

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
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
A3	BISCUIT, `DIGESTIVE/WHEATEN` , Chocolate base Composite of Griffins `Chocolate Wheaten` dark and light (60%), Arnott's `Digestive` original 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%),	1

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A4	Signature Range `Peanut Brownies'(5.3%) and No Frills `Peanut Brownies'(5.3%). BISCUIT, `DIGESTIVE' , Plain	1
A9	Composite of Griffins `Digestives'(62.5%) and Arnott's `Digestive'(37.5%) BISCUIT, PLAIN , Cream filled	1
A63	Composite of Griffin's `Swiss Creme Biscuits' and Aulsebrooks `Custard Creams Biscuits'. BISCUIT, SHORTBREAD , Retail	1
A12	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%). BISCUIT, WAFERS , Cream filled, raspberry	3
A1021	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%). BREAD, `9 Grains' , Tip Top, fortified	3
A1020	BREAD, 'Burgen' , fortified	3
A206	BREAD, CURRANT , Supermarket fresh	3
A95	BREAD, FOCACCIA , Assorted flavours	3
A236	Composite of Foodtown `Herb & Olive', `Cheese', Mother Earth `Black Olive', `Sundried Tomato'. BREAD, GARLIC, BUTTER , retail	3
A1015	Composite of 'La Famiglia' and 'Signature Range' BREAD, GLUTEN FREE, MULTIGRAIN	3
A1014	Composite of 'New World', 'Organic Living' and 'Kiwi Green's' "Venerdi", "Purebread" and "Dovedale" BREAD, GLUTEN FREE, WHITE	3
A125	Composite of 'Woolwoths: Fresh Zone', 'New World: Pavillion', 'Organic Living: Venerdi' and 'Kiwi Green: Liberte and Venerdi' BREAD, SUPER SOFT , Fortified, Tip Top	3
A1010	BREAD, MULTIGRAIN, HEAVY , Prepacked	3
A1009	Composite of 'Vogels' sandwich and toast BREAD, MULTIGRAIN, LIGHT , Sliced, prepacked	3
A234	Composite of 'Quality Bakers: Molenberg' and 'Tip Top Family Fresh: Multigrain and Honey grain' BREAD, PANINI, PLAIN , Pre-packaged	3
A57	Composite of Quality Bakers and Giannis bakeries BREAD, PITA , Pre-packaged, white	3
A45	Composite of Quality Bakers, Pita Bread Co and Giannis bakeries BREAD, PITA , Pre-packaged, wholemeal	3
	Composite of Quality Bakers, Pita Bread Co Ltd and Giannis bakeries Ltd.	

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A53	BREAD ROLL, MIXED GRAIN , Supermarket fresh	5
A40	BREAD ROLL, WHITE , Supermarket fresh	5
A52	BREAD ROLL, WHOLEMEAL , Supermarket fresh	5
A211	BREAD, SOY & LINSEED , Sliced,prepacked	3
A1008	BREAD, WHEATMEAL , Sliced, prepacked, composite Composite of 'Quality Bakers: Natures Fresh' and 'Tip Top: Family Fresh'	5
A1007	BREAD, WHITE , Sliced, prepacked Composite of 'Quality Bakers: Natures Fresh' and 'Tip Top: Family Fresh'	3
A25	BUN, CURRANT Composite of Woolworths and Homestyle.	5
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
A58	CHAPATI , Homemade	5
A145	COOKIE , `COOKIE TIME', Apricot,yoghurt coated	5
A142	COOKIE , `COOKIE TIME', Original	5
A119	CRACKER , `MEAL MATES', Griffins	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 `Chedder'.	7
A136	CRACKER, CREAM Composite of H&P `Choice Grain Crackers', `Cream Crackers' and Aulsebrook `Cream Crackers'.	7
A133	CRACKER, CRISPBREAD,ASSORTED FLAVOURS , Arnotts Composite of `Sesame' `Cracked Pepper' and `Original' flavours	7
A32	CRACKER, CRISPBREAD,RYE	7
A233	CRACKER, RICE, BAKED , Bbq Flavours Composite of Fantastic, Sakata, Trident, Griffins, Pams and Signature Range	7

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A135	CRACKER, SESAME Composite of Arnotts `Sesame Wheat',Griffins `Sesameal' and `Sao Sesame Cracker Wheat'.	7
A140	CRACKER, WATER , Arnotts	7
A1022	CRACKER , Well Grain, Vitalife, Griffins	7
A110	CRACKER, WHOLEMEAL AND SESAME	7
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
A1011	STUFFING, CHICKEN , From deli-cooked	7
A60	TORTILLA, MAIZE	7
BEVERAGES, ALCOHOLIC		
B35	BEER, LOW ALCOHOL	9
B2	BEER, STANDARD DRAUGHT AND LAGER	9
B9	BEER, STOUT , Bottled	9
B10	BEER, STRONG ALE	9
B12	CIDER, SWEET	9
B17	PORT	9
B18	SHERRY, DRY	9
B20	SHERRY, SWEET	9
B21	SPIRITS, 30% ALCOHOL,60 PROOF Composite of brandy, gin, rum and whisky.	9
B24	WINE, RED , Dry	9

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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	11
C9	CHOCOLATE, POWDER , Drinking, Powder	11
C3	COCOA , Powder	11
C87	COFFEE, ESPRESSO , Restaurant-prepared, Brewed	11
C75	COFFEE, INSTANT , Decaffeinated, powder	11
C5	COFFEE, INSTANT , Powder	11
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
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

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C125	JUICE CONCENTRATE, BLACKCURRANT , Fortified, Barkers, Unsweetened	13
C159	LIQUID BREAKFAST , 'UP &Go', Sanitarium	13
C1017	PROBIOTIC DRINK , 'Activate' Meadow fresh	13
C25	SOFT DRINK, COLA, DIET , Carbonated	13
C2	SOFT DRINK, COCA-COLA , Carbonated	13
C17	SOFT DRINK, LEMONADE , Carbonated	13
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, 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	15
D35	COCO POPS , Fortified, Kellogg's	15
D32	CORN FLAKES , Kellogg's	15
D1011	CORN FLAKES , Skippy	15
D1001	CORN FLAKES With Psyllium, Freedom Fds	15
D36	`CRUNCHY NUT CORN FLAKES' , Fortified, Kellogg's	15
D38	`JUST RIGHT' , Fortified, Kellogg's	15
D1009	`JUST RIGHT' , Fortified, Tropical, Kellogg's	15
D1020	`LIGHT & TASTY' ,Apple & Cranberry,Sanitarium	15
D1014	`LIGHT & TASTY' ,Berry,Sanitarium	15
D1015	`LIGHT & TASTY' ,Apricot,Sanitarium	15
D1019	MUESLI,'NATURAL FRUIT & FIVE GRAINS' ,Sanitarium	15

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D7	MUESLI PORRIDGE , Sanitarium	17
D4	MUESLI, TOASTED,SWEETENED , Sanitarium	17
D3	MUESLI, WITH FRUITS AND NUTS , Non-toasted, sweetened Composite of Pams `Natural Breakfast Muesli', Sanitarium `Natural Muesli' and Grain Health Foods `Natural Muesli'.	17
D22	PORRIDGE , Prepared with water, salt added	17
D42	RICE BUBBLES , Kellogg's	17
D31	RICE AND WHEAT FLAKES , `SPECIAL K', Fortified, Kellogg's	15
D10	`RICIES', Fortified, Sanitarium	15
D1010	`SPECIAL K', Honey & Almond, Kellogg's	15
D1016	`SPECIAL K',Berries Kellogg's	15
D33	WHEAT AND OATMEAL EXTRUDED SHAPES , `NUTRI-GRAIN', Fortified, Kellogg's	15
D43	WHEAT BRAN AND SULTANAS , `SULTANA BRAN', Fortified, Kellogg's	15
D1018	WHEAT BRAN ,`SAN BRAN',Sanitarium	17
D44	WHEAT, CORN, BROWN RICE, ROLLED OATS , `SUSTAIN', Fortified, Kellogg's	15
D1017	WHEAT,PUFFED ,Sanitarium	17
D15	WHEAT PUFFS, HONEY COATED , Sanitarium	17
D46	WHOLE WHEAT AND FRUIT BITS , `WEET-BIX FRUITY',APRICOT, Fortified, Sanitarium	15
D20	WHOLE WHEAT BISCUITS, WEET-BIX , Fortified,Sanitarium	17
D1012	WHOLE WHEAT BISCUITS, 'WEET-BIX' , Oat Bran, Sanitarium	17
D16	WHOLE WHEAT FLAKES , `KORNIES', Sanitarium	17
CEREALS AND PSEUDO-CEREALS		
E68	BULGUR , Boiled	17
E131	COUSCOUS , Cooked	17
E6	CUSTARD, POWDER	17
E56	FETTUCINE, 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	19

