



# Development of an Australian choline database

**Final Project Report | DECEMBER 2018**

A report for Australian Eggs Limited

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# Foreword

This project was conducted to develop an Australian choline database for analysing population intakes and key food sources using the 2011-13 Australian Health Survey. Prior to this project no Australian choline data had been collated. The project created a literature search to source existing published choline data for Australian foods and then applied suitable borrowed data from overseas food composition databases to Australian foods using a conversion factor. The developed choline database for Australian foods was then applied to the 2011-13 National Nutrition and Physical Activity Survey component of the Australian Health survey to determine the characteristics of persons meeting Australian nutrient reference values for choline. Intakes of all population groups assessed were found to be below the recommended adequate intake levels. Persons consuming high intakes were also addressed and a predictive model of choline food sources was developed.

This project was funded from industry revenue which is matched by funds provided by the Australian Government.

This report is an addition to Australian Eggs Limited's range of peer reviewed research publications and an output of our R&D program, which aims to support improved efficiency, sustainability, product quality, education and technology transfer in the Australian egg industry.

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# Abbreviations

AUSNUT	Australian Nutrient Tables
FAO	Food and Agriculture Organization
FSANZ	Food Standards Australia New Zealand
MSM	Multiple Source Method
SE	Standard Error
USDA	United States Department of Agriculture



# Executive Summary

An Australian choline database was developed for analysis of Australian population intake data. To date this had not been possible as existing databases were suited to overseas and not Australian food sources. The database was developed as an extension of the AUSNUT2011-13 food composition database and was based upon the methods described for the development of a previous Australian database. The development began with a systematic literature review of published studies from the last ten years using the Scopus, Web of Science, PubMed and Science Direct scientific databases. Analytical food studies were extracted from the searches and included if they referred to Australian foods or were conducted by Australian research organisations. The identified foods were aligned with their equivalent food code in the AUSNUT2011-13 database. Following this global food composition databases containing choline values were sourced. These were used for matching of the remaining AUSNUT food codes following the FAO INFOODS food matching guidelines. Matched foods were also adjusted to closely align with the Australian food type based on moisture and protein composition. Composite foods and not further specified foods were developed using the FSANZ recipe files. The completed choline database was then applied to the National Nutrition and Physical Activity Survey. The intake levels of population groups were determined as were the food sources. Survey respondents were classified in to categories based on the level of their intakes and intake data compared with the Adequate Intake levels. The categories of consumers were explored for common characteristics and a statistical model was developed for the high intake consumers. Only weight was associated with choline intake for the Australian population despite controlling for energy intake in the models. Key food sources by age and gender were then explored with a focus on women of childbearing age. Eggs were the leading source of choline for the population overall but this varied as the data was separated by gender and age groups.

# Overall Conclusions

- Limited analytical data is available for Australian food items
- The majority of food items in the choline database were adapted from the US database for standard reference
- Australian intakes for all ages and both genders were below the recommended Adequate intake levels

# 1 Choline requirements for health

Choline is a vitamin that is synthesised endogenously by the human liver but not to the levels required to maintain health. Choline has also been linked to cardiovascular disease, neurological disorders such as Alzheimer's and fatty liver disease. Choline was previously thought to belong to the B-group complex of vitamins though this status has changed over time. Discovered in 1962 choline was isolated from boiling of pig bile following a renewed interest in its deficiency status in the 1950s (Zeisel, 2012). These early studies concluded that humans were different and did not need to eat choline from food sources. Later research uncovered important links between choline transport via the placenta. These studies findings also uncovered an increased need of choline for certain population groups eg. males and post-menopausal females resulted in the development of dietary guidance for this component. It is speculated that oestrogen plays a role in the biosynthesis of choline. During pregnancy however, it is also thought that women with low levels of vitamin B12 or folic acid may also be at risk of inadequate choline due to its role in metabolism.

To determine levels of consumption of a population, adequate food composition data is required for the analysis. While many studies have used data from existing food composition databases, it is imperative that regionally specific food composition data is used due to the variation in food harvesting, processing and preparation conditions in different countries (Probst and Cunningham, 2015). Following the development of dietary guidance values for choline during early 2000s the United States Department of Agriculture sought to create choline values for its standard reference database. This development also created retention factors for losses of choline due to cooking with variations of between 70 and 100% retention. Where no data were available, choline retention factors were imputed from B-group vitamins due to their similarities (United States Department of Agriculture, 2007). Such development has provided an impetus for other countries to also create data for their food supply though until recently no data has been available for Australian foods.

## 2 Development of a food composition database of choline values for Australian foods

In order to explore choline consumption from respondents to the 2011-13 Australian Health Survey, foods listed in the AUSNUT 2011-13 food composition database first needed choline values created. In the absence of resources to analyse foods chemically under laboratory conditions, this project sourced global databases for food composition containing choline values. These values were compared with nutrient data for Australian foods using standardised approaches. Data were then converted as required to create a 'choline database' of values against each AUSNUT 2011-13 food type. To develop this database a process adapted from an existing database was followed (Igwe et al., 2017)

### 2.1.1 Systematic literature review

A systematic literature review was conducted followed the requirements of the Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA) guidelines. This review was required to source existing published data for Australian food types. As the purpose of the review was to source choline values only, the review was not registered with the PROSPERO database.

## Search strategy

A systematic literature search was performed using the electronic databases including Scopus, Web of Science, PubMed and Science Direct. The search was undertaken in October 2018 including studies from January 2008 through to September 2018. This period of time was applied due to the progress in choline data during this time. Direct chemical analytical studies using foods to create food composition data or to assess dietary intake were included in the review. Due to a close physiological interaction within the body the search terms used were choline OR betaine as these compounds are metabolically similar and often reported together.

## Eligibility criteria

### *Inclusion criteria*

- Food analytical studies were included if the choline and betaine content of foods were reported
- Food items were listed in the AUSNUT2011-13 food composition database
- Dietary intake estimation studies using food composition data based on published food composition databases other than USDA choline and betaine databases, published and/or unpublished literature and/or analytical experiments.

### *Exclusion criteria*

- Studies other than analytical studies and dietary intake estimations studies
- Studies used metabolomic approach used to examine choline and betaine content
- Studies aimed to optimize nutrients composition of foods
- Studies aimed to develop or validated new analytical methods
- Studies used USDA choline and betaine databases to estimate dietary intake
- Studies published in languages other than English

## Data extraction

The titles and abstracts of articles were screened to identify the most relevant studies. The full-text articles were reviewed by assessing the eligibility related to inclusion and exclusion criteria. Data related to country of origin, food types, method of analysis and type of choline were extracted from the included studies. Reference lists of included studies were also hand searched.

## Results

Table 2-1: Summary table of studies related to choline intake

Reference	Country	Foods	Method of analysis	Choline data
(Benelam et al., 2012)	UK	Whole egg, raw; Whole egg, boiled; Egg yolk, raw	not reported	Total choline
(Bruce et al., 2010)	Switzerland	Cereal flour, breakfast cereals, breads, pasta and crackers	LC-MS/MS	Betaine and free choline
(Hefni et al., 2018)	Sweden	Cereal	HPLC-UV/FLD	Betaine, free choline and total choline
(Kojić et al.,	Serbia	Cereal	HPLC – ELSD	Betaine

2017)				
(Lewis et al., 2014a)	Canada	Pulses and bean soups	HILIC LC-MS/MS	Choline and 6 subclasses
(Lewis et al., 2015)	Canada	Chicken, duck, game, beef and pork	HILIC LC-MS/MS	Choline and 6 subclasses
(Richard et al., 2016)	Canada	Milk, milk alternatives, yogurt, cheese and butter	HILIC LC-MS/MS	Choline and 6 subclasses
(Ross et al., 2014)	Switzerland and Sweden	Cereal	HILIC LC-MS/MS	Betaine and free choline
Lee et al., 2015	Korea	Korean native ducks and commercial ducks	HPLC	Betaine
(Sánchez-Hernández et al., 2012)	Spain	Sunflower oil, corn oil, soybean oil and extra virgin olive oil	Flow Injection Triple-Quadrupole Tandem Mass Spectrometry	Betaines (glycine betaine, trigonelline, proline betaine)
(Servillo et al., 2018)	Europe	Fours of barley, rye, oat, durum wheat, winterwheat, Triticum dicoccum and Triticum monococcum	LC-ESI-MS/MS	Betaines (glycine betaine, trigonelline, proline betaine)
(Servillo et al., 2011)	Italy	Citrus Juices (singles trength juices, frozen concentrated juices (FCJ), and juices prepared in the laboratory	HPLC-ESI-MS/MS	Choline and betaines
Servillo et al., 2016 (Servillo et al., 2016)	Italy	Chestnut	HPLC-ESI-MS/MS	Choline and betaines
Leheska et al., 2008)	US	Beef - raw strip steak and groupd beef from grass fed	liquid chromatography electrospray ionization mass spectrometry	Choline
(Jayasena et al., 2014)	Korea	Korean native chicken (Breast, Leg, Raw, Cooked)	HPLC	Betaine
(Jayasena et al., 2015)	Korea	Korean native and Commercial broiler chicken (Breast, Leg, Raw, Cooked)	HPLC	Betaine
(Fu et al., 2012)	Ireland, Netherlands, Germany	Infant formulas	LC-MS/MS	Choline
(Jing et al., 2015)		All 11 matrixes from the AOAC Stakeholder Panel on Infant Formula and Adult Nutritionals (SPIFAN)	UPLC-MS/MS	Choline

(Oates et al., 2013)		Infant Formula and Adult Nutritionals	Ion Chromatography and Suppressed Conductivity	Choline
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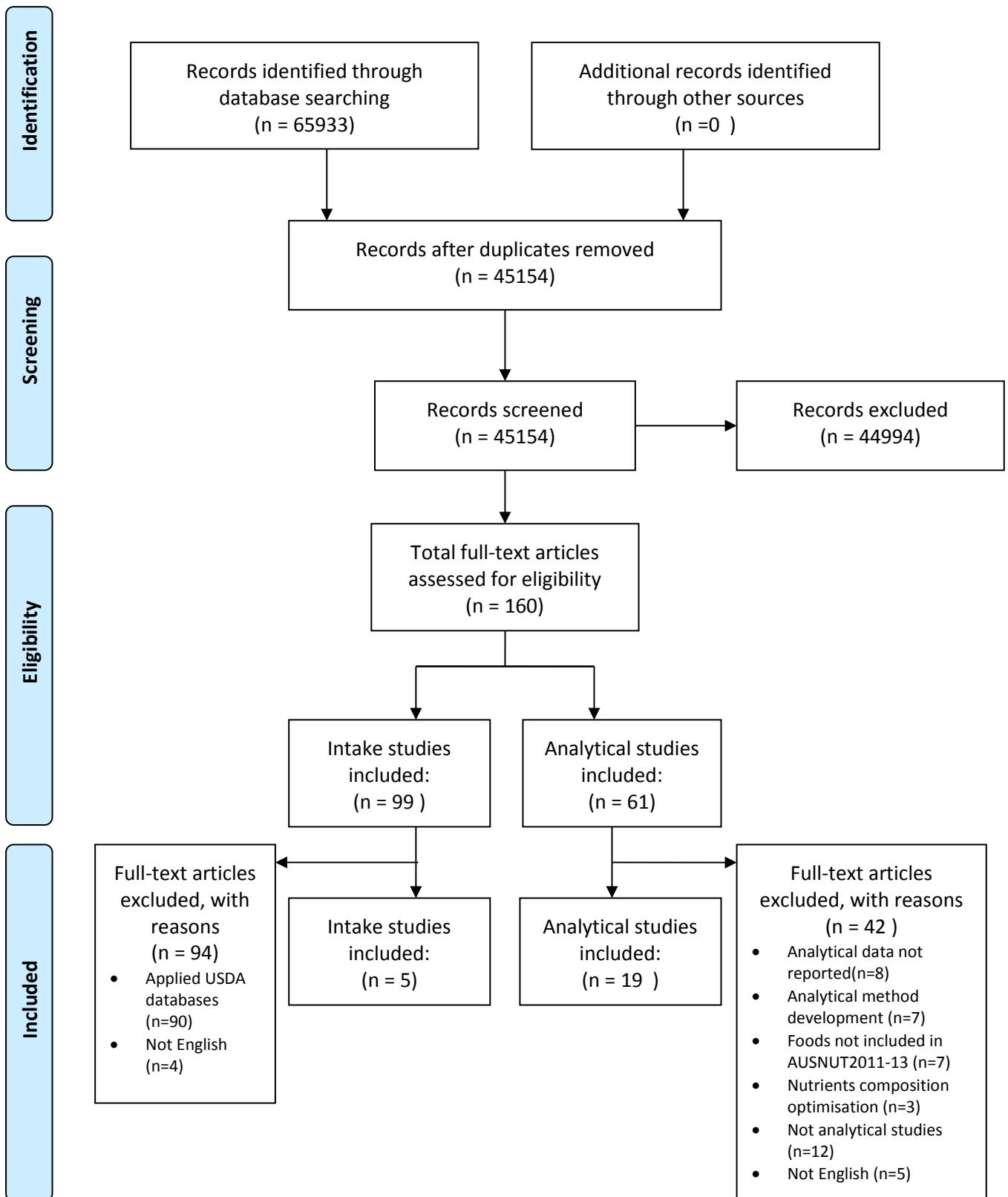


Figure 2-1: PRISMA flow diagram of literature search

## 2.1.2 Assigning food composition data

### Sourcing global food composition databases

Existing food composition databases were also extracted from the literature search outlined in 2.1.1. Foods whereby data for choline was still required were sourced from these databases based upon matches by food type, origin, botanical name, species and/or cooking method. To aid this process, foods were firstly aligned to the food groups of the USDA choline database (see Appendix A).

### Matching food items

Following the identification of overseas databases, the FAO INFOODS guidelines for food matching were applied (Food and Agriculture Organization, 2012). The matching guidelines provide a confidence code for each match based on how well matched an item it. These codes begin with an A for analytical values through to a D based on how closely a food matches. This matching file was originally developed for selection of foods for the purposes of dietary assessment analysis though is suitable for this project given the common decision making elements needing to be employed. This process of matching was undertaken for food items which with were matched to one single food item or to a recipe.

### Creating composite foods

For composite foods or those created using a recipe the Food Standards Australia New Zealand (FSANS) recipe file was determined. The equivalence weights from this file were used to create a representative composite food from the single foods (ingredients) in the database.

### Quality assurance checking

Of the final database all foods were rank ordered and range checks were applied to the choline values to determine any incorrect or outlier data points. All calculations undertaken with the data were also checked in duplicate to reduce human error. Prior to application to the NNPAS, a process of source data verification was also undertaken using a 10% random sample of the completed database. Any errors were corrected accordingly.

## Results

Studies using choline data were identified for Australia, USA, Alberta, New Zealand, Japan and Canada. The majority of studies used the USDA database for analysis of intake data including population level consumption surveys. For development of the choline database of this project the following stages were employed:

- USDA database for the choline content of common foods release 2 (634 foods)

As the data from the USDA database does not align with the Australian food supply a number of steps needed to be undertaken to ensure matches of foods outlined above were of the highest quality. For this

- substitutions were made based on similar energy contributions and conceptual descriptions of appearance (2576 substitutions)



- Recipe calculation : 105 new recipes were created
  - Analytical data: 26 analytical data points were added for several varieties of pulses (chickpeas, black beans and lima beans), shellfish and seafood (shrimp)
  - 2707 foods in total came from a USDA source
- Literature sources were obtained from three published studies (Lewis et al., 2014a, Zeisel et al., 2003, de Zwart et al., 2003)
  - While searching the literature it was identified that betaine and choline were commonly reported together. Where this occurred betaine data was also added to the database (3910 foods total).
  - In total 5597 foods were aligned with a choline value for this project (97.51% AUSNUT 2011-13 database). The database is presented in full in Appendix B of this report. Where a zero value is provided no values were identified within the work of this project. While traditionally zero values are reserved for foods without any trace of this nutrient of interest, for the purpose of subsequent analyses this was used for this project. Many of these foods may contain trace values or values below the limits of quantification.

# 3 Australian choline intakes using the Australian Health Survey

## Methods

Data of the developed choline database were aligned with the intake summaries of the National Nutrition and Physical Activity Survey (NNPAS) 2011-12 of the wider Australian Health Survey 2011-13. This data management was undertaken using Microsoft Excel. Day 1 and day 2 intake data was normalised for the purpose of descriptive analyses. This was undertaken using the Multiple Source Method (2017, Department of Epidemiology of the German Institute of Human Nutrition Potsdam-Rehbrücke, <https://msm.dife.de/>) where by a shrinkage technique applied to the residual of a regression model is used to represent habitual intakes of the population.

All statistical analyses were undertaken using STATA IC (release 15, 2017. Stata Statistical Software: College Station, TX: StataCorp LLC). Both sampling and population weightings were applied to the dataset. Due to the size of the sample intakes are presented by gender as mean and standard error and subsequent quartiles of intake. These values were compared with the Australian adequate intake values by age group and gender. Age groups were considered as follows: Less than 18 years, 18-64 years and childbearing age which was considered to be 16-44y based on the nutrient reference value categories.

A linear regression model was conducted to determine the influence of categories of quartiles of choline intake. Choline consumption was explored according to respondent demographics of energy intake, sex and age. If viable this will utilise age, gender, body mass index, body weight, waist circumference and blood pressure measures of high vs. low consumers.

Data for the population were then analysed to determine the top 20 food sources for choline intake in the Australian population. These data were based on proportions of the total choline intake for persons consuming choline. Values are presented based on the AUSNUT 2011-13 three digit level food groupings showing the proportion of the population consuming each food group. Key food sources for the above age and gender categories and for women of child-bearing age were determined. Child bearing age for the purpose of this analysis was aligned with analyses conducted by the Australian Bureau of Statistics.

### 3.1.1 Australian population intakes of choline

Total population analyses of the NNPAS was completed for n=12153 respondent which equated to a population weighted sample of 21,526,456 persons. Of this data 5702 were 6451 were female equating to person equivalents of 20817 below the age of 18y and 92565 over 18y. Of this sample a population equivalent of 39701 females of childbearing years was identified. Intakes by gender are shown in table 3-1. All reported intakes by gender were below the adequate intake values for the Australian population. These adequate intake (AI) values increase further to 440mg during pregnancy and 550mg during lactation. The developed AI levels, however were largely from experimental studies based on 7mg/kg body weight based on a 76kg male and a 61kg female (National Health and Medical Research Council, 2006). Pregnancy values then added an additional 11mg/d based on an assumption that no additional choline is produced by the foetus or placenta.

**Table 3-1 Choline intakes for the Australian population (n=12153) by gender**

Intake choline, mg	Population mean	SE	95% CI	Adequate intake, mg/d	Quartile 1	Quartile 2	Quartile 3	Quartile 4
Total intake	323.89	2.19	319.51-328.27	NA	0-204.30	204.31-290.14	290.15-404.83	404.82-2996.49
Males, 2-18y	262.74	5.53	251.68-273.80	200-550	0-176.98	176.99-247.90	247.91-339.17	339.18-1399.55
Males, 18-64y	371.40	3.62	364.15-378.65	550	0-254.87	254.88-362.80	362.81-501.01	501.02-2996.49
Females, 2-18y	232.90	4.13	224.63-241.16	200-400	0-156.81	156.82-216.87	216.88-297.97	297.98-849.80
Females, adults 18-64y	276.87	2.41	272.04-281.70	425	0-190.58	190.59-265.66	265.67-357.30	357.31-1151.18
Childbearing age females 16-44y	285.44	3.63	278.18-292.70	400-425	0-187.77	187.78-265.91	265.92-355.68	355.69-1151.18

### 3.1.2 Anthropometric measures associated with choline consumption

A significant relationship was found between quartiles of choline consumption and body weight (Table 3-2). For each one quartile increase in choline consumption, body weight was 0.67kg higher (this model had an r-squared value of 0.1736, meaning it explained 17.36% of the variation in body weight).

A non-significant relationship was found between quartiles of choline consumption and body mass index (Table 3-3). This model had an r-squared value of 0.0640, meaning it explained 6.40% of the variation in body mass index).

A non-significant relationship was also found between quartiles of choline consumption and waist circumference (Table 3-4). This model had an r-squared value of 0.2229, meaning it explained 22.29% of the variation in waist circumference).

A non-significant relationship was also found between quartiles of choline consumption and systolic blood pressure (Table 3-5). This model had an r-squared value of 0.2455, meaning it explained 24.55% of the variation in systolic blood pressure).

**Table 3-2: Linear regression between quartiles of choline intake and body weight in the 2011-12 NNPAS (n=14,502,948)**

	<b>Coefficient</b>	<b>Jackknife standard error</b>	<b>T</b>	<b>P&gt; t </b>
<b>Choline</b>	0.67	0.27	2.52	0.015
<b>Energy</b>	-0.00	0.00	-1.94	0.057
<b>Physical activity</b> <sup>1</sup>	0.82	0.23	3.51	0.001
<b>Gender</b>	-14.71	0.50	-29.33	0.000
<b>Age</b>	0.046	0.014	3.39	0.001
<b>Education level</b> <sup>2</sup>	0.159	0.112	1.42	0.160

<sup>1</sup>Measured in 'levels' where Level 1 indicates 'high' level of physical activity and Level 5 indicates 'sedentary' activity.

<sup>2</sup>Measured in 'levels' where Level 1 indicates highest level of non-school education, and Level 5 indicates lowest level

**Table 3-3: Linear regression between quartiles of choline intake and body mass index in the 2011-12 NNPAS (n=14,200,356)**

	<b>Coefficient</b>	<b>Jackknife standard error</b>	<b>T</b>	<b>P&gt; t </b>
<b>Choline</b>	0.12	0.08	1.42	0.160
<b>Energy</b>	-0.00	0.00	-3.52	0.001
<b>Physical activity</b> <sup>1</sup>	0.39	0.07	5.57	0.000
<b>Gender</b>	-0.91	0.16	-5.79	0.000
<b>Age</b>	0.06	0.00	12.45	0.000
<b>Education level</b> <sup>2</sup>	0.10	0.04	2.55	0.014

<sup>1</sup>Measured in 'levels' where Level 1 indicates 'high' level of physical activity and Level 5 indicates 'sedentary' activity.

<sup>2</sup>Measured in 'levels' where Level 1 indicates highest level of non-school education, and Level 5 indicates lowest level

**Table 3-4: Linear regression between quartiles of choline intake and waist circumference in the 2011-12 NNPAS (n=14,075,179)**

	<b>Coefficient</b>	<b>Jackknife standard error</b>	<b>T</b>	<b>P&gt; t </b>
<b>Choline</b>	0.30	0.22	1.38	0.172
<b>Energy</b>	-0.00	0.00	-1.92	0.059
<b>Physical activity</b> <sup>1</sup>	1.43	0.17	8.19	0.000
<b>Gender</b>	-10.69	0.41	-26.20	0.000
<b>Age</b>	0.23	0.01	19.65	0.000
<b>Education level</b> <sup>2</sup>	0.22	0.10	2.27	0.027

<sup>1</sup>Measured in 'levels' where Level 1 indicates 'high' level of physical activity and Level 5 indicates 'sedentary' activity.

<sup>2</sup>Measured in 'levels' where Level 1 indicates highest level of non-school education, and Level 5 indicates lowest level

**Table 3-5: Linear regression between quartiles of choline intake and systolic blood pressure in the 2011-12 NNPAS (n= 14,378,588)**

	<b>Coefficient</b>	<b>Jackknife standard error</b>	<b>T</b>	<b>P&gt; t </b>
<b>Choline</b>	0.16	0.26	0.64	0.528
<b>Energy</b>	0.00	0.00	0.83	0.411
<b>Sodium</b>	0.00	0.00	1.42	0.162
<b>Potassium</b>	-0.00	0.00	-1.70	0.094
<b>Physical activity<sup>1</sup></b>	-0.04	0.21	-0.19	0.848
<b>Gender</b>	-5.79	0.50	-11.52	0.000
<b>Age</b>	0.50	0.02	33.01	0.000
<b>Education level<sup>2</sup></b>	0.52	0.11	4.51	0.000

<sup>1</sup>Measured in 'levels' where Level 1 indicates 'high' level of physical activity and Level 5 indicates 'sedentary' activity.

<sup>2</sup>Measured in 'levels' where Level 1 indicates highest level of non-school education, and Level 5 indicates lowest level

### **3.1.3 Food sources of choline for the Australian population**

For the population overall the highest contributing food group to choline was the Eggs food group followed by dairy milk (Figure 3-1). This pattern was upheld when analysed for the total population by gender for males and females separately. However, when these data were analysed by age groups and by gender some shifts in intake were evident. Of all adults unprocessed beef, sheep and pork followed by mixed dishes containing cereal were the main contributors followed while for children dairy milk was the main source followed by mixed dishes containing cereal (Table 3-6).

When the consumer data for choline was divided by gender and age group the same contributing food groups as above were seen for both males and females (Table 3-7, Table 3-8). When the data was further filtered for females of childbearing age these top two food groups were revised with mixed dishes containing cereal the primary source of choline.

Contributions from the eggs food group, previously identified as the leading source of the overall population intakes varied between rank between 5 and 6 across all analyses. Contributions from dairy milk varied between rank 1 and 3 likely due to the larger amounts and greater frequency of consumption by the population overall. Dishes where egg is the primary ingredient ranked higher with adults than with children and higher with female adults than males.

Table 3-6: Proportion of total population intakes of choline by food group

Rank	All population			Adults (all)			Children	
	ID	Food group	%	ID	Food group	%	ID	Food group
1	171	Eggs	8.58%	181	Beef, sheep and pork, unprocessed	8.46%	191	Dairy milk (cow, sheep and goat)
2	191	Dairy milk (cow, sheep and goat)	7.29%	135	Mixed dishes where cereal is the major ingredient	7.30%	135	Mixed dishes where cereal is the major ingredient
3	181	Beef, sheep and pork, unprocessed	5.85%	191	Dairy milk (cow, sheep and goat)	6.64%	181	Beef, sheep and pork, unprocessed
4	186	Processed meat	5.50%	183	Poultry and feathered game	5.89%	189	Mixed dishes where poultry or feathered game is the major component
5	122	Regular breads, and bread rolls	5.43%	171	Eggs	5.66%	183	Poultry and feathered game
6	183	Poultry and feathered game	4.34%	189	Mixed dishes where poultry or feathered game is the major component	4.60%	171	Eggs
7	125	Breakfast cereals, ready to eat	3.18%	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component	4.54%	122	Regular breads, and bread rolls
8	135	Mixed dishes where cereal is the major ingredient	2.96%	291	Beers	4.15%	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component
9	222	Nuts and nut products	2.88%	172	Dishes where egg is the major ingredient	3.56%	241	Potatoes
10	311	Yeast, and yeast vegetable or meat extracts	2.82%	122	Regular breads, and bread rolls	3.28%	133	Cakes, muffins, scones, cake-type desserts
11	194	Cheese	2.57%	112	Coffee and coffee substitutes	2.62%	172	Dishes where egg is the major ingredient
12	172	Dishes where egg is the major ingredient	2.55%	186	Processed meat	2.58%	186	Processed meat
13	189	Mixed dishes where poultry or feathered game is the major component	2.36%	241	Potatoes	2.48%	134	Pastries
14	241	Potatoes	2.17%	134	Pastries	2.29%	185	Sausages, frankfurts and saveloys
15	133	Cakes, muffins, scones, cake-type desserts	1.99%	133	Cakes, muffins, scones, cake-type desserts	1.92%	195	Frozen milk products
16	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component	1.98%	249	Dishes where vegetable is the major component	1.89%	198	Flavoured milks and milkshakes

17	281	Chocolate and chocolate-based confectionery	1.80%	125	Breakfast cereals, ready to eat	1.79%	125	Breakfast cereals, ready to eat
18	134	Pastries	1.63%	151	Fin fish (ex commercially sterile)	1.74%	192	Yoghurt
19	151	Fin fish (ex commercially sterile)	1.32%	185	Sausages, frankfurts and saveloys	1.55%	113	Fruit and vegetable juices, and drinks
20	249	Dishes where vegetable is the major component	1.26%	155	Fish and seafood products (homemade and takeaway)	1.38%	194	Cheese

Table 3-7: Proportion of male intakes of choline by food group

Rank	All population			Adults (all)			Children		
	ID	Food group	%	ID	Food group	%	ID	Food group	
1	171	Eggs	4.29%	181	Beef, sheep and pork, unprocessed	8.88%	191	Dairy milk (cow, sheep and goat)	
2	191	Dairy milk (cow, sheep and goat)	3.25%	135	Mixed dishes where cereal is the major ingredient	7.42%	135	Mixed dishes where cereal is the major ingredient	
3	181	Beef, sheep and pork, unprocessed	3.00%	291	Beers	6.93%	181	Beef, sheep and pork, unprocessed	
4	186	Processed meat	2.91%	191	Dairy milk (cow, sheep and goat)	6.23%	189	Mixed dishes where poultry or feathered game is the major component	
5	122	Regular breads, and bread rolls	2.65%	171	Eggs	5.82%	183	Poultry and feathered game	
6	183	Poultry and feathered game	2.03%	183	Poultry and feathered game	5.80%	171	Eggs	
7	125	Breakfast cereals, ready to eat	1.58%	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component	4.69%	122	Regular breads, and bread rolls	
8	135	Mixed dishes where cereal is the major ingredient	1.55%	189	Mixed dishes where poultry or feathered game is the major component	4.64%	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component	
9	222	Nuts and nut products	1.34%	122	Regular breads, and bread rolls	3.26%	241	Potatoes	
10	311	Yeast, and yeast vegetable or meat extracts	1.29%	172	Dishes where egg is the major ingredient	3.19%	133	Cakes, muffins, scones, cake-type desserts	
11	194	Cheese	1.19%	186	Processed meat	2.73%	172	Dishes where egg is the major ingredient	
12	189	Mixed dishes where poultry or	1.18%	241	Potatoes	2.61%	186	Processed meat	

		feathered game is the major component						
13	172	Dishes where egg is the major ingredient	1.16%	134	Pastries	2.47%	134	Pastries
14	241	Potatoes	1.10%	112	Coffee and coffee substitutes	2.34%	185	Sausages, frankfurts and saveloys
15	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component	1.03%	125	Breakfast cereals, ready to eat	1.82%	195	Frozen milk products
16	134	Pastries	0.88%	185	Sausages, frankfurts and saveloys	1.81%	198	Flavoured milks and milkshakes
17	133	Cakes, muffins, scones, cake-type desserts	0.85%	133	Cakes, muffins, scones, cake-type desserts	1.64%	125	Breakfast cereals, ready to eat
18	281	Chocolate and chocolate-based confectionery	0.76%	151	Fin fish (ex commercially sterile)	1.61%	192	Yoghurt
19	185	Sausages, frankfurts and saveloys	0.69%	249	Dishes where vegetable is the major component	1.43%	113	Fruit and vegetable juices, and drinks
20	195	Frozen milk products	0.63%	155	Fish and seafood products (homemade and takeaway)	1.34%	194	Cheese

Table 3-8: Proportion of female intakes of choline by food group

Rank	All population			Adults (all)			Children	
	ID	Food group	%	ID	Food group	%	ID	Food group
1	171	Eggs	4.30%	181	Beef, sheep and pork, unprocessed	7.98%	135	Mixed dishes where cereal is the major ingredient
2	191	Dairy milk (cow, sheep and goat)	4.03%	135	Mixed dishes where cereal is the major ingredient	7.16%	181	Beef, sheep and pork, unprocessed
3	181	Beef, sheep and pork, unprocessed	2.85%	191	Dairy milk (cow, sheep and goat)	7.11%	191	Dairy milk (cow, sheep and goat)
4	122	Regular breads, and bread rolls	2.78%	183	Poultry and feathered game	5.99%	183	Poultry and feathered game
5	186	Processed meat	2.58%	171	Eggs	5.48%	189	Mixed dishes where poultry or feathered game is the major component



6	183	Poultry and feathered game	2.31%	189	Mixed dishes where poultry or feathered game is the major component	4.56%	171	Eggs
7	125	Breakfast cereals, ready to eat	1.60%	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component	4.37%	172	Dishes where egg is the major ingredient
8	222	Nuts and nut products	1.54%	172	Dishes where egg is the major ingredient	3.97%	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component
9	311	Yeast, and yeast vegetable or meat extracts	1.53%	122	Regular breads, and bread rolls	3.30%	122	Regular breads, and bread rolls
10	135	Mixed dishes where cereal is the major ingredient	1.41%	112	Coffee and coffee substitutes	2.93%	241	Potatoes
11	172	Dishes where egg is the major ingredient	1.39%	249	Dishes where vegetable is the major component	2.41%	112	Coffee and coffee substitutes
12	194	Cheese	1.38%	186	Processed meat	2.41%	249	Dishes where vegetable is the major component
13	189	Mixed dishes where poultry or feathered game is the major component	1.18%	241	Potatoes	2.34%	186	Processed meat
14	133	Cakes, muffins, scones, cake-type desserts	1.13%	133	Cakes, muffins, scones, cake-type desserts	2.25%	133	Cakes, muffins, scones, cake-type desserts
15	241	Potatoes	1.08%	134	Pastries	2.09%	134	Pastries
16	281	Chocolate and chocolate-based confectionery	1.04%	151	Fin fish (ex commercially sterile)	1.89%	125	Breakfast cereals, ready to eat
17	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component	0.95%	125	Breakfast cereals, ready to eat	1.74%	198	Flavoured milks and milkshakes
18	249	Dishes where vegetable is the major component	0.77%	211	Soup, homemade from basic ingredients	1.48%	185	Sausages, frankfurts and saveloys
19	134	Pastries	0.75%	155	Fish and seafood products (homemade and takeaway)	1.41%	151	Fin fish (ex commercially sterile)
20	151	Fin fish (ex commercially sterile)	0.71%	192	Yoghurt	1.32%	192	Yoghurt

Table 3-9: Proportion of childbearing female intakes of choline by food group

All population			
Rank	ID	Food group	%
1	135	Mixed dishes where cereal is the major ingredient	10.05%
2	181	Beef, sheep and pork, unprocessed	7.35%
3	191	Dairy milk (cow, sheep and goat)	6.82%
4	183	Poultry and feathered game	6.33%
5	189	Mixed dishes where poultry or feathered game is the major component	5.30%
6	171	Eggs	4.63%
7	172	Dishes where egg is the major ingredient	3.96%
8	187	Mixed dishes where beef, sheep, pork or mammalian game is the major component	3.74%
9	122	Regular breads, and bread rolls	2.97%
10	241	Potatoes	2.71%
11	112	Coffee and coffee substitutes	2.71%
12	249	Dishes where vegetable is the major component	2.61%
13	186	Processed meat	2.36%
14	133	Cakes, muffins, scones, cake-type desserts	2.35%
15	134	Pastries	2.27%
16	125	Breakfast cereals, ready to eat	1.52%
17	198	Flavoured milks and milkshakes	1.50%
18	185	Sausages, frankfurts and saveloys	1.41%
19	151	Fin fish (ex commercially sterile)	1.40%
20	192	Yoghurt	1.24%

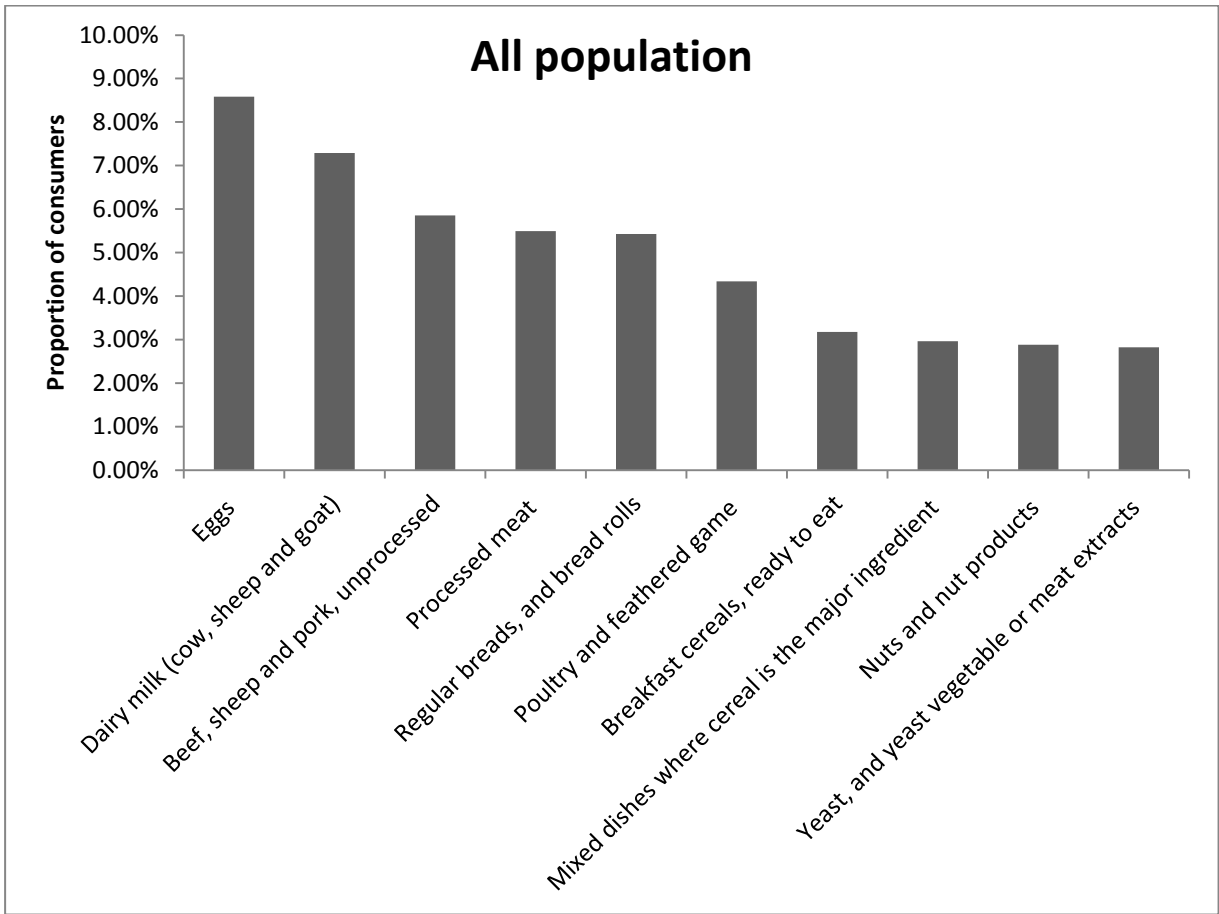


Figure 3-1: Food group contributors to Australian choline intakes

## Discussion

The present findings suggest that the estimated choline intakes in Australia are in line with the literature. The estimated choline intake based on the National Health and Nutrition Examination Survey 2013-14 in the USA reported that the mean choline intake was ranged between 359mg/d to 426mg/d for aged 20-69 years males and 275mg/d to 296 mg/d for females(United States Department of Agriculture Agricultural Research Service, 2014). The European adult men intakes estimated ranged from 357mg/d to 468 mg/d (18-65 years), and 291 mg/d to 374 mg/d for female(Vennemann et al., 2015). However, the Australian childbearing age female intake of choline (285mg/d) was less than the intakes revealed from the limited studies. The estimated choline intake of female aged 18-40 years was 316mg/d in New Zealand(Mygind et al., 2013). In Canada, the choline intake of childbearing age females was 347mg/d(Lewis et al., 2014b), wherein Lavtian ranged from 336mg/d to 356 mg/d(Vennemann et al., 2015).

In the USA, the major food sources of choline intake were meat, poultry and fish, grain-based mixed meals, dairy and eggs(United States Department of Agriculture Agricultural Research Service, 2014); where meat, milk, grain, egg and their derived products, composite dishes and fish were the main contributors in European countries(Vennemann et al., 2015). The foods contributing to choline intake in New Zealand suggested being eggs, red meat, milk and bread(Mygind et al., 2013). The discrepancy between the present findings and literature appears to be due to the level of detail of food items applied. The present study provides more details on the actual foods consumed, which may have a more practical focus for dietary advice.

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## Appendix A – USDA Choline database food groups

1	Dairy and Eggs
2	Spices and Herbs
3	Baby Foods
4	Fats and Oils
5	Chicken and Turkey
6	Soups, Sauces and Gravies
7	Sausage and Luncheon Meats
8	Breakfast Cereals
9	Fruits and Fruit Products
10	Pork products
11	Vegetables and Vegetable Products
12	Nuts and Seed Products
13	Beef and Beef Products
14	Beverages
15	Finfish and Shellfish Products
16	Legume and Legume Products
17	Lamb, Veal and Game
18	Baked Products
19	Sugars and Sweets
20	Cereal Grains and Pastas
21	Fast Foods
22	Mixed Dishes
23	Snacks
24	Ethnic Foods

## Appendix B – Developed choline database

Food ID	Survey ID	Derivation	Food Name	NDB No.	Description	Total Choline mg/100g	Betai ne mg/100g	Data source	FAO/ NFOODS Food Matching Quality	Quality grade reason	Use in the recipes
01B10419	11701001	Imputed	Water, bore			--	--			#N/A	#N/A
01B10389	11701002	Imputed	Water, filtered			--	--			#N/A	3
01B10387	11701004	Imputed	Water, rainwater or tank water			--	--			#N/A	#N/A
01B10311	11701005	Analysed	Water, tap			--	--			#N/A	419
01B20401	11702001	Analysed	Mineral water, natural, plain or unflavoured			--	--			#N/A	#N/A
01B10312	11702002	Analysed	Water, bottled, still	14555	Water, bottled, generic	--	--	USDA database	A	Same food	1
15A10916	22101009	Analysed	Wattle seed (acacia), ground			--	--			#N/A	#N/A
12C10432	28401007	Analysed	Licorice, black			--	--			#N/A	2
12C10523	28401008	Imputed	Licorice, flavoured			--	--			#N/A	#N/A
10F60105	31301001	Analysed	Salt substitute, potassium chloride	2047	Salt, table	--	--	USDA database	B	Same food +/-	#N/A
10F60107	31301002	Analysed	Salt, cooking	2047	Salt, table	--	--	USDA database	A	Same food	1
10F60104	31301003	Analysed	Salt, flavoured	2047	Salt, table	--	--	USDA database	B	Same food +/-	#N/A
10F60102	31301004	Analysed	Salt, rock	2047	Salt, table	--	--	USDA database	B	Same food	#N/A



								e		+/-	
10F60103	31301005	Analysed	Salt, sea	2047	Salt, table	--	--	USDA database	B	Same food +/-	#N/A
10F60101	31301006	Analysed	Salt, table, iodised	2047	Salt, table	--	--	USDA database	A	Same food	19
10F60097	31301007	Analysed	Salt, table, non-iodised	2047	Salt, table	--	--	USDA database	A	Same food	242
14B10172	31503001	Imputed	Calcium			--	--			#N/A	4
14B10173	31503002	Imputed	Fibre			--	--			#N/A	6
14B10168	31503003	Imputed	Folic acid			--	--			#N/A	7
14B10179	31503004	Imputed	Iodine			--	--			#N/A	#N/A
14B10181	31503005	Imputed	Maltodextrin			--	--			#N/A	2
14B10176	31503006	Imputed	Oligosaccharide			--	--			#N/A	#N/A
14B10180	31503007	Imputed	Thiamin			--	--			#N/A	2
14B10169	31503008	Imputed	Beta-carotene			--	--			#N/A	4
14B10170	31503009	Imputed	Vitamin C			--	--			#N/A	16
14B10171	31503010	Imputed	Vitamin E			--	--			#N/A	3
14B10178	31503011	Imputed	Pectin, powder, unsweetened	19310	Pectin, unsweetened, dry mix	--	--	USDA database	D	Different food at minor	8
14B10182	31503012	Imputed	Caffeine			--	--			#N/A	1
15A40034	34201001	Borrowed	Insect, wild caught, raw			--	--			#N/A	#N/A

03A10082	17101017	Analysed	Egg, chicken, yolk, raw	1125	Egg, yolk, raw, fresh	680.0	0.9	USDA analytical database	A	Same food	36
08D10170	18402002	Analysed	Beef, kidney, simmered or boiled, no added fat	13324	Beef, variety meats and by-products, kidneys, cooked, simmered	513.2	--	USDA database	A	Same food	4
08D10182	18402004	Analysed	Lamb, kidney, simmered or boiled, no added fat	13324	Beef, variety meats and by-products, kidneys, cooked, simmered	513.2	--	USDA database	D	Different food at minor	#N/A
08D10190	18402006	Analysed	Veal, kidney, fried, grilled or BBQ'd, no added fat	13324	Beef, variety meats and by-products, kidneys, cooked, simmered	513.2	--	USDA database	D	Different food at minor	#N/A
08D10178	18403010	Analysed	Lamb, brain, simmered or boiled, no added fat	13320	Beef, variety meats and by-products, brain, cooked, simmered	490.9	--	USDA database	D	Different food at minor	#N/A
08D10168	18401002	Analysed	Beef, liver, simmered or boiled, no added fat	13326	Beef, variety meats and by-products, liver, cooked, braised	430.0	5.6	USDA analytical database	A	Same food	1
08D10186	18401006	Analysed	Lamb, liver, fried, grilled or BBQ'd, no added fat	13327	Beef, variety meats and by-products, liver, cooked, pan-fried	420.0	6.3	USDA analytical database	D	Different food at minor	2
08D10191	18401009	Analysed	Veal, liver, fried, grilled or BBQ'd, no added fat	17204	Veal, variety meats and by-products, liver, cooked, pan-fried	410.0	8.1	USDA analytical database	B	Same food +/-	#N/A
13B20222	31103002	Analysed	Lecithin, soy, granules	4531	Oil, soybean lecithin	350.0	--	USDA database	D	Different food at minor	#N/A

05D10352	1530100 1	Analysed	Fish roe (caviar), black	1507 2	Fish, roe, mixed species, raw	335.4	--	USDA databas e	C	Similar food at minor	#N/A
05D10353	1530100 2	Analysed	Fish roe (caviar), red	1507 2	Fish, roe, mixed species, raw	335.4	--	USDA databas e	C	Similar food at minor	2
08D10167	1840100 1	Analysed	Beef, liver, raw	1332 5	Beef, variety meats and by-products, liver, raw	330.0	4.4	USDA analytic al databas e	A	Same food	1
08D10195	1840100 4	Analysed	Chicken, liver, fried, baked, grilled or BBQ'd, added fat	5661	Chicken, liver, all classes, cooked, pan-fried	330.0	21.0	USDA analytic al databas e	B	Same food +/-	#N/A
08D10185	1840100 5	Analysed	Lamb, liver, raw	1332 5	Beef, variety meats and by-products, liver, raw	330.0	4.4	USDA analytic al databas e	D	Differe nt food at minor	1
13B20215	2010100 1	NNS 1995	Beverage base, soy, dry powder (not infant food)	1406 7	Beverages, Protein powder soy based	312.9	--	USDA databas e	D	Differe nt food at minor	#N/A
08D10192	1840100 8	Analysed	Veal, liver, raw	1720 2	Veal, variety meats and by-products, liver, raw	310.0	7.6	USDA analytic al databas e	A	Same food	#N/A
05A10661	1550400 1	Borrowed	Cod, Atlantic, dried, salted	1501 8	Fish, cod, Atlantic, dried and salted	291.3	--	USDA databas e	A	Same food	#N/A
03A10084	1710300 1	Borrowed	Egg, duck, whole, raw	1138	Egg, duck, whole, fresh, raw	263.4	--	USDA databas e	A	Same food	5
03A10085	1710300 4	Borrowed	Egg, quail, whole, raw	1140	Egg, quail, whole, fresh, raw	263.4	--	USDA databas e	A	Same food	1

03A10075	17101001	Analysed	Egg, chicken, whole, raw	1123	Egg, whole, raw, fresh	250.0	0.6	USDA analytical database	A	Same food	331
03A10076	17102001	Analysed	Egg, chicken, whole, omega-3 polyunsaturate enriched, raw	1123	Egg, whole, raw, fresh	250.0	0.6	USDA analytical database	D	Different food at minor	1
03A10077	17101004	Analysed	Egg, chicken, whole, hard-boiled	1129	Egg, whole, cooked, hard boiled	230.0	0.6	USDA analytical database	A	Same food	10
08D10166	18403002	Analysed	Beef, heart, simmered or boiled, no added fat	13322	Beef, variety meats and by-products, heart, cooked, simmered	228.8	4.1	USDA database	A	Same food	#N/A
08D10180	18403012	Analysed	Lamb, heart, baked or roasted, no added fat	13322	Beef, variety meats and by-products, heart, cooked, simmered	228.8	4.1	USDA database	D	Different food at minor	#N/A
08D10188	18403016	Analysed	Veal, heart, baked or roasted, no added fat	13322	Beef, variety meats and by-products, heart, cooked, simmered	228.8	4.1	USDA database	D	Different food at minor	#N/A
08E40023	18404001	Analysed	Pate de foie (chicken liver pate)	7053	Pate, chicken liver, canned	228.8	14.0	USDA database	C	Similar food at minor	#N/A
08E40022	18404002	Analysed	Pate, liverwurst, commercial	7053	Pate, chicken liver, canned	228.8	14.0	USDA database	C	Similar food at minor	1
01B10545	30105001	Label Data	Amino acid or creatine powder	14066	Beverages, Protein powder whey based	224.0	--	USDA database	D	Different food at minor	1
01B10448	30105002	Label Data	Protein powder, whey based, protein > 70%, reduced carbohydrate,	14066	Beverages, Protein powder whey based	224.0	--	USDA database	C	Similar food at minor	2

			fortified, caffeinated								
01B10510	30105003	Label Data	Protein powder, protein >70%, caffeinated	14066	Beverages, Protein powder whey based	224.0	--	USDA database	C	Similar food at minor	2
01B10436	30105012	Label Data	Protein powder, whey based, protein > 70%, unfortified	14066	Beverages, Protein powder whey based	224.0	--	USDA database	B	Same food +/-	5
01B10447	30105013	Label Data	Protein powder, whey based, protein > 70%, fortified	14066	Beverages, Protein powder whey based	224.0	--	USDA database	B	Same food +/-	4
08D10175	18403007	Analysed	Beef, tripe, raw	13341	Beef, variety meats and by-products, tripe, raw	194.8	--	USDA database	A	Same food	#N/A
13A20139	25201002	Borrowed	Flour, soya	16115	Soy flour, full-fat, raw	190.6	--	USDA database	A	Same food	5
08D10194	18401003	Analysed	Chicken, liver, raw	5027	Chicken, liver, all classes, raw	190.0	17.0	USDA analytical database	A	Same food	1
01B10511	30105004	Label Data	Protein powder, protein 45%, unfortified	14654	Beverages, nutritional shake mix, high protein, powder	179.7	--	USDA database	B	Same food +/-	3
01B10513	30105005	Label Data	Protein powder, protein 45%, fortified	14654	Beverages, nutritional shake mix, high protein, powder	179.7	--	USDA database	B	Same food +/-	3
01B10516	30105006	Label Data	Protein powder, protein 45%, reduced sugars, fortified	14654	Beverages, nutritional shake mix, high protein, powder	179.7	--	USDA database	B	Same food +/-	2
01B10515	30105007	Label Data	Protein powder, protein 45%, fortified, caffeinated	14654	Beverages, nutritional shake mix, high protein, powder	179.7	--	USDA database	C	Similar food at minor	3
01B10517	30105008	Label Data	Protein powder, protein 30%, fortified	14654	Beverages, nutritional shake mix, high protein, powder	179.7	--	USDA database	D	Different food at minor	3
01B10552	3010500	Label Data	Protein powder, protein	1465	Beverages, nutritional shake mix, high	179.7	--	USDA	D	Differ	#N/A

	9		25%, unfortified	4	protein, powder			database		nt food at minor	
01B10565	30105010	Label Data	Protein powder, protein 20%, fortified, caffeinated	14654	Beverages, nutritional shake mix, high protein, powder	179.7	--	USDA database	D	Different food at minor	1
02A10354	12101032	Analysed	Wheat germ	8084	Cereals ready-to-eat, wheat germ, toasted, plain	178.6	--	USDA database	B	Same food +/-	11
09A30022	19107002	Analysed	Milk, powder, cow, skim	1091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	169.2	--	USDA database	A	Same food	16
09A30028	19107004	Analysed	Milk, powder, cow, skim	1091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	169.2	--	USDA database	A	Same food	1
08A30429	18103013	NNS 1995	Pork, crackling, roasted, salted	19041	Snacks, pork skins, plain	164.5	--	USDA database	D	Different food at minor	#N/A
10D10132	26401007	Analysed	Pork rind snack	19041	Snacks, pork skins, plain	164.5	--	USDA database	A	Same food	#N/A
08A40205	18104025	Analysed	Veal, leg steak, separable lean, fried, grilled or BBQ'd, no added fat	17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	159.9	29.2	USDA database	B	Same food +/-	4
13A20132	25101018	Analysed	Pea, split, dried	16085	Peas, green, split, mature seeds, raw	156.9	0.6	USDA database	A	Same food	4
08D10174	18403006	Analysed	Beef, tongue, simmered or boiled, no added fat	13340	Beef, variety meats and by-products, tongue, cooked, simmered	155.0	2.8	USDA database	A	Same food	#N/A
08D10184	18403014	Analysed	Lamb, tongue, simmered or boiled, no added fat	13340	Beef, variety meats and by-products, tongue, cooked, simmered	155.0	2.8	USDA database	D	Different food at minor	#N/A
08A40211	18104034	Analysed	Veal, loin chop, separable lean, fried, grilled or BBQ'd, no added fat	17427	Veal, loin, chop, separable lean only, cooked, grilled	150.0	27.4	USDA database	B	Same food +/-	2

05C10147	15201009	Analysed	Prawn, king or medium, flesh, boiled, microwaved, steamed or poached, no added fat	15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may contain additives to retain moisture)	135.4	--	USDA database	A	Same food	13
05C10146	15201011	Analysed	Prawn, school, flesh, boiled, microwaved, steamed or poached, no added fat	15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may contain additives to retain moisture)	135.4	--	USDA database	A	Same food	9
05D20124	15603008	Analysed	Stir-fry, commercial, prawn, garlic sauce	15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may contain additives to retain moisture)	135.4	--	USDA database	C	Similar food at minor	#N/A
02E10442	13301001	Analysed	Cake mix, chocolate flavour, dry powder	18101	Cake, chocolate, dry mix, regular, prepared	130.0	48.0	USDA analytical database	A	Same food	1
15A20134	18011004	Borrowed	Dugong, wild caught, flesh, raw	35009	Whale, beluga, meat, air-dried, raw (Alaska Native)	130.0	24.0	USDA analytical database	D	Different food at minor	1
08A20674	18102051	Analysed	Lamb, diced, separable lean, fried or stir-fried, no added fat	17060	Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	129.3	17.0	USDA database	B	Same food +/-	2
08A20731	18102136	Analysed	Lamb, mini roast, separable lean, baked or roasted, no added fat	17060	Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	129.3	17.0	USDA database	B	Same food +/-	7
08A20744	18102176	Analysed	Lamb, stir-fry strips, separable lean, fried or stir-fried, no added fat	17060	Lamb, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	129.3	17.0	USDA database	B	Same food +/-	2
02E10441	13301008	Analysed	Cake or cupcake, chocolate, homemade from basic ingredients, butter or dairy blend, uniced	18101	Cake, chocolate, prepared from recipe without frosting	128.4	47.7	USDA analytical database	C	Similar food at minor	1
13A20124	25101007	Analysed	Bean, red kidney, dried			126.4		Lewis et al., 2014	A	Same food	#N/A
08B10078	18202014	Analysed	Venison, diced, lean, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added	123.55	Weighted average 17345&17346	124.0	--	USDA database	B	Same food +/-	1

			fat								
08B10080	18202016	Analysed	Venison, leg medallion, lean, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	123.55	Weighted average 17345&17346	124.0	--	USDA database	C	Similar food at minor	#N/A
08B10084	18202021	Analysed	Venison, stir fry strips, lean, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	123.55	Weighted average 17345&17346	124.0	--	USDA database	C	Similar food at minor	#N/A
08A40195	18104013	Analysed	Veal, diced, separable lean, fried, stir-fried, grilled or BBQ'd, no added fat	17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	123.0	16.2	USDA database	B	Same food +/-	2
08A40217	18104042	Analysed	Veal, stir-fry strips, separable lean, fried, stir-fried, grilled or BBQ'd, no added fat	17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	123.0	16.2	USDA database	B	Same food +/-	2
13A20127	25101004	Analysed	Bean, lima, dried			122.6		Lewis et al., 2014	A	Same food	#N/A
08B10065	18202012	Analysed	Rabbit, flesh, boiled, casserole, microwaved, poached, steamed, or stewed, no added fat	17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	121.2	15.9	USDA database	A	Same food	1
13A20142	25101014	Imputed	Lentil, green or brown, dried			121.1		Lewis et al., 2014	A	Same food	2
08A40202	18104024	Analysed	Veal, leg steak, separable lean, raw	17426	Veal, leg, top round, cap off, cutlet, boneless, raw	120.0	28.4	USDA database	B	Same food +/-	4
13A20129	25101009	Analysed	Bean, soya, dried	16108	Soybeans, mature seeds, raw	120.0	2.1	USDA analytical database	A	Same food	1
10E10095	31302013	Analysed	Mustard powder	2024	Spices, mustard seed, yellow	120.0	1.9	USDA analytical database	B	Same food +/-	6
13A20141	2510101	Imputed	Lentil, red, dried			119.4		Lewis et	A	Same	3



	6							al., 2014		food	
08E30342	18601008	Analysed	Bacon, middle rasher or shortcut, fully-trimmed, baked, roasted, grilled or BBQ'd, no added fat	10860	Pork, cured, bacon, cooked, baked	119.3	3.4	USDA analytical database	D	Different food at minor	10
08E30338	18601016	Analysed	Bacon, middle rasher, semi-trimmed, baked, roasted, grilled or BBQ'd, no added fat	10860	Pork, cured, bacon, cooked, baked	119.3	3.4	USDA analytical database	D	Different food at minor	2
09A30021	19107001	Analysed	Milk, powder, cow, regular fat	1212	Milk, dry, whole, without added vitamin D	117.4	--	USDA database	B	Same food +/-	12
09A30026	19107003	Analysed	Milk, powder, cow, regular fat	1212	Milk, dry, whole, without added vitamin D	117.4	--	USDA database	B	Same food +/-	1
09A30023	19108002	Analysed	Milk, powder, goat, regular fat	1212	Milk, dry, whole, without added vitamin D	117.4	--	USDA database	D	Different food at minor	#N/A
08C10443	18301012	Analysed	Chicken, breast, flesh, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat	5746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	117.0	10.0	USDA database	A	Same food	4
15A20131	18011013	Borrowed	Possum, wild caught, flesh, cooked	17176	Game meat, opossum, cooked, roasted	116.5	15.3	USDA database	D	Different food at minor	1
08A10985	18101120	Analysed	Beef, rump steak, separable lean, grilled or BBQ'd, no added fat	13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	116.3	15.3	USDA database	B	Same food +/-	4
10C10482	21201003	Analysed	Soup, broth style with meat, cup of soup, instant dry mix	6080	Soup, chicken broth or bouillon, dry	114.6	--	USDA database	B	Same food +/-	#N/A
10C10479	21201005	Analysed	Soup, chicken, with or without vegetables, cup of	6080	Soup, chicken broth or bouillon, dry	114.6	--	USDA database	C	Similar food at	1

			soup, instant dry mix					e		minor	
10C10544	21201006	Imputed	Soup, chicken, with or without vegetables, cup of soup, instant dry mix, reduced salt	6080	Soup, chicken broth or bouillon, dry	114.6	--	USDA database	C	Similar food at minor	1
08C10452	18302019	Analysed	Turkey, hindquarter, lean, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat	5737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	113.9	0.4	USDA database	B	Same food +/-	#N/A
10F40019	31103001	Analysed	Beef, extract, bonox	6076	Soup, beef broth, cubed, dry	113.4	--	USDA database	D	Different food at minor	#N/A
10F60111	31303002	Analysed	Stock, dry powder or cube	6076	Soup, beef broth, cubed, dry	113.4	--	USDA database	B	Same food +/-	18
10F60114	31303003	Imputed	Stock, dry powder or cube, reduced salt	6076	Soup, beef broth, cubed, dry	113.4	--	USDA database	B	Same food +/-	1
08B10067	18201006	Analysed	Kangaroo, rump, baked, roasted, fried, grilled or BBQ'd, no added fat	23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	112.1	14.7	USDA database	D	Different food at minor	#N/A
08A11007	18101179	Analysed	Beef, sirloin steak, separable lean, grilled or BBQ'd, no added fat	23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	111.6	14.7	USDA database	B	Same food +/-	3
08C10478	18301005	Analysed	Chicken, breast, flesh, grilled or BBQ'd, no added fat	5747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	111.4	9.5	USDA database	A	Same food	13
08A30408	18103034	Analysed	Pork, forequarter chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	110.9	4.3	USDA database	B	Same food +/-	2
08A30410	18103041	Analysed	Pork, forequarter shoulder roast, fully-trimmed, baked or roasted, no added fat	10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	110.9	4.3	USDA database	B	Same food +/-	2
10D10134	26301001	NNS 1995	Chip or crisp, soy	25025	Snacks, soy chips or crisps, salted	110.9	--	USDA database	B	Same food	#N/A

								e		+/-	
05C10151	15202012	Analysed	Scallop with or without roe, boiled, microwaved, steamed or poached, with or without added fat	90240	Mollusks, scallop, (bay and sea), cooked, steamed	110.7	--	USDA database	A	Same food	#N/A
08A40184	18104003	Analysed	Veal, cutlet, separable lean, raw	17107	Veal, loin, separable lean only, raw	110.5	23.4	USDA database	B	Same food +/-	3
08A40192	18104012	Analysed	Veal, diced, separable lean, raw	17107	Veal, loin, separable lean only, raw	110.5	23.4	USDA database	B	Same food +/-	3
08A40208	18104033	Analysed	Veal, loin chop, separable lean, raw	17107	Veal, loin, separable lean only, raw	110.5	23.4	USDA database	B	Same food +/-	2
08A40214	18104041	Analysed	Veal, stir-fry strips, separable lean, raw	17107	Veal, loin, separable lean only, raw	110.5	23.4	USDA database	B	Same food +/-	2
05A10733	15101067	Analysed	Salmon, Pacific king, raw	98101	Fish, salmon, king, kippered, raw	110.0	4.3	USDA analytical database	B	Same food +/-	1
08A30462	18103144	Analysed	Pork, topside steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	108.7	3.5	USDA analytical database	B	Same food +/-	1
08A20668	18102041	Analysed	Lamb, chump chop, separable lean, grilled or BBQ'd, no added fat	17027	Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	108.3	14.2	USDA database	B	Same food +/-	4
08A20701	18102086	Analysed	Lamb, forequarter chop, separable lean, grilled or BBQ'd, no added fat	17027	Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	108.3	14.2	USDA database	B	Same food +/-	6
08A20722	18102121	Analysed	Lamb, loin chop, separable lean, grilled or BBQ'd, no added fat	17027	Lamb, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	108.3	14.2	USDA database	B	Same food +/-	4
02C20379	28305002	Label Data	Bar, high protein, chocolate flavour, reduced	25067	Formulated Bar, SOUTH BEACH protein bar	108.2	1.1	USDA database	D	Different food	#N/A

			carbohydrate, commercial					e		at minor	
02C20381	28305003	Label Data	Bar, high protein, reduced carbohydrate, fortified, caffeinated, commercial	25067	Formulated Bar, SOUTH BEACH protein bar	108.2	1.1	USDA database	D	Different food at minor	#N/A
02C20378	28305004	Label Data	Bar or biscuit, high protein, chocolate flavour, commercial	25067	Formulated Bar, SOUTH BEACH protein bar	108.2	1.1	USDA database	D	Different food at minor	#N/A
05C10153	15402002	Analysed	Mussel, smoked, canned in oil, drained	15160	Mollusks, clam, mixed species, canned, drained solids	107.4	--	USDA analytical database	D	Different food at minor	#N/A
08A11000	18101168	Analysed	Beef, silverside roast, separable lean, baked or roasted, no added fat	23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	106.6	14.0	USDA database	B	Same food +/-	4
08E30360	18604003	Analysed	Beef, corned, 75% trimmed, cooked	23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	106.6	14.0	USDA database	D	Different food at minor	#N/A
08E30358	18604004	Analysed	Beef, corned, lean & fat, cooked	23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	106.6	14.0	USDA database	D	Different food at minor	1
13B20214	20601006	Analysed	Tempeh (fermented soy beans), fried	16129	Tofu, fried	106.3	--	USDA database	D	Different food at minor	#N/A
08A40188	18104004	Analysed	Veal, cutlet, separable lean, fried, grilled or BBQ'd, no added fat	17109	Veal, loin, separable lean only, cooked, roasted	105.3	13.8	USDA database	B	Same food +/-	3
08A20685	18102063	Analysed	Lamb, easy carve leg roast, separable lean, baked or roasted, no added fat	17014	Lamb, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	104.9	13.8	USDA database	B	Same food +/-	3
08A20715	18102113	Analysed	Lamb, leg roast, separable lean, baked or roasted, no added fat	17014	Lamb, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	104.9	13.8	USDA database	B	Same food +/-	3

08A20760	18102201	Analysed	Mutton, leg roast, separable lean, baked or roasted, no added fat	17014	Lamb, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	104.9	13.8	USDA database	B	Same food +/-	3
08E30348	18602007	Analysed	Ham steak, baked, roasted, fried, grilled or BBQ'd, no added fat	10998	Canadian bacon, cooked, pan-fried	104.8	4.7	USDA database	B	Same food +/-	1
08A30404	18103006	Analysed	Pork, butterfly steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	104.7	4.1	USDA database	B	Same food +/-	1
13A11745	24602005	Analysed	Tomato, sundried or semi-sundried	11955	Tomatoes, sun-dried	104.6	--	USDA database	A	Same food	7
05A10665	15401002	Borrowed	Herring, Atlantic, pickled	15041	Fish, herring, Atlantic, pickled	104.1	--	USDA database	A	Same food	#N/A
08A20754	18102193	Analysed	Mutton, shoulder, separable lean, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat	17041	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	104.0	13.7	USDA database	B	Same food +/-	2
08C10457	18302017	Analysed	Turkey, hindquarter, lean, baked, roasted, fried, grilled or BBQ'd, no added fat	5722	Turkey, retail parts, thigh, meat only, cooked, roasted	103.8	7.5	USDA database	B	Same food +/-	#N/A
01B10303	11205001	Analysed	Coffee, instant, dry powder or granules	14214	Beverages, coffee, instant, regular, powder	101.9	--	USDA database	A	Same food	12
08B10082	18202019	Analysed	Venison, mince, premium, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	17344	Game meat, deer, ground, cooked, pan-broiled	101.9	13.4	USDA database	B	Same food +/-	#N/A
08E30359	18604002	Analysed	Beef, corned, 50% trimmed, cooked	13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	100.6	13.2	USDA database	D	Different food at minor	#N/A
01B10306	11205002	Imputed	Coffee, instant, dry powder or granules, decaffeinated	14218	Coffee, instant, decaffeinated, powder	100.0	0.7	USDA analytical database	A	Same food	3

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08A10977	1810110 2	Analysed	Beef, round steak, separable lean, grilled or BBQ'd, no added fat	2303 1	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	100.0	17.0	USDA analytical database	B	Same food +/-	4
08E30355	1860400 1	Analysed	Beef, corned, lean, cooked	2303 1	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	100.0	17.0	USDA analytical database	D	Different food at minor	1
02A20107	2520100 1	Borrowed	Flour, chick pea (besan)	1605 6	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	99.3	--	USDA database	D	Different food at minor	#N/A
08A30414	1810305 2	Analysed	Pork, leg steak (round, rump, topside, silverside), separable lean, fried or stir fried, no added fat	1001 5	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	99.2	3.8	USDA database	B	Same food +/-	1
08A30468	1810310 7	Analysed	Pork, round mini roast, fully-trimmed, baked or roasted, no added fat	1001 5	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	99.2	3.8	USDA database	B	Same food +/-	3
08A30461	1810311 1	Analysed	Pork, round steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	1001 5	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	99.2	3.8	USDA database	B	Same food +/-	#N/A
08A30460	1810311 3	Analysed	Pork, rump steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd no added fat	1001 5	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	99.2	3.8	USDA database	B	Same food +/-	#N/A
08A30474	1810308 2	Analysed	Pork, loin roast, fully-trimmed, baked or roasted, no added fat	1021 7	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	99.1	3.8	USDA database	B	Same food +/-	3
08A30464	1810312 4	Analysed	Pork, silverside steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	1001 9	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	98.6	3.8	USDA database	B	Same food +/-	#N/A
08E30375	1860300	Analysed	Sausage, chorizo, uncooked	7019	Sausage, pork, chorizo, link or ground, raw	96.7	4.1	USDA	B	Same	4

	8							databas e		food +/-	
08F10900	1870502 0	Analysed	Tandoori lamb, commercial	1701 2	Lamb, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	96.3	12.7	USDA databas e	B	Same food +/-	#N/A
08A11004	1810117 8	Analysed	Beef, sirloin steak, separable lean, raw	2360 7	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	95.8	14.1	USDA databas e	B	Same food +/-	3
08A20692	1810207 1	Analysed	Lamb, easy carve shoulder, separable lean, baked or roasted, no added fat	1704 2	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	95.8	12.6	USDA databas e	B	Same food +/-	3
08A20727	1810208 1	Analysed	Lamb, fillet or tenderloin, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	1704 2	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	95.8	12.6	USDA databas e	B	Same food +/-	#N/A
13A11776	2450200 1	Analysed	Bean, broad, fresh or frozen, raw	1605 2	Broadbeans (fava beans), mature seeds, raw	95.8	--	USDA databas e	A	Same food	1
08A20708	1810209 7	Analysed	Lamb, frenched cutlet/rack, separable lean, grilled or BBQ'd, no added fat	1708 3	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	94.4	12.4	USDA databas e	B	Same food +/-	3
08A10951	1810101 1	Analysed	Beef, blade steak, separable lean, grilled or BBQ'd, no added fat	2303 8	Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	94.0	16.0	USDA analytic al databas e	B	Same food +/-	3
08A20748	1810213 3	Analysed	Lamb, mince, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	1722 5	Lamb, ground, cooked, broiled	93.4	12.3	USDA databas e	B	Same food +/-	3
08B10095	1820100 7	Analysed	Kangaroo, tail, raw	2359 9	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	93.2	13.7	USDA databas e	D	Differe nt food at minor	2
08A10997	1810116 7	Analysed	Beef, silverside roast, separable lean, raw	2359 4	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	92.7	13.6	USDA databas e	B	Same food +/-	4

12C10442	13304001	Analysed	Muffin bar, fruit flavoured	18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	92.5	6.8	USDA analytical database	B	Same food +/-	#N/A
05A10662	15102001	Analysed	Cod, smoked, raw	15035	Fish, haddock, smoked	92.3	--	USDA database	A	Same food	#N/A
05A10663	15102002	Analysed	Cod or hake, smoked, boiled, microwaved, steamed or poached, no added fat	15035	Fish, haddock, smoked	92.3	--	USDA database	C	Similar food at minor	#N/A
05A10709	15102004	Analysed	Smoked fish (including eel & trout), smoked	15035	Fish, haddock, smoked	92.3	--	USDA database	B	Same food +/-	#N/A
08A10982	18101119	Analysed	Beef, rump steak, separable lean, raw	23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	92.3	13.6	USDA database	B	Same food +/-	4
08B10066	18201005	Analysed	Kangaroo, rump, raw	23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	92.3	13.6	USDA database	D	Different food at minor	3
08B10073	18202002	Analysed	Buffalo, riverine, topside, raw	13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	92.1	13.5	USDA database	D	Different food at minor	1
08B10071	18202004	Analysed	Buffalo, swamp, topside, raw	13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	92.1	13.5	USDA database	D	Different food at minor	1
08B10075	18202006	Analysed	Camel, rump, raw	13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	92.1	13.5	USDA database	D	Different food at minor	#N/A
02C20353	13101015	Label Data	Biscuit, sweet, plain, sponge finger, commercial	18175	Cookies, ladyfingers, with lemon juice and rind	92.0	--	USDA database	C	Similar food at minor	1
05D20118	15502004	Analysed	Prawn, coated, takeaway outlet, deep fried	15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	91.2	--	USDA database	C	Similar food at	1



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08B10069	18201002	Analysed	Kangaroo, loin fillet, baked, roasted, fried, grilled or BBQ'd, no added fat	13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	91.0	12.0	USDA database	D	Different food at minor	2
08A10958	18101031	Analysed	Beef, chuck steak, separable lean, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat	23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	90.4	26.3	USDA database	B	Same food +/-	1
08E30339	18601007	Analysed	Bacon, middle rasher or shortcut, fully-trimmed, fried or stir-fried, no added fat	10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	89.5	8.1	USDA analytical database	D	Different food at minor	4
08E30340	18601015	Analysed	Bacon, middle rasher, semi-trimmed, fried or stir-fried, no added fat	10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	89.5	8.1	USDA analytical database	D	Different food at minor	7
08E30335	18606002	Analysed	Beef, corned, canned	13348	Beef, cured, corned beef, canned	89.2	11.7	USDA database	B	Same food +/-	1
08E30334	18606005	Analysed	Camp pie, canned	13348	Beef, cured, corned beef, canned	89.2	11.7	USDA database	B	Same food +/-	#N/A
09A20028	19106004	Analysed	Milk, canned, sweetened, condensed, regular	1095	Milk, canned, condensed, sweetened	89.1	--	USDA database	A	Same food	12
09A20029	19106005	Analysed	Milk, canned, sweetened, condensed, skim (~0.2% fat)	1095	Milk, canned, condensed, sweetened	89.1	--	USDA database	C	Similar food at minor	#N/A
05A10664	15102003	Analysed	Salmon, smoked, sliced	15077	Fish, salmon, chinook, smoked	89.0	--	USDA database	B	Same food +/-	9
08A30406	18103024	Analysed	Pork, fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	88.9	4.3	USDA analytical	B	Same food +/-	7

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05A10671	1540100 4	Analysed	Salmon, pink, unflavoured, canned in brine, drained	1526 0	Fish, salmon, pink, canned, drained solids with bone	88.0	9.0	USDA analytic al databas e	B	Same food +/-	2
05A10673	1540100 5	Label Data	Salmon, pink, unflavoured, canned in water, drained	1526 0	Fish, salmon, pink, canned, drained solids with bone	88.0	9.0	USDA analytic al databas e	B	Same food +/-	2
05A10796	1540101 2	Imputed	Salmon, flavoured, canned, drained	1526 0	Fish, salmon, pink, canned, drained solids with bone	88.0	9.0	USDA analytic al databas e	C	Similar food at minor	1
08B10083	1820201 8	Analysed	Venison, mince, premium, raw	1734 3	Game meat, deer, ground, raw	87.9	12.9	USDA databas e	B	Same food +/-	#N/A
13A20122	2510100 2	Analysed	Bean, haricot, dried	1603 7	Beans, navy, mature seeds, raw	87.4	0.1	USDA analytic al databas e	A	Same food	#N/A
08A10974	1810110 1	Analysed	Beef, round steak, separable lean, raw	2303 0	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	87.0	12.0	USDA analytic al databas e	B	Same food +/-	4
08A30426	1810309 6	Analysed	Pork, mince, baked, roasted, fried or stir-fried, grilled or BBQ'd, no added fat	1022 0	Pork, fresh, ground, cooked	87.0	4.7	USDA analytic al databas e	B	Same food +/-	3
08A10963	1810103 9	Analysed	Beef, diced, separable lean, fried or stir-fried, no added fat	1336 4	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	86.0	12.9	USDA databas e	B	Same food +/-	2

08A11013	18101200	Analysed	Beef, stir-fry strips, separable lean, fried or stir-fried, no added fat	13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	86.0	12.9	USDA database	B	Same food +/-	2
08A20665	18102040	Analysed	Lamb, chump chop, separable lean, raw	Lewis et al., 2015	Lamb, chops, fat trimmed, raw	86.0	--	Lewis et al., 2015	B	Same food +/-	4
08A20697	18102085	Analysed	Lamb, forequarter chop, separable lean, raw	Lewis et al., 2015	Lamb, chops, fat trimmed, raw	86.0		Lewis et al., 2015	B	Same food +/-	7
08A20719	18102120	Analysed	Lamb, loin chop, separable lean, raw	Lewis et al., 2015	Lamb, chops, fat trimmed, raw	86.0	--	Lewis et al., 2015	B	Same food +/-	5
08B10092	18202007	Analysed	Goat, forequarter, separable lean, raw	Lewis et al., 2015	Lamb, chops, fat trimmed, raw	86.0		Lewis et al., 2015	D	Different food at minor	1
01B10446	30105011	Label Data	Protein powder, soy based, protein > 70%, unfortified	98021	Soy protein powder, dietary supplement, cholesterol free, low fat enriched with vitamins	86.0	0.2	USDA analytical database	B	Same food +/-	2
08D10172	18403004	Analysed	Beef, tail, simmered or boiled, no added fat	13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.4	11.2	USDA database	D	Different food at minor	#N/A
05A10666	15401001	Analysed	Anchovy, canned	15002	Fish, anchovy, european, canned in oil, drained solids	85.0	--	USDA database	A	Same food	4
08A10948	18101010	Analysed	Beef, blade steak, separable lean, raw	23037	Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	15.0	USDA analytical database	B	Same food +/-	3
08A11089	18101065	Analysed	Beef, mince, <5% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, no added fat	23558	Beef, ground, 95% lean meat/ 5% fat, patty, cooked, broiled	85.0	6.6	USDA analytical database	B	Same food +/-	7

08A11090	18101073	Analysed	Beef, mince, ~5-10% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, no added fat	23563	Beef, ground, 90% lean meat/ 10% fat, patty, cooked, broiled	84.0	7.1	USDA analytical database	B	Same food +/-	16
08A30418	18103119	Analysed	Pork, scotch roast, fully-trimmed, baked or roasted, no added fat	10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	83.2	3.2	USDA database	B	Same food +/-	1
08C10431	18301003	Analysed	Chicken, breast, flesh, raw	5062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	82.1	7.0	USDA database	A	Same food	25
05A10669	15401006	Analysed	Salmon, red, unflavoured, canned in brine, drained	35157	Fish, salmon, red, canned, bones removed (Alaska Native)	82.0	3.3	USDA analytical database	B	Same food +/-	2
05A10672	15401007	Label Data	Salmon, red, unflavoured, canned in water, drained	35157	Fish, salmon, red, canned, bones removed (Alaska Native)	82.0	3.3	USDA analytical database	B	Same food +/-	2
08A11091	18101081	Analysed	Beef, mince, >10% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, no added fat	23568	Beef, ground, 85% lean meat/ 15% fat, patty, cooked, broiled	82.0	7.5	USDA analytical database	B	Same food +/-	3
08A20672	18102050	Analysed	Lamb, diced, separable lean, raw	17039	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	2
08A20682	18102062	Analysed	Lamb, easy carve leg roast, separable lean, raw	17039	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	3
08A20689	18102070	Analysed	Lamb, easy carve shoulder, separable lean, raw	17039	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	3
08A20770	18102080	Analysed	Lamb, fillet or tenderloin, fully-trimmed, raw	17039	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	1

08A20705	1810209 6	Analysed	Lamb, frenched cutlet/rack, separable lean, raw	1703 9	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	3
08A20712	1810211 2	Analysed	Lamb, leg roast, separable lean, raw	1703 9	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	3
08A20728	1810213 5	Analysed	Lamb, mini roast, separable lean, raw	1703 9	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	7
08A20742	1810217 5	Analysed	Lamb, stir-fry strips, separable lean, raw	1703 9	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	2
08A20751	1810219 2	Analysed	Mutton, shoulder, separable lean, raw	1703 9	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	2
08A20757	1810220 0	Analysed	Mutton, leg roast, separable lean, raw	1703 9	Lamb, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	82.0	12.1	USDA database	B	Same food +/-	3
08B10068	1820100 1	Analysed	Kangaroo, loin fillet, raw	1391 7	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	81.9	12.0	USDA database	D	Different food at minor	3
08E30350	1860200 2	Analysed	Ham, leg, lean & fat	7029	Ham, sliced, regular (approximately 11% fat)	81.9	5.4	USDA database	B	Same food +/-	21
01B10440	3010700 1	Label Data	Oral supplement powder, chocolate flavour, fortified (Sustagen Hospital)	1403 3	Beverages, ABBOTT, EAS whey protein powder	81.6	--	USDA database	B	Same food +/-	2
01B10519	3010700 2	Label Data	Oral supplement powder, chocolate flavour, fortified (Sustagen Everyday)	1403 3	Beverages, ABBOTT, EAS whey protein powder	81.6	--	USDA database	B	Same food +/-	1
01B10439	3010700 3	Label Data	Oral supplement powder, vanilla flavour, fortified (Sustagen Hospital)	1403 3	Beverages, ABBOTT, EAS whey protein powder	81.6	--	USDA database	B	Same food +/-	2
01B10441	3010700 4	Label Data	Oral supplement powder, vanilla flavour, children's formulation, fortified (Sustagen Kid Essentials)	1403 3	Beverages, ABBOTT, EAS whey protein powder	81.6	--	USDA database	B	Same food +/-	1

01B10548	30107005	Label Data	Oral supplement powder, Ensure	14033	Beverages, ABBOTT, EAS whey protein powder	81.6	--	USDA database	B	Same food +/-	1
01B20516	30107006	Label Data	Powder, medical or special purpose, added vitamins & minerals	14033	Beverages, ABBOTT, EAS whey protein powder	81.6	--	USDA database	C	Similar food at minor	#N/A
05C10154	15402003	Analysed	Oyster, smoked, canned in oil, drained	15170	Mollusks, oyster, eastern, canned	81.0	--	USDA analytical database	C	Similar food at minor	#N/A
05C10143	15201001	Analysed	Crab, flesh, purchased steamed, poached or boiled	15140	Crustaceans, crab, blue, cooked, moist heat	80.9	--	USDA database	A	Same food	8
05C10144	15201003	Analysed	Lobster or crayfish, flesh, purchased steamed, poached or boiled, no added fat	15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	80.9	--	USDA database	A	Same food	1
05C10166	15201004	Imputed	Moreton bay bug or balmain bug, flesh, raw	15145	Crustaceans, crayfish, mixed species, wild, raw	80.9	--	USDA database	C	Similar food at minor	1
05C10145	15201006	Analysed	Prawn, king or medium, raw (green)	15149	Crustaceans, shrimp, mixed species, raw (may contain additives to retain moisture)	80.9	--	USDA database	A	Same food	20
05C10228	15201012	Imputed	Yabby (yabbie), flesh, cooked, no added fat	15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	80.9	--	USDA database	C	Similar food at minor	#N/A
08A30405	18103023	Analysed	Pork, fillet, fully-trimmed, raw	10060	Pork, fresh, loin, tenderloin, separable lean only, raw	80.8	3.0	USDA analytical database	B	Same food +/-	6
08A11026	18101232	Analysed	Beef, topside roast, separable lean, baked or roasted, no added fat	23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	80.1	13.7	USDA database	B	Same food +/-	7
08C10438	18301020	Analysed	Chicken, drumstick, flesh, baked, roasted, fried, grilled or BBQ'd, no added fat	98111	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie BBQ	80.0	11.0	USDA analytical database	B	Same food +/-	1

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13A20130	25101010	Analysed	Bean, soya, dried, boiled, microwaved or steamed, drained			79.9		Lewis et al., 2014	A	Same food	#N/A
04D10039	14501001	Analysed	Dripping, beef	4001	Fat, beef tallow	79.8	--	USDA database	A	Same food	1
08A30416	18103058	Analysed	Pork, loin chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	79.8	4.2	USDA database	B	Same food +/-	2
08E30344	18601005	Analysed	Bacon, breakfast rasher, grilled or BBQ'd, no added fat	10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	79.4	4.8	USDA analytical database	B	Same food +/-	13
02A10418	12401002	Imputed	Noodle, wheat with egg, plain, dry	20109	Noodles, egg, dry, enriched	79.0	130.0	USDA analytical database	A	Same food	#N/A
08A30417	18103118	Analysed	Pork, scotch roast, fully-trimmed, raw	10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	79.0	4.1	USDA analytical database	B	Same food +/-	1
11A10039	22101001	Borrowed	Seed, chia, dried	12220	Seeds, flaxseed	79.0	3.1	USDA analytical database	D	Different food at minor	3
11A10038	22101003	Borrowed	Seed, linseed or flaxseed	12220	Seeds, flaxseed	79.0	3.1	USDA analytical database	A	Same food	16
08A30458	18103143	Analysed	Pork, topside steak, fully-trimmed, raw	10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	78.8	4.1	USDA analytical	B	Same food +/-	#N/A

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08A30471	1810308 1	Analysed	Pork, loin roast, fully-trimmed, raw	1021 4	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	78.4	3.0	USDA databas e	B	Same food +/-	4
08A30428	1810309 1	Analysed	Pork, medallion or loin steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	1006 8	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	78.0	2.8	USDA analyt ical databas e	B	Same food +/-	#N/A
08C10450	1830201 2	Analysed	Turkey, breast, lean, baked, roasted, fried, grilled or BBQ'd, no added fat	5711	Turkey, retail parts, breast, meat only, cooked, roasted	76.4	3.2	USDA databas e	A	Same food	1
08E30347	1860200 6	Analysed	Ham steak, raw	1013 0	Canadian bacon, unprepared	76.1	3.4	USDA databas e	B	Same food +/-	#N/A
05A10710	1540101 6	Borrowed	Sardine, canned in tomato sauce, undrained	1508 9	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	76.0	0.1	USDA databas e	B	Same food +/-	#N/A
08C10451	1830201 6	Analysed	Turkey, hindquarter, lean, raw	5717	Turkey, retail parts, thigh, meat only, raw	75.9	5.9	USDA databas e	B	Same food +/-	3
08C20021	1830300 1	Analysed	Emu, fan fillet, raw	5717	Turkey, retail parts, thigh, meat only, raw	75.9	5.9	USDA databas e	D	Differen t food at minor	1
05A10674	1540101 4	Analysed	Sardine, canned in oil, undrained	1508 8	Fish, sardine, Atlantic, canned in oil, drained solids with bone	75.0	--	USDA databas e	D	Differen t food at minor	#N/A
05A10675	1540101 5	Analysed	Sardine, canned in oil, drained	1508 8	Fish, sardine, Atlantic, canned in oil, drained solids with bone	75.0	--	USDA databas e	A	Same food	2
05A10676	1540101 7	Borrowed	Sardine, canned in water, drained	1508 8	Fish, sardine, Atlantic, canned in oil, drained solids with bone	75.0	--	USDA databas e	C	Similar food at minor	#N/A
08A30413	1810305 1	Analysed	Pork, leg steak (round, rump, topside, silverside), separable lean, raw	1001 4	Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program)	75.0	2.9	USDA databas e	B	Same food +/-	1



08A30465	18103106	Analysed	Pork, round mini roast, fully-trimmed, raw	10014	Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program)	75.0	2.9	USDA database	B	Same food +/-	2
08A30456	18103110	Analysed	Pork, round steak, fully-trimmed, raw	10014	Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program)	75.0	2.9	USDA database	B	Same food +/-	#N/A
08A30454	18103112	Analysed	Pork, rump steak, fully-trimmed, raw	10014	Pork, fresh, leg (ham), rump half, separable lean only, raw (Includes foods for USDA's Food Distribution Program)	75.0	2.9	USDA database	B	Same food +/-	1
02A10355	12101031	Analysed	Wheat bran, unprocessed, uncooked	20077	Wheat bran, crude	74.4	--	USDA database	A	Same food	14
08A30459	18103123	Analysed	Pork, silverside steak, fully-trimmed, raw	10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	74.4	2.9	USDA database	B	Same food +/-	1
08A10969	18101050	Analysed	Beef, fillet steak, separable lean, grilled or BBQ'd, no added fat	13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	73.8	12.6	USDA database	B	Same food +/-	3
08A10955	18101030	Analysed	Beef, chuck steak, separable lean, raw	23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	73.4	21.4	USDA database	B	Same food +/-	2
08C10446	18301022	Analysed	Chicken, drumstick, flesh, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat	5074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	73.1	5.3	USDA database	A	Same food	1
08D10193	18405001	Analysed	Black pudding, raw	7005	Blood sausage	72.8	2.2	USDA database	C	Similar food at minor	1
08E30325	18603002	Analysed	Salami, danish	7072	Salami, dry or hard, pork, beef	72.6	5.9	USDA database	C	Similar food at minor	#N/A
08E30326	18603003	Analysed	Salami, hungarian	7072	Salami, dry or hard, pork, beef	72.6	5.9	USDA database	C	Similar food at minor	#N/A
08E30328	18603005	Analysed	Salami, milano	7072	Salami, dry or hard, pork, beef	72.6	5.9	USDA database	C	Similar food at minor	#N/A

08C10453	18302018	Analysed	Turkey, hindquarter, lean, skin & fat, raw	5736	Turkey, retail parts, drumstick, meat and skin, raw	72.5	5.6	USDA database	B	Same food +/-	3
08E30345	18601004	Analysed	Bacon, breakfast rasher, baked, roasted or fried, no added fat	10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	72.5	4.2	USDA database	B	Same food +/-	1
08E30324	18604010	Analysed	Mortadella, processed meat	7050	Mortadella, beef, pork	72.2	3.1	USDA database	B	Same food +/-	#N/A
13B20230	25201003	Analysed	Miso, soyabean paste	16112	Miso	72.2	--	USDA database	A	Same food	1
08C10436	18301056	Analysed	Chicken, thigh, flesh, baked, roasted, fried, grilled or BBQ'd, no added fat	5098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	71.8	5.2	USDA database	A	Same food	1
08E30386	18601001	Label Data	Bacon, 97% fat free, raw	10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	71.7	3.5	USDA analytical database	D	Different food at minor	1
08E30346	18601003	Analysed	Bacon, breakfast rasher, raw	10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	71.7	3.5	USDA analytical database	B	Same food +/-	1
11B10239	22204020	Recipe	Nut, pistachio, roasted, salted	12652	Nuts, pistachio nuts, dry roasted, with salt added	71.4	0.8	USDA analytical database	A	Same food	4
11B10204	22204021	Analysed	Nut, pistachio, raw, unsalted	12652	Nuts, pistachio nuts, dry roasted, with salt added	71.4	0.8	USDA analytical database	A	Same food	7
08A11086	18101064	Analysed	Beef, mince, <5% fat, raw	23557	Beef, ground, 95% lean meat/ 5% fat, raw	71.0	6.9	USDA analytical database	B	Same food +/-	4

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08C10444	18301067	Analysed	Chicken, wing, flesh, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat	5108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	70.6	5.1	USDA database	A	Same food	1
08E30337	18601006	Analysed	Bacon, middle rasher or shortcut, fully-trimmed, raw	10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	70.6	3.5	USDA database	B	Same food +/-	10
08E30352	18602004	Analysed	Ham, shoulder, lean & fat	10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	70.6	3.5	USDA database	B	Same food +/-	#N/A
05A10651	15101055	Analysed	Mullet, raw	15055	Fish, mullet, striped, raw	70.2	--	USDA database	A	Same food	2
08E30351	18602003	Analysed	Ham, leg, lean & fat, canned	10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	70.2	4.7	USDA database	B	Same food +/-	#N/A
02A10405	12101019	Borrowed	Quinoa, uncooked	20035	Quinoa	70.0	630.0	USDA analytical database	A	Same food	4
08A30407	18103033	Analysed	Pork, forequarter chop, fully-trimmed, raw	10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	69.6	2.7	USDA database	B	Same food +/-	2
08A30409	18103040	Analysed	Pork, forequarter shoulder roast, fully-trimmed, raw	10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	69.6	2.7	USDA database	B	Same food +/-	1
08A20747	18102132	Analysed	Lamb, mince, raw	17224	Lamb, ground, raw	69.3	10.2	USDA database	B	Same food +/-	5
08A30425	18103095	Analysed	Pork, mince, raw	10219	Pork, fresh, ground, raw	69.0	3.7	USDA analytical database	B	Same food +/-	11
08D10171	1840300	Analysed	Beef, tail, raw	1382	Beef, rib, whole (ribs 6-12), separable lean	69.0	10.2	USDA	D	Differ	#N/A

	3			4	and fat, trimmed to 1/8" fat, all grades, raw			database		nt food at minor	
08E30353	18602005	Analysed	Ham, shoulder, lean & fat, canned	10184	Pork, cured, ham, extra lean and regular, canned, unheated	68.7	4.5	USDA database	B	Same food +/-	#N/A
08C10434	18301065	Analysed	Chicken, wing, flesh, baked, roasted, fried, grilled or BBQ'd, no added fat	98089	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie	68.0	5.7	USDA analytical database	B	Same food +/-	1
08C10445	18301058	Analysed	Chicken, thigh, flesh, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat	5099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	67.3	4.9	USDA database	A	Same food	1
13A11778	24502012	Analysed	Bean, red, fresh, raw	16040	Beans, pink, mature seeds, raw	67.2	--	USDA database	C	Similar food at minor	1
08E30327	18603004	Analysed	Salami, mettwurst	7002	Beerwurst, beer salami, pork and beef	67.1	3.1	USDA database	C	Similar food at minor	#N/A
08E20132	18501010	Analysed	Sausage, pork, plain, grilled, BBQ'd or baked	7064	Pork sausage, fresh, cooked	67.0	3.6	USDA analytical database	B	Same food +/-	2
08E20138	18501011	Imputed	Sausage, pork, flavoured, fried, grilled, BBQ'd or baked	7064	Pork sausage, fresh, cooked	67.0	3.6	USDA analytical database	B	Same food +/-	1
10E10098	31302003	NNS 1995	Chilli (chili) powder	2009	Spices, chili powder	67.0	2.8	USDA analytical database	A	Same food	6
10E10107	31302004	Borrowed	Chilli (chili), dried, ground	2009	Spices, chili powder	67.0	2.8	USDA analytical	B	Same food	5

								al databas e		+/-	
10F60108	3130300 1	Analysed	Seasoning mix, chilli-based, for tacos	2009	Spices, chili powder	67.0	2.8	USDA analytic al databas e	D	Differen t food at minor	30
05A10755	1510104 8	Borrowed	Mackerel, raw	1505 0	Fish, mackerel, Pacific and jack, mixed species, raw	66.9	--	USDA databas e	B	Same food +/-	6
08E30319	1860500 4	Analysed	Turkey, roast, deli-sliced	7046	Turkey breast, low salt, prepackaged or deli, luncheon meat	66.4	4.8	USDA databas e	C	Similar food at minor	1
08E30318	1860500 5	Analysed	Turkey, processed luncheon meat	7046	Turkey breast, low salt, prepackaged or deli, luncheon meat	66.4	4.8	USDA databas e	C	Similar food at minor	1
15A20136	1801100 2	Imputed	Echidna, wild caught, flesh, raw	5011	Chicken, broilers or fryers, meat only, raw	66.0	8.5	USDA analytic al databas e	D	Differen t food at minor	1
08A11087	1810107 2	Analysed	Beef, mince, ~5-10% fat, raw	2356 2	Beef, ground, 90% lean meat/ 10% fat, raw	66.0	7.0	USDA analytic al databas e	B	Same food +/-	9
08C10462	1830100 1	Analysed	Chicken, barbecued, with skin, commercial	5009	Chicken, broilers or fryers, meat and skin, cooked, roasted	66.0	5.6	USDA analytic al databas e	B	Same food +/-	1
08C10437	1830101 9	Analysed	Chicken, drumstick, flesh, raw	5011	Chicken, broilers or fryers, meat only, raw	66.0	8.5	USDA analytic al databas e	B	Same food +/-	8
08C10435	1830105 5	Analysed	Chicken, thigh, flesh, raw	5011	Chicken, broilers or fryers, meat only, raw	66.0	8.5	USDA analytic	B	Same food	13

								al databas e		+/-	
13A11891	2440400 1	Analysed	Seaweed, nori, dried	1166 7	Seaweed, spirulina, dried	66.0	--	USDA databas e	B	Same food +/-	18
08C20017	1830300 9	Analysed	Quail, flesh & skin, baked, roasted, fried, grilled or BBQ'd, no added fat	4328 2	Quail, cooked, total edible	65.9	9.1	USDA databas e	B	Same food +/-	#N/A
08C10433	1830106 4	Analysed	Chicken, wing, flesh, raw	5105	Chicken, broilers or fryers, wing, meat only, raw	65.8	8.5	USDA databas e	A	Same food	5
02E10438	1330305 8	Analysed	Cake or cupcake, plain butter cake, commercial, uniced	1812 0	Cake, pound, commercially prepared, butter (includes fresh and frozen)	65.6	10.1	USDA databas e	B	Same food +/-	3
02E10437	1330305 9	Analysed	Cake or cupcake, plain butter cake, commercial, iced	1812 0	Cake, pound, commercially prepared, butter (includes fresh and frozen)	65.6	10.1	USDA databas e	D	Differen t food at minor	#N/A
02E10439	1330306 0	Analysed	Cake or cupcake, plain butter cake, homemade from basic ingredients, butter or dairy blend, uniced	1812 0	Cake, pound, commercially prepared, butter (includes fresh and frozen)	65.6	10.1	USDA databas e	B	Same food +/-	1
05A10750	1510102 3	Borrowed	Cod, Atlantic, flesh, raw	1501 5	Fish, cod, Atlantic, raw	65.2	--	USDA databas e	A	Same food	1
05A10653	1510106 6	Analysed	Salmon, Atlantic, raw	1501 5	Fish, cod, Atlantic, raw	65.2	--	USDA databas e	A	Same food	4
08A30412	1810301 5	Analysed	Pork, diced, fully-trimmed, baked, roasted, fried, stir- fried, grilled or BBQ'd, no added fat	1009 3	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	65.2	2.5	USDA databas e	B	Same food +/-	2
08A30415	1810314 2	Analysed	Pork, strips, fully-trimmed, baked, roasted, fried, stir- fried, grilled or BBQ'd, no added fat	1009 3	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	65.2	2.5	USDA databas e	B	Same food +/-	5
09B10196	1940400 3	Label Data	Cheese, cream, plain, reduced fat (5% fat)	1186	Cheese, cream, fat free	65.2	--	USDA databas	B	Same food	1

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10F40017	3110200 2	Analysed	Spread, yeast, marmite	4340 6	Yeast extract spread	65.1	--	USDA databas e	B	Same food +/-	1
10F40018	3110200 3	Analysed	Spread, yeast, vegemite, regular	4340 6	Yeast extract spread	65.1	--	USDA databas e	B	Same food +/-	5
10F40021	3110200 4	Label Data	Spread, yeast, vegemite, my first vegemite	4340 6	Yeast extract spread	65.1	--	USDA databas e	B	Same food +/-	1
10F40020	3110200 5	Label Data	Spread, vegetable & yeast extract, Promite	4340 6	Yeast extract spread	65.1	--	USDA databas e	B	Same food +/-	1
10F40024	3110200 6	Label Data	Spread, vegetable & yeast extract, mightymite	4340 6	Yeast extract spread	65.1	--	USDA databas e	B	Same food +/-	1
05A10715	1510100 9	Analysed	Bassa (basa), raw	1513 0	Fish, whitefish, mixed species, raw	65.0	--	USDA databas e	D	Differen t food at minor	5
05A10744	1510101 3	Borrowed	Blue grenadier (hoki), raw	1513 0	Fish, whitefish, mixed species, raw	65.0	--	USDA databas e	C	Similar food at minor	6
05A10928	1510101 7	Borrowed	Blue-eye trevalla, flesh, raw	1513 0	Fish, whitefish, mixed species, raw	65.0	--	USDA databas e	C	Similar food at minor	3
05A10646	1510101 9	Analysed	Bream, raw	1513 0	Fish, whitefish, mixed species, raw	65.0	--	USDA databas e	C	Similar food at minor	3
05A10751	1510102 4	Borrowed	Cod, Pacific, flesh, raw	1501 9	Fish, cod, Pacific, raw (may have been previously frozen)	65.0	--	USDA databas e	A	Same food	1
05A10648	1510102 9	Analysed	Flathead, raw	1513 0	Fish, whitefish, mixed species, raw	65.0	--	USDA databas e	C	Similar food at minor	5
05A10949	1510103 3	Borrowed	Flounder, raw	1502 8	Fish, flatfish (flounder and sole species), raw	65.0	--	USDA databas e	A	Same food	3

05A10943	15101036	Borrowed	Garfish, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	1
05A10649	15101037	Analysed	Gemfish, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	#N/A
05A10937	15101039	Borrowed	Grouper, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	5
05A10945	15101042	Borrowed	John dory, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	4
05A10926	15101045	Borrowed	Ling, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	4
05A10717	15101051	Analysed	Milkfish, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	1
05A10683	15101053	Analysed	Morwong, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	#N/A
05A10650	15101058	Analysed	Mulloway, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	3
05A10707	15101076	Analysed	Salmon, sashimi style, raw	15114	Fish, trout, mixed species, raw	65.0	--	USDA database	B	Same food +/-	4
05A10927	15101077	Analysed	Sardine, raw	15039	Fish, herring, Atlantic, raw	65.0	--	USDA database	B	Same food +/-	1
05A10655	15101079	Analysed	Shark (flake), raw	15095	Fish, shark, mixed species, raw	65.0	--	USDA database	B	Same food +/-	9
05A10718	15101083	Analysed	Silver perch, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	4
05A10657	15101087	Analysed	Snapper, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	9



05A10840	15101094	Borrowed	Swordfish, raw	15110	Fish, swordfish, raw	65.0	--	USDA database	A	Same food	3
05A10856	15101099	Imputed	Trevally or kingfish, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	4
05A10658	15101102	Analysed	Trout, rainbow, raw	15240	Fish, trout, rainbow, farmed, raw	65.0	--	USDA database	B	Same food +/-	4
05A10708	15101106	Borrowed	Tuna, raw		Weighted average 15117& 15127	65.0	--	USDA database	A	Same food	3
05A10706	15101110	Analysed	Tuna, sashimi style, raw		Weighted average 15117& 15127	65.0	--	USDA database	A	Same food	6
05A10660	15101113	Analysed	Whiting, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	C	Similar food at minor	7
05C10161	15202001	Analysed	Mussel, blue, boiled, microwaved, steamed or poached, no added fat	15164	Mollusks, mussel, blue, raw	65.0	--	USDA database	C	Similar food at minor	1
05C10149	15202002	Borrowed	Mussel, green, boiled, microwaved, steamed or poached, no added fat	15164	Mollusks, mussel, blue, raw	65.0	--	USDA database	C	Similar food at minor	7
05C10197	15202004	Borrowed	Octopus, raw	15166	Mollusks, octopus, common, raw	65.0	--	USDA database	A	Same food	3
05C10150	15202007	Analysed	Oyster, raw	15167	Mollusks, oyster, eastern, wild, raw	65.0	--	USDA database	A	Same food	4
05C10152	15202009	Analysed	Scallop, with roe, raw	15172	Mollusks, scallop, mixed species, raw	65.0	--	USDA database	A	Same food	5
05C10148	15202013	Analysed	Squid or calamari, raw	15175	Mollusks, squid, mixed species, raw	65.0	--	USDA database	A	Same food	19
05A10757	15302001	Borrowed	Fish, eel, raw	15025	Fish, eel, mixed species, raw	65.0	--	USDA database	A	Same food	2

05D10362	15504013	Analysed	Seafood or fish stick (surimi), packaged frozen, raw	15130	Fish, whitefish, mixed species, raw	65.0	--	USDA database	D	Different food at minor	2
08C10461	18302002	Analysed	Duck, lean, baked, roasted, fried, grilled or BBQ'd, no added fat	5142	Duck, domesticated, meat only, cooked, roasted	65.0	8.4	USDA database	A	Same food	#N/A
08B10076	34101001	Analysed	Crocodile, tail fillet, raw	93600	Turtle, green, raw	65.0	--	USDA database	D	Different food at minor	1
08B10077	34101002	Analysed	Crocodile, back leg, raw	93600	Turtle, green, raw	65.0	--	USDA database	D	Different food at minor	1
15A20135	34101004	Borrowed	Goanna, wild caught, flesh, cooked	93600	Turtle, green, raw	65.0	--	USDA database	D	Different food at minor	1
15A20132	34101005	Borrowed	Turtle, wild caught, flesh, raw	93600	Turtle, green, raw	65.0	--	USDA database	C	Similar food at minor	1
08A11023	18101231	Analysed	Beef, topside roast, separable lean, raw	23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	64.8	11.1	USDA database	B	Same food +/-	7
08C10550	18606001	Label Data	Chicken, breast, flesh, canned in water, drained	5277	Chicken, canned, meat only, with broth	64.0	4.7	USDA database	C	Similar food at minor	#N/A
10E10096	31302009	Analysed	Curry powder	2015	Spices, curry powder	64.0	29.0	USDA analytical database	A	Same food	26
11B10221	22202002	Analysed	Peanut butter, smooth & crunchy, added sugar & salt	Weighted average 16097 & 16098		63.5	0.7	USDA analytical database	B	Same food +/-	1

11B10222	22202003	Imputed	Peanut butter, smooth & crunchy, added sugar, no added salt	Weighted average 16097 &16098		63.5	0.7	USDA analytical database	B	Same food +/-	1
11B10223	22202004	Imputed	Peanut butter, smooth & crunchy, no added sugar or salt	Weighted average 16097 &16098		63.5	0.7	USDA analytical database	B	Same food +/-	1
08A11019	18101216	Analysed	Beef, T-bone steak, separable lean, grilled or BBQ'd, no added fat	13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	63.2	8.6	USDA database	B	Same food +/-	3
08E20137	18503004	Analysed	Sausage, chicken, plain, fried, grilled, BBQ'd or baked, with or without added fat	7958	Turkey sausage, fresh, cooked	63.0	8.0	USDA analytical database	D	Different food at minor	3
08E20142	18503005	Imputed	Sausage, chicken, flavoured, fried, grilled, BBQ'd or baked, with or without fat	7958	Turkey sausage, fresh, cooked	63.0	8.0	USDA analytical database	D	Different food at minor	1
11A10036	22101006	Borrowed	Seed, pumpkin, hulled & dried, unsalted	12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	63.0	1.5	USDA analytical database	A	Same food	7
13B20295	20301001	Label Data	Cheese, soy	43299	Soybean, curd cheese	62.5	--	USDA database	C	Similar food at minor	#N/A
08E30349	18602001	Analysed	Ham, leg, lean	7028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	62.4	2.8	USDA database	B	Same food +/-	14
08E20133	18501009	Analysed	Sausage, pork, plain, fried	7064	Pork sausage, link/patty, cooked, pan-fried	62.3	--	USDA analytical database	B	Same food +/-	2

08E40024	18606008	Analysed	Meat paste, commercial	7073	Sandwich spread, pork, beef	62.3	5.5	USDA database	D	Different food at minor	#N/A
08C10432	18301004	Analysed	Chicken, breast, flesh, baked or roasted, no added fat	98085	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie	62.0	6.4	USDA analytical database	B	Same food +/-	16
08C10449	18301006	Analysed	Chicken, breast, flesh, fried or stir-fried, no added fat	98085	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie	62.0	6.4	USDA analytical database	B	Same food +/-	#N/A
08F10902	18901030	Analysed	Tandoori chicken, commercial	98085	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie	62.0	6.4	USDA analytical database	D	Different food at minor	#N/A
02F40232	13509068	Analysed	Pasta in cream based sauce, dry mix only	6128	Soup, chicken noodle, dry, mix	61.7	--	USDA database	D	Different food at minor	1
10A10463	13509070	Analysed	Pasta in tomato based sauce, dry mix	6128	Soup, chicken noodle, dry, mix	61.7	--	USDA database	D	Different food at minor	1
10C10499	21201001	Analysed	Soup, Asian style meat & vegetable, with noodles, cup of soup, instant dry mix	6128	Soup, chicken noodle, dry, mix	61.7	--	USDA database	C	Similar food at minor	#N/A
10C10498	21201002	Analysed	Soup, Asian style seafood & vegetable, with noodles, cup of soup, instant dry mix	6128	Soup, chicken noodle, dry, mix	61.7	--	USDA database	D	Different food at minor	1
10C10466	21201004	Analysed	Soup, chicken & noodle, cup of soup, instant dry mix	6128	Soup, chicken noodle, dry, mix	61.7	--	USDA database	A	Same food	#N/A
10C10480	21201007	Analysed	Soup, chicken & vegetable, with pasta or croutons, cup	6128	Soup, chicken noodle, dry, mix	61.7	--	USDA database	D	Different food	#N/A

			of soup, instant dry mix					e		at minor	
08E30323	18604007	Analysed	Devon, processed luncheon meat	7906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	61.2	6.0	USDA database	C	Similar food at minor	#N/A
08E30331	18604008	Analysed	Garlic roll	7906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	61.2	6.0	USDA database	D	Different food at minor	#N/A
08E30330	18604009	Analysed	Ham & chicken roll, processed luncheon meat	7906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	61.2	6.0	USDA database	D	Different food at minor	#N/A
08E30354	18606009	Analysed	Spam, canned	7906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	61.2	6.0	USDA database	A	Same food	#N/A
08E20126	18801004	Analysed	Saveloy, battered, deep fried, oil not further defined	7074	Sausage, smoked link sausage, pork	61.1	1.8	USDA database	D	Different food at minor	#N/A
08A11088	18101080	Analysed	Beef, mince, >10% fat, raw	23567	Beef, ground, 85% lean meat/ 15% fat, raw	61.0	7.2	USDA analytical database	B	Same food +/-	4
11B10200	22204009	Recipe	Nut, cashew, roasted, salted	12585	Nuts, cashew nuts, dry roasted, with salt added	61.0	--	USDA database	A	Same food	8
11B10224	22204010	Recipe	Nut, cashew, roasted, unsalted	12085	Nuts, cashew nuts, dry roasted, without salt added	61.0	--	USDA database	A	Same food	10
05A10644	15101001	Analysed	Barramundi, raw	15091	Fish, sea bass, mixed species, raw	60.8	--	USDA database	B	Same food +/-	15
08A30494	18103001	Borrowed	Pork, belly, raw	10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	60.6	2.8	USDA database	C	Similar food at minor	3

08A10961	18101038	Analysed	Beef, diced, separable lean, raw	23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	60.1	11.2	USDA database	B	Same food +/-	2
08A11011	18101199	Analysed	Beef, stir-fry strips, separable lean, raw	23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	60.1	11.2	USDA database	B	Same food +/-	2
08A30427	18103090	Analysed	Pork, medallion or loin steak, fully-trimmed, raw	10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	60.0	3.1	USDA analytical database	B	Same food +/-	3
08A30403	18103005	Analysed	Pork, butterfly steak, fully-trimmed, raw	10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	59.6	3.1	USDA analytical database	B	Same food +/-	5
08C10500	18301052	Label Data	Chicken, mince, raw	5332	Chicken, ground, raw	58.8	7.7	USDA database	B	Same food +/-	8
01B10317	11802005	Label Data	Beverage base, malted milk powder, added vitamins A, B1, B2, B3, B6, B12, biotin, C, D E & folate, Ca & Zn	14311	Beverages, Malted drink mix, natural, powder, dairy based.	58.7	--	USDA database	A	Same food	#N/A
08A30448	18103057	Analysed	Pork, loin chop, fully-trimmed, raw	10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	58.5	3.1	USDA database	B	Same food +/-	11
10C10464	21202001	Analysed	Soup, cream variety, instant dry mix	6101	Soup, cream of vegetable, dry, powder	58.0	--	USDA database	B	Same food +/-	#N/A
08A10992	18101146	Analysed	Beef, scotch fillet, separable lean, grilled or BBQ'd, no added fat	23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	57.0	13.5	USDA database	B	Same food +/-	3
08A11038	18101003	Analysed	Beef, all cuts, separable fat, grilled or roasted without fat	13020	Beef, retail cuts, separable fat, cooked	56.1	2.2	USDA database	B	Same food +/-	#N/A
08A11066	18101009	Analysed	Beef, blade steak, separable fat, grilled or BBQ'd, no added fat	13020	Beef, retail cuts, separable fat, cooked	56.1	2.2	USDA database	B	Same food +/-	3

08A11068	18101029	Analysed	Beef, chuck steak, separable fat, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat	13020	Beef, retail cuts, separable fat, cooked	56.1	2.2	USDA database	B	Same food +/-	1
08A11065	18101063	Analysed	Beef, loin (fillet, sirloin, scotch fillet, T-bone), separable fat, grilled or BBQ'd, no added fat	13020	Beef, retail cuts, separable fat, cooked	56.1	2.2	USDA database	B	Same food +/-	10
08A11063	18101100	Analysed	Beef, round steak, separable fat, grilled or BBQ'd, no added fat	13020	Beef, retail cuts, separable fat, cooked	56.1	2.2	USDA database	B	Same food +/-	4
08A11064	18101118	Analysed	Beef, rump steak, separable fat, grilled or BBQ'd, no added fat	13020	Beef, retail cuts, separable fat, cooked	56.1	2.2	USDA database	B	Same food +/-	3
08A11062	18101198	Analysed	Beef, stir-fry strips or diced, separable fat, fried or stir-fried, no added fat	13020	Beef, retail cuts, separable fat, cooked	56.1	2.2	USDA database	B	Same food +/-	1
08A11016	18101215	Analysed	Beef, T-bone steak, separable lean, raw	13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	56.1	9.6	USDA database	B	Same food +/-	3
08A11061	18101242	Analysed	Beef, topside/silverside, separable fat, baked or roasted, no added fat	13020	Beef, retail cuts, separable fat, cooked	56.1	2.2	USDA database	B	Same food +/-	9
11B10207	22204019	Analysed	Nut, pine, raw, unsalted	12147	Nuts, pine nuts, dried	56.0	0.4	USDA analytical database	B	Same food +/-	10
08A10967	18101049	Analysed	Beef, fillet steak, separable lean, raw	23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	55.4	9.4	USDA database	B	Same food +/-	5
11B10196	22201002	Analysed	Nut, peanut, with skin, roasted, with oil, salted	16089	Peanuts, all types, oil-roasted, with salt	55.3	--	USDA database	A	Same food	3
11B10201	22201003	Analysed	Nut, peanut, without skin, roasted, with oil, salted	16089	Peanuts, all types, oil-roasted, with salt	55.3	--	USDA database	B	Same food +/-	9

11B10220	22201004	Imputed	Nut, peanut, without skin, roasted, with oil, unsalted	16089	Peanuts, all types, oil-roasted, with salt	55.3	--	USDA database	B	Same food +/-	13
11A10034	22101008	Analysed	Seed, sunflower, unsalted	12036	Seeds, sunflower seed kernels, dried	55.0	35.0	USDA analytical database	A	Same food	17
13A11764	24103001	Analysed	Potato, mashed, dried powder	11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	54.9	--	USDA database	A	Same food	1
08A20750	18102002	Analysed	Lamb, all cuts, separable fat, cooked	17006	Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	54.3	7.1	USDA database	B	Same food +/-	#N/A
08A20785	18102084	Analysed	Lamb, forequarter (easy carve shoulder, forequarter chop), separable fat, grilled or BBQ'd, no added fat	17006	Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	54.3	7.1	USDA database	B	Same food +/-	10
08A20781	18102111	Analysed	Lamb, leg (leg roast, mini roast, chump chop), separable fat, baked or roasted, no added fat	17006	Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	54.3	7.1	USDA database	B	Same food +/-	17
08A20783	18102131	Analysed	Lamb, loin, separable fat, grilled or BBQ'd, no added fat	17006	Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	54.3	7.1	USDA database	B	Same food +/-	6
08A20765	18102189	Analysed	Mutton, all cuts, separable fat, cooked	17006	Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	54.3	7.1	USDA database	B	Same food +/-	#N/A
08A20790	18102191	Analysed	Mutton, shoulder, separable fat, boiled, casserole, microwaved, poached, steamed, or stewed, no added fat	17006	Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	54.3	7.1	USDA database	B	Same food +/-	2
08A20788	18102199	Analysed	Mutton, leg roast, separable fat, baked or roasted, no added fat	17006	Lamb, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	54.3	7.1	USDA database	B	Same food +/-	3
02A10344	12101004	NNS 1995	Buckwheat groats, uncooked	20009	Buckwheat groats, roasted, dry	54.0	2.6	USDA analytical	A	Same food	8



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05D10355	1550103 6	Analysed	Fish, white flesh, battered, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	3603 3	Restaurant, family style, fish fillet, battered or breaded, fried	53.7	--	USDA databas e	C	Similar food at minor	#N/A
05D10356	1550103 8	Analysed	Fish, white flesh, crumbed, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	3603 3	Restaurant, family style, fish fillet, battered or breaded, fried	53.7	--	USDA databas e	C	Similar food at minor	#N/A
05D10366	1550104 1	Analysed	Fish finger, crumbed, packaged frozen, raw	3603 3	Restaurant, family style, fish fillet, battered or breaded, fried	53.7	--	USDA databas e	C	Similar food at minor	3
08C10459	1830200 1	Analysed	Duck, lean, raw	5141	Duck, domesticated, meat only, raw	53.6	6.9	USDA databas e	A	Same food	3
08E20131	1850100 8	Analysed	Sausage, pork, raw	7063	Pork sausage, fresh, raw	53.0	3.4	USDA analyt ical databas e	B	Same food +/-	2
11B10194	2220100 1	Analysed	Nut, peanut, with skin, raw or dry roasted, unsalted	1608 7	Peanuts, all types, raw	53.0	0.6	USDA analyt ical databas e	A	Same food	9
08C10454	1830201 1	Analysed	Turkey, breast, lean, raw	5710	Turkey, retail parts, breast, meat only, raw	52.3	2.7	USDA databas e	A	Same food	4
08C20022	1830300 3	Analysed	Emu, steak, raw	5710	Turkey, retail parts, breast, meat only, raw	52.3	2.7	USDA databas e	D	Different food at minor	1
11B10232	2220400 2	Imputed	Nut, almond meal	1206 1	Nuts, almonds	52.1	0.5	USDA analyt ical databas	D	Different food at minor	12

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11B10261	22204023	Borrowed	Pandanus kernel	12061	Nuts, almonds	52.1	0.5	USDA analytical database	D	Different food at minor	#N/A
11B10197	22204004	Analysed	Nut, almond, with or without skin, raw, unsalted	12061	Nuts, almonds	52.0	0.5	USDA analytical database	B	Same food +/-	15
11B10198	22204006	Analysed	Nut, almond, without skin, blanched, unsalted	12061	Nuts, almonds	52.0	0.5	USDA analytical database	B	Same food +/-	12
10E10110	31302016	Borrowed	Paprika, dry powder	2028	Spices, paprika	52.0	7.1	USDA analytical database	A	Same food	9
08E30320	18603006	Analysed	Salami, pepperoni	7057	Pepperoni, beef and pork, sliced	51.2	2.8	USDA database	B	Same food +/-	21
08E30329	18603007	Analysed	Salami, not further defined	7057	Pepperoni, beef and pork, sliced	51.2	2.8	USDA database	B	Same food +/-	9
08E20130	18501002	Analysed	Sausage, beef, fried	7956	Beef sausage, fresh, cooked	51.0	10.0	USDA analytical database	B	Same food +/-	1
08E20129	18501003	Analysed	Sausage, beef, grilled, BBQ'd or baked	7956	Beef sausage, fresh, cooked	51.0	10.0	USDA analytical database	B	Same food +/-	7
08E20139	1850100	Imputed	Sausage, beef, flavoured,	7956	Beef sausage, fresh, cooked	51.0	10.0	USDA	B	Same	#N/A

	4		fried, grilled, BBQ'd or baked					analytical database		food +/-	
08E20140	18501006	Analysed	Sausage, lamb, plain, fried, grilled, BBQ'd or baked	7956	Beef sausage, fresh, cooked	51.0	10.0	USDA analytical database	D	Different food at minor	3
08E20141	18501007	Imputed	Sausage, lamb, flavoured, fried, grilled, BBQ'd or baked	7956	Beef sausage, fresh, cooked	51.0	10.0	USDA analytical database	D	Different food at minor	1
08E20150	18503006	Label Data	Sausage, chicken, reduced fat, raw	7955	Turkey sausage, fresh, raw	51.0	6.4	USDA analytical database	D	Different food at minor	2
08E30332	18603001	Analysed	Kabana or cabanossi	7075	Sausage, smoked link sausage, pork and beef	50.7	2.1	USDA analytical database	C	Similar food at minor	#N/A
13A20146	25101011	Imputed	Chickpea, dried, boiled, microwaved or steamed, drained			50.7		Lewis et al., 2014	A	Same food	#N/A
08E30364	18605001	Label Data	Chicken, processed luncheon meat, regular fat	7024	Frankfurter, chicken	50.5	5.8	USDA analytical database	C	Similar food at minor	1
08C10456	18302014	Analysed	Turkey, breast, lean, skin & fat, raw	5732	Turkey, retail parts, breast, meat and skin, raw	50.1	2.3	USDA database	B	Same food +/-	2
08A30411	18103014	Analysed	Pork, diced, fully-trimmed, raw	10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	49.9	2.5	USDA database	B	Same food +/-	13
08A30440	18103141	Analysed	Pork, strips, fully-trimmed, raw	10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean	49.9	2.5	USDA database	B	Same food	#N/A

					only, raw			e		+/-	
04D10040	14501002	NNS 1995	Lard	4002	Lard	49.7	--	USDA database	A	Same food	#N/A
02D10284	12514009	Analysed	Muesli, commercial, toasted, added dried fruit & nuts, unfortified	8037	Cereals ready-to-eat, granola, homemade	49.2	--	USDA database	C	Similar food at minor	1
02D10390	12515027	Label Data	Muesli, commercial, toasted, added dried fruit & nuts, added vitamins B2, B3, E & folate & Ca	8037	Cereals ready-to-eat, granola, homemade	49.2	--	USDA database	D	Different food at minor	#N/A
12C10420	28302013	Label Data	Bar, muesli or snack, with 10% nuts	25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET & SALTY NUT, peanut	49.1	2.8	USDA database	B	Same food +/-	2
12C10482	28302014	Label Data	Bar, muesli or snack, with 10% nuts, added flaxseeds	25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET & SALTY NUT, peanut	49.1	2.8	USDA database	D	Different food at minor	#N/A
12C10441	28302019	Analysed	Bar, muesli or snack, made from breakfast cereal with nuts	25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET & SALTY NUT, peanut	49.1	2.8	USDA database	C	Similar food at minor	#N/A
02D10264	12506001	Analysed	Breakfast cereal, wheat bran, flakes, added vitamins B1, B2 B3, B6, & folate, Fe & Zn	8001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	49.0	360.0	USDA analytical database	B	Same food +/-	1
02D10263	12506002	Analysed	Breakfast cereal, wheat bran, pellets, added vitamins B1, B2 & folate	8001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	49.0	360.0	USDA analytical database	A	Same food	4
02D10397	12506003	Label Data	Breakfast cereal, wheat bran, pellets, added vitamins B1, B2, B3 & folate & Fe	8001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	49.0	360.0	USDA analytical database	B	Same food +/-	2
02D10389	12506004	Label Data	Breakfast cereal, wheat bran, pellets, added vitamins	8001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	49.0	360.0	USDA analytical	B	Same food	2

