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Report on collection of rules on use of recipe calculation procedures including the use of yield and retention factors for imputing nutrient values for composite foods

WP2.2 Composite Foods













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1 GLOSSARY

The following definitions have been adopted from the EuroFIR "Proposal for the harmonisation of recipe calculation procedures" (Reinivuo and Laitinen, April 2007).

Food: Raw food or dish intended for human consumption.

Dish: A food that has been prepared at home or by industrial or catering processes.

Ingredient: A food item included in a recipe.

Recipe: A list of ingredients, including the amounts, which are needed to prepare a dish.

Edible portion: Term refers to the edible material remaining after the inedible waste (e.g. bones, stones, and peel) has been trimmed away.

Yield factor: Term is used for what is retained in weight after food preparation, processing or other treatment. Weight change is a result of moisture (e.g. water) and solid (e.g. fat) losses or gains.

Retention factor: Term is used for what is retained in nutrient content after food preparation, processing or other treatment. This is usually applied to changes in water, fat, vitamin and mineral content.

NLG factors: Nutrient losses and gains (NLG) factors are a general term, which includes both yield and retention factors. It is recommended to use the terms yield and nutrient retention factors instead of NLG factors.

Ingredient level: Term is used when yield factor is applied separately to the weight of each ingredient or when retention factor is applied separately to nutrient content of each ingredient.

Recipe level: Term is used when yield factor is applied to the whole weight of a dish or retention factor is applied to the total nutrient content of a dish.

2 INTRODUCTION

The use of "weight yield" (fat/water and alcohol) and "nutrient retention" factors is directly related with recipe calculation procedures for composite foods. This way, the nutrient content of prepared foods can be estimated from its individual ingredients for its publication in Food Composition Databases (FCDB), labels and special diets. Missing values in analysed food items can be calculated via these factors as well. Furthermore, because most foods are consumed in a cooked or prepared form, the use of these factors is highly relevant for the assessment of the nutrient intake of the population in nutrition surveys.

As already discussed in a previous report (Bell et al. 2006), analysing composite foods is expensive and time consuming. Therefore, determination and appropriate use of nutrient retention and weight yield factors for calculation of the nutrient content in prepared and/or processed foods is an important task that should be addressed by FCDB compilers. Currently, the use the factors available in the literature (e.g. Bognár; McCance & Widdowson; USDA) is still a source of discrepancies among the European FCDB. This is not only a consequence of the use of different sources of factors but also a result of inconsistent use of them.

An exhaustive literature review on degradation kinetics and nutrient retention in processed and cooked foods has been carried out by Bergström (1994). This same work has provided a collection of yield factors for foods and dishes used in Europe at that time. Recently, Bell et al. (2006) have published an overview of the nutrient retention factors used by the European FCDB, presenting information provided by 17 EuroFIR partners, such as source of factors used and the availability of retention factor by nutrient. This work also illustrates the ranges of values for nutrient retention being currently used, systematically arranged by food group. However, as a result of the works mentioned above, it is evident that clear recommendations on which factors should be applied, how and in which situation are still missing.

The EuroFIR Compiler Network has decided unanimously during its first meeting (Paris, March 2007), that to reach the goal of harmonising the recipe calculation procedure, the use and selection of retention factors should follow consistent rules. This solution may sometimes be at the expense of the accuracy of the data, but comparability of the values obtained by a single calculation procedure is a compromise that all compilers have accepted, which is an important step towards the harmonisation of the European FCDB.

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To date, the EuroFIR proposal for the harmonisation of recipe calculation procedures (Reinivuo and Laitinen, April 2007) has been finalised, concluding the following:

- Weight yields should be applied at recipe level

- Nutrient retention factors should be applied at ingredient level.

Furthermore, due to the large variety of recipes available for each participating country, it has been suggested that each compiler uses its own weight yield factors. However, compilers are still committed to provide the values they have used together with some background information, in order to fulfil the EuroFIR value documentation requirements.

The present work will focus on the use of the nutrient retention factors, which should be on the line of the EuroFIR food classification and the cooking methods available in the LanguaL thesaurus (Facet G). Additionally, a brief overview on weight yield factors, including recommendations and calculation procedures will be discussed. Finally, examples on the use of the factors and special cases on the calculation of recipes will be provided.

Respective factors are attached to this Deliverable for further application in European FCDBs. Continuous quality improvements in FCDBs may however require a continuation of validating and up-dating these values according to the latest state in science to ensure reliable calculation of nutrient contents as composite foods develop further.

3 YIELD FACTORS

Generally, raw foods undergo weight changes after preparation, processing or any other treatment. These changes depend on several factors, such as type of ingredients, cooking method, temperature, time and equipment used (e.g. at household or industrial level).

During cooking, the following changes may occur (Bognár, 2002):

- Water absorption (e.g. after cooking rice or pasta)
- Water reduction (e.g. after baking bread)
- Alcohol reduction (e.g. in sauces)
- Fat uptake (e.g. fried potatoes)
- Fat loss
- Salt absorption (Sodium chloride, e.g. in boiling water)

Furthermore, some dishes can include certain ingredients during their preparation that may not be edible and need to be removed. This is the case of some spices, such as cloves or laurel, which are mostly used for their taste. Also, some foods are cooked with inedible parts, such as boiled eggs with shells or chicken with bones. Besides, some dishes contain a solid and a liquid part or gravy (e.g. goulash), which is sometimes considered drippings and are not always consumed. These cases need to be carefully considered.

Most European FCDB publish their data in nutrient content per 100 g edible portion. Therefore, the calculation steps needed to estimate the nutrient content in a recipe or prepared dish per 100 g edible portion should accurately be evaluated for each recipe.

Due to their experience with local recipes, it is advisable that each compiler assumes the responsibility of documenting their own weight yield factors. If no experiments have been carried out, yield factors can be borrowed from similar dishes when available in the literature, such as Bognár (2002), Bergström (1994) or Martins (1998).

3.1 Calculation of weight yield factors (YF)

Bognár (2002) has published several algorithms for the calculation of weight yield. Although most calculations are carried out on an edible part basis, some FCDB may want to publish data of certain dishes including the waste (e.g. bones). For this reason, the calculation of yield factors including waste is also briefly described. The following equations have been adapted from the mentioned work and examples have been added for better understanding. Note that the cooking medium (water or fat) is not included in any of the following calculations. Water and fat are considered as ingredients only if they are part of the recipe (e.g. water needed to

prepare a dough, fat added to a salad dressing, etc.). However, fat and water uptake should be calculated and included in the recipe as an ingredient (Bognár, 2002).

a) Weight yield factor, including waste (YF_{with waste}):

The weight yield, including waste, for the solid and the liquid part of a dish can be calculated in a similar way.

Examples: 1) Roasted chicken with bones and skin:

 $YF_{with waste} = \frac{Roasted chicken, whole (g)}{Raw chicken, whole + other ingredients (g)}$

2) Pot roast lamb (leg), with bones and gravy :

- Whole dish:	$YF_{with waste} =$	Pot roast lamb, with bones and gravy (g) Raw lamb meat, whole + other ingredients (g)
- Solid part:	$YF_{with waste} =$	Pot roast lamb, with bones (g) Raw lamb meat, whole + other ingredients (g)
- Liquid part:	$YF_{with waste} =$	Gravy, with waste* (g) Raw lamb meat, whole + other ingredients (g)

* Gravy may not contain waste. However, some spices such as laurel could be present and need to be removed before being consumed.

b) Yield factor, edible part (YF_{edible})

$$YF_{edible} = \frac{Prepared dish, edible part (g)}{Total quantity of ingredients (ready-to-cook) (g)}$$

or

$$YF_{edible} *=$$
 (Prepared dish, whole) x((100- %waste)/100) (g)
Total quantity of ingredients (ready-to-cook) (g)

* Some recipes are unavoidably prepared with inedible parts (e.g. roasted chicken with bones). In order to convert the weight of the prepared dish into edible part, it is necessary to subtract the waste. If an in-house table with percentages of waste for common foods is not available, this can be borrowed from other sources or determined experimentally (e.g. EPIC project).

The weight yield, edible part, for the solid and the liquid part of a dish can be calculated in a similar way, as described above.

Examples: 1) Roasted chicken, meat only (without bones and skin):

$$YF_{edible} = \frac{Roasted chicken, meat}{Raw chicken, whole + other ingredients (g)}$$

In this case, the following calculation may be necessary:

Therefore,
$$YF_{edible^*} = \frac{Roasted chicken, whole x 0.75}{Raw chicken, whole + other ingredients (g)}$$

2) Pot roast pork, with gravy:

- Whole dish:	$YF_{edible} =$	Pot roast pork, with gravy, edible part (g) Pork meat, whole + other ingredients (g)
- Solid part:	$YF_{edible} =$	Pot roast pork, solid part (edible) (g) Pork meat, whole + other ingredients (g)
- Liquid part:	$YF_{edible} =$	<u>Gravy</u> (g) Pork meat, whole + other ingredients (g)

The former examples should serve as a guide on how to calculate yield factors. In practice, some problems may arise while calculating the edible part of a prepared food or even the weight of the ingredients "ready to cook". For instance, some vegetables need to be washed, peeled or part of them need to be removed before getting into the "ready to cook" stage. A detailed protocol recording the changes in weight during all these preparation steps is usually needed, unless each "ready to cook" ingredient is weighed right before being added to the recipe.

c) Fat uptake (according to Bognár, 2002):

Fat uptake (related to g/100 g ingredients, ready to cook) =

[(Fat cont., prep. dish, g/100g edible portion) x YFedible] – [Fat cont. in total ingred., g/100g edible]

Fat content in prepared dish and in total ingredients are both analysed values. Average values of fat uptake by food group have been published by Bognár (2002). An example borrowed from this author explains how to calculate fat uptake in a recipe:

Pork escallop, breaded, fried:

Ingredients (ready to cook)	Amount in recipe
- Pork, shoulder, leg or neck	680 g
- Water	30 g
- Breading	80 g
- Fat uptake	(to be calculated)

The average fat uptake factor for breaded pork (Bognár, 2002) is 6 g /100 g ingredients (raw, ready to cook).

Fat uptake in recipe (g) = $(680 + 30 + 80) \ge 6$ (g) = 47.4 g 100

Now, the recipe can be adjusted as follows:

Ingredients (ready to cook)	Amount in recipe
- Pork, shoulder, leg or neck	680 g
- Water	30 g
- Breading	80 g
- Fat uptake	47.4 g
Total	837.4 g

Further calculations on this recipe must consider this total weight (including fat).

4 NUTRIENT RETENTION FACTORS

The amount of nutrients retained in foods after preparation, processing or other any treatment depend on several factors, such as temperature, time, pressure and many other cooking parameters. Furthermore, nutrient content is closely related to changes in fat and water. Consequently, weight yield factors are included in the experimental determination of the nutrient retention factors.

The general equation to calculate nutrient retention is as follows:

- $RF = \frac{Nutrient \ content^{*} \ per \ 100 \ g \ dish, \ edible \ part}{Nutrient \ content \ per \ 100 \ g \ of \ ingredients \ (ready-to-cook), \ edible \ part} x \ YF_{edible}$
- * Nutrient content could be expressed in g, mg or µg, depending on the nutrient

Note that in this equation all values are experimental (analysed). Retention factors can be expressed as values between 0 and 1 or as a percentage of retention (0 to 100%).

According to Bell et al. (2006) most European FCDB use retention factors only for vitamins, minerals and trace elements. The latter report also showed that most European compilers borrow their retention factors from published data, being the works published by Bognár (2002), McCance & Widdowson (2005), USDA (Release 18), and the Danish FCDB the most frequently used sources.

Many works dealing with degradation kinetic of nutrients (generally vitamins) are available in the literature, but mostly refer to very specific experiments and cannot always be extrapolated to a whole food group. Ideally, nutrient retention factors should be available for each food item/cooking method combination. However the use of these factors organised by food groups (including some sub-groups) is the common practice in FCDB. This is a result of many years of experience and laboratory work, showing that nutrient retention in certain foods are similar after cooking under same conditions (e.g. red meat, roasted). Consequently, average nutrient retention factors are usually applied for foods belonging to a same group or sub-group, prepared under similar conditions and resulting in similar dishes.

4.1 Nutrient retention factors and the EuroFIR Food Classification System

As explained above, the use of average nutrient retention factors is a common practice in FCDBs. However, each source of factors uses a different system to build food groups. Also, each compiler usually matches or adapts the available factors to the food groups present in their respective databases. This is the first problem that the EuroFIR compilers should tackle, by organising the factors by a consistent food classification system. For this reason, the use of the newly developed EuroFIR Food Classification System is recommended.

This proposal aims at providing clear rules for the use of the factors available in the literature. However, the first step towards this goal is to make recommendations for the matching and selection of factors by food group, as presented in Table 1. Notice that this table was developed only for vitamins. It is assumed that the same scheme can be used for minerals, trace elements and other nutrients, but data must still be validated.

As shown in Table 1, the EuroFIR classification system has three levels, which correspond to the tree structure also available in the LanguaL indexing software (facet A). The higher the level, the more detailed information about the food items is available. In fact, this classification system has more levels for certain food groups. For instance, "Milk, milk product or milk substitute" is a main food group (first level), and can be followed by several sub-groups, such as "cheese" (second level), "cured cheese" (third level) and "extra hard cheese" (fourth level). Since most factors available in the literature provide very little information and mostly match only with the first level or main food group (e.g "Milk, milk product or milk substitute") it was decided not to go into much detail and three levels were considered enough. The LanguaL codes have been included, this way, the compilers should be able to logically follow the recommendations of this table and eventually use this match for programming their own software.

Notice that the recommendations given in Table 1 apply only for foods prepared at household level. Some of the food items in this classification are usually industrially processed and consumed without further preparation. For this reason, we may tend to think that a factor is "not applicable". However, in several cases processed products can also be used for cooking (e.g. alcoholic beverages), therefore, a factor has to be assigned. When a factor has to be assigned and is not available for a food group, then it has to be borrowed from a similar food group or sub-group. A "borrowed factor" is mention in Table 1 as "derived from...". Compilers have to decide when to use a retention factor or not in their own databases. Cooking methods available in the facet G of the LanguaL thesaurus are assumed.

In some cases, retention factors are available for specific products not listed in the EuroFIR food classification system or LanguaL facet A, but may be found in the LanguaL facet B (food source). For instance, specific retention factors for the sub-group "poultry" can be found in the literature (e.g. chicken, turkey, duck or goose). Some compilers may prefer to use the most specific values and others may not. Our recommendation is to use specific values if available.

First level	Second level	Third level	LanguaL Code	Availability of factor	Comments/Recommendations on Retention Factors
Beverage	_		A0840	No	Use factor for Fruit or fruit product (A0833)
(non-milk)	Alcoholic beverage		A0846	No	Use factor for Fruit or fruit product (A0833)
		Alcoholic mixed drink	A0851	No	Use factor for Fruit or fruit product (A0833)
		Beer or other malt beverage	A0847	No	Use factor for Grain or grain product (A0812)
		Cider, perry or similar drink	A0848	No	Use factor for Fruit or fruit product (A0833)
		Liqueur or spirits	A0850	No	Use factor for Fruit or fruit product (A0833)
		Wine, fortified wine or wine-like beverage	A0849	No	Use factor for Fruit or fruit product (A0833)
	Juice or nectar		A0841	No	Use factor for Fruit or fruit product (A0833)
	Non-alcoholic		A0842	No	Only available for coffee and tea
	beverage	Coffe, tea, cocoa	A0845	Yes	Use Average from tea and coffee (A0845)
		Soft drink	A0843	No	Use factor for Fruit or fruit product (A0833)
		Water	A0844	No	Not applicable / If necessary Use factor for Fruit or fruit product (A0833)
Egg or egg			A0790	Yes	General factor, derived from A0792 or A0791
product	Egg dish		A0792	No	Use general factor for <i>Egg or egg product</i> (A0790)
	Fresh or processed egg	1	A0791	No	Use general factor for <i>Egg or egg product</i> (A0790)
Fat or oil			A0805	Yes	Use when available
	Butter or other		A0808	No	Use general factor for Fat or Oil (A0805)
	animal fat	Butter	A0809	No	Same as above
		Fish oils	A0811	No	Same as above
		Other animal fats		No	Same as above
	Margarine or lipid of mixed origin		A0807	No	Same as above
	Vegetable fat or oil		A0806	No	Same as above
Fruit or			A0833	Yes	Use when available / General factor
fruit product	Processed fruit product		A0834	Yes	Use for Jam or Marmalade
Grain or grain			A0812	Yes	General factor, group average. Use when no more details are provided.
product	Bread		A0817	Yes	Derived from factor for A0813 (Flour or Starch, Baked)
		Bread product	A0820	No	Same as above
		Leavened bread	A0818	No	Same as above
		Unleavened bread	A0819	No	Same as above
	Breakfast cereal		A0816	No	Use general factor for <i>Grain or Grain Product</i> (A0812)
	Fine bakery ware		A0821	No	Use general factor for <i>Grain or Grain</i> <i>Product</i> (A0812)
	Flour or starch		A0813	Yes	Use when available
	Pasta		A0813	Yes	Use when available
	Rice or other grain		A0814	Yes	Use when available
	Savoury cereal dish		A0822	Yes	Use if available. Includes dumpling, risotto, pancake, pizza, sandwich, others.

Table 1: Availability of nutrient retention factors by food group and recommendations for use (vitamins and minerals)

Table	1:continued
10010	1

First level	Second level	Third level	LanguaL Code	Availability of factor	Comments/Recommendations on Retention Factors
Meat or meat product			A0793	Yes	General factor, group average. Use when no more details are provided.
	Meat analogue		A0800	No	Use factor for <i>Meat or Meat Product</i> (A0812)
	Meat dish		A0799	No	Use general factor (A0793)
	Offal		A0796	Yes	Use when available
	Poultry		A0795	Yes	Average factor for chicken, turkey, duck & goose. Individual factors are also available.
	Preserved meat		A0797	No	Use factor for Sausage or similar product (A0798)
	Red meat		A0794	Yes	Average factor for beef, pork, lamb & game. Individual factors are also available
	Sausage or similar product		A0798	Yes	Use when available
Milk, milk product or			A0778	Yes	Use when available, general factor from whole group
milk substitute	Cheese		A0784	No	Use general factor (A0784)
Substitute		Cured cheese	A0785	No	Same as above
		Processed cheese	A0787	No	Same as above
		Uncured cheese	A0786	No	Same as above
	Fermented		A0783	No	Same as above
	milk product Frozen dairy dessert		A0789	No	Same as above
	Immitation milk products		A0788	No	Same as above
	Milk		A0779	No	Same as above
		Cream	A0782	No	Same as above
		Liquid milk	A0780	No	Same as above
		Processed milk	A0781	No	Same as above
Miscellaneo us food			A0852	No	Apply factor according to food source (LanguaL facet B)
product	Prepared food		A0861	No	Same as above
	product	Dessert	A0864	No	Same as above
		Dessert sauce	A0863	No	Same as above
		Prepared salad	A0866	No	Same as above
		Sandwich filling	A0867	No	Same as above
		Savoury sauce Savoury snack	A0862	No	Same as above
		•	A0868	No	Same as above
	Spice,	Soup	A0865	No	Same as above
	condiment or other		A0853	No	Apply factor according to food source (LanguaL facet B)
	ingredient	Baking ingredient	A0854	No	Same as above
	J	Chutney or pickle	A0860	No	Same as above
		Condiment	A0858	No	Same as above
		Dressing mayonnaise	A0859	No	Same as above
		Flavoring or essence	A0855	No	Same as above
		Herb or spice	A0857	No	Same as above

Table 1:....continued...

First level	Second level	Third level	LanguaL Code	Availability of factor	Comments/Recommendations on Retention Factors
Nut, seed or kernel			A0823	No	Use factor for Pulse dish (A0832)
	Nut or seed product		A0824	No	Use factor for <i>Pulse dish</i> (A0832)
Product for special nutritional use or dietary supplement			A0869	No	Applicable only for prepared foods. Apply factor according to food source (LanguaL facet B).
	Dietary supplement		A0870	No	Not applicable if consumed directly and not with a prepared food matrix
	Food for special nutritional use		A0871	No	Applicable only for prepared foods. Apply factor according to food source (LanguaL facet B).
		Food for infants	A0873	No	Same as above (A0871)
		Medical food	A0872	No	Same as above (A0871)
Seafood or related product			A0801	Yes	General factor, group average. Use when no more details are provided.
	Fish or related organism		A0802	Yes	Use when available. Average factor for low fat fish and fat fish individual factors are also available
	Seafood dish		A0804	Yes	Use when available.
	Seafood product		A0803	No	Use factor for <i>Seafood dish</i> (A0801)
Sugar or sugar product			A0835	No	Only available for Jam or marmalade
	Chocolate or chocolate product		A0839	No	Not available / If necessary use factor for <i>Fruit or fruit product</i> (A0833)
	Jam or marmalade		A0837	Yes	Use when available
	Non-chocolate confectionery or other sugar product		A0838	No	Use factor for <i>Fruit or fruit product</i> (A0833)
	Sugar, honey or syrup		A0836	No	Use factor for <i>Fruit or fruit product</i> (A0833)
Vegetable or vegetable product			A0825	Yes	General factor, group average. Use when no more details are provided
	Pulse or pulse		A0831	No	Use factor derived from A0832
	product	Pulse dish	A0832	Yes	Use when available, otherwise use general factor for <i>Vegetable or Vegetable Produc</i> t (A0825)
	Starchy root or potato		A0829	Derived from A830	Averagel factor, derived from A0830 and other potato products
		Potato dish	A0830	Yes	Use when available
	Vegetable		A0826	No	Use factor derived from A0832
	(excluding potato)	Vegetable dish	A0828	Yes	Use when available
		Vegetable product	A0827	No	

4.2 Nutrient retention factors and the cooking methods (LanguaL facet G)

There are many different ways to prepare foods at household level. The cooking techniques are characteristic for each country or region and can even vary within individuals. Furthermore, each recipe has its own peculiarities and "secrets". Nevertheless, cooking methods have to be systematically grouped and defined in order to be able to do calculations for FCDBs. Several definitions are available in the literature, but for standardisation purposes the LanguaL facet G has been assumed, including the scope notes and comments. Since cooking parameters were still missing, these have been borrowed from those published by Bognár (2002).

Table 2 present a list of cooking methods, parameters, and recommendations on how to match and select them. The structure of this table has three levels, which correspond to the tree structure also available in the LanguaL indexing software (facet G). The higher the level, the more detailed information about the cooking method is available. A fourth level is sometimes available, but has been grouped with the third level for practical reasons.

Consistent with the structure of the LanguaL facet G, the following main groups on cooking method are available:

- Cooked by dry heat
- Cooked by moist heat
- Cooked with fat or oil
- Cooked by microwave
- Method of heating container
- Reheated
- Scalded or blanched

In practice, average retention factors are only available for the first 3 groups, namely, "cooked by dry heat", cooked by moist heat" and "cooked with fat or oil". All other cooking methods have been assigned to the best match within these 3 groups.

EuroFIR compilers are asked to follow the recommendations of which factor to use presented in Table 2. If the first recommendation cannot be fulfilled, a second option is given. For example, for "Steamed with pressure" use factor for *Cooked in Steam* (G0021) (first option), otherwise use general factor for *Cooked by Moist Heat* (G0012) (second option).

First level	Second level	Third & Fourth levels	LanguaL code	Scope/Additional information provided by LanguaL	Parameters: Temp. (°C), Pressure (Mpa), Time (min). (Bognár, 2002).	Availability of factors	Recommendation
Cooked by dry heat			G0004	Cooked at moderate to high levels of heat in which no liquid is added and only small amounts of fat may be added to prevent sticking.	~140-350 <i>°</i> C	Yes	Average factor for this group. Use this factor if more details are not provided. Derived from G0005 or G0006.
	Baked or roasted		G0005	Cooked without moisture, covered or uncovered, in an oven. *ROASTING* usually applies to meats or nuts.	~160-200 ℃ Food core: <100 ℃ Meat products: 30-240 min Fruits & vegetables: 10-60 min Grain & starchy prod: 20-70 min	Yes (most common)	Use if available, otherwise use general factor for Cooked by Dry Heat (G0004)
	Broiled or Grilled		G0006	Cooked without moisture under or over intense direct heat.	~200-350 ℃ Food core: <100 ℃ Meat & fish: 4-20 min Poultry: 30-70 min Vegetables, potato, others: 3-15 min	Yes	Use if available, otherwise use general factor for Cooked by Dry Heat (G0004)
		Charcoal broiled	G0007	Cooked without moisture over direct heat from a charcoal fire.	Same parameters as G0006	No	Use factor for <i>Broiled or Grilled</i> (G0006) otherwise use general factor for <i>Cooked</i> by Dry Heat (G0004)
	Griddled		G0008	Cooked on a flat surface at medium heat with only a sufficient amount of fat used to prevent sticking.	~180-250 ℃ Food core: <100 ℃ Meat & fish: 4-20 min Vegetables, potatoes: 2-15 min	No	Use general factor for Cooked by Dry Heat (G0004)
	Popped		G0009	Cooked by agitating the food over a dry, high heat source, resulting in exploding.		No	Use general factor for Cooked by Dry Heat (G0004)
	Toasted		G0010	Cooked with direct heat until the surface of the food is browned, usually associated with bread or sandwiches.	N.A.	No	Use general factor for Cooked by Dry Heat (G0004)
Cooked by microwave			G0011	Cooked in a microwave oven.	Temp.: ~ 100 ℃ Pressure: ~ 0.10 Mpa Time: Depending on food quantity	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012))

Table 2. Availability of retention factors by cooking method and recommendations for use

Table 2....Continued...

First level	Second level	Third & Fourth levels	LanguaL code	Scope/Additional information provided by LanguaL	Parameters: Temp. (℃), Pressure (MPa), Time (min) (Bognar, 2002).	Availability of factors	Recommended Retention Factor
Cooked by moist heat			G0012	Cooked in varying amounts of water, water-based liquid or steam.	∼ 100-125℃ ~ 0.10-0.20 Mpa	Yes	Average factor for this group. Use this factor if more details are not provided. Derived from G0021 or
					Time: Depending on food		G0013.
	Cooked in steam		G0021		~ 100-120 °C ~ 0.10-0.20 Mpa Time: Depending on food	Yes	Use if available, otherwise use general factor for <i>cooked by moist heat (G0012)</i>
		Steamed with pressure	G0022	Cooked in a pressure cooker.	Temp.: ~ 102-120 °C Pressure: ~ 0.11-0.20 MPa Time: Depending on food	No	Use factor for Cooked in Steam (G0021), otherwise used general factor for Cooked by Moist Heat (G0012)
		Steamed without pressure	G0023	Cooked suspended above boiling water.	Temp.: $\sim 100 ^{\circ}\text{C}$ Pressure: $\sim 0.10 ^{\circ}\text{Mpa}$ Time: Depending on food	No	Use factor for Cooked in Steam (G0021), otherwise used general factor for Cooked by Moist Heat (G0012)
	Cooked in water or		G0013			No	Use general factor for cooked by moist heat (G0012)
	water- based liquid	Boiled	G0014	Cooked in boiling water at 212 degrees F. (100 $^\circ$)	Temp.: ~ 100 ℃ Pressure: ~ 0.10 Mpa Time: Depending on food	Yes (most common)	Use if available otherwise use general factor for <i>Cooked by Moist Heat</i> (G0012)
		Boiled, Drained	G0015	Cooked in boiling water at 212 degrees F.; water that is not absorbed into the food product is discarded after cooking.	Same as G0014	Yes	Use if available (if specifically refers to solid part). Otherwise use factor for <i>Boiled</i> (G0014) or general factor for <i>Cooked by Moist Heat</i> (G0012)
		Boiled, Undrained	G0018	Cooked in boiling water at 212 degrees F. The water incorporates itself into the product being cooked or is not discarded when cooking is through.	Same as G0014	Yes	Use if available (if specifically refers to solid part plus liquid or gravy). Otherwise use factor for <i>Boiled</i> (G0014) or general factor for <i>Cooked by Moist</i> <i>Heat</i> (G0012)
		Braised	G0019	Browned initially in fat and then tightly covered and cooked over low heat in a small amount of water.		Yes (mostly together with stew)	Use if available otherwise use factor for Stewed (G0020) or general factor for Cooked by Moist Heat (G0012)
		Simmered, poached or stewed	G0020	Cooked in a moderate amount of liquid at just below the boiling point.		Yes (most common)	Use if available otherwise use general factor for <i>Cooked by Moist Heat</i> (G0012)
		Steeped	G0036	Extracting flavor and other components from food sources by immersion in water, usually at near- boiling temperature.	N.A.	Yes	Use if available otherwise use general factor for <i>Cooked by Moist Heat</i> (G0012)

Table 2.....continued....

First level	Second level	Third & Fourth levels	LanguaL code	Scope/Additional information provided by LanguaL	Parameters: Temp. (°C), Pressure (MPa), Time (min) (Bognar, 2002).	Availability of factors	Recommendation
Cooked with fat or oil			G0024	Synonim = fried	~140-200 ℃ Food core: <100 ℃ Eggs: 2-8 min. Meat & Fish: 4-20 min Vegetables, potatoes, others: 3-15 min	Yes	Average factor for this group. Use this factor if more details are not provided
	Cooked with added fat or oil		G0025	Cooked by adding fat or oil to those foods that do not contain fat or oil that would render during the cooking process.	Same as G0024	No	Use general factor for <i>Cooked with Fat</i> or Oil (G0024)
		Cooked in small amount of fat (Sauteed /Stir-fried)	G0026	Cooked with sufficient fat or oil to coat and moisten the food being prepared, but not cooked in enough fat or oil to immerse the food. Use *GRIDDLED* when only enough fat or oil is used to prevent sticking.	~160-200 °C Food core: <100 °C Eggs: 2-8 min. Meat & Fish: 4-20 min Vegetables, potatoes, others: 3-15 min	Yes (most common)	Use if available otherwise use general factor <i>Cooked with Fat or Oil (G0024)</i>
		Deep-fried	G0029	Cooked in hot fat or oil deep enough to immerse the food entirely.	140-200 ℃ Food core: <100 ℃ Meat & Fish: 4-20 min Vegetables, potatoes, others: 3-15 min	Yes	Use if available otherwise use general factor for <i>Cooked with Fat or Oil</i> (G0024)
		Shallow-fried	G0035	A chinese cooking technique similar to sauteing in which thick slices or chunks of floured or battered ingredients are slow seared over moderate to low heat.	N.Ă	No	Use factor for <i>Cooked with Small</i> Amount of Fat (sauteed/stir- fried)(G0026). Other wise use factor for <i>Cooked with Fat or Oil (G0024)</i>
	Cooked with inherent fat or oil		G0030	Cooked in fat or oil rendered from the food being prepared.	Same as G0024	No	Use factor for <i>Cooked with Small</i> Amount of Fat (sauteed/stir- fried)(G0026). Other wise use factor for <i>Cooked with Fat or Oil (G0024)</i>

Table 2.....continued....

First level	Second level	Third & Fourth levels	LanguaL code	Scope/Additional information provided by LanguaL	Parameters	Availability of factors	Recommendation
Method of neating container (c iii v s c c c c c c c c v v			G0032	The method by which heat is transferred to the outside of the cooking container. The most frequently used method of placing the container on an open flame, a hot metal surface or into an oven are not indexed here.	N.A.	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012))
	Cooked in container immersed in water or steam		G0031		N.A	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012))
	Cooked in double boiler		G0033	Cooked in a container that is placed in another container filled with boiling water. See also *Cooked in water bath*.	N.A	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012))
	Cooked in water bath		G0034	Cooked in a container that is placed in another container filled with water kept near the boiling point. See also *Cooked in double boiler*	N.A	No	Use general factor for Cooked by Moist Heat (G0012))
Reheated			G0037	Reheating is a simple process to bring an already fully cooked product to serving temperature. Do not use for a process that completes the cooking of a partially cooked food.	N.A	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012)
	Reheated by boil -in-bag		G0040		N.A	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012))
	Reheated by dry heat		G0039		N.A	No	Use general factor for <i>Cooked by Dry</i> Heat (G0004)
	Reheated by microwave		G0038		N.A	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012))
	Reheated in pan or cooking utensil		G0041		N.A	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012)
Scalded or blanched			G0042	A method of precooking food where a liquid is heated to just below the boiling point (180 degrees F.). Often used to retard the spoiling of milk. Also, to plunge food such as fruit or vegetables into boiling water (or to pour boiling water over them) in order to loosen the skin and facilitate peeling.	N.A	No	Use general factor for <i>Cooked by Moist</i> Heat (G0012)

5 EUROFIR RECOMMENDED RECIPE CALCULATION METHOD

The report "Harmonisation of recipe calculation procedures" (Reinivuo and Laitinen, 2007) presents a collection and discussion of the various recipe calculation procedures used by the European FCDBs. After evaluating the information available, the EuroFIR Compiler Network has agreed on adopting the following recommendations:

- Weight yields should be applied at recipe level
- Nutrient retention factors should be applied at ingredient level.

The recipe calculation procedure adopting these considerations is summarised as follows: a) Sum weights of raw ingredients in the recipe. Apply yield factor to the total raw weight.

Ingredient	raw weight g	yield factor	cooked weight g
Ingredient A	A g		
Ingredient B	B g		
Ingredient C	Cg		
Total weight g	A+B+C(g)	YF	(A+B+C)*(YF) g

Total cooked weight (g) = Total raw weight g * Yield factor

Notice that depending on the recipe and the requirements of the compiler the yield factors applied may related to the edible part or include waste.

b) Search for nutrient content of raw ingredients in 100 g edible part (use data available in FCDBs)

Content of Nutrient X in g per 100 g raw ingredient

Ingredient A	X _A g/100g
Ingredient B	X _B g/100g
Ingredient C	X _C g/100g

c) Calculate the content of nutrient X per 100 g of cooked weight **before** retention factor is

taken into account (Y):

Nutrient content per 100 g = Nutrient content per 100 g ingredient* $\underline{Raw weight of ingredient (g)}$ of cooked weight (Y) Total cooked weight (g)

Note that as a result of this calculation the amount of nutrient X in 100 g cooked recipe

without considering the retention factor is obtained!!

d) Calculate the nutrient content of cooked dish (Z). Apply the corresponding retention factor

(RF) for the nutrient X for each ingredient:

Ingredient	nutrient X in g per 100 g of cooked weight before retention factor	retention factor	nutrient X in g per 100 g of cooked weight after retention factor
	is taken into account (Y)		is taken into account (Z)
Ingredient A	Y _A g	RF_A	$(Y_A)^*(RF_A) = Z_A$
Ingredient B	Y _B g	RF_B	$(Y_B)^*(RF_B) = Z_B$
Ingredient C	<u>Y_C g</u>	RF _C	$(Y_{C})^{*}(RF_{C}) = Z_{C}$
Total nutrien	t X $(Y_A + Y_B + Y_C) g$		$(Z_A+Z_B+Z_C)$ g

Summarising this table, the following equation can be applied:

Corrected nutrient content per 100 g of cooked weight (\mathbf{Z}) =

Nutrient content per 100 g ingredient* <u>Raw weight of ingredient (g)</u> * Retention factor Total cooked weight (g)

Note that this equation applies for **each ingredient**. The **total content** of nutrient X in the cooked dish is the **sum** of its content in each ingredient $(Z_A+Z_B+Z_C)$.

6 USE OF NUTRIENT RETENTION FACTORS: SPECIAL CASES IN RECIPE CALCULATION

The use of nutrient retention factors should consider the following special cases:

a) If liquid, gravy, drippings or sauce are considered as part of the dish

Values for the calculation of dishes with or without dripping or sauce are available in the literature (USDA, release 18 and Bognár, 2002). A careful evaluation of the use of the factors with sauce should be carried out by each compiler. This will depend on their recipes and their own experiences. Selected values are provided in Appendices 1, 2 and 3.

b) If food item is coated breaded (e.g. fried red meat, breaded)

Values for the calculation of dishes with or without coating are available in the literature (USDA, release 18 and Bognár, 2002). A careful evaluation of the use of the factors with coating should be carried out by each compiler and will depend on their recipes and their own experiences. Nevertheless these factors are only relevant for dishes cooked with added fat or oil, because the coating usually absorbs an important amount of fat. Selected values are provided in Appendix 3.

c) If the preparation steps of a dish include more than one cooking method

Most recipes are prepared in several steps. In fact, not all ingredients are submitted to the same cooking procedure during preparation the preparation of a dish. Some ingredients undergo a previous heat treatment before being mixed with the rest of the ingredients and being cooked again all together, such as:

- fry and boil
- boil, drain and bake
- fry and bake, etc.

If the calculation of the nutrient content in prepared dishes starts by considering the nutrient content in the **raw** ingredient, then all the changes that this single ingredient undergoes should be consider in the calculation.

By using retention factors at **ingredient level**, factors can be applied for **each cooking step** and for the **whole dish**.

The preparation of "Swabian ravioli" (German = Maultaschen) is given here as an example.

Description of the food: Quadratic or half-moon, two-layer pasta dough forming a bag usually filled with seasoned ground meat and spinach

Ingredients (edible part):

Filling:	Dough
410 g fresh spinach	375 g flour
40 g fresh parsley	155 g eggs
130 g onions	6 g salt
160 g white bread	
40 g smoked bacon	
500 g ground meat (40% beef, 60% pork)	
155 g eggs	
20 g butter	
20 g salt	
0.3 g pepper (powder)	
0.5 g nutmeg (powder)	

Cooking procedure:

- **Dough:** mix flour, eggs, water and salt. Knead.

- **Filling:** soak the bread crumbs in water, chop **onions** finely and **cook** them with **margarine** until they are glassy. Mince the **bacon** finely and **fry** it.

- The **spinach** should be washed, **shortly blanched** and chopped.

- Mix the soaked bread with ground meat, eggs, onions and bacon, and season the mixture.

- Knead and roll the dough to get quadratic pieces and fill them with the mixture forming bags (like ravioli).

- Maultaschen can be cooked for approximately 15 minutes in salted boiling water.

Which nutrient retention factors apply for this recipe?

Before the Maultaschen (or swabian ravioli) are cooked in boiling water, two other

heating/cooking procedures occurred:

- Spinach = blanched

- Onions, smoked bacon and butter = fried

!!nutrient losses for these ingredients while preparing the dish have to be considered!!

For selection of retention factors, this example also has to considered that spinach was blanched and drained and onions, smoked bacon and butter where fried and sauce/drippings where incorporated in the filling mixture. The calculations are presented in Table 3

Ingredient	LanguaL Code (EuroFIR Classification)	Raw weight of ingredient in recipe (g)	Vit C mg/100g (Source: BLS)	⁽¹⁾ Vit C in 100 g cooked recipe, adjusted by weight (Y)	⁽²⁾ First RF, description	First RF, value	Adjusted Vit. C values after first RF	Second RF, description	Second RF (whole dish), value	Vit C in 100 g cooked recipe, adjusted for RF (Z)
Spinach, fresh	A0826	410	48.12	9.8	Cooked by moist heat, drained	0.52	5.10	Boiled, without liquid (drained)	0.4	2.0
Parseley, fresh	A0857	40	181.70	3.6	Not applicable, fresh. Use RF =1	1	3.61	Boiled, without liquid (drained)	0.4	1.4
Onions, fresh	A0826	130	7.80	0.5	Fried, with drippings	0.85	0.43	Boiled, without liquid (drained)	0.4	0.2
White bread	A0818	160	0.00	0.0	Not applicable. Use RF =1	1	0.00	,	1	0.0
Smoked bacon	A0797	40	0.00	0.0	Fried, with drippings	0.8	0.00	Boiled, without liquid (drained)	1	0.0
Ground meat	A0793	500	0.00	0.0	Not applicable. Use RF =1	1	0.00	,	1	0.0
Eggs, chicken	A0791	310	0.00	0.0	Not applicable. Use RF =1	1	0.00		1	0.0
Butter	A0809	20	1.70	0.017	Fried	1	0.017	Boiled, without liquid (drained)	1	0.0
Salt	A0856	26	0.00	0.0	Not applicable. Use RF =1	1	0.00		1	0.0
Pepper	A0857	0.3	0.00	0.0	Not applicable. Use RF =1	1	0.00		1	0.0
Nutmeg	A0857	0.5	0.00	0.0	Not applicable. Use RF =1	1	0.00		1	0.0
Flour	A0813	375	0.00	0.0	Not applicable. Use RF =1	1	0.00		1	0.0

Table 3. Calculation of Vitamin C in Swabian Ravioli (Maultaschen)

Sum of Vitamin C, mg/ 100 g whole dish = 3.7

(1) The following parameters were used: Yield factor= 1 (approximately); Cooked weight, whole dish = 2011.8 g

(2) Values are found Appendix 1, 2 or 3, depending on the cooking method

7 FUTURE CHALLENGES

With the established recommendations for the use and selection of nutrient retention factors, systematic rules have been provided taking into account the current scientific state-of-the-art. The EuroFIR compilers should be aware that these recommendations are based on the experience accumulated at the Max Rubner Institute, Federal Research Institute for Nutrition and Food (MRI, former BfEL) in the past years. For this reason, the work of Bognár published in 2002 was used as a guide for the elaboration of this document.

Recommendations require continuous monitoring and validation to ensure highest quality. Thus, the topic has become a task group/technical topic within the compiler network. New examples on recipe calculation by using the retention factors as stated in this Deliverable will be elaborated to support future European-wide trainings, e.g. within the FoodCompCourse.

Validation, revision and update of the proposed values is considered crucial and should be performed on a regular basis by the EuroFIR compilers members of this task group. Future network activities will include training on recipe calculation, including use and selection of nutrient retention factors.