Key	Food - full name	Page no.
E127	LASAGNE, BEEF, FROZEN MEAL, READY TO EAT , Microwaved Composite of Watties, McCains, Irvines, Dolmio brands	19
E19	MACARONI , Boiled	19
E129	MACARONI, CHEESE, FROZEN MEAL. READY TO EAT , Microwaved Composite of Watties, Irvines and McCain brands	19
E1013	NOODLES,'2 MINUTE EXTRA DELICIOUS' ,Maggi,assorted flavours Composite of Maggi Extra Delicious, flavours: Beef, Chicken, Oriental, Chicken & Corn, Chicken & Vegetable, Curry, Flame Grilled Beef.	19
E39	NOODLES, EGG , Boiled	19
E40	NOODLES, EGG , Fried	19
E81	NOODLES, INSTANT , Boiled,water drained	19
E65	NOODLES, RICE , Boiled	19
E23	OATS, BRAN , As purchased Composite of Flemings, Diamond and Harraways.	19
E22	OATMEAL , As purchased	19
E25	OATS, ROLLED,RAW Composite of Flemings, Diamond and Harraways.	19
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`.	19
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
E1005	SPAGHETTI, IN TOMATO SAUCE , Canned Composite of `Watties`,`Pams` and `Oak`	19
E1011	TEMPEH, FERMENTED SOY BEANS , Fried in sunflower oil	21
E1012	TEMPEH	21
E1014	TEMPEH ,fermented soy bean cake	21
E44	TOFU , As purchased	21

Key	Food - full name	Page no.
E111	WHEAT BRAN	21
E112	WHEAT GERM	21
DAIRY		
F1046	BUTTER, SALTED Composite of Anchor, Mainland, Basics, Signature Range, Classic Farm, Farmgate, Pams and Fernleaf	21
F1051	BUTTER, SPREADABLE Composite of Anchor, Fernleaf 'Semi-Soft' and Mainland	21
F1050	BUTTER, UNSALTED Composite of Anchor and Mainland	21
F4	CHEESE, BLUE VEIN	21
F5	CHEESE, CAMEMBERT	21
F1015	CHEESE, CHEDDAR, Mild Composite of Mainland and Valumetric	21
F1006	CHEESE, COLBY Composite of Alpine, Mainland and Valumetric	21
F11	CHEESE, COTTAGE	21
F1056	CHEESE, COTTAGE, Low Fat	21
F12	CHEESE, CREAM	21
F69	CHEESE, CREAM, Reduced fat (16%) Country Goodness `Cream cheese'.	23
F1001	CHEESE, EDAM Composite of Alpine, Anchor, Mainland and Valumetric	23
F58	CHEESE, FETA	23
F17	CHEESE, MOZZARELLA	23
F18	CHEESE, PARMESAN, Powder Composite of Pasetti, Perfect Italiano, Mainland, No Frills, Anchor and Tararua brands.	23
F19	CHEESE, PROCESSED	23
F79	CHEESE, PROCESSED, Sliced, Reduced fat Composite of Chesdale Reduced Fat', 'Mainland Liteslice' and `Bega Ultra Low Fat' sliced cheese.	23
F59	CHEESE, RICOTTA	23
F98	CHEESE, SPREAD,LITE, Philadelphia, Kraft	23

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F1057	CHEESE, REDUCED FAT Mainland reduced fat cheddar	23
F1014	CHEESE, TASTY Composite of Anchor and Mainland	23
F100	CREAM, SOUR,LIGHT Composite of Tararua and Country Goodness brands	23
F80	CREAM, SOUR, Reduced fat	23
F23	CREAM, SOUR, STANDARD FAT	23
F24	CREAM, STANDARD	23
F25	CREAM, WHIPPING, UHT	23
F22	CREAM, REDUCED FAT	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'.	25
F111	ICE CREAM, `HOKEY POKEY' Composite of Budget, Mel-O-Rich, Kiwi, New American, Foodtown and First Choice Brands.	25
F110	ICE CREAM, `JELLY TIP'	25
F118	ICE CREAM, CREAMY, Fruit ripple Composite of Tip Top `Very Berry Boysenberry', Pam's `Strawbery Ripple', Talley's `Bananaberry' & `Strawberries & Cream'.	25
F78	ICE CREAM, SOFT SERVE Composite of Wendy's and McDonald's soft serve.	25
F122	ICE CREAM, PLAIN VANILLA, Low fat	25
F29	ICE CREAM, PLAIN VANILLA, Premium	25
F28	ICE CREAM, PLAIN VANILLA, Standard	25
F120	MILK, `CALCI KID', Calcium enriched, Meadow Fresh	25
F1018	MILK, FLUID, Fortified, 0.1% fat, (yellow top) Composite of 'Calci Trim', Anchor 'Xtra'	25
F1042	MILK, FLUID, Reduced fat, (1.5%),(light blue top) Composite of Anchor 'Lite' and Meadowfresh 'Balance'	25
F1028	MILK, FLUID, Standard (blue top) Composite of Anchor 'Blue Top', Meadowfresh 'Family', Gisborne Fresh and Farmgate	25
F1035	MILK, FLUID, Trim (green top) Composite of Anchor 'Trim' and Meadowfresh 'Trim'	25

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F33	MILK, FLUID , Whole	25
F52	MILK, GOAT, FLUID , Whole	25
F53	MILK, HUMAN, FLUID , Mature	25
F54	MILK, HUMAN, FLUID , Transitional	27
F36	MILK, POWDER , Skim, Powder	27
F37	MILK, POWDER , Whole, Powder	27
F30	MILK, CONDENSED , Skimmed, sweetened	27
F31	MILK, CONDENSED , Whole, sweetened	27
F43	MILK, FLUID, STANDARD , UHT	27
F1058	MILK SHAKE, FLAVOURED , McDonald's Composite of banana, chocolate, strawberry & vanilla.	27
F77	YOGHURT, APRICOT , Apricot, Tip Top, Frozen	27
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%)	27
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%)	27
F1055	YOGHURT, GREEK Composite of 'Fresh 'n' Fruity', 'De Winkel' and 'Yoplait'	27
F84	YOGHURT, PLAIN , Low fat, Unsweetened Composite of Yoplait `Yoplus Trim' (68%), Slimmers Choice `Natural' (13%) and Weight Watchers `Natural' (19%)	27
F57	YOGHURT, PLAIN , Unsweetened Composite of Naturalea `Organic Yoghurt' (48.5%), Biofarm `Natural Yoghurt' (28%) and Cyclops `Organic Yoghurt' (23.5%)	27
EGGS		
G1001	EGG, CHICKEN , White and yolk, Boiled	27
G1002	EGG, CHICKEN , White and yolk, Fried in vegetable oil	27
G1003	EGG, CHICKEN , White and yolk, Poached	27
G1009	EGG, CHICKEN , White and yolk, milk added, Scrambled, cooked in butter	27
G1004	EGG, CHICKEN , White, Raw	29
G1008	EGG, CHICKEN , White and yolk, Raw	29
G1012	EGG, CHICKEN , White and yolk, free range, supermarket, raw	29

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G1013	EGG, CHICKEN , White and yolk, supermarket, fried w/o fat	29
G1005	EGG, CHICKEN , Yolk, Raw	29
G1014	EGG, CHICKEN , Yolk, supermarket, cooked	29

FAST FOODS

H137	BEEF, WITH CASHEWS	29
H80	BEEF, SATAY	29
H8	BURGER, `BIG MAC' , McDonald's, Ready to eat	29
H24	BURGER, `FILET-O-FISH' , McDonald's, Ready to eat	29
H10	BURGER, `QUARTER POUNDER WITH CHEESE' , McDonald's, Ready to eat	29
H2	BURGER, BACON , Independent shops, Ready to eat	29
H3	BURGER, CHEESE , Independent shops, Ready to eat	29
H4	BURGER, CHEESE , McDonald's, Ready to eat	29
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	31
H126	CHICKEN, WITH GARLIC AND CHILLI SAUCE , Stir-fried	31
H173	CHOP SUEY, CHICKEN , Breast,lean(94%) and fat(6%), Stir-fried	31
H71	CHOP SUEY, PORK	31
H172	CHOW MEIN, BEEF, HOMEMADE , Steak,stew cut,lean and fat, Stir-fried	31
H199	CHOW MEIN, CHICKEN, FROZEN MEAL,COMMERCIAL , Microwaved Composite of Watties, Weight Watchers and Kan Tong	31
H89	CHOW MEIN, PRAWN, TAKEAWAY RESTAURANT	31
H20	COLESLAW , KFC, Ready to eat	31
H225	CURRY, INDIAN, BEEF KORMA, READY TO EAT , Takeaway Restaurant	31
H226	CURRY, INIDAN, BEEF MADRAS, READY TO EAT , Takeaway Restaurant	31
H222	CURRY, INDIAN, BUTTER CHICKEN, READY TO EAT , Takeaway Restaurant	31
H223	CURRY, INDIAN, CHICKEN MASALA, READY TO EAT , Takeaway Restaurant	31
H227	CURRY, INDIAN, DHAL, MAKANI, READY TO EAT , Takeaway Restaurant	31