			E & folate, Ca & Zn					al databas e		+/-	
02D10373	12506005	Label Data	Breakfast cereal, wheat bran, pellets, added vitamins A, B1, B2, B3, E & folate, Ca & Fe	8001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	49.0	360.0	USDA analytic al databas e	B	Same food +/-	2
10E10104	31302022	Borrowed	Turmeric, dried, ground	2043	Spices, turmeric, ground	49.0	9.7	USDA analytic al databas e	A	Same food	1
08A10989	18101145	Analysed	Beef, scotch fillet, separable lean, raw	23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	48.7	13.9	USDA databas e	B	Same food +/-	3
08B10072	18202001	Analysed	Buffalo, riverine, cube roll, raw	23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	48.7	13.9	USDA databas e	D	Differen t food at minor	1
08B10070	18202003	Analysed	Buffalo, swamp, cube roll, raw	23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	48.7	13.9	USDA databas e	D	Differen t food at minor	1
08B10074	18202005	Analysed	Camel, cube roll, raw	23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	48.7	13.9	USDA databas e	D	Differen t food at minor	#N/A
13B20237	20501001	Analysed	Yoghurt, soy based, berry flavoured, regular fat (approx. 3%)	43476	Tofu yogurt	48.4	--	USDA databas e	D	Differen t food at minor	#N/A
13B20244	20502001	Label Data	Yoghurt, soy based, apricot or mango flavoured, reduced fat (approx. 1%)	43476	Tofu yogurt	48.4	--	USDA databas e	B	Same food +/-	#N/A
13B20243	20502002	Label Data	Yoghurt, soy based, berry flavoured, reduced fat (1%)	43476	Tofu yogurt	48.4	--	USDA databas e	B	Same food +/-	#N/A

13B20219	20502003	Analysed	Yoghurt, soy based, vanilla flavoured, reduced fat (approx. 1%)	43476	Tofu yogurt	48.4	--	USDA database	B	Same food +/-	#N/A
08E30336	18601014	Analysed	Bacon, middle rasher, semi-trimmed, raw	10123	Pork, cured, bacon, unprepared	47.8	3.7	USDA analytical database	D	Different food at minor	7
08E30361	18602009	Analysed	Prosciutto	10123	Pork, cured, bacon, unprepared	47.8	3.7	USDA analytical database	C	Similar food at minor	3
13A20131	25102007	Analysed	Bean, soya, canned, drained	16109	Soybeans, mature cooked, boiled, without salt	47.5	--	USDA database	A	Same food	#N/A
10A10459	23102001	Analysed	Gravy powder, dry mix	6957	Gravy, brown instant, dry	47.3	--	USDA database	A	Same food	3
10A10549	23102002	Label Data	Gravy powder, dry mix, reduced salt	6957	Gravy, brown instant, dry	47.3	--	USDA database	B	Same food +/-	1
10A10464	23110001	Analysed	Casserole base, cream style, dry mix	6957	Gravy, brown instant, dry	47.3	--	USDA database	D	Different food at minor	#N/A
10A10465	23110002	NNS 1995	Casserole base, dry mix	6957	Gravy, brown instant, dry	47.3	--	USDA database	D	Different food at minor	1
08E30343	18601023	Analysed	Bacon, middle rasher, untrimmed, raw	10123	Pork, cured, bacon, raw	47.0	0.9	USDA analytical database	B	Same food +/-	4
08C10440	18301083	Analysed	Chicken, skin, composite, baked or roasted, no added fat	98087	Chicken, broilers or fryers, skin only, cooked, rotisserie	46.0	6.1	USDA analytical database	B	Same food +/-	4

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11B10202	22204014	Analysed	Nut, hazelnut, with or without skin, raw, unsalted	12120	Nuts, hazelnuts or filberts	46.0	0.4	USDA analytical database	B	Same food +/-	21
12C10413	28101001	Analysed	Chocolate, compound, cooking	19078	Baking chocolate, unsweetened, squares	46.0	2.6	USDA analytical database	B	Same food +/-	17
12C10407	28101004	Analysed	Chocolate, milk	19120	Candies, milk chocolate	46.0	2.6	USDA analytical database	A	Same food	32
02E10459	19702001	Analysed	Cake, cheesecake, biscuit base, chocolate or coffee flavoured cream cheese topping, commercial	18147	Cake, cheesecake, commercially prepared	45.9	--	USDA database	C	Similar food at minor	#N/A
02E10458	19702004	Analysed	Cake, cheesecake, biscuit base, plain cream cheese topping, commercial	18147	Cake, cheesecake, commercially prepared	45.9	--	USDA database	C	Similar food at minor	1
11B10213	22203002	Analysed	Coconut, fresh, young or immature, flesh	11344	Pigeonpeas, immature seeds, raw	45.8	--	USDA database	D	Different food at minor	#N/A
08C10460	18302006	Analysed	Duck, skin & fat, baked or roasted, fried, grilled or BBQ'd, no added fat	5018	Chicken, broilers or fryers, skin only, cooked, roasted	45.7	7.0	USDA database	D	Different food at minor	#N/A
10D10147	26101002	Analysed	Potato crisps or chips, flavoured, reduced fat	19422	Snacks, potato chips, reduced fat	45.1	--	USDA database	A	Same food	#N/A
09D10254	19504003	Label Data	Ice cream, stick, chocolate flavoured, chocolate & biscuit crumb coated, regular fat	1264	Ice cream bar, stick or nugget, with crunch coating	45.0	--	USDA database	C	Similar food at minor	#N/A

09D10213	19504004	Analysed	Ice cream, stick, flavoured, chocolate & biscuit crumb coated, regular fat	1264	Ice cream bar, stick or nugget, with crunch coating	45.0	--	USDA database	C	Similar food at minor	#N/A
13A20123	25101003	Analysed	Bean, haricot, dried, boiled, microwaved or steamed, drained	16038	Beans, navy, mature seeds, cooked, boiled, without salt	45.0	0.1	USDA analytical database	A	Same food	#N/A
11B10227	22204016	Recipe	Nut, macadamia, roasted, salted	12632	Nuts, macadamia nuts, dry roasted, with salt added	44.6	0.3	USDA analytical database	A	Same food	5
13A11692	24202012	Analysed	Cauliflower, fresh or frozen, raw	11135	Cauliflower, raw	44.3	--	USDA database	A	Same food	8
08E30356	18605002	Analysed	Chicken, processed luncheon meat, low or reduced fat	7961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	44.2	13.5	USDA database	C	Similar food at minor	3
08E20125	18502001	Analysed	Frankfurt, cooked	7950	Frankfurter, meat	44.0	3.6	USDA analytical database	A	Same food	8
12C10410	28103020	Analysed	Confectionery, chocolate centre, sugar-coated	98032	Candies, milk chocolate pieces, sugar coated	44.0	1.3	USDA analytical database	C	Similar food at minor	1
08E30321	18604005	Analysed	Berliner	7083	Sausage, Vienna, canned, chicken, beef, pork	43.7	3.9	USDA database	D	Different food at minor	#N/A
08E30333	18604006	Analysed	Brawn	7083	Sausage, Vienna, canned, chicken, beef, pork	43.7	3.9	USDA database	D	Different food at minor	#N/A
08E20127	18604011	Analysed	Polish sausage	7083	Sausage, Vienna, canned, chicken, beef, pork	43.7	3.9	USDA database	D	Different food	#N/A



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08E30322	18604012	Analysed	Strasburg	7083	Sausage, Vienna, canned, chicken, beef, pork	43.7	3.9	USDA database	D	Different food at minor	#N/A
08E10148	18903030	Label Data	Chicken, finger or chip, purchased frozen, baked, roasted, fried, grilled or BBQ'd, no added fat	21401	Fast foods, chicken tenders	43.7	--	USDA analytical database	B	Same food +/-	#N/A
13A20147	25101001	Imputed	Bean, black, dried, boiled, microwaved or steamed, drained			43.7		Lewis et al., 2014	A	Same food	#N/A
10E10111	31302019	Borrowed	Sage, dried	2038	Spices, sage, ground	43.6	--	USDA database	B	Same food +/-	2
10E10103	31302021	Borrowed	Thyme, dried, ground	2042	Spices, thyme, dried	43.6	--	USDA database	B	Same food +/-	2
08C10447	18301084	Analysed	Chicken, skin, composite, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat	5673	Chicken, skin (drumsticks and thighs), cooked, braised	43.1	12.7	USDA database	A	Same food	4
05A10716	15101097	Analysed	Tilapia, raw	15261	Fish, tilapia, raw	43.0	22.0	USDA analytical database	B	Same food +/-	1
08E20128	18501001	Analysed	Sausage, beef, raw	7954	Beef sausage, pre-cooked	43.0	7.3	USDA analytical database	C	Similar food at minor	1
08E20175	18503001	Label Data	Sausage, beef, plain or flavoured, reduced fat, raw	7954	Beef sausage, pre-cooked	43.0	7.3	USDA analytical database	D	Different food at minor	2

08E20136	18606007	Analysed	Frankfurt, canned, heated, drained	7949	Frankfurter, meat (heated)	43.0	3.5	USDA analytical database	B	Same food +/-	1
05D10361	15504014	Analysed	Seafood or fish stick (surimi), packaged frozen, fried, peanut oil	15027	Fish, fish sticks, frozen, prepared	42.8	18.5	USDA database	B	Same food +/-	#N/A
09B30019	19406001	Analysed	Cheese spread, cheddar, regular fat	1259	Cheese spread, American or Cheddar cheese base, reduced fat	42.6	--	USDA database	C	Similar food at minor	4
13A11792	24501006	Analysed	Pea, green, canned in brine, cooked			42.6		Lewis et al., 2014	A	Same food	2
08A40221	18104002	Analysed	Veal, all cuts, separable fat, cooked	17432	Veal, external fat only, cooked	41.9	15.3	USDA database	B	Same food +/-	10
08A40223	18104032	Analysed	Veal, loin chop, separable fat, fried, grilled or BBQ'd, no added fat	17432	Veal, external fat only, cooked	41.9	15.3	USDA database	B	Same food +/-	2
02E20089	12305008	Analysed	Bun, sweet, with sultanas, uniced	18356	Sweet rolls, cinnamon, commercially prepared with raisins	41.3	--	USDA database	B	Same food +/-	5
08E10129	18903026	Label Data	Chicken, bite-size pieces, coated, fast food chain, fried, fat not further defined	21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	41.0	16.0	USDA analytical database	B	Same food +/-	#N/A
08E10122	18903034	Analysed	Chicken, nugget, purchased frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	98042	Chicken nuggets, frozen, (cooked)	41.0	18.0	USDA analytical database	B	Same food +/-	4
08E10125	18903035	Analysed	Chicken, nugget, purchased from takeaway chain, fried, canola oil	98042	Chicken nuggets, frozen, (cooked)	41.0	18.0	USDA analytical database	B	Same food +/-	#N/A
08E10123	18903036	Analysed	Chicken, nugget, purchased from independent & chain	98042	Chicken nuggets, frozen, (cooked)	41.0	18.0	USDA analytical	B	Same food	#N/A

			takeaway outlets, fried, undefined oil					al database		+/-	
08E10124	18903037	Analysed	Chicken, nugget, purchased from takeaway chain, grilled	98042	Chicken nuggets, frozen, (cooked)	41.0	18.0	USDA analytical database	B	Same food +/-	#N/A
11B10203	22204018	Analysed	Nut, pecan, raw, unsalted	12142	Nuts, pecans	41.0	0.7	USDA analytical database	B	Same food +/-	15
13A11780	24201011	Analysed	Brussels sprout, frozen, boiled, microwaved or steamed, drained	11099	Brussels sprouts, cooked, boiled, drained, without salt	41.0	0.2	USDA analytical database	A	Same food	#N/A
10E10101	31302011	Borrowed	Ginger, dried, ground	2021	Spices, ginger, ground	41.0	3.4	USDA analytical database	A	Same food	11
12C10539	28302022	Label Data	Bar, nutrition, energy or snack	25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	40.6	2.2	USDA analytical database	B	Same food +/-	#N/A
12C10481	30101001	Label Data	Bar, meal replacement, fortified	25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	40.6	2.2	USDA analytical database	C	Similar food at minor	#N/A
13A20133	25101019	Analysed	Pea, split, dried, boiled, microwaved or steamed, drained			40.5		Lewis et al., 2014	A	Same food	#N/A
02A10349	12101017	Analysed	Oats, rolled, uncooked	8120	Cereals, oats, regular and quick, not fortified, dry	40.4	--	USDA database	B	Same food +/-	38

02A10457	12101018	Label Data	Oats, rolled, uncooked, added fibre & Ca	8120	Cereals, oats, regular and quick, not fortified, dry	40.4	--	USDA database	B	Same food +/-	1
13A11885	24202007	Analysed	Broccoli, fresh, boiled, microwaved or steamed, drained	11091	Broccoli, cooked, boiled, drained, without salt	40.0	0.1	USDA analytical database	A	Same food	12
10F60099	24102001	Borrowed	Starch, potato	11413	Potato flour	39.5	--	USDA database	B	Same food +/-	6
11B10195	22204022	Analysed	Nut, walnut, raw, unsalted	12155	Nuts, walnuts, english	39.0	0.3	USDA analytical database	A	Same food	21
13A11743	24602001	Analysed	Tomato, paste, with added salt	11546	Tomato products, canned, paste, without salt added	39.0	0.4	USDA analytical database	B	Same food +/-	46
13A11977	24602002	Label Data	Tomato, paste, no added salt	11546	Tomato products, canned, paste, without salt added	39.0	0.4	USDA analytical database	A	Same food	8
02E40103	13401003	Analysed	Croissant, commercial, plain	18239	Croissants, butter	38.8	--	USDA database	A	Same food	2
10F60109	31502001	Analysed	Gelatine, all types	19177	Gelatins, dry powder, unsweetened	38.5	--	USDA database	A	Same food	4
13A20136	25102002	Analysed	Bean, cannellini, canned, drained			38.3		Lewis et al., 2014	A	Same food	3
02E50242	13403017	Analysed	Tart, custard, commercial	18317	Pie, egg custard, commercially prepared	38.0	--	USDA database	B	Same food +/-	#N/A
02A10342	12101001	Analysed	Barley, pearl, uncooked	20005	Barley, pearled, raw	37.8	--	USDA database	A	Same food	5

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02A10430	12101003	Borrowed	BarleyMax, dry, uncooked	20005	Barley, pearled, raw	37.8	--	USDA database	D	Different food at minor	3
02E10447	13302005	Analysed	Cake or cupcake, sponge, plain, commercial, uniced, filled with jam & cream	18128	Cake, snack cakes, creme-filled, sponge	37.8	12.4	USDA database	B	Same food +/-	#N/A
10D10146	26101004	Analysed	Potato crisps or chips, plain, unsalted	19811	Snacks, potato chips, plain, unsalted	37.5	--	USDA database	A	Same food	#N/A
13A20125	25101008	Analysed	Bean, red kidney, dried, boiled, microwaved or steamed, drained			37.2		Lewis et al., 2014	A	Same food	1
02E10446	13302002	Analysed	Cake or cupcake, sponge, plain, commercial, uniced, unfilled	18133	Cake, sponge, commercially prepared	37.1	--	USDA database	B	Same food +/-	8
02E30117	13605008	Analysed	Doughnut, unfilled, with cinnamon & sugar dusting	18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	37.0	38.0	USDA analytical database	A	Same food	4
02E30116	13605009	Analysed	Doughnut, unfilled, glazed	18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	37.0	38.0	USDA analytical database	B	Same food +/-	#N/A
02E30121	13605011	Analysed	Doughnut, unfilled, with icing (except chocolate flavoured)	18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	37.0	38.0	USDA analytical database	A	Same food	#N/A
10E10106	31302006	Borrowed	Cloves, dried, ground	2011	Spices, cloves, ground	37.0	1.4	USDA analytical database	A	Same food	4
13A11769	24102002	Analysed	Potato, chips, regular, fast food outlet, deep fried,	21138	Fast foods, potato, french fried in vegetable oil	36.8	0.4	USDA analytic	B	Same food	#N/A

			blended oil, salted					al databas e		+/-	
13A11890	24102003	Analysed	Potato, chips, regular, fast food outlet, deep fried, monounsaturated oil, salted	21138	Fast foods, potato, french fried in vegetable oil	36.8	0.4	USDA analytic al databas e	B	Same food +/-	#N/A
13A12018	24102004	Imputed	Potato, chips, regular, independent takeaway outlet, cafe or restaurant, deep fried, blended oil, no added salt	21138	Fast foods, potato, french fried in vegetable oil	36.8	0.4	USDA analytic al databas e	B	Same food +/-	#N/A
13A12016	24102005	Analysed	Potato, chips, regular, independent takeaway outlet, cafe or restaurant, deep fried, blended oil, salted	21138	Fast foods, potato, french fried in vegetable oil	36.8	0.4	USDA analytic al databas e	B	Same food +/-	#N/A
09B20077	19407002	Analysed	Cheese, cheddar, processed, reduced fat (~16%)	1215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	36.2	--	USDA databas e	B	Same food +/-	3
09B20078	19407003	Analysed	Cheese, cheddar, processed, reduced fat (~8%)	43275	Cheese, pasteurized process, American, low fat	36.2	--	USDA databas e	B	Same food +/-	3
09B20082	19407004	Label Data	Cheese, cheddar, processed, reduced fat (3%)	43275	Cheese, pasteurized process, American, low fat	36.2	--	USDA databas e	C	Similar food at minor	3
09B20097	19407006	Label Data	Cheese, processed, with added phytosterols	1253	Cheese, pasteurized process, American, without added vitamin D	36.2	--	USDA databas e	B	Same food +/-	#N/A
09B10179	19406003	Analysed	Cheese, cheddar, processed, regular fat	1252	Cheese product, pasteurized process, American, vitamin D fortified	35.8	1.2	USDA databas e	B	Same food +/-	52
09B10198	19406004	Label Data	Cheese, cheddar, processed, babybel style	1252	Cheese product, pasteurized process, American, vitamin D fortified	35.8	1.2	USDA databas e	C	Similar food at minor	2
09B10197	19406005	Label Data	Cheese, cheddar, processed, stick style	1252	Cheese product, pasteurized process, American, vitamin D fortified	35.8	1.2	USDA databas e	C	Similar food at minor	2

09B10199	19406006	Label Data	Cheese, processed, stick shape with string texture	1252	Cheese product, pasteurized process, American, vitamin D fortified	35.8	1.2	USDA database	C	Similar food at minor	#N/A
13A20137	25102008	Analysed	Chickpea, canned, drained			35.7		Lewis et al., 2014	A	Same food	5
02A10378	12101023	Borrowed	Rice, wild, uncooked	20088	Wild rice, raw	35.0	--	USDA database	A	Same food	#N/A
05A10988	15101064	Borrowed	Orange roughy, raw	15073	Fish, roughy, orange, raw	35.0	2.1	USDA analytical database	A	Same food	1
10D10130	26101014	Analysed	Potato straws, French fries, plain	19415	Snacks, potato sticks	34.9	--	USDA database	C	Similar food at minor	#N/A
10D10167	26101015	Label Data	Potato straws, French fries, salt & vinegar flavoured	19415	Snacks, potato sticks	34.9	--	USDA database	C	Similar food at minor	#N/A
09D10225	19501004	Imputed	Ice cream, chocolate or coffee flavour, with or without chocolate chips, regular fat	43541	Ice creams, chocolate, rich	34.7	--	USDA database	C	Similar food at minor	6
08F10876	18701029	Analysed	Stir-fry, commercial, beef & vegetable	36603	Restaurant, Chinese, beef and vegetables	34.5	3.1	USDA database	B	Same food +/-	4
13A11668	24402001	Analysed	Artichoke, globe, raw	11007	Artichokes, (globe or french), raw	34.4	0.2	USDA database	A	Same food	2
13A11772	24402004	Analysed	Artichoke heart, canned in brine, drained	11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	34.4	0.2	USDA database	B	Same food +/-	2
05C10155	15402001	Analysed	Crabmeat, canned in brine, undrained	15141	Crustaceans, crab, blue canned	34.0	13.0	USDA analytical database	C	Similar food at minor	2
02D10404	12505001	Label Data	Breakfast cereal, wheat bran, flakes, unfortified	8029	Cereals ready-to-eat, POST Bran Flakes	33.5	--	USDA database	C	Similar food at	1

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02D10298	12506013	Label Data	Breakfast cereal, whole wheat, flakes, added vitamins B1, B2, B3, C & folate & Fe	8089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	33.0	200.0	USDA analytical database	B	Same food +/-	1
02F30181	13505027	Analysed	Hamburger, white roll, beef patty, with cheese, lettuce, sauce, fast food chain	21202	Fast foods, hamburger, large, single patty, with condiments	33.0	22.0	USDA analytical database	A	Same food	#N/A
02F30179	13505040	Analysed	Hamburger, bread roll, beef patty, with salad, takeaway & homemade	21202	Fast foods, hamburger, large, single patty, with condiments	33.0	22.0	USDA analytical database	B	Same food +/-	#N/A
08A30422	18103032	Analysed	Pork, forequarter, separable fat, grilled or BBQ'd, no added fat	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical database	B	Same food +/-	4
08A30423	18103050	Analysed	Pork, leg steak (rump), separable fat, fried or stir fried, no added fat	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical database	B	Same food +/-	2
08A30424	18103056	Analysed	Pork, loin chop, separable fat, baked, roasted, fried, grilled or BBQ'd, no added fat	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical database	B	Same food +/-	3
08A30475	18103080	Analysed	Pork, loin roast, separable fat, baked or roasted, no added fat	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical database	B	Same food +/-	1
08A30453	18103089	Analysed	Pork, medallion or loin steak, separable fat, fried,	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical	B	Same food	#N/A



			grilled or BBQ'd, no added fat					al database		+/-	
08A30469	18103105	Analysed	Pork, round mini roast, separable fat, baked or roasted, no added fat	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical database	B	Same food +/-	2
08A30451	18103117	Analysed	Pork, scotch roast, separable fat, baked or roasted, no added fat	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical database	B	Same food +/-	1
08C10448	18301080	Analysed	Chicken, separable fat, composite, boiled, casserole, microwaved, poached, steamed or stewed, no added fat	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical database	D	Different food at minor	4
08C10442	18301081	Analysed	Chicken, separable fat, composite, baked or roasted, no added fat	10007	Pork, fresh, separable fat, cooked	33.0	1.9	USDA analytical database	D	Different food at minor	4
13A20126	25102005	Analysed	Bean, red, kidney, canned, drained	16034	Beans, kidney, red, mature seeds, canned	33.0	0.1	USDA analytical database	A	Same food	4
02E50241	13306027	Analysed	Slice, vanilla, commercial, with icing (except chocolate flavoured)	18328	Pie, vanilla cream, prepared from recipe	32.8	--	USDA database	D	Different food at minor	1
13A20135	25101013	Analysed	Lentil, dried, cooked	16070	Lentils, mature seeds, cooked, boiled, without salt	32.7	--	USDA database	A	Same food	5
08F10885	18708006	Analysed	Stir-fry, commercial, pork, plum sauce	36622	Restaurant, Chinese, sweet and sour pork	32.5	7.4	USDA database	C	Similar food at minor	1

08F10889	18708007	Analysed	Stir-fry, commercial, pork, sweet & sour sauce	36622	Restaurant, Chinese, sweet and sour pork	32.5	7.4	USDA database	B	Same food +/-	#N/A
13A20128	25101005	Analysed	Bean, lima, dried, boiled, microwaved or steamed, drained	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	32.5	--	USDA database	A	Same food	#N/A
02A10357	12102001	Analysed	Rice bran, extruded or low processed, uncooked	20060	Rice bran, crude	32.2	--	USDA database	A	Same food	#N/A
02C10152	13204009	Label Data	Biscuit, savoury, rice cracker, from brown rice, all flavours	19051	Snacks, rice cracker brown rice, plain	32.1	0.0	USDA database	A	Same food	2
02A10356	12101016	Borrowed	Oat bran, unprocessed, uncooked	20033	Oat bran, raw	32.0	20.0	USDA analytical database	A	Same food	4
08A40220	18104001	Analysed	Veal, all cuts, separable fat, raw	17431	Veal, external fat only, raw	32.0	10.9	USDA database	B	Same food +/-	11
08A40222	18104031	Analysed	Veal, loin chop, separable fat, raw	17431	Veal, external fat only, raw	32.0	10.9	USDA database	B	Same food +/-	2
13B20258	25201004	Imputed	Baked beans, canned in BBQ sauce, regular	16006	Beans, baked, canned, plain or vegetarian	32.0	0.1	USDA analytical database	B	Same food +/-	1
13B20229	25201005	Analysed	Baked beans, canned in tomato sauce, regular	16006	Beans, baked, canned, plain or vegetarian	32.0	0.1	USDA analytical database	B	Same food +/-	3
13B20277	25201009	Imputed	Baked beans, all flavours (except tomato sauce), reduced salt	16006	Beans, baked, canned, plain or vegetarian	32.0	0.1	USDA analytical database	B	Same food +/-	1

10F30010	31101001	Analysed	Yeast, bakers, compressed	18374	Leavening agents, yeast, baker's, compressed	32.0	--	USDA database	A	Same food	8
10F30011	31101002	Analysed	Yeast, dry powder	18375	Leavening agents, yeast, baker's, active dry	32.0	3.4	USDA analytical database	A	Same food	12
10E10105	31302015	Borrowed	Oregano or marjoram, dried	2027	Spices, oregano, dried	32.0	9.8	USDA analytical database	A	Same food	2
07B10086	32201001	Label Data	Infant cereal, added vitamin C & Fe	3189	Babyfood, cereal, oatmeal, dry	32.0	21.0	USDA analytical database	D	Different food at minor	1
02D10299	12506007	Label Data	Breakfast cereal, whole wheat, biscuit, added vitamins B1, B2 & B3	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	A	Same food	1
02D10342	12506008	Label Data	Breakfast cereal, whole wheat, biscuit, added vitamins B1, B2 & B3, Ca, Fe & Zn	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	A	Same food	1
02D10268	12506009	Analysed	Breakfast cereal, whole wheat, biscuit, added vitamins B1, B2, B3 & folate, Fe & Zn	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	A	Same food	1
02D10273	12506012	Analysed	Breakfast cereal, whole wheat, flakes, added vitamins B1, B2, B3 & folate	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	B	Same food +/-	1
02D10271	12506014	Analysed	Breakfast cereal, whole wheat, small biscuit, added vitamins B1, B2, B3 & folate	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	B	Same food +/-	#N/A
02D10292	12509002	Label Data	Breakfast cereal, whole wheat, small biscuit, with apricot, added vitamins B1, B2, B3 & folate, Ca & Fe	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	C	Similar food at minor	#N/A

02D10293	12509003	Label Data	Breakfast cereal, whole wheat, small biscuit, with berries, added vitamins B1, B2, B3 & folate, Ca & Fe	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	C	Similar food at minor	#N/A
02D10295	12509004	Label Data	Breakfast cereal, whole wheat, small biscuit, with blackcurrant paste, added vitamins B1, B2, B3 & folate	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	C	Similar food at minor	#N/A
02D10377	12509005	Label Data	Breakfast cereal, whole wheat, small biscuit, with fruit paste, added vitamins B1, B2, B3 & C & Fe	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	C	Similar food at minor	#N/A
02D10329	12509006	Label Data	Breakfast cereal, whole wheat, flakes, dried fruit, added vitamins B1, B2, B3, C & folate	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	C	Similar food at minor	1
02D10311	12512006	Label Data	Breakfast cereal, whole wheat, biscuit, multigrain, added vitamins B1, B2, B3 & E & Fe	42237	Cereals ready-to-eat, WEETABIX whole grain cereal	31.8	--	USDA database	D	Different food at minor	1
02D10387	12514008	Label Data	Muesli, commercial, toasted, added dried fruit, unfortified	8218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	31.8	135.2	USDA analytical database	C	Similar food at minor	#N/A
09A20030	19106001	Analysed	Milk, canned, evaporated, regular	1096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.8	--	USDA database	B	Same food +/-	#N/A
02D10376	12515007	Label Data	Breakfast cereal, mixed grain (wheat & oat), flakes, apple, sultana & cranberry, added vitamins B1, B2, B3, B6, C, E & folate	8215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	31.6	--	USDA database	D	Different food at minor	1
02D10278	12515008	Analysed	Breakfast cereal, mixed grain (wheat & oat), flakes, apricot & sultana, added vitamins B1, B2, B3 & folate & Fe	8215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	31.6	--	USDA database	D	Different food at minor	1

02D10307	12515009	Label Data	Breakfast cereal, mixed grain (wheat & oat), flakes, berries, added vitamins B1, B2, B3 & folate & Fe	8215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	31.6	--	USDA database	D	Different food at minor	1
02C10116	13204001	Analysed	Biscuit, savoury, rice cake, from brown rice, plain	19816	Snacks, rice cakes, brown rice, plain, unsalted	31.6	--	USDA database	A	Same food	1
02C10141	13204002	Label Data	Biscuit, savoury, rice cake, from brown rice, flavoured	19816	Snacks, rice cakes, brown rice, plain, unsalted	31.6	--	USDA database	B	Same food +/-	#N/A
10A10446	23103023	Imputed	Sauce, soy, commercial, reduced salt	16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	31.6	0.6	USDA database	B	Same food +/-	#N/A
01B10309	11207002	Borrowed	Coffee & chicory essence, concentrate	14224	Beverages, coffee, instant, mocha, sweetened	31.3	--	USDA database	D	Different food at minor	1
02A20104	12103014	Analysed	Flour, wheat, wholemeal, plain	2080	Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	31.2	72.8	USDA analytical database	C	Similar food at minor	9
02A20105	12103015	Analysed	Flour, wheat, wholemeal, self-raising	2080	Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	31.2	72.8	USDA analytical database	C	Similar food at minor	5
02A10353	12103018	Analysed	Semolina, uncooked	20466	Weighted average 20071&20072	31.2	--	USDA database	C	Similar food at minor	3
02A20110	12103011	Analysed	Flour, spelt	2080	Wheat flour, whole-grain	31.0	73.0	USDA analytical database	D	Different food at minor	1
02D10277	12512001	Analysed	Breakfast cereal, mixed grain (rice & wheat), flakes, added vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn	8067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	26.0	USDA analytical database	A	Same food	2

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02E30137	13601007	Imputed	Crepe or pancake, plain, commercial	18288	Pancakes, plain, frozen, ready-to-heat (includes buttermilk)	31.0	72.0	USDA analytical database	C	Similar food at minor	#N/A
15A20133	18011006	Borrowed	Goose, wild caught, flesh, raw	5139	Duck, domesticated, meat and skin, raw	31.0	4.3	USDA database	D	Different food at minor	1
12C10488	28103006	Label Data	Bar, wafer & cream layers, chocolate-coated	98031	Candies, milk chocolate coated wafer bars	31.0	6.1	USDA analytical database	B	Same food +/-	4
12C10439	28301002	Analysed	Bar, muesli or snack, made from breakfast cereal with milk solids	8510	Milk and cereal bar	31.0	--	USDA database	B	Same food +/-	#N/A
12C10455	28301006	Label Data	Bar, snack style, chocolate fortified cereal, milk solids	8510	Milk and cereal bar	31.0	--	USDA database	D	Different food at minor	#N/A
13B20233	25201006	Imputed	Baked beans, canned in tomato sauce, reduced salt	43449	Beans, baked, canned, no salt added	30.8	--	USDA database	B	Same food +/-	1
13A11669	24302001	Analysed	Artichoke, jerusalem, peeled, raw	11226	Jerusalem-artichokes, raw	30.0	--	USDA database	B	Same food +/-	1
02F40306	26201007	Borrowed	Taco shell, from corn flour, plain	18360	Taco shells, baked	30.0	0.6	USDA analytical database	B	Same food +/-	10
10D10131	26401009	Analysed	Pretzels, salted	19047	Snacks, pretzels, hard, plain, salted	30.0	50.0	USDA analytical database	A	Same food	#N/A

09D10215	19504005	Analysed	Ice cream, stick, vanilla flavour, chocolate coated, regular fat	1237	Ice cream, bar or stick, chocolate covered	29.7	--	USDA database	C	Similar food at minor	1
09D10271	19504006	Imputed	Ice cream, stick, other non-chocolate flavours, chocolate coated, regular fat	1237	Ice cream, bar or stick, chocolate covered	29.7	--	USDA database	C	Similar food at minor	#N/A
09D10268	19504008	Label Data	Ice cream, stick, vanilla flavour, with caramel sauce, chocolate coated, regular fat	1237	Ice cream, bar or stick, chocolate covered	29.7	--	USDA database	C	Similar food at minor	#N/A
09D10266	19504009	Label Data	Ice cream, chocolate flavour with confectionery & waffle cone, chocolate coated, regular fat	1237	Ice cream, bar or stick, chocolate covered	29.7	--	USDA database	C	Similar food at minor	#N/A
09D10221	19504010	Analysed	Ice cream, vanilla flavour with confectionery & waffle cone, chocolate coated, regular fat	1237	Ice cream, bar or stick, chocolate covered	29.7	--	USDA database	C	Similar food at minor	1
13A11727	24501002	Analysed	Pea, green, fresh, cooked, no added fat	11305	Peas, green, cooked, boiled, drained, without salt	29.7	0.2	USDA database	A	Same food	3
02C10151	13201003	Label Data	Biscuit, savoury, from white wheat flour, plain snack cracker style, reduced fat	18950	Crackers, wheat, reduced fat	29.5	--	USDA database	A	Same food	2
12C10412	28101005	Analysed	Chocolate, white	19087	Candies, white chocolate	29.5	--	USDA database	A	Same food	8
05A10680	15401019	Analysed	Tuna, unflavoured, canned in vegetable oil, drained	15119	Fish, tuna, light, canned in oil, drained solids	29.3	--	USDA database	B	Same food +/-	4
02E30125	13605002	Label Data	Doughnut, cream filled, with chocolate icing	18254	Doughnuts, yeast-leavened, with creme filling	29.1	--	USDA database	B	Same food +/-	#N/A
13A11729	24704009	Analysed	Sweetcorn, kernels, canned in brine, drained	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	29.1	--	USDA database	B	Same food +/-	5
13A11730	24704010	Analysed	Sweetcorn, kernels, canned in brine, heated, drained	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	29.1	--	USDA database	B	Same food +/-	3

02D10275	12509001	Analysed	Breakfast cereal, wheat bran, flakes, sultanas, added vitamins B1, B2, B3, B6 & folate, Fe & Zn	8061	Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal	29.0	290.0	USDA analytical database	C	Similar food at minor	1
02F30185	13506002	Analysed	Hamburger, white roll, beef patty, with cheese, onion, pickles & sauce, fast food chain	21098	Fast foods, cheeseburger, large, single patty with condiments and vegetables	29.0	12.0	USDA analytical database	A	Same food	3
02E30122	13605010	Imputed	Doughnut, unfilled, with chocolate flavoured icing	18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	29.0	27.0	USDA analytical database	A	Same food	#N/A
05A10678	15401018	Analysed	Tuna, unflavoured, canned in brine, drained	15121	Fish, tuna, light, canned in water, drained solids	29.0	2.7	USDA analytical database	B	Same food +/-	6
05A10681	15401020	Label Data	Tuna, unflavoured, canned in water, drained	15121	Fish, tuna, light, canned in water, drained solids	29.0	2.7	USDA analytical database	B	Same food +/-	2
05A10714	15401021	Analysed	Tuna, flavoured, canned, drained	15121	Fish, tuna, light, canned in water, drained solids	29.0	2.7	USDA analytical database	C	Similar food at minor	4
11B10205	22204007	Analysed	Nut, brazil, with or without skin, raw, unsalted	12078	Nuts, brazil nuts, dried, unblanched	29.0	0.4	USDA analytical database	B	Same food +/-	8
10A10437	22202006	Analysed	Sauce, satay, commercial	27059	Sauce, peanut, made from peanut butter, water, soy sauce	28.9	7.4	USDA database	C	Similar food at minor	7



02D10319	1251400 2	Imputed	Breakfast cereal, mixed grain (wheat & oat), flakes, dried fruit, no added salt, unfortified	4226 1	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	28.8	--	USDA databas e	D	Differen t food at minor	#N/A
02D10321	1251400 3	Imputed	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, dried fruit, no added salt, unfortified	4226 1	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	28.8	--	USDA databas e	D	Differen t food at minor	#N/A
02D10336	1251400 5	Label Data	Breakfast cereal, mixed grain (wheat, rice & oat), flakes & clusters, apple & raisins, unfortified	4226 1	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	28.8	--	USDA databas e	D	Differen t food at minor	1
02D10365	1251501 4	Label Data	Breakfast cereal, mixed grain (wheat, rice & oat), flakes & clusters, apple, added vitamins B1, B2, B3, B6, E & folate, Fe & Zn	4226 1	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	28.8	--	USDA databas e	D	Differen t food at minor	1
02D10318	1251501 6	Label Data	Breakfast cereal, mixed grain (wheat, rice & oat), flakes & clusters, sultanas, added vitamins B1, B2, B3, B6, C & folate, Fe & Zn	4226 1	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	28.8	--	USDA databas e	D	Differen t food at minor	1
02D10405	1251501 7	Label Data	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, dried fruit, added vitamins B1, B2, B3 & E & Fe	4226 1	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	28.8	--	USDA databas e	D	Differen t food at minor	1
13A11704	2430201 9	Analysed	Ginger, peeled, fresh or frozen, raw	1121 6	Ginger root, raw	28.8	--	USDA databas e	B	Same food +/-	26
12C10543	2830200 9	Label Data	Bar, muesli or snack, with 15% dried fruit & 25% nuts, added vitamins B1, B2, B3, C & folate, Fe, & Zn	2505 5	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	28.6	1.0	USDA databas e	B	Same food +/-	#N/A
12C10538	2830300 5	Label Data	Bar, muesli or snack, with 30% dried fruit, yoghurt-coated, added vitamins B1, B2, B3, folate & Fe	2505 5	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	28.6	1.0	USDA databas e	B	Same food +/-	#N/A
11B10208	2820200 7	Analysed	Marzipan, almond paste, added sugar	1207 1	Nuts, almond paste	28.5	--	USDA databas	B	Same food	2

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10C10486	21202002	Analysed	Soup, French onion, instant dry mix	6094	Soup, onion, dry, mix	28.4	--	USDA database	A	Same food	3
10C10514	21202003	Label Data	Soup, French onion, instant dry mix, reduced salt	6094	Soup, onion, dry, mix	28.4	--	USDA database	B	Same food +/-	#N/A
10C10484	21202004	Analysed	Soup, mixed vegetables, reduced energy, cup of soup, instant dry mix	6094	Soup, onion, dry, mix	28.4	--	USDA database	D	Different food at minor	#N/A
10C10481	21202005	Analysed	Soup, tomato, with or without noodles, cup of soup, instant dry mix	6094	Soup, onion, dry, mix	28.4	--	USDA database	D	Different food at minor	1
10C10477	21202006	Analysed	Soup, vegetable, cup of soup, instant dry mix	6094	Soup, onion, dry, mix	28.4	--	USDA database	D	Different food at minor	#N/A
13A11726	24501001	Analysed	Pea, green, fresh or frozen, raw	11304	Peas, green, raw	28.4	0.2	USDA database	A	Same food	29
08C10439	18301082	Analysed	Chicken, skin, composite, raw	5674	Chicken, skin (drumsticks and thighs), raw	28.3	8.3	USDA database	B	Same food +/-	4
08C10458	18302005	Analysed	Duck, skin & fat, raw	5674	Chicken, skin (drumsticks and thighs), raw	28.3	8.3	USDA database	D	Different food at minor	1
07B20032	32202001	Label Data	Infant rusk, teething	3213	Babyfood, cookies	28.3	--	USDA database	D	Different food at minor	#N/A
02A10376	12101006	Analysed	Bulgur (burghul, burgaul), dry, uncooked	20012	Bulgur, dry	28.1	--	USDA database	A	Same food	3
02E30120	13602001	Analysed	Pikelet, plain, commercial	18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.1	--	USDA analytic	C	Similar food at	#N/A

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02E30110	1360200 2	Analysed	Pikelet, plain, homemade from basic ingredients	1893 6	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.1	--	USDA analytic al databas e	C	Similar food at minor	1
02B20049	1360600 2	Analysed	Crumpet, from white flour, commercial, toasted	1893 6	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.1	--	USDA analytic al databas e	B	Same food +/-	1
02B20050	1360600 3	Analysed	Crumpet, from wholemeal flour, commercial, toasted	1893 6	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.1	--	USDA analytic al databas e	C	Similar food at minor	#N/A
13B20211	2060100 9	Analysed	Tofu (soy bean curd), smoked, as purchased	1612 6	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	28.1	0.4	USDA analytic al databas e	D	Differen t food at minor	#N/A
13B20212	2060100 5	Analysed	Soy bean curd skins, dried, rehydrated in boiling water	1612 6	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	28.0	0.4	USDA analytic al databas e	C	Similar food at minor	#N/A
13B20210	2060100 7	Analysed	Tofu (soy bean curd), firm, as purchased	1612 6	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	28.0	0.4	USDA analytic al databas e	A	Same food	10
13A11728	2450100 3	Analysed	Pea, green, frozen, cooked, no added fat	1131 3	Peas, green, frozen, cooked, boiled, drained without salt	28.0	0.2	USDA analytic al databas e	A	Same food	6

12C10406	28101002	Analysed	Chocolate, dark, high cocoa solids, less than 60% cocoa solids	19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	27.6	--	USDA database	B	Same food +/-	31
12C10503	28101003	Label Data	Chocolate, dark, high cocoa solids, 60% cocoa solids or greater	19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	27.6	--	USDA database	B	Same food +/-	2
12C10415	28302001	Analysed	Bar, muesli or snack, plain or with 10% dried fruit	43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	27.6	--	USDA database	B	Same food +/-	5
12C10496	28302002	Label Data	Bar, muesli or snack, plain or with 10% dried fruit, added vitamins B1, B2, B3, folate & Fe	43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	27.6	--	USDA database	B	Same food +/-	1
12C10542	28302003	Label Data	Bar, muesli or snack, plain or with 10% dried fruit, high fibre, added vitamins B1, B2, B3, B6, E, & folate, Fe & Zn	43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	27.6	--	USDA database	B	Same food +/-	#N/A
12C10463	28302018	Analysed	Bar, muesli or snack, made from breakfast cereal with dried fruit	43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	27.6	--	USDA database	B	Same food +/-	#N/A
02D10391	12510002	Label Data	Breakfast cereal, wheat bran, flakes, sultanas, added vitamins B1, B2, B3 & folate & Fe	8061	Cereals ready-to-eat, POST Raisin Bran Cereal	27.3	--	USDA analytical database	B	Same food +/-	1
02D10310	12510003	Label Data	Breakfast cereal, wheat bran, small biscuit, with sultana paste, added vitamins B1, B2, B3, B6, E & folate, Fe & Zn	8061	Cereals ready-to-eat, POST Raisin Bran Cereal	27.3	--	USDA analytical database	D	Different food at minor	#N/A
01B10557	11802004	Label Data	Beverage base, malt chocolate flavour, added vitamins A, B1, B2, C, D & folate, Ca & Fe (Milo malt)	14317	Beverages, malted drink mix, chocolate, powder	27.2	--	USDA database	A	Same food	#N/A
01B10323	11804005	NNS 1995	Beverage base, malted milk powder, unfortified	14317	Beverages, malted drink mix, chocolate, powder	27.2	--	USDA database	B	Same food +/-	1
02C10113	13201008	Analysed	Biscuit, savoury, from wholemeal wheat flour	18429	Crackers, whole-wheat, low salt	27.2	--	USDA database	C	Similar food at	2

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02C10123	13201010	Analysed	Biscuit, savoury, from wholemeal wheat flour, crispbread	18235	Crackers, whole-wheat	27.2	--	USDA database	D	Different food at minor	1
02C10138	13201011	Label Data	Biscuit, savoury, from wholemeal wheat flour, Salada style, high fibre	18235	Crackers, whole-wheat	27.2	--	USDA database	D	Different food at minor	1
09B30018	19406002	Analysed	Cheese spread, cream cheese, regular fat	43276	Cheese spread, cream cheese base	27.2	--	USDA database	B	Same food +/-	1
09B30022	19407001	Label Data	Cheese spread, cream cheese, reduced fat	43276	Cheese spread, cream cheese base	27.2	--	USDA database	C	Similar food at minor	#N/A
09B30020	23501002	Analysed	Dip, cream cheese based, flavoured, commercial	43276	Cheese spread, cream cheese base	27.2	--	USDA database	D	Different food at minor	1
02B10605	12207003	Analysed	Bread, from wholemeal flour, commercial	18075	Bread, whole-wheat, commercially prepared	27.0	38.0	USDA analytical database	C	Similar food at minor	8
02B10627	12208001	Analysed	Bread, from wholemeal flour, commercial, added fibre	18075	Bread, whole-wheat, commercially prepared	27.0	38.0	USDA analytical database	C	Similar food at minor	3
02B10715	12208003	Label Data	Bread, from wholemeal flour, commercial, added fibre & vitamins B1, B3, B6 & E, Fe & Zn	18075	Bread, whole-wheat, commercially prepared	27.0	38.0	USDA analytical database	C	Similar food at minor	3
02B10656	12208005	Imputed	Bread, from wholemeal flour, commercial, added iron	18075	Bread, whole-wheat, commercially prepared	27.0	38.0	USDA analytical database	C	Similar food at minor	3

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02B10658	12208007	Imputed	Bread, from wholemeal flour, commercial, added omega-3 polyunsaturates	18075	Bread, whole-wheat, commercially prepared	27.0	38.0	USDA analytical database	C	Similar food at minor	3
02B10649	12209002	Analysed	Bread, from wholemeal flour, organic, commercial	18075	Bread, whole-wheat, commercially prepared	27.0	38.0	USDA analytical database	C	Similar food at minor	3
02C10157	13202004	Label Data	Biscuit, savoury, from white wheat flour, flatbread style	18232	Crackers, wheat, regular	27.0	58.0	USDA analytical database	B	Same food +/-	1
02C10128	13202006	Analysed	Biscuit, savoury, from white wheat flour, stick, salted	18232	Crackers, wheat, regular	27.0	58.0	USDA analytical database	B	Same food +/-	1
09B10171	19403004	Analysed	Cheese, cream, plain, regular fat (35% fat)	1017	Cheese, cream	27.0	0.7	USDA analytical database	A	Same food	8
13B20209	20601008	Analysed	Tofu (soy bean curd), silken or soft, as purchased	16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	27.0	0.4	USDA analytical database	A	Same food	1
13A11841	24302025	Recipe	Parsnip, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained, with or without added fat	11299	Parsnips, cooked, boiled, drained, without salt	27.0	--	USDA database	A	Same food	2
02D10328	12508001	Imputed	Breakfast cereal, whole wheat, flakes, added dried	8544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	26.9	--	USDA database	D	Different food	#N/A

			fruit &/or nuts, no added sugar, unfortified					e		at minor	
02D10274	12509007	Analysed	Breakfast cereal, whole wheat, flakes, dried fruit & nuts, added fibre, vitamins B1, B2, B3 & folate, Ca & Fe	8544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	26.9	--	USDA database	C	Similar food at minor	1
02D10303	12513010	Label Data	Breakfast cereal, mixed grain (rice & wheat), flakes, almond & honey, vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn	8544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	26.9	--	USDA database	C	Similar food at minor	1
02D10330	12515018	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), clusters, apple & almonds, added vitamins B1, B2, B3 & folate & Fe	8544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	26.9	--	USDA database	C	Similar food at minor	1
02D10279	12515025	Analysed	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, fruit & nuts, added vitamins B1, B2, B3, C & folate & Fe	8544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	26.9	--	USDA database	C	Similar food at minor	1
02B10631	12207021	Analysed	Bread roll, from wholemeal flour, commercial	18348	Rolls, dinner, whole-wheat	26.5	--	USDA database	C	Similar food at minor	4
02B10612	12302004	Analysed	Bread, flat (pita or Lebanese), wholemeal, commercial	18042	Bread, pita, whole-wheat	26.5	--	USDA database	C	Similar food at minor	2
02A10420	12401003	Imputed	Noodle, wheat with egg, plain, boiled, no added fat	20110	Noodles, egg, cooked, enriched	26.0	19.0	USDA analytical database	A	Same food	2
02D10331	12512003	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), extruded, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe & Zn	8013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	26.0	35.0	USDA analytical database	C	Similar food at minor	1
02D10338	12512004	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice &	8013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	26.0	35.0	USDA analytical	C	Similar food at	1

			oat), flakes, added vitamins B1, B2, B3, B6, E & folate, Ca & Fe					al databas e		minor	
02D10375	12512005	Label Data	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, honey, added vitamins B1, B2, B3 & folate & Fe	8013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	26.0	35.0	USDA analytic al databas e	C	Similar food at minor	1
09D10233	19501002	Label Data	Ice cream, caramel flavour, regular fat	19095	Ice creams, vanilla	26.0	1.1	USDA analytic al databas e	C	Similar food at minor	3
09D10235	19501007	Imputed	Ice cream, mint flavour, regular fat	19095	Ice creams, vanilla	26.0	1.1	USDA analytic al databas e	C	Similar food at minor	1
09D10227	19501009	Imputed	Ice cream, strawberry flavour, regular fat	19095	Ice creams, vanilla	26.0	1.1	USDA analytic al databas e	C	Similar food at minor	3
09D10243	19501010	Label Data	Ice cream, vanilla flavour, premium or rich (~15% fat)	19095	Ice creams, vanilla	26.0	1.1	USDA analytic al databas e	B	Same food +/-	2
09D10212	19501011	Analysed	Ice cream, vanilla flavour, regular fat	19095	Ice creams, vanilla	26.0	1.1	USDA analytic al databas e	B	Same food +/-	22
09D10217	19505005	Analysed	Ice confection, stick, milk-based, other flavours, regular fat	19088	Ice creams, vanilla, light	26.0	--	USDA databas e	C	Similar food at minor	#N/A
11A10033	22101007	Analysed	Seed, sesame, unsalted	12201	Seeds, sesame seed kernels, dried (decorticated)	26.0	0.7	USDA analytic al	A	Same food	10



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11A10035	2210200 4	Analysed	Tahini, sesame seed pulp	1216 6	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	25.8	--	USDA databas e	B	Same food +/-	3
02D10411	1251400 7	Imputed	Muesli, commercial, gluten free	8436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	25.6	--	USDA databas e	D	Differe nt food at minor	#N/A
02D10283	1251401 6	Analysed	Muesli, commercial, untoasted or natural style, added dried fruit, unfortified	8436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	25.6	--	USDA databas e	D	Differe nt food at minor	4
02D10388	1251401 7	Label Data	Muesli, commercial, untoasted or natural style, added dried fruit, low fat, unfortified	8436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	25.6	--	USDA databas e	D	Differe nt food at minor	#N/A
09A20032	1910600 3	Analysed	Milk, canned, evaporated, skim (<0.5% fat)	1097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	25.2	--	USDA databas e	B	Same food +/-	#N/A
02D10374	1251500 6	Label Data	Breakfast cereal, mixed grain (wheat & oat), clusters, almond, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe & Zn	8202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP with Almonds	25.0	35.0	USDA analytic al databas e	C	Similar food at minor	1
04B20091	1450100 4	Imputed	Shortening, commercial, animal fat (for short pastry, pie bases, tarts and flans)	4544	Shortening, household, lard and vegetable oil	25.0	--	USDA databas e	B	Same food +/-	3
04D10038	1450300 1	Analysed	Fat, solid, blend of animal & vegetable oils	4544	Shortening, household, lard and vegetable oil	25.0	--	USDA databas e	B	Same food +/-	3
04B20094	1450300 2	Imputed	Shortening, commercial, blend of animal & vegetable fat (for cakes, muffins, shortbreads & biscuits)	4544	Shortening, household, lard and vegetable oil	25.0	--	USDA databas e	C	Similar food at minor	30
08A11037	1810100 2	Analysed	Beef, all cuts, separable fat, raw	1000 6	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytic al databas	D	Differe nt food at minor	2

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08A11060	18101008	Analysed	Beef, blade steak, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	D	Different food at minor	3
08A11067	18101028	Analysed	Beef, chuck steak, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	D	Different food at minor	2
08A11059	18101062	Analysed	Beef, loin (fillet, sirloin, scotch fillet, T-bone), separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	D	Different food at minor	11
08A11057	18101099	Analysed	Beef, round steak, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	D	Different food at minor	3
08A11058	18101117	Analysed	Beef, rump steak, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	D	Different food at minor	3
08A11056	18101197	Analysed	Beef, stir-fry strips or diced, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	D	Different food at minor	4
08A11055	18101230	Analysed	Beef, topside or silverside, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	D	Different food at minor	9
08A20749	18102001	Analysed	Lamb, all cuts, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical	D	Different food	#N/A

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08A20784	18102083	Analysed	Lamb, forequarter (easy carve shoulder, forequarter chop), separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytic al databas e	D	Differe nt food at minor	11
08A20780	18102110	Analysed	Lamb, leg (leg roast, mini roast, chump chop), separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytic al databas e	D	Differe nt food at minor	17
08A20782	18102130	Analysed	Lamb, loin, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytic al databas e	D	Differe nt food at minor	6
08A20764	18102188	Analysed	Mutton, all cuts, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytic al databas e	D	Differe nt food at minor	#N/A
08A20789	18102190	Analysed	Mutton, shoulder, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytic al databas e	D	Differe nt food at minor	2
08A20787	18102198	Analysed	Mutton, leg roast, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytic al databas e	D	Differe nt food at minor	3
08A30419	18103031	Analysed	Pork, forequarter (chop, roast, neck), separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytic al databas e	B	Same food +/-	2

08A30420	18103049	Analysed	Pork, leg steak (rump), separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	B	Same food +/-	3
08A30449	18103055	Analysed	Pork, loin chop, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	B	Same food +/-	5
08A30472	18103079	Analysed	Pork, loin roast, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	B	Same food +/-	3
08A30421	18103088	Analysed	Pork, medallion or loin steak, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	B	Same food +/-	3
08A30466	18103104	Analysed	Pork, round mini roast, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	B	Same food +/-	2
08A30450	18103116	Analysed	Pork, scotch roast, separable fat, raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	B	Same food +/-	1
08B10093	18202008	Analysed	Goat, separable fat (composite), raw	10006	Pork, fresh, separable fat, raw	25.0	2.4	USDA analytical database	D	Different food at minor	1
13A11794	24401018	Analysed	Spinach, frozen, boiled, microwaved or steamed, drained	11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	25.0	110.0	USDA analytical database	A	Same food	11

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12C10564	28305001	Label Data	Bar, snack style, chocolate flavour, space stick	19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	24.7	--	USDA database	D	Different food at minor	#N/A
10E10093	31302008	Borrowed	Cumin (cummin) seed, dried, ground	2014	Spices, cumin seed	24.7	--	USDA database	B	Same food +/-	10
02D10332	12511002	Imputed	Breakfast cereal, mixed grain (wheat & corn), flakes or extruded, no added salt, unfortified	8216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	24.6	--	USDA database	B	Same food +/-	#N/A
02D10312	12511003	Imputed	Breakfast cereal, mixed grain (wheat, oat & corn), flakes or extruded, no added salt, unfortified	8216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	24.6	--	USDA database	B	Same food +/-	#N/A
02D10322	12511004	Label Data	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, honey, unfortified	8216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	24.6	--	USDA database	B	Same food +/-	1
02D10340	12510001	Label Data	Breakfast cereal, wheat bran, flakes, honey & almond, added vitamins B1, B2 B3, B6 & folate, Fe & Zn	8484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	24.1	--	USDA database	D	Different food at minor	1
13A11713	24803017	Analysed	Mixed vegetables, purchased frozen, carrot, corn & pea/bean, cooked, with or without fat	11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	24.1	--	USDA database	B	Same food +/-	1
13B20216	20101002	Analysed	Soy beverage, regular fat (~3%), unfortified	16120	Soy milk, fluid	24.0	0.8	USDA analytical database	B	Same food +/-	1
13B20265	20101003	Imputed	Soy beverage, regular fat (~3%), homemade from basic ingredients, unfortified	16120	Soy milk, fluid	24.0	0.8	USDA analytical database	B	Same food +/-	1
13B20223	2010200	Analysed	Soy beverage, regular fat	1612	Soy milk, fluid	24.0	0.8	USDA	B	Same	1

	1		(~3%), added Ca	0				analytical database		food +/-	
13B20263	20102002	Label Data	Soy beverage, regular fat (~3%), added Ca & vitamins A, B2, & B12	16120	Soy milk, fluid	24.0	0.8	USDA analytical database	B	Same food +/-	1
13B20224	20102003	Analysed	Soy beverage, regular fat (~3%), added Ca & vitamins A, B1, B2 & B12	16120	Soy milk, fluid	24.0	0.8	USDA analytical database	B	Same food +/-	1
13B20255	20102004	Label Data	Soy beverage, regular fat (~3%), added Ca & vitamins A, B1, B2, B6, B12, & D	16120	Soy milk, fluid	24.0	0.8	USDA analytical database	B	Same food +/-	1
13A11771	24102006	Analysed	Potato, chips, regular, purchased frozen, baked or roasted, no added fat	11403	Potatoes, french fried, frozen, home prepared, heated in oven without salt	24.0	0.7	USDA analytical database	B	Same food +/-	2
13A12407	24102009	Label Data	Potato, chips, reduced fat, purchased frozen, baked or roasted, no added fat	11403	Potatoes, french fried, frozen, home prepared, heated in oven without salt	24.0	0.7	USDA analytical database	C	Similar food at minor	#N/A
13A11719	24704011	Analysed	Sweetcorn, kernels, fresh or frozen, raw	11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution Program)	24.0	--	USDA database	A	Same food	10
12C10431	28202003	Analysed	Bar, fruit, nut & seed	25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	24.0	--	USDA database	B	Same food +/-	#N/A
09D10220	19506001	Analysed	Ice cream, with fruit based ice confection, various flavours, regular fat	19867	Ice creams, vanilla, fat free	23.8	--	USDA database	D	Different food at minor	#N/A

13A11691	24302009	Analysed	Cassava, peeled, fresh or frozen, raw	11134	Cassava, raw	23.7	0.4	USDA database	B	Same food +/-	2
13A11690	24302011	Analysed	Cassava, white flesh, peeled, fresh or frozen, raw	11134	Cassava, raw	23.7	0.4	USDA database	B	Same food +/-	1
13A11689	24302013	Analysed	Cassava, yellow flesh, peeled, fresh or frozen, raw	11134	Cassava, raw	23.7	0.4	USDA database	B	Same food +/-	1
13B20261	20104001	Label Data	Soy beverage, reduced fat (~1.5% fat), added Ca	16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	23.6	0.8	USDA database	C	Similar food at minor	1
13B20236	20104002	Analysed	Soy beverage, reduced fat (~1.5% fat), added vitamins A, B1, B2, B3, B6, B12, C, E, folate & Ca & Fe	16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	23.6	0.8	USDA database	C	Similar food at minor	1
13B20289	20104003	Label Data	Soy beverage, reduced fat (~1.5% fat), added fibre, Ca & vitamins A, B1, B2, B6 & B12	16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	23.6	0.8	USDA database	C	Similar food at minor	1
13B20264	20104004	Label Data	Soy beverage, reduced fat (~1% fat), added Ca & vitamins A, B2 & B12	16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	23.6	0.8	USDA database	C	Similar food at minor	1
13B20217	20104005	Analysed	Soy beverage, reduced fat (~1% fat), added Ca & vitamins A, B1, B2 & B12	16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	23.6	0.8	USDA database	C	Similar food at minor	1
13B20227	20201003	Label Data	Soy beverage, chocolate flavoured, regular fat (~3%), added Ca & vitamins A, B1, B2 & B12	16166	Soymilk, chocolate, unfortified	23.6	--	USDA database	C	Similar food at minor	#N/A
13B20226	20202001	Label Data	Soy beverage, chocolate flavoured, reduced fat (~1.5%), added Ca & vitamins A, B1, B2 & B12	16166	Soymilk, chocolate, unfortified	23.6	--	USDA database	B	Same food +/-	#N/A
13B20228	20202002	Label Data	Soy beverage, coffee flavoured, reduced fat (~1.5%), added Ca & vitamins A, B1, B2 & B12	16166	Soymilk, chocolate, unfortified	23.6	--	USDA database	B	Same food +/-	#N/A

13A12559	24201037	Imputed	Cabbage, pickled, canned, drained	43143	Cabbage, japanese style, fresh, pickled	23.5	0.3	USDA database	A	Same food	1
08E30341	18601027	Analysed	Bacon, middle rasher, fat only, grilled or BBQ'd	10166	Pork, cured, separable fat (from ham and arm picnic), unheated	23.2	1.5	USDA database	B	Same food +/-	#N/A
13B10247	24102032	Analysed	Potato scallop, deep fried, saturated frying fat, salted	11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	23.2	--	USDA database	D	Different food at minor	#N/A
13A12385	24102033	Imputed	Potato, wedges, independent takeaway outlet, cafe or restaurant, deep fried, blended oil, salted	11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	23.2	--	USDA database	D	Different food at minor	#N/A
13A11667	24802001	Analysed	Garlic, peeled or unpeeled, fresh or frozen, raw	11215	Garlic, raw	23.2	--	USDA database	A	Same food	97
02A10404	12101030	Imputed	Spelt, uncooked	8144	Cereals, whole wheat hot natural cereal, dry	23.1	--	USDA database	C	Similar food at minor	#N/A
02D10272	12505006	Analysed	Breakfast cereal, whole wheat, puffed, no added sugar or salt, unfortified	8147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	23.1	158.0	USDA analytical database	C	Similar food at minor	1
02D10269	12506010	Label Data	Breakfast cereal, whole wheat, biscuit, bran, added vitamins B1, B2, B3 & folate & Fe	43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	23.1	--	USDA database	D	Different food at minor	1
02D10341	12507002	Label Data	Breakfast cereal, whole wheat, small biscuit, with honey, added vitamins B1, B2, B3 & folate, Fe & Zn	43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	23.1	--	USDA database	C	Similar food at minor	#N/A
02D10396	12505002	Label Data	Breakfast cereal, whole wheat, biscuit, no added sugar or salt, unfortified	8147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	23.0	160.0	USDA analytical database	B	Same food +/-	1



02D10270	12505003	Analysed	Breakfast cereal, whole wheat, biscuit, no added sugar, unfortified	8147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	23.0	160.0	USDA analytical database	B	Same food +/-	1
02D10291	12505004	Label Data	Breakfast cereal, whole wheat, biscuit, added sugar & salt, unfortified	8147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	23.0	160.0	USDA analytical database	B	Same food +/-	2
02D10297	12505005	Imputed	Breakfast cereal, whole wheat, flakes, no added sugar, unfortified	8147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	23.0	160.0	USDA analytical database	D	Different food at minor	#N/A
09D10214	19507001	Analysed	Yoghurt, frozen, berry flavoured, regular fat	42187	Frozen yogurts, flavors other than chocolate	23.0	0.9	USDA analytical database	B	Same food +/-	#N/A
09D10246	19507002	Label Data	Yoghurt, frozen, tropical or fruit salad flavoured, regular fat	42187	Frozen yogurts, flavors other than chocolate	23.0	0.9	USDA analytical database	B	Same food +/-	#N/A
09D10264	19508002	Label Data	Gelato or sorbet, milk-based, vanilla & other flavours, regular fat	19260	Ice creams, vanilla, light, no sugar added	23.0	--	USDA database	C	Similar food at minor	#N/A
13A11714	24704003	Analysed	Sweetcorn, fresh or frozen on cob, raw	11167	Corn, sweet, yellow, raw	23.0	--	USDA database	A	Same food	7
13A11716	24704008	Analysed	Sweetcorn, fresh or frozen on cob, boiled or microwaved in brine, drained	11167	Corn, sweet, yellow, raw	23.0	--	USDA database	D	Different food at minor	#N/A
10D10137	26201001	Analysed	Corn chips, cheese flavoured, salted	19057	Snacks, tortilla chips, nacho cheese	23.0	1.2	USDA analytical database	A	Same food	1

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02D10308	12512002	Label Data	Breakfast cereal, mixed grain (wheat, oat, rice & corn), clusters, added vitamins B1, B2, B3, C & folate, Fe & Zn	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	C	Similar food at minor	#N/A
02D10339	12515010	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn), clusters, honey, nuts, added vitamins B1, B2, B3, E, C & folate, Fe & Zn	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1
02D10324	12515011	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn), flakes, fruit, added vitamins B1, B2, B3, B6, E & folate, Ca, Fe & Zn	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1
02D10348	12515015	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn), flakes & clusters, pomegranate & berries, added vitamins A, B1, B2, B3, B6, E & folate, Ca, Fe & Zn	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1
02D10343	12515019	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), clusters, sultana & berries, added vitamins B1, B2, B3, E & folate, Ca & Fe	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1
02D10363	12515020	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes & clusters, honey & macadamias, added vitamins B1, B2, B3, E & folate, Ca & Fe	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1
02D10316	12515021	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, apricot & coconut, added vitamins B1, B2, B3, E & folate, Ca & Fe	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1

02D10315	1251502 2	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, berries, added vitamins B1, B2, B3, E & folate, Ca & Fe	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1
02D10350	1251502 3	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, fruit, added vitamins B1, B2, B3 & folate & Fe	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1
02D10345	1251502 4	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, fruit, added vitamins B1, B2, B3, & folate, Ca & Fe	8633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	22.9	--	USDA database	D	Different food at minor	1
02A10454	1260101 7	Analysed	Oats, rolled, mixed with sugar or honey & other flavours, uncooked	8680	Cereals, oats, instant, fortified, maple and brown sugar, dry	22.5	11.9	USDA database	C	Similar food at minor	3
10E10094	2310300 3	Analysed	Mustard, cream style	2046	Mustard, prepared, yellow	22.4	0.2	USDA analytical database	C	Similar food at minor	14
12C10516	2830100 4	Label Data	Bar, muesli or snack, made from puffed rice, added vitamins B1, B2, B3, C & folate, Fe, & Zn	8546	Rice and Wheat cereal bar	22.4	--	USDA database	D	Different food at minor	2
12C10554	2830100 5	Label Data	Bar, muesli or snack, made from puffed rice, with chocolate flavour, chips or coating	8546	Rice and Wheat cereal bar	22.4	--	USDA database	D	Different food at minor	#N/A
12C10518	2830300 9	Label Data	Bar, muesli or snack, made from puffed rice, with yoghurt flavour coating, added vitamins B1, B2, B3, C & folate, Fe, & Zn	8546	Rice and Wheat cereal bar	22.4	--	USDA database	D	Different food at minor	#N/A
02C20309	1310500 8	Analysed	Biscuit, sweet, plain, chocolate-coated, commercial	1817 4	Cookies, graham crackers, chocolate-coated	22.3	--	USDA database	B	Same food +/-	2

02C20306	13107001	Analysed	Biscuit, sweet, plain, carob-coated, commercial	18174	Cookies, graham crackers, chocolate-coated	22.3	--	USDA database	D	Different food at minor	#N/A
10C10520	21201008	Imputed	Soup, pea & ham, cup of soup, instant dry mix	6193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	22.3	0.5	USDA database	C	Similar food at minor	1
11B10219	22203007	Analysed	Coconut, milk, dried, powder	12108	Nuts, coconut meat, dried (desiccated), not sweetened	22.1	--	USDA database	C	Similar food at minor	#N/A
02A10345	12101009	Analysed	Cornmeal (polenta), uncooked	20020	Cornmeal, whole-grain, yellow	22.0	12.0	USDA analytical database	A	Same food	10
02B10637	12204001	Analysed	Bread, mixed grain, commercial	28397	Bread, multi-grain (includes whole-grain)	22.0	--	USDA database	A	Same food	11
02B10639	12204017	Analysed	Bread roll, mixed grain, commercial	28397	Bread, multi-grain (includes whole-grain)	22.0	--	USDA database	B	Same food +/-	4
02D10302	12515001	Label Data	Breakfast cereal, mixed grain (rice & wheat), flakes, berries, added vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn	8383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES	22.0	38.0	USDA analytical database	A	Same food	1
02D10309	12515002	Label Data	Breakfast cereal, mixed grain (rice & wheat), flakes, fruit & nut, added vitamins B1, B2, B3, B6, E & folate, Ca, Fe & Zn	8383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES	22.0	38.0	USDA analytical database	B	Same food +/-	#N/A
02D10395	12515003	Label Data	Breakfast cereal, mixed grain (rice & wheat), flakes, nuts, added vitamins B1, B2 & B3, Ca & Fe	8383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES	22.0	38.0	USDA analytical database	B	Same food +/-	1
02E10436	13301002	Analysed	Cake or cupcake, black forest (chocolate-cherry), layered, cream-filled,	18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	22.0	6.2	USDA database	D	Different food at	#N/A

			commercial								minor	
02E10456	13301026	Analysed	Cake or cupcake, mud, dark chocolate, commercial, chocolate ganache icing	18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	22.0	6.2	USDA database	D		Different food at minor	#N/A
02E10479	13305004	Analysed	Pudding, self-saucing, chocolate flavoured, prepared from dry mix	18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	22.0	6.2	USDA database	D		Different food at minor	#N/A
10F20108	23301006	Analysed	Mayonnaise, commercial, regular fat	4025	Salad dressing, mayonnaise, soybean oil, with salt	22.0	0.0	USDA analytical database	A		Same food	43
13A11725	24704013	Analysed	Sweetcorn, kernels, fresh or frozen, boiled, microwaved or steamed, drained	11179	Corn, sweet yellow, frozen, kernels cut of cob, boiled, drained, without salt	22.0	0.2	USDA analytical database	A		Same food	8
13A11723	24704015	Analysed	Sweetcorn, kernels, fresh or frozen, boiled or microwaved in brine, drained	11179	Corn, sweet yellow, frozen, kernels cut of cob, boiled, drained, without salt	22.0	0.2	USDA analytical database	A		Same food	#N/A
12C10535	28101008	Label Data	Chocolate, reduced sugar	19080	Candies, semisweet chocolate	22.0	--	USDA database	B		Same food +/-	1
12C10464	28301001	Analysed	Bar, muesli or snack, made from breakfast cereal	19015	Snacks, granola bars, hard, plain	22.0	6.9	USDA analytical database	B		Same food +/-	#N/A
02E50246	13403005	Analysed	Danish, custard & fruit filled	18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	21.8	--	USDA analytical database	B		Same food +/-	#N/A
02A10371	1210200	Analysed	Rice, brown, uncooked	2003	Rice, brown, long-grain, raw (Includes foods	21.5	--	USDA	A		Same	1

	7			6	for USDA's Food Distribution Program)			databas e		food	
02D10337	1251400 4	Label Data	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, cashew, almond, hazelnut & coconut, unfortified	4224 0	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	21.4	--	USDA databas e	C	Similar food at minor	1
02D10314	1251400 6	Imputed	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, added fruit &/or nuts, no added salt, unfortified	4224 0	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	21.4	--	USDA databas e	C	Similar food at minor	#N/A
13A11785	2420102 3	Analysed	Cabbage, red, canned, heated, drained	1111 3	Cabbage, red, cooked, boiled, drained, without salt	21.4	0.1	USDA analyt ical databas e	C	Similar food at minor	#N/A
13A11773	2440201 0	Analysed	Asparagus, canned in brine, drained or undrained	1101 5	Asparagus, canned, drained solids	21.4	0.7	USDA databas e	A	Same food	#N/A
06D10549	1680200 3	Borrowed	Banana chip	1940 0	Snacks, banana chips	21.3	--	USDA databas e	A	Same food	4
02C10127	1320500 1	Label Data	Biscuit, savoury, corn cake, plain, salted	1903 4	Snacks, popcorn, air-popped	21.2	0.8	USDA analyt ical databas e	B	Same food +/-	#N/A
02C10147	1320500 2	Label Data	Biscuit, savoury, corn cake, multigrain, salted	1903 4	Snacks, popcorn, air-popped	21.2	0.8	USDA analyt ical databas e	D	Differen t food at minor	#N/A
02C10149	1320500 3	Label Data	Biscuit, savoury, corn, crispbread, puffed & toasted	1903 4	Snacks, popcorn, air-popped	21.2	0.8	USDA analyt ical databas e	B	Same food +/-	1

13B20231	25102006	Borrowed	Bean, refried, canned	16103	Refried beans, canned, traditional style	21.2	--	USDA database	A	Same food	20
02B10646	12203013	Analysed	Bread, from white or wholemeal flour, organic, commercial		Weighted average 18069 and 18075	21.0	34.5	USDA analytical database	C	Similar food at minor	3
13A11889	24102014	Analysed	Potato, fries, fast food outlet, deep fried, blended oil, salted	21138	Fast foods, potato, french fried in vegetable oil	21.0	0.5	USDA analytical database	B	Same food +/-	#N/A
13A12020	24102015	Imputed	Potato, fries, fast food outlet, deep fried, monounsaturated oil, no added salt	21138	Fast foods, potato, french fried in vegetable oil	21.0	0.5	USDA analytical database	B	Same food +/-	#N/A
13A11770	24102016	Analysed	Potato, fries, fast food outlet, deep fried, monounsaturated oil, salted	21138	Fast foods, potato, french fried in vegetable oil	21.0	0.5	USDA analytical database	B	Same food +/-	1
13A12019	24102017	Imputed	Potato, fries, independent takeaway outlet, cafe or restaurant, deep fried, blended oil, no added salt	21138	Fast foods, potato, french fried in vegetable oil	21.0	0.5	USDA analytical database	B	Same food +/-	#N/A
13A12017	24102018	Analysed	Potato, fries, independent takeaway outlet, cafe or restaurant, deep fried, blended oil, salted	21138	Fast foods, potato, french fried in vegetable oil	21.0	0.5	USDA analytical database	B	Same food +/-	#N/A
10D10139	26202001	Borrowed	Popcorn, air-popped, no added fat or salt	19034	Snacks, popcorn, air-popped	21.0	0.8	USDA analytical database	A	Same food	3

12C10491	28103001	Label Data	Bar, chocolate nougat centre, milk chocolate-coated	19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	20.9	--	USDA database	B	Same food +/-	1
12C10434	28103003	Analysed	Bar, nougat & caramel centre, milk chocolate-coated	42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	20.9	--	USDA database	A	Same food	2
02A20098	12103010	Analysed	Flour, rye, wholemeal	20064	Rye flour, medium	20.6	--	USDA database	B	Same food +/-	7
13A11790	24703015	Analysed	Mushroom, canned in brine, drained	11264	Mushrooms, canned, drained solids	20.4	--	USDA database	A	Same food	1
13A11791	24703016	Analysed	Mushroom, straw, Asian, canned in brine, drained	11264	Mushrooms, canned, drained solids	20.4	--	USDA database	C	Similar food at minor	#N/A
09D10244	19503001	Label Data	Ice cream, caramel flavour, low fat (3% fat)	19096	Ice creams, vanilla, light, soft-serve	20.3	--	USDA database	C	Similar food at minor	1
09D10236	19503004	Imputed	Ice cream, mint flavour, low fat (3% fat)	19096	Ice creams, vanilla, light, soft-serve	20.3	--	USDA database	C	Similar food at minor	#N/A
09D10228	19503006	Imputed	Ice cream, strawberry flavour, low fat (3% fat)	19096	Ice creams, vanilla, light, soft-serve	20.3	--	USDA database	C	Similar food at minor	1
09D10222	19503007	Label Data	Ice cream, vanilla flavour, low fat (3% fat)	19096	Ice creams, vanilla, light, soft-serve	20.3	--	USDA database	B	Same food +/-	6
13A11731	24704002	Analysed	Sweetcorn, creamed, canned, heated	11174	Corn, sweet, yellow, canned, cream style, regular pack	20.3	--	USDA database	A	Same food	1
02C10115	13201012	Analysed	Biscuit, savoury, from wholemeal wheat flour & rye flour, crispbread, puffed	18216	Crackers, crispbread, rye	20.2	--	USDA database	C	Similar food at minor	1
02C10121	13203001	Analysed	Biscuit, savoury, from rye flour, crispbread	18216	Crackers, crispbread, rye	20.2	--	USDA database	A	Same food	1
02C10148	13203002	Label Data	Biscuit, savoury, from rye flour, crispbread, with added grains (buckwheat, linseed,	18216	Crackers, crispbread, rye	20.2	--	USDA database	D	Different food at	1



			soy, sesame)								minor	
12C10435	28103002	Analysed	Bar, honeycomb centre, milk chocolate-coated	19152	Candies, ROLO Caramels in Milk Chocolate	20.1	--	USDA database	B	Same food +/-	1	
02B10719	12302010	Label Data	Bread, flat wrap or tortilla, wholemeal, commercial	28295	Tortillas, ready-to-bake or -fry, whole wheat	20.0	--	USDA database	C	Similar food at minor	3	
02D10364	12505007	Label Data	Breakfast cereal, whole wheat, puffed, honey, unfortified	8081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	20.0	--	USDA database	C	Similar food at minor	1	
02C10118	13201004	Analysed	Biscuit, savoury, from white wheat flour, Salada style	18228	Crackers, saltines (includes oyster, soda, soup)	20.0	55.0	USDA analytical database	A	Same food	2	
02C10120	13201001	Analysed	Biscuit, savoury, from wheat flour, crispbread, puffed & toasted	18220	Crackers, melba toast, plain	19.8	--	USDA database	B	Same food +/-	1	
02C10136	13201002	Analysed	Biscuit, savoury, from wheat flour, crispbread, puffed & toasted, reduced fat	18220	Crackers, melba toast, plain	19.8	--	USDA database	D	Different food at minor	1	
02C10135	13201005	Label Data	Biscuit, savoury, from white wheat flour, Salada style, reduced fat	18457	Crackers, saltines, fat-free, low-sodium	19.6	--	USDA database	A	Same food	2	
09D10218	19502001	Analysed	Ice cream, Cassata-style dessert	21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	19.6	--	USDA database	D	Different food at minor	#N/A	
09D10242	19502005	Label Data	Ice cream, vanilla flavour, soft serve, fast food style	21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	19.6	--	USDA database	A	Same food	11	
09D10253	19505003	Label Data	Ice cream, other flavours with confectionery & waffle cone, chocolate coated, regular fat	21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	19.6	--	USDA database	B	Same food +/-	#N/A	
09D10224	19505004	Analysed	Ice confection, stick, milk-based, chocolate flavoured,	19114	Ice creams, chocolate, light	19.6	--	USDA database	C	Similar food at	#N/A	

			regular fat					e		minor	
09D10263	19508001	Label Data	Gelato or sorbet, milk-based, chocolate or coffee flavoured, regular fat	19114	Ice creams, chocolate, light	19.6	--	USDA database	C	Similar food at minor	#N/A
13A12631	24803001	Label Data	Vegetable and/or fruit blend, dry powder	9041	Bananas, dehydrated, or banana powder	19.6	--	USDA database	D	Different food at minor	1
12C10416	28303002	Analysed	Bar, muesli or snack, plain or with 10% dried fruit, yoghurt-coated	25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	19.6	0.0	USDA database	C	Similar food at minor	3
12C10501	28303003	Label Data	Bar, muesli or snack, plain or with 10% dried fruit, yoghurt-coated, added vitamins B1, B2, B3, folate & Fe	25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	19.6	0.0	USDA database	C	Similar food at minor	#N/A
09B20079	19401013	Analysed	Cheese, goat, firm			19.5		Richard et al., 2016	A	Same food	2
10A10476	23103001	Imputed	Marinade, Asian style	6112	Sauce, teriyaki, ready-to-serve	19.5	--	USDA database	D	Different food at minor	4
08G10025	20601003	Analysed	Sausage, vegetarian style, raw	16147	Veggie burgers or soyburgers, unprepared	19.4	6.1	USDA analytical database	B	Same food +/-	2
08G10026	20601004	Label Data	Sausage, vegetarian style, added Fe, Zn and vitamin B12, raw	16147	Veggie burgers or soyburgers, unprepared	19.4	6.1	USDA analytical database	B	Same food +/-	2
13B20213	20601012	Analysed	Tofu (soy bean curd), burger patty, as purchased	16147	Veggie burgers or soyburgers, unprepared	19.4	6.1	USDA analytical database	B	Same food +/-	#N/A

08G10029	20601013	Label Data	Vegetarian meat, bacon, cooked, with or without added fat	16147	Veggie burgers or soyburgers, unprepared	19.4	6.1	USDA analytical database	D	Different food at minor	#N/A
13A11703	24401013	Analysed	Spinach, fresh, raw	11457	Spinach, raw	19.3	102.6	USDA database	A	Same food	29
13A11894	24401022	Borrowed	Vine leaf, grape, canned	11457	Spinach, raw	19.3	102.6	USDA database	D	Different food at minor	3
02C20302	13104003	Analysed	Biscuit, sweet, sandwich, chocolate flavour biscuit, cream filling, commercial	18166	Cookies, chocolate sandwich, with creme filling, regular	19.2	15.7	USDA database	A	Same food	6
09A50047	19304001	Analysed	Cream, sour, light (~18% fat)	1056	Cream, sour, cultured	19.2	0.6	USDA analytical database	A	Same food	1
09A50048	19304002	Label Data	Cream, sour, extra light (>12% fat)	1055	Cream, sour, reduced fat, cultured	19.2	--	USDA database	B	Same food +/-	1
09A50050	23501007	Analysed	Dip, sour cream-based, commercial		Average types of sour cream	19.2	--	USDA database	D	Different food at minor	1
13A11682	24201008	Analysed	Brussels sprout, fresh or frozen, raw	11098	Brussels sprouts, raw	19.1	0.8	USDA database	A	Same food	2
02E30112	13601008	Analysed	Crepe or pancake, plain, dry mix	18290	Pancakes, plain, dry mix, complete, prepared	19.0	26.0	USDA analytical database	B	Same food +/-	1
04A10074	14101001	Analysed	Butter, plain, salted	1001	Butter, with salt	19.0	0.4	USDA analytical database	A	Same food	10

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04A10075	14101002	Analysed	Butter, plain, reduced salt (sodium < 350 mg /100 g)	1001	Butter, with salt	19.0	0.4	USDA analytical database	A	Same food	1
04A10076	14101003	Analysed	Butter, plain, no added salt	1001	Butter, with salt	19.0	0.4	USDA analytical database	A	Same food	7
04A10094	14101005	Label Data	Butter, spreadable, regular (~80% fat)	1001	Butter, with salt	19.0	0.4	USDA analytical database	A	Same food	1
04A10095	14101006	Label Data	Butter, spreadable, reduced fat (~60% fat)	1001	Butter, with salt	19.0	0.4	USDA analytical database	C	Similar food at minor	1
04A10077	14102001	Analysed	Ghee, clarified butter	1001	Butter, with salt	19.0	0.4	USDA analytical database	D	Different food at minor	6
09A50046	19303001	Analysed	Cream, sour, regular fat	1056	Cream, sour, cultured	19.0	0.6	USDA analytical database	B	Same food +/-	11
11B10215	22203005	Analysed	Coconut, grated & desiccated	12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	19.0	1.3	USDA analytical database	B	Same food +/-	33
13A11756	24101017	Analysed	Potato, sebago, peeled, baked, roasted, fried, stir-	11358	Potatoes, red, flesh and skin, baked	19.0	0.2	USDA analytical	B	Same food	#N/A

			fried, grilled or BBQ'd, animal fat					al database		+/-	
13A11755	24101019	Analysed	Potato, sebago, unpeeled, boiled, microwaved or steamed, drained	11358	Potatoes, red, flesh and skin, baked	19.0	0.2	USDA analytical database	B	Same food +/-	#N/A
13A11681	24202001	Analysed	Broccoli, fresh or frozen, raw	11090	Broccoli, raw	19.0	0.1	USDA analytical database	A	Same food	12
10D10136	26201004	Analysed	Corn chips, plain toasted, salted	19056	Snacks, tortilla chips, plain	19.0	0.4	USDA analytical database	B	Same food +/-	1
12C10404	28104001	Analysed	Bar, carob	19071	Candies, carob, unsweetened	19.0	--	USDA database	B	Same food +/-	1
02C10131	13204004	Analysed	Biscuit, savoury, rice cracker, plain	42204	Rice cake, cracker (include hain mini rice cakes)	18.9	--	USDA database	A	Same food	3
02C10132	13204005	Imputed	Biscuit, savoury, rice cracker, cheese based flavours	42204	Rice cake, cracker (include hain mini rice cakes)	18.9	--	USDA database	B	Same food +/-	3
02C10129	13204006	Analysed	Biscuit, savoury, rice cracker, seaweed flavoured	42204	Rice cake, cracker (include hain mini rice cakes)	18.9	--	USDA database	B	Same food +/-	2
02C10133	13204007	Imputed	Biscuit, savoury, rice cracker, sour cream based flavours	42204	Rice cake, cracker (include hain mini rice cakes)	18.9	--	USDA database	B	Same food +/-	2
02C10130	13204008	Imputed	Biscuit, savoury, rice cracker, other flavours	42204	Rice cake, cracker (include hain mini rice cakes)	18.9	--	USDA database	B	Same food +/-	2
12C10462	28103014	Analysed	Chocolate, milk, caramel filled	19076	Candies, caramels, chocolate-flavor roll	18.7	--	USDA analytical	B	Same food +/-	2

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09A50042	1930100 1	Analysed	Cream, pure, 35% fat			18.6		Richard et al., 2016	B	Same food +/-	2
09A50043	1930100 2	Analysed	Cream, regular thickened, 35% fat			18.6		Richard et al., 2017	B	Same food +/-	41
09A50044	1930100 3	Analysed	Cream, regular thickened, 35% fat, ultra high temperature treated			18.6		Richard et al., 2018	B	Same food +/-	#N/A
13A12554	2480100 3	Analysed	Water chestnut, peeled, canned, drained	1159 0	Waterchestnuts, chinese, canned, solids and liquids	18.5	--	USDA databas e	A	Same food	2
10D10138	2620100 3	Imputed	Corn chips, plain, toasted, no added salt	4336 4	Snacks, tortilla chips, unsalted, white corn	18.1	--	USDA databas e	B	Same food +/-	#N/A
10D10165	2620100 5	Label Data	Corn chips, puffed, plain, salted	4344 7	Snacks, corn-based, extruded, chips, unsalted	18.1	--	USDA databas e	A	Same food	#N/A
02C10158	2630100 7	Label Data	Rice crisps or chips, extruded, flavoured	1903 1	Snacks, oriental mix, rice-based	18.1	--	USDA databas e	A	Same food	#N/A
09A10200	1910300 1	Analysed	Milk, cow, fluid, reduced fat (1%)	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytic al databas e	A	Same food	7
09A10232	1910300 2	Imputed	Milk, cow, fluid, reduced fat (1%), A2	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytic al databas e	B	Same food +/-	1
09A10225	1910300 3	Label Data	Milk, cow, fluid, reduced fat (1%), organic	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytic al databas e	B	Same food +/-	1

09A10230	19103004	Label Data	Milk, cow, fluid, reduced fat (1%), added milk solids	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	B	Same food +/-	1
09A10184	19103005	Analysed	Milk, cow, fluid, reduced fat (~1.5%), increased protein (~4%)	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	C	Similar food at minor	1
09A10218	19103006	Label Data	Milk, cow, fluid, lactose free, reduced fat (~1%)	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	C	Similar food at minor	1
09A10229	19104001	Label Data	Milk, cow, fluid, reduced fat (1%), added phytosterols	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	B	Same food +/-	1
09A10238	19104002	Label Data	Milk, cow, fluid, reduced fat (1%), increased Ca, added Fe & vitamins C & D	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	B	Same food +/-	1
09A10197	19104003	Analysed	Milk, cow, fluid, reduced fat (1.5%), added Ca, Mg, Zn & vitamin D	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	B	Same food +/-	1
09A10198	19104004	Analysed	Milk, cow, fluid, reduced fat (1.5%), added omega 3 polyunsaturates	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	C	Similar food at minor	1
09A10196	19104005	Analysed	Milk, cow, fluid, reduced fat (1.5%), increased Ca, folate & vitamin D	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	C	Similar food at minor	1

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09B20071	1940300 2	Analysed	Cheese, cottage, regular fat	1012	Cheese, cottage, creamed, large or small curd	18.0	0.7	USDA analytical database	B	Same food +/-	4
09A10192	1980400 1	Analysed	Milk, cow, fluid, flavoured, strawberry, reduced fat	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	C	Similar food at minor	#N/A
09A10208	1980400 2	Imputed	Milk, cow, fluid, flavoured, all other flavours, reduced fat	1082	Milk, low fat, fluid, 1% milkfat, with added vitamin A	18.0	0.6	USDA analytical database	C	Similar food at minor	#N/A
10A10443	2310302 2	Analysed	Sauce, soy, commercial, regular	1612 3	Soy sauce made from soy and wheat (shoyu)	18.0	30.0	USDA analytical database	B	Same food +/-	87
13B10245	2410202 7	Analysed	Potato, hash brown, McDonalds	2102 6	Fast foods, potatoes, hashed brown	18.0	0.3	USDA analytical database	B	Same food +/-	2
13A11892	2420201 0	Analysed	Broccolini, fresh or frozen, raw	1109 6	Broccoli raab, raw	18.0	0.3	USDA analytical database	A	Same food	2
13A11750	2440101 1	Analysed	Silverbeet, fresh or frozen, raw	1114 7	Chard, swiss, raw	18.0	0.3	USDA database	A	Same food	4
10D10160	2620100 2	Analysed	Corn chips, other flavours, salted	1905 8	Snacks, tortilla chips, ranch-flavor	18.0	3.0	USDA analytical database	B	Same food +/-	1



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02A10360	12401018	Analysed	Pasta, wholemeal wheat flour, plain, dry	20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program)	17.9	--	USDA database	C	Similar food at minor	#N/A
13B20225	20105001	Label Data	Soy beverage, low fat (~0.1%), added Ca & vitamins A, B1, B2 & B12	16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	17.9	--	USDA database	B	Same food +/-	1
13A11735	24704001	Analysed	Sweetcorn, baby, canned in brine, heated, drained	11172	Corn, sweet, yellow, canned, whole kernel, drained solids	17.8	--	USDA database	C	Similar food at minor	1
06D10500	16802001	Analysed	Apple, dried	9011	Apples, dried, sulfured, uncooked	17.6	--	USDA database	A	Same food	9
13A11975	24602004	Label Data	Tomato, puree, commercial	11547	Tomato products, canned, puree, without salt added	17.6	0.2	USDA database	A	Same food	8
10D10133	26401008	Analysed	Prawn cracker, Asian, commercial, fried	25070	Snacks, shrimp cracker	17.6	38.2	USDA database	A	Same food	#N/A
12B10079	27204001	Analysed	Spread, hazelnut & chocolate flavoured	19125	Chocolate-flavored hazelnut spread	17.6	--	USDA database	A	Same food	1
09B20070	19403009	Analysed	Cheese, ricotta, regular fat	1036	Cheese, ricotta, whole milk	17.5	--	USDA database	A	Same food	8
02E10448	13302016	Analysed	Cake, lamington, unfilled	18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	17.4	6.7	USDA database	D	Different food at minor	1
09A50053	19302002	Label Data	Cream, regular thickened, light (~18% fat)	1050	Cream, fluid, light (coffee cream or table cream)	17.4	0.7	USDA database	C	Similar food at minor	2
13A11751	24501007	Analysed	Snow pea, fresh or frozen, raw	11300	Peas, edible-podded, raw	17.4	--	USDA database	A	Same food	7
13A11740	24302049	Analysed	Taro, peeled, fresh or frozen, raw	11518	Taro, raw	17.3	--	USDA database	B	Same food	1

								e		+/-	
02A10374	12401015	Analysed	Pasta, white wheat flour & spinach, plain, dry	20126	Spaghetti, spinach, dry	17.1	--	USDA database	B	Same food +/-	#N/A
02C20308	13105001	Analysed	Biscuit, sweet, chocolate chip, commercial	18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	17.0	43.0	USDA analytical database	B	Same food +/-	3
02F40214	13509006	Analysed	Lasagne (Lasagna), beef, commercial, purchased fresh or frozen, cooked	22916	Lasagna with meat sauce, frozen entrée	17.0	6.1	USDA analytical database	B	Same food +/-	#N/A
09B10181	19401004	Analysed	Cheese, cheddar, natural, plain, regular fat	1009	Cheese, cheddar	17.0	0.7	USDA analytical database	A	Same food	27
09B10185	19401008	Analysed	Cheese, cheshire	1009	Cheese, cheddar	17.0	0.7	USDA analytical database	C	Similar food at minor	#N/A
09A10189	19801007	Analysed	Milk, cow, fluid, flavoured, chocolate, regular fat	1102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	17.0	--	USDA database	B	Same food +/-	1
09A10190	19803003	Analysed	Milk, cow, fluid, flavoured, chocolate, reduced fat	1103	Milk, chocolate, fluid, commercial, reduced fat	17.0	0.7	USDA analytical database	C	Similar food at minor	1
09A10239	19803004	Label Data	Milk, cow, fluid, flavoured, chocolate, reduced fat, added Ca & vitamin D	1103	Milk, chocolate, fluid, commercial, reduced fat	17.0	0.7	USDA analytical database	C	Similar food at minor	#N/A
09A10226	1980300	Label Data	Milk, cow, fluid, flavoured,	1103	Milk, chocolate, fluid, commercial, reduced	17.0	0.7	USDA	C	Similar	1

	5		chocolate, reduced fat, added vitamins & minerals		fat			analytical database		food at minor	
13A11784	24201020	Analysed	Cabbage, red, raw	11112	Cabbage, red, raw	17.0	0.1	USDA analytical database	A	Same food	3
13A11715	24703001	Analysed	Mushroom, common, fresh or frozen, raw	11260	Mushrooms, raw	17.0	11.0	USDA analytical database	A	Same food	38
13A12046	24703010	Imputed	Mushroom, oriental, fresh or frozen, raw, not further defined	11260	Mushrooms, raw	17.0	11.0	USDA analytical database	B	Same food +/-	5
10C10475	21501007	Analysed	Soup, pea & ham, condensed, canned, prepared with water	6050	Soup, pea, split with ham, canned, chunky, ready-to-serve	16.9	--	USDA database	C	Similar food at minor	#N/A
13A11678	24502008	Analysed	Bean, green, fresh, boiled, microwaved or steamed, drained	11053	Beans, snap, green, cooked, boiled, drained, without salt	16.9	0.1	USDA database	A	Same food	10
09A50051	19301004	Borrowed	Cream, rich or double thick	1053	Cream, fluid, heavy whipping	16.8	--	USDA database	C	Similar food at minor	#N/A
09A50045	19301005	Analysed	Cream, whipped, aerosol, regular fat (~28%)	1052	Cream, fluid, light whipping	16.8	--	USDA database	C	Similar food at minor	4
09A50049	19302001	Analysed	Cream, reduced fat (~25%), canned	1052	Cream, fluid, light whipping	16.8	--	USDA database	C	Similar food at minor	#N/A
13A11789	24401001	Analysed	Endive, raw	11213	Endive, raw	16.8	--	USDA database	A	Same food	#N/A
12C10414	28303007	Analysed	Bar, muesli or snack, with chocolate chips or coating	19404	Snacks, granola bars, soft, uncoated, chocolate chip	16.7	21.6	USDA analytical	B	Same food	1

								al databas e		+/-	
09A20031	1910600 2	Analysed	Milk, canned, evaporated, reduced fat (~ 2%)	1291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	16.6	--	USDA databas e	B	Same food +/-	#N/A
09C10144	1920200 1	Label Data	Yoghurt, Greek style, reduced fat (~2%), natural			16.5		Richard et al., 2016	B	Same food +/-	#N/A
09D10219	1970100 4	Analysed	Fromais frais, berry pieces or flavour, regular fat (5% fat)		Yoghurt, Greek style, reduced fat, natural	16.5		Richard et al., 2016	D	Differe nt food at minor	#N/A
09D10256	1970100 5	Label Data	Fromais frais, fruit pieces or flavoured, regular fat (5% fat)		Yoghurt, Greek style, reduced fat, natural	16.5		Richard et al., 2016	D	Differe nt food at minor	#N/A
09C10159	1970100 6	Label Data	Fromais frais, vanilla flavoured, regular fat (5% fat)		Yoghurt, Greek style, reduced fat, natural	16.5		Richard et al., 2016	D	Differe nt food at minor	#N/A
09B20094	1940400 5	Label Data	Cheese, ricotta, reduced fat	1037	Cheese, ricotta, part skim milk	16.3	--	USDA databas e	B	Same food +/-	1
13A11779	2420200 8	Analysed	Broccoli, frozen, boiled, microwaved or steamed, drained	1109 3	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	16.2	--	USDA databas e	A	Same food	3
06D10471	1680200 7	Analysed	Fig, dried	9094	Figs, dried, uncooked	16.0	0.8	USDA analytic al databas e	A	Same food	#N/A
08F10890	1860600 4	Analysed	Braised steak & onions, canned, heated	2290 5	Beef stew, canned entrée	16.0	1.8	USDA analytic al databas e	B	Same food +/-	#N/A
08F11012	1860601 0	Label Data	Stew, casserole or curry, chicken & vegetable, canned	2290 5	Beef stew, canned entrée	16.0	1.8	USDA analytic	D	Differe nt food	#N/A

								al databas e		at minor	
09A10188	1910500 1	Analysed	Milk, cow, fluid, skim (~0.15% fat)	1085	Milk, nonfat, fluid, with added vitamin A (fat free skim)	16.0	1.9	USDA analytic al databas e	B	Same food +/-	15
09A10199	1910500 2	Analysed	Milk, cow, fluid, skim (~0.15% fat), added milk solids	1086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	16.0	--	USDA databas e	B	Same food +/-	1
09C20043	1920800 1	Analysed	Yoghurt, apricot, peach or nectarine pieces or flavoured, low fat (<0.5%)	4326 1	Yogurt, fruit variety, nonfat	16.0	0.7	USDA analytic al databas e	B	Same food +/-	#N/A
09C20044	1920800 2	Analysed	Yoghurt, berry pieces or flavoured, low fat (<0.5%)	4326 1	Yogurt, fruit variety, nonfat	16.0	0.7	USDA analytic al databas e	B	Same food +/-	#N/A
09C20045	1920800 3	Analysed	Yoghurt, vanilla flavoured, low fat (<0.5%)	4326 1	Yogurt, fruit variety, nonfat	16.0	0.7	USDA analytic al databas e	B	Same food +/-	8
09B10182	1940102 9	Analysed	Cheese, swiss	1040	Cheese, swiss	16.0	0.6	USDA analytic al databas e	A	Same food	4
09B20088	1940400 1	Label Data	Cheese, cottage, reduced fat	1015	Cheese, cottage, lowfat, 2% milk fat	16.0	0.6	USDA analytic al databas e	B	Same food +/-	1
10F20123	2330200 2	Imputed	Dressing, creamy, commercial, 97% fat free	4215 7	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	16.0	--	USDA databas e	B	Same food +/-	#N/A

10F20100	23302003	Analysed	Dressing, thousand island, commercial, reduced fat	4023	Salad dressing, thousand island dressing, reduced fat	16.0	--	USDA database	A	Same food	#N/A
13A11761	24101004	Analysed	Potato, desiree, peeled, raw	11355	Potatoes, red, flesh and skin, raw	16.0	0.2	USDA analytical database	B	Same food +/-	3
13A12064	24101008	Imputed	Potato, desiree, unpeeled, raw	11355	Potatoes, red, flesh and skin, raw	16.0	0.2	USDA analytical database	B	Same food +/-	1
13A11759	24101013	Analysed	Potato, pontiac, peeled, raw	11355	Potatoes, red, flesh and skin, raw	16.0	0.2	USDA analytical database	B	Same food +/-	2
13A11762	24101020	Analysed	Potato, pale skin, peeled, raw	11355	Potatoes, red, flesh and skin, raw	16.0	0.2	USDA analytical database	B	Same food +/-	12
13A11763	24101040	Analysed	Potato, red skin, peeled, raw	11355	Potatoes, red, flesh and skin, raw	16.0	0.2	USDA analytical database	A	Same food	4
13A11980	24101044	Imputed	Potato, red skin, unpeeled, raw	11355	Potatoes, red, flesh and skin, raw	16.0	0.2	USDA analytical database	A	Same food	6
13A11673	24402005	Analysed	Asparagus, green, raw	11011	Asparagus, raw	16.0	0.6	USDA analytical database	A	Same food	11

09A10228	32102001	Borrowed	Milk, human/breast, mature, fluid	1107	Milk, human, mature, fluid	16.0	--	USDA database	D	Different food at minor	#N/A
09B10177	19401016	Analysed	Cheese, gouda			15.8		Richard et al., 2016	A	Same food	#N/A
08C10441	18301079	Analysed	Chicken, separable fat, composite, raw	5047	Chicken, broilers or fryers, separable fat, raw	15.7	0.6	USDA database	A	Same food	5
08E30357	18606003	Analysed	Beef, corned, with cereal, canned	22908	Beef, corned beef hash, with potato, canned	15.6	--	USDA database	D	Different food at minor	#N/A
13B10258	18606006	Analysed	Casserole or curry, meat & vegetables, canned, heated	22908	Beef, corned beef hash, with potato, canned	15.6	--	USDA database	D	Different food at minor	#N/A
13B10256	18606011	Analysed	Vegetables & sausages, canned	22908	Beef, corned beef hash, with potato, canned	15.6	--	USDA database	D	Different food at minor	#N/A
13B10257	18606012	Analysed	Vegetables & steak, canned	22908	Beef, corned beef hash, with potato, canned	15.6	--	USDA database	D	Different food at minor	#N/A
09B10176	19401002	Analysed	Cheese, blue vein	1004	Cheese, blue	15.4	--	USDA database	A	Same food	3
09B10186	19401009	Analysed	Cheese, colby style	1011	Cheese, colby	15.4	--	USDA database	A	Same food	5
09B10172	19401011	Analysed	Cheese, fetta (feta), regular fat	1019	Cheese, feta	15.4	--	USDA database	A	Same food	6
09B20080	19401014	Analysed	Cheese, goat, soft	1159	Cheese, goat, soft type	15.4	--	USDA database	A	Same food	3

09B10210	19401020	Label Data	Cheese, mozzarella, buffalo	1026	Cheese, mozzarella, whole milk	15.4	--	USDA database	D	Different food at minor	#N/A
09B10173	19401021	Analysed	Cheese, mozzarella, regular fat	1026	Cheese, mozzarella, whole milk	15.4	--	USDA database	A	Same food	33
09B10191	19401026	Analysed	Cheese, provolone style	1035	Cheese, provolone	15.4	--	USDA database	A	Same food	#N/A
09B20072	19402001	Analysed	Cheese, cheddar, natural, plain, reduced fat (~25%)	1260	Cheese, cheddar, reduced fat (Includes foods for USDA's Food Distribution Program)	15.4	--	USDA database	B	Same food +/-	3
09B20075	19402004	Analysed	Cheese, fetta (feta), reduced fat	1019	Cheese, feta	15.4	--	USDA database	C	Similar food at minor	2
09B10203	19405001	Label Data	Cheese, brie	1006	Cheese, brie	15.4	--	USDA database	A	Same food	4
09B10184	19405002	Analysed	Cheese, camembert	1007	Cheese, camembert	15.4	--	USDA database	A	Same food	4
13A11798	24302017	Analysed	Chicory, raw	11214	Escarole, cooked, boiled, drained, no salt added	15.4	--	USDA database	C	Similar food at minor	1
13A12083	24401009	Borrowed	Rocket, raw	11959	Arugula, raw	15.3	0.1	USDA database	A	Same food	4
13A11777	24502003	Analysed	Bean, butter, fresh, raw	11722	Beans, snap, yellow, raw	15.3	--	USDA database	A	Same food	2
13A11675	24502005	Analysed	Bean, green, fresh or frozen, raw	11052	Beans, snap, green, raw	15.3	0.1	USDA database	A	Same food	19
09C10093	19201004	Analysed	Yoghurt, natural, regular fat (~4%)	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	11
09C10140	19201005	Imputed	Yoghurt, natural, regular fat (~4%), homemade from	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food	1



			basic ingredients					e		+/-	
09C10094	19205001	Analysed	Yoghurt, apricot, peach or nectarine pieces or flavoured, regular fat (~3%)	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	2
09C10109	19205002	Label Data	Yoghurt, banana pieces or flavoured, regular fat (~3%)	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	2
09C10095	19205003	Analysed	Yoghurt, berry pieces or flavoured, regular fat (~3%)	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	1
09C10127	19205005	Label Data	Yoghurt, flavoured, regular fat (~4%), homemade from basic ingredients	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	#N/A
09C10110	19205006	Label Data	Yoghurt, mango pieces or flavoured, regular fat (~3%)	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	3
09C10114	19205010	Label Data	Yoghurt, passionfruit flavoured, regular fat (~3%)	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	2
09C10096	19205013	Analysed	Yoghurt, vanilla flavoured, regular fat (~3%)	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	11
09C20048	19209001	Analysed	Yoghurt, apricot, peach or nectarine pieces or flavoured, low fat (<0.5%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	1
09C20057	19209002	Label Data	Yoghurt, banana & honey flavoured, low fat (<0.5%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	#N/A
09C20047	19209003	Analysed	Yoghurt, berry pieces or flavoured, low fat (<0.5%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	1
09C20049	19209004	Label Data	Yoghurt, dessert flavoured, low fat (<0.5%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	#N/A
09C20052	19209005	Label Data	Yoghurt, mango pieces or flavoured, low fat (<0.5%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	1

09C20051	19209006	Label Data	Yoghurt, passionfruit flavoured, low fat (<0.5%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	1
09C20054	19209007	Label Data	Yoghurt, peach & mango pieces or flavoured, low fat (<0.5%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	1
09C20055	19209009	Label Data	Yoghurt, vanilla flavoured, reduced fat (~1%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	1
09C20050	19209010	Label Data	Yoghurt, vanilla flavoured, low fat (<0.5%), intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	1
09C10122	19211001	Label Data	Yoghurt, banana pieces or flavoured, regular fat (~3%), added omega-3 polyunsaturates	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	#N/A
09C10123	19211002	Label Data	Yoghurt, berry pieces or flavoured, regular fat (~3%), added omega-3 polyunsaturates	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	#N/A
09C20058	19211005	Label Data	Yoghurt, berry pieces or flavoured, low fat (<0.5%), intense sweetened, added fibre	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	#N/A
09C20061	19211006	Label Data	Yoghurt, dessert flavoured, low fat (<0.5%), intense sweetened, added fibre	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	#N/A
09C10169	19211007	Label Data	Yoghurt, fruit pieces or flavoured, reduced fat (~2%), added Ca & vitamin D	1120	Yogurt, fruit, low fat, 9 g protein/8 oz	15.2	--	USDA database	B	Same food +/-	#N/A
09C10167	19211008	Label Data	Yoghurt, fruit pieces, reduced fat (2%), added vitamins A, B1, B2, B3, B6, B12, C, D, E, & folate	1120	Yogurt, fruit, low fat, 9 g protein/8 oz	15.2	--	USDA database	B	Same food +/-	#N/A
09C10124	19211011	Label Data	Yoghurt, tropical fruit or fruit salad pieces or flavoured, regular fat (~3%), added omega-3 polyunsaturates	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	#N/A

09C20062	19211012	Label Data	Yoghurt, tropical fruit or fruit salad pieces or flavoured, low fat (<0.5%), intense sweetened, added fibre	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	#N/A
09C10121	19211013	Label Data	Yoghurt, vanilla flavoured, regular fat (~3%), added omega-3 polyunsaturates	1116	Yogurt, plain, whole milk	15.2	--	USDA database	B	Same food +/-	#N/A
09C20053	19211015	Label Data	Yoghurt, vanilla flavoured, low fat (<0.5%), with added protein & fibre, intense sweetened	1184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	15.2	--	USDA database	B	Same food +/-	#N/A
02A10358	12401005	Analysed	Pasta, white wheat flour, plain, dry	20120	Pasta, dry, enriched	15.1	142.4	USDA analytical database	A	Same food	8
02B10607	12201001	Analysed	Bagel, from white flour, commercial	18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	15.0	20.0	USDA analytical database	B	Same food +/-	2
02B10603	12201011	Analysed	Bread, from white flour, commercial	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytical database	A	Same food	27
02B10687	12201013	Label Data	Bread, from white flour, commercial, low GI	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytical database	D	Different food at minor	4
02B10613	12202001	Analysed	Bread, from white flour, commercial, added calcium	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytical database	B	Same food +/-	1
02B10617	12202003	Analysed	Bread, from white flour, commercial, added fibre	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytical	B	Same food	5

								al databas e		+/-	
02B10713	12202005	Label Data	Bread, from white flour, commercial, added fibre & vitamins B1, B3, B6 & E, Fe & Zn	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytic al databas e	B	Same food +/-	3
02B10619	12202007	Analysed	Bread, from white flour, commercial, added iron	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytic al databas e	B	Same food +/-	1
02B10623	12202009	Analysed	Bread, from white flour, commercial, added omega-3 polyunsaturates	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytic al databas e	B	Same food +/-	3
02B10805	12202012	Analysed	Bread, from white Jackaroo flour, commercial, added vitamins B1 & folate & Fe	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytic al databas e	D	Differen t food at minor	3
02B10648	12203003	Analysed	Bread, from white flour, organic, commercial	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytic al databas e	B	Same food +/-	2
02B10815	12203024	Analysed	Bread, damper, from white flour, homemade from basic ingredients	18069	Bread, white, commercially prepared, (includes soft bread crumbs)	15.0	31.0	USDA analytic al databas e	D	Differen t food at minor	#N/A
02B20052	12301003	Analysed	Muffin, English style, from white flour, commercial, added dried fruit, toasted	18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	15.0	32.0	USDA analytic al databas e	A	Same food	#N/A

09C10139	19202002	Label Data	Yoghurt, natural, reduced fat (~1.5%)	1117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	15.0	0.9	USDA analytical database	B	Same food +/-	2
09C10141	19202003	Imputed	Yoghurt, natural, reduced fat (~1.5%), homemade from basic ingredients	1117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	15.0	0.9	USDA analytical database	B	Same food +/-	1
09C20042	19203001	Analysed	Yoghurt, natural, low fat (<0.5%)	1117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	15.0	0.9	USDA analytical database	B	Same food +/-	1
10B10069	23202007	Analysed	Pickles, mustard, sweet, commercial	11609	Beets, pickled, canned, solids and liquids	15.0	--	USDA database	C	Similar food at minor	1
13A11758	24101018	Analysed	Potato, sebago, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	11356	Potatoes, russet, flesh and skin, baked	15.0	0.2	USDA analytical database	B	Same food +/-	#N/A
10D10149	26301004	Label Data	Grain waves wheat snack, plain, original	25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	15.0	39.0	USDA analytical database	A	Same food	#N/A
10D10159	26301005	Label Data	Grain waves wheat snack, cheese or sour cream & chives	25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	15.0	39.0	USDA analytical database	B	Same food +/-	#N/A
10D10150	26301006	Label Data	Grain waves wheat snack, other flavours	25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	15.0	39.0	USDA analytical database	B	Same food +/-	#N/A

02D10362	11805002	Label Data	Breakfast cereal, beverage, chocolate flavour, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca & Fe	14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	14.8	--	USDA database	D	Different food at minor	1
02D10285	11805003	Analysed	Breakfast cereal, beverage, non-chocolate flavours, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca	14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	14.8	--	USDA database	D	Different food at minor	2
02D10344	11805004	Label Data	Breakfast cereal, beverage, non-chocolate flavours, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca & Fe	14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	14.8	--	USDA database	D	Different food at minor	1
02D10400	11805005	Label Data	Breakfast cereal, beverage, non-chocolate flavours, natural sweetener, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca	14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	14.8	--	USDA database	D	Different food at minor	1
09B10174	19401010	Analysed	Cheese, edam			14.8		Richard et al., 2016	A	Same food	4
02C20294	13102009	Analysed	Biscuit, sweet, with dried fruit, commercial	18191	Cookies, raisin, soft-type	14.7	--	USDA database	B	Same food +/-	#N/A
02C20295	13102010	Analysed	Biscuit, sweet, with dried fruit & icing, commercial	18191	Cookies, raisin, soft-type	14.7	--	USDA database	D	Different food at minor	#N/A
10C10457	21502005	Analysed	Soup, tomato, condensed, canned, prepared with cows milk & water	6359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	14.7	--	USDA database	B	Same food +/-	#N/A
02B10641	12201003	Analysed	Breadcrumbs, white	18079	Bread, crumbs, dry, grated, plain	14.6	--	USDA database	A	Same food	25
02B10625	12201025	Analysed	Bread roll, from white flour, commercial	18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	14.6	--	USDA database	A	Same food	15
02B10662	12201028	Analysed	Bread or bread roll, Turkish, plain, commercial	18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	14.6	--	USDA database	D	Different food	4

								e		at minor	
02B10633	1221000 1	Analysed	Bread, from rye flour, dark, commercial	1806 0	Bread, rye	14.6	--	USDA databas e	B	Same food +/-	1
02B10635	1221000 3	Analysed	Bread, from rye flour, light, commercial	1806 0	Bread, rye	14.6	--	USDA databas e	B	Same food +/-	2
02B10756	1221000 5	Analysed	Bread, from rye flour, sour dough, commercial	1806 0	Bread, rye	14.6	--	USDA databas e	B	Same food +/-	1
02B10744	1221000 7	Label Data	Bread, from rye flour, added grains, commercial	1806 0	Bread, rye	14.6	--	USDA databas e	D	Differen t food at minor	1
02B10642	1221000 9	Analysed	Bread, pumpernickel, commercial	1804 4	Bread, pumpernickel	14.6	--	USDA databas e	A	Same food	1
02B10780	1221200 1	Imputed	Bread, from rye flour, organic, commercial	1806 0	Bread, rye	14.6	--	USDA databas e	C	Similar food at minor	1
02B10611	1230200 2	Analysed	Bread, flat (pita or Lebanese), white, commercial	1804 1	Bread, pita, white, enriched	14.6	--	USDA databas e	B	Same food +/-	11
02B10615	1230500 3	Analysed	Bread, from wheat flour, commercial, added dried fruit	1804 7	Bread, raisin, enriched	14.6	--	USDA databas e	B	Same food +/-	1
02E20090	1230600 4	Analysed	Bun, sweet, with sultanas, iced	1804 7	Bread, raisin, enriched	14.6	--	USDA databas e	B	Same food +/-	#N/A
10F20106	2330100 3	Analysed	Dressing, coleslaw, commercial, regular fat	4301 6	Salad dressing, coleslaw	14.6	--	USDA databas e	A	Same food	3
10F20105	2330200 1	Analysed	Dressing, coleslaw, commercial, reduced fat	4301 6	Salad dressing, coleslaw	14.6	--	USDA databas e	B	Same food +/-	#N/A
02D10347	1250700 1	Label Data	Breakfast cereal, whole wheat, puffed, honey, added vitamins B1, B2, B3, B6, E &	8478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	14.4	--	USDA databas e	C	Similar food at minor	1

			folate								
13A11775	24503002	Analysed	Sprout, bean, raw	11043	Mung beans, mature seeds, sprouted, raw	14.4	--	USDA database	A	Same food	13
02C20347	13101021	Imputed	Biscuit, sweet, wafer style	18157	Cookies, chocolate wafers	14.3	--	USDA database	B	Same food +/-	#N/A
09A10195	19210001	Analysed	Buttermilk, cultured, 2% fat			14.2		Richard et al., 2016	A	Same food	4
10B10071	23202004	Analysed	Olive, green or black, drained	9195	Olives, pickled, canned or bottled, green	14.2	--	USDA database	B	Same food +/-	28
10B10070	23202005	Analysed	Olive, green, pimento stuffed, drained	9195	Olives, pickled, canned or bottled, green	14.2	--	USDA database	D	Different food at minor	#N/A
09B10175	19401023	Analysed	Cheese, parmesan, dried, finely grated	1032	Cheese, parmesan, grated	14.1	0.2	USDA database	B	Same food +/-	25
09B10183	19401024	Analysed	Cheese, parmesan, fresh	1032	Cheese, parmesan, grated	14.1	0.2	USDA database	B	Same food +/-	17
13A11711	24302031	Analysed	Swede, peeled, fresh or frozen, raw	11435	Rutabagas, raw	14.1	--	USDA database	B	Same food +/-	4
02B20053	12301001	Analysed	Muffin, English style, from white flour, commercial, fresh/untoasted	18258	English muffins, plain, enriched, with calcium prop (includes sourdough)	14.0	33.0	USDA analytical database	B	Same food +/-	2
02C10125	13202002	Analysed	Biscuit, savoury, from white wheat flour, other flavours	18229	Crackers, standard snack-type, regular	14.0	52.0	USDA analytical database	A	Same food	1
02C10117	13202003	Analysed	Biscuit, savoury, from white wheat flour, flaky cracker	18229	Crackers, standard snack-type, regular	14.0	52.0	USDA analytical	B	Same food	2



			style					al databas e		+/-	
02C10122	1320200 5	Analysed	Biscuit, savoury, from white wheat flour, plain snack cracker style	1822 9	Crackers, standard snack-type, regular	14.0	52.0	USDA analytic al databas e	B	Same food +/-	5
06C10228	1680200 2	Analysed	Apricot, dried	9032	Apricots, dried, sulfured, uncooked	14.0	0.3	USDA analytic al databas e	A	Same food	12
09A10185	1910100 1	Analysed	Milk, cow, fluid, regular fat (~3.5%)	1077	Milk, whole, 3.25% milkfat	14.0	0.6	USDA analytic al databas e	A	Same food	52
09A10231	1910100 2	Imputed	Milk, cow, fluid, regular fat (~3.5%), A2	1077	Milk, whole, 3.25% milkfat	14.0	0.6	USDA analytic al databas e	B	Same food +/-	1
09A10216	1910100 3	Label Data	Milk, cow, fluid, regular fat (~3.5%), organic	1077	Milk, whole, 3.25% milkfat	14.0	0.6	USDA analytic al databas e	B	Same food +/-	1
09A10220	1910100 4	Imputed	Milk, cow, fluid, regular fat (~3.5%), raw	1077	Milk, whole, 3.25% milkfat	14.0	0.6	USDA analytic al databas e	B	Same food +/-	1
09A10217	1910100 5	Label Data	Milk, cow, fluid, lactose free, regular fat (~3.5%)	1077	Milk, whole, 3.25% milkfat	14.0	0.6	USDA analytic al databas e	C	Similar food at minor	2

09A10201	19102001	Analysed	Milk, cow, fluid, regular fat (3.5%), added omega 3 polyunsaturates	1077	Milk, whole, 3.25% milkfat	14.0	0.6	USDA analytical database	B	Same food +/-	1
09C10111	19205004	Label Data	Yoghurt, berry pieces or flavoured, with added fruit juice, reduced fat (~2%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	1
09C10101	19207001	Label Data	Yoghurt, apricot, peach or nectarine pieces or flavoured, reduced fat (1%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	2
09C10100	19207002	Label Data	Yoghurt, berry pieces or flavoured, reduced fat (1%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	1
09C10164	19207003	Label Data	Yoghurt, dessert flavoured, reduced fat (~1%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	#N/A
09C10163	19207004	Label Data	Yoghurt, flavoured, reduced fat (~1.5%), homemade from basic ingredients	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	#N/A
09C10135	19207005	Label Data	Yoghurt, honey flavoured, reduced fat (~2%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	#N/A
09C10160	19207006	Label Data	Yoghurt, honey flavoured, reduced fat (~1%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	#N/A

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09C10102	19207007	Label Data	Yoghurt, mango pieces or flavoured, reduced fat (1%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	3
09C10103	19207008	Label Data	Yoghurt, passionfruit flavoured, reduced fat (1%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	2
09C10119	19207009	Label Data	Yoghurt, passionfruit flavoured, reduced fat (1%), reduced sugar	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	#N/A
09C10133	19207010	Label Data	Yoghurt, peach & mango pieces or flavoured, reduced fat (2%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	#N/A
09C10112	19207012	Label Data	Yoghurt, tropical fruit or fruit salad pieces or flavoured, with added fruit juice, reduced fat (~2%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	#N/A
09C10125	19207015	Label Data	Yoghurt, vanilla flavoured, reduced fat (~1%)	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	1
09C10168	19211003	Label Data	Yoghurt, berry pieces or flavoured, reduced fat (2%), added vitamins A, C, E, & omega-3 polyunsaturates	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical database	B	Same food +/-	#N/A
09C10137	19211004	Label Data	Yoghurt, berry pieces or flavoured, reduced fat (1%),	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytical	B	Same food	1

			added fibre					al databas e		+/-	
09C10126	19211009	Label Data	Yoghurt, passionfruit flavoured, reduced fat (1%), added fibre	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytic al databas e	B	Same food +/-	#N/A
09C10138	19211010	Label Data	Yoghurt, peach & mango pieces or flavoured, reduced fat (1%), added fibre	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytic al databas e	B	Same food +/-	#N/A
09C10165	19211014	Label Data	Yoghurt, vanilla flavoured, reduced fat (~1%), added fibre	1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.0	0.8	USDA analytic al databas e	B	Same food +/-	#N/A
09B20076	19402002	Label Data	Cheese, cheddar, natural, plain, reduced fat (~ 15%)			14.0		Richard et al., 2016	B	Same food +/-	2
09B20073	19402005	Analysed	Cheese, mozzarella, reduced fat	1029	Cheese, mozzarella, part skim milk, low moisture	14.0	0.7	USDA analytic al databas e	B	Same food +/-	1
09B10204	19403001	Label Data	Cheese, bocconcini	1029	Cheese, mozzarella, part skim milk, low moisture	14.0	0.7	USDA analytic al databas e	C	Similar food at minor	1
09A10191	19802001	Analysed	Milk, cow, fluid, flavoured, strawberry, regular fat	1077	Milk, whole, 3.25% milkfat	14.0	0.6	USDA analytic al databas e	B	Same food +/-	#N/A
09A10207	19802002	Imputed	Milk, cow, fluid, flavoured, all other flavours, regular fat	1077	Milk, whole, 3.25% milkfat	14.0	0.6	USDA analytic al	B	Same food +/-	#N/A

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10A10448	2310400 2	Analysed	Sauce, pasta, tomato-based, commercial	6931	Sauce, pasta, spaghetti/marinara, ready-to-serve	14.0	0.6	USDA analytic al databas e	B	Same food +/-	18
13A11679	2450200 9	Analysed	Bean, green, frozen, boiled, microwaved or steamed, drained	1106 1	Beans, snap, green, frozen, cooked, boiled, drained without salt	14.0	0.1	USDA analytic al databas e	A	Same food	12
13A11666	2450300 1	Analysed	Sprout, alfalfa, raw	1100 1	Alfalfa seeds, sprouted, raw	14.0	0.4	USDA analytic al databas e	A	Same food	2
13A11674	2470500 1	Analysed	Avocado, raw	9038	Avocados, raw, California	14.0	0.7	USDA analytic al databas e	A	Same food	16
10D10135	2620200 2	Analysed	Popcorn, commercial, butter flavoured, salted	2501 4	Snacks, popcorn, microwave, butter flavor	14.0	0.3	USDA analytic al databas e	B	Same food +/-	#N/A
10D10151	2620200 3	Analysed	Popcorn, microwaved, butter flavoured, salted	2501 4	Snacks, popcorn, microwave, butter flavor	14.0	0.3	USDA analytic al databas e	B	Same food +/-	#N/A
10A10460	2310301 8	Analysed	Sauce, pasta, basil pesto, commercial	6627	Sauce, pesto, ready-to-serve, shelf stable	13.7	0.6	USDA databas e	A	Same food	1
10A10450	2310700 2	Analysed	Sauce, curry, Asian, commercial	6972	Sauce, tomato chili sauce, bottled, with salt	13.7	--	USDA databas e	D	Differe nt food at minor	#N/A

