

***Using the New Zealand Food Composition
Data for Nutrition Information Panels
website***

Contents

1	<i>Introduction</i>	1
1.1	<i>Aim of site</i>	1
1.2	<i>Key components</i>	1
2	<i>Website layout</i>	1
3	<i>“Using the nutrient data”: Nutrient information panel data – user manual</i>	2
3.1	<i>Viewing</i>	2
3.2	<i>Printing</i>	2
4	<i>Searching the database</i>	3
5	<i>Search results</i>	3
5.1	<i>Food component information</i>	3
5.2	<i>Additional information</i>	5
5.3	<i>Printing results</i>	6
5.4	<i>Copying and pasting results into a Microsoft Excel spreadsheet</i>	7

1 Introduction

1.1 Aim of site

The aim of the New Zealand Food Composition Data for Nutrition Information Panels website is to allow users to find the amounts of seven key nutrients plus total dietary fibre in over 2470 foods. This information can then be used as it is, or in conjunction with users' systems, to calculate Nutrition Information Panel (NIP) information for products.

1.2 Key components

The key components of the website are the "Using the nutrient data" document and the database search facility

"Using the nutrient data": Nutrient information panel data – user manual

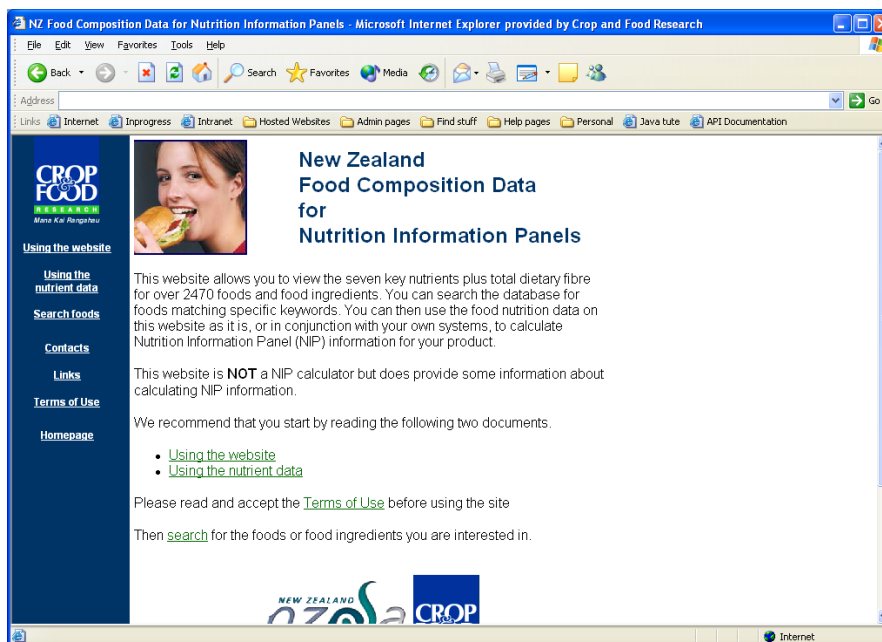
The "Using the nutrient data": Nutrient Information panel data - user manual (hereafter NIP data - user manual) provides detailed information on the data contained in the database.

Database search

The value of the website is that it allows users to search the database for specific foods. There are two ways to search the database. A keyword search returns all foods that match a keyword entered by the user. The second type of search allows a user to search for a specific, unique food identifier.

2 Website layout

The website divides the browser screen into two frames.



The first is the narrow, left-hand column with the dark blue background, which is the site navigation bar and visible anywhere on the website.

The second frame is the wider, right-hand column where content of the website is displayed. Clicking on a link in the navigation bar will open the corresponding content in the main frame.

From the navigation bar, you can choose to:

- access the “Using the nutrient data” document (the “NIP data - user manual”)
- read this “Using the website” document
- search the database
- view useful links
- read the Terms of Use for the website
- view contact information
- return to the website homepage.

Further information about using the “Using the nutrient data” document and searching the database is given below.

3 *“Using the nutrient data”: Nutrient information panel data – user manual*

3.1 *Viewing*

The NIP data - user manual is a PDF document. To view it you must have Adobe Acrobat Reader® installed on your computer. You can download the latest version of Adobe Acrobat Reader® from the Adobe website – www.adobe.com. To open the manual in Adobe Acrobat Reader®, click on the “Using the nutrient data” link in the website’s navigation bar.

Note: The NIP data user manual may open in a different window to the one you use to browse the website. If this happens you will need to explicitly go back to your browser to continue using the website.

3.2 *Printing*

To print the NIP data user manual, open it in Adobe Acrobat Reader® (see previous section 3.1), then click the printer icon on the Adobe Acrobat Reader® toolbar.