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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, BATTERED , Deep fried	31
H57	FISH, CAKE , Baked	33
H23	FISH, CAKE , Deep fried in peanut oil	33
H194	FISH, FILLET, CRUMBED, FROZEN , Baked Composite of Sealord, Independent and Pam's	33
H195	FISH, FILLET, CRUMBED, FROZEN , Fried Composite of Sealord, Independent and Pam's	33
H61	FISH, FINGERS , Baked	33
H65	FISH, FINGERS , Deep fried in peanut oil	33
H66	FRIED RICE, CHINESE, COMBINATION MEATS, READY TO EAT , Takeaway Restaurant, Fried	33
H228	HAMBURGER, `WHOPPER' , Burger King	33
H170	MUFFIN, `MCMUFFIN', EGG , McDonalds	33
H67	NOODLES, CHINESE, CHOW MEIN, COMBINATION MEATS, READY TO EAT , Takeaway Restaurant	33
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H221	OMELETTE, CHINESE, EGG FOO YOUNG, WITH CHICKEN, READY TO EAT , Takeaway Restaurant	33
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H30	PIE, MEAT , Supermarket, individual size, Ready to eat	33
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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	35
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H176	PIZZA, MEAT LOVERS, PREMIUM , Frozen, baked	35
H179	PIZZA, HAWAIIAN & COMBINATION, INDIVIDUAL SIZE , Frozen, baked Composite of McCain, Leaning Tower and Mommas `Hawaiian' and `Combination' Pizzas	35
H177	PIZZA, HAWAIIAN AND HOUSE SPECIAL, PREMIUM , Frozen, baked	35
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)	35

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H83	PORK , Spare ribs, in black bean sauce	35
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H1039	POTATO, FRIES , Independent shops, plain cut, Ready to eat	35
H1040	POTATO, FRIES , Independent shops, crinkle cut, Ready to eat	35
H1041	POTATO, FRIES , KFC, Ready to eat	35
H1042	POTATO, FRIES , McDonald's, Ready to eat	37
H152	POTATO, HASHBROWN , McDonald's, Ready to eat	37
H88	PRAWNS, GARLIC	37
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H1037	ROLL, DELI CHOICES, 'LITE' , McDonalds Composite of 'Classic Chicken Lite' and 'Sweet Chilli Chicken Lite'	37
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H1002	SAUSAGE ROLL, WITH CHEESE , Party size Composite of 'Pams', 'Signature Range', 'Ernest Adams' and 'New Way'	37
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H1003	SAVOURY, BACON & EGG, PASTRY BASE , Party size Composite of 'Pams', 'Irvines' and 'Goodtime'	37
H1005	SAVOURY, MINCE & CHEESE, PASTRY ENCLOSED Composite of 'Irvines' and 'New Way'	37
H1004	SAVOURY, MINCE, PASTRY ENCLOSED , Party size Composite of 'Irvines', 'Pams', 'Patties' and 'Goodtime'	37
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FATS AND OILS

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J7	LARD , As purchased	39
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J1002	MARGARINE, MONOSATURATED CANOLA(70% fat) , Pams 'Summer Gold'	39
J1003	MARGARINE, MONOSATURATED CANOLA(50% fat) Composite of Meadow Lea light and Gold 'n Canola lite	39
J1004	MARGARINE, MONOSATURATED CANOLA(50% fat) , Pams Summer Gold Lite	39
J1009	MARGARINE, MONOSATURATED OLIVE BLEND(75% fat) , Olivani	39
J1012	MARGARINE, MONOSATURATED OLIVE BLEND(55% fat) , Olivani Lite	41
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J1005	MARGARINE, POLYUNSATURATED(70% fat) , Fortified Composite of Flora Orginal and Meadow Lea Orginal	41

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J1007	MARGARINE, POLYUNSATURATED (60% fat), 'Sunrise '	41
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J31	OIL, VEGETABLE,BLEND	41
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K61	HOKI , Flesh, Deep fried, <i>Macruronus novaezelandiae</i>	41
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K157	KAHAWAI , Flesh, Deep fried, <i>Arripis trutta</i>	43
K78	ORANGE ROUGHY , Flesh, Baked, <i>Hoplostethus atlanticus</i>	43
K79	ORANGE ROUGHY , Flesh, Deep fried, <i>Hoplostethus atlanticus</i>	43
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K89	SNAPPER , Flesh, Baked, <i>Chrysophrys auratus</i>	43
K90	SNAPPER , Flesh, Deep fried, <i>Chrysophrys auratus</i>	43
K92	SNAPPER , Flesh, Microwaved, <i>Chrysophrys auratus</i>	43
K64	TARAKIHI , Flesh, Baked, <i>Nemadactylus macropterus</i>	43
K65	TARAKIHI , Flesh, Deep fried, <i>Nemadactylus macropterus</i>	43
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K189	TUNA, IN SPRING WATER , Drained, Canned	43

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FRUIT		
L18	APPLE , Combined cultivars, Flesh and skin, Fresh, <i>Malus sylvestris</i>	43
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L23	APRICOT , Flesh and skin, Fresh, <i>Prunus armeniaca</i>	43
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'.	45
L214	APRICOT , Canned in syrup, drained	45
L26	APRICOT , Dried, <i>Prunus armeniaca</i>	45
L25	APRICOT , Fruit and juice, stewed without sugar, <i>Prunus armeniaca</i>	45
L22	APRICOT , Fruit and syrup, Canned, <i>Prunus armeniaca</i> Composite of Roxdale, SPC, Gold Reef and Oak.	45
L30	AVOCADO, HAAS , Flesh, Fresh, <i>Persea americana</i>	45
L185	BANANA, COOKING , In unsalted water, boiled, <i>Musa cultivar</i>	45
L32	BANANA , Flesh, Fresh, <i>Musa</i> spp.	45
L34	BLACKBERRIES , Fresh, <i>Rubus ulmifolius</i>	45
L39	BLUEBERRIES, JERSEY , Unsweetened, frozen, <i>Vaccinium</i> spp.	45
L40	BOYSENBERRY , Fresh, <i>Rubus loganobaccus</i>	45
L45	CHERRIES , Flesh and skin, Fresh, <i>Prunus avium</i>	45
L50	CURRENTS, BLACK , Fresh, <i>Ribes nigrum</i>	45
L49	CURRENTS , Dried, <i>Vitis vinifera</i>	45
L62	DATES , Flesh and skin, Dried, <i>Phoenix dactylifera</i>	45
L67	FEIJOAS , Combined cultivars, Flesh, Fresh, <i>Feijoa sellowiana</i>	45
L68	FIGS , Whole fruit, Dried, <i>Ficus carica</i>	45
L73	FRUIT SALAD , Fresh	47
L74	FRUIT SALAD , Fruit and syrup, Canned	47
L78	GOOSEBERRIES , Flesh, skin and seeds, Fresh (ripe), <i>Ribes grossularia</i>	47
L80	GRAPEFRUIT , Flesh, Fresh, <i>Citrus paradisi</i>	47
L82	GRAPES, BLACK , Flesh, Fresh, <i>Vitis vinifera</i>	47
L83	GRAPES, WHITE , Flesh and skin, Fresh, <i>Vitis vinifera</i>	47
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L1013	KIWIFRUIT, ZESPRI, HAYWARD, GREEN , Flesh & seeds, fresh	47
L183	LEMON , Flesh, Fresh, <i>Citrus limon</i> var. <i>lisbon</i>	47
L91	LEMON , Juice, Freshly extracted, <i>Citrus limon</i>	47
L97	LYCHEES , Fruit and syrup, Canned, <i>Litchi chinensis</i>	47
L194	MANDARIN , Flesh, Fresh	47
L101	MANGO , Flesh, Fresh, <i>Mangifera indica</i>	47
L100	MANGO , Fruit and syrup, Canned, <i>Mangifera indica</i>	47
L105	MELON, HONEYDEW , Flesh, Fresh, <i>Cucumis melo</i> var. <i>inodorus</i>	47
L106	MELON, ROCK , Combined cultivars, Flesh, Fresh, <i>Cucumis melo</i> var. <i>reticulatus</i>	47
L196	MIXED FRUIT , Dried	47
L111	NECTARINE , Flesh and skin, Fresh, <i>Prunus persica</i>	49
L112	OLIVES , Flesh and skin, In brine,bottled, <i>Olea europaea</i>	49
L114	ORANGE , Flesh, Fresh, <i>Citrus sinensis</i>	49
L113	ORANGE , Juice, Freshly extracted	49
L116	PASSION FRUIT , Flesh and seeds, Fresh, <i>Passiflora edulis</i>	49
L124	PEACH , Canned,syrup drained, <i>Prunus persica</i>	49
L206	PEACH , Fruit and juice, Canned in juice	49
L126	PEACH , Flesh and skin, Fresh, <i>Prunus persica</i>	49
L219	PEAR, NASHI , Flesh (Fresh)	49
L204	PEAR , Fruit and juice, Canned in pear juice	49
L141	PEAR , Combined cultivars, In syrup,canned, <i>Pyrus communis</i>	49
L140	PEAR , Combined cultivars, Flesh and skin, Fresh, <i>Pyrus communis</i>	49
L178	PERSIMMON , Flesh, Fresh	49
L142	PINEAPPLE , Fruit and syrup, Canned,syrup drained, <i>Ananas comosus</i>	49
L143	PINEAPPLE , Flesh and syrup, Canned,syrup not drained, <i>Ananas comosus</i>	49
L198	PINEAPPLE , Fruit, Canned in pineapple juice,drained	49
L144	PINEAPPLE , Flesh, Fresh, <i>Ananas comosus</i>	49
L155	PLUM , Combined cultivars, Flesh and skin, Fresh, <i>Prunus domestica</i> var. <i>wilsons early and red doris</i>	51
L148	PLUM, GEORGE WILSON , Drained solids, Canned,syrup drained, <i>Prunus domestica</i>	51
L154	PLUM, COOKING , Fruit and juice, Stewed without sugar, <i>Prunus domestica</i> var. <i>red doris</i>	51
L157	PRUNES , Flesh and skin, Dried, <i>Prunus domestica</i>	51
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L163	RASPBERRIES , Fresh, <i>Rubus idaeus</i>	51
L169	RHUBARB , Stem and juice, Without sugar, stewed, <i>Rheum rhaponticum</i>	51
L168	RHUBARB , Stem and juice, With sugar, stewed, <i>Rheum rhaponticum</i>	51
L172	STRAWBERRIES , Fresh, <i>Fragaria chiloensis x virginiana</i>	51
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L174	TAMARILLO, RED , Flesh and seeds, Fresh, <i>Cyphomandra betacea</i>	51
L179	TANGELO , Flesh, Fresh	51
L176	TANGERINE , Flesh, Fresh, <i>Citrus reticulata</i>	51
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M188	BEEF, BLADE STEAK , Lean and fat, Trimmed to 5mm fat, stewed, drained Sample prepared by knife and fork separation.	53
M542	BEEF , Composite cuts, separable lean, cooked	53
M10	BEEF , Corned beef, canned	53
M191	BEEF , Fillet steak, separable lean, grilled	53
M397	BEEF , Fillet steak, lean and fat, grilled Sample prepared by knife and fork separation.	53
M16	BEEF , Kidney, core removed, stewed	53
M20	BEEF , Mince, separable lean, stewed	53
M328	BEEF , Mince, separable lean (88%) and fat (12%), stewed	53
M544	BEEF , Mince, lean and fat(6%), fried	53
M54	BEEF , Patty, frozen, fried	55
M27	BEEF , Rump steak, separable lean, grilled	53
M26	BEEF , Rump steak, lean and fat, trimmed to 5mm fat, grilled Sample prepared by knife and fork separation.	53
M206	BEEF , Scotch fillet, separable lean, grilled	53
M2	BEEF, SILVERSIDE , Brisket, Separable lean (77%) and fat (23%), Salt added, boiled	53
M36	BEEF , Sirloin roast, separable lean, roasted	53

