmesan, finely grated 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, provolone style 276 Cheese, provolone style 277 Cheese, provolone style 278 Cheese, provolone style 279 Cheese, provolone style 270 Cheese, provolone style 271 Cheese, provolone style 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, provolone style 276 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, provolone style 278 Cheese, provolone style 279 Cheese, provolone style 270 Cheese, provolone style 271 Chee	244	Carrot, mature, peeled, raw	290	Chicken, drumstick, lean, skin & fat, raw
Cauliflower, raw  Celeriac, peeled, boiled, drained  Celeriac, peeled, boiled, drained  Celeriac, peeled, raw  Chicken, separable fat, composite, baked without oil  Chicken, separable fat, composite, baked Chicken, separable fat, s	245	Cauliflower, boiled, added cheese sauce	291	Chicken, green curry, Thai restaurant-style
Celeriac, peeled, boiled, drained  294 Chicken, nugget, purchased frozen, baked without oil  295 Celery, raw  296 Chicken, separable fat, composite, baked  297 Chicken, separable fat, composite, baked  298 Chicken, thigh, lean, baked  299 Chicken, thigh, lean, casseroled  299 Chicken, thigh, lean, casseroled  290 Chicken, wing, lean, baked  291 Chicken, wing, lean, raw  292 Cheese, blended for pizza use  293 Chicken, wing, lean, paked  294 Chicken, wing, lean, casseroled  295 Chicken, wing, lean, casseroled  296 Chicken, wing, lean, raw  297 Chicken, wing, lean, baked  298 Chicken, wing, lean, baked  299 Chicken, wing, lean, baked  299 Chicken, wing, lean, paked  290 Chicken, wing, lean, paked	246	Cauliflower, boiled, drained	292	Chicken, liver, cooked
Celeriac, peeled, raw  Celery, raw  Celery, raw  Celery, raw  Celery, raw  Celery, raw  Cheese spread, cream cheese  Cheese, blended for pizza use  Cheese, blended for pizza use  Cheese, cheddar, processed  Cheese, cheddar, reduced fat (~15%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cheddar, regular fat  Cheese, cheddar, regular fat  Cheese, cloby style  Cheese, cloby style  Cheese, cream  Cheese, cream  Cheese, creamed cottage  Cheese, dead  Chilli (chili), red, raw	247	Cauliflower, raw	293	Chicken, liver, raw
Celery, raw Cheese spread, cheddar Cheese spread, cream cheese Cheese, blended for pizza use Cheese, blended for pizza use Cheese, blue vein Cheese, cheddar, processed Cheese, cheddar, reduced fat (~15%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, regular fat Cheese, cream Cheese, cheddar, regular fat Cheese, cream Cheese, cheddar, regular fat Cheese, cream Cheese, colby style Cheese, chadumi Cheese, pouda Chillic, (chill), green, raw Chillic, (chill), green, raw Chillic, (chill), green, raw Chillic, (chillic), dried, ground Chillic, (chillic), red, raw Chillic, (chillic), dried, ground Chillic, chillic, chillic, dried, ground Chillic, chillic, dried, groun	248	Celeriac, peeled, boiled, drained	294	Chicken, nugget, purchased frozen, baked
Celery, raw  Cheese spread, cheddar  Cheese spread, cream cheese  Cheese, blended for pizza use  Cheese, blue vein  Cheese, blue vein  Cheese, cheddar, processed  Cheese, cheddar, reduced fat (~15%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cloby style  Cheese, colby style  Cheese, cream  Cheese, cream  Cheese, creamed cottage  Cheese, creamed cottage  Cheese, deddar, chedued  Cheese, deddar, chedued  Cheese, cheddar, reduced fat (~30%)  Cheese, creamed cottage  Cheese, creamed cottage  Cheese, creamed cottage  Cheese, dedumi  Cheese, deam  Chocolate, compound, cooking  Chocolate, dark, fondant or cream filled  Chocolate, dark, fingh coca solids  Chocolate, milk, sugar-coated  Chocolate, milk, with added milk solids  Chocolate, milk, with added milk solids  Cheese, parmesan, finely grated  Cheese, parmesan, shaved  Cheese, provolone style  Cheese, provolone style  Cheese, provolone style  Cheese, romano style  Cheese, romano style  Cheese, romano style  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (in	249	Celeriac, peeled, raw		without oil
Cheese spread, cheddar Cheese spread, cream cheese Cheese, blended for pizza use Cheese, blended for pizza use Cheese, blue vein Cheese, blue vein Cheese, camembert Cheese, cheddar, processed Cheese, cheddar, reduced fat (~15%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, regular fat Cheese, cheddar, regular fat Cheese, cream Cheese, cream Cheese, creamed cottage Cheese, creamed cottage Cheese, creamed cottage Cheese, dedman Cheese, dedman Cheese, defet (fetta), sheep & cows milk Cheese, haloumi Cheese, haloumi Cheese, havarti style Cheese, mozzarella Cheese, mozzarella Cheese, mozzarella, reduced fat Cheese, parmesan, finely grated Cheese, parmesan, shaved Cheese, provolone style Cheese, provolone style Cheese, romano style Cheese, soft, white mould coated (includes brie & camembert) Cheese, parmerican Cheese, powiffs Cheese	250	· ·	295	Chicken, separable fat, composite, baked
Cheese pread, cream cheese Cheese, blended for pizza use Cheese, blended for pizza use Cheese, blended for pizza use Cheese, blue vein Cheese, camembert Cheese, cheddar, rocussed Cheese, cheddar, reduced fat (~15%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, regular fat Cheese, cream Cheese, edam Chillic (chili), green, raw Chillic (chili), red, raw Chillic (chilics), dried, ground Chip or crisp, soy Chives, raw Chicken, wing, lean, baked Chicken, wing, lean, casseroled Chicken, wing, lean, paked Chicken, wing, lean, casseroled Chicken, wing, lean, caser	251	· ·	296	Chicken, thigh, lean, baked
Cheese, blended for pizza use Cheese, blended for pizza use Cheese, blue vein Cheese, camembert Cheese, cheddar, processed Cheese, cheddar, reduced fat (~ 15%) Cheese, cheddar, reduced fat (~ 25%) Cheese, cheddar, reduced fat (~ 25%) Cheese, cheddar, reduced fat (~ 25%) Cheese, cheddar, regular fat Cheese, cheddar, regular fat Cheese, colby style Cheese, colby style Cheese, cream Cheese, creamed cottage Cheese, creamed cottage Cheese, edam Cheese, feta (fetta), sheep & cows milk Cheese, feta (fetta), sheep & cows milk Cheese, haloumi Cheese, havarti style Cheese, mozzarella Cheese, mozzarella Cheese, mozzarella Cheese, parmesan, finely grated Cheese, parmesan, shaved Cheese, parmesan, shaved Cheese, provolone style Cheese, provolone style Cheese, romano style Cheese, soft, white mould coated (includes brie & camembert) Checoese, suiter Checoese, pwiter Chicken, wing, lean, paked Chicken, wing, le	252	•	297	Chicken, thigh, lean, casseroled
Cheese, blue vein  Cheese, camembert  Cheese, cheddar, processed  Cheese, cheddar, reduced fat (~15%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cheddar, regular fat  Chiko® roll, deep fried  Chilli (chili) powder  Chilli (chili), green, raw  Chilli (chili), red, raw  Chilli (chili), green, raw  Chilli (chile), grien  Chilli (chili), grien, grien  Chilli (chili), grien,	253	1 7	298	Chicken, thigh, lean, raw
Cheese, camembert Cheese, cheddar, processed Cheese, cheddar, reduced fat (~15%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, regular fat Chiko® roll, deep fried Chilli (chilli) powder Chilli (chilli), green, raw Chilli (chilli), green, raw Chilli (chilli), green, raw Chilli (chilli), red, raw Chilli			299	Chicken, wing, lean, baked
Cheese, cheddar, processed  Cheese, cheddar, reduced fat (~15%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cheddar, reduced fat (~25%)  Cheese, cheddar, regular fat  Chiko® roll, deep fried  Chilli (chili) powder  Chilli (chili), green, raw  Chilli (c		,	300	Chicken, wing, lean, casseroled
257 Cheese, cheddar, reduced fat (~15%) 258 Cheese, cheddar, reduced fat (~25%) 259 Cheese, cheddar, regular fat 260 Cheese, cheddar, regular fat 261 Cheese, cream 262 Cheese, cream 263 Cheese, cream 264 Cheese, cream 265 Cheese, feta (fetta), sheep & cows milk 265 Cheese, gouda 266 Cheese, haloumi 267 Cheese, havarti style 268 Cheese, havarti style 269 Cheese, mozzarella 269 Cheese, mozzarella 269 Cheese, parmesan, finely grated 270 Cheese, parmesan, shaved 271 Cheese, perorino style 273 Cheese, provolone style 274 Cheese, router 275 Cheese, router 276 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 278 Cheese, cuters		,		, 3, ,
Cheese, cheddar, reduced fat (~25%) Cheese, cheddar, regular fat Cheese, cheddar, regular fat Cheese, colby style Cheese, cream Chilli (chilli), powder Chilli (chilli), powder Chilli (chilli), pred, raw Chilli (chilli), red, raw Chilli (chilli), red, raw Chilli (chilli), red, ground Chilli (chilli), grean, ground Chilli (chilli), ground Chilli (chilli), grean, ground Chilli (chilli), grean, ground Chilli (chilli), ground Chilli (chilli), grean, ground Chilli (chilli), grean, ground Chilli (chilli), ground Chilli (chilli), grean, ground Chilli (chilli), ground Cholli (ground) Chocolate, ground			302	Chicken, wing, lean, skin & fat, baked
259 Cheese, cheddar, regular fat 260 Cheese, colby style 261 Cheese, cream 262 Cheese, creamed cottage 263 Cheese, edam 264 Cheese, feta (fetta), sheep & cows milk 265 Cheese, gouda 266 Cheese, haloumi 267 Cheese, havarti style 268 Cheese, mozzarella 269 Cheese, mozzarella 269 Cheese, parmesan, finely grated 270 Cheese, parmesan, finely grated 271 Cheese, parmesan, shaved 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, router 275 Cheese, router 276 Cheese, router 277 Cheese, router 277 Cheese, router 277 Cheese, router 277 Cheese, provolone style 278 Cheese, router 279 Cheese, provolone style 270 Cheese, provolone style 271 Cheese, provolone style 272 Cheese, provolone style 273 Cheese, provolone style 274 Cheese, provolone style 275 Cheese, router 276 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 277 Cheese, ruters 278 Cheese, ruters 279 Cheese, ruters 277 Cheese, ruters 277 Cheese, ruters 278 Cheese, ruters 279 Cheese, ruters 279 Cheese, ruters 270 Cheese, ruters 277 Cheese, ruters 277 Cheese, ruters 278 Cheese, ruters 279 Cheese, ruters 279 Cheese, ruters 270 Cheese, ruters 270 Cheese, ruters 270 Cheese, ruters 271 Cheese, ruters 272 Cheese, ruters 273 Cheese, ruters 274 Cheese, ruters 275 Cheese, routers 275 Cheese, routers 276 Cheese, ruters 277 Cheese, ruters 277 Cheese, ruters 278 Cheese, ruters 279 Cheese, ruters 279 Cheese, ruters 270 Cheese, ruters 270 Cheese, ruters 271 Cheese, ruters 271 Cheese, ruters 272 Cheese, ruters 273 Cheese, ruters 274 Cheese, ruters 275 Cheese, ruters 276 Cheese, ruters 277 Cheese, ruters 277 Cheese, ruters 278 Cheese, ruters 279 Cheese, ruters 279 Cheese, ruters 270 Cheese, ruters 270 Cheese, ruters 270 Cheese, ruters 271 Cheese, ruters 272 Cheese, ruters 273 Cheese, ruters 274 Cheese, ruters 275 Cheese, ruters 276 Ch		, , , , , , , , , , , , , , , , , , , ,		
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Cheese, edam  Chillies (chilles), dried, ground  Chip or crisp, soy  Chives, raw  Chocolate, compound, cooking  Choese, haloumi  Chocolate, dark, fondant or cream filled  Cheese, mozzarella  Cheese, mozzarella  Cheese, parmesan, finely grated  Cheese, parmesan, shaved  Cheese, parmesan, shaved  Cheese, pecorino style  Cheese, provolone style  Cheese, provolone style  Cheese, ricotta, reduced fat  Cheese, romano style  Cheese, osoft, white mould coated (includes brie & camembert)  Cheese, soft, white mould coated (includes brie & camembert)  Cheese, feta (fetta), sheep & cows milk  309  Chip or crisp, soy  Chives, raw  Chocolate, compound, cooking  Chocolate, dark, high cocoa solids  Chocolate, milk, fondant or cream filled  Chocolate, milk, sugar-coated  Chocolate, milk, with added milk solids  Chocolate, milk, with added milk solids  Chocolate, milk, with nuts  Chocolate, milk, with n		·	307	. ,, ,
264 Cheese, feta (fetta), sheep & cows milk 265 Cheese, gouda 266 Cheese, haloumi 267 Cheese, havarti style 268 Cheese, mozzarella 269 Cheese, mozzarella 270 Cheese, parmesan, finely grated 271 Cheese, parmesan, shaved 272 Cheese, pecorino style 273 Cheese, provolone style 274 Cheese, ricotta, reduced fat 275 Cheese, romano style 276 Cheese, romano style 277 Cheese, osoft, white mould coated (includes brie & camembert) 277 Cheese, soft, white mould coated (includes brie & camembert) 278 Cheese, soft, white mould coated (includes brie & camembert) 279 Cheese, rivers		, ,		
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& camembert) 322 Cliniamon, ground 323 Cloves,		· · · · · · · · · · · · · · · · · · ·		
277 Chara swirs	2,0	, ,		, 3
324 Cocoa powder	277			•
			324	cocoa powder