10A10456	23107004	Analysed	Sauce, pasta or simmer, not further defined, commercial, low fat	6931	Sauce, pasta, spaghetti/marinara, ready-to-serve	13.7	--	USDA database	B	Same food +/-	#N/A
10A10452	23107007	Analysed	Sauce, simmer for chicken, not further defined, commercial	6972	Sauce, tomato chili sauce, bottled, with salt	13.7	--	USDA database	D	Different food at minor	1
10A10461	23107008	Analysed	Sauce, simmer, curry flavoured, commercial	6972	Sauce, tomato chili sauce, bottled, with salt	13.7	--	USDA database	D	Different food at minor	5
02C20311	13105007	Analysed	Biscuit, sweet, marshmallow filling, chocolate-coated, commercial	18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	13.6	--	USDA database	A	Same food	1
02C20318	13106001	Analysed	Biscuit, sweet, biscuit base, caramel filling, chocolate-coated, commercial	18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	13.6	--	USDA database	D	Different food at minor	1
02C20319	13106002	Analysed	Biscuit, sweet, biscuit base, mint filling, chocolate-coated, commercial	18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	13.6	--	USDA database	D	Different food at minor	2
15A10943	24001003	Imputed	Yam, wild harvested, cooked	11603	Yambean (jicama), raw	13.6	--	USDA database	B	Same food +/-	#N/A
13A11710	24401004	Analysed	Lettuce, mignonette, raw	11253	Lettuce, green leaf, raw	13.6	0.2	USDA database	C	Similar food at minor	1
01B10307	11207001	Analysed	Coffee substitute, cereal beverage, dry powder or granules	14236	Beverages, coffee substitute, cereal grain beverage, powder	13.4	--	USDA database	A	Same food	1
02A10343	12101002	Analysed	Barley, pearl, cooked in water, no added fat or salt	20006	Barley, pearled, cooked	13.4	--	USDA database	A	Same food	2
02D10403	12515012	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn), flakes, fruit & nuts, added vitamins B1, B2, B3, C & folate & Fe	43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	13.4	--	USDA database	C	Similar food at minor	1

02D10325	12515013	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn), flakes, fruit & nuts, added vitamins B1, B2, B3, B6, E & folate, Ca, Fe & Zn	43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	13.4	--	USDA database	C	Similar food at minor	1
08C10610	18301029	Borrowed	Chicken, feet, boiled, casserole, microwaved, poached or steamed, with or without added fat	5335	Chicken, feet, boiled	13.3	--	USDA database	A	Same food	#N/A
14A10055	27102003	Label Data	Syrup, agave, light & dark, liquid	19912	Sweetener, syrup, agave	13.3	--	USDA database	A	Same food	1
10A10430	15504011	Borrowed	Paste, shrimp	6179	Sauce, fish, ready-to-serve	13.2	--	USDA database	D	Different food at minor	4
10C10459	21502001	Analysed	Soup, cream of vegetables, condensed, canned, prepared with regular fat cows milk & water	6243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	13.2	--	USDA database	B	Same food +/-	#N/A
10A10438	23103009	Analysed	Sauce, fish, commercial	6179	Sauce, fish, ready-to-serve	13.2	--	USDA database	A	Same food	14
15A10939	24001002	Borrowed	Potato, wild harvested, cooked	11367	Potatoes, boiled, cooked without skin, flesh, without salt	13.2	0.2	USDA database	D	Different food at minor	#N/A
13A11888	24101003	Analysed	Potato, coliban, peeled, boiled, microwaved or steamed, drained	11367	Potatoes, boiled, cooked without skin, flesh, without salt	13.2	0.2	USDA database	B	Same food +/-	#N/A
13A11753	24101012	Analysed	Potato, new, peeled or unpeeled, boiled, microwaved or steamed, drained	11367	Potatoes, boiled, cooked without skin, flesh, without salt	13.2	0.2	USDA database	B	Same food +/-	1
13A11887	24101027	Analysed	Potato, pale skin, peeled, boiled, microwaved or steamed, drained	11367	Potatoes, boiled, cooked without skin, flesh, without salt	13.2	0.2	USDA database	B	Same food +/-	1
13A11886	24101043	Analysed	Potato, red skin, peeled, boiled, microwaved or	11367	Potatoes, boiled, cooked without skin, flesh, without salt	13.2	0.2	USDA database	B	Same food	1

			steamed, drained					e		+/-	
13A11757	24103004	Analysed	Potato, sebago, peeled, boiled & mashed without added ingredients	11833	Potatoes, boiled, cooked without skin, flesh, with salt	13.2	0.2	USDA database	B	Same food +/-	3
13A11800	24801001	Analysed	Fennel, fresh or frozen, raw	11957	Fennel, bulb, raw	13.2	--	USDA database	A	Same food	2
02D10326	12513006	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), extruded, honey, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe & Zn	8333	Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS Honey Roasted Cereal	13.0	22.0	USDA analytical database	C	Similar food at minor	1
10C10452	21402002	Analysed	Soup, tomato, condensed, canned	6159	Soup, tomato, canned, condensed	13.0	4.2	USDA analytical database	A	Same food	1
13A11754	24101016	Analysed	Potato, sebago, peeled, raw	11353	Potatoes, russet, flesh and skin, raw	13.0	0.2	USDA analytical database	B	Same food +/-	#N/A
12C10438	28201002	Analysed	Fruit, leather	19013	Snacks, fruit leather, pieces	12.9	--	USDA database	B	Same food +/-	#N/A
06D10558	28201004	Label Data	Fruit bar, 95% fruit, snack or confectionery style, added fibre & vitamin C & folate	19013	Snacks, fruit leather, pieces	12.9	--	USDA database	B	Same food +/-	#N/A
09C10131	19204001	Label Data	Yoghurt, honey flavoured, high fat (~5%)			12.8		Richard et al., 2016	B	Same food +/-	#N/A
09C10130	19204005	Label Data	Yoghurt, peach, mango & passionfruit pieces or flavoured, high fat (~6%)			12.8		Richard et al., 2016	B	Same food +/-	#N/A
13A11698	24403003	Analysed	Coriander, fresh, leaves & stems	11165	Coriander (cilantro) leaves, raw	12.8	--	USDA database	A	Same food	16
13A11722	2440300	Analysed	Parsley, continental, raw	1129	Parsley, fresh	12.8	--	USDA	A	Same	5



	8			7				databas e		food	
13A11721	2440300 9	Analysed	Parsley, curly, raw	1129 7	Parsley, fresh	12.8	--	USDA databas e	B	Same food +/-	6
12C10418	2830300 1	Analysed	Bar, muesli or snack, plain or with 10% dried fruit, chocolate-coated	4227 2	Snacks, granola bar, with coconut, chocolate coated	12.8	--	USDA databas e	C	Similar food at minor	#N/A
02B10644	1221300 1	Analysed	Bread, gluten free, commercial	2833 7	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	12.6	--	USDA databas e	A	Same food	3
09C10107	1920100 1	Label Data	Yoghurt, Greek style (~10%), natural			12.6		Richard et al., 2016	A	Same food	1
09C10115	1920100 2	Label Data	Yoghurt, Greek style (~8%), natural			12.6		Richard et al., 2016	C	Similar food at minor	8
09C10143	1920100 3	Label Data	Yoghurt, Greek style, regular fat (~5%), natural			12.6		Richard et al., 2016	C	Similar food at minor	5
10A10444	2310400 6	Analysed	Sauce, tomato, commercial, regular	1193 5	Catsup	12.5	0.2	USDA analytic al databas e	A	Same food	27
10A10532	2310400 7	Label Data	Sauce, tomato, commercial, reduced salt	1194 9	Catsup, low sodium	12.5	0.2	USDA databas e	A	Same food	1
10A10445	2310400 8	Imputed	Sauce, tomato, commercial, no added salt	1194 9	Catsup, low sodium	12.5	0.2	USDA databas e	A	Same food	1
04B20079	1430500 1	Analysed	Margarine, cooking	4610	Margarine, regular, 80% fat, composite, stick, with salt	12.4	--	USDA databas e	B	Same food +/-	#N/A
13B20254	2010300 1	Label Data	Soy beverage, reduced fat (~1% fat), unfortified	1622 5	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	12.3	--	USDA databas e	C	Similar food at minor	1
13A11786	2420102 4	Analysed	Cabbage, savoy, raw	1111 4	Cabbage, savoy, raw	12.3	0.5	USDA databas	A	Same food	3

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13A11801	24201040	Analysed	Kohlrabi, peeled, fresh or frozen, raw	11241	Kohlrabi, raw	12.3	--	USDA database	B	Same food +/-	1
13A11712	24302034	Analysed	Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, raw	11507	Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)	12.3	--	USDA database	B	Same food +/-	12
13A12015	24302043	Borrowed	Sweet potato, white flesh, peeled or unpeeled, fresh or frozen, raw	11507	Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)	12.3	--	USDA database	B	Same food +/-	4
13A12563	24705047	Analysed	Okra, raw	11278	Okra, raw	12.3	--	USDA database	A	Same food	2
09B10195	19404002	Label Data	Cheese, cream, plain, reduced fat (25% fat)	43274	Cheese, cream, low fat	12.1	--	USDA database	B	Same food +/-	5
11B10210	22203001	Analysed	Coconut, fresh, mature fruit, flesh	12104	Nuts, coconut meat, raw	12.1	--	USDA database	A	Same food	#N/A
01B10322	11804001	Analysed	Cocoa powder	19165	Cocoa, dry powder, unsweetened	12.0	--	USDA database	A	Same food	43
02C20283	13101001	Analysed	Biscuit, sweet, Anzac style, commercial	18178	Cookies, oatmeal, commercially prepared, regular	12.0	--	USDA database	D	Different food at minor	1
02C20288	13101011	Analysed	Biscuit, sweet, oatmeal, commercial	18178	Cookies, oatmeal, commercially prepared, regular	12.0	--	USDA database	A	Same food	#N/A
02C20287	13101012	Analysed	Biscuit, sweet, plain, commercial	28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	12.0	--	USDA database	A	Same food	10
06A10109	16201009	Analysed	Raspberry, raw	9302	Raspberries, raw	12.0	0.8	USDA analytical database	A	Same food	6
10A10462	2310400	Analysed	Sauce, salsa, tomato-based,	6164	Sauce, salsa, ready to serve	12.0	0.3	USDA	A	Same	59

	4		commercial					analytical database		food	
10D10152	26101001	Analysed	Potato crisps or chips, cheese based flavours	19411	Snacks, potato chips, plain, salted	12.0	0.2	USDA analytical database	B	Same food +/-	1
10D10142	26101003	Analysed	Potato crisps or chips, plain, salted	19411	Snacks, potato chips, plain, salted	12.0	0.2	USDA analytical database	A	Same food	1
10D10145	26101005	Analysed	Potato crisps or chips, salt & vinegar flavoured	19411	Snacks, potato chips, plain, salted	12.0	0.2	USDA analytical database	B	Same food +/-	1
10D10153	26101006	Analysed	Potato crisps or chips, sour cream based flavours	19411	Snacks, potato chips, plain, salted	12.0	0.2	USDA analytical database	B	Same food +/-	1
10D10154	26101007	Analysed	Potato crisps or chips, other flavours	19411	Snacks, potato chips, plain, salted	12.0	0.2	USDA analytical database	B	Same food +/-	1
10D10140	26301002	Analysed	Extruded snack, cheese flavoured	19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	12.0	0.6	USDA analytical database	A	Same food	#N/A
10D10141	26301003	Analysed	Extruded snack, non-cheese flavoured	19003	Snacks, corn-based, extruded, chips, plain	12.0	0.1	USDA analytical database	B	Same food +/-	#N/A

10C10455	21501005	Analysed	Soup, cream of seafood, condensed, canned, prepared with regular fat cows milk & water	6230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	11.8	0.5	USDA database	C	Similar food at minor	#N/A
10A10454	23107001	Analysed	Sauce, butter chicken, commercial	27048	Sauce, steak, tomato based	11.5	--	USDA database	D	Different food at minor	#N/A
10C10472	21501006	Analysed	Soup, meat & vegetable, canned, ready-to-eat, heated	6749	Soup, beef and vegetables, canned, ready-to-serve	11.4	0.9	USDA database	B	Same food +/-	#N/A
09D20122	19602002	Label Data	Custard, dairy, regular fat, chocolate, commercial	19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	11.3	--	USDA database	C	Similar food at minor	#N/A
13A11720	24802025	Analysed	Shallot, peeled, raw	11677	Shallots, raw	11.3	--	USDA database	A	Same food	14
02A10348	12101015	Borrowed	Millet, boiled in water, no added fat or salt	20032	Millet, cooked	11.2	--	USDA database	A	Same food	#N/A
09D20121	19602001	Label Data	Custard, dairy, regular fat, banana, commercial	19321	Puddings, banana, dry mix, regular, prepared with whole milk	11.2	0.5	USDA database	C	Similar food at minor	#N/A
09D20113	19602003	Analysed	Custard, dairy, regular fat, vanilla, commercial	19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	11.2	--	USDA database	C	Similar food at minor	1
12C10443	28304001	Analysed	Bar, muesli or snack, fruit filled, baked	19441	Snacks, KELLOGG, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	11.2	15.8	USDA database	B	Same food +/-	1
12C10506	28304002	Label Data	Bar, muesli or snack, fruit filled, high fibre, baked	19441	Snacks, KELLOGG, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	11.2	15.8	USDA database	B	Same food +/-	#N/A
07A10022	32101001	Label Data	Infant formula, 6-12 months, prepared with water			11.2	--	Label Data	D	Different food at minor	#N/A
13A11744	24302051	Analysed	Turnip, white, peeled, fresh or frozen, raw	11564	Turnips, raw	11.1	--	USDA database	B	Same food +/-	4

13A11695	24705020	Analysed	Chilli (chili), green, raw	11670	Peppers, hot chili, green, raw	11.1	--	USDA database	A	Same food	3
02D10280	12513002	Analysed	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, added vitamins B1, B2, B3, B6 & C, Ca & Fe	8030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	11.0	33.0	USDA analytical database	C	Similar food at minor	1
02D10371	12513003	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, added vitamins B1, B2, B3, B6, C & folate, Fe & Zn	8030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	11.0	33.0	USDA analytical database	C	Similar food at minor	1
02D10346	12513004	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, added vitamins B1, B2, B3, B6, C & folate, Ca, Fe & Zn	8030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	11.0	33.0	USDA analytical database	C	Similar food at minor	1
02D10313	12513005	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, fruit flavours, added vitamins B1, B2, B3, C & folate, Fe & Zn	8030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	11.0	33.0	USDA analytical database	A	Same food	1
02C20312	13101025	Analysed	Biscuit mix, sweet, dry mix	18010	Biscuits, plain or buttermilk, dry mix	11.0	--	USDA database	A	Same food	#N/A
04B20106	14303001	Label Data	Margarine spread, monounsaturated (80% fat), rice bran oil, unfortified	98083	Canola oil margarine	11.0	0.1	USDA analytical database	D	Different food at minor	3
04B20080	14303002	Analysed	Margarine spread, monounsaturated (65% fat)	98083	Canola oil margarine	11.0	0.1	USDA analytical database	B	Same food +/-	4
04B20082	14303003	Analysed	Margarine spread, monounsaturated (65% fat), reduced salt (sodium =	98083	Canola oil margarine	11.0	0.1	USDA analytical	B	Same food +/-	4

			360mg/100 g)					databas e			
04B20101	1430300 4	Label Data	Margarine spread, monounsaturated (65% fat), reduced salt (sodium = 300 mg/100 g)	9808 3	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	3
04B20086	1430300 7	Label Data	Margarine spread, olive oil blend (65% fat), reduced salt (sodium = 360mg/100 g)	9808 3	Canola oil margarine	11.0	0.1	USDA analytic al databas e	D	Differe nt food at minor	2
04B10091	1430300 8	Label Data	Margarine spread, olive oil blend, (65% fat), reduced salt (sodium = 340 mg/100 g), no added milk, added vitamin E	9808 3	Canola oil margarine	11.0	0.1	USDA analytic al databas e	D	Differe nt food at minor	3
04B20104	1430400 1	Label Data	Margarine spread, monounsaturated, reduced fat (60% fat), no added salt or milk	9808 3	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	3
04B20097	1430400 2	Label Data	Margarine spread, monounsaturated, reduced fat (50% fat)	9808 3	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	4
04B20100	1430400 3	Label Data	Margarine spread, monounsaturated, reduced fat (50% fat) & salt (sodium = 465 mg/100 g)	9808 3	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	3
04B20096	1430400 4	Label Data	Margarine spread, monounsaturated, reduced fat (50% fat) & salt (sodium = 350 mg/100 g)	9808 3	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	3
04B20105	1430400 5	Label Data	Margarine spread, monounsaturated, reduced	9808 3	Canola oil margarine	11.0	0.1	USDA analytic	B	Same food	3

			fat (50% fat) & salt (sodium = 350 mg/100 g), no added milk					al databas e		+/-	
04B20098	14304006	Label Data	Margarine spread, monounsaturated, reduced fat (30% fat) & salt (sodium = 350 mg/100 g)	98083	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	3
04B20087	14304009	Label Data	Margarine spread, olive oil blend (55% fat), reduced salt (sodium = 350mg/100 g)	98083	Canola oil margarine	11.0	0.1	USDA analytic al databas e	D	Differe nt food at minor	2
04B20084	14306004	Analysed	Margarine spread, monounsaturated (70%), reduced salt (sodium = 350 mg/100 g), added phytosterols	98083	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	3
04B20102	14306005	Label Data	Margarine spread, monounsaturated, reduced fat (45% fat) & salt (sodium = 350 mg/100 g), added phytosterols	98083	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	3
04B20103	14306006	Label Data	Margarine spread, monounsaturated, reduced fat (25% fat) & salt (sodium = 350 mg/100 g), added vitamin E & phytosterols	98083	Canola oil margarine	11.0	0.1	USDA analytic al databas e	B	Same food +/-	3
04B10092	14306007	Label Data	Margarine spread, olive oil blend (50% fat), reduced salt (sodium = 360 mg/100 g), added phytosterols	98083	Canola oil margarine	11.0	0.1	USDA analytic al databas e	D	Differe nt food at minor	3
06D10552	16801002	Borrowed	Raisin	9298	Raisins, seedless	11.0	0.3	USDA analytic al databas e	A	Same food	5

06D10519	16801003	Analysed	Sultana	9298	Raisins, seedless	11.0	0.3	USDA analytical database	C	Similar food at minor	29
10C10453	21401001	Analysed	Soup, cream of chicken, condensed, canned	6019	Soup, chicken noodle, canned, condensed	11.0	12.0	USDA analytical database	B	Same food +/-	#N/A
15A10936	24001001	Imputed	Nutgrass (nut grass), peeled, raw	11354	Potatoes, white, flesh and skin, raw	11.0	0.2	USDA analytical database	D	Different food at minor	#N/A
13A11760	24101001	Analysed	Potato, coliban, peeled, raw	11354	Potatoes, white, flesh and skin, raw	11.0	0.2	USDA analytical database	B	Same food +/-	1
13A11752	24101010	Analysed	Potato, new, peeled or unpeeled, raw	11354	Potatoes, white, flesh and skin, raw	11.0	0.2	USDA analytical database	B	Same food +/-	1
13A11979	24101031	Imputed	Potato, pale skin, unpeeled, raw	11354	Potatoes, white, flesh and skin, raw	11.0	0.2	USDA analytical database	B	Same food +/-	11
13A11684	24403001	Analysed	Basil, green, raw	2044	Basil, fresh	11.0	0.4	USDA analytical database	A	Same food	17
10E10099	31302005	Borrowed	Cinnamon, dried, ground	2010	Spices, cinnamon, ground	11.0	3.9	USDA analytical database	A	Same food	46



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10E10097	31302017	NNS 1995	Pepper, ground, black or white	2030	Spices, pepper, black	11.0	8.9	USDA analytical database	B	Same food +/-	169
13A11765	24103002	Analysed	Potato, mashed, prepared from dried powder with cows milk or water	11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	10.9	0.2	USDA database	A	Same food	3
13A11694	24705023	Analysed	Chilli (chili), red, raw	11819	Peppers, hot chili, red, raw	10.9	--	USDA database	A	Same food	13
13A11685	24201027	Analysed	Cabbage, white, raw	11109	Cabbage, raw	10.7	0.4	USDA analytical database	A	Same food	3
06D10499	16801001	Analysed	Currant, dried	9085	Currants, zante, dried	10.6	--	USDA database	A	Same food	1
09C10117	19210002	Label Data	Yoghurt, drinking style, fruit flavoured, reduced fat (1%)			10.6		Richard et al., 2016	B	Same food +/-	#N/A
09C10128	19210003	Label Data	Yoghurt, drinking style, vanilla flavoured, reduced fat (1%)			10.6		Richard et al., 2016	B	Same food +/-	#N/A
02C20293	13102008	Analysed	Biscuit, sweet, with coconut, commercial	18206	Cookies, sugar, refrigerated dough, baked	10.5	--	USDA database	D	Different food at minor	1
02C20307	13105005	Analysed	Biscuit, sweet, chocolate chip & nut, commercial	18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10.5	16.6	USDA analytical database	D	Different food at minor	#N/A
02A20103	12103012	Analysed	Flour, wheat, white, plain	20481	Wheat flour, white, all-purpose, unenriched	10.4	--	USDA database	A	Same food	187

02A20102	12103013	Analysed	Flour, wheat, white, self-raising	20082	Wheat flour, white, all-purpose, self-rising, enriched	10.4	--	USDA database	A	Same food	97
02A20101	12104001	NNS 1995	Flour, wheat, white, high protein or bread making flour	20083	Wheat flour, white, bread, enriched	10.4	--	USDA database	A	Same food	2
02A20109	12104002	Label Data	Flour, wheat, white, self-raising, added calcium & folate	20082	Wheat flour, white, all-purpose, self-rising, enriched	10.4	--	USDA database	A	Same food	#N/A
02A20114	12104003	Analysed	Flour, wheat, white, plain, added vitamins B1, B2, B3, B6, E & folate & Fe, Mg & Zn (Jackaroo)	20481	Wheat flour, white, all-purpose, unenriched	10.4	--	USDA database	A	Same food	#N/A
02A20115	12104004	Imputed	Flour, wheat, white, self-raising, added vitamins B1, B2, B3, B6, E & folate & Fe, Mg & Zn (Jackaroo)	20082	Wheat flour, white, all-purpose, self-rising, enriched	10.4	--	USDA database	A	Same food	1
09D10226	19503002	Imputed	Ice cream, chocolate flavour, with or without chocolate chips, low fat (3% fat)	1263	Ice cream, light, soft serve, chocolate	10.4	--	USDA database	C	Similar food at minor	3
10C10454	21402001	Analysed	Soup, cream of vegetables, condensed, canned		Weighed average of 6001, 6010, 6043, 6046 & 6053	10.4	--	USDA database	B	Same food +/-	#N/A
13A11749	24602008	Analysed	Tomato, whole, canned in tomato juice, boiled or microwaved, undrained	11533	Tomatoes, red, ripe, canned, stewed	10.4	--	USDA database	B	Same food +/-	45
13A11747	24602009	Analysed	Tomato, whole, canned in tomato juice, boiled or microwaved, drained	11533	Tomatoes, red, ripe, canned, stewed	10.4	--	USDA database	D	Different food at minor	2
10C10458	21501004	Analysed	Soup, cream of chicken, condensed, canned, prepared with regular fat cows milk & water	6016	Soup, cream of chicken, canned, condensed	10.3	--	USDA database	C	Similar food at minor	#N/A
02A10372	12101024	Borrowed	Rice, wild, boiled, no added salt	20089	Wild rice, cooked	10.2	--	USDA database	A	Same food	#N/A
10F60098	12103016	Borrowed	Gluten, from wheat (vital wheat gluten)	20081	Wheat flour, white, all purpose, enriched, bleached	10.0	70.0	USDA analytic	D	Different food	#N/A

								al databas e		at minor	
02C20284	1310100 4	Analysed	Biscuit, sweet, chocolate flavoured, commercial	1815 1	Cookies, brownies, commercially prepared	10.0	--	USDA databas e	D	Differen t food at minor	5
02C20292	1310201 1	Analysed	Biscuit, sweet, with dried fruit & nuts, commercial	1818 5	Cookies, peanut butter, commercially prepared, regular	10.0	--	USDA databas e	D	Differen t food at minor	#N/A
02C20291	1310201 2	Analysed	Biscuit, sweet, with nuts, commercial	1818 5	Cookies, peanut butter, commercially prepared, regular	10.0	--	USDA databas e	D	Differen t food at minor	1
02C20383	1310201 3	Label Data	Biscuit, sweet, with nuts, reduced fat, commercial	1818 5	Cookies, peanut butter, commercially prepared, regular	10.0	--	USDA databas e	D	Differen t food at minor	#N/A
04B10077	1430100 1	Analysed	Margarine spread, polyunsaturated (70% fat)	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytic al databas e	B	Same food +/-	5
04B10078	1430100 2	Analysed	Margarine spread, polyunsaturated (70% fat), reduced salt (sodium = 280 mg/100g)	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytic al databas e	B	Same food +/-	4
04B10090	1430100 3	Label Data	Margarine spread, polyunsaturated (70% fat), reduced salt (sodium = 340 mg/100 g), no added milk, added vitamin E	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytic al databas e	B	Same food +/-	4
04B10104	1430200 1	Label Data	Margarine spread, polyunsaturated, reduced fat (60% fat), sodium = 790 mg/100 g	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytic al databas e	B	Same food +/-	3

04B10083	1430200 2	Label Data	Margarine spread, polyunsaturated, reduced fat (50% fat) & salt (sodium = 360 mg/100 g)	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytical database	B	Same food +/-	3
04B10089	1430200 3	Label Data	Margarine spread, polyunsaturated, reduced fat (50% fat) & salt (sodium = 340 mg/100 g), no added milk, added vitamin E	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytical database	B	Same food +/-	2
04B10076	1430200 4	Analysed	Margarine spread, polyunsaturated, reduced fat (40% fat), no added salt or milk	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytical database	C	Similar food at minor	2
04B10084	1430200 5	Label Data	Margarine spread, polyunsaturated, reduced fat (25% fat) & salt (sodium = 360 mg/100 g)	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytical database	C	Similar food at minor	2
04B10103	1430200 6	Label Data	Margarine spread, polyunsaturated (60% fat), reduced salt (Na=340 mg/100 g), no added milk, added vitamin E & phytosterols	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytical database	B	Same food +/-	3
04B10085	1430600 1	Label Data	Margarine spread, polyunsaturated (65% fat), reduced salt (sodium = 360 mg/100 g), added phytosterols	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytical database	B	Same food +/-	3
04B10086	1430600 2	Label Data	Margarine spread, polyunsaturated, reduced fat (~40% fat) & salt (sodium = 360 mg/100 g), added phytosterols	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytical database	B	Same food +/-	2
04B10087	1430600 3	Label Data	Margarine spread, polyunsaturated, reduced fat (~25% fat) & salt (sodium	4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	10.0	0.0	USDA analytical	C	Similar food at minor	2

			= 360 mg/100 g), added phytosterols					database			
06B10081	16303003	Analysed	Mandarin, peeled, raw	9218	Tangerines, (mandarin oranges), raw	10.0	0.1	USDA analytical database	B	Same food +/-	3
06B10083	16303004	Analysed	Tangelo, peeled, raw	9218	Tangerines, (mandarin oranges), raw	10.0	0.1	USDA analytical database	B	Same food +/-	#N/A
06B10082	16303005	Analysed	Tangerine or tangor, peeled, raw	9218	Tangerines, (mandarin oranges), raw	10.0	0.1	USDA analytical database	B	Same food +/-	#N/A
06C10210	16802013	Analysed	Prune (dried plum)	9291	Plums, dried, (prunes), uncooked	10.0	0.4	USDA analytical database	A	Same food	1
06C10239	16804003	Analysed	Plum, salted	9291	Plums, dried, (prunes), uncooked	10.0	0.4	USDA analytical database	D	Different food at minor	#N/A
13A11734	24701001	Analysed	Pumpkin, butternut, peeled, fresh or frozen, raw	11643	Squash, winter, all varieties, raw	10.0	--	USDA database	B	Same food +/-	3
13A11732	24701005	Analysed	Pumpkin, golden nugget, peeled, fresh or frozen, raw	11643	Squash, winter, all varieties, raw	10.0	--	USDA database	B	Same food +/-	1
13A11737	24701007	Analysed	Pumpkin, jarrahdale, peeled, fresh or frozen, raw	11643	Squash, winter, all varieties, raw	10.0	--	USDA database	B	Same food +/-	2
13A11733	24701010	Analysed	Pumpkin, queensland blue, peeled, fresh or frozen, raw	11643	Squash, winter, all varieties, raw	10.0	--	USDA database	B	Same food +/-	2

13A11738	24701013	Analysed	Pumpkin, peeled, fresh or frozen, raw	11643	Squash, winter, all varieties, raw	10.0	--	USDA database	B	Same food +/-	29
12B10086	27201001	Analysed	Jam, apricot, regular	19297	Jams and preserves, includes fruit spreads	10.0	0.1	USDA analytical database	B	Same food +/-	2
12B10094	27201002	Label Data	Jam, blackberry, regular	19297	Jams and preserves, includes fruit spreads	10.0	0.1	USDA analytical database	B	Same food +/-	1
12B10074	27201004	Analysed	Jam, mixed berry, regular	19297	Jams and preserves, includes fruit spreads	10.0	0.1	USDA analytical database	B	Same food +/-	4
12B10080	27201005	Analysed	Jam, plum, regular	19297	Jams and preserves, includes fruit spreads	10.0	0.1	USDA analytical database	B	Same food +/-	1
12B10084	27201007	Analysed	Jam, raspberry, regular	19297	Jams and preserves, includes fruit spreads	10.0	0.1	USDA analytical database	B	Same food +/-	1
12B10085	27201008	Analysed	Jam, strawberry, regular	19297	Jams and preserves, includes fruit spreads	10.0	0.1	USDA analytical database	B	Same food +/-	2
12B10076	27201009	Imputed	Jam, other fruit, regular	19297	Jams and preserves, includes fruit spreads	10.0	0.1	USDA analytical database	B	Same food +/-	#N/A

09A10187	1910800 1	Analysed	Milk, goat, fluid, regular fat			10.0		Richard et al., 2016	A	Same food	#N/A
09C10166	1910800 3	Borrowed	Sheep's, milk or yoghurt			10.0		Richard et al., 2016	C	Similar food at minor	#N/A
13A11709	2440100 2	Analysed	Lettuce, cos, raw	1125 1	Lettuce, cos or romaine, raw	9.9	0.1	USDA analytical database	A	Same food	5
01A10081	2910100 2	NNS 1995	Beer, home-brewed, full strength	1400 3	Alcoholic beverage, beer, regular	9.9	8.1	USDA analytical database	B	Same food +/-	1
01A10079	2910100 3	Analysed	Beer, lager or ale style (alcohol 5% v/v & above)	1400 3	Alcoholic beverage, beer, regular	9.9	8.1	USDA analytical database	B	Same food +/-	1
01A10082	2910100 4	Analysed	Beer, lager or ale style (alcohol 4.6% v/v)	1400 3	Alcoholic beverage, beer, regular	9.9	8.1	USDA analytical database	B	Same food +/-	2
01A10084	2910100 5	Analysed	Beer, stout (alcohol 6% v/v)	1400 3	Alcoholic beverage, beer, regular	9.9	8.1	USDA analytical database	B	Same food +/-	1
06D10517	1650100 1	Analysed	Banana, cavendish, peeled, raw	9040	Bananas, raw	9.8	0.1	USDA analytical database	B	Same food +/-	44
06D10518	1650100 2	Analysed	Banana, lady finger or sugar, peeled, raw	9040	Bananas, raw	9.8	0.1	USDA analytical	D	Different food at	#N/A

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02A10470	1210100 5	Recipe	Buckwheat groats, cooked in water, no added salt			9.8	0.5	Calculated based on the recipe			#N/A
02C10163	1320100 6	Label Data	Biscuit, savoury, from white wheat flour, wafer style	2832 7	Crackers, water biscuits	9.7	--	USDA databas e	D	Differen t food at minor	#N/A
02C10119	1320100 7	Analysed	Biscuit, savoury, from white wheat flour, water cracker style	2832 7	Crackers, water biscuits	9.7	--	USDA databas e	A	Same food	3
09C10097	1970100 1	Analysed	Dairy dessert, chocolate, regular fat	1918 3	Puddings, chocolate, ready-to-eat	9.5	0.9	USDA analytic al databas e	B	Same food +/-	1
13A11796	2470200 5	Analysed	Zucchini, golden, fresh or frozen, peeled or unpeeled, raw	1147 7	Squash, summer, zucchini, includes skin, raw	9.5	--	USDA databas e	A	Same food	1
13A11736	2470200 7	Analysed	Zucchini, green skin, fresh or frozen, peeled or unpeeled, raw	1147 7	Squash, summer, zucchini, includes skin, raw	9.5	--	USDA databas e	A	Same food	22
13A11706	2480200 4	Analysed	Leek, raw	1124 6	Leeks, (bulb and lower leaf-portion), raw	9.5	--	USDA databas e	A	Same food	8
02C20290	1310102 6	Analysed	Cone, wafer style, for ice cream	1827 1	Ice cream cones, cake or wafer-type	9.4	--	USDA databas e	A	Same food	1
02A10388	1210200 8	Analysed	Rice, brown, boiled, no added salt	2003 7	Rice, brown, long-grain, cooked	9.2	0.5	USDA analytic al databas e	A	Same food	11
13A11799	2470502 8	Analysed	Choko, peeled, fresh or frozen, raw	1114 9	Chayote, fruit, raw	9.2	--	USDA databas e	B	Same food +/-	2
02C20299	1310200 6	Analysed	Biscuit, sweet, macaroon (coconut based), commercial	2830 9	Cookies, coconut macaroon	9.1	--	USDA databas e	A	Same food	#N/A



13A11797	24302015	Analysed	Celeriac, peeled, raw	11141	Celeriac, raw	9.0	--	USDA database	B	Same food +/-	1
13A11795	24401023	Analysed	Watercress, raw	11591	Watercress, raw	9.0	--	USDA database	A	Same food	2
02E10440	13303022	Analysed	Cake or cupcake, carrot, commercial, iced	18110	Cake, fruitcake, commercially prepared	8.9	--	USDA database	C	Similar food at minor	1
02E10443	13303041	Analysed	Cake, fruit, dark in colour, commercial, uniced	18110	Cake, fruitcake, commercially prepared	8.9	--	USDA database	B	Same food +/-	1
02E10444	13303042	Analysed	Cake, fruit, light in colour, commercial, uniced	18110	Cake, fruitcake, commercially prepared	8.9	--	USDA database	B	Same food +/-	1
02E10524	13303044	Imputed	Cake, fruit, commercial, reduced fat, uniced	18110	Cake, fruitcake, commercially prepared	8.9	--	USDA database	B	Same food +/-	#N/A
02E10445	13303046	Analysed	Cake, fruit, homemade from basic ingredients, butter or dairy blend, uniced	18110	Cake, fruitcake, commercially prepared	8.9	--	USDA database	B	Same food +/-	#N/A
02E10451	13305002	Analysed	Pudding, plum, canned, commercial	18110	Cake, fruitcake, commercially prepared	8.9	--	USDA database	D	Different food at minor	#N/A
02E50244	13306016	Analysed	Slice, fruit mince, commercial, with icing	18110	Cake, fruitcake, commercially prepared	8.9	--	USDA database	D	Different food at minor	#N/A
02E20091	13307004	Analysed	Scone, plain, commercial	18009	Biscuits, plain or buttermilk, commercially baked	8.9	43.0	USDA analytical database	A	Same food	1
07A10017	32101002	Label Data	Infant formula, 6-12 months, added omega 3 fatty acids, prepared with water			8.9	--	Label Data	D	Different food at minor	#N/A

02C20324	13101003	Label Data	Biscuit, sweet, Butternut Snap style, commercial	18172	Cookies, gingersnaps	8.8	--	USDA database	A	Same food	2
02C20285	13101008	Analysed	Biscuit, sweet, ginger flavoured, commercial	18172	Cookies, gingersnaps	8.8	--	USDA database	D	Different food at minor	1
11A10037	22101005	Borrowed	Seed, poppy	2033	Spices, poppy seed	8.8	0.9	USDA analytical database	A	Same food	7
13A11671	24301005	Analysed	Carrot, mature, peeled or unpeeled, fresh or frozen, raw	11124	Carrots, raw	8.8	0.4	USDA analytical database	A	Same food	89
13A11816	24301012	Analysed	Carrot, mature, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained	11125	Carrots, cooked, boiled, drained, without salt	8.8	0.1	USDA analytical database	A	Same food	26
10E10102	31302014	Borrowed	Nutmeg, dried, ground	2025	Spices, nutmeg, ground	8.8	--	USDA database	A	Same food	9
02D10305	12503002	Imputed	Breakfast cereal, puffed or popped rice, cocoa coating, no added sugar or salt, unfortified	8014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	8.7	1.3	USDA analytical database	B	Same food +/-	#N/A
02D10383	12503003	Label Data	Breakfast cereal, puffed or popped rice, cocoa coating, unfortified	8014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	8.7	1.3	USDA analytical database	B	Same food +/-	1
02C10124	13202001	Analysed	Biscuit, savoury, from white wheat flour, cheese-flavoured	18214	Crackers, cheese, regular	8.7	39.7	USDA database	A	Same food	1

02A20108	12103006	Imputed	Flour, cornflour, from maize starch	20019	Corn flour, masa, unenriched, white	8.6	--	USDA database	A	Same food	34
02A20099	12103007	Analysed	Flour, cornflour, from maize & wheat starch	20019	Corn flour, masa, unenriched, white	8.6	--	USDA database	D	Different food at minor	40
02D10333	12515004	Label Data	Breakfast cereal, mixed grain (wheat & corn), flakes, berries & sultanas, added vitamins A, B1, B2, B3, B6, E & folate, Ca, Fe & Zn	8011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	8.6	--	USDA database	C	Similar food at minor	1
02D10334	12515005	Label Data	Breakfast cereal, mixed grain (wheat & corn), flakes, sultana, apple & currant, added vitamins B1, B2, B3, B6, E & folate, Ca, Fe & Zn	8011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	8.6	--	USDA database	C	Similar food at minor	1
06A10110	16201001	Analysed	Blackberry, raw	9042	Blackberries, raw	8.6	0.3	USDA analytical database	A	Same food	2
13A20140	16804004	Borrowed	Tamarind, paste, pure, raw	9322	Tamarinds, raw	8.6	--	USDA database	B	Same food +/-	5
02A10431	22102001	Borrowed	Psyllium, dry, uncooked	98014	Seeds, psyllium seed, husk powder ( dietary fiber supplement)	8.6	2.9	USDA analytical database	A	Same food	3
06A10102	16201008	Analysed	Mulberry, raw	9042	Blackberries, raw	8.5	0.3	USDA analytical database	C	Similar food at minor	1
06B10091	16302002	Borrowed	Lemon peel, raw	9156	Lemon peel, raw	8.5	--	USDA database	A	Same food	15

11B10216	22203006	Analysed	Coconut, cream, regular fat	12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	8.5	0.0	USDA analytical database	D	Different food at minor	4
11B10217	22203008	Analysed	Coconut, milk, canned, regular fat	12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	8.5	0.0	USDA analytical database	B	Same food +/-	1
11B10218	22203009	Analysed	Coconut, milk, canned, reduced fat	12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	8.5	0.0	USDA analytical database	C	Similar food at minor	3
10F20107	23302004	Analysed	Mayonnaise, commercial, reduced fat	43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	8.5	--	USDA database	C	Similar food at minor	2
10F20109	23302005	Imputed	Mayonnaise, commercial, low fat	43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	8.5	--	USDA database	C	Similar food at minor	3
02C20297	13101020	Analysed	Biscuit, sweet, sugar-glazed pastry, commercial	18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	8.4	21.0	USDA database	B	Same food +/-	#N/A
06B10095	16301001	Analysed	Orange, navel (all varieties), peeled, raw	9202	Oranges, raw, navel	8.4	0.1	USDA analytical database	A	Same food	2
06B10088	16301002	Analysed	Orange, valencia, peeled, raw	9202	Oranges, raw, navel	8.4	0.1	USDA analytical database	C	Similar food at minor	1
06B10097	16303001	Borrowed	Cumquat (kumquat), raw	9149	Kumquats, raw	8.4	--	USDA database	A	Same food	#N/A
06A10107	16802005	Borrowed	Cranberry, dried, sweetened	9079	Cranberries, dried, sweetened (Includes foods for USDA's Food Distribution)	8.3	--	USDA database	A	Same food	8

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06D10561	16802008	Label Data	Goji berry, dried	9079	Cranberries, dried, sweetened (Includes foods for USDA's Food Distribution Program)	8.3	--	USDA database	D	Different food at minor	#N/A
06A10111	16202005	Recipe	Raspberry, canned in syrup	9304	Raspberries, canned, red, heavy syrup pack, solids and liquids	8.2	--	USDA database	B	Same food +/-	#N/A
13A12194	24701022	Analysed	Pumpkin, unpeeled, fresh or frozen, raw	11422	Pumpkin, raw	8.2	--	USDA database	B	Same food +/-	6
02C10114	13201009	Analysed	Biscuit, savoury, from wholemeal wheat flour, added grains	18966	Crackers, saltines, whole wheat (includes multi-grain)	8.1	12.5	USDA database	C	Similar food at minor	1
06C10211	16802006	Analysed	Date, dried	Weighted average 9087, 9421		8.1	0.4	USDA analytical database	A	Same food	9
02F40236	23401001	Analysed	Stuffing, bread-based, commercial	18967	Bread, white wheat	8.1	--	USDA database	D	Different food at minor	1
02A10395	26401003	Analysed	Noodle snack, wheat, flavoured, dry	20118	Noodles, flat, crunchy, Chinese restaurant	8.1	--	USDA database	B	Same food +/-	1
13B20259	26401004	Imputed	Pappadam, raw	20118	Noodles, flat, crunchy, Chinese restaurant	8.1	--	USDA database	D	Different food at minor	1
13B20232	26401005	Borrowed	Pappadam, deep fried	20118	Noodles, flat, crunchy, Chinese restaurant	8.1	--	USDA database	D	Different food at minor	#N/A
01A30145	29501002	NNS 1995	Liqueur, advocaat	14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	8.1	--	USDA database	D	Different food at minor	#N/A

01A30146	29501003	NNS 1995	Liqueur, cream-based, coffee flavour	14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	8.1	--	USDA database	A	Same food	3
01A30147	29501004	NNS 1995	Liqueur, cream-based, non-coffee flavours	14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	8.1	--	USDA database	B	Same food +/-	#N/A
02F40211	13509073	Analysed	Spaghetti in tomato & cheese sauce, canned, regular	36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	8.0	472.0	USDA database	C	Similar food at minor	2
02F40239	13509074	Imputed	Spaghetti in tomato & cheese sauce, canned, reduced salt	36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	8.0	472.0	USDA database	C	Similar food at minor	#N/A
10A10436	23103006	Analysed	Sauce, black bean, commercial	6175	Sauce, hoisin, ready-to-serve	8.0	--	USDA database	D	Different food at minor	7
10A10433	23103011	Analysed	Sauce, hoi sin, commercial	6175	Sauce, hoisin, ready-to-serve	8.0	--	USDA database	A	Same food	2
12B10082	27202003	NNS 1995	Jam, all flavours, intense sweetened	43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	8.0	--	USDA database	B	Same food +/-	#N/A
12C10457	28401001	Analysed	Caramels, soft	19074	Candies, caramels	8.0	--	USDA database	B	Same food +/-	1
12C10458	28401002	Analysed	Caramels, hard	19074	Candies, caramels	8.0	--	USDA database	B	Same food +/-	1
07A10018	32103001	Label Data	Toddler milk, regular, prepared with water	3968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	8.0	--	USDA database	D	Different food at minor	#N/A
07A10020	32103002	Label Data	Toddler milk, S26 Gold, prepared with water	3968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	8.0	--	USDA database	D	Different food at minor	#N/A
07A10021	32103003	Label Data	Toddler milk, added omega 3 fatty acids, prepared with water	3968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	8.0	--	USDA database	D	Different food at	#N/A

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02B10717	12302006	Label Data	Bread, flat wrap, white, commercial	18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	7.9	5.3	USDA analytical database	C	Similar food at minor	5
02B10790	12302013	Label Data	Bread, tortilla, white, commercial	18364	Tortillas, ready-to-bake or -fry, flour	7.9	5.3	USDA analytical database	B	Same food +/-	2
01A10086	29102001	NNS 1995	Beer, home-brewed, reduced alcohol, mid-strength, or light beer	14006	Alcoholic beverage, beer, light	7.9	6.3	USDA analytical database	B	Same food +/-	1
01A10094	29102002	Imputed	Beer, lager or ale style, mid strength (alcohol 3.5% v/v)	14006	Alcoholic beverage, beer, light	7.9	6.3	USDA analytical database	B	Same food +/-	1
01A10085	29102003	Analysed	Beer, lager or ale style, reduced alcohol or light beer (alcohol 2.5% v/v)	14006	Alcoholic beverage, beer, light	7.9	6.3	USDA analytical database	B	Same food +/-	1
06D10495	16601009	Analysed	Kiwifruit, green (hayward), peeled, raw	9148	Kiwi fruit, (Chinese gooseberries), fresh, raw	7.8	0.5	USDA analytical database	B	Same food +/-	10
06D10553	16601010	Imputed	Kiwifruit, green (hayward), unpeeled, raw	9148	Kiwi fruit, (Chinese gooseberries), fresh, raw	7.8	0.5	USDA analytical database	B	Same food +/-	#N/A
01B30324	11301014	Analysed	Juice, grapefruit, commercial	9123	Grapefruit juice, white, canned or bottled, unsweetened	7.7	--	USDA databas	A	Same food	#N/A

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12C10421	28401023	NNS 1995	Sherbet powder	19097	Sherbet, orange	7.7	--	USDA database	D	Different food at minor	#N/A
01B30347	29205001	NNS 1995	Juice, grape, sparkling, white, non-alcoholic, commercial	9128	Grapefruit juice, white, raw	7.7	--	USDA database	B	Same food +/-	#N/A
06D10484	16503005	Analysed	Persimmon, peeled, raw	9263	Persimmons, japanese, raw	7.6	--	USDA database	B	Same food +/-	#N/A
06D10487	16504003	Analysed	Guava, hawaiian, raw	9139	Guavas, common, raw	7.6	--	USDA database	A	Same food	1
06D10478	16504006	Analysed	Mango, peeled, raw	9176	Mangos, raw	7.6	--	USDA database	B	Same food +/-	22
06D10479	16504007	Analysed	Passionfruit, raw	9231	Passion-fruit, (granadilla), purple, raw	7.6	--	USDA database	A	Same food	7
06D10494	16504009	Analysed	Pomegranate, peeled, raw	9286	Pomegranates, raw	7.6	--	USDA database	B	Same food +/-	1
06D10488	16601011	Analysed	Melon, honey dew, white skin, peeled, raw	9184	Melons, honeydew, raw	7.6	--	USDA database	B	Same food +/-	3
06D10489	16601012	Analysed	Melon, honey dew, yellow skin, peeled, raw	9184	Melons, honeydew, raw	7.6	--	USDA database	B	Same food +/-	2
06D10497	16601014	Analysed	Melon, rockmelon (cantaloupe), peeled, raw	9181	Melons, cantaloupe, raw	7.6	0.1	USDA analytical database	B	Same food +/-	6
06D10485	16601017	Analysed	Pepino, peeled, raw	9184	Melons, honeydew, raw	7.6	--	USDA database	C	Similar food at minor	#N/A
13A11782	2420101	Analysed	Cabbage, Chinese, raw	1111	Cabbage, chinese (pe-tsai), raw	7.6	0.3	USDA	A	Same	17



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06B10079	1630300 2	Analysed	Grapefruit, peeled, raw	9112	Grapefruit, raw, pink and red, all areas	7.5	0.2	USDA analytic al databas e	B	Same food +/-	#N/A
13A11688	2430100 1	Analysed	Carrot, baby, peeled or unpeeled, fresh or frozen, raw	1196 0	Carrots, baby, raw	7.5	0.1	USDA analytic al databas e	A	Same food	3
13A11680	2430200 8	Analysed	Beetroot, canned, drained	1108 4	Beets, canned, drained solids	7.5	260.0	USDA analytic al databas e	A	Same food	5
15A10940	1600100 1	Borrowed	Fruit, wild harvested, raw	0.35	7.35	7.4	0.4	USDA databas e	C	Similar food at minor	#N/A
15A10937	1600100 2	Borrowed	Saltbush, ruby, fruit			7.4	0.4	USDA databas e	C	Similar food at minor	#N/A
13A11804	2430202 6	Analysed	Radish, red skinned, unpeeled, raw	1143 0	Radishes, oriental, raw	7.3	0.1	USDA databas e	C	Similar food at minor	3
13A11805	2430202 8	Analysed	Radish, white skinned, peeled or unpeeled, raw	1143 0	Radishes, oriental, raw	7.3	0.1	USDA databas e	B	Same food +/-	3
13A11793	2470200 3	Analysed	Squash, scallopi, fresh or frozen, raw	1147 5	Squash, summer, scallop, raw	7.3	--	USDA databas e	A	Same food	2
02E50248	1340200 2	Analysed	Pie, sweet, apple, commercial	1830 1	Pie, apple, commercially prepared, enriched flour	7.2	16.0	USDA analytic al databas e	B	Same food +/-	#N/A
02E50289	1340200 3	Label Data	Pie, sweet, apple, fast food outlet	1830 1	Pie, apple, commercially prepared, enriched flour	7.2	16.0	USDA analytic	B	Same food	#N/A

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02E50255	1340200 4	Analysed	Pie, sweet, apple, from frozen, baked	1830 1	Pie, apple, commercially prepared, enriched flour	7.2	16.0	USDA analytic al databas e	B	Same food +/-	1
02E50298	1340200 5	Label Data	Pie, sweet, apple, from frozen, reduced fat, baked	1830 1	Pie, apple, commercially prepared, enriched flour	7.2	16.0	USDA analytic al databas e	C	Similar food at minor	#N/A
02E50247	1340200 9	Analysed	Pie, sweet, fruit (apple or apricot), commercial	1830 1	Pie, apple, commercially prepared, enriched flour	7.2	16.0	USDA analytic al databas e	B	Same food +/-	#N/A
02E50243	1340201 7	Analysed	Tart, jam, commercial	1830 1	Pie, apple, commercially prepared, enriched flour	7.2	16.0	USDA analytic al databas e	D	Differe nt food at minor	#N/A
06D10482	1650400 5	Analysed	Lychee, peeled, raw	9164	Litchis, raw	7.1	--	USDA databas e	B	Same food +/-	1
06D10483	1650401 1	Analysed	Rambutan, raw	9164	Litchis, raw	7.1	--	USDA databas e	D	Differe nt food at minor	#N/A
10A10442	2310300 5	Analysed	Sauce, barbecue, commercial	6150	Sauce, barbecue	7.1	0.4	USDA databas e	A	Same food	16
10C10559	3130400 2	Imputed	Stock, liquid, all flavours (except fish), homemade from basic ingredients	7	Weighted average 6172&6170	7.0	--	USDA databas e	A	Same food	1
10C10500	3130400 4	Borrowed	Stock, liquid, fish, homemade from basic ingredients	6174	Soup, stock, fish, home-prepared	7.0	--	USDA databas e	A	Same food	3

02A10352	12101008	Analysed	Bulgur (burghul, burgaul), cooked in water, no added fat or salt	20013	Bulgur wheat, cooked	6.9	83.0	USDA analytical database	A	Same food	#N/A
02E40094	13401010	Analysed	Pastry, filo (fillo), commercial, raw	18338	Phyllo dough	6.9	--	USDA database	A	Same food	2
10C10512	21102004	Imputed	Soup, minestrone, prepared, from cafe or restaurant	6039	Soup, minestrone, canned, chunky, ready-to-serve	6.9	--	USDA database	C	Similar food at minor	#N/A
10C10476	21102005	Analysed	Soup, minestrone, prepared with stock or water, homemade from basic ingredients	6039	Soup, minestrone, canned, chunky, ready-to-serve	6.9	--	USDA database	C	Similar food at minor	#N/A
13A11767	24601003	Analysed	Tomato, common, boiled with salt, drained	11530	Tomatoes, red, ripe, cooked	6.9	--	USDA database	B	Same food +/-	6
13A11702	24705037	Analysed	Eggplant, peeled or unpeeled, fresh or frozen, raw	11209	Eggplant, raw	6.9	--	USDA database	B	Same food +/-	7
01B30335	11304005	Analysed	Juice, tomato, commercial, added salt	11540	Tomato juice, canned, with salt added	6.8	--	USDA database	A	Same food	2
01B30336	11304006	Analysed	Juice, tomato, commercial, sweetened, added salt	11540	Tomato juice, canned, with salt added	6.8	--	USDA database	B	Same food +/-	1
13A11708	24401003	Analysed	Lettuce, iceberg, raw	11252	Lettuce, iceberg (includes crisphead types), raw	6.7	0.1	USDA analytical database	A	Same food	24
13A11741	24601001	Analysed	Tomato, cherry or grape, raw	11529	Tomatoes, red, ripe, raw, year round average	6.7	0.1	USDA analytical database	B	Same food +/-	1
13A11739	24601002	Analysed	Tomato, common, raw	11529	Tomatoes, red, ripe, raw, year round average	6.7	0.1	USDA analytical	A	Same food	28

								al databas e			
13A11742	2460100 4	Analysed	Tomato, hydroponic, raw	1152 9	Tomatoes, red, ripe, raw, year round average	6.7	0.1	USDA analytic al databas e	D	Different food at minor	#N/A
13A12044	2460100 5	Imputed	Tomato, roma, raw	1152 9	Tomatoes, red, ripe, raw, year round average	6.7	0.1	USDA analytic al databas e	B	Same food +/-	1
13A11707	2470200 1	Analysed	Squash, button, fresh or frozen, raw	1164 1	Squash, summer, all varieties, raw	6.7	--	USDA databas e	B	Same food +/-	2
01B30328	1130101 7	Analysed	Juice, orange, commercial, fresh, added vitamin C	9209	Orange juice, chilled, includes from concentrate	6.6	0.2	USDA analytic al databas e	B	Same food +/-	4
01B30354	1130101 8	Analysed	Juice, orange, commercial, fresh, no added vitamin C	9209	Orange juice, chilled, includes from concentrate	6.6	0.2	USDA analytic al databas e	A	Same food	2
01B30353	1130101 9	Analysed	Juice, orange, commercial, shelf stable, added vitamin C	9209	Orange juice, chilled, includes from concentrate	6.6	0.2	USDA analytic al databas e	B	Same food +/-	1
01B30351	1130102 0	Analysed	Juice, orange, commercial, sweetened, added vitamin C	9209	Orange juice, chilled, includes from concentrate	6.6	0.2	USDA analytic al databas e	B	Same food +/-	1
01B30340	1130102 2	Analysed	Juice, orange & mango, commercial	9209	Orange juice, chilled, includes from concentrate	6.6	0.2	USDA analytic al	D	Different food at	2

								databas e		minor	
01B30343	1130300 9	Label Data	Juice, orange, commercial, added Ca & vitamins A, C & folate	9209	Orange juice, chilled, includes from concentrate	6.6	0.2	USDA analytic al databas e	B	Same food +/-	#N/A
01B30322	1130700 7	NNS 1995	Fruit drink, blackcurrant, commercial	9043	Blackberry juice, canned	6.6	--	USDA analytic al databas e	D	Differe nt food at minor	2
01B20379	1140300 2	Analysed	Cordial base, blackcurrant juice, regular	9043	Blackberry juice, canned	6.6	--	USDA analytic al databas e	D	Differe nt food at minor	3
08C10455	1830201 5	Analysed	Turkey, breast, lean, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat	5733	Turkey, retail parts, breast, meat and skin, cooked, roasted	6.6	0.3	USDA databas e	B	Same food +/-	#N/A
12B10088	2710300 3	Label Data	Topping, caramel	1936 4	Toppings, butterscotch or caramel	6.6	--	USDA databas e	B	Same food +/-	6
01B30378	1130101 3	Borrowed	Juice, grape, commercial, concentrate	9017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	6.5	--	USDA analytic al databas e	D	Differe nt food at minor	5
01B20381	1140301 1	NNS 1995	Cordial base, 25% non-citrus fruit juice (apple & berry), regular	9017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	6.5	--	USDA databas e	D	Differe nt food at minor	5
01B20383	1140301 2	NNS 1995	Cordial base, 40% non-citrus fruit juice (apple & berry), regular	9017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	6.5	--	USDA databas e	D	Differe nt food at minor	2
02A10383	1240101 9	Analysed	Pasta, wholemeal wheat flour, plain, boiled from dry,	2012 5	Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	6.5	--	USDA databas	C	Similar food at	1

			no added salt					e		minor	
02A10361	12401020	Analysed	Pasta, wholemeal wheat flour, plain, boiled from dry, with added salt	20125	Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	6.5	--	USDA database	C	Similar food at minor	1
04A10078	14201001	Analysed	Dairy blend, butter & edible oil spread (~80% fat), sodium 485 mg/100 g	4585	Margarine-butter blend, 60% corn oil margarine and 40% butter	6.5	0.1	USDA analytical database	B	Same food +/-	5
04A10084	14201002	Label Data	Dairy blend, butter & edible oil spread (~80% fat), reduced salt (sodium 290 mg/100 g)	4585	Margarine-butter blend, 60% corn oil margarine and 40% butter	6.5	0.1	USDA analytical database	B	Same food +/-	1
04A10082	14201003	Analysed	Dairy blend, butter & edible oil spread (70% fat), sodium 485 mg/100 g	4585	Margarine-butter blend, 60% corn oil margarine and 40% butter	6.5	0.1	USDA analytical database	C	Similar food at minor	3
04A10083	14201004	Label Data	Dairy blend, butter & edible oil spread (70% fat), reduced salt (sodium 280 mg/100 g)	4585	Margarine-butter blend, 60% corn oil margarine and 40% butter	6.5	0.1	USDA analytical database	C	Similar food at minor	1
04A10089	14202001	Label Data	Dairy blend, butter & edible oil spread, reduced fat (60% fat), sodium 400 mg/100 g	4600	Margarine-like, vegetable oil-butter spread, tub, with salt	6.5	--	USDA database	C	Similar food at minor	2
04A10090	14202002	Label Data	Dairy blend, butter & edible oil spread, reduced fat (60% fat) & salt (sodium 200 mg/100 g)	4600	Margarine-like, vegetable oil-butter spread, tub, with salt	6.5	--	USDA database	C	Similar food at minor	1
04A10093	14202003	Label Data	Dairy blend, butter & edible oil spread, reduced fat (40% fat), sodium 510 mg/100 g	4600	Margarine-like, vegetable oil-butter spread, tub, with salt	6.5	--	USDA database	B	Same food +/-	2
04A10091	14202004	Label Data	Dairy blend, butter & edible oil spread, reduced fat (40% fat) & sodium 380 mg/100 g	4600	Margarine-like, vegetable oil-butter spread, tub, with salt	6.5	--	USDA database	B	Same food +/-	3
04A10092	1420200	Label Data	Dairy blend, butter & edible	4600	Margarine-like, vegetable oil-butter spread,	6.5	--	USDA	C	Similar	1

	5		oil spread, reduced fat (16% fat) & sodium 390 mg/100 g		tub, with salt			database		food at minor	
13A12042	23109001	Borrowed	Horseradish, prepared	2055	Horseradish, prepared	6.5	--	USDA database	B	Same food +/-	3
10B10073	23201001	Borrowed	Capers, pickled, canned, drained	2054	Capers, canned	6.5	--	USDA database	A	Same food	3
02A10390	12401001	Analysed	Noodle, wheat, Asian style, cooked	20421	Pasta, cooked, unenriched, without added salt	6.4	68.0	USDA database	D	Different food at minor	7
02A10382	12401006	Analysed	Pasta, white wheat flour, plain, boiled from dry, no added salt	20421	Pasta, cooked, unenriched, without added salt	6.4	68.0	USDA database	A	Same food	10
02A10359	12401007	Analysed	Pasta, white wheat flour, plain, boiled from dry, with added salt	20421	Pasta, cooked, unenriched, without added salt	6.4	68.0	USDA database	A	Same food	3
02C20296	13102003	Analysed	Biscuit, sweet, fruit-filled, commercial	18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	6.4	--	USDA database	B	Same food +/-	1
02C20321	13102004	Label Data	Biscuit, sweet, fruit-filled, commercial, reduced fat	18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	6.4	--	USDA database	D	Different food at minor	#N/A
02E40122	13102016	Borrowed	Breakfast pastry, sweet, fruit-paste filled, commercial	18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	6.4	--	USDA database	B	Same food +/-	#N/A
02C20298	13103003	Analysed	Biscuit, sweet, jam-filled, commercial	18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	6.4	--	USDA database	B	Same food +/-	1
02C20322	13103004	Label Data	Biscuit, sweet, jam-filled, reduced fat, commercial	18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	6.4	--	USDA database	D	Different food at minor	#N/A
02E40108	13401014	Analysed	Pastry, puff, vegetable oil, commercial, raw	18337	Puff pastry, frozen, ready-to-bake	6.4	--	USDA database	C	Similar food at minor	2

13A11683	24201001	Analysed	Bok choy or choy sum, raw	11116	Cabbage, chinese (pak-choi), raw	6.4	0.3	USDA database	A	Same food	9
13A11781	24201017	Analysed	Cabbage, Chinese flowering, raw	11116	Cabbage, chinese (pak-choi), raw	6.4	0.3	USDA database	D	Different food at minor	1
13A11783	24201018	Analysed	Cabbage, mustard, raw	11116	Cabbage, chinese (pak-choi), raw	6.4	0.3	USDA database	D	Different food at minor	1
13A11705	24401020	Analysed	Spinach, water, raw	11116	Cabbage, chinese (pak-choi), raw	6.4	0.3	USDA database	D	Different food at minor	1
13A11748	24602006	Analysed	Tomato, whole, canned in tomato juice, undrained	11531	Tomatoes, red, ripe, canned, packed in tomato juice	6.4	--	USDA database	B	Same food +/-	12
13A11746	24602007	Analysed	Tomato, whole, canned in tomato juice, drained	11531	Tomatoes, red, ripe, canned, packed in tomato juice	6.4	--	USDA database	D	Different food at minor	#N/A
10A10551	23101005	Imputed	Gravy, prepared, reduced salt, commercial	6977	Gravy, meat or poultry, low sodium, prepared	6.3	--	USDA database	B	Same food +/-	#N/A
13A11787	24301004	Analysed	Carrot, baby, canned in brine, boiled or microwaved, drained	11128	Carrots, canned, regular pack, drained solids	6.3	0.1	USDA database	C	Similar food at minor	1
02E40097	13401015	Analysed	Pastry, puff, vegetable oil, commercial, baked	18211	Puff pastry, frozen, ready-to-bake, baked	6.2	--	USDA database	C	Similar food at minor	#N/A
02E40099	13401018	Analysed	Pastry, shortcrust style, commercial, baked	18336	Pie crust, standard-type, prepared from recipe, baked	6.2	--	USDA database	B	Same food +/-	1
02E40116	13401019	Imputed	Pastry, shortcrust style, reduced fat, commercial, raw	18336	Pie crust, standard-type, prepared from recipe, baked	6.2	--	USDA database	C	Similar food at minor	#N/A
02E40101	13401022	Analysed	Pastry, shortcrust, wholemeal, commercial,	18336	Pie crust, standard-type, prepared from recipe, baked	6.2	--	USDA database	D	Different food	#N/A



			baked					e		at minor	
06C10235	1640100 1	Imputed	Nectarine, yellow, peeled, raw	9191	Nectarines, raw	6.2	0.2	USDA analytic al databas e	B	Same food +/-	3
06C10209	1640100 2	Analysed	Nectarine, yellow, unpeeled, raw	9191	Nectarines, raw	6.2	0.2	USDA analytic al databas e	B	Same food +/-	4
06C10229	1640100 3	Imputed	Nectarine, white, peeled or unpeeled, raw	9191	Nectarines, raw	6.2	0.2	USDA analytic al databas e	A	Same food	2
15A10918	1660102 1	Analysed	Quandong, fruit, flesh	9191	Nectarines, raw	6.2	0.2	USDA analytic al databas e	C	Similar food at minor	#N/A
09D20131	1960200 7	Label Data	Custard pudding, creme caramel or brulee, regular fat, vanilla, commercial	1920 1	Puddings, vanilla, ready-to-eat	6.2	--	USDA databas e	B	Same food +/-	#N/A
06C10231	1640100 5	Imputed	Peach, yellow, peeled, raw	9236	Peaches, raw	6.1	0.3	USDA analytic al databas e	B	Same food +/-	2
06C10212	1640100 6	Analysed	Peach, yellow, unpeeled, raw	9236	Peaches, raw	6.1	0.3	USDA analytic al databas e	B	Same food +/-	3
06C10232	1640100 7	Imputed	Peach, white, peeled, raw	9236	Peaches, raw	6.1	0.3	USDA analytic al databas	B	Same food +/-	2

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06C10230	16401008	Imputed	Peach, white, unpeeled, raw	9236	Peaches, raw	6.1	0.3	USDA analytical database	B	Same food +/-	2
06C10202	16403003	Analysed	Cherry, raw	9070	Cherries, sweet, raw	6.1	--	USDA database	A	Same food	5
06D10480	16504008	Analysed	Pawpaw (papaya), orange flesh, peeled, raw	9226	Papayas, raw	6.1	--	USDA database	B	Same food +/-	8
06D10524	16601018	Analysed	Rhubarb, stalk, raw	9307	Rhubarb, raw	6.1	--	USDA database	A	Same food	1
10A10431	23103007	Analysed	Sauce, chilli (chili), Asian, commercial	6961	Sauce, peppers, hot, chili, mature red, canned	6.1	--	USDA database	D	Different food at minor	3
13A11693	24402013	Analysed	Celery, fresh or frozen, raw	11143	Celery, raw	6.1	0.1	USDA analytical database	A	Same food	29
13A11897	24403004	Borrowed	Dill, raw	11143	Celery, raw	6.1	0.1	USDA analytical database	D	Different food at minor	5
13A11672	24802009	Analysed	Onion, mature, brown skinned, peeled, raw	11282	Onions, raw	6.1	0.1	USDA analytical database	B	Same food +/-	15
13A11903	24802010	Imputed	Onion, mature, red skinned, peeled, fresh or frozen, raw	11282	Onions, raw	6.1	0.1	USDA analytical database	B	Same food +/-	5

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13A11717	2480201 1	Analysed	Onion, mature, white skinned, peeled, fresh or frozen, raw	1128 2	Onions, raw	6.1	0.1	USDA analytical database	B	Same food +/-	2
02D10286	1250300 1	Label Data	Breakfast cereal, puffed or popped rice, no added sugar or salt, unfortified	8066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	6.0	--	USDA database	C	Similar food at minor	8
02D10368	1250400 1	Label Data	Breakfast cereal, flakes of rice, added vitamins B1, B2, B3 & folate & Fe	8065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	6.0	0.5	USDA analytical database	C	Similar food at minor	1
02D10402	1250400 2	Label Data	Breakfast cereal, puffed or popped rice, added vitamins B1, B2 & B3 & Fe	8066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	6.0	--	USDA database	C	Similar food at minor	1
02D10367	1250400 3	Label Data	Breakfast cereal, puffed or popped rice, added vitamins B1, B3 & folate & Fe	8066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	6.0	--	USDA database	C	Similar food at minor	1
02D10304	1250400 4	Label Data	Breakfast cereal, puffed or popped rice, added vitamins B1, B2, B3 & folate & Fe	8066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	6.0	--	USDA database	C	Similar food at minor	1
02D10267	1250400 5	Analysed	Breakfast cereal, puffed or popped rice, added vitamins B1, B2, B3, C & folate, Fe & Zn	8066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	6.0	--	USDA database	C	Similar food at minor	3
02C20390	1310100 7	Label Data	Biscuit, sweet, fortune cookie, commercial	1817 1	Cookies, fortune	6.0	--	USDA database	A	Same food	#N/A
02E10480	1330500 5	Analysed	Pudding, self-saucing, other flavours, prepared from dry mix	1810 2	Cake, white, prepared from recipe with coconut frosting	6.0	--	USDA database	D	Different food at minor	#N/A
06A10108	1620100 3	Analysed	Blueberry, raw	9050	Blueberries, raw	6.0	0.2	USDA analytical database	A	Same food	5

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06B10089	16304003	Analysed	Mandarin, canned in syrup, drained	9383	Tangerines, (mandarin oranges), canned, juice pack, drained	6.0	--	USDA database	A	Same food	2
13A11670	24302003	Analysed	Beetroot, purple, peeled, fresh or frozen, raw	11080	Beets, raw	6.0	130.0	USDA analytical database	B	Same food +/-	7
13A11701	24705030	Analysed	Cucumber, apple crystal, unpeeled, raw	11205	Cucumber, with peel, raw	6.0	0.1	USDA analytical database	C	Similar food at minor	1
13A11697	24705032	Analysed	Cucumber, common, unpeeled, raw	11205	Cucumber, with peel, raw	6.0	0.1	USDA analytical database	A	Same food	3
13A11699	24705033	Analysed	Cucumber, Lebanese, unpeeled, raw	11205	Cucumber, with peel, raw	6.0	0.1	USDA analytical database	B	Same food +/-	6
13A11700	24705034	Analysed	Cucumber, telegraph, unpeeled, raw	11205	Cucumber, with peel, raw	6.0	0.1	USDA analytical database	B	Same food +/-	1
02C20289	13101022	Analysed	Biscuit, sweet, wheatmeal, commercial	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	5.9	--	USDA analytical database	B	Same food +/-	2
02A10368	12102002	Analysed	Rice, white, uncooked	20444	Rice, white, long-grain, regular, raw, unenriched	5.8	--	USDA database	A	Same food	22
02A10373	1210201	Analysed	Rice, purchased as parboiled	2044	Rice, white, long-grain, regular, raw,	5.8	--	USDA	C	Similar	#N/A

	2		(gold rice), uncooked	4	unenriched			database		food at minor	
02A20106	12103009	Analysed	Flour, rice	20061	Rice flour, white, unenriched	5.8	--	USDA database	A	Same food	9
02E40096	13401012	Analysed	Pastry, puff, with butter, commercial, raw	18402	Pie crust, standard-type, prepared from recipe, unbaked	5.8	--	USDA database	C	Similar food at minor	2
02E40098	13401017	Analysed	Pastry, shortcrust style, commercial, raw	18402	Pie crust, standard-type, prepared from recipe, unbaked	5.8	--	USDA database	B	Same food +/-	12
02E40100	13401021	Analysed	Pastry, shortcrust, wholemeal, commercial, raw	18402	Pie crust, standard-type, prepared from recipe, unbaked	5.8	--	USDA database	D	Different food at minor	#N/A
01B20388	11501014	NNS 1995	Soft drink, tea flavour, regular	14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	5.7	--	USDA database	B	Same food +/-	1
02E10469	13303017	Imputed	Cake or cupcake, berry, reduced fat, commercial, uniced	18139	Cake, white, prepared from recipe without frosting	5.7	--	USDA database	C	Similar food at minor	#N/A
06A10103	16201011	Analysed	Strawberry, raw	9316	Strawberries, raw	5.7	0.2	USDA analytical database	A	Same food	12
06D10468	16502001	Analysed	Pineapple (cayenne), peeled, raw	9429	Pineapple, raw, traditional varieties	5.7	0.1	USDA analytical database	B	Same food +/-	12
13A11696	24705031	Analysed	Cucumber, common, peeled, raw	11206	Cucumber, peeled, raw	5.7	0.1	USDA analytical database	A	Same food	1
13A11718	24802021	Analysed	Onion, spring, raw	11291	Onions, spring or scallions (includes tops and bulb), raw	5.7	--	USDA database	A	Same food	44

12B10078	27103006	Analysed	Topping, fruit-flavoured, regular			5.7	--	USDA database	B	Same food +/-	19
01A20107	29201001	Analysed	Wine, red	14096	Alcoholic beverage, wine, table, red	5.7	0.3	USDA analytical database	B	Same food +/-	2
01A20109	29201002	NNS 1995	Wine, red, sparkling	14096	Alcoholic beverage, wine, table, red	5.7	0.3	USDA analytical database	B	Same food +/-	1
01A20118	29203001	Analysed	Port	14096	Alcoholic beverage, wine, table, red	5.7	0.3	USDA analytical database	B	Same food +/-	1
01B30398	11304009	Imputed	Juice, wheatgrass, commercial	31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	5.6	--	USDA database	C	Similar food at minor	#N/A
04D10041	14501003	Borrowed	Suet	13335	Beef, variety meats and by-products, suet, raw	5.6	0.3	USDA database	A	Same food	#N/A
06D10472	16601001	Analysed	Grape, black muscatel, raw	9132	Grapes, red or green (European type varieties, such as, Thompson seedless), raw	5.6	0.1	USDA analytical database	C	Similar food at minor	1
06D10475	16601002	Analysed	Grape, black sultana, raw	9132	Grapes, red or green (European type varieties, such as, Thompson seedless), raw	5.6	0.1	USDA analytical database	C	Similar food at minor	1
06D10473	16601003	Analysed	Grape, cornichon, raw	9132	Grapes, red or green (European type varieties, such as, Thompson seedless), raw	5.6	0.1	USDA analytical database	C	Similar food at minor	#N/A

06D10477	16601004	Analysed	Grape, red globe, raw	9132	Grapes, red or green (European type varieties, such as, Thompson seedless), raw	5.6	0.1	USDA analytical database	A	Same food	2
06D10476	16601005	Analysed	Grape, thompson seedless or sultana, raw	9132	Grapes, red or green (European type varieties, such as, Thompson seedless), raw	5.6	0.1	USDA analytical database	A	Same food	3
06D10474	16601006	Analysed	Grape, waltham cross, raw	9132	Grapes, red or green (European type varieties, such as, Thompson seedless), raw	5.6	0.1	USDA analytical database	A	Same food	#N/A
13A11686	24705003	Analysed	Capsicum, green, fresh or frozen, raw	11333	Peppers, sweet, green, raw	5.6	0.1	USDA analytical database	A	Same food	6
13A11687	24705008	Analysed	Capsicum, red, fresh or frozen, raw	11821	Peppers, sweet, red, raw	5.6	0.1	USDA analytical database	A	Same food	10
02A10436	12402004	Recipe	Noodle, wheat, instant, flavoured, dry, uncooked	6583	Soup, ramen noodle, any flavor, dry	5.5	--	USDA database	A	Same food	1
06A10124	16201005	Borrowed	Cranberry, raw	9078	Cranberries, raw	5.5	0.2	USDA analytical database	A	Same food	2
06D10469	16505004	Analysed	Pineapple, fresh, cooked in light syrup, drained	9354	Pineapple, canned, juice pack, drained	5.5	--	USDA database	D	Different food at minor	#N/A
06D10464	16505006	Analysed	Pineapple, canned in pineapple juice, drained	9354	Pineapple, canned, juice pack, drained	5.5	--	USDA database	B	Same food	23

								e		+/-	
06D10466	16505009	Analysed	Pineapple, canned in syrup, drained	9354	Pineapple, canned, juice pack, drained	5.5	--	USDA database	D	Different food at minor	#N/A
10B10067	23202006	Analysed	Onion, pickled, drained, commercial	11294	Onions, sweet, raw	5.5	0.1	USDA analytical database	D	Different food at minor	#N/A
10C10471	21301002	Analysed	Soup, broth style with meat, prepared from instant dry mix with water	6483	Soup, cream of chicken, dry, mix, prepared with water	5.4	--	USDA database	B	Same food +/-	#N/A
10C10456	21302001	Analysed	Soup, cream variety, prepared from dry mix with water	6483	Soup, cream of chicken, dry, mix, prepared with water	5.4	--	USDA database	C	Similar food at minor	#N/A
13A11788	24403002	Analysed	Chives, raw	11156	Chives, raw	5.2	--	USDA database	A	Same food	7
06D10502	16101003	Analysed	Apple, golden delicious, unpeeled, raw	9501	Apples, raw, golden delicious, with skin	5.1	--	USDA database	A	Same food	1
06D10544	16103001	Imputed	Pear, brown, peeled, raw	9414	Pears, raw, bosc (Includes foods for USDA's Food Distribution Program)	5.1	--	USDA database	B	Same food +/-	1
06D10510	16103002	Analysed	Pear, brown, unpeeled, raw	9414	Pears, raw, bosc (Includes foods for USDA's Food Distribution Program)	5.1	--	USDA database	B	Same food +/-	1
06D10545	16103003	Imputed	Pear, green, peeled, raw	9415	Pears, raw, green anjou (Includes foods for USDA's Food Distribution Program)	5.1	--	USDA database	B	Same food +/-	1
06D10543	16103004	Analysed	Pear, green, unpeeled, raw	9415	Pears, raw, green anjou (Includes foods for USDA's Food Distribution Program)	5.1	--	USDA database	B	Same food +/-	2
06D10521	16103005	Analysed	Pear, nashi, peeled or unpeeled, raw	9340	Pears, asian, raw	5.1	--	USDA database	B	Same food +/-	1
06D10511	1610300	Analysed	Pear, packhams triumph,	9415	Pears, raw, green anjou (Includes foods for	5.1	--	USDA	B	Same	#N/A



	6		unpeeled, raw		USDA's Food Distribution Program)			databas e		food +/-	
06D10512	1610300 7	Analysed	Pear, william bartlett, unpeeled, raw	9412	Pears, raw, bartlett (Includes foods for USDA's Food Distribution Program)	5.1	--	USDA databas e	B	Same food +/-	#N/A
06B10080	1630200 1	Analysed	Lemon, peeled, raw	9150	Lemons, raw, without peel	5.1	--	USDA databas e	A	Same food	6
06B10084	1630200 3	Analysed	Lime, peeled, raw	9159	Limes, raw	5.1	--	USDA databas e	B	Same food +/-	3
15A10917	1630200 4	Analysed	Lime, native, fruit	9159	Limes, raw	5.1	--	USDA databas e	C	Similar food at minor	#N/A
10A10449	2310700 6	Analysed	Sauce, pasta, cheese or cream-based, commercial	1164	Cheese sauce, prepared from recipe	5.1	--	USDA databas e	D	Differen t food at minor	13
01A20110	2920100 3	NNS 1995	Wine, red, cooked	4315 4	Alcoholic beverage, wine, cooking	5.0	--	USDA databas e	B	Same food +/-	2
01A20115	2920200 5	NNS 1995	Wine, white, cooked	4315 4	Alcoholic beverage, wine, cooking	5.0	--	USDA databas e	B	Same food +/-	17
01A20123	2920200 7	Borrowed	Wine, white, sweet dessert style	1405 7	Alcoholic beverage, wine, dessert, sweet	5.0	--	USDA databas e	B	Same food +/-	2
01A20120	2920400 2	Imputed	Wine, red, reduced alcohol	4315 5	Alcoholic beverage, wine, light	5.0	--	USDA databas e	B	Same food +/-	#N/A
01A20119	2920400 3	Imputed	Wine, white, reduced alcohol	4315 5	Alcoholic beverage, wine, light	5.0	--	USDA databas e	B	Same food +/-	2
01A20121	2920500 2	Imputed	Wine, white, sparkling, de- alcoholised	1455 3	Beverages, Wine, non-alcoholic	5.0	--	USDA databas e	B	Same food +/-	#N/A
02C20323	1310500 2	Label Data	Biscuit, sweet, chocolate chip, reduced fat, commercial	1815 8	Cookies, chocolate chip, commercially prepared, regular, lower fat	4.9	--	USDA databas e	A	Same food	#N/A

02E10450	13302001	Analysed	Cake mix, sponge, dry powder	18144	Cake, yellow, enriched, dry mix	4.9	--	USDA database	D	Different food at minor	1
10C10467	21301003	Analysed	Soup, chicken & noodle, cup of soup, prepared from instant dry mix with water	6528	Soup, chicken noodle, dry, mix, prepared with water	4.9	--	USDA database	B	Same food +/-	#N/A
10C10460	21302002	Analysed	Soup, cup of soup style with croutons, prepared from instant dry mix with water	6528	Soup, chicken noodle, dry, mix, prepared with water	4.9	--	USDA database	D	Different food at minor	#N/A
10B10068	23201002	Analysed	Chutney or relish, commercial	11945	Pickle relish, sweet	4.9	0.4	USDA database	C	Similar food at minor	#N/A
13A11802	24705043	Analysed	Melon, bitter, fresh or frozen, raw	11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	4.9	--	USDA database	D	Different food at minor	2
13A11803	24705046	Analysed	Melon, hairy, fresh or frozen, raw	11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	4.9	--	USDA database	C	Similar food at minor	#N/A
01B30380	11301027	Label Data	Juice, pomegranate, commercial	9442	Pomegranate juice, bottled	4.8	--	USDA database	A	Same food	#N/A
06D10465	16505005	Analysed	Pineapple, canned in pineapple juice	9268	Pineapple, canned, juice pack, solids and liquids	4.8	--	USDA database	B	Same food +/-	#N/A
09D20114	19602004	Label Data	Custard, dairy, reduced fat, vanilla, commercial	19233	Puddings, vanilla, ready-to-eat, fat free	4.8	--	USDA database	C	Similar food at minor	1
06D10470	16503003	Analysed	Fig, fresh, peeled or unpeeled, raw	9089	Figs, raw	4.7	--	USDA database	A	Same food	3
01A20111	29202001	Analysed	Wine, white, dry style (sugars content < 1%)	14106	Alcoholic beverage, wine table, white	4.7	0.2	USDA analytical database	B	Same food +/-	2

01A20112	29202002	Analysed	Wine, white, medium dry style (~ 1% sugars)	14106	Alcoholic beverage, wine table, white	4.7	0.2	USDA analytical database	B	Same food +/-	2
01A20113	29202003	Analysed	Wine, white, medium sweet style (~ 2.5% sugars)	14106	Alcoholic beverage, wine table, white	4.7	0.2	USDA analytical database	B	Same food +/-	2
01A20114	29202006	Analysed	Wine, white, sparkling	14106	Alcoholic beverage, wine table, white	4.7	0.2	USDA analytical database	B	Same food +/-	1
01A20116	29203002	Analysed	Sherry, dry style (~ 1% sugars)	14106	Alcoholic beverage, wine table, white	4.7	0.2	USDA analytical database	B	Same food +/-	1
01A20117	29203003	Analysed	Sherry, sweet style (~11% sugars)	14106	Alcoholic beverage, wine table, white	4.7	0.2	USDA analytical database	B	Same food +/-	2
10F20099	23301005	Analysed	Dressing, thousand island, commercial, regular fat	4017	Salad dressing, thousand island, commercial, regular	4.6	--	USDA database	A	Same food	1
10F20104	23303004	Analysed	Dressing, oil & vinegar, commercial, regular fat	42171	Salad dressing, french dressing, reduced calorie	4.6	--	USDA database	B	Same food +/-	#N/A
02D10335	12513001	Label Data	Breakfast cereal, mixed grain (wheat & corn), extruded, chocolate malt coating, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe & Zn	8204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	4.5	--	USDA database	D	Different food at minor	#N/A
02D10413	12513007	Label Data	Breakfast cereal, mixed grain (wheat, oat & corn),	8204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	4.5	--	USDA database	D	Different food	#N/A

			extruded, cocoa coating, added B1, B2, B3, B6, C & folate, Ca, Fe & Zn					e		at minor	
02D10380	12513008	Label Data	Breakfast cereal, mixed grain (wheat, corn & rice), extruded, cocoa coating, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe, Mg & Zn	8204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	4.5	--	USDA database	D	Different food at minor	#N/A
02D10366	12513009	Label Data	Breakfast cereal, mixed grain (wheat, corn, rice & oat), crispy pillows, cocoa coating, added vitamins B1, B2, B3 & folate	8204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	4.5	--	USDA database	D	Different food at minor	2
07D10165	32303001	Label Data	Custard or yoghurt dessert, infant, dairy, regular fat, fruit flavoured, commercial	43523	Babyfood, mixed fruit yogurt, strained	4.5	--	USDA database	D	Different food at minor	#N/A
06D10491	16504010	Analysed	Prickly pear, peeled, raw	98104	Prickly pear, raw	4.3	0.3	USDA analytical database	B	Same food +/-	#N/A
12B10081	16804001	Borrowed	Cherry, glace or maraschino	9328	Maraschino cherries, canned, drained	4.3	--	USDA database	A	Same food	4
10A10457	23101002	Analysed	Gravy, prepared, commercial			4.3	--	USDA database	B	Same food +/-	5
02C20303	13104005	Analysed	Biscuit, sweet, sandwich, cream & jam filling, commercial	18210	Cookies, vanilla sandwich with creme filling	4.1	--	USDA database	D	Different food at minor	2
02C20304	13104008	Analysed	Biscuit, sweet, sandwich, vanilla flavour biscuit, cream filling, commercial	18210	Cookies, vanilla sandwich with creme filling	4.1	--	USDA database	A	Same food	2
02F40212	13509072	Analysed	Spaghetti in meat sauce, canned, regular	22914	Pasta with tomato sauce, no meat, canned	4.1	17.5	USDA database	A	Same food	#N/A

06C10227	16402001	Recipe	Peach, canned in pear juice	9238	Peaches, canned, juice pack, solids and liquids	4.1	--	USDA database	B	Same food +/-	2
06C10226	16402004	Recipe	Peach, canned in light syrup	9240	Peaches, canned, light syrup pack, solids and liquids	4.1	--	USDA database	B	Same food +/-	1
06C10225	16402007	Recipe	Peach, canned in syrup	9240	Peaches, canned, light syrup pack, solids and liquids	4.1	--	USDA database	B	Same food +/-	1
06C10223	16402010	Recipe	Peach, canned in intense sweetened liquid	9238	Peaches, canned, juice pack, solids and liquids	4.1	--	USDA database	B	Same food +/-	1
06C10218	16404013	Recipe	Cherry, black, canned in syrup	9073	Cherries, sweet, canned, light syrup pack, solids and liquids	4.1	--	USDA database	B	Same food +/-	#N/A
06D10498	16601015	Analysed	Melon, watermelon, peeled, raw	9326	Watermelon, raw	4.1	0.3	USDA analytical database	B	Same food +/-	14
06A10106	16202002	Analysed	Blueberry, canned in syrup, drained	9352	Blueberries, canned, light syrup, drained	4.0	--	USDA database	B	Same food +/-	2
06E10094	16702002	Recipe	Fruit salad, canned in pear juice	9097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	4.0	--	USDA database	C	Similar food at minor	1
06E10095	16702005	Recipe	Fruit salad, canned in pineapple juice	9097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	4.0	--	USDA database	D	Different food at minor	#N/A
06E10092	16702008	Recipe	Fruit salad, canned in heavy syrup	9097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	4.0	--	USDA database	D	Different food at minor	1
06E10093	16702011	Recipe	Fruit salad, canned in syrup	9097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	4.0	--	USDA database	D	Different food at minor	1

10F20103	23304002	Analysed	Dressing, vinegar based, commercial, fat free	4636	Salad dressing, italian dressing, fat-free	4.0	1.8	USDA analytical database	C	Similar food at minor	#N/A
10F20101	23304003	Analysed	Dressing, vinegar based & vegetables/herbs, commercial, fat free	4636	Salad dressing, italian dressing, fat free	4.0	1.8	USDA analytical database	C	Similar food at minor	1
12D10049	27303002	Analysed	Ice confection, stick, water-base, various flavours, regular fat	19263	Frozen novelties, fruit and juice bars	4.0	--	USDA database	C	Similar food at minor	#N/A
02D10351	12501001	Analysed	Breakfast cereal, flakes of corn, unfortified	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	B	Same food +/-	2
02D10289	12501002	Label Data	Breakfast cereal, flakes of corn, no added sugar or salt, unfortified	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	B	Same food +/-	#N/A
02D10288	12501003	Label Data	Breakfast cereal, puffed or popped corn, no added sugar or salt, unfortified	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	D	Different food at minor	1
02D10401	12502002	Label Data	Breakfast cereal, flakes of corn, added vitamins B1, B2, B3 & folate	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	B	Same food +/-	2
02D10266	12502003	Analysed	Breakfast cereal, flakes of corn, added vitamins B1, B2, B3, C & folate, Fe & Zn	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	A	Same food	3

02D10352	12502004	Label Data	Breakfast cereal, flakes of corn, added vitamins B1, B2, B3, B6, E & folate & Fe	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	B	Same food +/-	2
02D10300	12502005	Label Data	Breakfast cereal, flakes of corn, added vitamins B1, B2, B3 & folate & Fe	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	B	Same food +/-	2
02D10369	12502006	Label Data	Breakfast cereal, flakes of corn, with psyllium, added vitamins B1, B2, B3 & folate & Fe	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	B	Same food +/-	2
02D10282	12502008	Analysed	Breakfast cereal, flakes of corn, added nuts, added vitamins B1, B2, B3, C & folate, Fe & Zn	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	D	Different food at minor	1
02D10398	12502009	Label Data	Breakfast cereal, flakes of corn, added nuts, added vitamins B1, B2, B3, B6, folate & E	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	D	Different food at minor	1
02D10372	12502010	Label Data	Breakfast cereal, flakes of corn, added nuts, added vitamins B1, B2, B3 & folate & Fe	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	D	Different food at minor	1
02D10301	12502011	Label Data	Breakfast cereal, frosted flakes of corn, added vitamins B1, B2, B3, C, E & folate, Fe & Zn	8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	3.9	0.7	USDA analytical database	D	Different food at minor	1
10C10473	21302004	Analysed	Soup, mixed vegetables, prepared from instant dry mix with water	6468	Soup, vegetarian vegetable, canned, prepared with equal volume water	3.9	--	USDA database	D	Different food at minor	#N/A

10C10478	21302006	Analysed	Soup, vegetable, cup of soup, prepared from instant dry mix with water	6468	Soup, vegetarian vegetable, canned, prepared with equal volume water	3.9	--	USDA database	D	Different food at minor	#N/A
02D10296	12502001	Label Data	Breakfast cereal, crispy corn pillows, honey, added vitamins B1, B2, B3 & folate	8259	Cereals ready to eat, KELLOGG, KELLOGG'S CRISPIX	3.8	0.7	USDA analytical database	A	Same food	1
02D10306	12504007	Label Data	Breakfast cereal, puffed or popped rice, cocoa coating, added vitamins B1, B2, B3 & folate & Fe	8015	Cereals ready-to-eat, POST, COCOA PEBBLES	3.8	--	USDA database	C	Similar food at minor	1
02D10281	12504008	Analysed	Breakfast cereal, puffed or popped rice, cocoa coating, added vitamins B1, B2, B3, C & folate, Ca, Fe & Zn	8015	Cereals ready-to-eat, POST, COCOA PEBBLES	3.8	--	USDA database	C	Similar food at minor	1
06A10112	16202008	Recipe	Strawberry, canned in syrup	9317	Strawberries, canned, heavy syrup pack, solids and liquids	3.8	--	USDA database	B	Same food +/-	#N/A
06D10467	16505008	Analysed	Pineapple, canned in syrup	9269	Pineapple, canned, light syrup pack, solids and liquids	3.8	--	USDA database	B	Same food +/-	#N/A
10A10441	23103008	NNS 1995	Sauce, cranberry, commercial	9081	Cranberry sauce, canned, sweetened	3.8	--	USDA database	B	Same food +/-	#N/A
06E10150	16702001	Recipe	Fruit salad, tropical, canned, drained or undrained	9099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	3.7	--	USDA database	C	Similar food at minor	#N/A
02C20301	13103006	Analysed	Biscuit, sweet, marshmallow filling, commercial	28291	Cookies, animal, with frosting or icing	3.5	--	USDA database	D	Different food at minor	#N/A
02C20300	13103007	Analysed	Biscuit, sweet, plain, with icing, commercial	28291	Cookies, animal, with frosting or icing	3.5	--	USDA database	A	Same food	#N/A
10A10434	23103016	Analysed	Sauce, oyster, commercial	6176	Sauce, oyster, ready-to-serve	3.5	--	USDA database	A	Same food	39



02C20356	13104009	Label Data	Biscuit, sweet, sandwich, vanilla flavour biscuit, cream filling, white chocolate coated, commercial	18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	3.4	--	USDA database	D	Different food at minor	#N/A
02C20316	13106004	Analysed	Biscuit, sweet, sandwich, cream filling, chocolate-coated, commercial	18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	3.4	--	USDA database	C	Similar food at minor	3
06D10506	16101001	Analysed	Apple, bonza, unpeeled, raw	9003	Apples, raw, with skin	3.4	0.1	USDA analytical database	B	Same food +/-	#N/A
06D10505	16101002	Analysed	Apple, fuji, unpeeled, raw	9504	Apples, raw, fuji, with skin (Includes foods for USDA's Food Distribution Program)	3.4	--	USDA database	A	Same food	1
06D10503	16101004	Analysed	Apple, granny-smith, unpeeled, raw	9502	Apples, raw, granny smith, with skin (Includes foods for USDA's Food Distribution Program)	3.4	--	USDA database	A	Same food	2
06D10522	16101005	Analysed	Apple, granny-smith, unpeeled, baked, no added fat	9006	Apples, raw, without skin, cooked, microwave	3.4	--	USDA database	B	Same food +/-	#N/A
06D10504	16101006	Analysed	Apple, jonathon, unpeeled, raw	9003	Apples, raw, with skin	3.4	0.1	USDA analytical database	B	Same food +/-	#N/A
06D10507	16101007	Analysed	Apple, pink lady, unpeeled, raw	9003	Apples, raw, with skin	3.4	0.1	USDA analytical database	B	Same food +/-	1
06D10501	16101008	Analysed	Apple, red delicious, unpeeled, raw	9500	Apples, raw, red delicious, with skin (Includes foods for USDA's Food Distribution Program)	3.4	--	USDA database	A	Same food	1
06D10530	16101009	Analysed	Apple, royal gala, unpeeled, raw	9503	Apples, raw, gala, with skin (Includes foods for USDA's Food Distribution Program)	3.4	--	USDA database	A	Same food	1
06D10537	16101010	Imputed	Apple, green skin, peeled, raw	9004	Apples, raw, without skin	3.4	--	USDA database	B	Same food	3

								e		+/-	
06D10509	16101011	Analysed	Apple, green skin, unpeeled, raw	9502	Apples, raw, granny smith, with skin (Includes foods for USDA's Food Distribution Program)	3.4	--	USDA database	B	Same food +/-	4
06D10536	16101012	Imputed	Apple, red skin, peeled, raw	9004	Apples, raw, without skin	3.4	--	USDA database	B	Same food +/-	3
06D10508	16101013	Analysed	Apple, red skin, unpeeled, raw	9003	Apples, raw, with skin	3.4	0.1	USDA analytical database	B	Same food +/-	3
06D10529	16104001	Recipe	Pear, canned in pear juice	9254	Pears, canned, juice pack, solids and liquids	3.4	--	USDA database	B	Same food +/-	2
06D10527	16104004	Recipe	Pear, canned in light syrup	9256	Pears, canned, light syrup pack, solids and liquids	3.4	--	USDA database	B	Same food +/-	1
06D10526	16104007	Recipe	Pear, canned in syrup	9256	Pears, canned, light syrup pack, solids and liquids	3.4	--	USDA database	B	Same food +/-	1
06D10528	16104010	Recipe	Pear, canned in intense sweetened liquid	9254	Pears, canned, juice pack, solids and liquids	3.4	--	USDA database	B	Same food +/-	1
06D10481	16105001	Analysed	Loquat, peeled, raw	9003	Apples, raw, with skin	3.4	0.1	USDA analytical database	D	Different food at minor	#N/A
01B10449	30103001	Label Data	Meal replacement powder, coffee flavour	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	3
01B10505	30103002	Label Data	Meal replacement powder, coffee flavour, added fibre	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	3
01B10502	3010300	Label Data	Meal replacement powder,	1404	Beverages, UNILEVER, SLIMFAST Shake Mix,	3.4	--	USDA	D	Differ	3

	3		non-coffee flavour	7	powder, 3-2-1 Plan			database		nt food at minor	
01B10450	30103004	Label Data	Meal replacement powder, non-coffee flavours, added fibre	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	3
01B10498	30103005	Label Data	Meal replacement powder, non-coffee flavour, fortified (Optislim)	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	2
01B10464	30103006	Label Data	Very low energy diet powder, chicken or vegetable soup, fortified (Optifast)	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	1
01B10437	30103007	Label Data	Very low energy diet powder, chocolate flavour, fortified (Optifast)	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	3
01B10444	30103008	Label Data	Very low energy diet powder, coffee flavour, fortified (Optifast)	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	3
01B10445	30103009	Label Data	Very low energy diet powder, coffee flavour, fortified (Optislim)	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	2
01B10438	30103010	Label Data	Very low energy diet powder, vanilla flavour, fortified (Optifast)	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	2
01B10547	30103011	Label Data	Very low energy diet powder, strawberry flavour, fortified (Optifast)	14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	3.4	--	USDA database	D	Different food at minor	1
01B30331	11301025	Analysed	Juice, pineapple, commercial, unsweetened	9409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	3.3	--	USDA database	A	Same food	3

01B30332	11301026	Analysed	Juice, pineapple, commercial, sweetened	9409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	3.3	--	USDA database	B	Same food +/-	1
01B10315	11802002	Analysed	Beverage base, chocolate flavour, added vitamins A, B1, B2, C, D & folate, Ca & Fe (Milo)	14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	3.3	--	USDA database	B	Same food +/-	4
01B10525	11802003	Label Data	Beverage base, chocolate flavour, added vitamins A, B1, B2, B3, C, D & folate & Ca (Aktavite)	14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	3.3	--	USDA database	B	Same food +/-	#N/A
01B10318	11804004	Analysed	Beverage base, drinking chocolate, unfortified	14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	3.3	--	USDA database	B	Same food +/-	30
02A10394	12103002	Recipe	Couscous, cooked in water, no added fat or salt	20029	Couscous, cooked	3.3	0.0	USDA database	A	Same food	3
10B10072	23202001	Analysed	Gherkin, pickled, drained, commercial			3.3	0.2	USDA analytical database	B	Same food +/-	12
01B30323	11301012	Analysed	Juice, grape, commercial	9135	Grape juice, canned or bottled, unsweetened, without added vitamin C	3.2	0.2	USDA analytical database	A	Same food	3
12B10114	27201012	Imputed	Marmalade, cumquat (kumquat), regular	19303	Marmalade, orange	3.0	--	USDA database	B	Same food +/-	1
12B10097	27201013	Imputed	Marmalade, lime or lemon, regular	19303	Marmalade, orange	3.0	--	USDA database	B	Same food +/-	1
12B10075	27201014	Analysed	Marmalade, orange, regular	19303	Marmalade, orange	3.0	--	USDA database	A	Same food	1
12D10065	27303001	Label Data	Gelato or sorbet, fruit or fruit juice, regular fat	43346	Frozen novelties, juice type, orange	2.9	--	USDA database	C	Similar food at minor	3

06C10203	16403001	Analysed	Apricot, raw	9021	Apricots, raw	2.8	--	USDA database	A	Same food	7
12C10437	28102001	Analysed	Bar, cherry & coconut centre, dark chocolate-coated	19083	Candies, sweet chocolate coated fondant	2.8	--	USDA database	D	Different food at minor	2
12C10433	28102002	Analysed	Bar, coconut cream centre, milk chocolate-coated	19083	Candies, sweet chocolate coated fondant	2.8	--	USDA database	D	Different food at minor	#N/A
12C10504	28103009	Label Data	Chocolate, chocolate cream centre	19083	Candies, sweet chocolate coated fondant	2.8	--	USDA database	C	Similar food at minor	#N/A
12C10460	28103010	Analysed	Chocolate, dark, fondant filled	19083	Candies, sweet chocolate coated fondant	2.8	--	USDA database	B	Same food +/-	1
12C10459	28103011	Analysed	Chocolate, dark, peppermint filled	19083	Candies, sweet chocolate coated fondant	2.8	--	USDA database	C	Similar food at minor	#N/A
12C10461	28103015	Analysed	Chocolate, milk, fondant filled	19083	Candies, sweet chocolate coated fondant	2.8	--	USDA database	B	Same food +/-	2
12C10489	28103023	Label Data	Confectionery, malt centre, chocolate coated	19083	Candies, sweet chocolate coated fondant	2.8	--	USDA database	C	Similar food at minor	#N/A
12C10505	28103026	Label Data	Easter egg, milk, fondant filled	19083	Candies, sweet chocolate coated fondant	2.8	--	USDA database	B	Same food +/-	#N/A
10A10440	23103027	Analysed	Sauce, worcestershire, commercial	6971	Sauce, worcestershire	2.7	--	USDA database	A	Same food	5
01B10325	11201001	Borrowed	Coffee, espresso style, without milk	14210	Beverages, coffee, brewed, espresso, restaurant-prepared	2.6	--	USDA database	A	Same food	47
01B10300	11201003	NNS 1995	Coffee, long black style, from ground coffee beans, without milk	14209	Coffee, brewed from grounds, prepared with tap water	2.6	0.1	USDA analytical database	B	Same food +/-	3

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10F20102	23303005	Analysed	Dressing, oil, vinegar & vegetables/herbs, commercial, regular fat	4114	Salad dressing, italian dressing, commercial, regular	2.6	--	USDA analytical database	B	Same food +/-	1
12A10075	27101001	Analysed	Sugar, brown	19334	Sugars, brown	2.5	0.3	USDA analytical database	A	Same food	42
06E10089	16702003	Analysed	Fruit salad, canned in pear juice, drained	9351	Fruit cocktail, canned, heavy syrup, drained	2.4	--	USDA database	C	Similar food at minor	2
06E10090	16702006	Analysed	Fruit salad, canned in pineapple juice, drained	9351	Fruit cocktail, canned, heavy syrup, drained	2.4	--	USDA database	D	Different food at minor	2
06E10087	16702009	Analysed	Fruit salad, canned in heavy syrup, drained	9351	Fruit cocktail, canned, heavy syrup, drained	2.4	--	USDA database	D	Different food at minor	2
06E10088	16702012	Analysed	Fruit salad, canned in syrup, drained	9351	Fruit cocktail, canned, heavy syrup, drained	2.4	--	USDA database	D	Different food at minor	2
10A10435	23103021	Analysed	Sauce, plum, commercial	27050	Sauce, sweet and sour, ready-to-serve	2.4	--	USDA database	C	Similar food at minor	2
10A10432	23107010	Analysed	Sauce, sweet & sour, commercial	27050	Sauce, sweet and sour, ready-to-serve	2.4	--	USDA database	A	Same food	4
13A12041	24302054	Borrowed	Wasabi, root, raw	27064	Wasabi	2.3	--	USDA database	D	Different food at minor	2
12A10076	27102002	Analysed	Honey	19296	Honey	2.2	1.7	USDA analytical	A	Same food	67

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02A10386	12102003	Analysed	Rice, white, boiled, no added salt	20045	Rice, white, long grain, regular, cooked	2.1	0.3	USDA analytic al databas e	A	Same food	23
02F40233	12102011	Analysed	Rice, flavoured, prepared from dry mix	20045	Rice, white, long grain, regular, cooked	2.1	0.3	USDA analytic al databas e	B	Same food +/-	1
02A10387	12102013	Analysed	Rice, purchased as parboiled (gold rice), boiled, no added salt	20045	Rice, white, long grain, regular, cooked	2.1	0.3	USDA analytic al databas e	C	Similar food at minor	#N/A
09A10202	20106004	Analysed	Milk, rice, fluid, added calcium	14639	Beverages, rice milk, unsweetened	2.1	--	USDA databas e	B	Same food +/-	4
09A10235	20106005	Label Data	Milk, rice, fluid, protein enriched, added calcium	14639	Beverages, rice milk, unsweetened	2.1	--	USDA databas e	C	Similar food at minor	#N/A
06C10217	16403004	Analysed	Plum, unpeeled, raw	9279	Plums, raw	1.9	--	USDA databas e	B	Same food +/-	7
06D10531	16601008	Analysed	Kiwifruit, gold, peeled or unpeeled, raw	9520	Kiwifruit, ZESPRI SunGold, raw	1.9	--	USDA databas e	A	Same food	#N/A
15A10919	16601020	Analysed	Plum, davidson (native), flesh	9279	Plums, raw	1.9	--	USDA databas e	C	Similar food at minor	#N/A
01B30321	11301002	Analysed	Juice, apple, commercial, added vitamin C	98005	Apple juice, calcium enriched with added vitamin C	1.8	0.1	USDA analytic al databas e	A	Same food	4

01B30355	11301003	Analysed	Juice, apple, commercial, no added vitamin C	98005	Apple juice, calcium enriched with added vitamin C	1.8	0.1	USDA analytical database	B	Same food +/-	3
01B30350	11301005	Analysed	Juice, apple, sparkling, commercial, added vitamin C	98005	Apple juice, calcium enriched with added vitamin C	1.8	0.1	USDA analytical database	C	Similar food at minor	1
01B30348	11301006	Analysed	Juice, apple, sparkling, commercial, no added vitamin C	98005	Apple juice, calcium enriched with added vitamin C	1.8	0.1	USDA analytical database	C	Similar food at minor	1
01B30337	11301007	Analysed	Juice, apple & blackcurrant, commercial	98005	Apple juice, calcium enriched with added vitamin C	1.8	0.1	USDA analytical database	C	Similar food at minor	1
01B30344	11303001	Label Data	Juice, apple, commercial, added vitamins C, E & folate & fibre	98005	Apple juice, calcium enriched with added vitamin C	1.8	0.1	USDA analytical database	B	Same food +/-	#N/A
01B20407	11307002	Analysed	Fruit drink, 25% apple juice, commercial	14162	Beverages, Apple juice drink, light, fortified with vitamin C	1.8	--	USDA database	D	Different food at minor	1
01B20403	11403007	Analysed	Cordial base, lime or green, regular	14262	Beverages, citrus fruit juice drink, frozen concentrate	1.8	--	USDA database	D	Different food at minor	4
01B20380	11403009	Analysed	Cordial base, 25% citrus fruit juice (orange & lemon), regular	14262	Beverages, citrus fruit juice drink, frozen concentrate	1.8	--	USDA database	D	Different food at minor	6
01B20382	11403010	Analysed	Cordial base, 40% citrus fruit juice (orange, lemon or	14262	Beverages, citrus fruit juice drink, frozen concentrate	1.8	--	USDA database	D	Different food	3



			lime), regular					e		at minor	
06C10220	1640400 1	Recipe	Apricot, canned in pear juice	9024	Apricots, canned, juice pack, with skin, solids and liquids	1.8	--	USDA databas e	B	Same food +/-	#N/A
06C10222	1640400 4	Recipe	Apricot, canned in light syrup	9026	Apricots, canned, light syrup pack, with skin, solids and liquids	1.8	--	USDA databas e	B	Same food +/-	#N/A
06C10221	1640400 7	Recipe	Apricot, canned in syrup	9026	Apricots, canned, light syrup pack, with skin, solids and liquids	1.8	--	USDA databas e	B	Same food +/-	#N/A
06C10219	1640401 0	Recipe	Apricot, canned in intense sweetened liquid	9026	Apricots, canned, light syrup pack, with skin, solids and liquids	1.8	--	USDA databas e	B	Same food +/-	#N/A
02A10396	1240300 4	Analysed	Pasta, gluten free, plain, boiled from dry, no added salt	2065 7	Pasta, gluten-free, corn and rice flour, cooked	1.7	--	USDA databas e	C	Similar food at minor	1
02A10397	1240300 5	Analysed	Pasta, gluten free, plain, boiled from dry, with added salt	2065 7	Pasta, gluten-free, corn and rice flour, cooked	1.7	--	USDA databas e	C	Similar food at minor	1
02A10380	1240300 6	Borrowed	Pasta, maize flour (corn) based, plain, dry	2065 7	Pasta, gluten-free, corn and rice flour, cooked	1.7	--	USDA databas e	C	Similar food at minor	#N/A
02A10363	1240300 7	Borrowed	Pasta, maize flour (corn) based, plain, cooked	2065 7	Pasta, gluten-free, corn and rice flour, cooked	1.7	--	USDA databas e	C	Similar food at minor	2
01A20122	2920400 1	Analysed	Wine cooler, wine & fruit juice blend, all flavours	1425 0	Beverages, AMBER, hard cider	1.7	--	USDA databas e	B	Same food +/-	#N/A
01A30148	2940100 1	Analysed	Cider, apple, alcoholic, draught style	1425 0	Beverages, AMBER, hard cider	1.7	--	USDA databas e	B	Same food +/-	1
01A30149	2940100 2	Analysed	Cider, apple, alcoholic, dry style	1425 0	Beverages, AMBER, hard cider	1.7	--	USDA databas e	B	Same food +/-	1
01A30150	2940100 3	Analysed	Cider, apple, alcoholic, sweet style	1425 0	Beverages, AMBER, hard cider	1.7	--	USDA databas e	B	Same food +/-	1

01A30182	29402001	Label Data	Cider, pear (perry), alcoholic	14250	Beverages, AMBER, hard cider	1.7	--	USDA database	B	Same food +/-	#N/A
02A10377	12403003	Analysed	Noodle, rice stick, boiled, drained	20134	Rice noodles, cooked	1.6	--	USDA database	A	Same food	13
12A10078	27102005	Borrowed	Syrup, maple, pure (100% maple)	19353	Syrups, maple	1.6	--	USDA database	A	Same food	1
11B10211	22204013	Analysed	Nut, chestnut, roasted, unsalted	12167	Nuts, chestnuts, european, roasted	1.5	--	USDA database	A	Same food	1
02E10435	13303005	Analysed	Cake mix, plain, dry powder	18088	Cake, angelfood, dry mix, prepared	1.3	--	USDA database	B	Same food +/-	5
06C10224	16404016	Recipe	Plum, dark, canned in syrup	9283	Plums, canned, purple, light syrup pack, solids and liquids	1.3	--	USDA database	B	Same food +/-	#N/A
12A10074	27101003	Analysed	Sugar, raw		#REF!	1.3	0.2	USDA analytical database	B	Same food +/-	6
12A10097	27101004	Imputed	Sugar, raw, low GI (glucose index)			1.3	0.2	USDA analytical database	B	Same food +/-	#N/A
02A10449	12101027	Imputed	Sago, dry, uncooked	20068	Tapioca, pearl, dry	1.2	--	USDA database	D	Different food at minor	2
02A20100	12103005	Analysed	Flour, arrowroot	20068	Tapioca, pearl, dry	1.2	--	USDA database	D	Different food at minor	#N/A
02A10350	12103021	Analysed	Tapioca, pearl or seed style, uncooked	20068	Tapioca, pearl, dry	1.2	--	USDA database	A	Same food	2

02C20320	13104010	Analysed	Biscuit, sweet, sandwich, wafer layers, cream filling, chocolate flavoured, commercial	18209	Cookies, sugar wafers with creme filling, regular	1.2	0.0	USDA database	D	Different food at minor	3
02C20305	13104011	Analysed	Biscuit, sweet, sandwich, wafer layers, cream filling, non-chocolate flavours, commercial	18209	Cookies, sugar wafers with creme filling, regular	1.2	0.0	USDA database	A	Same food	1
01B20442	11307008	Borrowed	Fruit drink, cranberry, commercial	14242	Cranberry juice cocktail, bottled	1.1	0.1	USDA analytical database	A	Same food	2
03A10080	17101013	Analysed	Egg, chicken, white (albumen) only, raw	1124	Egg, white, raw, fresh	1.1	0.3	USDA analytical database	A	Same food	24
11B10212	22203003	Analysed	Coconut, fresh, mature, water or juice	12119	Nuts, coconut water (liquid from coconuts)	1.1	--	USDA database	A	Same food	#N/A
11B10214	22203004	Analysed	Coconut, fresh, young or immature, water or juice	12119	Nuts, coconut water (liquid from coconuts)	1.1	--	USDA database	B	Same food +/-	#N/A
01B10471	11203001	Imputed	Coffee, espresso style, decaffeinated, without milk	14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	1.0	--	USDA database	A	Same food	#N/A
01B10304	11203003	NNS 1995	Coffee, long black style, from ground beans, decaffeinated, without milk	14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	1.0	--	USDA database	B	Same food +/-	8
02C20286	13101016	Analysed	Biscuit, sweet, shortbread style, commercial	18192	Cookies, shortbread, commercially prepared, plain	0.9	--	USDA database	A	Same food	3
10A10451	23104005	Analysed	Sauce, taco style, commercial	27063	Sauce, enchilada, red, mild, ready to serve	0.9	--	USDA database	D	Different food at minor	#N/A
12B10077	27103004	Analysed	Topping, chocolate	19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.8	--	USDA database	B	Same food	10

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12C10465	28401012	Analysed	Lolly, butterscotch	19070	Candies, butterscotch	0.8	--	USDA database	B	Same food +/-	#N/A
01B10308	11209001	NNS 1995	Coffee mix, with beverage whitener & sugar, dry powder	43401	Beverages, coffee, instant, with whitener, reduced calorie	0.7	--	USDA database	C	Similar food at minor	1
01B10483	11209003	Imputed	Coffee mix, with beverage whitener & sugar, decaffeinated, dry powder	43401	Beverages, coffee, instant, with whitener, reduced calorie	0.7	--	USDA database	C	Similar food at minor	1
10F20118	23302006	Label Data	Mayonnaise, commercial, 97% fat free	42193	Salad Dressing, mayonnaise-like, fat-free	0.7	--	USDA database	B	Same food +/-	1
01B20405	11501009	Analysed	Soft drink, orange flavour, regular	14150	Carbonated beverage, orange	0.6	0.1	USDA analytical database	A	Same food	3
01B20404	11307006	Analysed	Fruit drink, apricot juice, commercial	14327	Beverages, orange and apricot juice drink, canned	0.5	--	USDA database	D	Different food at minor	1
01B20408	11307014	Analysed	Fruit drink, 25% orange juice, commercial	14327	Beverages, orange and apricot juice drink, canned	0.5	--	USDA database	D	Different food at minor	1
01B20419	11307015	Analysed	Fruit drink, 25% orange juice, commercial, added vitamin C	14327	Beverages, orange and apricot juice drink, canned	0.5	--	USDA database	D	Different food at minor	1
01B20374	11307016	Analysed	Fruit drink, 35% orange juice, commercial, added vitamin C	14327	Beverages, orange and apricot juice drink, canned	0.5	--	USDA database	D	Different food at minor	1
01B20377	11307019	Analysed	Fruit drink, tropical style, commercial	14341	Beverages, pineapple and orange juice drink, canned	0.5	--	USDA database	D	Different food at minor	#N/A

13A12623	24201038	Imputed	Kale, raw	11233	Kale, raw	0.5	0.3	USDA database	A	Same food	1
12D10051	27301001	Analysed	Jelly crystals, sugar sweetened, all flavours	98028	Gelatin desserts, strawberry flavor, ready-to-eat	0.5	0.1	USDA analytical database	B	Same food +/-	1
12D10066	27302001	Imputed	Jelly crystals, intense sweetened, all flavours	98028	Gelatin desserts, strawberry flavor, ready-to-eat	0.5	0.1	USDA analytical database	C	Similar food at minor	1
01B10298	11101001	Analysed	Tea, regular, black, brewed from leaf or teabags, plain, without milk	14355	Beverages, tea, black, brewed, prepared with tap water	0.4	--	USDA database	A	Same food	3
01B10330	11101002	Imputed	Tea, regular, black, brewed from leaf or teabags, flavoured, without milk	14355	Beverages, tea, black, brewed, prepared with tap water	0.4	--	USDA database	B	Same food +/-	#N/A
01B10392	11101006	Imputed	Tea, chai, plain, without milk	14355	Beverages, tea, black, brewed, prepared with tap water	0.4	--	USDA database	C	Similar food at minor	#N/A
01B10482	11101007	Imputed	Tea, chai, flavoured, without milk	14355	Beverages, tea, black, brewed, prepared with tap water	0.4	--	USDA database	C	Similar food at minor	1
01B10397	11103001	Imputed	Tea, decaffeinated, black, brewed from leaf or teabags, plain, without milk	14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.4	--	USDA database	A	Same food	#N/A
01B10333	11105002	Borrowed	Tea, herbal, lemon, without milk	14381	Beverages, tea, herb, other than chamomile, brewed	0.4	--	USDA database	A	Same food	#N/A
01B10332	11105003	Borrowed	Tea, herbal, mint, without milk	14381	Beverages, tea, herb, other than chamomile, brewed	0.4	--	USDA database	A	Same food	#N/A
01B10299	11105004	Borrowed	Tea, herbal, other, without milk	14381	Beverages, tea, herb, other than chamomile, brewed	0.4	--	USDA database	A	Same food	1
01B20385	11404001	NNS 1995	Cordial base, apple & berry, intense sweetened or diet	43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.4	--	USDA database	D	Different food	2

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01B20512	1140400 2	Label Data	Cordial base, blackcurrant juice, intense sweetened or diet	1424 3	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.4	--	USDA database	D	Different food at minor	1
01B20424	1140400 4	Imputed	Cordial base, lemon, intense sweetened or diet	1424 3	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.4	--	USDA database	D	Different food at minor	1
01B20432	1140400 5	Analysed	Cordial base, lime or green, intense sweetened or diet	1424 3	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.4	--	USDA database	D	Different food at minor	1
01B20422	1140400 6	Imputed	Cordial base, orange or orange & mango, intense sweetened or diet	1424 3	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.4	--	USDA database	D	Different food at minor	1
01B20384	1140400 7	Analysed	Cordial base, 25% citrus fruit juice (orange or lemon), intense sweetened or diet	1424 3	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.4	--	USDA database	D	Different food at minor	2
01B20406	1150100 4	Analysed	Soft drink, lemon flavour, regular	1414 4	Beverages, carbonated, lemon-lime soda, no caffeine	0.4	--	USDA database	A	Same food	5
01B20386	1150100 6	Analysed	Soft drink, lemonade, regular	1414 4	Beverages, carbonated, lemon-lime soda, no caffeine	0.4	--	USDA database	A	Same food	4
01B20451	1150100 8	Imputed	Soft drink, lime flavour, regular	1414 4	Beverages, carbonated, lemon-lime soda, no caffeine	0.4	--	USDA database	A	Same food	#N/A
01B20485	1150101 8	Label Data	Soft drink, frozen, non-cola flavours, regular	1414 4	Beverages, carbonated, lemon-lime soda, no caffeine	0.4	--	USDA database	D	Different food at minor	1
01B20390	1150300 1	Analysed	Soft drink, cola flavour, regular	1440 0	Carbonated beverage, cola, contains caffeine	0.4	0.1	USDA analytical database	A	Same food	9

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01B20484	11503004	Label Data	Soft drink, frozen, cola flavour, regular	14400	Carbonated beverage, cola, contains caffeine	0.4	0.1	USDA analytical database	D	Different food at minor	1
04C10106	14402001	Borrowed	Oil, almond	4529	Oil, almond	0.4	--	USDA database	A	Same food	#N/A
01B20457	11501013	Imputed	Soft drink, sarsaparilla, regular	14157	Beverages, carbonated, root beer	0.3	--	USDA database	A	Same food	1
01B20391	11503003	Imputed	Soft drink, cola flavour, regular, decaffeinated	14147	Beverages, carbonated, cola, without caffeine	0.3	--	USDA database	A	Same food	1
01B20467	11603004	Analysed	Soft drink, energy drink, Red Bull	14154	Beverages, Energy drink, RED BULL	0.3	--	USDA database	A	Same food	1
01B20507	11603006	Label Data	Soft drink, energy drink, Rockstar	14629	Beverages, Energy drink, ROCKSTAR	0.3	--	USDA database	A	Same food	1
04C10094	14402007	Analysed	Oil, olive	4053	Oil, olive, salad or cooking	0.3	0.1	USDA analytical database	A	Same food	89
12A10099	11403005	NNS 1995	Cordial base, grenadine syrup	19018	Fruit syrup	0.2	0.0	USDA database	D	Different food at minor	#N/A
04C10105	14401002	Borrowed	Oil, cottonseed	4502	Oil, cottonseed, salad or cooking	0.2	--	USDA database	A	Same food	#N/A
04C10095	14401005	Analysed	Oil, maize	4518	Oil, corn, industrial and retail, all purpose salad or cooking	0.2	--	USDA database	A	Same food	2
04C10103	14401007	Analysed	Oil, sesame	4058	Oil, sesame, salad or cooking	0.2	--	USDA database	A	Same food	15

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04C10099	14401008	Analysed	Oil, soybean	4044	Oil, soybean, salad or cooking	0.2	0.0	USDA analytical database	A	Same food	18
04C10110	14402002	Analysed	Oil, blend of monounsaturated vegetable oils	4582	Oil, vegetable, canola	0.2	0.0	USDA analytical database	B	Same food +/-	2
04C10096	14402003	Analysed	Oil, canola	4582	Oil, vegetable, canola	0.2	0.0	USDA analytical database	A	Same food	85
04C10101	14502001	Analysed	Fat, solid, vegetable oil based	4658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.2	--	USDA database	B	Same food +/-	1
04C10108	14502003	Borrowed	Oil, palm	4513	Vegetable oil, palm kernel	0.2	--	USDA database	A	Same food	2
04B20089	14502004	Imputed	Shortening, commercial, vegetable fat (for bread, buns & yeast doughs)	4667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	0.2	--	USDA database	C	Similar food at minor	4
04B20092	14502005	Imputed	Shortening, commercial, vegetable fat (for flaky pastry, pie tops, sausage rolls & danishes)	4667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	0.2	--	USDA database	C	Similar food at minor	3
04B20093	14502006	Imputed	Shortening, commercial, vegetable fat (for coatings, creams, icings, confectionery & fillings)	4667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	0.2	--	USDA database	C	Similar food at minor	11
01B20499	11602001	Label Data	Sports drink, dry powder, all flavours	43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.1	--	USDA database	D	Different food at minor	1
01B10523	1180400	Label Data	Beverage base, banana	1435	Strawberry-flavor beverage mix, powder	0.1	--	USDA	C	Similar	8



