

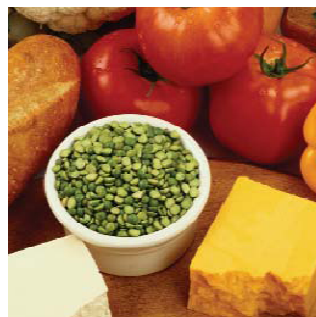
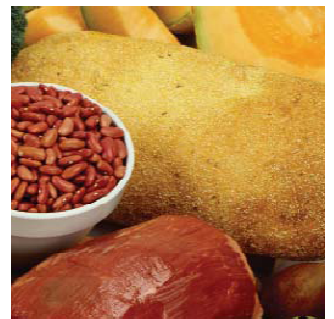
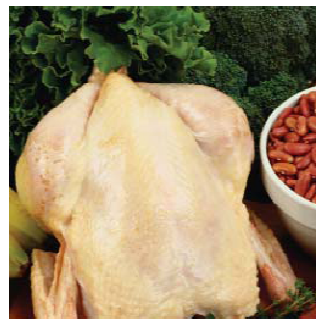
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Report on collection of rules on use of recipe calculation procedures including the use of yield and retention factors for imputing nutrient values for composite foods

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.

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 ($YF_{\text{with waste}}$):

$$YF_{\text{with waste}} = \frac{\text{Prepared dish, including waste (g)}}{\text{Total quantity of ingredients (ready-to-cook) (g)}}$$

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:

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

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

$$\text{- Whole dish: } YF_{\text{with waste}} = \frac{\text{Pot roast lamb, with bones and gravy (g)}}{\text{Raw lamb meat, whole + other ingredients (g)}}$$

$$\text{- Solid part: } YF_{\text{with waste}} = \frac{\text{Pot roast lamb, with bones (g)}}{\text{Raw lamb meat, whole + other ingredients (g)}}$$

$$\text{- Liquid part: } YF_{\text{with waste}} = \frac{\text{Gravy, with waste* (g)}}{\text{Raw lamb meat, whole + other ingredients (g)}}$$

* 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})

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

or

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

* 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):

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

In this case, the following calculation may be necessary:

$$YF_{\text{edible}^*} = \frac{(\text{Roasted chicken, whole}) \times ((100 - \% \text{ waste})/100)(\text{g})}{\text{Raw chicken, whole + other ingredients (g)}}$$

$$\% \text{ waste} = 25 \% \text{ (Source: German Nutrient Database)}$$

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

2) Pot roast pork, with gravy:

$$\text{- Whole dish: } YF_{\text{edible}} = \frac{\text{Pot roast pork, with gravy, edible part (g)}}{\text{Pork meat, whole + other ingredients (g)}}$$

$$\text{- Solid part: } YF_{\text{edible}} = \frac{\text{Pot roast pork, solid part (edible) (g)}}{\text{Pork meat, whole + other ingredients (g)}}$$

$$\text{- Liquid part: } YF_{\text{edible}} = \frac{\text{Gravy (g)}}{\text{Pork meat, whole + other ingredients (g)}}$$

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) =

$$[(\text{Fat cont., prep. dish, g/100g edible portion}) \times YF_{\text{edible}}] - [\text{Fat cont. in total ingred., g/100g edible}]$$

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	<i>(to be calculated)</i>

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

$$\text{Fat uptake in recipe (g)} = \frac{(680 + 30 + 80) \times 6}{100} \text{ (g)} = 47.4 \text{ g}$$

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:

$$RF = \frac{\text{Nutrient content* per 100 g dish, edible part}}{\text{Nutrient content per 100 g of ingredients (ready-to-cook), edible part}} \times YF_{\text{edible}}$$

* 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 mentioned 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.

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

First level	Second level	Third level	Language Code	Availability of factor	Comments/Recommendations on Retention Factors	
Beverage (non-milk)	<i>Alcoholic beverage</i>		A0840	No	Use factor for Fruit or fruit product (A0833)	
			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)	
	<i>Juice or nectar</i>		A0841	No	Use factor for <i>Fruit or fruit product</i> (A0833)	
	<i>Non-alcoholic beverage</i>			A0842	No	Only available for coffee and tea
		Coffee, 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 product			A0790	Yes	General factor, derived from A0792 or A0791	
	<i>Egg dish</i>		A0792	No	Use general factor for <i>Egg or egg product</i> (A0790)	
	<i>Fresh or processed egg</i>		A0791	No	Use general factor for <i>Egg or egg product</i> (A0790)	
Fat or oil			A0805	Yes	Use when available	
	<i>Butter or other animal fat</i>		A0808	No	Use general factor for <i>Fat or Oil</i> (A0805)	
		Butter	A0809	No	Same as above	
		Fish oils	A0811	No	Same as above	
		Other animal fats	A0810	No	Same as above	
	<i>Margarine or lipid of mixed origin</i>		A0807	No	Same as above	
<i>Vegetable fat or oil</i>		A0806	No	Same as above		
Fruit or fruit product			A0833	Yes	Use when available / General factor	
	<i>Processed fruit product</i>		A0834	Yes	Use for Jam or Marmalade	
Grain or grain product			A0812	Yes	General factor, group average. Use when no more details are provided.	
	<i>Bread</i>		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	
	<i>Breakfast cereal</i>		A0816	No	Use general factor for <i>Grain or Grain Product</i> (A0812)	
	<i>Fine bakery ware</i>		A0821	No	Use general factor for <i>Grain or Grain Product</i> (A0812)	
	<i>Flour or starch</i>		A0813	Yes	Use when available	
	<i>Pasta</i>		A0813	Yes	Use when available	
	<i>Rice or other grain</i>		A0814	Yes	Use when available	
<i>Savoury cereal dish</i>		A0822	Yes	Use if available. Includes dumpling, risotto, pancake, pizza, sandwich, others.		

Table 1:....continued...

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.
	<i>Meat analogue</i>		A0800	No	Use factor for <i>Meat or Meat Product</i> (A0812)
	<i>Meat dish</i>		A0799	No	Use general factor (A0793)
	<i>Offal</i>		A0796	Yes	Use when available
	<i>Poultry</i>		A0795	Yes	Average factor for chicken, turkey, duck & goose. Individual factors are also available.
	<i>Preserved meat</i>		A0797	No	Use factor for Sausage or similar product (A0798)
	<i>Red meat</i>		A0794	Yes	Average factor for beef, pork, lamb & game. Individual factors are also available
	<i>Sausage or similar product</i>		A0798	Yes	Use when available
Milk, milk product or milk substitute			A0778	Yes	Use when available, general factor from whole group
	<i>Cheese</i>		A0784	No	Use general factor (A0784)
		Cured cheese	A0785	No	Same as above
		Processed cheese	A0787	No	Same as above
		Uncured cheese	A0786	No	Same as above
	<i>Fermented milk product</i>		A0783	No	Same as above
	<i>Frozen dairy dessert</i>		A0789	No	Same as above
	<i>Immitation milk products</i>		A0788	No	Same as above
	<i>Milk</i>		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
Miscellaneous food product			A0852	No	Apply factor according to food source (LanguaL facet B)
	<i>Prepared food product</i>		A0861	No	Same as above
		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	A0862	No	Same as above
		Savoury snack	A0868	No	Same as above
		Soup	A0865	No	Same as above
	<i>Spice, condiment or other ingredient</i>		A0853	No	Apply factor according to food source (LanguaL facet B)
		Baking ingredient	A0854	No	Same as above
		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 <i>Pulse dish</i> (A0832)
	<i>Nut or seed product</i>		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).
	<i>Dietary supplement</i>		A0870	No	Not applicable if consumed directly and not with a prepared food matrix
	<i>Food for special nutritional use</i>		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.
	<i>Fish or related organism</i>		A0802	Yes	Use when available. Average factor for low fat fish and fat fish individual factors are also available
	<i>Seafood dish</i>		A0804	Yes	Use when available.
	<i>Seafood product</i>		A0803	No	Use factor for <i>Seafood dish</i> (A0801)
Sugar or sugar product			A0835	No	Only available for Jam or marmalade
	<i>Chocolate or chocolate product</i>		A0839	No	Not available / If necessary use factor for <i>Fruit or fruit product</i> (A0833)
	<i>Jam or marmalade</i>		A0837	Yes	Use when available
	<i>Non-chocolate confectionery or other sugar product</i>		A0838	No	Use factor for <i>Fruit or fruit product</i> (A0833)
	<i>Sugar, honey or syrup</i>		A0836	No	Use factor for <i>Fruit or fruit product</i> (A0833)
	Vegetable or vegetable product			A0825	Yes
<i>Pulse or pulse product</i>		Pulse dish	A0831	No	Use factor derived from A0832
			A0832	Yes	Use when available, otherwise use general factor for <i>Vegetable or Vegetable Product</i> (A0825)
<i>Starchy root or potato</i>		Potato dish	A0829	Derived from A830	Average1 factor, derived from A0830 and other potato products
			A0830	Yes	Use when available
<i>Vegetable (excluding potato)</i>		Vegetable dish	A0826	No	Use factor derived from A0832
		Vegetable product	A0828	Yes	Use when available
		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).

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

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

Table 2....Continued...

<i>First level</i>	<i>Second level</i>	<i>Third & Fourth levels</i>	<i>LanguaL code</i>	<i>Scope/Additional information provided by LanguaL</i>	<i>Parameters: Temp. (°C), Pressure (MPa), Time (min) (Bognar, 2002).</i>	<i>Availability of factors</i>	<i>Recommended Retention Factor</i>
Cooked by moist heat			G0012	<i>Cooked in varying amounts of water, water-based liquid or steam.</i>	~ 100-125 °C ~ 0.10-0.20 Mpa Time: Depending on food	Yes	Average factor for this group. Use this factor if more details are not provided. Derived from G0021 or G0013.
	<i>Cooked in steam</i>		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	<i>Cooked in a pressure cooker.</i>	Temp.: ~ 102-120 °C Pressure: ~ 0.11-0.20 MPa Time: Depending on food	No	Use factor for <i>Cooked in Steam (G0021)</i> , otherwise used general factor for <i>Cooked by Moist Heat (G0012)</i>
		Steamed without pressure	G0023	<i>Cooked suspended above boiling water.</i>	Temp.: ~ 100 °C Pressure: ~ 0.10 Mpa Time: Depending on food	No	Use factor for <i>Cooked in Steam (G0021)</i> , otherwise used general factor for <i>Cooked by Moist Heat (G0012)</i>
	<i>Cooked in water or water-based liquid</i>		G0013			No	Use general factor for <i>cooked by moist heat (G0012)</i>
		Boiled	G0014	<i>Cooked in boiling water at 212 degrees F. (100 °C)</i>	Temp.: ~ 100 °C Pressure: ~ 0.10 Mpa Time: Depending on food	Yes (most common)	Use if available otherwise use general factor for <i>Cooked by Moist Heat (G0012)</i>
		Boiled, Drained	G0015	<i>Cooked in boiling water at 212 degrees F.; water that is not absorbed into the food product is discarded after cooking.</i>	Same as G0014	Yes	Use if available (if specifically refers to solid part). Otherwise use factor for <i>Boiled (G0014)</i> or general factor for <i>Cooked by Moist Heat (G0012)</i>
		Boiled, Undrained	G0018	<i>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.</i>	Same as G0014	Yes	Use if available (if specifically refers to solid part plus liquid or gravy). Otherwise use factor for <i>Boiled (G0014)</i> or general factor for <i>Cooked by Moist Heat (G0012)</i>
		Braised	G0019	<i>Browned initially in fat and then tightly covered and cooked over low heat in a small amount of water.</i>	Frying in pan: 180-200 °C, 5-15 min. / Stewing: ~ 100-120 °C, 0.10-0.20 Mpa, 10-180 min	Yes (mostly together with stew)	Use if available otherwise use factor for <i>Stewed (G0020)</i> or general factor for <i>Cooked by Moist Heat (G0012)</i>
		Simmered, poached or stewed	G0020	<i>Cooked in a moderate amount of liquid at just below the boiling point.</i>	Temp.: ~ 100-120 °C Pressure: ~ 0.10-0.20 MPa Time: Depending on food	Yes (most common)	Use if available otherwise use general factor for <i>Cooked by Moist Heat (G0012)</i>
	Steeped	G0036	<i>Extracting flavor and other components from food sources by immersion in water, usually at near-boiling temperature.</i>	N.A.	Yes	Use if available otherwise use general factor for <i>Cooked by Moist Heat (G0012)</i>	

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

<i>First level</i>	<i>Second level</i>	<i>Third & Fourth levels</i>	<i>LanguaL code</i>	<i>Scope/Additional information provided by LanguaL</i>	<i>Parameters: Temp. (°C), Pressure (MPa), Time (min) (Bognar, 2002).</i>	<i>Availability of factors</i>	<i>Recommendation</i>
Cooked with fat or oil			G0024	Synonym = fried	~140-200°C Food core: <100°C 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
	<i>Cooked with added fat or oil</i>		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 or Oil (G0024)</i>
		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°C Food core: <100°C 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 (G0024)</i>
		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.A	No	Use factor for <i>Cooked with Small Amount of Fat (sauteed/stir-fried)(G0026)</i> . Other wise use factor for <i>Cooked with Fat or Oil (G0024)</i>
	<i>Cooked with inherent fat or oil</i>		G0030	Cooked in fat or oil rendered from the food being prepared.	Same as G0024	No	Use factor for <i>Cooked with Small Amount of Fat (sauteed/stir-fried)(G0026)</i> . Other wise use factor for <i>Cooked with Fat or Oil (G0024)</i>

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

<i>First level</i>	<i>Second level</i>	<i>Third & Fourth levels</i>	<i>LanguaL code</i>	<i>Scope/Additional information provided by LanguaL</i>	<i>Parameters</i>	<i>Availability of factors</i>	<i>Recommendation</i>
Method of heating container			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 Heat (G0012)</i>
		<i>Cooked in container immersed in water or steam</i>	G0031	Used when the food is cooked in a closed container such as a pouch immersed in hot water or steam.	N.A.	No	Use general factor for <i>Cooked by Moist Heat (G0012)</i>
		<i>Cooked in double boiler</i>	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 Heat (G0012)</i>
		<i>Cooked in water bath</i>	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 <i>Cooked by Moist Heat (G0012)</i>
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 Heat (G0012)</i>
		<i>Reheated by boil -in-bag</i>	G0040		N.A.	No	Use general factor for <i>Cooked by Moist Heat (G0012)</i>
		<i>Reheated by dry heat</i>	G0039		N.A.	No	Use general factor for <i>Cooked by Dry Heat (G0004)</i>
		<i>Reheated by microwave</i>	G0038		N.A.	No	Use general factor for <i>Cooked by Moist Heat (G0012)</i>
		<i>Reheated in pan or cooking utensil</i>	G0041		N.A.	No	Use general factor for <i>Cooked by Moist Heat (G0012)</i>
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 Heat (G0012)</i>

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	C g		
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* $\frac{\text{Raw weight of ingredient (g)}}{\text{Total cooked weight (g)}}$

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 is taken into account (Y)	retention factor	nutrient X in g per 100 g of cooked weight after retention factor 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	$(Y_B) * (RF_B) = Z_B$
<u>Ingredient C</u>	Y_C g	RF_C	$(Y_C) * (RF_C) = Z_C$
Total nutrient 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 (**Z**) =

$$\text{Nutrient content per 100 g ingredient} * \frac{\text{Raw weight of ingredient (g)}}{\text{Total cooked weight (g)}} * \text{Retention factor}$$

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:

410 g fresh spinach
40 g fresh parsley
130 g onions
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)

Dough

375 g flour
155 g eggs
6 g salt

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 be considered that spinach was blanched and drained and onions, smoked bacon and butter were fried and sauce/drippings were incorporated in the filling mixture. The calculations are presented in Table 3

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

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

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

EuroFIR Food Classification	Language Code	Language Code	Na	Na Source	K	K Source	Ca	Ca Source
Egg or egg product	A0790	Other relevant facets	Other relevant facets					
			Other relevant facets					
Fat or oil	A0805	Other relevant facets	Other relevant facets					
			Other relevant facets					
Fruit or fruit product	A0833	Other relevant facets	Other relevant facets					
			Other relevant facets					
			Other relevant facets					
Grain or grain product	A0812	Other relevant facets	Other relevant facets					
			Other relevant facets					
			Other relevant facets					
Flour or starch	A0813	Other relevant facets	Other relevant facets					
			Other relevant facets					
Pasta	A0815	Other relevant facets	Other relevant facets					
			Other relevant facets					
Rice or other grain	A0814	Other relevant facets	Other relevant facets					
Savoury cereal dish	A0822	Other relevant facets	Other relevant facets					
			Other relevant facets					

