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South Pacific Commission
New Zealand Institute for Crop & Food Research Ltd – A Crown Research Institute
and
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The Pacific Islands Food Composition Tables

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The Pacific Islands Food Composition Tables contains a collection of foods and nutrient data from many different published and unpublished sources with varying degrees of documentation. This publication is not meant to be a definitive reference source; it is simply meant to fill the need for most of the available nutrient data on foods eaten in Pacific Islands countries to be available in a single publication.

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1 FOREWORD

Traditional Pacific Island diets usually include a wide range of foods, such as root crops, coconuts, green leaves, fruit, fish and seafood, and are nutritionally very wholesome. In recent decades Pacific Islanders have experienced many changes in lifestyle, including changes in diet. Many of the dietary changes have not been for the better, and have contributed in some areas in the Pacific to malnutrition and vitamin A deficiency in young children, and, at the other extreme, to overweight and obesity and diseases such as diabetes and heart disease in adults.

When Europeans began settling in the Pacific they usually preferred to eat their own foods, and often the local foods were not highly regarded by them. The nutritional value of the local foods was not known and the assumption was sometimes made that the European foods were better than the traditional island foods. As some information on the nutrient content of local foods became available, nutritionists, agriculturalists, health educators, teachers and others have used this information to promote the growing and eating of local foods.

The Pacific Island Food Composition Tables contain information for 22 nutrients on more than 800 commonly-consumed foods. Having a good knowledge of the nutritional content of foods is becoming increasingly important for Pacific Islanders as we seek to improve our eating habits and our general health. This readily accessible reference will benefit dietitians, nutritionists, health educators, agriculturalists, home economists, researchers, doctors, nurses, and those in the food industry. Additionally, this publication will assist families in their everyday food selection and meal planning.

The information in the tables is derived from many different published and unpublished sources and was compiled in a joint project by the South Pacific Commission, the New Zealand Institute for Crop & Food Research Limited and the International Network of Food Data Systems (INFOODS). Further work is being undertaken so that future releases of *The Pacific Island Food Composition Tables* will contain suitable documentation of information, along with more foods and high-quality analytical values.

Several Pacific Island countries have developed or are developing food and nutrition policies and health and nutrition guidelines. It is hoped that this publication will assist Pacific Island countries in these tasks, and, ultimately, in improving the health of all Pacific Islanders.

Ati George Sokomanu
Secretary-General, South Pacific Commission

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Many individuals and organisations throughout the Pacific region have contributed to the development of *The Pacific Islands Food Composition Tables*. In particular, Dr Jacqui Badcock, nutritionist, 1983-89, Dr Heather Greenfield, food composition coordinator, 1988, and John Bailey, food composition coordinator, 1989-91, at the South Pacific Commission, played vital roles in establishing the Pacific Island Food Composition Project, from which, after a long gestation, the tables have been born.

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To all of the people and organisations who have offered their advice, shared their data so generously, provided common serving measures for some of the foods, carefully reviewed the draft of the tables, and, most importantly, offered their encouragement, and continued to express their need for the tables, the authors wish to express their sincere gratitude and appreciation.

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3 HISTORY

3.1 The early days

In the late 1940s and early 1950s the South Pacific Commission (SPC) had a food composition programme under the direction of a biochemist, F.E. Peters and a nutritionist, Sheila Malcolm. Studies were carried out on the nutritional value of commonly eaten Pacific Island foods, with most work being done on the coconut and breast milk. Later in this project, amino acid profiles of root crops and green leaves were studied, and it was concluded that a mixed diet of yams, taro or sweet potato with green leaves would supply a balance of amino acids necessary for an adequate diet. The importance of this work was not realised by governments, and food composition work at the SPC laboratory ceased in 1957.

3.2 The rise of non-communicable diseases in the Pacific

In the late 1970s, there was increasing concern at the appearance of non-communicable diseases (NCD), such as diabetes and heart diseases, in many countries in the Pacific. This resulted in funding being provided to SPC by the United Nations Development Programme in 1981 to bring together of all the various survey results and information, throughout the Pacific Islands region, on the prevalence and causes of non-communicable diseases. This culminated in the publication, still so well known and utilised today, *The effect of urbanisation and western diet on the health of Pacific Island populations*, SPC Technical Paper 186.

A meeting was convened at the end of 1981 to discuss the findings of this study and from this meeting came the following recommendations, which related to food analysis work:

Recommendation No. 25

The South Pacific Commission organise a technical workshop to gather, review and make available existing (but often unpublished) data on the nutrient composition of Pacific foods, and make recommendations concerning needs for additional food composition data in the region.

The South Pacific Commission investigate the facilities available in the region for food nutrient and food contaminant analysis with the aim of upgrading existing facilities to ensure that a prompt food analysis service is available within the region.

3.3 Working group on food composition tables

A working group on food composition tables was subsequently convened in November 1982. It suggested that *Food composition tables for use in the South Pacific* be reprinted, as it was the most suitable set of tables available at that time for the Pacific. The tables had been developed in the 1960s by the Nutrition Department of the Fiji School of Medicine using the best available data from Britain, the USA, Australia, Hawaii and Latin America. These tables were reprinted by the SPC in 1983. They have been widely used throughout the Pacific for 30 years.

The meeting also recommended the establishment of a nutrient database of local and imported food consumed in the Pacific. It further proposed that new data on local and imported foods be produced, and that, where possible, this analytical work should be done in the Pacific.

Endorsement for these recommendations came from meetings of the Pacific Islands' Permanent Heads of Health Services in 1983 and the Permanent Heads of Agriculture and Livestock in 1984. This resulted in the project entitled 'Development of food composition tables in the Pacific Region' which was included in the SPC's nutrition work programme in 1985.

3.4 The first technical workshop on food composition tables

Following this meeting, SPC organised the first technical workshop on Pacific food composition tables, which was held at the then Institute of Natural Resources (now the Institute of Applied Sciences) of the University of the South Pacific in Fiji, Suva, in February 1986. Representatives from the following four Pacific analytical laboratories attended: the Institute of Natural Resources, the University of the South Pacific, Fiji; Department of Primary Industry, Papua New Guinea; National Analytical Laboratory, University of Technology, Lae, Papua New Guinea; and the Institute of Medical Research, Madang, Papua New Guinea. Other participants included several nutritionists, agriculturalists, home economists and food technologists from around the region, members of the Australian and New Zealand food composition programme and other resource people.

3.5 Pacific Island food composition programme

Comprehensive plans were made at this workshop for the development of a food database and for new food analyses, with a list of priority foods for analysis determined. Funding was provided by USAID, which made possible the recruiting of the first food composition coordinator, Dr Heather Greenfield, who began the work of establishing the project, named the Pacific Island food composition programme (PIFCP).

Published data on food analyses of Pacific Island food were collected and a survey of user needs was dispatched around the region. Since root crops, such as sweet potatoes, taros, and yams, had been comprehensively analysed by Bradbury and Holloway, it was decided to concentrate new analytical work on the green leaves. Under the guidance of the second food composition coordinator, John Bailey, the PIFCP collaborating laboratories in Lae, Port Moresby and Suva validated their analytical methods in 1990 and by early 1991 had completed the analysis of 19 commonly eaten, green, leafy vegetables.

Unfortunately, funding for new food analyses and for the food composition coordinator post was not available after 1991. Since that time the project has focused on further development of the database and production of the new food tables, using data from a large number of sources. INFOODS donated a powerful computer for the work in 1992. A strong collaborative effort between the SPC nutrition programme and the New Zealand Institute for Crop and Food Research Limited during 1993-94 has resulted in the present tables.

3.6 The need for more food analytical work

The present tables — containing as they do good root crop and green leaves data, and collecting together other Pacific Island foods from work in the past decade of various research groups, as well as Australian, New Zealand, the USA and French imported foods — are a great step forward for food composition work in the Pacific. However, there are still important gaps in the data, in particular, for uncultivated nuts and fruits, breadfruit dishes, pandanus and coconut products, Pacific Island cooked dishes, shellfish and fish.

3.7 The USP–ACIAR–AGAL–ORSTOM–SPC food analysis project

The project 'Nutrient composition of some Pacific Islands food crops and bushfoods' is a joint project of the University of the South Pacific, the Australian Centre for International Agricultural Research (ACIAR), the Australian Government Analytical Laboratory (AGAL), the French Research Institute (ORSTOM), and the SPC. It commenced in early 1994 and aims to help fill the gaps in the present food tables by undertaking analyses on important uncultivated nuts and fruits for which no reliable data exist.

Many of these fruits and nuts are eaten as snacks, with some of the nuts also used in traditional cooked dishes, adding greatly to the protein and general nutritional value of the dish. The potential exists for commercialisation of several of these fruits and nuts, with the ngali or pili nut already having been developed commercially in Honiara, Solomon Islands. As well as generating income, more nutritious food has been made available to the local market by the commercialisation of this nut.

Apart from uncultivated fruits and nuts, it is planned that the project will analyse commonly eaten Pacific Island mixed cooked dishes, important atoll foods, and other foods not well covered in the present tables.

4 USERS' GUIDE

4.1 Sources of data

Users of the food tables must be aware that very few foods have a constant nutrient composition and that the data presented here do not represent absolute values. The purpose of this publication is to present, as much as possible, a reflection of the usual composition of foods as available and/or consumed, based on representative samples. However, the data have been collected from many different sources and represent samples from many different countries and laboratories.

Some nutrient values in these tables are presumed, 'borrowed' from similar foods, or calculated using estimated yields and retention factors, rather than being obtained from food analyses. This process has been necessary to obtain complete tables of core nutrients with a minimum number of missing values.

4.2 Source codes

The different sources are listed below with a code, and full citations for published sources appear in the Reference section.

Table 1: Source codes.

Code	Explanation
a	Australia
b	Great Britain
d	Derived from any of several published sources
e	Izumi, M. 1993
f	Fiji – Aalbersberg, unpublished
h	SPC – handbook numbers 17 and 31.
j	SPC – Food Composition Tables for use in the Pacific Islands, 1983; and SPC – Peters, F.E., 1959
k	Calculated
m	Malaysia
n	Papua New Guinea. Institute of Medical Research, 1985 Brand et al., 1991 Ohtsuka et al., 1984 Norgan et al., 1969
o	France
q	Germany
s	Bradbury, J.H.; Holloway, W.D., 1988
t	FAO – East Asia Tables. 1972
u	United States of America
v	FAO – Africa
y	Australian Aboriginal Foods
z	New Zealand

The major source of the nutrient data for each food record is shown in the source column in **Appendix VI - Food Index**. Knowing the source, the user can then make an informed choice about which data to use when there is a choice of more than one entry in the table for the same food. Source codes can also assist the user in deciding on the validity and acceptability of the data for a particular purpose.

4.3 Layout of the tables

There are 20 chapters or food groupings in the tables, identified by a letter of the alphabet. Some letters are missed out deliberately to avoid confusion (e.g., the letters I and O look very much like the numbers 1 and 0, so I and O are not used).

Foods are arranged in alphabetical order in each chapter.

There are 22 nutrients presented in the tables. These are: water, energy in kilojoules and kilocalories, protein, total fat, available carbohydrate, dietary fibre, cholesterol, sodium, potassium, calcium, magnesium, iron, zinc, total vitamin A equivalents, retinol, β-carotene equivalents, thiamin, riboflavin, niacin, vitamin B12, vitamin C and vitamin E. For each food, 11 nutrients are presented on one page and the other 11 on the facing page.

Mean values presented in all food records are rounded to a fixed number of decimal places or a fixed number of significant figures for each nutrient.

4.4 Computer key

Beside each food name is a code, or **key**. For example, A010 is the key for cassava flour that uniquely identifies each food in the larger database from which the tables have been developed. This key is not needed in using the printed copy of the tables.

4.5 Edible portion and measures

Each food in the tables represents the edible portion of the food. If skins and seeds are normally not eaten, for example with avocado, these have been removed and you are presented with values for avocado flesh only. In most records, the edible part is described, for example, 'flesh and edible seeds'. In some records this information is not given because it was not provided in the original source. No calculations are necessary for refuse or waste.

If the food is normally cooked before eating, then every attempt was made to include nutrient data for the cooked food. Note, though, that for some foods, such as root

crops and green leaves, data are presented on the raw food, even when it is not eaten raw. This was done for the purpose of showing differences in nutrient composition between foods without the confounding influence of different cooking methods.

Common serving sizes are determined on the basis of amounts commonly purchased or eaten. These are just a guide as to what might be a usual amount eaten or a measure used for serving out food. In most cases this common serving measure was provided by Pacific Island dietitians/nutritionists. Measures presented in these tables are not meant to be used as a recommended serving size or portion. All measures are on an edible portion basis, so no adjustments are required for refuse.

The volume amounts used are metric standards, as listed in Table 2. Volume measures are converted to weight in grams, based on the foods' density, and nutrient values are presented on this basis.

Table 2: Metric Standards.

1 cup	250 ml
1 tablespoon	15 ml
1 teaspoon	5 ml

4.6 Finding a food in the tables

In the tables, foods are listed alphabetically within chapters. If you cannot find the food in the chapter you expect it to be in, turn to the food name index (Appendix VI), which contains all foods listed alphabetically regardless of chapter. This listing shows the English name and a number of local language names. For example, Solomon Islanders looking for the nutrient composition of ngali nut would not find that food name listed in the tables. Appendix VI, however, shows ngali nut listed, with a note saying "see Pili nut". Pili nut could then be found alphabetically in the nut chapter. Because there are so many local names, it was not possible to list them all in this publication. Similarly, there are some commonly eaten foods missing from these tables, including mixed cooked dishes, because they have never been analysed.

4.7 Full name of foods and scientific name

Appendix V lists the full names of all foods in the tables within chapters, and includes the scientific name if it is identifiable beyond doubt. The food preparation or cooking method is also included as appropriate.

4.8 Description of foods and terms used

Foods are described as completely as possible, and for some foods, this includes brand names. Identification by brand name does not mean the product is being endorsed.

The same foods, with different processing or preparations, are not always derived from the same sample. Data are obtained from many sources and represent different growing years, growing areas, cultivars, laboratories, and different methods of analysis. Therefore, differences in values for various forms of the same food do not necessarily represent the effect of the processing or preparation. For other foods, only the raw sample was analysed and the cooked values were obtained by calculation.

The term 'raw' when used with meat refers to meat that has been freshly killed and not processed before being prepared for analysis. The term 'uncooked' refers to meat that has been processed in some way, yet has not undergone or does not require post-purchase cooking. For example, the word 'uncooked' is used for ham and cured bacon.

The term 'separable lean' refers to meat muscle, including inseparable fat, with all the separable or visible fat removed.

The term 'separable lean and fat' refers to meat muscle and includes the separable and inseparable fat.

'Baked' means cooked in an earth oven, an electric oven, or a gas oven, without fat and with dry heat. Food described as baked can be used where 'grilled on hot coals' or 'dry roasted' values are required.

4.9 Cooked mixed dishes

Recipes were used to calculate the nutrient composition of most of the cooked mixed dishes. Calculations were made using the composition of ingredients, together with yields and individual nutrient retention factors specific to the method of preparation. Recipes used are in Appendix IV.

4.10 Composite foods

'Composite' in these tables means the average of several similar foods. For example, a composite or average of several varieties of sweet potato is provided for use when you do not know what type of sweet potato was consumed by an individual or group. Similarly a composite reef fish (averaged from the nutrient composition of several common species of reef fish) and a composite tuna are provided.

4.11 Symbols

A number of symbols have been used throughout the tables and in the Appendices. The source codes and keys have been explained above. All units in the tables are metric.

Symbol	Description
g	grams
mg	milligrams
µg	micrograms
kJ	kilojoules
kcal	kilocalories
-	not analysed
T	trace, less than the limit of detection

4.12 Recommended daily intakes

Specific Recommended Daily Intakes (RDIs) have not been developed for the Pacific, and at present, the World Health Organisation (WHO) is revising RDIs for several nutrients. In the absence of these, the current Australian RDIs are provided in Appendix III.

4.13 Notes on nutrients

There are 22 nutrients in the main body of the tables, which are presented in a fixed format for each record. The order of presentation is based on major nutrient categories and convention.

Users of these Food Composition Tables will have a basic understanding of the food components within each nutrient category. Therefore, this section relates only to specific information that is not obvious or self-explanatory.

For many records, the methods of nutrient analysis were not available from the original source. In some cases, values were recalculated to provide information on the form of the nutrient required for the format of this publication. Where the method was ambiguous, not supplied or was incomplete, a best estimate was used.

The sum of the proximates usually falls within the range of 97-103 g per 100 g edible portion. A margin of plus or minus 3% is considered acceptable (Greenfield & Southgate 1992), particularly as many of the components were determined independently on different samples in different laboratories. For some food records, the sum is outside this range. Explanations for this situation include the presence of high levels of unusual constituents not measured in the proximate analyses, and analytical error.

Energy is expressed in units of both kilocalories (kcal) and kilojoules (kJ). All values were calculated from the energy-producing food components using conversion factors listed in Table 3.

Table 3: Energy Conversion Factors.

	kcal/g	kJ/g
Protein	4.0	16.7
Total fat	9.0	37.7
Available carbohydrate	4.0	16.5
Ethyl alcohol	7.0	29.3

For all entries, the protein value is based on the total nitrogen multiplied by a factor related to the amino acid composition of the food.

Conversion factors for mixed foods containing more than one protein source were derived using the proportion of each source with its appropriate conversion factor.

Available carbohydrate values are expressed as the weight of the carbohydrate. Food records from USDA and FAO sources have had the *total carbohydrate* by

difference value recalculated to represent *available carbohydrate* in these tables. New Zealand and British data for *available carbohydrate in monosaccharide equivalents* were recalculated to represent the weight of the saccharide in the food.

There is considerable controversy over the most appropriate definition of **dietary fibre**, which creates difficulties for analysts and users of food composition tables. Different methods of analysis measure variable amounts of the different fractions of the dietary fibre complex, with each value being specific to the method used. The majority of fibre values in these tables have been determined by the dietary fibre method of Englyst & Cummings (1988), Southgate (1976) and the AOAC total dietary fibre method reported by Prosky et al. (1984). For many records, however, no documentation of method was available.

Vitamin A values are presented as total vitamin A equivalents, which are calculated as the sum of retinol and one-sixth the β -carotene equivalents value. The β -carotene equivalents value is calculated as the sum of β -carotene and one-half the sum of the other measured pro-vitamin A carotenoids.

Not all nutrients could be included in the tables, given the constraints of working time, availability of data, etc. Values for **iodine** in foods have not been included in the tables because data are lacking.

Iodine deficiency disease (IDD) is a public health problem in parts of Papua New Guinea and also parts of Fiji. Iodine is widely distributed in foods, with the best sources being seafood. A low intake of iodine may be due to the consumption of plant foods that are deficient in iodine because the soil on which they are growing is deficient in iodine. It can also be due to the consumption of goitrogens, naturally occurring compounds present in some foods. Goitrogens interfere with the absorption of iodine.

To remedy the problem of IDD, at this time, the most commonly recommended measure is to produce and distribute a table salt that has potassium iodate added to it.

WHO recommends as optimal an intake of 150-300 μg of iodine per day. Seafoods contain 70-100 μg of iodine per edible 100 g.

4.14 Uses of the food composition tables

There are many uses to which food composition data can be put. These include:

- calculating the nutrient intake of individuals or groups,
- planning nutrition improvement programs,
- developing nutrition education materials, such as bar charts showing diagrammatically the content of important nutrients of various local and imported foods,
- planning special diets for people with diseases such as diabetes, high blood pressure, kidney disease, etc.,
- selecting and promoting the consumption of foods high in particular nutrients for children and/or adults with deficiency diseases, for example in communities with vitamin A deficiency,
- planning balanced menus for institutions such as boarding schools, hospitals and prisons,
- selecting highly nutritious plants to grow in the family food garden and for commercial production,
- developing new, manufactured food products with specific nutrient contents, and
- teaching and research.

One of the most common uses of food tables is to calculate the nutrient intakes for individuals or groups. This information is then used to identify dietary problems and to design suitable programmes, which often need to have both a health education and promotion component and a food production component.

4.14.1 Calculation of nutrient intakes

Dietary surveys require careful planning and training of the coordinator, interviewers and data processors. The FAO manual on household food surveys (Reh 1965) and the Diet/1 manual on interpreting dietary data (Mackerras, 1991) provide useful advice on dietary survey techniques. When dietary surveys are undertaken, often anthropometric data and various socio-economic data are collected at the same time. To calculate the nutrient intake, the following basic information must be collected:

1. The weight of the foods consumed must be known or accurately estimated.

The most commonly used method of assessing dietary intake in the Pacific is the 24-hour dietary recall, i.e. food intake over a 24-hour period. For this, a number of reference measures such as cups, glasses, plates, bowls, may be used in an interview to obtain the best estimate of quantities of foods consumed. Other methods to assess dietary intake, which also rely on recording amounts of food usually consumed within a specified time, include the diet history and food frequency questionnaire.

Another method is a weighed food intake, where the edible portion of the food is weighed before consumption, and then the left-over portion is weighed and subtracted to calculate the actual food intake. This of course is much more time-consuming than the other methods.

2. The food, as eaten and prepared, must be accurately described to match the food eaten with the most appropriate food in the food tables.
3. The daily intake of each nutrient is estimated by multiplying the weight of the edible portion of each food by the concentration of the nutrient in that food and then adding the results of each calculation for all the foods eaten during the 24-hour period.

Computer software packages are designed for this purpose, including Diet/1 Pacific, which contains the same food composition information as this publication.

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6 FOOD TABLES



The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium Na	Potassium K	Calcium Ca	Magnesium Mg
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
A STARCHY STAPLES													
A001	Arrowroot,Polynesian,flour	100	12	1400	340	0.1	0.2	85	0.1	0	2	12	35
A089	Banana,cooking,ami,baked	1 tbsp	9	126	31	T	T	8	T	0	1	3	4
A004	Banana,cooking,boiled,unsalted	100	71	442	107	1.4	0.1	25	1.8	0	4	505	0
A095	Banana,cooking,opine,baked	100	53	455	110	0.8	0.2	26	1.2	0	4	400	5
A006	Banana,cooking,raw	100	68	745	180	2.4	0.2	42	0.7	0	4	505	0
A005	Banana,cooking,ripe,fried	1 whole	140	96	513	124	0.9	0.2	30	0.7	0	489	18
A003	Breadfruit,baked	100	35	1090	264	1.5	0.3	44	2.3	0	3	610	6
A002	Breadfruit,boiled	1 serve	166	74	409	99	1.3	0.6	22	2.5	0	1	436
A008	Breadfruit,pulp,mature,raw	100	81	227	679	164	2.2	1	37	4.2	0	2	724
A041	Cassava,baked	1 cup	100	72	430	104	1.5	0.4	24	2.5	0	1	350
A042	Cassava,baked	100	54	730	177	2	0.3	42	1.3	0	7	365	13
A011	Cassava,boiled	1 cup	227	123	1660	402	4.5	0.7	94	3	0	16	829
A010	Cassava,flour	1 serve	164	65	542	131	0.5	0.2	32	1.5	0	7	289
A012	Cassava,raw	100	9	1430	889	215	0.9	0.3	52	2.4	0	12	474
A091	Jakfruit, <i>A.heterophyllus</i> ,raw	100	83	347	1430	1.1	0.5	85	3.7	0	4	739	84
A092	Jakfruit, <i>A.integer</i> ,raw	100	67	483	227	3250	788	2.5	1.1	192	8.4	0	9
A090	Jakfruit,raw	100	75	324	78	2.2	0.3	17	3	0	7	302	20
A088	Pandanus,flour	100	13	1340	323	2.9	1.3	75	0	10	429	28	43
A013	Potato fries,deep fried	100	50	1010	246	4	13.9	26	3.7	12	158	37	—
A015	Potato salad,canned	1 cup	95	47	962	234	3.8	13.2	25	3.5	11	150	494
A016	Potato,baked,salt & fat added	1 cup	180	65	731	177	2.3	10.1	19	2.8	0	148	774
A014	Potato,hash brown,McDonald's	1 whole	60	39	439	106	1.4	6.1	12	1.7	0	89	464
A017	Potato,mashed,dried,home prep	1 cup	260	199	975	237	7	6	39	9.4	3	637	354
A019	Potato,pale skin,peeled,baked	100	71	438	106	3	2.8	17	1.5	0	8	500	4
		1 cup	260	184	1140	276	7.8	7.3	45	3.9	0	21	1300

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol	B-carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Vitamin mg	µg	mg	mg	µg	mg
A STARCHY STAPLES																			
A001	Arrowroot,Polyesian,flour	100 g	0.5	0.6	0	0	0	0.1	0.02	1	0	0	0	0	0	0	0	0	T
A089	Banana,cooking,ami,baked	1 tbsp	9	T	0.1	0	0	0.01	T	T	0	0	0	0	0	0	0	0	T
A004	Banana,cooking,boiled,unsalted	100 g	0.5	0.2	—	34	0	206	0.05	0.08	1	0	0	0	15	0	0	0	T
A095	Banana,cooking,opine,baked	100 g	1.7	—	—	34	0	206	0.03	0.04	1	0	0	0	9	0	0	0	T
A006	Banana,cooking,raw	100 g	0.6	0.1	—	30	0	180	0.08	0.13	1	0	0	0	25	0	0	0	T
A005	Banana,cooking,ripe,fried	100 g	0.8	0.4	—	42	0	252	0.21	0.08	1	0	0	0	11	0	0	0	T
A003	Breadfruit,baked	100 g	0.3	—	—	4	0	23	0.08	0.04	1	0	0	0	22	0	0	0	T
A002	Breadfruit,boiled	100 g	0.2	—	—	7	0	38	0.13	0.07	1	0	0	0	37	2	0	0	T
A008	Breadfruit,pulp,mature,raw	100 g	1	—	—	5	0	30	0.08	0.05	1	0	0	0	22	1	0	0	T
A041	Cassava,baked	1 cup	227	4.5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
A042	Cassava,baked	100 g	2.2	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
A011	Cassava,boiled	1 cup	227	5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
A010	Cassava,flour	100 g	0.2	0.5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
A012	Cassava,raw	1 serve	164	0.4	0.8	—	—	—	—	—	—	—	—	—	—	—	—	—	—
A091	Jakfruit, <i>A.heterophyllus</i> ,raw	100 g	1.7	—	—	18	0	110	0.06	0.06	T	0	0	0	7.9	T	0	0	T
A092	Jakfruit, <i>A.inaequifolia</i> ,raw	100 g	1.1	—	—	13	0	80	0.16	0.15	1	0	0	0	17.7	T	0	0	T
A090	Jakfruit,raw	100 g	0.8	0.8	—	190	0	1130	0.04	0.12	1	0	0	0	14.9	T	0	0	T
A088	Pandanus,flour	100 g	1.7	—	—	200	0	1200	0.06	0.16	2	0	0	0	21.2	T	0	0	T
A013	Potato fries,deep fried	100 g	1.1	0.5	—	1	0	1	0.1	0.04	2	0	0	0	10	T	0	0	T
A015	Potato salad,canned	100 g	1	0.2	—	—	—	—	—	—	—	—	—	—	—	—	—	—	T
A016	Potato,baked,salt & fat added	1 cup	180	1.8	0.4	14	0	90	0.04	0.04	1	0.4	4	1	—	—	—	—	T
A014	Potato,hash brown,McDonald's	1 whole	60	0.5	0.2	1	0	10	0.1	0.05	1	0	0	0	13	T	0	0	T
A017	Potato,mashed,dried,home prep	100 g	0.8	0.4	—	—	—	—	—	—	—	—	—	—	—	—	—	—	T
A019	Potato,pale skin,peeled,baked	100 g	0.7	0.3	—	—	—	—	—	—	—	—	—	—	—	—	—	—	T
		1 cup	260	1.8	0.8	—	—	—	—	—	—	—	—	—	—	—	—	—	T

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	CalciuMg	
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg	
A STARCHY STAPLES														
A018	Potato,pale skin,peeled,boiled	100	79	266	64	2.6	0.2	13	1.1	0	7	415	2	
A023	Sago,flour	1 cup 260	206	692	166	6.8	0.5	34	2.9	0	18	1080	5	
A022	Sago,flour,meal	1 cup 227	29	3150	336	0.4	0.1	83	0.5	0	3	5	44	
A036	Sweet potato,composite,baked	100	66	363	763	0.9	0.2	189	1.1	0	7	11	3	
A034	Sweet potato,composite,boiled	1 serve 213	140	773	187	3.1	0.4	43	3.5	0	109	758	20	
A032	Sweet potato,composite,raw	100	71	402	97	1.4	0.2	20	1.7	0	51	356	7	
A035	Sweet potato,composite,steamed	100	72	381	92	1.4	0.2	21	1.7	0	109	758	26	
A028	Sweet potato,konime,baked	100	67	524	127	1.9	0.1	45	1.7	0	45	166	55	
A029	Sweet potato,konime,baked,&salt	100	67	526	127	1.3	0.1	30	1.2	0	96	354	53	
A027	Sweet potato,konime,boiled	100	71	434	120	2.1	0.2	63	2.1	0	66	882	27	
A030	Sweet potato,orange,peeled,boil	100	79	269	65	1.9	0.1	14	2.3	0	108	533	22	
A031	Sweet potato,pale,raw	100	72	451	138	4	0.2	30	4.9	0	230	1140	47	
A037	Sweet potato,seyipen,baked	100	70	463	112	2	0.1	26	1.3	0	13	262	19	
A039	Sweet potato,white,flesh,boiled	1 serve 213	148	986	239	4.3	0.2	55	1.8	0	28	558	40	
A040	Sweet potato,yellow,raw	100	77	313	76	1.4	0.1	17	2	0	21	479	33	
A097	Taro chips,fried	100	3	2070	667	162	3	0.2	37	4.3	0	26	388	22
A065	Taro,Chinese,baked	1 serve 155	101	832	202	2.3	0.2	48	3.9	0	10	772	20	
A063	Taro,Chinese,boiled	100	76	385	93	1.1	0.4	21	1	0	7	313	17	
A064	Taro,Chinese,raw	100	67	492	119	1.5	0.1	31	2.5	0	7	498	14	
A048	Taro,common,baked	100	64	564	137	1.2	0.1	33	1.2	0	2	421	115	
A046	Taro,common,black,boiled	1 serve 155	99	874	212	1.9	0.2	51	1.9	0	3	653	48	
A052	Taro,common,composite,raw	1 serve 260	100	79	339	82	0.8	0.4	19	0.7	0	1	264	114
												686	73	
												448	32	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg
A STARCHY STAPLES													
A018	Potato,pale skin,peeled,boiled	100 g	0.5 mg	0.3 mg	0 µg	0 µg	0 µg	0 µg	0.07 µg	0.02 µg	1 µg	0 µg	21 µg
A023	Sago,flour	1 cup 260	1.3 mg	0.8 mg	0 µg	0 µg	0 µg	0 µg	0.18 µg	0.05 µg	3 µg	0 µg	55 µg
A022	Sago,flour,meal	1 cup 227	1.6 mg	—	0 µg	0 µg	0 µg	0 µg	0 µg	0 µg	0 µg	0 µg	—
A036	Sweet potato,composite,baked	100 g	0.5 mg	—	—	23 mg	0 mg	134 mg	0.2 mg	0.08 µg	2 µg	0 µg	53.3 µg
A034	Sweet potato,composite,boiled	100 g	0.5 mg	0.3 mg	10 µg	0 µg	0 µg	57 µg	0.07 µg	0.03 µg	1 µg	0 µg	18 µg
A032	Sweet potato,composite,raw	100 g	0.5 mg	0.6 mg	21 µg	0 µg	0 µg	121 µg	0.15 µg	0.06 µg	1 µg	0 µg	38 µg
A035	Sweet potato,composite,steamed	100 g	0.5 mg	0.3 mg	10 µg	0 µg	0 µg	66 µg	0.09 µg	0.03 µg	1 µg	0 µg	24 µg
A028	Sweet potato,konime,baked	100 g	2.1 mg	—	—	11 mg	0 µg	134 mg	0.21 µg	0.09 µg	1 µg	0 µg	5 µg
A029	Sweet potato,konime,baked,&salt	100 g	2.1 mg	—	—	11 mg	0 µg	63 µg	0.1 µg	0.04 µg	1 µg	0 µg	18 µg
A027	Sweet potato,konime,boiled	100 g	1.8 mg	—	—	10 mg	0 µg	134 mg	0.21 µg	0.09 µg	1 µg	0 µg	38 µg
A030	Sweet potato,orange,peeled,boil	100 g	0.5 mg	0.5 mg	—	23 mg	0 µg	121 µg	0.15 µg	0.06 µg	1 µg	0 µg	10 µg
A031	Sweet potato,pale,raw	100 g	0.9 mg	—	—	11 mg	0 µg	63 µg	0.1 µg	0.04 µg	1 µg	0 µg	48 µg
A037	Sweet potato,seyesen,baked	100 g	2 mg	—	—	21 mg	0 µg	121 µg	0.17 µg	0.09 µg	1 µg	0 µg	5 µg
A039	Sweet potato,white,flesh,boiled	1 serve 213	4.3 mg	—	—	0 mg	0 µg	5760 µg	0.02 µg	0.05 µg	1 µg	0 µg	48 µg
A097	Taro,Chips,fried	100 g	1.4 mg	—	—	5 mg	0.4 mg	2050 µg	0.11 µg	0.04 µg	1 µg	0 µg	102 µg
A065	Taro,Chinese,baked	1 serve 155	2.2 mg	—	—	8 mg	0.9 mg	66 µg	0.14 µg	0.05 µg	1 µg	0 µg	42 µg
A063	Taro,Chinese,boiled	100 g	1 mg	—	—	5 mg	0 µg	36 µg	0.09 µg	0.04 µg	1 µg	0 µg	89 µg
A040	Sweet potato,yellow,raw	100 g	0.9 mg	—	—	730 mg	0 µg	4380 µg	0.12 µg	0.05 µg	1 µg	0 µg	30 µg
A064	Taro,Chinese,raw	100 g	1.4 mg	—	—	0 mg	0 µg	0 mg	0.05 µg	0.03 µg	1 µg	0 µg	5 µg
A048	Taro,common,baked	100 g	1.4 mg	—	—	7 mg	0 µg	47 µg	0.2 µg	0.06 µg	1 µg	0 µg	7 µg
A046	Taro,common,black,boiled	100 g	0.9 mg	—	—	11 mg	0 µg	30 µg	0.08 µg	0.02 µg	1 µg	0 µg	5 µg
A052	Taro,common,composite,raw	100 g	2.3 mg	—	—	16 mg	0 µg	38 µg	0.07 µg	0.02 µg	1 µg	0 µg	4 µg
			0.5 mg	—	—	7 mg	0 µg	42 µg	0.18 µg	0.05 µg	1 µg	0 µg	3 µg

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium	
		g	g	kJ	g	g	g	g	mg	mg	mg	mg	mg	
A STARCHY STAPLES														
A055	Taro,common,red,boiled	100	72	429	104	0.9	0.4	24	1	0	1	264	37	
A058	Taro,common,white,baked	1 serve	260	187	1120	2.3	1	63	2.6	0	3	686	96	
A057	Taro,common,white,boiled	100	60	620	150	1.4	0.2	36	2.5	0	2	421	54	
A059	Taro,common,yellow,boiled	1 serve	155	93	961	233	2.2	0.3	55	3.9	0	3	653	84
A060	Taro,elephant foot,yam,raw	100	78	317	76	2.2	0.1	17	1.5	0	1	264	34	
A102	Taro,giant swamp,baked	100	73	334	81	0.6	0.2	19	3	0	3	686	88	
A103	Taro,giant swamp,boiled	1 serve	155	114	518	126	0.9	0.3	30	4.7	0	121	44	
A101	Taro,giant,boiled	100	78	281	68	0.5	0.2	16	2.5	0	3	686	114	
A066	Taro,giant swamp,raw	1 serve	260	202	731	177	1.2	0.4	42	6.6	0	169	26	
A100	Taro,giant,baked	100	68	448	108	2.3	0.1	25	2	0	72	73	47	
A050	Taro,raw,C.antiquorum	100	105	694	167	3.6	0.2	38	3.1	0	51	450	19	
A096	Winged bean,root,baked	100	73	375	91	2	0.1	21	1.7	0	27	243	49	
A076	Yam,Chinese,raw	100	190	975	237	5.1	0.2	53	4.4	0	70	632	122	
A069	Yam,Chinese,spiny,raw	100	74	427	103	1.5	0.2	24	1	0	30	267	52	
A098	Yam,composite,baked	100	72	410	99	2.5	0.1	22	1.8	0	28	328	34	
A077	Yam, <i>D.trifida</i> ,raw	1 serve	209	149	857	207	5.2	0.2	46	3.7	0	8	303	8
A099	Yam,composite,boiled	100	77	338	82	2	0.1	18	1.5	0	3	441	26	
A070	Yam,greater,baked	1 serve	151	116	510	124	3.1	0.1	28	2.2	0	5	409	12
A075	Yam,greater,raw	100	81	265	64	1.5	T	14	1	0	3	350	23	
A074	Yam,kaile,raw	100	83	260	63	1.7	T	14	0.7	0	6	374	17	
A071	Yam,sweet,baked	100	50	817	198	3.7	0.4	45	0.5	0	6	590	19	
A078	Yam,ikau,raw	100	71	423	102	2	0.1	23	1.8	0	12	1230	46	
A081	Yams,cooked,multiple methods	100	70	461	112	1.5	0.1	26	1.5	0	8	670	38	
A083	Yams, <i>D.rotundata</i> ,raw	1 serve	209	147	963	234	3.1	0.3	55	3.1	0	17	1400	14
		100	66	531	129	1.4	0.1	31	0.6	0	5	361	5	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg
A STARCHY STAPLES													
A055	Taro,common,red,boiled	100 1 serve 260	1.1 — 2.9	— — —	6 16 0	0 99 42	38 0.23 0.13	0.09 0.08 0.04	1 2 1	0.03 0.08 0.06	1 2 1	0 0 0	6 16 6
A058	Taro,common,white,baked	100 1 serve 155	1.6 — 2.5	— — —	7 11 0	0 65 38	0.23 0.2 0.08	0.23 0.2 0.03	0.04 0.06 0.03	0.04 0.06 0.08	1 1 1	0 0 0	8 12 5
A057	Taro,common,white,boiled	100 1 serve 260	1 — 2.6	— — —	6 16 0	0 99 99	0.21 0.21 0.11	0.08 0.08 0.03	1 2 1	0.03 0.08 0.03	1 2 1	0 0 0	5 5 5
A059	Taro,common,yellow,boiled	100 1 serve 260	1.3 3.4	— —	6 16	0 0	38 99	0.11 0.29	0.03 0.08	1 2	0.03 0.08	1 2	7 18
A060	Taro,elephant foot,yam,raw	100 1 serve 260	0.5 1	— —	70 16	0 0	420 99	0.06 0.29	0.05 0.08	1 1	0.05 0.05	1 2	4 7
A102	Taro,giant swamp,baked	100 1 serve 155	0.7 1	2.3 3.6	5 8	0 0	33 51	0.02 0.03	0.02 0.03	T T	0.02 0.03	T T	0 0
A103	Taro,giant swamp,boiled	100 1 serve 260	0.6 1.4	1.9 4.9	5 13	0 0	27 70	0.02 0.04	0.01 0.04	T T	0.01 0.04	T T	0 0
A066	Taro,giant swamp,raw	100 1 serve 260	0.6 2	2.1 3.9	5 0	0 0	30 30	0.03 0.03	0.02 0.02	T T	0.02 0.02	T T	0 0
A100	Taro,giant,baked	100 1 serve 155	0.9 1.7	0 0.7	0 0	0 0	0 0	0.02 0.02	0.02 0.02	T T	0.02 0.02	T T	0 0
A101	Taro,giant,boiled	100 1 serve 260	0.8 2	1.4 3.9	0 0	0 0	0 0	0.03 0.03	0.03 0.03	T T	0.01 0.01	T T	0 0
A062	Taro,giant,raw	100 1 serve 155	0.8 1.4	1.6 2.6	0 0	0 0	0 0	0.03 0.03	0.03 0.03	T T	0.01 0.01	T T	0 0
A050	Taro,raw, <i>C. antiquorum</i>	100 100	1.2 —	— —	4 —	0 0	26 —	0.12 0	0.04 0	1 0	0.03 0	1 0	8 0
A096	Winged bean,root,baked	100 100	— 0.8	— 0.4	— 18	0 0	— 105	— 0.05	— 0.03	— T	— T	— 0	— 0
A076	Yam,Chinese,raw	100 100	0.8 0.8	— —	17 17	0 0	102 102	0.1 0.1	0.01 0.01	1 1	0.01 0.01	1 1	15 15
A069	Yam,Chinese,spiny,raw	100 100	0.8 0.8	0.5 —	19 19	0 0	116 116	0.05 0.05	0.03 0.03	T T	0.03 0.03	T T	0 0
A098	Yam,composite,baked	100 1 serve 209	0.8 1.7	0.5 1	19 40	0 0	242 242	0.1 0.1	0.07 0.07	1 1	0.07 0.07	1 1	47 47
A099	Yam,composite,boiled	100 1 serve 151	0.6 0.9	0.4 0.6	15 23	0 0	90 136	0.04 0.05	0.03 0.04	T T	0.03 0.04	T T	0 0
A077	Yam, <i>D. trifida</i> ,raw	100 100	0.5 0.5	— —	18 19	0 0	105 116	0.08 0.12	0.03 0.04	1 1	0.03 0.04	1 1	21 8
A070	Yam,greater,baked	100 1 serve 209	1.2 2.5	— —	19 40	0 0	242 242	0.25 0.25	0.08 0.08	1 1	0.08 0.08	1 1	17 11
A075	Yam,greater,raw	100 100	0.6 0.6	0.4 0.4	18 18	0 0	108 108	0.05 0.05	0.03 0.03	T T	0.03 0.03	T T	0 0
A074	Yam,kaike,raw	100 100	0.4 0.4	— —	18 19	0 0	105 116	0.04 0.15	0.02 0.04	1 1	0.02 0.04	1 1	21 5
A071	Yam,sweet,baked	100 1 serve 209	1.5 3.1	— —	40 40	0 0	242 242	0.31 0.31	0.08 0.08	1 1	0.08 0.08	1 1	21 10
A078	Yam,tikau,raw	100 1 serve 209	0.4 1.1	0.5 0.4	18 36	0 0	105 104	0.03 0.1	0.03 0.06	1 1	0.03 0.03	1 1	21 10
A081	Yams,cooked,multiple methods	100 1 serve 209	0.5 1.1	0.2 0.4	17 36	0 0	217 217	0.2 0.2	0.06 0.08	1 1	0.03 0.03	1 1	25.3 25.3
A083	Yams, <i>D. rotundata</i> ,raw	100 100	0.6 0.6	0.2 0.2	80 80	0 0	482 482	0.08 0.08	0.03 0.03	1 1	0 0	21 21	6 6

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Sodium	Potassium	Calcium	Magnesium
			g	g	g	g	g	g	mg	mg	mg	mg
B CEREALS AND CEREAL PRODUCTS												
B001	All-bran	100	3	1090	263	13.9	4.8	41	28.9	0	1020	940
B013	Biscuit,cabin,hard,Pacific Is.	1 cup	45	2	491	118	6.3	2.2	19	13	0	459
B004	Biscuit,chocolate	100	10	1540	372	9.7	3.4	76	0.5	3	460	423
B003	Biscuit,chocolate coated	100	3	1980	441	6.2	17.2	65	1.9	15	310	141
B005	Biscuit,cream and jam filled	1 biscuit	11	T	218	53	0.7	2.6	7	0.2	14	250
B006	Biscuit,cream,wafer	100	2	2190	531	4.4	2.8	65	1.4	14	178	127
B007	Biscuit,fruit-filled	100	11	1580	383	4.8	9.9	69	2.8	2	20	250
B010	Biscuit,plain,sweet	1 biscuit	7	T	208	50	0.4	2.7	6	0.1	10	85
B011	Biscuit,shortbread	100	3	2050	496	5.9	24.9	62	1.9	29	101	91
B012	Biscuit,wheatmeal	100	3	1870	452	7.6	17.1	67	5.6	12	160	103
B018	Bran,oat,raw	100	7	1380	333	17.3	7	50	15.9	1	20	31
B019	Bran,wheat,unprocessed	100	11	652	156	16.7	4.5	12	44.7	0	111	52
B020	Branflakes	1 cup	63	7	411	98	10.5	2.8	8	28.2	0	480
B021	Bread roll,white	1 cup	45	2	1350	326	13.6	2.4	63	16	0	1000
B022	Bread roll,wholemeal	100	33	980	236	10.1	2.4	28	7.2	0	450	585
B023	Bread,brown	100	39	924	223	8.9	2.2	48	3.1	0	508	678
B024	Bread,brown,toasted	1 medium slice	28	11	259	62	2.5	1.3	25	1.6	0	500
B030	Bread,coastal,local produce	1 thick slice	43	17	397	96	3.8	0.9	18	2.2	0	725
B091	Bread,French,Italian	100	26	1140	275	11.7	3	50	4	0	140	120
B051	Bread,garlic	100	19	1680	406	9.7	2.2	42	5	0	170	140
B025	Bread,white,regular	1 medium slice	100	39	992	240	8.2	2	47	2.7	0	450
		1 thick slice	26	10	258	62	2.1	1	12	0.7	0	117
		1 thick slice	36	14	357	86	3	1	17	1	0	162

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E
B CEREALS AND CEREAL PRODUCTS													
B001	All-bran	100	8.6	—	—	—	—	0	7	0.95	1.21	14	0
B013	Biscuit,cabin,hard,Pacific Is.	1 cup	3.9	—	—	—	—	0	3	0.43	0.54	6	0
B004	Biscuit,chocolate	100	1.8	0.6	—	2	0	9	0.07	T	0	0	0
B003	Biscuit,chocolate coated	100	2.5	0.8	—	13	11	12	0.05	0	1	0	0
B005	Biscuit,cream and jam filled	1 biscuit	11	0.3	0.1	1	1	1	0.12	1	0.12	1	0
B006	Biscuit,cream,wafer	1 biscuit	9.5	0.1	T	T	T	14	0.02	0	0	2	0
B007	Biscuit,fruit-filled	100	2.5	0.6	—	21	19	10	0.12	0.02	1	0	0
B010	Biscuit,plain,sweet	100	1.1	—	—	2	1	6	0.09	0.02	2	0	0
B011	Biscuit,shortbread	100	1.3	—	—	100	71	180	0.06	0	1	0	0
B012	Biscuit,wheatmeal	100	2.1	—	—	11	9	9	0.12	0.02	3	0	0
B018	Bran,oat,raw	1 cup	5.4	3.1	—	0	0	0	1.17	0.22	1	0	0
B019	Bran,wheat,unprocessed	100	11.9	4.7	—	1	0	5	0.63	0.26	1	0	0
B020	Branflakes	1 cup	6.5	3.7	—	0	0	0	1.4	0.26	1	0	0
B021	Bread roll,white	100	1.3	0.6	—	14	10	25	0.01	0	T	0	0
B022	Bread roll,wholemeal	1 roll	51	0.7	0.3	0	0	0	0.4	0.16	15	0	0
B023	Bread,brown	100	1.8	1.1	—	0	0	0	0.14	0.08	2	0	0
B024	Bread,brown,toasted	1 medium slice	28	0.5	0.3	0	0	0	0	0.07	0.04	1	0
B030	Bread,coastal,local produce	1 thick slice	43	0.8	0.5	0	0	0	0.26	0.1	3	0	0
B091	Bread,French,Italian	100	2.3	1.3	—	0	0	0	0.18	0.07	2	0	0
B051	Bread,garlic	100	1.3	0.8	—	0	0	0	0.2	0.12	2	0	0
B025	Bread,white,regular	1 medium slice	26	0.3	0.2	0	0	0	0.04	0.03	1	0	0
		1 thick slice	36	0.4	0.2	0	0	0	0.06	0.04	1	0	0
									0.11	0.06	1	0	0
									0.13	0.08	1	0	0
									0.03	0.02	T	0	0
									0.05	0.03	T	0	0

