

Appendix V – Full Food Name

Key	Food - full name	Page no.
BAKERY PRODUCTS		
A54	BAGEL, PLAIN	1
A148	BISCUIT, `AFGHAN' Composite of Griffins `Milk Chocolate Afghans' 200g,First Choice `Milk Chocolate Afghans' 200g,and Budget `Chocolate Afghans' 200g.	1
A69	BISCUIT, `FRUIT FINGER' Composite of Griffin's `Fruit Fingers' and `Apricot Fingers'.	1
A5	BISCUIT, `GINGERNUT' Composite of Griffin's `Gingernuts'(87.7%), Arnotts `Gingernuts' (10.5%) and Budget `Gingernuts' (1.75%).	1
A62	BISCUIT, `KRISPIE'	1
A64	BISCUIT, `MALT' Composite of Griffin's `Malt Biscuits'(94.1%) and Budget `Malt Biscuit' (5.9%).	1
A81	BISCUIT, ANZAC , Home-made	1
A3	BISCUIT, `DIGESTIVE/WHEATEN' , Chocolate base Composite of Griffins `Chocolate Wheaten' dark and light (60%), Arnott's `Digestive' orginal and dark (28.6%), Budget `Choc Wheaten' (5.7%) and First Choice `Choc Wheaten' (5.7%)	1
A1	BISCUIT, CHOCOLATE , Chocolate coated	1
A71	BISCUIT, `MALLOWPUFF' , Chocolate coated Composite of Griffin's `Double Chocolate', `Caramel Mallowpuffs' and `Chocolate Mallowpuffs'.	1
A72	BISCUIT, `TOFFEE POP' , Chocolate coated Composite of Griffins `Toffee Pops' original and extreme (93.8%) and Budget `Toffee Pops' (6.2%)	1
A61	BISCUIT, COOKIE , Chocolate chip Composite of Arnott's `Farmbake Chocolate Chip' (68.1%), Ernest Adams `Butter Cookies Chocolate Chip' (26.2%) and No Frills `Choc Chip Cookies' (5.7%).	1
A70	BISCUIT, `DIGESTIVE' , Fruit Composite of Arnott's `Digestive Fruit' and Griffin's `Fruit Digestive'.	1
A66	BISCUIT, PEANUT BROWNIE , Commercial Composite of Arnott's `Farmbake Cookies - Peanut Brownies'(64%), Ernest Adams `Butter Cookies - Peanut Brownies'(25.4%), Signature Range `Peanut Brownies'(5.3%) and No Frills `Peanut Brownies'(5.3%).	1
A4	BISCUIT, `DIGESTIVE' , Plain Composite of Griffins `Digestives'(62.5%) and Arnott's `Digestive'(37.5%)	1
A9	BISCUIT, PLAIN , Cream filled Composite of Griffin's `Swiss Creme Biscuits' and Aulsebrooks `Custard Creams Biscuits'.	1

Key	Food - full name	Page no.
A63	BISCUIT, SHORTBREAD , Retail Composite of Arnott's `Farmbake Cookies - Butter Shortbread'(64.0%), Ernest Adams `Butter Cookies - Shortbread'(25.3%), Signature Range `Shortbread Cookies'(5.3%), No Frills `Shortbread Cookies'(5.3%).	1
A12	BISCUIT, WAFERS , Cream filled, raspberry Composite of JJ's `Gizza Cream Wafers'(59.3%), JJ `Cream Wafer'(32.0%), Budget `Creme Wafer'(4.3%) and No Frills `Creme Wafer'(4.3%).	3
A146	BISCUITS, `ARROWROOT' Composite of Griffins `Milk Arrowroot' 250g, Foodtown `Milk Arrowroot Biscuits' 250g, Budget `Milk Arrowroot' 250g, No Frills `Milk Arrowroot Biscuits' 250g, Arnotts `Milk Arrowroot' 250g, Arnotts `Head & Tails' 150g	3
A125	BREAD, MIGHTY WHITE FAMILY FRESH , Fortified, Tip Top	3
A206	BREAD, CURRANT , Supermarket fresh	3
A95	BREAD, FOCACCIA , Assorted flavours Composite of Foodtown `Herb & Olive', `Cheese', Mother Earth `Black Olive', `Sundried Tomato'.	3
A207	BREAD, MULTIGRAIN,HEAVY , Sliced,prepacked	3
A208	BREAD, MULTI-GRAIN,LIGHT , Sliced,prepacked	3
A234	BREAD, PANINI, PLAIN , Pre-packaged Composite of Quality Bakers and Giannis bakeries	3
A57	BREAD, PITA , Pre-packaged, white Composite of Quality Bakers, Pita Bread Co and Giannis bakeries	3
A45	BREAD, PITA , Pre-packaged, wholemeal Composite of Quality Bakers, Pita Bread Co Ltd and Giannis bakeries Ltd.	3
A211	BREAD, SOY & LINSEED , Sliced,prepacked	3
A210	BREAD, WHITE , Sliced,prepacked	3
A23	BREAD, WHOLEMEAL , Sliced and unsliced	3
A53	BREAD ROLL, MIXED GRAIN , Supermarket fresh	3
A40	BREAD ROLL, WHITE , Supermarket fresh	3
A52	BREAD ROLL, WHOLEMEAL , Supermarket fresh	3
A25	BUN, CURRANT Composite of Woolworths and Homestyle.	3
A130	BUNS, ICED	5
A108	CAKE, CHOCOLATE,STANDARD	5
A29	CAKE, FANCY, ICED	5
A26	CAKE, FRUITCAKE , Plain, retail Composite of Ernest Adams `Sultana Cake' and Mother Earth `Rich Fruit Cake'.	5
A77	CAKE, SPONGE , Plain	5

Key	Food - full name	Page no.
A58	CHAPATI , Homemade	5
A145	COOKIE , `COOKIE TIME', Apricot,yoghurt coated	5
A142	COOKIE , `COOKIE TIME', Original	5
A119	CRACKER , `MEAL MATES', Griffins Griffins `Meal Mates'	5
A141	CRACKER, RYVITA,ASSORTED FLAVOURS Composite of Ryvita `Sesame Whole Rye',`Original Whole Rye' and `Dark Grain Whole Rye'.	5
A138	CRACKER, SALADA , Arnotts	5
A137	CRACKER, SNAX , Griffins	5
A134	CRACKER, CHEESE Composite of Arnotts `Country cheese',`Cheds'and Griffins `Cheddar'.	5
A136	CRACKER, CREAM Composite of H&P `Choice Grain Crackers',`Cream Crackers' and Aulsebrook `Cream Crackers'.	5
A133	CRACKER, CRISPBREAD,ASSORTED FLAVOURS , Arnotts Composite of `Sesame' `Cracked Pepper' and `Original' flavours	5
A32	CRACKER, CRISPBREAD,RYE	5
A233	CRACKER, RICE, BBQ FLAVOURS , Baked Composite of Fantastic, Sakata, Trident, Griffins, Pams and Signature Range	5
A135	CRACKER, SESAME Composite of Arnotts `Sesame Wheat',Griffins `Sesameal' and `Sao Sesame Cracker Wheat'.	5
A140	CRACKER, WATER , Arnotts	5
A110	CRACKER, WHOLEMEAL AND SESAME	5
A101	CROISSANT Composite of Homestyle and TipTop.	7
A34	DOUGHNUT, RING Composite of Pak'n Save and Country fare.	7
A90	LAMINGTON, CHOCOLATE	7
A96	MUFFIN, ASSORTED FLAVOURS , Homestyle, Toasted Composite of Homestyle `English', `Cheese' and `Spicy fruit'.	7
A127	MUFFIN, BLUEBERRY	7
A129	MUFFIN, BRAN	7
A128	MUFFIN, CHOCOLATE	7
A143	PIZZA, BASE Composite of `Romano's',`Ernest Adam's' and `Leaning Tower'.	7
A60	TORTILLA, MAIZE	7

Key	Food - full name	Page no.
BEVERAGES, ALCOHOLIC		
B35	BEER, LOW ALCOHOL	7
B2	BEER, STANDARD DRAUGHT AND LAGER	7
B9	BEER, STOUT , Bottled	7
B10	BEER, STRONG ALE	7
B12	CIDER, SWEET	7
B17	PORT	7
B18	SHERRY, DRY	7
B20	SHERRY, SWEET	9
B21	SPIRITS, 30% ALCOHOL,60 PROOF Composite of brandy, gin, rum and whisky.	9
B24	WINE, RED , Dry	9
B26	WINE, WHITE , Dry	9
B27	WINE, WHITE , Medium	9
B28	WINE, WHITE , Sparkling	9
BEVERAGES, NONALCOHOLIC		
C139	COMPLAN, ASSORTED FLAVOURS , Fortified, Powder Composite of an equal mixture of four flavours plain, chocolate, banana and strawberry	9
C86	GATORADE , Liquid	9
C18	LUCOZADE	9
C71	MILO, POWDER , Fortified Composite of `Malted Milo' and `Milo'	9
C74	NESQUIK, POWDER	9
C84	POWERADE, LIQUID	9
C9	CHOCOLATE, POWDER , Drinking, Powder	9
C3	COCOA , Powder	9
C87	COFFEE, ESPRESSO , Restaurant-prepared, Brewed	9
C75	COFFEE, INSTANT , Decaffeinated,powder	9
C5	COFFEE, INSTANT , Powder	9
C93	CORDIAL CONCENTRATE, BLACKCURRANT , Fortified, Barkers, Concentrate	11
C95	CORDIAL CONCENTRATE, LEMON AND BARLEY , Fortified, Baker-Halls original, Concentrate	11
C8	CORDIAL CONCENTRATE, LIME , Concentrate	11

