



The Pacific Islands food composition tables

SECOND EDITION



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of the
South Pacific



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The Pacific Islands food composition tables

SECOND EDITION

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FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS
Rome, 2004

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ISBN 92-5-105138-0

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1. FOREWORD

Traditional Pacific Island diets were diverse and nutritionally appropriate. They included a wide range of foods, such as root crops, coconuts, green leaves, fruit, fish and seafood. In recent decades Pacific Islanders have experienced many changes in lifestyle, including changes in diet. Most of the dietary changes have not been for the better, and have contributed to the double burden of malnutrition throughout the Pacific: undernourishment and micronutrient deficiencies, and, at the other extreme, overweight and obesity and diseases such as diabetes and heart disease.

Based on analyses to date, it is known that many indigenous Pacific crops and foods have particularly high nutrient contents. However, changes in lifestyle and food habits over the last decades have been associated with a reduction in the consumption of traditional foods and an increase in consumption of imported convenience foods. Thus, the diet-related disease burden is extreme. Analytical data on foods in the food supply allow us to see the composition of our foods, and enable us to construct diets to combat the deficiencies and excesses.

The vast natural biodiversity of food plants and animals represents an asset that is sadly neglected. Food composition activities provide a focus on the nutrient content of individual cultivars, wild and cultivated, that will add to the impetus to preserve this rich diversity for the food security of the region.

Trade of agriculture and fishery products represents one of the major priorities for the Pacific Island countries. Exports markets for agricultural produce are growing increasingly competitive and countries in the region must ensure the quality and safety of their products. Improved analytical capabilities in laboratories in the Pacific will facilitate trade by allowing exporters to certify the nutrient content, contaminant limits, and other compositional aspects that would otherwise represent trade barriers.

The governments in the region have therefore requested and received FAO assistance in the generation, compilation and dissemination of food nutrient and contaminant data, laboratory accreditation and associated training.

An improved capacity for food composition analysis and effective dissemination of nutrient data will have positive impacts on health, agriculture, fisheries, biodiversity and the economies of the Pacific Island countries.

2. ACKNOWLEDGEMENTS

Many individuals and organizations have contributed to the development of food composition activities in the Pacific over many years. In the 1980s, 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. Bill Aalbersberg, Tim Adams, Mona Chand, André Cornu, Paul Dalzell, Malcolm Hazelman, Jean Hankin, Robin Hide, Mele'ofa Malolo, Tiora Matenga-Smith, Yolande Mou, Susan Parkinson, Rebecca Pobocik, Christine Quested, Seini Seniloli, Prapasri Puwastien and Randy Thaman have also provided valuable contributions at different stages in the development of the tables. The preparation of the database and printed tables for the first edition were undertaken in New Zealand as an International Network of Food Data Systems (INFOODS) project, and involved the hard work of Cecily Dignan from SPC and Barbara Burlingame and her team of nutritionists from Crop & Food Research, including Jose Arthur, Robert Quigley and Gregory Milligan, and the inspiration and encouragement of Nevin Scrimshaw.

Funding for the project work through 1994 was provided by the United States Agency for International Development (USAID), the Australian International Development Assistance Bureau (AIDAB) and the New Zealand Medical Research Council (NZMRC). Cooperating laboratories in the Pacific for conducting new, green, leafy vegetables analyses were the Institute of Applied Sciences at the University of the South Pacific, Suva, Fiji, the National Analytical Laboratory in Lae, and the National Agricultural Chemical Laboratory in Port Moresby, Papua New Guinea.

Since 1994, the following people have played important roles and provided valuable contributions: Ruth English, Pieter Scheelings, Don Buick, Barbara Burlingame, Anna-Maria Bruno, Shailesh Kumar, Usaia Dolodolotawake.

Funding for the second edition, including the necessary analytical work, laboratory accreditation and publication, was provided by the Food and Agriculture Organization of the United Nations (FAO). The work was undertaken primarily at the Institute of Applied Sciences at the University of the South Pacific. During the preparation of the second edition of *The Pacific Islands food composition tables*, the Food Composition Advisory Committee played a vital role: Jaye Kumar (Chair), Bill Aalbersberg, Nirmala Nand, Ruci Dakunimata, Kamlesh Chand Puran, Miliakere Nawaikula, Epeli Draniikamate, Manjula Prakash, Apisai Ucuboi, Semi Tubuduadua, Aliko Turagakula, Shailesh Kumar, Penina Vatucawaqa, Permal Deo, Susan Parkinson, Apiame Cegumalua, Vatimi Rayalu, William Magnus, Maria Bantayan. Others also offered valuable input during the process of compiling the second edition, including Heather Greenfield, Wendy Snowdon, Judy Cunningham, Vili Fuavao, Dirk Schulz, Bill Swallow, John Love and U. Ruth Charrondiere.

The second edition relies on the bulk of work prepared for the first edition, largely by Cecily Dignan and Barbara Burlingame as the original project initiators. Credit for the new analytical work and compilation goes to Shailesh Kumar, Riaz Ali Mohammed, Usaia Dolodolotawake, Shibani Nand and Priti Maharaj, with inputs and project oversight from Bill Aalbersberg and Barbara Burlingame.

To all of the people and organizations who have offered their advice, shared their data so generously, provided common serving measures for some of the foods, reviewed key foods and core components, carefully refereed the draft of the original tables and, most importantly, offered their encouragement and continued to express their need for updated tables, FAO wishes to express its sincere gratitude and appreciation.

3. HISTORY

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 nutrient content of commonly eaten Pacific Island foods, with most work being done on the coconut and breastmilk. 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 realized by governments, and food composition work at the SPC laboratory ceased in 1957.

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 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 utilized 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.

Recommendation No. 26

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.

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 the United Kingdom, the United States of America, Australia 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.

The first technical workshop on food composition tables

Following this meeting, SPC organized 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.

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 and priority analytes 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 (1988), 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 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 during 1993-94 resulted in the publication of the first edition of the tables and the preparation of dietary assessment software containing the Pacific Island database.

INFOODS and OCEANIAFOODS

INFOODS had established a network of Regional Data Centres around the world. OCEANIAFOODS was one, established in May 1987. The membership included Australia, New Zealand, Fiji, Papua New Guinea, and the Secretariat of the Pacific Community (formerly the South Pacific Commission) (SPC) representing 22 small island countries. The OCEANIAFOODS network brought the countries in the region together approximately every two years to share developments in data generation, compilation and dissemination, and to offer assistance to the developing Pacific Island countries. Biennial meetings were held and a programme of collaborative work was developed.

The need for more food analytical work

At the time of the publication of the first edition of the tables in 1994 it was recognized that there were 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.

A review of the progress of the Pacific food composition programme at the 1991 OCEANIA FOODS meeting had recommended that the New Zealand programme assist SPC in the finalization of the new food tables and that Australian aid be sought to continue the food analysis programme at the Institute of Applied Sciences at the University of the South Pacific, which had shown a consistent ability and interest in food nutrient analysis. On the basis of this a funding proposal was prepared.

The USP-ACIAR-AGAL-ORSTOM-SPC food analysis project

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

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 existed for commercialization of several of these fruits and nuts, with the ngali or pili nut already having been developed commercially in Solomon Islands. As well as generating income, more nutritious food has been made available to the local market by the commercialization of this nut.

Apart from uncultivated fruits and nuts, it was planned that the project would analyse commonly eaten Pacific Island mixed cooked dishes, important atoll foods, and other foods not well covered in the first edition of the tables.

The analytical methods used were also upgraded at USP as part of the project and the quality assurance programme enhanced. Annual meetings were held with Australian and USP scientists to monitor progress. The results were published in a booklet *Pacific Islands foods: description and nutrient composition of 78 local foods*. A second volume based on postgraduate research and some commercial samples was published in 2001.

The FAO project "Strengthening Food Analytical Capabilities in the Pacific Region"

In the mid-1990s, the Food and Agriculture Organization of the United Nations had resumed its interest in food composition work and development of regional food composition databases. Towards the end of the ACIAR project, discussions were held with FAO on a possible follow-up project to continue food composition work and expand the work to food contaminants.

After much discussion a proposal was prepared in April 1999 under the Technical Cooperation among Developing Countries programme of FAO. After extensive review this was finalized and approved for April 2002–August 2004 as a regional project in Fiji, Vanuatu, Solomon Islands, Samoa and Tonga. The aims were to improve food security and food quality and safety in Pacific Island countries, and enhance trade by strengthening food composition and contaminant data generation, compilation and dissemination, achieving international accreditation for laboratories and upgrading the skills base of technical personnel.

The following were some of the specific tasks of the project:

- to fill gaps in the Pacific Islands food composition tables
- to publish an updated version of the tables
- to develop food analytical skills in five Pacific nations
- to support the USP laboratory to achieve international accreditation

The tables that follow are the output of this FAO project.

4. USERS' GUIDE

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 far 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.

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, Thomas and Hyndman, 1991 Ohtsuka <i>et al.</i> , 1984 Norgan, Durnin and Ferro-Luzzi, 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

Each food record is made up combinations of data sources. Pacific Island-generated analytical data are presented when available. Data from other relevant sources were used to supplement analytical data to avoid missing values. Hence, each record is made up of more than one source, and no single record represents a fully "borrowed" data set. These concise tables provide only the major source of the nutrient data for each food record 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 or similar foods. Source codes can also assist the user in deciding on the validity and acceptability of the data for a particular purpose.

Layout of the tables

There are 20 food groups in the tables, each identified by a letter of the alphabet. Some letters have been deliberately omitted 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).

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, B-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.

Food key

Beside each food name is a code, or **key**, that uniquely identifies each food in the larger database from which the tables have been developed. For example, A010 is the key for cassava flour. The key will be maintained for this food in the continuing development of the database and in each edition of printed tables. If the food is deleted from the database, the key will also be deleted.

Edible portion and measures

Each food in the tables represents the edible portion of the food. 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.

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 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 the weight basis.

TABLE 2. **Metric standards**

1 cup	250 millilitre (mL)
1 tablespoon	15 millilitre (mL)
1 teaspoon	5 millilitre (mL)

Finding a food in the tables

In the tables, foods are listed within food groups. If you cannot find the food in the group 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 in the nut group. 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 not included in these tables, including mixed cooked dishes, because they have never been analysed.

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.

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 is not an endorsement for the product.

The same foods, with different processing or preparation, 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, but includes fat striations within the muscle.

The term “separable fat” refers to the visible fat layer and removable intramuscular 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.

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. Recipe ingredients and amounts used are provided in Appendix IV.

Composite foods

“Composite” in these tables means the average of several similar foods. For example, composites of several varieties of sweet potato and several types of reef fish are provided. These data are useful in consumption studies when the specific variety or type is not known or recorded.

Symbols

A number of symbols have been used throughout the tables and in the appendixes. 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

Recommended daily intakes

Specific recommended nutrient intakes (RNIs) based largely on the recommendations of FAO/WHO (2002) are provided in Appendix III.

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 some of the older food 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 percent is considered acceptable (Greenfield and Southgate, 2003), 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 as recommended by FAO (2003) and the Codex Alimentarius Commission (2001), with one exception: available carbohydrate was calculated using 16.5 kJ/g. For most foods, the difference is insignificant. For the few foods presented with a large measure and a high carbohydrate content, the difference may be as high as 40 kJ. (Note: the energy factor for dietary fibre was not included in the previous edition of these tables.)

TABLE 3. **Energy conversion factors (FAO, 2003)**

	kcal/g	kJ/g
Protein	4.0	17
Total fat	9.0	37
Available carbohydrate	4.0	17
Dietary fibre	2.0	8
Ethyl alcohol	7.0	29

Table 4 provides the list of nutrients, the units of expression, the INFOODS tagnames for the majority of that nutrient presented in the tables, and summary notes including formulas and factors for calculations.

TABLE 4. **Components, units, INFOODS tagnames,¹ and relevant notes**

Component name	Units	INFOODS tagnames	Notes
Water	g	WATER	-
Energy	kcal	ENERC_kcal	Calculated as (4 x g protein)+(9 x g fat)+(4 x g CHO)+(2 x g TDF)+(7 x g alcohol)
Energy	kJ	ENERC	Calculated as (17 x g protein)+(37 x g fat)+(16.5 x g CHO)+(8 x g TDF)+(29 x g alcohol)
Protein	g	PROCNT	Total nitrogen multiplied by specific factor or 6.25
Fat	g	FAT	All methods, favouring higher values based on acid digestion step
CHO (carbohydrate), available	g	CHOAVL CHOAVLDF	Sum of analysed components; or calculated by difference: 100g - (total g water+protein+ fat+fibre+ash+alcohol)
TDF (total dietary fibre)	g	FIBTG	Enzymatic gravimetric method
Na (sodium)	mg	NA	-
Mg (magnesium)	mg	MG	-
K (potassium)	mg	K	-
Ca (calcium)	mg	CA	-
Fe (iron)	mg	FE	-
Zn (zinc)	mg	ZN	-
Retinol	µg	RETOL	Preformed vitamin A
β-carotene equiv.	µg	CARTB	Calculated as µg β-carotene + 1/2 µg other provitamin A carotenoids
Total vitamin A equiv. (retinol equivalents)	µg	VITA	Calculated as µg retinol + 1/12 µg β-carotene equiv
Thiamin (vitamin B1)	mg	THIA	-
Riboflavin (vitamin B2)	mg	RIBF	-
Niacin	mg	NIA	Preformed
Vitamin B12	µg	VITB12	-
Vitamin C	mg	VITC	-
Vitamin E	mg	VITE	Generally measured as alpha tocopherol
Cholesterol	mg	CHOLE	-

¹ Klensin *et al.*, 1989

For all entries, the **protein** value is based on the total nitrogen multiplied by a specific factor (Jones, Munsey and Walker, 1942). Conversion factors for mixed foods containing more than one protein source were derived using the proportion of each source with its appropriate conversion factor. Total nitrogen values and factors are captured in the full database.

Available carbohydrate values are expressed as the weight of the carbohydrate. Food records from the United States Department of Agriculture (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 and 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.

Total vitamin A, or retinol equivalents, are calculated as the sum of retinol and 1/12 the β -carotene equivalents value. The previous edition of these tables used the factor of 1/6 β -carotene equivalents value in calculating vitamin A.

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.

Iodine – 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 in 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.

FAO/WHO (2002) recommends an intake of 100–135 μg of iodine per day for adults and 200 $\mu\text{g}/\text{day}$ for women who are pregnant or lactating. Iodine content of seafoods is generally in the range of 70-100 $\mu\text{g}/100\text{ g}$ edible portion.

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 programmes,
- 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 and kidney disease,
- 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,
- selecting or promoting a decrease in the consumption of foods/diets known to contribute to an increased risk of chronic disease,
- 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.

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6. FOOD TABLES



THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
A STARCHY STAPLES														
A001	Arrowroot, Polynesian, flour	100	12	336	1 404	0.1	0.2	84.5	0.1	2	4	12	35	0.5
	1 tablespoon	9	1	30	126	T	T	7.6	T	T	T	1	3	T
A004	Banana, cooking, boiled, unsalted	100	69	111	465	0.8	0.2	26.3	1.2	4	33	400	5	0.5
A005	Banana, cooking, ripe, fried	100	35	265	1 109	1.5	9.2	43.9	2.3	3	54	610	6	0.8
A006	Banana, cooking, raw	100	68	124	519	0.9	0.2	29.8	0.7	4	36	489	18	0.6
	1 whole	140	95	174	727	1.3	0.3	41.7	1.0	6	50	685	25	0.8
A089	Banana, cooking, ami, baked	100	71	109	456	1.4	0.1	25.1	1.8	4	31	505	2	1.0
A095	Banana, cooking, opine, baked	100	53	180	753	2.4	0.2	42.4	0.7	4	50	505	3	1.7
A002	Breadfruit, boiled	100	81	75	313	1.3	0.9	14.4	2.5	1	23	350	13	0.2
A003	Breadfruit, baked	100	74	103	429	1.3	0.6	22.1	2.5	1	23	436	18	0.3
	1 serve	166	123	170	712	2.2	1.0	36.7	4.2	2	38	724	30	0.5
A008	Breadfruit, pulp, raw, mature	100	72	107	450	1.5	0.4	23.6	2.5	1	24	480	25	1.0
A011	Cassava, boiled	100	68	117	490	0.6	0.4	27.5	1.4	22	22	217	10	0.2
	1 serve	164	111	192	804	1.0	0.7	45.1	2.3	36	36	356	16	0.3
A012	Cassava, raw	100	60	147	614	1.1	0.5	34.2	1.5	26	27	331	11	0.2
	1 serve	142	86	208	871	1.6	0.7	48.6	2.1	37	38	470	16	0.3
A042	Cassava, tuber, baked	100	54	177	740	2.0	0.3	41.5	1.3	7	35	365	35	2.2
	1 cup	227	123	402	1 680	4.5	0.7	94.2	3.0	16	79	829	79	5.0
A041	Cassava, tuber, baked, earth-oven	100	59	151	632	0.8	0.5	35.0	2.8	21	29	326	11	0.2
	1 cup	227	134	343	1 435	1.8	1.1	79.5	6.4	48	66	740	25	0.5
A010	Cassava, flour	100	9	349	1 461	1.1	0.5	84.5	3.7	4	74	739	84	1.0
	1 cup	227	20	793	3 317	2.5	1.1	191.8	8.4	9	168	1 678	191	2.3
A091	Jakfruit, raw, <i>A. heterophyllum</i> , raw	100	83	55	232	1.6	0.2	7.4	9.4	48	10	292	37	1.7
A092	Jakfruit, <i>A. integer</i> , raw	100	67	126	529	2.5	0.4	25.8	5.7	25	46	246	40	1.1
A090	Jakfruit, <i>Artocarpus</i> sp., raw	100	75	83	348	2.2	0.3	16.7	3.0	3	14	350	18	0.8
A088	Pandanus, flour	100	13	319	1 334	2.9	1.3	75.0					797	1.7
A016	Potato, tuber, baked, salt & fat added	100	65	180	754	2.3	10.1	19.3	2.8	148	26	774	11	0.8
	1 whole	60	39	108	452	1.4	6.1	11.6	1.7	89	16	464	7	0.5
A017	Potato, dried, home prepared, mashed	100	77	97	404	2.7	2.3	14.8	3.6	245	11	136	41	0.5
	1 cup	260	199	251	1 050	7.0	6.0	38.5	9.4	637	29	354	107	1.3

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
A STARCHY STAPLES													
A001	Arrowroot, Polynesian, flour	100	0.6	0	0	0	0.10	0.02	0.5	0.00	0.0	T	0
	1 tablespoon	9	0.1	0	0	0	0.01	T	T	0.00	0.0	T	0
A004	Banana, cooking, boiled, unsalted	100	0.2	0	116	10	0.03	0.04	0.5	0.00	9.0	0.3	0
A005	Banana, cooking, ripe, fried	100	0.4	0	149	12	0.11	0.02	0.6	0.00	12.0	2.2	0
A006	Banana, cooking, raw	100	0.1	0	180	15	0.15	0.06	0.7	0.00	11.0	0.3	0
	1 whole	140	0.1	0	252	21	0.21	0.08	1.0	0.00	15.4	0.4	0
A089	Banana, cooking, ami, baked	100	0.1	0	206	17	0.05	0.08	0.6	0.00	15.0	0.3	0
A095	Banana, cooking, opine, baked	100	0.2	0	206	17	0.08	0.13	1.0	0.00	25.0	0.5	0
A002	Breadfruit, boiled	100	0.1	0	30	3	0.08	0.05	0.7	0.00	22.0	0.7	0
A003	Breadfruit, baked	100	0.1	0	23	2	0.08	0.04	0.6	0.00	22.0	1.0	0
	1 serve	166	0.1	0	38	3	0.13	0.07	1.0	0.00	36.5	1.6	0
A008	Breadfruit, pulp, raw, mature	100	0.1	0	24	2	0.10	0.06	1.2	0.00	20.0	1.0	0
A011	Cassava, boiled	100	0.3	0	T	T	0.02	T	0.3	0.00	15.0	0.2	0
	1 serve	164	0.5	0	T	T	0.03	T	0.5	0.00	24.6	0.3	0
A012	Cassava, raw	100	0.4	0	T	T	0.04	0.02	0.4	0.00	36.0	0.2	0
	1 serve	142	0.6	0	T	T	0.06	0.03	0.6	0.00	51.1	0.3	0
A042	Cassava, tuber, baked	100	0.4	0	2	T	0.11	0.05	0.7	0.00	53.0	0.2	0
	1 cup	227	0.9	0	5	T	0.25	0.11	1.6	0.00	120.3	0.5	0
A041	Cassava, tuber, baked, earth-oven	100	0.4	0	T	T	T	T	0.4	0.00	31.0	0.2	0
	1 cup	227	0.9	0	T	T	T	T	0.9	0.00	70.4	0.5	0
A010	Cassava, flour	100	1.2	0	T	T	0.02	0.03	0.6	0.00	0.0	T	0
	1 cup	227	2.7	0	T	T	0.05	0.07	1.4	0.00	0.0	T	0
A091	Jakfruit, raw, <i>A. heterophyllus</i> , raw	100	0.5	0	110	9	0.06	0.06	0.4	0.00	7.9	0.1	0
A092	Jakfruit, <i>A. integer</i> , raw	100	0.5	0	80	7	0.16	0.15	0.5	0.00	17.7	0.2	0
A090	Jakfruit, <i>Artocarpus</i> sp., raw	100	0.8	0	1 130	94	0.04	0.12	0.6	0.00	6.0	0.1	0
A088	Pandanus, flour	100		0	1 200	100	0.06	0.16	2.3	0.00	0.0		0
A016	Potato, tuber, baked, salt & fat added	100	0.4	0	10	1	0.10	0.05	1.3	0.00	13.0	0.1	0
	1 whole	60	0.2	0	6	1	0.06	0.03	0.8	0.00	7.8	T	0
A017	Potato, dried, home prepared, mashed	100	0.2	1	30	4	0.01	0.08	0.6	0.00	1.0	T	1
	1 cup	260	0.5	3	78	9	0.03	0.21	1.6	0.00	2.6	T	3

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
A STARCHY STAPLES														
A013	Potato, fries, commercial, deep fried	100	50	250	1 044	4.0	13.9	26.2	3.7	158	29	520	9	1.1
		1 cup	95	47	237	992	3.8	13.2	3.5	150	28	494	9	1.0
A014	Potato, hash brown, McDonald's	100	44	312	1 305	2.4	21.7	27.3	1.4	520	21	360	23	2.6
		1 cup	95	42	296	1 240	2.3	20.6	1.3	494	20	342	22	2.5
A019	Potato, pale skin, peeled, baked	100	71	108	450	3.0	2.8	17.2	1.5	8	20	500	4	0.7
		1 cup	260	184	280	1 171	7.8	7.3	3.9	21	52	1 300	10	1.8
A018	Potato, pale skin, peeled, boiled	100	79	66	275	2.6	0.2	13.0	1.1	7	17	415	2	0.5
		1 cup	260	206	171	715	6.8	0.5	2.9	18	44	1 079	5	1.3
A015	Potato salad, canned	100	75	121	507	1.5	6.9	13.2	1.0	340	8	156	4	1.0
		1 cup	180	136	218	912	2.7	12.4	1.8	612	14	281	7	1.8
A023	Sago, flour	100	13	332	1 391	0.4	0.1	83.4	0.5	3	3	5	9	0.7
		1 cup	227	29	754	3 157	0.9	0.2	1.1	7	7	11	20	1.6
A022	Sago, flour, meal	100	13	347	1 451	1.4	0.2	85.9	0.3	8	3	36	15	1.4
		1 cup	227	30	787	3 294	3.2	0.5	0.7	18	7	82	34	3.2
A028	Sweet potato, konime, baked, earth-oven	100	67	128	534	1.9	0.1	29.6	1.2	31	22	414	33	2.1
		1 serve	213	142	272	1 137	4.0	0.2	2.6	66	47	882	70	4.5
A029	Sweet potato, konime, baked, salted	100	67	128	535	1.3	0.1	30.3	1.2	108	22	533	33	2.1
		1 serve	213	142	273	1 140	2.8	0.2	2.6	230	47	1 135	70	4.5
A027	Sweet potato, konime, boiled	100	71	106	442	0.8	0.2	25.0	1.0	13	19	262	29	1.8
		1 serve	213	152	225	940	1.7	0.4	2.1	28	40	558	62	3.8
A030	Sweet potato, orange, peeled, boiled	100	79	69	287	1.9	0.1	14.1	2.3	10	13	225	26	0.5
		1 serve	213	168	146	611	4.0	0.2	4.9	21	28	479	55	1.1
A031	Sweet potato, pale, raw	100	72	110	461	1.0	0.3	25.6	1.3	52	26	260	21	0.9
A037	Sweet potato, seyspen, baked, earth-oven	100	70	114	478	2.0	0.1	25.8	1.8	31	22	414	30	2.0
		1 serve	213	148	243	1 018	4.3	0.2	3.8	66	47	882	64	4.3
A039	Sweet potato, white, peeled, boiled	100	77	79	329	1.4	0.1	17.3	2.0	12	8	182	13	0.5
		1 serve	213	163	167	701	3.0	0.2	4.3	26	17	388	28	1.1
A040	Sweet potato, yellow, raw	100	71	117	489	1.2	0.3	27.1	1.3	45	20	412	36	0.9
A036	Sweet potato, composite, baked	100	66	129	540	1.4	0.2	30.1	1.7	51	26	356	28	0.5
		1 serve	213	140	275	1 151	3.0	0.4	3.5	109	55	758	60	1.0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
A STARCHY STAPLES													
A013	Potato, fries, commercial, deep fried	100	0.5	1	0	1	0.10	0.04	1.5	0.00	10.0	0.3	12
		1 cup	95	0.5	1	0	0.10	0.04	1.4	0.00	9.5	0.3	11
A014	Potato, hash brown, McDonald's	100	0.4	1	0	1	0.01	0.03	1.2	0.00	6.0	0.5	38
		1 cup	95	0.4	1	0	0.01	0.03	1.1	0.00	5.7	0.4	36
A019	Potato, pale skin, peeled, baked	100	0.3	0	0	0	0.08	0.02	1.2	0.00	18.0	0.1	0
		1 cup	260	0.8	0	0	0.21	0.05	3.1	0.00	46.8	0.2	0
A018	Potato, pale skin, peeled, boiled	100	0.3	0	0	0	0.07	0.02	1.0	0.00	21.0	0.1	0
		1 cup	260	0.8	0	0	0.18	0.05	2.6	0.00	54.6	0.2	0
A015	Potato salad, canned	100	0.2	0	50	4	0.02	0.02	0.6	0.20	2.0	0.6	5
		1 cup	180	0.4	0	90	0.04	0.04	1.1	0.36	3.6	1.1	9
A023	Sago, flour	100	1.3	0	0	0	0.01	T	T	0.00	0.0	T	0
		1 cup	227	3.0	0	0	0.02	T	T	0.00	0.0	T	0
A022	Sago, flour, meal	100	1.3	0	0	0	0.01	0.00	0.2	0.00	0.0	T	0
		1 cup	227	3.0	0	0	0.02	0.00	0.5	0.00	0.0	T	0
A028	Sweet potato, konime, baked, earth-oven	100	0.4	0	63	5	0.10	0.04	0.6	0.00	48.0	5.4	0
		1 serve	213	0.8	0	134	0.21	0.09	1.3	0.00	102.2	11.5	0
A029	Sweet potato, konime, baked, salted	100	0.4	0	63	5	0.10	0.04	0.6	0.00	48.0	5.4	0
		1 serve	213	0.8	0	134	0.21	0.09	1.3	0.00	102.2	11.5	0
A027	Sweet potato, konime, boiled	100	0.3	0	57	5	0.08	0.04	0.6	0.00	42.0	4.0	0
		1 serve	213	0.6	0	121	0.17	0.09	1.3	0.00	89.5	8.5	0
A030	Sweet potato, orange, peeled, boiled	100	0.5	0	5 760	480	0.02	0.05	1.0	0.00	23.0	3.5	0
		1 serve	213	1.1	0	12 269	0.04	0.11	2.1	0.00	49.0	7.5	0
A031	Sweet potato, pale, raw	100	0.3	0	66	6	0.14	0.05	0.7	0.00	21.0	4.8	0
A037	Sweet potato, seyspen, baked, earth-oven	100	0.3	0	63	5	0.09	0.04	0.6	0.00	44.0	5.4	0
		1 serve	213	0.6	0	134	0.19	0.09	1.3	0.00	93.7	11.5	0
A039	Sweet potato, white, peeled, boiled	100	0.4	0	17	1	0.04	0.03	1.1	0.00	19.0	3.8	0
		1 serve	213	0.9	0	36	0.09	0.06	2.3	0.00	40.5	8.1	0
A040	Sweet potato, yellow, raw	100	0.3	0	4 380	365	0.12	0.05	0.6	0.00	30.0	4.8	0
A036	Sweet potato, composite, baked	100	0.4	0	63	5	0.09	0.04	0.7	0.00	25.0	5.6	0
		1 serve	213	0.9	0	134	0.20	0.08	1.6	0.00	53.3	11.9	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
A	STARCHY STAPLES													
A034	Sweet potato, composite, boiled	100	74	91	382	1.4	0.2	20.5	1.7	45	27	166	29	0.5
	1 serve	213	158	195	814	3.0	0.4	43.7	3.6	96	58	354	62	1.0
A032	Sweet potato, composite, raw	100	71	99	415	1.4	0.2	22.5	1.6	52	26	260	29	0.5
A035	Sweet potato, composite, steamed	100	72	95	396	1.4	0.2	21.3	1.7	47	25	382	27	0.5
	1 serve	213	154	201	843	3.0	0.4	45.4	3.6	100	53	814	58	1.0
A050	Taro, corm, raw	100	75	97	407	2.2	0.4	20.9	1.3	28	54	328	34	1.2
A065	Taro, Chinese, baked	100	65	133	558	1.5	0.1	30.9	2.5	7	27	498	47	1.4
	1 serve	155	101	207	865	2.3	0.2	47.8	3.9	10	42	772	73	2.2
A063	Taro, Chinese, boiled	100	76	94	393	1.1	0.4	21.3	1.0	7	27	313	33	1.0
	1 serve	260	196	244	1 022	2.9	1.0	55.4	2.6	17	70	814	86	2.6
A064	Taro, Chinese, raw	100	67	120	501	1.6	0.1	28.0	1.0	7	27	530	9	0.4
A097	Taro, chips, fried	100	1	503	2 106	6.7	29.4	51.6	6.6	435	76	1783	5	1.3
A048	Taro, common, baked, earth-oven	100	66	122	510	1.1	0.4	27.5	2.9	25	37	521	19	0.6
	1 serve	155	102	189	791	1.7	0.6	42.6	4.5	39	57	808	29	0.9
A046	Taro, common, black, boiled	100	79	82	344	0.8	0.4	18.8	0.7	1	114	264	28	0.9
	1 serve	260	205	214	895	2.1	1.0	48.9	1.8	3	296	686	73	2.3
A052	Taro, common, composite, corm, raw	100	69	109	455	1.1	0.1	25.5	1.5	2	115	448	32	0.5
A058	Taro, common, white, baked	100	60	153	640	1.4	0.2	35.7	2.5	2	115	421	54	1.6
	1 serve	155	93	237	992	2.2	0.3	55.3	3.9	3	178	653	84	2.5
A057	Taro, common, white, boiled	100	75	99	414	0.9	0.6	22.4	0.8	1	114	264	34	1.0
	1 serve	260	194	257	1 075	2.3	1.6	58.2	2.1	3	296	686	88	2.6
A059	Taro, common, yellow, boiled	100	67	126	526	0.7	0.4	29.8	1.0	1	114	264	44	1.3
	1 serve	260	175	327	1369	1.8	1.0	77.5	2.6	3	296	686	114	3.4
A060	Taro, elephant foot yam, raw	100	78	78	328	2.2	0.1	16.7	1.5	4	47	622	26	0.5
A100	Taro, giant, baked	100	68	111	463	2.3	0.1	24.4	2.0	33	57	290	41	0.9
	1 serve	155	105	172	718	3.6	0.2	37.9	3.1	51	88	450	64	1.4
A101	Taro, giant, boiled	100	73	92	386	2.0	0.1	20.4	1.7	27	47	243	35	0.8
	1 serve	260	190	240	1 004	5.1	0.2	53.0	4.4	70	122	632	91	2.0
A062	Taro, giant, raw	100	70	102	426	2.2	0.1	22.5	1.9	30	52	267	38	0.8

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
A STARCHY STAPLES													
A034	Sweet potato, composite, boiled	100	0.3	0	57	5	0.07	0.03	0.6	0.00	18.0	4.0	0
	1 serve	213	0.6	0	121	10	0.14	0.06	1.2	0.00	38.3	8.5	0
A032	Sweet potato, composite, raw	100	0.6	0	66	6	0.09	0.03	0.6	0.00	24.0	4.8	0
A035	Sweet potato, composite, steamed	100	0.3	0	57	5	0.07	0.03	0.6	0.00	18.0	4.6	0
	1 serve	213	0.6	0	121	10	0.15	0.06	1.2	0.00	38.3	9.8	0
A050	Taro, corm, raw	100	0.4	0	26	2	0.12	0.04	1.0	0.00	8.0	2.0	0
A065	Taro, Chinese, baked	100	0.4	0	30	3	0.13	0.04	0.8	0.00	7.0	2.8	0
	1 serve	155	0.5	0	47	4	0.20	0.06	1.2	0.00	10.9	4.3	0
A063	Taro, Chinese, boiled	100	0.2	0	30	3	0.08	0.02	0.6	0.00	5.0	1.9	0
	1 serve	260	0.6	0	78	7	0.21	0.05	1.6	0.00	13.0	4.9	0
A064	Taro, Chinese, raw	100	0.5	0	30	3	0.02	0.03	0.8	0.00	13.6	2.6	0
A097	Taro, chips, fried	100	2.0	0	T	T	0.26	0.02	3.6	0.00	T	4.9	0
A048	Taro, common, baked, earth-oven	100	1.2	0	T	T	0.07	T	1.3	0.00	T	2.9	0
	1 serve	155	1.9	0	T	T	0.11	T	2.0	0.00	T	4.5	0
A046	Taro, common, black, boiled	100	2.7	0	38	3	0.07	0.02	0.5	0.00	4.0	1.7	0
	1 serve	260	7.0	0	99	8	0.18	0.05	1.3	0.00	10.4	4.4	0
A052	Taro, common, composite, corm, raw	100	0.5	0	42	4	0.03	0.03	0.8	0.00	15.0	2.5	0
A058	Taro, common, white, baked	100	1.4	0	42	4	0.13	0.04	0.9	0.00	8.0	3.2	0
	1 serve	155	2.2	0	65	5	0.20	0.06	1.4	0.00	12.4	5.0	0
A057	Taro, common, white, boiled	100	0.8	0	38	3	0.08	0.03	0.6	0.00	5.0	2.0	0
	1 serve	260	2.1	0	99	8	0.21	0.08	1.6	0.00	13.0	5.2	0
A059	Taro, common, yellow, boiled	100	1.0	0	38	3	0.11	0.03	0.8	0.00	7.0	2.6	0
	1 serve	260	2.6	0	99	8	0.29	0.08	2.1	0.00	18.2	6.8	0
A060	Taro, elephant foot yam, raw	100	1.0	0	420	35	0.06	0.05	1.2	0.00	4.0	1.8	0
A100	Taro, giant, baked	100	1.7	0	0	0	0.02	0.02	0.4	0.00	9.2	2.6	0
	1 serve	155	2.6	0	0	0	0.03	0.02	0.7	0.00	14.3	4.0	0
A101	Taro, giant, boiled	100	1.5	0	0	0	0.01	0.01	0.3	0.00	8.5	2.2	0
	1 serve	260	3.9	0	0	0	0.03	0.03	0.8	0.00	22.1	5.7	0
A062	Taro, giant, raw	100	1.6	0	0	0	0.02	0.02	0.5	0.00	17.0	2.4	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
A	STARCHY STAPLES													
A102	Taro, giant swamp, baked	100	73	86	360	0.6	0.2	19.4	3.0	78	23	73	198	0.7
	1 serve	155	114	133	558	0.9	0.3	30.1	4.7	121	36	113	307	1.0
A103	Taro, giant swamp, boiled	100	78	72	302	0.5	0.2	16.2	2.5	65	19	61	165	0.6
	1 serve	260	202	187	784	1.2	0.4	42.2	6.6	169	49	159	429	1.4
A066	Taro, giant swamp, raw	100	75	79	331	0.5	0.2	17.8	2.8	72	21	67	182	0.6
A055	Taro, red, common, boiled	100	72	105	437	0.9	0.4	24.2	1.0	1	114	264	37	1.1
	1 serve	260	187	272	1 137	2.3	1.0	62.9	2.6	3	296	686	96	2.9
A096	Winged bean, root, baked, earth-oven	100	66	139	584	6.4	0.1	25.4	6.5	28	19	466	24	1.6
A071	Yam, tuber, baked	100	50	196	819	3.7	0.4	44.8	0.3	6	18	590	22	1.5
	1 serve	209	104	409	1 712	7.7	0.8	93.6	0.6	11	38	1 233	46	3.1
A077	Yam, <i>D. trifida</i> , raw	100	81	65	272	1.5	T	14.4	1.0	3	15	350	8	0.5
A076	Yam, Chinese, raw	100	74	89	374	2.1	0.1	19.9	1.2	3	26	303	8	0.8
A069	Yam, Chinese, spiny, raw	100	74	104	435	1.5	0.2	23.9	1.0	8	23	441	12	0.8
A098	Yam, composite, baked	100	72	101	425	2.5	0.1	22.1	1.8	4	25	365	9	0.8
	1 serve	209	149	212	887	5.2	0.2	46.3	3.7	8	52	763	19	1.7
A099	Yam, composite, boiled	100	77	84	350	2.0	0.1	18.3	1.5	3	20	271	7	0.6
	1 serve	151	116	126	529	3.1	0.1	27.6	2.2	5	30	409	11	0.9
A070	Yam, greater, baked, earth-oven	100	60	155	649	3.0	0.0	36.0	0.5	6	19	590	18	1.2
	1 serve	209	125	324	1 356	6.3	0.0	75.2	1.0	11	40	1233	38	2.5
A075	Yam, greater, raw	100	77	83	347	2.2	0.1	17.7	1.9	3	17	318	8	0.6
A074	Yam, kaile, raw	100	83	63	265	1.7	T	14.0	0.7	6	23	374	13	0.4
A078	Yam, tikau, raw	100	71	105	438	2.0	0.1	23.4	1.8	9	20	448	7	0.4
A081	Yam, cooked: multiple methods	100	70	115	480	1.5	0.1	26.5	1.5	8	18	670	14	0.5
	1 serve	209	147	240	1 003	3.1	0.3	55.4	3.1	17	38	1 400	29	1.1
A083	Yam, <i>D. rotundata</i> , raw	100	66	128	536	1.4	0.1	30.5	0.6	5	17	361	5	0.6

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β -carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μ g	μ g	μ g	mg	mg	mg	μ g	mg	mg	mg
A STARCHY STAPLES													
A102	Taro, giant swamp, baked	100	2.3	0	33	3	0.02	0.02	0.4	0.00	8.5	2.2	0
	1 serve	155	3.6	0	51	4	0.03	0.03	0.6	0.00	13.2	3.4	0
A103	Taro, giant swamp, boiled	100	1.9	0	27	2	0.02	0.01	0.3	0.00	7.9	1.8	0
	1 serve	260	4.9	0	70	6	0.04	0.04	0.8	0.00	20.5	4.7	0
A066	Taro, giant swamp, raw	100	2.1	0	30	3	0.03	0.02	0.5	0.00	15.7	2.0	0
A055	Taro, red, common, boiled	100	0.8	0	38	3	0.09	0.03	0.7	0.00	6.0	2.2	0
	1 serve	260	2.1	0	99	8	0.23	0.08	1.8	0.00	15.6	5.7	0
A096	Winged bean, root, baked, earth-oven	100	1.1	0	0	0	0.30	0.12	1.3	0.00	0.0	0.5	0
A071	Yam, tuber, baked	100	0.9	0	116	10	0.15	0.04	0.6	0.00	10.0	5.0	0
	1 serve	209	1.9	0	242	20	0.31	0.08	1.3	0.00	20.9	10.5	0
A077	Yam, <i>D. trifida</i> , raw	100	0.4	0	105	9	0.08	0.03	0.5	0.00	21.0	3.3	0
A076	Yam, Chinese, raw	100	0.4	0	105	9	0.05	0.03	0.4	0.00	20.3	4.6	0
A069	Yam, Chinese, spiny, raw	100	0.5	0	102	9	0.10	0.01	0.8	0.00	15.0	4.5	0
A098	Yam, composite, baked	100	0.5	0	116	10	0.05	0.03	0.4	0.00	22.5	5.1	0
	1 serve	209	1.0	0	242	20	0.10	0.07	0.9	0.00	47.0	10.7	0
A099	Yam, composite, boiled	100	0.4	0	90	8	0.04	0.03	0.4	0.00	17.4	4.2	0
	1 serve	151	0.6	0	136	11	0.05	0.04	0.5	0.00	26.3	6.3	0
A070	Yam, greater, baked, earth-oven	100	0.7	0	116	10	0.12	0.04	0.5	0.00	8.0	5.1	0
	1 serve	209	1.5	0	242	20	0.25	0.08	1.0	0.00	16.7	10.7	0
A075	Yam, greater, raw	100	0.4	0	108	9	0.05	0.03	0.4	0.00	27.6	4.0	0
A074	Yam, kaile, raw	100	0.3	0	105	9	0.04	0.02	0.5	0.00	21.0	2.9	0
A078	Yam, tikau, raw	100	0.5	0	105	9	0.08	0.03	0.5	0.00	21.0	5.0	0
A081	Yam, cooked: multiple methods	100	0.2	0	104	9	0.10	0.03	0.6	0.00	12.1	4.7	0
	1 serve	209	0.4	0	217	18	0.20	0.06	1.2	0.00	25.3	9.8	0
A083	Yam, <i>D. rotundata</i> , raw	100	0.2	0	482	40	0.08	0.03	0.5	0.00	21.0	5.9	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe	
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	
B	CEREAL AND CEREAL PRODUCTS														
B001	All-bran	100	3	338	1 414	13.9	4.8	46.6	28.9	1 020	209	940	66	8.6	
		1 cup	45	2	152	636	6.3	2.2	21.0	459	94	423	30	3.9	
B013	Biscuit, cabin, hard, Pacific Island	100	3	414	1 734	10.9	8.0	74.9	2.1	648	32	171	20	1.9	
B004	Biscuit, chocolate	100	4	438	1 834	6.2	17.2	65.3	1.9	310	24	127	40	1.8	
B003	Biscuit, chocolate coated	100	3	477	1 995	6.5	24.0	59.7	1.4	250	39	178	68	2.5	
		1 biscuit	11	T	52	219	0.7	6.6	0.2	28	4	20	7	0.3	
B005	Biscuit, cream and jam filled	100	5	483	2 021	4.2	23.3	65.2	1.5	210	14	85	27	0.9	
		1 biscuit	12	1	58	243	0.5	7.8	0.2	25	2	10	3	0.1	
B006	Biscuit, cream, wafer	100	2	526	2 199	4.4	28.0	65.3	1.4	101	14	91	52	1.1	
		1 biscuit	9.5	T	50	209	0.4	6.2	0.1	10	1	9	5	0.1	
B007	Biscuit, fruit-filled	100	11	383	1 602	4.8	9.9	68.6	2.8	160	23	305	39	2.5	
B010	Biscuit, plain sweet	100	2	451	1 885	6.4	16.1	70.6	2.0	290	16	103	31	1.1	
		1 biscuit	7	T	32	132	0.4	4.9	0.1	20	1	7	2	0.1	
B011	Biscuit, shortbread	100	3	493	2 061	5.9	24.9	62.1	1.9	480	17	111	35	1.3	
		1 biscuit	14	1	69	289	0.8	8.7	0.3	67	2	16	5	0.2	
B012	Biscuit, wheatmeal	100	3	457	1 914	7.6	17.1	67.1	5.6	425	46	167	30	2.1	
B018	Bran, oat, raw	100	7	361	1 510	17.3	7.0	50.3	15.9	4	235	565	58	5.4	
		1 cup	120	8	433	1 812	20.8	8.4	60.4	19.1	5	282	70	6.5	
B019	Bran, wheat, unprocessed	100	11	241	1 009	16.7	4.5	12.2	44.7	18	490	1 240	87	11.9	
		1 cup	63	7	152	636	10.5	2.8	7.7	11	309	781	55	7.5	
B020	Branflakes	100	5	354	1 481	13.6	2.4	62.6	16.0	1 000	185	540	46	17.9	
		1 cup	45	2	159	666	6.1	1.1	28.2	7.2	450	83	243	21	8.1
B023	Bread, brown	100	39	230	964	8.9	2.2	41.9	5.0	500	46	170	40	1.8	
		1 medium slice	28	11	65	270	2.5	11.7	1.4	140	13	48	11	0.5	
		1 thick slice	43	17	99	415	3.8	18.0	2.2	215	20	73	17	0.8	
B024	Bread, brown, toasted	100	26	284	1 188	11.7	3.0	50.3	6.0	600	55	205	71	2.3	
		1 medium slice	22	6	62	261	2.6	11.1	1.3	132	12	45	16	0.5	
		1 thick slice	31	8	88	368	3.6	15.6	1.9	186	17	64	22	0.7	

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol	
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg	
B	CEREAL AND CEREAL PRODUCTS													
B001	All-bran	100	6.7	0	7	1	0.95	1.21	13.7	0.00	0.0	2.2	0	
		1 cup	45	3.0	0	T	0.43	0.54	6.2	0.00	0.0	1.0	0	
B013	Biscuit, cabin, hard, Pacific Island	100	0.6	0	0	0	0.19	0.03	1.7	0.00	1.0	0.5	3	
B004	Biscuit, chocolate	100	0.6	11	12	12	0.05	0.00	1.3	0.00	0.0	0.3	15	
B003	Biscuit, chocolate coated	100	0.8	10	11	11	0.12	0.12	1.4	0.00	0.0	0.3	14	
		1 biscuit	11	0.1	1	1	0.01	0.01	0.2	0.00	0.0	T	2	
B005	Biscuit, cream and jam filled	100	0.5	1	14	2	0.02	0.00	1.6	0.02	0.0	1.6	24	
		1 biscuit	12	0.1	T	2	T	0.00	0.2	T	0.0	0.2	3	
B006	Biscuit, cream, wafer	100	0.5	1	6	2	0.10	0.07	1.2	0.09	0.0	1.6	19	
		1 biscuit	9.5	T	T	1	T	0.01	0.01	0.1	0.01	0.0	0.2	2
B007	Biscuit, fruit-filled	100	0.6	19	10	20	0.12	0.02	0.6	0.03	0.0	2.2	12	
B010	Biscuit, plain sweet	100	0.4	1	6	2	0.09	0.02	1.6	0.19	0.0	0.3	15	
		1 biscuit	7	T	T	T	0.01	T	0.1	0.01	0.0	T	1	
B011	Biscuit, shortbread	100	0.4	71	180	86	0.06	0.00	1.4	0.09	0.0	0.3	29	
		1 biscuit	14	0.1	10	25	0.01	0.00	0.2	0.01	0.0	T	4	
B012	Biscuit, wheatmeal	100	1.2	9	9	10	0.12	0.02	3.2	0.00	0.0	0.3	18	
B018	Bran, oat, raw	100	3.1	0	0	0	1.17	0.22	0.9	0.00	0.0	1.0	0	
		1 cup	120	3.7	0	0	1.40	0.26	1.1	0.00	0.0	1.2	0	
B019	Bran, wheat, unprocessed	100	4.7	0	5	T	0.63	0.26	23.2	0.00	0.0	1.5	0	
		1 cup	63	3.0	0	3	0.40	0.16	14.6	0.00	0.0	0.9	0	
B020	Branflakes	100	2.6	0	1	T	1.32	1.40	16.5	0.00	0.0	0.8	0	
		1 cup	45	1.2	0	T	0.59	0.63	7.4	0.00	0.0	0.4	0	
B023	Bread, brown	100	1.1	0	0	0	0.20	0.12	2.4	0.00	0.0	T	0	
		1 medium slice	28	0.3	0	0	0.06	0.03	0.7	0.00	0.0	T	0	
		1 thick slice	43	0.5	0	0	0.09	0.05	1.0	0.00	0.0	T	0	
B024	Bread, brown, toasted	100	1.3	0	0	0	0.19	0.14	2.7	0.00	0.0	T	0	
		1 medium slice	22	0.3	0	0	0.04	0.03	0.6	0.00	0.0	T	0	
		1 thick slice	31	0.4	0	0	0.06	0.04	0.8	0.00	0.0	T	0	