EuroFIR Food Classification	Language Code	Language Code	Mg	Mg Source	P	P Source	Fe	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
Fat or oil	A0805		Cooked by dry heat	G0004	100	7	100	7
			Baked or roasted	G0005	100	2	100	2
Fruit or fruit product	A0833		Cooked by dry heat	G0004	100	6	100	6
			Baked or roasted	G0005	100	1	100	1
			Broiled or grilled	G0006	100	3	100	3
Grain or grain product	A0812		Cooked by dry heat	G0004	100	6	100	6
			Baked or roasted	G0005	100	6	100	6
			Toasted	G0010	100	7	100	7
Flour or starch	A0813		Cooked by dry heat	G0004	100	6	100	6
			Baked or roasted	G0005	100	1	100	1
			Toasted	G0010	100	3	100	3
Pasta	A0815		Cooked by dry heat	G0004	100	7	100	7
			Baked or roasted	G0005	100	1	100	1
Rice or other grain	A0814		Cooked by dry heat	G0004	100	7	100	7
Savoury cereal dish	A0822		Cooked by dry heat	G0005	100	7	100	7
			Baked or roasted	G0005	100	1	100	1

EuroFIR Food Classification	Language Code	Language Code	Cu	Cu Source	Zn	Zn Source	Others	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
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	5
Pasta	A0815		Cooked by dry heat	G0004	100	7	100	7	100	7
			Baked or roasted	G0005	100	1	100	1	100	1, 2
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, 2

EuroFIR Food Classification	Language Code	Language Code	Na	Na Source	K	K Source	Ca	Ca Source		
Meat or meat product	A0793		Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets		
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
Meat or meat product, with sauce	A0793	K0034	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets		
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
	<i>Offal</i>	A0796		Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	
				Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G
	<i>Offal, with sauce</i>	A0796	K0034	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	
				Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G
	<i>Poultry</i>	A0795		Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	
				Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G
				Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G
	<i>Poultry, with sauce</i>	A0795	K0034	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	
				Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G
				Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G
	Chicken	A0795	B1457	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	
				Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G
Facet A				Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
Chicken, with sauce	A0795	B1457, K0034	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets		
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
Turkey	A0795	B1236	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets		
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
Turkey, with sauce	A0795	K0034	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets		
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	

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	6	67	6	90	6
			Broiled or grilled	G0006	87	6	85	6	88	6
Red meat, with sauce	A0794	or B1134, K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
Beef	A0794	B1161	Cooked by dry heat	G0004	85	6	73	6	90	6
			Baked or roasted	G0005	85	1	60	1	90	1
			Broiled or grilled	G0006	85	3	85	3	90	1
Beef, with sauce	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	Cooked by dry heat	G0004	85	6	83	6	95	6
			Baked or roasted	G0005	85	1	80	1	90	1
			Broiled or grilled	G0006	85	3	85	3	100	3
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 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

EuroFIR Food Classification	Language Code	Language Code	Mg	Mg Source	P	P Source	Fe	Fe Source		
Meat or meat product	A0793		Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets		
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
			Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	
Meat or meat product, with sauce	A0793	K0034	Cooking method	Cooking method	Cooking method	Cooking method	Cooking method	Cooking method		
			Facet A	Facet G	Facet G	Facet G	Facet G	Facet G	Facet G	
			Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	
Meat or meat product, with sauce	A0793	K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
<i>Offal</i>	A0796		Cooked by dry heat	G0004	85	7	80	7	95	7
<i>Offal, with sauce</i>	A0796	K0034	Broiled or grilled	G0006	85	1	80	1	95	1
<i>Poultry</i>	A0795		Cooked by dry heat	G0004	100	1	100	1	100	1
<i>Poultry, with sauce</i>	A0795	K0034	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
Chicken	A0795	B1457	Cooked by dry heat	G0004	100	6	100	6	100	6
Chicken, with sauce	A0795	B1457, K0034	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
Turkey	A0795	B1236	Cooked by dry heat	G0004	100	1	100	1	100	1
Turkey, with sauce	A0795	K0034	Cooked by dry heat	G0004	80	7	80	7	95	7
			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
			Baked or roasted	G0005	85	6	85	6	97	6
			Broiled or grilled	G0006	88	6	88	6	90	6
Red meat, with sauce	A0794	or B1134, K0034	Cooked by dry heat	G0004	100	6	100	6	100	6
Beef	A0794	B1161	Cooked by dry heat	G0004	85	6	88	6	96	6
			Baked or roasted	G0005	85	1	85	1	96	1
			Broiled or grilled	G0006	85	3	90	3	95	3
Beef, with sauce	A0794	B1161, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Pork	A0794	B1136	Cooked by dry heat	G0004	90	6	88	6	90	6
			Baked or roasted	G0005	85	1	85	1	100	1
			Broiled or grilled	G0006	95	3	90	3	80	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	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	A0794	B1183, B1669 or B1134, K0034	Cooked by dry heat	G0004	100	1	100	1	100	1
Sausage or similar product	A0798		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

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	Cooked by dry heat	G0004	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	A0794	or B1134, 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, 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 product	A0798		Cooked by dry heat	G0004	100	7	100	7	100	7
			Baked or roasted	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 Classification	Language Code	Language Code	Na	Na Source	K	K Source	Ca	Ca Source
	Facet A	Other relevant facets	Cooking method	Facet G				
Seafood or related product	A0801							
			Cooked by dry heat	G0004	85	6	85	6
			Baked or roasted	G0005	85	6	85	6
			Broiled or grilled	G0006	85	6	85	6
Seafood or related product, with sauce	A0801	K0034						
Low fat fish			Cooked by dry heat	G0004	100	6	100	6
	A0802	Z0183						
			Cooked by dry heat	G0004	85	6	85	6
			Baked or roasted	G0005	85	1	85	1
			Broiled or grilled	G0006	85	1	85	1
Low fat fish, with sauce	A0802	Z0183, K0034	Cooked by dry heat	G0004	100	1	100	1
Fat fish	A0802	Z0182	Cooked by dry heat	G0004	85	1	85	1
			Baked or roasted	G0005	85	1	85	1
			Broiled or grilled	G0006	85	1	85	1
Fat fish, with sauce	A0802	Z0182, K0034	Cooked by dry heat	G0004	100	1	100	1
<i>Seafood dish</i>	A0804		Cooked by dry heat	G0004	85	6	85	6
			Baked or roasted	G0005	85	1	85	1
			Broiled or grilled	G0006	85	1	85	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked by dry heat	G0004	100	1	100	1

EuroFIR Food Classification	Language Code	Language Code	Mg	Mg Source	P	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
			Baked or roasted	G0005	90	6	90	6
			Broiled or grilled	G0006	90	6	90	6
Seafood or related product, with sauce	A0801	K0034						
Low fat fish			Cooked by dry heat	G0004	100	6	100	6
	A0802	Z0183						
			Cooked by dry heat	G0004	90	6	90	6
			Baked or roasted	G0005	90	1	90	1
			Broiled or grilled	G0006	90	1	90	1
Low fat fish, with sauce	A0802	Z0183, K0034	Cooked by dry heat	G0004	100	1	100	1
Fat fish	A0802	Z0182	Cooked by dry heat	G0004	90	1	90	1
			Baked or roasted	G0005	90	1	90	1
			Broiled or grilled	G0006	90	1	90	1
Fat fish, with sauce	A0802	Z0182, K0034	Cooked by dry heat	G0004	100	1	100	1
<i>Seafood dish</i>	A0804		Cooked by dry heat	G0004	90	6	90	6
			Baked or roasted	G0005	90	1	90	1
			Broiled or grilled	G0006	90	1	90	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked by dry heat	G0004	100	1	100	1

EuroFIR Food Classification	Language Code	Language Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source		
	Facet A	Other relevant facets	Cooking method	Facet G						
Seafood or related product	A0801									
			Cooked by dry heat	G0004	95	6	100	6	100	6
			Baked or roasted	G0005	95	6	100	6	100	6
			Broiled or grilled	G0006	95	6	100	6	100	6
Seafood or related product, with sauce	A0801	K0034								
Low fat fish			Cooked by dry heat	G0004	100	6	100	6	100	6
	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 sauce	A0802	Z0183, 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
<i>Seafood dish</i>	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
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

EuroFIR Food Classification	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		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	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
			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
			Baked or roasted	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
			Baked or roasted	G0005	100	1	100	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	100	7	100	7	100	7
			Baked or roasted	G0005	100	1	100	1	100	1

EuroFIR Food Classification	LanguaL Code		LanguaL Code	Mg	Mg Source	P	P Source	Fe	Fe Source	
	Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk product or milk substitute	A0778		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
<i>Starchy root or potato</i>	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
			Baked or roasted	G0005	100	1	100	1	100	1
<i>Vegetable dish</i>	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
			Baked or roasted	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
			Baked or roasted	G0005	100	1	100	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	100	7	100	7	100	7
			Baked or roasted	G0005	100	1	100	1	100	1

EuroFIR Food Classification	Language Code	Language Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source		
	Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk product or milk substitute	A0778		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	5
			Broiled or grilled	G0006	100	3	100	3	100	5
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	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
			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
			Baked or roasted	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
			Baked or roasted	G0005	100	1	100	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	100	7	100	7	100	7
			Baked or roasted	G0005	100	1	100	1	100	1

EuroFIR Food Classification	LanguaL Code	LanguaL Code	Source	Comments
	Facet A	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& Widdowson's, then USDA, then others				
Egg or egg product	A0790	G0004	2, 4, 5	General factor for food group
		G0005	2, 3	(3) Baked egg dishes; (2) Eggs, baking
	A0805	G0004	7) Derived factor	General factor for food group
Fat or oil	A0805	G0005	2	(2) fats and oils
		G0004		
Fruit or fruit product	A0833	G0004	6) =AVRG	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 product	A0812	G0004	6) =AVRG	General factor for food group and cooking method
		G0005	6) =AVRG	General factor for food group & cooking method
		G0010	7) Derived 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	G0004	7) Derived factor	Derived from: Pasta, baked or roasted
		G0005	1, 2	1) Bread, Pizza, Cake; 2) Bread, groats, flour
	A0814	G0004	7) Derived factor	Use General factor for food group and cooking method
	A0822	G0005	7) Derived factor	Derived from: savoury cereal dish, baked or roasted
G0005		1, 2	1) Bread, Pizza, Cake; 2) Bread, groats, flour	

EuroFIR Food Classification	LanguaL Code	LanguaL Code	Source	Comments
	Facet A	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 Bognar, when values are not found next priority is McCance& Widdowson's, then USDA, then others				
Meat or meat product	A0793	G0004	6) =AVRG	General factor for food group and cooking method
		G0005	6) =AVRG	Average factor for food group (poultry, red meat & sausages)
		G0006	6) =AVRG	Average factor for food group (offal, poultry & red meat)
Meat or meat product, with sauce	A0793	G0004	6) =AVRG	Average factor for food group and cooking method, with sauce
		A0796	G0004	7) Derived factor
			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	Average, general factor for food sub-group and cooking method
		G0006	7) Derived 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	1, 3	1) Chicken, core temperature >80°C ; fry in oven, solid part, edible 3) Chicken, roasted (RF code: 0805)
		G0006	1, 3, 5	1) 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		7) Derived	
	G0004	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		1	
	G0004		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	6) =AVRG	Average factor from Veal and beef & cooking method (roasted & broiled/grilled), solid part (meat), edible
	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	
	G0004		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		1, 5	
	G0004		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	
	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		1	
	G0004		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 A	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) N 100 assumed; 6) Average value; 7) Derived factor
				Most factors are from Bognár, when values are not found next priority is McCance& Widdowson's, then USDA, then others
Seafood or related product	A0801			
		G0004	6) =AVRG	Average factor for food group and cooking method
		G0005	6) =AVRG	Average factor for food group and cooking method
		G0006	6) =AVRG	Average factor for food group and cooking method
Seafood or rel. product, with sauce	A0801	G0004	6) =AVRG	Average factor for food group, with sauce
	A0802			Average factor for food item (low fat fish, fat content < 5%) & cooking method
		G0004	6) =AVRG	1) Low fat fish, fat content < 5%, fry in oven, fish, edible part
			1	1) Low fat fish, fat content < 5%, fry in oven, fish, edible part
		G0005		1) Low fat fish, fat content < 5%, fry in oven, total dish, edible part
		G0006		1) Low fat fish, fat content < 5%, fry in oven, total dish, edible part
	A0802	G0004	1	1) Fat fish, fat content >5%, fry in oven, fish, edible part
	A0802	G0004	6) =AVRG	1) fat fish, fat content >5%, fry in oven, fish, edible part
		G0005	1	1) fat fish, fat content >5%, fry in oven, fish, edible part
		G0006		part
	A0802	G0004	1	1) Fat fish, fat content >5%, fry in oven, total dish, edible part
	A0804	G0004	6) =AVRG	Average factor for food item (seafood dish)
			1	1) crustaceans and molluscs based dishes, fry in oven, edible part
		G0005		1) crustaceans and molluscs based dishes, fry in oven, edible part
		G0006		1) crustaceans and molluscs based dishes, fry in oven, edible part
	A0804	G0004	1	1) crab, mussels, squid, fry in oven, total dish

EuroFIR Food Classification	Facet A	Facet G	LanguaL Code	Source	Comments
					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	6) =AVRG		Average factor for food group and cooking method
		G0005	6) =AVRG		Average factor for food group: average from pulse dish, starchy root or potato and vegetable dish; baked or roasted
		G0006	7) Derived 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
		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	G0004	7) Derived 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	G0004	7) Derived factor		Derived from 1) Mushrooms based dishes. Baked in oven, whole dish
		G0005	1		1) Mushrooms based dishes. Baked in oven, whole dish
	A0828	G0004	7) Derived factor		Derived from 1) Leafy vegetables, baked in oven, total dish
		G0005	1		1) Leafy vegetables, baked in oven, total dish

EuroFIR Food Classification	Language Code	Language Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source	
Egg or egg product	A0790	Other relevant facets	Facet A	Other relevant facets	Cooking method	Facet G			
Fat or oil	A0805								
Fruit or fruit product	A0833								
Grain or grain product	A0812								
Flour or starch	A0813								
Pasta	A0815								
Rice or other grain	A0814								
Savoury cereal dish	A0822								

EuroFIR Food Classification	Language Code	Language Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
Egg or egg product	A0790	Other relevant facets	Facet A	Other relevant facets	Cooking method	Facet G		
Fat or oil	A0805							
Fruit or fruit product	A0833							
Grain or grain product	A0812							
Flour or starch	A0813							
Pasta	A0815							
Rice or other grain	A0814							
Savoury cereal dish	A0822							

EuroFIR Food Classification	Language Code	Language Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source	
Egg or egg product	A0790	Other relevant facets	Facet A	Other relevant facets	Cooking method	Facet G			
Fat or oil	A0805								
Fruit or fruit product	A0833								
Grain or grain product	A0812								
Flour or starch	A0813								
Pasta	A0815								
Rice or other grain	A0814								
Savoury cereal dish	A0822								

EuroFIR Food Classification	Language Code	Language Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panthenic acid Source				
Egg or egg product	A0790	Other relevant facets	Cooking method	Facet G								
					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	Other relevant facets	Cooking method	Facet G								
					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	Other relevant facets	Cooking method	Facet G								
					Cooked by dry heat	G0004	100	6	60	6	100	7
					Baked or roasted	G0005	100	1, 3	60	3	100	1
Grain or grain product	A0812	Other relevant facets	Cooking method	Facet G								
					Broiled or grilled	G0006	100	3	60	3	100	5
					Cooked by dry heat	G0004	100	6	68	6	88	6
Flour or starch	A0813	Other relevant facets	Cooking method	Facet G								
					Baked or roasted	G0005	100	6	50	6	75	6
					Toasted	G0010	100	7	85	7	100	7
Pasta	A0815	Other relevant facets	Cooking method	Facet G								
					Cooked by dry heat	G0004	100	3	85	3	100	5
					Baked or roasted	G0005	100	7	50	7	75	7
Rice or other grain	A0814	Other relevant facets	Cooked by dry heat	G0004	100	1	50	1	75	1		
Savoury cereal dish	A0822	Other relevant facets	Cooking method	Facet G								
					Cooked by dry heat	G0004	100	7	68	7	88	7
			Baked or roasted	G0005	100	7	50	7	75	7		
			Baked or roasted	G0005	100	1	50	1	75	1		

EuroFIR Food Classification	Language Code	Language Code	Biotin	Biotin Source	Vit C	Vit C Source		
Egg or egg product	A0790	Other relevant facets	Cooking method	Facet G				
			Cooked by dry heat	G0004	100	2	100	2
Fat or oil	A0805		Baked or roasted	G0005	100	2	100	2
			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		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 Classification	Language Code	Language Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source				
Meat or meat 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		Cooked by dry heat	G0004	88	6	88	6	89	6	
			<i>Offal</i>	A0796		Cooked by dry heat	G0004	90	7	90	7	95
				Broiled or grilled	G0006	90	1	90	1	95	1	
	<i>Offal, with sauce</i>	A0796	K0034		Cooked by dry heat	G0004	90	1	90	1	95	1
	<i>Poultry</i>	A0795			Cooked by dry heat	G0004	69	6	69	6	69	6
					Baked or roasted	G0005	63	6	63	6	63	6
					Broiled or grilled	G0006	75	7	75	7	75	7
	<i>Poultry, with sauce</i>	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	A0795	B1457, K0034		Cooked by dry heat	G0004	80	1	80	1	80	1
	Turkey	A0795	B1236		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	A0795	B1316, B1251		Cooked by dry heat	G0004	40	7	40	7	40	7
					Baked or roasted	G0005	40	1	40	1	40	1
Duck & Goose, with 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	A0794	or B1134, 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, 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, K0034	Cooked by dry heat	G0004	80	1	80	1	80	1
Lamb, mutton & game	A0794	B1183, 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 & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked by dry heat	G0004	80	1	80	1	80	1
Sausage or similar product	A0798		Cooked by dry heat	G0004	90	7	90	7	90	7
			Baked or roasted	G0005	90	1	90	1	90	1
Sausage or similar product, with sauce	A0798	K0034	Cooked by dry heat	G0004	100	1	100	1	100	1