Key	Food - full name	Page no.
C55	CORDIAL, ORANGE , Syrup	11
C99	DRINK FLAVOUR, ASSORTED FLAVOURS , Fortified, `Raro', Powder	11
C58	DRINK FLAVOUR, LEMON BARLEY , Diluted with water	11
C138	DRINK FLAVOUR, `VITAFRESH' , Fortified, Hansell's, Powder	11
C144	FRUIT DRINK, `V DRINK' , Fortified, caffeinated	11
C46	JUICE, APPLE , `Fresh Up', Unsweetened	11
C26	JUICE, GRAPE	11
C12	JUICE, GRAPEFRUIT , Unsweetened, canned	11
C14	JUICE, ORANGE , Unsweetened	11
C38	JUICE, ORANGE WITH APPLE BASE , Fortified, `Just Juice', Unsweetened	11
C16	JUICE, TOMATO , Fortified, McCoy	11
C125	JUICE CONCENTRATE, BLACKCURRANT , Fortified, Barkers, Unsweetened	11
C25	SOFT DRINK, COLA, DIET , Carbonated	11
C2	SOFT DRINK, COCA-COLA , Carbonated	11
C17	SOFT DRINK, LEMONADE , Carbonated	11
C27	SOFT DRINK, LEMONADE,DIET , Carbonated	13
C47	SOFT DRINK, ORANGE FLAVOURED , Carbonated	13
C81	SOFT DRINK, SODA WATER , Carbonated	13
C29	SOY DRINK, `SO GOOD' , Fortified, Sanitarium	13
C166	SOY DRINK, `SO GOOD ESSENTIAL' , Fortified, Sanitarium	13
C30	SOY DRINK, `SO GOOD LITE' , Fortified, Sanitarium	13
C168	SOY DRINK, CALCI-PLUS HIGH FIBRE , Vitasoy, UHT	13
C76	TEA, HERBAL , Ready to drink	13
C24	TEA, INDIAN , Infused	13
C40	WATER , Municipal	13
C41	WATER , New Zealand, Bottled	13
C79	WATER, TONIC,CARBONATED	13

BREAKFAST CEREALS

D34	ALL BRAN , Fortified, Kellogg's	13
D35	COCO POPS , Fortified, Kellogg's	13
D36	`CRUNCHY NUT CORN FLAKES' , Fortified, Kellogg's	13
D46	WHOLE WHEAT AND FRUIT BITS, `FRUITY BIX',APRICOT , Fortified, Sanitarium	13
D38	`JUST RIGHT' , Fortified, Kellogg's	13
D58	`LIGHT AND TASTY' , Fortified,Sanitarium	15
D33	WHEAT AND OATMEAL EXTRUDED SHAPES, `NUTRI-GRAIN' , Fortified, Kellogg's	15

Key	Food - full name	Page no.
D10	`RICIES' , Fortified, Sanitarium	15
D31	RICE AND WHEAT FLAKES, `SPECIAL K' , Fortified, Kellogg's	15
D43	WHEAT BRAN AND SULTANAS, `SULTANA BRAN' , Fortified, Kellogg's	15
D44	WHEAT, CORN, BROWN RICE, ROLLED OATS, `SUSTAIN' , Fortified, Kellogg's	15
D62	CORN FLAKES , Fortified Composite of Kellogg's `Corn Flakes' and Sanitarium `Skippy Corn Flakes'.	15
D60	MUESLI, NATURAL , Sanitarium	15
D4	MUESLI, TOASTED,SWEETENED , Sanitarium	15
D7	MUESLI PORRIDGE , Sanitarium	15
D3	MUESLI, WITH FRUITS AND NUTS , Non-toasted, sweetened Composite of Pams `Natural Breakfast Muesli', Sanitarium `Natural Muesli' and Grain Health Foods `Natural Muesli'.	15
D22	PORRIDGE , Prepared with water, salt added	15
D11	WHEAT, PUFFED , Sanitarium	15
D18	WHEAT BRAN, `SAN BRAN' , Sanitarium	15
D15	WHEAT PUFFS, HONEY COATED , Sanitarium	15
D20	WHOLE WHEAT BISCUITS, WEET - BIX , Fortified,Sanitarium	15
D16	WHOLE WHEAT FLAKES, `KORNIES' , Sanitarium	15
CEREALS AND PSEUDO-CEREALS		
E68	BULGUR , Boiled	17
E131	COUSCOUS , Cooked	17
E6	CUSTARD, POWDER	17
E56	FETTUCCHINE, FRESH,HERB AND GARLIC , Cooked Composite of Pasta Fresca `Garlic Fettuccine'and` Herb Fettuccine'.	17
E9	FLOUR, CORNFLOUR	17
E12	FLOUR, SOY , Full fat, Glycine max	17
E108	FLOUR, WHEAT,WHITE,STANDARD	17
E46	FLOUR, WHEAT,WHOLEMEAL	17
E126	LASAGNE, `TOPPER', FROZEN MEAL, READY TO EAT , Baked	17
E127	LASAGNE, BEEF, FROZEN MEAL, READY TO EAT , Microwaved Composite of Watties, McCains, Irvines, Dolmio brands	17
E19	MACARONI , Boiled	17
E129	MACARONI, CHEESE, FROZEN MEAL. READY TO EAT , Microwaved Composite of Watties, Irvines and McCain brands	17
E39	NOODLES, EGG , Boiled	17

Key	Food - full name	Page no.
E40	NOODLES, EGG , Fried	17
E81	NOODLES, INSTANT , Boiled,water drained	17
E65	NOODLES, RICE , Boiled	17
E23	OATS, BRAN , As purchased Composite of Flemings, Diamond and Harraways.	17
E22	OATMEAL , As purchased	17
E25	OATS, ROLLED,RAW Composite of Flemings, Diamond and Harraways.	17
E55	PASTA, FRESH,ASSORTED TYPE , Cooked Composite of Watties `Egg spaghetti`,`Spinach fettuccine`,`Egg fettuccine`,Mother Earth `Mista fettuccine`,`Egg tagliatelle`,`Egg lasagne`and Pasta Fresca `Fresh fettuccine`,`Fresh tagliolini`,`Fresh tagliatelle`,`Fresh lasagne`and `Spinach lasagne`.	17
E57	RAVIOLI, FRESH,BEEF AND PORK , Cooked Composite of Pasta fresca `Beef and Pork Ravioli` and Mother Earth `Beef Ravioli`.	19
E42	RICE, BROWN , Boiled	19
E27	RICE, WHITE , Polished,boiled	19
E76	RICE CAKE, ORIGINAL Healtheries brand	19
E43	SOY, YOGHURT	19
E31	SPAGHETTI , Boiled	19
E33	SPAGHETTI, IN TOMATO SAUCE , Canned Composite of Watties,Heinz, Pams and Oak.	19
E44	TOFU , As purchased	19
E111	WHEAT BRAN	19
E112	WHEAT GERM	19
DAIRY		
F2	BUTTER, SALTED	19
F62	BUTTER, SEMI-SOFT	19
F3	BUTTER, UNSALTED	19
F4	CHEESE, BLUE VEIN	19
F5	CHEESE, CAMEMBERT	19
F8	CHEESE, CHEDDAR , Mild	21
F10	CHEESE, COLBY	21
F11	CHEESE, COTTAGE	21
F90	CHEESE, COTTAGE , Low fat	21

Key	Food - full name	Page no.
F12	CHEESE, CREAM	21
F69	CHEESE, CREAM , Reduced fat (16%) Country Goodness `Cream cheese'.	21
F14	CHEESE, EDAM	21
F58	CHEESE, FETA	21
F17	CHEESE, MOZZARELLA	21
F18	CHEESE, PARMESAN , Powder Composite of Pasetti, Perfect Italiano, Mainland, No Frills, Anchor and Tararua brands.	21
F19	CHEESE, PROCESSED	21
F79	CHEESE, PROCESSED,SLICED,REDUCED FAT Composite of `Chesdale Reduced Fat', `Mainland Liteslice' and `Bega Ultra Low Fat' sliced cheese.	21
F59	CHEESE, RICOTTA	21
F98	CHEESE, SPREAD,LITE , Philadelphia, Kraft	21
F22	CREAM, REDUCED FAT	21
F100	CREAM, SOUR,LIGHT Composite of Tararua and Country Goodness brands	21
F80	CREAM, SOUR , Reduced fat	21
F23	CREAM, SOUR, STANDARD FAT	23
F24	CREAM, STANDARD	23
F25	CREAM, WHIPPING , UHT	23
F70	DESSERT, DAIRY FOOD , Chocolate flavour Composite of Primo `The Snack To Go' and Swiss Maid `Dairy Food'.	23
F76	DESSERT, VANILLA , 99% fat free, Frozen Weight Watchers `Sweet Celebration frozen dessert'.	23
F111	ICE CREAM, `HOKEY POKEY' Composite of Budget, Mel-O-Rich, Kiwi, New American, Foodtown and First Choice Brands.	23
F110	ICE CREAM, `JELLY TIP'	23
F118	ICE CREAM, CREAMY , Fruit ripple Composite of Tip Top `Very Berry Boysenberry', Pam's `Strawbery Ripple', Talley's `Bananaberry' & `Strawberries & Cream'.	23
F78	ICE CREAM, SOFT SERVE Composite of Wendy's and McDonald's soft serve.	23
F122	ICE CREAM, PLAIN VANILLA , Low fat	23
F29	ICE CREAM, PLAIN VANILLA , Premium	23
F28	ICE CREAM, PLAIN VANILLA , Standard	23
F120	MILK, `CALCI KID' , Calcium enriched, Tararua	23
F73	MILK, `CALCI TRIM' , Fortified, Tararua	23

