



Nutrition Scale

Style 61223

Food Monitor 10000



INSTRUCTION MANUAL & FOOD CODES

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

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

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

QUICK START INSTRUCTIONS

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

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

FEATURES AND SPECIFICATIONS

LCD FULL DISPLAY

Switch on and Auto off

Capacity: 10,000g / 361oz /
10,000ml / 360 fl oz

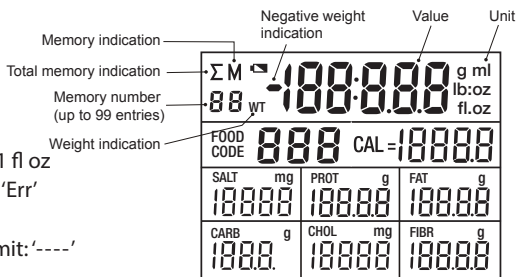
Graduation: 1g / 0.1oz / 1ml / 0.1 fl oz

Overload indication (>10,000g): 'Err'

Low battery indication: 'Lo'

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

Power supply: 4 x AAA batteries



FUNCTION KEYS

'OFF' and 'ON' - Power on/off

'Zero' - Also performs 'Add and Weigh Tare function'

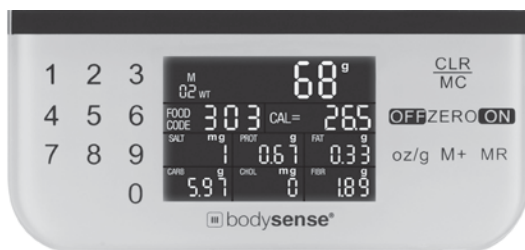
CLR/MC - Clear memory

oz/g - Unit selection

M+ - Save to memory

MR - Memory recall

0 - 9 - Numerical touch keys



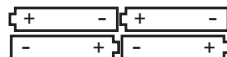
INSTALLING THE BATTERIES

Purchase 4 x AAA alkaline batteries. Then turn the scale over to open the battery compartment by lifting the tab.

Insert the batteries and ensure the +/- terminals face the correct direction by corresponding with the markings inside the compartment.

The scale displays 'Lo' when batteries need replacing.

Always use new, fresh alkaline batteries.



BATTERY WARNING

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

BATTERY WARNING:

INTERNAL BURNS / CHOKING HAZARD

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

IMMEDIATELY SEE A DOCTOR

Emergency Telephone Numbers

AUSTRALIA 000

Poisons Information Centre

AUSTRALIA 13 1126

KEEP BATTERIES OUT OF REACH OF CHILDREN

Dispose of batteries immediately and responsibly

OPERATING THE SCALE

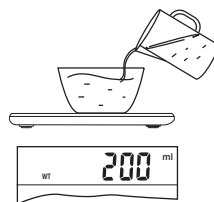
We recommend you read the instructions carefully first before attempting to operate the scale. Please keep this booklet for future reference.

Simple weighing

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

To measure liquids

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



Power on/off

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

Tare function

Use 'ZERO' for this function.

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

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

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

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

How to obtain nutrition data

Note: The booklet lists 958 foods.

If your food has not been specifically coded, please find the food that is closest in content and use its 3 digit number.

1. Weigh the food first. Refer to Page 3.
2. Then search for the corresponding 3 digit food code from the list at the back of this booklet.
3. Enter the food code using the numerical keypad.
For example, the code for Sugar Banana is '026' (Banana, lady finger or sugar, peeled, raw)
4. The scale will instantly and simultaneously display the nutrition values of the food weighed. It will identify the Calorie, Salt, Protein, Fat, Carbohydrate, Cholesterol and Fibre content.
5. If a nutrient value exceeds the scale's display limit, '----' will appear on the screen. Simply reduce the portion of food weighed.

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

How to save nutrition data and obtain total values

* The scale allows up to 99 foods saved to memory

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

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

How to recall saved nutrition data

1. When in weighing mode (WT is displayed), press the memory recall key or 'MR'.
2. The scale displays the stored cumulative values of the different foods weighed. If 5 items were last saved, then the scale will show 'ΣM05' confirming that the values shown relate to those 5 food items. The total weight of the items placed on the scale will not be shown.
3. To return to weighing mode, press 'MR'.

How to clear saved nutrition data

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

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

Caring for your Scale

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



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FOOD CODES

The following pages list 958 foods. If your food item has not been specifically coded, please find the item that is closest in content and use its 3 digit number. You must enter 3 digits. Failure to do this will result in an invalid entry.

For example, the correct code for 'Almond, milk chocolate-coated' is 001, not '1'

A

| | |
|-----|---|
| 001 | Almond, milk chocolate-coated |
| 002 | Anchovy, canned in oil, drained |
| 003 | Apple, dried |
| 004 | Apple, green skin, unpeeled, raw |
| 005 | Apple, jonathon, unpeeled, raw |
| 006 | Apricot, canned in syrup |
| 007 | Apricot, dried |
| 008 | Apricot, raw |
| 009 | Artichoke heart, canned in brine, drained |
| 010 | Artichoke, globe, raw |
| 011 | Artichoke, jerusalem, peeled, raw |
| 012 | Asparagus, canned in brine, drained |
| 013 | Asparagus, raw |
| 014 | Avocado, raw |