EuroFIR Food Classification	Language Code	Language Code	Language Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source		
Meat or meat 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 sauce	A0793	K0034	Cooked by dry heat	G0004	100	6	100	6	79	6	
			<i>Offal</i>	A0796		Cooked by dry heat	G0004	100	7	100	7
				Broiled or grilled	G0006	100	1	100	1	85	1
	<i>Offal, with sauce</i>	A0796	K0034	Cooked by dry heat	G0004	100	1	100	1	90	1
	<i>Poultry</i>	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
	<i>Poultry, with sauce</i>	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
				Broiled or grilled	G0006	80	1	80	1	60	1
	Chicken, with sauce	A0795	B1457, 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
				Baked or roasted	G0005	80	1	80	1	60	1
	Turkey, with sauce	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
				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	A0794	or B1134, 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, 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, K0034	Cooked by dry heat	G0004	100	1	100	1	70	1
Lamb, mutton & game	A0794	B1183, 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 & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked by dry heat	G0004	100	1	100	1	70	1
Sausage or similar product	A0798		Cooked by dry heat	G0004	90	7	100	7	75	7
			Baked or roasted	G0005	90	1	100	1	75	1
Sausage or similar product, with sauce	A0798	K0034	Cooked by dry heat	G0004	100	1	100	1	90	1

EuroFIR Food Classification	Language Code	Language Code		Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source			
Meat or meat 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 product, with sauce	A0793	K0034	Cooked by dry heat	G0004	100	6	85	6	80	6		
			<i>Offal</i>	A0796		Cooked by dry heat	G0004	95	7	85	7	80
				Broiled or grilled	G0006	95	1	85	1	80	1	
	<i>Offal, with sauce</i>	A0796	K0034	Cooked by dry heat	G0004	100	1	90	1	85	1	
	<i>Poultry</i>	A0795		Cooked by dry heat	G0004	89	6	80	6	61	6	
				Baked or roasted	G0005	88	6	80	6	62	6	
				Broiled or grilled	G0006	90	7	80	7	60	7	
	<i>Poultry, with sauce</i>	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	A0795	B1457, K0034	Cooked by dry heat	G0004	100	1	80	1	80	1	
	Turkey	A0795	B1236	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	A0795	B1316, 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 sauce	A0795	B1316, B1251, K0034	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	6	55	6
			Broiled or grilled	G0006	88	6	80	6	63	6
Red meat, with sauce	A0794	or B1134, 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, 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, K0034	Cooked by dry heat	G0004	100	1	80	1	60	1
Lamb, mutton & game	A0794	B1183, 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 & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked by dry heat	G0004	100	1	80	1	75	1
Sausage or similar product	A0798		Cooked by dry heat	G0004	95	7	85	7	75	7
			Baked or roasted	G0005	95	1	85	1	75	1
Sausage or similar product, with sauce	A0798	K0034	Cooked by dry heat	G0004	100	1	90	1	90	1

EuroFIR Food Classification	Language Code	Language Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panth.acid Source				
Meat or meat product	A0793		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 sauce	A0793	K0034		Cooked by dry heat	G0004	81	6	73	6	85	6	
			<i>Offal</i>		Cooked by dry heat	G0004	75	7	85	7	85	7
				Broiled or grilled	G0006	75	1	85	1	85	1	
	<i>Offal, with sauce</i>	A0796	K0034		Cooked by dry heat	G0004	85	1	70	1	90	1
	<i>Poultry</i>	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	G0006	65	7	60	7	75	7	
	<i>Poultry, with sauce</i>	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		Cooked by dry heat	G0004	70	1	70	1	80	1
	Turkey			A0795	B1236		Cooked by dry heat	G0004	65	7	60	7
						Baked or roasted	G0005	65	1	60	1	75
	Turkey, with sauce	A0795	K0034		Cooked by dry heat	G0004	70	1	70	1	80	1
	Duck & Goose	A0795	B1316, B1251		Cooked by dry heat	G0004	70	7	50	7	70	7
						Baked or roasted	G0005	70	1	50	1	70
	Duck & Goose, with sauce	A0795	B1316, B1251, K0034		Cooked by dry heat	G0004	70	1	60	1	80	1

Red meat	A0794	or B1134	Cooked by dry heat	G0004	78	6	82	6	80	6
			Baked or roasted	G0005	73	6	83	6	80	6
			Broiled or grilled	G0006	83	6	80	6	80	6
Red meat, with sauce	A0794	or B1134, K0034	Cooked by dry heat	G0004	73	6	77	6	78	6
Beef	A0794	B1161	Cooked by dry heat	G0004	75	6	85	6	80	6
			Baked or roasted	G0005	70	1	85	1	80	1
			Broiled or grilled	G0006	80	3	85	3	80	1
Beef, with sauce	A0794	B1161, K0034	Cooked by dry heat	G0004	70	1	80	1	80	1
Pork	A0794	B1136	Cooked by dry heat	G0004	85	6	85	6	80	6
			Baked or roasted	G0005	80	1	85	1	80	1
			Broiled or grilled	G0006	90	3	85	3	80	1
Pork, with sauce	A0794	B1136, K0034	Cooked by dry heat	G0004	80	1	80	1	80	1
Lamb, mutton & game	A0794	B1183, B1669 or B1134	Cooked by dry heat	G0004	75	6	75	6	80	6
			Baked or roasted	G0005	70	1	80	1	80	1
			Broiled or grilled	G0006	80	3	70	3	80	1
Lamb, mutton & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked by dry heat	G0004	70	1	70	1	75	1
Sausage or similar product	A0798		Cooked by dry heat	G0004	90	7	85	7	85	7
			Baked or roasted	G0005	90	1	85	1	85	1
Sausage or similar product, with sauce	A0798	K0034	Cooked by dry heat	G0004	95	1	80	1	90	1

EuroFIR Food Classification	Language Code	Language Code	Language Code	Biotin	Biotin Source	Vit C	Vit C Source			
Meat or meat 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								
				Cooked by dry heat	G0004	91	6	80	6	
	<i>Offal</i>	A0796		Cooked by dry heat	G0004	85	7	75	7	
				Broiled or grilled	G0006	85	1	75	1	
	<i>Offal, with sauce</i>	A0796	K0034		Cooked by dry heat	G0004	90	1	80	1
				<i>Poultry</i>	A0795		Cooked by dry heat	G0004	83	6
		Baked or roasted	G0005			80	6	93	6	
		Broiled or grilled	G0006			85	7	80	7	
	<i>Poultry, with sauce</i>	A0795	K0034		Cooked by dry heat	G0004	90	6	80	6
				Chicken	A0795	B1457		Cooked by dry heat	G0004	85
		Baked or roasted	G0005				85	1	80	3
		Broiled or grilled	G0006				85	1	80	3
	Chicken, with sauce	A0795	B1457, K0034		Cooked by dry heat	G0004	90	1	80	1
	Turkey			A0795	B1236		Cooked by dry heat	G0004	85	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			A0795	B1316, B1251		Cooked by dry heat	G0004	70	7
			Baked or roasted			G0005	70	1	100	5
	Duck & Goose, with sauce	A0795	B1316, 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	A0794	or B1134, 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, 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, K0034	Cooked by dry heat	G0004	90	1	80	1			
			Lamb, mutton & game	A0794	B1183, 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 & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked by dry heat	G0004	90	1	80	1			
			Sausage or similar product	A0798		Cooked by dry heat	G0004	95	7	80	7
						Baked or roasted	G0005	95	1	80	1
Sausage or similar product, with sauce	A0798	K0034				Cooked by dry heat	G0004	95	1	80	1

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

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

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

EuroFIR Food Classification	Language Code	Language Code		Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panthenic acid Source		
Seafood or related product	A0801		Cooked by dry heat	G0004	90	6	80	6	88	6	
			Baked or roasted	G0005	90	6	80	6	80	6	
			Broiled or grilled	G0006	90	6	80	6	95	6	
Seafood or related product, with sauce	A0801	K0034	Cooked by dry heat	G0004	90	6	85	6	85	6	
			Low fat fish								
	A0802	Z0183	Cooked by dry heat	G0004	90	6	80	6	88	6	
			Baked or roasted	G0005	90	4	80	4	80	4	
			Broiled or grilled	G0006	90	1	80	1	95	4	
	Low fat fish, with sauce	A0802	Z0183, K0034	Cooked by dry heat	G0004	90	1	85	1	85	1
	Fat fish	A0802	Z0182	Cooked by dry heat	G0004	90	1	80	1	88	3
	Baked or roasted			G0005	90	1	80	1	80	1	
	Fat fish, with sauce	A0802	Z0182, K0034	Broiled or grilled	G0006	90	1	80	1	95	4
	Cooked by dry heat			G0004	90	1	85	1	85	1	
	<i>Seafood dish</i>	A0804		Cooked by dry heat	G0004	90	6	80	6	88	6
	A0804	K0034	Baked or roasted	G0005	90	4	80	4	80	4	
<i>Seafood dish, with sauce</i>	A0804	K0034	Broiled or grilled	G0006	90	1	80	1	95	4	
			Cooked by dry heat	G0004	90	1	85	1	85	1	

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

EuroFIR Food Classification	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 dry heat	G0004	100	1	100	1	100	1
Vegetable or vegetable product	A0825								
		Cooked by dry heat	G0004	93	6	93	6	100	6
		Baked or roasted	G0005	92	6	92	6	100	6
		Broiled or grilled	G0006	95	7	95	7	100	7
Pulse dish	A0832								
		Cooked by dry heat	G0004	92	6	92	6	100	6
		Baked or roasted	G0005	88	6	88	6	100	5
		Broiled or grilled	G0006	95	3	95	3	100	5
Starchy root or potato	A0829								
		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 vegetables	A0828	B1018							
		Cooked by dry heat	G0004	90	7	90	7	100	7
		Baked or roasted	G0005	90	1	90	1	100	1
Stem, flower, fruit, corn, seed	A0828	B1036, B1006, 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 Classification	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 vegetable product	A0825								
		Cooked by dry heat	G0004	100	6	100	6	86	6
		Baked or roasted	G0005	100	6	100	6	87	6
		Broiled or grilled	G0006	100	7	100	7	85	7
Pulse dish	A0832								
		Cooked by dry heat	G0004	100	6	100	6	85	6
		Baked or roasted	G0005	100	5	100	5	85	3
		Broiled or grilled	G0006	100	5	100	5	85	3
Starchy root or potato	A0829								
		Cooked by dry heat	G0004	100	6	100	6	85	6
		Baked or roasted	G0005	100	6	100	6	85	6
Potato dish	A0830								
		Cooked by dry heat	G0004	100	7	100	7	80	7
		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							
		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 Classification	Language Code	Language 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	G0005	96	6	94	6	92	6
		Broiled or grilled	G0006	95	7	95	7	95	7
Pulse dish	A0832								
		Cooked by dry heat	G0004	95	6	95	6	95	6
		Baked or roasted	G0005	95	3	95	3	95	3
		Broiled or grilled	G0006	95	3	95	3	95	3
Starchy root or potato	A0829								
		Cooked by dry heat	G0004	98	6	93	6	90	6
		Baked or roasted	G0005	98	6	93	6	90	6
Potato dish	A0830								
		Cooked by dry heat	G0004	100	7	90	7	90	7
		Baked or roasted	G0005	100	1	90	1	90	1
Potato products	A0830	E0119							
		Cooked by dry heat	G0004	95	7	95	7	90	7
		Baked or roasted	G0005	95	1	95	1	90	1
Vegetable dish	A0828								
		Cooked by dry heat	G0004	95	7	95	7	90	7
		Baked or roasted	G0005	95	6	95	6	90	6
Root, tuber and bulb vegetables	A0828	B1018							
		Cooked by dry heat	G0004	95	7	95	7	90	7
		Baked or roasted	G0005	95	1	95	1	90	1
Stem, flower, fruit, corn, seed	A0828	B1036, B1006, B1005, B1232							
		Cooked by dry heat	G0004	95	7	95	7	90	7
		Baked or roasted	G0005	95	1	95	1	90	1
Mushroom	A0828	B1467							
		Cooked by dry heat	G0004	95	7	95	7	90	7
		Baked or roasted	G0005	95	1	95	1	90	1
Leafy vegetables	A0828	B1566							
		Cooked by dry heat	G0004	95	7	95	7	90	7
		Baked or roasted	G0005	95	1	95	1	90	1

EuroFIR Food Classification	Language Code	Language Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panthenic 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	G0005	85	6	76	6	93	6
		Broiled or grilled	G0006	100	7	80	7	100	7
Pulse dish	A0832								
		Cooked by dry heat	G0004	100	6	80	6	100	6
		Baked or roasted	G0005	100	3	80	3	100	5
		Broiled or grilled	G0006	100	3	80	3	100	5
Starchy root or potato	A0829								
		Cooked by dry heat	G0004	85	6	78	6	90	6
		Baked or roasted	G0005	85	6	78	6	90	6
Potato dish	A0830								
		Cooked by dry heat	G0004	80	7	75	7	90	7
		Baked or roasted	G0005	80	1	75	1	90	1
Potato products	A0830	E0119							
		Cooked by dry heat	G0004	90	7	80	7	90	7
		Baked or roasted	G0005	90	1	80	1	90	1
Vegetable dish	A0828								
		Cooked by dry heat	G0004	70	7	70	7	90	7
		Baked or roasted	G0005	70	6	70	6	90	6
Root, tuber and bulb vegetables	A0828	B1018							
		Cooked by dry heat	G0004	70	7	70	7	90	7
		Baked or roasted	G0005	70	1	70	1	90	1
Stem, flower, fruit, corn, seed	A0828	B1036, B1006, B1005, B1232							
		Cooked by dry heat	G0004	70	7	70	7	90	7
		Baked or roasted	G0005	70	1	70	1	90	1
Mushroom	A0828	B1467							
		Cooked by dry heat	G0004	70	7	70	7	90	7
		Baked or roasted	G0005	70	1	70	1	90	1
Leafy vegetables	A0828	B1566							
		Cooked by dry heat	G0004	70	7	70	7	90	7
		Baked or roasted	G0005	70	1	70	1	90	1

EuroFIR Food Classification	LanguaL Code		LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source	
Milk, milk product or milk substitute	A0778		Cooked by dry heat	G0004	90	1	70	1
Vegetable or vegetable product	A0825		Cooked by dry heat	G0004	97	6	81	6
			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
			Baked or roasted	G0005	90	1	95	1
Vegetable dish	A0828		Cooked by dry heat	G0004	90	7	76	7
			Baked or roasted	G0005	90	6	76	6
Root, tuber and bulb vegetables	A0828	B1018	Cooked by dry heat	G0004	90	7	85	7
			Baked or roasted	G0005	90	1	85	1
Stem, flower, fruit, corn, seed	A0828	B1036, B1006, 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 Food Classification	Language Code	Language Code	Source	Comments
				1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2004 ; 5) No factors available, 100 assumed; 6) Average value; 7) Derived factor
Egg or egg product	Facet A	Facet G		Most factors are from Bognár, when values are not found next priority is McCance& Widdowson's, then USDA, then others
	A0790	G0004	2, 4, 5	General factor for food group
		G0005	2, 4	(4) Baked egg dishes; (2) Eggs, baking
Fat or oil	A0805	G0004	2, 5	General factor for food group
		G0005	2, 5	(2) fats and oils
Fruit or fruit product	A0833	G0004	6) =AVRG ; 7) Derived factor	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 product	A0812	G0004	6) =AVRG	General factor for food group and cooking method
		G0005	6) =AVRG	General factor for food group & cooking method
		G0010	7) Derived factor	General factor for food group & cooking method
	A0813	G0004	6) =AVRG ; 7) Derived factor	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	G0004	7) Derived factor	1) Bread, Pizza, Cake; 2) Bread, groats, flour
		G0005	1, 2	1) Bread, Pizza, Cake; 2) Bread, groats, flour
	A0814	G0004	7) Derived factor	Use General factor for food group and cooking method
	A0822	G0005	7) Derived factor	
		G0005	1, 2	1) Bread, Pizza, Cake; 2) Bread, groats, flour