Key	Food - full name	Page no.
F72	MILK, FLUID , Reduced fat (1.5%), Pasteurised Composite of Tararua `Balance Fresh Reduced Fat' and Kiwi `Supreme Half Reduced Fat'.	23
F40	MILK, FLUID , Standard	23
F41	MILK, FLUID , Trim	25
F33	MILK, FLUID , Whole	25
F52	MILK, GOAT, FLUID , Whole	25
F53	MILK, HUMAN, FLUID , Mature	25
F54	MILK, HUMAN, FLUID , Transitional	25
F36	MILK, POWDER , Skim, Powder	25
F37	MILK, POWDER , Whole, Powder	25
F30	MILK, CONDENSED , Skimmed, sweetened	25
F31	MILK, CONDENSED , Whole, sweetened	25
F43	MILK, FLUID, STANDARD , UHT	25
F50	MILK SHAKE, FLAVOURED , McDonald's Composite of banana, chocolate, strawberry & vanilla.	25
F77	YOGHURT, APRICOT , Apricot, Tip Top, Frozen	25
F56	YOGHURT, ASSORTED FRUITS , Low fat, Sweetened Composite of De Winkel `Strawberry' (43%), Naturalea `Bilberry Hawthorn-grape seed and berry forest' (32.7%) and Metchikoff Sym-Bio `Strawberry & Raspberry' (24.3%)	25
F71	YOGHURT, FRUIT FLAVOURED , Berry fruit, low fat, Artificially sweetened Composite of Fresh n Fruity, `Lite' assorted berry fruit flavours (58%) and Yoplait, `Silhouette' assorted berry flavours (42%)	25
F84	YOGHURT, PLAIN , Low fat, Unsweetened Composite of Yoplait `Yoplus Trim' (68%), Slimmers Choice `Natural' (13%) and Weight Watchers `Natural' (19%)	25
F57	YOGHURT, PLAIN , Unsweetened Composite of Naturalea `Organic Yoghurt' (48.5%), Biofarm `Natural Yoghurt' (28%) and Cyclops `Organic Yoghurt' (23.5%)	25
EGGS		
G3	EGG, CHICKEN , White and yolk, Boiled	27
G5	EGG, CHICKEN , White and yolk, Fried in vegetable oil	27
G6	EGG, CHICKEN , White and yolk, Poached	27
G10	EGG, CHICKEN , White and yolk, milk added, Scrambled, cooked in butter	27
G7	EGG, CHICKEN , White, Raw	27
G9	EGG, CHICKEN , White and yolk, Raw	27
G8	EGG, CHICKEN , Yolk, Raw	27

FAST FOODS

H137	BEEF, WITH CASHEWS	27
H80	BEEF, SATAY	27
H8	BURGER, `BIG MAC`, McDonald's, Ready to eat	27
H24	BURGER, `FILET-O-FISH`, McDonald's, Ready to eat	27
H10	BURGER, `QUARTER POUNDER WITH CHEESE`, McDonald's, Ready to eat	27
H2	BURGER, BACON, Independent shops, Ready to eat	27
H3	BURGER, CHEESE, Independent shops, Ready to eat	27
H4	BURGER, CHEESE, McDonald's, Ready to eat	27
H6	BURGER, HAMBURGER, Independent shops, Ready to eat	29
H7	BURGER, HAMBURGER, McDonald's, Ready to eat	29
H17	CHICKEN, KFC, Breast, Crumbed fried	29
H18	CHICKEN, KFC, Drumstick, Crumbed fried	29
H19	CHICKEN, KFC, Thigh, crumbed fried	29
H16	CHICKEN, KFC, Wing, Crumbed fried	29
H126	CHICKEN, WITH GARLIC AND CHILLI SAUCE, Stir-fried	29
H173	CHOP SUEY, CHICKEN, Breast,lean(94%) and fat(6%), Stir-fried	29
H71	CHOP SUEY, PORK	29
H172	CHOW MEIN, BEEF, HOMEMADE, Steak,stew cut,lean and fat, Stir-fried	29
H199	CHOW MEIN, CHICKEN, FROZEN MEAL,COMMERCIAL, Microwaved Composite of Watties, Weight Watchers and Kan Tong	29
H89	CHOW MEIN, PRAWN, TAKEAWAY RESTAURANT	29
H20	COLESLAW, KFC, Ready to eat	29
H225	CURRY, INDIAN, BEEF KORMA, READY TO EAT, Takeaway Restaurant	29
H226	CURRY, INIDAN, BEEF MADRAS, READY TO EAT, Takeaway Restaurant	29
H222	CURRY, INDIAN, BUTTER CHICKEN, READY TO EAT, Takeaway Restaurant	29
H223	CURRY, INDIAN, CHICKEN MASALA, READY TO EAT, Takeaway Restaurant	29
H227	CURRY, INDIAN, DHAL, MAKANI, READY TO EAT, Takeaway Restaurant	31
H224	CURRY, INDIAN, ROGAN JOSH, LAMB, READY TO EAT, Takeaway Restaurant	31
H219	CURRY, THAI, GREEN, CHICKEN, READY TO EAT, Takeaway Restaurant	31
H22	FISH, Independent shops, Battered,deep fried	31
H57	FISH, CAKE, Baked	31
H23	FISH, CAKE, Deep fried in peanut oil	31
H194	FISH, FILLET,CRUMBED,FROZEN, Baked Composite of Sealord, Independent and Pam's	31

Key	Food - full name	Page no.
H195	FISH, FILLET,CRUMBED,FROZEN , Fried Composite of Sealord, Independent and Pam's	31
H61	FISH, FINGERS , Baked	31
H65	FISH, FINGERS , Deep fried in peanut oil	31
H66	FRIED RICE, CHINESE, COMBINATION MEATS, READY TO EAT , Takeaway Restaurant, Fried	31
H228	HAMBURGER, `WHOPPER' , Burger King	31
H170	MUFFIN, `MCMUFFIN', EGG , McDonalds	31
H67	NOODLES, CHINESE, CHOW MEIN, COMBINATION MEATS, READY TO EAT , Takeaway Restaurant	31
H220	NOODLES, THAI, PAD THAI, WITH EGG & CHICKEN, READY TO EAT , Takeaway Restaurant	31
H159	NUGGET, CHICKEN , McDonald's, Ready to eat	31
H221	OMELETTE, CHINESE, EGG FOO YOUNG, WITH CHICKEN, READY TO EAT , Takeaway Restaurant	33
H151	PANCAKE , McDonald's	33
H27	PIE, APPLE , McDonald's, Ready to eat	33
H30	PIE, MEAT , Supermarket, individual size, Ready to eat	33
H29	PIE, MINCE , Supermarket, family size, Ready to eat Composite of Basics, Irvines, Goodtime `Mealtime' and No Frills Family Mince Pies	33
H187	PIE, POTATO TOP, READY TO EAT , Supermarket, individual size Composite of Irvines Fresh Potato Top Pie and Ernest Adams, Big Ben Frozen Microwave Potato Top Pies	33
H190	PIZZA, BBQ CHICKEN, THICK CRUST , Commercial, takeaway/delivery, large size, Ready to eat Composite of Domino's (BBQ Chicken & Bacon), Pizza Haven (BBQ Roast Chicken), Pizza Hut (BBQ Chicken & Bacon)	33
H176	PIZZA, MEAT LOVERS,PREMIUM , Frozen,baked	33
H179	PIZZA, HAWAIIAN & COMBINATION,INDIVIDUAL SIZE , Frozen,baked Composite of McCain, Leaning Tower and Mommas `Hawaiian' and `Combination' Pizzas	33
H177	PIZZA, HAWAIIAN AND HOUSE SPECIAL,PREMIUM , Frozen,baked	33
H191	PIZZA, HAWAIIAN, THICK CRUST , Commercial takeaway/delivery, large size, Ready to eat Composite of Domino's (Big Kahuna), Pizza Haven (Hawaiian), Pizza Hut (Hawaiian)	33
H189	PIZZA, MEAT, THICK CRUST , Commercial takeaway/delivery, large size, Ready to eat Composite of Pizza Haven (Meat Supreme),Pizza Hut (Meat Lovers) and Dominos (Meatosaurus)	33
H41	PIZZA, SUPREME,THIN CRUST , Pizza Hut Restaurants, regular size, Ready to eat	33
H85	PORK, BARBECUED	33
H82	PORK, CHINESE, SWEET AND SOUR, READY TO EAT , Takeaway Restaurant	33
H125	PORK, RIBS WITH BARBECUE SAUCE , Lean, Baked	35
H83	PORK , spare ribs, in black bean sauce	35
H124	PORK, WITH GARLIC AND CHILLI SAUCE , Stir-fried	35
H44	POTATO, FRIES , Independent shops, plain cut, Ready to eat	35
H43	POTATO, FRIES , Independent shops, crinkle cut, Ready to eat	35

Key	Food - full name	Page no.
H45	POTATO, FRIES , KFC, Ready to eat	35
H46	POTATO, FRIES , McDonald's, Ready to eat	35
H152	POTATO, HASHBROWN , McDonald's, Ready to eat	35
H47	POTATO , KFC, mashed,ready to eat	35
H48	POTATO, SALAD , KFC, Ready to eat	35
H88	PRAWNS, GARLIC	35
H218	SALAD, THAI, BEEF, READY TO EAT , Takeaway Restaurant	35
H50	SAUSAGE, ROLL , Supermarket, individual size, Ready to eat	35
H52	SAVELOY , Independent shops, Battered,fried	35
H132	SEAFOOD, WITH VEGETABLE COMBINATION , Stir fried	35
H216	SOUP, CHINESE, CHICKEN WITH SWEETCORN, READY TO EAT , Takeaway Restaurant	35
H217	SOUP, THAI, TOM YAM GAI, CHICKEN, READY TO EAT , Takeaway Restaurant	37
H212	SPRING ROLL, TRADITIONAL, WITH MEAT , Commercial, Deep fried	37
	Highmark brand	
H208	SPRING ROLL, TRADITIONAL, WITH MEAT , Commercial, Baked	37
	Highmark brand	
H211	SPRING ROLL, VEGETARIAN , Baked	37
	Highmark brand	
H131	STIRFRY, CHINESE, BEEF AND BLACK BEAN SAUCE, READY TO EAT , Takeaway Restaurant, Stir-fried	37
H136	STIRFRY, CHINESE,CHICKEN AND CASHEW NUTS, READY TO EAT , Takeaway Restaurant, Stir-fried	37
H55	SUNDAE, CHOCOLATE , McDonald's, Ready to eat	37
H68	FISH, SWEET AND SOUR	37
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J7	LARD , As purchased	37
J8	MARGARINE, POLYUNSATURATED	37
J23	MARGARINE, POLYUNSATURATED , Low salt	37
J16	SPREAD, POLYUNSATURATED , Reduced fat	37
J26	SPREAD, POLYUNSATURATED , Reduced fat, low salt	37
J13	OIL, CANOLA , As purchased, Brassica napus	37
J14	OIL, SAFFLOWER , As purchased	39
J24	OIL, SESAME	39
J15	OIL, SOYBEAN , As purchased	39
J19	OIL, SUNFLOWER , As purchased	39