We recommend that you print out this document so that you can refer to it as you use the site.

4 Searching the database

To search the database, you:

5. **Open the Search Foods page** - choose the “Search foods” link on the navigation bar
6. **Choose the type of search** – select the button beside either “keyword” or “Food ID” (keyword is the default)

<input checked="" type="radio"/>	Keyword	← this searches Food names and returns all matches on food keywords specified by you e.g. banana cake Note: multiple keywords should be separated by spaces
<input type="radio"/>	Food ID	← this searches for a specific Food ID e.g. L32

7. **Enter the text to search for -**

- a keyword to find in the Name field – note that this only needs to be part of the Name to make a successful match. Separate multiple keywords with spaces.
- e.g. searching for “bagel” will return

Food ID	Name
R534	Bagel filled with salmon & cream cheese
A54	Bagels plain
A55	Bagels wheat

- a specific Food ID (see the manual for more information on Food IDs) – note this will return only **one** result.

To start a new search, use one of the “New search” links at the top and bottom of the “Search results” page or choose “Search foods” from the navigation bar.

5 Search results

5.1 Food component information

A successful search will present you with a “Search results” page with food component details for one or more food items. The key features on this page are shown in Diagram 1 below.

Search results

[New Search](#)

6 foods matched search keywords - "bread wholemeal"

Notes:

- Food Component values are given on a per 100 gram basis
- Food Component names have been abbreviated in the table below.
- To see the full Food Component name, click on the abbreviated name and the full name will appear in a popup message.
- For more information on these Food Components, see the document "[Using the nutrient data](#)"
- To see additional information about a specific food item, click on the name of the food item

Food ID	Name	ENERC	PROCNT	FAT	FASAT	CHOAVL	SUGAR	NA	FIBTG
		kJ	g	g	g	g	g	mg	g
A52	Bread roll, wholemeal, supermarket fresh	1,083	10.2	2.33	0.29	45.2	1.22	480	6.9
A45	Bread, pita, wholemeal	911	8.7	1.5	0.206	38.5	1.2	326	6.6
A124	Bread, wholemeal, sl & unsl, Norths Extra	876	8.06	1.42	0.337	37.1	1.3	641	6.3
A23	Bread, wholemeal, sliced & unsliced								
	Bread, wholemeal, toasted	1,086	9.4	1.7	0.404	46.7	1.7	746	7.5
A114	Cracker, crispbread, wholemeal	1,519	10.5	2.1	0.3	68.4	1.3	410	12.5

Food Component abbreviated name is linked to full name

Food name is linked to "Additional info" about specific food item

[New Search](#)

Information identifying food

Nutrient Information

Diagram 1 – Features of "Search Results" page

5.2 Additional information

More information about a specific food item can be accessed by clicking on the name of this item. The “Additional Information” page contains the detailed Food description and Source information as well as Common Standard Measure, Density and Ingredient information, where these are available. The key features on this page are shown in diagram 2 below.