EuroFIR Food Classification	Language Code	Language Code	Biotin	Biotin Source	Vit C	Vit C Source	Source	Comments		
Meat or meat product	A0793		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)	
			G0006	87	6	78	6	6) =AVRG	Average factor for food group (offal, poultry & red meat)	
Meat or meat product, with sauce	A0793	K0034	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 sauce	
	A0795		G0004	83	6	87	6	6) =AVRG	Average, general factor for food group and cooking method	
			G0005	80	6	93	6	6) =AVRG	Average, general factor for food sub-group and cooking method	
			G0006	85	7	80	7	7) Derived factor	Derived factor for cooking method & Food sub-group (= chicken, broiled or grilled)	
	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	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	
	A0795	K0034	G0004	90	1	80	1	1	1) Turkey, core temperature >80°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°C		
		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;
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, K0034	G0004	90	1	75	1	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, K0034	G0004	90	1	80	1	1	1) Pork, core temp. >75°C, fry in oven, total dish, edible part
A0794	B1183, 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
A0794	B1183, B1669 or B1134, K0034	G0004	90	1	80	1	1	1) lamb, mutton, game, >75°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
		G0005	95	1	80	1	1	1) minced meat and meat products, >75°C, fry/roast in oven, meat, edible part
A0798	K0034	G0004	95	1	80	1	1	1) minced meat and meat products, fry/roast in oven, total dish, edible part, >

EuroFIR Food Classification	Language Code	Language Code	Biotin	Biotin Source	Vit C	Vit C Source	Source	Comments	
Seafood or related product	A0801								
		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 product, with sauce	A0801	K0034	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
			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)
	A0802	Z0183, 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
			G0006	85	1	80	1	1, 4	1) fat fish, fat content >5%, fry in oven, fish, edible part; 4) fish, grilling (cod)
	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
			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 Food Classification	LanguaL Code	LanguaL Code	Source	Comments
Milk, etc.	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	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	E0119	7) Derived	Derived from 1) dishes from potato products, bake in oven, potato, edible part
		G0004	factor	part
		G0005	1	1) dishes from potato products, bake in oven, potato, edible part
	A0828		7) Derived	
		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
	A0828	B1036, B1006, B1005, B1232	7) Derived	
		G0004	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	B1467	7) Derived	
		G0004	factor	Derived from 1) Mushrooms based dishes. Baked in oven, whole dish
		G0005	1	1) Mushrooms based dishes. Baked in oven, whole dish
	A0828	B1566	7) Derived	
		G0004	factor	Derived from 1) Leafy vegetables, baked in oven, total dish
		G0005	1	1) Leafy vegetables, baked in oven, total dish

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

EuroFir Food Classification	LanguaL Code	Other relevant facets	Cooking method	LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
	Facet A			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	95	2	95	2	95	2
Fruit or fruit product	A0833		Cooked by moist heat	G0012	80	6	75	6	95	6
			Boiled	G0014	60	1	60	1	95	1
			Stewed	G0020	100	1	90	3	95	3
Fruit or fruit product, with liquid	A0833		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	3
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	1
			Stewed	G0020	100	1	100	1	100	1
			Boiled, with cooking liquid	G0014	100	1	100	1	100	1

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Mg	Mg Source	P	P Source	Fe	Fe Source	
	Facet A		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	95	2	95	2	95	2
Fruit or fruit product	A0833		Cooked by moist heat	G0012	90	6	90	6	95	6
			Boiled	G0014	80	1	80	1	90	1
			Stewed	G0020	100	1	100	1	100	1
Fruit or fruit product, with liquid	A0833		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	G0014	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	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 Classification	LanguaL Code	Other relevant facets	Cooking method	LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
	Facet A			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	95	2	95	2	95	2
Fruit or fruit product	A0833		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 liquid	A0833		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	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 liquid	G0014	90	1	100	1	100	1
Rice or other grain, whole	A0814	C0133	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 liquid	G0014	100	1	100	1	100	1
Rice or other grain, polished	A0814	C0134	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 liquid	G0014	100	1	100	1	100	1

EuroFir Food Classification	LanguaL Code	Other rel. facets	Cooking method	LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
	Facet A			Facet G						
Meat or meat product	A0793		Cooked by moist heat	G0012	60	6	62	6	85	6
			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 sauce	A0793	K0034	Cooked by moist heat	G0012	96	6	96	6	96	6
			Boiled, steamed	G0014, G0021	96	6	96	6	96	6
			stewed, braised	G0020, G0019	96	6	96	6	96	6
<i>Offal</i>	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
<i>Offal, with sauce</i>	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
<i>Poultry</i>	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
<i>Poultry, with sauce</i>	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
			stewed, braised	G0020, G0019	40	1	50	1	85	1
Chicken, with sauce	A0795	B1457, K0034	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, 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

			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
			stewed, braised	G0020	100	6	100	6	100	6
Beef	A0794	B1161	Cooked by moist heat	G0012	45	6	50	6	83	6
			Boiled, steamed	G0014, G0021	45	1	50	1	80	1
			stewed, braised	G0020, G0019	45	1	50	1	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
			stewed, braised	G0020, G0019	100	1	100	1	100	1
Lamb, mutton & game	A0794	B1183, B1669 or 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

Lamb, mutton & game, with sauce	A0794	B1183, B1669 or 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 product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	85	1	85	1
Sausage or similar product, with sauce	A0798	K0034	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	85	1	85	1

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Mg	Mg Source	P	P Source	Fe	Fe Source	
	Facet A		Facet G							
Meat or meat product	A0793		Cooked by moist heat	G0012	79	6	79	6	93	6
			Boiled, steamed	G0014, G0021	78	6	77	6	93	6
			stewed, braised	G0020, G0019	80	6	81	6	93	6
Meat or meat product, with sauce	A0793	K0034	Cooked by moist heat	G0012	100	6	100	6	99	6
			Boiled, steamed	G0014, G0021	100	6	100	6	99	6
			stewed, braised	G0020, G0019	100	6	100	6	99	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

<i>Poultry</i>	A0795		Cooked by moist heat	G0012	70	6	70	6	80	6
			Boiled, steamed	G0014, G0021	70	6	70	6	80	6
			stewed, braised	G0020	70	6	70	6	80	6
<i>Poultry, with sauce</i>	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	70	6	70	6	80	6
			Boiled, steamed	G0014, G0021	70	1	70	1	80	1
Chicken, with sauce	A0795	B1457, K0034	stewed, braised	G0020, G0019	70	1	70	1	80	1
			Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012, 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
			Cooked by moist heat	G0012	100	6	100	6	100	6
Duck & Goose, with sauce	A0795	B1316, B1251, K0034	Boiled, steamed	G0014, G0021	100	1	100	1	100	1
			stewed, braised	G0020, G0019	100	1	100	1	100	1
<i>Red meat</i>	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
<i>Red meat, with sauce</i>	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
			stewed, braised	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	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	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, 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 & game	A0794	B1183, 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 & game, with sauce	A0794	B1183, B1669 or 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 product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	95	1
Sausage or similar product, with sauce	A0798	K0034	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	95	1

EuroFir Food Classification	LanguaL Code	Other relevant facets	Cooking method	LanguaL Code	Na	Na	K	K	Ca	Ca
					Source	Source	Source	Source		
	Facet A			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 substitute	A0778		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
<i>Seafood dish</i>	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	75	1	100	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1

EuroFir Food Classification	Language Code	Language Code	Mg	Mg Source	P	P Source	Fe	Fe Source		
	Facet A	Other relevant facets	Cooking method	Facet G						
Coffee, tea, cocoa	A0845		steeped	G0036	50	6	20	6	5	6
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 substitute	A0778		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	85	6	80	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	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
<i>Seafood dish</i>	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	85	1	85	1	80	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1

EuroFir Food Classification	LanguaL Code	Other relevant facets	Cooking method	LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
					Facet A	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 substitute	A0778		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
<i>Seafood dish</i>	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	100	1	90	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1

EuroFir Food Classification	Language Code	Other relevant facets	Cooking method	Language Code	Na	Na Source	K	K Source	Ca	Ca Source
	Facet A			Facet G						
Vegetable or vegetable product	A0825		Cooked by moist heat	G0012	87	6	84	6	96	6
			Boiled	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
<i>Starchy root or potato</i>	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	6	100	6	100	6
Potato dish	A0830		Cooked by moist heat, with cooking liquid	G0012	100	6	100	6	100	6
			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
Potato products	A0830	E0119	Stewed	G0021	100	1	100	1	100	1
			Cooked by moist heat	G0012	90	6	90	6	98	6
			Boiled	G0014	80	1	80	1	95	1
<i>Vegetable dish</i>	A0828		Stewed	G0021	100	1	100	1	100	1
			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
Root, tuber and bulb vegetables	A0828	B1018	Stewed	G0021	100	6	100	6	100	6
			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, with cooking liquid		G0012	100	1	100	1	100
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 Classification	Language Code	Other relevant facets	Language Code	Mg	Mg Source	P	P Source	Fe	Fe Source	
	Facet A		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	G0012	95	6	96	6	96	6
			Boiled	G0014	90	6	93	6	93	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	97	6	95	6
			Boiled	G0014	90	1	95	1	90	1
			Steam	G0020	95	1	95	1	95	1
Potato products	A0830	E0119	Stewed	G0021	100	1	100	1	100	1
			Cooked by moist heat	G0012	95	6	95	6	98	6
			Boiled	G0014	90	1	90	1	95	1
			Stewed	G0021	100	1	100	1	100	1
<i>Vegetable dish</i>	A0828		Cooked by moist heat	G0012	83	6	95	6	85	6
			Boiled	G0014	60	6	90	6	75	6
			Steamed	G0020	89	6	95	6	81	6
			Stewed	G0021	100	6	100	6	100	6
Root, tuber and bulb vegetables	A0828	B1018	Cooked by moist heat	G0012	82	6	95	6	87	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	A0828	B1036, B1006, B1005, B1232	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
			Cooked by moist heat, with cooking liquid	G0012	100	1	100	1	100	1
Mushroom	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
			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 Classification	Language Code	Other relevant facets	Cooking method	Language Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
	Facet A			Facet G						
Vegetable or vegetable product	A0825		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
<i>Starchy root or potato</i>	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
Potato dish	A0830		Cooked by moist heat, with cooking liquid	G0012	100	6	100	6	100	6
			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
Potato products	A0830	E0119	Stewed	G0021	100	1	100	1	100	1
			Cooked by moist heat	G0012	95	6	95	6	95	6
			Boiled	G0014	90	1	90	1	90	1
<i>Vegetable dish</i>	A0828		Stewed	G0021	100	1	100	1	100	1
			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
Root, tuber and bulb vegetables	A0828	B1018	Stewed	G0021	100	6	100	6	100	6
			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
			Cooked by moist heat, with cooking liquid	G0012	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
			Cooked by moist heat, with cooking liquid	G0012	100	1	100	1	100	1

EuroFir Food
Classification

LanguaL Code

LanguaL Code

Source

Comments

1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2004 ; 5) Average value; 7) Derived factor

Most factors are from Bognár, when values are not found next priority is McCance& Widdowson's, then USDA, then others

Facet A

Facet G

Egg or egg product	A0790		2	
		G0014		Average factor for food group & cooking method: 2) Eggs, minerals, boiling
Fat or oil	A0805	G0014	2	Average factor for food group & cooking method: 2) fats and oils, minerals, boiling
Fruit or fruit product	A0833	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 citrus)
Fruit or fruit product, with liquid	A0833		1	
		G0014		Average factor for food group, with liquid, syrup
	A0834, A0837		1	1) Jam or Jelly or Jam or Marmalade
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 Food Classification	Facet A	LanguaL Code Other relevant facets	Facet G	LanguaL Code	Source	Comments
						1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2002 ; 5) USDA, Release 5, 2003 ; 6) McCance and Widdowson's, 2002 ; 7) Derived factor Average value; 7) Derived factor Most factors are from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others
Meat or meat product	A0793		G0012	6) = AVR3		Average factor for food group and cooking method
			G0014,G0021	6) = AVR3		Average factor for food group
			G0020, G0019	6) = AVR3		Average factor for food group
Meat or meat product, with sauce	A0793	K0034	G0012	6) = AVR3		Average, general factor for food group and cooking method, with sauce
			G0014,G0021	6) = AVR3		Average factor for food group, with sauce
			G0020, G0019	6) = AVR3		Average factor for food group, with sauce
	A0796		G0012	6) = AVR3		Average factor for food sub-group and cooking method
			G0014,G0021	1		1) Offal based dishes, >80°C (liver, kidney, lung, tongue, blood, brain)
			G0020, G0019	1		1) Offal based dishes, >80°C (liver, kidney, lung, tongue, blood, brain)
	A0796	K0034	G0012	6) = AVR3		Average factor for food sub-group and cooking method
			G0014,G0021	1		1) Offal based dishes, >80°C, with sauce (liver, kidney, lung, tongue, blood, brain)
			G0020, G0019	1		1) Offal based dishes, >80°C, with sauce (liver, kidney, lung, tongue, blood, brain)
A0795			G0012	6) = AVR3		Average factor for food sub-group and cooking method
			G0014,G0021	6) = AVR3		Average factor for food sub-group, boiled or steamed : Average chicken, turkey & duck / solid part, edible
			G0020	6) = AVR3		General factor for food sub-group, stewed or braised : Average chicken, turkey & duck / solid part, edible
			G0012	6) = AVR3		Average, general factor for food sub-group and cooking method, with sauce
			G0014,G0021	6) = AVR3		Average factor for food sub-group, boiled or steamed : Average chicken, turkey & duck / total dish, edible part, meat with skin
A0795	B1457		G0020	6) = AVR3		Average factor for food sub-group, stewed or braised : Average chicken, turkey & duck / total dish, edible part, meat with skin
			G0012	6) = AVR3		Average factor for cooking method & food item
			G0014,G0021	1		1) Poultry-based dishes, Chicken, core temperature >80°C; Solid part, edible/ Meat with skin
A0795	B1457, K0034		G0020, G0019	1		1) Poultry-based dishes, Chicken, core temperature >80°C; Solid part, edible/ Meat with skin
			G0014,G0021, G0020,G0012, G0019	1, 6 (=AVR3)		1) Poultry-based dishes, Chicken, core temperature >80°C, total dish (with sauce)
A0795	B1236		G0012	6) = AVR3		Average factor for cooking method & food item
			G0014, G0021	1		1) Poultry-based dishes, turkey, core temperature >80°C / Boil, Steam, solid part, edible

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

A0794	B1183,B1669 or B1134,K0034	G0020, G0019	1	1) lamb, mutton, game, >75°C, meat, edible part
		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°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		LanguaL Code	Source	Comments
	Facet A	Other relevant facets	Facet G		
Coffee, tea, cocoa	A0845		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	A0801		G0014, G0021, G0020, G0012	6) = AVRG	Average factor for food group
Seafood or 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 Food Classification	LanguaL Code	LanguaL Code	Source	Comments	
	Other relevant facets	Facet G	1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's factor available, 100 assumed; 6) Average value; 7) Derived factor Most factors are from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others		
Vegetable or vegetable product	A0825	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	
		G0021	6) = AVRG	Average factor for food group	
	A0832	G0012	6) = AVRG	Average factor for food group and cooking method	
		G0014	1	1) Legume based dishes, cooked in soaking water / without soaking water (values are the same), drained;	
		G0021	1	1) Legume based dishes, Stewed, braised=total dish	
	A0829	G0012	6) = AVRG	Average, general factor for food group and cooking 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	
	A0830	G0012	6) = AVRG	Average from potato dish and potato products, boiled, with cooking liquid	
		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	
	A0830	E0119	G0021	1	1) Potato raw. Boiled: edible part, without peel ; Stewed: total dish
			G0012	6) = AVRG	Average factor for food sub-group & cooking method
			G0014	1	1) Potato products. Boiled: solid part;
	A0828		G0021	1	1) Potato products. Stewed: total dish, including liquid
			G0012	6) = AVRG	Average factor for food group and cooking method
			G0014	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, fruit corn and seeds, mushrooms and leafy vegetables
			G0020	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, fruit corn and seeds, mushrooms and leafy vegetables
	A0828	B1018	G0021	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, fruit corn and seeds, mushrooms and leafy vegetables
			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) 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
		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 Classification	LanguaL Code	Other relevant facets	Cooking method	LanguaL Code	Vit A		Carot		Vit D	
					Vit A	Source	Carot	Source	Vit D	Source
		Facet A	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 heat	G0014	95	2	95	2	95	1
Fat or oil	A0805		Boiled	G0014	85	2	85	2	100	5
Fruit or fruit product	A0833		Cooked by moist heat	G0012	75	6	75	6	100	5
			Boiled	G0014	75	1	75	1	100	5
			Stewed	G0020	75	1	75	1	100	5
Fruit or fruit product, with liquid	A0833		Boiled	G0014	75	1	75	1	100	5
Processed fruit product	A0834, A0837		Jam, Jelly		90	1	90	1	100	5
Grain or grain product	A0812		Cooked by moist heat	G0012	93	6	93	6	100	6
			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, polished	A0814	C0134	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 Classification	Language Code	Language Code	Other relevant facets	Language Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source
	Facet A		Other relevant facets	Facet G						
Coffee, tea, cocoa	A0845									
	Coffee	A0845	B1305	steeped	G0036	100	6	100	6	100
	Tea	A0845	B1623	steeped	G0036	100	5	100	5	100
Egg or egg product	A0790									
				Boiled = Cooked by moist heat	G0014	100	1	100	1	80
Fat or oil	A0805			Boiled	G0014	75	2	100	5	100
Fruit or fruit product	A0833			Cooked by moist heat	G0012	100	6	100	6	73
				Boiled	G0014	100	1	100	1	65
				Stewed	G0020	100	1	100	1	80
Fruit or fruit product, with liquid	A0833			Boiled	G0014	100	1	100	1	80
	Processed fruit product	A0834, A0837		Jam, Jelly		100	1	100	1	100
Grain or grain product	A0812			Cooked by moist heat	G0012	100	6	100	6	68
				Boiled, steamed	G0014, G0021	100	6	100	6	60
				Stewed	G0020	100	6	100	6	75
	Flour or starch	A0813		Boiled, steamed	G0014, G0021	100	5	100	5	80
	Pasta	A0815		Boiled	G0014	100	1	100	1	85
				Boiled, with cooking liquid	G0014	100	1	100	1	80
	Rice or other grain, whole	A0814	C0133	Cooked by moist heat	G0012	100	6	100	6	63
				Boiled	G0014	100	1	100	1	50
				Stewed	G0020	100	1	100	1	75
				Boiled, with cooking liquid	G0014	100	1	100	1	75
	Rice or other grain, polished	A0814	C0134	Cooked by moist heat	G0012	100	6	100	6	63
				Boiled	G0014	100	1	100	1	50
				Stewed	G0020	100	1	100	1	75
				Boiled, with cooking liquid	G0014	100	1	100	1	75