Key	Food - full name	Page no.
J31	OIL, VEGETABLE,BLEND	39
J10	OIL, OLIVE , As purchased	39
J27	SPREAD, BUTTER/MARGARINE BLEND , 50:50	39
J59	TABLE SPREAD, MONOUNSATURATED , 'Olivio'	39
J43	TABLE SPREAD, MONOUNSATURATED , 'Olivio', lite, (contains Bertoli olive oil)	39
J53	TABLE SPREAD, POLYUNSATURATED , 70% fat Composite of Flora `Original', No Frills	39
FINFISH		
K179	EEL , Smoked	39
K56	FLOUNDER , Flesh, Baked	39
K60	HOKI , Flesh, Baked, <i>Macruronus novaezelandiae</i>	39
K61	HOKI , Flesh, Deep fried, <i>Macruronus novaezelandiae</i>	39
K165	KAHAWAI , Flesh, Baked, <i>Arripis trutta</i>	39
K157	KAHAWAI , Flesh, Deep fried, <i>Arripis trutta</i>	39
K78	ORANGE ROUGHY , Flesh, Baked, <i>Hoplostethus atlanticus</i>	41
K79	ORANGE ROUGHY , Flesh, Deep fried, <i>Hoplostethus atlanticus</i>	41
K167	SALMON , Flesh, Smoked (Export quality)	41
K40	SALMON, RED , Flesh, Canned	41
K42	SARDINES , Drained solids, Canned	41
K89	SNAPPER , Flesh, Baked, <i>Chrysophrys auratus</i>	41
K90	SNAPPER , Flesh, Deep fried, <i>Chrysophrys auratus</i>	41
K92	SNAPPER , Flesh, Microwaved, <i>Chrysophrys auratus</i>	41
K64	TARAKIHI , Flesh, Baked, <i>Nemadactylus macropterus</i>	41
K65	TARAKIHI , Flesh, Deep fried, <i>Nemadactylus macropterus</i>	41
K101	TUNA, ALBACORE , Drained solids, Canned in brine, <i>Thunnus alalunga</i>	41
K187	TUNA, IN OIL , Drained, Canned Composite of Pams, Captains Choice, Sealord and Basic brands	41
K189	TUNA, IN SPRING WATER , Drained, Canned Composite of Pams, Captains Choice, Sealord and Basic brands	41
FRUIT		
L18	APPLE , Combined cultivars, Flesh and skin, Fresh, <i>Malus sylvestris</i>	41
L16	APPLE, COOKING , Flesh and juice, Stewed without sugar, <i>Malus sylvestris</i>	41

Key	Food - full name	Page no.
L23	APRICOT , Flesh and skin, Fresh, <i>Prunus armeniaca</i>	41
L213	APRICOT , Fruit and juice, Canned in juice Composite of Roxdale `Apricot in fruit juice', SPC `Apricot halves in a light fruit juice' and Watties `Apricot pears in a clear fruit juice'.	43
L214	APRICOT , Canned in syrup, drained	43
L26	APRICOT , Dried, <i>Prunus armeniaca</i>	43
L25	APRICOT , Fruit and juice, stewed without sugar, <i>Prunus armeniaca</i>	43
L22	APRICOT , Fruit and syrup, Canned, <i>Prunus armeniaca</i> Composite of Roxdale, SPC, Gold Reef and Oak.	43
L30	AVOCADO, HAAS , Flesh, Fresh, <i>Persea americana</i>	43
L185	BANANA, COOKING , In unsalted water, boiled, <i>Musa cultivar</i>	43
L32	BANANA , Flesh, Fresh, <i>Musa</i> spp.	43
L34	BLACKBERRIES , Fresh, <i>Rubus ulmifolius</i>	43
L39	BLUEBERRIES, JERSEY , Unsweetened, frozen, <i>Vaccinium</i> spp.	43
L40	BOYSENBERRY , Fresh, <i>Rubus loganobaccus</i>	43
L45	CHERRIES , Flesh and skin, Fresh, <i>Prunus avium</i>	43
L50	CURRENTS, BLACK , Fresh, <i>Ribes nigrum</i>	43
L49	CURRENTS , Dried, <i>Vitis vinifera</i>	43
L62	DATES , Flesh and skin, Dried, <i>Phoenix dactylifera</i>	43
L67	FEIJOAS , Combined cultivars, Flesh, Fresh, <i>Feijoa sellowiana</i>	43
L68	FIGS , Whole fruit, Dried, <i>Ficus carica</i>	45
L73	FRUIT SALAD , Fresh	45
L74	FRUIT SALAD , Fruit and syrup, Canned	45
L78	GOOSEBERRIES , Flesh, skin and seeds, Fresh (ripe), <i>Ribes grossularia</i>	45
L80	GRAPEFRUIT , Flesh, Fresh, <i>Citrus paradisi</i>	45
L82	GRAPES, BLACK , Flesh, Fresh, <i>Vitis vinifera</i>	45
L83	GRAPES, WHITE , Flesh and skin, Fresh, <i>Vitis vinifera</i>	45
L89	KIWIFRUIT , Combined cultivars, Flesh and seeds, Fresh, <i>Actinidia deliciosa</i> var. <i>deliciosa</i>	45
L183	LEMON , Flesh, Fresh, <i>Citrus limon</i> var. <i>lisbon</i>	45
L91	LEMON , Juice, Freshly extracted, <i>Citrus limon</i>	45
L97	LYCHEES , Fruit and syrup, Canned, <i>Litchi chinensis</i>	45
L194	MANDARIN , Flesh, Fresh	45
L101	MANGO , Flesh, Fresh, <i>Mangifera indica</i>	45
L100	MANGO , Fruit and syrup, Canned, <i>Mangifera indica</i>	45
L105	MELON, HONEYDEW , Flesh, Fresh, <i>Cucumis melo</i> var. <i>inodorus</i>	45
L106	MELON, ROCK , Combined cultivars, Flesh, Fresh, <i>Cucumis melo</i> var. <i>reticulatus</i>	45
L196	MIXED FRUIT , Dried	45

Key	Food - full name	Page no.
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L112	OLIVES , Flesh and skin, In brine,bottled, <i>Olea europaea</i>	47
L114	ORANGE , Flesh, Fresh, <i>Citrus sinensis</i>	47
L113	ORANGE , Juice, Freshly extracted	47
L116	PASSION FRUIT , Flesh and seeds, Fresh, <i>Passiflora edulis</i>	47
L124	PEACH , Canned,syrup drained, <i>Prunus persica</i>	47
L206	PEACH , Fruit and juice, Canned in juice	47
L126	PEACH , Flesh and skin, Fresh, <i>Prunus persica</i>	47
L219	PEAR, NASHI , Flesh (Fresh)	47
L204	PEAR , Fruit and juice, Canned in pear juice	47
L141	PEAR , Combined cultivars, In syrup,canned, <i>Pyrus communis</i>	47
L140	PEAR , Combined cultivars, Flesh and skin, Fresh, <i>Pyrus communis</i>	47
L178	PERSIMMON , Flesh, Fresh	47
L142	PINEAPPLE , Fruit and syrup, Canned,syrup drained, <i>Ananas comosus</i>	47
L143	PINEAPPLE , Flesh and syrup, Canned,syrup not drained, <i>Ananas comosus</i>	47
L198	PINEAPPLE , Fruit, Canned in pineapple juice,drained	47
L144	PINEAPPLE , Flesh, Fresh, <i>Ananas comosus</i>	47
L155	PLUM , Combined cultivars, Flesh and skin, Fresh, <i>Prunus domestica</i> var. <i>wilsons early and red doris</i>	49
L148	PLUM, GEORGE WILSON , Drained solids, Canned,syrup drained, <i>Prunus domestica</i>	49
L154	PLUM, COOKING , Fruit and juice, Stewed without sugar, <i>Prunus domestica</i> var. <i>red doris</i>	49
L157	PRUNES , Flesh and skin, Dried, <i>Prunus domestica</i>	49
L159	PRUNES , Flesh, skin and juice, Dried,stewed without sugar, <i>Prunus domestica</i>	49
L161	RAISINS, SEEDLESS , <i>Vitis vinifera</i> Composite of Sunmaid and Real Value	49
L163	RASPBERRIES , Fresh, <i>Rubus idaeus</i>	49
L169	RHUBARB , Stem and juice, Without sugar,stewed, <i>Rheum rhaponticum</i>	49
L168	RHUBARB , Stem and juice, With sugar,stewed, <i>Rheum rhaponticum</i>	49
L172	STRAWBERRIES , Fresh, <i>Fragaria chiloensis x virginiana</i>	49
L173	SULTANAS	49
L174	TAMARILLO, RED , Flesh and seeds, Fresh, <i>Cyphomandra betacea</i>	49
L179	TANGELO , Flesh, Fresh	49
L176	TANGERINE , Flesh, Fresh, <i>Citrus reticulata</i>	49
L177	WATERMELON , Flesh, Fresh	49

