

Food List

2003/04 New Zealand Total Diet Survey

Introduction

The food list was developed based on the report 'Foods recommended for inclusion in the 2003 New Zealand Total Diet Survey, prepared for the New Zealand Food Safety Authority (NZFSA) by Sandy Brinsdon (December 2002).

The food list for the 2003 NZTDS

The following table identifies the foods to be included in the 2003/04 NZTDS along with a description and sampling methods.

The foods that have been included are to enable compilation of typical diets for specific groups of the population. In some instances these foods may not be commonly consumed by other groups of the population, for example children and infant foods.

The foods are grouped similar to the previous total diet survey such as **Category A grains or Category D chicken, egg, fish and meat**. All foods have been assigned an identification number

Data sources used

The food list was developed based on the best available information. The data sources used are given in Appendix 1. The main data sources for the development of this list included food intake results from the National Nutrition Survey (NNS). The main data came from published tables, based on the food frequency questionnaires and information from the NNS 24 hour diet recall. All data from the NNS are only for those New Zealanders aged 15 years and over.

The New Zealand Children's Nutrition Survey (CNS) is currently underway and no results are available at this time. Reference has been made to the most commonly consumed foods list developed from the CNS provided to the Ministry of Health (Unpublished, 2003).

AC Nielsen Supermarket Scan data (AC Nielsen, 2001) for the year ended June 2001 was available for some food products. Supplementary information was also provided by staff at AC Nielsen. Industry and other groups and individuals were contacted for specific comments and input.

Criteria for inclusion

The following steps were taken in determining inclusion of a food in the Brinsdon report:

- 1) Given the importance of being able to follow trends over time all foods on the previous food list were examined for inclusion. Only foods that were better represented by another food or were no longer identified as popular were removed. Some other foods that make a significant contribution to pesticide or contaminant intake were retained to enable trends to be followed such as oysters, mussels and liver.
- 2) The above mentioned data sources were examined to identify foods that were commonly consumed by the population: either over the entire population; or for important subsets, for example the importance of flavoured milk for children.
- 3) Foods were included for specific groups that had been identified by New Zealand Food Safety Authority as being important in this survey, specifically infant foods representative of a 6-12 month old infant, and children's foods.

The Brinsdon report was circulated to various interest groups and organisations and their comments considered in finalisation of the food list.

Description of the food list, sampling information and preparation

Similar to the 1997/98 NZTDS a product description has been provided to identify the correct types of food to purchase as samples. Brand information is provided as a guideline for purchasing. Where a specific brand has a high market share this is indicated in the description and a particular food is specified.

National sampling is indicated by **(N)** and regional by **(R)**.

Foods which have a change from the previous survey are identified by + for a new food and Δ for a change in preparation or sampling. The changes are summarised at the end of this table. A summarised food list is included in Appendix 2.

The sampling plan, analytical plan and procedures manual for the 2003/04 NZTDS will also contain instructions on the preparation of foods for analysis and the information that needs to be recorded about each sample purchased, e.g. brand, origin.

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Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
A Grains				
1 Bread, mixed grain	R	Package Size 700-750g, multi grain or mixed grain bread, sliced	Quality Baker, Generic Brand, Tip Top	Use as purchased
2 Bread, wheatmeal	R	Package Size 700-750g, wheaten or wheatmeal bread sliced	Quality Baker, Generic Brand, Tip Top	Use as purchased
3 Bread, white	R	Package Size 700-750g, sliced	Quality Baker, Generic Brand, Tip Top	Use as purchased
4 Cake Δ	R	Composite of sponge, chocolate and fruit	Ernest Adams and one other brand	Use as purchased
5 Chocolate Biscuit Δ	N	Package size 200g. An enrobed chocolate biscuit such as Tim Tam, Toffee Pops, Mellowpuffs, Chocolate Wheaten, Chocolate Thins, not Chocolate Chippie	Griffins, Arnotts	Use as purchased
6 Cornflakes	N	Package Size 300g	Sanitarium, Kellogs	Use as purchased
7 Cracker Biscuit	N	Package size 200-250g. For example water cracker, cream cracker or salada type, a carrier biscuit not snack size. Mixture of plain and flavoured	Arnotts, Griffins	Use as purchased
8 Instant Noodles Δ	N	Package Size 75-85g standard fat content	Maggi, Fantastic	Make according to instructions on packet with distilled water and do add the flavour sachet