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
B	CEREAL AND CEREAL PRODUCTS													
B030	Bread, coastal, local produce	100	40	239	1 000	8.9	0.5	49.9	0.8	450	23	110	20	1.7
B091	Bread, French, Italian	100	31	258	1 079	8.4	1.0	52.8	3.5	650	27	120	24	1.3
	1/2 baguette	150	47	387	1 619	12.6	1.5	79.2	5.3	975	41	180	36	2.0
B051	Bread, garlic	100	19	406	1 697	9.7	17.4	52.6	2.6	380	22	80	72	1.3
B025	Bread, white, regular	100	39	242	1 014	8.2	2.0	47.2	2.7	450	27	110	32	1.1
	1 medium slice	26	10	63	264	2.1	0.5	12.3	0.7	117	7	29	8	0.3
	1 thick slice	36	14	87	365	3.0	0.7	17.0	1.0	162	10	40	12	0.4
B026	Bread, white, regular, toasted	100	26	298	1 249	10.3	3.0	56.8	3.2	540	32	132	60	1.5
	1 medium slice	21	5	63	262	2.2	0.6	11.9	0.7	113	7	28	13	0.3
	1 thick slice	29	7	87	362	3.0	0.9	16.5	0.9	157	9	38	17	0.4
B027	Bread, wholemeal	100	40	233	973	10.1	2.9	38.9	6.5	470	60	270	54	2.3
	1 medium slice	28	11	65	272	2.8	0.8	10.9	1.8	132	17	76	15	0.6
	1 thick slice	43	17	100	418	4.3	1.2	16.7	2.8	202	26	116	23	1.0
B028	Bread, wholemeal, toasted	100	28	280	1 170	12.2	3.5	46.7	7.8	565	72	325	65	2.7
	1 medium slice	22	6	62	257	2.7	0.8	10.3	1.7	124	16	72	14	0.6
	1 thick slice	31	9	87	363	3.8	1.1	14.5	2.4	175	22	101	20	0.8
B021	Bread roll, white	100	34	259	1 085	9.7	2.6	48.4	3.1	700	29	122	60	1.3
	1 roll	51	17	132	553	4.9	1.3	24.7	1.6	357	15	62	31	0.7
B022	Bread roll, wholemeal	100	33	245	1 026	10.1	2.4	43.6	5.7	725	54	200	48	3.3
	1 roll	70	23	172	718	7.1	1.7	30.5	4.0	508	38	140	34	2.3
B032	Bun, fruit, glazed	100	31	277	1 159	8.4	4.1	50.7	3.5	285	31	186	46	2.4
	1 bun	80	25	222	927	6.7	3.3	40.6	2.8	228	25	149	37	1.9
B033	Cake, chocolate, home prepared	100	27	374	1 564	6.9	17.9	46.8	1.5	500	27	152	77	1.2
B057	Cake, cream cake, sponge	100	36	299	1 253	5.8	10.3	46.4	0.9	240	5	94	46	1.0
B034	Cake, fruit, dark, home prepared	100	20	342	1 433	5.3	11.6	53.7	3.4	310	25	375	56	2.7
B036	Cake, iced, commercial	100	17	373	1 562	4.7	14.9	55.9	1.1	370	10	77	4	0.5
B060	Cake, lamington	100	28	318	1 331	4.7	11.9	48.0	2.3	160	26	200	6	1.6
B089	Cake, madeleine	100	28	383	1 600	6.1	22.8	39.1	1.0	80	10	99	22	1.0
B037	Cake, plain, commercial	100	24	356	1 489	8.2	15.3	46.9	1.2	485	14	111	53	1.2
B090	Semolina	100	9	333	1 393	12.5	1.2	66.9	4.0	5	32	200	23	1.0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
B CEREAL AND CEREAL PRODUCTS													
B030	Bread, coastal, local produce	100	0.7	0	0	0	0.21	0.11	2.4	0.00	0.0	0.2	0
B091	Bread, French, Italian	100	0.8	0	0	0	0.09	0.05	1.0	0.00	0.0	0.2	0
	1/2 baguette	150	1.2	0	0	0	0.14	0.08	1.5	0.00	0.0	0.3	0
B051	Bread, garlic	100	0.8	120	94	128	0.11	0.06	0.7	0.00	0.0	0.2	12
B025	Bread, white, regular	100	0.6	0	0	0	0.13	0.08	1.2	0.00	0.0	T	0
	1 medium slice	26	0.2	0	0	0	0.03	0.02	0.3	0.00	0.0	T	0
	1 thick slice	36	0.2	0	0	0	0.05	0.03	0.4	0.00	0.0	T	0
B026	Bread, white, regular, toasted	100	0.7	0	0	0	0.13	0.08	1.8	0.00	0.0	T	0
	1 medium slice	21	0.1	0	0	0	0.03	0.02	0.4	0.00	0.0	T	0
	1 thick slice	29	0.2	0	0	0	0.04	0.02	0.5	0.00	0.0	T	0
B027	Bread, wholemeal	100	1.3	0	0	0	0.23	0.12	2.6	0.00	0.0	0.2	0
	1 medium slice	28	0.4	0	0	0	0.06	0.03	0.7	0.00	0.0	0.1	0
	1 thick slice	43	0.6	0	0	0	0.10	0.05	1.1	0.00	0.0	0.1	0
B028	Bread, wholemeal, toasted	100	1.5	0	0	0	0.24	0.14	3.1	0.00	0.0	0.2	0
	1 medium slice	22	0.3	0	0	0	0.05	0.03	0.7	0.00	0.0	T	0
	1 thick slice	31	0.5	0	0	0	0.07	0.04	1.0	0.00	0.0	0.1	0
B021	Bread roll, white	100	0.6	0	0	0	0.14	0.08	1.6	0.00	0.0	T	0
	1 roll	51	0.3	0	0	0	0.07	0.04	0.8	0.00	0.0	T	0
B022	Bread roll, wholemeal	100	0.8	0	0	0	0.26	0.10	2.8	0.00	0.0	0.2	0
	1 roll	70	0.6	0	0	0	0.18	0.07	2.0	0.00	0.0	0.1	0
B032	Bun, fruit, glazed	100	0.8	0	0	0	0.16	0.06	1.3	0.08	0.0	0.9	2
	1 bun	80	0.6	0	0	0	0.13	0.05	1.0	0.06	0.0	0.7	2
B033	Cake, chocolate, home prepared	100	0.5	220	170	234	0.07	0.14	1.0	1.00	0.0	0.1	105
B057	Cake, cream cake, sponge	100	0.4	87	53	91	0.07	0.11	0.3	1.00	0.0	2.3	73
B034	Cake, fruit, dark, home prepared	100	0.5	10	45	14	0.06	0.08	0.4	0.01	0.0	0.9	24
B036	Cake, iced, commercial	100	0.7	35	110	44	0.05	0.08	0.7	T	0.0	0.1	54
B060	Cake, lamington	100	1.0	9	21	11	0.00	0.02	0.5	0.05	0.0	0.2	31
B089	Cake, madeleine	100	0.5	190	260	212	0.05	0.10	0.5	0.00	0.0	0.7	203
B037	Cake, plain, commercial	100	0.5	40	62	45	0.06	0.17	0.8	0.08	0.0	0.1	75
B090	Semolina	100	1.1	0	0	0	0.10	0.05	2.0	0.00	0.0	T	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
B	CEREAL AND CEREAL PRODUCTS													
B106	Chocolate cake, dry mix, prepared	100	32	317	1 328	5.6	11.7	47.8	1.4	569	33	236	108	3.2
	1/12 of 9 in. cake	65	21	206	863	3.6	7.6	31.1	0.9	370	21	153	70	2.1
	two-layer cake	784	251	2 489	10 414	43.9	91.7	374.8	11.3	4 461	259	1 850	847	25.1
B039	Coco pops	100	3	386	1 614	5.1	1.9	88.0	0.6	675	40	135	30	10.7
	1 cup	45	1	174	726	2.3	0.9	39.6	0.3	304	18	61	14	4.8
B041	Corn flakes	100	3	376	1 572	6.7	1.0	84.5	3.3	1 190	14	104	3	9.4
	1 cup	32	1	120	503	2.1	0.3	27.0	1.1	381	4	33	1	3.0
B088	Corn flakes, sugar coated, Kellogg's	100	3	376	1 571	5.0	0.2	88.7	1.9	810	8	64	4	6.3
B016	Cracker, sao, jatz	100	4	458	1 918	7.9	18.1	65.8	3.5	798	25	134	23	1.6
B043	Crispbread, wholemeal	100	3	422	1 766	10.5	9.7	68.4	12.5	410	99	340	29	2.0
B044	Croissant	100	22	395	1 654	10.0	23.6	35.6	2.9	370	22	130	52	1.0
B045	Crumpet, regular, toasted	100	42	207	864	5.6	0.8	43.6	2.5	1 050	19	88	92	1.1
B087	Doughnut, cake-style, choc. coated	100	14	480	2 007	5.0	31.0	46.0	2.0	429	40	114	35	2.5
B047	Doughnut, cinnamon and sugar	100	25	371	1 550	6.6	20.6	39.9	2.2	380	20	120	61	1.0
B095	Doughnut, home made	100	13	439	1 838	5.6	21.9	55.9	1.3	958	13	81	34	2.2
B048	Drop scone, home prepared	100	33	306	1 281	7.5	8.3	50.5	1.7	470	23	144	97	0.4
B042	Flour, cornflour	100	12	363	1 521	0.1	0.5	90.9	0.1	11	7	16	8	0.8
	1 tablespoon	7.5	1	27	114	T	T	6.8	T	1	1	1	1	0.1
B107	Flour, wheat, brown	100	12	342	1 430	18.4	7.0	42.8	19.0	16	80	250	26	9.2
B084	Flour, wheat, white, plain	100	13	349	1 460	10.7	1.6	72.1	3.6	2	29	174	17	1.3
	1 cup	130	16	454	1 898	13.9	2.1	93.8	4.7	3	38	226	22	1.7
B085	Flour, wheat, white, self-raising	100	12	336	1 405	9.8	1.2	70.5	3.8	695	31	152	107	0.9
	1 cup	130	15	436	1 826	12.7	1.6	91.7	4.9	904	40	198	139	1.2
B086	Flour, wheat, wholemeal	100	12	296	1 238	12.1	2.1	52.4	11.2	5	102	315	30	3.0
	1 cup	134	16	396	1 658	16.2	2.8	70.2	15.0	7	137	422	40	4.0
B053	Hot cakes with syrup, McDonald's	100	49	202	847	4.4	4.7	36.2	0.1	450	17	85	49	1.0
B054	Ice cream cone	100	8	365	1 525	8.7	2.3	77.7	1.3	325	26	137	26	2.2
B100	Island dumpling, cooked	100	55	321	1 342	5.8	29.2	9.5	0.7	1	5	27	17	2.9
B061	Loaf, fruit	100	34	273	1 141	8.3	3.9	50.5	2.8	190	28	250	45	2.1

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
B CEREAL AND CEREAL PRODUCTS													
B106	Chocolate cake, dry mix, prepared	100	0.7	24	0	24	0.10	0.16	1.0	0.10	0.0	2.7	54
	1/12 of 9 in. cake	65	0.4	16	0	16	0.06	0.10	0.6	0.07	0.0	1.8	35
	two-layer cake	784	5.4	188	0	188	0.76	1.24	7.6	0.78	0.0	21.2	423
B039	Coco pops	100	0.8	0	0	0	1.27	1.37	8.6	0.04	0.0	0.1	0
	1 cup	45	0.4	0	0	0	0.57	0.62	3.9	0.02	0.0	T	0
B041	Corn flakes	100	0.2	0	68	6	1.80	1.45	9.6	0.00	0.0	0.4	0
	1 cup	32	0.1	0	22	2	0.58	0.46	3.1	0.00	0.0	0.1	0
B088	Corn flakes, sugar coated, Kellogg's	100	0.1	0	7 940	662	1.30	1.50	17.6	0.00	53.0	0.4	0
B016	Cracker, sao, jatz	100	0.7	10	14	11	0.19	0.05	0.4	0.00	0.0	0.1	13
B043	Crispbread, wholemeal	100	1.7	0	9	1	0.39	0.05	5.7	0.00	0.0	0.8	0
B044	Croissant	100	0.8	104	130	115	0.11	0.09	2.3	T	0.0	T	18
B045	Crumpet, regular, toasted	100	3.6	0	0	0	0.16	0.00	1.0	0.00	0.0	0.3	0
B087	Doughnut, cake-style, choc. coated	100	0.6	0	186	16	0.13	0.11	1.3	0.38	0.1	T	58
B047	Doughnut, cinnamon and sugar	100	0.5	5	1	5	0.14	0.11	1.5	0.18	0.0	1.9	34
B095	Doughnut, home made	100	0.4	37	12	38	0.38	0.27	2.9	0.27	0.2	3.7	27
B048	Drop scone, home prepared	100	0.5	57	22	59	0.08	0.11	1.3	0.06	0.0	0.1	45
B042	Flour, cornflour	100	0.1	0	0	0	0.04	0.00	0.4	0.00	0.0	T	0
	1 tablespoon	7.5	T	0	0	0	T	0.00	T	0.00	0.0	T	0
B107	Flour, wheat, brown	100	7.5	0	10	1	0.88	0.13	4.1	0.00	0.0	0.6	0
B084	Flour, wheat, white, plain	100	0.6	0	0	0	0.72	0.03	1.7	0.00	0.0	0.3	0
	1 cup	130	0.8	0	0	0	0.94	0.04	2.2	0.00	0.0	0.4	0
B085	Flour, wheat, white, self-raising	100	0.4	0	0	0	0.21	0.02	1.2	0.00	0.0	0.1	0
	1 cup	130	0.5	0	0	0	0.27	0.03	1.6	0.00	0.0	0.1	0
B086	Flour, wheat, wholemeal	100	1.3	0	0	0	0.42	0.11	5.5	0.00	0.0	1.0	0
	1 cup	134	1.7	0	0	0	0.56	0.15	7.4	0.00	0.0	1.3	0
B053	Hot cakes with syrup, McDonald's	100	0.4	30	10	31	0.02	0.09	0.5	0.00	2.0	0.1	12
B054	Ice cream cone	100	0.5	0	6	1	0.02	0.02	2.1	0.00	0.0	0.6	0
B100	Island dumpling, cooked	100	0.2	0	0	0	0.23	0.13	2.1	T	3.1	0.1	9
B061	Loaf, fruit	100	0.9	0	0	0	0.11	0.13	1.3	0.00	0.0	0.9	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe	
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	
B CEREAL AND CEREAL PRODUCTS															
B063	Muesli, toasted	100	4	418	1 748	9.2	16.6	55.0	8.7	167	98	345	47	4.3	
		1 cup	110	5	459	1 922	10.1	18.3	9.6	184	108	380	52	4.7	
B062	Muesli, Swiss style	100	10	362	1 516	12.1	9.2	52.7	12.5	62	143	550	104	8.3	
		1 cup	125	12	453	1 895	15.1	11.5	15.6	78	179	688	130	10.4	
B064	Muffin, English, toasted	100	39	223	932	10.9	1.5	40.6	2.7	465	30	146	132	1.2	
B103	Noodles, egg, unenriched, cooked	100	69	128	535	4.8	1.5	23.7	1.1	7	19	28	12	0.6	
B097	Noodles, Maggi-type, boiled	100	78	99	415	2.6	3.8	13.5	0.9	2	7	30	8	0.8	
B102	Noodles, chow mein	100	1	525	2 196	8.4	30.8	53.5	3.9	439	52	120	20	4.7	
B065	Oats, rolled, cooked	100	87	52	219	1.6	1.1	8.5	1.3	1	19	41	7	0.7	
B066	Pancake, home prepared	100	44	295	1 232	7.9	14.9	32.7	0.9	92	22	174	99	0.6	
B067	Pasta, egg, boiled	100	65	130	543	5.3	0.6	25.6	1.0	3	8	21	6	0.3	
B068	Pasta, white, boiled	100	67	119	499	4.0	0.3	24.6	1.8	2	9	20	7	0.4	
B092	Pastry, chocolate-filled roll	100	22	403	1 688	7.4	20.7	47.3	2.0	588	25	140	28	0.5	
B046	Pastry, Danish	100	34	312	1 307	7.5	15.5	35.6	2.3	174	16	154	26	1.6	
B069	Pastry, filo, baked	100	2	368	1 541	12.2	3.2	72.7	1.9	790	37	156	19	1.3	
B070	Pastry, puff, commercial, baked	100	18	446	1 866	7.0	26.5	45.7	1.6	545	16	70	11	0.3	
B071	Pastry, short, commercial, baked	100	11	495	2 072	7.2	30.0	49.9	2.0	460	14	71	12	0.3	
B073	Rice, brown, boiled	100	66	137	574	3.0	0.7	29.9	0.5	2	46	62	6	1.1	
B093	Rice, parboiled, boiled	100	69	121	508	2.4	0.4	27.2	0.4	2	22	40	2	0.3	
		1 cup	175	121	212	888	4.2	0.7	47.6	0.7	4	39	70	4	0.5
B077	Rice, white, boiled	100	69	123	515	2.3	0.2	28.0	0.8	5	13	10	4	0.3	
		1 cup	216	149	266	1 112	5.0	0.4	60.5	1.7	11	28	22	9	0.6
B076	Rice, white, highlands, boiled	100	62	150	629	3.2	0.1	34.5	0.2	5	16	10	5	0.6	
		1 cup	216	133	325	1 359	6.9	0.2	74.5	0.4	11	35	22	11	1.3
B075	Rice, white, coastal, boiled	100	74	106	442	1.8	0.9	22.6	0.7	5	11	10	4	0.4	
		1 cup	216	160	228	956	3.9	1.9	48.8	1.5	11	24	22	9	0.9
B072	Rice bubbles	100	3	349	1 459	5.2	0.4	81.6	1.2	1 060	24	88	6	8.3	
		1 cup	14	1	49	204	0.7	11.4	0.2	148	3	12	1	1.2	
B098	Rice with coconut cream, cooked	100	70	141	591	2.6	4.8	22.3	0.4	3	10	33	18	1.3	
B078	Roti, cooked	100	33	284	1 188	6.3	4.6	54.1	2.2	520	46	110	10	1.0	

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β -carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μ g	μ g	μ g	mg	mg	mg	μ g	mg	mg	mg
B	CEREAL AND CEREAL PRODUCTS												
B063	Muesli, toasted	100	1.8	0	1	T	0.92	0.68	4.3	0.00	0.0	5.9	0
		1 cup	110	2.0	0	1	1.01	0.75	4.7	0.00	0.0	6.5	0
B062	Muesli, Swiss style	100	3.0	0	31	3	0.97	1.17	10.6	0.00	0.0	3.1	0
		1 cup	125	3.8	0	39	1.21	1.46	13.3	0.00	0.0	3.9	0
B064	Muffin, English, toasted	100	1.2	0	0	0	0.32	0.13	2.2	0.00	0.0	0.5	0
B103	Noodles, egg, unenriched, cooked	100	0.6	6	0	6	0.03	0.02	0.4	0.09	0.0	T	33
B097	Noodles, Maggi-type, boiled	100	0.3	T	T	T	0.10	0.12	0.6	0.00	0.1	0.1	16
B102	Noodles, chow mein	100	1.4	0	54	5	0.58	0.42	6.0	0.00	0.0	0.2	0
B065	Oats, rolled, cooked	100	0.3	0	6	1	0.08	0.02	0.0	0.00	0.0	0.1	0
B066	Pancake, home prepared	100	0.6	74	28	76	0.21	0.38	2.0	1.00	0.0	0.3	43
B067	Pasta, egg, boiled	100	0.2	0	0	0	0.05	0.02	0.4	0.09	0.0	0.2	0
B068	Pasta, white, boiled	100	0.2	0	0	0	0.02	0.02	0.5	0.00	0.0	0.2	0
B092	Pastry, chocolate-filled roll	100	0.2	100	120	110	0.05	0.13	0.3	0.00	0.0	0.9	90
B046	Pastry, Danish	100	0.3	0	150	13	0.07	0.09	2.8	0.00	1.0	0.3	35
B069	Pastry, filo, baked	100	0.9	1	0	1	0.15	0.02	1.3	0.00	0.0	0.1	0
B070	Pastry, puff, commercial, baked	100	0.2	9	59	14	0.05	0.02	0.7	0.00	0.0	0.3	30
B071	Pastry, short, commercial, baked	100	0.2	5	0	5	0.05	0.00	0.5	0.00	0.0	0.3	36
B073	Rice, brown, boiled	100	0.8	0	0	0	0.13	0.03	2.0	0.00	0.0	0.3	0
B093	Rice, parboiled, boiled	100	0.4	0	0	0	0.06	0.01	1.8	0.00	0.0	T	0
		1 cup	175	0.7	0	0	0.11	0.02	3.2	0.00	0.0	T	0
B077	Rice, white, boiled	100	0.6	0	0	0	0.03	0.01	0.6	0.00	0.0	T	0
		1 cup	216	1.3	0	0	0.06	0.02	1.3	0.00	0.0	T	0
B076	Rice, white, highlands, boiled	100	0.7	0	0	0	0.02	0.01	0.3	0.00	0.0	T	0
		1 cup	216	1.5	0	0	0.04	0.02	0.6	0.00	0.0	T	0
B075	Rice, white, coastal, boiled	100	0.5	0	0	0	0.01	0.01	0.2	0.00	0.0	T	0
		1 cup	216	1.1	0	0	0.02	0.02	0.4	0.00	0.0	T	0
B072	Rice bubbles	100	0.9	0	0	0	0.99	1.05	8.7	0.00	0.0	0.0	0
		1 cup	14	0.1	0	0	0.14	0.15	1.2	0.00	0.0	0.0	0
B098	Rice with coconut cream, cooked	100	0.3	0	0	0	0.22	0.02	T	0.00	0.4	0.3	0
B078	Roti, cooked	100	1.2	0	882	74	0.06	0.03	0.6	0.00	0.0	T	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
B CEREAL AND CEREAL PRODUCTS														
B080	Scone, plain, home prepared	100	26	345	1 444	8.4	10.6	54.2	1.8	695	29	163	93	0.8
B081	Special K	100	4	378	1 580	20.8	2.3	68.4	1.6	680	56	199	56	8.9
		1 cup	32	1	121	506	6.7	21.9	0.5	218	18	64	18	2.8
B105	Vanilla slice	100	53	207	864	3.2	8.9	28.5	1.3	170	10	75	70	0.6
B101	'Weet-bix'	100	6	338	1 415	12.7	2.4	62.2	10.4	275	108	363	40	4.0
		1 biscuit	15	1	51	212	1.9	9.3	1.6	41	16	54	6	0.6
C GREEN LEAVES														
C099	Amaranth, raw	100	89	32	135	3.7	1.1	0.1	3.7	34	130	646	310	4.9
C100	Amaranth, boiled	100	93	23	97	2.6	0.9	0.1	2.2	24	56	240	273	2.2
C094	Cabbage, Chinese, cooked	100	96	15	65	1.7	0.4	0.7	1.2	30	15	249	66	1.0
		1 serve	48	46	7	31	0.8	0.3	0.6	14	7	120	32	0.5
C035	Cabbage, Chinese, raw	100	95	19	77	2.2	0.4	0.9	1.3	38	28	428	94	1.0
C010	Cabbage, European, baked, earth-oven	100	91	32	134	1.4	0.3	5.6	0.8	15	14	293	66	1.0
C036	Cabbage, European white, boiled	100	93	30	125	1.6	0.3	4.6	1.3	14	15	316	55	0.8
		1 serve	114	106	34	142	1.8	5.2	1.5	16	17	360	63	0.9
C019	Cabbage, European white, raw	100	93	24	102	1.3	0.1	2.8	3.8	14	15	320	33	0.6
C052	Cabbage, European, boiled with salt	100	93	22	92	0.8	0.6	2.4	2.1	100	16	130	42	0.3
		1 serve	114	105	25	105	0.9	2.7	2.4	114	18	148	48	0.3
C018	Cabbage, red, boiled	100	89	27	114	2.0	0.3	2.5	3.5	15	13	405	33	0.6
C098	Cabbage, swamp, boiled	100	90	34	143	3.8	0.6	2.6	1.6	11	12	282	70	3.1
C071	Cabbage, swamp, raw	100	90	35	146	3.9	0.6	2.7	1.7	11	12	288	71	3.2
C053	Cassava, leaves, boiled	100	86	47	198	3.9	1.1	3.3	4.6	4	41	154	106	1.9
		1 serve	38	33	18	75	1.5	1.3	1.7	2	16	59	40	0.7
C050	Cassava, leaves, raw	100	81	79	330	8.2	1.8	4.6	6.0	24	95	436	186	3.1
C095	Choko, leaves, boiled	100	91	21	90	4.3	0.3	T	0.7	3	51	352	70	7.2
C049	Choko, leaves, raw	100	91	22	92	4.4	0.3	T	0.7	3	41	359	71	7.3
C102	Coastal tree, leaves, raw, <i>C. subcordata</i>	100	70	70	292	3.7	3.3	0.6	12.1	1 015	409	134	1 903	1.5
C024	Cress, garden, leaves and stems, raw	100	89	35	146	2.6	0.7	3.7	1.8	14	38	606	81	1.3

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
B	CEREAL AND CEREAL PRODUCTS												
B080	Scone, plain, home prepared	100	0.5	81	51	85	0.12	0.09	1.4	0.00	0.0	0.3	10
B081	Special K	100	1.9	0	8	1	1.06	1.22	18.3	0.05	0.0	22.8	0
		1 cup	32	0.6	0	T	0.34	0.39	5.9	0.02	0.0	7.3	0
B105	Vanilla slice	100	0.9	9	31	12	0.00	0.07	1.6	T	0.0	0.6	8
B101	'Weet-bix'	100	2.6	0	T	T	0.13	0.25	4.7	0.00	0.0	1.0	0
		1 biscuit	15	0.4	0	T	0.02	0.04	0.7	0.00	0.0	0.2	0
C	GREEN LEAVES												
C099	Amaranth, raw	100	0.7	0	9 510	793	T	0.22	1.2	0.00	45.0	0.2	0
C100	Amaranth, boiled	100	0.4	0	7 608	634	T	0.18	1.0	0.00	11.0	0.2	0
C094	Cabbage, Chinese, cooked	100	0.3	0	2 549	212	0.02	0.07	0.6	0.00	7.0	0.2	0
		1 serve	48	0.1	0	1 500	0.01	0.03	0.3	0.00	3.4	0.1	0
C035	Cabbage, Chinese, raw	100	0.5	0	2 681	223	0.03	0.09	0.8	0.00	38.0	0.2	0
C010	Cabbage, European, baked, earth-oven	100	0.1	0	22	2	0.04	0.04	0.4	0.00	49.0	0.1	0
C036	Cabbage, European white, boiled	100	0.3	0	10	1	0.03	0.03	0.3	0.00	41.0	0.2	0
		1 serve	114	0.3	0	11	0.03	0.03	0.3	0.00	46.7	0.2	0
C019	Cabbage, European white, raw	100	0.3	0	30	3	0.05	0.04	0.4	0.00	45.0	0.2	0
C052	Cabbage, European, boiled with salt	100	0.4	0	100	8	0.12	0.02	0.3	0.00	19.0	0.2	0
		1 serve	114	0.5	0	114	0.14	0.02	0.3	0.00	21.7	0.2	0
C018	Cabbage, red, boiled	100	0.3	0	20	2	0.08	0.12	0.5	0.00	55.0	0.1	0
C098	Cabbage, swamp, boiled	100	0.2	0	6 860	572	0.06	0.19	1.5	0.00	27.0	0.1	0
C071	Cabbage, swamp, raw	100	0.2	0	7 000	583	0.09	0.24	2.2	0.00	50.0	0.2	0
C053	Cassava, leaves, boiled	100	1.7	0	5 726	477	0.07	0.18	1.8	0.00	64.0	1.6	0
		1 serve	38	0.6	0	2 176	0.03	0.07	0.7	0.00	24.3	0.6	0
C050	Cassava, leaves, raw	100	2.9	0	9 336	778	0.09	0.22	2.2	0.00	220.0	1.6	0
C095	Choko, leaves, boiled	100	0.2	0	78	7	0.12	0.08	0.4	0.00	20.0	1.0	0
C049	Choko, leaves, raw	100	0.4	0	68	6	0.15	0.10	0.5	0.00	40.0	2.0	0
C102	Coastal tree, leaves, raw, <i>C. subcordata</i>	100	5.0	0	5 507	459	T	0.40	3.1	0.00	10.0		0
C024	Cress, garden, leaves and stems, raw	100	0.2	0	5 580	465	0.08	0.26	1.0	0.00	69.0	0.7	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
C	GREEN LEAVES													
C026	Drumstick, leaves, boiled	100	87	45	189	4.7	1.3	1.9	3.7	11	31	121	340	2.0
C055	Drumstick, leaves, raw	100	81	65	272	7.6	1.9	1.9	5.2	30	82	424	609	2.7
C086	Drumstick, leaves and shoots, raw	100	75	89	374	9.4	1.4	8.4	3.0	9	147	444	365	4.0
C005	Edible hibiscus, leaves, boiled	100	88	29	120	3.4	0.8	0.3	3.5	6	108	201	216	1.5
		1 serve	94	83	27	113	3.2	0.3	3.3	6	102	189	203	1.4
C006	Edible hibiscus, leaves, raw	100	89	31	132	3.6	0.9	0.4	3.8	18	118	484	268	1.9
C096	Fern, leaves, boiled	100	94	19	81	2.4	0.4	0.5	2.1	6	19	234	17	2.4
		1 serve	43	40	8	35	1.0	0.2	0.9	3	8	101	7	1.0
C011	Fern, leaves, raw	100	91	29	120	3.4	0.6	0.7	3.6	11	43	562	27	4.0
C091	Fig, poke, leaves, boiled and drained	100	93	22	92	2.3	0.4	1.6	1.5	18	14	184	53	1.2
C040	Fig, poke, leaves, raw	100	65	89	372	1.0	0.1	20.0	2.7	10	106	435	5	1.0
C079	Jointfir, leaves, boiled	100	86	35	147	1.6	2.0	0.6	4.5	7	67	614	75	1.6
C080	Jointfir, leaves, raw	100	77	81	338	5.3	1.8	8.8	4.5	7	70	682	29	3.7
C039	Kale seedling, leaves, boiled	100	91	33	137	1.9	0.4	4.8	1.3	23	14	228	72	0.9
C054	Kale seedling, leaves, raw	100	89	29	120	3.1	0.1	3.4	0.9	3	38	180	90	4.9
C046	Lettuce, common, raw	100	96	9	39	0.9	0.1	0.4	1.7	23	8	230	16	0.6
C045	Lettuce, iceberg, raw	100	96	12	50	1.0	0.2	1.1	1.0	9	9	158	19	0.5
C103	Indian mulberry, "Noni" or "Kura", leaves, raw	100	82	56	232	2.7	1.8	2.8	9.2	392	96	91	468	1.4
C032	Nightshade, leaves, cooked	100	88	43	179	4.9	0.8	T	8.3	4	61	339	221	18.6
C065	Nightshade, leaves, raw	100	88	44	183	5.0	0.8	T	8.5	4	61	346	225	19.0
C013	Pawpaw, shoots, cooked	100	84	61	254	5.5	0.4	8.0	1.7	3	40	617	284	6.3
C012	Pawpaw, shoots, raw	100	83	62	259	5.6	0.4	8.2	1.7	3	60	629	290	6.4
C101	Coastal tree, <i>P. grandis</i> , leaves, raw	100	86	40	166	3.7	1.3	0.7	5.4	344	165	201	310	1.3
C092	Puha, leaves and upper stem, boiled	100	94	26	109	2.3	0.7	0.2	5.1	26	16	160	101	1.1
		1 cup chopped	146	137	38	160	3.4	1.0	7.4	38	23	234	147	1.6
C060	Puha, leaves and upper stem, raw	100	91	26	109	2.7	0.6	0.4	4.6	36	12	229	60	1.3
C025	Pumpkin, leaves, boiled	100	91	26	108	2.7	0.2	1.5	3.7	5	38	114	335	1.5
C048	Pumpkin, leaves, raw	100	88	38	160	4.9	0.5	1.9	3.4	17	78	438	480	2.5
C066	Silverbeet, boiled	100	90	40	167	2.8	0.3	5.0	3.1	144	38	421	68	1.2
		1 cup chopped	168	151	67	280	4.7	0.5	5.3	242	63	707	115	2.1

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
C	GREEN LEAVES												
C026	Drumstick, leaves, boiled	100	0.2	0	10 599	883	T	0.36	1.8	0.00	39.0	2.0	0
C055	Drumstick, leaves, raw	100	0.5	0	11 570	964	T	0.44	2.2	0.00	147.0	1.0	0
C086	Drumstick, leaves and shoots, raw	100	0.5	0	8 580	715	0.26	0.66	4.8	0.00	130.0	2.0	0
C005	Edible hibiscus, leaves, boiled	100	1.2	0	8 770	731	0.10	0.30	1.3	0.00	7.0	1.0	0
	1 serve	94	1.1	0	8 244	687	0.09	0.28	1.2	0.00	6.6	0.9	0
C006	Edible hibiscus, leaves, raw	100	1.4	0	9 669	806	0.13	0.37	1.6	0.00	26.0	2.0	0
C096	Fern, leaves, boiled	100	1.8	0	2 530	211	T	0.15	0.6	0.00	2.0	0.3	0
	1 serve	43	0.8	0	1 088	91	T	0.06	0.3	0.00	0.9	0.1	0
C011	Fern, leaves, raw	100	2.8	0	2 976	248	T	0.19	0.7	0.00	7.0	0.3	0
C091	Fig, poke, leaves, boiled and drained	100	0.2	0	5 220	435	0.07	0.25	1.1	0.00	82.0	0.2	0
C040	Fig, poke, leaves, raw	100	0.4	0	499	42	0.02	0.03	0.9	0.00	60.0	2.0	0
C079	Jointfir, leaves, boiled	100	0.2	0	2 220	185	0.10	0.14	0.9	0.00	66.0	1.0	0
C080	Jointfir, leaves, raw	100	0.4	0	3 550	296	0.10	0.14	0.9	0.00	66.0	2.0	0
C039	Kale seedling, leaves, boiled	100	0.2	0	4 440	370	0.05	0.07	0.5	0.00	41.0	0.5	0
C054	Kale seedling, leaves, raw	100	0.3	0	1 860	155	0.07	0.06	1.3	0.00	130.0	1.0	0
C046	Lettuce, common, raw	100	0.2	0	90	8	0.03	0.03	0.4	0.00	4.0	0.8	0
C045	Lettuce, iceberg, raw	100	0.2	0	198	17	0.05	0.08	0.4	0.00	18.0	0.8	0
C103	Indian mulberry, "Noni" or "Kura", leaves, raw	100	1.4	0	5 274	440	0.04	0.17	1.3	0.00	44.0	1.0	0
C032	Nightshade, leaves, cooked	100	0.3	0			0.11	0.27	1.0	0.00	1.5	1.0	0
C065	Nightshade, leaves, raw	100	0.3	0			0.16	0.35	1.1	0.00	11.0	1.0	0
C013	Pawpaw, shoots, cooked	100	0.3	0	3 600	300	0.07	0.29	1.0	0.00	61.0	1.0	0
C012	Pawpaw, shoots, raw	100	0.4	0	3 670	306	0.09	0.37	1.3	0.00	124.0	2.0	0
C101	Coastal tree, <i>P. grandis</i> , leaves, raw	100	0.4	0	5 070	423	0.04	0.07	1.0	0.00	34.0		0
C092	Puha, leaves and upper stem, boiled	100	0.5	0	8 130	678	0.02	0.03	0.2	0.00	22.0	0.7	0
	1 cup chopped	146	0.7	0	11 870	989	0.03	0.05	0.4	0.00	32.1	1.0	0
C060	Puha, leaves and upper stem, raw	100	0.5	0	7 790	649	0.02	0.03	0.2	0.00	33.1	0.7	0
C025	Pumpkin, leaves, boiled	100	0.4	0	2 972	248	0.11	0.30	1.1	0.00	4.0	1.0	0
C048	Pumpkin, leaves, raw	100	0.9	0	3 117	260	0.15	0.37	1.4	0.00	28.0	2.0	0
C066	Silverbeet, boiled	100	0.7	0	3 310	276	0.02	0.04	0.3	0.00	16.1	1.9	0
	1 cup chopped	168	1.1	0	5 561	463	0.03	0.06	0.4	0.00	27.0	3.2	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
C	GREEN LEAVES													
C003	Silverbeet, raw	100	91	28	117	2.6	0.3	2.5	2.9	138	36	426	65	1.2
	1 cup chopped	45	41	13	53	1.2	0.1	1.1	1.3	62	16	192	29	0.5
C069	Spinach, frozen, boiled	100	92	25	105	3.1	0.8	0.4	2.1	16	31	340	150	1.7
C076	Spinach, Ceylon, leaves, boiled	100	93	23	96	1.6	0.1	3.7	0.5	15	32	228	113	1.3
C075	Spinach, Ceylon, leaves, raw	100	93	23	98	1.6	0.1	3.8	0.5	15	39	233	115	1.3
C001	Spinach, New Zealand, boiled, drained	100	95	14	59	1.3	0.2	0.8	2.2	107	32	103	48	0.7
	1 cup chopped	168	159	24	99	2.2	0.3	1.3	3.7	180	54	173	81	1.1
C034	Spinach, New Zealand, raw	100	93	16	67	1.7	0.2	0.6	2.6	145	44	145	65	0.9
	1 cup chopped	47	44	8	32	0.8	0.1	0.3	1.2	68	21	68	31	0.4
C093	Spinach, Tahitian, leaves, boiled	100	92	24	100	2.2	0.3	2.5	1.3	1	38	667	79	2.9
C084	Spinach, Tahitian, leaves, raw	100	92	24	102	2.2	0.3	2.6	1.3	1	39	680	81	3.0
C051	Spinach, tropical, leaves, baked, earth-oven	100	89	37	154	2.7	0.3	4.9	2.0	11	96	447	154	2.6
	1 serve	88	78	32	135	2.4	0.3	4.3	1.8	10	84	393	136	2.3
C009	Spinach, tropical, leaves, boiled, drained	100	92	15	63	2.1	0.2	0.3	2.0	21	55	641	209	2.3
	1 serve	88	81	13	55	1.9	0.2	0.2	1.8	18	48	564	184	2.0
C008	Spinach, tropical, leaves, raw	100	86	50	209	3.2	0.1	8.3	1.8	2	119	259	309	8.7
C038	Sweet potato, leaves, boiled	100	93	23	95	1.9	0.7	0.8	3.0	7	22	98	125	1.2
C072	Sweet potato, leaves, raw	100	88	33	137	2.9	0.8	1.0	5.2	10	50	420	190	2.0
C097	Taro, leaves, boiled	100	91	28	118	3.8	0.6	0.7	2.5	5	24	305	214	1.7
C078	Taro, leaves, raw	100	83	50	207	5.8	1.3	0.9	5.7	5	47	748	276	2.8
C020	Taro, stalks, cooked	100	93	26	107	0.3	0.2	5.4	0.7	1	138	83	114	1.9
C004	Taro, stalk, raw	100	95	16	66	0.7	0.3	1.6	2.1	12	28	393	46	1.2
C002	Water dropwort, leaves, cooked	100	91	30	123	2.4	0.1	4.3	1.0	1	60	153	131	1.8
C061	Water dropwort, leaves, raw	100	91	30	125	2.4	0.1	4.4	1.0	1	65	156	134	1.8
C068	Watercress, leaves, cooked	100	92	18	77	2.0	0.2	T	4.4	4	15	391	117	2.9
C037	Watercress, leaves, raw	100	92	18	77	2.0	0.2	T	4.5	4	15	399	119	3.0
C028	Winged bean, leaves, cooked	100	93	31	130	3.4	1.1	T	3.9	6	32	322	43	2.7
C031	Winged bean, leaves, raw	100	93	32	132	3.5	1.1	T	4.0	6	32	328	44	2.8

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
C GREEN LEAVES													
C003	Silverbeet, raw	100	0.8	0	3 170	264	0.02	0.04	0.3	0.00	24.4	1.9	0
	1 cup chopped	45	0.3	0	1 427	119	0.01	0.02	0.1	0.00	11.0	0.9	0
C069	Spinach, frozen, boiled	100	0.6	0	3 840	320	0.06	0.05	0.9	0.00	6.0	2.1	0
C076	Spinach, Ceylon, leaves, boiled	100	0.8	0	3 890	324	0.06	0.09	0.5	0.00	29.0	1.8	0
C075	Spinach, Ceylon, leaves, raw	100	0.8	0	3 970	331	0.08	0.11	0.6	0.00	59.0	1.8	0
C001	Spinach, New Zealand, boiled, drained	100	0.6	0	2 170	181	0.03	0.11	0.4	0.00	16.0	2.1	0
	1 cup chopped	168	1.0	0	3 646	304	0.05	0.18	0.7	0.00	26.9	3.5	0
C034	Spinach, New Zealand, raw	100	0.5	0	2 950	246	0.05	0.15	0.6	0.00	34.0	2.0	0
	1 cup chopped	47	0.2	0	1 387	116	0.02	0.07	0.3	0.00	16.0	1.0	0
C093	Spinach, Tahitian, leaves, boiled	100	0.3	0	6 880	573	0.08	0.15	0.9	0.00	43.0	1.8	0
C084	Spinach, Tahitian, leaves, raw	100	0.5	0	7 020	585	0.11	0.20	1.2	0.00	59.0	1.8	0
C051	Spinach, tropical, leaves, baked, earth-oven	100	0.5	0	3 920	327	0.01	0.21	1.2	0.00	18.0	1.8	0
	1 serve	88	0.5	0	3 450	287	0.01	0.18	1.1	0.00	15.8	1.6	0
C009	Spinach, tropical, leaves, boiled, drained	100	0.3	0	3 920	327	0.02	0.13	0.6	0.00	41.1	1.8	0
	1 serve	88	0.2	0	3 450	287	0.02	0.12	0.5	0.00	36.2	1.6	0
C008	Spinach, tropical, leaves, raw	100	0.5	0	5 600	467	0.05	0.42	1.2	0.00	64.0	1.8	0
C038	Sweet potato, leaves, boiled	100	0.1	0	708	59	0.06	0.15	0.6	0.00	3.0	1.0	0
C072	Sweet potato, leaves, raw	100	0.4	0	1 056	88	0.08	0.18	0.8	0.00	25.0	1.0	0
C097	Taro, leaves, boiled	100	0.3	0	4 973	414	0.06	0.13	1.0	0.00	20.0	2.2	0
C078	Taro, leaves, raw	100	0.6	0	6 090	508	0.08	0.16	1.2	0.00	81.0	2.3	0
C020	Taro, stalks, cooked	100	0.4	0	94	8	0.00	0.05	0.2	0.00	2.0	0.1	0
C004	Taro, stalk, raw	100	0.3	0	201	17	T	T	T	0.00	4.0	0.1	0
C002	Water dropwort, leaves, cooked	100	0.3	0	3 140	262	0.08	0.24	0.5	0.00	29.0	1.8	0
C061	Water dropwort, leaves, raw	100	0.5	0	3 200	267	0.10	0.31	0.6	0.00	60.0	1.8	0
C068	Watercress, leaves, cooked	100	0.2	0	2 940	245	0.08	0.08	0.9	0.00	29.0	0.5	0
C037	Watercress, leaves, raw	100	0.8	0	3 000	250	0.10	0.10	1.1	0.00	60.0	1.6	0
C028	Winged bean, leaves, cooked	100	0.7	0	4 760	397	0.65	0.47	2.7	0.00	22.0	1.0	0
C031	Winged bean, leaves, raw	100	1.3	0	4 850	404	0.83	0.60	3.5	0.00	45.0	2.0	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
D	OTHER VEGETABLES													
D007	Artichoke, Jerusalem, peeled, boiled	100	77	30	124	2.3	0.1	3.3	3.3	5	10	470	19	0.9
D009	Asparagus, boiled	100	91	21	90	2.8	0.1	1.6	1.5	2	14	290	10	1.0
D010	Asparagus, canned in brine, drained	100	94	22	92	1.9	0.1	1.5	3.9	240	7	120	12	1.6
	1 cup spears	256	239	56	235	4.9	0.3	3.8	10.0	614	18	307	31	4.1
D062	Banana, buds & flowers, raw	100	91	34	141	1.6	0.2	5.7	1.5	3	18	601	37	1.0
D128	Banana, cooking, flowers, boiled	100	89	42	177	1.7	0.9	6.1	1.8	3	15	572	70	2.0
D083	Banana, cooking, flowers, raw	100	89	43	182	1.8	0.9	6.4	1.5	3	18	601	73	2.1
D014	Beetroot, canned, drained	100	86	46	193	1.3	0.1	8.9	2.5	300	17	140	13	1.3
	2 slices	60	51	28	116	0.8	0.1	5.3	1.5	180	10	84	8	0.8
D122	Broccoli, boiled	100	89	32	135	4.7	0.3	0.7	4.1	20	21	325	29	1.0
	1 cup chopped	164	145	53	222	7.7	0.5	1.1	6.7	33	34	533	48	1.6
D123	Brussels sprouts, boiled	100	90	32	135	3.5	0.3	2.2	3.5	29	17	340	14	0.9
	5 Brussels sprouts	103	92	33	139	3.6	0.3	2.3	3.6	30	18	350	14	0.9
D124	Brussels sprouts, frozen, boiled	100	86	36	151	3.3	0.3	3.4	3.5	25	21	310	27	0.7
	5 Brussels sprouts	103	89	37	156	3.4	0.3	3.5	3.6	26	22	319	28	0.7
D019	Capsicum, boiled	100	92	22	93	1.7	0.1	3.2	0.9	2	6	132	6	0.5
	1 cup chopped	288	265	64	267	4.9	0.3	9.2	2.6	6	17	380	17	1.4
D020	Capsicum, raw	100	93	21	86	1.6	0.1	2.9	0.9	2	7	146	6	0.6
	1 cup chopped	106	98	22	91	1.7	0.1	3.1	1.0	2	7	155	6	0.6
	1 pepper	74	69	15	64	1.2	0.1	2.1	0.7	1	5	108	4	0.4
D096	Capsicum, green and red, raw	100	86	47	197	2.0	0.8	6.0	4.3	2	17	286	29	2.6
	1 cup chopped	106	91	50	209	2.1	0.8	6.4	4.6	2	17	303	31	2.8
	1 pepper	74	64	35	146	1.5	0.6	4.4	3.2	1	12	212	21	1.9
D021	Carrot, baby, canned, heated, drained	100	92	26	107	0.6	0.1	4.2	3.0	320	7	48	27	0.5
D024	Carrot, frozen, boiled	100	92	27	113	0.6	0.1	4.5	3.1	44	9	77	26	0.3
D022	Carrot, peeled, boiled, mature	100	87	35	147	0.9	0.1	5.6	4.4	41	12	235	29	0.3
	1 carrot	49	43	17	72	0.4	0.1	2.7	2.2	20	6	115	14	0.1
	1 cup sliced	157	137	55	230	1.4	0.2	8.8	6.9	64	18	369	46	0.5

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
D	OTHER VEGETABLES												
D007	Artichoke, Jerusalem, peeled, boiled	100	0.3	0	18	2	0.08	0.08	0.9	0.00	5.0	0.2	0
D009	Asparagus, boiled	100	0.2	0	45	4	0.13	0.11	0.9	0.00	12.0	0.4	0
D010	Asparagus, canned in brine, drained	100	0.6	0	400	33	0.02	0.08	0.7	0.00	6.0	0.3	0
	1 cup spears	256	1.5	0	1 024	85	0.05	0.20	1.8	0.00	15.4	0.8	0
D062	Banana, buds & flowers, raw	100	0.1	0	127	11	0.04	0.03	0.4	0.00	12.0	T	0
D128	Banana, cooking, flowers, boiled	100	0.1	0	184	15	0.02	0.02	0.7	0.00	3.0	T	0
D083	Banana, cooking, flowers, raw	100	0.1	0	193	16	0.03	0.03	1.1	0.00	5.8	T	0
D014	Beetroot, canned, drained	100	0.3	0	0	0	0.01	0.04	0.4	0.00	4.1	T	0
	2 slices	60	0.2	0	0	0	0.01	0.02	0.2	0.00	2.5	T	0
D122	Broccoli, boiled	100	0.7	0	350	29	0.07	0.21	0.5	0.00	85.0	1.5	0
	1 cup chopped	164	1.1	0	574	48	0.11	0.34	0.8	0.00	1 39.4	2.4	0
D123	Brussels sprouts, boiled	100	0.3	0	150	13	0.08	0.14	0.6	0.00	88.0	0.4	0
	5 Brussels sprouts	103	0.3	0	155	13	0.08	0.14	0.6	0.00	90.6	0.4	0
D124	Brussels sprouts, frozen, boiled	100	0.2	0	140	12	0.10	0.10	0.7	0.00	56.0	0.5	0
	5 Brussels sprouts	103	0.2	0	144	12	0.10	0.10	0.7	0.00	57.7	0.5	0
D019	Capsicum, boiled	100	0.3	0	480	40	0.03	0.03	0.6	0.00	92.0	0.5	0
	1 cup chopped	288	0.9	0	1 382	115	0.09	0.09	1.7	0.00	2 65.0	1.5	0
D020	Capsicum, raw	100	0.3	0	540	45	0.04	0.04	0.7	0.00	1 10.0	0.4	0
	1 cup chopped	106	0.3	0	572	48	0.04	0.04	0.7	0.00	1 16.6	0.4	0
	1 pepper	74	0.2	0	400	33	0.03	0.03	0.5	0.00	81.4	0.3	0
D096	Capsicum, green and red, raw	100	0.2	0	180	15	0.12	0.15	2.6	0.00	1 40.0	0.8	0
	1 cup chopped	106	0.2	0	191	16	0.13	0.16	2.8	0.00	1 48.4	0.8	0
	1 pepper	74	0.1	0	133	11	0.09	0.11	1.9	0.00	1 03.6	0.6	0
D021	Carrot, baby, canned, heated, drained	100	0.1	0	3 710	309	0.00	0.00	0.6	0.00	1.0	0.7	0
D024	Carrot, frozen, boiled	100	0.1	0	4 150	346	0.03	0.06	0.5	0.00	1.0	1.0	0
D022	Carrot, peeled, boiled, mature	100	0.3	0	9 320	777	0.07	0.04	0.7	0.00	4.0	0.6	0
	1 carrot	49	0.1	0	4 567	381	0.03	0.02	0.3	0.00	2.0	0.3	0
	1 cup sliced	157	0.5	0	14 632	1219	0.11	0.06	1.1	0.00	6.3	0.9	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
D OTHER VEGETABLES														
D023	Carrot, peeled, raw, mature	100	89	30	126	0.8	0.1	5.0	3.3	43	10	260	31	0.3
	1 carrot	76	67	23	96	0.6	0.1	3.8	2.5	33	8	198	24	0.2
	1 cup slices	130	115	39	164	1.0	0.1	6.5	4.3	56	13	338	40	0.4
D002	Carrots, raw	100	89	33	137	0.9	0.2	5.3	3.3	43	12	260	40	0.7
D025	Cauliflower, boiled	100	91	22	92	2.2	0.2	2.0	1.8	14	12	305	13	0.6
	1 stem and flower	90	82	20	83	2.0	0.2	1.8	1.6	13	11	275	12	0.5
	1 cup chopped	138	126	30	127	3.0	0.3	2.8	2.5	19	17	421	18	0.8
D026	Cauliflower, raw	100	91	22	92	2.2	0.2	2.0	1.8	15	14	340	14	0.6
	1 stem and flower	70	64	15	65	1.5	0.1	1.4	1.3	11	10	238	10	0.4
	1 cup chopped	114	104	25	105	2.5	0.2	2.3	2.1	17	16	388	16	0.7
D027	Celery, boiled	100	95	17	73	0.7	0.1	2.4	2.2	84	7	225	34	0.2
	1 cup chopped	158	149	27	115	1.1	0.2	3.8	3.5	133	11	356	54	0.3
D028	Celery, raw	100	95	15	65	0.6	0.1	2.2	1.8	88	7	250	36	0.2
	1 cup sliced	108	103	17	70	0.6	0.1	2.4	1.9	95	8	270	39	0.2
	1 stem (10 x 2cm)	20	19	3	13	0.1	T	0.4	0.4	18	1	50	7	T
D034	Choko, peeled, boiled	100	94	23	98	0.6	0.2	4.0	1.8	8	10	79	16	0.3
	1 cup sliced	140	131	33	137	0.8	0.3	5.6	2.5	11	14	111	22	0.4
D059	Corn, cob, baked, earth-oven	100	73	107	447	3.6	1.0	20.5	1.3	1	29	230	8	0.8
	1 cob	128	94	137	572	4.6	1.3	26.2	1.7	1	37	294	10	1.0
D098	Corn, sweet, canned in brine, drained	100	74	99	415	3.0	1.0	18.3	3.1	270	18	124	2	0.5
	1 cup	176	129	174	730	5.3	1.8	32.2	5.5	475	32	218	4	0.9
D099	Corn, sweet, creamed, can, heated	100	76	86	361	2.0	0.7	16.6	3.4	310	20	120	2	0.5
D100	Corn, sweet, frozen, boiled	100	75	106	443	3.1	1.0	19.9	3.1	8	26	195	4	0.6
D037	Corn, cob, sweet, boiled, drained	100	70	116	487	3.3	1.3	21.4	3.7	17	32	249	2	0.6
	1 cob	128	89	149	623	4.2	1.6	27.4	4.7	22	41	319	3	0.8
D039	Cucumber, common, raw, peeled	100	96	12	48	0.4	0.1	2.1	0.4	21	9	97	13	0.3
	1 cup chopped	150	144	17	73	0.6	0.2	3.2	0.6	32	14	146	20	0.5
	5 slices (0.5 cm thick)	40	38	5	19	0.2	T	0.8	0.2	8	4	39	5	0.1
D041	Cucumber, common, flesh & skin, raw	100	96	11	46	0.8	0.1	1.2	1.1	18	13	120	12	0.1
D120	Cucumber pickles, dill	100	92	18	75	0.6	0.2	2.9	1.2	1280	11	116	9	0.5