325	Coconut ice, homemade	l 370	Custard apple, african pride, peeled, raw
326	Coconut, cream	370	Custard, dairy, reduced fat, vanilla, commercial
327	Coconut, fresh, mature fruit, flesh	371	Custard, dairy, regular fat, vanilla, commercial
328	Coconut, grated & desiccated	3,72	custuru, uuriy, regular rat, variina, commerciar
329	Coconut, milk or cream, dried, powder		
330	Coconut, milk, reduced fat, canned	_	
331	Coconut, milk, regular fat, canned	D	
332	Cod, smoked, steamed or poached	373	Dairy blend, butter & edible oil spread
333	Coffee & chicory essence, concentrate	374	Danish pastry, custard & fruit filled
334	Coffee, from ground beans, long black style,	375	Date, dried
334	without milk, decaffeinated	376	Devon or fritz, processed luncheon meat
335	Coffee, from ground coffee beans, espresso	377	Dim sim, deep fried, commercial
333	style, without milk	378	Dip, sour cream-based, commercial
336	Coffee, from ground coffee beans, long black	379	Doughnut, dusted with cinnamon & sugar
330	style, without milk	380	Doughnut, iced
337	Coffee, from instant coffee powder, without milk	381	Dressing, thousand island, reduced fat,
338	Coffee, instant, dry powder or granules	301	commercial
339	Cone, wafer style, for ice cream	383	Dressing, thousand island, regular,
340	Confectionery, white christmas, home-prepared	303	commercial
341	Coriander seed, ground	385	Dried fruit & nut mix, milk chocolate-coated
342	Coriander, fresh, leaves & stems	386	Dried fruit mix (raisin or sultana), milk
343	Corn chips, flavoured	300	chocolate-coated
343 344	Corn chips, flavoured, fried, monounsaturated	387	Dripping, beef
344	oil	388	Duck, skin & fat, baked
345		389	Duck, skin & fat, raw
345 346	Corn chips, plain toasted, salted Corn chips, plain, toasted, no added salt	307	buck, skill & lat, law
340	Cornmeal (polenta), raw		
348	Couscous, cooked in water, no added fat or salt	_	
349	Couscous, raw	E	
350	Crab, flesh only, purchased steamed or boiled	390	Eclair, cream or custard filled, chocolate
350 351	Crabmeat, canned in brine		icing, commercial
352	Cranberry, dried, sweetened	391	Egg, chicken, scrambled, added butter
353	Cream of tartar, dry powder		& milk
354	Cream, imitation or mock (non-dairy)	392	Egg, chicken, scrambled, no added fat
355	Cream, pure, 35% fat	393	Egg, chicken, white (albumen) only, raw
356	Cream, reduced fat (~25%), canned	394	Egg, chicken, whole, hard-boiled
357	Cream, regular thickened, 35% fat	395	Egg, chicken, whole, poached
358	Cream, regular thickened, light (~18% fat)	396	Egg, chicken, whole, raw
359	Cream, rich or double thick	397	Egg, chicken, yolk, hard-boiled
360	Cream, sour	398	Egg, chicken, yolk, raw
361	Cream, sour, light (~18% fat)	399	Egg, duck, whole, boiled
362	Cream, whipped, aerosol, regular fat (~28%)	400	Egg, duck, whole, raw
363	Crocodile, tail fillet, raw	401	Egg, quail, whole, raw
364	Croissant (pastry crescent), commercial, plain	402	Eggplant, grilled
365	Crumpet, from white flour, toasted	403	Eggplant, raw
366	Cucumber, common, peeled, raw	404	Emu, steak, raw
367	Cumin (cummin) seeds, ground	405	Endive, raw
368	Currant, dried	406	Extruded snack, cheese flavoured
369	Curry powder	407	Extruded snack, non-cheese flavoured
307	carry powder		