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M226	BEEF , Sirloin steak, separable lean, grilled	53
M46	BEEF , Topside roast, separable lean, roasted	55
M51	BEEF, VEAL , Fillet, separable lean, roasted	55
M49	BEEF , Wiener schnitzel, separable lean and fat in bread crumbs, fried	53
M1012	CHICKEN , Breast, deli-cooked, supermarket Composites of Tegal: 'Orginal Roast', 'Honey & Soy', 'Sage & Onion', 'Tender Basted', 'Golden Roasted', '2go Roasted' and '2go Apricot'; and Inghams: 'Sage & Onion', 'Unseasoned Tender', 'Marinated' and 'Marinated & Seasoned'. (M1012,M1013,M1016,M1015)	55
M232	CHICKEN , Breast, flesh, grilled	55
M339	CHICKEN , Breast, separable lean (96%) and fat (4%), roasted in oven bag	55
M239	CHICKEN , Composite cuts, flesh, cooked, multiple methods	55
M1016	CHICKEN , Drumstick, deli-cooked, supermarket	55
M247	CHICKEN , Drumstick, flesh, grilled	55
M352	CHICKEN , Drumstick, separable lean (78%), separable fat (1%) and skin (21%), roasted in oven bag	55
M255	CHICKEN , Leg, flesh, grilled	55
M1015	CHICKEN , Skin, deli-cooked, supermarket	55
M1013	CHICKEN , Thigh, deli-cooked, supermarket	55
M337	CHICKEN , Thigh, flesh, roasted in oven bag	55
M350	CHICKEN , Thigh, separable lean (72%), separable fat (9%) and skin (19%), roasted in oven bag	55
M264	CHICKEN , Wing, flesh, grilled	57
M351	CHICKEN , Wing, separable lean (63%), separable fat (2%) and skin (35%), roasted in oven bag	57
M75	DUCK , Composite cuts, separable lean, roasted	57
M301	LAMB , Composite cuts, separable lean, cooked	57
M553	LAMB , Composite cuts, lean and fat, trimmed to 5mm fat,cooked	57
M298	LAMB , Forequarter cuts, shoulder and shoulder chops, separable lean, cooked	57
M151	LAMB , Kidney, core removed, fried	57
M313	LAMB , Leg steak, separable lean, grilled	57
M155	LAMB , Liver, coated in seasoned flour,fried	57
M157	LAMB , Midloin chop, separable lean, grilled	57
M330	LAMB , Rump chop, separable lean, grilled	57
M154	LAMB , Short-cut leg, separable lean, roasted	57
M166	LAMB , Shoulder,separable lean, roasted	57
M319	LAMB , Shoulder chop,separable lean, stewed	57
M531	MUTTONBIRD , Separable lean (92%) and separable fat (8%), steamed and grilled, <i>Puffinus griseus</i>	57

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M618	PORK, BACON , Rashers,lean(73%),fat(27%), fried	59
M124	PORK, HAM , Separable lean (92%) and fat (8%), cooked as purchased	59
M533	PORK , Leg roast, separable lean, roasted	59
M94	PORK , Leg shank, separable lean (76%), hard fat (10%), soft fat (8%) and intermuscular fat (6%), roasted	59
M285	PORK , Leg steak, separable lean, grilled	59
M411	PORK , Leg steak, separable lean, stewed	59
M286	PORK , Leg steak, separable lean (95%), hard fat (2%), soft fat (2%) and intermuscular fat (1%), grilled	59
M434	PORK , Loin,medallion, separable lean, grilled	59
M99	PORK , Loin chops, separable lean, grilled	59
M98	PORK , Loin,midloin chop, separable lean (91%), hard fat (2%), soft fat (4%) and intermuscular fat (3%), grilled (trim pork cut)	59
M409	PORK , Schnitzel, separable lean, fried	59
M429	PORK , Forequarter,scotch fillet steak, separable lean, grilled	59
M278	PORK , Boned shoulder, separable lean, roasted	59
M465	PORK , Forequarter,shoulder roast, separable lean (74%), intermuscular fat (8%), hard fat (5%), soft fat (7%) and skin (6%), roasted (tradition:	59
M126	RABBIT , Flesh, stewed	59
M502	SHEEP, MUTTON , Flaps, separable lean (64%) and separable fat (36%), fried without added fat	61
M178	TURKEY , Composite cuts, separable lean (87%), separable fat (2%) and skin (11%), roasted in oven bag	61
M179	TURKEY , Composite cuts, flesh, roasted in oven bag	61
M1022	VENISON , Diced, forequarter muscles, cooked Sliver Fern, New Zealand brand	61
M1020	VENISON , Leg medallion, hind leg muscle, cooked Sliver Fern, New Zealand brand	61
M1023	VENISON , Mince, trim and whole muscles, cooked Sliver Fern, New Zealand brand	61
M185	VENISON, RED DEER , Leg, flesh, roasted	61
M1021	VENISON , Stir fry, hind leg muscles, cooked Sliver Fern, New Zealand brand	61
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N40	BEEF, CORNED , Silverside,separable lean	61
N89	BEEF ROAST, FROZEN MEAL, MASHED POTATO AND VEGETABLES, READY TO EAT Heinz Watties, Microwaved	61

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N85	BEEF ROAST, FROZEN MEAL, ROAST POTATO AND VEGETABLES, READY TO EAT Commercial, Microwaved Composite of McCain and Hungry brands	61
N4	CORNISH PASTIE	61
N6	FRANKFURTERS , Precooked	61
N65	HAM, SLICED , Sandwich Composite of Sandwich Ham (Goulds, Kiwi, Huttons) and Sandwich Deli Ham (Leonards, Frasers, Bonanza)	61
N58	NUGGET, CHICKEN , Crumbed,baked Composite of Tegel and Signature Range `Crumbed Chicken Nuggets'	61
N57	NUGGET, CHICKEN , Crumbed,fried Composite of Tegel and Signature Range `Crumbed Chicken Nuggets'	61
N31	PASTRAMI, BEEF	61
N22	PATE, CHICKEN LIVER	61
N23	PATE, PORK LIVER	61
N12	PIE, PORK , Individual size	63
N87	PORK ROAST, FROZEN MEAL, MASHED POTATO AND VEGETABLES, READY TO EAT Heinz Watties, Microwaved	63
N2	SAUSAGE, BALCK PUDDING , Fried	63
N44	SAUSAGE , Independent shops, ready to eat	63
N63	SAUSAGE, FRESH , Assorted meats & flavours, dry fried Composite of Heller Tasty, First Choice & Leonards raw beef & pork flavoured sausages	63
N64	SAUSAGE, FRESH , Assorted meats & flavours, grilled Composite of Heller Tasty, First Choice & Leonards raw beef and pork flavoured sausages	63
N10	SAUSAGE, HAM AND CHICKEN LUNCHEON Composite of Kiwi, Top Hat and PaknSav ham and chicken brands.	63
N16	SAUSAGE, PORK , Dry fried	63
N17	SAUSAGE, PORK , Grilled	63
N61	SAUSAGE, PRECOOKED , Assorted meats & flavours, grilled Composite of Huttons `Sizzlers' original, Heller Tasty, First Choice and Leonards precooked sausages	63
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N43	SAVELOY , Boiled Composite of Kiwi and Foodtown brands	63