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
9 Mixed bran flake cereal Δ	N	Package Size 400-500g. Bran based ready to eat cereal such as light n tasty, just right, Special K, Nutrigrain (may contain fruit) – composite sample of three or more products	Sanitarium, Kellogs	Use as purchased
10 Muesli	N	Package Size 400-500g. Equal quantities of toasted and natural as a composite	Sanitarium, Kellogs	Use as purchased
11 Muffin+	R	Selection of 4 muffins sampled from both supermarket bakeries and local cafes.	Sweet muffins	Use as purchased
12 Pasta, dried Δ	N	Package Size 500g spaghetti, macaroni	Sanremo, Diamond	Boil in distilled boiling water until cooked around seven minutes
13 Plain Sweet Biscuit	N	Package size 250g Wine type biscuit	Griffins, Arnotts	Use as purchased
14 Rice, white	N	Package Size 500g Long grain rice	Sunrice, Uncle Bens, Kings Choice, Generic Brand,	Boil rice in distilled water until cooked for about ten minutes then strain
15 Rolled Oats	N	Package Size 850g	Flemings	160g rolled oats sprinkled into 800ml boiling distilled water and simmered for five minutes after boiling
16 Spaghetti in sauce (canned)	N	425-440g can	Heinz-Watties	Use as purchased
17 Wheatbix	N	Package size 375g	Sanatarium	Use as purchased

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
B Dairy Products				
18 Butter	R	Package Size 500g, salted standard fat	Mainland, Anchor	Use as purchased
19 Cheese Δ	N	250g packet of mild, colby, tasty and edam composite sample	Mainland, Generic brand, Anchor, Valumetric	Use as purchased
20 Cream +	R	500ml container	Generic Brand, Anchor, Tararua, Meadow Fresh	Use as purchased
20 Icecream	N	2 L vanilla type ice cream	Tip top, Generic brand, Kiwi, Talleys	Use as purchased
22 Milk 0.5% fat	R	1L Trim milk	Generic Brand, Anchor, Tararua, Meadow Fresh	Use as purchased
23 Milk 3.25% fat	R	1L standard milk	Generic Brand, Anchor, Tararua, Meadow Fresh	Use as purchased
24 Milk, flavoured Δ	R	Small container, fresh not UHT,	Primo, Natures Energy	Use as purchased
25 Yoghurt	N	150 ml fruit flavoured yoghurt	Fresh n Fruity, Yoplait Swiss Maid, Meadow Fresh	Use as purchased
C Oils				
26 Margarine/ Table Spread	N	500g package, not blend or low salt or low fat	Meadow Lea, Flora	Use as purchased
27 Oil Δ	N	Composite sample of small container any type of salad and cooking oil and olive oil.	Lupi, Amco, Generic Brand	Use as purchased

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
28 Salad Dressing +	N	Composite of small package mayonnaise, pourable clear dressings and other white dressings	Eta, Generic Brand, Best Foods	Use as purchased
D Chicken, Eggs, Fish and Meat				
29 Bacon Δ	R	200g package of middle bacon	Kiwi, Generic Brand, Medallion	Remove rind and grill for 3 minutes (do not trim fat)
30 Beef, mince Δ	R	250g of standard fat steak mince		Fry without fat until cooked, about 15 minutes
31 Beef, rump	R	250g lean rump steak		Trim fat and grill for five minutes each side
32 Corned beef +	R	Composite of 2/3 precooked and 1 third canned.		Use as purchased
33 Chicken Δ	N	250g Frozen chicken pieces, include skin	Tegal, Ingham	dry fry until cooked, about 15 minutes
34 Egg Δ	R	4 Number 7 eggs, include free range	Generic Brand, Henhouse	Boil in distilled water for 5 minutes
35 Fish, canned Δ	N	Small can 50:50 composite of tuna and salmon.	Sealord, John West, Generic Brand	Use as purchased
36 Fish, fresh Δ	R	250g fillets, fresh fillets composite of Terakihi, Hoki and Snapper		Grill for three minutes on each side
37 Ham +	R	250g Cold sliced ham, from supermarket and deli		Use as purchased
38 Lamb/ Mutton Δ	R	250g Composite sample of leg and shoulder 2/3 rd lamb and 1/3 mutton		Dry fry until cooked, about 15 minutes