F		451	Glucose, liquid or syrup
408	Falafel, chickpea patty	452	Gnocchi, potato, commercially prepared, boiled
409	Fat, solid, blend of animal & vegetable oils	453	Grain waves, flavoured
410	Fat, solid, vegetable oil based	454	Grain waves, plain, original
411	Fennel, raw	455	Grape, black muscatel, raw
412	Fig, dried	456	Grape, red globe, raw
413	Fig, unpeeled, raw	457	Grape, thompson seedless or sultana, raw
414	Fish ball, Asian style, cooked	458	Grapefruit, peeled, raw
415	Fish cake, deep fried, from takeaway outlet	459	Gravy powder, dry mix
416	Fish cake, fried, with sauce, Thai	460	Gravy, prepared, commercial
710	restaurant-style	461	Guacamole, avocado dip
417	Fish finger, crumbed, purchased frozen, raw	462	Guava, hawaiian, raw
418	Fish paste or spread		
419	Fish roe (caviar), black		
420	Fish roe (caviar), red	Н	
421	Fish, cocktail size, battered, deep fried, from	463	Halvah, plain
421	takeaway outlets	464	Ham & chicken roll, processed luncheon meat
422	Flathead, flesh, raw	465	Ham steak, grilled
423	Flour, arrowroot	466	Ham steak, griffed
424	Flour, cornflour, from maize starch	467	Ham, leg, lean
425	Flour, rice	468	· •
425	Flour, wheat, white, high protein or bread	469	Hamburger patty, purchased frozen, fried
420	making flour		Hamburger patty, purchased frozen, grilled
427	Flour, wheat, white, plain	470	Hamburger, beef pattie, with cheese, lettuce,
427	Flour, wheat, white, self-raising	471	onion & sauce, takeaway style
		471	Hamburger, beef pattie, with cheese, lettuce,
429 430	Flour, wheat, wholemeal, plain	472	sauce, fast food style
	Flour, wheat, wholemeal, self-raising	472	Hamburger, beef pattie, with cheese, onion,
431	Frankfurt, canned, heated, drained	4=0	pickles & sauce, fast food style
432 433	Frankfurt, simmered	473	Hamburger, plain (beef pattie, lettuce, tomato,
	Fruit dripk, 35% apple inice		onion, sauce), takeaway shop
434	Fruit drink, 25% apple juice	474	Herring, Atlantic, pickled
435	Fruit drink, 25% orange juice	475	Honey
436	Fruit drink, 25% orange juice, added vitamin C	476	Honeycomb, plain
437	Fruit drink, 35% apple juice, added vitamin C	477	Hummus dip, Lebanese restaurant-style
438	Fruit drink, 35% orange juice, added vitamin C	478	Hundreds & thousands
439	Fruit salad, canned in syrup		
440 441	Fruit salad, canned in syrup, drained		
	Fruit salad, fresh, commercial		
442	Fruit, leather	479	Ice confection, stick or tub, fruit juice or fruit
			flavoured
G		480	Ice confection, stick, milk-based, various
442	Cardia mandad many	100	flavours
443 444	Garlic, peeled, raw Gemfish, flesh, raw	481	lce confection, stick, water-base, various
		-101	flavours
445	Ghee, clarified butter	482	lce cream, reduced fat, vanilla flavour
446	Gherkin, pickled, drained, commercial	483	lce cream, regular fat, vanilla flavour
447	Gin	484	lce cream, regular fat, vanilla navour
448	Ginger, dried, ground	404	
449	Ginger, peeled, raw		with waffle cone, chocolate coated
450	Ginger, peeled, stir-fried without oil		