B

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|-----|--|
| 015 | Bacon, breakfast rasher, fried |
| 016 | Bacon, breakfast rasher, grilled |
| 017 | Bacon, breakfast rasher, raw |
| 018 | Bacon, middle rasher, lean, grilled |
| 019 | Bacon, middle rasher, lean, raw |
| 020 | Bagel, from white flour |
| 021 | Baked beans, canned in tomato sauce |
| 022 | Baked beans, canned in tomato sauce, salt reduced |
| 023 | Baking soda (bicarbonate), dry powder |
| 024 | Bamboo shoot, canned in water, heated, drained |
| 025 | Banana, cavendish, peeled, raw |
| 026 | Banana, lady finger or sugar, peeled, raw |
| 027 | Bar, carob |
| 028 | Bar, honeycomb centre, chocolate-coated |
| 029 | Bar, muesli, plain or with dried fruit |
| 030 | Bar, muesli, plain or with dried fruit, chocolate-coated |
| 031 | Bar, muesli, plain or with dried fruit, yoghurt-coated |
| 032 | Bar, muesli, with added nuts |
| 033 | Bar, muesli, with chocolate chips |
| 034 | Barley, pearl, boiled, no added fat or salt |

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| 035 | Barley, pearl, raw |
| 036 | Basil, green, raw |
| 037 | Bean, broad, fresh, boiled, drained |
| 038 | Bean, broad, fresh, raw |
| 039 | Bean, butter, fresh, boiled, drained |
| 040 | Bean, butter, fresh, raw |
| 041 | Bean, cannellini, canned, drained |
| 042 | Bean, green, fresh, boiled, drained |
| 043 | Bean, green, fresh, raw |
| 044 | Bean, green, frozen, boiled, drained |
| 045 | Bean, haricot, dried |
| 046 | Bean, haricot, dried, boiled, drained |
| 047 | Bean, lima, dried |
| 048 | Bean, lima, dried, boiled, drained |
| 049 | Bean, red kidney, dried |
| 050 | Bean, red kidney, dried, boiled, drained |
| 051 | Bean, red, fresh, boiled, drained |
| 052 | Bean, red, fresh, raw |
| 053 | Bean, red, kidney, canned, drained |
| 054 | Bean, soya, canned, drained |
| 055 | Bean, soya, dried |
| 056 | Bean, soya, dried, boiled, drained |
| 057 | Beans, mixed, canned, drained |
| 058 | Beans, refried, canned |
| 059 | Beef chow mein (beef & noodles), Chinese restaurant-style |
| 060 | Beef hot salad, Thai restaurant-style |
| 061 | Beef, all cuts, separable fat, cooked |
| 062 | Beef, all cuts, separable fat, raw |
| 063 | Beef, BBQ/grill/fry cuts, fully-trimmed, cooked |
| 064 | Beef, BBQ/grill/fry cuts, fully-trimmed, raw |
| 065 | Beef, blade steak, fully-trimmed, grilled |
| 066 | Beef, blade steak, fully-trimmed, raw |
| 067 | Beef, casserole cuts, fully-trimmed, cooked |
| 068 | Beef, casserole cuts, fully-trimmed, raw |
| 069 | Beef, chuck steak, fully-trimmed, casseroleed |
| 070 | Beef, chuck steak, fully-trimmed, raw |
| 071 | Beef, corned, 50% trimmed |
| 072 | Beef, corned, canned |
| 073 | Beef, corned, lean |
| 074 | Beef, diced, fully-trimmed, dry fried |
| 075 | Beef, diced, fully-trimmed, raw |
| 076 | Beef, diced, untrimmed, dry fried |
| 077 | Beef, diced, untrimmed, raw |
| 078 | Beef, eye fillet, separable lean, grilled |