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
39 Pork Chop Δ	R	250g pork chop		Dry fry until cooked, about 20 minutes
40 Sausages Δ	R	250g each beef and pork flavoured sausages, mixture of precooked and uncooked		Boil uncooked until cooked. For both types grill for five minutes on each side
41 Soup Δ	N	Composite of canned, packeted and instant soups, plain with no added noodles or vegetables. Chicken variety.	Continental, Heinz-Watties, Maggie	Make up as per instructions on can/packet with distilled water
E Vegetables				
42 Beans	N	500g packet frozen green beans	Heinz-Watties, Generic Brand, McCain	Boil in distilled water for five minutes
43 Beans, baked	N	Can plain baked beans in tomato sauce	Heinz-Watties	Use as purchased
44 Beetroot	N	Small can	Heinz-Watties, Generic Brand, Oak	Drain and use as purchased
45 Broccoli/ Cauliflower	R	Fresh composite sample one head of each		Boil in distilled water for five minutes
46 Cabbage	R	1 Fresh		Shred as for coleslaw and analyse raw
47 Capsicum	R	6 Fresh, mixture of red and green		Remove stem and seeds and analyse raw
48 Carrot	R	200g Fresh		Peel, slice and boil in distilled water until cooked, about five minutes

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
49 Celery	R	1 bunch Fresh		Slice as for salad and analyse raw
50 Corn, canned Δ	N	Small can	Heinz-Watties, Generic Brand, Oak	Use as purchased
51 Courgette	R	6 Fresh		Remove ends, slice and analyse raw
52 Cucumber	R	4 Fresh, standard and telegraph		Remove ends, slice and analyse raw
53 Kumara	R	200g Red (not Gold)		Peel and boil until cooked, about 20 minutes
54 Lettuce	R	2 Iceberg		Shred as for salad and analyse raw
55 Mushrooms	R	200g Fresh		Slice and analyse raw
56 Onion Δ	R	4 Fresh, white		Peel, slice and dry fry for three minutes
57 Peas	N	500g packet frozen	Heinz-Watties, Generic Brand, McCain	Boil in distilled water for five minutes
58 Potatoes, peeled	R	500g Any white-fleshed potato		Peel and boil until cooked, about 20 minutes
59 Potatoes, with skin	R	500g Any white-fleshed potato		Wash in distilled water and bake in microwave with skin, approximately three minutes each side

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
60 Potato Crisps	N	160-200g bag of unflavoured plain crisps	Bluebird, Ripples or Generic Brand	Use as purchased
61 Pumpkin	R	Fresh grey or orange type, crown etc (not squash)		Peel, cut into pieces and boil in distilled water until cooked, about 15 minutes
62 Silverbeet	R	Fresh bunch		Wash in distilled water and boil in distilled water until cooked, about five minutes
63 Taro +	R	200g Fresh		Peel and boil until cooked, about 15 minutes
64 Tomato	R	200g Fresh, red		Prepare by removing stalk and analyse raw
65 Tomatoes in Juice Δ	N	Composite sample of 1 can plain tomatoes and 1 can plain tomato base pasta sauce	Heinz-Watties, Generic Brand, Oak, Dolmio	Use as purchased
66 Tomato Sauce	N	Small can	Heinz-Watties, Generic Brand	Use as purchased
F Fruits				
67 Apple	R	200-350g mix of varieties, note variety possible varieties pacific rose, braeburn, gala, fuji		Remove core and analyse raw, with skin
68 Apple-based Juice	N	1 L any apple based juice	Just Juice, Fresh Up, Keri, Citrus Tree	Use as purchased
69 Apricot, canned	N	Small can, with syrup, note if imported or local	Heinz-Watties, Generic Brand, Oak,	Use as purchased