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M188	BEEF, BLADE STEAK , Lean and fat, Trimmed to 5mm fat,stewed,drained Sample prepared by knife and fork separation.	51
M542	BEEF , composite cuts, separable lean, cooked	51
M2	BEEF, SILVERSIDE , Brisket, Separable lean (77%) and fat (23%), Salt added,boiled	51
M10	BEEF , corned beef, canned	51
M191	BEEF , fillet steak, separable lean, grilled	51
M397	BEEF , fillet steak, lean and fat, grilled Sample prepared by knife and fork separation.	51
M16	BEEF , kidney, core removed, stewed	51
M20	BEEF , mince, separable lean, stewed	51
M328	BEEF , mince, separable lean (88%) and fat (12%), stewed	51
M544	BEEF , mince, lean and fat(6%), fried	51
M27	BEEF , rump steak, separable lean, grilled	51
M26	BEEF , rump steak, lean and fat, trimmed to 5mm fat,grilled Sample prepared by knife and fork separation.	51
M49	BEEF , wiener schnitzel, separable lean and fat in bread crumbs, fried	51
M206	BEEF , scotch fillet, separable lean, grilled	51
M36	BEEF , sirloin roast, separable lean, roasted	51
M226	BEEF , sirloin steak, separable lean, grilled	51
M46	BEEF , topside roast, separable lean, roasted	51
M51	BEEF, VEAL , fillet, separable lean, roasted	53
M53	BEEF AND SHEEP , tongue, canned	53
M54	BEEF , patty, frozen, fried	53
M232	CHICKEN , breast, flesh, grilled	53
M339	CHICKEN , breast, separable lean (96%) and fat (4%), roasted in oven bag	53
M247	CHICKEN , drumstick, flesh, grilled	53
M352	CHICKEN , drumstick, separable lean (78%), separable fat (1%) and skin (21%), roasted in oven bag	53
M239	CHICKEN , composite cuts, flesh, cooked, multiple methods	53
M255	CHICKEN , leg, flesh, grilled	53
M337	CHICKEN , thigh, flesh, roasted in oven bag	53
M350	CHICKEN , thigh, separable lean (72%), separable fat (9%) and skin (19%), roasted in oven bag	53
M264	CHICKEN , wing, flesh, grilled	53
M351	CHICKEN , wing, separable lean (63%), separable fat (2%) and skin (35%), roasted in oven bag	53
M75	DUCK , composite cuts, separable lean, roasted	53
M301	SHEEP, LAMB , composite cuts, separable lean, cooked	53
M553	SHEEP, LAMB , composite cuts, lean and fat, trimmed to 5mm fat,cooked	55

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M151	SHEEP, LAMB , kidney, core removed, fried	55
M313	SHEEP, LAMB , leg steak, separable lean, grilled	55
M155	SHEEP, LAMB , liver, coated in seasoned flour, fried	55
M157	SHEEP, LAMB , midloin chop, separable lean, grilled	55
M330	SHEEP, LAMB , rump chop, separable lean, grilled	55
M154	SHEEP, LAMB , short-cut leg, separable lean, roasted	55
M166	SHEEP, LAMB , shoulder, separable lean, roasted	55
M319	SHEEP, LAMB , shoulder chop, separable lean, stewed	55
M531	MUTTONBIRD , separable lean (92%) and separable fat (8%), steamed and grilled, <i>Puffinus griseus</i>	55
M619	PORK, BACON , rashers, lean(73%), fat(27%), grilled	55
M618	PORK, BACON , rashers, lean(73%), fat(27%), fried	55
M124	PORK, HAM , separable lean (92%) and fat (8%), cooked as purchased	55
M533	PORK , leg roast, separable lean, roasted	55
M94	PORK , leg shank, separable lean (76%), hard fat (10%), soft fat (8%) and intermuscular fat (6%), roasted	55
M285	PORK , leg steak, separable lean, grilled	57
M411	PORK , leg steak, separable lean, stewed	57
M286	PORK , leg steak, separable lean (95%), hard fat (2%), soft fat (2%) and intermuscular fat (1%), grilled	57
M434	PORK , loin, medallion, separable lean, grilled	57
M99	PORK , loin chops, separable lean, grilled	57
M98	PORK , loin, midloin chop, separable lean (91%), hard fat (2%), soft fat (4%) and intermuscular fat (3%), grilled (trim pork cut)	57
M409	PORK , schnitzel, separable lean, fried	57
M429	PORK , forequarter, scotch fillet steak, separable lean, grilled	57
M278	PORK , boned shoulder, separable lean, roasted	57
M465	PORK , forequarter, shoulder roast, separable lean (74%), intermuscular fat (8%), hard fat (5%), soft fat (7%) and skin (6%), roasted (traditional)	57
M126	RABBIT , flesh, stewed	57
M502	SHEEP, MUTTON , flaps, separable lean (64%) and separable fat (36%), fried without added fat	57
M178	TURKEY , composite cuts, separable lean (87%), separable fat (2%) and skin (11%), roasted in oven bag	57
M179	TURKEY , composite cuts, flesh, roasted in oven bag	57
M185	VENISON, RED DEER , leg, flesh, roasted	57
MEAT PRODUCTS		
N40	BEEF, CORNED , silverside, separable lean	59
N89	BEEF ROAST, FROZEN MEAL, MASHED POTATO AND VEGETABLES, READY TO EAT , Heinz Watties, Microwaved	59

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N85	BEEF ROAST, FROZEN MEAL, ROAST POTATO AND VEGETABLES, READY TO EAT , Commercial, Microwaved Composite of McCain and Hungry brands	59
N4	CORNISH PASTIE	59
N6	FRANKFURTERS , precooked	59
N65	HAM, SLICED , sandwich Composite of Sandwich Ham (Goulds, Kiwi, Huttons) and Sandwich Deli Ham (Leonards, Frasers, Bonanza)	59
N58	NUGGET, CHICKEN , crumbed,baked Composite of Tegel and Signature Range `Crumbed Chicken Nuggets'	59
N57	NUGGET, CHICKEN , crumbed,fried Composite of Tegel and Signature Range `Crumbed Chicken Nuggets'	59
N31	PASTRAMI, BEEF	59
N22	PATE, CHICKEN LIVER	59
N23	PATE, PORK LIVER	59
N12	PIE, PORK , individual size	59
N87	PORK ROAST, FROZEN MEAL, MASHED POTATO AND VEGETABLES, READY TO EAT , Heinz Watties, Microwaved	59
N2	SAUSAGE, BALCK PUDDING , fried	59
N44	SAUSAGE , independent shops, ready to eat	59
N63	SAUSAGE, FRESH , assorted meats & flavours, dry fried Composite of Heller Tasty, First Choice & Leonards raw beef & pork flavoured sausages	59
N64	SAUSAGE, FRESH , assorted meats & flavours, grilled Composite of Heller Tasty, First Choice & Leonards raw beef and pork flavoured sausages	59
N10	SAUSAGE, HAM AND CHICKEN LUNCHEON Composite of Kiwi, Top Hat and PaknSav ham and chicken brands.	59
N16	SAUSAGE, PORK , dry fried	61
N17	SAUSAGE, PORK , grilled	61
N61	SAUSAGE, PRECOOKED , assorted meats & flavours, grilled Composite of Huttons `Sizzlers' original, Heller Tasty, First Choice and Leonards precooked sausages	61
N15	SAUSAGE, SALAMI , uncooked	61
N43	SAVELOY , boiled Composite of Kiwi and Foodtown brands	61
MISCELLANEOUS		
P14	BOVRIL'	61
P15	YEAST EXTRACT, MARMITE , Fortified, Sanitarium	61

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P61	YEAST EXTRACT, VEGEMITE , Fortified, Kraft	61
P68	COFFEE WHITENER, POWDER	61
P16	`OXO' CUBES	61
P10	SALT, TABLE	61
P11	VINEGAR	61
P59	VINEGAR, CIDER	61
P13	YEAST, BAKER'S , Woolworths, Dried	61
NUTS AND SEEDS		
Q1	ALMONDS , Raw	63
Q4	BRAZIL NUTS , Raw	63
Q40	CASHEW NUTS , Raw	63
Q37	CASHEW NUTS , Roasted,unsalted	63
Q5	CASHEW NUTS , Salted,roasted	63
Q9	COCONUT , Pams, Desiccated	63
Q8	COCONUT , Flesh, Raw	63
Q26	COCONUT, CREAM , Canned Composite of Samoa, Pams, Trident, Palm Island, Pacific Crown and Solos Choice	63
Q49	COCONUT, CREAM , Lite, Canned Composite of Samoa and Trident brands	63
Q10	COCONUT, MILK , Raw	63
Q7	HAZELNUTS , Raw	63
Q19	MACADAMIA NUTS , Oil roasted	63
Q38	MACADAMIA NUTS , Unroasted	63
Q11	MIXED NUTS, RAW Composite of peanuts, beer nuts, cashews, hazelnuts, almonds, brazil nuts and pecans.	63
Q94	NUTS, PECAN,RAW , Dried	63
Q48	PEANUT BUTTER, SMOOTH & CRUNCHY , No added sugar, no added salt Composite of Sanitarium `Smooth' & `Crunchy'	63
Q46	PEANUT BUTTER, SMOOTH & CRUNCHY , Sugar and salt added Composite of Eta, Kraft, Basics and Pams peanut butters	65
Q14	PEANUTS , Raw	65
Q15	PEANUTS , Salted,dry roasted	65
Q16	PEANUTS , Salted,oil roasted	65