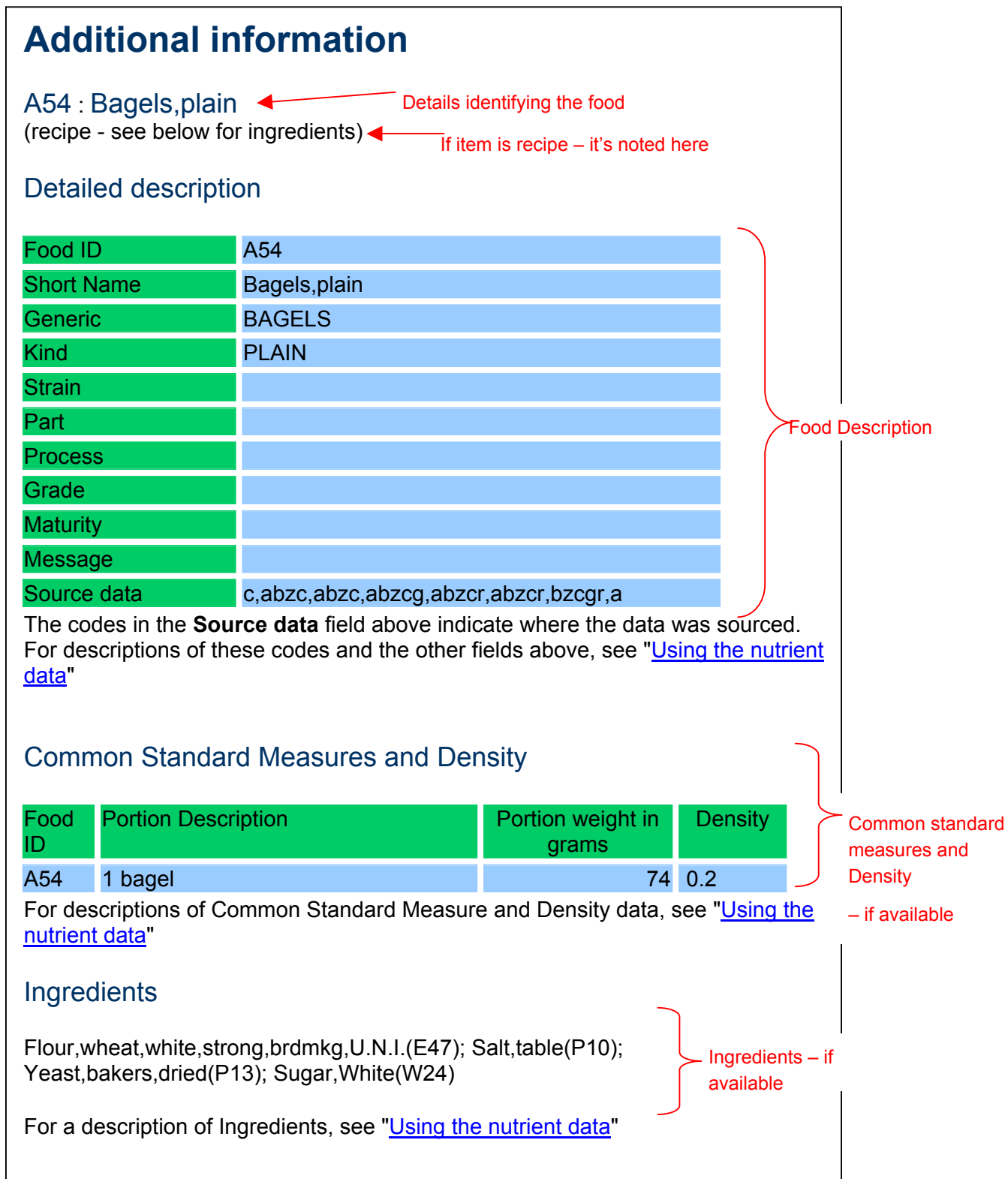


Diagram 2 – Features of “Additional Information” page

Note - to find out more about a specific ingredient, search the database for its Food ID, which is given in brackets after the food item name. You can go straight to the "Search foods" page via the "New search" link at the bottom of the "Additional Information" page.

5.3 *Printing results*

To print a results page, use the Print feature in your web browser. See below for guidelines on doing this in Internet Explorer and Netscape.

Printing the Summary Results page - it is recommended that you set the Page Orientation to Landscape before printing this page.

Note: these guidelines are for Internet Explorer 6 and Netscape Navigator 4.7. Printing options may vary in other versions of these browsers.

Printing in Internet Explorer (Version 6)

1. Click somewhere in the page you want to print
2. Open the Print dialog box
 - a) Choose **File | Print**
3. Make sure you are only printing the selected frame
 - a) In the **Print** dialog box, click on the **Options** tab (at the top)
 - b) From the options for **Print Frames**, choose **Only the selected frame**
4. Check that all other settings are correct for your printer
5. If desired, set the page orientation to Landscape
 - a) Make sure you have selected the **General** tab
 - b) Click on the **Preferences** button
 - c) Look under **Layout | Orientation**
 - d) Choose **Landscape** (remember to set this back to **Portrait** next time you print a webpage)
6. Click **Print**

Printing in Netscape Navigator (Version 4.7)

1. Click somewhere in the page you want to print
2. Open the print dialog box and choose to print a frame
 - a) Choose **File | Print Frame**
3. Check that all other settings are correct for your printer
4. If desired, set the page orientation to Landscape
 - a) Click on the **Properties** button
 - b) Look under **Layout | Orientation**
 - c) Choose **Landscape** (remember to set this back to **Portrait** next time you print a webpage)
5. Click **Print**

5.4 *Copying and pasting results into a Microsoft Excel spreadsheet*

Important note: This **only** works if you are using Internet Explorer.

In Internet Explorer

1. Click somewhere in the page you want to copy
2. Select the information you want to copy
 - a. To select everything in the page use **Edit | Select All** or **Ctrl-A**
3. Copy the selected items to the Windows clipboard
 - a. **Edit | Copy** or **Ctrl-C**
4. Open Excel and open the workbook you want to paste the material into.
5. Move the cursor to the spot in the worksheet where you want to paste the information
6. Paste in the information
 - a. **Edit | Paste** or **Ctrl-V**