485	Intense sweetener, containing sucralose,	523	Lamb, chump chop, semi-trimmed, grilled
	powdered formulation	524	Lamb, chump chop, semi-trimmed, raw
486	Intense sweetener, containing sucralose, tablet	525	Lamb, diced, fully-trimmed, dry fried
487	Irish stew, canned, heated	526	Lamb, diced, fully-trimmed, raw
		527	Lamb, easy carve leg roast, semi-trimmed, raw
_		528	Lamb, easy carve leg roast, semi-trimmed,
J			roasted
488	Jackfruit, peeled, raw	529	Lamb, eye of loin, separable lean, grilled
489	Jam, all flavours, intense sweetened	530	Lamb, eye of loin, separable lean, raw
490	Juice concentrate, orange	531	Lamb, forequarter chop, semi-trimmed, grilled
491	Juice, apple, shelf stable, no added vitamin C	532	Lamb, forequarter chop, semi-trimmed, raw
492	Juice, blackcurrant	533	Lamb, frenched cutlet/rack, fully-trimmed,
493	Juice, carrot		grilled
494	Juice, carrot Juice, grape	534	Lamb, frenched cutlet/rack, fully-trimmed, raw
		535	Lamb, frenched cutlet/rack, separable lean, raw
495	Juice, grape, sparkling, white, non-alcoholic	536	Lamb, kidney, raw
496	Juice, grapefruit	537	Lamb, kidney, simmered
497	Juice, lemon	538	Lamb, leg roast, semi-trimmed, raw
498	Juice, lime	539	Lamb, leg roast, semi-trimmed, roasted
499	Juice, orange, added vitamin C	540	Lamb, liver, grilled
500	Juice, orange, no added vitamin C	541	Lamb, liver, raw
501	Juice, pineapple	542	Lamb, loin chop, semi-trimmed, grilled (2002)
502	Juice, pineapple, sweetened	543	Lamb, loin chop, semi-trimmed, raw
503	Juice, tomato, added salt	544	Lamb, mince, dry fried
		545	Lamb, mince, raw
17		546	Lamb, moussaka, Greek restaurant-style
K		547	Lamb, rump, separable lean, grilled
504	Kabana, processed meat	548	Lamb, rump, separable lean, raw
505	Kangaroo, loin fillet, grilled	549	Lamb, souvlakia, Greek take-away
506	Kangaroo, loin fillet, raw	550	Lamb, steak, fully-trimmed, raw
507	Kangaroo, rump, baked	551	Lamb, steak, fully-trimmed, roasted
508	Kangaroo, rump, raw	552	Lard
509	Kiwifruit, gold, peeled, raw	553	Lasagne (lasagna), beef, Italian restaurant-
510	Kiwifruit, hayward, peeled, raw		style
511	Kohlrabi, peeled, raw	554	Lasagne (Lasagna), beef, purchased frozen, baked
	,,	555	Leek, raw
		556	Lemon butter, homemade
L		557	Lemon peel, raw
512	Lady finger (pastry with vegetables), Lebanese	558	Lentil, dried
	restaurant-style	559	Lentil, dried, boiled, drained
513	Lamb, all cuts, separable fat, cooked	560	Lettuce, cos, raw
514	Lamb, all cuts, separable fat, raw	561	Lettuce, iceberg, raw
515	Lamb, BBQ/grill/fry cuts, fully-trimmed, cooked	562	Lettuce, mignonette, raw
516	Lamb, BBQ/grill/fry cuts, fully-trimmed, raw	563	Licorice
517	Lamb, BBQ/grill/fry cuts, semi-trimmed, cooked	564	Licorice, allsorts
518	Lamb, BBQ/grill/fry cuts, semi-trimmed, raw	565	Licorice, milk chocolate-coated
519	Lamb, brain, raw	566	Lime, peeled, raw
520	Lamb, brain, simmered	567	Lobster, flesh only, purchased steamed or boiled
521	Lamb, casserole cuts, fully-trimmed, cooked	568	Loquat, peeled, raw
522	Lamb, casserole cuts, fully-trimmed, raw	569	Lychee, peeled, peeled, raw