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
B CEREALS AND CEREAL PRODUCTS													
B026	Bread,white,regular,toasted	100	26	1220	295	10.3	3	57	3.2	0	540	132	32
	1 medium slice	21	5	257	62	2.2	0.6	12	0.7	0	113	28	7
	1 thick slice	29	7	355	86	3	0.9	17	0.9	0	157	38	9
B027	Bread,wholemeal	100	40	921	222	10.1	2.9	39	6.5	0	470	270	60
	1 medium slice	28	11	238	62	2.8	0.8	11	1.8	0	132	76	17
	1 thick slice	43	17	396	95	4.3	1.2	17	2.8	0	202	116	23
B028	Bread,wholemeal,toasted	100	28	1110	267	12.2	3.5	47	7.8	0	565	325	26
	1 medium slice	22	6	244	59	2.7	0.8	10	1.7	0	124	72	72
	1 thick slice	31	9	343	83	3.8	1.1	15	2.4	0	175	101	20
B032	Bun,fruit,glazed	100	31	1130	273	8.4	4.1	51	3.5	2	285	186	46
	1 bun	80	25	905	218	6.7	3.3	41	2.8	2	228	149	31
B033	Cake,chocolate,home prepared	100	27	1550	376	6.9	17.9	47	1.5	105	500	77	27
B057	Cake,cream cake,sponge	100	36	1250	302	5.8	10.3	46	0.9	73	240	94	46
B034	Cake,fruit,dark,commercial	100	20	1410	340	5.3	11.6	54	3.4	24	310	375	—
B036	Cake,iced,commercial	100	17	1550	377	4.7	14.9	56	1.1	54	370	77	25
B060	Cake,lamington	100	28	1310	318	4.7	11.9	48	2.3	31	160	200	10
B089	Cake,madeleine	100	28	1590	386	6.1	22.8	39	1	203	80	—	26
B037	Cake,plain,commercial	100	24	1480	358	8.2	15.3	47	1.2	75	485	111	14
B106	Chocolate cake,dry mix,prepared	100	32	1320	319	5.6	11.7	48	1.2	54	569	236	25
	1/12 of 9 in. cake	65	21	856	207	3.6	7.6	31	0.8	35	370	77	4
	two-layer cake	784	251	10300	2500	43.9	91.7	375	9.4	423	4460	1850	259
B039	Coco pops	100	3	1610	390	5.1	1.9	88	0.6	0	675	135	—
B041	Corn flakes	100	3	1550	374	6.7	1	85	3.3	0	304	61	—
	1 cup	45	1	724	176	2.3	0.9	40	0.3	0	1190	104	3
B088	Corn flakes,sugar coated	100	3	1560	377	5	0.2	89	1.9	0	810	33	—
B016	Cracker,sao,jatz	100	4	1890	458	7.9	18.1	66	3.5	13	798	134	8
B043	Crispbread,wholemeal	100	3	1670	403	10.5	9.7	68	12.5	0	410	340	—
B044	Croissant	100	22	1630	395	10	23.6	36	2.9	18	370	130	99
B045	Crumpet,regular,toasted	100	42	844	204	5.6	0.8	44	2.5	0	1050	88	22
B087	Doughnut,cake-style,choc coated	100	14	1990	483	5	31	46	2	58	429	114	19
B047	Doughnut,cinnamon and sugar	100	25	1530	371	6.6	20.6	40	2.2	34	380	111	40
B095	Doughnut,homemade	100	13	1830	443	5.6	21.9	56	1.3	—	958	81	23
B048	Drop scone,homemade	100	33	1270	307	7.5	8.3	51	1.7	45	470	144	8
B042	Flour,comflour	100	12	1520	368	0.1	0.5	91	0.1	0	11	16	—
B084	Flour,wheat,white,plain	100	1	114	28	T	T	7	T	0	1	1	—
	1 tablespoon	7.5	1440	347	10.8	1.2	73	3.8	0	2	162	18	34
		100	12	1440	347	10.8	1.2	73	3.8	0	4.9	0	23
		1 cup	130	16	1870	451	14	1.6	95	4.9	0	3	44

The Pacific Islands Food Composition Tables

Key	Foods	Measure g	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12	Vitamin C	Vitamin E	Vitamin mg
B CEREALS AND CEREAL PRODUCTS														
B026	Bread,white,regular,toasted	100	1.5	0.7	0	0	0	0.13	0.08	2	0	0	0	0
	1 medium slice	21	0.3	0.1	0	0	0	0.03	0.02	1	0	0	0	0
	1 thick slice	29	0.4	0.2	0	0	0	0.04	0.02	1	0	0	0	0
B027	Bread,wholemeal	100	2.3	1.3	0	0	0	0.23	0.12	3	0	0	0	0
	1 medium slice	28	0.6	0.4	0	0	0	0.06	0.03	1	0	0	0	0
	1 thick slice	43	1	0.6	0	0	0	0.1	0.05	1	0	0	0	0
B028	Bread,wholemeal,toasted	100	2.7	1.5	0	0	0	0.24	0.14	3	0	0	0	0
	1 medium slice	22	0.6	0.3	0	0	0	0.05	0.03	1	0	0	0	0
	1 thick slice	31	0.8	0.5	0	0	0	0.07	0.04	1	0	0	0	0
B032	Bun,fruit,glazed	100	2.4	0.8	0	0	0	0.16	0.06	1	0	0	0	0
	1 bun	80	1.9	0.6	0	0	0	0.13	0.05	1	0	0	0	0
B033	Cake,chocolate,home prepared	100	1.2	0.5	250	220	170	0.07	0.14	1	1	0	0	0
B057	Cake,cream cake,sponge	100	1	—	96	87	53	0.07	0.11	1	1	0	0	0
B034	Cake,fruit,dark,commercial	100	2.7	0.5	18	10	45	0.06	0.08	—	0	0	0	0
B036	Cake,iced,commercial	100	0.5	0.7	53	35	110	0.05	0.08	1	0	0	0	0
B060	Cake,lamington	100	1.6	1	13	9	21	0	0.02	1	1	0	0	0
B089	Cake,madeleine	100	1	—	—	190	260	0.05	0.1	1	0	0	0	0
B037	Cake,plain,commercial	100	1.2	0.5	50	40	62	0.06	0.17	1	0	0	0	0
B106	Chocolate cake,dry mix,prepared	100	3.2	0.7	24	0	0	0.1	0.16	1	0.1	0	0	0
	1/12 of 9 in. cake	65	2.1	0.5	16	16	0	0.06	0.1	1	0.1	0	0	0
	two-layer cake	784	25.1	5.4	188	188	0	0.76	1.24	8	0.8	0	0	21
B039	Coco pops	1 cup	4.5	4.8	—	0	0	0	0.57	0.62	4	0.04	0	0
	100	10.7	—	—	—	0	0	0	0.57	0.62	4	0.02	0	0
B041	Corn flakes	100	9.4	—	—	11	0	68	1.8	1.45	10	0	0	0
	1 cup	32	3	—	4	0	0	22	0.58	0.46	3	0	0	0
B088	Corn flakes,sugar coated	100	6.3	0.1	—	1320	0	7940	1.3	1.5	18	0	0	53
B016	Cracker,sao jatz	100	1.6	—	12	10	14	0.19	0.05	T	0	0	0	0
B043	Crispbread,wholemeal	100	2	1.7	2	0	9	0.39	0.05	6	0	0	0	0
B044	Croissant	100	1	0.8	126	104	130	0.11	0.09	2	T	0	0	0
B045	Crumpet,regular,toasted	100	1.1	3.6	0	0	0	0.16	0	1	0	0	0	0
B087	Doughnut,cake-style,choc coated	100	2.5	0.6	31	0	186	0.13	0.11	1	0.38	0.1	0	0
B047	Doughnut,cinnamon and sugar	100	1	0.5	5	5	1	0.14	0.11	2	T	0	0	0
B095	Doughnut,homemade	100	2.2	0.4	7	—	—	0.38	0.27	3	0.2	0	0	0
B048	Drop scone,home prepared	100	0.4	0.5	61	57	22	0.08	0.11	1	T	0	0	0
B042	Flour,cornflour	1 tablespoon	7.5	0.1	T	0	0	0	0.04	0	T	0	0	0
B084	Flour,wheat,white,plain	100	1.3	0.5	0	0	0	0.27	0.15	3	0	0	0	0
	1 cup	130	1.7	0.7	0	0	0	0.35	0.2	4	0	0	0	0

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
B CEREALS AND CEREAL PRODUCTS													
B085	Flour,wheat,white,self-raising	100	12	1370	332	9.8	1.2	70	3.8	0	695	152	31
B086	Flour,wheat,wholemeal	1 cup	130	15	1790	432	12.7	1.6	92	4.9	0	904	198
		100	12	1150	277	12.1	2.1	52	11.2	0	5	315	40
B053	Hot cakes and syrup,McDonald's	1 cup	134	16	1540	371	16.2	2.8	70	15	0	7	422
B054	Ice cream cone	100	49	846	205	4.4	4.7	36	0.1	12	450	85	17
B100	Island dumpling,cooked	100	8	1520	366	8.7	2.3	78	1.3	0	325	137	26
B061	Loaf,fruit	100	55	1340	324	5.8	29.2	10	0.7	—	1	27	17
B062	Muesli,Swiss-style	1 cup	125	12	1770	428	15.1	11.5	66	15.6	0	78	130
B063	Muesli,toasted	100	4	1680	406	9.2	16.6	55	8.7	0	167	345	47
B064	Muffin,English,toasted	1 cup	110	5	1850	447	10.1	18.3	61	9.6	0	184	380
B102	Noodles,chow mein	100	39	911	220	10.9	1.5	41	2.7	0	465	52	—
B103	Noodles,egg,unenriched,cooked	100	1	1280	310	8.4	30.8	—	0	0	439	120	30
B097	Noodles,Maggi type,boiled	100	69	526	127	4.8	1.5	24	1.1	33	7	28	12
B065	Oats,rolled,cooked	100	87	208	50	1.6	1.1	9	1.3	0	1	41	7
B066	Pancake,home prepared	100	44	1230	297	7.9	14.9	33	0.9	43	92	174	19
B067	Pasta,egg,boiled	100	65	535	129	5.3	0.6	26	1	0	3	21	6
B068	Pasta,white,boiled	100	67	485	117	4	0.3	25	1.8	0	2	20	8
B092	Pastry,chocolate,filled,roll	100	22	1670	405	7.4	20.7	47	2	—	588	140	25
B046	Pastry,Danish	100	34	1290	312	7.5	15.5	36	2.3	35	174	154	16
B069	Pastry,filo,baked	100	2	1530	368	12.2	3.2	73	1.9	0	790	156	37
B070	Pastry,puff,commercial,baked	100	18	1850	449	7	26.5	46	1.6	30	545	70	11
B071	Pastry,short,commercial,baked	100	11	2060	498	7.2	30	50	2	36	460	71	14
B072	Rice bubbles	100	3	1450	351	5.2	0.4	82	1.2	0	1060	88	6
B098	Rice with coconut cream	1 cup	14	1	203	49	0.7	0.1	11	0.2	0	148	12
B073	Rice,brown,boiled	100	70	587	142	2.6	4.8	22	0.4	0	3	33	18
B093	Rice,parboiled,boiled	100	66	570	138	3	0.7	30	0.5	0	2	62	6
B077	Rice,white,boiled	1 cup	175	122	882	214	4.2	0.7	48	—	0	40	2
B075	Rice,white,boiled,coastal	1 cup	216	149	1100	266	5	0.4	61	1.7	0	11	22
B076	Rice,white,boiled,Highlands	100	62	627	152	3.2	0.1	35	0.2	0	5	10	4
B078	Roti,cooked	100	33	1030	248	6.3	4.6	45	2.2	0	520	110	10
B080	Scone,plain,home prepared	100	26	1430	346	8.4	10.6	54	1.8	10	695	163	29

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg	
B CEREALS AND CEREAL PRODUCTS														
B085	Flour,wheat,white,self-raising	100 g	0.9	0.4	0	0	0	0.21	0.02	1	0	0	T	
B086	Flour,wheat,wholemeal	1 cup 130	1.2	0.5	0	0	0	0.27	0.03	2	0	0	T	
B053	Hot cakes and syrup,McDonald's	1 cup 134	3	1.3	0	0	0	0.42	0.11	6	0	0	1	
B054	Ice cream cone	100 g	1	0.4	0	0	0	0.56	0.15	7	0	0	2	
B100	Island dumpling,cooked	100 g	2.2	0.5	1	0	6	0.02	0.09	1	T	2	—	
B061	Loaf,fruit	100 g	2.9	0.2	—	—	—	0.02	0.02	2	0	0	—	
B062	Muesli,Swiss-style	1 cup 125	2.1	0.9	0	0	0	0.23	0.13	2	—	3.1	T	
B063	Muesli,toasted	100 g	4.3	—	0	0	1	0.92	0.68	4	0	0	—	
B064	Muffin,English,toasted	1 cup 110	4.7	—	0	0	1	1.01	0.75	5	0	0	—	
B102	Noodles, Chow mein	100 g	1.2	1.2	0	0	0	0.32	0.13	2	0	0	—	
B103	Noodles,egg,unenriched,cooked	100 g	0.6	0.6	9	—	—	54	0.58	6	0	0	T	
B097	Noodles,Maggi,type,boiled	100 g	0.8	0.3	97	—	6	0.08	0.02	0	0	0	—	
B065	Oats,rolled,cooked	100 g	0.7	0.3	1	0	0	0.21	0.38	2	1	0	T	
B066	Pancake,home prepared	100 g	0.6	0.6	79	74	28	0.05	0.02	T	0.09	0	—	
B067	Pasta,egg,boiled	100 g	0.3	0.2	0	0	0	0.02	0.02	1	0	0	—	
B068	Pasta,white,boiled	100 g	0.4	0.2	0	0	0	0.1	—	1	0	0.1	T	
B092	Pastry,chocolate,filled,roll	100 g	—	—	—	—	—	6	0.08	0.02	0	0	0	—
B046	Pastry,Danish	100 g	1.6	0.3	26	0	0	0.15	0.02	1	0	0	—	
B069	Pastry,filo,baked	100 g	1.3	0.9	1	1	0	0.05	0.02	1	0	0	—	
B070	Pastry,puff,commercial,baked	100 g	0.3	0.2	19	9	59	0.05	0.02	1	0	0	—	
B071	Pastry,short,commercial,baked	100 g	0.3	0.2	5	5	0	0.05	0	1	0	0	—	
B072	Rice bubbles	1 cup 14	1.2	—	0	0	0	0.99	1.05	9	0	0	—	
B077	Rice,white,boiled	100 g	1.3	0.3	—	—	—	0.14	0.15	1	0	0	—	
B098	Rice with coconut cream	100 g	—	—	—	—	—	0.22	0.02	0	0.4	0	T	
B073	Rice,brown,boiled	100 g	1.1	—	0	0	0	0.13	0.03	2	0	0	T	
B093	Rice,parboiled,boiled	100 g	0.3	—	0	0	0	0.06	0.01	2	0	0	T	
B075	Rice,white,boiled,coastal	1 cup 216	0.6	1.3	0	0	0	0.11	0.02	3	0	0	T	
B076	Rice,white,boiled,Highlands	1 cup 216	0.9	—	0	0	0	0.03	0.01	T	0	0	T	
B078	Roti,cooked	100 g	1.3	—	0	0	0	0.04	0.02	1	0	0	—	
B080	Scone,plain,home prepared	100 g	0.8	0.5	147	0	882	0.06	0.03	1	0	0	—	
					90	81	51	0.12	0.09	1	T	0	—	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
B CEREALS AND CEREAL PRODUCTS													
B090	Semolina	100	9	1360	328	12.5	1.2	67	4	0	5	200	23
B081	Special K	100	4	1570	378	20.8	2.3	68	1.6	0	680	199	56
B105	Vanilla slice	1 cup	32	501	121	6.7	0.7	22	0.5	0	218	64	18
B101	Weet-bix	100	53	854	207	3.2	8.9	29	0.4	8	170	75	10
	1 biscuit	15	1	1330	321	12.7	2.4	62	10.4	0	275	363	40
				200	48	1.9	0.4	9	1.6	0	41	54	6
											20	435	16
C GREEN LEAVES													
C094	Cabbage,Chinese,cooked	1 serve	48	96	74	18	2.3	0.1	2	1.2	0	3	90
C035	Cabbage,Chinese,raw	100	96	74	36	9	1.1	T	1	0.6	0	1	43
C036	Cabbage,European white,boiled	100	93	114	74	18	2.3	0.1	2	1.2	0	3	92
	1 serve	114	106	130	28	1.6	0.3	5	1.3	0	14	316	8
C019	Cabbage,European white,raw	100	93	114	106	32	1.8	0.3	5	1.5	0	16	360
C052	Cabbage,European,boil with salt	100	93	72	17	1.3	0.1	3	3.8	0	14	320	15
	1 serve	114	106	86	21	0.8	0.6	2	2.1	0	100	130	42
C010	Cabbage,European,PNG,baked	100	91	127	31	1.4	0.3	0.7	3	2.4	0	114	148
C018	Cabbage,red,boiled	100	89	86	21	2	0.3	0.3	6	0.8	0	15	293
C098	Cabbage,swamp,boiled	100	90	130	31	3.8	0.6	3	3.5	0	15	405	13
C071	Cabbage,swamp,raw	100	90	133	32	3.9	0.6	3	1.6	0	11	282	12
C053	Cassava,leaves,boiled	100	86	216	52	3.9	1.1	7	2.5	0	11	288	12
	1 serve	38	33	82	20	1.5	0.4	3	1	0	4	153	104
C050	Cassava,leaves,raw	100	81	317	76	6.9	1.3	9	3.5	0	2	58	40
C095	Choko,leaves,boiled	100	91	84	20	4.3	0.3	T	0.7	0	25	34	144
C049	Choko,leaves,raw	100	91	86	20	4.4	0.3	T	0.7	0	3	352	51
C024	Cress,garden,leaves & stems,raw	100	89	131	32	2.6	0.7	4	1.8	0	3	359	41
C086	Drumstick leaves & shoots,raw	100	75	350	84	9.4	1.4	8	3	0	14	606	38
C026	Drumstick,leaves,boiled	100	82	280	67	5.3	0.9	9	1.7	0	9	444	147
C055	Drumstick,leaves,raw	100	76	375	90	9.4	1.4	10	1.5	0	10	344	151
C005	Edible hibiscus,leaves,boiled	100	77	229	55	3.4	2	6	1.5	0	7	387	169
	1 serve	43	37	61	15	2	0.7	T	3.4	0	2	376	363
C006	Edible hibiscus,leaves,raw	100	94	72	215	52	3.2	1.9	6	1.4	0	7	333
C096	Fern,leaves,boiled	100	80	242	58	4.6	1.8	6	1.5	0	7	418	382
	1 serve	43	37	61	15	4.7	1.7	T	8	0	5	525	39
C011	Fern,leaves,raw	100	85	143	34	2.3	0.4	2	1.5	0	18	535	17
C091	Fig,poke,leaves,boiled	100	93	80	19	2.3	0.4	2	1.5	0	10	184	40
C040	Fig,poke,leaves,raw	100	65	351	85	1	0.1	0.1	2.7	0	10	435	14
											10	5	106

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	β -carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E
B CEREALS AND CEREAL PRODUCTS												
B090	Semolina	100	1	—	—	—	0	0.1	0.05	2	0	0
B081	Special K	100	8.9	1.9	—	—	8	1.06	1.22	18	0.05	0
B105	Vanilla slice	1 cup	32	2.8	0.6	T	0	3	0.34	0.39	6	0.02
B101	Weet-bix	100	0.6	0.9	14	9	31	0	0.07	2	—	—
		100	4	2.6	T	0	T	0.13	0.25	5	0	0
		1 biscuit	15	0.6	0.4	T	0	0.02	0.04	1	0	1
										0	0	T
C GREEN LEAVES												
C094	Cabbage,Chinese,cooked	100	1.9	—	—	—	290	0	1740	0.05	0.04	T
C035	Cabbage,Chinese,raw	1 serve	48	0.9	—	—	139	0	835	0.02	0.02	T
C036	Cabbage,European white,boiled	100	1.9	—	—	—	323	0	1940	0.06	0.05	T
C019	Cabbage,European white,raw	100	0.8	—	—	—	2	0	10	0.03	0.03	T
C052	Cabbage,European,boil with salt	100	0.8	—	—	—	2	0	11	0.03	0.03	T
C010	Cabbage,European,PNG,baked	100	0.9	—	—	—	2	0	11	0.03	0.03	T
C018	Cabbage,red,boiled	100	0.6	0.3	—	—	5	0	30	0.05	0.04	T
C098	Cabbage,swamp,boiled	100	3.1	—	—	—	17	0	100	0.12	0.02	T
C071	Cabbage,swamp,raw	100	3.2	—	—	—	19	0	114	0.14	0.02	T
C053	Cassava,leaves,boiled	100	1.9	—	—	—	4	0	22	0.04	0.04	T
C050	Cassava,leaves,raw	1 serve	38	0.7	—	—	350	0	9	0.08	0.12	T
C095	Choko,leaves,boiled	100	2.8	—	—	—	1140	0	6860	0.06	0.19	T
C049	Choko,leaves,raw	100	7.2	—	—	—	13	0	78	0.12	0.08	T
C024	Cress,garden,leaves & stems,raw	100	7.3	—	—	—	11	0	68	0.15	0.1	T
C086	Drumstick leaves & shoots,raw	100	1.3	—	—	—	930	0	5580	0.08	0.26	T
C026	Drumstick,leaves,boiled	100	4	—	—	—	1430	0	8580	0.26	0.66	T
C055	Drumstick,leaves,raw	100	2.3	—	—	—	1560	0	9340	0.19	0.43	T
C005	Edible hibiscus,leaves,boiled	100	4	—	—	—	1700	0	10200	0.26	0.66	T
C006	Edible hibiscus,leaves,raw	1 serve	94	4	—	—	673	0	4040	0.14	0.29	T
C096	Fern,leaves,boiled	100	9.5	1.2	—	—	633	0	3800	0.13	0.27	T
C011	Fern,leaves,raw	1 serve	43	6.2	—	—	837	0	5020	0.1	0.3	T
C091	Fig,poke,leaves,boiled	100	14.4	—	—	—	258	0	5550	0.01	0.1	T
C040	Fig,poke,leaves,raw	100	1.2	0.2	—	—	111	0	665	T	1	T

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg
C GREEN LEAVES												
C079	Jointfit,leaves,boiled	100	86	111	27	1.6	2	1	4.5	0	7	614
C080	Jointfit,leaves,raw	100	77	302	73	5.3	1.8	9	4.5	0	7	682
C039	Kale seedling,boiled	100	91	126	30	1.9	0.4	5	1.3	0	23	228
C054	Kale seedling,raw	100	89	113	27	3.1	0.1	3	0.9	0	3	180
C046	Lettuce,common,raw	100	96	26	6	0.9	0.1	T	1.7	0	23	230
C045	Lettuce,iceberg,raw	100	96	42	10	1	0.2	1	1	0	9	158
C032	Nightshade,leaves,cooked	100	88	113	27	4.9	0.8	T	8.3	0	4	339
C065	Nightshade,leaves,raw	100	88	115	27	5	0.8	T	8.5	0	4	346
C013	Pawpaw shoots, cooked	100	84	240	58	5.5	0.4	8	1.7	0	3	617
C012	Pawpaw shoots,raw	100	83	245	59	5.6	0.4	8	1.7	0	3	629
C092	Puha,boiled	100	94	69	16	2.3	0.7	T	5.1	0	26	160
	1 cup chopped	137	101	23	3.4	1	T	7.4	0	38	234	147
C060	Puha,leaves & upper stem,raw	100	91	72	17	2.7	0.6	T	4.6	0	36	229
C025	Pumpkin,leaves,boiled	100	93	81	19	2.7	0.2	2	1.8	0	8	438
C048	Pumpkin,leaves,raw	100	90	77	18	4.3	0.1	T	3.3	0	4	509
C066	Silverbeet,boiled	100	90	142	34	2.8	0.3	5	3.1	0	144	421
	1 cup chopped	168	151	239	57	4.7	0.5	8	5.3	0	242	707
C003	Silverbeet,raw	100	91	94	23	2.6	0.3	2	2.9	0	138	426
	1 cup chopped	45	41	42	10	1.2	0.1	1	1.3	0	62	192
C076	Spinach,Ceylon,boiled	100	93	92	22	1.6	0.1	4	0.5	0	15	228
C075	Spinach,Ceylon,raw	100	93	94	23	1.6	0.1	4	0.5	0	15	233
C069	Spinach,frozen,boiled	100	92	89	21	3.1	0.8	T	2.1	0	16	340
C001	Spinach,New Zealand,boiled	100	95	42	10	1.3	0.2	1	2.2	0	107	103
	1 cup chopped	168	71	17	2.2	0.3	1	3.7	0	180	173	81
C034	Spinach,New Zealand,raw	100	93	47	11	1.7	0.2	1	2.6	0	145	145
	1 cup chopped	47	44	22	5	0.8	0.1	T	1.2	0	68	68
C093	Spinach,Tahitian,boiled	100	92	90	22	2.2	0.3	3	1.3	0	1	667
C084	Spinach,Tahitian,raw	100	91	22	2.2	0.3	3	1.3	0	1	680	81
C051	Spinach,tropical,leaves,baked	100	89	138	33	2.7	0.3	5	2	0	11	447
	1 serve	88	78	121	29	2.4	0.3	4	1.8	0	10	393
C009	Spinach,tropical,leaves,boiled	100	91	47	11	2.1	0.2	T	2	0	21	641
	1 serve	88	81	41	10	1.9	0.2	T	1.8	0	18	564
C008	Spinach,tropical,leaves,raw	100	86	195	47	3.2	0.1	8	1.8	0	2	259
C038	Sweet potato,leaves,cooked	100	87	203	49	2.6	0.2	9	2.7	0	13	477
C072	Sweet potato,leaves,raw	100	83	224	54	4.6	0.2	8	2.4	0	13	518
C097	Taro,leaves,cooked	100	84	119	28	4.6	0.8	1	5.7	0	3	803
C078	Taro,leaves,raw	100	83	123	29	4.8	0.8	1	6	0	3	843
C020	Taro,stalks,cooked	100	93	102	25	0.3	0.2	5	0.7	0	1	83
C004	Taro,stalks,raw	100	93	103	25	0.3	0.2	6	0.7	0	1	85

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 μ g	Vitamin C mg	Vitamin E mg
C GREEN LEAVES													
C079	Jointfir,leaves,boiled	100	1.6	—	—	370	0	2220	0.1	0.14	1	0	66
C080	Jointfir,leaves,raw	100	3.7	—	—	592	0	3550	0.1	0.14	1	0	66
C039	Kale seedling,boiled	100	0.9	—	—	740	0	4440	0.05	0.07	1	0	41
C054	Kale seedling,raw	100	4.9	—	—	310	0	1860	0.07	0.06	1	0	130
C046	Lettuce,common,raw	100	0.6	0.2	—	15	0	90	0.03	0.03	1	0	4
C045	Lettuce,iceberg,raw	100	0.5	—	—	33	0	198	0.05	0.08	1	0	18
C032	Nightshade,leaves,cooked	100	18.6	—	—	0	—	0	0	0	0	0	0
C065	Nightshade,leaves,raw	100	19	—	—	0	—	—	0.07	0.29	1	0	0
C013	Pawpaw shoots,cooked	100	6.3	—	—	600	0	3600	0.09	0.37	1	0	61
C012	Pawpaw shoots,raw	100	6.4	—	—	612	0	3670	0.09	0.37	1	0	124
C092	Puha,boiled	100	1.1	0.5	—	1360	0	8130	0.02	0.03	1	0	22
C060	Puha,leaves & upper stem,raw	100	1.6	0.7	—	1980	0	11900	0.03	0.05	1	0	32
C025	Pumpkin,leaves,boiled	100	1.3	0.5	—	1300	0	7790	0.02	0.03	1	0	33.1
C048	Pumpkin,leaves,raw	100	3.2	—	—	981	0	5880	0.07	0.14	1	0	1
C066	Silverbeet,boiled	1 cup chopped	146	2.1	—	505	0	5430	0.12	0.18	1	0	4
C003	Silverbeet,raw	1 cup chopped	168	1.2	—	552	0	3310	0.02	0.04	1	0	16.1
C076	Spinach,Ceylon,boiled	1 cup chopped	45	0.5	—	927	0	5560	0.03	0.06	1	0	27
C075	Spinach,Ceylon,raw	100	1.3	—	—	529	0	3170	0.02	0.04	1	0	24.4
C069	Spinach,frozen,boiled	100	1.7	—	—	362	0	1430	0.01	0.02	1	0	11
C001	Spinach,New Zealand,boiled	100	0.7	—	—	238	0	3890	0.06	0.09	1	0	29
C034	Spinach,New Zealand,raw	168	1.1	—	—	648	0	3970	0.08	0.11	1	0	59
C093	Spinach,Tahitian,boiled	100	3	—	—	661	0	3840	0.06	0.05	1	0	2
C084	Spinach,Tahitian,raw	100	2.6	—	—	640	0	2170	0.03	0.11	1	0	6
C051	Spinach,tropical,leaves,baked	47	0.4	—	—	1150	0	6380	0.08	0.15	1	0	16
C009	Spinach,tropical,leaves,boiled	100	2.9	—	—	608	0	3650	0.05	0.18	1	0	27
C008	Spinach,tropical,leaves,raw	100	0.9	—	—	491	0	2950	0.05	0.15	1	0	34
C038	Sweet potato,leaves,cooked	100	2.3	—	—	231	0	1390	0.02	0.07	1	0	16
C072	Sweet potato,leaves,raw	100	6.2	—	—	576	0	3450	0.01	0.18	1	0	2
C097	Taro,leaves,boiled	100	2.6	—	—	654	0	3920	0.02	0.13	1	0	43.1
C078	Taro,leaves,raw	100	2.7	—	—	709	0	4250	0.09	0.3	2	0	47
C020	Taro,stems,cooked	100	1.9	—	—	16	0	4460	0.15	0.39	2	0	2
C004	Taro,stems,raw	100	1.9	—	—	16	0	94	0	0.05	1	0	5

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
C GREEN LEAVES													
C002	Water dropwort,leaves,cooked	100	91	115	28	2.4	0.1	4	1	0	153	131	—
C061	Water dropwort,leaves,raw	100	91	117	28	2.4	0.1	4	1	0	156	134	—
C068	Watercress,leaves,cooked	100	92	41	10	0.2	T	4.4	0	4	391	117	15
C037	Watercress,leaves,raw	100	92	41	10	0.2	T	4.5	0	4	399	119	15
C028	Winged bean leaves,cooked	100	93	99	24	3.4	1.1	T	3.9	0	6	322	43
C031	Winged bean leaves,raw	100	93	100	24	3.5	1.1	T	4	0	6	328	44
D OTHER VEGETABLES													
D007	Artichoke,Jerusalem,peeled,boil	100	77	97	23	2.3	0.1	3	3.3	0	5	470	19
D009	Asparagus,boiled	100	91	78	19	2.8	0.1	2	1.5	0	2	290	10
D010	Asparagus,canned-brine,drained	100	94	61	15	1.9	0.1	2	3.9	0	240	120	12
	1 cup spears	256	239	156	38	4.9	0.3	4	10	0	614	307	31
D062	Banana,buds & flowers,raw	100	91	129	31	1.6	0.2	6	1.5	0	3	601	37
D128	Banana,cooking,flowers,boiled	100	89	163	39	1.7	0.9	6	1.6	0	3	572	70
D083	Banana,cooking,flowers,raw	100	89	170	41	1.8	0.9	6	1.7	0	3	601	73
D014	Beetroot,canned,drained	100	86	173	42	1.3	0.1	9	2.5	0	300	140	13
	2 slices	60	52	104	25	0.8	0.1	5	1.5	0	180	84	8
D122	Broccoli,boiled	100	89	103	24	4.7	0.3	1	4.1	0	20	325	29
	1 cup chopped	164	146	169	39	7.7	0.5	1	6.7	0	33	533	48
D123	Brussels sprouts,boiled	100	90	107	26	3.5	0.3	2	3.5	0	29	340	14
	5 Brussels sprouts	103	92	110	27	3.6	0.3	2	3.6	0	30	350	14
D124	Brussels sprouts,frozen,boiled	100	86	123	30	3.3	0.3	3	3.5	0	25	310	27
	5 Brussels sprouts	103	89	127	31	3.4	0.3	4	3.6	0	26	319	28
D019	Capsicum,boiled	100	92	85	21	1.7	0.1	3	0.9	0	2	132	6
	1 cup chopped	288	265	245	60	4.9	0.3	9	2.6	0	6	380	17
D096	Capsicum,green and red,raw	100	86	163	39	2	0.8	6	4.3	0	2	286	29
	1 cup chopped	106	91	173	41	2.1	0.8	6	4.6	0	2	303	31
D020	Capsicum,raw	100	93	79	19	1.6	0.1	3	0.9	0	2	212	21
	1 cup chopped	106	99	84	20	1.7	0.1	3	1	0	2	146	6
	1 pepper	74	64	121	29	1.5	0.6	4	3.2	0	1	212	7
D021	Carrot,baby,canned,heated,drain	100	92	83	20	0.6	0.1	4	3	0	44	77	7
D024	Carrot,frozen,boiled	100	92	88	21	0.6	0.1	5	3.1	0	44	77	26
D022	Carrot,mature,peeled,boiled	100	87	111	27	0.9	0.1	6	4.4	0	41	235	29
	1 carrot	43	54	13	0.4	T	3	2.2	0	20	115	14	—
	1 cup slices	157	137	42	1.4	0.2	9	6.9	0	64	369	46	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E mg		
C GREEN LEAVES															
C002	Water dropwort,leaves,cooked	100	1.8	—	523	0	3140	0.08	0.24	T	0	29	—		
C061	Water dropwort,leaves,raw	100	1.8	—	533	0	3200	0.1	0.31	1	0	60	—		
C068	Watercress,leaves,cooked	100	2.9	—	490	0	2940	0.08	0.08	1	0	29	—		
C037	Watercress,leaves,raw	100	3	—	500	0	3000	0.1	0.1	1	0	60	—		
C028	Winged bean leaves,cooked	100	2.7	—	793	0	4760	0.65	0.47	3	0	22	—		
C031	Winged bean leaves,raw	100	2.8	—	809	0	4850	0.83	0.6	3	0	45	—		
D OTHER VEGETABLES															
D007	Artichoke,Jerusalem,peeled,boil	100	0.9	0.3	3	0	18	0.08	0.08	1	0	5	—		
D009	Asparagus,boiled	100	1	0.2	8	0	45	0.13	0.11	1	0	12	—		
D010	Asparagus,canned-brine,drained	100	1.6	0.6	67	0	400	0.02	0.08	1	0	6	—		
D062	Banana,buds & flowers,raw	256	4.1	1.5	172	0	1020	0.05	0.2	2	0	15	—		
D128	Banana,cooking,flowers,boiled	100	1	—	21	0	127	0.04	0.03	T	0	12	—		
D083	Banana,cooking flowers,raw	100	2	—	30	0	184	0.02	0.02	1	0	3	—		
D014	Beetroot,canned,drained	100	1.3	0.3	0	0	193	0.03	0.03	1	0	5.8	—		
D122	Broccoli,boiled	2 slices	60	0.8	0.2	0	0	0	0	T	0	0	—		
D123	Brussels sprouts,boiled	100	1	0.7	59	0	350	0.07	0.21	1	0	85	—		
D124	Brussels sprouts,frozen,boiled	1 cup chopped	164	1.6	1.1	97	0	574	0.11	0.34	1	0	139	—	
D019	Capsicum,boiled	5 Brussels sprouts	100	0.9	0.3	26	0	150	0.08	0.14	1	0	88	—	
D096	Capsicum,green and red,raw	1 cup chopped	100	0.7	0.2	23	0	155	0.08	0.14	1	0	91	—	
D020	Capsicum,raw	1 cup chopped	106	2.6	—	30	0	140	0.1	0.1	1	0	56	—	
D021	Carrot,baby,canned,heated,drain	1 pepper	74	1.9	—	32	0	191	0.13	0.16	3	0	148	—	
D024	Carrot,frozen,boiled	100	0.5	0.3	22	0	133	0.09	0.11	2	0	104	—		
D022	Carrot,mature,peeled,boiled	100	0.6	0.3	90	0	540	0.04	0.04	1	0	110	—		
	1 cup slices	157	0.5	0.3	95	0	572	0.04	0.04	1	0	117	—		
			74	0.4	0.2	67	0	400	0.03	0.03	1	0	81	—	
			100	0.5	—	620	0	3710	0	0	1	0	1	—	
			100	0.3	0.1	690	0	4150	0	0.06	1	0	1	—	
			100	0.3	—	1560	0	9320	0.07	0.04	1	0	4	—	
			1 carrot	49	0.1	762	0	4560	0.03	0.02	T	0	2	—	
			1 cup slices	157	0.5	—	2440	0	14600	0.11	0.06	1	0	6	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
D	OTHER VEGETABLES		g	g	g	kcal	g	g	mg	mg	mg	mg	mg
D023	Carrot,mature,peeled,raw	100	89	100	24	0.8	0.1	5	3.3	0	43	260	31
	1 carrot	76	67	76	18	0.6	0.1	4	2.5	0	33	198	24
	1 cup slices	130	115	130	31	1	0.1	7	4.3	0	56	338	40
D002	Carrots,raw	100	89	110	27	0.9	0.2	5	3.3	0	43	260	40
D025	Cauliflower,boiled	100	91	78	19	2.2	0.2	2	1.8	0	14	305	13
	1 stem and flower	90	82	70	17	2	0.2	2	1.6	0	13	275	12
	1 cup chopped	138	126	108	26	3	0.3	3	2.5	0	19	421	11
D026	Cauliflower,raw	100	91	78	19	2.2	0.2	2	1.8	0	15	340	17
	1 stem and flower	70	64	55	13	1.5	0.1	1	1.3	0	11	238	14
	1 cup chopped	114	104	89	22	2.5	0.2	2	2.1	0	17	388	10
D027	Celery,boiled	100	95	55	13	0.7	0.1	2	2.2	0	84	225	16
	1 cup chopped	158	149	87	21	1.1	0.2	4	3.5	0	133	356	16
D028	Celery,raw	100	95	50	12	0.6	0.1	2	1.8	0	88	250	7
	1 cup slices	108	103	54	13	0.6	0.1	2	1.9	0	95	270	8
	1 stem(10 x 2cm)	20	19	10	2	0.1	T	T	0.4	0	18	50	7
D034	Choko,peeled,boiled	100	94	84	20	0.6	0.2	4	1.8	0	8	79	11
	1 cup slices	140	131	118	28	0.8	0.3	6	2.5	0	11	111	14
D059	Corn,cob,baked	100	73	436	105	3.6	1	21	1.3	0	1	230	8
	1 cob	128	94	558	134	4.6	1.3	26	1.7	0	1	294	10
D037	Corn,cob,sweet,boiled,drained	100	70	457	110	3.3	1.3	21	3.7	0	17	249	32
	1 cob	128	89	585	141	4.3	1.6	27	4.7	0	22	319	41
D098	Corn,sweet,canned-brine,drained	100	74	390	94	3	1	18	3.1	0	0	270	18
	1 cup	176	129	686	165	5.3	1.8	32	5.5	0	475	218	4
D099	Corn,sweet,creamed,can,heated	100	76	334	81	2	0.7	17	3.4	0	310	120	32
D100	Corn,sweet,frozen,boiled	100	75	418	101	3.1	1	20	3.1	0	8	195	26
D120	Cucumber pickles,dill	100	92	65	16	0.6	0.2	3	1.2	0	1280	116	11
D039	Cucumber,common,raw,flesh	100	96	45	11	0.4	0.1	2	0.4	0	21	97	9
	1 cup chopped	150	144	68	17	0.6	0.2	3	0.6	0	32	146	14
	5 slices(0.5cm thick)	40	39	18	4	0.2	T	1	0.2	0	8	39	4
D041	Cucumber,common,raw,flesh & skin	100	96	37	9	0.8	0.1	1	1.1	0	18	120	13
D049	Eggplant,boiled	100	92	79	19	1.2	0.3	3	2.5	0	5	153	8
D001	Eggplant,flesh only,raw	100	93	63	15	0.7	0	3	4.2	0	3	199	11
D115	Fungi,cooked, <i>F. velutipes</i>	100	89	157	38	1.9	0.2	7	0.7	0	5	346	11
D116	Fungi,cooked, <i>L. huisudake</i>	100	93	97	23	1.2	0.2	4	0.8	0	5	346	11
D048	Fungi,raw, <i>Flammulina velutipes</i>	100	89	157	38	1.9	0.2	7	0.7	0	5	346	11
D012	Fungi,raw, <i>Lactarius huisudake</i>	100	93	97	23	1.2	0.2	4	0.8	0	5	346	11
D125	Gourd,cooked	100	95	115	28	0.7	0.1	6	0.6	0	3	148	12

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E
D	OTHER VEGETABLES		mg	mg	μ g	μ g	μ g	mg	mg	mg	μ g	mg	mg
D023	Carrot,mature,peeled,raw	1 carrot	0.3	0.2	1730	0	10400	0.08	0.04	1	0	0	6
		1 cup slices	76	0.2	1310	0	7870	0.06	0.03	1	0	0	5
D002	Carrots,raw	100	0.4	0.3	2240	0	13500	0.1	0.05	1	0	0	8
D025	Cauliflower,boiled	1 stem and flower	0.6	—	1730	0	10400	0.06	0.06	1	0	0	6
		1 cup chopped	90	0.5	0.3	2	0	9	0.07	0.1	1	0	56
D026	Cauliflower,raw	1 stem and flower	0.6	0.2	2	0	10	0.08	0.1	1	0	0	50
		1 cup chopped	100	0.4	0.1	1	0	7	0.06	0.07	T	0	49
D027	Celery,boiled	1 cup chopped	0.7	0.2	2	0	11	0.09	0.11	1	0	0	80
D028	Celery,raw	1 cup slices	0.2	0.3	6	0	36	0.03	0.02	T	0	0	4
		1 stem(10 x 2cm)	100	0.2	0.3	9	0	57	0.05	0.03	1	0	6
D034	Choko,peeled,boiled	1 cup slices	0.3	0.2	8	0	45	0.02	0.02	T	0	0	5
D059	Corn,cob,baked	1 cob	0.8	—	11	0	63	0.03	0.03	1	0	0	15
		1 cup slices	140	0.4	0.3	50	0	300	0.12	0.08	1	0	6
D037	Corn,cob,sweet,boiled,drained	1 cob	0.6	0.5	64	0	384	0.15	0.1	1	0	0	1
D098	Corn,sweet,canned-brine,drained	1 cup	0.5	0.6	50	0	300	0.22	0.07	2	0	0	6.2
		1 cup	100	0.5	0.6	64	0	384	0.28	0.09	2	0	7.9
D099	Corn,sweet,creamed,can,heated	1 cup	0.9	1.1	16	0	95	0.04	0.04	1	0	0	1
D100	Corn,sweet,frozen,boiled	100	0.6	0.6	8	0	47	0	0.02	1	0	0	5
D120	Cucumber pickles,dill	100	0.5	0.6	9	0	54	0.07	0.03	2	0	0	1.9
D039	Cucumber,common,raw,flesh	100	0.3	0.4	33	0	198	0.01	0.03	T	0	0	3
		1 cup chopped	176	0.9	1.1	16	0	35	0.02	0.01	T	0	5
D001	Eggplant,common,raw,flesh	100	0.5	0.6	6	0	53	0.03	0.02	T	0	0	1
D049	Eggplant,boiled	5 slices(0.5cm thick)	40	0.1	0.2	2	0	14	0.01	T	0	0	3
D001	Eggplant,flesh only,raw	100	0.4	—	44	0	260	0.02	0.02	T	0	0	7
D115	Fungi,cooked, <i>F. velutipes</i>	100	1.2	—	2	0	13	0.43	0.45	8	0	0	3
D116	Fungi,cooked, <i>L. hatsudake</i>	100	1	—	2	0	13	0.07	0.32	6	0	0	—
D048	Fungi,raw, <i>Flammulina velutipes</i>	100	1.2	—	2	0	13	0.66	0.56	12	0	5	—
D012	Fungi,raw, <i>Lactarius hatsudake</i>	100	1	—	2	0	13	0.1	0.4	8	0	0	—
D125	Gourd,cooked	100	0.6	—	0	0	0	0.04	0.03	1	0	0	15

