

Canadian Food Statistics

Methods and Data Sources

A description of the supply-demand based food and nutrition data produced by the

Agriculture Division, Statistics Canada

Initially written November 2006

Last update: January 2007

Contents include:	Page
Overview	2
Food Supply and Demand	3
Perspective by Food Group	7
Nutrients Available	16
Food Adjusted for Losses	17
Nutrients Adjusted for Losses	18
Review 2006	19
Release	20
Strengths and Limitations	21
Table 1 –Sample Supply-Demand Table	25
Table 2 –Sources of Input Data	26
Table 3 –Nutrient Factors	52
Table 4 – Waste Adjustment Factors	77

Canadian Food Statistics, Methods and Data Sources

Overview

[Back](#)

Statistics Canada's Agriculture Division (AD) has produced data depicting the amount of food that is available for consumption from the Canadian food supply as far back as the twenties, although the current data set begins in 1960. Also referred to as disappearance or apparent per capita disappearance, the data have always been sought after by a large array of users from nutritionists to market analysts to students. Food represents a basic need, an important expense and a source of entertainment or concern for many. Consequently, it is of interest to every Canadian and is increasingly relevant due to health implications.

The data set provides detailed information by commodity over time, providing a basis for assessing trends in the availability of numerous foods. The methodology used to calculate food available for consumption is similar to that used in the United States and many other countries. As such, not only is the data set a valuable source for tracking trends, it is useful when making comparisons to other countries. The data are also a valuable input for social policy, for formulating regulations and monitoring or assessing the impact of policy change.

In essence, the amount of food available for consumption is based on the supply and demand (disposition) for a series of commodities. The estimate of food available for consumption is residually derived based on the supply-demand model. Total supplies are calculated and from this number the known uses of the commodity are deducted to arrive at a net supply. This number is then divided by the Canadian population to arrive at the retail weight of food available from the Canadian food supply on a per person basis.

The food available does not account for losses at the retail level nor through preparation in homes, restaurants or institutions. Over time, the long-standing program has evolved. In the past, the data were referred to as Apparent Per Capita Food Consumption in Canada. The term apparent was and is occasionally used to distinguish the measure from actual consumption because apparent consumption is not measured directly nor does it account for certain losses. Currently, the term food available (for consumption) has replaced apparent food consumption.

Despite some data gaps, the concept is to account for all food (and beverages including alcohol) commodities once and only once. In many cases the food commodities are accounted for at the food manufacturing input stage. For instance, wheat flour is accounted for while baked goods are not estimated individually. Accounting for all important food commodities allows the commodities to be summed to the level of food groups, such as fruits or vegetables –an important aspect of the program for many users.

Partially due to the relevance of food statistics to Canadians, the Agriculture Division of Statistics Canada increased its investment in the food statistics program in the mid nineties. This led to numerous fundamental developments including:

- a complete review of all data sources;
- the addition of some 60 new commodities;
- development of nutrients available data set;
- development of experimental food available adjusted for losses data set;
- development of experimental nutrients available adjusted for losses data set; and,
- development of Canada Food Stats CD-ROM

The Agriculture Division received considerable assistance in the development of its program from the Food Bureau of Agriculture and Agri-Food Canada (AAFC). In addition, Health Canada provided important input.

The objective of this document is to set forth the methods used to derive food statistics and the nutrient equivalents of that food in a fairly comprehensive manner. The document will present a written overview accompanied by detailed commodity information provided in reference tables. The document will work through the data starting with food available followed by nutrients available before looking at the data after adjusting for losses.

Food Supply and Demand

[Back](#)

The food statistics program relies on commodity level supply-demand analysis, a tool that is used to analyse every agricultural commodity. Although there are numerous options when using this type of analysis as the geography, time periods, format and scope can be changed to apply to different analytical situations, there are some basics that should be kept in mind.

Supply-demand analysis is fundamentally stock and flow analysis. The stocks at the beginning of a period are combined with the flows in during that period to estimate total supplies. Total demand is estimated in a similar fashion where flows out during the period are combined with ending stocks to estimate total demand. Consequently, total supplies for a given commodity in a given time period must equal the total demand for the same period. And, the ending stocks of one period must equal the beginning stocks of the next period.

In reality, it is unusual for all stocks and flows to be measured directly. However, using the basic principles, a missing component can be derived residually.

The food statistics program relies on supply-demand analysis. There are several important features of the program that relate back to the basics but are partially governed by the available data. The data are by commodity, although the relevance of each commodity is highly variable. The food data focus on annual estimates at the national level. Importantly, the food available for consumption from the Canadian food supply is derived residually.

The format for the food commodities is standardised with every commodity depicted in the same way. The supply-demand tables start with Beginning Stocks and then account for Production and Imports. The three numbers are added to derive the Total Supply.

On the demand side, Exports, Manufacturing and Waste are displayed followed by Ending Stocks. The Net Supply of food available for consumption is derived by subtracting the flows out plus Ending Stocks from the Total Supply. The Net Supply is viewed as the total amount of food available at the retail level.

The Net Supply is divided by the Canadian population as of July 1st of the year depicted to calculate the Food Available per person, per year, at the retail level. It is normally expressed on a weight basis in kilograms unless that is inappropriate, as is the case with beverages. The retail weight of the food available is viewed as the most important number.

The data are sometimes often displayed on a different basis depending on the commodity. For example, processed fruits and vegetables are displayed on a retail basis and fresh equivalent

basis. The different basis for the retail weight is displayed simply to provide additional information for analytical purposes.

The information required to produce the food statistics is extensive and varied. The sources of data often reach deeply into the agricultural statistics program relying on surveys conducted by AD. Further, numerous divisions in Statistics Canada such as International Trade Division (ITD) or Manufacturing Division (MD) contribute crucial components of the data set. Considerable administrative data from organisations such as AAFC or provincial departments also are invaluable.

Please see Table 1 for a sample of the supply-demand layout used to describe all food commodities.

Beginning Stocks

The Beginning Stocks represent the physical inventory of fresh and frozen products held in storage of a particular commodity at the beginning of the year. They equal the previous year's Ending Stocks. As a consequence of the calculation, this item has a fairly small impact on Net Supply because it is truly the change in inventories that has any impact.

There are numerous commodities for which inventory data are not available; however, given the small impact of these data, the affect of this type of data gap is likely minor. Due to confidentiality, some inventory data are not displayed but they are used in the calculation.

Please see Table 2 for a complete listing of the supply-demand data sources.

Production

The production data represent the amount of a particular commodity that is produced during the reference year. The data are often based on independent surveys of farms and food processors. Many of the surveys are conducted by AD.

Please see Table 1 for a complete listing of the supply-demand data sources.

Imports

Import data are provided by ITD. Specifically, the data are pulled from the World Trade Atlas by Harmonized System (HS) code.

Please see Table 2 for a listing of HS codes used for Imports and Exports.

Total Supply

Total Supply is the sum of Beginning Stocks plus Production plus Imports. This number represents the total supply of a particular commodity that is available for any use.

Exports

Export data are provided by ITD. Specifically, the data are pulled from the World Trade Atlas by the HS code.

Please see Table 2 for a listing of HS codes used for Imports and Exports.

Manufacturing

Manufacturing data include requirements for processing, seed, animal feed and industrial use. If data are available at a more detailed level, then an important component of manufacturing is the amount used for processing. At the same time, the processed commodities need to be accounted for. For instance, apples contain an amount for processing and processed apples (be they canned, dried, frozen, made into apple sauce or pie filling) are accounted for as individual commodities.

If detailed data are not available for processed products, then the commodity is accounted for at a less processed level even though it might often be used as an input into further processing. For instance, wheat flour is accounted for but the wheat flour products from breads to cookies are not accounted for. Consequently, there is no deduction from wheat flour to account for further processing.

Waste

Traditionally, the waste factors attempt to account for quantities removed during processing or that are lost in storage. They do not allow for losses at the retail level, in households, restaurants or institutions during storage and preparation, or for unconsumed food.

Ending Stocks

The Ending Stocks represent the physical inventory of fresh and frozen products held in storage of a particular commodity at the end of the year. They equal the following Beginning Stocks. As a consequence of the calculation, this item has a fairly small impact on Net Supply because it is truly the change in inventories that has any impact.

There are numerous commodities for which inventory data are not available; however, given the small impact of these data, the affect of this type of data gap is likely minor. Due to confidentiality, some inventory data are not displayed but they are used in the calculation.

Net Supply

The Net Supply is derived by subtracting the known uses from the Total Supply. The uses (demand) include Exports, Manufacturing, Waste and Ending Stocks. This represents the total food available for human consumption from the Canadian food supply.

Available Per Person

The food available per person is calculated by dividing the Net Supply by the population as of July 1 for any given year. It includes the total number of persons whose usual place of residence was somewhere in Canada, including Canadian government employees stationed abroad and their families and crews of Canadian merchant vessels. The population data excludes government representatives of other countries and their families, members of the armed forces of other countries and their families stationed in Canada, students attending school in Canada whose usual residence is outside the country and temporary visitors to Canada.

The food available per person is displayed in several ways, although the primary number is normally the retail quantity (per person). This retail basis is normally expressed on a weight basis, although it may be expressed on a volume basis as is the case with beverages.

The retail quantity per person (or its equivalent) is viewed as the most important number as it displays levels and trends for individual foods in a manner that is somewhat intuitive for many analysts. It allows for easy comparisons of one type of food to another and within or between food groups. Further, it is the number on which all other calculations are based including different ways of displaying the data, estimates of loss-adjusted food available and nutrient equivalents.

In addition to the retail weight, the food available data are often displayed in different ways to facilitate analysis. Processed fruits and vegetables or selected beverages are displayed on a fresh equivalent basis. Dairy products are depicted on a milk solids basis. The sugar content of sugar products such as refined sugar, honey or maple syrup is provided. Oils and fats include estimates of the fat content. Red meats are displayed on a boneless and carcass basis while poultry is provided on an eviscerated and boneless basis. Fish data are provided on an edible weight basis. In the case of alcoholic beverages, the data are displayed in two ways. One is per Canadian as with all other commodities and the other is based on Canadians 15 years of age and over.

Perspective by Food Group

[Back](#)

Cereal Products

The food available for consumption value on a per capita or per person basis for cereal products describes what is available after the products leave the mills and therefore, further processing is not included under the manufacturing category. For wheat flour, rye flour, oatmeal and rolled oats, production and stocks data are derived from a monthly survey of Canadian millers, conducted by the Crops Section of the Agriculture Division. Data for imports and exports of these products are obtained ITD. Included in wheat production are Canadian western red spring, red winter wheat, soft white spring wheat, and amber durum wheat; and Ontario and Quebec winter and spring wheat.

Per capita food available figures are provided for pot and pearl barley, corn flour and meal; however, some calculation components are hidden because of confidentiality restrictions.

Virtually all of the domestic supply of rice is imported. Production data represent Canadian wild rice production, as provided by the Manitoba, Saskatchewan and Ontario departments of agriculture. Import data includes that for wild rice. Stocks data are not available for rice.

For breakfast foods, the data include prepared, ready-to-serve breakfast foods, unprepared oatmeal and rolled oats and other unprepared cereals. The volume of oatmeal and rolled oats is removed from the production and trade data to avoid double counting. Historically, the production of breakfast foods was based on shipments data provided by MD. As of 1997, the availability of breakfast foods is based on adjusted domestic retail sales data.

Sugars and Syrups

The per capita availability of refined sugar includes all sugar destined for domestic and commercial uses (baking, confectionery). It is provided in retail weight (the weight of the product itself) and sugar content (the quantity of sugar in a product).

In the past, Manufacturing Division collected information on the production and stocks of refined sugar through surveys of all known Canadian refiners of raw sugar. Manufacturing inputs in refineries include cane or beet sugar, chemically pure sucrose in solid form and liquid sucrose. Imported sugar products include granulated, cubed, brown and confectioner's sugar. Exports consist of refined cane and beet sugar. Stocks and production data are now provided by the Canadian Sugar Institute.

In 2005, following consultations with the Canadian Sugar Institute, the food supply-demand for refined sugar was modified to include imports and exports of sugar containing products. Canada increasingly exports more sugar containing products than it imports.

Production data of maple products for Ontario, Nova Scotia and New Brunswick are collected by Horticultural Unit of Agriculture Division through a producer survey while production and stocks data for the province of Quebec are provided by the Institut de la Statistique du Québec. Production is recorded in units of maple syrup, but all maple products (taffy, butter, syrup) are converted to a maple sugar equivalent. Artificially produced maple items are not counted, only farm produced maple sugar. All trade data are converted to a maple sugar equivalent in order

to maintain consistent units throughout the supply-demand tables. These tables are reported on a crop year basis (April-March).

Estimates of honey production are derived from a survey of beekeepers. Beginning stocks (if there are any) and imports are added to production to obtain total supply. Ending stocks (where applicable) and exports are deducted to produce a net supply figure. The food available data for honey is reported in retail weight and sugar content.

Meats

The procedure used to calculate the food available for beef, veal, pork, mutton and lamb is basically the same. Animals slaughtered include federally inspected slaughtering provided by AAFC and estimates for those slaughtered in commercial establishments not under federal inspection as well as on-farm slaughtering. The total warm dressed carcass weight is obtained from information collected by AAFC on animals slaughtered under federal inspection (Canadian Food Inspection Agency).

To convert to a cold dressed basis, beef is reduced by 1.5% to allow for shrinkage and 2.04 kg per carcass are added to account for head meat recovery. Veal is reduced by 15% to allow for shrinkage and removal of the hide, 0.23 kg per carcass is subtracted to account for kidney which is weighted in the carcass and 0.36 kg per carcass is added to account for head meat recovery.

Mutton and lamb are reduced by 3% for shrinkage, 0.09 kg per carcass is subtracted for kidney and 0.18 kg per carcass is added to account for head meat recovery.

A new methodology has been developed for estimating pork available on a carcass basis. In 1988, a methodology was developed to reflect the trend towards leaner hogs. Warm carcass weight is reduced by 3% for shrinkage to arrive at a cold carcass weight. A further 0.68 kg per carcass is deducted for kidney and tongue which is left in the carcass. The result is pork carcass production. Previously, 17% of cold carcass weight had been subtracted to account for larding fat. This however, is no longer done. The retail conversion factor for pork is similar to that developed for beef. It is calculated on the portion of the carcass that is available for consumption after the skin, bone and trimmed fat have been removed. The average cold dressed carcass weight is obtained by dividing the cold dressed weight for federally inspected slaughter by the number of animals slaughtered under federal inspection. This average cold dressed carcass weight is then multiplied by the total number of animals slaughtered to obtain a total cold dressed carcass weight. From the total supply, exports and ending stocks are subtracted to arrive at the domestic consumption. For pork, manufacturing and waste are removed from the supply to arrive at domestic consumption.

Exports of meats are collected and published by the International Trade Division. Conversion factors are applied to these exports to bring them to a cold dressed carcass basis.

Offal includes variety meats such as liver, heart, kidney, tongue, sweetbreads, oxtail and edible tripe and is calculated on a specific poundage per carcass basis. The procedure for calculating the per capita availability of offal is basically the same as described for other meats.

Poultry

Production and beginning stocks are added to imports to derive total supply. From total supply, exports and ending stocks are deducted to produce net supply. Live imports and exports are converted to an eviscerated basis (dressed, ready for sale). Since the supply-demand is calculated on an eviscerated weight basis, no further manufacturing or waste factor calculation is applicable. The available data are expressed in terms of eviscerated weight.

Fish

Data are available for four categories: fresh and frozen seafish, processed seafish, total shellfish and freshwater fish. Production data are provided by Fisheries and Oceans Canada for the commercial fishery, and aquaculture data are obtained from the Livestock Section, Agriculture Division. Information on stocks is not available. Imports and exports data are obtained from International Trade Division, Statistics Canada.

The estimates are analysed as a group and provided to the food statistics program by the Truro Office, Agriculture Division. Initially all the data are converted to an edible weight basis due to the variety of species, products, sources and conversion factors. Therefore, the food available information is provided only on an edible weight basis.

Eggs

Total egg production includes all eggs sold for consumption, consumed by producers, sold for hatching, and leakers and rejects. Production from registered, non-registered and hatchery supply flocks are included in these estimates. Egg production is derived using average layer numbers and their estimated rates of lay.

Administrative data from AAFC and the Canadian Egg Marketing Agency and information from surveys conducted by the Livestock Section are used when compiling these estimates. Data on beginning and ending stocks are obtained from a monthly survey conducted by the Livestock Section in conjunction with AAFC, while information on imports and exports is provided by the ITD. The manufacturing figure represents domestically produced eggs used for hatching and is therefore not included in the amount available for human consumption.

Processed eggs are not included in manufacturing but are converted to shell egg equivalent and are incorporated into the supply-disposition. The waste figure contains the leakers and rejects, those eggs which did not meet quality control standards.

Pulses

The Agriculture Division provides data on production of pulses. For dry beans and dry peas, yield is reported on a field-run basis: the product is removed from the field and the total weight-harvested is reported as production with no allowances made for spoilage. Import and export data are provided by the ITD. Data for dry peas and dry beans are presented on a crop year basis (August - July).

Crops Section reports production for both dry white beans and coloured beans (as of 1991) through a producer survey. Coloured beans include red kidney, pinto, cranberry, black turtle, azuki, great northern, black, black eye and yellow eye varieties. Approximately 2% of production

is removed to account for waste. The manufacturing figure includes seed requirements and quantity used by manufacturers.

Production figures for dry peas are derived from a producer survey. Imports are added to production to obtain total supply; there is no information available for stocks. All imports and exports are converted to a whole pea equivalent to allow trade data, which includes split peas, to be incorporated. Dry peas used for manufacturing include feed and seed requirements as well as processing. The waste component is also set at 2% of total production.

As of 1976, shipments by manufacturers are used to estimate production of baked and canned beans. Since 1997, the amounts available have been based on adjusted retail sales data.

Nuts

The bulk of Canada's supply of nuts is imported. There is some limited production of filberts/hazelnuts in British Columbia. The British Columbia Department of Agriculture provides information on this production. Imports and exports are reported by the International Trade Division and most trade data are reported on a shelled weight basis. Where appropriate, commodities are converted to shell weight. The supply of tree nuts is comprised of imports such as almonds, brazil nuts, pecans and walnuts, and does not include oil-producing nuts (such as beechnuts).

Dairy Products

Information on dairy products is obtained from several sources. Fluid milk and cream production data are derived mainly from administrative data supplied by the milk marketing boards in each province, based on the sales by dairies. The waste figure, which accounts for milk lost in transfer and shrinkage, is incorporated into the sales data. Since there are no stocks, imports, exports or other waste deductions for fluid milk and cream, production constitutes the net supply for these items.

For other dairy products and by-products such as cheddar, processed and variety cheese, condensed and powdered milk, ice cream, cottage cheese, sherbet, milkshake, ice milk, yogurt and sour cream, information originates from the Dairy Unit of the Agriculture Division, in conjunction with provincial marketing boards and departments of agriculture.

Production and stocks data are released on a quarterly basis and import and export information is obtained from ITD and the Canadian Dairy Commission for a few exported products.

Most of these products are considered as final products not requiring further processing and therefore manufacturing data are not reported. A waste figure is incorporated into the production data.

This value is also expressed in terms of milk solids (that portion of the product which comprises butterfat and non-fat solids such as protein and calcium, etc). The milk solid values are calculated on a weight basis rather than a volume basis.

Oils and Fats

There are four categories of oils and fats. They include: butter, margarine, salad (or vegetable) oils, along with shortening and shortening oils. The data depicting the amounts available for consumption are presented on a retail weight and fat content basis.

Butter is estimated independently with information that originates from the Dairy Unit of the Agriculture Division in conjunction with provincial marketing boards and departments of agriculture. Trade data for butter are obtained from the ITD and the Canadian Dairy Commission.

The other three categories are treated as a group. To backtrack a little, prior to 1994, production data on margarine, salad oils, shortening and shortening oils were based on sales to retail and commercial outlets, therefore no stock information was required. Trade data for these products was obtained from the ITD. They were considered as final products not requiring further processing and therefore, manufacturing data were not reported. A waste figure had already been accounted for in the production data, so no additional waste factor was applied.

In July 1995, the survey of oils and fats, conducted by MD, underwent some revisions in cooperation with the Canadian Oilseed Processors Association. Prior to July 1995 the target population was intended to cover 100% of the production of deodorized oils and fats. Also included were purchases of Canadian deodorized oils and fats for those reporting establishments. From July 1995 on, emphasis was placed on production and the purchasing aspect was dropped, reducing the number of companies surveyed in the last half of 1995. However, the annual figures for 1995 still included the data from those companies that were eliminated from the last half of the year.

With the changes in methodology in 1995, MD cautioned users when comparing data prior to 1995 with data from 1995 on. An earlier break in the series occurred in 1988 when a new descriptive coding system was introduced.

In 1995, the degree of estimation for non-response was 1.8%. By 2001, the last year for this survey, estimation for non-response had grown to 37.3%. After 2001, manufacturing data no longer existed making it necessary to find an alternative source. Until this new source could be found and tested, trend analysis was used as a substitute.

The series related to oils and fats underwent a major review in 2003, partially due to a loss of manufacturing data and partially to ensure the data were reasonable due to the large increase in the amounts available over time. The oils are currently worked as a group and then distributed to three categories. The categories include margarine, salad oils, along with shortening and shortening oils.

The current method relies on supply-demand calculations for canola oil, soybean oil and other oils. Canola and soybean oil provide the largest contribution to the estimates. Confidential beginning and ending stocks are provided by the Grain Marketing Unit, Agriculture Division. Production data originate with the Crushing Survey conducted by the Unit. Technically, the data are obtained from the Canadian Oilseed Processors Association due to a cooperative agreement between the Unit and the Association. Small adjustments are made to the data to adjust it to a crude basis. Trade data are provided by International Trade Division. Using ratios, pet food and chemical use of oils are deducted before the net use is residually derived.

Other oils are based on trade data as they are not produced in Canada. Exports are netted from imports for numerous oils including palm, peanut, olive, sesame, sunflower, safflower, cottonseed and corn oil. Trade in margarine and shortening are also taken into account.

Once the total amount available for all oils is derived, it is distributed to the components of butter, margarine, salad oils and shortening. After butter is accounted for, the residual is distributed amongst the other three items based on proportions established historically.

In addition and in order for there not to be any breaks in the series, a smoothing exercise was performed. The year 2001 was used as the benchmark year. In other words, this was the last year of data from manufacturing and it was used as an indicator for the quality of the new methodology. The initial results from the new method were quite similar to those of the old, giving confidence that this new method was viable.

Adjustments to the figures were carried back to 1988 to limit the impact of data fluctuations. Fluctuation can be the result of data anomalies or it can mirror legitimate responses to market conditions. The data from the old method and the new method were virtually the same in 1996, the pivot year, where the two methods seemed to revolve around one another.

Fresh Fruits

Production of fresh fruits is reported by the Horticulture Unit of the Agriculture Division. Information is gathered through producer surveys or directly from the representatives of various provincial departments of agriculture.

Stocks data for apples are available from Agriculture and Agri-Food Canada. The import and export data, based on a calendar year basis, originate from ITD. For several commodities the total supply is imported (avocados, bananas, coconuts, dates, figs, guavas and mangoes, muskmelons and cantaloups, wintermelons, papayas, prunes, plums and sloes, pineapples, quinces). The quantity of each commodity acquired by processors or used as manufacturing inputs is reported under manufacturing. This may be the amount reported by processors. Manufacturing inputs are removed from the fresh net supply only to avoid double counting. The information is obtained from the Horticulture Unit and Manufacturing Division, Statistics Canada.

Citrus Fruits

Information on citrus fruits is obtained from the import and export data available from the International Trade Division of Statistics Canada. Since there are no stocks or domestic production of these commodities, imports constitute the net supply for these items. As of 1988, the data for mandarins became available and have been added to this table. However, they continue to be included with fresh oranges in order to maintain a consistent historical time series.

Processed Fruits

Historically, the production of processed fruit products was reported by manufacturers to the Manufacturing Division of Statistics Canada. Data on stocks of canned and frozen fruits were available from Manufacturing Division, Statistics Canada. Import and export data based on a calendar year basis originate from International Trade Division, Statistics Canada. Processed products are considered as end products so there is no further manufacturing component. Since 1997, the amounts available have been based on adjusted retail sales data.

Fresh Vegetables

Production of fresh vegetables is reported by the Horticulture Unit of the Agriculture Division. Information is gathered through producer surveys or directly from the representatives of various provincial departments of agriculture.

Stocks of fresh vegetables are reported by AAFC. These commodities include cabbage, carrots, onions and shallots, white potatoes, rutabagas and turnips.

The import and export data originate with the International Trade Division, Statistics Canada. For several commodities the total supply is imported (artichokes, chinese cabbage, other edible root vegetables, eggplant, kohlrabi, manioc, okra, olives, other leguminous vegetables, rappini, and sweet potatoes).

In the case of white potatoes, a responsibility of the Truro Office of Statistics Canada, there are now 6 estimates including: Potatoes, white; Potatoes, fresh; Potatoes, processed; Potatoes, frozen; Potatoes, chips; and, Potatoes, processed, other. In essence, Potatoes, white are a sum of fresh and processed potatoes while Potatoes, processed are a sum of the 3 categories of processed potatoes.

The fresh potatoes are estimated using traditional techniques with stocks provided by AAFC, production estimates based on producer surveys or provincial input, and trade data provided by ITD. The manufacturing data represent the quantity of potatoes used to produce processed potatoes. The waste data represents potatoes used for seed or culled and normally fed to livestock.

The estimates related to processed potatoes were developed in response to a high demand for the data over a long period of time. Caution should be used when working with these data as some of the data are estimates based on norms or industry input. Due to the few processors, much of the data are considered confidential and cannot be displayed.

Supply-demand tables are worked up for the three types of processed vegetables. The process is iterative in that some data are estimated and then fine-tuned when confronted with other estimates related to potatoes. Estimates of inventories are based on the number of days of product supply in storage available to meet consumer demand. The production numbers utilise AAFC data that depict monthly disappearance of potatoes. A proportion of the disappearance can be attributed to each type of processed product.