MISCELLANEOUS

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P15	YEAST EXTRACT, MARMITE , Fortified, Sanitarium	63
P80	`NUTELLA' Pack sizes 200gms, 250gms, 375gms, 500gms and Lunch Box packs.	63
P61	YEAST EXTRACT, VEGEMITE , Fortified, Kraft	63
P68	COFFEE WHITENER, POWDER	63
P16	`OXO' CUBES	63
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Q4	BRAZIL NUTS , Raw	65
Q40	CASHEW NUTS , Raw	65
Q37	CASHEW NUTS , Roasted,unsalted	65
Q5	CASHEW NUTS , Salted,roasted	65
Q9	COCONUT , Pams, Desiccated	65
Q8	COCONUT , Flesh, Raw	65
Q26	COCONUT, CREAM , Canned Composite of Samoa, Pams, Trident, Palm Island, Pacific Crown and Solos Choice	65
Q49	COCONUT, CREAM , Lite, Canned Composite of Samoa and Trident brands	65
Q10	COCONUT, MILK , Raw	65
Q7	HAZELNUTS , Raw	65
Q19	MACADAMIA NUTS , Oil roasted	65
Q38	MACADAMIA NUTS , Unroasted	67
Q11	MIXED NUTS, RAW Composite of peanuts, beer nuts, cashews, hazelnuts, almonds, brazil nuts and pecans.	67
Q94	NUTS, PECAN,RAW , Dried	67

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Q48	PEANUT BUTTER, SMOOTH & CRUNCHY , No added sugar, no added salt Composite of Sanitarium `Smooth' & `Crunchy'	67
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Q14	PEANUTS , Raw	67
Q15	PEANUTS , Salted,dry roasted	67
Q16	PEANUTS , Salted,oil roasted	67
Q21	PINE NUTS , Raw	67
Q22	PISTACHIO NUTS , Raw	67
Q42	SEEDS, PUMPKIN AND SQUASH, RAW , Kernel, Dried	67
Q95	SEEDS, SESAME, WHOLE, RAW , Dried	67
Q41	SEEDS, SUNFLOWER, RAW , Kernel, Dried	67
Q27	TAHINI	67
Q17	WALNUTS , Raw	67
RECIPES		
R461	BEEF, WITH VEGETABLES , Stir-fried	69
R584	BISCUIT, FILLED , Ginger Kisses, Baked Contains fat,baking(butter,commercial fat,margarine,oil)	69
R578	BREAD, GARLIC , Baked	69
R579	BREAD, REWENA , Baked	69
R10	BUN, BATH/CHELSEA , Baked	69
R431	BUNS, COCONUT , Cook Island	71
R580	BUN, HOT CROSS , Baked Contains fat,baking(butter,commercial fat,margarine,oil);milk(cow,std/trim mix,ready -to -drink)	69
R466	BUN, ROLL,WHITE,CHEESE AND BACON TOPPING , Baked	69
R159	CAKE, BANANA , Uniced, Baked	69
R570	CAKE, CARROT,WITH CREAM CHEESE ICING , Baked Contains fat,baking(butter,commercial fat,margarine,oil);milk(cow,std/trim mix,ready -to -drink)	69
R13	CAKE, CHEESECAKE	69
R14	CAKE, CHOCOLATE , With butter icing, Baked	69
R16	CAKE, FRUITCAKE, RICH	69

Key	Food - full name	Page no.
R17	CAKE, FRUITCAKE , Rich, with icing	69
R25	CASSEROLE, CAULIFLOWER CHEESE	69
R27	CASSEROLE, CHICKEN WITH VEGETABLES , Cooked	69
R29	CASSEROLE, HOT POT	69
R460	CASSEROLE, MINCE AND VEGETABLES , Lean(80%) and fat(20%), Stewed	69
R389	CHICKEN, WITH VEGETABLES , Stir-fried	69
R33	CHILI CON CARNE , Cooked	69
R450	CHILLI CON CARNE, VEGETARIAN	83
R435	CHOP SUEY, TONGAN	71
R434	CHOW MEIN, ISLAND	71
R35	CHUTNEY, TOMATO	71
R484	COFFEE, CAFE LATTE , Caffeinated	71
R36	COLESLAW	71
R590	CRAB, CRABMEAT-STICK,BATTERED , Fried Contains fat,baking (butter,commercial fat,margarine,oil); fat,frying (oil,butter,margarine,lard)	71
R550	CROISSANT, FILLED WITH CHEESE AND HAM/BACON	71
R38	CRUMPET	71
R148	CUSTARD SQUARE	71
R40	DAHL, CHICK PEAS , Cooked	71
R554	DIP, MADE WITH REDUCED FAT CREAM AND SOUP MIX	71
R583	DOUGHNUT, FILLED WITH FRESH CREAM,SUGAR	71
R42	ECLAIRS, WITH CHOCOLATE ICING AND CREAM FILLING	71
R376	FALAFEL, VEGETARIAN , Fried	71
R437	FILLED HAM ROLL, WHITE BREAD	71
R479	FISH, CRUMBED , Baked/grilled Contains fat,absorbed in frying(oil,butter,margarine,lard)	71
R480	FISH, CRUMBED , Fried	71
R564	FISH, WITH COCONUT CREAM	73
R607	FRITTERS, WHITEBAIT , Shallow fried Contains milk (cow,std/trim,ready to drink); fat, frying (oil,butter,margarine,lard)	73
R48	GRAVY, LOW FAT , Prepared with gravy powder and water	73
R465	GRAVY, MUTTON , Homemade	73
R552	HOTDOG, WITH SAUCE,AMERICAN	73

Key	Food - full name	Page no.
R372	HUMMUS , Homemade	73
R50	JELLY , Prepared with water	73
R394	KEBAB, LAMB , Grilled with Mediterranean marinade	73
R513	KUMARA, CHIPS , Deep fried	73
R387	LAMB, WITH VEGETABLES , Stir-fried	73
R402	LAPLAP, CABBAGE, CASSAVA AND COCONUT	73
R462	LASAGNE, BEEF, MINCE	73
R55	MACARONI, CHEESE , Boiled then grilled	73
R473	MAYONNAISE, PREPARED WITH CONDENSED MILK , Homemade	73
R39	MEAT, CURRIED	73
R58	LOAF, MEAT , Baked	73
R59	MERINGUE	73
R60	MERINGUE , Filled with cream	75
R1001	MILO, MADE WITH TRIM MILK Contains trim milk (1.5% fat)	75
R543	MILO, MADE WITH WATER Contains milk (cow, std/trim mix, ready to drink)	75
R61	MOUSSAKA	75
R486	MUFFIN, SAVOURY WITH CHEESE	75
R471	MUFFIN, SWEET WITH FRUIT Contains fat, baking (butter/commercial fat/margarine/oil); milk (cow, std/trim mix, ready to drink)	75
R363	NACHOS, WITH BEANS, CHEESE AND SOUR CREAM	75
R62	OMELETTE, CHEESE	75
R63	OMELETTE, PLAIN	75
R163	PANCAKE, PLAIN	75
R581	PAPADOM , Fried Contains fat, frying (oil, butter, margarine, lard)	75
R582	PAPADOM , Microwaved	75
R527	PARSNIP , Baked	75
R70	PASTRY, DANISH	75
R155	PASTRY, FILO , Baked	75
R71	PASTRY, FLAKY , Cooked	75
R207	PASTRY, PUFF , Cooked	75