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium	
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg	
D OTHER VEGETABLES														
D066	Leek,boiled	1 cup slices	100	91	103	25	1.9	0.4	3	2.9	0	16	235	
	1 leek	124	124	141	34	2.6	0.5	5	4	0	22	322	42	
D067	Leek,raw	100	90	112	31	2.4	0.5	4	3.6	0	20	291	38	
D068	Marrow,peeled,boiled	100	93	80	27	2.1	0.4	4	3.1	0	17	260	33	
D069	Mixed vegetables,frozen,boiled	100	89	204	176	42	1.8	0.2	8	1.3	0	1	124	15
D029	Mushrooms,can,brine,heat,drain	100	91	65	16	1.4	0.4	2	3	0	2	273	33	
D070	Mushrooms,common,raw	100	92	97	23	3.6	0.3	2	2.5	0	7	305	2	
	1 cup chopped	68	62	66	16	2.4	0.2	1	1.7	0	5	207	9	
	1 mushroom	16	15	16	4	0.6	T	T	0.4	0	1	49	1	
D072	Okra,boiled	100	87	92	22	3.4	0.2	2	4.4	0	2	250	78	
D073	Okra,raw	100	88	83	20	3.1	0.2	1	3.7	0	2	280	82	
D126	Olive,green,stuffed,drained	100	78	611	148	0.8	8.3	18	—	0	2	—	48	
D076	Onion,mature,boiled	100	90	114	27	1.8	0.1	5	1.7	0	12	2070	29	
	1 cup chopped	221	198	252	60	4	0.2	11	3.8	0	27	276	38	
	1 onion	50	45	57	14	0.9	0.1	2	0.9	0	6	63	9	
D077	Onion,mature,raw	100	91	104	25	1.6	0.1	4	1.5	0	13	139	3	
D079	Parsley,raw	100	89	48	11	2	0.2	T	4.7	0	50	950	16	
	1 tablespoon	3.7	3	2	T	0.1	T	T	0.2	0	2	35	5	
D080	Parsnip,peeled,boiled	100	83	203	49	1.8	0.2	10	2.5	0	32	608	11	
	1 parsnip(22.5 x 5.6cm diam.)	160	133	325	78	2.9	0.3	16	4	0	127	127	21	
D081	Pawpaw,raw,unripe	100	92	98	24	1	0.1	5	1.5	0	7	215	37	
D127	Pawpaw,unripe,cooked	100	91	108	26	1.1	0.1	5	1.6	0	8	236	38	
D051	Peas,green,boiled	100	81	211	50	5.4	0.4	6	7.2	0	1	155	42	
	1 cup	165	134	348	83	8.9	0.7	10	11.9	0	2	360	23	
D119	Peas,green,canned,drained	100	82	228	55	4.4	0.4	8	4.1	0	29	608	58	
	1/2 cup	85	69	194	47	3.8	0.3	7	3.5	0	7	219	37	
	1 can	313	256	714	172	13.8	1.1	27	12.8	0	3	685	42	
D004	Pipit,HIGHLANDS,baked	100	91	122	30	1.6	0.3	5	2.3	0	1	541	53	
D003	Pipit/Duruka,coastal,raw	100	90	168	40	4.1	0.2	6	1.2	0	3	601	17	
D087	Pumpkin,boiled	100	82	171	41	2.3	0.4	7	1.4	0	1	310	13	
D086	Pumpkin,boiled,boiled	100	84	192	46	2.3	0.7	8	1.5	0	2	682	27	
D043	Pumpkin,raw	100	87	156	38	2.1	0.4	6	1.2	0	1	345	14	
D088	Radish,oriental,raw,peeled	100	93	71	17	0.7	0.3	3	1.5	0	28	210	30	
D093	Shallot,peeled,boiled	100	92	97	23	1.7	0.2	4	1.1	0	94	162	13	
												23	48	

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Key	Foods	Measure	Iron Fe mg	Zinc Zn mg	Tot. vit A equiv. µg	Retinol β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg
D066	Leek,boiled	1 cup slices	100	0.7	0.3	71	0	430	0.04	0.08	T	0
		1 leek	137	1	0.4	97	0	389	0.05	0.11	1	33
D067	Leek,raw	100	0.9	0.4	88	0	533	0.05	0.1	1	0	—
D068	Marrow,peeled,boiled	100	0.7	0.3	79	0	470	0.05	0.08	T	0	30
D069	Mixed vegetables,frozen,boiled	100	0.8	0.3	440	0	36	0.02	0.04	T	0	5
D070	Mushrooms,can,brine,heat,drain	1 cup diced	220	0.7	0.4	13	0	79	0.04	0.09	T	0
D071	Mushrooms,common,raw	100	0.8	0.3	440	0	2630	0.07	0.02	1	0	4
D072	Okra,boiled	1 cup	146	1.2	0.4	642	0	3840	0.1	0.03	2	0
D073	Okra,raw	100	1	—	18	0	0	0	0.15	1	0	0
D126	Olive,green,stuffed,drained	100	0.1	0.1	T	47	0	280	0	0.41	4	0
D076	Onion,mature,boiled	100	0.4	0.1	2	0	9	0.03	0.02	T	0	—
D077	Onion,mature,raw	1 cup chopped	221	0.9	0.2	4	0	20	0.07	0.04	1	0
D079	Parsley,raw	1 onion	50	0.2	0.1	1	0	5	0.02	0.01	T	0
D080	Parsnip,peeled,boiled	1 parsnip(22.5 x 5.6cm diam.)	160	0.5	0.6	8	0	4760	0.16	0.29	1	0
D081	Pawpaw,raw,unripe	1 parsnip(22.5 x 5.6cm diam.)	100	0.3	0.4	5	0	176	0.01	0.01	T	0
D127	Pawpaw,unripe,cooked	100	0.3	—	—	3	0	3050	0.1	0.19	1	64
D051	Peas,green,boiled	100	1.8	—	—	76	0	27	0.07	0.1	1	8
D119	Peas,green,canned,drained	1 cup	165	3	—	125	0	747	0.41	0.16	2	0
D004	Pitpit,Highlands,baked	100	0.9	—	5	0	30	0.16	0.17	1	0	96
D003	Pitpit/Duruka,coastal,raw	100	0.9	—	5	0	30	0.18	0.2	1	0	—
D087	Pumpkin,boiled	1 can	313	3	2.2	241	0	1450	0.38	0.24	2	0
D086	Pumpkin,butternut,boiled	1 cup	220	1	—	—	0	1450	0.38	0.24	2	0
D043	Pumpkin,raw	100	0.4	0.1	420	0	2500	0.07	0.09	1	0	6
D088	Radish,oriental,raw,peeled	100	0.3	—	500	0	2970	0.05	0.08	1	0	2
D093	Shallot,peeled,boiled	100	0.8	0.4	119	0	710	0.02	0.1	1	0	18

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg
D OTHER VEGETABLES												
D094	Squash,boiled	100	91	111	27	2.9	0.2	3	2.6	0	2	133
	1 cup chopped	124	112	138	33	3.6	0.2	4	3.2	0	2	165
D095	Swede,boiled	100	91	85	20	1	0	4	2.8	0	11	14
	1 cup chopped	150	136	128	30	1.5	0	6	4.2	0	17	420
D102	Tomato paste,salted	100	77	235	57	3.1	0.3	10	0	0	630	32
D105	Tomato,canned in tomato juice	100	94	74	18	0.8	0.2	3	1.2	0	62	960
D103	Tomato,cherry,raw	100	93	49	12	0.5	0.1	2	1.6	0	10	240
D118	Tomato,common,boiled	100	95	52	13	1	0.1	2	1.2	0	6	196
D106	Tomato,common,raw	100	95	52	13	1	0.1	2	1.2	0	6	200
	1 tomato	127	120	66	17	1.3	0.1	2	1.5	0	8	254
	1 cup chopped	190	180	99	25	1.9	0.2	4	2.3	0	11	380
D107	Tomato,ripe	100	94	101	24	1.2	0.3	4	1.2	0	6	200
D061	Vegetables,mixed,European,boil	100	81	189	46	3.2	0.3	8	5.9	0	34	136
	1 cup	145	117	274	67	4.6	0.4	11	8.6	0	49	197
D109	Zucchini,boiled	100	94	63	15	1.3	0.3	2	1.7	0	1	148
E FRUITS												
E005	Apple	100	84	212	51	0.3	0.1	12	2	0	1	107
	1 apple	130	109	276	66	0.4	0.1	16	2.6	0	1	139
	1 cup slices	116	97	246	59	0.3	0.1	14	2.3	0	1	124
E003	Apple,canned,no added sugar	100	88	154	37	0.3	0	9	0.9	0	9	65
E004	Apple,granny smith	100	85	187	45	0.3	0.1	11	1.9	0	1	110
	1 apple	130	111	243	59	0.4	0.1	14	2.5	0	1	143
	1 cup slices	116	99	217	52	0.3	0.1	13	2.2	0	1	128
E010	Apricot	100	86	139	34	0.8	0.1	7	2.1	0	2	335
	1 apricot	54	46	75	18	0.4	0.1	4	1.1	0	1	181
E007	Apricot,canned in syrup	100	83	217	52	0.7	0	12	1.8	0	2	153
	1 cup fruit with syrup	272	226	590	141	1.9	0	34	4.9	0	5	416
E008	Apricot,canned in syrup,drained	100	83	210	51	1	0	12	1.9	0	3	135
E006	Apricot,canned,artificial sweet	100	91	91	22	0.5	0	5	1.5	0	3	168
E009	Apricot,dried	31	813	197	4.3	0.2	44	9.1	0	37	1510	
	1 cup	136	43	1110	268	5.8	0.3	60	12.4	0	50	2050
	10 halves	35	11	285	69	1.5	0.1	16	3.2	0	13	529
E121	Avocado	100	73	875	213	1.9	0.5	T	1.5	0	2	470
	1 avocado	162	118	1420	345	3.1	0.6	1	2.4	0	3	761
E016	Banana,Australian	100	73	384	93	1.6	0.1	21	2.5	0	1	340
	1 banana	128	94	492	119	2	0.1	27	3.2	0	1	435

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol β-carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E
		g	mg	mg	µg	µg	mg	mg	mg	µg	mg	mg
D OTHER VEGETABLES												
D094	Squash,boiled	1 cup chopped	100	0.4	0.2	50	0	300	0.03	0.06	T	0
D095	Swede,boiled	1 cup chopped	124	0.5	0.2	62	0	372	0.04	0.07	1	0
D102	Tomato paste,salted	1 cup	150	0.5	0.3	0	0	0	0.04	0.03	1	—
D105	Tomato,canned in tomato juice	100	1.6	0.2	220	0	1320	0.12	0.08	3	0	—
D106	Tomato,cherry,raw	100	0.6	0.2	61	0	370	0.02	0	1	0	T
D118	Tomato,common,boiled	100	0.5	0.2	82	0	490	0.06	0.04	1	0	28
D107	Tomato,ripe	1 cup chopped	100	0.6	—	58	0	343	0.03	0.02	1	0
D061	Vegetables,mixed,European,boil	100	1.3	—	430	0	350	0.04	0.02	1	0	18
D109	Zucchini,boiled	1 cup	145	1.9	—	624	0	445	0.05	0.03	1	0
		100	0.5	0.3	50	0	300	0.03	0.06	1	0	17
E FRUITS												
E005	Apple	1 apple	100	0.2	0.1	2	0	10	0.02	0.01	T	0
		1 cup slices	130	0.3	0.1	3	0	13	0.03	0.01	T	7
E003	Apple,canned,no added sugar	100	0.2	0.1	2	0	12	0.02	0.01	T	0	6
E004	Apple,granny smith	1 apple	100	0.4	0.1	1	0	8	0	0	T	0
		1 cup slices	130	0.3	0.1	1	0	7	0.04	0.01	T	7
E010	Apricot	100	0.3	0.2	35	0	210	0.03	0.04	1	0	1
		1 apricot	54	0.2	0.1	19	0	113	0.02	0.02	1	0
E007	Apricot,canned in syrup	100	0.4	0.2	74	0	440	0.02	0.01	1	0	4
E008	Apricot,canned in syrup,drained	100	0.5	0.2	201	0	1200	0.05	0.03	1	0	11
E006	Apricot,canned,artificial sweet	100	0.4	0.2	130	0	800	0.03	0.02	1	0	4
E009	Apricot,dried	1 cup	136	4.2	1.1	544	0	3240	0	0	3	0
		10 halves	35	1.1	0.3	140	0	833	0	1	0	T
E121	Avocado	100	0.7	0.5	49	0	290	0.07	0.13	2	0	9
		1 avocado	162	1.1	0.8	79	0	470	0.11	0.21	3	0
E016	Banana,Australian	100	0.5	0.2	11	0	66	0.05	0.1	T	0	14
		1 banana	128	0.6	0.3	14	0	84	0.06	0.13	1	0
											18	T

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
E	FRUITS		g	g	g	g	g	g	mg	mg	mg	mg	mg
E012	Banana,common varieties	1 banana	100	73	426	103	1.3	0.4	24	0.8	0	29	241
E013	Banana,PNG	1 banana	128	94	545	132	1.7	0.5	30	1	0	37	308
		1 banana	100	72	462	112	1.2	0.3	26	1	0	15	291
E048	Cranberries	100	88	211	591	143	1.5	0.4	33	1.3	0	19	372
E025	Currant,dried	100	17	1140	51	0.4	0.7	11	2.3	0	2	2	112
		1 cup	154	27	1760	276	2.8	0.5	65	6	0	46	14
E027	Custard apple,flesh	100	79	307	74	1.4	0.6	16	2.5	0	0	4	87
E029	Date,dried	10 dates	100	16	1150	279	2	0.2	67	9.7	0	14	43
E069	Durian	100	67	569	138	2.5	1.6	28	2.3	0	1	71	1250
E032	Fig	100	86	169	41	1.4	0.3	8	2.5	0	3	180	134
E030	Fig,dried	1 cup	210	45	2070	502	7.6	1.5	115	30	0	39	250
		1 fig	16	3	158	38	0.6	0.1	9	2.3	0	12	73
E034	Fruit salad,canned in syrup	100	85	207	50	0.4	0.1	12	1.1	0	4	6	125
		1 cup	263	224	544	132	1.1	0.3	31	2.9	0	11	32
E066	Fruit,mixed,dried	100	18	1140	277	2	0.9	65	5.6	0	78	78	153
E039	Granadilla,flesh and seeds	100	75	281	68	2.3	2	10	5.8	0	28	350	64
E036	Grape,black	100	79	270	65	1.2	0.1	15	0.9	0	4	163	9
		10 grapes	54	43	146	35	0.6	0.1	8	0.5	0	2	5
E035	Grape,green	100	80	260	63	0.7	0.1	15	0.9	0	6	200	18
E037	Grapefruit	100	90	102	25	0.9	0.2	5	0.6	0	4	120	12
		1 grapefruit	170	152	173	43	1.5	0.3	8	1	0	7	21
E042	Guava,Hawaiian	100	87	88	21	0.7	0.5	4	5.4	0	4	150	9
E049	Kiwifruit,flesh & seeds	100	84	192	47	0.9	0.6	9	1.6	0	4	236	12
		1 kiwifruit	100	84	192	47	0.9	0.6	9	1.6	0	4	26
E051	Lemon	100	89	47	11	0.6	0.2	2	2.5	0	2	120	17
		1 lemon	150	134	71	17	0.9	0.3	3	3.8	0	3	20
E052	Lime	100	88	41	10	0.8	0.2	1	2	0	3	180	9
E059	Lychee	100	81	290	70	1.1	0.1	16	1.3	0	1	150	11
E057	Lychee,canned in syrup	100	81	287	70	0.4	0	17	0.6	0	6	69	7
		1 cup	267	216	766	187	1.1	0	45	1.6	0	16	184
E058	Lychee,canned in syrup,drained	100	80	296	72	0.6	0.1	17	1.3	0	6	72	5
E056	Lychee,dried	100	36	1040	253	3	1.9	56	1.7	0	49	568	25
E111	Malay apple	100	90	94	23	0.7	0.2	5	1.9	0	1	141	5
E061	Mandarin	100	88	155	37	0.9	0.2	8	2	0	2	72	11
E060	Mandarin,canned in syrup	100	84	233	57	0.4	0.1	14	0.6	0	5	13	6
		1 cup	266	224	620	152	1.1	0.3	36	1.6	0	13	192
												19	16

The Pacific Islands Food Composition Tables

E	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 μ g	Vitamin C mg	Vitamin E mg	
FRUITS														
E012	Banana,common varieties	1 banana	100	0.6	—	8	0	46	0.07	0.08	1	0	17.3	
E013	Banana,PNG	1 banana	100	0.8	—	10	0	59	0.09	0.1	1	0	22.1	
E048	Cranberries	100	0.5	—	8	0	46	0.03	0.04	1	0	14	T	
E025	currant,dried	100	2.3	0.5	—	10	0	59	0.04	0.05	1	0	18	T
E027	Custard apple,flesh	1 cup	154	3.5	0.8	3	0	20	0.03	0.02	T	0	11	—
E029	Date,dried	10 dates	83	2.2	0.5	2	0	13	0.11	0	1	0	0	—
E069	Durian	100	0.9	—	0.3	25	0	20	0.17	0	2	0	0	—
E032	Fig	100	0.3	0.5	2	0	5	0.05	0.08	1	0	43	T	
E030	Fig,dried	1 cup	210	2.9	1.1	4	0	19	0.02	0.1	1	0	0	—
E034	Fruit salad,canned in syrup	1 cup	100	0.4	0.2	39	0	232	0.02	0.02	T	0	3	—
E066	Fruit,mixed,dried	100	1.8	0.4	1	0	103	0	610	0.05	1	0	0	—
E039	Granadilla,flesh and seeds	100	1	—	121	0	8	0.11	0.04	1	0	0	—	
E036	Grape,black	100	0.2	0.1	10	0	723	T	0.1	2	0	0	20	—
E035	Grape,green	100	0.2	0.1	4	0	1	0.01	0.01	T	0	0	6	—
E037	Grapefruit	100	0.2	0.1	4	0	25	0.03	0.03	T	0	0	36	—
E042	Guava,Hawaiian	1 grapefruit	170	0.3	0.2	7	0	43	0.05	0.05	T	0	61	—
E049	Kiwifruit,flesh & seeds	10 grapes	54	0.1	0.1	5	0	32	0.01	0.02	T	0	3	—
E051	Lemon	1 lemon	100	0.2	0.1	73	0	430	0.03	0.04	1	0	240	1
E052	Lime	100	0.3	0.1	5	0	59	0.01	0.02	T	0	0	92.6	—
E059	Lychee	100	0.5	0.6	0	0	0	59	0.01	0.02	T	0	0	92.6
E057	Lychee,canned in syrup	100	0.3	0.2	0	0	0	10	0.04	0.02	T	0	48	—
E058	Lychee,canned in syrup,drained	1 cup	267	0.8	0.5	0	0	15	0.06	0.03	T	0	72	—
E056	Lychee,dried	100	0.4	0.3	0	0	0	31	0.03	0.02	T	0	47	—
E111	Malay apple	100	0.3	0.1	15	0	0	0	0.01	0.57	3	0	183	T
E061	Mandarin	100	0.4	0.1	12	0	75	0.02	0.03	T	0	0	47	—
E060	Mandarin,canned in syrup	1 cup	266	1.1	0.3	32	0	200	0.05	0.05	T	0	11	—
												0	29	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium	
														Mg
E														
E064	Mango,Australian	100	83	232	56	0.2	13	1.5	0	1	250	7	7	
E063	Mango,Malaysian	100	79	279	67	1.3	14	0.6	0	5	245	20	—	
	1 mango	203	161	566	136	2.6	1.3	29	1.2	0	10	497	41	
	1 cup slices	176	140	491	118	2.3	1.1	25	1.1	0	9	431	35	
E096	Mango,PNG	100	82	268	65	0.7	0.2	15	2.1	0	3	225	10	
E116	Mangosteen	100	88	55	13	0.6	1	1	5.1	0	7	—	7	
E065	Melon,honey dew	100	91	130	32	0.7	0.3	7	1	0	43	158	39	14
	1 cup diced	172	156	224	55	1.2	0.5	11	1.7	0	74	272	67	24
E068	Nectarine	100	87	149	36	1.1	0.1	8	2.4	0	1	235	8	7
	1 nectarine	143	125	213	51	1.6	0.1	11	3.4	0	1	336	11	10
E070	Orange	100	87	151	37	1	0.1	8	2	0	2	145	29	11
	1 orange	128	111	193	47	1.3	0.1	10	2.6	0	3	186	37	14
	1 cup slices	190	165	287	70	1.9	0.2	15	3.8	0	4	276	55	21
E106	Orange,local	100	89	186	45	0.6	0.3	10	0.7	0	2	145	21	—
	1 orange	128	113	238	58	0.8	0.4	13	0.9	0	3	186	27	—
	1 cup slices	190	168	353	86	1.1	0.6	19	1.3	0	4	276	40	—
E072	Pandanus fruit	100	69	595	144	4.9	8.3	12	5.4	0	T	89	13	—
E073	Pandanus paste	100	—	1350	326	2.2	1.4	76	—	0	—	134	—	—
E076	Passionfruit	100	74	156	38	3	0.3	6	13.9	0	19	200	10	28
	1 passionfruit	18	13	28	7	0.5	0.1	1	2.5	0	3	36	2	5
E092	Passionfruit,purple/yellow	100	76	434	105	2.4	2.2	19	3.2	0	24	275	11	—
E078	Pawpaw,Australian	100	89	124	30	0.4	0.1	7	2.3	0	7	140	28	14
	1 slice	125	174	42	0.6	0.1	0.1	10	3.2	0	10	196	39	20
E079	Pawpaw,PNG	100	87	207	50	0.5	0.1	12	0.8	0	6	170	24	—
	1 slice	140	122	290	70	0.7	0.1	17	1.1	0	8	238	34	—
E081	Peach	100	89	125	30	0.9	0.1	6	1.4	0	2	186	6	6
	1 peach	138	123	173	41	1.2	0.1	9	1.9	0	3	257	8	8
E080	Peach,canned in syrup	100	85	216	52	0.6	0	13	1.4	0	3	102	2	4
	1 cup slices	260	221	562	135	1.6	0	33	3.6	0	8	265	5	10
E082	Pear,canned in pear juice	100	87	183	44	0.5	0	11	1.7	0	5	100	6	5
	1 cup halves with syrup	273	236	500	120	1.4	0	29	4.6	0	14	273	16	14
	half of pear with 25ml syrup	79	68	145	35	0.4	0	8	1.3	0	4	79	5	4
E083	Pear,Packhams	100	83	225	55	0.3	0.1	13	2.4	0	2	83	4	6
	1 pear	148	123	333	81	0.4	0.1	19	3.6	0	3	123	6	9
E086	Pineapple,Australian	100	86	153	37	1	0.1	8	2.1	0	2	180	27	11
	1 cup chopped	164	141	251	61	1.6	0.2	13	3.4	0	3	295	44	18
	1 slice(1.5 x 9cm diam.)	110	95	168	41	1.1	0.1	9	2.3	0	2	198	30	12
E085	Pineapple,canned in heavy syrup	100	75	358	87	0.6	0	21	1.3	0	1	82	5	10
	1 cup	186	140	666	162	1.1	0	39	2.4	0	2	153	9	9

The Pacific Islands Food Composition Tables

E	Fruits	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol β-carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg
Key	Foods	g	mg	mg	µg	µg	mg	mg	mg	µg	mg	mg
E064	Mango,Australian	100	0.5	0.3	400	0	2370	0.02	0.04	1	0	28
E063	Mango,Malaysian	100	0.3	—	102	0	611	0.06	0.06	1	0	39
	1 mango	203	0.6	—	207	0	1240	0.12	0.12	1	0	79
	1 cup slices	176	0.5	—	180	0	1080	0.11	0.11	1	0	69
E096	Mango,PNG	100	0.3	—	267	0	1590	0.06	0.06	1	0	41
E116	Mangosteen	100	1	—	0	0	0	0.03	0.03	1	0	4.2
E065	Melon,honey dew	100	0.3	0.2	6	0	36	0.02	0.02	0	0	18
E068	Nectarine	100	0.1	0.1	10	0	62	0.03	0.03	1	0	31
	1 nectarine	143	0.1	0.1	19	0	110	0.02	0.04	1	0	12
E070	Orange	100	0.4	0.2	21	0	157	0.03	0.06	2	0	17
	1 orange	128	0.5	0.3	27	0	130	0.11	0.03	0	0	52
	1 cup slices	190	0.8	0.4	40	0	247	0.21	0.06	1	0	—T
E106	Orange,local	100	0.3	—	21	0	130	0.09	0.06	1	0	30
	1 orange	128	0.4	—	27	0	166	0.12	0.08	1	0	38
	1 cup slices	190	0.6	—	40	0	247	0.17	0.11	2	0	57
E072	Pandanus fruit	100	0.7	—	119	0	714	0.14	0.03	1	0	8
E073	Pandanus paste	100	5.7	—	180	0	1080	0.04	0.06	2	0	2
E076	Passionfruit	100	0.6	0.8	130	0	750	0.03	0.14	3	0	18
E092	Passionfruit,purple/yellow	100	1.2	0.1	23	0	135	0.01	0.03	1	0	3
E078	Pawpaw,Australian	100	0.5	0.3	78	0	469	0	0.1	1	0	17
	1 slice	140	0.7	0.4	150	0	910	0.03	0.03	T	0	60
E079	Pawpaw,PNG	100	0.7	—	210	0	1270	0.04	0.04	T	0	84
E080	Peach,canned in syrup	100	0.3	0.2	55	0	710	0.03	0.05	T	0	73
	1 cup slices	260	0.8	0.5	118	0	994	0.04	0.07	1	0	102
E081	Peach	100	0.2	0.1	165	0	858	0	0.05	1	0	2
	1 peach	138	0.3	0.1	17	0	100	0.01	0.04	1	0	10
	half of pear with 2:3ml syrup	79	0.2	0.2	23	0	138	0.01	0.06	1	0	14
E083	Pear,Packhams	100	0.2	0.1	55	0	330	0	0.02	T	0	4
	1 pear	148	0.3	0.1	143	0	994	0.04	0.07	1	0	10
	1 cup halves with syrup	273	0.8	0.5	0	0	0	0	0.01	T	0	5
E082	Pear,canned in pear juice	100	0.3	0.2	4	0	0	0	0.01	T	0	1
	half of pear with 2:3ml syrup	79	0.2	0.2	0	0	20	0.02	0.02	T	0	—T
E086	Pineapple,Australian	100	0.3	0.2	4	0	30	0.03	0.03	T	0	7
	1 cup chopped	164	0.5	0.3	7	0	25	0.04	0.03	T	0	21
	1 slice(1.5 x 9cm diam.)	110	0.3	0.2	4	0	41	0.07	0.05	T	0	34
E085	Pineapple,canned in heavy syrup	100	0.3	0.2	3	0	28	0.04	0.03	T	0	12
	1 cup	186	0.6	0.4	6	0	17	0.04	0.03	T	0	22
							32	0.07	0.06	T	0	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure		Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium	
		g	kJ												
E FRUITS															
E002	Pineapple,PNG	100	87	214	52	0.7	0.3	12	0.8	0	2	180	17	— 5	
E088	Plum,dark,canned in syrup	100	75	365	89	0.3	0.1	22	1	0	3	96	4	— 6	
E089	Plum,red flesh	100	87	138	33	0.6	0.1	8	2.2	0	2	167	7	— 42	
E090	Ponelo,pink flesh	100	88	174	42	0.7	0	10	0.6	0	18	310	14	— 42	
E091	Prune	100	37	778	188	2.3	0.4	44	7.8	0	7	700	52	— 35	
E093	Raisin	100	12	1250	302	2.3	0.9	71	4.9	0	58	1050	41	— 35	
E117	Rambutan	1 cup	154	18	1920	465	3.5	1.4	110	7.5	0	89	1620	63	54
E097	Rockmelon	100	85	240	58	0.7	0.1	14	0.9	0	5	—	22	— 4	
E100	Sapodilla	100	92	90	22	0.5	0.1	5	1	0	10	190	7	— 4	
E017	Sapote,fruit	100	79	340	82	0.4	0.8	18	1.5	0	21	31	16	— 8	
E101	Soursop	100	91	227	55	0.7	0.2	13	1.6	0	3	110	3	— 3	
E018	Starfruit	100	92	77	19	1.7	0.1	3	2.2	0	6	130	13	— 8	
E103	Strawberry	5 strawberries	28	26	22	5	0.5	25	2.3	0	6	226	22	— 2	
E104	Sultana	100	16	1300	315	2.8	0.4	75	4.4	0	36	910	56	37	
E107	Tamarind	1 cup	153	25	1990	482	4.3	0.6	115	6.7	0	55	1390	86	57
E108	Tamarind,fresh pods	100	36	913	221	2.8	0.6	51	8.5	0	22	614	74	— 74	
E118	Tree tomato	100	21	1290	313	3.5	1	73	2.3	0	10	158	170	— 170	
E109	Water apple	1 tree tomato	60	86	187	45	1.5	0.3	9	2.2	0	—	—	— 8	
E110	Watermelon,Aust,red pulp 1 slice(2.5 x 25.5 x 12cm)	100	95	68	17	0.8	0.1	3	1.3	0	1	48	2	— 4	
E095	Watermelon,PNG,red pulp	1 cup	197	202	49	0.6	0.4	11	1.3	0	2	87	6	— 9	
			169	161	39	0.5	0.3	9	1	0	3	147	10	— 7	
			100	93	24	0.6	0.2	5	0.3	0	4	92	8	— 8	
F NUTS AND SEEDS															
F059	Almond,Indian,ripe	100	43	1400	339	10.7	31.7	3	7.4	0	— 5	740	19	— 260	
F001	Almond,kernels,blanched	100	4	2480	600	20.5	55.8	4	8.9	0	5	640	220	— 260	
F002	Almond,with skin	100	4	2440	590	19.5	54.7	5	8.8	0	5	740	250	— 260	
F006	Betel nuts,kernels,raw	100	12	1340	325	5.2	10.3	53	—	0	77	450	400	— 350	
F007	Brazil nut,kernels,raw	100	2	2820	684	14.4	68.5	2	8.5	0	2	560	150	— 350	
F035	Breadfruit seeds,boiled	10 Brazil nuts	38	1	1070	260	5.5	104	4	12.9	0	3	851	228	532
		100	59	626	151	5.3	2.3	27	1	3.2	0	1	213	57	133
		1 serve	20	12	125	30	1.1	0.5	6	0.6	0	5	875	69	50
											5	175	14	10	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol µg	β-carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg	
E FRUITS														
E002	Pineapple,PNG	100	0.5	—	6	0	35	0.06	0.03	T	0	22	T	
E088	Plum,dark,canned in syrup	100	0.2	0.1	11	0	68	0	0	0	0	0	—	
E089	Plum,red flesh	100	0.3	0.1	30	0	180	0.03	0.04	1	0	5	—	
E090	Pomelo,pink flesh	100	0.5	—	33	0	200	0.03	0.03	T	0	45	—	
E091	Prune	100	1.1	0.8	73	0	430	0	0.02	1	0	2	—	
E093	Raisin	100	4.2	0.8	4	0	25	0.14	0.02	1	0	0	—	
E117	Rambutan	1 cup	154	6.5	1.2	6	0	39	0.22	0.03	1	0	0	
E097	Rockmelon	100	2.5	—	0	0	0	0.01	0.04	T	0	38.6	—	
E100	Sapodilla	100	0.3	0.1	140	0	830	0.02	0.02	T	0	34	—	
E017	Sapote,fruit	100	2.3	—	22	0	130	0.01	0.06	3	0	6.5	—	
E101	Soursop	100	0.9	—	10	0	60	0.02	0.02	1	0	23	—	
E018	Starfruit	100	0.5	—	3	0	15	0.09	0.09	T	0	26.9	T	
E103	Strawberry	5 strawberries	28	0.2	0.1	1	0	20	0.02	0.04	1	0	35	—
E104	Sultana	100	2	0.5	4	0	7	T	0.01	T	0	45	—	
E107	Tamarind	1 cup	153	3.1	0.8	6	0	23	0.18	0	1	0	0	
E108	Tamarind,fresh pods	100	0.6	—	—	—	—	35	0.28	0	1	0	—	
E118	Tree tomato	100	0.8	—	—	—	—	54	0.34	0.14	1	0	2	
E109	Water apple	1 tree tomato	60	0.5	—	—	—	20	0.08	0.04	T	0	10	
E110	Watermelon,Aust,red pulp	100	0.2	—	1	0	—	—	0.04	0.04	1	0	17	
E095	Watermelon,PNG,red pulp	1 slice(2.5 x 25.5 x 12cm)	213	0.4	0.4	33	0	7	0.04	0.02	1	0	2	
		1 cup	169	0.9	0.9	70	0	200	0.01	0.01	T	0	1	
			0.7	0.7	0.7	56	0	426	0.02	0.02	T	0	16.7	
			0.2	—	—	27	0	338	0.02	0.02	T	0	T	
								160	0.03	0.03	T	0	7	
											0	15	—	
											0	12	—	
											0	6	—	
F NUTS AND SEEDS														
F059	Almond,Indian,ripe	100	5.5	—	0	0	0	0.19	0.05	T	0	0	14	
F001	Almond,kernels,blanched	100	3.1	3.4	1	0	6	0.14	0.9	4	0	0	24	
F002	Almond,with skin	100	3.9	3.8	2	0	9	0.19	1.4	4	0	0	24	
F006	Betel nuts,kernels,raw	100	4.9	3.1	0	0	0	0.19	0.52	1	0	0	6	
F007	Brazil nut,kernels,raw	100	2.2	4.1	2	0	10	0.6	0.43	1	0	0	7	
		1 cup	152	3.3	6.2	3	0	15	0.91	0.65	1	0	11	
			152	3.3	6.2	1	0	4	0.23	0.16	T	0	3	
F035	Breadfruit seeds,boiled	10 Brazil nuts	38	0.8	1.6	1	0	0	0.34	0.19	6	0	6.1	
		100	0.7	0.8	0	0	0	0	0.07	0.04	1	0	—	
		1 serve	20	0.1	0.2	0	0	0	0.07	0.04	1	0	1.2	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg
F NUTS AND SEEDS												
F036	Breadfruit,seeds,roasted	100	50	768	186	6.2	2.7	34	3.7	0	28	1080
F010	Candlenut,kernels,raw	1 serve	20	154	37	1.2	0.5	7	0.7	0	6	216
F011	Cashew,roasted,salted	100	5	2670	647	18.2	62.3	3	5.2	0	26	440
F064	Chestnut,Tahitian,boiled	18 cashews	28	1	732	178	4.7	14.4	7	1.2	0	290
F056	Chestnut,Tahitian,kernels,raw	100	57	649	157	4.1	1.7	31	3.2	—	6	655
F065	Chestnut,Tahitian,roasted	100	43	858	208	4.5	4.5	37	4.2	0	8	969
F004	Jakfruit,seeds,boiled	100	42	907	219	5.9	4.2	40	4.2	—	8	429
F043	Macadamia nut,kernels,raw	100	2	3020	734	7.6	76.2	5	0.2	33	2	479
F047	Melon seeds,seed coat removed	100	6	2420	584	25.8	49.7	8	6.7	0	99	385
F048	Nuts,mixed,salted	100	2	2620	633	20.8	55.3	13	7	0	235	625
F038	Pandanus nut,kernel,dried	100	6	2130	516	11.7	43.8	19	13	0	289	12
F037	Pandanus nut,kernel,raw	100	25	1550	376	15	30	11	4.6	0	229	192
F039	Pandanus nut,kernel,roasted	100	68	785	190	4.1	16.3	7	3.7	0	—	10
F044	Pandanus nut,sauce	100	76	706	172	1.4	16.7	4	1.5	0	—	55
F062	Peanut,kernel & skin,raw	100	5	2310	558	24.7	47.1	9	8.2	0	1	540
F052	Peanut,kernels,roasted,salted	100	2	2610	632	25.1	52.8	14	6.2	0	340	160
F051	Peanut,roasted,salted	1 cup	150	2	3920	948	37.7	79.2	21	9.3	0	590
F031	Pili nut,dried,PNG	10 peanuts	18	1	470	114	4.5	9.5	3	1.1	0	885
F032	Pili nut,raw,ripe,PNG	100	23	2570	621	24.4	51.7	14	8.3	0	380	670
F054	Pistachio nut,kernels,raw	15 pistachio nuts	23	1	533	129	4.5	11.6	2	2.1	0	570
F055	Pumpkin seeds,raw	100	4	2320	560	29.4	40.4	20	5.4	0	18	1010
F016	Watermelon,seeds,dried	100	5	2340	565	22.7	41.2	26	4.2	0	36	820
	G LEGUMES											
G051	Bean salad,commercial	100	71	560	136	2.1	4.8	21	4.2	0	450	19
G002	Beans,baked,in tomato sauce	100	76	282	68	4.6	0.5	11	4.8	0	400	13
G056	Beans,baked,with pork,canned	1/2 cup	126	367	88	5.2	1	15	4.8	7	440	25
		1 cup	184	92	462	111	6.5	1.3	18	6	554	35
		1 cup	253	929	223	13.1	2.6	37	12.1	18	1110	44
											759	89

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 μ g	Vitamin C mg	Vitamin E mg	
F NUTS AND SEEDS														
F036	Breadfruit,seeds,roasted	100	0.9	1	0	0	0	0.41	0.24	7	0	7.6	—	
		1 serve	20	0.2	0.2	0	0	0.08	0.05	2	0	1.5	—	
F010	Candidnut,kernels,raw	100	3.4	3	0	0	0	0.08	0.06	T	0	0	6	
F011	Cashew,roasted,salted	100	6.3	5.3	1	0	6	0.49	0.22	2	0	0	1	
		1 cup	148	9.3	7.8	1	0	9	0.73	0.33	3	0	0	2
		18 cashews	28	1.8	1.5	T	0	2	0.14	0.06	1	0	0	T
F064	Chestnut,Tahitian,boiled	100	1	1	0	0	0	0.2	0.07	1	0	0	1.5	
F056	Chestnut,Tahitian,kernels,raw	100	1.3	1.3	0	0	0	0.26	0.09	1	0	2	1	
F065	Chestnut,Tahitian,roasted	100	1.3	1.3	0	0	0	0.26	0.09	1	0	2	1	
F004	Jakfruit,seeds,boiled	100	0.7	—	0	0	0	0.08	0.05	T	0	8	—	
F043	Macadamia nut,kernels,raw	100	1.8	1.2	0	0	0	0.28	0.1	2	0	0	2	
F047	Melon seeds,seed coat removed	100	7.4	4	T	0	T	0.1	0.12	1	0	0	T	
F048	Nuts,mixed,salted	100	2.7	3.4	1	0	7	0.38	0.3	11	0	0	—	
F038	Pandanus nut,kernel,dried	100	T	2.9	63	0	379	0.48	0.13	5	0	0	6	
F037	Pandanus nut,kernel,raw	100	T	2.4	50	0	302	0.38	0.1	4	0	0	1	
F039	Pandanus nut,kernel,roasted	100	T	4.2	21	0	130	0.16	0.04	2	0	0	T	
F044	Pandanus nut,sauce	100	5.7	—	30	0	180	0.04	0.06	3	0	2	6	
F062	Peanut,kernel & skin,raw	100	2.3	3	1	0	4	0.79	0.1	15	0	0	10	
F052	Peanut,kernels,roasted,salted	100	1.2	3	1	0	4	0.35	0.15	18	0	0	1	
		1 cup	150	1.8	4.5	2	0	6	0.53	0.23	27	0	0	1
		10 peanuts	18	0.2	0.5	T	0	1	0.06	0.03	3	0	0	T
F051	Peanut,roasted,salted	100	2.4	3	1	0	4	0.35	0.15	18	0	0	1	
		1 cup	150	3.6	4.5	2	0	6	0.53	0.23	27	0	0	1
		10 peanuts	18	0.4	0.5	T	0	1	0.06	0.03	3	0	0	T
F031	Pili nut,dried,PNG	100	2.5	2.8	4	0	24	0.92	0.1	T	0	0	6	
F032	Pili nut,raw,ripe,PNG	100	2.2	2.4	3	0	20	0.8	0.1	T	0	0	5	
F054	Pistachio nut,kernels,raw	100	3.9	2.3	22	0	130	0.58	0.29	2	0	0	5	
		15 pistachio nuts	23	0.9	0.5	5	0	30	0.13	0.07	T	0	0	1
F055	Pumpkin seeds,raw	100	10	6.6	38	0	230	0.23	0.32	2	0	0	20	
F016	Watermelon,seeds,dried	100	7.7	7	2	0	9	0.22	0.1	3	0	0	17	
G LEGUMES														
G051	Bean salad,commercial	100	0.6	0.3	17	0	100	0.06	0.02	T	0	3	T	
G002	Beans,baked,in tomato sauce	100	1.6	0.5	7	0	42	0.05	—	1	0	0	T	
G056	Beans,baked,with pork,canned	100	3.3	5.9	12	0	72	0.05	0.05	T	0	3.1	T	
		1/2 cup	126	4.1	7.4	15	0	91	0.07	0.06	1	0	3.9	1
		1 cup	253	8.3	14.8	30	0	182	0.13	0.12	1	0	7.8	1

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
G	LEGUMES		g	g	g	g	g	g	mg	mg	mg	mg	mg
G003	Beans,broad,boiled	100	76	169	40	6.9	0.5	2	4.2	0	4	225	29
G004	Beans,butter,boiled	1 cup	170	287	68	11.7	0.9	3	7.1	0	7	383	49
G005	Beans,green,boiled	1 cup	100	92	81	19	2.3	0.2	2	3.1	0	205	20
G006	Beans,green,frozen,boiled	1 cup	136	110	26	3.1	0.3	3	4.2	0	4	279	27
G036	Beans,katamaku,Highlands, baked	100	61	620	149	8.8	0.8	27	1.8	0	—	—	—
G035	Beans,katamaku,Highlands,bamboo	100	52	743	179	12.1	0.7	31	2.7	0	—	—	—
G013	Beans,lima,dried,boiled	100	74	288	69	6.4	0.3	10	5.3	0	7	350	35
G016	Beans,mung,dahl,cooked	100	73	436	105	6.4	4.2	10	3.9	14	820	270	51
G011	Beans,red kidney,canned,drained	100	69	352	85	6.6	0.6	13	6.5	0	320	270	30
G012	Beans,red kidney,dried,boiled	1 cup	187	128	658	159	12.3	1.1	25	12.2	0	598	67
G007	Beans,snake,boiled	1 cup	187	133	567	137	7.9	0.5	9	7.2	0	8	290
G014	Beans,soya,dried,boiled	100	65	538	129	13.5	7.7	1	7.2	0	—	—	—
G009	Beans,sprouts,raw	100	92	83	20	3.1	0.1	2	3	0	1	150	10
G054	Beans,sprouts,soya,raw	100	87	225	54	6.9	2.2	2	1.9	0	3	149	57
G057	Beans,yard-long,cooked	100	90	109	26	2	0.1	4	1.7	0	—	—	—
G017	Beans,yard-long,raw	100	90	109	26	2	0.1	4	1.7	0	—	—	—
G037	Lentils,dried,boiled	100	74	287	69	6.8	0.4	10	3.7	0	8	220	17
G041	Peas,green,boiled	100	83	202	48	4.8	0.4	6	6.5	0	1	140	25
G042	Peas,green,dried,boiled	1 cup	165	137	333	79	7.9	0.7	11	10.7	0	2	231
G043	Peas,green,frozen,boiled	1 cup	194	160	374	89	9.7	0.6	11	9.5	0	39	30
G044	Peas,split,dried,boiled	1 cup	164	129	343	82	9.5	0.7	10	9.5	0	5	197
G040	Peas,with edible pod,boiled	1 cup	194	141	462	111	12.8	0.8	13	7.6	0	17	231
G052	Soya bean curd,unsweetened	100	94	107	26	1.9	0.4	4	0	0	2	79	44
G053	Soya bean milk,packet	100	87	249	60	1.3	2.2	9	3.9	0	2	140	30
G055	Soya beans,fermented	100	66	629	151	15.9	7.5	5	4.8	0	7	42	11
G032	Winged beans,mature,baked	100	71	529	127	8.1	5.4	12	3.2	0	7	178	69
G034	Winged beans,young pods	100	87	177	43	3.2	0.9	5	2.7	0	4	—	56
												—	25
												—	62

The Pacific Islands Food Composition Tables

G	LEGUMES	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg
Key	Foods	g	mg	mg									
G003	Beans,broad,boiled	100	1.8	1.1	31	0	185	0.17	0.32	2	0	29	1
G004	Beans,butter,boiled	1 cup	170	3.1	53	0	315	0.29	0.54	3	0	49	1
G005	Beans,green,boiled	1 cup	136	0.4	1.4	14	0	81	0.05	0.09	1	0	11
G006	Beans,green,frozen,boiled	100	0.8	1.9	59	0	110	0.07	0.12	1	0	15	T
G036	Beans,katanku,Highlands,baked	100	—	—	0	0	460	0.03	0.07	T	0	13	T
G035	Beans,katanku,Highlands,bamboo	100	—	—	0	0	626	0.04	0.1	T	0	18	T
G013	Beans,lima,dried,boiled	100	1.3	0.7	T	0	—	—	—	—	—	—	—
G016	Beans,mung,dahl,cooked	100	2.6	0.9	67	60	44	0.09	0.04	T	0	3	T
G011	Beans,red kidney,canned,drained	1 cup	214	5.6	1.9	143	128	94	0.19	0.09	1	0	0
G012	Beans,red kidney,dried,boiled	100	1.7	1	T	0	T	0.19	0.06	1	0	0	T
G007	Beans,snake,boiled	100	0.5	0.4	72	0	430	0.03	0.1	1	0	22	—
G014	Beans soya dried,boiled	100	2.2	1.6	T	0	1	0.1	0.07	1	0	0	1
G009	Beans,sprouts,raw	100	0.4	0.6	3	0	20	0.03	0.11	1	0	11	—
G054	Beans,sprouts,soya,raw	100	3.3	—	0	0	0	0.1	0.18	1	0	2	—
G057	Beans,yard-long,cooked	100	1.4	—	36	0	214	0.06	0.1	1	0	10	—
G017	Beans,yard-long,raw	100	1.4	—	36	0	216	0.08	0.1	2	0	20	—
G037	Lentils,dried,boiled	100	2	0.9	1	0	5	0.08	0.06	1	0	0	T
G041	Peas,green,boiled	100	1.1	0.8	70	0	415	0.23	0.1	1	0	14	T
G042	Peas,green,dried,boiled	1 cup	165	1.8	1.3	116	0	685	0.38	0.17	2	0	23
G043	Peas,green,frozen,boiled	100	1.6	1.8	89	0	275	0.01	0.06	1	0	3	T
G044	Peas,split,dried,boiled	1 cup	194	1.9	1.2	10	0	534	0.02	0.12	2	0	6
G040	Peas,with edible pod,boiled	100	0.9	0.6	30	0	535	0.2	0.09	2	0	11	T
G052	Soya bean curd,unsweetened	100	0.4	—	0	0	877	0.33	0.15	3	0	18	T
G053	Soya bean milk,packet	100	0.2	0.2	T	0	29	0.11	T	1	0	0.3	—
G055	Soya beans,fermented	100	1.8	—	0	0	T	0.05	0.03	T	0	1.5	—
G032	Winged beans,nature,baked	100	4	—	0	0	0	0.08	0.45	4	0	0	—
G034	Winged beans,young pods	100	1.7	—	0	0	0	0	0	0	0	0	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
H	FISH		g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
H002	Anchovy,canned in oil,drained	100	50	761	182	25.4	8.9	0	77	5480	180	167	69
H003	Anchovy,fresh,whole	100	79	334	79	16.6	1.1	1	54	573	130	134	—
H005	Bream,threadfin,Japanese	100	77	409	97	18.4	2.1	1	38	246	279	53	—
H008	Carp,common	100	79	343	81	15.6	2.1	0	59	67	286	25	—
H010	Cod,coral	100	80	338	80	18.4	0.5	T	0	37	260	48	—
H026	Cod,steamed	100	79	350	83	18.6	0.9	0	50	—	—	15	—
H093	Eel,fish	1 serve	135	107	473	112	25.1	1.2	0	68	—	20	—
H019	Fish,battered,deep fried,	100	57	1050	254	14.2	15.7	14	—	25	470	180	23
H090	Fish,dried and salted	100	43	776	183	42	1.5	T	0	—	1730	—	—
H012	Fish,finger,frozen,grilled	100	55	930	225	11.6	11.3	19	1	31	320	219	35
H088	Mackerel,canned in natural oil	100	62	762	183	18.6	12	T	0	97	466	280	297
H028	Mackerel,fried	1 serve	135	89	1060	254	29	15.3	0	68	—	305	28
H092	Mackerel,frigate,boiled	100	67	613	146	27.2	3.9	T	0	92	—	412	38
H087	Mackerel,Spanish,cooked	100	66	754	180	21.6	10.4	T	0	95	82	506	44
H086	Mackerel,Spanish,raw	1 serve	135	89	1020	243	29.2	14	T	0	101	95	—
H033	Mullet,fried	100	69	702	168	20.1	9.7	T	0	70	65	—	13
H034	Mullet,steamed	1 serve	135	83	1160	278	31.3	15.3	4	0	85	162	356
H075	Reef fish,composite,bake/grill	100	72	542	129	24.1	3.4	T	0	55	85	411	26
H074	Reef fish,composite,raw	1 serve	135	98	755	180	29.7	6.8	0	0	128	194	42
H076	Reef fish,composite,steam/poach	100	72	542	129	24.1	3.4	T	0	55	85	411	24
H078	Salmon,pink,solids&liquid,can	100	69	560	134	19.8	6.1	0	0	55	554	326	34
H050	Sardines,Aust,canned in oil	100	55	1280	310	17.6	26.6	T	0	103	146	477	39
H077	Sardines,USA,canned in oil	3 ounce	85	58	476	114	26.3	4.5	T	0	51	73	370
H051	Sardines,canned in oil,drained	1 can	454	312	2540	608	89.8	27.5	T	0	69	99	500
H089	Scad,hairstail,dried	1 sardine	12	7	114	27	2.6	1.9	0	0	47	471	277
H091	Shark,blue,boiled	100	46	691	163	36.3	2	0	0	0	250	1480	967

