

Sheet1

| NUTRIENT CODE | DESCRIPTION | UNITS |
|---------------|--|-------|
| 1 | Alpha carotene | mcg |
| 2 | Alcohol | g |
| 5 | Beta carotene | mcg |
| 8 | Calcium | mg |
| 9 | Carotene - total (carotene equivalents) | mcg |
| 11 | Carbohydrate - total | g |
| 12 | Cholesterol | mg |
| 13 | Chloride | mg |
| 15 | Copper | mg |
| 20 | Englyst Fibre - Non Starch Polysaccharides (NSP) | g |
| 22 | Iron | mg |
| 55 | Total folate | mcg |
| 56 | Carbohydrate - fructose | g |
| 57 | Carbohydrate - galactose | g |
| 58 | Carbohydrate - glucose | g |
| 61 | Iodine | mcg |
| 63 | Potassium | mg |
| 64 | Energy_kcal | kcal |
| 65 | Energy_kj | kJ |
| 66 | Carbohydrate - lactose | g |
| 68 | Carbohydrate - maltose | g |
| 69 | Magnesium | mg |
| 70 | Manganese | mg |
| 72 | Sodium | mg |
| 74 | Niacin | mg |
| 77 | Phosphorus | mg |
| 83 | Protein | g |
| 86 | Vitamin A - retinol | mcg |
| 88 | Vitamin A - retinol equivalents | mcg |
| 89 | Vitamin B2 - riboflavin | mg |
| 92 | Selenium | mcg |
| 97 | Carbohydrate - starch | g |
| 98 | Carbohydrate - sucrose | g |
| 99 | Vitamin B1 - thiamin | mg |
| 100 | Nitrogen | g |
| 101 | Carbohydrate - sugars (total) | g |
| 103 | Vitamin B12 - cobalamin | mcg |
| 104 | Vitamin B6 - pyridoxine | mg |
| 105 | Vitamin C - ascorbic acid | mg |
| 106 | Vitamin D - ergocalciferol | mcg |
| 107 | Vitamin E - alpha tocopherol equivalents | mg |
| 109 | Zinc | mg |
| 600 | Fat - total | g |
| 601 | Monounsaturated fatty acids (MUFA - total) | g |
| 603 | Polyunsaturated fatty acids (PUFA - total) | g |
| 607 | Saturated fatty acids (SFA - total) | g |

| FOOD GROUP CODE | DESCRIPTION | UNITS |
|-----------------|-----------------------------|-------|
| 900 | Alcoholic beverages | g |
| 901 | Cereals and cereal products | g |
| 902 | Eggs and egg dishes | g |
| 903 | Fats and oils | g |
| 904 | Fish & fish products | g |
| 905 | Fruit | g |

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| 906 | Meat and meat products | g |
| 907 | Milk and milk products | g |
| 908 | Non-alcoholic beverages | g |
| 909 | Nuts and seeds | g |
| 910 | Potatoes | g |
| 911 | Soups & sauces | g |
| 912 | Sugars; preserves and snacks | g |
| 913 | Vegetables | g |