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Q21	PINE NUTS , Raw	65
Q22	PISTACHIO NUTS , Raw	65
Q42	SEEDS, PUMPKIN AND SQUASH, RAW , Kernel, Dried	65
Q95	SEEDS, SESAME, WHOLE, RAW , Dried	65
Q41	SEEDS, SUNFLOWER, RAW , Kernel, Dried	65
Q27	TAHINI	65
Q17	WALNUTS , Raw	65
RECIPES		
R461	BEEF, WITH VEGETABLES , Stir-fried	65
R584	BISCUIT, FILLED , Ginger Kisses, Baked Contains fat,baking(butter,commercial fat,margarine,oil)	65
R578	BREAD, GARLIC , Baked	65
R579	BREAD, REWENA , Baked	65
R10	BUN, BATH/CHELSEA , Baked	67
R580	BUN, HOT CROSS , Baked Contains fat,baking(butter,commercial fat,margarine,oil);milk(cow,std/trim mix,ready-to-drink)	67
R466	BUN, ROLL,WHITE,CHEESE AND BACON TOPPING , Baked	67
R159	CAKE, BANANA , Uniced, Baked	67
R570	CAKE, CARROT,WITH CREAM CHEESE ICING , Baked Contains fat,baking(butter,commercial fat,margarine,oil);milk(cow,std/trim mix,ready-to-drink)	67
R13	CAKE, CHEESECAKE	67
R14	CAKE, CHOCOLATE , With butter icing, Baked	67
R16	CAKE, FRUITCAKE, RICH	67
R17	CAKE, FRUITCAKE , Rich, with icing	67
R25	CASSEROLE, CAULIFLOWER CHEESE	67
R27	CASSEROLE, CHICKEN WITH VEGETABLES , Cooked	67
R29	CASSEROLE, HOT POT	67
R460	CASSEROLE, MINCE AND VEGETABLES , Lean(80%) and fat(20%), Stewed	67
R389	CHICKEN, WITH VEGETABLES , Stir-fried	67
R33	CHILI CON CARNE , Cooked	67
R435	CHOP SUEY, TONGAN	67
R434	CHOW MEIN, ISLAND	67
R35	CHUTNEY, TOMATO	67
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R431	BUNS, COCONUT , Cook Island	67
R590	CRAB, CRABMEAT-STICK,BATTERED , Fried Contains fat,baking (butter,commercial fat,margarine,oil); fat,frying (oil,butter,margarine,lard)	67
R550	CROISSANT, FILLED WITH CHEESE AND HAM/BACON	69
R38	CRUMPET	69
R148	CUSTARD SQUARE	69
R40	DAHL, CHICK PEAS , Cooked	69
R554	DIP, MADE WITH REDUCED FAT CREAM AND SOUP MIX	69
R583	DOUGHNUT, FILLED WITH FRESH CREAM,SUGAR	69
R42	ECLAIRS, WITH CHOCOLATE ICING AND CREAM FILLING	69
R376	FALAFEL, VEGETARIAN , Fried	69
R437	FILLED HAM ROLL, WHITE BREAD	69
R479	FISH, CRUMBED , Baked/grilled Contains fat,absorbed in frying(oil,butter,margarine,lard)	69
R480	FISH, CRUMBED , Fried	69
R564	FISH, WITH COCONUT CREAM	69
R607	FRITTERS, WHITEBAIT , Shallow fried Contains milk (cow,std/trim,ready to drink); fat, frying (oil,butter,margarine,lard)	69
R48	GRAVY, LOW FAT , Prepared with gravy powder and water	69
R465	GRAVY, MUTTON , Homemade	69
R552	HOTDOG, WITH SAUCE,AMERICAN	69
R372	HUMMUS , Homemade	69
R50	JELLY , Prepared with water	69
R394	KEBAB, LAMB , Grilled with Mediterranean marinade	71
R513	KUMARA, CHIPS , Deep fried	71
R387	LAMB, WITH VEGETABLES , Stir-fried	71
R402	LAPLAP, CABBAGE, CASSAVA AND COCONUT	71
R462	LASAGNE, BEEF,MINCE	71
R55	MACARONI, CHEESE , Boiled then grilled	71
R473	MAYONNAISE, PREPARED WITH CONDENSED MILK , Homemade	71
R39	MEAT, CURRIED	71
R58	LOAF, MEAT , Baked	71
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R60	MERINGUE , Filled with cream	71

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R543	MILO, MADE WITH WATER Contains milk (cow,std/trim mix,ready to drink)	71
R61	MOUSSAKA	71
R486	MUFFIN, SAVOURY WITH CHEESE	71
R471	MUFFIN, SWEET WITH FRUIT Contains fat,baking (butter/commercial fat/margarine/oil);milk (cow,std/trim mix,ready to drink)	71
R363	NACHOS, WITH BEANS,CHEESE AND SOUR CREAM	71
R62	OMELETTE, CHEESE	73
R63	OMELETTE, PLAIN	73
R163	PANCAKE, PLAIN	73
R581	PAPADOM, Fried Contains fat,frying (oil,butter,margarine,lard)	73
R582	PAPADOM, Microwaved	73
R527	PARSNIP, Baked	73
R70	PASTRY, DANISH	73
R155	PASTRY, FILO, Baked	73
R71	PASTRY, FLAKY, Cooked	73
R207	PASTRY, PUFF, Cooked	73
R604	PASTRY, SAVOURY,EGG AND BACON,ONE CRUST, Baked Contains milk (cow,std/trim mix,ready to drink)	73
R206	PASTRY, SHORT, Cooked	73
R568	PAVLOVA, CREAM-TOPPED	73
R463	PIE, BACON AND EGG	73
R76	PIE, BEEF MINCE AND VEGETABLES, Two crust	73
R83	PIE, CHICKEN, Two crust	73
R84	PIE, FISH	73
R88	PIE, FRUIT, One crust	73
R90	PIE, LEMON MERINGUE	73
R93	PIE, MINCE	75
R94	PIE, SHEPHERD'S	75
R95	PIE, STEAK AND KIDNEY	75
R164	PIKELET, PLAIN	75
R373	PORK, Chinese simmered	75
R97	PORK, WITH VEGETABLES, Separable lean and fat, Stewed	75
R388	PORK, WITH VEGETABLES AND CASHEW NUTS, Stir fried	75

Key	Food - full name	Page no.
R100	PUDDING, APPLE CRUMBLE , Baked	75
R101	PUDDING, BREAD AND BUTTER , Baked	75
R102	PUDDING, CHRISTMAS	75
R103	PUDDING, CUSTARD , Plain, Prepared with milk	75
R104	PUDDING, CUSTARD EGG	75
R209	PUDDING, MILK AND RICE , Canned	75
R106	PUDDING, RICE , Homemade	75
R454	PUDDING, COCOA RICE , Samoan	75
R495	PUDDING, SELF-SAUCING, CHOCOLATE , Baked Contains fat, baking (butter/commercial fat/margarine/oil); milk (cow, std/trim mix, ready to drink)	75
R109	PUDDING, SPONGE , With dried fruit, Steamed	75
R110	PUDDING, SPONGE , With treacle or jam, Steamed	75
R426	QUICHE, BROCCOLI	75
R112	QUICHE, LORRAINE	75
R500	RAISINS, YOGHURT COATED , Uncooked	77
R113	RATATOUILLE	77
R610	SALAD, GREEK, WITH FETA AND OLIVES	77
R99	SALAD, POTATO	77
R482	SALAD, RICE	77
R551	SALAD, TABBOULEH	77
R377	SAMOSAS, VEGETABLE	77
R433	SANDWICH, CHEESE , Toasted	77
R539	SANDWICH, EGG AND LETTUCE	77
R532	SANDWICH, FISH	77
R528	SANDWICH, CHEESE AND TOMATO , Toasted	77
R114	SAUCE, BOLOGNESE	77
R116	SAUCE, CHEESE	77
R593	SAUCE, MUSTARD	77
R489	SAUCE, PASTA, TOMATO BASED, WITH VEGETABLES , Stewed	77
R591	SAUCE, PESTO, WITH BASIL	77
R119	SAUCE, WHITE , Savoury	77
R121	SAUSAGE ROLL , Flaky pastry	77
R123	SCONE, CHEESE , Baked	77
R165	SCONE, PLAIN , Baked	79
R125	SCONE, WHOLEMEAL , Baked	79
R166	SHORTBREAD, HOMEMADE	79

Key	Food - full name	Page no.
R541	SMOOTHIE, MADE WITH MILK,FRUIT JUICE,FRUIT AND YOGHURT Contains milk (cow,std/trim mix,ready to drink)	79
R130	SOUP, LENTIL	79
R134	STEW, BEEF , Stewed	79
R135	STEW, IRISH , Stewed	79
R391	SUSHI	79
R361	TACOS, FILLED, VEGETARIAN	79
R138	TART, CUSTARD	79
R143	TART, MINCEMEAT , One crust, Baked	79
R146	TRIFLE, SPONGE CAKE AND CUSTARD	79
R390	VEGETABLE , Stir-fried	79
R450	CHILLI CON CARNE, VEGETARIAN	79
SAUCES AND CONDIMENTS		
S77	DIP, SOUR CREAM, ASSORTED FLAVOURS, 30% FAT , Commercial La Bonne Classic Dips	79
S79	DIP, SOUR CREAM,LITE,ASSORTED FLAVOURS,7% FAT , Commercial, Reduced fat Composite of Tararua and La Bonne	81
S29	DRESSING, `COLESLAW`,LITE , Eta	81
S28	DRESSING, `FRENCH` , Kraft Kraft `French dressing`.	81
S31	DRESSING, `ITALIAN` , Kraft Kraft `Italian`	81
S45	DRESSING, `MAYONNAISE` , Commercial Composite of Eta `Mayonnaise` and Kraft `Mayonnaise`.	81
S64	DRESSING, `MAYONNAISE`,REDUCED FAT , Commercial	81
S50	DRESSING, `THOUSAND ISLAND` , Eta	81
S7	DRESSING, `VINAIGRETTE`	81
S21	GUACAMOLE	81
S73	HUMMUS, ORIGINAL, 6.5% FAT , Commercial Composite of Lisa's, La Bonne, Signature Range and Middle Eastern	81
S2	PICKLE, SWEET	81
S46	SAUCE, `TARTAR` , Eta Eta `Tartar sauce`	81
S22	SAUCE, CHILLI	81