8 **REFERENCES**

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APPENDIX 1. Average Nutrient Retention Factors by Food Group –Cooked by Dry Heat

	LanguaL			Na		Κ		Ca
EuroFIR Food Classification	Code	LanguaL Code	Na	Source	K	Source	Ca	Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Egg or egg											
product		A0790		Cooked by dry heat	G0004						
				Baked or roasted	G0005	100	2, 3	100	2, 3	100	2, 3
Fat or oil		A0805		Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	2	100	2	100	2
		A0833		Cooked by dry heat	G0004	100	6	90	6	95	6
				Baked or roasted	G0005	100	1	90	3	95	3
				Broiled or grilled	G0006	100	3	90	3	95	3
-		A0812		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	6	100	6	100	6
				Toasted	G0010	100	7	100	7	100	7
	Flour or starch	A0813		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	1	100	1	100	1
				Toasted	G0010	100	3	100	3	100	3
	Pasta	A0815		Cooked by dry heat	G0010 G0004	100	7	100	7	100	7
		- 10010		Baked or roasted	G0004 G0005	100	1	100	1	100	1
	Rice or other grain	A0814		Cooked by dry heat	G0004	100	7	100	7	100	7
	Savoury cereal dish	A0822		Cooked by dry heat	G0005	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1

	LanguaL			Mg		Р		Fe
EuroFIR Food Classification	on Code	LanguaL Code	Mg	Source	Р	Source	Fe	Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Egg or egg											
product		A0790		Cooked by dry heat	G0004						
				Baked or roasted	G0005	100	2, 3	100	2, 3	100	2, 3
Fat or oil		A0805		Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	1	100	1	100	1
				Broiled or grilled	G0006	100	3	100	3	100	3
Grain or grain product		A0812		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	6	100	6	100	6
				Toasted	G0010	100	7	100	7	100	7
	Flour or starch	A0813		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	1	100	1	100	1
				Toasted	G0010	100	3	100	3	100	3
	Pasta	A0815		Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1
	Rice or other grain	A0814		Cooked by dry heat	G0004	100	7	100	7	100	7
	Savoury cereal dish	A0822		Cooked by dry heat	G0005	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1

	LanguaL			Cu		Zn	Others
EuroFIR Food Classification	Code	LanguaL Code	Cu	Source	Zn	Source Others	Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Egg or egg											
product		A0790		Cooked by dry heat	G0004						
				Baked or roasted	G0005	100	2, 3	100	2, 3	100	2
Fat or oil		A0805		Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked by dry heat	G0004	90	6	100	6	100	6
				Baked or roasted	G0005	90	3	100	1	100	1
				Broiled or grilled	G0006	90	3	100	3	100	5
Grain or grain product		A0812		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	6	100	6	100	6
				Toasted	G0010	100	7	100	7	100	7 2 6 1 5 6
	Flour or starch	A0813		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	1	100	1	100	1, 2
				Toasted	G0010	100	3	100	3	100	
	Pasta	A0815		Cooked by dry heat	G0004	100	3 7	100	7	100	
				Baked or roasted	G0005	100	1	100	1	100	
	Rice or other grain	A0814		Cooked by dry heat	G0004	100	7	100	7	100	
	Savoury cereal dish	A0822		Cooked by dry heat	G0005	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1, 2

		Easo4 A	Other relevant		Facet G						
Meat or meat		Facet A	facets	Cooking method	Facel G						
product		A0793									
product				Cooked by dry heat	G0004	85	6	77	6	95	6
				Baked or roasted	G0005	87	6	74	6	96	6
				Broiled or grilled	G0006	84	6	80	6	94	6
Meat or meat											
product, with sauce		A0793	K0034								
				Cooked by dry heat	G0004	100	6	100	6	100	6
	Offal	A0796		Cooked by dry heat	G0004	85	7	75	7	100	7
				Broiled or grilled	G0006	85	1	75	1	100	1
	Offal, with sauce	A0796	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Poultry	A0795		Cooked by dry heat	G0004	83	6	75	6	96	6
				Baked or roasted	G0005	85	6	70	6	97	6
				Broiled or grilled	G0006	80	7	80	7	95	7
	Poultry, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
	Chicken	A0795	B1457	Cooked by dry heat	G0004	83	6	70	6	95	6
				Baked or roasted	G0005	85	1	60	1	95	3
				Broiled or grilled	G0006	80	3	80	3	95	3
	Chicken, with sauce			C							
		A0795	B1457, K0034								
				Cooked by dry heat	G0004	100	1	100	1	100	1
	Turkey	A0795	B1236	Coolead by day keet	C0004	05	7	60	7	05	7
				Cooked by dry heat	G0004	85	7	60	/	95	7
				Baked or roasted	G0005	85	1	60	1	95	3
	Turkey, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
				coolica of all filled	20001	100		100	•	100	

Duck & Goose

	A0795	B1316, B1251								
			Cooked by dry heat	G0004	85	7	90	7	100	7
			Baked or roasted	G0005	85	1	90	1	100	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Red meat	A0794	or B1134	Cooked by dry heat	G0004	86	6	76	6	89	6
			Baked or roasted	G0005	85					
			Broiled or grilled	G0005	87					
Red meat, with sauce	10704	or B1134,	Divited of grined	00000	07	U	00	U	00	Ū
	A0794	K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
Beef	A0794	B1161	Cooked by dry heat	G0004	85	6	1 90 1 100 1 1 100 1 100 1 6 76 6 89 6 6 67 6 90 6 6 85 6 88 6 6 100 6 100 6			
			Baked or roasted	G0005	85	1	60	1	90	1
			Broiled or grilled	G0006	85	3	85	3	90	
Beef, with sauce	10704	D1161 K0024	C							 6 6 1 1 1 6 1 3 1 6
	A0794	B1161, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Pork	A0794	B1136	Cooked by dry heat	G0004	88	6	73	6	83	6
			Baked or roasted	G0005	85	1	60	1	90	1
			Broiled or grilled	G0006	90	3	85	3	75	3
Pork, with sauce	A0794	B1136, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Lamb, mutton & game	A0794	B1183, B1669 or B1134								
		01 2110 1	Cooked by dry heat	G0004	85	6		6		6
			Baked or roasted	G0005	85					
			Broiled or grilled	G0006	85	3	85	3	100	3
Lamb, mutton & game Lamb, mutton & game, with sauce	A0794	B1183, B1669 or B1134,								
		K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Sausage or similar			_ some of all near		100	-	100	-	100	<u> </u>
product	A0798		Cooked by dry heat	G0004	90	7	85	7	100	7
			Baked or roasted	G0005	90	1	85	1	100	1
Sausage or similar product, with sauce	A0798	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

	LanguaL			Mg		Р		Fe
EuroFIR Food Classification	Code	LanguaL Code	Mg	Source	Р	Source	Fe	Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Meat or meat				8							
product		A0793		Cooked by dry heat	G0004	86	6	85	6	95	6
				Baked or roasted	G0005	89	6	87	6	97	6
				Broiled or grilled	G0006	83	6	83	6	92	6
Meat or meat product, with		A0793	K0034								
sauce				Cooked by dry heat	G0004	100	6	100	6	100	6
	Offal	A0796		Cooked by dry heat	G0004	85	7	80	7	95	7
				Broiled or grilled	G0006	85	1	80	1	95	1
	Offal, with sauce	A0796	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Poultry	A0795		Cooked by dry heat	G0004	78	6	81	6	93	6
				Baked or roasted	G0005	82	6	82	6	95	6
				Broiled or grilled	G0006	75	7	80	7	90	7
	Poultry, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
	Chicken	A0795	B1457	Cooked by dry heat	G0004	78	6	80	6	93	6
				Baked or roasted	G0005	80	1	80	1	95	1
				Broiled or grilled	G0006	75	3	80	3	90	3
	Chicken, with sauce	10705	D1457 K0024								
		A0795	B1457, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Turkey	A0795	B1236								-
		10770	21200	Cooked by dry heat	G0004	80	7	80	7	95	7
	— 1 11			Baked or roasted	G0005	80	1	80	1	95	1
	Turkey, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

Duck & Goose

	A0795	B1316, B1251								
			Cooked by dry heat	G0004	85	7	85	7	95	7
			Baked or roasted	G0005	85	1	85	1	95	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Red meat	A0794	or B1134	Cooked by dry heat	G0004	87	6	87	6	94	6
								6	97	6
					88	6	88	6	90	6
Red meat, with sauce	A0794	Cooked by dry heat G0004 85 7 85 7 Baked or roasted G0005 85 1 85 1 B1316, B1251,K0034 Cooked by dry heat G0004 100 1 100 1 or B1134 Cooked by dry heat G0004 87 6 87 6 Baked or roasted G0005 85 6 85 6 Broiled or grilled G0004 87 6 87 6 or B1134, Cooked by dry heat G0004 86 6 88 6 or B1134, Cooked by dry heat G0004 100 6 100 6 B1161 Cooked by dry heat G0004 85 6 88 6 Baked or roasted G0004 100 1 100 1 B1136 Cooked by dry heat G0004 100 1 100 1 B1136, K0034 Cooked by dry heat G0004 85 6 85		100						
Beef	A0794								100 96	6
beer	A0794	D 1101	• •						96 96	6 1
									90 95	1 3
Beef, with sauce			broned of grined	00000	65	3	90	5	95	3
Deer, with succe	A0794	B1161, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Pork	A0794	B1136						6	90	6
	110771	DIIOO						1	100	1
								3	80	3
Pork, with sauce			Broned of grined	00000	75	5	20	5	00	5
	A0794	B1136, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Lamb, mutton &										
game	A0794									
		01 D1134	Cooked by dry heat	G0004	85	6	85	6	95	6
			Baked or roasted	G0005	85	1	85	1	95	1
			Broiled or grilled	G0006	85	3	85	3	95	3
Lamb, mutton & game, with sauce			-							
6,	A0794									
		K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Sausage or similar	A0798									
product	110170		Cooked by dry heat	G0004	100	7	95	7	100	7
			Baked or roasted	G0005	100	1	95	1	100	1
Sausage or similar product, with sauce	A0798	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

	LanguaL			Cu		Zn	Others
EuroFIR Food Classification	Code	LanguaL Code	Cu	Source	Zn	Source Others	Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Meat or meat product		A0793							r.	100	
•				Cooked by dry heat	G0004	89	6	98	6	100	6
				Baked or roasted	G0005	89	6	100	6	100	6
Meat or meat				Broiled or grilled	G0006	90	6	95	6	100	6
product, with		A0793	K0034								
sauce				Cooked by dry heat	G0004	100	6	100	6	100	6
	Offal	A0796		Cooked by dry heat	G0004	80	7	85	7	100	7
				Broiled or grilled	G0006	80	1	85	1	100	1
	Offal, with sauce	A0796	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Poultry	A0795		Cooked by dry heat	G0004	82	6	100	6	100	6
				Baked or roasted	G0005	68	6	100	6	100	6
				Broiled or grilled	G0006	95	7	100	7	100	7
	Poultry, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
	Chicken	A0795	B1457	Cooked by dry heat	G0004	78	6	100	6	100	6
				Baked or roasted	G0005	60	1	100	1	100	1
				Broiled or grilled	G0006	95	3	100	3	100	5
	Chicken, with sauce	A0795	B1457,								
		110775	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Turkey	A0795	B1236	Cooked by dry heat	G0004	60	7	100	7	100	7
				Baked or roasted	G0005	60	1	100	1	100	1
	Turkey, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

Duck & Goose	A0795	B1316, B1251	Cooked by dry heat	G0004	85	7	100	7	100	7
			Baked or roasted	G0005	85	1	100	1	100	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034		G0003 G0004	83 100	1	100	1	100	1
Red meat	A0794	or B1134	Cooked by dry heat	G0004	97	6	100	6	100	6
			Baked or roasted	G0005	98	6	100	6	100	6
			Broiled or grilled	G0006	95	6	100	6	100	6
Red meat, with sauce	10704	or B1134,	8							
	A0794	K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
Beef	A0794	B1161	Cooked by dry heat	G0004	100	6	100	6	100	6
			Baked or roasted	G0005	100	1	100	1	100	1
			Broiled or grilled	G0006	100	3	100	3	100	5
Beef, with sauce	A0794	B1161,								
	A0794	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Pork	A0794	B1136	Cooked by dry heat	G0004	98	6	100	6	100	6
			Baked or roasted	G0005	100	1	100	1	100	1
			Broiled or grilled	G0006	95	3	100	3	100	5
Pork, with sauce	A0794	B1136, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Lamb, mutton & game	A0794	B1183, B1669 or								
		B1134	Cooked by dry heat	G0004	93	6	100	6	100	6
			Baked or roasted	G0005	95	1	100	1	100	1
			Broiled or grilled	G0006	90	3	100	3	100	5
Lamb, mutton & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Sausage or similar			conce of all nour	00001	100	1	100	1	100	
product	A0798		Cooked by dry heat	G0004	100	7	100	7	100	7
			Baked or roasted	G0004 G0005	100	1	100	1	100	1
Sausage or similar product, with sauce	A0798	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Seafood or related product		1 4000 11		Cooming interiou	Tutte G						
		A0801									
				Cooked by dry heat	G0004	85	6	85	6	100	6
				Baked or roasted Broiled or grilled	G0005 G0006	85 85	6 6	85 85	6 6	100 100	6 6
Seafood or related product, with		A0801	K0034								
sauce	Low fat fish	A0001	K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
		A0802	Z0183	Coolead by day boot	G0004	85	6	85	6	100	6
				Cooked by dry heat	G0004	83	0	85	0	100	6
				Baked or roasted	G0005	85	1	85	1	100	1
	Low fat fish, with		Z0183,	Broiled or grilled	G0006	85	1	85	1	100	1
	sauce	A0802	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Fat fish	A0802	Z0182	Cooked by dry heat	G0004	85	1	85	1	100	1
				Baked or roasted	G0005	85	1	85	1	100	1
	Fat fish, with sauce		Z0182,	Broiled or grilled	G0006	85	1	85	1	100	1
	Tut Hon, white budge	A0802	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Seafood dish	A0804		Cooked by dry heat	G0004	85	6	85	6	100	6
				Baked or roasted	G0005	85	1	85	1	100	1
				Broiled or grilled	G0006	85	1	85	1	100	1
	Seafood dish, with sauce	A0804	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Seafood or related product											
		A0801									
				Cooked by dry heat	G0004	90	6	90	6	85	6
				Baked or roasted	G0005	90	6	90	6	85	6
				Broiled or grilled	G0006	90	6	90	6	85	6
Seafood or related product, with		A0801	K0034								
sauce		10001	R 0034	Cooked by dry heat	G0004	100	6	100	6	100	6
	Low fat fish	A0802	Z0183								
		A0002	20103	Cooked by dry heat	G0004	90	6	90	6	85	6
				Baked or roasted	G0005	90	1	90	1	85	1
				Broiled or grilled	G0006	90	1	90	1	85	1
	Low fat fish, with	A0802	Z0183,								
	sauce		K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Fat fish	A0802	Z0182	Cooked by dry heat	G0004	90	1	90	1	85	1
				Baked or roasted	G0005	90	1	90	1	85	1
				Broiled or grilled	G0006	90	1	90	1	85	1
	Fat fish, with sauce	A0802	Z0182,								
			K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Seafood dish	A0804		Cooked by dry heat	G0004	90	6	90	6	85	6
				Baked or roasted	G0005	90	1	90	1	85	1
				Broiled or grilled	G0006	90	1	90	1	85	1
	Seafood dish, with sauce	A0804	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Seafood or related product				B C C C C C C C C C C							
		A0801									
				Cooked by dry heat	G0004	95	6	100	6	100	6
				Baked or roasted	G0005	95	6	100	6	100	6
Seafood or related				Broiled or grilled	G0006	95	6	100	6	100	6
product, with		A0801	K0034								
sauce				Cooked by dry heat	G0004	100	6	100	6	100	6
	Low fat fish	A0802	Z0183								
				Cooked by dry heat	G0004	95	6	100	6	100	6
				Baked or roasted	G0005	95	1	100	1	100	1
				Broiled or grilled	G0006	95	1	100	1	100	1
	Low fat fish, with	A0802	Z0183,								
	sauce		K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Fat fish	A0802	Z0182	Cooked by dry heat	G0004	95	1	100	1	100	1
				Baked or roasted	G0005	95	1	100	1	100	1
				Broiled or grilled	G0006	95	1	100	1	100	1
	Fat fish, with sauce	A0802	Z0182,								
			K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
	Seafood dish	A0804		Cooked by dry heat	G0004	95	6	100	6	100	6
				Baked or roasted	G0005	95	1	100	1	100	1
				Broiled or grilled	G0006	95	1	100	1	100	1
	Seafood dish, with sauce	A0804	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk product or milk substitute		A0778	1	Cooling intensu							
substitute				Cooked by dry heat	G0004	100	1	100	1	100	1
Vegetable or vegetable product		A0825		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	6	100	6	100	6
				Broiled or grilled	G0006	100	7	100	7	100	7
	Pulse dish	A0832		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	3	100	3	100	3
				Broiled or grilled	G0006	100	3	100	3	100	3
	Starchy root or potato	A0829		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	6	100	6	100	6
	Potato dish	A0830		Cooked by dry heat	G0004	100	7	100	0 7	100	7
		110000		Baked or roasted	G0005	100	, 1	100	1	100	1
	Potato products	A0830	E0119	Cooked by dry heat	G0004	100	7	100	7	100	7
	1			Baked or roasted	G0005	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	6	100	6	100	6
	Root, tuber and bulb vegetables	A0828	B1018	Cooked by dry heat	G0004	100	7	100	7	100	7
	8			Baked or roasted	G0004 G0005	100	1	100	1	100	1
	Stem, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,				-		-		-
			B1232	Cooked by dry heat	G0004	100	7	100	7	100	7
		40000	D1467	Baked or roasted	G0005	100	1	100	1	100	1
	Mushroom	A0828	B1467	Cooked by dry heat	G0004	100	7	100	7	100	7
	T C 11	40000	D1555	Baked or roasted	G0005	100	1	100	1	100	1
	Leafy vegetables	A0828	B1566	Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk product or milk substitute		A0778		9							
				Cooked by dry heat	G0004	100	1	100	1	100	1
Vegetable or vegetable product		A0825		Cooked by dry heat	G0004	100	6	100	6	100	6
8				Baked or roasted	G0005	100	6	100	6	100	6
				Broiled or grilled	G0006	100	7	100	7	100	7
	Pulse dish	A0832		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	3	100	3	100	3
				Broiled or grilled	G0006	100	3	100	3	100	3
	Starchy root or potato	A0829		Cooked by dry heat	G0004	100	6	100	6	100	6
	1			Baked or roasted	G0004 G0005	100	6	100		100	
	Potato dish	A0830		Cooked by dry heat	G0003 G0004	100	0 7	100	6 7	100	6 7
	I otato uisii	A0830		Baked or roasted	G0004 G0005	100	1	100	1	100	1
	Potato products	A0830	E0119	Cooked by dry heat	G0003 G0004	100	1 7	100	1 7	100	1 7
	i otato producto	A0050	LOTTY	Baked or roasted	G0004 G0005	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked by dry heat	G0003 G0004	100	7	100	7	100	7
	, egetaete atsit	10020		Baked or roasted	G0004 G0005	100		100		100	
	Root, tuber and bulb vegetables	A0828	B1018	Cooked by dry heat	G0003	100	6 7	100	6 7	100	6 7
	ε			Baked or roasted	G0004 G0005	100	1	100	, 1	100	1
	Stem, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,				Ĩ		-		
			B1232	Cooked by dry heat	G0004	100	7	100	7	100	7
	Malana	10000	D1447	Baked or roasted	G0005	100	1	100	1	100	1
	Mushroom	A0828	B1467	Cooked by dry heat	G0004	100	7	100	7	100	7
	TC	4.0000	D1566	Baked or roasted	G0005	100	1	100	1	100	1
	Leafy vegetables	A0828	B1566	Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk											
product or milk		A0778									
substitute				Cooked by dry heat	G0004	100	1	100	1	100	1
Vegetable or		A0825									
vegetable product				Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	6	100	6	100	6
				Broiled or grilled	G0006	100	7	100	7	100	7
	Pulse dish	A0832		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	3	100	3	100	5
				Broiled or grilled	G0006	100	3	100	3	100	5
	Starchy root or	4.0020									
	potato	A0829		Cooked by dry heat	G0004	100	6	100	6	100	6
				Baked or roasted	G0005	100	6	100	6	100	6
	Potato dish	A0830		Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1
	Potato products	A0830	E0119	Cooked by dry heat	G0004	100	7	100	7	100	7
	1			Baked or roasted	G0005	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked by dry heat	G0004	100	7	100	7	100	7
	0			Baked or roasted	G0005	100	6	100	6	100	6
	Root, tuber and bulb			Daked of Todsted	00005	100	0	100	U	100	U
	vegetables	A0828	B1018	Cooked by dry heat	G0004	100	7	100	7	100	7
	ε			Baked or roasted	G0004 G0005	100	1	100	1	100	1
	Stem, flower, fruit,		B1036,	Daked of Todsted	00005	100	1	100	1	100	1
	corn, seed		B1030, B1006,								
	,	A0828	B1000,								
			B1232	Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0004 G0005	100	1	100	1	100	1
	Mushroom	A0828	B1467	Cooked by dry heat	G0003 G0004	100 100	1 7	100 100	7	100 100	7
	1.1. Jin Oom	110020	D 1707	Baked or roasted	G0004 G0005	100	1	100	1	100	1
	Leafy vegetables	A0828	B1566	Cooked by dry heat	G0003 G0004	100 100	1 7	100 100	1 7	100 100	7
	Loury vegetables	A0020	D 1300	Baked or roasted	G0004 G0005	100	1	100	1	100	1
				Dakeu of Toasted	00003	100	1	100	1	100	1

EuroFIR For Classificati		LanguaL Code	LanguaL Code	Source Comments
	Facet A	Facet G	No factor avail	2 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2004 ; 5) able, 100 assumed; 6) Average value; 7) Derived factor re from Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Egg or egg	A0790		2, 4, 5	
product		G0004		General factor for food group
		G0005	2, 3	(3) Baked egg dishes; (2) Eggs, baking
Fat or oil	A0805		7) Derived	
	A0803	G0004	factor	General factor for food group
		G0005	2	(2) fats and oils
Fruit or				
fruit	A0833	G0004	6) =AVRG	General factor for food group and cooking method
product		60004	0) = AVKO	General factor for food group and cooking method
		G0005	1, 3	1) apple, apricot, cherry & strawberry; 3) Retention Code: 0151= Fruits, fresh (not citrus), baked
		G0006	3, 5	USDA Ret. Code= 0152: Fruits ,Fresh (not citrus), broiled
Grain or				
grain	A0812			
product		G0004	6) =AVRG	General factor for food group and cooking method
		G0005	6) =AVRG	General factor for food group & cooking method
			7) Derived	
		G0010	factor	General factor for food group & cooking method
	A0813	G0004	6) =AVRG	General factor for food group
		G0005	1, 2	1) Bread, Pizza, Cake; 2) Bread, groats, flour
		G0010	3, 5	3) USDA: Flour/meal, toasted (0306)
	A0815		7) Derived	
	A0015	G0004	factor	Derived from: Pasta, baked or roasted
		G0005	1, 2	1) Bread, Pizza, Cake; 2) Bread, groats, flour
	A0814	G0004	7) Derived	Use Consult factor for food aroun and cooling method
		G0004	factor 7) Derived	Use General factor for food group and cooking method
	A0822	G0005	factor	Derived from: savoury cereal dish, baked or roasted
		G0005	1, 2	1) Bread, Pizza, Cake; 2) Bread, groats, flour

EuroFIR F Classificat		LanguaL Code	LanguaL Code	Source Comments
	Facet A	Facet G	No factor avail	2 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2004 ; 5) able, 100 assumed; 6) Average value; 7) Derived factor re from Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Meat or meat product	A0793	G0004	6) =AVRG	General factor for food group and cooking method
F		G0005 G0006	6) =AVRG 6) =AVRG	Average factor for food group (poultry, red meat & sausages) Average factor for food group (offal, poultry & red meat)
Meat or meat product, with	A0793	0000	6) =ATTRO	Allorage factor for food group (ontal, pound y ce fod mour)
sauce		G0004	6) =AVRG	Average factor for food group and cooking method, with sauce
	A0796	G0004	7) Derived factor	Derived factor for cooking method and food item
		G0006	1	1) Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain); fried in oven
	A0796	G0004	1	1) Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain), with sauce; fried in oven
	A0795	G0004	6) =AVRG	Average, general factor for food group and cooking method
		G0005	6) =AVRG 7) Derived	Average, general factor for food sub-group and cooking method
		G0006	factor	Derived factor for cooking method & Food sub-group (= chicken, broiled or grilled)
	A0795	G0004	6) =AVRG	Average, general factor for food group and cooking method, with sauce
	A0795	G0004	6) =AVRG	Average factor for cooking method & Food Item
		G0005 G0006	1, 3 1, 3, 5	 Chicken, core temperature >80°C ; fry in oven, solid part, edible 3) Chicken, roasted (RF code: 0805) Chicken, core temperature >80°C ; fry in oven, solid part, edible 3) Chicken, broiled (RF code: 0801)
	A0795		1	
		G0004		Poultry-based dishes, Chicken, core temperature >80°C, with sauce
	A0795	G0004	7) Derived factor	Derived factor for cooking method & Food item
		G0005	1	1) Turkey, core temperature >80°C ; fry in oven, solid part, edible 3) Turkey roasted (RF code: 1805)
	A0795	G0004	1	1) Turkey, core temperature >80°C ; fry in oven, total dish, with sauce, edible part

A0795	G0004	7) Derived factor	Derived from 1) Poultry-based dishes, duck and goose, core temperature >80°C, fry in oven, solid part, edible
		1	
	G0005		1) Poultry-based dishes, duck and goose, core temperature >80°C, fry in oven; solid part, edible
A0795	G0004	1	1) Poultry-based dishes, duck and goose, core temperature >80°C, fry in oven; total dish, with sauce, edible
A0794	G0004	6) =AVRG	Averagefactor for food group and cooking method
	G0005	6) =AVRG	Averagefactor for food group and cooking method (baked or roasted)
	G0006	6) =AVRG	Averagefactor for food group and cooking method (broiled or grilled)
A0794	G0004	6) =AVRG	Average factor for cooking method food group (beef, pork, lamb & game), fry in oven with sauce
A0794	G0004 G0004	6) = AVRG	Average factor from Veal and beef & cooking method (roasted & broiled/grilled), solid part (meat), edible
110791	G0004 G0005	1	1) Veal and beef, well done, >75°C; fry in oven, solid part (meat), edible;
	G0006	1, 3, 5	1) Veal and beef, well done, >75°C; fry in oven, solid part (meat), edible; 3) Beef, broiled, cut (RF code: 0602)
A0794		1	
AUTT	G0004	1	1) Veal and beef, well done, >75°C, fry in oven, total dish, edible part
A0794	G0004	6) =AVRG	Average factor for cooking method food item (pork), edible part, meat
	G0005	1	1) Pork, core temp. >75°C, fry in oven solid part (meat)
	G0006	3, 5	3) Pork, fresh, broiled (RF code 1251)
A0794	G0004	1, 5	1) Pork, core temp. >75°C, fry in oven, total dish, edible part
A0794			
	G0004	6) =AVRG	Average factor for cooking method food item: lamb, mutton, game,
	G0005	1	1) lamb, mutton, game, >75°C, fry in oven, edible part (meat)
	G0006	1, 5	3) Lamb, broiled (RF code= 1001)
A0794		1	
	G0004		1) lamb, mutton, game, >75°C, total dish, edible part
A0798		7) Derived	
110170	G0004	factor	Derived from 1) minced meat and meat products, >75°C, fry/roast in oven, meat, edible part
	G0005	1	1) minced meat and meat products, >75°C, fry/roast in oven, meat, edible part
A0798	G0004	1	1) minered meet and meet products fru/recet in even, total dish, adible part > 7500
	00004		1) minced meat and meat products, fry/roast in oven, total dish, edible part, >75°C

EuroFIR Food Classification		LanguaL Code	LanguaL Code	Source Comments
	Facet		1) Bognár, 2002 ;2) 100 assumed; 6) Ave	Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2004 ; 5) rage value; 7) Derived factor
~	Α	Facet G	Most factors are from	m Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Seafood or	40001			
related	A0801	G0004	(A) = A V D C	A C C C C I and cooling mothed
product			6) = AVRG	Average factor for food group and cooking method
		G0005	6) = AVRG	Average factor for food group and cooking method
Sectord on		G0006	6) =AVRG	Average factor for food group and cooking method
Seafood or rel. product,	A0801	G0004	6) =AVRG	Average factor for food group, with sauce
with sauce				Average factor for food
WITH Sauce	A0802			item (low fat fish, fat
		C0004		content < 5%) & cooking
		G0004	6) =AVRG	method
			1	1) Low fat fish, fat content
		G0005	1	< 5%, fry in oven, fish, edible part
		00003		1) Low fat fish, fat content
			1	< 5%, fry in oven, fish,
		G0006	1	edible part
		00000		1) Low fat fish, fat content
	A0802		1	< 5%, fry in oven, total
		G0004		dish, edible part
	A0802		6) =AVRG	Average factor for food item (Fat fish, fat content >5%)
	-	G0005	1	1) Fat fish, fat content >5%, fry in oven, fish, edible part
		00000		1) fat fish, fat content >5%,
			1	fry in oven, fish, edible
		G0006		part
			1	1
	A0802	G0004	1	1) Fat fish, fat content >5%, fry in oven, total dish, edible part
	A0804		6) =AVRG	Average factor for food item (seafood dish)
		• • •	,	1) crustaceans and molluscs
			1	based dishes, fry in oven,
		G0005		edible part
				1) crustaceans and molluscs
			1	based dishes, fry in oven,
		G0006		edible part
	A0804		1	
	AUGUT	G0004	1	1) crab, mussels, squid, fry in oven, total dish

	EuroFIR Food Classification		LanguaL Code	Source Comments							
Classificati	Facet A	Code Facet G	1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2004 ; 5 No factor available, 100 assumed; 6) Average value; 7) Derived factor Most factors are from Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others								
Milk, etc	A0778	G0004	1	General factor for food group and cooking method							
Vegetable etc	A0825	G0004 G0005	6) =AVRG 6) =AVRG	Average factor for food group and cooking method Average factor for food group: average from pulse dish, starchy root or potato and vegetable dish; baked or roasted							
		G000 (7) Derived								
	10022	G0006	factor	Derived from "Pulse dish, broiled or grilled", General factor for food group							
	A0832	G0004	6) = AVRG	Average factor for food sub-group and cooking method							
		G0005	3, 5	3) Nuts, baked, with drippings (RF code: 2201)							
		G0006	3, 5	3) Nuts, broiled (RF code: 2202)							
	A0829	G0004	6) =AVRG	Average factor for food sub-group and cooking method							
A08		G0005	6) =AVRG	Average factor for food sub-group and cooking method							
	A0830	G0004	7) Derived factor	Derived from 1) dishes from raw potato, bake in oven, total dish							
		G0005	1	1) dishes from raw potato, bake in oven, total dish							
	A0830		7) Derived								
	110020	G0004	factor	Derived from 1) dishes from potato products, bake in oven, potato, edible part							
		G0005	1	1) dishes from potato products, bake in oven, potato, edible part							
	A0828	G0004	7) Derived factor	Derived from vegetable dish, baked or roasted							
		G0005	6) =AVRG	Average from root, tuber, bulb vegetables, steam, flower, fruit corn and seeds, mushrooms and leafy vegetables							
	A0828	G0004	7) Derived factor	Derived from 1) Root, tuber, bulb vegetables; Bake in oven, total dish							
		G0005	1	1) Root, tuber, bulb vegetables; Bake in oven, total dish							
	A0828	G0004	7) Derived factor	Derived from 1) Stem, flower, fruit, corn and seed vegetables, bake in oven, total dish							
		G0005	1	1) Stem, flower, fruit, corn and seed vegetables, bake in oven, total dish							
	A0828		7) Derived								
		G0004	factor	Derived from 1) Mushrooms based dishes. Baked in oven, whole dish							
	A0828	G0005	1 7) Derived	1) Mushrooms based dishes. Baked in oven, whole dish							
	10020	G0004	factor	Derived from 1) Leafy vegetables, baked in oven, total dish							
		G0005	1	1) Leafy vegetables, baked in oven, total dish							

	LanguaL			Vit A	Carot	Vit D
EuroFIR Food Classification	Code	LanguaL Code	Vit A	Source	Carot Source V	Vit D Source

Egg or egg		Facet A	Other relevant facets	Cooking method	Facet G						
product		A0790		Cooked by dry heat	G0004	80	2	80	2	100	5
				Baked or roasted	G0005	80	2	80	2	100	5
Fat or oil		A0805		Cooked by dry heat	G0004	85	2	85	2	100	5
				Baked or roasted	G0005	85	2	85	2	100	5
Fruit or fruit product		A0833		Cooked by dry heat	G0004	88	6	88	6	100	7
				Baked or roasted	G0005	90	1	90	1	100	1
				Broiled or grilled	G0006	85	3	85	3	100	5
Grain or grain product		A0812		Cooked by dry heat	G0004	93	6	93	6	100	6
				Baked or roasted	G0005	90	6	90	6	100	6
				Toasted	G0010	95	7	95	7	100	7
	Flour or starch	A0813		Cooked by dry heat	G0004	93	6	93	6	100	7
				Baked or roasted	G0005	90	1	90	1	100	1
				Toasted	G0010	95	3	95	3	100	5
	Pasta	A0815									
		A0013		Cooked by dry heat	G0004	90	7	90	7	100	7
				Baked or roasted	G0005	90	1	90	1	100	1
	Rice or other grain	A0814		Cooked by dry heat	G0004	93	7	93	7	100	7
	Savoury cereal dish	A0822		Cooked by dry heat	G0005	90	7	90	7	100	7
				Baked or roasted	G0005	90	1	90	1	100	1

EuroFIR Food Classification	LanguaL Code	LanguaL Code	Vit E Vit E Source Vit K	Vit K Vit B1 Vit B1 Source (Thiamin) Source
	Other			

Egg or egg		Facet A	relevant facets	Cooking method	Facet G						
product		A0790		Cooked by dry heat	G0004	100	2	100	5	85	2,4
				Baked or roasted	G0005	100	2	100	5	85	2,4
Fat or oil		A0805		Cooked by dry heat	G0004	75	2	100	5	100	2
				Baked or roasted	G0005	75	2	100	5	100	2
Fruit or fruit product		A0833		Cooked by dry heat	G0004	100	7	100	7	80	6
				Baked or roasted	G0005	100	1	100	1	80	3
				Broiled or grilled	G0006	100	5	100	5	80	3
Grain or grain product		A0812		Cooked by dry heat	G0004	100	6	100	6	78	6
				Baked or roasted	G0005	100	6	100	6	75	6
				Toasted	G0010	100	7	100	7	80	7
	Flour or starch	A0813		Cooked by dry heat	G0004	100	7	100	7	78	6
				Baked or roasted	G0005	100	1	100	1	75	1
				Toasted	G0010	100	5	100	5	80	3
	Pasta	A0815									
		A0015		Cooked by dry heat	G0004	100	7	100	7	75	7
				Baked or roasted	G0005	100	1	100	1	75	1
	Rice or other grain	A0814		Cooked by dry heat	G0004	100	7	100	7	78	7
	Savoury cereal dish	A0822		Cooked by dry heat Baked or roasted	G0005 G0005	100 100	7 1	100 100	7 1	75 75	7 1

EuroFIR Food Cla	assification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
			Other relevant								
Egg or egg		Facet A	facets	Cooking method	Facet G						
product		A0790		Cooked by dry heat	G0004	85	4	95	4	75	4
				Baked or roasted	G0005	85	4	95	4	75	4
Fat or oil		A0805		Cooked by dry heat	G0004	100	2	100	2	100	2
				Baked or roasted	G0005	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked by dry heat	G0004	95	6	90	6	95	6
				Baked or roasted	G0005	95	3	90	3	95	3
				Broiled or grilled	G0006	95	3	90	3	95	3
Grain or grain product		A0812		Cooked by dry heat	G0004	98	6	98	6	95	6
				Baked or roasted	G0005	95	6	95	6	90	6
				Toasted	G0010	100	7	100	7	100	7
	Flour or starch	A0813		Cooked by dry heat	G0004	98	6	98	6	95	6
				Baked or roasted	G0005	95	2	95	1	90	1
				Toasted	G0010	100	3	100	3	100	3
	Pasta	A0815									
				Cooked by dry heat	G0004	95	7	95	7	90	7
		10011		Baked or roasted	G0005	95	2	95	1	90	1
	Rice or other grain	A0814		Cooked by dry heat	G0004	98	7	98 97	7	95	7
	Savoury cereal dish	A0822		Cooked by dry heat	G0005	95	7	95 95	7	90	7
				Baked or roasted	G0005	95	2	95	1	90	1

EuroFIR Food Clas	sification	LanguaL Code			LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthothenic acid	Panth.acid Source
			Other relevant								
		Facet A	facets	Cooking method	Facet G						
Egg or egg product		A0790									
product				Cooked by dry heat	G0004	100	2	50	4	75	4
				Baked or roasted	G0005	100	2	50	4	75	4
Fat or oil		A0805		Cooked by dry heat	G0004	100	2	100	2	100	2
				Baked or roasted	G0005	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked by dry heat	G0004	100	6	60	6	100	7
				Baked or roasted	G0005	100	1, 3	60	3	100	1
				Broiled or grilled	G0006	100	3	60	3	100	5
Grain or grain product		A0812		Cooked by dry heat	G0004	100	6	68	6	88	6
				Baked or roasted	G0005	100	6	50	6	75	6
				Toasted	G0010	100	7	85	7	100	7
	Flour or starch	A0813		Cooked by dry heat	G0004	100	6	68	6	75	7
				Baked or roasted	G0005	100	1	50	1	75	1
				Toasted	G0010	100	3	85	3	100	5
	Pasta	A0815									
				Cooked by dry heat	G0004	100	7	50	7	75	7
		4.001.4		Baked or roasted	G0005	100	1	50	1	75	1
	Rice or other grain	A0814		Cooked by dry heat	G0004	100	7	68	7	88	7
	Savoury cereal dish	A0822		Cooked by dry heat Baked or roasted	G0005 G0005	100 100	7 1	50 50	7 1	75 75	7 1

	LanguaL		Biotin Vit C
EuroFIR Food Classification	Code	LanguaL Code	Biotin Source Vit C Source

Fac or ore		Facet A	Other relevant facets	Cooking method	Facet G				
Egg or egg product		A0790		Cooked by dry heat	G0004	100	2	100	2
				Baked or roasted	G0005	100	2	100	2
Fat or oil		A0805		Cooked by dry heat	G0004	100	2	100	2
				Baked or roasted	G0005	100	2	100	2
Fruit or fruit product		A0833		Cooked by dry heat	G0004	100	7	80	6
				Baked or roasted	G0005	100	1	80	3
				Broiled or grilled	G0006	100	5	80	3
Grain or grain product		A0812		Cooked by dry heat	G0004	100	6	78	6
				Baked or roasted	G0005	100	6	70	6
				Toasted	G0010	100	7	85	7
	Flour or starch	A0813		Cooked by dry heat	G0004	100	7	78	6
				Baked or roasted	G0005	100	1	70	1
				Toasted	G0010	100	5	85	3
	Pasta	A0815							
		A0013		Cooked by dry heat	G0004	100	7	70	7
				Baked or roasted	G0005	100	1	70	1
	Rice or other grain	A0814		Cooked by dry heat	G0004	100	7	78	7
	Savoury cereal dish	A0822		Cooked by dry heat	G0005	100	7	70	7
				Baked or roasted	G0005	100	1	70	1

EuroFIR Food Clas	sification	LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
Meat or meat		10502									
product		A0793		Cooked by dry heat	G0004	78	6	78	6	78	6
				Baked or roasted	G0005	75	6	75	6	75	6
				Broiled or grilled	G0006	80	6	80	6	81	6
Meat or meat											
product, with sauce		A0793	K0034								_
sauce	Offal			Cooked by dry heat	G0004	88	6	88	6	89	6
	Ojjai	A0796		Cooked by dry heat	G0004	90	7	90	7	95	7
				Broiled or grilled	G0006	90	1	90	1	95	1
	Offal, with sauce	A0796	K0034	Cooked by dry heat	G0004	90	1	90	1	95	1
	Poultry	A0795		Cooked by dry heat	G0004	69	6	69	6	69	6
				Baked or roasted	G0005	63	6	63	6	63	6
	N I I I			Broiled or grilled	G0006	75	7	75	7	75	7
Poultry, with sau		A0795	K0034	Cooked by dry heat	G0004	80	6	80	6	80	6
	Chicken	A0795	B1457	Cooked by dry heat	G0004	75	6	75	6	75	6
				Baked or roasted	G0005	75	1	75	1	75	1
				Broiled or grilled	G0006	75	1	75	1	75	1
	Chicken, with sauce	10705	B1457,								
		A0795	K0034	Cooked by dry heat	G0004	80	1	80	1	80	1
	Turkey	A0795	B1236								
	2	A0793	B1230	Cooked by dry heat	G0004	75	7	75	7	75	7
				Baked or roasted	G0005	75	1	75	1	75	1
	Turkey, with sauce	A0795	K0034	Cooked by dry heat	G0004	80	1	80	1	80	1
	Duck & Goose		D1216								
		A0795	B1316, B1251								
			21201	Cooked by dry heat	G0004	40	7	40	7	40	7
	Duck & Goose, with		D1216	Baked or roasted	G0005	40	1	40	1	40	1
	sauce	A0795	B1316, B1251,K0034	Cooked by dry heat	G0004	80	1	80	1	80	1