EuroFir Food Classification	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		steeped	G0036	18	6	90	6	83	6
Coffee	A0845	B1305	steeped	G0036	20	1	90	1	90	1
Tea	A0845	B1623	steeped	G0036	15	1	90	1	75	1
Egg or egg 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 product	A0833		Cooked by moist heat	G0012	85	6	85	6	80	6
			Boiled	G0014	80	1	80	1	70	1
			Stewed	G0020	90	3	90	1	90	1
Fruit or fruit product, with liquid	A0833		Boiled	G0014	100	1	90	1	90	1
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
			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	G0014	75	3	90	1	90	1
			Boiled, with cooking 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	G0020	100	1	95	1	80	1
			Boiled, with cooking liquid	G0014	100	1	95	1	80	1
Rice or other grain, polished	A0814	C0134	Cooked by moist heat	G0012	75	6	85	6	65	6
			Boiled	G0014	50	1	75	1	50	1
			Stewed	G0020	100	1	95	1	80	1
			Boiled, with cooking liquid	G0014	100	1	95	1	80	1

EuroFir Food Classification	LanguaL Code		LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panθοthenic acid	Panth.acid Source	
	Facet A	Other relevant facets	Cooking method	Facet G						
Coffee, tea, cocoa	A0845		steeped	G0036	90	6	80	6	90	6
Coffee	A0845	B1305	steeped	G0036	90	1	80	1	90	1
Tea	A0845	B1623	steeped	G0036	90	1	80	1	90	1
Egg or egg 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 product	A0833		Cooked by moist heat	G0012	95	6	60	6	85	6
			Boiled	G0014	90	1	50	1	80	1
			Stewed	G0020	100	1	70	1	90	1
Fruit or fruit product, with liquid	A0833		Boiled	G0014	100	1	70	1	90	1
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	G0014	100	1	70	1	90	1
			Boiled, with cooking liquid	G0014	100	1	70	1	90	1
Rice or other grain, whole	A0814	C0133	Cooked by moist heat	G0012	85	6	75	6	85	6
			Boiled	G0014	75	1	70	1	75	1
			Stewed	G0020	95	1	80	1	95	1
			Boiled, with cooking liquid	G0014	95	1	80	1	95	1
Rice or other grain, polished	A0814	C0134	Cooked by moist heat	G0012	85	6	75	6	85	6
			Boiled	G0014	75	1	70	1	75	1
			Stewed	G0020	95	1	80	1	95	1
			Boiled, with cooking liquid	G0014	95	1	80	1	95	1

EuroFir Food Classification	Language Code	Language Code	Other relevant facets	Language Code	Biotin Source	Biotin Source	Vit C Source	Vit C Source
	Facet A		Other relevant facets	Facet G				
Coffee, tea, cocoa	A0845							
Coffee	A0845	B1305	steeped	G0036	90	6	90	6
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 product	A0833							
			Cooked by moist heat	G0012	100	6	55	6
			Boiled	G0014	100	1	40	1
			Stewed	G0020	100	1	70	1
Fruit or fruit product, with liquid	A0833							
Processed fruit product	A0834, A0837		Boiled	G0014	100	1	70	1
			Jam, Jelly		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, polished	A0814	C0134						
			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	Language Code	Language Code	Other relevant facets	Facet A	Facet G	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source								
Meat or meat product	A0793		Cooking method	Facet A	Facet G														
												Cooked by moist heat	G0012	76	6	76	6	79	6
												Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	75	6	75	6	78	6
Meat or meat product, with sauce	A0793	K0034	Cooking method	Facet A	Facet G														
												Cooked by moist heat	G0012	88	6	88	6	89	6
												Boiled, steamed stewed, braised	G0014, G0021 G0020, G0019	88	6	88	6	89	6
<i>Offal</i>	A0796		Cooking method	Facet A	Facet G														
												Cooked by moist heat	G0012	80	6	80	6	90	6
												Boiled, steamed	G0014, G0021	80	1	80	1	90	1
<i>Offal, with sauce</i>	A0796	K0034	Cooking method	Facet A	Facet G														
												Cooked by moist heat	G0012	90	6	90	6	95	6
												Boiled, steamed	G0014, G0021	90	1	90	1	95	1
<i>Poultry</i>	A0795		Cooking method	Facet A	Facet G														
												Cooked by moist heat	G0012	57	6	57	6	57	6
												Boiled, steamed stewed, braised	G0014, G0021 G0020	55	6	55	6	55	6
<i>Poultry, with sauce</i>	A0795	K0034	Cooking method	Facet A	Facet G														
												Cooked by moist heat	G0012	80	6	80	6	80	6
												Boiled, steamed stewed, braised	G0014, G0021 G0020	80	6	80	6	80	6
Chicken	A0795	B1457	Cooking method	Facet A	Facet G														
												Cooked by moist heat	G0012	58	6	58	6	58	6
												Boiled, steamed	G0014, G0021	55	1	55	1	55	1
Chicken, with sauce	A0795	B1457, K0034	Cooking method	Facet A	Facet G														
												Boiled, steamed, stewed, braised	G0014, G0021, G0020, G0012, G0019	60	1	60	1	60	1
												Cooked by moist heat	G0012	80	1	80	1	80	1
Turkey	A0795	B1236	Cooking method	Facet A	Facet G														
												Cooked by moist heat	G0012	58	6	58	6	58	6
												Boiled, steamed	G0014, G0021	55	1	55	1	55	1
Turkey, with sauce	A0795	K0034	Cooking method	Facet A	Facet G														
												stewed, braised	G0020, G0019	60	1	60	1	60	1
												Cooked by moist heat	G0012	80	6	80	6	80	6
			Boiled, steamed		G0014, G0021		80	1	80	1									
			stewed, braised		G0020, G0019		80	1	80	1									

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	G0014, G0021	77	6	77	6	77	6
			stewed, braised	G0020	78	6	78	6	78	6
Red meat, with sauce	A0794	or B1134, 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, K0034	Boiled, steamed, stewed, braised	G0014,G0021,G0020, G0012, G0019	80	1	80	1	80	1
Pork	A0794	B1136	Cooked by moist heat	G0012	78	6	78	6	78	6
			Boiled, steamed	G0014, G0021	75	1	75	1	75	1
			stewed, braised	G0020, G0019	80	1	80	1	80	1
Pork, with sauce	A0794	B1136,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
Lamb, mutton & game	A0794	B1183,B1669 or B1134	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
Lamb, mutton & game, with sauce	A0794	B1183,B1669 B1134,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
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 product, with sauce	A0798	K0034	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	100	1

EuroFir Food Classification	LanguaL	Other relevant	Cooking method	LanguaL	Vit E	Vit E	Vit K	Vit K	Vit B1	Vit B1
	Code			Code	Source	Source	Source	Source	(Thiamin)	Source
	Facet A	facets		Facet G						
Meat or meat product	A0793		Cooked by moist heat	G0012	79	6	81	6	61	6
			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 sauce	A0793	K0034	Cooked by moist heat	G0012	100	6	100	6	77	6
			Boiled, steamed	G0014, G0021	100	6	100	6	75	6
			stewed, braised	G0020, G0019	100	6	100	6	79	6
<i>Offal</i>	A0796		Cooked by moist heat	G0012	90	6	90	6	78	6
			Boiled, steamed	G0014, G0021	90	1	90	1	70	1
			stewed, braised	G0020, G0019	90	1	90	1	85	1
<i>Offal, with sauce</i>	A0796	K0034	Cooked by moist heat	G0012	100	6	100	6	85	6
			Boiled, steamed	G0014, G0021	100	1	100	1	80	1
			stewed, braised	G0020, G0019	100	1	100	1	90	1
<i>Poultry</i>	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
<i>Poultry, with sauce</i>	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, G0012, G0019	100	1	100	1	70	1
Turkey	A0795	B1236	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	G0014, G0021	77	6	77	6	37	6
			stewed, braised	G0020	80	6	80	6	43	6
Red meat, with sauce	A0794	or B1134, 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
			stewed, braised	G0020, G0019	75	1	75	1	45	1
Beef, with sauce	A0794	B1161, K0034	Boiled, steamed, stewed, braised	G0014,G0021,G0020, 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 & game	A0794	B1183,B1669 or B1134	Cooked by moist heat	G0012	80	6	80	6	40	6
			Boiled, steamed	G0014, G0021	80	1	80	1	40	1
			stewed, braised	G0020, G0019	80	1	80	1	40	1
Lamb, mutton & game, with sauce	A0794	B1183,B1669 B1134,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
Sausage or similar product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	100	1	75	1
Sausage or similar product, with sauce	A0798	K0034	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	100	1	90	1

EuroFir Food Classification	Language Code	Language Code	Language Code	Vit B2	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source	
	Facet A	Other rel. facets	Cooking method	Facet G						
Meat or meat product	A0793		Cooked by moist heat	G0012	87	6	64	6	60	6
			Boiled, steamed	G0014, G0021	84	6	59	6	55	6
			stewed, braised	G0020, G0019	90	6	69	6	65	6
Meat or meat product, with sauce	A0793	K0034	Cooked by moist heat	G0012	100	6	85	6	80	6
			Boiled, steamed	G0014, G0021	100	6	85	6	80	6
			stewed, braised	G0020, G0019	100	6	85	6	80	6
<i>Offal</i>	A0796		Cooked by moist heat	G0012	88	6	68	6	63	6
			Boiled, steamed	G0014, G0021	80	1	50	1	45	1
			stewed, braised	G0020, G0019	95	1	85	1	80	1
<i>Offal, with sauce</i>	A0796	K0034	Cooked by moist heat	G0012	100	6	90	6	83	6
			Boiled, steamed	G0014, G0021	100	1	90	1	80	1
			stewed, braised	G0020, G0019	100	1	90	1	85	1
<i>Poultry</i>	A0795		Cooked by moist heat	G0012	94	6	60	6	60	6
			Boiled, steamed	G0014, G0021	93	6	60	6	60	6
			stewed, braised	G0020	95	6	60	6	60	6
<i>Poultry, with sauce</i>	A0795	K0034	Cooked by moist heat	G0012	100	6	80	6	80	6
			Boiled, steamed	G0014, G0021	100	6	80	6	80	6
			stewed, braised	G0020	100	6	80	6	80	6
Chicken	A0795	B1457	Cooked by moist heat	G0012	95	6	60	6	60	6
			Boiled, steamed	G0014, G0021	95	1	60	1	60	1
			stewed, braised	G0020, G0019	95	1	60	1	60	1
Chicken, with sauce	A0795	B1457, K0034	Boiled, steamed, stewed, braised	G0014, G0021, G0020, G0012, G0019	100	1	80	1	80	1
Turkey	A0795	B1236	Cooked by moist heat	G0012	93	6	60	6	60	6
			Boiled, steamed	G0014, G0021	90	1	60	1	60	1
			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	G0020, G0019	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	G0014, G0021	68	6	50	6	42	6
			stewed, braised	G0020	75	6	55	6	45	6
Red meat, with sauce	A0794	or B1134, 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, K0034	Boiled, steamed, stewed, braised	G0014,G0021,G0020, 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
			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
			stewed, braised	G0020, G0019	100	1	80	1	60	1
Lamb, mutton & game	A0794	B1183,B1669 or B1134	Cooked by moist heat	G0012	60	6	53	6	43	6
			Boiled, steamed	G0014, G0021	55	1	50	1	40	1
			stewed, braised	G0020, G0019	65	1	55	1	45	1
Lamb, mutton & game, with sauce	A0794	B1183,B1669 B1134,K0034	Cooked by moist heat	G0012	100	6	80	6	78	6
			Boiled, steamed	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 moist heat	G0014, G0021, G0020, G0012	100	1	90	1	90	1

EuroFir Food Classification	LanguaL Code		Cooking method	LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Pantho-thenic Acid	Pantho-thenic Acid Source
	Facet A	Other relevant facets								
Meat or meat product	A0793		Cooked by moist heat	G0012	61	6	61	6	66	6
			Boiled, steamed	G0014, G0021	60	6	61	6	62	6
			stewed, braised	G0020, G0019	63	6	62	6	70	6
Meat or meat product, with sauce	A0793	K0034	Cooked by moist heat	G0012	80	6	73	6	84	6
			Boiled, steamed	G0014, G0021	78	6	73	6	83	6
			stewed, braised	G0020, G0019	81	6	73	6	85	6
<i>Offal</i>	A0796		Cooked by moist heat	G0012	65	6	65	6	73	6
			Boiled, steamed	G0014, G0021	60	1	65	1	60	1
			stewed, braised	G0020, G0019	70	1	65	1	85	1
<i>Offal, with sauce</i>	A0796	K0034	Cooked by moist heat	G0012	80	6	70	6	85	6
			Boiled, steamed	G0014, G0021	75	1	70	1	80	1
			stewed, braised	G0020, G0019	85	1	70	1	90	1
<i>Poultry</i>	A0795		Cooked by moist heat	G0012	50	6	50	6	63	6
			Boiled, steamed	G0014, G0021	50	6	50	6	63	6
			stewed, braised	G0020	50	6	50	6	63	6
<i>Poultry, with sauce</i>	A0795	K0034	Cooked by moist heat	G0012	70	6	65	6	80	6
			Boiled, steamed	G0014, G0021	70	6	67	6	80	6
			stewed, braised	G0020	70	6	63	6	80	6
Chicken	A0795	B1457	Cooked by moist heat	G0012	50	6	50	6	60	6
			Boiled, steamed	G0014, G0021	50	1	50	1	60	1
			stewed, braised	G0020, G0019	50	1	50	1	60	1
Chicken, with sauce	A0795	B1457, K0034	Boiled, steamed, stewed, braised	G0014,G0021,G0020, G0012, G0019	70	1	70	1	80	1
Turkey	A0795	B1236	Cooked by moist heat	G0012	50	6	50	6	60	6
			Boiled, steamed	G0014, G0021	50	1	50	1	60	1
			stewed, braised	G0020, G0019	50	1	50	1	60	1
Turkey, with sauce	A0795	K0034	Cooked by moist heat	G0012	70	6	65	6	80	6
			Boiled, steamed	G0014, G0021	70	1	70	1	80	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	G0014, G0021	60	6	65	6	50	6
			stewed, braised	G0020	60	6	67	6	57	6
Red meat, with sauce	A0794	or B1134, 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
			stewed, braised	G0020, G0019	60	1	65	1	70	1
Beef, with sauce	A0794	B1161, K0034	Boiled, steamed, stewed, 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 & game	A0794	B1183,B1669 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 & game, with sauce	A0794	B1183,B1669 B1134,K0034	Cooked by moist heat	G0012	70	6	70	6	75	6
			Boiled, steamed	G0014, G0021	70	1	70	1	75	1
			stewed, braised	G0020, G0019	70	1	70	1	75	1
Sausage or similar product	A0798		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	65	1	75	1
Sausage or similar product, with sauce	A0798	K0034	Boiled, steamed, stewed, braised = Cooked by moist heat	G0014, G0021, G0020, G0012	95	1	80	1	90	1