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol µg	β-carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg	
H FISH														
H002	Anchovy,canned in oil,drained	100	2.5	2.9	4	4	—	T	0.4	8	—	0.3	—	
H003	Anchovy,fresh,whole	100	0.6	1.6	35	0	0.15	0.09	1	0.6	2	0	T	
H005	Bream,threadfin,Japanese	100	0.8	0.3	21	21	T	0.04	0.07	2	2	0	—	
H008	Carp,common	100	1.6	—	26	26	T	0	0.06	2	1.58	0.3	—	
H010	Cod,coral	100	0.4	—	13	13	T	0.15	0.04	1	—	1	—	
H026	Cod,steamed	100	0.5	—	0	0	T	0.09	0.09	2	—	0	—	
H093	Eel,fish	1 serve	135	0.7	—	0	0	0.12	0.12	3	—	0	—	
H019	Fish,battered,deep fried,	100	0.8	—	—	—	—	—	—	—	—	3	—	
H090	Fish,dried and salted	100	0.7	0.5	0	0	0	0.06	0.31	5	—	0	T	
H012	Fish,finger,frozen,grilled	100	1.7	—	0	0	0	0.06	0.31	5	—	0	—	
H088	Mackerel,canned in natural oil	100	2.5	0.5	410	410	0	0.07	0.05	2	0.8	0	—	
H028	Mackerel,fried	100	1.2	—	160	160	T	0.05	0.26	8	8.5	1.1	—	
H092	Mackerel,frigate,boiled	100	6.3	—	6	6	T	0.11	0.3	22	—	—	—	
H087	Mackerel,Spanish,cooked	100	0.9	—	13	13	0	0.09	0.36	10	—	0	1	
H086	Mackerel,Spanish,raw	100	0.8	—	18	18	0	0.12	0.49	13	—	0	2	
H033	Mullet,fried	100	0.6	1.2	—	12	12	0	0.09	0.35	10	—	0	
H034	Mullet,steamed	1 serve	135	0.8	1.6	7	7	T	0	0.11	5	2	—	
H075	Reef fish,composite,bake/grill	100	0.7	—	17	17	T	0.08	0.11	4	1.7	1.3	—	
H074	Reef fish,composite,raw	1 serve	135	0.8	1.1	8	8	T	0	0.13	5	2	1	
H076	Reef fish,composite,steam/poach	100	0.4	—	11	11	T	0	0.18	6	3	0	1	
H078	Salmon,pink,solids&liquid,can	1 serve	135	0.5	—	23	23	T	0.11	0.15	5	2.3	1.8	
H050	Sardines,Aust,canned in oil	100	0.8	0.9	—	31	31	T	0.06	0.07	3	2.3	0.7	
H077	Sardines,USA,canned in oil	100	0.7	0.8	42	42	T	0.08	0.09	4	3.1	0.9	—	
H051	Sardines,canned in oil,drained	100	0.4	—	4	4	T	0.07	0.09	3	2.5	0.5	—	
H089	Scad,hairtail,dried	1 sardine	12	0.3	—	5	5	T	0.09	0.12	5	3.4	0.7	—
H091	Shark,blue,boiled	100	0.5	—	454	3.8	4.2	77	0.1	0.84	30	20	0	8
		1 can	454	3.8	—	17	17	T	0.02	0.19	7	4.4	0	2
		3 ounce	85	0.7	0.8	14	14	T	0.02	0.16	6	3.7	0	1
		1 sardine	12	0.4	0.2	77	77	T	0.1	0.84	30	20	0	8
		1 sardine	12	0.4	0.2	8	8	T	0	0.25	8	11.4	0	T
		1 sardine	12	0.3	0.2	65	65	T	0	0.03	1	1.4	0	T
		1 sardine	12	0.3	0.2	8	8	T	0	0.11	5	—	0	T
		1 sardine	12	0.3	—	71	71	T	0	0.03	1	1.4	0	T
		1 sardine	12	0.3	—	11	11	T	0.11	0.13	1	4	—	1

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
H FISH													
H021	Shark,tempete,flesh,steamed	100	71	523	123	30.3	0.2	0	0	55	94	416	8
H060	Snapper,steamed	1 serve	135	95	706	166	40.9	0.3	0	0	74	127	562
H060	Snapper,steamed	100	73	511	121	24.2	2.7	0	0	89	102	403	11
H035	Sweetlip,painted,raw	1 serve	135	98	690	163	32.7	3.6	0	0	120	138	544
H079	Tuna,albacore,flesh,raw	100	78	352	83	19.8	0.2	1	0	—	84	—	45
H069	Tuna,canned in oil,drained	100	68	628	149	26.4	4.7	T	0	53	35	431	9
H067	Tuna,canned in brine	1/8 fillet	143	97	898	213	37.8	6.7	T	0	76	49	616
H070	Tuna,canned in brine,drained	100	75	457	108	22.1	2.2	0	0	43	390	272	8
H068	Tuna,canned in oil	100	72	518	123	24.8	2.6	0	0	53	417	238	12
H069	Tuna,canned in oil,drained	100	57	1210	292	20.8	23.2	0	0	33	417	270	5
H083	Tuna,composite,flesh,baked	100	62	922	221	24.4	13.7	0	0	40	441	276	7
H085	Tuna,composite,flesh,grilled	100	62	854	204	24.7	11.6	T	0	56	48	398	9
H082	Tuna,composite,flesh,raw	100	64	861	206	24.9	11.7	T	0	57	48	402	9
H084	Tuna,composite,flesh,steamed	100	61	802	192	23.2	10.9	T	0	53	45	374	8
H081	Tuna,slender,flesh,raw	100	55	1230	295	25.2	11.8	T	0	58	49	407	9
H080	Tuna,southern bluefin,flesh,raw	100	71	553	131	23.3	4.1	T	0	—	32	298	3
H073	Yellowtail,fusieri,raw	100	77	388	92	21.1	0.8	0	0	53	67	392	11
										55	47	487	32
J SEAFOOD													
J046	Ark shell,boiled	100	59	686	163	31.4	1	7	0	—	51	240	406
J001	Clams	100	83	241	57	11.2	1.1	1	0	0	62	293	118
J003	Cockles,boiled for 5 minutes	1 serve	122	101	294	70	13.7	1.3	1	0	136	350	144
J002	Cockles,fresh	100	85	84	44	8.5	0.5	1	0	0	68	264	49
J047	Crab,mud,boiled	4 cockles	12	31	7	1.4	0.1	T	0	8	32	34	—
J005	Crab,swimming,boiled	1 cup	170	136	439	104	20.4	2	1	0	116	449	405
J006	Crabmeat,canned in brine	100	72	457	108	24.2	1.2	T	0	103	125	349	118
J008	Cuttlefish,fresh	100	74	426	101	19.2	2.3	1	0	0	125	267	77
J032	Fish,roe,red	100	66	632	151	19.3	8.2	0	0	0	358	1860	226
J011	Lobster	100	74	351	83	18	1	1	0	—	97	209	50
J013	Lobster,cooked	100	75	407	96	22	0.9	0	0	116	395	310	40
J014	Mussel	100	72	485	115	20.1	2.8	2	0	33	479	126	64
J015	Mussel,smoked,canned-oil,drain	1 cup	158	114	766	182	31.8	4.4	4	0	52	757	199
		100	62	811	194	20.8	10.4	4	0	92	457	138	98

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe mg	Zinc Zn mg	Tot. vit A equiv.	Retinol β-carotene equiv. μg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 μg	Vitamin C mg	Vitamin E mg
H	FISH											
H021	Shark,tempate,flesh,steamed	1 serve	100	0.3	0.4	T	T	0	0.07	7	—	0
H060	Snapper,steamed	100	0.4	0.5	T	8	0	0.09	0.05	9	—	0
H035	Sweetlip,painted,raw	100	0.4	0.8	11	11	0	0.12	0.07	7	—	1
H079	Tuna,albacore,flesh,raw	100	1	—	29	29	T	0.01	0.09	3	—	1
H067	Tuna,canned in brine	1/8 fillet	143	1.4	0.7	29	29	T	0.05	0.03	2	0.7
H070	Tuna,canned in brine,drained	100	1	0.9	15	15	T	0.07	0.04	3	1	0.4
H068	Tuna,canned in oil	100	1.3	1.2	20	20	T	0.14	0.09	8	3.8	0
H069	Tuna,canned in oil,drained	100	0.6	0.8	19	19	T	0.09	0.08	—	0	1
H083	Tuna,composite,flesh,baked	100	0.8	0.9	20	20	T	0.05	0.11	8	3.7	0
H085	Tuna,composite,flesh,grilled	100	1.4	0.8	111	111	T	0.05	0.03	2	0.7	0.3
H082	Tuna,composite,flesh,raw	100	1.3	0.7	112	112	T	0.05	0.03	2	0.7	0.3
H084	Tuna,composite,flesh,steamed	100	1.4	0.8	104	104	T	0.05	0.03	2	0.7	0.3
H081	Tuna,slender,flesh,raw	100	1.3	1.1	113	113	T	0.05	0.03	2	0.7	0.3
H080	Tuna,southern bluefin,flesh,raw	100	1.6	0.5	227	227	T	0.05	0.03	2	0.7	0.3
H073	Yellowtail,fusilier,raw	100	0.4	—	39	39	T	0.05	0.16	3	—	0
J	SEAFOOD											
J046	Ark shell,boiled	100	9	—	78	78	T	0.4	0.3	4	—	—
J001	Clams	100	6.7	—	68	62	38	0	0.81	3	—	0
J003	Cockles,boiled for 5 minutes	1 serve	122	8.2	—	83	76	46	0	0.99	3	4
J002	Cockles,fresh	100	7.9	—	87	87	T	0.02	0.1	2	—	2
J047	Crab,mud,boiled	4 cockles	170	1.6	—	108	108	T	0.01	0.77	3	—
J005	Crab,swimming,boiled	1 cup	22.4	—	184	184	T	0.09	T	—	0	4
J006	Crabmeat,canned in brine	100	2.3	—	75	75	—	0.06	0.03	7	5	—
J008	Cuttlefish,fresh	100	1	—	35	0	0	0	0	—	0	2
J032	Fish,roe,red	100	0.9	1.4	67	67	0	0.11	0.24	T	8.3	0
J011	Lobster	100	0	—	29	13	95	0.1	0.13	2	2.6	2
J013	Lobster,cooked	100	0.2	3.4	4	0	23	0	0.06	2	3.2	0
J014	Mussel	100	3.8	—	218	159	356	0.06	0.2	4	15.5	3.6
J015	Mussel,smoked,canned,oil,drain	1 cup	158	6	344	251	562	0.09	0.32	6	24.5	5.7
		100	9.4	3.7	121	71	297	T	0.48	2	18	0

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
J SEAFOOD													
JO42	Octopus,cooked	100	80	322	76	17.3	0.7	T	0	95	295	372	17
JO40	Octopus,raw	100	81	306	72	16.4	0.7	T	0	90	280	286	16
JO17	Oyster,flesh,raw	100	80	306	73	12.2	2.4	1	0	81	315	230	50
	1 oyster	15	12	46	11	1.8	0.4	T	0	12	47	35	8
JO20	Prawn,cocktail	100	78	511	123	8.1	7.4	6	0.1	86	830	100	25
JO49	Prawn,greater tiger,boiled	100	71	480	113	26.3	0.9	0	0	244	153	404	29
JO21	Prawn,king,cooked	100	73	436	103	23.7	0.9	0	0	188	485	197	61
JO43	Scallop,cooked	100	81	326	77	14.5	1.3	2	0	42	263	454	52
JO41	Scallop,raw	100	82	309	73	13.8	1.2	2	0	40	250	227	49
JO24	Sea cucumber,edible muscle	100	76	394	93	22	0.1	1	0	—	—	120	—
JO45	Sea urchin,flesh,boiled	100	64	791	190	20.3	10.9	3	0	372	207	440	24
JO38	Seaweed,agar	100	21	12	3	0.5	0.1	T	75.2	0	239	29	470
JO36	Seaweed,dried	100	16	355	84	18.3	1.2	T	49.2	0	2030	3520	235
JO27	Squid,fried	100	64	860	206	23.5	9.4	7	0	200	320	171	43
	1 squid ring	20	13	172	41	4.7	1.9	1	0	40	64	34	3
JO28	Squid,raw	100	81	328	78	16.7	1.2	0	0	199	284	156	9
JO29	Sting ray	100	76	423	100	24.2	0.3	0	0	—	87	240	11
JO33	Turtle,cooked	100	78	379	90	16.4	2.7	0	0	—	121	297	36
JO30	Turtle,raw	100	80	309	73	16	1	0	0	—	129	—	24
											100	—	22
K MEAT AND POULTRY													
K025	Bacon,breakfast,fried	100	60	638	152	21.9	5.8	3	0	53	2000	330	28
	1 rasher	21	13	134	32	4.6	1.2	1	0	11	420	69	5
K026	Bacon,breakfast,grilled	100	60	584	139	22.2	4.5	2	0	55	2100	350	30
K146	Beef ribs,lean & fat,braised	100	21	123	29	4.7	0.9	1	0	12	441	74	25
	3 ounces	85	30	1630	394	18.3	35.7	0	0	80	43	190	6
	yield from 1 lb raw	225	80	4320	1040	48.5	94.5	0	0	212	113	504	5
K152	Beef sausage,grill & serve	100	55	1300	315	12	28.5	3	2.2	61	1030	166	34
	1 sausage	79	43	1030	249	9.5	22.5	2	1.7	48	811	131	27
K147	Beef stew with potatoes & gravy	100	80	346	83	9	2	7	0.7	23	162	343	13
K017	Beef,blade steak,grill,lean	100	65	740	176	28.7	6.8	0	0	65	73	365	23
K018	Beef,blade steak,grill,lean&fat	100	62	863	206	27.7	10.6	0	0	67	71	355	22
K020	Beef,brisket,corned,boiled,l&f	100	49	1300	313	25.6	23.4	0	0	69	824	155	13
K021	Beef,chuck steak,simmer,50%trim	100	56	969	231	35	10.1	0	0	84	47	230	6
K005	Beef,corned and cereal,canned	100	63	821	198	14.5	13.3	5	1.7	60	940	120	11

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	B-carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E
		g	mg	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg
J SEAFOOD													
J042	Octopus,cooked	100	0.6	—	—	—	—	0.03	0.09	2	—	0	1
J040	Octopus,raw	100	0.6	—	—	—	—	0.03	0.09	2	—	0	1
J017	Oyster,flesh,raw	100	3.9	65.6	24	22	14	T	0.37	2	17	2	1
J020	Prawn,cocktail	1 oyster	15	0.6	9.8	4	3	T	0.06	T	3	T	T
J049	Prawn,greater tiger,boiled	100	1.5	0.8	—	15	—	0.03	0.05	2	—	3	3
J021	Prawn,king,cooked	100	0.9	—	1.8	2	0	T	0.08	0.04	3	5	2
J043	Scallop,cooked	100	1.1	—	—	—	—	0.02	0.06	2	8	0	4
J041	Scallop,raw	100	1	—	—	—	—	0.02	0.24	2	—	0	1
J024	Sea cucumber,edible muscle	100	1.4	—	—	0	—	—	0.02	0.29	2	—	1
J045	Sea urchin,flesh,boiled	100	2.3	—	467	467	T	0.35	0.38	2	—	—	—
J038	Seaweed,agar	100	5.4	—	0	0	0	0	0	0	0	0	2
J036	Seaweed,dried	100	21.7	—	—	0	—	0.07	0.59	0	0	2.3	5
J027	Squid,fried	100	1.4	1.4	0	0	0	0.09	0.06	2	—	0	4
J028	1 squid ring	20	0.3	0.3	0	0	0	0.02	0.01	T	—	0	1
J029	Squid,raw	100	1.3	1.3	T	T	0	0.09	0.04	2	—	T	1
J033	Sting ray	100	0.7	—	12	12	T	0.04	0.06	3	—	0	—
J030	Turtle,cooked	100	4.9	2	7	7	0	0.1	0.6	3	—	0	1
	Turtle,raw	100	1	1.3	5	5	0	0.2	0.5	3	—	—	1
K MEAT AND POULTRY													
K025	Bacon,breakfast,fried	100	1.6	2.9	0	0	0	0.68	0.2	4	1.75	2	T
K026	Bacon,breakfast,grilled	1 rasher	21	0.3	0.6	0	0	0.14	0.04	1	0.37	T	T
K146	Beef ribs,lean & fat,braised	100	1.8	2.8	0	0	0	0.71	0.2	3	1.75	2	T
K152	Beef sausage,grill & serve	1 rasher	21	0.4	0.6	0	0	0.15	0.04	1	0.37	T	T
K147	Beef stew with potatoes & gravy	3 ounces	85	2	4.2	0	0	0.04	0.13	2	2.62	0	T
K017	Beef,blade steak,grill,lean	yield from 1 lb raw	225	5.2	11	0	0	0.11	0.34	6	5.9	0	T
K018	Beef,blade steak,grill,lean&fat	100	1.4	2.2	26	17	54	0.05	0.1	2	1.54	24.1	T
K020	Beef,brisket,corned,boiled,&f	100	2.3	4.8	0	0	0	0.02	0.24	3	2	0	T
K021	Beef,chuck steak,summer,5%trim	100	3.6	11	1	1	0	0.05	0.35	5	1.5	0	T
K005	Beef,corned and cereal,canned	100	3.2	2.4	25	18	40	T	0.32	3	1.8	2	1

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	Na	K	Ca	Mg
K MEAT AND POULTRY													
K006	Beef,corned,canned 1 slice(7.5 x 5 x 0.5cm)	100	63	804	192	22.6	11.2	T	0	69	1140	150	15
K061	Beef,hamburger patty,froz,fried 1 patty(1.0 x 7.5cm diam.)	100	50	1210	291	6.3 16.7	3.1 21.9	T 7	0 4.1	19	319	42	4
K062	Beef,hamburger patty,froz,grill 1 patty(1.0 x 7.5cm diam.)	100	50	1100	265	10.2 17.8	13.4 18.2	4 8	2.5 4.3	58	670	320	35
K023	Beef,mince,regular,simmer,drain 1 cup	100	66	764	183	23.6	9.8	0	0	69	409	195	27
K148	Beef,pot roast,stew,lean&fat Beef,rump steak,grilled,50%trim	100	50	1240	297	27.8	20.6	0	0	100	293	251	16
K008	1 steak	100	57	978	234	31	12.2	0	0	84	350	350	29
K010	Beef,rump steak,grilled,lean Beef,sausage,grilled	100	61	804	191	32.7	6.7	0	0	144	91	602	18
K030	Beef,skirt steak,simmered,1&f Beef,topside,roast,baked,1&f	100	54	1070	258	18.3	18.2	5	0	68	930	260	31
K024	Bologna,beef & pork 1 slice(10 x 8.5 x 0.5cm)	100	63	853	205	22.1	12.9	0	0	144	91	602	31
K012	Beef,steak,grilled,lean Beef,topside,roast,baked,1&f	100	59	828	197	35.2	6.2	0	0	82	54	360	24
K014	Bologna,beef & pork 1 slice, 4 in. diam.	100	63	798	191	25.2	10	0	0	48	651	182	16
K145	1 slice, 4 1/2 in. diam. 1 slice, 4-1/2 in. diam. 28.35	100	54	1290	312	11.7	28.3	3	0	70	1280	190	5
K042	Camp pie,canned Chicken,b/less,baked,lean&skin	100	68	651	157	13.4	8.5	7	3.2	577	86	2	6
K038	Chicken,breast,baked,lean	100	57	1040	248	25.4	16.3	0	0	68	65	265	21
K039	Chicken,drumstick,baked,&s Chicken,drumstick,baked,lean	100	66	660	157	28.4	4.8	0	0	55	1020	325	28
K041	Chicken,drumstick,baked,&s Chicken,drumstick,baked,lean	100	57	1000	241	26.4	15	0	0	13	234	120	11
K040	Chicken,drumstick,baked,lean	100	60	873	209	28.3	10.6	0	0	151	51	255	14
K053	Chicken,grizzard Chicken,lightmeat,breaded&fried	100	79	389	92	16.5	2.7	1	0	128	74	212	21
K149	2 pieces	100	46	1240	297	21.9	18.1	12	0.3	91	598	347	23
K044	Chicken,roll Devon/fritz	100	69	665	160	14.4	9.3	5	1.3	154	91	265	12
K049	Duck,roasted	100	60	980	237	12.3	18.2	6	2.4	127	96	280	20
K050	1/4 duck	100	47	1540	372	18.5	33.1	0	0	92	299	127	23
K051	Frankfurters,simmered 1 frankfurter(12.5 x 2.5cm diam.)	100	58	1040	409	20.4	36.4	0	0	101	329	100	22
K054	Goat meat,lean Ham and chicken roll	100	75	511	121	20.9	4.2	0	0	59	49	305	11
K056	Ham and chicken roll	100	60	965	233	13	18	5	1.7	50	800	79	30

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 μ g	Vitamin C mg	Vitamin E mg
K MEAT AND POULTRY													
K006	Beef,corned,canned 1 slice(7.5 x 5 x 0.5cm)	100 28	3.8 1.1	4.5 1.3	21 6	10 3	69 19	0 0	0.26 0.07	2 1	1.8 0.5	0 0	1 1
K061	Beef,hamburger patty,froz,fried 1 patty(1.0 x 7.5cm diam.)	100 61	3.6 2.2	2.2 1.3	3 2	0 0	16 10	0.08 0.05	0.11 0.07	3 2	2.1 1.3	0 0	1 1
K062	Beef,hamburger patty,froz,grill 1 patty(1.0 x 7.5cm diam.)	100 61	4.1 2.5	2.3 1.4	15 9	8 5	41 25	0.08 0.05	0.11 0.07	4 2	2.7 1.6	T T	1 1
K023	Beef,mince,regular,simmer,drain 100	2.3	5.2	0	0	0	0	0.05	0.13	2	1.4	0	T
K148	Beef,pot roast,stewed,lean&fat Beef,rump steak,grilled,50%trim	1 cup 100	3.1 3.7	7.5 4.9	0 2	0 2	0 1	0.13 0.09	0.34 0.34	6 6	3.6 2.45	0 0	T T
K008	Beef,rump steak,grilled,50%trim 1 steak	172	6.4	8.4	3	3	2	0.15	0.58	11	2.8	0	1
K010	Beef,rump steak,grilled,lean Beef,sausage,grilled	100 100	3.9 2.4	5.2 3.7	0 28	0 18	0 62	0.1 0	0.37 0.16	7	1.6	0	T
K030	Beef,skirt steak,simmered,1&f Beef,topside,roast,baked,1&f	100 100	2.8 2.4	10.3 3.7	0 3	0 0	0 0	0.04 0.1	0.39 0.16	3	T	0	T
K024	Beef,silverside,corned,boil,&f 1 slice(10 x 8.5 x 0.5cm)	100 45	2.3 1	2.6 1.4	20 3	13 7	43 0	0.11 0.02	2 0.2	2	1.6	0	T
K012	Beef,skirt steak,simmered,1&f Beef,topside,roast,baked,1&f	100 100	2.4 1.5	3.7 1.9	20 0	12 0	46 0	0.16 0.17	6 3	1.5 1.33	0	21	T
K014	Bologna,beef & pork 1 slice, 4 in. diam.	23	0.4 0.5	0.5 0	0 0	0 0	0 0	0.04 0.05	0.03 0.04	1 1	0.7 0.31	5	T
K145	1 slice, 4-1/2 in. diam. 28.35	0.4 1	0.6 1.5	0 29	0 29	0 0	0 0	0.05 0.07	0.04 0.22	6 7	0.38 0.4	6	T
K042	Camp pie,canned Chicken,b/fless,baked,lean&skin	100 100	1.9 0.6	1.6 0.8	20 T	12 T	46 0	0.06 0.06	0.12 0.12	9	0.4	0	1
K038	Chicken,breast,baked,lean Chicken,drumstick,baked,1&s	100 100	1.2 1.2	2.2 2.4	22 10	22 0	0 0	0.07 0.07	0.29 0.29	5	0.7	0	1
K040	Chicken,drumstick,baked,lean Chicken,gizzard	100 100	1.2 1.8	2.4 2.9	10 42	0 42	0 0	0.07 0.06	0.29 0.1	5	0.7	0	1
K053	Chicken,lightheaded&fried Duck,roasted	100 100	0.9 1.3	1 1.3	36 115	36 0	0 0	0.09 0.12	0.18 0.24	7 2	0.41 0.2	0	1
K149	Chicken,lightheaded&fried 2 pieces	163	1.5 1.6	0.5 0.5	59 37	59 37	0 0	0.15 T	0.29 0.06	12 5	0.67 0.8	0	2
K044	Chicken,roll Devon/fritz	100 100	0.8 2.3	0.5 2.1	0 159	0 157	0 10	0.05 0.06	0.1 0.1	2 2	— —	2	T
K049	Duck,roasted 1/4 duck	110	1.4 —	— 127	— 127	— 0	0 7	0.13 0.08	0.26 0.11	2 2	0.2 1.3	0	T
K051	Frankfurters,simmered 1 frankfurter(12.5 x 2.5cm diam.)	100 57	2.3 1.3	2.4 1.4	1 1	0 0	7 4	0.05 0.05	0.06 1	1 0.7	1 1	1	T
K054	Goat meat,lean Ham and chicken roll	100 100	1.7 1	3.2 1.6	91 174	91 172	0 11	0.08 0.02	0.14 0.14	3 2	0.9 0.8	1.1 2	T
K056													

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol		Sodium	Potassium	Calcium	Magnesium
									kcal	kJ	g	g	g	mg
K MEAT AND POULTRY														
K150	Ham,leg,lean & fat,roasted	100	57	1020	244	28.9	14.3	0	0	0	96	62	374	12
	3 ounces	85	48	866	207	24.6	12.1	0	0	0	82	53	318	10
	1 cup diced	135	77	1380	329	39	19.3	0	0	0	130	84	505	16
K060	Hamburger mince,summer,drained	100	60	902	216	26.7	12.1	0	0	0	93	62	240	15
K068	Lamb,chump chop,grill,50% trim	100	54	1030	246	31.1	13.5	0	0	0	109	74	380	19
	1 chump chop	57	31	586	140	17.7	7.7	0	0	0	62	42	217	11
K070	Lamb,chump chop,grill,lean&fat	100	50	1180	284	29.6	18.4	0	0	0	109	72	370	20
	1 chump chop	61	31	722	173	18.1	11.2	0	0	0	66	44	226	12
K071	Lamb,heart,baked	100	63	770	184	28.1	7.9	0	0	0	199	73	240	6
K072	Lamb,kidney,simmered	100	69	611	145	26.6	4.3	0	0	0	550	200	240	20
	1 cup sliced	150	103	917	218	39.9	6.5	0	0	0	825	300	360	30
K076	Lamb,liver,fried	100	53	1010	242	26.5	13.7	3	0	0	585	100	370	7
K077	Lamb,midloin chop,grilled,l&f	100	47	1530	369	21.6	31.4	0	0	0	110	86	275	8
	1 chop	40	19	612	148	8.6	12.6	0	0	0	44	34	110	3
K079	Lamb,neck chop,summer,lean&fat	100	44	1480	356	27.1	27.5	0	0	0	110	56	210	19
K082	Lamb,shoulder,baked,lean & fat	100	54	1210	290	25.9	20.7	0	0	0	110	88	270	7
K088	Meat paste	100	66	859	207	12.3	13.9	8	1	88	870	200	200	21
K164	Meat flaps,lean and fat,fried	100	48	1400	336	22.4	27.4	0	0	0	109	45	152	18
K161	Pâté de campagne	100	49	1370	332	13.4	29.9	2	—	170	190	320	15	26
K105	Pâté de foie	100	52	1240	299	17.8	24.7	1	1.3	—	159	970	93	24
K162	Pâté,pork liver	100	47	1600	387	10.6	37	3	0	200	660	165	65	13
K055	Pork,fat,boiled	100	27	2600	631	4	68.3	0	0	86	64	117	2	7
K057	Pork,ham legs,non-canned,lean	100	73	453	108	18.8	3.6	0	0	51	1580	270	8	21
K058	Pork,ham steak,grilled	100	65	679	163	19.4	7.8	4	0	47	1400	300	17	20
	1 steak	110	71	747	179	21.3	8.6	4	0	52	1540	330	19	22
K059	Pork,ham,canned,lean and fat	100	74	469	112	17.2	4.5	1	0	42	1250	300	14	20
	1 slice	20	15	94	22	3.4	0.9	T	0	8	250	60	3	4
K101	Pork,leg,baked,lean & fat	100	47	1420	341	25.2	26.7	0	0	92	48	245	6	14
K104	Pork,midloin chop,grilled,&f	100	46	1520	366	23.7	30.1	0	0	92	56	245	14	12
K123	Pork,sausage,fried,home prepare	100	54	1090	262	15.4	20	5	1.4	60	900	220	14	20
	1 sausage	71	39	772	186	10.9	14.2	4	1	43	639	156	10	14
K124	Pork,sausage,grill,home prep	100	51	1190	287	16.8	21.7	6	1.5	64	950	230	14	21
	1 sausage	71	36	844	204	11.9	15.4	4	1.1	45	675	163	10	15
K151	Pork,spareribs,lean&fat,cooked	100	40	1610	387	28.9	30.1	0	0	120	324	318	47	24
K120	Salami	100	34	1780	430	21.7	37.6	1	0	104	1460	168	26	22
K132	Spam,canned	100	51	1380	334	12.5	31	1	0.5	5	1570	190	7	1
K153	Turkey tail,cooked	100	58	978	234	26.4	14.3	0	0	90	304	258	33	22

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol	B-carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E
K	MEAT AND POULTRY	g	mg	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg
K150	Ham,leg,lean & fat,roasted 3 ounces	100 85	1.1 0.9	2.8 2.4	3 3	3 0	0 0.64	0.75 0.33	5 4	0.72 0.61	0.2 0.2	T	
	1 cup diced	135	1.4	3.8	4	4	0.1	0.44	6	0.97	0.3	T	
K060	Hamburger mince,summer,drained	100	2.8	6.1	12	10	0.05	0.21	4	1.5	0	T	
K068	Lamb,chump chop,grill,50% trim	100	3.3	4.5	3	0	0.06	0.29	5	2.2	0	T	
	1 chump chop	57	1.9	2.6	2	0	0.03	0.17	3	1.3	0	T	
K070	Lamb,chump chop,grill,lean&fat 1 chump chop	100 61	3.2 2	4.3 2.6	6 4	0 0	0.05	0.27	5	2	0	T	
K071	Lamb,heart,baked	100	6	3.7	T	0	T	0.41	1.3	5	14	0	T
K072	Lamb,kidney,simmered	100	11.4	3.9	113	110	20	0.48	1.8	7	77	9	1
	1 cup sliced	150	17.1	5.9	170	165	30	0.72	2.7	10	116	14	1
K076	Lamb,liver,fried	100	11.1	5	35400	35400	60	0.25	4.5	15	74	23	T
K077	Lamb,midloin chop,grilled,l&f 1 chop	100 40	2 0.8	2.6 1	0 0	0 0	0.05	0.13	3	2	0	T	
K079	Lamb,neck chop,simmer,lean&fat	100	2.4	7.7	6	6	0	0.02	0.05	1	0.8	0	T
K082	Lamb,shoulder,baked,lean & fat	100	1.7	4.4	10	10	0	0.05	0.22	3	2	0	T
K088	Meat paste	100	2.6	1.9	T	T	T	0.1	0.23	3	3.1	0	T
K164	Mutton flaps,lean and fat,fried	100	2	3.2	4	4	0	0.11	0.4	8	2.8	0	T
K161	Pâté de campagne	100	6.1	—	—	—	—	0.51	0.75	6	—	3.7	1
K105	Pâté de foie	100	9.3	3.6	10800	10800	—	0.36	1	6	7	27	1
K162	Pâté,pork liver	100	6.2	—	600	600	0	0.06	0.8	4	6.3	1	T
K055	Pork,fat,boiled	100	0.6	0.7	6	6	0	0.19	0.05	1	0.5	0	T
K057	Pork,ham leg,non-canned,lean	100	1.3	2.2	0	0	0	0.38	0.27	4	0.9	0	T
K058	Pork,ham steak,grilled	100	1.6	2.5	14	14	0	0.33	0.19	4	0.8	3	T
K059	Pork,ham,canned,lean and fat	100	1.3	3.4	0	0	0	0.25	0.23	5	0.6	0	T
	1 slice	20	0.3	0.7	0	0	0	0.05	0.05	1	0.1	0	T
K101	Pork,leg,baked,lean & fat	100	1.3	2.4	6	6	0	0.51	0.21	4	1.7	0	T
K104	Pork,midloin chop,grilled,l&f	100	1	1.7	7	7	0	0.63	0.15	4	0.9	0	T
K123	Pork,sausage,fried,home prepare	100	1.6	2.3	19	17	9	0	0.16	3	1.1	1	T
	1 sausage	71	1.1	1.6	13	12	6	0	0.11	2	0.8	1	T
K124	Pork,sausage,grill,home prepare	100	1.6	2.4	22	20	10	0	0.17	3	1.1	1	T
	1 sausage	71	1.1	1.7	16	14	7	0	0.12	2	0.8	1	T
K151	Pork,spareribs,lean&fat,cooked	100	1.8	4.6	3	3	0	0.41	0.38	5	1.07	0	T
K120	Salami	100	2.4	4.1	9	0	52	0.2	0.19	5	1.4	0	T
K132	Spam,canned	100	1.4	2.3	16	16	0	0.11	0.01	T	0.1	0	T
K153	Turkey tail,cooked	100	2.2	3.9	0	0	0	0.05	0.22	3	0.34	0	T

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium	
		g	g	kJ	kcal	g	g	g	mg	mg	mg	Ca	Mg	
K MEAT AND POULTRY														
K154	Turkey,whole,roasted 1 lb raw turkey 1 turkey	100 260 4023	62 2150 3290	826 512 7930	197 72.8 1130	28 24.6 380	9.5 24.6 3	T T 0	0 247 3820	67 174 2700	272 707 10900	26 68 1050	24 62 966	
K142	Veal schnitzel,frozen,fried	100	42	1420	343	15.3	27	10	1.1	54	730	250	16	16
K139	Veal,loin chop,grilled,lean&fat	100	66	674	160	29.2	4.8	0	0	111	100	355	8	24
M MILK AND MILK PRODUCTS														
M005	Cheese spread,cheddar	100	51	1210	293	15.9	24.7	2	0	68	1450	110	470	
M006	Cheese,blue vein 1 piece(9 x 5.5 x 1cm)	100	41	1550	373	2.9	4.4	T	0	12	261	20	85	
M007	Cheese,brie	100	49	1410	340	82	32.4	T	0	100	1090	88	510	
M048	Cheese,camembert	100	46	1510	365	19.3	7.1	T	0	22	240	19	112	
M008	Cheese,cheddar,processed	1/4 round 1 cup shredded 2.0 cubic cm piece	31 118 42	468 1680 1990	113 406 479	5.3 10.2 30	29.1 25.4 33.8	T	0	96 605	605	112	5	
M009	Cheese,cheddar,processed	100	44	1390	334	5.6	7.4	T	0	119	773	86	470	
M010	Cheese,cottage	1 slice 1 tablespoon	21 15	291 11	70 92	21.4 22	10.2 2.3	T	0	100	180	32	109	
M046	Cheese,edam 2.0 cubic cm piece	100	43	1360	327	4.5	5.8	T	0	17	284	13	131	
M012	Cheese,mozzarella	100	48	1260	302	52	4	T	0	36	200	97	67	
M045	Cheese,roquefort	100	41	1530	370	15.3	9.3	T	0	13	72	19	144	
M013	Cheese,Swiss	100	37	1590	384	28.4	30	T	0	63	375	65	7	
M014	Cream cheese,dip,flavoured	100	60	1060	256	4.6	21.6	T	0	5	30	15	10	
M049	Cream substitute,powdered	100	9	158	45	3.9	3.3	T	0	9	56	10	1	
M052	Cream,pure	100	52	1660	404	18.7	32.8	T	0	80	450	120	900	
M054	Cream, reduced fat,canned	100	66	1090	265	61	0.3	4.1	0	0	81	415	73	
M051	Cream,sour	100	57	1470	357	24.9	6.4	T	0	0	680	290	880	
M053	Cream,thickened,UHT	100	57	1450	352	8	5.3	T	0	20	3	125	19	
						0.7	3.2	2	0	9	56	10	1	
						0.8	4.8	5.5	0	102	482	234	161	
						0.9	35.5	55	0	0	181	812	22	
						1.0	42.8	3	0	136	21	95	45	
						1.1	21.6	4	0	20	3	14	5	
						1.2	26.5	4	0	85	39	110	60	
						1.3	357	2.4	2	0	100	33	110	
						1.4	37.7	5.3	0	14	5	15	7	
						1.5	352	2.4	4	0	93	51	113	
						1.6	36.4	4	0	93	51	113	8	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	
		g	mg	mg	μ g	μ g	μ g	mg	mg	mg	μ g	mg	mg	
K MEAT AND POULTRY														
K154	Turkey,whole,roasted 1 lb raw turkey 1 turkey 4023	100 260 80.9	2 5.2 127	3.2 8.2 2740	68 177 0	0 0 2.25	0.06 0.15 0.09	0.21 0.54 8.29	5 13 199	1.28 3.33 51.5	0.1 0.3 4	1 2 24		
K142	Veal schnitzel,frozen,fried	100	2	1.4	7	7	T	0.17	5	1.4	0	T		
K139	Veal,loin chop,grilled,lean&fat	100	1.9	3	7	6	9	0.07	3	0.9	0	T		
M MILK AND MILK PRODUCTS														
M005	Cheese spread,cheddar 1 tablespoon	100 18	0.3 0.1	2.4 0.4	211 38	185 33	157 28	0.04 0.01	0.24 0.04	0	0.6 0.1	0	T	
M006	Cheese,blue vein 1 piece(9 x 5.5 x 1cm)	100 22	0.2 T	3 0.7	337 74	314 69	141 31	0.04 0.01	0.42 0.09	1	0.6 0.1	0	T	
M007	Cheese,brie	100	0.3	2.9	380	350	178	0.03	0.6	1	1.2 0.1	0	T	
M048	Cheese,camembert 1/4 round	100 31	0.8 0.2	— 3.6	313 389	277 353	213 212	0.05 0.02	0.43 0.13	1	2.6 0.8	0	T	
M008	Cheese,cheddar 1 cup shredded 2.0 cubic cm piece	100 118 22	0.3 0.4 0.1	4.2 4.2 0.8	459 417 86	417 250 78	250 0.02	0.59 0.59	T T	1.4 1.4	0	1 1		
M009	Cheese,cheddar,processed 1 slice	100 21	0.3 0.1	3.7 0.8	272 57	245 51	160 34	0.01 0.01	0.4 0.4	T T	0.3 0.9	0	T	
M010	Cheese,cottage 1 tablespoon 1 cup	100 15 241	0.1 0.1 0.2	0.6 14 1.4	96 13 231	87 13 210	52 8 215	0.02 0.06 0.05	0.4 0.11 0.01	T T T	0.8 0.1 0.96	0	T	
M046	Cheese,edam 2.0 cubic cm piece	100 16	0.3 T	4.6 —	217 38	191 34	154 22	0.04 0.01	0.3 0.1	T T	0.24 0.2	0	T	
M012	Cheese,mozzarella 2 tablespoons chopped	100 15	0.3 T	0.4 0.7	182 33	166 29	154 23	0.04 0.01	0.3 0.05	T T	1.5 0.2	0	T	
M045	Cheese,roquefort Cheese,Swiss	100 100	0.5 0.2	309 4.2	309 279	0 257	135 129	0.04 0.03	0.46 0.54	T T	1.47 1.35	0	T	
M013	Cream cheese,dip,flavoured 1 tablespoon	100 15	0.3 T	0.4 0.1	182 192	166 14	154 14	0.04 0.02	0.3 0.05	T T	0.25 0.04	0	T	
M014	Cream substitute,powdered Cream,pure	100 100	0.5 0.1	20 0.3	20 580	0 530	120 320	0 T	0.17 0.2	T T	0 0.2	0	T	
M049	Cream substitute,powdered Cream,sour	100 100	1.2 0.1	0.5 0.2	460 64	417 58	260 36	0.06 0.05	0.33 0.39	T T	0.4 0.1	0.9 0.1	T	
M052	1 tablespoon	15	T	87	80	48	T	—	—	—	—	—	—	
M054	Cream,reduced fat,canned	100	0.3	0.3	192	176	97	0.06	0.33	0	0.4	0.9	1	
M051	Cream,sour	100	0.1	0.2	460	417	260	0.03	0.39	T	0.4	0.9	1	
M053	Cream,thickened,UHT	100	0.2	0.3	326	300	155	0.06	0.2	0	0.2	0.1	1	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
M		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
M MILK AND MILK PRODUCTS													
M044	Fromage frais	100	81	480	116	7.7	8	3	0	30	29	90	10
M043	Fromage frais,fat-free	100	86	196	47	7.5	0.2	4	0	0	33	126	12
M020	Ice cream, vanilla	100	63	814	197	4.1	11.2	20	0	20	70	192	13
M055	Infant formula,Isomil,& water	1 cup	143	90	1160	282	5.9	16	29	0	100	275	19
M056	Infant formula,Similac,& water	100	90	281	68	1.8	3.7	7	—	—	32	77	5
M021	Milk powder,skim	100	4	1500	359	1.5	3.6	7	0	—	19	73	51
M022	Milk powder,whole	1 tablespoon	7.6	T	114	2.8	0.1	4	0	3	32	128	9
M019	Milk,breast,colostrum	100	88	234	57	2	2.2	2.1	3	0	9	28	7
M004	Milk,breast,mature	1 tablespoon	15.6	14	45	11	0.2	0.6	1	0	2	2	T
M029	Milk,condensed,skim,sweet,can	100	28	1160	280	10.1	0.3	59	0	42	39	151	89
M023	Milk,condensed,whole,sweetened	1 tablespoon	20	6	232	56	2	0.1	12	0	2	26	33
M024	Milk,evaporated,skim,canned	100	26	1400	338	8.3	9.3	55	0	35	107	400	27
M025	Milk,evaporated,whole,canned	1 tablespoon	19	5	266	64	1.6	1.8	11	0	7	20	53
M026	Milk,goat	100	80	319	76	7.8	0.3	11	0	5	97	330	24
M028	Milk,skim,fluid	1 tablespoon	15.5	14	32	8	0.5	0.4	1	0	28	108	26
M030	Milk,whole	1 cup	258	230	537	129	8	6.7	9	0	23	170	400
M031	Milk,whole,ultra heat treated	100	87	272	66	9.4	0.3	13	0	8	10	29	2
M039	Yoghurt,fruit	1 cup	258	225	702	170	9	9.5	12	0	13	114	31
M040	Yoghurt,natural,low fat,unsw	1 small carton	150	78	392	94	4.9	2.8	12	0	2	41	11
M041	Yoghurt,natural,unsweetened	1 small carton	100	85	283	68	4.7	3.4	5	0	16	55	16