Key	Food - full name	Page no.
R604	PASTRY, SAVOURY,EGG AND BACON,ONE CRUST , Baked Contains milk (cow,std/trim mix,ready to drink)	77
R206	PASTRY, SHORT , Cooked	77
R568	PAVLOVA, CREAM-TOPPED	77
R463	PIE, BACON AND EGG	77
R76	PIE, BEEF MINCE AND VEGETABLES , Two crust	77
R83	PIE, CHICKEN , Two crust	77
R84	PIE, FISH	77
R88	PIE, FRUIT , One crust	77
R90	PIE, LEMON MERINGUE	77
R93	PIE, MINCE	77
R94	PIE, SHEPHERD'S	77
R95	PIE, STEAK AND KIDNEY	77
R164	PIKELET, PLAIN	77
R373	PORK , Chinese simmered	77
R97	PORK, WITH VEGETABLES , Separable lean and fat, Stewed	77
R388	PORK, WITH VEGETABLES AND CASHEW NUTS , Stir fried	77
R100	PUDDING, APPLE CRUMBLE , Baked	77
R101	PUDDING, BREAD AND BUTTER , Baked	77
R102	PUDDING, CHRISTMAS	77
R103	PUDDING, CUSTARD , Plain, Prepared with milk	77
R104	PUDDING, CUSTARD EGG	79
R209	PUDDING, MILK AND RICE , Canned	79
R106	PUDDING, RICE , Homemade	79
R454	PUDDING, COCOA RICE , Samoan	79
R495	PUDDING, SELF-SAUCING,CHOCOLATE , Baked Contains fat,baking (butter/commercial fat/margarine/oil); milk (cow,std/trim mix,ready to drink)	79
R109	PUDDING, SPONGE , With dried fruit, Steamed	79
R110	PUDDING, SPONGE , With treacle or jam, Steamed	79
R112	QUICHE, LORRAINE	79
R500	RAISINS, YOGHURT COATED , Uncooked	79
R113	RATATOUILLE	79
R610	SALAD, GREEK,WITH FETA AND OLIVES	79

Key	Food - full name	Page no.
R99	SALAD, POTATO	79
R482	SALAD, RICE	79
R551	SALAD, TABBOULEH	79
R377	SAMOSA, VEGETABLE	79
R433	SANDWICH, CHEESE, Toasted	79
R539	SANDWICH, EGG AND LETTUCE	79
R532	SANDWICH, FISH	79
R528	SANDWICH, CHEESE AND TOMATO, Toasted	79
R114	SAUCE, BOLOGNESE	81
R116	SAUCE, CHEESE	81
R593	SAUCE, MUSTARD	81
R489	SAUCE, PASTA, TOMATO BASED, WITH VEGETABLES Stewed	81
R591	SAUCE, PESTO, WITH BASIL	81
R119	SAUCE, WHITE, Savoury	81
R121	SAUSAGE ROLL, Flaky pastry	81
R123	SCONE, CHEESE, Baked	81
R165	SCONE, PLAIN, Baked	81
R125	SCONE, WHOLEMEAL, Baked	81
R166	SHORTBREAD, HOMEMADE	81
R541	SMOOTHIE, MADE WITH MILK, FRUIT JUICE, FRUIT AND YOGHURT Contains milk (cow, std/trim mix, ready to drink)	81
R130	SOUP, LENTIL	81
R134	STEW, BEEF, Stewed	81
R135	STEW, IRISH, Stewed	81
R391	SUSHI	81
R361	TACOS, FILLED, VEGETARIAN	81
R138	TART, CUSTARD	81
R143	TART, MINCEMEAT, One crust, Baked	83
R146	TRIFLE, SPONGE CAKE AND CUSTARD	83
R390	VEGETABLE, Stir-fried	83

SAUCES AND CONDIMENTS

Key	Food - full name	Page no.
S77	DIP, SOUR CREAM, ASSORTED FLAVOURS, 30% FAT , Commercial La Bonne Classic Dips	83
S79	DIP, SOUR CREAM,LITE,ASSORTED FLAVOURS,7% FAT , Commercial, Reduced fat Composite of Tararua and La Bonne	83
S29	DRESSING, `COLESLAW',LITE , Eta	83
S28	DRESSING, `FRENCH' , Kraft Kraft `French dressing'.	83
S31	DRESSING, `ITALIAN' , Kraft Kraft `Italian'	83
S45	DRESSING, `MAYONNAISE' , Commercial Composite of Eta `Mayonnaise' and Kraft `Mayonnaise'.	83
S64	DRESSING, `MAYONNAISE',REDUCED FAT , Commercial	83
S50	DRESSING, `THOUSAND ISLAND' , Eta	83
S7	DRESSING, `VINAIGRETTE'	83
S21	GUACAMOLE	83
S73	HUMMUS, ORIGINAL, 6.5% FAT , Commercial Composite of Lisa's, La Bonne, Signature Range and Middle Eastern	83
S80	PESTO , Basil, garlic, nuts, retail Composite of 'Foods by Chefs' and 'Delmaine'	83
S2	PICKLE, SWEET	83
S46	SAUCE, `TARTAR' , Eta Eta `Tartar sauce'	85
S22	SAUCE, CHILLI	85
S68	SAUCE, PASTA, CHUNKY VEGETABLE, TOMATO BASED Heated Composite of Dolmio (Chunky) and Bertoli (Five Bros) brands	85
S70	SAUCE, SIMMER, BUTTER CHICKEN , Heated Composite of Kan Tong, Watties, Pataks and Continental brands	85
S71	SAUCE, SIMMER, SATAY , Heated Composite of Kan Tong and Watties brands	85
S69	SAUCE, SIMMER, SWEET AND SOUR , Heated Composite of Kan Tong, Watties and Continental brands	85
S11	SAUCE, SOY	85
S44	SAUCE, TOMATO	85

Key	Food - full name	Page no.
	Composite of Cerebos,Watties `Homestyle' and King tomato sauce.	
S14	SAUCE, WORCESTERSHIRE	85
S6	TOMATO PUREE	85
SHELLFISH		
T31	COCKLES , Boiled for 5 minutes, <i>Austrovenus stutchburyi</i>	85
T40	CRAB MEAT STICK, IMITATION	85
T25	FRITTERS, PAUA , Deep fried	85
T26	KINA , Roe, Raw, <i>Evechinus chloroticus</i>	85
T28	MUSSEL, GREEN , Flesh, Marinated, <i>Perna canaliculus</i>	85
T27	MUSSEL, GREEN , Flesh, Smoked, <i>Perna canaliculus</i>	85
T4	MUSSEL, GREEN , Steamed, <i>Perna canaliculus</i>	87
T17	OYSTER , Flesh in batter, Deep fried in peanut oil	87
T6	OYSTER, DREDGE , Flesh, Raw, <i>Tiostrea lutaria</i>	87
T19	PIPI , Flesh, Raw, <i>Paphies australis</i>	87
T20	SCALLOP , Flesh, Deep fried in batter	87
T12	SHRIMP , Drained solids, Canned	87
T23	SQUID , Flesh in flour, Fried	87
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'	87
U70	CEREAL SOFT BAR, WHOLEMEAL , Fruit filled, assorted flavours	87
U17	CORN CHIPS, CHEESE FLAVOURED Composite of `CC's', `Sancho', `Aztec' and `Nachero's'.	87
U16	CORN SNACKS, CHEESE FLAVOURED Composite of Bluebird `Cheezels', `Twisties', `Rashun' and Eta `Cheese Rings', `Cheese balls'.	87
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'.	87

Key	Food - full name	Page no.
U34	FRUIT LEATHER, APRICOT	87
U23	FRUIT ROLL, STRAWBERRY Uncle Tobys `Fruit for Yonks'.	87
U30	MUESLI BAR, CHOCOLATE CHIP Composite of Foodtown `Muesli Bars',Flemings `Muesli Bars',Canterbury `Oaty Bar'.	87
U27	MUESLI BAR, CHOCOLATE COATED, `Snacker' Composite of Bluebird Snacker Muesli Bars `Chocolate Mint',`Chocolate Apricot',`Choc Honeycrunch',`Choc Fruit & Nut'.	89
U20	MUESLI BAR, MIXED FRUIT Composite of Foodtown `Muesli Bars Mixed Fruit',Canterbury `Fruity Oaty Bars',`Tropical and Apricot',and Flemings `Muesli Bars ,Berry'.	89
U24	MUESLI BAR, YOGHURT COATED Composite of Foodtown `Yoghurt Flavour Coated Muesli Bars, mixed berry',Bluebird `Snacker Yoghurt Apricot',`Snacker Yoghurt Berry'.	89
U57	MULTIGRAIN, `GRAINWAVES', Bluebird Composite of Golden Cheddar, Sour Cream & Bacon, Salsa, Sour Cream & Chives, Cheese and Chives, Smokey Bacon and Tangy Relish flavours.	89
U29	NUT & SEED BAR Composite of Europe `Sesame Bar',Sun `Sesame Bar',Natures Oven `Cashew & Coconut Bar'.	89
U40	POPCORN, BUTTERED, SALTED, Commercial Pop n Good, `Light and Buttery'	89
U18	POPCORN, CANDIED Composite of Harlequin `Pop n good flavoured',`Caramel pop n good',`Caramel Bunny' and `Cornfetti'.	89
U14	POTATO CRISPS, LITES, Bluebird Bluebird `Lites'	89
U38	POTATO CRISPS, SLIMS, Eta	89
U6	POTATO CRISPS, Flavoured Composite of Eta Ripples and Bluebird `Plain',`Chicken' and `Salt n Vinegar'.	89
U13	POTATO CRISPS, LOW SALT, Flavoured	89
U10	POTATO CRISPS, Plain	89
U45	POTATO CRISPS, SALT AND VINEGAR, Pringles Pringles brand	89
U41	PRETZELS	89
U1001	SNACK BAR, ONE SQUARE MEAL, (OSM)	89
U21	WHOLEMEAL FRUIT BAR	87