M		612	Mortadella, processed meat
570	Macadamia, milk chocolate-coated	613	Muesli, toasted, with added dried fruit & nut
571	Mandarin (imperial), peeled, raw	614	Muesli, untoasted or natural style, unfortified
572	Mandarin (tangelo), peeled, raw	615	Muffin, cake-style, bran, flavoured
573	Mandarin, canned in syrup, drained	616	Muffin, cake-style, with fruit, commercial
574	Mango, peeled, raw	617	Muffin, English style, from white flour, toasted
575	Margarine spread, monounsaturated (70% fat)	618	Mulberry, raw
576	Margarine spread, mono-unsaturated (70% fat),	619	Mushroom, common, raw
370	reduced salt (sodium = 380mg/100g)	620	Mushroom, common, stir-fried without oil
577	Margarine spread, polyunsaturated (70% fat)	621	Mussel, green, steamed or boiled
578	Margarine spread, polyunsaturated, reduced fat	622	Mussel, smoked, canned in oil, drained
370	(40% fat), no added salt or milk	623	Mustard powder, dry
579	Margarine, cooking	624	Mustard, cream style
580	Margarine, polyunsaturated	625	Mutton, all cuts, separable fat, cooked
581	Marinade, Asian style	626	Mutton, all cuts, separable fat, raw
582	Marinara mix, contains fish & shellfish, raw	627	Mutton, casserole, fully-trimmed, casseroled
583	Marmalade, orange	628	Mutton, casserole, fully-trimmed, raw
584	Marzipan, almond paste, added sugar		
585	Mayonnaise, regular fat, commercial		
586	Meat paste		
587	Melon, rockmelon (cantaloupe), peeled, raw	N	
588	Melon, watermelon, peeled, raw	629	Nectarine, unpeeled, raw
589	Meringue, all flavours, commercial	630	Noodle, wheat, Asian style
590	Milk, canned, evaporated, regular	631	Noodle, wheat, instant, flavoured, boiled,
591	Milk, canned, evaporated, skim (<0.5% fat)	051	drained
592	Milk, canned, sweetened, condensed, regular	632	Noodles, pad thai, Thai restaurant-style
593	Milk, cow, fluid, flavoured, chocolate, reduced	633	Nut, almond, with skin
	fat	634	Nut, almond, without skin, blanched
594	Milk, cow, fluid, flavoured, chocolate, regular fat	635	Nut, brazil, raw or blanched
595	Milk, cow, fluid, flavoured, coffee, reduced fat	636	Nut, cashew, raw
596	Milk, cow, fluid, flavoured, coffee, regular fat	637	Nut, cashew, roasted, salted
597	Milk, cow, fluid, flavoured, strawberry,	638	Nut, chestnut, raw
	reduced fat	639	Nut, chestnut, roasted
598	Milk, cow, fluid, flavoured, strawberry, regular	640	Nut, hazelnut, raw
	fat	641	Nut, macadamia
599	Milk, cow, fluid, reduced fat (1%)	642	Nut, peanut, with skin, raw
600	Milk, cow, fluid, regular fat (~3.5%)	643	Nut, peanut, with skin, roasted, with oil, salted
601	Milk, cow, fluid, regular fat (~3.5%), ultra	644	Nut, peanut, without skin, roasted, with oil,
	high temperature treated, commercial		salted
602	Milk, cow, fluid, skim (~0.15% fat)	645	Nut, peanut, without skin, roasted, with oil,
603	Milk, goat, fluid, regular fat	0.5	unsalted
604	Milk, powder, cow, regular	646	Nut, pecan, unsalted
605	Milk, rice, fluid, regular fat, added calcium	647	Nut, pine, raw
606	Millet, raw	648	Nut, pistachio, unsalted
607	Mineral water, fruit flavours, intense sweetened	649	Nut, walnut, raw
608	Mineral water, with 5% citrus fruit juice	650	Nutmeg, ground
609	Miso, soyabean paste		
610	Mixed fruit, dried		
611	Miyad yaqatahlac frazon bailad or microwayad	I	