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

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|-----|---|-----|--|
| 231 | Cake, cupcake, iced, commercial | 278 | Cherry, black, canned in syrup |
| 232 | Cake, fruit, light in colour, uniced, commercial | 279 | Cherry, glace or maraschino |
| 233 | Cake, fruit, rich, uniced, commercial | 280 | Cherry, raw |
| 234 | Cake, lamington, plain, commercial | 281 | Chicken burger, with mayonnaise & lettuce, fast food chain-style |
| 235 | Cake, plain, prepared from dry mix, uniced | 282 | Chicken cacciatore, Italian restaurant-style |
| 236 | Calamari, crumbed, fried, from restaurants & takeaway outlets | 283 | Chicken chop suey, Chinese restaurant-style |
| 237 | Cannelloni, beef, Italian restaurant-style | 284 | Chicken chow mein (chicken & noodles), Chinese restaurant-style |
| 238 | Capsicum, green, raw | 285 | Chicken, breast, lean, baked |
| 239 | Capsicum, red, raw | 286 | Chicken, breast, lean, casseroleed |
| 240 | Caramels, soft & hard | 287 | Chicken, breast, lean, grilled |
| 241 | Carrot, baby, peeled, boiled, drained | 288 | Chicken, breast, lean, raw |
| 242 | Carrot, baby, peeled, raw | 289 | Chicken, drumstick, lean, skin & fat, baked |
| 243 | Carrot, mature, peeled, boiled, drained | 290 | Chicken, drumstick, lean, skin & fat, raw |
| 244 | Carrot, mature, peeled, raw | 291 | Chicken, green curry, Thai restaurant-style |
| 245 | Cauliflower, boiled, added cheese sauce | 292 | Chicken, liver, cooked |
| 246 | Cauliflower, boiled, drained | 293 | Chicken, liver, raw |
| 247 | Cauliflower, raw | 294 | Chicken, nugget, purchased frozen, baked without oil |
| 248 | Celeriac, peeled, boiled, drained | 295 | Chicken, separable fat, composite, baked |
| 249 | Celeriac, peeled, raw | 296 | Chicken, thigh, lean, baked |
| 250 | Celery, raw | 297 | Chicken, thigh, lean, casseroleed |
| 251 | Cheese spread, cheddar | 298 | Chicken, thigh, lean, raw |
| 252 | Cheese spread, cream cheese | 299 | Chicken, wing, lean, baked |
| 253 | Cheese, blended for pizza use | 300 | Chicken, wing, lean, casseroleed |
| 254 | Cheese, blue vein | 301 | Chicken, wing, lean, raw |
| 255 | Cheese, camembert | 302 | Chicken, wing, lean, skin & fat, baked |
| 256 | Cheese, cheddar, processed | 303 | Chickpea, canned, drained |
| 257 | Cheese, cheddar, reduced fat (~ 15%) | 304 | Chiko® roll, deep fried |
| 258 | Cheese, cheddar, reduced fat (~25%) | 305 | Chilli (chili) powder |
| 259 | Cheese, cheddar, regular fat | 306 | Chilli (chili), green, raw |
| 260 | Cheese, colby style | 307 | Chilli (chili), red, raw |
| 261 | Cheese, cream | 308 | Chillies (chilies), dried, ground |
| 262 | Cheese, creamed cottage | 309 | Chip or crisp, soy |
| 263 | Cheese, edam | 310 | Chives, raw |
| 264 | Cheese, feta (fetta), sheep & cows milk | 311 | Chocolate, compound, cooking |
| 265 | Cheese, gouda | 312 | Chocolate, dark, fondant or cream filled |
| 266 | Cheese, haloumi | 313 | Chocolate, dark, high cocoa solids |
| 267 | Cheese, havarti style | 314 | Chocolate, milk, fondant or caramel filled |
| 268 | Cheese, mozzarella | 315 | Chocolate, milk, sugar-coated |
| 269 | Cheese, mozzarella, reduced fat | 316 | Chocolate, milk, with added milk solids |
| 270 | Cheese, parmesan, finely grated | 317 | Chocolate, milk, with dried fruit & nut |
| 271 | Cheese, parmesan, shaved | 318 | Chocolate, milk, with nuts |
| 272 | Cheese, pecorino style | 319 | Chocolate, white |
| 273 | Cheese, provolone style | 320 | Choko, peeled, raw |
| 274 | Cheese, ricotta, reduced fat | 321 | Chutney, fruit, commercial |
| 275 | Cheese, romano style | 322 | Cinnamon, ground |
| 276 | Cheese, soft, white mould coated (includes brie & camembert) | 323 | Cloves, |
| 277 | Cheese, swiss | 324 | Cocoa powder |

325 Coconut ice, homemade
 326 Coconut, cream
 327 Coconut, fresh, mature fruit, flesh
 328 Coconut, grated & desiccated
 329 Coconut, milk or cream, dried, powder
 330 Coconut, milk, reduced fat, canned
 331 Coconut, milk, regular fat, canned
 332 Cod, smoked, steamed or poached
 333 Coffee & chicory essence, concentrate
 334 Coffee, from ground beans, long black style, without milk, decaffeinated
 335 Coffee, from ground coffee beans, espresso style, without milk
 336 Coffee, from ground coffee beans, long black style, without milk
 337 Coffee, from instant coffee powder, without milk
 338 Coffee, instant, dry powder or granules
 339 Cone, wafer style, for ice cream
 340 Confectionery, white christmas, home-prepared
 341 Coriander seed, ground
 342 Coriander, fresh, leaves & stems
 343 Corn chips, flavoured
 344 Corn chips, flavoured, fried, monounsaturated oil
 345 Corn chips, plain toasted, salted
 346 Corn chips, plain, toasted, no added salt
 347 Commeal (polenta), raw
 348 Couscous, cooked in water, no added fat or salt
 349 Couscous, raw
 350 Crab, flesh only, purchased steamed or boiled
 351 Crabmeat, canned in brine
 352 Cranberry, dried, sweetened
 353 Cream of tartar, dry powder
 354 Cream, imitation or mock (non-dairy)
 355 Cream, pure, 35% fat
 356 Cream, reduced fat (~25%), canned
 357 Cream, regular thickened, 35% fat
 358 Cream, regular thickened, light (~18% fat)
 359 Cream, rich or double thick
 360 Cream, sour
 361 Cream, sour, light (~18% fat)
 362 Cream, whipped, aerosol, regular fat (~28%)
 363 Crocodile, tail fillet, raw
 364 Croissant (pastry crescent), commercial, plain
 365 Crumpet, from white flour, toasted
 366 Cucumber, common, peeled, raw
 367 Cumin (cummin) seeds, ground
 368 Currant, dried
 369 Curry powder

370 Custard apple, african pride, peeled, raw
 371 Custard, dairy, reduced fat, vanilla, commercial
 372 Custard, dairy, regular fat, vanilla, commercial