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

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		g	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg	mg
D OTHER VEGETABLES													
D023	Carrot, peeled, raw, mature	100	0.2	0	10 400	867	0.08	0.04	0.7	0.00	6.0	0.7	0
	1 carrot	76	0.2	0	7 904	659	0.06	0.03	0.5	0.00	4.6	0.5	0
	1 cup slices	130	0.3	0	13 520	1 127	0.10	0.05	0.9	0.00	7.8	0.9	0
D002	Carrots, raw	100	0.2	0	10 400	867	0.06	0.06	0.6	0.00	6.0	0.6	0
D025	Cauliflower, boiled	100	0.3	0	9	1	0.07	0.10	0.5	0.00	56.0	0.1	0
	1 stem and flower	90	0.3	0	8	1	0.06	0.09	0.5	0.00	50.4	0.1	0
	1 cup chopped	138	0.4	0	12	1	0.10	0.14	0.7	0.00	77.3	0.1	0
D026	Cauliflower, raw	100	0.2	0	10	1	0.08	0.10	0.5	0.00	70.0	0.1	0
	1 stem and flower	70	0.1	0	7	1	0.06	0.07	0.4	0.00	49.0	0.1	0
	1 cup chopped	114	0.2	0	11	1	0.09	0.11	0.6	0.00	79.8	0.1	0
D027	Celery, boiled	100	0.3	0	36	3	0.03	0.02	0.4	0.00	4.0	0.4	0
	1 cup chopped	158	0.5	0	57	5	0.05	0.03	0.6	0.00	6.3	0.6	0
D028	Celery, raw	100	0.3	0	40	3	0.03	0.02	0.4	0.00	5.0	0.3	0
	1 cup sliced	108	0.3	0	43	4	0.03	0.02	0.4	0.00	5.4	0.3	0
	1 stem (10 x 2cm)	20	0.1	0	8	1	0.01	T	0.1	0.00	1.0	0.1	0
D034	Choko, peeled, boiled	100	0.2	0	45	4	0.02	0.02	0.5	0.00	11.0	0.6	0
	1 cup sliced	140	0.3	0	63	5	0.03	0.03	0.7	0.00	15.4	0.9	0
D059	Corn, cob, baked, earth-oven	100	0.6	0	300	25	0.12	0.08	1.1	0.00	6.0	0.8	0
	1 cob	128	0.8	0	384	32	0.15	0.10	1.4	0.00	7.7	1.0	0
D098	Corn, sweet, canned in brine, drained	100	0.6	0	54	5	0.02	0.04	1.1	0.00	3.0	0.6	0
	1 cup	176	1.1	0	95	8	0.04	0.07	1.9	0.00	5.3	1.0	0
D099	Corn, sweet, creamed, can, heated	100	0.6	0	47	4	0.00	0.02	0.6	0.00	2.0	0.1	0
D100	Corn, sweet, frozen, boiled	100	0.6	0	54	5	0.07	0.03	1.6	0.00	5.0	0.9	0
D037	Corn, cob, sweet, boiled, drained	100	0.5	0	300	25	0.22	0.07	1.6	0.00	6.2	0.9	0
	1 cob	128	0.6	0	384	32	0.28	0.09	2.1	0.00	7.9	1.2	0
D039	Cucumber, common, raw, peeled	100	0.4	0	35	3	0.02	0.01	0.2	0.00	8.0	0.1	0
	1 cup chopped	150	0.6	0	53	4	0.03	0.02	0.3	0.00	12.0	0.1	0
	5 slices (0.5 cm thick)	40	0.2	0	14	1	0.01	T	0.1	0.00	3.2	T	0
D041	Cucumber, common, flesh & skin, raw	100	0.2	0	260	22	0.02	0.02	0.2	0.00	7.0	0.1	0
D120	Cucumber pickles, dill	100	0.1	0	198	17	0.01	0.03	0.1	0.00	1.9	0.2	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
D	OTHER VEGETABLES													
D049	Eggplant, boiled	100	92	24	99	1.2	0.3	2.9	2.5	5	8	153	22	0.2
D001	Eggplant, flesh, raw	100	93	23	97	0.7	0.0	3.1	4.2	3	11	199	10	0.4
D115	Fungi, cooked, <i>F. velutipes</i>	100	89	39	162	1.9	0.2	7.1	0.7	5	11	346	2	1.2
D116	Fungi, cooked, <i>L. hatsudake</i>	100	93	25	104	1.2	0.2	4.2	0.8	5	11	346	3	1.0
D048	Fungi, raw, <i>Flammulina velutipes</i>	100	89	39	162	1.9	0.2	7.1	0.7	5	11	346	2	1.2
D012	Fungi, raw, <i>Lactarius hatsudake</i>	100	93	25	104	1.2	0.2	4.2	0.8	5	11	346	3	1.0
D125	Gourd, cooked	100	95	29	119	0.7	0.1	6.0	0.6	3	12	148	20	0.6
D066	Leek, boiled	100	91	30	126	1.9	0.4	3.4	2.9	16	13	235	31	0.7
	1 cup sliced	137	124	41	173	2.6	0.5	4.7	4.0	22	18	322	42	1.0
	1 leek	124	112	37	157	2.4	0.5	4.2	3.6	20	16	291	38	0.9
D067	Leek, raw	100	90	33	136	2.1	0.4	3.7	3.1	17	14	260	33	0.7
D068	Marrow, peeled, boiled	100	93	20	85	0.8	0.1	3.8	0.6	1	15	124	15	0.3
	1 cup diced	220	204	45	187	1.8	0.2	8.4	1.3	2	33	273	33	0.7
D069	Mixed vegetables, frozen, boiled	100	89	45	186	1.8	0.3	5.9	5.9	33	15	110	28	0.8
	1 cup	146	130	65	272	2.6	0.4	8.6	8.6	48	22	161	41	1.2
D029	Mushrooms, canned-brine, heat, drain	100	91	21	89	1.4	0.4	1.6	3.0	380	7	100	11	1.5
D070	Mushrooms, common, raw	100	92	28	117	3.6	0.3	1.5	2.5	7	9	305	2	0.2
	1 cup chopped	68	62	19	80	2.4	0.2	1.0	1.7	5	6	207	1	0.1
	1 mushroom	16	15	4	19	0.6	T	0.2	0.4	1	1	49	T	T
D072	Okra, boiled	100	87	30	127	3.4	0.2	1.6	4.4	2	64	250	78	1.0
D073	Okra, raw	100	88	27	113	3.1	0.2	1.4	3.7	2	48	280	82	1.1
D126	Olive, green, stuffed, drained	100	78	113	474	0.8	11.0	1.8	3.0	2 070	10	29	98	0.1
D076	Onion, boiled, mature	100	90	30	127	1.8	0.1	4.8	1.7	12	5	125	17	0.4
	1 cup chopped	221	198	67	281	4.0	0.2	10.6	3.8	27	11	276	38	0.9
	1 onion	50	45	15	64	0.9	0.1	2.4	0.9	6	3	63	9	0.2
D077	Onion, raw, mature	100	89	26	109	1.0	0.2	4.1	2.1	17	10	160	36	0.4
D079	Parsley, raw	100	89	20	86	2.0	0.2	0.4	4.7	50	33	950	199	8.4
	1 tablespoon	3.7	3	1	3	0.1	T	T	0.2	2	1	35	7	0.3
	1 cup chopped	64	57	13	55	1.3	0.1	0.3	3.0	32	21	608	127	5.4

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
D	OTHER VEGETABLES												
D049	Eggplant, boiled	100	0.1	0	19	2	0.04	0.04	0.6	0.00	2.0	0.3	0
D001	Eggplant, flesh, raw	100	0.2	0	47	4	0.05	0.03	0.8	0.00	5.0	T	0
D115	Fungi, cooked, <i>F. velutipes</i>	100	1.1	0	13	1	0.43	0.45	8.1	0.00	3.0	T	0
D116	Fungi, cooked, <i>L. hatsudake</i>	100	0.7	0	13	1	0.07	0.32	5.6	0.00	0.0	T	0
D048	Fungi, raw, <i>Flammulina velutipes</i>	100	0.8	0	13	1	0.66	0.56	11.5	0.00	5.0	T	0
D012	Fungi, raw, <i>Lactarius hatsudake</i>	100	0.5	0	13	1	0.10	0.40	8.0	0.00	0.0	T	0
D125	Gourd, cooked	100	0.7	0	0	0	0.04	0.03	0.6	0.00	15.0	0.1	0
D066	Leek, boiled	100	0.3	0	430	36	0.04	0.08	0.4	0.00	24.0	0.4	0
	1 cup sliced	137	0.4	0	589	49	0.05	0.11	0.5	0.00	32.9	0.5	0
	1 leek	124	0.4	0	533	44	0.05	0.10	0.5	0.00	29.8	0.5	0
D067	Leek, raw	100	0.3	0	470	39	0.05	0.08	0.4	0.00	30.0	0.5	0
D068	Marrow, peeled, boiled	100	0.2	0	36	3	0.02	0.04	0.2	0.00	5.0	0.2	0
	1 cup diced	220	0.4	0	79	7	0.04	0.09	0.4	0.00	11.0	0.4	0
D069	Mixed vegetables, frozen, boiled	100	0.3	0	2 630	219	0.07	0.02	1.2	0.00	4.0	0.3	0
	1 cup	146	0.4	0	3 840	320	0.10	0.03	1.8	0.00	5.8	0.4	0
D029	Mushrooms, canned-brine, heat, drain	100	1.0	0	0	0	0.09	0.15	1.3	0.00	0.0	T	0
D070	Mushrooms, common, raw	100	0.2	0	29	2	0.03	0.41	3.5	0.00	1.0	T	0
	1 cup chopped	68	0.1	0	20	2	0.02	0.28	2.4	0.00	0.7	T	0
	1 mushroom	16	T	0	5	T	T	0.07	0.6	0.00	0.2	T	0
D072	Okra, boiled	100	0.8	0	110	9	0.08	0.12	1.1	0.00	27.0	0.5	0
D073	Okra, raw	100	0.6	0	120	10	0.09	0.13	1.2	0.00	34.0	0.4	0
D126	Olive, green, stuffed, drained	100	T	0	280	23	0.02	0.01	0.2	0.00	1.0	3.5	0
D076	Onion, boiled, mature	100	0.1	0	9	1	0.03	0.02	0.3	0.00	5.0	T	0
	1 cup chopped	221	0.2	0	20	2	0.07	0.04	0.7	0.00	11.1	T	0
	1 onion	50	0.1	0	5	T	0.02	0.01	0.2	0.00	2.5	T	0
D077	Onion, raw, mature	100	0.3	0	T	T	0.04	T	0.5	0.00	5.0	T	0
D079	Parsley, raw	100	1.1	0	4 760	397	0.16	0.29	1.1	0.00	100.0	3.5	0
	1 tablespoon	3.7	T	0	176	15	0.01	0.01	T	0.00	3.7	0.1	0
	1 cup chopped	64	0.7	0	3 046	254	0.10	0.19	0.7	0.00	64.0	2.2	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
D	OTHER VEGETABLES													
D080	Parsnip, peeled, boiled	100	83	53	223	1.8	0.2	10.0	2.5	18	23	380	36	0.3
	1 parsnip (22.5 x 5.6 cm diam.)	160	133	85	357	2.9	0.3	16.0	4.0	29	37	608	58	0.5
D081	Pawpaw, raw, unripe	100	92	26	110	1.0	0.1	4.7	1.5	7	20	215	38	0.3
D127	Pawpaw, unripe, cooked	100	91	29	119	1.1	0.1	5.2	1.4	8	19	236	42	0.3
D051	Peas, green, boiled	100	81	64	268	5.4	0.4	6.3	7.2	1	19	155	20	1.8
	1 cup	165	134	106	442	8.9	0.7	10.4	11.9	2	31	256	33	3.0
D119	Peas, green, canned, drained	100	82	62	261	4.4	0.4	8.5	4.1	219	17	173	20	1.0
	1/2 cup	85	69	53	222	3.8	0.3	7.2	3.5	186	14	147	17	0.8
	1 can	313	256	195	816	13.8	1.1	26.5	12.8	685	53	541	63	3.0
D004	Pitpit, highlands, baked, earth-oven	100	91	34	141	1.6	0.3	5.1	2.3	3	46	601	18	0.9
D003	Pitpit/duruka, coastal, raw	100	89	39	165	4.2	1.0	1.7	3.6	18	48	636	4	1.1
D087	Pumpkin, boiled	100	82	44	182	2.3	0.4	7.1	1.4	1	13	310	27	0.5
	1 cup	220	181	96	401	5.1	0.9	15.6	3.1	2	29	682	59	1.1
D043	Pumpkin, raw	100	87	40	166	2.1	0.4	6.4	1.2	1	11	345	29	0.5
D086	Pumpkin, butternut, boiled	100	84	49	204	2.3	0.7	7.7	1.5	1	15	425	22	0.4
D088	Radish, oriental, raw, peeled	100	93	20	83	0.7	0.3	2.9	1.5	28	13	210	30	0.3
D130	Sago palm, heart	100	91	43	179	1.8	0.6	6.4	2.6	26	37	357	68	0.2
D093	Shallot, peeled, boiled	100	92	25	106	1.7	0.2	3.7	1.1	94	48	162	23	0.8
D094	Squash, boiled	100	91	32	132	2.9	0.2	3.3	2.6	2	11	133	8	0.4
	1 cup chopped	124	112	39	164	3.6	0.2	4.1	3.2	2	14	165	10	0.5
D095	Swede, boiled	100	91	26	107	1.0	0.0	4.1	2.8	11	10	280	21	0.3
	1 cup chopped	150	136	38	161	1.5	0.0	6.2	4.2	17	15	420	32	0.5
D105	Tomato, canned in tomato juice	100	94	20	83	0.8	0.2	3.2	1.2	62	11	184	24	0.6
D107	Tomato, ripe	100	94	26	110	1.2	0.3	4.2	1.2	6	10	200	7	0.6
D103	Tomato, cherry, raw	100	93	15	61	0.5	0.1	2.2	1.6	10	12	240	11	0.5
D118	Tomato, common, boiled	100	95	15	62	1.0	0.1	1.9	1.2	6	10	196	8	0.3
D106	Tomato, common, raw	100	95	15	62	1.0	0.1	1.9	1.2	6	10	200	8	0.3
	1 tomato	127	120	19	78	1.3	0.1	2.4	1.5	8	13	254	10	0.4
	1 cup chopped	190	180	28	117	1.9	0.2	3.6	2.3	11	19	380	15	0.6
D102	Tomato, paste, salted	100	77	64	267	3.1	0.3	10.4	3.9	630	38	960	28	1.6

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
D OTHER VEGETABLES													
D080	Parsnip, peeled, boiled	100	0.4	0	27	2	0.07	0.10	1.0	0.00	8.0	0.8	0
	1 parsnip (22.5 x 5.6 cm diam.)	160	0.6	0	43	4	0.11	0.16	1.6	0.00	12.8	1.3	0
D081	Pawpaw, raw, unripe	100	0.2	0	15	1	0.02	0.03	0.3	0.00	40.0	0.8	0
D127	Pawpaw, unripe, cooked	100	0.1	0	16	1	0.02	0.02	0.2	0.00	33.0	0.9	0
D051	Peas, green, boiled	100	0.6	0	453	38	0.25	0.14	2.0	0.00	20.0	0.1	0
	1 cup	165	1.0	0	747	62	0.41	0.23	3.3	0.00	33.0	0.2	0
D119	Peas, green, canned, drained	100	0.7	0	462	39	0.12	0.08	0.7	0.00	9.6	0.2	0
	1/2 cup	85	0.6	0	393	33	0.10	0.07	0.6	0.00	8.2	0.2	0
	1 can	313	2.2	0	1 446	121	0.38	0.24	2.3	0.00	30.0	0.6	0
D004	Pitpit, highlands, baked, earth-oven	100	1.0	0	30	3	0.16	0.17	1.3	0.00	19.0	1.5	0
D003	Pitpit/duruka, coastal, raw	100	1.1	0	T	T	0.04	0.06	1.3	0.00	14.0	1.8	0
D087	Pumpkin, boiled	100	0.3	0	2 680	223	0.05	0.07	0.7	0.00	11.0	2.0	0
	1 cup	220	0.7	0	5 896	491	0.11	0.15	1.5	0.00	24.2	4.4	0
D043	Pumpkin, raw	100	0.2	0	2 970	248	0.05	0.08	0.8	0.00	16.0	7.2	0
D086	Pumpkin, butternut, boiled	100	0.1	0	2 500	208	0.07	0.09	0.5	0.00	6.0	1.9	0
D088	Radish, oriental, raw, peeled	100	0.5	0	40	3	0.03	0.01	0.8	0.00	17.0	0.0	0
D130	Sago palm, heart	100	0.5	0	T	T	T	0.05	1.1	0.00	2.0	0.2	0
D093	Shallot, peeled, boiled	100	0.4	0	710	59	0.02	0.10	0.6	0.00	18.0	T	0
D094	Squash, boiled	100	0.2	0	300	25	0.03	0.06	0.4	0.00	18.0	0.2	0
	1 cup chopped	124	0.2	0	372	31	0.04	0.07	0.5	0.00	22.3	0.3	0
D095	Swede, boiled	100	0.2	0	0	0	0.04	0.03	0.9	0.00	19.0	2.6	0
	1 cup chopped	150	0.3	0	0	0	0.06	0.05	1.4	0.00	28.5	3.9	0
D105	Tomato, canned in tomato juice	100	0.2	0	370	31	0.02	0.00	0.6	0.00	11.0	0.3	0
D107	Tomato, ripe	100	0.1	0	350	29	0.06	0.04	0.6	0.00	23.0	0.8	0
D103	Tomato, cherry, raw	100	0.2	0	490	41	0.06	0.04	1.0	0.00	28.0	0.7	0
D118	Tomato, common, boiled	100	0.2	0	343	29	0.03	0.02	0.5	0.00	10.0	0.7	0
D106	Tomato, common, raw	100	0.2	0	350	29	0.04	0.02	0.7	0.00	18.0	0.7	0
	1 tomato	127	0.3	0	445	37	0.05	0.03	0.9	0.00	22.9	0.9	0
	1 cup chopped	190	0.4	0	665	55	0.08	0.04	1.3	0.00	34.2	1.3	0
D102	Tomato, paste, salted	100	0.2	0	1 320	110	0.12	0.08	2.8	0.00	15.0	3.8	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
D OTHER VEGETABLES														
D061	Vegetables, mixed, European, boiled	100	81	57	236	3.2	0.3	7.5	5.9	34	18	136	25	1.3
	1 cup	145	117	82	343	4.6	0.4	10.9	8.6	49	26	197	36	1.9
D109	Zucchini, boiled	100	94	18	77	1.3	0.3	1.8	1.7	1	14	148	17	0.5
E FRUITS														
E005	Apple	100	84	54	228	0.3	0.1	12.3	2.0	1	4	107	5	0.2
	1 apple	130	109	71	296	0.4	0.1	16.0	2.6	1	5	139	7	0.3
	1 cup slices	116	97	63	264	0.3	0.1	14.3	2.3	1	5	124	6	0.2
E003	Apple, canned, no added sugar	100	88	38	161	0.3	0.0	9.0	0.9	9	3	65	3	0.4
E004	Apple, granny smith	100	85	48	202	0.3	0.1	10.8	1.9	1	4	110	5	0.2
	1 apple	130	111	63	263	0.4	0.1	14.0	2.5	1	5	143	7	0.3
	1 cup slices	116	99	56	235	0.3	0.1	12.5	2.2	1	5	128	6	0.2
E010	Apricot	100	86	37	156	0.8	0.1	7.4	2.1	2	9	335	16	0.3
	1 apricot	54	46	20	84	0.4	0.1	4.0	1.1	1	5	181	9	0.2
E006	Apricot, canned, artificially sweet liquid	100	91	25	103	0.5	0.0	5.0	1.5	3	7	168	16	0.4
E007	Apricot, canned in syrup	100	83	55	231	0.7	0.0	12.4	1.8	2	7	153	12	0.4
	1 cup fruit with syrup	272	226	150	628	1.9	0.0	33.7	4.9	5	19	416	33	1.1
E008	Apricot, canned in syrup, drained	100	83	54	225	1.0	0.0	11.7	1.9	3	135	135	19	0.5
E009	Apricot, dried	100	31	212	886	4.3	0.2	44.4	9.1	37	57	1 510	67	3.1
	1 cup	136	43	288	1 205	5.8	0.3	60.4	12.4	50	78	2 054	91	4.2
	10 halves	35	11	74	310	1.5	0.1	15.5	3.2	13	20	529	23	1.1
E121	Avocado	100	73	212	887	1.9	22.6	0.4	1.5	2	23	470	20	0.7
	1 avocado	162	118	343	1 437	3.1	36.6	0.6	2.4	3	37	761	32	1.1
E016	Banana, Australian	100	73	97	404	1.6	0.1	21.4	2.5	1	25	340	7	0.5
	1 banana	128	94	124	517	2.0	0.1	27.4	3.2	1	32	435	9	0.6
E012	Banana, common varieties	100	73	103	433	1.3	0.4	23.6	0.8	29	33	241	11	0.6
	1 banana	128	94	132	554	1.7	0.5	30.2	1.0	37	42	308	14	0.8
E013	Banana, PNG	100	72	112	470	1.2	0.3	26.1	1.0	15	33	291	12	0.8
	1 banana	128	92	144	602	1.5	0.4	33.4	1.3	19	42	372	15	1.0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β -carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μ g	μ g	μ g	mg	mg	mg	μ g	mg	mg	mg
D OTHER VEGETABLES													
D061	Vegetables, mixed, European, boiled	100	0.6	0	2 580	215	0.12	0.07	1.1	0.00	8.0	0.5	0
	1 cup	145	0.8	0	3 741	312	0.17	0.10	1.6	0.00	11.6	0.7	0
D109	Zucchini, boiled	100	0.3	0	300	25	0.03	0.06	0.6	0.00	17.0	0.1	0
E FRUITS													
E005	Apple	100	0.1	0	10	1	0.02	0.01	0.1	0.00	5.0	0.4	0
	1 apple	130	0.1	0	13	1	0.03	0.01	0.1	0.00	6.5	0.5	0
	1 cup slices	116	0.1	0	12	1	0.02	0.01	0.1	0.00	5.8	0.4	0
E003	Apple, canned, no added sugar	100	0.1	0	8	1	0.00	0.00	0.0	0.00	0.0	0.3	0
E004	Apple, granny smith	100	0.1	0	5	T	0.03	0.01	0.1	0.00	5.0	0.5	0
	1 apple	130	0.1	0	7	1	0.04	0.01	0.1	0.00	6.5	0.7	0
	1 cup slices	116	0.1	0	6	1	0.03	0.01	0.1	0.00	5.8	0.6	0
E010	Apricot	100	0.2	0	210	18	0.03	0.04	1.3	0.00	12.0	0.9	0
	1 apricot	54	0.1	0	113	9	0.02	0.02	0.7	0.00	6.5	0.5	0
E006	Apricot, canned, artificially sweet liquid	100	0.2	0	1 130	94	0.02	0.01	0.4	0.00	4.0	0.4	0
E007	Apricot, canned in syrup	100	0.2	0	440	37	0.02	0.01	0.5	0.00	4.0	0.6	0
	1 cup fruit with syrup	272	0.5	0	1 197	100	0.05	0.03	1.4	0.00	10.9	1.6	0
E008	Apricot, canned in syrup, drained	100	0.2	0	800	67	0.03	0.02	0.6	0.00	4.0	0.7	0
E009	Apricot, dried	100	0.8	0	2 380	198	0.02	0.07	2.5	0.00	1.0	4.3	0
	1 cup	136	1.1	0	3 237	270	0.02	0.10	3.4	0.00	1.4	5.8	0
	10 halves	35	0.3	0	833	69	0.01	0.03	0.9	0.00	0.4	1.5	0
E121	Avocado	100	0.5	0	290	24	0.07	0.13	1.7	0.00	9.0	2.1	0
	1 avocado	162	0.8	0	470	39	0.11	0.21	2.8	0.00	14.6	3.4	0
E016	Banana, Australian	100	0.2	0	66	6	0.05	0.10	0.4	0.00	14.0	0.4	0
	1 banana	128	0.3	0	84	7	0.06	0.13	0.5	0.00	17.9	0.4	0
E012	Banana, common varieties	100	0.2	0	46	4	0.07	0.08	0.7	0.00	17.3	0.4	0
	1 banana	128	0.3	0	59	5	0.09	0.10	0.9	0.00	22.1	0.4	0
E013	Banana, PNG	100	0.2	0	46	4	0.03	0.04	0.6	0.00	14.0	0.3	0
	1 banana	128	0.3	0	59	5	0.04	0.05	0.8	0.00	17.9	0.4	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
E	FRUITS													
E131	Banana, Samoan, <i>M. troglodytarum</i>	100	70	126	526	1.6	1.4	26.7	0.8	5	45	256	21	0.5
E133	Chinese apple, "bair", <i>Ziziphus jujuba</i>	100	87	55	229	0.9	0.5	10.3	3.2	22	96	143	31	0.4
E048	Cranberries	100	88	55	229	0.4	0.7	10.8	2.3	2	6	112	14	0.5
E025	Currant, dried	100	17	284	1 188	2.8	0.5	65.1	6.0	46	43	810	87	2.3
	1 cup	154	26	437	1 830	4.3	0.8	100.3	9.2	71	66	1 247	134	3.5
E027	Custard apple, peeled	100	79	78	327	1.4	0.6	15.8	2.5	4	43	250	17	0.3
E029	Date, dried	100	16	293	1 228	2.0	0.2	67.2	9.7	14	50	730	47	2.6
	10 dates	83	13	244	1 019	1.7	0.2	55.8	8.1	12	42	606	39	2.2
E132	Lychee, Pacific, <i>P. pinnata</i>	100	87	50	211	1.1	0.5	9.3	2.5	11	33	359	17	0.5
E069	Durian	100	67	140	587	2.5	1.6	28.3	2.3	1	28	600	20	0.9
E123	Fig, <i>Burkella fijiensis</i>	100	78	76	317	1.1	1.3	10.5	9.6	268	15	316	24	0.9
E124	Fig, <i>Ficus scabra</i>	100	91	22	93	0.8	0.9	0.4	4.9	37	29	237	61	3.0
E032	Fig, <i>Ficus carica</i>	100	86	45	189	1.4	0.3	8.1	2.5	3	9	180	38	0.3
E030	Fig, <i>Ficus carica</i> , dried	100	21	263	1 101	3.6	0.7	54.5	14.3	39	73	780	200	1.4
	1 cup	210	45	552	2 312	7.6	1.5	114.5	30.0	82	153	1 638	420	2.9
	1 fig	16	3	42	176	0.6	0.1	8.7	2.3	6	12	125	32	0.2
E066	Fruit, mixed, dried	100	18	291	1 218	2.0	0.9	65.2	9.3	78	27	530	64	1.8
E034	Fruit salad, canned in syrup	100	85	52	216	0.4	0.1	11.9	1.1	4	7	100	5	0.4
	1 cup	263	224	136	567	1.1	0.3	31.3	2.9	11	18	263	13	1.1
E039	Granadilla, flesh and seeds	100	75	78	328	2.3	2.0	10.2	5.8	28	27	350	10	1.0
E036	Grape, black	100	79	66	277	1.2	0.1	14.9	0.9	4	9	163	9	0.2
	10 grapes	54	43	36	150	0.6	0.1	8.0	0.5	2	5	88	5	0.1
E035	Grape, green	100	80	64	267	0.7	0.1	14.8	0.9	6	12	200	12	0.2
E037	Grapefruit	100	90	26	107	0.9	0.2	4.8	0.6	4	8	120	21	0.2
	1 grapefruit	170	152	43	181	1.5	0.3	8.2	1.0	7	14	204	36	0.3
E042	Guava, Hawaiian	100	87	31	131	0.7	0.5	3.5	5.4	4	12	150	10	0.2
E049	Kiwifruit, flesh & seeds, peeled	100	84	49	205	0.9	0.6	9.4	1.6	4	17	236	26	0.3
	1 kiwifruit	100	84	49	205	0.9	0.6	9.4	1.6	4	17	236	26	0.3

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol	
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg	
E FRUITS														
E131	Banana, Samoan, <i>M. troglodytarum</i>	100	0.3	T	140	12	0.06	0.04	2.3	0.00	T	0.3	0	
E133	Chinese apple, "bair", <i>Ziziphus jujuba</i>	100	T	0	T	T	T	0.09	1.2	0.00	5.0		0	
E048	Cranberries	100	0.1	0	20	2	0.03	0.02	0.1	0.00	11.0	1.1	0	
E025	Currant, dried	100	0.5	0	13	1	0.11	0.14	1.0	0.00	4.8	0.1	0	
		1 cup	154	0.8	0	20	2	0.17	0.22	1.5	0.00	7.4	0.2	0
E027	Custard apple, peeled	100	0.5	0	5	T	0.05	0.08	0.8	0.00	43.0	0.5	0	
E029	Date, dried	100	0.6	0	19	2	0.02	0.10	1.4	0.00	0.0	0.1	0	
		10 dates	83	0.5	0	16	1	0.02	0.08	1.2	0.00	0.0	T	0
E132	Lychee, Pacific, <i>P. pinnata</i>	100	0.3	T	34	3	T	0.04	3.5	0.00	5.0	0.1	0	
E069	Durian	100	0.3	0	11	1	0.27	0.29	1.2	0.00	37.0		0	
E123	Fig, <i>Burkella fijiensis</i>	100	0.2	0	115	10	0.07	0.05	0.3	0.00	2.0	0.1	0	
E124	Fig, <i>Ficus scabra</i>	100	0.3	0	35	3	0.08	0.04	0.3	0.00	72.0	0.1	0	
E032	Fig, <i>Ficus carica</i>	100	0.3	0	150	13	0.02	0.03	0.4	0.00	3.0	0.1	0	
E030	Fig, <i>Ficus carica</i> , dried	100	0.5	0	9	1	0.05	0.02	0.5	0.00	1.4	0.4	0	
		1 cup	210	1.1	0	19	2	0.11	0.04	1.1	0.00	2.8	0.8	0
		1 fig	16	0.1	0	1	T	0.01	T	0.1	0.00	0.2	0.1	0
E066	Fruit, mixed, dried	100	0.4	0	8	1	0.10	0.19	0.5	0.00	4.5	2.5	0	
E034	Fruit salad, canned in syrup	100	0.2	0	232	19	0.02	0.02	0.4	0.00	1.0	0.3	0	
		1 cup	263	0.5	0	610	51	0.05	0.05	1.1	0.00	2.6	0.8	0
E039	Granadilla, flesh and seeds	100	0.1	0	723	60	T	0.10	1.5	0.00	20.0	T	0	
E036	Grape, black	100	0.1	0	59	5	0.01	0.04	0.4	0.00	6.0	0.2	0	
		10 grapes	54	0.1	0	32	3	0.01	0.02	0.2	0.00	3.2	0.1	0
E035	Grape, green	100	0.1	0	87	7	0.01	0.03	0.4	0.00	6.0	0.2	0	
E037	Grapefruit	100	0.1	0	25	2	0.03	0.03	0.2	0.00	36.0	0.2	0	
		1 grapefruit	170	0.2	0	43	4	0.05	0.05	0.3	0.00	61.2	0.3	0
E042	Guava, Hawaiian	100	0.1	0	430	36	0.03	0.04	1.0	0.00	240.0	1.2	0	
E049	Kiwifruit, flesh & seeds, peeled	100	0.5	0	59	5	0.01	0.02	0.5	0.00	92.6	0.3	0	
		1 kiwifruit	100	0.5	0	59	5	0.01	0.02	0.5	0.00	92.6	0.3	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe	
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	
E	FRUITS														
E051	Lemon	100	89	16	67	0.6	0.2	1.8	2.5	2	9	120	20	0.3	
		1 lemon	150	134	24	101	0.9	0.3	2.7	3	14	180	30	0.5	
E052	Lime	100	88	18	74	0.8	0.2	1.8	2.9	3	11	150	22	0.3	
E059	Lychee	100	81	72	300	1.1	0.1	16.2	1.3	1	7	150	2	0.5	
E057	Lychee, canned in syrup	100	81	70	292	0.4	0.0	17.0	0.6	6	69	69	3	0.3	
		1 cup	267	216	186	780	1.1	0.0	45.4	1.6	16	184	184	8	0.8
E058	Lychee, canned in syrup, drained	100	80	73	306	0.6	0.1	17.1	1.3	6	7	72	5	0.4	
E056	Lychee, dried	100	36	253	1 057	3.0	1.9	55.9	1.7	49	24	568	25	4.4	
E111	Malay apple	100	90	26	109	0.7	0.2	4.5	1.9	1	5	38	13	0.8	
E061	Mandarin	100	88	41	171	0.9	0.2	8.0	2.0	2	11	141	26	0.3	
E060	Mandarin, canned in syrup	100	84	57	238	0.4	0.1	13.5	0.6	5	6	72	7	0.4	
E064	Mango, Australian	100	83	58	244	1.0	0.2	12.6	1.5	1	7	250	7	0.5	
E063	Mango, Malaysian	100	79	68	284	1.3	0.7	14.1	0.6	5	8	245	20	0.3	
		1 mango	203	161	138	576	2.6	1.3	28.6	1.2	10	17	497	41	0.6
		1 cup sliced	176	140	119	499	2.3	1.1	24.8	1.1	9	15	431	35	0.5
E096	Mango, PNG	100	82	68	285	0.7	0.2	15.1	2.1	3	9	225	10	0.3	
E116	Mangosteen	100	88	43	180	0.6	1.0	5.6	5.1	7	8	31	7	1.0	
E065	Melon, honey dew	100	91	33	138	0.7	0.3	6.5	1.0	43	14	158	39	0.3	
		1 cup diced	172	156	57	238	1.2	0.5	11.2	1.7	74	24	272	67	0.5
E068	Nectarine	100	87	40	169	1.1	0.1	7.7	2.4	1	7	235	8	0.1	
		1 nectarine	143	125	58	241	1.6	0.1	11.0	3.4	1	10	336	11	0.1
E070	Orange	100	87	40	167	1.0	0.1	7.9	2.0	2	11	145	29	0.4	
		1 orange	128	111	51	214	1.3	0.1	10.1	2.6	3	14	186	37	0.5
		1 cup sliced	190	165	76	317	1.9	0.2	15.0	3.8	4	21	276	55	0.8
E106	Orange, local	100	89	46	192	0.6	0.3	10.0	0.7	2	9	145	21	0.3	
		1 orange	128	113	59	246	0.8	0.4	12.8	0.9	3	12	186	27	0.4
		1 cup sliced	190	168	87	365	1.1	0.6	19.0	1.3	4	18	276	40	0.6
E072	Pandanus, fruit	100	80	86	360	1.3	0.7	17.2	3.5	70	17	236	88	0.4	
E073	Pandanus, paste	100		321	1 345	2.2	1.4	76.1					134	5.7	

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β -carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μ g	μ g	μ g	mg	mg	mg	μ g	mg	mg	mg
E	FRUITS												
E051	Lemon	100	0.1	0	10	1	0.04	0.02	0.2	0.00	48.0	0.2	0
	1 lemon	150	0.2	0	15	1	0.06	0.03	0.3	0.00	72.0	0.2	0
E052	Lime	100	0.1	0	31	3	0.03	0.02	0.2	0.00	47.0	0.2	0
E059	Lychee	100	0.6	0	0	0	0.05	0.07	0.5	0.00	49.0	0.1	0
E057	Lychee, canned in syrup	100	0.2	0	0	0	0.00	0.00	0.0	0.00	7.0	0.1	0
	1 cup	267	0.5	0	0	0	0.00	0.00	0.0	0.00	18.7	0.2	0
E058	Lychee, canned in syrup, drained	100	0.3	0	0	0	0.00	0.00	0.0	0.00	7.0	0.1	0
E056	Lychee, dried	100	0.2	0	0	0	0.01	0.57	3.1	0.00	183.0	0.3	0
E111	Malay apple	100	0.1	0	0	0	0.02	0.04	0.5	0.00	8.0	0.2	0
E061	Mandarin	100	0.1	0	87	7	0.06	0.03	0.3	0.00	47.0	0.2	0
E060	Mandarin, canned in syrup	100	0.1	0	75	6	0.02	0.02	0.1	0.00	11.0	0.1	0
E064	Mango, Australian	100	0.3	0	2 370	198	0.02	0.04	0.6	0.00	28.0	1.0	0
E063	Mango, Malaysian	100	0.4	0	611	51	0.06	0.06	0.5	0.00	39.0	1.2	0
	1 mango	203	0.7	0	1 240	103	0.12	0.12	1.0	0.00	79.2	2.4	0
	1 cup sliced	176	0.6	0	1 075	90	0.11	0.11	0.9	0.00	68.6	2.1	0
E096	Mango, PNG	100	T	0	1 590	133	0.06	0.06	0.9	0.00	41.0	1.1	0
E116	Mangosteen	100	0.1	0	0	0	0.03	0.03	0.3	0.00	4.2		0
E065	Melon, honey dew	100	0.2	0	36	3	0.02	0.02	0.2	0.00	18.0	T	0
	1 cup diced	172	0.3	0	62	5	0.03	0.03	0.3	0.00	31.0	T	0
E068	Nectarine	100	0.1	0	110	9	0.02	0.04	1.2	0.00	12.0	0.8	0
	1 nectarine	143	0.1	0	157	13	0.03	0.06	1.7	0.00	17.2	1.1	0
E070	Orange	100	0.2	0	130	11	0.11	0.03	0.2	0.00	52.0	0.2	0
	1 orange	128	0.3	0	166	14	0.14	0.04	0.3	0.00	66.6	0.2	0
	1 cup sliced	190	0.4	0	247	21	0.21	0.06	0.4	0.00	98.8	0.3	0
E106	Orange, local	100	0.2	0	130	11	0.09	0.06	0.8	0.00	30.0	0.2	0
	1 orange	128	0.2	0	166	14	0.12	0.08	1.0	0.00	38.4	0.3	0
	1 cup sliced	190	0.3	0	247	21	0.17	0.11	1.5	0.00	57.0	0.4	0
E072	Pandanus, fruit	100	0.3	0	60	5	0.09	0.02	0.9	0.00	5.2		0
E073	Pandanus, paste	100		0	1 080	90	0.04	0.06	2.5	0.00	2.0		0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
E	FRUITS													
E076	Passionfruit	100	74	64	267	3.0	0.3	5.7	13.9	19	28	200	10	0.6
	1 passionfruit	18	13	12	48	0.5	0.1	1.0	2.5	3	5	36	2	0.1
E092	Passionfruit, purple/yellow	100	76	110	460	2.4	2.2	18.9	3.2	24	28	275	11	1.2
E078	Pawpaw, Australian	100	89	34	143	0.4	0.1	6.9	2.3	7	14	140	28	0.5
	1 slice	140	125	48	200	0.6	0.1	9.7	3.2	10	20	196	39	0.7
E079	Pawpaw, PNG	100	87	51	213	0.5	0.1	11.8	0.8	6	12	170	24	0.7
	1 slice	140	122	71	299	0.7	0.1	16.5	1.1	8	16	238	34	1.0
E081	Peach	100	89	32	136	0.9	0.1	6.4	1.4	2	6	186	6	0.2
	1 peach	138	123	45	187	1.2	0.1	8.8	1.9	3	8	257	8	0.3
E080	Peach, canned in syrup	100	85	54	228	0.6	0.0	12.5	1.4	3	4	102	2	0.3
	1 cup sliced	260	221	141	592	1.6	0.0	32.5	3.6	8	10	265	5	0.8
E082	Pear, canned in pear juice	100	87	47	197	0.5	0.0	10.6	1.7	5	5	100	6	0.3
	1 cup halves with syrup	273	236	129	538	1.4	0.0	28.9	4.6	14	14	273	16	0.8
	half of pear with 25mL syrup	79	68	37	156	0.4	0.0	8.4	1.3	4	4	79	5	0.2
E083	Pear, Packhams	100	83	58	244	0.3	0.1	13.1	2.4	2	6	83	4	0.2
	1 pear	148	123	86	361	0.4	0.1	19.4	3.6	3	9	123	6	0.3
E085	Pineapple, canned in heavy syrup	100	75	88	369	0.6	0.0	21.1	1.3	1	10	82	5	0.3
	1 cup	186	140	164	686	1.1	0.0	39.2	2.4	2	19	153	9	0.6
E086	Pineapple, Australian	100	86	41	170	1.0	0.1	8.0	2.1	2	11	180	27	0.3
	1 cup chopped	164	141	66	278	1.6	0.2	13.1	3.4	3	18	295	44	0.5
	1 slice (1.5 x 9 cm diam.)	110	95	45	186	1.1	0.1	8.8	2.3	2	12	198	30	0.3
E002	Pineapple, PNG	100	87	53	221	0.7	0.3	11.6	0.8	2	10	180	17	0.5
E088	Plum, dark, canned in syrup	100	75	89	373	0.3	0.1	21.6	1.0	3	5	96	4	0.2
E089	Plum, red	100	87	37	155	0.6	0.1	7.5	2.2	2	6	167	7	0.3
E090	Pomelo, pink flesh	100	88	43	178	0.7	0.0	9.8	0.6	18	11	310	14	0.5
E091	Prune	100	37	201	841	2.3	0.4	43.9	7.8	7	42	700	52	1.1
E093	Raisin	100	12	307	1 285	2.3	0.9	71.1	4.9	58	35	1 050	41	4.2
	1 cup	154	18	473	1 979	3.5	1.4	109.5	7.5	89	54	1 617	63	6.5
E117	Rambutan	100	85	59	247	0.7	0.1	13.6	0.9	5	5	29	22	2.5
E097	Rockmelon	100	92	23	98	0.5	0.1	4.7	1.0	10	4	190	7	0.3

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg	mg
E FRUITS													
E076	Passionfruit	100	0.8	0	750	63	0.03	0.14	2.5	0.00	18.0	T	0
	1 passionfruit	18	0.1	0	135	11	0.01	0.03	0.5	0.00	3.2	T	0
E092	Passionfruit, purple/yellow	100	0.8	0	469	39	0.00	0.10	1.4	0.00	17.0	T	0
E078	Pawpaw, Australian	100	0.3	0	910	76	0.03	0.03	0.3	0.00	60.0	1.0	0
	1 slice	140	0.4	0	1 274	106	0.04	0.04	0.4	0.00	84.0	1.4	0
E079	Pawpaw, PNG	100	0.1	0	710	59	0.03	0.05	0.4	0.00	73.0	1.2	0
	1 slice	140	0.1	0	994	83	0.04	0.07	0.6	0.00	1 02.2	1.7	0
E081	Peach	100	0.1	0	100	8	0.01	0.04	1.0	0.00	10.0	0.7	0
	1 peach	138	0.1	0	138	12	0.01	0.06	1.4	0.00	13.8	1.0	0
E080	Peach, canned in syrup	100	0.2	0	330	28	0.01	0.02	0.3	0.00	4.0	0.5	0
	1 cup sliced	260	0.5	0	858	72	0.03	0.05	0.8	0.00	10.4	1.3	0
E082	Pear, canned in pear juice	100	0.2	0	0	0	0.01	0.01	0.1	0.00	1.0	0.1	0
	1 cup halves with syrup	273	0.5	0	0	0	0.03	0.03	0.3	0.00	2.7	0.3	0
	half of pear with 25mL syrup	79	0.2	0	0	0	0.01	0.01	0.1	0.00	0.8	0.1	0
E083	Pear, Packhams	100	0.1	0	20	2	0.02	0.02	0.1	0.00	5.0	0.1	0
	1 pear	148	0.1	0	30	2	0.03	0.03	0.1	0.00	7.4	0.1	0
E085	Pineapple, canned in heavy syrup	100	0.2	0	17	1	0.04	0.03	0.2	0.00	12.0	T	0
	1 cup	186	0.4	0	32	3	0.07	0.06	0.4	0.00	22.3	T	0
E086	Pineapple, Australian	100	0.2	0	25	2	0.04	0.03	0.1	0.00	21.0	0.1	0
	1 cup chopped	164	0.3	0	41	3	0.07	0.05	0.2	0.00	34.4	0.2	0
	1 slice (1.5 x 9 cm diam.)	110	0.2	0	28	2	0.04	0.03	0.1	0.00	23.1	0.1	0
E002	Pineapple, PNG	100	0.2	0	35	3	0.06	0.03	0.3	0.00	22.0	0.1	0
E088	Plum, dark, canned in syrup	100	0.1	0	68	6	0.02	0.04	0.3	0.00	0.4	0.2	0
E089	Plum, red	100	0.1	0	180	15	0.03	0.04	0.6	0.00	5.0	0.3	0
E090	Pomelo, pink flesh	100	0.1	0	200	17	0.03	0.03	0.2	0.00	45.0	0.2	0
E091	Prune	100	0.8	0	430	36	0.05	0.21	0.9	0.00	2.0	0.4	0
E093	Raisin	100	0.8	0	25	2	0.14	0.02	0.5	0.00	2.4	0.1	0
	1 cup	154	1.2	0	39	3	0.22	0.03	0.8	0.00	3.7	0.2	0
E117	Rambutan	100	0.1	0	0	0	0.01	0.04	0.1	0.00	38.6	0.1	0
E097	Rockmelon	100	0.1	0	830	69	0.02	0.02	0.2	0.00	34.0	T	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
E	FRUITS													
E126	Rose apple, raw, <i>Syzygium malaccense</i>	100	94	23	96	0.7	0.2	3.7	1.9	11	11	75	14	0.9
E100	Sapodilla	100	79	84	352	0.4	0.8	18.4	1.5	21	11	31	16	2.3
E017	Sapote, fruit	100	70	113	471	1.0	0.5	25.3	2.3	6	24	226	22	0.9
E101	Soursop	100	82	70	291	1.3	0.4	14.1	2.7	2	20	294	12	0.5
E018	Starfruit	100	90	41	172	0.4	0.2	8.3	2.6	8	9	149	4	0.4
E103	Strawberry	100	92	23	95	1.7	0.1	2.7	2.2	6	8	130	13	0.6
	5 strawberries	28	26	6	27	0.5	T	0.8	0.6	2	2	36	4	0.2
E104	Sultana	100	16	319	1 335	2.8	0.4	75.0	4.4	36	37	910	56	2.0
	1 cup	153	24	488	2 043	4.3	0.6	114.8	6.7	55	57	1 392	86	3.1
E107	Tamarind	100	36	234	981	2.8	0.6	51.1	8.5	22	86	614	74	0.6
E108	Tamarind, pods, fresh	100	21	314	1 313	3.5	1.0	72.6	2.3	10	106	158	170	11.0
E127	Tarawau, Fiji, raw, <i>Dracontomelon vitiense</i>	100	72	70	291	2.2	0.6	9.0	10.4	12	32	764	253	1.4
E128	Tarawau, Vanuatu, raw, <i>D. vitiense</i>	100	77	69	287	2.1	0.7	9.0	9.6	19	62	747	148	1.0
E118	Tree tomato	100	86	49	204	1.5	0.3	9.1	2.2	1	15	205	13	0.8
	1 tree tomato	60	52	29	123	0.9	0.2	5.5	1.3	T	9	123	8	0.5
E125	Water apple, raw, <i>Eugenia brasiliensis</i>	100	85	68	286	0.5	0.8	13.7	2.7	13	19	119	24	1.6
E109	Water apple, raw, <i>E. aquea</i>	100	95	19	79	0.8	0.1	3.1	1.3	1	4	48	2	0.2
E110	Watermelon, Australian, red pulp	100	93	24	100	0.3	0.2	5.0	0.6	2	4	87	6	0.4
	1 slice (2.5 x 25.5 x 12 cm)	213	197	51	213	0.6	0.4	10.7	1.3	4	9	185	13	0.9
	1 cup	169	156	40	169	0.5	0.3	8.5	1.0	3	7	147	10	0.7
E095	Watermelon, PNG, red pulp	100	93	24	101	0.6	0.2	4.9	0.3	4	8	92	8	0.2
E129	Golden apple, Fiji, raw, <i>Spondias dulcis</i>	100	89	39	163	0.8	0.2	7.4	2.5	3	6	334	18	0.6
E130	Golden apple, Vanuatu, raw, <i>S. dulcis</i>	100	87	45	189	0.8	0.4	8.5	2.5	23	9	271	20	0.9
F	NUTS AND SEEDS													
F001	Almond, kernels, blanched	100	4	609	2 549	20.5	55.8	3.9	8.9	5	260	640	220	3.1
F002	Almond, with skin	100	4	599	2 505	19.5	54.7	4.8	8.8	5	260	740	250	3.9
F059	Almond, Indian, ripe	100	43	349	1 459	10.7	31.7	2.7	7.4	1	166	740	19	5.5
F073	Beach almond, Fiji, raw, <i>T. catappa</i>	100	31	433	1 810	15.9	39.9	0.2	7.5	6	335	688	230	4.6

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
E FRUITS													
E126	Rose apple, raw, <i>Syzygium malaccense</i>	100	0.1	0	16	1	T	T	0.2	0.00	3.0	0.2	0
E100	Sapodilla	100	0.1	0	130	11	0.01	0.06	2.8	0.00	6.5	0.1	0
E017	Sapote, fruit	100	0.2	0	60	5	0.02	0.02	1.4	0.00	23.0	0.2	0
E101	Soursop	100	0.1	0	15	1	0.09	0.09	0.4	0.00	26.9	0.4	0
E018	Starfruit	100	0.4	0	T	T	0.04	0.06	T	0.00	36.0	0.2	0
E103	Strawberry	100	0.2	0	25	2	0.01	0.03	0.4	0.00	45.0	0.2	0
	5 strawberries	28	0.1	0	7	1	T	0.01	0.1	0.00	12.6	T	0
E104	Sultana	100	0.5	0	23	2	0.18	0.02	0.5	0.00	2.3	0.1	0
	1 cup	153	0.8	0	35	3	0.28	0.03	0.8	0.00	3.5	0.2	0
E107	Tamarind	100	0.1	0	54	5	0.34	0.14	1.2	0.00	2.0	0.1	0
E108	Tamarind, pods, fresh	100	0.1	0	20	2	0.08	0.04	0.1	0.00	10.0	0.1	0
E127	Tarawau, Fiji, raw, <i>Dracontomelon vitiense</i>	100	0.3	0	24	2	T	0.02	1.2	0.00	28.0		0
E128	Tarawau, Vanuatu, raw, <i>D. vitiense</i>	100	0.4	0	24	2	T	0.03	0.8	0.00	26.0		0
E118	Tree tomato	100	0.2	0	460	38	0.04	0.04	1.2	0.00	17.0	2.1	0
	1 tree tomato	60	0.1	0	276	23	0.02	0.02	0.7	0.00	10.2	1.3	0
E125	Water apple, raw, <i>Eugenia brasiliensis</i>	100	0.1	0	12	1	T	T	0.1	0.00	3.0	0.1	0
E109	Water apple, raw, <i>E. aquea</i>	100	T	0	7	1	0.04	0.02	0.6	0.00	16.7	0.1	0
E110	Watermelon, Australian, red pulp	100	0.4	0	200	17	0.01	0.01	0.1	0.00	7.0	0.1	0
	1 slice (2.5 x 25.5 x 12 cm)	213	0.9	0	426	36	0.02	0.02	0.2	0.00	14.9	0.1	0
	1 cup	169	0.7	0	338	28	0.02	0.02	0.2	0.00	11.8	0.1	0
E095	Watermelon, PNG, red pulp	100	0.1	0	160	13	0.03	0.03	0.2	0.00	6.0	T	0
E129	Golden apple, Fiji, raw, <i>Spondias dulcis</i>	100	0.2	0	32	3	T	T	0.5	0.00	33.0		0
E130	Golden apple, Vanuatu, raw, <i>S. dulcis</i>	100	0.1	0	17	1	0.03	T	0.3	0.00	34.0		0
F NUTS AND SEEDS													
F001	Almond, kernels, blanched	100	3.4	0	6	1	0.14	0.90	3.8	0.00	0.0	24.1	0
F002	Almond, with skin	100	3.8	0	9	1	0.19	1.40	3.9	0.00	0.0	24.1	0
F059	Almond, Indian, ripe	100	2.0	0	0	0	0.19	0.05	0.4	0.00	0.0	14.3	0
F073	Beach almond, Fiji, raw, <i>T. catappa</i>	100	4.9	0	T	T	0.09	0.05	0.6	0.00	4.0	17.3	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
F	NUTS AND SEEDS													
F074	Beach almond, Vanuatu, raw, <i>T. catappa</i>	100	52	272	1 138	9.6	24.0	2.4	5.9	8	257	567	83	0.2
F006	Betel nut, kernels, raw	100	12	352	1 474	5.2	10.3	52.8	16.6	77		450	400	4.9
F007	Brazil nut, kernels, raw	100	2	690	2 887	14.4	68.5	2.4	8.5	2	350	560	150	2.2
	1 cup	152	3	1 049	4 388	21.9	104.1	3.6	12.9	3	532	851	228	3.3
	10 Brazil nuts	38	1	262	1 097	5.5	26.0	0.9	3.2	1	133	213	57	0.8
F035	Breadfruit, seeds, boiled	100	59	155	650	5.3	2.3	27.3	3.0	23	50	875	69	0.7
F036	Breadfruit, seeds, roasted	100	50	191	798	6.2	2.7	34.1	3.7	28	62	1 080	86	0.9
	1 serve	20	10	38	160	1.2	0.5	6.8	0.7	6	12	216	17	0.2
F010	Candlenut, kernels, raw	100	5	648	2 711	18.2	62.3	3.3	5.2	26	200	440	154	3.4
F011	Cashew, roasted, salted	100	2	633	2 650	16.7	51.3	26.3	4.3	290	260	655	32	6.3
	1 cup	148	3	937	3 923	24.7	75.9	38.9	6.4	429	385	969	47	9.3
	18 cashews	28	1	262	1 098	6.9	21.3	10.9	1.8	120	108	271	13	2.6
F064	Chestnut, Tahitian, boiled	100	64	153	641	3.4	0.8	27.4	4.7	7	37	361	38	1.4
F065	Chestnut, Tahitian, roasted	100	42	225	941	5.9	4.2	39.5	4.2	8	49	577	29	1.3
F056	Chestnut, Tahitian, kernels, raw	100	76	177	741	4.0	0.9	14.4	3.0	10	27	338	9	1.1
F066	Cut nut, Fiji, raw, <i>Barringtonia edulis</i>	100	39	262	1 097	9.7	11.8	25.1	10.2	10	121	410	11	2.4
F067	Cut nut, Vanuatu, raw, <i>B. edulis</i>	100	33	433	1 811	11.6	38.2	7.1	10.4	4	182	376	48	2.7
F004	Jakfruit, seeds, boiled	100	59	155	650	5.0	0.2	32.8	2.0	22		787	37	0.7
F072	Java almond, Ngali, raw, <i>C. indicum</i>	100	35	461	1 931	8.2	45.9	0.5	10.6	18	284	627	44	3.5
F043	Macadamia nut, kernels, raw	100	2	734	3 071	7.6	76.2	4.5	6.0	3	95	330	48	1.8
F047	Melon seeds, seeds coat removed	100	6	590	2 470	25.8	49.7	8.4	6.7	99	510	642	53	7.4
F048	Nuts, mixed, salted	100	2	639	2 672	20.8	55.3	13.1	7.0	235	181	625	71	2.7
F044	Pandanus nut, sauce	100	76	172	718	1.4	16.7	3.9	1.5				134	5.7
F038	Pandanus nuts, kernel, dried	100	6	533	2 232	11.7	43.8	18.7	13.0	289	192	259	12	T
F037	Pandanus nuts, kernel, raw	100	25	380	1 590	15.0	30.0	11.4	4.6	229	154	207	10	T
F039	Pandanus nuts, kernel, roasted	100	68	195	815	4.1	16.3	6.8	3.7	98	208	88	4	T
F062	Peanut, kernel & skin, raw	100	5	568	2 375	24.7	47.1	8.9	8.2	1	160	540	55	2.3
F051	Peanut, kernel and skin, roasted, salted	100	2	629	2 632	24.4	51.7	14.4	8.3	380	180	670	50	2.4
	1 cup	150	2	943	3 948	36.6	77.6	21.6	12.5	570	270	1 005	75	3.6
	10 peanuts	18	T	113	474	4.4	9.3	2.6	1.5	68	32	121	9	0.4