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron	Zinc	Tot. vit A	Retinol	B-carotene	Thiamin	Riboflavin	Niacin	Vitamin	Vitamin	
			Fe	Zn	equiv.	equiv.	equiv.	mg	mg	mg	mg	mg	
M	MLK AND MILK PRODUCTS												
M044	Fromage frais	100	0.3	—	80	74	38	0.03	0.24	T	0.7	1.2	
M043	Fromage frais,fat-free	100	0.4	—	0	0	0	0.04	0.3	T	0.9	0.5	
M020	Ice cream,vanilla	100	0.1	0.4	156	140	100	0.05	0.3	1	0.3	0	
M055	Infant formula,Isomil,& water	1 cup	143	0.1	0.6	223	200	143	0.07	0.4	1	0.4	0
M056	Infant formula,Similac,& water	100	1.2	0.5	60	—	—	0.04	0.06	1	0.3	5.5	
M021	Milk powder,skim	100	1.2	0.5	60	—	—	0.07	0.1	1	0.17	5.5	
M022	Milk powder,whole	100	0.3	2.8	370	340	170	0.37	1.6	1	3.1	3	
M019	Milk,breast,colostrum	100	0.1	0.6	178	155	135	0.03	0.1	T	0.3	T	
M004	Milk,breast,mature	100	0.1	0.3	62	58	24	0.02	0.03	T	0.1	7	
M029	Milk,condensed,skim,sweet,can	100	0.1	1.1	0	0	0	0.09	0.7	1	0.9	2	
M023	Milk,condensed,whole,sweetened	100	0.1	0.8	107	100	40	0.08	0.6	1	0.6	1	
M024	Milk,evaporated,skim,canned	100	0.2	0.9	1	T	9	4	T	T	1	1	
M025	Milk,evaporated,whole,canned	100	0.2	0.8	93	85	45	0.06	0.5	T	0.1	1	
M028	Milk,skim,fluid	1 tablespoon	15.9	T	0.1	15	14	7	0.01	0.1	T	T	
M026	Milk,goat	1 cup	266	0.5	2.1	247	226	120	0.16	1.3	1	0.3	
M030	Milk,whole	1 tablespoon	15.5	T	0.1	5	5	0	0.06	0.14	1	0.04	
M031	Milk,whole,ultra heat treated	1 cup	258	0.3	1	83	83	0	0.01	0.02	T	0.01	
M039	Yoghurt,fruit	1 small carton	100	0.1	0.4	0	0	0	0.04	0.2	T	0.38	
M040	Yoghurt,natural,low fat,unsweetened	1 small carton	150	0.2	0.8	56	47	67	0.13	0.5	T	0.9	
M041	Yoghurt,natural,unsweetened	100	0.1	0.6	0	0	0	0.03	0.3	T	0.03	0	
		1 small carton	150	0.2	0.9	0	0	0	0.05	0.5	T	0.05	
					0.5	39	36	19	0.03	0.3	T	0.2	
					0.8	59	54	29	0.05	0.5	T	0.3	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
N	EGGS	g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
N004	Egg, chicken,fried 1 egg(size: no. 7)	100	60	1070	258	16.3	21.3	T	0	506	146	153	69
N005	Egg, chicken,poached 1 egg(size: no. 7)	46	28	492	119	7.5	9.8	T	0	233	67	70	32
N006	Egg, chicken,scrambled 1 egg	100	75	628	151	12.3	11.2	T	0	428	87	77	53
N003	Egg, chicken,white,hard boiled 1 medium	50	38	314	76	6.2	5.6	T	0	214	44	39	27
N007	Egg, chicken,whole,hard boiled 1 egg(size: no. 7)	100	73	683	165	10.4	13.5	T	0	314	141	128	750
N008	Egg, chicken,yolk,hard boiled 1 medium	49	62	423	102	6.4	8.4	T	0	195	87	79	465
N002	Egg,duck,whole,raw Egg,quail,whole,raw	100	50	1450	351	16.1	31.7	T	0	685	307	279	1640
N014	Egg,turtle,whole Omelette,plain	100	17	247	60	2.7	5.4	T	0	0	0	0	0
N015	Omelette,plain	100	71	680	163	14.3	11.8	T	0	429	123	107	43
N013	Omelette,plain	100	73	682	164	12.3	12.7	T	0	210	60	52	21
P	FATS AND OILS												
P008	Beef,dripping	100	1	3660	890	0.2	98.8	T	0	90	0	0	0
P003	Butter,regular	1 tablespoon	12	T	439	107	T	11.9	T	0	11	T	0
P025	Coconut cream,canned/UHT	100	15	3040	740	0.8	81.4	T	0	200	720	22	23
P026	Coconut cream,fresh,no water	100	54	1350	327	4.4	32.3	T	0	10	36	1	1
P029	Coconut cream,water added	100	66	1060	258	3.2	24.9	T	0	30	108	3	3
P024	Coconut oil	100	T	3700	899	T	99.9	T	0	0	1	—	—
P022	Ghee,butter	100	1	3630	883	0.4	97.6	T	0	268	30	27	10
P014	Margarine,cooking	100	15	2980	726	0.6	80	T	0	93	1130	33	11
P015	Margarine,poly-unsat.reduce fat	100	57	1480	361	0.1	40	T	0	4	300	47	3
P016	Margarine,poly-unsat,regular	100	16	2990	728	0.4	80.5	T	2	T	15	2	T
P017	Oil,olive	100	14	T	515	125	T	99.4	T	0	7	0	14
	1 tablespoon									T	1	0	2

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E
N EGGS													
N004	Egg,chicken,fried	1 egg(size: no. 7)	100	2	1.3	200	200	0	0.1	0.38	T	1.3	0
N005	Egg,chicken,poached	1 egg(size: no. 7)	100	0.9	0.6	92	92	0	0.05	0.17	T	0.6	0
N006	Egg,chicken,scrambled	1 egg	100	2	1.2	216	216	0	0.09	0.29	T	1.9	0
		1 egg	62	0.8	0.6	108	108	0	0.05	0.15	T	1	0
		1 egg	62	0.9	0.5	218	211	43	0.08	0.38	T	1.5	0
		1 cup	218	3.3	1.7	475	460	94	0.05	0.24	T	0.9	0
N003	Egg,chicken,white,hard boiled	100	0.2	T	0	0	0	0	0.17	0.83	T	3.3	0
		1 medium	32	0.1	T	0	0	0	0.1	0	T	0	0
N007	Egg,chicken,whole,hard boiled	100	1.8	0.9	148	148	0	0.07	0.35	0	2	0	1
		1 egg(size: no. 7)	49	0.9	0.4	73	73	0	0.03	0.17	0	1	0
N008	Egg,chicken,yolk,hard boiled	100	4.8	2.7	431	431	0	0.19	0.42	0	2.9	0	3
		1 medium	17	0.8	0.5	73	73	0	0.03	0.07	0	0.5	0
N002	Egg,duck,whole,raw	100	2.9	1.4	560	540	120	0.16	0.47	T	5.4	0	1
N014	Egg,quail,whole,raw	100	3.1	1.3	196	193	18	0.14	1.3	T	1.7	0	1
N015	Egg,turtle,whole	100	1.4	1.7	19	18	3	0.17	0.17	0	3	0	1
N013	Omelette,plain	100	1.4	0.8	149	145	22	0.07	0.35	T	2.5	0	1
	1 egg omelette	64	0.9	0.5	95	93	14	0.04	0.22	T	1.6	0	1
P FATS AND OILS													
P008	Beef,dripping	1 tablespoon	100	12	T	0	0	23	T	T	T	0	T
P003	Butter,regular	1 teaspoon	100	T	947	870	460	0.01	0.06	1	0.2	T	2
		1 tablespoon	5	T	47	44	23	T	T	T	T	T	T
P025	Coconut cream,canned/UHT	100	1	0.4	0	0	0	0	0.01	T	0	T	T
P026	Coconut cream,fresh,no water	100	1.8	—	0	0	0	0	0.02	T	0	—	1
P029	Coconut cream,water added	100	1.6	—	0	0	0	0	0.03	T	0	—	1
P024	Coconut oil	100	T	—	T	0	T	T	T	T	0	—	1
P022	Ghee,butter	100	1.8	0.1	546	497	296	0	0	1	2.5	3	3
P014	Margarine,cooking	100	0.1	T	875	770	630	0.01	0.04	T	0	12	12
P015	Margarine,poly-unsat,reduce fat	100	T	1230	990	1410	T	T	T	T	0.1	0	16
P016	Margarine,poly-unsat,regular	100	T	61	50	71	T	T	T	T	0	1	1
	1 teaspoon	5	T	933	850	500	T	T	T	T	0	12	12
P017	Oil,olive	1 tablespoon	100	1.2	0.1	T	0	T	T	T	0	0	5
		14	0.2	T	T	0	T	T	T	T	0	0	1

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
P	FATS AND OILS	g	g	kJ	kcal	g	g	g	mg	mg	mg	Ca	Mg
P019	Oil,peanut	100	T	3680	895	T	99.4	T	0	1	0	0	1
P021	Palm oil,red	1 tablespoon	14	T	515	125	T	13.9	T	0	0	T	T
P020	Vegetable oil,polyunsaturated	100	T	514	125	T	99.3	0	0	T	—	0	T
	1 tablespoon	14	T	3670	894	T	13.9	0	0	T	—	0	T
Q	PROCESSED FOODS	g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
Q082	Baby food,apples&apricot,strain	100	88	173	42	0.2	0.2	10	1.8	0	3	120	6
Q083	Baby food,apricot&tapioca,jun.	1 jar	135	234	57	0.3	0.3	13	2.4	0	4	162	5
Q084	Baby food,beef,junior	1 jar	220	181	585	64	0.3	0	16	1.5	0	125	8
		100	80	428	102	141	0.7	0	35	3.3	0	13	4
												275	9
Q085	Baby food,lamb,strained	1 jar	99	80	415	99	14.1	4.7	T	0	12	61	18
Q079	Baby food,mix vegetable,strain	100	89	145	35	1.2	0.1	7	2.2	0	8	190	9
Q080	Baby food,vegetable&beef,strain	1 jar	99	80	411	98	14	4.7	T	0	12	61	203
Q081	Baby food,vegetable&lamb,junior	100	89	198	48	2.1	1.7	6	1.1	6	13	95	7
		100	189	422	102	4.5	3.6	13	2.3	13	28	202	11
Q068	Beans with chili,canned	100	76	424	102	5.7	5.5	8	4.4	17	522	365	14
	1/2 cup	128	97	543	131	7.3	7	10	5.6	22	668	467	5
	1 cup	255	193	1080	260	14.6	14	19	11.2	43	1330	931	12
Q066	Cheese snack,Twistie-type	100	2	2100	510	9.1	27.9	56	2.7	8	1000	174	29
Q086	Cheesburger,double patty & bun	100	43	1180	285	13.8	13.5	27	0.7	50	557	178	21
	1 burger	160	69	1890	456	22.1	21.6	43	1.1	80	891	285	34
Q003	Cheesecake,commercial	100	38	1430	346	6.4	22.2	30	1	46	270	170	20
Q006	Corn chips,flavoured	100	2	2050	498	7.1	29	52	10.1	2	510	145	34
	1 small packet	50	1	1030	249	3.6	14.5	26	5.1	1	255	73	17
Q087	Frankfurter,bun&catsup/mustard	100	47	1150	277	8.9	16	24	1	23	880	160	52
Q013	Hamburger,bacon	100	49	1050	254	12.1	13.1	22	1.7	29	780	190	20
Q014	Hamburger,cheese	100	48	1080	260	13.6	13.3	21	1.7	34	760	210	16
Q015	Hamburger,egg	100	50	979	236	12.4	11.8	20	1.6	110	600	210	16
Q016	Hamburger,plain	100	51	929	224	10.7	10.2	22	1.8	26	660	190	21
Q017	Irish stew,canned,heated	100	82	356	86	5.3	4.6	6	2.4	42	320	170	8

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 μ g	Vitamin C mg	Vitamin E mg
P FATS AND OILS													
P019	Oil,peanut	1 tablespoon	100	0.1	T	0	T	T	T	T	0	0	15
P021	Palm oil,red	1 tablespoon	100	0	T	2000	0	12000	T	T	0	0	2
P020	Vegetable oil,polyunsaturated	1 tablespoon	14	T	T	280	0	1680	T	T	0	0	28
Q PROCESSED FOODS													
Q082	Baby food,apples&apricot,strain	1 jar	135	0.3	T	39	0	234	0.01	0.03	T	0	18.9
Q083	Baby food,apricot&tapioca,jun.	1 jar	220	0.6	T	53	0	316	0.02	0.04	T	0	25.5
Q084	Baby food,beef;junior	100	1.7	2	T	72	—	—	0.01	0.01	T	0	1
Q085	Baby food,lamb,strained	1 jar	99	1.6	2	158	—	—	0.02	0.03	T	0	17.9
Q079	Baby food,mix vegetable,strain	100	0.3	0.2	T	31	0	0.01	0.01	0.16	3	1.47	1
Q080	Baby food,vegetable&beef,strain	100	0.4	0.3	T	31	0	0.01	0.02	0.16	3	1.46	T
Q081	Baby food,vegetable&lamb;junior	100	0.3	0.2	T	26	0	0.02	0.02	0.2	3	2.19	1.2
Q068	Beans with chili,canned	1 jar	128	0.4	T	273	0	1640	0.02	0.03	3	2.17	T
Q066	Cheese snack,Twistie-type	100	0.3	0.2	T	349	0	2100	0.02	0.04	1	0	1.2
Q086	Cheeseburger,double patty & bun	1 burger	128	4.4	T	171	—	—	0.02	0.03	1	0.25	1
Q003	Cheesecake,commercial	100	0.7	0.5	T	219	—	—	0.03	0.04	1	0.32	1.5
Q006	Corn chips,flavoured	1 cup	255	8.8	T	199	—	—	0.02	0.03	1	0.16	1.7
Q087	Frankfurter,bun&catsup/mustard	1 small packet	50	1.1	T	424	—	—	0.05	0.07	1	0.34	T
Q013	Hamburger,bacon	100	1.7	1.7	T	940	25	5480	0.02	0.01	1	0	3.6
Q014	Hamburger,cheese	100	1.7	2	T	41	34	42	0.21	0.24	4	1.2	0
Q015	Hamburger,egg	100	1.9	2.2	T	4.4	66	54	0.34	0.38	6	1.9	0
Q016	Hamburger,plain	100	1.7	2	T	140	0	120	0	0.13	T	0	1
Q017	Irish stew,canned,heated	100	0.7	0.8	T	110	0	0	0.23	0.27	1	0	4.3

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium Na	Potassium K	Calcium Ca	Magnesium Mg
Q	Food	g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
Q PROCESSED FOODS													
Q018	Lasagna,commercial	100	69	541	131	7.5	5.7	12	3.1	17	235	105	54
Q029	Papadums,fried in vegetable oil	100	10	1510	364	17.5	16.9	36	9.1	0	2420	—	170
Q078	Peanut butter,no added sugar	100	1	2510	608	27.7	51.6	8	10.9	0	300	610	46
Q075	Peanut butter,smooth,with salt	17	T	427	103	4.7	8.8	1	1.9	0	51	104	8
	1 tablespoon	1		2510	607	24.6	50	15	5.9	0	478	721	34
	1 tablespoon	17	T	427	103	4.2	8.5	3	1	0	81	123	6
	1 cup	258	4	6480	1570	63.4	129	38	15.2	0	1230	1860	88
Q032	Pie,apple,deep,baked	100	40	1000	243	2.6	13.9	27	1.5	2	125	85	11
	1 slice (1/6 pie)	80	32	802	194	2.1	11.1	22	1.2	2	100	68	9
Q033	Pie,fruit,commercial	100	48	1030	250	3.1	10.6	36	1.3	13	260	89	14
	1 slice (1/6 pie)	80	38	826	200	2.5	8.5	29	1	10	208	71	11
Q022	Pie,meat,family size	100	52	935	226	8.3	14.6	15	1.1	19	605	113	11
	1 slice(1/6th pie)	80	41	748	181	6.6	11.7	12	0.9	15	484	90	9
Q023	Pie,meat,individual size	100	51	937	227	7.7	13.8	18	1.1	19	605	113	11
	1 pie	172	88	1610	390	13.2	23.7	31	1.9	33	1040	194	19
Q076	Pizza with meat,thick crust	100	37	1240	299	12	12.8	34	1.9	18	652	200	153
Q034	Pizza,hain & pineapple,froz,bake	100	47	1010	243	13.4	10.1	25	2.6	14	725	150	19
Q035	Pizza,supreme,frozen,baked	100	47	1040	252	13.8	10.6	25	3.2	19	750	160	20
Q036	Popcorn,regular,commercial	100	4	1940	469	9.1	24.4	53	8.5	16	980	210	9
Q037	Potato crisps,plain	100	3	2080	505	6.4	32.1	48	11.9	0	640	1200	25
	1 small packet	50	1	1040	253	3.2	16.1	24	6	0	320	600	13
Q069	Potato crisps,plain,salted	100	2	2200	533	7	34.6	48	4.5	0	594	1280	24
	1 small packet	50	1	1100	267	4	17.3	24	2.3	0	297	638	12
Q038	Potato straws,plain	100	2	2130	516	6.9	31.3	52	11.9	0	660	1390	31
Q039	Pretzels	100	5	1530	370	11.7	7.2	65	3.3	0	1980	170	25
Q040	Pudding,plum,canned	100	32	1160	281	5	7.1	49	2.6	22	345	215	51
Q041	Pudding,self saucing	100	48	981	238	3.1	6.8	41	0.9	50	205	46	33
Q042	Quiche,ham & cheese,comm.,baked	100	46	1300	315	9.8	22.1	19	0.7	129	535	137	14
Q043	Ravioli,commercial	100	69	540	130	7.5	5	14	1.5	17	295	155	71
Q050	Sausage roll	100	42	1190	289	8	17.7	24	1.3	20	630	98	18
	1 sausage roll	54	1540	373	10.3	22.8	31	1.7	26	813	126	23	22
Q053	Soup,chicken noodle,dry,prep	100	94	77	19	0.8	0.1	4	0	1	440	76	5
	1 cup	258	243	199	49	2.1	0.3	9	0	3	1140	196	13
Q054	Soup,cream vege,canned,prepared	100	89	221	53	1.5	2.6	6	0.5	5	390	79	37
	1 cup	257	230	568	136	3.9	6.7	15	1.3	13	1000	203	95
Q055	Soup,minestrone,home prepared	100	85	190	46	3.3	1.4	5	3.7	3	200	260	26
	1 cup	268	227	509	123	8.8	3.8	13	9.9	8	536	697	70
Q052	Soup,tomato,canned,prepared	100	89	179	43	1.3	0.9	8	0.2	3	340	190	35
	1 cup	258	229	462	111	3.4	2.3	19	0.5	8	877	490	90

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	
Q	Food	g	mg	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	
PROCESSED FOODS														
Q018	Lasagna,commercial	100	1	1	35	21	83	0.02	0.1	2	0.4	1	—	—
Q029	Papadums,fried in vegetable oil	100	11	2.5	—	0	—	0.13	0.09	1	0	0	—	—
Q078	Peanut butter,no added sugar	100	2	2.9	1	0	5	0.11	0.12	16	—	0	5	5
Q075	Peanut butter,smooth,with salt	100	3	0.5	T	0	1	0.02	0.02	3	—	0	1	1
	1 tablespoon	17	0.7	2.5	0	0	0	0.14	0.1	13	0	0	5	5
	1 tablespoon	17	0.3	0.4	0	0	0	0.02	0.02	2	0	0	1	1
	1 cup	258	4.3	6.5	0	0	0	0.35	0.26	34	0	0	13	13
Q032	Pie,apple,deep,baked	100	0.4	0.2	5	1	21	0.02	0.01	1	0	9	—	—
Q033	Pie,fruit,commercial	100	0.6	—	42	0	17	0.02	0.01	1	0	7	—	—
	1 slice (1/6 pie)	80	0.3	0.2	4	1	250	0.02	0	1	—	13	—	—
Q022	Pie,meat,family size	100	1.2	1.1	20	20	0	0.02	0	1	—	10	—	—
	1 slice (1/6th pie)	80	1	0.9	16	0	0	0.05	0.1	1	0.62	0	—	—
Q023	Pie,meat,individual size	100	1.2	1.1	20	20	0	0.06	0.13	3	0.77	0	—	—
	1 pie	172	2.1	1.9	34	0	0	0.1	0.22	5	1.32	0	—	—
Q076	Pizza with meat,thick crust	100	2.5	1.2	56	27	169	0.33	0.32	3	0.27	6.8	1	1
Q034	Pizza,ham & pineapple,froz.,bake	100	1	1.2	91	63	170	0.02	0.14	2	—	3	—	—
Q035	Pizza,supreme,frozen,baked	100	1	1.3	105	77	170	0.02	0.18	2	—	5	—	—
Q036	Popcorn,regular,commercial	100	2.2	2	140	0	870	0.07	0.09	3	0	0	4	4
Q037	Potato crisps,plain	100	2.5	1.3	0	0	0	0.12	0.07	3	0	44	3	3
	1 small packet	50	1.3	0.7	0	0	0	0.06	0.04	2	0	22	2	2
Q069	Potato crisps,plain,salted	100	1.6	1.1	0	0	0	0.17	0.2	4	0	31.1	3	3
	1 small packet	50	0.8	0.6	0	0	0	0.08	0.1	2	0	15.6	2	2
Q038	Potato straws,plain	100	3.6	1.1	0	0	0	0.11	0.05	3	0	42	—	—
Q039	Pretzels	100	3.4	0.7	10	9	6	0.11	0.09	3	0	0	—	—
Q040	Pudding,plum,canned	100	1	0.5	5	1	25	0.02	0.07	1	—	0	—	—
Q041	Pudding,self saucing	100	0.6	0.4	10	9	5	0	0.08	1	—	0	—	—
Q042	Quiche,ham & cheese,comm.,baked	100	0.5	0.1	120	110	64	0.02	0.23	2	—	0	—	—
Q043	Ravioli,commercial	100	0.8	0.4	10	1	52	0.02	0.08	2	—	0	—	—
Q050	Sausage roll	100	1.4	1	20	20	0	0.06	0.08	2	—	0	1	1
Q053	Soup,chicken noodle,dry,prep	100	0.1	0	0	0	1	0.05	0.06	0	0.04	0	—	—
	1 sausage roll	129	1.8	1.3	26	26	0	0.08	0.1	2	—	0	—	—
	1 cup	258	0.3	0	0	0	3	0.13	0.15	0	0.1	0	—	—
Q054	Soup,cream veg.,canned,prepared	100	0.2	0.4	10	7	18	0	0.14	0	—	0	—	—
	1 cup	257	0.5	1	26	18	46	0	0.36	0	—	0	—	—
Q055	Soup,minestrone,home prepared	100	1.1	0.4	68	25	260	0.05	0.02	1	—	1	—	—
	1 cup	268	2.9	1.1	182	67	697	0.13	0.05	2	—	3	—	—
Q052	Soup,tomato,canned,prepared	100	0.2	0.2	28	10	110	0.12	0.07	1	—	1	—	—
	1 cup	258	0.5	0.5	72	26	284	0.31	0.18	2	—	3	—	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
Q PROCESSED FOODS													
Q077	Spaghetti,canned-tomato sauce	100	82	263	64	1.9	0.4	13	0.7	0	420	110	12
	1 cup	264	216	694	169	5	1.1	35	1.8	0	1110	290	32
Q061	Vegetables and sausages,canned	100	81	339	82	3.9	4.2	7	2	10	435	193	23
Q062	Vegetables and steak,can,heated	100	81	320	77	5.6	3.4	6	1.7	12	455	235	21
Q064	Yeast,compressed	100	72	386	92	13.6	2	5	6.9	0	50	610	7
Q065	Yeast,dried	100	6	908	216	36.4	5	6	21.9	0	170	1470	18
R MIXED COOKED DISHES													
R020	Beef and sweet potato stew	100	81	383	93	3.9	4.9	8	0.6	11	25	120	13
R025	Biro,cooked	100	52	671	163	1.4	4.1	30	11.1	0	2	446	17
R001	Curry,chicken,without bones	100	66	835	202	10.2	17	2	0.5	37	620	270	24
R003	Curry,vegetable	100	79	435	105	2.5	7.4	7	2	0	370	270	45
R002	Custard	100	75	481	116	4.6	5.3	13	T	11	76	—	21
R018	Fish and island cabbage,fried	100	60	864	209	12	16.5	3	0.9	49	202	249	247
R027	Fish salad,Tahitian,raw	100	85	227	54	5.8	2.3	3	2.3	32	46	229	54
R019	Laplap,cabbage&cassava&coconut	100	62	622	151	2.4	5.8	22	1.4	0	7	322	152
R017	Laplap,taro&chicken&coconut	100	63	689	167	5.2	6.9	21	1.2	21	18	378	28
R022	Manihikian bread	100	42	958	232	4.9	0.5	52	1.7	0	1	75	9
R021	Meat and island cabbage,fried	100	56	925	223	15.5	17.8	T	1	38	540	345	314
R004	Meat and island cabbage,fried	100	50	1130	274	7.5	16.9	23	0.7	50	270	255	41
R028	Palusami,taro leaf & coconut	100	69	613	148	5.8	12.7	3	5.4	0	3	763	199
R026	Palusami,taro leaf&coconut&beef	100	66	684	165	9.9	12.9	2	4.4	16	263	658	166
R014	Poi,patai	100	72	453	110	0.4	0.1	27	0.5	0	12	—	18
R023	Poke recipe,boiled	100	54	737	179	0.6	0.2	44	0.7	0	7	158	24
R015	Sandwich,toasted,cheese & ham	100	43	1180	285	14.3	16.2	21	—	82	690	225	1
R007	Toor dahl,cooked dish	100	74	455	110	4.6	4.6	13	2.1	11	270	244	23
S CONFECTIONERY													
S004	Chocolate bar,Bounty Bar	100	8	1770	428	4.5	22.4	52	7.4	8	130	310	87
S020	Chocolate bar,Mars Bar	1 bar	50	4	883	214	2.3	11.2	26	3.7	4	65	155
S006	Chocolate,dark	1 bar	50	3	879	213	5.2	17.2	63	1.6	15	190	290
	1 small bar	100	T	2170	527	5.1	8.6	31	0.8	8	95	145	80
				1090	264	2.6	28.5	63	1.2	0	55	440	52
								31	0.6	0	28	220	60

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol β-carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Vitamin C	Vitamin E
		g	mg	mg	µg	µg	mg	mg	mg	µg	mg	mg	mg	mg
Q PROCESSED FOODS														
Q077	Spaghetti,canned-tomato sauce	100	0.3	0.3	35	31	24	0.07	0.01	1	T	T	T	T
Q061	Vegetables and sausages,canned	1 cup	264	0.8	92	82	63	0.18	0.03	2	T	T	T	T
Q062	Vegetables and steak,can,heated	100	1.1	1.2	130	0	800	0	0.02	1	—	2	—	—
Q064	Yeast,compressed	100	1.2	1.6	190	0	1150	0	0.06	1	—	1	—	—
Q065	Yeast,dried	100	1.7	3.9	0	0	1	0.02	0.07	12	—	1	T	T
R MIXED COOKED DISHES														
R020	Beef and sweet potato stew	100	0.6	1.3	4	0	24	0.04	0.03	1	0.2	7	2	26.7
R025	Biro,cooked	100	0.7	0.1	4	0	22	0.1	0.03	1	—	—	1	1
R001	Curry,chicken,without bones	100	1.9	0.8	396	385	68	0.08	0.14	3	1.9	2	4	—
R003	Curry,vegetable	100	2.7	0.3	107	0	640	0.03	0.05	1	0	8	—	—
R002	Custard	100	0.5	0.4	8	5	20	0.05	0.2	T	0.5	0	—	—
R018	Fish and island cabbage,fried	100	6.8	1.4	498	0	2990	0.07	0.29	5	3.4	12	2	2
R027	Fish salad,Tahitian,raw	100	0.6	0.2	117	17	603	0.1	0.05	1	0.6	33	1	—
R019	Laplap,cabbage&cassava&coconut	100	3.2	0.7	331	0	1990	0.1	0.1	1	0	14	—	—
R017	Laplap,taro&chicken&coconut	100	0.8	0.7	15	9	33	0.1	0.04	2	0.06	8	T	T
R022	Manihikian bread	100	0.6	0.2	0	0	0	0.1	0.06	1	0	0	0	0
R021	Meat and island cabbage,fried	100	8.2	3.3	559	6	3330	0.05	0.32	3	0.8	13	2	2
R004	Mutton biriani	100	0.9	1.3	145	105	240	0.15	0.08	2	0.5	2	1	—
R028	Palusami,taro leaf & coconut	100	3.2	—	673	0	4040	0.15	0.36	2	0	83	2	—
R026	Palusami,taro leaf&coconut&beef	100	3.5	1	555	2	3320	0.12	0.35	2	0.4	67	2	2
R014	Poi,poi'ai	100	1.4	—	0	0	0	0.07	0.03	T	0	8	—	—
R023	Poke recipe,boiled	100	0.7	0.2	72	0	434	0.05	0.04	1	0	36	T	1
R015	Sandwich,toasted,cheese & ham	100	1.9	—	131	120	70	0.2	0.16	2	—	T	1	T
R007	Toor dahl,cooked dish	100	1	0.6	56	39	99	0.14	0.02	T	T	T	T	T
S CONFECTIONERY														
S004	Chocolate bar,Bounty Bar	100	1.8	0.9	39	37	10	0.02	0.19	1	T	0	1	1
S020	Chocolate bar,Mars Bar	1 bar	50	0.9	20	19	5	0.01	0.1	T	0	0	1	1
S006	Chocolate,dark	100	4.4	0.4	33	32	10	0.03	0.37	T	0	0	1	1
	1 small bar	50	2.2	1	11	10	6	0.03	0.19	T	0	0	1	1
								0.07	0.13	1	T	0	0	1

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
S CONFECTIONERY													
S007	Chocolate,milk	1 small bar	100	1	2180	528	8.3	27.4	62	0.8	18	90	450
S008	Chocolate,milk and nuts	1 small bar	50	1	1090	264	4.2	13.7	31	0.4	9	45	225
S012	Honey	1 tablespoon	50	1	2160	522	11.1	29.5	53	4.9	21	71	230
S013	Jam	1 tablespoon	100	16	1080	261	5.6	14.8	27	2.5	11	36	115
S014	Jelly,crystals	1 tablespoon	20	3	1360	330	0.3	0	82	0	0	14	62
S015	Jelly,prepared	100	82	286	69	0.1	0	17	0	0	3	13	8
S016	Licorice	100	31	1090	265	0.3	0	66	1.3	0	13	70	3
S019	Marmalade,orange	1 tablespoon	20	6	218	53	0.1	0	13	0.3	0	3	14
S032	Marzipan	100	10	1620	391	7.1	0	91	0	0	0	520	4
S021	Meringue,commercial	100	4	289	70	1.3	0	16	0	0	93	1	0
S022	Muesli bar,fruit	100	8	969	234	4.9	0.8	52	3	0	120	1060	280
S034	Pancake syrup	1 tablespoon	20	6	1080	262	0.1	0	66	0.8	0	33	27
S010	Seed bar,fruit and nut	100	24	216	52	T	0	13	0.2	0	7	5	15
S036	Sherbet	100	71	1250	303	0	0	76	0	0	12	120	110
S035	Sugar cane juice	100	83	250	61	0	0	15	0	0	17	T	T
S026	Sugar,brown	100	2	3920	951	0	0	238	0	0	261	6	3
S027	Sugar,raw	1 teaspoon	3	76	414	9.1	19.6	50	7.7	0	91	460	63
S028	Sugar,white	1 teaspoon	4	1710	414	9.1	19.6	50	7.7	0	10	38	15
S003	Sweets,boiled	1 boiled sweet	5	T	48	12	T	0	3	0	0	1	5
S011	Syrup,golden	1 tablespoon	13	T	1650	399	T	0	100	0	0	1	21
S029	Topping,chocolate	1 tablespoon	20	T	214	52	T	0	13	0	0	T	3
S030	Violet crumble	100	49	1330	3590	870	T	0	218	0	0	2	46
					321	0	0	80	0	0	71	4	15
					1650	400	T	0	100	0	0	0	7
					66	16	T	0	4	0	0	4	2
					1240	301	0.3	0	75	0	0	130	610
					3	248	60	0.1	15	0	0	26	122
					49	836	203	0.7	3	0.3	0	69	180
					1800	436	T	0.7	49	0	0	0	76
					2	2.6	T	16.2	70	0.3	0	260	340

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol β-carotene equiv.	Thiamin μg	Riboflavin μg	Niacin mg	Vitamin B12 μg	Vitamin C mg	Vitamin E mg
S CONFECTIONERY												
S007	Chocolate,milk	100	1.5	1.3	97	94	20	0.08	0.6	1	—	0
S008	Chocolate,milk and nuts	1 small bar	50	0.8	0.7	49	47	10	0.04	0.3	1	T
S012	Honey	1 small bar	50	1.9	1.6	79	76	20	0.09	0.55	3	0
S013	Jam	1 tablespoon	21	0.2	2.6	40	38	10	0.05	0.28	2	0
S014	Jelly,crystals	100	0.1	0	0	0	0	0	0	0	0	3
S015	Jelly,prepared	100	0	0	0	0	0	0	0	0	0	—
S016	Licorice	100	8.8	0.6	1	1	16	0	0	1	5	—
S019	Marmalade,orange	1 tablespoon	20	0.1	—	—	3	0	0	—	1	—
S032	Marzipan	100	1.4	1.4	0	0	0	0	—	—	—	—
S021	Meringue,commercial	100	0	0.2	0	0	0	0	0	0.07	T	—
S022	Muesli bar,fruit	100	1.6	1.1	27	0	160	0.12	0.06	1	—	2
S034	Pancake syrup	1 tablespoon	20	—	—	—	0	0	0.01	T	0	0
S010	Seed bar,fruit and nut	100	2	1.8	17	0	100	0.22	0.16	3	—	0
S036	Sherbet	100	0.4	—	—	—	—	0.02	0.05	T	—	2
S035	Sugar cane juice	100	1.3	—	—	—	—	0.02	0.02	T	0	—
S026	Sugar,brown	100	1.2	0	0	0	0	0	0	0	0	0
S027	Sugar,raw	1 teaspoon	3	T	0	0	0	0	0	0	0	0
S028	Sugar,white	100	T	0	0	0	0	0	0	0	0	0
S003	Sweets,boiled	1 boiled sweet	5	T	0	0	0	0	0	0	0	0
S011	Syrup,golden	100	3.3	0	0	0	0	0	0	T	—	0
S029	Topping,chocolate	1 tablespoon	20	0.7	0	0	0	0	0	T	—	0
S030	Violet crumble	100	0.2	0.2	0	0	0	0	0	0	—	0

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Calcium/Mg
T		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
HERBS, SPICES, SAUCES													
T002	Allspice powder	100	9	1220	296	6.1	8.7	48	—	1.1	0	660	130
T043	Barbecue sauce,commercial	100	54	750	182	0.7	0.2	44	—	640	140	15	9
T003	Cardamom	100	18	866	209	10	3.3	35	22.1	0	13	1180	1630
T004	Chilli powder	100	8	1120	270	12.3	16.8	18	37	0	1010	1920	170
T033	Chilli sauce,bottled	100	68	458	111	2.8	0.4	24	0.7	1140	86	7	—
T005	Chilli,dried	100	14	587	141	12.8	4.5	12	25.6	0	24	173	107
T006	Cinnamon powder	100	10	1060	257	3.9	3.2	53	—	0	26	500	1230
T007	Cloves	100	23	963	233	5.4	12.4	25	28.2	0	282	961	740
T009	Coriander leaves,dried	100	7	1230	295	21.8	4.8	41	—	0	210	4470	1250
T010	Coriander seeds	100	10	1480	358	11.1	17.6	39	14.2	0	93	1820	605
T013	Cumin seeds	100	13	1420	342	12.7	14.8	40	12.5	0	21	929	664
T014	Curry powder	100	10	992	240	9.5	10.8	26	23	0	450	1540	640
T060	Garlic,boiled	100	55	417	100	6.8	3.1	11	18.8	0	8	460	29
T035	Gelatine	100	11	1450	341	84.4	0.4	0	0	0	0	330	7
T061	Ginger,boiled	100	89	118	28	0.9	0.4	5	3.2	0	10	215	16
T017	Ginger,root,fresh	100	86	168	41	2.1	1	6	2.8	0	3	125	17
T037	Gravy powder,prepared	100	93	87	21	0.8	0.1	4	0	0	0	630	11
T057	Gravy,powder,dry	100	11	1070	259	8.9	1.8	52	0.1	0	0	8200	129
T058	Kim chee	100	90	82	20	1.1	T	4	4.5	0	6	238	25
T019	Lemon grass	100	83	228	55	0.7	0.7	12	3.3	0	2	288	28
T053	Lemons,juice,freshly extracted	100	91	39	9	0.3	0.2	2	0.1	0	2	140	8
1 tablespoon													
T038	Mayonnaise,commercial	100	47	1540	374	0.9	32.3	20	0.5	32	810	13	8
T054	Mornay sauce	100	78	428	103	5.5	5.3	8	T	30	490	—	230
T044	Mushroom sauce,canned,heated	100	92	107	26	0.4	1.1	4	1.1	2	370	98	2
T020	Mustard seeds	100	8	2000	482	22.7	31.6	27	6.5	0	90	780	431
T039	Mustard,cream type,commercial	100	75	316	76	5.8	3.1	6	4.1	0	1220	160	83
T056	Mustard,French	100	80	363	87	5.5	5	5	1.3	0	—	350	180
T021	Nutmeg powder	100	6	1830	444	5.8	36.3	24	—	0	0	790	63
T041	Onion,pickled,commercial,drain	100	82	230	56	0.5	0.2	13	1.5	0	16	2240	26
1 onion													
T022	Oregano powder	100	7	1350	326	11	10.3	47	15	0	15	1670	1580
T023	Oyster sauce	100	63	349	84	3.9	0.1	17	0	0	0	4160	94
T024	Paprika	100	10	1280	310	14.8	13	33	20.9	0	34	1080	190
T025	Parsley,leaves,raw	100	79	120	29	5.2	0.5	1	9.1	0	1	21	52
1 tablespoon													
T026	Pepper,black	100	13	1260	304	11.5	6.8	49	14.9	0	—	1220	460

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene equiv.	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 μ g	Vitamin C mg	Vitamin E mg
T HERBS, SPICES, SAUCES													
T002	Allspice powder	100	7.1	1	54	0	325	0.1	0.06	3	0	0	—
T043	Barbecue sauce,commercial	100	0.5	T	7	1	41	0	0.02	—	0	0	—
T003	Cardamom	100	19.9	—	0	—	21000	0.35	0.79	8	0	0	—
T004	Chilli powder	100	14.3	2.7	3500	0	340	0.05	0.03	0	—	2.8	—
T033	Chilli sauce,bottled	100	0.4	—	57	0	10400	0	1.3	4	0	43	—
T005	Chilli,dried	100	1.4	—	1740	0	155	0.08	0.14	1	0	0	—
T006	Cinnamon powder	100	38.1	2	26	0	265	0.03	0	0	0	0	—
T007	Cloves	100	5	—	44	0	7870	1.25	1.5	11	0	0	567
T009	Coriander leaves,dried	100	8	2.9	1310	0	77	0	0.34	0	0	0	—
T010	Coriander seeds	100	34.5	—	13	0	716	0.63	0.2	6	0	0	—
T013	Cumin seeds	100	29.9	—	119	0	100	0.25	0.28	4	0	0	—
T014	Curry powder	100	58.3	4.1	17	0	0	0	0.06	1	0	8	—
T060	Garlic,boiled	100	1.6	1	2	0	9	0.08	0.06	0	0	0	—
T035	Gelatine	100	2.1	0.4	0	0	0	0	0	—	0	0	—
T061	Ginger,boiled	100	0.6	0.4	5	0	32	0.01	0.03	1	0	2	—
T017	Ginger,root,fresh	100	2.5	—	6	0	33	0.04	0.04	1	0	5.3	—
T037	Gravy powder,prepared	100	0.4	T	0	0	0	0	0	T	0	0	—
T057	Gravy,powder,dry	100	1.1	0.6	0	0	0	0.31	0	2	0	0	—
T058	Kim chee	100	0.3	0.2	30	0	181	0.1	0.14	1	0	15.3	—
T019	Lemon grass	100	1.1	—	0	0	0	0.04	0.05	T	0	0	—
T053	Lemons,juice,freshly extracted	100	0.1	0.1	—	2	0	11	0.02	0.01	T	0	50
		1 cup	258	0.3	0.1	5	0	28	0.05	0.03	T	0	129
		1 tablespoon	16	T	T	0	2	T	T	T	0	8	T
T038	Mayonnaise,commercial	100	0.3	T	1	1	1	T	0.49	0	0	0	20
T054	Mornay sauce	100	0.2	—	157	140	99	0.05	0.35	T	—	1	1
T044	Mushroom sauce,canned,heated	100	0.6	0.5	1	0	5	0	0.07	1	0	0	—
T020	Mustard seeds	100	23	—	22	0	134	0.17	0.25	4	0	22	—
T039	Mustard,cream type,commercial	100	2	0.8	T	0	T	0.2	0.03	1	—	0	—
T056	Mustard,French	100	1.8	—	0	0	0	0.1	0.2	1	0	75	—
T021	Nutmeg powder	100	3	2.2	10	0	60	0.35	0.06	1	0	0	—
T041	Onion,pickled,commercial,drain	100	0.1	T	0	0	1	0	0.06	0	0	1	—
		1 onion	25	T	T	0	T	0	0.02	0	0	T	—
T022	Oregano powder	100	44	4.4	690	0	4140	0.34	6	0	0	0	—
T023	Oyster sauce	100	2.4	—	0	0	0	—	0.04	0	0	0	—
T024	Paprika	100	23.6	4.1	6040	0	36300	0.65	1.74	15	0	0	3
T025	Parsley,leaves,raw	100	8	0.9	1170	0	7000	0.15	0.3	1	0	150	T
		1 tablespoon	3.7	0.3	T	43	0	259	0.01	0.01	0	6	2
		1 cup chopped	64	5.1	0.6	747	0	4480	0.1	0.19	1	0	96
T026	Pepper,black	100	16.8	—	—	—	—	—	—	—	—	—	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
T HERBS, SPICES, SAUCES													
T042	Pickles,mustard,commercial	100	78	321	78	0.8	0.5	18	1.4	—	620	61	15
T027	Saffron	100	12	1390	336	11.4	5.9	59	3.9	0	148	1720	110
T046	Soy sauce,commercial	100	72	136	32	5.4	0	3	0	0	6310	180	17
T050	Stock cube	1 tablespoon	18	24	6	1	0	1	0	0	1140	32	3
T059	Thousand island dressing	100	4	893	215	11.3	8.9	23	0	9	18400	250	71
T052	Tomato catsup	100	46	1550	378	0.9	35.7	13	—	26	700	113	25
T045	Tomato pasta sauce,comm.,heated	100	85	205	50	1.4	0.7	9	1.8	0	470	360	24
T048	Tomato sauce,commercial	100	71	429	104	1.2	0.2	24	1.9	0	970	390	12
T031	Turmeric powder	1 tablespoon	15	11	64	16	0.2	T	4	0.3	0	146	59
T051	Vegemite	100	10	1290	313	6.7	7	56	21.2	0	38	2530	182
T055	Vinaigrette sauce	100	40	585	139	24.4	1	8	0	0	3060	2320	54
T036	Vinegar	1 tablespoon	16	4	433	105	T	12	T	0	1	960	—
T049	Worcestershire sauce	100	96	2	0	0.1	0	0	0	0	T	154	—
			73	320	77	1.3	0.2	18	0.7	2	1060	890	1
			13	58	14	0.2	T	3	0.1	T	191	160	1
											29	29	15
W BEVERAGES													
W001	Beer,bitter/draught	1 large bottle(745ml)	100	93	145	35	0.3	0	2	0	0	8	31
W002	Beer,low alcohol	1 can(355ml)	100	97	695	1080	261	2.2	0	15	0	0	30
W003	Beer,reduced alcohol	1 can(355ml)	100	95	347	150	10	0.2	0	1	0	0	45
W005	Brandy	1 can(355ml)	100	66	358	102	36	0.7	0	4	0	0	5
W006	Champagne	100	89	266	64	0.2	0	1	0	0	21	86	11
W007	Cocoa powder,Australian	100	4	1250	300	19.6	14	24	4.5	0	0	6	18
W034	Cocoa powder,Malaysian	2 teaspoons	3.6	T	45	11	0.7	0.5	1	0.2	0	32	3
W008	Coffee powder,instant	2 teaspoons	100	3	1890	456	207	0	0	T	0	21	6
W035	Coffee,brewed	1 teaspoon	1.0	T	4	1	0.1	T	0.5	1.5	0	115	11
			99	8	68	16	0.5	0.8	2	0.1	0	10	0
			100	3	420	100	13.6	0.6	10	16.4	0	19	8
				T	4	1	T	0.1	T	0.2	0	T	150
											95	2980	5
											3	107	3
											19	3700	140
											T	37	1
											0	2	4
											0	54	5
											9	84	8
											0	9	2
											0	9	2
											0	9	2

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol	B-carotene equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E
		g	mg	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg
HERBS, SPICES, SAUCES													
T042	Pickles,mustard,commercial	100	0.6	0.2	4	0	25	T	0	T	—	—	—
T027	Saffron	100	11.1	—	57	0	339	0.4	0.4	11	—	0	—
T046	Soy sauce,commercial	100	2.2	0.3	1	1	0	T	—	1	—	0	—
T050	Stock cube	100	0.4	0.1	T	0	24	0.13	0.14	3	—	0	—
T059	Thousand island dressing	100	2.5	0.4	4	0	96	0	0.01	0.02	T	0.21	0
T052	Tomato catsup	100	0.7	0.2	102	0	612	0.09	0.07	1	0	15.1	1
T045	Tomato pasta sauce,comm.,heated	100	1	0.2	44	1	260	T	0.1	1	—	0	—
T048	Tomato sauce,commercial	100	0.7	0.2	43	0	260	T	—	1	—	0	—
T031	1 tablespoon	15	0.1	T	6	0	39	T	—	T	—	0	—
T051	Turneric powder	100	41.4	4.4	0	0	—	0.15	0.23	5	0	26	—
T055	Vegemite	100	2.7	5.1	T	T	—	1	18	22	130	0	—
T055	Vinaigrette sauce	100	0.1	—	0	0	0	0	0	0	0	0	4
T036	Vinegar	1 tablespoon	16	T	—	0	0	0	0	0	0	0	1
T049	Worcestershire sauce	100	3.7	0.4	2	1	8	T	—	T	—	0	—
T049	1 tablespoon	18	0.7	0.1	T	1	—	T	—	T	—	0	—
BEVERAGES													
W001	Beer,bitter/draught	100	T	0	0	0	0	0	0	T	T	2	0
W002	Beer,low alcohol	747	T	0	0	0	0	0	0	T	T	15	0
W003	Beer,reduced alcohol	100	0	0	0	0	0	0	0	T	T	2	0
W005	Brandy	100	T	0	0	0	0	0	0	T	T	7	0
W006	Champagne	100	0.2	0.1	0	0	0	0	0	T	T	3	0
W007	Cocoa powder,Australian	100	16	8.2	3	0	17	0.11	0.21	7	—	0	1
W034	Cocoa powder,Malaysian	2 teaspoons	3.6	0.6	0.3	T	0	1	T	0.01	T	2	—
W008	Coffee powder,instant	100	2.8	0.3	T	0	0	T	0.82	63	—	0	1
W035	Coffee,brewed	100	1.0	T	0	0	0	T	0.01	1	—	0	T
W009	Cordial,blackcurrant,prepared	155	0.1	T	0	0	0	T	0	0	0	0	0
W010	Cordial,citrus,25% prepared	100	0.1	T	0	0	0	T	0	0	0	55	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
W		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
BEVERAGES													
W011	Fruit drink,orange	100	93	162	39	0.1	0	10	0.1	0	7	37	4
W012	Gin	200ml	194	337	81	0.2	0	20	0.2	0	15	77	8
W015	Juice,orange and mango	1 nip(20ml)	19	13	68	858	207	0	0	0	0	0	6
W016	Juice,orange,commercial	1 cup(250ml)	100	94	143	35	0.6	0.1	8	—	0	0	0
W017	Liqueur,coffee flavoured	1 glass(20ml)	100	94	149	36	0.6	0	8	0.3	0	150	9
W018	Juice,tomato,canned,salted	1 cup	264	247	393	95	1.6	0	22	0.8	0	8	396
W019	Milo powder	100	97	73	18	0.7	0	4	—	0	220	190	24
W020	Mineral water and juice	2.5 tablespoons	257	248	188	46	1.8	0	10	—	0	565	15
W021	Mineral water,natural	100	94	160	39	0	0	10	0.5	55	0	10	40
W023	Ovaltine powder	1 tablespoon	2.5	T	318	77	2.5	2.1	12	0	6	58	18
W024	Port	100	70	628	152	0.2	0	0	—	0	10	15	5
W025	Rum	1 glass(55ml)	56	39	352	85	0.1	0	7	0	0	8	1
W026	Sherry,dry	1 nip(20ml)	19	13	68	847	204	0	0	0	10	170	1
W027	Sherry,sweet	1 glass(59ml)	59	73	598	144	0.2	0	0	0	0	230	120
W028	Softdrink,cola	100	93	180	44	0	0	0	0	0	1	72	8
W029	Softdrink,lemonade	1 can(355ml)	385	359	693	169	0	0	42	0	0	19	39
W038	Softdrink,cola,diet	1 bottle(500ml)	542	506	976	238	0	0	59	0	0	65	3
W039	Softdrink,lemonade,diet	1 can (350ml)	100	100	2	0	0.1	0	T	0	0	6	4
W036	Tea,Indian,infused	1 can (350ml)	350	349	7	0	0.4	0	T	0	0	21	14
W037	Thick shake,McDonald's	1 cup	251	251	5	0	0.1	T	T	0	0	5	4
		100	75	459	111	5.2	3.6	14	0	10	78	163	210