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
70 Avocado +	R	3 Fresh		Peel and remove stone, analyse raw
71 Banana	N	Two bananas		Peel and analyse raw
72 Grapes +	R	100g Composite sample of green and black grapes		Remove any pips, analyse raw
73 Kiwi Fruit	R	Three fruit		Cut in half, remove flesh and analyse raw
74 Melon +	R	Fresh composite of 2/3 water melon and 1/3 rock melon		Remove skin and pips and analyse raw
75 Nectarine	R	Three fruit		Remove stone and analyse raw, with skin
76 Orange	R	Two oranges, any variety		Peel and analyse raw flesh
77 Orange Juice	N	1 L any orange juice	Just Juice, Fresh Up, Keri, Citrus Tree	Use as purchased
78 Pear	R	Three fruit, note if imported or local produce		Remove core and analyse raw, with skin
79 Prunes +	N	Small packet, no stone, note origin	Generic Brand, Sunsweet, Sunmaid	Use as purchased
80 Peaches, canned	N	Small can, with syrup	Heinz-Watties, Generic Brand, Oak	Use as purchased
81 Pineapple	N	Small can	Heinz-Watties, Generic Brand, Oak	Use as purchased

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
82 Raisin/ Sultana	N	Small packet of each, 50/50 composite sample	Generic Brand, Sunsweet, Sunmaid	Use as purchased
83 Strawberries +	R	Fresh		Remove stalk, analyse raw
G Spreads and Sweets				
84 Chocolate, plain milk	N	180-200g packet milk chocolate	Cadbury, Nestle	Use as purchased
85 Confectionary	N	200g packet mint or party mix type lollies	Pascall, Allens	Use as purchased
86 Honey	N	250g clover type	Generic Brand, Arataki, Holland	Use as purchased
87 Jam Δ	N	Small jar raspberry, strawberry, apricot and marmalade (composite one of each)	Generic Brand, Craigs, Anathoth	Use as purchased
88 Snack Bars +	N	Snack bar, 3 different bars	Uncle Tobys, Blue Bird, Kellogs, Mother Earth	Use as purchased
89 Sugar +	N	Small packet	Chelsea	Use as purchased
90 Yeast Extract	N	Equal samples of vegemite and marmite	Sanatarium, Kraft	Use as purchased

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
H Alcohol				
91 Beer Δ	N	Small bottle, composite sample draught and lager, not low alcohol	Lion, DB, Speights or other	Use as purchased
92 Wine, still red	N	Mix of Cabernet Sauvignon/Merlot	Any brand	Use as purchased
93 Wine, still white	N	Chardonnay	Any brand	Use as purchased
I Take-aways				
94 Chicken Takeaway Δ	R	Six nuggets any food outlet composite with KFC chicken takeaway pieces		Use as purchased
95 Chinese Dish	R	Chicken and vegetable dish, any outlet		Use as purchased
96 Fish in Batter	R	1 piece of fish (record variety if known)		Use as purchased
97 Hamburger, plain	R	Plain hamburger, any outlet		Use as purchased
98 Meat Pie Δ	R	One steak mince pie, composite of supermarket(N) and bakery(R)	Irvines for supermarket	Cook supermarket pie as per instructions, use bakery as purchased
99 Pizza Δ	R	Composite of small fresh supermarket type(N) and one standard size from any takeaway outlet(R)	Leaning Tower, Romanos, Generic Brand for supermarket	Cook supermarket as per instructions, use outlet as purchased

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
100 Potato, hot chips Δ	R	Composite sample of supermarket type oven fries(N) and small order of chips from any outlet (R)	Heinz-Watties, McCain, Generic Brand for supermarket	Cook supermarket sample as per instructions, use outlet as purchased
J Nuts				
101 Peanut Butter	N	375g smooth peanut butter. (Note country of origin)	Generic Brand, Eta, Sanatarium	Use as purchased
102 Peanuts	N	200g whole, blanched, raw peanuts	Eta, Generic Brand, Prolife	Use as purchased
K Beverages				
103 Caffeinated beverage +	N	Small can	V or Red Bull	Use as purchased
104 Carbonated Drink Δ	N	Composite sample of 2:1 coke to lemonade	Coke-Cola, Sprite, Schweppes, Generic Brand	Use as purchased
105 Chocolate Beverage	N	300g packet	Milo	Make up drink with 10g of powder and 200 ml distilled boiling water
106 Coffee, beans/ground +	R	Any coffee outlets		If purchased as beans grind and brew 10g in 200ml of distilled water, pour off coffee and analyse
107 Coffee, instant	N	Small packet	Nescafe, Greggs	Add one teaspoon of coffee to 200 ml distilled boiling water
108 Fruit Drink	N	100g packet orange flavour and 1L ready made fruit drink	Packets - Raro, Vitafresh, Refresh. Read made – Rio	Make up with distilled water as per instructions on packet or as purchased for ready made