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
F	NUTS AND SEEDS												
F074	Beach almond, Vanuatu, raw, <i>T. catappa</i>	100	0.4	0	9	1	0.11	T	0.8	0.00	11.0	12.0	0
F006	Betel nut, kernels, raw	100	3.1	0	0	0	0.19	0.52	1.1	0.00	T	6.4	0
F007	Brazil nut, kernels, raw	100	4.1	0	10	1	0.60	0.43	0.6	0.00	0.0	7.2	0
	1 cup	152	6.2	0	15	1	0.91	0.65	0.9	0.00	0.0	10.9	0
	10 Brazil nuts	38	1.6	0	4	T	0.23	0.16	0.2	0.00	0.0	2.7	0
F035	Breadfruit, seeds, boiled	100	0.8	0	0	0	0.34	0.19	6.0	0.00	6.1		0
F036	Breadfruit, seeds, roasted	100	1.0	0	0	0	0.41	0.24	7.4	0.00	7.6		0
	1 serve	20	0.2	0	0	0	0.08	0.05	1.5	0.00	1.5	0.0	0
F010	Candlenut, kernels, raw	100	3.0	0	0	0	0.08	0.06	0.4	0.00	0.0	6.4	0
F011	Cashew, roasted, salted	100	5.3	0	6	1	0.49	0.22	2.0	0.00	0.0	1.3	0
	1 cup	148	7.8	0	9	1	0.73	0.33	3.0	0.00	0.0	1.9	0
	18 cashews	28	2.2	0	2	T	0.20	0.09	0.8	0.00	0.0	0.5	0
F064	Chestnut, Tahitian, boiled	100	0.8	0	T	T	0.08	T	1.8	0.00	11.0	0.9	0
F065	Chestnut, Tahitian, roasted	100	1.3	0	0	0	0.26	0.09	0.9	0.00	2.0	1.4	0
F056	Chestnut, Tahitian, kernels, raw	100	0.7	0	T	T	0.19	0.08	1.3	0.00	4.0	0.6	0
F066	Cut nut, Fiji, raw, <i>Barringtonia edulis</i>	100	2.3	0	36	3	0.15	0.02	2.6	0.00	7.0		0
F067	Cut nut, Vanuatu, raw, <i>B. edulis</i>	100	3.0	0	200	17	0.12	0.04	2.9	0.00	6.0		0
F004	Jakfruit, seeds, boiled	100		0	0	0	0.08	0.05	0.4	0.00	8.0		0
F072	Java almond, Ngali, raw, <i>C. indicum</i>	100	2.4	0	165	14	0.13	0.06	1.7	0.00	8.0		0
F043	Macadamia nut, kernels, raw	100	1.2	0	0	0	0.28	0.10	2.0	0.00	1.0	1.5	0
F047	Melon seeds, seeds coat removed	100	4.0	0	T	T	0.10	0.12	1.4	0.00	T		0
F048	Nuts, mixed, salted	100	3.4	0	7	1	0.38	0.30	10.9	0.00	0.0	10.9	0
F044	Pandanus nut, sauce	100		0	180	15	0.04	0.06	2.5	0.00	2.0	6.5	0
F038	Pandanus nuts, kernel, dried	100	2.9	0	379	32	0.48	0.13	5.0	0.00	0.0	6.4	0
F037	Pandanus nuts, kernel, raw	100	2.4	0	302	25	0.38	0.10	4.0	0.00	0.0	1.0	0
F039	Pandanus nuts, kernel, roasted	100	4.2	0	130	11	0.16	0.04	1.7	0.00	0.0	0.4	0
F062	Peanut, kernel & skin, raw	100	3.0	0	4	T	0.79	0.10	15.0	0.00	0.0	10.3	0
F051	Peanut, kernel and skin, roasted, salted	100	3.0	0	4	T	0.35	0.15	18.0	0.00	0.0	0.7	0
	1 cup	150	4.5	0	6	1	0.53	0.23	27.0	0.00	0.0	1.1	0
	10 peanuts	18	0.5	0	1	T	0.06	0.03	3.2	0.00	0.0	0.1	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
F NUTS AND SEEDS														
F052	Peanut, kernels, roasted, salted	100	2	636	2 663	25.1	52.8	14.1	6.2	340	130	590	40	1.2
	1 cup	150	2	955	3 994	37.7	79.2	21.2	9.3	510	195	885	60	1.8
	10 peanuts	18	T	115	479	4.5	9.5	2.5	1.1	61	23	106	7	0.2
F031	Pili nut, PNG, kernels, dried	100	12	591	2 472	12.1	51.8	18.5	5.5	3	179	472	115	2.5
F032	Pili nut, PNG, kernels, raw, ripe	100	23	588	2 460	10.2	59.3	3.3	4.8	2	157	412	100	2.2
F054	Pistachio nut, kernels, raw	100	4	572	2 391	19.7	50.6	6.8	9.0	7	100	950	90	3.9
	15 pistachio nuts	23	1	131	550	4.5	11.6	1.6	2.1	2	23	219	21	0.9
F055	Pumpkin seeds, seeds, raw	100	4	565	2 365	29.4	40.4	19.8	5.4	18	270	820	39	10.0
F075	Veitchia nut, <i>Vietchia</i> sp., raw	100	89	25	106	0.5	0.3	2.2	6.3	11	13	102	7	1.2
F016	Watermelon, seeds, dried	100	5	566	2 370	22.7	41.2	25.8	4.2	36	513	606	82	7.7
G LEGUMES														
G051	Bean salad, commercial	100	71	142	593	2.1	4.8	21.0	4.2	450	13	140	19	0.6
G002	Beans, baked, canned in tomato sauce	100	76	76	320	4.6	0.5	11.2	4.8	400	25	220	34	1.6
G056	Beans, baked, with pork, canned	100	73	97	405	5.2	1.0	14.6	4.8	440	35	300	56	3.3
	1/2 cup	126	92	122	510	6.5	1.3	18.4	6.0	554	44	378	71	4.1
	1 cup	253	184	245	1 025	13.1	2.6	36.9	12.1	1 113	89	759	142	8.3
G003	Beans, broad, boiled	100	76	48	202	6.9	0.5	2.0	4.2	4	29	225	16	1.8
	1 cup	170	129	82	344	11.7	0.9	3.4	7.1	7	49	383	27	3.1
G004	Beans, butter, boiled	100	92	25	106	2.3	0.2	2.1	3.1	3	20	205	15	0.4
	1 cup	136	125	34	144	3.1	0.3	2.9	4.2	4	27	279	20	0.5
G005	Beans, green, boiled	100	92	22	92	1.5	0.2	2.2	2.8	3	17	80	30	1.1
	1 cup	136	126	30	125	2.0	0.3	3.0	3.8	4	23	109	41	1.5
G006	Beans, green, frozen, boiled	100	92	24	101	1.4	0.2	2.8	2.9	2	18	76	33	0.8
G036	Beans, katanaku, highlands, earth-oven	100	61	152	634	8.8	0.8	26.7	1.8	4	65	529	159	2.4
G035	Beans, katanaku, highlands, bamboo	100	52	183	765	12.1	0.7	31.0	2.7	5	81	654	197	2.9
G013	Beans, lima, dried, boiled	100	74	79	331	6.4	0.3	10.2	5.3	7	35	350	16	1.3

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
F NUTS AND SEEDS													
F052	Peanut, kernels, roasted, salted	100	3.0	0	4	T	0.35	0.15	18.0	0.00	0.0	0.7	0
	1 cup	150	4.5	0	6	1	0.53	0.23	27.0	0.00	0.0	1.1	0
	10 peanuts	18	0.5	0	1	T	0.06	0.03	3.2	0.00	0.0	0.1	0
F031	Pili nut, PNG, kernels, dried	100	2.8	0	24	2	0.92	0.10	0.4	0.00	0.0	6.0	0
F032	Pili nut, PNG, kernels, raw, ripe	100	2.4	0	20	2	0.80	0.10	0.3	0.00	0.0	5.2	0
F054	Pistachio nut, kernels, raw	100	2.3	0	130	11	0.58	0.29	1.5	0.00	0.0	5.3	0
	15 pistachio nuts	23	0.5	0	30	2	0.13	0.07	0.3	0.00	0.0	1.2	0
F055	Pumpkin seeds, seeds, raw	100	6.6	0	230	19	0.23	0.32	1.7	0.00	0.0	20.0	0
F075	Veitchia nut, <i>Vietchia</i> sp., raw	100	0.2	0	22	2	0.02	0.16	1.2	0.00	2.0		0
F016	Watermelon, seeds, dried	100	7.0	0	9	1	0.22	0.10	2.6	0.00	T	16.6	0
G LEGUMES													
G051	Bean salad, commercial	100	0.3	0	100	8	0.06	0.02	0.1	0.00	3.0	0.3	0
G002	Beans, baked, canned in tomato sauce	100	0.5	0	42	4	0.05	T	0.8	0.00	0.0	0.3	0
G056	Beans, baked, with pork, canned	100	5.9	0	72	6	0.05	0.05	0.5	0.00	3.1	0.4	7
	1/2 cup	126	7.4	0	91	8	0.07	0.06	0.6	0.00	3.9	0.5	9
	1 cup	253	14.8	0	182	15	0.13	0.12	1.3	0.00	7.8	1.0	18
G003	Beans, broad, boiled	100	1.1	0	185	15	0.17	0.32	1.9	0.00	29.0	0.6	0
	1 cup	170	1.9	0	315	26	0.29	0.54	3.2	0.00	49.3	1.0	0
G004	Beans, butter, boiled	100	1.4	0	81	7	0.05	0.09	1.0	0.00	11.0	0.2	0
	1 cup	136	1.9	0	110	9	0.07	0.12	1.4	0.00	15.0	0.2	0
G005	Beans, green, boiled	100	0.8	0	460	38	0.03	0.07	0.3	0.00	13.0	0.1	0
	1 cup	136	1.1	0	626	52	0.04	0.10	0.4	0.00	17.7	0.1	0
G006	Beans, green, frozen, boiled	100	1.9	0	355	30	0.02	0.06	0.2	0.00	3.0	0.1	0
G036	Beans, katanaku, highlands, earth-oven	100	0.9	0	0	0	0.00	0.00	0.0	0.00	0.0	1.6	0
G035	Beans, katanaku, highlands, bamboo	100	1.1	0	0	0	0.00	0.00	0.0	0.00	0.0	2.0	0
G013	Beans, lima, dried, boiled	100	0.7	0	T	T	0.06	T	0.5	0.00	0.0	0.4	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
G	LEGUMES													
G016	Beans, mung, dahl, cooked	100	73	112	467	6.4	4.2	10.4	3.9	820	51	270	34	2.6
		1 cup	214	155	239	999	13.7	9.0	8.3	1 755	109	578	73	5.6
G011	Beans, red kidney, canned, drained	100	69	97	404	6.6	0.6	13.2	6.5	320	30	270	36	2.1
		1 cup	187	128	181	756	12.3	1.1	24.7	598	56	505	67	3.9
G012	Beans, red kidney, dried, boiled	100	71	86	361	7.9	0.5	9.1	7.2	8	38	290	34	1.7
		1 cup	187	133	161	674	14.8	0.9	17.0	15	71	542	64	3.2
G007	Beans, snake, boiled	100	90	30	124	3.3	0.3	1.6	3.8	1	25	135	22	0.5
G014	Beans, soya, dried, boiled	100	65	142	595	13.5	7.7	1.4	7.2	9	71	420	76	2.2
G009	Beans, sprouts, raw	100	92	26	107	3.1	0.1	1.6	3.0	1	14	150	10	0.4
G054	Beans, sprouts, soya, raw	100	87	57	240	6.9	2.2	1.6	1.9	3	31	149	57	3.3
G057	Beans, yard-long, cooked	100	90	29	122	2.0	0.1	4.3	1.7	1	24	127	50	1.4
G017	Beans, yard-long, raw	100	90	29	122	2.0	0.1	4.3	1.7	1	25	143	50	1.4
G058	Beans, mung, dahl, raw, <i>P. mungo</i>	100	9	306	1 282	24.2	2.1	37.7	21.4	14	222	1 174	56	9.2
G059	Beans, red gram, dahl, raw, <i>C. cajan</i>	100	9	331	1 383	21.2	3.7	43.8	20.4	4	136	1 594	28	4.2
G037	Lentils, dried, boiled	100	74	76	317	6.8	0.4	9.5	3.7	8	25	220	17	2.0
G053	Milk, soya bean, packet	100	87	61	255	1.3	2.2	8.8	0.8	2	11	42	7	0.2
G060	Peas, dried, fried	100	1	463	1 938	17.1	23.4	40.3	14.6	2 372	105	1 022	2	5.0
G040	Peas, with edible pod, boiled	100	86	41	170	3.3	0.2	5.2	2.6	1	34	378	24	0.9
G041	Peas, green, boiled	100	83	61	254	4.8	0.4	6.4	6.5	1	21	140	18	1.1
		1 cup	165	137	100	419	7.9	0.7	10.6	2	35	231	30	1.8
G042	Peas, green, dried, boiled	100	82	56	233	5.0	0.3	5.9	4.9	20	20	70	34	1.1
		1 cup	194	160	108	451	9.7	0.6	11.4	39	39	136	66	2.1
G043	Peas, green, frozen, boiled	100	79	61	256	5.8	0.4	5.8	5.8	3	24	120	27	1.6
		1 cup	164	129	100	419	9.5	0.7	9.5	5	39	197	44	2.6
G044	Peas, split, dried, boiled	100	73	74	310	7.4	0.4	6.7	7.3	9	23	140	13	1.0
		1 cup	194	141	144	601	14.3	0.8	13.0	17	45	272	25	1.9
G052	Soya bean curd, unsweetened	100	94	25	107	1.9	0.4	3.6	0.0	2	11	79	66	0.4
G055	Soya beans, fermented	100	66	159	667	15.9	7.5	4.9	4.8	7	59	178	69	1.8
G032	Winged beans, mature, baked, earth-oven	100	71	133	555	8.1	5.4	11.6	3.2	13	56	251	127	4.0
G034	Winged beans, pods, young, earth-oven	100	87	47	198	3.2	0.9	5.4	2.7	4	25	223	62	1.7

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol	
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg	
G	LEGUMES													
G016	Beans, mung, dahl, cooked	100	0.9	60	44	64	0.09	0.04	0.4	0.00	T	0.9	14	
		1 cup	214	1.9	128	136	0.19	0.09	0.9	0.00	T	1.8	30	
G011	Beans, red kidney, canned, drained	100	0.8	0	T	T	0.10	0.06	0.6	0.00	0.0	0.2	0	
		1 cup	187	1.5	0	T	T	0.19	0.11	1.1	0.00	0.0	0.4	0
G012	Beans, red kidney, dried, boiled	100	1.0	0	T	T	0.07	T	0.4	0.00	0.0	0.2	0	
		1 cup	187	1.9	0	T	T	0.13	T	0.7	0.00	0.0	0.4	0
G007	Beans, snake, boiled	100	0.4	0	430	36	0.03	0.10	0.6	0.00	22.0	0.5	0	
G014	Beans, soya, dried, boiled	100	1.6	0	1	T	0.10	0.07	0.8	0.00	0.0	1.1	0	
G009	Beans, sprouts, raw	100	0.6	0	20	2	0.03	0.11	0.5	0.00	11.0	0.1	0	
G054	Beans, sprouts, soya, raw	100	0.5	0	0	0	0.10	0.18	0.7	0.00	2.0	0.1	0	
G057	Beans, yard-long, cooked	100	0.4	0	214	18	0.06	0.10	1.3	0.00	10.0	0.4	0	
G017	Beans, yard-long, raw	100	0.4	0	216	18	0.08	0.10	1.6	0.00	20.0	0.4	0	
G058	Beans, mung, dahl, raw, <i>P. mungo</i>	100	3.4	0	17	1	0.36	0.03	3.4	0.00	1.0	0.3	0	
G059	Beans, red gram, dahl, raw, <i>C. cajan</i>	100	2.6	0	24	2	0.59	0.02	3.7	0.00	1.0	0.3	0	
G037	Lentils, dried, boiled	100	0.9	0	5	T	0.08	0.06	0.7	0.00	0.0	0.4	0	
G053	Milk, soya bean, packet	100	0.2	0	T	T	0.05	0.03	0.1	0.00	0.3	1.0	0	
G060	Peas, dried, fried	100	2.6	0	T	T	0.29	T	2.2	0.00	T	0.6	0	
G040	Peas, with edible pod, boiled	100	0.6	0	180	15	0.01	0.09	0.9	0.00	32.0	0.2	0	
G041	Peas, green, boiled	100	0.8	0	415	35	0.23	0.10	1.4	0.00	14.0	0.2	0	
		1 cup	165	1.3	0	685	57	0.38	0.17	2.3	0.00	23.1	0.3	0
G042	Peas, green, dried, boiled	100	1.0	0	275	23	0.01	0.06	1.1	0.00	3.0	0.3	0	
		1 cup	194	1.9	0	534	44	0.02	0.12	2.1	0.00	5.8	0.6	0
G043	Peas, green, frozen, boiled	100	1.8	0	535	45	0.20	0.09	1.5	0.00	11.0	0.2	0	
		1 cup	164	3.0	0	877	73	0.33	0.15	2.5	0.00	18.0	0.3	0
G044	Peas, split, dried, boiled	100	0.6	0	29	2	0.11	T	0.6	0.00	0.0	0.3	0	
		1 cup	194	1.2	0	56	5	0.21	T	1.2	0.00	0.0	0.6	0
G052	Soya bean curd, unsweetened	100	0.1	0	0	0	0.01	0.02	0.2	0.00	0.7	0.1	0	
G055	Soya beans, fermented	100	1.8	0	0	0	0.08	0.45	3.7	0.00	1.5	T	0	
G032	Winged beans, mature, baked, earth-oven	100	1.3	0	0	0	0.00	0.00	0.0	0.00	0.0	0.5	0	
G034	Winged beans, pods, young, earth-oven	100	0.4	0	0	0	0.00	0.00	0.0	0.00	0.0	0.3	0	

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
H	FISH													
H002	Anchovy, canned in oil, drained	100	50	203	850	28.9	9.7	0.0	0.0	5 480	69	180	167	2.5
H003	Anchovy, whole, fresh	100	79	80	334	16.6	1.1	0.7	0.0	573	32	130	134	0.6
H005	Bream, threadfin, Japanese	100	77	98	409	18.4	2.1	1.1	0.0	246	28	279	53	0.8
H008	Carp, common	100	79	82	343	15.6	2.1	0.0	0.0	67	25	286	25	1.6
H026	Cod, steamed	100	79	84	350	18.6	0.9	0.0	0.0	79	27	448	15	0.5
		1 serve	135	107	113	472	1.2	0.0	0.0	107	36	605	20	0.7
H010	Cod, coral	100	80	81	338	18.4	0.5	0.4	0.0	109	26	260	48	0.4
H093	Eel fish	100	75	73	307	16.1	0.9	T	0.0	41	16	216	330	0.8
H094	Fish, <i>L. xanthophilus</i> , baked, earth-oven	100	69	139	584	29.1	2.4	0.0	0.0	51	36	415	6	0.5
H090	Fish, dried and salted	100	43	185	776	42.0	1.5	0.4	0.0	1 730	60	47	174	1.7
H019	Fish, battered, commercial, deep-fried	100	57	252	1 056	14.2	15.7	13.9	0.5	470	23	180	24	0.7
H012	Fish, fingers, frozen, grilled	100	55	224	938	11.6	11.3	19.1	1.0	320	25	219	35	1.0
H088	Mackerel, canned in natural oil	100	62	182	762	18.6	12.0	0.1	0.0	466	46	280	297	2.5
H028	Mackerel, fried	100	66	187	784	21.5	11.3	0.0	0.0	152	71	305	28	1.2
		1 serve	135	89	253	1 058	15.3	0.0	0.0	205	96	412	38	1.6
H092	Mackerel, frigate, boiled	100	67	147	613	27.2	3.9	0.4	0.0	82	266	506	44	6.3
H087	Mackerel, Spanish, <i>S.niphonius</i> , cooked	100	66	180	754	21.6	10.4	0.1	0.0	70	41	596	14	0.9
		1 serve	135	89	243	1 017	14.0	0.1	0.0	95	55	805	19	1.2
H096	Mackerel, Spanish, "Walu", <i>S.cavalla</i> , raw	100	75	112	470	20.9	3.1	0.0	0.0	137	32	158	7	0.5
H086	Mackerel, Spanish, <i>S.niphonius</i> , raw	100	69	168	702	20.1	9.7	0.1	0.0	65	37	496	13	0.8
H033	Mullet, fried	100	61	206	860	23.2	11.3	2.9	0.0	162	36	356	26	0.6
		1 serve	135	82	278	1 161	15.3	3.9	0.0	219	49	481	35	0.8
H034	Mullet, steamed	100	72	134	559	22.0	5.0	0.0	0.0	144	31	315	40	0.6
		1 serve	135	97	180	755	6.8	0.0	0.0	194	42	425	54	0.8
H075	Reef fish, composite, bake/grill	100	72	130	542	24.1	3.4	0.4	0.0	85	50	411	24	0.7
		1 serve	135	97	175	732	4.6	0.5	0.0	115	67	555	32	0.9
H074	Reef fish, composite, raw	100	76	110	458	19.5	3.3	0.3	0.0	73	40	370	19	0.7
		1 serve	135	103	148	619	4.5	0.4	0.0	99	54	500	26	0.9

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol	
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg	
H	FISH													
H002	Anchovy, canned in oil, drained	100	2.9	4	T	T	T	0.40	7.9	0.89	0.0	3.4	77	
H003	Anchovy, whole, fresh	100	1.6	35	0	35	0.15	0.09	1.2	0.60	0.3	0.3	54	
H005	Bream, threadfin, Japanese	100	0.3	21	T	T	0.04	0.07	2.3	2.00	0.0	0.8	38	
H008	Carp, common	100	1.3	26	T	T	0.00	0.06	2.3	1.58	0.3	0.6	59	
H026	Cod, steamed	100	0.4	0	0	0	0.09	0.09	2.1	0.90	0.0	0.7	50	
		1 serve	135	0.6	0	0	0.12	0.12	2.8	1.22	0.0	0.9	68	
H010	Cod, coral	100	0.4	13	T	T	0.15	0.04	1.4	1.00	1.0	0.7	37	
H093	Eel fish	100	1.3	829	0	829	0.12	0.03	2.8	2.40	3.0	3.2	100	
H094	Fish, <i>L. xanthophilus</i> , baked, earth-oven	100	0.5	T	0	T	T	T	5.8	3.23	0.0	1.0	98	
H090	Fish, dried and salted	100	1.2	0	0	0	0.06	0.31	4.6	12.00	0.0	2.4	90	
H019	Fish, battered, commercial, deep-fried	100	0.5	0	0	0	0.09	0.04	3.6	0.91	0.0	0.2	25	
H012	Fish, fingers, frozen, grilled	100	0.5	410	0	410	0.07	0.05	1.5	0.80	0.0	1.5	31	
H088	Mackerel, canned in natural oil	100	1.3	160	0	160	0.05	0.26	7.6	8.50	1.1	1.2	97	
H028	Mackerel, fried	100	0.5	52	0	52	0.09	0.38	8.7	4.20	0.0	0.4	68	
		1 serve	135	0.7	70	0	70	0.12	0.51	11.7	5.67	0.0	0.5	92
H092	Mackerel, frigate, boiled	100	0.8	6	0	6	0.11	0.30	21.6	3.67	1.8	1.4	95	
H087	Mackerel, Spanish, <i>S.niphonius</i> , cooked	100	0.7	13	0	13	0.09	0.36	9.7	7.50	0.0	1.4	75	
		1 serve	135	0.9	18	0	18	0.12	0.49	13.1	10.13	0.0	1.9	101
H096	Mackerel, Spanish, "Walu", <i>S.cavalla</i> , raw	100	0.6	17	0	17	0.76	0.08	2.7	0.55	T	0.4	41	
H086	Mackerel, Spanish, <i>S.niphonius</i> , raw	100	0.6	12	0	12	0.09	0.35	9.5	2.70	0.0	1.3	70	
H033	Mullet, fried	100	1.2	7	0	7	0.00	0.11	5.1	2.00	1.6	1.3	85	
		1 serve	135	1.6	9	0	9	0.00	0.15	6.9	2.70	2.1	1.8	115
H034	Mullet, steamed	100	1.1	8	T	8	0.00	0.13	4.7	2.00	0.0	0.6	95	
		1 serve	135	1.5	11	T	11	0.00	0.18	6.3	2.70	0.0	0.8	128
H075	Reef fish, composite, bake/grill	100	0.7	17	0	17	0.08	0.11	4.0	1.70	1.3	1.0	55	
		1 serve	135	0.9	23	0	23	0.11	0.15	5.4	2.30	1.8	1.3	74
H074	Reef fish, composite, raw	100	0.6	31	0	31	0.06	0.07	3.0	2.30	0.7	0.8	51	
		1 serve	135	0.8	42	0	42	0.08	0.09	4.1	3.11	0.9	1.1	69

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
H	FISH													
H076	Reef fish, composite, steam/poach	100	76	109	458	21.4	2.4	0.3	0.0	108	42	353	29	0.4
	1 serve	135	102	148	618	28.9	3.2	0.4	0.0	146	57	477	39	0.5
H078	Salmon, pink, solids & liquid, can	100	69	134	560	19.8	6.1	0.0	0.0	554	34	326	213	0.8
	1 serve	85	58	114	476	16.8	5.1	0.0	0.0	471	29	277	181	0.7
	1 can	454	312	608	2544	89.9	27.5	0.0	0.0	2 515	154	1480	967	3.8
H051	Sardines, canned in oil, drained	100	61	227	952	21.8	15.7	0.0	0.0	608	60	310	381	2.7
	1 sardine	12	7	27	114	2.6	1.9	0.0	0.0	73	7	37	46	0.3
H050	Sardines, Aust., canned in oil	100	55	307	1283	17.6	26.6	0.0	0.0	301	31	252	300	2.2
	1 sardine	12	7	37	154	2.1	3.2	0.0	0.0	36	4	30	36	0.3
H077	Sardines, USA , canned in oil	100	60	202	844	24.6	11.5	0.0	0.0	505	39	397	382	2.9
	1 sardine	12	7	24	101	3.0	1.4	0.0	0.0	61	5	48	46	0.4
H089	Scad, hairtail, dried	100	46	165	691	36.3	2.0	0.0	0.0	5 920	64	864	98	3.3
H091	Shark, blue, boiled	100	71	123	516	23.9	2.9	0.1	0.0	266	50	312	6	0.5
H021	Shark, temperate, flesh, steamed	100	71	125	523	30.3	0.2	0.0	0.0	94	30	416	8	0.3
	1 serve	135	95	169	705	40.9	0.3	0.0	0.0	127	41	562	11	0.4
H060	Snapper, steamed	100	73	122	511	24.2	2.7	0.0	0.0	102	33	403	30	0.3
	1 serve	135	98	165	690	32.7	3.6	0.0	0.0	138	45	544	41	0.4
H035	Sweetlip, painted, raw	100	78	84	352	19.8	0.2	0.5	0.0	84	37	339	39	0.4
H067	Tuna, canned in brine	100	75	109	457	22.1	2.2	0.0	0.0	390	30	272	8	1.0
H070	Tuna, canned in brine, drained	100	72	124	518	24.8	2.6	0.0	0.0	417	27	238	12	1.3
H068	Tuna, canned in oil	100	57	290	1212	20.8	23.2	0.0	0.0	417	27	270	5	0.6
H069	Tuna, canned in oil, drained	100	62	220	922	24.4	13.7	0.0	0.0	441	29	276	7	0.8
H079	Tuna, albacore, flesh, raw	100	68	150	628	26.4	4.7	0.3	0.0	35	41	431	9	1.0
	1/8 fillet	143	97	215	898	37.8	6.7	0.4	0.0	49	59	616	12	1.4
H083	Tuna, composite, flesh, baked	100	62	204	854	24.7	11.6	0.3	0.0	48	37	398	9	1.4
H085	Tuna, composite, flesh, grilled	100	62	206	861	24.9	11.7	0.3	0.0	48	38	402	9	1.4
H082	Tuna, composite, flesh, raw	100	64	192	802	23.2	10.9	0.3	0.0	45	35	374	8	1.3
H084	Tuna, composite, flesh, steamed	100	61	208	870	25.2	11.8	0.3	0.0	49	38	407	9	1.4
H081	Tuna, slender, flesh, raw	100	55	293	1225	19.8	23.9	0.3	0.0	32	27	298	3	1.3
H080	Tuna, southern bluefin, flesh, raw	100	71	132	553	23.3	4.1	0.3	0.0	67	38	392	11	1.6

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
H	FISH												
H076	Reef fish, composite, steam/poach	100	0.6	4	0	4	0.07	0.09	3.4	2.50	0.5	0.8	76
	1 serve	135	0.8	5	0	5	0.09	0.12	4.6	3.38	0.7	1.1	103
H078	Salmon, pink, solids & liquid, can	100	0.9	17	T	17	0.02	0.19	6.5	4.40	0.0	1.7	55
	1 serve	85	0.8	14	T	14	0.02	0.16	5.6	3.74	0.0	1.4	47
	1 can	454	4.2	77	T	77	0.10	0.84	29.7	19.98	0.0	7.7	250
H051	Sardines, canned in oil, drained	100	1.8	65	T	65	0.00	0.25	8.2	11.40	0.0	0.3	114
	1 sardine	12	0.2	8	T	8	0.00	0.03	1.0	1.37	0.0	T	14
H050	Sardines, Aust., canned in oil	100	1.6	97	T	97	T	0.19	8.8	11.40	0.0	0.3	122
	1 sardine	12	0.2	12	T	12	T	0.02	1.1	1.37	0.0	T	15
H077	Sardines, USA , canned in oil	100	1.3	67	0	67	0.08	0.23	5.3	8.94	0.0	0.3	142
	1 sardine	12	0.2	8	0	8	0.01	0.03	0.6	1.07	0.0	T	17
H089	Scad, hairtail, dried	100	1.1	71	0	71	0.03	0.11	5.3	4.70	0.0	2.3	122
H091	Shark, blue, boiled	100	0.4	11	T	11	0.11	0.13	1.0	4.00	T	1.1	70
H021	Shark, temperate, flesh, steamed	100	0.4	T	T	T	0.00	0.07	6.5	1.64	0.0	1.1	55
	1 serve	135	0.5	T	T	T	0.00	0.09	8.8	2.21	0.0	1.5	74
H060	Snapper, steamed	100	0.6	8	0	8	0.09	0.05	5.2	3.20	T	0.7	89
	1 serve	135	0.8	11	0	11	0.12	0.07	7.0	4.32	T	0.9	120
H035	Sweetlip, painted, raw	100	0.6	29	T	29	0.01	0.09	3.1	2.11	0.0	0.7	47
H067	Tuna, canned in brine	100	0.9	15	T	15	T	0.10	7.4	3.80	0.0	0.6	43
H070	Tuna, canned in brine, drained	100	1.2	20	T	20	T	0.14	7.8	3.80	0.0	0.6	53
H068	Tuna, canned in oil	100	0.8	19	T	19	T	0.09	8.1	4.80	0.0	0.6	33
H069	Tuna, canned in oil, drained	100	0.9	20	T	20	0.05	0.11	7.5	3.70	0.0	1.6	40
H079	Tuna, albacore, flesh, raw	100	0.5	20	T	20	0.05	0.03	2.1	0.70	0.3	0.5	53
	1/8 fillet	143	0.7	29	T	29	0.07	0.04	3.0	1.00	0.4	0.8	76
H083	Tuna, composite, flesh, baked	100	0.7	111	T	111	0.05	0.03	2.1	0.70	0.3	0.4	56
H085	Tuna, composite, flesh, grilled	100	0.8	112	T	112	0.05	0.03	2.2	0.70	0.3	0.4	57
H082	Tuna, composite, flesh, raw	100	0.7	104	T	104	0.05	0.03	2.1	0.70	0.3	0.4	53
H084	Tuna, composite, flesh, steamed	100	0.8	113	T	113	0.05	0.03	2.2	0.70	0.3	0.4	58
H081	Tuna, slender, flesh, raw	100	1.1	227	T	227	0.05	0.03	2.0	0.70	0.3	0.5	66
H080	Tuna, southern bluefin, flesh, raw	100	0.5	39	T	39	0.05	0.03	2.1	0.70	0.3	0.3	53

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
H	FISH													
H095	Tuna, yellowfin, smoked	100	66	152	634	27.2	3.7	2.1	0.0	593	40	368	2	T
H073	Yellowtail, fusilier, raw	100	77	93	388	21.1	0.8	0.0	0.0	47	39	487	32	0.4
J	SEAFOOD													
J046	Ark shell, boiled	100	59	164	686	31.4	1.0	7.0	0.0	510	19	406	80	9.0
J054	Clam, giant, <i>Tridacna maxima</i> , raw	100	79	81	339	14.7	2.4	T	0.0	714	66	116	2	2.3
J055	Clam, "kai", <i>B. violacea</i> , meat only, raw	100	73	110	460	18.6	3.8	0.2	0.0	25	13	14	2	26.8
J001	Clam, "kaikoso", raw, <i>Anadara</i> sp.	100	81	66	276	14.3	0.9	T	0.0	1 052	106	253	2	21.0
		1 serve	122	99	81	337	17.4	T	0.0	1 283	129	309	2	25.6
J003	Cockles, boiled for 5 minutes	100	85	44	184	8.5	0.5	1.3	0.0	350	76	130	49	7.9
J002	Cockles, fresh	100	80	62	258	12.0	1.2	0.6	0.0	264	106	280	238	13.2
		4 cockles	12	10	7	31	1.4	0.1	0.0	32	13	34	29	1.6
		1 cup	170	136	105	439	20.4	1.0	0.0	449	180	476	405	22.4
J047	Crab, mud, flesh, boiled	100	72	109	457	24.2	1.2	0.1	0.0	349	40	341	77	2.3
J005	Crab, swimming, boiled	100	74	102	426	19.2	2.3	0.9	0.0	267	38	166	226	1.0
J006	Crabmeat, canned in brine	100	84	54	225	11.1	0.5	1.1	0.0	665	30	22	153	0.9
J008	Cuttlefish, fresh	100	81	76	320	15.9	1.3	0.1	0.0	96	29	80	23	1.8
J032	Fish, roe, red	100	66	151	632	19.3	8.2	0.0	0.0	1 860	27	88	29	0.9
J050	Lobster, mangrove, raw, <i>T. anomala</i>	100	78	78	328	18.2	0.5	T	0.0	21	46	360	116	2.3
J011	Lobster, raw	100	74	84	351	18.0	1.0	0.5	0.0	97	40	209	50	0.0
J013	Lobster, cooked	100	75	97	407	22.0	0.9	0.0	0.0	395	40	310	49	0.2
J014	Mussel, raw	100	72	116	485	20.1	2.8	2.4	0.0	479	49	126	64	3.8
		1 cup	158	114	183	766	31.8	4.4	0.0	757	77	199	101	6.0
J015	Mussel, smoked, canned in oil, drained	100	62	194	811	20.8	10.4	4.4	0.0	457	98	138	68	9.4
J042	Octopus, cooked	100	80	77	322	17.3	0.7	0.1	0.0	295	30	372	17	0.6
J040	Octopus, raw	100	81	73	306	16.4	0.7	0.1	0.0	280	29	286	16	0.6
J017	Oyster, flesh, raw	100	80	73	306	12.2	2.4	0.6	0.0	315	50	230	134	3.9
		1 oyster	15	12	11	46	1.8	0.1	0.0	47	8	35	20	0.6
J020	Prawn, cocktail	100	78	122	511	8.1	7.4	6.0	0.1	830	29	100	25	1.5

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
H	FISH												
H095	Tuna, yellowfin, smoked	100	0.6	28	0	28	0.06	T	8.3	0.61	T	0.4	98
H073	Yellowtail, fusilier, raw	100	0.4	19	T	19	0.05	0.16	2.8	0.41	0.0	0.4	55
J	SEAFOOD												
J046	Ark shell, boiled	100	5.3	78	T	78	0.40	0.30	3.8	107.25	0.0	0.8	190
J054	Clam, giant, <i>Tridacna maxima</i> , raw	100	1.5	T	129	11	T	0.09	1.4	57.05	T	0.4	57
J055	Clam, "kai", <i>B. violacea</i> , meat only, raw	100	3.8	T	T	T	T	T	1.0	70.63	0.0	0.5	125
J001	Clam, "kaikoso", raw, <i>Anadara</i> sp.	100	1.6	T	110	9	T	0.13	1.4	51.62	T	0.3	59
		1 serve	122	2.0	T	134	11	T	0.16	62.98	T	0.4	72
J003	Cockles, boiled for 5 minutes	100	2.0	87	T	87	0.02	0.10	1.6	42.10	0.0	1.8	136
J002	Cockles, fresh	100	1.6	108	110	117	0.01	0.77	2.8	54.34	0.0	2.5	68
		4 cockles	12	0.2	13	13	14	T	0.09	6.52	0.0	0.3	8
		1 cup	170	2.7	184	187	199	0.02	1.31	92.38	0.0	4.2	116
J047	Crab, mud, flesh, boiled	100	5.2	2	0	2	0.06	0.03	2.6	7.00	5.0	2.3	103
J005	Crab, swimming, boiled	100	4.8	75	0	75	0.06	0.30	0.9	8.37	3.8	3.6	125
J006	Crabmeat, canned in brine	100	8.1	0	35	3	0.00	0.00	0.0	0.15	0.0	2.3	74
J008	Cuttlefish, fresh	100	1.7	26	0	26	0.01	0.10	1.9	1.90	2.0	2.2	109
J032	Fish, roe, red	100	1.4	67	0	67	0.11	0.24	0.1	8.30	0.0	4.5	358
J050	Lobster, mangrove, raw, <i>T. anomala</i>	100	5.0	12	T	12	T	0.02	2.4	2.20	T	1.4	12
J011	Lobster, raw	100	5.6	13	95	21	0.10	0.13	2.1	2.60	2.0	1.6	70
J013	Lobster, cooked	100	3.4	0	23	2	0.00	0.06	2.1	3.20	0.0	1.7	116
J014	Mussel, raw	100	2.3	159	356	189	0.06	0.20	3.5	15.50	3.6	0.7	33
		1 cup	158	3.6	251	562	298	0.09	0.32	24.49	5.7	1.2	52
J015	Mussel, smoked, canned in oil, drained	100	3.7	71	297	96	T	0.48	2.3	18.00	0.0	0.7	92
J042	Octopus, cooked	100	1.7	45	0	45	0.03	0.09	2.2	18.00	0.0	0.7	95
J040	Octopus, raw	100	1.6	43	0	43	0.03	0.09	2.2	19.00	0.0	0.7	90
J017	Oyster, flesh, raw	100	65.6	22	14	23	T	0.37	2.0	17.00	2.0	0.9	81
		1 oyster	15	9.8	3	2	3	T	0.06	2.55	0.3	0.1	12
J020	Prawn, cocktail	100	0.8	15	0	15	0.03	0.05	2.3	2.74	3.0	2.9	86

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
J	SEAFOOD													
J049	Prawn, greater tiger, boiled	100	71	115	480	26.3	0.9	0.0	0.0	153	67	404	61	0.9
J021	Prawn, king, cooked	100	73	104	436	23.7	0.9	0.0	0.0	485	61	197	135	0.8
J041	Scallop	100	82	74	309	13.8	1.2	1.8	0.0	250	48	227	49	1.0
J043	Scallop, cooked	100	81	78	326	14.5	1.3	1.9	0.0	263	40	454	52	1.1
J024	Sea cucumber, edible muscle	100	83	53	221	12.8	0.1	T	0.0	716	119	37	87	1.2
J051	Sea-hare, intestines, raw, <i>D. auricularia</i>	100	85	49	204	9.4	1.2	T	0.0	1 370	212	209	184	3.8
J052	Sea-hare, skin, raw, <i>D. auricularia</i>	100	65	104	437	23.1	1.2	T	0.0	583	211	97	2 273	4.1
J058	Sea urchin, raw, <i>Tripneustes gratilla</i>	100	84	91	380	8.2	6.5	T	0.0	147	59	142	50	0.9
J045	Sea urchin, flesh, boiled	100	64	189	791	20.3	10.9	2.6	0.0	207	126	440	24	2.3
J036	Seaweed, dried	100	16	179	749	18.3	1.2	T	49.2	2 030	706	3 520	235	21.7
J038	Seaweed, agar	100	21	147	614	0.5	0.1	T	75.2	239	601	29	470	5.4
J056	Seaweed, "Lumi", raw, <i>C. demersum</i>	100	92	11	46	0.8	0.2	T	3.1	880	45	258	56	7.5
J057	Seaweed, "Nama", raw, <i>Caulerpa</i> sp.	100	95	7	27	0.4	0.4	T	0.7	740	58	68	56	8.5
J053	Sici-shell, meat, raw, <i>P. aemigiana</i>	100	71	116	486	26.6	0.9	T	0.0	714	66	116	2	2.3
J027	Squid, fried	100	64	205	860	23.5	9.4	6.8	0.0	320	43	171	14	1.4
		1 squid ring	20	13	41	172	4.7	1.4	0.0	64	9	34	3	0.3
J028	Squid, raw	100	81	78	328	16.7	1.2	0.0	0.0	284	36	156	11	1.3
J029	Sting ray, raw	100	76	101	423	24.2	0.3	0.0	0.0	87	45	240	10	0.7
J033	Turtle, cooked	100	78	91	379	16.4	2.7	0.0	0.0	121	24	297	8	4.9
J030	Turtle, raw	100	80	74	309	16.0	1.0	0.0	0.0	129	22	243	100	1.0
K	MEAT AND POULTRY													
K017	Beef, blade steak, lean, grilled	100	65	177	740	28.7	6.8	0.0	0.0	73	23	365	14	2.5
K018	Beef, blade steak, lean & fat, grilled	100	62	206	863	27.7	10.6	0.0	0.0	71	22	355	13	2.4
K020	Beef, brisket, lean & fat, corned, boiled	100	49	311	1 301	25.6	23.4	0.0	0.0	824	13	155	6	2.3
K021	Beef, chuck steak, simmer, 50% trim	100	56	232	969	35.0	10.1	0.0	0.0	47	18	230	7	3.6
K006	Beef, corned, canned	100	63	192	804	22.6	11.2	0.3	0.0	1 140	16	150	15	3.8
		1 slice (7.5 x 5 x 0.5 cm)	28	18	54	225	6.3	3.1	0.0	319	4	42	4	1.1

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol	
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg	
J	SEAFOOD													
J049	Prawn, greater tiger, boiled	100	2.0	T	T	T	0.08	0.04	3.2	5.00	T	1.7	244	
J021	Prawn, king, cooked	100	1.8	0	14	1	0.05	0.06	2.1	8.00	0.0	3.5	188	
J041	Scallop	100	0.8	13	0	13	0.02	0.29	2.1	1.32	2.6	0.8	40	
J043	Scallop, cooked	100	2.2	22	0	22	0.02	0.24	2.1	0.94	0.0	0.8	42	
J024	Sea cucumber, edible muscle	100	0.2	0	T	T	T	0.03	T	0.00	2.0			
J051	Sea-hare, intestines, raw, <i>D. auricularia</i>	100	2.5	T	292	24	T	0.11	1.2		T		94	
J052	Sea-hare, skin, raw, <i>D. auricularia</i>	100	1.1	T	194	16	T	0.05	0.6		T			
J058	Sea urchin, raw, <i>Tripneustes gratilla</i>	100	0.4	T	T	T	T	0.11	2.9		T			
J045	Sea urchin, flesh, boiled	100	0.8	467	T	467	0.35	0.38	2.4		T		372	
J036	Seaweed, dried	100	5.3	0	0	0	0.07	0.59	0.0	0.00	2.3	4.5	0	
J038	Seaweed, agar	100	5.2	0	0	0	0.00	0.00	0.0	0.00	0.0	1.9	0	
J056	Seaweed, "Lumi", raw, <i>C. demersum</i>	100	T	0	185	15	T	T	T	0.00	T	0.4	0	
J057	Seaweed, "Nama", raw, <i>Caulerpa</i> sp.	100	T	0	1 002	84	T	T	T	0.00	T	0.2	0	
J053	Sici-shell, meat, raw, <i>P. aemigiana</i>	100	1.5	T	107	9	T	T	0.7		T			
J027	Squid, fried	100	1.4	0	0	0	0.09	0.06	1.8	1.27	0.0	3.9	200	
		1 squid ring	20	0.3	0	0	0.02	0.01	0.4	0.25	0.0	0.8	40	
J028	Squid, raw	100	1.3	T	0	T	0.09	0.04	1.5	1.20	T	1.2	199	
J029	Sting ray, raw	100	0.4	12	0	12	0.04	0.06	2.9	1.35	0.0	0.9	46	
J033	Turtle, cooked	100	2.0	7	0	7	0.10	0.60	3.1	0.67	0.0	0.7	32	
J030	Turtle, raw	100	1.3	5	0	5	0.20	0.50	3.0	1.13	0.0	0.8	39	
K	MEAT AND POULTRY													
K017	Beef, blade steak, lean, grilled	100	6.0	0	0	0	0.11	0.22	4.3	1.60	0.0	0.3	65	
K018	Beef, blade steak, lean & fat, grilled	100	5.6	2	0	2	0.10	0.21	4.0	1.50	0.0	0.3	67	
K020	Beef, brisket, lean & fat, corned, boiled	100	4.8	0	0	0	0.02	0.24	2.8	2.00	0.0	0.4	69	
K021	Beef, chuck steak, simmer, 50% trim	100	11.0	1	0	1	0.05	0.35	5.4	1.50	0.0	0.4	84	
K006	Beef, corned, canned	100	4.5	10	69	16	0.00	0.26	2.1	1.80	0.0	0.7	69	
		1 slice (7.5 x 5 x 0.5 cm)	28	1.3	3	19	4	0.00	0.07	0.6	0.50	0.0	0.2	19

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
K	MEAT AND POULTRY													
K061	Beef, hamburger patty, froz, fried	100	50	296	1 238	16.7	21.9	6.7	4.1	670	27	320	35	3.6
	1 patty (1.0 x 7.5 cm diam.)	61	31	180	755	10.2	13.4	4.1	2.5	409	16	195	21	2.2
K062	Beef, hamburger patty, froz, grilled	100	50	271	1 134	17.8	18.2	7.5	4.3	710	29	360	37	4.1
	1 patty (1.0 x 7.5 cm diam.)	61	31	165	692	10.9	11.1	4.6	2.6	433	18	220	23	2.5
K023	Beef, mince, regular, simmer, drain	100	66	183	764	23.6	9.8	0.0	0.0	57	24	260	9	2.3
	1 cup	260	172	475	1 986	61.4	25.5	0.0	0.0	148	62	676	23	6.0
K010	Beef, rump steak, lean, grilled	100	61	192	804	32.7	6.7	0.0	0.0	54	18	360	5	3.9
K008	Beef, rump steak, grilled, 50% trim	100	57	234	978	31.0	12.2	0.0	0.0	53	18	350	5	3.7
	1 steak	172	99	402	1 683	53.3	21.0	0.0	0.0	91	31	602	9	6.4
K030	Beef, sausage, grilled	100	54	256	1 072	18.3	18.2	5.3	0.0	930	23	260	15	2.4
	1 sausage	70	38	179	750	12.8	12.7	3.7	0.0	651	16	182	11	1.7
K178	Beef, sausage, raw	100	54	246	1 028	11.7	22.4	0.0	0.0	657	11	120	12	1.4
K024	Beef, silverside, lean & fat, corned, boiled	100	63	204	853	22.1	12.9	0.0	0.0	1 280	14	190	5	2.3
	1 slice (10 x 8.5 x 0.5 cm)	45	28	92	384	9.9	5.8	0.0	0.0	576	6	86	2	1.0
K012	Beef, skirt steak, lean & fat, simmer	100	59	198	828	35.2	6.2	0.0	0.0	65	21	265	5	2.8
K014	Beef, topside roast, lean & fat, baked	100	63	191	798	25.2	10.0	0.0	0.0	54	28	325	4	2.4
K005	Beef, corned and cereal, canned	100	63	199	835	14.5	13.3	5.0	1.7	940	16	120	11	3.2
K148	Beef, pot roast, lean & fat, stewed	100	50	295	1 235	27.8	20.6	0.0	0.0	293	21	251	11	3.1
K152	Beef, sausage, grill and serve	100	55	315	1 317	12.0	28.5	2.5	2.2	1 030	3	166	20	1.4
	1 sausage	79	43	249	1 041	9.5	22.5	2.0	1.7	814	2	131	16	1.1
K146	Beef rib, lean & fat, braised	100	36	459	1 921	21.6	42.0	0.0	0.0	50	15	224	12	2.3
	1 serve	85	30	390	1 633	18.4	35.7	0.0	0.0	43	13	190	10	2.0
	yield from 1 lb raw	225	80	1 033	4 323	48.6	94.5	0.0	0.0	113	34	504	27	5.2
K147	Beef stew, with potatoes and gravy	100	80	84	351	9.0	2.0	7.2	0.7	162	18	343	7	1.3
K145	Bologna, beef & pork	100	54	309	1 292	11.7	28.3	2.8	0.0	1 020	11	180	12	1.5
	1 slice, 10 cm diam.	23	12	71	297	2.7	6.5	0.6	0.0	235	3	41	3	0.3
	1 slice, 11 cm diam.	28	15	88	366	3.3	8.0	0.8	0.0	289	3	51	3	0.4
K042	Camp pie, canned	100	68	162	677	13.4	8.5	6.6	3.2	830	12	93	26	1.9
K165	Chicken, whole, raw	100	68	196	820	18.0	13.9	0.0	0.0	89	23	269	6	1.0
K166	Chicken, lean only, raw	100	73	148	617	20.2	7.4	0.0	0.0	92	26	314	6	0.9