Key	Food - full name	Page no.
	Composite of Mother Earth `Apricot`,`Raisin` and `Fig`.	
SOUPS		
V57	SOUP, BEEF , Dried,prepared with water Continental `Cup-a-Soup Hearty beef`.	91
V1	SOUP, BONE AND VEGETABLE BROTH	91
V3	SOUP, CHICKEN , Condensed, Canned, prepared with water	91
V59	SOUP, CHICKEN , Dried,prepared with water Continental `Cup-a-Soup,Lots-a-Noodles`.	91
V76	SOUP, CHICKEN , Samoan	91
V68	SOUP, CHICKEN NOODLE , Maggi, Prepared with water	91
V42	SOUP, CORNED BEEF , Tongan	91
V41	SOUP, CORNED BEEF AND VEGETABLE , Niuean	91
V4	SOUP, CREAM OF CHICKEN , Canned	91
V9	SOUP, CREAM OF MUSHROOM , Canned	91
V15	SOUP, CREAM OF TOMATO , Canned	91
V69	SOUP, CREME OF CHICKEN , Maggi, Dried, prepared with water	91
V65	SOUP, CREME OF VEGETABLE , Maggi, Dried, prepared with water	91
V44	SOUP, FISH , Samoan	91
V75	SOUP, LAMB FLAP , Tongan	91
V8	SOUP, MINISTRONE , Dried,prepared with water	91
V66	SOUP, MUSHROOM , Maggi, Dried,prepared with water	91
V33	SOUP, PEA , Homemade	91
V34	SOUP, PUMPKIN , Homemade	91
V14	SOUP, TOMATO,CONDENSED , Canned, prepared with water	91
V55	SOUP, TOMATO , Dried,prepared with water Continental `Cup-a-Soup`.	93
V18	SOUP, VEGETABLE , Canned	93
SUGAR, CONFECTIONERY AND SWEET SPREADS		
W44	CANDIES, SOFT,MINT FLAVOURED	93

Key	Food - full name	Page no.
	Pascall `Minties'	
W5	CHOCOLATE, BOUNTY BAR , Cadbury	93
W34	CHOCOLATE, CRUNCHIE BAR , Cadbury	93
W39	CHOCOLATE, KIT KAT , Nestle	93
W6	CHOCOLATE, MARS BAR , Mars Incorporated	93
W33	CHOCOLATE, PINKY BAR , Cadbury	93
W66	CHOCOLATE, `MORO', BAR , Cadbury	93
	Composite of Cadbury `Moro' 65g and 50g.	
W35	CHOCOLATE, CANDY COATED	93
	Composite of Pascall `Pebbles', Nestle `Smarties', Mars `M&M's'.	
W56	CHOCOLATE, DARK	93
W55	CHOCOLATE, WHITE	93
W3	CHOCOLATE, MILK, BAR	93
W38	CHOCOLATE, WITH PEANUTS, BAR	93
	Composite of Whittakers and Cadbury `peanut slab'.	
W7	CHOCOLATE, FANCY AND FILLED	93
W8	FRUIT GUMS	93
W57	HARD CANDY, `CHUPA CHUPS' , Assorted flavours	93
	Pack size: `Big Bag'(300g), `10 Fruity Flavoured Lollipops'(130g), `10 Ice Cream Flavoured Lollipops'(120g).	
W11	HONEY	93
W31	ICE BLOCK	93
W49	JAM, ARTIFICIALLY SWEETENED	95
W14	JAM, BERRY FRUIT , Fruit and seeds	95
	Composite of Craigs, Cottees, Signature Range, Pams, Hansells and Barkers - Blackberry, Boysenberry, Three Berry, Mixed Berry, Raspberry and Strawberry Jams	
W15	JAM, STONE FRUIT	95
	Composite of Craigs, Pams, Cottees, Signature Range, Hansells, Barkers - Apricot, Red Plum, Black Cherry, Plum Jams	
W45	JELLYBEANS, `JAYBEES' , Pascall	95
W43	LIQUORICE, BLACK	95
	Composite of Allen's `Black Knight Luxury Licorice' and Allen's `Granny's Twist Licorice'.	
W29	LIQUORICE `ALLSORTS'	95
W17	MARMALADE	95
W40	MARSHMALLOWS, PINK AND WHITE	95

Key	Food - full name	Page no.
	Composite of Pascall and Regina.	
W18	PEPPERMINTS	95
W46	SAUCE, CHOCOLATE	95
	Composite of Cottee's and Hansells.	
W19	SUGAR, BROWN	95
W23	SUGAR, RAW	95
W24	SUGAR, WHITE	95
W1	SWEETS, HARD , Boiled	95
W25	SYRUP, GOLDEN	95
W26	TOFFEES, MIXED	95
VEGETABLES		
X2	ARTICHOKES, GLOBE , Leaves & upper stems, Boiled,drained	97
X134	ASPARAGUS , Canned,drained, <i>Asparagus officinalis</i> var. <i>altilis</i>	97
X180	ASPARAGUS , Combined cultivars, Spears, Steamed, drained, <i>Asparagus officinalis</i>	97
X1004	BAKED BEANS, IN TOMATO SAUCE , Canned, <i>Phaseolus vulgaris</i>	97
	Composite of Watties, Pams, Oaks	
X137	BEANS, BLACK , Cooked	97
X138	BEANS, BROAD , Boiled, <i>Vicia faba</i>	97
X139	BEANS, BUTTER , Boiled, <i>Phaseolus lunatus</i>	97
X140	BEANS, GREEN , Boiled, <i>Phaseolus vulgaris</i>	97
X10	BEANS, HARICOT , Boiled,drained	97
X13	BEANS, MUNG , Dahl, Cooked	97
X135	BEANS, MUNG , Sprouts, raw, <i>Phaseolus aureus</i>	97
X141	BEANS, RED KIDNEY , Boiled, <i>Phaseolus vulgaris</i>	97
X16	BEETROOT , Canned,drained, <i>Beta vulgaris</i>	97
X17	BEETROOT , Flesh, Boiled, <i>Beta vulgaris</i>	97
X19	BROCCOLI , Florets, includes flower cluster, leaves & upper stems, Boiled,drained, <i>Brassica oleracea</i> var. <i>botrytis</i>	97
X20	BROCCOLI , Florets,includes flower cluster,leaves & upper stems, Raw, <i>Brassica oleracea</i> var. <i>botrytis</i>	97
X21	BRUSSEL SPROUTS , Inner leaves, Boiled,drained, <i>Brassica oleracea</i> var. <i>gemmifera</i>	97
X250	CABBAGE, CHINESE , Cooked, <i>Brassica chinensis</i>	99
X23	CABBAGE, RED , Inner leaves, Raw	99

Key	Food - full name	Page no.
X29	CABBAGE, WHITE , Inner & outer leaves, Raw, <i>Brassica oleracea</i>	99
X27	CABBAGE, WHITE , Inner leaves, Steamed, drained, <i>Brassica oleracea</i> var. <i>capitata</i>	99
X84	CAPSICUM, GREEN , Flesh, Raw, <i>Capsicum annuum</i>	99
X272	CAPSICUM, RED , Raw	99
X33	CARROT , Flesh, Boiled, drained, <i>Daucus carota</i>	99
X31	CARROT , Flesh, Raw, <i>Daucus carota</i>	99
X237	CASSAVA , Tuber, Baked in traditional PNG oven (mumu'd), <i>Manihot esculenta</i>	99
X238	CASSAVA , Boiled, <i>Manihot esculenta</i>	99
X35	CAULIFLOWER , Flower and stem, Boiled, drained, <i>Brassica oleracea</i> var. <i>botrytis</i>	99
X36	CAULIFLOWER , Flower and stem, Raw, <i>Brassica oleracea</i> var. <i>botrytis</i>	99
X39	CELERY , Stem, Raw, <i>Apium graveolens</i>	99
X142	CHOKO , Flesh, Cooked	99
X259	CORN, SWEET , Baby, Canned,drained	99
X41	CORN, SWEET , Canned,drained	101
	Composite of Growers and Watties `Whole Kernel'.	
X301	CORN, SWEET , Canned, creamed	101
	Composite of Growers, Oak, Pams, Budget and Watties brands.	
X288	CORN, SWEET, KERNELS ON COB , Boiled	101
	Composite of McCain,Watties and Westurn's frozen corn on cob brands.	
X330	COURGETTE , Boiled or steamed	101
X261	COURGETTE , Raw	101
	Composite of yellow and green courgette	
X45	CUCUMBER , Flesh, Raw, <i>Cucumis sativa</i>	101
X260	GARLIC , Cloves, Raw,peeled	101
X143	GHERKIN , In sweetened brine, drained, <i>Cucumis sativus</i>	101
X145	KUMARA, OWAIRAKA RED , Flesh, Salt added,roasted in beef dripping, <i>Ipomoea batatas</i>	101
X151	KUMARA, OWAIRAKA RED , Flesh and skin, Salt added,baked, <i>Ipomoea batatas</i>	101
X152	KUMARA, OWAIRAKA RED , Flesh, Salt added,boiled, <i>Ipomoea batatas</i>	101
X50	LEEKS , Bulb, Boiled, drained, <i>Allium ampeloprasum</i> var. <i>porrum</i>	101
X53	LENTILS, RED , Cooked, <i>Lens esculenta</i>	101
X54	LENTILS, SPLIT , Boiled, drained, <i>Lens esculenta</i>	101
X305	LETTUCE, HYDROPONIC	101
	Composite of `Rocket', `Red Lettuce', `Lollo Bionda Lettuce', `Butterhead Lettuce', `Frillice Lettuce' and `Lollo Rossa Lettuce'	