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
109 Soy Milk	N	1L container	Sanitarium, Vitasoy	Use as purchased
110 Tea	N	Small packet standard tea	Bell, Dilmah, Twinings, Choysa	Brew one tea bag with 250ml of distilled water for five minutes
111 Water Δ	R	Several 1 L tap samples from each centre, include bottled mineral water		Use straight from tap and use as purchased.
L Additional Meat and Shellfish				
112 Lambs liver	R	250g sample		Slice and dry fry till cooked, about three minutes each side
113 Mussels	R	300g fresh		Scoop our whole flesh and analyse raw
114 Oysters	R	300g fresh		Scoop our whole flesh and analyse raw
M Children's foods				
115 Dairy dessert Δ	N	150g package of chocolate and caramel dessert	Fresh n Fruity, Yoplait Swiss Maid, Meadow Fresh	Use as purchased
116 Flavoured snacks Δ	N	3 different small packets of flavoured snacks such as grainwaves, cornchips, twisties, cheezels etc	Bluebird	Use as purchased
117 Fish fingers	N	Small packet of crumbed fish fingers	Sealord, Sea Casket, Captains Choice, Independent Choice	Prepare as per instructions on packet

Food	(N) / (R)	Description	Brand examples	Preparation/Cooking procedure
N Infant foods				
118 Cereal-based Weaning Food +	N	Small can or jar of Apple and cereal mix for 6 months and over, combined with dry cereal mix muesli type for 6 months and over	Heinz-Watties, Farex, Robinsons	Use as purchased Make up dry cereal with distilled water as per directions.
119 Custard/ Fruit Dish +	N	1 small can or jar of banana custard for 6 months and over	Heinz-Watties	Use as purchased
120 Formulae +	N	Small can – mix of infant formula and follow-on formula	Kari Care, Nurture	Make up with distilled water as per instructions on packet
121 Savoury Dish +	N	1 small can or jar of chicken and vegetables and steak and vegetables (composite)	Heinz-Watties	Use as purchased

Specific Maori and Pacific Foods

The food list contains only Taro as an ethnic specific food, due to the very high quantities consumed by those groups of the population that include this food in their diet.

Changes from 1997/98 NZTDS

The changes from the previous survey have been summarised below as additions, deletions and change in sampling or preparation. Unless otherwise specified Market Data comes from AC Nielsen Market Information Digest, 2001 provided by the Ministry of Health (AC Nielsen, 2001). Consumption data unless otherwise stated comes from the NNS report *NZ Food, NZ People* (Russell et al, 1999) using both 24 hour recall data and food frequency questionnaires. Several vegetarian foods were included in the 1997/98 NZTDS but have been deleted in this survey as the NNS identified vegetarian diets as being representative of less than three percent of the New Zealand population aged 15 years and over (Russell et al, 1999).

Additions

Cream has been included as market information and NNS data show this to be a popular food (cream or sour cream consumed at least once a week by 18% of the population surveyed). Sour cream is also popular but has not been included as a separate item and is not similar enough to composite.

Muffin has been included as a popular food item showing up in NNS (consumed at least once a week by 28% of the population surveyed). A composite sample will be analysed from both supermarket and cafe sources.

Flavoured Milk a popular food in NNS for the younger adults (though not for older population) and showing up in Market Data. Forty two percent of males aged 15-18 years and 37% of males aged 19-24 years consumed this food at least once a week, corresponding percentage for females was 21 and 13% respectively. Flavouring was thought to be an important addition to sample and therefore this food was included as well as fresh plain milk.

Salad Dressings are a popular item both in market data and consumption data. Various dressings were consumed, at least once a week, by between 11 and 34% of the population surveyed

Corned beef is included again from previous TDS as consumption figures show it to have similar popularity to other types of meat included in the list. Eight percent of the surveyed population consumed this food at least one a week compared with nine percent for pork. It is also thought to be an important food for some groups of the population, particularly Pacific people, and should be represented on the list.