Red meat	A0794	or B1134	Cooked by dry heat	G0004	73	6	73	6	72	6
			Baked or roasted	G0005	72	6	72	6	72	6
			Broiled or grilled	G0006	75	6	75	6	72	6
Red meat, with sauce	10704	or B1134,	6							
	A0794	K0034	Cooked by dry heat	G0004	80	6	80	6	80	6
Beef	A0794	B1161	Cooked by dry heat	G0004	65	6	65	6	55	6
			Baked or roasted	G0005	55	1	55	1	55	1
			Broiled or grilled	G0006	75	3	75	3	55	1
Beef, with sauce	A0794	B1161,								
	A0794	K0034	Cooked by dry heat	G0004	80	1	80	1	80	1
Pork	A0794	B1136	Cooked by dry heat	G0004	78	6	78	6	80	6
			Baked or roasted	G0005	80	1	80	1	80	1
			Broiled or grilled	G0006	75	3	75	3	80	1
Pork, with sauce	A0794	B1136,								
	A0794	K0034	Cooked by dry heat	G0004	80	1	80	1	80	1
Lamb, mutton &		B1183,								
game	A0794	B1669 or								
		B1134	Cooked by dry heat	G0004	78	6	78	6	80	6
			Baked or roasted	G0005	80	1	80	1	80	1
			Broiled or grilled	G0006	75	3	75	3	80	1
Lamb, mutton &		B1183,								
game, with sauce	A0794	B1669 or								
	110791	B1134,								
		K0034	Cooked by dry heat	G0004	80	1	80	1	80	1
Sausage or similar	A0798									
product	110790		Cooked by dry heat	G0004	90	7	90	7	90	7
			Baked or roasted	G0005	90	1	90	1	90	1
Sausage or similar	A0798	K0034								
product, with sauce	110770	1100JT	Cooked by dry heat	G0004	100	1	100	1	100	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
Meat or meat		10702									
product		A0793		Cooked by dry heat	G0004	81	6	82	6	67	6
				Baked or roasted	G0005	77	6	80	6	63	6
				Broiled or grilled	G0006	84	6	84	6	71	6
Meat or meat product, with		A0793	K0034								
sauce				Cooked by dry heat	G0004	100	6	100	6	79	6
	Offal	A0796		Cooked by dry heat	G0004	100	7	100	7	85	7
				Broiled or grilled	G0006	100	1	100	1	85	1
	Offal, with sauce	A0796	K0034	Cooked by dry heat	G0004	100	1	100	1	90	1
	Poultry	A0795		Cooked by dry heat	G0004	73	6	73	6	61	6
				Baked or roasted	G0005	67	6	67	6	62	6
	~ • • • •			Broiled or grilled	G0006	80	7	80	7	60	7
	Poultry, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	6	100	6	70	6
	Chicken	A0795	B1457	Cooked by dry heat	G0004	80	6	80	6	60	6
				Baked or roasted	G0005	80	1	80	1	60	1
	Chicken, with sauce			Broiled or grilled	G0006	80	1	80	1	60	1
	Chicken, with sauce	A0795	B1457,								
		110790	K0034	Cooked by dry heat	G0004	100	1	100	1	70	1
	Turkey	A0795	B1236	Cooked by dry heat	G0004	80	7	80	7	60	7
							/				/
	Turkey, with sauce			Baked or roasted	G0005	80	1	80	1	60	1
	•	A0795	K0034	Cooked by dry heat	G0004	100	1	100	1	70	1
	Duck & Goose	A0795	B1316,								
			B1251	Cooked by dry heat	G0004	40	7	40	7	65	7
	Duals & Casas with			Baked or roasted	G0005	40	1	40	1	65	1
	Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by dry heat	G0004	100	1	100	1	70	1

Red meat	A0794	or B1134	Cooked by dry heat	G0004	73	6	73	6	59	6
			Baked or roasted	G0005	73	6	73	6	52	6
			Broiled or grilled	G0006	73	6	73	6	67	6
Red meat, with sauce	10704	or B1134,	C							
	A0794	K0034	Cooked by dry heat	G0004	100	6	100	6	67	6
Beef	A0794	B1161	Cooked by dry heat	G0004	55	6	55	6	58	6
			Baked or roasted	G0005	55	1	55	1	45	1
			Broiled or grilled	G0006	55	1	55	1	70	3
Beef, with sauce	A0794	B1161,								
	A0794	K0034	Cooked by dry heat	G0004	100	1	100	1	60	1
Pork	A0794	B1136	Cooked by dry heat	G0004	85	6	85	6	60	6
			Baked or roasted	G0005	85	1	85	1	50	1
			Broiled or grilled	G0006	85	1	85	1	70	3
Pork, with sauce	A0794	B1136,								
	110774	K0034	Cooked by dry heat	G0004	100	1	100	1	70	1
Lamb, mutton &		B1183,								
game	A0794	B1669 or								
		B1134	Cooked by dry heat	G0004	80	6	80	6	60	6
			Baked or roasted	G0005	80	1	80	1	60	1
			Broiled or grilled	G0006	80	1	80	1	60	3
Lamb, mutton &		B1183,								
game, with sauce	A0794	B1669 or								
	11079	B1134,								
		K0034	Cooked by dry heat	G0004	100	1	100	1	70	1
Sausage or similar	A0798									
product	110770		Cooked by dry heat	G0004	90	7	100	7	75	7
			Baked or roasted	G0005	90	1	100	1	75	1
Sausage or similar	A0798	K0034								
product, with sauce	AU170	K0034	Cooked by dry heat	G0004	100	1	100	1	90	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
Meat or meat					Lunguul Coue	(Ittoonu (Itto	Bource	1 (lucili	Bource		Boulee
product		A0793		Cooked by dry heat	G0004	90	6	81	6	66	6
				Baked or roasted	G0005	89	6	80	6	64	6
				Broiled or grilled	G0006	91	6	82	6	68	6
Meat or meat				C							
product, with		A0793	K0034								
sauce				Cooked by dry heat	G0004	100	6	85	6	80	6
	Offal	A0796		Cooked by dry heat	G0004	95	7	85	7	80	7
				Broiled or grilled	G0006	95	1	85	1	80	1
	Offal, with sauce	A0796	K0034	Cooked by dry heat	G0004	100	1	90	1	85	1
	Poultry	A0795		Cooked by dry heat	G0004	89	6	80	6	61	6
				Baked or roasted	G0005	88	6	80	6	62	6
<i>Poultry, with sauce</i> Chicken			Broiled or grilled	G0006	90	7	80	7	60	7	
	Poultry, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	6	80	6	80	6
	Chicken	A0795	B1457	Cooked by dry heat	G0004	90	6	80	6	60	6
				Baked or roasted	G0005	90	3	80	1	60	1
				Broiled or grilled	G0006	90	3	80	1	60	1
	Chicken, with sauce	10705	B1457,								
		A0795	K0034	Cooked by dry heat	G0004	100	1	80	1	80	1
	Turkey	A0795	B1236						-		
		A0795	D 1230	Cooked by dry heat	G0004	85	7	80	7	60	7
				Baked or roasted	G0005	85	3	80	1	60	1
	Turkey, with sauce	A0795	K0034	Cooked by dry heat	G0004	100	1	80	1	80	1
	Duck & Goose		B1316,								
		A0795	B1310, B1251								
				Cooked by dry heat	G0004	90	7	80	7	65	7
				Baked or roasted	G0005	90	1	80	1	65	1
	Duck & Goose, with		B1316,	Dakeu of Tuasteu	00003	20	1	80	1	05	1
	sauce	A0795		Cooked by dry heat	G0004	100	1	80	1	80	1

Red meat	A0794	or B1134	Cooked by dry heat	G0004	86	6	78	6	59	6
			Baked or roasted	G0005	83	6	75	°	55	6
			Broiled or grilled	G0006	88	6	80	°	63	6
Red meat, with sauce		or B1134,		00000		Ŭ		Ū		Ū
,	A0794	K0034	Cooked by dry heat	G0004	100	6	80	6	65	6
Beef	A0794	B1161	Cooked by dry heat	G0004	88	6	80	6	53	6
			Baked or roasted	G0005	85	1	80	1	45	1
			Broiled or grilled	G0006	90	3	80	3	60	3
Beef, with sauce	A0794	B1161,	-							
	A0794	K0034	Cooked by dry heat	G0004	100	1	80	1	60	1
Pork	A0794	B1136	Cooked by dry heat	G0004	85	6	78	6	63	6
			Baked or roasted	G0005	85	1	75	1	60	1
			Broiled or grilled	G0006	85	1	80	3	65	3
Pork, with sauce	A0794	B1136,								
	A0794	K0034	Cooked by dry heat	G0004	100	1	80	1	60	1
Lamb, mutton &		B1183,								
game	A0794	B1669 or								
		B1134	Cooked by dry heat	G0004	85	6	75	6	63	6
			Baked or roasted	G0005	80	1	70	1	60	1
			Broiled or grilled	G0006	90	3	80	3	65	3
Lamb, mutton &		B1183,								
game, with sauce	A0794	B1669 or								
	110771	B1134,								
		K0034	Cooked by dry heat	G0004	100	1	80	1	75	1
Sausage or similar	A0798									
product	110790		Cooked by dry heat	G0004	95	7	85	7	75	7
			Baked or roasted	G0005	95	1	85	1	75	1
Sausage or similar	A0798	K0034								
product, with sauce	110770	KUUJT	Cooked by dry heat	G0004	100	1	90	1	90	1

EuroFIR Food Cl	assification	LanguaL Code			LanguaL Code	Vit B12	Vit B12 Source	Folate		Panthothenic acid	Panth.acid Source
Meat or meat		A0793									
product		A0795		Cooked by dry heat	G0004	76	6	75	6	80	6
				Baked or roasted	G0005	77	6	75	6	79	6
				Broiled or grilled	G0006	74	6	75	6	80	6
Meat or meat product, with		A0793	K0034								
sauce		110775	10001	Cooked by dry heat	G0004	81	6	73	6	85	6
	Offal	A0796		Cooked by dry heat	G0004	75	7	85	7	85	7
				Broiled or grilled	G0006	75	1	85	1	85	1
	Offal, with sauce	A0796	K0034	Cooked by dry heat	G0004	85	1	70	1	90	1
	Poultry	A0795		Cooked by dry heat	G0004	66	6	58	6	74	6
				Baked or roasted	G0005	67	6	57	6	73	6
				Broiled or grilled	G0005 G0006	65	7	60	7	73 75	0 7
	Poultry, with sauce	A0795	K0034	Cooked by dry heat	G0004	70	6	67	6	80	6
	Chicken	A0795	B1457	Cooked by dry heat	G0004	65	6	60	6	75	6
				Baked or roasted	G0005	65	1	60	1	75	1
				Broiled or grilled	G0006	65	1	60	1	75	1
	Chicken, with sauce	A0795	B1457, K0034								
	Turkey			Cooked by dry heat	G0004	70	1	70	1	80	1
	Тиксу	A0795	B1236	Cooked by dry heat	G0004	65	7	60	7	75	7
				Baked or roasted	G0005	65	1	60	1	75	1
	Turkey, with sauce	A0795	K0034	Cooked by dry heat	G0004	70	1	70	1	80	1
	Duck & Goose	A0795	B1316, B1251								
			D 1251	Cooked by dry heat	G0004	70	7	50	7	70	7
	Duck & Goose, with		D1216	Baked or roasted	G0005	70	1	50	1	70	1
	sauce	A0795	B1316, B1251,K0034	Cooked by dry heat	G0004	70	1	60	1	80	1
				50							

Red meat	A0794	or B1134	Cooked by dry heat	G0004	78	6	82	6	80	6
			Baked or roasted	G0004 G0005	78	6	82 83	6	80 80	6
			Broiled or grilled	G0005 G0006	83	6	80		80 80	6
Red meat, with sauce		or B1134,	broned of grined	G0000	83	0	00	6	80	0
Keu meui, wiin suute	A0794	K0034	Coolead by day boot	G0004	73	6	77	6	78	6
Beef	A0794	B1161	Cooked by dry heat Cooked by dry heat	G0004 G0004	7 3 75	0 6	85	6	7 8 80	6
Deel	A0794	DIIOI	Baked or roasted	G0004 G0005	73 70	1	85 85	6 1	80 80	6
					70 80	3	85 85	3	80 80	1
Beef, with sauce		D1161	Broiled or grilled	G0006	80	3	83	3	80	1
Deel, with sauce	A0794	B1161, K0034	Called her days have	G0004	70	1	80	1	20	1
Pork	A0794	B1136	Cooked by dry heat		70	1		1	80	1
FUIK	A0794	D1130	Cooked by dry heat	G0004	85	6	85	6	80	6
			Baked or roasted	G0005	80	1	85	1	80	1
Pork, with sauce		D112(Broiled or grilled	G0006	90	3	85	3	80	1
Pork, with sauce	A0794	B1136, K0034		C0004	00	1	00	4	00	1
Lamb mutter 0			Cooked by dry heat	G0004	80	1	80	1	80	1
Lamb, mutton &	10704	B1183,								
game	A0794	B1669 or B1134		G 00004		~				
		D1134	Cooked by dry heat	G0004	75	6	75	6	80	6
			Baked or roasted	G0005	70	1	80	1	80	1
T 1 (1 0			Broiled or grilled	G0006	80	3	70	3	80	1
Lamb, mutton &		B1183,								
game, with sauce	A0794	B1669 or								
		B1134,								
~		K0034	Cooked by dry heat	G0004	70	1	70	1	75	1
Sausage or similar	A0798									
product	110770		Cooked by dry heat	G0004	90	7	85	7	85	7
			Baked or roasted	G0005	90	1	85	1	85	1
Sausage or similar	A0798	K0034								
product, with sauce	AU170	IXUUJ4	Cooked by dry heat	G0004	95	1	80	1	90	1

EuroFIR Food Cla	assification	LanguaL Code			LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source
Meat or meat		10702							
product		A0793		Cooked by dry heat	G0004	88	6	85	6
				Baked or roasted	G0005	88	6	91	6
				Broiled or grilled	G0006	87	6	78	6
Meat or meat									
product, with sauce		A0793	K0034						_
sauce	Offal			Cooked by dry heat	G0004	91	6	80	6
	Ojjai	A0796		Cooked by dry heat	G0004	85	7	75	7
				Broiled or grilled	G0006	85	1	75	1
Pot	Offal, with sauce	A0796	K0034	Cooked by dry heat	G0004	90	1	80	1
	Poultry	A0795		Cooked by dry heat	G0004	83	6	87	6
				Baked or roasted	G0005	80	6	93	6
				Broiled or grilled	G0006	85	7	80	7
	Poultry, with sauce	A0795	K0034	Cooked by dry heat	G0004	90	6	80	6
	Chicken	A0795	B1457	Cooked by dry heat	G0004	85	6	80	6
				Baked or roasted	G0005	85	1	80	3
				Broiled or grilled	G0006	85	1	80	3
	Chicken, with sauce	10705	B1457,						
		A0795	K0034	Cooked by dry heat	G0004	90	1	80	1
	Turkey	A0795	B1236						
		110775	D1230	Cooked by dry heat	G0004	85	7	100	7
				Baked or roasted	G0005	85	1	100	5
	Turkey, with sauce	A0795	K0034	Cooked by dry heat	G0004	90	1	80	1
	Duck & Goose		B1316,						
		A0795	B1251						
				Cooked by dry heat	G0004	70	7	100	7
				Baked or roasted	G0005	70	1	100	5
	Duck & Goose, with sauce	A0795	B1316, B1251 K0024		C 0004			0.0	
	Sauce		B1251,K0034	Cooked by dry heat	G0004	90	1	80	1

Red meat	A0794	or B1134	Cooked by dry heat	G0004	90	6	90	6
			Baked or roasted	G0005	90	6	100	6
			Broiled or grilled	G0006	90	6	80	6
Red meat, with sauce	10704	or B1134,	6					
	A0794	K0034	Cooked by dry heat	G0004	90	6	78	6
Beef	A0794	B1161	Cooked by dry heat	G0004	90	6	90	6
			Baked or roasted	G0005	90	1	100	5
			Broiled or grilled	G0006	90	1	80	3
Beef, with sauce	A0794	B1161,						
	A0794	K0034	Cooked by dry heat	G0004	90	1	75	1
Pork	A0794	B1136	Cooked by dry heat	G0004	90	6	90	6
			Baked or roasted	G0005	90	1	100	5
			Broiled or grilled	G0006	90	1	80	3
Pork, with sauce	A0794	B1136,						
	110791	K0034	Cooked by dry heat	G0004	90	1	80	1
Lamb, mutton &		B1183,						
game	A0794	B1669 or						
		B1134	Cooked by dry heat	G0004	90	6	90	6
			Baked or roasted	G0005	90	1	100	5
			Broiled or grilled	G0006	90	1	80	3
Lamb, mutton &		B1183,						
game, with sauce	A0794	B1669 or						
		B1134,						
~		K0034	Cooked by dry heat	G0004	90	1	80	1
Sausage or similar	A0798							
product			Cooked by dry heat	G0004	95	7	80	7
			Baked or roasted	G0005	95	1	80	1
Sausage or similar	A0798	K0034						
product, with sauce	1.0720	110001	Cooked by dry heat	G0004	95	1	80	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
Seafood or related product		A0801		Cooked by dry heat Baked or roasted Broiled or grilled	G0004 G0005 G0006	87 87 87	6 6 6	87 87 87	6 6 6	87 87 87	6 6 6
Seafood or related product, with sauce	Low fat fish	A0801	K0034	Cooked by dry heat	G0004	88	6	88	6	87	6
		A0802	Z0183	Cooked by dry heat	G0004	90	6	90	6	90	6
				Baked or roasted	G0005	90	1	90	1	90	1
	Low fat fish, with	A0802	Z0183,	Broiled or grilled	G0006	90	1	90	1	90	1
	sauce Fat fish	A0802	K0034 Z0182	Cooked by dry heat Cooked by dry heat Baked or roasted	G0004 G0004 G0005	90 80 80	1 1 1	90 80 80	1 1 1	90 80 80	1 1 1
	Fat fish, with sauce		Z0182,	Broiled or grilled	G0006	80	1	80	1	80	1
	Seafood dish	A0802 A0804	K0034	Cooked by dry heat Cooked by dry heat	G0004 G0004	85 90	1 6	85 90	1 6	85 90	1 6
				Baked or roasted	G0005	90	1	90	1	90	1
	Seafood dish, with	10004	W0024	Broiled or grilled	G0006	90	1	90	1	90	1
	sauce	A0804	K0034	Cooked by dry heat	G0004	90	1	90	1	90	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Vit E S	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
Seafood or related product		A0801		Cooked by dry heat Baked or roasted Broiled or grilled	G0004 G0005	93 93 93	6 6	93 93 93	6 6	82 73 90	6 6
Seafood or related product, with sauce	Low fat fish	A0801	K0034	Cooked by dry heat	G0006 G0004	93 100	6 6	93 100	6 6	90 85	6 6
		A0802	Z0183	Cooked by dry heat	G0004	100	6	100	6	80	6
				Baked or roasted	G0005	100	1	100	1	70	4
	Low fat fish, with	A0802	Z0183,	Broiled or grilled	G0006	100	1	100	1	90	4
	sauce Fat fish	A0802	K0034 Z0182	Cooked by dry heat Cooked by dry heat Baked or roasted	G0004 G0004 G0005	100 80 80	1 1 1	100 80 80	1 1 1	85 85 80	1 3 1
	Fat fish, with sauce	4.0000	Z0182,	Broiled or grilled	G0006	80	1	80	1	90	4
	Seafood dish	A0802 A0804	K0034	Cooked by dry heat Cooked by dry heat	G0004 G0004	100 100	1 6	100 100	1 6	85 80	1 6
				Baked or roasted	G0005	100	1	100	1	70	4
	Seafood dish, with	4.000.4	K0024	Broiled or grilled	G0006	100	1	100	1	90	4
	sauce	A0804	K0034	Cooked by dry heat	G0004	100	1	100	1	85	1

EuroFIR Food Class	ification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
Seafood or related product		A0801		Cooked by dry heat Baked or roasted	G0004 G0005	87 83	6 6	87 83	6 6	90 90	6 6
Seafood or related				Broiled or grilled	G0006	90	6	90	6	90	6
product, with sauce	Low fat fish	A0801	K0034	Cooked by dry heat	G0004	100	6	95	6	85	6
		A0802	Z0183	Cooked by dry heat	G0004	85	6	85	6	90	6
				Baked or roasted	G0005	80	4	80	4	90	4
	Low fat fish, with	A0802	Z0183,	Broiled or grilled	G0006	90	4	90	4	90	4
	sauce Fat fish	A0802	K0034 Z0182	Cooked by dry heat Cooked by dry heat Baked or roasted	G0004 G0004 G0005	100 90 90	1 3 1	95 90 90	1 3 1	85 90 90	1 3 1
							-		1		
	Fat fish, with sauce	A0802	Z0182, K0034	Broiled or grilled Cooked by dry heat	G0006 G0004	90 100	4 1	90 95	4	90 85	4
	Seafood dish	A0804		Cooked by dry heat	G0004 G0004	85	6	95 85	6	90	6
				Baked or roasted	G0005	80	4	80	4	90	4
	Seafood dish, with			Broiled or grilled	G0006	90	4	90	4	90	4
	sauce	A0804	K0034	Cooked by dry heat	G0004	100	1	95	1	85	1

EuroFIR Food Class	ification	LanguaL Code			LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthothenic acid	Panth.acid Source
Seafood or related product		A0801		Cooked by dry heat Baked or roasted Broiled or grilled	G0004 G0005 G0006	90 90 90	6 6 6	80 80 80	6 6 6	88 80 95	6 6 6
Seafood or related product, with sauce	Low fat fish	A0801	K0034	Cooked by dry heat	G0004	90	6	85	6	85	6
		A0802	Z0183	Cooked by dry heat	G0004	90	6	80	6	88	6
				Baked or roasted	G0005	90	4	80	4	80	4
	Low fat fish, with	A0802	Z0183,	Broiled or grilled	G0006	90	1	80	1	95	4
	sauce		K0034	Cooked by dry heat	G0004	90	1	85	1	85	1
	Fat fish	A0802	Z0182	Cooked by dry heat Baked or roasted	G0004 G0005	90 90	1 1	80 80	1 1	88 80	3 1
	Fat fish, with sauce	A0802	Z0182,	Broiled or grilled	G0006	90	1	80	1	95	4
			K0034	Cooked by dry heat	G0004	90	1	85	1	85	1
	Seafood dish	A0804		Cooked by dry heat	G0004	90	6	80	6	88	6
				Baked or roasted	G0005	90	4	80	4	80	4
	Seafood dish, with			Broiled or grilled	G0006	90	1	80	1	95	4
	sauce	A0804	K0034	Cooked by dry heat	G0004	90	1	85	1	85	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source
Seafood or related product		A0801		Cooked by dry heat Baked or roasted	G0004 G0005	87 88	6 6	80 80	6 6
Seafood or related				Broiled or grilled	G0006	85	6	80	6
product, with sauce	Low fat fish	A0801	K0034	Cooked by dry heat	G0004	90	6	85	6
		A0802	Z0183	Cooked by dry heat	G0004	88	6	80	6
				Baked or roasted	G0005	90	4	80	1
	Low fat fish, with		Z0183,	Broiled or grilled	G0006	85	1	80	1
	sauce	A0802	K0034	Cooked by dry heat	G0004	90	1	85	1
	Fat fish	A0802	Z0182	Cooked by dry heat	G0004	85	1	80	1
				Baked or roasted	G0005	85	1	80	1
	Fat fish, with sauce		Z0182,	Broiled or grilled	G0006	85	1	80	1
	,	A0802	K0034	Cooked by dry heat	G0004	90	1	85	1
	Seafood dish	A0804		Cooked by dry heat	G0004	88	6	80	6
				Baked or roasted	G0005	90	4	80	1
	Seafood dish, with			Broiled or grilled	G0006	85	1	80	1
	sauce	A0804	K0034	Cooked by dry heat	G0004	90	1	85	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
Milk, milk											
product or milk		A0778									
substitute				Cooked by dry heat	G0004	100	1	100	1	100	1
Vegetable or		A0825			C0004	02	(02	(100	(
vegetable product				Cooked by dry heat	G0004 G0005	93	6	93	6	100	6
				Baked or roasted		92 95	6 7	92 95	6	100 100	6 7
	Pulse dish	A0832		Broiled or grilled	G0006				7		
	r uise uisii	A0852		Cooked by dry heat	G0004	92	6	92	6	100	6 5
				Baked or roasted	G0005	88	6	88	6	100	
	<u>C4</u>			Broiled or grilled	G0006	95	3	95	3	100	5
	Starchy root or potato	A0829					_		_		
	poiuto			Cooked by dry heat	G0004	95	6	95	6	100	6
	-			Baked or roasted	G0005	95	6	95	6	100	6
	Potato dish	A0830		Cooked by dry heat	G0004	90	7	90	7	100	7
				Baked or roasted	G0005	90	1	90	1	100	1
	Potato products	A0830	E0119	Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked by dry heat	G0004	93	7	93	7	100	7
				Baked or roasted	G0005	93	6	93	6	100	6
	Root, tuber and bulb	A0828	B1018								
	vegetables	A0020	DI010	Cooked by dry heat	G0004	90	7	90	7	100	7
				Baked or roasted	G0005	90	1	90	1	100	1
	Stem, flower, fruit,		B1036,								
	corn, seed	A0828	B1006,								
		A0626	B1005,								
			B1232	Cooked by dry heat	G0004	90	7	90	7	100	7
				Baked or roasted	G0005	90	1	90	1	100	1
	Mushroom	A0828	B1467	Cooked by dry heat	G0004	100	7	100	7	100	7
				Baked or roasted	G0005	100	1	100	1	100	1
	Leafy vegetables	A0828	B1566	Cooked by dry heat	G0004	90	7	90	7	100	7
				Baked or roasted	G0005	90	1	90	1	100	1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
Milk, milk product or milk substitute		A0778		Cooked by dry heat	G0004	100	1	100	1	75	1
Vegetable or		A0825									
vegetable product				Cooked by dry heat	G0004	100	6	100	6	86	6
				Baked or roasted	G0005	100	6	100	6	87 87	6
	Pulse dish	10022		Broiled or grilled	G0006	100	7	100	7	85	
		A0832		Cooked by dry heat	G0004	100	6	100	6	85	6
				Baked or roasted	G0005	100	5	100	5	85	3
	Stanoby no of on			Broiled or grilled	G0006	100	5	100	5	85	3
	Starchy root or potato	A0829		~	2 000	100		100	-	. -	
	polulo			Cooked by dry heat	G0004	100	6	100	6	85	6
	Potato dish	A0830		Baked or roasted	G0005	100	6	100	6	85	6
				Cooked by dry heat	G0004	100	7	100	7	80	7
	D 1 .			Baked or roasted	G0005	100	1	100	1	80	1
	Potato products	A0830	E0119	Cooked by dry heat	G0004	100	7	100	7	90	7
				Baked or roasted	G0005	100	1	100	1	90	1
	Vegetable dish	A0828		Cooked by dry heat	G0004	100	7	100	7	90	7
				Baked or roasted	G0005	100	6	100	6	90	6
	Root, tuber and bulb vegetables	A0828	B1018								
		110020		Cooked by dry heat	G0004	100	7	100	7	90	7
				Baked or roasted	G0005	100	1	100	1	90	1
	Stem, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,								
			B1232	Cooked by dry heat	G0004	100	7	100	7	90	7
				Baked or roasted	G0005	100	1	100	1	90	1
	Mushroom	A0828	B1467	Cooked by dry heat	G0004	100	7	100	7	90	7
				Baked or roasted	G0005	100	1	100	1	90	1
	Leafy vegetables	A0828	B1566	Cooked by dry heat	G0004	100	7	100	7	90	7
				Baked or roasted	G0005	100	1	100	1	90	1

EuroFIR Food Class	ification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
Milk, milk product or milk substitute		A0778		Cooked by dry heat	G0004	95	1	95	1	75	1
Vegetable or vegetable product		A0825		Cooked by dry heat	G0004	95	6	95	6	93	6
				Baked or roasted Broiled or grilled	G0005 G0006	96 95	6 7	94 95	6 7	92 95	6 7
	Pulse dish	A0832		Cooked by dry heat Baked or roasted	G0004 G0005	95 95	6 3	95 95	6 3	95 95	6 3
	Starchy root or	A0829		Broiled or grilled	G0006	95	3	95	3	95	3
	potato	A0829		Cooked by dry heat Baked or roasted	G0004 G0005	98 98	6 6	93 93	6 6	90 90	6 6
	Potato dish	A0830		Cooked by dry heat Baked or roasted	G0004 G0005	100 100	7 1	90 90	7 1	90 90	7 1
	Potato products	A0830	E0119	Cooked by dry heat Baked or roasted	G0004 G0005	95 95	7 1	95 95	7 1	90 90	7 1
	Vegetable dish	A0828		Cooked by dry heat Baked or roasted	G0004 G0005	95 95	7 6	95 95	7 6	90 90	7 6
	Root, tuber and bulb vegetables	A0828	B1018	Cooked by dry heat	G0004	95	7	95	7	90	7
	Stem, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,	Baked or roasted	G0005	95	1	95	1	90	1
			B1232	Cooked by dry heat Baked or roasted	G0004 G0005	95 95	7 1	95 95	7 1	90 90	7 1
	Mushroom	A0828	B1467	Cooked by dry heat Baked or roasted	G0004 G0005	95 95	7 1	95 95	7 1	90 90	7 1
	Leafy vegetables	A0828	B1566	Cooked by dry heat Baked or roasted	G0004 G0005	95 95	7 1	95 95	7 1	90 90	7 1

		LanguaL				Vit	Vit B12		Folate	Panthothenic	Panth.acid
EuroFIR Food Class	ification	Code			LanguaL Code	B12	Source	Folate	Source	acid	Source
Milk, milk product or milk substitute		A0778		Cooked by dry heat	G0004	90	1	50	1	75	1
Vegetable or vegetable product		A0825		Cooked by dry heat	G0004	93	6	78	6	97	6
				Baked or roasted Broiled or grilled	G0005 G0006	85 100	6 7	76 80	6 7	93 100	6 7
	Pulse dish	A0832		Cooked by dry heat Baked or roasted	G0004 G0005	100 100	6 3	80 80	6 3	100 100	6 5
	Starchy root or potato	A0829		Broiled or grilled Cooked by dry heat	G0006 G0004	100 85	3 6	80 78	3 6	100 90	5 6
	Potato dish	A0830		Baked or roasted Cooked by dry heat Baked or roasted	G0005 G0004 G0005	85 80 80	6 7 1	78 75 75	6 7 1	90 90 90	6 7
	Potato products	A0830	E0119	Cooked by dry heat Baked or roasted	G0003 G0004 G0005	80 90 90	1 7 1	80 80	1 7 1	90 90 90	1 7 1
	Vegetable dish	A0828		Cooked by dry heat Baked or roasted	G0004 G0005	70 70 70	7 6	70 70	7 6	90 90 90	7 6
	Root, tuber and bulb vegetables	A0828	B1018	Cooked by dry heat Baked or roasted	G0004 G0005	70 70	7 1	70 70	7 1	90 90	7 1
	Stem, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,								
			B1232	Cooked by dry heat Baked or roasted	G0004 G0005	70 70	7 1	70 70	7 1	90 90	7 1
	Mushroom	A0828	B1467	Cooked by dry heat Baked or roasted	G0004 G0005	70 70	7 1	70 70	7 1	90 90	7 1
	Leafy vegetables	A0828	B1566	Cooked by dry heat Baked or roasted	G0004 G0005	70 70	7 1	70 70	7 1	90 90	7 1

EuroFIR Food Class	sification	LanguaL Code			LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source
Milk, milk					C				
product or milk		A0778			C0004	00	1	70	1
substitute				Cooked by dry heat	G0004	90	1	70	1
Vegetable or vegetable product		A0825		Cooked by dry heat	G0004	97	6	81	6
-gouant product				Baked or roasted	G0005	93	6	81	6
				Broiled or grilled	G0006	100	7	80	7
	Pulse dish	A0832		Cooked by dry heat	G0004	100	6	80	6
				Baked or roasted	G0005	100	5	80	3
				Broiled or grilled	G0006	100	5	80	3
	Starchy root or						-		-
	potato	A0829		Cooked by dry heat	G0004	90	6	88	6
				Baked or roasted	G0005	90	6	88	6
	Potato dish	A0830		Cooked by dry heat	G0004	90	7	80	7
				Baked or roasted	G0005	90	1	80	1
	Potato products	A0830	E0119	Cooked by dry heat	G0004	90	7	95	7
	I			Baked or roasted	G0005	90	1	95	1
	Vegetable dish	A0828		Cooked by dry heat	G0004	90	7	76	7
	0			Baked or roasted	G0005	90	6	76	6
	Root, tuber and bulb			Duried of Tousted	00005	70	Ū	10	Ū
	vegetables	A0828	B1018	Cooked by dry heat	G0004	90	7	85	7
	-			Baked or roasted	G0005	90	1	85	1
	Stem, flower, fruit,		B1036,	Durite of Toustee	00000	,,,	-	00	
	corn, seed		B1006,						
		A0828	B1005,						
			B1232	Cooked by dry heat	G0004	90	7	80	7
				Baked or roasted	G0005	90	1	80	1
	Mushroom	A0828	B1467	Cooked by dry heat	G0004	90	7	80	7
				Baked or roasted	G0005	90	1	80	1
	Leafy vegetables	A0828	B1566	Cooked by dry heat	G0004	90	7	60	7
				Baked or roasted	G0005	90	1	60	1

EuroFIR Fo Classificati		LanguaL Code	LanguaL Code	Source Comments
	Facet A	Facet G	1) Bognár, 2002 ;2) Danisł available, 100 assumed; 6)	n Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2004 ; 5) No fac Average value; 7) Derived factor nar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Egg or egg product	A0790	G0004	2, 4, 5	General factor for food group
Fat or oil	10805	G0005 G0004	2, 4 2, 5	(4) Baked egg dishes; (2) Eggs, baking
	A0803	G0004 G0005	2, 5	General factor for food group (2) fats and oils
Fruit or fruit product	A0833	G0004	6) =AVRG ; 7) Derived factor	General factor for food group and cooking method
		G0005 G0006	1, 3 3, 5	1) apple, apricot, cherry & strawberry; 3) Retention Code: 0151= Fruits, fresh (not citrus), baked USDA Ret. Code= 0152: Fruits ,Fresh (not citrus), broiled
Grain or grain product	A0812	G0004	6) =AVRG	General factor for food group and cooking method
		G0005	6) =AVRG	General factor for food group & cooking method
	A0813	G0010	7) Derived factor 6) =AVRG ; 7) Derived	General factor for food group & cooking
		G0004 G0005	factor 1, 2	General factor for food group 1) Bread, Pizza, Cake; 2) Bread, groats, flour
		G0010	3, 5	3) USDA: Flour/meal, toasted (0306)
		G0004 G0005 G0004 G0005	 7) Derived factor 1, 2 7) Derived factor 7) Derived factor 	 Bread, Pizza, Cake; 2) Bread, groats, flour Bread, Pizza, Cake; 2) Bread, groats, flour Use General factor for food group and cooking method
		G0005	1, 2	1) Bread, Pizza, Cake; 2) Bread, groats, flour

EuroFIR Foo Classificatio		LanguaL Code		LanguaL Code	Biotin	Biotin Source		Vit C Source	Source Comments
Meat or meat	A0793						-		
product			G0004	88	6	85	6	6) =AVRG	General factor for food group and cooking method
			G0005	88	6	91	6	6) =AVRG	Average factor for food group (poultry, red meat & sausages)
Meat or			G0006	87	6	78	6	6) =AVRG	Average factor for food group (offal, poultry & red meat)
meat or meat product,	A0793	K0034							
with sauce			G0004	91	6	80	6	6) =AVRG	Average factor for food group and cooking method, with sauce
	A0796		G0004	85	7	75	7	7) Derived factor	Derived factor for cooking method and food item
			G0006	85	1	75	1	1	1) Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain);
	A0796	K0034	G0004	90	1	80	1	1	1) Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain), with sa
	A0795		G0004	83	6	87	6	6) =AVRG	Average, general factor for food group and cooking method
			G0005 G0006	80 85	6 7	93 80	6 7	6) =AVRG 7) Derived factor	Average, general factor for food sub-group and cooking method Derived factor for cooking method & Food sub-group (= chicken, broiled or g
	A0795	K0034	G0004	90	6	80	6	6) =AVRG	Average, general factor for food group and cooking method, with sauce
	A0795	B1457	G0004	85	6	80	6	6) =AVRG	Average factor for cooking method & Food Item
			G0005	85	1	80	3	1, 3	1) Chicken, core temperature >80°C ; fry in oven, solid part, edible 3) Chicken
			G0006	85	1	80	3	1, 3	1) Chicken, core temperature >80°C ; fry in oven, solid part, edible 3) Chicken
	A0795	B1457, K0034	G0004	90	1	80	1	1	Poultry-based dishes, Chicken, core temperature >80°C, with sauce
	A0795	B1236							
	110795	D 1250	G0004	85	7	100	7	7) Derived factor	Derived factor for cooking method & Food item
			G0005	85	1	100	5	1, 3, 5	1) Turkey, core temperature >80°C ; fry in oven, solid part, edible 3) Turkey re
	A0795	K0034	G0004	90	1	80	1	1	1) Turkey, core temperature $>80^{\circ}$ C; fry in oven, total dish, with sauce, edible
	A0795	B1316, B1251	G0004	70	7	100	7	7) Derived factor	Derived from 1) Poultry-based dishes, duck and goose, core temperature >80°
			G0005	70	1	100	5	1, 5	1) Poultry-based dishes, duck and goose, core temperature >80°C, fry in oven;

A0795	B1316, B1251,K0034	G0004	90	1	80	1	1	1) Poultry-based dishes, duck and goose, core temperature >80°C, fry in oven;
40704						1		
A0794	or B1134	G0004	90	6	90	6	6) =AVRG	Average factor for food group and cooking method
		G0005	90	6	100	6	6) =AVRG	Average factor for food group and cooking method (baked or roasted)
		G0006	90	6	80	6	6) =AVRG	Average factor for food group and cooking method (broiled or grilled)
A0794	or B1134,							
	K0034	G0004	90	6	78	6	6) =AVRG	Average factor for cooking method food group (beef, pork, lamb & game), fr
A0794	B1161	G0004	90	6	90	6	6) =AVRG	Average factor from Veal and beef & cooking method (roasted & broiled/grill
		G0005	90	1	100	5	1, 5	1) Veal and beef, well done, >75°C; fry in oven, solid part (meat), edible;
		G0006	90	1	80	3	1, 3, 5	1) Veal and beef, well done, >75°C; fry in oven, solid part (meat), edible; 3) B
A0794	B1161,						1	
	K0034	G0004	90	1	75	1	-	1) Veal and beef, well done, >75°C, fry in oven, total dish, edible part
A0794	B1136	G0004	90	6	90	6	6) =AVRG	Average factor for cooking method food item (pork), edible part, meat
		G0005	90	1	100	5	1, 5	1) Pork, core temp. >75°C, fry in oven solid part (meat)
		G0006	90	1	80	3	1, 3	1) Pork, core temp. >75°C, fry in oven solid part (meat); 3) Pork, fresh, broiled
A0794	B1136,						1	
	K0034	G0004	90	1	80	1		1) Pork, core temp. >75°C, fry in oven, total dish, edible part
	B1183,							
A0794	B1669 or							
	B1134	G0004	90	6	90	6	6) =AVRG	Average factor for cooking method food item : lamb, mutton, game, edible p
		G0005	90	1	100	5	1, 5	1) lamb, mutton, game, >75°C, fry in oven, edible part (meat)
		G0006	90	1	80	3	1, 3	1) lamb, mutton, game, >75°C, fry in oven, edible part (meat); 3) Lamb, broile
	B1183,							
A0794	B1669 or						1	
110777	B1134,						-	
	K0034	G0004	90	1	80	1		1) lamb, mutton, game, $>75^{\circ}$ C, total dish, edible part
A0798								
		G0004	95	7	80	7	7) Derived factor	Derived from 1) minced meat and meat products, >75°C, fry/roast in oven, me
		00005	05	1	0.0	1	1	1) minced meat and meat products, >75°C, fry/roast in oven, meat, edible
		G0005	95	1	80	1		part
A0798	K0034	G0004	95	1	80	1	1	1) minand most and most products fru/reaser in oven total dish adible port
		00004	93	1	80	1		1) minced meat and meat products, fry/roasr in oven, total dish, edible part, >

EuroFIR Food Classification		LanguaL Code		LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source	Source Comments
Seafood or related	A0801								
product			G0004	87	6	80	6	6) =AVRG	Average factor for food group and cooking method
			G0005	88	6	80	6	6) =AVRG	Average factor for food group and cooking method
			G0006	85	6	80	6	6) =AVRG	Average factor for food group and cooking method
Seafood or									
related	A0801	K0034							
product, with	110001	10001	G 0000 (-	0-	-		
sauce			G0004	90	6	85	6	6) =AVRG	Average factor for food group, with sauce
	A0802	Z0183	G0004	88	6	80	6	6) =AVRG	Average factor for food item (low fat fish, fat content $< 5\%$) & cooking method
			00004	00	0	80	0	$0) = A \vee K G$	
			G0005	90	4	80	1	1, 4	1) Low fat fish, fat content < 5%, fry in oven, fish, edible part; 4) fish, baking (cod)
			G0006	85	1	80	1	1, 4	1) Low fat fish, fat content < 5%, fry in oven, fish, edible part; 4) fish, grilling (cod)
	40000	Z0183,						1	
	A0802	K0034	G0004	90	1	85	1	1	1) Low fat fish, fat content < 5%, fry in oven, total dish, edible part
	A0802	Z0182	G0004	85	1	80	1	6) =AVRG	Average factor for food item (Fat fish, fat content >5%)
			G0005	85	1	80	1	1	1) Fat fish, fat content >5%, fry in oven, fish, edible part
						0.0		1, 4	1) fat fish, fat content >5%, fry in oven, fish, edible part; 4) fish, grilling (cod)
			G0006	85	1	80	1		
	A0802	Z0182, K0034	G0004	90	1	85	1	1	1) Fat fish, fat content >5%, fry in oven, total dish, edible part
	A0804		G0004	88	6	80	6	6) = AVRG	Average factor for food item (seafood dish)
			G0005	90	4	80	1	1, 4	1) crustaceans and molluscs based dishes, fry in oven, edible part; 4) fish, baking (cod)
			G0006	85	1	80	1	1,4	1) crustaceans and molluscs based dishes, fry in oven, edible part; 4) fish, baking (cod)
	A0804	K0034	G0004	90	1	85	1	1	1) crab, mussels, squid, fry in oven, total dish

EuroFIR Fo Classificatio		LanguaL Code		LanguaL Code	Source Comments
Milk, etc.		2000		Lunguil Cour	
,	A0778		G0004	1	General factor for food group and cooking method
Vegetable etc.	A0825		G0004	6) =AVRG	Average factor for food group and cooking method
			G0005	6) =AVRG 7) Derived	Average factor for food group: average from pulse dish, starchy root or potato and vegetable dish; baked or roasted
			G0006	factor	Derived from "Pulse dish, broiled or grilled", General factor for food group
	A0832		G0004	6) =AVRG	Average factor for food sub-group and cooking method
			G0005	3, 5, 6	3) Nuts, baked, with drippings (RF code: 2201); 6) Carotene and Vit A are an average of "nuts roasted", USDA RF code
			G0006	3, 5	3) Nuts, broiled (RF code: 2202)
	A0829		G 0004		
			G0004	6) =AVRG	Average factor for food sub-group and cooking method
			G0005	6) =AVRG 7) Derived	Average factor for food sub-group and cooking method
	A0830		G0004	factor	Derived from 1) dishes from raw potato, bake in oven, total dish
			G0005	1	1) dishes from raw potato, bake in oven, total dish
	A0830	E0110		7) Derived	Derived from 1) dishes from potato products, bake in oven, potato, edible
	A0850	E0119	G0004	factor	part
			G0005	1	1) dishes from potato products, bake in oven, potato, edible part
	A0828		-	7) Derived	
	110020		G0004	factor	Derived from vegetable dish, baked or roasted
			G0005	6) =AVRG	Average from root, tuber, bulb vegetables, steam, flower, fruit corn and seeds, mushrooms and leafy vegetables
	A0828	B1018		7) Derived	
			G0004	factor	Derived from 1) Root, tuber, bulb vegetables; Bake in oven, total dish
			G0005	1	1) Root, tuber, bulb vegetables; Bake in oven, total dish
		B1036,			
	A0828	B1006,			
		B1005, B1232	-	7) Derived	
		D 1232	G0004	factor	Derived from 1) Stem, flower, fruit, corn and seed vegetables, bake in oven, total dish
			G0005		1) Stem, flower, fruit, corn and seed vegetables, bake in oven, total dish
	A0828	B1467	G0004	7) Derived factor	Derived from 1) Mushrooms based dishes. Baked in oven, whole dish
			G0004 G0005	1	1) Mushrooms based dishes. Baked in oven, whole dish
			00003	7) Derived	
	A0828	B1566	G0004	factor	Derived from 1) Leafy vegetables, baked in oven, total dish
			G0005	1	1) Leafy vegetables, baked in oven, total dish