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol equiv.	β -carotene	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Vitamin mg
W BEVERAGES														
W011	Fruit drink,orange	100 200ml	T T	0 0	18 37	0 0	108 225	0 0	0 0	0 0	0 0	0 0	0 0	5 10
W012	Gin	100 1 nip(20ml)	T T	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	—
W015	Juice,orange and mango	100 1 cup(250ml)	T T	16 42	0 0	97 254	T T	0 0	1 2	— —	— —	— —	— —	69 181
W016	Juice,orange,commercial	100	T	16	0	99	0.05	0	1	— —	— —	— —	— —	47 124
W014	Juice,tomato,canned,salted	1 cup	264	T	42	0	261	0.13	0	2	— —	— —	— —	— —
W017	Liqueur,coffee flavoured	1 cup(250ml)	257	2.1	0.1	26	0	150	0	1	0	20	— —	— —
W019	Milo powder	1 glass(20ml)	22	T	0	0	0	0	0	0	0	51	— —	— —
W020	Mineral water and juice	100 2.5 tablespoons	25	1.9	880	870	53	2.6	1.2	3	— —	— —	— —	110 110
W021	Mineral water,natural	100	0	0	0	0	0	0	0	0	0	0	0	— —
W023	Ovaltine powder	100	17	1.5	1980	1980	9	3.1	3	22	0	0	0	— —
W024	Port	1 tablespoon	6.4	1.1	0.1	127	1	0.2	0.19	1	0	0	0	— —
W025	Rum	1 glass(55ml)	56	0.1	T	—	0	0	0	0	0	0	0	0 0
W026	Sherry,dry	1 nip(20ml)	19	T	0	0	0	0	0	0	0	0	0	— —
W027	Sherry,sweet	1 glass(59ml)	100	0.1	T	0	0	0	0	0	0	0	0	0 0
W028	Softdrink,cola	100 1 can(355ml)	59 385	0.1 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	— —
W029	Softdrink,lemonade	1 can(350ml)	542	0	0	0	0	0	0	0	0	0	0	— —
W030	Softdrink,lemonade,diet	100 1 can (350ml)	100 350	0.1 0.3	0	0	0	0	0	0.01	0.02	0	0	0 0
W031	Tea,Indian,infused	100	T	0	0	0	0	0	0	0.01	0.03	0	0	0 0
W037	Thick shake,McDonald's	1 cup	251	0.1	0.5	30	21	51	0.04	0.23	T	0.38	T	— —

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium Na	Potassium K	Calcium Ca	Magnesium Mg		
W BEVERAGES															
W031	Whisky	1 nip(20ml)	100	68	850	205	0	0	0	0	0	0	0	0	
W032	Wine,red	100	13	162	39	0	0	0	0	0	0	0	0	0	
W033	Wine,white	1 glass(104ml)	103	91	290	70	0.2	0	0	0	11	88	7	11	
		1 glass(104ml)	100	88	274	66	0.2	0	1	0	11	91	7	7	
		1 glass(104ml)	104	92	285	69	0.2	0	1	0	25	46	7	7	
											25	48	7	7	
X COCONUT PRODUCTS															
X001	Coconut cream,canned/UHT	100	71	844	205	1.9	20.3	4	1.7	0	21	230	4	29	
X002	Coconut cream,fresh,no water	1 cup	110	1310	318	2.9	31.5	6	2.6	0	33	357	6	45	
X014	Coconut cream,water added	100	54	1350	327	4.4	32.3	5	1.7	0	13	280	15	—	
X009	Coconut milk/water/juice	100	66	1060	258	3.2	24.9	5	T	0	9	—	16	—	
X018	Coconut oil	100	92	93	23	0.3	0.2	5	0	0	110	310	29	—	
X016	Coconut toddy,boiled	100	51	944	229	0.9	3.1	49	T	0	1	—	2	—	
X005	Coconut toddy,fermented	100	89	144	35	0.2	0.3	8	T	0	43	452	3	19	
X008	Coconut toddy,fresh	100	86	176	43	0.3	0.4	10	T	0	34	137	T	4	
X010	Coconut,desiccated	100	2	2630	638	6.3	65.1	7	14.7	0	18	109	T	4	
X011	Coconut,embryo germinating	1 tablespoon	6	T	158	38	0.4	3.9	T	0.9	0	1	39	1	6
X013	Coconut,flesh,immature	100	84	296	72	1.3	3.6	9	1.8	0	—	19	—	—	
X003	Coconut,flesh,mature	100	84	317	77	1.4	3.6	10	0.7	0	51	257	42	—	
X012	Coconut,flesh,mature,fresh	1 piece(5 x 5 x 1.3cm)	45	51	1060	257	2.8	25.8	3	7.1	0	340	10	48	
		1 piece(5 x 5 x 1.3cm)	45	24	506	123	1.4	12.3	2	3.4	0	153	9	45	
		100	45	1610	390	4	40	4	7.3	0	17	370	5	22	
													14	—	
Y WILD ANIMAL FOODS															
Y001	Bandicoot,flesh,cooked	100	66	691	165	24.1	7.6	0	0	—	—	—	13	—	
Y005	Bandicoot,flesh,raw	100	73	545	130	19	6	0	0	—	—	—	10	—	
Y007	Cassowary,cooked	100	75	448	106	21.1	2.4	0	0	—	65	369	4	29	
Y006	Cassowary,raw	100	68	761	182	23	10	0	0	—	59	—	3	26	
Y002	Crocodile,cooked	100	76	389	92	19.4	1.6	0	0	—	—	—	11	—	
Y008	Crocodile,raw	100	80	318	75	15.9	1.3	0	0	—	—	—	9	—	
Y019	Deer,flesh,cooked	100	75	405	96	20.1	1.7	0	0	—	40	—	4	31	
Y009	Flying fox,boiled	100	62	693	166	20.5	9.3	0	0	—	—	—	—	—	

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg
W BEVERAGES													
W031	Whisky	1 nip(20ml)	100	T	0	0	0	0	0	0	—	0	0
W032	Wine,red	1 glass(104ml)	100	0.2	T	0	0	0	0	0	T	—	0
W033	Wine,white	1 glass(104ml)	100	0.2	T	0	0	0	0	0	T	—	0
X COCONUT PRODUCTS													
X001	Coconut cream,canned/UHT	100	1	0.4	0	0	0	0	0	0	T	0	0
X002	Coconut cream,fresh,no water	1 cup	155	1.6	0.6	0	0	0	0	0	1	0	1
X014	Coconut cream,water added	100	1.8	—	0	0	0	0.02	0.01	1	0	1	1
X009	Coconut milk/water/juice	100	1.6	—	0	0	0	0.03	0.01	1	0	3	—
X018	Coconut oil	100	0.1	—	0	0	0	0	0	T	—	2	—
X016	Coconut toddy,boiled	100	T	—	T	0	T	T	0.05	0.1	T	0	—
X005	Coconut toddy,fermented	100	T	T	0	T	T	0.02	T	T	0	20.2	—
X008	Coconut toddy,fresh	100	T	T	0	T	T	0.02	0.01	T	0	25.7	—
X010	Coconut,desiccated	100	2.6	1.3	0	0	0	0.02	0.02	1	0	28.7	—
X011	Coconut,embryo germinating	100	0.7	—	0	0	0	T	T	0	0	1	—
X013	Coconut,flesh,inmature	100	1	—	0	0	0	0.02	0.16	1	0	6	—
X003	Coconut,flesh,nature	100	1.1	0.6	0	0	0	0.04	0.03	1	0	6	—
X012	Coconut,flesh,nature,fresh	1 piece(5 x 5 x 1.3cm)	45	0.5	0.3	0	0	0	0.02	0.02	1	2	1
			100	2.2	—	0	0	0	0.01	0.01	T	0	1
								0.04	0.01	1	0	7	1
Y WILD ANIMAL FOODS													
Y001	Bandicoot,flesh,cooked	100	3.2	—	0	0	0	0.14	0.25	5	—	0	—
Y005	Bandicoot,flesh,raw	100	2.5	—	0	0	0	0.14	0.25	5	—	0	—
Y007	Cassowary,cooked	100	5.7	4.2	0	0	0	0.15	1.24	8	—	0	—
Y006	Cassowary,raw	100	—	2.9	0	0	0	0.15	1	6	—	0	—
Y002	Crocodile,cooked	100	1.1	—	18	18	0	0.11	0.18	3	—	0	—
Y008	Crocodile,raw	100	0.9	—	15	15	0	0.15	0.16	3	—	0	—
Y019	Deer,flesh,cooked	100	3.7	2.8	—	—	—	0.1	0.2	6	—	0	—
Y009	Flying fox,boiled	100	—	—	—	—	0	—	—	—	—	—	—

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Water	Energy	Protein	Total fat	CHO Avail.	Dietary fibre	Cholesterol	Sodium	Potassium	Calcium	Magnesium
		g	g	kJ	kcal	g	g	g	mg	mg	mg	mg	mg
Y													
Y010	Frog,raw	100	84	271	64	15.3	0.3	0	24	163	—	23	8
Y011	Grub,larva,raw	100	56	1070	257	20.2	19.6	T	—	—	—	9	—
Y012	Insect,silkworm,raw	100	61	926	222	23.1	14.2	1	0	—	—	6	—
Y021	Pig,flesh,baked	100	64	663	157	30.1	4.1	0	0	89	61	452	4
Y020	Pig,flesh,boiled	100	69	572	137	19.5	6.5	0	0	59	47	367	4
Y003	Pigeon,general,cooked	100	46	1050	250	32.9	13.2	0	0	142	111	19	33
Y013	Pigeon,general,raw	100	59	795	190	25	10	0	0	108	105	—	15
Y018	Possum,boiled	100	64	787	189	21.7	11.3	0	0	136	—	23	23
Y004	Rat,cooked	100	66	612	145	30.1	2.7	0	0	—	—	39	—
Y014	Rat,raw	100	75	458	108	22.6	2	0	0	—	—	37	—
Y015	Snails,small	100	79	251	59	12.6	1	T	—	51	—	10	—
Y016	Snake,general,raw	100	72	388	92	18	2	1	0.1	—	—	0	—
Y017	Tree ants,whole	100	52	513	122	16.8	4	5	0	—	87	—	23
												—	34

The Pacific Islands Food Composition Tables

Key	Foods	Measure	Iron Fe	Zinc Zn	Tot. vit A equiv.	Retinol µg	β-carotene equiv. µg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 µg	Vitamin C mg	Vitamin E mg
Y WILD ANIMAL FOODS													
Y010	Frog, raw	100	1.3	0.4	18	18	T	0.06	0.14	2	0.2	3	T
Y011	Grub,larva,raw	100	5.9	—	—	—	—	—	—	—	—	—	—
Y012	Insect,silkworm,raw	100	1.2	—	—	—	0	—	—	—	—	—	—
Y021	Pig,flesh,baked	100	1.1	8	2	2	0	0.36	0.09	2	1.7	0	T
Y020	Pig,flesh,boiled	100	1	7	1	1	0	0.32	0.08	2	0.8	0	T
Y003	Pigeon,general,cooked	100	22	2.2	13	13	0	0.24	0	4	0.4	0	T
Y013	Pigeon,general,raw	100	18.6	1.7	10	10	T	0.26	0	4	0.5	0	T
Y018	Possum,boiled	100	9.5	3.9	—	—	—	0.15	—	—	—	—	—
Y004	Rat,cooked	100	0	—	0	0	—	0	0	0	0	0	—
Y014	Rat,raw	100	0	—	0	0	—	0	0	0	0	0	—
Y015	Snails,small	100	3.2	0.9	41	39	12	0.01	0.09	2	0.44	0	5
Y016	Snake,general,raw	100	0	—	0	0	0	0	0	0	—	0	—
Y017	Tree ants,whole	100	10.6	4.9	—	—	0	0.21	0.47	—	—	2	—



7 APPENDICES



APPENDIX I - ALCOHOL VALUES

Key	Foods	Measure	Alcohol
			g
W001	Beer,bitter/draught	100 g	3.1
		1 large bottle (745 ml)	23.2
W002	Beer,low alcohol	100 g	0.7
		1 can (355 ml)	2.5
W003	Beer,reduced alcohol	100 g	2.1
		1 can (355 ml)	7.5
W005	Brandy	100 g	29.4
W006	Champagne	100 g	8.5
W012	Gin	100 g	29.6
		1 nip (20 ml)	5.9
W017	Liqueur,coffee flavoured	100 g	21.0
		1 glass (20 ml)	4.2
W024	Port	100 g	15.9
		1 glass (55 ml)	8.9
W025	Rum	100 g	29.2
		1 nip (20 ml)	5.8
W026	Sherry,dry	100 g	15.7
		1 glass (59 ml)	9.3
W027	Sherry,sweet	100 g	15.6
		1 glass (59 ml)	9.4
W031	Whisky	100 g	29.3
		1 nip (20 ml)	5.9
W032	Wine,red	100 g	9.5
		1 glass (104 ml)	9.8
W033	Wine,white	100 g	10.9
		1 glass (104 ml)	11.3

APPENDIX II - KEY TO ABBREVIATIONS

Abbreviation	Meaning
Food names	
Aust	Australian
b/less	boneless
boil	boiled
can	canned
choc	chocolate
comm	commercial
drain	drained
f	fat
froz	frozen
grill	grilled
Is.	Islands
jun	junior
l	lean
l&f	lean and fat
l&s	lean and skin
mix	mixed
PNG	Papua New Guinea
poach	poached
Polyunsat	Polyunsaturated
prep	prepared
reduce	reduced
s	skin
simmer	simmered
sp	species
spp	species, more than one
steam	steamed
strain	strained
trim	trimmed of fat
UHT	ultra heat treated
unsw	unsweetened
USA	United States of America
var	variety

APPENDIX III

RECOMMENDED DIETARY INTAKES

Tables of recommended dietary intakes of nutrients for use in Australia are given below.

APPENDIX IIIA: Recommended Dietary Intakes for Children Under Seven Years (expressed as Mean Daily Intake)

	Infants		Young Children	
	0-6 months		7-12 months	1-3 years
	Breast-fed	Bottle-fed		4-7 years
Vitamin A (μg retinol equivalents)	425	425	300	300
Thiamin (mg)	0.15	0.25	0.35	0.5
Riboflavin (mg)	0.4	0.4	0.6	0.8
Niacin (mg niacin equivalents)	4	4	7	10
Vitamin B6 (mg)	0.25	0.25	0.45	0.6-0.9
Total folate (μg)	50	50	75	100
Vitamin B12 (μg)	0.3	0.3	0.7	1.0
Vitamin C (mg)	25	25	30	30
Vitamin E (mg alpha tocopherol equivalents)	2.5	4.0	4.0	5.0
Zinc (mg)	3	3-6	4.5	4.5
Iron (mg)	0.5	3.0	9.0	6-8
Iodine (μg)	50	50	60	70
Magnesium (mg)	40	40	60	80
Calcium (mg)	300	500	550	700
Phosphorus (mg)	150	150	300	500
Selenium (μg)	10	10	15	25
Sodium (mmol) (mg)	6-12 140-280	6-12 140-280	14-25 320-580	14-50 320-1150
Potassium (mmol) (mg)	10-15 390-580	10-15 390-580	12-35 470-1370	25-70 980-2730
Protein (g)	*	2.0/kg body wt	1.6/kg body wt	14-18
				18-24

- * No recommendation has been made for protein for breast-fed infants under the age of 6 months. Many observations show that infants breast-fed by healthy, well-nourished mothers will grow at a satisfactory rate for the first four to six months. It can, therefore, be assumed that protein requirements are met if the volume of milk maintains growth at an acceptable rate.

Ref: National Health & Medical Research Council, 1991.

**APPENDIX IIIB: Recommended Dietary Intakes for Children Over Seven Years
(expressed as Mean Daily Intake)**

	Boys			Girls		
	8-11 yrs	12-15 yrs	16-18 yrs	8-11 yrs	12-15 yrs	16-18 yrs
Vitamin A (µg retinol equivalents)	500	725	750	500	725	750
Thiamin (mg)	0.9	1.2	1.2	0.8	1.0	0.9
Riboflavin (mg)	1.4	1.8	1.9	1.3	1.6	1.4
Niacin (mg niacin equivalents)	15	20	21	15	18	16
Vitamin B6 (mg)	1.1-1.6	1.4-2.1	1.5-2.2	1.0-1.5	1.2-1.8	1.1-1.6
Total folate (µg)	150	200	200	150	200	200
Vitamin B12 (µg)	1.5	2.0	2.0	1.5	2.0	2.0
Vitamin C (mg)	30	30	40	30	30	30
Vitamin E (mg alpha tocopherol equivalents)	8.0	10.5	11.0	8.0	9.0	8.0
Zinc (mg)	9	12	12	9	12	12
Iron (mg)	6-8	10-13	10-13	6-8	10-13	10-13
Iodine (µg)	120	150	150	120	120	120
Magnesium (mg)	180	260	320	160	240	270
Calcium (mg)	800	1200	1000	900	1000	800
Phosphorus (mg)	800	1200	1100	800	1200	1100
Selenium (µg)	50	85	85	50	70	70
Sodium (mmol) (mg)	26-100 600-2300	40-100 920-2300	40-100 920-2300	26-100 600-2300	40-100 920-2300	40-100 920-2300
Potassium (mmol) (mg)	50-140 1950-5460	50-140 1950-5460	50-140 1950-5460	50-140 1950-5460	50-140 1950-5460	50-140 1950-5460
Protein (g)	27-38	42-60	64-70	27-39	44-55	57

APPENDIX IIIC: Recommended Dietary Intakes for Adults (expressed as Mean Daily Intake)

	Men		Women			
	19-64 yrs	64 yrs	19-54 yrs	54+ yrs	Pregnant	Lactating
Vitamin A (µg retinol equivalents)	750	750	750	750	+0	+450
Thiamin (mg)	1.1	0.9	0.8	0.7	+0.2	+0.4
Riboflavin (mg)	1.7	1.3	1.2	1.0	+0.3	+0.5
Niacin (mg niacin equivalents)	19	16	13	11	+2	+5
Vitamin B6 (mg)	1.3-1.9	1.0-1.5	0.9-1.4	0.8-1.1	+0.1	+0.7-0.8
Total folate (µg)	200	200	200	200	+200	+150
Vitamin B12 (µg)	2.0	2.0	2.0	2.0	+1.0	+0.5
Vitamin C (mg)	40	40	30	30	+30	+45
Vitamin E (mg alpha tocopherol equivalents)	10.0	10.0	7.0	7.0	+0	+2.5
Zinc (mg)	12	12	12	12	+4	+6
Iron (mg)	7	7	12-16	5-7	+10-20	+0
Iodine (µg)	150	150	120	120	+30	+50
Magnesium (mg)	320	320	270	270	+30	+70
Calcium (mg)	800	800	800	1000	+300	+400
Phosphorus (mg)	1000	1000	1000	1000	+200	+200
Selenium (µg)	85	85	70	70	+10	+15
Sodium (mmol) (mg)	40-100 920-2300	40-100 920-2300	40-100 920-2300	40-100 920-2300	+0 +0	+0 +0
Potassium (mmol) (mg)	50-140 1950-5460	50-140 1950-5460	50-140 1950-5460	50-140 1950-5460	+0 +0	+0 +0
Protein (g)	55	55	45	45	+6	+16

APPENDIX IV - RECIPES

B100 ISLAND DUMPLING, COOKED

Ingredients	Weight (g)
Coconut milk	240
Coconut meat	213
Sugar, white	192
Flour	125

B098 RICE WITH COCONUT CREAM

Ingredients	Weight (g)
Rice, cooked	142
Coconut cream	21

Mix together flour, sugar, grated coconut and water into a dough. Cook in water and coconut milk, like a dumpling.

R025 BIRO, COOKED

Ingredients	Weight (g)
Breadfruit	2000
Coconut creamed	213
Sugar, white	96
Water	

Breadfruit is skinned and put in salt water for about 24 hours. When it is soft it is mashed or pounded with coconut meat or milk and sugar. Then it is wrapped in leaves and steamed or placed in the oven.

R018 FISH AND ISLAND CABBAGE, FRIED

Ingredients	Weight (g)
Edible hibiscus, leaves, raw	50
Mackerel, canned in natural oil	42
Vegetable oil, polyunsaturated	8

R027 FISH SALAD, TAHITIAN, RAW

Ingredients	Weight (g)
Lemons, raw	900
Reef fish, flesh, raw	600
Tomatoes, raw	381
Cucumber, raw	261
Carrots, raw	152
Egg, boiled	147
Onions, flesh, raw	97
Coconut cream, water added	78
Onions, spring, raw	42
Ginger root, raw	11
Garlic, raw	6
Salt	1
Pepper	1

R019 LAPLAP: CABBAGE, CASSAVA AND COCONUT

Ingredients	Weight (g)
Cassava, raw	57
Edible hibiscus, leaves, raw	25
Coconut cream, water added	18

R017 LAPLAP: TARO, CHICKEN AND COCONUT

Ingredients	Weight (g)
Taro, common, composite, raw	68
Chicken, raw (size 6)	19
Coconut cream, water added	13

R022 MANIHIKIAN BREAD

Ingredients	Weight (g)
Flour, wheat, white, plain	520
Water	500
Sugar, white	214

R021 MEAT AND ISLAND CABBAGE, FRIED

Ingredients	Weight (g)
Edible hibiscus, leaves, raw	50
Beef, corned, canned	42
Vegetable oil, polyunsaturated	8

R028 PALUSAMI: TARO LEAF AND COCONUT

Ingredients	Weight (g)
Taro, leaves, raw	210
Coconut cream, no water added	80

R026 PALUSAMI: TARO LEAF, COCONUT AND BEEF

Ingredients	Weight (g)
Taro, leaves, raw	210
Coconut cream, no water added	80
Beef, corned, canned	65

R023 POKE RECIPE, BOILED

Ingredients	Weight (g)
Pawpaw, ripe	200
Arrowroot	130
Banana, ripe	120
Sugar, white	30

APPENDIX V - FULL FOOD NAME

Key	Food - full name
STARCHY STAPLES	
A001	ARROWROOT, POLYNESIAN, flour, <i>Tacca leontopetaloides</i>
A089	BANANA, COOKING, ami, baked, <i>Musa cultivar</i>
A004	BANANA, COOKING, boiled in unsalted water, <i>Musa cultivar</i>
A095	BANANA, COOKING, opine, baked, <i>Musa cultivar</i>
A006	BANANA, COOKING, raw, <i>Musa cultivar</i>
A005	BANANA, COOKING, fried in oil, ripe, <i>Musa cultivar</i>
A003	BREADFRUIT, roasted/baked (dry oven heat), <i>Artocarpus altilis</i>
A002	BREADFRUIT, boiled, <i>Artocarpus altilis</i>
A008	BREADFRUIT, pulp, raw, mature, <i>Artocarpus</i> sp.
A041	CASSAVA, tuber, baked in traditional PNG oven (mumu'd), <i>Manihot esculenta</i>
A042	CASSAVA, tuber, baked, <i>Manihot</i> spp.
A011	CASSAVA, boiled, <i>Manihot esculenta</i>
A010	CASSAVA, FLOUR, <i>Manihot esculenta</i>
A012	CASSAVA, raw, <i>Manihot esculenta</i>
A091	JAKFRUIT, raw, <i>Artocarpus heterophyllus</i>
A092	JAKFRUIT, raw, <i>Artocarpus integer</i>
A090	JAKFRUIT, raw, <i>Artocarpus</i> sp.
A088	PANDANUS, FLOUR, <i>Pandanus</i> cultivar
A013	POTATO, FRIES, commercial, deep fried, <i>Solanum tuberosum</i>
A015	POTATO, SALAD, canned, <i>Solanum tuberosum</i>
A016	POTATO, tuber, baked, salt & fat added, <i>Solanum tuberosum</i>
A014	POTATO, HASH BROWN, McDonald's, <i>Solanum tuberosum</i>
A017	POTATO, DRIED, home prepared, mashed, <i>Solanum tuberosum</i>
A019	POTATO, PALE SKIN, peeled tuber, baked, <i>Solanum tuberosum</i>
A018	POTATO, PALE SKIN, peeled tuber, boiled, <i>Solanum tuberosum</i>

Key	Food - full name
A023	SAGO, FLOUR, <i>Metroxylon</i> spp.
A022	SAGO, FLOUR, meal, <i>Metroxylon</i> spp.
A036	SWEET POTATO, COMPOSITE, tuber, baked, <i>Ipomoea batatas</i>
A034	SWEET POTATO, COMPOSITE, tuber, boiled, <i>Ipomoea batatas</i>
A032	SWEET POTATO, COMPOSITE, tuber, raw, <i>Ipomoea batatas</i>
A035	SWEET POTATO, COMPOSITE, tuber, steamed, <i>Ipomoea batatas</i>
A028	SWEET POTATO, konime, tuber, baked in traditional PNG oven (mumu'd), <i>Ipomoea batatas</i> var. konime
A029	SWEET POTATO, konime, tuber, baked with salt added, <i>Ipomoea batatas</i> var. konime
A027	SWEET POTATO, konime, tuber, boiled, <i>Ipomoea batatas</i> var. konime
A030	SWEET POTATO, orange, tuber, peeled, boiled, <i>Ipomoea batatas</i>
A031	SWEET POTATO, pale, tuber, raw, <i>Ipomoea batatas</i>
A037	SWEET POTATO, seyspen, tuber, baked in traditional PNG oven (mumu'd), <i>Ipomoea batatas</i> var. seyspen
A039	SWEET POTATO, white, tuber, peeled, boiled, <i>Ipomoea batatas</i>
A040	SWEET POTATO, yellow, tuber, raw, <i>Ipomoea batatas</i>
A097	TARO, CHIPS, fried, <i>Colocasia esculenta</i>
A065	TARO, CHINESE, corm, baked, <i>Xanthosoma</i> spp.
A063	TARO, CHINESE, corm, boiled, <i>Xanthosoma</i> spp.
A064	TARO, CHINESE, corm, raw, <i>Xanthosoma sagittifolium</i>
A048	TARO, COMMON, corm, baked in traditional Pacific oven (mumu'd), <i>Colocasia esculenta</i>
A046	TARO, COMMON, black, corm, boiled, <i>Colocasia esculenta</i>
A052	TARO, COMMON, composite, corm, raw, <i>Colocasia esculenta</i>
A055	TARO, RED,COMMON, corm, boiled, <i>Colocasia esculenta</i>
A058	TARO, COMMON, white, corm, baked, <i>Colocasia esculenta</i>
A057	TARO, COMMON, white, corm, boiled, <i>Colocasia esculenta</i>
A059	TARO, COMMON, yellow, corm, boiled, <i>Colocasia esculenta</i>
A060	TARO, ELEPHANT FOOT YAM, raw, <i>Amorphophallus campanulatus</i>
A102	TARO, GIANT SWAMP, baked

Key	Food - full name
A103	TARO, GIANT SWAMP, boiled
A066	TARO, GIANT SWAMP, corn, raw, <i>Cyrtosperma chamissoi</i> s
A100	TARO, GIANT, baked
A101	TARO, GIANT, boiled
A062	TARO, GIANT, corm, raw, <i>Alocasia macrorrhiza</i>
A050	TARO, corm, raw, <i>Colocasia esculenta</i> var. antiquorum
A096	WINGED BEAN, root, baked in traditional PNG oven (mumu'd), <i>Psophocarpus tetragonolobus</i>
A076	YAM, CHINESE, tuber, raw, <i>Dioscorea esculenta</i>
A069	YAM, CHINESE, spiny, tuber, raw, <i>Dioscorea esculenta</i>
A098	YAM, COMPOSITE, tuber, baked, <i>Dioscorea alata</i> & <i>esculenta</i>
A099	YAM, COMPOSITE, tuber, boiled, <i>Dioscorea alata</i> & <i>esculenta</i>
A077	YAM, tuber, raw, <i>Dioscorea trifida</i>
A070	YAM, GREATER, tuber, baked in traditional PNG oven (mumu'd), <i>Dioscorea alata</i>
A075	YAM, GREATER, tuber, raw, <i>Dioscorea alata</i>
A074	YAM, KAILE, tuber, raw, <i>Dioscorea pentaphylla</i>
A071	YAM, tuber, baked, <i>Dioscorea alata</i>
A078	YAM, TIKAU, tuber, raw, <i>Dioscorea nummularia</i>
A081	YAMS, tuber, cooked:multiple methods, <i>Dioscorea</i> spp.
A083	YAMS, tuber, raw, <i>Dioscorea rotundata</i>

CEREALS AND CEREAL PRODUCTS

- B001 ALL-BRAN
- B013 BISCUIT, CABIN, HARD, Pacific Island
- B004 BISCUIT, CHOCOLATE
- B003 BISCUIT, CHOCOLATE COATED

Key	Food - full name
B005	 BISCUIT, CREAM AND JAM FILLED
B006	 BISCUIT, CREAM, WAFER
B007	 BISCUIT, FRUIT-FILLED
B010	 BISCUIT, PLAIN SWEET
B011	 BISCUIT, SHORTBREAD
B012	 BISCUIT, WHEATMEAL
B018	 BRAN, OAT, raw
B019	 BRAN, WHEAT, unprocessed
B020	 BRANFLAKES
B021	 BREAD ROLL, WHITE
B022	 BREAD ROLL, WHOLEMEAL
B023	 BREAD, BROWN
B024	 BREAD, BROWN, toasted
B030	 BREAD, COASTAL, LOCAL PRODUCE
B091	 BREAD, FRENCH/ITALIAN
B051	 BREAD, GARLIC
B025	 BREAD, WHITE, regular
B026	 BREAD, WHITE, regular, toasted
B027	 BREAD, WHOLEMEAL
B028	 BREAD, WHOLEMEAL, toasted
B032	 BUN, FRUIT, GLAZED
B033	 CAKE, CHOCOLATE, home prepared
B057	 CAKE, CREAM CAKE, SPONGE
B034	 CAKE, FRUIT, DARK, home prepared
B036	 CAKE, ICED, commercial
B060	 CAKE, LAMINGTON
B089	 CAKE, MADELEINE
B037	 CAKE, PLAIN, commercial

Key	Food - full name
B106	CHOCOLATE CAKE, DRY MIX, without frosting, prepared
B039	COCO POPS
B041	CORN FLAKES
B088	CORN FLAKES, SUGAR COATED, Kellogg's
B016	CRACKER, SAO, JATZ
B043	CRISPBREAD, WHOLEMEAL
B044	CROISSANT
B045	CRUMPET, REGULAR, toasted
B087	DOUGHNUT, CAKE-STYLE, chocolate coated or frosted
B047	DOUGHNUT, CINNAMON AND SUGAR
B095	DOUGHNUT, HOME MADE
B048	DROP SCONE, home prepared
B042	FLOUR, CORNFLOUR
B084	FLOUR, WHEAT, white, plain
B085	FLOUR, WHEAT, white, self-raising
B086	FLOUR, WHEAT, wholemeal
B053	HOT CAKES WITH SYRUP, McDonald's
B054	ICE CREAM CONE
B100	ISLAND DUMPLING, cooked
B061	LOAF, FRUIT
B062	MUESLI, SWISS STYLE
B063	MUESLI, toasted
B064	MUFFIN, ENGLISH, toasted
B102	NOODLES, CHOW MEIN
B103	NOODLES, EGG, UNENRICHED, cooked
B097	NOODLES, MAGGI-TYPE, boiled
B065	OATS, ROLLED, cooked
B066	PANCAKE, home prepared

Key	Food - full name
B067	PASTA, EGG, boiled
B068	PASTA, WHITE, boiled
B092	PASTRY, CHOCOLATE-FILLED ROLL
B046	PASTRY, DANISH
B069	PASTRY, FILO, baked
B070	PASTRY, PUFF, commercial, baked
B071	PASTRY, SHORT, commercial, baked
B072	RICE BUBBLES
B098	RICE WITH COCONUT CREAM, cooked
B073	RICE, BROWN, boiled
B093	RICE, PARBOILED, boiled
B077	RICE, WHITE, boiled
B075	RICE, WHITE, COASTAL, boiled
B076	RICE, WHITE, HIGHLANDS, boiled
B078	ROTI, cooked
B080	SCONE, PLAIN, home prepared
B090	CEREAL PRODUCT, SEMOLINA
B081	SPECIAL K
B105	VANILLA, SLICE
B101	WEET-BIX

GREEN LEAVES

- C094 CABBAGE, CHINESE, cooked, *Brassica chinensis*
 C035 CABBAGE, CHINESE, raw, *Brassica chinensis*
 C036 CABBAGE, EUROPEAN WHITE, boiled, *Brassica oleracea* var. capitata

Key	Food - full name
C019	CABBAGE, EUROPEAN WHITE, raw, <i>Brassica oleracea</i> var. capitata
C052	CABBAGE, EUROPEAN WHITE, leaves, boiled in salted water, <i>Brassica oleracea</i> var. capitata
C010	CABBAGE, EUROPEAN, Papua New Guinea, baked in traditional PNG oven (mumu'd), <i>Brassica oleracea</i> var. capitata
C018	CABBAGE, RED, boiled, <i>Brassica oleracea</i> var. capitata
C098	CABBAGE, SWAMP, boiled
C071	CABBAGE, SWAMP, leaves, raw, <i>Ipomoea aquatica</i>
C053	CASSAVA, leaves, boiled, <i>Manihot esculenta</i>
C050	CASSAVA, leaves, raw, <i>Manihot esculenta</i>
C095	CHOKO, leaves, boiled, <i>Sechium edule</i>
C049	CHOKO, leaves, raw, <i>Sechium edule</i>
C024	CRESS, GARDEN, leaves and stems, raw, <i>Lepidium sativum</i>
C086	DRUMSTICK, leaves and shoots, raw, young, <i>Moringa oleifera</i>
C026	DRUMSTICK, leaves, boiled, <i>Moringa oleifera</i>
C055	DRUMSTICK, leaves, raw, <i>Moringa oleifera</i>
C005	EDIBLE HIBISCUS, leaves, boiled, <i>Abelmoschus manihot</i>
C006	EDIBLE HIBISCUS, leaves, raw, <i>Abelmoschus manihot</i>
C096	FERN, leaves, boiled, <i>Athyrium esculentum</i>
C011	FERN, leaves, raw, <i>Athyrium esculentum</i>
C091	FIG, POKE, leaves, boiled and drained, <i>Ficus copiosa</i>
C040	FIG, POKE, leaves, raw, <i>Ficus copiosa</i>
C079	JOINTFIR, leaves, boiled, <i>Gnetum gnemon</i>
C080	JOINTFIR, leaves, raw, <i>Gnetum gnemon</i>
C039	KALE SEEDLING, leaves, boiled, <i>Brassica oleracea</i> var. alboglabra
C054	KALE SEEDLING, leaves, raw, <i>Brassica oleracea</i> var. alboglabra
C046	LETTUCE, COMMON, raw, <i>Lactuca sativa</i>
C045	LETTUCE, ICEBERG, raw, <i>Lactuca sativa</i>
C032	NIGHTSHADE, leaves, cooked, <i>Solanum nigrum</i>

Key	Food - full name
C065	NIGHTSHADE, leaves, raw, <i>Solanum nigrum</i>
C013	PAWPAW, shoots, cooked, <i>Carica papaya</i>
C012	PAWPAW, shoots, raw, <i>Carica papaya</i>
C092	PUHA, leaves and upper stem, boiled, <i>Sonchus oleraceus</i>
C060	PUHA, leaves and upper stem, raw, <i>Sonchus oleraceus</i>
C025	PUMPKIN, leaves, boiled, <i>Cucurbita pepo</i>
C048	PUMPKIN, leaves, raw, <i>Cucurbita pepo</i>
C066	SILVERBEET, boiled, <i>Beta vulgaris</i> var. cicla
C003	SILVERBEET, leaves and upper stem, raw, <i>Beta rubra</i>
C076	SPINACH, CEYLON, leaves, boiled, <i>Basella rubra</i>
C075	SPINACH, CEYLON, leaves, raw, <i>Basella rubra</i>
C069	SPINACH, frozen, boiled, <i>Spinacia oleracea</i>
C001	SPINACH, NEW ZEALAND, leaves and upper stem, boiled, drained, <i>Tetragonia expansa</i>
C034	SPINACH, NEW ZEALAND, leaves and upper stem, raw, <i>Tetragonia expansa</i>
C093	SPINACH, TAHITIAN, leaves, boiled, <i>Xanthosoma brasiliense</i>
C084	SPINACH, TAHITIAN, leaves, raw, <i>Xanthosoma brasiliense</i>
C051	SPINACH, TROPICAL, leaves, baked in traditional PNG oven (mumu'd), <i>Amaranthus</i> spp.
C009	SPINACH, TROPICAL, leaves, boiled, <i>Amaranthus</i> spp.
C008	SPINACH, TROPICAL, leaves, raw, <i>Amaranthus viridis</i>
C038	SWEET POTATO, leaves, cooked, <i>Ipomoea batatas</i>
C072	SWEET POTATO, leaves, raw, <i>Ipomoea batatas</i>
C097	TARO, leaves, cooked
C078	TARO, leaves, raw, <i>Colocasia esculenta</i>
C020	TARO, stalks, cooked, <i>Colocasia esculenta</i>
C004	TARO, stalks, raw, <i>Colocasia esculenta</i>
C002	WATER DROPWORT, leaves, cooked, <i>Oenanthe javanica</i>
C061	WATER DROPWORT, leaves, raw, <i>Oenanthe javanica</i>

Key	Food - full name
C068	WATERCRESS, leaves, cooked, <i>Rorippa nasturtium aquaticum</i>
C037	WATERCRESS, leaves, raw, <i>Rorippa nasturtium aquaticum</i>
C028	WINGED BEAN, leaves, cooked, <i>Psophocarpus tetragonolobus</i>
C031	WINGED BEAN, leaves, raw, <i>Psophocarpus tetragonolobus</i>
D007	ARTICHOKE, JERUSALEM, peeled, boiled, <i>Helianthus tuberosus</i>
D009	ASPARAGUS, boiled, <i>Asparagus officinalis</i>
D010	ASPARAGUS, canned in brine,drained, <i>Asparagus officinalis</i>
D062	BANANA, buds and flowers, raw, <i>Musa cultivar</i>
D128	BANANA, COOKING, flowers, boiled
D083	BANANA, COOKING, flowers, raw, <i>Musa cultivar</i>
D014	BEETROOT, canned, drained, <i>Beta vulgaris</i> var. <i>vulgaris</i>
D122	BROCCOLI, boiled, <i>Brassica oleracea</i> var. <i>italica</i>
D123	BRUSSELS SPROUTS, boiled, <i>Brassica oleracea</i> var. <i>gemmifera</i>
D124	BRUSSELS SPROUTS, frozen, boiled, <i>Brassica oleracea</i> var. <i>gemmifera</i>
D019	CAPSICUM, boiled, <i>Capsicum annuum</i> var. <i>grossum</i>
D096	CAPSICUM, GREEN AND RED, raw, <i>Capsicum annuum</i> var. <i>grossum</i>
D020	CAPSICUM, raw, <i>Capsicum annuum</i> var. <i>grossum</i>
D021	CARROT, canned, heated, drained, baby, <i>Daucus carota</i>
D024	CARROT, frozen, boiled, <i>Daucus carota</i>
D022	CARROT, peeled, boiled, mature, <i>Daucus carota</i>
D023	CARROT, peeled, raw, mature, <i>Daucus carota</i>
D002	CARROTS, raw, <i>Daucus carota</i>
D025	CAULIFLOWER, boiled, <i>Brassica oleracea</i> var. <i>botrytis</i>

Key	Food - full name
D026	CAULIFLOWER, raw, <i>Brassica oleracea</i> var. <i>botrytis</i>
D027	CELERIY, boiled, <i>Apium graveolens</i>
D028	CELERIY, raw, <i>Apium graveolens</i>
D034	CHOKO, peeled, boiled, <i>Sechium edule</i>
D059	CORN, cob, boiled/baked in traditional PNG oven (mumu'd), <i>Zea mays</i>
D037	CORN, SWEET, on cob, kernels, boiled, drained, <i>Zea mays</i>
D098	CORN, SWEET, canned in brine, drained, <i>Zea mays</i>
D099	CORN, SWEET, creamed, canned, heated, <i>Zea mays</i>
D100	CORN, SWEET, frozen, boiled, <i>Zea mays</i>
D120	CUCUMBER PICKLES, DILL, <i>Cucumis sativus</i>
D039	CUCUMBER, COMMON, raw, flesh, <i>Cucumis sativus</i>
D041	CUCUMBER, COMMON, raw, flesh and skin, <i>Cucumis sativus</i>
D049	EGGPLANT, boiled, <i>Solanum melongena</i>
D001	EGGPLANT, flesh, raw, <i>Solanum melongena</i>
D115	FUNGI, cooked, <i>Flammulina velutipes</i>
D116	FUNGI, cooked, <i>Lactarius hatsudake</i>
D048	FUNGI, raw, <i>Flammulina velutipes</i>
D012	FUNGI, raw, <i>Lactarius hatsudake</i>
D125	GOURD, cooked, <i>Luffa cylindrica</i>
D066	LEEK, boiled, <i>Allium porrum</i>
D067	LEEK, raw, <i>Allium porrum</i>
D068	MARROW, peeled, boiled, <i>Cucumis melo</i> var. <i>conomon</i>
D069	MIXED VEGETABLES, frozen, boiled
D029	MUSHROOMS, canned in brine, heated, drained
D070	MUSHROOMS, COMMON, raw
D072	OKRA, boiled, <i>Hibiscus esculentus</i>
D073	OKRA, raw, <i>Hibiscus esculentus</i>

Key	Food - full name
D126	OLIVE, GREEN, stuffed, drained
D076	ONION, boiled, mature, <i>Allium cepa</i>
D077	ONION, raw, mature, <i>Allium cepa</i>
D079	PARSLEY, raw, <i>Petroselinum crispum</i>
D080	PARSNIP, peeled, boiled, <i>Pastinaca sativa</i>
D081	PAWPAW, raw, unripe, <i>Carica papaya</i>
D127	PAWPAW, UNRIPE, fruit, cooked, <i>Carica papaya</i>
D051	PEAS, GREEN, boiled, <i>Pisum sativum</i>
D119	PEAS, GREEN, drained solids, canned
D004	PITPIT, HIGHLANDS, baked in traditional PNG oven (mumu'd), <i>Setaria palmifolia</i>
D003	PITPIT/DURUKA, COASTAL, raw, <i>Saccharum</i> spp.
D087	PUMPKIN, boiled
D086	PUMPKIN, BUTTERNUT, boiled, <i>Cucurbita pepo</i>
D043	PUMPKIN, raw
D088	RADISH, ORIENTAL, raw, peeled
D093	SHALLOT, peeled, boiled, <i>Allium cepa</i>
D094	SQUASH, boiled, <i>Cucurbita pepo</i>
D095	SWEDE, boiled, <i>Brassica napus</i> var. napobrassica
D102	TOMATO, PASTE, salted
D105	TOMATO, canned in tomato juice
D103	TOMATO, CHERRY, raw, <i>Lycopersicon esculentum</i> var. cerasiforme
D118	TOMATO, COMMON, boiled, <i>Lycopersicon esculentum</i>
D106	TOMATO, COMMON, raw, <i>Lycopersicon esculentum</i>
D107	TOMATO, ripe, <i>Lycopersicon esculentum</i>
D061	VEGETABLES, MIXED, European boiled
D109	ZUCCHINI, boiled, <i>Cucurbita pepo</i>

Key	Food - full name
FRUITS	
E005	APPLE, <i>Malus pumila</i>
E003	APPLE, canned, no added sugar
E004	APPLE, GRANNY SMITH, <i>Malus pumila</i>
E010	APRICOT, <i>Prunus armeniaca</i>
E007	APRICOT, canned in syrup
E008	APRICOT, canned in syrup, drained
E006	APRICOT, canned in artificially sweetened liquid
E009	APRICOT, dried, <i>Prunus armeniaca</i>
E121	AVOCADO, <i>Perssea americana</i>
E016	BANANA, AUSTRALIAN, <i>Musa</i> sp.
E012	BANANA, COMMON VARIETIES, <i>Musa</i> sp.
E013	BANANA, PAPUA NEW GUINEA, <i>Musa</i> sp.
E048	CRANBERRIES, <i>Vaccinium</i> sp.
E025	CURRANT, dried, <i>Vitis vinifera</i>
E027	CUSTARD APPLE, peeled, <i>Annona squamosa</i>
E029	DATE, dried, <i>Phoenix dactylifera</i>
E069	DURIAN, <i>Durio zibethinus</i>
E032	FIG, <i>Ficus carica</i>
E030	FIG, dried, <i>Ficus carica</i>
E034	FRUIT SALAD, canned in syrup
E066	FRUIT, MIXED, dried
E039	GRANADILLA, flesh and seeds, <i>Passiflora quadrangularis</i>
E036	GRAPE, BLACK, <i>Vitis vinifera</i>
E035	GRAPE, GREEN, <i>Vitis vinifera</i>
E037	GRAPEFRUIT, <i>Citrus paradisi</i>

Key	Food - full name
E042	GUAVA, HAWAIIAN , <i>Psidium guajava</i>
E049	KIWIFRUIT , flesh and seeds, peeled, <i>Actinidia chinensis</i>
E051	LEMON , <i>Citrus limon</i>
E052	LIME , <i>Citrus aurantifolia</i>
E059	LYCHEE , <i>Litchi sinensis</i> & <i>nephelium</i>
E057	LYCHEE, canned in syrup, <i>Litchi sinensis</i> & <i>nephelium</i>
E058	LYCHEE, canned in syrup, drained
E056	LYCHEE, fruit, dried, edible portion with shells, <i>Litchi sinensis</i> & <i>nephelium</i>
E111	MALAY APPLE , flesh, skin and seeds, <i>Syzygium samarangense</i>
E061	MANDARIN , <i>Citrus reticulata</i>
E060	MANDARIN, canned in syrup
E064	MANGO, AUSTRALIAN , <i>Mangifera indica</i>
E063	MANGO, MALAYSIAN , <i>Mangifera indica</i> & <i>odorata</i> & <i>foetida</i>
E096	MANGO, PAPUA NEW GUINEAN , <i>Mangifera indica</i>
E116	MANGOSTEEN , <i>Garcinia mangostana</i>
E065	MELON, HONEY DEW , <i>Cucumis melo</i>
E068	NECTARINE , <i>Prunus persica</i> var. nectarina
E070	ORANGE , <i>Citrus sinensis</i>
E106	ORANGE, LOCAL , fruit, <i>Citrus iyo</i>
E072	PANDANUS , fruit, <i>Pandanus</i> sp.
E073	PANDANUS, PASTE , <i>Pandanus</i> sp.
E076	PASSIONFRUIT , <i>Passiflora edulis</i>
E092	PASSIONFRUIT, PURPLE OR YELLOW , <i>Passiflora edulis</i>
E078	PAWPAW, AUSTRALIAN , fruit, <i>Carica papaya</i>
E079	PAWPAW, PAPUA NEW GUINEAN , fruit, <i>Carica papaya</i>
E081	PEACH , <i>Prunus persica</i>
E080	PEACH, canned in syrup

Key	Food - full name
E082	PEAR, canned in pear juice
E083	PEAR, PACKHAMS, <i>Pyrus</i> sp.
E086	PINEAPPLE, AUSTRALIAN, <i>Ananas comosus</i>
E085	PINEAPPLE, canned in heavy syrup
E002	PINEAPPLE, PAPUA NEW GUINEAN, <i>Ananas comosus</i>
E088	PLUM, DARK, canned in syrup
E089	PLUM, RED, <i>Prunus domestica</i>
E090	POMELO, PINK FLESH, <i>Citrus maxima</i>
E091	PRUNE, <i>Prunus domestica</i>
E093	RAISIN, <i>Vitis vinifera</i>
E117	RAMBUTAN, <i>Nephelium lappaceum</i>
E097	ROCKMELON, <i>Cucumis melo</i>
E100	SAPODILLA, <i>Achras zapota/manilkara</i>
E017	SAPOTE, fruit, <i>Calocarpum sapota</i>
E101	SOURSOP, <i>Annona muricata</i>
E018	STARFRUIT, <i>Averrhoa carambola</i>
E103	STRAWBERRY, <i>Fragaria</i>
E104	SULTANA, <i>Vitis vinifera</i>
E107	TAMARIND, <i>Tamarindus indica</i>
E108	TAMARIND, pods, fresh, <i>Tamarindus indica</i>
E118	TREE TOMATO, <i>Cyphomandra</i> spp.
E109	WATER APPLE, <i>Eugenia aquea</i>
E110	WATERMELON, AUSTRALIAN, red pulp, <i>Citrullus vulgaris</i>
E095	WATERMELON, PAPUA NEW GUINEAN, red pulp, <i>Citrullus vulgaris</i>

Key	Food - full name
NUTS AND SEEDS	
F059	ALMOND, INDIAN, ripe, <i>Ternstroemia catappa</i>
F001	ALMOND, kernels, blanched, <i>Prunus dulcis</i>
F002	ALMOND, with skin, <i>Prunus dulcis</i>
F006	BETEL NUTS, kernels, raw, <i>Areca catechu</i>
F007	BRAZIL NUT, kernels, raw, <i>Bertholletia excelsa</i>
F035	BREADFRUIT, seeds, boiled, <i>Artocarpus altilis</i>
F036	BREADFRUIT, seeds, roasted, <i>Artocarpus altilis</i>
F010	CANDLENUT, kernels, raw, <i>Aleurites moluccana</i>
F011	CASHEW, roasted, salted, <i>Anacardium occidentale</i>
F064	CHESTNUT, TAHITIAN, boiled, <i>Inocarpus fagifer</i> , previously <i>edulis</i>
F056	CHESTNUT, TAHITIAN, kernels, raw, <i>Inocarpus fagifer</i> , previously <i>edulis</i>
F065	CHESTNUT, TAHITIAN, roasted, <i>Inocarpus fagifer</i> , previously <i>edulis</i>
F004	JAKFRUIT, seeds, boiled, <i>Artocarpus heterophyllus</i>
F043	MACADAMIA NUT, kernels, raw, <i>Macadamia integrifolia</i>
F047	MELON SEEDS, seeds coat removed, <i>Citrullus lanatus</i>
F048	NUTS, MIXED, salted
F038	PANDANUS NUTS, kernel, dried, <i>Pandanus</i> spp.
F037	PANDANUS NUTS, kernel, raw, <i>Pandanus</i> spp.
F039	PANDANUS NUTS, kernel, roasted, <i>Pandanus</i> spp.
F044	PANDANUS NUT, SAUCE, <i>Pandanus conoideus</i>
F062	PEANUT, kernel and skin, raw, <i>Arachis hypogaea</i>
F052	PEANUT, kernels, roasted, salted
F051	PEANUT, kernel and skin, roasted, salted
F031	PILI NUT, kernels, dried, <i>Canarium</i> spp.
F032	PILI NUT, kernels, raw, ripe, <i>Canarium</i> spp.