Mixed vegetables, frozen, boiled or microwaved

0		694	Pasta, white wheat flour with egg, boiled, no added salt
651 652	Oat bran, unprocessed Oats, rolled, boiled, added salt (porridge)	695	Pasta, white wheat flour, boiled from dry, no
653	Oats, rolled, raw	696	added salt Pasta, wholemeal wheat flour based, dry
654	Oil, almond	697	Pasta, wholemeal wheat flour, boiled from dry,
655	Oil, blend of monounsaturated vegetable oils	097	no added salt
656	Oil, blend of polyunsaturated vegetable oils	698	Paste, curry, Indian style, commercial
657	Oil, canola	699	Paste, shrimp, Asian style
658	Oil, copha	700	Pastry mix, commercial, dry mix
659	Oil, macadamia	701	Pastry mix, commercial, prepared from dry mix
660	Oil, olive	701	with water, baked
661	Oil, palm	702	Pastry, choux, commercial, baked, unfilled
662	Oil, peanut	702	Pastry, choux, raw
663	Oil, safflower	704	Pastry, filo (fillo), baked
664	Oil, sesame	705	Pastry, filo (fillo), raw
665	Oil, soybean	706	Pastry, puff, butter, commercial, raw
666	Oil, sunflower	707	Pastry, puff, vegetable oil, commercial, baked
667	Olive, green or black, drained	708	Pastry, puff, vegetable oil, commercial, raw
668	Olive, green, pimento, stuffed, drained	709	Pastry, puff, with butter, commercial, baked
669	Omelette, chicken egg, added butter	710	Pastry, spring roll, homemade, raw
670	Omelette, chicken egg, no added fat	711	Pasty, vegetable & meat, commercial, ready
671	Onion ring, battered, fried, solid vegetable oil		to eat
672	Onion, mature, brown skinned, peeled, raw	712	Pate de foie (chicken liver pate)
673	Onion, mature, brown skinned, peeled, stir-fried	713	Pate, liverwurst, commercial
	without oil	714	Pawpaw (papaya), peeled, raw
674	Onion, mature, white skinned, peeled, raw	715	Pea, green, fresh, boiled, drained
675	Onion, mature, white skinned, peeled, stir-fried	716	Pea, green, fresh, raw
	without oil	717	Pea, split, dried
676	Onion, pickled, drained, commercial	718	Pea, split, dried, boiled, drained
677	Onion, spring, raw	719	Peach, canned in syrup
678	Orange, navel (all varieties), peeled, raw	720	Peach, canned in syrup, drained
679	Oregano, dried	721	Peach, unpeeled, raw
680	Ostrich, fan fillet, raw	722	Peanut butter, smooth & crunchy, added sugar
681	Oyster, raw		& salt
682	Oyster, smoked, canned in oil, drained	723	Peanut butter, smooth & crunchy, no added
			sugar or salt
<b>D</b>		724	Peanut, milk chocolate-coated
Ρ		725	Pear, brown, unpeeled, raw
683	Pancake, dry mix, commercial	726	Pear, canned in syrup
684	Pancake, homemade	727	Pear, canned in syrup, drained
685	Pappadam, deep fried	728	Pear, nashi, unpeeled, raw
686	Parsley, continental, raw	729	Pear, unpeeled, raw
687	Parsley, curly, raw	730	Pepino, peeled, raw
688	Parsnip, peeled, raw	731	Pepper, ground, black or white
689	Passionfruit, pulp, canned	732	Persimmon, peeled, raw
690	Passionfruit, raw	733	Pickles, mustard, sweet, commercial
691	Pasta marinara, Italian restaurant-style	734	Pie, savoury, meat, commercial, family size
692	Pasta napoletana, Italian restaurant-style	735	Pie, savoury, meat, commercial, individual size
693	Pasta, white wheat flour based, dry (regular	736	Pie, savoury, meat, commercial, party size
	nacta)	737	Pie, sweet, apple, commercial, family size

738	Pie, sweet, lemon meringue, baked, homemade	780	Potato, gems or royals, par-fried in animal fat,
739	Pigeon (squab), whole, raw		purchased frozen, baked without oil
740	Pikelet, commercial	781	Potato, hash brown, McDonalds®
741	Pineapple (cayenne), peeled, raw	782	Potato, new, peeled, baked
742	Pineapple, canned in pineapple juice	783	Potato, new, peeled, mashed with milk & butter
743	Pineapple, canned in pineapple juice, drained	784	Potato, new, peeled, raw
744	Pineapple, fresh, cooked in light syrup, drained	785	Prawn, king (large size), flesh only, purchased
745	Pizza, ham & pineapple, takeaway style		cooked
746	Pizza, supreme, takeaway style	786	Prawn, king (large size), raw (green)
747	Plum, dark, canned in syrup	787	Prawn, school, flesh only, purchased cooked
748	Plum, dark, canned in syrup, drained	788	Pretzels
749	Plum, unpeeled, raw	789	Prickly pear, peeled, raw
750	Pomegranate, peeled, raw	790	Prune (dried plum)
751	Popcorn, air-popped, no added fat or salt	791	Pudding, plum, canned, commercial
752	Popcorn, regular, commercial	792	Pudding, self-saucing, prepared from dry mix,
753	Pork rind snack		flavoured
754	Pork, crackling, roasted, salted	793	Pudding, sticky date, homemade
755	Pork, diced, as purchased, raw	794	Pumpkin, peeled, baked
756	Pork, diced, as purchased, stir fried	795	Pumpkin, peeled, boiled
757	Pork, fillet, fully-trimmed, raw	796	Pumpkin, peeled, raw
758	Pork, fillet, fully-trimmed, roasted		1 /1 /
759	Pork, leg roast, as purchased, raw		
760	Pork, leg roast, as purchased, roasted without		
	oil or fat	Q	
761	Pork, loin chop, as purchased, dry-fried	797	Quail, flesh & skin, baked
762	Pork, loin chop, as purchased, raw	797	Quail, flesh & skin, raw
763	Pork, loin roast, as purchased, raw	799	Quiche, ham & cheese, commercial, baked
764	Pork, loin roast, as purchased, roasted without	800	Quince, peeled, raw
	oil or fat	000	Quince, pecica, raw
765	Pork, medallion or loin steak, as purchased, raw		
766	Pork, mince, as purchased, dry fried	D	
767	Pork, mince, as purchased, raw	R	
768	Pork, rump steak, as purchased, raw	801	Rabbit, farmed, whole, raw
769	Pork, strips, as purchased, raw	802	Rabbit, flesh, casseroled
770	Pork, strips, as purchased, stir-fried	803	Radish, red skinned, unpeeled, raw
771	Potato crisp or chip, salt & vinegar flavoured	804	Radish, white skinned, peeled, raw
772	Potato crisps or chips, flavoured (other than salt	805	Rambutan, raw
	& vinegar)	806	Raspberry, canned in syrup
773	Potato crisps or chips, plain, reduced fat, salted	807	Raspberry, canned in syrup, drained
774	Potato crisps or chips, plain, salted	808	Raspberry, purchased frozen
775	Potato crisps or chips, plain, unsalted	809	Raspberry, raw
776	Potato straws, plain	810	Ravioli, beef, Italian restaurant- style
777	Potato, chips, regular, deep fried, blended oil,	811	Rhubarb, stalk, raw
	from take-away outlet, salted	812	Rice porridge (congee), cooked
778	Potato, chips, regular, deep fried,	813	Rice, brown, boiled, no added salt
	mono-unsaturated oil, from take-away outlet,	814	Rice, white, boiled, no added salt
	salted	815	Rice, white, raw
779	Potato, chips, regular, par-fried in canola oil,	816	Rice, wild, boiled, no added salt
	purchased frozen, baked without oil	817	Rum, dark & light coloured