D

373 Dairy blend, butter & edible oil spread
 374 Danish pastry, custard & fruit filled
 375 Date, dried
 376 Devon or fritz, processed luncheon meat
 377 Dim sim, deep fried, commercial
 378 Dip, sour cream-based, commercial
 379 Doughnut, dusted with cinnamon & sugar
 380 Doughnut, iced
 381 Dressing, thousand island, reduced fat, commercial
 383 Dressing, thousand island, regular, commercial
 385 Dried fruit & nut mix, milk chocolate-coated
 386 Dried fruit mix (raisin or sultana), milk chocolate-coated
 387 Dripping, beef
 388 Duck, skin & fat, baked
 389 Duck, skin & fat, raw

E

390 Eclair, cream or custard filled, chocolate icing, commercial
 391 Egg, chicken, scrambled, added butter & milk
 392 Egg, chicken, scrambled, no added fat
 393 Egg, chicken, white (albumen) only, raw
 394 Egg, chicken, whole, hard-boiled
 395 Egg, chicken, whole, poached
 396 Egg, chicken, whole, raw
 397 Egg, chicken, yolk, hard-boiled
 398 Egg, chicken, yolk, raw
 399 Egg, duck, whole, boiled
 400 Egg, duck, whole, raw
 401 Egg, quail, whole, raw
 402 Eggplant, grilled
 403 Eggplant, raw
 404 Emu, steak, raw
 405 Endive, raw
 406 Extruded snack, cheese flavoured
 407 Extruded snack, non-cheese flavoured

F

- 408 Falafel, chickpea patty
- 409 Fat, solid, blend of animal & vegetable oils
- 410 Fat, solid, vegetable oil based
- 411 Fennel, raw
- 412 Fig, dried
- 413 Fig, unpeeled, raw
- 414 Fish ball, Asian style, cooked
- 415 Fish cake, deep fried, from takeaway outlet
- 416 Fish cake, fried, with sauce, Thai restaurant-style
- 417 Fish finger, crumbed, purchased frozen, raw
- 418 Fish paste or spread
- 419 Fish roe (caviar), black
- 420 Fish roe (caviar), red
- 421 Fish, cocktail size, battered, deep fried, from takeaway outlets
- 422 Flathead, flesh, raw
- 423 Flour, arrowroot
- 424 Flour, cornflour, from maize starch
- 425 Flour, rice
- 426 Flour, wheat, white, high protein or bread making flour
- 427 Flour, wheat, white, plain
- 428 Flour, wheat, white, self-raising
- 429 Flour, wheat, wholemeal, plain
- 430 Flour, wheat, wholemeal, self-raising
- 431 Frankfurt, canned, heated, drained
- 432 Frankfurt, simmered
- 433 Fruit bar, apricot, snack or confectionery style
- 434 Fruit drink, 25% apple juice
- 435 Fruit drink, 25% orange juice
- 436 Fruit drink, 25% orange juice, added vitamin C
- 437 Fruit drink, 35% apple juice, added vitamin C
- 438 Fruit drink, 35% orange juice, added vitamin C
- 439 Fruit salad, canned in syrup
- 440 Fruit salad, canned in syrup, drained
- 441 Fruit salad, fresh, commercial
- 442 Fruit, leather

G

- 443 Garlic, peeled, raw
- 444 Gemfish, flesh, raw
- 445 Ghee, clarified butter
- 446 Gherkin, pickled, drained, commercial
- 447 Gin
- 448 Ginger, dried, ground
- 449 Ginger, peeled, raw
- 450 Ginger, peeled, stir-fried without oil

- 451 Glucose, liquid or syrup
- 452 Gnocchi, potato, commercially prepared, boiled
- 453 Grain waves, flavoured
- 454 Grain waves, plain, original
- 455 Grape, black muscatel, raw
- 456 Grape, red globe, raw
- 457 Grape, thompson seedless or sultana, raw
- 458 Grapefruit, peeled, raw
- 459 Gravy powder, dry mix
- 460 Gravy, prepared, commercial
- 461 Guacamole, avocado dip
- 462 Guava, hawaiian, raw

H

- 463 Halvah, plain
- 464 Ham & chicken roll, processed luncheon meat
- 465 Ham steak, grilled
- 466 Ham steak, raw
- 467 Ham, leg, lean
- 468 Hamburger patty, purchased frozen, fried
- 469 Hamburger patty, purchased frozen, grilled
- 470 Hamburger, beef pattie, with cheese, lettuce, onion & sauce, takeaway style
- 471 Hamburger, beef pattie, with cheese, lettuce, sauce, fast food style
- 472 Hamburger, beef pattie, with cheese, onion, pickles & sauce, fast food style
- 473 Hamburger, plain (beef pattie, lettuce, tomato, onion, sauce), takeaway shop
- 474 Herring, Atlantic, pickled
- 475 Honey
- 476 Honeycomb, plain
- 477 Hummus dip, Lebanese restaurant-style
- 478 Hundreds & thousands

I

- 479 Ice confection, stick or tub, fruit juice or fruit flavoured
- 480 Ice confection, stick, milk-based, various flavours
- 481 Ice confection, stick, water-base, various flavours
- 482 Ice cream, reduced fat, vanilla flavour
- 483 Ice cream, regular fat, vanilla flavour
- 484 Ice cream, regular fat, vanilla with confectionery, with waffle cone, chocolate coated

- 485 Intense sweetener, containing sucralose, powdered formulation
 486 Intense sweetener, containing sucralose, tablet
 487 Irish stew, canned, heated