It is important to note that the calculations related to processed potatoes are carried out on a fresh equivalent basis. Production is input as potatoes required to produce the product (fresh equivalent) and trade data are converted. The potatoes available for consumption on a fresh equivalent basis are then derived before calculating the retail weight using industry supplied factors. It is for this reason that waste is not calculated directly. The waste is implied in the difference between the fresh equivalent and the retail weight. However, some of this implied waste can be used to produce by-products.

Processed Vegetables

The production of processed vegetable products was reported by manufacturers to the Manufacturing Division of Statistics Canada. Import and export data, based on a calendar year basis, originate from International Trade Division, Statistics Canada. Processed products are considered as end products so there is no further manufacturing component. Since 1997, the amounts available have been based on adjusted retail sales data.

Juices

The information on grapefruit, grape, lemon, orange and pineapple juices is obtained from the import and export data available from ITD. Since there are no stocks or data on domestic production of these commodities, imports constitute the net supply for these items. In the case of apple and tomato juices information on production and stocks was available from MD. Since 1997, the amounts available have been based on adjusted retail sales data.

Fruit juices are measured in terms of weight not volume. Once converted to kilograms, frozen and unfrozen concentrates are converted to a single strength basis. Then all juice products can be referenced as single strength juice which can be converted to a fresh equivalent weight. Two available figures are published - one in kilograms and one in litres.

Beverages, Non-Alcoholic

Tea, Coffee and Cocoa

All components of the supply-demand for tea are reported in tea leaf equivalent. Coffee and cocoa are reported in their respective bean equivalents. There is no domestic production of these commodities; imports and beginning stocks represent the total supply.

The per capita disappearance data for coffee and tea are also reported in litres. As of 1997, the per capita disappearance of coffee is based on adjusted domestic retail sales data.

Soft Drinks

The net supply is based on total domestic sales, as provided by the Canadian Soft Drink Association. Included in the imports and exports are data for mineral and aerated waters, which contain added sugars, other sweeteners, or flavours. The data on imports and exports are provided for information only and are not used in the calculation.

Bottled Water

In the past, the bottled water data were calculated using the domestic sales information provided by the Canadian Bottled Water Association. These data represent sales of bottled water, which includes spring water, mineral water, well water, artesian water, purified water and carbonated bottled water. Bottled water cannot contain sweeteners or chemical additives and must be calorie free and sugar free. Soda water, seltzer water and tonic water are not considered bottled water. Currently, there is no source of data for this item.

Alcoholic Beverages

The net supply along with trade data are the only components of the supply-demand tables that are provided. Current preliminary sales data are provided by the Canadian Brewers' Association for beer, by the Association of Canadian Distillers for liquor and wine.

Data based on sales from the Public Institutions Division of Statistics Canada are used to update these preliminary figures. The data used to calculate the estimates are comprised of three parts: 1) sales by liquor authorities to final consumers and holders of licenses to resell; 2) sales by wineries and breweries to holders of licenses to resell; 3) sales by winery and brewery retail outlets to final consumer. However, these data do not contain information on sales generated by those establishments which offer either "brew on premises" services or sell products for "at home" production of beer and wine.

There are two figures published for alcoholic beverages. One is calculated based on the total Canadian population. The other represents a population figure for Canadians 15 years of age and older.

Nutrients Available

[Back](#)

The food available data have been translated into nutrient equivalents, essentially by multiplying the retail weight by conversion factors on an individual food basis. The 29 nutrients are applied to each commodity and although they differ by commodity they do not differ over time. The nutrient equivalents were applied back to 1976. The nutrient data are expressed on a daily basis.

The nutrient equivalent factors were developed by the Food Bureau of Agriculture and Agri-Food Canada in cooperation with Statistics Canada. The data were originally based on food values obtained from the Canadian Nutrient File provided by Health Canada.

The following excerpt was provided by the Food Bureau of AAFC at the time when the nutrient equivalents were being developed. In their words...

The methodology used to calculate the apparent nutritive value of food available for consumption in Canada is similar to that used in the U.S. and in many other countries. Kilograms (and for selected foods, litres) per capita of each food available for consumption per year (Statistics Canada's "Apparent Per Capita Food Consumption in Canada" data) are divided by 365, then multiplied by the food's nutritive value "as purchased at retail". The result is the apparent nutrient value of the Canadian food supply, per capita, per day. The period 1975-2000 was used as the time series for the current calculations.

Current estimates of domestic food consumption include data on approximately 150 basic foods, most of which are inputs into further processed products sold at retail or in foodservice operations. These foods were assumed to be in good condition when purchased, with an average amount of refuse. The nutrient composition and refuse values used in the calculations were those in the "Canadian Nutrient File, Compilation of Canadian Food Composition Data, 1997" published by Health Canada. Data presented in this publication are for food energy, protein and total fat, although calculations have been undertaken for a total of 25 nutrients and are available upon request.

Food values obtained from the Canadian Nutrient File are in terms of nutrients per 100 grams, edible portion. Therefore, it was necessary to adjust the per-capita food consumption data from "raw, as purchased" to "raw, edible portion" by applying a refuse factor, before merging this data with the corresponding nutrient composition values. The refuse factors used do not account for losses as a result of the cooking, storage and wastage of food, as the amount varies greatly from food to food and from family to family, and because some nutrients are affected more than others by the cooking process. The resulting data, therefore, provide an estimate of the apparent nutrients available for consumption by each person per day from the Canadian food supply.

Technically, there are 3 factors for each commodity and each nutrient. There is a nutrient composition factor, a refuse factor and a daily conversion factor.

The composition factor is based on the nutrient file and expressed in terms of per hundred grams. The units for each nutrient vary. For instance, energy will be expressed in kilocalories and macro-nutrients such as carbohydrates, proteins and fats will be expressed in grams. Some vitamins or minerals are expressed in milligrams or micrograms.

The second factor is referred to as the edible factor or refuse factor. It takes into account two aspects of the data. One adjustment is required because the nutrients are expressed per 100 grams of food available, yet the food available is normally expressed per kilogram. Also, the nutrients are expressed on an edible basis while the retail weight they are applied against includes edible and inedible components. Therefore, there is a factor that adjusts edible nutrients per 100 grams to edible nutrients per kilogram when applied against the food available for consumption.

Finally, there is a third factor. The data are simply divided by 365 days to convert the annual food available data to a daily basis.

Therefore, all nutrients are expressed on a per person, per day basis but the nutrient equivalent units vary.

Please see Table 3 to obtain the nutrient factors used.

Food Available Adjusted for Losses

[Back](#)

The food available data have been adjusted to account for household, cooking and plate loss in homes, restaurants and institutions. The objective is to provide a proxy of fork-level consumption based on food supply data. Other terms for these estimates might be waste adjusted food available or apparent food consumed.

As the factors used to adjust the food available data are estimates themselves, considerable caution should be used when working with the data –the data should be viewed as experimental. In essence, the data are based on a static model.

Traditionally, the waste factors attempt to account for quantities removed during processing or lost in storage at the industrial level. They do not allow for losses in stores, households, restaurants or institutions during storage and preparation or for unconsumed food. The experimental food available adjusted for losses do account for retail, institutional and household losses including cooking, storage and plate losses.

The factors used to adjust the data were provided with appreciation from the Economic Research Service of the United States Department of Agriculture.

Specifically, there are three factors used to adjust the food available data to loss-adjusted food available. There is a factor to adjust for losses at the retail/institutional level. There is a factor that adjusts for the edible portion of a particular food. A third factor adjusts for cooking and household losses, including storage losses and plate loss.

Please see Table 4 to obtain the waste adjustment factors used.

Nutrients Adjusted for Losses

[Back](#)

The food available adjusted for losses data have been translated into nutrient equivalents, essentially by multiplying the adjusted food weight by conversion factors on an individual food basis. Just as for nutrients available, 29 nutrients are applied to each commodity and although they differ by commodity they do not differ over time. The nutrient equivalents were applied back to 1976 and are expressed on a daily basis.

The nutrient equivalent factors were developed by the Food Bureau of Agriculture and Agri-Food Canada in cooperation with Statistics Canada. The data were originally based on food values obtained from the Canadian Nutrient File provided by Health Canada.

The new waste adjustment factors account for losses at the retail and consumer levels, including institutions, restaurants and households. The factors attempt to account for losses or waste from storage, in the preparation of food and from the plate. The factors were provided with appreciation from the United States Department of Agriculture.

The objective is to provide a proxy of fork-level nutrient consumption based on food supply data. Another term for these estimates might be waste adjusted nutrients available.

In essence, the food statistics program uses a model to derive food available. Loss factors are applied to food available to derive food available adjusted for losses. In turn, both food available and food available adjusted for losses are used as the basis to derive nutrients available and nutrients adjusted for losses.

As the factors used to adjust the data are estimates themselves, considerable caution should be used when working with the data –the data should be viewed as experimental.

All of the nutrient factors and waste adjustment factors are based on weight. Consequently, the waste adjustments have a limitation in that they may only partially account for losses of some nutrients as a result of cooking. For instance, more (or less) fat, fat soluble nutrients or water soluble nutrients may be wasted depending on the methods used in preparation and cooking. Although every attempt has been made to adjust the nutrient data to approximate consumption the data are estimates, a limitation that readers should keep in mind when working with the files. Further, these data do not account for nutrients that may be provided by dietary supplements or from the water supply.

Please see Nutrients Available for more information on the nutrient factors and please see Food Available Adjusted for Losses for more information on the loss (waste) adjustment factors.

Review 2006[Back](#)

In the fall of 2006, the food and nutrition data were reviewed primarily to update factors. The work included adjusting waste adjustment factors following updates provided by the Economic Research Service of the United States Department of Agriculture, removing the Canadian factor, eliminating double counting of some nutrients related to fruits or vegetables, and including cereal manufacturing and waste factors.

Periodically, the USDA updates their waste adjustment factors and as the Canadian system simply applies these factors to food or nutrients available to derive food or nutrients available adjusted for losses, the waste adjustment factors were updated for some commodities. For the most part, adjustments were not required or were minor. However, there were cases such as with cheeses where the factors were changed substantially.

The Canadian factor was originally intended to adjust the U.S. factors to a Canadian situation, primarily because of the cooler climate and a different cultural approach to food. The 5% number that decreased the total waste-adjustment was removed because it was subjective in nature and therefore difficult to explain or defend.

In conducting the review it was determined that for fresh fruits and vegetables, there was an adjustment made to account for the inedible portion in both the nutrient factors and the waste-adjustment. This double counting had an impact on food and nutrients available adjusted for losses. All cases of double counting were corrected. The double counting was easier to discover following an upgrade to the working system used to calculate the outputs that greatly reduced the total number of files analysts work with.

The manufacturing and waste factors used to calculate the food available estimates for cereals was scrutinized at the same time. Using input-output data it was estimated that 3% of wheat flour available is used for non-food purposes such as pet food, paper manufacturing and chemical manufacturing. In addition, following industry consultation, a manufacturing factor of 1% has been applied to wheat flour to account for flour used in the manufacture of breakfast cereals. Further, a waste factor of 2% for flours and 1% for grain products has been applied to account for waste between the manufacturer and the retail level. Many of the products, such as wheat flour, are further processed into products such as bread or pastry products.

The primary impact of the review has been on the food and nutrients available adjusted for losses.

Release[Back](#)

The food and nutrition data based on the current program are available back to 1960 and nutrient related data reach back to 1976. The current and historical data are available in several different ways, including:

- √ on Statistics Canada's CANSIM Time Series Data Base;
- √ from www.statcan.ca (HTML and pdf);
- √ from Food Statistics, a Statistics Canada publication; or
- √ on Canada Food Stats (CD-ROM and downloadable)

Interestingly, special reports were produced in the years prior to 1960 that depict the food data from as early as 1926. In the early years, the data series were referred to as "Per Capita Supplies of Food Moving Into Consumption In Canada." Images of these reports are available on Canada Food Stats.

Strengths and Limitations

[Back](#)

The food and nutrition data produced by the Agriculture Division's food statistics program that is fundamentally based on food supply and demand can provide a wealth of information pertinent to a range of users from nutritionists to companies involved to individuals. However, it is not without limitations and users should always exercise caution when working with data. The following paragraphs outline some of the strengths and limitations of this large data set.

Strengths

The data set puts forth detailed information by commodity over time, providing a basis for assessing trends in the availability of numerous foods. The methodology used to calculate food available for consumption is similar to that used in the United States and many other countries. As such, not only is the data set a valuable source for tracking trends, it is useful when making comparisons to other countries. The data are also a valuable input for social policy, for formulating regulations and monitoring or assessing the impact of policy change.

One real strength of the model is that it is relevant -pertaining to food and nutrition. Although food and nutrition have been of interest since the dawn of mankind, it is of increasing interest due to the health implications for individuals and society associated with food or too much food. Due to the relevance of the data and the delivery of the statistics, the data are in high demand and have been since the statistics were first produced.

The supply based food and nutrition data set is a model that displays data in a standardised format by commodity over time. There is a tremendous volume of data associated with the model that is relatively inexpensive to produce as the model uses factors or calculations to derive the vast majority of the estimates.

The data are produced by food commodity. There are a total of 219 commodities. Of that number, 189 are independent commodities while 30 refer to totals or sub-totals.

The data are produced consistently over time such that the current food statistics program reaches back to 1960 and the nutrient data are available from 1976 on. Data are available as early as 1926. This allows analysis that tracks trends on an available or adjusted basis by commodity or food group. Further, the nutrient equivalent of the food commodities is also available over time. Analysts and users have many options when working with the data.

The data set is large. Theoretically, there are 219 food commodities displayed using 12 variables (most commodities do not display all variables) from 1960 on. Then, $219 \times 12 \times 46 = 121,000$ potential data points. Add in 29 nutrients on both an available and an adjusted basis from 1976 on and $219 \times 29 \times 2 \times 30 = 381,000$ data points. The data set provides indicators from both a food and nutrition perspective of what Canadians are eating and how eating habits have changed over time.

The model builds on existing data, much of it produced by the Agriculture Division and reaching deeply into its producer survey program. In other words, the food model efficiently adds value to the existing agriculture statistics program.

The inputs are limited to inventories for selected commodities, production, trade and manufacturing. Other data including total or net supply, waste, food available or food available

adjusted for losses are derived based on formulas that are normally standard over time. All of the nutrient data, be it nutrients available or nutrients available adjusted for losses, are derived.

A majority of the input data are the result of well established statistical programs, many of them based on surveys conducted by Statistics Canada. For instance, the cereals data rely on the Miller's Monthly Survey and fruit or vegetable production data rely on producer surveys. Also, the trade data are produced as part of a larger program covering all imports and exports produced by the International Trade Division of Statistics Canada. Even though the food and nutrient data are derived, much of the basic input data are sound in quality and cover the vast majority of food commodity inputs. There are similarities between this program and the Canadian System of National Accounts that produces estimates of gross domestic product.

The food commodity data are displayed in a supply-demand format allowing analysts to investigate the sources and changes in food supply reaching back into the agriculture and trade sectors. This allows analysis related to food security issues and food supply dependency issues.

The data are based on a static model and are consistent over time. Consequently, if any of the numbers contain some error associated with the factors or calculations, then there is a good chance that the error would be consistent over time meaning that trend analysis should remain valid.

Also, the methods used to derive food available are standard in all developed countries. Consequently, it is expected that a country such as Canada be able to provide this type of information to organisations such as the Food and Agriculture Organisation of the United Nations or the Organisation for Economic Cooperation and Development. As a consequence, Canadian data can be compared to other countries over time.

The food and nutrition statistics are delivered efficiently to a wide array of users. A publication called Food Statistics is available in HTML and PDF format for free from Statistics Canada's web site. As well, Canada Food Stats is an application that provides fast, intuitive access to volumes of food related data, be they from the Agriculture Division or from other divisions across Statistics Canada. The system has a report side that displays numerous publication-style releases and a query side that allows users to quickly access a data base of food statistics. Also, the product contains a written analysis component providing numerous papers or articles that are relevant to food and nutrition.

Canada Food Stats can be purchased as a CD-ROM product or directly downloaded from the Statistics Canada site and installed on a user's computer in minutes. Some key users have been allowed Internet access for free.

The food statistics are produced by a fairly small team of competent staff who recognise the importance of the data and are motivated to produce quality estimates. Numerous organisations or staff willingly contribute to the program with core staff integrating the data to produce information that is relevant to a multitude of users.

The program draws on the input and expertise of organisations such as the Food Bureau of Agriculture and Agri-Food Canada, the Economic Research Service of the United States Department of Agriculture and, to some extent, Health Canada. It is a sought after relevant information set produced efficiently in cooperation with various implicated organisations.

Limitations

All statistical programs have limitations and readers should keep in mind that some factors can be both a strength and a limitation. This is true with the Canadian supply based food and nutrition data.

One of the limitations of the data set is that it is apparent. Food available or food available adjusted for losses are derived and not measured directly because the cost and burden of measuring consumption directly on an ongoing basis would be overwhelming. As a residual calculation any errors in the input data that are not compensated for will flow to the residually derived food available estimate. As this number is the basis for all further calculations, any error would then flow to the food available and nutrient data.

The program relies on a quantity of quality inputs. Sometimes, the inputs are not available, are discontinued or are suspect. This requires constant analysis and maintenance to sustain the quality of the overall program. Further, some commodities are estimated based on related information as opposed to being derived directly.

The program does have some data gaps that often refer to less common commodities or less relevant data inputs. Also, some sources of nutrients such as supplements are not accounted for.

The food statistics program is national in scope and is therefore unable to provide geographical breakdowns at the provincial or sub-provincial level.

The static model relies on a large number of factors such as nutrient equivalent factors or waste adjustment factors. Any error in a factor would be carried to the output data unless there are compensating errors.

The nutrient data utilise factors that are held constant over time. If the nutrient values of foods changes importantly with time, this characteristic is not accounted for.

The waste adjustment factors are provided by the United States Department of Agriculture's Economic Research Service. Cultural or even climatic differences might affect these numbers, however, they are provided as estimates and considerable caution needs to be used when working with the waste adjusted data. Losses, particularly losses at the consumer level, are by their nature difficult to estimate. The losses are held constant over time but the loss rates may vary.

All of the nutrient factors and waste adjustment factors are based on weight. Consequently, the waste adjustments have a limitation in that they may only partially account for losses of some nutrients as a result of cooking. For instance, more (or less) fat, fat soluble nutrients or water soluble nutrients may be wasted depending on the methods used in preparation and cooking. Although every attempt has been made to adjust the nutrient data to approximate consumption, the data are estimates, a limitation that readers should keep in mind when working with the files. Further, these data do not account for nutrients that may be provided by dietary supplements or from the water supply.

Except in the case of sugar containing products and some meat based products, the export data do not account for the import or export of processed products that contain various types of food.

If the export of food containing products is considerably different than the import of food containing products then the residually calculated net supply and food available will be biased.

Although there are numerous commodities estimated, often these commodities are consumed indirectly as ingredients in processed foods. For instance, wheat flour is accounted for while bread is not estimated directly.

The supply side data have a limitation in that they cannot be used for certain types of appropriate and important analysis. The data cannot be broken down by age, sex, geography, weight, health or other characteristics that are relevant to the analysis of food statistics.

Key descriptions that might be used to portray the program include:

- relevant
- by commodity -allows agriculture or health related analysis
- time series -allows trend analysis
- inexpensive, efficient, adds value
- credible basis for analysis
- national in scope
- apparent –relies on model (consistent factors)
- in general, credible input data from numerous reliable sources
- national and international cooperation
- concerns related to the quality of some inputs or data gaps
- USDA based waste factors.

Table 1—Sample Supply-Demand Table

[Back](#)

Food Consumption in Canada

Part I

Supply and Disposition of CEREALS - Canada

Available per person, per year

Commodity	Year	Beginning Stocks	Production	Imports	Total Supply	Exports	Manufacturing	Waste	Ending Stocks	Net Supply	Available per person, per year		
											Retail Weight	Fresh Equivalent	Adjusted for losses *
('000 tonnes)											(kg)		
Wheat Flour	1991	34.29	1802.03	5.00	1841.32	192.37	64.67	31.04	32.21	1521.03	54.26	...	38.20
	1992	32.21	1752.18	13.14	1797.53	144.64	65.05	31.22	26.65	1529.97	53.94	...	37.97
	1993	26.65	1832.93	13.24	1872.82	135.52	68.34	32.80	28.75	1607.40	56.04	...	39.45
	1994	28.75	1977.51	34.63	2040.89	219.67	71.66	34.40	29.77	1685.40	58.12	...	40.92
	1995	29.77	1990.46	22.47	2042.70	206.64	72.62	34.86	20.65	1707.94	58.29	...	41.03
	1996	20.65	2002.58	22.10	2045.33	153.80	74.70	35.86	23.95	1757.02	59.34	...	41.77
	1997	23.95	2111.19	19.69	2154.83	130.69	79.67	38.24	32.44	1873.79	62.65	...	44.11
	1998	32.44	2164.96	21.15	2218.55	152.47	81.43	39.09	30.37	1915.20	63.51	...	44.71
	1999	30.37	2237.86	34.58	2302.81	160.94	84.66	40.64	25.36	1991.21	65.49	...	46.11
	2000	25.36	2318.38	36.70	2380.44	168.63	87.48	41.99	24.89	2057.45	67.04	...	47.20
	2001	24.89	2388.00	28.63	2441.52	179.01	88.69	42.57	45.24	2086.01	67.24	...	47.34
	2002	45.24	2444.61	20.96	2510.80	221.68	90.56	43.47	25.24	2129.86	67.89	...	47.79
	2003	25.24	2398.99	28.71	2452.94	204.14	89.03	42.73	23.08	2093.96	66.12	...	46.55
	2004	23.08	2429.06	42.89	2495.02	219.53	90.16	43.28	21.48	2120.58	66.32	...	46.69
	2005	21.48	2421.17	49.07	2491.71	205.48	90.62	43.50	20.69	2131.42	66.05	...	46.50
Rye Flour	1991	0.18	x	0.16	x	x	9.19	0.33	...	0.23
	1992	x	x	0.28	x	0.16	x	9.00	0.32	...	0.22
	1993	x	x	0.22	x	0.00	x	9.95	0.35	...	0.24
	1994	x	x	0.21	x	0.13	x	10.13	0.35	...	0.24
	1995	x	x	0.22	x	0.15	x	10.81	0.37	...	0.25
	1996	x	x	0.20	x	0.09	x	8.90	0.30	...	0.21
	1997	x	x	0.23	x	0.07	x	10.86	0.36	...	0.25
	1998	x	x	0.26	x	0.03	x	10.52	0.35	...	0.24
	1999	x	x	0.16	x	0.09	x	9.82	0.32	...	0.22
	2000	x	x	0.13	x	0.10	x	9.33	0.30	...	0.21
	2001	x	x	0.16	x	0.06	x	10.19	0.33	...	0.23
	2002	x	x	0.13	x	0.28	x	9.65	0.31	...	0.21
	2003	x	x	0.09	x	0.17	x	10.13	0.32	...	0.22
	2004	x	x	0.08	x	0.10	x	10.42	0.33	...	0.22
	2005	x	x	0.08	x	0.80	x	8.96	0.28	...	0.19
Oatmeal and Rolled Oats	1991	2.67	x	6.03	x	7.64	x	44.44	1.59	...	0.88
	1992	x	x	3.30	x	20.13	x	53.47	1.88	...	1.04
	1993	x	x	2.91	x	37.91	x	38.54	1.34	...	0.74
	1994	x	x	3.07	x	60.58	x	43.08	1.49	...	0.82
	1995	x	x	3.02	x	81.04	x	65.08	2.22	...	1.23
	1996	x	x	3.03	x	104.48	x	81.09	2.74	...	1.51
	1997	x	x	3.60	x	114.74	x	...	2.15	...	1.19
	1998	x	x	3.34	x	124.96	x	...	2.37	...	1.31
	1999	x	x	4.21	x	141.69	x	...	2.42	...	1.33
	2000	x	x	16.57	x	140.46	x	...	2.31	...	1.28
	2001	x	x	19.26	x	181.30	x	...	2.37	...	1.31
	2002	x	x	17.75	x	195.47	x	...	2.45	...	1.38
	2003	x	x	17.43	x	202.56	x	101.89	3.22	...	1.78
	2004	x	x	14.11	x	215.26	x	93.21	2.92	...	1.61
	2005	x	x	11.12	x	260.37	x	91.72	2.84	...	1.57

*Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Statistics Canada

Agriculture Division

Table 2—Sources of input data for food supply and demand tables

November 2006

[Back](#)

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Cereals						Cereals
Breakfast Foods	NA	LS-AD -primarily based on ACNielsen	1904.10.00 / 1904.20.00	1904.10.00 / 1904.20.00 / 1904.90.00	NA	NA
Barley Pot and pearl	Miller's Monthly Survey Grain Marketing Unit (GMU) Agriculture Division (AD)	Miller's Monthly Survey GMU-AD	NA	NA	NA	Proportion of supplies, net of ending stocks
Corn Flour and Meal	Miller's Monthly Survey GMU-AD	Miller's Monthly Survey GMU-AD	1102.20 / 1103.13.10 / 1103.13.20 / 1103.13.90	1102.20 / 1103.13	NA	Proportion of supplies, net of exports and ending stocks
Oats Oatmeal, Rolled Oats	Miller's Monthly Survey GMU-AD	Miller's Monthly Survey GMU-AD	1103.19.90.20/ 1104.12.00.00	1103.12 / 1104.12	NA	Proportion of supplies, net of exports and ending stocks
Rice	NA	Saskatchewan Department of Agriculture	Selected codes within 1006.10 /1006.20 /1006.30/1006.40	1006.10.00 / 1006.20.00 /1006.30.00 / 1006.40.00	NA	Proportion of supplies
Rye Flour	Miller's Monthly Survey GMU-AD	Miller's Monthly Survey GMU-AD	1102.10	1102.10	NA	Proportion of supplies, net of ending stocks
Wheat Flour	Miller's Monthly Survey GMU-AD	Miller's Monthly Survey GMU-AD	1101.00.10 / 1101.00.20	1101.00.10 / 1101.00.20/1101.0 0.30 / 1101.00.90	NA	Proportion of supplies, net of exports, manufacturing and ending stocks
Total Cereals	Sum of cereal commodities	Sum of cereal commodities	Sum of cereal commodities	Sum of cereal commodities	Sum of cereal commodities	Sum of cereal commodities