	2		flavour (Nesquik brand)	0				databas e		food at minor	
01B10522	1180400 6	Label Data	Beverage base, strawberry flavour, unfortified (Nesquik brand)	1435 0	Strawberry-flavor beverage mix, powder	0.1	--	USDA databas e	A	Same food	#N/A
04C10092	1440200 8	Analysed	Oil, peanut	4042	Oil, peanut, salad or cooking	0.1	0.0	USDA databas e	A	Same food	2
12C10422	2840102 2	NNS 1995	Marshmallow, plain or flavoured	1911 6	Candies, marshmallows	0.1	--	USDA databas e	B	Same food +/-	4
01B40006	3010400 2	Label Data	Gel, energy, caffeinated, all flavours	4334 5	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.1	--	USDA databas e	D	Differen t food at minor	#N/A
01B10390	1110100 3	Imputed	Tea, green, plain, without milk	1427 8	Beverages, tea, green, brewed, regular	0.0	--	USDA databas e	A	Same food	#N/A
01B10391	1110100 4	Imputed	Tea, green, flavoured, without milk	1427 8	Beverages, tea, green, brewed, regular	0.0	--	USDA databas e	B	Same food +/-	#N/A
01B10404	1110100 5	Imputed	Tea, jasmine, plain, without milk	1427 8	Beverages, tea, green, brewed, regular	0.0	--	USDA databas e	C	Similar food at minor	#N/A
01B10334	1110500 1	Borrowed	Tea, herbal, chamomile, without milk	1454 5	Beverages, tea, herb, brewed, chamomile	0.0	--	USDA databas e	A	Same food	#N/A
01B30392	1130400 1	Label Data	Juice, aloe vera, commercial	1421 6	Beverages, aloe vera juice drink, fortified with Vitamin C	0.0	--	USDA databas e	C	Similar food at minor	#N/A
01B20497	1130800 1	Label Data	Fruit drink, aloe vera, commercial	1421 6	Beverages, aloe vera juice drink, fortified with Vitamin C	0.0	--	USDA databas e	B	Same food +/-	#N/A
01B20420	1150100 1	Borrowed	Soft drink, creaming soda, regular	1413 0	Carbonated beverage, cream soda	0.0	--	USDA databas e	A	Same food	1
01B20455	1150100 2	Borrowed	Soft drink, dry ginger ale or ginger beer, regular	1413 6	Beverages, carbonated, ginger ale	0.0	--	USDA databas e	A	Same food	2

01B20515	11501003	Label Data	Soft drink, grass jelly, all flavours	14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0.0	--	USDA database	D	Different food at minor	#N/A
01B20389	11501015	NNS 1995	Soft drink, tonic water, regular	14155	Beverages, carbonated, tonic water	0.0	--	USDA database	A	Same food	3
01B20511	11501017	Label Data	Soft drink, ready to drink, added glucose & vitamin C (Lucozade)	14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.0	--	USDA database	D	Different food at minor	#N/A
01B20425	11502001	Borrowed	Soft drink, creaming soda, intense sweetened or diet	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	D	Different food at minor	#N/A
01B20456	11502002	Imputed	Soft drink, dry ginger ale or ginger beer, intense sweetened or diet	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	D	Different food at minor	1
01B20428	11502003	Imputed	Soft drink, lemon flavour, intense sweetened or diet	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	D	Different food at minor	#N/A
01B20395	11502004	Imputed	Soft drink, lemonade, intense sweetened or diet	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	D	Different food at minor	1
01B20429	11502005	Imputed	Soft drink, orange flavour, intense sweetened or diet	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	D	Different food at minor	#N/A
01B20426	11502006	Borrowed	Soft drink, passionfruit flavour, intense sweetened or diet	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	D	Different food at minor	#N/A
01B20427	11502007	Borrowed	Soft drink, raspberry flavour, intense sweetened or diet	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	D	Different food at minor	#N/A

01B20396	11502008	Imputed	Soft drink, other fruit flavours, intense sweetened or diet	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	D	Different food at minor	#N/A
01B20398	11502009	NNS 1995	Soft drink, tonic water, intense sweetened or diet	14155	Beverages, carbonated, tonic water	0.0	--	USDA database	B	Same food +/-	#N/A
01B20399	11504001	Analysed	Soft drink, cola flavour, intense sweetened or diet	14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.0	0.1	USDA analytical database	B	Same food +/-	4
01B20409	11504003	Imputed	Soft drink, cola flavour, intense sweetened or diet, decaffeinated	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.0	--	USDA database	B	Same food +/-	1
01B20392	11505001	Analysed	Mineral water, citrus flavoured, regular	14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.0	--	USDA database	B	Same food +/-	#N/A
01B20453	11505002	Imputed	Mineral water, non-citrus flavoured, regular	14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.0	--	USDA database	A	Same food	#N/A
01B20393	11506001	NNS 1995	Mineral water, flavoured, intense sweetened or diet	14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.0	--	USDA database	C	Similar food at minor	#N/A
01B20394	11601001	NNS 1995	Sports drink, ready to drink, all flavours	14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.0	--	USDA database	A	Same food	#N/A
01B20498	11601002	Label Data	Sports drink, ready to drink, sugar free, all flavours	14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.0	--	USDA database	B	Same food +/-	#N/A
01B20504	11603001	Label Data	Soft drink, energy drink, Hype	14021	Beverages, Energy drink, Citrus	0.0	--	USDA database	C	Similar food at minor	1
01B20503	11603002	Label Data	Soft drink, energy drink, Monster	14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.0	--	USDA database	A	Same food	1
01B20470	11603003	Label Data	Soft drink, energy drink, Mother	14021	Beverages, Energy drink, Citrus	0.0	--	USDA database	C	Similar food at minor	1

01B20502	11603005	Label Data	Soft drink, energy drink, Red Eye	14021	Beverages, Energy drink, Citrus	0.0	--	USDA database	C	Similar food at minor	1
01B20469	11603007	Analysed	Soft drink, energy drink, V	14021	Beverages, Energy drink, Citrus	0.0	--	USDA database	C	Similar food at minor	1
01B20468	11604001	Label Data	Soft drink, energy drink, intense sweetened, Red Bull	14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.0	--	USDA database	A	Same food	1
01B20501	11604002	Label Data	Soft drink, energy drink, intense sweetened, V	14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.0	--	USDA database	C	Similar food at minor	1
01B20510	11604003	Label Data	Soft drink, energy drink, intense sweetened, XS sugar-free	14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.0	--	USDA database	C	Similar food at minor	#N/A
01B20400	11702003	NNS 1995	Water, bottled, carbonated or soda water	14155	Beverages, carbonated, tonic water	0.0	--	USDA database	B	Same food +/-	3
01B10521	11703001	Label Data	Water, bottled, with added sugar, vitamins & minerals	14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.0	--	USDA database	A	Same food	#N/A
01B10316	11802001	Analysed	Beverage base, chocolate flavour, added vitamins A & B3 & Fe	14315	Beverages, OVALTINE, chocolate malt powder	0.0	--	USDA database	A	Same food	1
01B10319	11804003	NNS 1995	Beverage base, chocolate flavour, unfortified (Nesquik brand)	14315	Beverages, OVALTINE, chocolate malt powder	0.0	--	USDA database	B	Same food +/-	#N/A
09A50052	19305001	Analysed	Cream, imitation or mock (non-dairy)	42141	Cream substitute, liquid, light	0.0	--	USDA database	C	Similar food at minor	3
09A50059	19305002	Label Data	Cream, imitation or mock (non-dairy), reduced fat	1067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.0	--	USDA database	C	Similar food at minor	1
10A10439	23103025	NNS 1995	Sauce, tabasco, commercial	6169	Sauce, ready-to-serve, pepper, TABASCO	0.0	--	USDA database	A	Same food	#N/A
10F20098	23305001	Analysed	Vinegar (except balsamic vinegar)	2053	Vinegar, distilled	0.0	--	USDA database	A	Same food	33

10F20113	2330500 2	Borrowed	Vinegar, balsamic	2048	Vinegar, cider	0.0	--	USDA databas e	C	Similar food at minor	2
13A11774	2440201 1	Analysed	Bamboo shoot, canned in water, heated, drained	1102 8	Bamboo shoots, canned, drained solids	0.0	--	USDA databas e	A	Same food	1
13A12430	2440201 2	Imputed	Bamboo shoot, fresh, cooked, with or without fat	1102 8	Bamboo shoots, canned, drained solids	0.0	--	USDA databas e	B	Same food +/-	#N/A
10D10161	2610100 8	Analysed	Potato crisps or chips, reformed, cheese flavour, salted	1904 5	Snacks, potato chips, made from dried potatoes, reduced fat	0.0	--	USDA databas e	C	Similar food at minor	#N/A
10D10155	2610100 9	Analysed	Potato crisps or chips, reformed, plain, salted	1904 5	Snacks, potato chips, made from dried potatoes, reduced fat	0.0	--	USDA databas e	C	Similar food at minor	#N/A
10D10156	2610101 0	Analysed	Potato crisps or chips, reformed, salt & vinegar flavoured	1904 5	Snacks, potato chips, made from dried potatoes, reduced fat	0.0	--	USDA databas e	C	Similar food at minor	#N/A
10D10157	2610101 1	Analysed	Potato crisps or chips, reformed, sour cream & chives flavour, salted	1904 5	Snacks, potato chips, made from dried potatoes, reduced fat	0.0	--	USDA databas e	C	Similar food at minor	#N/A
10D10158	2610101 2	Analysed	Potato crisps or chips, reformed, other flavours, salted	1904 5	Snacks, potato chips, made from dried potatoes, reduced fat	0.0	--	USDA databas e	C	Similar food at minor	#N/A
12A10102	2710100 5	Label Data	Sugar, white, fruit sugar (fructose), granulated or lump	1933 5	Sugars, granulated	0.0	--	USDA databas e	B	Same food +/-	#N/A
12A10073	2710100 6	Analysed	Sugar, white, granulated or lump	1933 5	Sugars, granulated	0.0	--	USDA databas e	A	Same food	353
12A10080	2710100 8	Imputed	Sugar, white, icing	1933 6	Sugars, powdered	0.0	--	USDA databas e	B	Same food +/-	13
12A10081	2710100 9	Label Data	Sugar, white, icing mixture	1933 6	Sugars, powdered	0.0	--	USDA databas e	B	Same food +/-	24
12A10079	2710200 1	Borrowed	Glucose, liquid or syrup	1933 5	Sugars, granulated	0.0	--	USDA databas e	D	Differ ent food at	18

										minor	
12A10077	27102004	Analysed	Syrup, golden	19129	Syrups, table blends, pancake	0.0	--	USDA database	B	Same food +/-	10
12D10050	27303003	Analysed	Ice confection, stick or tub, fruit juice or fruit flavoured, regular fat	19283	Frozen novelties, ice type, pop	0.0	--	USDA database	C	Similar food at minor	1
12C10429	28401003	NNS 1995	Confectionery, cake decoration, sugar based (hundreds & thousands)	19335	Sugars, granulated	0.0	--	USDA database	B	Same food +/-	#N/A
12C10425	28401006	NNS 1995	Honeycomb, plain	19335	Sugars, granulated	0.0	--	USDA database	D	Different food at minor	#N/A
12C10428	28401010	Analysed	Lolly, boiled	19107	Candies, hard	0.0	--	USDA database	A	Same food	2
12C10546	28401013	Borrowed	Lolly, fruit flavoured, chewy	19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.0	--	USDA database	B	Same food +/-	#N/A
12C10427	28401014	Analysed	Lolly, hard varieties	19107	Candies, hard	0.0	--	USDA database	B	Same food +/-	1
12C10423	28401015	Analysed	Lolly, jelly varieties	19106	Candies, gumdrops, starch jelly pieces	0.0	--	USDA database	B	Same food +/-	2
12C10511	28401016	Imputed	Lolly, jelly varieties, natural colours & flavours	19106	Candies, gumdrops, starch jelly pieces	0.0	--	USDA database	B	Same food +/-	#N/A
12C10509	28401018	Imputed	Lolly, medicated cough lolly or lozenge	19107	Candies, hard	0.0	--	USDA database	B	Same food +/-	#N/A
12C10436	28401019	Analysed	Lolly, mint flavoured, sugar sweetened	19107	Candies, hard	0.0	--	USDA database	B	Same food +/-	#N/A
12C10479	28401021	Imputed	Lollipop or chupa chup	19107	Candies, hard	0.0	--	USDA database	B	Same food +/-	#N/A

12C10508	28402001	Label Data	Lolly, mint flavoured, intense sweetened	43058	Candies, hard, dietetic or low calorie (sorbitol)	0.0	--	USDA database	A	Same food	#N/A
12C10557	28402002	Label Data	Lolly, non-mint flavours, intense sweetened	43058	Candies, hard, dietetic or low calorie (sorbitol)	0.0	--	USDA database	B	Same food +/-	#N/A
12C10492	28403001	Label Data	Chewing gum, regular	19163	Chewing gum	0.0	--	USDA database	A	Same food	#N/A
12C10493	28404001	Label Data	Chewing gum, intense sweetened	43060	Chewing gum, sugarless	0.0	--	USDA database	A	Same food	#N/A
01A20108	29201004	Analysed	Wine, rose	14253	Alcoholic beverages, wine, rose	0.0	--	USDA database	B	Same food +/-	1
01A30139	29301001	Analysed	Brandy	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.0	--	USDA database	B	Same food +/-	4
01A30170	29301002	Imputed	Brandy, cooked	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.0	--	USDA database	B	Same food +/-	3
01A30141	29301003	Analysed	Gin	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.0	--	USDA database	A	Same food	4
01A30142	29301004	NNS 1995	Ouzo	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.0	--	USDA database	A	Same food	1
01A30143	29301005	Analysed	Rum, dark & light coloured	14050	Alcoholic beverage, distilled, rum, 80 proof	0.0	--	USDA database	A	Same food	5
01A30144	29301007	Analysed	Vodka	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.0	--	USDA database	A	Same food	5
01A30140	29301008	Analysed	Whisky or scotch	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.0	--	USDA database	B	Same food +/-	8
01A30166	29501001	Imputed	Cointreau	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.0	--	USDA database	B	Same food +/-	1

01A30154	29505003	Imputed	Ethanol 100%	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.0	--	USDA database	C	Similar food at minor	2
14A10045	31201001	Label Data	Intense sweetener, containing aspartame, powdered formulation	19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.0	--	USDA database	A	Same food	1
14A10046	31201002	Label Data	Intense sweetener, containing aspartame, tablet formulation	19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.0	--	USDA database	A	Same food	1
14A10047	31201003	Label Data	Intense sweetener, containing aspartame/acesulfame-potassium, tablet	19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.0	--	USDA database	C	Similar food at minor	#N/A
14A10050	31201004	Label Data	Intense sweetener, containing saccharin, liquid	43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.0	--	USDA database	B	Same food +/-	#N/A
14A10048	31201005	Label Data	Intense sweetener, containing saccharin, tablet	43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.0	--	USDA database	B	Same food +/-	1
14A10044	31201006	Label Data	Intense sweetener, containing sucralose, powdered formulation	19868	Sweeteners, tabletop, sucralose, SPLENDA packets	0.0	--	USDA database	A	Same food	1
14A10049	31201007	Label Data	Intense sweetener, containing sucralose, tablet	19868	Sweeteners, tabletop, sucralose, SPLENDA packets	0.0	--	USDA database	A	Same food	1
10F60110	31401001	Borrowed	Vanilla, artificial	2052	Vanilla extract, imitation, no alcohol	0.0	--	USDA database	A	Same food	54
14B10166	31501002	NNS 1995	Baking soda (bicarbonate), dry powder	18373	Leavening agents, cream of tartar	0.0	--	USDA database	D	Different food at minor	29
14B10167	31501003	Borrowed	Cream of tartar, dry powder	18373	Leavening agents, cream of tartar	0.0	--	USDA database	A	Same food	2
08D10169	18402001	Analysed	Beef, kidney, raw		#REF!	670.8	--	Calculated based on the recipe		#N/A	#N/A
08D10181	18402003	Analysed	Lamb, kidney, raw		#REF!	670.8	--	Calculated based on the recipe		#N/A	#N/A



08D10189	18402005	Analysed	Veal, kidney, raw		#REF!	670.8	--	Calculated based on the recipe	#N/A	#N/A
03A10083	17101018	Analysed	Egg, chicken, yolk, hard-boiled			656.8	0.9	Calculated based on the recipe	#N/A	#N/A
03A10123	17101019	Recipe	Egg, chicken, yolk, fried, no fat added			656.8	0.9	Calculated based on the recipe	#N/A	#N/A
08D10177	18403009	Analysed	Lamb, brain, raw		#REF!	641.7	--	Calculated based on the recipe	#N/A	#N/A
03A10118	17101020	Recipe	Egg, chicken, yolk, fried, fat not further defined			625.8	0.8	Calculated based on the recipe	#N/A	#N/A
03A10113	17201035	Recipe	Egg, chicken, yolk, scrambled, with cows milk, no fat added			461.7	0.8	Calculated based on the recipe	#N/A	#N/A
03A10135	17201036	Recipe	Egg, chicken, yolk, scrambled, with cows milk, fat not further defined			437.8	0.8	Calculated based on the recipe	#N/A	#N/A
08D10197	18401007	Recipe	Lamb, liver, fried, grilled or BBQ'd, fat not further defined			335.3	4.5	Calculated based on the recipe	#N/A	#N/A
03A10138	17103007	Recipe	Egg, emu, whole, raw			306.6	0.6	Calculated based on the recipe	#N/A	1
08D10165	18403001	Analysed	Beef, heart, raw	#REF!	#REF!	299.1	4.5	Calculated based on the recipe	#N/A	#N/A
08D10179	18403011	Analysed	Lamb, heart, raw	#REF!	#REF!	299.1	4.5	Calculated based on the recipe	#N/A	#N/A
08D10187	18403015	Analysed	Veal, heart, raw	#REF!	#REF!	299.1	4.5	Calculated based on the recipe	#N/A	#N/A
03A10137	17103006	Recipe	Egg, whole, preserved, cooked			296.2	0.0	Calculated based on the recipe	#N/A	#N/A
03A10133	17103003	Recipe	Egg, duck, whole, fried, fat not further defined			242.6	0.0	Calculated based on the recipe	#N/A	#N/A
03A10124	17101005	Recipe	Egg, chicken, whole, fried, no fat added			241.5	0.6	Calculated based on the recipe	#N/A	5
03A10131	17103005	Recipe	Egg, quail, whole, fried, fat not further defined			241.4	0.0	Calculated based on the recipe	#N/A	#N/A
03A10104	17101002	Recipe	Egg, chicken, whole, baked, no added fat			231.0	0.6	Calculated based on the recipe	#N/A	2
03A10095	17101006	Recipe	Egg, chicken, whole, fried, butter or dairy blend			230.3	0.6	Calculated based on the recipe	#N/A	#N/A
03A10090	17101007	Recipe	Egg, chicken, whole, fried, margarine spread			229.9	0.6	Calculated based on the recipe	#N/A	#N/A

03A10089	17101009	Recipe	Egg, chicken, whole, fried, fat not further defined			229.7	0.6	Calculated based on the recipe	#N/A	6
03A10088	17101008	Recipe	Egg, chicken, whole, fried, oil not further defined			229.4	0.6	Calculated based on the recipe	#N/A	3
03A10111	17101012	Recipe	Egg, chicken, whole, cooked, no added fat			224.8	0.6	Calculated based on the recipe	#N/A	#N/A
03A10078	17101010	Recipe	Egg, chicken, whole, poached, no added fat			221.4	0.5	Calculated based on the recipe	#N/A	8
03A10136	17101003	Recipe	Egg, chicken, whole, baked, added fat not further defined			219.7	0.5	Calculated based on the recipe	#N/A	#N/A
03A10086	17102002	Recipe	Egg, chicken, whole, omega-3 polyunsaturate enriched, boiled			216.8	0.5	Calculated based on the recipe	#N/A	1
03A10087	17103002	Recipe	Egg, duck, whole, boiled			215.3	0.0	Calculated based on the recipe	#N/A	1
03B10080	17201052	Recipe	Omelette, chicken egg, no added fat			214.7	0.5	Calculated based on the recipe	#N/A	#N/A
03A10109	17101011	Recipe	Egg, chicken, whole, poached, fat not further defined			211.1	0.5	Calculated based on the recipe	#N/A	#N/A
03B10078	17201002	Recipe	Egg, chicken, whole, hard-boiled, mashed with mayonnaise			207.2	0.5	Calculated based on the recipe	#N/A	1
08D10173	18403005	Analysed	Beef, tongue, raw	#REF!	#REF!	202.6	3.7	Calculated based on the recipe	#N/A	#N/A
08D10183	18403013	Analysed	Lamb, tongue, raw	#REF!	#REF!	202.6	3.7	Calculated based on the recipe	#N/A	#N/A
03B10084	17201056	Recipe	Omelette, chicken egg, cooked with fat not further defined			199.2	0.5	Calculated based on the recipe	#N/A	#N/A
03B10083	17201053	Recipe	Omelette, chicken egg, cooked with butter or dairy blend			198.5	0.5	Calculated based on the recipe	#N/A	#N/A
03B10169	17201054	Recipe	Omelette, chicken egg, cooked with margarine spread			197.9	0.5	Calculated based on the recipe	#N/A	#N/A
03B10082	17201055	Recipe	Omelette, chicken egg, cooked with oil not further defined			197.1	0.5	Calculated based on the recipe	#N/A	4
03A10129	17201006	Recipe	Egg, chicken, whole, poached with cheese &/or vegetables, with or without added fat			195.0	2.2	Calculated based on the recipe	#N/A	#N/A
03A10128	17201004	Recipe	Egg, chicken, whole, fried with cheese &/or vegetables, with or without added fat			190.4	2.2	Calculated based on the recipe	#N/A	#N/A
03A10110	17201001	Recipe	Egg, chicken, whole, curried			186.3	0.8	Calculated based on the recipe	#N/A	#N/A

08B10091	18202017	Recipe	Venison, leg medallion, lean, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	123.55	Weighted average 17345&17346	180.8	0.0	Calculated based on the recipe	#N/A	#N/A
08B10064	18202011	Analysed	Rabbit, farmed, whole, raw	#REF!	#REF!	178.2	23.4	Calculated based on the recipe	#N/A	#N/A
08B10079	18202013	Analysed	Venison, diced, lean, raw		#REF!	177.9	--	Calculated based on the recipe	#N/A	#N/A
08B10081	18202015	Analysed	Venison, leg medallion, lean, raw		#REF!	177.9	--	Calculated based on the recipe	#N/A	1
08B10085	18202020	Analysed	Venison, stir fry strips, lean, raw		#REF!	177.9	--	Calculated based on the recipe	#N/A	#N/A
03A10115	17201042	Recipe	Egg, duck, scrambled, with cows milk, no fat added			176.8	0.2	Calculated based on the recipe	#N/A	#N/A
03A10103	17201027	Recipe	Egg, chicken, scrambled or omelette, with herbs, cooked without added fat			176.7	0.6	Calculated based on the recipe	#N/A	#N/A
03A10139	17103008	Recipe	Egg, emu, scrambled, with cows milk, no added fat			174.7	0.4	Calculated based on the recipe	#N/A	#N/A
03B10174	17201044	Recipe	Frittata, cheese/plain, homemade			173.6	0.7	Calculated based on the recipe	#N/A	#N/A
03A10116	17201043	Recipe	Egg, duck, scrambled, with cows milk & fat not further defined			172.5	0.2	Calculated based on the recipe	#N/A	#N/A
03B10087	17201028	Recipe	Egg, chicken, scrambled or omelette, with herbs, cooked with added fat			172.2	0.6	Calculated based on the recipe	#N/A	#N/A
03B10096	17201020	Recipe	Egg, chicken, scrambled or omelette, with cheese, cooked without added fat			171.8	0.6	Calculated based on the recipe	#N/A	#N/A
10A10470	23105004	Recipe	Sauce, hollandaise, homemade			171.5	0.5	Calculated based on the recipe	#N/A	5
03B10079	17201008	Recipe	Egg, chicken, scrambled, with cows milk, cooked with butter or dairy blend			169.8	0.6	Calculated based on the recipe	#N/A	#N/A
03A10099	17201007	Recipe	Egg, chicken, scrambled, with cows milk, no fat added			168.1	0.6	Calculated based on the recipe	#N/A	#N/A
03A10107	17201021	Recipe	Egg, chicken, scrambled or omelette, with cheese, cooked with added fat			167.2	0.6	Calculated based on the recipe	#N/A	#N/A
03B10092	17201037	Recipe	Eggs benedict, poached chicken egg, with bacon or ham & hollandaise sauce			167.0	2.2	Calculated based on the recipe	#N/A	#N/A
03A10106	17201009	Recipe	Egg, chicken, scrambled, with cows milk, cooked with margarine spread			164.0	0.6	Calculated based on the recipe	#N/A	#N/A

03A10102	1720101 1	Recipe	Egg, chicken, scrambled, with cows milk, cooked with fat not further defined	163.9	0.6	Calculated based on the recipe	#N/A	#N/A
03A10100	1720101 0	Recipe	Egg, chicken, scrambled, with cows milk, cooked with oil not further defined	163.7	0.6	Calculated based on the recipe	#N/A	#N/A
03B10153	1720103 0	Recipe	Egg, chicken, scrambled or omelette, with salmon or tuna, cooked without added fat	163.0	0.7	Calculated based on the recipe	#N/A	#N/A
03A10126	1720100 5	Recipe	Egg, chicken, whole, poached with bacon, with or without added fat	162.9	3.9	Calculated based on the recipe	#N/A	#N/A
03B10168	1720104 5	Recipe	Frittata, cheese & bacon, homemade	160.1	1.1	Calculated based on the recipe	#N/A	#N/A
08A40200	1810402 1	Recipe	Veal, leg roast, separable lean, fried, grilled or BBQ'd, no added fat	159.9	29.2	Calculated based on the recipe	#N/A	#N/A
03B10170	1720103 1	Recipe	Egg, chicken, scrambled or omelette, with salmon or tuna & vegetables, cooked without added fat	159.6	1.7	Calculated based on the recipe	#N/A	#N/A
08A40206	1810402 7	Recipe	Veal, leg steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	159.0	29.1	Calculated based on the recipe	#N/A	#N/A
08A40201	1810402 3	Recipe	Veal, leg roast, fully-trimmed, baked or roasted, no added fat	158.6	29.0	Calculated based on the recipe	#N/A	#N/A
08A40207	1810403 0	Recipe	Veal, leg steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	157.4	28.9	Calculated based on the recipe	#N/A	#N/A
03B10129	1720101 2	Recipe	Egg, chicken, scrambled or omelette, with bacon, cooked without added fat	157.3	0.8	Calculated based on the recipe	#N/A	#N/A
03B10156	1720103 2	Recipe	Egg, chicken, scrambled or omelette, with salmon or tuna & vegetables, cooked with added fat	156.1	1.6	Calculated based on the recipe	#N/A	#N/A
03B10149	1720102 6	Recipe	Egg, chicken, scrambled or omelette, with chicken & vegetables, cooked with added fat	155.8	2.6	Calculated based on the recipe	#N/A	#N/A
03B10175	1720102 9	Recipe	Egg, chicken, scrambled or omelette, with meat & vegetables, cooked with added fat	155.6	2.6	Calculated based on the recipe	#N/A	#N/A
03A10125	1720100 3	Recipe	Egg, chicken, whole, fried with bacon, with or without added fat	154.4	1.1	Calculated based on the recipe	#N/A	#N/A
03B10106	1720102 3	Recipe	Egg, chicken, scrambled or omelette, with cheese & salmon or tuna, cooked without added fat	154.3	0.7	Calculated based on the recipe	#N/A	#N/A
03B10126	1720101 8	Recipe	Egg, chicken, scrambled or omelette, with bacon & vegetables, cooked without added fat	154.0	1.9	Calculated based on the recipe	#N/A	#N/A
03B10155	1720101 3	Recipe	Egg, chicken, scrambled or omelette, with bacon, cooked with added fat	153.9	0.8	Calculated based on the recipe	#N/A	#N/A
03B10171	1720103 4	Recipe	Egg, chicken, scrambled or omelette, with vegetables, cooked without added fat	151.9	3.0	Calculated based on the recipe	#N/A	#N/A

03B10111	1720102 2	Recipe	Egg, chicken, scrambled or omelette, with cheese, chicken & vegetables, cooked without added fat			151.0	2.5	Calculated based on the recipe	#N/A	#N/A
03B10154	1720101 9	Recipe	Egg, chicken, scrambled or omelette, with bacon & vegetables, cooked with added fat			150.7	1.9	Calculated based on the recipe	#N/A	#N/A
03B10102	1720101 4	Recipe	Egg, chicken, scrambled or omelette, with bacon & cheese, cooked without added fat			149.2	0.8	Calculated based on the recipe	#N/A	#N/A
08D10176	1840300 8	Analysed	Beef, tripe, simmered or boiled, no added fat		#REF!	149.0	--	Calculated based on the recipe	#N/A	3
08D10199	1840301 7	Recipe	Lamb, intestine, simmered or boiled, no added fat			149.0	0.0	Calculated based on the recipe	#N/A	#N/A
03B10115	1720103 3	Recipe	Egg, chicken, scrambled or omelette, with vegetables, fat not further defined			148.6	3.0	Calculated based on the recipe	#N/A	#N/A
03B10166	1720105 1	Recipe	Frittata, cheese & spinach, homemade			148.5	24.4	Calculated based on the recipe	#N/A	#N/A
15A20147	1801100 9	Recipe	Kangaroo, wild caught, flesh & organs, cooked			147.5	11.7	Calculated based on the recipe	#N/A	#N/A
03B10151	1720101 5	Recipe	Egg, chicken, scrambled or omelette, with bacon & cheese, cooked with added fat			146.3	0.8	Calculated based on the recipe	#N/A	#N/A
03B10104	1720101 6	Recipe	Egg, chicken, scrambled or omelette, with bacon, cheese & vegetables, cooked without added fat			146.1	1.8	Calculated based on the recipe	#N/A	#N/A
08A40212	1810403 6	Recipe	Veal, loin chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			145.5	26.9	Calculated based on the recipe	#N/A	#N/A
03B10143	1720102 4	Recipe	Egg, chicken, scrambled or omelette, with cheese & vegetables, cooked without added fat			144.1	2.9	Calculated based on the recipe	#N/A	#N/A
08A40213	1810403 9	Recipe	Veal, loin chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			143.2	26.6	Calculated based on the recipe	#N/A	#N/A
03B10136	1720101 7	Recipe	Egg, chicken, scrambled or omelette, with bacon, cheese & vegetables, cooked with added fat			143.2	1.8	Calculated based on the recipe	#N/A	#N/A
03B10110	1720102 5	Recipe	Egg, chicken, scrambled or omelette, with cheese & vegetables, cooked with added fat			141.2	2.8	Calculated based on the recipe	#N/A	#N/A
08E30381	1860700 1	Recipe	Jerky, beef, all flavours			138.2	19.0	Calculated based on the recipe	#N/A	#N/A
03B10172	1720105 0	Recipe	Frittata, cheese & salmon or tuna, homemade			138.2	2.1	Calculated based on the recipe	#N/A	#N/A
15A20140	1801100 5	Recipe	Dugong, wild caught, flesh, cooked			136.4	25.2	Calculated based on the recipe	#N/A	1
02A10379	1240100 8	Analysed	Pasta, white wheat flour, plain, fresh, uncooked	0.560 224	380.952381	136.0	0.3	Calculated based on the recipe	#N/A	#N/A

02A10364	1240101 2	Analysed	Pasta, white wheat flour & egg, plain, dry			136.0	0.2	Calculated based on the recipe	#N/A	#N/A
05C10183	1520101 0	Recipe	Prawn, king or medium, flesh, boiled, microwaved, steamed or poached, fat not further defined			134.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B10485	1110600 1	Borrowed	Tea, chai, instant dry powder			133.3	--	Calculated based on the recipe	#N/A	1
03B10181	1720105 8	Recipe	Egg, chicken, scrambled or omelette, with canned spaghetti, cooked without added fat			132.0	130.0	Calculated based on the recipe	#N/A	#N/A
03B10094	1720104 0	Recipe	Eggs benedict, poached chicken egg, with smoked salmon, spinach & hollandaise sauce			131.6	30.6	Calculated based on the recipe	#N/A	#N/A
02E40110	1340100 6	Recipe	Pastry, choux, homemade from basic ingredients, baked, unfilled			129.3	0.4	Calculated based on the recipe	#N/A	1
08A20738	1810216 7	Recipe	Lamb, steak, separable lean, baked or roasted, no added fat			129.3	17.0	Calculated based on the recipe	#N/A	#N/A
03B10135	1720103 9	Recipe	Eggs benedict, poached chicken egg, with bacon or ham, spinach & hollandaise sauce			129.3	29.4	Calculated based on the recipe	#N/A	#N/A
08A20745	1810218 0	Recipe	Lamb, stir-fry strips, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			128.9	17.0	Calculated based on the recipe	#N/A	2
08A20675	1810205 3	Recipe	Lamb, diced, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			128.7	16.9	Calculated based on the recipe	#N/A	3
08A20800	1810217 8	Recipe	Lamb, stir-fry cuts, fully-trimmed, cooked, no added fat			128.7	16.9	Calculated based on the recipe	#N/A	3
01B10541	3010501 4	Recipe	Protein or meal replacement powder, not further defined, dry powder only			128.7	0.0	Calculated based on the recipe	#N/A	2
08A20732	1810213 8	Recipe	Lamb, mini roast, fully-trimmed, baked or roasted, no added fat			128.6	16.9	Calculated based on the recipe	#N/A	2
08A20739	1810216 9	Recipe	Lamb, steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			128.6	16.9	Calculated based on the recipe	#N/A	1
08A20746	1810218 4	Recipe	Lamb, stir-fry strips, untrimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			128.4	16.9	Calculated based on the recipe	#N/A	1
08A20676	1810205 7	Recipe	Lamb, diced, untrimmed, baked, roasted, fried or stir-fried, grilled or BBQ'd, no added fat			127.6	16.8	Calculated based on the recipe	#N/A	#N/A
08A20733	1810214 0	Recipe	Lamb, mini roast, semi-trimmed, baked or roasted, no added fat			124.6	16.4	Calculated based on the recipe	#N/A	1
08A20740	1810217 2	Recipe	Lamb, steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			124.6	16.4	Calculated based on the recipe	#N/A	#N/A
08A40196	1810401 5	Recipe	Veal, diced, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			122.4	16.2	Calculated based on the recipe	#N/A	#N/A

08A40218	1810404 4	Recipe	Veal, stir-fry strips, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			122.4	16.2	Calculated based on the recipe	#N/A	#N/A
08A40219	1810404 6	Recipe	Veal, stir-fry strips, untrimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			122.2	16.2	Calculated based on the recipe	#N/A	#N/A
02C10144	1340300 1	Recipe	Cake, moon, commercial			122.0	0.1	Calculated based on the recipe	#N/A	#N/A
08A40232	1810402 8	Recipe	Veal, leg steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			121.0	28.7	Calculated based on the recipe	#N/A	#N/A
08A20734	1810214 2	Recipe	Lamb, mini roast, untrimmed, baked or roasted, no added fat			120.8	15.9	Calculated based on the recipe	#N/A	#N/A
08A20741	1810217 4	Recipe	Lamb, steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			120.8	15.9	Calculated based on the recipe	#N/A	#N/A
08A40197	1810401 9	Recipe	Veal, diced, untrimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			120.7	16.2	Calculated based on the recipe	#N/A	#N/A
13A20134	2510101 2	Recipe	Lentil, dried			120.3	0.0	Calculated based on the recipe	#N/A	1
08A40198	1810402 0	Recipe	Veal, leg roast, separable lean, raw			120.0	28.4	Calculated based on the recipe	#N/A	#N/A
08A40203	1810402 6	Recipe	Veal, leg steak, fully-trimmed, raw			119.0	28.2	Calculated based on the recipe	#N/A	9
08A40204	1810402 9	Recipe	Veal, leg steak, untrimmed, raw			118.9	28.2	Calculated based on the recipe	#N/A	#N/A
08A40199	1810402 2	Recipe	Veal, leg roast, fully-trimmed, raw			118.2	28.1	Calculated based on the recipe	#N/A	#N/A
08A40225	1810401 7	Recipe	Veal, diced, fully-trimmed, boiled, casserole, microwaved, poached, steamed, or stewed, no added fat			117.1	24.8	Calculated based on the recipe	#N/A	#N/A
03B10173	1720104 7	Recipe	Frittata, cheese, chicken & mixed vegetable, homemade			117.0	8.1	Calculated based on the recipe	#N/A	#N/A
08A10981	1810111 6	Recipe	Beef, rump medallion, separable lean, grilled or BBQ'd, no added fat			116.3	15.3	Calculated based on the recipe	#N/A	#N/A
03B10176	1720104 8	Recipe	Frittata, cheese, meat & mixed vegetable, homemade			116.0	8.5	Calculated based on the recipe	#N/A	#N/A
08F11118	1870501 8	Recipe	Stir-fry, homemade, lamb			115.7	16.0	Calculated based on the recipe	#N/A	1
08A10986	1810112 2	Recipe	Beef, rump steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			115.1	15.0	Calculated based on the recipe	#N/A	4
03B10167	1720104 6	Recipe	Frittata, cheese, bacon & mixed vegetable, homemade			113.0	7.1	Calculated based on the recipe	#N/A	#N/A

08A10987	18101130	Recipe	Beef, rump steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	112.8	14.5	Calculated based on the recipe	#N/A	2
08A40227	18104016	Recipe	Veal, diced, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	112.0	23.7	Calculated based on the recipe	#N/A	#N/A
08A20794	18102012	Recipe	Lamb, casserole cuts, fully-trimmed, boiled, casseroleed, microwaved, poached, steamed, or stewed, no added fat	111.8	14.7	Calculated based on the recipe	#N/A	13
10A10555	23108005	Recipe	Sauce, pasta, carbonara, homemade	111.6	2.6	Calculated based on the recipe	#N/A	#N/A
08A11008	18101181	Recipe	Beef, sirloin steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	111.0	14.6	Calculated based on the recipe	#N/A	1
05D20151	15504010	Recipe	Mixed seafood, for use in garden salad recipes	110.6	0.0	Calculated based on the recipe	#N/A	1
08A40193	18104014	Recipe	Veal, diced, fully-trimmed, raw	110.2	23.4	Calculated based on the recipe	#N/A	2
08F11020	18704001	Recipe	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat	109.6	23.9	Calculated based on the recipe	#N/A	#N/A
08F11038	18704006	Recipe	Veal, schnitzel, breadcrumb coating, boiled, casseroleed, microwaved, poached, steamed or stewed, no added fat	109.6	23.9	Calculated based on the recipe	#N/A	#N/A
08A40215	18104043	Recipe	Veal, stir-fry strips, fully-trimmed, raw	109.6	23.3	Calculated based on the recipe	#N/A	#N/A
08C10464	18301018	Recipe	Chicken, breast, flesh, skin & fat, boiled, casseroleed, microwaved, poached, steamed or stewed, with or without added fat	109.3	10.0	Calculated based on the recipe	#N/A	#N/A
08A40216	18104045	Recipe	Veal, stir-fry strips, untrimmed, raw	109.2	23.2	Calculated based on the recipe	#N/A	#N/A
08A40194	18104018	Recipe	Veal, diced, untrimmed, raw	109.1	23.2	Calculated based on the recipe	#N/A	1
08A40226	18104040	Recipe	Veal, mince, untrimmed, raw	109.1	23.2	Calculated based on the recipe	#N/A	#N/A
08A30534	18103030	Recipe	Pork, fillet, fully-trimmed, boiled, casseroleed, microwaved, poached, steamed or stewed, no added fat	109.0	4.0	Calculated based on the recipe	#N/A	#N/A
08A40209	18104035	Recipe	Veal, loin chop, fully-trimmed, raw	108.9	23.2	Calculated based on the recipe	#N/A	#N/A
08A10988	18101138	Recipe	Beef, rump steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	108.8	13.7	Calculated based on the recipe	#N/A	#N/A
08A11009	18101188	Recipe	Beef, sirloin steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	108.7	14.0	Calculated based on the recipe	#N/A	1
08A30463	18103145	Recipe	Pork, topside steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	108.6	3.5	Calculated based on the recipe	#N/A	1



10A10469	2310500 2	Recipe	Sauce, bearnaise, homemade			108.6	0.3	Calculated based on the recipe	#N/A	#N/A
02F20055	1350305 5	Recipe	Sandwich or roll, filled with egg			108.5	11.8	Calculated based on the recipe	#N/A	1
08A20680	1810205 9	Recipe	Lamb, drumstick, separable lean, grilled or BBQ'd, no added fat			108.3	14.2	Calculated based on the recipe	#N/A	#N/A
08A20696	1810207 9	Recipe	Lamb, eye of loin, separable lean, grilled or BBQ'd, no added fat			108.3	14.2	Calculated based on the recipe	#N/A	#N/A
08A20726	1810215 3	Recipe	Lamb, rump, separable lean, grilled or BBQ'd, no added fat			108.3	14.2	Calculated based on the recipe	#N/A	#N/A
08A20796	1810214 5	Recipe	Lamb, roasting cuts, fully-trimmed, baked or roasted, no added fat			107.9	14.2	Calculated based on the recipe	#N/A	2
08B10096	1871100 6	Recipe	Meatball or rissole, kangaroo mince, cooked, with or without added fat			107.6	12.2	Calculated based on the recipe	#N/A	1
08A40185	1810400 5	Recipe	Veal, cutlet, fully-trimmed, raw			107.6	22.9	Calculated based on the recipe	#N/A	1
02E10533	1330200 8	Recipe	Cake or cupcake, sponge, plain, homemade from basic ingredients, uniced			107.3	0.3	Calculated based on the recipe	#N/A	2
08A10996	1810116 6	Recipe	Beef, silverside minute steak, separable lean, baked or roasted, no added fat			106.6	14.0	Calculated based on the recipe	#N/A	#N/A
08A30446	1810304 2	Recipe	Pork, forequarter shoulder roast, semi-trimmed, baked or roasted, no added fat			106.2	4.2	Calculated based on the recipe	#N/A	#N/A
08A30445	1810303 6	Recipe	Pork, forequarter chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			106.2	4.2	Calculated based on the recipe	#N/A	#N/A
08A11001	1810117 0	Recipe	Beef, silverside roast, fully-trimmed, baked or roasted, no added fat			106.1	13.9	Calculated based on the recipe	#N/A	#N/A
08A40186	1810400 8	Recipe	Veal, cutlet, semi-trimmed, raw			106.1	22.7	Calculated based on the recipe	#N/A	1
08A40229	1810403 7	Recipe	Veal, loin chop, semi- trimmed, raw			106.1	22.7	Calculated based on the recipe	#N/A	#N/A
08A30486	1810308 3	Recipe	Pork, loin roast, fully-trimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat			105.8	4.0	Calculated based on the recipe	#N/A	#N/A
02F30192	1350504 7	Recipe	Muffin, English style, with bacon, cheese & egg, fast food chain			105.7	14.3	Calculated based on the recipe	#N/A	#N/A
08A20664	1810200 9	Recipe	Lamb, butterfly steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			105.6	13.8	Calculated based on the recipe	#N/A	#N/A
08A20723	1810212 3	Recipe	Lamb, loin chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			105.6	13.8	Calculated based on the recipe	#N/A	2

08A11002	18101173	Recipe	Beef, silverside roast, semi-trimmed, baked or roasted, no added fat		105.4	13.7	Calculated based on the recipe	#N/A	#N/A
08A40187	18104010	Recipe	Veal, cutlet, untrimmed, raw		105.2	22.5	Calculated based on the recipe	#N/A	#N/A
05A10688	15101014	Borrowed	Blue grenadier (hoki), baked, roasted, fried, grilled or BBQ'd, no added fat	104.7542305	104.8	--	Calculated based on the recipe	#N/A	1
08A20786	18102060	Recipe	Lamb, drumstick, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		104.8	13.7	Calculated based on the recipe	#N/A	1
08A20798	18102148	Recipe	Lamb, roasting cuts, semi-trimmed, baked or roasted, no added fat		104.3	13.7	Calculated based on the recipe	#N/A	2
08A20724	18102125	Recipe	Lamb, loin chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		104.1	13.6	Calculated based on the recipe	#N/A	1
08F11019	18704005	Recipe	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined		103.9	22.6	Calculated based on the recipe	#N/A	#N/A
08A20669	18102043	Recipe	Lamb, chump chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		103.9	13.6	Calculated based on the recipe	#N/A	#N/A
08F10915	18704003	Recipe	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, olive oil		103.8	22.6	Calculated based on the recipe	#N/A	#N/A
08F11021	18704004	Recipe	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, other oil		103.8	22.6	Calculated based on the recipe	#N/A	#N/A
08F10926	18704002	Recipe	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, canola oil		103.8	22.6	Calculated based on the recipe	#N/A	#N/A
02E10502	13301009	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, butter or dairy blend, sugar based icing		103.2	38.2	Calculated based on the recipe	#N/A	#N/A
08E30389	18602008	Recipe	Ham steak, baked, roasted, fried, grilled or BBQ'd, fat not further defined		102.7	4.6	Calculated based on the recipe	#N/A	#N/A
08A40189	18104006	Recipe	Veal, cutlet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		102.6	13.9	Calculated based on the recipe	#N/A	#N/A
08A11003	18101176	Recipe	Beef, silverside roast, untrimmed, baked or roasted, no added fat		102.6	13.1	Calculated based on the recipe	#N/A	#N/A
08A20761	18102203	Recipe	Mutton, leg roast, fully-trimmed, baked or roasted, no added fat		102.5	13.5	Calculated based on the recipe	#N/A	#N/A
08A20755	18102195	Recipe	Mutton, shoulder, fully-trimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat		102.4	13.5	Calculated based on the recipe	#N/A	#N/A
08A20681	18102061	Recipe	Lamb, drumstick, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		102.1	13.4	Calculated based on the recipe	#N/A	#N/A
08A40210	1810403	Recipe	Veal, loin chop, untrimmed,		101.9	22.0	Calculated based on the	#N/A	#N/A

	8		raw				recipe			
08A20686	18102065	Recipe	Lamb, easy carve leg roast, fully-trimmed, baked or roasted, no added fat			101.9	13.4	Calculated based on the recipe	#N/A	1
08A20716	18102115	Recipe	Lamb, leg roast, fully-trimmed, baked or roasted, no added fat			101.9	13.4	Calculated based on the recipe	#N/A	#N/A
08A20702	18102088	Recipe	Lamb, forequarter chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			101.8	13.3	Calculated based on the recipe	#N/A	2
08A20687	18102067	Recipe	Lamb, easy carve leg roast, semi-trimmed, baked or roasted, no added fat			101.6	13.4	Calculated based on the recipe	#N/A	1
08A20717	18102117	Recipe	Lamb, leg roast, semi-trimmed, baked or roasted, no added fat			101.6	13.4	Calculated based on the recipe	#N/A	#N/A
08A20762	18102205	Recipe	Mutton, leg roast, semi-trimmed, baked or roasted, no added fat			101.5	13.4	Calculated based on the recipe	#N/A	#N/A
03B10180	17201041	Recipe	Eggs benedict, poached chicken egg, with smoked salmon, spinach & hollandaise sauce, with bread or English muffin			101.1	30.6	Calculated based on the recipe	#N/A	#N/A
08A20756	18102197	Recipe	Mutton, shoulder, untrimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat			101.1	13.3	Calculated based on the recipe	#N/A	#N/A
03B10179	17201038	Recipe	Eggs benedict, poached chicken egg, bacon or ham & hollandaise sauce, with bread or English muffin			101.1	28.6	Calculated based on the recipe	#N/A	#N/A
08A20670	18102045	Recipe	Lamb, chump chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			101.0	13.2	Calculated based on the recipe	#N/A	#N/A
08A40190	18104009	Recipe	Veal, cutlet, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			100.7	13.9	Calculated based on the recipe	#N/A	#N/A
08A40191	18104011	Recipe	Veal, cutlet, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			100.3	13.9	Calculated based on the recipe	#N/A	#N/A
08A20802	18102004	Recipe	Lamb, BBQ/grill/fry cuts, fully-trimmed, BBQ'd, grilled or fried, no added fat			100.2	13.1	Calculated based on the recipe	#N/A	#N/A
08A10973	18101098	Recipe	Beef, round medallion, separable lean, grilled or BBQ'd, no added fat			100.0	17.0	Calculated based on the recipe	#N/A	#N/A
05C10221	15502003	Recipe	Prawn, coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, fat not further defined			100.0	0.0	Calculated based on the recipe	#N/A	#N/A
08A11010	18101194	Recipe	Beef, sirloin steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			100.0	12.1	Calculated based on the recipe	#N/A	#N/A
08A20703	18102090	Recipe	Lamb, forequarter chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			99.9	13.1	Calculated based on the recipe	#N/A	1
08A30573	18103103	Recipe	Pork, pickled, cooked, with or without added fat			99.6	3.9	Calculated based on the recipe	#N/A	#N/A
08A10978	1810110	Recipe	Beef, round steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added			99.6	16.9	Calculated based on the	#N/A	2

	4		fat			recipe		
08A30532	18103025	Recipe	Pork, fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine	99.4	3.7	Calculated based on the recipe	#N/A	#N/A
08A11227	18101186	Recipe	Beef, sirloin steak, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, with or without added fat	99.3	14.6	Calculated based on the recipe	#N/A	#N/A
08A30533	18103026	Recipe	Pork, fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil	99.0	3.7	Calculated based on the recipe	#N/A	#N/A
08A30431	18103012	Recipe	Pork, butterfly steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	99.0	3.9	Calculated based on the recipe	#N/A	#N/A
08A10979	18101111	Recipe	Beef, round steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	98.9	16.6	Calculated based on the recipe	#N/A	2
02E10543	13301019	Recipe	Cake, cupcake or muffin, chocolate, prepared from dry mix, undefined fat, uniced	98.8	26.0	Calculated based on the recipe	#N/A	1
08A30439	18103054	Recipe	Pork, leg steak (round, rump, topside, silverside), as purchased, fried or stir-fried, no added fat	98.6	3.8	Calculated based on the recipe	#N/A	#N/A
01B10422	11209002	Recipe	Coffee mix, with beverage whitener & intense sweetener, dry powder	98.6	0.0	Calculated based on the recipe	#N/A	1
08A30435	18103044	Recipe	Pork, forequarter shoulder roast, untrimmed, baked or roasted, no added fat	98.4	3.9	Calculated based on the recipe	#N/A	2
01B10324	11209005	NNS 1995	Coffee whitener, dry powder	98.4	--	Calculated based on the recipe	#N/A	1
08A30470	18103109	Recipe	Pork, round mini roast, untrimmed, baked or roasted, no added fat	98.3	3.8	Calculated based on the recipe	#N/A	#N/A
08A11079	18101212	Recipe	Beef, stir-fry cuts, fully-trimmed, fried or stir-fried, no added fat	98.2	15.2	Calculated based on the recipe	#N/A	#N/A
08A10980	18101113	Recipe	Beef, round steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	97.9	16.3	Calculated based on the recipe	#N/A	#N/A
08A20688	18102069	Recipe	Lamb, easy carve leg roast, untrimmed, baked or roasted, no added fat	97.8	12.9	Calculated based on the recipe	#N/A	#N/A
08A20718	18102119	Recipe	Lamb, leg roast, untrimmed, baked or roasted, no added fat	97.6	12.8	Calculated based on the recipe	#N/A	#N/A
08A30490	18103029	Recipe	Pork, fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	97.6	3.6	Calculated based on the recipe	#N/A	#N/A
08A30506	18103028	Recipe	Pork, fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil	97.6	3.6	Calculated based on the recipe	#N/A	#N/A
08A11136	18101171	Recipe	Beef, silverside roast, fully-trimmed, boiled, casserole, microwaved, poached, steamed, or stewed, no added fat	97.4	14.3	Calculated based on the recipe	#N/A	#N/A
08A20704	1810209	Recipe	Lamb, forequarter chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, no	97.3	12.8	Calculated based on the	#N/A	#N/A

	4		added fat					recipe		
08A11081	18101214	Recipe	Beef, stir-fry cuts, semi-trimmed, fried or stir-fried, no added fat			97.0	14.8	Calculated based on the recipe	#N/A	2
08A20804	18102006	Recipe	Lamb, BBQ/grill/fry cuts, semi-trimmed, BBQ'd, grilled or fried, no added fat			96.9	12.7	Calculated based on the recipe	#N/A	1
08A20763	18102207	Recipe	Mutton, leg roast, untrimmed, baked or roasted, no added fat			96.9	12.7	Calculated based on the recipe	#N/A	#N/A
15A20145	18011010	Recipe	Kangaroo, wild caught, tail, cooked			96.6	14.2	Calculated based on the recipe	#N/A	2
08B10094	18201008	Recipe	Kangaroo, tail, cooked			96.6	14.2	Calculated based on the recipe	#N/A	#N/A
08C20018	18303005	Analysed	Ostrich, fan fillet, raw	13.38235	96.61764706	96.6	13.4	Calculated based on the recipe	#N/A	#N/A
08C20019	18303006	Analysed	Ostrich, moon steak, raw	13.38235	96.61764706	96.6	13.4	Calculated based on the recipe	#N/A	#N/A
08A20725	18102128	Recipe	Lamb, loin chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			96.4	12.6	Calculated based on the recipe	#N/A	#N/A
08A20671	18102048	Recipe	Lamb, chump chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			96.1	12.6	Calculated based on the recipe	#N/A	#N/A
08A11121	18101185	Recipe	Beef, sirloin steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			95.9	14.1	Calculated based on the recipe	#N/A	#N/A
08A11185	18101183	Recipe	Beef, sirloin steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			95.9	14.1	Calculated based on the recipe	#N/A	#N/A
08A11237	18101184	Recipe	Beef, sirloin steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			95.9	14.1	Calculated based on the recipe	#N/A	#N/A
08A11140	18101182	Recipe	Beef, sirloin steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			95.9	14.1	Calculated based on the recipe	#N/A	#N/A
08A11138	18101174	Recipe	Beef, silverside roast, semi-trimmed, boiled, casserole, microwaved, poached, steamed, or stewed, no added fat			95.9	14.0	Calculated based on the recipe	#N/A	#N/A
08F11037	18104007	Recipe	Veal, cutlet, fully-trimmed, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined			95.7	18.8	Calculated based on the recipe	#N/A	#N/A
13B10307	24901018	Recipe	Stir-fry, homemade, egg & vegetable			95.5	3.3	Calculated based on the recipe	#N/A	#N/A
08A11226	18101128	Recipe	Beef, rump steak, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, with or without added fat			95.0	14.0	Calculated based on the recipe	#N/A	#N/A
08A30433	18103038	Recipe	Pork, forequarter chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			94.9	3.8	Calculated based on the recipe	#N/A	#N/A
08A30488	1810302	Recipe	Pork, fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			94.8	3.5	Calculated based on the	#N/A	#N/A

	7							recipe		
08A30555	18103085	Recipe	Pork, loin roast, semi-trimmed, baked or roasted, no added fat			94.7	3.7	Calculated based on the recipe	#N/A	1
08A11052	18101180	Recipe	Beef, sirloin steak, fully-trimmed, raw			94.4	13.9	Calculated based on the recipe	#N/A	7
08A11083	18101005	Recipe	Beef, BBQ/grill/fry cuts, fully-trimmed, BBQ'd, grilled or fried, no added fat			94.4	14.3	Calculated based on the recipe	#N/A	#N/A
02E40104	13401005	Recipe	Pastry, choux, homemade from basic ingredients, raw			94.3	0.3	Calculated based on the recipe	#N/A	#N/A
09D20119	19601002	Recipe	Custard pudding or creme brulee, flavoured (except chocolate or coffee), homemade from basic ingredients			94.2	0.1	Calculated based on the recipe	#N/A	#N/A
08A11092	18101136	Recipe	Beef, rump steak, semi-trimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, with or without added fat			93.8	13.8	Calculated based on the recipe	#N/A	#N/A
08F11125	18712002	Recipe	Mixed dish, meat & egg, grilled or fried			93.6	5.9	Calculated based on the recipe	#N/A	#N/A
08C20025	18303004	Borrowed	Mutton-bird, cooked	12.94118	93.52941176	93.5	12.9	Calculated based on the recipe	#N/A	#N/A
08C20020	18303007	Analysed	Pigeon (squab), whole, raw	12.94118	93.52941176	93.5	12.9	Calculated based on the recipe	#N/A	#N/A
08A20693	18102073	Recipe	Lamb, easy carve shoulder, fully-trimmed, baked or roasted, no added fat			93.3	12.3	Calculated based on the recipe	#N/A	#N/A
08A10952	18101013	Recipe	Beef, blade steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			93.2	15.7	Calculated based on the recipe	#N/A	1
08A20709	18102099	Recipe	Lamb, frenched cutlet/rack, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			93.2	12.2	Calculated based on the recipe	#N/A	2
08A30546	18103101	Recipe	Pork, mince, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat			93.1	5.0	Calculated based on the recipe	#N/A	#N/A
08A11219	18101192	Recipe	Beef, sirloin steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			93.1	13.6	Calculated based on the recipe	#N/A	#N/A
08A11144	18101190	Recipe	Beef, sirloin steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			93.0	13.6	Calculated based on the recipe	#N/A	#N/A
08A11207	18101191	Recipe	Beef, sirloin steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			93.0	13.6	Calculated based on the recipe	#N/A	#N/A
08A11211	18101189	Recipe	Beef, sirloin steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			93.0	13.6	Calculated based on the recipe	#N/A	#N/A
02E40105	13401004	Recipe	Pastry, choux, commercial, baked, unfilled			93.0	0.2	Calculated based on the recipe	#N/A	4
08C10511	1830107	Recipe	Chicken, flesh, boiled, steamed, poached, stewed, casseroled or microwaved, with			92.9	9.0	Calculated based on the	#N/A	12

	8		or without added fat			recipe		
08A11085	18101007	Recipe	Beef, BBQ/grill/fry cuts, semi-trimmed, BBQ'd, grilled or fried, no added fat	92.8	13.7	Calculated based on the recipe	#N/A	#N/A
08A11041	18101165	Recipe	Beef, silverside minute steak, separable lean, raw	92.7	13.6	Calculated based on the recipe	#N/A	#N/A
08F11096	18701004	Recipe	Casserole, homemade, beef, kidney & vegetable, homemade gravy	92.5	4.9	Calculated based on the recipe	#N/A	#N/A
08A11047	18101115	Recipe	Beef, rump medallion, separable lean, raw	92.3	13.6	Calculated based on the recipe	#N/A	#N/A
08B10098	34101003	Recipe	Crocodile, cooked	92.1	0.0	Calculated based on the recipe	#N/A	#N/A
08A11216	18101123	Recipe	Beef, rump steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine	92.1	13.5	Calculated based on the recipe	#N/A	#N/A
08A30559	18103115	Recipe	Pork, rump steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	92.0	3.6	Calculated based on the recipe	#N/A	1
08A10953	18101018	Recipe	Beef, blade steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	91.9	15.2	Calculated based on the recipe	#N/A	1
08A11228	18101127	Recipe	Beef, rump steak, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	91.7	13.5	Calculated based on the recipe	#N/A	#N/A
08A11177	18101125	Recipe	Beef, rump steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil	91.7	13.5	Calculated based on the recipe	#N/A	#N/A
08A11298	18101126	Recipe	Beef, rump steak, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil	91.7	13.5	Calculated based on the recipe	#N/A	#N/A
08A11184	18101124	Recipe	Beef, rump steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil	91.7	13.5	Calculated based on the recipe	#N/A	#N/A
08A11042	18101169	Recipe	Beef, silverside roast, fully-trimmed, raw	91.7	13.4	Calculated based on the recipe	#N/A	1
08A20694	18102075	Recipe	Lamb, easy carve shoulder, semi-trimmed, baked or roasted, no added fat	91.6	12.0	Calculated based on the recipe	#N/A	#N/A
08A11005	18101187	Recipe	Beef, sirloin steak, semi-trimmed, raw	91.6	13.4	Calculated based on the recipe	#N/A	6
08C10566	18301007	Recipe	Chicken, breast, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend, margarine spread	91.6	7.8	Calculated based on the recipe	#N/A	#N/A
08A30491	18103102	Recipe	Pork, mince, boiled, casseroled, microwaved, poached, steamed or stewed, added fat not further defined	91.3	4.9	Calculated based on the recipe	#N/A	#N/A
08C10602	18302021	Recipe	Turkey, hindquarter, lean, skin & fat, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat	91.3	7.1	Calculated based on the recipe	#N/A	#N/A
08C10522	1830101	Recipe	Chicken, breast, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not	91.2	7.8	Calculated based on the	#N/A	1

	1		further defined			recipe		
08C10481	18301009	Recipe	Chicken, breast, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil	91.2	7.8	Calculated based on the recipe	#N/A	#N/A
08C10483	18301010	Recipe	Chicken, breast, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil	91.2	7.8	Calculated based on the recipe	#N/A	1
08C10482	18301008	Recipe	Chicken, breast, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil	91.2	7.8	Calculated based on the recipe	#N/A	#N/A
08C10615	18301014	Recipe	Chicken, breast, flesh, smoked, no added fat	91.2	7.8	Calculated based on the recipe	#N/A	#N/A
08A11320	18101131	Recipe	Beef, rump steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine	90.9	13.3	Calculated based on the recipe	#N/A	#N/A
08A11075	18101092	Recipe	Beef, roasting cuts, fully-trimmed, baked or roasted, no added fat	90.9	15.4	Calculated based on the recipe	#N/A	1
02E50280	13403016	Recipe	Tart, chocolate, homemade	90.8	0.2	Calculated based on the recipe	#N/A	#N/A
08A10954	18101021	Recipe	Beef, blade steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	90.8	14.8	Calculated based on the recipe	#N/A	#N/A
08A11221	18101177	Recipe	Beef, silverside roast, untrimmed, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat	90.7	13.2	Calculated based on the recipe	#N/A	#N/A
08A11116	18101135	Recipe	Beef, rump steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	90.6	13.3	Calculated based on the recipe	#N/A	#N/A
08A11115	18101133	Recipe	Beef, rump steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil	90.6	13.3	Calculated based on the recipe	#N/A	#N/A
08A11208	18101134	Recipe	Beef, rump steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil	90.6	13.3	Calculated based on the recipe	#N/A	#N/A
08A11181	18101132	Recipe	Beef, rump steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil	90.6	13.3	Calculated based on the recipe	#N/A	#N/A
08A30476	18103087	Recipe	Pork, loin roast, untrimmed, baked or roasted, no added fat	90.4	3.5	Calculated based on the recipe	#N/A	2
08A11263	18101109	Recipe	Beef, round steak, fully-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat	90.4	12.4	Calculated based on the recipe	#N/A	1
15A20143	18011008	Recipe	Kangaroo, wild caught, flesh, cooked	90.3	13.3	Calculated based on the recipe	#N/A	3
08A11046	18101121	Recipe	Beef, rump steak, fully-trimmed, raw	90.3	13.3	Calculated based on the recipe	#N/A	9
08A10998	18101172	Recipe	Beef, silverside roast, semi-trimmed, raw	90.2	13.2	Calculated based on the recipe	#N/A	1
08A11077	1810109	Recipe	Beef, roasting cuts, semi-trimmed, baked or roasted, no added fat	90.0	15.1	Calculated based on the recipe	#N/A	7



	4							recipe		
08E10190	1810218 6	Recipe	Lamb, for use in hamburgers, cooked			89.9	9.8	Calculated based on the recipe	#N/A	4
02E60351	1340502 2	Recipe	Pie, savoury, meat & kidney, commercial			89.8	0.0	Calculated based on the recipe	#N/A	#N/A
02E60370	1340503 4	Analysed	Pie, steak & kidney, canned			89.8	--	Calculated based on the recipe	#N/A	#N/A
08A10983	1810112 9	Recipe	Beef, rump steak, semi-trimmed, raw			89.1	13.1	Calculated based on the recipe	#N/A	9
08C10495	1830103 7	Recipe	Chicken, fillet or kebab, flesh, boiled, steamed, poached, stewed, casserole or microwaved, with or without added fat, no added marinade			89.0	9.3	Calculated based on the recipe	#N/A	15
08A20820	1810201 0	Recipe	Lamb, butterfly steak, fully-trimmed, boiled, casserole, microwaved, poached, steamed, or stewed, no added fat			88.8	0.1	Calculated based on the recipe	#N/A	#N/A
08A11239	1810101 5	Recipe	Beef, blade steak, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat			88.4	15.5	Calculated based on the recipe	#N/A	1
08A20884	1870700 6	Recipe	Meatball or rissole, lamb mince, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat			88.2	9.1	Calculated based on the recipe	#N/A	1
08A30499	1871000 4	Recipe	Meatball or rissole, pork mince, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat			87.9	3.4	Calculated based on the recipe	#N/A	#N/A
08C10555	1830101 3	Recipe	Chicken, breast, flesh, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined			87.7	7.5	Calculated based on the recipe	#N/A	#N/A
13A11873	2450200 2	Recipe	Bean, broad, fresh or frozen, boiled, microwaved or steamed, drained			87.6	0.0	Calculated based on the recipe	#N/A	1
08C10510	1830107 6	Recipe	Chicken, flesh, baked, roasted, fried, grilled or BBQ'd, no added fat			87.6	8.4	Calculated based on the recipe	#N/A	13
05A10775	1540101 0	Recipe	Salmon, unflavoured, canned in water, drained			87.4	8.4	Calculated based on the recipe	#N/A	2
08A11296	1810110 8	Recipe	Beef, round steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			87.3	12.0	Calculated based on the recipe	#N/A	#N/A
08A11229	1810110 6	Recipe	Beef, round steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			87.3	12.0	Calculated based on the recipe	#N/A	#N/A
08A11293	1810110 7	Recipe	Beef, round steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			87.3	12.0	Calculated based on the recipe	#N/A	#N/A
08A11292	1810110 5	Recipe	Beef, round steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			87.2	12.0	Calculated based on the recipe	#N/A	#N/A
08E10155	1890300 1	Recipe	Chicken, breast, flesh, breadcrumb coating, cooked, no added fat			87.2	8.8	Calculated based on the recipe	#N/A	#N/A
08A20878	1810202	Recipe	Lamb, chop, fully-trimmed, boiled, casserole, microwaved, poached, steamed or			87.2	0.2	Calculated based on the	#N/A	#N/A

	1		stewed, no added fat			recipe		
02E60361	17201049	Recipe	Frittata, cheese & mixed vegetable, homemade		87.1	10.2	Calculated based on the recipe	#N/A #N/A
02F30191	13505049	Recipe	Muffin, English style, with beef sausage patty, cheese & egg, fast food chain		87.1	14.3	Calculated based on the recipe	#N/A #N/A
08A11045	18101097	Recipe	Beef, round medallion, separable lean, raw		87.0	12.0	Calculated based on the recipe	#N/A #N/A
08F10992	18703021	Recipe	Meatloaf, homemade, beef		86.9	7.4	Calculated based on the recipe	#N/A #N/A
08A20710	18102103	Recipe	Lamb, frenched cutlet/rack, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		86.7	11.4	Calculated based on the recipe	#N/A 2
08A20877	18102054	Recipe	Lamb, diced, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat		86.7	12.8	Calculated based on the recipe	#N/A #N/A
13A12575	25102001	Recipe	Bean, broad, canned, drained		86.7	0.0	Calculated based on the recipe	#N/A #N/A
08A11285	18101016	Recipe	Beef, blade steak, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined		86.7	15.2	Calculated based on the recipe	#N/A #N/A
08A30437	18103048	Recipe	Pork, leg roast, untrimmed, baked or roasted, no added fat		86.6	3.4	Calculated based on the recipe	#N/A 1
08E30377	18603009	Recipe	Sausage, chorizo, cooked		86.5	3.7	Calculated based on the recipe	#N/A 8
08A20904	18707007	Recipe	Meatball or rissole, lamb mince, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined		86.5	8.9	Calculated based on the recipe	#N/A #N/A
02E10620	13302010	Recipe	Cake or cupcake, sponge, plain, homemade from basic ingredients, iced, unfilled		86.2	0.2	Calculated based on the recipe	#N/A #N/A
08A30493	18710005	Recipe	Meatball or rissole, pork mince, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined		86.2	3.3	Calculated based on the recipe	#N/A #N/A
08A10960	18101037	Recipe	Beef, chuck steak, untrimmed, boiled, casserole, microwaved, poached, steamed, or stewed, with or without added fat		86.1	23.7	Calculated based on the recipe	#N/A #N/A
08A10964	18101041	Recipe	Beef, diced, fully-trimmed, baked, roasted, fried or stir-fried, grilled or BBQ'd, no added fat		86.0	12.9	Calculated based on the recipe	#N/A #N/A
08A11014	18101202	Recipe	Beef, stir-fry strips, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat		86.0	12.9	Calculated based on the recipe	#N/A 10
08A20766	18102007	Recipe	Lamb, butterfly steak, separable lean, raw		86.0	0.0	Calculated based on the recipe	#N/A #N/A
08A20677	18102058	Recipe	Lamb, drumstick, separable lean, raw		86.0	0.0	Calculated based on the recipe	#N/A #N/A
08A20767	1810207	Recipe	Lamb, eye of loin, separable		86.0	0.0	Calculated based on the	#N/A #N/A

	8		lean, raw					recipe		
08A20774	1810215 2	Recipe	Lamb, rump, separable lean, raw			86.0	0.0	Calculated based on the recipe	#N/A	#N/A
05C10181	1520100 7	Recipe	Prawn, king or medium, flesh, baked, roasted, fried, grilled or BBQ'd, no added fat			86.0	0.0	Calculated based on the recipe	#N/A	13
05C10222	1520100 5	Recipe	Moreton bay bug, cooked, with or without fat			86.0	0.0	Calculated based on the recipe	#N/A	#N/A
08B10090	1820201 0	Recipe	Goat, cooked, with or without added fat			85.9	0.2	Calculated based on the recipe	#N/A	1
08A11044	1810110 3	Recipe	Beef, round steak, fully- trimmed, raw			85.9	11.8	Calculated based on the recipe	#N/A	10
08C10498	1830107 7	Recipe	Chicken, flesh, baked, roasted, fried, grilled or BBQ'd, fat not further defined			85.8	8.3	Calculated based on the recipe	#N/A	#N/A
08A11015	1810121 0	Recipe	Beef, stir-fry strips, untrimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			85.8	12.8	Calculated based on the recipe	#N/A	3
08A20900	1810218 2	Recipe	Lamb, stir-fry strips, fully-trimmed, boiled, casseroleed, microwaved, poached, steamed or stewed, with or without added fat			85.7	12.6	Calculated based on the recipe	#N/A	#N/A
05A10979	1540100 9	Recipe	Salmon, unflavoured, canned in oil			85.6	8.3	Calculated based on the recipe	#N/A	#N/A
08E10149	1890300 2	Recipe	Chicken, breast, flesh, breadcrumb coating, cooked, fat not further defined			85.6	8.6	Calculated based on the recipe	#N/A	#N/A
08E10171	1890300 4	Recipe	Chicken, breast, flesh, purchased frozen with breadcrumb coating, cooked, fat not further defined			85.6	8.6	Calculated based on the recipe	#N/A	#N/A
08A10965	1810104 6	Recipe	Beef, diced, untrimmed, baked, roasted, fried or stir-fried, grilled or BBQ'd, no added fat			85.6	12.7	Calculated based on the recipe	#N/A	#N/A
08A20879	1810202 2	Recipe	Lamb, chop, fully-trimmed, boiled, casseroleed, microwaved, poached, steamed or stewed, fat not further defined			85.5	0.2	Calculated based on the recipe	#N/A	#N/A
08A20834	1810215 7	Recipe	Lamb, shank, fully-trimmed, boiled, casseroleed, microwaved, poached, steamed, or stewed, with or without added fat			85.3	0.2	Calculated based on the recipe	#N/A	#N/A
08A10999	1810117 5	Recipe	Beef, silverside roast, untrimmed, raw			85.3	12.4	Calculated based on the recipe	#N/A	1
08B10087	1820100 4	Recipe	Kangaroo, loin fillet, boiled, casseroleed, microwaved, poached, steamed or stewed, fat not further defined			85.3	12.5	Calculated based on the recipe	#N/A	1
15A20137	1801101 2	Recipe	Pig (pork), wild caught, cooked			85.3	3.8	Calculated based on the recipe	#N/A	1
08A30535	1810303 5	Recipe	Pork, forequarter chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			85.3	3.3	Calculated based on the recipe	#N/A	#N/A
08A20695	1810207	Recipe	Lamb, easy carve shoulder, untrimmed, baked or roasted, no added fat			85.3	11.2	Calculated based on the	#N/A	1

	7						recipe		
08A30572	1810312 2	Recipe	Pork, scotch roast, untrimmed, baked or roasted, fat not further defined		85.2	4.7	Calculated based on the recipe	#N/A	1
08A20711	1810210 6	Recipe	Lamb, frenched cutlet/rack, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		85.2	11.2	Calculated based on the recipe	#N/A	1
05C10184	1520100 8	Recipe	Prawn, king or medium, flesh, baked, roasted, fried, grilled or BBQ'd, fat not further defined		85.1	0.0	Calculated based on the recipe	#N/A	2
02F30292	1350500 4	Recipe	Chicken burger, white roll, chicken breast, with bacon, cheese, egg & sauce, fast food chain-style		85.1	3.9	Calculated based on the recipe	#N/A	#N/A
08A20838	1810201 5	Recipe	Lamb, chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		85.0	0.2	Calculated based on the recipe	#N/A	#N/A
08A20889	1810205 5	Recipe	Lamb, diced, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined		85.0	12.5	Calculated based on the recipe	#N/A	#N/A
13A12001	3130200 1	Recipe	Basil, dried		85.0	3.1	Calculated based on the recipe	#N/A	1
05A10797	1540101 3	Recipe	Salmon, canned, drained, not further defined		84.9	6.1	Calculated based on the recipe	#N/A	14
08A20876	1810214 6	Recipe	Lamb, roasting cuts, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat		84.7	12.4	Calculated based on the recipe	#N/A	#N/A
08A20815	1810210 8	Recipe	Lamb, kebab, baked, roasted, fried, grilled or BBQ'd, no added fat, no added marinade		84.6	12.5	Calculated based on the recipe	#N/A	#N/A
10F20112	2330100 8	Recipe	Mayonnaise, homemade		84.6	0.2	Calculated based on the recipe	#N/A	1
10F20119	2330100 9	Recipe	Mayonnaise, soybean oil, homemade		84.6	0.2	Calculated based on the recipe	#N/A	#N/A
05A10795	1540101 1	Recipe	Salmon, unflavoured, canned, drained		84.5	5.7	Calculated based on the recipe	#N/A	1
08A11264	1810101 4	Recipe	Beef, blade steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined		84.5	14.9	Calculated based on the recipe	#N/A	#N/A
08C20023	1830301 0	Recipe	Quail, flesh & skin, baked, roasted, fried, grilled or BBQ'd, fat not further defined		84.4	0.0	Calculated based on the recipe	#N/A	#N/A
08A11301	1810114 4	Recipe	Beef, rump steak, untrimmed, boiled, casserole, microwaved, poached, steamed or stewed, with or without added fat		84.4	12.2	Calculated based on the recipe	#N/A	#N/A
08E20179	1850300 9	Recipe	Sausage, kangaroo, plain or flavoured, fried, grilled, BBQ'd or baked		84.2	12.6	Calculated based on the recipe	#N/A	#N/A
05A10957	1540100 8	Recipe	Salmon, unflavoured, canned in brine, drained		84.1	5.3	Calculated based on the recipe	#N/A	#N/A
08A20874	1810215	Recipe	Lamb, shank, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		84.1	0.2	Calculated based on the	#N/A	#N/A

	5						recipe			
02E10621	13302009	Recipe	Cake or cupcake, sponge, plain, homemade from basic ingredients, uniced, filled with jam &/or cream			83.9	0.2	Calculated based on the recipe	#N/A	#N/A
08C10513	18301031	Recipe	Chicken, fillet or kebab, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat, no added marinade			83.9	8.8	Calculated based on the recipe	#N/A	23
08A11297	18101114	Recipe	Beef, round steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			83.9	11.5	Calculated based on the recipe	#N/A	#N/A
08A20812	18102101	Recipe	Lamb, frenched cutlet/rack, fully-trimmed, boiled, casserole, microwaved, poached, steamed, or stewed, with or without added fat			83.9	12.3	Calculated based on the recipe	#N/A	#N/A
08A10975	18101110	Recipe	Beef, round steak, semi-trimmed, raw			83.8	11.5	Calculated based on the recipe	#N/A	8
08A20871	18102134	Recipe	Lamb, mince, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			83.7	12.3	Calculated based on the recipe	#N/A	4
08A20849	18102016	Recipe	Lamb, chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine			83.7	0.2	Calculated based on the recipe	#N/A	#N/A
08A11149	18703014	Recipe	Meatball or rissole, beef mince, <5% fat, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat			83.6	5.8	Calculated based on the recipe	#N/A	#N/A
08A20819	18102008	Recipe	Lamb, butterfly steak, fully-trimmed, raw			83.6	0.1	Calculated based on the recipe	#N/A	1
08A20771	18102122	Recipe	Lamb, loin chop, fully-trimmed, raw			83.6	0.1	Calculated based on the recipe	#N/A	3
08A20887	18102020	Recipe	Lamb, chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			83.4	0.2	Calculated based on the recipe	#N/A	#N/A
08A20856	18102018	Recipe	Lamb, chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			83.4	0.2	Calculated based on the recipe	#N/A	#N/A
08A20855	18102019	Recipe	Lamb, chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			83.4	0.2	Calculated based on the recipe	#N/A	#N/A
08A20845	18102017	Recipe	Lamb, chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			83.4	0.2	Calculated based on the recipe	#N/A	#N/A
08A20891	18102082	Recipe	Lamb, fillet or tenderloin, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			83.3	12.3	Calculated based on the recipe	#N/A	#N/A
08A11124	18101069	Recipe	Beef, mince, <5% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, fat not further defined			83.3	6.5	Calculated based on the recipe	#N/A	#N/A
08A11122	18101067	Recipe	Beef, mince, <5% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, olive oil			83.3	6.5	Calculated based on the recipe	#N/A	#N/A
08A11125	18101068	Recipe	Beef, mince, <5% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, other oil			83.3	6.5	Calculated based on the recipe	#N/A	#N/A
08A11123	1810106	Recipe	Beef, mince, <5% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, canola oil			83.3	6.5	Calculated based on the recipe	#N/A	#N/A

	6						recipe		
08B10086	18201003	Recipe	Kangaroo, loin fillet, baked, roasted, fried, grilled or BBQ'd, fat not further defined		83.2	12.2	Calculated based on the recipe	#N/A	#N/A
08A11054	18101012	Recipe	Beef, blade steak, fully-trimmed, raw		83.2	14.6	Calculated based on the recipe	#N/A	6
08A30566	18103046	Recipe	Pork, kebab, marinated, baked, roasted, fried, grilled or BBQ'd, fat not further defined		83.1	4.5	Calculated based on the recipe	#N/A	#N/A
08C10494	18301072	Recipe	Chicken, whole, lean flesh, baked, roasted, fried, grilled or BBQ'd, no added fat		82.8	8.9	Calculated based on the recipe	#N/A	1
08A20901	18102181	Recipe	Lamb, stir-fry strips, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		82.8	12.2	Calculated based on the recipe	#N/A	#N/A
08C10611	18301032	Recipe	Chicken, fillet or kebab, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter or dairy blend, no added marinade		82.6	8.6	Calculated based on the recipe	#N/A	#N/A
08A11139	18101019	Recipe	Beef, blade steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined		82.6	14.4	Calculated based on the recipe	#N/A	#N/A
08A10976	18101112	Recipe	Beef, round steak, untrimmed, raw		82.5	11.3	Calculated based on the recipe	#N/A	4
08A20872	18102156	Recipe	Lamb, shank, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined		82.4	0.2	Calculated based on the recipe	#N/A	#N/A
08F11018	18703001	Recipe	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat		82.4	11.0	Calculated based on the recipe	#N/A	#N/A
08A11128	18101077	Recipe	Beef, mince, ~5-10% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, fat not further defined		82.3	7.0	Calculated based on the recipe	#N/A	#N/A
08A11126	18101075	Recipe	Beef, mince, ~5-10% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, olive oil		82.3	7.0	Calculated based on the recipe	#N/A	#N/A
08A11129	18101076	Recipe	Beef, mince, ~5-10% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, other oil		82.3	7.0	Calculated based on the recipe	#N/A	1
08A11127	18101074	Recipe	Beef, mince, ~5-10% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, canola oil		82.3	7.0	Calculated based on the recipe	#N/A	#N/A
08C10519	18301036	Recipe	Chicken, fillet or kebab, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined, no added marinade		82.3	8.6	Calculated based on the recipe	#N/A	11
08C10533	18301034	Recipe	Chicken, fillet or kebab, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil, no added marinade		82.3	8.6	Calculated based on the recipe	#N/A	#N/A
08C10504	18301035	Recipe	Chicken, fillet or kebab, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil, no added marinade		82.3	8.6	Calculated based on the recipe	#N/A	#N/A
08C10607	18301033	Recipe	Chicken, fillet or kebab, flesh, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil, no added marinade		82.2	8.6	Calculated based on the recipe	#N/A	#N/A
08A20899	1810217	Recipe	Lamb, steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further		82.2	12.1	Calculated based on the	#N/A	#N/A

	0		defined					recipe		
13B10332	18803001	Recipe	Fritter, corned beef, fried or deep-fried			82.1	4.8	Calculated based on the recipe	#N/A	#N/A
08A11295	18101023	Recipe	Beef, blade steak, untrimmed, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat			82.1	14.2	Calculated based on the recipe	#N/A	#N/A
08A20831	18102014	Recipe	Lamb, chop, fully-trimmed, raw, not further defined			82.0	0.2	Calculated based on the recipe	#N/A	9
08A30569	18103045	Recipe	Pork, head, cooked, with or without added fat			82.0	3.6	Calculated based on the recipe	#N/A	1
08A20735	18102166	Recipe	Lamb, steak, separable lean, raw			82.0	12.1	Calculated based on the recipe	#N/A	#N/A
08A11134	18703022	Recipe	Rissole or patty, beef mince, grilled or fried, no added fat, fast food style			82.0	7.5	Calculated based on the recipe	#N/A	12
08A11197	18703015	Recipe	Meatball or rissole, beef mince, <5% fat, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined			82.0	5.7	Calculated based on the recipe	#N/A	#N/A
08E10189	18903024	Recipe	Chicken, for use in hamburgers, cooked			82.0	7.4	Calculated based on the recipe	#N/A	5
08A11300	18101139	Recipe	Beef, rump steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine			81.8	11.8	Calculated based on the recipe	#N/A	#N/A
15A20146	18011011	Recipe	Meat, wild caught, cooked			81.8	7.7	Calculated based on the recipe	#N/A	1
08A20859	18102030	Recipe	Lamb, chop, semi-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat			81.8	0.4	Calculated based on the recipe	#N/A	#N/A
08A20850	18102185	Recipe	Lamb, stir-fry strips, untrimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			81.7	12.0	Calculated based on the recipe	#N/A	1
08B10088	18202009	Recipe	Goat, flesh, raw			81.7	0.2	Calculated based on the recipe	#N/A	2
08A20775	18102052	Recipe	Lamb, diced, fully-trimmed, raw			81.6	12.0	Calculated based on the recipe	#N/A	4
08C10493	18301002	Recipe	Chicken, barbecued, without skin, commercial			81.6	8.8	Calculated based on the recipe	#N/A	2
08A11151	18703019	Recipe	Meatball or rissole, beef mince, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat			81.6	5.8	Calculated based on the recipe	#N/A	#N/A
08A11209	18101143	Recipe	Beef, rump steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			81.5	11.8	Calculated based on the recipe	#N/A	#N/A
08A20772	18102179	Recipe	Lamb, stir-fry strips, fully-trimmed, raw			81.5	12.0	Calculated based on the recipe	#N/A	3
08A11174	1810114	Recipe	Beef, rump steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			81.5	11.8	Calculated based on the	#N/A	#N/A

	1						recipe			
08A11246	1810114 2	Recipe	Beef, rump steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, other oil			81.5	11.8	Calculated based on the recipe	#N/A	#N/A
08A11147	1810114 0	Recipe	Beef, rump steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			81.5	11.8	Calculated based on the recipe	#N/A	#N/A
08E10143	1890303 9	Recipe	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat			81.4	8.7	Calculated based on the recipe	#N/A	#N/A
08F10954	1870500 1	Recipe	Casserole, homemade, lamb, homemade gravy			81.4	10.4	Calculated based on the recipe	#N/A	#N/A
08A10949	1810101 7	Recipe	Beef, blade steak, semi-trimmed, raw			81.3	14.2	Calculated based on the recipe	#N/A	3
08E30391	1860100 2	Recipe	Bacon, 97% fat free, baked, roasted, fried, grilled or BBQ'd, with or without added fat			81.3	4.0	Calculated based on the recipe	#N/A	#N/A
08A11206	1810119 6	Recipe	Beef, sirloin steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			81.2	11.6	Calculated based on the recipe	#N/A	#N/A
08A11146	1810119 5	Recipe	Beef, sirloin steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			81.1	11.7	Calculated based on the recipe	#N/A	#N/A
08A20678	1810215 4	Recipe	Lamb, shank, fully-trimmed, raw			81.1	0.2	Calculated based on the recipe	#N/A	4
08A20801	1810200 3	Recipe	Lamb, BBQ/grill/fry cuts, fully-trimmed, raw			81.1	4.0	Calculated based on the recipe	#N/A	#N/A
08A20799	1810217 7	Recipe	Lamb, stir-fry cuts, fully-trimmed, raw			81.1	11.9	Calculated based on the recipe	#N/A	#N/A
08A20825	1810210 0	Recipe	Lamb, frenched cutlet/rack, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			81.0	11.9	Calculated based on the recipe	#N/A	#N/A
08A30481	1810310 0	Recipe	Pork, mince, baked, roasted, fried or stir-fried, grilled or BBQ'd, fat not further defined			81.0	4.3	Calculated based on the recipe	#N/A	4
08A30479	1810309 8	Recipe	Pork, mince, baked, roasted, fried or stir-fried, grilled or BBQ'd, olive oil			81.0	4.3	Calculated based on the recipe	#N/A	#N/A
08A30482	1810309 9	Recipe	Pork, mince, baked, roasted, fried or stir-fried, grilled or BBQ'd, other oil			81.0	4.3	Calculated based on the recipe	#N/A	#N/A
08A30480	1810309 7	Recipe	Pork, mince, baked, roasted, fried or stir-fried, grilled or BBQ'd, canola oil			81.0	4.3	Calculated based on the recipe	#N/A	#N/A
08A20673	1810205 6	Recipe	Lamb, diced, untrimmed, raw			80.9	11.9	Calculated based on the recipe	#N/A	2
08A20793	1810201 1	Recipe	Lamb, casserole cuts, fully-trimmed, raw			80.9	4.2	Calculated based on the recipe	#N/A	3
08A20779	1810213	Recipe	Lamb, mini roast, fully-			80.9	11.9	Calculated based on the	#N/A	2



	7		trimmed, raw					recipe		
08A20778	18102168	Recipe	Lamb, steak, fully-trimmed, raw			80.9	11.9	Calculated based on the recipe	#N/A	2
10F20116	23301002	Recipe	Dressing, Caesar, homemade			80.8	0.2	Calculated based on the recipe	#N/A	#N/A
08C10606	18302020	Recipe	Turkey, hindquarter, lean, skin & fat, baked, roasted, fried, grilled or BBQ'd, fat not further defined			80.6	6.2	Calculated based on the recipe	#N/A	#N/A
08A30444	18103121	Recipe	Pork, scotch roast, untrimmed, baked or roasted, no added fat			80.5	3.1	Calculated based on the recipe	#N/A	#N/A
08A20862	18102126	Recipe	Lamb, loin chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			80.4	0.3	Calculated based on the recipe	#N/A	#N/A
08A20743	18102183	Recipe	Lamb, stir-fry strips, untrimmed, raw			80.4	11.8	Calculated based on the recipe	#N/A	2
08A11132	18101082	Recipe	Beef, mince, >10% fat, baked, roasted, fried or stir-fried, grilled or BBQ'd, fat not further defined			80.4	7.4	Calculated based on the recipe	#N/A	6
08F11066	18903052	Recipe	Meatloaf, homemade, chicken			80.2	8.0	Calculated based on the recipe	#N/A	#N/A
08A11078	18101211	Recipe	Beef, stir-fry cuts, fully-trimmed, raw			80.2	12.0	Calculated based on the recipe	#N/A	#N/A
08A10984	18101137	Recipe	Beef, rump steak, untrimmed, raw			80.2	11.6	Calculated based on the recipe	#N/A	7
08A20888	18102031	Recipe	Lamb, chop, semi-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined			80.2	0.4	Calculated based on the recipe	#N/A	#N/A
15A20141	18011003	Recipe	Echidna, wild caught, flesh, cooked			80.1	10.3	Calculated based on the recipe	#N/A	1
05C10192	15201002	Recipe	Crab, flesh, cooked, fat not further defined			80.1	0.0	Calculated based on the recipe	#N/A	#N/A
08A11033	18101243	Recipe	Beef, topside steak, separable lean, baked or roasted, no added fat			80.1	13.7	Calculated based on the recipe	#N/A	#N/A
08A20883	18102046	Recipe	Lamb, chump chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			80.0	0.3	Calculated based on the recipe	#N/A	#N/A
08A11326	18101027	Recipe	Beef, casserole cuts, untrimmed, boiled, casserole, microwaved, poached, steamed or stewed, with or without fat			80.0	15.4	Calculated based on the recipe	#N/A	2
08A20698	18102087	Recipe	Lamb, forequarter chop, fully-trimmed, raw			80.0	0.2	Calculated based on the recipe	#N/A	3
08A20758	18102202	Recipe	Mutton, leg roast, fully-trimmed, raw			79.9	11.8	Calculated based on the recipe	#N/A	#N/A
08A20773	1810204	Recipe	Lamb, chump chop, fully-			79.9	0.2	Calculated based on the	#N/A	1

	2		trimmed, raw					recipe		
08A11006	1810119 3	Recipe	Beef, sirloin steak, untrimmed, raw			79.9	11.5	Calculated based on the recipe	#N/A	3
08A11027	1810123 4	Recipe	Beef, topside roast, fully-trimmed, baked or roasted, no added fat			79.9	13.6	Calculated based on the recipe	#N/A	1
08A11034	1810124 5	Recipe	Beef, topside steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			79.9	13.6	Calculated based on the recipe	#N/A	1
08A20839	1810202 5	Recipe	Lamb, chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			79.8	0.4	Calculated based on the recipe	#N/A	#N/A
08A11323	1870301 2	Recipe	Meatball or rissole, beef, commercial, cooked			79.7	5.9	Calculated based on the recipe	#N/A	#N/A
08A20795	1810214 4	Recipe	Lamb, roasting cuts, fully- trimmed, raw			79.7	11.7	Calculated based on the recipe	#N/A	1
08A20769	1810209 8	Recipe	Lamb, frenched cutlet/rack, fully-trimmed, raw			79.7	11.7	Calculated based on the recipe	#N/A	6
08A20897	1810216 0	Recipe	Lamb, shank, semi-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat			79.7	0.5	Calculated based on the recipe	#N/A	#N/A
08A11072	1810102 4	Recipe	Beef, casserole cuts, fully- trimmed, raw			79.7	15.5	Calculated based on the recipe	#N/A	4
08C10545	1830104 3	Recipe	Chicken kebab, marinated, baked, roasted, fried, grilled or BBQ'd, no added fat			79.7	8.7	Calculated based on the recipe	#N/A	#N/A
02E10544	1330102 0	Recipe	Cake, cupcake or muffin, chocolate, prepared from dry mix, undefined fat, sugar based icing			79.5	20.8	Calculated based on the recipe	#N/A	#N/A
08A11214	1810102 2	Recipe	Beef, blade steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			79.3	13.7	Calculated based on the recipe	#N/A	#N/A
05D20129	1530300 3	Recipe	Mixed seafood, contains fish & shellfish, boiled, microwaved, steamed or poached, with or without added fat			79.3	0.0	Calculated based on the recipe	#N/A	2
08A11028	1810123 7	Recipe	Beef, topside roast, semi-trimmed, baked or roasted, no added fat			79.2	13.3	Calculated based on the recipe	#N/A	1
08A11035	1810124 9	Recipe	Beef, topside steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			79.2	13.3	Calculated based on the recipe	#N/A	1
08A11073	1810102 5	Recipe	Beef, casserole cuts, fully-trimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat			79.2	15.0	Calculated based on the recipe	#N/A	21
08A20826	1870700 2	Recipe	Lamb, frenched cutlet/rack, fully-trimmed, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat			79.2	11.1	Calculated based on the recipe	#N/A	#N/A
08A20720	1810212 4	Recipe	Lamb, loin chop, semi- trimmed, raw			79.1	0.3	Calculated based on the recipe	#N/A	3
08A20844	1810201	Recipe	Lamb, casserole cuts, semi-trimmed, boiled, casseroled, microwaved, poached,			79.1	6.7	Calculated based on the	#N/A	3

	3		steamed or stewed, no added fat			recipe		
08A11282	1810108 4	Recipe	Beef, mince, baked, roasted, fried or stir-fried, grilled or BBQ'd, no added fat	79.1	8.0	Calculated based on the recipe	#N/A	4
08A11110	1810108 8	Recipe	Beef, rib cutlet or roast, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	79.0	12.7	Calculated based on the recipe	#N/A	#N/A
05A10769	1510111 4	Recipe	Whiting, baked, roasted, fried, grilled or BBQ'd, no added fat	78.9	0.0	Calculated based on the recipe	#N/A	#N/A
08A30516	1810306 4	Recipe	Pork, loin chop, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat	78.9	4.2	Calculated based on the recipe	#N/A	#N/A
08C10570	1830101 7	Recipe	Chicken, breast, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, fat not further defined	78.9	7.3	Calculated based on the recipe	#N/A	#N/A
08F11055	1871200 1	Recipe	Meatloaf, commercial, all meats	78.8	6.3	Calculated based on the recipe	#N/A	#N/A
08A11080	1810121 3	Recipe	Beef, stir-fry cuts, semi-trimmed, raw	78.8	11.8	Calculated based on the recipe	#N/A	#N/A
08E30366	1860100 9	Recipe	Bacon, middle rasher or shortcut, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine spread	78.8	3.9	Calculated based on the recipe	#N/A	#N/A
08A20666	1810204 4	Recipe	Lamb, chump chop, semi-trimmed, raw	78.7	0.3	Calculated based on the recipe	#N/A	2
08C10590	1830104 4	Recipe	Chicken kebab, marinated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	78.7	8.5	Calculated based on the recipe	#N/A	#N/A
08A11254	1810125 8	Recipe	Beef, steak, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat	78.7	13.2	Calculated based on the recipe	#N/A	#N/A
08C10558	1830102 3	Recipe	Chicken, drumstick, flesh, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined	78.6	10.1	Calculated based on the recipe	#N/A	#N/A
08A20777	1810206 4	Recipe	Lamb, easy carve leg roast, fully-trimmed, raw	78.6	11.5	Calculated based on the recipe	#N/A	1
08A20776	1810211 4	Recipe	Lamb, leg roast, fully-trimmed, raw	78.6	11.5	Calculated based on the recipe	#N/A	#N/A
08A20752	1810219 4	Recipe	Mutton, shoulder, fully-trimmed, raw	78.6	11.5	Calculated based on the recipe	#N/A	#N/A
05A10772	1510106 9	Recipe	Salmon, baked, roasted, fried, grilled or BBQ'd, no added fat	78.5	0.3	Calculated based on the recipe	#N/A	1
08A20759	1810220 4	Recipe	Mutton, leg roast, semi-trimmed, raw	78.5	11.5	Calculated based on the recipe	#N/A	#N/A
08E30370	1860101 3	Recipe	Bacon, middle rasher or shortcut, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	78.5	3.9	Calculated based on the recipe	#N/A	1
08E30368	1860101	Recipe	Bacon, middle rasher or shortcut, fully-trimmed, baked, roasted, fried, grilled or	78.4	3.9	Calculated based on the	#N/A	#N/A

	1		BBQ'd, olive oil			recipe		
08E30388	18601012	Recipe	Bacon, middle rasher or shortcut, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil	78.4	3.9	Calculated based on the recipe	#N/A	#N/A
08E30387	18601010	Recipe	Bacon, middle rasher or shortcut, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil	78.4	3.9	Calculated based on the recipe	#N/A	#N/A
08F11061	18701031	Recipe	Stir-fry, homemade, beef	78.4	12.4	Calculated based on the recipe	#N/A	1
08A20729	18102139	Recipe	Lamb, mini roast, semi-trimmed, raw	78.3	11.5	Calculated based on the recipe	#N/A	1
08A20736	18102171	Recipe	Lamb, steak, semi-trimmed, raw	78.3	11.5	Calculated based on the recipe	#N/A	#N/A
08A20858	18102029	Recipe	Lamb, chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	78.2	0.4	Calculated based on the recipe	#N/A	#N/A
08A20840	18102027	Recipe	Lamb, chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil	78.2	0.4	Calculated based on the recipe	#N/A	#N/A
08A20857	18102028	Recipe	Lamb, chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil	78.2	0.4	Calculated based on the recipe	#N/A	#N/A
08A20852	18102026	Recipe	Lamb, chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil	78.2	0.4	Calculated based on the recipe	#N/A	#N/A
08A11029	18101239	Recipe	Beef, topside roast, untrimmed, baked or roasted, no added fat	78.2	12.8	Calculated based on the recipe	#N/A	#N/A
08A11036	18101251	Recipe	Beef, topside steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	78.2	12.8	Calculated based on the recipe	#N/A	#N/A
08A20898	18102161	Recipe	Lamb, shank, semi-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, fat not further defined	78.2	0.5	Calculated based on the recipe	#N/A	#N/A
08E10145	18903040	Recipe	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine	78.1	8.2	Calculated based on the recipe	#N/A	#N/A
08F10927	18703005	Recipe	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	78.1	10.4	Calculated based on the recipe	#N/A	#N/A
08A20713	18102116	Recipe	Lamb, leg roast, semi-trimmed, raw	78.1	11.4	Calculated based on the recipe	#N/A	1
08F11005	18703003	Recipe	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, olive oil	78.0	10.4	Calculated based on the recipe	#N/A	#N/A
08F11027	18703004	Recipe	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, other oil	78.0	10.4	Calculated based on the recipe	#N/A	#N/A
08F11026	18703002	Recipe	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, canola oil	78.0	10.4	Calculated based on the recipe	#N/A	#N/A
08A10950	1810102	Recipe	Beef, blade steak,	78.0	13.5	Calculated based on the	#N/A	5

	0		untrimmed, raw					recipe		
08A11159	18703020	Recipe	Meatball or rissole, beef mince, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined			77.9	5.8	Calculated based on the recipe	#N/A	11
05A10906	15101049	Recipe	Mackerel, baked, roasted, fried, grilled or BBQ'd, no added fat			77.9	0.0	Calculated based on the recipe	#N/A	#N/A
08A11074	18101091	Recipe	Beef, roasting cuts, fully-trimmed, raw			77.8	12.5	Calculated based on the recipe	#N/A	1
08A20896	18102159	Recipe	Lamb, shank, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			77.8	0.4	Calculated based on the recipe	#N/A	#N/A
05A10818	15101056	Recipe	Mullet, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			77.8	0.0	Calculated based on the recipe	#N/A	#N/A
08A20683	18102066	Recipe	Lamb, easy carve leg roast, semi-trimmed, raw			77.6	11.4	Calculated based on the recipe	#N/A	1
08A11281	18101085	Recipe	Beef, mince, baked, roasted, fried or stir-fried, grilled or BBQ'd, fat not further defined			77.5	7.8	Calculated based on the recipe	#N/A	17
08A30447	18103066	Recipe	Pork, loin chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			77.5	4.1	Calculated based on the recipe	#N/A	#N/A
08A11082	18101004	Recipe	Beef, BBQ/grill/fry cuts, fully-trimmed, raw			77.4	13.5	Calculated based on the recipe	#N/A	#N/A
08A11245	18101096	Recipe	Beef, roasting cuts, untrimmed, baked or roasted, no added fat			77.4	12.3	Calculated based on the recipe	#N/A	#N/A
08C10509	18301075	Recipe	Chicken, flesh, raw			77.3	7.5	Calculated based on the recipe	#N/A	6
08E10163	18903044	Recipe	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined			77.2	8.2	Calculated based on the recipe	#N/A	1
08A11304	18101259	Recipe	Beef, steak, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined			77.1	12.9	Calculated based on the recipe	#N/A	#N/A
08E10127	18903042	Recipe	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, olive oil			77.1	8.2	Calculated based on the recipe	#N/A	#N/A
08E10134	18903043	Recipe	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, other oil			77.1	8.2	Calculated based on the recipe	#N/A	1
08E10128	18903041	Recipe	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, canola oil			77.1	8.2	Calculated based on the recipe	#N/A	#N/A
08C10530	18302023	Recipe	Turkey, whole, lean, boiled, casserole, microwaved, poached, steamed or stewed, with or without added fat			77.1	5.2	Calculated based on the recipe	#N/A	#N/A
08A20830	18102024	Recipe	Lamb, chop, semi-trimmed, raw, not further defined			77.0	0.4	Calculated based on the recipe	#N/A	9
08A20768	1810207	Recipe	Lamb, easy carve shoulder,			76.9	11.2	Calculated based on the	#N/A	#N/A

	2		fully-trimmed, raw					recipe		
08F11032	18102023	Recipe	Lamb, chop, fully-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined			76.8	1.9	Calculated based on the recipe	#N/A	#N/A
02F40260	13511015	Recipe	Rice, white, fried with egg			76.8	1.3	Calculated based on the recipe	#N/A	#N/A
08D10196	18405002	Recipe	Black pudding, fried, grilled, BBQ'd or baked, fat not further defined			76.8	2.3	Calculated based on the recipe	#N/A	#N/A
05A10825	15101070	Recipe	Salmon, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine			76.8	0.3	Calculated based on the recipe	#N/A	#N/A
08A11220	18101253	Recipe	Beef, steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			76.7	12.9	Calculated based on the recipe	#N/A	#N/A
08A30540	18103072	Recipe	Pork, loin chop, semi-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat			76.7	4.1	Calculated based on the recipe	#N/A	#N/A
08E10139	18903005	Recipe	Chicken, breast, flesh, coated, cooked, no added fat			76.7	9.1	Calculated based on the recipe	#N/A	#N/A
08E10170	18903006	Recipe	Chicken, breast, flesh, coated, cooked, fat not further defined			76.6	9.0	Calculated based on the recipe	#N/A	#N/A
08F11117	18901022	Recipe	Stir-fry, homemade, chicken			76.6	8.8	Calculated based on the recipe	#N/A	#N/A
08A20882	18102151	Recipe	Lamb, roasting cuts, untrimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat			76.5	11.0	Calculated based on the recipe	#N/A	#N/A
08A20753	18102196	Recipe	Mutton, shoulder, untrimmed, raw			76.3	11.1	Calculated based on the recipe	#N/A	#N/A
05A10835	15101074	Recipe	Salmon, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			76.2	0.2	Calculated based on the recipe	#N/A	#N/A
08A11238	18101266	Recipe	Beef, steak, semi-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, with or without added fat			76.2	12.7	Calculated based on the recipe	#N/A	#N/A
15A20138	34101006	Recipe	Turtle, wild caught, flesh, cooked			76.2	0.0	Calculated based on the recipe	#N/A	1
08A11076	18101093	Recipe	Beef, roasting cuts, semi-trimmed, raw			76.2	12.2	Calculated based on the recipe	#N/A	#N/A
05A10777	15101072	Recipe	Salmon, baked, roasted, grilled, BBQ'd, fried or deep fried, olive oil			76.2	0.2	Calculated based on the recipe	#N/A	#N/A
05A10834	15101073	Recipe	Salmon, baked, roasted, grilled, BBQ'd, fried or deep fried, other oil			76.2	0.2	Calculated based on the recipe	#N/A	#N/A
05A10773	15101071	Recipe	Salmon, baked, roasted, grilled, BBQ'd, fried or deep fried, canola oil			76.2	0.2	Calculated based on the recipe	#N/A	#N/A
02F40469	1350700	Recipe	Breakfast wrap, white tortilla, bacon, egg, cheese & sauce, fast food chain			76.2	2.4	Calculated based on the	#N/A	#N/A

	1							recipe		
08E30392	18604014	Recipe	Processed meat, for use in garden salads			76.1	4.3	Calculated based on the recipe	#N/A	3
08F10991	18704007	Recipe	Veal, schnitzel, breadcrumb coating, cooked with tomato sauce & cheese (veal parmigiana)			76.1	15.6	Calculated based on the recipe	#N/A	#N/A
08C10605	18301087	Recipe	Chicken, for use as subway sandwich filling			76.1	8.8	Calculated based on the recipe	#N/A	6
08A11234	18101026	Recipe	Beef, casserole cuts, untrimmed, raw			76.0	14.6	Calculated based on the recipe	#N/A	2
08C20016	18303008	Analysed	Quail, flesh & skin, raw		75.97882353	76.0	--	Calculated based on the recipe	#N/A	1
08A20797	18102147	Recipe	Lamb, roasting cuts, semi-trimmed, raw			75.9	11.1	Calculated based on the recipe	#N/A	#N/A
05A10853	15101026	Recipe	Cod or hake, baked, roasted, fried, grilled or BBQ'd, no added fat			75.9	0.0	Calculated based on the recipe	#N/A	#N/A
08E10137	18903032	Recipe	Chicken, kiev, homemade from basic ingredients, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	7.8	Calculated based on the recipe	#N/A	#N/A
08A30553	18103084	Recipe	Pork, loin roast, semi-trimmed, raw			75.7	3.0	Calculated based on the recipe	#N/A	3
05A10685	15101057	Analysed	Mullet, boiled, microwaved, steamed or poached, with or without added fat		75.68493151	75.7	--	Calculated based on the recipe	#N/A	#N/A
05A10720	15101020	Recipe	Bream, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10827	15101030	Recipe	Flathead, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10950	15101034	Recipe	Flounder, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10938	15101040	Recipe	Grouper, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10946	15101043	Recipe	John dory, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10808	15101080	Recipe	Shark (flake), baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	1
05A10841	15101095	Recipe	Swordfish, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10981	15101100	Recipe	Trevally or kingfish, cooked, no fat added			75.7	0.0	Calculated based on the recipe	#N/A	#N/A

05A10919	15101103	Recipe	Trout, rainbow, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10802	15101107	Recipe	Tuna, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10758	15302002	Recipe	Fish, eel, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10809	15501027	Recipe	Snapper, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10990	15701001	Recipe	Stingray, wild caught, flesh, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10805	15101010	Recipe	Bassa (basa), baked, roasted, grilled, BBQ'd or fried, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10929	15101046	Recipe	Ling, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10914	15101084	Recipe	Silver perch, baked, roasted, fried, grilled or BBQ'd, no added fat			75.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10955	15101050	Recipe	Mackerel, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			75.6	0.0	Calculated based on the recipe	#N/A	#N/A
08A11084	18101006	Recipe	Beef, BBQ/grill/fry cuts, semi-trimmed, raw			75.5	13.0	Calculated based on the recipe	#N/A	#N/A
08A20828	18707001	Recipe	Lamb, easy carve shoulder, semi-trimmed, breadcrumb coating, baked or roasted, no added fat			75.5	10.5	Calculated based on the recipe	#N/A	#N/A
08F10901	18705007	Analysed	Curry, commercial, lamb, dairy based sauce			75.5	9.9	Calculated based on the recipe	#N/A	#N/A
08F10934	18705008	Recipe	Curry, homemade, lamb, homemade sauce			75.5	9.9	Calculated based on the recipe	#N/A	#N/A
08A11096	18101070	Recipe	Beef, mince, <5% fat, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat			75.4	7.3	Calculated based on the recipe	#N/A	#N/A
02E20106	12307004	Recipe	French toast, wholemeal bread, plain			75.4	15.0	Calculated based on the recipe	#N/A	#N/A
08A20847	18102092	Recipe	Lamb, forequarter chop, semi-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat			75.4	0.6	Calculated based on the recipe	#N/A	#N/A
08A11230	18101257	Recipe	Beef, steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			75.2	12.6	Calculated based on the recipe	#N/A	#N/A
08A11231	18101255	Recipe	Beef, steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			75.2	12.6	Calculated based on the recipe	#N/A	#N/A
08A11268	18101256	Recipe	Beef, steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			75.2	12.6	Calculated based on the recipe	#N/A	#N/A



08A11232	18101254	Recipe	Beef, steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil	75.2	12.6	Calculated based on the recipe	#N/A	#N/A
08F11088	18901001	Recipe	Casserole, commercial, chicken	75.2	7.1	Calculated based on the recipe	#N/A	#N/A
02F30335	13505060	Recipe	Bacon burger, bread roll, bacon rasher, with egg, takeaway & homemade	75.2	0.8	Calculated based on the recipe	#N/A	#N/A
08A11270	18101261	Recipe	Beef, steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	75.1	12.5	Calculated based on the recipe	#N/A	7
05A10787	15101115	Recipe	Whiting, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	75.1	0.0	Calculated based on the recipe	#N/A	#N/A
08F10990	18701011	Recipe	Casserole, homemade, veal & vegetable, homemade gravy	75.1	14.5	Calculated based on the recipe	#N/A	#N/A
08A20821	18707003	Recipe	Lamb, frenched cutlet/rack, fully-trimmed, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	75.0	10.5	Calculated based on the recipe	#N/A	#N/A
08A20886	18102158	Recipe	Lamb, shank, semi-trimmed, raw	75.0	0.4	Calculated based on the recipe	#N/A	3
08F11022	18703006	Recipe	Beef, steak, fully-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	75.0	12.3	Calculated based on the recipe	#N/A	#N/A
08A20690	18102074	Recipe	Lamb, easy carve shoulder, semi-trimmed, raw	75.0	10.9	Calculated based on the recipe	#N/A	2
05D20147	15303002	Recipe	Mixed seafood, contains fish & shellfish, baked, roasted, fried, grilled or BBQ'd, with or without added fat	75.0	0.0	Calculated based on the recipe	#N/A	1
08B10097	18011001	Recipe	Buffalo, wild caught, cooked	74.8	14.6	Calculated based on the recipe	#N/A	1
08C10593	18301046	Recipe	Chicken, maryland, flesh, baked, roasted, fried, grilled or BBQ'd, no added fat	74.8	9.6	Calculated based on the recipe	#N/A	#N/A
08F11133	18710001	Recipe	Pork, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	74.8	5.8	Calculated based on the recipe	#N/A	#N/A
08C10475	18301025	Recipe	Chicken, drumstick, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat	74.8	10.2	Calculated based on the recipe	#N/A	#N/A
08A11233	18101095	Recipe	Beef, roasting cuts, untrimmed, raw	74.7	11.9	Calculated based on the recipe	#N/A	1
08A30496	18103002	Recipe	Pork, belly, baked, roasted, fried, grilled or BBQ'd, no added fat	74.7	3.4	Calculated based on the recipe	#N/A	1
08A20881	18102150	Recipe	Lamb, roasting cuts, untrimmed, baked or roasted, no added fat	74.6	10.8	Calculated based on the recipe	#N/A	#N/A
08C10507	18903049	Recipe	Meatball or rissole, chicken mince, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat	74.5	6.5	Calculated based on the recipe	#N/A	1

08A30536	18103039	Recipe	Pork, forequarter chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			74.5	3.2	Calculated based on the recipe	#N/A	#N/A
08A30438	18103053	Recipe	Pork, leg steak (round, rump, topside, silverside), as purchased, raw			74.5	2.9	Calculated based on the recipe	#N/A	2
08A30502	18103129	Recipe	Pork, spare ribs, fully-trimmed, boiled, casserole, microwaved, poached, steamed, or stewed, no added fat			74.4	4.1	Calculated based on the recipe	#N/A	#N/A
08A20730	18102141	Recipe	Lamb, mini roast, untrimmed, raw			74.4	10.8	Calculated based on the recipe	#N/A	1
08A20737	18102173	Recipe	Lamb, steak, untrimmed, raw			74.4	10.8	Calculated based on the recipe	#N/A	#N/A
08F11129	18710002	Recipe	Pork, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined			74.3	6.1	Calculated based on the recipe	#N/A	#N/A
08A30442	18103074	Recipe	Pork, loin chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			74.3	3.9	Calculated based on the recipe	#N/A	1
08A20803	18102005	Recipe	Lamb, BBQ/grill/fry cuts, semi-trimmed, raw			74.3	3.7	Calculated based on the recipe	#N/A	#N/A
08C10597	18301041	Recipe	Chicken, fillet or kebab, flesh, skin & fat, boiled, casserole, microwaved, poached, steamed or stewed, with or without added fat, no added marinade			74.3	8.4	Calculated based on the recipe	#N/A	1
05A10721	15101059	Recipe	Mulloway, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			74.2	0.0	Calculated based on the recipe	#N/A	#N/A
05A10842	15101096	Recipe	Swordfish, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			74.2	0.0	Calculated based on the recipe	#N/A	#N/A
08E10166	18903033	Recipe	Chicken, kiev, homemade from basic ingredients, baked, roasted, fried, grilled or BBQ'd, fat not further defined			74.2	7.6	Calculated based on the recipe	#N/A	#N/A
08C10508	18301030	Recipe	Chicken, fillet or kebab, flesh, raw			74.1	7.8	Calculated based on the recipe	#N/A	21
08A11223	18101252	Recipe	Beef, steak, fully-trimmed, raw			74.0	12.4	Calculated based on the recipe	#N/A	9
08A30467	18103108	Recipe	Pork, round mini roast, untrimmed, raw			74.0	2.9	Calculated based on the recipe	#N/A	#N/A
08A30457	18103125	Recipe	Pork, silverside steak, untrimmed, raw			74.0	2.9	Calculated based on the recipe	#N/A	#N/A
08A11259	18101071	Recipe	Beef, mince, <5% fat, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined			74.0	7.2	Calculated based on the recipe	#N/A	#N/A
08A20908	18102143	Recipe	Lamb, rib, cooked, with or without added fat			73.9	7.2	Calculated based on the recipe	#N/A	#N/A
08A10966	18101048	Recipe	Beef, eye fillet, separable lean, baked, roasted, fried, grilled or BBQ'd, no added fat			73.8	12.6	Calculated based on the recipe	#N/A	#N/A

08A10970	1810105 2	Recipe	Beef, fillet steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			73.8	12.6	Calculated based on the recipe	#N/A	#N/A
08A11195	1810126 5	Recipe	Beef, steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			73.6	12.2	Calculated based on the recipe	#N/A	4
08A11161	1810127 3	Recipe	Beef, steak, for use on sandwiches, not further defined			73.6	12.2	Calculated based on the recipe	#N/A	#N/A
08A11194	1810126 3	Recipe	Beef, steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			73.6	12.2	Calculated based on the recipe	#N/A	#N/A
08A11272	1810126 4	Recipe	Beef, steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			73.6	12.2	Calculated based on the recipe	#N/A	#N/A
08A11271	1810126 2	Recipe	Beef, steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			73.6	12.2	Calculated based on the recipe	#N/A	#N/A
08A30455	1810311 4	Recipe	Pork, rump steak, untrimmed, raw			73.6	2.9	Calculated based on the recipe	#N/A	1
05A10913	1510108 5	Recipe	Silver perch, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			73.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10859	1510110 1	Recipe	Trevally or kingfish, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			73.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10921	1510110 4	Recipe	Trout, rainbow, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			73.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10759	1530200 3	Recipe	Fish, eel, baked, roasted, fried, stir-fried, deep fried, grilled or BBQ'd, fat not further defined			73.5	0.0	Calculated based on the recipe	#N/A	#N/A
08A20791	1810220 6	Recipe	Mutton, leg roast, untrimmed, raw			73.5	10.6	Calculated based on the recipe	#N/A	#N/A
08C10604	1810218 7	Recipe	Lamb, for use in kebabs, cooked			73.4	5.6	Calculated based on the recipe	#N/A	3
08C10497	1830102 1	Recipe	Chicken, drumstick, flesh, baked, roasted, fried, grilled or BBQ'd, fat not further defined			73.3	9.4	Calculated based on the recipe	#N/A	#N/A
08C10591	1830104 7	Recipe	Chicken, maryland, flesh, baked, roasted, fried, grilled or BBQ'd, fat not further defined			73.3	9.4	Calculated based on the recipe	#N/A	#N/A
08C10485	1830105 7	Recipe	Chicken, thigh, flesh, baked, roasted, fried, grilled or BBQ'd, fat not further defined			73.3	9.4	Calculated based on the recipe	#N/A	#N/A
08E10215	1890302 3	Recipe	Chicken, flesh, coated, baked, roasted, fried, grilled or BBQ'd, no added fat			73.3	9.6	Calculated based on the recipe	#N/A	#N/A
08F11059	1870102 7	Recipe	Stir-fry, commercial, beef			73.2	12.6	Calculated based on the recipe	#N/A	1
08F10886	1870102 8	Analysed	Stir-fry, commercial, beef, satay sauce			73.2	12.6	Calculated based on the recipe	#N/A	1

08A30513	18103003	Recipe	Pork, belly, baked, roasted, fried, grilled or BBQ'd, fat not further defined	73.2	3.4	Calculated based on the recipe	#N/A	#N/A
05C10223	15603005	Recipe	Prawn cocktail	73.2	0.1	Calculated based on the recipe	#N/A	#N/A
08A20813	18102164	Recipe	Lamb, shank, untrimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat	73.1	0.7	Calculated based on the recipe	#N/A	#N/A
08C10569	18301066	Recipe	Chicken, wing, flesh, baked, roasted, fried, grilled or BBQ'd, fat not further defined	73.1	9.4	Calculated based on the recipe	#N/A	#N/A
08A20822	18102104	Recipe	Lamb, frenched cutlet/rack, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	73.1	10.6	Calculated based on the recipe	#N/A	#N/A
08C10552	18903050	Recipe	Meatball or rissole, chicken mince, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined	73.1	6.4	Calculated based on the recipe	#N/A	1
08F11033	18102032	Recipe	Lamb, chop, semi-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	73.1	2.1	Calculated based on the recipe	#N/A	#N/A
08A30567	18103010	Recipe	Pork, butterfly steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	73.1	3.8	Calculated based on the recipe	#N/A	#N/A
08A30525	18103008	Recipe	Pork, butterfly steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil	73.0	3.8	Calculated based on the recipe	#N/A	#N/A
08A30524	18103009	Recipe	Pork, butterfly steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil	73.0	3.8	Calculated based on the recipe	#N/A	#N/A
08A30503	18103130	Recipe	Pork, spare ribs, fully-trimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, fat not further defined	73.0	4.0	Calculated based on the recipe	#N/A	#N/A
05A10821	15101088	Recipe	Snapper, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine	72.9	0.0	Calculated based on the recipe	#N/A	#N/A
08A20867	18102091	Recipe	Lamb, forequarter chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	72.9	0.6	Calculated based on the recipe	#N/A	#N/A
02E10500	13301027	Recipe	Cake or cupcake, mud, dark chocolate, homemade from basic ingredients, undefined fat, uniced	72.8	0.2	Calculated based on the recipe	#N/A	#N/A
08A11100	18703013	Recipe	Meatball or rissole, beef mince, <5% fat, homemade, raw	72.8	5.0	Calculated based on the recipe	#N/A	4
09D20115	19601001	Recipe	Custard, egg, vanilla, homemade from basic ingredients	72.7	0.5	Calculated based on the recipe	#N/A	6
08C10529	18302022	Recipe	Turkey, whole, lean, baked, roasted, fried, grilled or BBQ'd, no added fat	72.6	4.9	Calculated based on the recipe	#N/A	#N/A
08C20024	18303002	Recipe	Emu, fillet or steak, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	72.6	4.9	Calculated based on the recipe	#N/A	#N/A
08A10972	18101059	Recipe	Beef, fillet steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	72.6	11.9	Calculated based on the recipe	#N/A	#N/A

08A11286	18101033	Recipe	Beef, chuck steak, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			72.6	20.8	Calculated based on the recipe	#N/A	#N/A
08A30570	18103092	Recipe	Pork, medallion or loin steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			72.5	3.7	Calculated based on the recipe	#N/A	#N/A
08A11160	18101260	Recipe	Beef, steak, semi-trimmed, raw			72.4	12.0	Calculated based on the recipe	#N/A	9
08A20684	18102068	Recipe	Lamb, easy carve leg roast, untrimmed, raw			72.4	10.5	Calculated based on the recipe	#N/A	1
08A20714	18102118	Recipe	Lamb, leg roast, untrimmed, raw			72.4	10.5	Calculated based on the recipe	#N/A	#N/A
08A11291	18101086	Recipe	Beef, mince, boiled, casseroled, microwaved, steamed or stewed, with or without added fat			72.4	7.3	Calculated based on the recipe	#N/A	#N/A
05A10848	15101027	Recipe	Cod or hake, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			72.2	0.0	Calculated based on the recipe	#N/A	#N/A
09D20129	17202003	Recipe	Mousse, chocolate, homemade from basic ingredients			72.2	0.1	Calculated based on the recipe	#N/A	#N/A
05D10371	23504002	Recipe	Dip, taramosalata, homemade			72.1	0.0	Calculated based on the recipe	#N/A	#N/A
08A30556	18103059	Recipe	Pork, loin chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine			72.1	3.8	Calculated based on the recipe	#N/A	#N/A
08A20846	18102049	Recipe	Lamb, chump chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			72.0	0.6	Calculated based on the recipe	#N/A	#N/A
05A10875	15101011	Recipe	Bassa (basa), baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10885	15101015	Recipe	Blue grenadier (hoki), baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10931	15101018	Recipe	Blue-eye trevalla, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10867	15101021	Recipe	Bream, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10829	15101031	Recipe	Flathead, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10952	15101035	Recipe	Flounder, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10939	15101041	Recipe	Grouper, baked, roasted, fried, grilled or BBQ'd, fat not further defined			72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10947	15101044	Recipe	John dory, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			72.0	0.0	Calculated based on the recipe	#N/A	#N/A