Key	Food - full name
F054	PISTACHIO NUT, kernels, raw, <i>Pistacia vera</i>
F055	PUMPKIN SEEDS, seeds, raw, <i>Cucurbita</i> spp.
F016	WATERMELON, seeds, dried, <i>Citrullus lanatus</i> var. <i>vulgaris</i>
LEGUMES	
G051	BEAN SALAD, commercial
G002	BEANS, BAKED, canned in tomato sauce
G056	BEANS, BAKED, WITH PORK, IN TOMATO SAUCE, canned
G003	BEANS, BROAD, boiled, <i>Vicia faba</i>
G004	BEANS, BUTTER, boiled, <i>Phaseolus lunatus</i>
G005	BEANS, GREEN, boiled, <i>Phaseolus vulgaris</i>
G006	BEANS, GREEN, frozen, boiled, <i>Phaseolus vulgaris</i>
G036	BEANS, KATANAKU HIGHLANDS, baked in traditional PNG oven (mumu'd)
G035	BEANS, KATANAKU HIGHLANDS, in bamboo
G013	BEANS, LIMA, dried, boiled, <i>Phaseolus lunatus</i>
G016	BEANS, MUNG, dahl, cooked, <i>Phaseolus aureus</i>
G011	BEANS, RED KIDNEY, canned, drained, <i>Phaseolus vulgaris</i>
G012	BEANS, RED KIDNEY, dried, boiled, <i>Phaseolus vulgaris</i>
G007	BEANS, SNAKE, boiled
G014	BEANS, SOYA, dried, boiled
G009	BEANS, SPROUTS, raw, <i>Phaseolus aureus</i>
G054	BEANS, SPROUTS, soya, raw
G057	BEANS, YARD-LONG, green beans in pod, cooked
G017	BEANS, YARD-LONG, green beans in pod, raw
G037	LENTILS, dried, boiled, <i>Lens esculenta</i>

Key	Food - full name
G041	PEAS, GREEN, boiled, <i>Pisum sativum</i>
G042	PEAS, GREEN, dried, boiled, <i>Pisum sativum</i>
G043	PEAS, GREEN, frozen, boiled, <i>Pisum sativum</i>
G044	PEAS, SPLIT, dried, boiled
G040	PEAS, with edible pod, boiled, <i>Pisum sativum</i>
G052	SOYA BEAN CURD, unsweetened, <i>Glycine max</i>
G053	MILK, SOYA BEAN, packet, <i>Glycine max</i>
G055	SOYA BEANS, FERMENTED, <i>Glycine max</i>
G032	WINGED BEANS, baked in traditional PNG oven (mumu'd), mature, <i>Psophocarpus tetragonolobus</i>
G034	WINGED BEANS, pods, baked in traditional PNG oven (mumu'd), young, <i>Psophocarpus tetragonolobus</i>
FISH	
H002	ANCHOVY, canned in oil, drained
H003	ANCHOVY, whole, fresh
H005	BREAM, THREADFIN, JAPANESE
H008	CARP, COMMON
H010	COD, CORAL
H026	COD, steamed
H093	EEL FISH, <i>Mastacembelus armatus</i>
H019	FISH, BATTERED, unspecified, commercial, deep fried
H090	FISH, dried and salted
H012	FISH, FINGERS, frozen, grilled
H088	MACKEREL, canned in natural oil
H028	MACKEREL, fried, <i>Scomber japonicus</i>
H092	MACKEREL, FRIGATE, boiled, <i>Auxis thazard</i>

Key	Food - full name
H087	MACKEREL, SPANISH, cooked, <i>Scomberomorus niphonius</i>
H086	MACKEREL, SPANISH, raw, <i>Scomberomorus niphonius</i>
H033	MULLET, fried, <i>Mugil cephalus</i>
H034	MULLET, steamed, <i>Mugil cephalus</i>
H075	REEF FISH, COMPOSITE, baked/grilled
H074	REEF FISH, COMPOSITE, raw
H076	REEF FISH, COMPOSITE, steamed/poached
H078	SALMON, PINK, solids with bone and liquid, canned
H050	SARDINES, Australian, canned in oil, <i>Sardinops melanostictus</i>
H077	SARDINES, United States of America, canned in oil, <i>Sardinops melanostictus</i>
H051	SARDINES, canned in oil, drained, <i>Sardinops melanostictus</i>
H089	SCAD, HAIRTAIL, dried, <i>Megalaspis cordyla</i>
H091	SHARK, BLUE, boiled, <i>Prionace glauca</i>
H021	SHARK, TEMPERATE, flesh, steamed
H060	SNAPPER, steamed
H035	SWEETLIP, PAINTED, raw
H079	TUNA, ALBACORE, flesh, raw, <i>Thunnus alalunga</i>
H067	TUNA, canned in brine
H070	TUNA, canned in brine, drained
H068	TUNA, canned in oil
H069	TUNA, canned in oil, drained
H083	TUNA, COMPOSITE, flesh, baked
H085	TUNA, COMPOSITE, flesh, grilled
H082	TUNA, COMPOSITE, flesh, raw
H084	TUNA, COMPOSITE, flesh, steamed
H081	TUNA, SLENDER, flesh, raw, <i>Allothunnus fallai</i>
H080	TUNA, SOUTHERN BLUEFIN, flesh, raw, <i>Thunnus maccoyii</i>
H073	YELLOWTAIL, FUSILIER, raw

Key	Food - full name
SEAFOOD	
J046	ARK SHELL, boiled, <i>Scapharca subcrenata</i>
J001	CLAMS
J003	COCKLES, boiled for 5 minutes
J002	COCKLES, fresh
J047	CRAB, MUD, flesh, boiled
J005	CRAB, SWIMMING, boiled
J006	CRABMEAT, canned in brine
J008	CUTTLEFISH, fresh
J032	FISH, ROE,RED
J011	LOBSTER
J013	LOBSTER, cooked
J014	MUSSEL, <i>Mytilus coruscus</i>
J015	MUSSEL, smoked, canned in oil, drained, <i>Mytilus coruscus</i>
J042	OCTOPUS, cooked, <i>Octopus vulgaris</i>
J040	OCTOPUS, raw, <i>Octopus vulgaris</i>
J017	OYSTER, flesh, raw, <i>Crassostrea gigas</i>
J020	PRAWN, COCKTAIL
J049	PRAWN, GREATER TIGER, boiled, <i>Penaeus monodon</i>
J021	PRAWN, KING, cooked
J043	SCALLOP, cooked, <i>Patinopecten yessoensis</i>
J041	SCALLOP, <i>Patinopecten yessoensis</i>
J024	SEA CUCUMBER, edible muscle, <i>Stichopus japonicus</i>
J045	SEA URCHIN, flesh, boiled, <i>Hemicentrotus pulcherrimus</i>
J038	SEAWEED, AGAR
J036	SEAWEED, dried

Key	Food - full name
J027	SQUID, fried
J028	SQUID, raw
J029	STING RAY
J033	TURTLE, cooked, <i>Chelonia mydas</i>
J030	TURTLE, raw
MEAT AND POULTRY	
K025	PORK, BACON, breakfast, fried
K026	PORK, BACON, breakfast, grilled
K146	BEEF RIB, SHORTRIBS, choice, lean and fat, braised
K152	BEEF, SAUSAGE, grill and serve
K147	BEEF STEW, WITH POTATOES AND GRAVY
K017	BEEF, blade steak, lean, grilled
K018	BEEF, blade steak, lean and fat, grilled
K020	BEEF, brisket, lean and fat, corned, boiled
K021	BEEF, chuck steak, trimmed of 50% separable fat, simmered
K005	BEEF, CORNED AND CEREAL, canned
K006	BEEF, corned, canned
K061	BEEF, hamburger patty, frozen, fried
K062	BEEF, hamburger patty, frozen, grilled
K023	BEEF, mince, regular, simmered, drained
K148	BEEF, POT ROAST, lean and fat, stewed
K008	BEEF, rump steak, trimmed of 50% separable fat, grilled
K010	BEEF, rump steak, lean, grilled
K030	BEEF, sausage, grilled

Key	Food - full name
K024	BEEF, silverside, lean and fat, corned, boiled
K012	BEEF, skirt steak, lean & fat, simmered
K014	BEEF, topside roast, lean and fat, baked
K145	BOLOGNA, BEEF & PORK
K042	CAMP PIE, canned
K038	CHICKEN, unspecified, boneless, lean and skin, baked
K039	CHICKEN, breast, lean, baked
K041	CHICKEN, drumstick, lean and skin, baked
K040	CHICKEN, drumstick, lean, baked
K053	CHICKEN, gizzard
K149	CHICKEN, LIGHT MEAT, breast or wing, breaded and fried
K044	CHICKEN, ROLL
K049	DEVONFRITZ
K050	DUCK, roasted
K051	FRANKFURTERS, simmered
K054	GOAT MEAT, lean
K056	HAM AND CHICKEN ROLL
K150	PORK, LEG, HAM, RUMP HALF, lean and fat, roasted
K060	BEEF, hamburger mince, simmered, drained
K068	LAMB, chump chop, trimmed of 50% separable fat, grilled
K070	LAMB, chump chop, lean and fat, grilled
K071	LAMB, heart, baked
K072	LAMB, kidney, simmered
K076	LAMB, liver, fried
K077	LAMB, midloin chop, lean and fat, grilled
K079	LAMB, neck chop, lean and fat, simmered
K082	LAMB, shoulder, lean and fat, baked
K088	MEAT, PASTE

Key	Food - full name
K164	MUTTON FLAPS, lean (64%) and fat (36%), fried
K161	PÂTÉ DE CAMPAGNE
K105	PÂTÉ DE FOIE
K162	PÂTÉ, PORK LIVER
K055	PORK, fat, boiled
K057	PORK, HAM, leg, lean, non-canned
K058	PORK, HAM, steak, grilled
K059	PORK, HAM, lean and fat, canned
K101	PORK, leg, lean and fat, baked
K104	PORK, midloin chop, lean and fat, grilled
K123	PORK, SAUSAGE, home prepared, fried
K124	PORK, SAUSAGE, home prepared, grilled
K151	PORK, SPARERIBS, lean and fat, cooked
K120	SALAMI
K132	SPAM, canned
K153	TURKEY TAIL, cooked
K154	TURKEY, WHOLE, meat & skin & giblets & neck, roasted
K142	VEAL, schnitzel, frozen, fried
K139	VEAL, loin chop, lean and fat, grilled

MILK AND MILK PRODUCTS

- M005 CHEESE, SPREAD, CHEDDAR
- M006 CHEESE, BLUE VEIN
- M007 CHEESE, BRIE
- M048 CHEESE, CAMEMBERT

Key	Food - full name
M008	CHEESE, CHEDDAR
M009	CHEESE, CHEDDAR, PROCESSED
M010	CHEESE, COTTAGE
M046	CHEESE, EDAM
M012	CHEESE, MOZZARELLA
M045	CHEESE, ROQUEFORT
M013	CHEESE, SWISS
M014	CREAM CHEESE, DIP, FLAVOURED
M049	CREAM SUBSTITUTE, POWDERED
M052	CREAM, PURE
M054	CREAM, REDUCED FAT, canned
M051	CREAM, SOUR
M053	CREAM, THICKENED, ultra heat treated
M044	FROMAGE FRAIS
M043	FROMAGE FRAIS, FAT-FREE
M020	ICE CREAM, VANILLA
M055	INFANT FORMULA, ISOMIL, water added
M056	Soy protein based formula, values based on 1 level scoop of powder/60ml water INFANT FORMULA, SIMILAC POWDER WITH IRON, water added Milk based formula, values based on 8.7g powder/60ml water
M021	MILK POWDER, SKIM
M022	MILK POWDER, WHOLE
M019	MILK, BREAST, colostrum
M004	MILK, BREAST, mature
M029	MILK, CONDENSED, skim, sweetened, canned
M023	MILK, CONDENSED, whole, sweetened, canned
M024	MILK, EVAPORATED, skim, canned
M025	MILK, EVAPORATED, whole, canned

Key	Food - full name
M026	MILK, GOAT
M028	MILK, SKIM, fluid
M030	MILK, WHOLE
M031	MILK, ULTRA HEAT TREATED, whole
M039	YOGHURT, FRUIT
M040	YOGHURT, NATURAL, low fat, unsweetened
M041	YOGHURT, NATURAL, unsweetened

EGGS

- N004 EGG, CHICKEN, fried
 N005 EGG, CHICKEN, poached
 N006 EGG, CHICKEN, scrambled
 N003 EGG, CHICKEN, white, hard boiled
 N007 EGG, CHICKEN, whole, hard boiled
 N008 EGG, CHICKEN, yolk, hard boiled
 N002 EGG, DUCK, whole, raw, *Anas platyrhyncha*
 N014 EGG, QUAIL, whole, raw
 N015 EGG, TURTLE, whole
 N013 OMELETTE, PLAIN

FATS AND OILS

- P008 BEEF, DRIPPING
 P003 BUTTER, REGULAR

Key	Food - full name
P025	COCONUT CREAM, canned/ultra heat treated
P026	COCONUT CREAM, fresh, no water added
P029	COCONUT CREAM, water added
P024	COCONUT OIL
P022	GHEE, BUTTER
P014	MARGARINE, COOKING
P015	MARGARINE, POLYUNSATURATED, reduced fat
P016	MARGARINE, POLYUNSATURATED, regular
P017	OIL, OLIVE
P019	OIL, PEANUT
P021	PALM OIL, RED
P020	VEGETABLE OIL, POLYUNSATURATED

PROCESSED FOODS

Q082	BABY FOOD, APPLESAUCE AND APRICOTS, strained
Q083	BABY FOOD, APRICOT AND TAPIOCA, junior
Q084	BABY FOOD, BEEF, junior
Q085	BABY FOOD, LAMB, strained
Q079	BABY FOOD, MIXED VEGETABLE, strained
Q080	BABY FOOD, VEGETABLE AND BEEF, strained
Q081	BABY FOOD, VEGETABLE AND LAMB, junior
Q068	BEANS WITH CHILLI, canned
Q066	CHEESE SNACK, TWISTIE-TYPE, extruded
Q086	PLAIN CHEESEBURGER, DOUBLE PATTY AND BUN
Q003	CHEESECAKE, commercial

Key	Food - full name
Q006	CORN CHIPS, FLAVOURED
Q087	FRANKFURTER ON BUN WITH CATSUP/MUSTARD
Q013	HAMBURGER, BACON
Q014	HAMBURGER, CHEESE
Q015	HAMBURGER, EGG
Q016	HAMBURGER, PLAIN
Q017	IRISH STEW , canned, heated
Q018	LASAGNA , commercial
Q029	PAPADUMS , fried in vegetable oil
Q078	PEANUT BUTTER , no added sugar
Q075	PEANUT BUTTER, SMOOTH STYLE, WITH SALT
Q032	PIE, APPLE , deep, baked
Q033	PIE, FRUIT , commercial
Q022	PIE, MEAT , family size
Q023	PIE, MEAT , Individual size
Q076	PIZZA, WITH MEAT & THICK CRUST
Q034	PIZZA, HAM & PINE , frozen, baked
Q035	PIZZA, SUPREME , frozen, baked
Q036	POPCORN, REGULAR , commercial
Q037	POTATO CRISPS, PLAIN
Q069	POTATO CRISPS, PLAIN, SALTED
Q038	POTATO STRAWS, PLAIN
Q039	PRETZELS
Q040	PUDDING, PLUM , canned
Q041	PUDDING, SELF SAUCING
Q042	QUICHE, HAM AND CHEESE , commercial, baked
Q043	RAVIOLI , commercial
Q050	SAUSAGE ROLL

Key	Food - full name
Q053	SOUP, Chicken noodle, dry mix, prepared
Q054	SOUP, CREAM VEGETABLE, prepared, canned
Q055	SOUP, MINESTRONE, home prepared
Q052	SOUP, TOMATO, prepared, canned
Q077	SPAGHETTI, IN TOMATO SAUCE, canned
Q061	VEGETABLES AND SAUSAGES, canned
Q062	VEGETABLES AND STEAK, canned, heated
Q064	YEAST, COMPRESSED
Q065	YEAST, dried

MIXED COOKED DISHES

R020	BEEF AND SWEET POTATO STEW
R025	BIRO, cooked
R001	CURRY, CHICKEN, without bones
R003	CURRY, VEGETABLE
R002	CUSTARD
R018	FISH AND ISLAND CABBAGE, canned fish, fried
R027	FISH SALAD, TAHITIAN, raw
R019	LAPLAP, ISLAND CABBAGE, CASSAVA AND COCONUT
R017	LAPLAP, TARO, CHICKEN AND COCONUT CREAM
R022	MANIHIKIAN BREAD
R021	MEAT AND ISLAND CABBAGE, canned meat, fried
R004	MUTTON, BIRIANI
R028	PALUSAMI, TARO LEAF & COCONUT CREAM
R026	PALUSAMI, TARO LEAF & COCONUT CREAM & CORNED BEEF

Key	Food - full name
R014	POI, PAIAI, (30% solids), <i>Colocasia esculenta</i>
R023	POKE RECIPE, pawpaw & arrowroot & banana & sugar, boiled
R015	SANDWICH, TOASTED, CHEESE AND HAM
R007	TOOR DAHL, cooked
CONFETIONERY	
S004	CHOCOLATE BAR, BOUNTY BAR
S020	CHOCOLATE BAR, MARS BAR
S006	CHOCOLATE, DARK
S007	CHOCOLATE, MILK
S008	CHOCOLATE, MILK AND NUTS
S012	HONEY
S013	JAM, unspecified
S014	JELLY, CRYSTALS
S015	JELLY, prepared
S016	LICORICE
S019	MARMALADE, ORANGE
S032	MARZIPAN
S021	MERINGUE, commercial
S022	MUESLI BAR, FRUIT
S034	PANCAKE SYRUP
S010	SEED BAR, FRUIT AND NUT
S036	SHERBET
S035	SUGAR CANE JUICE
S026	SUGAR, BROWN

Key	Food - full name
S027	SUGAR, RAW
S028	SUGAR, WHITE
S003	SWEETS, BOILED
S011	SYRUP, GOLDEN
S029	TOPPING, CHOCOLATE
S030	VIOLET CRUMBLE

HERBS, SPICES, SAUCES

T002	ALLSPICE POWDER
T043	BARBECUE, SAUCE, commercial
T003	CARDAMON, <i>Elettaria cardamomum</i>
T004	CHILLI POWDER
T033	CHILLI, SAUCE, bottled
T005	CHILLI, dried, <i>Capsicum frutescens</i>
T006	CINNAMON POWDER
T007	CLOVES, <i>Eugenia caryophyllus</i>
T009	CORIANDER, leaves, dried, <i>Coriandrum sativum</i>
T010	CORIANDER, seeds, <i>Coriandrum sativum</i>
T013	CUMIN, seeds, <i>Cuminum cyminum</i>
T014	CURRY POWDER
T060	GARLIC, boiled, <i>Allium sativum</i>
T035	GELATINE
T061	GINGER, boiled
T017	GINGER, ROOT, fresh, <i>Zingiber officinale</i>
T037	GRAVY POWDER, prepared

Key	Food - full name
T057	GRAVY, POWDER, dried
T058	KIM CHEE
T019	LEMON GRASS, <i>Cymbopogon citratus</i>
T053	LEMONS, juice, freshly extracted, <i>Citrus limon</i>
T038	MAYONNAISE, commercial
T054	MORNAY SAUCE
T044	MUSHROOM, SAUCE, made with butter, canned, heated
T020	MUSTARD, seeds
T039	MUSTARD, CREAM TYPE, commercial
T056	MUSTARD, FRENCH
T021	NUTMEG POWDER
T041	ONION, PICKLED, commercial, drained
T022	OREGANO POWDER
T023	OYSTER, SAUCE
T024	PAPRIKA
T025	PARSLEY, leaves, raw, <i>Petroselinum crispum</i>
T026	PEPPER, BLACK, <i>Piper nigrum</i>
T042	PICKLES, MUSTARD, commercial
T027	SAFFRON, <i>Crocus sativus</i>
T046	SOY, SAUCE, commercial
T050	STOCK CUBE
T059	THOUSAND ISLAND DRESSING
T052	TOMATO CATSUP
T045	TOMATO PASTA, SAUCE, commercial, heated
T048	TOMATO, SAUCE, commercial
T031	TURMERIC POWDER
T051	VEGEMITE
T055	VINAIGRETTE, SAUCE

Key	Food - full name
T036	VINEGAR
T049	WORCESTERSHIRE, SAUCE, commercial
BEVERAGES	
W001	BEER, BITTER/DRAUGHT
W002	BEER, LOW ALCOHOL
W003	BEER, REDUCED ALCOHOL
W005	BRANDY
W006	CHAMPAGNE
W007	COCOA POWDER, Australian
W034	COCOA POWDER, Malaysian
W008	COFFEE POWDER, INSTANT
W035	COFFEE, BREWED, prepared with tap water
W009	CORDIAL, BLACKCURRANT, prepared
W010	CORDIAL, CITRUS, 25% prepared
W011	FRUIT DRINK, ORANGE
W012	GIN
W015	JUICE, ORANGE AND MANGO
W016	JUICE, ORANGE, commercial
W014	JUICE, TOMATO, canned, salted
W017	LIQUEUR, COFFEE FLAVOURED
W019	MILO POWDER
W020	MINERAL WATER AND JUICE
W021	MINERAL WATER, NATURAL
W023	OVALTINE POWDER

Key	Food - full name
W024	PORT
W025	RUM
W026	SHERRY, DRY
W027	SHERRY, SWEET
W028	SOFTDRINK, COLA
W029	SOFTDRINK, COLA, DIET
W030	SOFTDRINK, LEMONADE
W031	SOFTDRINK, LEMONADE, DIET
W032	TEA, INDIAN, infused
W033	THICK SHAKE, MCDONALD'S
W034	WHISKY
W035	WINE, RED
W036	WINE, WHITE

COCONUT PRODUCTS

- X001 COCONUT CREAM, canned/ultra heat treated
- X002 COCONUT CREAM, fresh, no water added
- X014 COCONUT CREAM, prepared with water
- X009 COCONUT MILK/WATER/JUICE, cavity fluid
- X018 COCONUT OIL
- X016 COCONUT TODDY, boiled
- X005 COCONUT TODDY, slightly fermented
- X008 COCONUT TODDY, fresh
- X010 COCONUT, desiccated
- X011 COCONUT, embryo germinating

Key	Food - full name
X013	COCONUT, flesh, immature
X003	COCONUT, flesh, mature
X012	COCONUT, flesh, fresh, mature

WILD ANIMAL FOODS

- Y001 BANDICOOT, flesh, cooked, *Echymipera* spp.
 Y005 BANDICOOT, flesh, raw, *Echymipera* spp.
 Y007 CASSOWARY, cooked, *Casuarius casuarius*
 Y006 CASSOWARY, raw, *Casuarius casuarius*
 Y002 CROCODILE, cooked, *Crocodilus porosus*
 Y008 CROCODILE, raw, *Crocodilus porosus*
 Y019 DEER, flesh, cooked
 Y009 FLYING FOX, boiled
 Y010 FROG, raw, *Rana tigrina*
 Y011 GRUB, LARVA, raw, Cerambycidae family
 Y012 INSECT, SILKWORM, raw
 Y021 PIG, flesh, baked
 Y020 PIG, flesh, boiled
 Y003 PIGEON, cooked, general
 Y013 PIGEON, raw, general
 Y018 POSSUM, boiled, *Phalanger* spp.
 Y004 RAT, cooked, *Rattus ruber*
 Y014 RAT, raw
 Y015 SNAILS, small, *Viviparus bengalensis*
 Y016 SNAKE, raw, general, *Chondropython viridis*
 Y017 ANTS, TREE, whole ant, *Oecophylla* spp.

APPENDIX VI - FOOD INDEX

Food - Short name	Key	Food group	Source
A'a-matic			(see Pili nut)
Abuchu			(see Malay apple)
Ahi			(see Malay apple)
'Ahia			(see Malay apple)
'Ai			(see Pili nut)
Alibika			(see Edible hibiscus)
Aikavitu			(see Cassava)
Aila			(see Chestnut)
Aina	B001	CEREALS AND CEREAL PRODUCTS	a
All-bran	T002	HERBS, SPICES, SAUCES	a
Allspice powder	F059	NUTS AND SEEDS	n
Almond,Indian,ripe	F001	NUTS AND SEEDS	a
Almond,kernels,blanched	F002	NUTS AND SEEDS	a
Almond,with skin		(see Spinach, tropical)	
Amaranth	H002	FISH	a
Anchovy,canned in oil,drained	H003	FISH	m
Anchovy,fresh,whole		(see Chestnut, Tahitian)	
Annilla		(see Fern)	
Aoa		(see Custard apple)	
'Apele initia	E005	FRUITS	a
Apple	E003	FRUITS	a
Apple,canned,no added sugar	E004	FRUITS	a
Apple,granny smith	E010	FRUITS	a
Apricot	E007	FRUITS	a
Apricot,canned in syrup	E008	FRUITS	a
Apricot,canned in syrup,drained	E006	FRUITS	a
Apricot,canned,artificial sweet	E009	FRUITS	a
Apricot,dried			

Food - Short name	Key	Food group	Source
Ara			
Ark shell,boiled	J046	(see Pandanus nuts)	e
Arrowroot,Polynesian,flour	A001	SEAFOOD	a
Artichoke,Jerusalem,peeled,boil	D007	STARCHY STAPLES	a
As		OTHER VEGETABLES	a
Asina			
Asparagus,boiled	D009	(see Almond, Indian)	a
Asparagus,canned-brine,drained	D010	(see Yam, greater)	a
Aubergine		OTHER VEGETABLES	a
Aupa		(see Eggplant)	
Ava	E121	(see Spinach, tropical)	
Avocado		(see Almond)	
Babai		FRUITS	a
Baby food,apple&apricot,strain	Q082	(see Taro, swamp)	v
Baby food,apricot&tapioca,jun.	Q083	PROCESSED FOODS	a
Baby food,beef,junior	Q084	PROCESSED FOODS	u
Baby food,lamb,strained	Q085	PROCESSED FOODS	u
Baby food,mix vegetable,strain	Q079	PROCESSED FOODS	u
Baby food,vegetable&beef,strain	Q080	PROCESSED FOODS	u
Baby food,vegetable&lamb,junior	Q081	PROCESSED FOODS	u
Bacon,breakfast,fried	K025	MEAT AND POULTRY	a
Bacon,breakfast,grilled	K026	MEAT AND POULTRY	a
Baga		(see Pili nut)	
Banai		(see Yam, Chinese)	
Banana,Australian	E016	FRUITS	a
Banana,buds & flowers,raw	D062	OTHER VEGETABLES	n
Banana,common varieties	E012	FRUITS	m
Banana,cooking,ami,baked	A089	STARCHY STAPLES	n
Banana,cooking,boiled,unsalted	A004	STARCHY STAPLES	b
Banana,cooking,flowers,boiled	D128	OTHER VEGETABLES	m
Banana,cooking,flowers,raw	D083	OTHER VEGETABLES	m

Food - Short name	Key	Food group	Source
Banana,cooking,opine,baked	A095	STARCHY STAPLES	n
Banana,cooking,raw	A006	STARCHY STAPLES	n
Banana,cooking,ripe,fried	A005	STARCHY STAPLES	b
Banana,PNG	E013	FRUITS	n
Bandicoot,flesh,cooked	Y001	WILD ANIMAL FOODS	t
Bandicoot,flesh,raw	Y005	WILD ANIMAL FOODS	a
Barbecue sauce,commercial	T043	HERBS, SPICES, SAUCES (see Spinach, Ceylon) (see Almond, Indian)	a
Basella		LEGUMES	a
Beach almond	G051	PROCESSED FOODS	u
Bean salad,commercial	Q068	LEGUMES	a
Beans with chili,canned	G002	LEGUMES	u
Beans,baked,can in tomato sauce	G056	LEGUMES	a
Beans,baked,with pork,canned	G003	LEGUMES	a
Beans,broad,boiled	G004	LEGUMES	a
Beans,butter,boiled	G005	LEGUMES	a
Beans,green,boiled	G006	LEGUMES	a
Beans,green,frozen,boiled	G036	LEGUMES	n
Beans,katanaku,Highlands,baked	G035	LEGUMES	n
Beans,katanaku,Highlands,bamboo	G013	LEGUMES	a
Beans,lima,dried,boiled	G016	LEGUMES	b
Beans,mung,dahl,cooked	G011	LEGUMES	a
Beans,red kidney,canned,drained	G012	LEGUMES	a
Beans,red kidney,dried,boiled	G007	LEGUMES	a
Beans,snake,boiled	G014	LEGUMES	a
Beans,soya,dried,boiled	G009	LEGUMES	a
Beans,sprouts,raw	G054	LEGUMES	m
Beans,sprouts,soya,raw	G057	LEGUMES	h
Beans,yard-long,cooked	G017	LEGUMES	h
Beche de mer		(see Sea cucumber)	a
Beef and sweet potato stew	R020	MIXED COOKED DISHES	115

Food - Short name	Key	Food group	Source
Beef ribs,lean & fat,braised	K146	MEAT AND POULTRY	u
Beef sausage,grill & serve	K152	MEAT AND POULTRY	u
Beef stew with potatoes & gravy	K147	MEAT AND POULTRY	u
Beef,blade steak,grill,lean	K017	MEAT AND POULTRY	a
Beef,blade steak,grill,lean&fat	K018	MEAT AND POULTRY	a
Beef,brisket,corned,boiled,l&f	K020	MEAT AND POULTRY	a
Beef,chuck steak,simmer,50%trim	K021	MEAT AND POULTRY	a
Beef,corned and cereal,canned	K005	MEAT AND POULTRY	a
Beef,corned,canned	K006	MEAT AND POULTRY	a
Beef,dripping	P008	FATS AND OILS	m
Beef,hamburger patty,froz,fried	K061	MEAT AND POULTRY	a
Beef,hamburger patty,froz,grill	K062	MEAT AND POULTRY	a
Beef,mince,regular,simmer,drain	K023	MEAT AND POULTRY	a
Beef,pot roast,stewed,lean&fat	K148	MEAT AND POULTRY	u
Beef,rump steak,grilled,50%trim	K008	MEAT AND POULTRY	a
Beef,rump steak,grilled,lean	K010	MEAT AND POULTRY	a
Beef,sausage,grilled	K030	MEAT AND POULTRY	a
Beef,silverside,corned,boil,l&f	K024	MEAT AND POULTRY	a
Beef,skirt steak,simmered,l&f	K012	MEAT AND POULTRY	a
Beef,topside,roast,baked,l&f	K014	MEAT AND POULTRY	a
Beer,bitter/draught	W001	BEVERAGES	a
Beer,low alcohol	W002	BEVERAGES	o
Beer,reduced alcohol	W003	BEVERAGES	a
Beetroot,canned,drained	D014	OTHER VEGETABLES (see Edible hibiscus) (see Spinach, Tahitian)	a
Bele			
Bell pepper	F006	NUTS AND SEEDS (see Spinach, tropical)	b
Betel nuts,kernels,raw			
Bhaji			
Bindi			
Biro,cooked	R025	MIXED COOKED DISHES	k

Food - Short name	Key	Food group	Source
Biscuit,cabin,hard,Pacific Is.	B013	CEREALS AND CEREAL PRODUCTS	n
Biscuit,chocolate	B004	CEREALS AND CEREAL PRODUCTS	a
Biscuit,chocolate coated	B003	CEREALS AND CEREAL PRODUCTS	a
Biscuit,cream and jam filled	B005	CEREALS AND CEREAL PRODUCTS	a
Biscuit,cream,wafer	B006	CEREALS AND CEREAL PRODUCTS	a
Biscuit,fruit-filled	B007	CEREALS AND CEREAL PRODUCTS	a
Biscuit,plain,sweet	B010	CEREALS AND CEREAL PRODUCTS	a
Biscuit,shortbread	B011	CEREALS AND CEREAL PRODUCTS	a
Biscuit,wheatmeal	B012	CEREALS AND CEREAL PRODUCTS	a
Bogua	K145	MEAT AND POULTRY (see Pili nut)	u
Bologna,beef & pork		MEAT AND POULTRY (see Chestnut, Tahitian)	
Booi	W005	BEVERAGES	
Brandy	B020	CEREALS AND CEREAL PRODUCTS	a
Branflakes	B018	CEREALS AND CEREAL PRODUCTS	a
Bran,oat,raw	B019	CEREALS AND CEREAL PRODUCTS	a
Bran,wheat,unprocessed	F007	NUTS AND SEEDS	a
Brazil nut,kernels,raw	B021	CEREALS AND CEREAL PRODUCTS	a
Bread roll,white	B022	CEREALS AND CEREAL PRODUCTS	a
Bread roll,wholemeal	B023	CEREALS AND CEREAL PRODUCTS	a
Bread,brown,toasted	B024	CEREALS AND CEREAL PRODUCTS	a
Bread,coastal,local produce	B030	CEREALS AND CEREAL PRODUCTS	n
Bread,French,Italian	B091	CEREALS AND CEREAL PRODUCTS	o
Breadfruit seeds,boiled	F035	NUTS AND SEEDS	n
Breadfruit,baked	A003	STARCHY STAPLES	b
Breadfruit,boiled	A002	STARCHY STAPLES	b
Breadfruit,pulp,mature,raw	A008	STARCHY STAPLES	j
Breadfruit,seeds,roasted	F036	NUTS AND SEEDS	n
Bread,garlic	B051	CEREALS AND CEREAL PRODUCTS	a
Bread,white,regular	B025	CEREALS AND CEREAL PRODUCTS	a
Bread,white,regular,toasted	B026	CEREALS AND CEREAL PRODUCTS	a

Food - Short name	Key	Food group	Source
Bread,wholemeal	B027	CEREALS AND CEREAL PRODUCTS	a
Bread,wholemeal,toasted	B028	CEREALS AND CEREAL PRODUCTS	a
Bream,threadfin,Japanese	H005	FISH	m
Broccoli,boiled	D122	OTHER VEGETABLES	a
Brussels sprouts,boiled	D123	OTHER VEGETABLES	a
Brussels sprouts,frozen,boiled	D124	OTHER VEGETABLES (see Chestnut, Tahitian)	a
Budo		CEREALS AND CEREAL PRODUCTS	
Bun,fruit,glazed	B032	(see Chestnut, Tahitian)	a
Bush apple	P003	FATS AND OILS (see Malay apple)	a
Butter,regular		FATS AND OILS (see Biro)	a
Bwiro		GREEN LEAVES	h
Cabbage,Chinese,cooked	C094	GREEN LEAVES	h
Cabbage,Chinese,raw	C035	GREEN LEAVES	h
Cabbage,European,white,boiled	C036	GREEN LEAVES	n
Cabbage,European,white,raw	C019	GREEN LEAVES	a
Cabbage,European,boil with salt	C052	GREEN LEAVES	b
Cabbage,European,PNG,baked	C010	GREEN LEAVES (see Cabbage)	n
Cabbage,head		GREEN LEAVES	a
Cabbage,red,boiled	C018	GREEN LEAVES	h
Cabbage,swamp,boiled	C098	GREEN LEAVES	h
Cabbage,swamp,raw	C071	GREEN LEAVES	h
Cake,chocolate,home prepared	B033	CEREALS AND CEREAL PRODUCTS	a
Cake,cream cake,sponge	B057	CEREALS AND CEREAL PRODUCTS	n
Cake,fruit,dark,commercial	B034	CEREALS AND CEREAL PRODUCTS	a
Cake,iced,commercial	B036	CEREALS AND CEREAL PRODUCTS	a
Cake,lamington	B060	CEREALS AND CEREAL PRODUCTS	a
Cake,madeleine	B089	CEREALS AND CEREAL PRODUCTS	o
Cake,plain,commercial	B037	CEREALS AND CEREAL PRODUCTS (see Spinach, Tahitian)	a
Calaloo		MEAT AND POULTRY	
Camp pie,canned	K042	NUTS AND SEEDS	a
Candlenut,kernels,raw	F010		m

Food - Short name	Key	Food group	Source
Capsicum,boiled	D019	OTHER VEGETABLES	a
Capsicum,green and red,raw	D096	OTHER VEGETABLES	h
Capsicum,raw	D020	OTHER VEGETABLES	a
Carambola		(see Starfruit)	
Cardamon	T003	HERBS, SPICES, SAUCES	a
Carp,common	H008	FISH	m
Carrot,baby,canned,heated,drain	D021	OTHER VEGETABLES	a
Carrot,frozen,boiled	D024	OTHER VEGETABLES	a
Carrot,mature,peeled,boiled	D022	OTHER VEGETABLES	a
Carrot,mature,peeled,raw	D023	OTHER VEGETABLES	a
Carrots,raw	D002	OTHER VEGETABLES	n
Cashew,roasted,salted	F011	NUTS AND SEEDS	a
Cassava,baked	A042	STARCHY STAPLES	n
Cassava,baked	A041	STARCHY STAPLES	n
Cassava,boiled	A011	STARCHY STAPLES	s
Cassava,flour	A010	STARCHY STAPLES	v
Cassava,leaves,boiled	C053	GREEN LEAVES	f
Cassava,leaves,raw	C050	GREEN LEAVES	n
Cassava,raw	A012	STARCHY STAPLES	s
Cassowary,cooked	Y007	WILD ANIMAL FOODS	b
Cassowary,raw	Y006	WILD ANIMAL FOODS	n
Cauliflower,boiled	D025	OTHER VEGETABLES	a
Cauliflower,raw	D026	OTHER VEGETABLES	a
Celery,boiled	D027	OTHER VEGETABLES	a
Celery,raw	D028	OTHER VEGETABLES	a
Champagne	W006	BEVERAGES	a
Champignon,canned in brine		(see Mushrooms)	
Chayote		(see Choko)	
Cheese snack,Twistie-type	Q066	PROCESSED FOODS	u
Cheese spread,cheddar	M005	MILK AND MILK PRODUCTS	a
Cheese,blue vein	M006	MILK AND MILK PRODUCTS	a

Food - Short name	Key	Food group	Source
Cheese,brie	M007	MILK AND MILK PRODUCTS	a
Cheeseburger,double patty & bun	Q086	PROCESSED FOODS	u
Cheesecake,commercial	Q003	PROCESSED FOODS	a
Cheese,camembert	M048	MILK AND MILK PRODUCTS	o
Cheese,cheddar	M008	MILK AND MILK PRODUCTS	a
Cheese,cheddar,processed	M009	MILK AND MILK PRODUCTS	a
Cheese,cottage	M010	MILK AND MILK PRODUCTS	a
Cheese,edam	M046	MILK AND MILK PRODUCTS	a
Cheese,fresh	(see Fromage frais)	(see Fromage frais)	o
Cheese,mozzarella	M012	MILK AND MILK PRODUCTS	a
Cheese,roquefort	M045	MILK AND MILK PRODUCTS	o
Cheese,Swiss	M013	MILK AND MILK PRODUCTS	a
Chestnut,Polynesian	(see Chestnut, Tahitian)	(see Chestnut, Tahitian)	
Chestnut,Tahitian,boiled	F064	NUTS AND SEEDS	b
Chestnut,Tahitian,kernels,raw	F056	NUTS AND SEEDS	b
Chestnut,Tahitian,roasted	F065	NUTS AND SEEDS	b
Chicken,b/less,baked,lean&skin	K038	MEAT AND POULTRY	a
Chicken,breast,baked,lean	K039	MEAT AND POULTRY	a
Chicken,drumstick,baked,l&s	K041	MEAT AND POULTRY	a
Chicken,drumstick,baked,lean	K040	MEAT AND POULTRY	a
Chicken,gizzard	K053	MEAT AND POULTRY	m
Chicken,lightmeat,breaded&fried	K149	MEAT AND POULTRY	u
Chicken,roll	K044	MEAT AND POULTRY	a
Chilli powder	T004	HERBS, SPICES, SAUCES	b
Chilli sauce,bottled	T033	HERBS, SPICES, SAUCES	a
Chilli,dried	T005	HERBS, SPICES, SAUCES	m
Chocolate bar,Bounty Bar	S004	CONFETIONERY	d
Chocolate bar,Mars Bar	S020	CONFETIONERY	o
Chocolate cake,dry mix,prepared	B106	CEREALS AND CEREAL PRODUCTS	u
Chocolate,dark	S006	CONFETIONERY	b
Chocolate,milk and nuts	S008	CONFETIONERY	a

Food - Short name	Key	Food group	Source
Chocolate,milk	S007	CONFETIONERY	a
Choko,leaves,boiled	C095	GREEN LEAVES	h
Choko,leaves,raw	C049	GREEN LEAVES	h
Choko,peeled,boiled	D034	OTHER VEGETABLES (see Scad)	a
Cincaru	T006	HERBS, SPICES, SAUCES	b
Cinnamon powder	J001	SEAFOOD	m
Clams	T007	HERBS, SPICES, SAUCES	m
Cloves	J003	SEAFOOD	m
Cockles,boiled for 5 minutes	J002	SEAFOOD	m
Cockles,fresh	B039	CEREALS AND CEREAL PRODUCTS	a
Coco pops	W007	BEVERAGES	a
Cocoa powder,Australian	W034	BEVERAGES	a
Cocoa powder,Malaysian		(see Coconut embryo)	a
Coconut apple	X001	COCONUT PRODUCTS	a
Coconut cream,canned/UHT	P025	FATS AND OILS	a
Coconut cream,canned/UHT	P026	FATS AND OILS	a
Coconut cream,fresh,no water	X002	COCONUT PRODUCTS	a
Coconut cream,fresh,no water	X014	COCONUT PRODUCTS	a
Coconut cream,water added	P029	FATS AND OILS	a
Coconut cream,water added	X009	COCONUT PRODUCTS	a
Coconut milk/water/juice	P024	FATS AND OILS	n
Coconut oil	X018	COCONUT PRODUCTS (see Coconut toddy)	n
Coconut oil		COCONUT PRODUCTS	t
Coconut sap	X016	COCONUT PRODUCTS	a
Coconut toddy,boiled	X005	COCONUT PRODUCTS	a
Coconut toddy,fermented	X008	COCONUT PRODUCTS	t
Coconut toddy,fresh	X010	COCONUT PRODUCTS	f
Coconut,desiccated	X011	COCONUT PRODUCTS	f
Coconut,embryo germinating	X013	COCONUT PRODUCTS	f
Coconut,flesh,immature	X003	COCONUT PRODUCTS	a
Coconut,flesh,mature			