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
K MEAT AND POULTRY													
K061	Beef, hamburger patty, froz, fried	100	2.2	0	16	1	0.08	0.11	3.1	2.10	0.0	0.9	58
	1 patty (1.0 x 7.5 cm diam.)	61	1.3	0	10	1	0.05	0.07	1.9	1.28	0.0	0.5	35
K062	Beef, hamburger patty, froz, grilled	100	2.3	8	41	11	0.08	0.11	3.5	2.70	T	0.9	47
	1 patty (1.0 x 7.5 cm diam.)	61	1.4	5	25	7	0.05	0.07	2.1	1.65	T	0.5	29
K023	Beef, mince, regular, simmer, drain	100	5.2	0	0	0	0.05	0.13	2.1	1.40	0.0	0.3	69
	1 cup	260	13.5	0	0	0	0.13	0.34	5.5	3.64	0.0	0.8	179
K010	Beef, rump steak, lean, grilled	100	5.2	0	0	0	0.10	0.37	6.7	1.60	0.0	0.3	82
K008	Beef, rump steak, grilled, 50% trim	100	4.9	2	1	2	0.09	0.34	6.2	1.60	0.0	0.3	84
	1 steak	172	8.4	3	2	3	0.15	0.58	10.7	2.75	0.0	0.5	144
K030	Beef, sausage, grilled	100	3.7	18	62	23	0.00	0.16	3.3	T	0.0	0.4	68
	1 sausage	70	2.6	13	43	16	0.00	0.11	2.3	T	0.0	0.3	48
K178	Beef, sausage, raw	100	2.4	27	0	27	0.19	0.09	2.7	1.67	0.0	0.4	53
K024	Beef, silverside, lean & fat, corned, boiled	100	3.0	7	0	7	0.02	0.20	2.8	1.60	0.0	0.4	70
	1 slice (10 x 8.5 x 0.5 cm)	45	1.4	3	0	3	0.01	0.09	1.3	0.72	0.0	0.2	32
K012	Beef, skirt steak, lean & fat, simmer	100	10.3	0	0	0	0.04	0.39	6.7	1.50	0.0	0.4	83
K014	Beef, topside roast, lean & fat, baked	100	3.7	3	0	3	0.10	0.16	5.6	1.50	0.0	0.3	68
K005	Beef, corned and cereal, canned	100	2.4	18	40	21	T	0.32	2.9	1.80	2.0	0.7	60
K148	Beef, pot roast, lean & fat, stewed	100	7.5	0	0	0	0.07	0.24	2.9	2.45	0.0	0.2	100
K152	Beef, sausage, grill and serve	100	2.2	17	54	22	0.05	0.10	2.4	1.54	24.1	0.2	61
	1 sausage	79	1.7	13	43	17	0.04	0.08	1.9	1.22	19.0	0.2	48
K146	Beef rib, lean & fat, braised	100	4.9	0	0	0	0.05	0.15	2.5	2.62	0.0	0.4	94
	1 serve	85	4.1	0	0	0	0.04	0.13	2.1	2.23	0.0	0.3	80
	yield from 1 lb raw	225	11.0	0	0	0	0.11	0.34	5.5	5.90	0.0	0.9	212
K147	Beef stew, with potatoes and gravy	100	2.0	T	0	T	0.06	0.10	1.9	0.99	5.8	0.1	23
K145	Bologna, beef & pork	100	1.9	0	0	0	0.17	0.14	2.6	1.33	21.0	0.4	55
	1 slice, 10 cm diam.	23	0.4	0	0	0	0.04	0.03	0.6	0.31	4.8	0.1	13
	1 slice, 11 cm diam.	28	0.5	0	0	0	0.05	0.04	0.7	0.38	6.0	0.1	16
K042	Camp pie, canned	100	1.6	12	46	16	0.00	0.12	1.6	0.00	1.0	0.7	32
K165	Chicken, whole, raw	100	1.1	12	0	12	0.08	0.14	5.0	0.35	0.0	0.3	71
K166	Chicken, lean only, raw	100	1.2	T	0	T	0.09	0.16	5.9	0.41	0.0	0.2	61

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
K	MEAT AND POULTRY													
K167	Chicken, skin only, raw	100	51	384	1 607	9.4	39.1	0.0	0.0	77	9	92	4	1.3
K168	Chicken, whole, baked, earth-oven	100	59	231	965	26.1	14.1	0.0	0.0	79	29	333	7	1.3
K169	Chicken, lean only, baked, earth-oven	100	60	213	889	27.5	11.4	0.0	0.0	77	32	360	7	1.1
K170	Chicken, skin only, baked, earth-oven	100	48	373	1 562	15.5	35.1	0.0	0.0	94	10	121	5	2.1
K039	Chicken, breast, lean, baked	100	66	158	660	28.4	4.8	0.0	0.0	63	27	285	11	0.6
K040	Chicken, drumstick, lean, baked	100	60	209	873	28.3	10.6	0.0	0.0	96	20	280	19	1.2
K041	Chicken, drumstick, lean & skin, baked	100	57	240	1 004	26.4	15.0	0.0	0.0	91	19	265	17	1.2
K053	Chicken, gizzard	100	79	93	389	16.5	2.7	0.5	0.0	66	13	212	7	1.8
K038	Chicken, b/less, lean & skin, baked	100	57	247	1 035	25.4	16.3	0.0	0.0	74	21	255	14	1.0
K149	Chicken, lightmeat, breaded & fried	100	46	296	1 237	21.9	18.1	11.7	0.3	598	23	347	37	0.9
	2 pieces	163	74	482	2 017	35.7	29.5	19.1	0.5	975	37	566	60	1.5
K044	Chicken, roll	100	69	161	675	14.4	9.3	4.6	1.3	745	16	158	15	0.8
K049	Devon/fritz	100	60	239	999	12.3	18.2	5.9	2.4	780	23	127	37	2.3
K050	Duck, roasted	100	47	368	1 539	18.5	33.1	0.0	0.0	299	17	91	22	1.3
	1/4 duck	110	52	405	1 693	20.4	36.4	0.0	0.0	329	19	100	24	1.4
K051	Frankfurters, simmered	100	58	251	1 050	14.3	19.9	3.4	1.8	770	20	93	33	2.3
	1 piece (12.5 x 2.5 cm diam.)	57	33	143	598	8.2	11.3	1.9	1.0	439	11	53	19	1.3
K054	Goat meat, lean	100	75	122	511	20.9	4.2	0.0	0.0	49	13	305	13	1.7
K056	Ham and chicken roll	100	60	234	978	13.0	18.0	4.7	1.7	800	24	79	30	1.0
K060	Hamburger mince, simmer, drained	100	60	215	902	26.7	12.1	0.0	0.0	62	19	240	15	2.8
K171	Lamb, chump chops, whole, raw	100	60	274	1 145	16.2	23.5	0.0	0.0	76	21	186	13	1.8
K172	Lamb, chump chops, lean only, raw	100	76	111	466	20.0	3.4	0.0	0.0	94	26	230	13	2.0
K173	Lamb, chump chops, fat only, raw	100	14	735	3 076	5.3	80.7	0.0	0.0	23	7	61	11	1.1
K174	Lamb, chump chops, whole, earth-oven	100	35	445	1 862	25.5	38.6	0.0	0.0	72	24	218	14	2.3
K175	Lamb, chump chops, lean only, earth-oven	100	43	337	1 410	31.8	23.5	0.0	0.0	91	29	261	17	2.3
K176	Lamb, chump chops, fat only, earth-oven	100	18	661	2 765	12.9	68.8	0.0	0.0	36	13	131	7	2.3
K071	Lamb, heart, baked	100	63	184	770	28.1	7.9	0.0	0.0	73	18	240	6	6.0
K072	Lamb, kidney, simmered	100	69	146	611	26.6	4.3	0.0	0.0	200	22	240	20	11.4
	1 cup sliced	150	103	219	917	39.9	6.5	0.0	0.0	300	33	360	30	17.1
K076	Lamb, liver, fried	100	53	241	1 010	26.5	13.7	3.2	0.0	100	23	370	7	11.1

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
K	MEAT AND POULTRY												
K167	Chicken, skin only, raw	100	0.9	61	0	61	0.02	0.06	1.6	0.05	0.0	1.9	107
K168	Chicken, whole, baked, earth-oven	100	1.6	T	0	T	0.02	0.09	5.4	0.40	0.0	0.9	79
K169	Chicken, lean only, baked, earth-oven	100	1.6	T	0	T	0.02	0.09	5.7	0.70	0.0	0.5	70
K170	Chicken, skin only, baked, earth-oven	100	1.5	33	0	33	0.03	0.07	2.5	0.17	0.0	0.4	115
K039	Chicken, breast, lean, baked	100	0.8	T	0	T	0.06	0.12	8.7	0.30	0.0	0.6	92
K040	Chicken, drumstick, lean, baked	100	2.4	10	0	10	0.07	0.29	4.8	0.70	0.0	0.5	154
K041	Chicken, drumstick, lean & skin, baked	100	2.2	22	0	22	0.07	0.29	4.8	0.70	0.0	1.0	151
K053	Chicken, gizzard	100	2.9	42	0	42	0.06	0.10	2.1	1.30	6.0	1.1	127
K038	Chicken, b/less, lean & skin, baked	100	1.5	29	0	29	0.07	0.22	6.5	0.40	0.0	0.9	128
K149	Chicken, lightmeat, breaded & fried	100	1.0	36	0	36	0.09	0.18	7.4	0.41	0.0	0.9	91
	2 pieces	163	1.5	59	0	59	0.15	0.29	12.0	0.67	0.0	1.5	148
K044	Chicken, roll	100	0.5	37	0	37	T	0.06	4.7	0.80	T	0.1	35
K049	Devon/fritz	100	2.1	157	10	158	0.06	0.10	2.3		2.0		46
K050	Duck, roasted	100	1.9	115	0	115	0.12	0.24	1.9	0.20	0.0	T	92
	1/4 duck	110	2.1	127	0	127	0.13	0.26	2.1	0.22	0.0	T	101
K051	Frankfurters, simmered	100	2.4	0	7	1	0.08	0.11	2.1	1.30	1.0	0.3	58
	1 piece (12.5 x 2.5 cm diam.)	57	1.4	0	4	T	0.05	0.06	1.2	0.74	0.6	0.1	33
K054	Goat meat, lean	100	3.2	91	0	91	0.08	0.14	2.7	0.90	1.1	0.3	59
K056	Ham and chicken roll	100	1.6	172	11	173	0.02	0.14	2.0	0.80	2.0	0.1	50
K060	Hamburger mince, simmer, drained	100	6.1	10	10	11	0.05	0.21	3.5	1.5	0.0	0.4	93.0
K171	Lamb, chump chops, whole, raw	100	3.5	12	0	12	0.14	0.05	3.6	2.42	0.0	0.2	79
K172	Lamb, chump chops, lean only, raw	100	4.5	T	0	T	0.18	0.06	4.2	2.50	0.0	0.2	75
K173	Lamb, chump chops, fat only, raw	100	0.5	46	0	46	0.03	0.02	2.0	2.01	0.0	0.3	90
K174	Lamb, chump chops, whole, earth-oven	100	4.4	15	0	15	0.03	0.05	4.2	3.03	0.0	0.1	95
K175	Lamb, chump chops, lean only, earth-oven	100	6.1	T	0	T	0.04	0.06	4.8	3.61	0.0	0.2	93
K176	Lamb, chump chops, fat only, earth-oven	100	1.0	45	0	45	T	0.03	3.1	2.68	0.0	T	99
K071	Lamb, heart, baked	100	3.7	0	T	T	0.41	1.30	5.2	14.00	0.0	0.7	199
K072	Lamb, kidney, simmered	100	3.9	110	20	112	0.48	1.80	6.9	77.00	9.0	0.5	550
	1 cup sliced	150	5.9	165	30	168	0.72	2.70	10.4	115.50	13.5	0.8	825
K076	Lamb, liver, fried	100	5.0	35 400	60	35 405	0.25	4.50	14.5	74.00	23.0	0.4	585

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
K	MEAT AND POULTRY													
K070	Lamb, chump chop, lean & fat, grilled	100	50	283	1 184	29.6	18.4	0.0	0.0	72	27	370	20	3.2
	1 chump chop	61	31	173	722	18.1	11.2	0.0	0.0	44	16	226	12	2.0
K068	Lamb, chump chop, grilled, 50% trim	100	54	246	1 028	31.1	13.5	0.0	0.0	74	28	380	19	3.3
	1 chump chop	57	30	140	586	17.7	7.7	0.0	0.0	42	16	217	11	1.9
K077	Lamb, midloin chop, lean & fat, grilled	100	47	365	1 529	21.6	31.4	0.0	0.0	86	17	275	8	2.0
	1 chop	40	19	146	612	8.6	12.6	0.0	0.0	34	7	110	3	0.8
K079	Lamb, neck chop, lean & fat, simmer	100	44	353	1 478	27.1	27.5	0.0	0.0	56	19	210	20	2.4
K179	Lamb, sausages, raw	100	60	233	973	9.8	21.8	0.0	0.0	792	21	104	16	1.4
K082	Lamb, shoulder, lean & fat, baked	100	54	288	1 206	25.9	20.7	0.0	0.0	88	19	270	7	1.7
K088	Meat, paste	100	66	207	867	12.3	13.9	8.2	1.0	870	21	200	200	2.6
K164	Mutton flaps, lean & fat, fried	100	48	333	1 395	22.4	27.4	0.0	0.0	45	19	152	18	2.0
K177	Mutton pieces, boneless, raw	100	54	345	1 444	15.3	32.0	T	0.0	66	16	134	15	1.2
K162	Pâté, pork liver	100	47	381	1 596	10.6	37.0	2.8	0.0	660	13	165	65	6.2
K161	Pâté de champagne	100	49	328	1 372	13.4	29.9	2.3		190	26	320	15	6.1
K105	Pâté de foie	100	52	298	1 248	17.8	24.7	1.3	1.3	970	16	93	24	9.3
K055	Pork, fat, boiled	100	27	620	2 595	4.0	68.3	0.0	0.0	64	7	117	2	0.6
K101	Pork, leg, lean & fat, baked	100	47	338	1 416	25.2	26.7	0.0	0.0	48	14	245	6	1.3
K104	Pork, midloin chop, lean & fat, grill	100	46	362	1 517	23.7	30.1	0.0	0.0	56	12	245	14	1.0
K025	Pork, bacon, breakfast, fried	100	60	152	638	21.9	5.8	3.1	0.0	2 000	26	330	28	1.6
	1 rasher	21	13	32	134	4.6	1.2	0.7	0.0	420	5	69	6	0.3
K026	Pork, bacon, breakfast, grill	100	60	190	795	25.3	8.8	2.4	0.0	2 100	25	350	30	1.8
	1 rasher	21	13	40	167	5.3	1.9	0.5	0.0	441	5	74	6	0.4
K059	Pork, ham, canned, lean & fat	100	74	112	469	17.2	4.5	0.6	0.0	1 250	20	300	14	1.3
	1 slice	20	15	22	94	3.4	0.9	0.1	0.0	250	4	60	3	0.3
K057	Pork, ham, leg, lean, non-canned	100	73	108	453	18.8	3.6	0.0	0.0	1 580	21	270	8	1.3
K058	Pork, ham, steak, grilled	100	65	162	679	19.4	7.8	3.7	0.0	1 400	20	300	17	1.6
	1 steak	110	71	179	747	21.3	8.6	4.1	0.0	1 540	22	330	19	1.8
K150	Pork, leg, lean & fat, roasted	100	57	244	1 020	28.9	14.3	0.0	0.0	62	27	374	12	1.1
	1 serve	85	48	207	867	24.6	12.2	0.0	0.0	53	23	318	10	0.9
	1 cup diced	135	77	329	1 378	39.0	19.3	0.0	0.0	84	36	505	16	1.4

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg	mg
K	MEAT AND POULTRY												
K070	Lamb, chump chop, lean & fat, grilled	100	4.3	6	0	6	0.05	0.27	4.5	2.00	0.0	0.2	109
	1 chump chop	61	2.6	4	0	4	0.03	0.16	2.7	1.22	0.0	0.1	66
K068	Lamb, chump chop, grilled, 50% trim	100	4.5	3	0	3	0.06	0.29	4.9	2.20	0.0	0.2	109
	1 chump chop	57	2.6	2	0	2	0.03	0.17	2.8	1.25	0.0	0.1	62
K077	Lamb, midloin chop, lean & fat, grilled	100	2.6	0	0	0	0.05	0.13	3.4	2.00	0.0	0.2	110
	1 chop	40	1.0	0	0	0	0.02	0.05	1.4	0.80	0.0	0.1	44
K079	Lamb, neck chop, lean & fat, simmer	100	7.7	6	0	6	0.02	0.22	2.9	2.00	0.0	0.2	110
K179	Lamb, sausages, raw	100	1.4	16	0	16	0.27	0.10	2.1	2.31	0.0	0.2	51
K082	Lamb, shoulder, lean & fat, baked	100	4.4	10	0	10	0.05	0.20	3.3	1.70	0.0	0.2	110
K088	Meat, paste	100	1.9	T	T	T	0.10	0.23	2.9	3.10	0.0	0.2	88
K164	Mutton flaps, lean & fat, fried	100	3.2	4	0	4	0.11	0.40	7.8	2.80	0.0	0.1	109
K177	Mutton pieces, boneless, raw	100	2.3	8	T	8	T	0.12	5.5	2.62	T	0.2	79
K162	Pâté, pork liver	100	1.7	600	0	600	0.06	0.80	4.0	6.30	1.0	0.2	200
K161	Pâté de champagne	100				0	0.51	0.75	5.7		3.7	0.5	170
K105	Pâté de foie	100	3.6	10 800	8	10 801	0.36	1.00	5.9	7.00	27.0	0.8	159
K055	Pork, fat, boiled	100	0.7	6	0	6	0.19	0.05	1.0	0.50	0.0	0.3	86
K101	Pork, leg, lean & fat, baked	100	2.4	6	0	6	0.51	0.21	4.0	1.70	0.0	T	92
K104	Pork, midloin chop, lean & fat, grill	100	1.7	7	0	7	0.63	0.15	3.9	0.90	0.0	T	92
K025	Pork, bacon, breakfast, fried	100	2.9	0	0	0	0.68	0.20	3.6	1.75	2.0	0.1	53
	1 rasher	21	0.6	0	0	0	0.14	0.04	0.8	0.37	0.4	T	11
K026	Pork, bacon, breakfast, grill	100	2.8	0	0	0	0.71	0.20	3.3	1.75	2.0	0.1	55
	1 rasher	21	0.6	0	0	0	0.15	0.04	0.7	0.37	0.4	T	12
K059	Pork, ham, canned, lean & fat	100	3.4	0	0	0	0.25	0.23	4.5	0.60	0.0	0.1	42
	1 slice	20	0.7	0	0	0	0.05	0.05	0.9	0.12	0.0	T	8
K057	Pork, ham, leg, lean, non-canned	100	2.2	0	0	0	0.38	0.27	4.3	0.90	0.0	0.1	51
K058	Pork, ham, steak, grilled	100	2.5	14	0	14	0.33	0.19	3.8	0.80	3.0	0.1	47
	1 steak	110	2.8	15	0	15	0.36	0.21	4.2	0.88	3.3	0.1	52
K150	Pork, leg, lean & fat, roasted	100	2.8	3	0	3	0.75	0.33	4.7	0.72	0.2	0.1	96
	1 serve	85	2.4	3	0	3	0.64	0.28	4.0	0.61	0.2	0.1	82
	1 cup diced	135	3.8	4	0	4	1.01	0.44	6.3	0.97	0.3	0.1	130

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
K	MEAT AND POULTRY													
K123	Pork, sausage, home prepared, fried	100	54	263	1 099	15.4	20.0	5.2	1.4	900	20	220	14	1.6
	1 sausage	71	39	186	780	10.9	14.2	3.7	1.0	639	14	156	10	1.1
K124	Pork, sausage, home prepared, grilled	100	51	287	1 201	16.8	21.7	6.1	1.5	950	21	230	14	1.6
	1 sausage	71	36	204	853	11.9	15.4	4.3	1.1	675	15	163	10	1.1
K180	Pork, sausages, raw	100	63	212	889	12.6	18.2	0.0	0.0	820	12	127	8	1.7
K151	Pork, spareribs, lean & fat, cooked	100	40	384	1 605	28.9	30.1	0.0	0.0	324	24	318	47	1.8
K120	Salami	100	34	426	1 782	21.7	37.6	1.3	0.0	1 460	22	168	26	2.4
	1 slice (0.2 x 5.5 cm diam.)	5	2	21	89	1.1	1.9	0.1	0.0	73	1	8	1	0.1
K132	Spam, canned	100	51	331	1 385	12.5	31.0	1.3	0.5	1 570	12	190	7	1.4
K154	Turkey, whole, roasted	100	62	198	827	28.0	9.5	0.1	0.0	67	24	272	26	2.0
	1 serve	260	161	514	2 150	72.8	24.6	0.2	0.0	174	62	707	68	5.2
	1 turkey	4 023	2 494	7 950	33 262	11 26.4	380.2	2.8	0.0	2 695	966	10 943	1 046	80.9
K153	Turkey tail, cooked	100	58	234	978	26.4	14.3	0.0	0.0	304	22	258	33	2.2
K139	Veal, loin chop, lean & fat, grilled	100	66	161	674	29.2	4.8	0.0	0.0	100	24	355	8	1.9
K142	Veal, schnitzel, frozen, fried	100	42	342	1 430	15.3	27.0	9.8	1.1	730	16	250	16	2.0
M	MILK AND MILK PRODUCTS													
M006	Cheese, blue vein	100	41	369	1 546	20.3	32.4	0.1	0.0	1 090	24	88	510	0.2
	1 piece (9 x 5.5 x 1 cm)	22	9	81	340	4.5	7.1	T	0.0	240	5	19	112	T
M007	Cheese, brie	100	49	336	1 406	19.3	29.1	0.1	0.0	605	20	112	470	0.3
M048	Cheese, camembert	100	46	361	1 511	17.1	32.9	0.2	0.0	582	29	102	351	0.8
	1/4 round	31	14	112	469	5.3	10.2	0.1	0.0	180	9	32	109	0.2
M008	Cheese, cheddar	100	36	402	1 684	25.4	33.8	0.1	0.0	655	30	73	775	0.3
	1 cup shredded	118	42	475	1 987	30.0	39.9	0.1	0.0	773	35	86	915	0.4
	2.0 cubic cm piece	22	8	89	370	5.6	7.4	T	0.0	144	7	16	171	0.1
M009	Cheese, cheddar, processed	100	44	331	1 386	21.4	27.5	0.3	0.0	1 350	25	62	625	0.3
	1 slice	21	9	70	291	4.5	5.8	0.1	0.0	284	5	13	131	0.1

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg	mg
K MEAT AND POULTRY													
K123	Pork, sausage, home prepared, fried	100	2.3	17	9	18	0.00	0.16	3.0	1.10	1.0	0.2	60
	1 sausage	71	1.6	12	6	13	0.00	0.11	2.1	0.78	0.7	0.1	43
K124	Pork, sausage, home prepared, grilled	100	2.4	20	10	21	0.00	0.17	3.3	1.10	1.0	0.2	64
	1 sausage	71	1.7	14	7	15	0.00	0.12	2.3	0.78	0.7	0.1	45
K180	Pork, sausages, raw	100	1.7	12	0	12	0.18	0.13	2.4	0.71	0.0	0.2	78
K151	Pork, spareribs, lean & fat, cooked	100	4.6	3	0	3	0.41	0.38	5.4	1.07	0.0	0.3	120
K120	Salami	100	4.1	0	52	4	0.20	0.19	5.3	1.40	0.0	0.3	104
	1 slice (0.2 x 5.5 cm diam.)	5	0.2	0	3	T	0.01	0.01	0.3	0.07	0.0	T	5
K132	Spam, canned	100	2.3	16	0	16	0.11	0.18	3.0	0.90	T	0.1	55
K154	Turkey, whole, roasted	100	3.2	68	0	68	0.06	0.21	4.9	1.28	0.1	0.6	95
	1 serve	260	8.2	177	0	177	0.15	0.54	12.8	3.33	0.3	1.6	247
	1 turkey	4 023	126.7	2 736	0	2 736	2.25	8.29	198.7	51.49	4.0	24.1	3 822
K153	Turkey tail, cooked	100	3.9	0	0	0	0.05	0.22	3.4	0.34	0.0	0.6	91
K139	Veal, loin chop, lean & fat, grilled	100	3.0	6	9	7	0.07	0.18	3.4	0.90	0.0	0.3	111
K142	Veal, schnitzel, frozen, fried	100	1.4	7	T	7	0.09	0.17	4.7	1.40	0.0	0.3	54
M MILK AND MILK PRODUCTS													
M006	Cheese, blue vein	100	3.0	314	141	326	0.04	0.42	0.9	0.60	0.0	0.6	100
	1 piece (9 x 5.5 x 1 cm)	22	0.7	69	31	72	0.01	0.09	0.2	0.13	0.0	0.1	22
M007	Cheese, brie	100	2.9	350	178	365	0.03	0.60	0.7	1.20	0.0	0.8	96
M048	Cheese, camembert	100	3.0	277	213	295	0.05	0.43	0.9	2.60	0.0	0.6	100
	1/4 round	31	0.9	86	66	91	0.02	0.13	0.3	0.81	0.0	0.2	31
M008	Cheese, cheddar	100	3.6	353	212	371	0.02	0.50	0.2	1.20	0.0	0.7	101
	1 cup shredded	118	4.2	417	250	437	0.02	0.59	0.2	1.42	0.0	0.8	119
	2.0 cubic cm piece	22	0.8	78	47	82	T	0.11	T	0.26	0.0	0.2	22
M009	Cheese, cheddar, processed	100	3.7	245	160	258	0.01	0.40	0.3	0.90	0.0	0.6	83
	1 slice	21	0.8	51	34	54	T	0.08	0.1	0.19	0.0	0.1	17

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
M	MILK AND MILK PRODUCTS													
M010	Cheese, cottage	100	73	146	611	15.3	9.3	0.4	0.0	200	9	97	67	0.1
	1 tablespoon	15	11	22	92	2.3	1.4	0.1	0.0	30	1	15	10	T
	1 cup	241	175	352	1 472	36.9	22.4	1.0	0.0	482	22	234	161	0.2
M046	Cheese, edam	100	43	325	1 360	24.7	25.4	0.0	0.0	450	45	120	900	0.3
	2.0 cubic cm piece	16	7	52	218	4.0	4.1	0.0	0.0	72	7	19	144	T
M012	Cheese, mozzarella	100	48	301	1 258	26.0	22.0	0.1	0.0	375	32	65	875	0.3
	2 tablespoons chopped	15	7	45	189	3.9	3.3	T	0.0	56	5	10	131	T
M045	Cheese, roquefort	100	41	366	1 532	18.7	32.8	0.0	0.0	1 600	25	120	600	0.5
M005	Cheese, spread, cheddar	100	51	290	1 212	15.9	24.7	1.7	0.0	1 450	19	110	470	0.3
	1 tablespoon	18	9	52	218	2.9	4.4	0.3	0.0	261	3	20	85	0.1
M013	Cheese, Swiss	100	37	381	1 593	28.4	30.0	0.0	0.0	415	33	73	880	0.2
M052	Cream, pure	100	52	397	1 662	1.9	42.8	2.8	0.0	21	5	95	60	0.1
	1 tablespoon	15	8	60	249	0.3	6.4	0.4	0.0	3	1	14	9	T
M054	Cream, reduced fat, canned	100	66	261	1 091	3.0	26.5	3.6	0.0	39	9	110	97	0.3
M051	Cream, sour	100	57	351	1 470	2.4	37.7	2.1	0.0	33	7	110	67	0.1
	1 tablespoon	14	8	49	206	0.3	5.3	0.3	0.0	5	1	15	9	T
M053	Cream, thickened, ultra heat treated	100	57	346	1 447	2.4	36.4	3.6	0.0	51	8	113	78	0.2
M014	Cream cheese, dip, flavoured	100	60	252	1 056	4.6	21.6	10.8	0.0	680	19	290	125	0.3
	1 tablespoon	15	9	38	158	0.7	3.2	1.6	0.0	102	3	44	19	T
M049	Cream substitute, powdered	100	2	550	2 301	4.8	35.5	54.9	0.0	181	4	812	22	1.2
M044	Fromage frais	100	81	115	480	7.7	8.0	3.2	0.0	29	10	90	111	0.3
M043	Fromage frais, fat-free	100	86	47	196	7.5	0.2	3.7	0.0	33	12	92	126	0.4
M020	Ice cream, vanilla	100	63	195	814	4.1	11.2	20.0	0.0	70	13	192	133	0.1
	1 cup	143	90	278	1 164	5.9	16.0	28.6	0.0	100	19	275	190	0.1
M055	Infant formula, Isomil, water added	100	90	67	281	1.8	3.7	6.9	0.0	32	5	77	70	1.2
M056	Infant formula, Similac, water added	100	90	67	281	1.5	3.6	7.4	0.0	19	4	73	51	1.2
M019	Milk, breast, colostrum	100	88	56	234	2.0	2.6	6.3	0.0	47	3	70	28	0.1
M004	Milk, breast, mature	100	87	69	288	1.3	4.1	6.9	0.0	15	3	58	34	0.1
	1 tablespoon	15.6	14	11	45	0.2	0.6	1.1	0.0	2	T	9	5	T
	1 cup	261	227	179	751	3.4	10.7	18.0	0.0	39	8	151	89	0.2

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

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		g	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg	mg
M	MILK AND MILK PRODUCTS												
M010	Cheese, cottage	100	0.6	87	52	91	0.02	0.40	0.2	0.80	0.0	0.1	36
	1 tablespoon	15	0.1	13	8	14	T	0.06	T	0.12	0.0	T	5
	1 cup	241	1.4	210	125	220	0.05	0.96	0.5	1.93	0.0	0.2	87
M046	Cheese, edam	100	2.2	215	135	226	0.04	0.40	0.1	1.47	0.0	0.8	80
	2.0 cubic cm piece	16	0.4	34	22	36	0.01	0.06	T	0.24	0.0	0.1	13
M012	Cheese, mozzarella	100	4.6	191	154	204	0.04	0.30	0.7	1.50	0.0	0.3	63
	2 tablespoons chopped	15	0.7	29	23	31	0.01	0.05	0.1	0.23	0.0	T	9
M045	Cheese, roquefort	100	2.0	309	0	309	0.04	0.06	0.7	0.60	0.0	0.8	100
M005	Cheese, spread, cheddar	100	2.4	185	157	198	0.04	0.24	0.0	0.60	0.0	0.3	68
	1 tablespoon	18	0.4	33	28	36	0.01	0.04	0.0	0.11	0.0	T	12
M013	Cheese, Swiss	100	4.2	257	129	268	0.03	0.54	0.4	1.35	0.0	0.8	81
M052	Cream, pure	100	0.3	530	320	557	0.03	0.20	T	0.30	0.0	1.2	136
	1 tablespoon	15	T	80	48	84	T	0.03	T	0.05	0.0	0.2	20
M054	Cream, reduced fat, canned	100	0.3	176	97	184	0.06	0.33	0.0	0.40	0.9	0.5	85
M051	Cream, sour	100	0.2	417	260	439	0.03	0.39	0.1	0.40	0.9	0.7	100
	1 tablespoon	14	T	58	36	61	T	0.05	T	0.06	0.1	0.1	14
M053	Cream, thickened, ultra heat treated	100	0.3	300	155	313	0.06	0.20	0.0	0.20	1.0	1.0	93
M014	Cream cheese, dip, flavoured	100	0.4	166	94	174	0.10	0.30	0.3	0.25	0.0	0.7	58
	1 tablespoon	15	0.1	25	14	26	0.02	0.05	T	0.04	0.0	0.1	9
M049	Cream substitute, powdered	100	0.5	0	120	10	0.00	0.17	0.0	0.00	0.0	0.3	0
M044	Fromage frais	100	0.3	74	38	77	0.03	0.24	0.1	0.70	1.2	0.3	30
M043	Fromage frais, fat-free	100	0.3	0	0	0	0.04	0.30	0.2	0.90	0.5	0.0	0
M020	Ice cream, vanilla	100	0.4	140	100	148	0.05	0.30	0.9	0.30	0.0	0.2	20
	1 cup	143	0.6	200	143	212	0.07	0.43	1.3	0.43	0.0	0.3	29
M055	Infant formula, Isomil, water added	100	0.5	46	0	46	0.04	0.06	0.9	0.30	5.5	0.6	0
M056	Infant formula, Similac, water added	100	0.5	47	0	47	0.07	0.10	0.7	0.17	5.5	1.7	2
M019	Milk, breast, colostrum	100	0.6	155	135	166	T	0.03	0.1	0.10	7.0	1.3	31
M004	Milk, breast, mature	100	0.3	58	24	60	0.02	0.03	0.2	0.01	4.0	0.3	16
	1 tablespoon	15.6	T	9	4	9	T	T	T	T	0.6	0.1	2
	1 cup	261	0.8	151	63	157	0.05	0.08	0.6	0.03	10.4	0.9	42

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
M	MILK AND MILK PRODUCTS													
M029	Milk, condensed, skim, sweet, canned	100	28	278	1 161	10.1	0.3	59.3	0.0	130	33	475	340	0.1
	1 tablespoon	20	6	56	232	2.0	0.1	11.9	0.0	26	7	95	68	T
M023	Milk, condensed, whole, sweet, canned	100	26	334	1 398	8.3	9.3	55.3	0.0	107	27	400	280	0.1
	1 tablespoon	19	5	63	266	1.6	1.8	10.5	0.0	20	5	76	53	T
M024	Milk, evaporated, skim, canned	100	80	76	319	7.8	0.3	10.6	0.0	97	24	330	250	0.2
M025	Milk, evaporated, whole, canned	100	72	144	603	7.5	8.2	10.4	0.0	108	26	315	265	0.2
	1 tablespoon	15.9	11	23	96	1.2	1.3	1.7	0.0	17	4	50	42	T
	1 cup	266	192	383	1 603	20.0	21.8	27.7	0.0	287	69	838	705	0.5
M026	Milk, goat	100	89	50	208	3.1	2.6	3.6	0.0	66	12	190	110	0.1
	1 tablespoon	15.5	14	8	32	0.5	0.4	0.6	0.0	10	2	29	17	T
	1 cup	258	230	128	537	8.0	6.7	9.3	0.0	170	31	490	284	0.3
M028	Milk, skim, fluid	100	91	35	147	3.6	0.1	5.0	0.0	44	12	159	125	T
	1 tablespoon	15.6	14	5	23	0.6	T	0.8	0.0	7	2	25	20	T
	1 cup	260	236	92	383	9.4	0.3	13.0	0.0	114	31	413	325	T
M031	Milk, ultra heat treated, whole	100	87	65	272	3.5	3.7	4.6	0.0	44	10	150	117	T
	1 cup	258	225	168	703	9.0	9.5	11.9	0.0	114	26	387	302	T
M030	Milk, whole	100	88	66	274	3.3	3.8	4.7	0.0	41	11	152	114	T
	1 tablespoon	15.5	14	10	43	0.5	0.6	0.7	0.0	6	2	24	18	T
	1 cup	258	226	169	708	8.5	9.8	12.1	0.0	106	28	392	294	T
M021	Milk powder, skim	100	4	358	1 498	36.9	0.8	51.0	0.0	425	118	1 690	1 290	0.3
	1 tablespoon	7.6	T	27	114	2.8	0.1	3.9	0.0	32	9	128	98	T
M022	Milk powder, whole	100	3	493	2 061	27.2	26.4	37.7	0.0	340	89	1 200	935	0.3
	1 tablespoon	8.1	T	40	167	2.2	2.1	3.1	0.0	28	7	97	76	T
M039	Yoghurt, fruit	100	78	94	393	4.9	2.8	12.4	0.2	60	16	230	171	0.1
	1 small carton	150	116	141	590	7.4	4.2	18.6	0.3	90	24	345	257	0.2
M040	Yoghurt, natural, low fat, unsweetened	100	85	49	203	5.9	0.2	5.8	0.0	70	18	260	215	0.1
	1 small carton	150	128	73	305	8.9	0.3	8.7	0.0	105	27	390	323	0.2
M041	Yoghurt, natural, unsweetened	100	85	68	283	4.7	3.4	4.7	0.0	55	15	220	171	0.1
	1 small carton	150	128	102	425	7.1	5.1	7.1	0.0	83	23	330	257	0.2

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
M MILK AND MILK PRODUCTS													
M029	Milk, condensed, skim, sweet, canned	100	1.1	0	0	0	0.09	0.70	0.5	0.90	2.0	T	9
	1 tablespoon	20	0.2	0	0	0	0.02	0.14	0.1	0.18	0.4	T	2
M023	Milk, condensed, whole, sweet, canned	100	0.8	100	40	103	0.08	0.60	0.6	0.60	1.0	0.2	35
	1 tablespoon	19	0.2	19	8	20	0.02	0.11	0.1	0.11	0.2	T	7
M024	Milk, evaporated, skim, canned	100	0.9	T	7	1	0.07	0.45	T	0.10	2.0	T	5
M025	Milk, evaporated, whole, canned	100	0.8	85	45	89	0.06	0.50	0.3	0.10	1.0	0.3	28
	1 tablespoon	15.9	0.1	14	7	14	0.01	0.08	T	0.02	0.2	T	4
	1 cup	266	2.1	226	120	236	0.16	1.33	0.8	0.27	2.7	0.8	74
M026	Milk, goat	100	0.4	32	0	32	0.06	0.14	0.5	0.04	0.0	0.1	9
	1 tablespoon	15.5	0.1	5	0	5	0.01	0.02	0.1	0.01	0.0	T	1
	1 cup	258	1.0	83	0	83	0.15	0.36	1.3	0.10	0.0	0.2	23
M028	Milk, skim, fluid	100	0.4	0	0	0	0.04	0.20	0.1	0.38	1.0	T	3
	1 tablespoon	15.6	0.1	0	0	0	0.01	0.03	T	0.06	0.2	T	T
	1 cup	260	1.0	0	0	0	0.10	0.52	0.3	0.99	2.6	T	8
M031	Milk, ultra heat treated, whole	100	0.4	34	8	35	0.04	0.30	0.1	0.10	1.0	0.1	14
	1 cup	258	1.0	88	21	89	0.10	0.77	0.3	0.26	2.6	0.3	36
M030	Milk, whole	100	0.4	44	26	46	0.05	0.20	T	0.35	1.0	0.1	13
	1 tablespoon	15.5	0.1	7	4	7	0.01	0.03	T	0.05	0.2	T	2
	1 cup	258	1.0	114	67	119	0.13	0.52	T	0.90	2.6	0.3	34
M021	Milk powder, skim	100	3.8	0	0	0	0.25	1.99	0.5	5.30	2.0	T	33
	1 tablespoon	7.6	0.3	0	0	0	0.02	0.15	T	0.40	0.2	T	3
M022	Milk powder, whole	100	2.8	340	170	354	0.37	1.60	0.5	3.10	3.0	1.1	105
	1 tablespoon	8.1	0.2	28	14	29	0.03	0.13	T	0.25	0.2	0.1	9
M039	Yoghurt, fruit	100	0.5	31	38	34	0.02	0.30	0.6	0.18	0.0	T	12
	1 small carton	150	0.8	47	57	51	0.03	0.45	0.9	0.27	0.0	T	18
M040	Yoghurt, natural, low fat, unsweetened	100	0.6	0	0	0	0.03	0.30	0.1	0.03	0.0	T	5
	1 small carton	150	0.9	0	0	0	0.05	0.45	0.2	0.05	0.0	T	8
M041	Yoghurt, natural, unsweetened	100	0.5	36	19	38	0.03	0.30	0.1	0.20	0.0	0.1	16
	1 small carton	150	0.8	54	29	56	0.05	0.45	0.2	0.30	0.0	0.1	24

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
N EGGS														
N004	Egg, chicken, fried	100	60	256	1 070	16.3	21.3	0.3	0.0	146	8	153	69	2.0
	1 egg (size: no. 7)	46	28	118	492	7.5	9.8	0.1	0.0	67	4	70	32	0.9
N005	Egg, chicken, poached	100	75	150	628	12.3	11.2	0.3	0.0	87	10	77	53	2.0
	1 egg (size: no. 7)	50	38	75	314	6.2	5.6	0.2	0.0	44	5	39	27	1.0
N006	Egg, chicken, scrambled	100	73	163	683	10.4	13.5	0.4	0.0	141	9	128	750	1.5
	1 egg	62	45	101	423	6.4	8.4	0.2	0.0	87	6	79	465	0.9
	1 cup	218	159	356	1 489	22.7	29.4	0.9	0.0	307	20	279	1 635	3.3
N003	Egg, chicken, white, hard-boiled	100	87	49	204	11.6	0.0	0.4	0.0	163	11	112	6	0.2
	1 medium	32	28	16	65	3.7	0.0	0.1	0.0	52	4	36	2	0.1
N007	Egg, chicken, whole, hard-boiled	100	74	151	633	13.2	10.9	0.3	0.0	123	10	107	43	1.8
	1 egg (size: no. 7)	49	36	74	310	6.5	5.3	0.1	0.0	60	5	52	21	0.9
N008	Egg, chicken, yolk, hard-boiled	100	50	347	1 450	16.1	31.7	0.2	0.0	47	7	97	115	4.8
	1 medium	17	8	59	246	2.7	5.4	T	0.0	8	1	16	20	0.8
N002	Egg, duck, whole, raw	100	71	162	680	14.3	11.8	T	0.0	120	16	190	63	2.9
N014	Egg, quail, whole, raw	100	73	163	682	12.3	12.7	0.2	0.0	113	64	133	56	3.1
N015	Egg, turtle, whole	100	79	122	512	12.0	8.2	0.3	0.0	121	30	150	46	1.4
N013	Omelette, plain	100	73	165	692	12.2	13.1	0.0	0.0	145	7	109	48	1.4
	1 egg omelette	64	46	106	443	7.8	8.4	0.0	0.0	93	4	70	31	0.9
P FATS AND OILS														
P008	Beef, dripping	100	1	875	3 659	0.2	98.8	T	0.0	T	0	0	0	T
	1 tablespoon	12	T	105	439	T	11.9	T	0.0	T	0	0	0	T
P003	Butter, regular	100	15	727	3 042	0.8	81.4	1.0	0.0	720	2	22	23	T
	1 teaspoon	5	1	36	152	T	4.1	0.1	0.0	36	T	1	1	T
	1 tablespoon	15	2	109	456	0.1	12.2	0.2	0.0	108	T	3	3	T
P025	Coconut cream, canned/UHT	100	79	162	677	1.8	16.8	1.5	0.0	170	41	107	T	0.6
P026	Coconut cream, fresh, no water	100	54	325	1 361	4.4	32.3	4.7	1.7	13	28	324	15	1.8
P029	Coconut cream, water added	100	66	254	1 062	3.2	24.9	5.2	T	9	39	T	16	1.6
P024	Coconut oil	100	T	883	3 696	T	99.9	0.0	0.0	T	T	T	2	T

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
N EGGS													
N004	Egg, chicken, fried	100	1.3	200	0	200	0.10	0.38	0.3	1.30	0.0	1.4	506
	1 egg (size: no. 7)	46	0.6	92	0	92	0.05	0.17	0.1	0.60	0.0	0.6	233
N005	Egg, chicken, poached	100	1.2	216	0	216	0.09	0.29	0.2	1.90	0.0	1.1	428
	1 egg (size: no. 7)	50	0.6	108	0	108	0.05	0.15	0.1	0.95	0.0	0.6	214
N006	Egg, chicken, scrambled	100	0.8	211	43	215	0.08	0.38	0.2	1.50	0.0	1.3	314
	1 egg	62	0.5	131	27	133	0.05	0.24	0.1	0.93	0.0	0.8	195
	1 cup	218	1.7	460	94	468	0.17	0.83	0.4	3.27	0.0	2.8	685
N003	Egg, chicken, white, hard-boiled	100	T	0	0	0	0.00	0.31	0.0	T	0.0	0.0	0
	1 medium	32	T	0	0	0	0.00	0.10	0.0	T	0.0	0.0	0
N007	Egg, chicken, whole, hard-boiled	100	0.9	148	0	148	0.07	0.35	0.0	2.00	0.0	0.9	429
	1 egg (size: no. 7)	49	0.4	73	0	73	0.03	0.17	0.0	0.98	0.0	0.4	210
N008	Egg, chicken, yolk, hard-boiled	100	2.7	431	0	431	0.19	0.42	0.0	2.90	0.0	3.1	1 250
	1 medium	17	0.5	73	0	73	0.03	0.07	0.0	0.49	0.0	0.5	213
N002	Egg, duck, whole, raw	100	1.4	540	120	550	0.16	0.47	0.2	5.40	0.0	1.1	680
N014	Egg, quail, whole, raw	100	1.3	193	18	195	0.14	1.30	0.4	1.70	0.0	1.1	680
N015	Egg, turtle, whole	100	1.7	18	3	18	0.17	0.17	0.0	3.00	0.0	1.1	350
N013	Omelette, plain	100	0.8	145	22	147	0.07	0.35	T	2.50	0.0	1.3	407
	1 egg omelette	64	0.5	93	14	94	0.04	0.22	T	1.60	0.0	0.8	260
P FATS AND OILS													
P008	Beef, dripping	100	T	0	23	2	T	T	T	T	0.0	0.3	90
	1 tablespoon	12	T	0	3	T	T	T	T	T	0.0	T	11
P003	Butter, regular	100	T	870	460	908	0.01	0.06	0.5	0.20	T	2.2	200
	1 teaspoon	5	T	44	23	45	T	T	T	0.01	T	0.1	10
	1 tablespoon	15	T	131	69	136	T	0.01	0.1	0.03	T	0.3	30
P025	Coconut cream, canned/UHT	100	0.3	0	T	T	T	T	1.0	0.00	T	0.4	0
P026	Coconut cream, fresh, no water	100	1.0	0	0	0	0.02	0.01	0.5	0.00	2.8	0.6	0
P029	Coconut cream, water added	100	0.7	0	0	0	0.03	0.01	0.8	0.00	2.0	0.2	0
P024	Coconut oil	100	T	0	T	T	T	T	T	0.00	0.0	0.7	1

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
P	FATS AND OILS													
P022	Ghee, butter	100	1	868	3 631	0.4	97.6	0.8	0.0	30	1	27	10	1.8
P014	Margarine, cooking	100	15	713	2 983	0.6	80.0	0.8	0.0	1 130	2	33	11	0.1
P016	Margarine, polyunsat, regular	100	16	715	2 994	0.4	80.5	0.5	0.0	780	1	20	9	T
	1 teaspoon	5	1	36	150	T	4.0	T	0.0	39	T	1	T	T
P015	Margarine, polyunsat, reduce fat	100	57	355	1 483	0.1	40.0	0.1	0.0	300	T	47	3	T
	1 teaspoon	5	3	18	74	T	2.0	T	0.0	15	T	2	T	T
P017	Oil, olive	100	T	880	3 681	T	99.4	0.2	0.0	7	T	0	14	1.2
	1 tablespoon	14	T	123	515	T	13.9	T	0.0	1	T	0	2	0.2
P019	Oil, peanut	100	T	880	3 681	T	99.4	0.2	0.0	0	1	0	T	0.1
	1 tablespoon	14	T	123	515	T	13.9	T	0.0	0	T	0	T	T
P021	Palm oil, red	100	T	878	3 674	T	99.3	0.0	0.0	T	T	T	0	0.0
	1 tablespoon	14	T	123	514	T	13.9	0.0	0.0	T	T	T	0	0.0
P020	Vegetable oil, polyunsat	100	1	878	3 674	T	99.3	0.0	0.0	0	T	0	0	T
	1 tablespoon	14	T	123	514	T	13.9	0.0	0.0	0	T	0	0	T
Q	PROCESSED FOODS													
Q082	Baby food, apples & apricots, strained	100	88	45	187	0.2	0.2	9.8	1.8	3	4	120	6	0.3
	1 jar	135	118	60	252	0.3	0.3	13.2	2.4	4	5	162	8	0.3
Q083	Baby food, apricot and tapioca, junior	100	82	66	278	0.3	0.0	15.8	1.5	6	4	125	8	0.3
	1 jar	220	181	146	611	0.7	0.0	34.8	3.3	13	9	275	18	0.6
Q084	Baby food, beef, junior	100	80	102	428	14.5	4.9	0.0	0.0	66	9	190	8	1.7
	1 jar	99	79	101	424	14.4	4.9	0.0	0.0	65	9	188	8	1.6
Q085	Baby food, lamb, strained	100	80	99	415	14.1	4.7	0.1	0.0	62	13	205	7	1.5
	1 jar	99	79	98	411	14.0	4.7	0.1	0.0	61	13	203	7	1.5
Q079	Baby food, mix vegetable, strained	100	89	39	162	1.2	0.1	7.3	2.2	8	11	121	22	0.3
	1 jar	128	114	50	208	1.5	0.1	9.3	2.8	10	14	155	28	0.4
Q080	Baby food, vegetable & beef, strained	100	89	51	214	2.0	2.0	5.9	1.1	21	5	101	12	0.4
	1 jar	128	113	66	274	2.6	2.6	7.6	1.4	27	6	129	15	0.5

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
P	FATS AND OILS												
P022	Ghee, butter	100	0.1	497	296	522	0.00	0.00	0.7	T	2.5	3.3	268
P014	Margarine, cooking	100	T	770	630	823	0.01	0.04	0.2	T	0.0	11.6	93
P016	Margarine, polyunsat, regular	100	T	850	500	892	T	T	T	T	0.0	11.6	7
	1 teaspoon	5	T	43	25	45	T	T	T	T	0.0	0.6	T
P015	Margarine, polyunsat, reduce fat	100	T	990	1 410	1 108	T	T	T	0.10	0.0	15.8	4
	1 teaspoon	5	T	50	71	55	T	T	T	0.01	0.0	0.8	T
P017	Oil, olive	100	0.1	0	T	T	T	T	0.5	0.00	0.0	5.1	T
	1 tablespoon	14	T	0	T	T	T	T	0.1	0.00	0.0	0.7	T
P019	Oil, peanut	100	0.1	0	T	T	T	T	T	0.00	0.0	15.2	1
	1 tablespoon	14	T	0	T	T	T	T	T	0.00	0.0	2.1	T
P021	Palm oil, red	100	T	0	12 000	1 000	T	T	T	0.00	0.0	27.5	1
	1 tablespoon	14	T	0	1 680	140	T	T	T	0.00	0.0	3.9	T
P020	Vegetable oil, polyunsat	100	T	0	T	T	T	T	T	0.00	0.0	15.8	1
	1 tablespoon	14	T	0	T	T	T	T	T	0.00	0.0	2.2	T
Q	PROCESSED FOODS												
Q082	Baby food, apples & apricots, strained	100	T	0	234	20	0.01	0.03	0.1	0.00	18.9	0.6	0
	1 jar	135	T	0	316	26	0.02	0.04	0.2	0.00	25.5	0.8	0
Q083	Baby food, apricot and tapioca, junior	100	T	0	458	38	0.01	0.01	0.2	0.00	17.9	0.6	0
	1 jar	220	T	0	1 007	84	0.02	0.03	0.4	0.00	39.4	1.3	0
Q084	Baby food, beef, junior	100	2.0	31	0	31	0.01	0.16	3.3	1.47	1.9	0.2	13
	1 jar	99	2.0	31	0	31	0.01	0.16	3.2	1.46	1.9	0.2	12
Q085	Baby food, lamb, strained	100	2.8	26	0	26	0.02	0.20	2.9	2.19	1.2	0.2	13
	1 jar	99	2.7	26	0	26	0.02	0.20	2.9	2.17	1.2	0.2	12
Q079	Baby food, mix vegetable, strained	100	0.2	0	1 640	137	0.02	0.03	0.5	0.00	2.8	0.6	0
	1 jar	128	0.2	0	2 099	175	0.02	0.04	0.6	0.00	3.6	0.8	0
Q080	Baby food, vegetable & beef, strained	100	0.3	0	372	31	0.02	0.03	0.5	0.25	1.2	0.4	6
	1 jar	128	0.4	0	476	40	0.03	0.04	0.6	0.32	1.5	0.5	8