05A10930	15101047	Recipe	Ling, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10813	15101081	Recipe	Shark (flake), baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10836	15101092	Recipe	Snapper, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	72.0	0.0	Calculated based on the recipe	#N/A	#N/A
05A10830	15101108	Recipe	Tuna, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	72.0	0.0	Calculated based on the recipe	#N/A	#N/A
08A20854	18102149	Recipe	Lamb, roasting cuts, untrimmed, raw	72.0	10.4	Calculated based on the recipe	#N/A	2
08A30510	18103007	Recipe	Pork, butterfly steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil	72.0	3.7	Calculated based on the recipe	#N/A	#N/A
05A10923	15101119	Recipe	Fish, white flesh, baked, roasted, fried, grilled or BBQ'd, no added fat	72.0	0.0	Calculated based on the recipe	#N/A	13
08A20706	18102102	Recipe	Lamb, frenched cutlet/rack, semi-trimmed, raw	71.9	10.4	Calculated based on the recipe	#N/A	4
05D10370	23504001	Recipe	Dip, taramosalata, commercial	71.9	0.0	Calculated based on the recipe	#N/A	1
05A10722	15101090	Recipe	Snapper, baked, roasted, grilled, BBQ'd, fried or deep fried, olive oil	71.9	0.0	Calculated based on the recipe	#N/A	#N/A
05A10767	15101091	Recipe	Snapper, baked, roasted, grilled, BBQ'd, fried or deep fried, other oil	71.9	0.0	Calculated based on the recipe	#N/A	#N/A
05A10817	15101089	Recipe	Snapper, baked, roasted, fried, grilled or BBQ'd, canola oil	71.9	0.0	Calculated based on the recipe	#N/A	#N/A
08F11130	18703008	Recipe	Beef, steak, semi-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, with or without added fat	71.8	11.6	Calculated based on the recipe	#N/A	#N/A
08A20853	18102165	Recipe	Lamb, shank, untrimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined	71.7	0.7	Calculated based on the recipe	#N/A	#N/A
08A30537	18103063	Recipe	Pork, loin chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	71.7	3.8	Calculated based on the recipe	#N/A	#N/A
02E50257	13403008	Recipe	Eclair or profiterole, custard filled, commercial, chocolate icing	71.7	0.3	Calculated based on the recipe	#N/A	#N/A
08A20699	18102089	Recipe	Lamb, forequarter chop, semi-trimmed, raw	71.7	0.6	Calculated based on the recipe	#N/A	6
08A30538	18103061	Recipe	Pork, loin chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil	71.7	3.8	Calculated based on the recipe	#N/A	#N/A
08F11115	18901020	Recipe	Stir-fry, commercial, chicken	71.6	9.3	Calculated based on the recipe	#N/A	1

08A20885	18707005	Recipe	Meatball or rissole, lamb mince, homemade, raw		71.6	7.4	Calculated based on the recipe	#N/A	2
08A30492	18710003	Recipe	Meatball or rissole, pork mince, homemade, raw		71.4	2.7	Calculated based on the recipe	#N/A	2
05A10831	15101120	Recipe	Fish, white flesh, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined		71.3	0.0	Calculated based on the recipe	#N/A	2
08A11225	18101034	Recipe	Beef, chuck steak, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		71.2	20.4	Calculated based on the recipe	#N/A	#N/A
08F11023	18703007	Recipe	Beef, steak, fully-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined		71.1	11.6	Calculated based on the recipe	#N/A	#N/A
08A20907	18102109	Recipe	Lamb, kebab, marinated, baked, roasted, fried, grilled or BBQ'd, fat not further defined		71.0	1.4	Calculated based on the recipe	#N/A	1
08A11150	18703018	Recipe	Meatball or rissole, beef mince, homemade, raw		71.0	5.1	Calculated based on the recipe	#N/A	1
08C10466	18301015	Recipe	Chicken, breast, flesh, skin & fat, raw		71.0	6.6	Calculated based on the recipe	#N/A	6
05A10982	15101078	Recipe	Sardine, cooked, not further defined		70.9	0.0	Calculated based on the recipe	#N/A	#N/A
08A20667	18102047	Recipe	Lamb, chump chop, untrimmed, raw		70.9	0.6	Calculated based on the recipe	#N/A	2
02E20100	12307003	Recipe	French toast, white bread, plain		70.8	11.8	Calculated based on the recipe	#N/A	#N/A
05A10739	15101002	Recipe	Barramundi, baked, roasted, grilled, BBQ'd or fried, no added fat		70.8	0.0	Calculated based on the recipe	#N/A	#N/A
05A10915	15101061	Recipe	Nile perch, baked, roasted, fried, grilled or BBQ'd, no added fat		70.8	0.0	Calculated based on the recipe	#N/A	#N/A
08F11120	18706005	Recipe	Stir-fry, homemade, lamb & vegetable, with rice or noodles		70.7	14.3	Calculated based on the recipe	#N/A	#N/A
08E10211	18903014	Recipe	Chicken, maryland, flesh, coated, cooked, no added fat		70.7	10.2	Calculated based on the recipe	#N/A	#N/A
08A30517	18103062	Recipe	Pork, loin chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil		70.6	3.7	Calculated based on the recipe	#N/A	#N/A
08A30507	18103060	Recipe	Pork, loin chop, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil		70.6	3.7	Calculated based on the recipe	#N/A	#N/A
08F11062	18701033	Recipe	Stir-fry, homemade, beef, vegetable & egg		70.4	8.2	Calculated based on the recipe	#N/A	#N/A
08E10142	18903012	Recipe	Chicken, fillet or kebab, flesh, coated, cooked, no added fat, no added marinade		70.4	9.9	Calculated based on the recipe	#N/A	#N/A

08A20894	18102107	Recipe	Lamb, frenched cutlet/rack, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			70.2	10.1	Calculated based on the recipe	#N/A	1
05A10991	15101122	Recipe	Trout, coral, cooked, with or without added fat			70.1	0.0	Calculated based on the recipe	#N/A	#N/A
08A11193	18101078	Recipe	Beef, mince, ~5-10% fat, boiled, casserole, microwaved, poached, steamed, or stewed, no added fat			70.1	7.4	Calculated based on the recipe	#N/A	#N/A
08A10956	18101032	Recipe	Beef, chuck steak, fully-trimmed, raw			70.0	20.1	Calculated based on the recipe	#N/A	4
08C10534	18301039	Recipe	Chicken, fillet or kebab, flesh, skin & fat, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat, no added marinade			70.0	7.9	Calculated based on the recipe	#N/A	#N/A
08A20873	18102163	Recipe	Lamb, shank, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			70.0	0.7	Calculated based on the recipe	#N/A	#N/A
08A30571	18103094	Recipe	Pork, medallion or loin steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			69.6	3.7	Calculated based on the recipe	#N/A	#N/A
08A30557	18103069	Recipe	Pork, loin chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			69.6	3.8	Calculated based on the recipe	#N/A	#N/A
08A30539	18103068	Recipe	Pork, loin chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			69.6	3.8	Calculated based on the recipe	#N/A	#N/A
08A30443	18103120	Recipe	Pork, scotch roast, untrimmed, raw			69.6	3.8	Calculated based on the recipe	#N/A	1
08E10210	18903015	Recipe	Chicken, maryland, flesh, coated, cooked, fat not further defined			69.5	10.0	Calculated based on the recipe	#N/A	#N/A
15A20142	18011014	Recipe	Turkey, wild caught, lean, skin & fat, cooked			69.5	4.5	Calculated based on the recipe	#N/A	1
08C10608	18302024	Recipe	Turkey, whole, lean, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat			69.5	4.5	Calculated based on the recipe	#N/A	#N/A
08C10526	18301074	Recipe	Chicken, whole, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat			69.5	8.3	Calculated based on the recipe	#N/A	1
05C10194	15502001	Recipe	Crab, flesh, coated, fried or deep fried, fat not further defined			69.4	1.0	Calculated based on the recipe	#N/A	#N/A
05C10178	15502002	Recipe	Prawn, coated, fried or deep fried, fat not further defined			69.4	1.0	Calculated based on the recipe	#N/A	#N/A
08A20868	18707004	Recipe	Lamb, frenched cutlet/rack, semi-trimmed, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined			69.3	9.5	Calculated based on the recipe	#N/A	#N/A
08A11105	18703016	Recipe	Meatball or rissole, beef mince, ~5-10% fat, homemade, raw			69.2	5.1	Calculated based on the recipe	#N/A	2
08A20707	18102105	Recipe	Lamb, frenched cutlet/rack, untrimmed, raw			69.1	9.9	Calculated based on the recipe	#N/A	2



13A12626	24905014	Recipe	Salad, garden, added chicken & egg, no added dressing		69.1	9.5	Calculated based on the recipe	#N/A	#N/A
05C10168	15202010	Recipe	Scallop with or without roe, baked, roasted, grilled, fried or BBQ'd, no added fat		69.1	0.0	Calculated based on the recipe	#N/A	3
05C10185	15202014	Recipe	Squid or calamari, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat		69.1	0.0	Calculated based on the recipe	#N/A	9
08A30522	18103067	Recipe	Pork, loin chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine		69.0	3.7	Calculated based on the recipe	#N/A	#N/A
08A30519	18103127	Recipe	Pork, spare ribs, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		68.9	3.8	Calculated based on the recipe	#N/A	#N/A
02F40418	13511017	Recipe	Rice, white, fried with egg, mixed vegetables & seafood		68.9	0.8	Calculated based on the recipe	#N/A	#N/A
08A20691	18102076	Recipe	Lamb, easy carve shoulder, untrimmed, raw		68.9	9.9	Calculated based on the recipe	#N/A	#N/A
08A20679	18102162	Recipe	Lamb, shank, untrimmed, raw		68.8	0.7	Calculated based on the recipe	#N/A	4
08A11135	18101083	Recipe	Beef, mince, raw, not further defined		68.8	6.9	Calculated based on the recipe	#N/A	11
08A11143	18101079	Recipe	Beef, mince, ~5-10% fat, boiled, casseroled, microwaved, poached, steamed, or stewed, fat not further defined		68.8	7.3	Calculated based on the recipe	#N/A	#N/A
05C10158	15202016	Recipe	Squid or calamari, boiled, microwaved, steamed or poached, with or without added fat		68.7	0.0	Calculated based on the recipe	#N/A	2
08A11176	18101268	Recipe	Beef, steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat		68.7	11.3	Calculated based on the recipe	#N/A	#N/A
08A30514	18103071	Recipe	Pork, loin chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined		68.6	3.7	Calculated based on the recipe	#N/A	#N/A
08C10599	18301040	Recipe	Chicken, fillet or kebab, flesh, skin & fat, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined, no added marinade		68.6	7.7	Calculated based on the recipe	#N/A	1
08A30551	18103070	Recipe	Pork, loin chop, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil		68.6	3.7	Calculated based on the recipe	#N/A	#N/A
08A11204	18101235	Recipe	Beef, topside roast, fully-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat		68.5	11.7	Calculated based on the recipe	#N/A	#N/A
08A30473	18103086	Recipe	Pork, loin roast, untrimmed, raw		68.3	2.9	Calculated based on the recipe	#N/A	#N/A
11B10199	22204008	Analysed	Nut, cashew, raw, unsalted	#REF!	68.3		Calculated based on the recipe	#N/A	10
05A10983	15101003	Recipe	Barramundi, baked, roasted, grilled, BBQ'd, fried or deep fried, butter, dairy blend or margarine		68.2	0.0	Calculated based on the recipe	#N/A	#N/A

08C10476	18301027	Recipe	Chicken, drumstick, flesh, skin & fat, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat	68.2	6.1	Calculated based on the recipe	#N/A	#N/A
08F11035	18102039	Recipe	Lamb, chop, untrimmed, coated, baked, roasted, fried, grilled or BBQ'd, with or without added fat	68.0	2.5	Calculated based on the recipe	#N/A	#N/A
05A10782	15101075	Recipe	Salmon, boiled, microwaved, steamed or poached, with or without added fat	67.9	0.2	Calculated based on the recipe	#N/A	1
08C10523	18301042	Recipe	Chicken, fillet or kebab, raw, not further defined	67.9	7.3	Calculated based on the recipe	#N/A	7
08A11322	18101247	Recipe	Beef, topside steak, fully-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat	67.8	11.6	Calculated based on the recipe	#N/A	#N/A
08A20837	18102034	Recipe	Lamb, chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	67.7	0.8	Calculated based on the recipe	#N/A	#N/A
05D20149	15303005	Recipe	Mixed seafood, contains fish & shellfish, cooked, not further defined	67.7	0.5	Calculated based on the recipe	#N/A	#N/A
08A30500	18103134	Recipe	Pork, spare ribs, semi-trimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, no added fat	67.6	3.9	Calculated based on the recipe	#N/A	#N/A
08A30568	18103128	Recipe	Pork, spare ribs, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	67.6	3.7	Calculated based on the recipe	#N/A	#N/A
08A10957	18101036	Recipe	Beef, chuck steak, untrimmed, raw	67.5	19.1	Calculated based on the recipe	#N/A	1
08A30542	18103078	Recipe	Pork, loin cutlet, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	67.5	3.7	Calculated based on the recipe	#N/A	#N/A
05A10748	15101068	Recipe	Salmon, raw, not further defined	67.4	0.2	Calculated based on the recipe	#N/A	13
08C10531	18301026	Recipe	Chicken, drumstick, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, fat not further defined	67.4	9.3	Calculated based on the recipe	#N/A	#N/A
08A20824	18102095	Recipe	Lamb, forequarter chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	67.4	0.8	Calculated based on the recipe	#N/A	#N/A
05A10785	15101007	Recipe	Barramundi, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	67.4	0.0	Calculated based on the recipe	#N/A	#N/A
05A10960	15101062	Recipe	Nile perch, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	67.4	0.0	Calculated based on the recipe	#N/A	#N/A
08A11277	18101271	Recipe	Beef, steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	67.3	11.0	Calculated based on the recipe	#N/A	#N/A
08A30515	18103021	Recipe	Pork, diced, fully-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat	67.3	3.4	Calculated based on the recipe	#N/A	3
08A11273	18101269	Recipe	Beef, steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, olive oil	67.3	11.0	Calculated based on the recipe	#N/A	#N/A

08A11274	18101270	Recipe	Beef, steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, other oil	67.3	11.0	Calculated based on the recipe	#N/A	#N/A
05A10804	15101005	Recipe	Barramundi, baked, roasted, grilled, BBQ'd, fried or deep fried, olive oil	67.3	0.0	Calculated based on the recipe	#N/A	#N/A
05A10833	15101006	Recipe	Barramundi, baked, roasted, grilled, BBQ'd, fried or deep fried, other oil	67.3	0.0	Calculated based on the recipe	#N/A	#N/A
05A10740	15101004	Recipe	Barramundi, baked, roasted, grilled, BBQ'd, fried or deep fried, canola oil	67.3	0.0	Calculated based on the recipe	#N/A	#N/A
08A30558	18103075	Recipe	Pork, loin chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, olive oil	67.2	3.7	Calculated based on the recipe	#N/A	#N/A
08A30541	18103076	Recipe	Pork, loin chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, other oil	67.2	3.7	Calculated based on the recipe	#N/A	#N/A
05D20130	15303001	Recipe	Mixed seafood, contains fish & shellfish, raw	67.2	0.0	Calculated based on the recipe	#N/A	1
08C10589	18301051	Recipe	Chicken, maryland, flesh, skin & fat, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat	67.1	9.3	Calculated based on the recipe	#N/A	#N/A
08B10089	18711001	Recipe	Casserole, homemade, kangaroo, homemade sauce	66.9	9.0	Calculated based on the recipe	#N/A	#N/A
08A11329	18101061	Recipe	Beef, kebab, marinated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	66.9	12.0	Calculated based on the recipe	#N/A	#N/A
05A10880	15501022	Recipe	Salmon, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	66.8	1.4	Calculated based on the recipe	#N/A	#N/A
08E10168	18903007	Recipe	Chicken, breast, flesh, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	66.7	8.6	Calculated based on the recipe	#N/A	#N/A
05A10760	15101117	Recipe	Fish, sashimi, raw, not further defined	66.7	0.0	Calculated based on the recipe	#N/A	2
08C10548	18301053	Recipe	Chicken, mince, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	66.6	8.7	Calculated based on the recipe	#N/A	2
11A10040	22205016	Recipe	Mixed nuts & seeds, almond, linseed & sunflower seed (LSA), unsalted	66.5	13.2	Calculated based on the recipe	#N/A	#N/A
08A20843	18102038	Recipe	Lamb, chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined	66.4	0.8	Calculated based on the recipe	#N/A	#N/A
08A30436	18103047	Recipe	Pork, leg roast, untrimmed, raw	66.4	2.8	Calculated based on the recipe	#N/A	#N/A
08A20836	18102036	Recipe	Lamb, chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, olive oil	66.4	0.8	Calculated based on the recipe	#N/A	#N/A
08A20861	18102037	Recipe	Lamb, chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, other oil	66.4	0.8	Calculated based on the recipe	#N/A	#N/A

08A20860	18102035	Recipe	Lamb, chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, canola oil		66.4	0.8	Calculated based on the recipe	#N/A	#N/A
08C10469	18301060	Recipe	Chicken, thigh, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat		66.4	5.2	Calculated based on the recipe	#N/A	#N/A
08A20700	18102093	Recipe	Lamb, forequarter chop, untrimmed, raw		66.3	0.8	Calculated based on the recipe	#N/A	2
08A11192	18101267	Recipe	Beef, steak, untrimmed		66.3	10.9	Calculated based on the recipe	#N/A	5
08A30530	18103022	Recipe	Pork, diced, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined		66.0	3.3	Calculated based on the recipe	#N/A	1
08C10592	18301045	Recipe	Chicken, maryland, flesh, raw		66.0	8.5	Calculated based on the recipe	#N/A	4
05A10645	15101022	Analysed	Bream, boiled, microwaved, steamed or poached, with or without added fat	65.77380952	65.8	--	Calculated based on the recipe	#N/A	#N/A
05A10647	15101032	Analysed	Flathead, boiled, microwaved, steamed or poached, with or without added fat	65.77380952	65.8	--	Calculated based on the recipe	#N/A	#N/A
05A10682	15101038	Analysed	Gemfish, boiled, microwaved, steamed or poached, no added fat	65.77380952	65.8	--	Calculated based on the recipe	#N/A	#N/A
05A10684	15101054	Analysed	Morwong, boiled, microwaved, steamed or poached, with or without added fat	65.77380952	65.8	--	Calculated based on the recipe	#N/A	#N/A
05A10686	15101060	Analysed	Mulloway, boiled, microwaved, steamed or poached, with or without added fat	65.77380952	65.8	--	Calculated based on the recipe	#N/A	#N/A
05A10654	15101082	Analysed	Shark (flake), boiled, microwaved, steamed or poached, with or without added fat	65.77380952	65.8	--	Calculated based on the recipe	#N/A	2
05A10656	15101093	Analysed	Snapper, boiled, microwaved, steamed or poached, with or without added fat	65.77380952	65.8	--	Calculated based on the recipe	#N/A	#N/A
05A10659	15101116	Analysed	Whiting, boiled, microwaved, steamed or poached, with or without added fat	65.77380952	65.8	--	Calculated based on the recipe	#N/A	#N/A
02E10520	13301023	Recipe	Cake or cupcake, hazelnut, homemade from basic ingredients, undefined fat, uniced		65.8	0.2	Calculated based on the recipe	#N/A	#N/A
08E10130	1890302	Recipe	Chicken, breast, flesh, skin & fat, coated, fast food chain, fried, undefined fat		65.8	7.1	Calculated based on the recipe	#N/A	1

	7						recipe		
08A11330	18101090	Recipe	Beef, rib, baked, roasted, fried, grilled or BBQ'd, with or without added fat		65.7	13.4	Calculated based on the recipe	#N/A	#N/A
05C10187	15202011	Recipe	Scallop with or without roe, baked, roasted, grilled, fried, deep fried or BBQ'd, fat not further defined		65.7	0.0	Calculated based on the recipe	#N/A	4
05C10164	15202015	Recipe	Squid or calamari, baked, roasted, fried, stir-fried, deep fried, grilled or BBQ'd, fat not further defined		65.7	0.0	Calculated based on the recipe	#N/A	#N/A
05A10854	15101028	Recipe	Cod or hake, boiled, microwaved, steamed or poached, with or without added fat		65.6	0.0	Calculated based on the recipe	#N/A	#N/A
08A11157	18703017	Recipe	Meatball or rissole, beef mince, >10% fat, homemade, raw		65.6	5.2	Calculated based on the recipe	#N/A	1
08A11095	18101246	Recipe	Beef, topside steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined		65.5	11.2	Calculated based on the recipe	#N/A	#N/A
05A10726	15101012	Recipe	Bassa (basa), boiled, microwaved, steamed or poached, with or without added fat		65.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10887	15101016	Recipe	Blue grenadier (hoki), boiled, microwaved, steamed or poached, with or without added fat		65.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10729	15101052	Recipe	Milkfish, boiled, microwaved, steamed or poached, with or without added fat		65.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10730	15101086	Recipe	Silver perch, boiled, microwaved, steamed or poached, with or without added fat		65.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10723	15101105	Recipe	Trout, rainbow, boiled, microwaved, steamed or poached, with or without added fat		65.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10801	15101109	Recipe	Tuna, boiled, microwaved, steamed or poached, with or without added fat		65.5	0.0	Calculated based on the recipe	#N/A	#N/A
08C10578	18301054	Recipe	Chicken, mince, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		65.3	8.6	Calculated based on the recipe	#N/A	#N/A
08F11029	18101272	Recipe	Beef, steak, untrimmed, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined		65.3	10.5	Calculated based on the recipe	#N/A	#N/A
08A20829	18102033	Recipe	Lamb, chop, untrimmed, raw, not further defined		65.3	0.8	Calculated based on the recipe	#N/A	6
05A10752	15101025	Recipe	Cod or hake, raw		65.2	0.0	Calculated based on the recipe	#N/A	7
10F40023	31102007	Recipe	Spread, yeast, not further defined		65.1	0.0	Calculated based on the recipe	#N/A	#N/A
08C10543	18302004	Recipe	Duck, lean, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat		65.1	8.4	Calculated based on the recipe	#N/A	#N/A
05C10165	1520200	Recipe	Mussel, cooked, with or		65.0	0.0	Calculated based on the	#N/A	15

	3		without added fat					recipe		
05C10227	15702001	Recipe	Mixed seafood (except finfish), wild-harvested, raw			65.0	0.0	Calculated based on the recipe	#N/A	#N/A
08A11030	18101241	Recipe	Beef, topside steak, separable lean, raw			64.8	11.1	Calculated based on the recipe	#N/A	#N/A
05A10832	15101121	Recipe	Fish, white flesh, boiled, microwaved, steamed or poached, with or without added fat			64.8	0.0	Calculated based on the recipe	#N/A	9
08C10512	18301086	Recipe	Chicken, for use as a sandwich filling, not further defined			64.7	10.9	Calculated based on the recipe	#N/A	2
08A20864	18102129	Recipe	Lamb, loin chop, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			64.6	0.9	Calculated based on the recipe	#N/A	1
02E60357	13404009	Recipe	Quiche, salmon or tuna, commercial			64.5	1.4	Calculated based on the recipe	#N/A	#N/A
08A11039	18101244	Recipe	Beef, topside steak, fully-trimmed, raw			64.4	11.0	Calculated based on the recipe	#N/A	5
08F11106	18901010	Recipe	Curry, homemade, chicken, homemade sauce			64.4	6.8	Calculated based on the recipe	#N/A	#N/A
05A10738	15101118	Recipe	Fish, white flesh, raw, not further defined			64.3	0.0	Calculated based on the recipe	#N/A	21
08A11040	18101233	Recipe	Beef, topside roast, fully-trimmed, raw			64.2	11.0	Calculated based on the recipe	#N/A	1
05A10879	15501023	Recipe	Salmon, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined			64.1	1.2	Calculated based on the recipe	#N/A	#N/A
08A30564	18103138	Recipe	Pork, spare ribs, untrimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat			64.0	3.9	Calculated based on the recipe	#N/A	#N/A
08F10972	18705016	Recipe	Stir-fry, commercial, lamb, mongolian sauce			64.0	10.6	Calculated based on the recipe	#N/A	#N/A
08C10501	18903048	Recipe	Meatball or rissole, chicken mince, homemade from basic ingredients, raw			64.0	5.6	Calculated based on the recipe	#N/A	3
08E10151	18903013	Recipe	Chicken, fillet or kebab, coated, cooked, fat not further defined, no added marinade			63.9	9.3	Calculated based on the recipe	#N/A	#N/A
02E10644	13303076	Recipe	Cake, custard filled, with & without icing			63.8	7.7	Calculated based on the recipe	#N/A	#N/A
08A11210	18101207	Recipe	Beef, stir-fry strips, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, no added fat			63.7	11.9	Calculated based on the recipe	#N/A	#N/A
02E10481	13301018	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, almond meal, uniced			63.7	0.3	Calculated based on the recipe	#N/A	#N/A
02E50256	1340301	Recipe	Eclair or profiterole, cream & custard filled, commercial, chocolate icing			63.7	0.2	Calculated based on the	#N/A	#N/A

	0						recipe		
02E30152	1360101 1	Recipe	Crepe or pancake, potato, homemade from basic ingredients		63.7	0.3	Calculated based on the recipe	#N/A	#N/A
08A11240	1810104 3	Recipe	Beef, diced, fully-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat		63.6	11.8	Calculated based on the recipe	#N/A	#N/A
08A20721	1810212 7	Recipe	Lamb, loin chop, untrimmed, raw		63.6	0.9	Calculated based on the recipe	#N/A	2
11B10241	2220200 5	Recipe	Peanut butter, not further identified		63.5	0.7	Calculated based on the recipe	#N/A	2
08A11024	1810123 6	Recipe	Beef, topside roast, semi-trimmed, raw		63.4	10.8	Calculated based on the recipe	#N/A	1
08A11031	1810124 8	Recipe	Beef, topside steak, semi-trimmed, raw		63.4	10.8	Calculated based on the recipe	#N/A	2
08A11025	1810123 8	Recipe	Beef, topside roast, untrimmed, raw		63.4	10.8	Calculated based on the recipe	#N/A	2
08A11032	1810125 0	Recipe	Beef, topside steak, untrimmed, raw		63.3	10.8	Calculated based on the recipe	#N/A	1
05D10357	1550400 6	Analysed	Fish patty or cake, packaged frozen, baked, roasted, fried, grilled or BBQ'd, fat not further defined		63.3	0.2	Calculated based on the recipe	#N/A	#N/A
05D10358	1550400 7	Analysed	Fish patty or cake, takeaway outlet, deep fried		63.3	0.2	Calculated based on the recipe	#N/A	#N/A
08C10594	1830104 9	Recipe	Chicken, maryland, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat		63.2	8.8	Calculated based on the recipe	#N/A	#N/A
08E10182	1890300 8	Recipe	Chicken, drumstick, flesh, coated, cooked, no added fat		63.1	10.6	Calculated based on the recipe	#N/A	#N/A
08E10199	1890301 7	Recipe	Chicken, thigh, flesh, coated, baked, roasted, fried, grilled or BBQ'd, no added fat		63.1	10.6	Calculated based on the recipe	#N/A	#N/A
08F11138	1870103 6	Recipe	Casserole, homemade, beef, homemade gravy		63.1	11.0	Calculated based on the recipe	#N/A	#N/A
08C10477	1830106 3	Recipe	Chicken, thigh fillets, flesh & some fat, raw		63.0	8.0	Calculated based on the recipe	#N/A	1
08F11141	1890103 2	Recipe	Casserole or curry, homemade, chicken, homemade gravy		63.0	5.6	Calculated based on the recipe	#N/A	#N/A
08F11030	1810124 0	Recipe	Beef, topside roast, untrimmed, breadcrumb coating, baked or roasted, no added fat		62.9	9.9	Calculated based on the recipe	#N/A	#N/A
08E10179	1890301 9	Recipe	Chicken, wing, flesh, coated, baked, roasted, fried, grilled or BBQ'd, no added fat		62.9	10.6	Calculated based on the recipe	#N/A	#N/A
05C10188	1550300	Recipe	Scallop with or without roe, coated, baked, roasted, grilled or BBQ'd, fat not further		62.9	1.2	Calculated based on the	#N/A	#N/A

	3		defined					recipe		
10D10177	26401010	Recipe	Snack mix, Bhuja			62.8	0.5	Calculated based on the recipe	#N/A	#N/A
05D10408	15504015	Recipe	Seafood or fish stick (surimi), packaged frozen, boiled, microwaved, steamed or poached, no added fat			62.8	0.0	Calculated based on the recipe	#N/A	3
08A30563	18103139	Recipe	Pork, spare ribs, untrimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined			62.8	3.8	Calculated based on the recipe	#N/A	#N/A
08F11064	18705019	Recipe	Stir-fry, commercial, lamb & vegetable			62.7	9.6	Calculated based on the recipe	#N/A	#N/A
08C10614	18301028	Recipe	Chicken, drumstick, flesh, skin & fat, marinated, baked, roasted, fried, grilled or BBQ'd, no added fat			62.7	9.7	Calculated based on the recipe	#N/A	#N/A
08A11020	18101218	Recipe	Beef, T-bone steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			62.7	8.2	Calculated based on the recipe	#N/A	#N/A
08F11039	18701002	Recipe	Casserole, homemade, beef, homemade gravy			62.5	10.7	Calculated based on the recipe	#N/A	#N/A
08A11306	18101208	Recipe	Beef, stir-fry strips, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined			62.5	11.6	Calculated based on the recipe	#N/A	#N/A
02E10464	13301028	Recipe	Cake or cupcake, mud, dark chocolate, homemade from basic ingredients, undefined fat, chocolate ganache icing			62.4	0.2	Calculated based on the recipe	#N/A	#N/A
08A11252	18101044	Recipe	Beef, diced, fully-trimmed, boiled, casserole, microwaved, poached, steamed or stewed, fat not further defined			62.4	11.6	Calculated based on the recipe	#N/A	#N/A
08A11021	18101221	Recipe	Beef, T-bone steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			62.4	7.8	Calculated based on the recipe	#N/A	#N/A
08F11137	18705021	Recipe	Casserole, homemade, lamb, offal & vegetable, homemade gravy			62.3	5.1	Calculated based on the recipe	#N/A	#N/A
05A10753	15501008	Recipe	Cod or hake, coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			62.2	1.0	Calculated based on the recipe	#N/A	#N/A
08E10162	18903009	Recipe	Chicken, drumstick, flesh, coated, cooked, fat not further defined			62.2	10.4	Calculated based on the recipe	#N/A	#N/A
08E10138	18903028	Recipe	Chicken, breast strip, coated, fast food chain, fried, fat not further defined			62.2	8.2	Calculated based on the recipe	#N/A	1
08C10473	18301071	Recipe	Chicken, wing, flesh, skin & fat, boiled, casserole, microwaved, poached, steamed or stewed, with or without added fat			62.1	6.9	Calculated based on the recipe	#N/A	#N/A
05A10876	15501003	Recipe	Bassa (basa), coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined			62.1	1.0	Calculated based on the recipe	#N/A	#N/A
05A10743	15501004	Recipe	Blue grenadier (hoki), coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			62.1	1.0	Calculated based on the recipe	#N/A	#N/A
05A10894	1550101	Recipe	Flathead, coated, baked, roasted, fried, deep-fried, grilled or BBQ'd, fat not further			62.1	1.0	Calculated based on the	#N/A	#N/A



	1		defined			recipe		
05A10942	15501014	Recipe	Grouper, coated, baked, roasted, grilled, or BBQ'd, fat not further defined	62.1	1.0	Calculated based on the recipe	#N/A	#N/A
05A10948	15501015	Recipe	John dory, coated, baked, roasted, fried, or BBQ'd, fat not further defined	62.1	1.0	Calculated based on the recipe	#N/A	#N/A
05A10864	15501024	Recipe	Shark (flake), coated, baked, roasted, grilled or BBQ'd, fat not further defined	62.1	1.0	Calculated based on the recipe	#N/A	#N/A
05A10911	15501028	Recipe	Snapper, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	62.1	1.0	Calculated based on the recipe	#N/A	#N/A
05A10858	15501030	Recipe	Trevally or kingfish, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	62.1	1.0	Calculated based on the recipe	#N/A	#N/A
05A10838	15501032	Recipe	Whiting, coated, baked, roasted, fried, deep fried, grilled, or BBQ'd, fat not further defined	62.1	1.0	Calculated based on the recipe	#N/A	#N/A
08C10506	18301050	Recipe	Chicken, maryland, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, fat not further defined	62.0	8.6	Calculated based on the recipe	#N/A	#N/A
08C10524	18301038	Recipe	Chicken, fillet or kebab, flesh, skin & fat, raw	61.7	6.9	Calculated based on the recipe	#N/A	3
08A30498	18103132	Recipe	Pork, spare ribs, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	61.7	3.6	Calculated based on the recipe	#N/A	#N/A
08A11022	18101228	Recipe	Beef, T-bone steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	61.7	7.3	Calculated based on the recipe	#N/A	#N/A
02F20047	13503061	Recipe	Sandwich or roll, filled with roast beef or lamb	61.7	18.1	Calculated based on the recipe	#N/A	1
09D10283	19501001	Recipe	Ice cream, all flavours, homemade from basic ingredients	61.6	0.4	Calculated based on the recipe	#N/A	#N/A
05C10224	15503001	Recipe	Jellyfish, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	61.6	1.0	Calculated based on the recipe	#N/A	#N/A
05C10169	15503007	Recipe	Squid or calamari, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	61.6	1.0	Calculated based on the recipe	#N/A	#N/A
05A10776	15501035	Recipe	Fish, white flesh, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	61.6	1.0	Calculated based on the recipe	#N/A	#N/A
08A30526	18103016	Recipe	Pork, diced, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine	61.5	3.1	Calculated based on the recipe	#N/A	#N/A
08C10470	18301062	Recipe	Chicken, thigh, flesh, skin & fat, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat	61.5	5.9	Calculated based on the recipe	#N/A	#N/A
08C10472	18301069	Recipe	Chicken, wing, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat	61.5	5.7	Calculated based on the recipe	#N/A	#N/A
05A10719	1510100	Recipe	Barramundi, boiled, microwaved, steamed or poached, no added fat	61.5	0.0	Calculated based on the	#N/A	#N/A

	8						recipe			
08E10197	18903018	Recipe	Chicken, thigh, flesh, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined			61.5	10.3	Calculated based on the recipe	#N/A	#N/A
13A11875	24502013	Recipe	Bean, red, fresh, boiled, drained			61.4	0.0	Calculated based on the recipe	#N/A	#N/A
05C10218	15202005	Recipe	Octopus, cooked, with or without added fat			61.4	0.0	Calculated based on the recipe	#N/A	#N/A
03B10177	17202001	Recipe	Souffle, chocolate			61.4	0.4	Calculated based on the recipe	#N/A	#N/A
08C10603	18301085	Recipe	Chicken, for use in kebabs, cooked			61.3	8.3	Calculated based on the recipe	#N/A	3
08C10525	18301073	Recipe	Chicken, whole, flesh, skin & fat, raw			61.3	7.3	Calculated based on the recipe	#N/A	2
05A10961	15101063	Recipe	Nile perch, boiled, microwaved, steamed or poached, with or without added fat			61.2	0.0	Calculated based on the recipe	#N/A	#N/A
08A30528	18103020	Recipe	Pork, diced, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			61.2	3.1	Calculated based on the recipe	#N/A	#N/A
02E60354	24903006	Recipe	Zucchini slice, with bacon			61.1	0.4	Calculated based on the recipe	#N/A	#N/A
08A30527	18103017	Recipe	Pork, diced, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil			61.1	3.1	Calculated based on the recipe	#N/A	#N/A
03B10178	17202002	Recipe	Souffle, fruit			61.1	0.4	Calculated based on the recipe	#N/A	#N/A
02F30330	18703011	Recipe	Hamburger, no roll, beef patty, with salad, takeaway & homemade			61.1	24.0	Calculated based on the recipe	#N/A	#N/A
11B10258	22204011	Recipe	Nut, cashew, roasted, coated in honey			61.0	0.0	Calculated based on the recipe	#N/A	#N/A
08C10516	18903051	Recipe	Meatball or rissole, chicken mince, commercial, breadcrumb coating, cooked, fat not further defined			61.0	5.7	Calculated based on the recipe	#N/A	#N/A
08A11243	18101206	Recipe	Beef, stir-fry strips, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			60.9	11.3	Calculated based on the recipe	#N/A	10
08A11242	18101204	Recipe	Beef, stir-fry strips, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil			60.9	11.3	Calculated based on the recipe	#N/A	#N/A
08A11244	18101205	Recipe	Beef, stir-fry strips, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			60.9	11.3	Calculated based on the recipe	#N/A	#N/A
08A11241	18101203	Recipe	Beef, stir-fry strips, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil			60.9	11.3	Calculated based on the recipe	#N/A	#N/A
08A11250	1810104	Recipe	Beef, diced, fully-trimmed, baked, roasted, fried or stir-fried, grilled or BBQ'd, fat			60.8	11.3	Calculated based on the	#N/A	#N/A

	2		not further defined				recipe			
08A30434	18103043	Recipe	Pork, forequarter shoulder roast, untrimmed, raw			60.8	2.6	Calculated based on the recipe	#N/A	1
08A30432	18103037	Recipe	Pork, forequarter chop, untrimmed, raw			60.8	2.6	Calculated based on the recipe	#N/A	1
08C10474	18301024	Recipe	Chicken, drumstick, flesh, skin & fat, raw			60.7	8.4	Calculated based on the recipe	#N/A	7
08A30518	18103133	Recipe	Pork, spare ribs, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			60.6	3.5	Calculated based on the recipe	#N/A	#N/A
08E30378	18604013	Recipe	Ham & salami, for use as subway sandwich filling			60.5	2.8	Calculated based on the recipe	#N/A	2
02E60316	13406009	Recipe	Prawn toast, white bread, fried			60.4	7.6	Calculated based on the recipe	#N/A	#N/A
08F11122	18708009	Recipe	Stir-fry, homemade, pork			60.3	3.4	Calculated based on the recipe	#N/A	#N/A
08A30505	18103018	Recipe	Pork, diced, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil			60.2	3.0	Calculated based on the recipe	#N/A	#N/A
08A30521	18103019	Recipe	Pork, diced, fully-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			60.2	3.0	Calculated based on the recipe	#N/A	#N/A
13A12153	24905022	Recipe	Salad, Thai beef, made with lettuce, onion, cucumber, herbs, chilli & beef, no added dressing			60.2	8.4	Calculated based on the recipe	#N/A	#N/A
05A10745	15501033	Recipe	Whiting, coated, packaged frozen, baked, roasted, fried, grilled, or BBQ'd, with or without added fat			60.2	1.4	Calculated based on the recipe	#N/A	#N/A
02F30332	18703010	Recipe	Hamburger, no roll, beef patty, with cheese, fast food chain			60.1	5.0	Calculated based on the recipe	#N/A	#N/A
08A11043	18101201	Recipe	Beef, stir-fry strips, fully-trimmed, raw			60.0	11.2	Calculated based on the recipe	#N/A	6
08A11048	18101040	Recipe	Beef, diced, fully-trimmed, raw			59.9	11.1	Calculated based on the recipe	#N/A	3
02E60331	13404002	Recipe	Quiche, chicken & vegetable, homemade			59.8	4.9	Calculated based on the recipe	#N/A	#N/A
05D20142	15603014	Recipe	Stir-fry, homemade, squid or calamari			59.8	0.1	Calculated based on the recipe	#N/A	#N/A
08C10467	18301016	Recipe	Chicken, breast, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat			59.7	6.3	Calculated based on the recipe	#N/A	#N/A
08A11012	18101209	Recipe	Beef, stir-fry strips, untrimmed, raw			59.7	11.1	Calculated based on the recipe	#N/A	#N/A
08C10612	1830200	Recipe	Duck, lean, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			59.6	7.7	Calculated based on the	#N/A	#N/A

	3							recipe		
08A10962	18101045	Recipe	Beef, diced, untrimmed, raw			59.4	11.0	Calculated based on the recipe	#N/A	2
08A30554	18103136	Recipe	Pork, spare ribs, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			59.3	3.6	Calculated based on the recipe	#N/A	#N/A
05A10967	15101112	Recipe	Whitebait, floured, fried, not further defined			59.0	0.0	Calculated based on the recipe	#N/A	#N/A
05D20133	15603004	Recipe	Curry, homemade, prawn & vegetable, homemade tomato based sauce			59.0	0.4	Calculated based on the recipe	#N/A	1
08E20154	18501016	Recipe	Sausage, for use on sandwiches, not further defined			59.0	7.9	Calculated based on the recipe	#N/A	#N/A
08A10959	18101035	Recipe	Beef, chuck steak, fully-trimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, with or without added fat			58.9	16.9	Calculated based on the recipe	#N/A	1
05D10420	15504009	Recipe	Mixed seafood, tempura coating, fried or deep fried, fat not further defined			58.9	0.0	Calculated based on the recipe	#N/A	#N/A
02E50316	13309004	Recipe	Pudding, vanilla & other non-chocolate flavours, homemade from basic ingredients			58.8	0.5	Calculated based on the recipe	#N/A	#N/A
08E10158	18903022	Recipe	Chicken, whole, flesh, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, no added fat			58.8	9.5	Calculated based on the recipe	#N/A	#N/A
05D20148	15303004	Recipe	Mixed seafood, contains fish & shellfish, coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			58.8	1.5	Calculated based on the recipe	#N/A	1
05A10984	15501016	Recipe	Ling, coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			58.5	1.0	Calculated based on the recipe	#N/A	#N/A
05A10925	15501019	Recipe	Mulloway, coated, fried or deep fried, fat not further defined			58.5	1.0	Calculated based on the recipe	#N/A	#N/A
05A10922	15501031	Recipe	Trout, rainbow, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined			58.5	1.0	Calculated based on the recipe	#N/A	#N/A
11A10041	22101010	Recipe	Mixed seeds, for use in muesli recipes, unsalted			58.5	18.3	Calculated based on the recipe	#N/A	8
08C10576	18301061	Recipe	Chicken, thigh, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, fat not further defined			58.4	8.1	Calculated based on the recipe	#N/A	#N/A
02E50301	13403018	Recipe	Tart, custard, homemade			58.3	0.3	Calculated based on the recipe	#N/A	#N/A
08E10152	18903010	Recipe	Chicken, drumstick, flesh, skin & fat, coated, cooked, no added fat			58.2	10.5	Calculated based on the recipe	#N/A	#N/A
02E60350	13405023	Recipe	Pie, savoury, meat, kidney & vegetable filling, homemade from basic ingredients			58.2	1.1	Calculated based on the recipe	#N/A	#N/A
08A30561	1810313	Recipe	Pork, spare ribs, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further			58.2	3.5	Calculated based on the	#N/A	#N/A

	7		defined			recipe		
02E50267	1330900 2	Recipe	Pudding, lemon delicious, homemade from basic ingredients	58.1	0.4	Calculated based on the recipe	#N/A	#N/A
08C10613	1830201 3	Recipe	Turkey, breast, lean, baked, roasted, fried, grilled or BBQ'd, fat not further defined	58.1	3.0	Calculated based on the recipe	#N/A	#N/A
02E60367	1340400 5	Recipe	Quiche, meat & vegetable, homemade	57.9	5.0	Calculated based on the recipe	#N/A	#N/A
13A12151	2490500 2	Recipe	Salad, Asian style, made with cabbage, carrot, onion, fresh herbs, peanuts & poached chicken, no added dressing	57.9	4.7	Calculated based on the recipe	#N/A	#N/A
02E10576	1330305 2	Recipe	Cake or cupcake, orange & almond, commercial, uniced	57.8	0.2	Calculated based on the recipe	#N/A	#N/A
08A30452	1810309 3	Recipe	Pork, medallion or loin steak, untrimmed, raw	57.6	3.1	Calculated based on the recipe	#N/A	1
08F10968	1870103 5	Recipe	Stir-fry, homemade, beef, commercial or homemade satay sauce	57.5	9.2	Calculated based on the recipe	#N/A	#N/A
08E10176	1890301 1	Recipe	Chicken, drumstick, flesh, skin & fat, coated, cooked, fat not further defined	57.4	10.2	Calculated based on the recipe	#N/A	#N/A
05A10987	1540100 3	Recipe	Mackerel, canned	57.4	0.0	Calculated based on the recipe	#N/A	#N/A
08E10178	1890304 7	Recipe	Chicken, wing, flesh, skin & fat, purchased frozen, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, with or without added fat	57.2	9.8	Calculated based on the recipe	#N/A	#N/A
02E50279	1340302 1	Recipe	Tart, lemon or lime, homemade	57.1	0.1	Calculated based on the recipe	#N/A	#N/A
02A10385	1240101 3	Analysed	Pasta, white wheat flour & egg, plain, boiled, no added salt	57.0	0.1	Calculated based on the recipe	#N/A	1
02A10365	1240101 4	Analysed	Pasta, white wheat flour & egg, plain, boiled, with added salt	57.0	0.1	Calculated based on the recipe	#N/A	#N/A
05D20136	1560300 2	Recipe	Curry, commercial, prawn & vegetable, tomato based sauce	57.0	0.6	Calculated based on the recipe	#N/A	1
08A10993	1810114 8	Recipe	Beef, scotch fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	57.0	13.2	Calculated based on the recipe	#N/A	1
08A11294	1810100 1	Recipe	Beef, for use in kebabs, cooked	56.9	7.2	Calculated based on the recipe	#N/A	3
08A10994	1810115 6	Recipe	Beef, scotch fillet, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	56.9	12.4	Calculated based on the recipe	#N/A	1
08A10995	1810116 3	Recipe	Beef, scotch fillet, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat	56.9	11.8	Calculated based on the recipe	#N/A	1
02E60355	2490300	Recipe	Zucchini slice, without bacon	56.8	0.2	Calculated based on the recipe	#N/A	#N/A

	7							recipe		
08A30430	1810301 1	Recipe	Pork, butterfly steak, untrimmed, raw			56.8	3.0	Calculated based on the recipe	#N/A	#N/A
08A30520	1810306 5	Recipe	Pork, loin chop, semi-trimmed, raw			56.8	3.1	Calculated based on the recipe	#N/A	6
08F11098	1890305 3	Recipe	Roast chicken, with stuffing & homemade gravy			56.7	6.6	Calculated based on the recipe	#N/A	#N/A
08F11114	1870900 3	Recipe	Roast pork, with rice, homemade			56.7	4.0	Calculated based on the recipe	#N/A	#N/A
08A11318	1810105 3	Recipe	Beef, fillet steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine			56.6	9.6	Calculated based on the recipe	#N/A	#N/A
02E50332	1340300 9	Recipe	Eclair or profiterole, custard filled, homemade from basic ingredients			56.5	0.2	Calculated based on the recipe	#N/A	#N/A
08F10980	1890102 3	Recipe	Stir-fry, homemade, chicken, commercial or homemade satay sauce			56.4	6.9	Calculated based on the recipe	#N/A	1
08F10942	1890100 8	Recipe	Curry, commercial, chicken, dairy based sauce, Indian			56.4	5.0	Calculated based on the recipe	#N/A	2
08A11190	1810105 4	Recipe	Beef, fillet steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			56.3	9.5	Calculated based on the recipe	#N/A	#N/A
13A12158	2490500 7	Recipe	Salad, chicken caesar, made with lettuce, bacon, parmesan, croutons, egg & chicken, no added dressing			56.0	7.4	Calculated based on the recipe	#N/A	#N/A
02F30329	1350300 1	Recipe	Filled bread roll, Asian-style, pork, mayonnaise, pate & vegetables			55.9	2.3	Calculated based on the recipe	#N/A	#N/A
08C10505	1830104 8	Recipe	Chicken, maryland, flesh, skin & fat, raw			55.8	7.7	Calculated based on the recipe	#N/A	5
08A11178	1810105 7	Recipe	Beef, fillet steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			55.7	9.4	Calculated based on the recipe	#N/A	1
08A11173	1810105 5	Recipe	Beef, fillet steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			55.7	9.4	Calculated based on the recipe	#N/A	#N/A
08A11287	1810105 6	Recipe	Beef, fillet steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			55.7	9.4	Calculated based on the recipe	#N/A	#N/A
08C10489	1830107 0	Recipe	Chicken, wing, flesh, skin & fat, baked, roasted, fried, grilled or BBQ'd, fat not further defined			55.6	9.2	Calculated based on the recipe	#N/A	#N/A
08F11074	1890101 1	Recipe	Curry, homemade, chicken, homemade coconut milk sauce			55.6	5.3	Calculated based on the recipe	#N/A	1
08A11050	1810104 7	Recipe	Beef, eye fillet, separable lean, raw			55.4	9.4	Calculated based on the recipe	#N/A	#N/A
13A12602	2490501	Recipe	Salad, garden, added cheese & egg,			55.4	7.9	Calculated based on the	#N/A	1

	1		no added dressing				recipe			
08A30565	18103140	Recipe	Pork, spare ribs, marinated, baked, roasted, fried, grilled or BBQ'd, fat not further defined			55.3	4.4	Calculated based on the recipe	#N/A	#N/A
02E60356	13404011	Recipe	Quiche, spinach, commercial			55.3	16.5	Calculated based on the recipe	#N/A	#N/A
05C10220	15202008	Recipe	Oyster, cooked, with or without added fat			55.3	0.0	Calculated based on the recipe	#N/A	#N/A
05C10226	15702002	Recipe	Pipi, wild harvested, cooked			55.3	0.0	Calculated based on the recipe	#N/A	#N/A
02F40355	13503051	Recipe	Kebab wrap, lamb, with salad & sauce, homemade from basic ingredients			55.2	6.4	Calculated based on the recipe	#N/A	#N/A
08A30501	18103126	Recipe	Pork, spare ribs, fully-trimmed, raw			55.2	3.0	Calculated based on the recipe	#N/A	4
08A11094	18101219	Recipe	Beef, T-bone steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			55.1	9.3	Calculated based on the recipe	#N/A	#N/A
08F10941	18901009	Recipe	Curry, homemade, chicken, commercial sauce			55.0	5.1	Calculated based on the recipe	#N/A	1
05A10742	15501001	Recipe	Barramundi, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined			54.9	1.0	Calculated based on the recipe	#N/A	#N/A
05A10985	15501020	Recipe	Nile perch, coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined			54.9	1.0	Calculated based on the recipe	#N/A	#N/A
02E50253	13306005	Recipe	Slice, brownie, chocolate, without nuts, homemade from basic ingredients, butter or dairy blend			54.9	0.7	Calculated based on the recipe	#N/A	#N/A
08A30441	18103073	Recipe	Pork, loin chop, untrimmed, raw			54.8	3.0	Calculated based on the recipe	#N/A	2
08A11049	18101051	Recipe	Beef, fillet steak, fully-trimmed, raw			54.8	9.3	Calculated based on the recipe	#N/A	5
05D20131	15603010	Recipe	Stir-fry, homemade, prawn, garlic sauce			54.5	0.1	Calculated based on the recipe	#N/A	#N/A
02E10463	13302014	Recipe	Cake or cupcake, sponge, plain, prepared from dry mix, undefined fat, uniced, unfilled			54.5	0.1	Calculated based on the recipe	#N/A	1
02E10484	19702007	Recipe	Tiramisu, coffee, homemade from basic ingredients			54.5	0.2	Calculated based on the recipe	#N/A	#N/A
08E20135	18501013	Analysed	Sausage, deep fried, commercial			54.4	8.6	Calculated based on the recipe	#N/A	#N/A
08E20172	18501014	Recipe	Sausage, fried, grilled, BBQ'd or baked			54.4	8.6	Calculated based on the recipe	#N/A	3
02F30216	1350502	Recipe	Hamburger, white roll, beef patty, with bacon, beetroot, cheese, egg, lettuce, onion			54.4	12.7	Calculated based on the recipe	#N/A	#N/A

	3		& tomato & tomato sauce, fast food chain					recipe		
08F11144	1870502 2	Recipe	Casserole or curry, homemade, lamb, homemade gravy			54.3	4.2	Calculated based on the recipe	#N/A	#N/A
02E50296	1330600 7	Recipe	Slice, brownie, chocolate, without nuts, homemade from basic ingredients, fat not further defined			54.3	0.7	Calculated based on the recipe	#N/A	#N/A
08A11051	1810121 7	Recipe	Beef, T-bone steak, fully- trimmed, raw			54.2	9.2	Calculated based on the recipe	#N/A	2
08A30523	1810300 4	Recipe	Pork, belly, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat			54.2	2.5	Calculated based on the recipe	#N/A	#N/A
02E50258	1340300 7	Recipe	Eclair or profiterole, cream filled, commercial, chocolate icing			54.2	0.1	Calculated based on the recipe	#N/A	#N/A
08E30380	1860102 2	Recipe	Bacon, middle rasher, semi-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat			54.2	4.2	Calculated based on the recipe	#N/A	#N/A
08F10928	1870101 6	Recipe	Curry, homemade, beef, homemade sauce			54.1	10.1	Calculated based on the recipe	#N/A	2
02E60358	1340401 0	Recipe	Quiche, salmon or tuna, homemade from basic ingredients			54.1	1.0	Calculated based on the recipe	#N/A	#N/A
08A11267	1810106 0	Recipe	Beef, fillet steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			54.0	9.0	Calculated based on the recipe	#N/A	#N/A
02F30316	1350505 0	Recipe	Steak sandwich, bread roll, beef steak, takeaway & homemade			54.0	16.9	Calculated based on the recipe	#N/A	#N/A
08A30477	1810307 7	Recipe	Pork, loin cutlet, untrimmed, raw			54.0	3.0	Calculated based on the recipe	#N/A	1
08E10208	1890301 6	Recipe	Chicken, maryland, flesh, skin & fat, coated, cooked, no added fat			53.8	9.9	Calculated based on the recipe	#N/A	#N/A
13A12156	2490500 5	Recipe	Salad, caesar, made with lettuce, bacon, parmesan, croutons & egg, no added dressing			53.8	7.8	Calculated based on the recipe	#N/A	#N/A
02E60329	1340400 7	Recipe	Quiche, plain, homemade			53.7	0.3	Calculated based on the recipe	#N/A	#N/A
08F11097	1871100 3	Recipe	Casserole, homemade, venison & vegetable, homemade gravy			53.6	0.6	Calculated based on the recipe	#N/A	#N/A
02E60263	1340400 3	Analysed	Quiche, Lorraine, commercial, baked	#REF!	#REF!	53.5	0.5	Calculated based on the recipe	#N/A	#N/A
02E60301	1340400 4	Recipe	Quiche, Lorraine, homemade			53.5	0.5	Calculated based on the recipe	#N/A	#N/A
08E30373	1860101 7	Recipe	Bacon, middle rasher, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend & margarine			53.5	4.1	Calculated based on the recipe	#N/A	#N/A
13A12598	2490501	Recipe	Salad, garden, added egg, no			53.4	10.4	Calculated based on the	#N/A	#N/A



	5		added dressing					recipe		
05D10360	15504008	Analysed	Fish paste or spread		#REF!	53.4	--	Calculated based on the recipe	#N/A	#N/A
02E60366	13406015	Recipe	Spring roll, meat & vegetable filling, fried, homemade from basic ingredients			53.4	2.0	Calculated based on the recipe	#N/A	#N/A
08A11278	18101222	Recipe	Beef, T-bone steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine			53.4	8.8	Calculated based on the recipe	#N/A	#N/A
08F10981	18902022	Recipe	Stir-fry, homemade, chicken, with rice or noodles			53.3	14.7	Calculated based on the recipe	#N/A	#N/A
05D20140	15603011	Recipe	Stir-fry, homemade, prawn & vegetable			53.3	2.6	Calculated based on the recipe	#N/A	#N/A
11B10229	22205013	Recipe	Mixed nuts, without peanuts, raw, unsalted			53.3	0.4	Calculated based on the recipe	#N/A	2
08F10961	18701032	Recipe	Stir-fry, homemade, beef & vegetable			53.3	8.9	Calculated based on the recipe	#N/A	2
08E30382	18601024	Recipe	Bacon, middle rasher, untrimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			53.3	1.0	Calculated based on the recipe	#N/A	#N/A
08E30385	18601026	Recipe	Bacon, middle rasher, untrimmed, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat			53.3	1.0	Calculated based on the recipe	#N/A	#N/A
08E10213	18903003	Recipe	Chicken, breast, flesh, purchased frozen with breadcrumb coating, cooked, no added fat			53.3	4.1	Calculated based on the recipe	#N/A	#N/A
05A10798	15504012	Recipe	Salmon patty or cake, crumbed, fried, fat not further defined			53.2	2.3	Calculated based on the recipe	#N/A	#N/A
02F30301	13503002	Recipe	Filled bread roll, commercial, bacon & egg, no sauce			53.2	0.8	Calculated based on the recipe	#N/A	#N/A
08A10968	18101058	Recipe	Beef, fillet steak, untrimmed, raw			53.2	8.9	Calculated based on the recipe	#N/A	2
08E30372	18601021	Recipe	Bacon, middle rasher, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			53.1	4.1	Calculated based on the recipe	#N/A	3
08E30363	18601019	Recipe	Bacon, middle rasher, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			53.1	4.1	Calculated based on the recipe	#N/A	#N/A
08E30365	18601020	Recipe	Bacon, middle rasher, semi-trimmed, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			53.1	4.1	Calculated based on the recipe	#N/A	#N/A
08E30371	18601018	Recipe	Bacon, middle rasher, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			53.1	4.1	Calculated based on the recipe	#N/A	#N/A
08A11279	18101226	Recipe	Beef, T-bone steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			53.0	8.8	Calculated based on the recipe	#N/A	#N/A
08A11182	18101222	Recipe	Beef, T-bone steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			53.0	8.8	Calculated based on the	#N/A	#N/A

	4						recipe		
08A11186	1810122 5	Recipe	Beef, T-bone steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil		53.0	8.8	Calculated based on the recipe	#N/A	#N/A
08A11280	1810122 3	Recipe	Beef, T-bone steak, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil		53.0	8.8	Calculated based on the recipe	#N/A	#N/A
11B10206	2220401 5	Analysed	Nut, macadamia, raw, unsalted	#REF!	53.0		Calculated based on the recipe	#N/A	12
01B10530	3010400 7	Recipe	Protein drink, protein 45%, fortified, prepared with milk, any type		53.0	0.7	Calculated based on the recipe	#N/A	#N/A
08F11100	1871100 4	Recipe	Curry, homemade, goat, homemade sauce		52.5	0.3	Calculated based on the recipe	#N/A	1
13A12154	2490502 3	Recipe	Salad, Thai beef, made with lettuce, onion, cucumber, herbs, chilli & beef, with dressing		52.5	7.2	Calculated based on the recipe	#N/A	#N/A
08C10468	1830105 9	Recipe	Chicken, thigh, flesh, skin & fat, raw		52.5	7.3	Calculated based on the recipe	#N/A	6
05C10198	1520200 6	Recipe	Octopus, marinated, baked, grilled, fried or BBQ'd, fat not further defined		52.5	2.2	Calculated based on the recipe	#N/A	#N/A
11B10259	2220501 9	Recipe	Mixed nuts & seeds, for use in garden salad recipes		52.5	4.7	Calculated based on the recipe	#N/A	2
08E30362	1860102 8	Recipe	Bacon, raw, used in baked products, not further defined		52.5	1.8	Calculated based on the recipe	#N/A	61
11B10242	2220501 8	Recipe	Mixed nuts & seeds, unsalted, for use in muesli bar recipes		52.4	2.1	Calculated based on the recipe	#N/A	5
02D10381	1251402 4	Recipe	Muesli, homemade, untoasted or natural, added nuts & seeds		52.3	2.7	Calculated based on the recipe	#N/A	#N/A
08F10958	1890102 6	Recipe	Stir-fry, homemade, chicken & vegetable		52.3	6.9	Calculated based on the recipe	#N/A	3
08E30383	1860102 5	Recipe	Bacon, middle rasher, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined		52.2	1.0	Calculated based on the recipe	#N/A	1
08A11017	1810122 0	Recipe	Beef, T-bone steak, semi-trimmed, raw		52.2	8.7	Calculated based on the recipe	#N/A	6
02D10399	1250600 6	Recipe	Breakfast cereal, wheat bran, pellets, not further defined		52.0	318.0	Calculated based on the recipe	#N/A	#N/A
05A10844	1550100 9	Recipe	Cod or hake, coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat		52.0	3.4	Calculated based on the recipe	#N/A	#N/A
05D10364	1550104 2	Recipe	Fish finger, crumbed, packaged frozen, baked, roasted, fried or grilled, no added fat		51.9	0.0	Calculated based on the recipe	#N/A	#N/A
05A10862	1550102	Recipe	Shark (flake), coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with		51.8	3.4	Calculated based on the	#N/A	#N/A

	5		or without added fat					recipe		
05A10806	15501017	Recipe	Mackerel, coated, takeaway outlet, deep fried			51.8	0.4	Calculated based on the recipe	#N/A	#N/A
11A10042	22101004	Recipe	Seeds, mixed			51.7	12.1	Calculated based on the recipe	#N/A	6
12C10547	28401004	Recipe	Confectionery, fudge, caramel or vanilla			51.6	0.1	Calculated based on the recipe	#N/A	1
05D10395	15601006	Recipe	Curry, homemade, fish, homemade coconut milk sauce			51.6	0.0	Calculated based on the recipe	#N/A	#N/A
08F11063	18702019	Recipe	Stir-fry, homemade, beef, vegetable & egg, with rice or noodles			51.6	10.1	Calculated based on the recipe	#N/A	#N/A
02F30305	13503003	Recipe	Filled bread roll, commercial, bacon & egg, water based sauce			51.5	0.8	Calculated based on the recipe	#N/A	#N/A
08F11050	18705012	Recipe	Curry, homemade, lamb & vegetable, homemade tomato based sauce			51.5	6.1	Calculated based on the recipe	#N/A	#N/A
05D10430	15601012	Recipe	Casserole or curry, homemade, fish, homemade gravy			51.4	0.0	Calculated based on the recipe	#N/A	#N/A
02F30318	13505051	Recipe	Steak sandwich, bread roll, beef steak, with cheese, takeaway & homemade			51.4	15.7	Calculated based on the recipe	#N/A	#N/A
05C10225	15502005	Recipe	Lobster or crayfish, flesh, coated, fried or deep-fried, fat not further defined			51.4	0.0	Calculated based on the recipe	#N/A	#N/A
05D20145	15603009	Recipe	Stir-fry, commercial, prawn, satay sauce			51.4	1.9	Calculated based on the recipe	#N/A	#N/A
02E50295	13306006	Recipe	Slice, brownie, chocolate, without nuts, homemade from basic ingredients, with oil			51.2	0.7	Calculated based on the recipe	#N/A	#N/A
11B10252	22205002	Recipe	Mixed nuts, almond, cashew, peanut, unsalted			51.2	0.1	Calculated based on the recipe	#N/A	1
08F11147	18701038	Recipe	Stir-fry, homemade, beef & vegetable			51.2	10.1	Calculated based on the recipe	#N/A	1
02F40422	13508010	Recipe	Mexican taco, hard shell, beef, with cheese & salsa			51.1	4.3	Calculated based on the recipe	#N/A	#N/A
01B10526	30104005	Recipe	Protein drink, protein 45%, unfortified, prepared with milk, any type			51.1	0.7	Calculated based on the recipe	#N/A	#N/A
08E20151	18503007	Recipe	Sausage, chicken, reduced fat, fried, grilled, BBQ'd or baked, no added fat			51.0	6.4	Calculated based on the recipe	#N/A	1
02E50331	13403015	Recipe	Tart, caramel, homemade			51.0	0.1	Calculated based on the recipe	#N/A	#N/A
02E50308	1330602	Recipe	Slice, meringue, with jam, homemade from basic ingredients, fat not further			50.9	0.3	Calculated based on the	#N/A	#N/A

	2		defined				recipe			
13B10309	24901019	Recipe	Stir-fry, homemade, egg & vegetable, with rice or noodles			50.8	7.3	Calculated based on the recipe	#N/A	#N/A
11B10251	22205001	Recipe	Mixed nuts, almond, cashew, peanut, salted			50.8	0.1	Calculated based on the recipe	#N/A	#N/A
09A40056	19805001	Recipe	Drink, cows milk, added egg & sugar (eggnog or egg nog)			50.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A12152	24905003	Recipe	Salad, Asian style, made with cabbage, carrot, onion, fresh herbs, peanuts & poached chicken, with dressing			50.4	4.0	Calculated based on the recipe	#N/A	#N/A
08F10979	18901021	Recipe	Stir-fry, commercial, chicken, satay sauce			50.2	6.5	Calculated based on the recipe	#N/A	1
08F10988	18903025	Recipe	Chicken, battered, takeaway, restaurant or cafe style, with honey & lemon sauce			50.2	4.3	Calculated based on the recipe	#N/A	#N/A
05A10803	15101111	Recipe	Tuna, tartare (tartar)			50.2	0.1	Calculated based on the recipe	#N/A	#N/A
08A30497	18103131	Recipe	Pork, spare ribs, semi-trimmed, raw			50.1	2.9	Calculated based on the recipe	#N/A	4
08C10471	18301068	Recipe	Chicken, wing, flesh, skin & fat, raw			50.1	8.3	Calculated based on the recipe	#N/A	6
01B10461	30104016	Recipe	Protein drink, whey based, protein >70%, unfortified, prepared from dry powder with soy milk			50.0	0.6	Calculated based on the recipe	#N/A	#N/A
08E10141	18903038	Recipe	Chicken piece, flesh, skin & fat, coated, fast food outlet, fried, undefined oil			50.0	8.2	Calculated based on the recipe	#N/A	#N/A
08A11247	18101154	Recipe	Beef, scotch fillet, fully-trimmed, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat			50.0	14.0	Calculated based on the recipe	#N/A	#N/A
02E50293	13306002	Recipe	Confectionery, rum ball (rumball)			50.0	0.2	Calculated based on the recipe	#N/A	#N/A
08C10528	18903054	Recipe	Turkey, breast, lean, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined			49.9	5.2	Calculated based on the recipe	#N/A	#N/A
08F11001	18702009	Recipe	Curry or casserole, homemade, beef & pasta, not further defined			49.9	4.9	Calculated based on the recipe	#N/A	#N/A
01B10531	30104018	Recipe	Protein drink, whey based, protein >70%, fortified, prepared with milk, any type			49.9	0.7	Calculated based on the recipe	#N/A	#N/A
02F30307	13503004	Recipe	Filled bread roll, commercial, bacon & egg, cheese, water based sauce			49.9	0.8	Calculated based on the recipe	#N/A	#N/A
13A12609	24905016	Recipe	Salad, garden, added seafood, no added dressing			49.8	7.7	Calculated based on the recipe	#N/A	#N/A
02E50300	1330602	Recipe	Slice, lemon, homemade from basic ingredients, fat not further defined			49.7	0.1	Calculated based on the	#N/A	1

	1							recipe		
11B10240	22205017	Recipe	Mixed nuts, for use in muesli recipes, unsalted			49.7	0.5	Calculated based on the recipe	#N/A	10
08E10133	18903029	Recipe	Chicken, drumstick, flesh, skin & fat, coated, fast food chain, fried, undefined fat			49.6	8.9	Calculated based on the recipe	#N/A	1
05D10401	15501043	Recipe	Fish finger, crumbed, packaged frozen, baked, roasted, fried, grilled or BBQ'd, fat not further defined			49.6	0.0	Calculated based on the recipe	#N/A	#N/A
02F30184	13505039	Recipe	Hamburger, bread roll, beef patty, with egg & salad, takeaway & homemade			49.5	25.5	Calculated based on the recipe	#N/A	#N/A
02F40386	13509019	Recipe	Pasta dish, commercial, cooked unfilled pasta, carbonara sauce, added chicken, with or without added vegetables			49.5	18.2	Calculated based on the recipe	#N/A	#N/A
08F10930	18701015	Recipe	Curry, homemade, beef, commercial simmer sauce, Indian style			49.4	8.1	Calculated based on the recipe	#N/A	#N/A
08F11111	18705010	Recipe	Curry, homemade, lamb & vegetable, homemade coconut milk sauce			49.4	6.2	Calculated based on the recipe	#N/A	#N/A
02D10379	12514019	Recipe	Muesli, commercial, untoasted or natural style, added nuts & seeds			49.4	2.4	Calculated based on the recipe	#N/A	#N/A
05A10935	15504004	Recipe	Fish patty or cake, fried, fat not further defined			49.3	0.2	Calculated based on the recipe	#N/A	#N/A
08A11109	18101087	Recipe	Beef, rib cutlet or roast, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, no added fat			49.3	13.8	Calculated based on the recipe	#N/A	#N/A
08F11045	18705004	Recipe	Casserole, homemade, lamb & vegetable, homemade gravy			49.2	5.8	Calculated based on the recipe	#N/A	#N/A
02F30218	13505005	Recipe	Chicken burger, white roll, chicken breast, with bacon, cheese, lettuce & mayonnaise, fast food chain			49.2	3.4	Calculated based on the recipe	#N/A	#N/A
12C10444	28102020	Recipe	Confectionery, peanut, chocolate-coated			49.2	1.7	Calculated based on the recipe	#N/A	#N/A
05D10428	15603006	Recipe	Salad, seafood, commercial, creamy dressing			49.2	0.1	Calculated based on the recipe	#N/A	#N/A
02F40328	13508003	Recipe	Mexican nachos, corn chips, beef, with cheese & salsa			49.2	4.3	Calculated based on the recipe	#N/A	#N/A
08F11148	18901036	Recipe	Stir-fry, homemade, chicken & vegetable			49.1	8.1	Calculated based on the recipe	#N/A	#N/A
08A11180	18101229	Recipe	Beef, T-bone steak, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			49.1	7.9	Calculated based on the recipe	#N/A	#N/A
08F11142	18901033	Recipe	Casserole or curry, homemade, chicken & vegetable, homemade gravy			49.0	4.3	Calculated based on the recipe	#N/A	1
02F30234	1350500	Recipe	Chicken burger, white roll, double chicken breast, with cheese, lettuce, chilli sauce			49.0	3.5	Calculated based on the	#N/A	#N/A

	8		& mayonnaise, fast food chain				recipe			
05D20141	15603013	Recipe	Stir-fry, homemade, seafood & vegetable			48.9	2.6	Calculated based on the recipe	#N/A	1
05D10404	15501040	Recipe	Fish bite or cocktail, crumbed, takeaway outlet, deep fried			48.8	0.0	Calculated based on the recipe	#N/A	#N/A
08E10157	18903020	Recipe	Chicken, wing, flesh, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, no added fat			48.6	10.4	Calculated based on the recipe	#N/A	#N/A
08F10935	18705011	Recipe	Curry, homemade, lamb & vegetable, homemade dairy based sauce			48.6	5.5	Calculated based on the recipe	#N/A	1
08A11235	18101149	Recipe	Beef, scotch fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine			48.6	13.5	Calculated based on the recipe	#N/A	#N/A
02A10381	12401009	Analysed	Pasta, white wheat flour, plain, fresh, boiled, no added salt			48.6	0.1	Calculated based on the recipe	#N/A	5
02A10492	12401010	Recipe	Pasta, white wheat flour, plain, homemade, boiled, no added salt			48.6	0.1	Calculated based on the recipe	#N/A	2
02A10391	13513001	NNS 1995	Gnocchi, potato, commercially prepared, boiled			48.6	0.1	Calculated based on the recipe	#N/A	4
08F11065	18705017	Recipe	Stir-fry, commercial, lamb, satay sauce			48.5	8.2	Calculated based on the recipe	#N/A	#N/A
11B10254	22205005	Recipe	Mixed nuts, peanut & 2 or fewer other nuts, salted			48.5	0.2	Calculated based on the recipe	#N/A	#N/A
02A10493	12401011	Recipe	Pasta, white wheat flour, plain, homemade, boiled, with added salt			48.5	0.1	Calculated based on the recipe	#N/A	1
12C10544	28303006	Recipe	Bar, muesli or snack, with 10% nuts, chocolate-coated			48.5	2.8	Calculated based on the recipe	#N/A	#N/A
02E50322	13306003	Recipe	Slice, brownie, chocolate, with nuts, commercial			48.4	0.2	Calculated based on the recipe	#N/A	#N/A
05D10410	15601005	Recipe	Curry, homemade, fish, homemade sauce			48.3	0.3	Calculated based on the recipe	#N/A	1
08F11132	18702016	Recipe	Stir-fry, homemade, beef, with rice or noodles			48.3	12.2	Calculated based on the recipe	#N/A	#N/A
08E20163	18503008	Recipe	Sausage, chicken, reduced fat, fried, grilled, BBQ'd or baked, fat not further defined			48.3	6.1	Calculated based on the recipe	#N/A	#N/A
08A11212	18101153	Recipe	Beef, scotch fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			48.3	13.5	Calculated based on the recipe	#N/A	#N/A
08A11167	18101151	Recipe	Beef, scotch fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			48.3	13.5	Calculated based on the recipe	#N/A	#N/A
08A11191	1810115	Recipe	Beef, scotch fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			48.3	13.5	Calculated based on the	#N/A	#N/A

	2						recipe			
08A11164	18101150	Recipe	Beef, scotch fillet, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			48.3	13.5	Calculated based on the recipe	#N/A	#N/A
08A11018	18101227	Recipe	Beef, T-bone steak, untrimmed, raw			48.3	7.8	Calculated based on the recipe	#N/A	2
02F40314	13507027	Recipe	Mexican wrap, chicken, with cheese & salsa			48.2	5.3	Calculated based on the recipe	#N/A	#N/A
05A10779	15501005	Recipe	Blue grenadier (hoki), coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat			48.2	4.3	Calculated based on the recipe	#N/A	#N/A
08A11108	18101089	Recipe	Beef, rib cutlet or roast, semi-trimmed, boiled, casseroled, microwaved, poached, steamed, or stewed, with or without added fat			48.2	13.1	Calculated based on the recipe	#N/A	#N/A
05D10421	15601010	Recipe	Stir-fry, commercial, fish			48.1	2.2	Calculated based on the recipe	#N/A	#N/A
02E60292	13405018	Analysed	Pie, savoury, meat, commercial			48.0	1.2	Calculated based on the recipe	#N/A	2
02E60267	13405019	Analysed	Pie, savoury, meat, commercial, family size			48.0	1.2	Calculated based on the recipe	#N/A	#N/A
02E60293	13405020	Analysed	Pie, savoury, meat, from frozen, baked or microwaved			48.0	1.2	Calculated based on the recipe	#N/A	1
02E60284	13405021	Imputed	Pie, savoury, meat & cheese, commercial			48.0	1.2	Calculated based on the recipe	#N/A	#N/A
02E60324	13405024	Recipe	Pie, savoury, meat & mushroom, from frozen, baked or microwaved			48.0	1.2	Calculated based on the recipe	#N/A	#N/A
08F10965	18701005	Recipe	Casserole, homemade, beef & mushroom, homemade cream based sauce (stroganoff)			48.0	8.0	Calculated based on the recipe	#N/A	2
02F40281	13511006	Recipe	Rice, brown, fried with chicken, egg & mixed vegetables			48.0	3.1	Calculated based on the recipe	#N/A	#N/A
08E10156	18903021	Recipe	Chicken, wing, flesh, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined			47.9	10.2	Calculated based on the recipe	#N/A	#N/A
08E20169	18501012	Recipe	Sausage, pork, plain or flavoured, boiled, casseroled, microwaved, poached, steamed or stewed			47.9	3.1	Calculated based on the recipe	#N/A	1
11B10244	22202001	Recipe	Nut, peanut, roasted, coated in honey			47.9	0.0	Calculated based on the recipe	#N/A	#N/A
01B10534	30104012	Recipe	Protein drink, protein 30%, fortified, prepared with milk, any type			47.8	0.7	Calculated based on the recipe	#N/A	#N/A
09A10227	30104023	Label Data	Sports supplement, cows milk, flavoured, chocolate, reduced fat, added protein	30104012		47.8	0.7	Calculated based on the recipe	#N/A	#N/A

08F10953	18705005	Recipe	Casserole, homemade, lamb & vegetable, homemade tomato based sauce	47.7	5.8	Calculated based on the recipe	#N/A	1
08A11053	18101147	Recipe	Beef, scotch fillet, fully-trimmed, raw	47.5	13.3	Calculated based on the recipe	#N/A	9
02F20049	13503062	Recipe	Sandwich or roll, filled with roast beef or lamb & salad	47.5	34.9	Calculated based on the recipe	#N/A	#N/A
08F11140	18803002	Recipe	Casserole or curry, homemade, canned meat & vegetable, homemade gravy	47.5	5.5	Calculated based on the recipe	#N/A	#N/A
08A30552	18103135	Recipe	Pork, spare ribs, untrimmed, raw	47.4	2.9	Calculated based on the recipe	#N/A	4
02E50266	13309001	Recipe	Pudding, bread & butter, homemade from basic ingredients, butter or dairy blend	47.4	8.4	Calculated based on the recipe	#N/A	#N/A
08B10099	18012001	Recipe	Casserole, homemade, kangaroo & vegetable, homemade sauce	47.4	5.7	Calculated based on the recipe	#N/A	#N/A
13A12612	24904011	Recipe	Salad, garden, added beef, lamb or pork, no added dressing	47.4	13.0	Calculated based on the recipe	#N/A	#N/A
08E30367	18605003	Recipe	Chicken, processed luncheon meat, not further defined	47.4	9.7	Calculated based on the recipe	#N/A	#N/A
12C10550	28102018	Recipe	Confectionery, mixed nuts, chocolate-coated	47.3	2.1	Calculated based on the recipe	#N/A	#N/A
08F11076	18901013	Recipe	Curry, homemade, chicken & vegetable, commercial sauce	47.2	4.3	Calculated based on the recipe	#N/A	1
05D20138	15603015	Recipe	Tandoori prawn, homemade or commercial, with commercial paste & yoghurt	47.2	0.0	Calculated based on the recipe	#N/A	#N/A
11B10255	22205006	Recipe	Mixed nuts, peanut & 2 or fewer other nuts, unsalted	47.1	0.2	Calculated based on the recipe	#N/A	#N/A
05D10390	15504003	Recipe	Fish ball, packaged frozen, boiled, steamed, poached, microwaved, no fat added	47.1	0.0	Calculated based on the recipe	#N/A	#N/A
12C10548	28401005	Recipe	Confectionery, fudge, chocolate or coffee	47.0	0.1	Calculated based on the recipe	#N/A	#N/A
02E60303	13404012	Recipe	Quiche, spinach, homemade	47.0	6.7	Calculated based on the recipe	#N/A	#N/A
05C10157	15503006	Analysed	Squid or calamari, crumbed, takeaway outlet, deep fried	47.0	--	Calculated based on the recipe	#N/A	#N/A
08A11236	18101157	Recipe	Beef, scotch fillet, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine	46.8	12.7	Calculated based on the recipe	#N/A	#N/A
12C10499	28302010	Recipe	Bar, muesli or snack, with 20% dried fruit & 5% nuts	46.7	0.0	Calculated based on the recipe	#N/A	#N/A



11A10044	22205014	Recipe	Mixed nuts & seeds, with peanut			46.7	3.2	Calculated based on the recipe	#N/A	1
12C10532	28102016	Recipe	Confectionery, chocolate & peanut centre, sugar-coated			46.6	1.0	Calculated based on the recipe	#N/A	#N/A
05D10372	15504002	Recipe	Fish ball, Asian style, purchased cooked			46.5	0.0	Calculated based on the recipe	#N/A	2
08A11118	18101161	Recipe	Beef, scotch fillet, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined			46.5	12.7	Calculated based on the recipe	#N/A	#N/A
08A11117	18101159	Recipe	Beef, scotch fillet, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, olive oil			46.5	12.7	Calculated based on the recipe	#N/A	#N/A
08A11302	18101160	Recipe	Beef, scotch fillet, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil			46.5	12.7	Calculated based on the recipe	#N/A	#N/A
08A11093	18101158	Recipe	Beef, scotch fillet, semi-trimmed, baked, roasted, fried, grilled or BBQ'd, canola oil			46.5	12.7	Calculated based on the recipe	#N/A	#N/A
08F11056	18705015	Recipe	Roast dinner, commercial or homemade, lamb, vegetables & gravy			46.5	5.3	Calculated based on the recipe	#N/A	#N/A
08F11046	18705003	Recipe	Casserole, commercial, lamb & vegetables			46.4	5.6	Calculated based on the recipe	#N/A	#N/A
02F30268	13505034	Recipe	Hamburger, bread roll, beef patty, with bacon & cheese, takeaway & homemade			46.2	2.3	Calculated based on the recipe	#N/A	#N/A
02E60360	13404001	Recipe	Quiche, bacon & vegetables, homemade			46.2	3.9	Calculated based on the recipe	#N/A	#N/A
01B10486	11106002	Recipe	Chai latte, dry powder mix containing milk solids & sugar			46.1	0.0	Calculated based on the recipe	#N/A	5
02D10393	12511001	Recipe	Breakfast cereal, mixed grain (barley & soy), flakes, honey, unfortified			46.1	0.1	Calculated based on the recipe	#N/A	1
02B10769	13503005	Recipe	Filled bread roll, commercial, beef, no sauce			46.1	6.0	Calculated based on the recipe	#N/A	#N/A
05A10933	15504005	Recipe	Fish patty or cake, crumbed, fried, fat not further defined			46.1	0.1	Calculated based on the recipe	#N/A	#N/A
02E30151	13601013	Recipe	Crepe or pancake, wholemeal wheat flour, commercial or homemade			46.0	23.1	Calculated based on the recipe	#N/A	#N/A
02D10354	12514023	Recipe	Muesli, homemade, untoasted or natural, added dried fruit, nuts & seeds			46.0	2.3	Calculated based on the recipe	#N/A	#N/A
12C10472	28102012	Recipe	Chocolate, milk, with nuts			45.9	1.9	Calculated based on the recipe	#N/A	1
13A11995	24202013	Recipe	Cauliflower, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			45.9	0.0	Calculated based on the recipe	#N/A	#N/A

02E50277	13403020	Recipe	Tart, lemon or lime, commercial			45.9	0.1	Calculated based on the recipe	#N/A	#N/A
02F30197	13505006	Recipe	Chicken burger, white roll, chicken breast, with cheese, lettuce & mayonnaise, fast food chain			45.8	3.0	Calculated based on the recipe	#N/A	#N/A
05D10414	15601011	Recipe	Stir-fry, homemade, fish & vegetable			45.8	2.3	Calculated based on the recipe	#N/A	1
08A10990	18101155	Recipe	Beef, scotch fillet, semi-trimmed, raw			45.8	12.5	Calculated based on the recipe	#N/A	8
12C10445	28102014	Recipe	Confectionery, almond, chocolate-coated			45.7	2.3	Calculated based on the recipe	#N/A	#N/A
08E20178	18501015	Recipe	Sausage, boiled, casseroled, microwaved, poached, steamed or stewed			45.7	5.6	Calculated based on the recipe	#N/A	1
08F10951	18901003	Recipe	Casserole, homemade, chicken & vegetable, homemade gravy			45.7	4.5	Calculated based on the recipe	#N/A	1
08F11095	18711002	Recipe	Casserole, homemade, rabbit, vegetable & legume, homemade sauce			45.6	4.6	Calculated based on the recipe	#N/A	#N/A
02D10356	12514022	Recipe	Muesli, homemade, untoasted or natural, added dried fruit & seeds			45.6	2.5	Calculated based on the recipe	#N/A	#N/A
02E30127	13601003	Recipe	Crepe or pancake, buckwheat flour, homemade from basic ingredients			45.5	23.1	Calculated based on the recipe	#N/A	#N/A
11B10247	22205009	Recipe	Mixed nuts, peanut & 3 or more other nuts, salted			45.5	0.2	Calculated based on the recipe	#N/A	#N/A
02F30235	13505009	Recipe	Chicken burger, white roll, crumbed chicken breast, with bacon, cheese, lettuce, mayonnaise & BBQ sauce, fast food chain			45.4	4.0	Calculated based on the recipe	#N/A	#N/A
05A10954	15501018	Recipe	Mullet, coated, takeaway outlet, deep fried			45.3	0.6	Calculated based on the recipe	#N/A	#N/A
05D20143	15603007	Recipe	Stir-fry, homemade, crab			45.3	1.5	Calculated based on the recipe	#N/A	#N/A
11B10256	22205007	Recipe	Mixed nuts, three or fewer, without peanuts, salted			45.1	0.2	Calculated based on the recipe	#N/A	#N/A
02F30224	13505012	Recipe	Chicken burger, white roll, crumbed chicken breast, with cheese & mayonnaise, fast food chain			45.1	4.0	Calculated based on the recipe	#N/A	#N/A
12B10083	27203001	Recipe	Lemon butter, homemade			45.0	0.1	Calculated based on the recipe	#N/A	#N/A
02B10773	13503007	Recipe	Filled bread roll, commercial, beef, cheese, no sauce			45.0	5.5	Calculated based on the recipe	#N/A	#N/A
11B10248	22205010	Recipe	Mixed nuts, peanut & 3 or more other nuts, unsalted			45.0	0.2	Calculated based on the recipe	#N/A	3

08F11069	18901004	Recipe	Casserole, homemade, chicken & vegetable, homemade cream based sauce		45.0	4.2	Calculated based on the recipe	#N/A	1
02F40280	13511013	Recipe	Rice, white, fried with chicken, egg & mixed vegetables		45.0	3.0	Calculated based on the recipe	#N/A	#N/A
08A11188	18101164	Recipe	Beef, scotch fillet, untrimmed, baked, roasted, fried, grilled or BBQ'd, fat not further defined		44.9	11.9	Calculated based on the recipe	#N/A	#N/A
08E10212	18903031	Recipe	Chicken, kiev, purchased frozen with breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, cooked with or without added fat		44.9	6.8	Calculated based on the recipe	#N/A	#N/A
02B10772	13503006	Recipe	Filled bread roll, commercial, beef, water based sauce		44.8	5.8	Calculated based on the recipe	#N/A	#N/A
02F40474	13509051	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added liver, with or without added vegetables		44.7	29.1	Calculated based on the recipe	#N/A	#N/A
02F30227	13505007	Recipe	Chicken burger, white roll, chicken breast, with lettuce, tomato & mayonnaise, fast food chain		44.7	3.2	Calculated based on the recipe	#N/A	#N/A
11B10243	22204017	Recipe	Nut, macadamia, roasted, coated in honey		44.6	0.3	Calculated based on the recipe	#N/A	#N/A
12C10531	28302015	Label Data	Bar, muesli or snack, with 70% nuts	44.61	44.6	--	Calculated based on the recipe	#N/A	#N/A
12C10515	28302016	Label Data	Bar, muesli or snack, with 70% nuts, added vitamins B1, B2, B3, C & folate, Fe, & Zn	44.61	44.6	--	Calculated based on the recipe	#N/A	#N/A
02F30271	13505016	Recipe	Chicken burger, bread roll, chicken fillet or patty, takeaway & homemade		44.5	3.4	Calculated based on the recipe	#N/A	#N/A
10E10113	31302002	Borrowed	Cardamom, seeds, ground	#REF!	44.5	--	Calculated based on the recipe	#N/A	4
10E10100	31302007	Borrowed	Coriander seed, dried, ground	Wt average	44.5	--	Calculated based on the recipe	#N/A	5
10E10112	31302010	Borrowed	Fenugreek seed	Wt average	44.5	--	Calculated based on the recipe	#N/A	#N/A
11B10253	22205003	Recipe	Mixed nuts, almond, cashew, walnut, unsalted		44.4	0.2	Calculated based on the recipe	#N/A	#N/A
15A20149	18012002	Recipe	Casserole or stew, homemade, wild caught meat & vegetable, homemade gravy		44.4	3.8	Calculated based on the recipe	#N/A	#N/A
02E30154	13601014	Recipe	Crepe or pancake, with savoury filling		44.4	2.1	Calculated based on the recipe	#N/A	#N/A
08F10971	18705013	Recipe	Curry, homemade, lamb, vegetable & legume, homemade tomato based sauce		44.4	4.3	Calculated based on the recipe	#N/A	#N/A
05D10432	1560101	Recipe	Stir-fry, homemade, fish &		44.3	3.8	Calculated based on the	#N/A	#N/A

	4		vegetable					recipe		
02B10774	13503008	Recipe	Filled bread roll, commercial, beef, cheese, oil based sauce			44.3	5.3	Calculated based on the recipe	#N/A	#N/A
08F11116	18902020	Recipe	Stir-fry, commercial, chicken, with rice or noodles			44.3	10.3	Calculated based on the recipe	#N/A	#N/A
08F11067	18901002	Recipe	Casserole, commercial, chicken & vegetable			44.2	4.4	Calculated based on the recipe	#N/A	1
02D10355	12514021	Recipe	Muesli, homemade, untoasted or natural, added dried fruit & nuts			44.2	0.1	Calculated based on the recipe	#N/A	#N/A
02F40329	13508004	Recipe	Mexican nachos, corn chips, beef, with cheese, guacamole & salsa			44.2	3.8	Calculated based on the recipe	#N/A	#N/A
11B10225	22204005	Recipe	Nut, almond, with or without skin, roasted, unsalted			44.2	0.4	Calculated based on the recipe	#N/A	15
11B10231	22205004	Recipe	Mixed nuts, cashew & macadamia, salted			44.2	0.0	Calculated based on the recipe	#N/A	#N/A
02F40424	13507029	Recipe	Mexican wrap, chicken, with cheese, guacamole & salsa			44.2	4.8	Calculated based on the recipe	#N/A	#N/A
08A10991	18101162	Recipe	Beef, scotch fillet, untrimmed, raw			44.2	11.7	Calculated based on the recipe	#N/A	2
05A10754	13405007	Recipe	Pastry, filled with salmon, with or without vegetables, homemade from basic ingredients			44.2	1.4	Calculated based on the recipe	#N/A	#N/A
02F30190	13506006	Recipe	Hamburger, white roll, beef patty, with cheese, sauce, fast food chain			44.1	3.2	Calculated based on the recipe	#N/A	#N/A
08F10936	18705009	Recipe	Curry, commercial, lamb & vegetable, dairy based sauce			44.1	3.1	Calculated based on the recipe	#N/A	#N/A
02F30280	13505042	Recipe	Hamburger, bread roll, lamb fillet or patty, takeaway & homemade			44.1	4.0	Calculated based on the recipe	#N/A	#N/A
08E10159	18302010	Recipe	Duck, lean, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, with or without added fat			44.0	10.9	Calculated based on the recipe	#N/A	#N/A
08C10465	18302008	Recipe	Duck, lean, skin & fat, baked, roasted, fried, grilled or BBQ'd, no added fat			44.0	8.7	Calculated based on the recipe	#N/A	2
02B10764	13503009	Recipe	Filled bread roll, commercial, beef, cheese & water based sauce			43.9	5.3	Calculated based on the recipe	#N/A	#N/A
02E10622	13302015	Recipe	Cake or cupcake, sponge, plain, prepared from dry mix, undefined fat, iced			43.9	0.1	Calculated based on the recipe	#N/A	#N/A
11A10043	22205015	Recipe	Mixed nuts & seeds, without peanut			43.9	3.2	Calculated based on the recipe	#N/A	#N/A
11B10238	2220400	Recipe	Nut, almond, with or without skin,			43.8	0.4	Calculated based on the	#N/A	8

	3		roasted, salted				recipe		
13A11991	24202014	Recipe	Cauliflower, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		43.7	0.0	Calculated based on the recipe	#N/A	#N/A
08F10989	18901031	Recipe	Tandoori chicken, homemade, with commercial paste & yoghurt		43.7	4.0	Calculated based on the recipe	#N/A	#N/A
02D10384	12514020	Recipe	Muesli, homemade, untoasted or natural, added dried fruit		43.5	0.1	Calculated based on the recipe	#N/A	#N/A
05A10727	15101098	Recipe	Tilapia, boiled, microwaved, steamed or poached, no added fat		43.5	22.3	Calculated based on the recipe	#N/A	#N/A
02E60336	13404006	Recipe	Quiche, mixed vegetables, homemade		43.5	4.8	Calculated based on the recipe	#N/A	#N/A
08F11040	18701003	Recipe	Casserole, homemade, beef, homemade tomato based sauce		43.3	7.2	Calculated based on the recipe	#N/A	1
02F40467	13507012	Recipe	Mexican taco, hard shell, chicken, with salad & salsa		43.3	3.7	Calculated based on the recipe	#N/A	#N/A
08E10131	18903045	Recipe	Chicken, thigh, flesh, skin & fat, coated, fast food chain, fried, undefined fat		43.3	8.1	Calculated based on the recipe	#N/A	1
02F30211	13506004	Recipe	Hamburger, white roll, 2 beef patties, with bacon, cheese, lettuce, tomato & mayonnaise, fast food style		43.2	2.7	Calculated based on the recipe	#N/A	#N/A
08C10600	18302009	Recipe	Duck, lean, skin & fat, baked, roasted, fried, grilled or BBQ'd, fat not further defined		43.1	8.6	Calculated based on the recipe	#N/A	#N/A
02F30205	13505021	Recipe	Chicken roll, white roll, chicken, with mayonnaise, fast food chain		43.1	3.6	Calculated based on the recipe	#N/A	#N/A
08F10976	18708011	Recipe	Stir-fry, homemade, pork & vegetable		43.1	3.8	Calculated based on the recipe	#N/A	1
02F40385	13510001	Recipe	Pasta dish, commercial, cooked unfilled pasta, carbonara sauce, added bacon, with or without added vegetables		43.0	17.2	Calculated based on the recipe	#N/A	#N/A
08F11015	18701017	Recipe	Curry, homemade, beef & vegetable, commercial sauce		43.0	6.7	Calculated based on the recipe	#N/A	1
12C10486	28103016	Recipe	Chocolate, milk, with toffee or nougat pieces		42.9	2.4	Calculated based on the recipe	#N/A	#N/A
08F11058	18708005	Recipe	Roast dinner, commercial or homemade, pork, vegetables & gravy		42.9	1.5	Calculated based on the recipe	#N/A	#N/A
02F40294	13511002	Recipe	Paella, white rice, with chicken, chorizo, mixed vegetables & seafood		42.9	1.1	Calculated based on the recipe	#N/A	#N/A
02F30272	13505019	Recipe	Chicken burger, bread roll, chicken fillet or patty & cheese, takeaway & homemade		42.7	3.2	Calculated based on the recipe	#N/A	#N/A
08F10975	1870600	Recipe	Curry, homemade, lamb &		42.7	5.9	Calculated based on the	#N/A	#N/A

	2		rice					recipe		
05D10411	1560100 1	Recipe	Casserole, homemade, fish, homemade tomato & cream sauce			42.7	0.0	Calculated based on the recipe	#N/A	#N/A
02E10488	1330307 3	Recipe	Cake, tea cake, commercial, uniced			42.6	0.2	Calculated based on the recipe	#N/A	#N/A
02F30188	1350501 5	Recipe	Chicken burger, white roll, crumbed chicken breast, with lettuce & mayonnaise, fast food chain			42.5	4.0	Calculated based on the recipe	#N/A	#N/A
13A20144	2510101 5	Recipe	Lentil, green or brown, cooked			42.5	0.0	Calculated based on the recipe	#N/A	2
02F30202	1350501 7	Recipe	Chicken burger, bread roll, chicken fillet or patty & salad, takeaway & homemade			42.5	3.2	Calculated based on the recipe	#N/A	#N/A
11B10246	2220501 1	Recipe	Mixed nuts, four or more nuts, without peanuts, salted			42.5	0.3	Calculated based on the recipe	#N/A	#N/A
08F10963	1870103 4	Recipe	Stir-fry, homemade, beef & vegetable, commercial simmer sauce			42.5	6.5	Calculated based on the recipe	#N/A	#N/A
12C10561	2810302 1	Recipe	Confectionery, coffee beans, chocolate-coated			42.5	0.0	Calculated based on the recipe	#N/A	#N/A
02A10501	1351300 2	Recipe	Gnocchi, commercial or homemade, potato gnocchi, tomato based sauce			42.4	0.2	Calculated based on the recipe	#N/A	#N/A
12C10512	2810201 1	Recipe	Chocolate, milk, with hazelnut paste			42.3	2.0	Calculated based on the recipe	#N/A	#N/A
02E10486	1970200 2	Recipe	Cake, cheesecake, biscuit base, fruit flavoured cream cheese topping, commercial			42.3	0.0	Calculated based on the recipe	#N/A	#N/A
08F11071	1890100 5	Recipe	Casserole, homemade, chicken & vegetable, homemade fruit sauce			42.3	3.9	Calculated based on the recipe	#N/A	1
02E10613	1330306 7	Recipe	Cake or cupcake, plain butter cake, commercial or homemade, iced, cream filling			42.3	6.1	Calculated based on the recipe	#N/A	#N/A
02E10548	1330101 0	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, margarine spread, uniced			42.2	0.2	Calculated based on the recipe	#N/A	1
05A10846	1550101 0	Recipe	Cod or hake, coated, takeaway outlet, deep fried			42.1	0.6	Calculated based on the recipe	#N/A	#N/A
02F30325	1350504 3	Recipe	Hamburger, bread roll, lamb fillet or patty, with cheese, takeaway & homemade			42.1	3.7	Calculated based on the recipe	#N/A	#N/A
05A10774	1550100 6	Recipe	Blue grenadier (hoki), coated, takeaway outlet, deep fried			42.0	0.6	Calculated based on the recipe	#N/A	#N/A
05A10932	1550100 7	Recipe	Blue-eye trevalla, coated, takeaway outlet, deep fried			42.0	0.6	Calculated based on the recipe	#N/A	#N/A
05A10944	1550101	Recipe	Garfish, coated, takeaway			42.0	0.6	Calculated based on the	#N/A	#N/A

	3		outlet, deep fried					recipe		
05A10705	1550102 6	Recipe	Shark (flake), coated, takeaway outlet, deep fried			42.0	0.6	Calculated based on the recipe	#N/A	#N/A
05A10807	1550102 9	Recipe	Snapper, coated, takeaway outlet, deep fried			42.0	0.6	Calculated based on the recipe	#N/A	#N/A
05A10901	1550103 4	Recipe	Whiting, coated, takeaway outlet, deep fried			42.0	0.6	Calculated based on the recipe	#N/A	#N/A
02F40295	1351100 3	Recipe	Paella, white rice, with mixed vegetables & seafood			42.0	0.4	Calculated based on the recipe	#N/A	#N/A
05D10394	1351401 3	Recipe	Sushi, prawn, without seaweed			41.9	0.2	Calculated based on the recipe	#N/A	1
02E50254	1330600 4	Recipe	Slice, brownie, chocolate, with nuts, homemade from basic ingredients, fat not further defined			41.9	0.1	Calculated based on the recipe	#N/A	#N/A
08F10987	1890102 5	Recipe	Stir-fry, homemade, chicken & vegetable, commercial simmer sauce			41.9	4.4	Calculated based on the recipe	#N/A	#N/A
08F10932	1870101 3	Recipe	Curry, commercial, beef, tomato based sauce			41.8	6.3	Calculated based on the recipe	#N/A	#N/A
08F10908	1870101 4	Analysed	Curry, commercial, beef, vindaloo sauce			41.8	6.3	Calculated based on the recipe	#N/A	1
02E10539	1330101 4	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, uniced			41.8	0.2	Calculated based on the recipe	#N/A	2
02F40282	1351100 5	Recipe	Rice, brown, fried with bacon or ham, egg & mixed vegetables			41.7	1.6	Calculated based on the recipe	#N/A	#N/A
09D10279	1950800 4	Recipe	Ice cream, fried			41.7	1.8	Calculated based on the recipe	#N/A	#N/A
08F10940	1890101 5	Recipe	Curry, homemade, chicken & vegetable, homemade dairy based sauce			41.7	3.5	Calculated based on the recipe	#N/A	1
05D10426	1351400 8	Recipe	Sushi, egg, with seaweed			41.6	0.3	Calculated based on the recipe	#N/A	#N/A
01B10514	3010400 8	Recipe	Protein drink, protein 45%, fortified, prepared with water			41.5	0.0	Calculated based on the recipe	#N/A	#N/A
11B10257	2220500 8	Recipe	Mixed nuts, three or fewer, without peanuts, unsalted			41.4	0.3	Calculated based on the recipe	#N/A	#N/A
02E10650	1330900 3	Recipe	Pudding, made from cake or bread, with mixed berries & cream			41.4	0.4	Calculated based on the recipe	#N/A	#N/A
08E10132	1890304 6	Recipe	Chicken, wing, flesh, skin & fat, coated, fast food chain, fried, undefined fat			41.4	8.9	Calculated based on the recipe	#N/A	1
02F40466	1350700	Recipe	Mexican taco, hard shell, beef, with			41.3	3.4	Calculated based on the	#N/A	#N/A

	9		salad & salsa				recipe		
01B10527	3010401 9	Recipe	Protein drink, whey based, protein >70%, fortified, prepared with juice		41.3	0.1	Calculated based on the recipe	#N/A	#N/A
11B10249	2220501 2	Recipe	Mixed nuts, four or more nuts, without peanuts, unsalted		41.3	0.3	Calculated based on the recipe	#N/A	3
08F10978	1870800 8	Recipe	Stir-fry, commercial, pork & vegetable		41.3	5.5	Calculated based on the recipe	#N/A	#N/A
08F10994	1340601 0	Recipe	Samosa, meat & vegetable, deep fried		41.2	5.6	Calculated based on the recipe	#N/A	#N/A
02D10382	1251401 5	Recipe	Muesli, homemade, toasted, added nuts & seeds		41.1	2.5	Calculated based on the recipe	#N/A	#N/A
12C10477	2810201 0	Recipe	Chocolate, milk, with dried fruit & nuts		41.1	2.1	Calculated based on the recipe	#N/A	#N/A
08F11149	1870801 3	Recipe	Stir-fry, homemade, pork & vegetable		41.0	5.0	Calculated based on the recipe	#N/A	#N/A
08F11048	1870500 6	Recipe	Casserole, homemade, lamb, vegetable & legume, homemade sauce		41.0	4.3	Calculated based on the recipe	#N/A	#N/A
02F30189	1350502 2	Recipe	Fish burger, with cheese, fast food chain		41.0	1.1	Calculated based on the recipe	#N/A	#N/A
08F10950	1890100 6	Recipe	Casserole, homemade, chicken & vegetable, homemade tomato based sauce		41.0	3.8	Calculated based on the recipe	#N/A	2
02F40325	1350701 1	Recipe	Mexican taco, hard shell, chicken, with cheese, salad & salsa		40.9	3.4	Calculated based on the recipe	#N/A	#N/A
02F40220	1240400 4	Analysed	Pasta, filled with vegetables, fresh, commercial, boiled, without added sauce		40.9	24.2	Calculated based on the recipe	#N/A	12
10E10115	3130201 2	Recipe	Herbs, mixed, dried		40.8	2.6	Calculated based on the recipe	#N/A	71
08F11044	1870100 6	Recipe	Casserole, homemade, beef & vegetable, commercial sauce		40.8	7.1	Calculated based on the recipe	#N/A	#N/A
08F10939	1890101 4	Recipe	Curry, homemade, chicken & vegetable, homemade coconut milk sauce		40.8	4.2	Calculated based on the recipe	#N/A	2
02C20357	1310200 5	Recipe	Biscuit, sweet, gluten free, non-chocolate flavour		40.8	0.1	Calculated based on the recipe	#N/A	#N/A
02E60317	1340400 8	Recipe	Quiche, pumpkin, homemade		40.8	0.2	Calculated based on the recipe	#N/A	#N/A
12C10502	2810100 7	Recipe	Chocolate, plain, not further defined		40.7	1.9	Calculated based on the recipe	#N/A	4
02E10489	1330304	Recipe	Cake or cupcake, honey, commercial or homemade, uniced		40.6	0.6	Calculated based on the	#N/A	2



	9							recipe		
12C10471	2810200 9	Recipe	Chocolate, milk, with coconut			40.6	2.3	Calculated based on the recipe	#N/A	#N/A
13A12610	2490501 2	Recipe	Salad, garden, added chicken, no added dressing			40.6	11.1	Calculated based on the recipe	#N/A	1
02E60325	1340600 8	Recipe	Dumpling or wonton, savoury, seafood, fried			40.6	2.2	Calculated based on the recipe	#N/A	#N/A
02E10465	1330306 8	Recipe	Cake, cupcake or muffin, plain butter cake, prepared from dry mix, undefined fat, uniced			40.6	0.2	Calculated based on the recipe	#N/A	1
02C20340	1310200 1	Recipe	Biscuit, sweet, almond spekulatius (butter almond cookie), commercial			40.5	0.1	Calculated based on the recipe	#N/A	#N/A
02E10641	1330301 6	Recipe	Cake or cupcake, berry, undefined fat, uniced			40.5	0.3	Calculated based on the recipe	#N/A	#N/A
13B10328	2350201 3	Recipe	Dip, sundried tomato, commercial			40.4	0.1	Calculated based on the recipe	#N/A	1
02E60305	1340503 8	Recipe	Sausage roll, chicken, homemade from basic ingredients, baked			40.4	3.8	Calculated based on the recipe	#N/A	#N/A
08F11108	1890101 7	Recipe	Curry, homemade, chicken, vegetable & legume, homemade sauce			40.4	3.8	Calculated based on the recipe	#N/A	1
02E30141	1360100 6	Recipe	Crepe or pancake, gluten free, commercial or homemade			40.4	0.5	Calculated based on the recipe	#N/A	#N/A
12C10519	2830200 6	Recipe	Bar, muesli or snack, with 10% dried fruit & 45% nuts, chocolate-coated			40.4	1.5	Calculated based on the recipe	#N/A	#N/A
02F30222	1350600 3	Recipe	Hamburger, white roll, 2 beef patties, with bacon, cheese, lettuce, onion, pickles, tomato, mayonnaise & sauce, fast food chain			40.4	3.0	Calculated based on the recipe	#N/A	#N/A
02F30293	1350501 0	Recipe	Chicken burger, white roll, crumbed chicken breast, with bacon, cheese, lettuce, pineapple & mayonnaise, fast food			40.4	3.4	Calculated based on the recipe	#N/A	#N/A
02E20105	1230600 3	Recipe	Bun, sweet, with custard, iced			40.3	0.1	Calculated based on the recipe	#N/A	#N/A
02F40269	1351000 2	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade carbonara sauce, added bacon, with or without added vegetables			40.3	27.2	Calculated based on the recipe	#N/A	#N/A
02F30321	1350501 8	Recipe	Chicken burger, bread roll, chicken fillet or patty, with bacon & salad, takeaway & homemade			40.3	26.4	Calculated based on the recipe	#N/A	#N/A
02E50345	1330601 3	Recipe	Slice, coconut, with jam, commercial			40.3	0.3	Calculated based on the recipe	#N/A	#N/A
08F11143	1890103 4	Recipe	Curry, homemade, chicken & vegetable, homemade coconut milk sauce			40.2	4.0	Calculated based on the recipe	#N/A	#N/A
08F10933	1870101	Recipe	Curry, commercial, beef, coconut			40.1	6.6	Calculated based on the	#N/A	1

	2		milk based sauce				recipe		
02E10609	13301012	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, oil, uniced		40.0	0.2	Calculated based on the recipe	#N/A	1
05C10172	15503005	Recipe	Squid or calamari, battered, takeaway outlet, deep fried		39.9	0.0	Calculated based on the recipe	#N/A	#N/A
02F40284	13511010	Recipe	Rice, white, fried with bacon or ham, egg, mixed vegetables & nuts		39.9	1.5	Calculated based on the recipe	#N/A	#N/A
02F40222	13511011	Analysed	Rice, white, fried with bacon or ham, egg, prawns & vegetables		39.9	1.5	Calculated based on the recipe	#N/A	#N/A
08F10964	18702017	Recipe	Stir-fry, homemade, beef & vegetable, with noodles		39.9	21.7	Calculated based on the recipe	#N/A	1
02B10779	13503010	Recipe	Filled bread roll, commercial, chicken & no sauce		39.8	3.4	Calculated based on the recipe	#N/A	#N/A
02E10526	13303030	Recipe	Cake or cupcake, citrus, commercial, uniced		39.8	0.1	Calculated based on the recipe	#N/A	1
01B10452	30104015	Recipe	Protein drink, whey based, protein >70%, unfortified, prepared from dry powder with milk, any type		39.8	0.8	Calculated based on the recipe	#N/A	#N/A
02A30021	13509079	Recipe	Salad, noodle, with chicken, vegetables & nuts		39.8	5.6	Calculated based on the recipe	#N/A	#N/A
08F11009	18701007	Recipe	Casserole, homemade, beef & vegetable, homemade cream based sauce		39.8	6.5	Calculated based on the recipe	#N/A	1
02A10441	13513004	Recipe	Gnocchi, homemade, potato gnocchi, commercial dairy based sauce		39.8	0.1	Calculated based on the recipe	#N/A	#N/A
02F40225	13509077	Recipe	Stir-fry, commercial, rice noodles, added prawn, egg & vegetable (pad Thai)		39.7	1.5	Calculated based on the recipe	#N/A	#N/A
02F40226	13509078	Analysed	Stir-fry, commercial, rice noodles, added prawn, pork, egg & vegetable (mee grob)		39.7	1.5	Calculated based on the recipe	#N/A	#N/A
05D20132	15603003	Recipe	Curry, homemade, prawn & vegetable, homemade coconut milk sauce		39.7	0.8	Calculated based on the recipe	#N/A	#N/A
08F11153	18702021	Recipe	Stir-fry, homemade, beef & vegetable, with rice		39.6	8.1	Calculated based on the recipe	#N/A	#N/A
02F30238	13505048	Recipe	Muffin, English style, with bacon & beef sausage patty, fast food chain		39.6	18.2	Calculated based on the recipe	#N/A	#N/A
02F30319	13505053	Recipe	Steak sandwich, bread roll, beef steak, with salad, takeaway & homemade		39.5	37.2	Calculated based on the recipe	#N/A	#N/A
08F11052	18708003	Recipe	Curry, homemade, pork, coconut milk sauce		39.5	1.7	Calculated based on the recipe	#N/A	#N/A
08F11080	1890102	Recipe	Stir-fry, commercial, chicken,		39.5	5.2	Calculated based on the	#N/A	#N/A

	9		vegetable & seaweed				recipe			
02B10770	1350301 3	Recipe	Filled bread roll, commercial, chicken, cheese & no sauce			39.4	3.2	Calculated based on the recipe	#N/A	#N/A
02E50329	1340301 9	Recipe	Tart, frangipane or almond, commercial or homemade			39.4	0.2	Calculated based on the recipe	#N/A	#N/A
05A10764	1550100 2	Recipe	Barramundi, coated, takeaway outlet, deep fried			39.4	0.6	Calculated based on the recipe	#N/A	#N/A
05A10986	1550102 1	Recipe	Nile perch, coated, takeaway outlet, deep fried			39.4	0.6	Calculated based on the recipe	#N/A	#N/A
13B10334	2490500 1	Recipe	Antipasto, pickled vegetables, cured meat & cheese			39.4	1.4	Calculated based on the recipe	#N/A	#N/A
08F11126	1870201 4	Recipe	Stir-fry, commercial, beef, with noodles			39.4	28.3	Calculated based on the recipe	#N/A	#N/A
08F11152	1890202 6	Recipe	Casserole or curry, homemade, chicken & vegetable, homemade gravy, with rice or pasta			39.4	9.4	Calculated based on the recipe	#N/A	#N/A
08F10983	1890102 4	Recipe	Stir-fry, commercial, chicken & vegetable			39.4	5.2	Calculated based on the recipe	#N/A	1
01B10512	3010400 6	Recipe	Protein drink, protein 45%, unfortified, prepared with water			39.3	0.0	Calculated based on the recipe	#N/A	#N/A
08F11078	1890101 6	Recipe	Curry, homemade, chicken & vegetable, homemade tomato based sauce			39.3	3.5	Calculated based on the recipe	#N/A	1
08F10929	1870101 9	Recipe	Curry, homemade, beef & vegetable, homemade tomato based sauce			39.3	6.2	Calculated based on the recipe	#N/A	#N/A
02F30264	1350503 1	Recipe	Hamburger, bread roll, beef patty, takeaway & homemade			39.2	2.3	Calculated based on the recipe	#N/A	#N/A
13A11821	2420201 5	Recipe	Cauliflower, fresh or frozen, boiled, microwaved or steamed, drained			39.2	0.0	Calculated based on the recipe	#N/A	8
02F40323	1350700 8	Recipe	Mexican taco, hard shell, beef, with cheese, salad & salsa			39.2	3.1	Calculated based on the recipe	#N/A	#N/A
02E10494	1330100 4	Recipe	Cake or cupcake, chocolate, commercial, uniced			39.2	0.1	Calculated based on the recipe	#N/A	2
02B10778	1350301 1	Recipe	Filled bread roll, commercial, chicken & oil based sauce			39.2	3.3	Calculated based on the recipe	#N/A	#N/A
02B10602	1221300 6	Recipe	Bread, gluten free, homemade from basic ingredients, toasted			39.2	6.3	Calculated based on the recipe	#N/A	#N/A
05A10812	1340502 9	Recipe	Pie, savoury, seafood & vegetable, homemade from basic ingredients			39.1	0.3	Calculated based on the recipe	#N/A	#N/A
06A10119	1680200	Recipe	Mixed berry, dried			39.1	1.5	Calculated based on the	#N/A	1

	9							recipe		
02E30111	13601010	Recipe	Crepe or pancake, plain, white wheat flour, homemade from basic ingredients		39.1	0.5	Calculated based on the recipe	#N/A	1	
02E10614	13303062	Recipe	Cake or cupcake, plain butter cake, homemade from basic ingredients, margarine, uniced		39.0	0.3	Calculated based on the recipe	#N/A	1	
13A12050	24602003	Recipe	Tomato, paste, not further defined		39.0	0.4	Calculated based on the recipe	#N/A	12	
02F30226	13505011	Recipe	Chicken burger, white roll, crumbed chicken breast, with bacon, cheese, lettuce, tomato & mayonnaise, fast food chain		39.0	13.7	Calculated based on the recipe	#N/A	#N/A	
02E30142	13601005	Recipe	Crepe or pancake, chocolate, homemade from basic ingredients		39.0	0.5	Calculated based on the recipe	#N/A	#N/A	
12C10520	28302007	Recipe	Bar, muesli or snack, with 10% dried fruit & 60% nuts		39.0	1.2	Calculated based on the recipe	#N/A	1	
08F11124	18712003	Recipe	Mixed dish, not further defined		38.9	6.5	Calculated based on the recipe	#N/A	#N/A	
02F30277	13505001	Recipe	Bacon burger, bread roll, bacon rasher, with cheese, takeaway & homemade		38.9	0.9	Calculated based on the recipe	#N/A	#N/A	
08E20144	18501005	Recipe	Sausage, beef, plain or flavoured, boiled, casserole, microwaved, poached, steamed, or stewed		38.9	6.6	Calculated based on the recipe	#N/A	1	
08E20177	18503003	Recipe	Sausage, beef, plain or flavoured, reduced fat, boiled, casserole, microwaved, poached, steamed or stewed		38.9	6.6	Calculated based on the recipe	#N/A	#N/A	
02B10768	13503014	Recipe	Filled bread roll, commercial, chicken, cheese & oil based sauce		38.8	3.1	Calculated based on the recipe	#N/A	#N/A	
02B10771	13503012	Recipe	Filled bread roll, commercial, chicken & water based sauce		38.8	3.3	Calculated based on the recipe	#N/A	#N/A	
08C10463	18302007	Recipe	Duck, lean, skin & fat, raw		38.8	7.7	Calculated based on the recipe	#N/A	4	
02E20119	12306009	Recipe	Bun, sweet, not further defined		38.8	0.1	Calculated based on the recipe	#N/A	#N/A	
02E10570	13303032	Recipe	Cake or cupcake, citrus, homemade from basic ingredients, undefined fat, uniced		38.7	0.2	Calculated based on the recipe	#N/A	2	
02E50287	13402013	Recipe	Pie, sweet, pecan, commercial		38.7	0.2	Calculated based on the recipe	#N/A	#N/A	
02B10597	12213005	Recipe	Bread, gluten free, homemade from basic ingredients		38.7	6.2	Calculated based on the recipe	#N/A	1	
05C10190	15503004	Recipe	Scallop with or without roe, coated, takeaway outlet, deep fried		38.7	0.4	Calculated based on the recipe	#N/A	#N/A	
02E60322	1340502	Recipe	Pie, savoury, meat filling, topped		38.7	0.1	Calculated based on the	#N/A	#N/A	

	6		with potato, commercial				recipe			
05D10409	15504016	Recipe	Seafood or fish stick (surimi), coated, takeaway outlet, deep fried			38.7	0.5	Calculated based on the recipe	#N/A	#N/A
02E50320	13306008	Recipe	Slice, caramel, commercial			38.7	0.4	Calculated based on the recipe	#N/A	1
05D20135	15604004	Recipe	Stir-fry, homemade, prawn & vegetable, with rice or noodles			38.6	6.2	Calculated based on the recipe	#N/A	#N/A
13B10298	24903001	Recipe	Fritter, corn, fried or deep-fried			38.6	0.2	Calculated based on the recipe	#N/A	#N/A
05A10737	15501039	Recipe	Fish, white flesh, crumbed, takeaway outlet, deep fried			38.6	4.3	Calculated based on the recipe	#N/A	#N/A
02E10522	13303074	Recipe	Cake, tea cake, apricot, homemade from basic ingredients, undefined fat, uniced			38.6	0.2	Calculated based on the recipe	#N/A	#N/A
02B10766	13503015	Recipe	Filled bread roll, commercial, chicken, cheese & water based sauce			38.5	3.1	Calculated based on the recipe	#N/A	#N/A
02F30317	13505052	Recipe	Steak sandwich, bread roll, beef steak, with cheese & salad, takeaway & homemade			38.5	35.2	Calculated based on the recipe	#N/A	#N/A
08E20176	18503002	Recipe	Sausage, beef, plain or flavoured, reduced fat, fried, grilled, BBQ'd or baked			38.5	6.5	Calculated based on the recipe	#N/A	#N/A
02F30225	13506005	Recipe	Hamburger, white roll, 2 beef patties, with cheese, onion, pickles & sauce, fast food chain			38.5	11.1	Calculated based on the recipe	#N/A	#N/A
13A12157	24905006	Recipe	Salad, chicken caesar, made with lettuce, bacon, parmesan, croutons & chicken, no added dressing			38.5	8.1	Calculated based on the recipe	#N/A	#N/A
02E50347	13306026	Recipe	Slice, passionfruit			38.4	0.1	Calculated based on the recipe	#N/A	#N/A
12C10510	28101006	Recipe	Chocolate, milk & white			38.4	1.4	Calculated based on the recipe	#N/A	#N/A
02E50260	13306009	Recipe	Slice, caramel, homemade from basic ingredients, fat not further defined			38.4	0.1	Calculated based on the recipe	#N/A	1
02E10628	13303035	Recipe	Cake or cupcake, coconut, commercial or homemade, uniced			38.4	0.4	Calculated based on the recipe	#N/A	#N/A
13A12393	24102020	Recipe	Potato, fries, regular, purchased frozen, baked or roasted, no added fat			38.4	0.5	Calculated based on the recipe	#N/A	#N/A
05D20150	15604005	Recipe	Stir-fry, homemade, seafood & vegetable, with rice or noodles			38.3	7.9	Calculated based on the recipe	#N/A	#N/A
08F11006	18701020	Recipe	Curry or casserole, commercial, beef & vegetables, not further defined			38.3	5.5	Calculated based on the recipe	#N/A	1
02E60283	1340501	Analysed	Pie, savoury, chicken &			38.3	3.0	Calculated based on the	#N/A	#N/A

	6		vegetable, commercial					recipe		
02E60296	13405017	Recipe	Pie, savoury, chicken & vegetable, homemade from basic ingredients			38.3	3.0	Calculated based on the recipe	#N/A	#N/A
02E10580	13303065	Recipe	Cake or cupcake, plain butter cake, homemade from basic ingredients, undefined fat, uniced			38.3	0.3	Calculated based on the recipe	#N/A	1
02E30134	13601004	Recipe	Crepe or pancake, buttermilk, homemade from basic ingredients			38.3	0.1	Calculated based on the recipe	#N/A	#N/A
02A10443	13513005	Recipe	Gnocchi, homemade, potato gnocchi, homemade beef bolognese sauce			38.3	2.5	Calculated based on the recipe	#N/A	#N/A
02D10407	12506015	Recipe	Breakfast cereal, wheat based, commercial, not further defined			38.2	220.4	Calculated based on the recipe	#N/A	1
02F30221	13505030	Recipe	Hamburger, white roll, 2 beef patties, with lettuce, onion, pickles, tomato, mayonnaise & sauce, fast food chain			38.2	3.0	Calculated based on the recipe	#N/A	#N/A
02F40283	13511009	Recipe	Rice, white, fried with bacon or ham, egg & mixed vegetables			38.2	1.5	Calculated based on the recipe	#N/A	#N/A
02E10541	13301015	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, uniced, filled with cream			38.2	0.2	Calculated based on the recipe	#N/A	1
02F40305	13507019	Recipe	Mexican wrap, beef, with cheese & salsa			37.9	6.6	Calculated based on the recipe	#N/A	#N/A
02F30200	13505020	Recipe	Chicken burger, bread roll, chicken fillet or patty, with cheese & salad, takeaway & homemade			37.9	26.1	Calculated based on the recipe	#N/A	#N/A
05C10200	15503002	Recipe	Octopus, coated, takeaway outlet, fried, fat not further defined			37.8	0.5	Calculated based on the recipe	#N/A	#N/A
08F10852	18901012	Recipe	Curry, commercial, chicken & vegetable, coconut milk sauce			37.8	4.3	Calculated based on the recipe	#N/A	2
08F11139	18701037	Recipe	Casserole or curry, homemade, beef & vegetable, homemade gravy			37.7	6.0	Calculated based on the recipe	#N/A	1
02E10577	13303053	Recipe	Cake or cupcake, orange & poppy seed, commercial or homemade, uniced			37.7	0.3	Calculated based on the recipe	#N/A	1
02F30265	13505037	Recipe	Hamburger, bread roll, beef patty, with cheese, takeaway & homemade			37.7	2.2	Calculated based on the recipe	#N/A	#N/A
08F10948	18701008	Recipe	Casserole, homemade, beef & vegetables, homemade gravy			37.6	5.9	Calculated based on the recipe	#N/A	2
13B10297	24903002	Recipe	Fritter, zucchini, fried or deep-fried			37.6	0.2	Calculated based on the recipe	#N/A	#N/A
08F11145	18705023	Recipe	Casserole or curry, homemade, lamb & vegetable, homemade gravy			37.6	2.9	Calculated based on the recipe	#N/A	#N/A
13A12222	2420201	Recipe	Cauliflower, fresh or frozen, boiled, microwaved or steamed, drained, added fat not			37.6	0.0	Calculated based on the	#N/A	#N/A