J

- 488 Jackfruit, peeled, raw
 489 Jam, all flavours, intense sweetened
 490 Juice concentrate, orange
 491 Juice, apple, shelf stable, no added vitamin C
 492 Juice, blackcurrant
 493 Juice, carrot
 494 Juice, grape
 495 Juice, grape, sparkling, white, non-alcoholic
 496 Juice, grapefruit
 497 Juice, lemon
 498 Juice, lime
 499 Juice, orange, added vitamin C
 500 Juice, orange, no added vitamin C
 501 Juice, pineapple
 502 Juice, pineapple, sweetened
 503 Juice, tomato, added salt

K

- 504 Kabana, processed meat
 505 Kangaroo, loin fillet, grilled
 506 Kangaroo, loin fillet, raw
 507 Kangaroo, rump, baked
 508 Kangaroo, rump, raw
 509 Kiwifruit, gold, peeled, raw
 510 Kiwifruit, Hayward, peeled, raw
 511 Kohlrabi, peeled, raw

L

- 512 Lady finger (pastry with vegetables), Lebanese restaurant-style
 513 Lamb, all cuts, separable fat, cooked
 514 Lamb, all cuts, separable fat, raw
 515 Lamb, BBQ/grill/fry cuts, fully-trimmed, cooked
 516 Lamb, BBQ/grill/fry cuts, fully-trimmed, raw
 517 Lamb, BBQ/grill/fry cuts, semi-trimmed, cooked
 518 Lamb, BBQ/grill/fry cuts, semi-trimmed, raw
 519 Lamb, brain, raw
 520 Lamb, brain, simmered
 521 Lamb, casserole cuts, fully-trimmed, cooked
 522 Lamb, casserole cuts, fully-trimmed, raw

- 523 Lamb, chump chop, semi-trimmed, grilled
 524 Lamb, chump chop, semi-trimmed, raw
 525 Lamb, diced, fully-trimmed, dry fried
 526 Lamb, diced, fully-trimmed, raw
 527 Lamb, easy carve leg roast, semi-trimmed, raw
 528 Lamb, easy carve leg roast, semi-trimmed, roasted
 529 Lamb, eye of loin, separable lean, grilled
 530 Lamb, eye of loin, separable lean, raw
 531 Lamb, forequarter chop, semi-trimmed, grilled
 532 Lamb, forequarter chop, semi-trimmed, raw
 533 Lamb, frenched cutlet/rack, fully-trimmed, grilled
 534 Lamb, frenched cutlet/rack, fully-trimmed, raw
 535 Lamb, frenched cutlet/rack, separable lean, raw
 536 Lamb, kidney, raw
 537 Lamb, kidney, simmered
 538 Lamb, leg roast, semi-trimmed, raw
 539 Lamb, leg roast, semi-trimmed, roasted
 540 Lamb, liver, grilled
 541 Lamb, liver, raw
 542 Lamb, loin chop, semi-trimmed, grilled (2002)
 543 Lamb, loin chop, semi-trimmed, raw
 544 Lamb, mince, dry fried
 545 Lamb, mince, raw
 546 Lamb, moussaka, Greek restaurant-style
 547 Lamb, rump, separable lean, grilled
 548 Lamb, rump, separable lean, raw
 549 Lamb, souvlakia, Greek take-away
 550 Lamb, steak, fully-trimmed, raw
 551 Lamb, steak, fully-trimmed, roasted
 552 Lard
 553 Lasagne (lasagna), beef, Italian restaurant-style
 554 Lasagne (Lasagna), beef, purchased frozen, baked
 555 Leek, raw
 556 Lemon butter, homemade
 557 Lemon peel, raw
 558 Lentil, dried
 559 Lentil, dried, boiled, drained
 560 Lettuce, cos, raw
 561 Lettuce, iceberg, raw
 562 Lettuce, mignonette, raw
 563 Licorice
 564 Licorice, allsorts
 565 Licorice, milk chocolate-coated
 566 Lime, peeled, raw
 567 Lobster, flesh only, purchased steamed or boiled
 568 Loquat, peeled, raw
 569 Lychee, peeled, peeled, raw