EuroFir Food Clas	ssification	LanguaL Code	Other relevant		LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	facets	Cooking method	Facet G						
Egg or egg product		A0790		Boiled = Cooked by moist heat	G0014	95	2	95	2	95	2
Fat or oil		A0805		Boiled	G0014 G0014	95	2	<u>95</u> 95	2	<u>95</u> 95	2 2
Fruit or fruit product		A0833		Cooked by moist heat	G0014 G0012	80	6	75	6	<u> </u>	6
				Boiled	G0014	60	1	60	1	95	1
				Stewed	G0020	100	1	90	3	95	3
Fruit or fruit product, with		A0833									
liquid				Boiled	G0014	100	1	100	1	100	1
	Processed fruit product	A0834, A0837		Jam, Jelly		100	1	100	1	100	1
Grain or grain product		A0812		Cooked by moist heat	G0012	90	6	89	6	100	6
				Boiled, steamed	G0014, G0021	80	6	78	6	100	6
				Stewed	G0020	100	6	100	6	100	6
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	100	3	100	3	100	
	Pasta	A0815		Boiled	G0014	50	1	60	1	95	1
	Pasta	A0815		Boiled, with cooking liquid	G0014	50	1	65	1	95	1
	Rice or other grain, whole	A0814	C0133	Cooked by moist heat	G0012	90	6	90	6	100	6
				Boiled	G0014	80	1	80	1	100	1
				Stewed	G0020	100	1	100	1	100	1
				Boiled, with cooking liquid	G0014	100	1	100	1	100	1
	Rice or other grain, polished	A0814	C0134	Cooked by moist heat	G0012	80	6	78	6	100	6
				Boiled	G0014	60	1	55	1	100	
				Stewed	G0020	100	1	100	1	100	1
				Boiled, with cooking liquid	G0014	100	1	100	1	100	1

APPENDIX 2. Average Nutrient Retention Factors by Food Group –Cooked by Moist Heat

EuroFir Food Cla	ssification	LanguaL Code			LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Egg or egg			140005	cooling invited							
product		A0790		Boiled = Cooked by moist heat	G0014	95	2	95	2	95	2
Fat or oil		A0805		Boiled	G0014	95	2	95	2	95	2
Fruit or fruit product		A0833		Cooked by moist heat	G0012	90	6	90	6	95	6
				Boiled	G0012 G0014	80	1	80	1	90 90	
				Stewed	G0014 G0020	100	1	100	1	100	1
Fruit or fruit				Stewed	60020	100	1	100	1	100	1
product, with		A0833									
liquid				Boiled	G0014	100	1	100	1	100	1
	Processed fruit product	A0834, A0837		Jam, Jelly		100	1	100	1	100	1
Grain or grain product		A0812		Cooked by moist heat	G0012	100	6	98	6	99	6
				·							
				Boiled, steamed	G0014, G0021	100	6	97	6	98	6
				Stewed	G0020	100	6	100	6	100	6
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	100	3	100	3	100	3
	Pasta	A0815		Boiled	G0014	85	1	95	1	75	1
	Pasta	A0815		Boiled, with cooking liquid	G0014	85	1	95	1	75	1
	Rice or other grain, whole	A0814	C0133	Cooked by moist heat	G0012	100	6	98	6	100	6
				Boiled	G0012	100	1	95	1	100	1
				Stewed	G0020	100	1	100	1	100	1
				Boiled, with cooking liquid	G0014	100	1	100	1	100	1
	Rice or other grain,										
	polished	A0814	C0134	Cooked by moist heat	G0012	100	6	98	6	98	6
				Boiled	G0012 G0014	100	1	95	1	95	1
				Stewed	G0020	100	1	100	1	100	1
				Boiled, with cooking liquid	G0014	100	1	100	1	100	1

EuroFir Food Clas	ssification	LanguaL Code	Other		LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
		Facet A	relevant facets	Cooking method	Facet G						
Egg or egg				-							
product		A0790		Boiled = Cooked by moist			_				_
F (11				heat	G0014	95	2	95	2	95	2
Fat or oil		A0805		Boiled	G0014	95	2	95	2	95	2
Fruit or fruit		A0833									
product		110055		Cooked by moist heat	G0012	95	6	100	6	100	6
				Boiled	G0014	100	1	100	1	100	1
				Stewed	G0020	90	1	100	1	100	1
Fruit or fruit											
product, with		A0833									
liquid				Boiled	G0014	100	1	100	1	100	1
	Processed fruit	A0834,									
	product	A0837		Jam, Jelly		100	1	100	1	100	1
Grain or grain		A0812									
product		A0012		Cooked by moist heat	G0012	99	6	98	6	100	6
				Boiled, steamed	G0014, G0021	98	6	97	6	100	6
				Stewed	G0020	100	6	100	6	100	6
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	100	3	100	3	100	5
	Pasta	A0815		Boiled	G0014	90	1	100	1	100	1
	Pasta	A0815		Boiled, with cooking							
		A0015		liquid	G0014	90	1	100	1	100	1
	Rice or other grain,	A0814	C0133								
	whole	10011	00155	Cooked by moist heat	G0012	100	6	98	6	100	6
				Boiled	G0014	100	1	95	1	100	1
				Stewed	G0020	100	1	100	1	100	1
				Boiled, with cooking	G 0014	100	1	100	1	100	1
	Diag on other and			liquid	G0014	100	1	100	1	100	1
	Rice or other grain, polished	A0814	C0134								
	Polisica			Cooked by moist heat	G0012	98	6	98	6	100	6
				Boiled	G0014	95	1	95	1	100	1
				Stewed	G0020	100	1	100	1	100	1
				Boiled, with cooking	C0014	100	1	100	1	100	1
				liquid	G0014	100	1	100	1	100	1

EuroFir Food Cla	ssification	LanguaL Code			LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	Other rel. facets	Cooking method	Facet G						
Meat or meat		A0793		Cooked by moist heat	G0012	60	6	62	6	85	6
product				Boiled, steamed	G0014, G0021	59	6	60	6	83	6
				stewed, braised	G0020, G0019	62	6	65	6	88	6
Meat or meat product, with		A0793	K0034	Cooked by moist heat	G0012	96	6	96	6	96	6
sauce				Boiled, steamed	G0014, G0021	96	6	96	6	96	6
				stewed, braised	G0020, G0019	96	6	96	6	96	6
	Offal	A0796		Cooked by moist heat	G0012	65	6	65	6	90	6
				Boiled, steamed	G0014, G0021	60	1	60	1	80	1
				stewed, braised	G0020, G0019	70	1	70	1	100	1
	Offal, with sauce	A0796	K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
				Boiled, steamed	G0014, G0021	100	1	100	1	100	1
-				stewed, braised	G0020, G0019	100	1	100	1	100	1
	Poultry	A0795		Cooked by moist heat	G0012	40	6	47	6	85	6
				Boiled, steamed	G0014, G0021	40	6	43	6	85	6
				stewed, braised	G0020	40	6	50	6	85	6
	Poultry, with sauce	A0795	K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
				Boiled, steamed	G0014, G0021	100	6	100	6	100	6
				stewed, braised	G0020	100	6	100	6	100	6
	Chicken	A0795	B1457	Cooked by moist heat	G0012	40	6	45	6	85	6
				Boiled, steamed	G0014, G0021	40	1	40	1	85	1
	Chielsen with source			stewed, braised	G0020, G0019	40	1	50	1	85	1
	Chicken, with sauce	A0795	B1457,	Boiled, steamed, stewed, braised = Cooked by	G0014, G0021, G0020, G0012,						
			K0034	moist heat	G0020, G0012, G0019	100	1	100	1	100	1
	Turkey	A0795	B1236	Cooked by moist heat	G0012	40	6	45	6	85	6
				Boiled, steamed	G0014, G0021	40	1	40	1	85	1
				stewed, braised	G0020, G0019	40	1	50	1	85	1
	Turkey, with sauce	A0795	K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
				concu by moist neut		100	U	100	0	100	U

			Boiled, steamed	G0014, G0021	100	1	100	1	100	1
			stewed, braised	G0020, G0019	100	1	100	1	100	1
Duck & Goose	A0795	B1316, B1251	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012, G0019	40	1	50	1	85	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
			Boiled, steamed	G0014, G0021	100	1	100	1	100	1
			stewed, braised	G0020, G0019	100	1	100	1	100	1
Red meat	A0794	or B1134	Cooked by moist heat	G0012	51	6	53	6	82	6
			Boiled, steamed	G0014, G0021	50	6	52	6	80	6
			stewed, braised	G0020	52	6	53	6	83	6
Red meat, with sauce	A0794	or B1134,								
		K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
			Boiled, steamed	G0014, G0021	100	6	100	6	100	6
Beef	A0794	B1161	stewed, braised	G0020 G0012	100	6	100 50	6	100	6
Deel	A0794	DIIUI	Cooked by moist heat Boiled, steamed	G0012 G0014, G0021	45 45	6 1	50 50	6 1	83 80	6 1
			stewed, braised	G0014, G0021 G0020, G0019	45 45	1	50 50	1	80 85	1
Beef, with sauce	A0794	B1161, K0034	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012, G0019	100	1	100	1	100	1
Pork	A0794	B1136	Cooked by moist heat	G0012	48	6	53	6	83	6
			Boiled, steamed	G0014, G0021	45	1	50	1	80	1
			stewed, braised	G0020, G0019	50	1	55	1	85	1
Pork, with sauce	A0794	B1136, K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
			Boiled, steamed	G0014, G0021	100	1	100	1	100	1
Lamb, mutton & game	A0794	B1183, B1669 or	stewed, braised	G0020, G0019	100	1	100	1	100	1
		B1134	Cooked by moist heat	G0012	60	6	55	6	80	6
			Boiled, steamed	G0014, G0021	60	1	55	1	80	1
			stewed, braised	G0020, G0019	60	1	55	1	80	1

A0794	B1183, B1669 or B1134, K0034	Cooked by moist heat Boiled, steamed	G0012 G0014, G0021	100 100	6 1	100 100	6 1	100 100	6 1
		stewed, braised	G0020, G0019	100	1	100	1	100	1
A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	85	1	85	1
A0798	K0034	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	85	1	85	1
	A0798	A0794 B1669 or B1134, K0034 A0798	A0794 B1669 or B1134, K0034 Cooked by moist heat Boiled, steamed stewed, braised A0798 Boiled, steamed, stewed = Cooked by moist heat Boiled, steamed, stewed,	A0794 B1669 or B1134, K0034 Cooked by moist heat B0iled, steamed stewed, braised G0012 A0798 B0iled, steamed B0iled, steamed, stewed Cooked by moist heat G0014, G0021 G0020, G0019 A0798 B0iled, steamed, stewed Cooked by moist heat G0014, G0021, G0020, G0012 A0798 K0034 B0iled, steamed, stewed braised = Cooked by G0014, G0021, G0020, G0012	A0794 B1669 or B1134, K0034 Cooked by moist heat Boiled, steamed stewed, braised G0012 100 A0798 Boiled, steamed, stewed= Cooked by moist heat G0014, G0021, G0020, G0019 100 A0798 Boiled, steamed, stewed= Cooked by moist heat G0014, G0021, G0020, G0012 85 A0798 K0034 Boiled, steamed, stewed, braised = Cooked by G0014, G0021,	A0794 B1669 or B1134, K0034 Cooked by moist heat G0012 100 6 Boiled, steamed G0014, G0021 100 1 stewed, braised G0020, G0019 100 1 A0798 Boiled, steamed, stewed= G0014, G0021, G0020, G0012 85 1 A0798 K0034 Boiled, steamed, stewed, braised = Cooked by G0014, G0021, 55 1	A0794 B1669 or B1134, K0034 Cooked by moist heat G0012 100 6 100 Boiled, steamed G0014, G0021 100 1 100 1 100 A0798 Boiled, steamed, stewed = Cooked by moist heat G0020, G0019 100 1 100 A0798 Boiled, steamed, stewed = Cooked by moist heat G0020, G0012 85 1 85	A0794 B1669 or B1134, K0034 Cooked by moist heat G0012 100 6 100 6 Boiled, steamed G0014, G0021 100 1 100 1 100 1 A0798 Boiled, steamed, stewed = A0798 G0014, G0021, Cooked by moist heat G0020, G0012 85 1 85 1 A0798 K0034 Boiled, steamed, stewed, braised = Cooked by G0014, G0021, G0014, G0021, 1 100 1	A0794 B1669 or B1134, K0034 Cooked by moist heat G0012 100 6 100 6 100 Boiled, steamed G0014, G0021 100 1 100 1 100 A0798 Boiled, steamed, stewed = A0798 G0014, G0021, Cooked by moist heat G0020, G0012 85 1 85 1 85 A0798 K0034 Boiled, steamed, stewed, braised = Cooked by G0014, G0021, G0014, G0021, 1 85 1 85

EuroFir Food Clas	ssification	LanguaL Code			LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Meat or meat product		A0793		Cooked by moist heat	G0012	79	6	79	6	93	6
				Boiled, steamed	G0012 G0014, G0021	78	6	77	6	93	6
				stewed, braised	G0020, G0019	80	6	81	6	93	6
Meat or meat product, with		A0793	K0034								
sauce				Cooked by moist heat	G0012	100	6	100	6	99	6
				Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	100 100	6 6	100 100	6 6	99 99	6 6
	Offal	A0796		Cooked by moist heat	G0012	83	6	75	6	95	6
				Boiled, steamed	G0014, G0021	80	1	70	1	95	1
				stewed, braised	G0020, G0019	85	1	80	1	95	1
	Offal, with sauce	A0796	K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
				Boiled, steamed	G0014, G0021	100	1	100	1	100	1
				stewed, braised	G0020, G0019	100	1	100	1	100	1

Poultry	A0795		Cooked by moist heat	G0012	70	6	70	6	80	6
			Boiled, steamed	G0014, G0021	70	6	70	6	80	6
Poultry, with sauce	10705	120024	stewed, braised	G0020	70	6	70	6	80	6
i builly, with suuce	A0795	K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
			Boiled, steamed	G0014, G0021	100	6	100	6	100	6
		54455	stewed, braised	G0020	100	6	100	6	100	6
Chicken	A0795	B1457	Cooked by moist heat	G0012	70	6	70	6	80	6
			Boiled, steamed	G0014, G0021	70	1	70	1	80	1
Chicken, with sauce			stewed, braised	G0020, G0019	70	1	70	1	80	1
Chicken, with sauce	A0795	B1457,	Boiled, steamed, stewed, braised = Cooked by	G0014, G0021, G0020, G0012,						
		K0034	moist heat	G0019	100	1	100	1	100	1
Turkey	A0795	B1236	Cooked by moist heat	G0012	70	6	70	6	80	6
			Boiled, steamed	G0014, G0021	70	1	70	1	80	1
			stewed, braised	G0020, G0019	70	1	70	1	80	1
Turkey, with sauce	A0795	K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
			Boiled, steamed	G0014, G0021	100	1	100	1	100	1
			stewed, braised	G0020, G0019	100	1	100	1	100	1
Duck & Goose	A0795	B1316, B1251	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012, G0019	70	1	70	1	80	1
Duck & Goose, with	A0795	B1316,								
sauce	110795	B1251,K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
			Boiled, steamed	G0014, G0021	100	1	100	1	100	1
			stewed, braised	G0020, G0019	100	1	100	1	100	1
Red meat	A0794	or B1134	Cooked by moist heat	G0012	63	6	72	6	100	6
			Boiled, steamed	G0014, G0021	62	6	68	6	100	6
			stewed, braised	G0020	65	6	75	6	100	6
Red meat, with sauce	A0794	or B1134, K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
		ILUUU T	Boiled, steamed	G0012 G0014, G0021	100	6 6	100	0 6	100	6 6
			stewed, braised	G0014, G0021 G0020	100	6	100	6	100	6
Beef	A0794	B1161	Cooked by moist heat	G0012	63	6	73	6	100	6

			Boiled, steamed	G0014, G0021	60	1	65	1	100	1
			stewed, braised	G0020, G0019	65	1	80	1	100	1
Beef, with sauce		B1161,	Boiled, steamed, stewed,	G0014, G0021,						
	A0794	K0034	braised = Cooked by	G0020, G0012,						
		100004	moist heat	G0019	100	1	100	1	100	1
Pork	A0794	B1136	Cooked by moist heat	G0012	63	6	63	6	100	6
			Boiled, steamed	G0014, G0021	60	1	60	1	100	1
			stewed, braised	G0020, G0019	65	1	65	1	100	1
Pork, with sauce	A0794	B1136,								
	A0794	K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
			Boiled, steamed	G0014, G0021	100	1	100	1	100	1
			stewed, braised	G0020, G0019	100	1	100	1	100	1
Lamb, mutton &		B1183,								
game	A0794	B1669 or								
		B1134	Cooked by moist heat	G0012	65	6	80	6	100	6
			Boiled, steamed	G0014, G0021	65	1	80	1	100	1
			stewed, braised	G0020, G0019	65	1	80	1	100	1
Lamb, mutton &		B1183,								
game, with sauce	10704	B1669 or								
	A0794	B1134,								
		K0034	Cooked by moist heat	G0012	100	6	100	6	100	6
			Boiled, steamed	G0014, G0021	100	1	100	1	100	1
			stewed, braised	G0020, G0019	100	1	100	1	100	1
Sausage or similar	10700		Boiled, steamed, stewed =	G0014, G0021,						
product	A0798		Cooked by moist heat	G0020, G0012	100	1	100	1	95	1
с · ч			·	<i>,</i>						
Sausage or similar			Boiled steamed stewed							
product, with sauce	A0798	K0034	Boiled, steamed, stewed, braised = Cooked by	G0014, G0021,						

EuroFir Food Classi	ification	LanguaL Code	Other		LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	relevant facets	Cooking method	Facet G						
Coffee, tea, cocoa		A0845		steeped	G0036	95	6	83	6	30	6
	Coffee	A0845	B1305	steeped	G0036	90	1	95	1	20	1
	Tea	A0845	B1623	steeped	G0036	100	1	70	1	40	1
Milk, milk product or milk		A0778									
substitute				Cooked by moist heat	G0012	100	6	100	6	100	6
				Boiled	G0014	100	1	100	1	100	1
				stewed	G0020	100	1	100	1	100	1
Seafood or related product		A0801		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	6	75	6	100	6
Seafood or related product, with sauce		A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	6	100	6	100	6
	Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	75	1	100	1
	Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1
	Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	75	1	100	1
	Fat fish, with sauce	A0802	Z0182, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1
	Seafood dish	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	75	1	100	1
	Seafood dish, with sauce	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1

EuroFir Food Classi	ification	LanguaL Code			LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
			Other relevant								
		Facet A	facets	Cooking method	Facet G						
Coffee, tea, cocoa		A0845		steeped	G0036	50	6	20	6	5	(
	Coffee	A0845	B1305	steeped	G0036	50	1	20	1	5	1
	Tea	A0845	B1623	steeped	G0036	50	1	20	1	5	1
Milk, milk product or milk		A0778									
substitute				Cooked by moist heat	G0012	100	6	100	6	100	(
				Boiled	G0014	100	1	100	1	100	1
				stewed	G0020	100	1	100	1	100	
Seafood or related product		A0801		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	6	85	6	80	(
Seafood or related product, with sauce		A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	6	100	6	100	(
	Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	85	1	80	1
	Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1
	Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	85	1	80	1
	Fat fish, with sauce	A0802	Z0182, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1
	Seafood dish	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	85	1	80	1
	Seafood dish, with sauce	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1

	LanguaL			Cu		Zn	Others
EuroFir Food Classification	Code	LanguaL Code	Cu	Source	Zn	Source Others	Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Coffee, tea, cocoa		A0845		steeped	G0036	5	6	5	6	5	6
	Coffee	A0845	B1305	steeped	G0036	5	1	5	1	5	1
	Tea	A0845	B1623	steeped	G0036	5	1	5	1	5	1
Milk, milk product or milk		A0778									
substitute				Cooked by moist heat	G0012	100	6	100	6	100	6
				Boiled	G0014	100	1	100	1	100	1
				stewed	G0020	100	1	100	1	100	1
Seafood or related product		A0801		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	6	100	6	90	6
Seafood or related product, with sauce		A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	6	100	6	100	6
	Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	100	1	90	1
	Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1
	Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	100	1	90	1
	Fat fish, with sauce	A0802	Z0182, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1
	Seafood dish	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	100	1	90	1
	Seafood dish, with sauce	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1

EuroFir Food Class	ification	LanguaL Code	Other relevant		LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	facets	Cooking method	Facet G						
Vegetable or vegetable product		A0825		Cooked by moist heat	G0012	87	6	84	6	96	6
vegetable product				Boiled	G0012 G0014	75	6	68	6	92	6
				Steam	G0020	87	6	85	6	95	6
				Stewed	G0021	100	6	100	6	100	6
	Pulse dish	A0832		Cooked by moist heat	G0012	88	6	88	6	93	6
				Boiled	G0014	75	1	75	1	85	1
				Stewed	G0021	100	1	100	1	100	1
	Starchy root or										
	potato	A0829		Cooked by moist heat	G0012	90	6	88	6	97	6
				Boiled	G0014	80	6	80	6	95	6
				Steam	G0020	90	6	85	6	95	6
				Stewed	G0021	100	°	100	6	100	6
				Cooked by moist heat,	00021	100	Ŭ	100	U	100	Ū
				with cooking liquid	G0012	100	6	100	6	100	6
	Potato dish	A0830		Cooked by moist heat	G0012	90	6	88	6	97	6
				Boiled	G0014	80	1	80	1	95	1
				Steam	G0020	90	1	85	1	95	1
				Stewed	G0021	100	1	100	1	100	1
	Potato products	A0830	E0119	Cooked by moist heat	G0012	90	6	90	6	98	6
				Boiled	G0014	80	1	80	1	95	1
				Stewed	G0021	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked by moist heat	G0012	85	6	78	6	97	6
				Boiled	G0014	70	6	49	6	95	6
				Steamed	G0020	84	6	85	6	95	6
				Stewed	G0021	100	6	100	6	100	6
	Root, tuber and bulb	A0828	B1018								
	vegetables	10020	DIVIO	Cooked by moist heat	G0012	78	6	77	6	97	6
				Boiled	G0014	55	1	45	1	95	1
				Steamed	G0020	80	1	85	1	95	1
				Stewed	G0021	100	1	100	1	100	1

Steam, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,								
		B1232	Cooked by moist heat	G0012	87	6	78	6	97	6
			Boiled	G0014	75	1	50	1	95	1
			Steamed	G0020	85	1	85	1	95	1
			Stewed	G0021	100	1	100	1	100	1
			Cooked by moist heat, wit cooking liquid	h G0012	100	1	100	1	100	1
Mushroom	A0828	B1467	Cooked by moist heat	G0012	87	6	78	6	97	6
			Boiled	G0014	75	1	50	1	95	1
			Steamed	G0020	85	1	85	1	95	1
			Stewed	G0021	100	1	100	1	100	1
Leafy vegetables	A0828	B1566	Cooked by moist heat	G0012	87	6	78	6	97	6
			Boiled	G0014	75	1	50	1	95	1
			Steamed	G0020	85	1	85	1	95	1
			Stewed	G0021	100	1	100	1	100	1

EuroFir Food Class	ification	LanguaL Code			LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Vegetable or vegetable product		A0825		Cooked by moist heat	G0012	90	6	95	6	91	6
-				Boiled	G0014	78	6	91	6	84	6
				Steam	G0020	92	6	95	6	88	6
				Stewed	G0021	100	6	100	6	100	6
	Pulse dish	A0832		Cooked by moist heat	G0012	93	6	95	6	93	6
				Boiled	G0014	85	1	90	1	85	1
				Stewed	G0021	100	1	100	1	100	1
	Starchy root or potato	A0829		Cooked by moist heat Boiled	G0012 G0014	95 90	6 6	96 93	6 6	96 93	6 6
				Steam	G0020	95	6	95	6	95	6

			Stewed	G0021	100	6	100	6	100	6
			Cooked by moist heat,	C0012	100	(100	(100	(
Potato dish	A0830		with cooking liquid	G0012	100	6	100	6	100	6
	A0850		Cooked by moist heat	G0012	95	6	97 95	6	95 90	6
			Boiled	G0014	90 05	1		1		1
			Steam	G0020	95 100	1	95 100	1	95 100	1
Potato products	A0830	E0119	Stewed	G0021	100	1	100	1	100	1
rotato products	A0850	E0119	Cooked by moist heat Boiled	G0012 G0014	95 90	6	95 90	6	98 95	6
			Stewed		90 100	1	90 100	1	95 100	1
Vegetable dish	A0828			G0021		1		1		<u>1</u> 6
vegetuble alsh	A0828		Cooked by moist heat	G0012	83	6	95	6	85	
			Boiled	G0014	60	6	90 97	6	75	6
			Steamed	G0020	89	6	95	6	81	6
Root, tuber and bulb			Stewed	G0021	100	6	100	6	100	6
vegetables	A0828	B1018		G0010			~ -	<i>c</i>		
vegetables			Cooked by moist heat	G0012	82	6	95	6	87 7.5	6
			Boiled	G0014	60	1	90	1	75	1
			Steamed	G0020	85	1	95	1	85	1
· · · · · · · · · · · · · · · · · · ·			Stewed	G0021	100	1	100	1	100	1
Steam, flower, fruit, corn, seed		B1036,								
Join, seeu	A0828	B1006,								
		B1005, B1232		G0010		6	07	6	0.7	6
		D1232	Cooked by moist heat	G0012	83	6	95	6	85	6
			Boiled	G0014	60	1	90 97	1	75	1
			Steamed	G0020	90	1	95	1	80	1
			Stewed	G0021	100	1	100	1	100	1
			Cooked by moist heat, wit		100	1	100		100	
Mushroom	4.000	D1467	cooking liquid	G0012	100	1	100	1	100	1
Nushroom	A0828	B1467	Cooked by moist heat	G0012	83	6	95	6	85	6
			Boiled	G0014	60	1	90	1	75	1
			Steamed	G0020	90	1	95	1	80	1
[4.000	D1566	Stewed	G0021	100	1	100	1	100	1
Leafy vegetables	A0828	B1566	Cooked by moist heat	G0012	83	6	95	6	85	6
			Boiled	G0014	60	1	90	1	75	1
			Steamed	G0020	90	1	95	1	80	1
			Stewed	G0021	100	1	100	1	100	1

EuroFir Food Class	ification	LanguaL Code	Other		LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
		Facet A	relevant facets	Cooking method	Facet G						
Vegetable or		A0825									
vegetable product		A0823		Cooked by moist heat	G0012	94	6	93	6	96	6
				Boiled	G0014	85	6	85	6	93	6
				Steam	G0020	98	6	93	6	95	6
				Stewed	G0021	100	6	100	6	100	6
	Pulse dish	A0832		Cooked by moist heat	G0012	85	6	95	6	100	6
				Boiled	G0014	70	1	90	1	100	1
				Stewed	G0021	100	1	100	1	100	1
	Starchy root or	A0829									
	potato	A0829		Cooked by moist heat	G0012	95	6	95	6	95	6
				Boiled	G0014	90	6	90	6	90	6
				Steam	G0020	95	6	95	6	95	6
				Stewed	G0021	100	6	100	6	100	6
				Cooked by moist heat,							
				with cooking liquid	G0012	100	6	100	6	100	6
	Potato dish	A0830		Cooked by moist heat	G0012	95	6	95	6	95	6
				Boiled	G0014	90	1	90	1	90	1
				Steam	G0020	95	1	95	1	95	1
				Stewed	G0021	100	1	100	1	100	1
	Potato products	A0830	E0119	Cooked by moist heat	G0012	95	6	95	6	95	6
				Boiled	G0014	90	1	90	1	90	1
				Stewed	G0021	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked by moist heat	G0012	98	6	88	6	95	6
				Boiled	G0014	95	6	75	6	90	6
				Steamed	G0020	100	6	90	6	95	6
				Stewed	G0021	100	6	100	6	100	6
	Root, tuber and bulb	A0828	B1018								
	vegetables	AU020	D 1010	Cooked by moist heat	G0012	98	6	88	6	95	6
				Boiled	G0014	95	1	75	1	90	1
				Steamed	G0020	100	1	90	1	95	1
				Stewed	G0021	100	1	100	1	100	1

Steam, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,								
		B1232	Cooked by moist heat	G0012	98	6	88	6	95	6
			Boiled	G0014	95	1	75	1	90	1
			Steamed	G0020	100	1	90	1	95	1
			Stewed	G0021	100	1	100	1	100	1
			Cooked by moist heat, with cooking liquid	G0012	100	1	100	1	100	1
Mushroom	A0828	B1467	Cooked by moist heat	G0012	98	6	88	6	95	6
			Boiled	G0014	95	1	75	1	90	1
			Steamed	G0020	100	1	90	1	95	1
			Stewed	G0021	100	1	100	1	100	1
Leafy vegetables	A0828	B1566	Cooked by moist heat	G0012	98	6	88	6	95	6
			Boiled	G0014	95	1	75	1	90	1
			Steamed	G0020	100	1	90	1	95	1
			Stewed	G0021	100	1	100	1	100	1

EuroFir Foo Classificatio		LanguaL Code		Source Comments Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2004 ; 5
	Facet A	Facet G	Average value; 7) De Most factors are from	n Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others
Egg or				
egg	A0790	C0014	2	
product Fat or oil	A0805	<u>G0014</u>	2	Average factor for food group & cooking method: 2) Eggs, minerals, boiling
Fat or on Fruit or	A0805	G0014	Z	Average factor for food group & cooking method: 2) fats and oils, minerals, boiling
fruit	A0833			
product	110055	G0012	6) = AVRG	Average factor for food group and cooking method
		G0014	1	Average factor for food group & cooking method ; 1) Boiled. Fruit, edible part
		G0020	1, 3	Average factor for food group & cooking method; 1) Boiled. Fruit, total dish, including liquid; 3) Fruits, fresh (not citr
Fruit or			,	
fruit				
product,	A0833		1	
with		C0014		A wanter for ford aroun with liquid aroun
liquid	A0834,	G0014		Average factor for food group, with liquid, syrup 1) Jam or Jelly or Jam or Marmalade
	A0834, A0837		1	
Grain or				
grain product	A0812	G0012	6) = AVRG	Average factor for food group and cooking method
		G0014, G0021	6) = AVRG	Average factor for food group
		G0020	6) = AVRG	Average factor for food group
	A0813	G0014, G0021	3, 5	3) Flour/meal, boiled, steamed (0302)
	A0815	G0014	1	1) Noodles, white flour, solid part (drained);
	A0815	G0014	1	1) Noodles, white flour, total dish (not drained)
	A0814	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014	1	1) Cereal grains and grain seeds/ whole, edible part, boil
		G0020	1	1) Cereal grains and grain seeds/whole, stew, total dish (with sauce)
		G0014	1	1) Cereal grains and grain seeds/whole, boiled, total dish (with sauce)
	A0814	G0012	6	Average factor for cooking method & food item
		G0014	1	1) Cereal grains and grain seeds/polished, edible part
		G0020	1	1) Cereal grains and grain, stew, total dish (with sauce)
		G0014	1	1) Cereal grains and grain, boiled, total dish (with sauce)

EuroFir Fo Classificat		LanguaL Code Other relevant facets	Facet G	Average valu	Source Comments D02 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2 le; 7) Derived factor are from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others
Meat or	A0793	100003	G0012		Average factor for food group and cooking method
meat product			G0014,G0021 G0020, G0019	6) = AVRG	Average factor for food group Average factor for food group
Meat or meat	A0793	K0034	G0012	6) = AVRG	Average, general factor for food group and cooking method, with sauce
product, with			G0014,G0021 G0020, G0019		Average factor for food group, with sauce Average factor for food group, with sauce
sauce	A0796		G0012	6) = AVRG	Average factor for food sub-group and cooking method
			G0014,G0021 G0020, G0019	1 1	 Offal based dishes, >80°C (liver, kidney, lung, tongue, blood, brain) Offal based dishes, >80°C (liver, kidney, lung, tongue, blood, brain)
	A0796	K0034	G0012	6) = AVRG	Average factor for food sub-group and cooking method
			G0014,G0021 G0020, G0019	1	 Offal based dishes, >80°C, with sauce (liver, kidney, lung, tongue, blood, brain) Offal based dishes, >80°C, with sauce (liver, kidney, lung, tongue, blood, brain)
	A0795		G0012	6) = AVRG	Average factor for food sub-group and cooking method
			G0014,G0021 G0020	,	Average factor for food sub-group, boiled or steamed : Average chicken, turkey & duck / solid part, edible General factor for food sub-group, stewed or braised : Average chicken, turkey & duck / solid part, edible
	A0795	K0034	G0012	6) = AVRG	Average, general factor for food sub-group and cooking method, with sauce Average factor for food sub-group, boiled or steamed : Average chicken, turkey & duck / total dish, edible part,
			G0014,G0021	6) = AVRG	meat with skin Average factor for food sub-group, stewed or braised : Average chicken, turkey & duck / total dish, edible part,
	10705	D1457	G0020		meat with skin
	A0795	B1457	G0012 G0014,G0021	1	Average factor for cooking method & food item 1) Poultry-based dishes, Chicken, core temperature >80°C; Solid part, edible/ Meat with skin
	A0795	B1457, K0034	G0020, G0019 G0014,G0021, G0020,G0012, G0019	1 1, 6 (=AVRG)	 Poultry-based dishes, Chicken, core temperature >80°C; Solid part, edible/ Meat with skin Poultry-based dishes, Chicken, core temperature >80°C, total dish (with sauce)
	A0795	B1236	G0012	6) = AVRG	Average factor for cooking method & food item
			G0014, G0021	1	1) Poultry-based dishes, turkey, core temperature >80°C / Boil, Steam, solid part, edible

		G0020, G0019	1	1) Poultry-based dishes, turkey, core temperature >80°C/ Srew, braise, solid part, edible
A0795	K0034	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) Poultry-based dishes, turkey, core temperature >80°C, total dish /with sauce
		G0020, G0019	1	1) Poultry-based dishes, turkey, core temperature >80°C, total dish /with sauce
A0795	B1316, B1251	G0014,G0021, G0020,G0012, G0019	1	1) Poultry-based dishes, duck and goose, core temperature >80°C; solid part, edible / meat with skin
A0795	B1316,			
110795	B1251,K0034	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) Poultry-based dishes, duck and goose, core temperature >80°C; total dish /with sauce; meat with skin 1) Poultry-based dishes, duck and goose, core temperature >80°C; total dish /with sauce; meat with
		G0020, G0019	1	skin
A0794	or B1134	G0012	6) = AVRG	Average factor for food sub-group and cooking method
		G0014,	,	
		G0021	6) = AVRG	Average factor for food sub-group
		G0020	6) = AVRG	Average factor for food sub-group
A0794	or B1134,			
110791	K0034	G0012 G0014,	6) = AVRG	Average factor for food sub-group and cooking method, with sauce
		G0014, G0021	6) = AVRG	Average factor for food group, with sauce
		G0020	6) = AVRG	Average factor for food group, with sauce
A0794	B1161	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) Veal and beef, well done, >75°C; solid part (meat), edible
		G0020, G0019	1	1) Veal and beef, well done, >75°C; solid part (meat), edible
	B1161,	G0014,G0021,		
A0794	K0034	G0020,G0012,	1	
		G0019		1) Veal and beef, well done, >75°C; total dish, edible part
A0794	B1136	G0012	1	Average factor for cooking method & food item
		G0014, G0021	1	1) Pork, core temp. >75°C, solid part (meat) edible
		G0020, G0019	1	1) Pork, core temp. >75°C, solid part (meat) edible
A0794	B1136,			
	K0034	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) Pork, core temp. >75°C, total dish, edible part
		G0020, G0019	1	1) Pork, core temp. >75°C, total dish, edible part
A0794	B1183,B1669			
	or B1134	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) lamb, mutton, game, >75°C, meat, edible part

A0794	B1183,B1669 or	G0020, G0019	1	1) lamb, mutton, game, >75°C, meat, edible part
	B1134,K0034	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) lamb, mutton, game, >75°C, total dish, edible part
		G0020, G0019	1	1) lamb, mutton, game, >75°C, total dish, edible part
A0798		G0014,G0021, G0020, G0012	1	1) minced meat and meat products, $>75^{\circ}$ C; meat, edible part
A0798	K0034	G0014,G0021, G0020, G0012	1	1) minced meat and meat products, >75°C; total dish, edible part

EuroFir Food Classification		LanguaL Code Other relevant facets	Facet G	4) McCance and V	Source Comments 2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; Viddowson's, 2004 ; 5) No factor available, 100 assumed; 6) Average value; 7) Derived factor rom Bognár, when values are not found next priority is McCance& Widowson's, others
Coffee,	A0845			,	
tea, cocoa			G0036	6) = AVRG	Average factor for food group and cooking method
	A0845	B1305	G0036	1	1) Coffee, Infusion with boiling water = Steep (LanguaL)
	A0845	B1623	G0036	1	1) Tea, Infusion with boiling water = Steep (LanguaL)
Milk etc.	A0778		G0012	6) = AVRG	Average factor for food group & cooking method
			G0014	1	1) Milk and mil product based dishes (blanc mange, custard, cheese soufflé)
			G0020	1	1) Milk and mil product based dishes (blanc mange, custard, cheese soufflé)
Seafood or related product Seafood or	A0801		G0014, G0021, G0020, G0012	6) = AVRG	Average factor for food group
related product, with sauce	A0801	K0034	G0014, G0021, G0020, G0012	6) = AVRG	Average factor for food group, with sauce
	A0802	Z0183	G0014, G0021, G0020, G0012	1	1) Low fat fish, fat content < 5%, fish, edible part
	A0802	Z0183, K0034	G0014, G0021, G0020, G0012	1	1) Low fat fish, fat content < 5%, total dish, edible part (with sauce)
	A0802	Z0182	G0014, G0021, G0020, G0012	1	1) Fat fish, fat content >5%, fish, edible part
	A0802	Z0182, K0034	G0014, G0021, G0020, G0012	1	1) Fat fish, fat content >5%, total dish, edible part (with sauce)
	A0804		G0014, G0021, G0020, G0012	1	1) crab, mussels, squid, fish, edible part
	A0804	K0034	G0014, G0021, G0020, G0012	1	1) crab, mussels, squid, total dish, edible part (with sauce)

EuroFir Foo Classificatio		LanguaL Code		LanguaL Code	Source	Comments
	Facet A	Other relevant facets	t Facet G	factor available, 1	0 assumed; 6) Average value; 7) Derived factor	006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson' or riority is McCance& Widowson's, then USDA, then others
Vegetable	-				8/	, , , , , , , , , , , , , , , , ,
or vegetable	A0825					
product			G0012	6) = AVRG	Average factor for food group and cooking methods	ιhod
			G0014	6) = AVRG	Average factor for food group	
			G0020	6) = AVRG	Average factor for food group	
			G0021	6) = AVRG	Average factor for food group	
	A0832		G0012	6) = AVRG	Average factor for food group and cooking methods	
			G0014	1		ter / without soaking water (values are the same), drained;
			G0021	1	1) Legume based dishes, Stewed, braised=total	.l dish
	A0829					
	A0027		G0012	6) = AVRG	Average, general factor for food group and cook	oking method
			G0014	6) = AVRG	Average from potato dish and potato products	-
			G0020	6) = AVRG	Average from potato dish and potato products	
			G0021	6) = AVRG	Average from potato dish and potato products	
			G0012	6) = AVRG	Average from potato dish and potato products, b	boiled, with cooking liquid
	A0830		G0012	6) = AVRG	Average factor for food sub-group & cooking m	
			G0014	1	1) Potato raw. Boiled: edible part, without peel	
			G0020	1	1) Potato raw. Boiled: edible part, without peel	
			G0021	1	1) Potato raw. Boiled: edible part, without peel	
	A0830	E0119	G0012	6) = AVRG	Average factor for food sub-group & cooking m	nethod
			G0014	1	1) Potato products. Boiled: solid part;	
			G0021	1	1) Potato products. Stewed: total dish, including	ng liquid
	A0828		G0012	6) = AVRG	Average factor for food group and cooking method	thod
			G0014	6) = AVRG	Average from root, tuber, bulb vegetables, stea [*]	um, flower, fruit corn and seeds, mushrooms and leafy vegetables
			G0020	6) = AVRG		um, flower, fruit corn and seeds, mushrooms and leafy vegetables
			G0021	6) = AVRG	•	m, flower, fruit corn and seeds, mushrooms and leafy vegetables
	A0828	B1018				
		D 1 1 1 1	G0012	6) = AVRG	Average factor for food sub-group & cooking m	nethod
			G0014	1	1)Vegetable, edible part;	
			G0020	1	1) Vegetable, edible part;	
			G0021	1	1) Vegetable, edible part; Total dish	

A0828	B1036,B1006,			
A0828	B1005, B1232	G0012	6) = AVRG	Average factor for food sub-group & cooking method
		G0014	1	1) Stem, flower, fruit, corn and seed Vegetable, edible part
		G0020	1	1) Stem, flower, fruit, corn and seed Vegetable, edible part
		G0021	1	1) Stem, flower, fruit, corn and seed Vegetable, Total dish, edible part
		C0012	1	
		G0012		1) Stem, flower, fruit, corn and seed vegetables, average from boiled & steamed, total dish
A0828	B1467	G0012	6) = AVRG	Average factor for food sub-group & cooking method
		G0014	1	1) Mushrooms based dishes, edible part
		G0020	1	1) Mushrooms based dishes, edible part
		G0021	1	1) Mushrooms based dishes, total dish, edible part
A0828	B1566	G0012	6) = AVRG	Average factor for food sub-group & cooking method
		G0014	1	1) Red cabbage, white cabbage, spinach, edible part
		G0020	1	1) Red cabbage, white cabbage, spinach, edible part
		G0021	1	1) Red cabbage, white cabbage, spinach, total dish