EuroFir Food Classification	Language Code	Language Code						
	Facet A	Other relevant facets	Cooking method	Facet G	Biotin	Biotin Source	Vit C	Vit C Source
Meat or meat product	A0793		Cooked by moist heat	G0012	69	6	71	6
			Boiled, steamed	G0014, G0021	69	6	70	6
			stewed, braised	G0020, G0019	70	6	73	6
Meat or meat product, with sauce	A0793	K0034	Cooked by moist heat	G0012	91	6	79	6
			Boiled, steamed	G0014, G0021	90	6	78	6
			stewed, braised	G0020, G0019	91	6	80	6
<i>Offal</i>	A0796		Cooked by moist heat	G0012	68	6	73	6
			Boiled, steamed	G0014, G0021	65	1	70	1
			stewed, braised	G0020, G0019	70	1	75	1
<i>Offal, with sauce</i>	A0796	K0034	Cooked by moist heat	G0012	88	6	78	6
			Boiled, steamed	G0014, G0021	85	1	75	1
			stewed, braised	G0020, G0019	90	1	80	1
<i>Poultry</i>	A0795		Cooked by moist heat	G0012	70	6	100	5
			Boiled, steamed	G0014, G0021	70	6	100	5
			stewed, braised	G0020	70	6	100	5
<i>Poultry, with sauce</i>	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	1	100	5
			stewed, braised	G0020, G0019	70	1	100	5
Turkey, with sauce	A0795	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

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	G0014, G0021	70	6	100	5
			stewed, braised	G0020	70	6	100	5
Red meat, with sauce	A0794	or B1134, 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
			stewed, braised	G0020, G0019	70	1	100	5
Beef, with sauce	A0794	B1161, K0034	Boiled, steamed, stewed, braised	G0014,G0021,G0020, 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 & game	A0794	B1183,B1669 or B1134	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
Lamb, mutton & game, with sauce	A0794	B1183,B1669 B1134,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
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 moist heat	G0014, G0021, G0020, G0012	95	1	80	1

EuroFir Food Classification	LanguaL Code		LanguaL Code	Vit A		Carot		Vit D		
				Vit A	Source	Carot	Source	Vit D	Source	
Milk, milk product or milk substitute	A0778		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	83	6	83	6	83	6
Seafood or related product, with sauce	A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	6	90	6	90	6
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
<i>Seafood dish</i>	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	90	1	90	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	90	1	90	1

EuroFir Food Classification	Language Code	Language 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	100	6	100	6	85	6
			Boiled	100	1	100	1	90	1
			stewed	100	1	100	1	80	1
Seafood or related product	A0801		Boiled, steamed, stewed = Cooked by moist heat	90	6	90	6	75	6
Seafood or related product, with sauce	A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	100	6	100	6	85	6
Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	100	1	100	1	75	1
Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	100	1	100	1	85	1
Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	70	1	70	1	75	1
Fat fish, with sauce	A0802	Z0182, K0034	Boiled, steamed, stewed = Cooked by moist heat	100	1	100	1	85	1
<i>Seafood dish</i>	A0804		Boiled, steamed, stewed = Cooked by moist heat	100	1	100	1	75	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	100	1	100	1	85	1

EuroFir Food Classification	Language Code	Language Code		Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source	
Milk, milk product or milk substitute	A0778		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
<i>Seafood dish</i>	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	70	1	70	1	70	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	100	1	95	1	85	1

EuroFir Food Classification	LanguaL Code		LanguaL Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panth.acid Source	
Milk, milk product or milk substitute	A0778		Cooked by moist heat	G0012	93	6	65	6	85	6
			Boiled	G0014	95	1	80	1	90	1
			stewed	G0020	90	1	50	1	80	1
Seafood or related product	A0801		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	6	70	6	70	6
Seafood or related product, with sauce	A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	6	85	6	85	6
Low fat fish	A0802	Z0183	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	1	70	1	70	1
Low fat fish, with sauce	A0802	Z0183, K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	85	1	85	1
Fat fish	A0802	Z0182	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	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	85	1	85	1
<i>Seafood dish</i>	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	1	70	1	70	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	85	1	85	1

EuroFir Food Classification	LanguaL Code		LanguaL Code	Biotin	Biotin Source	Vit C	Vit C Source	
Milk, milk product or milk substitute	A0778		Cooked by moist heat	G0012	93	6	70	6
			Boiled	G0014	95	1	70	1
			stewed	G0020	90	1	70	1
Seafood or related product	A0801		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	6	80	6
Seafood or related product, with sauce	A0801	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	6	85	6
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
<i>Seafood dish</i>	A0804		Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	80	1	80	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Boiled, steamed, stewed = Cooked by moist heat	G0014, G0021, G0020, G0012	90	1	85	1

EuroFir Food Classification	LanguaL Code	LanguaL Code	LanguaL Code	Vit A		Carot		Vit D		
				Vit A	Source	Carot	Source	Vit D	Source	
Vegetable or vegetable product	A0825	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	100	6	
Boiled		G0014	100	7	100	1	100	1		
Stewed		G0021	100	7	100	1	100	1		
<i>Starchy root or potato</i>	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		
Potato dish	A0830	Cooked by moist heat, with cooking liquid	G0012	100	6	100	6	100	6	
		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	
Potato products	A0830	E0119	Stewed	G0021	90	7	90	1	100	1
			Cooked by moist heat	G0012	100	7	100	6	100	6
			Boiled	G0014	100	7	100	1	100	1
<i>Vegetable dish</i>	A0828	Cooked by moist heat	G0012	93	7	93	6	100	6	
		Boiled	G0014	93	7	93	6	100	6	
		Steamed	G0020	93	7	93	6	100	6	
		Stewed	G0021	93	7	93	6	100	6	
Root, tuber and bulb vegetables	A0828	B1018	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
Steam, flower, fruit, corn, seed	A0828	B1036, B1006, B1005, B1232	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
			Cooked by moist heat, with cooking liquid	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 Classification	Language Code	Language 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
			Boiled	G0014	97	6	96	6	70	6
			Steam	G0020	99	6	98	6	83	6
			Stewed	G0021	100	6	100	6	87	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
<i>Starchy root or potato</i>	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
Potato dish	A0830		Cooked by moist heat, with cooking liquid	G0012	100	6	100	6	90	6
			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
<i>Vegetable dish</i>	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 vegetables	A0828	B1018	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 Classification	LanguaL Code		LanguaL Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin Source	Niacin Source	Vit B6	Vit B6 Source	
Vegetable or vegetable product	A0825		Cooked by moist heat	G0012	88	6	81	6	81	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
<i>Starchy root or potato</i>	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	85	6
			Stewed	G0021	95	6	95	6	90	6
			Cooked by moist heat, 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
Potato products	A0830	E0119	Stewed	G0021	95	1	95	1	90	1
			Cooked by moist heat	G0012	93	6	88	6	85	6
			Boiled	G0014	90	1	80	1	80	1
<i>Vegetable dish</i>	A0828		Stewed	G0021	95	1	95	1	90	1
			Cooked by moist heat	G0012	84	6	80	6	80	6
			Boiled	G0014	66	6	66	6	66	6
			Steamed	G0020	90	6	80	6	85	6
Root, tuber and bulb vegetables	A0828	B1018	Stewed	G0021	95	6	95	6	90	6
			Cooked by moist heat	G0012	85	6	82	6	82	6
			Boiled	G0014	70	1	70	1	70	1
			Steamed	G0020	90	1	80	1	85	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 Classification	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	G0012	78	6	61	6	79	6
		Boiled	G0014	80	6	54	6	66	6
		Steam	G0020	73	6	60	6	85	6
		Stewed	G0021	82	6	68	6	85	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
<i>Starchy root or potato</i>	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
<i>Vegetable dish</i>	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 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 Classification	Language Code		Language Code	Biotin	Biotin Source	Vit C	Vit C Source	
Vegetable or vegetable product	A0825		Cooked by moist heat	G0012	84	6	70	6
			Boiled	G0014	77	6	61	6
			Steam	G0020	85	6	76	6
			Stewed	G0021	92	6	75	6
Pulse dish	A0832		Cooked by moist heat	G0012	90	6	60	6
			Boiled	G0014	85	1	60	1
			Stewed	G0021	95	1	60	1
<i>Starchy root or potato</i>	A0829		Cooked by moist heat	G0012	83	6	79	6
			Boiled	G0014	75	6	70	6
			Steam	G0020	85	6	80	6
			Stewed	G0021	90	6	88	6
			Cooked by moist heat, with cooking liquid	G0012	90	6	90	6
Potato dish	A0830		Cooked by moist heat	G0012	82	6	78	6
			Boiled	G0014	70	1	70	1
			Steam	G0020	85	1	80	1
			Stewed	G0021	90	1	85	1
Potato products	A0830	E0119	Cooked by moist heat	G0012	85	6	80	6
			Boiled	G0014	80	1	70	1
			Stewed	G0021	90	1	90	1
<i>Vegetable dish</i>	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 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
Mushroom	A0828	B1467	Cooked by moist heat, with cooking liquid	G0012	90	1	85	1
			Cooked by moist heat	G0012	82	6	73	6
			Boiled	G0014	70	1	65	1
			Steamed	G0020	85	1	75	1
Leafy vegetables	A0828	B1566	Stewed	G0021	90	1	80	1
			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 Food Classification	Facet A	LanguaL Code	Facet G	LanguaL Code	Source
		Other relevant facets			1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson available, 100 assumed; 6) Average value; 7) Derived factor Most factors are from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others
Coffee, tea, cocoa	A0845		G0036	6) = AVRG	Average factor for food group and cooking method
	A0845	B1305	G0036	1, 5	1) Coffe, Infusion with boiling water = Steep (LanguaL)
	A0845	B1623	G0036	1, 5	1) Tea, Infusion with boiling water = Steep (LanguaL)
Egg or egg product	A0790		G0014	1, 2	Average factor for food group & cooking method
Fat or oil	A0805		G0014	2, 5	Average factor for food group & cooking method
Fruit or fruit product	A0833		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 frozen) (0155)
Fruit,fruit product, with liquid	A0833		G0014	1	Average factor for food group, with liquid, syrup
	A0834, A0837			1, 5	1) Jam or Jelly or Jam or Marmalade
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, 3	1) Noodles, white flour, solid part (drained); 3) Pasta, boiled, drained: RFCCode: 0381
			G0014	1, 3	1) Noodles, white flour, total dish (not drained); 3) Pasta, boiled, not drained: RFCCode: 0384
	A0814	C0133	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)

EuroFir Food Classification	Language Code	Language Code	Source
	Other relevant facets	Facet G	1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson factor available, 100 assumed; 6) Average value; 7) Derived factor Most factors are from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others
Meat or meat product	A0793	G0012	6) = AVRG Average factor for food group and cooking method
		G0014,G0021	6) = AVRG Average factor for food group
		G0020, G0019	6) = AVRG Average factor for food group
Meat or meat product, with sauce	A0793	K0034	G0012 6) = AVRG Average, general factor for food group and cooking method, with sauce
			G0014,G0021 6) = AVRG Average factor for food group, with sauce
			G0020, G0019 6) = AVRG Average factor for food group, with sauce
	A0796	G0012	6) = AVRG Average factor for food sub-group and cooking method
		G0014, G0021	1 1) Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain)
		G0020, G0019	1 1) 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	1 1) Offal based dishes, >80°C, with sauce (liver, kidney, ung, tongue, blood, brain)
		G0020, G0019	1 1) 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	5, 6 (=AVRG) Average factor for food sub-group, boiled or steamed : Average chicken, turkey & duck / solid part, edible
		G0020	5, 6 (=AVRG) 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	6) = AVRG Average factor for food sub-group, boiled or steamed : Average chicken, turkey & duck / total dish, edible part, me
		G0020	6) = AVRG Average factor for food sub-group, stewed or braised : Average chicken, turkey & duck / total dish, edible part, me
	A0795	B1457	G0012 5, 6 (=AVRG) Average factor for cooking method & food item
		G0014, G0021	1, 5 1) Poultry-based dishes, Chicken, core temperature >80°C; Solid part, edible/ Meat with skin
		G0020, G0019	1, 5 1) 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	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	B1316, 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	5, 6 (=AVRG)	Average factor for food sub-group
		G0020	5, 6 (=AVRG)	Average factor for food sub-group
A0794	or B1134, 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, G0019	1	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
		G0014, G0021	1, 5	1) lamb, mutton, game, >75°C, meat, edible part
		G0020, G0019	1, 5	1) lamb, mutton, game, >75°C, meat, edible part

A0794	B1183, B1669 or 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°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	LanguaL Code	Source	Comments
Milk, etc.	A0778	G0012	6)=AVRG	Average factor for food group & cooking method
		G0014	1	1) Milk and milk product based dishes (blanc mange, custard, cheese soufflé)
		G0020	1	1) Milk and milk product based 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 product, with sauce	A0801	K0034	6) = AVRG	Average factor for food group, with sauce
	A0802	Z0183	1	1) Low fat fish, fat content < 5%, fish, edible part
	A0802	Z0183, K0034	1	1) Low fat fish, fat content < 5%, total dish, edible part (with sauce)
	A0802	Z0182	1	1) Fat fish, fat content >5%, fish, edible part
	A0802	Z0182, K0034	1	1) Fat fish, fat content >5%, total dish, edible part (with sauce)
	A0804		1	1) crab, mussels, squid, fish, edible part
	A0804	K0034	1	1) crab, mussels, squid, total dish, edible part (with sauce)

EuroFir Food Classification	LanguaL Code	LanguaL Code	Source	Comments
Vegetable or vegetable product	A0825	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
		G0021	6) = AVRG	Average factor for food group
	A0832	G0012	6) = AVRG	Average factor for food group and cooking method
		G0014	1	1) Legume based dishes, cooked in soaking water / without soaking water (values are the same), drained;
		G0021	1	1) Legume based dishes, Stewed, braised=total dish
	A0829	G0012	6) = AVRG	Average, general factor for food group and cooking 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	
A0830	G0012	6) = AVRG	Average from potato dish and potato products, boiled, with cooking liquid	
	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	
A0830 E0119	G0021	1	1) Potato raw. Boiled: edible part, without peel ; Stewed: total dish	
	G0012	6) = AVRG	Average factor for food sub-group & cooking method	
	G0014	1	1) Potato products. Boiled: solid part;	
A0828	G0021	1	1) Potato products. Stewed: total dish, including liquid	
	G0012	6) = AVRG	Average factor for food group and cooking method	
	G0014	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, fruit corn and seeds, mushrooms and leafy vegetables	
	G0020	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, fruit corn and seeds, mushrooms and leafy vegetables	
A0828 B1018	G0021	6) = AVRG	Average from root, tuber, bulb vegetables, steam, flower, fruit corn and seeds, mushrooms and leafy vegetables	
	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

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

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Na	Na Source	K	K Source	Ca	Ca Source
	Facet A		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	G0029	100	1	100	1	100	1
		Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
		Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
Rice or other grain	A0814	Deep fried	G0029	100	1	100	1	100	1
		Cooked with fat or oil (fried)	G0024	100	7	100	7	100	7
Savoury cereal dish	A0822	Sauteed/ Stir-fried	G0026	100	3	100	95	100	3
		Cooked with fat or oil (fried)	G0024	100	7	100	7	100	7

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Mg	Mg Source	P	P Source	Fe	Fe Source	
	Facet A		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	G0029	100	1	100	1	100	1
			Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
			Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
Rice or other grain	A0814		Deep fried	G0029	100	1	100	1	100	1
			Cooked with fat or oil (fried)	G0024	100	7	95	7	95	7
			Sauteed/ Stir-fried	G0026	100	3	95	3	95	3
Savoury cereal dish	A0822		Cooked with fat or oil (fried)	G0024	100	7	99	7	99	7

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source		
	Facet A		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	G0029	100	1	100	1	100	1
				Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	100	1	100	1	100	1
	Rice or other grain	A0814		Deep fried	G0029	100	1	100	1	100	1
				Cooked with fat or oil (fried)	G0024	95	7	100	7	100	7
Savoury cereal dish	A0822		Sauteed/ Stir-fried	G0026	95	3	100	3	100	5	
			Cooked with fat or oil (fried)	G0024	99	7	100	7	100	7	

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Na	Na Source	K	K Source	Ca	Ca Source		
	Facet A		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	G0026	86	6	79	6	98	6	
			Deep fried	G0029	86	6	79	6	98	6	
Meat or meat product, with sauce	A0793	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6	
	<i>Offal</i>	A0796		Cooked with fat or oil (fried)	G0024	85	6	75	6	100	6
				Sauteed/ Stir-fried	G0026	85	1	75	1	100	1
				Deep fried	G0029	85	1	75	1	100	1
	<i>Offal, with sauce</i>	A0796	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	<i>Poultry</i>	A0795		Cooked with fat or oil (fried)	G0024	85	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	85	6	90	6	100	6
				Deep fried	G0029	85	6	90	6	100	6
	<i>Poultry, with sauce</i>	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	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)	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	
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1	
<i>Red meat</i>	A0794	or B1134	Cooked with fat or oil (fried)	G0024	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 & game	A0794	B1183,B1669 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 & game, with sauce	A0794	B1183,B1669 B1134,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Sausage or similar 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 product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Mg	Mg Source	P	P Source	Fe	Fe Source		
	Facet A		Cooking method	Facet G							
Meat or meat product	A0793		Cooked with fat or oil (fried)	G0024	88	6	86	6	97	6	
			Sauteed/ Stir-fried	G0026	88	6	86	6	97	6	
			Deep fried	G0029	88	6	86	6	97	6	
Meat or meat product, with sauce	A0793	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6	
	<i>Offal</i>	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
	<i>Offal, with sauce</i>	A0796	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	<i>Poultry</i>	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
	<i>Poultry, with sauce</i>	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)	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	
Duck & Goose, with sauce	A0795	B1316, B1251,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1	
<i>Red meat</i>	A0794	or B1134	Cooked with fat or oil (fried)	G0024	85	6	85	6	97	6	

