

NUTRIENT CODE	DESCRIPTION	UNITS
1	Alpha carotene	mcg
2	Alcohol	g
5	Beta carotene	mcg
8	Calcium	mg
9	Carotene - total (carotene equivalents)	mcg
11	Carbohydrate - total	g
12	Cholesterol	mg
13	Chloride	mg
15	Copper	mg
20	Englyst Fibre - Non Starch Polysaccharides (NSP)	g
22	Iron	mg
55	Total folate	mcg
56	Carbohydrate - fructose	g
57	Carbohydrate - galactose	g
58	Carbohydrate - glucose	g
61	Iodine	mcg
63	Potassium	mg
64	Energy_kcal	kcal
65	Energy_kj	kJ
66	Carbohydrate - lactose	g
68	Carbohydrate - maltose	g
69	Magnesium	mg
70	Manganese	mg
72	Sodium	mg
74	Niacin	mg
77	Phosphorus	mg
83	Protein	g
86	Vitamin A - retinol	mcg
88	Vitamin A - retinol equivalents	mcg
89	Vitamin B2 - riboflavin	mg
92	Selenium	mcg
97	Carbohydrate - starch	g
98	Carbohydrate - sucrose	g
99	Vitamin B1 - thiamin	mg
100	Nitrogen	g
101	Carbohydrate - sugars (total)	g
103	Vitamin B12 - cobalamin	mcg

104	Vitamin B6 - pyridoxine	mg
105	Vitamin C - ascorbic acid	mg
106	Vitamin D	mcg
107	Vitamin E - alpha tocopherol equivalents	mg
109	Zinc	mg
600	Fat - total	g
601	Monounsaturated fatty acids (MUFA) - total	g
603	Polyunsaturated fatty acids (PUFA) - total	g
607	Saturated fatty acids (SFA) - total	g
900	Alcoholic beverages	g
901	Cereals and cereal products	g

NUTRIENT CODE	DESCRIPTION	UNITS
902	Eggs and egg dishes	g
903	Fats and oils	g
904	Fish & fish products	g
905	Fruit	g
906	Meat and meat products	g
907	Milk and milk products	g
908	Non-alcoholic beverages	g
909	Nuts and seeds	g
910	Potatoes	g
911	Soups & sauces	g
912	Sugars; preserves and snacks	g
913	Vegetables	g