Ham included in place of luncheon as a more popular sandwich and lunch meat.

Taro has been included as consumption data shows that this food is consumed in very high amounts by those that consume it, though it is not consumed by all groups of the population.

Avocado has been included as an increasingly popular food. Consumed at least once a week by 24% of the surveyed population.

Grapes have been included as consumption data rates them as popular as other fruits included in the list. Consumed at least once a week by 36% of the surveyed population.

Melon has been included as consumption data rates them as popular as other fruits included in the list. Watermelon is the most common variety of melon but a composite is suggested of 2/3 watermelon 1/3 rock melon. (28% of the population surveyed consumed melon at least once a week).

Prunes have replaced dates as are three times more popular in market data. This also brings in a plum type product.

Strawberries have been included as consumption data rates berry fruits as popular as other fruits included in the list (50% of the population surveyed consumed this food at least once a week). Strawberries are the most common variety of berry fruit.

Snack bars are a popular food from market and consumption data and is on the CNS food list.

Sugar has been included in this survey due to its consumption in the NNS. While it is included in many other foods it is also a food used individually. Sugar has been in previous TDS.

Caffeinated Energy Drinks are growing in popularity, they are particularly important for younger adults.

Coffee, beans included as thought a popular product purchased in cafes and also showing up in market data.

Infant Foods. Four infant foods were selected based on sales data on infant foods, these were a cereal based dish (apples and cereal), a fruit and custard dish (banana custard) and a meat and vegetable dish (composite of chicken and vegetables and steak and vegetables which are of similar popularity). A dry cereal product was also included and the muesli type cereals are most popular for this age group.

Alterations to sample or preparation

Cake varieties extended based on NNS consumption data so that composite of three most common is suggested, chocolate, fruit and sponge.

Chocolate Biscuit has been specified as an enrobed chocolate biscuit as these are a very popular item in market data, creamed filled varieties are also included.

Instant Noodles to be analysed with flavour included as this is thought to be more representative of how consumed.

Mixed bran flake cereal has been redefined slightly to represent the most popular cereals with all bran removed from description as no longer a popular cereal.

Pasta dried has been changed from spaghetti to be a more general description of dried pastas.

Cheese edam and tasty to be included in the composite as sales data shows all four varieties in description have similar market share.

Dairy Dessert has been moved to children's food as was not shown to have high consumption by adult population in NNS.

Oil consumption and sales data does not warrant two separate oils so olive and cooking oil have been combined into a composite sample. Olive oil has a very high market share based on dollar value but is around 1.5 to 2 times the price of standard cooking oil.

Bacon fat is not to be trimmed from the bacon as it is thought most bacon is consumed with the fat intact.

Beef mince changed from a low fat to standard fat product to be more representative and the beef rump would provide a low fat meat product.

Chicken has been changed from fresh whole to frozen pieces as similar popularity and easier sampling.

Eggs free range eggs to be included in the sample.

Fish, canned salmon and tuna are similarly popular so a composite is suggested. Current market share data puts Salmon at 35% of canned fish market share and Tuna at 45%.

Fish, fresh has been changed to a composite of Terakihi, Hoki and Snapper as the most common products in the NNS. Industry data supports Terakihi but consumption data justifies inclusion of these other varieties.

Lamb/Mutton shoulder, leg has been changed to a composite sample with a larger proportion of lamb as market data show this to be more popular.

Pork chop replaces pork pieces as a more popular item.

Sausage pork and beef both popular as is precooked and uncooked so a composite sample is suggested.

Soup chicken soup was kept, even though tomato has higher market share, as there are many other tomato products on the list. A composite of canned, packet and instant is used as market data shows this to be the most representative.

Corn, canned plain variety rather than creamed as retail information shows this is more popular.

Onion preparation method changed from boiling to dry frying as thought to be more representative.

Tomato pasta sauce and Tomatoes in juice were combined into one composite sample as are similar foods and had similar market share.

Jam has become a composite of the most popular varieties of jam and marmalade rather than a separate sample for marmalade.

Lager is less popular than draught. Two separate samples are not necessary so a composite has been suggested.

Chicken takeaway has been changed to include KFC as a popular chicken takeaway.

Pizza, Meat Pie and Potato Hot Chips while analysed as individual foods have become a composite sample of supermarket and takeaway outlets as both are popular.