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
Q	PROCESSED FOODS													
Q081	Baby food, vegetable & lamb, junior	100	89	49	206	2.1	1.7	6.0	1.1	13	7	95	13	0.3
	1 jar	213	189	105	440	4.5	3.6	12.8	2.3	28	15	202	28	0.7
Q090	Banana chips, Samoan, Leilei brand	100	1	526	2 202	2.3	32.6	54.2	7.8	986	126	207	9	1.9
Q068	Beans with chili, canned	100	76	110	459	5.7	5.5	7.5	4.4	522	45	365	47	3.4
	1/2 cup	128	97	140	588	7.3	7.0	9.6	5.6	668	58	467	60	4.4
	1 cup	255	193	280	1 171	14.6	14.0	19.1	11.2	1 331	115	931	120	8.7
Q066	Cheese snack, twistie-type	100	2	508	2 126	9.1	27.9	55.6	2.7	1 000	29	174	110	0.3
Q003	Cheesecake, commercial	100	38	343	1 437	6.4	22.2	30.2	1.0	270	20	170	110	0.7
Q088	Chips, pea-flour, fried	100	2	543	2 273	16.1	34.4	41.2	5.8	713	83	615	1	3.0
Q089	Cheese flavour snacks, Twisties	100	1	542	2 270	6.3	31.9	59.2	0.7	983	20	170	46	0.5
Q093	Cocoa, Samoan, <i>T. cacao</i> , processed	100	1	532	2 224	15.0	43.6	6.7	30.7	7	391	1 043	32	3.7
Q006	Corn chips, flavoured	100	2	510	2 134	7.1	29.0	52.1	10.1	510	34	145	123	2.2
	1 small packet	50	1	255	1 067	3.6	14.5	26.1	5.1	255	17	73	62	1.1
Q091	Taro chips, Samoan, Leilei brand	100	1	503	2 106	6.7	29.4	51.6	6.6	435	76	1 783	5	1.3
Q092	Taro chips, Samoan, Tausala brand	100	1	567	2 373	2.4	38.3	53.0	5.1	271	55	564	9	0.9
Q087	Frankfurter, bun & catsup/mustard	100	47	276	1 153	8.9	16.0	24.3	1.0	880	17	160	52	1.8
Q013	Hamburger, bacon	100	49	254	1 064	12.1	13.1	21.8	1.7	780	16	190	20	1.7
Q014	Hamburger, cheese	100	48	261	1 090	13.6	13.3	21.4	1.7	760	12	210	83	1.7
Q015	Hamburger, egg	100	50	237	992	12.4	11.8	20.1	1.6	600	16	210	26	1.9
Q016	Hamburger, plain	100	51	225	943	10.7	10.2	22.4	1.8	660	17	190	21	1.7
Q017	Irish stew, canned, heated	100	82	90	375	5.3	4.6	5.8	2.4	320	8	170	12	0.7
Q018	Lasagna, commercial	100	69	135	566	7.5	5.7	12.3	3.1	235	9	105	54	1.0
Q029	Papadums, fried in vegetable oil	100	10	378	1 581	17.5	16.9	35.5	9.1	2 420	170	750	69	11.0
Q078	Peanut butter, no added sugar	100	1	622	2 601	27.7	51.6	8.1	10.9	300	180	610	46	2.0
	1 tablespoon	17	T	106	442	4.7	8.8	1.4	1.9	51	31	104	8	0.3
Q075	Peanut butter, smooth, with salt	100	1	612	2 560	24.6	50.0	14.8	5.9	478	157	721	34	1.7
	1 tablespoon	17	T	104	435	4.2	8.5	2.5	1.0	81	27	123	6	0.3
	1 cup	258	4	1 578	6 604	63.5	129.0	38.2	15.2	1 233	405	1 860	88	4.3
Q032	Pie, apple, deep, baked	100	51	242	1 014	2.6	13.9	26.9	1.5	125	8	85	11	0.4
	1 slice (1/6 pie)	80	41	194	811	2.1	11.1	21.5	1.2	100	6	68	9	0.3

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
Q	PROCESSED FOODS												
Q081	Baby food, vegetable & lamb, junior	100	0.2	0	638	53	0.02	0.03	0.6	0.16	1.7	0.4	6
	1 jar	213	0.5	0	1 359	113	0.04	0.07	1.2	0.34	3.6	0.9	13
Q090	Banana chips, Samoan, Leilei brand	100	0.6	T	T	T	0.07	0.02	5.1	0.00	T	0.3	0
Q068	Beans with chili, canned	100	2.0	0	204	17	0.05	0.11	0.4	0.00	1.7	0.4	17
	1/2 cup	128	2.6	0	261	22	0.06	0.13	0.5	0.00	2.2	0.5	22
	1 cup	255	5.1	0	520	43	0.12	0.27	0.9	0.00	4.3	1.0	43
Q066	Cheese snack, twistie-type	100	1.1	25	5 480	482	0.02	0.01	0.5	0.14	0.0	4.3	8
Q003	Cheesecake, commercial	100	0.5	120	110	129	0.00	0.23	0.9	0.55	0.0	1.1	46
Q088	Chips, pea-flour, fried	100	1.7	0	65	5	0.60	T	2.2	0.00	T	1.4	12
Q089	Cheese flavour snacks, Twisties	100	0.5	10	14	11	0.07	0.11	0.8	2.18	1.0	4.3	1
Q093	Cocoa, Samoan, <i>T. cacao</i> , processed	100	4.7	T	T	T	0.15	0.16	4.4	1.32	T	0.5	6
Q006	Corn chips, flavoured	100	1.7	0	35	3	0.12	0.10	1.5	0.00	1.0	1.9	2
	1 small packet	50	0.9	0	18	1	0.06	0.05	0.8	0.00	0.5	1.0	1
Q091	Taro chips, Samoan, Leilei brand	100	2.0	T	T	T	0.26	0.02	3.6	0.00	T	11.5	0
Q092	Taro chips, Samoan, Tausala brand	100	1.1	T	T	T	0.17	0.04	1.1	0.00	5.0	11.5	0
Q087	Frankfurter, bun & catsup/mustard	100	1.2	T	47	4	0.27	0.16	2.7	0.60	13.2	0.4	23
Q013	Hamburger, bacon	100	1.7	50	10	51	0.08	0.17	2.4	1.09	2.0	0.7	29
Q014	Hamburger, cheese	100	2.0	110	10	111	0.05	0.16	2.0	0.82	2.0	0.7	34
Q015	Hamburger, egg	100	2.2	100	10	101	0.05	0.19	1.9	1.15	2.0	0.7	110
Q016	Hamburger, plain	100	2.0	70	10	71	0.05	0.13	2.0	0.78	2.0	0.4	26
Q017	Irish stew, canned, heated	100	0.8	0	490	41	0.00	0.06	1.2	0.77	4.4	0.2	42
Q018	Lasagna, commercial	100	1.0	21	83	28	0.02	0.10	2.2	0.40	1.0	0.5	17
Q029	Papadums, fried in vegetable oil	100	2.5	0	0	0	0.13	0.09	1.0	0.00	0.0	0.7	0
Q078	Peanut butter, no added sugar	100	2.9	0	5	T	0.11	0.12	16.0	0.00	0.0	5.0	0
	1 tablespoon	17	0.5	0	1	T	0.02	0.02	2.7	0.00	0.0	0.9	0
Q075	Peanut butter, smooth, with salt	100	2.5	0	0	0	0.14	0.10	13.1	0.00	0.0	5.0	0
	1 tablespoon	17	0.4	0	0	0	0.02	0.02	2.2	0.00	0.0	0.9	0
	1 cup	258	6.5	0	0	0	0.35	0.26	33.8	0.00	0.0	12.9	0
Q032	Pie, apple, deep, baked	100	0.2	1	21	3	0.02	0.01	0.7	0.00	9.0	1.9	2
	1 slice (1/6 pie)	80	0.2	1	17	2	0.02	0.01	0.6	0.00	7.2	1.5	2

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
Q	PROCESSED FOODS													
Q033	Pie, fruit, commercial	100	48	249	1 043	3.1	10.6	35.6	1.3	260	11	89	14	0.6
	1 slice (1/6 pie)	80	38	199	834	2.5	8.5	28.5	1.0	208	9	71	11	0.5
Q022	Pie, meat, family size	100	52	226	944	8.3	14.6	15.4	1.1	605	17	113	11	1.2
	1 slice (1/6 pie)	80	41	181	755	6.6	11.7	12.3	0.9	484	14	90	9	1.0
Q023	Pie, meat, Individual size	100	51	226	946	7.7	13.8	17.9	1.1	605	17	113	11	1.2
	1 pie	172	88	389	1 627	13.2	23.7	30.8	1.9	1 041	29	194	19	2.1
Q034	Pizza, ham & pine, frozen, baked	100	47	246	1 028	13.4	10.1	24.6	2.6	725	19	150	157	1.0
Q035	Pizza, supreme, frozen, baked	100	47	256	1 070	13.8	10.6	25.3	3.2	750	20	160	150	1.0
Q076	Pizza, with meat & thick crust	100	37	300	1 255	12.0	12.8	34.1	1.9	652	23	200	153	2.5
Q086	Cheeseburger, double patty and bun	100	43	283	1 185	13.8	13.5	27.0	0.7	557	21	178	140	2.3
	1 burger	160	69	453	1 896	22.1	21.6	43.2	1.1	891	34	285	224	3.7
Q036	Popcorn, regular, commercial	100	4	479	2 005	9.1	24.4	53.3	8.5	980	105	210	9	2.2
Q037	Potato crisps, plain	100	3	520	2 177	6.4	32.1	47.6	11.9	640	50	1 200	25	2.5
	1 small packet	50	1	260	1 089	3.2	16.1	23.8	6.0	320	25	600	13	1.3
Q069	Potato crisps, plain, salted	100	2	534	2 234	7.0	34.6	48.4	4.5	594	67	1 280	24	1.6
	1 small packet	50	1	267	1 117	3.5	17.3	24.2	2.3	297	34	640	12	0.8
Q038	Potato straws, plain	100	2	531	2 222	6.9	31.3	51.6	11.9	660	51	1390	31	3.6
Q039	Pretzels	100	5	373	1 559	11.7	7.2	64.7	3.3	1 980	28	170	25	3.4
Q040	Pudding, plum, canned	100	32	282	1 182	5.0	7.1	49.3	2.6	345	20	215	51	1.0
Q041	Pudding, self saucing	100	48	236	988	3.1	6.8	41.0	0.9	205	10	46	33	0.6
Q042	Quiche, ham & cheese, comm, baked	100	46	312	1 305	9.8	22.1	19.1	0.7	535	20	137	14	0.5
Q043	Ravioli, commercial	100	69	132	552	7.5	5.0	13.8	1.5	295	10	155	71	0.8
Q050	Sausage roll	100	42	287	1 202	8.0	17.7	24.3	1.3	630	17	98	18	1.4
	1 sausage roll	129	54	371	1 551	10.3	22.8	31.3	1.7	813	22	126	23	1.8
Q053	Soup, chicken noodle, dry mix, prep	100	94	18	77	0.8	0.1	3.6	0.0	440	4	76	5	0.1
	1 cup	258	243	47	198	2.1	0.3	9.3	0.0	1 135	10	196	13	0.3
Q054	Soup, cream veg, prepared, canned	100	89	54	225	1.5	2.6	6.0	0.5	390	6	79	37	0.2
	1 cup	257	230	138	577	3.9	6.7	15.4	1.3	1 002	15	203	95	0.5
Q055	Soup, minestrone, home prepared	100	85	53	220	3.3	1.4	5.0	3.7	200	20	260	26	1.1
	1 cup	268	227	141	590	8.8	3.8	13.4	9.9	536	54	697	70	2.9

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	µg	µg	µg	mg	mg	mg	µg	mg	mg	mg
Q	PROCESSED FOODS												
Q033	Pie, fruit, commercial	100	0.2	0	250	21	0.02	0.00	0.7	0.00	13.0	0.9	13
	1 slice (1/6 pie)	80	0.2	0	200	17	0.02	0.00	0.6	0.00	10.4	0.7	10
Q022	Pie, meat, family size	100	1.1	20	0	20	0.06	0.13	1.5	0.77	0.0	0.2	19
	1 slice (1/6 pie)	80	0.9	16	0	16	0.05	0.10	1.2	0.62	0.0	0.1	15
Q023	Pie, meat, Individual size	100	1.1	20	0	20	0.06	0.13	2.9	0.77	0.0	0.2	19
	1 pie	172	1.9	34	0	34	0.10	0.22	5.0	1.32	0.0	0.3	33
Q034	Pizza, ham & pine, frozen, baked	100	1.2	63	170	77	0.02	0.14	2.0	0.54	3.0	1.4	14
Q035	Pizza, supreme, frozen, baked	100	1.3	77	170	91	0.02	0.18	2.2	0.47	5.0	1.4	19
Q076	Pizza, with meat & thick crust	100	1.2	27	169	41	0.33	0.32	3.4	0.27	6.8	1.1	18
Q086	Cheeseburger, double patty and bun	100	2.7	34	42	38	0.21	0.24	3.8	1.20	0.0	0.7	50
	1 burger	160	4.4	54	67	60	0.34	0.38	6.0	1.92	0.0	1.0	80
Q036	Popcorn, regular, commercial	100	2.0	0	870	73	0.07	0.09	2.8	0.00	0.0	3.8	16
Q037	Potato crisps, plain	100	1.3	0	0	0	0.12	0.07	3.4	0.00	44.0	3.1	0
	1 small packet	50	0.7	0	0	0	0.06	0.04	1.7	0.00	22.0	1.5	0
Q069	Potato crisps, plain, salted	100	1.1	0	0	0	0.17	0.20	3.8	0.00	31.1	3.1	0
	1 small packet	50	0.5	0	0	0	0.08	0.10	1.9	0.00	15.6	1.6	0
Q038	Potato straws, plain	100	1.1	0	0	0	0.11	0.05	2.9	0.00	42.0	2.3	0
Q039	Pretzels	100	0.7	9	6	10	0.11	0.09	2.9	0.00	0.0	0.3	0
Q040	Pudding, plum, canned	100	0.5	1	25	3	0.02	0.07	0.5	0.00	0.0	T	22
Q041	Pudding, self saucing	100	0.4	9	5	9	0.00	0.08	0.6	0.97	0.0	T	50
Q042	Quiche, ham & cheese, comm, baked	100	0.1	110	64	115	0.02	0.23	1.7		0.0		129
Q043	Ravioli, commercial	100	0.4	1	52	5	0.02	0.08	2.2	0.58	0.0	0.6	17
Q050	Sausage roll	100	1.0	20	0	20	0.06	0.08	1.6	T	0.0	1.2	20
	1 sausage roll	129	1.3	26	0	26	0.08	0.10	2.1	T	0.0	1.5	26
Q053	Soup, chicken noodle, dry mix, prep	100	0.0	0	1	T	0.05	0.06	0.5	0.04	0.0	T	1
	1 cup	258	0.0	0	3	T	0.13	0.15	1.3	0.10	0.0	T	3
Q054	Soup, cream veg, prepared, canned	100	0.4	7	18	9	0.03	0.14	0.0	0.00	0.0	0.2	5
	1 cup	257	1.0	18	46	22	0.08	0.36	0.0	0.00	0.0	0.6	13
Q055	Soup, minestrone, home prepared	100	0.4	25	260	47	0.05	0.02	0.7	0.00	1.0	0.4	3
	1 cup	268	1.1	67	697	125	0.13	0.05	1.9	0.00	2.7	1.1	8

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
Q	PROCESSED FOODS													
Q052	Soup, tomato, prepared, canned	100	89	43	181	1.3	0.9	7.5	0.2	340	10	190	35	0.2
	1 cup	258	229	111	466	3.4	2.3	19.4	0.5	877	26	490	90	0.5
Q077	Spaghetti in tomato sauce, canned	100	82	64	269	1.9	0.4	13.1	0.7	420	10	110	12	0.3
	1 cup	264	216	170	710	5.0	1.1	34.6	1.8	1 109	26	290	32	0.8
Q061	Vegetables & sausages, canned	100	81	85	355	3.9	4.2	7.1	2.0	435	15	193	23	1.1
Q062	Vegetables & steak, canned, heated	100	81	80	334	5.6	3.4	6.0	1.7	455	15	235	21	1.2
Q065	Yeast, dried	100	6	259	1 083	36.4	5.0	6.3	21.9	170	95	1 470	18	3.5
Q064	Yeast, compressed	100	72	105	441	13.6	2.0	4.9	6.9	50	42	610	7	1.7
R	MIXED COOKED DISHES													
R020	Beef and sweet potato stew	100	81	93	388	3.9	4.9	8.2	0.6	25	11	120	13	0.6
R029	Bila, boiled	100	48	212	886	0.5	1.9	48.2	1.5	47	20	135	18	1.3
R025	Biro, cooked	100	52	182	760	1.4	4.1	30.2	11.1	2	23	446	17	0.7
R001	Curry, chicken, without bones	100	66	200	839	10.2	17.0	2.0	0.5	620	24	270	24	1.9
R003	Curry, vegetable	100	79	108	451	2.5	7.4	7.2	2.0	370	21	270	45	2.7
R002	Custard	100	75	115	481	4.6	5.3	12.5	T	76	9	141	113	0.5
R018	Fish & island cabbage, fried	100	60	208	871	12.0	16.5	3.0	0.9	202	247	249	425	6.8
R027	Fish salad, Tahitian, raw	100	85	59	245	5.8	2.3	2.6	2.3	46	9	229	54	0.6
R019	Laplap, cabbage, cassava & coconut	100	62	151	633	2.4	5.8	22.2	1.4	7	131	322	152	3.2
R017	Laplap, taro, chicken & coconut cream	100	63	167	698	5.2	6.9	20.9	1.2	18	91	378	28	0.8
R022	Manihikian bread	100	42	232	972	4.9	0.5	51.9	1.7	1	16	75	9	0.6
R021	Meat and island cabbage, fried	100	56	223	933	15.5	17.8	0.2	1.0	540	259	345	314	8.2
R004	Mutton, biriani	100	50	272	1 138	7.5	16.9	23.0	0.7	270	22	255	41	0.9
R028	Palusami, taro leaf & coconut cream	100	69	157	656	5.8	12.7	2.7	5.4	3	174	763	199	3.2
R026	Palusami, taro leaf & coconut & beef	100	66	172	719	9.9	12.9	2.3	4.4	263	146	658	166	3.5
R030	Palusami, corned mutton, earth-oven	100	71	151	633	10.4	11.2	1.4	2.3	252	20	302	65	3.0
R014	Poi, paiai	100	72	110	458	0.4	0.1	26.8	0.5	12	24		18	1.4
R023	Poke recipe, boiled	100	54	177	743	0.6	0.2	43.6	0.7	7	1	158	24	0.7
R015	Sandwich, toasted, cheese & ham	100	43	282	1 182	14.3	16.2	20.5	0.1	690	23	225	270	1.9

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β -carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μ g	μ g	μ g	mg	mg	mg	μ g	mg	mg	mg
Q	PROCESSED FOODS												
Q052	Soup, tomato, prepared, canned	100	0.2	10	110	19	0.12	0.07	0.6	0.00	31.7	1.1	3
	1 cup	258	0.5	26	284	49	0.31	0.18	1.5	0.00	81.8	2.9	8
Q077	Spaghetti in tomato sauce, canned	100	0.3	31	24	33	0.07	0.01	0.6	T	T	0.4	0
	1 cup	264	0.8	82	63	87	0.18	0.03	1.6	T	T	1.0	0
Q061	Vegetables & sausages, canned	100	1.2	0	800	67	0.00	0.02	1.0		2.0		10
Q062	Vegetables & steak, canned, heated	100	1.6	0	1 150	96	0.00	0.06	1.2		1.0		12
Q065	Yeast, dried	100	18.0	0	1	T	0.59	0.12	28.0	0.02	1.0	0.1	0
Q064	Yeast, compressed	100	3.9	0	1	T	0.02	0.07	12.0	0.01	1.0	0.1	0
R	MIXED COOKED DISHES												
R020	Beef and sweet potato stew	100	1.3	0	24	2	0.04	0.03	0.6	0.20	7.0	2.2	11
R029	Bila, boiled	100	0.4	0	T	T	0.16	0.03	1.1		T		
R025	Biro, cooked	100	0.1	0	22	2	0.10	0.03	0.9		26.7	1.4	0
R001	Curry, chicken, without bones	100	0.8	385	68	391	0.08	0.14	3.3	1.90	2.0	3.8	37
R003	Curry, vegetable	100	0.3	0	640	53	0.03	0.05	0.6	0.00	8.0		0
R002	Custard	100	0.4	5	20	7	0.05	0.20	0.1	0.50	0.0	0.6	11
R018	Fish & island cabbage, fried	100	1.4	0	2 990	249	0.07	0.29	4.8	3.40	12.0	1.5	49
R027	Fish salad, Tahitian, raw	100	0.2	17	603	67	0.10	0.05	0.9	0.60	33.0	1.0	32
R019	Laplap, cabbage, cassava & coconut	100	0.7	0	1 990	166	0.10	0.10	1.3	0.00	14.0		0
R017	Laplap, taro, chicken & coconut cream	100	0.7	9	33	12	0.10	0.04	1.5	0.06	8.0	0.2	21
R022	Manihikian bread	100	0.2	0	0	0	0.10	0.06	1.1	0.00	0.0	0.0	0
R021	Meat and island cabbage, fried	100	3.3	6	3 330	284	0.05	0.32	2.9	0.80	13.0	2.1	38
R004	Mutton, biriani	100	1.3	105	240	125	0.15	0.08	2.3	0.50	2.0	0.8	50
R028	Palusami, taro leaf & coconut cream	100	1.0	0	4 040	337	0.15	0.36	2.4	0.00	83.0	2.3	0
R026	Palusami, taro leaf & coconut & beef	100	1.0	2	3 320	279	0.12	0.35	2.4	0.40	67.0	2.0	16
R030	Palusami, corned mutton, earth-oven	100	2.0	195	2 336	390	0.03	0.04	1.6	0.34	5.0	1.7	14
R014	Poi, paiai	100		0	0	0	0.07	0.03	0.5	0.00	8.0		0
R023	Poke recipe, boiled	100	0.2	0	434	36	0.05	0.04	0.5	0.00	36.0	T	0
R015	Sandwich, toasted, cheese & ham	100	1.1	120	70	126	0.20	0.16	1.6	0.43	T	0.6	82

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
R	MIXED COOKED DISHES													
R007	Toor dahl, cooked	100	74	113	471	4.6	4.6	12.5	2.1	270	22	244	16	1.0
S	CONFECTIONERY													
S006	Chocolate, dark	100	T	522	2 184	5.1	28.5	62.6	1.2	55	120	440	52	4.4
	1 small bar	50	T	261	1 092	2.6	14.3	31.3	0.6	28	60	220	26	2.2
S007	Chocolate, milk	100	1	522	2 184	8.3	27.4	62.0	0.8	90	49	450	250	1.5
	1 small bar	50	T	261	1 092	4.2	13.7	31.0	0.4	45	25	225	125	0.8
S008	Chocolate, milk and nuts	100	1	524	2 194	11.1	29.5	53.0	4.9	71	71	480	230	1.9
	1 small bar	50	T	262	1 097	5.6	14.8	26.5	2.5	36	36	240	115	1.0
S004	Chocolate bar, Bounty bar	100	8	436	1 824	4.5	22.4	52.1	7.4	130	41	310	87	1.8
	1 bar	50	4	218	912	2.3	11.2	26.1	3.7	65	21	155	44	0.9
S020	Chocolate bar, Mars bar	100	6	423	1 771	5.2	17.2	62.6	1.6	190	34	290	160	1.6
	1 bar	50	3	212	885	2.6	8.6	31.3	0.8	95	17	145	80	0.8
S012	Honey	100	16	325	1 360	0.3	0.0	82.1	0.0	14	3	62	8	0.2
	1 tablespoon	21	3	68	286	0.1	0.0	17.2	0.0	3	1	13	2	T
S013	Jam, unspecified	100	31	264	1 103	0.3	0.0	65.9	1.3	13	5	70	7	0.3
	1 tablespoon	20	6	53	221	0.1	0.0	13.2	0.3	3	1	14	1	0.1
S015	Jelly, prepared	100	82	69	289	1.3	0.0	16.2	0.0	93	2	1	1	0.0
S014	Jelly, crystals	100	1	387	1 617	7.1	0.0	90.7	0.0	520	0	4	4	0.1
S037	Jollies, banana	100	3	550	2 300	4.2	32.2	62.2	1.3	19	17	101	2	0.7
S016	Licorice	100	14	302	1 263	4.9	0.8	68.2	3.0	120	120	1 060	280	8.8
S019	Marmalade, orange	100	31	260	1 089	0.1	0.0	65.5	0.8	33	29	27	15	0.3
	1 tablespoon	20	6	52	218	T	0.0	13.1	0.2	7	6	5	3	0.1
S032	Marzipan	100	10	417	1 743	7.4	18.1	55.1	4.8	12	59	120	110	1.4
S021	Meringue, commercial	100	4	378	1 583	2.6	1.4	90.1	0.0	40	0	32	3	0.0
S022	Muesli bar, fruit	100	8	403	1 687	4.8	14.8	62.2	3.9	49	52	300	32	1.6
S034	Pancake syrup	100	24	299	1 249	0.0	0.0	75.7	0.0	83	2	2	1	0.1
	1 tablespoon	20	5	60	250	0.0	0.0	15.1	0.0	17	T	T	T	T
	1 cup	314	76	937	3 922	0.0	0.0	237.7	0.0	261	6	6	3	0.3

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
R	MIXED COOKED DISHES												
R007	Toor dahl, cooked	100	0.6	39	99	47	0.14	0.02	0.4	T	T	0.1	11
S	CONFECTIONERY												
S006	Chocolate, dark	100	2.0	19	11	20	0.05	0.13	1.3	T	0.0	0.9	0
	1 small bar	50	1.0	10	6	10	0.03	0.07	0.7	T	0.0	0.5	0
S007	Chocolate, milk	100	1.3	94	20	96	0.08	0.60	1.1	0.62	0.0	0.8	18
	1 small bar	50	0.7	47	10	48	0.04	0.30	0.6	0.31	0.0	0.4	9
S008	Chocolate, milk and nuts	100	1.6	76	20	78	0.09	0.55	3.1	0.46	0.0	5.2	21
	1 small bar	50	0.8	38	10	39	0.05	0.28	1.6	0.23	0.0	2.6	11
S004	Chocolate bar, Bounty bar	100	0.9	37	10	38	0.02	0.19	0.5	T	0.0	0.5	8
	1 bar	50	0.5	19	5	19	0.01	0.10	0.3	T	0.0	0.3	4
S020	Chocolate bar, Mars bar	100	0.8	63	19	65	0.06	0.37	0.1	T	0.0	0.5	15
	1 bar	50	0.4	32	10	32	0.03	0.19	0.1	T	0.0	0.3	8
S012	Honey	100	2.6	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 tablespoon	21	0.5	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
S013	Jam, unspecified	100	0.1	0	16	1	0.00	0.00	0.5	0.00	5.0	0.0	0
	1 tablespoon	20	T	0	3	T	0.00	0.00	0.1	0.00	1.0	0.0	0
S015	Jelly, prepared	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
S014	Jelly, crystals	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
S037	Jollies, banana	100	0.5	0	T	T	0.04	0.07	6.0	0.00	T	0.0	0
S016	Licorice	100	0.6	1	1	1	0.20	0.20	2.1	0.00	0.0	0.0	0
S019	Marmalade, orange	100	0.0	0	1	T	0.00	0.00	0.0	0.00	2.0	T	0
	1 tablespoon	20	0.0	0	T	T	0.00	0.00	0.0	0.00	0.4	T	0
S032	Marzipan	100	1.4	0	0	0	T	0.15	0.0	0.20	0.0	6.0	0
S021	Meringue, commercial	100	0.2	0	0	0	0.00	0.07	0.2		0.0		0
S022	Muesli bar, fruit	100	1.1	0	160	13	0.12	0.06	1.3	0.10	0.0	1.7	0
S034	Pancake syrup	100	T	0	0	0	0.01	0.01	T	0.00	0.0	0.0	0
	1 tablespoon	20	T	0	0	0	T	T	T	0.00	0.0	0.0	0
	1 cup	314	T	0	0	0	0.03	0.03	T	0.00	0.0	0.0	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
S	CONFECTIONERY													
S010	Seed bar, fruit and nut	100	8	424	1 773	9.1	19.6	50.4	7.7	91	80	460	63	2.0
S036	Sherbet	100	71	111	465	0.5	0.5	25.2	2.8	10	4	38	15	0.4
S026	Sugar, brown	100	2	383	1 601	0.2	0.0	96.8	0.0	21	21	300	150	1.2
	1 teaspoon	3	T	11	48	T	0.0	2.9	0.0	1	1	9	5	T
S027	Sugar, raw	100	T	394	1 647	T	0.0	99.8	0.0	1	3	21	7	0.3
	1 tablespoon	13	T	51	214	T	0.0	13.0	0.0	T	T	3	1	T
	1 cup	218	T	858	3 590	T	0.0	217.6	0.0	2	7	46	15	0.7
S028	Sugar, white	100	T	394	1 650	T	0.0	100.0	0.0	0	0	2	1	T
	1 teaspoon	4	T	16	66	T	0.0	4.0	0.0	0	0	T	T	T
	1 cup	214	T	844	3 531	T	0.0	214.0	0.0	0	0	4	2	T
S035	Sugar cane juice	100	83	68	284	0.3	0.2	16.5	0.0	2			10	1.3
S003	Sweets, boiled	100	2	344	1 440	0.0	0.0	87.3	0.0	71	10	4	2	0.5
	1 boiled sweet	5	T	17	72	0.0	0.0	4.4	0.0	4	1	T	T	T
S011	Syrup, golden	100	17	322	1 346	6.5	0.0	74.9	0.0	130	37	610	230	3.3
	1 tablespoon	20	3	64	269	1.3	0.0	15.0	0.0	26	7	122	46	0.7
S029	Topping, chocolate	100	49	200	836	0.7	0.3	49.3	0.0	69	14	180	8	0.2
S030	Violet crumble	100	2	456	1 907	2.6	16.2	76.4	0.3	260	31	340	76	0.9
T	HERBS, SPICES, SAUCES													
T002	Allspice powder	100	9	333	1 395	6.1	8.7	48.3	21.6	77	130	1 040	660	7.1
T043	Barbecue sauce, commercial	100	54	181	759	0.7	0.2	44.3	1.1	640	9	140	15	0.5
T003	Cardamom	100	18	249	1 043	10.0	3.3	34.8	22.1	13	205	1 180	1 630	19.9
T005	Chilli, dried	100	14	327	1 370	12.8	4.5	54.5	10.8	24	91	173	107	1.4
T004	Chilli powder	100	8	338	1 415	12.3	16.8	17.5	37.0	1 010	170	1 920	280	14.3
T033	Chilli sauce, bottled	100	68	111	464	2.8	0.4	24.0	0.7	1 140	12	86	7	0.4
T006	Cinnamon powder	100	10	249	1 040	3.9	3.2	25.5	54.3	26	56	500	1 230	38.1
T007	Cloves	100	23	284	1 189	5.4	12.4	25.0	28.2	282	218	961	740	5.0
T009	Coriander, leaves, dried	100	7	313	1 310	21.8	4.8	41.1	10.4	210	690	4 470	1 250	8.0
T010	Coriander, seeds	100	10	381	1 595	11.1	17.6	38.9	14.2	93	328	1 820	605	34.5

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
S	CONFECTIONERY												
S010	Seed bar, fruit and nut	100	1.8	0	100	8	0.22	0.16	3.0	0.04	0.0	10.4	0
S036	Sherbet	100	0.4	8	0	8	0.02	0.05	0.1	0.10	2.0	1.2	0
S026	Sugar, brown	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 teaspoon	3	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
S027	Sugar, raw	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 tablespoon	13	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 cup	218	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
S028	Sugar, white	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 teaspoon	4	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 cup	214	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
S035	Sugar cane juice	100	0.0	0	T	T	0.02	0.02	0.1	0.00	T	0.0	0
S003	Sweets, boiled	100	0.2	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 boiled sweet	5	T	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
S011	Syrup, golden	100	0.0	0	0	0	0.00	0.00	0.4	0.00	0.0	0.0	0
	1 tablespoon	20	0.0	0	0	0	0.00	0.00	0.1	0.00	0.0	0.0	0
S029	Topping, chocolate	100	0.2	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
S030	Violet crumble	100	0.3	7	1	7	0.06	0.40	4.0	0.00	0.0	1.2	0
T	HERBS, SPICES, SAUCES												
T002	Allspice powder	100	1.0	0	325	27	0.10	0.06	2.9	0.00	39.2		0
T043	Barbecue sauce, commercial	100	T	1	41	4	0.00	0.05	0.1	0.00	0.0	T	0
T003	Cardamom	100	6.7	0	0	0	0.02	0.22	1.9	0.00	18.8		0
T005	Chilli, dried	100	1.1	0	10 400	867	0.00	1.30	4.2	0.00	43.0	3.3	0
T004	Chilli powder	100	2.7	0	21 000	1 750	0.35	0.79	7.9	0.00	0.0	29.1	0
T033	Chilli sauce, bottled	100	0.1	0	340	28	0.05	0.03	0.0	0.00	2.8	1.9	0
T006	Cinnamon powder	100	2.0	0	155	13	0.08	0.14	1.3	0.00	28.5	1.0	0
T007	Cloves	100	0.9	0	265	22	0.03	0.00	0.0	0.00	0.0	7.0	0
T009	Coriander, leaves, dried	100	2.9	0	7 870	656	1.25	1.50	10.7	0.00	567.0	1.0	0
T010	Coriander, seeds	100	4.7	0	77	6	0.24	0.34	2.1	0.00	20.8	1.0	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
T	HERBS, SPICES, SAUCES													
T013	Cumin, seeds	100	13	362	1 515	12.7	14.8	39.5	12.5	21	347	929	664	29.9
T014	Curry powder	100	10	339	1 417	12.6	13.7	26.1	33.2	450	280	1 540	640	58.3
T060	Garlic, boiled	100	55	136	567	6.8	3.1	11.3	18.8	8	24	460	29	1.6
T035	Gelatine	100	11	346	1 450	84.4	0.4	0.0	0.0	330	15	7	250	2.1
T061	Ginger, boiled	100	89	34	143	0.9	0.4	5.3	3.2	10	22	215	16	0.6
T017	Ginger, root, fresh	100	86	46	191	2.1	1.0	5.8	2.8	3	28	125	17	2.5
T057	Gravy, powder, dried	100	11	324	1 354	8.9	9.0	51.8	1.9	8 200	27	129	30	1.1
T037	Gravy powder, prepared	100	93	21	87	0.8	0.1	4.2	0.0	630	2	11	3	0.4
T058	Kim chee	100	90	28	117	1.1	T	3.8	4.5	6	8	238	25	0.3
T019	Lemon grass	100	83	61	254	0.7	0.7	11.5	3.3	2	35	288	28	1.1
T053	Lemons, juice, freshly extracted	100	91	9	40	0.3	0.2	1.6	0.1	2	7	140	8	0.1
		1 cup	258	236	24	102	0.8	4.1	0.3	5	18	361	21	0.3
		1 tablespoon	16	15	2	6	T	0.3	T	T	1	22	1	T
T038	Mayonnaise, commercial	100	47	369	1 543	0.9	32.3	19.9	0.5	810	3	13	8	0.3
T054	Mornay sauce	100	78	102	428	5.5	5.3	8.4	T	490	17		230	0.2
T044	Mushroom sauce, with butter, can, heat	100	92	28	116	0.4	1.1	3.6	1.1	370	3	98	2	0.6
T020	Mustard, seeds	100	8	489	2 048	22.7	31.6	26.7	6.5	90	295	780	431	23.0
T039	Mustard, cream type, commercial	100	75	83	348	5.8	3.1	6.2	4.1	1 420	55	160	83	2.0
T056	Mustard, French	100	80	89	373	5.5	5.0	5.1	1.3	1 217	41	164	87	1.8
T021	Nutmeg powder	100	6	497	2 078	5.8	36.3	28.5	20.8	16	180	350	180	3.0
T041	Onion, pickled, commercial, drained	100	82	58	242	0.5	0.2	13.0	1.5	790	26	63	26	0.1
		1 onion	25	21	14	61	0.1	0.1	3.3	198	7	16	7	T
T022	Oregano powder	100	7	351	1 470	11.0	10.3	47.4	15.0	15	270	1 670	1 580	44.0
T023	Oyster sauce	100	63	83	349	3.9	0.1	16.9	0.0	4 160	50	94	25	2.4
T024	Paprika	100	10	347	1 451	14.8	13.0	33.4	20.9	34	190	2 340	180	23.6
T025	Parsley, leaves, raw	100	79	46	193	5.2	0.5	0.8	9.1	33	52	1 080	330	8.0
		1 tablespoon	3.7	3	2	7	T	T	0.3	1	2	40	12	0.3
		1 cup chopped	64	50	30	123	3.3	0.5	5.8	21	33	691	211	5.1
T026	Pepper, black	100	13	329	1 378	11.5	6.8	49.2	14.9	43	184	1 220	460	16.8
T042	Pickles, mustard, commercial	100	78	79	332	0.8	0.5	17.5	1.4	620	8	61	15	0.6

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol	
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg	
T	HERBS, SPICES, SAUCES													
T013	Cumin, seeds	100	4.5	0	716	60	0.63	0.20	5.9	0.00	0.0	3.2	0	
T014	Curry powder	100	4.1	0	100	8	0.25	0.28	3.5	0.00	11.4	22.0	0	
T060	Garlic, boiled	100	1.0	0	9	1	0.08	0.06	0.8	0.00	8.0	T	0	
T035	Gelatine	100	0.4	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0	
T061	Ginger, boiled	100	0.4	0	32	3	0.01	0.03	0.9	0.00	2.0	0.1	0	
T017	Ginger, root, fresh	100	0.2	0	33	3	0.04	0.04	0.7	0.00	5.3	0.2	0	
T057	Gravy, powder, dried	100	0.6	0	0	0	0.31	0.37	1.8	0.00	0.0	0.4	0	
T037	Gravy powder, prepared	100	0.4	0	0	0	0.00	0.00	0.3	0.05	0.0	0.1	0	
T058	Kim chee	100	0.2	0	181	15	0.10	0.14	1.4	0.00	15.3		0	
T019	Lemon grass	100	1.3	0	0	0	0.04	0.05	0.4	0.00	0.0	0.3	0	
T053	Lemons, juice, freshly extracted	100	0.1	0	11	1	0.02	0.01	0.1	0.00	50.0	0.2	0	
		1 cup	258	0.1	0	28	2	0.05	0.03	0.3	0.00	129.0	0.6	0
		1 tablespoon	16	T	0	2	T	T	T	0.00	8.0	T	0	
T038	Mayonnaise, commercial	100	T	1	1	1	T	0.49	0.0	0.46	0.0	19.8	32	
T054	Mornay sauce	100		140	99	148	0.05	0.35	0.2	0.50	1.0	0.7	30	
T044	Mushroom sauce, with butter, can, heat	100	0.5	0	5	T	0.00	0.07	1.2	0.00	0.0	1.5	2	
T020	Mustard, seeds	100	5.6	0	134	11	0.17	0.25	3.9	0.00	22.0	2.9	0	
T039	Mustard, cream type, commercial	100	0.8	0	T	T	0.20	0.03	1.0	0.00	0.0	0.3	0	
T056	Mustard, French	100	0.7	0	0	0	0.10	0.20	0.8	0.00	75.0	0.3	0	
T021	Nutmeg powder	100	2.2	0	60	5	0.35	0.06	1.3	0.00	0.0	0.0	0	
T041	Onion, pickled, commercial, drained	100	0.4	0	1	T	0.00	0.06	0.0	0.00	1.0	T	0	
		1 onion	25	0.1	0	T	T	0.00	0.02	0.0	0.00	0.3	T	0
T022	Oregano powder	100	4.4	0	4 140	345	0.34	0.32	6.2	0.00	0.0	18.9	0	
T023	Oyster sauce	100	0.9	0	0	0	0.00	0.04	0.0	0.41	0.0	0.0	0	
T024	Paprika	100	4.1	0	36 300	3 025	0.65	1.74	15.3	0.00	71.1	29.8	0	
T025	Parsley, leaves, raw	100	0.9	0	7 000	583	0.15	0.30	1.0	0.00	150.0	2.6	0	
		1 tablespoon	3.7	T	0	259	22	0.01	0.01	T	0.00	5.6	0.1	0
		1 cup chopped	64	0.6	0	4 480	373	0.10	0.19	0.6	0.00	96.0	1.7	0
T026	Pepper, black	100	1.4	0	111	9	0.11	0.23	1.1	0.00	0.0	0.0	0	
T042	Pickles, mustard, commercial	100	0.2	0	25	2	T	0.00	0.2	0.00	6.0	0.2	0	

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe	
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg	
T	HERBS, SPICES, SAUCES														
T027	Saffron	100	12	340	1 423	11.4	5.9	59.4	3.9	148	264	1 720	110	11.1	
T046	Soy sauce, commercial	100	72	33	136	5.4	0.0	2.7	0.0	6 310	32	180	17	2.2	
		1 tablespoon	18	13	6	25	1.0	0.0	0.0	1 136	6	32	3	0.4	
T050	Stock cube	100	4	213	893	11.3	8.9	22.5	0.0	18 400	25	250	71	2.5	
T059	Thousand island dressing	100	46	373	1 560	0.9	35.7	13.2	0.8	700	2	113	11	0.6	
T052	Tomato catsup	100	67	114	476	1.5	0.4	25.7	1.6	1 190	22	481	19	0.7	
T045	Tomato pasta sauce, comm, heated	100	85	52	219	1.4	0.7	9.4	1.8	470	17	360	24	1.0	
T048	Tomato sauce, commercial	100	71	106	444	1.2	0.2	24.3	1.9	970	17	390	12	0.7	
		1 tablespoon	15	11	16	67	0.2	T	0.3	146	3	59	2	0.1	
T031	Turmeric powder	100	10	349	1 462	6.7	7.0	55.7	21.2	38	193	2 530	182	41.4	
T051	Vegemite	100	40	145	608	24.4	1.0	8.1	2.9	3 060	160	2 320	54	2.7	
T055	Vinaigrette sauce	100	24	647	2 706	0.1	73.0	0.2	0.0	960	13	19	5	0.1	
		1 tablespoon	16	4	103	433	T	T	0.0	154	2	3	1	T	
T036	Vinegar	100	96	17	72	0.1	0.0	4.3	0.0	5	16	73	4	0.4	
T049	Worcestershire sauce	100	73	78	326	1.3	0.2	17.6	0.7	1 060	83	890	160	3.7	
		1 tablespoon	18	13	14	59	0.2	T	0.1	191	15	160	29	0.7	
W	BEVERAGES														
W001	Beer, bitter/draught	100	93	35	145	0.3	0.0	2.0	0.0	8	6	31	4	T	
		1 large bottle (745mL)	747	695	260	1 086	2.2	0.0	14.9	0.0	60	45	232	30	T
W002	Beer, low alcohol	100	97	10	42	0.2	0.0	1.1	0.0	6	5	24	3	0.0	
		1 can (355mL)	358	347	36	150	0.7	0.0	3.9	0.0	21	18	86	11	0.0
W003	Beer, reduced alcohol	100	95	24	102	0.3	0.0	2.2	0.0	6	6	32	3	T	
		1 can (355mL)	358	339	88	366	1.1	0.0	7.9	0.0	21	21	115	11	T
W005	Brandy	100	66	205	858	0.0	0.0	0.3	0.0	2	0	T	0	T	
W006	Champagne	100	89	64	266	0.2	0.0	1.0	0.0	10	7	8	8	0.2	
W007	Cocoa powder, Australian	100	4	425	1 777	19.6	14.0	53.9	4.5	260	510	2 550	150	16.0	
		2 teaspoons	3.6	T	15	64	0.7	0.5	0.2	9	18	92	5	0.6	

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
T	HERBS, SPICES, SAUCES												
T027	Saffron	100	1.1	0	339	28	0.40	0.40	11.0	0.00	80.8		0
T046	Soy sauce, commercial	100	0.3	1	0	1	T	0.11	0.5	0.00	0.0	0.0	0
		1 tablespoon	18	0.1	T	0	T	0.02	0.1	0.00	0.0	0.0	0
T050	Stock cube	100	0.4	0	24	2	0.13	0.14	3.1	1.00	0.0	0.0	9
T059	Thousand island dressing	100	0.1	96	0	96	0.01	0.02	T	0.21	0.0	1.1	26
T052	Tomato catsup	100	0.2	0	612	51	0.09	0.07	1.4	0.00	15.1	1.5	0
T045	Tomato pasta sauce, comm, heated	100	0.2	1	260	23	T	0.10	1.0	0.00	0.0	2.1	0
T048	Tomato sauce, commercial	100	0.2	0	260	22	T	0.08	1.3	0.00	0.0	1.5	0
		1 tablespoon	15	T	0	39	T	0.01	0.2	0.00	0.0	0.2	0
T031	Turmeric powder	100	4.4	0	0	0	0.15	0.23	5.1	0.00	26.0	3.2	0
T051	Vegemite	100	5.1	T	1	T	18.00	22.00	130.0	1.10	0.0	0.0	0
T055	Vinaigrette sauce	100	0.1	0	0	0	0.00	0.00	0.0	0.00	0.0	3.9	1
		1 tablespoon	16	T	0	0	0.00	0.00	0.0	0.00	0.0	0.6	T
T036	Vinegar	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
T049	Worcestershire sauce	100	0.4	1	8	2	T	0.07	0.4	0.00	0.0	0.1	2
		1 tablespoon	18	0.1	T	1	T	0.01	0.1	0.00	0.0	T	T
W	BEVERAGES												
W001	Beer, bitter/draught	100	0.0	0	0	0	0.00	0.00	0.4	T	2.0	0.0	0
		1 large bottle (745mL)	747	0.0	0	0	0.00	0.00	3.0	T	14.9	0.0	0
W002	Beer, low alcohol	100	0.0	0	0	0	0.00	0.00	0.4	T	2.0	0.0	0
		1 can (355mL)	358	0.0	0	0	0.00	0.00	1.4	T	7.2	0.0	0
W003	Beer, reduced alcohol	100	T	0	0	0	0.00	0.00	0.4	0.02	2.0	0.0	0
		1 can (355mL)	358	T	0	0	0.00	0.00	1.4	0.07	7.2	0.0	0
W005	Brandy	100	T	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
W006	Champagne	100	0.1	0	0	0	0.00	0.00	0.0	0.02	3.0	0.0	0
W007	Cocoa powder, Australian	100	8.2	0	17	1	0.11	0.21	6.9	0.00	0.0	0.7	0
		2 teaspoons	3.6	0.3	0	1	T	T	0.01	0.2	0.00	0.0	T

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
W	BEVERAGES													
W034	Cocoa powder, Malaysian	100	3	454	1 898	14.8	22.4	48.8	1.5	95	521	2 980	82	8.6
	2 teaspoons	3.6	T	16	68	0.5	0.8	1.8	0.1	3	19	107	3	0.3
W008	Coffee powder, instant	100	3	132	551	13.6	0.6	10.1	16.4	19	360	3 700	140	2.8
	1 teaspoon	1	T	1	6	0.1	T	0.1	0.2	T	4	37	1	T
W035	Coffee, brewed	100	99	2	8	0.1	0.0	0.4	0.0	2	5	54	2	0.1
	1 serving (150mL)	155	154	3	13	0.2	0.0	0.6	0.0	3	8	84	3	0.1
W009	Cordial, blackcurrant, prepared	100	93	45	189	0.0	0.0	11.4	0.1	9	2	12	4	0.1
W010	Cordial, citrus, 25% prepared	100	94	34	144	0.0	0.0	8.7	T	9	2	4	3	T
W011	Fruit drink, orange	100	93	39	163	0.1	0.0	9.7	0.1	7	3	37	4	0.1
	200mL	208	194	81	338	0.2	0.0	20.2	0.2	15	6	77	8	0.1
W012	Gin	100	68	205	858	0.0	0.0	0.0	0.0	0	0	0	0	0.0
	1 nip (20mL)	19	13	39	163	0.0	0.0	0.0	0.0	0	0	0	0	0.0
W016	Juice, orange, commercial	100	94	36	151	0.6	0.0	8.4	0.3	3	7	150	9	T
	1 cup	264	247	95	399	1.6	0.0	22.2	0.8	8	18	396	24	T
W015	Juice, orange and mango	100	94	34	143	0.6	0.1	7.8	0.1	3	7	160	8	0.2
	1 cup (250mL)	262	246	90	376	1.6	0.3	20.4	0.3	8	18	419	21	0.6
W014	Juice, tomato, canned, salted	100	97	18	75	0.7	0.0	3.7	0.2	220	7	190	6	0.8
	1 cup (250mL)	257	248	46	192	1.8	0.0	9.5	0.6	565	18	488	15	2.1
W040	Kava, <i>Piper methysticum</i>	100	98	6	25	0.2	0.5	0.2	0.0	10	4	65	6	1.0
W017	Liqueur, coffee-flavoured	100	23	368	1 538	0.1	0.5	55.1	0.0	10	5	40	1	0.1
	1 glass (20mL)	22	5	81	338	T	0.1	12.1	0.0	2	1	9	T	T
W019	Milo powder	100	2	433	1 814	12.6	10.5	73.4	0.0	290	170	950	420	25.0
	2.5 tablespoons	20	T	87	363	2.5	2.1	14.7	0.0	58	34	190	84	5.0
W021	Mineral water, natural	100	100	0	0	0.0	0.0	0.0	0.0	8	4	1	6	0.0
W020	Mineral water and juice	100	94	38	160	0.0	0.0	9.7	0.0	15	4	5	5	T
W023	Ovaltine powder	100	1	389	1 626	11.5	2.9	80.2	0.0	170	120	1 120	230	17.0
	1 tablespoon	6.4	T	25	104	0.7	0.2	5.1	0.0	11	8	72	15	1.1
W024	Port	100	70	150	628	0.2	0.0	12.9	0.0	16	10	85	5	0.2
	1 glass (55mL)	56	39	84	352	0.1	0.0	7.2	0.0	9	6	48	3	0.1