M

| | |
|-----|---|
| 570 | Macadamia, milk chocolate-coated |
| 571 | Mandarin (imperial), peeled, raw |
| 572 | Mandarin (tangelo), peeled, raw |
| 573 | Mandarin, canned in syrup, drained |
| 574 | Mango, peeled, raw |
| 575 | Margarine spread, monounsaturated (70% fat) |
| 576 | Margarine spread, mono-unsaturated (70% fat), reduced salt (sodium = 380mg/100g) |
| 577 | Margarine spread, polyunsaturated (70% fat) |
| 578 | Margarine spread, polyunsaturated, reduced fat (40% fat), no added salt or milk |
| 579 | Margarine, cooking |
| 580 | Margarine, polyunsaturated |
| 581 | Marinade, Asian style |
| 582 | Marinara mix, contains fish & shellfish, raw |
| 583 | Marmalade, orange |
| 584 | Marzipan, almond paste, added sugar |
| 585 | Mayonnaise, regular fat, commercial |
| 586 | Meat paste |
| 587 | Melon, rockmelon (cantaloupe), peeled, raw |
| 588 | Melon, watermelon, peeled, raw |
| 589 | Meringue, all flavours, commercial |
| 590 | Milk, canned, evaporated, regular |
| 591 | Milk, canned, evaporated, skim (<0.5% fat) |
| 592 | Milk, canned, sweetened, condensed, regular |
| 593 | Milk, cow, fluid, flavoured, chocolate, reduced fat |
| 594 | Milk, cow, fluid, flavoured, chocolate, regular fat |
| 595 | Milk, cow, fluid, flavoured, coffee, reduced fat |
| 596 | Milk, cow, fluid, flavoured, coffee, regular fat |
| 597 | Milk, cow, fluid, flavoured, strawberry, reduced fat |
| 598 | Milk, cow, fluid, flavoured, strawberry, regular fat |
| 599 | Milk, cow, fluid, reduced fat (1%) |
| 600 | Milk, cow, fluid, regular fat (~3.5%) |
| 601 | Milk, cow, fluid, regular fat (~3.5%), ultra high temperature treated, commercial |
| 602 | Milk, cow, fluid, skim (~0.15% fat) |
| 603 | Milk, goat, fluid, regular fat |
| 604 | Milk, powder, cow, regular |
| 605 | Milk, rice, fluid, regular fat, added calcium |
| 606 | Millet, raw |
| 607 | Mineral water, fruit flavours, intense sweetened |
| 608 | Mineral water, with 5% citrus fruit juice |
| 609 | Miso, soyabean paste |
| 610 | Mixed fruit, dried |
| 611 | Mixed vegetables, frozen, boiled or microwaved |

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| 612 | Mortadella, processed meat |
| 613 | Muesli, toasted, with added dried fruit & nut |
| 614 | Muesli, untoasted or natural style, unfortified |
| 615 | Muffin, cake-style, bran, flavoured |
| 616 | Muffin, cake-style, with fruit, commercial |
| 617 | Muffin, English style, from white flour, toasted |
| 618 | Mulberry, raw |
| 619 | Mushroom, common, raw |
| 620 | Mushroom, common, stir-fried without oil |
| 621 | Mussel, green, steamed or boiled |
| 622 | Mussel, smoked, canned in oil, drained |
| 623 | Mustard powder, dry |
| 624 | Mustard, cream style |
| 625 | Mutton, all cuts, separable fat, cooked |
| 626 | Mutton, all cuts, separable fat, raw |
| 627 | Mutton, casserole, fully-trimmed, casseroled |
| 628 | Mutton, casserole, fully-trimmed, raw |

N

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| 629 | Nectarine, unpeeled, raw |
| 630 | Noodle, wheat, Asian style |
| 631 | Noodle, wheat, instant, flavoured, boiled, drained |
| 632 | Noodles, pad thai, Thai restaurant-style |
| 633 | Nut, almond, with skin |
| 634 | Nut, almond, without skin, blanched |
| 635 | Nut, brazil, raw or blanched |
| 636 | Nut, cashew, raw |
| 637 | Nut, cashew, roasted, salted |
| 638 | Nut, chestnut, raw |
| 639 | Nut, chestnut, roasted |
| 640 | Nut, hazelnut, raw |
| 641 | Nut, macadamia |
| 642 | Nut, peanut, with skin, raw |
| 643 | Nut, peanut, with skin, roasted, with oil, salted |
| 644 | Nut, peanut, without skin, roasted, with oil, salted |
| 645 | Nut, peanut, without skin, roasted, with oil, unsalted |
| 646 | Nut, pecan, unsalted |
| 647 | Nut, pine, raw |
| 648 | Nut, pistachio, unsalted |
| 649 | Nut, walnut, raw |
| 650 | Nutmeg, ground |

O

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| 651 | Oat bran, unprocessed |
| 652 | Oats, rolled, boiled, added salt (porridge) |
| 653 | Oats, rolled, raw |
| 654 | Oil, almond |
| 655 | Oil, blend of monounsaturated vegetable oils |
| 656 | Oil, blend of polyunsaturated vegetable oils |
| 657 | Oil, canola |
| 658 | Oil, copha |
| 659 | Oil, macadamia |
| 660 | Oil, olive |
| 661 | Oil, palm |
| 662 | Oil, peanut |
| 663 | Oil, safflower |
| 664 | Oil, sesame |
| 665 | Oil, soybean |
| 666 | Oil, sunflower |
| 667 | Olive, green or black, drained |
| 668 | Olive, green, pimento, stuffed, drained |
| 669 | Omelette, chicken egg, added butter |
| 670 | Omelette, chicken egg, no added fat |
| 671 | Onion ring, battered, fried, solid vegetable oil |
| 672 | Onion, mature, brown skinned, peeled, raw |
| 673 | Onion, mature, brown skinned, peeled, stir-fried without oil |
| 674 | Onion, mature, white skinned, peeled, raw |
| 675 | Onion, mature, white skinned, peeled, stir-fried without oil |
| 676 | Onion, pickled, drained, commercial |
| 677 | Onion, spring, raw |
| 678 | Orange, navel (all varieties), peeled, raw |
| 679 | Oregano, dried |
| 680 | Ostrich, fan fillet, raw |
| 681 | Oyster, raw |
| 682 | Oyster, smoked, canned in oil, drained |

P

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| 683 | Pancake, dry mix, commercial |
| 684 | Pancake, homemade |
| 685 | Pappadam, deep fried |
| 686 | Parsley, continental, raw |
| 687 | Parsley, curly, raw |
| 688 | Parsnip, peeled, raw |
| 689 | Passionfruit, pulp, canned |
| 690 | Passionfruit, raw |
| 691 | Pasta marinara, Italian restaurant-style |
| 692 | Pasta napoletana, Italian restaurant-style |
| 693 | Pasta, white wheat flour based, dry (regular pasta) |