	6		further defined				recipe			
08F11150	18901035	Recipe	Stir-fry, commercial, chicken & vegetable, satay sauce			37.5	5.0	Calculated based on the recipe	#N/A	#N/A
02E10604	13303015	Recipe	Cake, cupcake or muffin, banana, prepared from dry mix, uniced			37.5	0.3	Calculated based on the recipe	#N/A	#N/A
01B10533	30104004	Recipe	Protein drink, protein >70%, caffeinated, prepared with water			37.3	0.0	Calculated based on the recipe	#N/A	#N/A
01B10508	30104020	Recipe	Protein drink, whey based, protein >70%, fortified, prepared with water			37.3	0.0	Calculated based on the recipe	#N/A	#N/A
02F30254	13505013	Recipe	Chicken burger, white roll, crumbed chicken breast, with cheese, lettuce, hash brown, mayonnaise & sauce, fast food			37.3	3.3	Calculated based on the recipe	#N/A	#N/A
08F10931	18701018	Recipe	Curry, homemade, beef & vegetable, homemade coconut milk based sauce			37.2	6.2	Calculated based on the recipe	#N/A	1
02E10460	13303009	Recipe	Cake or cupcake, banana, homemade from basic ingredients, butter or dairy blend, uniced			37.2	0.2	Calculated based on the recipe	#N/A	1
02E10563	13304017	Recipe	Muffin, cake-style, plain, commercial, uniced			37.2	0.2	Calculated based on the recipe	#N/A	1
08F10937	18708002	Recipe	Curry, commercial, pork, coconut milk sauce			36.9	2.2	Calculated based on the recipe	#N/A	1
12C10448	28102017	Recipe	Confectionery, dried fruit & nuts, chocolate-coated			36.9	1.4	Calculated based on the recipe	#N/A	#N/A
02E10529	13303007	Recipe	Cake or cupcake, banana, commercial, uniced			36.9	0.2	Calculated based on the recipe	#N/A	1
02E10583	13303021	Recipe	Cake or cupcake, carrot, commercial, uniced			36.9	0.2	Calculated based on the recipe	#N/A	#N/A
02E20104	12306007	Recipe	Bun, sweet, with mock cream & jam, uniced			36.7	0.0	Calculated based on the recipe	#N/A	1
05D20144	15604002	Recipe	Curry, homemade, prawn & vegetable, homemade tomato based sauce, with rice or noodles			36.7	5.0	Calculated based on the recipe	#N/A	#N/A
02D10358	12514014	Recipe	Muesli, homemade, toasted, added dried fruit, nuts & seeds			36.7	2.2	Calculated based on the recipe	#N/A	#N/A
02E10617	13303071	Recipe	Cake or cupcake, pumpkin, homemade from basic ingredients, undefined fat, uniced			36.7	0.2	Calculated based on the recipe	#N/A	#N/A
02E50264	13306014	Recipe	Slice, coconut, with jam, homemade from basic ingredients, fat not further defined			36.7	0.3	Calculated based on the recipe	#N/A	1
08F10986	18901028	Recipe	Stir-fry, homemade, chicken, vegetable & nut			36.6	4.6	Calculated based on the recipe	#N/A	#N/A
02E50274	1330601	Recipe	Slice, hedgehog,			36.6	0.2	Calculated based on the	#N/A	#N/A

	7		commercial, chocolate icing					recipe		
02E40112	13403003	Recipe	Croissant, chocolate filled, commercial			36.6	0.0	Calculated based on the recipe	#N/A	#N/A
10C10572	21102001	Recipe	Soup, broth, Asian style, with egg & rice			36.5	0.8	Calculated based on the recipe	#N/A	#N/A
02E10593	13303013	Recipe	Cake or cupcake, banana, homemade from basic ingredients, undefined fat, uniced			36.5	0.2	Calculated based on the recipe	#N/A	1
02E10652	13303011	Recipe	Cake or cupcake, banana, homemade from basic ingredients, margarine, uniced			36.4	0.1	Calculated based on the recipe	#N/A	#N/A
02C20352	13105006	Recipe	Biscuit, sweet, gluten free, chocolate flavoured with chocolate chips			36.4	0.7	Calculated based on the recipe	#N/A	#N/A
05D10431	15601013	Recipe	Casserole or curry, homemade, fish & vegetables, homemade gravy			36.4	0.6	Calculated based on the recipe	#N/A	#N/A
15A20139	18011007	Recipe	Goose, wild caught, flesh, cooked			36.3	5.0	Calculated based on the recipe	#N/A	1
02E30113	13604008	Recipe	Yorkshire pudding, homemade from basic ingredients			36.3	0.4	Calculated based on the recipe	#N/A	#N/A
02E10545	13303024	Recipe	Cake or cupcake, carrot, homemade from basic ingredients, butter or dairy blend, uniced			36.3	0.3	Calculated based on the recipe	#N/A	1
09B20087	19407005	Recipe	Cheese, cheddar, processed, reduced fat, not further defined			36.2	0.0	Calculated based on the recipe	#N/A	1
02F20053	13503053	Recipe	Sandwich or roll, filled with chicken			36.2	17.9	Calculated based on the recipe	#N/A	1
08F10947	18701009	Recipe	Casserole, homemade, beef & vegetable, homemade tomato based sauce			36.2	5.9	Calculated based on the recipe	#N/A	4
02F30266	13505032	Recipe	Hamburger, bread roll, beef patty, with avocado & cheese, takeaway & homemade			36.1	2.1	Calculated based on the recipe	#N/A	#N/A
02D10357	12514013	Recipe	Muesli, homemade, toasted, added dried fruit & seeds			36.1	2.4	Calculated based on the recipe	#N/A	#N/A
02F40309	13503049	Recipe	Kebab wrap, lamb, with salad, takeaway			36.1	2.3	Calculated based on the recipe	#N/A	#N/A
02E10554	13303001	Recipe	Bread, banana, commercial			36.1	0.3	Calculated based on the recipe	#N/A	1
02F30267	13505036	Recipe	Hamburger, bread roll, beef patty, with bacon & salad, takeaway & homemade			36.1	26.4	Calculated based on the recipe	#N/A	#N/A
13A12605	24905008	Recipe	Salad, garden, added bacon, no added dressing			36.0	9.4	Calculated based on the recipe	#N/A	#N/A
05A10747	1340502	Recipe	Pie, savoury, salmon & vegetable, homemade from basic ingredients			36.0	0.1	Calculated based on the recipe	#N/A	#N/A



	8						recipe			
09A40052	1980600 5	Recipe	Smoothie, cows milk, all flavours, added mixed fruit & egg			36.0	0.5	Calculated based on the recipe	#N/A	#N/A
12C10530	2810201 5	Recipe	Confectionery, chocolate, hazelnut & wafer centre			36.0	1.2	Calculated based on the recipe	#N/A	#N/A
05D20139	1560301 2	Recipe	Stir-fry, commercial, seafood (prawn, squid & fish) & vegetable			35.9	1.5	Calculated based on the recipe	#N/A	#N/A
12C10555	2810200 5	Recipe	Bar, wafer & hazelnut, milk chocolate-coated			35.9	4.2	Calculated based on the recipe	#N/A	#N/A
09B20084	1940600 7	Recipe	Cheese, cheddar, processed, not further defined			35.9	1.0	Calculated based on the recipe	#N/A	4
02E10555	1330300 2	Recipe	Bread, banana, commercial, toasted			35.7	0.3	Calculated based on the recipe	#N/A	#N/A
02F40293	1351100 1	Recipe	Paella, white rice, with chicken, chorizo & mixed vegetables			35.6	2.7	Calculated based on the recipe	#N/A	#N/A
02F40431	1350801 1	Recipe	Mexican taco, hard shell, beef & bean, with cheese & salsa			35.6	2.3	Calculated based on the recipe	#N/A	#N/A
08F11068	1890200 1	Recipe	Casserole, commercial, chicken & vegetable, with rice or pasta			35.6	9.1	Calculated based on the recipe	#N/A	#N/A
02E10606	1330302 8	Recipe	Cake or cupcake, carrot, homemade from basic ingredients, undefined fat, uniced			35.5	0.2	Calculated based on the recipe	#N/A	1
12C10449	2810302 5	Recipe	Confectionery, sultana, chocolate-coated			35.5	1.9	Calculated based on the recipe	#N/A	#N/A
13A11842	2430202 3	Recipe	Parsnip, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			35.5	0.0	Calculated based on the recipe	#N/A	#N/A
05A10989	1510106 5	Recipe	Orange roughly, boiled, microwaved, steamed or poached, no added fat			35.4	2.1	Calculated based on the recipe	#N/A	#N/A
01B10310	1120900 4	Recipe	Coffee & milk concentrate			35.4	1.0	Calculated based on the recipe	#N/A	1
02E20116	1230500 9	Recipe	Bun, sweet, with fruit (other than sultanas), uniced			35.3	0.0	Calculated based on the recipe	#N/A	2
02E10516	1330303 6	Recipe	Cake or cupcake, date loaf, commercial, uniced			35.3	0.2	Calculated based on the recipe	#N/A	#N/A
10A10478	2310900 6	Recipe	Paste, massaman curry, commercial			35.3	1.1	Calculated based on the recipe	#N/A	2
08F11016	1870103 0	Recipe	Stir-fry, commercial, beef, vegetable & nut			35.3	3.0	Calculated based on the recipe	#N/A	#N/A
02F30278	1350503	Recipe	Hamburger, bread roll, beef patty, with bacon, cheese & salad, takeaway &			35.2	25.1	Calculated based on the	#N/A	#N/A

	5		homemade					recipe		
08F10984	18901027	Recipe	Stir-fry, commercial, chicken, vegetable & nut			35.2	4.5	Calculated based on the recipe	#N/A	#N/A
05A10735	15501037	Recipe	Fish, white flesh, battered, takeaway outlet, deep fried			35.2	0.0	Calculated based on the recipe	#N/A	#N/A
02F40243	13604002	Recipe	Batter for coating food, homemade, uncooked			35.1	0.3	Calculated based on the recipe	#N/A	2
02F40423	13507021	Recipe	Mexican wrap, beef, with cheese, guacamole & salsa			35.1	6.0	Calculated based on the recipe	#N/A	#N/A
05D20137	15604001	Recipe	Curry, commercial, prawn & vegetable, coconut milk sauce, with rice			35.0	0.5	Calculated based on the recipe	#N/A	#N/A
02E30126	13601002	Recipe	Crepe or pancake, berry, homemade from basic ingredients			35.0	0.5	Calculated based on the recipe	#N/A	#N/A
02E60348	13406006	Recipe	Dumpling or wonton, savoury, meat, fried			35.0	3.4	Calculated based on the recipe	#N/A	#N/A
02E50338	13403006	Recipe	Danish, custard & pecan filled, commercial			35.0	7.4	Calculated based on the recipe	#N/A	#N/A
02E10615	13303064	Recipe	Cake or cupcake, plain butter cake, homemade from basic ingredients, oil, uniced			34.9	0.2	Calculated based on the recipe	#N/A	#N/A
13A20148	25101006	Borrowed	Bean, lupin, raw			34.9	--	Calculated based on the recipe	#N/A	1
13A20145	25101020	Recipe	Legumes, mixed, for use in homemade soup recipes			34.9	0.0	Calculated based on the recipe	#N/A	10
02E60266	13406004	Analysed	Dim sim, vegetable &/or meat filling, takeaway style, deep fried			34.8	4.0	Calculated based on the recipe	#N/A	#N/A
02E60282	13406007	Analysed	Dumpling or wonton, savoury, meat & vegetable filled, takeaway style, cooked	2	34.8625	34.8	4.0	Calculated based on the recipe	#N/A	#N/A
01B10538	30104013	Recipe	Protein drink, protein 30%, fortified, prepared with water			34.8	0.0	Calculated based on the recipe	#N/A	#N/A
08F10985	18902009	Recipe	Curry, homemade, chicken & rice			34.7	4.0	Calculated based on the recipe	#N/A	#N/A
02B10765	13503023	Recipe	Filled bread roll, commercial, ham, cheese, no sauce			34.7	1.1	Calculated based on the recipe	#N/A	#N/A
13B10313	23502008	Recipe	Dip, chilli & nut, commercial, regular			34.7	0.1	Calculated based on the recipe	#N/A	1
08F11075	1890200	Recipe	Curry, homemade, chicken, homemade coconut milk sauce, with rice or noodles			34.6	7.9	Calculated based on the	#N/A	#N/A

	8							recipe		
02E60323	13406005	Recipe	Dumpling or wonton, savoury, chicken, fried			34.6	4.5	Calculated based on the recipe	#N/A	#N/A
02F10174	13501002	Recipe	Pizza, bacon & egg, thin base, BBQ sauce, fast food chain			34.6	0.3	Calculated based on the recipe	#N/A	#N/A
02E10592	13303012	Recipe	Cake or cupcake, banana, homemade from basic ingredients, oil, uniced			34.6	0.1	Calculated based on the recipe	#N/A	#N/A
02F30328	13505046	Recipe	Hamburger, bread roll, processed meat, with onion, takeaway & homemade			34.5	1.5	Calculated based on the recipe	#N/A	#N/A
13A12625	24905010	Recipe	Salad, garden, added cheese & beef, lamb or pork, no added dressing			34.5	11.0	Calculated based on the recipe	#N/A	#N/A
08F10974	18705002	Recipe	Casserole, homemade, lamb & eggplant, baked with homemade creamy sauce (moussaka)			34.5	4.0	Calculated based on the recipe	#N/A	#N/A
02E10645	13303077	Recipe	Cake, gluten free, with & without icing			34.5	0.2	Calculated based on the recipe	#N/A	#N/A
02F40336	12404002	Recipe	Pasta, filled with spinach & ricotta, fresh, commercial, boiled, without added sauce			34.5	18.7	Calculated based on the recipe	#N/A	12
13A11806	24402002	Recipe	Artichoke, globe, boiled, microwaved or steamed, drained			34.4	0.2	Calculated based on the recipe	#N/A	#N/A
02F40276	13507003	Recipe	Chicken wrap, white tortilla, chicken breast strips, with salad & mayonnaise, fast food chain			34.4	3.7	Calculated based on the recipe	#N/A	#N/A
02F40348	13503050	Recipe	Kebab wrap, lamb, with salad & sauce, takeaway			34.4	2.2	Calculated based on the recipe	#N/A	#N/A
02E30119	13605006	Recipe	Doughnut, jam filled, sugar coated			34.3	34.2	Calculated based on the recipe	#N/A	#N/A
02F30295	13503024	Recipe	Filled bread roll, commercial, ham, cheese, oil based sauce			34.3	1.1	Calculated based on the recipe	#N/A	#N/A
08F11073	18902007	Recipe	Curry, homemade, chicken, commercial sauce, with rice or noodles			34.3	7.8	Calculated based on the recipe	#N/A	#N/A
02E10585	13303003	Recipe	Bread, banana, homemade			34.2	0.2	Calculated based on the recipe	#N/A	1
02E10499	13303037	Recipe	Cake or cupcake, date loaf, homemade from basic ingredients, undefined fat, uniced			34.2	0.2	Calculated based on the recipe	#N/A	1
02E10549	13301011	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, margarine spread, sugar based icing			34.2	0.1	Calculated based on the recipe	#N/A	#N/A
13A11724	24302022	Analysed	Parsnip, peeled, fresh or frozen, raw		#REF!	34.2	--	Calculated based on the recipe	#N/A	9
08F11092	1890200	Recipe	Casserole, homemade, chicken & vegetable, homemade fruit sauce, with rice or			34.2	9.1	Calculated based on the	#N/A	#N/A

	4		pasta				recipe			
12C10528	2810200 6	Recipe	Bar, wafer or biscuit, caramel & peanut, milk chocolate-coated			34.2	3.1	Calculated based on the recipe	#N/A	#N/A
13B10314	2350100 1	Recipe	Dip, crab, commercial, regular			34.1	0.4	Calculated based on the recipe	#N/A	1
02F40315	1350703 1	Recipe	Mexican wrap, chicken, with salad & salsa			34.1	3.7	Calculated based on the recipe	#N/A	#N/A
02E10528	1330301 9	Recipe	Cake or cupcake, caramel, uniced			34.0	0.2	Calculated based on the recipe	#N/A	1
10F20117	2330100 1	Recipe	Dressing, Caesar, commercial			34.0	0.1	Calculated based on the recipe	#N/A	#N/A
02E10560	1330400 8	Recipe	Muffin, cake-style, berry, homemade from basic ingredients, uniced			34.0	0.3	Calculated based on the recipe	#N/A	#N/A
02E30146	1360500 3	Recipe	Doughnut, custard filled			34.0	32.3	Calculated based on the recipe	#N/A	#N/A
02E30124	1360500 4	Label Data	Doughnut, custard filled, with chocolate icing			34.0	32.3	Calculated based on the recipe	#N/A	#N/A
02F30297	1350302 5	Recipe	Filled bread roll, commercial, ham, cheese, water based sauce			34.0	1.1	Calculated based on the recipe	#N/A	#N/A
02D10359	1251401 2	Recipe	Muesli, homemade, toasted, added dried fruit & nuts			34.0	0.2	Calculated based on the recipe	#N/A	#N/A
02F40330	1350800 5	Recipe	Mexican nachos, corn chips, beef & bean, with cheese & salsa			33.9	2.4	Calculated based on the recipe	#N/A	#N/A
02E10611	1330101 6	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, sugar based icing			33.9	0.2	Calculated based on the recipe	#N/A	#N/A
02E10586	1330300 4	Recipe	Bread, banana, homemade, toasted			33.9	0.2	Calculated based on the recipe	#N/A	#N/A
02F30250	1350304 1	Recipe	Hot dog, bread roll, frankfurt, onion, meat & sauce filling			33.8	13.4	Calculated based on the recipe	#N/A	#N/A
02E10523	1330102 4	Recipe	Cake or cupcake, mud, caramel or white chocolate, uniced			33.8	0.2	Calculated based on the recipe	#N/A	#N/A
08F10977	1870801 0	Recipe	Stir-fry, homemade, pork & vegetable, commercial simmer sauce			33.8	1.7	Calculated based on the recipe	#N/A	1
13A12234	2430202 4	Recipe	Parsnip, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			33.8	0.0	Calculated based on the recipe	#N/A	#N/A
02E60294	1340503 5	Analysed	Sausage roll, commercial, ready to eat			33.7	2.2	Calculated based on the recipe	#N/A	#N/A
02E60295	1340503	Analysed	Sausage roll, from frozen, baked or			33.7	2.2	Calculated based on the	#N/A	#N/A

	6		microwaved				recipe		
02E60304	13405037	Recipe	Sausage roll, homemade from basic ingredients, baked		33.7	2.2	Calculated based on the recipe	#N/A	#N/A
13A12567	24901015	Recipe	Curry, homemade, vegetable & egg, homemade dairy based sauce		33.7	1.1	Calculated based on the recipe	#N/A	#N/A
02B10775	13503020	Recipe	Filled bread roll, commercial, ham & salami, cheese, oil based sauce		33.7	1.1	Calculated based on the recipe	#N/A	#N/A
13B20278	25201008	Recipe	Baked beans, canned in tomato sauce, with sausages, regular		33.7	0.6	Calculated based on the recipe	#N/A	1
10C10564	21101017	Recipe	Soup, offal, prepared with stock or water, homemade from basic ingredients		33.6	10.4	Calculated based on the recipe	#N/A	#N/A
08F10960	18902024	Recipe	Stir-fry, homemade, chicken & vegetable, with noodles		33.6	21.8	Calculated based on the recipe	#N/A	1
02E10574	13303033	Recipe	Cake or cupcake, citrus, homemade from basic ingredients, undefined fat, uniced, filled with cream		33.5	0.2	Calculated based on the recipe	#N/A	#N/A
02E20118	12306006	Recipe	Bun, sweet, with fruit (other than sultanas) & nuts, iced		33.4	0.0	Calculated based on the recipe	#N/A	#N/A
02A10442	13513003	Recipe	Gnocchi, homemade, potato gnocchi, commercial beef bolognese sauce		33.4	0.8	Calculated based on the recipe	#N/A	#N/A
02E10648	13304021	Recipe	Muffin, cake-style, savoury, homemade from basic ingredients		33.4	7.3	Calculated based on the recipe	#N/A	#N/A
02C10137	26401016	Recipe	Snack pack, savoury, wholemeal wheat flour biscuit with processed cheese spread		33.4	0.0	Calculated based on the recipe	#N/A	#N/A
02E60353	13405041	Recipe	Spring roll or rice paper roll, prawn & vegetable filling, fresh		33.4	0.1	Calculated based on the recipe	#N/A	#N/A
02F40350	13503052	Recipe	Kebab wrap, lamb, with salad, cheese & sauce, takeaway		33.4	2.1	Calculated based on the recipe	#N/A	#N/A
08F11146	18708012	Recipe	Casserole or curry, homemade, pork & vegetable, homemade gravy		33.4	1.7	Calculated based on the recipe	#N/A	#N/A
02C20361	13603001	Recipe	Waffle, plain, frozen, commercial		33.4	0.4	Calculated based on the recipe	#N/A	#N/A
02B10776	13503021	Recipe	Filled bread roll, commercial, ham & salami, cheese, water based sauce		33.3	1.1	Calculated based on the recipe	#N/A	#N/A
02E30148	13605007	Recipe	Doughnut, jam filled, with chocolate icing		33.3	30.4	Calculated based on the recipe	#N/A	#N/A
02F40419	13511020	Recipe	Rice, white, fried with mixed vegetables & seafood		33.3	0.8	Calculated based on the recipe	#N/A	#N/A
02E10490	1330305	Recipe	Cake or cupcake, honey, commercial or homemade, uniced, filled with cream		33.3	0.4	Calculated based on the	#N/A	#N/A

	0						recipe		
08F11070	18902003	Recipe	Casserole, homemade, chicken & vegetable, homemade cream based sauce, with rice or pasta			33.3	8.6	Calculated based on the recipe	#N/A #N/A
08F11099	18902005	Recipe	Casserole, homemade, chicken & vegetable, homemade tomato based sauce, with rice or pasta			33.2	9.0	Calculated based on the recipe	#N/A #N/A
02F40316	13507028	Recipe	Mexican wrap, chicken, with cheese, salad & salsa			33.2	3.5	Calculated based on the recipe	#N/A #N/A
02F40360	13509013	Recipe	Pasta dish, commercial, cooked unfilled pasta, beef bolognese sauce			33.2	18.4	Calculated based on the recipe	#N/A #N/A
02E10612	13303031	Recipe	Cake or cupcake, citrus, commercial, iced			33.1	0.1	Calculated based on the recipe	#N/A #N/A
02F40338	13509003	Recipe	Cannelloni, homemade, filled with spinach & ricotta, with homemade tomato based sauce, added meat			33.1	24.2	Calculated based on the recipe	#N/A #N/A
08F10905	25202006	Analysed	Curry, commercial, legume (dhal)			33.0	0.5	Calculated based on the recipe	#N/A #N/A
13B20270	25202007	Recipe	Curry, homemade, legume (dhal)			33.0	0.5	Calculated based on the recipe	#N/A 2
13A12356	24402003	Recipe	Artichoke, globe, boiled, microwaved or steamed, drained, added fat not further defined			33.0	0.2	Calculated based on the recipe	#N/A #N/A
02D10385	12514011	Recipe	Muesli, homemade, toasted, added dried fruit			33.0	0.1	Calculated based on the recipe	#N/A #N/A
02F30195	13505029	Recipe	Hamburger, white roll, beef patty, with pickles, tomato sauce & mustard, fast food chain			33.0	2.4	Calculated based on the recipe	#N/A #N/A
08F10938	18801002	Recipe	Curry, homemade, sausage, homemade sauce			33.0	4.9	Calculated based on the recipe	#N/A #N/A
08F11011	18702018	Recipe	Stir-fry, homemade, beef & vegetable, with rice			33.0	5.8	Calculated based on the recipe	#N/A #N/A
02F40477	13509083	Recipe	Lasagne (Lasagna), kangaroo, with added vegetables, homemade			32.9	23.1	Calculated based on the recipe	#N/A #N/A
02E10634	13303051	Recipe	Cake or cupcake, honey, commercial or homemade, iced			32.9	0.5	Calculated based on the recipe	#N/A #N/A
08F11103	18902023	Recipe	Stir-fry, homemade, chicken & vegetable, commercial or homemade satay sauce, with rice or noodles			32.9	8.7	Calculated based on the recipe	#N/A #N/A
05D10412	15601009	Recipe	Curry, homemade, fish & vegetable, homemade tomato based sauce			32.8	0.4	Calculated based on the recipe	#N/A 1
02E10462	13303026	Recipe	Cake or cupcake, carrot, homemade from basic ingredients, oil, uniced			32.8	0.2	Calculated based on the recipe	#N/A 1
08F11128	1871100	Recipe	Curry, homemade, goat, homemade sauce, with rice or noodles			32.8	4.9	Calculated based on the	#N/A #N/A

	5							recipe		
02E10514	13303069	Recipe	Cake, cupcake or muffin, plain butter cake, prepared from dry mix, undefined fat, iced			32.8	0.2	Calculated based on the recipe	#N/A	#N/A
02E60326	13405004	Recipe	Dumpling or wonton, savoury, meat & seafood, steamed, boiled or microwaved			32.7	2.5	Calculated based on the recipe	#N/A	1
02E30115	13605005	Label Data	Doughnut, custard & cream filled, with chocolate icing	0.206655	32.81287581	32.7	32.3	Calculated based on the recipe	#N/A	#N/A
02C20362	13603002	Recipe	Waffle, plain, fresh, homemade from basic ingredients			32.7	0.4	Calculated based on the recipe	#N/A	#N/A
08F10969	18701010	Recipe	Casserole, homemade, beef, vegetable & legume, homemade sauce			32.6	4.3	Calculated based on the recipe	#N/A	1
13B20251	20601010	Recipe	Tofu (soy bean curd), fried, stir-fried, grilled or BBQ'd, no added fat			32.6	0.5	Calculated based on the recipe	#N/A	2
10F20120	23301004	Recipe	Dressing, ranch, commercial			32.6	0.1	Calculated based on the recipe	#N/A	#N/A
02E10551	13304009	Recipe	Muffin, cake-style, bran, with or without dried fruit, commercial, uniced			32.6	34.7	Calculated based on the recipe	#N/A	1
02E10610	13301013	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, oil, sugar based icing			32.5	0.1	Calculated based on the recipe	#N/A	#N/A
02E50348	13306024	Recipe	Slice, nut, homemade from basic ingredients, fat not further defined			32.5	0.2	Calculated based on the recipe	#N/A	#N/A
08F11053	18708004	Recipe	Curry, homemade, pork & vegetable, coconut milk sauce			32.5	1.9	Calculated based on the recipe	#N/A	#N/A
02F40264	13604010	Recipe	Tempura for coating food, homemade, uncooked			32.4	0.1	Calculated based on the recipe	#N/A	4
12A10091	27304005	Recipe	Icing, chocolate ganache, commercial			32.4	1.4	Calculated based on the recipe	#N/A	#N/A
02E20117	12306005	Recipe	Bun, sweet, with fruit (other than sultanas), iced			32.4	0.0	Calculated based on the recipe	#N/A	1
02E50268	13403014	Recipe	Pie, sweet, pumpkin, commercial or homemade			32.4	0.1	Calculated based on the recipe	#N/A	#N/A
02F10175	13501001	Recipe	Pizza, bacon & egg, thick base, BBQ sauce, fast food chain			32.4	0.3	Calculated based on the recipe	#N/A	#N/A
08F11081	18902025	Recipe	Stir-fry, homemade, chicken & vegetable, with rice			32.3	4.6	Calculated based on the recipe	#N/A	#N/A
02F40361	13509014	Recipe	Pasta dish, commercial, cooked unfilled pasta, beef bolognese sauce & added vegetables			32.3	17.9	Calculated based on the recipe	#N/A	#N/A
08F10966	1870100	Recipe	Casserole, commercial, beef			32.3	5.2	Calculated based on the	#N/A	1

	1		& vegetable					recipe		
02E50261	13306010	Recipe	Slice, cherry, homemade from basic ingredients, fat not further defined			32.3	0.1	Calculated based on the recipe	#N/A	#N/A
08F10923	18712005	Recipe	Sauce, savoury meat with vegetables and gravy, homemade			32.3	3.2	Calculated based on the recipe	#N/A	3
02F30196	13505014	Recipe	Chicken burger, white roll, crumbed chicken breast, with cheese, lettuce, onion, tomato, relish & mayonnaise, fast food chain			32.3	13.8	Calculated based on the recipe	#N/A	#N/A
02E10498	13301005	Recipe	Cake or cupcake, chocolate, commercial, uniced, filled with cream			32.2	0.1	Calculated based on the recipe	#N/A	#N/A
02F30281	13505045	Recipe	Hamburger, bread roll, lamb fillet or patty, with salad, takeaway & homemade			32.2	29.5	Calculated based on the recipe	#N/A	#N/A
05D20134	15603001	Recipe	Casserole, homemade, mussel & vegetable, homemade sauce			32.2	0.8	Calculated based on the recipe	#N/A	#N/A
12C10537	28302008	Recipe	Bar, muesli or snack, with 10% dried fruit & 60% nuts, yoghurt-coated			32.1	1.0	Calculated based on the recipe	#N/A	#N/A
13A20138	25102004	Analysed	Bean, mixed, canned, drained		#REF!	32.1	--	Calculated based on the recipe	#N/A	4
12C10498	28302011	Recipe	Bar, muesli or snack, with 20% dried fruit & 20% nuts, chocolate base			32.0	0.8	Calculated based on the recipe	#N/A	1
02E10567	13304005	Recipe	Muffin, cake-style, banana, commercial, uniced			32.0	0.2	Calculated based on the recipe	#N/A	1
13B20274	20601011	Recipe	Tofu (soy bean curd), fried, stir-fried, grilled or BBQ'd, fat not further defined			32.0	0.5	Calculated based on the recipe	#N/A	3
02D10378	12514010	Recipe	Muesli, commercial, toasted, added nuts, unfortified			32.0	1.9	Calculated based on the recipe	#N/A	#N/A
05D10391	15601008	Recipe	Curry, homemade, fish & vegetable, homemade coconut milk sauce			31.9	0.8	Calculated based on the recipe	#N/A	#N/A
13B20288	25201010	Recipe	Baked beans, canned, not further defined			31.9	0.1	Calculated based on the recipe	#N/A	1
10A10511	18701024	Recipe	Sauce, pasta, bolognese, homemade using beef mince & commercial tomato based sauce			31.9	2.7	Calculated based on the recipe	#N/A	5
02F40390	13509020	Recipe	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce, added chicken, with or without added vegetables			31.9	16.8	Calculated based on the recipe	#N/A	#N/A
02E50349	13306029	Recipe	Slice, not further defined			31.8	0.2	Calculated based on the recipe	#N/A	#N/A
02E10564	13304010	Recipe	Muffin, cake-style, bran, with or without dried fruit, homemade from basic ingredients, uniced			31.8	34.7	Calculated based on the recipe	#N/A	#N/A
13A11829	2480200	Recipe	Garlic, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled,			31.8	0.0	Calculated based on the	#N/A	102



	2		BBQ'd, deep-fried, with or without added fat			recipe		
01B10543	3010402 1	Recipe	Protein or meal replacement powder, not further defined, prepared with milk, any type	31.7	0.8	Calculated based on the recipe	#N/A	#N/A
12C10541	2830202 0	Recipe	Bar, muesli or snack, made from breakfast cereal, with chocolate & nuts, added vitamins B1, B2, B3, C & folate, Fe & Zn	31.6	0.7	Calculated based on the recipe	#N/A	#N/A
05C10176	1550300 8	Recipe	Squid or calamari, coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	31.6	1.9	Calculated based on the recipe	#N/A	#N/A
02E10651	1330306 3	Recipe	Cake or cupcake, plain butter cake, homemade from basic ingredients, margarine, iced	31.6	0.2	Calculated based on the recipe	#N/A	#N/A
13B20257	2520100 7	Recipe	Baked beans, canned in tomato & cheese sauce, regular	31.6	0.1	Calculated based on the recipe	#N/A	1
02F30223	1350600 1	Recipe	Hamburger, white roll, beef patty, with bacon, cheese, onion, pickles & sauce, fast food chain	31.5	11.6	Calculated based on the recipe	#N/A	#N/A
02F30320	1350504 4	Recipe	Hamburger, bread roll, lamb fillet or patty, with cheese & salad, takeaway & homemade	31.5	27.9	Calculated based on the recipe	#N/A	#N/A
08F10956	1870800 1	Recipe	Casserole, homemade, pork & vegetable, homemade tomato based sauce	31.5	1.8	Calculated based on the recipe	#N/A	#N/A
02E10495	1330100 6	Recipe	Cake or cupcake, chocolate, commercial, sugar based icing	31.5	0.1	Calculated based on the recipe	#N/A	1
13B10315	2350100 6	Recipe	Dip, salmon, commercial, regular	31.5	0.4	Calculated based on the recipe	#N/A	1
02E30147	1360500 1	Recipe	Doughnut, cream filled	31.5	32.3	Calculated based on the recipe	#N/A	#N/A
12C10469	2810201 3	Recipe	Chocolate, white, with macadamias	31.4	0.0	Calculated based on the recipe	#N/A	#N/A
02F40427	1350703 0	Recipe	Mexican wrap, chicken, with cheese, guacamole, salad & salsa	31.4	3.2	Calculated based on the recipe	#N/A	#N/A
02E10573	1330303 4	Recipe	Cake or cupcake, citrus, homemade from basic ingredients, undefined fat, iced	31.3	0.2	Calculated based on the recipe	#N/A	#N/A
12C10545	2810301 9	Recipe	Chocolate, not further defined	31.3	1.4	Calculated based on the recipe	#N/A	1
02E10558	1330102 9	Recipe	Cake, cupcake or muffin, vanilla with chocolate chip, prepared from dry mix, undefined fat, uniced	31.3	0.1	Calculated based on the recipe	#N/A	#N/A
02F40307	1350304 5	Recipe	Kebab wrap, chicken, with salad, takeaway	31.3	3.4	Calculated based on the recipe	#N/A	#N/A
02E10626	1330102 1	Recipe	Cake or cupcake, coffee, homemade from basic ingredients, undefined fat, uniced	31.2	0.2	Calculated based on the recipe	#N/A	1
02E40113	1340100	Recipe	Pastry, dumpling wrapper	31.2	0.1	Calculated based on the	#N/A	5

	7		style, raw					recipe		
02E40102	1340102 3	NNS 1995	Pastry, spring roll, homemade from basic ingredients, raw			31.2	0.1	Calculated based on the recipe	#N/A	3
02F10190	1350201 5	Recipe	Pizza, prawn & vegetable, thin base, takeaway style			31.1	0.8	Calculated based on the recipe	#N/A	#N/A
05D10396	1560100 7	Recipe	Curry, commercial, fish & vegetable, coconut milk sauce			31.1	0.7	Calculated based on the recipe	#N/A	#N/A
02F30326	1350504 1	Recipe	Hamburger, bread roll, goat fillet or patty, with salad, takeaway & homemade			31.1	26.9	Calculated based on the recipe	#N/A	#N/A
02E50310	1330602 8	Recipe	Slice, vanilla, homemade from basic ingredients, fat not further defined, with icing (except chocolate flavoured)			31.0	0.3	Calculated based on the recipe	#N/A	1
13A20143	2510101 7	Recipe	Lentil, red, cooked			31.0	0.0	Calculated based on the recipe	#N/A	2
02F30263	1350502 5	Recipe	Hamburger, white roll, beef patty, with beetroot, cheese, lettuce, onion, tomato & tomato sauce, fast food chain			31.0	15.2	Calculated based on the recipe	#N/A	#N/A
02E10542	1330101 7	Recipe	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, sugar based icing, filled with cream			31.0	0.1	Calculated based on the recipe	#N/A	#N/A
02F40331	1350800 6	Recipe	Mexican nachos, corn chips, beef & bean, with cheese, guacamole & salsa			31.0	2.1	Calculated based on the recipe	#N/A	#N/A
13A12394	2410202 1	Recipe	Potato, fries, regular, purchased frozen, deep fried or fried, fat not further defined			31.0	0.4	Calculated based on the recipe	#N/A	#N/A
02E10581	1330306 6	Recipe	Cake or cupcake, plain butter cake, homemade from basic ingredients, undefined fat, iced			31.0	0.2	Calculated based on the recipe	#N/A	#N/A
12C10466	2810200 8	Recipe	Chocolate, dark, with nuts			31.0	0.1	Calculated based on the recipe	#N/A	#N/A
02F30253	1350502 4	Recipe	Hamburger, white roll, beef patty, with bacon, cheese, lettuce, onion rings, tomato, pickles, mayonnaise & sauce, fast food chain			30.9	2.1	Calculated based on the recipe	#N/A	#N/A
02E30144	1360100 1	Recipe	Crepe or pancake, banana, homemade from basic ingredients			30.9	0.4	Calculated based on the recipe	#N/A	#N/A
02E10618	1330200 6	Recipe	Cake or cupcake, sponge, plain, commercial, iced, unfilled			30.9	0.0	Calculated based on the recipe	#N/A	1
13B10302	2490200 1	Recipe	Cabbage roll, stuffed with meat & rice			30.9	2.6	Calculated based on the recipe	#N/A	#N/A
09D10251	1950400 7	Recipe	Ice cream, stick, vanilla flavour, chocolate coated, with almonds, regular fat			30.8	0.0	Calculated based on the recipe	#N/A	#N/A
02C20345	1310300 5	Recipe	Biscuit, sweet, jam-filled, homemade from basic ingredients, fat not further defined			30.8	0.1	Calculated based on the recipe	#N/A	#N/A
02E10535	1330300	Recipe	Cake or cupcake, banana,			30.7	0.1	Calculated based on the	#N/A	#N/A

	8		commercial, iced					recipe		
08F11151	18702020	Recipe	Casserole or curry, homemade, beef & vegetable, homemade gravy, with rice or pasta			30.7	10.7	Calculated based on the recipe	#N/A	#N/A
02E10508	13303061	Recipe	Cake or cupcake, plain butter cake, homemade from basic ingredients, butter or dairy blend, iced			30.7	0.2	Calculated based on the recipe	#N/A	#N/A
02E10471	13302003	Recipe	Cake or cupcake, sponge, plain, commercial, uniced, filled with cream			30.6	0.0	Calculated based on the recipe	#N/A	#N/A
08F11057	18706004	Recipe	Roast dinner, commercial or homemade, lamb, vegetables, gravy & grains			30.6	3.9	Calculated based on the recipe	#N/A	#N/A
08F11112	18706003	Recipe	Curry, homemade, lamb & vegetable, homemade dairy based sauce, with rice or noodles			30.5	8.1	Calculated based on the recipe	#N/A	#N/A
12C10497	28302012	Recipe	Bar, muesli or snack, with 30% dried fruit & 30% nuts			30.5	0.6	Calculated based on the recipe	#N/A	1
09D10270	19501006	Recipe	Ice cream, chocolate & honey swirl, with chocolate & nougat, premium or rich (~15% fat)			30.4	0.8	Calculated based on the recipe	#N/A	#N/A
02F40312	13507032	Recipe	Mexican wrap, chicken & bean, with cheese & salsa			30.4	3.2	Calculated based on the recipe	#N/A	#N/A
09D10234	19501005	Recipe	Ice cream, chocolate & caramel swirl, regular fat			30.4	0.6	Calculated based on the recipe	#N/A	1
09D10269	19501016	Recipe	Ice cream, vanilla & caramel swirl, regular fat			30.4	0.6	Calculated based on the recipe	#N/A	#N/A
09D10260	19501017	Recipe	Ice cream, vanilla & chocolate or coffee flavour, regular fat			30.4	0.6	Calculated based on the recipe	#N/A	1
13A12611	24905013	Recipe	Salad, garden, added chicken & cheese, no added dressing			30.3	9.9	Calculated based on the recipe	#N/A	#N/A
05D10413	15602003	Recipe	Curry, homemade, fish, homemade sauce, with rice or noodles			30.3	4.9	Calculated based on the recipe	#N/A	#N/A
02E10492	13302004	Recipe	Cake or cupcake, sponge, plain, commercial, uniced, filled with jam			30.3	0.0	Calculated based on the recipe	#N/A	#N/A
02E10579	13303054	Recipe	Cake or cupcake, orange & poppy seed, commercial or homemade, iced			30.2	0.2	Calculated based on the recipe	#N/A	#N/A
02E10473	13302012	Recipe	Cake or cupcake, sponge, chocolate flavoured, commercial, uniced, filled with jam & cream			30.1	0.0	Calculated based on the recipe	#N/A	#N/A
02F20063	13503067	Recipe	Sandwich or roll, not further defined			30.1	25.3	Calculated based on the recipe	#N/A	#N/A
02E60274	13405014	Analysed	Pasty, filled with vegetables & meat, commercial, ready to eat			30.1	1.8	Calculated based on the recipe	#N/A	#N/A
02E60327	1340501	Recipe	Pasty, filled with vegetables & meat, homemade from basic ingredients			30.1	1.8	Calculated based on the	#N/A	#N/A

	5						recipe		
08F11042	18702002	Recipe	Casserole, homemade or commercial, beef & mushroom, homemade cream based sauce, with rice or pasta		30.1	9.5	Calculated based on the recipe	#N/A	#N/A
10D10176	16803003	Recipe	Mixed nuts, dried fruit & seeds (trail mix), with peanuts		30.1	3.2	Calculated based on the recipe	#N/A	#N/A
02E10536	13303010	Recipe	Cake or cupcake, banana, homemade from basic ingredients, butter or dairy blend, iced		30.1	0.1	Calculated based on the recipe	#N/A	#N/A
12C10495	28302005	Recipe	Bar, muesli or snack, with 10% dried fruit & 10% nuts		30.1	0.2	Calculated based on the recipe	#N/A	1
02D10392	12514001	Recipe	Breakfast cereal, mixed grain (barley & oat), flakes, honey, added fruit, nuts & seeds, unfortified		30.1	1.3	Calculated based on the recipe	#N/A	1
10A10489	23301010	Recipe	Sauce, cocktail or seafood, commercial or homemade		30.0	0.2	Calculated based on the recipe	#N/A	#N/A
02D10361	12506011	Recipe	Breakfast cereal, whole wheat, biscuit, not further defined		30.0	23.0	Calculated based on the recipe	#N/A	1
08F11047	18706001	Recipe	Casserole, homemade, lamb & vegetable, tomato based sauce, with rice or pasta		29.9	8.2	Calculated based on the recipe	#N/A	#N/A
02F40351	13503046	Recipe	Kebab wrap, chicken, with salad & sauce, takeaway		29.9	3.2	Calculated based on the recipe	#N/A	#N/A
13A11830	24302020	Recipe	Ginger, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, with or without added fat		29.9	0.0	Calculated based on the recipe	#N/A	42
02F40370	13509040	Recipe	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce, added chicken, with or without added vegetables		29.8	18.2	Calculated based on the recipe	#N/A	#N/A
02C20329	13106003	Recipe	Biscuit, sweet, chocolate flavoured, bite-size shell, filled with layers of caramel & chocolate, commercial		29.8	1.3	Calculated based on the recipe	#N/A	#N/A
02E60309	13405005	Recipe	Dumpling or wonton, savoury, seafood, steamed, boiled or microwaved		29.7	1.8	Calculated based on the recipe	#N/A	#N/A
02F30333	13505061	Recipe	Fish burger, bread roll, with salad & mayonnaise, takeaway & homemade		29.7	25.4	Calculated based on the recipe	#N/A	#N/A
02E60299	13405027	Recipe	Pie, savoury, pumpkin & fetta (feta), homemade from basic ingredients		29.7	0.1	Calculated based on the recipe	#N/A	#N/A
01B10537	30104010	Recipe	Protein drink, protein 45%, fortified, caffeinated, prepared with milk, any type		29.7	0.8	Calculated based on the recipe	#N/A	#N/A
02F40258	13511016	Recipe	Rice, white, fried with egg & mixed vegetables		29.7	1.1	Calculated based on the recipe	#N/A	#N/A
08F11105	18902010	Recipe	Curry, homemade, chicken & vegetable, commercial sauce, with rice or noodles		29.6	7.3	Calculated based on the recipe	#N/A	#N/A
10A10509	2310700	Recipe	Sauce, pasta, carbonara,		29.6	0.3	Calculated based on the	#N/A	#N/A

	5		commercial					recipe		
12C10552	28101009	Recipe	Confectionery, truffle			29.6	0.9	Calculated based on the recipe	#N/A	#N/A
12C10490	28103008	Recipe	Bar, wafer or biscuit & caramel, milk chocolate-coated			29.5	4.9	Calculated based on the recipe	#N/A	#N/A
02E10590	13304006	Recipe	Muffin, cake-style, banana, homemade from basic ingredients, uniced			29.5	0.2	Calculated based on the recipe	#N/A	#N/A
02E10595	13303014	Recipe	Cake or cupcake, banana, homemade from basic ingredients, undefined fat, iced			29.5	0.1	Calculated based on the recipe	#N/A	#N/A
02F40308	13503042	Recipe	Kebab wrap, beef, with salad, takeaway			29.5	2.9	Calculated based on the recipe	#N/A	#N/A
02F40439	13509064	Recipe	Pasta dish, cooked filled pasta, tomato based sauce, added meat			29.5	7.4	Calculated based on the recipe	#N/A	#N/A
02A10401	12601018	Recipe	Oats, rolled, mixed with sugar, flavours & dried fruit, uncooked			29.4	0.0	Calculated based on the recipe	#N/A	3
02E10546	13303025	Recipe	Cake or cupcake, carrot, homemade from basic ingredients, butter or dairy blend, iced			29.4	0.2	Calculated based on the recipe	#N/A	#N/A
02F40391	13509021	Recipe	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce, added seafood, with or without added vegetables			29.3	15.8	Calculated based on the recipe	#N/A	#N/A
01B10459	30106002	Recipe	Oral supplement beverage, chocolate flavour, fortified (Sustagen Hospital), prepared with regular fat milk			29.3	0.5	Calculated based on the recipe	#N/A	#N/A
01B10457	30106005	Recipe	Oral supplement beverage, vanilla flavour, fortified (Sustagen Hospital), prepared with regular fat milk			29.3	0.5	Calculated based on the recipe	#N/A	#N/A
02C20346	13105004	Recipe	Biscuit, sweet, chocolate chip & caramel, commercial			29.2	0.6	Calculated based on the recipe	#N/A	#N/A
02C20367	13102015	Recipe	Biscuit, sweet, with peanuts, homemade from basic ingredients, fat not further defined			29.2	0.1	Calculated based on the recipe	#N/A	#N/A
05D10378	13514012	Recipe	Sushi, prawn, with seaweed			29.2	0.2	Calculated based on the recipe	#N/A	1
02E10636	13303072	Recipe	Cake or cupcake, sultana, commercial or homemade from basic ingredients, uniced			29.2	0.2	Calculated based on the recipe	#N/A	#N/A
02F40352	13503047	Recipe	Kebab wrap, chicken, with salad, cheese & sauce, takeaway			29.2	3.0	Calculated based on the recipe	#N/A	#N/A
10D10164	16803004	Recipe	Mixed nuts, dried fruit & seeds (trail mix), without peanuts			29.2	3.2	Calculated based on the recipe	#N/A	#N/A
02D10349	12511005	Recipe	Breakfast cereal, oat & whole wheat, biscuit, added salt, unfortified			29.2	70.8	Calculated based on the recipe	#N/A	#N/A
02B10735	1220700	Recipe	Bread, from wholemeal flour, added seeds, commercial, toasted			29.1	37.1	Calculated based on the	#N/A	#N/A

	6							recipe		
02E20111	1330701 1	Recipe	Scone, wholemeal, homemade from basic ingredients			29.1	38.4	Calculated based on the recipe	#N/A	#N/A
05A10970	1540102 2	Recipe	Tuna, canned, not further defined			29.1	1.9	Calculated based on the recipe	#N/A	18
10A10512	1870102 5	Recipe	Sauce, pasta, bolognese, homemade using beef mince & homemade tomato based sauce			29.1	3.7	Calculated based on the recipe	#N/A	2
12B10128	2520200 1	Recipe	Bean paste			29.0	0.0	Calculated based on the recipe	#N/A	1
09D10229	1950100 8	Recipe	Ice cream, neopolitan or rainbow flavour, regular fat			28.9	0.7	Calculated based on the recipe	#N/A	1
02F40272	1350700 2	Recipe	Chicken wrap, white tortilla, coated chicken breast strips, with salad & mayonnaise, fast food chain			28.9	4.1	Calculated based on the recipe	#N/A	#N/A
08F10945	1890201 7	Recipe	Frozen meal, curry, chicken & rice, Indian style			28.9	2.6	Calculated based on the recipe	#N/A	#N/A
12C10494	2830200 4	Recipe	Bar, muesli or snack, with 10% dried fruit & 5% nuts			28.8	0.1	Calculated based on the recipe	#N/A	#N/A
13A11972	2450100 4	Recipe	Pea, green, cooked, no added fat			28.8	0.2	Calculated based on the recipe	#N/A	15
02B10734	1220700 5	Recipe	Bread, from wholemeal flour, added seeds, commercial			28.8	36.6	Calculated based on the recipe	#N/A	4
02E10483	1330500 3	Recipe	Pudding, plum, steamed or boiled, homemade from basic ingredients			28.8	0.1	Calculated based on the recipe	#N/A	#N/A
05D10422	1560200 9	Recipe	Stir-fry, homemade, fish & vegetable, with rice or noodles			28.8	6.1	Calculated based on the recipe	#N/A	#N/A
02C10155	2640101 4	Recipe	Snack pack, savoury, white wheat flour biscuit with processed cheese spread			28.8	18.2	Calculated based on the recipe	#N/A	#N/A
02E10607	1330302 9	Recipe	Cake or cupcake, carrot, homemade from basic ingredients, undefined fat, iced			28.8	0.2	Calculated based on the recipe	#N/A	#N/A
02C20371	1310201 4	Recipe	Biscuit, sweet, with nuts, homemade from basic ingredients, fat not further defined			28.7	0.1	Calculated based on the recipe	#N/A	#N/A
02F40358	1350901 7	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade beef bolognese sauce			28.7	27.5	Calculated based on the recipe	#N/A	1
12C10424	2820200 1	Recipe	Almond, sugar-coated			28.7	0.3	Calculated based on the recipe	#N/A	#N/A
02F40440	1350906 5	Recipe	Pasta dish, cooked filled pasta, tomato based sauce, added meat & vegetables			28.7	7.4	Calculated based on the recipe	#N/A	#N/A
02F40326	1350701	Recipe	Mexican taco, hard shell, chicken & bean, with cheese, salad & salsa			28.7	1.8	Calculated based on the	#N/A	#N/A

	3						recipe		
08F11003	1890200 2	Recipe	Casserole, homemade, chicken & vegetable, homemade gravy, with rice or pasta		28.7	7.4	Calculated based on the recipe	#N/A	#N/A
02E50337	1340300 4	Recipe	Danish, custard filled		28.7	0.1	Calculated based on the recipe	#N/A	#N/A
02F10187	1350102 4	Recipe	Pizza, prawn & vegetable, thick base, takeaway style & homemade		28.5	0.6	Calculated based on the recipe	#N/A	#N/A
02F30279	1350500 3	Recipe	Bacon burger, bread roll, bacon rasher, with salad, takeaway & homemade		28.5	31.3	Calculated based on the recipe	#N/A	#N/A
02B10681	1220701 3	Recipe	Bread, from wholemeal flour, extra grainy & seeds, commercial		28.5	34.2	Calculated based on the recipe	#N/A	5
02B10685	1220701 4	Recipe	Bread, from wholemeal flour, extra grainy & seeds, commercial, toasted		28.5	34.2	Calculated based on the recipe	#N/A	#N/A
02F30220	1350503 8	Recipe	Hamburger, bread roll, beef patty, with cheese & salad, takeaway & homemade		28.4	26.8	Calculated based on the recipe	#N/A	#N/A
02E10605	1330302 0	Recipe	Cake or cupcake, caramel, iced		28.4	0.1	Calculated based on the recipe	#N/A	#N/A
02F40465	1350703 5	Recipe	Mexican wrap, fish, with cheese, guacamole, salad & salsa		28.4	0.9	Calculated based on the recipe	#N/A	#N/A
02F40238	1350907 5	Recipe	Stir-fry, commercial, noodles, added chicken & vegetable		28.4	24.1	Calculated based on the recipe	#N/A	#N/A
02E60287	1340601 4	Recipe	Spring roll, meat filling, takeaway style, deep fried		28.4	1.1	Calculated based on the recipe	#N/A	#N/A
13A12076	2480302 9	Recipe	Mixed vegetables, for homemade mixed dishes, broccoli, cauliflower & broccolini, raw		28.3	0.1	Calculated based on the recipe	#N/A	3
02F30194	1350502 6	Recipe	Hamburger, white roll, beef patty, with cheese, lettuce, onion, pickles, tomato, mayonnaise & tomato sauce, fast food chain		28.3	1.9	Calculated based on the recipe	#N/A	#N/A
02E60314	1340504 0	Recipe	Spring roll or rice paper roll, chicken, prawn & vegetable filling, fresh		28.2	1.0	Calculated based on the recipe	#N/A	#N/A
13A12155	2490500 4	Recipe	Salad, caesar, made with lettuce, bacon, parmesan & croutons, no added dressing		28.2	8.9	Calculated based on the recipe	#N/A	#N/A
02F40353	1350304 3	Recipe	Kebab wrap, beef, with salad & sauce, takeaway		28.2	2.8	Calculated based on the recipe	#N/A	#N/A
02F30284	1350503 3	Recipe	Hamburger, bread roll, beef patty, with avocado, cheese & salad, takeaway & homemade		28.2	26.3	Calculated based on the recipe	#N/A	#N/A
02E10582	1330302 7	Recipe	Cake or cupcake, carrot, homemade from basic ingredients, oil, iced		28.1	0.2	Calculated based on the recipe	#N/A	#N/A
02F10172	1350102	Recipe	Pizza, seafood, thin base,		28.1	0.3	Calculated based on the	#N/A	#N/A

	8		takeaway style					recipe		
08F10970	18702010	Recipe	Curry or casserole, homemade, beef & rice, not further defined			28.1	5.2	Calculated based on the recipe	#N/A	#N/A
02E10474	13304012	Recipe	Muffin, cake-style, chocolate chip, commercial, uniced			28.0	0.2	Calculated based on the recipe	#N/A	1
12C10522	28103017	Recipe	Chocolate, favourites			28.0	1.1	Calculated based on the recipe	#N/A	1
02F30310	13503017	Recipe	Filled bread roll, commercial, crumbed chicken, cheese & no sauce			28.0	6.9	Calculated based on the recipe	#N/A	#N/A
02F40266	13509018	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade beef bolognese sauce & added vegetables			28.0	26.4	Calculated based on the recipe	#N/A	1
02D10353	12514018	Recipe	Muesli, commercial, untoasted or natural style, added dried fruit & nuts, unfortified			28.0	0.0	Calculated based on the recipe	#N/A	#N/A
09D10238	19501013	Recipe	Ice cream, all other non-chocolate or coffee flavours, with chocolate chips, regular fat			28.0	1.3	Calculated based on the recipe	#N/A	2
02F10173	13501026	Recipe	Pizza, seafood, thin base, purchased frozen, baked			28.0	0.2	Calculated based on the recipe	#N/A	#N/A
02B10711	12207017	Recipe	Bread, from wholemeal flour, sour dough, commercial			28.0	39.4	Calculated based on the recipe	#N/A	3
02E10519	13304014	Recipe	Muffin, cake-style, chocolate, with or without chocolate chip, commercial, uniced			28.0	0.2	Calculated based on the recipe	#N/A	1
02F30323	13505002	Recipe	Bacon burger, bread roll, bacon rasher, with cheese & salad, takeaway & homemade			27.9	29.4	Calculated based on the recipe	#N/A	#N/A
02E10635	13303070	Recipe	Cake or cupcake, plum, homemade from basic ingredients, undefined fat, uniced			27.9	0.1	Calculated based on the recipe	#N/A	#N/A
02F10169	13501030	Recipe	Pizza, seafood, thin base, fast food chain			27.9	0.2	Calculated based on the recipe	#N/A	#N/A
13B20271	25202008	Recipe	Curry or casserole, homemade, chick pea, homemade sauce			27.8	19.9	Calculated based on the recipe	#N/A	1
12C10483	28102007	Recipe	Chocolate, dark, with dried fruit & nuts			27.8	0.0	Calculated based on the recipe	#N/A	#N/A
02F40324	13507010	Recipe	Mexican taco, hard shell, beef & bean, with cheese, salad & salsa			27.8	1.7	Calculated based on the recipe	#N/A	#N/A
02F30311	13503018	Recipe	Filled bread roll, commercial, crumbed chicken, cheese & oil based sauce			27.8	6.7	Calculated based on the recipe	#N/A	#N/A
02F40475	13509059	Recipe	Pasta dish, cooked filled pasta, dairy based sauce, added meat			27.8	7.2	Calculated based on the recipe	#N/A	#N/A
02E10625	1330303	Recipe	Cake or cupcake, date loaf, commercial or homemade, undefined fat, iced			27.7	0.2	Calculated based on the	#N/A	#N/A



	8						recipe		
01B10460	3010600 6	Recipe	Oral supplement beverage, vanilla flavour, fortified (Sustagen Kid Essentials), prepared with regular fat milk		27.7	0.5	Calculated based on the recipe	#N/A	#N/A
02E10647	1330201 1	Recipe	Cake or cupcake, sponge, plain, uniced, filled with fruit & cream		27.7	0.0	Calculated based on the recipe	#N/A	#N/A
02F20057	1350305 6	Recipe	Sandwich or roll, filled with ham		27.7	18.1	Calculated based on the recipe	#N/A	1
05D10393	1560100 3	Recipe	Casserole, homemade, salmon or tuna & vegetable, homemade sauce		27.7	2.0	Calculated based on the recipe	#N/A	1
02F40335	1240400 3	Recipe	Pasta, filled with spinach & ricotta, fresh, homemade, boiled, without added sauce		27.6	22.8	Calculated based on the recipe	#N/A	#N/A
02F40354	1350304 4	Recipe	Kebab wrap, beef, with salad, cheese & sauce, takeaway		27.6	2.6	Calculated based on the recipe	#N/A	#N/A
02F10186	1350201 3	Recipe	Pizza, ham & cheese, thin base, takeaway style		27.6	1.3	Calculated based on the recipe	#N/A	#N/A
12C10453	2840101 1	Recipe	Lolly, boiled, chocolate filled		27.6	1.6	Calculated based on the recipe	#N/A	#N/A
02F30239	1350303 7	Recipe	Hot dog, bread roll, frankfurt filling		27.5	19.2	Calculated based on the recipe	#N/A	#N/A
02F30294	1350301 9	Recipe	Filled bread roll, commercial, crumbed chicken, cheese & water based sauce		27.5	6.7	Calculated based on the recipe	#N/A	#N/A
13A12606	2490500 9	Recipe	Salad, garden, added bacon & cheese, no added dressing		27.4	8.8	Calculated based on the recipe	#N/A	#N/A
02F30193	1350502 8	Recipe	Hamburger, white roll, beef patty, with lettuce, onion, pickles & tomato, mayonnaise & sauce, fast food chain		27.4	1.9	Calculated based on the recipe	#N/A	#N/A
13A11807	2430200 2	Recipe	Artichoke, jerusalem, peeled, boiled, microwaved or steamed, drained		27.4	0.0	Calculated based on the recipe	#N/A	#N/A
09B20074	1940400 4	Analysed	Cheese, quark	#REF!	27.4	--	Calculated based on the recipe	#N/A	#N/A
02E50263	2810202 1	Recipe	Confectionery, rocky road		27.4	0.8	Calculated based on the recipe	#N/A	#N/A
02F40457	1350702 3	Recipe	Mexican wrap, beef, with salad & salsa		27.4	4.5	Calculated based on the recipe	#N/A	#N/A
02B10807	1220800 2	Recipe	Bread, from wholemeal flour, commercial, added fibre, toasted		27.3	38.5	Calculated based on the recipe	#N/A	#N/A
02B10716	1220800 4	Recipe	Bread, from wholemeal flour, commercial, added fibre & vitamins B1, B3, B6 & E, Fe & Zn, toasted		27.3	38.5	Calculated based on the recipe	#N/A	#N/A
02F40415	1351500	Recipe	Couscous, homemade, cooked with roast vegetables & meat		27.3	4.2	Calculated based on the recipe	#N/A	#N/A

	4							recipe		
13B20238	2350300 1	Recipe	Dip, hummus, commercial			27.3	0.0	Calculated based on the recipe	#N/A	1
02F10198	1350202 1	Recipe	Pizza, chicken & vegetable, flat bread base, homemade			27.3	1.4	Calculated based on the recipe	#N/A	#N/A
02E10638	1330402 0	Recipe	Muffin, cake-style, commercial, not further defined			27.3	4.3	Calculated based on the recipe	#N/A	#N/A
08F11091	1870200 1	Recipe	Casserole, homemade, beef, homemade tomato based sauce, with rice or pasta			27.3	9.1	Calculated based on the recipe	#N/A	#N/A
13A11836	2470300 2	Recipe	Mushroom, common, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			27.3	17.6	Calculated based on the recipe	#N/A	4
13A12342	2470300 3	Recipe	Mushroom, common, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine			27.2	16.8	Calculated based on the recipe	#N/A	#N/A
02E20088	1330700 7	Recipe	Scone, pumpkin, homemade from basic ingredients			27.2	0.2	Calculated based on the recipe	#N/A	#N/A
12C10470	2730400 4	Recipe	Chocolate glaze, commercial			27.2	0.0	Calculated based on the recipe	#N/A	3
02F30312	1350301 6	Recipe	Filled bread roll, commercial, crumbed chicken, no sauce			27.2	7.5	Calculated based on the recipe	#N/A	#N/A
08F11121	1870900 4	Recipe	Stir-fry, homemade, pork & vegetable, with rice or noodles			27.2	7.0	Calculated based on the recipe	#N/A	#N/A
02F40259	1351101 4	Recipe	Rice, white, fried with chicken & mixed vegetables			27.1	3.2	Calculated based on the recipe	#N/A	#N/A
12C10517	2830300 8	Recipe	Bar, muesli or snack, made from puffed rice, with chocolate flavour, chips or coating, added vitamins B1, B2, B3, C & folate, Fe, & Zn			27.1	0.5	Calculated based on the recipe	#N/A	#N/A
10A10514	1870102 6	Recipe	Sauce, pasta, bolognese, homemade using beef mince & homemade tomato based sauce with vegetables			27.1	3.3	Calculated based on the recipe	#N/A	3
08F11101	1870200 7	Recipe	Curry, homemade, beef & vegetable, commercial sauce, with rice or noodles			27.1	8.8	Calculated based on the recipe	#N/A	#N/A
12C10484	2810200 3	Recipe	Bar, nougat, caramel & peanut centre, milk chocolate-coated			27.1	0.0	Calculated based on the recipe	#N/A	#N/A
02F40371	1350904 1	Recipe	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce, added seafood, with or without added vegetables			27.1	17.3	Calculated based on the recipe	#N/A	#N/A
02F20054	1350305 4	Recipe	Sandwich or roll, filled with chicken & salad			27.0	38.5	Calculated based on the recipe	#N/A	1
02B10751	1220900 4	Recipe	Bread, from wholemeal flour, commercial, fresh, not further defined			27.0	38.0	Calculated based on the recipe	#N/A	2
02B10752	1220900	Recipe	Bread, from wholemeal flour, commercial, toasted, not further defined			27.0	38.0	Calculated based on the	#N/A	#N/A

	5						recipe		
02B10606	1220700 4	Recipe	Bread, from wholemeal flour, commercial, toasted		27.0	38.0	Calculated based on the recipe	#N/A	#N/A
02B10657	1220800 6	Recipe	Bread, from wholemeal flour, commercial, added iron, toasted		27.0	38.0	Calculated based on the recipe	#N/A	#N/A
02B10659	1220800 8	Recipe	Bread, from wholemeal flour, commercial, added omega-3 polyunsaturates, toasted		27.0	38.0	Calculated based on the recipe	#N/A	#N/A
02B10782	1220900 3	Recipe	Bread, from wholemeal flour, organic, commercial, toasted		27.0	38.0	Calculated based on the recipe	#N/A	#N/A
13A12580	2450100 5	Recipe	Pea, green, cooked, added fat not further defined		26.9	0.2	Calculated based on the recipe	#N/A	#N/A
02B10696	1220900 8	Recipe	Bread, from wholemeal flour, for homemade sandwiches		26.9	38.0	Calculated based on the recipe	#N/A	2
02B10697	1220900 9	Recipe	Bread, from wholemeal flour, for homemade sandwiches, toasted		26.9	38.0	Calculated based on the recipe	#N/A	#N/A
02F40310	1350702 0	Recipe	Mexican wrap, beef, with cheese, salad & salsa		26.9	4.3	Calculated based on the recipe	#N/A	#N/A
08F10982	1890202 1	Recipe	Stir-fry, commercial, chicken, with noodles		26.9	26.0	Calculated based on the recipe	#N/A	#N/A
02B10722	1230200 5	Recipe	Bread, flat (pita or Lebanese), wholemeal, commercial, toasted		26.8	0.0	Calculated based on the recipe	#N/A	#N/A
09D10277	1950101 4	Recipe	Ice cream, vanilla flavour, with nuts, regular fat		26.8	1.1	Calculated based on the recipe	#N/A	#N/A
09D10267	1950101 8	Recipe	Ice cream cake, not further defined		26.8	0.7	Calculated based on the recipe	#N/A	#N/A
02F40320	1350702 4	Recipe	Mexican wrap, beef & bean, with cheese & salsa		26.8	3.9	Calculated based on the recipe	#N/A	#N/A
12C10556	2810300 7	Recipe	Bar, wafer & fudge, milk chocolate-coated		26.8	3.0	Calculated based on the recipe	#N/A	#N/A
12C10529	2830100 3	Recipe	Bar, muesli or snack, made from breakfast cereal, with chocolate coating, added vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn		26.7	17.0	Calculated based on the recipe	#N/A	#N/A
02B10777	1350302 2	Recipe	Filled bread roll, commercial, ham, oil based sauce		26.7	0.6	Calculated based on the recipe	#N/A	#N/A
05D10418	1560100 2	Recipe	Casserole, homemade, salmon or tuna & vegetable, commercial sauce		26.7	2.0	Calculated based on the recipe	#N/A	1
02F40450	1350905 6	Recipe	Pasta dish, cooked unfilled pasta, homemade tomato based sauce, added meat		26.6	23.2	Calculated based on the recipe	#N/A	#N/A
13A12030	2430202	Recipe	Ginger, peeled, fresh or frozen, boiled, microwaved or steamed, with or without		26.6	0.0	Calculated based on the	#N/A	50

	1		added fat					recipe		
09D10261	1950101 2	Recipe	Ice cream, vanilla flavour, with chocolate chip, regular fat			26.6	1.1	Calculated based on the recipe	#N/A	2
02E50251	1340301 3	Recipe	Pie, sweet, lemon meringue, homemade			26.6	0.1	Calculated based on the recipe	#N/A	#N/A
02E20099	1230600 2	Recipe	Bun, sweet, sticky cinnamon, with icing			26.6	0.0	Calculated based on the recipe	#N/A	1
09D10280	1950200 9	Recipe	Ice cream, not further defined			26.5	0.8	Calculated based on the recipe	#N/A	3
02B10672	1220401 5	Recipe	Bread, soy & linseed, commercial			26.5	0.3	Calculated based on the recipe	#N/A	2
02B10673	1220401 6	Recipe	Bread, soy & linseed, commercial, toasted			26.5	0.3	Calculated based on the recipe	#N/A	#N/A
02B10632	1220702 2	Recipe	Bread roll, from wholemeal flour, commercial, toasted			26.5	0.0	Calculated based on the recipe	#N/A	#N/A
02E20087	1330700 1	Recipe	Rock cake, commercial or homemade			26.5	0.2	Calculated based on the recipe	#N/A	#N/A
02E10497	1330100 7	Recipe	Cake or cupcake, chocolate, commercial, sugar based icing, filled with cream			26.4	0.1	Calculated based on the recipe	#N/A	#N/A
02F40435	1350905 7	Recipe	Pasta dish, cooked filled pasta, beef bolognese sauce			26.4	7.9	Calculated based on the recipe	#N/A	#N/A
09B20095	1940102 8	Recipe	Cheese, smoked, regular fat			26.4	1.0	Calculated based on the recipe	#N/A	1
02E60277	1340500 1	Analysed	Dim sim, vegetable & meat filling, purchased frozen, microwaved or steamed	2.492 905	26.28272297	26.4	2.7	Calculated based on the recipe	#N/A	#N/A
02F10199	1350101 2	Recipe	Pizza, ham & cheese, flat bread base, homemade			26.4	0.7	Calculated based on the recipe	#N/A	#N/A
08F11002	1890201 2	Recipe	Curry, homemade, chicken & vegetable, homemade dairy based sauce, with rice or noodles			26.3	6.8	Calculated based on the recipe	#N/A	#N/A
02B10676	1220701 1	Recipe	Bread, from wholemeal flour, extra grainy, four seeds, commercial			26.2	2.4	Calculated based on the recipe	#N/A	4
02B10677	1220701 2	Recipe	Bread, from wholemeal flour, extra grainy, four seeds, commercial, toasted			26.2	2.4	Calculated based on the recipe	#N/A	#N/A
02E50292	1340201 2	Recipe	Pie, sweet, mixed berry, homemade			26.2	0.2	Calculated based on the recipe	#N/A	#N/A
02F10171	1350102 7	Recipe	Pizza, seafood, thick base, takeaway style & homemade			26.2	0.2	Calculated based on the recipe	#N/A	#N/A

08F10957	18801001	Recipe	Casserole, homemade, sausage & vegetable, homemade tomato based sauce	26.2	2.7	Calculated based on the recipe	#N/A	1
02F10201	13501010	Recipe	Pizza, ham & cheese, frozen, baked	26.1	1.2	Calculated based on the recipe	#N/A	#N/A
01B10451	30104017	Recipe	Protein drink, whey based, protein >70%, unfortified, prepared from dry powder with water	26.1	0.0	Calculated based on the recipe	#N/A	#N/A
09D10259	19501003	Recipe	Ice cream, caramel, honey & macadamia flavour, premium or rich (~15% fat)	26.1	1.0	Calculated based on the recipe	#N/A	#N/A
02E10478	13304016	Recipe	Muffin, cake-style, orange & poppy seed, commercial, uniced	26.1	0.2	Calculated based on the recipe	#N/A	1
02F30231	13503040	Recipe	Hot dog, bread roll, frankfurt & sauce filling	26.1	17.3	Calculated based on the recipe	#N/A	#N/A
13A12062	24703007	Recipe	Mushroom, common, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	26.0	16.8	Calculated based on the recipe	#N/A	1
13A12047	24703011	Recipe	Mushroom, oriental, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	26.0	16.8	Calculated based on the recipe	#N/A	#N/A
13B20239	23503002	Recipe	Dip, hummus, homemade	26.0	0.0	Calculated based on the recipe	#N/A	1
02F10170	13501029	Recipe	Pizza, seafood, thick base, fast food chain	26.0	0.2	Calculated based on the recipe	#N/A	#N/A
02E10619	13302007	Recipe	Cake or cupcake, sponge, plain, commercial, iced, filled with cream	26.0	0.0	Calculated based on the recipe	#N/A	#N/A
02E10639	13303057	Recipe	Cake, pineapple upside down cake, homemade from basic ingredients, fat not further defined	26.0	0.2	Calculated based on the recipe	#N/A	#N/A
13A11925	24703005	Recipe	Mushroom, common, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil	25.9	16.8	Calculated based on the recipe	#N/A	#N/A
02F40449	13509055	Recipe	Pasta dish, cooked unfilled pasta, commercial tomato based sauce, added meat	25.9	21.2	Calculated based on the recipe	#N/A	#N/A
13A12343	24703006	Recipe	Mushroom, common, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil	25.9	16.8	Calculated based on the recipe	#N/A	#N/A
13A11951	24703004	Recipe	Mushroom, common, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil	25.9	16.8	Calculated based on the recipe	#N/A	#N/A
02C20386	13603003	Recipe	Waffle, berry, fresh, homemade from basic ingredients	25.8	0.3	Calculated based on the recipe	#N/A	#N/A
08F11077	18902011	Recipe	Curry, homemade, chicken & vegetable, homemade coconut milk sauce, with rice or noodles	25.8	7.2	Calculated based on the recipe	#N/A	#N/A
02F20058	13504005	Recipe	Sandwich or roll, filled with ham & cheese	25.8	14.1	Calculated based on the recipe	#N/A	#N/A

02F40426	1350702 2	Recipe	Mexican wrap, beef, with cheese, guacamole, salad & salsa			25.7	4.0	Calculated based on the recipe	#N/A	#N/A
02A10494	1240102 2	Recipe	Pasta, unfilled, for commercial pasta recipes			25.6	31.4	Calculated based on the recipe	#N/A	21
02E50272	1330602 3	Recipe	Slice, muesli, with sultanas & apricot, homemade from basic ingredients, fat not further defined			25.6	0.4	Calculated based on the recipe	#N/A	1
02E10599	1330401 8	Recipe	Muffin, cake-style, raspberry & white chocolate, commercial, uniced			25.6	0.2	Calculated based on the recipe	#N/A	1
13A11822	2420201 7	Recipe	Cauliflower, fresh or frozen, boiled, microwaved or steamed, added homemade cheese sauce			25.6	0.3	Calculated based on the recipe	#N/A	#N/A
08F11109	1890201 4	Recipe	Curry, homemade, chicken, vegetable & legume, homemade sauce, with rice or noodles			25.5	7.0	Calculated based on the recipe	#N/A	#N/A
02F40397	1350902 9	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added chicken, with or without added vegetables			25.5	27.7	Calculated based on the recipe	#N/A	#N/A
09D10240	1950101 5	Recipe	Ice cream, vanilla flavour, with sweet biscuit, regular fat			25.5	2.1	Calculated based on the recipe	#N/A	1
02F20065	1350400 7	Recipe	Sandwich or roll, not further defined, toasted			25.5	15.5	Calculated based on the recipe	#N/A	#N/A
12C10533	2810301 2	Recipe	Chocolate, dark, with dried fruit			25.5	0.0	Calculated based on the recipe	#N/A	#N/A
02E10627	1330102 2	Recipe	Cake or cupcake, coffee, homemade from basic ingredients, undefined fat, iced			25.5	0.1	Calculated based on the recipe	#N/A	#N/A
02F30245	1350400 1	Recipe	Hot dog, bread roll, frankfurt, cheese & sauce filling			25.4	14.0	Calculated based on the recipe	#N/A	#N/A
08F10919	1340600 2	Recipe	Curry puff, beef & vegetable, deep fried, commercial			25.4	4.2	Calculated based on the recipe	#N/A	#N/A
08F10911	1340601 1	Analysed	Samosa, vegetable, deep fried			25.4	4.2	Calculated based on the recipe	#N/A	1
09B10194	1940300 5	Recipe	Cheese, cream, plain, not further defined			25.4	0.4	Calculated based on the recipe	#N/A	17
02E10511	1330305 5	Recipe	Cake, cupcake or muffin, orange & poppy seed, prepared from dry mix, undefined fat, uniced			25.3	0.1	Calculated based on the recipe	#N/A	1
02C20315	1310500 3	Recipe	Biscuit, sweet, chocolate chip, homemade from basic ingredients, fat not further defined			25.3	0.1	Calculated based on the recipe	#N/A	#N/A
02C10143	1320400 3	Recipe	Biscuit, savoury, rice cake, from brown rice, carob coated			25.3	0.0	Calculated based on the recipe	#N/A	#N/A
02E50270	1340301 1	Recipe	Eclair or profiterole, mock cream filled, reduced fat, commercial, chocolate icing			25.3	0.1	Calculated based on the recipe	#N/A	#N/A

12A10086	2730400 6	Recipe	Icing, chocolate ganache, homemade			25.3	0.0	Calculated based on the recipe	#N/A	#N/A
02E50283	1340201 8	Recipe	Tart, jam, homemade			25.3	0.1	Calculated based on the recipe	#N/A	#N/A
08F10918	1340600 3	Recipe	Curry puff, beef & vegetable, homemade from basic ingredients			25.3	4.2	Calculated based on the recipe	#N/A	#N/A
02E40120	1340100 2	Recipe	Cannoli, unfilled, fried			25.2	0.1	Calculated based on the recipe	#N/A	1
08F11010	1870200 3	Recipe	Casserole, homemade, beef & vegetable, homemade cream based sauce, with rice or pasta			25.2	8.6	Calculated based on the recipe	#N/A	#N/A
02F10185	1350101 1	Recipe	Pizza, ham & cheese, thick base, takeaway style & homemade			25.1	1.2	Calculated based on the recipe	#N/A	#N/A
02D10394	1251600 1	Recipe	Breakfast cereal, barley, flakes, honey, added sultanas, unfortified			25.1	0.1	Calculated based on the recipe	#N/A	#N/A
10C10509	2150100 8	Recipe	Soup, pea & ham, ready to eat, canned			25.1	0.5	Calculated based on the recipe	#N/A	#N/A
02C20374	1310101 0	Recipe	Biscuit, sweet, honey jumble, homemade from basic ingredients, fat not further defined, uniced			25.0	0.8	Calculated based on the recipe	#N/A	1
02E10476	1330400 2	Recipe	Muffin, cake-style, apple, commercial, uniced			25.0	0.2	Calculated based on the recipe	#N/A	1
10D10175	1680300 1	Recipe	Mixed nuts & dried fruit, with peanuts			25.0	0.2	Calculated based on the recipe	#N/A	#N/A
02B10724	1220700 9	Recipe	Bread, from wholemeal flour, mixed grain, with quinoa & flaxseeds, commercial			25.0	10.8	Calculated based on the recipe	#N/A	4
02B10725	1220701 0	Recipe	Bread, from wholemeal flour, mixed grain, with quinoa & flaxseeds, commercial, toasted			25.0	10.8	Calculated based on the recipe	#N/A	#N/A
02B20056	1230100 4	Recipe	Muffin, English style, from wholemeal flour, commercial, toasted			24.9	35.1	Calculated based on the recipe	#N/A	#N/A
02E20112	1330701 0	Recipe	Scone, wholemeal, commercial			24.9	41.4	Calculated based on the recipe	#N/A	#N/A
02B10767	1350302 7	Recipe	Filled bread roll, commercial, meatball, cheese, no sauce			24.9	1.2	Calculated based on the recipe	#N/A	#N/A
13B10331	2490200 5	Recipe	Mixed vegetables, stuffed with meat & rice			24.9	2.0	Calculated based on the recipe	#N/A	#N/A
08F11079	1890201 3	Recipe	Curry, homemade, chicken & vegetable, homemade tomato based sauce, with rice or noodles			24.9	6.9	Calculated based on the recipe	#N/A	#N/A
09D10284	1950200 4	Recipe	Ice cream, rum & raisin flavour, regular fat			24.8	1.0	Calculated based on the recipe	#N/A	#N/A

02F30298	13503028	Recipe	Filled bread roll, commercial, meatball, cheese & oil based sauce	24.8	1.2	Calculated based on the recipe	#N/A	#N/A
05D10397	15602004	Recipe	Curry, homemade, fish & rice	24.8	0.7	Calculated based on the recipe	#N/A	#N/A
01B10536	30104009	Recipe	Protein drink, protein 45%, reduced sugars, fortified, prepared with water	24.8	0.0	Calculated based on the recipe	#N/A	#N/A
02E50344	13306015	Recipe	Slice, dried fruit, homemade from basic ingredients, fat not further defined	24.8	0.2	Calculated based on the recipe	#N/A	1
02C20366	13101013	Recipe	Biscuit, sweet, plain, homemade from basic ingredients, butter or dairy blend	24.8	0.1	Calculated based on the recipe	#N/A	#N/A
09D10262	19502006	Recipe	Ice cream, vanilla flavour, not further defined	24.7	0.9	Calculated based on the recipe	#N/A	11
02F10195	13502019	Recipe	Pizza, supreme, flat bread base, homemade	24.7	0.9	Calculated based on the recipe	#N/A	#N/A
09D10273	19504002	Recipe	Ice cream, sandwich, vanilla flavour, with chocolate flavour biscuit & chocolate coated, regular fat	24.7	1.0	Calculated based on the recipe	#N/A	#N/A
02F40454	13509030	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added meat, with or without added vegetables	24.7	27.5	Calculated based on the recipe	#N/A	#N/A
02B20057	13606001	Recipe	Crumpet, from white flour, commercial	24.6	0.0	Calculated based on the recipe	#N/A	#N/A
13A12607	24905017	Recipe	Salad, garden, added salmon or tuna, no added dressing	24.6	8.6	Calculated based on the recipe	#N/A	1
02F20052	13503060	Recipe	Sandwich or roll, filled with peanut butter	24.6	19.3	Calculated based on the recipe	#N/A	1
08F11072	18901007	Recipe	Casserole, homemade, duck, homemade sauce	24.6	3.9	Calculated based on the recipe	#N/A	#N/A
02F20060	13503059	Recipe	Sandwich or roll, filled with ham & tomato, toasted	24.6	13.7	Calculated based on the recipe	#N/A	1
10E10116	31302018	Recipe	Rosemary, dried	24.5	0.0	Calculated based on the recipe	#N/A	1
02F30299	13503029	Recipe	Filled bread roll, commercial, meatball, cheese & water based sauce	24.5	1.2	Calculated based on the recipe	#N/A	#N/A
09B20091	19401006	Recipe	Cheese, cheddar, regular fat, not further defined	24.5	0.9	Calculated based on the recipe	#N/A	#N/A
02B10702	12204007	Recipe	Bread, mixed grain, French stick or baguette, commercial	24.4	0.0	Calculated based on the recipe	#N/A	4
02E10616	13302013	Recipe	Cake or cupcake, sponge, chocolate flavoured, commercial, iced, filled with cream	24.4	0.0	Calculated based on the recipe	#N/A	#N/A



02D10412	12516003	Recipe	Breakfast cereal, not further defined			24.4	41.9	Calculated based on the recipe	#N/A	#N/A
02B10712	12207018	Recipe	Bread, from wholemeal flour, sour dough, commercial, toasted			24.4	34.3	Calculated based on the recipe	#N/A	#N/A
02F10189	13502014	Recipe	Pizza, chicken & vegetable, thin base, takeaway style			24.4	1.4	Calculated based on the recipe	#N/A	#N/A
13A12578	24803015	Recipe	Mixed vegetables, carrot, corn & pea/bean, canned, cooked, no added fat			24.3	0.0	Calculated based on the recipe	#N/A	#N/A
12C10480	28303004	Recipe	Bar, muesli or snack, with 15% dried fruit & 15% nuts, yoghurt-coated			24.3	0.1	Calculated based on the recipe	#N/A	1
02F10191	13502016	Recipe	Pizza, ham & cheese, thin base, fast food chain			24.3	1.1	Calculated based on the recipe	#N/A	#N/A
02F10192	13502017	Recipe	Pizza, chicken & vegetable, thin base, fast food chain			24.3	1.4	Calculated based on the recipe	#N/A	#N/A
08F11013	18703009	Recipe	Frozen meal, veal schnitzel with cheese & potato			24.3	5.0	Calculated based on the recipe	#N/A	#N/A
08F11000	18705014	Recipe	Frozen meal, lamb & vegetables, energy controlled portion			24.3	2.0	Calculated based on the recipe	#N/A	#N/A
02E60307	13405003	Recipe	Dumpling or wonton, savoury, meat, steamed, boiled or microwaved			24.2	2.9	Calculated based on the recipe	#N/A	#N/A
02F40296	13511012	Recipe	Rice, white, fried with beef, lamb or pork & mixed vegetables			24.2	3.4	Calculated based on the recipe	#N/A	#N/A
12C10559	28302021	Recipe	Bar, muesli or snack, not further defined			24.2	5.9	Calculated based on the recipe	#N/A	#N/A
02E10568	13303018	Recipe	Cake, cupcake or muffin, berry, prepared from dry mix, undefined fat, uniced			24.2	0.1	Calculated based on the recipe	#N/A	#N/A
02C20364	13101014	Recipe	Biscuit, sweet, plain, homemade from basic ingredients, fat not further defined			24.1	0.1	Calculated based on the recipe	#N/A	1
02B10678	12207015	Recipe	Bread, from wholemeal flour, extra grainy & seeds, added oats, commercial			24.1	28.2	Calculated based on the recipe	#N/A	4
02B10689	12207016	Recipe	Bread, from wholemeal flour, extra grainy & seeds, added oats, commercial, toasted			24.1	28.2	Calculated based on the recipe	#N/A	#N/A
02E60308	13405002	Recipe	Dumpling or wonton, savoury, chicken, steamed, boiled or microwaved			24.1	3.8	Calculated based on the recipe	#N/A	#N/A
02E10531	13304013	Recipe	Muffin, cake-style, chocolate chip, homemade from basic ingredients, uniced			24.1	0.2	Calculated based on the recipe	#N/A	#N/A
09D10232	19502003	Recipe	Ice cream, passionfruit flavour, regular fat			24.0	1.0	Calculated based on the recipe	#N/A	#N/A

02E10559	1330401 1	Recipe	Muffin, cake-style, chocolate, homemade from basic ingredients, uniced	24.0	0.2	Calculated based on the recipe	#N/A	#N/A
09D10239	1950200 2	Recipe	Ice cream, mango flavour, regular fat	24.0	1.0	Calculated based on the recipe	#N/A	#N/A
13B10300	2490200 3	Recipe	Capsicum, stuffed with meat & rice	24.0	2.0	Calculated based on the recipe	#N/A	#N/A
13B20240	2010700 3	Recipe	Soy beverage, regular fat (~3%), unflavoured, not further defined	24.0	0.8	Calculated based on the recipe	#N/A	5
02F40341	1350903 5	Recipe	Pasta dish, cooked unfilled pasta, oil based sauce, added chicken, with or without added vegetables	23.9	23.1	Calculated based on the recipe	#N/A	#N/A
02F40478	1360101 5	Recipe	Crepe or pancake, with butter & syrup, fast food chain	23.9	0.0	Calculated based on the recipe	#N/A	#N/A
08F11008	1870200 4	Recipe	Casserole, homemade, beef & vegetable, homemade gravy, with rice or pasta	23.9	8.3	Calculated based on the recipe	#N/A	#N/A
13A12529	2410301 8	Recipe	Potato, filled with bacon, cheese &/or sour cream	23.8	1.2	Calculated based on the recipe	#N/A	#N/A
02F10161	1350201 2	Recipe	Pizza, meat lovers, thin base, takeaway style	23.8	1.2	Calculated based on the recipe	#N/A	#N/A
08F11007	1870201 1	Recipe	Curry or casserole, commercial, beef & vegetables, with rice, not further defined	23.8	3.4	Calculated based on the recipe	#N/A	#N/A
02F20056	1350306 4	Recipe	Sandwich or roll, filled with tuna	23.8	12.1	Calculated based on the recipe	#N/A	1
02F30296	1350302 6	Recipe	Filled bread roll, commercial, meatball & no sauce	23.8	1.2	Calculated based on the recipe	#N/A	#N/A
02E40117	1340102 0	Recipe	Pastry, shortcrust style, homemade from basic ingredients, baked	23.8	0.1	Calculated based on the recipe	#N/A	1
02A10466	1260100 7	Recipe	Porridge, rolled oats, prepared with soy milk	23.7	0.5	Calculated based on the recipe	#N/A	#N/A
12C10475	2710300 2	Recipe	Sauce, sweet, caramel, liquid, filling (as used in chocolates, biscuits and ice creams), commercial	23.7	0.0	Calculated based on the recipe	#N/A	5
02E10532	1330102 5	Recipe	Cake or cupcake, mud, caramel or white chocolate, sugar based icing	23.7	0.1	Calculated based on the recipe	#N/A	#N/A
02B10726	1220700 7	Recipe	Bread, from wholemeal flour, mixed grain & seeds, commercial	23.7	1.0	Calculated based on the recipe	#N/A	4
02B10727	1220700 8	Recipe	Bread, from wholemeal flour, mixed grain & seeds, commercial, toasted	23.7	1.0	Calculated based on the recipe	#N/A	#N/A
08F11049	1870200 8	Recipe	Curry, homemade, beef & vegetable, homemade coconut milk based sauce, with rice or noodles	23.6	8.5	Calculated based on the recipe	#N/A	#N/A

06C10238	16802004	Recipe	Cherry, dried			23.6	0.0	Calculated based on the recipe	#N/A	#N/A
02E50311	13305006	Recipe	Pudding, sticky date, commercial			23.6	0.1	Calculated based on the recipe	#N/A	#N/A
13A12390	24102007	Recipe	Potato, chips, regular, purchased frozen, baked or roasted, fat not further defined			23.5	0.7	Calculated based on the recipe	#N/A	#N/A
10D10174	16803002	Recipe	Mixed nuts & dried fruit, without peanuts			23.5	0.3	Calculated based on the recipe	#N/A	#N/A
02F30262	13503038	Recipe	Hot dog, bread roll, frankfurt & onion filling			23.5	15.2	Calculated based on the recipe	#N/A	#N/A
01B10462	30104014	Recipe	Protein drink, soy based, protein >70%, unfortified, prepared from dry powder with milk, any type			23.5	0.8	Calculated based on the recipe	#N/A	#N/A
02B10706	12204005	Recipe	Bread, mixed grain, extra grainy & seeds, added pumpkin seeds, commercial			23.5	24.2	Calculated based on the recipe	#N/A	4
02B10707	12204006	Recipe	Bread, mixed grain, extra grainy & seeds, added pumpkin seeds, commercial, toasted			23.5	24.2	Calculated based on the recipe	#N/A	#N/A
10C10505	21101019	Recipe	Soup, pea & ham, prepared with stock or water, homemade from basic ingredients			23.5	0.2	Calculated based on the recipe	#N/A	#N/A
10C10555	21101006	Recipe	Soup, chicken & sweetcorn, prepared with stock or water, homemade from basic ingredients			23.4	1.5	Calculated based on the recipe	#N/A	#N/A
13A12197	24401014	Recipe	Spinach, fresh, baked, roasted, fried, stir-fried, grilled or BBQ'd , no added fat			23.4	124.6	Calculated based on the recipe	#N/A	1
02A10446	12101020	Recipe	Quinoa, cooked in milk, no added salt			23.4	109.7	Calculated based on the recipe	#N/A	#N/A
09B20092	19402003	Recipe	Cheese, cheddar, reduced fat, not further defined			23.4	0.0	Calculated based on the recipe	#N/A	#N/A
02E10649	13306001	Recipe	Cake or cupcake, berry shortcake, undefined fat			23.4	0.1	Calculated based on the recipe	#N/A	#N/A
02F30256	12304003	Recipe	Bread or bread roll, topped/mixed with cheese & frankfurt			23.3	1.2	Calculated based on the recipe	#N/A	#N/A
13A12174	24704016	Recipe	Sweetcorn, fresh or frozen, raw, not further defined			23.3	0.0	Calculated based on the recipe	#N/A	4
02E10550	13303047	Recipe	Cake, fruit, homemade from basic ingredients, undefined fat, uniced			23.3	0.1	Calculated based on the recipe	#N/A	1
02F40436	13509063	Recipe	Pasta dish, cooked filled pasta, tomato based sauce, added bacon			23.3	6.9	Calculated based on the recipe	#N/A	#N/A
13B10299	24902008	Recipe	Vine leaf, stuffed with rice & meat, homemade from basic ingredients			23.2	13.3	Calculated based on the recipe	#N/A	#N/A

02E50284	1340201 1	Recipe	Pie, sweet, fruit mince, homemade			23.2	0.1	Calculated based on the recipe	#N/A	#N/A
13A12389	2410200 8	Recipe	Potato, chips, regular, purchased frozen, deep fried or fried, fat not further defined			23.2	0.7	Calculated based on the recipe	#N/A	#N/A
01B10509	3010400 3	Recipe	Protein drink, whey based, protein >70%, reduced carbohydrate, fortified, prepared with water			23.2	0.0	Calculated based on the recipe	#N/A	#N/A
01B20487	3010600 1	Label Data	Beverage, medical or special purpose, added vitamins & minerals	0.880 933	23.12602305	23.2	0.4	Calculated based on the recipe	#N/A	#N/A
02C20373	1310100 5	Recipe	Biscuit, sweet, chocolate flavoured, homemade from basic ingredients, fat not further defined			23.2	0.1	Calculated based on the recipe	#N/A	#N/A
02E10477	1330400 7	Recipe	Muffin, cake-style, berry, commercial, uniced			23.1	0.2	Calculated based on the recipe	#N/A	1
08F11054	1870900 2	Recipe	Mixed dish, homemade, pork & rice, not further defined			23.1	1.8	Calculated based on the recipe	#N/A	#N/A
02F40460	1350703 4	Recipe	Mexican wrap, chicken & bean, with salad & salsa			23.1	2.3	Calculated based on the recipe	#N/A	#N/A
10A10475	2720400 2	Recipe	Sauce, sweet, chocolate, homemade			23.1	0.0	Calculated based on the recipe	#N/A	1
02B10703	1220400 8	Recipe	Bread, mixed grain, French stick or baguette, commercial, toasted			23.1	0.0	Calculated based on the recipe	#N/A	#N/A
02E60352	1340503 9	Recipe	Spring roll or rice paper roll, chicken & vegetable filling, fresh			23.1	1.9	Calculated based on the recipe	#N/A	#N/A
02B10796	1221400 1	Recipe	Bread, corn			23.1	3.0	Calculated based on the recipe	#N/A	#N/A
02F40455	1360400 5	Recipe	Coating, homemade, for fish & seafood, uncooked			23.1	7.3	Calculated based on the recipe	#N/A	24
02E10597	1330100 3	Recipe	Cake or cupcake, black forest (chocolate-cherry), layered, cream-filled, homemade from basic ingredients			23.0	0.1	Calculated based on the recipe	#N/A	#N/A
02B10682	1220400 3	Recipe	Bread, mixed grain, added seeds, commercial			23.0	0.3	Calculated based on the recipe	#N/A	4
02B10683	1220400 4	Recipe	Bread, mixed grain, added seeds, commercial, toasted			23.0	0.3	Calculated based on the recipe	#N/A	#N/A
08F11131	1870200 5	Recipe	Casserole, homemade, beef & vegetable, homemade tomato based sauce, with rice or pasta			23.0	8.3	Calculated based on the recipe	#N/A	#N/A
10C10566	2110102 4	Recipe	Soup, shark's fin			23.0	0.5	Calculated based on the recipe	#N/A	#N/A
13B20296	2070100	Recipe	Stir-fry, homemade, tofu, commercial or homemade satay sauce			23.0	2.1	Calculated based on the	#N/A	#N/A

	3						recipe		
02F40313	1350703 3	Recipe	Mexican wrap, chicken & bean, with cheese, salad & salsa			22.9	2.2	Calculated based on the recipe	#N/A #N/A
08F10952	1890101 8	Recipe	Frozen meal, chicken & vegetables, energy controlled portion			22.9	1.8	Calculated based on the recipe	#N/A #N/A
13B20299	2350400 3	Recipe	Dip, not further defined			22.9	3.4	Calculated based on the recipe	#N/A #N/A
02F40441	1351000 8	Recipe	Pasta dish, cooked filled pasta, oil based sauce			22.9	9.9	Calculated based on the recipe	#N/A #N/A
09D10278	1950200 7	Recipe	Ice cream, vanilla flavour, with chocolate chips, reduced fat (6%)			22.9	0.3	Calculated based on the recipe	#N/A #N/A
02E50343	1340301 2	Recipe	Pie, sweet, lemon meringue, commercial			22.8	0.1	Calculated based on the recipe	#N/A #N/A
02B10800	1220600 1	Recipe	Bread, from white or wholemeal flour, organic, added grains, commercial			22.8	31.1	Calculated based on the recipe	#N/A 1
02B10801	1220600 2	Recipe	Bread, from white or wholemeal flour, organic, added grains, commercial, toasted			22.8	31.1	Calculated based on the recipe	#N/A #N/A
02E50262	1330601 8	Recipe	Slice, hedgehog, homemade from basic ingredients, fat not further defined, chocolate icing			22.8	0.1	Calculated based on the recipe	#N/A #N/A
02A30018	1240300 1	Recipe	Noodle, buckwheat or soba, dry			22.8	0.8	Calculated based on the recipe	#N/A 1
13B20262	2070100 1	Recipe	Curry, commercial, tofu & vegetable			22.8	0.7	Calculated based on the recipe	#N/A #N/A
13B10265	2520201 6	Recipe	Salad, three bean, homemade from basic ingredients			22.8	0.1	Calculated based on the recipe	#N/A #N/A
02F40470	1350900 7	Recipe	Lasagne (Lasagna), beef, no added vegetables, homemade			22.8	22.6	Calculated based on the recipe	#N/A #N/A
09B20085	1940100 7	Recipe	Cheese, cheddar, not further defined			22.7	0.7	Calculated based on the recipe	#N/A 10
02F40379	1350905 2	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added mixed seafood, with or without added vegetables			22.7	26.6	Calculated based on the recipe	#N/A #N/A
02F40398	1350903 1	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added seafood, with or without added vegetables			22.7	26.8	Calculated based on the recipe	#N/A #N/A
02F30252	1350400 2	Recipe	Hot dog, bread roll, frankfurt, cheese, onion & sauce filling			22.7	11.8	Calculated based on the recipe	#N/A #N/A
05C10201	1560400 3	Recipe	Frozen meal, prawn & rice			22.6	0.1	Calculated based on the recipe	#N/A #N/A
02E10601	1330401	Recipe	Muffin, cake-style, raspberry & white chocolate, homemade from basic ingredients,			22.6	0.2	Calculated based on the	#N/A #N/A

	9		uniced				recipe		
02F30261	1350303 9	Recipe	Hot dog, bread roll, frankfurt, onion & sauce filling			22.6	14.0	Calculated based on the recipe	#N/A #N/A
02E50252	1330500 7	Recipe	Pudding, sticky date, homemade from basic ingredients			22.6	0.2	Calculated based on the recipe	#N/A #N/A
13B20267	2520200 2	Recipe	Casserole, homemade, vegetable & legumes, homemade tomato based sauce			22.6	0.8	Calculated based on the recipe	#N/A #N/A
12C10549	2810200 4	Recipe	Bar, nougat & nut centre, chocolate-coated			22.6	0.2	Calculated based on the recipe	#N/A #N/A
02C20375	1310300 2	Recipe	Biscuit, sweet, honey jumble, homemade from basic ingredients, fat not further defined, iced			22.6	0.7	Calculated based on the recipe	#N/A #N/A
02B10753	1220400 9	Recipe	Bread, mixed grain, commercial, fresh, not further defined			22.5	6.0	Calculated based on the recipe	#N/A 2
02B10754	1220401 0	Recipe	Bread, mixed grain, commercial, toasted, not further defined			22.5	6.0	Calculated based on the recipe	#N/A #N/A
02B10700	1220401 1	Recipe	Bread, mixed grain, for sandwiches purchased from a cafe, takeaway shop or canteen			22.5	6.0	Calculated based on the recipe	#N/A 1
02B10701	1220401 2	Recipe	Bread, mixed grain, for sandwiches purchased from a cafe, takeaway shop or canteen, toasted			22.5	6.0	Calculated based on the recipe	#N/A #N/A
02F10200	1350202 2	Recipe	Pizza, pepperoni, flat bread base, homemade			22.5	0.6	Calculated based on the recipe	#N/A #N/A
02B10698	1220600 5	Recipe	Bread, mixed grain, for homemade sandwiches			22.4	6.1	Calculated based on the recipe	#N/A 1
02B10699	1220600 6	Recipe	Bread, mixed grain, for homemade sandwiches, toasted			22.4	6.1	Calculated based on the recipe	#N/A #N/A
02F10158	1350201 1	Recipe	Pizza, meat lovers, thin base, fast food chain			22.4	1.1	Calculated based on the recipe	#N/A #N/A
13A12198	2440101 5	Recipe	Spinach, fresh, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			22.4	118.4	Calculated based on the recipe	#N/A #N/A
09D10276	1950800 8	Recipe	Sundae, vanilla ice cream, chocolate topping			22.3	0.8	Calculated based on the recipe	#N/A #N/A
02F40388	1351000 4	Recipe	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce, added bacon, with or without added vegetables			22.3	17.7	Calculated based on the recipe	#N/A #N/A
05D10424	1560200 2	Recipe	Casserole, homemade, salmon or tuna & vegetable, commercial sauce, with rice or pasta			22.2	7.6	Calculated based on the recipe	#N/A #N/A
13B10305	2490200 6	Recipe	Mushroom, stuffed with cheese & bacon			22.2	8.4	Calculated based on the recipe	#N/A #N/A
08F10921	1871200	Recipe	Sauce, savoury meat with vegetables and gravy, commercial			22.2	1.6	Calculated based on the	#N/A 1

	4						recipe		
02D10408	1251502 6	Recipe	Breakfast cereal, mixed grain, commercial, not further defined		22.2	15.2	Calculated based on the recipe	#N/A	1
02C20370	1310300 8	Recipe	Biscuit, sweet, plain, homemade from basic ingredients, fat not further defined, iced		22.2	0.1	Calculated based on the recipe	#N/A	#N/A
13A12200	2440101 9	Recipe	Spinach, boiled, microwaved or steamed, drained, not further defined		22.2	106.3	Calculated based on the recipe	#N/A	6
13B20242	2010700 5	Recipe	Soy beverage, unflavoured, not further defined		22.0	0.6	Calculated based on the recipe	#N/A	17
02B10638	1220400 2	Recipe	Bread, mixed grain, commercial, toasted		22.0	0.0	Calculated based on the recipe	#N/A	#N/A
02B10640	1220401 8	Recipe	Bread roll, mixed grain, commercial, toasted		22.0	0.0	Calculated based on the recipe	#N/A	#N/A
01B30352	1130102 1	Recipe	Juice, orange, commercial, concentrate only		22.0	0.7	Calculated based on the recipe	#N/A	1
02F40382	1350903 9	Recipe	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce, added bacon, with or without added vegetables		21.9	17.8	Calculated based on the recipe	#N/A	#N/A
02E60368	1340500 6	Recipe	Dumpling or wonton, savoury, vegetable, steamed, boiled or microwaved		21.9	2.5	Calculated based on the recipe	#N/A	#N/A
13A12028	2480200 3	Recipe	Garlic, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained, with or without added fat		21.9	0.0	Calculated based on the recipe	#N/A	142
02F20048	1350306 6	Recipe	Sandwich or roll, filled with vegemite		21.9	20.6	Calculated based on the recipe	#N/A	1
13A12060	2470300 8	Recipe	Mushroom, common, fresh or frozen, boiled, microwaved or steamed, drained		21.9	14.2	Calculated based on the recipe	#N/A	10
13A12519	2470301 2	Recipe	Mushroom, oriental, fresh or frozen, boiled, microwaved or steamed, drained		21.9	14.2	Calculated based on the recipe	#N/A	#N/A
02E10596	1330400 3	Recipe	Muffin, cake-style, apple, homemade from basic ingredients, uniced		21.9	0.2	Calculated based on the recipe	#N/A	#N/A
02F10188	1350100 9	Recipe	Pizza, chicken & vegetable, thick base, takeaway style & homemade		21.9	1.2	Calculated based on the recipe	#N/A	#N/A
13A12051	2480303 0	Recipe	Mixed vegetables, for homemade mixed dishes, butter beans, green peas, green beans & snow peas, raw		21.8	0.1	Calculated based on the recipe	#N/A	4
02E10461	1330307 5	Recipe	Cake, tea cake, cinnamon topped, homemade from basic ingredients, undefined fat, uniced		21.8	0.2	Calculated based on the recipe	#N/A	#N/A
02E50323	1330500 8	Recipe	Dumpling, sweet, soaked in syrup		21.8	5.4	Calculated based on the recipe	#N/A	#N/A
13A12557	2490100	Recipe	Curry, homemade, potato,		21.8	0.5	Calculated based on the	#N/A	#N/A

	8		dairy based sauce					recipe		
02F40265	13509024	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added chicken, with or without added vegetables			21.8	25.5	Calculated based on the recipe	#N/A	#N/A
13A12181	24704004	Recipe	Sweetcorn, fresh or frozen on cob, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			21.7	0.0	Calculated based on the recipe	#N/A	#N/A
02F30303	13503032	Recipe	Filled bread roll, commercial, tuna, cheese & oil based sauce			21.7	0.7	Calculated based on the recipe	#N/A	#N/A
13A11820	24302010	Recipe	Cassava, peeled, fresh or frozen, boiled, microwaved or steamed, drained			21.7	0.4	Calculated based on the recipe	#N/A	#N/A
13A11819	24302012	Recipe	Cassava, white flesh, peeled, fresh or frozen, boiled, microwaved or steamed, drained			21.7	0.4	Calculated based on the recipe	#N/A	#N/A
13A11818	24302014	Recipe	Cassava, yellow flesh, peeled, fresh or frozen, boiled, microwaved or steamed, drained			21.7	0.4	Calculated based on the recipe	#N/A	#N/A
02F30302	13503031	Recipe	Filled bread roll, commercial, tuna, cheese & no sauce			21.7	0.7	Calculated based on the recipe	#N/A	#N/A
13A12392	24102019	Recipe	Potato, fries, regular, purchased frozen, par-fried in canola oil, raw			21.7	0.3	Calculated based on the recipe	#N/A	2
01B10529	30106004	Recipe	Oral supplement beverage, chocolate flavour, fortified (Sustagen Everyday), prepared with cow's milk			21.6	0.7	Calculated based on the recipe	#N/A	#N/A
13A12571	24302048	Recipe	Sweet potato, chips, regular, purchased frozen, baked or roasted, with or without added fat			21.6	0.0	Calculated based on the recipe	#N/A	#N/A
02F40247	13509008	Recipe	Lasagne (Lasagna), beef, with added vegetables, homemade			21.6	22.4	Calculated based on the recipe	#N/A	#N/A
02F40304	13509009	Recipe	Lasagne (Lasagna), chicken, with added vegetables, cheese, homemade			21.6	22.4	Calculated based on the recipe	#N/A	#N/A
13A12551	24704012	Recipe	Sweetcorn, kernels, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			21.6	0.0	Calculated based on the recipe	#N/A	#N/A
13B10264	25202015	Recipe	Salad, three bean, commercial			21.6	0.0	Calculated based on the recipe	#N/A	#N/A
08F10997	18901019	Recipe	Frozen meal, roast chicken with vegetables			21.6	1.4	Calculated based on the recipe	#N/A	#N/A
02F40443	13509058	Recipe	Pasta dish, cooked filled pasta, dairy based sauce, added bacon, with or without added vegetables			21.5	6.8	Calculated based on the recipe	#N/A	#N/A
09B20098	19408005	Recipe	Cheese, for use on sandwiches, not further defined			21.5	0.6	Calculated based on the recipe	#N/A	#N/A
01B10491	11102005	Recipe	Chai latte, prepared from chai mix powder & soy milk			21.5	0.5	Calculated based on the recipe	#N/A	#N/A
09D10252	1950400	Recipe	Ice cream, bar, Turkish delight			21.4	1.0	Calculated based on the	#N/A	#N/A



	1		flavour, chocolate coated				recipe		
13B10335	2490502 1	Recipe	Salad, potato, with bacon/ham, homemade from basic ingredients, regular fat dressing			21.4	1.0	Calculated based on the recipe	#N/A #N/A
02F40442	1350906 1	Recipe	Pasta dish, cooked filled pasta, oil based sauce, added vegetables			21.4	8.9	Calculated based on the recipe	#N/A #N/A
02F10131	1350200 1	Analysed	Pizza, supreme, purchased frozen, baked			21.4	0.9	Calculated based on the recipe	#N/A #N/A
02F10142	1350200 2	Recipe	Pizza, supreme, thin base, takeaway style			21.4	0.9	Calculated based on the recipe	#N/A #N/A
13A12159	2490501 9	Recipe	Salad, garden, added salmon or tuna & egg, no added dressing			21.3	1.2	Calculated based on the recipe	#N/A #N/A
05D10387	1351401 0	Recipe	Sushi, fish, without seaweed			21.3	0.2	Calculated based on the recipe	#N/A #N/A
02E50330	1340300 2	Recipe	Cannoli, filled with vanilla, ricotta & cream cheese filling			21.3	0.1	Calculated based on the recipe	#N/A #N/A
12C10430	2820200 6	NNS 1995	Halvah, plain	1911 7	Candies, halavah, plain	21.3	0.3	Calculated based on the recipe	#N/A #N/A
02E50306	1330601 9	Recipe	Slice, jelly, commercial			21.3	0.1	Calculated based on the recipe	#N/A #N/A
02F20061	1350400 6	Recipe	Sandwich or roll, filled with vegemite & cheese			21.3	15.3	Calculated based on the recipe	#N/A #N/A
13A12344	2470300 9	Recipe	Mushroom, common, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined			21.2	13.5	Calculated based on the recipe	#N/A #N/A
13A12048	2470301 3	Recipe	Mushroom, oriental, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined			21.2	13.5	Calculated based on the recipe	#N/A #N/A
02F40378	1350905 0	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added chicken, with or without added vegetables			21.2	27.5	Calculated based on the recipe	#N/A 1
13B20275	2350100 9	Recipe	Dip, spinach & fetta, commercial			21.2	18.6	Calculated based on the recipe	#N/A 1
13A12049	2470401 4	Recipe	Sweetcorn, kernels, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined			21.2	0.2	Calculated based on the recipe	#N/A #N/A
09B20096	1940800 1	Recipe	Cheese, not further defined			21.2	0.6	Calculated based on the recipe	#N/A #N/A
10C10551	2150200 6	Recipe	Soup, tomato, ready to eat, canned			21.2	0.2	Calculated based on the recipe	#N/A #N/A
13A12186	2410202 5	Recipe	Potato, gem, nugget or royal, regular, purchased frozen, baked or roasted, with or without added fat			21.1	0.3	Calculated based on the recipe	#N/A #N/A
02B10647	1220300	Recipe	Bread, from white flour, organic,			21.1	34.7	Calculated based on the	#N/A #N/A

	4		commercial, toasted					recipe		
02C10164	2640100 1	Recipe	Cracker, with cheddar cheese			21.1	7.1	Calculated based on the recipe	#N/A	#N/A
13B10324	2490102 5	Recipe	Stir-fry, homemade, vegetable & nut or legume			21.1	3.3	Calculated based on the recipe	#N/A	1
02E20101	1330800 3	Recipe	Scone, chocolate, with chocolate chips, commercial			21.0	0.8	Calculated based on the recipe	#N/A	#N/A
02F40374	1350904 5	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce, added chicken, with or without added vegetables			21.0	25.1	Calculated based on the recipe	#N/A	#N/A
09D10282	1950801 0	Recipe	Sundae, vanilla ice cream, non-chocolate topping			21.0	0.7	Calculated based on the recipe	#N/A	#N/A
02F40412	1351000 5	Recipe	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce, added vegetables			21.0	17.4	Calculated based on the recipe	#N/A	#N/A
05D10416	1560200 5	Recipe	Curry, homemade, fish & vegetable, homemade tomato based sauce, with rice or noodles			21.0	5.0	Calculated based on the recipe	#N/A	#N/A
02B10783	1220301 4	Recipe	Bread, from white or wholemeal flour, organic, commercial, toasted			21.0	34.5	Calculated based on the recipe	#N/A	#N/A
13A12562	2480302 2	Recipe	Mixed vegetables, for use in cream & cheese based pasta dishes			21.0	6.4	Calculated based on the recipe	#N/A	17
13B10275	2350201 2	Recipe	Dip, pumpkin or sweet potato, commercial			21.0	0.0	Calculated based on the recipe	#N/A	1
02A10498	1260101 6	Recipe	Porridge, rolled oats mixed with sugar, flavours & dried fruit, prepared with soy milk			20.9	0.5	Calculated based on the recipe	#N/A	#N/A
13A12202	2410203 0	Recipe	Potato, hash brown, purchased frozen, baked, roasted, grilled or BBQ'd, no added fat			20.8	0.3	Calculated based on the recipe	#N/A	#N/A
10D10172	2620100 6	Recipe	Corn chips, not further defined			20.8	1.0	Calculated based on the recipe	#N/A	10
05D10386	1351401 9	Recipe	Sushi, tuna, without seaweed			20.8	0.2	Calculated based on the recipe	#N/A	#N/A
07C10132	3230200 1	Recipe	Mixed dish, infant food, meat & vegetable, puree or mash			20.8	1.3	Calculated based on the recipe	#N/A	#N/A
02F40448	1350903 6	Recipe	Pasta dish, cooked unfilled pasta, oil based sauce, added seafood, with or without added vegetables			20.8	24.0	Calculated based on the recipe	#N/A	#N/A
02E50307	1330602 0	Recipe	Slice, jelly, homemade from basic ingredients, fat not further defined			20.7	0.1	Calculated based on the recipe	#N/A	#N/A
12C10562	2810201 9	Recipe	Confectionery, peanut brittle			20.7	0.0	Calculated based on the recipe	#N/A	#N/A
13A12182	2470400	Recipe	Sweetcorn, fresh or frozen on cob, baked, roasted, fried, stir-fried, grilled or BBQ'd,			20.7	0.0	Calculated based on the	#N/A	#N/A

	5		added fat not further defined			recipe		
02F40368	1350904 6	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce, added seafood, with or without added vegetables	20.7	24.6	Calculated based on the recipe	#N/A	#N/A
13B20294	2070100 4	Recipe	Stir-fry, homemade, tofu & vegetable	20.7	2.5	Calculated based on the recipe	#N/A	#N/A
13A12175	2470401 7	Recipe	Sweetcorn, fresh or frozen, boiled, microwaved or steamed, drained	20.7	0.0	Calculated based on the recipe	#N/A	2
13A12522	2410102 2	Recipe	Potato, pale skin, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine	20.7	0.3	Calculated based on the recipe	#N/A	#N/A
13A12541	2410105 1	Recipe	Potato, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine	20.7	0.3	Calculated based on the recipe	#N/A	#N/A
02E60306	1340503 1	Recipe	Pie, savoury, vegetable, homemade from basic ingredients	20.6	0.1	Calculated based on the recipe	#N/A	#N/A
02E10515	1330305 6	Recipe	Cake, cupcake or muffin, orange & poppy seed, prepared from dry mix, undefined fat, sugar based icing	20.6	0.1	Calculated based on the recipe	#N/A	#N/A
13A11867	2410100 5	Recipe	Potato, desiree, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	20.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A12082	2410100 9	Recipe	Potato, desiree, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	20.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A11862	2410101 4	Recipe	Potato, pontiac, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	20.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A11871	2410102 1	Recipe	Potato, pale skin, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	20.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A11869	2410104 1	Recipe	Potato, red skin, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	20.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A11989	2410104 5	Recipe	Potato, red skin, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	20.6	0.3	Calculated based on the recipe	#N/A	1
02A20113	1210102 5	Recipe	Rye, uncooked	20.6	0.0	Calculated based on the recipe	#N/A	3
02F40453	1350902 5	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added meat, with or without added vegetables	20.6	25.4	Calculated based on the recipe	#N/A	#N/A
13A12416	2410202 6	Recipe	Potato, gem, nugget or royal, regular, purchased frozen, deep fried or fried, fat not further defined	20.6	0.3	Calculated based on the recipe	#N/A	#N/A
02F30207	1230400 2	Recipe	Bread or bread roll, topped/mixed with cheese & bacon	20.6	0.4	Calculated based on the recipe	#N/A	#N/A
02F20046	1350305 7	Recipe	Sandwich or roll, filled with ham & cheese, toasted	20.5	11.0	Calculated based on the recipe	#N/A	1
13A12454	2410202	Recipe	Potato, gem, nugget or royal, independent takeaway outlet, cafe or restaurant,	20.5	0.3	Calculated based on the	#N/A	#N/A

	3		deep fried, fat not further defined				recipe			
02D20030	12601003	Recipe	Porridge, rolled oats, prepared with reduced fat cows milk			20.5	0.5	Calculated based on the recipe	#N/A	#N/A
13A12415	24102031	Recipe	Potato, hash brown, purchased frozen, baked or roasted, fat not further defined			20.5	0.3	Calculated based on the recipe	#N/A	#N/A
02E60288	13406016	Recipe	Spring roll, vegetable filling, takeaway style, deep fried			20.4	0.7	Calculated based on the recipe	#N/A	#N/A
13A12203	24102028	Recipe	Potato, hash brown, independent takeaway outlet, cafe or restaurant, deep fried, oil not further defined			20.4	0.3	Calculated based on the recipe	#N/A	#N/A
05D10389	13514014	Recipe	Sushi, prawn tempura, with seaweed			20.4	0.2	Calculated based on the recipe	#N/A	1
13B20247	23501008	Recipe	Dip, sour cream based, homemade			20.4	0.5	Calculated based on the recipe	#N/A	1
13A12608	24905018	Recipe	Salad, garden, added salmon or tuna & cheese, no added dressing			20.4	8.3	Calculated based on the recipe	#N/A	#N/A
01B10563	11801002	Recipe	Beverage, chocolate flavour, from original Milo powder, with soy milk			20.3	0.6	Calculated based on the recipe	#N/A	#N/A
09B20093	19401030	Recipe	Cheese, for use in hamburgers & Mexican food			20.3	0.7	Calculated based on the recipe	#N/A	56
10C10556	21101014	Recipe	Soup, lamb & vegetable, prepared with stock or water, homemade from basic ingredients			20.3	0.8	Calculated based on the recipe	#N/A	#N/A
08F11084	18701022	Recipe	Frozen meal, roast beef & vegetables			20.2	2.3	Calculated based on the recipe	#N/A	#N/A
08F10949	18701021	Recipe	Frozen meal, beef & vegetables, energy controlled portion			20.2	2.1	Calculated based on the recipe	#N/A	#N/A
09D10241	19502008	Recipe	Ice cream, vanilla flavour, with sweet biscuit, low fat			20.2	1.1	Calculated based on the recipe	#N/A	#N/A
02F20059	13503058	Recipe	Sandwich or roll, filled with ham & salad			20.2	42.2	Calculated based on the recipe	#N/A	#N/A
13B10285	24901022	Recipe	Stir-fry, homemade, vegetable			20.1	3.7	Calculated based on the recipe	#N/A	2
02F20051	13504004	Recipe	Sandwich or roll, filled with cheese, toasted			20.1	16.4	Calculated based on the recipe	#N/A	1
02F30300	13503030	Recipe	Filled bread roll, commercial, tuna & water based sauce			20.1	0.7	Calculated based on the recipe	#N/A	#N/A
08F10946	18902016	Recipe	Frozen meal, curry, chicken & rice, coconut milk sauce			20.1	2.3	Calculated based on the recipe	#N/A	#N/A
08F11060	1870201	Recipe	Stir-fry, commercial, beef &			20.1	23.6	Calculated based on the	#N/A	#N/A

	5		vegetable, with noodles				recipe		
10C10558	21101016	Recipe	Soup, lamb, vegetable & legume, prepared with stock or water, homemade from basic ingredients		20.0	0.7	Calculated based on the recipe	#N/A	#N/A
01B10528	30104011	Recipe	Protein drink, protein 45%, fortified, caffeinated, prepared with water		20.0	0.0	Calculated based on the recipe	#N/A	#N/A
09D10247	19508009	Recipe	Sundae, vanilla ice cream, chocolate topping, fast food style		20.0	0.0	Calculated based on the recipe	#N/A	#N/A
02F40476	13509067	Recipe	Pasta dish, not further defined		19.9	26.8	Calculated based on the recipe	#N/A	#N/A
09B10206	19403007	Recipe	Cheese, cream, herb or spice flavoured		19.9	0.5	Calculated based on the recipe	#N/A	#N/A
02F40254	13511022	Recipe	Risotto, bacon or ham & mixed vegetables, with cheese		19.9	3.0	Calculated based on the recipe	#N/A	#N/A
02F40438	13509062	Recipe	Pasta dish, cooked filled pasta, tomato based sauce		19.9	6.8	Calculated based on the recipe	#N/A	#N/A
02E30135	13601012	Recipe	Crepe or pancake, rice based, homemade from basic ingredients		19.9	0.5	Calculated based on the recipe	#N/A	#N/A
02E10632	13303048	Recipe	Cake, fruit, homemade from basic ingredients, undefined fat, iced		19.9	0.1	Calculated based on the recipe	#N/A	#N/A
13A12604	24904014	Recipe	Salad, garden, added cheese & nuts &/or seeds, no added dressing		19.9	8.7	Calculated based on the recipe	#N/A	#N/A
10F40022	31102001	Recipe	Spread, yeast, cheesybite		19.8	0.4	Calculated based on the recipe	#N/A	1
02F40311	13507018	Recipe	Mexican wrap, beef & bean, with cheese, salad & salsa		19.8	2.6	Calculated based on the recipe	#N/A	#N/A
13A11922	24704006	Recipe	Sweetcorn, fresh or frozen on cob, boiled, microwaved or steamed, drained		19.7	0.0	Calculated based on the recipe	#N/A	#N/A
02F40459	13507026	Recipe	Mexican wrap, beef & bean, with salad & salsa		19.7	2.7	Calculated based on the recipe	#N/A	#N/A
02E50271	13306025	Recipe	Slice, oat, with caramel, marshmallow & chocolate, homemade from basic ingredients, fat not further defined		19.7	0.2	Calculated based on the recipe	#N/A	#N/A
02F40343	13509033	Recipe	Pasta dish, cooked unfilled pasta, oil based sauce		19.7	34.4	Calculated based on the recipe	#N/A	#N/A
13B20241	20107004	Recipe	Soy beverage, reduced fat (1-2%), unflavoured, not further defined		19.7	0.5	Calculated based on the recipe	#N/A	3
10A10540	22202007	Recipe	Sauce, satay, homemade		19.7	1.3	Calculated based on the recipe	#N/A	#N/A
13A11934	2420200	Recipe	Broccoli, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added		19.7	0.1	Calculated based on the	#N/A	#N/A

	2		fat			recipe		
13A12235	24101006	Recipe	Potato, desiree, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	19.7	0.3	Calculated based on the recipe	#N/A	#N/A
13A12523	24101026	Recipe	Potato, pale skin, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	19.7	0.3	Calculated based on the recipe	#N/A	#N/A
13A11941	24101042	Recipe	Potato, red skin, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	19.7	0.3	Calculated based on the recipe	#N/A	#N/A
13A11985	24101046	Recipe	Potato, red skin, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	19.7	0.3	Calculated based on the recipe	#N/A	#N/A
13A12241	24101055	Recipe	Potato, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	19.7	0.3	Calculated based on the recipe	#N/A	3
13A12542	24101064	Recipe	Potato, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	19.7	0.3	Calculated based on the recipe	#N/A	#N/A
02B10684	12204013	Recipe	Bread, from white flour, extra grainy & seeds, commercial	19.7	26.7	Calculated based on the recipe	#N/A	5
02B10686	12204014	Recipe	Bread, from white flour, extra grainy & seeds, commercial, toasted	19.7	26.7	Calculated based on the recipe	#N/A	#N/A
13A11929	24101024	Recipe	Potato, pale skin, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil	19.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A11928	24101053	Recipe	Potato, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil	19.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A12066	24101062	Recipe	Potato, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil	19.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A12532	24101025	Recipe	Potato, pale skin, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil	19.6	0.2	Calculated based on the recipe	#N/A	#N/A
13A12204	24101054	Recipe	Potato, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil	19.6	0.2	Calculated based on the recipe	#N/A	#N/A
13A12073	24101063	Recipe	Potato, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil	19.6	0.2	Calculated based on the recipe	#N/A	#N/A
13A11930	24101023	Recipe	Potato, pale skin, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil	19.6	0.2	Calculated based on the recipe	#N/A	#N/A
13A11927	24101052	Recipe	Potato, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil	19.6	0.2	Calculated based on the recipe	#N/A	1
02A10499	12602003	Recipe	Rice, ground brown rice, with added dry fruit, uncooked	19.6	0.0	Calculated based on the recipe	#N/A	1
02A10465	12601013	Recipe	Porridge, rolled oats mixed with sugar or honey & other flavours, prepared with soy milk	19.6	2.7	Calculated based on the recipe	#N/A	#N/A
09D10250	1950800	Recipe	Ice cream, soft serve, vanilla, with chocolate cream filled biscuit, fast food style	19.6	1.6	Calculated based on the recipe	#N/A	#N/A