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
W BEVERAGES													
W034	Cocoa powder, Malaysian	100	6.9	176	55	181	0.12	0.33	1.7	0.00	0.0	0.7	0
	2 teaspoons	3.6	0.2	6	2	6	T	0.01	0.1	0.00	0.0	T	0
W008	Coffee powder, instant	100	0.3	0	0	0	T	0.82	63.3	0.00	0.0	0.5	0
	1 teaspoon	1	T	0	0	0	T	0.01	0.6	0.00	0.0	T	0
W035	Coffee, brewed	100	T	0	0	0	0.00	0.00	0.2	0.00	0.0	0.0	0
	1 serving (150mL)	155	T	0	0	0	0.00	0.00	0.3	0.00	0.0	0.0	0
W009	Cordial, blackcurrant, prepared	100	T	0	T	T	0.01	0.01	T	0.33	55.0	T	0
W010	Cordial, citrus, 25% prepared	100	0.0	0	0	0	0.01	0.00	T	0.00	6.5	T	0
W011	Fruit drink, orange	100	T	0	108	9	0.18	0.21	0.2	0.73	5.0	T	0
	200mL	208	T	0	225	19	0.37	0.44	0.4	1.52	10.4	T	0
W012	Gin	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 nip (20mL)	19	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
W016	Juice, orange, commercial	100	T	0	99	8	0.05	0.00	0.6	0.00	47.0	0.1	0
	1 cup	264	T	0	261	22	0.13	0.00	1.6	0.00	124.1	0.3	0
W015	Juice, orange and mango	100	T	0	97	8	0.03	0.02	0.7	0.00	69.0	0.1	0
	1 cup (250mL)	262	T	0	254	21	0.08	0.04	1.8	0.00	180.8	0.3	0
W014	Juice, tomato, canned, salted	100	0.1	0	150	13	0.03	0.02	0.6	0.00	20.0	0.6	0
	1 cup (250mL)	257	0.3	0	386	32	0.06	0.04	1.5	0.00	51.4	1.4	0
W040	Kava, <i>Piper methysticum</i>	100	0.2	0	T	T	T	T	T	0.00	T		0
W017	Liqueur, coffee-flavoured	100	T	0	0	0	0.04	0.01	0.2	0.00	0.0	0.0	0
	1 glass (20mL)	22	T	0	0	0	0.01	T	T	0.00	0.0	0.0	0
W019	Milo powder	100	1.9	870	53	874	2.60	1.20	2.9	1.70	110.0	0.2	28
	2.5 tablespoons	20	0.4	174	11	175	0.52	0.24	0.6	0.34	22.0	T	6
W021	Mineral water, natural	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
W020	Mineral water and juice	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0		0
W023	Ovaltine powder	100	1.5	1 980	9	1 981	3.10	3.00	22.0	1.70	0.0	0.2	10
	1 tablespoon	6.4	0.1	127	1	127	0.20	0.19	1.4	0.11	0.0	T	1
W024	Port	100	T	0	T	T	0.00	0.00	0.0	T	0.0	0.0	0
	1 glass (55mL)	56	T	0	T	T	0.00	0.00	0.0	T	0.0	0.0	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
W	BEVERAGES													
W025	Rum	100	68	202	847	0.0	0.0	0.0	0.0	2	0	0	0	T
	1 nip (20mL)	19	13	38	161	0.0	0.0	0.0	0.0	T	0	0	0	T
W026	Sherry, dry	100	83	98	411	0.1	0.0	0.0	0.0	19	6	39	5	T
	1 glass (59mL)	59	49	58	242	0.1	0.0	0.0	0.0	11	4	23	3	T
W027	Sherry, sweet	100	73	143	598	0.2	0.0	11.4	0.0	19	6	55	4	0.1
	1 glass (59mL)	59	43	84	353	0.1	0.0	6.7	0.0	11	4	32	2	0.1
W028	Softdrink, cola	100	93	43	180	0.0	0.0	10.9	0.0	12	T	T	T	0.0
	1 can (355mL)	385	359	165	692	0.0	0.0	42.0	0.0	46	T	T	T	0.0
	1 bottle (500mL)	542	506	233	975	0.0	0.0	59.1	0.0	65	T	T	T	0.0
W038	Softdrink, cola, diet	100	100	0	2	0.1	0.0	T	0.0	6	1	0	4	T
	1 can (350mL)	350	349	1	6	0.4	0.0	T	0.0	21	4	0	14	T
W029	Softdrink, lemonade	100	93	43	178	0.0	0.0	10.8	0.0	17	0	T	1	0.0
	1 can (350mL)	365	340	155	650	0.0	0.0	39.4	0.0	62	0	T	4	0.0
W039	Softdrink, lemonade, diet	100	100	0	0	0.0	0.0	0.0	0.0	17	1	T	1	0.0
	1 can (350mL)	350	350	0	0	0.0	0.0	0.0	0.0	60	4	T	4	0.0
W041	Tea, lemon grass, brewed, <i>C. coloratus</i>	100	100	2	9	0.1	0.2	T	0.0	3	3	18	8	T
W042	Tea, lemon leaf, brewed, <i>Citrus</i> sp.	100	100	3	11	0.0	0.3	T	0.0	1	1	4	2	T
W036	Tea, Indian, infused	100	100	0	2	0.1	T	T	T	2	1	17	T	T
	1 cup	251	250	1	4	0.3	T	T	T	5	3	43	T	T
W037	Thick shake, McDonald's	100	75	110	459	5.2	3.6	14.4	0.0	78	11	163	210	0.1
W031	Whisky	100	68	203	850	0.0	0.0	0.0	0.0	0	0	0	0	T
	1 nip (20mL)	19	13	39	161	0.0	0.0	0.0	0.0	0	0	0	0	T
W032	Wine, red	100	88	67	282	0.2	0.0	0.0	0.0	11	11	88	7	0.2
	1 glass (104mL)	103	91	69	290	0.2	0.0	0.0	0.0	11	11	91	7	0.2
W033	Wine, white	100	88	65	274	0.2	0.0	1.1	0.0	24	7	46	7	0.2
	1 glass (104mL)	104	92	68	285	0.2	0.0	1.1	0.0	25	7	48	7	0.2

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
W BEVERAGES													
W025	Rum	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 nip (20mL)	19	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
W026	Sherry, dry	100	T	0	0	0	0.00	0.00	0.0	T	0.0	0.0	0
	1 glass (59mL)	59	T	0	0	0	0.00	0.00	0.0	T	0.0	0.0	0
W027	Sherry, sweet	100	T	0	T	T	0.00	0.00	0.0	T	0.0	0.0	0
	1 glass (59mL)	59	T	0	T	T	0.00	0.00	0.0	T	0.0	0.0	0
W028	Softdrink, cola	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 can (355mL)	385	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 bottle (500mL)	542	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
W038	Softdrink, cola, diet	100	0.1	0	0	0	0.01	0.02	0.0	0.00	0.0	0.0	0
	1 can (350mL)	350	0.3	0	0	0	0.02	0.08	0.0	0.00	0.0	0.0	0
W029	Softdrink, lemonade	100	0.0	0	T	T	0.00	0.00	0.0	0.00	0.0	T	0
	1 can (350mL)	365	0.0	0	T	T	0.00	0.00	0.0	0.00	0.0	T	0
W039	Softdrink, lemonade, diet	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 can (350mL)	350	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
W041	Tea, lemon grass, brewed, <i>C. coloratus</i>	100	T	0	T	T	T	T	0.1	0.00	T	0.0	0
W042	Tea, lemon leaf, brewed, <i>Citrus</i> sp.	100	T	0	T	T	T	T	T	0.00	T	0.0	0
W036	Tea, Indian, infused	100	T	0	0	0	T	0.01	0.1	0.00	0.0	0.1	0
	1 cup	251	T	0	0	0	T	0.03	0.3	0.00	0.0	0.3	0
W037	Thick shake, McDonald's	100	0.5	21	51	25	0.04	0.23	T	0.38	T	0.1	10
W031	Whisky	100	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
	1 nip (20mL)	19	0.0	0	0	0	0.00	0.00	0.0	0.00	0.0	0.0	0
W032	Wine, red	100	T	0	0	0	0.00	0.00	0.4	T	0.0	0.0	0
	1 glass (104mL)	103	T	0	0	0	0.00	0.00	0.4	T	0.0	0.0	0
W033	Wine, white	100	T	0	0	0	0.00	0.00	0.1	T	3.0	0.0	0
	1 glass (104mL)	104	T	0	0	0	0.00	0.00	0.1	T	3.1	0.0	0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
X	COCONUT PRODUCTS													
X010	Coconut, desiccated	100	2	656	2 744	6.3	65.1	6.7	14.7	18	95	650	12	2.6
	1 tablespoon	6	T	39	165	0.4	3.9	0.4	0.9	1	6	39	1	0.2
X011	Coconut, embryo germinating	100	84	74	310	1.3	3.6	8.5	1.8				19	0.7
X013	Coconut, flesh, immature	100	86	81	338	1.8	5.9	3.8	3.2	33	30	377	2	1.3
X019	Coconut, water only, immature	100	95	16	67	0.1	0.0	3.9	0.0	6	4	57	12	T
X003	Coconut, flesh, mature	100	54	283	1 185	3.0	27.4	3.6	7.6	16	48	340	10	1.1
	1 cup	94	51	266	1 114	2.8	25.8	3.4	7.1	15	45	320	9	1.0
	1 piece (5 x 5 x 1.3 cm)	45	24	127	533	1.4	12.3	1.6	3.4	7	22	153	5	0.5
X012	Coconut, flesh, fresh, mature	100	45	398	1 664	4.0	40.0	3.5	7.3	17	57	370	14	2.2
X001	Coconut cream, canned/UHT	100	71	205	858	1.9	20.3	3.7	1.7	21	29	230	4	1.0
	1 cup	155	110	318	1 330	2.9	31.5	5.7	2.6	33	45	357	6	1.6
X002	Coconut cream, fresh, no water	100	54	325	1 361	4.4	32.3	4.7	1.7	13	28	280	15	1.8
X014	Coconut cream, water added	100	66	254	1 062	3.2	24.9	5.2	T	9	39	T	16	1.6
X009	Coconut water, cavity fluid	100	92	22	93	0.3	0.2	4.9	0.0	110	9	310	29	0.1
X018	Coconut oil	100	T	883	3 696	T	99.9	0.0	0.0	T	T	T	2	T
X016	Coconut toddy, boiled	100	46	217	908	0.9	2.1	49.4	0.0	122	19	452	T	T
X008	Coconut toddy, fresh	100	87	42	177	0.2	0.4	9.6	0.0	34	4	110	T	T
X005	Coconut toddy, slightly fermented	100	89	27	114	0.2	0.3	6.0	0.0	43	4	137	T	T
Y	WILD ANIMAL FOODS													
Y017	Ants, tree, whole ant	100	52	123	513	16.8	4.0	4.8	0.0	87	34		23	10.6
Y001	Bandicoot, flesh, cooked	100	66	165	691	24.1	7.6	0.0	0.0	41	18	331	13	3.2
Y005	Bandicoot, flesh, raw	100	73	130	545	19.0	6.0	0.0	0.0	41	19	378	10	2.5
Y007	Cassowary, cooked	100	75	107	448	21.1	2.4	0.0	0.0	65	29	369	4	5.7
Y006	Cassowary, raw	100	68	182	761	23.0	10.0	0.0	0.0	59	26	406	3	4.1
Y002	Crocodile, cooked	100	76	93	389	19.4	1.6	0.0	0.0				11	1.1
Y008	Crocodile, raw	100	80	76	318	15.9	1.3	0.0	0.0				9	0.9
Y019	Deer, flesh, cooked	100	75	97	405	20.1	1.7	0.0	0.0	40	31	239	4	3.7
Y009	Flying fox, boiled	100	62	166	693	20.5	9.3	0.0	0.0	46	20	372	19	2.2

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
X	COCONUT PRODUCTS												
X010	Coconut, desiccated	100	1.3	0	0	0	0.02	0.02	1.3	0.00	0.0	1.3	0
	1 tablespoon	6	0.1	0	0	0	T	T	0.1	0.00	0.0	0.1	0
X011	Coconut, embryo germinating	100		0	0	0	0.02	0.16	0.9	0.00	6.0		0
X013	Coconut, flesh, immature	100	0.4	0	0	0	0.11	0.02	3.6	0.00	3.8	0.2	0
X019	Coconut, water only, immature	100	T	0	0	0	T	T	2.8	0.00	1.4	0.0	0
X003	Coconut, flesh, mature	100	0.6	0	0	0	0.02	0.02	0.6	0.00	2.0	0.6	0
	1 cup	94	0.6	0	0	0	0.02	0.02	0.6	0.00	1.9	0.5	0
	1 piece (5 x 5 x 1.3 cm)	45	0.3	0	0	0	0.01	0.01	0.3	0.00	0.9	0.2	0
X012	Coconut, flesh, fresh, mature	100	0.5	0	0	0	0.04	0.01	0.6	0.00	7.0	0.7	0
X001	Coconut cream, canned/UHT	100	0.4	0	0	0	0.00	0.00	0.4	0.00	0.0	0.4	0
	1 cup	155	0.6	0	0	0	0.00	0.00	0.6	0.00	0.0	0.6	0
X002	Coconut cream, fresh, no water	100	1.0	0	0	0	0.02	0.01	0.5	0.00	1.0	0.6	0
X014	Coconut cream, water added	100	0.7	0	0	0	0.03	0.01	0.8	0.00	3.0	0.2	0
X009	Coconut water, cavity fluid	100	0.2	0	0	0	0.00	0.00	0.1	0.00	2.0	T	0
X018	Coconut oil	100	T	0	T	T	T	T	T	0.00	0.0	0.7	1
X016	Coconut toddy, boiled	100	T	0	T	T	0.05	T	T	0.00	20.2		0
X008	Coconut toddy, fresh	100	T	0	T	T	T	0.02	0.2	0.00	20.0		0
X005	Coconut toddy, slightly fermented	100	T	0	T	T	T	T	0.5	0.00	26.0		0
Y	WILD ANIMAL FOODS												
Y017	Ants, tree, whole ant	100	4.9		0	0	0.21	0.47			2.0		
Y001	Bandicoot, flesh, cooked	100	2.0	0	0	0	0.14	0.25	5.1	7.16	0.0		71
Y005	Bandicoot, flesh, raw	100	1.6	0	0	0	0.14	0.25	5.0	7.16	0.0		57
Y007	Cassowary, cooked	100	4.2	0	0	0	0.15	1.24	7.5	4.86	0.0	0.2	73
Y006	Cassowary, raw	100	2.9	0	0	0	0.15	1.00	6.0	6.43	0.0	0.3	98
Y002	Crocodile, cooked	100		18	0	18	0.11	0.18	2.5		0.0		
Y008	Crocodile, raw	100		15	0	15	0.15	0.16	2.6		0.0		
Y019	Deer, flesh, cooked	100	2.8	0	0	0	0.10	0.20	6.1	1.61	0.0	0.5	81
Y009	Flying fox, boiled	100	2.2	0	0	0	0.09	0.20	8.2	8.10	0.0		80

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Water	Energy	Energy	Protein	Total fat	CHO available	TDF	Na	Mg	K	Ca	Fe
		g	g	kcal	kJ	g	g	g	g	mg	mg	mg	mg	mg
Y	WILD ANIMAL FOODS													
Y010	Frog, raw	100	84	65	271	15.3	0.3	0.0	0.0	163	8	T	23	1.3
Y011	Grub, larva, raw	100	56	255	1 069	20.2	19.6	T					9	5.9
Y012	Insect, silkworm, raw	100	61	221	926	23.1	14.2	0.5	0.0				6	1.2
Y021	Pig, flesh, baked	100	64	159	663	30.1	4.1	0.0	0.0	61	28	452	4	1.1
Y020	Pig, flesh, boiled	100	69	137	572	19.5	6.5	0.0	0.0	47	20	367	4	1.0
Y003	Pigeon, cooked, general	100	46	250	1 048	32.9	13.2	0.0	0.0	111	33	203	19	22.0
Y013	Pigeon, raw, general	100	59	190	795	25.0	10.0	0.0	0.0	105	33	190	15	18.6
Y018	Possum, boiled	100	64	188	787	21.7	11.3	0.0	0.0	136	23	1	23	9.5
Y004	Rat, cooked	100	66	146	612	30.1	2.7	0.0	0.0	41	18	331	39	0.0
Y014	Rat, raw	100	75	110	458	22.6	2.0	0.0	0.0	38	18	354	37	0.0
Y015	Snails, small	100	79	60	251	12.6	1.0	T	0.0	84	229	T	10	3.2
Y016	Snake, raw, general	100	72	93	389	18.0	2.0	0.5	0.1				0	0.0

THE PACIFIC ISLANDS FOOD COMPOSITION TABLES

Key	Food name	Measure	Zn	Retinol	β-carotene equiv.	Tot. Vit A equiv.	Thiamin	Riboflavin	Niacin	Vitamin B12	Vitamin C	Vitamin E	Cholesterol
		g	mg	μg	μg	μg	mg	mg	mg	μg	mg	mg	mg
Y	WILD ANIMAL FOODS												
Y010	Frog, raw	100	0.4	18	T	18	0.06	0.14	1.9	0.20	3.0	0.1	24
Y011	Grub, larva, raw	100				0							
Y012	Insect, silkworm, raw	100				0							
Y021	Pig, flesh, baked	100	8.0	2	0	2	0.36	0.09	1.9	1.70	0.0	T	89
Y020	Pig, flesh, boiled	100	7.0	1	0	1	0.32	0.08	1.7	0.80	0.0	0.1	59
Y003	Pigeon, cooked, general	100	2.2	13	0	13	0.24	0.00	4.3	0.40	0.0	0.1	142
Y013	Pigeon, raw, general	100	1.7	10	T	10	0.26	0.00	4.1	0.50	0.0	0.1	108
Y018	Possum, boiled	100	3.9	0	0	0	0.15	0.32	7.2	7.10	0.0	0.4	111
Y004	Rat, cooked	100	2.0	0	0	0	0.08	0.18	7.3	7.16	0.0		71
Y014	Rat, raw	100	1.5	0	0	0	0.09	0.14	6.8	6.71	0.0		53
Y015	Snails, small	100	0.9	39	12	40	0.01	0.09	1.6	0.44	0.0	4.6	51
Y016	Snake, raw, general	100		0	0	0	0.00	0.00	0.0		0.0		

7. APPENDIXES



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
diam	diameter
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 high temperature
unsw	unsweetened
USA	United States of America
var	variety
veg	vegetable(s)

APPENDIX III RECOMMENDED DIETARY INTAKES

Tables of recommended dietary intakes of nutrients, FAO/WHO (2002).

APPENDIX IIIA. Recommended dietary intakes for children under seven years

	Infants		Young Children	
	0-6 months	7-11 months	1-3 yrs	4-6 yrs
Vitamin A ^{(f)(g)} (RE µg/day)	375	400	400	450
Thiamin (mg/day)	0.2	0.3	0.5	0.6
Riboflavin (mg/day)	0.3	0.4	0.5	0.6
Niacin ^(a) (NE mg/day)	2 ^(b)	4	6	8
Vitamin B12 (µg/day)	0.4	0.5	0.9	1.2
Vitamin C ^(d) (mg/day)	25	30	30	30
Vitamin E (acceptable intakes) ^(h) (α-TE mg/day)	2.7 ⁽ⁱ⁾	2.7 ⁽ⁱ⁾	5 ^(k)	5 ^(k)
Zinc (mg/day) (from low to high bioavailability)	6.6 ^(g) -1.1 ^(e)	8.3 ^(h) -2.5 ^(h)	8.4-2.4	10.3-3.1
Iron* ^(l) (mg/day) (from 5% to 15% bioavailability)	^(k)	19 ^(l) -6 ^(l)	12-4	13-4
Magnesium* (mg/day)	26 ^(a) 36 ^(b)	53	60	73
Calcium* ^(c) (mg/day)	300 ^(a) 400 ^(b)	400	500	600
Sodium** (mmol) (mg/day)	6-12 140-280	14-25 320-580	14-50 320-1150	20-75 460-1730
Potassium** (mmol) (mg/day)	10-15 390-580	12-35 470-1370	25-70 980-2730	40-100 1560-3900
Protein** (g/day)	2.0/kg body wt	1.6/kg body wt	14-18	18-24

APPENDIX IIIB. Recommended dietary intakes for children over seven years

	Children	Adolescents	
		Males	Females
	7-9 yrs	10-18 yrs	10-18 yrs
Vitamin A ^{(f)(g)} (RE µg/day)	500	600	600
Thiamin (mg/day)	0.9	1.2	1.1
Riboflavin (mg/day)	0.9	1.3	1.0
Niacin ^(a) (NE mg/day)	12	16	16
Vitamin B12 (µg/day)	1.8	2.4	2.4
Vitamin C ^(d) (mg/day)	35	40	40
Vitamin E (acceptable intakes) ^(h) (α-TE mg/day)	7 ^(k)	10	7.5
Zinc* (mg/day) (from low to high bioavailability)	11.3-3.3	19.2-5.7	15.5-4.6
Iron* ^(l) (mg/day) (from 5% to 15% bioavailability)	18-6	29-10 (10-14 yrs) 38-12 (15-18 yrs)	28-9 (10-14 yrs)• 65-22 (10-14 yrs)•• 62-21 (15-18 yrs)
Magnesium* (mg/day)	100	250	230
Calcium* ^(c) (mg/day)	700	1300 ^(d)	1300 ^(d)
Sodium** (mmol) (mg/day)	26-100 600-2300	40-100 920-2300	40-100 920-2300
Potassium** (mmol) (mg/day)	50-140 1950-5460	50-140 1950-5460	50-140 1950-5460
Protein** (g/day)	27-38	42-70	44-57

Key:

- Non-menstruating females
- Menstruating females

APPENDIX IIIC. Recommended dietary intakes for adults

	Adults						
	Male				Female		Lactation
	19-65 yrs	65+ yrs	19-50 yrs (premenopausal)	51-65 yrs (menopausal)	65+ yrs	Pregnancy	
Vitamin A ^(a) (RE µg/day)	600	600	500	500	600	800	
Thiamin (mg/day)	1.2	1.2	1.1	1.1	1.1	1.4	1.5
Riboflavin (mg/day)	1.3	1.3	1.1	1.1	1.1	1.4	1.6
Niacin ^(a) (NE mg/day)	16	16	14	14	14	18	17
Vitamin B12 (µg/day)	2.4	2.4	2.4	2.4	2.4	2.6	2.8
Vitamin C ^(d) (mg/day)	45	45	45	45	45	55	70
Vitamin E (acceptable intakes) ^(h) (α-TE mg/day)	10	10	7.5	7.5	7.5	⁽ⁱ⁾	⁽ⁱ⁾
Zinc* (mg/day) (from low to high bioavailability)	14-4.2	14-4.2	9.8-3.0	9.8-3.0	9.8-3.0	20-3.4	19-4.2
Iron* ^(j) (mg/day) (from 5% to 15% bioavailability)	27-9	27-9	59-20	23-8	23-8	⁽ⁿ⁾	30-10
Magnesium* (mg/day)	260	230	220	220	190	220	270
Calcium* ^(c) (mg/day)	1000	1300	1000	1300	1300	1200	1000
Sodium** (mmol) (mg/day)	40-100 920-2300	40-100 920-2300	40-100 920-2300	40-100 920-2300	40-100 920-2300	+0 +0	+0 +0
Potassium** (mmol)	50-140	50-140	50-140	50-140	50-140	+0	+0
Protein** (g/day)	55	55	45	45	45	+6	+16

* For the purposes of the composite tables of Recommended Nutrient Intake (RNI) values, the body weights used were derived from the 50th percentile of the National Center for Health Statistics (NCHS) data until adult weights of 55 kg for females and 65 kg for males were reached. The weights used are the following: 0-6 mo = 6 kg; 7-12 mo = 8.9 kg; 1-3 yr = 12.1 kg; 4-6 yr = 18.2 kg; 7-9 yr = 25.2 kg; 10-11 yr M = 33.4 kg; 10-11 yr F = 34.8 kg; 12-18 yr M = 55.1 kg; 12-18 yr F = 50.6 kg; 10-18 yr M = 55.1 kg; 10-18 yr F = 50.6 kg; 19-65 yr M = 65 kg; 19-65 yr F = 55 kg

** National Health & Medical Research Council, 1991

NOTES - Vitamins

- (a) NE = niacin equivalents, 60-to-1 conversion factor for tryptophan to niacin.
- (b) Preformed niacin.
- (c) DFE = dietary folate equivalents; mg of DFE provided = [mg of food folate + (1.7 x mg of synthetic folic acid)].
- (d) It is recognised that larger amounts would promote greater iron absorption.
- (f) Vitamin A values are "recommended safe intakes" instead of RNIs. This level of intake is set to prevent clinical signs of deficiency, allow normal growth, but does not allow for prolonged periods of infections or other stresses.
- (g) Recommended safe intakes as µg RE/day; 1 µg retinol=1 µg RE; 1 µg β-carotene=0.167 µg RE; 1 µg other provitamin A carotenoids=0.084 µg RE.
- (h) Vitamin E data were considered insufficient to formulate recommendations so "acceptable intakes" are listed instead.
- (i) For pregnancy and lactation there is no evidence of requirements for vitamin E that differ from those of older adults. Breast milk substitutes should not contain less than 0.3 mg α-tocopherol equivalents (TE)/100 ml of reconstituted product, and not less than 0.4 mg TE/g PUFA. Human breast milk vitamin E is fairly constant at 2.7 mg for 850 ml of milk.

NOTES - Minerals

- (a) Human breast milk.
- (b) Infant formula.
- (c) The data used in developing calcium RNIs originate from developed countries, and there is controversy as to their appropriateness for developing countries. This notion also holds true for most nutrients, but based on current knowledge, the impact appears to be most marked for calcium.
- (d) Particularly during the growth spurt.
- (e) Human-milk fed infants only.
- (f) Formula-fed infants, moderate zinc bioavailability.
- (g) Formula-fed infants, low zinc bio-availability due to infant consumption of phytate rich cereals and vegetable protein-based formula.
- (h) Not applicable to infants consuming human milk only.
- (i) There is evidence that iron absorption can be significantly enhanced when each meal contains a minimum of 25 mg of Vitamin C, assuming three meals per day. This is especially true if there are iron absorption inhibitors in the diet such as phytate or tannins.
- (k) Neonatal iron stores are sufficient to meet the iron requirement for the first six months in full term infants. Premature infants and low birth weight infants require additional iron.
- (l) Bioavailability of dietary iron during this period varies greatly.
- (m) Non-menstruating adolescents.
- (n) It is recommended that iron supplements in tablet form be given to all pregnant women because of the difficulties in correctly evaluating iron status in pregnancy. In the non-anaemic pregnant woman, daily supplements of 100 mg of iron (e.g., as ferrous sulphate) given during the second half of pregnancy are adequate. In anaemic women higher doses are usually required.

APPENDIX IV

RECIPES – Ingredients and amounts

B033 CHOCOLATE CAKE

Ingredients	Weight (g)
self raising flour	283
baking powder	14
cocoa powder	35
butter	250
sugar	213
milk	230
golden syrup	30

B034 FRUIT CAKE

Ingredients	Weight (g)
butter	397
eggs	240
baking powder	3.5
sugar	213
syrup	160
flour	425
mixed fruit	454

B046 PASTRY, Danish

Ingredients	Weight (g)
flour	283
baking powder	7
eggs	120
butter	28
sugar	28

B057 SPONGE CAKE

Ingredients	Weight (g)
eggs	180
sugar	170
salt	1
flour	113
baking powder	3.5
butter	57
warm water	30

B066 PANCAKE, home prepared

Ingredients	Weight (g)
flour	283
sugar	28
salt	1
water	795

B078 ROTI cooked

Ingredients	Weight (g)
plain flour	283
salt	1
ghee/butter	28
warm water	795

B080 PLAIN SCONE

Ingredients	Weight (g)
flour	283
salt	1
baking powder	7
butter	57

B095 DOUGHNUT, home made

Ingredients	Weight (g)
flour	283
salt	1
butter	28
sugar	28
yeast	7
warm water	795
(oil for frying)	(375)

B098 RICE WITH COCONUT CREAM, cooked

Ingredients	Weight (g)
rice	227
coconut grated	213
water	568

C096 FERN, leaves, boiled (Ota dina/Ota karisi)

Ingredients	Weight (g)
ota dina/ota karisi	500
salt	5
onion	10
(water for boiling)	

D087 PUMPKIN, boiled

Ingredients	Weight (g)
pumpkin cubes	500
butter	25
salt	5
(water for boiling)	

C025 PUMPKIN, leaves, boiled

Ingredients	Weight (g)
pumpkin leaves (cleaned)	500
salt	5
(water for boiling)	

C097 TARO, LEAVES

Ingredients	Weight (g)
taro leaves	500
salt	5
onion	10
ginger	5
garlic	5
(water for boiling)	

J042 OCTOPUS, cooked

Ingredients	Weight (g)
octopus cubed	500
salt	20
(water for boiling)	

N004 EGG, chicken, fried

Ingredients	Weight (g)
eggs	120
cooking oil	5
salt	1

N006 EGG, chicken, scrambled

Ingredients	Weight (g)
eggs	120
salt	1
milk	30
cooking oil	5

Q022 MUTTON PIES

Ingredients	Weight (g)
shortcrust pastry	454
cooked mutton	454
mushroom	114
onion	50
parsley	7
thyme	3.5
seasoning	0.5
egg	60

R001 CURRY, CHICKEN, without bones

Ingredients	Weight (g)
chicken meat, cut into small strips	1 000
onion	50
cloves garlic	1
few curry or bay leaves	0.5
oil for frying	15
ground cumin seeds	3.5
bongo chillies or chilli powder	1.5
masala	14
turmeric powder	3.5
tomatoes	120
salt to taste	5

R003 CURRY, VEGETABLES

Ingredients	Weight (g)
potato	500
eggplant	500
onion	50
cloves garlic	1
few curry or bay leaves	0.5
oil for frying	15
ground cumin seeds	3.5
bongo chillies or chilli powder	1.5
masala	14
turmeric powder	3.5
tomatoes	120
salt to taste	5

(Replace potato and eggplant for other curry vegetables mix)

R002 CUSTARD

Ingredients	Weight (g)
milk	500
custard powder	28
sugar	28

R020 BEEF AND SWEET POTATO STEW

Ingredients	Weight (g)
chuck meat cubes	1 000
plain flour	28
salt	7
pepper	2
cooking oil	76
clove garlic, crushed	0.5
ripe tomatoes	120
ginger, grated	7
onion chopped	5.0
sweet potato, peeled and cubed	500

R028 PALUSAMI, taro leaf & coconut cream

Ingredients	Weight (g)
large size young tender taro leaves	1 000
concentrated coconut cream	850
onions	30

R026 PALUSAMI, taro leaf, coconut cream & corned beef

Ingredients	Weight (g)
large size young tender taro leaves	1 000
concentrated coconut cream	850
corned beef	375
onions	30

R007 TOOR DAHL

Ingredients	Weight (g)
toor dahl (after 8hrs soaked in water)	227
water	600
cooking oil	10
garlic	5
onion	10
dhania leaves	5

X014 COCONUT CREAM, prepared with water

Ingredients	Weight (g)
grated coconut	2 000
water	1 000

Y009 FLYING FOX, boiled

Ingredients	Weight (g)
flying fox (cleaned)	500
salt	10
onion	10
garlic	10
ginger root	10
(water for boiling)	

Y020 PIG, baked

Ingredients	Weight (g)
pig meat	2 000
garlic	20
crushed ginger	20
salt	10
onion	20

Y020 PIG, flesh boiled

Ingredients	Weight (g)
pig meat	1 000
garlic	10
ginger	20
onion	20
salt	10
(water for boiling)	

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</i> cultivar
A004	BANANA, COOKING , boiled in unsalted water, <i>Musa</i> cultivar
A095	BANANA, COOKING , opine, baked, <i>Musa</i> cultivar
A006	BANANA, COOKING , raw, <i>Musa</i> cultivar
A005	BANANA, COOKING , fried in oil, ripe, <i>Musa</i> cultivar
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>
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
A103	TARO, GIANT SWAMP , boiled
A066	TARO, GIANT SWAMP , corm, raw, <i>Cyrtosperma chamissonis</i>
A100	TARO, GIANT , baked
A101	TARO, GIANT , boiled
A062	TARO, GIANT , corm, raw, <i>Alocasia macrorrhiza</i>

Key	Food - full name
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	YAM , tuber, cooked: multiple methods, <i>Dioscorea</i> spp.
A083	YAM , tuber, raw, <i>Dioscorea rotundata</i>

CEREALS AND CEREAL PRODUCTS

B001	ALLBRAN
B013	BISCUIT, CABIN, HARD , Pacific Island
B004	BISCUIT, CHOCOLATE
B003	BISCUIT, CHOCOLATE COATED
B005	BISCUIT, CREAM AND JAM FILLED
B006	BISCUIT, CREAM, WAFER
B007	BISCUIT, FRUITFILLED
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
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, CAKESTYLE , 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

Key	Food - full name
B062	MUESLI, SWISS STYLE
B063	MUESLI , toasted
B064	MUFFIN, ENGLISH , toasted
B102	NOODLES, CHOW MEIN
B103	NOODLES, EGG, UNENRICHED , cooked
B097	NOODLES, MAGGITYPE , boiled
B065	OATS, ROLLED , cooked
B066	PANCAKE , home prepared
B067	PASTA, EGG , boiled
B068	PASTA, WHITE , boiled
B092	PASTRY, CHOCOLATEFILLED 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, <i>Brassica chinensis</i>
C035	CABBAGE, CHINESE , raw, <i>Brassica chinensis</i>
C036	CABBAGE, EUROPEAN WHITE , boiled, <i>Brassica oleracea</i> var. capitata
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>
C102	COASTAL TREE , leaves, raw, <i>Cordia subcordata</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>
C103	INDIAN MULBERRY, WILD, "NONI" OR "KURA" , leaves, raw, <i>Morinda citrifolia</i>
C032	NIGHTSHADE , leaves, cooked, <i>Solanum nigrum</i>
C065	NIGHTSHADE , leaves, raw, <i>Solanum nigrum</i>
C013	PAWPAW , shoots, cooked, <i>Carica papaya</i>
C012	PAWPAW , shoots, raw, <i>Carica papaya</i>
C101	COASTAL TREE , leaves, raw, <i>Pisonia grandis</i>
C092	PUHA , leaves and upper stem, boiled, <i>Sonchus oleraceus</i>

Key	Food - full name
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 vulgaris</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, drained, <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>
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>

OTHER VEGETABLES

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</i> cultivar
D128	BANANA, COOKING , flowers, boiled
D083	BANANA, COOKING , flowers, raw, <i>Musa</i> cultivar
D014	BEETROOT , canned, drained, <i>Beta vulgaris</i> var. vulgaris
D122	BROCCOLI , boiled, <i>Brassica oleracea</i> var. italica
D123	BRUSSELS SPROUTS , boiled, <i>Brassica oleracea</i> var. gemmifera
D124	BRUSSELS SPROUTS , frozen, boiled, <i>Brassica oleracea</i> var. gemmifera
D019	CAPSICUM , boiled, <i>Capsicum annuum</i> var. grossum
D096	CAPSICUM, GREEN AND RED , raw, <i>Capsicum annuum</i> var. grossum
D020	CAPSICUM , raw, <i>Capsicum annuum</i> var. grossum
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. botrytis
D026	CAULIFLOWER , raw, <i>Brassica oleracea</i> var. botrytis
D027	CELERY , boiled, <i>Apium graveolens</i>
D028	CELERY , 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>

Key	Food - full name
D067	LEEK , raw, <i>Allium porrum</i>
D068	MARROW , peeled, boiled, <i>Cucumis melo</i> var. conomon
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>
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
D130	SAGO PALM , <i>Metroxylon vitiense.</i> , heart
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>

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>Persea americana</i>
E016	BANANA, AUSTRALIAN , <i>Musa</i> sp.
E012	BANANA, COMMON VARIETIES , <i>Musa</i> sp.
E013	BANANA, PAPUA NEW GUINEAN , <i>Musa</i> sp.
E131	BANANA, SAMOAN , <i>Musa troglodytarum</i>
E133	CHINESE APPLE, "BAIR" , <i>Ziziphus jujuba</i>
E048	CRANBERRIES , <i>Vaccinium</i> sp.
E025	CURRENT , dried, <i>Vitis vinifera</i>
E027	CUSTARD APPLE , peeled, <i>Annona squamosa</i>
E029	DATE , dried, <i>Phoenix dactylifera</i>
E132	LYCHEE, PACIFIC, "DAWA" , <i>Pometia pinnata</i>
E069	DURIAN , <i>Durio zibethinus</i>
E123	FIG , <i>Burkella fijiensis</i>
E124	FIG , <i>Ficus scabra</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>
E042	GUAVA, HAWAIIAN , <i>Psidium guajava</i>
E125	JAMUN , raw, <i>Eugenia brasiliensis</i>

Key	Food - full name
E126	ROSE APPLE, "KAVIKA" , raw, <i>Syzygium malaccense</i>
E049	KIWIFRUIT , flesh and seeds, peeled, <i>Actinidia chinensis</i>
E051	LEMON , <i>Citrus limon</i>
E052	LIME , <i>Citrus aurartifolia</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. <i>nectarina</i>
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
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>
E127	TARAWAU, FIJI , raw, <i>Dracontomelon vitiense</i>
E128	TARAWAU, VANUATU , raw, <i>Dracontomelon vitiense</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>
E129	GOLDEN APPLE, "WI", FIJI , raw, <i>Spondias dulcis</i>
E130	GOLDEN APPLE, "WI", VANUATU , raw, <i>Spondias dulcis</i>

NUTS AND SEEDS

F059	ALMOND, INDIAN , ripe, <i>Ternacinalia catappa</i>
F001	ALMOND , kernels, blanched, <i>Prunus dulcis</i>
F002	ALMOND , with skin, <i>Prunus dulcis</i>
F073	BEACH ALMOND , Fiji, raw, <i>Terminalia catappa</i>
F074	BEACH ALMOND , Vanuatu, raw, <i>Terminalia catappa</i>
F006	BETEL NUTS , kernels, raw, <i>Arecha catechu</i>
F007	BRAZIL NUT , kernels, raw, <i>Berltholletia 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>

Key	Food - full name
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>
F066	CUT NUT, FIJI , raw, <i>Barringtonia edulis</i>
F067	CUT NUT, VANUATU , raw, <i>Barringtonia edulis</i>
F065	CHESTNUT, TAHITIAN , roasted, <i>Inocarpus fagifer</i> , previously <i>edulis</i>
F004	JAKFRUIT , seeds, boiled, <i>Artocarpus heterophyllus</i>
F072	JAVA ALMOND, "NGALI" NUT , raw, <i>Canarium indicum</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.
F054	PISTACHIO NUT , kernels, raw, <i>Pistacia vera</i>
F055	PUMPKIN SEEDS , seeds, raw, <i>Cucurbita</i> spp.
F075	VEITCHIA NUT , raw, <i>Vietchia</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, YARDLONG , green beans in pod, cooked
G017	BEANS, YARDLONG , green beans in pod, raw
G058	BEANS, MUNG , dahl, raw, <i>Phaseolus mungo</i>
G059	BEANS, RED GRAM , dahl, raw, <i>Cajanus cajan</i>
G037	LENTILS , dried, boiled, <i>Lens esculenta</i>
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>
G060	PEAS, GREEN , dried, fried, <i>Pisum sativum</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

Key	Food - full name
H093	EEL FISH , <i>Mastocembellus armatus</i>
H094	FISH , baked in traditional Fijian earth-oven (lovo), <i>L. xanthophilus</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>
H087	MACKEREL, SPANISH , cooked, <i>Scomberomorus niphonius</i>
H096	MACKEREL, SPANISH , "Walu", raw, <i>Scomberomorus cavalla</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

SEAFOOD

J046	ARK SHELL , boiled, <i>Scapharca subcrenata</i>
J054	CLAM, GIANT , raw, <i>Tridacna maxima</i>
J055	CLAM, "KAI" , meat only, raw, <i>Batissa violacea</i>
J001	CLAMS, "KAIKOSO" , raw, <i>Anadara</i> spp.
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
J050	LOBSTER, MANGROVE , raw, <i>Thalassina anomala</i>
J011	LOBSTER , raw
J013	LOBSTER , cooked
J014	MUSSEL , raw, <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>
J051	SEA-HARE, INTESTINES , raw, <i>Dolabella auricularia</i>
J052	SEA-HARE, SKIN , raw, <i>Dolabella auricularia</i>
J058	SEA URCHIN , raw, <i>Tripneustes gratilla</i>
J045	SEA URCHIN , flesh, boiled, <i>Hemicentrotus pulcherrimus</i>

Key	Food - full name
J038	SEAWEED, AGAR
J056	SEAWEED, "LUMI" , raw, <i>Ceratophyllum demersum</i>
J057	SEAWEED, "NAMA" , raw, <i>Caulerpa</i> spp.
J036	SEAWEED , dried
J053	SICI-SHELL , meat, raw, <i>Polinicies aemingiana</i>
J027	SQUID , fried
J028	SQUID , raw
J029	STING RAY , raw
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
K178	BEEF , sausage, raw
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
K165	CHICKEN , whole, raw
K166	CHICKEN , lean only, raw
K167	CHICKEN , skin only, raw
K168	CHICKEN , whole, baked in traditional Fijian earth-oven (lovo)
K169	CHICKEN , lean only, baked in traditional Fijian earth-oven (lovo)
K170	CHICKEN , skin only, baked in traditional Fijian earth-oven (lovo)
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	DEVON/FRITZ , luncheon meat
K050	DUCK , roasted
K051	FRANKFURTERS , simmered
K054	GOAT MEAT , lean
K056	HAM AND CHICKEN ROLL
K171	LAMB , chump chop, whole, raw
K172	LAMB , chump chop, lean only, raw
K173	LAMB , chump chop, fat only, raw
K174	LAMB , chump chop, whole, baked in traditional Fijian earth-oven (lovo)
K175	LAMB , chump chop, lean only, baked in traditional Fijian earth-oven (lovo)
K176	LAMB , chump chop, fat only, baked in traditional Fijian earth-oven (lovo)
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

Key	Food - full name
K079	LAMB , neck chop, lean and fat, simmered
K179	LAMB , sausages, raw
K082	LAMB , shoulder, lean and fat, baked
K088	MEAT, PASTE
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, noncanned
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
K180	PORK, SAUSAGE , raw
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
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 high temperature
M044	FROMAGE FRAIS
M043	FROMAGE FRAIS, FATFREE
M020	ICE CREAM, VANILLA
M055	INFANT FORMULA, ISOMIL , water added Soy protein based formula, values based on 1 level scoop of powder/60ml water
M056	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
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

Key	Food - full name
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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, <i>Anas platyrhyncha</i>
N014	EGG, QUAIL , whole, raw
N015	EGG, TURTLE , whole
N013	OMELETTE, PLAIN

FATS AND OILS

P008	BEEF, DRIPPING
P003	BUTTER, REGULAR
P025	COCONUT CREAM , canned/ultra high temperature
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
Q090	BANANA CHIPS , Samoan, Leilei brand
Q068	BEANS WITH CHILI , canned
Q066	CHEESE SNACK, TWISTIETYPE , extruded
Q086	PLAIN CHEESEBURGER, DOUBLE PATTY AND BUN
Q003	CHEESECAKE , commercial
Q088	CHIPS , pea-flour, fried
Q089	CHEESE FLAVOUR SNACKS , Twisties
Q093	COCOA , Samoan, processed, <i>Theobroma cacao</i>
Q006	CORN CHIPS, FLAVOURED
Q091	TARO CHIPS , Samoan, Leilei brand
Q092	TARO CHIPS , Samoan, Tausala brand
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

Key	Food - full name
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
Q053	SOUP, Chicken noodle , dry mix, prepared
Q054	SOUP, CREAM VEGETABLE , prepared, canned
Q055	SOUP, MINISTRONE , 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
R029	BILA , boiled
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
R030	PALUSAMI, TARO LEAF & COCONUT CREAM & CORNED MUTTON , baked in traditional Fijian earth-oven (lovo)
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

CONFECTIONERY

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
S027	SUGAR, RAW
S028	SUGAR, WHITE
S003	SWEETS, BOILED
S011	SYRUP, GOLDEN

Key	Food - full name
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
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, dressing type
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
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

Key	Food - full name
W015	JUICE, ORANGE AND MANGO
W016	JUICE, ORANGE , commercial
W014	JUICE, TOMATO , canned, salted
W040	KAVA , <i>Piper methysticum</i>
W017	LIQUEUR, COFFEE FLAVOURED
W019	MILO POWDER
W020	MINERAL WATER AND JUICE
W021	MINERAL WATER, NATURAL
W023	OVALTINE POWDER
W024	PORT
W025	RUM
W026	SHERRY, DRY
W027	SHERRY, SWEET
W028	SOFTDRINK, COLA
W038	SOFTDRINK, COLA, DIET
W029	SOFTDRINK, LEMONADE
W039	SOFTDRINK, LEMONADE, DIET
W041	TEA, LEMON GRASS , brewed, <i>Cymbopogon coloratus</i>
W042	TEA, LEMON LEAF , brewed, <i>Citrus</i> spp.
W036	TEA, INDIAN , infused
W037	THICK SHAKE, MCDONALD'S
W031	WHISKY
W032	WINE, RED
W033	WINE, WHITE

COCONUT PRODUCTS

X001	COCONUT CREAM , canned/ultra high temperature
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
X013	COCONUT , flesh, immature
X003	COCONUT , flesh, mature
X012	COCONUT , flesh, fresh, mature

WILD ANIMAL FOODS

Y001	BANDICOOT , flesh, cooked, <i>Echymipera</i> spp.
Y005	BANDICOOT , flesh, raw, <i>Echymipera</i> spp.
Y007	CASSOWARY , cooked, <i>Casuarius casuarius</i>
Y006	CASSOWARY , raw, <i>Casuarius casuarius</i>
Y002	CROCODILE , cooked, <i>Crocodilus porosus</i>
Y008	CROCODILE , raw, <i>Crocodilus porosus</i>
Y019	DEER , flesh, cooked
Y009	FLYING FOX , boiled
Y010	FROG , raw, <i>Rana tigerina</i>
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, <i>Phalanger</i> spp.
Y004	RAT , cooked, <i>Rattus ruber</i>
Y014	RAT , raw
Y015	SNAILS , small, <i>Viviparus bengalensis</i>
Y016	SNAKE , raw, general, <i>Chondrophython viridis</i>
Y017	ANTS, TREE , whole ant, <i>Oecophylla</i> spp.

APPENDIX VI

FOOD INDEX

Food Name	Key	Food Group	Source
A'a-matie		(see Pili nut)	
Abuchu		(see Malay apple)	
Ahi		(see Malay apple)	
'Ahia		(see Malay apple)	
'Ai		(see Pili nut)	
Aibika		(see Edible hibiscus)	
Aikavitu		(see Cassava)	
Aila		(see Chestnut)	
Aina		(see Chestnut, Tahitian)	
All-bran	B001	CEREALS AND CEREAL PRODUCTS	d
Allspice powder	T002	HERBS, SPICES, SAUCES	d
Almond, beach, Fiji, raw, <i>T. catappa</i>	F073	NUTS AND SEEDS	f
Almond, beach, Vanuatu, raw, <i>T. catappa</i>	F074	NUTS AND SEEDS	f
Almond, Indian, ripe	F059	NUTS AND SEEDS	d
Almond, kernels, blanched	F001	NUTS AND SEEDS	a
Almond, with skin	F002	NUTS AND SEEDS	a
Amaranth		(see Spinach, tropical)	
Anchovy, canned in oil, drained	H002	FISH	d
Anchovy, fresh, whole	H003	FISH	d
Annilla		(see Chestnut, Tahitian)	
Aoa		(see Fern)	
'Apele initia		(see Custard apple)	
Apple	E005	FRUITS	a
Apple, canned, no added sugar	E003	FRUITS	a
Apple, granny smith	E004	FRUITS	a
Apricot	E010	FRUITS	a
Apricot, canned in syrup	E007	FRUITS	a
Apricot, canned in syrup, drained	E008	FRUITS	d
Apricot, canned, artificial sweet	E006	FRUITS	a
Apricot, dried	E009	FRUITS	d
Ara		(see Pandanus nuts)	
Ark shell, boiled	J046	SEAFOOD	e
Arrowroot, Polynesian, flour	A001	STARCHY STAPLES	a
Artichoke, Jerusalem, peeled, boil	D007	OTHER VEGETABLES	d
As		(see Almond, Indian)	
Asina		(see Yam, greater)	
Asparagus, boiled	D009	OTHER VEGETABLES	d
Asparagus, canned-brine, drained	D010	OTHER VEGETABLES	d
Aubergine		(see Eggplant)	
Aupa		(see Spinach, tropical)	
Ava		(see Almond)	
Avocado	E121	FRUITS	d
Babai		(see Taro, swamp)	
Baby food, apples & apricot, strain	Q082	PROCESSED FOODS	v
Baby food, apricot & tapioca, jun.	Q083	PROCESSED FOODS	d
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	d
Baby food, vegetable & lamb, junior	Q081	PROCESSED FOODS	d
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 chips, Samoan, Leilei brand	Q090	PROCESSED FOODS	f
Banana, Australian	E016	FRUITS	a
Banana, buds & flowers, raw	D062	OTHER VEGETABLES	d
Banana, common varieties	E012	FRUITS	d
Banana, cooking, ami, baked	A089	STARCHY STAPLES	d
Banana, cooking, boiled, unsalted	A004	STARCHY STAPLES	b

Food Name	Key	Food Group	Source
Banana, cooking, flowers, boiled	D128	OTHER VEGETABLES	d
Banana, cooking, flowers, raw	D083	OTHER VEGETABLES	d
Banana, cooking, opine, baked	A095	STARCHY STAPLES	d
Banana, cooking, raw	A006	STARCHY STAPLES	n
Banana, cooking, ripe, fried	A005	STARCHY STAPLES	b
Banana, PNG	E013	FRUITS	n
Banana, Samoan, <i>M. troglodytarum</i>	D131	OTHER VEGETABLES	f
Bandicoot, flesh, cooked	Y001	WILD ANIMAL FOODS	d
Bandicoot, flesh, raw	Y005	WILD ANIMAL FOODS	d
Barbecue sauce, commercial	T043	HERBS, SPICES, SAUCES	d
Basella		(see Spinach, Ceylon)	
Beach almond		(see Almond, Indian)	
Bean salad, commercial	G051	LEGUMES	a
Beans with chili, canned	Q068	PROCESSED FOODS	u
Beans, baked, can in tomato sauce	G002	LEGUMES	a
Beans, baked, with pork, canned	G056	LEGUMES	u
Beans, broad, boiled	G003	LEGUMES	a
Beans, butter, boiled	G004	LEGUMES	a
Beans, green, boiled	G005	LEGUMES	a
Beans, green, frozen, boiled	G006	LEGUMES	a
Beans, katanaku, Highlands, baked	G036	LEGUMES	d
Beans, katanaku, Highlands, bamboo	G035	LEGUMES	d
Beans, lima, dried, boiled	G013	LEGUMES	a
Beans, mung, dahl, cooked	G016	LEGUMES	b
Beans, red kidney, canned, drained	G011	LEGUMES	a
Beans, red kidney, dried, boiled	G012	LEGUMES	a
Beans, snake, boiled	G007	LEGUMES	d
Beans, soya, dried, boiled	G014	LEGUMES	a
Beans, sprouts, raw	G009	LEGUMES	d
Beans, sprouts, soya, raw	G054	LEGUMES	d
Beans, yard-long, cooked	G057	LEGUMES	d
Beans, yard-long, raw	G017	LEGUMES	d
Beche de mer		(see Sea cucumber)	
Beef and sweet potato stew	R020	MIXED COOKED DISHES	a
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, sausage, raw	K178	MEAT AND POULTRY	f
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	o
Beer, low alcohol	W002	BEVERAGES	a
Beer, reduced alcohol	W003	BEVERAGES	d
Beetroot, canned, drained	D014	OTHER VEGETABLES	d
Bele		(see Edible hibiscus)	
Belembe		(see Spinach, Tahitian)	
Bell pepper		(see Capsicum)	
Betel nuts, kernels, raw	F006	NUTS AND SEEDS	b
Bhaji		(see Spinach, tropical)	
Bila, boiled	R029	MIXED COOKED DISHES	f
Bindi		(see Okra)	
Biro, cooked	R025	MIXED COOKED DISHES	k
Biscuit, cabin, hard, Pacific Is.	B013	CEREALS AND CEREAL PRODUCTS	f
Biscuit, chocolate	B004	CEREALS AND CEREAL PRODUCTS	d
Biscuit, chocolate coated	B003	CEREALS AND CEREAL PRODUCTS	d