			Sauteed/ Stir-fried	G0026	85	6	85	6	97	6
			Deep fried	G0029	85	6	85	6	97	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	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 & game	A0794	B1183,B1669 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 & game, with sauce	A0794	B1183,B1669 B1134,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Sausage or similar 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 product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source		
	Facet A		Facet G								
Meat or meat product	A0793		Cooked with fat or oil (fried)	G0024	91	6	96	6	100	6	
			Sauteed/ Stir-fried	G0026	91	6	96	6	100	6	
			Deep fried	G0029	91	6	96	6	100	6	
Meat or meat product, with sauce	A0793	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	100	6	
	<i>Offal</i>	A0796		Cooked with fat or oil (fried)	G0024	80	6	85	6	100	6
				Sauteed/ Stir-fried	G0026	80	1	85	1	100	1
				Deep fried	G0029	80	1	85	1	100	1
	<i>Offal, with sauce</i>	A0796	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
	<i>Poultry</i>	A0795		Cooked with fat or oil (fried)	G0024	85	6	100	6	100	6
				Sauteed/ Stir-fried	G0026	85	6	100	6	100	6
				Deep fried	G0029	85	6	100	6	100	6
	<i>Poultry, with sauce</i>	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
				Deep fried	G0029	85	1	100	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	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)	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	
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	G0026	98	6	100	6	100	6
			Deep fried	G0029	98	6	100	6	100	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 & game	A0794	B1183,B1669 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 & game, with sauce	A0794	B1183,B1669 B1134,K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Sausage or similar 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 Classification	Language Code	Other relevant facets	Language Code	Na	Na Source	K	K Source	Ca	Ca Source	
	Facet A		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	85	6	85	6	100	6
			Sauteed/ Stir-fried	G0026	85	6	85	6	100	6
			Deep fried	G0029	85	6	85	6	100	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)	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
Low fat fish, with sauce	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Fat fish	A0802	Z0182	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
Fat fish, with sauce	A0802	Z0182, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
<i>Seafood dish</i>	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
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classification	LanguaL Code			LanguaL Code	Mg	Mg Source	P	P Source	Fe	Fe Source
	Facet A	Other relevant facets	Cooking method							
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
			Sauteed/ Stir-fried	G0026	90	6	90	6	85	6
			Deep fried	G0029	90	6	90	6	85	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)	G0024	90	6	90	6	85	6
			Sauteed/ Stir-fried	G0026	90	1	90	1	85	1
			Deep fried	G0029	90	1	90	1	85	1
Low fat fish, with sauce	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Fat fish	A0802	Z0182	Cooked with fat or oil (fried)	G0024	90	6	90	6	85	6
			Sauteed/ Stir-fried	G0026	90	1	90	1	85	1
			Deep fried	G0029	90	1	90	1	85	1
Fat fish, with sauce	A0802	Z0182, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
<i>Seafood dish</i>	A0804		Cooked with fat or oil (fried)	G0024	90	6	90	6	85	6
			Sauteed/ Stir-fried	G0026	90	1	90	1	85	1
			Deep fried	G0029	90	1	90	1	85	1
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classification	Language Code	Other relevant facets	Language Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source	
	Facet A		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	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	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	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	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
Fat fish	A0802	Z0182	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
Fat fish, with sauce	A0802	Z0182, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1
<i>Seafood dish</i>	A0804		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
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classification	LanguaL Code	Other relevant facets	Cooking method	LanguaL Code	Na	Na Source	K	K Source	Ca	Ca Source
	Facet A			Facet G						
Vegetable or vegetable product	A0825		Cooked with fat or oil (fried)	G0024	100	6	99	6	100	6
			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
<i>Starchy root or potato</i>	A0829		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
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
<i>Vegetable dish</i>	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 vegetables	A0828	B1018	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
Stem, flower, fruit, corn, seed	A0828	B1036,B1006, 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)	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	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 Classification	Language Code	Other relevant facets	Language Code	Mg	Mg Source	P	P Source	Fe	Fe Source	
	Facet A		Facet G							
Vegetable or vegetable product	A0825		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
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
<i>Starchy root or potato</i>	A0829		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
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
<i>Vegetable dish</i>	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 vegetables	A0828	B1018	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
Stem, flower, fruit, corn, seed	A0828	B1036,B1006, 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	Other relevant facets	Cooking method	LanguaL Code	Cu	Cu Source	Zn	Zn Source	Others	Others Source
					Facet A	Facet G				
Vegetable or vegetable product	A0825		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
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
<i>Starchy root or potato</i>	A0829		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
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
<i>Vegetable dish</i>	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 vegetables	A0828	B1018	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
Stem, flower, fruit, corn, seed	A0828	B1036,B1006, 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	Facet A	LanguaL Code Other relevant facets	Facet G	LanguaL Code	Source	Comments	
Egg or egg 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	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)		
			G0029	1, 3	1) pancake, deep-fried, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305)		
	A0815		G0024	6) =AVRG		Average factor for food sub-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)		
	A0814		G0024	7) Derived factor		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 Food Classification	Facet A	LanguaL Code Other relevant facets	LanguaL Code	Source	Comments
		Facet G			1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2000 assumed; 6) Average value; 7) Derived factor Most factors are from Bognár, when values are not found next priority is McCance& Widdowson's, then USDA, then others
Meat or meat product	A0793		G0024	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages)
			G0026	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages), fried
			G0029	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages), deep-fried
Meat or meat product, with sauce	A0793	K0034	G0024	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages)
	A0796		G0024	6) =AVRG	Average factor for food group and cooking method
			G0026	1	1) Offal based dishes, >80°C (liver, kidney, ung, tongue, blood, brain); fried in pan, solid part, edible
			G0029	1	1) 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
	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			1	1) Chicken, core temperature >80°C ; fry in pan, meat with skin, solid part, edible	
G0029			1	1) 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	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
A0794	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	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	G0024	1	1) Pork, core temp. >75°C; fried in pan, total dish, edible part;
A0794	B1183,B1669 or B1134	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;
A0794	B1183,B1669 or B1134, K0034	G0024	1	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	Facet A	LanguaL Code Other relevant facets	LanguaL Code	Source	Comments
1) Bognár, 2002 ;2) Danish Institute for Food and Veterinary, 2006 ; 3) USDA, Release 5, 2003 ; 4) McCance and Widdowson's, 2000 ; 5) No factor available, 100 assumed; 6) Average value; 7) Derived factor Most factors are from Bognár, when values are not found next priority is McCance& Widdowson'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	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
Seafood or related product, with sauce	A0801	K0034	G0024	6) =AVRG	Average factor for food item and cooking method
	A0802	Z0183	G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	1	1) Low fat fish, fat content < 5%, fry in pan, fish, edible part;
			G0029	1	1) Low fat fish, fat 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	6) =AVRG	Average factor for food item and cooking method
			G0026	1	1) Fat fish, fat content > 5%, fry in pan, fish, edible part;
			G0029	1	1) Fat fish, fat content > 5%, deep-fry, fish, edible part;
	A0802	Z0182, K0034	G0024	1	1) Fat fish, fat content > 5%, fry in pan, total dish, edible part;
	A0804		G0024	6) =AVRG	Average factor for food item and cooking method
			G0026	1	1) crustaceans and 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 Food Classification	Facet A	LanguaL Code	Other relevant facets	Facet G	LanguaL Code	Source	Comments	
							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 Bognár, when values are not found next priority is McCance& Widdowson's, then USDA, then others	
Vegetable or vegetable product	A0825	G0024			6) =AVRG		Average factor for food item and cooking method	
		G0026			6) =AVRG		Average factor for food item and cooking method: average from starchy food or potato & vegetable dish	
		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	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 Classification	Language Code	Language 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 (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
	Pasta	A0815		Deep fried	G0029	90	1	90	1	100	1
				Cooked with fat or oil (fried)	G0024	90	6	90	6	100	6
				Sauteed/ Stir-fried	G0026	90	1	90	1	100	1
	Rice or other grain	A0814		Deep fried	G0029	90	1	90	1	100	1
				Cooked with fat or oil (fried)	G0024	90	7	90	7	100	7
	A0822		Sauteed/ Stir-fried	G0026	90	3	90	3	100	5	
			Cooked with fat or oil (fried)	G0024	90	7	90	7	100	7	

EuroFir Food Classification	Language Code	Language Code	Vit E	Vit E Source	Vit K	Vit K Source	Vit B1 (Thiamin)	Vit B1 Source			
	Facet A	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets			
			Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets			
			Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets			
			Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets	Other relevant facets			
Egg or egg product	A0790		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)	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
Rice or other grain	A0814		Cooked with fat or oil (fried)	G0024	100	7	100	7	75	7	
			Sauteed/ Stir-fried	G0026	100	5	100	5	75	3	
Savoury cereal dish	A0822		Cooked with fat or oil (fried)	G0024	100	7	100	7	88	7	

EuroFir Food Classification	Language Code	Language 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 (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
	Rice or other grain	A0814		Cooked with fat or oil (fried)	G0024	85	7	100	7	90	7
Sauteed/ Stir-fried				G0026	85	3	100	3	90	3	
Savoury cereal dish	A0822		Cooked with fat or oil (fried)	G0024	89	7	92	7	90	7	

EuroFir Food Classification	Language Code	Language Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panthenic 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
			Deep fried	G0029	100	6	70	6	80	6
Flour or starch	A0813		Cooked with fat or oil (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)	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
Rice or other grain	A0814		Cooked with fat or oil (fried)	G0024	100	7	60	7	100	7
			Sauteed/ Stir-fried	G0026	100	3	60	3	100	5
Savoury cereal dish	A0822		Cooked with fat or oil (fried)	G0024	100	7	68	7	83	7

EuroFir Food Classification	Language Code	Language Code	Biotin	Biotin Source	Vit C	Vit C Source			
	Facet A	Other relevant facets	Cooking method	Facet G					
Egg or egg 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 (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 (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 (fried)	G0024	100	6	85	6
				Sauteed/ Stir-fried	G0026	100	1	85	1
				Deep fried	G0029	100	1	85	1
	Rice or other grain	A0814		Cooked with fat or oil (fried)	G0024	100	7	70	7
Sauteed/ Stir-fried				G0026	100	5	70	3	
Savoury cereal dish	A0822		Cooked with fat or oil (fried)	G0024	100	7	83	7	

EuroFir Food Classification	Language Code	Language 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 product	A0793		Cooked with fat or oil (fried)	G0024	83	6	83	6	84	6				
			Sauteed/ Stir-fried	G0026	82	6	82	6	83	6				
			Deep fried	G0029	85	6	85	6	86	6				
Meat or meat product, with sauce	A0793	K0034	Cooked with fat or oil (fried)	G0024	88	6	88	6	89	6				
	<i>Offal</i>	A0796		Cooked with fat or oil (fried)	G0024	90	6	90	6	95	6			
				Sauteed/ Stir-fried	G0026	90	1	90	1	95	1			
				Deep fried	G0029	90	1	90	1	95	1			
	<i>Offal, with sauce</i>	A0796	K0034	Cooked with fat or oil (fried)	G0024	90	1	90	1	95	1			
				<i>Poultry</i>	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			
	<i>Poultry, with sauce</i>	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	78	6	78	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	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				

<i>Red meat, with sauce</i>	A0794	or B1134, 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	A0794	B1161, 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	A0794	B1136, K0034	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
Lamb, mutton & game	A0794	B1183, 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 & game, with sauce	A0794	B1183,B1669 or B1134, K0034	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
<i>Sausage or similar product</i>	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 product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	100	1

EuroFir Food Classification	Language Code	Language 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 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 sauce	A0793	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	79	6				
			<i>Offal</i>	A0796		Cooked with fat or oil (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			
	<i>Offal, with sauce</i>	A0796	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	90	1			
				<i>Poultry</i>	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			
	<i>Poultry, with sauce</i>	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)	G0024	100	1	100	1	70	1				
			Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried)	G0024	78	6	78	6	65	6	
						Sauteed/ Stir-fried	G0026	75	1	75	1	70	1	

Duck & Goose, with sauce	A0795	B1316, B1251, K0034	Deep fried	G0029	80	1	80	1	60	1
			Cooked with fat or oil (fried)	G0024	100	1	100	1	70	1
Red meat	A0794	or B1134	Cooked with fat or oil (fried)	G0024	78	6	78	6	52	6
			Sauteed/ Stir-fried	G0026	73	6	73	6	52	6
			Deep fried	G0029	82	6	82	6	52	6
Red meat, with sauce	A0794	or B1134, K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	67	6
Beef	A0794	B1161	Cooked with fat or oil (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, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	60	1
Pork	A0794	B1136	Cooked with fat or oil (fried)	G0024	83	6	83	6	50	6
			Sauteed/ Stir-fried	G0026	85	1	85	1	50	1
			Deep fried	G0029	80	1	80	1	50	1
Pork, with sauce	A0794	B1136, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	70	1
Lamb, mutton & game	A0794	B1183, B1669 or B1134	Cooked with fat or oil (fried)	G0024	80	6	80	6	60	6
			Sauteed/ Stir-fried	G0026	80	1	80	1	60	1
			Deep fried	G0029	80	1	80	1	60	1
Lamb, mutton & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	70	1
Sausage or similar product	A0798		Cooked with fat or oil (fried)	G0024	90	6	100	6	75	6
			Sauteed/ Stir-fried	G0026	90	1	100	1	75	1
			Deep fried	G0029	90	1	100	1	75	1
Sausage or similar product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	90	1

EuroFir Food Classification	Language Code	Language Code	Vit B2 (Riboflavin)	Vit B2 Source	Niacin	Niacin Source	Vit B6	Vit B6 Source						
Meat or meat product	A0793		Cooked with fat or oil (fried)	G0024	92	6	81	6	67	6				
			Sauteed/ Stir-fried	G0026	93	6	82	6	67	6				
			Deep fried	G0029	91	6	81	6	67	6				
Meat or meat product, with sauce	A0793	K0034	Cooked with fat or oil (fried)	G0024	100	6	85	6	80	6				
			<i>Offal</i>	A0796		Cooked with fat or oil (fried)	G0024	95	6	85	6	80	6	
						Sauteed/ Stir-fried	G0026	95	1	85	1	80	1	
	Deep fried	G0029				95	1	85	1	80	1			
	<i>Offal, with sauce</i>	A0796	K0034	Cooked with fat or oil (fried)	G0024	100	1	90	1	85	1			
				<i>Poultry</i>	A0795		Cooked with fat or oil (fried)	G0024	93	6	81	6	58	6
							Sauteed/ Stir-fried	G0026	97	6	82	6	58	6
	Deep fried	G0029	90				6	80	6	57	6			
	<i>Poultry, with sauce</i>	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	G0026	100	1	80	1	55	1
	Deep fried	G0029	90				1	80	1	60	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	
Deep fried	G0029	90				1	80	1	60	1				
Turkey, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	100	1	80	1	80	1				
			Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried)	G0024	90	6	83	6	58	6	
						Sauteed/ Stir-fried	G0026	90	1	85	1	65	1	

Duck & Goose, with sauce	A0795	B1316, B1251, K0034	Deep fried	G0029	90	1	80	1	50	1
			Cooked with fat or oil (fried)	G0024	100	1	80	1	80	1
Red meat	A0794	or B1134	Cooked with fat or oil (fried)	G0024	83	6	75	6	55	6
			Sauteed/ Stir-fried	G0026	83	6	75	6	55	6
			Deep fried	G0029	83	6	75	6	55	6
Red meat, with sauce	A0794	or B1134, K0034	Cooked with fat or oil (fried)	G0024	100	6	80	6	65	6
Beef	A0794	B1161	Cooked with fat or oil (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, K0034	Cooked with fat or oil (fried)	G0024	100	1	80	1	60	1
Pork	A0794	B1136	Cooked with fat or oil (fried)	G0024	85	6	75	6	60	6
			Sauteed/ Stir-fried	G0026	85	1	75	1	60	1
			Deep fried	G0029	85	1	75	1	60	1
Pork, with sauce	A0794	B1136, K0034	Cooked with fat or oil (fried)	G0024	100	1	80	1	60	1
Lamb, mutton & game	A0794	B1183, B1669 or B1134	Cooked with fat or oil (fried)	G0024	80	6	70	6	60	6
			Sauteed/ Stir-fried	G0026	80	1	70	1	60	1
			Deep fried	G0029	80	1	70	1	60	1
Lamb, mutton & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked with fat or oil (fried)	G0024	100	1	80	1	75	1
Sausage or similar product	A0798		Cooked with fat or oil (fried)	G0024	95	6	85	6	75	6
			Sauteed/ Stir-fried	G0026	95	1	85	1	75	1
			Deep fried	G0029	95	1	85	1	75	1
Sausage or similar product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	100	1	90	1	90	1