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Sugar						Sugar
Refined Sugar	Canadian Sugar Institute (CSI)	CSI	1701.91.00 / 1701.99.00 Plus Sugar Containing Product Imports CSI	1701.91.00 / 1701.99.00 Plus Sugar Containing Product Exports CSI	NA	NA
Honey	Horticulture Unit (HU)-AD -based on survey and administrative data	HU-AD -based on survey and administrative data	0409.00.00.10 / 0409.00.00.90	409.00.00	NA	NA
Maple Syrup	HU-AD and Institut de la Statistique du Québec -based on survey and administrative data	HU-AD and Institut de la Statistique du Québec -based on survey and administrative data	1702.20.00.10 / 1702.20.00.20	1702.20.00.10 / 1702.20.00.20	NA	NA
Total	Sum of all sugars	Sum of all sugars	Sum of all sugars	Sum of all sugars	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Red Meats						Red Meats
Beef	Livestock Section (LS) –AD -based on survey, Stocks of Frozen Meat	LS –AD -primarily based on slaughter data provided by Agriculture and Agri-Food Canada (AAFC) and Canadian Beef Grading Agency	Selected codes within 0201 0202 1601 1602	Selected codes within 0201 0202 1601 1602	NA	NA
Veal	LS –AD -based on survey, Stocks of Frozen Meat	LS –AD -primarily based on slaughter data provided by AAFC	Selected codes within 0201 0202	Selected codes within 0201 0202	NA	NA
Pork	LS –AD -based on survey, Stocks of Frozen Meat	LS –AD -primarily based on slaughter data provided by AAFC	Selected codes within 0203 0210 1601 1602	Selected codes within 0203 0210	LS-AD	LS-AD
Mutton and lamb	LS –AD -based on survey, Stocks of Frozen Meat	LS –AD -primarily based on slaughter data provided by AAFC	Selected codes within 0204 1601 1602	Selected codes within 0204	NA	NA
Offal	LS –AD -based on survey, Stocks of Frozen Meat	LS –AD -primarily based on slaughter data provided by AAFC	Selected codes within 0206 1602	Selected codes within 0206 1602	NA	NA
Total Beef and Veal	Sum of Beef and Veal	Sum of Beef and Veal	Sum of Beef and Veal	Sum of Beef and Veal	Sum of Beef and Veal	Sum of Beef and Veal
Total Red Meat	Sum of red meats	Sum of red meats	Sum of red meats	Sum of red meats	Sum of red meats	Sum of red meats

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Poultry						Poultry
Chicken	LS –AD -based on survey, Stocks of Frozen Poultry Meat	LS –AD -primarily based on data provided by AAFC using Canadian Food Inspection Agency information	Provided by Poultry Section, AAFC	Provided by Poultry Section, AAFC	NA	NA
Stewing hens	LS –AD -based on survey, Stocks of Frozen Poultry Meat	LS –AD -primarily based on data provided by AAFC using Canadian Food Inspection Agency information	Provided by Poultry Section, AAFC	Provided by Poultry Section, AAFC	NA	NA
Turkey	LS –AD -based on survey, Stocks of Frozen Poultry Meat	LS –AD -primarily based on data provided by AAFC using Canadian Food Inspection Agency information	Provided by Poultry Section, AAFC	Provided by Poultry Section, AAFC	NA	NA
Total chicken and stewing hens (type of chicken)	Sum of chicken and stewing hens	Sum of chicken and stewing hens	Sum of chicken and stewing hens	Sum of chicken and stewing hens	NA	NA
Total Poultry	Sum of chicken, stewing hens and turkey	Sum of chicken, stewing hens and turkey	Sum of chicken, stewing hens and turkey	Sum of chicken, stewing hens and turkey	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Fish						Fish
Seafish, fresh and frozen	NA	Truro Office (TO) –AD -based on data supplied by Fisheries and Oceans Canada and LS-AD (aquaculture)	Selected codes within 0302, 0303, 0304, 0305, 0306, 0307, 1604, 1605	Selected codes within 0302, 0303, 0304, 0305, 0306, 0307, 1604, 1605	NA	Note: all input data is converted to an edible weight; fish data are worked as a group
Seafish, processed	NA	Truro Office (TO) –AD -based on data supplied by Fisheries and Oceans Canada and LS-AD (aquaculture)	Selected codes within 0302, 0303, 0304, 0305, 0306, 0307, 1604, 1605	Selected codes within 0302, 0303, 0304, 0305, 0306, 0307, 1604, 1605	NA	Note: all input data is converted to an edible weight; fish data are worked as a group
Shellfish, Total	NA	Truro Office (TO) –AD -based on data supplied by Fisheries and Oceans Canada and LS-AD (aquaculture)	Selected codes within 0302, 0303, 0304, 0305, 0306, 0307, 1604, 1605	Selected codes within 0302, 0303, 0304, 0305, 0306, 0307, 1604, 1605	NA	Note: all input data is converted to an edible weight; fish data are worked as a group
Freshwater fish	NA	Truro Office (TO) –AD -based on data supplied by Fisheries and Oceans Canada and LS-AD (aquaculture)	Selected codes within 0302, 0303, 0304, 0305, 0306, 0307, 1604, 1605	Selected codes within 0302, 0303, 0304, 0305, 0306, 0307, 1604, 1605	NA	Note: all input data is converted to an edible weight; fish data are worked as a group
Total fish	Sum of all fish commodities	Sum	Sum	Sum	NA	NA
Eggs						Eggs
Eggs	LS-AD -primarily based on administrative data provided by the Canadian Egg Marketing Board and indirectly provincial egg marketing boards	LS-AD -primarily based on administrative data provided by the Canadian Egg Marketing Board and indirectly provincial egg marketing boards	0407 0408 3502111000 3502112000 3502191000 3502192000	04070010 04070090 04081100 04081900 04089100 04089900 35021100 35021900 35029000	LS-AD -represents hatching eggs, based on data provided by Canadian Broiler Hatching Egg Marketing Agency	LS-AD -represents leakers and rejects

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Pulses and nuts						Pulses and nuts
Baked and canned beans	NA	LS-AD -primarily based on ACNielsen	2005.51.10.00 / 2005.51.90.10	NA	NA	NA
Dry Beans	NA	Based on data produced by the Crops Section –AD and AAFC-Market Analysis Division	Selected codes within 0713.31.00 / 0713.32.00 /0713.33.10 / 0713.33.90 / 0713.39.00 / 0713.90.00	Selected codes within 0713.31.00 / 0713.32.00 /0713.33.10 / 0713.33.90 / 0713.39.00 / 0713.90.00	Represents seed and materials used Derived based on data produced by the Crops Section –AD and AAFC	Derived
Dry Peas	NA	Based on data produced by the Crops Section –AD and AAFC-Market Analysis Division	Selected codes within 0713.31.00 / 0713.32.00 /0713.33.10 / 0713.33.90 / 0713.39.00 / 0713.90.00	Selected codes within 0713.31.00 / 0713.32.00 /0713.33.10 / 0713.33.90 / 0713.39.00 / 0713.90.00	Represents seed and materials used Derived based on data produced by the Crops Section –AD and AAFC	Derived
Peanuts	NA	NA	1202.10.00.00 / 1202.20.00.00 / 2008.11.20.00/2008.11.90.00	1202.10.00 / 1202.20.00 / 2008.11.90	NA	NA
Tree nuts	NA	Based on data provided by British Columbia Ministry of Agriculture	Selected codes within 0802 and 0801	Selected codes within 0802 and 0801	NA	NA
Total Pulses and Nuts	Sum of pulses and nuts	Sum of pulses and nuts	Sum of pulses and nuts	Sum of pulses and nuts	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Dairy						Dairy
Cheese, cheddar	LS-AD Based on a combination of surveys of processors and administrative data (provincial marketing boards, provincial departments of agriculture, Canadian Dairy Commission)	LS-AD Based on a combination of surveys of processors and administrative data	0406.90.11.10 / 0406.90.12.00	0406.90.10	Derived, based on production	NA
Cheese, cottage	NA	LS-AD Based on a combination of surveys of processors and adm. data	NA	NA	NA	NA
Cheese, processed	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	0406.30.10 / 0406.30.20	040630	NA	NA
Cheese, variety	LS-AD Based on a combination of surveys of processors and administrative data (provincial marketing boards, provincial departments of agriculture, Canadian Dairy Commission)	LS-AD Based on a combination of surveys of processors and administrative data	040610 / 040640 / 040690(minus cheddar)	0406.10 / 0406.40 / 0406.90.90	Derived, based on production	NA
Cream, cereal, 10%	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Cereal, sour	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Cream, table, 18%	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Cream, whipping, 32% or 35%	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Ice Cream	NA	LS-AD Based on a combination of surveys of processors and administrative data	2105009110 / 2105009120	2105	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Dairy, cont'd						Dairy, continued
Ice Milk	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, buttermilk	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, chocolate drink	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, concentrated skim	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, whole	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, other whole milk products	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	0402.21	0402.21.10	NA	NA
Milk, partly skimmed, 1%	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, partly skimmed, 2%	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, skim	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, standard, 3.25%	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Dairy, cont'd						Dairy, continued
Milk, sweetened, concentrated skim	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milk, sweetened, concentrated whole	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Milkshake	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Powder buttermilk	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	0402	NA	NA	NA
Powder skim milk	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	040210	CDC / 040210	CDC -used for feed	NA
Powder whey	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	Derived -used for feed	NA
Sherbet	NA	LS-AD Based on a combination of surveys of processors and administrative data	NA	NA	NA	NA
Yogurt	NA	LS-AD Based on a combination of surveys of processors and administrative data	040310	040310	NA	NA
Total Dairy	Sum of all dairy commodities	Sum	Sum	Sum	Sum	Sum
Total Fluid Milk	Sum of fluid milk commodities	Sum	Sum	Sum	Sum	Sum
Total Cheese	Sum of cheese commodities	Sum	Sum	Sum	Sum	Sum
Total other dairy	Sum of other commodities	Sum	Sum	Sum	Sum	Sum

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Oils and fats						Oils and fats
Butter	LS-AD Based on a combination of surveys of processors and administrative data	LS-AD Based on a combination of surveys of processors and administrative data	04051010 / 04051020	CDC / 040510	NA	NA
Margarine	LS-AD Based on analysis of total oils sector using data from the Crushing Survey (GMU-AD) and imports/exports of oils and then distributed to margarine, salad oil and shortening	LS-AD –see stocks	Selected codes within 1507/ 1508/ 1509 1510 /1512/ 1514/ 1515	Selected codes within 1507/ 1508/ 1509 1510 /1512/ 1514/ 1515	NA	NA
Salad oils Aka Vegetable oils	LS-AD Based on analysis of total oils sector using data from the Crushing Survey (GMU-AD) and imports/exports of oils and then distributed to margarine, salad oil and shortening	LS-AD –see stocks	1517.10.10.00 / 1517.10.20.00	1517.10.00	NA	NA
Shortening and shortening oils	LS-AD Based on analysis of total oils sector using data from the Crushing Survey (GMU-AD) and imports/exports of oils and then distributed to margarine, salad oil and shortening	LS-AD –see stocks	1517.90.91.00	1517.90.00	NA	NA
Total oils	Sum of oil commodities	Sum	Sum	Sum	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Fruits, fresh						Fruits, fresh
Apples	InfoHort-AAFC	HU-AD Based on producer surveys and administrative data	Selected codes within 0808.10	0808.10.00	HU-AD based on sales to processors	Proportion of supplies, net of exports, manufacturing and ending stocks
Apricots	NA	HU-AD Based on producer surveys and administrative data	809.10.10.00 / 809.10.91.00 / 809.10.99.00	809.10.00	HU-AD based on sales to processors	HU and B.C. Ministry of Agriculture
Avocados	NA	NA	804.40.00.00 / 804.40.00.10 / 804.40.00.20	804.40.00	NA	Proportion of supplies net of exports
Bananas	NA	NA	803.00.00.10	803.00.00	NA	NA
Berries, other	NA	HU-AD Based on producer surveys and administrative data	810.40.10.90 / 810.40.90.00 / 810.90.90.10 / 810.20.11.00 / 810.20.19.00 / 810.20.90.00	810.20.10	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Blueberries	NA	HU-AD Based on producer surveys and administrative data	810.40.10.20 / 810.40.10.22	810.40.10 / 810.40.11 / 810.40.12	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Cherries	NA	HU-AD Based on producer surveys and administrative data	809.20.10.00 / 809.20.21.00 / 809.20.29.00 / 809.20.31.00 / 809.20.39.00 / 809.20.90.00	809.20.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Coconut	NA	NA	801.10.00.90 / 801.19.00.00	801.20.00 / 801.19.00	NA	NA
Cranberries	NA	HU-AD Based on producer surveys and administrative data	810.40.10.10	810.40.10.10	NA	Proportion of supplies net of exports and manufacturing
Dates	NA	NA	804.10.00.10	804.10.00	NA	NA
Figs	NA	NA	804.20.00.10	804.20.00	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Fruits, fresh continued		continued				Fruits, fresh Continued
Unspecified Fruits, fresh	NA	NA	Selected	Selected	NA	NA
Grapes	NA	HU-AD Based on producer surveys and administrative data	806.10.10.00 / 806.10.91.00 / 806.10.99.00	806.10.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Guavas, mangoes	NA	NA	804.50.00.10	804.50.00	NA	Proportion of supplies net of exports
Kiwis	NA	HU-AD Based on producer surveys and administrative data	810.90.90.20 / 810.50.00	NA	NA	Proportion of supplies
Muskmelons, cantaloupes	NA	NA	807.10.00.20 / 807.19.00.10	NA	NA	Proportion of supplies
Other melons	NA	HU-AD Based on producer surveys and administrative data	807.10.00.30 / 807.19.00.20	807.10.00.30 / 807.19.00.20	NA	Proportion of supplies net of exports
Nectarines	NA	HU-AD Based on producer surveys and administrative data	809.30.30.00	NA	NA	Proportion of supplies
Melons, total	NA	Sum of muskmelons, other melons, watermelons and winter melons	Sum	Sum	Sum	Sum
Watermelons	NA	HU-AD Based on producer surveys and administrative data	807.10.00.10 / 807.11.00.00	NA	NA	Proportion of supplies
Winter melons	NA	NA	807.10.00.90 / 807.19.00.90	NA	NA	Proportion of supplies
Papayas	NA	NA	807.20.00.00	807.20.00	NA	Proportion of supplies, net of exports
Peaches	NA	HU-AD Based on producer surveys and administrative data	809.30.10.00 / 809.30.21.00 / 809.30.29.00	NA	HU-AD based on sales to processors	Proportion of supplies net of manufacturing
Pears	NA	HU-AD Based on producer surveys and administrative data	808.20.10.00 / 808.20.21.00 / 808.20.29.00	808.20.00	HU-AD based on sales to processors	Proportion of supplies, net of exports and manufacturing

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Fruits, fresh Continued		continued				Fruits, fresh Continued
Pineapples	NA	NA	804.30.00.10	804.30.00	NA	Proportion of supplies, net of exports
Plums	NA	HU-AD Based on producer surveys and administrative data	809.40.31.00 / 809.40.39.00 / 809.40.90.00	809.40.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Quinces	NA	NA	808.20.30.00	NA	NA	Proportion of supplies
Strawberries	NA	HU-AD Based on producer surveys and administrative data	810.10.10.00 / 810.10.91.00 / 810.10.99.00 / 810.10.19.00 / 810.10.93.00	810.10.00	HU-AD based on sales to processors	Proportion of supplies, net of exports and manufacturing
Total fresh fruit	Sum of fresh fruit commodities, including citrus fruits	Sum	Sum	Sum	Sum	Sum

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Fruits, Citrus						Fruits, Citrus
Grapefruits	NA	NA	805.40.00.00 / 805.40.00.10 / 805.40.00.20	805.40.00	NA	Proportion of supplies, net of exports
Lemons	NA	NA	805.30.00.11	NA	NA	Proportion of supplies
Limes	NA	NA	805.30.00.12	NA	NA	Proportion of supplies
Mandarins	NA	NA	805.20.00.10 / 805.20.00.19 / 805.20.00.11	805.20.00	NA	Proportion of supplies, net of exports
Oranges	NA	NA	805.10.00.10 / 805.10.00.19 / 805.10.00.11	805.10.00	NA	Proportion of supplies, net of exports
Other Citrus	NA	NA	805.90.00.10	805.90.00	NA	Proportion of supplies, net of exports
Total Citrus	NA	NA	Sum	Sum	NA	Sum

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Fruits, processed						Fruits, processed
Apple Pie Filling		Note: Estimates are based on ACNielsen data, see working files				
Apple sauce		Note: Estimates are based on ACNielsen data				
Apples, canned	NA	NA	2008.99.19.20 / 2008.99.19.90	NA	NA	NA
Apples, frozen		Note: Estimates are based on ACNielsen data				
Apples, dried	NA	NA	813.30.00.00	813.30.00	NA	NA
Apricots, canned	NA	NA	2008.50.90.00 / 2008.50.90.10 / 2008.50.90.90	2008.50.00 / 2008.50.10	NA	NA
Blueberries, canned	NA	NA	2008.99.99.32	NA	NA	NA
Blueberries, frozen	NA	Note: Estimates are based on ACNielsen data	811.90.10.10 / 811.90.10.91 / 811.90.10.92	811.90.10 / 811.90.11 / 811.90.12	NA	NA
Cherries, frozen	NA	Note: Estimates are based on ACNielsen data	811.90.20.10 / 811.90.20.90 / 811.90.20.91 / 811.90.20.99 / 811.90.10.10	NA	NA	NA
Unspecified fruits, canned	NA	NA	Selected codes from 2006 and 2008	Selected codes from 2008	NA	NA
Unspecified fruits dried	NA	NA	Selected codes – see working files	Selected codes – see working files	NA	NA
Unspecified fruits, frozen	NA	NA	Selected codes – see working files	Selected codes – see working files	NA	NA
Peaches, canned	NA	Note: Estimates are based on ACNielsen data	2008.70.90.10 / 2008.70.90.90	2008.70.00 / 2008.70.10 / 2008.70.90	NA	NA
Pears, canned	NA	Note: Estimates are based on ACNielsen data	2008.40.90.10 / 2008.40.90.90	2008.40.00 / 2008.40.10	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Fruits, processed Continued						Fruits, processed Continued
Pineapples, canned	NA	NA	2008.20.00.10 / 2008.20.00.90	2008.20.00	NA	NA
Raspberries, frozen	NA	Note: Estimates are based on ACNielsen data	811.20.00.11 / 811.20.00.19	NA	NA	NA
Strawberries, canned	NA	NA	2008.80.90.10 / 2008.80.90.90	NA	NA	NA
Strawberries, frozen	NA	Note: Estimates are based on ACNielsen data	811.20.00.11 / 811.20.00.19	NA	NA	NA
Total, fresh equivalent	NA	Sum of fresh equivalent of all processed fruits	Sum	Sum	NA	NA
Total canned	NA	Sum of all canned fruits	Sum	Sum	NA	NA
Total frozen	NA	Sum of all frozen fruits	Sum	Sum	NA	NA
Total dried	NA	Sum of all dried fruits	Sum	Sum	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Vegetables, fresh						Vegetables, fresh
Artichokes	NA	NA	709.10.00.00	709.10.00	NA	Proportion of supplies, net of exports
Asparagus	NA	HU-AD Based on producer surveys and administrative data	709.20.10.00 / 709.20.91.00 / 709.20.99.00	709.20.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Beans, green and wax	NA	HU-AD Based on producer surveys and administrative data	Selected codes within 0708	708.20.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Beets	NA	HU-AD Based on producer surveys and administrative data	706.90.10.00 / 706.90.21.00 / 706.90.22.00 / 706.90.30.00	NA or 706.90.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Broccoli	NA	HU-AD Based on producer surveys and administrative data	704.90.10.00 / 704.90.21.00 / 704.90.29.00	NA	HU-AD based on sales to processors	Proportion of supplies net manufacturing
Brussels sprouts	NA	HU-AD Based on producer surveys and administrative data	704.20.11.00 / 704.20.12.00 / 704.20.90.00	704.20.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Cabbage, chinese	NA	NA	704.90.41.00 / 704.90.49.00	NA	NA	Proportion of supplies
Cabbage	Infohort-AAFC	HU-AD Based on producer surveys and administrative data	704.90.31.00 / 704.90.39.00	NA	HU-AD based on sales to processors	Proportion of supplies, net of manufacturing
Carrots	Infohort-AAFC	HU-AD Based on producer surveys and administrative data	706.10.11.00 / 706.10.12.00 / 706.10.21.00 / 706.10.22.00 / 706.10.30.00	706.10.10	HU-AD based on sales to processors	Proportion of supplies, net of exports and manufacturing
Cauliflower	NA	HU-AD Based on producer surveys and administrative data	704.10.11.00 / 704.10.12.00 / 704.10.90.00	704.10.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Vegetables, fresh Continued						Vegetables, fresh Continued
Celery	NA	HU-AD Based on producer surveys and administrative data	709.40.11.00 / 709.40.12.00 / 709.40.90.00	709.40.00	NA	Proportion of supplies net of exports
Corn, sweet	NA	HU-AD Based on producer surveys and administrative data	709.90.49.00 / 709.90.51.00 / 709.90.52.00 / 709.90.60.00	NA	HU-AD based on sales to processors	Proportion of supplies net manufacturing
Cucumbers	NA	HU-AD Based on producer surveys and administrative data	707.00.10.00 / 707.00.91.00 / 707.00.99.00	707.00.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Eggplant	NA	NA	709.30.00.00	709.30.00	NA	Proportion of supplies, net of exports
Garlic	NA	HU-AD Based on producer surveys and administrative data	703.20.00.00	703.20.00	NA	Proportion of supplies net of exports
Kohlrabi	NA	NA	704.90.90.90	NA	NA	Proportion of supplies
Leeks	NA	HU-AD Based on producer surveys and administrative data	703.90.00.10 / 703.90.00.90	703.90.00	NA	Proportion of supplies net of exports
Lettuce	NA	HU-AD Based on producer surveys and administrative data	705.11.11.00 / 705.11.12.00 / 705.11.90.00 / 705.19.11.00 / 705.19.12.00 / 705.19.90.00	705.11.00 / 705.19.00	NA	Proportion of supplies net of exports
Manioc	NA	NA	714.10.00.00	NA	NA	Proportion of supplies
Mushrooms	NA	HU-AD Based on producer surveys and administrative data	709.51.10.00 / 709.51.90.00	709.51.00	HU-AD based on sales to processors	NA
Okra	NA	NA	709.90.91.20	NA	NA	Proportion of supplies

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Vegetables, fresh Continued						Vegetables, fresh Continued
Olives	NA	NA	709.90.91.10	NA	NA	Proportion of supplies
Onions, shallots	Infohort-AAFC	HU-AD Based on producer surveys and administrative data	Selected codes from within 0703	703.10.00	HU-AD based on sales to processed –not used due to no series re processing	Proportion of supplies, net of exports and manufacturing
Parsley	NA	HU-AD Based on producer surveys and administrative data	709.90.31.00 / 709.90.39.00	NA	NA	Proportion of supplies
Parsnips	NA	HU-AD Based on producer surveys and administrative data	706.90.90.10	NA	NA	Proportion of supplies
Peas	NA	HU-AD Based on producer surveys and administrative data	708.10.10.00 / 708.10.91.00 / 708.10.99.00	708.10.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Peppers	NA	HU-AD Based on producer surveys and administrative data	709.60.10.00 / 709.60.90.00	709.60.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Potatoes, sweet	NA	NA	709.30.00.00	709.30.00	NA	Proportion of supplies, net of exports
Potatoes, white	Sum of fresh and processed -confidential	Sum	Sum of fresh and processed	Sum of fresh and processed	NA	Equals fresh
Potatoes, fresh	AAFC	Based on producer surveys from both the agriculture division and provincial departments	701.900.000 701.110.000	701.900.00 701.110.00	Potatoes used for production of processed potatoes (in fresh equivalent)	AAFC
Pumpkins, squash	NA	HU-AD Based on producer surveys and administrative data	709.90.20.00	NA	HU-AD based on sales to processors	NA
Radishes	NA	HU-AD Based on producer surveys and administrative data	706.90.51.00 / 706.90.59.00	NA	NA	Proportion of supplies

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Vegetables, fresh Continued						Vegetables, fresh Continued
Rappini	NA	NA	709.90.91.20	NA	NA	Proportion of supplies
Rutabagas, turnips	Infohort-AAFC	HU-AD Based on producer surveys and administrative data	706.10.40.00 / 1214.90.90.30	706.10.20	HU-AD based on sales to processed	Proportion of supplies, net of exports and manufacturing
Spinach	NA	HU-AD Based on producer surveys and administrative data	709.70.00.00	709.70.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Tomatoes	NA	HU-AD Based on producer surveys and administrative data	702.00.10.00 / 702.00.91.00 / 702.00.99.00	702.00.00	HU-AD based on sales to processors	Proportion of supplies net of exports and manufacturing
Edible root vegetables other	NA	NA	Selected codes within 0706 and 0714	714.90.00	NA	Proportion of supplies
Leguminous vegetables other	NA	NA	708.90.10.00 / 708.90.90.00	708.90.00	NA	Proportion of supplies, net of exports
Unspecified vegetables fresh	NA	HU-AD Based on producer surveys and administrative data	Selected codes from 0705, 0706 and 0709	Selected codes from 0705, 0706 and 0709	NA	Proportion of supplies net of exports
Total Fresh vegetables	Sum of all fresh vegetables	Sum	Sum	Sum	Sum	Sum