Food Name	Key	Food Group	Source
Biscuit, cream and jam filled	B005	CEREALS AND CEREAL PRODUCTS	d
Biscuit, cream, wafer	B006	CEREALS AND CEREAL PRODUCTS	d
Biscuit, fruit-filled	B007	CEREALS AND CEREAL PRODUCTS	d
Biscuit, plain, sweet	B010	CEREALS AND CEREAL PRODUCTS	d
Biscuit, shortbread	B011	CEREALS AND CEREAL PRODUCTS	d
Biscuit, wheatmeal	B012	CEREALS AND CEREAL PRODUCTS	d
Bogua		(see Pili nut)	
Bologna, beef & pork	K145	MEAT AND POULTRY	u
Booi		(see Chestnut, Tahitian)	
Bran, oat, raw	B018	CEREALS AND CEREAL PRODUCTS	d
Bran, wheat, unprocessed	B019	CEREALS AND CEREAL PRODUCTS	d
Brandy	W005	BEVERAGES	d
Branflakes	B020	CEREALS AND CEREAL PRODUCTS	d
Brazil nut, kernels, raw	F007	NUTS AND SEEDS	a
Bread roll, white	B021	CEREALS AND CEREAL PRODUCTS	a
Bread roll, wholemeal	B022	CEREALS AND CEREAL PRODUCTS	d
Bread, brown	B023	CEREALS AND CEREAL PRODUCTS	a
Bread, brown, toasted	B024	CEREALS AND CEREAL PRODUCTS	a
Bread, coastal, local produce	B030	CEREALS AND CEREAL PRODUCTS	d
Bread, French, Italian	B091	CEREALS AND CEREAL PRODUCTS	o
Bread, garlic	B051	CEREALS AND CEREAL PRODUCTS	d
Bread, white, regular	B025	CEREALS AND CEREAL PRODUCTS	a
Bread, white, regular, toasted	B026	CEREALS AND CEREAL PRODUCTS	a
Bread, wholemeal	B027	CEREALS AND CEREAL PRODUCTS	d
Bread, wholemeal, toasted	B028	CEREALS AND CEREAL PRODUCTS	d
Breadfruit seeds, boiled	F035	NUTS AND SEEDS	n
Breadfruit, baked	A003	STARCHY STAPLES	d
Breadfruit, boiled	A002	STARCHY STAPLES	d
Breadfruit, pulp, mature, raw	A008	STARCHY STAPLES	d
Breadfruit, seeds, roasted	F036	NUTS AND SEEDS	n
Bream, threadfin, Japanese	H005	FISH	d
Broccoli, boiled	D122	OTHER VEGETABLES	d
Brussels sprouts, boiled	D123	OTHER VEGETABLES	d
Brussels sprouts, frozen, boiled	D124	OTHER VEGETABLES	d
Budo		(see Chestnut, Tahitian)	
Bun, fruit, glazed	B032	CEREALS AND CEREAL PRODUCTS	d
Bush apple		(see Malay apple)	
Butter, regular	P003	FATS AND OILS	a
Bwiro		(see Biro)	
Cabbage, Chinese, cooked	C094	GREEN LEAVES	d
Cabbage, Chinese, raw	C035	GREEN LEAVES	d
Cabbage, European white, boiled	C036	GREEN LEAVES	f
Cabbage, European white, raw	C019	GREEN LEAVES	a
Cabbage, European, boil with salt	C052	GREEN LEAVES	f
Cabbage, European, PNG, baked	C010	GREEN LEAVES	d
Cabbage, head		(see Cabbage)	
Cabbage, red, boiled	C018	GREEN LEAVES	d
Cabbage, swamp, boiled	C098	GREEN LEAVES	d
Cabbage, swamp, raw	C071	GREEN LEAVES	d
Cake, chocolate, home prepared	B033	CEREALS AND CEREAL PRODUCTS	d
Cake, cream cake, sponge	B057	CEREALS AND CEREAL PRODUCTS	d
Cake, fruit, dark, commercial	B034	CEREALS AND CEREAL PRODUCTS	d
Cake, iced, commercial	B036	CEREALS AND CEREAL PRODUCTS	d
Cake, lamington	B060	CEREALS AND CEREAL PRODUCTS	d
Cake, madeleine	B089	CEREALS AND CEREAL PRODUCTS	d
Cake, plain, commercial	B037	CEREALS AND CEREAL PRODUCTS	d
Calaloo		(see Spinach, Tahitian)	
Camp pie, canned	K042	MEAT AND POULTRY	a
Candlenut, kernels, raw	F010	NUTS AND SEEDS	m
Capsicum, boiled	D019	OTHER VEGETABLES	d
Capsicum, green and red, raw	D096	OTHER VEGETABLES	d
Capsicum, raw	D020	OTHER VEGETABLES	d
Carambola		(see Starfruit)	
Cardamon	T003	HERBS, SPICES, SAUCES	d
Carp, common	H008	FISH	d
Carrot, baby, canned, heated, drain	D021	OTHER VEGETABLES	d
Carrot, frozen, boiled	D024	OTHER VEGETABLES	d
Carrot, mature, peeled, boiled	D022	OTHER VEGETABLES	d
Carrot, mature, peeled, raw	D023	OTHER VEGETABLES	d
Carrots, raw	D002	OTHER VEGETABLES	d

Food Name	Key	Food Group	Source
Cashew, roasted, salted	F011	NUTS AND SEEDS	a
Cassava, baked	A042	STARCHY STAPLES	d
Cassava, baked	A041	STARCHY STAPLES	f
Cassava, boiled	A011	STARCHY STAPLES	f
Cassava, flour	A010	STARCHY STAPLES	d
Cassava, leaves, boiled	C053	GREEN LEAVES	f
Cassava, leaves, raw	C050	GREEN LEAVES	f
Cassava, raw	A012	STARCHY STAPLES	f
Cassowary, cooked	Y007	WILD ANIMAL FOODS	d
Cassowary, raw	Y006	WILD ANIMAL FOODS	d
Cauliflower, boiled	D025	OTHER VEGETABLES	d
Cauliflower, raw	D026	OTHER VEGETABLES	d
Celery, boiled	D027	OTHER VEGETABLES	d
Celery, raw	D028	OTHER VEGETABLES	d
Champagne	W006	BEVERAGES	d
Champignon, canned in brine		(see Mushrooms)	
Chayote		(see Choko)	
Cheese flavour snacks, Twisties	Q089	PROCESSED FOODS	f
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
Cheese, brie	M007	MILK AND MILK PRODUCTS	a
Cheese, camembert	M048	MILK AND MILK PRODUCTS	d
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	d
Cheese, fresh		(see Fromage frais)	
Cheese, mozzarella	M012	MILK AND MILK PRODUCTS	a
Cheese, roquefort	M045	MILK AND MILK PRODUCTS	d
Cheese, Swiss	M013	MILK AND MILK PRODUCTS	a
Cheeseburger, double patty & bun	Q086	PROCESSED FOODS	u
Cheesecake, commercial	Q003	PROCESSED FOODS	d
Chestnut, Polynesian		(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	d
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, lean only, baked, earth-oven	K169	MEAT AND POULTRY	f
Chicken, lean only, raw	K166	MEAT AND POULTRY	f
Chicken, lightmeat, breaded & fried	K149	MEAT AND POULTRY	u
Chicken, roll	K044	MEAT AND POULTRY	a
Chicken, skin only, baked, earth-oven	K170	MEAT AND POULTRY	f
Chicken, skin only, raw	K167	MEAT AND POULTRY	f
Chicken, whole, baked, earth-oven	K168	MEAT AND POULTRY	f
Chicken, whole, raw	K165	MEAT AND POULTRY	f
Chilli powder	T004	HERBS, SPICES, SAUCES	b
Chilli sauce, bottled	T033	HERBS, SPICES, SAUCES	d
Chilli, dried	T005	HERBS, SPICES, SAUCES	d
Chinese apple, "bair", <i>Ziziphus jujuba</i>	E133	FRUITS	f
Chips, pea-flour, fried	Q088	PROCESSED FOODS	f
Chocolate bar, Bounty Bar	S004	CONFECTIONERY	d
Chocolate bar, Mars Bar	S020	CONFECTIONERY	o
Chocolate cake, dry mix, prepared	B106	CEREALS AND CEREAL PRODUCTS	u
Chocolate, dark	S006	CONFECTIONERY	b
Chocolate, milk	S007	CONFECTIONERY	d
Chocolate, milk and nuts	S008	CONFECTIONERY	d
Choko, leaves, boiled	C095	GREEN LEAVES	d
Choko, leaves, raw	C049	GREEN LEAVES	d
Choko, peeled, boiled	D034	OTHER VEGETABLES	d
Cincau		(see Scad)	
Cinnamon powder	T006	HERBS, SPICES, SAUCES	d
Clam, giant, <i>Tridacna maxima</i> , raw	J054	SEAFOOD	f
Clam, "kai", <i>B. violacea</i> , meat only, raw	J055	SEAFOOD	f
Clam, "kaikoso", raw, <i>Anadara</i> sp.	J001	SEAFOOD	f
Clams	J001	SEAFOOD	m

Food Name	Key	Food Group	Source
Cloves	T007	HERBS, SPICES, SAUCES	d
Coastal tree, <i>C. subcordata</i> , leaves, raw	C102	GREEN LEAVES	f
Coastal tree, <i>P. grandis</i> , leaves, raw	C101	GREEN LEAVES	f
Cockles, boiled for 5 minutes	J003	SEAFOOD	d
Cockles, fresh	J002	SEAFOOD	d
Coco pops	B039	CEREALS AND CEREAL PRODUCTS	d
Cocoa powder, Australian	W007	BEVERAGES	d
Cocoa powder, Malaysian	W034	BEVERAGES	d
Cocoa, Samoan, <i>T. cacao</i> , processed	Q093	PROCESSED FOODS	f
Coconut apple		(see Coconut embryo)	
Coconut cream, canned/UHT	X001	COCONUT PRODUCTS	a
Coconut cream, canned/UHT	P025	FATS AND OILS	d
Coconut cream, fresh, no water	P026	FATS AND OILS	d
Coconut cream, fresh, no water	X002	COCONUT PRODUCTS	d
Coconut cream, water added	X014	COCONUT PRODUCTS	d
Coconut cream, water added	P029	FATS AND OILS	d
Coconut milk/water/juice	X009	COCONUT PRODUCTS	d
Coconut oil	P024	FATS AND OILS	d
Coconut oil	X018	COCONUT PRODUCTS	d
Coconut sap		(see Coconut toddy)	
Coconut toddy, boiled	X016	COCONUT PRODUCTS	f
Coconut toddy, fermented	X005	COCONUT PRODUCTS	f
Coconut toddy, fresh	X008	COCONUT PRODUCTS	f
Coconut, desiccated	X010	COCONUT PRODUCTS	f
Coconut, embryo germinating	X011	COCONUT PRODUCTS	f
Coconut, flesh, immature	X013	COCONUT PRODUCTS	f
Coconut, flesh, mature	X003	COCONUT PRODUCTS	a
Coconut, flesh, mature, fresh	X012	COCONUT PRODUCTS	d
Cod, coral	H010	FISH	d
Cod, steamed	H026	FISH	d
Coffee powder, instant	W008	BEVERAGES	d
Coffee, brewed	W035	BEVERAGES	a
Cordial, blackcurrant, prepared	W009	BEVERAGES	d
Cordial, citrus, 25% prepared	W010	BEVERAGES	d
Coriander leaves, dried	T009	HERBS, SPICES, SAUCES	d
Coriander seeds	T010	HERBS, SPICES, SAUCES	d
Corn chips, flavoured	Q006	PROCESSED FOODS	u
Corn flakes	B041	CEREALS AND CEREAL PRODUCTS	d
Corn flakes, sugar coated	B088	CEREALS AND CEREAL PRODUCTS	u
Corn, cob, baked	D059	OTHER VEGETABLES	d
Corn, cob, sweet, boiled, drained	D037	OTHER VEGETABLES	u
Corn, sweet, canned in brine, drained	D098	OTHER VEGETABLES	a
Corn, sweet, creamed, can, heated	D099	OTHER VEGETABLES	a
Corn, sweet, frozen, boiled	D100	OTHER VEGETABLES	a
Crab, mangrove		(see Crab)	
Crab, mud, boiled	J047	SEAFOOD	d
Crab, swimming, boiled	J005	SEAFOOD	d
Crabmeat, canned in brine	J006	SEAFOOD	d
Cracker, sao, jatz	B016	CEREALS AND CEREAL PRODUCTS	d
Cranberries	E048	FRUITS	d
Cream cheese, dip, flavoured	M014	MILK AND MILK PRODUCTS	a
Cream substitute, powdered	M049	MILK AND MILK PRODUCTS	u
Cream, pure	M052	MILK AND MILK PRODUCTS	d
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
Crispbread, wholemeal	B043	CEREALS AND CEREAL PRODUCTS	d
Crocodile, cooked	Y002	WILD ANIMAL FOODS	n
Crocodile, raw	Y008	WILD ANIMAL FOODS	n
Croissant	B044	CEREALS AND CEREAL PRODUCTS	a
Crumpet, regular, toasted	B045	CEREALS AND CEREAL PRODUCTS	d
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	d
Currant, dried	E025	FRUITS	d
Curry powder	T014	HERBS, SPICES, SAUCES	d
Curry, chicken, without bones	R001	MIXED COOKED DISHES	d

Food Name	Key	Food Group	Source
Curry, vegetable	R003	MIXED COOKED DISHES	s
Cuscus		(see Possum)	
Custard	R002	MIXED COOKED DISHES	d
Custard apple, flesh	E027	FRUITS	a
Custard square		(see Slice, vanilla)	
Cut nut, Fiji, raw, <i>Barringtonia edulis</i>	F066	NUTS AND SEEDS	f
Cut nut, Vanuatu, raw, <i>B. edulis</i>	F067	NUTS AND SEEDS	f
Cuttlefish, fresh	J008	SEAFOOD	d
Dalo		(see Taro, common)	
Dalo ni tana		(see Taro, Chinese)	
Dari		(see Yam, greater)	
Date, dried	E029	FRUITS	d
Deer, flesh, cooked	Y019	WILD ANIMAL FOODS	d
Devon/fritz, luncheon meat	K049	MEAT AND POULTRY	a
Dhal, Black gram, raw, <i>P. mungo</i>	G058	LEGUMES	f
Dhal, Red gram, raw, <i>C. cajan</i>	G059	LEGUMES	f
Donaj		(see Doughnut)	
Doughnut, cake-style, choc coated	B087	CEREALS AND CEREAL PRODUCTS	u
Doughnut, cinnamon and sugar	B047	CEREALS AND CEREAL PRODUCTS	d
Doughnut, home made	B095	CEREALS AND CEREAL PRODUCTS	d
Drop scone, home prepared	B048	CEREALS AND CEREAL PRODUCTS	d
Drumstick leaves & shoots, raw	C086	GREEN LEAVES	d
Drumstick, leaves, boiled	C026	GREEN LEAVES	d
Drumstick, leaves, raw	C055	GREEN LEAVES	d
Duck, roasted	K050	MEAT AND POULTRY	d
Durian	E069	FRUITS	d
Duruka		(see Pitpit/duruka)	
Edible hibiscus, leaves, boiled	C005	GREEN LEAVES	d
Edible hibiscus, leaves, raw	C006	GREEN LEAVES	d
Eel fish	H093	FISH	d
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
Egg, quail, whole, raw	N014	EGGS	a
Egg, turtle, whole	N015	EGGS	b
Eggplant, boiled	D049	OTHER VEGETABLES	d
Eggplant, flesh only, raw	D001	OTHER VEGETABLES	d
Fa		(see Pandanus nuts)	
Fala		(see Pandanus nuts)	
Fau		(see Pandanus nuts)	
Fekaki		(see Malay apple)	
Fekiki kai		(see Malay apple)	
Fern, leaves, boiled	C096	GREEN LEAVES	d
Fern, leaves, raw	C011	GREEN LEAVES	d
Fig	E032	FRUITS	d
Fig, <i>Burkella fijiensis</i>	E123	FRUITS	f
Fig, dried	E030	FRUITS	d
Fig, <i>Ficus scabra</i>	E124	FRUITS	f
Fig, poke, leaves, boiled	C091	GREEN LEAVES	u
Fig, poke, leaves, raw	C040	GREEN LEAVES	d
Fish and island cabbage, fried	R018	MIXED COOKED DISHES	k
Fish salad, Tahitian, raw	R027	MIXED COOKED DISHES	k
Fish, battered, deep-fried,	H019	FISH	d
Fish, deep sea, "Walu"	H096	FISH	f
Fish, dried and salted	H090	FISH	d
Fish, finger, frozen, grilled	H012	FISH	d
Fish, <i>L. xanthophilus</i> , baked, earth-oven	H094	FISH	f
Fish, roe, red	J032	SEAFOOD	a
Flake		(see Shark)	
Flour, cornflour	B042	CEREALS AND CEREAL PRODUCTS	d
Flour, wheat, white, plain	B084	CEREALS AND CEREAL PRODUCTS	d
Flour, wheat, white, self-raising	B085	CEREALS AND CEREAL PRODUCTS	d
Flour, wheat, wholemeal	B086	CEREALS AND CEREAL PRODUCTS	a
Flying fox, boiled	Y009	WILD ANIMAL FOODS	d
Frankfurter, bun & catsup/mustard	Q087	PROCESSED FOODS	a
Frankfurters, simmered	K051	MEAT AND POULTRY	a

Food Name	Key	Food Group	Source
French fries		(see Potato, fries)	
Frog, raw	Y010	WILD ANIMAL FOODS	d
Fromage frais	M044	MILK AND MILK PRODUCTS	d
Fromage frais, fat-free	M043	MILK AND MILK PRODUCTS	d
Fruit drink, orange	W011	BEVERAGES	u
Fruit salad, canned in syrup	E034	FRUITS	d
Fruit, mixed, dried	E066	FRUITS	d
Fungi, cooked, <i>F. velutipes</i>	D115	OTHER VEGETABLES	d
Fungi, cooked, <i>L. hatsudake</i>	D116	OTHER VEGETABLES	d
Fungi, raw, <i>Flammulina velutipes</i>	D048	OTHER VEGETABLES	d
Fungi, raw, <i>Lactarius hatsudake</i>	D012	OTHER VEGETABLES	d
Galip		(see Pili nut)	
Garlic, boiled	T060	HERBS, SPICES, SAUCES	d
Gelatine	T035	HERBS, SPICES, SAUCES	d
Ghee, butter	P022	FATS AND OILS	t
Gin	W012	BEVERAGES	d
Ginger berries		(see Cranberries)	
Ginger, boiled	T061	HERBS, SPICES, SAUCES	d
Ginger, root, fresh	T017	HERBS, SPICES, SAUCES	d
Glycine max		(see Beans)	
Goat meat, lean	K054	MEAT AND POULTRY	m
Gourd, cooked	D125	OTHER VEGETABLES	d
Granadilla, flesh and seeds	E039	FRUITS	d
Grape, black	E036	FRUITS	d
Grape, green	E035	FRUITS	d
Grapefruit	E037	FRUITS	d
Gravy powder, prepared	T037	HERBS, SPICES, SAUCES	d
Gravy, powder, dry	T057	HERBS, SPICES, SAUCES	d
Grub, larva, raw	Y011	WILD ANIMAL FOODS	n
Guava, Hawaiian	E042	FRUITS	a
Guinea squash		(see Eggplant)	
Ham and chicken roll	K056	MEAT AND POULTRY	a
Ham, leg, lean & fat, roasted	K150	MEAT AND POULTRY	u
Hamburger mince, simmer, drained	K060	MEAT AND POULTRY	a
Hamburger, bacon	Q013	PROCESSED FOODS	d
Hamburger, cheese	Q014	PROCESSED FOODS	d
Hamburger, egg	Q015	PROCESSED FOODS	d
Hamburger, plain	Q016	PROCESSED FOODS	d
Hasbin		(see Winged beans)	
Honey	S012	CONFECTIONERY	d
Horseradish tree		(see Drumstick)	
Hot cakes and syrup, McDonald's	B053	CEREALS AND CEREAL PRODUCTS	d
Ice cream cone	B054	CEREALS AND CEREAL PRODUCTS	d
Ice cream, vanilla	M020	MILK AND MILK PRODUCTS	a
I'fi		(see Chestnut, Tahitian)	
I'hi		(see Chestnut, Tahitian)	
I'i		(see Chestnut, Tahitian)	
Indian mulberry, <i>M. citrifolia</i> , leaves, raw	C103	GREEN LEAVES	f
Infant formula, Isomil, & water	M055	MILK AND MILK PRODUCTS	u
Infant formula, Similac, & water	M056	MILK AND MILK PRODUCTS	u
Insect, silkworm, raw	Y012	WILD ANIMAL FOODS	n
Irish stew, canned, heated	Q017	PROCESSED FOODS	d
Island cabbage		(see Edible hibiscus)	
Island dumpling, cooked	B100	CEREALS AND CEREAL PRODUCTS	d
Ivi		(see Chestnut, Tahitian)	
Jaibo		(see Island dumpling)	
Jakfruit, <i>A. heterophyllum</i> , raw	A091	STARCHY STAPLES	d
Jakfruit, <i>A. integer</i> , raw	A092	STARCHY STAPLES	d
Jakfruit, raw	A090	STARCHY STAPLES	a
Jakfruit, seeds, boiled	F004	NUTS AND SEEDS	t
Jam	S013	CONFECTIONERY	d
Jambo		(see Water apple)	
Jambu		(see Water apple)	
Jamun		(see Water apple)	
Jamun, raw, <i>Eugenia brasiliensis</i>	E125	FRUITS	f
Java almond		(see Almond, Indian)	
Jelly, crystals	S014	CONFECTIONERY	d
Jelly, prepared	S015	CONFECTIONERY	d
Jointfir, leaves, boiled	C079	GREEN LEAVES	d
Jointfir, leaves, raw	C080	GREEN LEAVES	d

Food Name	Key	Food Group	Source
Juice, orange and mango	W015	BEVERAGES	d
Juice, orange, commercial	W016	BEVERAGES	d
Juice, tomato, canned, salted	W014	BEVERAGES	d
Kabis		(see Cabbage)	
Kafika		(see Malay apple)	
Kahika		(see Malay apple)	
Kal		(see Almond, Indian)	
Kale seedling, boiled	C039	GREEN LEAVES	d
Kale seedling, raw	C054	GREEN LEAVES	d
Kalo		(see Taro, common)	
Kamiri		(see Candlenut)	
Kamrakh		(see Starfruit)	
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)	
Kava, <i>Piper methysticum</i>	W040	BEVERAGES	f
Kavika		(see Malay apple)	
Kavika, raw, <i>Syzygium malaccense</i>	E126	FRUITS	f
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)	
Lamb, chump/chops, whole, earth-oven	K174	MEAT AND POULTRY	f
Lamb, chump/chops, fat only, earth-oven	K176	MEAT AND POULTRY	f
Lamb, chump/chops, lean only, earth-oven	K175	MEAT AND POULTRY	f
Lamb, chump chop, grill, 50% trim	K068	MEAT AND POULTRY	a
Lamb, chump chop, grill, lean & fat	K070	MEAT AND POULTRY	a
Lamb, chump chops, fat only, raw	K173	MEAT AND POULTRY	f
Lamb, chump chops, lean only, raw	K172	MEAT AND POULTRY	f
Lamb, chump chops, whole, raw	K171	MEAT AND POULTRY	f
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, l&f	K077	MEAT AND POULTRY	a
Lamb, neck chop, simmer, lean & fat	K079	MEAT AND POULTRY	a
Lamb, sausages, raw	K179	MEAT AND POULTRY	f
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	a
Laulau		(see Malay apple)	
Leek, boiled	D066	OTHER VEGETABLES	a
Leek, raw	D067	OTHER VEGETABLES	a
Lemon	E051	FRUITS	d
Lemon grass	T019	HERBS, SPICES, SAUCES	d
Lemons, juice, freshly extracted	T053	HERBS, SPICES, SAUCES	a
Lentils, dried, boiled	G037	LEGUMES	a

Food Name	Key	Food Group	Source
Lettuce, common, raw	C046	GREEN LEAVES	a
Lettuce, iceberg, raw	C045	GREEN LEAVES	u
Licorice	S016	CONFECTIONERY	d
Lime	E052	FRUITS	d
Lip kaukau		(see Sweet potato, leaves)	
Lip pamken		(see Pumpkin, leaves)	
Liqueur, coffee-flavoured	W017	BEVERAGES	d
Loaf, fruit	B061	CEREALS AND CEREAL PRODUCTS	d
Lobster	J011	SEAFOOD	d
Lobster, cooked	J013	SEAFOOD	a
Lobster, mangrove, raw, <i>T. anomala</i>	J050	SEAFOOD	f
Lollies		(see Sweets)	
Lumi		(see Seaweed)	
Lupu		(see Palusami)	
Lychee	E059	FRUITS	d
Lychee, canned in syrup	E057	FRUITS	d
Lychee, canned in syrup, drained	E058	FRUITS	d
Lychee, dried	E056	FRUITS	d
Lychee, Pacific, <i>P. pinnata</i>	E132	FRUITS	f
Maaena		(see Arrowroot, Polynesian)	
Macadamia nut, kernels, raw	F043	NUTS AND SEEDS	a
Machaha		(see Arrowroot, Polynesian)	
Mackerel, canned in natural oil	H088	FISH	u
Mackerel, fried	H028	FISH	d
Mackerel, frigate, boiled	H092	FISH	d
Mackerel, Spanish, cooked	H087	FISH	d
Mackerel, Spanish, raw	H086	FISH	d
Magamuk		(see Arrowroot, Polynesian)	
Mah		(see Breadfruit)	
Mahoa		(see Arrowroot, Polynesian)	
Maita		(see Spinach, tropical)	
Makamaka		(see Arrowroot, Polynesian)	
Makmok		(see Arrowroot, Polynesian)	
Malay apple	E111	FRUITS	a
Mandarin	E061	FRUITS	d
Mandarin, canned in syrup	E060	FRUITS	d
Manggis		(see Mangosteen)	
Mango, Australian	E064	FRUITS	a
Mango, Malaysian	E063	FRUITS	d
Mango, PNG	E096	FRUITS	d
Mangosteen	E116	FRUITS	d
Manihikian bread	R022	MIXED COOKED DISHES	k
Manioc		(see Cassava)	
Manioc leaves		(see Cassava, leaves)	
Maoa		(see Arrowroot, Polynesian)	
Margarine, cooking	P014	FATS AND OILS	t
Margarine, poly-unsat, reduce fat	P015	FATS AND OILS	m
Margarine, poly-unsat., regular	P016	FATS AND OILS	a
Marita		(see Pandanus nut)	
Marmalade plum		(see Sapote)	
Marmalade, orange	S019	CONFECTIONERY	d
Marrow, peeled, boiled	D068	OTHER VEGETABLES	d
Marungai		(see Drumstick, leaves)	
Marzipan	S032	CONFECTIONERY	d
Masoa		(see Arrowroot, Polynesian)	
Mayonnaise, commercial	T038	HERBS, SPICES, SAUCES	d
Meat and island cabbage, fried	R021	MIXED COOKED DISHES	k
Meat paste	K088	MEAT AND POULTRY	a
Melon seeds, seed coat removed	F047	NUTS AND SEEDS	d
Melon, honey dew	E065	FRUITS	d
Meringue, commercial	S021	CONFECTIONERY	a
Milk powder, skim	M021	MILK AND MILK PRODUCTS	a
Milk powder, whole	M022	MILK AND MILK PRODUCTS	a
Milk, breast, colostrum	M019	MILK AND MILK PRODUCTS	a
Milk, breast, mature	M004	MILK AND MILK PRODUCTS	a
Milk, condensed, skim, sweet, can	M029	MILK AND MILK PRODUCTS	b
Milk, condensed, whole, sweetened	M023	MILK AND MILK PRODUCTS	b
Milk, evaporated, skim, canned	M024	MILK AND MILK PRODUCTS	a
Milk, evaporated, whole, canned	M025	MILK AND MILK PRODUCTS	a
Milk, goat	M026	MILK AND MILK PRODUCTS	a

Food Name	Key	Food Group	Source
Milk, skim, fluid	M028	MILK AND MILK PRODUCTS	a
Milk, whole	M030	MILK AND MILK PRODUCTS	a
Milk, whole, ultra high temperature	M031	MILK AND MILK PRODUCTS	a
Milo powder	W019	BEVERAGES	d
Mineral water and juice	W020	BEVERAGES	a
Mineral water, natural	W021	BEVERAGES	d
Mixed vegetables, frozen, boiled	D069	OTHER VEGETABLES	d
Mokmok		(see Arrowroot, Polynesian)	
Moli		(see Orange, local)	
Moli kana		(see Pomelo)	
Mornay sauce	T054	HERBS, SPICES, SAUCES	m
Muesli bar, fruit	S022	CONFECTIONERY	d
Muesli, Swiss-style	B062	CEREALS AND CEREAL PRODUCTS	d
Muesli, toasted	B063	CEREALS AND CEREAL PRODUCTS	a
Muffin, English, toasted	B064	CEREALS AND CEREAL PRODUCTS	d
Muli		(see Orange, local)	
Mullet, fried	H033	FISH	d
Mullet, steamed	H034	FISH	a
Mumut		(see Bandicoot)	
Muruk		(see Cassowary)	
Mushroom sauce, canned, heated	T044	HERBS, SPICES, SAUCES	d
Mushrooms, can, brine, heat, drain	D029	OTHER VEGETABLES	d
Mushrooms, common, raw	D070	OTHER VEGETABLES	d
Mussel	J014	SEAFOOD	d
Mussel, smoked, canned-oil, drain	J015	SEAFOOD	a
Mustard seeds	T020	HERBS, SPICES, SAUCES	d
Mustard, cream type, commercial	T039	HERBS, SPICES, SAUCES	d
Mustard, French	T056	HERBS, SPICES, SAUCES	d
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		(see Pitpit/duruca)	
Nectarine	E068	FRUITS	d
Ngali		(see Pili nut)	
Ngali nut, raw, <i>Canarium indicum</i>	F072	NUTS AND SEEDS	f
Nightshade, leaves, cooked	C032	GREEN LEAVES	d
Nightshade, leaves, raw	C065	GREEN LEAVES	d
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	d
Nutmeg powder	T021	HERBS, SPICES, SAUCES	d
Nuts, mixed, salted	F048	NUTS AND SEEDS	d
Oats, rolled, cooked	B065	CEREALS AND CEREAL PRODUCTS	d
Octopus, cooked	J042	SEAFOOD	d
Octopus, raw	J040	SEAFOOD	d
Oil, olive	P017	FATS AND OILS	a
Oil, peanut	P019	FATS AND OILS	a
Okari		(see Almond, Indian)	
Okra, boiled	D072	OTHER VEGETABLES	d
Okra, raw	D073	OTHER VEGETABLES	d
Olive, green, stuffed, drained	D126	OTHER VEGETABLES	d
Omelette, plain	N013	EGGS	m
Onion, mature, boiled	D076	OTHER VEGETABLES	d
Onion, mature, raw	D077	OTHER VEGETABLES	d
Onion, pickled, commercial, drain	T041	HERBS, SPICES, SAUCES	d
Orange	E070	FRUITS	d
Orange, local	E106	FRUITS	d
Oregano powder	T022	HERBS, SPICES, SAUCES	d
Ota dina		(see Fern)	
Ota karesi		(see Cabbage, swamp)	
Ovaltine powder	W023	BEVERAGES	d
Oyster sauce	T023	HERBS, SPICES, SAUCES	d
Oyster, flesh, raw	J017	SEAFOOD	a
Palm oil, red	P021	FATS AND OILS	d
Palusami, corned mutton, earth-oven	R030	MIXED COOKED DISHES	f
Palusami, taro leaf & coconut	R028	MIXED COOKED DISHES	k
Palusami, taro leaf & coconut & beef	R026	MIXED COOKED DISHES	k

Food Name	Key	Food Group	Source
Pancake syrup	S034	CONFECTIONERY	a
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	a
Papaya		(see Pawpaw)	
Papaya shoots		(see Pawpaw)	
Paprika	T024	HERBS, SPICES, SAUCES	d
Parsley, leaves, raw	T025	HERBS, SPICES, SAUCES	b
Parsley, raw	D079	OTHER VEGETABLES	d
Parsnip, peeled, boiled	D080	OTHER VEGETABLES	d
Passionfruit	E076	FRUITS	d
Passionfruit, purple/yellow	E092	FRUITS	d
Pasta, egg, boiled	B067	CEREALS AND CEREAL PRODUCTS	d
Pasta, white, boiled	B068	CEREALS AND CEREAL PRODUCTS	d
Pastry, chocolate, filled, roll	B092	CEREALS AND CEREAL PRODUCTS	d
Pastry, Danish	B046	CEREALS AND CEREAL PRODUCTS	d
Pastry, filo, baked	B069	CEREALS AND CEREAL PRODUCTS	d
Pastry, puff, commercial, baked	B070	CEREALS AND CEREAL PRODUCTS	d
Pastry, short, commercial, baked	B071	CEREALS AND CEREAL PRODUCTS	d
Pâté de campagne	K161	MEAT AND POULTRY	o
Pâté de foie	K105	MEAT AND POULTRY	a
Pâté, pork liver	K162	MEAT AND POULTRY	d
Pawpaw shoots, cooked	C013	GREEN LEAVES	d
Pawpaw shoots, raw	C012	GREEN LEAVES	d
Pawpaw, Australian	E078	FRUITS	a
Pawpaw, PNG	E079	FRUITS	n
Pawpaw, raw, unripe	D081	OTHER VEGETABLES	d
Pawpaw, unripe, cooked	D127	OTHER VEGETABLES	d
Peach	E081	FRUITS	d
Peach, canned in syrup	E080	FRUITS	d
Peanut butter, no added sugar	Q078	PROCESSED FOODS	d
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	d
Pear, Packhams	E083	FRUITS	d
Peas, dried, fried	G060	LEGUMES	f
Peas, green, boiled	D051	OTHER VEGETABLES	d
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		(see Edible hibiscus)	
Pepper, black	T026	HERBS, SPICES, SAUCES	d
Pepper, sweet		(see Capsicum)	
Pickles, mustard, commercial	T042	HERBS, SPICES, SAUCES	d
Pie, apple, deep, baked	Q032	PROCESSED FOODS	d
Pie, fruit, commercial	Q033	PROCESSED FOODS	d
Pie, meat, family size	Q022	PROCESSED FOODS	d
Pie, meat, individual size	Q023	PROCESSED FOODS	d
Pig, flesh, baked	Y021	WILD ANIMAL FOODS	n
Pig, flesh, boiled	Y020	WILD ANIMAL FOODS	n
Pigeon, general, cooked	Y003	WILD ANIMAL FOODS	n
Pigeon, general, raw	Y013	WILD ANIMAL FOODS	d
Pili nut, dried, PNG	F031	NUTS AND SEEDS	n
Pili nut, raw, ripe, PNG	F032	NUTS AND SEEDS	n
Pinat		(see Peanut)	
Pineapple, Australian	E086	FRUITS	a
Pineapple, canned in heavy syrup	E085	FRUITS	d
Pineapple, PNG	E002	FRUITS	d
Pistachio nut, kernels, raw	F054	NUTS AND SEEDS	a

Food Name	Key	Food Group	Source
Pitpit, Highlands, baked	D004	OTHER VEGETABLES	n
Pitpit/Duruka, coastal, raw	D003	OTHER VEGETABLES	f
Pizza with meat, thick crust	Q076	PROCESSED FOODS	a
Pizza, ham & pineapple, froz, bake	Q034	PROCESSED FOODS	d
Pizza, supreme, frozen, baked	Q035	PROCESSED FOODS	d
Plantain		(see Banana)	
Plantain flowers		(see Banana)	
Plum, dark, canned in syrup	E088	FRUITS	d
Plum, red flesh	E089	FRUITS	d
Poi, paiai	R014	MIXED COOKED DISHES	
Poke recipe, boiled	R023	MIXED COOKED DISHES	k
Polynesian arrowroot		(see Arrowroot)	
Pomelo, pink flesh	E090	FRUITS	d
Popcorn, regular, commercial	Q036	PROCESSED FOODS	a
Pora		(see Nightshade)	
Pork, fat, boiled	K055	MEAT AND POULTRY	n
Pork, ham leg, non-canned, lean	K057	MEAT AND POULTRY	a
Pork, ham steak, grilled	K058	MEAT AND POULTRY	a
Pork, ham, canned, lean and fat	K059	MEAT AND POULTRY	a
Pork, leg, baked, lean & fat	K101	MEAT AND POULTRY	a
Pork, midloin chop, grilled, l&f	K104	MEAT AND POULTRY	a
Pork, sausage, fried, home prep	K123	MEAT AND POULTRY	a
Pork, sausage, grill, home prep	K124	MEAT AND POULTRY	a
Pork, sausages, raw	K180	MEAT AND POULTRY	f
Pork, spareribs, lean & fat, cooked	K151	MEAT AND POULTRY	u
Poro		(see Nightshade)	
Port	W024	BEVERAGES	d
Possum, boiled	Y018	WILD ANIMAL FOODS	d
Potato chips		(see Potato, fries)	
Potato chips		(see Potato crisps)	
Potato crisps, plain	Q037	PROCESSED FOODS	a
Potato crisps, plain, salted	Q069	PROCESSED FOODS	a
Potato fries, deep fried	A013	STARCHY STAPLES	a
Potato salad, canned	A015	STARCHY STAPLES	a
Potato straws, plain	Q038	PROCESSED FOODS	d
Potato, baked, salt & fat added	A016	STARCHY STAPLES	n
Potato, hash brown, McDonald's	A014	STARCHY STAPLES	a
Potato, mashed, dried, home prep	A017	STARCHY STAPLES	a
Potato, pale skin, peeled, baked	A019	STARCHY STAPLES	a
Potato, pale skin, peeled, boiled	A018	STARCHY STAPLES	a
Prawn, cocktail	J020	SEAFOOD	d
Prawn, greater tiger, boiled	J049	SEAFOOD	d
Prawn, king, cooked	J021	SEAFOOD	a
Pretzels	Q039	PROCESSED FOODS	d
Prune	E091	FRUITS	d
Pudding, plum, canned	Q040	PROCESSED FOODS	d
Pudding, self saucing	Q041	PROCESSED FOODS	d
Puha, boiled	C092	GREEN LEAVES	z
Puha, leaves & upper stem, raw	C060	GREEN LEAVES	z
Puk puk		(see Crocodile)	
Pumpkin seeds, raw	F055	NUTS AND SEEDS	b
Pumpkin, boiled	D087	OTHER VEGETABLES	a
Pumpkin, butternut, boiled	D086	OTHER VEGETABLES	a
Pumpkin, leaves, boiled	C025	GREEN LEAVES	d
Pumpkin, leaves, raw	C048	GREEN LEAVES	d
Pumpkin, raw	D043	OTHER VEGETABLES	d
Puraka		(see Taro, swamp)	
Quiche, ham & cheese, comm., baked	Q042	PROCESSED FOODS	a
Radish, oriental, raw, peeled	D088	OTHER VEGETABLES	d
Raisin	E093	FRUITS	d
Rambutan	E117	FRUITS	d
Ramen		(see Noodles)	
Rat, cooked	Y004	WILD ANIMAL FOODS	d
Rat, raw	Y014	WILD ANIMAL FOODS	d
Ravioli, commercial	Q043	PROCESSED FOODS	d
Reef fish, composite, bake/grill	H075	FISH	d
Reef fish, composite, raw	H074	FISH	d
Reef fish, composite, steam/poach	H076	FISH	d
Rice bubbles	B072	CEREALS AND CEREAL PRODUCTS	a
Rice with coconut cream	B098	CEREALS AND CEREAL PRODUCTS	d

Food Name	Key	Food Group	Source
Rice, brown, boiled	B073	CEREALS AND CEREAL PRODUCTS	d
Rice, parboiled, boiled	B093	CEREALS AND CEREAL PRODUCTS	d
Rice, white, boiled	B077	CEREALS AND CEREAL PRODUCTS	a
Rice, white, boiled, coastal	B075	CEREALS AND CEREAL PRODUCTS	d
Rice, white, boiled, Highlands	B076	CEREALS AND CEREAL PRODUCTS	d
Rockmelon	E097	FRUITS	d
Rolled oats		(see Oats)	
Rose apple		(see Water apple)	
Roti, cooked	B078	CEREALS AND CEREAL PRODUCTS	d
Rourou		(see Taro, leaves)	
Rukau viti		(see Taro, leaves)	
Rum	W025	BEVERAGES	d
Saffron	T027	HERBS, SPICES, SAUCES	d
Sago palm, heart	D130	OTHER VEGETABLES	f
Sago, flour	A023	STARCHY STAPLES	d
Sago, flour, meal	A022	STARCHY STAPLES	n
Saijan		(see Drumstick)	
Saimen		(see Noodles)	
Sak sak		(see Sago)	
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	d
Sapote, fruit	E017	FRUITS	d
Sardines, Aust., canned in oil	H050	FISH	a
Sardines, canned in oil, drained	H051	FISH	a
Sardines, USA, canned in oil	H077	FISH	u
Sausage roll	Q050	PROCESSED FOODS	d
Scad, hairtail, dried	H089	FISH	m
Scallop, cooked	J043	SEAFOOD	d
Scallop, raw	J041	SEAFOOD	d
Scone, plain, home prepared	B080	CEREALS AND CEREAL PRODUCTS	d
Sea cucumber, edible muscle	J024	SEAFOOD	f
Sea slug		(see Sea cucumber)	
Sea urchin, flesh, boiled	J045	SEAFOOD	d
Sea urchin, flesh, boiled	J045	SEAFOOD	f
Sea urchin, <i>Tripneustes gratilla</i>	J058	SEAFOOD	f
Sea-hare, intestines, raw, <i>D. auricularia</i>	J051	SEAFOOD	f
Sea-hare, skin, raw, <i>D. auricularia</i>	J052	SEAFOOD	f
Seaweed, agar	J038	SEAFOOD	d
Seaweed, dried	J036	SEAFOOD	d
Seaweed, "Lumi", raw, <i>C. demersum</i>	J056	SEAFOOD	f
Seaweed, "Nama", raw, <i>Caulerpa</i> sp.	J057	SEAFOOD	f
Seed bar, fruit and nut	S010	CONFECTIONERY	d
Semolina	B090	CEREALS AND CEREAL PRODUCTS	d
Shallot, peeled, boiled	D093	OTHER VEGETABLES	d
Shark, blue, boiled	H091	FISH	e
Shark, temperate, flesh, steamed	H021	FISH	a
Sherbet	S036	CONFECTIONERY	d
Sherry, dry	W026	BEVERAGES	d
Sherry, sweet	W027	BEVERAGES	d
Sici-shell, meat, raw, <i>P. aemigiana</i>	J053	SEAFOOD	f
Sikalui		(see Coconut sap)	
Sikeci		(see Candlenut)	
Silverbeet, boiled	C066	GREEN LEAVES	d
Silverbeet, raw	C003	GREEN LEAVES	d
Slippery cabbage		(see Edible hibiscus)	
Snails, small	Y015	WILD ANIMAL FOODS	d
Snake, general, raw	Y016	WILD ANIMAL FOODS	n
Snapper, steamed	H060	FISH	d
Softdrink, cola	W028	BEVERAGES	d
Softdrink, cola, diet	W038	BEVERAGES	a
Softdrink, lemonade	W029	BEVERAGES	d
Softdrink, lemonade, diet	W039	BEVERAGES	a
Soup, chicken noodle, dry, prep	Q053	PROCESSED FOODS	d
Soup, cream vege, canned, prepared	Q054	PROCESSED FOODS	d
Soup, minestrone, home prepared	Q055	PROCESSED FOODS	d
Soup, tomato, canned, prepared	Q052	PROCESSED FOODS	d
Soursop	E101	FRUITS	d

Food Name	Key	Food Group	Source
Sow thistle		(see Puha)	
Soy sauce, commercial	T046	HERBS, SPICES, SAUCES	d
Soya bean curd, unsweetened	G052	LEGUMES	d
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	d
Spinach, Ceylon, boiled	C076	GREEN LEAVES	d
Spinach, Ceylon, raw	C075	GREEN LEAVES	d
Spinach, frozen, boiled	C069	GREEN LEAVES	d
Spinach, New Zealand, boiled	C001	GREEN LEAVES	d
Spinach, New Zealand, raw	C034	GREEN LEAVES	d
Spinach, Tahitian, boiled	C093	GREEN LEAVES	d
Spinach, Tahitian, raw	C084	GREEN LEAVES	d
Spinach, tropical, leaves, baked	C051	GREEN LEAVES	d
Spinach, tropical, leaves, boiled	C009	GREEN LEAVES	d
Spinach, tropical, leaves, raw	C008	GREEN LEAVES	d
Spinach, vine		(see Spinach, Ceylon)	
Sprouting coconut		(see Coconut embryo)	
Squash, boiled	D094	OTHER VEGETABLES	d
Squid, fried	J027	SEAFOOD	d
Squid, raw	J028	SEAFOOD	d
Starfruit	E018	FRUITS	f
Sting ray	J029	SEAFOOD	m
Stock cube	T050	HERBS, SPICES, SAUCES	d
Strawberry	E103	FRUITS	a
Sugar cane juice	S035	CONFECTIONERY	u
Sugar, brown	S026	CONFECTIONERY	a
Sugar, raw	S027	CONFECTIONERY	o
Sugar, white	S028	CONFECTIONERY	t
Sukau		(see Fern)	
Sultana	E104	FRUITS	d
Swede, boiled	D095	OTHER VEGETABLES	d
Sweet potato, composite, baked	A036	STARCHY STAPLES	d
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	d
Sweet potato, konime, baked & salt	A029	STARCHY STAPLES	d
Sweet potato, konime, boiled	A027	STARCHY STAPLES	d
Sweet potato, leaves, cooked	C038	GREEN LEAVES	d
Sweet potato, leaves, raw	C072	GREEN LEAVES	d
Sweet potato, orange, peeled, boil	A030	STARCHY STAPLES	a
Sweet potato, pale, raw	A031	STARCHY STAPLES	d
Sweet potato, seyspen, baked	A037	STARCHY STAPLES	d
Sweet potato, white, flesh, boiled	A039	STARCHY STAPLES	a
Sweet potato, yellow, raw	A040	STARCHY STAPLES	d
Sweet yam		(see Yam)	
Sweet yam, roasted		(see Yam)	
Sweetlip, painted, raw	H035	FISH	m
Sweets, boiled	S003	CONFECTIONERY	d
Syrup, golden	S011	CONFECTIONERY	d
Ta'amu		(see Taro, giant)	
Tai		(see Candlenut)	
Talie		(see Almond, Indian)	
Talis		(see Almond, Indian)	
Talisai		(see Almond, Indian)	
Talise		(see Almond, Indian)	
Talo		(see Taro, common)	
Tamarillo		(see Tree tomato)	
Tamarind	E107	FRUITS	d
Tamarind, fresh pods	E108	FRUITS	d
Ta'o		(see Taro, common)	
Tapiak		(see Cassava)	
Tapioca		(see Cassava)	
Tapioca leaves		(see Cassava)	
Tapiok		(see Cassava)	
Tarawau, Fiji, raw, <i>Dracontomelon vitiense</i>	E127	FRUITS	f
Tarawau, Vanuatu, raw, <i>D. vitiense</i>	E128	FRUITS	f

Food Name	Key	Food Group	Source
Taro chips, fried	A097	STARCHY STAPLES	f
Taro chips, Samoan, Leilei brand	Q091	PROCESSED FOODS	f
Taro chips, Samoan, Tausala brand	Q092	PROCESSED FOODS	f
Taro kong kong		(see Taro, Chinese)	
Taro leaves		(see Spinach, Tahitian)	
Taro tru		(see Taro, common)	
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	f
Taro, common, black, boiled	A046	STARCHY STAPLES	d
Taro, common, composite, raw	A052	STARCHY STAPLES	s
Taro, common, red, boiled	A055	STARCHY STAPLES	n
Taro, common, white, baked	A058	STARCHY STAPLES	n
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	d
Taro, leaves, raw	C078	GREEN LEAVES	d
Taro, raw, <i>C. antiquorum</i>	A050	STARCHY STAPLES	d
Taro, Samoan		(see Taro, giant)	
Taro, stalks, cooked	C020	GREEN LEAVES	d
Taro, stalks, raw	C004	GREEN LEAVES	d
Taro, Tahitian		(see Spinach, Tahitian)	
Tarua		(see Taro, Chinese)	
Tea, Indian, infused	W036	BEVERAGES	u
Tea, lemon grass, brewed, <i>C. coloratus</i>	W041	BEVERAGES	f
Tea, lemon leaf, brewed, <i>Citrus</i> sp.	W042	BEVERAGES	f
Te-karewe		(see Coconut sap)	
Te-kunikun		(see Almond, Indian)	
Te-mai		(see Breadfruit)	
Tempeh		(see Soya beans, fermented)	
Thick shake, McDonald's	W037	BEVERAGES	d
Thousand island dressing	T059	HERBS, SPICES, SAUCES	d
Tipop		(see Almond, Indian)	
Tivi		(see Almond, Indian)	
Toamu		(see Taro, giant)	
Tomato catsup	T052	HERBS, SPICES, SAUCES	a
Tomato pasta sauce, comm., heated	T045	HERBS, SPICES, SAUCES	d
Tomato paste, salted	D102	OTHER VEGETABLES	d
Tomato sauce, commercial	T048	HERBS, SPICES, SAUCES	d
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	d
Tonaj		(see Doughnut)	
Toor dahl, cooked dish	R007	MIXED COOKED DISHES	b
Topping, chocolate	S029	CONFECTIONERY	d
Tree ants, whole	Y017	WILD ANIMAL FOODS	n
Tree tomato	E118	FRUITS	d
Tubua		(see Spinach, tropical)	
Tulip		(see Jointfir)	
Tumutumu maukeni		(see Pumpkin, leaves)	
Tuna, albacore, flesh, raw	H079	FISH	z
Tuna, bullet		(see Mackerel)	
Tuna, canned in brine	H067	FISH	a
Tuna, canned in brine, drained	H070	FISH	a
Tuna, canned in oil	H068	FISH	d
Tuna, canned in oil, drained	H069	FISH	a
Tuna, composite, flesh, baked	H083	FISH	z
Tuna, composite, flesh, grilled	H085	FISH	z
Tuna, composite, flesh, raw	H082	FISH	z
Tuna, composite, flesh, steamed	H084	FISH	z

Food Name	Key	Food Group	Source
Tuna, frigate		(see Mackerel)	
Tuna, slender, flesh, raw	H081	FISH	z
Tuna, southern bluefin, flesh, raw	H080	FISH	z
Turkey tail, cooked	K153	MEAT AND POULTRY	u
Turkey, whole, roasted	K154	MEAT AND POULTRY	u
Turmeric powder	T031	HERBS, SPICES, SAUCES	u
Turtle, cooked	J033	SEAFOOD	n
Turtle, raw	J030	SEAFOOD	j
Tuti		(see Candlenut)	
'Ufi suamalie		(see Yam, Chinese)	
'Ufi-pala		(see Yam, tikau)	
'Ufi-palai		(see Yam, tikau)	
'Ufi-pilita		(see Yam, kaile)	
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	d
Vara		(see Coconut embryo)	
Veal schnitzel, frozen, fried	K142	MEAT AND POULTRY	a
Veal, loin chop, grilled, lean & fat	K139	MEAT AND POULTRY	a
Vegetemite	T051	HERBS, SPICES, SAUCES	d
Vegetable oil, polyunsaturated	P020	FATS AND OILS	b
Vegetables and sausages, canned	Q061	PROCESSED FOODS	a
Vegetables and steak, can, heated	Q062	PROCESSED FOODS	d
Vegetables, mixed, European, boil	D061	OTHER VEGETABLES	d
Veitchia nut, <i>Vietchia</i> sp., raw	F075	NUTS AND SEEDS	f
Venison		(see Deer)	
Via kana		(see Taro, swamp)	
Vinaigrette sauce	T055	HERBS, SPICES, SAUCES	d
Vine spinach		(see Spinach, Ceylon)	
Vinegar	T036	HERBS, SPICES, SAUCES	d
Violet crumble	S030	CONFECTIONERY	d
Vulatolu		(see Cassava)	
Water apple	E109	FRUITS	d
Water cabbage		(see Cabbage, swamp)	
Water dropwort, leaves, cooked	C002	GREEN LEAVES	d
Water dropwort, leaves, raw	C061	GREEN LEAVES	d
Water spinach		(see Cabbage, swamp)	
Watercress, leaves, cooked	C068	GREEN LEAVES	d
Watercress, leaves, raw	C037	GREEN LEAVES	d
Watermelon, Aust., red pulp	E110	FRUITS	d
Watermelon, PNG, red pulp	E095	FRUITS	d
Watermelon, seeds, dried	F016	NUTS AND SEEDS	t
Weet-bix	B101	CEREALS AND CEREAL PRODUCTS	z
Whisky	W031	BEVERAGES	d
Wi, Fiji, raw, <i>Spondias dulcis</i>	E129	FRUITS	f
Wi, Vanuatu, raw, <i>S. dulcis</i>	E130	FRUITS	f
Wild sugar cane flower		(see Pitpit)	
Wild sugar cane flower		(see Pitpit/duruka)	
Wine, red	W032	BEVERAGES	d
Wine, white	W033	BEVERAGES	d
Winged bean leaves, cooked	C028	GREEN LEAVES	d
Winged bean leaves, raw	C031	GREEN LEAVES	d
Winged bean, root, baked	A096	STARCHY STAPLES	d
Winged beans, mature, baked	G032	LEGUMES	n
Winged beans, young pods	G034	LEGUMES	d
Worcestershire sauce	T049	HERBS, SPICES, SAUCES	d
Wot		(see Taro, giant)	
Wut		(see Taro, giant)	
Yam Wai		(see Yam, greater)	

Food Name	Key	Food Group	Source
Yam, Chinese, raw	A076	STARCHY STAPLES	s
Yam, Chinese, spiny, raw	A069	STARCHY STAPLES	d
Yam, composite, baked	A098	STARCHY STAPLES	d
Yam, composite, boiled	A099	STARCHY STAPLES	d
Yam, <i>D.trifida</i> , raw	A077	STARCHY STAPLES	d
Yam, greater, baked	A070	STARCHY STAPLES	d
Yam, greater, raw	A075	STARCHY STAPLES	s
Yam, kaile, raw	A074	STARCHY STAPLES	d
Yam, sweet, baked	A071	STARCHY STAPLES	d
Yam, tikau, raw	A078	STARCHY STAPLES	s
Yams, cooked, multiple methods	A081	STARCHY STAPLES	u
Yams, <i>D.rotundata</i> , raw	A083	STARCHY STAPLES	s
Yeast, compressed	Q064	PROCESSED FOODS	d
Yeast, dried	Q065	PROCESSED FOODS	d
Yellowtail, fusilier, raw	H073	FISH	d
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