S		862	Shallot, peeled, raw
_		863	Silverbeet, raw
818	Salad, bean, commercial	864	Snapper, flesh, raw
819	Salami, unspecified variety	865	Snowpea, raw
820	Salmon, Atlantic, fillets, raw	866	Soft drink, cola flavour
821	Salmon, pink, canned in brine	867	Soft drink, cola flavour, intense sweetened
822	Salmon, pink, canned in water, no added salt,	868	Soft drink, cola flavour, intense sweetened,
	drained	000	decaffeinated
823	Salmon, raw, sashimi style, Japanese	869	Soft drink, fruit flavours, intense sweetened
	restaurant-style	870	Soft drink, ginger ale, creamy soda or other
824	Salmon, red, canned in brine	070	non-fruit flavours
825	Salmon, red, canned in water, no added salt,	871	Soft drink, lemon flavour
	drained	872	Soft drink, lemonade
826	Salmon, smoked, sliced	873	Soft drink, orange flavour
827	Salt, cooking	874	Soup, minestrone, homemade
828	Salt, table, iodised	875	Soup, pumpkin, homemade
829	Salt, table, non-iodised	876	Soup, vegetable, homemade
830	Sardine, canned in oil	877	Spaghetti in meat sauce, canned
831	Sardine, canned in water, no added salt, drained	878	Spaghetti in tomato & cheese sauce, canned
832	Sauce, barbecue, commercial	879	Spam, canned
833	Sauce, black bean, Asian, commercial	880	Spinach, English, raw
834	Sauce, cheese, homemade	881	Spinach, frozen, boiled, drained
835	Sauce, chilli (chili), Asian, commercial	882	Spinach, water, raw
836	Sauce, curry, Asian, commercial	883	Sports drink, all flavours
837	Sauce, fish, Asian, commercial	884	Spread, hazelnut & chocolate flavoured
838	Sauce, hoi sin, Asian, commercial	885	Spread, yeast, vegemite
839	Sauce, oyster, Asian, commercial	886	Spring roll, meat &/or vegetable, deep fried
840	Sauce, pasta, tomato-based, commercial,	887	Sprout, alfalfa, raw
841	heated	888	Sprout, bean, raw
842	Sauce, plum, Asian, commercial	889	Squash, button, raw
843	Sauce, salsa, tomato-based Sauce, satay, Asian, commercial	890	Squid or calamari, raw
844		891	Stock, dry powder
845	Sauce, soy, commercial Sauce, soy, reduced salt	892	Strasburg
846	Sauce, sweet & sour, Asian, commercial	893	Strawberry, purchased frozen
847	Sauce, tabasco	894	Strawberry, raw
848	Sauce, tabasco Sauce, taco style, commercial	895	Stuffing, bread-based, commercial
849	Sauce, tomato, commercial	896	Sugar, brown
850	Sausage roll, commercial, ready to eat,	897	Sugar, raw
050	individual size	898	Sugar, white, granulated or lump
851	Sausage, beef, fried	899	Sugar, white, icing
852	Sausage, beef, grilled	900	Sugar, white, icing mixture
853	Sausage, beef, raw	901	Sultana
854	Sausage, vegetarian style, raw	902	Sushi, California roll, restaurant-style
855	Scallop, raw	903	Swede, peeled, raw
856	Scone, plain, commercial	904	Sweet potato, orange flesh, peeled, baked
857	Scone, with dried fruit, homemade	905	Sweet potato, orange flesh, peeled, raw
858	Seafood or fish stick (surimi), purchased	906	Sweetcorn, fresh on cob, boiled, with salt, drained
050	frozen, raw	907	Sweetcorn, fresh on cob, raw
859	Seed, sesame, white	908	Sweetcorn, kernels, canned in brine, drained
860	Seed, sunflower	909	Sweetcorn, kernels, purchased frozen, raw
861	Semolina, raw	910	Syrup, maple, pure (100% maple)
٠٠.	,	710	Syrapyapicy pare (100/0 mapie)

