



food composition
research

research capabilities

Accurate food and nutrient information is important on several levels, from improving individual health to enabling manufacturers to comply with the regulations governing food production and retailing.

Crop & Food Research provides up to date nutrient information to food producers, health professionals, including nutritionists and dietitians, retailers and consumers in New Zealand and around the Pacific. Our experience in nutrient information research and understanding of nutrient and health claim regulations also have application in product development and marketing.

Food composition information

Our understanding of nutrient information is useful to the Government, food producers and health professionals who are working to enhance the health and well-being of all New Zealanders.

We ensure there is up-to-date and accurate information for foods eaten by New Zealanders in the national Food Composition Database. The data underpins Government policy, guidelines, industry accords and programmes targeting good nutrition for all New Zealanders and a safe food supply. It is used in surveys of the nutrition of adults and children and of the New Zealand diet. Health practitioners, including dietitians and nutritionists, use products developed from the Database to help people make healthy food choices.

New Zealand Food Composition Database

Providing information on:

- 3400-plus foods
- 500-plus food components

Our joint ownership of the New Zealand Food Composition Database (with the Ministry of Health) and our role in

its ongoing development gives us a comprehensive understanding of the nutritional composition of foods eaten in New Zealand. These include raw and processed foods and ingredients, products, meals, baking and an increasing number of ethnic foods.

The database includes additional information on sampling details, number of samples, standard deviation and standard error. New data are continually added to the database, and updates for several software and printed nutrient information products are regularly released.

We offer:

NUTRITION LABELLING

We have full nutrient labelling services. This includes developing Nutrient Information Panels (NIP) for products in several countries e.g. New Zealand, Australia, USA and UK. Food products sold in Australia and New Zealand must carry a Nutrient Information Panel (NIP) to comply with the



Australia New Zealand Food Standards code. Some Nutrient Information Panel information is available free at: www.crop.cri.nz/home/products-services/nutrition/foodcompdata/fcd-products/fcd-nutrition-database.jsp– Sodium

INTERNATIONAL LINKS

As part of our commitment to developing the food composition database, we are a member of OCEANIAFOODS - a regional data centre of INFOODS (International Network of Food Data System). INFOODS aims include stimulating and coordinating efforts to improve the quality and availability of food analysis data worldwide and ensuring that anyone anywhere can find adequate reliable food composition. We also have links with: Food and Agricultural Organisation of the United Nations, European Food Composition databases (EuroFIR), the US Nutrient Data Laboratory and Australia's NUTTAB.

Products Software

FOODIMSTM

and graphic forms, and can export nutrition information to common word processor files, spreadsheets and other databases. SERVENZ contains information on 53 nutrients for more than 2600 foods. It also contains data on 500 dietary supplements. It is fully compatible with Windows applications and is updated biennially. For additional information or to buy SERVENZ visit www.serve.com.au

FOODFILES

These are a subset of the New Zealand Food Composition Database, ideal for integrating into existing database management systems or other data manipulation software. FOODfiles presents 49 nutrients plus density data for more than 2700 foods. It also enables users to view recipe ingredients for over 280 recipes. FOODfiles is available as a set of relational, delimited ASCII files on computer CD Rom. Updates are available biennially, the most recent is 2006.

NUTRITION INFORMATION PANEL DATABASE (NIPDB)

This is a useful resource for preparing Nutrition Information Panels for food products. It is a subset of the New Zealand Food Composition Database and presents seven core nutrients for more than 2600 foods. NIPDB is freely available at www.crop.cri.nz/home/products-services/nutrition/fcdnip/index.jsp

FOODWORKS

This programme offers nutrient analysis for individual diets and menus. It features a facility for 'cutting and pasting' from one diet or recipe to another and can compare RDIs and nutritional goals and targets. There's also a 'quick-search' for foods. FoodWorks is released biennially. The latest version contains FOODfiles 2004. For additional information or to buy FoodWorks visit www.xyris.com.au

SERVE-NZ

SERVE-NZ provides nutritional analysis of foods, recipes and food intakes in numeric and graphic forms, and can export nutrition information to common word processor files, spreadsheets and other databases. SERVENZ contains information on 53 nutrients for more than 2600 foods. It also contains data on 500 dietary supplements. It is fully compatible with Windows applications and is updated biennially. For additional information or to buy SERVENZ visit www.serve.com.au

Printed food tables

THE CONCISE NEW ZEALAND FOOD COMPOSITION TABLES 177 pages

An easy-to-use reference designed for nutrition professionals. The tables present information for 28 nutrients in more than 900 common foods. This is based on 100 g edible portions and a common serving size. The seventh edition was released in 2006.

CUSTOMISED TABLES

Customised versions of the Food Composition Tables are available on request.

Other publications

SUGARS, STARCH AND FIBRE IN NEW ZEALAND FOODS (1999) 263 pages

FATS AND FATTY ACIDS IN NEW ZEALAND FOODS (1995) 343 pages

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES (1994) 147 pages

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[BREAD AND FLOUR \(1994\) 102 pages](#)

[POULTRY \(1993\) 97 pages](#)

[DAIRY PRODUCTS \(1991\) 64 pages](#)

[EXPORT FRUITS AND VEGETABLES \(1990\)](#)

[CHARACTERISTIC FRUITS AND VEGETABLES \(1983\)](#)

ANALYTICAL INFORMATION

We provide guidance on a wide variety of food and nutrient analyses, including scientifically valid protocols and assays for:

- Energy value
- Fat
- Fatty acids
- Glycaemic carbohydrates
- Total sugars
- Starch
- Fibre components
- Total dietary fibre
- Faecal bulking
- Ash/organic matter
- Protein
- Amino acid profiles
- Vitamin/mineral profiles
- Phytochemicals
- Carotenoids/antioxidants

We advise on:

- Health properties of food
- Nutrient comparisons of foods
- Glycaemic properties of foods
- Single and multi-formulation recipes
- Assistance with nutrient and health claims
- Benchmarking

We assist with interpreting and presenting nutrition and health-related information for use in:

- Food marketing
- Promotions
- Food and product labelling