EuroFir Food Clas	ssification	LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
			Other relevant								
		Facet A	facets	Cooking method	Facet G						
Coffee, tea, cocoa		A0845		steeped	G0036	100	6	100	6	100	6
	Coffee	A0845	B1305	steeped	G0036	100	5	100	5	100	5
	Tea	A0845	B1623	steeped	G0036	100	5	100	5	100	5
Egg or egg product		A0790		Boiled = Cooked by moist							
F -4 1		10005		heat	G0014	95	2	95	2		1
Fat or oil		A0805		Boiled	G0014	85	2	85	2	100	5
Fruit or fruit		A0833		Cooked by moist heat	G0012	75	6	75	6	100	5
product				Boiled	G0014	75	1	75	1	100	5
				Stewed	G0020	75	1	75	1	100	5
Fruit or fruit product, with		A0833		Boiled	G0014	75	1	75	1	100	5
liquid	Processed fruit	A0834,									
•	product	A0837		Jam, Jelly		90	1	90	1	100	5
Grain or grain		A0812		Cooked by moist heat	G0012	93	6	93	6	100	6
product				Boiled, steamed	G0014, G0021	90	6	90	6	100	6
				Stewed	G0020	95	6	95	6	100	6
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	90	3	90	3	100	5
	Pasta	A0815		Boiled	G0014	90	1	90	1	100	1
				Boiled, with cooking liquid	G0014	95	1	95	1	100	1
	Rice or other grain, whole	A0814	C0133	Cooked by moist heat	G0012	93	6	93	6	100	6
				Boiled	G0014	90	1	90	1	100	1
				Stewed	G0020	95	1	95	1	100	1
				Boiled, with cooking liquid	G0014	95	1	95	1	100	1
	Rice or other grain,	A0814	C0134								
	polished			Cooked by moist heat	G0012	93	6	93	6	100	6
				Boiled	G0014	90	1	90	1	100	1
				Stewed	G0020	95	1	95	1	100	1
				Boiled, with cooking liquid	G0014	95	1	95	1	100	1

EuroFir Food Clas	sification	LanguaL Code			LanguaL Code		Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Coffee, tea, cocoa		A0845		steeped	G0036	100	6	100	6	100	6
	Coffee	A0845	B1305	steeped	G0036	100	5	100	5	100	1
	Tea	A0845	B1623	steeped	G0036	100	5	100	5	100	1
Egg or egg product		A0790		Boiled = Cooked by mois heat	t G0014	100	1	100	1	80	1
Fat or oil		A0805		Boiled	G0014	75	2	100	5	100	2
Fruit or fruit		A0833		Cooked by moist heat	G0012	100	6	100	6	73	6
product				Boiled	G0012	100	1	100	1	65	1
				Stewed	G0020	100	1	100	1	80	1
Fruit or fruit		A0833		Boiled	G0014	100	1	100	1	80	1
product, with liquid	Processed fruit product	A0834, A0837			00014						
Grain or grain	1			Jam, Jelly		100	1	100	1	100	1
product		A0812		Cooked by moist heat	G0012	100	6	100	6	68	6
				Boiled, steamed	G0014, G0021	100	6	100	6	60	6
				Stewed	G0020	100	6	100	6	75	6
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	100	5	100	5	80	3
	Pasta	A0815		Boiled Boiled, with cooking	G0014	100	1	100	1	85	1
				liquid	G0014	100	1	100	1	80	1
	Rice or other grain, whole	A0814	C0133	Cooked by moist heat	G0012	100	6	100	6	63	6
				Boiled	G0014	100	1	100	1	50	1
				Stewed Boiled, with cooking	G0020	100	1	100	1	75	1
				liquid	G0014	100	1	100	1	75	1
	Rice or other grain, polished	A0814	C0134	Cooked by moist heat	G0012	100	6	100	6	63	6
				Boiled	G0014	100	1	100	1	50	1
				Stewed Boiled, with cooking	G0020	100	1	100	1	75	1
				liquid	G0014	100	1	100	1	75	1

EuroFir Food Class	ification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Coffee, tea, cocoa		A0845	Ideets	C		10	(00	(0.2	
contec, cou, cocou	Coffee	A0845	B1305	steeped steeped	G0036 G0036	18 20	6 1	90 90	6	83 90	6 1
	Tea	A0845	B1505 B1623	steeped	G0036	20 15	1	90 90	1 1	90 75	1
Egg or egg		_ 10010		steeped	00000	10	1	20	1	10	<u> </u>
product		A0790		Boiled = Cooked by moist heat	G0014	80	1	80	1	80	1
Fat or oil		A0805		Boiled	G0014	100	2	100	2		2
Fruit or fruit		A0833		Cooked by moist heat	G0012	85	6	85	6		6
product				Boiled	G0014	80	1	80	1	70	1
				Stewed	G0020	90	3	90	1	90	1
Fruit or fruit product, with		A0833		Boiled	G0014	100	1	90	1	90	1
liquid	Processed fruit product	A0834, A0837		Jam, Jelly		100	1	100	1	100	1
Grain or grain product		A0812		Cooked by moist heat	G0012	86	6	88	6	72	6
product				Boiled, steamed	G0014, G0021	72	6	80	6	63	6
				Stewed	G0020	100	6	95	6	80	6
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	90	3	90	3	90	3
	Pasta	A0815		Boiled Boiled, with cooking	G0014	75	3	90	1	90	1
				liquid	G0014	90	3	90	1	85	1
	Rice or other grain, whole	A0814	C0133	Cooked by moist heat	G0012	88	6	85	6	65	6
				Boiled	G0014	75	1	75	1	50	1
				Stewed Boiled, with cooking	G0020	100	1	95	1	80	1
				liquid	G0014	100	1	95	1	80	1
	Rice or other grain, polished	A0814	C0134								
	ponsileu			Cooked by moist heat	G0012	75	6	85	6		6
				Boiled	G0014	50	1	75	1	50	1
				Stewed Boiled, with cooking	G0020	100	1	95	1	80	1
				liquid	G0014	100	1	95	1	80	1

EuroFir Food Class	ification	LanguaL Code			LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthothenic acid	Panth.acid Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Coffee, tea, cocoa		A0845	Tacets	C							
contec, tea, cocoa			D1205	steeped	G0036	90	6	80	6	90	6
	Coffee Tea	A0845 A0845	B1305 B1623	steeped	G0036 G0036	90 90	1	80 80	1	90 90	1
Egg or egg	Ica		D 1025	steeped	G0030	90	1	80	1	90	1
product		A0790		Boiled = Cooked by moist heat	G0014	80	1	80	1	80	1
Fat or oil		A0805		Boiled	G0014	100	2	100	2	100	2
Fruit or fruit		A0833		Cooked by moist heat	G0012	95	6	60	6	85	6
product				Boiled	G0012	90	1	50	1	80	1
				Stewed	G0020	100	1	70	1	90	1
Fruit or fruit product, with		A0833		Boiled	G0014	100	1	70	1	90	1
liquid	Processed fruit product	A0834, A0837		Jam, Jelly		100	1	80	1	100	1
Grain or grain product		A0812		Cooked by moist heat	G0012	89	6	75	6	85	6
				Boiled, steamed	G0014, G0021	83	6	70	6	75	6
				Stewed	G0020	95	6	80	6	95	6
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	100	3	70	3	100	5
	Pasta	A0815		Boiled Boiled, with cooking	G0014	100	1	70	1	90	1
				liquid	G0014	100	1	70	1	90	1
	Rice or other grain,	A0814	C0133	Cooked by moist heat	G0012	85	6	75	6	85	6
	whole			Boiled	G0014	75	1	70	1	75	1
				Stewed Boiled, with cooking	G0020	95	1	80	1	95	1
				liquid	G0014	95	1	80	1	95	1
	Rice or other grain,	A0814	C0134	Cooked by moist heat	G0012	85	6	75	6	85	6
	polished			Boiled	G0014	75	1	70	1	75	1
				Stewed Boiled, with cooking	G0020	95	1	80	1	95	1
				liquid	G0014	95	1	80	1	95	1

EuroFir Food Classification		LanguaL Code			LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source
		Facet A	Other relevant facets	Cooking method	Facet G				
Coffee, tea, cocoa		A0845		steeped	G0036	90	6	90	6
	Coffee	A0845	B1305	steeped	G0036	90	1	90	1
	Tea	A0845	B1623	steeped	G0036	90	1	90	1
Egg or egg product		 A0790		Boiled = Cooked by moist heat	G0014	80	1	80	1
Fat or oil		A0805		Boiled	G0014	100	2	100	2
Fruit or fruit		A0833		Cooked by moist heat	G0012	100	6	55	6
product				Boiled	G0012	100	1	40	1
				Stewed	G0020	100	1	70	1
Fruit or fruit		A0833		Boiled	G0014	100	1	70	1
product, with liquid	Processed fruit product	A0834, A0837		Jam, Jelly	00011	100	1	80	1
Grain or grain product		A0812		Cooked by moist heat	G0012	85	6	72	6
				Boiled, steamed	G0014, G0021	75	6	73	6
				Stewed	G0020	95	6	70	6
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	100	5	80	3
	Pasta	A0815		Boiled	G0014	100	1	70	1
				Boiled, with cooking liquid	G0014	100	1	70	1
	Rice or other grain, whole	A0814	C0133	Cooked by moist heat	G0012	85	6	70	6
				Boiled	G0014	75	1	70	1
				Stewed	G0020	95	1	70	1
				Boiled, with cooking liquid	G0014	95	1	70	1
	Rice or other grain,	A0814	C0134						
	polished			Cooked by moist heat	G0012	85	6	70	6
				Boiled	G0014	75	1	70	1
				Stewed	G0020	95	1	70	1
				Boiled, with cooking liquid	G0014	95	1	70	1

EuroFir Food Classification		LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Meat or meat		A0793	lucets	Cooked by moist heat	G0012	76	6	76	6	79	6
product				Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	75 77	6 6	75 77	6 6	78 79	6 6
Meat or meat product, with sauce		A0793	K0034	Cooked by moist heat Boiled, steamed stewed, braised	G0012 G0014, G0021 G0020, G0019	88 88 88	6 6 6	88 88 88	6 6 6	89 89 89	6 6 6
	Offal	A0796		Cooked by moist heat	G0012	80	6	80	6	90	6
	Offal, with sauce	A0796	K0034	Boiled, steamed stewed, braised Cooked by moist heat	G0014, G0021 G0020, G0019 G0012	80 80 90	1 1 6	80 80 90	1 1 6	90 90 95	-
				Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	90 90	1 1	90 90	1 1	95 95	1 1
	Poultry	A0795		Cooked by moist heat	G0012	57	6	57	6	57	6
				Boiled, steamed stewed, braised	G0014, G0021 G0020	55 58	6 6	55 58	6 6	55 58	6 6
	Poultry, with sauce	A0795	K0034	Cooked by moist heat	G0012	80	6	80	6	80	6
				Boiled, steamed stewed, braised	G0014, G0021 G0020	80 80	6 6	80 80	6 6	80 80	
	Chicken	A0795	B1457	Cooked by moist heat	G0012	58	6	58	6	58	6
	Chicken, with sauce	A0795	B1457, K0034	Boiled, steamed stewed, braised Boiled, steamed, stewed,	G0014, G0021 G0020, G0019 G0014, G0021, G0020,	55 60	1	55 60 80	1	55 60	
	Turkey	A0795	R0034 B1236	braised	G0012, G0019	80	1		1	80	
	-	AU173	D 1230	Cooked by moist heat	G0012	58	6	58	6	58	
				Boiled, steamed	G0014, G0021	55	1	55	1	55	
	Turkey, with sauce	A0795	K0034	stewed, braised	G0020, G0019	60	1	60	1	60	
	rancey, with sauce	AU/93	KUU34	Cooked by moist heat	G0012	80	6	80	6	80	
				Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	80 80	1 1	80 80	1 1	80 80	

Duck & Goose	A0795	B1316, B1251	Boiled, steamed, stewed, braised	G0014,G0021,G0020, G0012, G0019	55	1	55	1	55	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by moist heat	G0012	80	6	80	6	80	6
			Boiled, steamed	G0014, G0021	80	1	80	1	80	1
			stewed, braised	G0020, G0019	80	1	80	1	80	1
Red meat	A0794	or B1134	Cooked by moist heat	G0012	78	6	78	6	78	6
			Boiled, steamed	G0012 G0014, G0021	70 77	6	70	6	70 77	6
			stewed, braised	G0014, G0021 G0020	78	6	78	6	78	6
Red meat, with sauce		or B1134,	stewen, braisen	00020	70	U	70	U	70	U
,	A0794	K0034	Cooked by moist heat	G0012	80	6	80	6	80	6
			Boiled, steamed	G0014, G0021	80	6	80	6	80	6
			stewed, braised	G0020	80	6	80	6	80	6
Beef	A0794	B1161	Cooked by moist heat	G0012	75	6	75	6	75	6
			Boiled, steamed	G0014, G0021	75	1	75	1	75	1
			stewed, braised	G0020, G0019	75	1	75	1	75	1
Beef, with sauce	A0794	B1161,	Boiled, steamed, stewed,	G0014,G0021,G0020,						
D 1		K0034	braised	G0012, G0019	80	1	80	1	80	1
Pork	A0794	B1136	Cooked by moist heat	G0012	78	6	78	6	78 75	6
			Boiled, steamed	G0014, G0021	75	1	75	1	75	1
Pork, with sauce	10704	D1126 120024	stewed, braised	G0020, G0019	80	1	80	1	80	1
	A0794	B1136,K0034	Cooked by moist heat	G0012	80	6	80	6	80	6
			Boiled, steamed	G0014, G0021	80	1	80	1	80	1
Lamb mutton b		D1102 D1660	stewed, braised	G0020, G0019	80	1	80	1	80	1
Lamb, mutton & game	A0794	B1183,B1669 or B1134		G0012	00	(00	(00	(
		01 D1134	Cooked by moist heat Boiled, steamed	G0012 G0014, G0021	80 80	6 1	80 80	6 1	80 80	6 1
			stewed, braised	G0014, G0021 G0020, G0019	80 80	1	80 80	1	80 80	1
Lamb, mutton &		B1183,B1669	steweu, braiseu	00020, 00019	80	1	80	1	80	1
game, with sauce	A0794	B1134,K0034	Cooked by moist heat	G0012	80	6	80	6	80	6
			Boiled, steamed	G0012 G0014, G0021	80	1	80	1	80	1
			stewed, braised	G0020, G0019	80	1	80	1	80	1
Sausage or similar product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	90	1	90	1
Sausage or similar			Boiled, steamed, stewed,	00010, 00012	20	1	20		20	1
product, with sauce	A0798	K0034	braised = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1

EuroFir Food Cla	ssification	LanguaL Code			LanguaL Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Meat or meat		A0793	140000	Cooked by moist heat	G0012	79	6	81	6	61	6
product				Boiled, steamed	G0014, G0021	78	6	80	6	58	6
				stewed, braised	G0020, G0019	80	6	82	6	63	6
Meat or meat product, with		A0793	K0034	Cooked by moist heat	G0012	100	6	100	6	77	6
sauce				Boiled, steamed stewed, braised	G0014, G0021	100	6	100 100	6 6	75 79	6
	Offal	A0796		Cooked by moist heat	G0020, G0019 G0012	<u>100</u> 90	<u>6</u>	90	<u> </u>		<u>6</u> 6
	0))			Boiled, steamed	G0014, G0021	90	1	90	1	70	1
				stewed, braised	G0020, G0019	90	1	90	1	85	1
	Offal, with sauce	A0796	K0034	Cooked by moist heat	G0012	100	6	100	6		6
				Boiled, steamed	G0014, G0021	100	1	100	1	80	1
				stewed, braised	G0020, G0019	100	1	100	1	90	1
	Poultry	A0795		Cooked by moist heat	G0012	57	6	57	6	50	6
				Boiled, steamed	G0014, G0021	55	6	55	6	50	6
				stewed, braised	G0020	58	6	58	6	50	6
	Poultry, with sauce	A0795	K0034	Cooked by moist heat	G0012	100	6	100	6	68	6
				Boiled, steamed	G0014, G0021	100	6	100	6	67	6
				stewed, braised	G0020	100	6	100	6	70	6
	Chicken	A0795	B1457	Cooked by moist heat	G0012	58	6	58	6	55	6
				Boiled, steamed	G0014, G0021	55	1	55	1	55	1
				stewed, braised	G0020, G0019	60	1	60	1	55	1
	Chicken, with sauce	A0795	B1457, K0034	Boiled, steamed, stewed, braised	G0014,G0021,G0020,	100	1	100	1	70	1
	Turkey	A0795	B1236		G0012, G0019		1		1		1
		A0793	D1230	Cooked by moist heat	G0012	58	6	58	6	55	6
				Boiled, steamed	G0014, G0021	55	1	55	1	55	1
				stewed, braised	G0020, G0019	60	1	60	1	55	1
	Turkey, with sauce	A0795	K0034	Cooked by moist heat	G0012	100	6	100	6	70	6
				Boiled, steamed	G0014, G0021	100	1	100	1	70	1
				stewed, braised	G0020, G0019	100	1	100	1	70	1

Duck & Goose	A0795	B1316, B1251	Boiled, steamed, stewed, braised	G0014,G0021,G0020, G0012, G0019	55	1	55	1	40	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by moist heat	G0012	100	6	100	6	65	6
			Boiled, steamed	G0014, G0021	100	1	100	1	60	1
			stewed, braised	G0020, G0019	100	1	100	1	70	1
Red meat	A0794	or B1134	Cooked by moist heat	G0012	78	6	78	6	40	6
			Boiled, steamed	G0012 G0014, G0021	70 77	6	78	6	40 37	6
			stewed, braised	G0014, G0021 G0020	80	6	80	6	43	6
Red meat, with sauce		or B1134,	steweu, bi aiseu	60020	00	U	00	U	73	U
,	A0794	K0034	Cooked by moist heat	G0012	100	6	100	6	65	6
			Boiled, steamed	G0014, G0021	100	6	100	6	63	6
			stewed, braised	G0020	100	6	100	6	67	6
Beef	A0794	B1161	Cooked by moist heat	G0012	75	6	75	6	43	6
			Boiled, steamed	G0014, G0021	75	1	75	1	40	1
Beef, with sauce		B1161,	stewed, braised Boiled, steamed, stewed,	G0020, G0019 G0014,G0021,G0020,	75	1	75	1	45	1
Deer, with Sudee	A0794	K0034	braised	G0012, G0019	100	1	100	1	60	1
Pork	A0794	B1136	Cooked by moist heat	G0012	80	6	80	6	38	6
			Boiled, steamed	G0014, G0021	75	1	75	1	30	1
			stewed, braised	G0020, G0019	85	1	85	1	45	1
Pork, with sauce	A0794	B1136,K0034	Cooked by moist heat	G0012	100	6	100	6	65	6
			Boiled, steamed	G0014, G0021	100	1	100	1	60	1
			stewed, braised	G0020, G0019	100	1	100	1	70	1
Lamb, mutton &	A0794	B1183,B1669								
game	110771	or B1134	Cooked by moist heat	G0012	80	6	80	6	40	6
			Boiled, steamed	G0014, G0021	80	1	80	1	40	1
T 1 0			stewed, braised	G0020, G0019	80	1	80	1	40	1
Lamb, mutton & game, with sauce	A0794	B1183,B1669		G0010	100		100		-0	
game, with sauce		B1134,K0034	Cooked by moist heat	G0012	100	6	100	6	70	6
			Boiled, steamed	G0014, G0021	100 100	1	100 100	1	70 70	1
Sausage or similar			stewed, braised	G0020, G0019	100	1	100	1	70	1
product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	100	1	75	1
Sausage or similar			Boiled, steamed, stewed,							
product, with sauce	A0798	K0034	braised = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100		90	1

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product Boiled, stamed G0014, G0021 84 6 59 6 55 6 Meat or meat product, with sauce A0793 K0034 Cooked by moist heat G0012 100 6 85 6 80 6 0/fid A0796 K0034 Cooked by moist heat G0012 100 6 85 6 80 6 80			Facet A		Cooking method	Facet G						
Meat or meat product, with sauce A0793 K0034 Goods of course o					Cooked by moist heat	G0012	87	6	64	6	60	6
Meat product, with sauce A0793 K0034 Cooked by moist heat Boiled, stamed G0012 100 6 85 6 80 6 offal A0793 K0034 Cooked by moist heat Boiled, stamed G0014, G0021 100 6 85 6 80	product					G0014, G0021		6		6		
product, with sauce Boiled, stammed stewed, braised G0014, G0021 G0020, G0019 100 6 85 6 80 6 0ffal A0796 Cooked by moist heat of mice G0014, G0021 80 6 68 6 80 6 63 6 0ffal, with sauce A0796 K0034 G0014, G0021 80 1 50 1 45 1 0ffal, with sauce A0796 K0034 G0014, G0021 100 6 90 6 83 6 Poultry A0795 K0034 Gooked by moist heat stewed, braised G0012 100 1 90 1 85 1 80 1 Poultry A0795 K0034 Cooked by moist heat stewed, braised G0012 100 6 60 60 60 60 60 6 60 60 60 60 60 60 60 60 60 60 60 60 60 60 60 60 60								6		6	65	6
Sauce Souce Souce <th< td=""><td></td><td></td><td>A0/93</td><td>K0034</td><td>2</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>			A0/93	K0034	2							
Offal A0796 Cooked by moist heat G0012 88 6 68 6 63 6 Offal, with sauce A0796 K0034 Boiled, steamed stewed, braised G0014, G0021 80 1 50 1 45 1 Offal, with sauce A0796 K0034 Cooked by moist heat G0014, G0021 100 6 68 6 68 6 68 6 68 6 68 6 68 6 68 6 68 6 68 6 68 6 68 6 68 6 68 6	• '					,						
Offal, with sauce A0796 K0034 Boiled, steamed stewed, braised G0014, G0021 G0020, G0019 80 95 1 85 1 80 1 Poultry A0796 K0034 Cooked by moist heat folded, steamed stewed, braised G0012, G0019 95 1 85 1 80 1 Poultry A0795 Cooked by moist heat folded, steamed stewed, braised G0014, G0021 100 1 90 1 80 1 Poultry A0795 Cooked by moist heat folded, steamed stewed, braised G0014, G0021 93 6 60 6 60 6 60 6 60 6 <		Offal	A0796			· · · · · · · · · · · · · · · · · · ·						
Offal, with sauce A0796 K0034 stewed, braised Cooked by moist heat stewed, braised stewed, braised G0020, G0019 G0012 95 1 85 1 80 1 Poultry A0795 K0034 Goold, Gool21 100 1 90 1 80 1 Poultry A0795 A0795 Cooked by moist heat G0012, G0019 93 6 60 6<					-	G0014, G0021	80	1	50	1	45	1
Boiled, steamed stewed, braised G0014, G0021 G0020, G0019 100 1 90 1 80 1 Poultry A0795 Cooked by moist heat G0012 94 6 60												
Image: stewed, braised G0020, G0019 100 1 90 1 85 1 Poultry A0795 Cooked by moist heat G0012 93 6 60		Offal, with sauce	A0796	K0034	Cooked by moist heat	G0012	100	6	90	6	83	6
Poultry A0795 Cooked by moist heat G0012 94 6 60 6 60 6 Boiled, steamed fetwed, braised G0014, G0021 93 6 60 6 6 60 6 60<					Boiled, steamed	G0014, G0021	100	1	90	1	80	1
Poultry, with sauce A0795 K0034 Cooked by moist heat G0012 94 6 60 6 60 6 Poultry, with sauce A0795 K0034 Cooked by moist heat G0012 93 6 60 6 60 <td></td> <td></td> <td></td> <td></td> <td>stewed, braised</td> <td>G0020, G0019</td> <td>100</td> <td>1</td> <td>90</td> <td>1</td> <td>85</td> <td>1</td>					stewed, braised	G0020, G0019	100	1	90	1	85	1
Poultry, with sauceA0795K0034stewed, braisedG0020956606	-	Poultry	A0795		Cooked by moist heat	G0012	94	6	60	6	60	6
Poultry, with saueA0795K0034Cooked by moist heatG00121006806806Boiled, steamedG0014, G00211006806806806ChickenA0795B1457Cooked by moist heatG001295660606606Chicken, with saueA0795B1457, K0034Boiled, steamed, stewed, braisedG0014, G002195160160161601616016160161601616016160166 </td <td></td> <td></td> <td></td> <td></td> <td>Boiled, steamed</td> <td>G0014, G0021</td> <td>93</td> <td>6</td> <td>60</td> <td>6</td> <td>60</td> <td>6</td>					Boiled, steamed	G0014, G0021	93	6	60	6	60	6
Intervent Norse Norse Cooked by moist heat G0012 100 6 80 6 80 6 Boiled, steamed G0014, G0021 100 6 80 6 80 6 Chicken A0795 B1457 Cooked by moist heat G0012 95 6 60 6 80 6 Chicken, with sauce A0795 B1457, Cooked by moist heat G0014, G0021 95 1 60 1 60 1 Chicken, with sauce A0795 B1457, Boiled, steamed G0012, G0019 95 1 60 1 60 1 Turkey A0795 B1236 Cooked by moist heat G0012, G0019 100 1 80 1 80 1 Turkey, with sauce A0795 B1236 Cooked by moist heat G0014, G0021 90 1 60 1 60 1 60 1 60 1 60 1 60 1 60 1 60 1 60 1 60 1 60 1					stewed, braised	G0020	95	6	60	6	60	6
ChickenA0795B1457stewed, braisedG00201006806806Chicken, with saue $A0795$ B1457, K0034B1457, K0034B1457, K0034B1457, K0034B1457, Boiled, steamed, stewed, braised braisedG0014, G0021, G0020, G0012, G0019951601601TurkeyA0795B1236Cooked by moist heat braisedG0012, G00191001801801Turkey, with saueA0795B1236Cooked by moist heat braisedG0014, G0021901601601Turkey, with saueA0795B1236Cooked by moist heat braisedG0014, G0021901601601Boiled, steamed, stewed, braised braisedG0014, G0021901601601601Boiled, steamedG0014, G0021901601601601601Boiled, steamedG0014, G0021901601601601601601Boiled, steamedG0014, G0021901606060		Poultry, with sauce	A0795	K0034	Cooked by moist heat	G0012	100	6	80	6	80	6
ChickenA0795B1457stewed, braisedG00201006806806Chicken, with saue $A0795$ B1457, K0034B1457, K0034B1457, K0034B1457, K0034B1457, Boiled, steamed, stewed, braised braisedG0014, G0021, G0020, G0012, G0019951601601TurkeyA0795B1236Cooked by moist heat braisedG0012, G00191001801801Turkey, with saueA0795B1236Cooked by moist heat braisedG0014, G0021901601601Turkey, with saueA0795B1236Cooked by moist heat braisedG0014, G0021901601601Boiled, steamed, stewed, braised braisedG0014, G0021901601601601Boiled, steamedG0014, G0021901601601601601Boiled, steamedG0014, G0021901601601601601601Boiled, steamedG0014, G0021901606060					Boiled, steamed	G0014, G0021	100	6	80	6	80	6
Chicken, with sauce A0795 B1457, K0034 Boiled, steamed, stewed, braised G0014, G0021, G0020, G0019 95 1 60 1 60 1 Turkey A0795 B1236 Cooked by moist heat G0012, G0019 95 1 60 1 60 1 Turkey A0795 B1236 Cooked by moist heat G0012, G0019 100 1 80 1 80 1 Turkey, with sauce A0795 B1236 Cooked by moist heat G0012, G0019 100 1 60 60 6 60 6 60 6 60 6 60 6							100	6	80	6	80	6
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $		Chicken	A0795	B1457	Cooked by moist heat	G0012	95	6	60	6	60	6
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $					Boiled, steamed	G0014, G0021	95	1	60	1	60	1
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$,		95	1	60	1	60	1
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		Chicken, with sauce	A0795	,			100	1	0.0	1	0.0	1
Turkey, with sauce A0795 K0034 Cooked by moist heat G0012 93 6 60 6 60 6 60 6 60 6 60 6 60 6 60 6 60 6 60 1 60 6 60 60 60 60 60 60 60 60 60 60 60 60 </td <td></td> <td>Turkey</td> <td></td> <td></td> <td>braised</td> <td>G0012, G0019</td> <td>100</td> <td>1</td> <td>80</td> <td>1</td> <td>80</td> <td>1</td>		Turkey			braised	G0012, G0019	100	1	80	1	80	1
Turkey, with sauce A0795 K0034 stewed, braised G0020, G0019 95 1 60 1 60 1 Boiled, steamed G0012 100 6 80 6 80 6		Turkey	A0795	B1236	Cooked by moist heat	G0012	93	6	60	6	60	6
Turkey, with sauce A0795 K0034 Cooked by moist heat G0012 100 6 80 6 80 6 Boiled, steamed G0014, G0021 100 1 80 1 80 1					Boiled, steamed	G0014, G0021	90	1	60	1	60	1
Boiled, steamed G0012 100 6 80 6 80 6					stewed, braised	G0020, G0019	95	1	60	1	60	1
		Turkey, with sauce	A0795	K0034	Cooked by moist heat	G0012	100	6	80	6	80	6
					Boiled, steamed	G0014, G0021	100	1	80	1	80	1
					stewed, braised		100	1	80	1	80	1

Duck & Goose	A0795	B1316, B1251	Boiled, steamed, stewed, braised	G0014,G0021,G0020, G0012, G0019	95	1	60	1	60	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by moist heat	G0012	100	6	80	6	80	6
			Boiled, steamed	G0014, G0021	100	1	80	1	80	1
			stewed, braised	G0020, G0019	100	1	80	1	80	1
Red meat	A0794	or B1134	Cooked by moist heat	G0012	72	6	53	6	43	6
			Boiled, steamed	G0012 G0014, G0021	68	6	55 50	6	43 42	6
			stewed, braised	G0014, G0021 G0020	08 75	6	50 55	6	42 45	6
Red meat, with sauce		or B1134,	steweu, bi aiseu	G0020	75	U	55	U	43	U
,	A0794	K0034	Cooked by moist heat	G0012	100	6	80	6	67	6
			Boiled, steamed	G0014, G0021	100	6	80	6	68	6
			stewed, braised	G0020	100	6	80	6	65	6
Beef	A0794	B1161	Cooked by moist heat	G0012	83	6	55	6	43	6
			Boiled, steamed	G0014, G0021	80	1	50	1	40	1
			stewed, braised	G0020, G0019	85	1	60	1	45	1
Beef, with sauce	A0794	B1161,	Boiled, steamed, stewed,	G0014,G0021,G0020,						
		K0034	braised	G0012, G0019	100	1	80	1	60	1
Pork	A0794	B1136	Cooked by moist heat	G0012	73	6	50	6	45	6
			Boiled, steamed	G0014, G0021	70	1	50	1	45	1
D. 1. '(1			stewed, braised	G0020, G0019	75	1	50	1	45	1
Pork, with sauce	A0794	B1136,K0034	Cooked by moist heat	G0012	100	6	80	6	63	6
			Boiled, steamed	G0014, G0021	100	1	80	1	65	1
Laugh model of		D1102 D1((0	stewed, braised	G0020, G0019	100	1	80	1	60	1
Lamb, mutton & game	A0794	B1183,B1669 or B1134		00010	(0)		=0		42	6
game		0f D1154	Cooked by moist heat	G0012	60 55	6	53 50	6	43 40	6 1
			Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	55 65	1 1	50 55	1 1	40 45	1 1
Lamb, mutton &		B1183,B1669	steweu, braiseu	60020, 60019	05	1	55	1	43	1
game, with sauce	A0794	B1134,K0034	Cooked by moist heat	G0012	100	6	80	6	78	6
<i>8</i> ,		2110 1,11000 1	Boiled, steamed	G0012 G0014, G0021	100	1	80	1	80	1
			stewed, braised	G0020, G0019	100	1	80	1	75	1
Sausage or similar product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	95	1	75	1	75	1
Sausage or similar product, with sauce	A0798	K0034	Boiled, steamed, stewed, braised = Cooked by	G0014, G0021,	100		90		90	
			moist heat	G0020, G0012	100	1	90	1	90	1

EuroFir Food Cla	ssification	LanguaL Code			LanguaL Code						Pantho
			Other relevant			Vit	Vit B12	P 1 .	Folate	Pantho- thenic	thenic Acid
Meat or meat		Facet A A0793	facets	Cooking method Cooked by moist heat	Facet G G0012	B12 61	Source 6	Folate 61	Source 6	Acid 66	Source 6
product		A0795		Boiled, steamed stewed, braised	G0012 G0014, G0021 G0020, G0019	60 63	6 6	61 62	6 6	62	6
Meat or meat product, with sauce		A0793	K0034	Cooked by moist heat Boiled, steamed stewed, braised	G0012 G0014, G0021 G0020, G0019	80 78 81	6 6 6	73 73 73	6 6 6	83	6
	Offal	A0796		Cooked by moist heat	G0020, G0012	65	6	65	6		
	Offal, with sauce	A0796	K0034	Boiled, steamed stewed, braised Cooked by moist heat	G0014, G0021 G0020, G0019 G0012	60 70 80	1 1 6	65 65 70	1 1 6	60 85 85	1
				Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	75 85	1 1	70 70	1 1	80 90	
	Poultry	A0795		Cooked by moist heat	G0012	50	6	50	6	63	6
				Boiled, steamed stewed, braised	G0014, G0021 G0020	50 50	6 6	50 50	6 6		
	Poultry, with sauce	A0795	K0034	Cooked by moist heat	G0012	70	6	65	6	80	6
				Boiled, steamed stewed, braised	G0014, G0021 G0020	70 70	6 6	67 63	6 6		
	Chicken	A0795	B1457	Cooked by moist heat	G0012	50	6	50	6	60	6
	Chicken, with sauce	A0795	B1457, K0034	Boiled, steamed stewed, braised Boiled, steamed, stewed, braised	G0014, G0021 G0020, G0019 G0014,G0021,G0020, G0012, G0019	50 50 70	1 1	50 50 70	1 1 1	60 60 80	1
	Turkey	A0795	B1236	Cooked by moist heat	G0012, G0013	50	6	50	6		
				Boiled, steamed	G0012 G0014, G0021	50	1	50	1		
				stewed, braised	G0014, G0021 G0020, G0019	50 50	1	50	1	60 60	
	Turkey, with sauce	A0795	K0034	Cooked by moist heat	G0012	70	6	65	6		
				Boiled, steamed	G0014, G0021	70	1	70	1		
				stewed, braised	G0020, G0019	70	1	60	1	80	1

Duck & Goose	A0795	B1316, B1251	Boiled, steamed, stewed, braised	G0014,G0021,G0020, G0012, G0019	50	1	50	1	70	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by moist heat	G0012	70	6	60	6	80	6
			Boiled, steamed	G0014, G0021	70	1	60	1	80	1
			stewed, braised	G0020, G0019	70	1	60	1	80	1
Red meat	A0794	or B1134	Cooked by moist heat	G0012	60	6	66	6	53	6
			Boiled, steamed	G0012 G0014, G0021	60	6	65	6	50	6
			stewed, braised	G0014, G0021 G0020	60	6	67	6	50 57	6
Red meat, with sauce	10704	or B1134,	stewen, braisen	00020	00	U	07	U	57	U
	A0794	K0034	Cooked by moist heat	G0012	73	6	77	6	79	6
			Boiled, steamed	G0014, G0021	73	6	77	6	80	6
			stewed, braised	G0020	73	6	77	6	78	6
Beef	A0794	B1161	Cooked by moist heat	G0012	60	6	65	6	65	6
			Boiled, steamed	G0014, G0021	60	1	65	1	60	1
Beef, with sauce		B1161,	stewed, braised Boiled, steamed, stewed,	G0020, G0019 G0014,G0021,G0020,	60	1	65	1	70	1
Deel, with sauce	A0794	K0034	braised	G0014,G0021,G0020, G0012, G0019	70	1	80	1	80	1
Pork	A0794	B1136	Cooked by moist heat	G0012	60	6	70	6	50	6
			Boiled, steamed	G0014, G0021	60	1	70	1	50	1
			stewed, braised	G0020, G0019	60	1	70	1	50	1
Pork, with sauce	A0794	B1136,K0034	Cooked by moist heat	G0012	80	6	80	6	83	6
			Boiled, steamed	G0014, G0021	80	1	80	1	85	1
			stewed, braised	G0020, G0019	80	1	80	1	80	1
Lamb, mutton &	A0794	B1183,B1669								
game	110774	or B1134	Cooked by moist heat	G0012	60	6	63	6	45	6
			Boiled, steamed	G0014, G0021	60	1	60	1	40	1
			stewed, braised	G0020, G0019	60	1	65	1	50	1
Lamb, mutton &	A0794	B1183,B1669								
game, with sauce		B1134,K0034	Cooked by moist heat	G0012	70	6	70	6	75	6
			Boiled, steamed	G0014, G0021	70 70	1	70 70	1	75 75	1
Sausage or similar			stewed, braised	G0020, G0019	70	1	70	1	75	1
product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	65	1	75	1
Sausage or similar			Boiled, steamed, stewed,							
product, with sauce	A0798	K0034	braised = Cooked by	G0014, G0021,						
			moist heat	G0020, G0012	95	1	80	1	90	1

EuroFir Food Cla	ssification	LanguaL Code			LanguaL Code					
		Facet A	Other relevant facets	Cooking method	Facet G	Biotin	Biotin Source	Vit C	Vit C Source	
Meat or meat		A0793		Cooked by moist heat	G0012	69		71	6	
product				Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	69 70	6 6	70 73	6 6	
Meat or meat product, with sauce		A0793	K0034	Cooked by moist heat Boiled, steamed	G0012 G0014, G0021	91 90		79 78	6 6	
sauce		A0796		stewed, braised	G0020, G0019	<u>91</u>	6	80	6	
	Offal	A0790		Cooked by moist heat	G0012	68		73	6	
				Boiled, steamed stewed, braised	G0014, G0021	65 70		70 75	1	
	Offal, with sauce	A0796	K0034	Cooked by moist heat	G0020, G0019 G0012	70 88		73 78	1 6	
	ojjul, "un sunce			Boiled, steamed	G0014, G0021	85		75	1	
				stewed, braised	G0020, G0019	90		80	1	
	Poultry	A0795		Cooked by moist heat	G0012	70		100	5	
				Boiled, steamed	G0014, G0021	70		100	5	
				stewed, braised	G0020	70	6	100	5	
	Poultry, with sauce	A0795	K0034	Cooked by moist heat	G0012	90	6	80	6	
				Boiled, steamed	G0014, G0021	90	6	80	6	
				stewed, braised	G0020	90	6	80	6	
	Chicken	A0795	B1457	Cooked by moist heat	G0012	70	6	100	5	
				Boiled, steamed	G0014, G0021	70	1	100	5	
				stewed, braised	G0020, G0019	70	1	100	5	
	Chicken, with sauce	A0795	B1457, K0034	Boiled, steamed, stewed, braised	G0014,G0021,G0020, G0012, G0019	90	1	80	1	
	Turkey	A0795	B1236	Cooked by moist heat	G0012	70	6	100	5	
				Boiled, steamed	G0014, G0021	70		100	5	
				stewed, braised	G0020, G0019	70		100	5	
	Turkey, with sauce	A0795	K0034	Cooked by moist heat	G0012	90		80	6	
				Boiled, steamed	G0014, G0021	90	1	80	1	
				stewed, braised	G0020, G0019	90	1	80	1	
				*	,					

Duck & Goose	A0795	B1316, B1251	Boiled, steamed, stewed, braised	G0014,G0021,G0020, G0012, G0019	70	1	100	5	
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked by moist heat	G0012	90	6	80	6	
			Boiled, steamed	G0014, G0021	90	1	80	1	
			stewed, braised	G0020, G0019	90	1	80	1	
Red meat	A0794	or B1134	Cooked by moist heat	G0012	70	6	100	5	
			Boiled, steamed	G0012 G0014, G0021	70	6	100	5	
			stewed, braised	G0014, G0021 G0020	70 70	6	100	5	
Red meat, with sauce		or B1134,	steweu, braiseu	00020	70	U	100	5	
,	A0794	K0034	Cooked by moist heat	G0012	90	6	78	6	
			Boiled, steamed	G0014, G0021	90	6	78	6	
			stewed, braised	G0020	90	6	78	6	
Beef	A0794	B1161	Cooked by moist heat	G0012	70	6	100	5	
			Boiled, steamed	G0014, G0021	70	1	100	5	
Beef, with sauce	10701	B1161,	stewed, braised Boiled, steamed, stewed,	G0020, G0019 G0014,G0021,G0020,	70	1	100	5	
,	A0794	K0034	braised	G0012, G0019	90	1	75	1	
Pork	A0794	B1136	Cooked by moist heat	G0012	70	6	100	5	
			Boiled, steamed	G0014, G0021	70	1	100	5	
			stewed, braised	G0020, G0019	70	1	100	5	
Pork, with sauce	A0794	B1136,K0034	Cooked by moist heat	G0012	90	6	80	6	
			Boiled, steamed	G0014, G0021	90	1	80	1	
			stewed, braised	G0020, G0019	90	1	80	1	
Lamb, mutton &	A0794	B1183,B1669							
game	110791	or B1134	Cooked by moist heat	G0012	70	6	100	5	
			Boiled, steamed	G0014, G0021	70	1	100	5	
T			stewed, braised	G0020, G0019	70	1	100	5	
Lamb, mutton &	A0794	B1183,B1669				_			
game, with sauce		B1134,K0034	Cooked by moist heat	G0012	90	6	80	6	
			Boiled, steamed	G0014, G0021	90	1	80	1	
<u>C</u>			stewed, braised	G0020, G0019	90	1	80	1	
Sausage or similar product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	70	1	
Sausage or similar product, with sauce	A0798	K0034	Boiled, steamed, stewed, braised = Cooked by	G0014, G0021, G0020, G0012	95	1	80	1	
			moist heat	00020, 00012	93	1	80	1	