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| 694 | Pasta, white wheat flour with egg, boiled, no added salt |
| 695 | Pasta, white wheat flour, boiled from dry, no added salt |
| 696 | Pasta, wholemeal wheat flour based, dry |
| 697 | Pasta, wholemeal wheat flour, boiled from dry, no added salt |
| 698 | Paste, curry, Indian style, commercial |
| 699 | Paste, shrimp, Asian style |
| 700 | Pastry mix, commercial, dry mix |
| 701 | Pastry mix, commercial, prepared from dry mix with water, baked |
| 702 | Pastry, choux, commercial, baked, unfilled |
| 703 | Pastry, choux, raw |
| 704 | Pastry, filo (fillo), baked |
| 705 | Pastry, filo (fillo), raw |
| 706 | Pastry, puff, butter, commercial, raw |
| 707 | Pastry, puff, vegetable oil, commercial, baked |
| 708 | Pastry, puff, vegetable oil, commercial, raw |
| 709 | Pastry, puff, with butter, commercial, baked |
| 710 | Pastry, spring roll, homemade, raw |
| 711 | Pasty, vegetable & meat, commercial, ready to eat |
| 712 | Pate de foie (chicken liver pate) |
| 713 | Pate, liverwurst, commercial |
| 714 | Pawpaw (papaya), peeled, raw |
| 715 | Pea, green, fresh, boiled, drained |
| 716 | Pea, green, fresh, raw |
| 717 | Pea, split, dried |
| 718 | Pea, split, dried, boiled, drained |
| 719 | Peach, canned in syrup |
| 720 | Peach, canned in syrup, drained |
| 721 | Peach, unpeeled, raw |
| 722 | Peanut butter, smooth & crunchy, added sugar & salt |
| 723 | Peanut butter, smooth & crunchy, no added sugar or salt |
| 724 | Peanut, milk chocolate-coated |
| 725 | Pear, brown, unpeeled, raw |
| 726 | Pear, canned in syrup |
| 727 | Pear, canned in syrup, drained |
| 728 | Pear, nashi, unpeeled, raw |
| 729 | Pear, unpeeled, raw |
| 730 | Pepino, peeled, raw |
| 731 | Pepper, ground, black or white |
| 732 | Persimmon, peeled, raw |
| 733 | Pickles, mustard, sweet, commercial |
| 734 | Pie, savoury, meat, commercial, family size |
| 735 | Pie, savoury, meat, commercial, individual size |
| 736 | Pie, savoury, meat, commercial, party size |
| 737 | Pie, sweet, apple, commercial, family size |

738 Pie, sweet, lemon meringue, baked, homemade
739 Pigeon (squab), whole, raw
740 Pikelet, commercial
741 Pineapple (cayenne), peeled, raw
742 Pineapple, canned in pineapple juice
743 Pineapple, canned in pineapple juice, drained
744 Pineapple, fresh, cooked in light syrup, drained
745 Pizza, ham & pineapple, takeaway style
746 Pizza, supreme, takeaway style
747 Plum, dark, canned in syrup
748 Plum, dark, canned in syrup, drained
749 Plum, unpeeled, raw
750 Pomegranate, peeled, raw
751 Popcorn, air-popped, no added fat or salt
752 Popcorn, regular, commercial
753 Pork rind snack
754 Pork, crackling, roasted, salted
755 Pork, diced, as purchased, raw
756 Pork, diced, as purchased, stir-fried
757 Pork, fillet, fully-trimmed, raw
758 Pork, fillet, fully-trimmed, roasted
759 Pork, leg roast, as purchased, raw
760 Pork, leg roast, as purchased, roasted without oil or fat

761 Pork, loin chop, as purchased, dry-fried
762 Pork, loin chop, as purchased, raw
763 Pork, loin roast, as purchased, raw
764 Pork, loin roast, as purchased, roasted without oil or fat

765 Pork, medallion or loin steak, as purchased, raw
766 Pork, mince, as purchased, dry-fried
767 Pork, mince, as purchased, raw
768 Pork, rump steak, as purchased, raw
769 Pork, strips, as purchased, raw
770 Pork, strips, as purchased, stir-fried
771 Potato crisp or chip, salt & vinegar flavoured
772 Potato crisps or chips, flavoured (other than salt & vinegar)

773 Potato crisps or chips, plain, reduced fat, salted
774 Potato crisps or chips, plain, salted
775 Potato crisps or chips, plain, unsalted
776 Potato straws, plain
777 Potato, chips, regular, deep-fried, blended oil, from take-away outlet, salted
778 Potato, chips, regular, deep-fried, mono-unsaturated oil, from take-away outlet, salted
779 Potato, chips, regular, par-fried in canola oil, purchased frozen, baked without oil

780 Potato, gems or royals, par-fried in animal fat, purchased frozen, baked without oil
781 Potato, hash brown, McDonalds®
782 Potato, new, peeled, baked
783 Potato, new, peeled, mashed with milk & butter
784 Potato, new, peeled, raw
785 Prawn, king (large size), flesh only, purchased cooked