EuroFir Food Classification	Language Code	Language Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panth.acid Source					
	Facet A	Other relevant facets	Cooking method	Facet G									
Meat or meat product	A0793		Cooked with fat or oil (fried)	G0024	77	6	76	6	82	6			
			Sauteed/ Stir-fried	G0026	77	6	76	6	83	6			
			Deep fried	G0029	77	6	76	6	82	6			
Meat or meat product, with sauce	A0793	K0034	Cooked with fat or oil (fried)	G0024	81	6	73	6	85	6			
			<i>Offal</i>	A0796		Cooked with fat or oil (fried)	G0024	75	6	85	6	85	6
						Sauteed/ Stir-fried	G0026	75	1	85	1	85	1
		Deep fried	G0029			75	1	85	1	85	1		
	<i>Offal, with sauce</i>	A0796	K0034	Cooked with fat or oil (fried)	G0024	85	1	70	1	90	1		
	<i>Poultry</i>	A0795		Cooked with fat or oil (fried)	G0024	70	6	50	6	79	6		
				Sauteed/ Stir-fried	G0026	70	6	50	6	80	6		
				Deep fried	G0029	70	6	50	6	78	6		
	<i>Poultry, with sauce</i>	A0795	K0034	Cooked with fat or oil (fried)	G0024	70	6	63	6	80	6		
	Chicken	A0795	B1457	Cooked with fat or 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		
Chicken, with sauce	A0795	B1457,K0034	Cooked with fat or 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			
			Deep fried	G0029	65	1	50	1	80	1			
Turkey, with sauce	A0795	K0034	Cooked with fat or oil (fried)	G0024	70	1	60	1	80	1			
Duck & Goose	A0795	B1316,B1251	Cooked with fat or oil (fried)	G0024	80	6	50	6	78	6			
			Sauteed/ Stir-fried	G0026	80	1	50	1	80	1			

Duck & Goose, with sauce	A0795	B1316, B1251, K0034	Deep fried	G0029	80	1	50	1	75	1
			Cooked with fat or 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, K0034	Cooked with fat or oil (fried)	G0024	73	6	77	6	78	6
Beef	A0794	B1161	Cooked with fat or 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, K0034	Cooked with fat or oil (fried)	G0024	70	1	80	1	80	1
Pork	A0794	B1136	Cooked with fat or 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, K0034	Cooked with fat or oil (fried)	G0024	80	1	80	1	80	1
Lamb, mutton & game	A0794	B1183, B1669 or B1134	Cooked with fat or 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	A0794	B1183, B1669 or B1134, K0034	Cooked with fat or oil (fried)	G0024	70	1	70	1	75	1
Sausage or similar product	A0798		Cooked with fat or oil (fried)	G0024	90	6	85	6	85	6
			Sauteed/ Stir-fried	G0026	90	1	85	1	85	1
			Deep fried	G0029	90	1	85	1	85	1
Sausage or similar product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	95	1	80	1	90	1

EuroFir Food Classification	Language Code	Language Code	Biotin	Biotin Source	Vit C	Vit C Source		
	Facet A	Other relevant 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 sauce	A0793	K0034	Cooked with fat or oil (fried)	G0024	85	6	75	6
<i>Offal</i>	A0796		Cooked with fat or oil (fried)	G0024	85	1	75	1
			Sauteed/ Stir-fried	G0026	85	1	75	1
			Deep fried	G0029	90	1	80	1
<i>Offal, with sauce</i>	A0796	K0034	Cooked with fat or oil (fried)	G0024	80	6	100	6
<i>Poultry</i>	A0795		Cooked with fat or oil (fried)	G0024	80	6	100	6
			Sauteed/ Stir-fried	G0026	80	6	100	6
			Deep fried	G0029	90	6	80	6
<i>Poultry, with sauce</i>	A0795	K0034	Cooked with fat or oil (fried)	G0024	85	6	100	6
Chicken	A0795	B1457	Cooked with fat or oil (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
			Deep fried	G0029	90	1	80	1
Turkey, with sauce	A0795	K0034	Cooked with fat or oil (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

Duck & Goose, with sauce	A0795	B1316, B1251, K0034	Deep fried	G0029	90	1	80	1
			Cooked with fat or oil (fried)	G0024	90	6	100	6
Red meat	A0794	or B1134	Cooked with fat or oil (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 (fried)	G0024	90	6	100	6
Beef	A0794	B1161	Cooked with fat or oil (fried)	G0024	90	1	100	5
			Sauteed/ Stir-fried	G0026	90	1	100	5
			Deep fried	G0029	90	1	75	1
Beef, with sauce	A0794	B1161, K0034	Cooked with fat or oil (fried)	G0024	90	6	100	6
Pork	A0794	B1136	Cooked with fat or oil (fried)	G0024	90	1	100	5
			Sauteed/ Stir-fried	G0026	90	1	100	5
			Deep fried	G0029	90	1	80	1
Pork, with sauce	A0794	B1136, K0034	Cooked with fat or oil (fried)	G0024	90	6	100	6
Lamb, mutton & game	A0794	B1183, B1669 or B1134	Cooked with fat or oil (fried)	G0024	90	1	100	5
			Sauteed/ Stir-fried	G0026	90	1	100	5
			Deep fried	G0029	90	1	80	1
Lamb, mutton & game, with sauce	A0794	B1183, B1669 or B1134, K0034	Cooked with fat or oil (fried)	G0024	95	6	80	6
Sausage or similar product	A0798		Cooked with fat or oil (fried)	G0024	95	1	80	1
			Sauteed/ Stir-fried	G0026	95	1	80	1
			Deep fried	G0029	95	1	80	1
Sausage or similar product, with sauce	A0798	K0034	Cooked with fat or oil (fried)	G0024	88	6	89	6

EuroFir Food Classification	Language Code	Language Code	Vit A	Vit A Source	Carot	Carot Source	Vit D	Vit D Source		
	Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk product or milk substitute	A0778		Cooked with fat or oil (fried)	G0024	90	2	90	2	100	5
Seafood or related product	A0801		Cooked with fat or oil (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 sauce	A0801	K0034	Cooked with fat or oil (fried)	G0024	88	6	88	6	88	6
Low fat fish	A0802	Z0183	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
Low fat fish, with sauce	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0024	90	1	90	1	90	1
Fat fish	A0802	Z0182	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
Fat fish, with sauce	A0802	Z0182, K0034	Cooked with fat or oil (fried)	G0024	85	1	85	1	85	1
<i>Seafood dish</i>	A0804		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
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked with fat or oil (fried)	G0024	90	1	90	1	90	1

EuroFir Food Classification	Language Code	Language 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						
Milk, milk product or milk substitute	A0778		Cooked with fat or oil (fried)	G0024	80	2	100	5	100	2
Seafood or related product	A0801		Cooked with fat or oil (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 sauce	A0801	K0034	Cooked with fat or oil (fried)	G0024	100	6	100	6	85	6
Low fat fish	A0802	Z0183	Cooked with fat or oil (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 sauce	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	85	1
Fat fish	A0802	Z0182	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
Fat fish, with sauce	A0802	Z0182, K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	85	1
<i>Seafood dish</i>	A0804		Cooked with fat or oil (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
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	100	1	85	1

EuroFir Food Classification	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						
Milk, milk product or milk substitute	A0778		Cooked with fat or oil (fried)	G0024	90	2	100	2	90	2
Seafood or related product	A0801		Cooked with fat or oil (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 sauce	A0801	K0034	Cooked with fat or oil (fried)	G0024	100	6	95	6	85	6
Low fat fish	A0802	Z0183	Cooked with fat or oil (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 sauce	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0024	100	1	95	1	85	1
Fat fish	A0802	Z0182	Cooked with fat or oil (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, K0034	Cooked with fat or oil (fried)	G0024	100	1	95	1	85	1
<i>Seafood dish</i>	A0804		Cooked with fat or oil (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
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked with fat or oil (fried)	G0024	100	1	95	1	85	1

EuroFir Food Classification	Language Code		Language Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panthenic acid Source	
	Facet A	Other relevant facets	Cooking method	Facet G						
Milk, milk product or milk substitute	A0778		Cooked with fat or oil (fried)	G0024	95	2	80	2	100	2
Seafood or related product	A0801		Cooked with fat or oil (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 sauce	A0801	K0034	Cooked with fat or oil (fried)	G0024	90	6	85	6	85	6
Low fat fish	A0802	Z0183	Cooked with fat or oil (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
Low fat fish, with sauce	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0024	90	1	85	1	85	1
Fat fish	A0802	Z0182	Cooked with fat or oil (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, K0034	Cooked with fat or oil (fried)	G0024	90	1	85	1	85	1
<i>Seafood dish</i>	A0804		Cooked with fat or oil (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
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked with fat or oil (fried)	G0024	90	1	85	1	85	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			
Milk, milk product or milk substitute	A0778		Cooked with fat or oil (fried)	G0024	100	2	50 2
Seafood or related product	A0801		Cooked with fat or oil (fried)	G0024	85	6	80 6
			Sauteed/ Stir-fried	G0026	85	6	80 6
			Deep fried	G0029	85	6	80 6
Seafood or related product, with sauce	A0801	K0034	Cooked with fat or oil (fried)	G0024	90	6	85 6
Low fat fish	A0802	Z0183	Cooked with fat or oil (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 sauce	A0802	Z0183, K0034	Cooked with fat or oil (fried)	G0024	90	1	85 1
Fat fish	A0802	Z0182	Cooked with fat or oil (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	A0802	Z0182, K0034	Cooked with fat or oil (fried)	G0024	90	1	85 1
<i>Seafood dish</i>	A0804		Cooked with fat or oil (fried)	G0024	85	6	80 6
			Sauteed/ Stir-fried	G0026	85	1	80 1
			Deep fried	G0029	85	1	80 1
<i>Seafood dish, with sauce</i>	A0804	K0034	Cooked with fat or oil (fried)	G0024	90	1	85 1

EuroFir Food Classification	Language Code	Language 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 vegetable product	A0825		Cooked with fat or oil (fried)	G0024	94	6	94	6	99	6
			Sauteed/ Stir-fried	G0026	94	6	94	6	100	6
			Deep fried	G0029	94	6	94	6	98	6
Pulse dish	A0832		Cooked with fat or oil (fried)	G0024	94	7	94	7	99	7
			Sauteed/ Stir-fried	G0026	94	7	94	7	100	7
			Deep fried	G0029	94	7	94	7	98	7
<i>Starchy root or potato</i>	A0829		Cooked with fat or oil (fried)	G0024	95	6	95	6	98	6
			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
<i>Vegetable dish</i>	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
			Deep fried	G0029	90	1	90	1	100	1
Stem, flower, fruit, corn, seed	A0828	B1036,B1006, 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
			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 Classification	Language Code	Language 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 vegetable product	A0825		Cooked with fat or oil (fried)	G0024	99	6	100	6	88	6
			Sauteed/ Stir-fried	G0026	100	6	100	6	90	6
			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
<i>Starchy root or potato</i>	A0829		Cooked with fat or oil (fried)	G0024	100	6	100	6	86	6
			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
<i>Vegetable dish</i>	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	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
Stem, flower, fruit, corn, seed	A0828	B1036,B1006, B1005,B1232	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
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 Classification	Language Code	Language 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 vegetable product	A0825		Cooked with fat or oil (fried)	G0024	96	6	95	6	91	6
			Sauteed/ Stir-fried	G0026	95	6	95	6	91	6
			Deep fried	G0029	96	6	95	6	91	6
Pulse dish	A0832		Cooked with fat or oil (fried)	G0024	96	7	95	7	91	7
			Sauteed/ Stir-fried	G0026	95	7	95	7	91	7
			Deep fried	G0029	96	7	95	7	91	7
<i>Starchy root or potato</i>	A0829		Cooked with fat or oil (fried)	G0024	96	6	95	6	93	6
			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
<i>Vegetable dish</i>	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 vegetables	A0828	B1018	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, corn, seed	A0828	B1036,B1006, 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 Classification	Language Code	Language Code	Vit B12	Vit B12 Source	Folate	Folate Source	Panthenic acid	Panth.acid Source		
	Facet A	Other relevant facets	Cooking method	Facet G						
Vegetable or vegetable product	A0825		Cooked with fat or oil (fried)	G0024	83	6	74	6	89	6
			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
<i>Starchy root or potato</i>	A0829		Cooked with fat or oil (fried)	G0024	83	6	78	6	90	6
			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
<i>Vegetable dish</i>	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 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, corn, seed	A0828	B1036,B1006, 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	Language Code	Language Code	Biotin	Biotin Source	Vit C	Vit C Source			
	Facet A	Other relevant facets	Cooking method	Facet G					
Vegetable or vegetable product	A0825		Cooked with fat or oil (fried)	G0024	89	6	86	6	
			Sauteed/ Stir-fried	G0026	90	6	85	6	
			Deep fried	G0029	88	6	87	6	
	Pulse dish	A0832		Cooked with fat or oil (fried)	G0024	89	7	86	7
				Sauteed/ Stir-fried	G0026	90	7	85	7
				Deep fried	G0029	88	7	87	7
	<i>Starchy root or potato</i>	A0829		Cooked with fat or oil (fried)	G0024	90	6	90	6
				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	
<i>Vegetable dish</i>	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	Cooked with fat or oil (fried)	G0024	88	6	85	6	
			Sauteed/ Stir-fried	G0026	90	1	85	1	
			Deep fried	G0029	85	1	85	1	
Stem, flower, fruit, corn, seed	A0828	B1036,B1006, 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	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 Bognár, when values are not found next priority is McCance& Widdowson's, then USDA, then others
Egg or egg product	A0790		G0024	6) =AVRG Average factor for food group and cooking method
			G0026	1 1) Fried egg
			G0026	1 1) Scrambled 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	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)
			G0029	1, 3 1) pancake, deep-fried, solid part, edible; 3) Flour / meal, sauteed (RF code: 0305)
	A0815		G0024	6) =AVRG Average factor for food sub-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)
	A0814		G0024	7) Derived factor 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 Food Classification	LanguaL Code	LanguaL Code	Source	Comments	
	Other relevant facets	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		
	Facet A		Most factors are from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others		
Meat or meat product	A0793	G0024	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages)	
		G0026	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages), fried	
		G0029	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages), deep-fried	
Meat or meat product, with sauce	A0793 K0034	G0024	6) =AVRG	Average factor for food group (offal, poultry , red meat and sausages)	
		A0796	G0024	6) =AVRG	Average factor for food group and cooking method
		G0026	1	1) Offal based dishes, >80°C (liver, kidney, lung, tongue, blood, brain); fried in pan, solid part, edible	
		G0029	1	1) 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	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	1, 5	1) Chicken, core temperature >80°C ; fry in pan, meat with skin, solid part, edible	
		G0029	1, 5	1) 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, 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	1, 5	1) Duck and goose, core temperature >80°C ; fry in pan, meat with skin, solid part, edible	
		G0029	1, 5	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	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	

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	G0024	1	1) Pork, core temp. >75°C; fried in pan, total dish, edible part;
A0794	B1183,B1669 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;
A0794	B1183,B1669 or B1134, K0034	G0024	1	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

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				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 Bognar, when values are not found next priority is McCance& Widowson's, then USDA, then others
Milk, etc.	A0778	Other relevant facets	Facet G	
			2, 5	2) Milk and cheese ; General factor for food group and cooking method
Seafood or related product	A0801		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
Seafood or related product, with sauce	A0801	K0034	G0024	6) =AVRG Average factor for food item and cooking method
	A0802	Z0183	G0024	6) =AVRG Average factor for food item and cooking method
			G0026	1 1) Low fat fish, fat content < 5%, fry in pan, fish, edible part;
			G0029	1 1) Low fat fish, fat 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	6) =AVRG Average factor for food item and cooking method
			G0026	1 1) Fat fish, fat content > 5%, fry in pan, fish, edible part;
			G0029	1 1) Fat fish, fat content > 5%, deep-fry, fish, edible part;
	A0802	Z0182,K0034	G0024	1 1) Fat fish, fat content > 5%, fry in pan, total dish, edible part;
	A0804		G0024	6) =AVRG Average factor for food item and cooking method
			G0026	1 1) crustaceans and 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 Food Classification	LanguaL Code	LanguaL Code	Source	Comments	
			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		
	Other relevant facets	Facet G	Most factors are from Bognár, when values are not found next priority is McCance& Widowson's, then USDA, then others		
Vegetable or vegetable product	A0825	G0024	6) =AVRG	Average factor for food item and cooking method	
		G0026	6) =AVRG	Average factor for food item and cooking method: average from starchy food or potato & vegetable dish	
		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	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)	