EuroFir Food Classi	fication	LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
Milk, milk product or milk substitute		A0778		Cooked by moist heat Boiled	G0012 G0014	100 100	6 1	100 100	6 1	100 100	6 1
				stewed	G0020	100	1	100	1	100	1
Seafood or related product		A0801		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	83	6	83	6	83	6
Seafood or related product, with		A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	6	90	6	90	6
sauce	Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	90	1	90	1
	Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	90	1	90	1
	Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	70	1	70	1
	Fat fish, with sauce	A0802	Z0182, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	90	1	90	1
	Seafood dish	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	90	1	90	1
	Seafood dish, with sauce	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	90	1	90	1

EuroFir Food Classi	ification	LanguaL Code			LanguaL Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
Milk, milk product or milk substitute		A0778		Cooked by moist heat	G0012	100	6	100	6	85	6
substitute				Boiled stewed	G0014 G0020	100 100	1 1	100 100	1	90 80	1
Seafood or related product		A0801		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	6	90	6	75	6
Seafood or related product, with		A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	6	100	6	85	6
sauce	Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	75	1
	Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	85	1
	Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	70	1	75	1
	Fat fish, with sauce	A0802	Z0182, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	85	1
	Seafood dish	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	75	1
	Seafood dish, with sauce	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	85	1

EuroFir Food Classi	ification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
Milk, milk product or milk		A0778									
substitute				Cooked by moist heat	G0012	95	6	95	6	85	6
				Boiled	G0014	95	1	95	1	90	1
				stewed	G0020	95	1	95	1	80	1
Seafood or related product		A0801		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	6	70	6	70	6
Seafood or related product, with sauce		A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	6	95	6	85	6
	Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	70	1	70	1
	Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	95	1	85	1
	Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	70	1	70	1
	Fat fish, with sauce	A0802	Z0182, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	95	1	85	1
	Seafood dish	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	70	1	70	1
	Seafood dish, with sauce	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	95	1	85	1

	. C1	LanguaL				Vit	Vit B12	D 1 .	Folate	Panthothenic	
EuroFir Food Classi	fication	Code			LanguaL Code	B12	Source	Folate	Source	acid	Source
Milk, milk product or milk		A0778		Cooked by moist heat	G0012	93	6	65	6	85	6
substitute				Boiled	G0014	95	1	80	1	90	1
				stewed	G0020	90	1	50	1	80	1
Seafood or related				Boiled, steamed,							
product		A0801		stewed = Cooked by	G0014, G0021,						
-				moist heat	G0020, G0012	80	6	70	6	70	6
Seafood or related				Boiled, steamed,							
product, with		A0801	K0034	stewed = Cooked by	G0014, G0021,						
sauce				moist heat	G0020, G0012	90	6	85	6	85	6
	Low fat fish			Boiled, steamed, stewed							
		A0802	Z0183	= Cooked by moist	G0014, G0021,						
				heat	G0020, G0012	80	1	70	1	70	1
	Low fat fish, with		Z0183,	Boiled, steamed, stewed							
	sauce	A0802	K0034	= Cooked by moist	G0014, G0021,						
				heat	G0020, G0012	90	1	85	1	85	1
	Fat fish		70100	Boiled, steamed, stewed	G0014 G0004						
		A0802	Z0182	= Cooked by moist	G0014, G0021,	0.0		70	1	70	
				heat	G0020, G0012	80	1	70	1	70	1
	Fat fish, with sauce	10000	Z0182,	Boiled, steamed, stewed	C0014 C0001						
		A0802	K0034	= Cooked by moist	G0014, G0021,	00	1	05	1	05	1
	C C 1 1' 1			heat	G0020, G0012	90	1	85	1	85	1
	Seafood dish	A0804		Boiled, steamed, stewed	C0014 C0021						
		A0804		= Cooked by moist heat	G0014, G0021, G0020, G0012	80	1	70	1	70	1
	Seafood dish, with			Boiled, steamed, stewed	00020, 00012	80	1	70	1	70	1
	seajooa aisn, wiin sauce	A0804	K0034	= Cooked by moist	G0014, G0021,						
	suuce	A0004	10034	heat	G0014, G0021, G0020, G0012	90	1	85	1	85	1
				neat	00020, 00012	90	1	05	1	65	1

EuroFir Food Classi	ification	LanguaL Code			LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source
Milk, milk product or milk substitute		A0778		Cooked by moist heat Boiled stewed	G0012 G0014 G0020	93 95 90	6 1	70 70 70	6 1
Seafood or related product		A0801		Boiled, steamed, stewed = Cooked by moist heat	G0020 G0014, G0021, G0020, G0012	80	6	80	6
Seafood or related product, with		A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	6	85	6
sauce	Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	1	80	1
	Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	85	1
	Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	1	80	1
	Fat fish, with sauce	A0802	Z0182, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	85	1
	Seafood dish	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	1	80	1
	Seafood dish, with sauce	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	85	1

		LanguaL					Vit A		Carot		Vit D
EuroFir Food Class	sification	Code			LanguaL Code	Vit A	Source	Carot	Source	Vit D	Source
Vegetable or		A0825									
vegetable product	· ·			Cooked by moist heat	G0012	94	7	94	6	100	6
				Boiled	G0014	96	7	96	6	100	6
				Steam	G0020	91	7	91	6	100	6
				Stewed	G0021	96	7	96	6	100	6
	Pulse dish	A0832		Cooked by moist heat	G0012	100	7	100	6		6
				Boiled	G0014	100	7	100	1	100	1
				Stewed	G0021	100	7	100	1	100	1
	Starchy root or	A0829									
	potato	A0829		Cooked by moist heat	G0012	93	7	93	6	100	6
				Boiled	G0014	95	7	95	6	100	6
				Steam	G0020	90	7	90	6	100	6
				Stewed	G0021	95	7	95	6	100	6
				Cooked by moist heat, wit					Ŭ	100	Ū
				cooking liquid	G0012	100	6	100	6	100	6
	Potato dish	A0830		Cooked by moist heat	G0012	90	7	90	6	100	6
				Boiled	G0014	90	7	90	1	100	1
				Steam	G0020	90	7	90	1	100	1
				Stewed	G0021	90	7	90	1	100	1
	Potato products	A0830	E0119	Cooked by moist heat	G0012	100	7	100	6	100	6
	I			Boiled	G0014	100	7	100	1	100	1
				Stewed	G0021	100	7	100	1	100	1
	Vegetable dish	A0828		Cooked by moist heat	G0012	93	7	93	6	100	6
	0			Boiled	G0012	93	. 7	93	6	100	6
				Steamed	G0014 G0020	93	7	93	6	100	6
				Stewed	G0020 G0021	93	7	93	6	100	6
	Root, tuber and bulb			Stewed	00021)5	,	10	0	100	0
	vegetables	A0828	B1018	Cooked by moist heat	G0012	90	7	90	6	100	6
				Boiled	G0012 G0014	90 90	7	90 90	1	100	1
				Steamed	G0014 G0020	90 90	7	90	1	100	1
				Stewed	G0020 G0021	90 90	7	90 90	1	100	1
	Steam, flower, fruit,		D1026	Stewed	G0021	90	1	90	1	100	1
	corn, seed		B1036,								
	com, beed	A0828	B1006, B1005,								
			B1003, B1232	Cashad by mainted by t	C0012	00	-	00	(100	C
			D1232	Cooked by moist heat	G0012	90	7	90 90	6	100	6
				Boiled	G0014	90	7	90	1	100	1

			Steamed	G0020	90	7	90	1	100	1
			Stewed	G0021	90	7	90	1	100	1
			Cooked by moist heat, with cooking liquid	h G0012	90	1	90	1	100	1
Mushroom	A0828	B1467	Cooked by moist heat	G0012	100	7	100	6	100	6
			Boiled	G0014	100	7	100	1	100	1
			Steamed	G0020	100	7	100	1	100	1
			Stewed	G0021	100	7	100	1	100	1
Leafy vegetables	A0828	B1566	Cooked by moist heat	G0012	90	7	90	6	100	6
			Boiled	G0014	90	7	90	1	100	1
			Steamed	G0020	90	7	90	1	100	1
			Stewed	G0021	90	7	90	1	100	1

EuroFir Food Class	ification	LanguaL Code		LanguaL Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
Vegetable or vegetable product		A0825	Cooked by moist heat	G0012	98	6	98	6	80	6
vegetable product			ũ là chí		98 97	6				6
			Boiled	G0014			96	6		6
			Steam	G0020	99	6	98	6		6
			Stewed	G0021	100	6	100	6		6
	Pulse dish	A0832	Cooked by moist heat	G0012	95	6	95	6	73	6
			Boiled	G0014	90	1	90	1	65	1
			Stewed	G0021	100	1	100	1	80	1
	Starchy root or	10220								
	potato	A0829	Cooked by moist heat	G0012	100	6	100	6	84	6
			Boiled	G0014	100	6	100	6	78	6
			Steam	G0020	100	6	100	6	85	6
			Stewed	G0021	100	6	100	6	90	6
			Cooked by moist heat,							
			with cooking liquid	G0012	100	6	100	6	90	6
	Potato dish	A0830	Cooked by moist heat	G0012	100	6	100	6	83	6
			Boiled	G0014	100	1	100	1	75	1
			Steam	G0020	100	1	100	1	85	1
			Stewed	G0021	100	1	100	1	90	1

Potato products	A0830	E0119	Cooked by moist heat	G0012	100	6	100	6	85	6
			Boiled	G0014	100	1	100	1	80	1
			Stewed	G0021	100	1	100	1	90	1
Vegetable dish	A0828		Cooked by moist heat	G0012	99	6	98	6	79	6
			Boiled	G0014	100	6	98	6	66	6
			Steamed	G0020	98	6	95	6	80	6
			Stewed	G0021	100	6	100	6	90	6
Root, tuber and bulb	A0828	B1018								
vegetables	A0626	D1010	Cooked by moist heat	G0012	100	6	100	6	80	6
			Boiled	G0014	100	1	100	1	70	1
			Steamed	G0020	100	1	100	1	80	1
			Stewed	G0021	100	1	100	1	90	1
Steam, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,								
		B1232	Cooked by moist heat	G0012	100	6	93	6	78	6
			Boiled	G0014	100	1	90	1	65	1
			Steamed	G0020	100	1	90	1	80	1
			Stewed	G0021	100	1	100	1	90	1
			Cooked by moist heat, with cooking liquid	G0012	100	1	100	1	85	1
Mushroom	A0828	B1467	Cooked by moist heat	G0012	97	6	97	6	78	6
			Boiled	G0014	100	1	100	1	65	1
			Steamed	G0020	90	1	90	1	80	1
			Stewed	G0021	100	1	100	1	90	1
Leafy vegetables	A0828	B1566	Cooked by moist heat	G0012	100	6	100	6	78	6
			Boiled	G0014	100	1	100	1	65	1
			Steamed	G0020	100	1	100	1	80	1
			Stewed	G0021	100	1	100	1	90	1

EuroFir Food Class	ification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
Vegetable or		A0825									
vegetable product				Cooked by moist heat	G0012	88	6	81	6		6
				Boiled	G0014	76	6	69	6	70	6
				Steam	G0020	93	6	85	6	85	6
				Stewed	G0021	97	6	90	6	87	6
	Pulse dish	A0832		Cooked by moist heat	G0012	88	6	73	6	75	6
				Boiled	G0014	75	1	65	1	70	1
				Stewed	G0021	100	1	80	1	80	1
	Starchy root or	A0829									
	potato	A0829		Cooked by moist heat	G0012	93	6	87	6	83	6
				Boiled	G0014	88	6	75	6	75	6
				Steam	G0020	95	6	90	6		6
				Stewed	G0021	95	6	95	6		6
				Cooked by moist heat,	00011		Ũ		Ũ	20	Ŭ
				with cooking liquid	G0012	95	6	90	6	93	6
	Potato dish	A0830		Cooked by moist heat	G0012	92	6	85	6	82	6
				Boiled	G0014	85	1	70	1	70	1
				Steam	G0020	95	1	90	1	85	1
				Stewed	G0020	95	1	95	1	90	1
	Potato products	A0830	E0119	Cooked by moist heat	G0012	93	6	88	6	85	6
	1			Boiled	G0014	90	1	80	1	80	1
				Stewed	G0021	95	1	95	1	90	1
	Vegetable dish	A0828		Cooked by moist heat	G0012	84	6	80	6	80	6
	0			Boiled	G0012 G0014	66	6	66	6	66	6
				Steamed	G0014 G0020	90	6	80	6	85	6
				Stewed	G0020 G0021	90 95	6	95	6	83 90	6
	Root, tuber and bulb			Steweu	G0021	95	0	95	0	90	0
	vegetables	A0828	B1018	Cooked by moist heat	G0012	85	6	82	6	82	6
				Boiled	G0012 G0014	85 70	0	82 70	0	82 70	0
				Steamed		70 90	1	80	1	85	1
					G0020	90 95	1		1	85 90	1
				Stewed	G0021	95	1	95	1	90	1

Steam, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,								
		B1232	Cooked by moist heat	G0012	83	6	80	6	80	6
			Boiled	G0014	65	1	65	1	65	1
			Steamed	G0020	90	1	80	1	85	1
			Stewed	G0021	95	1	95	1	90	1
			Cooked by moist heat, with cooking liquid	G0012	95	1	95	1	90	1
Mushroom	A0828	B1467	Cooked by moist heat	G0012	83	6	80	6	80	6
			Boiled	G0014	65	1	65	1	65	1
			Steamed	G0020	90	1	80	1	85	1
			Stewed	G0021	95	1	95	1	90	1
Leafy vegetables	A0828	B1566	Cooked by moist heat	G0012	83	6	80	6	80	6
			Boiled	G0014	65	1	65	1	65	1
			Steamed	G0020	90	1	80	1	85	1
			Stewed	G0021	95	1	95	1	90	1

EuroFir Food Classi	fication	LanguaL Code		LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthothenic acid	Panth.acid Source
Vegetable or vegetable product		A0825	Cooked by moist heat Boiled	G0012 G0014	78 80	6 6	61 54	6		6 6
			Steam	G0014 G0020	73	6	60	6 6	0.7	0 6
			Stewed	G0021	82	6	68	6	0.7	6
	Pulse dish	A0832	Cooked by moist heat	G0012	100	6	55	6	65	6
			Boiled	G0014	100	1	50	1	55	1
			Stewed	G0021	100	1	60	1	75	1
	Starchy root or potato	A0829	Cooked by moist heat	G0012	77	6	65	6	83	6
			Boiled	G0014	75	6	63	6	75	6
			Steam	G0020	80	6	60	6	85	6
			Stewed	G0021	75	6	73	6	90	6

			Cooked by moist heat, with cooking liquid	G0012	90	6	78	6	90	6
Potato dish	A0830		Cooked by moist heat	G0012	77	6	62	6	82	6
			Boiled	G0014	70	1	50	1	70	1
			Steam	G0020	80	1	60	1	85	1
			Stewed	G0021	80	1	75	1	90	1
Potato products	A0830	E0119	Cooked by moist heat	G0012	75	6	73	6	85	6
			Boiled	G0014	80	1	75	1	80	1
			Stewed	G0021	70	1	70	1	90	1
Vegetable dish	A0828		Cooked by moist heat	G0012	67	6	60	6	81	6
			Boiled	G0014	65	6	50	6	68	6
			Steamed	G0020	65	6	60	6	85	6
			Stewed	G0021	70	6	70	6	90	6
Root, tuber and bulb	A0828	B1018								
vegetables	A0828	B1018	Cooked by moist heat	G0012	63	6	60	6	78	6
			Boiled	G0014	60	1	50	1	60	1
			Steamed	G0020	60	1	60	1	85	1
			Stewed	G0021	70	1	70	1	90	1
Steam, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,								
		B1232	Cooked by moist heat	G0012	70	6	60	6	82	6
			Boiled	G0014	70	1	50	1	70	1
			Steamed	G0020	70	1	60	1	85	1
			Stewed	G0021	70	1	70	1	90	1
			Cooked by moist heat, with cooking liquid	G0012	80	1	50	1	90	1
Mushroom	A0828	B1467	Cooked by moist heat	G0012	70	6	60	6	82	6
			Boiled	G0014	70	1	50	1	70	1
			Steamed	G0020	70	1	60	1	85	1
			Stewed	G0021	70	1	70	1	90	1
Leafy vegetables	A0828	B1566	Cooked by moist heat	G0012	63	6	60	6	82	6
			Boiled	G0014	60	1	50	1	70	1
			Steamed	G0020	60	1	60	1	85	1
			Stewed	G0021	70	1	70	1	90	1

EuroFir Food Classi	ification	LanguaL Code			LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source
Vegetable or vegetable product		A0825		Cooked by moist heat	G0012	84	6	70	6
vegetable product				Boiled	G0012 G0014	84 77	6	61	6
				Steam	G0020	85	6	76	6
				Stewed	G0020 G0021	92	6	75	6
	Pulse dish	A0832		Cooked by moist heat	G0021 G0012	<u>90</u>	6		6
				Boiled	G0014	85	1	60	1
				Stewed	G0021	95	1	60	1
	Starchy root or				60021			00	
	potato	A0829		Cooked by moist heat	G0012	83	6	79	6
				Boiled	G0012	38 75	6	70	6
				Steam	G0014 G0020	85	6	80	6
				Stewed	G0020 G0021	90	6	88	6
				Cooked by moist heat, wit		20	U	00	U
				cooking liquid	G0012	90	6	90	6
	Potato dish	A0830		Cooked by moist heat	G0012 G0012	82	6	78	6
		110020		Boiled	G0012 G0014	02 70	1	70	1
				Steam	G0020	85	1	80	1
				Stewed	G0020 G0021	90	1	85	1
	Potato products	A0830	E0119	Cooked by moist heat	G0012	85	6	80	6
	1			Boiled	G0014	80	1	70	1
				Stewed	G0021	90	1	90	1
	Vegetable dish	A0828		Cooked by moist heat	G0012	82	6	67	6
				Boiled	G0014	70	6	53	6
				Steamed	G0020	85	6	71	6
				Stewed	G0021	90	6	76	6
	Root, tuber and bulb	10000	D 1010						
	vegetables	A0828	B1018	Cooked by moist heat	G0012	82	6	68	6
				Boiled	G0014	70	1	40	1
				Steamed	G0020	85	1	80	1
				Stewed	G0021	90	1	85	1

Steam, flower, fruit, corn, seed	A0828	B1036, B1006, B1005,						
		B1232	Cooked by moist heat	G0012	82	6	73	6
			Boiled	G0014	70	1	65	1
			Steamed	G0020	85	1	75	1
			Stewed	G0021	90	1	80	1
			Cooked by moist heat, wit cooking liquid	h G0012	90	1	85	1
Mushroom	A0828	B1467	Cooked by moist heat	G0012	82	6	73	6
			Boiled	G0014	70	1	65	1
			Steamed	G0020	85	1	75	1
			Stewed	G0021	90	1	80	1
Leafy vegetables	A0828	B1566	Cooked by moist heat	G0012	82	6	52	6
			Boiled	G0014	70	1	40	1
			Steamed	G0020	85	1	55	1
			Stewed	G0021	90	1	60	1

EuroFir Foo		LanguaL			
Classificatio	on	Code		LanguaL Code	Source
		Other			2 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdows
	Facet A	relevant facets	Facet G		ssumed; 6) Average value; 7) Derived factor re from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others
Coffee,	A0845		G0036	$\frac{1}{6} = \text{AVRG}$	Average factor for food group and cooking method
tea, cocoa	A0845	B1305	G0036	0) = AVKO 1, 5	1) Coffe, Infusion with boiling water = Steep (LanguaL)
	A0845 A0845	B1623	G0036	1, 5	1) Tea, Infusion with boiling water = Steep (LanguaL)
Egg or		21020	00050		1) Tea, Infusion with bonning water – beep (Bangaul)
egg	A0790			1, 2	
product			G0014		Average factor for food group & cooking method
Fat or oil	A0805		G0014	2, 5	Average factor for food group & cooking method
Fruit or	A0833		G0012	6) = AVRG	Average factor for food group and cooking method
fruit			G0014	1	Average factor for food group & cooking method; 1) Boiled. Fruit, edible part
product			G0020	1, 3	Average factor for food group & cooking method ; 1) Boiled. Fruit, total dish, including liquid; 3) Fruits, fresh (n=0155)
Fruit,fruit product,	A0833			1	
with			G0014		Average factor for food group, with liquid, syrup
liquid	A0834, A0837			1, 5	1) Jam or Jelly or Jam or Marmalade
Grain or grain	A0812		G0012	6) = AVRG	Average factor for food group and cooking method
product			G0014, G0021	6) = AVRG	Average factor for food group
			G0020	6) = AVRG	Average factor for food group
	A0813		G0014, G0021	3, 5	3) Flour/meal, boiled, steamed (0302)
	A0815		G0014	1, 3	1) Noodles, white flour, solid part (drained); 3) Pasta, boiled, drained: RFCode: 0381
			G0014	1, 3	1) Noodles, white flour, total dish (not drained); 3) Pasta, boiled, not drained: RFCode: 0384
	A0814	C0133			
	11001.	00.22	G0012	6) = AVRG	Average factor for cooking method & food item
			G0014	1	1) Cereal grains and grain seeds/ whole, edible part, boil
			G0020	1	1) Cereal grains and grain seeds/whole, stew, total dish (with sauce)
			G0014	1	1) Cereal grains and grain seeds/whole, boiled, total dish (with sauce)
	A0814	C0134	G0012	6	Average factor for cooking method & food item
			G0014	1	1) Cereal grains and grain seeds/polished, edible part
			G0020	1	1) Cereal grains and grain, stew, total dish (with sauce)
			G0014	1	1) Cereal grains and grain, boiled, total dish (with sauce)

Classification	n	LanguaL Code		LanguaL Code	Source
	Facet A	Other relevant facets	Facet G	factor available	 2; 2) Danish Institute for Food and Veterinary, 2006; 3) USDA, Release 5, 2003; 4) McCance and Widdowso 100 assumed; 6) Average value; 7) Derived factor e from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others
Meat or meat	A0793		G0012	6) = AVRG	Average factor for food group and cooking method
product			G0014,G0021 G0020, G0019	6) = AVRG 6) = AVRG	Average factor for food group Average factor for food group
Meat or meat	A0793	K0034	G0012	6) = AVRG	Average, general factor for food group and cooking method, with sauce
product, with sauce			G0014,G0021 G0020, G0019	6) = AVRG 6) = AVRG	Average factor for food group, with sauce Average factor for food group, with sauce
	A0796		G0012	6) = AVRG	Average factor for food sub-group and cooking method
			G0014, G0021 G0020, G0019	1 1	 Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain) Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain)
	A0796	K0034	G0012	6) = AVRG	Average factor for food sub-group and cooking method
			G0014, G0021 G0020, G0019	1 1	 Offal based dishes, >80°C, with sauce (liver, kidney, ung, tongue, blood, brain) Offal based dishes, >80°C, with sauce (liver, kidney, ung, tongue, blood, brain)
	A0795		G0012	5, 6 (=AVRG)	Average factor for food sub-group and cooking method
			G0014,G0021 G0020	,	Average factor for food sub-group, boiled or steamed : Average chicken, turkey & duck / solid part, edible General factor for food sub-group, stewed or braised : Average chicken, turkey & duck / solid part, edible
	A0795	K0034	G0012	6) = AVRG	Average, general factor for food sub-group and cooking method, with sauce
			G0014,G0021 G0020	6) = AVRG 6) = AVRG	Average factor for food sub-group, boiled or steamed : Average chicken, turkey & duck / total dish, edible part, me Average factor for food sub-group, stewed or braised : Average chicken, turkey & duck / total dish, edible part, me
	A0795	B1457	G0012		Average factor for cooking method & food item
			G0014, G0021 G0020, G0019	1,5 1,5	 Poultry-based dishes, Chicken, core temperature >80°C; Solid part, edible/ Meat with skin Poultry-based dishes, Chicken, core temperature >80°C; Solid part, edible/ Meat with skin
	A0795	B1457, K0034	G0014,G0021, G0020,G0012, G0019	1	1) Poultry-based dishes, Chicken, core temperature >80°C, total dish (with sauce)
	A0795	B1236	G0012	5, 6 (=AVRG)	Average factor for cooking method & food item
			G0014, G0021	1, 5	1) Poultry-based dishes, turkey, core temperature >80°C / Boil, Steam, solid part, edible
			G0020, G0019	1, 5	1) Poultry-based dishes, turkey, core temperature >80°C/ Srew, braise, solid part, edible
	A0795	K0034	G0012	6) = AVRG	Average factor for cooking method & food item

		G0014, G0021	1	1) Poultry-based dishes, turkey, core temperature >80°C, total dish /with sauce
		G0020, G0019	1	1) Poultry-based dishes, turkey, core temperature >80°C, total dish /with sauce
A0795	B1316, B1251 B1316,	G0014,G0021, G0020,G0012, G0019	1,5	1) Poultry-based dishes, duck and goose, core temperature >80°C; solid part, edible / meat with skin
A0795	B1251,K0034	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) Poultry-based dishes, duck and goose, core temperature >80°C; total dish /with sauce; meat with skin
		G0020, G0019	1	1) Poultry-based dishes, duck and goose, core temperature >80°C; total dish /with sauce; meat with skin
A0794	or B1134	G0012	5, 6 (=AVRG)	Average factor for food sub-group and cooking method
		G0014,G0021		Average factor for food sub-group
		G0020	5, 6 (=AVRG)	Average factor for food sub-group
A0794	or B1134,			
110771	K0034	G0012	6) = AVRG	Average factor for food sub-group and cooking method, with sauce
		G0014,G0021	6) = AVRG	Average factor for food group, with sauce
		G0020	6) = AVRG	Average factor for food group, with sauce
A0794	B1161	G0012	5, 6 (=AVRG)	Average factor for cooking method & food item
		G0014, G0021	1,5	1) Veal and beef, well done, >75°C; solid part (meat), edible
		G0020, G0019	1, 5	1) Veal and beef, well done, >75°C; solid part (meat), edible
A0794	B1161, K0034	G0014,G0021, G0020,G0012,	1	
		G0019		1) Veal and beef, well done, >75°C; total dish, edible part
A0794	B1136	G0012	1, 5	Average factor for cooking method & food item
		G0014, G0021	1,5	1) Pork, core temp. >75°C, solid part (meat) edible
		G0020, G0019	1, 5	1) Pork, core temp. >75°C, solid part (meat) edible
A0794	B1136, K0034			
		G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) Pork, core temp. >75°C, total dish, edible part
		G0020, G0019	1	1) Pork, core temp. >75°C, total dish, edible part
A0794	B1183, B1669 or B1134	G0012	5, 6 (=AVRG)	Average factor for cooking method & food item
		G0012 G0014, G0021	1, 5	1) lamb, mutton, game, >75°C, meat, edible part
		G0014, G0021 G0020, G0019	1, 5	1) lamb, mutton, game, >75°C, meat, edible part
		30020, 00017	1,0	1) mile, matten, game, > 15°C, meat, earlie part

A0794	B1183, B1669 or B1134, K0034			
	10001	G0012	6) = AVRG	Average factor for cooking method & food item
		G0014, G0021	1	1) lamb, mutton, game, >75°C, total dish, edible part
		G0020, G0019	1	1) lamb, mutton, game, >75°C, total dish, edible part
		G0014,		
A0798	3	G0021,	1	
		G0020, G0012		1) minced meat and meat products, >75°C; meat, edible part
A0798	8 K0034	G0014, G0021,	1	
		G0020, G0012		1) minced meat and meat products, >75°C; total dish, edible part

EuroFir Foo Classificatio		LanguaL Code		LanguaL Code	Source	Comments
Milk, etc.	A0778		G0012 G0014 G0020	6)=AVRG 1 1	· •	& cooking method dishes (blanc mange, custard, cheese soufflé) dishes (blanc mange, custard, cheese soufflé)
Seafood or related product	A0801		G0014,G0021, G0020, G0012	6) = AVRG	Average factor for food group	
Seafood or related	A0801	K0034	G0014,G0021, G0020, G0012	6) = AVRG	Average factor for food group,	o, with sauce
product, with	A0802	Z0183	G0014,G0021, G0020,G0012	1	1) Low fat fish, fat content $< 5\%$	%, fish, edible part
sauce	A0802	Z0183, K0034	G0014,G0021, G0020,G0012	1	1) Low fat fish, fat content < 5%	%, total dish, edible part (with sauce)
	A0802	Z0182	G0014,G0021, G0020,G0012	1	1) Fat fish, fat content >5%, fish	h, edible part
	A0802	Z0182, K0034	G0014,G0021, G0020,G0012	1	1) Fat fish, fat content >5%, tota	al dish, edible part (with sauce)
	A0804		G0014,G0021, G0020,G0012	1	1) crab, mussels, squid, fish, edi	lible part
	A0804	K0034	G0014,G0021, G0020,G0012	1	1) crab, mussels, squid, total dish	sh, edible part (with sauce)

EuroFir Foo Classificatio		LanguaL Code		LanguaL Code	Source Co	omments
/egetable		0000		Lunguul Coue		
r	A0825					
egetable	110020		C0012		A second for the for the discourse and an altime model of	
oroduct			G0012	6) = AVRG	Average factor for food group and cooking method	
			G0014	6) = AVRG	Average factor for food group	
			G0020	6) = AVRG	Average factor for food group	
	A0832		G0021	6) = AVRG	Average factor for food group	
	A0852		G0012	(6) = AVRG	Average factor for food group and cooking method	
			G0014	1	1) Legume based dishes, cooked in soaking water / withou	it soaking water (values are the same), drained;
			G0021	1	1) Legume based dishes, Stewed, braised=total dish	
	A0829		C0012			.1
			G0012	6) = AVRG	Average, general factor for food group and cooking metho	00
			G0014	6) = AVRG	Average from potato dish and potato products	
			G0020	6) = AVRG	Average from potato dish and potato products	
			G0021	6) = AVRG	Average from potato dish and potato products	
			G0012	6) = AVRG	Average from potato dish and potato products, boiled, with	h cooking liquid
	A0830		G0012	6) = AVRG	Average factor for food sub-group & cooking method	
			G0014	1	1) Potato raw. Boiled: edible part, without peel	
			G0020	1	1) Potato raw. Boiled: edible part, without peel	
			G0021	1	1) Potato raw. Boiled: edible part, without peel ; Stewed:	total dish
	A0830	E0119	G0012	6) = AVRG	Average factor for food sub-group & cooking method	
			G0014	1	1) Potato products. Boiled: solid part;	
				1	1) Potato products. Stewed: total dish, including	
			G0021		liquid	
	A0828		G0012	6) = AVRG	Average factor for food group and cooking method	
			G0014	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, t	
			G0020	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, t	
			G0021	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, t	fruit corn and seeds, mushrooms and leafy vegetable
	A0828	B1018				
		-	G0012	6) = AVRG	Average factor for food sub-group & cooking method	
			G0014	1	1)Vegetable, edible part;	
			G0020	1	1) Vegetable, edible part;	
			G0021	1	1) Vegetable, edible part; Total dish	

A0828	B1036,B1006,			
	B1005, B1232	G0012	6) = AVRG	Average factor for food sub-group & cooking method
		G0014	1	1) Vegetable, edible part
		G0020	1	1) Vegetable, edible part
		G0021	1	1) Vegetable, Total dish, edible part
		G0012	1	1) Stem, flower, fruit, corn and seed vegetables, average from boiled & steamed, total dish
A0828	B1467	G0012	6) = AVRG	Average factor for food sub-group & cooking method
		G0014	1	1) Mushrooms based dishes, edible part
		G0020	1	1) Mushrooms based dishes, edible part
		G0021	1	1) Mushrooms based dishes, total dish, edible part
A0828	B1566	G0012	6) = AVRG	Average factor for food sub-group & cooking method
		G0014	1	1) Red cabbage, white cabbage, spinach, edible part
		G0020	1	1) Red cabbage, white cabbage, spinach, edible part
		G0021	1	1) Red cabbage, white cabbage, spinach, total dish

EuroFir Food Clas	ssification	LanguaL Code	Other relevant		LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	facets	Cooking method	Facet G						
Egg or egg product		A0790		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
Fat or oil		A0805		Cooked with fat or oil (fried)	G0024	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked with fat or oil (fried)	G0024	100	7	90	7	95	7
				Sauteed/ Stir-fried	G0026	100	3	90	3	95	3
Grain or grain product		A0812		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Flour or starch	A0813		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
	Pasta	A0815		Deep fried Cooked with fat or oil	G0029	100	1	100	1	100	1
		110010		(fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried Deep fried Cooked with fat or oil	G0026 G0029	100 100	1 1	100 100	1 1	100 100	1 1
	Rice or other grain	A0814		(fried) Sauteed/ Stir-fried	G0024 G0026	100 100	7 3	100 100	7 95	100 100	7 3
	Savoury cereal dish	A0822		Cooked with fat or oil (fried)	G0024	100	7	100	7	100	7

APPENDIX 3. Average Nutrient Retention Factors by Food Group –Cooked with Fat or Oil

EuroFir Food Clas	sification	LanguaL Code	Other relevant		LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
		Facet A	facets	Cooking method	Facet G						
Egg or egg product		A0790		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
Fat or oil		A0805		Cooked with fat or oil (fried)	G0024	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked with fat or oil (fried)	G0024	100	7	100	7	100	7
				Sauteed/ Stir-fried	G0026	100	3	100	3	100	3
Grain or grain product		A0812		Cooked with fat or oil (fried)	G0024	100	6	99	6	99	6
				Sauteed/ Stir-fried	G0026	100	6	98	6	98	6
				Deep fried	G0029	100	6	100	6	100	6
	Flour or starch	A0813		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
	Pasta	A0815		Deep fried Cooked with fat or oil	G0029	100	1	100	1	100	1
		A0015		(fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried Cooked with fat or oil	G0029	100	1	100	1	100	1
	Rice or other grain	A0814		(fried)	G0024	100	7	95	7	95	7
		10000		Sauteed/ Stir-fried Cooked with fat or oil	G0026	100	3	95	3	95	3
	Savoury cereal dish	A0822		(fried)	G0024	100	7	99	7	99	7

EuroFir Food Clas	sification	LanguaL Code	Other relevant		LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
		Facet A	facets	Cooking method	Facet G						
Egg or egg product		A0790		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
Fat or oil		A0805		Cooked with fat or oil (fried)	G0024	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked with fat or oil (fried)	G0024	90	7	100	7	100	7
				Sauteed/ Stir-fried	G0026	90	3	100	3	100	5
Grain or grain product		A0812		Cooked with fat or oil (fried)	G0024	99	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	98	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Flour or starch	A0813		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
	Pasta	A0815		Deep fried Cooked with fat or oil	G0029	100	1	100	1	100	1
				(fried) Sauteed/ Stir-fried	G0024 G0026	100 100	6	100	6	100	6
		4 0 0 1 4		Deep fried Cooked with fat or oil	G0028 G0029	100	1 1	100 100	1 1	100 100	1 1
	Rice or other grain	A0814		(fried)	G0024	95	7	100	7	100	7
		A0822		Sauteed/ Stir-fried Cooked with fat or oil	G0026	95	3	100	3	100	5
	Savoury cereal dish	110022		(fried)	G0024	99	7	100	7	100	7

EuroFir Food Cla	ssification	LanguaL Code	Other relevant		LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	facets	Cooking method	Facet G						
Meat or meat product		A0793		Cooked with fat or oil (fried)	G0024	86	6	79	6	98	6
				Sauteed/ Stir-fried Deep fried	G0026 G0029	86 86	6 6	79 79	6 6	98 98	6 6
Meat or meat		A0793	K0034	Cooked with fat or oil (fried)	G0029 G0024	00 100	6	19 100	6	98 100	6
product, with	Offal	A0796	11000	Cooked with fat or oil (fried)	G0024 G0024	85		75		100	
sauce		110790					6		6		6
				Sauteed/ Stir-fried Deep fried	G0026 G0029	85 85	1	75 75	1 1	100 100	1 1
	Offal, with sauce	A0796	K0034	Cooked with fat or oil (fried)	G0025 G0024	100	1	100	1	100	1
	Poultry	A0795		Cooked with fat or oil (fried)	G0024	85	6	<u> </u>	6	100	6
	-			Sauteed/ Stir-fried	G0024 G0026	85	6	90 90	6	100	6
				Deep fried	G0028 G0029	85	6	90 90	0 6	100	6
	Poultry, with sauce		K0034 B1457	Cooked with fat or oil (fried)	G0029 G0024	100	6	100	6	100	6
	Chicken			Cooked with fat or oil (fried)	G0024	85	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	85	1	90	1	100	1
				Deep fried	G0029	85	1	90	1	100	1
	Chicken, with sauce	A0795	B1457,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Turkey	A0795	B1236	Cooked with fat or oil (fried)	G0024	85	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	85	1	90	1	100	1
				Deep fried	G0029	85	1	90	1	100	1
	Turkey, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	85 85	6 1	90 90	6 1	100 100	6 1
				Deep fried	G0029	85	1	90	1	100	1
5	Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Red meat	A0794	or B1134	Cooked with fat or oil (fried)		85	6	67	6	90	6

			Sauteed/ Stir-fried	G0026	85	6	67	6	90	6
			Deep fried	G0029	85	6	67	6	90	6
Red meat, with sauce	A0794	B1134,K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
Beef	A0794	B1161	Cooked with fat or oil (fried)	G0024	85	6	60	6	90	6
			Sauteed/ Stir-fried	G0026	85	1	60	1	90	1
			Deep fried	G0029	85	1	60	1	90	1
Beef, with sauce	A0794	B1161,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Pork	A0794	B1136	Cooked with fat or oil (fried)	G0024	85	6	60	6	90	6
			Sauteed/ Stir-fried	G0026	85	1	60	1	90	1
			Deep fried	G0029	85	1	60	1	90	1
Pork, with sauce	A0794	B1136,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Lamb, mutton &	10704	B1183,B1669								
game	A0794	or B1134	Cooked with fat or oil (fried)	G0024	85	6	80	6	90	6
			Sauteed/ Stir-fried	G0026	85	1	80	1	90	1
			Deep fried	G0029	85	1	80	1	90	1
Lamb, mutton &		B1183,B1669								
game, with sauce	A0794	B1134,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Sausage or similar	A0798									
product	A0798		Cooked with fat or oil (fried)	G0024	90	6	85	6	100	6
			Sauteed/ Stir-fried	G0026	90	1	85	1	100	1
			Deep fried	G0029	90	1	85	1	100	1
Sausage or similar	10700	V0024	*							
product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Class	sification	LanguaL Code	Other relevant		LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
		Facet A	facets	Cooking method	Facet G						
Meat or meat product		A0793		Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	88 88	6 6	86 86	6 6	97 97	6 6
				Deep fried	G0029	88	6	86	6	97	6
Meat or meat		A0793	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
product, with sauce	Offal	A0796		Cooked with fat or oil (fried)	G0024	85	6	80	6	95	6
				Sauteed/ Stir-fried	G0026	85	1	80	1	95	1
				Deep fried	G0029	85	1	80	1	95	1
	Offal, with sauce	A0796	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Poultry	A0795		Cooked with fat or oil (fried)	G0024	82	6	85	6	95	6
				Sauteed/ Stir-fried	G0026	82	6	85	6	95	6
				Deep fried	G0029	82	6	85	6	95	6
	Poultry, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	Chicken	A0795	B1457	Cooked with fat or oil (fried)	G0024	80	6	85	6	95	6
				Sauteed/ Stir-fried	G0026	80	1	85	1	95	1
				Deep fried	G0029	80	1	85	1	95	1
	Chicken, with sauce	A0795	B1457,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Turkey	A0795	B1236	Cooked with fat or oil (fried)	G0024	80	6	85	6	95	6
				Sauteed/ Stir-fried	G0026	80	1	85	1	95	1
				Deep fried	G0029	80	1	85	1	95	1
	Turkey, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	85 85	6 1	85 85	6 1	95 95	6 1
				Deep fried	G0029	85	1	85	1	95	1
	Duck & Goose, with sauce	A0795	B1316, B1251,K0034		G0024	100	1	100	1	100	1
	Red meat	A0794	or B1134	Cooked with fat or oil (fried)	G0024	85	6	85	6	97	6

			Sauteed/ Stir-fried	G0026	85 85	6	85 85	6	97 97	6
Red meat, with sauce	10704	D1124 K0024	Deep fried	G0029	85	6	85	6	97	6
	A0794	B1134,K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
Beef	A0794	B1161	Cooked with fat or oil (fried)	G0024	85	6	85	6	96	6
			Sauteed/ Stir-fried	G0026	85	1	85	1	96	1
			Deep fried	G0029	85	1	85	1	96	1
Beef, with sauce	A0794	B1161,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Pork	A0794	B1136	Cooked with fat or oil (fried)	G0024	85	6	85	6	100	6
			Sauteed/ Stir-fried	G0026	85	1	85	1	100	1
			Deep fried	G0029	85	1	85	1	100	1
Pork, with sauce	A0794	B1136,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Lamb, mutton &	10704	B1183,B1669								
game	A0794	or B1134	Cooked with fat or oil (fried)	G0024	85	6	85	6	95	6
			Sauteed/ Stir-fried	G0026	85	1	85	1	95	1
			Deep fried	G0029	85	1	85	1	95	1
Lamb, mutton &		B1183,B1669								
game, with sauce	A0794	B1134,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Sausage or similar	A0798									
product	A0798		Cooked with fat or oil (fried)	G0024	100	6	95	6	100	6
			Sauteed/ Stir-fried	G0026	100	1	95	1	100	1
			Deep fried	G0029	100	1	95	1	100	1
Sausage or similar			1	-						
product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classification		LanguaL Code	Other relevant		LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
		Facet A	facets	Cooking method	Facet G						
Meat or meat product		A0793		Cooked with fat or oil (fried)		91	6	96	6	100	6
				Sauteed/ Stir-fried	G0026	91 01	6	96 06	6	100	6
Meat or meat		A0793	K0034	Deep fried	G0029 G0024	91	6	96 100	6	100	6
product, with	Offal	A0796	R003 4	Cooked with fat or oil (fried)		100	6	100	6	100	6
sauce	<i></i>	A0790		Cooked with fat or oil (fried)	G0024	80	6	85	6	100	6
				Sauteed/ Stir-fried	G0026 G0029	80 80	1	85 85	1	100 100	1
	Offal, with sauce	A0796	K0034	Deep fried			1		1		1
	Poultry	A0795	K 0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	I outry	A0795		Cooked with fat or oil (fried)		85	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	85	6	100	6	100	6
	Doultmu with gauge	10705	100004	Deep fried	G0029	85	6	100	6	100	6
	Poultry, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	Chicken	A0795	B1457	Cooked with fat or oil (fried)	G0024	85	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	85	1	100	1	100	1
	Chicken, with sauce			Deep fried	G0029	85	1	100	1	100	1
		A0795	B1457,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Turkey	A0795	B1236	Cooked with fat or oil (fried)	G0024	85	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	85	1	100	1	100	1
				Deep fried	G0029	85	1	100	1	100	1
	Turkey, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	85 85	6 1	100 100	6 1	100 100	6 1
				Deep fried	G0029	85	1	100	1	100	1
	Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Red meat	A0794	or B1134	Cooked with fat or oil (fried)	G0024	98	6	100	6	100	6