Lemonade and Coke have been combined, as a composite sample of carbonated drinks as it was thought not necessary to sample separately

Water bottled mineral water is growing in popularity and should be included as a composite in the water sample.

Flavoured snacks has replace Tortilla Chips (corn) and cheese flavoured corn snacks with a composite sample of cereal based snack products. As it was thought that both products were not required.

Deletions

Flour removed from the list as a food item. Flour is not consumed as flour alone and is included in many other products. While flour could be an important source of pesticides used for grain storage eg fenitrothion this should be picked up in other flour based products.

Luncheon replaced with ham as a more popular sandwich and lunch meat.

Dates have been replaced with prunes as are three times more popular in sales data. This also brings in a plum type product.

Marmalade has been included with the jam sample as marmalade alone is just a quarter of all jam and marmalade sales.

Hummus has been removed as vegetarian diets are not common from consumption data and the food itself is not highly consumed.

Tofu has been removed as vegetarian diets are not common from consumption data and the food itself is not highly consumed.

Appendix 1: References

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Appendix 2: Summarised food list

A	Grains	E	Vegetables	G	Spreads and Sweets
1	Bread, mixed grain	42	Beans	84	Chocolate, plain milk
2	Bread, wheatmeal	43	Beans, baked	85	Confectionary
3	Bread, white	44	Beetroot	86	Honey
4	Cake	45	Broccoli/ Cauliflower	87	Jam
5	Chocolate Biscuit	46	Cabbage	88	Snack Bars
6	Cornflakes	47	Capsicum	89	Sugar
7	Cracker Biscuit	48	Carrot	90	Yeast Extract
8	Instant Noodles	49	Celery	H	Alcohol
9	Mixed Bran Flake Cereal	50	Corn, canned	91	Beer
10	Muesli	51	Courgette	92	Wine, still red
11	Muffin/Scone	52	Cucumber	93	Wine, still white
12	Pasta, dried	53	Kumara	I	Take-Aways
13	Plain Sweet Biscuit	54	Lettuce	94	Chicken Nuggets
14	Rice, white	55	Mushrooms	95	Chinese Dish
15	Rolled Oats	56	Onion	96	Fish in Batter
16	Spaghetti in Sauce, canned	57	Peas	97	Hamburger, plain
17	Wheatbix	58	Potatoes, peeled	98	Meat Pie
B	Dairy Products	59	Potatoes, with skin	99	Pizza
18	Butter	60	Potato Crisps	100	Potato, hot chips
19	Cheese	61	Pumpkin	J	Nuts
20	Cream	62	Silverbeet	101	Peanut Butter
21	Icecream	63	Taro	102	Peanuts
22	Milk 0.5% fat	64	Tomato	K	Beverages
23	Milk 3.25% fat	65	Tomatoes in Juice	103	Caffienated Beverage
24	Milk, flavoured	66	Tomato Sauce	104	Carbonated Drink
25	Yoghurt	F	Fruits	105	Chocolate Beverage
C	Oils	67	Apple	106	Coffee, ground
26	Margarine/ Table Spread	68	Apple-based Juice	107	Coffee, instant
27	Oil	69	Apricot, canned	108	Fruit Drink
28	Salad Dressing	70	Avocado	109	Soy Milk
D	Chicken, Eggs, Fish and Meat	71	Banana	110	Tea
29	Bacon	72	Grapes	111	Water
30	Beef, mince	73	Kiwi Fruit	L	Additional Meat and Shellfish
31	Beef, rump	74	Melon	112	Lambs Liver
32	Cornbeef	75	Nectarine	113	Mussels
33	Chicken	76	Orange	114	Oysters
34	Egg	77	Orange Juice	M	Childrens Foods
35	Fish, canned	78	Pear	115	Dairy Dessert
36	Fish, fresh	79	Prune	116	Flavoured Snacks
37	Ham	80	Peaches, canned	117	Fish Fingers
38	Lamb/ Mutton	81	Pineapple	N	Infant Foods
39	Pork Chop	82	Raisin/Sultana	118	Cereal-Based Weaning Food
40	Sausages, beef	83	Strawberry	119	Custard/ Fruit Dish
41	Soup			120	Formulae
				121	Savoury Dish