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Vegetables, processed						Vegetables, processed
Asparagus, canned	NA	Note: Estimates are based on ACNielsen data, see working files	2005.60.00.00 / 2005.60.00.10 / 2005.60.00.90	2005.60.00 / 2005.60.10 / 2005.60.90	NA	NA
Beans, green and waxed, canned	NA	Note: Estimates are based on ACNielsen data	2005.51.90.10 / 2005.51.90.90	NA	NA	NA
Beans, green and waxed, frozen	NA	Note: Estimates are based on ACNielsen data, see working files	710.22.00.10 / 710.22.00.90 / 2004.90.99.10 / 2004.90.99.11	710.22.10 / 710.22.90 / 2004.90.11	NA	NA
Beets, canned	NA	Note: Estimates are based on ACNielsen data	2005.90.99.20	NA	NA	NA
Broccoli, frozen	NA	Note: Estimates are based on ACNielsen data	710.80.20.00 / 2004.90.20.00	NA	NA	NA
Brussels sprouts, frozen	NA	Note: Estimates are based on ACNielsen data	710.80.30.00 / 2004.90.30.00	NA	NA	NA
Carrots, canned	NA	Note: Estimates are based on ACNielsen data	2005.90.11.00 / 2005.90.19.00 / 2005.90.99.40	NA	NA	NA
Carrots, frozen	NA	Note: Estimates are based on ACNielsen data	710.80.41.00 / 710.80.49.00 / 2004.90.41.00 / 2004.90.49.00	NA	NA	NA
Cauliflower, frozen	NA	Note: Estimates are based on ACNielsen data	NA	NA	NA	NA
Corn, canned	NA	Note: Estimates are based on ACNielsen data	2005.80.00.00	2005.80.00 / 2005.80.10 / 2005.80.90	NA	NA
Corn, frozen	NA	Note: Estimates are based on ACNielsen data	710.40.00.00 / 2004.90.99.22	710.40.00 / 2004.90.13	NA	NA
Lima beans, frozen	NA	Note: Estimates are based on ACNielsen data	710.22.00.20	NA	NA	NA
Mushrooms, canned	NA	Note: Estimates are based on ACNielsen data	2003.10.00.10 / 2003.10.00.92	2003.10.00	NA	NA
Peas, canned	NA	Note: Estimates are based on ACNielsen data	2005.40.00.00 / 2005.40.00.10 / 2005.40.00.90	2005.40.00 / 2005.40.10 / 2005.40.90	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Vegetables, processed Continued		continued				Vegetables, processed Continued
Peas, frozen	NA	Note: Estimates are based on ACNielsen data	710.21.00.00 / 2004.90.99.21	710.21.00 / 2004.90.12	NA	NA
Spinach, frozen	NA	Note: Estimates are based on ACNielsen data	710.30.00.00 / 2004.90.50.00	710.30.00.00 / 2004.90.50.00	NA	NA
Tomatoes, canned	NA	Note: Estimates are based on ACNielsen data	2002.10.00.10 / 2002.10.00.90	2002.10.10 / 2002.10.20 / 2002.10.90	NA	NA
Tomatoes, pulp, paste and puree	NA	Note: Estimates are based on ACNielsen data	2002.90.00.11 / 2002.90.00.19 / 2002.90.00.91/ 2002.90.00.99	2002.90.10 / 2002.90.90	NA	NA
Unspecified vegetables, canned	NA	Note: Estimates are based on ACNielsen data	Various selected series, see working files	Various selected series, see working files	NA	NA
Unspecified vegetables frozen	NA	Note: Estimates are based on ACNielsen data	Various selected series, see working files	Various selected series, see working files	NA	NA
Total, fresh equivalent	NA	Sum of fresh equivalent of all processed vegetables	Sum	Sum	NA	NA
Total canned	NA	Sum of all canned vegetables	Sum	Sum	NA	NA
Total frozen	NA	Sum of all frozen vegetables	Sum	Sum	NA	NA
Potatoes, processed	Sum of potatoes, frozen; potatoes, fresh; potatoes, chips and, potatoes processed, other Note: All potato estimates are produced by the Truro Office of the Agriculture Division and are best estimates intended to respond to high demand for the data Confidential	Sum Note: All processing data except Retail Weight per year and including trade are in fresh equivalent.	Sum	Sum	Sum	Sum

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Vegetables, processed Continued		continued				Vegetables, processed Continued
Potatoes, frozen	Truro Office (TO) -estimated based on industry input related to the number of days of product supply in storage available to meet consumer demand Confidential	TO –based on AAFC monthly disappearance numbers times industry estimate of the percentage of processing product that goes for frozen	2004.100.000 0710.100.000 in fresh equivalent	2004.10.00 0710.10.00 in fresh equivalent	NA	NA
Potatoes, chips	Truro Office (TO) -estimated based on industry input related to the number of days of product supply in storage available to meet consumer demand Confidential	TO -based on AAFC monthly disappearance numbers times industry estimate of the percentage of processing product that goes for chips.	2005.200.090 2005.200.010 in fresh equivalent	2005.20.00 in fresh equivalent	NA	NA
Potatoes, processed, other	Truro Office (TO) -estimated based on industry input related to the number of days of product supply in storage available to meet consumer demand Confidential	TO –based on AAFC monthly disappearance numbers times industry estimate of the percentage of processing product that goes for other products.	0712.909.010 2005.200.020 1108.130.010 1105.200.000 1105.100.000 in fresh equivalent	1108.13.00 1105.20.00 1105.10.00 in fresh equivalent	NA	NA

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Juices						Juices
Apple juice	NA	Note: Estimates are based on ACNielsen data	Selected codes within 2009	2009.70.10 / 2009.70.20 / 2009.70.90	NA	NA
Grape juice	NA	NA	Selected codes within 2009	2009.60.00	NA	NA
Grapefruit juice	NA	NA	Selected codes within 2009	2009.20.00	NA	NA
Lemon juice	NA	NA	Selected codes within 2009	NA	NA	NA
Orange juice	NA	NA	Selected codes within 2009	2009.11.00 / 2009.19.00	NA	NA
Pineapple juice	NA	NA	Selected codes within 2009	2009.40.00	NA	NA
Tomato juice	NA	Note: Estimates are based on ACNielsen data	Selected codes within 2009	2009.50.10 / 2009.50.90	NA	NA
Unspecified juice	NA	Note: Estimates are based on ACNielsen data	Selected codes within 2009	Selected codes within 2009	NA	NA
Total juice	Sum of all juices	Sum	Sum	Sum	Sum	Sum
Total fruit juice	Sum of fruit juices	Sum	Sum	Sum	Sum	Sum
Total vegetable juice	Sum of vegetable juices	Sum	Sum	Sum	Sum	Sum

Commodity	Beginning and Ending Stocks	Production	Imports HS Codes	Exports HS Codes	Manufacturing	Waste
Beverages						Beverages
Ale, beer, stout and porter	NA	Note: Estimates are based on data provided by Brewer's Association and updated with data from the Public Institutions Division, STC (PID)	Selected codes within 2203	2203.00.00	NA	NA
Distilled Spirits	NA	Note: Estimates are based on data provided by Distiller's Association and updated with data from PID	Selected codes within 2208	Selected codes within 2208	NA	NA
Wines	NA	Note: Preliminary estimates are based on data provided by the Canadian Distiller's Association and updated with data from PID	Selected codes within 2204 and 2205	Selected codes within 2204 and 2205	NA	NA
Cocoa	NA	Note: Estimates are based on ACNielsen data	NA	NA	NA	NA
Coffee	NA	Note: Estimates are based on ACNielsen data	Selected codes within 0901 and 2901	Selected codes within 0901 and 2901	NA	NA
Soft drinks	NA	Note: Estimates are based on data supplied by Refreshments Canada	2202.10.00.11 / 2202.10.00.19 / 2202.10.00.90	2202.10.00	NA	NA
Tea	NA	NA	Selected codes within 0902	Selected codes within 0902	NA	NA
Bottled water	NA	Note: No current source for data –obtained in the past from Canadian Bottled Water Association	NA	NA	NA	NA
Total beverages	Sum of all beverages	Sum	Sum	Sum	Sum	Sum
Alcoholic beverages	Sum of all alcoholic beverages	Note: Alcoholic per person data based on population 15+ years of age	Sum	Sum	Sum	Sum
Non-alcoholic beverages	Sum of all non-alcoholic beverages, including juices	Sum	Sum	Sum	Sum	Sum

Notes:

Other data displayed in the Supply-Demand tables such as Total Supplies, Net Supply or quantities available are derived.

Abbreviations

AAFC	= Agriculture and AgriFood Canada
AD	= Agriculture Division of Statistics Canada
CDC	= Canadian Dairy Commission
CSI	= Canadian Sugar Institute
GMU	= Grain Marketing Unit (of Agriculture Division, Statistics Canada)
HS	= Harmonised System –International Trade Division, World Trade Atlas
HU	= Horticulture Unit (of Agriculture Division, Statistics Canada)
LS	= Livestock Section (of Agriculture Division, Statistics Canada)
NA	= Not Applicable
PID	= Public Institutions Division
STC	=Statistics Canada
TO	=Truro Office (of Agriculture Division, Statistics Canada)

Table 3 –Nutrient Composition and Edible Factors for Use with Apparent Per Capita Consumption Data, 1976-

[Back](#)

Foodcode	Description	Factor	Protein	Fat	Carbohydrate	Energy	Tot Dietary Fibre	Calcium
	1—Cereals							
880101	WHEAT FLOUR	10.000	10.297	1.043	76.321	361.599	2.960	16.587
200064	RYE FLOUR	10.000	9.390	1.770	77.490	354.000	14.600	24.000
86577	OATMEAL & ROLLED OATS	10.000	14.000	6.670	66.670	381.000	10.000	51.200
200005	POT & PEARL BARLEY	10.000	9.910	1.160	77.720	352.000	7.850	29.000
200422	CORN FLOUR & MEAL	10.000	8.480	1.650	77.680	366.000	5.200	5.000
880102	RICE	10.000	7.168	0.662	79.925	364.960	1.021	27.965
880103	BREAKFAST CEREAL	10.000	8.537	2.219	83.315	384.323	5.135	35.658
	2 -- Sugars							
190335	SUGAR	10.000	0.000	0.000	99.900	387.000		1.000
190353	MAPLE SUGAR	10.000	0.000	0.200	67.200	262.000		67.000
190296	HONEY	10.000	0.300	0.000	82.400	304.000		6.000
	3 -- Pulses & nuts							
160045	DRY BEANS	10.000	21.110	1.180	62.250	336.000		173.000
160006	CANNED BAKED BEANS	10.000	4.790	0.450	20.510	93.000	7.700	50.000
163085	DRY PEAS	10.000	24.550	1.160	60.380	341.000	6.920	55.000
163087	PEANUTS	10.000	25.800	49.240	16.140	567.000	7.800	92.000
880301	TREENUTS	5.597	17.004	53.196	23.147	598.239	5.882	146.928
	4 -- Fats & oils							
880401	MARGARINE	10.000	0.831	80.431	0.624	720.308	0.000	27.554
46824	SHORTENING	10.000	0.000	100.000	0.000	900.000	0.000	0.000
880402	SALAD/COOKING OIL	10.000	0.000	100.000	0.000	884.000	0.000	0.004
880403	BUTTER	10.000	0.850	81.110	0.060	716.818	0.000	23.500
	5 – Fresh fruits							
90112	GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW	5.100	0.550	0.100	7.680	30.000		11.000
90151	LEMONS, RAW, WITH PEEL	8.400	1.200	0.300	10.700	20.000	5.200	61.000
93200	ORANGES, ALL COMMERCIAL VARIETIES, RAW	7.300	0.940	0.120	11.750	47.000	1.800	40.000
90159	LIMES, RAW	8.400	0.700	0.200	10.540	30.000	2.100	33.000
90218	TANGERINES (MANDARINS), RAW	7.200	0.630	0.190	11.190	44.000	1.000	14.000
93003	APPLES, RAW, WITH SKIN	9.200	0.190	0.360	15.250	59.000	1.900	7.000
90021	APRICOTS, RAW	9.300	1.400	0.390	11.120	48.000	1.900	14.000
90037	AVOCADOS, RAW, ALL COMMERCIAL VARIETIES	7.400	1.980	15.320	7.390	161.000	2.500	11.000
93040	BANANAS, RAW	6.500	1.030	0.480	23.430	92.000	1.700	6.000
93050	BLUEBERRIES, RAW	9.800	0.670	0.380	14.130	56.000	2.600	6.000
880502	CHERRIES, RAW	9.000	1.100	0.630	14.365	61.000	1.150	15.500
120104	COCONUT MEAT, RAW	5.200	3.330	33.490	15.230	354.000	9.000	14.000
90078	CRANBERRIES, RAW	9.500	0.390	0.200	12.680	49.000	4.200	7.000
93087	DATES, DOMESTIC, NATURAL AND DRY	9.000	1.970	0.450	73.510	275.000	8.500	32.000

Foodcode	Description	Edible Fac	Protein	Fat	Carbohydrate	Energy	Tot Dt Fib	Calcium
93089	FIGS, RAW	9.900	0.750	0.300	19.180	74.000	3.300	35.000
93132	GRAPES, EUROPEAN TYPE (ADHERENT SKIN), RAW	8.900	0.660	0.580	17.770	71.000	1.200	11.000
90176	MANGOS, RAW	6.900	0.510	0.270	17.000	65.000	2.000	10.000
90148	KIWIFRUIT, RAW	8.600	0.990	0.440	14.880	61.000	3.400	26.000
93181	MELONS, CANTALOUPE, RAW	5.100	0.880	0.280	8.360	35.000	0.700	11.000
90184	MELONS, HONEYDEW, RAW	4.600	0.460	0.100	9.180	35.000	0.800	6.000
90326	WATERMELON, RAW	5.200	0.620	0.430	7.180	32.000	0.400	8.000
110593	WAXGOURD (CHINESE PRESERVING MELON), RAW	7.100	0.400	0.200	3.000	13.000		19.000
90191	NECTARINES, RAW	9.100	0.940	0.460	11.780	49.000	1.600	5.000
880501	BERRIES, OTHER	9.750	0.978	0.483	12.473	52.000	3.550	33.500
90226	PAPAYAS, RAW	6.700	0.610	0.140	9.810	39.000	1.700	24.000
93236	PEACHES, RAW	7.600	0.700	0.090	11.100	43.000	1.900	5.000
93252	PEARS, RAW, WITH SKIN	9.200	0.390	0.400	15.110	59.000	3.000	11.000
93266	PINEAPPLE, RAW	5.200	0.390	0.430	12.390	49.000	1.200	7.000
93279	PLUMS, RAW	9.400	0.790	0.620	13.010	55.000	1.600	4.000
90296	QUINCES, RAW	6.100	0.400	0.100	15.300	57.000		11.000
93316	STRAWBERRIES, RAW	9.400	0.610	0.370	7.020	30.000	2.200	14.000
93307	UNSPECIFIED FRUIT	7.500	0.900	0.200	4.540	21.000		86.000
	6 -- Processed fruits							
90008	APPLES, CANNED, SWEETENED, SLICED, HEATED	10.000	0.180	0.430	16.840	67.000		4.000
90011	APPLES, DRIED, SULPHURED, UNCOOKED	10.000	0.930	0.320	65.890	243.000	8.700	14.000
90014	APPLES, FROZEN, SLICED, UNSWEETENED, UNHEATED	10.000	0.280	0.320	12.310	48.000		4.000
190312	SWEETS, PIE FILLINGS, CANNED, APPLE	10.000	0.100	0.100	26.200	101.000	1.000	4.000
93019	APPLESAUCE, CANNED, UNSWEETENED	10.000	0.170	0.050	11.290	43.000	1.500	3.000
90026	APRICOTS, CANNED HALVES+SKIN, LIGHT SYRUP PACK, SOL+LIQ	10.000	0.530	0.050	16.490	63.000	1.300	11.000
90052	BLUEBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.650	0.330	22.060	88.000	1.500	5.000
93054	BLUEBERRIES, FROZEN, UNSWEETENED	10.000	0.420	0.640	12.170	51.000	3.200	8.000
90068	CHERRIES, SOUR, RED, FROZEN, UNSWEETENED	10.000	0.920	0.440	11.020	46.000	1.200	13.000
90254	PEARS, CANNED HALVES, JUICE PACK, SOLIDS	10.000	0.340	.070	12.940	50.000	2.000	9.000
93240	PEACHES, CANNED HALVES/SLICES, LIGHT SYRUP PACK, SOL+LIQ	10.000	0.450	0.030	14.550	54.000	1.000	3.000
93268	PINEAPPLE, CANNED, JUICE PACK, SOLIDS + LIQUID	10.000	0.420	0.080	15.700	60.000	0.900	14.000
90304	RASPBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.830	0.120	23.360	91.000	3.300	11.000
90317	STRAWBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.560	0.260	23.530	92.000	1.700	13.000
93318	STRAWBERRIES, FROZEN, UNSWEETENED	10.000	0.430	0.110	9.130	35.000	1.600	16.000
880601	UNSPECIFIED CANNED FRUIT	10.000	0.380	0.074	19.348	74.607	1.059	5.897
880602	UNSPECIFIED DRIED FRUIT	9.462	2.151	0.416	61.411	235.133	7.810	69.637
880603	UNSPECIFIED FROZEN FRUIT	10.000	0.752	0.186	19.202	76.000	2.520	50.200
	7 -- Fresh vegetables							
113007	ARTICHOKES (GLOBE, FRENCH), RAW	4.000	3.270	0.150	10.510	47.000	4.580	44.000
110011	ASPARAGUS, RAW	5.300	2.280	0.200	4.540	23.000	1.540	21.000
113052	BEANS, SNAP (ITALIAN/GREEN/YELLOW), RAW	8.800	1.820	0.120	7.140	31.000	1.800	37.000

Foodcode	Description	Edible Factor	Protein	Fat	Carbohydrate	Energy	Tot Dietary Fibre	Calcium
115080	BEETS, RAW	6.700	1.610	0.170	9.560	43.000	1.910	16.000
113090	BROCCOLI, RAW	6.100	2.980	0.350	5.240	28.000	2.400	48.000
113098	BRUSSELS SPROUTS, RAW	9.000	3.380	0.300	8.960	43.000	4.120	42.000
112109	CABBAGE, RAW	8.000	1.440	0.270	5.430	25.000	1.800	47.000
110119	CABBAGE, CHINESE (PE-TSAI), RAW	9.300	1.200	0.200	3.230	16.000	1.000	77.000
113124	CARROTS, RAW	8.900	1.030	0.190	10.140	43.000	2.400	27.000
113135	CAULIFLOWER, RAW	3.900	1.980	0.210	5.200	25.000	1.800	22.000
113143	CELERY, RAW	8.900	0.750	0.140	3.650	16.000	1.500	40.000
113167	CORN, SWEET, RAW	3.600	3.220	1.180	19.020	86.000	3.200	2.000
112205	CUCUMBER, RAW	9.700	0.690	0.130	2.760	13.000	0.730	14.000
110209	EGGPLANT (AUBERGINE, BRINJAL), RAW	8.100	1.020	0.180	6.070	26.000		7.000
113215	GARLIC, RAW	8.700	6.360	0.500	33.070	149.000	2.100	181.000
110241	KOHLRABI, RAW	4.600	1.700	0.100	6.200	27.000		24.000
113246	LEEK, RAW	4.400	1.500	0.300	14.150	61.000	2.680	59.000
880701	LETTUCE	8.950	1.250	0.207	2.338	14.400	0.760	30.300
110134	CASSAVA (MANIOC), RAW	8.000	3.100	0.390	26.920	120.000	0.100	91.000
113260	MUSHROOMS, RAW	9.700	2.090	0.420	4.650	25.000	1.300	5.000
110278	OKRA (GUMBO), RAW	8.600	2.000	0.100	7.630	38.000	3.200	81.000
90193	OLIVES, RIPE, CANNED, SMALL -> EXTRA LARGE	10.000	0.840	10.680	6.260	115.000	3.000	88.000
113282	ONIONS, RAW	9.000	1.160	0.160	8.630	38.000	1.600	20.000
110141	OTHER EDIBLE ROOT VEGETABLES	8.600	1.500	0.300	9.200	39.000	1.800	43.000
880702	OTHER LEAF & STALK VEGETABLES	9.274	2.205	0.160	3.547	19.440	1.628	61.180
113297	PARSLEY, RAW	9.500	2.970	0.790	6.330	36.000		138.000
113298	PARSNIPS, RAW	8.500	1.200	0.300	17.990	75.000	3.400	36.000
113304	PEAS, GREEN, RAW	3.800	5.420	0.400	14.460	81.000		25.000
113333	PEPPERS, SWEET, GREEN, RAW	8.200	0.890	0.190	6.430	27.000	1.410	9.000
880703	PUMPKIN & SQUASH, RAW	7.525	0.860	0.218	8.880	36.000	1.350	31.250
113429	RADISHES, RAW	9.000	0.600	0.540	3.590	17.000	2.200	21.000
110161	RAPPINI, RAW	5.700	1.570	0.220	7.110	31.000		29.000
880704	RUTABAGAS & TURNIPS	8.400	1.125	0.175	7.655	33.750	2.250	42.750
110457	SPINACH, RAW	7.200	2.860	0.350	3.500	22.000	2.600	99.000
113529	TOMATOES, RED, RIPE, RAW	9.100	0.850	0.330	4.640	21.000	1.200	5.000
110477	UNSPECIFIED VEGETABLES, RAW	9.500	1.160	0.140	2.900	14.000	1.700	15.000
110507	SWEETPOTATOES, RAW	7.200	1.650	0.300	24.280	105.000	3.000	22.000
113352	POTATOES, RAW, FLESH	7.500	2.070	0.100	17.980	79.000	1.505	7.000
	8 - Processed vegetables							
110013	ASPARAGUS, CANNED, SOLIDS AND LIQUIDS	10.000	1.800	0.190	2.250	14.000		14.000
110054	BEANS, SNAP (ITALIAN/GREEN/YELLOW), CANNED, SOLIDS + LIQUID	10.000	0.850	0.100	3.500	15.000	0.800	24.000
110060	BEANS, SNAP (ITALIAN/GREEN/YELLOW), FROZEN, UNPREPARED	10.000	1.800	0.210	7.570	33.000		42.000
110082	BEETS, CANNED, SOLIDS AND LIQUID	10.000	0.830	0.070	6.760	29.000	1.100	14.000

Foodcode	Description	Edible Factor	Protein	Fat	Carbohydrate	Energy	Tot Dietary Fibre	Calcium
110094	BROCCOLI, FROZEN, SPEARS, UNPREPARED	10.000	3.060	0.340	5.350	29.000	2.140	41.000
110100	BRUSSELS SPROUTS, FROZEN, UNPREPARED	10.000	3.780	0.410	7.870	41.000	3.600	26.000
110126	CARROTS, CANNED, SOLIDS AND LIQUID	10.000	0.610	0.180	5.060	23.000		25.000
113130	CARROTS, FROZEN, UNPREPARED	10.000	1.090	0.210	8.990	39.000	2.250	32.000
110137	CAULIFLOWER, FROZEN, UNPREPARED	10.000	2.010	0.270	4.680	24.000	2.100	22.000
113176	CORN, SWEET, CANNED, VACUUM PACK, NIBLETS	10.000	2.410	0.500	19.440	79.000	2.040	5.000
113178	CORN, SWEET, YELLOW, FROZEN, KERNELS OFF COB, UNPREPARED	10.000	3.020	0.770	20.800	88.000	1.900	4.000
110037	BEANS, LIMA, (FORDHOOK), FROZEN, UNPREPARED	10.000	6.400	0.350	19.830	106.000	4.200	24.000
113264	MUSHROOMS, CANNED, DRAINED SOLIDS	10.000	1.870	0.290	4.960	24.000	2.800	11.000
110306	PEAS, GREEN, CANNED, SOLIDS AND LIQUID	10.000	2.980	0.280	8.970	49.000	2.000	18.000
110312	PEAS, GREEN, FROZEN, UNPREPARED	10.000	5.210	0.370	13.700	77.000	4.500	22.000
110463	SPINACH, FROZEN, UNPREPARED	10.000	2.920	0.310	4.000	24.000	3.200	111.000
113531	TOMATOES, RED, RIPE, CANNED, WHOLE	10.000	0.930	0.240	4.290	20.000	0.780	26.000
110546	TOMATO PASTE, CANNED	10.000	3.780	0.890	18.820	84.000	4.300	35.000
110579	UNSPECIFIED VEGETABLES, CANNED	10.000	1.420	0.250	7.120	36.000		21.000
110583	UNSPECIFIED VEGETABLES, FROZEN	10.000	3.330	0.520	13.460	64.000	2.740	25.000
	9 -- Juices							
96016	APPLE JUICE, CANNED OR BOTTLED, WITH ADDED VITAMIN C	10.000	0.060	0.110	11.680	47.000	0.100	7.000
93137	GRAPE JUICE, FROZEN CONCENTRATE, SWEETENED, DILUTED, +VIT C	10.000	0.190	0.090	12.750	51.000	0.100	4.000
93123	GRAPEFRUIT JUICE, CANNED, UNSWEETENED	10.000	0.520	0.100	8.960	38.000	0.550	7.000
90153	LEMON JUICE, CANNED OR BOTTLED	10.000	0.400	0.290	6.480	21.000	0.300	11.000
93215	ORANGE JUICE, FROZEN CONCENTRATE, DILUTED	10.000	0.680	0.060	10.780	45.000	0.350	9.000
90273	PINEAPPLE JUICE, CANNED, WITH ADDED VITAMIN C	10.000	0.320	0.080	13.780	56.000	0.100	17.000
113540	TOMATO JUICE, CANNED	10.000	0.760	0.060	4.230	17.000	0.690	9.000
	10 -- Meat							
100187	PORK, FRESH, COMPOSITE, LEG+LOIN+SHOULDER, LEAN & FAT, RAW	8.900	18.950	14.950	0.000	216.000	0.000	19.000
130007	BEEF, COMPOSITE CUTS, LEAN & FAT, 1/4" TRIM, RAW	8.900	18.470	17.420	0.000	236.000	0.000	7.000
170088	VEAL, COMPOSITE, LEAN+FAT, RAW	8.900	19.350	6.770	0.000	144.000	0.000	15.000
170062	LAMB, NEW ZEALAND, COMPOSITE, LEAN+FAT, RAW	8.900	16.740	22.740	0.000	277.000	0.000	13.000
880901	OFFAL, RAW	7.952	14.281	4.793	2.297	113.362	0.000	5.590
	11 -- Eggs							
13123	EGG, CHICKEN, WHOLE, FRESH OR FROZEN, RAW	8.800	12.490	10.020	1.220	149.000	0.000	49.000
	12 -- Poultry							
50006	CHICKEN, BROILER, FLESH+SKIN, RAW	6.800	18.600	15.060	0.000	215.000	0.000	11.000
50123	CHICKEN, STEWING, FLESH AND SKIN, RAW	7.000	17.550	20.330	0.000	258.000	0.000	10.000
50165	TURKEY, ALL CLASSES, FLESH AND SKIN, RAW	7.900	20.420	8.020	0.000	160.000	0.000	15.000
	13 -- Fish							
881301	FRESH/FROZEN SEAFISH	7.600	18.040	8.165	0.000	150.750	0.000	24.750
881302	PROCESSED SEAFISH	10.000	25.557	9.176	0.000	191.500	0.000	285.970
881303	SHELLFISH	2.650	18.545	0.750	0.250	87.000	0.000	47.000