786 Prawn, king (large size), raw (green)
787 Prawn, school, flesh only, purchased cooked
788 Pretzels
789 Prickly pear, peeled, raw
790 Prune (dried plum)
791 Pudding, plum, canned, commercial
792 Pudding, self-saucing, prepared from dry mix, flavoured
793 Pudding, sticky date, homemade
794 Pumpkin, peeled, baked
795 Pumpkin, peeled, boiled
796 Pumpkin, peeled, raw

Q

797 Quail, flesh & skin, baked
798 Quail, flesh & skin, raw
799 Quiche, ham & cheese, commercial, baked
800 Quince, peeled, raw

R

801 Rabbit, farmed, whole, raw
802 Rabbit, flesh, casserole
803 Radish, red skinned, unpeeled, raw
804 Radish, white skinned, peeled, raw
805 Rambutan, raw
806 Raspberry, canned in syrup
807 Raspberry, canned in syrup, drained
808 Raspberry, purchased frozen
809 Raspberry, raw
810 Ravioli, beef, Italian restaurant-style
811 Rhubarb, stalk, raw
812 Rice porridge (congee), cooked
813 Rice, brown, boiled, no added salt
814 Rice, white, boiled, no added salt
815 Rice, white, raw
816 Rice, wild, boiled, no added salt
817 Rum, dark & light coloured

S

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

T

| | |
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| 911 | Tabouleh, Lebanese restaurant-style |
| 912 | Tahini, sesame seed pulp |
| 913 | Tamarillo, peeled, raw |
| 914 | Tapioca, pearl or seed style, raw |
| 915 | Tapioca, seed or pearl style, boiled |
| 916 | Tart, custard, commercial, individual |
| 917 | Tart, jam, commercial, individual |
| 918 | Tea, herbal other than chamomile, brewed, without milk |
| 919 | Tea, regular, brewed from leaf or teabags, without milk |
| 920 | Tempeh (fermented soy beans), fried, sunflower oil |
| 921 | Thyme, dried |
| 922 | Tofu (soy bean curd), firm, as purchased |
| 923 | Tofu (soy bean curd), silken or soft, as purchased |
| 924 | Tomato, cherry, raw |
| 925 | Tomato, common, boiled with salt, drained |
| 926 | Tomato, common, raw |
| 927 | Tomato, sundried |
| 928 | Tomato, whole, canned in tomato juice |
| 929 | Tuna, canned in brine |
| 930 | Tuna, canned in vegetable oil |
| 931 | Tuna, raw, sashimi style, Japanese restaurant-style |
| 932 | Turkey, breast, lean, baked |
| 933 | Turkey, breast, lean, raw |
| 934 | Turkey, hindquarter, lean, skin & fat, baked |
| 935 | Turkey, hindquarter, lean, skin & fat, raw |
| 936 | Turkey, processed luncheon meat |
| 937 | Turmeric, ground |
| 938 | Turnip, white, peeled, raw |

V

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|-----|---|
| 939 | Vanilla, artificial, extract, alcohol free |
| 940 | Veal, all cuts, separable fat, cooked |
| 941 | Veal, all cuts, separable fat, raw |
| 942 | Veal, schnitzel, breadcrumb coating, purchase frozen, fried, peanut oil |
| 943 | Venison, diced, lean, dry fried |
| 944 | Venison, diced, lean, raw |
| 945 | Vinegar |
| 946 | Vodka |

W

| | |
|-----|----------------------------------|
| 947 | Watercress, raw |
| 948 | Whisky |
| 949 | Whiting, king george, flesh, raw |
| 950 | Wine, red |
| 951 | Wine, rose |
| 952 | Wine, white, sparkling |

Y

| | |
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| 953 | Yoghurt, low fat (<0.5%), fruit pieces or flavoured, intense sweetened |
| 954 | Yoghurt, low fat (<0.5%), vanilla flavoured |
| 955 | Yoghurt, natural, low fat |
| 956 | Yoghurt, natural, regular fat (~4%) |
| 957 | Yoghurt, regular fat (~3%), vanilla flavoured |
| 958 | Yoghurt, regular fat, purchased frozen, fruit flavoured |
| 959 | Yorkshire pudding, added fat, homemade |

Z

| | |
|-----|---------------------------|
| 960 | Zucchini, green skin, raw |
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Notes

Glossary - Nutritional Terms

Calorie

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

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

Salt

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

Protein

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

Fat

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

Carbohydrate

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

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

Cholesterol

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

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

Fibre

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

Based on source:

NUTTAB 2010 (Food Standards Australia New Zealand);

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

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

USE OF DATA

There are limitations associated with food composition databases. Nutrient data published in NUTTAB 2010 may represent an average of the nutrient content of a particular sample of foods and ingredients, determined at a particular time. The nutrient composition of foods and ingredients can vary substantially between batches and brands because of a number of factors, including changes in season, changes in formulation, processing practices and ingredient source. While most of the data contained in NUTTAB 2010 are generated from analysed values, some of the data are borrowed from overseas food composition tables; supplied by the food industry; taken from food labels; imputed from similar foods; or calculated using a recipe approach.

For these reasons, the nutritional values displayed by the scale should be considered as a very useful guide to good nutrition, but not as an absolute measure. In most cases, the accuracy will be sufficient to support your dietary requirements. However, we cannot assume any liability related to the accuracy and completeness of the information provided, nor to the way in which the information is used by the consumer. Before beginning any diet management program, users should consult with their physician or a registered dietitian.

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