

**Table 2. Components**

Table heading	INFOODS <sup>2</sup> Tagname	Units	Description/synonym/method
Water	WATER	g	Water/moisture; oven drying
Energy	ENERC	kJ	Energy, calculated (see Table 3 for factors)
Energy	ENERC_KCAL	kcal	Energy, calculated (see Table 3 for factors)
Protein	PROCNT	g	Protein, calculated from total nitrogen, except where noted in Appendix 1; FAO/WHO conversion factors
Total fat	FAT	g	Total fat/total lipid; several methods depending on food matrix
CHO, avail.	CHOAVL	g	Available carbohydrate; sum of mono-, di- and oligosaccharides, starch and glycogen; or enzymatic digestion and colorimetry
Fibre, tot. (NSP)	PSACNS	g	Non-starch polysaccharide/fibre by modified Englyst method
Total available sugars	SUGAR	g	Sum of individual mono- and disaccharides; GC or HPLC
Starch	STARCH	g	Starch; enzymatic digestion and colorimetry
SFA	FASAT	g	Sum of individual saturated fatty acids; GC of methyl esters
MUFA	FAMS	g	Sum of individual monounsaturated fatty acids; GC of methyl esters
PUFA	FAPU	g	Sum of individual polyunsaturated fatty acid; GC of methyl esters
Omega 3 or 6	FAPUN3/6	g	Sum of individual omega 3 and 6 fatty acid; GC of methyl esters

<sup>2</sup> Klensin JC, Feskanich D, Lin V, Truswell AS, Southgate DAT 1989. Identification of food components for INFOODS data interchange. Tokyo, United Nations University Press. The up-to-date listing can be found on the internet at [www.crop.cri.nz/foodinfo/infoods/infoods.htm](http://www.crop.cri.nz/foodinfo/infoods/infoods.htm).

Table heading	INFOODS <sup>2</sup> Tagname	Units	Description/synonym/method
Cholesterol	CHOLE	mg	Cholesterol, GC
Sodium	NA	mg	Sodium; wet ashing, ICPOES/ICPMS
Iodine	ID	µg	Iodine, TMAH digestion, ICP-MS
Potassium	K	mg	Potassium; wet ashing, ICPOES/ICPMS
Calcium	CA	mg	Calcium, wet ashing, ICPOES/ICPMS
Iron	FE	mg	Iron, wet ashing, ICPOES/ICPMS
Phosphorus	P	mg	Phosphorus, wet ashing, ICPOES/ICPMS
Zinc	ZN	mg	Zinc, wet ashing, ICPOES/ICPMS
Selenium	SE	µg	Selenium; fluorometry or wet ashing ICPOES/ICPMS
Tot. vit A equiv.	VITA	µg	Total vitamin A equivalents/retinol equivalents; equals µg retinol + 1/6 µg β-carotene equivalents; HPLC
β-carotene equiv.	CARTBEQ	µg	Beta-carotene equivalents; equals µg β-carotene + ½ the quantity of other provitamin A carotenoids; HPLC
Thiamin	THIA	mg	Thiamin; HPLC, fluorescence detection of thiochrome
Riboflavin	RIBF	mg	Riboflavin; HPLC, fluorescence detection
Tot. niacin equiv.	NIAEQ	mg	Total niacin equivalents; equals mg preformed niacin (HPLC, UV detection) + 1/60 mg tryptophan (HPLC)
Vitamin B <sub>6</sub>	VITB6C	mg	Vitamin B <sub>6</sub> ; HPLC, fluorescence detection
Vitamin B <sub>12</sub>	VITB12	µg	Vitamin B <sub>12</sub> ; microbiological
Folate, total	FOL	µg	Folate, total; radioimmunoassay and tri-enzyme microbiological
Vitamin C	VITC	Mg	Vitamin C; HPLC and titration
Vitamin D	VITD	mg	Vitamin D3; HPLC