Т		w	
911	Tabouleh, Lebanese restaurant-style	947	Watercress, raw
912	Tahini, sesame seed pulp	948	Whisky
913	Tamarillo, peeled, raw	949	Whiting, king george, flesh, raw
914	Tapioca, pearl or seed style, raw	950	Wine, red
915	Tapioca, seed or pearl style, boiled	951	Wine, rose
916	Tart, custard, commercial, individual	952	Wine, white, sparkling
917	Tart, jam, commercial, individual		
918	Tea, herbal other than chamomile, brewed, without milk		
919	Tea, regular, brewed from leaf or teabags, without milk	Υ	
920	Tempeh (fermented soy beans), fried,	953	Yoghurt, low fat (<0.5%), fruit pieces or
	sunflower oil		flavoured, intense sweetened
921	Thyme, dried	954	Yoghurt, low fat ( $<$ 0.5%), vanilla flavoured
922	Tofu (soy bean curd), firm, as purchased	955	Yoghurt, natural, low fat
923	Tofu (soy bean curd), silken or soft, as	956	Yoghurt, natural, regular fat ( $\sim$ 4%)
	purchased	957	Yoghurt, regular fat ( $\sim$ 3%), vanilla flavoured
924	Tomato, cherry, raw	958	Yoghurt, regular fat, purchased frozen, fruit
925	Tomato, common, boiled with salt, drained		flavoured
926	Tomato, common, raw	959	Yorkshire pudding, added fat, homemade
927	Tomato, sundried		
928 929	Tomato, whole, canned in tomato juice Tuna, canned in brine		
930	Tuna, canned in brine Tuna, canned in vegetable oil	Z	
931	Tuna, cameu in vegetable on Tuna, raw, sashimi style, Japanese	_	
731	restaurant-style	960	Zucchini, green skin, raw
932	Turkey, breast, lean, baked		
933	Turkey, breast, lean, raw		
934	Turkey, hindquarter, lean, skin & fat, baked		
935	Turkey, hindquarter, lean, skin & fat, raw		
936	Turkey, processed luncheon meat		
937	Turmeric, ground		
938	Turnip, white, peeled, raw		
750	turnip, write, peered, tuw		
V		N 10	in the consistence of the advantage of Consistence Deep Deep Life Manager
939	Vanilla, artificial, extract, alcohol free	Nesquik® SA, Switz	is the registered trademark of Societe Des Produits Nestle
940	Veal, all cuts, separable fat, cooked		s the registered trademark of Campbell Soup Company,
941	Veal, all cuts, separable fat, raw	USA	s the registered trademark of Campbell Soup Company,
942	Veal, schnitzel, breadcrumb coating, purchase		the registered trademark of STM, Inc, USA

frozen, fried, peanut oil

Venison, diced, lean, raw

Vinegar

Vodka

943

944

945 946 Venison, diced, lean, dry fried

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## Notes

## **Glossary - Nutritional Terms**

#### Calorie

A calorie is a basic unit used to measure the energy contained in food. More specifically, it is the amount of energy needed to raise the temperature of 1 litre of water by 1 degree Celsius. When you eat food, you are consuming the energy that is stored within the protein, carbohydrate and fat molecules of that food.

1 Calorie = 1 kilocalorie = 1,000 calories = 4.184 kilojoules = 4,184 joules

#### Salt

Salt contains sodium, a naturally occurring mineral needed by the body to maintain life. Sodium occurs in many forms such as sodium chloride (table salt), sodium bicarbonate (baking soda) and monosodium glutamate (MSG). Sodium is especially important in the diet because of its effect in conserving water. Certain foods are naturally higher in sodium, such as celery, buttermilk, and some cheeses. Others, like canned or processed foods, have higher levels due to the salt added in processing. High intakes of dietary salt may contribute to high blood pressure or to your body retaining too much water.

#### **Protein**

Protein contains complex chains of amino acids necessary for conducting a variety of body functions, such as building tissues, making important body chemicals (e.g. enzymes and hormones) and maintaining growth and repair processes. While many plant-based foods contain some protein, including beans, peas, vegetables, nuts and seeds, these foods do not contain all the essential amino acids. Other protein sources from animals such as meat, fish, poultry, eggs, and dairy products (milk, cheese and yogurt) are considered higher in protein content since they contain all essential amino acids. Each gram of protein provides four calories of energy.

#### Fat

Fats occur naturally in foods and play an important role in nutrition. Fats, oils and some foods like nuts (e.g., peanuts, walnuts and almonds) are a concentrated source of energy for the body. Fats store energy in the body, protect tissues and transport fat-soluble vitamins in the blood. Fat is found in meats, fish, and meat substitutes, breads, starches and some dairy products. Fat supplies nine calories per gram, twice as many as protein or carbohydrate.

#### Carbohydrate

Carbohydrates are the body's primary source of readily available energy. The main forms of carbohydrate are sugars and starches. Sources of simple carbohydrates include table sugar, candy and refined flour products. Complex carbohydrates include starches like oatmeal, high fibre cereals and whole wheat flour products. Together simple and complex sugars are broken down in the body into glucose. Glucose is the preferred type of energy used by vital organs and, especially, the brain. Each gram of carbohydrate provides four calories of energy.

Sugar alcohol is a type of carbohydrate that is used to sweeten foods and can come from natural and manufactured sources. They include sorbitol, mannitol and glycerol found when a small range of foods including fruit and vegetables, snack bars and confectionery were analysed.

#### Cholesterol

Cholesterol is a wax-like substance that is not soluble in water. There are two different types of cholesterol: a blood (serum) form and a dietary (food) form. It is important to know that cholesterol is not only consumed in the diet, but also produced in the body. Studies show that lowering the amount of low cholesterol food in your diet is not nearly as effective in lowering blood cholesterol as eating less saturated fat, because some foods which are "cholesterol free" can still be high in fat. Dietary cholesterol is found in foods of animal origin such as egg yolks, organ meats and higher fat dairy products. Blood cholesterol occurs naturally and is necessary for the body to produce steroid hormones like estrogen and testosterone. Cholesterol maintains the outer structure of cells and is also required to produce substances called bile acids that aid in the break down fats.

Eating foods high in dietary cholesterol and saturated fat may increase the level of blood cholesterol. A high level of cholesterol in the blood has been shown in studies to be a major risk factor for heart disease. Plant-based foods such as fruits, vegetables, grains, legumes (beans, peas and lentils) do not contain cholesterol.

#### **Fibre**

Fibre is a form of carbohydrate that is not digestible in the body. While carbohydrates have a big impact on blood sugar, fibre does not. Fibre gives a feeling of fullness and causes a person to feel less hungry. Foods such as beans, fruits and vegetables (especially their skins) and whole grains are an excellent source of dietary fibre and also contain many nutrients. If you eat more fibre it is important to drink more water to avoid bloating. Fibre contributes about 1.5 to 2.5 calories per gram.

Based on source:

NUTTAB 2010 (Food Standards Australia New Zealand):

The University of New South Wales; Professor Heather Greenfield and co-workers at the University of New South Wales:

Tables of composition of Australian Aboriginal Foods (J Brand-Miller, KW James and PMA Maggiore).

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