Foodcode	Description	Edible Factor	Protein	Fat	Carbohydrate	Energy	Tot Dietary Fibre	Calcium
881304	FRESHWATER FISH	5.662	18.698	3.783	0.000	113.580	0.000	37.420
	14 -- Dairy products							
13009	CHEESE, CHEDDAR	10.000	24.900	33.140	1.280	402.577	0.000	721.300
13042	CHEESE: PROCESSED, CHEDDAR	10.000	22.150	31.250	1.600	375.459	0.000	615.500
881401	VARIETY CHEESE	10.000	22.155	27.296	2.544	344.375	0.000	613.891
881402	COTTAGE CHEESE	10.000	12.971	4.099	2.597	101.460	0.000	57.153
11019	WHEY CHEESE	10.000	14.691	22.000	4.228	272.473	0.000	509.164
12092	MILK, DRY, SKIM, POWDER, INSTANTIZED	10.000	35.100	0.720	52.190	358.181	0.000	1230.800
10094	MILK, DRY, BUTTERMILK, SWEET CREAM	10.000	34.300	5.780	49.000	386.897	0.000	1184.400
10115	WHEY, SWEET, DRY	10.000	12.930	1.070	74.460	352.776	0.000	796.100
15096	OTHER WHOLE MILK PRODUCTS	10.600	6.810	7.800	10.040	136.496	0.000	260.800
15096	CONCENTRATED WHOLE MILK	10.600	6.810	7.800	10.040	136.496	0.000	260.800
10095	SWEETENED CONDENSED WHOLE MILK	12.900	7.910	8.700	54.400	320.777	0.000	283.500
16096	EVAPORATED, PARTLY SKIMMED MILK	10.700	7.365	2.000	11.022	91.684	0.000	275.500
11097	CONCENTRATED SKIM MILK	10.800	7.550	0.200	11.350	77.921	0.000	289.500
10095	SWEETENED CONDENSED SKIM MILK	12.900	7.910	8.700	54.400	320.777	0.000	283.500
10111	MILK SHAKE MIX	8.400	3.860	3.030	17.750	111.808	0.000	146.100
190095	DESSERT, FROZEN, ICE CREAM, VANILLA, 11% B.F.	5.500	3.500	11.000	23.600	201.000		128.000
190097	DESSERT, FROZEN, SHERBET, ORANGE	8.100	1.100	2.000	30.400	138.000		54.000
190096	DESSERT, FROZEN, ICE MILK, VANILLA, SOFT SERVE	7.400	4.900	2.600	21.800	126.000		157.000
12077	MILK, FLUID, WHOLE, PASTURIZED, HOMOGENIZED, 3.3% B.F.	10.300	3.290	3.340	4.660	61.441	0.000	119.400
13088	MILK, FLUID, BUTTERMILK, CULTURED	10.300	3.310	0.880	4.790	40.406	0.000	116.400
10079	MILK, FLUID, PARTLY SKIMMED, 2% B.F.	10.300	3.330	1.920	4.800	49.672	0.000	121.600
12085	MILK, FLUID, SKIM	10.300	3.410	0.180	4.850	34.912	0.000	123.400
10084	MILK, FLUID, PARTLY SKIMMED WITH ADDED MILK SOLIDS, 1% B.F.	10.300	3.930	1.170	5.520	48.000	0.000	142.000
10103	MILK, FLUID, CHOCOLATE, PARTLY SKIMMED, 2% B.F.	10.500	3.210	2.000	10.400	71.535	0.600	113.600
16049	CREAM, CEREAL (HALF AND HALF), 10% B.F.	10.200	2.993	10.000	4.423	117.798	0.000	106.729
14050	CREAM, TABLE (COFFEE), 18% B.F.	10.100	2.744	18.000	3.767	184.515	0.000	97.510
14052	CREAM, WHIPPING, 32% B.F.	10.100	2.071	32.000	3.100	302.121	0.000	68.284
14056	CREAM, SOUR, CULTURED, 14% B.F.	9.700	2.989	14.000	4.262	152.318	0.000	106.679
15116	YOGOURT, PLAIN, 2% -> 4% B.F.	10.300	4.730	2.790	6.680	70.500	0.000	161.010
	15 -- Non-alcoholic beverages							
140366	TEA, INSTANT, UNSWEETENED, POWDER	10.000	11.700	0.400	57.000	256.000		55.000
140214	COFFEE, INSTANT, REGULAR, POWDER	10.000	12.200	0.500	41.100	241.000		141.000
140192	COCOA MIX, UNENRICHED, POWDER	10.000	10.800	4.000	79.100	361.000		326.000
140400	CARBONATED DRINKS, COLA	10.400	0.000	0.000	10.400	41.000		3.000
	16 -- Alcoholic beverages							
141003	ALCOHOLIC, BEER, REGULAR (5% ALCOHOL BY VOLUME)	10.000	0.300	0.000	3.700	44.098		5.000
140050	ALCOHOLIC, RUM (40% ALCOHOL BY VOLUME)	9.400	0.000	0.000	0.000	231.000		0.000
140084	ALCOHOLIC, WINE, TABLE, ALL (11.5% ALCOHOL BY VOLUME)	9.900	0.200	0.000	1.400	70.000		8.000

Foodcode	Description	Edible Factor	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
	1 -- Cereals							
880101	WHEAT FLOUR	10.000	4.878	29.801	128.783	136.639	2.111	0.927
200064	RYE FLOUR	10.000	2.120	75.000	207.000	340.000	3.000	1.990
86577	OATMEAL & ROLLED OATS	10.000	3.260		427.000	377.000	3.300	
200005	POT & PEARL BARLEY	10.000	2.500	79.000	221.000	280.000	9.000	2.130
200422	CORN FLOUR & MEAL	10.000	1.100	40.000	84.000	162.000	3.000	0.720
880102	RICE	10.000	0.806	25.760	116.590	116.560	5.010	1.114
880103	BREAKFAST CEREAL	10.000	9.953	29.795	208.859	243.101	559.441	1.189
	2 -- Sugars							
190335	SUGAR	10.000	0.060	0.000	2.000	2.000	1.000	0.030
190353	MAPLE SUGAR	10.000	1.200	14.000	2.000	204.000	9.000	4.160
190296	HONEY	10.000	0.420	2.000	4.000	52.000	4.000	0.220
	3 -- Pulses & nuts							
160045	DRY BEANS	10.000	7.730	183.000	445.000	1542.000	12.000	2.810
160006	CANNED BAKED BEANS	10.000	0.290	32.000	104.000	296.000	397.000	1.400
163085	DRY PEAS	10.000	4.430	115.000	366.000	981.000	15.000	3.010
163087	PEANUTS	10.000	4.580	168.000	376.000	705.000	18.000	3.270
880301	TREENUTS	5.597	4.781	227.519	472.669	727.022	8.641	3.375
	4 -- Fats & oils							
880401	MARGARINE	10.000	0.009	2.400	21.106	39.157	1036.729	0.000
46824	SHORTENING	10.000	0.000		0.000	0.000	0.000	
880402	SALAD/COOKING OIL	10.000	0.002	0.003	0.025	0.000	0.000	0.000
880403	BUTTER	10.000	0.160	2.180	22.800	26.000	785.725	0.050
	5 -- Fresh Fruits							
90112	GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW	5.100	0.120	8.000	9.000	129.000	0.000	0.070
90151	LEMONS, RAW, WITH PEEL	8.400	0.700	12.000	15.000	145.000	3.000	0.100
93200	ORANGES, ALL COMMERCIAL VARIETIES, RAW	7.300	0.100	10.000	14.000	181.000	0.000	0.070
90159	LIMES, RAW	8.400	0.600	6.000	18.000	102.000	2.000	0.110
90218	TANGERINES (MANDARINS), RAW	7.200	0.100	12.000	10.000	157.000	1.000	0.240
93003	APPLES, RAW, WITH SKIN	9.200	0.180	5.000	7.000	115.000	0.000	0.040
90021	APRICOTS, RAW	9.300	0.540	8.000	19.000	296.000	1.000	0.260
90037	AVOCADOS, RAW, ALL COMMERCIAL VARIETIES	7.400	1.020	39.000	41.000	599.000	10.000	0.420
93040	BANANAS, RAW	6.500	0.310	29.000	20.000	396.000	1.000	0.160
93050	BLUEBERRIES, RAW	9.800	0.170	5.000	10.000	89.000	6.000	0.110
880502	CHERRIES, RAW	9.000	0.355	10.000	17.000	198.000	1.500	0.080
120104	COCONUT MEAT, RAW	5.200	2.430	32.000	113.000	356.000	20.000	1.100
90078	CRANBERRIES, RAW	9.500	0.200	5.000	9.000	71.000	1.000	0.130
93087	DATES, DOMESTIC, NATURAL AND DRY	9.000	1.150	35.000	40.000	652.000	3.000	0.290
93089	FIGS, RAW	9.900	0.370	17.000	14.000	232.000	1.000	0.150
93132	GRAPES, EUROPEAN TYPE (ADHERENT SKIN), RAW	8.900	0.260	6.000	13.000	185.000	2.000	0.050

Foodcode	Description	Edible Fac	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
90176	MANGOS, RAW	6.900	0.130	9.000	11.000	156.000	2.000	0.040
90148	KIWIFRUIT, RAW	8.600	0.410	30.000	40.000	332.000	5.000	
93181	MELONS, CANTALOUPE, RAW	5.100	0.210	11.000	17.000	309.000	9.000	0.160
90184	MELONS, HONEYDEW, RAW	4.600	0.070	7.000	10.000	271.000	10.000	0.100
90326	WATERMELON, RAW	5.200	0.170	11.000	9.000	116.000	2.000	0.070
110593	WAXGOURD (CHINESE PRESERVING MELON), RAW	7.100	0.400	10.000	19.000	6.000	111.000	0.610
90191	NECTARINES, RAW	9.100	0.150	8.000	16.000	212.000	0.000	0.090
880501	BERRIES, OTHER	9.750	0.748	18.000	29.750	217.000	0.750	0.280
90226	PAPAYAS, RAW	6.700	0.100	10.000	5.000	257.000	3.000	0.070
93236	PEACHES, RAW	7.600	0.110	7.000	12.000	197.000	0.000	0.140
93252	PEARS, RAW, WITH SKIN	9.200	0.250	6.000	11.000	125.000	0.000	0.120
93266	PINEAPPLE, RAW	5.200	0.370	14.000	7.000	113.000	1.000	0.080
93279	PLUMS, RAW	9.400	0.100	7.000	10.000	172.000	0.000	0.100
90296	QUINCES, RAW	6.100	0.700	8.000	17.000	197.000	4.000	
93316	STRAWBERRIES, RAW	9.400	0.380	10.000	19.000	166.000	1.000	0.130
93307	UNSPECIFIED FRUIT	7.500	0.220	12.000	14.000	288.000	4.000	0.100
	6 - Processed fruits							
90008	APPLES, CANNED, SWEETENED, SLICED, HEATED	10.000	0.240	3.000	6.000	70.000	3.000	0.050
90011	APPLES, DRIED, SULPHURED, UNCOOKED	10.000	1.400	16.000	38.000	450.000	87.000	0.200
90014	APPLES, FROZEN, SLICED, UNSWEETENED, UNHEATED	10.000	0.180	3.000	8.000	77.000	3.000	0.050
190312	SWEETS, PIE FILLINGS, CANNED, APPLE	10.000	0.290	2.000	7.000	45.000	44.000	0.040
93019	APPLESAUCE, CANNED, UNSWEETENED	10.000	0.120	3.000	7.000	75.000	2.000	0.030
90026	APRICOTS, CANNED HALVES+SKIN, LIGHT SYRUP PACK, SOL+LIQ	10.000	0.390	8.000	13.000	138.000	4.000	0.110
90052	BLUEBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.330	4.000	10.000	40.000	3.000	0.070
93054	BLUEBERRIES, FROZEN, UNSWEETENED	10.000	0.180	5.000	11.000	54.000	1.000	0.070
90068	CHERRIES, SOUR, RED, FROZEN, UNSWEETENED	10.000	0.530	9.000	16.000	124.000	1.000	0.100
90254	PEARS, CANNED HALVES, JUICE PACK, SOLIDS	10.000	0.290	7.000	12.000	96.000	4.000	0.090
93240	PEACHES, CANNED HALVES/SLICES, LIGHT SYRUP PACK, SOL+LIQ	10.000	0.360	5.000	11.000	97.000	5.000	0.090
93268	PINEAPPLE, CANNED, JUICE PACK, SOLIDS + LIQUID	10.000	0.280	14.000	6.000	122.000	1.000	0.100
90304	RASPBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.420	12.000	9.000	94.000	3.000	0.160
90317	STRAWBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.490	8.000	12.000	86.000	4.000	0.090
93318	STRAWBERRIES, FROZEN, UNSWEETENED	10.000	0.750	11.000	13.000	148.000	2.000	0.130
880601	UNSPECIFIED CANNED FRUIT	10.000	0.291	5.009	10.623	86.045	6.254	0.078
880602	UNSPECIFIED DRIED FRUIT	9.462	1.688	31.639	53.805	578.448	4.634	0.312
880603	UNSPECIFIED FROZEN FRUIT	10.000	0.602	13.400	17.800	144.200	2.800	0.136
	7 -- Vegetables							
113007	ARTICHOKES (GLOBE, FRENCH), RAW	4.000	1.280	60.000	90.000	370.000	94.000	0.490
110011	ASPARAGUS, RAW	5.300	0.870	18.000	56.000	273.000	2.000	0.460
113052	BEANS, SNAP (ITALIAN/GREEN/YELLOW), RAW	8.800	1.040	25.000	38.000	209.000	6.000	0.240
115080	BEETS, RAW	6.700	0.800	23.000	40.000	325.000	78.000	0.350
113090	BROCCOLI, RAW	6.100	0.880	25.000	66.000	325.000	27.000	0.400

Foodcode	Description	Edible Factor	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
113098	BRUSSELS SPROUTS, RAW	9.000	1.400	23.000	69.000	389.000	25.000	0.420
112109	CABBAGE, RAW	8.000	0.590	15.000	23.000	246.000	18.000	0.180
110119	CABBAGE, CHINESE (PE-TSAI), RAW	9.300	0.310	13.000	29.000	238.000	9.000	0.230
113124	CARROTS, RAW	8.900	0.500	15.000	44.000	323.000	35.000	0.200
113135	CAULIFLOWER, RAW	3.900	0.440	15.000	44.000	303.000	30.000	0.280
113143	CELERY, RAW	8.900	0.400	11.000	25.000	287.000	87.000	0.130
113167	CORN, SWEET, RAW	3.600	0.520	37.000	89.000	270.000	15.000	0.450
112205	CUCUMBER, RAW	9.700	0.260	11.000	20.000	144.000	2.000	0.200
110209	EGGPLANT (AUBERGINE, BRINJAL), RAW	8.100	0.270	14.000	22.000	217.000	3.000	0.140
113215	GARLIC, RAW	8.700	1.700	25.000	153.000	401.000	17.000	1.160
110241	KOHLRABI, RAW	4.600	0.400	19.000	46.000	350.000	20.000	0.030
113246	LEEKS, RAW	4.400	2.100	28.000	35.000	180.000	20.000	0.120
880701	LETTUCE	8.950	0.750	8.700	28.300	218.100	8.300	0.231
110134	CASSAVA (MANIOC), RAW	8.000	3.600	66.000	70.000	764.000	8.000	0.250
113260	MUSHROOMS, RAW	9.700	1.240	10.000	104.000	370.000	4.000	0.730
110278	OKRA (GUMBO), RAW	8.600	0.800	57.000	63.000	303.000	8.000	0.600
90193	OLIVES, RIPE, CANNED, SMALL -> EXTRA LARGE	10.000	3.300	4.000	3.000	8.000	872.000	0.220
113282	ONIONS, RAW	9.000	0.220	10.000	33.000	157.000	3.000	0.190
110141	OTHER EDIBLE ROOT VEGETABLES	8.600	0.700	20.000	115.000	300.000	100.000	0.330
880702	OTHER LEAF & STALK VEGETABLES	9.274	0.649	19.020	47.400	263.180	22.830	0.436
113297	PARSLEY, RAW	9.500	6.200	50.000	58.000	554.000	56.000	1.070
113298	PARSNIPS, RAW	8.500	0.590	29.000	71.000	375.000	10.000	0.590
113304	PEAS, GREEN, RAW	3.800	1.470	33.000	108.000	244.000	5.000	1.240
113333	PEPPERS, SWEET, GREEN, RAW	8.200	0.460	10.000	19.000	177.000	2.000	0.120
880703	PUMPKIN & SQUASH, RAW	7.525	0.628	22.500	31.250	286.750	6.250	0.198
113429	RADISHES, RAW	9.000	0.290	9.000	18.000	232.000	24.000	0.300
110161	RAPPINI, RAW	5.700	0.190	9.000	10.000	169.000	20.000	0.130
880704	RUTABAGAS & TURNIPS	8.400	0.465	20.000	50.250	300.500	31.750	0.323
110457	SPINACH, RAW	7.200	2.710	79.000	49.000	558.000	79.000	0.530
113529	TOMATOES, RED, RIPE, RAW	9.100	0.450	11.000	24.000	222.000	9.000	0.090
110477	UNSPECIFIED VEGETABLES, RAW	9.500	0.420	22.000	32.000	248.000	3.000	0.200
110507	SWEETPOTATOES, RAW	7.200	0.590	10.000	28.000	204.000	13.000	0.280
113352	POTATOES, RAW, FLESH	7.500	0.760	21.000	46.000	543.000	6.000	0.390
	8 -- Processed vegetables							
110013	ASPARAGUS, CANNED, SOLIDS AND LIQUIDS	10.000	0.580	9.000	38.000	153.000	348.000	0.470
110054	BEANS, SNAP (ITALIAN/GREEN/YELLOW), CANNED, SOLIDS + LIQUID	10.000	0.880	13.000	19.000	98.000	368.000	0.200
110060	BEANS, SNAP (ITALIAN/GREEN/YELLOW), FROZEN, UNPREPARED	10.000	0.860	22.000	32.000	186.000	3.000	0.260
110082	BEETS, CANNED, SOLIDS AND LIQUID	10.000	0.670	16.000	16.000	142.000	263.000	0.230
110094	BROCCOLI, FROZEN, SPEARS, UNPREPARED	10.000	0.720	16.000	59.000	250.000	17.000	0.340
110100	BRUSSELS SPROUTS, FROZEN, UNPREPARED	10.000	0.930	20.000	62.000	370.000	10.000	0.310

Foodcode	Description	Edible Factor	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
110126	CARROTS, CANNED, SOLIDS AND LIQUID	10.000	0.610	9.000	20.000	173.000	241.000	0.290
113130	CARROTS, FROZEN, UNPREPARED	10.000	0.610	11.000	23.000	181.000	59.000	0.250
110137	CAULIFLOWER, FROZEN, UNPREPARED	10.000	0.540	12.000	35.000	193.000	24.000	0.170
113176	CORN, SWEET, CANNED, VACUUM PACK, NIBLETS	10.000	0.420	23.000	64.000	186.000	272.000	0.460
113178	CORN, SWEET, YELLOW, FROZEN, KERNELS CUT OFF COB, UNPREPARED	10.000	0.420	18.000	69.000	210.000	3.000	0.370
110037	BEANS, LIMA, (FORDHOOK), FROZEN, UNPREPARED	10.000	1.510	38.000	74.000	478.000	58.000	0.490
113264	MUSHROOMS, CANNED, DRAINED SOLIDS	10.000	0.790	15.000	66.000	129.000	425.000	0.720
110306	PEAS, GREEN, CANNED, SOLIDS AND LIQUID	10.000	1.110	17.000	53.000	87.000	274.000	0.700
110312	PEAS, GREEN, FROZEN, UNPREPARED	10.000	1.530	25.000	80.000	149.000	112.000	0.810
110463	SPINACH, FROZEN, UNPREPARED	10.000	2.050	58.000	41.000	323.000	74.000	0.440
113531	TOMATOES, RED, RIPE, CANNED, WHOLE	10.000	0.610	12.000	19.000	221.000	163.000	0.160
110546	TOMATO PASTE, CANNED	10.000	2.990	51.000	79.000	932.000	65.000	0.800
110579	UNSPECIFIED VEGETABLES, CANNED	10.000	0.650	15.000	37.000	138.000	224.000	0.510
110583	UNSPECIFIED VEGETABLES, FROZEN	10.000	0.950	24.000	59.000	212.000	47.000	0.450
	9 -- Juice							
96016	APPLE JUICE, CANNED OR BOTTLED, WITH ADDED VITAMIN C	10.000	0.370	3.000	7.000	119.000	3.000	0.030
93137	GRAPE JUICE, FROZEN CONCENTRATE, SWEETENED, DILUTED, +VIT C	10.000	0.100	4.000	4.000	21.000	2.000	0.040
93123	GRAPEFRUIT JUICE, CANNED, UNSWEETENED	10.000	0.200	10.000	11.000	153.000	1.000	0.090
90153	LEMON JUICE, CANNED OR BOTTLED	10.000	0.130	8.000	9.000	102.000	21.000	0.060
93215	ORANGE JUICE, FROZEN CONCENTRATE, DILUTED	10.000	0.100	10.000	16.000	190.000	1.000	0.050
90273	PINEAPPLE JUICE, CANNED, WITH ADDED VITAMIN C	10.000	0.260	13.000	8.000	134.000	1.000	0.110
113540	TOMATO JUICE, CANNED	10.000	0.580	11.000	19.000	220.000	361.000	0.140
	10 -- Meat							
100187	PORK, FRESH, COMPOSITE, LEG+LOIN+SHOULDER, LEAN & FAT, RAW	8.900	0.860	21.000	200.000	335.000	55.000	2.010
130007	BEEF, COMPOSITE CUTS, LEAN & FAT, 1/4" TRIM, RAW	8.900	1.880	19.000	175.000	303.000	57.000	3.710
170088	VEAL, COMPOSITE, LEAN+FAT, RAW	8.900	0.830	24.000	203.000	315.000	82.000	3.060
170062	LAMB, NEW ZEALAND, COMPOSITE, LEAN+FAT, RAW	8.900	1.490	15.000	168.000	136.000	39.000	2.390
880901	OFFAL, RAW	7.952	4.928	13.269	171.800	242.509	61.111	2.620
	11 -- Eggs							
13123	EGG, CHICKEN, WHOLE, FRESH OR FROZEN, RAW	8.800	1.440	10.000	178.000	121.000	126.000	1.100
	12 -- Poultry							
50006	CHICKEN, BROILER, FLESH+SKIN, RAW	6.800	0.900	20.000	147.000	189.000	70.000	1.310
50123	CHICKEN, STEWING, FLESH AND SKIN, RAW	7.000	1.040	20.000	172.000	204.000	71.000	1.190
50165	TURKEY, ALL CLASSES, FLESH AND SKIN, RAW	7.900	1.430	22.000	178.000	266.000	65.000	2.200
	13 -- Fish							
881301	FRESH/FROZEN SEAFISH	7.600	1.000	39.750	211.000	284.750	80.500	0.823
881302	PROCESSED SEAFISH	10.000	3.194	48.240	349.090	378.520	1507.210	1.587
881303	SHELLFISH	2.650	0.445	38.000	181.500	239.500	566.000	4.485
881304	FRESHWATER FISH	5.662	0.915	29.390	225.190	301.160	48.390	0.582