Food - Short name	Key	Food group	Source
Coconut,flesh,mature,fresh	X012	COCONUT PRODUCTS	f
Cod,coral	H010	FISH	m
Cod,steamed	H026	FISH	n
Coffee powder,instant			a
Coffee,brewed	W008	BEVERAGES	a
Cordial,blackcurrant,prepared	W035	BEVERAGES	m
Cordial,citrus,25% prepared	W009	BEVERAGES	a
Coriander leaves,dried	W010	BEVERAGES	m
Coriander seeds	T009	HERBS, SPICES, SAUCES	a
Corn chips,flavoured	T010	HERBS, SPICES, SAUCES	b
Corn flakes	Q006	PROCESSED FOODS	u
Corn flakes,sugar coated	B041	CEREALS AND CEREAL PRODUCTS	a
Corn,cob,baked	B088	CEREALS AND CEREAL PRODUCTS	u
Corn,cob,sweet,boiled,drained	D059	OTHER VEGETABLES	n
Corn,sweet,canned-brine,drained	D037	OTHER VEGETABLES	u
Corn,sweet,creamed,can,heated	D098	OTHER VEGETABLES	a
Corn,sweet,frozen,boiled	D099	OTHER VEGETABLES	a
Crab,mangrove	D100	OTHER VEGETABLES (see Crab)	a
Crabmeat,canned in brine	J006	SEAFOOD	a
Crab,mud,boiled	J047	SEAFOOD	d
Crab,swimming,boiled	J005	SEAFOOD	m
Cracker,sao,jatz	B016	CEREALS AND CEREAL PRODUCTS	n
Cranberries	E048	FRUITS	n
Cream cheese,dip,flavoured	M014	MILK AND MILK PRODUCTS	n
Cream substitute,powdered	M049	MILK AND MILK PRODUCTS	a
Cream,pure	M052	MILK AND MILK PRODUCTS	u
Cream,reduced fat,canned	M054	MILK AND MILK PRODUCTS	a
Cream,sour	M051	MILK AND MILK PRODUCTS	a
Cream,thickened,UHT	M053	MILK AND MILK PRODUCTS	a
Creeping spinach		(see Spinach)	
Cress,garden,leaves & stems,raw	C024	GREEN LEAVES	u

Food - Short name	Key	Food group	Source
Crispbread,wholemeal	B043	CEREALS AND CEREAL PRODUCTS	a
Crocodile,cooked	Y002	WILD ANIMAL FOODS	n
Crocodile,raw	Y008	WILD ANIMAL FOODS	n
Croissant	BO44	CEREALS AND CEREAL PRODUCTS	a
Crumpet,regular,toasted	BO45	CEREALS AND CEREAL PRODUCTS	a
Cucumber pickles,dill	D120	OTHER VEGETABLES	u
Cucumber,common,raw,flesh	D039	OTHER VEGETABLES	a
Cucumber,common,raw,flesh & skin	D041	OTHER VEGETABLES	a
Cumin seeds	T013	HERBS, SPICES, SAUCES	m
Currant,dried	E025	FRUITS	a
Curry powder	T014	HERBS, SPICES, SAUCES	b
Curry,chicken,without bones	R001	MIXED COOKED DISHES	d
Curry,vegetable	R003	MIXED COOKED DISHES	s
(see Possum)			
Cuscus	R002	MIXED COOKED DISHES	b
Custard	E027	FRUITS	a
Custard apple,flesh		(see Slice, vanilla)	
Custard square	J008	SEAFOOD	m
Cuttlefish,fresh		(see Taro, common)	
Dalo		(see Taro, Chinese)	
Dalo ni tana		(see Yam, greater)	
Dari	E029	FRUITS	a
Date,dried	Y019	WILD ANIMAL FOODS	n
Deer,flesh,cooked	K049	MEAT AND POULTRY	a
Devon/fritz		(see Doughnut)	
Donaj	B087	CEREALS AND CEREAL PRODUCTS	u
Doughnut,cake-style,choc coated	BO47	CEREALS AND CEREAL PRODUCTS	a
Doughnut,cinnamon and sugar	B095	CEREALS AND CEREAL PRODUCTS	k
Doughnut,home made	BO48	CEREALS AND CEREAL PRODUCTS	a
Drop scone,home prepared	C086	GREEN LEAVES	h
Drumstick leaves & shoots,raw	C026	GREEN LEAVES	f
Drumstick,leaves,boiled			

Food - Short name		Key	Food group	Source
Drumstick,leaves,raw		C055	GREEN LEAVES	f
Duck,roasted		K050	MEAT AND POULTRY	m
Durian		E069	FRUITS (see Pitpit/duruka)	n
Duruka			GREEN LEAVES	n
Edible hibiscus,leaves,boiled		C005	GREEN LEAVES	h
Edible hibiscus,leaves,raw		C006	GREEN LEAVES	h
Eel fish		H093	FISH	q
Egg,chicken,fried		N004	EGGS	a
Egg,chicken,poached		N005	EGGS	a
Egg,chicken,scrambled		N006	EGGS	a
Egg,chicken,white,hard boiled		N003	EGGS	a
Egg,chicken,whole,hard boiled		N007	EGGS	a
Egg,chicken,yolk,hard boiled		N008	EGGS	a
Egg,duck,whole,raw		N002	EGGS	a
Eggplant,boiled		D049	OTHER VEGETABLES	a
Eggplant,flesh only,raw		D001	OTHER VEGETABLES	n
Egg,quail,whole,raw		N014	EGGS	a
Egg,turtle,whole		N015	EGGS (see Pandanus nuts) (see Pandanus nuts)	b
Fa				
Fala				
Fau				
Fekaki				
Fekiki kai				
Fern,leaves,boiled		C096	GREEN LEAVES	h
Fern,leaves,raw		C011	GREEN LEAVES	h
Fig		E032	FRUITS	a
Fig,dried		E030	FRUITS	a
Fig,poke,leaves,boiled		C091	GREEN LEAVES	u
Fig,poke,leaves,raw		C040	GREEN LEAVES	n
Fish and island cabbage,fried		R018	MIXED COOKED DISHES	k
Fish salad,Tahitian,raw		R027	MIXED COOKED DISHES	k

Food - Short name	Key	Food group	Source
Fish,battered,deep fried	H019	FISH	a
Fish,dried and salted	H090	FISH	m
Fish,finger,frozen,grilled	H012	FISH	a
Fish,roe,red	J032	SEAFOOD	a
Flake		(see Shark)	
Flour,cornflour	B042	CEREALS AND CEREAL PRODUCTS	a
Flour,wheat,white,plain	B084	CEREALS AND CEREAL PRODUCTS	a
Flour,wheat,white,self-raising	B085	CEREALS AND CEREAL PRODUCTS	a
Flour,wheat,wholemeal	B086	CEREALS AND CEREAL PRODUCTS	a
Flying fox,boiled	Y009	WILD ANIMAL FOODS	a
Frankfurter,bun&catsup/mustard	Q087	PROCESSED FOODS	n
Frankfurters,summered	K051	MEAT AND POULTRY	a
French fries		(see Potato, fries)	a
Frog,raw	Y010	WILD ANIMAL FOODS	n
Fromage frais	M044	MILK AND MILK PRODUCTS	o
Fromage frais,fat-free	M043	MILK AND MILK PRODUCTS	o
Fruit drink,orange	W011	BEVERAGES	u
Fruit salad,canned in syrup	E034	FRUITS	a
Fruit,mixed,dried	E066	FRUITS	a
Fungi,cooked, <i>F. velutipes</i>	D115	OTHER VEGETABLES	n
Fungi,cooked, <i>L. hatsudake</i>	D116	OTHER VEGETABLES	n
Fungi,raw, <i>Flammulina velutipes</i>	D048	OTHER VEGETABLES	n
Fungi,raw, <i>Lactarius hatsudake</i>	D012	OTHER VEGETABLES	n
Galip		(see Pili nut)	
Garlic,boiled	T060	HERBS, SPICES, SAUCES	m
Gelatine	T035	HERBS, SPICES, SAUCES	m
Ghee,butter	P022	FATS AND OILS	t
Gin	W012	BEVERAGES	a
Ginger berries		(see Cranberries)	b
Ginger,boiled	T061	HERBS, SPICES, SAUCES	

Food - Short name	Key	Food group	Source
Ginger,root,fresh	T017	HERBS, SPICES, SAUCES (see Beans)	a
<i>Glycine max</i>	K054	MEAT AND POULTRY	m
Goat meat,lean	D125	OTHER VEGETABLES	h
Gourd,cooked	E039	FRUITS	v
Granadilla,flesh and seeds	E036	FRUITS	a
Grape,black	E037	FRUITS	a
Grapefruit	E035	FRUITS	a
Grape,green	T037	HERBS, SPICES, SAUCES	a
Gravy powder,prepared	T057	HERBS, SPICES, SAUCES	a
Gravy,powder,dry	Y011	WILD ANIMAL FOODS	n
Grub,larva,raw	E042	FRUITS (see Eggplant)	a
Guava,Hawaiian	K056	MEAT AND POULTRY	a
Guinea squash	K060	MEAT AND POULTRY	a
Ham and chicken roll	Q013	PROCESSED FOODS	a
Hamburger mince,simmer,drained	Q014	PROCESSED FOODS	u
Hamburger,bacon	Q015	PROCESSED FOODS	a
Hamburger,cheese	Q016	PROCESSED FOODS	a
Hamburger,egg	K150	MEAT AND POULTRY (see Winged beans)	u
Hamburger,plain	S012	CONFECTIIONERY (see Drumstick)	a
Ham,leg,lean & fat,roasted	B053	CEREALS AND CEREAL PRODUCTS	a
Hasbin	B054	CEREALS AND CEREAL PRODUCTS	a
Honey	M020	MILK AND MILK PRODUCTS (see Chestnut, Tahitian)	a
Horseradish tree	Ifi	(see Chestnut, Tahitian)	
Hot cakes and syrup,McDonald's	Ihi	(see Chestnut, Tahitian)	
Ice cream cone	I'i	(see Chestnut, Tahitian)	
Ice cream,vanilla	M055	MLK AND MILK PRODUCTS	
Infant formula,Isomil,& water	M056	MLK AND MILK PRODUCTS	
Infant formula,Similac,& water			

Food - Short name	Key	Food group	Source
Insect,silkworm,raw	Y012	WILD ANIMAL FOODS	n
Irish stew,canned,heated	Q017	PROCESSED FOODS	a
Island cabbage		(see Edible hibiscus)	
Island dumpling,cooked	B100	CEREALS AND CEREAL PRODUCTS	k
Ivi		(see Chestnut, Tahitian)	
Jaibo		(see Island dumpling)	
Jakfruit, <i>A.heterophyllus</i> ,raw	A091	STARCHY STAPLES	m
Jakfruit, <i>A.integer</i> ,raw	A092	STARCHY STAPLES	m
Jakfruit,raw	A090	STARCHY STAPLES	a
Jakfruit,seeds,boiled	F004	NUTS AND SEEDS	t
Jam	S013	CONFETIONERY	a
Jambo		(see Water apple)	
Jambu		(see Water apple)	
Jamun		(see Water apple)	
Java almond	S014	CONFETIONERY	a
Jelly,crystals	S015	CONFETIONERY	a
Jelly,prepared		(see Almond, Indian)	
Jointfir,leaves,boiled	C079	GREEN LEAVES	n
Jointfir,leaves,raw	C080	GREEN LEAVES	h
Juice,orange and mango	W015	BEVERAGES	a
Juice,orange,commercial	W016	BEVERAGES	a
Juice,tomato,canned,salted	W014	BEVERAGES	a
Kabis		(see Cabbage)	
Kafika		(see Malay apple)	
Kahika		(see Malay apple)	
Kal	C039	(see Almond, Indian)	u
Kale seedling,boiled	C054	GREEN LEAVES	h
Kale seedling,raw		(see Taro, common)	
Kalo		(see Candlenut)	
Kamiri		(see Starfruit)	
Kamrakh			

Food - Short name	Key	Food group	Source
Kangkong			(see Cabbage, swamp)
Kango			(see Watercress)
Kapiak			(see Breadfruit)
Kapisi vai			(see Watercress)
Karakap			(see Nightshade)
Kareve			(see Coconut sap)
Karuga			(see Pandanus nuts)
Karuka			(see Pandanus nuts)
Kau			(see Water apple)
Kaukau			(see Sweet potato)
Kaurika			(see Almond, Indian)
Kavika			(see Malay apple)
Keam			(see Chestnut, Tahitian)
Keh			(see Malay apple)
Kehi'a			(see Malay apple)
Kenari			(see Pili nut)
Kering			(see Scad)
Kim chee	T058	HERBS, SPICES, SAUCES	m
Kiwifruit,flesh & seeds	E049	FRUITS	z
Kokoda			(see Fish salad)
Kokonas			(see Coconut, flesh)
Kong-kong taro			(see Taro, Chinese)
Kotel			(see Almond, Indian)
Kumal			(see Sweet potato)
Kumala			(see Sweet potato)
Kumara			(see Sweet potato)
Kumi			(see Breadfruit)
Kumu mosong			(see Fig)
Kutil			(see Almond, Indian)
Lady's finger			(see Okra)
Lama			(see Pili nut)

Food - Short name	Key	Food group	Source
Lamb,chump chop,grill,50% trim	K068	MEAT AND POULTRY	a
Lamb,chump chop,grill,lean&fat	K070	MEAT AND POULTRY	a
Lamb,heart,baked	K071	MEAT AND POULTRY	a
Lamb,kidney,simmered	K072	MEAT AND POULTRY	a
Lamb,liver,fried	K076	MEAT AND POULTRY	a
Lamb,midloin chop,grilled,lean&f	K077	MEAT AND POULTRY	a
Lamb,neck chop,simmer,lean&fat	K079	MEAT AND POULTRY	a
Lamb,shoulder,baked,lean & fat	K082	MEAT AND POULTRY	a
Laplap,cabbage&cassava&coconut	R019	MIXED COOKED DISHES	k
Laplap,taro&chicken&coconut	R017	MIXED COOKED DISHES	k
Lasagna,commercial	Q018	PROCESSED FOODS (see Malay apple)	a
Laulau	D066	OTHER VEGETABLES	a
Leek,boiled	D067	OTHER VEGETABLES	a
Leek,raw	E051	FRUITS	a
Lemon	T019	HERBS, SPICES, SAUCES	a
Lemon grass	T053	HERBS, SPICES, SAUCES	a
Lemons,juice,freshly extracted	G037	LEGUMES	a
Lentils,dried,boiled	C046	GREEN LEAVES	a
Lettuce,common,raw	C045	GREEN LEAVES	u
Lettuce,iceberg,raw	S016	CONFETIONERY	a
Licorice	E052	FRUITS	a
Lime		(see Sweet potato, leaves)	
Lip kaukau		(see Pumpkin, leaves)	
Lip pamken	W017	BEVERAGES	a
Liqueur,coffee flavoured	B061	CEREALS AND CEREAL PRODUCTS	a
Loaf,fruit	J011	SEAFOOD	m
Lobster	J013	SEAFOOD (see Sweets)	a
Lollies		(see Seaweed)	
Lumi		(see Palusami)	
Lupu			

Food - Short name	Key	Food group	Source
Lychee	E059	FRUITS	a
Lychee,canned in syrup	E057	FRUITS	a
Lychee,canned in syrup,drained	E058	FRUITS	a
Lychee,dried	E056	FRUITS	t
Maaena	F043	NUTS AND SEEDS (see Arrowroot, Polynesian)	a
Macadamia nut,kernels,raw			
Machaha	H088	FISH	u
Mackerel,canned in natural oil	H028	FISH	n
Mackere,fried	H092	FISH	s
Mackerel,frigate,boiled	H087	FISH	e
Mackerel,Spanish,cooked	H086	FISH	e
Mackerel,Spanish,raw			
Magamuk		(see Arrowroot, Polynesian)	
Mah		(see Breadfruit)	
Mahoia		(see Arrowroot, Polynesian)	
Maita		(see Spinach, tropical)	
Makamaka		(see Arrowroot, Polynesian)	
Makmok	E111	FRUITS	a
Malay apple	E061	FRUITS	a
Mandarin	E060	FRUITS	a
Mandarin,canned in syrup		(see Mangosteen)	
Manggis	E064	FRUITS	a
Mango,Australian	E063	FRUITS	m
Mango,Malaysian	E096	FRUITS	n
Mango,PNG	E116	FRUITS	m
Mangosteen	R022	MIXED COOKED DISHES (see Cassava)	k
Manihikian bread		(see Cassava, leaves)	
Manioc		(see Arrowroot, Polynesian)	
Manioc leaves		(see Cassava, leaves)	
Maoa	P014	FATS AND OILS	t
Margarine,cooking			

Food - Short name	Key	Food group	Source
Margarine,poly-unsat.,regular	P016	FATS AND OILS	a
Margarine,poly-unsat,reduce fat	P015	FATS AND OILS	m
Maria		(see Pandanus nut)	
Marmalade plum	S019	CONFETIONERY	a
Marmalade,orange	D068	OTHER VEGETABLES	a
Marrow,peeled,boiled		(see Drumstick, leaves)	
Marungai		CONFETIONERY	a
Marzipan	S032	(see Arrowroot, Polynesian)	
Masoia	T038	HERBS, SPICES, SAUCES	s
Mayonnaise,commercial	R021	MIXED COOKED DISHES	k
Meat and island cabbage,fried	K088	MEAT AND POULTRY	a
Meat paste	F047	NUTS AND SEEDS	a
Melon seeds,seed coat removed	E065	FRUITS	v
Melon,honey dew	S021	CONFETIONERY	a
Meringue,commercial	M021	MILK AND MILK PRODUCTS	a
Milk powder,skim	M022	MILK AND MILK PRODUCTS	a
Milk powder,whole	M019	MILK AND MILK PRODUCTS	a
Milk,breast,colostrum	M004	MILK AND MILK PRODUCTS	a
Milk,breast,mature	M029	MILK AND MILK PRODUCTS	b
Milk,condensed,skim,sweet,can	M023	MILK AND MILK PRODUCTS	a
Milk,condensed,whole,sweetened	M024	MILK AND MILK PRODUCTS	a
Milk,evaporated,skim,canned	M025	MILK AND MILK PRODUCTS	a
Milk,evaporated,whole,canned	M026	MILK AND MILK PRODUCTS	a
Milk,goat	M028	MILK AND MILK PRODUCTS	a
Milk,skim,fluid	M030	MILK AND MILK PRODUCTS	a
Milk,whole	M031	MILK AND MILK PRODUCTS	a
Milk,whole,ultra heat treated	W019	BEVERAGES	a
Milo powder	W020	BEVERAGES	a
Mineral water and juice	W021	BEVERAGES	a
Mineral water,natural	D069	OTHER VEGETABLES	a
Mixed vegetables,frozen,boiled			

Food - Short name	Key	Food group	Source
Mokmok		(see Arrowroot, Polynesian)	
Moli		(see Orange, local)	
Moli kana		(see Pomelo)	
Mornay sauce	T054	HERBS, SPICES, SAUCES	m
Muesli bar,fruit	S022	CONFETIONERY	a
Muesli,Swiss-style	B062	CEREALS AND CEREAL PRODUCTS	a
Muesli,toasted	B063	CEREALS AND CEREAL PRODUCTS	a
Muffin,English,toasted	B064	CEREALS AND CEREAL PRODUCTS	a
Muli		(see Orange, local)	
Mullet,fried	H033	FISH	a
Mullet,steamed	H034	FISH	a
Mumut		(see Bandicoot)	
Muruk		(see Cassowary)	
Mushroom sauce,canned,heated	T044	HERBS, SPICES, SAUCES	b
Mushrooms,can,brine,heat,drain	D029	OTHER VEGETABLES	a
Mushrooms,common,raw	D070	OTHER VEGETABLES	a
Mussel	J014	SEAFOOD	m
Mussel,smoked,canned-oil,drain	J015	SEAFOOD	a
Mustard seeds	T020	HERBS, SPICES, SAUCES	a
Mustard,cream type,commercial	T039	HERBS, SPICES, SAUCES	o
Mustard,French	T056	HERBS, SPICES, SAUCES	a
Mutton biriani	R004	MIXED COOKED DISHES	d
Mutton flaps,lean and fat,fried	K164	MEAT AND POULTRY	z
Namambe		(see Chestnut, Tahitian)	
Nangai		(see Pili nut)	
Natavoa		(see Almond, Indian)	
Naviso	E068	(see Pitpit/duruka)	
Nectarine		FRUITS	a
Ngali		(see Pili nut)	
Nightshade,leaves,cooked	C032	GREEN LEAVES	h
Nightshade,leaves,raw	C065	GREEN LEAVES	h

Food - Short name	Key	Food group	Source
Niknik		(see Durian)	
Noodles, chow mein	B102	CEREALS AND CEREAL PRODUCTS	u
Noodles, egg, unenriched, cooked	B103	CEREALS AND CEREAL PRODUCTS	u
Noodles, Maggi-type, boiled	B097	CEREALS AND CEREAL PRODUCTS	s
Nutmeg powder	T021	HERBS, SPICES, SAUCES	m
Nuts, mixed, salted	F048	NUTS AND SEEDS	a
Oats, rolled, cooked	B065	CEREALS AND CEREAL PRODUCTS	a
Octopus, cooked	J042	SEAFOOD	e
Octopus, raw	J040	SEAFOOD	e
Oil, olive	P017	FATS AND OILS	a
Oil, peanut	P019	FATS AND OILS	a
Okari		(see Almond, Indian)	
Okra, boiled	D072	OTHER VEGETABLES	a
Okra, raw	D073	OTHER VEGETABLES	a
Olive, green, stuffed, drained	D126	OTHER VEGETABLES	a
Omelette, plain	N013	EGGS	m
Onion, mature, boiled	D076	OTHER VEGETABLES	a
Onion, mature, raw	D077	OTHER VEGETABLES	a
Onion, pickled, commercial, drain	T041	HERBS, SPICES, SAUCES	a
Orange	E070	FRUITS	a
Orange, local	E106	FRUITS	n
Oregano powder	T022	HERBS, SPICES, SAUCES (see Fern)	o
Ota dina		(see Cabbage, swamp)	
Ota karesi		BEVERAGES	a
Ovaltine powder	W023	HERBS, SPICES, SAUCES	b
Oyster sauce	T023	SEAFOOD	a
Oyster, flesh, raw	J017	FATS AND OILS	m
Palm oil, red	P021	MIXED COOKED DISHES	k
Palusami, taro leaf & coconut	R028	MIXED COOKED DISHES	k
Palusami, taro leaf & coconut & beef	R026	CONFECTIIONERY	a
Pancake syrup	S034		

Food - Short name	Key	Food group	Source
Pancake,home prepared	B066	CEREALS AND CEREAL PRODUCTS	a
Pandanus fruit	E072	FRUITS	j
Pandanus nut,kernel,dried	F038	NUTS AND SEEDS	n
Pandanus nut,kernel,raw	F037	NUTS AND SEEDS	n
Pandanus nut,kernel,roasted	F039	NUTS AND SEEDS	n
Pandanus nut,sauce	F044	NUTS AND SEEDS	n
Pandanus paste	E073	FRUITS	j
Pandanus,flour	A088	STARCHY STAPLES	j
Papadums,fried in vegetable oil	Q029	PROCESSED FOODS (see Pawpaw)	a
Papaya			
Papaya shoots			
Paprika	T024	HERBS, SPICES, SAUCES	a
Parsley,leaves,raw	T025	HERBS, SPICES, SAUCES	b
Parsley,raw	D079	OTHER VEGETABLES	a
Parsnip,peeled,boiled	D080	OTHER VEGETABLES	a
Passionfruit	E076	FRUITS	a
Passionfruit,purple/yellow	E092	FRUITS	n
Pasta,egg,boiled	B067	CEREALS AND CEREAL PRODUCTS	a
Pasta,white,boiled	B068	CEREALS AND CEREAL PRODUCTS	a
Pastry,chocolate,filled,roll	B092	CEREALS AND CEREAL PRODUCTS	o
Pastry,Danish	B046	CEREALS AND CEREAL PRODUCTS	a
Pastry,filo,baked	B069	CEREALS AND CEREAL PRODUCTS	a
Pastry,puff,commercial,baked	B070	CEREALS AND CEREAL PRODUCTS	a
Pastry,short,commercial,baked	B071	CEREALS AND CEREAL PRODUCTS	a
Pâté de campagne	K161	MEAT AND POULTRY	o
Pâté de foie	K105	MEAT AND POULTRY	a
Pâté,pork liver	K162	MEAT AND POULTRY	o
Pawpaw shoots,cooked	C013	GREEN LEAVES	m
Pawpaw shoots,raw	C012	GREEN LEAVES	m
Pawpaw,Australian	E078	FRUITS	a
Pawpaw,PNG	E079	FRUITS	n

Food - Short name	Key	Food group	Source
Pawpaw,raw,unripe	D081	OTHER VEGETABLES	t
Pawpaw,unripe,cooked	D127	OTHER VEGETABLES	t
Peach	E081	FRUITS	a
Peach,canned in syrup	E080	FRUITS	a
Peanut,butter,no added sugar	Q078	PROCESSED FOODS	a
Peanut,butter,smooth,with salt	Q075	PROCESSED FOODS	b
Peanut,kernel & skin,raw	F062	NUTS AND SEEDS	a
Peanut,kernels,roasted,salted	F052	NUTS AND SEEDS	a
Peanut,roasted,salted	F051	NUTS AND SEEDS	a
Pear,canned in pear juice	E082	FRUITS	a
Pear,Packhams	E083	FRUITS	a
Peas,green,boiled	D051	OTHER VEGETABLES	n
Peas,green,boiled	G041	LEGUMES	a
Peas,green,canned,drained	D119	OTHER VEGETABLES	u
Peas,green,dried,boiled	G042	LEGUMES	a
Peas,green,frozen,boiled	G043	LEGUMES	a
Peas,split,dried,boiled	G044	LEGUMES	a
Peas,with edible pod,boiled	G040	LEGUMES	a
Pele	T026	(see Edible hibiscus)	a
Pepper,black	T042	HERBS, SPICES, SAUCES	b
Pepper,sweet	(see Capsicum)	HERBS, SPICES, SAUCES	a
Pickles,mustard,commercial	Q032	PROCESSED FOODS	a
Pie,apple,deep,baked	Q033	PROCESSED FOODS	u
Pie,fruit,commercial	Q022	PROCESSED FOODS	a
Pie,meat,family size	Q023	PROCESSED FOODS	a
Pie,meat,individual size	Y003	WILD ANIMAL FOODS	n
Pigeon,general,cooked	Y013	WILD ANIMAL FOODS	n
Pigeon,general,raw	Y021	WILD ANIMAL FOODS	n
Pig,flesh,baked	Y020	WILD ANIMAL FOODS	n
Pig,flesh,boiled	F031	NUTS AND SEEDS	n
Pili nut,dried,PNG			

Food - Short name	Key	Food group	Source
Pili nut,raw,ripe,PNG	F032	NUTS AND SEEDS (see Peanut)	n
Pinat	E086	FRUITS	a
Pineapple,Australian	E085	FRUITS	a
Pineapple,canned in heavy syrup	E002	FRUITS	n
Pineapple,PNG	F054	NUTS AND SEEDS	a
Pistachio nut,kernels,raw	D003	OTHER VEGETABLES	n
Pitpit/Duruka,coastal,raw	D004	OTHER VEGETABLES	n
Pitpit,Highlands,baked	Q076	PROCESSED FOODS	a
Pizza with meat,thick crust	Q034	PROCESSED FOODS	a
Pizza,ham & pineapple,froz,bake	Q035	PROCESSED FOODS	u
Pizza,supreme,frozen,baked			
Plantain			
Plantain flowers	E088	FRUITS	a
Plum,dark,canned in syrup	E089	FRUITS	a
Plum,red,flesh	R014	MIXED COOKED DISHES	
Poi,paiai	R023	MIXED COOKED DISHES	k
Poke recipe,boiled			
Polynesian arrowroot	E090	FRUITS	m
Pomelo,pink flesh	Q036	PROCESSED FOODS	a
Popcorn,regular,commercial			
Pora	K055	MEAT AND POULTRY	n
Pork,fat,boiled	K057	MEAT AND POULTRY	a
Pork,ham leg,non-canned,lean	K058	MEAT AND POULTRY	a
Pork,ham steak,grilled	K059	MEAT AND POULTRY	a
Pork,ham,canned,lean and fat	K101	MEAT AND POULTRY	a
Pork,leg,baked,lean & fat	K104	MEAT AND POULTRY	a
Pork,midloin chop,grilled,l&f	K123	MEAT AND POULTRY	a
Pork,sausage,fried,home prep	K124	MEAT AND POULTRY	a
Pork,sausage,grill,home prep	K151	MEAT AND POULTRY	u
Pork,spareribs,lean&fat,cooked			
Poro			

Food - Short name	Source	Key	Food group
Port		W024	BEVERAGES
Possum,boiled		Y018	WILD ANIMAL FOODS (see Potato, fries)
Potato chips		a	
Potato chips		n	
Potato crisps,plain		a	
Potato crisps,plain,salted		a	
Potato fries,deep fried		a	
Potato salad,canned		a	
Potato straws,plain		a	
Potato,baked,salt & fat added		n	
Potato,hash brown,McDonald's		a	
Potato,mashed,dried,home prep		a	
Potato,pale skin,peeled,baked		a	
Potato,pale skin,peeled,boiled		a	
Prawn,cocktail		a	
Prawn,greater tiger,boiled		e	
Prawn,king,cooked		a	
Pretzels		u	
Prune		a	
Pudding,plum,canned		a	
Pudding,self saucing		a	
Puha,boiled		a	
Puha,leaves & upper stem,raw		z	
Puk puk		z	
Pumpkin seeds,raw		b	
Pumpkin,boiled		a	
Pumpkin,butternut,boiled		a	
Pumpkin,leaves,boiled		a	
Pumpkin,leaves,raw		u	
Pumpkin,raw		h	
Puraka		a	
		(see Taro, swamp)	

Food - Short name	Key	Food group	Source
Quiche,ham & cheese,comm.,baked	Q042	PROCESSED FOODS	a
Radish,oriental,raw,peeled	D088	OTHER VEGETABLES	a
Raisin	E093	FRUITS	a
Rambutan	E117	FRUITS	m
Ramen		(see Noodles)	
Rat,cooked	Y004	WILD ANIMAL FOODS	d
Rat,raw	Y014	WILD ANIMAL FOODS	n
Ravioli,commercial	Q043	PROCESSED FOODS	a
Reef fish,composite,bake/grill	H075	FISH	b
Reef fish,composite,raw	H074	FISH	z
Reef fish,composite,steam/poach	H076	FISH	b
Rice bubbles	B072	CEREALS AND CEREAL PRODUCTS	a
Rice with coconut cream	B098	CEREALS AND CEREAL PRODUCTS	k
Rice,brown,boiled	B073	CEREALS AND CEREAL PRODUCTS	n
Rice,parboiled,boiled	B093	CEREALS AND CEREAL PRODUCTS	a
Rice,white,boiled	B077	CEREALS AND CEREAL PRODUCTS	a
Rice,white,boiled,coastal	B075	CEREALS AND CEREAL PRODUCTS	n
Rice, white,boiled,Highlands	B076	CEREALS AND CEREAL PRODUCTS	n
Rockmelon	E097	FRUITS	a
Rolled oats		(see Oats)	
Rose apple		(see Water apple)	
Roti,cooked	B078	CEREALS AND CEREAL PRODUCTS	j
Rourou		(see Taro, leaves)	
Rukau viti		(see Taro, leaves)	
Rum	W025	BEVERAGES	a
Saffron	T027	HERBS, SPICES, SAUCES	b
Sago,flour	A023	STARCHY STAPLES	j
Sago,flour,meal	A022	STARCHY STAPLES	n
Saijan		(see Drumstick)	
Saimen		(see Noodles)	
Sak sak		(see Sago)	

Food - Short name	Key	Food group	Source
Salami	K120	MEAT AND POULTRY	a
Salmon,pink,solids&liquid,can	H078	FISH	u
Samoan taro		(see Taro, giant)	
Sandwich,toasted,cheese & ham	R015	MIXED COOKED DISHES	d
Sapodilla	E100	FRUITS	m
Sapote,fruit	E017	FRUITS	t
Sardines,Aust.,canned in oil	H050	FISH	a
Sardines,USA,canned in oil	H077	FISH	u
Sardines,canned in oil,drained	H051	FISH	a
Sausage roll	Q050	PROCESSED FOODS	a
Scad,hairtail,dried	H089	FISH	m
Scallop,cooked	J043	SEAFOOD	e
Scallop,raw	J041	SEAFOOD	e
Scone,plain,home prepared	B080	CEREALS AND CEREAL PRODUCTS	a
Sea cucumber,edible muscle	J024	SEAFOOD	j
Sea slug	J045	SEAFOOD	(see Sea cucumber)
Sea urchin,flesh,boiled	J038	SEAFOOD	d
Seaweed,agar	J036	SEAFOOD	m
Seaweed,dried	S010	CONFETIONERY	m
Seed bar,fruit and nut	B090	CEREALS AND CEREAL PRODUCTS	a
Semolina	D093	OTHER VEGETABLES	o
Shallot,peeled,boiled	H091	FISH	a
Shark,blue,boiled	H021	FISH	e
Shark,tempete,flesh,steamed	S036	CONFETIONERY	a
Sherbet	W026	BEVERAGES	a
Sherry,dry	W027	BEVERAGES	a
Sherry,sweet		(see Coconut sap)	
Sikalui		(see Candlenut)	
Sikeci	C066	GREEN LEAVES	z
Silverbeet,boiled	C003	GREEN LEAVES	z
Silverbeet,raw			

Food - Short name	Key	Food group	Source
Slippery cabbage		(see Edible hibiscus)	
Snails,small	Y015	WILD ANIMAL FOODS	y
Snake,general,raw	Y016	WILD ANIMAL FOODS	n
Snapper,steamed	H060	FISH	a
Softdrink,cola	W028	BEVERAGES	a
Softdrink,cola,diet	W038	BEVERAGES	a
Softdrink,lemonade	W029	BEVERAGES	a
Softdrink,lemonade,diet	W039	BEVERAGES	a
Soup,chicken noodle,dry,prep	Q053	PROCESSED FOODS	a
Soup,cream vege,canned,prepared	Q054	PROCESSED FOODS	a
Soup,minestrone,home prepared	Q055	PROCESSED FOODS	a
Soup,tomato,canned,prepared	Q052	PROCESSED FOODS	a
Soursop	E101	FRUITS	a
Sow thistle		(see Puha)	m
Soy sauce,commercial	T046	HERBS, SPICES, SAUCES	q
Soya bean curd,unsweetened	G052	LEGUMES	m
Soya bean milk,packet	G053	LEGUMES	m
Soya beans,fermented	G055	LEGUMES	m
Spaghetti,canned-tomato sauce	Q077	PROCESSED FOODS	a
Spam,canned	K132	MEAT AND POULTRY	a
Special K	B081	CEREALS AND CEREAL PRODUCTS	a
Spinach,Ceylon,boiled	C076	GREEN LEAVES	m
Spinach,Ceylon,raw	C075	GREEN LEAVES	m
Spinach,frozen,boiled	C069	GREEN LEAVES	b
Spinach,New Zealand,boiled	C001	GREEN LEAVES	u
Spinach,New Zealand,raw	C034	GREEN LEAVES	u
Spinach,Tahitian,boiled	C093	GREEN LEAVES	h
Spinach,Tahitian,raw	C084	GREEN LEAVES	h
Spinach,tropical,leaves,baked	C051	GREEN LEAVES	n
Spinach,tropical,leaves,boiled	C009	GREEN LEAVES	u
Spinach,tropical,leaves,raw	C008	GREEN LEAVES	h

Food - Short name	Key	Food group	Source
Spinach,vine		(see Spinach, Ceylon)	
Sprouting coconut		(see Coconut embryo)	a
Squash,boiled	D094	OTHER VEGETABLES	a
Squid,fried	J027	SEAFOOD	a
Squid,raw	J028	SEAFOOD	a
Starfruit	E018	FRUITS	a
Sting ray	J029	SEAFOOD	m
Stock cube	T050	HERBS, SPICES, SAUCES	a
Strawberry	E103	FRUITS	a
Sugar cane juice	S035	CONFETIONERY	u
Sugar,brown	S026	CONFETIONERY	a
Sugar,raw	S027	CONFETIONERY	o
Sugar,white	S028	CONFETIONERY	t
Sukau		(see Fern)	
Sultana	E104	FRUITS	a
Swede,boiled	D095	OTHER VEGETABLES	a
Sweet potato,composite,baked	A036	STARCHY STAPLES	s
Sweet potato,composite,boiled	A034	STARCHY STAPLES	s
Sweet potato,composite,raw	A032	STARCHY STAPLES	s
Sweet potato,composite,steamed	A035	STARCHY STAPLES	s
Sweet potato,konime,baked	A028	STARCHY STAPLES	n
Sweet potato,konime,baked,&salt	A029	STARCHY STAPLES	n
Sweet potato,konime,boiled	A027	STARCHY STAPLES	n
Sweet potato,leaves,cooked	C038	GREEN LEAVES	n
Sweet potato,leaves,raw	C072	GREEN LEAVES	h
Sweet potato,orange,peeled,boil	A030	STARCHY STAPLES	a
Sweet potato,pale,raw	A031	STARCHY STAPLES	n
Sweet potato,sey/pen,baked	A037	STARCHY STAPLES	n
Sweet potato,white,flesh,boiled	A039	STARCHY STAPLES	a
Sweet potato,yellow,raw	A040	STARCHY STAPLES	n
Sweet yam		(see Yam)	

Food - Short name	Key	Food group	Source
Sweet yam,roasted		(see Yam)	m
Sweetlip,painted,raw	H035	FISH	
Sweets,boiled	S003	CONFECCTIONERY	a
Syrup,golden	S011	CONFECCTIONERY	a
Tai'		(see Taro, giant)	
ta'mu		(see Candlenut)	
Tai'		(see Almond, Indian)	
Talis		(see Almond, Indian)	
Talisai		(see Almond, Indian)	
Talise		(see Almond, Indian)	
Talo		(see Taro, common)	
		(see Tree tomato)	
Tamarillo	E107	FRUITS	j
Tamarind	E108	FRUITS	m
Tamarind,fresh pods		(see Taro, common)	
T'a'o		(see Cassava)	
Tapiak		(see Cassava)	
Tapioca		(see Cassava)	
Tapioca leaves		(see Cassava)	
Tapiok	A097	STARCHY STAPLES	u
Tapioca chips,fried		(see Taro, Chinese)	
Taro kong kong		(see Spinach, Tahitian)	
Taro leaves		(see Taro, common)	
Taro tru		STARCHY STAPLES	
Taro,Chinese,baked	A065	STARCHY STAPLES	n
Taro,Chinese,boiled	A063	STARCHY STAPLES	n
Taro,Chinese,raw	A064	STARCHY STAPLES	s
Taro,common,baked	A048	STARCHY STAPLES	n
Taro,common,black,boiled	A046	STARCHY STAPLES	n
Taro,common,composite,raw	A052	STARCHY STAPLES	s
Taro,common,red,boiled	A055	STARCHY STAPLES	n
Taro,common,white,baked	A058	STARCHY STAPLES	n

Food - Short name	Key	Food group	Source
Taro,common,white,boiled	A057	STARCHY STAPLES	n
Taro,common,yellow,boiled	A059	STARCHY STAPLES	n
Taro,elephant foot yam,raw	A060	STARCHY STAPLES	s
Taro,giant swamp,baked	A102	STARCHY STAPLES	d
Taro,giant swamp,boiled	A103	STARCHY STAPLES	d
Taro,giant swamp,raw	A066	STARCHY STAPLES	s
Taro,giant,baked	A100	STARCHY STAPLES	d
Taro,giant,boiled	A101	STARCHY STAPLES	d
Taro,giant,raw	A062	STARCHY STAPLES	s
Taro,leaves,cooked	C097	GREEN LEAVES	h
Taro,leaves,raw	C078	GREEN LEAVES	h
Taro,raw, <i>C. antiquorum</i>	A050	STARCHY STAPLES (see Taro, giant)	n
Taro,Samoan	C020	GREEN LEAVES	m
Taro,stalks,cooked	C004	GREEN LEAVES (see Spinach, Tahitian) (see Taro, Chinese)	m
Taro,stalks,raw		(see Coconut sap) (see Almond, Indian)	
Taro,Tahitian		(see Breadfruit) BEVERAGES	
Tarua		(see Soya beans, fermented)	
Te-karewe		BEVERAGES	u
Te-kunikun		HERBS, SPICES, SAUCES	
Te-mai	W036	(see Almond, Indian)	
Tea,Indian,infused		(see Almond, Indian)	
Tempeh	W037	HERBS, SPICES, SAUCES	a
Thick shake,McDonald's	T059	(see Almond, Indian)	u
Thousand island dressing		(see Taro, giant)	
Tipop		HERBS, SPICES, SAUCES	
Tivi		HERBS, SPICES, SAUCES	
Toamu	T052	HERBS, SPICES, SAUCES	a
Tomato catsup	T045	HERBS, SPICES, SAUCES	a
Tomato pasta sauce,comm.,heated	D102	OTHER VEGETABLES	a
Tomato paste,salted		HERBS, SPICES, SAUCES	u
Tomato sauce,commercial	T048		

Food - Short name	Key	Food group	Source
Tomato,canned in tomato juice	D105	OTHER VEGETABLES	a
Tomato,cherry,raw	D103	OTHER VEGETABLES	a
Tomato,common,boiled	D118	OTHER VEGETABLES	d
Tomato,common,raw	D106	OTHER VEGETABLES	a
Tomato,ripe	D107	OTHER VEGETABLES	n
Tonaj		(see Doughnut)	
Toor dahl,cooked dish	R007	MIXED COOKED DISHES	b
Topping, chocolate	S029	CONFETIONERY	a
Tree ants,whole	Y017	WILD ANIMAL FOODS	n
Tree tomato	E118	FRUITS	h
Tubua		(see Spinach, tropical)	
Tulip		(see Jointfir)	
Tumutumu maukeni	H079	FISH	z
Tuna,albacore,flesh,raw		(see Mackerel)	
Tuna,bullet	H070	FISH	a
Tuna,canned in brine,drained	H069	FISH	a
Tuna,canned in oil,drained	H067	FISH	a
Tuna,canned in brine	H068	FISH	a
Tuna,canned in oil	H083	FISH	a
Tuna,composite,flesh,baked	H085	FISH	z
Tuna,composite,flesh,grilled	H082	FISH	z
Tuna,composite,flesh,raw	H084	FISH	z
Tuna,composite,flesh,steamed		(see Mackerel)	
Tuna,frigate	H081	FISH	z
Tuna,slender,flesh,raw	H080	FISH	z
Tuna,southern bluefin,flesh,raw		MEAT AND POULTRY	u
Turkey tail,cooked	K153	MEAT AND POULTRY	u
Turkey,whole,roasted	K154	HERBS, SPICES, SAUCES	u
Turmeric powder	T031	SEAFOOD	u
Turtle,cooked	J033	SEAFOOD	n
Turtle,raw	J030		j

Food - Short name	Key	Food group	Source
Tuti		(see Candlenut)	
'Ufi-pala		(see Yam, tikau)	
'Ufi-palai		(see Yam, tikau)	
'Ufi-pilita		(see Yam, kaile)	
'Ufi suamalie		(see Yam, Chinese)	
Uhi		(see Yam, greater)	
Uhi nagava		(see Yam, sweet)	
Uhlei		(see Yam, Chinese)	
U'i		(see Yam, greater)	
Uli		(see Yam, greater)	
'Uma'a		(see Sweet potato)	
'Umala		(see Sweet potato)	
'Umala vai		(see Cabbage, swamp)	
'Umara		(see Sweet potato)	
'Ura		(see Breadfruit)	
Uru		(see Breadfruit)	
Utau		(see Yam, kaile)	
Uvi		(see Yam, greater)	
Vanilla slice	B105	CEREALS AND CEREAL PRODUCTS	a
Vara		(see Coconut embryo)	
Veal schnitzel,frozen,fried	K142	MEAT AND POULTRY	a
Veal,loin chop,grilled,lean&fat	K139	MEAT AND POULTRY	a
Vegemite	T051	HERBS, SPICES, SAUCES	a
Vegetable oil,polyunsaturated	P020	FATS AND OILS	b
Vegetables and steak,can,heated	Q062	PROCESSED FOODS	b
Vegetables and sausages,canned	Q061	PROCESSED FOODS	a
Vegetables,mixed,European,boil	D061	OTHER VEGETABLES	n
Venison		(see Deer)	
		(see Taro, swamp)	
Via kana	T055	HERBS, SPICES, SAUCES	a
Vinaigrette sauce		(see Spinach, Ceylon)	
Vine spinach			

Food · Short name	Key	Food group	Source
Vinegar	T036	HERBS, SPICES, SAUCES	b
Violet crumble	S030	CONFETIONERY	a
Vulatolu		(see Cassava)	
Water apple	E109	FRUITS	m
Water cabbage		(see Cabbage, swamp)	
Water dropwort,leaves,cooked	C002	GREEN LEAVES	m
Water dropwort,leaves,raw	C061	GREEN LEAVES	m
Water spinach		(see Cabbage, swamp)	
Watercress,leaves,cooked	C068	GREEN LEAVES	h
Watercress,leaves,raw	C037	GREEN LEAVES	h
Watermelon,Aust.,red pulp	E110	FRUITS	a
Watermelon,PNG,red pulp	E095	FRUITS	n
Watermelon,seeds,dried	F016	NUTS AND SEEDS	t
Weet-bix	B101	CEREALS AND CEREAL PRODUCTS	z
Whisky	W031	BEVERAGES	a
Wild sugar cane flower		(see Pitpit)	
Wild sugar cane flower		(see Pitpit/duruka)	
Wine,red	W032	BEVERAGES	b
Wine,white	W033	BEVERAGES	a
Winged bean leaves,cooked	C028	GREEN LEAVES	h
Winged bean leaves,raw	C031	GREEN LEAVES	h
Winged bean,root,baked	A096	STARCHY STAPLES	n
Winged beans,mature,baked	G032	LEGUMES	n
Winged beans,young pods	G034	LEGUMES	n
Worcestershire sauce	T049	HERBS, SPICES, SAUCES	a
Wot		(see Taro, giant)	
Wut		(see Taro, giant)	
Yam Wai		(see Yam, greater)	
Yam,Chinese,raw	A076	STARCHY STAPLES	s
Yam,Chinese,spiny,raw	A069	STARCHY STAPLES	n
Yam,composite,baked	A098	STARCHY STAPLES	d

Food - Short name	Key	Food group	Source
Yam,composite,boiled	A099	STARCHY STAPLES	d
Yam, <i>D.trifida</i> ,raw	A077	STARCHY STAPLES	s
Yam,greater,baked	A070	STARCHY STAPLES	n
Yam,greater,raw	A075	STARCHY STAPLES	s
Yam,kaile,raw	A074	STARCHY STAPLES	s
Yams,cooked,multiple methods	A081	STARCHY STAPLES	u
Yams, <i>D.rotundata</i> ,raw	A083	STARCHY STAPLES	s
Yam,sweet,baked	A071	STARCHY STAPLES	n
Yam,tikau,raw	A078	STARCHY STAPLES	s
Yeast,compressed	Q064	PROCESSED FOODS	a
Yeast,dried	Q065	PROCESSED FOODS	a
Yellowtail,fusilier,raw	H073	FISH	m
Yoghurt,fruit	M039	MILK AND MILK PRODUCTS	a
Yoghurt,natural,low fat,unsw	M040	MILK AND MILK PRODUCTS	a
Yoghurt,natural,unsweetened	M041	MILK AND MILK PRODUCTS	a
Zucchini,boiled	D109	OTHER VEGETABLES	a