Key	Food - full name	Page no.
	cultivars.	
X265	LETTUCE , Inner & outer leaves, Raw	103
X57	MARROW , Flesh, Boiled, drained, <i>Cucurbita pepo</i>	103
X60	MUSHROOMS , Flesh and stem, Raw, <i>Agaricus bisporus</i>	103
X298	MUSHROOMS , Fried in butter	103
X297	MUSHROOMS , Fried in oil	103
X146	ONION , Bulb, Pickled, <i>Allium cepa</i>	103
X65	ONION , Flesh, Fried in dripping, <i>Allium cepa</i>	103
X66	ONION , Flesh, Raw, <i>Allium cepa</i> var. <i>pukekohe long keeper</i>	103
X67	ONION, SPRING , Flesh of bulb, Raw, <i>Allium cepa</i>	103
X68	PARSLEY , Leaves, Raw, <i>Petroselinum crispum</i>	103
X69	PARSNIP , Flesh, Boiled, drained, <i>Pastinaca sativa</i>	103
X76	PEAS, CHICK , Channa dahl, Cooked, <i>Cicer arietinum</i>	103
X80	PEAS, GREEN , Frozen,boiled,drained, <i>Pisum sativum</i>	103
	Composite of Growers, Westerns, Watties and Pams `Garden peas'.	
X73	PEAS, SPLIT , Boiled, <i>Pisum sativum</i>	103
X327	POTATO, FRIES, FROZEN , Chunky cut, Precooked in canola oil, baked	103
X324	POTATO, FRIES, FROZEN , Chunky cut, Precooked in polyunsat oil, baked	103
X321	POTATO, FRIES, FROZEN , Shoestring cut, (Precooked in polyunsat oil, baked)	103
X322	POTATO, FRIES, FROZEN , Straight cut, Precooked in polyunsat oil, baked	105
X314	POTATO, WEDGES,FROZEN , Coated, 87% potato, Precooked in polyunsat oil, baked	105
X299	POTATO, IN SKIN , Microwaved	105
X96	POTATO, RUA , Flesh, Boiled,mashed with milk, butter and salt added, <i>Solanum tuberosum</i>	105
X93	POTATO, RUA , Flesh, Baked,salt added, <i>Solanum tuberosum</i>	105
X98	POTATO, RUA , Flesh, Roasted in beef dripping, salt added, <i>Solanum tuberosum</i>	105
X94	POTATO, RUA , Flesh, Boiled,drained, <i>Solanum tuberosum</i>	105
X154	POTATO, RUA , Flesh, Microwaved, salt added, <i>Solanum tuberosum</i>	105
X148	PUMPKIN , Flesh, Baked, <i>Cucurbita</i> spp.	105
X147	PUMPKIN , Flesh, Boiled,drained, <i>Cucurbita</i> spp.	105
X292	PUMPKIN , Flesh and skin, Roasted	105
X181	PUWHA, SOW THISTLE , Leaves & upper stems, Boiled, <i>Sonchus</i> spp.	105
X107	PUWHA, SOW THISTLE , leaves&upper stem, raw, <i>Sonchus</i> spp.	105
X112	RADISHES , Flesh and skin, Raw, <i>Raphanus sativus</i>	105

Key	Food - full name	Page no.
X1005	SEAWEED, NORI , Dried, raw	105
X177	SILVERBEET , Boiled for 10 minutes, <i>Beta vulgaris</i>	105
X117	SPINACH , Leaves & upper stems, Boiled,drained, <i>Tetragonia expansa</i>	105
X266	SPROUTS, ALFALFA , Raw Composite of Food Town and Sprout Man.	107
X225	SQUASH, BUTTERCUP , Flesh, Steamed	107
X123	SWEDE , Flesh, Boiled, drained, <i>Brassica napus var. napobrassica</i>	107
X242	TARO, BLACK,COMMON , Corms, Boiled, <i>Colocasia esculenta</i>	107
X241	TARO, COMMON , Corms, Baked in traditional Pacific oven (mumu'd), <i>Colocasia esculenta</i>	107
X296	TARO , Leaves, cooked	107
X125	TOMATOES , Canned,drained, <i>Lycopersicon esculentum</i>	107
X127	TOMATOES , Flesh, skin and seeds, Raw, <i>Lycopersicon esculentum</i>	107
X275	TOMATOES, IN TOMATO JUICE , Canned	107
X295	TOMATOES , Sun-dried	107
X129	TURNIP , Flesh, Boiled,drained, <i>Brassica rapa var. rapifera</i>	107
X157	VEGETABLES MIXED, CARROTS/CORN/PEAS , Frozen, boiled, drained	107
X131	WATERCRESS , Leaves & upper stems, Raw, <i>Rorippa nasturtium aquaticum</i>	107
X132	YAM , Flesh, Boiled,drained, <i>Dioscorea</i> spp.	107
X309	YAM , Flesh, Roasted,without oil	107

INFANT FORMULAS AND BABY FOODS

Z528	APPLE & OATMEAL , Pureed, can, Heinz Wattie's Suitable from 6 months	109
Z450	APRICOT PORRIDGE , Dry, Heinz Watties Suitable from 9 months	109
Z516	APRICOT PORRIDGE , Heinz Watties, prepared with standard milk. Suitable from 6-7 months	109
Z455	BABY RICE , Dry, Heinz Watties	109
Z521	BABY RICE, FAREX , Heinz Watties, Prepared with water, ready to eat Suitable from 4 months	109
Z529	CUSTARD, BANANA Heinz Watties, Smooth, canned	109
Z519	CUSTARD, BANANA Heinz Watties, prepared with standard milk	109

Key	Food - full name	Page no.
	Suitable from 6 months	
Z530	CUSTARD, EGG , Smooth, Heinz Wattie's	109
	Suitable from 6, months	
Z534	DESSERT, RICE PUDDING , Smooth, Robinsons	109
	Suitable for all ages	
Z1001	FORMULA, INFANT , Prepared, powder prepared in water	109
	Suitable from birth	
	Composite of Wyeth S26: Gold Alpha Pro, Gold Alpha Pro Tetra, Original Newborn, SMA, Nutricia Karicare: Gold, Heinz Nurture: Plus, Starter, Starter Gold	
Z1002	FORMULA, TODDLER , Prepared, powder prepared in water	109
	Suitable for 1 to 3 years	
	Composite of Wyeth S26: Toddler Gold, Toddler Gold Liquid, Heinz Nurture: Gold Toddler, Toddler	
Z525	FRUIT, APPLE , Heinz Watties, Pureed, canned	110
	Suitable from 4 months	
Z527	FRUIT & CEREAL, PEACH, APRICOT & SEMOLINA , Heinz Watties, Pureed, canned	109
	Suitable for all ages from 6 months	
Z526	FRUIT, FRUIT SALAD , Pureed, Heinz Wattie's	110
	Suitable from 4 months	
Z533	LAMBS FRY & BACON , Pureed, can, Heinz Wattie's	110
	Suitable from 6 months	
Z454	MUESLI, BABY , Finely Ground, dry, Heinz Watties	110
	Suitable from 6 months	
Z520	MUESLI, BABY , Finely Ground, Heinz Watties, prepared with water	110
	Suitable from 8-9 months	
Z457	MUESLI, BABY, OAT FLAKES AND APPLE , Dry, Heinz Watties	110
	Suitable from 4 months	
Z523	MUESLI, BABY, OAT FLAKES & APPLE , Heinz Watties, prepared with water	110
	Suitable from 9 months	
Z456	ORIGINAL MIXED GRAIN CEREAL , Dry, Heinz Watties	109
	Suitable from 6 months	
Z522	ORIGINAL MIXED CEREAL , Heinz Watties, prepared with water	109
	Suitable from 6-7 months	
Z532	POTATO PEAS & BROCOLI , Pureed, can, Heinz Wattie's	110
	Suitable from 4 months	

Key	Food - full name	Page no.
Z458	RUSKS, TEETHING RUSKS , Heinz Suitable from 6 months	110
Z504	SAVOURY, CHICKEN,PASTA & VEGETABLES,TODDLER , Heinz Watties, Chunky, bottled Suitable from 1-3 years	110
Z535	VEGETABLE AND CEREAL, CARROT & RICE , Heinz Watties, Pureed, canned Suitable from 4 months	109
Z531	VEGETABLE, PARSNIP & CARROT & KUMARA , Heinz Watties, Pureed, canned Suitable from 4 months	110