			Sauteed/ Stir-fried Deep fried	G0026 G0029	98 98	6 6	100 100	6 6	100 100	6 6
Red meat, with sauce	A0794	B1134,K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
Beef	A0794	B1161	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
			Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
			Deep fried	G0029	100	1	100	1	100	1
Beef, with sauce	A0794	B1161,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Pork	A0794	B1136	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
			Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
			Deep fried	G0029	100	1	100	1	100	1
Pork, with sauce	A0794	B1136,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Lamb, mutton &	amb, mutton &									
game	A0794	or B1134	Cooked with fat or oil (fried)	G0024	95	6	100	6	100	6
			Sauteed/ Stir-fried	G0026	95	1	100	1	100	1
			Deep fried	G0029	95	1	100	1	100	1
Lamb, mutton &		B1183,B1669								
game, with sauce	A0794	B1134,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Sausage or similar	A0798									
product	A0798		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
			Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
			Deep fried	G0029	100	1	100	1	100	1
Sausage or similar product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Class	EuroFir Food Classification		Other		LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	relevant facets	Cooking method	Facet G						
Milk, milk product or milk substitute		A0778		Cooked with fat or oil (fried)	G0024	100	2	100	2	100	2
Seafood or related				Cooked with fat or oil	00024	100	Δ.	100	2	100	<u>Z</u>
product		A0801		(fried)	G0024	85	6	85	6	100	6
F				Sauteed/ Stir-fried	G0024 G0026	83 85	6	85	6	100	6
				Deep fried	G0020 G0029	85	6	85	6	100	6
Seafood or related	I			Deep meu	00029	05	U	05	U	100	U
product, with sauce		A0801	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	Low fat fish	A0802	Z0183	Cooked with fat or oil (fried)	G0024	85	6	85	6	100	6
				Sauteed/ Stir-fried	G0024 G0026	85 85	1	85 85	1	100	1
				Deep fried	G0020 G0029	85	1	85	1	100	1
	Low fat fish, with sauce	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0025 G0024	100	1	100	1	100	1
	Fat fish			Cooked with fat or oil	00021	100	-	100	-	100	-
		A0802	Z0182	(fried)	G0024	85	6	85	6	100	6
				Sauteed/ Stir-fried	G0026	85	1	85	1	100	1
				Deep fried	G0029	85	1	85	1	100	1
	Fat fish, with sauce	A0802	Z0182, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Seafood dish	A0804		Cooked with fat or oil (fried)	G0024	85	6	85	6	100	6
				Sauteed/ Stir-fried	G0026	85	1	85	1	100	1
				Deep fried	G0029	85	1	85	1	100	1
	Seafood dish, with sauce	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classification	LanguaL Co	ode		LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
	Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk product or milk substitute	A0778		Cooked with fat or oil (fried)	G0024	100	2	100	2	100	2
Seafood or related product	A0801		Cooked with fat or oil (fried)	G0024	90	6	90	6	85	6
Seefeed an added much with source	4.0201	K0024	Sauteed/ Stir-fried Deep fried	G0026 G0029	90 90 100	6 6 6	90 90	6 6	85 85	6 6
Seafood or related product, with sauce	A0801	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
Low fat fish	A0802	Z0183	Cooked with fat or oil (fried) Sauteed/ Stir-fried Deep fried	G0024 G0026 G0029	90 90 90	6 1 1	90 90 90	6 1 1	85 85 85	6 1 1
Low fat fish, with sau	uce A0802	Z0183, K0034	Cooked with fat or oil (fried)		100	1	100	1	100	1
Fat fish	A0802	Z0182	Cooked with fat or oil (fried) Sauteed/ Stir-fried Deep fried	G0024 G0026 G0029	90 90 90	6 1 1	90 90 90	6 1 1	85 85 85	6 1 1
Fat fish, with sauce	A0802	Z0182, K0034	Cooked with fat or oil (fried)		90 100	1	90 100	1	100	1
Seafood dish	A0804		Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	90 90	6 1	90 90	6 1	85 85	6 1
			Deep fried	G0029	90	1	90	1	85	1
Seafood dish, with sauce	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classi	EuroFir Food Classification		Other		LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
		Facet A	relevant facets	Cooking method	Facet G						
Milk, milk											
product or milk		A0778		Cooked with fat or oil	C0024	100	2	100	2	100	2
substitute Seafood or related				(fried)	G0024	100	2	100	2	100	2
product		A0801		Cooked with fat or oil	G0024	. -	-	100		100	
product				(fried)	G0024	95	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	95	6	100	6	100	6
				Deep fried	G0029	95	6	100	6	100	6
Seafood or related product, with sauce	Low fat fish	A0801	K0034	Cooked with fat or oil (fried) Cooked with fat or oil	G0024	100	6	100	6	100	6
	Low lat lish	A0802	Z0183	(fried)	G0024	95	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	95	1	100	1	100	1
				Deep fried	G0029	95	1	100	1	100	1
	Low fat fish, with sauce Fat fish	A0802	Z0183, K0034	Cooked with fat or oil (fried) Cooked with fat or oil	G0024	100	1	100	1	100	1
		A0802	Z0182	(fried)	G0024	95	6	100	6	100	6
				Sauteed/ Stir-fried	G0024 G0026	95 95	1	100	1	100	1
				Deep fried	G0020 G0029	95 95	1	100	1	100	1
	Fat fish, with sauce	A0802	Z0182, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	Seafood dish	A0804		Cooked with fat or oil (fried)	G0024	95	6	100	6	100	6
a				Sauteed/ Stir-fried	G0026	95	1	100	1	100	1
	Seafood dish, with			Deep fried	G0029	95	1	100	1	100	1
	sauce	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classi	EuroFir Food Classification		Other relevant	Cod	LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
		Facet A	facets	Cooking method	Facet G						
Vegetable or		A0825		Cooked with fat or oil (fried)	G0024	100	6	99	6	100	6
vegetable product				Sauteed/ Stir-fried	G0026	100	6	98	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0024	100	7	99	7	100	7
				Sauteed/ Stir-fried	G0026	100	7	98	7	100	7
				Deep fried	G0029	100	7	100	7	100	7
	Starchy root or	A0829		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	potato			Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Potato dish	A0830		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Potato products	A0830	E0119	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked with fat or oil (fried)	G0024	100	6	98	6	100	6
				Sauteed/ Stir-fried	G0026	100	6	97	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Root, tuber and bulb	A0828	B1018	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	vegetables			Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Stem, flower, fruit,	A0828	B1036,B1006,								
	corn, seed		B1005, B1232	Cooked with fat or oil (fried)	G0024	100	6	95	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	90	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Mushroom	A0828	B1467	Cooked with fat or oil (fried)		100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Leafy vegetables	A0828	B1566	Cooked with fat or oil (fried)	G0024	100	6	98	6	100	6
				Sauteed/ Stir-fried	G0026	100	6	97	6	100	6
				Deep fried	G0029	100	6	100	6	100	6

EuroFir Food Class	ification	LanguaL Code Other relevant			LanguaL Code	Mg	Mg Source	Р	P Source	Fe	Fe Source
		Facet A	facets	Cooking method	Facet G						
Vegetable or		A0825		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
vegetable product				Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0024	100	7	100	7	100	7
				Sauteed/ Stir-fried	G0026	100	7	100	7	100	7
				Deep fried	G0029	100	7	100	7	100	7
	Starchy root or	A0829		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	potato			Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Potato dish	A0830		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Potato products	A0830	E0119	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Root, tuber and bulb	A0828	B1018	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	vegetables			Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Stem, flower, fruit,	10000	B1036,B1006,	•							
	corn, seed	A0828	B1005, B1232	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Mushroom	A0828	B1467	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Leafy vegetables	A0828	B1566	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
		-	-	Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6

EuroFir Food Classification		LanguaL Code			LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
			Other relevant								
		Facet A	facets	Cooking method	Facet G						
Vegetable or		A0825		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
vegetable				Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
product				Deep fried	G0029	100	6	100	6	100	6
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0024	100	7	100	7	100	7
				Sauteed/ Stir-fried	G0026	100	7	100	7	100	7
				Deep fried	G0029	100	7	100	7	100	7
	Starchy root or	A0829		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	potato			Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Potato dish	A0830		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
]				Deep fried	G0029	100	1	100	1	100	1
	Potato products	A0830	E0119	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	1			Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Vegetable dish	A0828		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	6	100	6	100	6
				Deep fried	G0029	100	6	100	6	100	6
	Root, tuber and bulb	A0828	B1018	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
	vegetables			Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
	-			Deep fried	G0029	100	1	100	1	100	1
	Stem, flower, fruit,		B1036,B1006,	1							
	corn, seed	A0828	B1005, B1232	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
			,	Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	100	1
	Mushroom	A0828	B1467	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0020 G0029	100	1	100	1	100	1
	Leafy vegetables	A0828	B1566	Cooked with fat or oil (fried)	G0029 G0024	100	6	100	6	100	6
	,		21000	Sauteed/ Stir-fried	G0024 G0026	100	6	100	6	100	6
				Deep fried	G0020 G0029	100	6	100	6	100	6

EuroFir Fo Classificati		LanguaL Code Other relevant facets	Facet G	No factor availa	Source Comments 2 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 20 able, 100 assumed; 6) Average value; 7) Derived factor re from Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Egg or egg product	A0790		G0024 G0026	6) =AVRG 1	Average factor for food group and cooking method 1) Fried egg
F			G0026	1	1) Scrambeld egg/pancake
Fat or oil	A0805		G0024	2	2) Fats and oils
Fruit or fruit product	A0833		G0024	7) Derived factor	Derived from "Fruit or fruit product, sauteed / stir-fried"
			G0026	3, 5	3) Fruits, fresh (not citrus), sauteed (RF code : 0153)
Grain or grain product	A0812		G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	6) =AVRG	Average factor for food group and cooking method
			G0029	6) =AVRG	Average factor for food group and cooking method
	A0813		G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	1, 3	1) pancake, fry, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305)
	A0815		G0029	1,3	1) pancake, deep-fried, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305) Average factor for food sub-
	A0015		G0024	6) =AVRG	group and cooking method
			G0026	1, 3	1) pancake, fry, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305)
	A0814		G0029 G0024	1,3 7) Derived factor	 pancake, deep-fried, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305) Derived from Rice, or other grain, sauteed /stir-fired
			G0026	3, 5	3) Rice, white /brown, sauteed + simmered (RF code: 0433)
	A0822		G0024	7) Derived factor	Use General factor for food group and cooking method

EuroFir Fo Classificat		LanguaL Code Other		LanguaL Code Source Comments 1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Wi								
	Facet A	relevant facets	Facet G	100 assumed;	6) Average value; 7) Derived factor ire from Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others							
Meat or meat	A0793		G0024	6) =AVRG	Average factor for food group (offal, poultry, red meat and sausages)							
product Meat or	A0793	K0034	G0026 G0029 G0024	6) =AVRG 6) =AVRG 6) =AVRG	Average factor for food group (offal, poultry, red meat and sausages), fried Average factor for food group (offal, poultry, red meat and sausages), deep-fried Average factor for food group (offal, poultry, red meat and sausages)							
meat product,	A0795	K0034	G0024 G0024	6) = AVRG	Average factor for food group and cooking method							
with sauce			G0026 G0029	1	 Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain); fried in pan, solid part, edible Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain); deep-fried, solid part, edible 							
	A0796	K0034	G0024	1	1) Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain); fried in pan, total dish, edible							
А	A0795		G0024	6) =AVRG	Average factor for food group and cooking method							
			G0026	6) =AVRG	Average factor for food group and cooking method							
			G0029	6) =AVRG	Average factor for food group and cooking method							
	A0795	K0034	G0024	6) =AVRG	Average factor for food group and cooking method							
	A0795	B1457	G0024	6) =AVRG	Average factor for food item and cooking method							
			G0026 G0029	1 1	 Chicken, core temperature >80°C; fry in pan, meat with skin, solid part, edible Chicken, core temperature >80°C; deep-fry, meat with skin, solid part, edible 							
	A0795	B1457,K0034	G0024	1	1) Chicken, core temperature >80°C ; fry in pan, meat with skin, total dish							
	A0795	B1236	G0024	6) =AVRG	Average factor for food item and cooking method							
			G0026	1	1) Turkey, core temperature >80°C; fry in pan, meat with skin, solid part, edible							
			G0029	1	1) Turkey, core temperature >80°C; deep-fry, meat with skin, solid part, edible							
	A0795	K0034	G0024	1	1) Turkey, core temperature >80°C; fry in pan, meat with skin, total dish							
	A0795	B1316,B1251	G0024	6) =AVRG	Average factor for food item and cooking method							
			G0026	1	1) Duck and goose, core temperature >80°C ; fry in pan, meat with skin, solid part, edible							
			G0029	1	1) Duck and goose, core temperature >80°C ; deep-fry, meat with skin							
	A0795	B1316, B1251,K0034	G0024	1	1) Duck and goose, core temperature >80°C ; fry in pan, meat with skin, total dish							
	A0794	or B1134	G0024 G0026	6) =AVRG 6) =AVRG	Average factor for food item and cooking method Average factor for food item and cooking method							

			G0029	6) =AVRG	Average factor for food item and cooking method
	A0794	B1134,K0034	G0023 G0024	6) = AVRG	Average factor for food item and cooking method
	A0794	B1161	G0024 G0024	6) = AVRG	Average factor for food item and cooking method
	A0794	DITOI		0) = AVKO	6
			G0026	1	1) Veal and beef, well done, >75°C; fry in pan, solid part (meat), edible;
			G0029	1, 5	1) Veal and beef, well done, >75°C; deep-fried, solid part (meat), edible;
	A0794	B1161,K0034	G0024	1	1) Veal and beef, well done, >75°C; fried in pan, total dish
	A0794	B1136	G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	1	1) Pork, core temp. >75°C; fried in pan, solid part (meat), edible;
			G0029	1	1) Pork, core temp. >75°C; deep-fry in pan, solid part (meat), edible;
	A0794	B1136,K0034	~~~	1	
			G0024		1) Pork, core temp. >75°C; fried in pan, total dish, edible part;
	A0794	B1183,B1669			
	A0794	or B1134	C0024		Assessed for for for different and enabling mothed
			G0024	6) = AVRG	Average factor for food item and cooking method
			G0026	1	1) Lamb, mutton & game , core temp. >75°C; fry in pan, solid part (meat), edible;
			G0029	1, 5	1) Lamb, mutton & game, core temp. >75°C; deep-fry, solid part (meat), edible;
		B1183,B1669			
	A0794	or B1134,		1	
		K0034	G0024		1) Lamb, mutton & game, core temp. >75°C; fry in pan, total dish, edible part;
-					
	A0798		G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	1	1) minced meat and meat products, >75°C, fry in pan, meat, edible part
			G0029	1	1) minced meat and meat products, >75°C, deep-fried, meat, edible part
	A0798	K0034		1	
		~ ~	G0024		1) minced meat and meat products, >75°C, fry in pan, total dish, edible part

EuroFir Foo Classificatio		LanguaL Code Other		LanguaL Code 1) Bognár, 200	Source Comments (2) 2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 20
	Facet A	relevant facets	Facet G		vailable, 100 assumed; 6) Average value; 7) Derived factor re from Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Milk, etc.	A0778		G0024	2	2) Milk and cheese ; General factor for food group and cooking method
Seafood or related product	A0801		G0024 G0026 G0029	6) =AVRG 6) =AVRG 6) =AVRG	Average factor for food item and cooking method Average factor for food item and cooking method Average factor for food item and cooking method
Seafood or related product, with sauce	A0801 A0802		G0024 G0024 G0026 G0029	6) =AVRG 6) =AVRG 1 1	 Average factor for food item and cooking method Average factor for food item and cooking method 1) Low fat fish, fat content < 5%, fry in pan, fish, edible part; 1) Low fat fish, fat content < 5%, deep-fry, fish, edible part;
	A0802 A0802	Z0183,K0034 Z0182	G0024 G0024 G0026 G0029	1 6) =AVRG 1 1	 Low fat fish, fat content < 5%, fry in pan, total dish, edible part; Average factor for food item and cooking method Fat fish, fat content > 5%, fry in pan, fish, edible part; Fat fish, fat content > 5%, deep-fry, fish, edible part;
	A0802 A0804	Z0182, K0034	G0024 G0024	1 6) =AVRG	 Fat fish, fat content > 5%, fry in pan, total dish, edible part; Average factor for food item and cooking method
			G0026	1	 crustaceans and molluscs based dishes, fry in pan, edible part crustaceans and molluscs based dishes, deep-fry, edible part
	A0804	K0034	G0029 G0024	1	1) crustaceans and molluscs based dishes, fry in pan, total dish edible part

EuroFir Fo Classificati		LanguaL Code Other relevant			Source Comments 2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, r available, 100 assumed; 6) Average value; 7) Derived factor
	Α	facets	Facet G		rom Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Vegetable or vegetable	A0825		G0024 G0026	6) =AVRG 6) =AVRG	Average factor for food item and cooking method Average factor for food item and cooking method: average from starchy food or potato & vegetable dish
product			G0020 G0029	6) = AVRG	Average factor for food item and cooking method: average from starchy food or potato & vegetable dish
	A0832		G0024	7) Derived factor	Use General factor for food group and cooking method (Cooked with fat or oil (fried))
			G0026 G0029	7) Derived factor7) Derived factor	Use General factor for food group and cooking method (Sauteed/ Stir-fried) Use General factor for food group and cooking method (Deep fried)
	A0829		G0024 G0026	6) =AVRG 6) =AVRG	Average factor for food item and cooking method Average factor for food item and cooking method
	A0830		G0029 G0024	6) =AVRG 6) =AVRG	Average factor for food item and cooking method Average factor for food item and cooking method
			G0026	1	1) dishes from raw potato, fry in pan, total dish
			G0029	1	1) dishes from raw potato, deep-fry, total dish
	A0830	E0119	G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	1	1) dishes from potato products, fry in pan, potato, edible part
			G0029	1	1) dishes from potato products, deep-fry, potato, edible part
	A0828		G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	6) =AVRG	Average factor for food group and cooking method
			G0029	6) =AVRG	Average factor for food group and cooking method
	A0828	B1018	G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	1	1) Root, tuber, bulb vegetables; fry in pan, vegetable, edible part
			G0029	1	1) Root, tuber, bulb vegetables; deep-fried, vegetable, edible part
	4.00.20	B1036,B1006,			
	A0828	B1005, B1232	G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	1	1) Stem, flower, fruit, corn and seed vegetables, fry in pan, edible part
			G0029	1	1) Stem, flower, fruit, corn and seed vegetables, deep-fry, edible part
	A0828	B1467	G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	1	1) Mushrooms based dishes. Fried in pan, solid part
			G0029	1	1) Mushrooms based dishes. Deep-fried, solid part
	A0828	B1566	G0024	7) Derived factor	Use General factor for food group and cooking method (vegetable dish, Cooked with fat or oil (fried))
			G0026	7) Derived factor	Use General factor for food group and cooking method (vegetable dish, Sauteed/ Stir-fried)
			G0029	7) Derived factor	Use General factor for food group and cooking method (vegetable dish, Deep fried)

EuroFir Food Clas	ssification	LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Egg or egg product		A0790		Cooked with fat or oil							
produce				(fried)	G0024	95	6	95	6	95	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	90	1
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
Fat or oil		A0805		Cooked with fat or oil (fried)	G0024	50	2	50	2	100	5
Fruit or fruit product		A0833		Cooked with fat or oil (fried)	G0024	75	7	75	7	100	7
				Sauteed/ Stir-fried	G0026	75	3	75	3	100	5
Grain or grain product		A0812		Cooked with fat or oil (fried)	G0024	90	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	90	6	90	6	100	6
				Deep fried	G0029	90	6	90	6	100	6
	Flour or starch	A0813		Cooked with fat or oil (fried)	G0024	90	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	100	1
				Deep fried	G0029	90	1	90	1	100	1
	Pasta	A0815		Cooked with fat or oil							
		10015		(fried)	G0024	90	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	100	1
				Deep fried	G0029	90	1	90	1	100	1
	Rice or other grain	A0814		Cooked with fat or oil (fried)	G0024	90	7	90	7	100	7
				Sauteed/ Stir-fried	G0024 G0026	90 90	3	90 90	3	100	5
				Cooked with fat or oil	00020	20	5	90	5	100	5
	Savoury cereal dish	A0822		(fried)	G0024	90	7	90	7	100	7

EuroFir Food Clas	sification	LanguaL Code			LanguaL Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Egg or egg product		A0790	incerts	Cooked with fat or oil (fried)	G0024	95	6	100	6	83	6
				Sauteed/ Stir-fried	G0026	90	1	100	1	70	1
				Sauteed/ Stir-fried	G0026	100	1	100	1	95	1
Fat or oil		A0805		Cooked with fat or oil (fried)	G0024	20	2	100	5	100	2
Fruit or fruit product		A0833		Cooked with fat or oil (fried)	G0024	100	7	100	7	80	7
				Sauteed/ Stir-fried	G0026	100	5	100	5	80	3
Grain or grain product		A0812		Cooked with fat or oil (fried)	G0024	100	6	100	6	88	6
				Sauteed/ Stir-fried	G0026	100	6	100	6	85	6
				Deep fried	G0029	100	6	100	6	90	6
	Flour or starch	A0813		Cooked with fat or oil (fried)	G0024	100	6	100	6	90	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	90	1
				Deep fried	G0029	100	1	100	1	90	1
	Pasta	A0815		Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	100 100	6 1	100 100	6 1	90 90	6 1
	Rice or other grain	A0814		Deep fried Cooked with fat or oil	G0029	100	1	100	1	90	1
	Thee of other grant	110017		(fried)	G0024	100	7	100	7	75 75	7
	Savoury cereal dish	A0822		Sauteed/ Stir-fried Cooked with fat or oil (fried)	G0026 G0024	100 100	5 7	100 100	5 7	75 88	3 7

EuroFir Food Clas	sification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Egg or egg											
product		A0790		Cooked with fat or oil (fried)	G0024	83	6	95	6	90	6
				Sauteed/ Stir-fried	G0026	70	1	95	1	90	1
				Sauteed/ Stir-fried	G0026	95	1	95	1	90	1
Fat or oil		A0805		Cooked with fat or oil (fried)	G0024	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked with fat or oil (fried)	G0024	90	7	90	7	90	7
				Sauteed/ Stir-fried	G0026	90	3	90	3	90	3
Grain or grain product		A0812		Cooked with fat or oil (fried)	G0024	89	6	92	6	90	6
				Sauteed/ Stir-fried	G0026	88	6	93	6	90	6
				Deep fried	G0029	90	6	90	6	90	6
	Flour or starch	A0813		Cooked with fat or oil (fried)	G0024	90	6	90	6	90	6
				Sauteed/ Stir-fried	G0026	90	3	90	3	90	1
				Deep fried	G0029	90	3	90	3	90	1
	Pasta	A0815		Cooked with fat or oil							
		A0015		(fried)	G0024	90	6	90	6	90	6
				Sauteed/ Stir-fried	G0026	90	3	90	3	90	1
		10014		Deep fried Cooked with fat or oil	G0029	90	3	90	3	90	1
	Rice or other grain	A0814		(fried)	G0024	85	7	100	7	90	7
		10022		Sauteed/ Stir-fried Cooked with fat or oil	G0026	85	3	100	3	90	3
	Savoury cereal dish	A0822		(fried)	G0024	89	7	92	7	90	7

EuroFir Food Clas	ssification	LanguaL Code			LanguaL Code	Vit B12	Vit B12 Source	Folate		Panthothenic acid	Panth.acid Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Egg or egg product		A0790		Cooked with fat or oil (fried)	G0024	95	6	70	6	80	6
				Sauteed/ Stir-fried	G0026	95	1	70	1	80	1
				Sauteed/ Stir-fried	G0026	95	1	70	1	80	1
Fat or oil		A0805		Cooked with fat or oil (fried)	G0024	100	2	100	2	100	2
Fruit or fruit product		A0833		Cooked with fat or oil (fried)	G0024	100	7	50	7	100	7
				Sauteed/ Stir-fried	G0026	100	3	50	3	100	5
Grain or grain product		A0812		Cooked with fat or oil (fried)	G0024	100	6	68	6	83	6
				Sauteed/ Stir-fried	G0026	100	6	67	6	87	6
	Flour or starch			Deep fried Cooked with fat or oil	G0029	100	6	70	6	80	6
	Flour or starch	A0813		(fried)	G0024	100	6	70	6	80	6
				Sauteed/ Stir-fried	G0026	100	1	70	1	80	1
				Deep fried	G0029	100	1	70	1	80	1
	Pasta	A0815		Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	100 100	6 1	70 70	6 1	80 80	6
	Rice or other grain	A0814		Deep fried Cooked with fat or oil	G0029	100	1	70	1	80	1
	Rice of other gran	AU014		(fried) Sauteed/ Stir-fried	G0024 G0026	100 100	7 3	60 60	7 3	100 100	7 5
	Savoury cereal dish	A0822		Cooked with fat or oil (fried)	G0024	100	7	68	7	83	7

EuroFir Food Clas	sification	LanguaL Code			LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source
		Facet A	Other relevant facets	Cooking method	Facet G				
Egg or egg		Facet A	Tacets	¥	Facel O				
product		A0790		Cooked with fat or oil (fried)	G0024	90	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	80	1
				Sauteed/ Stir-fried	G0026	90	1	80	1
Fat or oil		A0805		Cooked with fat or oil					
		A0005		(fried)	G0024	100	2	100	2
Fruit or fruit product		A0833		Cooked with fat or oil (fried)	G0024	100	7	70	7
				Sauteed/ Stir-fried	G0026	100	5	70	3
Grain or grain product		A0812		Cooked with fat or oil (fried)	G0024	100	6	83	6
				Sauteed/ Stir-fried	G0026	100	6	80	6
				Deep fried	G0029	100	6	85	6
	Flour or starch	A0813		Cooked with fat or oil	G 00001	100	ć	0 -	<i>.</i>
				(fried)	G0024	100	6	85	6
				Sauteed/ Stir-fried	G0026	100	1	85	1
				Deep fried	G0029	100	1	85	1
	Pasta	A0815		Cooked with fat or oil	60004	100	6	0.5	6
				(fried)	G0024	100	6	85 85	6
				Sauteed/ Stir-fried Deep fried	G0026 G0029	100 100	1 1	85 85	1 1
				Cooked with fat or oil	00029	100	1	00	1
	Rice or other grain	A0814		(fried)	G0024	100	7	70	7
				Sauteed/ Stir-fried Cooked with fat or oil	G0026	100	5	70	3
	Savoury cereal dish	A0822		(fried)	G0024	100	7	83	7

EuroFir Food Class	sification	LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Meat or meat		A0793		Cooked with fat or oil (fried)	G0024	83	6	83	6	84	6
product				Sauteed/ Stir-fried	G0026	82	6	82	6	83	6
				Deep fried	G0029	85	6	85	6	86	6
Meat or meat		A0793	K0034	Cooked with fat or oil (fried)	G0024	88	6	88	6	89	6
product, with sauce	Offal	A0796		Cooked with fat or oil (fried)	G0024	<u> </u>	6	90	6	95	6
sauce				Sauteed/ Stir-fried	G0026	90	1	90	1	95	1
				Deep fried	G0029	90	1	90	1	95	1
	Offal, with sauce	A0796	K0034	Cooked with fat or oil (fried)	G0024	90	1	90	1	95	1
	Poultry	A0795		Cooked with fat or oil (fried)	G0024	76	6	76	6	76	6
				Sauteed/ Stir-fried	G0026	75	6	75	6	75	6
				Deep fried	G0029	77	6	77	6	77	6
	Poultry, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	80	6	80	6	80	6
	Chicken	A0795	B1457	Cooked with fat or oil (fried)	G0024	75	6	75	6	75	6
				Sauteed/ Stir-fried	G0026	75	1	75	1	75	1
				Deep fried	G0029	75	1	75	1	75	1
	Chicken, with sauce	A0795	B1457,K0034	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
	Turkey	A0795	B1236	Cooked with fat or oil (fried)	G0024	75	6	75	6	75	6
				Sauteed/ Stir-fried	G0026	75	1	75	1	75	1
				Deep fried	G0029	75	1	75	1	75	1
	Turkey, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
	Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried)	G0024 G0024	78	6	78	1 6	78	6
				Sauteed/ Stir-fried	G0026	75	1	75	1	75	1
				Deep fried	G0029	80	1	80	1	80	1
	Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
	Red meat	A0794	or B1134								
		AU/24	01 D1134	Cooked with fat or oil (fried)	G0024	77	6	77	6	77	6
				Sauteed/ Stir-fried	G0026	72	6	72	6	72	6
				Deep fried	G0029	82	6	82	6	82	6

Red meat, with sauce	A0794	or B1134,								
	AU/94	K0034	Cooked with fat or oil (fried)	G0024	80	6	80	6	80	6
Beef	A0794	B1161	Cooked with fat or oil (fried)	G0024	70	6	70	6	70	6
			Sauteed/ Stir-fried	G0026	55	1	55	1	55	1
			Deep fried	G0029	85	1	85	1	85	1
Beef, with sauce	10704	B1161,								
	A0794	K0034	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
Pork	A0794	B1136	Cooked with fat or oil (fried)	G0024	80	6	80	6	80	6
			Sauteed/ Stir-fried	G0026	80	1	80	1	80	1
			Deep fried	G0029	80	1	80	1	80	1
Pork, with sauce	10704	B1136,	-							
	A0794	K0034	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
Lamb, mutton &		B1183,								
game	A0794	B1669 or								
		B1134	Cooked with fat or oil (fried)	G0024	80	6	80	6	80	6
			Sauteed/ Stir-fried	G0026	80	1	80	1	80	1
			Deep fried	G0029	80	1	80	1	80	1
Lamb, mutton &		D1102 D1((0								
game, with sauce	10704	B1183,B1669								
	A0794	or B1134, K0034								
		Roost	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
Sausage or similar	10700									
product	A0798		Cooked with fat or oil (fried)	G0024	90	6	90	6	90	6
			Sauteed/ Stir-fried	G0026	90	1	90	1	90	1
			Deep fried	G0029	90	1	90	1	90	1
Sausage or similar	10700	100004	±							
product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Clas	sification	LanguaL Code			LanguaL Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
		-	Other relevant	~							
		Facet A	facets	Cooking method	Facet G						
Meat or meat product		A0793		Cooked with fat or oil (fried)	G0024	88	6	90	6	69	6
				Sauteed/ Stir-fried	G0026	85	6	87	6	70	6
				Deep fried	G0029	91	6	94	6	67	6
Meat or meat product, with		A0793	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	79	6
sauce	Offal	A0796		Cooked with fat or oil							
		A0790		(fried)	G0024	100	6	100	6	85	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	85	1
				Deep fried	G0029	100	1	100	1	85	1
	Offal, with sauce	10706	W0004	Cooked with fat or oil							
	33 /	A0796	K0034	(fried)	G0024	100	1	100	1	90	1
	Poultry	A0795		Cooked with fat or oil (fried)	G0024	84	6	84	6	63	6
				Sauteed/ Stir-fried	G0026	75	6	75	6	70	6
				Deep fried	G0029	93	6	93	6	57	6
	Poultry, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	70	6
	Chicken	A0795	B1457	Cooked with fat or oil (fried)	G0024	88	6	88	6	63	6
				Sauteed/ Stir-fried	G0026	75	1	75	1	70	1
				Deep fried	G0029	100	1	100	1	55	1
	Chicken, with sauce	A0795	B1457,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	70	1
	Turkey	A0795	B1236	Cooked with fat or oil (fried)	G0024	88	6	88	6	63	6
				Sauteed/ Stir-fried	G0026	75	1	75	1	70	1
				Deep fried	G0029	100	1	100	1	55	1
	Turkey, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0029 G0024	100	1	100	1	70	1
	Duck & Goose			Cooked with fat or oil	00024	100	1	100	1	70	1
	Duck & Goose	A0795	B1316,B1251	(fried) Sauteed/ Stir-fried	G0024 G0026	78 75	6 1	78 75	6 1	65 70	6 1

			Deep fried	G0029	80	1	80	1	60	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked with fat or oil	C0024	100	1	100	1	70	1
Red meat			(fried) Cooked with fat or oil	G0024	100	1	100	1	70	1
Kea meai	A0794	or B1134	(fried)	G0024	78	6	78	6	52	6
			Sauteed/ Stir-fried	G0024	73	6	73	6	52 52	6
			Deep fried	G0020 G0029	82	6	82	6	52 52	6
Red meat, with sauce		or B1134,	Cooked with fat or oil	00027	02	U	02	U	52	U
	A0794	K0034	(fried)	G0024	100	6	100	6	67	6
Beef	10704		Cooked with fat or oil	00021	100	Ū	100	Ū	07	U
	A0794	B1161	(fried)	G0024	70	6	70	6	45	6
			Sauteed/ Stir-fried	G0026	55	1	55	1	45	1
			Deep fried	G0029	85	1	85	1	45	1
Beef, with sauce	A0794	B1161,	Cooked with fat or oil							
	A0794	K0034	(fried)	G0024	100	1	100	1	60	1
Pork	A0794	B1136	Cooked with fat or oil							
	110771	DIIO	(fried)	G0024	83	6	83	6	50	6
			Sauteed/ Stir-fried	G0026	85	1	85	1	50	1
D. 1 41		DIIO	Deep fried	G0029	80	1	80	1	50	1
Pork, with sauce	A0794	B1136, K0034	Cooked with fat or oil	G0024	100		100		70	
Lamb, mutton &			(fried)	G0024	100	1	100	1	70	1
game	A0794	B1183, B1669 or								
game	A0794	B1009 or B1134	Cooked with fat or oil	G0024	90	(00	(60	(
		D1134	(fried) Sauteed/ Stir-fried	G0024 G0026	80 80	6 1	80 80	6 1	60 60	6 1
			Deep fried	G0020 G0029	80 80	1	80 80	1	60	1
Lamb, mutton &			Deep med	00029	80	1	80	1	00	1
game, with sauce		B1183,B1669								
8	A0794	or B1134,	Cooked with fat or oil							
		K0034	(fried)	G0024	100	1	100	1	70	1
Sausage or similar			× /	00024	100	1	100	1	70	1
product	A0798		Cooked with fat or oil (fried)	G0024	90	6	100	6	75	6
*			(Ined) Sauteed/ Stir-fried	G0024 G0026	90 90		100		73 75	
						1		1		1
Sausage or similar			Deep fried	G0029	90	1	100	1	75	1
product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	90	1
r-survey, while build			(meu)	00024	100	1	100	1	90	1

EuroFir Food Clas	ssification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Meat or meat product		A0793	lacets	Cooked with fat or oil (fried)	G0024	92	6	81	6	67	6
product				Sauteed/ Stir-fried	G0026	93	6	82	6	67	6
Meat or meat product, with		A0793	K0034	Deep fried Cooked with fat or oil (fried)	G0029 G0024	91 100	6 6	81 85	6 6	67 80	6 6
sauce	Offal	A0796		Cooked with fat or oil (fried)	G0024	95	6	85	6	80	6
				Sauteed/ Stir-fried Deep fried	G0026 G0029	95 95	1 1	85 85	1 1	80 80	1 1
	Offal, with sauce	A0796	K0034	Cooked with fat or oil (fried)	G0024	100	1	90	1	85	1
	Poultry	A0795		Cooked with fat or oil (fried)	G0024	93	6	81	6	58	6
				Sauteed/ Stir-fried Deep fried	G0026 G0029	97 90	6 6	82 80	6 6	58 57	6 6
	Poultry, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	100	6	80	6	80	6
	Chicken	A0795	B1457	Cooked with fat or oil (fried)	G0024	95	6	80	6	58	6
				Sauteed/ Stir-fried Deep fried	G0026 G0029	100 90	1 1	80 80	1 1	55 60	1 1
	Chicken, with sauce	A0795	B1457,K0034	Cooked with fat or oil (fried)	G0024	100	1	80	1	80	1
	Turkey	A0795	B1236	Cooked with fat or oil (fried)	G0024	95	6	80	6	58	6
				Sauteed/ Stir-fried	G0026	100	1	80	1	55	1
	Turkey, with sauce	A0795	K0034	Deep fried Cooked with fat or oil	G0029	90	1	80	1	60	1
	Duck & Goose	A0795	B1316,B1251	(fried) Cooked with fat or oil	G0024	100	1	80	1	80	1
			_1010,21201	(fried) Sauteed/ Stir-fried	G0024 G0026	90 90	6 1	83 85	6 1	58 65	6 1

			Deep fried	G0029	90	1	80	1	50	1
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked with fat or oil	G0004	100		0.0		0.0	
Red meat		D1231,K0034	(fried) Cooked with fat or oil	G0024	100	1	80	1	80	1
Kea meai	A0794	or B1134	(fried)	G0024	83	6	75	6	55	6
			Sauteed/ Stir-fried	G0024 G0026	83	6	75 75	6	55	6
			Deep fried	G0020 G0029	83	6	73 75	6	55	6
Red meat, with sauce		or B1134,	Cooked with fat or oil	00029	05	U	15	U	55	U
	A0794	K0034	(fried)	G0024	100	6	80	6	65	6
Beef			Cooked with fat or oil	60021	100	U	00	U	05	U
	A0794	B1161	(fried)	G0024	85	6	80	6	45	6
			Sauteed/ Stir-fried	G0026	85	1	80	1	45	1
			Deep fried	G0029	85	1	80	1	45	1
Beef, with sauce	A0794	B1161,	Cooked with fat or oil							
	A0794	K0034	(fried)	G0024	100	1	80	1	60	1
Pork	A0794	B1136	Cooked with fat or oil							
	110771	DIIO	(fried)	G0024	85	6	75	6	60	6
			Sauteed/ Stir-fried	G0026	85	1	75	1	60	1
Daula mith anns		D1106	Deep fried	G0029	85	1	75	1	60	1
Pork, with sauce	A0794	B1136, K0034	Cooked with fat or oil	G0024	100		0.0		(0)	
Lamb, mutton &			(fried)	G0024	100	1	80	1	60	1
game	A0794	B1183, B1669 or								
game	A0794	B1009 or B1134	Cooked with fat or oil	G0024	00	(70	((0	(
		DIIJŦ	(fried) Sauteed/ Stir-fried	G0024 G0026	80 80	6 1	70 70	6 1	60 60	6 1
			Deep fried	G0020 G0029	80 80	1	70 70	1	60 60	1
Lamb, mutton &			Deep med	00029	80	1	70	1	00	1
game, with sauce		B1183,B1669								
8	A0794	or B1134,	Cooked with fat or oil							
		K0034	(fried)	G0024	100	1	80	1	75	1
Sausage or similar			Cooked with fat or oil	60021	100	1	00	1	15	
product	A0798		(fried)	G0024	95	6	85	6	75	6
			Sauteed/ Stir-fried	G0024 G0026	95	1	85	1	75	1
			Deep fried	G0020 G0029	95 95	1	85 85	1	75	1
Sausage or similar			Cooked with fat or oil	00029	25	1	05	1	15	1
product, with sauce	A0798	K0034	(fried)	G0024	100	1	90	1	90	1
. ,			(mea)	00024	100	1	70	1	70	

fication	LanguaL Code			LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthothenic acid	Panth.acid Source
	Facat A	Other relevant facets	Cooking method	Facat C						
	A0793	lacets	Cooked with fat or		77	6	76	6	82	6
										6
				G0020 G0029	77	6	76	6	82	6
	A0793	K0034	Cooked with fat or oil (fried)	G0024	81	6	73	6	85	6
Offal	A0796		Cooked with fat or oil (fried)	G0024	75	6	85	6	85	6
			Sauteed/ Stir-fried	G0026	75	1	85	1	85	1
Offal, with sauce	10796	K0034	Deep fried Cooked with fat or	G0029	75	1	85	1	85	1
	A0790	K0034		G0024	85	1	70	1	90	1
Poultry	A0795		Cooked with fat or oil (fried)	G0024	70	6	50	6	79	6
Poultry with sauce			Sauteed/ Stir-fried	G0026	70	6	50	6	80	6
			Deep fried	G0029	70	6	50	6	78	6
Poultry, with sauce	A0795	K0034	oil (fried)	G0024	70	6	63	6	80	6
Chicken	A0795	B1457	oil (fried)	G0024	65	6	50	6	80	6
			Sauteed/ Stir-fried	G0026	65	1	50	1	80	1
			Deep fried	G0029	65	1	50	1	80	1
	A0795	B1457,K0034	oil (fried)	G0024	70	1	70	1	80	1
Turkey	A0795	B1236	Cooked with fat or oil (fried)	G0024	65	6	50	6	80	6
			Sauteed/ Stir-fried	G0026	65	1	50	1	80	1
Turkey, with sauce	10705	120024	Deep fried Cooked with fat or	G0029	65	1	50	1	80	1
·	A0795	K0034	oil (fried)	G0024	70	1	60	1	80	1
Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	80 80	6 1	50 50	6 1	78 80	6 1
	Offal, with sauce Poultry Poultry, with sauce Chicken Chicken, with sauce Turkey Turkey, with sauce	ficationCodeFacet AA0793A0793A0793OffalA0793Offal, with sauceA0796PoultryA0795Poultry, with sauceA0795ChickenChicken, with sauceA0795Chicken, with sauceA0795TurkeyA0795Turkey, with sauceA0795Duck & Georee	ficationCodeFacet AOther relevant facetsA0793A0793A0793K0034OffalA0796Offal, with sauceA0796A0795K0034PoultryA0795Poultry, with sauceA0795A0795B1457ChickenA0795Chicken, with sauceA0795Chicken, with sauceA0795TurkeyA0795TurkeyA0795TurkeyA0795K0034Duals & GauceA0795K0034	fication Code Facet A Other relevant facets Cooking method A0793 A0793 Cooked with fat or oil (fried) A0793 K0034 Cooked with fat or oil (fried) Offal A0796 K0034 Cooked with fat or oil (fried) Offal, with sauce A0796 K0034 Cooked with fat or oil (fried) Offal, with sauce A0796 K0034 Cooked with fat or oil (fried) Poultry A0795 K0034 Cooked with fat or oil (fried) Poultry, with sauce A0795 K0034 Cooked with fat or oil (fried) Poultry, with sauce A0795 K0034 Cooked with fat or oil (fried) Chicken A0795 B1457 Cooked with fat or oil (fried) Sauteed/ Stir-fried Deep fried Cooked with fat or oil (fried) Turkey A0795 B1457,K0034 Cooked with fat or oil (fried) Turkey, with sauce A0795 B1236 Cooked with fat or oil (fried) Duck & Goose A0795 K0034 Cooked with fat or oil (fried)	fication Code Langual. Code Other relevant facets Cooking method Facet G A0793 A0793 Cooked with fat or oil (fried) G0024 A0793 K0034 Cooked with fat or oil (fried) G0029 A0793 K0034 Cooked with fat or oil (fried) G0024 Offal A0796 K0034 Cooked with fat or oil (fried) G0024 Offal, with sauce A0796 K0034 Cooked with fat or oil (fried) G0026 Poultry A0795 K0034 Cooked with fat or oil (fried) G0024 Poultry, with sauce A0795 K0034 Cooked with fat or oil (fried) G0024 Poultry, with sauce A0795 K0034 Cooked with fat or oil (fried) G0024 Chicken A0795 B1457 Cooked with fat or oil (fried) G0024 Chicken, with sauce A0795 B1457,K0034 Cooked with fat or oil (fried) G0029 Chicken, with sauce A0795 B1457,K0034 Cooked with fat or oil (fried) G0024 Chicken, with sauce A0795 B1457,K0034 Cooked with fat or oil (fried) G0029	fication Code Langual. Code B12 Facet A Other relevant relevant Cooking method relevant Facet G A0793 A0793 Cooking method oil (fried) Facet G A0793 A0793 Sauteed/Stir-fried Cooked with fat or oil (fried) G0024 77 A0793 K0034 Cooked with fat or oil (fried) G0024 81 Offal A0796 Cooked with fat or oil (fried) G0024 75 Offal, with sauce A0796 K0034 Cooked with fat or oil (fried) G0024 85 Offal, with sauce A0796 K0034 Cooked with fat or oil (fried) G0024 85 Poultry A0795 K0034 Cooked with fat or oil (fried) G0024 70 Poultry, with sauce A0795 K0034 Cooked with fat or oil (fried) G0024 70 Cooked with fat or oil (fried) G0024 70 Cooked with fat or oil (fried) G0024 65 Poultry, with sauce A0795 B1457, K0034 Sauteed/ Stir-fried G0026 65 Cooked with fat or oil (fried) G0024 65 65 Cooked with fat or oil (fried) G0024 65 Futtry, with sauce A0795 B1457, K0034 Sauteed/ Stir-fried	ficationCodeLangual. CodeB12SourceOther relevant relevantA0793 $OtherrelevantFacet GFacet GA0793A0793Cooked with fat oroil (fried)G0024776A0793K0034Cooked with fat oroil (fried)G0024816OffalA0796K0034Cooked with fat oroil (fried)G0024816Offal, with sauceA0796K0034Cooked with fat oroil (fried)G0024851Offal, with sauceA0796K0034Cooked with fat oroil (fried)G0024851PoultryA0795K0034Cooked with fat oroil (fried)G0024706Poultry, with sauceA0795K0034Cooked with fat oroil (fried)G0024706Coked with fat oroil (fried)G00247066Poultry, with sauceA0795B1457Cooked with fat oroil (fried)G0024706ChickenA0795B1457, K0034Go0267066Cooked with fat oroil (fried)G00246511Chicken, with sauceA0795B1457, K0034Go02460024701TurkeyA0795B1457, K0034Cooked with fat oroil (fried)G0024651Duck & GooseA0795B1316, B1251Cooked with fat oroil (fried)G0024651Cooked with fat or$	$ \begin{array}{c c c c c c c c c c c c c c c c c c c $	fication Code Langual Code B12 Source Folate Source Facet A Other relevant Cooking method Facet G Facet G	fication Code Langual.Code B12 Source Folate source acid Facet A Facet A Cooking method Facet G Face