Foodcode	Description	Edible Factor	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
	14 -- Dairy products							
13009	CHEESE, CHEDDAR	10.000	0.680	27.780	512.100	98.400	620.500	3.110
13042	CHEESE: PROCESSED, CHEDDAR	10.000	0.390	22.250	744.900	162.000	1430.400	2.990
881401	VARIETY CHEESE	10.000	0.510	22.944	425.327	105.751	505.254	2.693
881402	COTTAGE CHEESE	10.000	0.149	5.127	129.003	79.079	365.365	0.380
11019	WHEY CHEESE	10.000	0.672	19.860	348.609	63.891	1153.863	2.977
12092	MILK, DRY, SKIM, POWDER, INSTANTIZED	10.000	0.310	117.110	984.700	1705.400	548.700	4.410
10094	MILK, DRY, BUTTERMILK, SWEET CREAM	10.000	0.300	109.500	932.600	1592.000	517.400	4.020
10115	WHEY, SWEET, DRY	10.000	0.880	176.100	931.700	2079.700	1079.000	1.970
15096	OTHER WHOLE MILK PRODUCTS	10.600	0.190	24.190	202.500	303.100	105.800	0.770
15096	CONCENTRATED WHOLE MILK	10.600	0.190	24.190	202.500	303.100	105.800	0.770
10095	SWEETENED CONDENSED WHOLE MILK	12.900	0.190	25.650	253.300	371.400	127.000	0.940
16096	EVAPORATED, PARTLY SKIMMED MILK	10.700	0.240	25.500	198.500	317.500	110.500	0.835
11097	CONCENTRATED SKIM MILK	10.800	0.290	27.000	194.900	331.500	115.000	0.900
10095	SWEETENED CONDENSED SKIM MILK	12.900	0.190	25.650	253.300	371.400	127.000	0.940
10111	MILK SHAKE MIX	8.400	0.100	11.760	115.200	182.700	95.400	0.390
190095	DESSERT, FROZEN, ICE CREAM, VANILLA, 11% B.F.	5.500	0.090	14.000	105.000	199.000	80.000	0.690
190097	DESSERT, FROZEN, SHERBET, ORANGE	8.100	0.140	8.000	40.000	96.000	46.000	0.480
190096	DESSERT, FROZEN, ICE MILK, VANILLA, SOFT SERVE	7.400	0.060	14.000	121.000	221.000	70.000	0.530
12077	MILK, FLUID, WHOLE, PASTURIZED, HOMOGENIZED, 3.3% B.F.	10.300	0.050	13.440	93.400	151.500	49.000	0.380
13088	MILK, FLUID, BUTTERMILK, CULTURED	10.300	0.050	10.950	89.200	151.300	104.900	0.420
10079	MILK, FLUID, PARTLY SKIMMED, 2% B.F.	10.300	0.050	13.670	95.100	154.400	49.900	0.390
12085	MILK, FLUID, SKIM	10.300	0.040	11.360	100.900	165.600	51.500	0.400
10084	MILK, FLUID, PARTLY SKIMMED WITH ADDED MILK SOLIDS, 1% B.F.	10.300	0.060	16.000	111.000	180.000	58.000	0.450
10103	MILK, FLUID, CHOCOLATE, PARTLY SKIMMED, 2% B.F.	10.500	0.240	13.200	101.700	168.800	60.200	0.410
16049	CREAM, CEREAL (HALF AND HALF), 10% B.F.	10.200	0.076	10.192	97.881	131.536	41.192	0.556
14050	CREAM, TABLE (COFFEE), 18% B.F.	10.100	0.045	9.168	82.516	123.342	40.168	0.310
14052	CREAM, WHIPPING, 32% B.F.	10.100	0.030	7.000	61.500	93.062	36.000	0.246
14056	CREAM, SOUR, CULTURED, 14% B.F.	9.700	0.068	10.223	92.768	132.348	42.902	0.449
15116	YOGOURT, PLAIN, 2% -> 4% B.F.	10.300	0.050	15.700	136.000	227.500	61.190	0.770
	15 -- Non-alcoholic beverages							
140366	TEA, INSTANT, UNSWEETENED, POWDER	10.000	4.040	363.000	442.000	6596.000	130.000	3.200
140214	COFFEE, INSTANT, REGULAR, POWDER	10.000	4.410	327.000	303.000	3535.000	37.000	0.350
140192	COCOA MIX, UNENRICHED, POWDER	10.000	1.190	83.000	315.000	712.000	504.000	1.460
140400	CARBONATED DRINKS, COLA	10.400	0.030	1.000	12.000	1.000	4.000	0.010
	16 -- Alcoholic beverages							
141003	ALCOHOLIC, BEER, REGULAR (5% ALCOHOL BY VOLUME)	10.000	0.030	6.000	12.000	25.000	5.000	0.020
140050	ALCOHOLIC, RUM (40% ALCOHOL BY VOLUME)	9.400	0.120	0.000	5.000	2.000	1.000	0.070
140084	ALCOHOLIC, WINE, TABLE, ALL (11.5% ALCOHOL BY VOLUME)	9.900	0.410	10.000	14.000	89.000	8.000	0.070

Foodcode	Description	Edible Factor	Copper	Manganese	Vitamin D	Vitamin E	Vitamin A	Vitamin C
	1-- Cereals							
880101	WHEAT FLOUR	10.000	0.165	0.974	0.000	0.000	0.000	0.000
200064	RYE FLOUR	10.000	0.287	5.460			0.000	0.000
86577	OATMEAL & ROLLED OATS	10.000					0.000	0.000
200005	POT & PEARL BARLEY	10.000	0.420	1.322			2.000	0.000
200422	CORN FLOUR & MEAL	10.000	0.078	0.105			41.000	0.000
880102	RICE	10.000	0.222	1.089	0.000	0.000	0.010	0.000
880103	BREAKFAST CEREAL	10.000	0.207	0.820	0.000	0.000	0.000	0.000
	2 -- Sugars							
190335	SUGAR	10.000	0.043	0.007			0.000	
190353	MAPLE SUGAR	10.000	0.074	3.298			0.000	
190296	HONEY	10.000	0.036	0.080			0.000	
	3 -- Pulses & nuts							
160045	DRY BEANS	10.000	0.635	1.278			0.000	0.000
160006	CANNED BAKED BEANS	10.000	0.206	0.346			17.000	3.100
163085	DRY PEAS	10.000	0.866	1.391			15.000	1.800
163087	PEANUTS	10.000	1.144	1.934			0.000	0.000
880301	TREENUTS	5.597	1.404	1.562	0.000	1.207	8.159	2.462
	4 -- Fats & oils							
880401	MARGARINE	10.000	0.000	0.000	13.558	42.043	1057.672	0.000
46824	SHORTENING	10.000						0.000
880402	SALAD/COOKING OIL	10.000	0.000	0.000	0.000	20.923	0.000	0.000
880403	BUTTER	10.000	0.016	0.004	0.000	1.600	754.000	0.000
	5 -- Fresh Fruits							
90112	GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW	5.100	0.044	0.010			26.000	38.100
90151	LEMONS, RAW, WITH PEEL	8.400	0.260				3.000	77.000
90159	LIMES, RAW	8.400	0.065	0.008			1.000	29.100
90218	TANGERINES (MANDARINS), RAW	7.200	0.028	0.032			92.000	30.800
93200	ORANGES, ALL COMMERCIAL VARIETIES, RAW	7.300	0.045	0.025		0.300	21.000	53.200
93003	APPLES, RAW, WITH SKIN	9.200	0.041	0.045		0.300	5.000	5.700
90021	APRICOTS, RAW	9.300	0.089	0.079			261.000	10.000
90037	AVOCADOS, RAW, ALL COMMERCIAL VARIETIES	7.400	0.262	0.226		4.770	61.000	7.900
93040	BANANAS, RAW	6.500	0.104	0.152		0.300	8.000	9.100
93050	BLUEBERRIES, RAW	9.800	0.061	0.282			10.000	13.000
880502	CHERRIES, SWEET, RAW	9.000	0.100	0.102		0.075	74.50	8.500
120104	COCONUT MEAT, RAW	5.200	0.435	1.500			0.000	3.300
90078	CRANBERRIES, RAW	9.500	0.058	0.157			5.000	13.500
93087	DATES, DOMESTIC, NATURAL AND DRY	9.000	0.288	0.298			5.000	0.000
93089	FIGS, RAW	9.900	0.070	0.128			14.000	2.000
93132	GRAPES, EUROPEAN TYPE (ADHERENT SKIN), RAW	8.900	0.090	0.058			7.000	10.800

Foodcode	Description	Edible Fact	Copper	Manganese	Vitamin D	Vitamin E	Vitamin A	Vitamin C
90176	MANGOS, RAW	6.900	0.110	0.027			389.000	27.700
90148	KIWIFRUIT, RAW	8.600	0.157				18.000	75.000
93181	MELONS, CANTALOUPE, RAW	5.100	0.042	0.047		0.150	322.000	42.200
90184	MELONS, HONEYDEW, RAW	4.600	0.041	0.018		0.150	4.000	24.800
90326	WATERMELON, RAW	5.200	0.032	0.037			37.000	9.600
110593	WAXGOURD (CHINESE PRESERVING MELON), RAW	7.100	0.023	0.058			0.000	13.000
90191	NECTARINES, RAW	9.100	0.073	0.044			74.000	5.400
880501	BERRIES, OTHER	9.750	0.093	0.676	0.000	0.000	20.250	63.675
90226	PAPAYAS, RAW	6.700	0.016	0.011			201.000	61.800
93236	PEACHES, RAW	7.600	0.068	0.047			54.000	6.600
93252	PEARS, RAW, WITH SKIN	9.200	0.113	0.076		0.000	2.000	4.000
93266	PINEAPPLE, RAW	5.200	0.110	1.649			2.000	15.400
93279	PLUMS, RAW	9.400	0.043	0.049			32.000	9.500
90296	QUINCES, RAW	6.100	0.130				4.000	15.000
93316	STRAWBERRIES, RAW	9.400	0.049	0.290		0.300	3.000	56.700
93307	UNSPECIFIED FRUIT	7.500	0.021	0.196			10.000	8.000
	6 - Processed fruits							
90008	APPLES, CANNED, SWEETENED, SLICED, HEATED	10.000	0.051	0.165			6.000	0.200
90011	APPLES, DRIED, SULPHURED, UNCOOKED	10.000	0.191	0.090			0.000	3.900
90014	APPLES, FROZEN, SLICED, UNSWEETENED, UNHEATED	10.000	0.058	0.169			3.000	0.100
190312	SWEETS, PIE FILLINGS, CANNED, APPLE	10.000	0.055	0.027			1.000	
93019	APPLESAUCE, CANNED, UNSWEETENED	10.000	0.026	0.075		0.300	3.000	10.000
90026	APRICOTS, CANNED HALVES+SKIN, LIGHT SYRUP PACK, SOL+LIQ	10.000	0.079	0.052			132.000	2.700
90052	BLUEBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.053	0.203			6.000	1.100
93054	BLUEBERRIES, FROZEN, UNSWEETENED	10.000	0.033	0.147			8.000	2.500
90068	CHERRIES, SOUR, RED, FROZEN, UNSWEETENED	10.000	0.090	0.057			87.000	1.700
90254	PEARS, CANNED HALVES, JUICE PACK, SOLIDS	10.000	0.053	0.034			1.000	1.600
93240	PEACHES, CANNED HALVES/SLICES, LIGHT SYRUP PACK, SOL+LIQ	10.000	0.052	0.046			35.000	7.000
93268	PINEAPPLE, CANNED, JUICE PACK, SOLIDS + LIQUID	10.000	0.086	1.121			4.000	9.500
90304	RASPBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.057	0.233			3.000	8.700
90317	STRAWBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.063	0.200			3.000	31.700
93318	STRAWBERRIES, FROZEN, UNSWEETENED	10.000	0.049	0.290			4.000	41.200
880601	UNSPECIFIED CANNED FRUIT	10.000	0.068	0.151	0.000	0.000	23.439	4.518
880602	UNSPECIFIED DRIED FRUIT	9.462	0.435	0.202	0.000	0.000	85.199	29.111
880603	UNSPECIFIED FROZEN FRUIT	10.000	0.067	0.410	0.000	0.000	44.800	25.520
	7 -- Fresh vegetables							
113007	ARTICHOKES (GLOBE, FRENCH), RAW	4.000	0.231	0.256			18.000	11.700
110011	ASPARAGUS, RAW	5.300	0.176	0.262			58.000	13.200
113052	BEANS, SNAP (ITALIAN/GREEN/YELLOW), RAW	8.800	0.069	0.214			67.000	16.300
115080	BEETS, RAW	6.700	0.075	0.329			4.000	4.900
113090	BROCCOLI, RAW	6.100	0.045	0.229			154.000	93.200

Foodcode	Description	Edible Factor	Copper	Manganese	Vitamin D	Vitamin E	Vitamin A	Vitamin C
113098	BRUSSELS SPROUTS, RAW	9.000	0.070	0.337			88.000	85.000
112109	CABBAGE, RAW	8.000	0.023	0.159			13.000	32.200
110119	CABBAGE, CHINESE (PE-TSAI), RAW	9.300	0.036	0.190			120.000	27.000
113124	CARROTS, RAW	8.900	0.047	0.142		0.740	2813.000	9.300
113135	CAULIFLOWER, RAW	3.900	0.042	0.156			2.000	46.400
113143	CELERY, RAW	8.900	0.034	0.102			13.000	7.000
113167	CORN, SWEET, RAW	3.600	0.054	0.161			28.000	6.800
112205	CUCUMBER, RAW	9.700	0.033	0.076			21.000	5.300
110209	EGGPLANT (AUBERGINE, BRINJAL), RAW	8.100	0.055	0.130			8.000	1.700
113215	GARLIC, RAW	8.700	0.299	1.672			0.000	31.200
110241	KOHLRABI, RAW	4.600	0.129	0.139			4.000	62.000
113246	LEEKs, RAW	4.400	0.120	0.481			10.000	12.000
880701	LETTUCE	8.950	0.032	0.355	0.000	0.370	123.200	11.750
110134	CASSAVA (MANIOC), RAW	8.000	0.184	0.411			1.000	48.200
113260	MUSHROOMS, RAW	9.700	0.492	0.112		0.000	0.000	3.500
110278	OKRA (GUMBO), RAW	8.600	0.094	0.990			66.000	21.100
90193	OLIVES, RIPE, CANNED, SMALL -> EXTRA LARGE	10.000	0.251	0.020			40.000	0.900
113282	ONIONS, RAW	9.000	0.060	0.137			0.000	6.400
110141	OTHER EDIBLE ROOT VEGETABLES	8.600	0.070	0.158			0.000	8.000
880702	OTHER LEAF & STALK VEGETABLES	9.274	0.114	0.283	0.000	0.000	223.430	20.823
113297	PARSLEY, RAW	9.500	0.149	0.160			520.000	133.000
113298	PARSNIPS, RAW	8.500	0.120	0.560			0.000	17.000
113304	PEAS, GREEN, RAW	3.800	0.176	0.410			64.000	40.000
113333	PEPPERS, SWEET, GREEN, RAW	8.200	0.065	0.116			63.000	89.300
880703	PUMPKIN & SQUASH, RAW	7.525	0.075	0.155	0.000	0.000	244.750	10.775
113429	RADISHES, RAW	9.000	0.040	0.070			1.000	22.800
110161	RAPPINI, RAW	5.700	0.039	0.276			333.000	23.300
880704	RUTABAGAS & TURNIPS	8.400	0.051	0.161	0.000	0.000	43.500	24.000
110457	SPINACH, RAW	7.200	0.130	0.897			672.000	28.100
113529	TOMATOES, RED, RIPE, RAW	9.100	0.074	0.105			62.000	19.100
110477	UNSPECIFIED VEGETABLES, RAW	9.500	0.057	0.127			34.000	9.000
110507	SWEETPOTATOES, RAW	7.200	0.169	0.355			2006.000	22.700
113352	POTATOES, RAW, FLESH	7.500	0.259	0.263			0.000	18.850
	8 -- Processed vegetables							
110013	ASPARAGUS, CANNED, SOLIDS AND LIQUIDS	10.000	0.107	0.152			47.000	16.400
110054	BEANS, SNAP (ITALIAN/GREEN/YELLOW), CANNED, SOLIDS + LIQUID	10.000	0.070	0.335			32.000	4.000
110060	BEANS, SNAP (ITALIAN/GREEN/YELLOW), FROZEN, UNPREPARED	10.000	0.049	0.385			48.000	12.900
110082	BEETS, CANNED, SOLIDS AND LIQUID	10.000	0.097	0.241			1.000	3.900
110094	BROCCOLI, FROZEN, SPEARS, UNPREPARED	10.000	0.036	0.256			143.000	68.300
110100	BRUSSELS SPROUTS, FROZEN, UNPREPARED	10.000	0.033	0.311			81.000	74.100

Foodcode	Description	Edible Factor	Copper	Manganese	Vitamin D	Vitamin E	Vitamin A	Vitamin C
110126	CARROTS, CANNED, SOLIDS AND LIQUID	10.000	0.103	0.450			1317.000	2.800
113130	CARROTS, FROZEN, UNPREPARED	10.000	0.074	0.392			2128.000	4.300
110137	CAULIFLOWER, FROZEN, UNPREPARED	10.000	0.031	0.197			3.000	48.800
113176	CORN, SWEET, CANNED, VACUUM PACK, NIBLETS	10.000	0.048	0.067		0.740	24.000	5.000
113178	CORN, SWEET, YELLOW, FROZEN, KERNELS CUT OFF COB, UNPREPARED	10.000	0.036	0.126			13.000	6.400
110037	BEANS, LIMA, (FORDHOOK), FROZEN, UNPREPARED	10.000	0.062	0.345			22.000	19.300
113264	MUSHROOMS, CANNED, DRAINED SOLIDS	10.000	0.235	0.086			0.000	1.500
110306	PEAS, GREEN, CANNED, SOLIDS AND LIQUID	10.000	0.108	0.264			38.000	10.900
110312	PEAS, GREEN, FROZEN, UNPREPARED	10.000	0.122	0.338			73.000	18.000
110463	SPINACH, FROZEN, UNPREPARED	10.000	0.098	0.747			776.000	24.300
113531	TOMATOES, RED, RIPE, CANNED, WHOLE	10.000	0.110	0.127		1.790	60.000	9.800
110546	TOMATO PASTE, CANNED	10.000	0.592	0.520			247.000	42.300
110579	UNSPECIFIED VEGETABLES, CANNED	10.000	0.104	0.427			508.000	3.800
110583	UNSPECIFIED VEGETABLES, FROZEN	10.000	0.093	0.244			508.000	10.400
	9 -- Juice							
96016	APPLE JUICE, CANNED OR BOTTLED, WITH ADDED VITAMIN C	10.000	0.022	0.113			0.000	41.000
93137	GRAPE JUICE, FROZEN CONCENTRATE, SWEETENED, DILUTED, +VIT C	10.000	0.013	0.177			1.000	15.000
93123	GRAPEFRUIT JUICE, CANNED, UNSWEETENED	10.000	0.038	0.020		0.070	1.000	29.200
90153	LEMON JUICE, CANNED OR BOTTLED	10.000	0.037	0.020			2.000	24.800
93215	ORANGE JUICE, FROZEN CONCENTRATE, DILUTED	10.000	0.044	0.014		0.000	8.000	38.900
90273	PINEAPPLE JUICE, CANNED, WITH ADDED VITAMIN C	10.000	0.090	0.990			0.000	33.124
113540	TOMATO JUICE, CANNED	10.000	0.101	0.077		0.300	56.000	8.000
	10 -- Meat							
100187	PORK, FRESH, COMPOSITE, LEG+LOIN+SHOULDER, LEAN & FAT, RAW	8.900	0.064	0.011			2.000	0.500
130007	BEEF, COMPOSITE CUTS, LEAN & FAT, 1/4" TRIM, RAW	8.900	0.070	0.013			0.000	0.000
170088	VEAL, COMPOSITE, LEAN+FAT, RAW	8.900	0.109	0.028			0.000	0.000
170062	LAMB, NEW ZEALAND, COMPOSITE, LEAN+FAT, RAW	8.900	0.083	0.018			0.000	0.000
880901	OFFAL, RAW	7.952	0.978	0.107	0.000	0.000	3019.164	10.377
	11 -- Eggs							
13123	EGG, CHICKEN, WHOLE, FRESH OR FROZEN, RAW	8.800	0.014	0.024			191.000	0.000
	12 -- Poultry							
50006	CHICKEN, BROILER, FLESH+SKIN, RAW	6.800	0.048	0.019			41.000	1.600
50123	CHICKEN, STEWING, FLESH AND SKIN, RAW	7.000	0.074	0.019			52.000	2.400
50165	TURKEY, ALL CLASSES, FLESH AND SKIN, RAW	7.900	0.103	0.020			2.000	0.000
	13 -- Fish							
881301	FRESH/FROZEN SEAFISH	7.600	0.095	0.187	0.000	0.000	28.000	0.800
881302	PROCESSED SEAFISH	10.000	0.224	0.083	0.000	0.000	72.610	0.297
881303	SHELLFISH	2.650	1.293	0.045	0.000	0.000	14.000	3.500
881304	FRESHWATER FISH	5.662	0.093	0.369	0.000	0.000	83.940	1.419

Foodcode	Description	Edible Factor	Copper	Manganese	Vitamin D	Vitamin E	Vitamin A	Vitamin C
	14 -- Dairy products							
13009	CHEESE, CHEDDAR	10.000	0.031	0.010			303.000	0.000
13042	CHEESE: PROCESSED, CHEDDAR	10.000	0.030	0.015			290.000	0.000
881401	VARIETY CHEESE	10.000	0.030	0.012	0.000	0.000	268.242	0.000
881402	COTTAGE CHEESE	10.000	0.028	0.003	0.000	0.000	43.976	0.000
11019	WHEY CHEESE	10.000	0.032	0.028			132.331	0.000
12092	MILK, DRY, SKIM, POWDER, INSTANTIZED	10.000	0.041	0.020	11.000		710.000	5.580
10094	MILK, DRY, BUTTERMILK, SWEET CREAM	10.000	0.111	0.023			54.000	5.660
10115	WHEY, SWEET, DRY	10.000	0.070	0.009			10.000	1.490
15096	OTHER WHOLE MILK PRODUCTS	10.600	0.016	0.006	2.160		54.000	16.500
15096	CONCENTRATED WHOLE MILK	10.600	0.016	0.006	2.160		54.000	16.500
10095	SWEETENED CONDENSED WHOLE MILK	12.900	0.015	0.006			81.000	2.600
16096	EVAPORATED, PARTLY SKIMMED MILK	10.700	0.016	0.006	2.160		78.403	16.394
11097	CONCENTRATED SKIM MILK	10.800	0.016	0.006	2.160		117.000	16.400
10095	SWEETENED CONDENSED SKIM MILK	12.900	0.015	0.006			81.000	2.600
10111	MILK SHAKE MIX	8.400	0.051	0.014	0.982		28.000	0.000
190095	DESSERT, FROZEN, ICE CREAM, VANILLA, 11% B.F.	5.500	0.023	0.008			117.000	
190097	DESSERT, FROZEN, SHERBET, ORANGE	8.100	0.028	0.011			14.000	
190096	DESSERT, FROZEN, ICE MILK, VANILLA, SOFT SERVE	7.400	0.027	0.008			29.000	
12077	MILK, FLUID, WHOLE, PASTURIZED, HOMOGENIZED, 3.3% B.F.	10.300	0.010	0.004	1.058		31.000	0.940
13088	MILK, FLUID, BUTTERMILK, CULTURED	10.300	0.011	0.002			8.000	0.980
10079	MILK, FLUID, PARTLY SKIMMED, 2% B.F.	10.300	0.008	0.002	1.025		57.000	0.950
12085	MILK, FLUID, SKIM	10.300	0.011	0.002	1.075		61.000	0.980
10084	MILK, FLUID, PARTLY SKIMMED WITH ADDED MILK SOLIDS, 1% B.F.	10.300	0.010	0.002	1.025		59.000	1.150
10103	MILK, FLUID, CHOCOLATE, PARTLY SKIMMED, 2% B.F.	10.500	0.063	0.075	1.025		57.000	0.920
16049	CREAM, CEREAL (HALF AND HALF), 10% B.F.	10.200	0.010	0.001			92.595	0.879
14050	CREAM, TABLE (COFFEE), 18% B.F.	10.100	0.008	0.001		0.740	169.420	0.777
14052	CREAM, WHIPPING, 32% B.F.	10.100	0.007	0.001		1.040	317.552	0.605
14056	CREAM, SOUR, CULTURED, 14% B.F.	9.700	0.019	0.003			130.527	0.860
15116	YOGOURT, PLAIN, 2% -> 4% B.F.	10.300	0.009	0.004			19.520	0.530
	15 -- Non-alcoholic beverages							
140366	TEA, INSTANT, UNSWEETENED, POWDER	10.000	0.801	74.042			0.000	0.000
140214	COFFEE, INSTANT, REGULAR, POWDER	10.000	0.139	1.712			0.000	0.000
140192	COCOA MIX, UNENRICHED, POWDER	10.000	0.286	0.269			3.000	1.800
140400	CARBONATED DRINKS, COLA	10.400	0.011	0.035			0.000	0.000
	16 -- Alcoholic beverages							
141003	ALCOHOLIC, BEER, REGULAR (5% ALCOHOL BY VOLUME)	10.000	0.009	0.012			0.000	0.000
140050	ALCOHOLIC, RUM (40% ALCOHOL BY VOLUME)	9.400	0.050	0.018			0.000	0.000
140084	ALCOHOLIC, WINE, TABLE, ALL (11.5% ALCOHOL BY VOLUME)	9.900	0.014	0.145			0.000	0.000

