



## 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 its knowledge of nutrient and health claim regulations also have application in product development and marketing.

## food composition research

# Food composition information

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

We understand nutrient data quality and we can interpret it. In our research, we ensure the appropriate analyses, sampling protocols and methods are used for accurate results. We can determine a product's efficacy, or if it delivers what manufacturers want it to. Our knowledge of food composition assists companies in product development and reformulation.

We answer questions including:

Does this product:

- comply with The Australia New Zealand Food Standards code?
- comply with nutritional labelling requirements?
- meet the Heart Foundation's Tick criteria?
- have fortified nutrients available to consumers?
- provide key nutrients throughout its shelf-life?
- have low salt or sodium levels?

### We offer:

#### NUTRITION LABELLING

We have full nutrient labelling services. This includes developing Nutrient Information Panels (NIP) for several countries including 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.

An NIP for New Zealand and Australia must include information on the following nutrient information:

- Energy (kilojoules)
- Protein
- Fat (with saturated fat listed separately)
- Carbohydrate
- Total Sugars
- Sodium



#### 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 interpretation and presentation of nutrition and health related information for use in:

- Food Marketing
- Promotions
- Food and Product Labelling

### New Zealand Food Composition Database

Providing information on:

- 2600-plus foods
- 500-plus food components

Our joint ownership of the New Zealand Food Composition Database (with the Ministry of Health) and our ongoing development of it 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.

### Products Software

#### 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 2004 presents 48 nutrients plus density data for more than 2600 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.

#### 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 on our website [www.crop.cri.nz/home/products-services/nutrition/fcdnip/index.jsp](http://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. There's also a 'quick-search' for foods and it can compare RDIs and nutritional goals and targets. FOODWorks is released biennially. The latest version contains FOODfiles 2004. For additional information or to buy FOODWorks visit [www.xyris.com.au](http://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 nutrient 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](http://www.serve.com.au)

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### Printed food tables

#### THE CONCISE NEW ZEALAND FOOD COMPOSITION TABLES

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 sixth edition was released in 2003.

#### FATS AND FATTY ACIDS IN NEW ZEALAND FOODS (1995)

A detailed reference about fats and fatty acids including values of total fat, sums of fatty acids and cholesterol for 1570 foods.

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

Detailed information on sugar and starch content, carbohydrate exchange values, fibre values, and a breakdown of soluble and insoluble non-starch polysaccharides of foods.

#### THE PACIFIC ISLANDS FOOD COMPOSITION TABLES (1994)

Information about 22 nutrients of 800 foods commonly consumed in the Pacific Islands, and by Pacific Islanders living in New Zealand.

#### CUSTOMISED TABLES

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

### Other publications

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

[POULTRY \(1993\)](#)

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

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

[CHARACTERISTIC FRUITS AND](#)

[VEGETABLES \(1983\)](#)