

mb michelle bridges



NUTRITION SCALE

Operating Instructions & Food Codes

Article No.: 673942
Style: 65007

The Michelle Bridges 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 contain the food, 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

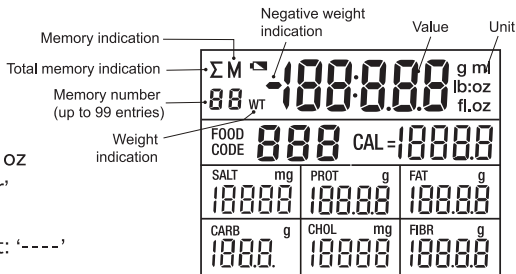
Graduation: 1g / 0.1oz / 1ml / 0.1 fl oz

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

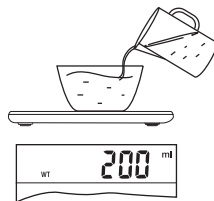
We recommend you read the instructions carefully first before attempting to operate the scale. Please keep this booklet for future reference.

Simple weighing

1. If using a bowl to contain the food, put it on the scale first before turning on.
2. Press '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 required volume is reached.



Power on/off

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

Tare function

Use 'ZERO' for this function.

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

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

If you use the Tare 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 should be placed in a separate container before being set on the scale.

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.*

*This easy-to-use scale instantly
calculates the calorie, fibre
and nutrient values of the food
weighed.*

1. Weigh the food first (Refer to Page 3).
2. Next 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.

How to save nutrition data and obtain total values

* The scale allows up to 99 foods to be 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 foodcode, 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.*

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 drop 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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**NUTRITION
SCALE**

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

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

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, casserole
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

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)		

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

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 (chillies), 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 Cornmeal (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

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

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

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

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)

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

818 Salad, bean, commercial
819 Salami, unspecified variety
820 Salmon, Atlantic, filets, raw
821 Salmon, pink, canned in brine
822 Salmon, pink, canned in water, no added salt, drained
823 Salmon, raw, sashimi style, Japanese restaurant-style
824 Salmon, red, canned in brine
825 Salmon, red, canned in water, no added salt, drained
826 Salmon, smoked, sliced
827 Salt, cooking
828 Salt, table, iodised
829 Salt, table, non-iodised
830 Sardine, canned in oil
831 Sardine, canned in water, no added salt, drained
832 Sauce, barbecue, commercial
833 Sauce, black bean, Asian, commercial
834 Sauce, cheese, homemade
835 Sauce, chilli (chili), Asian, commercial
836 Sauce, curry, Asian, commercial
837 Sauce, fish, Asian, commercial
838 Sauce, hoi sin, Asian, commercial
839 Sauce, oyster, Asian, commercial
840 Sauce, pasta, tomato-based, commercial, heated
841 Sauce, plum, Asian, commercial
842 Sauce, salsa, tomato-based
843 Sauce, satay, Asian, commercial
844 Sauce, soy, commercial
845 Sauce, soy, reduced salt
846 Sauce, sweet & sour, Asian, commercial
847 Sauce, tabasco
848 Sauce, taco style, commercial
849 Sauce, tomato, commercial
850 Sausage roll, commercial, ready to eat, individual size
851 Sausage, beef, fried
852 Sausage, beef, grilled
853 Sausage, beef, raw
854 Sausage, vegetarian style, raw
855 Scallop, raw
856 Scone, plain, commercial
857 Scone, with dried fruit, homemade
858 Seafood or fish stick (surimi), purchased frozen, raw
859 Seed, sesame, white
860 Seed, sunflower
861 Semolina, raw

862 Shallot, peeled, raw
863 Silverbeet, raw
864 Snapper, flesh, raw
865 Snowpea, raw
866 Soft drink, cola flavour
867 Soft drink, cola flavour, intense sweetened
868 Soft drink, cola flavour, intense sweetened, decaffeinated
869 Soft drink, fruit flavours, intense sweetened
870 Soft drink, ginger ale, creamy soda or other non-fruit flavours
871 Soft drink, lemon flavour
872 Soft drink, lemonade
873 Soft drink, orange flavour
874 Soup, minestrone, homemade
875 Soup, pumpkin, homemade
876 Soup, vegetable, homemade
877 Spaghetti in meat sauce, canned
878 Spaghetti in tomato & cheese sauce, canned
879 Spam, canned
880 Spinach, English, raw
881 Spinach, frozen, boiled, drained
882 Spinach, water, raw
883 Sports drink, all flavours
884 Spread, hazelnut & chocolate flavoured
885 Spread, yeast, vegemite
886 Spring roll, meat &/or vegetable, deep fried
887 Sprout, alfalfa, raw
888 Sprout, bean, raw
889 Squash, button, raw
890 Squid or calamari, raw
891 Stock, dry powder
892 Strasburg
893 Strawberry, purchased frozen
894 Strawberry, raw
895 Stuffing, bread-based, commercial
896 Sugar, brown
897 Sugar, raw
898 Sugar, white, granulated or lump
899 Sugar, white, icing
900 Sugar, white, icing mixture
901 Sultana
902 Sushi, California roll, restaurant-style
903 Swede, peeled, raw
904 Sweet potato, orange flesh, peeled, baked
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

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

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

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

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, chocolate and refined flour products. Complex carbohydrates include starches like oats, 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.

Cholesterol

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

Fibre

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

Based on source:

NUTTAB 2010 (Food Standards Australia New Zealand);

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

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

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