Foodcode	Description	Edible Factor	Thiamin	Riboflavin	Total Niacin Equivalent	Vitamin B6	Folate	Vitamin B12
	1-- Cereals							
880101	WHEAT FLOUR	10.000	0.760	0.455	8.103	0.073	26.631	0.000
200064	RYE FLOUR	10.000	0.287	0.114	3.494	0.268	19.000	0.000
86577	OATMEAL & ROLLED OATS	10.000	0.480	0.130	3.367			0.000
200005	POT & PEARL BARLEY	10.000	0.191	0.114	7.354	0.260	23.000	0.000
200422	CORN FLOUR & MEAL	10.000	0.140	0.050	2.555	0.257	48.000	0.000
880102	RICE	10.000	0.070	0.050	3.017	0.165	8.435	0.000
880103	BREAKFAST CEREAL	10.000	1.375	0.658	6.747	0.481	51.781	0.000
	2 -- Sugars							
190335	SUGAR	10.000	0.000	0.019	0.000	0.000	0.000	0.000
190353	MAPLE SUGAR	10.000	0.006	0.010	0.000	0.002	0.000	0.000
190296	HONEY	10.000	0.000	0.038	0.188	0.024	2.000	0.000
	3 -- Pulses & nuts							
160045	DRY BEANS	10.000	0.743	0.207	5.509	0.439	386.100	0.000
160006	CANNED BAKED BEANS	10.000	0.153	0.060	1.378	0.134	23.900	0.000
163085	DRY PEAS	10.000	0.726	0.215	7.472	0.174	273.800	0.000
163087	PEANUTS	10.000	0.640	0.135	16.233	0.348	239.800	0.000
880301	TREENUTS	5.597	0.504	0.330	6.401	0.241	56.715	0.000
	4 -- Fats & oils							
880401	MARGARINE	10.000	0.009	0.034	0.209	0.008	1.090	0.081
46824	SHORTENING	10.000	0.000	0.000	0.000			
880402	SALAD/COOKING OIL	10.000	0.000	0.000	0.000	0.000	0.000	0.000
880403	BUTTER	10.000	0.005	0.034	0.240	0.003	2.800	0.125
	5 -- Fresh Fruits							
90112	GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW	5.100	0.034	0.020	0.224	0.042	12.200	0.000
90151	LEMONS, RAW, WITH PEEL	8.400	0.050	0.040	0.420	0.109	7.000	0.000
93200	ORANGES, ALL COMMERCIAL VARIETIES, RAW	7.300	0.087	0.040	0.432	0.060	30.300	0.000
90159	LIMES, RAW	8.400	0.030	0.020	0.250	0.043	8.200	0.000
90218	TANGERINES (MANDARINS), RAW	7.200	0.105	0.022	0.260	0.067	20.400	0.000
93003	APPLES, RAW, WITH SKIN	9.200	0.017	0.014	0.110	0.048	2.800	0.000
90021	APRICOTS, RAW	9.300	0.030	0.040	0.850	0.054	8.600	0.000
90037	AVOCADOS, RAW, ALL COMMERCIAL VARIETIES	7.400	0.108	0.122	2.271	0.280	61.900	0.000
93040	BANANAS, RAW	6.500	0.045	0.100	0.740	0.578	19.100	0.000
93050	BLUEBERRIES, RAW	9.800	0.048	0.050	0.409	0.036	6.400	0.000
880502	CHERRIES, RAW	9.000	0.040	0.050	0.602	0.040	5.850	0.000
120104	COCONUT MEAT, RAW	5.200	0.066	0.020	1.190	0.054	26.400	0.000
90078	CRANBERRIES, RAW	9.500	0.030	0.020	0.172	0.065	1.700	0.000
93087	DATES, DOMESTIC, NATURAL AND DRY	9.000	0.090	0.100	3.033	0.192	12.600	0.000
93089	FIGS, RAW	9.900	0.060	0.050	0.500	0.113	3.000	0.000

Foodcode	Description	Edible Fact	Thiamin	Riboflavin	Total Niacin Eq	Vitamin B6	Folate	Vitamin B12
93132	GRAPES, EUROPEAN TYPE (ADHERENT SKIN), RAW	8.900	0.092	0.057	0.350	0.110	3.900	0.000
90176	MANGOS, RAW	6.900	0.058	0.057	0.717	0.134		0.000
90148	KIWIFRUIT, RAW	8.600	0.020	0.050	0.682			0.000
93181	MELONS, CANTALOUPE, RAW	5.100	0.036	0.021	0.735	0.115	17.000	0.000
90184	MELONS, HONEYDEW, RAW	4.600	0.077	0.018	0.684	0.059	30.500	0.000
90326	WATERMELON, RAW	5.200	0.080	0.020	0.317	0.144	2.200	0.000
110593	WAXGOURD (CHINESE PRESERVING MELON), RAW	7.100	0.040	0.110	0.433	0.035	5.200	0.000
90191	NECTARINES, RAW	9.100	0.017	0.041	1.162	0.025	3.700	0.000
880501	BERRIES, OTHER	9.750	0.038	0.053	0.654	0.065	19.250	0.000
90226	PAPAYAS, RAW	6.700	0.027	0.032	0.471	0.019		0.000
93236	PEACHES, RAW	7.600	0.017	0.041	1.023	0.018	3.400	0.000
93252	PEARS, RAW, WITH SKIN	9.200	0.020	0.040	0.172	0.018	7.300	0.000
93266	PINEAPPLE, RAW	5.200	0.092	0.036	0.503	0.087	10.600	0.000
93279	PLUMS, RAW	9.400	0.043	0.096	0.645	0.081	2.200	0.000
90296	QUINCES, RAW	6.100	0.020	0.030	0.273	0.040		0.000
93316	STRAWBERRIES, RAW	9.400	0.020	0.066	0.347	0.059	17.700	0.000
93307	UNSPECIFIED FRUIT	7.500	0.020	0.030	0.465	0.024	7.100	0.000
	6 - Processed fruits							
90008	APPLES, CANNED, SWEETENED, SLICED, HEATED	10.000	0.009	0.010	0.114	0.044	0.100	0.000
90011	APPLES, DRIED, SULPHURED, UNCOOKED	10.000	0.000	0.159	1.077	0.125	0.000	0.000
90014	APPLES, FROZEN, SLICED, UNSWEETENED, UNHEATED	10.000	0.013	0.011	0.092	0.034	0.700	0.000
190312	SWEETS, PIE FILLINGS, CANNED, APPLE	10.000	0.012	0.011	0.052	0.016	0.000	0.000
93019	APPLESAUCE, CANNED, UNSWEETENED	10.000	0.013	0.025	0.221	0.026	0.600	0.000
90026	APRICOTS, CANNED HALVES+SKIN, LIGHT SYRUP PACK, SOL+LIQ	10.000	0.016	0.020	0.454	0.054	1.700	0.000
90052	BLUEBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.034	0.053	0.163	0.036	1.600	0.000
93054	BLUEBERRIES, FROZEN, UNSWEETENED	10.000	0.032	0.037	0.553	0.059	6.700	0.000
90068	CHERRIES, SOUR, RED, FROZEN, UNSWEETENED	10.000	0.044	0.034	0.306	0.067	4.500	0.000
90254	PEARS, CANNED HALVES, JUICE PACK, SOLIDS	10.000	0.011	0.011	0.262	0.014	1.200	0.000
93240	PEACHES, CANNED HALVES/SLICES, LIGHT SYRUP PACK, SOL+LIQ	10.000	0.009	0.025	0.610	0.019	3.300	0.000
93268	PINEAPPLE, CANNED, JUICE PACK, SOLIDS + LIQUID	10.000	0.095	0.019	0.367	0.074	4.800	0.000
90304	RASPBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.020	0.031	0.595	0.042	10.500	0.000
90317	STRAWBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.021	0.034	0.157	0.049	28.000	0.000
93318	STRAWBERRIES, FROZEN, UNSWEETENED	10.000	0.022	0.037	0.545	0.028	16.800	0.000
880601	UNSPECIFIED CANNED FRUIT	10.000	0.017	0.020	0.441	0.046	2.628	0.000
880602	UNSPECIFIED DRIED FRUIT	9.462	0.084	0.110	2.033	0.187	5.924	0.000
880603	UNSPECIFIED FROZEN FRUIT	10.000	0.022	0.039	0.741	0.040	14.620	0.000
	7 -- Fresh vegetables							
113007	ARTICHOKES (GLOBE, FRENCH), RAW	4.000	0.072	0.066	1.646	0.116	68.000	0.000
110011	ASPARAGUS, RAW	5.300	0.140	0.128	1.588	0.131	128.000	0.000
113052	BEANS, SNAP (ITALIAN/GREEN/YELLOW), RAW	8.800	0.084	0.105	1.069	0.074	36.500	0.000
115080	BEETS, RAW	6.700	0.031	0.040	0.651	0.067	109.000	0.000

Foodcode	Description	Edible Factor	Thiamin	Riboflavin	Total Niacin Equivalent	Vitamin B6	Folate	Vitamin B12
113090	BROCCOLI, RAW	6.100	0.065	0.119	1.121	0.159	71.000	0.000
113098	BRUSSELS SPROUTS, RAW	9.000	0.139	0.090	1.362	0.219	61.100	0.000
112109	CABBAGE, RAW	8.000	0.050	0.040	0.500	0.096	43.000	0.000
110119	CABBAGE, CHINESE (PE-TSAI), RAW	9.300	0.040	0.050	0.600	0.232	78.700	0.000
113124	CARROTS, RAW	8.900	0.097	0.059	1.111	0.147	14.000	0.000
113135	CAULIFLOWER, RAW	3.900	0.057	0.063	0.959	0.222	57.000	0.000
113143	CELERY, RAW	8.900	0.046	0.045	0.490	0.087	28.000	0.000
113167	CORN, SWEET, RAW	3.600	0.200	0.060	2.083	0.055	45.800	0.000
112205	CUCUMBER, RAW	9.700	0.024	0.022	0.304	0.042	13.000	0.000
110209	EGGPLANT (AUBERGINE, BRINJAL), RAW	8.100	0.052	0.034	0.748	0.084	19.000	0.000
113215	GARLIC, RAW	8.700	0.200	0.110	1.800	1.235	3.100	0.000
110241	KOHLRABI, RAW	4.600	0.050	0.020	0.567	0.150	16.100	0.000
113246	LEEKs, RAW	4.400	0.060	0.030	0.600	0.233	64.100	0.000
880701	LETTUCE	8.950	0.064	0.059	0.470	0.045	81.020	0.000
110134	CASSAVA (MANIOC), RAW	8.000	0.225	0.101	2.117	0.304	22.100	0.000
113260	MUSHROOMS, RAW	9.700	0.102	0.449	4.899	0.097	21.100	0.000
110278	OKRA (GUMBO), RAW	8.600	0.200	0.060	1.283	0.215	87.800	0.000
90193	OLIVES, RIPE, CANNED, SMALL -> EXTRA LARGE	10.000	0.003	0.000	0.191	0.009	0.000	0.000
113282	ONIONS, RAW	9.000	0.042	0.020	0.431	0.116	19.000	0.000
110141	OTHER EDIBLE ROOT VEGETABLES	8.600	0.050	0.060	0.975	0.165	7.600	0.000
880702	OTHER LEAF & STALK VEGETABLES	9.274	0.085	0.107	0.855	0.079	70.568	0.000
113297	PARSLEY, RAW	9.500	0.086	0.098	2.063	0.090	152.000	0.000
113298	PARSNIPS, RAW	8.500	0.090	0.050	0.920	0.090	66.800	0.000
113304	PEAS, GREEN, RAW	3.800	0.266	0.132	2.707	0.169	65.000	0.000
113333	PEPPERS, SWEET, GREEN, RAW	8.200	0.066	0.030	0.692	0.248	22.000	0.000
880703	PUMPKIN & SQUASH, RAW	7.525	0.082	0.040	1.054	0.118	17.900	0.000
113429	RADISHES, RAW	9.000	0.005	0.045	0.367	0.071	27.000	0.000
110161	RAPPINI, RAW	5.700	0.029	0.064	0.707	0.067	12.000	0.000
880704	RUTABAGAS & TURNIPS	8.400	0.078	0.038	0.825	0.098	19.000	0.000
110457	SPINACH, RAW	7.200	0.078	0.189	1.374	0.195	194.400	0.000
113529	TOMATOES, RED, RIPE, RAW	9.100	0.059	0.048	0.728	0.080	15.000	0.000
110477	UNSPECIFIED VEGETABLES, RAW	9.500	0.070	0.030	0.567	0.089	22.100	0.000
110507	SWEETPOTATOES, RAW	7.200	0.066	0.147	1.007	0.257	13.800	0.000
113352	POTATOES, RAW, FLESH	7.500	0.088	0.035	2.017	0.260	12.800	0.000
	8 -- Processed vegetables							
110013	ASPARAGUS, CANNED, SOLIDS AND LIQUIDS	10.000	0.054	0.089	1.151	0.098	85.300	0.000
110054	BEANS, SNAP (ITALIAN/GREEN/YELLOW), CANNED, SOLIDS + LIQUID	10.000	0.025	0.051	0.350	0.030	18.200	0.000
110060	BEANS, SNAP (ITALIAN/GREEN/YELLOW), FROZEN, UNPREPARED	10.000	0.099	0.092	0.816	0.042	14.700	0.000
110082	BEETS, CANNED, SOLIDS AND LIQUID	10.000	0.010	0.038	0.318	0.055	29.000	0.000
110094	BROCCOLI, FROZEN, SPEARS, UNPREPARED	10.000	0.072	0.114	0.995	0.175	94.300	0.000

Foodcode	Description	Edible Factor	Thiamin	Riboflavin	Total Niacin Equivalent	Vitamin B6	Folate	Vitamin B12
110100	BRUSSELS SPROUTS, FROZEN, UNPREPARED	10.000	0.105	0.122	1.338	0.202	123.400	0.000
110126	CARROTS, CANNED, SOLIDS AND LIQUID	10.000	0.019	0.027	0.521	0.112	8.100	0.000
113130	CARROTS, FROZEN, UNPREPARED	10.000	0.039	0.045	0.815	0.181	9.600	0.000
110137	CAULIFLOWER, FROZEN, UNPREPARED	10.000	0.051	0.070	0.862	0.123	63.900	0.000
113176	CORN, SWEET, CANNED, VACUUM PACK, NIBLETS	10.000	0.041	0.073	1.450	0.055	49.300	0.000
113178	CORN, SWEET, YELLOW, FROZEN, KERNELS CUT OFF COB, UNPREPARED	10.000	0.083	0.070	2.076	0.178	35.700	0.000
110037	BEANS, LIMA, (FORDHOOK), FROZEN, UNPREPARED	10.000	0.092	0.067	2.587	0.136	31.900	0.000
113264	MUSHROOMS, CANNED, DRAINED SOLIDS	10.000	0.085	0.021	2.326	0.061	12.300	0.000
110306	PEAS, GREEN, CANNED, SOLIDS AND LIQUID	10.000	0.111	0.073	1.192	0.065	28.500	0.000
110312	PEAS, GREEN, FROZEN, UNPREPARED	10.000	0.258	0.100	2.307	0.122	53.100	0.000
110463	SPINACH, FROZEN, UNPREPARED	10.000	0.084	0.153	1.088	0.140	119.600	0.000
113531	TOMATOES, RED, RIPE, CANNED, WHOLE	10.000	0.045	0.031	0.852	0.090	7.800	0.000
110546	TOMATO PASTE, CANNED	10.000	0.155	0.190	3.656	0.380	22.400	0.000
110579	UNSPECIFIED VEGETABLES, CANNED	10.000	0.034	0.040	0.732	0.077	18.000	0.000
110583	UNSPECIFIED VEGETABLES, FROZEN	10.000	0.122	0.085	1.819	0.096	29.000	0.000
	9 -- Juice							
96016	APPLE JUICE, CANNED OR BOTTLED, WITH ADDED VITAMIN C	10.000	0.021	0.017	0.111	0.030	0.100	0.000
93137	GRAPE JUICE, FROZEN CONCENTRATE, SWEETENED, DILUTED, +VIT C	10.000	0.015	0.026	0.159	0.042	1.300	0.000
93123	GRAPEFRUIT JUICE, CANNED, UNSWEETENED	10.000	0.042	0.020	0.326	0.020	10.400	0.000
90153	LEMON JUICE, CANNED OR BOTTLED	10.000	0.041	0.009	0.270	0.043	10.100	0.000
93215	ORANGE JUICE, FROZEN CONCENTRATE, DILUTED	10.000	0.079	0.018	0.235	0.044	43.800	0.000
90273	PINEAPPLE JUICE, CANNED, WITH ADDED VITAMIN C	10.000	0.055	0.022	0.316	0.096	23.100	0.000
113540	TOMATO JUICE, CANNED	10.000	0.047	0.031	0.756	0.111	19.900	0.000
	10 -- Meat							
100187	PORK, FRESH, COMPOSITE, LEG+LOIN+SHOULDER, LEAN & FAT, RAW	8.900	0.841	0.254	8.404	0.445	5.000	0.660
130007	BEEF, COMPOSITE CUTS, LEAN & FAT, 1/4" TRIM, RAW	8.900	0.090	0.160	6.640	0.390	6.000	2.920
170088	VEAL, COMPOSITE, LEAN+FAT, RAW	8.900	0.080	0.270	10.767	0.410	13.000	1.340
170062	LAMB, NEW ZEALAND, COMPOSITE, LEAN+FAT, RAW	8.900	0.130	0.320	9.817	0.110	1.000	2.420
880901	OFFAL, RAW	7.952	0.155	1.228	9.037	0.400	80.588	22.383
	11 -- Eggs							
13123	EGG, CHICKEN, WHOLE, FRESH OR FROZEN, RAW	8.800	0.062	0.508	2.606	0.139	47.000	1.000
	12 -- Poultry							
50006	CHICKEN, BROILER, FLESH+SKIN, RAW	6.800	0.060	0.120	10.251	0.350	6.000	0.310
50123	CHICKEN, STEWING, FLESH AND SKIN, RAW	7.000	0.114	0.167	9.529	0.330	6.000	0.320
50165	TURKEY, ALL CLASSES, FLESH AND SKIN, RAW	7.900	0.064	0.155	7.852	0.410	8.000	0.400
	13 -- Fish							
881301	FRESH/FROZEN SEAFISH	7.600	0.086	0.147	8.812	0.317	2.325	3.340
881302	PROCESSED SEAFISH	10.000	0.066	0.267	15.167	0.193	8.393	5.620
881303	SHELLFISH	2.650	0.025	0.046	5.586	0.107	30.050	4.963

Foodcode	Description	Edible Factor	Thiamin	Riboflavin	Total Niacin Equivalent	Vitamin B6	Folate	Vitamin B12
881304	FRESHWATER FISH	5.662	0.158	0.153	5.795	0.107	12.789	3.979
	14 -- Dairy products							
13009	CHEESE, CHEDDAR	10.000	0.027	0.375	5.413	0.074	18.200	0.827
13042	CHEESE: PROCESSED, CHEDDAR	10.000	0.027	0.353	5.452	0.071	7.800	0.696
881401	VARIETY CHEESE	10.000	0.017	0.321	5.033	0.070	13.432	0.840
881402	COTTAGE CHEESE	10.000	0.021	0.161	2.534	0.069	12.462	0.643
11019	WHEY CHEESE	10.000	0.159	0.873	4.471	0.438	33.083	1.747
12092	MILK, DRY, SKIM, POWDER, INSTANTIZED	10.000	0.413	1.744	9.141	0.345	49.800	3.993
10094	MILK, DRY, BUTTERMILK, SWEET CREAM	10.000	0.392	1.579	8.943	0.338	47.400	3.823
10115	WHEY, SWEET, DRY	10.000	0.519	2.208	4.675	0.584	11.600	2.371
15096	OTHER WHOLE MILK PRODUCTS	10.600	0.047	0.316	1.794	0.050	7.900	0.163
15096	CONCENTRATED WHOLE MILK	10.600	0.047	0.316	1.794	0.050	7.900	0.163
10095	SWEETENED CONDENSED WHOLE MILK	12.900	0.090	0.416	2.077	0.051	11.200	0.444
16096	EVAPORATED, PARTLY SKIMMED MILK	10.700	0.046	0.312	1.914	0.053	8.500	0.213
11097	CONCENTRATED SKIM MILK	10.800	0.045	0.309	1.957	0.055	8.600	0.239
10095	SWEETENED CONDENSED SKIM MILK	12.900	0.090	0.416	2.077	0.051	11.200	0.444
10111	MILK SHAKE MIX	8.400	0.030	0.195	1.046	0.042	6.600	0.520
190095	DESSERT, FROZEN, ICE CREAM, VANILLA, 11% B.F.	5.500	0.041	0.240	0.866	0.048	5.000	0.390
190097	DESSERT, FROZEN, SHERBET, ORANGE	8.100	0.025	0.068	0.329	0.034	4.000	0.130
190096	DESSERT, FROZEN, ICE MILK, VANILLA, SOFT SERVE	7.400	0.052	0.198	1.101	0.046	6.000	0.500
12077	MILK, FLUID, WHOLE, PASTURIZED, HOMOGENIZED, 3.3% B.F.	10.300	0.038	0.162	0.851	0.042	5.000	0.357
13088	MILK, FLUID, BUTTERMILK, CULTURED	10.300	0.034	0.154	0.658	0.034	5.000	0.219
10079	MILK, FLUID, PARTLY SKIMMED, 2% B.F.	10.300	0.039	0.165	0.869	0.043	5.100	0.364
12085	MILK, FLUID, SKIM	10.300	0.036	0.140	0.888	0.040	5.200	0.378
10084	MILK, FLUID, PARTLY SKIMMED WITH ADDED MILK SOLIDS, 1% B.F.	10.300	0.045	0.192	1.017	0.050	6.000	0.425
10103	MILK, FLUID, CHOCOLATE, PARTLY SKIMMED, 2% B.F.	10.500	0.037	0.164	0.876	0.041	4.800	0.339
16049	CREAM, CEREAL (HALF AND HALF), 10% B.F.	10.200	0.036	0.149	0.795	0.040	2.000	0.350
14050	CREAM, TABLE (COFFEE), 18% B.F.	10.100	0.033	0.148	0.705	0.033	2.000	0.238
14052	CREAM, WHIPPING, 32% B.F.	10.100	0.024	0.122	0.552	0.028	4.000	0.192
14056	CREAM, SOUR, CULTURED, 14% B.F.	9.700	0.035	0.149	0.762	0.016	11.000	0.300
15116	YOGOURT, PLAIN, 2% -> 4% B.F.	10.300	0.054	0.230	0.529	0.056	11.800	0.566
	15 -- Non-alcoholic beverages							
140366	TEA, INSTANT, UNSWEETENED, POWDER	10.000	0.054	0.693	14.429	0.728	102.900	0.000
140214	COFFEE, INSTANT, REGULAR, POWDER	10.000	0.008	0.074	28.673	0.029	0.000	0.000
140192	COCOA MIX, UNENRICHED, POWDER	10.000	0.096	0.565	3.086	0.114	0.000	1.320
140400	CARBONATED DRINKS, COLA	10.400	0.000	0.000	0.000	0.000	0.000	0.000
	16 -- Alcoholic beverages							
141003	ALCOHOLIC, BEER, REGULAR (5% ALCOHOL BY VOLUME)	10.000	0.006	0.026	0.503	0.050	6.000	0.020
140050	ALCOHOLIC, RUM (40% ALCOHOL BY VOLUME)	9.400	0.008	0.000	0.000	0.000	0.000	0.000
140084	ALCOHOLIC, WINE, TABLE, ALL (11.5% ALCOHOL BY VOLUME)	9.900	0.004	0.016	0.111	0.024	1.100	0.010

Foodcode	Description	Edible Factor	Vitamin K	Cholesterol	Fatty Acids - Saturated Total	Fatty Acids – Monounsaturated	Fatty Acids – Polyunsaturated
	1-- Cereals						
880101	WHEAT FLOUR	10.000	0.443	0.000	0.165	0.098	0.443
200064	RYE FLOUR	10.000		0.000	0.198	0.208	0.767
86577	OATMEAL & ROLLED OATS	10.000		0.000	1.175	2.096	2.435
200005	POT & PEARL BARLEY	10.000		0.000	0.244	0.149	0.560
200422	CORN FLOUR & MEAL	10.000		0.000	0.225	0.412	0.710
880102	RICE	10.000	0.000	0.000	0.180	0.206	0.179
880103	BREAKFAST CEREAL	10.000	0.000	0.000	0.041	0.087	0.099
190335	SUGAR	10.000		0.000			
190353	MAPLE SUGAR	10.000		0.000			
190296	HONEY	10.000		0.000			
	3 -- Pulses & nuts						
160045	DRY BEANS	10.000		0.000	0.304	0.102	0.507
160006	CANNED BAKED BEANS	10.000		0.000	0.116	0.039	0.194
163085	DRY PEAS	10.000	81.000	0.000	0.161	0.242	0.495
163087	PEANUTS	10.000		0.000	6.834	24.429	15.559
880301	TREENUTS	5.597	0.000	0.000	6.867	32.990	10.878
	4 -- Fats & oils						
880401	MARGARINE	10.000	0.000	0.000	14.637	40.782	21.456
46824	SHORTENING	10.000			26.099	42.733	21.128
880402	SALAD/COOKING OIL	10.000	600.747	0.000	8.613	48.846	38.132
880403	BUTTER	10.000	0.000	218.900	50.489	23.426	3.012
	5 -- Fresh Fruits						
90112	GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW	5.100		0.000	0.014	0.013	0.024
90151	LEMONS, RAW, WITH PEEL	8.400		0.000	0.039	0.011	0.089
90159	LIMES, RAW	8.400		0.000	0.022	0.019	0.055
90218	TANGERINES (MANDARINS), RAW	7.200		0.000	0.022	0.034	0.037
93200	ORANGES, ALL COMMERCIAL VARIETIES, RAW	7.300	1.350	0.000	0.015	0.023	0.025
93003	APPLES, RAW, WITH SKIN	9.200	4.000	0.000	0.058	0.015	0.105
90021	APRICOTS, RAW	9.300		0.000	0.027	0.170	0.077
90037	AVOCADOS, RAW, ALL COMMERCIAL VARIETIES	7.400		0.000	2.437	9.608	1.955
93040	BANANAS, RAW	6.500		0.000	0.185	0.041	0.089
93050	BLUEBERRIES, RAW	9.800		0.000	0.000	0.000	0.000
880502	CHERRIES, RAW	9.000		0.000	0.142	0.172	0.190
120104	COCONUT MEAT, RAW	5.200		0.000	29.698	1.425	0.366
90078	CRANBERRIES, RAW	9.500		0.000	0.000	0.000	0.000
93087	DATES, DOMESTIC, NATURAL AND DRY	9.000		0.000	0.000	0.000	0.000
93089	FIGS, RAW	9.900		0.000	0.060	0.066	0.144
93132	GRAPES, EUROPEAN TYPE (ADHERENT SKIN), RAW	8.900		0.000	0.189	0.023	0.169
90176	MANGOS, RAW	6.900		0.000	0.066	0.101	0.051