	5							recipe		
02B10651	1230201 2	Recipe	Bread, Roti, commercial			19.5	45.6	Calculated based on the recipe	#N/A	#N/A
02F30308	1350303 5	Recipe	Filled bread roll, commercial, vegetable, cheese & oil based sauce			19.5	0.2	Calculated based on the recipe	#N/A	#N/A
12C10560	2810302 2	Recipe	Confectionery, ginger, chocolate-coated			19.5	0.0	Calculated based on the recipe	#N/A	#N/A
13B10282	2490101 7	Recipe	Curry, homemade, vegetable & legume, homemade sauce			19.5	0.6	Calculated based on the recipe	#N/A	#N/A
02E10527	1330400 4	Recipe	Muffin, cake-style, apricot, homemade from basic ingredients, uniced			19.5	0.2	Calculated based on the recipe	#N/A	#N/A
02C20336	1310100 9	Recipe	Biscuit, sweet, gingerbread, homemade from basic ingredients, fat not further defined, uniced			19.5	0.1	Calculated based on the recipe	#N/A	1
08F11041	1870200 6	Recipe	Casserole, homemade, beef, vegetable & legume, homemade sauce, with rice or pasta			19.5	10.7	Calculated based on the recipe	#N/A	#N/A
09B20089	1940800 2	Recipe	Cheese, for use on sandwiches, not further defined			19.5	0.6	Calculated based on the recipe	#N/A	5
08F11014	1870900 1	Recipe	Frozen meal, pork & vegetables with rice			19.5	1.3	Calculated based on the recipe	#N/A	#N/A
02F40437	1350906 6	Recipe	Pasta dish, cooked filled pasta, tomato based sauce, added vegetables			19.5	6.5	Calculated based on the recipe	#N/A	#N/A
02F30306	1350303 4	Recipe	Filled bread roll, commercial, vegetable, cheese & no sauce			19.5	0.2	Calculated based on the recipe	#N/A	#N/A
09E10066	2020100 2	Recipe	Milkshake, non-chocolate or coffee flavours, soy milk, without ice cream			19.5	0.5	Calculated based on the recipe	#N/A	#N/A
02F40430	1350700 6	Recipe	Mexican taco, hard shell, bean, with cheese & salsa			19.4	0.3	Calculated based on the recipe	#N/A	#N/A
02F40369	1350903 8	Recipe	Pasta dish, commercial, cooked unilled pasta, tomato based sauce			19.4	18.5	Calculated based on the recipe	#N/A	#N/A
02E50340	1360400 6	Recipe	Fritter, banana, fried or deep-fried			19.4	0.1	Calculated based on the recipe	#N/A	#N/A
02C10153	1320401 0	Recipe	Biscuit, savoury, rice cracker, not further defined			19.4	0.0	Calculated based on the recipe	#N/A	#N/A
08F11087	1880100 3	Recipe	Frozen meal, sausage & vegetables			19.4	2.5	Calculated based on the recipe	#N/A	#N/A
02F40380	1350905 3	Recipe	Pasta dish, homemade, cooked unilled pasta, homemade tomato based sauce, added salmon or tuna, with or without added vegetables			19.3	27.1	Calculated based on the recipe	#N/A	#N/A
02F20066	1350306	Recipe	Sandwich or roll, filled with			19.3	31.6	Calculated based on the	#N/A	#N/A

	5		tuna & salad					recipe		
02F40410	13510003	Recipe	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce			19.3	16.5	Calculated based on the recipe	#N/A	#N/A
08F11083	18902006	Recipe	Crepe or pancake, savoury, filled with duck & vegetables, with sauce (Peking duck)			19.3	3.1	Calculated based on the recipe	#N/A	#N/A
13A11832	24401016	Recipe	Spinach, fresh, boiled, microwaved or steamed, drained			19.3	102.6	Calculated based on the recipe	#N/A	10
02F40383	13509042	Recipe	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce, added vegetables			19.2	17.8	Calculated based on the recipe	#N/A	#N/A
10C10571	21601003	Recipe	Soup, hot & sour (tom yum), prepared with stock or water			19.2	1.2	Calculated based on the recipe	#N/A	#N/A
02F30309	13503036	Recipe	Filled bread roll, commercial, vegetable, cheese & water based sauce			19.2	0.2	Calculated based on the recipe	#N/A	#N/A
10A10531	23108004	Recipe	Sauce, mustard, homemade			19.2	0.2	Calculated based on the recipe	#N/A	#N/A
05D10381	13514004	Recipe	Sushi, chicken, with seaweed			19.2	2.1	Calculated based on the recipe	#N/A	1
02B10748	12214002	Recipe	Bread, commercial, fresh, not further defined			19.2	23.9	Calculated based on the recipe	#N/A	20
02B10755	12214003	Recipe	Bread, commercial, toasted, not further defined			19.2	23.9	Calculated based on the recipe	#N/A	1
08F10922	13405033	Recipe	Pie, savoury, without pastry, meat filling, topped with mashed potato & cheese, homemade from basic ingredients			19.2	1.4	Calculated based on the recipe	#N/A	#N/A
02F40425	13507025	Recipe	Mexican wrap, beef & bean, with cheese, guacamole, salad & salsa			19.2	2.4	Calculated based on the recipe	#N/A	#N/A
13A12617	24103020	Recipe	Potato, filled with legumes &/or vegetables			19.2	0.2	Calculated based on the recipe	#N/A	#N/A
02B10741	12201015	Recipe	Bread, from white flour, chia seeds, commercial			19.2	28.7	Calculated based on the recipe	#N/A	4
02B10742	12201016	Recipe	Bread, from white flour, chia seeds, commercial, toasted			19.2	28.7	Calculated based on the recipe	#N/A	#N/A
02E20102	12305005	Recipe	Bread, from wheat flour, homemade from basic ingredients, added dried fruit			19.2	0.1	Calculated based on the recipe	#N/A	1
02E20120	12305010	Recipe	Panettone			19.2	0.1	Calculated based on the recipe	#N/A	#N/A
10C10532	21101001	Recipe	Soup, beef & vegetable, prepared with stock or water, homemade from basic ingredients			19.1	10.1	Calculated based on the recipe	#N/A	#N/A
09B10178	1940300	Analysed	Cheese, neufchatel		#REF!	19.1	--	Calculated based on the	#N/A	1



	8							recipe		
13B10336	25202014	Recipe	Salad, chickpea, with vegetables			19.1	0.1	Calculated based on the recipe	#N/A	#N/A
10C10570	21101023	Recipe	Soup, seaweed, with or without meat, vegetables & grains or pasta			19.1	5.8	Calculated based on the recipe	#N/A	#N/A
06A10125	16901007	Recipe	Strawberry, chocolate coated			19.1	0.8	Calculated based on the recipe	#N/A	#N/A
09A50054	19303002	Recipe	Cream, sour, not further defined			19.1	0.6	Calculated based on the recipe	#N/A	12
02F10204	13501018	Recipe	Pizza, lamb, thick base, takeaway style & homemade			19.1	0.3	Calculated based on the recipe	#N/A	#N/A
02F40444	13509060	Recipe	Pasta dish, cooked filled pasta, dairy based sauce, added vegetables			19.1	7.0	Calculated based on the recipe	#N/A	#N/A
13A12183	24704007	Recipe	Sweetcorn, fresh or frozen on cob, boiled, microwaved or steamed, drained, added fat not further defined			19.0	0.0	Calculated based on the recipe	#N/A	#N/A
09B10211	19408004	Recipe	Cheese, for use in garden salads			19.0	0.4	Calculated based on the recipe	#N/A	11
02F10163	13501020	Recipe	Pizza, meat lovers, thick base, takeaway style & homemade			19.0	0.9	Calculated based on the recipe	#N/A	#N/A
13B10295	25202012	Recipe	Rissole or patty, vegetable or lentil, homemade, baked, fried, grilled or BBQ'd, no added fat			19.0	0.2	Calculated based on the recipe	#N/A	1
04A10087	14101004	Recipe	Butter, not further defined			19.0	0.4	Calculated based on the recipe	#N/A	36
10C10534	21101003	Recipe	Soup, beef, vegetable & legume, prepared with stock or water, homemade from basic ingredients			19.0	8.6	Calculated based on the recipe	#N/A	#N/A
10E10114	31302020	Recipe	Spice, mixed or all spice			18.9	1.8	Calculated based on the recipe	#N/A	8
13A12185	24102024	Recipe	Potato, gem, nugget or royal, regular, purchased frozen, par-fried in canola oil, raw			18.9	0.2	Calculated based on the recipe	#N/A	3
13A12616	24103021	Recipe	Potato, filled with meat & cheese &/or sour cream			18.9	0.8	Calculated based on the recipe	#N/A	#N/A
02B10720	12302011	Recipe	Bread, flat wrap or tortilla, wholemeal, commercial, toasted			18.9	0.0	Calculated based on the recipe	#N/A	#N/A
01B10458	30106003	Recipe	Oral supplement beverage, chocolate flavour, fortified (Sustagen Hospital), prepared with water			18.8	0.0	Calculated based on the recipe	#N/A	#N/A
01B10456	30106007	Recipe	Oral supplement beverage, vanilla flavour, fortified (Sustagen Hospital), prepared with water			18.8	0.0	Calculated based on the recipe	#N/A	#N/A
02D20031	1260100	Recipe	Porridge, rolled oats, prepared with			18.8	1.5	Calculated based on the	#N/A	#N/A

	4		skim cows milk					recipe		
02F20050	13504003	Recipe	Sandwich or roll, filled with cheese			18.8	16.2	Calculated based on the recipe	#N/A	1
13B10283	25202010	Recipe	Rissole or patty, vegetable or lentil, commercial, baked, fried, grilled or BBQ'd, no added fat			18.8	0.2	Calculated based on the recipe	#N/A	7
10C10568	21101011	Recipe	Soup, fish, prepared with stock or water, homemade from basic ingredients			18.8	3.1	Calculated based on the recipe	#N/A	#N/A
13A12369	24202006	Recipe	Broccoli, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			18.8	0.1	Calculated based on the recipe	#N/A	#N/A
09D10285	19508006	Recipe	Ice cream cone, soft serve vanilla ice cream, with wafer cone, fast food style			18.8	0.0	Calculated based on the recipe	#N/A	#N/A
09C10134	19207014	Recipe	Yoghurt, vanilla flavoured, reduced fat (2%), added berry pieces			18.7	0.7	Calculated based on the recipe	#N/A	#N/A
13A11933	24202004	Recipe	Broccoli, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil			18.7	0.1	Calculated based on the recipe	#N/A	#N/A
13A12370	24202005	Recipe	Broccoli, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			18.7	0.1	Calculated based on the recipe	#N/A	#N/A
13A11935	24202003	Recipe	Broccoli, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil			18.7	0.1	Calculated based on the recipe	#N/A	#N/A
13B20235	25202009	Analysed	Falafel, chickpea patty, deep fried, fat not further defined	1.520785	18.67695478	18.7	0.2	Calculated based on the recipe	#N/A	1
02A10480	22101002	Recipe	Seed, chia, cooked, no added salt			18.7	0.9	Calculated based on the recipe	#N/A	#N/A
10C10525	21601001	Recipe	Soup, beef & vegetable, from cafe or restaurant			18.7	2.6	Calculated based on the recipe	#N/A	#N/A
05D10383	13514005	Recipe	Sushi, chicken & avocado, with seaweed			18.7	2.0	Calculated based on the recipe	#N/A	1
02A10497	12601005	Recipe	Porridge, rolled oats, prepared with cows milk			18.7	0.6	Calculated based on the recipe	#N/A	#N/A
13A12539	24401017	Recipe	Spinach, fresh, boiled, microwaved or steamed, added fat not further defined			18.7	97.5	Calculated based on the recipe	#N/A	#N/A
13B10320	25202013	Recipe	Rissole or patty, vegetable or lentil, homemade, baked, fried, grilled or BBQ'd, fat not further defined			18.7	0.2	Calculated based on the recipe	#N/A	#N/A
13A12201	24102029	Recipe	Potato, hash brown, purchased frozen, par-fried in canola oil, raw			18.6	0.2	Calculated based on the recipe	#N/A	3
05D10392	15601004	Recipe	Casserole, homemade, salmon or tuna & vegetable, homemade dairy based sauce			18.6	1.6	Calculated based on the recipe	#N/A	#N/A
02D20036	1260101	Recipe	Porridge, rolled oats, with added fibre & Ca, prepared with cows milk			18.6	0.6	Calculated based on the	#N/A	#N/A

	0						recipe		
13A12413	24102013	Recipe	Potato, chips, homemade from fresh potato, deep fried or fried, fat not further defined			18.6	0.2	Calculated based on the recipe	#N/A #N/A
01B10374	20107001	Recipe	Babyccino, from soy milk			18.5	0.5	Calculated based on the recipe	#N/A #N/A
13A11857	24501008	Recipe	Snow pea, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			18.5	0.0	Calculated based on the recipe	#N/A #N/A
02B10691	12201010	Recipe	Bread, from spelt flour, commercial, toasted			18.5	40.5	Calculated based on the recipe	#N/A #N/A
02A10479	22102003	Recipe	Psyllium, cooked in soy milk, no added salt			18.5	0.6	Calculated based on the recipe	#N/A #N/A
02F40451	13509026	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added seafood, with or without added vegetables			18.4	24.7	Calculated based on the recipe	#N/A #N/A
13B10292	25202011	Recipe	Rissole or patty, vegetable or lentil, commercial, baked, fried, grilled or BBQ'd, fat not further defined			18.4	0.2	Calculated based on the recipe	#N/A 4
09A50055	19306001	Recipe	Cream, dairy, not further defined			18.4	0.1	Calculated based on the recipe	#N/A 59
13A12388	24102011	Recipe	Potato, chips, homemade from fresh potato, deep fried or fried, olive oil			18.4	0.2	Calculated based on the recipe	#N/A #N/A
13A12036	24102012	Recipe	Potato, chips, homemade from fresh potato, deep fried or fried, other oil			18.4	0.2	Calculated based on the recipe	#N/A #N/A
13A12039	24102010	Recipe	Potato, chips, homemade from fresh potato, deep fried or fried, canola oil			18.4	0.2	Calculated based on the recipe	#N/A #N/A
02E40115	13401009	Recipe	Pastry, dumpling wrapper, not further defined			18.4	0.0	Calculated based on the recipe	#N/A 4
01B10420	11202027	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, half shot, with soy milk not further defined			18.4	0.6	Calculated based on the recipe	#N/A #N/A
13A12296	24803012	Recipe	Mixed vegetables, fresh or frozen, broccoli & carrot, cooked			18.4	0.1	Calculated based on the recipe	#N/A #N/A
02E20113	13308002	Recipe	Scone, cheese, homemade from basic ingredients			18.4	0.3	Calculated based on the recipe	#N/A #N/A
02C20334	13103009	Recipe	Biscuit, sweet, sandwich, syrup wafer, commercial			18.4	0.1	Calculated based on the recipe	#N/A #N/A
02F10194	13502018	Recipe	Pizza, supreme, stuffed crust, fast food chain			18.4	0.7	Calculated based on the recipe	#N/A #N/A
08F10944	18902018	Recipe	Frozen meal, curry, chicken & rice, energy controlled portion			18.4	3.0	Calculated based on the recipe	#N/A #N/A
02E20121	1230600	Recipe	Bun, sweet, with taro			18.4	0.0	Calculated based on the recipe	#N/A #N/A

	8							recipe		
01B10489	11102003	Recipe	Chai latte, prepared from chai mix powder & reduced fat cows milk		18.3	0.5	Calculated based on the recipe	#N/A	#N/A	
09D10249	19508007	Recipe	Sundae, vanilla ice cream, caramel topping, fast food style		18.3	0.0	Calculated based on the recipe	#N/A	#N/A	
02E50259	13402001	Recipe	Baklava		18.3	0.2	Calculated based on the recipe	#N/A	#N/A	
10C10536	21101004	Recipe	Soup, beef, vegetable & legume, with pasta or grains, prepared with stock or water, homemade		18.3	9.6	Calculated based on the recipe	#N/A	#N/A	
02F40291	13511028	Recipe	Risotto, prawn & mixed vegetables, with cheese		18.3	4.8	Calculated based on the recipe	#N/A	#N/A	
02B10690	12201009	Recipe	Bread, from spelt flour, commercial		18.3	40.0	Calculated based on the recipe	#N/A	1	
02F40403	13509028	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added bacon, with or without added vegetables		18.3	21.2	Calculated based on the recipe	#N/A	#N/A	
05A10889	15501012	Recipe	Flathead, coated, takeaway outlet, deep fried		18.2	1.1	Calculated based on the recipe	#N/A	#N/A	
13A12040	24102022	Recipe	Potato, fries, homemade from fresh potato, peeled, deep-fried, fat not further defined		18.2	0.2	Calculated based on the recipe	#N/A	#N/A	
09D10248	19508011	Recipe	Sundae, vanilla ice cream, strawberry topping, fast food style		18.2	0.0	Calculated based on the recipe	#N/A	#N/A	
02E20097	13307005	Recipe	Scone, plain, homemade from basic ingredients		18.2	0.3	Calculated based on the recipe	#N/A	#N/A	
13A12114	24803013	Recipe	Mixed vegetables, fresh or frozen, broccoli, carrot & pea/bean, cooked, with or without fat		18.2	0.1	Calculated based on the recipe	#N/A	#N/A	
02F10153	13502008	Recipe	Pizza, pepperoni, thin base, takeaway style		18.2	0.6	Calculated based on the recipe	#N/A	#N/A	
02F10144	13501015	Recipe	Pizza, ham & pineapple, thin base, takeaway style		18.1	0.7	Calculated based on the recipe	#N/A	#N/A	
02F10127	13501017	Analysed	Pizza, ham & pineapple, thin base, fast food chain		18.1	0.7	Calculated based on the recipe	#N/A	#N/A	
09A30025	19105004	Recipe	Milk, cow, fluid, prepared from dry powder, skim, standard dilution		18.1	0.0	Calculated based on the recipe	#N/A	2	
09A30029	19105006	Recipe	Milk, cow, fluid, prepared from dry powder, skim, standard dilution		18.1	0.0	Calculated based on the recipe	#N/A	#N/A	
02F40332	13508001	Recipe	Mexican nachos, corn chips, beans, with cheese & salsa		18.1	0.4	Calculated based on the recipe	#N/A	#N/A	
02F10159	1350102	Recipe	Pizza, meat lovers, thick base, BBQ		18.1	0.9	Calculated based on the	#N/A	#N/A	

	1		sauce, fast food chain				recipe			
13A12172	2410301 2	Recipe	Potato bake, made with bacon, cheese &/or cream			18.1	0.4	Calculated based on the recipe	#N/A	#N/A
02E20103	1230500 6	Recipe	Bread, from wheat flour, homemade from basic ingredients, added dried fruit, toasted			18.1	0.1	Calculated based on the recipe	#N/A	#N/A
12C10565	2810300 4	Recipe	Bar, nougat & caramel centre, milk chocolate coated, battered, deep fried			18.1	0.0	Calculated based on the recipe	#N/A	#N/A
09B10208	1940100 3	Recipe	Cheese, cheddar, natural, flavoured			18.0	0.8	Calculated based on the recipe	#N/A	1
05D10388	1351400 6	Recipe	Sushi, chicken & avocado, without seaweed			18.0	2.0	Calculated based on the recipe	#N/A	#N/A
13A12594	2480301 0	Recipe	Mixed vegetables, fresh or frozen, without carrot, pumpkin or sweet potato, cooked, no added fat			18.0	0.8	Calculated based on the recipe	#N/A	1
13B20293	2520200 5	Recipe	Curry, homemade, chick pea & vegetable, homemade sauce, with rice or noodles			18.0	16.7	Calculated based on the recipe	#N/A	#N/A
02B10600	1220900 6	Recipe	Bread, from wholemeal flour, homemade from basic ingredients, added salt			18.0	40.1	Calculated based on the recipe	#N/A	3
02B10601	1220900 7	Recipe	Bread, from wholemeal flour, homemade from basic ingredients, added salt, toasted			18.0	40.1	Calculated based on the recipe	#N/A	#N/A
09A10204	1910300 7	Recipe	Milk, cow, fluid, reduced fat (1-2%), not further defined			18.0	0.6	Calculated based on the recipe	#N/A	22
13A11856	2440101 2	Recipe	Silverbeet, fresh or frozen, boiled, microwaved or steamed, drained			18.0	0.3	Calculated based on the recipe	#N/A	3
02F10160	1350101 9	Recipe	Pizza, meat lovers, BBQ sauce, purchased frozen, baked			18.0	0.9	Calculated based on the recipe	#N/A	#N/A
10C10557	2110101 5	Recipe	Soup, lamb & vegetable, with grains or pasta, prepared with stock or water, homemade from basic ingredients			18.0	2.6	Calculated based on the recipe	#N/A	#N/A
13A12621	2480300 7	Recipe	Mixed vegetables, fresh or frozen, raw			17.9	0.4	Calculated based on the recipe	#N/A	#N/A
02C20359	1310501 0	Recipe	Biscuit, sweet, wheatmeal, chocolate-coated, commercial			17.9	0.8	Calculated based on the recipe	#N/A	1
13A12600	2490401 7	Recipe	Salad, garden, added nuts &/or seeds, no added dressing			17.9	11.2	Calculated based on the recipe	#N/A	#N/A
13A12643	2480303 7	Recipe	Mixed vegetables, cooked, not further defined			17.9	0.1	Calculated based on the recipe	#N/A	#N/A
05D10417	1560200 1	Recipe	Casserole, homemade, salmon or tuna & vegetable, homemade sauce, with rice or pasta			17.9	5.9	Calculated based on the recipe	#N/A	#N/A
09A10209	1980400	Recipe	Thickshake, vanilla flavour,			17.9	0.3	Calculated based on the	#N/A	#N/A

	8		fast food style					recipe		
09A50058	1930600 3	Recipe	Cream, dairy, sugar sweetened, whipped, homemade			17.9	0.1	Calculated based on the recipe	#N/A	4
02E10521	1330401 5	Recipe	Muffin, cake-style, coconut & lemon, homemade from basic ingredients, uniced			17.9	0.3	Calculated based on the recipe	#N/A	#N/A
02B10674	1220600 3	Recipe	Bread, mixed grain, homemade from basic ingredients, added salt			17.9	16.4	Calculated based on the recipe	#N/A	3
02B10675	1220600 4	Recipe	Bread, mixed grain, homemade from basic ingredients, added salt, toasted			17.9	16.4	Calculated based on the recipe	#N/A	#N/A
02F10141	1350103 1	Recipe	Pizza, supreme, thick base, takeaway style & homemade			17.8	0.7	Calculated based on the recipe	#N/A	#N/A
02F10126	1350103 2	Analysed	Pizza, supreme, thick base, fast food chain			17.8	0.7	Calculated based on the recipe	#N/A	#N/A
02F10125	1350103 3	Analysed	Pizza, supreme, thin base, fast food chain			17.8	0.7	Calculated based on the recipe	#N/A	#N/A
02E60312	1351300 7	Recipe	Steamed bun, savoury, pork			17.8	1.3	Calculated based on the recipe	#N/A	#N/A
10A10507	1870102 3	Recipe	Sauce, pasta, beef bolognese, commercial			17.8	1.2	Calculated based on the recipe	#N/A	3
13A12570	2430204 7	Recipe	Sweet potato, chips, regular, purchased frozen, par-fried in canola oil, raw			17.8	0.0	Calculated based on the recipe	#N/A	1
09B10212	1940800 3	Recipe	Cheese, for use on crackers or cheese platters			17.8	0.4	Calculated based on the recipe	#N/A	1
13A12556	2480302 3	Recipe	Mixed vegetables, cooked, for use in stir fry recipes			17.8	2.6	Calculated based on the recipe	#N/A	31
10C10565	2110101 8	Recipe	Soup, mussel, oyster or scallop, homemade from basic ingredients			17.8	0.7	Calculated based on the recipe	#N/A	#N/A
02F40345	1350903 4	Recipe	Pasta dish, cooked unfilled pasta, oil based sauce, added bacon, with or without added vegetables			17.8	24.7	Calculated based on the recipe	#N/A	#N/A
04D10043	1420300 2	Recipe	Fat, butter or dairy blend, for homemade cakes, biscuits & puddings, not further defined			17.8	0.3	Calculated based on the recipe	#N/A	35
01B10542	3010402 2	Recipe	Protein or meal replacement powder, not further defined, prepared with water			17.7	0.0	Calculated based on the recipe	#N/A	#N/A
02E60297	1340501 3	Recipe	Pasty, filled with vegetables, homemade from basic ingredients			17.7	0.1	Calculated based on the recipe	#N/A	#N/A
02E60285	1340601 3	Analysed	Spring roll, meat &/or vegetable, purchased frozen, deep fried	0.205 176	13.69316314	17.7	1.4	Calculated based on the recipe	#N/A	#N/A

02E60286	13406017	Analysed	Spring roll, meat & vegetable filling, takeaway style, deep fried	17.7	1.4	Calculated based on the recipe	#N/A	#N/A
02F40384	13509049	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added bacon, with or without added vegetables	17.7	25.4	Calculated based on the recipe	#N/A	1
02E50327	13402020	Recipe	Tart or tarte tatin, banana, homemade	17.7	0.1	Calculated based on the recipe	#N/A	#N/A
02F40298	13511018	Recipe	Rice, white, fried with lentils	17.7	0.1	Calculated based on the recipe	#N/A	#N/A
02F40447	13510007	Recipe	Pasta dish, cooked filled pasta, dairy based sauce	17.7	6.3	Calculated based on the recipe	#N/A	#N/A
13A12545	24501009	Recipe	Snow pea, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	17.7	0.0	Calculated based on the recipe	#N/A	#N/A
10F20111	23301007	Recipe	Mayonnaise, commercial, not further defined	17.6	0.0	Calculated based on the recipe	#N/A	10
13B10277	23502011	Recipe	Dip, olive, commercial	17.6	0.0	Calculated based on the recipe	#N/A	1
01B10555	11803005	Recipe	Beverage, chocolate flavour, from drinking chocolate, with soy milk	17.6	0.5	Calculated based on the recipe	#N/A	#N/A
10D10170	26102001	Recipe	Beetroot crisps or chips, plain, salted	17.6	380.9	Calculated based on the recipe	#N/A	#N/A
02C20387	13103001	Recipe	Biscuit, sweet, gingerbread, homemade from basic ingredients, fat not further defined, iced	17.6	0.1	Calculated based on the recipe	#N/A	#N/A
02F30304	13503033	Recipe	Filled bread roll, commercial, vegetable & water based sauce	17.6	0.1	Calculated based on the recipe	#N/A	#N/A
05D10385	13514016	Recipe	Sushi, salmon, with seaweed	17.5	0.2	Calculated based on the recipe	#N/A	1
02C10165	26401002	Recipe	Cracker, with cheese not further defined	17.5	7.2	Calculated based on the recipe	#N/A	#N/A
02C10159	26401015	Recipe	Snack pack, savoury, white wheat flour biscuit with processed vegemite flavoured cheese spread	17.5	21.0	Calculated based on the recipe	#N/A	#N/A
09A10212	19804005	Recipe	Thickshake, caramel flavour, fast food style	17.4	0.3	Calculated based on the recipe	#N/A	#N/A
09A10194	19803006	Recipe	Milk, cow, fluid, flavoured, coffee, reduced fat	17.4	0.6	Calculated based on the recipe	#N/A	1
02B10708	12209001	Recipe	Bread, damper, from wholemeal flour, homemade from basic ingredients	17.4	35.3	Calculated based on the recipe	#N/A	#N/A
02F10167	13501006	Recipe	Pizza, chicken & bacon, thin base, BBQ sauce, takeaway style	17.4	1.4	Calculated based on the recipe	#N/A	#N/A

02E50328	13402022	Recipe	Turnover, apple			17.4	0.0	Calculated based on the recipe	#N/A	#N/A
13A11907	24101050	Recipe	Potato, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			17.4	0.3	Calculated based on the recipe	#N/A	2
02E20109	12305007	Recipe	Bun, sweet, chocolate or with chocolate chips, uniced			17.4	0.8	Calculated based on the recipe	#N/A	1
13A12351	24901014	Recipe	Curry, homemade, vegetable, homemade dairy based sauce			17.4	1.1	Calculated based on the recipe	#N/A	#N/A
10D10171	26102002	Recipe	Vegetable crisps or chips, plain, salted			17.4	0.3	Calculated based on the recipe	#N/A	#N/A
08G10027	20601001	Recipe	Meat alternative, commercial, cooked, no added fat			17.4	5.5	Calculated based on the recipe	#N/A	1
09A50057	19306002	Recipe	Cream, dairy, sugar sweetened, whipped, commercial			17.4	0.1	Calculated based on the recipe	#N/A	1
09A10211	19804007	Recipe	Thickshake, strawberry flavour, fast food style			17.3	0.3	Calculated based on the recipe	#N/A	#N/A
02F40333	13508002	Recipe	Mexican nachos, corn chips, beans, with cheese, guacamole & salsa			17.3	0.4	Calculated based on the recipe	#N/A	#N/A
02A10398	12601002	Recipe	Porridge, rolled oats, prepared with regular fat cows milk			17.3	0.5	Calculated based on the recipe	#N/A	#N/A
02F10196	13502020	Recipe	Pizza, cheese & tomato, flat bread base, homemade			17.3	0.1	Calculated based on the recipe	#N/A	#N/A
02F40289	13511024	Recipe	Risotto, chicken & mixed vegetables, with cheese			17.3	5.9	Calculated based on the recipe	#N/A	#N/A
02F10164	13501008	Recipe	Pizza, chicken & bacon, thin base, BBQ sauce, fast food chain			17.2	1.4	Calculated based on the recipe	#N/A	#N/A
02B10763	12214008	Recipe	Bread roll, for use in subway sandwich recipes			17.2	0.0	Calculated based on the recipe	#N/A	35
02F30313	12307002	Recipe	Bread, garlic or herb, homemade, cooked			17.2	18.2	Calculated based on the recipe	#N/A	#N/A
02F10157	13502010	Recipe	Pizza, pepperoni, thin base, fast food chain			17.2	0.5	Calculated based on the recipe	#N/A	#N/A
13A12576	24201009	Recipe	Brussels sprout, fresh or frozen, baked, roasted, stir-fried, fried, grilled or BBQ'd, fat not further defined			17.2	0.7	Calculated based on the recipe	#N/A	#N/A
02E50250	28201001	Recipe	Confectionery, white Christmas, homemade			17.2	0.2	Calculated based on the recipe	#N/A	#N/A
02B10793	12201004	Recipe	Bread, croutons, commercial or homemade			17.2	35.5	Calculated based on the recipe	#N/A	1



13A12596	2480301 1	Recipe	Mixed vegetables, fresh or frozen, without carrot, pumpkin or sweet potato, cooked, fat not further defined			17.2	0.8	Calculated based on the recipe	#N/A	#N/A
13A12553	2480302 0	Recipe	Mixed vegetables, cooked, for use in coconut-based curry recipes			17.1	2.6	Calculated based on the recipe	#N/A	14
09A40030	1980400 3	Recipe	Milkshake, non-chocolate or coffee flavours, reduced fat cows milk, with ice cream			17.1	0.5	Calculated based on the recipe	#N/A	#N/A
09B20086	1940301 0	Recipe	Cheese, ricotta, not further defined			17.1	0.0	Calculated based on the recipe	#N/A	13
08F10998	1890201 5	Recipe	Frozen meal, chicken, vegetables & noodles or pasta, energy controlled portion			17.1	25.4	Calculated based on the recipe	#N/A	#N/A
10C10535	2110100 2	Recipe	Soup, beef & vegetable, with pasta or grains, prepared with stock or water, homemade from basic ingredients			17.1	10.7	Calculated based on the recipe	#N/A	#N/A
13B10319	2490300 3	Recipe	Mixed vegetable, tempura coating, fried or deep fried, fat not further defined			17.1	0.2	Calculated based on the recipe	#N/A	#N/A
08F10910	2490300 5	Analysed	Pakora (coated & deep fried vegetables), Indian restaurant-style			17.1	0.2	Calculated based on the recipe	#N/A	#N/A
05D10423	1351401 7	Recipe	Sushi, salmon, without seaweed			17.0	0.2	Calculated based on the recipe	#N/A	#N/A
09D10281	1690100 2	Recipe	Banana split, banana with added ice cream, whipped cream, topping & nuts			17.0	0.3	Calculated based on the recipe	#N/A	#N/A
13A12555	2480302 1	Recipe	Mixed vegetables, cooked, for use in all other curry recipes			17.0	1.2	Calculated based on the recipe	#N/A	21
02E50341	1360400 7	Recipe	Fritter, pineapple, fried or deep-fried			17.0	0.0	Calculated based on the recipe	#N/A	#N/A
08F11123	1880200 1	Recipe	Casserole, homemade, sausage & vegetable, homemade sauce, with rice or pasta			17.0	6.4	Calculated based on the recipe	#N/A	#N/A
09B10207	1940300 6	Recipe	Cheese, cream, fruit flavoured			17.0	0.3	Calculated based on the recipe	#N/A	#N/A
13A12589	2490400 1	Recipe	Salad, broccoli, no added dressing			17.0	1.8	Calculated based on the recipe	#N/A	#N/A
02F10132	1350101 3	Analysed	Pizza, ham & pineapple, purchased frozen, baked	0.080 628	17	17.0	0.6	Calculated based on the recipe	#N/A	#N/A
09D10230	1950300 5	Recipe	Ice cream, neopolitan or rainbow flavour, low fat (3% fat)			17.0	0.0	Calculated based on the recipe	#N/A	#N/A
09A10222	1980100 8	Recipe	Milk, cow, fluid, flavoured, chocolate, not further defined			17.0	0.2	Calculated based on the recipe	#N/A	#N/A
13A12058	2470301 4	Recipe	Mushroom, fresh or frozen, raw, not further defined			17.0	11.0	Calculated based on the recipe	#N/A	10

01B10343	11202020	Recipe	Coffee, flat white or latte, from ground coffee beans, with regular fat soy milk	16.9	0.5	Calculated based on the recipe	#N/A	#N/A
05D10427	13514001	Recipe	Sushi, bacon & vegetable, with seaweed	16.9	0.9	Calculated based on the recipe	#N/A	#N/A
13A11811	24201010	Recipe	Brussels sprout, fresh, boiled, microwaved or steamed, drained	16.9	0.7	Calculated based on the recipe	#N/A	2
02B10729	12214006	Recipe	Bread roll, commercial, fresh, not further defined	16.9	0.0	Calculated based on the recipe	#N/A	#N/A
02F40375	13509044	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce, added bacon, with or without added vegetables	16.8	25.2	Calculated based on the recipe	#N/A	#N/A
02C10160	13201013	Recipe	Biscuit, savoury, not further defined	16.8	23.5	Calculated based on the recipe	#N/A	2
09D20116	19602006	Recipe	Custard, dairy, vanilla, not further defined	16.8	0.2	Calculated based on the recipe	#N/A	5
09A10210	19804006	Recipe	Thickshake, chocolate flavour, fast food style	16.8	0.3	Calculated based on the recipe	#N/A	#N/A
02F10168	13501004	Recipe	Pizza, chicken & bacon, BBQ sauce, purchased frozen, baked	16.8	1.3	Calculated based on the recipe	#N/A	#N/A
09A30024	19101007	Recipe	Milk, cow, fluid, prepared from dry powder, regular fat, standard dilution	16.8	0.0	Calculated based on the recipe	#N/A	3
09A30027	19101009	Recipe	Milk, cow, fluid, prepared from dry powder, regular fat, standard dilution	16.8	0.0	Calculated based on the recipe	#N/A	#N/A
01B10490	11102004	Recipe	Chai latte, prepared from chai mix powder & skim cows milk	16.7	1.5	Calculated based on the recipe	#N/A	#N/A
02B10679	12207019	Recipe	Bread, from white & wholemeal flour, commercial	16.7	35.6	Calculated based on the recipe	#N/A	1
02B10680	12207020	Recipe	Bread, from white & wholemeal flour, commercial, toasted	16.7	35.6	Calculated based on the recipe	#N/A	#N/A
04D10045	14602002	Recipe	Fat, butter, dairy blend, ghee or margarine, not further defined, for use in meat, fish, poultry & vegetable recipes	16.7	0.3	Calculated based on the recipe	#N/A	37
01B10549	30106008	Recipe	Oral supplement beverage, Ensure, prepared with water or milk	16.7	0.3	Calculated based on the recipe	#N/A	#N/A
09B20083	19401005	Recipe	Cheese, cheddar, natural, plain, not further defined	16.7	0.6	Calculated based on the recipe	#N/A	56
10C10562	21601005	Recipe	Soup, laksa, prawn or seafood, with noodles, prepared with coconut milk	16.7	9.2	Calculated based on the recipe	#N/A	#N/A
02B10666	12201019	Recipe	Bread, from white flour, French stick or baguette, commercial	16.7	34.4	Calculated based on the recipe	#N/A	3

13A12283	24803018	Recipe	Mixed green vegetables, for omelette recipes			16.6	37.4	Calculated based on the recipe	#N/A	2
02F40334	13508008	Recipe	Mexican nachos, corn chips, with cheese & salsa			16.6	0.6	Calculated based on the recipe	#N/A	#N/A
02F30213	12304005	Recipe	Bread or bread roll, topped/mixed with cheese & vegemite			16.6	0.1	Calculated based on the recipe	#N/A	#N/A
05D10415	15602008	Recipe	Snack pack, savoury, white wheat flour biscuit with tuna			16.6	7.6	Calculated based on the recipe	#N/A	#N/A
09A40045	19803007	Recipe	Milkshake, chocolate or coffee flavour, reduced fat cows milk, with ice cream			16.6	0.6	Calculated based on the recipe	#N/A	#N/A
13A12004	24402006	Recipe	Asparagus, green, fresh or frozen, baked, roasted, stir-fried or fried, grilled or BBQ'd, no added fat			16.6	0.6	Calculated based on the recipe	#N/A	#N/A
02A10445	12101021	Recipe	Quinoa, cooked in water, no added salt			16.6	149.2	Calculated based on the recipe	#N/A	1
08F10996	13509005	Recipe	Frozen meal, pasta with bolognese sauce			16.6	21.5	Calculated based on the recipe	#N/A	#N/A
13A12569	23202002	Recipe	Ginger, pickled, drained			16.5	0.0	Calculated based on the recipe	#N/A	#N/A
02E60349	13405025	Recipe	Pie, savoury, meat & vegetable filling, homemade from basic ingredients			16.5	1.4	Calculated based on the recipe	#N/A	#N/A
02A10477	12101022	Recipe	Quinoa, cooked in water & fat, no added salt			16.5	147.1	Calculated based on the recipe	#N/A	#N/A
02A10483	12103019	Recipe	Semolina, cooked in cows milk, no added salt			16.5	0.6	Calculated based on the recipe	#N/A	#N/A
02A10467	12601015	Recipe	Porridge, rolled oats mixed with sugar, flavours & dried fruit, prepared with cows milk			16.5	0.5	Calculated based on the recipe	#N/A	#N/A
02A10495	12401023	Recipe	Pasta, unfilled, for homemade pasta recipes			16.5	48.1	Calculated based on the recipe	#N/A	36
02C10146	26401012	Recipe	Snack pack, savoury, rice cracker with reduced fat cheddar cheese			16.5	0.0	Calculated based on the recipe	#N/A	#N/A
10A10534	23109010	Recipe	Paste, curry, commercial, not further defined			16.4	0.6	Calculated based on the recipe	#N/A	3
13A12289	24803016	Recipe	Mixed vegetables, fresh, carrot, corn & pea/bean, cooked, with or without fat			16.4	0.1	Calculated based on the recipe	#N/A	#N/A
02F40245	13509001	Recipe	Cannelloni, homemade, filled with spinach & ricotta, with commercial based tomato sauce			16.4	28.4	Calculated based on the recipe	#N/A	#N/A
02B10709	12207001	Recipe	Bread, damper, from wholemeal flour, commercial			16.4	34.4	Calculated based on the recipe	#N/A	1

02B10710	1220700 2	Recipe	Bread, damper, from wholemeal flour, commercial, toasted	16.4	34.4	Calculated based on the recipe	#N/A	#N/A
05D10377	1351401 5	Recipe	Sushi, salmon & avocado, with seaweed	16.4	0.3	Calculated based on the recipe	#N/A	1
02F10166	1350100 5	Recipe	Pizza, chicken & bacon, thick base, BBQ sauce, takeaway style or homemade	16.3	1.3	Calculated based on the recipe	#N/A	#N/A
10C10526	2160100 2	Recipe	Soup, chicken & vegetable, from cafe or restaurant	16.3	0.8	Calculated based on the recipe	#N/A	#N/A
13A12372	2420200 9	Recipe	Broccoli, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined	16.3	0.1	Calculated based on the recipe	#N/A	#N/A
02F40400	1350903 2	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added vegetables	16.2	25.3	Calculated based on the recipe	#N/A	#N/A
02F40267	1350901 5	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial beef bolognese sauce	16.2	24.1	Calculated based on the recipe	#N/A	1
02F10165	1350100 7	Recipe	Pizza, chicken & bacon, thick base, BBQ sauce, fast food chain	16.2	1.3	Calculated based on the recipe	#N/A	#N/A
09D10272	1950500 1	Recipe	Ice cream, sandwich, vanilla flavour, with chocolate flavour biscuit, regular fat	16.2	0.0	Calculated based on the recipe	#N/A	#N/A
13B10276	2350200 1	Recipe	Dip, avocado or guacamole, commercial	16.2	0.2	Calculated based on the recipe	#N/A	1
09A10236	1910900 4	Recipe	Milk, dairy or dairy alternative, not further defined, for use in protein drinks	16.2	0.9	Calculated based on the recipe	#N/A	16
02F30331	2070100 2	Recipe	Hamburger, no roll, vegetable & lentil patty, with salad, takeaway & homemade	16.2	19.9	Calculated based on the recipe	#N/A	#N/A
02B10758	1221300 3	Recipe	Bread, gluten free, with added grains, commercial	16.1	1.3	Calculated based on the recipe	#N/A	1
02B10759	1221300 4	Recipe	Bread, gluten free, with added grains, commercial, toasted	16.1	1.3	Calculated based on the recipe	#N/A	#N/A
10C10515	2110200 6	Recipe	Soup, miso, with tofu & seaweed	16.1	0.0	Calculated based on the recipe	#N/A	#N/A
02F40356	1350901 6	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial beef bolognese sauce & added vegetables	16.1	25.8	Calculated based on the recipe	#N/A	1
13B20291	2520200 3	Recipe	Casserole, homemade, vegetable & tofu, homemade tomato based sauce	16.1	1.3	Calculated based on the recipe	#N/A	1
09A40038	1980400 4	Recipe	Milkshake, non-chocolate or coffee flavours, reduced fat cows milk, without ice cream	16.1	0.5	Calculated based on the recipe	#N/A	#N/A
02F30291	1350505 6	Recipe	Vegetable or lentil burger, bread roll, vegetable patty, with cheese, takeaway & homemade	16.1	0.1	Calculated based on the recipe	#N/A	#N/A

02E10503	19702005	Recipe	Cake, cheesecake, biscuit base, plain cream cheese topping, homemade from basic ingredients	16.1	0.1	Calculated based on the recipe	#N/A	#N/A
02F40327	13507007	Recipe	Mexican taco, hard shell, bean, with cheese, salad & salsa	16.0	0.2	Calculated based on the recipe	#N/A	#N/A
09A40061	19806007	Recipe	Smoothie, cows milk, all flavours, added mixed fruit & nuts or seeds	16.0	0.8	Calculated based on the recipe	#N/A	#N/A
10C10563	21101022	Recipe	Soup, pork, vegetable & legume, prepared with stock or water, homemade from basic ingredients	16.0	0.5	Calculated based on the recipe	#N/A	#N/A
09A10205	19105003	Recipe	Milk, cow, fluid, skim (~0.15% fat), not further defined	16.0	1.9	Calculated based on the recipe	#N/A	14
13A11905	24101049	Recipe	Potato, peeled, raw, not further defined	16.0	0.2	Calculated based on the recipe	#N/A	70
13A11916	24402008	Recipe	Asparagus, green, fresh or frozen, boiled, microwaved or steamed, drained	16.0	0.6	Calculated based on the recipe	#N/A	3
01B10367	11202010	Recipe	Coffee, cappuccino, from ground coffee beans, with regular fat soy milk	16.0	0.5	Calculated based on the recipe	#N/A	#N/A
01B10432	19803002	Recipe	Iced coffee, reduced fat cows milk, with ice cream	16.0	0.5	Calculated based on the recipe	#N/A	#N/A
02B10669	12201018	Recipe	Bread, from white flour, ciabatta, commercial, toasted	16.0	33.0	Calculated based on the recipe	#N/A	#N/A
02B10671	12201022	Recipe	Bread, from white flour, pane di casa, commercial, toasted	16.0	33.0	Calculated based on the recipe	#N/A	#N/A
02C20391	13104001	Recipe	Biscuit, sweet, macaron (almond based), filled	16.0	0.3	Calculated based on the recipe	#N/A	#N/A
13A11893	24202011	Recipe	Broccolini, fresh or frozen, boiled, microwaved or steamed, drained	15.9	0.3	Calculated based on the recipe	#N/A	2
02F40299	13511023	Recipe	Risotto, beef, lamb or pork & mixed vegetable, with cheese	15.9	6.0	Calculated based on the recipe	#N/A	#N/A
02F10143	13501014	Recipe	Pizza, ham & pineapple, thick base, takeaway style & homemade	15.9	0.6	Calculated based on the recipe	#N/A	#N/A
02F10128	13501016	Analysed	Pizza, ham & pineapple, thick base, fast food chain	15.9	0.6	Calculated based on the recipe	#N/A	#N/A
13A11858	24501010	Recipe	Snow pea, fresh or frozen, boiled, microwaved or steamed, drained	15.9	0.0	Calculated based on the recipe	#N/A	4
02C10162	13204011	Recipe	Biscuit, savoury, rice flour, peanut cracker	15.8	0.0	Calculated based on the recipe	#N/A	#N/A
13A12005	24402007	Recipe	Asparagus, green, fresh or frozen, baked, roasted, stir-fried or fried, grilled or BBQ'd, fat not further defined	15.8	0.6	Calculated based on the recipe	#N/A	#N/A

02F40464	13507005	Recipe	Mexican nachos, corn chips, with salsa			15.8	0.6	Calculated based on the recipe	#N/A	#N/A
08F10904	24901009	Analysed	Curry, commercial, spinach & cheese (palak paneer)			15.8	0.7	Calculated based on the recipe	#N/A	#N/A
13A12221	24901010	Recipe	Curry, commercial, vegetable, cream based sauce			15.8	0.7	Calculated based on the recipe	#N/A	#N/A
09A10219	19109002	Recipe	Milk, cow, fluid, lactose free, unfortified, not further defined			15.8	0.6	Calculated based on the recipe	#N/A	1
13A11854	24302050	Recipe	Taro, peeled, fresh or frozen, boiled, microwaved or steamed, drained			15.8	0.0	Calculated based on the recipe	#N/A	1
13A12219	24901012	Recipe	Curry, homemade, vegetable, homemade sauce			15.8	1.0	Calculated based on the recipe	#N/A	2
02B10668	12201017	Recipe	Bread, from white flour, ciabatta, commercial			15.8	32.6	Calculated based on the recipe	#N/A	3
02B10670	12201021	Recipe	Bread, from white flour, pane di casa, commercial			15.8	32.6	Calculated based on the recipe	#N/A	3
02E10642	13302017	Recipe	Cake, lamington, filled with jam &/or cream			15.8	5.0	Calculated based on the recipe	#N/A	#N/A
12C10500	28302017	Recipe	Bar, muesli or snack, gluten free, with 20% dried fruit & 20% seeds			15.8	3.8	Calculated based on the recipe	#N/A	#N/A
02F40413	13514023	Recipe	Sushi, not further defined			15.8	0.7	Calculated based on the recipe	#N/A	#N/A
02F40342	13509037	Recipe	Pasta dish, cooked unfilled pasta, oil based sauce, added vegetables			15.7	25.2	Calculated based on the recipe	#N/A	#N/A
02B10667	12201020	Recipe	Bread, from white flour, French stick or baguette, commercial, toasted			15.7	32.5	Calculated based on the recipe	#N/A	4
13B10312	23502007	Recipe	Dip, capsicum, commercial, regular			15.7	0.3	Calculated based on the recipe	#N/A	1
02F30290	13505055	Recipe	Vegetable or lentil burger, bread roll, vegetable patty, takeaway & homemade			15.7	0.1	Calculated based on the recipe	#N/A	#N/A
02F30334	13503069	Recipe	Hot dog, bread roll, vegetarian style frankfurt filling			15.7	18.4	Calculated based on the recipe	#N/A	#N/A
02E20096	13307006	Recipe	Scone, pumpkin, commercial			15.7	0.0	Calculated based on the recipe	#N/A	#N/A
02E60321	13406012	Label Data	Spring roll, meat &/or vegetable, purchased frozen, baked	0.509422	10.75654927	15.7	1.3	Calculated based on the recipe	#N/A	#N/A
13A12592	2480300	Recipe	Mixed vegetables, fresh or frozen, with carrot, pumpkin or sweet potato, cooked,			15.7	0.5	Calculated based on the	#N/A	1

	8		no added fat				recipe		
09A10206	19109003	Recipe	Milk, cow, fluid, unflavoured, not further defined		15.7	0.8	Calculated based on the recipe	#N/A	182
04A10086	14102002	Recipe	Butter, garlic or herb, homemade with butter or dairy blend		15.6	0.2	Calculated based on the recipe	#N/A	3
10A10497	23109005	Recipe	Paste, korma, commercial		15.6	0.5	Calculated based on the recipe	#N/A	2
02F30257	12304004	Recipe	Bread or bread roll, topped/mixed with cheese, meat & vegetables		15.6	0.7	Calculated based on the recipe	#N/A	#N/A
02B10665	12201024	Recipe	Bread, from white flour, sour dough, commercial, toasted		15.6	32.2	Calculated based on the recipe	#N/A	2
09A40058	19802005	Recipe	Thickshake, non-chocolate or coffee flavour, regular fat cows milk, with ice cream		15.5	0.6	Calculated based on the recipe	#N/A	#N/A
02F40337	13509002	Recipe	Cannelloni, homemade, filled with spinach & ricotta, with homemade tomato based sauce		15.5	28.2	Calculated based on the recipe	#N/A	#N/A
13A12208	24402009	Recipe	Asparagus, green, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined		15.5	0.6	Calculated based on the recipe	#N/A	#N/A
02F40468	13503048	Recipe	Kebab wrap, falafel, with salad & sauce, takeaway		15.5	0.1	Calculated based on the recipe	#N/A	#N/A
10C10539	21101009	Recipe	Soup, chicken, vegetable & legume, prepared with stock or water, homemade from basic ingredients		15.5	1.0	Calculated based on the recipe	#N/A	#N/A
13A11840	24802026	Recipe	Shallot, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat		15.5	0.0	Calculated based on the recipe	#N/A	2
05D10376	13514009	Recipe	Sushi, fish, with seaweed		15.5	0.2	Calculated based on the recipe	#N/A	1
13A12526	24103019	Recipe	Potato, filled with cheese &/or sour cream		15.4	0.3	Calculated based on the recipe	#N/A	#N/A
12C10485	28202008	Recipe	Nougat, honey & nuts, traditional		15.4	0.3	Calculated based on the recipe	#N/A	2
08F10903	24901007	Analysed	Curry, commercial, potato & pea (aloo muttar)		15.4	0.7	Calculated based on the recipe	#N/A	#N/A
13B10322	24901011	Recipe	Curry, homemade, vegetables, commercial sauce		15.4	0.7	Calculated based on the recipe	#N/A	#N/A
13A12552	24803019	Recipe	Mixed vegetables, cooked, for use in casserole recipes		15.4	2.1	Calculated based on the recipe	#N/A	30
13A12538	24501011	Recipe	Snow pea, fresh or frozen, boiled, microwaved or steamed, added fat not further defined		15.4	0.0	Calculated based on the recipe	#N/A	#N/A
09B30021	1940101	Recipe	Cheese, fetta (feta), not		15.4	0.0	Calculated based on the	#N/A	19

	2		further defined					recipe		
09B10187	19401015	Analysed	Cheese, gloucester style			15.4	--	Calculated based on the recipe	#N/A	#N/A
09B10188	19401017	Analysed	Cheese, haloumi			15.4	--	Calculated based on the recipe	#N/A	2
09B10189	19401018	Analysed	Cheese, havarti style			15.4	--	Calculated based on the recipe	#N/A	#N/A
09B10200	19401019	Imputed	Cheese, jarlsberg		wt average	15.4	--	Calculated based on the recipe	#N/A	2
09B10190	19401025	Analysed	Cheese, pecorino style			15.4	--	Calculated based on the recipe	#N/A	1
09B10193	19401027	Analysed	Cheese, romano style			15.4	--	Calculated based on the recipe	#N/A	#N/A
09B10180	19405003	Analysed	Cheese, soft, white mould coated, not further defined			15.4	--	Calculated based on the recipe	#N/A	1
13A11881	24302018	Recipe	Chicory, boiled, microwaved or steamed, drained			15.4	0.0	Calculated based on the recipe	#N/A	#N/A
02B10664	12201023	Recipe	Bread, from white flour, sour dough, commercial			15.4	31.8	Calculated based on the recipe	#N/A	3
10D10166	26202005	Recipe	Popcorn, regular, unflavoured, unsalted, vegetable oil			15.4	0.6	Calculated based on the recipe	#N/A	#N/A
13A12543	24101061	Recipe	Potato, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine			15.4	0.3	Calculated based on the recipe	#N/A	#N/A
09D10257	19503003	Recipe	Ice cream, chocolate & caramel swirl, low fat (3% fat)			15.4	0.0	Calculated based on the recipe	#N/A	#N/A
13A12211	24201021	Recipe	Cabbage, red, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			15.3	0.1	Calculated based on the recipe	#N/A	#N/A
10A10505	23108003	Recipe	Sauce, mushroom, homemade			15.3	4.4	Calculated based on the recipe	#N/A	#N/A
09A40042	19803008	Recipe	Milkshake, chocolate or coffee flavour, reduced fat cows milk, without ice cream			15.3	0.5	Calculated based on the recipe	#N/A	#N/A
13A12574	24401010	Recipe	Rocket, cooked, with or without added fat			15.3	0.1	Calculated based on the recipe	#N/A	#N/A
13A12355	24502006	Recipe	Bean, green, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			15.3	0.1	Calculated based on the recipe	#N/A	#N/A
13A12642	24502014	Recipe	Bean, green, cooked, not further defined			15.3	0.1	Calculated based on the recipe	#N/A	3
02B20058	1230100	Recipe	Muffin, English style, mixed grain,			15.3	27.7	Calculated based on the recipe	#N/A	#N/A



	5		commercial, toasted				recipe			
10A10553	2310400 3	Recipe	Sauce, pasta, tomato pesto, commercial			15.3	0.1	Calculated based on the recipe	#N/A	1
02B10797	1221400 7	Recipe	Bread roll, for use in hamburger or hot dog recipes			15.3	0.0	Calculated based on the recipe	#N/A	29
01B10328	1180300 1	Recipe	Beverage, chocolate flavour, from cocoa powder, with cows milk			15.3	0.8	Calculated based on the recipe	#N/A	#N/A
01B10474	1120400 5	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, decaffeinated, with soy milk not further defined			15.2	0.4	Calculated based on the recipe	#N/A	1
13A12387	2410203 5	Recipe	Potato, wedges, regular, purchased frozen, baked or roasted, no added fat			15.2	0.2	Calculated based on the recipe	#N/A	#N/A
12C10487	2810300 5	Recipe	Bar, Turkish delight centre, milk chocolate-coated			15.2	0.8	Calculated based on the recipe	#N/A	2
13A12170	2410301 5	Recipe	Potato bake, made with cheese & cream			15.2	0.3	Calculated based on the recipe	#N/A	#N/A
09B10202	1940102 2	Recipe	Cheese, mozzarella, not further defined			15.2	0.1	Calculated based on the recipe	#N/A	16
02B10787	1230201 6	Recipe	Bread, flat, not further defined, commercial, toasted			15.2	1.6	Calculated based on the recipe	#N/A	#N/A
09C10129	1920501 1	Recipe	Yoghurt, peach & mango pieces or flavoured, regular fat (~3%)			15.2	0.0	Calculated based on the recipe	#N/A	#N/A
09C10113	1920501 2	Recipe	Yoghurt, tropical fruit or fruit salad pieces or flavoured, regular fat (~3%)			15.2	0.0	Calculated based on the recipe	#N/A	#N/A
09C10116	1920900 8	Recipe	Yoghurt, tropical fruit or fruit salad pieces or flavoured, low fat (<0.5%), intense sweetened			15.2	0.0	Calculated based on the recipe	#N/A	#N/A
10C10537	2110100 7	Recipe	Soup, chicken & vegetable, prepared with stock or water, homemade from basic ingredients			15.2	1.4	Calculated based on the recipe	#N/A	#N/A
09C10156	1920600 2	Recipe	Yoghurt, banana & honey flavoured, regular fat (~3%), added cereals			15.2	0.2	Calculated based on the recipe	#N/A	#N/A
02B10661	1220100 8	Recipe	Bread, focaccia, plain, commercial, toasted			15.2	31.4	Calculated based on the recipe	#N/A	#N/A
02B10604	1220101 2	Recipe	Bread, from white flour, commercial, toasted			15.2	31.4	Calculated based on the recipe	#N/A	1
02B10618	1220200 4	Recipe	Bread, from white flour, commercial, added fibre, toasted			15.2	31.4	Calculated based on the recipe	#N/A	#N/A
10A10525	2310500 5	Recipe	Sauce, pasta, rocket pesto, homemade			15.2	0.2	Calculated based on the recipe	#N/A	1
02F40317	1350701	Recipe	Mexican wrap, bean, with			15.2	1.1	Calculated based on the	#N/A	#N/A

	5		cheese & salsa					recipe		
02A10455	12601012	Recipe	Porridge, rolled oats mixed with sugar or honey & other flavours, prepared with cows milk			15.2	2.8	Calculated based on the recipe	#N/A	#N/A
10D10169	26202004	Recipe	Popcorn, regular, unflavoured, salted, vegetable oil			15.2	0.6	Calculated based on the recipe	#N/A	#N/A
01B10488	11102002	Recipe	Chai latte, prepared from chai mix powder & regular fat cows milk			15.1	0.5	Calculated based on the recipe	#N/A	1
02F10197	13501040	Recipe	Pizza, vegetable, flat bread base, homemade			15.1	1.1	Calculated based on the recipe	#N/A	#N/A
13A12169	24103014	Recipe	Potato bake, made with cream			15.1	0.2	Calculated based on the recipe	#N/A	#N/A
09C10098	19212001	Recipe	Yoghurt, natural, not further defined			15.1	0.3	Calculated based on the recipe	#N/A	16
13A12640	24803035	Recipe	Mixed vegetables, cooked, for use in casserole and curry recipes			15.1	1.9	Calculated based on the recipe	#N/A	9
02B10786	12302015	Recipe	Bread, flat, not further defined, commercial			15.1	1.6	Calculated based on the recipe	#N/A	2
13A12404	24102036	Recipe	Potato, wedges, regular, purchased frozen, deep fried or fried, fat not further defined			15.1	0.2	Calculated based on the recipe	#N/A	#N/A
02F30204	12307001	Recipe	Bread, garlic or herb, commercial, cooked			15.1	0.0	Calculated based on the recipe	#N/A	#N/A
13A11876	24201022	Recipe	Cabbage, red, boiled, microwaved or steamed, drained, with or without added fat			15.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A11987	24101060	Recipe	Potato, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			15.0	0.3	Calculated based on the recipe	#N/A	1
13A12161	24904025	Recipe	Salad, made with rocket & parmesan, no added dressing			15.0	0.1	Calculated based on the recipe	#N/A	#N/A
13A12618	24103016	Recipe	Potato bake, made with mixed vegetables & cream &/or cheese			15.0	1.5	Calculated based on the recipe	#N/A	#N/A
02B10660	12201007	Recipe	Bread, focaccia, plain, commercial			15.0	31.0	Calculated based on the recipe	#N/A	3
02B10688	12201014	Recipe	Bread, from white flour, commercial, low GI, toasted			15.0	31.0	Calculated based on the recipe	#N/A	#N/A
02B10714	12202006	Recipe	Bread, from white flour, commercial, added fibre & vitamins B1, B3, B6 & E, Fe & Zn, toasted			15.0	31.0	Calculated based on the recipe	#N/A	#N/A
02B10809	12202013	Recipe	Bread, from white Jackaroo flour, commercial, added vitamins B1 & folate & Fe, toasted			15.0	31.0	Calculated based on the recipe	#N/A	#N/A
02B10813	1220302	Recipe	Bread, from white flour, for			15.0	31.0	Calculated based on the	#N/A	1

	5		homemade sandwiches					recipe		
02B10814	12203026	Recipe	Bread, from white flour, for homemade sandwiches, toasted			15.0	31.0	Calculated based on the recipe	#N/A	#N/A
09B10192	19401001	Analysed	Cheese, blended for pizza use, regular fat	14.93333	Weighted average of 1009, 1029 & 1032	15.0	0.5	Calculated based on the recipe	#N/A	17
13B10310	23502003	Recipe	Dip, beetroot, commercial			15.0	64.6	Calculated based on the recipe	#N/A	1
02B10749	12203009	Recipe	Bread, from white flour, commercial, fresh, not further defined			15.0	29.8	Calculated based on the recipe	#N/A	6
02B10750	12203010	Recipe	Bread, from white flour, commercial, toasted, not further defined			15.0	29.8	Calculated based on the recipe	#N/A	#N/A
02E10623	19702003	Recipe	Cake, cheesecake, biscuit base, fruit flavoured cream cheese topping, homemade from basic ingredients			15.0	0.2	Calculated based on the recipe	#N/A	#N/A
13A12350	24901013	Recipe	Curry, homemade, vegetable, homemade coconut milk sauce			15.0	1.9	Calculated based on the recipe	#N/A	1
09A10242	19109005	Recipe	Milk, cow, fluid, unflavoured, not further defined			15.0	0.4	Calculated based on the recipe	#N/A	2
02D20037	12601009	Recipe	Porridge, rolled oats, prepared with soy milk & water			15.0	0.3	Calculated based on the recipe	#N/A	#N/A
13A12595	24803009	Recipe	Mixed vegetables, fresh or frozen, with carrot, pumpkin or sweet potato, cooked, fat not further defined			15.0	0.5	Calculated based on the recipe	#N/A	#N/A
09A40057	19801013	Recipe	Thickshake, chocolate or coffee flavour, regular fat cows milk, with ice cream			14.9	0.6	Calculated based on the recipe	#N/A	#N/A
02B10694	12203011	Recipe	Bread, from white flour, for homemade sandwiches			14.9	29.6	Calculated based on the recipe	#N/A	2
02B10695	12203012	Recipe	Bread, from white flour, for homemade sandwiches, toasted			14.9	29.6	Calculated based on the recipe	#N/A	#N/A
08F10995	18702012	Recipe	Frozen meal, beef & noodles or pasta, energy controlled portion			14.9	24.3	Calculated based on the recipe	#N/A	#N/A
04D10046	14602005	Recipe	Fat or oil, not further defined, for use in homemade cake, biscuit & slice recipes			14.9	0.3	Calculated based on the recipe	#N/A	63
02C10150	13202007	Recipe	Biscuit, savoury, from white wheat flour, plain, not further defined			14.9	38.8	Calculated based on the recipe	#N/A	#N/A
09A40034	19801006	Recipe	Iced chocolate, regular fat cows milk, with ice cream & whipped cream			14.9	0.6	Calculated based on the recipe	#N/A	#N/A
01B10361	11202038	Recipe	Coffee, mocha, from ground coffee beans, with soy milk not further defined			14.9	0.4	Calculated based on the recipe	#N/A	#N/A
13A12627	2490502	Recipe	Salad, garden, added tofu,			14.9	9.1	Calculated based on the	#N/A	#N/A

	0		no added dressing					recipe		
02F40274	13509010	Recipe	Lasagne (Lasagna), vegetable, homemade			14.9	11.0	Calculated based on the recipe	#N/A	#N/A
02F40377	13509047	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce, added vegetables			14.9	25.7	Calculated based on the recipe	#N/A	1
02B10730	12303004	Recipe	Bread, flat wrap or tortilla, rye, commercial			14.8	0.0	Calculated based on the recipe	#N/A	2
02B10614	12202002	Recipe	Bread, from white flour, commercial, added calcium, toasted			14.8	30.6	Calculated based on the recipe	#N/A	#N/A
02B10620	12202008	Recipe	Bread, from white flour, commercial, added iron, toasted			14.8	30.6	Calculated based on the recipe	#N/A	#N/A
02B10624	12202010	Recipe	Bread, from white flour, commercial, added omega-3 polyunsaturates, toasted			14.8	30.6	Calculated based on the recipe	#N/A	#N/A
09D20117	19602005	Recipe	Custard, dairy, vanilla, prepared from dry mix			14.8	0.7	Calculated based on the recipe	#N/A	1
02F40366	13509043	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce			14.8	25.9	Calculated based on the recipe	#N/A	1
09A10224	19801010	Recipe	Milk, cow, fluid, flavoured, coffee, not further defined			14.8	0.6	Calculated based on the recipe	#N/A	#N/A
02D10409	11805006	Recipe	Breakfast cereal, beverage, not further defined			14.8	0.0	Calculated based on the recipe	#N/A	#N/A
01B10560	11801003	Recipe	Beverage, chocolate flavour, from Ovaltine powder, with cows milk			14.8	0.7	Calculated based on the recipe	#N/A	#N/A
02D10290	11805001	Recipe	Breakfast cereal, beverage, chocolate flavour, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca			14.8	0.0	Calculated based on the recipe	#N/A	1
09C10136	19701003	Recipe	Dairy dessert, flavours other than chocolate, regular fat			14.8	1.3	Calculated based on the recipe	#N/A	#N/A
02B10663	12201029	Recipe	Bread or bread roll, Turkish, plain, commercial, toasted			14.8	0.0	Calculated based on the recipe	#N/A	#N/A
08F11085	18702013	Recipe	Frozen meal, beef & rice, energy controlled portion			14.7	0.9	Calculated based on the recipe	#N/A	#N/A
02F40223	13514003	Analysed	Sushi, California roll, commercial			14.7	0.2	Calculated based on the recipe	#N/A	1
02F40434	13514007	Recipe	Sushi, crab stick, with seaweed			14.7	0.2	Calculated based on the recipe	#N/A	1
02A20112	12103008	Recipe	Flour, gluten free mix (rice, soy, corn & tapioca)			14.7	0.0	Calculated based on the recipe	#N/A	5
10C10540	2110101	Recipe	Soup, chicken, vegetable & legume, with grains or pasta, prepared with stock or			14.7	2.1	Calculated based on the	#N/A	#N/A

	0		water, homemade					recipe		
02E20094	1330800 1	Recipe	Scone, cheese, commercial			14.7	0.1	Calculated based on the recipe	#N/A	#N/A
02C20351	1310600 6	Recipe	Biscuit, sweet, sandwich, wafer layers, cream filling, chocolate flavoured, chocolate coated, commercial			14.6	0.8	Calculated based on the recipe	#N/A	2
13A12358	2450200 7	Recipe	Bean, green, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			14.6	0.1	Calculated based on the recipe	#N/A	#N/A
13A12586	2490402 4	Recipe	Salad, green bean, no added dressing			14.6	0.1	Calculated based on the recipe	#N/A	#N/A
13A12525	2410301 7	Recipe	Potato, for stuffed potato recipes			14.6	0.2	Calculated based on the recipe	#N/A	4
02B10634	1221000 2	Recipe	Bread, from rye flour, dark, commercial, toasted			14.6	0.0	Calculated based on the recipe	#N/A	#N/A
02B10636	1221000 4	Recipe	Bread, from rye flour, light, commercial, toasted			14.6	0.0	Calculated based on the recipe	#N/A	#N/A
02B10757	1221000 6	Recipe	Bread, from rye flour, sour dough, commercial, toasted			14.6	0.0	Calculated based on the recipe	#N/A	#N/A
02B10745	1221000 8	Recipe	Bread, from rye flour, added grains, commercial, toasted			14.6	0.0	Calculated based on the recipe	#N/A	#N/A
02B10643	1221001 0	Recipe	Bread, pumpernickel, commercial, toasted			14.6	0.0	Calculated based on the recipe	#N/A	#N/A
02B10781	1221200 2	Recipe	Bread, from rye flour, organic, commercial, toasted			14.6	0.0	Calculated based on the recipe	#N/A	#N/A
02B10721	1230200 3	Recipe	Bread, flat (pita or Lebanese), white, commercial, toasted			14.6	0.0	Calculated based on the recipe	#N/A	11
02F40463	1350800 7	Recipe	Mexican nachos, corn chips, with cheese, guacamole, salad & salsa			14.6	0.6	Calculated based on the recipe	#N/A	#N/A
02F30206	1230400 1	Recipe	Bread or bread roll, topped/mixed with cheese			14.6	0.1	Calculated based on the recipe	#N/A	1
01B10327	1180100 1	Recipe	Beverage, chocolate flavour, from original Milo powder, with cows milk			14.6	0.7	Calculated based on the recipe	#N/A	#N/A
02F40433	1351400 2	Recipe	Sushi, beef, with seaweed			14.5	2.3	Calculated based on the recipe	#N/A	#N/A
13A12533	2410103 3	Recipe	Potato, pale skin, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine			14.5	0.3	Calculated based on the recipe	#N/A	#N/A
13B10268	2490402 6	Recipe	Salad, potato, commercial, added dressing			14.5	0.2	Calculated based on the recipe	#N/A	#N/A
13B10288	2490100	Recipe	Casserole, homemade, vegetable, homemade tomato based sauce			14.5	1.4	Calculated based on the	#N/A	#N/A

	4						recipe			
08F10999	1350900 4	Recipe	Frozen meal, beef lasagne, energy controlled portion			14.5	19.4	Calculated based on the recipe	#N/A	#N/A
02B10598	1220100 2	Recipe	Bagel, from white flour, commercial, toasted			14.5	19.3	Calculated based on the recipe	#N/A	#N/A
08G10028	2060100 2	Recipe	Meat alternative, commercial, cooked, fat not further defined			14.5	4.5	Calculated based on the recipe	#N/A	#N/A
02F10154	1350102 2	Recipe	Pizza, pepperoni, thick base, takeaway style & homemade			14.5	0.4	Calculated based on the recipe	#N/A	#N/A
01B10553	1180300 3	Recipe	Beverage, chocolate flavour, from drinking chocolate, with reduced fat cows milk			14.5	0.5	Calculated based on the recipe	#N/A	#N/A
10A10479	2330101 1	Recipe	Sauce, tartare (tartar), commercial, regular fat			14.4	0.0	Calculated based on the recipe	#N/A	1
09C10161	1921200 2	Recipe	Yoghurt, not further defined			14.4	0.3	Calculated based on the recipe	#N/A	#N/A
02B10626	1220102 6	Recipe	Bread roll, from white flour, commercial, toasted			14.4	0.0	Calculated based on the recipe	#N/A	#N/A
02F40401	1351000 6	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce			14.4	24.1	Calculated based on the recipe	#N/A	#N/A
10A10554	2310301 9	Recipe	Sauce, pasta, pesto, for pasta recipes			14.4	0.3	Calculated based on the recipe	#N/A	7
10A10526	2310800 1	Recipe	Sauce, cheese, homemade with undefined cows milk & fat			14.4	0.6	Calculated based on the recipe	#N/A	11
02F10155	1350200 9	Recipe	Pizza, pepperoni, purchased frozen, baked			14.4	0.4	Calculated based on the recipe	#N/A	#N/A
13A12431	2450300 3	Recipe	Sprout, bean, cooked, no added fat			14.4	0.0	Calculated based on the recipe	#N/A	3
02F10184	1350104 1	Recipe	Pizza, vegetable, gluten free base, takeaway style & homemade			14.4	0.9	Calculated based on the recipe	#N/A	#N/A
09C10158	1920600 3	Recipe	Yoghurt, berry flavoured, regular fat (~3%), added cereals			14.4	0.3	Calculated based on the recipe	#N/A	#N/A
02F40429	1350800 9	Recipe	Mexican nachos, corn chips, with cheese, salad & salsa			14.4	0.5	Calculated based on the recipe	#N/A	#N/A
02F30255	1230400 8	Recipe	Bread or bread roll, topped/mixed with spinach & fetta			14.4	5.2	Calculated based on the recipe	#N/A	#N/A
13B20280	2350100 3	Recipe	Dip, cream cheesed based, flavoured, homemade			14.3	0.0	Calculated based on the recipe	#N/A	#N/A
10A10529	2330101	Recipe	Sauce, tartare (tartar),			14.3	0.0	Calculated based on the	#N/A	#N/A

	2		homemade					recipe		
10C10538	21101008	Recipe	Soup, chicken & vegetable, with grains or pasta, prepared with stock or water, homemade from basic ingredients			14.3	5.4	Calculated based on the recipe	#N/A	#N/A
09A40027	19802003	Recipe	Milkshake, non-chocolate or coffee flavours, regular fat cows milk, with ice cream			14.3	0.6	Calculated based on the recipe	#N/A	#N/A
02F40263	13604003	Recipe	Coating, homemade, for chicken & meat, uncooked			14.3	12.7	Calculated based on the recipe	#N/A	30
06E10134	16802012	Recipe	Mixed dried fruit, for use in muesli bar recipes			14.3	0.3	Calculated based on the recipe	#N/A	2
02F40261	15602007	Recipe	Tuna mornay, homemade, cooked unfilled pasta, homemade white sauce, cheese & breadcrumbs			14.2	29.1	Calculated based on the recipe	#N/A	#N/A
02F30258	12304007	Recipe	Bread or bread roll, topped/mixed with olives			14.2	0.0	Calculated based on the recipe	#N/A	#N/A
13A12207	24503005	Recipe	Sprout, for use in salad recipes, alfalfa & mung bean			14.2	0.2	Calculated based on the recipe	#N/A	#N/A
09A40065	12602004	Recipe	Paste, flour mixed with sugar & cows milk			14.2	0.6	Calculated based on the recipe	#N/A	#N/A
13A11859	24101011	Recipe	Potato, new, peeled or unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			14.2	0.3	Calculated based on the recipe	#N/A	#N/A
13A11864	24101002	Recipe	Potato, coliban, peeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			14.2	0.3	Calculated based on the recipe	#N/A	#N/A
13A11988	24101032	Recipe	Potato, pale skin, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			14.2	0.3	Calculated based on the recipe	#N/A	1
10A10522	23108008	Recipe	Sauce, white, savoury, homemade with an undefined cows milk & fat			14.2	0.6	Calculated based on the recipe	#N/A	15
10A10542	23103013	Recipe	Sauce, horseradish, commercial			14.2	0.0	Calculated based on the recipe	#N/A	#N/A
02C10145	26401013	Recipe	Snack pack, savoury, white wheat flour biscuit with cheese			14.1	0.2	Calculated based on the recipe	#N/A	#N/A
01B10455	30102016	Recipe	Very low energy diet drink, vanilla flavour, fortified (Optifast), prepared with milk, any type			14.1	0.7	Calculated based on the recipe	#N/A	#N/A
01B10539	30102012	Recipe	Very low energy diet drink, chocolate flavour, fortified (Optifast), prepared with milk, any type			14.1	0.7	Calculated based on the recipe	#N/A	#N/A
02F10203	13501025	Recipe	Pizza, prosciutto, thick base, takeaway style & homemade			14.1	0.5	Calculated based on the recipe	#N/A	#N/A
02C10161	26401011	Recipe	Snack pack, savoury, corn & rice biscuit with salsa			14.1	0.2	Calculated based on the recipe	#N/A	#N/A
08F10920	1340503	Recipe	Pie, savoury, without pastry, meat filling, topped with mashed potato, commercial			14.1	0.7	Calculated based on the	#N/A	#N/A

	2						recipe		
02F40381	13509054	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added vegetables		14.1	24.9	Calculated based on the recipe	#N/A	1
09A10203	19101006	Recipe	Milk, cow, fluid, regular fat (~3.5%), not further defined		14.0	0.6	Calculated based on the recipe	#N/A	17
02B10731	12303005	Recipe	Bread, flat wrap or tortilla, rye, commercial, toasted		14.0	0.0	Calculated based on the recipe	#N/A	#N/A
01B10497	30102009	Recipe	Meal replacement drink, non-coffee flavours, added fibre, prepared with milk, any type		14.0	0.7	Calculated based on the recipe	#N/A	#N/A
09C10105	19207011	Recipe	Yoghurt, peach & mango pieces or flavoured, reduced fat (1%)		14.0	0.8	Calculated based on the recipe	#N/A	#N/A
09C10104	19207013	Recipe	Yoghurt, tropical fruit or fruit salad pieces or flavoured, reduced fat (1%)		14.0	0.8	Calculated based on the recipe	#N/A	1
01B10507	30102004	Recipe	Meal replacement drink, coffee flavour, added fibre, prepared with milk, any type		14.0	0.7	Calculated based on the recipe	#N/A	#N/A
01B10354	11202021	Recipe	Coffee, flat white or latte, from ground coffee beans, with reduced fat soy milk		14.0	0.4	Calculated based on the recipe	#N/A	#N/A
13A12125	24803014	Recipe	Mixed vegetables, fresh or frozen, carrot & pea/bean, cooked, with or without fat		14.0	0.2	Calculated based on the recipe	#N/A	#N/A
13A11874	24502004	Recipe	Bean, butter, fresh, boiled, microwaved or steamed, drained		14.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A12620	24302032	Recipe	Swede, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		14.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A12011	24103011	Recipe	Potato, peeled, mashed, prepared, from cafe or restaurant		14.0	0.2	Calculated based on the recipe	#N/A	1
10C10560	21101020	Recipe	Soup, pork & vegetable, prepared with stock or water, homemade from basic ingredients		14.0	0.6	Calculated based on the recipe	#N/A	#N/A
02B10723	12305001	Recipe	Bagel, fruit, commercial		13.9	18.0	Calculated based on the recipe	#N/A	1
13B10325	24901026	Recipe	Stir-fry, homemade, vegetable & nut or legume, with rice or noodles		13.9	6.7	Calculated based on the recipe	#N/A	#N/A
01B10467	11202025	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, half shot, with reduced fat cows milk		13.9	0.5	Calculated based on the recipe	#N/A	#N/A
13A12236	24101028	Recipe	Potato, pale skin, peeled, boiled, microwaved or steamed, drained, added butter, dairy blend or margarine		13.9	0.2	Calculated based on the recipe	#N/A	#N/A
13A12242	24101057	Recipe	Potato, peeled, boiled, microwaved or steamed, drained, added butter, dairy spread or margarine		13.9	0.2	Calculated based on the recipe	#N/A	#N/A
01B10423	1980100	Recipe	Iced coffee, regular fat cows milk, with ice cream & whipped cream		13.9	0.5	Calculated based on the	#N/A	#N/A



	4							recipe		
13A12442	2450201 1	Recipe	Bean, green, canned, cooked, no added fat			13.9	0.1	Calculated based on the recipe	#N/A	2
09C10157	1920600 1	Recipe	Yoghurt, apple & cinnamon flavoured, regular fat (~3%), added cereals			13.9	0.2	Calculated based on the recipe	#N/A	#N/A
13A11866	2410100 7	Recipe	Potato, desiree, peeled, boiled, microwaved or steamed, drained			13.9	0.2	Calculated based on the recipe	#N/A	#N/A
13A11861	2410101 5	Recipe	Potato, pontiac, peeled, boiled, microwaved or steamed, drained			13.9	0.2	Calculated based on the recipe	#N/A	#N/A
13A12352	2410104 7	Recipe	Potato, red skin, unpeeled, boiled, microwaved or steamed, drained			13.9	0.2	Calculated based on the recipe	#N/A	#N/A
13A12067	2410106 5	Recipe	Potato, unpeeled, boiled, microwaved or steamed, drained, with or without added fat			13.9	0.2	Calculated based on the recipe	#N/A	1
13A11870	2410300 7	Recipe	Potato, red skin, peeled or unpeeled, mashed with cows milk & butter or dairy blend			13.9	0.3	Calculated based on the recipe	#N/A	#N/A
13B10269	2490402 7	Recipe	Salad, potato, homemade from basic ingredients, added dressing			13.8	0.2	Calculated based on the recipe	#N/A	2
10C10546	2160100 4	Recipe	Soup, laksa, beef, chicken or pork, with noodles, prepared with coconut milk			13.8	10.0	Calculated based on the recipe	#N/A	#N/A
13B10286	2490102 3	Recipe	Stir-fry, homemade, vegetable, with noodles			13.8	24.0	Calculated based on the recipe	#N/A	#N/A
02A10500	1260200 2	Recipe	Porridge, brown rice, with added dry fruit, cooked with cows milk			13.8	0.6	Calculated based on the recipe	#N/A	#N/A
02F30314	1230400 6	Recipe	Bread or bread roll, topped/mixed with cheese & vegetables			13.8	2.2	Calculated based on the recipe	#N/A	#N/A
12C10446	2810302 7	Recipe	Licorice, chocolate-coated			13.8	0.8	Calculated based on the recipe	#N/A	#N/A
02F40428	1350801 2	Recipe	Mexican wrap, with cheese & salsa			13.8	1.9	Calculated based on the recipe	#N/A	#N/A
10A10518	2310500 1	Recipe	Sauce, basil pesto, homemade			13.8	0.2	Calculated based on the recipe	#N/A	1
02B10616	1230500 4	Recipe	Bread, from wheat flour, commercial, added dried fruit, toasted			13.8	0.0	Calculated based on the recipe	#N/A	#N/A
02F40244	1351500 2	Recipe	Breadcrumbs for coating food, homemade, uncooked			13.8	13.2	Calculated based on the recipe	#N/A	23
13A12432	2450300 4	Recipe	Sprout, bean, cooked, fat not further defined			13.8	0.0	Calculated based on the recipe	#N/A	#N/A
09C10155	1920500	Recipe	Yoghurt, natural or Greek, regular fat (~3.5%), added honey			13.8	0.1	Calculated based on the	#N/A	#N/A

	9							recipe		
02F10156	13501023	Recipe	Pizza, pepperoni, thick base, fast food chain			13.7	0.4	Calculated based on the recipe	#N/A	#N/A
02F30324	13505057	Recipe	Vegetable or lentil burger, bread roll, vegetable patty, with cheese & salad, takeaway & homemade			13.7	23.5	Calculated based on the recipe	#N/A	#N/A
02F40277	15602006	Recipe	Frozen meal, tuna mornay, with pasta & white sauce			13.7	19.2	Calculated based on the recipe	#N/A	#N/A
12C10534	28103018	Recipe	Chocolate, boxed assorted, not further defined			13.7	0.4	Calculated based on the recipe	#N/A	1
13A12558	24803025	Recipe	Mixed vegetables, for use in quiche recipes			13.7	14.7	Calculated based on the recipe	#N/A	24
09A10193	19801009	Recipe	Milk, cow, fluid, flavoured, coffee, regular fat			13.7	0.6	Calculated based on the recipe	#N/A	1
13A12386	24102034	Recipe	Potato, wedges, regular, purchased frozen, par-fried in canola oil, raw			13.6	0.2	Calculated based on the recipe	#N/A	2
09A40025	19801011	Recipe	Milkshake, chocolate or coffee flavour, regular fat cows milk, with ice cream			13.6	0.6	Calculated based on the recipe	#N/A	#N/A
02E50325	13402015	Recipe	Strudel, apple, commercial			13.6	0.0	Calculated based on the recipe	#N/A	#N/A
01B10424	19801003	Recipe	Iced coffee, regular fat cows milk, with ice cream			13.6	0.6	Calculated based on the recipe	#N/A	#N/A
06E10091	16802010	Analysed	Mixed dried fruit		#REF!	13.6	--	Calculated based on the recipe	#N/A	14
01B10495	30102001	Recipe	Meal replacement drink, coffee flavour, prepared with milk, any type			13.6	0.7	Calculated based on the recipe	#N/A	#N/A
13A12641	24803036	Recipe	Mixed vegetables, cooked, for use in stir fry recipes			13.6	5.0	Calculated based on the recipe	#N/A	4
01B10504	30102006	Recipe	Meal replacement drink, non-coffee flavour, prepared with milk, any type			13.6	0.7	Calculated based on the recipe	#N/A	#N/A
13A12063	24101037	Recipe	Potato, pale skin, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			13.6	0.3	Calculated based on the recipe	#N/A	#N/A
02F30228	13505054	Recipe	Vegetable burger, bread roll, vegetable patty, with cheese, lettuce, onion, sauce & mayonnaise, fast food chain			13.5	0.2	Calculated based on the recipe	#N/A	#N/A
09D10265	19505002	Recipe	Ice cream, stick, vanilla flavour, fruit ice confection-coated, regular fat			13.5	0.6	Calculated based on the recipe	#N/A	#N/A
02E60374	13513008	Recipe	Dumpling, savoury, plain, homemade from basic ingredients			13.5	0.2	Calculated based on the recipe	#N/A	#N/A
13A11926	2410300	Recipe	Potato, peeled or unpeeled, mashed with cows milk & butter or dairy blend			13.5	0.3	Calculated based on the	#N/A	1

	8						recipe		
09A40063	19801014	Recipe	Thickshake, all flavours, with cows milk, crushed ice, ice cream & confectionary, fast food style		13.5	1.7	Calculated based on the recipe	#N/A	#N/A
13A12065	24101035	Recipe	Potato, pale skin, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil		13.5	0.3	Calculated based on the recipe	#N/A	#N/A
13A12239	24101036	Recipe	Potato, pale skin, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil		13.5	0.2	Calculated based on the recipe	#N/A	#N/A
13A12024	24101034	Recipe	Potato, pale skin, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil		13.5	0.2	Calculated based on the recipe	#N/A	#N/A
02B10739	12305002	Recipe	Bagel, fruit, commercial, toasted		13.5	17.4	Calculated based on the recipe	#N/A	#N/A
13A12237	24101030	Recipe	Potato, pale skin, peeled, boiled, microwaved or steamed, drained, added fat not further defined		13.5	0.2	Calculated based on the recipe	#N/A	#N/A
13A12536	24101048	Recipe	Potato, red skin, unpeeled, boiled, microwaved or steamed, added fat not further defined		13.5	0.2	Calculated based on the recipe	#N/A	#N/A
13A12535	24101058	Recipe	Potato, peeled, boiled, microwaved or steamed, added fat not further defined		13.5	0.2	Calculated based on the recipe	#N/A	#N/A
13A11872	24103005	Recipe	Potato, pale skin, peeled or unpeeled, mashed with cows milk & butter or dairy blend		13.4	0.3	Calculated based on the recipe	#N/A	#N/A
10A10552	23108002	Recipe	Sauce, cream based, homemade from basic ingredients		13.4	0.1	Calculated based on the recipe	#N/A	11
02F10147	13502005	Recipe	Pizza, cheese & tomato, thin base, takeaway style		13.4	0.1	Calculated based on the recipe	#N/A	#N/A
06E10133	16802011	Recipe	Mixed dried fruit, for use in muesli recipes		13.4	0.2	Calculated based on the recipe	#N/A	9
13A12639	24901028	Recipe	Curry, homemade, root vegetable, homemade coconut milk sauce		13.4	0.6	Calculated based on the recipe	#N/A	#N/A
05D10380	13514020	Recipe	Sushi, tuna & avocado, with seaweed		13.3	0.3	Calculated based on the recipe	#N/A	1
02F30230	13505058	Recipe	Vegetable or lentil burger, bread roll, vegetable patty, with salad, takeaway & homemade		13.3	24.8	Calculated based on the recipe	#N/A	#N/A
02C20382	13106007	Recipe	Biscuit, sweet, chocolate, commercial, not further defined		13.3	13.9	Calculated based on the recipe	#N/A	#N/A
13A12364	24502010	Recipe	Bean, green, fresh or frozen, boiled, microwaved or steamed, added fat not further defined		13.3	0.1	Calculated based on the recipe	#N/A	#N/A
13A12088	24803028	Recipe	Mixed vegetables, for homemade mixed dishes, bok choy, spinach, cabbage & silverbeet, raw		13.3	41.2	Calculated based on the recipe	#N/A	#N/A
01B10368	1120201	Recipe	Coffee, cappuccino, from ground coffee beans, with reduced fat soy milk		13.2	0.3	Calculated based on the	#N/A	#N/A

	1						recipe		
13A12628	24904029	Recipe	Salad, roast vegetable & cheese, no added dressing		13.2	0.2	Calculated based on the recipe	#N/A	#N/A
04B10088	14601001	Recipe	Fat, butter, dairy blend or margarine spread, not further defined		13.2	0.2	Calculated based on the recipe	#N/A	50
13A12187	24103009	Recipe	Potato, peeled or unpeeled, mashed with cows milk & margarine spread		13.2	0.3	Calculated based on the recipe	#N/A	#N/A
13A11906	24101056	Recipe	Potato, peeled, boiled, microwaved or steamed, drained		13.2	0.2	Calculated based on the recipe	#N/A	24
13A11883	24801002	Recipe	Fennel, fresh or frozen, boiled, microwaved or steamed, drained		13.2	0.0	Calculated based on the recipe	#N/A	#N/A
13B10323	24901005	Recipe	Curry, homemade, okra, homemade sauce		13.2	0.3	Calculated based on the recipe	#N/A	1
13A12238	24101029	Recipe	Potato, pale skin, peeled, boiled, microwaved or steamed, drained, added oil		13.2	0.2	Calculated based on the recipe	#N/A	#N/A
02F40452	13509027	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added vegetables		13.2	26.1	Calculated based on the recipe	#N/A	#N/A
01B10372	19109001	Recipe	Babyccino, from cows milk		13.2	0.7	Calculated based on the recipe	#N/A	#N/A
13B10338	24901027	Recipe	Casserole or curry, homemade, vegetable, homemade gravy		13.2	1.4	Calculated based on the recipe	#N/A	#N/A
13A12188	24103006	Recipe	Potato, pale skin, peeled or unpeeled, mashed with cows milk & margarine spread		13.1	0.3	Calculated based on the recipe	#N/A	#N/A
04B10106	14601003	Recipe	Fat, butter, dairy blend or margarine spread, not further defined		13.1	0.2	Calculated based on the recipe	#N/A	1
02F40268	13509023	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added bacon, with or without added vegetables		13.1	24.3	Calculated based on the recipe	#N/A	1
09A40047	19806001	Recipe	Smoothie, cows milk, all flavours, added banana		13.1	0.4	Calculated based on the recipe	#N/A	#N/A
13B10308	24901024	Recipe	Stir-fry, homemade, vegetable, with rice		13.1	2.7	Calculated based on the recipe	#N/A	#N/A
12B10126	27103005	Recipe	Topping, chocolate, hard		13.0	0.0	Calculated based on the recipe	#N/A	#N/A
09D20118	19701007	Recipe	Panna cotta, dairy, vanilla, homemade from basic ingredients		13.0	0.3	Calculated based on the recipe	#N/A	#N/A
02A10451	12101028	Recipe	Sago, cooked in milk, no added salt		13.0	0.6	Calculated based on the recipe	#N/A	#N/A
01B10405	1120200	Recipe	Coffee, white, from instant coffee powder, made up with cows milk not further		13.0	0.6	Calculated based on the	#N/A	1

	2		defined			recipe		
01B10479	1120400 1	Recipe	Coffee, white, from instant coffee powder, decaffeinated, made up with cows milk not further defined	12.9	0.6	Calculated based on the recipe	#N/A	#N/A
02B20051	1230100 2	Recipe	Muffin, English style, from white flour, commercial, toasted	12.9	30.5	Calculated based on the recipe	#N/A	5
13B10262	2350200 2	Recipe	Dip, avocado or guacamole, homemade	12.9	0.6	Calculated based on the recipe	#N/A	13
01B10554	1180300 4	Recipe	Beverage, chocolate flavour, from drinking chocolate, with skim cows milk	12.9	1.5	Calculated based on the recipe	#N/A	#N/A
13A11833	2430203 3	Recipe	Swede, peeled, fresh or frozen, boiled, microwaved or steamed, drained	12.9	0.0	Calculated based on the recipe	#N/A	3
13A12591	2490403 4	Recipe	Mixed salad vegetables, additional vegetables, for use in garden salads	12.9	36.2	Calculated based on the recipe	#N/A	1
10A10541	2310401 0	Recipe	Sauce, for use in hamburger recipes	12.9	0.2	Calculated based on the recipe	#N/A	29
02B10610	1230200 1	Recipe	Bread, chapatti, commercial	12.9	23.4	Calculated based on the recipe	#N/A	#N/A
01B10340	1120201 5	Recipe	Coffee, flat white or latte, from ground coffee beans, with reduced fat cows milk	12.8	0.4	Calculated based on the recipe	#N/A	#N/A
09E10067	2010700 2	Recipe	Smoothie, non-dairy base, all flavours, added mixed fruit	12.8	0.3	Calculated based on the recipe	#N/A	#N/A
02B10810	1221401 0	Recipe	Bread, fresh, not further defined	12.8	19.2	Calculated based on the recipe	#N/A	1
02B10812	1221401 1	Recipe	Bread, toasted, not further defined	12.8	19.2	Calculated based on the recipe	#N/A	#N/A
13A11901	2440301 0	Recipe	Parsley, not further defined, raw	12.8	0.0	Calculated based on the recipe	#N/A	42
10A10501	2310900 7	Recipe	Paste, red curry, commercial or homemade	12.8	1.4	Calculated based on the recipe	#N/A	5
02B10645	1221300 2	Recipe	Bread, gluten free, commercial, toasted	12.8	0.0	Calculated based on the recipe	#N/A	#N/A
13A11835	2430203 5	Recipe	Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	12.8	0.0	Calculated based on the recipe	#N/A	3
13A12550	2430204 4	Recipe	Sweet potato, white flesh, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat	12.8	0.0	Calculated based on the recipe	#N/A	#N/A
12C10514	2820200 2	Recipe	Bar, muesli or snack, with caramel & sesame seeds	12.7	0.2	Calculated based on the recipe	#N/A	#N/A
10C10567	2110200	Recipe	Soup, cream of vegetable, prepared with cream or milk, homemade from basic	12.7	1.1	Calculated based on the	#N/A	#N/A

	2		ingredients				recipe			
02F10150	13502007	Recipe	Pizza, cheese & tomato, thin base, fast food chain			12.7	0.0	Calculated based on the recipe	#N/A	#N/A
05D10400	13514021	Recipe	Sushi, tuna & avocado, without seaweed			12.7	0.3	Calculated based on the recipe	#N/A	#N/A
09A40037	19802004	Recipe	Milkshake, non-chocolate or coffee flavours, regular fat cows milk, without ice cream			12.7	0.5	Calculated based on the recipe	#N/A	#N/A
13A12614	24103010	Recipe	Potato, peeled or unpeeled, mashed with cows milk & oil			12.7	0.3	Calculated based on the recipe	#N/A	#N/A
02E60369	12306001	Recipe	Bun, sweet, steamed bun, filled with bean paste			12.7	0.1	Calculated based on the recipe	#N/A	#N/A
13B10333	24904006	Recipe	Salad, coleslaw, with cheese, homemade from basic ingredients, added dressing			12.6	0.3	Calculated based on the recipe	#N/A	#N/A
02F40347	13507004	Recipe	Frozen meal, Mexican wrap, beef, rice & vegetables, energy controlled portion			12.6	2.3	Calculated based on the recipe	#N/A	#N/A
13B10317	24901003	Recipe	Casserole, homemade, vegetable, homemade gravy			12.6	1.5	Calculated based on the recipe	#N/A	#N/A
13A12630	24904032	Recipe	Salad, not further defined			12.6	9.6	Calculated based on the recipe	#N/A	#N/A
02F40256	13511004	Recipe	Rice, brown, fried, no meat or vegetables, oil not further defined, homemade			12.6	0.7	Calculated based on the recipe	#N/A	#N/A
01B10421	11202026	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, half shot, with skim cows milk			12.5	1.4	Calculated based on the recipe	#N/A	#N/A
01B10378	11204003	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, decaffeinated, with reduced fat cows milk			12.5	0.4	Calculated based on the recipe	#N/A	#N/A
02E50265	19702006	Recipe	Trifle, homemade from basic ingredients			12.5	0.6	Calculated based on the recipe	#N/A	#N/A
13A12424	24705002	Recipe	Avocado, cooked, with or without fat			12.5	0.6	Calculated based on the recipe	#N/A	#N/A
13A12173	24103013	Recipe	Potato bake, made with cheese			12.5	0.2	Calculated based on the recipe	#N/A	#N/A
01B10409	11202023	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, double shot, with soy milk not further defined			12.5	0.3	Calculated based on the recipe	#N/A	#N/A
10A10528	23101003	Recipe	Gravy, prepared from pan-drippings			12.5	0.0	Calculated based on the recipe	#N/A	19
08F10916	23501004	Recipe	Dip, cucumber & yoghurt, commercial			12.4	0.0	Calculated based on the recipe	#N/A	1
02F40461	1350701	Recipe	Mexican wrap, bean, with cheese, guacamole, salad & salsa			12.4	0.8	Calculated based on the recipe	#N/A	#N/A

	4						recipe		
10C10561	2110102 1	Recipe	Soup, pork & vegetable, with grains or pasta, prepared with stock or water, homemade from basic ingredients		12.4	2.5	Calculated based on the recipe	#N/A	#N/A
02F40318	1350701 6	Recipe	Mexican wrap, bean, with cheese, salad & salsa		12.4	0.8	Calculated based on the recipe	#N/A	#N/A
10A10519	2310400 9	Recipe	Sauce, tomato, not further defined		12.4	0.2	Calculated based on the recipe	#N/A	5
01B10349	1120203 4	Recipe	Coffee, mocha, from ground coffee beans, with reduced fat cows milk		12.3	0.4	Calculated based on the recipe	#N/A	#N/A
09A40064	1980600 6	Recipe	Smoothie, cows milk, all flavours, added mixed fruit, guarana & herbal extracts		12.3	0.5	Calculated based on the recipe	#N/A	#N/A
09A40050	1980600 4	Recipe	Smoothie, cows milk, all flavours, added mixed fruit		12.3	0.5	Calculated based on the recipe	#N/A	#N/A
10C10523	2130100 4	Recipe	Soup, chicken, with or without vegetables, cup of soup, prepared from instant dry mix with water		12.3	0.0	Calculated based on the recipe	#N/A	#N/A
13A12530	2430203 9	Recipe	Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, baked, fried, grilled, fat not further defined		12.2	0.0	Calculated based on the recipe	#N/A	#N/A
13A12549	2430204 5	Recipe	Sweet potato, white flesh, peeled or unpeeled, fresh or frozen, stir-fried, fat not further defined		12.2	0.0	Calculated based on the recipe	#N/A	#N/A
01B10364	1120200 5	Recipe	Coffee, cappuccino, from ground coffee beans, with reduced fat cows milk		12.2	0.4	Calculated based on the recipe	#N/A	#N/A
02E10630	1330304 0	Recipe	Cake, friand, homemade from basic ingredients, uniced		12.2	0.2	Calculated based on the recipe	#N/A	#N/A
05D10379	1351401 8	Recipe	Sushi, tuna, with seaweed		12.1	0.2	Calculated based on the recipe	#N/A	1
13A11931	2430203 7	Recipe	Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil		12.1	0.0	Calculated based on the recipe	#N/A	#N/A
13A11965	2430203 8	Recipe	Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil		12.1	0.0	Calculated based on the recipe	#N/A	#N/A
13A11932	2430203 6	Recipe	Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil		12.1	0.0	Calculated based on the recipe	#N/A	#N/A
02F40242	1351500 1	Recipe	Breadcrumbs for coating food, commercial, uncooked		12.1	12.6	Calculated based on the recipe	#N/A	38
01B10546	3010400 1	Recipe	Amino acid or creatine drink, prepared from dry powder with water or milk		12.1	0.4	Calculated based on the recipe	#N/A	#N/A
02F20062	1350306 3	Recipe	Sandwich or roll, filled with salad		12.1	58.3	Calculated based on the recipe	#N/A	1
01B10382	1120400	Recipe	Coffee, mocha, from ground coffee beans, decaffeinated, with reduced fat cows		12.0	0.4	Calculated based on the	#N/A	#N/A

	9		milk					recipe		
10D10163	26101013	Recipe	Potato crisps or chips, not further defined			12.0	0.2	Calculated based on the recipe	#N/A	#N/A
09A40049	19806003	Recipe	Smoothie, cows milk, all flavours, added mango			12.0	0.4	Calculated based on the recipe	#N/A	#N/A
09C10153	19204002	Recipe	Yoghurt, natural or Greek, high fat (~8%), added honey or sugar			12.0	0.1	Calculated based on the recipe	#N/A	#N/A
13A12573	24702009	Recipe	Zucchini, green skin, fresh or frozen, peeled or unpeeled, stir-fried, butter, dairy blend or margarine			12.0	0.0	Calculated based on the recipe	#N/A	#N/A
02F10146	13502004	Recipe	Pizza, cheese & tomato, thick base, takeaway style or homemade			12.0	0.1	Calculated based on the recipe	#N/A	#N/A
09A40026	19801012	Recipe	Milkshake, chocolate or coffee flavour, regular fat cows milk, without ice cream			11.9	0.5	Calculated based on the recipe	#N/A	#N/A
06D10563	16802014	Recipe	Tropical fruit, dried			11.9	0.1	Calculated based on the recipe	#N/A	#N/A
10C10510	21501002	Recipe	Soup, chicken & sweetcorn, ready to eat, canned			11.9	0.5	Calculated based on the recipe	#N/A	#N/A
02F10136	13501003	Analysed	Pizza, cheese & pesto, purchased frozen, uncooked			11.9	0.2	Calculated based on the recipe	#N/A	#N/A
02F10145	13502003	Recipe	Pizza, cheese & tomato, purchased frozen, baked			11.9	0.2	Calculated based on the recipe	#N/A	#N/A
02E50291	13402016	Recipe	Strudel, apple, homemade			11.9	0.0	Calculated based on the recipe	#N/A	#N/A
02E20086	13307009	Recipe	Scone, sultana, homemade from basic ingredients			11.9	0.3	Calculated based on the recipe	#N/A	#N/A
09D20120	19701009	Recipe	Pudding, rice, dairy, vanilla, commercial			11.8	0.6	Calculated based on the recipe	#N/A	#N/A
13A11908	24201030	Recipe	Cabbage, raw, not further defined			11.8	0.3	Calculated based on the recipe	#N/A	12
02B10655	12201027	Recipe	Bread roll, from white flour, fast food style			11.8	0.0	Calculated based on the recipe	#N/A	23
02F40458	13507017	Recipe	Mexican wrap, bean, with salad & salsa			11.8	0.9	Calculated based on the recipe	#N/A	#N/A
10A10527	23106002	Recipe	Sauce, pasta, tomato based, homemade			11.8	0.0	Calculated based on the recipe	#N/A	17
02E20098	13307008	Recipe	Scone, sultana, commercial			11.8	0.1	Calculated based on the recipe	#N/A	#N/A
09D20124	1970101	Recipe	Pudding, rice, dairy, chocolate, homemade from basic ingredients			11.7	0.5	Calculated based on the recipe	#N/A	#N/A



	2						recipe		
02D20032	12601008	Recipe	Porridge, rolled oats, prepared with cows milk & water		11.7	0.2	Calculated based on the recipe	#N/A	#N/A
02A10351	12101007	Analysed	Bulgur (burghul, burgaul), soaked in water, no added fat or salt	#REF!	11.7	--	Calculated based on the recipe		2
01B10396	11202001	Recipe	Coffee, white, from instant coffee powder, made up with regular fat cows milk		11.7	0.5	Calculated based on the recipe	#N/A	#N/A
09A40048	19806002	Recipe	Smoothie, cows milk, all flavours, added berries		11.7	0.5	Calculated based on the recipe	#N/A	#N/A
13A11981	24101059	Recipe	Potato, unpeeled, raw, not further defined		11.7	0.2	Calculated based on the recipe	#N/A	6
02B10732	12203017	Recipe	Bread, paratha		11.7	16.9	Calculated based on the recipe	#N/A	#N/A
02F20070	13503070	Recipe	Sandwich or roll, filled with canned spaghetti, toasted		11.6	326.4	Calculated based on the recipe	#N/A	#N/A
02E20095	13307003	Recipe	Scone, date, homemade from basic ingredients		11.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A12564	24803024	Recipe	Mixed vegetables, for use in tomato based pasta dishes		11.6	1.7	Calculated based on the recipe	#N/A	20
13A12043	24201025	Recipe	Cabbage, savoy, baked, roasted, fried, stir-fried, grilled or BBQ'd, with or without added fat		11.6	0.5	Calculated based on the recipe	#N/A	#N/A
10C10542	21101012	Recipe	Soup, ham & vegetable, prepared with stock or water, homemade from basic ingredients		11.6	8.3	Calculated based on the recipe	#N/A	#N/A
13A11849	24702008	Recipe	Zucchini, green skin, fresh or frozen, peeled or unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat		11.5	0.0	Calculated based on the recipe	#N/A	1
08F11089	24901002	Recipe	Casserole, commercial, vegetable		11.5	1.3	Calculated based on the recipe	#N/A	#N/A
13B10329	24901006	Recipe	Curry, homemade, okra, with rice or noodles		11.5	6.1	Calculated based on the recipe	#N/A	#N/A
13A12347	24302052	Recipe	Turnip, white, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, with or without added fat		11.5	0.0	Calculated based on the recipe	#N/A	#N/A
13B10267	24904005	Recipe	Salad, coleslaw, homemade from basic ingredients, added dressing		11.5	0.3	Calculated based on the recipe	#N/A	2
09C10148	19204004	Recipe	Yoghurt, natural or Greek, high fat (~6%), added mango &/or passionfruit pieces		11.5	0.0	Calculated based on the recipe	#N/A	#N/A
13B10327	23502005	Recipe	Dip, carrot, commercial		11.5	0.1	Calculated based on the recipe	#N/A	1
01B10342	1120201	Recipe	Coffee, flat white or latte, from ground coffee beans, with skim cows milk		11.5	1.3	Calculated based on the recipe	#N/A	#N/A

	7							recipe		
01B10430	20201001	Recipe	Iced coffee, regular fat soy milk			11.5	0.4	Calculated based on the recipe	#N/A	#N/A
08F10917	23501005	Recipe	Dip, cucumber & yoghurt, homemade			11.4	0.2	Calculated based on the recipe	#N/A	#N/A
10C10517	21101005	Recipe	Soup, broth with meat & noodles			11.4	9.8	Calculated based on the recipe	#N/A	#N/A
12B10125	27103001	Recipe	Sauce, sweet, caramel, homemade			11.4	0.2	Calculated based on the recipe	#N/A	#N/A
13A12373	24201032	Recipe	Cabbage, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine			11.4	0.3	Calculated based on the recipe	#N/A	#N/A
02F10140	13501037	Recipe	Pizza, vegetable, thin base, takeaway style			11.4	1.1	Calculated based on the recipe	#N/A	#N/A
10C10543	21101013	Recipe	Soup, ham & vegetable, with pasta or grains, prepared with stock or water, homemade from basic ingredients			11.4	9.9	Calculated based on the recipe	#N/A	#N/A
02C20342	13105009	Recipe	Biscuit, sweet, with coconut, chocolate base, commercial			11.4	0.0	Calculated based on the recipe	#N/A	#N/A
02F10148	13502006	Recipe	Pizza, cheese & tomato, thick base, fast food chain			11.3	0.1	Calculated based on the recipe	#N/A	#N/A
01B10329	11803002	Recipe	Beverage, chocolate flavour, from drinking chocolate, with regular fat cows milk			11.3	0.5	Calculated based on the recipe	#N/A	#N/A
02F40462	13507036	Recipe	Mexican wrap, with cheese, guacamole, salad & salsa			11.3	1.1	Calculated based on the recipe	#N/A	#N/A
02F40446	13509022	Recipe	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce			11.3	26.2	Calculated based on the recipe	#N/A	1
09D20123	19701010	Recipe	Pudding, rice, dairy, vanilla, homemade from basic ingredients			11.3	0.5	Calculated based on the recipe	#N/A	#N/A
09A50056	19306004	Recipe	Cream, for use in commercial bakery products, not further defined			11.2	0.0	Calculated based on the recipe	#N/A	13
13A11834	24302040	Recipe	Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained			11.2	0.0	Calculated based on the recipe	#N/A	6
13A12021	24302046	Recipe	Sweet potato, white flesh, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained			11.2	0.0	Calculated based on the recipe	#N/A	#N/A
13A12601	24904012	Recipe	Salad, garden, added cheese, no added dressing			11.2	10.3	Calculated based on the recipe	#N/A	1
01B10375	11202019	Recipe	Coffee, flat white or latte, from ground coffee beans, with cows milk not further defined			11.2	0.5	Calculated based on the recipe	#N/A	1
09C10147	1920400	Recipe	Yoghurt, natural or Greek, high fat (~6%), added berry pieces			11.2	0.0	Calculated based on the recipe	#N/A	#N/A

	3						recipe		
12C10451	2810302 4	Recipe	Confectionery, marshmallow-filled, chocolate & coconut coated (snowball)		11.2	0.7	Calculated based on the recipe	#N/A	#N/A
10A10495	2310900 8	Recipe	Paste, vindaloo, commercial		11.2	0.3	Calculated based on the recipe	#N/A	#N/A
02B10760	1230300 6	Recipe	Bread, tortilla, corn, commercial		11.2	0.0	Calculated based on the recipe	#N/A	2
13A12075	2480303 3	Recipe	Mixed vegetables, for homemade mixed dishes, pumpkin & sweet potato, raw		11.2	0.0	Calculated based on the recipe	#N/A	3
13A12323	2420103 1	Recipe	Cabbage, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat		11.1	0.3	Calculated based on the recipe	#N/A	#N/A
13A12055	2470201 2	Recipe	Zucchini, green skin, fresh or frozen, peeled or unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		11.1	0.0	Calculated based on the recipe	#N/A	#N/A
13A12090	2480302 7	Recipe	Mixed vegetables, for homemade mixed dishes, asparagus & celery		11.1	0.4	Calculated based on the recipe	#N/A	#N/A
02E50309	2820200 4	Recipe	Confectionery, sesame & toffee		11.1	0.3	Calculated based on the recipe	#N/A	#N/A
01B10350	1120203 5	Recipe	Coffee, mocha, from ground coffee beans, with skim cows milk		11.0	1.2	Calculated based on the recipe	#N/A	#N/A
13B10318	2490101 6	Recipe	Curry, homemade, vegetable, homemade sauce, with rice or noodles		11.0	5.2	Calculated based on the recipe	#N/A	#N/A
02F40219	1240400 1	Analysed	Pasta, filled with meat, fresh, commercial, boiled, without added sauce		11.0	0.4	Calculated based on the recipe	#N/A	12
04B10099	1430700 6	Recipe	Margarine spread, monounsaturated or polyunsaturated, reduced fat (<50% fat), regular salt		11.0	0.1	Calculated based on the recipe	#N/A	1
04B20109	1430300 5	Recipe	Margarine spread, monounsaturated, regular (>65% fat) & reduced salt (sodium <360 mg)		11.0	0.1	Calculated based on the recipe	#N/A	1
04B20107	1430400 8	Recipe	Margarine spread, monounsaturated, reduced fat (<50% fat), not further defined		11.0	0.1	Calculated based on the recipe	#N/A	1
13A12337	2470502 5	Recipe	Chilli (chili), raw, not further defined		11.0	0.0	Calculated based on the recipe	#N/A	7
04B20110	1430300 6	Recipe	Margarine spread, monounsaturated, regular (>65% fat), not further defined		11.0	0.1	Calculated based on the recipe	#N/A	1
04B20095	1430700 1	Recipe	Margarine spread, monounsaturated, not further defined		11.0	0.1	Calculated based on the recipe	#N/A	1
04B20108	1430400 7	Recipe	Margarine spread, monounsaturated, reduced fat (<50% fat) & reduced salt (sodium ~360 mg)		11.0	0.1	Calculated based on the recipe	#N/A	2

13A12540	24302041	Recipe	Sweet potato, orange flesh, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, added fat not further defined	11.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A11949	24702011	Recipe	Zucchini, green skin, fresh or frozen, peeled or unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil	11.0	0.0	Calculated based on the recipe	#N/A	#N/A
02F10138	13501039	Recipe	Pizza, vegetable, thin base, fast food chain	11.0	1.0	Calculated based on the recipe	#N/A	#N/A
13A11950	24702010	Recipe	Zucchini, green skin, fresh or frozen, peeled or unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil	11.0	0.0	Calculated based on the recipe	#N/A	#N/A
13B20292	25202004	Recipe	Casserole, homemade, vegetable & tofu, homemade tomato based sauce, with rice or pasta	11.0	5.5	Calculated based on the recipe	#N/A	#N/A
02C20339	13104013	Recipe	Biscuit, sweet, cream assorted, commercial, not further defined	11.0	6.6	Calculated based on the recipe	#N/A	1
02E60298	13405012	Recipe	Pasty, filled with vegetables, commercial, baked	10.9	0.1	Calculated based on the recipe	#N/A	#N/A
02B10788	12303001	Recipe	Bread, flat wrap, corn, commercial	10.9	0.0	Calculated based on the recipe	#N/A	2
13B10306	24901020	Recipe	Stir-fry, homemade, green vegetable, homemade sauce	10.9	1.6	Calculated based on the recipe	#N/A	#N/A
05D10425	13514011	Recipe	Sushi, fried bean curd (inari)	10.9	0.3	Calculated based on the recipe	#N/A	#N/A
01B10365	11202007	Recipe	Coffee, cappuccino, from ground coffee beans, with skim cows milk	10.9	1.2	Calculated based on the recipe	#N/A	#N/A
13A11877	24201026	Recipe	Cabbage, savoy, boiled, microwaved or steamed, drained, with or without added fat	10.9	0.4	Calculated based on the recipe	#N/A	2
13A11884	24201041	Recipe	Kohlrabi, peeled, fresh or frozen, boiled, microwaved or steamed, drained	10.9	0.0	Calculated based on the recipe	#N/A	#N/A
08F11086	18902019	Recipe	Frozen meal, vegetables & pasta or noodles, energy controlled portion	10.9	27.7	Calculated based on the recipe	#N/A	#N/A
01B10466	11202024	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, half shot, with regular fat cows milk	10.9	0.5	Calculated based on the recipe	#N/A	#N/A
02F40279	13511007	Recipe	Rice, brown, fried with mixed vegetables	10.9	1.2	Calculated based on the recipe	#N/A	#N/A
02F40237	24901021	Recipe	Stir-fry, commercial, vegetable	10.8	1.3	Calculated based on the recipe	#N/A	#N/A
02E60279	13405008	Analysed	Pastry, filled with spinach, commercial, ready to eat	10.8	30.4	Calculated based on the recipe	#N/A	#N/A
05A10780	13405009	Recipe	Pastry, filled with spinach, homemade from basic ingredients	10.8	30.4	Calculated based on the recipe	#N/A	#N/A

02E60290	13405010	Analysed	Pastry, filled with spinach & cheese, from frozen, baked, no added fat			10.8	30.4	Calculated based on the recipe	#N/A	#N/A
02E60291	13405011	Analysed	Pastry, filled with spinach & cheese, commercial, ready to eat			10.8	30.4	Calculated based on the recipe	#N/A	#N/A
02E60300	13405030	Imputed	Pie, savoury, spinach & cheese, commercial			10.8	30.4	Calculated based on the recipe	#N/A	#N/A
10A10502	23103026	Recipe	Sauce, teriyaki, commercial			10.8	7.5	Calculated based on the recipe	#N/A	4
10A10546	23108006	Recipe	Sauce, pepper, homemade			10.8	0.5	Calculated based on the recipe	#N/A	#N/A
01B10362	11202036	Recipe	Coffee, mocha, from ground coffee beans, with cows milk not further defined			10.8	0.5	Calculated based on the recipe	#N/A	1
09C10145	19205007	Recipe	Yoghurt, natural or Greek, regular fat (~4%), added berry pieces			10.8	0.0	Calculated based on the recipe	#N/A	1
13A12579	24705048	Recipe	Okra, cooked, with or without added fat			10.8	0.0	Calculated based on the recipe	#N/A	#N/A
13A12585	24904028	Recipe	Salad, roast vegetable, no added dressing			10.7	0.1	Calculated based on the recipe	#N/A	1
04B10097	14307004	Recipe	Margarine spread, monounsaturated or polyunsaturated, regular fat (>50% fat) & reduced salt (sodium <360 mg)			10.7	0.1	Calculated based on the recipe	#N/A	1
09D20126	19701011	Recipe	Pudding, rice, dairy, chocolate, commercial			10.7	0.5	Calculated based on the recipe	#N/A	#N/A
13B10266	24904004	Recipe	Salad, coleslaw, commercial, added dressing			10.7	0.3	Calculated based on the recipe	#N/A	1
10C10548	21501003	Recipe	Soup, chicken & vegetable, ready to eat, canned			10.7	0.5	Calculated based on the recipe	#N/A	#N/A
04B10098	14307005	Recipe	Margarine spread, monounsaturated or polyunsaturated, regular fat (>50% fat), not further defined			10.7	0.1	Calculated based on the recipe	#N/A	7
13B20281	23501010	Recipe	Dip, tomato &/or capsicum, homemade			10.7	0.8	Calculated based on the recipe	#N/A	1
02C20330	13101018	Recipe	Biscuit, sweet, shortbread style, with custard powder, commercial			10.7	0.0	Calculated based on the recipe	#N/A	1
04B10102	14307009	Recipe	Margarine spread, monounsaturated or polyunsaturated, regular salt, not further defined			10.7	0.1	Calculated based on the recipe	#N/A	#N/A
01B10366	11202009	Recipe	Coffee, cappuccino, from ground coffee beans, with cows milk not further defined			10.7	0.5	Calculated based on the recipe	#N/A	1
04B10081	14307011	Recipe	Margarine spread, monounsaturated or polyunsaturated, not further defined			10.7	0.1	Calculated based on the recipe	#N/A	28

04B10105	14307010	Recipe	Margarine spread, monounsaturated or polyunsaturated, reduced salt, not further defined	10.7	0.1	Calculated based on the recipe	#N/A	#N/A
04B10093	14307003	Recipe	Margarine spread, monounsaturated or polyunsaturated, regular fat (>50% fat) & salt	10.6	0.1	Calculated based on the recipe	#N/A	1
02E50324	13402008	Recipe	Pie, sweet, apple & rhubarb	10.6	0.0	Calculated based on the recipe	#N/A	#N/A
09B10209	19403003	Recipe	Cheese, cottage or cream, sweet chilli flavoured	10.6	0.3	Calculated based on the recipe	#N/A	#N/A
12C10474	27304001	Recipe	Biscuit filling, cream style, chocolate flavoured, commercial	10.6	0.1	Calculated based on the recipe	#N/A	2
13A12212	24201034	Recipe	Cabbage, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil	10.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A12375	24201035	Recipe	Cabbage, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil	10.6	0.3	Calculated based on the recipe	#N/A	#N/A
13A12374	24201033	Recipe	Cabbage, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil	10.6	0.3	Calculated based on the recipe	#N/A	#N/A
10C10553	21502002	Recipe	Soup, cream of vegetable, ready to eat, canned	10.6	1.2	Calculated based on the recipe	#N/A	#N/A
02B10761	12303007	Recipe	Bread, tortilla, corn, commercial, toasted	10.5	0.0	Calculated based on the recipe	#N/A	#N/A
04B10101	14307008	Recipe	Margarine spread, monounsaturated or polyunsaturated, reduced fat (<50% fat), not further defined	10.5	0.1	Calculated based on the recipe	#N/A	#N/A
02C20313	13101002	Recipe	Biscuit, sweet, Anzac style, homemade from basic ingredients, fat not further defined	10.5	0.1	Calculated based on the recipe	#N/A	1
04B10100	14307007	Recipe	Margarine spread, monounsaturated or polyunsaturated, reduced fat (<50% fat) & salt (sodium ~360 mg)	10.5	0.1	Calculated based on the recipe	#N/A	1
01B10469	11204004	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, decaffeinated, with skim cows milk	10.5	1.2	Calculated based on the recipe	#N/A	#N/A
13A11825	24705021	Recipe	Chilli (chili), green, cooked with or without added fat	10.5	0.0	Calculated based on the recipe	#N/A	2
13A12025	24401006	Recipe	Lettuce, baked, roasted, fried, stir-fried, grilled or BBQ'd, with or without added fat	10.5	0.1	Calculated based on the recipe	#N/A	#N/A
13A12056	24201036	Recipe	Cabbage, boiled, microwaved or steamed, drained, with or without added fat	10.5	0.3	Calculated based on the recipe	#N/A	3
10C10545	21301005	Recipe	Soup, chicken, with or without vegetables, cup of soup, reduced salt, prepared from instant dry mix with water	10.4	0.0	Calculated based on the recipe	#N/A	#N/A
09C10118	19205008	Recipe	Yoghurt, natural or Greek, regular fat (~4%), added mango &/or passionfruit pieces	10.4	0.0	Calculated based on the recipe	#N/A	#N/A

13A12339	2470502 6	Recipe	Chilli (chili), baked, roasted, fried, stir-fried, grilled or BBQ'd, with or without fat			10.4	0.0	Calculated based on the recipe	#N/A	3
01B10401	1120201 6	Recipe	Coffee, flat white or latte, from ground coffee beans, double shot, with reduced fat cows milk			10.4	0.3	Calculated based on the recipe	#N/A	#N/A
13A12160	2490400 2	Recipe	Salad, caprese, made with tomato, basil & mozzarella cheese, no added dressing			10.4	0.1	Calculated based on the recipe	#N/A	#N/A
13A12588	2490400 8	Recipe	Salad, fennel, no added dressing			10.3	1.3	Calculated based on the recipe	#N/A	#N/A
02B10789	1230300 2	Recipe	Bread, flat wrap, corn, commercial, toasted			10.3	0.0	Calculated based on the recipe	#N/A	#N/A
13A11824	2470502 4	Recipe	Chilli (chili), red, cooked with or without added fat			10.3	0.0	Calculated based on the recipe	#N/A	14
02E10566	1330303 9	Recipe	Cake, friand, commercial, uniced			10.3	0.1	Calculated based on the recipe	#N/A	#N/A
13B10287	1350907 6	Recipe	Stir-fry, commercial, noodles, added vegetable			10.2	25.4	Calculated based on the recipe	#N/A	#N/A
02F20064	1350306 8	Recipe	Wrap, filled, not further defined			10.2	55.4	Calculated based on the recipe	#N/A	#N/A
04B10082	1460100 2	Recipe	Fat, dairy blend or margarine spread, not further defined			10.2	0.1	Calculated based on the recipe	#N/A	#N/A
06A10117	1620101 0	Recipe	Raspberry, purchased frozen			10.2	0.7	Calculated based on the recipe	#N/A	#N/A
10A10483	2310800 7	Recipe	Sauce, stroganoff, homemade			10.2	3.2	Calculated based on the recipe	#N/A	1
02B10704	1221400 4	Recipe	Bread, homemade from basic ingredients, not further defined			10.2	10.1	Calculated based on the recipe	#N/A	1
02B10705	1221400 5	Recipe	Bread, homemade from basic ingredients, not further defined, toasted			10.2	10.1	Calculated based on the recipe	#N/A	#N/A
02C20380	1310102 4	Recipe	Biscuit, sweet, not further defined			10.2	5.8	Calculated based on the recipe	#N/A	#N/A
02E10631	1330304 5	Recipe	Cake, fruit, commercial, iced			10.2	0.0	Calculated based on the recipe	#N/A	#N/A
13A11855	2430205 3	Recipe	Turnip, white, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained, with or without added fat			10.1	0.0	Calculated based on the recipe	#N/A	1
02C20335	1310200 2	Recipe	Biscuit, sweet, biscotti (almond bread), commercial			10.1	0.1	Calculated based on the recipe	#N/A	#N/A
10C10474	2110201 0	Recipe	Soup, mixed vegetable & legume, prepared with stock or water, homemade from basic ingredients			10.1	5.6	Calculated based on the recipe	#N/A	#N/A