Key	Food - full name	Page no.
S68	SAUCE, PASTA, CHUNKY VEGETABLE, TOMATO BASED , Heated Composite of Dolmio (Chunky) and Bertoli (Five Bros) brands	81
S70	SAUCE, SIMMER, BUTTER CHICKEN , Heated Composite of Kan Tong, Watties, Pataks and Continental brands	81
S71	SAUCE, SIMMER, SATAY , Heated Composite of Kan Tong and Watties brands	81
S69	SAUCE, SIMMER, SWEET AND SOUR , Heated Composite of Kan Tong, Watties and Continental brands	83
S11	SAUCE, SOY	83
S44	SAUCE, TOMATO Composite of Cerebos, Watties 'Homestyle' and King tomato sauce.	83
S14	SAUCE, WORCESTERSHIRE	83
S6	TOMATO PUREE	83
SHELLFISH		
T31	COCKLES , Boiled for 5 minutes, <i>Austrovenus stutchburyi</i>	83
T40	CRAB MEAT STICK, IMITATION	83
T25	FRITTERS, PAUA , Deep fried	83
T26	KINA , Roe, Raw, <i>Evechinus chloroticus</i>	83
T28	MUSSEL, GREEN , Flesh, Marinated, <i>Perna canaliculus</i>	83
T27	MUSSEL, GREEN , Flesh, Smoked, <i>Perna canaliculus</i>	83
T4	MUSSEL, GREEN , Steamed, <i>Perna canaliculus</i>	83
T17	OYSTER , Flesh in batter, Deep fried in peanut oil	83
T6	OYSTER, DREDGE , Flesh, Raw, <i>Tiostrea lutaria</i>	83
T19	PIPI , Flesh, Raw, <i>Paphies australis</i>	83
T20	SCALLOP , Flesh, Deep fried in batter	85
T12	SHRIMP , Drained solids, Canned	85
T23	SQUID , Flesh in flour, Fried	85
SNACK FOODS		
U67	CEREAL SOFT BAR , Fruit filled, assorted flavours, Twisted Composite of Kelloggs 'K Time Twists', Uncle Tobys 'Break Free Twists', Mother Earth 'Twins', Pams 'Tandems', Uncle Tobys 'Fruit Twists' and Signature Range 'Double Ups'	85
U70	CEREAL SOFT BAR, WHOLEMEAL , Fruit filled, assorted flavours	85

Key	Food - full name	Page no.
U17	CORN CHIPS, CHEESE FLAVOURED Composite of `CC's', `Sancho', `Aztec' and `Nachero's'.	85
U16	CORN SNACKS, CHEESE FLAVOURED Composite of Bluebird `Cheezels', `Twisties', `Rashun' and Eta `Cheese Rings', `Cheese balls'.	85
U28	FRUIT & NUT BAR Composite of Apollo `Fruit & Nut Energy Bars', `Lunch Box Logs', `Tropical Fruit & Nut', `Fruit & Nut Muesli', `Apricot & Almond' and Layleys Fruit Bars `Apricot & Cashew', `Peach & Cashew'.	85
U21	WHOLEMEAL FRUIT BAR Composite of Mother Earth `Apricot', `Raisin' and `Fig'.	85
U34	FRUIT LEATHER, APRICOT	85
U23	FRUIT ROLL, STRAWBERRY Uncle Tobys `Fruit for Yonks'.	85
U30	MUESLI BAR, CHOCOLATE CHIP Composite of Foodtown `Muesli Bars', Flemings `Muesli Bars', Canterbury `Oaty Bar'.	85
U27	MUESLI BAR, CHOCOLATE COATED, `Snacker' Composite of Bluebird Snacker Muesli Bars `Chocolate Mint', `Chocolate Apricot', `Choc Honeycrunch', `Choc Fruit & Nut'.	85
U20	MUESLI BAR, MIXED FRUIT Composite of Foodtown `Muesli Bars Mixed Fruit', Canterbury `Fruity Oaty Bars', `Tropical and Apricot', and Flemings `Muesli Bars ,Berry'.	85
U24	MUESLI BAR, YOGHURT COATED Composite of Foodtown `Yoghurt Flavour Coated Muesli Bars, mixed berry', Bluebird `Snacker Yoghurt Apricot', `Snacker Yoghurt Berry'.	85
U57	MULTIGRAIN, `GRAINWAVES', Bluebird Composite of Golden Cheddar, Sour Cream & Bacon, Salsa, Sour Cream & Chives, Cheese and Chives, Smokey Bacon and Tangy Relish flavours.	87
U29	NUT & SEED BAR Composite of Europe `Sesame Bar', Sun `Sesame Bar', Natures Oven `Cashew & Coconut Bar'.	87
U40	POPCORN, BUTTERED, SALTED, Commercial Pop n Good, `Light and Buttery'	87
U18	POPCORN, CANDIED Composite of Harlequin `Pop n good flavoured', `Caramel pop n good', `Caramel Bunny' and `Cornfetti'.	87
U14	POTATO CRISPS, LITES, Bluebird Bluebird `Lites'	87
U38	POTATO CRISPS, SLIMS, Eta	87
U6	POTATO CRISPS, Flavoured Composite of Eta Ripples and Bluebird `Plain', `Chicken' and `Salt n Vinegar'.	87

Key	Food - full name	Page no.
U13	POTATO CRISPS, LOW SALT , Flavoured	87
U10	POTATO CRISPS , Plain	87
U45	POTATO CRISPS, SALT AND VINEGAR , Pringles Pringles brand	87
U41	PRETZELS	87
SOUPS		
V57	SOUP, BEEF , Dried,prepared with water Continental `Cup-a-Soup Hearty beef`.	87
V1	SOUP, BONE AND VEGETABLE BROTH	87
V3	SOUP, CHICKEN , Condensed, Canned, prepared with water	87
V59	SOUP, CHICKEN , Dried,prepared with water Continental `Cup-a-Soup,Lots-a-Noodles`.	87
V76	SOUP, CHICKEN , Samoan	87
V68	SOUP, CHICKEN NOODLE , Maggi, Prepared with water	87
V42	SOUP, CORNED BEEF , Tongan	89
V41	SOUP, CORNED BEEF AND VEGETABLE , Niuean	89
V4	SOUP, CREAM OF CHICKEN , Canned	89
V9	SOUP, CREAM OF MUSHROOM , Canned	89
V15	SOUP, CREAM OF TOMATO , Canned	89
V69	SOUP, CREME OF CHICKEN , Maggi, Dried, prepared with water	89
V65	SOUP, CREME OF VEGETABLE , Maggi, Dried, prepared with water	89
V44	SOUP, FISH , Samoan	89
V75	SOUP, LAMB FLAP , Tongan	89
V8	SOUP, MINESTRONE , Dried,prepared with water	89
V66	SOUP, MUSHROOM , Maggi, Dried,prepared with water	89
V33	SOUP, PEA , Homemade	89
V34	SOUP, PUMPKIN , Homemade	89
V14	SOUP, TOMATO,CONDENSED , Canned, prepared with water	89
V55	SOUP, TOMATO , Dried,prepared with water Continental `Cup-a-Soup`.	89
V18	SOUP, VEGETABLE , Canned	89

Key	Food - full name	Page no.
SUGAR, CONFECTIONERY AND SWEET SPREADS		
W5	CHOCOLATE, BOUNTY BAR , Cadbury	89
W34	CHOCOLATE, CRUNCHIE BAR , Cadbury	89
W39	CHOCOLATE, KIT KAT , Nestle	89
W6	CHOCOLATE, MARS BAR	91
W33	CHOCOLATE, PINKY BAR , Cadbury	91
W44	CANDIES, SOFT,MINT FLAVOURED Pascall `Minties'	91
W66	CHOCOLATE, `MORO',BAR , Cadbury Composite of Cadbury `Moro' 65g and 50g.	91
W35	CHOCOLATE, CANDY COATED Composite of Pascall `Pebbles', Nestle `Smarties', Mars `M&M's'.	91
W56	CHOCOLATE, DARK	91
W55	CHOCOLATE, WHITE	91
W3	CHOCOLATE, MILK, BAR	91
W38	CHOCOLATE, WITH PEANUTS, BAR Composite of Whittakers and Cadbury `peanut slab'.	91
W7	CHOCOLATE, FANCY AND FILLED	91
W8	FRUIT GUMS	91
W57	HARD CANDY, `CHUPA CHUPS' , Assorted flavours Pack size: `Big Bag'(300g), `10 Fruity Flavoured Lollipops'(130g), `10 Ice Cream Flavoured Lollipops'(120g).	91
W11	HONEY	91
W31	ICE BLOCK	91
W49	JAM, ARTIFICIALLY SWEETENED	91
W14	JAM, BERRY FRUIT , Fruit and seeds Composite of Craigs, Cottees, Signature Range, Pams, Hansells and Barkers - Blackberry, Boysenberry, Three Berry, Mixed Berry, Raspberry and Starwberry Jams	91
W15	JAM, STONE FRUIT Composite of Craigs, Pams, Cottees, Signature Range, Hansells, Barkers - Apricot, Red Plum, Black Cherry, Plum Jams	91
W45	JELLYBEANS, `JAYBEES' , Pascall	91
W43	LIQUORICE, BLACK Composite of Allen's `Black Knight Luxury Licorice' and Allen's `Granny's Twist Licorice'.	93
W29	LIQUORICE `ALLSORTS'	93
W17	MARMALADE	93
W40	MARSHMALLOWS, PINK AND WHITE Composite of Pascall and Regina.	93
W18	PEPPERMINTS	93

Key	Food - full name	Page no.
W46	SAUCE, CHOCOLATE Composite of Cottee's and Hansells.	93
W19	SUGAR, BROWN	93
W23	SUGAR, RAW	93
W24	SUGAR, WHITE	93
W1	SWEETS, HARD , Boiled	93
W25	SYRUP, GOLDEN	93
W26	TOFFEES, MIXED	93