Foodcode	Description	Edible Fact	Vitamin K	Cholesterol	Fatty Acids -Sat	Fatty Acids – MU	Fatty Acids –PU
90148	KIWIFRUIT, RAW	8.600		0.000			
93181	MELONS, CANTALOUPE, RAW	5.100		0.000	0.000	0.000	0.000
90184	MELONS, HONEYDEW, RAW	4.600		0.000	0.000	0.000	0.000
90326	WATERMELON, RAW	5.200		0.000	0.000	0.000	0.000
110593	WAXGOURD (CHINESE PRESERVING MELON), RAW	7.100		0.000	0.016	0.037	0.087
90191	NECTARINES, RAW	9.100		0.000	0.000	0.000	0.000
880501	BERRIES, OTHER	9.750	0.000	0.000	0.023	0.041	0.202
90226	PAPAYAS, RAW	6.700		0.000	0.043	0.038	0.031
93236	PEACHES, RAW	7.600		0.000	0.010	0.034	0.045
93252	PEARS, RAW, WITH SKIN	9.200		0.000	0.022	0.084	0.094
93266	PINEAPPLE, RAW	5.200		0.000	0.032	0.048	0.146
93279	PLUMS, RAW	9.400		0.000	0.049	0.406	0.134
90296	QUINCES, RAW	6.100		0.000	0.010	0.036	0.050
93316	STRAWBERRIES, RAW	9.400	14.000	0.000	0.020	0.052	0.186
93307	UNSPECIFIED FRUIT	7.500		0.000	0.000	0.000	0.000
	6 – Processed fruits						
90008	APPLES, CANNED, SWEETENED, SLICED, HEATED	10.000		0.000	0.070	0.017	0.126
90011	APPLES, DRIED, SULPHURED, UNCOOKED	10.000		0.000	0.052	0.013	0.093
90014	APPLES, FROZEN, SLICED, UNSWEETENED, UNHEATED	10.000		0.000	0.053	0.013	0.095
190312	SWEETS, PIE FILLINGS, CANNED, APPLE	10.000		0.000	0.020	0.000	0.030
93019	APPLESAUCE, CANNED, UNSWEETENED	10.000		0.000	0.008	0.002	0.014
90026	APRICOTS, CANNED HALVES+SKIN, LIGHT SYRUP PACK, SOL+LIQ	10.000		0.000	0.003	0.021	0.010
90052	BLUEBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000	0.500	0.000			
93054	BLUEBERRIES, FROZEN, UNSWEETENED	10.000		0.000	0.000	0.000	0.000
90068	CHERRIES, SOUR, RED, FROZEN, UNSWEETENED	10.000		0.000	0.100	0.120	0.132
90254	PEARS, CANNED HALVES, JUICE PACK, SOLIDS	10.000	0.460	0.000	0.004	0.014	0.015
93240	PEACHES, CANNED HALVES/SLICES, LIGHT SYRUP PACK, SOL+LIQ	10.000		0.000	0.003	0.012	0.015
93268	PINEAPPLE, CANNED, JUICE PACK, SOLIDS + LIQUID	10.000		0.000	0.006	0.010	0.029
90304	RASPBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000		0.000	0.005	0.011	0.068
90317	STRAWBERRIES, CANNED, HEAVY SYRUP PACK, SOLIDS + LIQUID	10.000		0.000	0.014	0.036	0.129
93318	STRAWBERRIES, FROZEN, UNSWEETENED	10.000		0.000	0.006	0.015	0.054
880601	UNSPECIFIED CANNED FRUIT	10.000	0.023	0.000	0.010	0.013	0.031
880602	UNSPECIFIED DRIED FRUIT	9.462	0.000	0.000	0.032	0.105	0.089
880603	UNSPECIFIED FROZEN FRUIT	10.000	0.000	0.000	0.005	0.021	0.035
	7 -- Fresh vegetables						
113007	ARTICHOKES (GLOBE, FRENCH), RAW	4.000		0.000	0.035	0.005	0.063
110011	ASPARAGUS, RAW	5.300		0.000	0.046	0.006	0.088
113052	BEANS, SNAP (ITALIAN/GREEN/YELLOW), RAW	8.800	28.000	0.000	0.026	0.005	0.059
115080	BEETS, RAW	6.700		0.000	0.027	0.033	0.061
113090	BROCCOLI, RAW	6.100	154.000	0.000	0.054	0.024	0.167
113098	BRUSSELS SPROUTS, RAW	9.000		0.000	0.062	0.023	0.153

Foodcode	Description	Edible Factor	Vitamin K	Cholesterol	Fatty Acids - Saturated Total	Fatty Acids – Monounsaturated	Fatty Acids – Polyunsaturated
112109	CABBAGE, RAW	8.000		0.000	0.033	0.019	0.122
110119	CABBAGE, CHINESE (PE-TSAI), RAW	9.300		0.000	0.043	0.023	0.072
113124	CARROTS, RAW	8.900	13.000	0.000	0.030	0.008	0.077
113135	CAULIFLOWER, RAW	3.900		0.000	0.032	0.014	0.099
113143	CELERY, RAW	8.900		0.000	0.037	0.027	0.069
113167	CORN, SWEET, RAW	3.600	7.000	0.000	0.182	0.347	0.559
112205	CUCUMBER, RAW	9.700		0.000	0.034	0.003	0.053
110209	EGGPLANT (AUBERGINE, BRINJAL), RAW	8.100			0.034	0.016	0.076
113215	GARLIC, RAW	8.700		0.000	0.089	0.011	0.249
110241	KOHLRABI, RAW	4.600		0.000	0.013	0.007	0.048
113246	LEEKs, RAW	4.400		0.000	0.040	0.004	0.166
880701	LETTUCE	8.950	56.500	0.000	0.027	0.008	0.109
110134	CASSAVA (MANIOC), RAW	8.000		0.000	0.103	0.104	0.067
113260	MUSHROOMS, RAW	9.700	8.000	0.000	0.056	0.007	0.170
110278	OKRA (GUMBO), RAW	8.600		0.000	0.026	0.017	0.027
90193	OLIVES, RIPE, CANNED, SMALL -> EXTRA LARGE	10.000		0.000	1.415	7.888	0.911
113282	ONIONS, RAW	9.000	0.520	0.000	0.026	0.023	0.062
110141	OTHER EDIBLE ROOT VEGETABLES	8.600		0.000	0.000	0.000	0.000
880702	OTHER LEAF & STALK VEGETABLES	9.274	11.220	0.000	0.040	0.011	0.060
113297	PARSLEY, RAW	9.500		0.000	0.132	0.295	0.124
113298	PARSNIPS, RAW	8.500		0.000	0.050	0.112	0.047
113304	PEAS, GREEN, RAW	3.800		0.000	0.071	0.035	0.187
113333	PEPPERS, SWEET, GREEN, RAW	8.200		0.000	0.028	0.013	0.102
880703	PUMPKIN & SQUASH, RAW	7.525	0.000	0.000	0.053	0.017	0.082
113429	RADISHES, RAW	9.000		0.000	0.030	0.017	0.045
110161	RAPPINI, RAW	5.700		0.000			
880704	RUTABAGAS & TURNIPS	8.400	0.000	0.000	0.023	0.020	0.079
110457	SPINACH, RAW	7.200	266.000	0.000	0.056	0.010	0.146
113529	TOMATOES, RED, RIPE, RAW	9.100	23.000	0.000	0.045	0.050	0.135
110477	UNSPECIFIED VEGETABLES, RAW	9.500		0.000	0.029	0.011	0.060
110507	SWEETPOTATOES, RAW	7.200	4.000	0.000	0.064	0.011	0.132
113352	POTATOES, RAW, FLESH	7.500		0.000	0.026	0.002	0.043
	8 -- Processed vegetables						
110013	ASPARAGUS, CANNED, SOLIDS AND LIQUIDS	10.000		0.000	0.044	0.006	0.085
110054	BEANS, SNAP (ITALIAN/GREEN/YELLOW), CANNED, SOLIDS + LIQUID	10.000		0.000	0.023	0.004	0.052
110060	BEANS, SNAP (ITALIAN/GREEN/YELLOW), FROZEN, UNPREPARED	10.000	32.000	0.000	0.047	0.008	0.108
110082	BEETS, CANNED, SOLIDS AND LIQUID	10.000		0.000	0.011	0.013	0.025
110094	BROCCOLI, FROZEN, SPEARS, UNPREPARED	10.000	68.000	0.000	0.052	0.024	0.162
110100	BRUSSELS SPROUTS, FROZEN, UNPREPARED	10.000		0.000	0.084	0.031	0.207
110126	CARROTS, CANNED, SOLIDS AND LIQUID	10.000		0.000	0.032	0.008	0.084

Foodcode	Description	Edible Factor	Vitamin K	Cholesterol	Fatty Acids - Saturated Total	Fatty Acids – Monounsaturated	Fatty Acids – Polyunsaturated
113130	CARROTS, FROZEN, UNPREPARED	10.000		0.000	0.039	0.010	0.101
110137	CAULIFLOWER, FROZEN, UNPREPARED	10.000		0.000	0.041	0.019	0.128
113176	CORN, SWEET, CANNED, VACUUM PACK, NIBLETS	10.000		0.000	0.077	0.147	0.237
113178	CORN, SWEET, YELLOW, FROZEN, KERNELS CUT OFF COB, UNPREPARED	10.000		0.000	0.119	0.227	0.366
110037	BEANS, LIMA, (FORDHOOK), FROZEN, UNPREPARED	10.000		0.000	0.081	0.021	0.172
113264	MUSHROOMS, CANNED, DRAINED SOLIDS	10.000		0.000	0.038	0.005	0.113
110306	PEAS, GREEN, CANNED, SOLIDS AND LIQUID	10.000		0.000	0.050	0.025	0.132
110312	PEAS, GREEN, FROZEN, UNPREPARED	10.000		0.000	0.066	0.033	0.175
110463	SPINACH, FROZEN, UNPREPARED	10.000	138.000	0.000	0.051	0.009	0.131
113531	TOMATOES, RED, RIPE, CANNED, WHOLE	10.000		0.000	0.035	0.037	0.099
110546	TOMATO PASTE, CANNED	10.000		0.000	0.127	0.134	0.362
110579	UNSPECIFIED VEGETABLES, CANNED	10.000		0.000	0.051	0.016	0.120
110583	UNSPECIFIED VEGETABLES, FROZEN	10.000		0.000	0.098	0.031	0.235
	9 -- Juice						
96016	APPLE JUICE, CANNED OR BOTTLED, WITH ADDED VITAMIN C	10.000		0.000	0.019	0.005	0.033
93137	GRAPE JUICE, FROZEN CONCENTRATE, SWEETENED, DILUTED, +VIT C	10.000		0.000	0.029	0.004	0.026
93123	GRAPEFRUIT JUICE, CANNED, UNSWEETENED	10.000		0.000	0.013	0.013	0.023
90153	LEMON JUICE, CANNED OR BOTTLED	10.000		0.000	0.038	0.011	0.085
93215	ORANGE JUICE, FROZEN CONCENTRATE, DILUTED	10.000		0.000	0.007	0.010	0.012
90273	PINEAPPLE JUICE, CANNED, WITH ADDED VITAMIN C	10.000		0.000	0.005	0.009	0.028
113540	TOMATO JUICE, CANNED	10.000		0.000	0.008	0.009	0.024
	10 -- Meat						
100187	PORK, FRESH, COMPOSITE, LEG+LOIN+SHOULDER, LEAN & FAT, RAW	8.900		67.000	5.280	6.630	1.550
130007	BEEF, COMPOSITE CUTS, LEAN & FAT, 1/4" TRIM, RAW	8.900		67.000	7.070	7.540	0.640
170088	VEAL, COMPOSITE, LEAN+FAT, RAW	8.900		82.000	2.790	2.570	0.480
170062	LAMB, NEW ZEALAND, COMPOSITE, LEAN+FAT, RAW	8.900		78.000	11.570	8.720	0.980
880901	OFFAL, RAW	7.952	31.304	185.797	1.913	1.491	0.619
	11 -- Eggs						
13123	EGG, CHICKEN, WHOLE, FRESH OR FROZEN, RAW	8.800	50.000	431.000	3.100	3.809	1.364
	12 – Poultry						
50006	CHICKEN, BROILER, FLESH+SKIN, RAW	6.800		75.000	4.310	6.240	3.230
50123	CHICKEN, STEWING, FLESH AND SKIN, RAW	7.000		71.000	5.710	8.240	4.440
50165	TURKEY, ALL CLASSES, FLESH AND SKIN, RAW	7.900		68.000	2.260	2.900	1.980
	13 – Fish						
881301	FRESH/FROZEN SEAFISH	7.600	0.000	61.250	1.740	3.533	1.855
881302	PROCESSED SEAFISH	10.000	0.000	102.400	1.859	3.294	3.141
881303	SHELLFISH	2.650	0.000	68.500	0.139	0.183	0.155
881304	FRESHWATER FISH	5.662	0.000	52.410	0.729	1.785	0.796
	14 -- Dairy products						

Foodcode	Description	Edible Factor	Vitamin K	Cholesterol	Fatty Acids - Saturated Total	Fatty Acids – Monounsaturated Total	Fatty Acids – Polyunsaturated Total
13009	CHEESE, CHEDDAR	10.000		104.900	21.092	9.391	0.942
13042	CHEESE: PROCESSED, CHEDDAR	10.000		94.400	19.694	8.951	0.990
881401	VARIETY CHEESE	10.000	0.000	87.431	17.083	7.945	0.859
881402	COTTAGE CHEESE	10.000	0.000	14.075	2.593	1.167	0.127
11019	WHEY CHEESE	10.000		92.011	15.452	4.779	0.611
12092	MILK, DRY, SKIM, POWDER, INSTANTIZED	10.000		18.300	0.467	0.187	0.028
10094	MILK, DRY, BUTTERMILK, SWEET CREAM	10.000		69.300	3.598	1.669	0.215
10115	WHEY, SWEET, DRY	10.000		6.000	0.684	0.297	0.034
15096	OTHER WHOLE MILK PRODUCTS	10.600		29.400	4.737	2.409	0.253
15096	CONCENTRATED WHOLE MILK	10.600		29.400	4.737	2.409	0.253
10095	SWEETENED CONDENSED WHOLE MILK	12.900		33.900	5.486	2.427	0.337
16096	EVAPORATED, PARTLY SKIMMED MILK	10.700		7.778	1.215	0.618	0.065
11097	CONCENTRATED SKIM MILK	10.800		3.600	0.121	0.062	0.006
10095	SWEETENED CONDENSED SKIM MILK	12.900		33.900	5.486	2.427	0.337
10111	MILK SHAKE MIX	8.400		11.800	1.886	0.875	0.113
190095	DESSERT, FROZEN, ICE CREAM, VANILLA, 11% B.F.	5.500		44.000	6.790	3.170	0.410
190097	DESSERT, FROZEN, SHERBET, ORANGE	8.100		5.000	1.160	0.530	0.080
190096	DESSERT, FROZEN, ICE MILK, VANILLA, SOFT SERVE	7.400		12.000	1.630	0.760	0.100
12077	MILK, FLUID, WHOLE, PASTURIZED, HOMOGENIZED, 3.3% B.F.	10.300	4.000	13.600	2.079	0.965	0.124
13088	MILK, FLUID, BUTTERMILK, CULTURED	10.300		3.500	0.548	0.254	0.033
10079	MILK, FLUID, PARTLY SKIMMED, 2% B.F.	10.300		7.500	1.195	0.555	0.071
12085	MILK, FLUID, SKIM	10.300	4.000	1.800	0.117	0.047	0.007
10084	MILK, FLUID, PARTLY SKIMMED WITH ADDED MILK SOLIDS, 1% B.F.	10.300		4.000	0.730	0.340	0.040
10103	MILK, FLUID, CHOCOLATE, PARTLY SKIMMED, 2% B.F.	10.500		6.800	1.239	0.588	0.072
16049	CREAM, CEREAL (HALF AND HALF), 10% B.F.	10.200		31.430	6.227	2.886	0.374
14050	CREAM, TABLE (COFFEE), 18% B.F.	10.100		61.136	11.205	5.201	0.671
14052	CREAM, WHIPPING, 32% B.F.	10.100		115.654	19.999	9.376	0.968
14056	CREAM, SOUR, CULTURED, 14% B.F.	9.700		39.339	8.716	4.046	0.524
15116	YOGOURT, PLAIN, 2% -> 4% B.F.	10.300		9.600	1.799	0.767	0.079
	15 -- Non-alcoholic beverages						
140366	TEA, INSTANT, UNSWEETENED, POWDER	10.000		0.000	0.050	0.015	0.122
140214	COFFEE, INSTANT, REGULAR, POWDER	10.000		0.000	0.197	0.041	0.196
140192	COCOA MIX, UNENRICHED, POWDER	10.000		5.000	2.408	1.326	0.119
140400	CARBONATED DRINKS, COLA	10.400	0.010	0.000	0.000	0.000	0.000
	16 -- Alcoholic beverages						
141003	ALCOHOLIC, BEER, REGULAR (5% ALCOHOL BY VOLUME)	10.000		0.000	0.000	0.000	0.000
140050	ALCOHOLIC, RUM (40% ALCOHOL BY VOLUME)	9.400		0.000	0.000	0.000	0.000
140084	ALCOHOLIC, WINE, TABLE, ALL (11.5% ALCOHOL BY VOLUME)	9.900		0.000	0.000	0.000	0.000

Table 4 –Waste adjustment factors (%)

November 2006

[Back](#)

Commodity	Retail/institutional losses = consumer wt	Non-edible = consumer wt edible	Plate/household /cooking losses = edible – cooked
Cereals			
Breakfast Foods	12	0	20
Barley Pot and pearl	12	20	20
Corn Flour and Meal	12	0	20
Oats Oatmeal, Rolled Oats	12	20	20
Rice	12	0	20
Rye Flour	12	0	20
Wheat Flour	12	0	20
Total Cereals	-	-	-
Sugar			
Refined Sugar	11	0	20
Honey	11	0	20
Maple Syrup	11		20
Total	-	-	-
Red Meats			
Beef	7	0	32
Veal	7	0	35
Pork	7	0	39
Mutton and lamb	7	0	36
Offal	7	0	39
Total Beef	-	-	-
Total Meat	-	-	-
Poultry			
Chicken	7	0	40
Stewing hens	7	0	40
Turkey	7	0	32
Total chicken and stewing hens (type of chicken)	-	-	-
Total Poultry	-	-	-
Eggs			
Eggs	7	0	15
Pulses and nuts			
Baked beans	6	0	10
Dry Beans	6	0	10
Dry Peas	6	0	10
Peanuts	6	0	10
Tree nuts	6	0	10
Total	-	-	-

Commodity	Retail/institutional losses = consumer wt	Non-edible = consumer wt edible	Plate/household /cooking losses = edible – cooked
Dairy			
Cheese, cheddar	6	0	13
Cheese, cottage	12	0	20
Cheese, processed	6	0	13
Cheese, variety	6	0	13
Cream, cereal, 10%	12	0	20
Cream, sour	12	0	20
Cream, table, 18%	12	0	20
Cream, whipping, 32% or 35%	12	0	20
Ice Cream	12	0	20
Ice Milk	12	0	20
Milk, buttermilk	12	0	20
Milk, chocolate drink	12	0	20
Milk, concentrated skim	12	0	20
Milk, whole concentrated	12	0	20
Milk, other whole milk products	12	0	20
Milk, partly skimmed, 1%	12	0	20
Milk, partly skimmed, 2%	12	0	20
Milk, skim	12	0	20
Milk, standard, 3.25%	12	0	20
Milk, sweetened, concentrated skim	12	0	20
Milkshake	12	0	20
Powder buttermilk	12	0	20
Powder skim milk	12	0	20
Powder whey	12	0	20
Sherbet	12	0	20
Sweetened concentrated skim milk	12	0	20
Sweetened concentrated whole milk	12	0	20
Yogurt	12	0	20
Total Dairy	-	-	-
Total Fluid Milk	-	-	-
Total Cheese	-	-	-
Total other dairy	-	-	-

Commodity	Retail/institutional losses = consumer wt	Non-edible = consumer wt edible	Plate/household /cooking losses = edible – cooked
Oils and fats			
Butter	7	0	15
Margarine	7	0	15
Salad oils Aka Vegetable oils	21	0	20
Shortening	21	0	15
Total oils	-	-	-
Fruits, fresh			
Apples	12	8	20
Apricots	12	7	20
Avocados	12	24	20
Bananas	12	35	20
Berries, other	12	5	20
Blueberries	12	5	20
Cherries	12	10	20
Coconut	6	0	10
Cranberries	12	5	20
Dates	6	10	10
Figs	6	0	10
Unspecified Fruits, fresh See other fresh fruits	-	-	-
Grapes	12	4	20
Guavas, mangoes	12	31	20
Kiwis	12	14	20
Muskmelons, cantaloupes	12	49	20
Other melons	12	54	20
Melons, total	12	42	20
Watermelons	12	48	20
Winter melons	12	27	20
Nectarines	12	24	35
Papayas	12	33	20
Peaches	12	24	35
Pears	12	8	20
Pineapples	12	48	20
Plums	12	6	20
Quinces	12	0	20
Strawberries	12	6	20
Other fresh fruits (Unspecified)	12	14	20
Total fresh fruits	-	-	-

Commodity	Retail/institutional losses = consumer wt	Non-edible = consumer wt edible	Plate/household /cooking losses = edible – cooked
Fruits, Citrus			
Grapefruits	12	50	20
Lemons	12	47	20
Limes	12	16	20
Mandarins	12	28	20
Oranges	12	27	20
Other Citrus	12	20	20
Total Citrus	-	-	-
Fruits, processed			
Apple Pie Filling	6	0	10
Apple sauce	6	0	10
Apples, canned	6	0	10
Apples, frozen	6	0	10
Apples, dried	6	0	10
Apricots, canned	6	0	10
Blueberries, canned	6	0	10
Blueberries, frozen	6	0	10
Cherries, frozen	6	0	10
Unspecified fruits, canned	6	0	10
Unspecified fruits dried	6	0	10
Unspecified fruits, frozen	6	0	10
Peaches, canned	6	0	10
Pears, canned	6	0	10
Pineapples, canned	6	0	10
Raspberries, frozen	6	0	10
Strawberries, canned	6	0	10
Strawberries, frozen	6	0	10
Total, fresh equivalent	-	-	-
Total canned	-	-	-
Total frozen	-	-	-
Total dried	-	-	-

Commodity	Retail/institutional losses = consumer wt	Non-edible = consumer wt edible	Plate/household /cooking losses = edible – cooked
Vegetables, fresh			
Artichokes	12	60	20
Asparagus	12	47	20
Beans, green and wax	12	12	22
Beets	12	11	20
Broccoli	12	39	20
Brussels sprouts	12	10	20
Cabbage, chinese	12	20	20
Cabbage	12	20	20
Carrots	12	11	20
Cauliflower	12	61	20
Celery	12	11	20
Corn, sweet	12	64	32
Cucumbers	12	27	20
Eggplant	12	19	27
Garlic	12	13	20
Kohlrabi	12	23	20
Leeks	12	10	35
Lettuce	12	18.5	20
Manioc	12	23	20
Mushrooms	12	3	20
Okra	12	14	20
Olives	12	10	20
Onions, shallots	12	10	35
Parsley	12	28	20
Parsnips	12	11	20
Peas	12	12	22
Peppers	12	18	20
Potatoes, sweet	12	25	31
Potatoes, white	12	23	30* Since 1988 the factor has changed gradually, 36 in 2005
Potatoes, fresh			
Pumpkins, squash	12	29	20
Radishes	12	10	20

Commodity	Retail/institutional losses = consumer wt	Non-edible = consumer wt edible	Plate/household /cooking losses = edible – cooked
Vegetables, fresh			
Rappini	12	28	20
Rutabagas, turnips	12	23	30
Spinach	12	28	20
Tomatoes	12	9	20
Edible root vegetables other	12	23	20
Leguminous vegetables other	12	12	22
Unspecified fresh vegetables	12	0	20
	from other and salsify	from other and salsify	from other and salsify
Total	-	-	-
Vegetables, processed			
Asparagus, canned	6	0	10
Beans, green and waxed, canned	6	0	10
Beans, green and waxed, frozen	6	0	20
Beets, canned	6	0	10
Broccoli, frozen	6	0	16
Brussels sprouts, frozen	6	0	16
Carrots, canned	6	0	10
Carrots, frozen	6	0	12
Cauliflower, frozen	6	0	17
Corn, canned	6	0	10
Corn, frozen	6	0	14
Lima beans, frozen	6	0	32
Mushrooms, canned	6	0	10

Commodity	Retail/institutional losses = consumer wt	Non-edible = consumer wt edible	Plate/household /cooking losses = edible – cooked
Vegetables, processed			
Peas, canned	6	0	10
Peas frozen	6	0	17
Spinach, frozen	6	0	23
Tomatoes, canned	6	0	10
Tomatoes, pulp, paste and puree	6	0	10
Unspecified vegetables, canned	6	0	10
Unspecified vegetables frozen	6	0	23
Total, fresh equivalent	-	-	-
Total canned	-	-	-
Total frozen	-	-	-
Potatoes, processed	-	-	-
Potatoes, frozen	-	-	-
Potatoes, chips	-	-	-
Potatoes, processed, other	-	-	-
Juices			
Apple juice	6	0	10
Grape juice	6	0	10
Grapefruit juice	6	0	10
Lemon juice	6	0	10
Orange juice	6	0	10
Pineapple juice	6	0	10
Tomato juice	6	0	10
Unspecified	6	0	10
Total juice	-	-	-
Total fruit juice	-	-	-
Total vegetable juice	-	-	-

Commodity	Retail/institutional losses = consumer wt	Non-edible = consumer wt edible	Plate/household /cooking losses = edible – cooked
Beverages			
Ale, beer, stout and porter	3	0	5
Distilled Spirits	3	0	5
Wines	3	0	5
Cocoa	6	0	10
Coffee	6	0	10
Soft drinks	6	0	10
Tea	6	0	10
Bottled water	6	0	10
Total beverages	-	-	-
Alcoholic beverages	-	-	-
Non-alcoholic beverages	-	-	-