			Deep fried	G0029	80	1	50	1	75	1
Duck & Goose, with	A0795	B1316,	Cooked with fat or							
sauce	110770	B1251,K0034	oil (fried)	G0024	70	1	60	1	80	1
Red meat	A0794	or B1134	Cooked with fat or			-		-		
			oil (fried)	G0024	73	6	83	6	80	6
			Sauteed/ Stir-fried	G0026	73	6	83	6	80	6
			Deep fried	G0029	73	6	83	6	80	6
Red meat, with sauce	A0794	or B1134,	Cooked with fat or							
	110771	K0034	oil (fried)	G0024	73	6	77	6	78	6
Beef	A0794	B1161	Cooked with fat or							
	110771	DITOT	oil (fried)	G0024	70	6	85	6	80	6
			Sauteed/ Stir-fried	G0026	70	1	85	1	80	1
			Deep fried	G0029	70	1	85	1	80	1
Beef, with sauce	A0794	B1161,	Cooked with fat or							
	11077	K0034	oil (fried)	G0024	70	1	80	1	80	1
Pork	A0794	B1136	Cooked with fat or							
	11077	21100	oil (fried)	G0024	80	6	85	6	80	6
			Sauteed/ Stir-fried	G0026	80	1	85	1	80	1
			Deep fried	G0029	80	1	85	1	80	1
Pork, with sauce	A0794	B1136,	Cooked with fat or							
	110771	K0034	oil (fried)	G0024	80	1	80	1	80	1
Lamb, mutton &		B1183,								
game	A0794	B1669 or	Cooked with fat or							
		B1134	oil (fried)	G0024	70	6	80	6	80	6
			Sauteed/ Stir-fried	G0026	70	1	80	1	80	1
			Deep fried	G0029	70	1	80	1	80	1
Lamb, mutton &			-							
game, with sauce	10704	B1183,B1669								
	A0794	or B1134,	Cooked with fat or							
		K0034	oil (fried)	G0024	70	1	70	1	75	1
Sausage or similar			Cooked with fat or			-		-		
product	A0798		oil (fried)	G0024	90	6	85	6	85	6
•			· /							
			Sauteed/ Stir-fried	G0026	90 20	1	85	1	85	1
G			Deep fried	G0029	90	1	85	1	85	1
Sausage or similar	A0798	K0034	Cooked with fat or		- -					
product, with sauce			oil (fried)	G0024	95	1	80	1	90	1

EuroFir Food Clas	ssification	LanguaL Code			LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source	
			Other relevant							
		Facet A	facets	Cooking method	Facet G	88	6	89	6	
Meat or meat product		A0793		Cooked with fat or oil (fried)	G0024	88	6	89	6	
				Sauteed/ Stir-fried	G0026	88	6	89	6	
				Deep fried	G0029	91	6	80	6	
Meat or meat product, with		A0793	K0034	Cooked with fat or oil (fried)	G0024	85	6	75	6	
sauce	Offal	A0796		Cooked with fat or oil						
		A0790		(fried)	G0024	85	1	75	1	
				Sauteed/ Stir-fried	G0026	85	1	75	1	
				Deep fried	G0029	90	1	80	1	
	Offal, with sauce Poultry	10706	120024	Cooked with fat or oil						
		A0796	K0034	(fried)	G0024	80	6	100	6	
		A0795		Cooked with fat or oil (fried)	G0024	80	6	100	6	
				Sauteed/ Stir-fried	G0026	80	6	100	6	
				Deep fried	G0020 G0029	90	6	80	6	
	Poultry, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	85	6	100	6	
		10705	D1457	Cooked with fat or oil						
	Chicken	A0795	B1457	(fried)	G0024	85	1	100	5	
				Sauteed/ Stir-fried	G0026	85	1	100	5	
				Deep fried	G0029	90	1	80	1	
	Chicken, with sauce	A0795	B1457,K0034	Cooked with fat or oil (fried)	G0024	85	6	100	6	
	Turkey	A0795	B1236	Cooked with fat or oil (fried)	G0024	85	1	100	5	
				Sauteed/ Stir-fried	G0026	85	1	100	5	
	Turkey, with sauce	A0795	K0034	Deep fried Cooked with fat or oil	G0029	90	1	80	1	
	Durala & Caraca			(fried)	G0024	70	6	100	6	
	Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried)	G0024	70	1	100	5	
				Sauteed/ Stir-fried	G0026	70	1	100	5	

			Deep fried	G0029	90	1	80	1	
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked with fat or oil (fried)	G0024	90	6	100	6	
Red meat	A0794	or B1134	Cooked with fat or oil		0.0	-	100	-	
			(fried)	G0024	90	6	100	6	
			Sauteed/ Stir-fried	G0026	90	6	100	6	
			Deep fried	G0029	90	6	78	6	
Red meat, with sauce	A0794	or B1134, K0034	Cooked with fat or oil	C0024	00	(100	6	
Beef			(fried) Cooked with fat or oil	G0024	90	6	100	6	
Deel	A0794	B1161	(fried)	G0024	90	1	100	5	
			Sauteed/ Stir-fried	G0026	90	1	100	5	
			Deep fried	G0029	90	1	75	1	
Beef, with sauce	10704	B1161,	Cooked with fat or oil						
	A0794	K0034	(fried)	G0024	90	6	100	6	
Pork	A0794	B1136	Cooked with fat or oil						
	AUT	D 1150	(fried)	G0024	90	1	100	5	
			Sauteed/ Stir-fried	G0026	90	1	100	5	
D 1 1			Deep fried	G0029	90	1	80	1	
Pork, with sauce	A0794	B1136,	Cooked with fat or oil						
Lamb mutter 0		K0034	(fried)	G0024	90	6	100	6	
Lamb, mutton & game	10704	B1183,							
game	A0794	B1669 or B1134	Cooked with fat or oil	C0024	00	1	100	~	
		DIIJ4	(fried) Sauteed/ Stir-fried	G0024 G0026	90 90	1	100 100	5	
				G0028 G0029	90 90	1 1	80	5 1	
Lamb, mutton &			Deep fried	G0029	90	1	80	1	
game, with sauce		B1183,B1669							
8	A0794	or B1134,	Cooked with fat or oil						
		K0034	(fried)	G0024	95	6	80	6	
Sausage or similar				00024)5	0	00	0	
product	A0798		Cooked with fat or oil (fried)	G0024	95	1	80	1	
			Sauteed/ Stir-fried	G0024 G0026	95 95	1	80 80	1	
			Deep fried	G0020 G0029	95 95	1	80 80	1	
Sausage or similar			Cooked with fat or oil	00027	75	1	00	1	
product, with sauce	A0798	K0034	(fried)	G0024	88	6	89	6	
. ,			(11104)	00024	00	0	07	0	

		Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk											
product or milk		A0778		Cooked with fat or oil							
substitute				(fried)	G0024	90	2	90	2	100	5
Seafood or related		A0801		Cooked with fat or oil							
product		A0801		(fried)	G0024	87	6	87	6	87	6
				Sauteed/ Stir-fried	G0026	87	6	87	6	87	6
				Deep fried	G0029	87	6	87	6	87	6
Seafood or related				-							
product, with		A0801	K0034	Cooked with fat or oil							
sauce				(fried)	G0024	88	6	88	6	88	6
	Low fat fish	A0802	Z0183	Cooked with fat or oil							
		110002	20105	(fried)	G0024	90	6	90	6	90	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	90	1
				Deep fried	G0029	90	1	90	1	90	1
	Low fat fish, with	A0802	Z0183,	Cooked with fat or oil							
	sauce	10002	K0034	(fried)	G0024	90	1	90	1	90	1
	Fat fish	A0802	Z0182	Cooked with fat or oil							
		10002	20102	(fried)	G0024	80	6	80	6	80	6
				Sauteed/ Stir-fried	G0026	80	1	80	1	80	1
				Deep fried	G0029	80	1	80	1	80	1
	Fat fish, with sauce	A0802	Z0182,	Cooked with fat or oil							
		A0002	K0034	(fried)	G0024	85	1	85	1	85	1
	Seafood dish	A0804		Cooked with fat or oil							
		A0004		(fried)	G0024	90	6	90	6	90	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	90	1
				Deep fried	G0029	90	1	90	1	90	1
	Seafood dish, with	A0804	K0034	Cooked with fat or oil							
	sauce			(fried)	G0024	90	1	90	1	90	1

	LanguaL		Vit E		Vit K	Vit B1	Vit B1
EuroFir Food Classification	Code	LanguaL Code	Vit E Source	Vit K	Source	(Thiamin)	Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk				*							
product or milk		A0778		Cooked with fat or oil							
substitute				(fried)	G0024	80	2	100	5	100	2
Seafood or related		A0801		Cooked with fat or oil							
product		10001		(fried)	G0024	93	6	93	6	80	6
				Sauteed/ Stir-fried	G0026	93	6	93	6	80	6
				Deep fried	G0029	93	6	93	6	80	6
Seafood or related				-							
product, with		A0801	K0034	Cooked with fat or oil							
sauce				(fried)	G0024	100	6	100	6	85	6
	Low fat fish	A0802	Z0183	Cooked with fat or oil							
		A0002	20105	(fried)	G0024	100	6	100	6	80	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	80	1
				Deep fried	G0029	100	1	100	1	80	1
	Low fat fish, with	A0802	Z0183,	Cooked with fat or oil							
	sauce	A0802	K0034	(fried)	G0024	100	1	100	1	85	1
	Fat fish	10002	70102	Cooked with fat or oil							
		A0802	Z0182	(fried)	G0024	80	6	80	6	80	6
				Sauteed/ Stir-fried	G0026	80	1	80	1	80	1
				Deep fried	G0029	80	1	80	1	80	1
	Fat fish, with sauce		Z0182,	Cooked with fat or oil							
		A0802	K0034	(fried)	G0024	100	1	100	1	85	1
	Seafood dish	10001		Cooked with fat or oil							
	5	A0804		(fried)	G0024	100	6	100	6	80	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	80	1
					G 00000	100		100			
				Deep fried	G0029	100	1	100	1	80	1
	Seafood dish, with sauce	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	85	1
	Sance			(med)	00024	100	1	100	1	83	1

	LanguaL		Vit B2	Vit B2	Niacin	Vit B6
EuroFir Food Classification	Code	LanguaL Code	(Riboflavin)	Source	Niacin Source Vit Be	5 Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk											
product or milk		A0778		Cooked with fat or oil							
substitute				(fried)	G0024	90	2	100	2	90	2
Seafood or related		A0801		Cooked with fat or oil							
product		A0801		(fried)	G0024	90	6	90	6	80	6
				Sauteed/ Stir-fried	G0026	90	6	90	6	80	6
				Deep fried	G0029	90	6	90	6	80	6
Seafood or related											
product, with		A0801	K0034	Cooked with fat or oil							
sauce				(fried)	G0024	100	6	95	6	85	6
	Low fat fish	A0802	Z0183	Cooked with fat or oil							
		110002	20105	(fried)	G0024	90	6	90	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	80	1
				Deep fried	G0029	90	1	90	1	80	1
	Low fat fish, with	A0802	Z0183,	Cooked with fat or oil							
	sauce	10002	K0034	(fried)	G0024	100	1	95	1	85	1
	Fat fish	A0802	Z0182	Cooked with fat or oil							
		110002	20102	(fried)	G0024	90	6	90	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	80	1
				Deep fried	G0029	90	1	90	1	80	1
	Fat fish, with sauce	A0802	Z0182,	Cooked with fat or oil							
		10002	K0034	(fried)	G0024	100	1	95	1	85	1
	Seafood dish	A0804		Cooked with fat or oil							
		10001		(fried)	G0024	90	6	90	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	80	1
				Deep fried	G0029	90	1	90	1	80	1
	Seafood dish, with sauce	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	95	1	85	1

		Vit
	LanguaL	Vit B12 Folate Panthothenic Panth.acid
EuroFir Food Classification	Code	LanguaL Code B12 Source Folate Source acid Source

		Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk		Facet IX	lacets	Cooking include	Tactio						
product or milk substitute		A0778		Cooked with fat or oil (fried)	G0024	95	2	80	2	100	2
Seafood or related		A0801		Cooked with fat or oil							
product		A0601		(fried)	G0024	90	6	80	6	80	6
				Sauteed/ Stir-fried	G0026	90	6	80	6	80	6
				Deep fried	G0029	90	6	80	6	80	6
Seafood or related				-							
product, with		A0801	K0034	Cooked with fat or oil							
sauce				(fried)	G0024	90	6	85	6	85	6
	Low fat fish	A0802	Z0183	Cooked with fat or oil	G 00 0 (0.0			<i>c</i>	2.2	~
				(fried)	G0024	90	6	80	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	80	1	80	1
	T C C 1 1 1			Deep fried	G0029	90	1	80	1	80	1
	Low fat fish, with	A0802	Z0183,	Cooked with fat or oil							
	sauce		K0034	(fried)	G0024	90	1	85	1	85	1
	Fat fish	A0802	Z0182	Cooked with fat or oil	G0004	0.0	6	0.0	6	00	r.
				(fried)	G0024	90	6	80	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	80	1	80	1
				Deep fried	G0029	90	1	80	1	80	1
	Fat fish, with sauce	A0802	Z0182,	Cooked with fat or oil							
			K0034	(fried)	G0024	90	1	85	1	85	1
	Seafood dish	A0804		Cooked with fat or oil	G 0001	0.0			6	2.0	<i>.</i>
				(fried)	G0024	90	6	80	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	80	1	80	1
					30020	20		00		00	÷
				Deep fried	G0029	90	1	80	1	80	1
	Seafood dish, with sauce	A0804	K0034	Cooked with fat or oil (fried)	G0024	90	1	85	1	85	1
				(IIIeu)	00024	90	1	03	1	00	1

		Facet A	Other relevant facets	Cooking method	Facet G				
Milk, milk				0					
product or milk		A0778		Cooked with fat or oil					
substitute				(fried)	G0024	100	2	50	2
Seafood or related		A0801		Cooked with fat or oil					
product		A0601		(fried)	G0024	85	6	80	6
				Sauteed/ Stir-fried	G0026	85	6	80	6
				Deep fried	G0029	85	6	80	6
Seafood or related				1					
product, with		A0801	K0034	Cooked with fat or oil					
auce				(fried)	G0024	90	6	85	6
	Low fat fish	A0802	Z0183	Cooked with fat or oil					
		A0802	20103	(fried)	G0024	85	6	80	6
				Sauteed/ Stir-fried	G0026	85	1	80	1
				Deep fried	G0029	85	1	80	1
	Low fat fish, with	10000	Z0183,	Cooked with fat or oil					
	sauce	A0802	K0034	(fried)	G0024	90	1	85	1
	Fat fish	10000	70102	Cooked with fat or oil					
		A0802	Z0182	(fried)	G0024	85	6	80	6
				Sauteed/ Stir-fried	G0026	85	1	80	1
				Deep fried	G0029	85	1	80	1
	Fat fish, with sauce	4.0000	Z0182,	Cooked with fat or oil					
		A0802	K0034	(fried)	G0024	90	1	85	1
	Seafood dish	10001		Cooked with fat or oil			_		-
	·····	A0804		(fried)	G0024	85	6	80	6
				Sauteed/ Stir-fried	G0026	85	1	80	1
				Deep fried	G0029	85	1	80	1
	Seafood dish, with			Cooked with fat or oil	30027	05	1	00	1
	sauce	A0804	K0034	(fried)	G0024	90	1	85	1
	-			(inter)	00024	90	1	05	1

EuroFir Food C	lassification	LanguaL Code			LanguaL Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Vegetable or		A0825		Cooked with fat or oil (fried)	G0024	94	6	94	6	99	6
vegetable				Sauteed/ Stir-fried	G0024 G0026	94 94	0 6	94 94	6	100	6
product				Deep fried	G0020 G0029	94 94	6	94 94	6	98	6
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0029 G0024	<u> </u>	7	<u>94</u>	7	<u>99</u>	7
	i uise uisii	110032		Sauteed/ Stir-fried	G0024 G0026	94	7	94	7	100	7
				Deep fried	G0029	94	7	94	7	98	7
	Starchy root or	A0829		Cooked with fat or oil (fried)	G0024	95	6	95	6	<u>98</u>	6
	potato			Sauteed/ Stir-fried	G0026	95	6	95	6	100	6
				Deep fried	G0029	95	6	95	6	95	6
	Potato dish	A0830		Cooked with fat or oil (fried)	G0024	90	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	100	1
				Deep fried	G0029	90	1	90	1	100	1
	Potato products	A0830	E0119	Cooked with fat or oil (fried)	G0024	100	6	100	6	95	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
				Deep fried	G0029	100	1	100	1	90	1
	Vegetable dish	A0828		Cooked with fat or oil (fried)	G0024	93	6	93	6	100	6
				Sauteed/ Stir-fried	G0026	93	6	93	6	100	6
				Deep fried	G0029	93	6	93	6	100	6
	Root, tuber and bulb vegetables	A0828	B1018	Cooked with fat or oil (fried)	G0024	90	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	100	1
	Stem, flower, fruit,	A0828	B1036,B1006,	Deep fried	G0029	90	1	90	1	100	1
	corn, seed	A0020	B1005,B1232	Cooked with fat or oil (fried)	G0024	90	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	100	1
				Deep fried	G0029	90	1	90	1	100	1
	Mushroom	A0828	B1467	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
	× 6			Deep fried	G0029	100	1	100	1	100	1
	Leafy vegetables	A0828	B1566	Cooked with fat or oil (fried)	G0024	93	6	93	6	100	6
				Sauteed/ Stir-fried	G0026	93	6	93	6	100	6
				Deep fried	G0029	93	6	93	6	100	6

EuroFir Food C	Classification	LanguaL Code			LanguaL Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Vegetable or		A0825		Cooked with fat or oil (fried)	G0024	99	6	100	6	88	6
vegetable				Sauteed/ Stir-fried	G0026	100	6	100	6	90	6
product				Deep fried	G0029	98	6	100	6	86	6
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0024	99	7	100	7	88	7
				Sauteed/ Stir-fried	G0026	100	7	100	7	90	7
				Deep fried	G0029	98	7	100	7	86	7
	Starchy root or	A0829		Cooked with fat or oil (fried)	G0024	100	6	100	6	86	6
	potato			Sauteed/ Stir-fried	G0026	100	° 6	100	6	90	6
				Deep fried	G0029	100	6	100	6	83	6
	Potato dish	A0830		Cooked with fat or oil (fried)	G0024	100	6	100	6	85	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	90	1
				Deep fried	G0029	100	1	100	1	80	1
	Potato products	A0830	E0119	Cooked with fat or oil (fried)	G0024	100	6	100	6	88	6
	-			Sauteed/ Stir-fried	G0026	100	1	100	1	90	1
				Deep fried	G0029	100	1	100	1	85	1
	Vegetable dish	A0828		Cooked with fat or oil (fried)	G0024	98	6	100	6	90	6
				Sauteed/ Stir-fried	G0026	100	6	100	6	90	6
				Deep fried	G0029	97	6	100	6	90	6
	Root, tuber and bulb vegetables	A0828	B1018		G 00 0 (100		100	_		
	vegetables			Cooked with fat or oil (fried)	G0024	100	6	100	6	90	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	90	1
	Store floren for:		B1036,B1006,	Deep fried	G0029	100	1	100	1	90	1
	Stem, flower, fruit, corn, seed	A0828	B1005,B1232	Cooked with fat or oil (fried)	G0024	100	6	100	6	90	6
	com, seca		B1005,B1252	Sauteed/ Stir-fried	G0026	100	1	100	1	90	1
				Deep fried	G0029	100	1	100	1	90	1
	Mushroom	A0828	B1467	Cooked with fat or oil (fried)	G0024	95	6	100	6	90	6
			- *	Sauteed/ Stir-fried	G0026	100	1	100	1	90	1
				Deep fried	G0029	90	1	100	1	90	1
	Leafy vegetables	A0828	B1566	Cooked with fat or oil (fried)	G0024	98	6	100	6	90	6
				Sauteed/ Stir-fried	G0026	100	6	100	6	90	6
				Deep fried	G0029	97	6	100	6	90	6

EuroFir Food C	lassification	LanguaL Code			LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Vegetable or		A0825	iucets		G0024	96	(95	(91	(
vegetable		110020		Cooked with fat or oil (fried) Sauteed/ Stir-fried	G0024 G0026	96 95	6 6	95 95	6 6	91 91	6
product				Deep fried	G0028 G0029	93 96	6	95 95	6	91 91	6 6
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0029 G0024	<u> </u>	7	<u>95</u>	7	<u>91</u> 91	7
	i uise uisii	A0652		Sauteed/ Stir-fried	G0024 G0026	90 95	7	95 95	7	91 91	7
				Deep fried	G0020 G0029	95 96	7	95 95	7	91 91	7
	Starchy root or	A0829		•							
	potato	A0829		Cooked with fat or oil (fried)	G0024	96	6	95	6	93	6
	Fermi			Sauteed/ Stir-fried	G0026	95	6	95	6	93	6
				Deep fried	G0029	98	6	95	6	93	6
	Potato dish	A0830		Cooked with fat or oil (fried)	G0024	98	6	95	6	90	6
				Sauteed/ Stir-fried	G0026	95	1	95	1	90	1
				Deep fried	G0029	100	1	95	1	90	1
	Potato products	A0830	E0119	Cooked with fat or oil (fried)	G0024	95	6	95	6	95	6
				Sauteed/ Stir-fried	G0026	95	1	95	1	95	1
				Deep fried	G0029	95	1	95	1	95	1
	Vegetable dish	A0828		Cooked with fat or oil (fried)	G0024	95	6	95	6	90	6
				Sauteed/ Stir-fried	G0026	95	6	95	6	90	6
				Deep fried	G0029	95	6	95	6	90	6
	Root, tuber and bulb	A0828	B1018	-							
	vegetables	A0828	D1018	Cooked with fat or oil (fried)	G0024	95	6	95	6	90	6
				Sauteed/ Stir-fried	G0026	95	1	95	1	90	1
				Deep fried	G0029	95	1	95	1	90	1
	Stem, flower, fruit,	A0828	B1036,B1006,								
	corn, seed	A0626	B1005,B1232	Cooked with fat or oil (fried)	G0024	95	6	95	6	90	6
				Sauteed/ Stir-fried	G0026	95	1	95	1	90	1
				Deep fried	G0029	95	1	95	1	90	1
	Mushroom	A0828	B1467	Cooked with fat or oil (fried)	G0024	95	6	95	6	90	6
				Sauteed/ Stir-fried	G0026	95	1	95	1	90	1
				Deep fried	G0029	95	1	95	1	90	1
	Leafy vegetables	A0828	B1566	Cooked with fat or oil (fried)	G0024	95	6	95	6	90	6
				Sauteed/ Stir-fried	G0026	95	6	95	6	90	6
				Deep fried	G0029	95	6	95	6	90	6

EuroFir Food C	lassification	LanguaL Code			LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthothenic acid	Panth.acid Source
		Facet A	Other relevant facets	Cooking method	Facet G						
Vegetable or		A0825	lacets	~							
vegetable		A0823		Cooked with fat or oil (fried)	G0024	83	6	74	6	89	6
product				Sauteed/ Stir-fried	G0026	82	6	74	6	90	6
-				Deep fried	G0029	84	6	74	6	88	6
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0024	83	7	74	7	89	7
				Sauteed/ Stir-fried	G0026	82	7	74	7	90	7
				Deep fried	G0029	84	7	74	7	88	7
	Starchy root or	A0829		Cooked with fat or oil (fried)	G0024	83	6	78	6	90	6
	potato			Sauteed/ Stir-fried	G0026	80	6	78	6	90	6
				Deep fried	G0029	85	6	78	6	90	6
	Potato dish	A0830		Cooked with fat or oil (fried)	G0024	80	6	75	6	90	6
				Sauteed/ Stir-fried	G0026	80	1	75	1	90	1
				Deep fried	G0029	80	1	75	1	90	1
	Potato products	A0830	E0119	Cooked with fat or oil (fried)	G0024	85	6	80	6	90	6
	-			Sauteed/ Stir-fried	G0026	80	1	80	1	90	1
				Deep fried	G0029	90	1	80	1	90	1
	Vegetable dish	A0828		Cooked with fat or oil (fried)	G0024	83	6	70	6	88	6
	-			Sauteed/ Stir-fried	G0026	83	6	70	6	90	6
				Deep fried	G0029	83	6	70	6	85	6
	Root, tuber and bulb				0002)	00	Ŭ		Ŭ	00	Ū
	vegetables	A0828	B1018	Cooked with fat or oil (fried)	G0024	90	6	70	6	88	6
				Sauteed/ Stir-fried	G0026	90	1	70	1	90	1
				Deep fried	G0029	90	1	70	1	85	1
	Stem, flower, fruit,	1000	B1036,B1006,			20	-	, 0			
	corn, seed	A0828	B1005,B1232	Cooked with fat or oil (fried)	G0024	80	6	70	6	88	6
				Sauteed/ Stir-fried	G0026	80	1	70	1	90	1
				Deep fried	G0029	80	1	70	1	85	1
	Mushroom	A0828	B1467	Cooked with fat or oil (fried)	G0024	80	6	70	6	88	6
				Sauteed/ Stir-fried	G0026	80	1	70	1	90	1
				Deep fried	G0029	80	1	70	1	85	1
	Leafy vegetables	A0828	B1566	Cooked with fat or oil (fried)	G0024	83	6	70	6	88	6
				Sauteed/ Stir-fried	G0026	83	6	70	6	90	6
				Deep fried	G0029	83	6	70	6	85	6

EuroFir Food Classification		LanguaL Code		LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source	
		Facet A	Other relevant facets	Cooking method	Facet G				
Vegetable or		A0825		Cooked with fat or oil (fried)		89	6	86	6
vegetable		110020		Sauteed/ Stir-fried	G0024 G0026	89 90	0 6	85	6
product				Deep fried	G0020 G0029	90 88	6	83 87	6
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0029 G0024	<u> </u>	7	<u> </u>	7
	I uise uisii	A0832		Sauteed/ Stir-fried	G0024 G0026	89 90	7	85	7
				Deep fried	G0020 G0029	90 88	7	85 87	7
	Starchy root or	4.000		*			/		Ι
	potato	A0829		Cooked with fat or oil (fried)	G0024	90	6	90	6
	polulo			Sauteed/ Stir-fried	G0026	90	6	88	6
				Deep fried	G0029	90	6	93	6
	Potato dish	A0830		Cooked with fat or oil (fried)	G0024	90	6	85	6
				Sauteed/ Stir-fried	G0026	90	1	80	1
				Deep fried	G0029	90	1	90	1
	Potato products	A0830	E0119	Cooked with fat or oil (fried)	G0024	90	6	95	6
				Sauteed/ Stir-fried	G0026	90	1	95	1
				Deep fried	G0029	90	1	95	1
	Vegetable dish	A0828		Cooked with fat or oil (fried)	G0024	88	6	82	6
				Sauteed/ Stir-fried	G0026	90	6	82	6
				Deep fried	G0029	85	6	82	6
	Root, tuber and bulb vegetables	A0828	B1018	-	G0004	00	<i>.</i>	~	
	vegetables			Cooked with fat or oil (fried)	G0024	88	6	85	6
				Sauteed/ Stir-fried	G0026	90	1	85	1
	Stem, flower, fruit,	A0828	B1036,B1006,	Deep fried	G0029	85	1	85	1
	corn, seed	A0020	B1005,B1232	Cooked with fat or oil (fried)	G0024	88	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	80	1
				Deep fried	G0029	85	1	80	1
	Mushroom	A0828	B1467	Cooked with fat or oil (fried)	G0024	88	6	80	6
				Sauteed/ Stir-fried	G0026	90	1	80	1
				Deep fried	G0029	85	1	80	1
	Leafy vegetables	A0828	B1566	Cooked with fat or oil (fried)	G0024	88	6	82	6
				Sauteed/ Stir-fried	G0026	90	6	82	6
				Deep fried	G0029	85	6	82	6

EuroFir Food Classification		LanguaL Code		LanguaL Code	Source Comments
	Facet A	Other relevant facets	Facet G	Widdowson's, 2004 ; 5)	anish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and) No factor available, 100 assumed; 6) Average value; 7) Derived factor Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Egg or egg	A0790				
product	A0790		G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	1	1) Fried egg
			G0026	1	1) Scrambeld egg/pancake
Fat or oil	A0805		G0024	2, 5	2) Fats and oils
Fruit or fruit product	A0833		G0024	7) Derived factor	Derived from "Fruit or fruit product, sauteed / stir-fried"
			G0026	3, 5	3) Fruits, fresh (not citrus), sauteed (RF code: 0153)
Grain or grain product	A0812		G0024 G0026	6) =AVRG 6) =AVRG	Average factor for food group and cooking method Average factor for food group and cooking method
			G0029	6) =AVRG	Average factor for food group and cooking method
	A0813		G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	1, 3	1) pancake, fry, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305)
			G0029	1, 3	1) pancake, deep-fried, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305)
	A0815		G0024 G0026	6) =AVRG 1, 3	Average factor for food sub-group and cooking method 1) pancake, fry, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305)
			G0029	1, 3	1) pancake, deep-fried, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305)
	A0814		G0024	7) Derived factor	Derived from Rice, or other grain, sauteed /stir-fired
	A0822		G0026 G0024	3, 5 7) Derived factor	3) Rice, white /brown, sauteed + simmered (RF code: 0433) Use General factor for food group and cooking method

EuroFir Fo Classificat		LanguaL Code		LanguaL Code	Source Comments
	Facet A	Other relevant facets	Facet G	Widdowson's,	 (2) 2 (2) Danish Institute for Food and Veterinary, 2006 (2) USDA, Release 5, 2003 (2) McCance and (2004 (2) No factor available, 100 assumed; (2) Average value; (2) Derived factor (3) re from Bógnar, when values are not found next priority is McCance Widowson's, then USDA, then others
Meat or meat product	A0793		G0024 G0026 G0029	6) =AVRG 6) =AVRG 6) =AVRG	Average factor for food group (offal, poultry, red meat and sausages) Average factor for food group (offal, poultry, red meat and sausages), fried Average factor for food group (offal, poultry, red meat and sausages), deep-fried
Meat or	A0793	K0034	G0024	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages), doep inter
meat	A0796		G0024	6) =AVRG	Average factor for food group and cooking method
product, with sauce			G0026 G0029	1 1	 Offal based dishes, >80°C (liver, kidney, lung, tongue, blood, brain); fried in pan, solid part, edible Offal based dishes, >80°C (liver, kidney, lung, tongue, blood, brain); deep-fried, solid part, edible
	A0796	K0034	G0024	1	1) Offal based dishes, >80°C (liver, kidney, lung, tongue, blood, brain); fried in pan, total dish, edible
	A0795		G0024	6) =AVRG	Average factor for food group and cooking method
			G0026 G0029	6) =AVRG 6) =AVRG	Average factor for food group and cooking method Average factor for food group and cooking method
	A0795	K0034	G0024	6) =AVRG	Average factor for food group and cooking method
	A0795	B1457	G0024	6) =AVRG	Average factor for food item and cooking method
	A0795	B1457,K0034	G0026 G0029 G0024	1, 5 1, 5 1	 Chicken, core temperature >80°C ; fry in pan, meat with skin, solid part, edible Chicken, core temperature >80°C ; deep-fry, meat with skin, solid part, edible Chicken, core temperature >80°C ; fry in pan, meat with skin, total dish
	A0795	B1236	G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	1, 5	1) Turkey, core temperature >80°C ; fry in pan, meat with skin, solid part, edible
			G0029	1, 5	1) Turkey, core temperature >80°C ; deep-fry, meat with skin, solid part, edible
	A0795	K0034	G0024	1	1) Turkey, core temperature >80°C; fry in pan, meat with skin, total dish
	A0795	B1316,B1251	G0024	6) =AVRG	Average factor for food item and cooking method
			G0026 G0029	1, 5 1, 5	 Duck and goose, core temperature >80°C ; fry in pan, meat with skin, solid part, edible Duck and goose, core temperature >80°C ; deep-fry, meat with skin
	A0795	B1316, B1251,K0034	G0024	1	1) Duck and goose, core temperature >80°C ; fry in pan, meat with skin, total dish
	A0794	or B1134	G0024 G0026 G0029	6) =AVRG 6) =AVRG 6) =AVRG	Average factor for food item and cooking method Average factor for food item and cooking method Average factor for food item and cooking method

A0794	or B1134,			
	K0034	G0024	6) =AVRG	Average factor for food item and cooking method
A0794	B1161	G0024	6) =AVRG	Average factor for food item and cooking method
		G0026	1, 5	1) Veal and beef, well done, >75°C; fry in pan, solid part (meat), edible;
		G0029	1, 5	1) Veal and beef, well done, >75°C; deep-fried, solid part (meat), edible;
A0794	B1161,K0034	G0024	1	1) Veal and beef, well done, >75°C; fried in pan, total dish
A0794	B1136	G0024	6) =AVRG	Average factor for food item and cooking method
		G0026	1, 5	1) Pork, core temp. >75°C; fried in pan, solid part (meat), edible;
		G0029	1, 5	1) Pork, core temp. >75°C; deep-fry in pan, solid part (meat), edible;
A0794	B1136,K0034		1	
		G0024		1) Pork, core temp. >75°C; fried in pan, total dish, edible part;
A0794	B1183,B1669	G 00 0		
	or B1134	G0024	6) =AVRG	Average factor for food item and cooking method
		G0026	1, 5	1) Lamb, mutton & game, core temp. >75°C; fry in pan, solid part (meat), edible;
		G0029	1, 5	1) Lamb, mutton & game, core temp. >75°C; deep-fry, solid part (meat), edible;
	B1183,B1669			
A0794	or B1134,		1	
	K0034	G0024		1) Lamb, mutton & game, core temp. >75°C; fry in pan, total dish, edible part;
A0798		G0024	6) =AVRG	Average factor for food item and cooking method
		G0026	1	1) minced meat and meat products, >75°C, fry in pan, meat, edible part
		G0029	1	1) minced meat and meat products, >75°C, deep-fried, meat, edible part
A0798	K0034	G0024	1	1) minced meat and meat products, >75°C, fry in pan, total dish, edible part

EuroFir Food Classification		LanguaL Code		LanguaL Code	Source	Comments
	Facet A	Other relevant facets	Facet G	4) McCance and Widdov Derived factor	wson's, 2004 ; 5) No	od and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; factor available, 100 assumed; 6) Average value; 7) are not found next priority is McCance& Widowson's,
Milk, etc.	A0778		G0024	2, 5	2) Milk and cheese	; General factor for food group and cooking method
Seafood or related product	A0801		G0024 G0026 G0029	6) =AVRG 6) =AVRG 6) =AVRG	Average factor for Average factor for	food item and cooking method food item and cooking method food item and cooking method
Seafood or	A0801	K0034	G0024	6) =AVRG	C	food item and cooking method
related product,	A0802	Z0183	G0024 G0024 G0026	6) = AVRG	Average factor for	food item and cooking method content < 5%, fry in pan, fish, edible part;
with sauce			G0029	1	· · · ·	content < 5%, deep-fry, fish, edible part;
	A0802	Z0183,K0034	G0024	1	1) Low fat fish, fat	content < 5%, fry in pan, total dish, edible part;
	A0802	Z0182	G0024 G0026 G0029	6) =AVRG 1 1	1) Fat fish, fat cont	food item and cooking method tent > 5%, fry in pan, fish, edible part; tent > 5%, deep-fry, fish, edible part;
	A0802	Z0182,K0034	G0024	1	1) Fat fish, fat cont	tent > 5%, fry in pan, total dish, edible part;
	A0804		G0024 G0026	6) =AVRG 1		food item and cooking method molluscs based dishes, fry in pan, edible part
			G0029	1	1) crustaceans and	molluscs based dishes, deep-fry, edible part
	A0804	K0034	G0024	1	1) crustaceans and	molluscs based dishes, fry in pan, total dish edible part

EuroFir Fo Classificati		LanguaL Code		LanguaL Code	Source
	Facet A	Other relevant facets	Facet G	1) Bognár, 2002 ;2) Widdowson's, 2004) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and ; 5) No factor available, 100 assumed; 6) Average value; 7) Derived factor om Bógnar, when values are not found next priority is McCance& Widowson's, then USDA, then
Vegetable	A0825		G0024	6) =AVRG	Average factor for food item and cooking method
or vegetable			G0026	6) =AVRG	Average factor for food item and cooking method: average from starchy food or potato & vegetable dish
product			G0029	6) =AVRG	Average factor for food item and cooking method: average from starchy food or potato & vegetable dish
•	A0832		G0024	7) Derived factor	Use General factor for food group and cooking method (Cooked with fat or oil (fried))
			G0026	7) Derived factor	Use General factor for food group and cooking method (Sauteed/ Stir-fried)
			G0029	7) Derived factor	Use General factor for food group and cooking method (Deep fried)
	A0829		G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	6) =AVRG	Average factor for food item and cooking method
			G0029	6) =AVRG	Average factor for food item and cooking method
	A0830		G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	1	1) dishes from raw potato, fry in pan, total dish
			G0029	1	1) dishes from raw potato, deep-fry, total dish
	A0830	E0119	G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	1	1) dishes from potato products, fry in pan, potato, edible part
			G0029	1	1) dishes from potato products, deep-fry, potato, edible part
	A0828		G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	6) =AVRG	Average factor for food group and cooking method
			G0029	6) =AVRG	Average factor for food group and cooking method
	A0828	B1018	G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	1	1) Root, tuber, bulb vegetables; fry in pan, vegetable, edible part
			G0029	1	1) Root, tuber, bulb vegetables;deep-fried, vegetable, edible part
	A0828	B1036,B1006,			
		B1005, B1232		6) =AVRG	Average factor for food group and cooking method
			G0026	l	1) Stem, flower, fruit, corn and seed vegetables, fry in pan, edible part
	40000	D1467	G0029		1) Stem, flower, fruit, corn and seed vegetables,deep-fry, edible part
	A0828	B1467	G0024	6) = AVRG	Average factor for food group and cooking method
			G0026	1	1) Mushrooms based dishes. Fried in pan, solid part
	10000	B1566	G0029		1) Mushrooms based dishes. Deep-fried, solid part
	A0828	01300	G0024	7) Derived factor	Use General factor for food group and cooking method (vegetable dish, Cooked with fat or oil (fried))
			G0026	7) Derived factor	Use General factor for food group and cooking method (vegetable dish, Sauteed/ Stir-fried)
			G0029	7) Derived factor	Use General factor for food group and cooking method (vegetable dish, Deep fried)