VEGETABLES

X2	ARTICHOKES, GLOBE , Leaves & upper stems, Boiled,drained	93
X134	ASPARAGUS , Canned,drained, <i>Asparagus officinalis</i> var. <i>altilis</i>	93
X180	ASPARAGUS , Combined cultivars, Spears, Steamed, drained, <i>Asparagus officinalis</i>	93
X5	BAKED BEANS, IN TOMATO SAUCE , Canned, <i>Phaseolus vulgaris</i>	95
X137	BEANS, BLACK , Cooked	95
X138	BEANS, BROAD , Boiled, <i>Vicia faba</i>	95
X139	BEANS, BUTTER , Boiled, <i>Phaseolus lunatus</i>	95
X140	BEANS, GREEN , Boiled, <i>Phaseolus vulgaris</i>	95
X10	BEANS, HARICOT , Boiled,drained	95
X13	BEANS, MUNG , Dahl, Cooked	95
X135	BEANS, MUNG , Sprouts, raw, <i>Phaseolus aureus</i>	95
X141	BEANS, RED KIDNEY , Boiled, <i>Phaseolus vulgaris</i>	95
X16	BEETROOT , Canned,drained, <i>Beta vulgaris</i>	95
X17	BEETROOT , Flesh, Boiled, <i>Beta vulgaris</i>	95
X19	BROCCOLI , Florets, includes flower cluster, leaves & upper stems, Boiled,drained, <i>Brassica oleracea</i> var. <i>botrytis</i>	95
X20	BROCCOLI , Florets,includes flower cluster,leaves & upper stems, Raw, <i>Brassica oleracea</i> var. <i>botrytis</i>	95
X21	BRUSSEL SPROUTS , Inner leaves, Boiled,drained, <i>Brassica oleracea</i> var. <i>gemmifera</i>	95
X250	CABBAGE, CHINESE , Cooked, <i>Brassica chinensis</i>	95
X23	CABBAGE, RED , Inner leaves, Raw	95
X29	CABBAGE, WHITE , Inner & outer leaves, Raw, <i>Brassica oleracea</i>	97
X27	CABBAGE, WHITE , Inner leaves, Steamed, drained, <i>Brassica oleracea</i> var. <i>capitata</i>	97
X84	CAPSICUM, GREEN , Flesh, Raw, <i>Capsicum annuum</i>	97
X272	CAPSICUM, RED , Raw	97
X33	CARROT , Flesh, Boiled, drained, <i>Daucus carota</i>	97
X31	CARROT , Flesh, Raw, <i>Daucus carota</i>	97
X237	CASSAVA , Tuber, Baked in traditional PNG oven (mumu'd), <i>Manihot esculenta</i>	97

Key	Food - full name	Page no.
X238	CASSAVA , Boiled, <i>Manihot esculenta</i>	97
X35	CAULIFLOWER , Flower and stem, Boiled, drained, <i>Brassica oleracea</i> var. <i>botrytis</i>	97
X36	CAULIFLOWER , Flower and stem, Raw, <i>Brassica oleracea</i> var. <i>botrytis</i>	97
X39	CELERY , Stem, Raw, <i>Apium graveolens</i>	97
X142	CHOKO , Flesh, Cooked	97
X259	CORN, SWEET , baby, Canned,drained	97
X41	CORN, SWEET , Canned,drained Composite of Growers and Watties `Whole Kernel`.	97
X301	CORN, SWEET , Canned, creamed Composite of Growers, Oak, Pams, Budget and Watties brands.	97
X288	CORN, SWEET, KERNELS ON COB , Boiled Composite of McCain,Watties and Westurn's frozen corn on cob brands.	99
X330	COURGETTE , Boiled or steamed	99
X261	COURGETTE , Raw Composite of yellow and green courgette	99
X45	CUCUMBER , Flesh, Raw, <i>Cucumis sativa</i>	99
X260	GARLIC , Cloves, Raw,peeled	99
X143	GHERKIN , In sweetened brine, drained, <i>Cucumis sativus</i>	99
X145	KUMARA, OWAIRAKA RED , Flesh, Salt added,roasted in beef dripping, <i>Ipomoea batatas</i>	99
X151	KUMARA, OWAIRAKA RED , Flesh and skin, Salt added,baked, <i>Ipomoea batatas</i>	99
X152	KUMARA, OWAIRAKA RED , Flesh, Salt added,boiled, <i>Ipomoea batatas</i>	99
X50	LEEKS , Bulb, Boiled, drained, <i>Allium ampeloprasum</i> var. <i>porrum</i>	99
X53	LENTILS, RED , Cooked, <i>Lens esculenta</i>	99
X54	LENTILS, SPLIT , Boiled, drained, <i>Lens esculenta</i>	99
X305	LETTUCE, HYDROPONIC Composite of `Rocket`, `Red Lettuce`, `Lollo Bionda Lettuce`, `Butterhead Lettuce`, `Frillice Lettuce` and `Lollo Rossa Lettuce` cultivars.	99
X265	LETTUCE , Inner & outer leaves, Raw	99
X57	MARROW , Flesh, Boiled, drained, <i>Cucurbita pepo</i>	99
X60	MUSHROOMS , Flesh and stem, Raw, <i>Agaricus bisporus</i>	101
X298	MUSHROOMS , Fried in butter	101
X297	MUSHROOMS , Fried in oil	101
X146	ONION , Bulb, Pickled, <i>Allium cepa</i>	101
X65	ONION , Flesh, Fried in dripping, <i>Allium cepa</i>	101
X66	ONION , Flesh, Raw, <i>Allium cepa</i> var. <i>pukekohe long keeper</i>	101
X67	ONION, SPRING , Flesh of bulb, Raw, <i>Allium cepa</i>	101

Key	Food - full name	Page no.
X68	PARSLEY , Leaves, Raw, <i>Petroselinum crispum</i>	101
X69	PARSNIP , Flesh, Boiled, drained, <i>Pastinaca sativa</i>	101
X76	PEAS, CHICK , Channa dahl, Cooked, <i>Cicer arietinum</i>	101
X80	PEAS, GREEN , Frozen,boiled,drained, <i>Pisum sativum</i> Composite of Growers, Westerns, Watties and Pams `Garden peas'.	101
X73	PEAS, SPLIT , Boiled, <i>Pisum sativum</i>	101
X327	POTATO, FRIES, FROZEN , Chunky cut, Precooked in canola oil, baked	101
X324	POTATO, FRIES, FROZEN , Chunky cut, Precooked in polyunsat oil, baked	101
X321	POTATO, FRIES, FROZEN , Shoestring cut, (Precooked in polyunsat oil, baked)	101
X322	POTATO, FRIES, FROZEN , Straight cut, Precooked in polyunsat oil, baked	101
X314	POTATO, WEDGES,FROZEN , Coated, 87% potato, Precooked in polyunsat oil, baked	101
X299	POTATO, IN SKIN , Microwaved	103
X96	POTATO, RUA , Flesh, Boiled,mashed with milk, butter and salt added, <i>Solanum tuberosum</i>	103
X93	POTATO, RUA , Flesh, Baked,salt added, <i>Solanum tuberosum</i>	103
X98	POTATO, RUA , Flesh, Roasted in beef dripping, salt added, <i>Solanum tuberosum</i>	103
X94	POTATO, RUA , Flesh, Boiled,drained, <i>Solanum tuberosum</i>	103
X154	POTATO, RUA , Flesh, Microwaved, salt added, <i>Solanum tuberosum</i>	103
X148	PUMPKIN , Flesh, Baked, <i>Cucurbita</i> spp.	103
X147	PUMPKIN , Flesh, Boiled,drained, <i>Cucurbita</i> spp.	103
X292	PUMPKIN , Flesh and skin, Roasted	103
X181	PUWHA, SOW THISTLE , Leaves & upper stems, Boiled, <i>Sonchus</i> spp.	103
X112	RADISHES , Flesh and skin, Raw, <i>Raphanus sativus</i>	103
X177	SILVERBEET , Boiled for 10 minutes, <i>Beta vulgaris</i>	103
X117	SPINACH , Leaves & upper stems, Boiled,drained, <i>Tetragonia expansa</i>	103
X266	SPROUTS, ALFALFA , Raw Composite of Food Town and Sprout Man.	103
X225	SQUASH, BUTTERCUP , Flesh, Steamed	103
X123	SWEDE , Flesh, Boiled, drained, <i>Brassica napus</i> var. <i>napobrassica</i>	103
X242	TARO, BLACK,COMMON , Corms, Boiled, <i>Colocasia esculenta</i>	103
X241	TARO, COMMON , Corms, Baked in traditional Pacific oven (mumu'd), <i>Colocasia esculenta</i>	105
X296	TARO , leaves, cooked	105
X125	TOMATOES , Canned,drained, <i>Lycopersicon esculentum</i>	105
X127	TOMATOES , Flesh, skin and seeds, Raw, <i>Lycopersicon esculentum</i>	105
X275	TOMATOES, IN TOMATOE JUICE , Canned	105
X295	TOMATOES , Sun-dried	105
X129	TURNIP , Flesh, Boiled,drained, <i>Brassica rapa</i> var. <i>rapifera</i>	105

Key	Food - full name	Page no.
X157	VEGETABLES MIXED, CARROTS/CORN/PEAS , Frozen, boiled, drained	105
X131	WATERCRESS , Leaves & upper stems, Raw, <i>Rorippa nasturtium aquaticum</i>	105
X132	YAM , Flesh, Boiled,drained, <i>Dioscorea</i> spp.	105
X309	YAM , Flesh, Roasted,without oil	105

INFANT FORMULAS AND BABY FOODS

Z527	FRUIT & CEREAL, PEACH, APRICOT & SEMOLINA , Heinz Watties, Pureed, canned Suitable for all ages from 6 months	105
Z535	VEGETABLE AND CEREAL, CARROT & RICE , Heinz Watties, Pureed, canned Suitable from 4 months	105
Z521	CEREAL, BABY RICE, FAREX , Heinz Watties, Prepared with water, ready to eat Suitable from 4 months	105
Z529	CUSTARD, BANANA , Heinz Watties, Smooth, canned	105