04B10094	1430100 4	Recipe	Margarine spread, polyunsaturated, regular (>50% fat) & reduced salt (sodium <360 mg)			10.1	0.0	Calculated based on the recipe	#N/A	1
15A10920	2440300 5	Analysed	Flower, rosella (native)			10.1	--	Calculated based on the recipe	#N/A	#N/A
13A11895	2440300 7	Analysed	Mint, raw		#REF!	10.1	--	Calculated based on the recipe	#N/A	14
13A11896	2440301 1	Borrowed	Rosemary, raw	2063	Rosemary, fresh	10.1	--	Calculated based on the recipe	#N/A	2
13A12581	2440400 2	Recipe	Seaweed, boiled, microwaved or steamed, drained			10.1	0.0	Calculated based on the recipe	#N/A	#N/A
13A20150	2510200 3	Recipe	Bean, lupin, canned, drained			10.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B10339	1120201 3	Recipe	Coffee, flat white or latte, from ground coffee beans, with regular fat cows milk			10.1	0.4	Calculated based on the recipe	#N/A	#N/A
13A12531	2470502 2	Recipe	Chilli (chili), green, pickled			10.1	0.0	Calculated based on the recipe	#N/A	#N/A
04B10095	1430100 5	Recipe	Margarine spread, polyunsaturated, regular (>50% fat), not further defined			10.1	0.0	Calculated based on the recipe	#N/A	1
09A40062	1130103 4	Recipe	Smoothie, fruit juice based, added mixed fruit & nuts or seeds			10.1	0.5	Calculated based on the recipe	#N/A	#N/A
04B10080	1430700 2	Recipe	Margarine spread, polyunsaturated, not further defined			10.0	0.0	Calculated based on the recipe	#N/A	1
13A12572	2430204 2	Recipe	Sweet potato, orange flesh, mashed with fat not further defined			10.0	0.0	Calculated based on the recipe	#N/A	#N/A
04B10096	1430200 7	Recipe	Margarine spread, polyunsaturated, reduced fat (<50% fat) & salt (sodium <360 mg)			10.0	0.0	Calculated based on the recipe	#N/A	2
13A11847	2470100 2	Recipe	Pumpkin, butternut, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			10.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A11843	2470100 6	Recipe	Pumpkin, golden nugget, peeled, fresh or frozen, baked or roasted, no added fat			10.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A11851	2470100 8	Recipe	Pumpkin, jarrahdale, peeled, fresh or frozen, baked or roasted, no added fat			10.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A11845	2470101 1	Recipe	Pumpkin, queensland blue, peeled, fresh or frozen, baked or roasted, no added fat			10.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A11853	2470101 4	Recipe	Pumpkin, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			10.0	0.0	Calculated based on the recipe	#N/A	4
13A12095	2440100 8	Recipe	Mixed leafy greens, for salad recipes, lettuce, spinach & rocket, raw			10.0	8.1	Calculated based on the recipe	#N/A	11



13A12144	24904010	Recipe	Salad, garden, added avocado, no added dressing		10.0	11.0	Calculated based on the recipe	#N/A	1
09D10275	19508003	Recipe	Ice cream, chocolate flavour, regular fat, added vitamins A, B1, B2, C, D & folate, Ca & Fe		10.0	0.0	Calculated based on the recipe	#N/A	#N/A
02F10139	13501036	Recipe	Pizza, vegetable, thick base, takeaway style & homemade		10.0	0.9	Calculated based on the recipe	#N/A	#N/A
13A12603	24904013	Recipe	Salad, garden, added cheese & fruit, no added dressing		9.9	7.8	Calculated based on the recipe	#N/A	#N/A
02C20314	13101017	Recipe	Biscuit, sweet, shortbread style, homemade from basic ingredients, butter or dairy blend		9.9	0.1	Calculated based on the recipe	#N/A	#N/A
10C10516	21101025	Recipe	Soup, wonton, clear broth with dumplings		9.9	0.6	Calculated based on the recipe	#N/A	#N/A
02B10798	12214009	Recipe	Bread, tortilla, for use in Mexican recipes		9.9	3.4	Calculated based on the recipe	#N/A	24
02A10504	13515005	Recipe	Mixed dish, polenta, with added tomato based sauce & cheese		9.8	2.2	Calculated based on the recipe	#N/A	#N/A
13A12338	24705027	Recipe	Chilli (chili), boiled, microwaved or steamed, drained, with or without fat		9.8	0.0	Calculated based on the recipe	#N/A	#N/A
02F10151	13501035	Recipe	Pizza, vegetable, purchased frozen, baked		9.8	0.7	Calculated based on the recipe	#N/A	#N/A
01B10377	11204002	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, decaffeinated, with regular fat cows milk		9.8	0.4	Calculated based on the recipe	#N/A	#N/A
02E50275	13402014	Recipe	Pie, sweet, stone fruit, homemade		9.7	0.0	Calculated based on the recipe	#N/A	#N/A
13A11992	24802005	Recipe	Leek, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat		9.7	0.0	Calculated based on the recipe	#N/A	2
10A10535	23106001	Recipe	Sauce, barbecue, homemade		9.7	0.1	Calculated based on the recipe	#N/A	#N/A
12B10087	27201010	Recipe	Jam, not further defined		9.7	0.1	Calculated based on the recipe	#N/A	9
01B10348	11202033	Recipe	Coffee, mocha, from ground coffee beans, with regular fat cows milk		9.7	0.4	Calculated based on the recipe	#N/A	#N/A
10C10550	21501001	Recipe	Soup, chicken & noodle, ready to eat, canned		9.7	3.7	Calculated based on the recipe	#N/A	#N/A
13A12084	24403006	Recipe	Herbs, mixed, raw		9.7	0.1	Calculated based on the recipe	#N/A	118
13A12330	24201028	Recipe	Cabbage, white, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		9.7	0.4	Calculated based on the recipe	#N/A	#N/A

13A12629	24904016	Recipe	Salad, garden, added grains, no added dressing			9.6	16.5	Calculated based on the recipe	#N/A	#N/A
02F10137	13501038	Recipe	Pizza, vegetable, thick base, fast food chain			9.6	0.8	Calculated based on the recipe	#N/A	#N/A
12D10058	27301013	Recipe	Pavlova, plain, topped with whipped cream & fresh fruit			9.6	0.2	Calculated based on the recipe	#N/A	#N/A
01A10097	29101001	Recipe	Beer, flavoured (alcohol 4% v/v)			9.6	7.7	Calculated based on the recipe	#N/A	#N/A
02E30114	13601009	Recipe	Crepe or pancake, plain, prepared from dry mix using water			9.6	13.2	Calculated based on the recipe	#N/A	#N/A
13A11879	24702006	Recipe	Zucchini, golden, fresh or frozen, peeled or unpeeled, boiled, microwaved or steamed, drained			9.6	0.0	Calculated based on the recipe	#N/A	#N/A
13A11848	24702013	Recipe	Zucchini, green skin, fresh or frozen, peeled or unpeeled, boiled, microwaved or steamed, drained			9.6	0.0	Calculated based on the recipe	#N/A	8
02C20332	13101019	Recipe	Biscuit, sweet, shortbread style, with custard powder, homemade from basic ingredients, fat not further defined			9.6	0.1	Calculated based on the recipe	#N/A	1
01B10363	11202003	Recipe	Coffee, cappuccino, from ground coffee beans, with regular fat cows milk			9.6	0.4	Calculated based on the recipe	#N/A	#N/A
09D20130	19701002	Recipe	Dairy dessert, chocolate, regular fat, added vitamins A, B1, B2, C, D & folate, Ca & Fe, commercial			9.6	0.8	Calculated based on the recipe	#N/A	#N/A
13A12193	24701003	Recipe	Pumpkin, butternut, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			9.6	0.0	Calculated based on the recipe	#N/A	#N/A
13A12068	24701018	Recipe	Pumpkin, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			9.6	0.0	Calculated based on the recipe	#N/A	3
13A12613	23202003	Recipe	Mixed vegetables, pickled, drained			9.5	0.1	Calculated based on the recipe	#N/A	#N/A
02A10502	13511030	Recipe	Salad, rice, with vegetables, added dressing			9.5	0.3	Calculated based on the recipe	#N/A	#N/A
13A12023	24101038	Recipe	Potato, pale skin, unpeeled, boiled, microwaved or steamed, drained			9.5	0.2	Calculated based on the recipe	#N/A	#N/A
13A12382	24301007	Recipe	Carrot, mature, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine			9.5	0.4	Calculated based on the recipe	#N/A	#N/A
13A11957	24701016	Recipe	Pumpkin, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil			9.5	0.0	Calculated based on the recipe	#N/A	#N/A
13A12189	24701017	Recipe	Pumpkin, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			9.5	0.0	Calculated based on the recipe	#N/A	#N/A
13A11958	24701015	Recipe	Pumpkin, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil			9.5	0.0	Calculated based on the recipe	#N/A	#N/A

02E10584	13303023	Recipe	Cake or cupcake, carrot, commercial, iced, filled with cream			9.5	0.0	Calculated based on the recipe	#N/A	#N/A
13A11813	24201029	Recipe	Cabbage, white, boiled, microwaved or steamed, drained, with and without added fat			9.5	0.4	Calculated based on the recipe	#N/A	8
12A10085	27304007	Recipe	Icing, cream cheese, homemade			9.5	0.1	Calculated based on the recipe	#N/A	2
12D10057	27301012	Recipe	Pavlova, plain, topped with whipped cream			9.4	0.1	Calculated based on the recipe	#N/A	#N/A
13B20287	23502006	Recipe	Dip, carrot, homemade			9.4	0.1	Calculated based on the recipe	#N/A	#N/A
01B10381	11204008	Recipe	Coffee, mocha, from ground coffee beans, decaffeinated, with regular fat cows milk			9.4	0.4	Calculated based on the recipe	#N/A	#N/A
10C10508	21502003	Recipe	Soup, pumpkin, ready to eat, canned			9.4	0.1	Calculated based on the recipe	#N/A	#N/A
13A12534	24101039	Recipe	Potato, pale skin, unpeeled, boiled, microwaved or steamed, added fat not further defined			9.3	0.2	Calculated based on the recipe	#N/A	#N/A
02B10784	12212003	Recipe	Bread, from rye flour, homemade from basic ingredients			9.3	0.0	Calculated based on the recipe	#N/A	2
02B10785	12212004	Recipe	Bread, from rye flour, homemade from basic ingredients, toasted			9.3	0.0	Calculated based on the recipe	#N/A	#N/A
01A10092	29101006	Recipe	Beer, not further defined			9.3	7.6	Calculated based on the recipe	#N/A	#N/A
01B10412	11202018	Recipe	Coffee, flat white or latte, from ground coffee beans, double shot, with skim cows milk			9.3	1.0	Calculated based on the recipe	#N/A	#N/A
13A12434	24802006	Recipe	Leek, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			9.3	0.0	Calculated based on the recipe	#N/A	#N/A
02F40471	13509082	Recipe	Salad, pasta with vegetables & cheese, added dressing			9.3	32.9	Calculated based on the recipe	#N/A	#N/A
10A10453	23109002	Analysed	Paste, curry, Indian style, commercial			9.3	0.2	Calculated based on the recipe	#N/A	8
10E10108	23109003	Analysed	Paste, green curry, commercial			9.3	0.2	Calculated based on the recipe	#N/A	21
10E10109	23109004	Recipe	Paste, green curry, homemade			9.3	0.2	Calculated based on the recipe	#N/A	#N/A
13A11882	24705029	Recipe	Choko, peeled, fresh or frozen, boiled, microwaved or steamed, drained			9.3	0.0	Calculated based on the recipe	#N/A	1
13A12597	24904009	Recipe	Salad, garden, no added dressing			9.3	12.8	Calculated based on the recipe	#N/A	21

10A10545	23103020	Recipe	Sauce, pepper, commercial			9.3	0.3	Calculated based on the recipe	#N/A	#N/A
10C10533	21102008	Recipe	Soup, mixed vegetable & legume, with pasta or grains, prepared with stock or water, homemade from basic ingredients			9.3	8.0	Calculated based on the recipe	#N/A	#N/A
02C20325	13104002	Recipe	Biscuit, sweet, sandwich, butternut snap biscuit, chocolate cream filling, commercial			9.3	0.0	Calculated based on the recipe	#N/A	2
02B10802	12302008	Recipe	Bread, flat wrap or tortilla, mixed grain			9.2	5.1	Calculated based on the recipe	#N/A	2
02A10489	12102014	Recipe	Rice, red, steamed or rice cooker, no added salt			9.2	0.5	Calculated based on the recipe	#N/A	#N/A
13B10304	24902007	Recipe	Pepper, stuffed with cheese			9.2	0.1	Calculated based on the recipe	#N/A	1
13A12247	24701020	Recipe	Pumpkin, peeled, fresh or frozen, boiled, microwaved or steamed, drained, added butter, dairy blend or margarine			9.2	0.0	Calculated based on the recipe	#N/A	#N/A
13A12582	24702014	Recipe	Zucchini, green skin, fresh or frozen, peeled or unpeeled, boiled, microwaved or steamed, drained, added fat not further defined			9.1	0.0	Calculated based on the recipe	#N/A	#N/A
10B10074	23202008	Recipe	Pickles, for use on sandwiches, not further defined			9.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A11913	24301006	Recipe	Carrot, mature, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			9.1	0.4	Calculated based on the recipe	#N/A	6
13B10337	24902011	Recipe	Tomato, stuffed with breadcrumbs, cheese & vegetables, cooked			9.1	0.2	Calculated based on the recipe	#N/A	#N/A
02A10407	12102009	Recipe	Rice, brown, purchased par-cooked or instant, cooked			9.1	0.5	Calculated based on the recipe	#N/A	#N/A
01B10470	11202006	Recipe	Coffee, cappuccino, from ground coffee beans, double shot, with reduced fat cows milk			9.1	0.3	Calculated based on the recipe	#N/A	#N/A
04B20099	14602001	Recipe	Fat, for frying at home, not further defined			9.1	0.1	Calculated based on the recipe	#N/A	5
13A12565	24802014	Recipe	Onion, mature, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine			9.1	0.1	Calculated based on the recipe	#N/A	#N/A
10A10486	23107009	Recipe	Sauce, stroganoff, commercial			9.1	0.2	Calculated based on the recipe	#N/A	#N/A
10C10547	21502007	Recipe	Soup, vegetable, ready to eat, canned			9.1	7.5	Calculated based on the recipe	#N/A	#N/A
02C20350	13101028	Recipe	Cone, for ice cream, not further defined			9.0	0.0	Calculated based on the recipe	#N/A	#N/A
09A10214	19103008	Recipe	Milk & water, reduced fat cow's milk & tap water			9.0	0.3	Calculated based on the recipe	#N/A	#N/A

13A12007	24401024	Recipe	Watercress, boiled, microwaved or steamed, drained		9.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A12089	24803034	Recipe	Mixed vegetables, for homemade mixed dishes, zucchini, squash & choko, raw		9.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A12341	24802007	Recipe	Leek, boiled, microwaved or steamed, drained		9.0	0.0	Calculated based on the recipe	#N/A	#N/A
13A12349	24103003	Recipe	Potato, mashed, with gravy, as purchased from a fast food outlet		8.9	0.1	Calculated based on the recipe	#N/A	#N/A
02E10530	13303043	Recipe	Cake, fruit, commercial, uniced		8.9	0.0	Calculated based on the recipe	#N/A	1
13A12010	24401025	Recipe	Watercress, boiled, microwaved or steamed, drained, added fat not further defined		8.9	0.0	Calculated based on the recipe	#N/A	#N/A
13A12577	24201014	Recipe	Cabbage, Chinese, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		8.9	0.4	Calculated based on the recipe	#N/A	#N/A
13A11846	24701004	Recipe	Pumpkin, butternut, peeled, fresh or frozen, boiled, microwaved or steamed, drained, with or without added fat		8.9	0.0	Calculated based on the recipe	#N/A	#N/A
13A11850	24701009	Recipe	Pumpkin, jarrahdale, peeled, fresh or frozen, boiled, microwaved or steamed, drained		8.9	0.0	Calculated based on the recipe	#N/A	#N/A
13A11844	24701012	Recipe	Pumpkin, queensland blue, peeled, fresh or frozen, boiled, microwaved or steamed, drained		8.9	0.0	Calculated based on the recipe	#N/A	#N/A
13A11852	24701019	Recipe	Pumpkin, peeled, fresh or frozen, boiled, microwaved or steamed, drained		8.9	0.0	Calculated based on the recipe	#N/A	16
13A12435	24802008	Recipe	Leek, boiled, casseroled, microwaved, poached, steamed or stewed, added fat not further defined		8.8	0.0	Calculated based on the recipe	#N/A	#N/A
13A12184	24705040	Recipe	Eggplant, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil		8.8	0.0	Calculated based on the recipe	#N/A	1
12B10108	27202002	Recipe	Jam, all flavours, no added sugar (100% fruit)		8.8	0.1	Calculated based on the recipe	#N/A	1
01B10478	11202037	Recipe	Coffee, mocha, from ground coffee beans, double shot, with cows milk not further defined		8.8	0.4	Calculated based on the recipe	#N/A	#N/A
13B20290	24901001	Recipe	Casserole, homemade, eggplant, homemade tomato based sauce		8.8	0.0	Calculated based on the recipe	#N/A	#N/A
01B30372	11305001	Recipe	Juice, carrot, home squeezed		8.8	0.4	Calculated based on the recipe	#N/A	2
02F30327	13505059	Recipe	Mixed dish, cheeseburger, potato fries & soft drink, fast food style		8.8	2.5	Calculated based on the recipe	#N/A	#N/A
13A12215	24301011	Recipe	Carrot, mature, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		8.8	0.4	Calculated based on the recipe	#N/A	#N/A

01B10442	19803001	Recipe	Iced coffee, reduced fat cows milk			8.7	0.3	Calculated based on the recipe	#N/A	#N/A
06D10564	16501003	Recipe	Banana, cooked			8.7	0.1	Calculated based on the recipe	#N/A	1
02F40246	13509011	Recipe	Macaroni & cheese, homemade, cooked unfilled pasta, homemade cheese sauce			8.7	53.8	Calculated based on the recipe	#N/A	#N/A
02A10503	12101026	Recipe	Rye, grains, cooked in water			8.7	0.0	Calculated based on the recipe	#N/A	#N/A
13A12537	24701021	Recipe	Pumpkin, peeled, fresh or frozen, boiled, microwaved or steamed, added fat not further defined			8.7	0.0	Calculated based on the recipe	#N/A	#N/A
02A10346	12103001	Analysed	Couscous, uncooked		8.735294118	8.7	--	Calculated based on the recipe	#N/A	2
02B10803	12302009	Recipe	Bread, flat wrap or tortilla, mixed grain, toasted			8.7	4.8	Calculated based on the recipe	#N/A	#N/A
13A11936	24301009	Recipe	Carrot, mature, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil			8.7	0.4	Calculated based on the recipe	#N/A	#N/A
13A12216	24301010	Recipe	Carrot, mature, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			8.7	0.4	Calculated based on the recipe	#N/A	#N/A
13A12165	24301008	Recipe	Carrot, mature, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil			8.7	0.4	Calculated based on the recipe	#N/A	#N/A
13A12560	24803026	Recipe	Mixed vegetables, for use in zucchini slice recipes			8.7	0.1	Calculated based on the recipe	#N/A	2
13A11909	24401005	Recipe	Lettuce, raw, not further defined			8.6	0.1	Calculated based on the recipe	#N/A	30
13A12396	24401007	Recipe	Lettuce, boiled, casseroled, microwaved, poached, steamed or stewed, with or without added fat			8.6	0.1	Calculated based on the recipe	#N/A	#N/A
02E50346	13306011	Recipe	Slice, chocolate, commercial, chocolate icing			8.6	0.2	Calculated based on the recipe	#N/A	#N/A
02B10808	12202011	Recipe	Bread, damper, from white Jackaroo flour, added vitamins & minerals, homemade from basic ingredients			8.6	0.1	Calculated based on the recipe	#N/A	1
02C20349	13101023	Recipe	Biscuit, sweet, plain assorted, commercial, not further defined			8.6	0.0	Calculated based on the recipe	#N/A	1
12B10100	27202007	Recipe	Marmalade, orange, no added sugar (100% fruit)			8.6	0.0	Calculated based on the recipe	#N/A	#N/A
02E50285	13402010	Recipe	Pie, sweet, fruit mince, commercial			8.5	0.0	Calculated based on the recipe	#N/A	#N/A
11B10233	22203010	Recipe	Coconut, milk, canned, not further defined			8.5	0.0	Calculated based on the recipe	#N/A	25

13A12099	24904019	Recipe	Salad, garden, made from leafy greens, carrot, cucumber & tomato, no added dressing			8.5	4.1	Calculated based on the recipe	#N/A	#N/A
02A10448	12103020	Recipe	Semolina, cooked in water, no added salt			8.4	0.0	Calculated based on the recipe	#N/A	#N/A
01B30327	11302006	Recipe	Juice, orange, home squeezed			8.4	0.1	Calculated based on the recipe	#N/A	4
06B10090	16301003	Recipe	Orange, peeled, raw, not further defined			8.4	0.1	Calculated based on the recipe	#N/A	12
02E20092	13307002	Recipe	Scone, date, commercial			8.4	31.5	Calculated based on the recipe	#N/A	#N/A
13A12167	24802013	Recipe	Onion, mature, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			8.4	0.1	Calculated based on the recipe	#N/A	122
13A12091	24803031	Recipe	Mixed vegetables, for homemade mixed dishes, carrot, parsnip, radish, swede & turnip, raw			8.4	0.2	Calculated based on the recipe	#N/A	4
02B10728	13501034	Recipe	Pizza, tomato sauce, thick base, takeaway style or homemade			8.3	0.1	Calculated based on the recipe	#N/A	#N/A
13A12098	24904022	Recipe	Salad, garden, made from leafy greens & tomato, no added dressing			8.3	4.1	Calculated based on the recipe	#N/A	1
12C10473	27304002	Recipe	Biscuit filling, cream style, vanilla flavoured, commercial			8.3	0.0	Calculated based on the recipe	#N/A	#N/A
01B10406	11202014	Recipe	Coffee, flat white or latte, from ground coffee beans, double shot, with regular fat cows milk			8.3	0.3	Calculated based on the recipe	#N/A	#N/A
04D10047	14602006	Recipe	Fat or oil, not further defined, for use in homemade cake, biscuit & slice using dry mixes			8.3	0.1	Calculated based on the recipe	#N/A	16
10A20003	12103004	Recipe	Custard powder, dry mix, commercial			8.3	0.0	Calculated based on the recipe	#N/A	5
01B10394	11202008	Recipe	Coffee, cappuccino, from ground coffee beans, double shot, with skim cows milk			8.2	0.8	Calculated based on the recipe	#N/A	#N/A
13A11880	24302016	Recipe	Celeriac, peeled, boiled, microwaved or steamed, drained			8.2	0.0	Calculated based on the recipe	#N/A	#N/A
10C10527	21602001	Recipe	Soup, lentil or other legumes, from cafe or restaurant			8.2	0.1	Calculated based on the recipe	#N/A	#N/A
13A12195	24701023	Recipe	Pumpkin, unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			8.2	0.0	Calculated based on the recipe	#N/A	#N/A
13A12127	24904020	Recipe	Salad, garden, made from leafy greens, cucumber, onion & tomato, no added dressing			8.2	4.1	Calculated based on the recipe	#N/A	1
13B20260	26401006	Recipe	Pappadam, microwaved without oil or salt			8.2	0.0	Calculated based on the recipe	#N/A	#N/A

13A12584	24904003	Recipe	Salad, carrot, no added dressing			8.2	18.4	Calculated based on the recipe	#N/A	#N/A
13A12097	24904021	Recipe	Salad, garden, made from leafy greens, cucumber & tomato, no added dressing			8.2	4.1	Calculated based on the recipe	#N/A	1
13A12081	24301014	Recipe	Carrot, peeled or unpeeled, fresh or frozen, raw, not further defined			8.2	0.3	Calculated based on the recipe	#N/A	11
13B20245	23502010	Recipe	Dip, eggplant, homemade			8.1	0.0	Calculated based on the recipe	#N/A	1
02F40270	13509048	Recipe	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce			8.1	38.4	Calculated based on the recipe	#N/A	1
13A12587	24904023	Recipe	Salad, greek, no added dressing			8.1	0.1	Calculated based on the recipe	#N/A	#N/A
01B10410	11202022	Recipe	Coffee, cappuccino, flat white or latte, from ground coffee beans, double shot, with cows milk not further defined			8.1	0.3	Calculated based on the recipe	#N/A	1
02B10795	12203022	Recipe	Bread, pumpkin			8.1	0.0	Calculated based on the recipe	#N/A	1
02B10799	12203023	Recipe	Bread, pumpkin, toasted			8.1	0.0	Calculated based on the recipe	#N/A	#N/A
13A12566	24802018	Recipe	Onion, mature, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			8.1	0.1	Calculated based on the recipe	#N/A	3
13A12120	24904018	Recipe	Salad, garden, made from leafy greens, capsicum, cucumber & tomato, no added dressing			8.0	4.1	Calculated based on the recipe	#N/A	1
13A12599	24904015	Recipe	Salad, garden, added fruit, no added dressing			8.0	7.7	Calculated based on the recipe	#N/A	1
01B10567	30104024	Recipe	Protein drink, protein 20%, fortified, caffeinated, prepared with water			8.0	0.0	Calculated based on the recipe	#N/A	#N/A
09A10215	19105005	Recipe	Milk & water, skim cow's milk & tap water			8.0	0.9	Calculated based on the recipe	#N/A	#N/A
02B10791	12302014	Recipe	Bread, tortilla, white, commercial, toasted			8.0	5.4	Calculated based on the recipe	#N/A	#N/A
01B10417	11208002	Recipe	Coffee, prepared from coffee mix with intense sweetener & whitener, no added milk			8.0	0.0	Calculated based on the recipe	#N/A	1
13B10303	24902002	Recipe	Cabbage roll, stuffed with tomato & rice			8.0	0.3	Calculated based on the recipe	#N/A	#N/A
13B10326	23502004	Recipe	Dip, beetroot, homemade			8.0	66.7	Calculated based on the recipe	#N/A	#N/A
02E60289	13405042	Recipe	Spring roll or rice paper roll, vegetable filling, fresh			8.0	0.1	Calculated based on the recipe	#N/A	#N/A



02E60268	13406001	Analysed	Chiko roll, takeaway style, deep fried			8.0	0.1	Calculated based on the recipe	#N/A	#N/A
02A30020	13509080	Recipe	Salad, noodle, with vegetables			8.0	3.7	Calculated based on the recipe	#N/A	1
13A11967	24802016	Recipe	Onion, mature, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled, BBQ'd, olive oil			8.0	0.1	Calculated based on the recipe	#N/A	1
13A12166	24802017	Recipe	Onion, mature, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			8.0	0.1	Calculated based on the recipe	#N/A	#N/A
13A11966	24802015	Recipe	Onion, mature, peeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled, BBQ'd, canola oil			8.0	0.1	Calculated based on the recipe	#N/A	1
13A12217	24301013	Recipe	Carrot, mature, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined			7.9	0.4	Calculated based on the recipe	#N/A	#N/A
10C10529	21102007	Recipe	Soup, mixed vegetable, prepared with stock or water, homemade from basic ingredients			7.9	8.2	Calculated based on the recipe	#N/A	#N/A
02C20331	13104006	Recipe	Biscuit, sweet, sandwich, shortbread style biscuit, icing filling, commercial			7.9	0.0	Calculated based on the recipe	#N/A	#N/A
13A12245	24701027	Recipe	Pumpkin, unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			7.9	0.0	Calculated based on the recipe	#N/A	#N/A
02C20327	13101027	Recipe	Cone, waffle style, for ice cream			7.9	0.0	Calculated based on the recipe	#N/A	2
13A12436	24904035	Recipe	Salad, for use in hamburger recipes			7.8	81.6	Calculated based on the recipe	#N/A	25
13A11839	24802022	Recipe	Onion, spring, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			7.8	0.0	Calculated based on the recipe	#N/A	4
13A12196	24701025	Recipe	Pumpkin, unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil			7.8	0.0	Calculated based on the recipe	#N/A	#N/A
13A12246	24701026	Recipe	Pumpkin, unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			7.8	0.0	Calculated based on the recipe	#N/A	#N/A
13A12244	24701024	Recipe	Pumpkin, unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil			7.8	0.0	Calculated based on the recipe	#N/A	#N/A
10C10530	21102009	Recipe	Soup, mixed vegetable & pasta or grains, prepared with stock or water, homemade from basic ingredients			7.8	9.6	Calculated based on the recipe	#N/A	#N/A
13A11812	24201002	Recipe	Bok choy or choy sum, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			7.8	0.4	Calculated based on the recipe	#N/A	#N/A
13A12177	24803003	Recipe	Mixed vegetables, Asian greens, stir-fried or fried, no added fat			7.8	0.4	Calculated based on the recipe	#N/A	1
04A10098	14201005	Recipe	Dairy blend, butter & edible oil spread, regular fat (>60% fat), regular salt			7.8	0.1	Calculated based on the recipe	#N/A	#N/A

12B10115	27205003	Recipe	Sauce, sweet, mixed berry coulis			7.7	0.4	Calculated based on the recipe	#N/A	#N/A
13A12590	24904033	Recipe	Mixed salad vegetables, common mix, for use in garden salads			7.7	2.8	Calculated based on the recipe	#N/A	1
02E50314	13402007	Recipe	Pie, sweet, apple & berry, from frozen, baked			7.7	15.5	Calculated based on the recipe	#N/A	#N/A
06E10146	16301004	Recipe	Orange, peeled, stewed, no added fat			7.7	0.1	Calculated based on the recipe	#N/A	4
10C10506	21102012	Recipe	Soup, potato, prepared with stock or water & cream, homemade from basic ingredients			7.7	0.1	Calculated based on the recipe	#N/A	#N/A
13A12253	24601008	Recipe	Tomato, fresh, baked, roasted, fried, stir-fried, grilled or BBQ'd, butter, dairy blend or margarine			7.7	0.1	Calculated based on the recipe	#N/A	#N/A
02A10416	12601006	Recipe	Porridge, rolled oats, prepared with rice milk			7.6	0.0	Calculated based on the recipe	#N/A	#N/A
13A12079	24803032	Recipe	Mixed vegetables, for homemade mixed dishes, onion, shallot, leek, spring onion & garlic, raw			7.6	0.1	Calculated based on the recipe	#N/A	#N/A
06E10123	16701014	Recipe	Fruit salad, banana, berries, mango & other fruit, homemade			7.6	0.1	Calculated based on the recipe	#N/A	#N/A
10F20126	23303006	Recipe	Dressing, sesame soy, homemade			7.6	11.5	Calculated based on the recipe	#N/A	#N/A
06D10571	16504012	Recipe	Tropical fruit, other, raw			7.6	0.0	Calculated based on the recipe	#N/A	#N/A
06D10532	16601013	Recipe	Melon, honey dew, skin not further defined, peeled raw			7.6	0.0	Calculated based on the recipe	#N/A	2
02F40421	13509081	Recipe	Salad, pasta with vegetables, added dressing			7.6	38.6	Calculated based on the recipe	#N/A	2
13A11998	24302027	Recipe	Radish, red skinned, unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			7.6	0.1	Calculated based on the recipe	#N/A	#N/A
13A11999	24302029	Recipe	Radish, white skinned, peeled or unpeeled, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			7.6	0.1	Calculated based on the recipe	#N/A	#N/A
01B10425	19801005	Recipe	Iced coffee, regular fat cows milk, with whipped cream			7.6	0.2	Calculated based on the recipe	#N/A	#N/A
01B30385	11305002	Recipe	Juice, vegetable blend, home squeezed			7.5	22.2	Calculated based on the recipe	#N/A	#N/A
13A12233	24802023	Recipe	Onion, spring, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			7.5	0.0	Calculated based on the recipe	#N/A	#N/A
10C10524	21602002	Recipe	Soup, mixed vegetable, from cafe or restaurant			7.5	0.1	Calculated based on the recipe	#N/A	#N/A

01B30386	11306003	Recipe	Juice, fruit & vegetable blend, home squeezed, not further defined			7.5	13.1	Calculated based on the recipe	#N/A	#N/A
02E50312	13306012	Recipe	Slice, chocolate, homemade from basic ingredients, fat not further defined, chocolate icing			7.5	0.2	Calculated based on the recipe	#N/A	1
13A12376	24201005	Recipe	Bok choy or choy sum, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			7.5	0.4	Calculated based on the recipe	#N/A	#N/A
13A12180	24803004	Recipe	Mixed vegetables, Asian greens, stir-fried or fried, fat not further defined			7.5	0.4	Calculated based on the recipe	#N/A	#N/A
01B30333	11304002	Recipe	Juice, carrot, commercial			7.5	0.3	Calculated based on the recipe	#N/A	4
02A30019	12403002	Recipe	Noodle, buckwheat or soba, boiled, drained			7.5	0.2	Calculated based on the recipe	#N/A	#N/A
01A30183	29502001	Recipe	Cocktail, cream or milk based			7.5	0.2	Calculated based on the recipe	#N/A	#N/A
10F20121	23304001	Recipe	Dressing, Asian style, with lime juice, chilli and fish sauce			7.5	0.4	Calculated based on the recipe	#N/A	2
02B10718	12302007	Recipe	Bread, flat wrap, white, commercial, toasted			7.5	5.0	Calculated based on the recipe	#N/A	3
06E10152	16701026	Recipe	Fruit salad, fresh & dried fruit, homemade or commercial			7.4	0.2	Calculated based on the recipe	#N/A	#N/A
13A12006	24201003	Recipe	Bok choy or choy sum, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil			7.4	0.4	Calculated based on the recipe	#N/A	#N/A
13A12210	24201004	Recipe	Bok choy or choy sum, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil			7.4	0.3	Calculated based on the recipe	#N/A	#N/A
13A12622	24401021	Recipe	Spinach, water, cooked, with or without added fat			7.4	0.3	Calculated based on the recipe	#N/A	#N/A
10C10528	21102017	Recipe	Soup, tomato, prepared with stock or water, homemade from basic ingredients			7.4	0.1	Calculated based on the recipe	#N/A	#N/A
13A11878	24702004	Recipe	Squash, scallopini, fresh or frozen, boiled, microwaved or steamed, drained			7.4	0.0	Calculated based on the recipe	#N/A	#N/A
02B10599	12203001	Recipe	Bread, damper, from white flour, homemade from basic ingredients			7.4	0.1	Calculated based on the recipe	#N/A	1
13A12510	24904036	Recipe	Salad, for use in Mexican recipes, beef wraps			7.4	0.1	Calculated based on the recipe	#N/A	7
12C10521	28405003	Recipe	Ginger, crystallised			7.4	0.0	Calculated based on the recipe	#N/A	1
01B10399	11202004	Recipe	Coffee, cappuccino, from ground coffee beans, double shot, with regular fat cows milk			7.4	0.3	Calculated based on the recipe	#N/A	#N/A

02F40288	13511025	Recipe	Risotto, mixed vegetables, with cheese			7.4	5.5	Calculated based on the recipe	#N/A	#N/A
10C10491	21102016	Recipe	Soup, pumpkin, prepared with stock or water & milk, homemade from basic ingredients			7.3	0.2	Calculated based on the recipe	#N/A	#N/A
01B10433	19801001	Recipe	Iced coffee, regular fat cows milk			7.3	0.3	Calculated based on the recipe	#N/A	#N/A
06A10116	16201002	Recipe	Blackberry, purchased frozen			7.3	0.3	Calculated based on the recipe	#N/A	#N/A
13A12346	24601013	Recipe	Tomato, fresh, boiled, microwaved or steamed, drained			7.3	0.1	Calculated based on the recipe	#N/A	3
13A12163	24302030	Recipe	Radish, peeled or unpeeled, raw			7.3	0.1	Calculated based on the recipe	#N/A	2
13A12345	24601014	Recipe	Tomato, fresh, boiled, microwaved or steamed, drained, added fat not further defined			7.3	0.1	Calculated based on the recipe	#N/A	1
01B10550	30102014	Recipe	Very low energy diet drink, coffee flavour, fortified (Optifast), prepared with water or milk, any type			7.3	0.4	Calculated based on the recipe	#N/A	#N/A
01B10551	30102018	Recipe	Very low energy diet drink, strawberry flavour, fortified (Optifast), prepared with water or milk, any type			7.3	0.4	Calculated based on the recipe	#N/A	#N/A
10C10507	21102011	Recipe	Soup, potato, prepared with stock or water, homemade from basic ingredients			7.3	0.1	Calculated based on the recipe	#N/A	#N/A
13A12250	24701028	Recipe	Pumpkin, unpeeled, fresh or frozen, boiled, microwaved or steamed, drained, with or without added fat			7.3	0.0	Calculated based on the recipe	#N/A	#N/A
06E10124	16701015	Recipe	Fruit salad, banana, kiwifruit & melon, homemade			7.3	0.3	Calculated based on the recipe	#N/A	#N/A
02C20333	13104007	Recipe	Biscuit, sweet, sandwich, shortbread style biscuit, icing filling, homemade from basic ingredients			7.3	0.1	Calculated based on the recipe	#N/A	#N/A
10C10502	21102015	Recipe	Soup, pumpkin, prepared with stock or water & coconut milk, homemade from basic ingredients			7.2	0.0	Calculated based on the recipe	#N/A	#N/A
13A12327	24201013	Recipe	Cabbage, Chinese, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			7.2	0.3	Calculated based on the recipe	#N/A	#N/A
10C10511	21102013	Recipe	Soup, pumpkin, prepared, from cafe or restaurant			7.1	0.2	Calculated based on the recipe	#N/A	#N/A
13A12162	24601007	Recipe	Tomato, fresh, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			7.1	0.1	Calculated based on the recipe	#N/A	#N/A
02F40416	13509012	Recipe	Noodles, fried or stir-fried, not further defined, with sauce			7.1	17.4	Calculated based on the recipe	#N/A	#N/A
13B10263	24904030	Recipe	Salad, tabouleh, commercial			7.1	0.0	Calculated based on the recipe	#N/A	#N/A

10C10519	2130100 1	Recipe	Soup, Asian style seafood & vegetable, with noodles, cup of soup, prepared from instant dry mix with water		7.1	0.0	Calculated based on the recipe	#N/A	#N/A
04A10096	1420200 6	Recipe	Dairy blend, butter & edible oil spread, reduced fat (<60% fat), regular salt		7.1	0.0	Calculated based on the recipe	#N/A	#N/A
13A12511	2490403 7	Recipe	Salad, for use in Mexican recipes, chicken wraps		7.1	0.1	Calculated based on the recipe	#N/A	9
13A12045	2470503 9	Recipe	Eggplant, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil		7.1	0.0	Calculated based on the recipe	#N/A	#N/A
10A10510	2310500 6	Recipe	Sauce, wine reduction, homemade		7.1	0.1	Calculated based on the recipe	#N/A	#N/A
13B10272	2490403 1	Recipe	Salad, tabouleh, homemade from basic ingredients		7.0	0.0	Calculated based on the recipe	#N/A	#N/A
09A10213	1910100 8	Recipe	Milk & water, regular fat cow's milk & tap water		7.0	0.3	Calculated based on the recipe	#N/A	#N/A
06E10147	1690100 5	Recipe	Crumble, apple & rhubarb, baked, homemade		7.0	0.1	Calculated based on the recipe	#N/A	#N/A
02B10792	1230300 3	Recipe	Bread, flat wrap or tortilla, rice, commercial		7.0	3.7	Calculated based on the recipe	#N/A	1
10D10168	2620200 6	Recipe	Popcorn, commercial, sugar coating		6.9	0.3	Calculated based on the recipe	#N/A	#N/A
13A11827	2470503 8	Recipe	Eggplant, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat		6.9	0.0	Calculated based on the recipe	#N/A	5
06E10148	1690100 6	Recipe	Crumble, stone fruits, baked, homemade		6.9	0.1	Calculated based on the recipe	#N/A	#N/A
06E10114	1670100 4	Recipe	Fruit salad, apple, banana & orange, homemade		6.9	0.1	Calculated based on the recipe	#N/A	#N/A
01B30349	1130400 7	Recipe	Juice, vegetable blend, tomato, carrot, celery & parsley, commercial		6.9	0.5	Calculated based on the recipe	#N/A	1
13A11817	2430100 3	Recipe	Carrot, baby, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained		6.9	0.1	Calculated based on the recipe	#N/A	#N/A
13A12257	2460101 2	Recipe	Tomato, fresh, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined		6.9	0.1	Calculated based on the recipe	#N/A	#N/A
01B30389	1130400 8	Recipe	Juice, vegetable, commercial, not further defined		6.8	0.3	Calculated based on the recipe	#N/A	1
10A10548	2310600 3	Recipe	Sauce, salsa, tomato-based, homemade from basic ingredients		6.8	0.1	Calculated based on the recipe	#N/A	#N/A
10C10518	2150200 4	Recipe	Soup, tomato, condensed, canned, prepared with water		6.8	2.2	Calculated based on the recipe	#N/A	#N/A

06E10132	1670102 1	Recipe	Fruit salad, kiwifruit, melon & orange, homemade		6.8	0.3	Calculated based on the recipe	#N/A	#N/A
01B30360	1130400 4	Recipe	Juice, tomato, commercial		6.8	0.0	Calculated based on the recipe	#N/A	1
06D10496	1650400 1	Analysed	Custard apple, african pride, peeled, raw	#REF!	6.8	--	Calculated based on the recipe	#N/A	#N/A
06D10570	1650400 2	Borrowed	Feijoa, raw	#REF!	6.8	--	Calculated based on the recipe	#N/A	#N/A
06D10490	1650400 4	Analysed	Jackfruit, peeled, raw	#REF!	6.8	--	Calculated based on the recipe	#N/A	#N/A
01B10426	1980100 2	Recipe	Iced coffee, regular fat cows milk, with added sugar		6.8	0.3	Calculated based on the recipe	#N/A	#N/A
13A11831	2470200 2	Recipe	Squash, button, fresh or frozen, boiled, microwaved or steamed, drained		6.8	0.0	Calculated based on the recipe	#N/A	1
13A12070	2460101 0	Recipe	Tomato, fresh, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil		6.8	0.1	Calculated based on the recipe	#N/A	#N/A
13A12258	2460101 1	Recipe	Tomato, fresh, baked, roasted, fried, stir-fried, grilled or BBQ'd, other oil		6.8	0.1	Calculated based on the recipe	#N/A	#N/A
13A12256	2460100 9	Recipe	Tomato, fresh, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil		6.8	0.1	Calculated based on the recipe	#N/A	#N/A
02E50315	1330500 1	Recipe	Pudding, chocolate, homemade from basic ingredients		6.8	0.2	Calculated based on the recipe	#N/A	#N/A
01B10388	1180600 1	Recipe	Drink, probiotic, contains milk solids & sugar		6.8	0.0	Calculated based on the recipe	#N/A	#N/A
01B10403	1180600 2	Recipe	Drink, probiotic, contains milk solids & sugar, intense sweetened		6.8	0.0	Calculated based on the recipe	#N/A	#N/A
06E10125	1670101 3	Recipe	Fruit salad, banana, berries & stone fruit, homemade		6.8	0.2	Calculated based on the recipe	#N/A	#N/A
06E10098	1690100 4	Recipe	Crumble, apple & berry, baked, homemade		6.8	0.1	Calculated based on the recipe	#N/A	#N/A
13A12027	2420101 5	Recipe	Cabbage, Chinese, boiled, microwaved or steamed, drained		6.7	0.3	Calculated based on the recipe	#N/A	#N/A
10A10503	2310600 4	Recipe	Sauce, tomato, homemade		6.7	0.1	Calculated based on the recipe	#N/A	1
13A11900	2460100 6	Recipe	Tomato, raw, not further defined		6.7	0.1	Calculated based on the recipe	#N/A	87
06E10105	1670100 7	Recipe	Fruit salad, apple, banana, kiwifruit & other fruit, homemade		6.7	0.2	Calculated based on the recipe	#N/A	#N/A

13A12328	24201016	Recipe	Cabbage, Chinese, boiled, microwaved or steamed, drained, added fat not further defined	6.7	0.3	Calculated based on the recipe	#N/A	#N/A
02B10811	12203027	Recipe	Bread, johnny (jonny) cake, from white flour, homemade from basic ingredients	6.7	0.0	Calculated based on the recipe	#N/A	#N/A
13A12214	24301002	Recipe	Carrot, baby, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined	6.7	0.1	Calculated based on the recipe	#N/A	#N/A
06E10106	16701002	Recipe	Fruit salad, apple, banana & mango, homemade	6.6	0.1	Calculated based on the recipe	#N/A	#N/A
01B30358	11301016	Recipe	Juice, orange, commercial	6.6	0.2	Calculated based on the recipe	#N/A	13
04B20113	14602004	Recipe	Fat or oil, not further defined, for use in omelette, scrambled egg & wet cooked vegetables recipes	6.6	0.1	Calculated based on the recipe	#N/A	51
06E10141	16701016	Recipe	Fruit salad, banana, melon & pineapple, homemade	6.6	0.1	Calculated based on the recipe	#N/A	#N/A
02F40257	13511019	Recipe	Rice, white, fried with mixed vegetables	6.6	1.1	Calculated based on the recipe	#N/A	1
06D10568	16701029	Recipe	Fruit, fresh, not further defined	6.6	0.1	Calculated based on the recipe	#N/A	#N/A
02C20388	13102007	Recipe	Biscuit, sweet, macaroon (coconut based), homemade from basic ingredients	6.5	0.5	Calculated based on the recipe	#N/A	#N/A
02B10595	12203007	Recipe	Bread, from white flour, homemade from basic ingredients, added salt	6.5	0.0	Calculated based on the recipe	#N/A	3
02B10746	12201005	Recipe	Bread, damper, from white flour, commercial	6.5	0.1	Calculated based on the recipe	#N/A	3
02B10747	12201006	Recipe	Bread, damper, from white flour, commercial, toasted	6.5	0.1	Calculated based on the recipe	#N/A	#N/A
01B20433	11403001	Recipe	Cordial base, apple & berry, regular	6.5	0.0	Calculated based on the recipe	#N/A	3
04A10097	14202007	Recipe	Dairy blend, butter & edible oil spread, reduced fat (<60% fat) & salt	6.5	0.0	Calculated based on the recipe	#N/A	#N/A
04A10088	14203001	Recipe	Dairy blend, butter & edible oil spread, not further defined	6.5	0.1	Calculated based on the recipe	#N/A	5
13A12101	24802027	Recipe	Onion, for salad recipes, onion (red, white & brown), spring onion, shallots & leeks, raw	6.5	0.1	Calculated based on the recipe	#N/A	14
06D10525	16505003	Recipe	Passionfruit, pulp, canned	6.5	0.0	Calculated based on the recipe	#N/A	8
02B10596	12203008	Recipe	Bread, from white flour, homemade from basic ingredients, added salt, toasted	6.5	0.0	Calculated based on the recipe	#N/A	#N/A

10A10517	23109009	Recipe	Paste, wasabi, commercial			6.5	0.0	Calculated based on the recipe	#N/A	#N/A
02C20354	13106005	Recipe	Biscuit, sweet, sandwich, cream & caramel filling, chocolate-coated, commercial			6.4	0.0	Calculated based on the recipe	#N/A	1
02B10652	12203021	Recipe	Bread, pizza base, homemade from basic ingredients			6.4	0.0	Calculated based on the recipe	#N/A	27
06E10138	16701024	Recipe	Fruit salad, fresh, tropical style (banana, mango, papaya and other fruits), homemade			6.4	0.0	Calculated based on the recipe	#N/A	#N/A
02E40109	13401013	Recipe	Pastry, puff, with butter, commercial, baked			6.4	0.0	Calculated based on the recipe	#N/A	3
13A12074	24803002	Recipe	Mixed vegetables, Asian greens, raw			6.4	0.3	Calculated based on the recipe	#N/A	4
10A10508	23103012	Recipe	Sauce, honey soy, commercial			6.4	8.5	Calculated based on the recipe	#N/A	7
06E10107	16701006	Recipe	Fruit salad, apple, banana, berries & other fruit, homemade			6.4	0.2	Calculated based on the recipe	#N/A	#N/A
02A10389	12601001	Recipe	Porridge, rolled oats, prepared with water			6.4	0.0	Calculated based on the recipe	#N/A	#N/A
12C10454	28201003	Recipe	Fruit bar, apricot, snack or confectionery style			6.4	0.2	Calculated based on the recipe	#N/A	#N/A
10F20125	23303001	Recipe	Dressing, honey mustard, homemade			6.3	0.5	Calculated based on the recipe	#N/A	#N/A
13A11823	24402014	Recipe	Celery, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			6.3	0.1	Calculated based on the recipe	#N/A	23
09A40059	11104002	Recipe	Milkshake, bubble tea, non-chocolate or coffee flavour, cows milk, tapioca pearls			6.3	0.3	Calculated based on the recipe	#N/A	#N/A
13A11826	24705041	Recipe	Eggplant, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained			6.3	0.0	Calculated based on the recipe	#N/A	5
02B10737	12203006	Recipe	Bread, from white flour, sour dough, homemade from basic ingredients, toasted			6.3	0.0	Calculated based on the recipe	#N/A	#N/A
02F40285	13511029	Recipe	Risotto, pumpkin, with cheese			6.3	0.0	Calculated based on the recipe	#N/A	#N/A
10A10537	23105003	Recipe	Sauce, garlic, homemade			6.3	0.1	Calculated based on the recipe	#N/A	#N/A
13A12615	24705042	Recipe	Eggplant, peeled or unpeeled, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined			6.3	0.0	Calculated based on the recipe	#N/A	#N/A
06E10144	16701031	Recipe	Mixed fruit platter, not further defined			6.3	0.2	Calculated based on the recipe	#N/A	#N/A



06E10154	16701012	Recipe	Fruit salad, banana, berries, melon & other fruit, homemade		6.3	0.2	Calculated based on the recipe	#N/A	#N/A		
06A10118	16201006	Recipe	Mixed berry, raw, not further defined		6.3	0.2	Calculated based on the recipe	#N/A	38		
02B10653	12203019	Recipe	Bread, pizza base, thick base, fast food-style		6.3	0.0	Calculated based on the recipe	#N/A	7		
02B10592	12203018	Label Data	Bread, pizza base, commercial		Weighted average 12203019 and 12203020		6.3	--	Calculated based on the recipe	#N/A	6
02F40473	13515006	Recipe	Salad, couscous with cheese & vegetables		6.2	0.1	Calculated based on the recipe	#N/A	#N/A		
06E10112	16701008	Recipe	Fruit salad, apple, banana, stone fruit & other fruit homemade		6.2	0.2	Calculated based on the recipe	#N/A	#N/A		
02B10736	12203005	Recipe	Bread, from white flour, sour dough, homemade from basic ingredients		6.2	0.0	Calculated based on the recipe	#N/A	1		
02B10654	12203020	Recipe	Bread, pizza base, thin base, fast food-style		6.2	0.0	Calculated based on the recipe	#N/A	9		
13A11990	24302004	Recipe	Beetroot, purple, peeled or unpeeled, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat		6.2	134.8	Calculated based on the recipe	#N/A	1		
06D10534	16505002	Recipe	Mango, pulped, canned		6.2	0.0	Calculated based on the recipe	#N/A	11		
02A10410	12401004	Recipe	Noodle, cooked, not further defined		6.2	16.7	Calculated based on the recipe	#N/A	2		
02C20326	13101006	Recipe	Biscuit, sweet, chocolate flavoured, bite-size shell, unfilled for pods recipes, commercial		6.2	0.0	Calculated based on the recipe	#N/A	1		
13A12583	24904007	Recipe	Salad, cucumber, no added dressing		6.2	0.1	Calculated based on the recipe	#N/A	#N/A		
06E10137	16701001	Recipe	Fruit salad, apple, banana & berries, homemade		6.2	0.1	Calculated based on the recipe	#N/A	#N/A		
06D10493	16503001	Analysed	Babaco, peeled, raw		#REF!		6.2	--	Calculated based on the recipe	#N/A	#N/A
06A10126	16503002	Borrowed	Cheese fruit, raw		6.2	--	Calculated based on the recipe	#N/A	#N/A		
06D10486	16503006	Analysed	Tamarillo, peeled, raw		6.2	--	Calculated based on the recipe	#N/A	#N/A		
06D10492	16503007	Analysed	Wax jambu, raw		6.2	--	Calculated based on the recipe	#N/A	#N/A		
02E60313	13513006	Recipe	Steamed bun, savoury, plain		6.1	0.1	Calculated based on the recipe	#N/A	2		

02F40251	1351102 6	Recipe	Risotto, mushroom, with cheese			6.1	1.3	Calculated based on the recipe	#N/A	#N/A
06E10135	1670102 3	Recipe	Fruit salad, fresh, tropical style, commercial			6.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A12593	1670103 2	Recipe	Fruit, for use in garden salad recipes			6.1	0.1	Calculated based on the recipe	#N/A	2
13A12336	2440201 7	Recipe	Celery, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined			6.1	0.1	Calculated based on the recipe	#N/A	#N/A
01B20505	1140300 4	Recipe	Cordial base, ginger, regular			6.1	0.0	Calculated based on the recipe	#N/A	1
13A11997	2440201 6	Recipe	Celery, fresh or frozen, boiled, microwaved or steamed, drained			6.1	0.1	Calculated based on the recipe	#N/A	8
13A11899	2480201 2	Recipe	Onion, mature, peeled, fresh or frozen, raw, not further defined			6.1	0.1	Calculated based on the recipe	#N/A	176
06C10233	1640100 9	Recipe	Peach, peeled, raw, not further defined			6.1	0.3	Calculated based on the recipe	#N/A	4
06C10234	1640101 0	Recipe	Peach, unpeeled, raw, not further defined			6.1	0.3	Calculated based on the recipe	#N/A	5
06E10097	1690100 3	Recipe	Crumble, apple, baked, homemade			6.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A12383	2440201 5	Recipe	Celery, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			6.1	0.1	Calculated based on the recipe	#N/A	#N/A
02B10740	1220301 6	Recipe	Bread, Naan, homemade			6.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A12433	2470503 6	Recipe	Cucumber, peeled or unpeeled, cooked, no added fat			6.1	0.1	Calculated based on the recipe	#N/A	#N/A
12A10090	2730401 2	Recipe	Icing, sugar based, plain & flavoured (non-chocolate & coffee), commercial			6.1	0.0	Calculated based on the recipe	#N/A	9
13B10291	2490300 4	Recipe	Onion ring, breadcrumb coating, fried			6.1	0.0	Calculated based on the recipe	#N/A	1
02B10650	1220301 5	Recipe	Bread, Naan, commercial			6.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A12619	2420101 9	Recipe	Cabbage, mustard, cooked			6.0	0.3	Calculated based on the recipe	#N/A	#N/A
02A10482	1210101 1	Recipe	Cornmeal (polenta), cooked in water & fat, no added salt			6.0	3.2	Calculated based on the recipe	#N/A	#N/A
02D10370	1250400 6	Recipe	Breakfast cereal, puffed or popped rice, not further defined			6.0	0.0	Calculated based on the recipe	#N/A	2

13A11904	24705035	Recipe	Cucumber, peeled or unpeeled, raw, not further defined		6.0	0.1	Calculated based on the recipe	#N/A	13
13A12366	24302005	Recipe	Beetroot, purple, peeled or unpeeled, fresh or frozen, baked, roasted, stir-fried, grilled or BBQ'd, fat not further defined		6.0	128.0	Calculated based on the recipe	#N/A	#N/A
06E10136	16701028	Recipe	Fruit salad, homemade, fresh, not further defined		6.0	0.1	Calculated based on the recipe	#N/A	2
01B30379	11302003	Recipe	Juice, fruit blend, home squeezed		6.0	0.1	Calculated based on the recipe	#N/A	#N/A
02A10392	12101010	Recipe	Cornmeal (polenta), cooked in water, no added salt		6.0	3.2	Calculated based on the recipe	#N/A	1
02E40111	13401016	Recipe	Pastry, puff, commercial, raw, not further defined		6.0	0.0	Calculated based on the recipe	#N/A	15
06E10153	16701025	Recipe	Fruit salad, fresh fruit & maraschino cherry, homemade or commercial		5.9	0.1	Calculated based on the recipe	#N/A	#N/A
02E40121	13401024	Recipe	Pastry, for use in quiche recipes, raw		5.9	0.0	Calculated based on the recipe	#N/A	9
06E10109	16701003	Recipe	Fruit salad, apple, banana & melon, homemade		5.9	0.1	Calculated based on the recipe	#N/A	#N/A
06E10129	16701019	Recipe	Fruit salad, berries, mango, stone fruit & other fruit, homemade		5.9	0.1	Calculated based on the recipe	#N/A	#N/A
02B10733	12203002	Recipe	Bread, flat, injera		5.8	0.0	Calculated based on the recipe	#N/A	#N/A
13A12033	24802020	Recipe	Onion, mature, peeled, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined		5.8	0.1	Calculated based on the recipe	#N/A	#N/A
06E10110	16701005	Recipe	Fruit salad, apple, banana & stone fruit, homemade		5.8	0.1	Calculated based on the recipe	#N/A	#N/A
13A12032	24802019	Recipe	Onion, mature, peeled, fresh or frozen, boiled, microwaved or steamed, drained		5.8	0.1	Calculated based on the recipe	#N/A	108
02A10458	12101013	Recipe	Grains & pasta, for homemade soup recipes		5.7	30.1	Calculated based on the recipe	#N/A	13
13B10301	24902004	Recipe	Capsicum, stuffed with tomato & rice		5.7	0.2	Calculated based on the recipe	#N/A	#N/A
06E10116	16701009	Recipe	Fruit salad, apple, berries & orange, homemade		5.7	0.1	Calculated based on the recipe	#N/A	#N/A
02A10460	12601014	Recipe	Porridge, rolled oats mixed with sugar, flavours & dried fruit, prepared with water		5.7	0.0	Calculated based on the recipe	#N/A	#N/A
06E10139	16701017	Recipe	Fruit salad, berries & pineapple, homemade		5.7	0.2	Calculated based on the recipe	#N/A	#N/A

13A12377	24201007	Recipe	Bok choy or choy sum, boiled, casseroled microwaved, poached, steamed or stewed, added fat not further defined		5.7	0.3	Calculated based on the recipe	#N/A	#N/A
13A12284	24803006	Recipe	Mixed vegetables, Asian greens, boiled, microwaved or steamed, drained, added fat not further defined		5.7	0.3	Calculated based on the recipe	#N/A	#N/A
13A11912	24201006	Recipe	Bok choy or choy sum, boiled, microwaved or steamed, drained		5.7	0.3	Calculated based on the recipe	#N/A	6
13A12176	24803005	Recipe	Mixed vegetables, Asian greens, boiled, microwaved or steamed, drained		5.7	0.3	Calculated based on the recipe	#N/A	2
02E40114	13401008	Recipe	Pastry, gow gee wrapper style, raw		5.7	0.0	Calculated based on the recipe	#N/A	1
02F40373	13515003	Recipe	Couscous, homemade, cooked, with roast vegetables		5.6	3.6	Calculated based on the recipe	#N/A	1
01B20514	11503005	Recipe	Spider, cola soft drink & ice cream		5.6	0.2	Calculated based on the recipe	#N/A	#N/A
02A30017	12401021	Recipe	Noodles & pasta, boiled, for use in mixed dishes		5.6	44.1	Calculated based on the recipe	#N/A	56
13A11898	24705013	Recipe	Capsicum, fresh or frozen, raw, not further defined		5.6	0.1	Calculated based on the recipe	#N/A	66
06D10540	16601007	Recipe	Grape, raw, not further defined		5.6	0.1	Calculated based on the recipe	#N/A	4
09A40055	11301033	Recipe	Smoothie, fruit juice based, added mixed fruit		5.6	0.1	Calculated based on the recipe	#N/A	#N/A
02E50281	13402021	Recipe	Tart or tarte tatin, pineapple, homemade		5.5	0.0	Calculated based on the recipe	#N/A	#N/A
10A10491	23103017	Recipe	Sauce, pad Thai, commercial		5.5	0.9	Calculated based on the recipe	#N/A	1
10A10530	23103014	Recipe	Sauce, HP, commercial, regular		5.5	0.1	Calculated based on the recipe	#N/A	#N/A
13A12368	24302007	Recipe	Beetroot, purple, peeled or unpeeled, fresh or frozen, steamed, added fat not further defined		5.5	112.9	Calculated based on the recipe	#N/A	#N/A
13B10270	24902009	Recipe	Vine leaf, stuffed with rice & tomato, commercial		5.5	16.0	Calculated based on the recipe	#N/A	#N/A
13A11809	24302006	Recipe	Beetroot, purple, peeled, fresh or frozen, boiled, microwaved or steamed, drained		5.5	118.8	Calculated based on the recipe	#N/A	2
02A10437	12402001	Recipe	Noodle, wheat, instant, unflavoured, dry, uncooked		5.4	0.0	Calculated based on the recipe	#N/A	1
13B10271	24902010	Recipe	Vine leaf, stuffed with rice & tomato, homemade from basic ingredients		5.4	15.6	Calculated based on the recipe	#N/A	#N/A

10F20124	23303003	Recipe	Dressing, mustard, homemade			5.4	0.1	Calculated based on the recipe	#N/A	#N/A
06E10118	16701010	Recipe	Fruit salad, apple, melon & orange, homemade			5.4	0.1	Calculated based on the recipe	#N/A	#N/A
10A10493	23103002	Recipe	Marinade, teriyaki, commercial			5.4	6.0	Calculated based on the recipe	#N/A	#N/A
13A12022	24802024	Recipe	Onion, spring, boiled, microwaved or steamed, drained, with or without added fat			5.4	0.0	Calculated based on the recipe	#N/A	#N/A
02A10384	12401016	Analysed	Pasta, white wheat flour & spinach, plain, boiled, no added salt	#REF!		5.3	--	Calculated based on the recipe	#N/A	1
02A10362	12401017	Analysed	Pasta, white wheat flour & spinach, plain, boiled, with added salt			5.3	--	Calculated based on the recipe	#N/A	1
01B30401	11301035	Recipe	Juice, fruit, commercial, not further defined			5.3	0.2	Calculated based on the recipe	#N/A	#N/A
13A11814	24705004	Recipe	Capsicum, green, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			5.3	0.1	Calculated based on the recipe	#N/A	1
13A11815	24705009	Recipe	Capsicum, red, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			5.3	0.1	Calculated based on the recipe	#N/A	5
13A11968	24705014	Recipe	Capsicum, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			5.3	0.1	Calculated based on the recipe	#N/A	3
01B10358	11202032	Recipe	Coffee, macchiato, from ground coffee beans, with soy milk not further defined			5.3	0.1	Calculated based on the recipe	#N/A	#N/A
10C10522	21102014	Recipe	Soup, pumpkin, prepared with stock or water, homemade from basic ingredients			5.3	0.1	Calculated based on the recipe	#N/A	#N/A
06D10555	16601016	Recipe	Melon, peeled, raw, not further defined			5.3	0.2	Calculated based on the recipe	#N/A	12
06A10115	16201004	Recipe	Blueberry, purchased frozen			5.2	0.2	Calculated based on the recipe	#N/A	2
06E10143	16701018	Recipe	Fruit salad, berries, cherries, watermelon or other red fruit, homemade			5.2	0.2	Calculated based on the recipe	#N/A	#N/A
12B10092	27201006	Recipe	Jam, pumpkin & cinnamon, homemade			5.2	0.0	Calculated based on the recipe	#N/A	#N/A
01B30373	11303007	Recipe	Juice, fruit blend, with added vitamin A & C & herbal extracts			5.2	0.1	Calculated based on the recipe	#N/A	1
01B30334	11304003	Recipe	Juice, celery, commercial			5.2	0.1	Calculated based on the recipe	#N/A	4
12C10527	28405002	Recipe	Confectionery, honey joy			5.2	0.5	Calculated based on the recipe	#N/A	#N/A

06E10142	16701020	Recipe	Fruit salad, grape & melon, homemade			5.2	0.2	Calculated based on the recipe	#N/A	#N/A
10A10539	23103010	Recipe	Sauce, garlic, commercial			5.1	0.1	Calculated based on the recipe	#N/A	8
02F40248	13511021	Recipe	Rice, white, pilaf style, with butter, stock & spices			5.1	0.0	Calculated based on the recipe	#N/A	#N/A
01A20128	29201005	Recipe	Wine, not further defined			5.1	0.2	Calculated based on the recipe	#N/A	#N/A
13A11959	24705005	Recipe	Capsicum, green, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			5.1	0.1	Calculated based on the recipe	#N/A	1
13A12334	24705010	Recipe	Capsicum, red, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			5.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A12332	24705017	Recipe	Capsicum, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			5.1	0.1	Calculated based on the recipe	#N/A	#N/A
06D10547	16103010	Recipe	Pear, raw, not further defined			5.1	0.0	Calculated based on the recipe	#N/A	5
01B30367	11302004	Recipe	Juice, lemon, home squeezed			5.1	0.0	Calculated based on the recipe	#N/A	44
06D10546	16103008	Recipe	Pear, peeled, raw, not further defined			5.1	0.0	Calculated based on the recipe	#N/A	6
06D10513	16103009	Recipe	Pear, unpeeled, raw, not further defined			5.1	0.0	Calculated based on the recipe	#N/A	3
06D10523	16105002	Analysed	Quince, peeled, cooked, sweetened			5.1	--	Calculated based on the recipe	#N/A	1
06E10155	16701022	Recipe	Fruit salad, melon, pineapple & stone fruit, homemade			5.1	0.2	Calculated based on the recipe	#N/A	#N/A
13A12380	24705007	Recipe	Capsicum, green, fresh or frozen, boiled, microwaved or steamed, added fat not further defined			5.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A12335	24705012	Recipe	Capsicum, red, fresh or frozen, boiled, microwaved or steamed, drained, added fat not further defined			5.1	0.1	Calculated based on the recipe	#N/A	#N/A
13A12379	24705019	Recipe	Capsicum, fresh or frozen, boiled, microwaved or steamed, added fat not further defined			5.1	0.1	Calculated based on the recipe	#N/A	2
02C20344	13104012	Recipe	Biscuit, sweet, sandwich, wafer layers, cream filling, commercial, not further defined			5.0	0.2	Calculated based on the recipe	#N/A	#N/A
13A11970	24705016	Recipe	Capsicum, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, olive oil			5.0	0.1	Calculated based on the recipe	#N/A	#N/A
13A11969	24705015	Recipe	Capsicum, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, canola oil			5.0	0.1	Calculated based on the recipe	#N/A	#N/A

06C10237	16403006	Recipe	Stone fruit, peeled or unpeeled, raw, not further defined		5.0	0.2	Calculated based on the recipe	#N/A	7
01B30375	11303006	Recipe	Juice, fruit blend, 60% orange juice, 20% apple juice & other juices, commercial, added vitamins A, C & E		5.0	0.1	Calculated based on the recipe	#N/A	1
13A12333	24705006	Recipe	Capsicum, green, fresh or frozen, boiled, microwaved or steamed, drained		5.0	0.1	Calculated based on the recipe	#N/A	4
13A12164	24705011	Recipe	Capsicum, red, fresh or frozen, boiled, microwaved or steamed, drained		5.0	0.1	Calculated based on the recipe	#N/A	5
13A12213	24705018	Recipe	Capsicum, fresh or frozen, boiled, microwaved or steamed, drained		5.0	0.1	Calculated based on the recipe	#N/A	12
12C10450	28202005	Recipe	Coconut ice, homemade		5.0	0.4	Calculated based on the recipe	#N/A	#N/A
09A40054	11301032	Recipe	Smoothie, fruit juice based, added berries		5.0	0.1	Calculated based on the recipe	#N/A	#N/A
01B30361	11303004	Recipe	Juice, fruit blend, 60% orange juice & 40% apple & pineapple juices, commercial, added vitamin C & folate		5.0	0.1	Calculated based on the recipe	#N/A	#N/A
06E10157	16401004	Recipe	Nectarine, stewed, sugar sweetened, no added fat		4.9	0.2	Calculated based on the recipe	#N/A	#N/A
01B30363	11303005	Recipe	Juice, fruit blend, 60% orange juice & 40% apple & pineapple juices, commercial, added fibre & vitamin C		4.9	0.1	Calculated based on the recipe	#N/A	1
02F40303	12102010	Recipe	Rice, flavoured, instant dry mix		4.9	0.7	Calculated based on the recipe	#N/A	#N/A
01B30341	11303003	Recipe	Juice, fruit blend, 60% orange juice & 40% apple & pineapple juices, commercial, added Ca & vitamin C		4.9	0.1	Calculated based on the recipe	#N/A	#N/A
06E10100	16601019	Recipe	Rhubarb, stewed, sugar sweetened, no added fat		4.9	0.0	Calculated based on the recipe	#N/A	2
06E10149	16401011	Recipe	Peach, stewed, sugar sweetened, no added fat		4.9	0.2	Calculated based on the recipe	#N/A	1
06A10114	16201012	Recipe	Strawberry, purchased frozen		4.8	0.2	Calculated based on the recipe	#N/A	#N/A
06D10566	16201007	Recipe	Mixed berry, cooked		4.8	0.2	Calculated based on the recipe	#N/A	#N/A
13B10274	23502009	Recipe	Dip, eggplant, commercial		4.8	0.0	Calculated based on the recipe	#N/A	1
01B30388	11301031	Recipe	Juice, commercial, not further defined		4.8	0.2	Calculated based on the recipe	#N/A	1
06A20013	16202007	Analysed	Raspberry, canned in syrup, syrup only	4.838	4.8	--	Calculated based on the recipe	#N/A	1

10A10473	13509069	Recipe	Pasta in cream based sauce, prepared from dry mix with regular fat milk cows & margarine spread			4.8	0.2	Calculated based on the recipe	#N/A	#N/A
06E10096	16701027	Recipe	Fruit salad, commercial, fresh			4.8	0.2	Calculated based on the recipe	#N/A	#N/A
01B30387	11301030	Recipe	Juice, fruit, commercial, not further defined			4.7	0.2	Calculated based on the recipe	#N/A	2
01B10345	11202029	Recipe	Coffee, macchiato, from ground coffee beans, with reduced fat cows milk			4.7	0.1	Calculated based on the recipe	#N/A	#N/A
02F40456	13604004	Recipe	Coating, commercial, for fish & seafood, uncooked			4.7	1.9	Calculated based on the recipe	#N/A	15
01A20125	29202004	Recipe	Wine, white, not further defined			4.7	0.2	Calculated based on the recipe	#N/A	2
01A20127	29203004	Recipe	Sherry, not further defined			4.7	0.2	Calculated based on the recipe	#N/A	#N/A
10B10075	23202009	Recipe	Relish, corn, commercial			4.7	0.0	Calculated based on the recipe	#N/A	#N/A
01B30381	11306001	Recipe	Juice, fruit & vegetable blend, apple, berries, beetroot & carrot, commercial			4.7	5.7	Calculated based on the recipe	#N/A	#N/A
06E10158	16701030	Recipe	Fruit, puree or stewed, not further defined			4.7	0.1	Calculated based on the recipe	#N/A	#N/A
13A12446	24705044	Recipe	Melon, bitter, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, no added fat			4.6	0.0	Calculated based on the recipe	#N/A	#N/A
12A10095	27304015	Recipe	Icing, homemade, not further defined (non-chocolate & coffee)			4.6	0.1	Calculated based on the recipe	#N/A	1
02E40095	13401011	Analysed	Pastry, filo (fillo), commercial, baked		#REF!	4.6	--	Calculated based on the recipe	#N/A	#N/A
06D10572	16503004	Recipe	Fig, fresh, peeled or unpeeled, baked			4.6	0.0	Calculated based on the recipe	#N/A	#N/A
06E10159	16804002	Recipe	Lemon, preserved			4.6	0.0	Calculated based on the recipe	#N/A	#N/A
02E30131	13401001	Recipe	Pancake, Chinese			4.6	0.0	Calculated based on the recipe	#N/A	1
02F40250	13511027	Recipe	Risotto, plain, with cheese			4.5	0.0	Calculated based on the recipe	#N/A	#N/A
12C10540	28405001	Recipe	Confectionery, chocolate crackle			4.5	0.2	Calculated based on the recipe	#N/A	#N/A
13A12447	24705045	Recipe	Melon, bitter, fresh or frozen, baked, roasted, fried, stir-fried, grilled or BBQ'd, fat not further defined			4.5	0.0	Calculated based on the recipe	#N/A	#N/A



01B10346	11202030	Recipe	Coffee, macchiato, from ground coffee beans, with skim cows milk	4.4	0.3	Calculated based on the recipe	#N/A	#N/A
01B10359	11202031	Recipe	Coffee, macchiato, from ground coffee beans, with cows milk not further defined	4.4	0.1	Calculated based on the recipe	#N/A	1
07D10164	32301001	Recipe	Fruit, puree or stewed, infant	4.4	0.0	Calculated based on the recipe	#N/A	#N/A
10A10544	23101007	Recipe	Sauce, mushroom, prepared from commercial dry mix	4.4	0.0	Calculated based on the recipe	#N/A	#N/A
02A10435	12601011	Recipe	Porridge, rolled oats mixed with sugar or honey & other flavours, prepared with water	4.4	2.3	Calculated based on the recipe	#N/A	#N/A
06E10151	16701011	Recipe	Fruit salad, apple, melon & stone fruit, homemade	4.3	0.2	Calculated based on the recipe	#N/A	#N/A
10A10471	27203002	Recipe	Sauce, sweet, lemon & butter, homemade	4.3	0.1	Calculated based on the recipe	#N/A	#N/A
12B10116	27202006	Recipe	Marmalade, orange, reduced sugar	4.3	0.0	Calculated based on the recipe	#N/A	#N/A
01B30325	11301015	Recipe	Juice, lemon, commercial	4.3	0.0	Calculated based on the recipe	#N/A	37
01B30330	11301023	Recipe	Juice, pear, commercial	4.3	0.0	Calculated based on the recipe	#N/A	1
01B30326	11302005	Recipe	Juice, lime, commercial or home squeezed	4.3	0.0	Calculated based on the recipe	#N/A	7
01B30374	11306002	Recipe	Juice, fruit & vegetable blend, apple, carrot, mango, orange, pineapple & passionfruit, commercial, added fibre & vitamin C	4.3	0.2	Calculated based on the recipe	#N/A	#N/A
01B10524	11804007	Recipe	Beverage base, strawberry flavour, from drinking straw, containing added sugar & intense sweetener, unfortified	4.2	0.0	Calculated based on the recipe	#N/A	#N/A
05D10384	13514022	Recipe	Sushi, vegetable, with seaweed	4.2	0.3	Calculated based on the recipe	#N/A	1
01B30396	11303008	Recipe	Juice, fruit blend, breakfast, commercial, not further defined	4.2	0.1	Calculated based on the recipe	#N/A	#N/A
01B10344	11202028	Recipe	Coffee, macchiato, from ground coffee beans, with regular fat cows milk	4.2	0.1	Calculated based on the recipe	#N/A	#N/A
01B20477	11403003	Recipe	Cordial base, fruit cup or tropical, regular	4.2	0.0	Calculated based on the recipe	#N/A	1
09A10233	20106002	Recipe	Milk, oat, fluid, unfortified	4.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B30393	11301010	Recipe	Juice, fruit blend, 45% orange juice & 55% apple, pineapple & other juices, commercial	4.1	0.1	Calculated based on the recipe	#N/A	1

02D10410	1251600 2	Recipe	Breakfast cereal, cocoa coating, commercial, not further defined			4.1	0.1	Calculated based on the recipe	#N/A	1
09A10234	2010600 3	Recipe	Milk, oat, fluid, added calcium			4.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B10487	1110100 8	Recipe	Chai latte, prepared from chai mix powder & water, no added milk			4.0	0.0	Calculated based on the recipe	#N/A	#N/A
06B10096	1630400 1	Recipe	Mandarin, canned in natural juice			4.0	0.0	Calculated based on the recipe	#N/A	#N/A
06E10104	1610301 1	Recipe	Pear, stewed, sugar sweetened, no added fat			4.0	0.0	Calculated based on the recipe	#N/A	1
10B10076	2320100 3	Recipe	Chutney or relish, homemade			4.0	0.1	Calculated based on the recipe	#N/A	#N/A
02D10360	1250200 7	Recipe	Breakfast cereal, flakes of corn, not further defined			3.9	0.7	Calculated based on the recipe	#N/A	1
02D10406	1250201 2	Recipe	Breakfast cereal, corn based, not further defined			3.9	0.7	Calculated based on the recipe	#N/A	1
12B10117	2720101 6	Recipe	Paste, quince			3.9	0.0	Calculated based on the recipe	#N/A	#N/A
01B30364	1130102 9	Recipe	Juice, tropical, commercial			3.9	0.1	Calculated based on the recipe	#N/A	6
10A10543	2310100 6	Recipe	Sauce, mushroom, commercial, ready to eat			3.8	0.3	Calculated based on the recipe	#N/A	#N/A
10B10077	2320201 0	Recipe	Relish, onion, commercial			3.8	0.1	Calculated based on the recipe	#N/A	1
06B10092	1630400 2	Recipe	Mandarin, canned in syrup			3.8	0.0	Calculated based on the recipe	#N/A	#N/A
02A10490	1210200 5	Recipe	Rice, white, boiled, steamed or microwaved with coconut milk			3.8	0.0	Calculated based on the recipe	#N/A	#N/A
10C10569	2110200 3	Recipe	Soup, French onion, homemade from basic ingredients			3.8	0.0	Calculated based on the recipe	#N/A	#N/A
06D10562	1610102 0	Recipe	Pome fruit, raw, not further defined			3.7	0.1	Calculated based on the recipe	#N/A	#N/A
01B30384	1130200 2	Recipe	Juice, apple & berries, home squeezed			3.7	0.1	Calculated based on the recipe	#N/A	#N/A
01B30397	1130102 8	Recipe	Juice, prune, commercial			3.6	0.1	Calculated based on the recipe	#N/A	#N/A
02F40255	1351100 8	Recipe	Rice, white, fried, no meat or vegetables, oil not further defined, homemade or commercial			3.6	2.5	Calculated based on the recipe	#N/A	#N/A

07B10087	3220100 2	Recipe	Infant cereal, added vitamin C & Fe, prepared with water			3.6	2.3	Calculated based on the recipe	#N/A	#N/A
01B10562	1120800 5	Recipe	Coffee, prepared from coffee & milk concentrate, no added milk			3.5	0.1	Calculated based on the recipe	#N/A	#N/A
10A10488	2310300 4	Recipe	Sauce, apricot, commercial or homemade			3.5	0.0	Calculated based on the recipe	#N/A	#N/A
09D20128	1970100 8	Recipe	pudding, rice, coconut cream, homemade from basic ingredients			3.5	0.0	Calculated based on the recipe	#N/A	#N/A
06D10569	1650500 1	Recipe	Lychee, peeled, canned			3.4	0.0	Calculated based on the recipe	#N/A	#N/A
06D10559	1610101 6	Recipe	Apple, raw, not further defined			3.4	0.1	Calculated based on the recipe	#N/A	4
06A10104	1620200 6	Analysed	Raspberry, canned in syrup, drained		3.362	3.4	--	Calculated based on the recipe	#N/A	2
01B30371	1130200 1	Recipe	Juice, apple, home squeezed			3.4	0.1	Calculated based on the recipe	#N/A	3
06D10538	1610101 4	Recipe	Apple, peeled, raw, not further defined			3.4	0.0	Calculated based on the recipe	#N/A	7
06D10533	1610101 5	Recipe	Apple, unpeeled, raw, not further defined			3.4	0.1	Calculated based on the recipe	#N/A	22
01B10380	1120400 7	Recipe	Coffee, macchiato, from ground coffee beans, decaffeinated, with reduced fat cows milk			3.4	0.1	Calculated based on the recipe	#N/A	#N/A
02F40240	1360400 1	Recipe	Batter for coating food, commercial, uncooked			3.4	0.0	Calculated based on the recipe	#N/A	6
02A10474	1210300 3	Recipe	Couscous, cooked in water & fat, no added salt			3.4	0.0	Calculated based on the recipe	#N/A	#N/A
10A10458	2310100 1	Recipe	Gravy, prepared from dry powder with water			3.3	0.0	Calculated based on the recipe	#N/A	6
10A10550	2310100 4	Recipe	Gravy, reduced salt, prepared from dry powder with water			3.3	0.0	Calculated based on the recipe	#N/A	#N/A
12C10558	2810301 3	Recipe	Chocolate, liqueur-filled			3.3	0.0	Calculated based on the recipe	#N/A	#N/A
06D10541	1610101 7	Recipe	Apple, baked, no added fat			3.3	0.0	Calculated based on the recipe	#N/A	#N/A
01B10544	1120204 0	Recipe	Coffee, not further defined			3.3	0.1	Calculated based on the recipe	#N/A	#N/A
01B30359	1130102 4	Recipe	Juice, pineapple, commercial			3.3	0.0	Calculated based on the recipe	#N/A	10

12B10104	27202005	Recipe	Marmalade, lime or lemon, reduced sugar			3.3	0.0	Calculated based on the recipe	#N/A	#N/A
12B10098	27201011	Recipe	Marmalade, ginger, regular			3.3	0.0	Calculated based on the recipe	#N/A	1
12B10123	27202004	Recipe	Marmalade, ginger, reduced sugar			3.3	0.0	Calculated based on the recipe	#N/A	#N/A
02A10347	12101014	Borrowed	Millet, uncooked		#REF!	3.2	--	Calculated based on the recipe	#N/A	3
02E50269	13402006	Recipe	Pie, sweet, apple, homemade			3.1	0.0	Calculated based on the recipe	#N/A	#N/A
12B10121	27202001	Recipe	Jam, all flavours, reduced sugar			3.1	0.1	Calculated based on the recipe	#N/A	1
01A20129	29502011	Recipe	Mixed drink, wine & regular cola soft drink, home-mixed			3.1	0.2	Calculated based on the recipe	#N/A	#N/A
12B10099	27201015	Recipe	Marmalade, regular, not further defined			3.0	0.0	Calculated based on the recipe	#N/A	#N/A
06A10113	16202001	Recipe	Blueberry, canned in syrup			3.0	0.0	Calculated based on the recipe	#N/A	#N/A
06D10565	16901001	Recipe	Apple, toffee coated			3.0	0.0	Calculated based on the recipe	#N/A	#N/A
12B10112	27201003	Recipe	Jam, fig, regular			2.9	0.0	Calculated based on the recipe	#N/A	1
01A30177	29502007	Recipe	Mixed drink, vodka & fruit juice, home-mixed			2.9	0.1	Calculated based on the recipe	#N/A	#N/A
06A10122	16202004	Recipe	Mixed berry, puree			2.9	0.0	Calculated based on the recipe	#N/A	9
06D10560	16102001	Recipe	Apple, canned or puree			2.9	0.1	Calculated based on the recipe	#N/A	1
01B10379	11204006	Recipe	Coffee, macchiato, from ground coffee beans, decaffeinated, with regular fat cows milk			2.8	0.1	Calculated based on the recipe	#N/A	#N/A
10A20004	23103024	Recipe	Sauce, sweet chilli (chili), commercial			2.8	0.0	Calculated based on the recipe	#N/A	2
10A10492	23107003	Recipe	Sauce, lemon chicken, commercial			2.8	0.1	Calculated based on the recipe	#N/A	2
02C20377	13104004	Recipe	Biscuit, sweet, sandwich, chocolate flavoured shortbread style biscuit, chocolate icing filling, commercial			2.8	0.0	Calculated based on the recipe	#N/A	#N/A
01B30342	11303002	Recipe	Juice, fruit blend, 70% apple juice & 30% orange, grape & other juices, commercial, added vitamins A, C & folate			2.7	0.1	Calculated based on the recipe	#N/A	1

01B10302	11201006	Recipe	Coffee, from instant or ground beans, Turkish, no milk, added sugar			2.7	0.0	Calculated based on the recipe	#N/A	#N/A
02F40241	13604009	Recipe	Tempura for coating food, commercial, uncooked			2.7	0.0	Calculated based on the recipe	#N/A	#N/A
12A10084	27304013	Recipe	Icing, sugar based, coffee, homemade			2.6	0.0	Calculated based on the recipe	#N/A	1
10A10504	27205002	Recipe	Sauce, apple, homemade			2.6	0.0	Calculated based on the recipe	#N/A	#N/A
02A30016	12103017	Recipe	Rice paper wrapper, soaked in water			2.6	0.0	Calculated based on the recipe	#N/A	4
01B30376	11307012	Recipe	Fruit drink, mango, commercial			2.6	0.0	Calculated based on the recipe	#N/A	1
06C10214	16402008	Analysed	Peach, canned in syrup, drained		2.624	2.6	--	Calculated based on the recipe	#N/A	5
01B10402	11202039	Recipe	Coffee, from ground coffee beans, with regular fat coffee whitener			2.6	0.0	Calculated based on the recipe	#N/A	#N/A
10A10506	23104001	Recipe	Sauce, enchilada, commercial			2.5	0.1	Calculated based on the recipe	#N/A	#N/A
06C10236	16402013	Recipe	Peach, canned, not further defined			2.5	0.0	Calculated based on the recipe	#N/A	#N/A
02A10469	12101012	Recipe	Grains, boiled, for homemade mixed dishes			2.5	1.1	Calculated based on the recipe	#N/A	56
06C10216	16402002	Analysed	Peach, canned in pear juice, drained		2.46	2.5	--	Calculated based on the recipe	#N/A	5
06C10208	16402011	Analysed	Peach, canned in intense sweetened liquid, drained		2.46	2.5	--	Calculated based on the recipe	#N/A	2
12A10082	27304011	Recipe	Icing, sugar based, chocolate, cocoa powder, homemade			2.4	0.0	Calculated based on the recipe	#N/A	9
06C10215	16402005	Analysed	Peach, canned in light syrup, drained		2.378	2.4	--	Calculated based on the recipe	#N/A	2
01B10418	11208004	Recipe	Coffee, prepared from coffee mix, not further defined, no added milk			2.4	0.0	Calculated based on the recipe	#N/A	1
01B20375	11307017	Recipe	Fruit drink, orange & mango juices, commercial			2.3	0.1	Calculated based on the recipe	#N/A	#N/A
02A10427	12402007	Recipe	Noodle, wheat, instant, flavoured, fried or stir-fried, with or without fat			2.3	0.0	Calculated based on the recipe	#N/A	2
01B30365	11301009	Recipe	Juice, apple & mango, commercial			2.2	0.1	Calculated based on the recipe	#N/A	1

06E10156	1640300 2	Recipe	Apricot, stewed, sugar sweetened, no added fat		2.2	0.0	Calculated based on the recipe	#N/A	#N/A
10F60113	3130400 1	Recipe	Stock, liquid, all flavours (except fish), prepared from commercial powder or cube		2.2	0.0	Calculated based on the recipe	#N/A	79
10F60115	3130400 5	Recipe	Stock, liquid, all flavours, reduced salt, prepared from commercial powder or cube		2.2	0.0	Calculated based on the recipe	#N/A	#N/A
06A20015	1620200 3	Analysed	Blueberry, canned in syrup, syrup only		2.2	--	Calculated based on the recipe	#N/A	1
06A20014	1620201 0	Analysed	Strawberry, canned in syrup, syrup only	2.166	2.2	--	Calculated based on the recipe	#N/A	1
06C10201	1640401 4	Analysed	Cherry, black, canned in syrup, drained	2.214	2.2	--	Calculated based on the recipe	#N/A	2
06E10103	1670201 4	Recipe	Fruit salad, canned, not further defined		2.2	0.0	Calculated based on the recipe	#N/A	2
14B10174	3150100 1	Recipe	Baking powder, dry powder		2.2	0.0	Calculated based on the recipe	#N/A	17
02E50276	1340201 9	Recipe	Tart or tarte tatin, apricot, homemade		2.1	0.0	Calculated based on the recipe	#N/A	#N/A
02A10408	1210200 4	Recipe	Rice, white, steamed or rice cooker, no added salt		2.1	0.3	Calculated based on the recipe	#N/A	15
02A10406	1210200 6	Recipe	Rice, white, purchased par-cooked or instant, cooked		2.1	0.3	Calculated based on the recipe	#N/A	#N/A
10C10501	3130400 3	Recipe	Stock, liquid, fish, commercial		2.1	0.0	Calculated based on the recipe	#N/A	4
06D10520	1610400 2	Analysed	Pear, canned in pear juice, drained	2.04	2.0	--	Calculated based on the recipe	#N/A	4
06D10516	1610401 1	Analysed	Pear, canned in intense sweetened liquid, drained	2.04	2.0	--	Calculated based on the recipe	#N/A	2
12D10054	2840102 4	Recipe	Turkish delight, plain		2.0	0.0	Calculated based on the recipe	#N/A	1
06D10548	1610401 3	Recipe	Pear, canned, not further defined		2.0	0.0	Calculated based on the recipe	#N/A	#N/A
10C10521	2130100 6	Recipe	Soup, pea & ham, cup of soup, prepared from instant dry mix with water		2.0	0.0	Calculated based on the recipe	#N/A	#N/A
02A10496	1240201 2	Recipe	Noodle, wheat, instant, not further defined		2.0	0.0	Calculated based on the recipe	#N/A	#N/A
06D10515	1610400 5	Analysed	Pear, canned in light syrup, drained	1.972	2.0	--	Calculated based on the recipe	#N/A	2

06D10514	16104008	Analysed	Pear, canned in syrup, drained			2.0	--	Calculated based on the recipe	#N/A	2
01B10468	11202012	Recipe	Coffee, cappuccino, from ground coffee beans, with rice milk			2.0	0.0	Calculated based on the recipe	#N/A	#N/A
06E10102	16101018	Recipe	Apple, peeled, stewed, sugar sweetened, no added fat			2.0	0.0	Calculated based on the recipe	#N/A	8
06E10099	16101019	Recipe	Apple, unpeeled, stewed, sugar added, no fat added			2.0	0.0	Calculated based on the recipe	#N/A	1
06D10542	16702015	Recipe	Mixed fruit, pear & peach, canned in pear juice, drained or undrained			2.0	0.0	Calculated based on the recipe	#N/A	#N/A
01B10480	11102001	Recipe	Tea, regular, white, brewed from leaf or teabags, with cows milk not further defined			1.9	0.1	Calculated based on the recipe	#N/A	#N/A
01B20496	11307010	Recipe	Fruit drink, guava, commercial			1.9	0.0	Calculated based on the recipe	#N/A	#N/A
12D10061	27301003	Recipe	Jelly, sugar sweetened, all flavours, prepared, added berries			1.9	0.1	Calculated based on the recipe	#N/A	#N/A
02A10422	12402002	Label Data	Noodle, wheat, instant, unflavoured, boiled, drained	1.893375		1.9	--	Calculated based on the recipe	#N/A	6
02A10366	12402005	Analysed	Noodle, wheat, instant, flavoured, boiled, drained	1.893375		1.9	--	Calculated based on the recipe	#N/A	5
02A10425	12402008	Label Data	Noodle, wheat, instant, low fat, unflavoured, boiled, drained	1.893375		1.9	--	Calculated based on the recipe	#N/A	3
02A10424	12402010	Label Data	Noodle, wheat, instant, low fat, flavoured, boiled, drained	1.893375		1.9	--	Calculated based on the recipe	#N/A	3
06C20039	16404015	Analysed	Cherry, black, canned in syrup, syrup only	1.886		1.9	--	Calculated based on the recipe	#N/A	1
11B10209	22204012	Analysed	Nut, chestnut, raw, unsalted	#REF!		1.9	--	Calculated based on the recipe	#N/A	#N/A
01B10540	11104001	Recipe	Iced tea, homemade, unsweetened			1.9	0.1	Calculated based on the recipe	#N/A	#N/A
01B20494	11401001	Recipe	Cordial, apple & berry, regular, stronger than recommended dilution			1.9	0.0	Calculated based on the recipe	#N/A	#N/A
02A10414	12102015	Recipe	Rice, cooked, for making sushi			1.9	0.3	Calculated based on the recipe	#N/A	22
01B30366	11301008	Recipe	Juice, apple & forest fruits, commercial			1.9	0.1	Calculated based on the recipe	#N/A	1
01B30356	11301001	Recipe	Juice, apple, commercial			1.8	0.1	Calculated based on the recipe	#N/A	15

01B30357	11301004	Recipe	Juice, apple, sparkling, commercial			1.8	0.1	Calculated based on the recipe	#N/A	#N/A
01B30399	11301011	Recipe	Juice, goji, commercial			1.8	0.1	Calculated based on the recipe	#N/A	#N/A
01B20431	11403006	Recipe	Cordial base, lemon, regular			1.8	0.0	Calculated based on the recipe	#N/A	2
01B20430	11403008	Recipe	Cordial base, orange or orange & mango, regular			1.8	0.0	Calculated based on the recipe	#N/A	3
10A10533	27205001	Recipe	Sauce, apple, commercial			1.8	0.0	Calculated based on the recipe	#N/A	1
12A10083	27304014	Recipe	Icing, sugar based, non-chocolate & coffee, homemade			1.8	0.0	Calculated based on the recipe	#N/A	19
01B20491	32401002	Recipe	Juice, infant, orange or tropical, commercial			1.7	0.0	Calculated based on the recipe	#N/A	#N/A
01B20488	11307005	Recipe	Fruit drink, apple & mango, commercial			1.7	0.0	Calculated based on the recipe	#N/A	#N/A
01A30163	29401004	Recipe	Cider, apple, alcoholic, not further defined			1.7	0.0	Calculated based on the recipe	#N/A	#N/A
06C20047	16402006	Analysed	Peach, canned in light syrup, syrup only		1.722	1.7	--	Calculated based on the recipe	#N/A	1
04D10044	14602003	Recipe	Fat or oil, not further defined, for use in home cooked meat, fish, poultry & mixed dish recipes			1.7	0.1	Calculated based on the recipe	#N/A	591
09E10065	20106001	Recipe	Milk, almond, fluid			1.6	0.0	Calculated based on the recipe	#N/A	#N/A
06C20048	16402003	Analysed	Peach, canned in pear juice, juice only		1.64	1.6	--	Calculated based on the recipe	#N/A	1
06C20044	16402012	Analysed	Peach, canned in intense sweetened liquid, liquid only		1.64	1.6	--	Calculated based on the recipe	#N/A	1
01B20475	11401004	Recipe	Cordial, blackcurrant juice, regular, stronger than recommended dilution			1.6	0.0	Calculated based on the recipe	#N/A	#N/A
01A30189	29502002	Recipe	Cocktail, fruit juice based			1.6	0.0	Calculated based on the recipe	#N/A	#N/A
06A10105	16202009	Analysed	Strawberry, canned in syrup, drained		1.558	1.6	--	Calculated based on the recipe	#N/A	2
10F20115	23303002	Recipe	Dressing, lemon vinaigrette, homemade			1.6	0.1	Calculated based on the recipe	#N/A	#N/A
01B20439	11401002	Recipe	Cordial, apple & berry, regular, recommended dilution			1.5	0.0	Calculated based on the recipe	#N/A	#N/A



01B20412	1140102 1	Recipe	Cordial, 25% non-citrus fruit juice, regular, recommended dilution			1.5	0.0	Calculated based on the recipe	#N/A	#N/A
01B20414	1140102 2	Recipe	Cordial, 40% non-citrus fruit juice, regular, recommended dilution			1.5	0.0	Calculated based on the recipe	#N/A	#N/A
01B20373	1130701 1	Recipe	Fruit drink, lemon or lime juice, commercial			1.5	0.0	Calculated based on the recipe	#N/A	#N/A
06E10101	1640300 5	Recipe	Plum, stewed, sugar sweetened, no added fat			1.5	0.0	Calculated based on the recipe	#N/A	#N/A
06C20046	1640200 9	Analysed	Peach, canned in syrup, syrup only		1.476	1.5	--	Calculated based on the recipe	#N/A	1
02E10510	1330300 6	Recipe	Cake mix, orange & poppy seed, dry powder			1.5	0.0	Calculated based on the recipe	#N/A	1
01B20506	1140101 0	Recipe	Cordial, ginger, regular, recommended dilution			1.4	0.0	Calculated based on the recipe	#N/A	1
06D20032	1610400 6	Analysed	Pear, canned in light syrup, syrup only		1.428	1.4	--	Calculated based on the recipe	#N/A	1
06D20031	1610400 9	Analysed	Pear, canned in sugar syrup, syrup only			1.4	--	Calculated based on the recipe	#N/A	2
01B20410	1140100 5	Recipe	Cordial, blackcurrant juice, regular, recommended dilution			1.4	0.0	Calculated based on the recipe	#N/A	#N/A
06D20033	1610400 3	Analysed	Pear, canned in pear juice, juice only		1.36	1.4	--	Calculated based on the recipe	#N/A	1
06D20030	1610401 2	Analysed	Pear, canned in intense sweetened liquid, liquid only		1.36	1.4	--	Calculated based on the recipe	#N/A	1
12C10476	2730400 3	Recipe	Biscuit filling, icing style, vanilla flavoured, commercial			1.3	0.0	Calculated based on the recipe	#N/A	1
03A10120	1710101 6	Recipe	Egg, chicken, white (albumen) only, fried, fat not further defined			1.3	0.3	Calculated based on the recipe	#N/A	#N/A
03A20005	1720105 7	Analysed	Omelette, prepared from yolk-free egg mix, fried, butter			1.3	0.3	Calculated based on the recipe	#N/A	#N/A
01B20378	1130900 1	NNS 1995	Fruit drink, from dry base, regular, recommended dilution		#REF!	1.3	--	Calculated based on the recipe	#N/A	#N/A
06E20019	1670200 4	Analysed	Fruit salad, canned in pear juice, juice only		based on ingredient wt	1.3	--	Calculated based on the recipe	#N/A	3
06E20020	1670200 7	Analysed	Fruit salad, canned in pineapple juice, juice only		based on ingredient wt	1.3	--	Calculated based on the recipe	#N/A	1
06E20017	1670201 0	Analysed	Fruit salad, canned in heavy syrup, syrup only		based on ingredient wt	1.3	--	Calculated based on the recipe	#N/A	1

06E20018	16702013	Analysed	Fruit salad, canned in syrup, syrup only		based on ingredient wt	1.3	--	Calculated based on the recipe	#N/A	1
01B20440	11307001	Recipe	Fruit drink, apple juice, commercial			1.2	0.0	Calculated based on the recipe	#N/A	1
01B20493	11401007	Recipe	Cordial, fruit cup or tropical, regular, stronger than recommended dilution			1.2	0.0	Calculated based on the recipe	#N/A	#N/A
01B20376	11307018	Recipe	Fruit drink, pineapple juice, commercial			1.2	0.0	Calculated based on the recipe	#N/A	#N/A
01B20472	11401003	Recipe	Cordial, apple & berry, regular, weaker than recommended dilution			1.1	0.0	Calculated based on the recipe	#N/A	#N/A
06C10205	16404002	Analysed	Apricot, canned in pear juice, drained		1.062	1.1		Calculated based on the recipe	#N/A	3
12A10101	27101002	Recipe	Sugar, cinnamon			1.1	0.4	Calculated based on the recipe	#N/A	#N/A
10C10513	21302003	Recipe	Soup, French onion, prepared from instant dry mix with water			1.1	0.0	Calculated based on the recipe	#N/A	#N/A
03A10081	17101014	Analysed	Egg, chicken, white (albumen) only, hard-boiled			1.1	0.3	Calculated based on the recipe	#N/A	#N/A
03A10134	17101015	Recipe	Egg, chicken, white (albumen) only, fried, no added fat			1.1	0.3	Calculated based on the recipe	#N/A	#N/A
01B20476	11401006	Recipe	Cordial, blackcurrant juice, regular, weaker than recommended dilution			1.0	0.0	Calculated based on the recipe	#N/A	#N/A
01B10398	11201004	Recipe	Coffee, long black style, from ground coffee beans, double shot, without milk			1.0	0.0	Calculated based on the recipe	#N/A	1
06C10206	16404005	Analysed	Apricot, canned in light syrup, drained		0.972	1.0	--	Calculated based on the recipe	#N/A	1
06C10207	16404008	Analysed	Apricot, canned in syrup, drained		1.008	1.0	--	Calculated based on the recipe	#N/A	4
06C10204	16404011	Analysed	Apricot, canned in intense sweetened liquid, drained		0.972	1.0	--	Calculated based on the recipe	#N/A	1
01B20490	32401001	Recipe	Juice, infant, apple or pear, commercial			1.0	0.1	Calculated based on the recipe	#N/A	#N/A
01B20458	11401008	Recipe	Cordial, fruit cup or tropical, regular, recommended dilution			1.0	0.0	Calculated based on the recipe	#N/A	1
01B40007	30102019	Recipe	Beverage, water based, thickened, with caffeine			1.0	0.1	Calculated based on the recipe	#N/A	#N/A
01B10301	11201002	Recipe	Coffee, black, from instant coffee powder, without milk			0.9	0.0	Calculated based on the recipe	#N/A	2

06B20005	16304004	Analysed	Mandarin, canned in syrup, syrup only			0.9	--	Calculated based on the recipe	#N/A	1
01B10305	11203002	Recipe	Coffee, black, from instant coffee powder, decaffeinated, without milk			0.9	0.0	Calculated based on the recipe	#N/A	1
01B20443	11307009	Recipe	Fruit drink, cranberry & blackcurrant, commercial			0.9	0.0	Calculated based on the recipe	#N/A	#N/A
02A10423	12402003	Recipe	Noodle, wheat, instant, unflavoured, boiled, undrained			0.8	0.0	Calculated based on the recipe	#N/A	1
02A10421	12402006	Recipe	Noodle, wheat, instant, flavoured, boiled, undrained			0.8	0.0	Calculated based on the recipe	#N/A	1
02A10439	12402009	Recipe	Noodle, wheat, instant, low fat, unflavoured, boiled, undrained			0.8	0.0	Calculated based on the recipe	#N/A	1
02A10438	12402011	Recipe	Noodle, wheat, instant, low fat, flavoured, boiled, undrained			0.8	0.0	Calculated based on the recipe	#N/A	1
06C20043	16404006	Analysed	Apricot, canned in light syrup, syrup only		0.828	0.8	--	Calculated based on the recipe	#N/A	1
06C20042	16404009	Analysed	Apricot, canned in syrup, syrup only		0.792	0.8	--	Calculated based on the recipe	#N/A	1
06C20040	16404012	Analysed	Apricot, canned in intense sweetened liquid, liquid only		0.828	0.8	--	Calculated based on the recipe	#N/A	1
10C10495	21302005	Recipe	Soup, tomato, with or without noodles, cup of soup, prepared from instant dry mix with water			0.8	0.0	Calculated based on the recipe	#N/A	#N/A
12D10064	27301005	Recipe	Jelly, sugar sweetened, all flavours, prepared, added peach, apricot, mango or nectarine			0.8	0.0	Calculated based on the recipe	#N/A	#N/A
01A30190	29502003	Recipe	Cocktail, soft drink based			0.8	0.0	Calculated based on the recipe	#N/A	#N/A
12D10069	27302003	Recipe	Jelly, intense sweetened, all flavours, prepared, added peach, apricot, mango or nectarine			0.8	0.0	Calculated based on the recipe	#N/A	#N/A
12D10063	27301006	Recipe	Jelly, sugar sweetened, all flavours, prepared, added peach & pears			0.7	0.0	Calculated based on the recipe	#N/A	#N/A
01B10535	30102015	Recipe	Very low energy diet drink, coffee flavour, fortified (Opitfast), prepared with water			0.7	0.0	Calculated based on the recipe	#N/A	#N/A
01B20473	11401009	Recipe	Cordial, fruit cup or tropical, regular, weaker than recommended dilution			0.7	0.0	Calculated based on the recipe	#N/A	#N/A
12D10062	27301007	Recipe	Jelly, sugar sweetened, all flavours, prepared, added other fruits			0.7	0.0	Calculated based on the recipe	#N/A	#N/A
01B10463	30102002	Recipe	Meal replacement drink, coffee flavour, prepared with water			0.7	0.0	Calculated based on the recipe	#N/A	#N/A

01B10503	30102007	Recipe	Meal replacement drink, non-coffee flavour, prepared with water		0.7	0.0	Calculated based on the recipe	#N/A	#N/A
06C20041	16404003	Analysed	Apricot, canned in pear juice, juice only	0.738	0.7	--	Calculated based on the recipe	#N/A	1
06C10213	16404017	Analysed	Plum, dark, canned in syrup, drained	0.676	0.7	--	Calculated based on the recipe	#N/A	1
06D20028	16505007	Analysed	Pineapple, canned in pineapple juice, juice only		0.7	--	Calculated based on the recipe	#N/A	#N/A
06D20029	16505010	Analysed	Pineapple, canned in syrup, syrup only		0.7	--	Calculated based on the recipe	#N/A	#N/A
01B10499	30102003	Recipe	Meal replacement drink, coffee flavour (Optislim), prepared with water		0.7	0.0	Calculated based on the recipe	#N/A	#N/A
01B10500	30102008	Recipe	Meal replacement drink, non-coffee flavour (Optislim), prepared with water		0.7	0.0	Calculated based on the recipe	#N/A	#N/A
12D10068	27302004	Recipe	Jelly, intense sweetened, all flavours, prepared, added other fruits		0.7	0.0	Calculated based on the recipe	#N/A	#N/A
12D10060	27301004	Recipe	Jelly, sugar sweetened, all flavours, prepared, added pears		0.7	0.0	Calculated based on the recipe	#N/A	#N/A
12A10093	27304010	Recipe	Icing, sugar based, chocolate, cocoa powder, commercial		0.6	0.0	Calculated based on the recipe	#N/A	6
01B10465	30102011	Recipe	Very low energy diet soup, chicken or vegetable fortified (Optifast), prepared with water		0.6	0.0	Calculated based on the recipe	#N/A	#N/A
01B20372	11307003	Recipe	Fruit drink, 35% apple juice, commercial, added vitamin C		0.6	0.0	Calculated based on the recipe	#N/A	1
06C20045	16404018	Analysed	Plum, dark, canned in syrup, syrup only	0.624	0.6	--	Calculated based on the recipe	#N/A	1
13B20279	20401001	Recipe	Ice confection, non-dairy, chocolate or coffee flavour, regular fat		0.6	0.0	Calculated based on the recipe	#N/A	#N/A
13B20218	20401002	Label Data	Ice confection, non-dairy, vanilla flavour, regular fat		0.6	--	Calculated based on the recipe	#N/A	1
01B10506	30102005	Recipe	Meal replacement drink, coffee flavour, added fibre, prepared with water		0.6	0.0	Calculated based on the recipe	#N/A	#N/A
01B10496	30102010	Recipe	Meal replacement drink, non-coffee flavours, added fibre, prepared with water		0.6	0.0	Calculated based on the recipe	#N/A	#N/A
12D10056	27301010	Recipe	Pavlova, plain, commercial		0.6	0.1	Calculated based on the recipe	#N/A	1
01B10453	30102013	Recipe	Very low energy diet drink, chocolate flavour, fortified (Optifast), prepared with water		0.6	0.0	Calculated based on the recipe	#N/A	#N/A

01B10454	30102017	Recipe	Very low energy diet drink, vanilla flavour, fortified (Optifast), prepared with water	0.6	0.0	Calculated based on the recipe	#N/A	#N/A
12D10055	27301011	Recipe	Pavlova, plain, homemade from basic ingredients	0.5	0.1	Calculated based on the recipe	#N/A	1
02A10393	12602001	Recipe	Porridge, rice (congee), cooked with water	0.5	0.0	Calculated based on the recipe	#N/A	#N/A
01B20471	11401016	Recipe	Cordial, orange or orange & mango, regular, stronger than recommended dilution	0.5	0.0	Calculated based on the recipe	#N/A	#N/A
01B20492	11401013	Recipe	Cordial, lime or green, regular, stronger than recommended dilution	0.5	0.0	Calculated based on the recipe	#N/A	#N/A
01B20449	11307004	Recipe	Fruit drink, apple & blackcurrant, commercial	0.5	0.0	Calculated based on the recipe	#N/A	#N/A
01B20441	11307013	Recipe	Fruit drink, orange juice, commercial	0.5	0.0	Calculated based on the recipe	#N/A	#N/A
01B20459	11501005	Recipe	Soft drink, lemon, lime & bitters, regular	0.5	0.0	Calculated based on the recipe	#N/A	1
01A30161	29505001	Recipe	Bitters	0.5	0.0	Calculated based on the recipe	#N/A	#N/A
01B20463	11501010	Recipe	Soft drink, orange flavour, regular, with added ice	0.5	0.1	Calculated based on the recipe	#N/A	#N/A
13A12624	24201039	Recipe	Kale, cooked	0.4	0.3	Calculated based on the recipe	#N/A	#N/A
01B20435	11401011	Recipe	Cordial, lemon, regular, recommended dilution	0.4	0.0	Calculated based on the recipe	#N/A	1
01B20417	11401014	Recipe	Cordial, lime or green, regular, recommended dilution	0.4	0.0	Calculated based on the recipe	#N/A	#N/A
01B20434	11401017	Recipe	Cordial, orange or orange & mango, regular, recommended dilution	0.4	0.0	Calculated based on the recipe	#N/A	#N/A
01B20411	11401019	Recipe	Cordial, 25% citrus fruit juice, regular, recommended dilution	0.4	0.0	Calculated based on the recipe	#N/A	#N/A
01B20413	11401020	Recipe	Cordial, 40% citrus fruit juice, regular, recommended dilution	0.4	0.0	Calculated based on the recipe	#N/A	#N/A
12D10052	27301008	Analysed	Meringue, all flavours, commercial	0.4	0.1	Calculated based on the recipe	#N/A	#N/A
12D10059	27301009	Recipe	Meringue, plain, homemade from basic ingredients	0.4	0.1	Calculated based on the recipe	#N/A	#N/A
01B10494	11206001	Recipe	Coffee, prepared from coffee substitute powder & water, no added milk	0.4	0.0	Calculated based on the recipe	#N/A	#N/A

01B20479	1140400 3	Recipe	Cordial base, fruit cup or tropical, intense sweetened or diet			0.4	0.0	Calculated based on the recipe	#N/A	1
01B20486	1150101 9	Recipe	Soft drink, frozen, regular, not further defined			0.4	0.1	Calculated based on the recipe	#N/A	1
11B10260	2220400 1	Recipe	Chestnut puree, added sugar			0.4	0.0	Calculated based on the recipe	#N/A	#N/A
01B20508	1150101 6	Recipe	Soft drink, not further defined			0.4	0.1	Calculated based on the recipe	#N/A	1
01A30191	2930100 9	Recipe	Spirit, not further defined			0.4	0.0	Calculated based on the recipe	#N/A	3
01A20126	2950500 2	Recipe	Mirin			0.4	0.0	Calculated based on the recipe	#N/A	10
01A30159	2950300 3	Recipe	Mixed drink, whisky or scotch & regular cola, commercial, pre-mixed			0.4	0.1	Calculated based on the recipe	#N/A	#N/A
01A30152	2950300 1	Recipe	Mixed drink, rum & cola, pre-mixed			0.4	0.1	Calculated based on the recipe	#N/A	#N/A
01A30158	2950400 2	Recipe	Mixed drink, vodka & non-cola flavoured soft drink, commercial, pre-mixed			0.4	0.0	Calculated based on the recipe	#N/A	#N/A
01A30192	2950200 4	Recipe	Mixed drink, spirit & non-cola flavoured soft drink, home-mixed			0.4	0.0	Calculated based on the recipe	#N/A	#N/A
01A30164	2950200 9	Recipe	Mixed drink, whisky or scotch & regular cola, home-mixed			0.4	0.1	Calculated based on the recipe	#N/A	#N/A
01B20521	1150102 0	Recipe	Soft drink, not further defined			0.3	0.1	Calculated based on the recipe	#N/A	#N/A
12A10100	2730400 9	Recipe	Icing, egg white based, non-chocolate & coffee, homemade			0.3	0.0	Calculated based on the recipe	#N/A	2
01A30186	2950100 5	Recipe	Liqueur, 25% v/v alcohol, not cream based			0.3	0.0	Calculated based on the recipe	#N/A	1
01B20474	1140101 2	Recipe	Cordial, lemon, regular, weaker than recommended dilution			0.3	0.0	Calculated based on the recipe	#N/A	#N/A
01B20448	1140101 8	Recipe	Cordial, orange or orange & mango, regular, weaker than recommended dilution			0.3	0.0	Calculated based on the recipe	#N/A	#N/A
01B20460	1140101 5	Recipe	Cordial, lime or green, regular, weaker than recommended dilution			0.3	0.0	Calculated based on the recipe	#N/A	#N/A
13A12644	1130800 2	Recipe	Vegetable &/or fruit blend, prepared from dry powder with water			0.3	0.0	Calculated based on the recipe	#N/A	#N/A
01B20464	1150100 7	Recipe	Soft drink, lemonade, regular, with added ice			0.3	0.0	Calculated based on the recipe	#N/A	#N/A

01B20462	1150300 2	Recipe	Soft drink, cola flavour, regular, with ice			0.3	0.1	Calculated based on the recipe	#N/A	#N/A
01B20421	1150101 1	Borrowed	Soft drink, passionfruit flavour, regular		#REF!	0.3	--	Calculated based on the recipe	#N/A	2
01B20423	1150101 2	Borrowed	Soft drink, raspberry flavour, regular			0.3	--	Calculated based on the recipe	#N/A	1
04D10048	1460200 8	Recipe	Oil, not further defined, for use in wet cooked vegetable recipes			0.3	0.1	Calculated based on the recipe	#N/A	3
04C10116	1460200 7	Recipe	Oil, other than olive or canola oils, for use in home cooked meat, fish, poultry & dry cooked vegetable recipes			0.3	0.0	Calculated based on the recipe	#N/A	52
01B10475	1120100 5	Recipe	Coffee, long black style, from ground coffee beans, half shot, without milk			0.3	0.0	Calculated based on the recipe	#N/A	#N/A
04C10111	1440300 1	Recipe	Oil, not further defined			0.2	0.0	Calculated based on the recipe	#N/A	138
12C10507	2840101 7	Recipe	Lolly, jelly varieties, with cocoa			0.2	0.0	Calculated based on the recipe	#N/A	#N/A
10F20114	2330300 7	Recipe	Dressing, vinaigrette, homemade			0.2	0.1	Calculated based on the recipe	#N/A	2
01B10564	1180300 6	Recipe	Beverage, chocolate flavour, from drinking chocolate, with water			0.2	0.0	Calculated based on the recipe	#N/A	#N/A
02A10444	2210200 2	Recipe	Psyllium, cooked in water, no added salt			0.2	0.1	Calculated based on the recipe	#N/A	#N/A
04C10093	1440100 1	Analysed	Oil, blend of polyunsaturated vegetable oils			0.2	--	Calculated based on the recipe	#N/A	3
04C10104	1440100 3	Analysed	Oil, grapeseed			0.2	--	Calculated based on the recipe	#N/A	3
04C10114	1440100 4	Borrowed	Oil, linseed or flaxseed			0.2	--	Calculated based on the recipe	#N/A	2
04C10097	1440100 6	Analysed	Oil, safflower			0.2	--	Calculated based on the recipe	#N/A	#N/A
04C10098	1440100 9	Analysed	Oil, sunflower			0.2	--	Calculated based on the recipe	#N/A	12
04C10115	1440101 0	Recipe	Oil, vegetable			0.2	0.0	Calculated based on the recipe	#N/A	15
04C10107	1440200 5	Imputed	Oil, macadamia			0.2	--	Calculated based on the recipe	#N/A	2
04C10102	1440200	Borrowed	Oil, mustard seed			0.2	--	Calculated based on the recipe	#N/A	#N/A

	6							recipe		
04C10109	14402009	Analysed	Oil, rice bran	4037	Oil, rice bran	0.2	--	Calculated based on the recipe	#N/A	5
04C10112	14403002	Recipe	Oil, not further defined, for use in baked product recipes & deep fried takeaway foods			0.2	0.0	Calculated based on the recipe	#N/A	77
04C10100	14502002	Analysed	Oil, cophera			0.2	--	Calculated based on the recipe	#N/A	7
04C10117	14402004	Recipe	Oil, canola & red palm blend			0.2	0.0	Calculated based on the recipe	#N/A	#N/A
02A10450	12101029	Recipe	Sago, cooked in water, no added salt			0.2	0.0	Calculated based on the recipe	#N/A	#N/A
10A10474	13509071	Recipe	Pasta in tomato based sauce, prepared from dry mix with water & margarine spread			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B20402	11603008	Recipe	Soft drink, energy drink, not further defined			0.1	0.0	Calculated based on the recipe	#N/A	1
01B20416	11402001	Recipe	Cordial, apple & berry, intense sweetened or diet, recommended dilution			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B20480	11402003	Recipe	Cordial, fruit cup or tropical, intense sweetened, recommended dilution			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B20437	11402004	Recipe	Cordial, lemon, intense sweetened or diet, recommended dilution			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B20438	11402005	Recipe	Cordial, lime or green, intense sweetened or diet, recommended dilution			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B20436	11402006	Recipe	Cordial, orange or orange & mango, intense sweetened or diet, recommended dilution			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B20415	11402007	Recipe	Cordial, 25% citrus fruit juice, intense sweetened or diet, recommended dilution			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
01A30188	29503002	Recipe	Mixed drink, spirit & energy drink			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
02A10375	12103022	Analysed	Tapioca, seed or pearl style, boiled in water, no added fat or salt	#REF!		0.1	--	Calculated based on the recipe	#N/A	1
12D10053	27301002	Recipe	Jelly, sugar sweetened, all flavours, prepared			0.1	0.0	Calculated based on the recipe	#N/A	9
12A10089	27304008	Recipe	Icing, cream style, plain & flavoured (non-chocolate & coffee), commercial			0.1	0.0	Calculated based on the recipe	#N/A	2
01B20513	11402002	Recipe	Cordial, blackcurrant juice, intense sweetened or diet, recommended dilution			0.1	0.0	Calculated based on the recipe	#N/A	#N/A
01B10416	1120800	Recipe	Coffee, prepared from coffee mix with sugar & whitener, no added milk			0.0	0.0	Calculated based on the recipe	#N/A	1



	1						recipe			
01B10484	11208003	Recipe	Coffee, prepared from decaffeinated coffee mix with sugar & whitener, no added milk			0.0	0.0	Calculated based on the recipe	#N/A	1
12D10067	27302002	Recipe	Jelly, intense sweetened, all flavours, prepared			0.0	0.0	Calculated based on the recipe	#N/A	2
01B20500	11601003	Recipe	Sports drink, prepared from dry powder, weaker than standard dilution, all flavours			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
01B20465	11504002	Recipe	Soft drink, cola flavour, intense sweetened or diet, with added ice			0.0	0.1	Calculated based on the recipe	#N/A	#N/A
01B10386	11701003	Recipe	Water, ice			0.0	0.0	Calculated based on the recipe	#N/A	16
10A20006	23103015	Recipe	Sauce, mint, commercial or homemade			0.0	0.0	Calculated based on the recipe	#N/A	1
12A10096	27101007	Recipe	Sugar, white, with added stevia, granulated			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
12C10452	28401009	Recipe	Licorice, allsorts			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
12C10563	28401020	Recipe	Lolly, sour, all varieties			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
01A30175	29301006	Recipe	Tequila			0.0	0.0	Calculated based on the recipe	#N/A	1
01A30167	29502005	Recipe	Mixed drink, spirit & soda, home-mixed			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
01A30165	29502006	Recipe	Mixed drink, spirit & tonic, home-mixed			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
01A30153	29502008	Recipe	Mixed drink, whisky or scotch & ice			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
01A30187	29502010	Recipe	Mixed drink, whisky or scotch & diet soft drink			0.0	0.1	Calculated based on the recipe	#N/A	#N/A
01A30155	29504001	Recipe	Mixed drink, gin & tonic, commercial, pre-mixed			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
01A30160	29504003	Recipe	Mixed drink, whisky or scotch & dry, commercial, pre-mixed			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
14A10051	31201008	Label Data	Intense sweetener, containing stevia, powdered formulation			0.0	--	Calculated based on the recipe	#N/A	2
14A10052	31201009	Label Data	Intense sweetener, containing stevia, tablet			0.0	--	Calculated based on the recipe	#N/A	1
14A10053	3120101	Recipe	Intense sweetener, powder formulation, not further defined			0.0	0.0	Calculated based on the	#N/A	#N/A

	0							recipe		
14A10054	3120101 1	Recipe	Intense sweetener, tablet, not further defined			0.0	0.0	Calculated based on the recipe	#N/A	#N/A
10F60112	3130100 8	Recipe	Salt, not further defined			0.0	0.0	Calculated based on the recipe	#N/A	36

# Plain English Summary

<b>Project Title:</b>	<b>Development of an Australian choline database</b>
Australian Eggs Limited Project No	1NM903
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<b>Objectives</b>	To develop an Australian choline database for analysing population intakes and key food sources using the 2011-13 Australian Health Survey.
<b>Background</b>	Prior to this project no Australian choline data had been collated. Although the human body is able to synthesise some choline it was not known how much choline was being obtained from the food supply in the Australian population.
<b>Research</b>	The project created a literature search to source existing published choline data for Australian foods and then applied suitable borrowed data from overseas food composition databases to Australian foods using a conversion factor. The developed choline database for Australian foods was then applied to the 2011-13 National Nutrition and Physical Activity Survey component of the Australian Health survey to determine the characteristics of persons meeting Australian nutrient reference values for choline. Persons consuming high intakes were also addressed and a predictive model of choline food sources was developed.
<b>Outcomes</b>	Intakes of all population groups assessed were found to be below the recommended adequate intake levels. Food group contributions for the whole population showed eggs followed by dairy milk as the highest contributors for those consuming choline though this was not upheld when the analyses were broken down by age and gender.
<b>Implications</b>	While eggs are a key source of choline intake in the diet messages in relation to their consumption within the diet may be mixed reducing the frequency or amount consumed within the population. This provides evidence for targeted messages to particular consumer groups based on the intake patterns.
<b>Key Words</b>	Australian Health Survey, food composition, choline
<b>Publications</b>	List publications

